

REACHING OUT

Keeping our Community Connected - Edition 25



FEEL GOOD NEWS:

We'll be in the neighbourhood!

We are excited to announce that the final Christmas edition of REACHING OUT for 2020 will be hand delivered to those living in the area by our lovely drivers Tony and John during the week starting the 14th of December. We will be knocking on doors before leaving the newsletters on your doorstep or in your letterbox so if you feel like popping out for a chat, don your mask and come and say Hi. Other members of the Sandybeach team will be on the bus too and looking forward to passing on our best wishes in person (socially distanced of course!) For those further afield, keep an eye out for the special Christmas edition and a little surprise in your letterbox!!



HAPPY SNAP OF THE WEEK



SHORT AND FUNNY:

Two fish are in a tank. One looks over at the other and says: "Hey, do you know how to drive this thing?"

What's the best thing about Switzerland?
I don't know, but their flag is a huge plus

It's hard to explain puns to kleptomaniacs because they always take things literally.



IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1800 512 348

LIFELINE - 13 11 14

EMERGENCY SERVICES - 000

SANDYBEACH CENTRE - 9598 2155

KEEP MOVING WITH ANGEL

BALANCE EXERCISES

Though balance will decline as we age, balance activities, exercises and training can limit the loss or actually improve our performance.

A great place to begin is with the simplest standing balance exercise.

YOU WILL
THANK ME!!



Single limb stance

- Stand with feet together
- Hold on to a chair with one hand or both hands, and balance on one leg.
- Hold for 10 seconds, then repeat with the other leg.

Tips: Keep breathing normally, in through the nose and out through the mouth. Don't close your eyes.

Take it up a notch: Lift chest and look straight ahead to make standing more challenging. Try adding a light ankle weight to one ankle.

This is a great place to begin to feel your centre of gravity over your ankles. This is your goal, maintaining your centre over your ankles.

Try a few seconds balancing on each foot. Work up to a minute if you can. Then begin to hold on with one hand, then one finger.



Staggered Stance

The purpose of this exercise is to Improve your static or 'standing' balance. It also strengthens ankles for greater ability to maintain your centre of gravity.

- Begin with feet together holding on to a bench or chair.
- Step forward with your right foot. Maintain this position for 10 seconds.
- Alternate putting the other foot in front.

Tips: Breathe normally, in through the nose and out through the mouth. Don't close your eyes.

Take it up a notch: Lift chest and look at the wall eye level. Practice with tape on the floor for more accuracy. Making sure you are still holding the bench, try turning at the waist while standing.



LET'S STAY HEALTHY WITH ELANA

Barbecue Chicken Pasta Salad

Ingredients

- 250 grams of Farfelle pasta
- 200 grams of snow peas, trimmed and halved lengthways
- 1 bunch of asparagus, ends trimmed, cut into 5cm lengths
- 1 cup (120 grams) of frozen peas
- 1 bunch of baby broccoli, cut into 5cm lengths
- 1 Roast Chicken, skin and bones removed and then shredded
- 1/2 cup of Peri Peri Lemon and Herb marinade
- 1/4 cup of mint sprigs
- Lemon zest to serve



Method

1. Cook the pasta in a large saucepan of boiling water following packet instructions or until al dente. Add the snow peas, asparagus, peas and baby broccoli in the last 2 minutes of cooking. Refresh under cold water, drain well and transfer to a large bowl.
2. Add chicken to the pasta mixture. Drizzle with marinade and toss to combine.
3. Divide the pasta salad evenly among serving bowls. Sprinkle with mint sprigs.
4. Season and serve with lemon zest. Enjoy!

Exercising in Summer

Summer is the perfect time to exercise outside and have fun. There are many outdoor activities to choose from such as walking, swimming or cycling.

Keep these important things in mind when exercising in summer:

The time of day - avoid exercising between 10am and 3pm as it is the hottest part of the day. Generally early morning or late in the day is the best time to exercise.

Wear loose, light coloured clothing and a hat - help to reflect the heat and cotton material will help keep you cool. A hat will shade and protect your head and face.

Use sunscreen - protect your skin by using a high level SPF sunscreen every day.

Choose shaded pathways and trails - where possible exercise in shaded areas.

Listen to your body - exercise safely and within your limits.

Start or end your day with exercise and enjoy the beautiful summer!



GETTING TO KNOW YOU: Jill Remnant

WHERE DO YOU LIVE?: Bentleigh

FAMILY: Three daughters (and one honorary one!) and eight grandchildren (four granddaughters and four grandsons)

HOBBIES: Painting, crosswords, puzzles, walking and reading

WHAT PROGRAMS DID YOU ATTEND AT SANDYBEACH PRIOR TO MARCH? Artbeat with Tina and Music Alive with Andrea.

HOW LONG HAVE YOU BEEN COMING TO SANDYBEACH?

In January next year, I will have been coming to Sandybeach for 20 years!

WHAT PROGRAMS ARE YOU DOING ONLINE WITH SANDYBEACH?

At the moment, only Art with Tina.

HAD YOU DONE ANY ONLINE LEARNING OR COURSES PRIOR TO JOINING TINA'S ART CLASS? No I had not done any online learning or courses but have been using the computer since 1992 mainly for searching the internet and emails.

WERE YOU APPREHENSIVE ABOUT ANY ASPECT OF ONLINE LEARNING?

Not really, I have family that have done lots of online learning and courses including university so I had seen how accessible and convenient it can be.

HOW DIFFICULT DID YOU FIND IT TO BECOME FAMILIAR WITH THE PROCESS?

The process is really very simple. All you have to do is open an email and click on the link and you are in the meeting. There have been a few glitches mainly due to my own set up at home but Sandybeach (in particular, John) have been very supportive in ironing out any issues.

I'm 87 - if I can do it, anyone can!

WHAT ADVANTAGES HAVE YOU FOUND TO ONLINE LEARNING?

Learning online has allowed me to learn in a different way and with only the materials that I have available at home. It has meant I have learnt some new techniques which has been great! (see pictures of my watercolour and pencil sketch)

NOW THAT YOU ARE FAMILIAR WITH ZOOM, WILL YOU USE IT IN

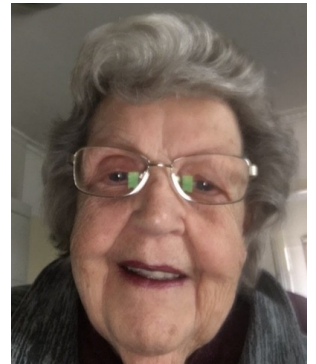
OTHER PARTS OF YOUR LIFE? Knowing how simple it is, if there are other programs I am interested in, I would certainly look at joining.

HAVE YOU FOUND IT HAS HELPED TO MAINTAIN YOUR CONNECTION TO SANDYBEACH DURING LOCKDOWN?

Definitely! Along with the newsletter and the phone calls, online learning is a great way to stay in touch with the Sandybeach community. I am meeting some new people online and also seeing some familiar faces.

WHAT ARE YOU LOOKING FORWARD TO THE MOST IN THE COMING MONTHS?

I am really looking forward to getting back to Sandybeach and seeing everyone!



POETRY: SONGS OF SUMMER ☀



Our Summertime Fun **By Adelle M. Scott**

I looked outside and viewed the trees,
Smelled the summer air,
I felt the warm breeze.
The sun with its golden bars.
That drop so gently on the field afar.
The beautiful blue sky,
Painted very seldom with white clouds
so high.
The wet green grass,
Doused with the morning's rain.
Perfect weather for camping.
We'll go have a fish.
Mum will mix the batter,
And stick the fish on a platter.
A joy so reckless and wild,
That's in the heart of every child.
Now we look at our skin.
Let the sunburns begin.
We'll play in the sun.
This is summertime fun.



June **By John Updike**

The sun is rich
And gladly pays
In golden hours,
Silver days,

And long green weeks
That never end.
School's out.
The time is ours to spend.

There's Little League,
Hopscotch, the creek,
And, after supper,
Hide-and-seek.

The live-long light
Is like a dream,
and freckles come
Like flies to cream

Summer's Splendor By The Sea **By Patricia L Cisco**

Summer's splendor by the sea,
a gentle, blue serenity.
Caressing rays of golden sun,
blushing, bronzing all who come.
Enticed by its romantic lure,
lovers stroll the sandy shore.
Hushing rhythm of the waves
and salty, misty ocean sprays.
Sea birds echo call of cries,
pierce the deep blue azure skies.
Dolphins dancing on their way
across the sea out to the bay.
A glistening, shiny, sun-soaked day.
All young and old alike at play,
building castles by the sea,
jumping waves and spirits free.
No place on earth as perfect to be
as summer's splendor by the sea!

MINDFUL COLOURING can be relaxing and helpful in relieving stress.
Why don't you give it a go?



ARMCHAIR TRAVEL: Mysterious Mostar by Mary Gates

In June of 2018 my eldest daughter, Pia and I headed off on a trip to explore Eastern Europe. We had read about the region's rich history and how affordable travel was for the tourist. The countries on our itinerary were Serbia, Montenegro, Croatia and Bosnia-Herzegovina. All were fascinating with one of the most interesting destinations being the ancient city of Mostar in southern Bosnia-Herzegovina.



We decided to stay four days in the old part of the city of Mostar with its winding cobble-



stone streets and ancient stone buildings. The most famous city landmark is the arched Stari Most (Old Bridge) which spans the Neretva River. It was originally built by the Ottomans in the 16th century. Mostar was named after the bridge keepers (mostari) who in the medieval times guarded the bridge. Given its history, the bridge is considered to be the finest example of Islamic architecture in the Balkans.

The Old Bridge stood for 427 years, until it was destroyed on 9 November 1993 by Croat paramilitary forces during the Croat-Bosniak War. It was subsequently reconstructed and reopened on 23 July 2004. It is an amazing feat of engineering as the bridge builders made a point of using the original construction techniques and materials.

A highlight of any visit to Mostar is the breathtaking spectacle each day of the young local mostari diving off the bridge into the relatively shallow waters of the Neretva River. Assistants to the divers collect money from the gathered tourists. Once enough money has been collected the diver takes his 20 metre plunge.

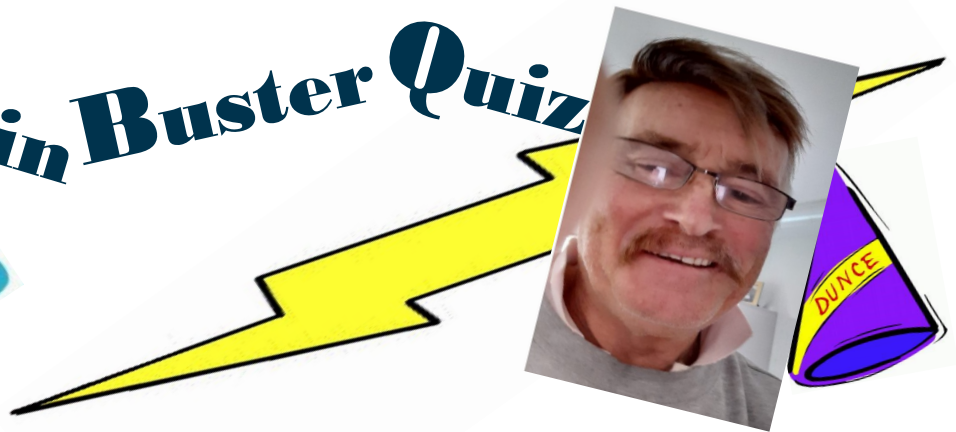


Sadly, Mostar has a dark history with many shells of bombed buildings in the town centre standing testament to the ravages of the Croat-Bosniak War. The Siege of Mostar was fought during the Bosnian War between 1992 to 1994. There are chilling tales of young university students running the gauntlet from their tower block housing to the university campus as snipers took pot-shots. Unfortunately tensions between the Muslim and Christian community remain with the 100,000 plus population living in ethnically defined areas of the city.



During our stay, Pia and I took several guided tours of the city of Mostar and its surrounds including a walking tour to study the post war street art that adorns many new and war damaged buildings. As a result we learnt a great deal about the history of this ancient town and its peoples. Our next stop was Sarajevo.

Bill's Brain Buster Quiz



- Q 1** In the 1964 movie *"Viva Las Vegas"*, racing car champion Lucky Jackson (Elvis Presley) doesn't have his mind fully on the race when he falls for the beautiful Swimming Pool Manageress, Rusty Martin - Which Hollywood singer/dancer co-stars as Rusty ?
- Q 2** Sir Hubert Opperman was a legendary champion in which sport ?
- Q 3** *"Ding Dong Dell, Pussy's in the well - Who put him in, Little Tommy Flynnne"* ... now who pulls Pussy out of the well ?
- Q 4** In the TV series *"The X-Files"* who stars as FBI agent Dana Scully ?
- Q 5** He was one of the most popular artists during the first half of the 1950's, selling millions of records and hosting his own TV show. His biggest hits being - *"Anytime"*, *"Turn Back The Hands Of Time"* and *"Oh My Papa"* - Can you name this great singer ?
- Q 6** Who was the host of the TV music show *"Young Talent Time"* in the 1970's and '80's ?
- Q 7** *"Mommie Dearest"* is a memoir written by the adopted daughter of a legendary film actress, described as an alcoholic unbalanced unfit mother - who was this film star ?
- Q 8** Released in 1970, *"The Long And Winding Road"* was what band's final No1 hit single ?
- Q 9** Tom Selleck plays the role of a private detective, employed on the private Hawaiian estate of wealthy owner Robin Masters, in which 1980's crime action TV series ?
- Q 10** The late Robin Williams (*pictured*) plays the role of English teacher John Keating, in an all boys school, that is known for its ancient traditions and high standards - can you name this 1989 movie ?
- Q 11** Who was the original host of the TV quiz show *"Sale Of The Century"* ?
- Q 12** Ichabod "Ikky" Mudd is the somewhat eccentric scientist in which super-hero series ?
- Q 13** Insanity runs in the Brewster family in the 1944 movie *"Arsenic and Old Lace"*, where two sweet old aunts, as an act of charity, take it upon themselves to poison lonely old men who have nothing to live for - who plays the role of nephew Mortimer Brewster ?
- Q 14** Which James Bond film, featured a bowler hat-throwing henchman, named Oddjob ?
- Q 15** Can you name the 1954 Hitchcock movie where retired tennis player Tony Wendice (Ray Milland) bribes a petty thief into murdering his wife Margot (Grace Kelly) ?
- Q 16** Who said ... *"I never forget a face, but in your case I'll be glad to make an exception"* ?





Nikki Nicholls

A renowned Melbourne session singer from the days when album recordings and the commercial music industry was thriving, Nikki has been in constant demand. She was the original backing vocalist for the John Farnham Band and recorded the "Whispering Jack" album with him. She then toured the world, sharing the stage with major entertainment names and recording albums including "Misunderstood", a compilation of rock classics by Jimi Hendrix, Led Zeppelin, the Rolling Stones and others.



Nikki has recently been receiving rave reviews from audiences around the country for her highly successful show "You've Got A Friend" - featuring the songs and story of Carole King, and has just released her first original album "Bridesmaid", produced by herself and Mike Brady. Nikki is truly an exceptional live performer, with an amazing vocal range. From funk to country rock - Nikki has it covered.

Q. Now Nikki, what band or artist has inspired you on your musical journey?

A. I've been inspired by many artists and bands with music from different genres, one of those being Carole King. Her music is so melodic with simple lyrics that relate to her audiences.

Q. Starting out as a session singer then moving on to backing vocals - how did this occur?

A. Around the late 70's I began session singing, recording jingles and backing vocals for albums and over that period I met and worked with many musicians, so my name was out there. When the original "John Farnham Band" was being created, I received a phone call asking me if I would join. My answer was a definite ... "YES PLEASE" !!

Q. You've toured the world with Stevie Wonder, Richard Clapton and Susie Quatro just to name a few - what would you say has been the highlight of your career?

A. Doing nine shows with Stevie Wonder was sensational. Singing with Kylie at the "John Lennon Memorial Concert" in Liverpool with other acts such as Joe Cocker, Hall and Oates, Cindi Lauper, Lenny Kravitz and many more was a definite highlight.

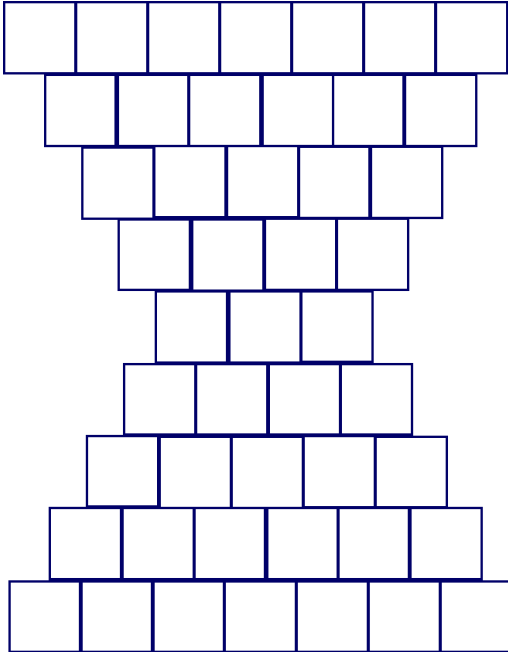
Q. Nikki, tell us about the show you're doing "You've Got A Friend".

A. Yes, it's the songs that made Carole King so famous - with a touch of James Taylor- including many that people would be unaware that she wrote. I sing Carole's numbers and Steve Wade, a very talented singer/musician, sings James Taylor's songs.



RIDDLE AND PUZZLES

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



Melodic (starts with t)

Able to speak with ease

Musical instrument

Touched



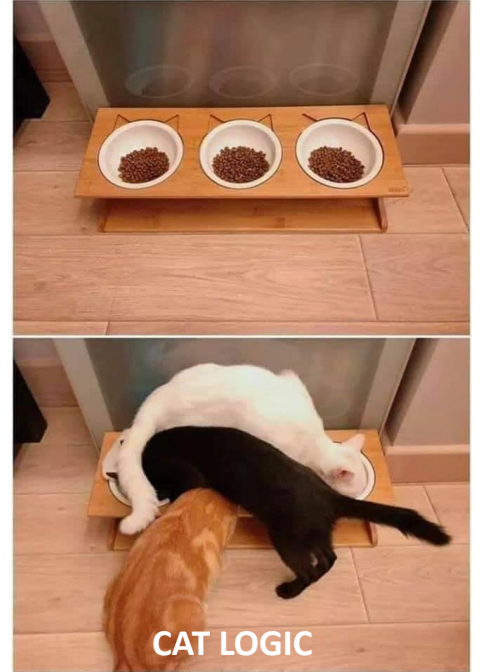
Allowed

Leather strap

Sound of goat

Not likely to change

Pills



RIDDLE: A GIRL HAS AS MANY BROTHERS AS SISTERS, BUT EACH BROTHER HAS ONLY HALF AS MANY BROTHERS AS SISTERS. HOW MANY BROTHERS AND SISTERS ARE THERE IN THE FAMILY?

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!

T	U	R	N	S
B	A	K	E	R

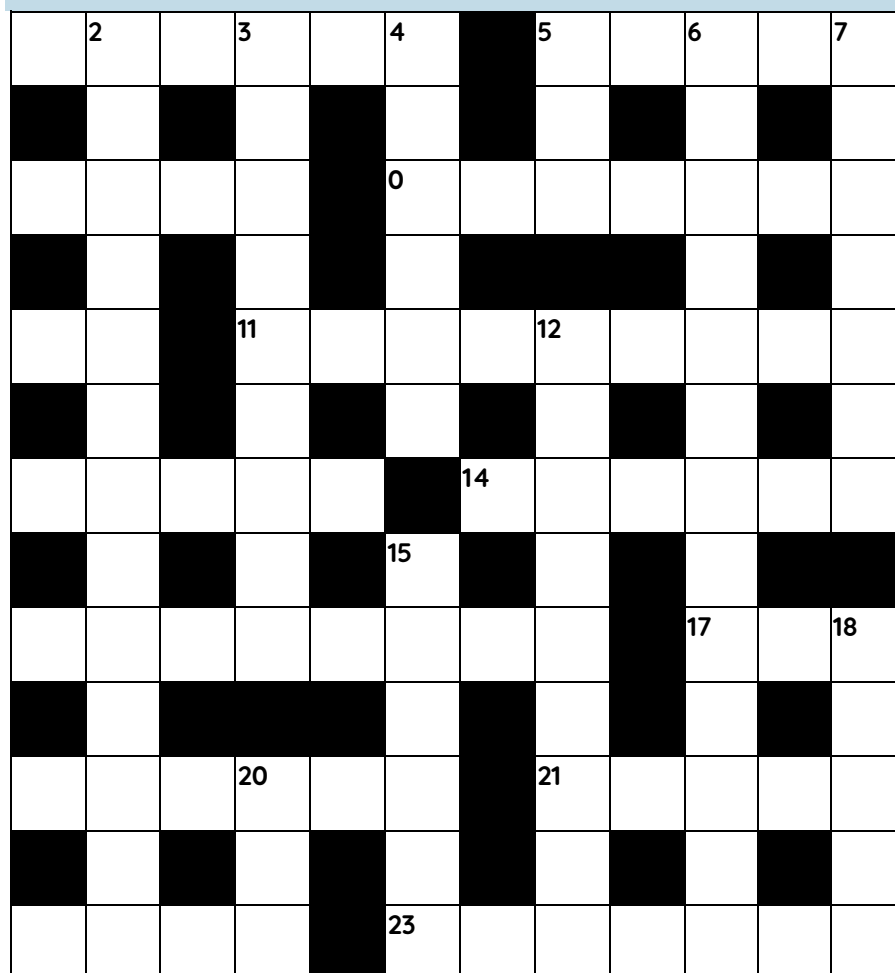
Chars buns? That's about right!

Rod gives directions to farm sheds

Reveals bear's movements

Cooks use every other blank verse

GIANT CROSSWORD



Across

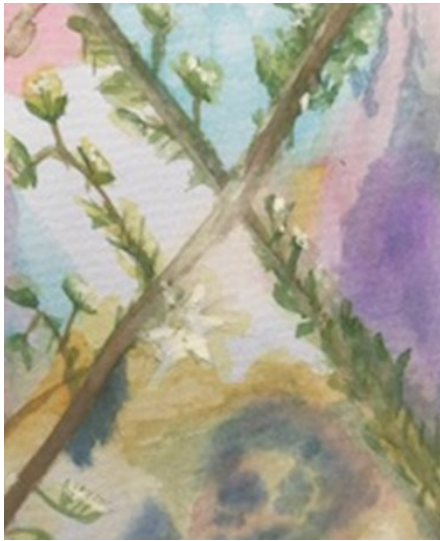
- 1 Peeping Tom (7)
- 5 Affected with rabies (5)
- 8 A medieval association of craftsmen (5)
- 9 Extremely polite, refined (7)
- 10 Sister (3)
- 11 Timber craft (9)
- 13 Tread upon (4,2)
- 14 Earl of Wessex (6)
- 16 They are completely different, contrary (9)
- 17 Tibetan ox (3)
- 19 Hunting (7)
- 21 Solemnly promise (5)
- 22 Oxidised (5)
- 23 Loss of memory (7)

Down

- 1 Heathen, irreligious (5)
- 2 Famous train (6,7)
- 3 Ridiculous (9)
- 4 Look at (6)
- 5 Ski slope (3)
- 6 Alcohol level gauges (13)
- 7 Held up (7)
- 12 He who inherits father's title (6,3)
- 13 Benefactor (7)
- 15 Mark of disgrace (6)
- 18 Fate (5)
- 20 Chilly (3)



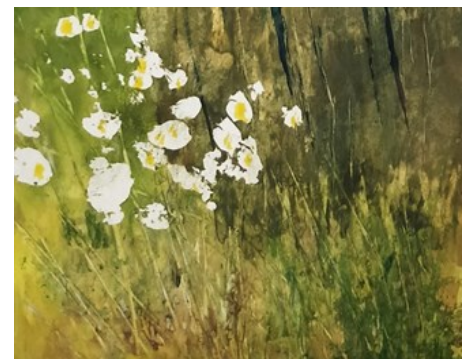
Here's a peek at some of the different techniques we have been experimenting with and learning about..



Drawing and Painting

Back to Basics

Halfway through our 6 week online course, I can see the amazing talents yet again of our Sandybeach Community! We are covering, drawing, perspective, colour theory and use of watercolours in set compositions. Lovely work everyone!



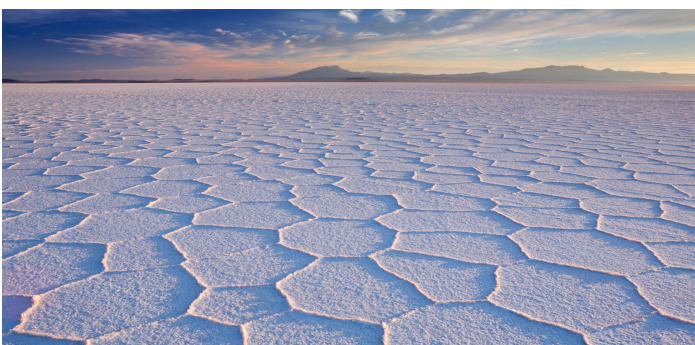
DID YOU KNOW? FINAL RAPID FIRE FOR 2020 - By Nick Turner

- Alpacas make great lawnmowers since they don't pull the grass out by the root and instead just nibble off the top. They also have soft pads on their feet which won't churn up the earth. How considerate!
- Blue whales are so massive that they can create fart bubbles big enough to fit a horse inside.
- Research has shown that dogs appreciate music, and even have their own taste in genres. While it varies from dog to dog, it turns out that reggae is a 'firm favorite in the canine world.'
- When guinea pigs get excited, they will often run around and hop wildly into the air. This is commonly known as 'popcorning.'
- Manatees can control their buoyancy through an endless cycle of farting. Yup, there is more than one fart fact today.
- Scientists have developed a way to identify individual Zebras by scanning their stripes like a barcode.
- Turtles can breathe through their butts.
- Herding dogs such as Border Collies have such strong herding instincts that they'll try to herd little children.



OUR AMAZING WORLD

Salar de Uyuni, the world's largest salt flat (over 10,000 sq kms) is in Bolivia, near the crest of the Andes. The salt crust is a few metres thick and has an extraordinary flatness. The crust covers a pool of brine, which contains 50% to 70% of the world's known lithium reserves. The exceptional flatness means that following rain, the flat transforms into the world's largest mirror. The flat serves as the major transport route across the Bolivian tableland and is a prime breeding ground for several species of flamingos.



CHILDCARE:



Here is Levi enjoying the outdoors whilst exploring with messy play. Who would have thought shaving cream could be so much fun?

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 would like to share!



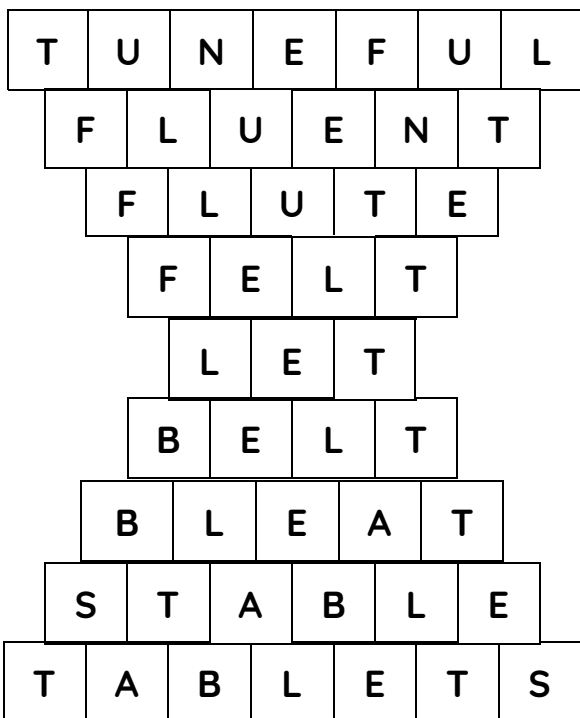
If you have anything to share, please email it to: armchairtravel@sandybeach.org.au

This week's contributions come from Geoff Tate who attends Art with Tina on Thursdays. Thanks for sharing Geoff - you are a talent to be reckoned with!

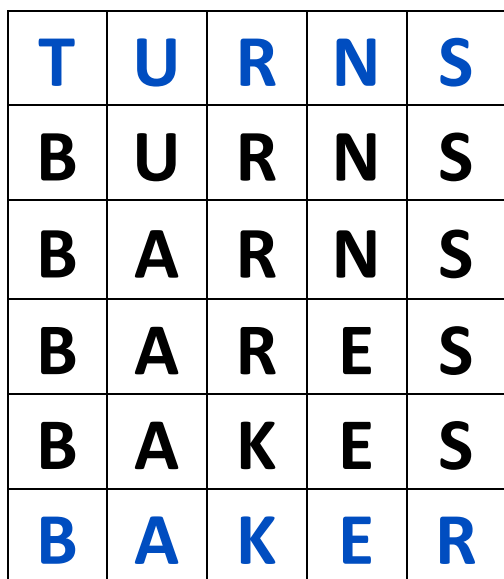


CROSSWORD, QUIZ AND PUZZLES ANSWERS

WORD CASTLE ANSWER



CRYPTIC INCRE - MENTAL ANSWER



Across

- 1 Prowler
- 5 Rabid
- 8 Guild
- 9 Genteel
- 10 Nun
- 11 Carpentry
- 13 Step on
- 14 Edward
- 16 Opposites
- 17 Yak
- 19 Seeking
- 21 Swear
- 22 Rusty
- 23 Amnesia

Down

- 1 Pagan
- 2 Orient Express
- 3 Ludicrous
- 4 Regard
- 5 Run
- 6 Breathalyzers
- 7 Delayed
- 12 Eldest Son
- 13 Sponsor
- 15 Stigma
- 18 Karma
- 20 Icy

RIDDLE ANSWER:

Four sisters and three brothers.



ANSWERS TO THE BRAIN BUSTER

Q1: Ann-Margret. Q2: Cycling. Q3: Little Johnny Stout. Q4: Gillian Anderson.

Q5: Eddie Fisher. Q6: Johnny Young. Q7: Joan Crawford.

Q8: The Beatles. Q9: Magnum P.I. Q10: Dead Poets Society.

Q11: Tony Barber. Q12: Superman. Q13: Cary Grant. Q14: Goldfinger.

Q15: Dial M for Murder. Q16: Groucho Marx.

SANDYBEACH CARERS

Sharing Information and Connecting with Carers

The Christmas season is almost upon us, and while it can be a wondrous, exciting and festive occasion, if you are a carer, this season can bring with it, its own challenges. It can be difficult for a care giver to find the time to move beyond the immediate care needs of a client, to plan meaningful activities and to help prepare for a wonderful and safe festive season. Here are some activities for carers to enjoy with clients during the festive season.

Help your client to decorate their home or room to begin building the excitement of Christmas.

Card making is a great way to spread Christmas cheer. Encourage family members to also send cards to your client. Receiving something in the letterbox can be very uplifting!

If your client will be spending time with family on Christmas Day, start planning with them what they would like to wear.

Preparing Christmas Baking Gifts can be a fun activity to do with your client in the comfort of their own home. Or consider some Christmas craft ideas. Christmas can be made even more special by handmade Christmas tree decorations. Buy a roll of butchers' paper and go to town making your own unique Christmas wrapping paper.



Useful Resources:

Carers Victoria **1800 514 845**

Lifeline **13 11 14**

Beyond Blue **1300 224 636**

National Dementia Helpline **1800 100 500**

Carer Gateway **1800 422 737**

CONVERSATIONS with



Carers Victoria's new videocast *Conversations with Carers Victoria* has now launched via Zoom

Every Monday, Wednesday and Friday at 2pm we'll be online talking with carers about ways to tend to their wellbeing and even learn something new.

The videocast is interactive and there will be the opportunity to communicate with the host via the chat function.



Let us know what resources you have found useful for you or your clients.
armchairtravel@sandybeach.org.au
PH: 9598 2155



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