

# REACHING OUT

Keeping our Community Connected - Edition 9



## FEEL GOOD NEWS...

The Australian Reptile Park is a hands-on zoo located in a natural bush setting on the Central Coast of NSW, home to exotic reptiles from around the world and a wide variety of Australian native animals

They have recently welcomed a very special addition to its native wildlife family.



Keepers have named her Ash, because she is the first koala joey born at the park since the devastating 'Black Summer' bushfires.

With countless animals lost in blazes across NSW alone, the park announced little Ash's birth as "a sign of hope for the future of Australia's native wildlife". The park reopened to the public from June 1, which is a good thing for the animals, who could be missing their human visitors.

## SNAP OF THE WEEK



**HAPPY BIRTHDAY TO SONJA COWAN WHO IS CELEBRATING HER 97TH BIRTHDAY ON 20 JUNE. BEST WISHES FROM ALL OF US HERE AT SANDYBEACH SONJA. ENJOY YOUR CELEBRATIONS!!**  
XXX

## IMPORTANT NUMBERS

**COVID-19 HOTLINE - 1800 675 398**  
**BEYOND BLUE - 1300 22 4636**  
**LIFELINE - 13 11 14**  
**EMERGENCY SERVICES - 000**  
**SANDYBEACH CENTRE - 9598 2155**

## JOKES OF THE WEEK

She was only a whiskey maker, but he loved her still

If you jumped off a bridge in Paris, you'd be in Seine



Time flies like an arrow. Fruit flies like a banana.

## KEEP MOVING WITH ANGEL

### EXERCISE 1 - STRETCH FOR THE WAIST AND LOWER BACK

#### Seated

- Come forward on the chair, legs hip width apart.
- Holding a medium size ball, arms extended out in front, the elbows slightly bent turning the upper body and the waist to the right.
- Hold the pose for the count of 8 return to the centre and repeat the movement to the left. (see picture)
- Do the stretch twice each side.



#### Standing

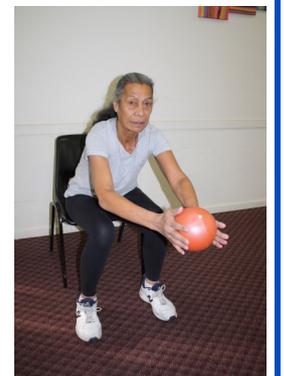
- Legs to be shoulder width apart and the knees soft, (it will help to take the stress from the lower back)
- Turn the upper body and the waist to the right side hold the pose for the count of 8, return to the centre and repeat the movement to the left.
- Do the stretch twice each side.



### EXERCISE 2 - STRETCH FOR LOWER BACK, HIPS, BUTTOCK AND UPPER HAMSTRING.

#### Seated

- Come forward on the chair, legs hip width apart
- Holding a medium size ball extend the arms, bring the upper body over towards the thighs, hold the pose for the count of 8 and slowly return to an upright position. (see picture)
- Do stretch twice



#### On the Floor

- Crossing the legs, roll a medium size ball along the floor away from the body
- Hold the pose for the count of 8 and slowly roll the ball back towards the body. (see picture)
- Do the stretch twice.



Take care and don't forget to breathe when doing the stretches!!

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

### Homemade Toasted Muesli

#### Ingredients

- 1/4 cup of honey
- 1/4 cup of brown sugar
- 1/4 cup of olive oil
- 3 cups of rolled oats
- 1/2 cup of bran flakes
- 1/2 cup of flaked coconut
- 1/4 cup of sesame seeds
- 1/4 cup of sunflower seeds
- 1/4 cup chopped pecan nuts
- 1/2 cup roughly chopped dried apple
- 1/2 cup of dried cranberries

#### Instructions

1. Combine honey, sugar and oil in a saucepan over medium heat. Cook, stirring often for 5 minutes or until sugar dissolves.
2. Preheat oven to 150°C. Line a large, deep baking dish with baking paper.
3. Combine remaining ingredients in a large bowl. Pour over warm honey mixture and mix well to combine.
4. Spread mixture evenly over the base of the dish. Bake for 25 to 30 minutes, stirring every 10 minutes, or until golden and toasted. Set aside to cool completely - muesli will form crisp clusters on cooling.

**Note:** Store muesli in an airtight container ready to use.

### Exercises for Hands to Help Combat Arthritis

- Finger bends - bend and straighten each finger and thumb
- Make a fist - hold hand straight, make a fist then return to straight position
- Thumb bends - bend thumb down towards your palm, hold then return to starting position
- Make a 'C' - hands straight, make a 'C' then return
- Give the OK - hand straight, bring thumb and first finger together, then open. Repeat on other hand



## My Life Journey in Music *by Brenda May Vogt*

I started singing with rock bands from 1965 then joined the Hal Kennedy circuit singing at the Orama Ballroom in Footscray. I had to learn to sing all kinds of ball room dance tunes from Waltzes to Barn Dances accompanied by 'Ron Trigg and His Sextet' at one bandstand then quickly nip across to sing rock and roll songs with 'Johnny Cosgrove and The Fendermen' at the other bandstand. All great experience and expanding my ever-growing repertoire.



By 1968 I was encouraged to try doing floorshows but this aspect of my career was short lived as I met my husband-to-be at my first floor show rehearsal and within eighteen months had embarked upon what I hoped would be wedded bliss! However, this was not to be and as a lone parent from 1976 I had to supplement my income to rear my three children by singing and playing piano at local hotel dining restaurants and clubs on the Mornington Peninsula. I also got a taste of the joy music brought to residents in aged care facilities when I'd play piano for a couple of friends who were comedian/singers. I took a break from music in 1989 to care for my mum during her terminal bowel cancer journey and then my dad in his grief for the next few years. In 1995 I was devastated by my son's death after his nine month horrendous battle with a rare aggressive cancer.

Emerging from the loss of my son a couple of years later, I recalled his words: *"you've got to follow your passion ..."* and I wondered – what is my passion? It was music which had always been my passion but I didn't want to sing in cigarette smoke-filled venues anymore so I set up a business to bring sing-a-longs to residents in aged care facilities. Coincidentally, Sandybeach Centre had just received some funding to do a similar pilot program and I was fortunate to be employed there from 1997 to 2007 to create and facilitate 'Music Alive' for frail, socially isolated, older people. It was an unbelievable and gratifying learning curve for me as I explored an extensive variety of music for theme afternoons. Immersing myself in this music work I felt was my humble way of honouring and celebrating my son's life as I secretly dedicated my efforts to his memory, often recalling to myself his words *"you've got to follow your passion ..."* which I indeed was privileged to be doing. I couldn't have done it without the wholehearted support of REACH staff and my band of wonderful Volunteers, especially Heather McGivern who was my rock for the first five years.

I have loved being invited to return these past few years to lead monthly sing-a-longs at "Music Alive" and to observe how wonderfully Val and now Andrea (with Sully, Bill, Margie and the great team of Volunteers) have continued the tradition of reaching out to people through music. What a thrill to hear everyone singing in chorus *"Wish Me Luck As You Wave Me Goodbye"* as they happily walk, sometimes dance, out the door. As I retire, how grateful and blessed I feel to have been able to share music with you all, and to say a Big THANK YOU for the opportunity to have entertained you!

Love, Brenda xxx

THANKS FOR ALL THE SING-A-LONGS BRENDA - THIS ONE'S FOR YOU!! ❤️❤️

**Wish Me Luck as You Wave Me Goodbye  
Gracie Fields**



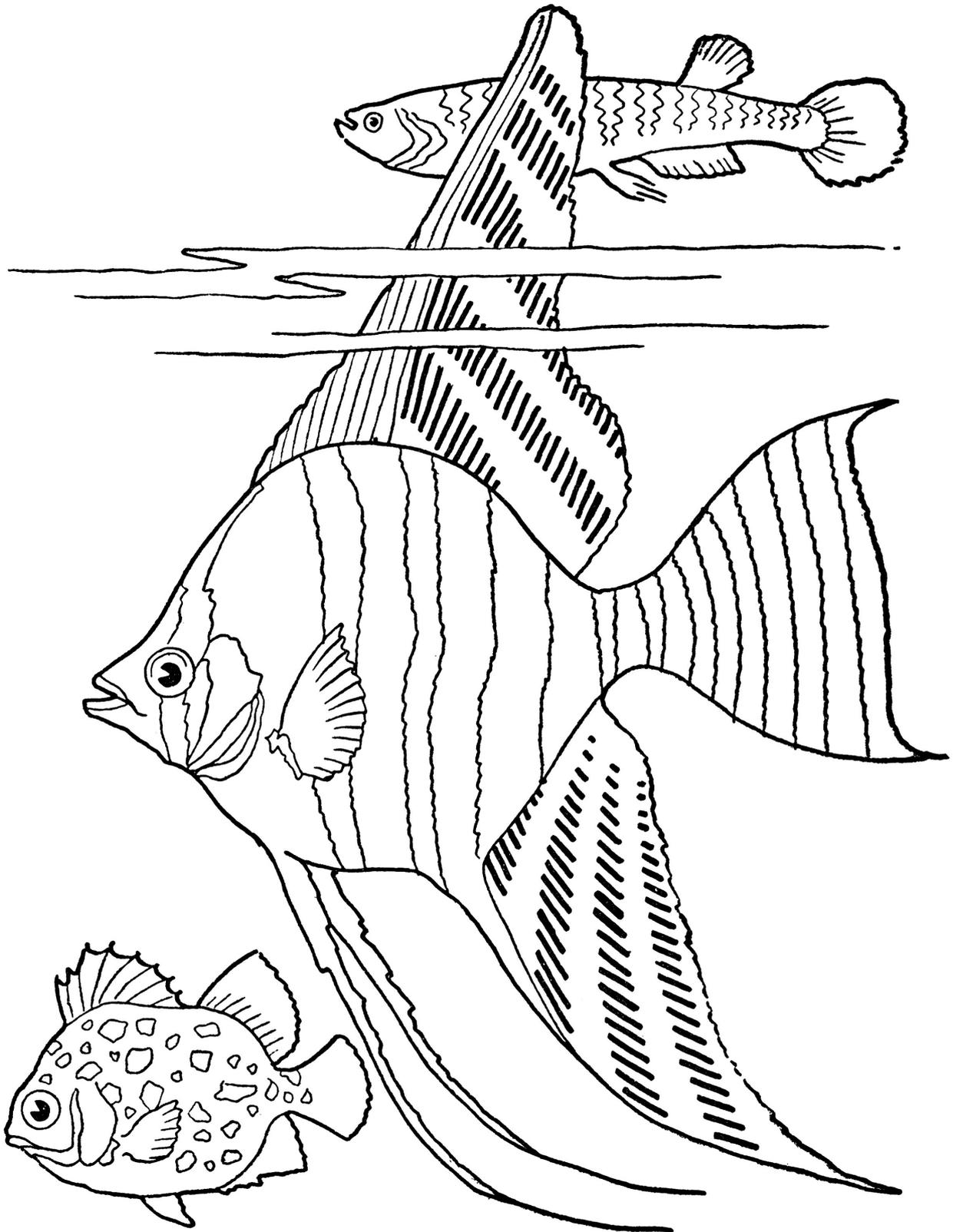
Wish me luck as you wave me goodbye  
Cheerio, here I go, on my way  
Wish me luck as you wave me goodbye  
Not a tear, but a cheer, make it gay  
Give me a smile I can keep all the while  
In my heart while I'm away  
'Till we meet once again, you and I  
Wish me luck as you wave me goodbye



**Brenda with Val Ashton celebrating  
20 years of Music Alive in 2017**



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



# ARMCHAIR TRAVEL

## Sintra, Portugal 2018 - by Miranda Turner



In 2018, as part of a larger trip around Europe, we visited the charming town of Sintra, located 30 kilometres North West of the capital, Lisbon. The town is known for its variety of fascinating historic buildings, whimsical palaces, the ruins of a Moors castle, and beautiful natural scenery. It is set amidst the pine-covered hills of the Serra de Sintra. This hilly and slightly cooler climate enticed the nobility and elite of Portugal, who constructed exquisite palaces, extravagant mansions and decorative gardens.

We were lucky enough to spend 3 days exploring a few of its delights. Here is just a taste of what we saw:

### PENA PALACE

Located in the Sintra hills, the Park and Palace of Pena are the fruit of King Ferdinand II's creative genius. The palace was built in such a way as to be visible from any point in the park, which consists of a forest and luxuriant gardens with over five hundred different species of trees originating from the four corners of the earth.

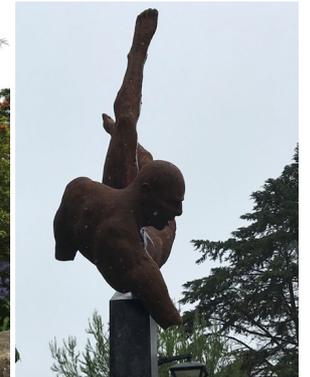


### QUINTA DA REGALEIRA

The Quinta da Regaleira is a decorative 20th century residence near Sintra. The grand house is split over five floors and has an ornate gothic façade, but the real attraction is to the rear with the enchanting gardens. The gardens of the Quinta da Regaleira were styled to represent ancient secret orders, with hidden tunnels and concealed symbolism.



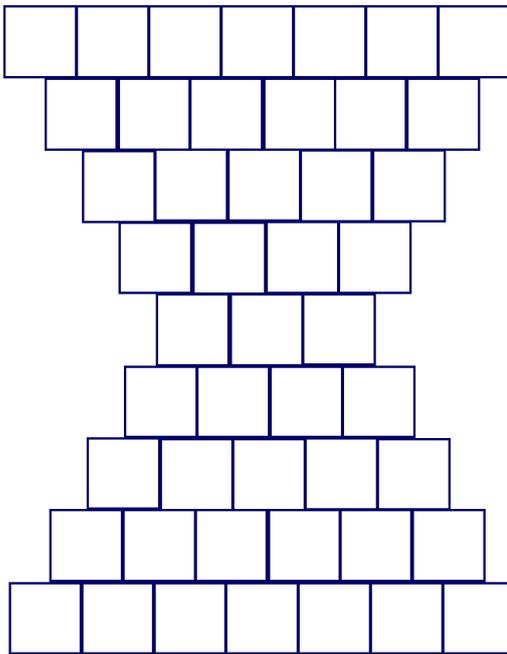
Our transport around Sintra was this cute wee car - essential for navigating the very narrow streets. Along the way, we saw plenty of interesting art works and at the end of the day sampled a lovely local Port.



## BRAIN TEASERS AND PUZZLES

1. Can you name three consecutive days without using the words Wednesday, Friday, or Sunday?
2. What occurs once in a minute, twice in a moment, and never in your life?
3. What travels the world while stuck in one spot
4. What moves faster – heat or cold?

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



Sweets (begins with C)

Move up through the air

Family car

Head of faculty

A place for wolves

Impression

Famous

Give blood

jotter



## 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!

<b>C</b>	<b>R</b>	<b>E</b>	<b>T</b>	<b>E</b>
<b>G</b>	<b>L</b>	<b>I</b>	<b>D</b>	<b>E</b>

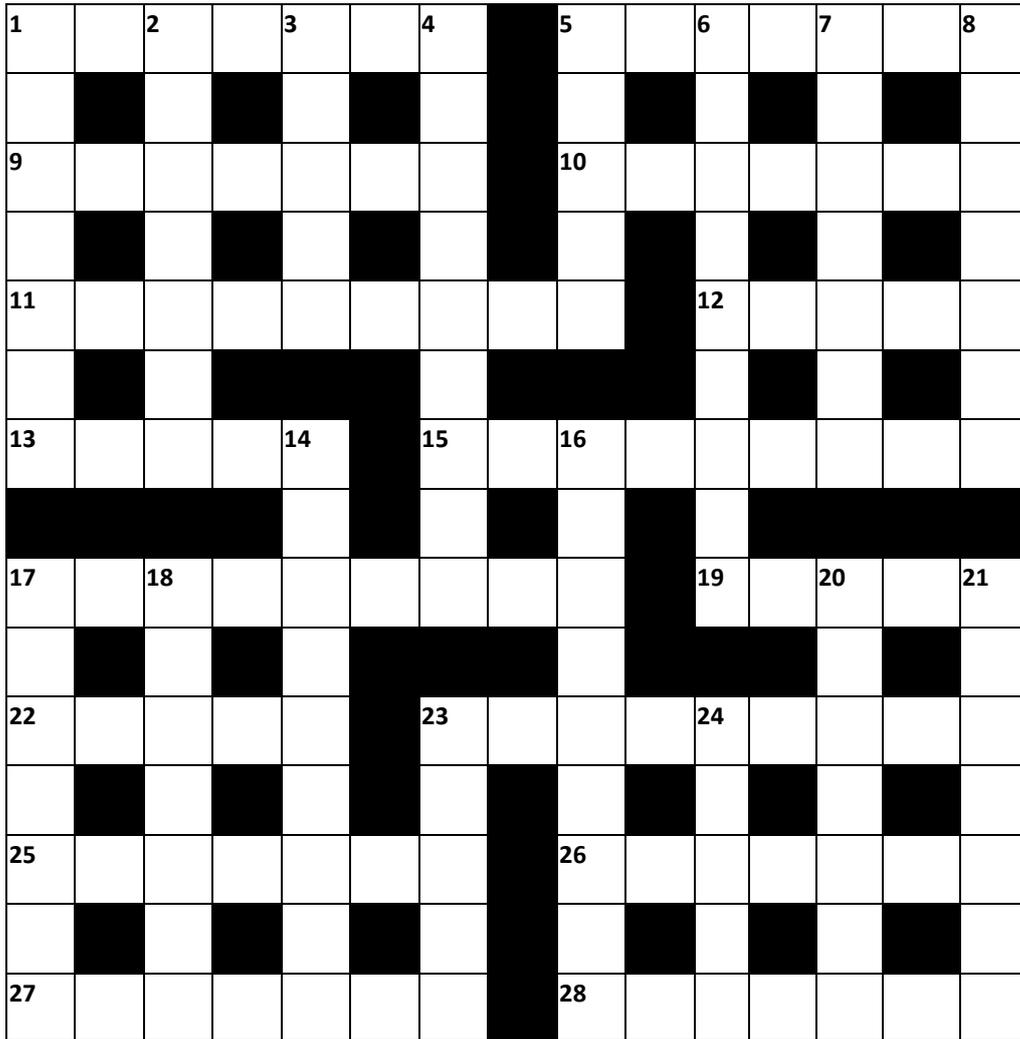
Box rodent in church

Grille distresses Greta

Assess class rank

Forest clearing in Bangladesh

# BIG CROSSWORD



## Down

- 1 brooks
- 2 substitute player
- 3 location
- 4 coulis fruit
- 5 sight, smell, hearing etc
- 6 exactly the same
- 7 problem
- 8 guarantees
- 14 actors in movies
- 16 suggested
- 17 leave in a hurry
- 18 harder to find
- 20 acquiring
- 21 this evening
- 23 fairground attractions
- 24 oyster gem

## Across

- 1 Paint removal tool
- 5 deprive (someone) of money or possessions.
- 9 Scoundrels
- 10 Leaves of Pine
- 11 (of a course of action) acceptable
- 12 More docile or domesticated
- 13 bookcase ledge

## ...Across cont

- 15 Mackintoshes
- 17 Exposed
- 19 Ignites
- 22 switches
- 23 formal party
- 25 fruit farm
- 26 taunting
- 27 woodlands
- 28 joy

## THANK YOU!!



A big thank you to our amazing team of drivers and their trusty sidekicks who do a great job each week delivering the REACHING OUT Newsletter. They also deliver the Stepping Out Newsletter and anything else that gets thrown at them (often at the last minute!)

So, Tony, John, Angel and Ian - thanks for all you do - always with great efficiency and always with a smile!



## DID YOU KNOW?

*Contributed by Nick Turner*

### The origins of the REACH name

Have you ever wondered why our programs fall under the name REACH? In the mid 1980s and over a period of three years, representatives from local organisations including Sandringham Council, Sandringham Hospital, Southern Family Life, Bayside Learning, Moorabbin TAFE and Sandybeach Co-operative looked into the plight of people in the area who were homebound.

Under the name R.E.A.C.H. (Recreational (and Educational)



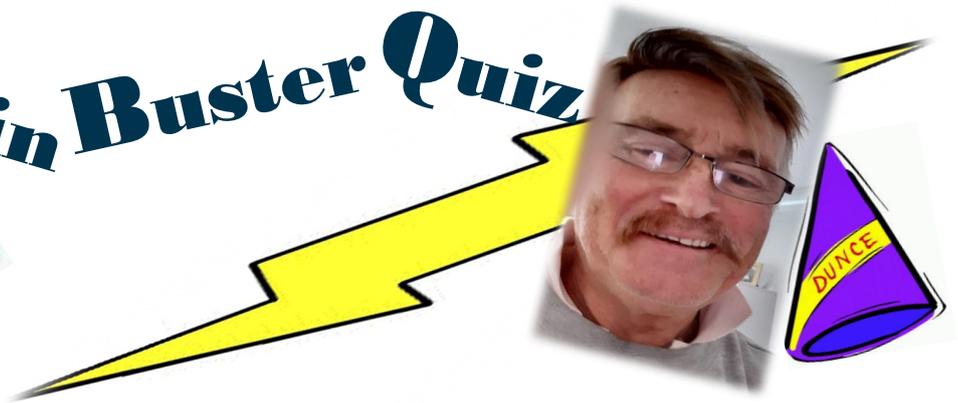
Activities Catering for the Homebound, this group employed a research officer to find out the nature, extent of and reasons for people in this area being homebound. No action came out of this research until Sandybeach offered to carry out a pilot program for six weeks in 1988.



The pilot led to the continuing of a REACH

program as funds became available. By 1989 REACH offered two weekly projects - Armchair Travel Sessions and Life Stories. REACH has since gone on to include many more programs. Today there are eight programs that fall specifically under the REACH umbrella but there are many other programs to chose from.

# Bill's Brain Buster Quiz



- Q 1** OK name the great 1957 movie starring Burt Lancaster as Wyatt Earp and Kirk Douglas as Doc Holliday, where the finale was the **gunfight** against the lawless Clanton Gang !!
- Q 2** Who played the role of the unstable Captain Queeg - the skipper of the decrepit, 20yo rusty destroyer, the U.S.S. Caine - in the 1954 movie "The Caine Mutiny" ?
- Q 3** Frankie Laine sang ... "Don't try to understand 'em, just rope, throw and brand 'em, soon we'll be livin' high and wide" ... in which TV western series ?
- Q 4** In poker, which hand is bigger - a full house or a straight flush ?
- Q 5** Boo Boo Bear is the best friend and the constant sidekick of which popular Hanna-Barbera cartoon character (**pictured**) ?
- Q 6** Kit Walker is better known as which costumed crime fighter ?
- Q 7** "I, said the sparrow, with my bow and arrow" is the answer to what **killing** question ?
- Q 8** Jack Lord stars as Steve McGarrett, a tough cop possessed with a hatred of crime, a determined nature and a bouffant hair do, in which TV series ? **"Book 'em Danno"**
- Q 9** Name the TV soapie that ran from 1964 to 1978, where Enid Sharples, Ken Barlow and Elsie Tanner would enjoy a pint at Jack and Annie Walker's "The Rover's Return" pub !!
- Q 10** Which Dutch post impressionist artist did a self portrait with Bandaged Ear ?
- Q 11** Who played the role of Scarlet O'Hara in the 1939 movie "Gone With The Wind" ?



- Q 12** Name the TV series where Dr Richard Kimble, played by David Janssen (**pictured**) is wrongly accused of murdering his wife and must elude police to catch the real killer - a one armed man !!
- Q 13** Innocent and sweet Sandy Olsson and **greaser** Danny Zuko attend Rydell High School, in which 1978 movie musical ?
- Q 14** Who said ... "If you don't take an interest in the affairs of your government, then you are doomed to live under the roof of fools" (**Greek philosopher**) ?
- Q 15** The black sheep has three bags of wool - one for the little kid who lives down the lane and one for the Master - Now, who gets the third bag of wool ?

**Knock Knock Who's there? Cows go Cows go who? No silly, cows go moo !!**

*See back page for answers*



**Gavin Liddell**

Gavin has been playing in bands since the late sixties and one of his big thrills was playing in the 'Battle of the Bands' and hearing his songs on radio. Gavin was a member of the Rondells for some time when they were the backing group for Bobby & Laurie. He previously had been part of a support band to Freddy and the Dreamers, Darryl Cotton, Johnny Chester, Lynne Randell, Broderick Smith, Colin Cook and lots of other well known acts.

For the last few years he has been performing solo in Clubs and Pubs, RSL's, Morning Melodies, Senior Citizens and of course 'Music Alive'.



**Now Gavin**

Q. Name two of your favourite songs.

A. "I'm Your Man" - something special about Leonard Cohen's words and music.  
Also Mike Oldfield and Maggie Reilly singing "Moonlight Shadow".

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

A. The Beatles, the first time I heard "From Me To You" I just wanted to be in a band.  
And I just love the raw sound of the guitars of The Rolling Stones and Creedence.

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

A. I love hiking, walking and being close to Mother Nature.

Q. How did you get into the music industry and why?

A. I loved the sound and look of the guitar and wanted to make music, so as a teenager, when a friend asked me to join his band, I did and have been playing ever since.

Q. What do you like most about 'Music Alive' at Sandybeach?

A. I love playing at 'Music Alive' because everyone there makes me feel so welcome.



Hi Everyone, this is Andrea just sending out a big cuddle to you all. We miss you very much and it's wonderful to be still connected to you via our *REACHING OUT* Newsletter.

Always remember these words from one of our favourite songs.

***"We want to be happy, but we can't be happy ... till we make you happy too"***

Guess the song !!!

*Andrea Lees* 

## POETRY - THE WHITE KNIGHT'S SONG - BY LEWIS CARROLL



I'll tell thee everything I can;  
There's little to relate.  
I saw an aged, aged man,  
A-sitting on a gate.  
"Who are you, aged man?" I said.  
"And how is it you live?"  
And his answer trickled through my head  
Like water through a sieve.

He said "I look for butterflies  
That sleep among the wheat;  
I make them into mutton-pies,  
And sell them in the street.  
I sell them unto men," he said,  
"Who sail on stormy seas;  
And that's the way I get my bread --  
A trifle, if you please."

But I was thinking of a plan  
To dye one's whiskers green,  
And always use so large a fan  
That it could not be seen.  
So, having no reply to give  
To what the old man said,  
I cried, "Come, tell me how you live!"  
And thumped him on the head.



His accents mild took up the tale;  
He said, "I go my ways,  
And when I find a mountain-rill,  
I set it in a blaze.  
And thence they make a stuff they call  
Rowland's Macassar Oil --  
Yet twopence-halfpenny is all  
They give me for my toil."

But I was thinking of a way  
To feed oneself on batter,  
And so go on from day to day  
Getting a little fatter.  
I shook him well from side to side,  
Until his face was blue;  
"Come, tell me how you live," I cried  
"And what it is you do!"

He said, "I hunt for haddocks' eyes  
Among the heather bright,  
And work them into waistcoat-buttons  
In the silent night.  
And these I do not sell for gold  
Or coin of silvery shine,  
But for a copper halfpenny,  
And that will purchase nine.

"I sometimes dig for buttered rolls,  
Or set limed twigs for crabs;  
I sometimes search the grassy knolls  
For wheels of hansom-cabs.  
And that's the way" (he gave a wink)  
"By which I get my wealth --  
And very gladly will I drink  
Your Honor's noble health."

I heard him then, for I had just  
Completed my design  
To keep the Menai bridge from rust  
By boiling it in wine.  
I thanked him much for telling me  
The way he got his wealth,  
But chiefly for his wish that he  
Might drink my noble health.

And now, if e'er by chance I put  
My fingers into glue,  
Or madly squeeze a right-hand foot  
Into a left-hand shoe,  
Or if I drop upon my toe  
A very heavy weight,  
I weep, for it reminds me so  
Of that old man I used to know --  
Whose look was mild, whose speech was slow,  
Whose hair was whiter than the snow,  
Whose face was very like a crow  
With eyes, like cinders, all aglow,  
Who seemed distracted with his woe,  
Who rocked his body to and fro,  
And muttered mumblingly and low,  
As if his mouth were full of dough,  
Who snorted like a buffalo --  
That summer evening long ago  
A-sitting on a gate



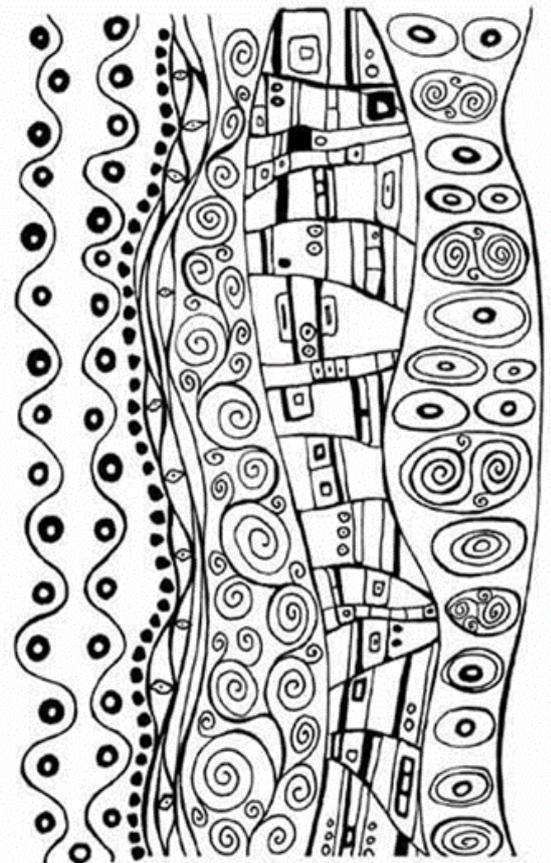
Art and craft ideas for all! *Get creative at home! We hope you will enjoy having a go at these activities!*



## Gustav Klimt

Gustav Klimt was an Austrian symbolist painter. His works were mainly paintings, murals, and sketches.. Klimt's primary subject's were female figures. Klimt found financial success in his "Golden Phase" with decorative techniques and the prominent use of gold leaf in his paintings. **Adele Bloch-Bauer I** (1907), which sold for a record \$135 million in 2006, New York.

Have a go at creating your own Adele or use any figure you like. Fill with Klimt style patterns. Use the guides below to help you get started.



Look out for more ideas in our next newsletter! Email us your results to [armchairtravel@sandybeach.org.au](mailto:armchairtravel@sandybeach.org.au)

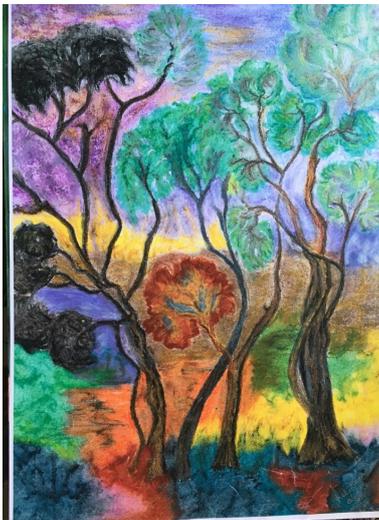
## READER CONTRIBUTIONS

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](mailto:armchairtravel@sandybeach.org.au) OR send to 2 Sims St Sandringham 3191**

**This week's contribution comes from Jill Remnant who attends Tina's Thursday Artbeat Group and Music Alive with Andrea - just a snapshot of Jill's diverse talents! Thanks for sharing Jill! ❤️😊**



### BRAIN TEASER ANSWERS:

1. Think outside the box. "Yesterday, today, and tomorrow."
2. Don't worry, you aren't missing out on some amazing part of life. The thing that occurs once in a minute, twice in a moment, and never in your life is the letter "m."
3. Virtual reality is making it more possible to see the wonders of the world all from your favorite chair. But one thing has long since figured out the art of travelling the world while stuck in one spot – a stamp!
4. The answer to which moves faster, heat or cold, doesn't lie in a physics textbook. It's heat, because you can always catch a cold!

### INCRE-MENTAL ANSWER:

C	R	E	T	E
C	R	A	T	E
G	R	A	T	E
G	R	A	D	E
G	L	A	D	E
G	L	I	D	E

### CROSSWORD SOLUTION

#### Across

- 1 scraper
- 5 swindle
- 9 rascals
- 10 needles
- 11 agreeable
- 12 tamer
- 13 shelf
- 15 raincoats
- 17 displayed
- 19 lights
- 22 swaps
- 23 reception
- 25 orchard
- 26 teasing
- 27 forests
- 28 delight

#### Down

- 1 streams
- 2 reserve
- 3 place
- 4 raspberry
- 5 sense
- 6 identical
- 7 dilemma
- 8 ensures
- 14 film stars
- 16 indicated
- 17 dash off
- 18 scarcer
- 20 gaining
- 21 tonight
- 23 rides
- 24 pearl

### WORD CASTLE ANSWER

C	A	N	D	I	E	S
A	S	C	E	N	D	
S	E	D	A	N		
D	E	A	N			
D	E	N				
D	E	N	T			
N	O	T	E	D		
D	O	N	A	T	E	
N	O	T	E	P	A	D

### ANSWERS TO THE BRAIN BUSTER QUIZ

Q1: Gunfight at the O.K. Corral. Q2: Humphrey Bogart. Q3: Rawhide.

Q4: Straight Flush. Q5: Yogi Bear. Q6: The Phantom.

Q7: Who Killed Cock Robin. Q8: Hawaii Five-0. Q9:



Q10: Vincent van Gogh. Q11: Vivian Leigh. Q12: The Fugative.

Q13: Grease. Q14: Plato. Q15: The Dame.