

REACHING OUT

Keeping our Community Connected - Edition 10



FEEL GOOD NEWS...

Spreading Joy...

Though the rides at Belmont Park in San Diego, California, had to close in mid-March, the Giant Dipper roller coaster couldn't stop running. Since the historic ride is almost 95 years old, it needs to run the tracks multiple times a day to keep its machinery from tightening up.



Rather than see the Giant Dipper run with empty seats, park workers decided to strap in about a dozen giant stuffed animals. Since the animals' first ride last week, they have been riding the coaster every day, twice an hour.

While the park's rides are closed, the games and restaurants are open, so visitors are able to see the stuffed toys on the Big Dipper.

Daniela Bower, the senior marketing manager at Belmont Park, said "We decided to keep the plush animals in their seats and use it as an opportunity to spread joy to passers-by"

Thanks to Carina for finding this gem!

HAPPY SNAP OF THE WEEK



Winter in Bayside - taken by Sabrina Blom

IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1300 22 4636

LIFELINE - 13 11 14

EMERGENCY SERVICES - 000

SANDYBEACH CENTRE - 9598 2155

JOKE OF THE WEEK

The past, the present,
and the future
walked into a bar.
It was tense.



KEEP MOVING WITH ANGEL

EXERCISE 1 - Rotator Cuff – Strengthening the upper chest, upper back and the shoulders

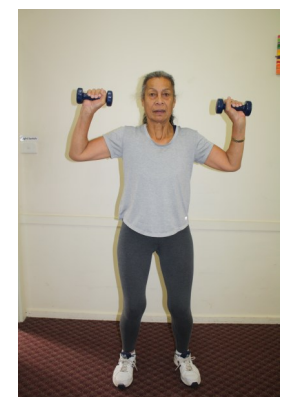
Seated

- Come forward on the chair, legs hip width apart.
- Raise arms upward, holding weights or medium size cans of food.
- Bend at the elbow and bring forearms down 90 degrees do not drop wrists downward. (see picture).
- Do 2 sets of 10 repetitions.



Standing Position

- Stand with legs shoulder width apart, knees slightly bent and engage the core (the stomach muscles) to take the pressure off the lower back.
- Repeat the exercise as above. (see picture).
- Do 2 sets of 10 repetitions.



EXERCISE 2 - Upright Row – Strengthening The Back and Chest

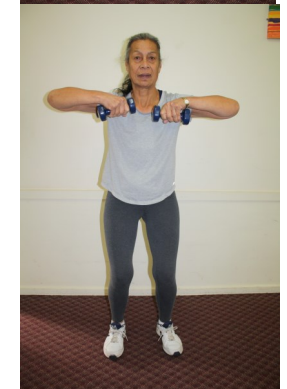
Seated

- Come forward on the chair, legs hip width apart.
- Have arms down and on either side of the thighs, slowly bring the arms up and under the chin and keep, the elbows upward and not pointing downward.
- Slowly bring the arms down. (see picture).
- Do 2 sets of 10 repetitions.



Standing Position

- Stand with legs shoulder width apart, knees slightly bent and engage the core (stomach muscles) to take the pressure off the lower back.
- Repeat the exercise as above.
- Do 2 sets of 10 repetitions.



Always remember, do as much as you can and do all exercises slowly.
You will thank me for this!!!!.

Have fun everyone, take care and stay safe, Angel Parker

LET'S STAY HEALTHY WITH ELANA

Peanut butter slice

Ingredients

1 cup of natural peanut butter
1 teaspoon vanilla bean paste
1/2 cup of brown sugar
1 cup of wholemeal flour
1 teaspoon bicarbonate soda
1 cup traditional oats
2/3 cup of milk
100 grams of dark chocolate, melted
1 teaspoon of vegetable oil
2 & 1/2 tablespoons salted roasted peanuts, chopped



Instructions

1. Preheat oven to 160°C (fan forced). Grease and line base and long sides of a 20cm x 30cm pan.
2. Whisk peanut butter and vanilla in a large bowl until combined. Stir in sugar until combined. Sift flour and bicarbonate over peanut mixture. Add oats and milk and stir to combine.
3. Transfer ingredients to prepared pan and press surface with hands to level. Bake for 20 minutes or until skewer inserted comes out clean. Cool in the pan.
4. Combine melted chocolate and oil in a small bowl then spread over slice. Sprinkle with peanuts. Stand for 1 hour or until set. Cut into 20 pieces.

Fine Motor Skills Exercises for Older Adults

- Practice hand-eye movement - toss a ball with a partner
- Skillfully manipulate tools - use scissors, knitting needles or a paintbrush
- Hold your hands and fingers against an opposing force - squeeze a stress ball
- Cross the midline - planting and gardening, moving items side to side
- Control movement that requires brain feedback - play cards or draughts
- Promote bilateral integration - use 2 hands for art or craft.



MINDFUL COLOURING can be relaxing and helpful in relieving stress. Why don't you give it a go ? (see Rose's examples on page 14!)



GETTING TO KNOW YOU

NAME: Chris Hill

PLACE OF BIRTH: Brisbane 9th January 1963

FAMILY: My immediate family in Melbourne is made up of my daughter Maggie Rose and I. Maggie Rose who is about to turn 21 (wow time flies) is studying Arts at Melbourne Uni. My parents are in Brisbane where I spent my childhood. Dad Alan is 91yrs and Mum Yvonne 95yrs both whom live in aged care. My older brother David and sister in law Ann have recently moved to Rockhampton for work and their twin daughters live in Brisbane and Sydney. My dear wife passed away in 2013 and I have a loving extended family of in-laws, having the great privilege to having shared some 23 plus years together.



PETS: Lainey a 1 ½ year old crazy black and white socked short hair cat – love of our lives adopted just before COVID lock down.

HOBBIES: Enjoy heading to the beach, skiing and the occasional glass of red wine. I have been a coach of Girls and Women's Soccer teams at Brighton Soccer Club for the past 10 years. I am the Snr Women's Coach of the club and serving on the committee.

HOW ARE YOU TAKING ADVANTAGE OF THE EXTRA TIME AT HOME? Well I have been in at the office most working days which has been great and home has never looked cleaner (except for all the cat hair)

WHAT WAS YOUR FIRST JOB? At 14 I started collecting the trolleys at Woolies and I have never looked back. Set up a Youth Shelter as my first post Uni job in the outskirts of Brissy and arrived in Melbourne in 1986 to work for the Victorian Aides Council and have worked in various community health and services jobs to now. Melbourne is my home.

HOW LONG HAVE YOU BEEN AT SANDYBEACH? 7 months now and feel thoroughly grateful, welcomed and embraced in the Sandybeach way.

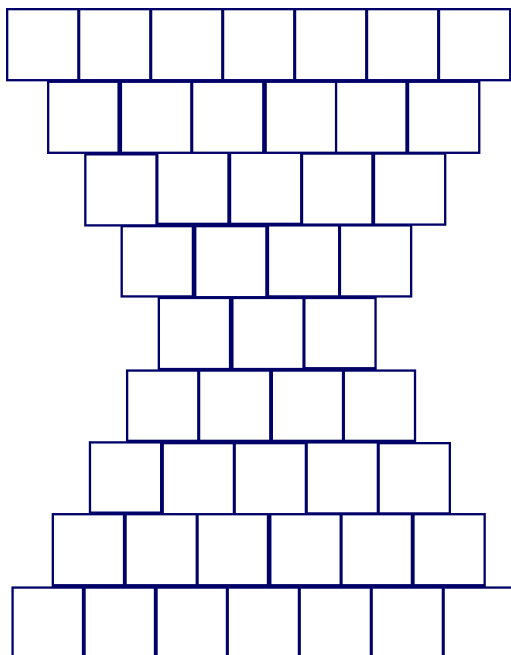
WHAT IS SOMETHING WE MAY BE SURPRISED TO LEARN ABOUT YOU? I have a doppelganger whom is a famous Danish author whom I became aware of in Rome via some diners chasing me for an autograph.

I took 2 years off Uni and travelled Australia. I was an active member of the protest group that originally stopped the road through the Daintree Rainforest 1984, which sadly now has destroyed a unique (in the world) area of rainforest which was unbroken from the mountains to the sea. There are flora and fauna that is found nowhere else in the world. During that time, I worked at the famous Nautilus Restaurant in Port Douglas and was a laborer during the day to help pay the bills, sailing and lots of fun activities. I ended up sailing out of Port Douglas on a gaff rigged yawl with myself and skipper/owner down the east coast inside the Great Barrier Reef – very small boat so I learnt a lot about myself and others.

RIDDLE AND PUZZLES

RIDDLE : What has a head and a tail but no body?

WORD CASTLE: Solve the clues. Each answer is an anagram of the word above - give or take a letter.



Liars (first letter is f)

Underwear

Yarn

Dismiss (from a job)

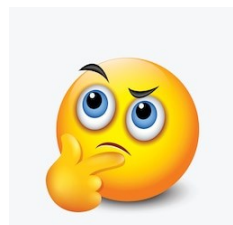
Umpire

Food of a particular type

More secure

In a new or different way

Priests



CRYPTIC INCRE - MENTAL

Change the first word to the last by altering one letter at each stage to make a new word each time - there are cryptic clues to help you!

C	R	A	B	S
T	H	U	M	P

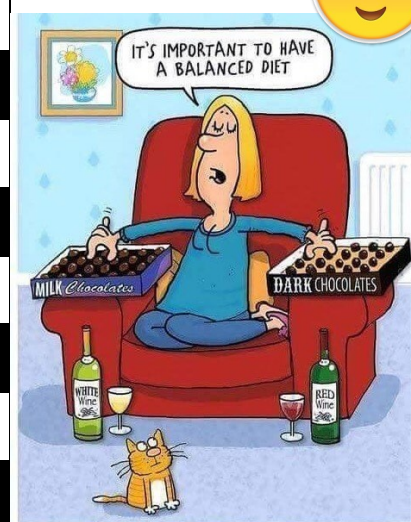
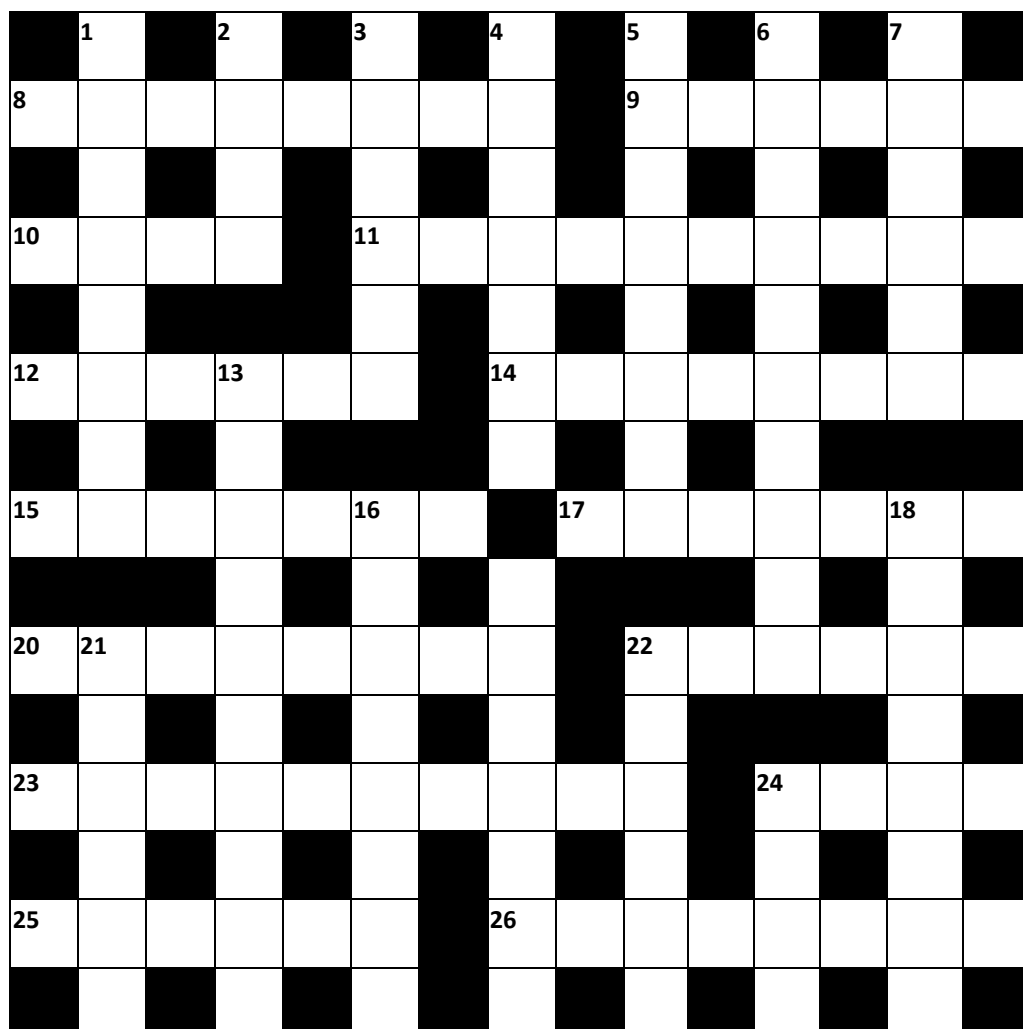
Fills up 100 male sheep

Little credit given to politician with muscle spasm

Hobo seen in tram perhaps

Top rum in tepee

BIG CROSSWORD & A COUPLE OF LAUGHS



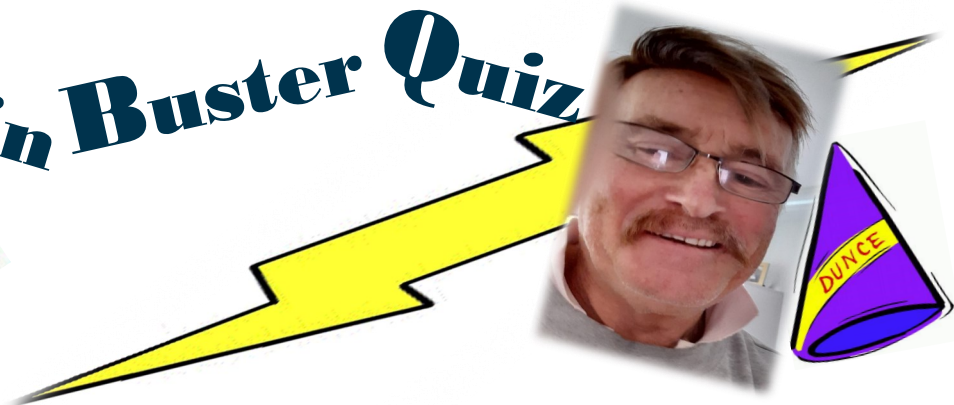
Across

- 8 Gazelle (8)
 9 a broad tree lined road (6)
 10 hammer weilding God (4)
 11 Apiarists occupation (10)
 12 performed in slow time (6)
 14 guards (8)
 15 Shakespearian tragedy (7)
 17 ambles (7)
 20 move (to another location) (8)
 22 awning (6)
 23 chopper (10)
 24 icy rain (4)
 25 North American card name (6)
 26 upper joint (8)

Down

- 1 punctually (2,3,3)
 2 Grizzly or Polar (4)
 3 Yogi's little mate (3-3)
 4 backwards (7)
 5 A type of red wine (8)
 6 crushed to produce pepper (10)
 7 fruit commonly used for paste (6)
 13 traffic signal
 16 remaining
 18 off balance
 19 demonstration
 21 sorry
 22 orange vegetable
 24 assembly room

Bill's Brain Buster Quiz



Q 1 He can't sing or play a musical instrument - with his trademark Stetson and girlie name he is acknowledged as the top music critic, pop show host and entrepreneur. He is ?

Q 2 Name the TV series where brothers Bret and Bart (*James Garner*) are gamblers, who drift from town to town always looking for a good game, often with cousin Beau !!

Q 3 In the 1983 America's Cup, the USA yacht "*Liberty*", skippered by Dennis Connor, was defeated by the Aussie yacht "*Australia 11*", skippered by who ?

Q 4 Which animal is often referred to as the "*Ship of the desert*" ?

Q 5 Silent film actress and femme fatale Theda Bara (*pictured*) was not known as "*The Scamp*" - she was notoriously known as ... ?



Q 6 What is the name of Hopalong Cassidy's horse (*begins with "T"*) ?

Q 7 Name the Dodge City cemetery which was the burial ground for many gunfighters !!

Q 8 Name the Oz movie about a yobbo created by **Barry** Humphries, starring **Barry** Crocker where **Smacka** sang "*If you want to get your sister in a frenzy, introduce her to* !!

Q 9 Known as the king of the wild frontier, who was the legend who was born on a mountain top in Tennessee and killed a bear when he was only three ?



Q 10 In a game of gin rummy, how many cards does each player start with ?

Q 11 Davy Jones, Mickey Dolenz, Peter Tork and Michael Nesmith are known as ...



Q 12 You should get a "*buzz*" out of this question. Neil Armstrong was the first man to walk on the moon - Who was the second ?

Q 13 Richard Gere, in the role of a rich ruthless businessman, falls for a call girl, played by Julia Roberts (*pictured*) in which movie ?

Q 14 What is the name of Roy Rogers's horse (*also begins with "T"*) ?

Q 15 The F. Scott Fitzgerald novel "*The Great Gatsby*" was first produced as a movie in 1948 with Alan Ladd in the leading role of Jay Gatsby, then in 1974 and recently (2013) with Leonardo DiCaprio in the role of Jay Gatsby - Who played Jay Gatsby in the 1974 film ?

Q 16 Who said this ... "*No matter how many times I tell people I'm only thirty-nine, some of them refuse to believe I'm that old*" ?

See back page for answers



Valerie Ashton

Valerie began her musical journey in 1976 as a graduate in classical singing at the Adelaide Conservatorium of Music. Drawn by her love of stage and theatre she performed in a variety of stage musicals as well as being the lead vocalist in a variety of bands and ensembles until 2010.

In 2002 Valerie and two musician friends thought it would be a great idea to start a community African gospel acappella choir to bring people together to sing for health and pleasure, so 'South of the River' was born one night in Hawthorn where 12 people gathered to sing together. Within a few weeks there were 40 members and a growing waiting list.

Then Valerie began a second community choir - 'Sweet Sassafras', in the Dandenong Ranges area. These two choirs are made up of more than 70 people of all ages and ethnicity who regularly gather together to sing at a variety of community benefits and events, as well as major music festivals such as St Kilda, Apollo Bay, Queenscliff and Port Fairy.

In 2008 Valerie joined Sandybeach Centre where she worked and studied part time as part of the REACH team, becoming Program Leader for "Music Alive" for 10 happy years.



Now Val

Q. Name two of your favourite songs ?

- A.** "Woodstock" - a precious moment in time when we believed world peace could happen.
 "Imagine" - it's timeless and thought provoking with the lyrics written by Yoko Ono.

Q. Name a couple of your favourite artists who have inspired you over the years ?

- A.** Donny Hathaway, his music inspired me as an artist to explore soul and R&B.
 The Beatles, I was captivated by their sound with their songs being an inspiration to me.

Q. Tell us something we don't know about you.

- A.** I'm blessed to be mother of four amazing children and six beautiful grandchildren.

Q. You had a duo partner (Trevor Nolan) - how did that come about ?

- A.** We met during my first week at Sandybeach and got together to sing on a wide variety of popular songs. As a duo we brought 'theme based' shows to "Music Alive". Trevor's repertoire was huge, he loved to dress-up and was especially known for wearing an array of brightly coloured vests. His untimely and tragic death was a very sad day for all.

Footnote: Legendary English singer and actress Pat Ashton - 'On the Buses' and Benny Hill - was Val's auntie.

ARMCHAIR TRAVEL: The Ghan from Adelaide to Alice Springs by Ruth

When my son was 8 years old it was his year to choose our annual mother/son holiday. As he was a great fan of train travel and there was a big promotion on The Ghan taking place on TV each day this was an obvious choice. While The Ghan was not something I'd considered or had on my immediate travel list I thought why not? Something different and it was going to make a little boy very happy! We flew into Adelaide where we were to commence our journey. Just seeing and then boarding the train was the first part of the excitement. For a start



it's huge! A very impressive sight from the platform.

We had booked a Gold Twin Sleeper cabin. The cabins are small but have all you need with a large seat for the day and then a top bunk that folds out at night. Lucky for me the 8 year old was more than happy to clamber up there for an evening. The cabin also had a private ensuite.

As we trundled with excitement out of Adelaide we made ourselves comfortable and then headed to the restaurant for lunch in the Queen Adelaide Restaurant. We were seated with two other diners and were presented with an absolutely amazing meal. All local South Australian produce with delicious fresh ingredients and lots of yummy wine. The food and drink onboard is a real highlight and all inclusive. The afternoon was spent passing through coastal Coonamia and Port Augusta as well as crossing Dingo Fence, the world's longest fence which was built to keep dingoes out of southeast Australia. Before too long the scenery started to change to desert. It's fascinating sitting in your cabin or the Outback Explorer Lounge with a complimentary snack and a glass of bubbly and watching the Australian landscape go by.

We amused ourselves with games and movies that we'd brought along ourselves, afternoon tea and some chit chat with other passengers. Learning about the history of The Ghan was so interesting for my son and we were lucky enough to meet another guest on board who was happy to fill us in and answer my son's many questions. They even got into a game of chess over some scones! I was interested to learn that The Ghan used to be called the Afghan Express back in 1929, but the name was eventually changed to The Ghan. *cont...*



Port Augusta

Originally, The Ghan was used to transfer people and supplies to Alice Springs. In the early 2000's the tracks were replaced, and the train received a modern look. Today, the north to south cross-country journey covers 2979 kilometres and passes through diverse landscapes of the South Australian plains, to MacDonnell Ranges and on to the tropical areas Katherine and Darwin.

Dinner that evening was again a major highlight. Gorgeous Australian dishes to choose from such as Barramundi, kangaroo, stunning cheeses and of course Aussie wines. Being seated with another two travellers for each meal makes for a fun and interesting experience hearing others stories and why they are taking a trip on The Ghan. During dinner the staff make up the top bunk in your room so you don't need to do anything but fall into bed full and content.



At 5,531 km, the dingo fence stretches from eastern Queensland all the way to the South Australian coastline



The overnight trip was really comfortable and the light rocking of the train was a lovely way to fall asleep. We were up early and refreshed the next morning for yet more amazing food and our arrival into Alice Springs. This was to be the end of our Ghan journey as we were going to spend a night in

Alice then head on to Kings Canyon and Uluru for a couple of nights to complete our trip. The Ghan was a great experience, such an iconic Australian rail trip. When you're onboard you really feel like you are travelling in another era of time gone by. I'd highly recommend to anyone of all ages.

Thanks for sharing your story Ruth! And thanks to Emma Whiting Travel and Cruise for permission to use this article. www.emmawhitingtravel.com.au

THE TEN AGES OF A WOMAN

Age 3 - She looks at herself and sees a princess

Age 8 - She looks at herself and sees Cinderella

Age 15 - She looks at herself and sees an 'Ugly Sister' " Mum I can't go to school looking like this"



Age 20 - She looks at herself and sees too fat/too thin, too short/too tall and too straight/too curly. She gets ready and decides she's going out anyway!

Age 30 - She looks at herself and sees too fat/thin, too short/tall, too straight/curly but decides she's good and going out anyway!

Age 40 - She looks at herself and sees too fat/thin, too short/tall, too straight/curly but says "I'm clean and tidy" and goes out anyway!

Age 50 - She looks at herself and sees "I am" and goes wherever she wants to go!

Age 60 - She looks at herself and reminds herself of all the people who can't even see themselves in the mirror anymore and goes out and conquers the world!



Age 70 - She looks at herself and sees wisdom, laughter and ability and goes out and enjoys herself.

Age 80 - She doesn't bother to look at herself, just puts on a terrific hat and goes out to have fun in the world!

Brenda Bryant is one of the participants in our REACH Strength class on Monday with Angel. She sent this to Elana to share in our Newsletter.

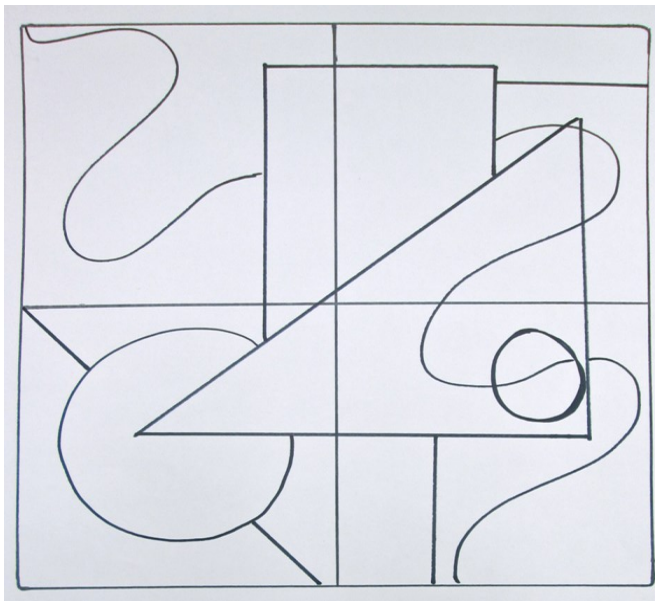


Love it - thanks for sharing Brenda!



Art and craft ideas for all! *Get creative at home! We hope you will enjoy having a go at these activities!*

Draw a square then divide into four equal parts. Draw 3 large geometric shapes. One of the shapes should have a hole in it. Add 3 lines-one diagonal, one vertical and one horizontal. Finally create a curving line that weaves through the whole composition.



Wassily Kandinsky

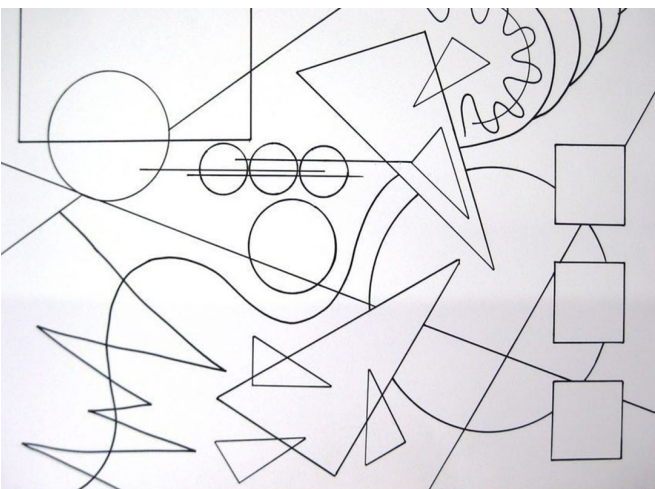
Wassily Kandinsky, generally credited as the pioneer of abstract art.



Have a go at creating your own abstract piece using pastels, coloured pencils or sharpies!

Use the guides to help you get started!

Once you've got the hang of it try something more complex like below by adding more shapes and lines. Try blending different colours in some of your shapes.



Look out for more ideas in our next newsletter!

Email us your results to
armchairtravel@sandybeach.org.au

READER CONTRIBUTIONS

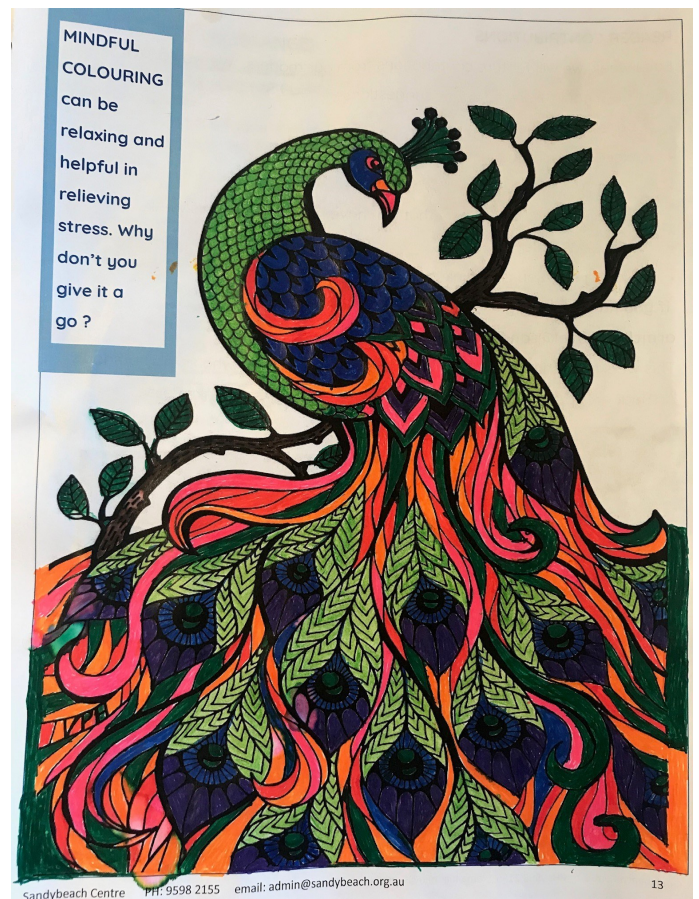
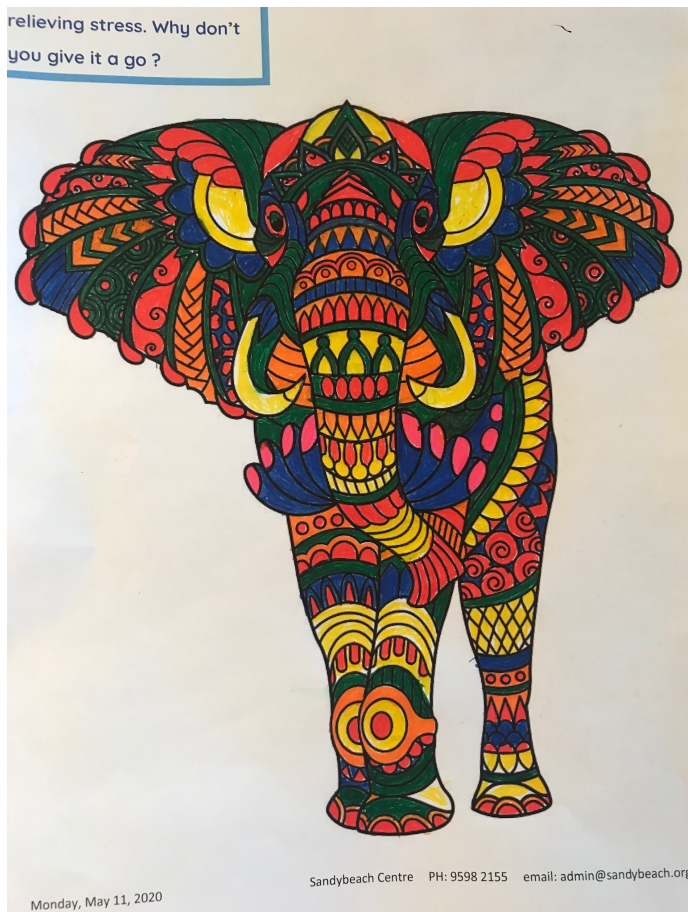
Each week, we are featuring contributions from our readers. We would love to hear from you!! Here are some suggestions :

- A photo you have taken
- A piece of artwork you have created
- A short story or poem you have written
- Something uplifting or funny that you have seen or heard this week.
- A joke or a riddle
- Anything else you can think of!

If you have anything to share, please email it to us at

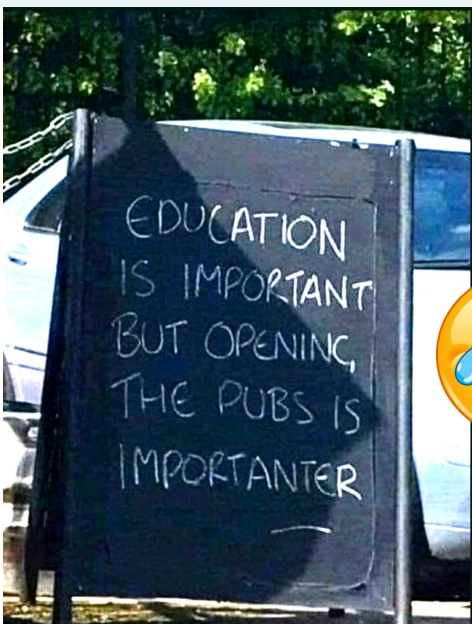
armchairtravel@sandybeach.org.au OR send to 2 Sims St Sandringham 3191

This week's contribution comes from Rose Morey, who attends exercise classes with Angel and Bridge with Jill - a beautiful example of the Mindful Colouring pages in this newsletter - thanks for sharing Rose ♥





Children from childcare exploring with natural materials. They used dirt and sticks to make a dinosaur skeleton. Our next archaeologist?



DID YOU KNOW?

Contributed by Nick Turner

Gold - not of this earth



Unlike silver, copper and diamonds that are produced here on earth, not a single speck of gold originated on this planet! Gold is thought to have been produced from the collision of neutron stars, and to have been present in the dust from which the Solar System formed. The gold in the core was already there at the formation of our planet. Because the Earth was molten when it was formed, almost all of the gold present in Earth's first billion years probably sank into the core. The gold in the crust is mostly extra-terrestrial and arrived after the formation of Earth. It was brought by a gigantic meteor shower that bombarded the Earth (and the Moon) about 3.8 billion years ago. Although gold is valued for its beauty and known mainly for its use in jewelry production, 10% of the new gold produced goes to industry. The most important industrial use for new gold is in production of corrosion-free electrical connectors in computers and other electrical devices. For example, according to the World Gold Council, a typical cell phone may contain 50 mg of gold, worth about 50 cents. But since nearly one billion cell phones are produced each year, a gold value of 50 cents in each phone adds to \$500 million in gold from just this application.



QUIZ AND PUZZLES ANSWERS

WORD CASTLE ANSWER

F	I	B	B	E	R	S
B	R	I	E	F	S	
F	I	B	R	E		
F	I	R	E			
R	E	F				
F	A	R	E			
S	A	F	E	R		
A	F	R	E	S	H	
F	A	T	H	E	R	S

CRYPTIC INCRE - MENTAL ANSWER

C	R	A	B	S
C	R	A	M	S
C	R	A	M	P
T	R	A	M	P
T	R	U	M	P
T	H	U	M	P



CROSSWORD SOLUTION

ANSWERS

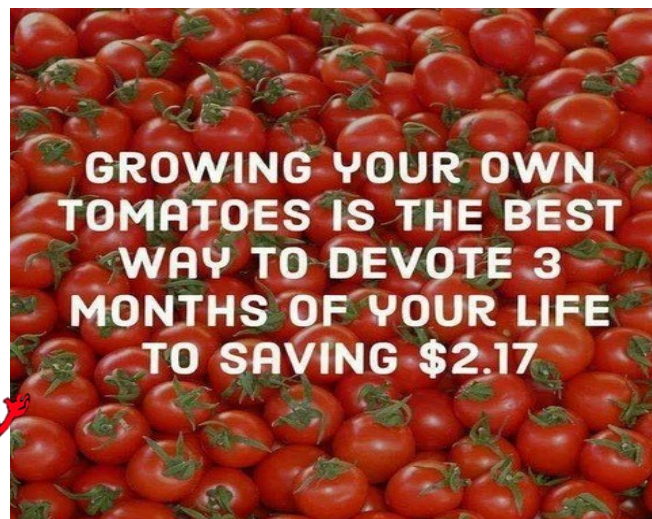
Across

- 8 Antelope
- 9 venue
- 10 thor
- 11 beekeeping
- 12 adagio
- 14 sentries
- 15 Othello
- 17 strolls
- 20 transfer
- 22 canopy
- 23 helicopter
- 24 hail
- 25 euchre
- 26 shoulder

Down

- 1 on the dot
- 2 bear
- 3 Booboo
- 4 reverse
- 5 cabernet
- 6 peppercorn
- 7 quince
- 13 green light
- 16 leftover
- 18 lopsided
- 19 protest
- 21 rueful
- 22 carrot
- 24 hall

RIDDLE ANSWER - A coin



ANSWERS TO THE BRAIN BUSTER QUIZ

Q1: Ian "Molly" Meldrum. Q2: Maverick. Q3: John Bertram.

Q4: The camel. Q5: The Vamp. Q6: Topper. Q7: Boot Hill.

Q8: The Adventures of Barry MacKenzie. Q9: Davey Crockett.

Q10: Each player is dealt 10 cards. Q11: The Monkees. Q12: Buzz Aldrin.

Q13: Pretty Woman. Q14: Trigger. Q15: Robert Redford. Q16: Jack Benny