

REACHING OUT

Keeping our Community Connected - Edition 30



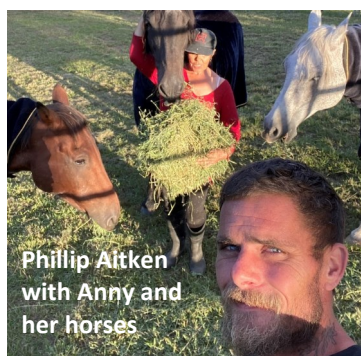
GOOD NEWS STORY: Local Heroes

When fast-rising floodwater surrounded Anny Biasol's NSW home last month, one of her first thoughts was for the safety of her horses. State Emergency Service crews told her they couldn't reach her, so she appealed to friends for help. "When my house started to be impacted with all the land around me under water, I knew I was about to lose power, so I reached out," she said.

She contacted friends Robyne English, a local, and Amanda Hancock, from the Sunshine Coast, who quickly hit social media to ask for help. "I put out a desperate plea requesting someone with local knowledge, a boat and experience with animals to help save Anny and her horses." Ms Hancock said. Help first came in the form of local resident Phillip Aitkin, who launched a boat and set out to rescue Ms Biasol and her horses, Barney, Degrey and Navarre.

"Phillip definitely deserves a bravery award, because he risked his own life, going into unknown dangers with submerged fences and debris to rescue a stranger, Anny, and her horses," Ms Hancock said. "The horses had to be swum and walked out three kilometres from my place to the highest mound," Ms Biasol said. "There were a lot of dead cattle floating while we were trying to swim them out and there were a lot of bull sharks around, so we were pretty concerned about that. We had power lines, fence lines, houses, shipping containers — all sorts of stuff floating down the river.

Other locals arrived to help, including part-time horse trainer, Leon Gray, who was out trying to save stock. After many hours, when the eldest horse, Barney, became so exhausted he refused to move, Mr Gray, got into the water to help him through. Mr Gray said he was just happy to help. "It's rewarding to see the relief on Anny's face. She was so happy."



HAPPY SNAP OF THE WEEK



FUNNY ONE LINERS:

I failed maths so many times at school, I can't even count!

Don't you hate it when someone answers their own questions? I do..

I can't believe I got fired from the calendar factory. All I did was take a day off!



IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1300 22 4636

LIFELINE - 13 11 14

EMERGENCY SERVICES - 000

SANDYBEACH CENTRE - 9598 2155

KEEP MOVING WITH ANGEL

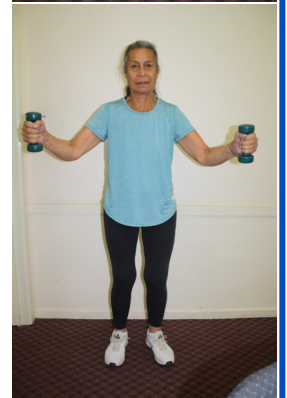
Chest Exercise Seated.

- Come forward on the chair with legs hip width apart.
- Holding handweights, bring arms up to chest height.
- Bring arms to the centre of the body and gently extend out either side of the body.
- The arms should be in line with the shoulders.
- Gently bring arms back to the centre. See picture.
- Do 2 sets of 10 repetitions.



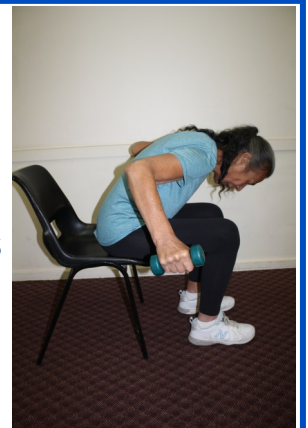
Chest Exercise Standing.

- Stand with legs hip width apart and soft knees.
- Repeat the exercise as above. See picture.
- Do 2 sets of 10 repetitions.



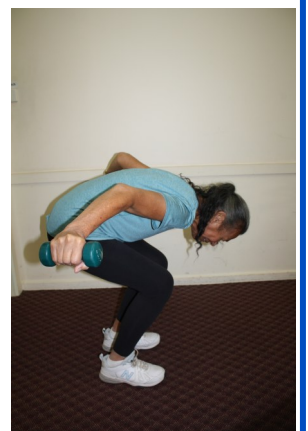
Back Exercise Seated.

- Come forward on the chair with legs hip width apart.
- Holding handweights, lower the upper body over towards the thighs.
- Bring the arms to the centre of the body then extend the arms out either side of the body to shoulder height.
- Slowly bring the arms back to the centre.
- When doing the exercise keep looking down at the floor as this will keep the head, shoulders and spine in neutral position. See picture.
- Do 2 sets of 10 repetitions.



Back Exercise Standing.

- Holding handweights, stand with legs hip width apart and in a squat position.
- Bring the upper body over towards the thighs.
- Repeat the exercise as above. See picture.
- Do 2 sets of 10 repetitions.



When doing the above exercises please ensure the movements are done slowly and remember to breathe!!!!. Have fun and you will thank me for this. Stay safe. Regards Angel

LET'S STAY HEALTHY WITH ELANA

Beer Bread

Ingredients

- 3 cups of plain flour
- 3 teaspoons of baking powder
- 2 teaspoons of sugar
- 1 teaspoon of salt
- 375 ml of beer

Toppings (suggested only)

- Finely chopped onion or red onion
- Grated cheese
- Sprinkle of paprika and/or oregano
- Finely chopped ham or bacon
- Salt and pepper
- Extra virgin olive oil for drizzling

Method

1. Preheat the oven to 180°C (fan forced) and line a small/medium loaf tin with baking paper. Add flour, baking powder, sugar and salt to a large mixing bowl and stir to combine.
2. Pour in beer and stir again to combine into a sticky dough. Scrape into the prepared tin and smooth out. Sprinkle with the toppings you like and drizzle with oil.
3. Bake in the oven for 40 minutes - it will have risen and puffed up and golden. Keep at room temperature in a bag or container. Enjoy!

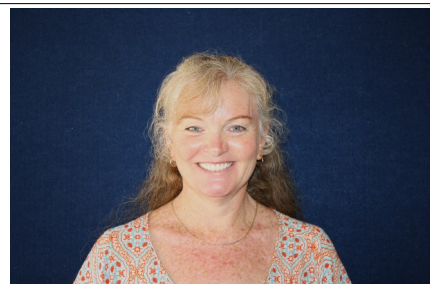
Chair Exercises for Better Posture

You need to train your body to sit with correct posture. Simple exercises take less than 5 minutes and will improve your alignment and comfort.

* Chair Arm Circles - sit in a chair with your feet hip width apart flat on the ground and put your arms out directly sideways. Move your arms in circles forward 20 times then backwards 20 times. Increase the number of rotations as you improve fitness.

* Rounding and Arching - sit in a chair with your feet hip width apart flat on the ground and roll your hips forward and round your back with your head down, chin resting on your chest. Then lower your back into an inverse arch, your head up and shoulder blades coming toward each other. Repeat 5 times.

* Shoulder Rolls - sit in a chair with your feet hip width apart flat on the ground. Roll your shoulders back, up, forward and down. Repeat 5 times. Then do the same exercise but backwards - roll your shoulders forwards, up, back and down. Repeat 5 times.



ARMCHAIR TRAVEL - Spiritual Sri Lanka by Mary Gates

In 2016 my husband and I joined friends on what would prove to be a most exciting 25-day adventure to Sri Lanka. Having previously travelled extensively throughout India I anticipated that this cultural experience would be just as rewarding. We were not to be disappointed. There are many similarities between travel in India and Sri Lanka however Sri Lanka is far less crowded with better maintained infrastructure making travel much easier.

We planned our trip with advice from others and extensive internet-based research. Before departing I made sure I was up to date with all the necessary vaccinations and had purchased the recommended medications such as tablets for gastric illness!

We flew via Singapore to the capital, Colombo. Our first few nights were spent in the small town of Negombo on the west coast of Sri Lanka, north of Colombo. While there we explored the many Dutch built canals by small motor-powered canoes. The Dutch colonised the coastal areas of Sri Lanka for over 130 years (1664-1795) and prior to this most of the island, previously known as

Ceylon, was under Portuguese rule. The Dutch legacy remains and can be seen throughout the island, particularly in the architecture. Our transport up to the central mountains was a van with a private driver. On the way we visited the Pinnawala Elephant Orphanage to see the good work being done to rehabilitate and house once working elephants and their young. Our accommodation for the next three nights was the Ashburnham Tea Estate, a boutique Dutch designed hotel on a 100 acre working tea estate near Kandy. The views were spectacular. Our walks took us to private waterfalls and small outlying villages housing the tea pickers most of whom were elderly women. It would seem that the younger generation is turning away from this back-breaking work and taking the

opportunity to be educated in what we were advised is an excellent public education system.



Tea picking on the Ashburnham Tea Estate

After Ashburnham we spent several days exploring the city of Kandy. It is the second largest city of the island and the capital of the Central Province of modern Sri Lanka. Its geographic location has made it a major transportation hub accessible by major motorways in every direction and a railway line linking it to Colombo. Our stay was made all the more special as we were hosted for dinner one night by Sinhalese friends from Melbourne. We dined on delicious Sri Lankan fare and discussed the many treasures of this island nation.

We made our way via a scenic train ride to the small village of Ella. After several nights there we were taken by our driver to Tissamaharama near the southern coast. From here we spent several days taking jeep safaris into the

Udawalawe National Park and yes, along with elephants, deer and numerous aquatic birds, we did see the elusive Sri Lankan Leopard! Such a joy to see this magnificent creature in the wild. The later part of our journey took us to the southwest coastal towns of Tangalle and Unawatuna Beach. Here we relaxed, swam and read books to unwind. We also spent several days exploring the city of Galle. This fortified old city was founded by Portuguese colonists in the 16th century. Stone sea walls encircle the car-free streets with architecture reflecting the previous Portuguese, Dutch and British rule. Being famous for its highly skilled jewellers we indulged in having gold rings with inset gem stones tailored made to our designs.

It was hard to say goodbye to this fascinating and culturally rich island nation. The warm and hard working Sinhalese people had made our travels so enjoyable and enriching.



Pinnawala Elephant Orphanage

GETTING TO KNOW YOUR TECHNOLOGY.

Join Bayside City Council for **FREE** Information Technology (IT) training

Bayside City Council in partnership with *Stay in Touch* are organising three free Information Technology webinars during May and June 2021.

Requirements:

Participants will need to have a device (laptop, smartphone or tablet) and be connected to the internet to join these webinars via Zoom.

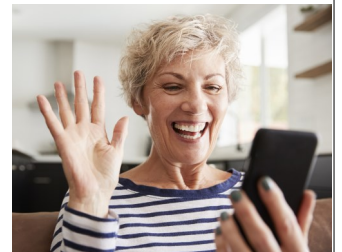
For those that are new to Zoom meetings do not worry. Bayside City Council will send out detailed step by step instructions on how to join a zoom meeting, and will open the meeting up one hour prior for registrations and be on standby to assist you if you need help joining.

Getting the best out of your iPhone

New to iPhones? Come to this session for a guided tour of your iPhone where you will learn the things they do not show you in the store.

Mon 10 May 2021

10.30am – 12pm



Getting the best out of Android & Samsung Smartphones

Are you new to your Android or Samsung smartphone? Come to this session for a guided tour of your Samsung or Android smartphone

Wed 12 May 2021

10.30am – 12pm



Review your mobile phone plan

There are many mobile phone and internet plan options available, and there is a lot to consider when choosing your mobile phone plan.

Thur 3 June 2021

10.30am – 12pm



To contact Bayside City Council:

Email: healthyageing@bayside.vic.gov.au

Call: 9599 4373

Mail: Bayside City Council, Healthy Ageing, 76 Royal Ave, Sandringham, 3191

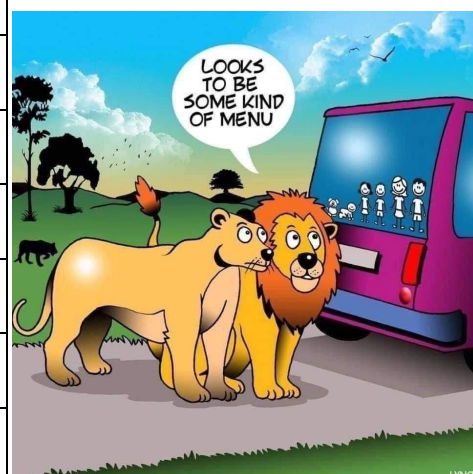
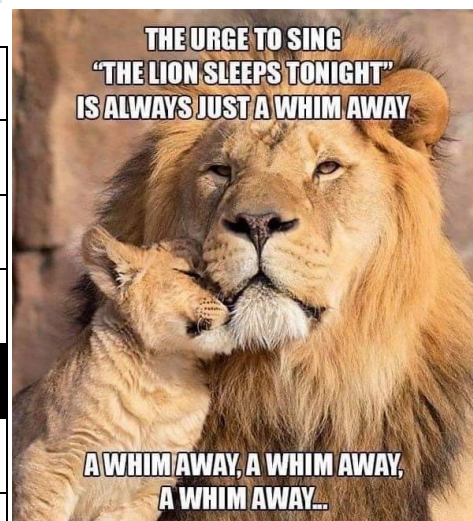
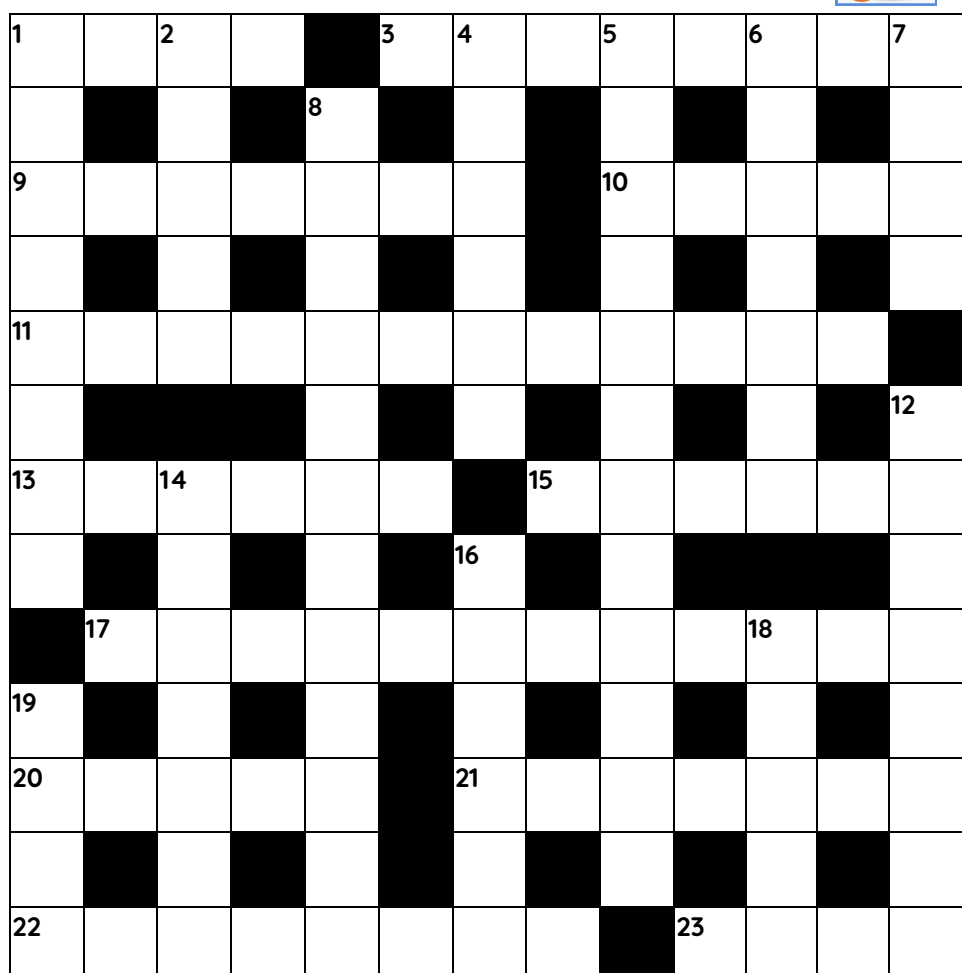
BIG CROSSWORD AND RIDDLE

RIDDLE :

What English word retains the same pronunciation, even after you take away four of its five letters?



Enjoy some random Lion related funnies for no reason other than to make you smile!



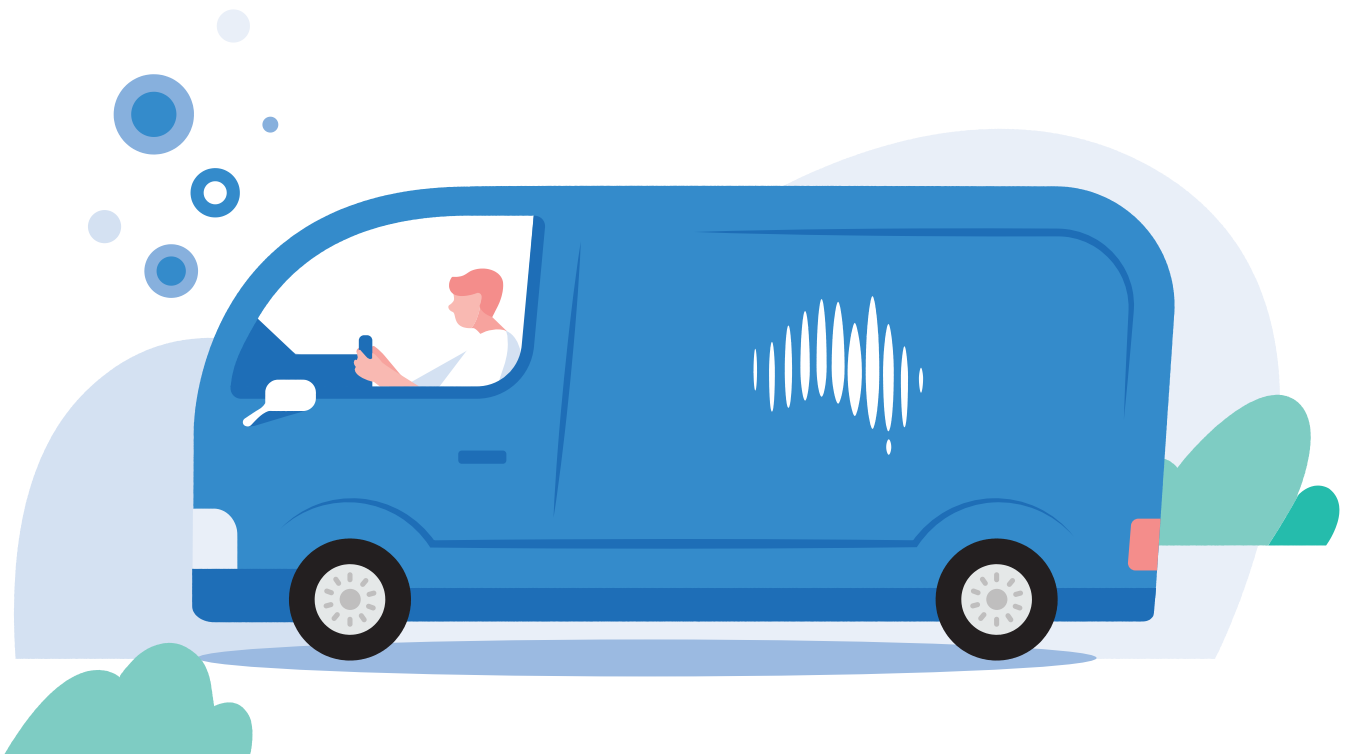
Across

- 1 Financial Institution (4)
- 3 Undeserved, not merited (8)
- 9 Short tailed rodent (7)
- 10 Holiday accomodation (5)
- 11 French girl (12)
- 13 Fly (5)
- 15 Treachery (6)
- 17 Repurcussions, consequences (5-7)
- 20 Flavouring sachet Bouquet ? (5)
- 21 Italian dumplings (7)
- 22 Branch of maths relating to curves & lines (8)
- 23 Twinge (4)

Down

- 1 Socially unconventional (8)
- 2 Drifter (5)
- 4 Denoting Scandinavia, Finland, & Iceland (6)
- 5 Fungal infection (7,1,4)
- 6 Wife of Robert Wagner ? Wood (7)
- 7 A small valley (4)
- 8 Stop the flow, restrict (5,3,4)
- 12 Storing in a hidden or secret place (8)
- 14 Large, dangerous fire (7)
- 16 Book of financial accounts (6)
- 18 Bedtime drink (5)
- 19 Open-mouthed (4)

Hearing Australia is coming to you



Hop aboard for a free* hearing check

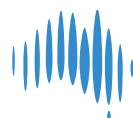
Sandybeach Centre

Date 13/05/2021, **Time** 1:00pm - 4:00pm

2 Sims Street

SANDRINGHAM VIC 3191

03 9598 2155



Hearing Australia

*Only 15 minute hearing checks are free. Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program.

A hearing check is a screening that helps identify people that may have hearing loss.



SHOWBIZ WITH ANDREA!

ANDREA PRESENTS...



Elvis Presley (8 January 1935 - 16 August 1977)

Elvis Aaron Presley, known simply as Elvis, was an American singer, musician and actor. He is regarded as one of the most significant cultural icons of the 20th century and is often referred to as the "*King of Rock and Roll*". His energised interpretations of songs and sexually provocative performance style, combined with a singularly potent mix of influences across colour lines during a transformative era in race relations, led him to great success and initial controversy.



Elvis was born in Tupelo, Mississippi, and relocated to Memphis, Tennessee, with his family when he was 13 years old. His music career began there in 1954, recording at Sun Records with producer Sam Phillips, who wanted to bring the sound of African-American music to a wider audience.

RCA Victor acquired his contract in a deal arranged by Colonel Tom Parker, who would manage him for more than two decades. Elvis's first RCA single, "*Heartbreak Hotel*", was released in January 1956 and became a number one hit in the United States. With a series of successful network television appearances and chart-topping records, he became the leading figure of the newly popular sound of rock and roll. In November 1956, Presley made his film debut in "*Love Me Tender*" before being drafted into military service in 1958.



Elvis relaunched his recording career two years later with some of his most commercially successful work. He held several concerts however, and guided by Parker, proceeded to devote much of the 1960s to making Hollywood films and soundtrack albums.

Following a seven year break from live performances, he

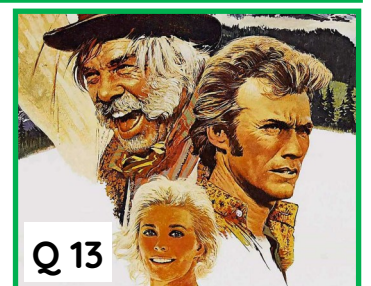
returned to the stage in the acclaimed television comeback special "*Elvis*", which led to an extended Las Vegas concert residency and a string of very profitable tours. In 1973, Elvis gave the first concert by any solo artist to be broadcast around the world, "*Aloha from Hawaii*".

Elvis's health was severely compromised from years of prescription drug abuse, and he died suddenly in 1977 at his "*Graceland*" estate. He was married only once, to Priscilla - they had one daughter, Lisa-Marie.



TRICKY TRIVIA

1. How much did it cost to post a letter in 1974 - 4 cents, 10 cents or 30 cents?
2. Which movie starring Charlton Heston won the Academy Award for best picture in 1960?
3. Who was Fred Flintstone's neighbour?
4. Which of these games was NOT around in 1960? Etch a Sketch, Barbie, Chatty Cathie, Frisbee?
5. What is the name of this singing group? (see picture)
6. Name this 1957 automobile (see picture)
7. Who starred as Jett Rink in the 1956 movie 'Giant'? (see picture)
8. Which was NOT a dance in the 1950s/60's? The Twist, The Mashed Potato, The Creep, The Pony.
9. Who is this superhero? (see picture)
10. Which groundbreaking sci-fi film released in 1968 follows a stranded astronaut as he navigates his way through a strange and hostile civilisation?
11. In the year 1960, the master of suspense, Alfred Hitchcock, released a movie with a one word title that contains one of the most famous scenes of the entire history of cinema. Where is this scene set?
12. In the sixties, TV Westerns were all over our screens. In which Western did we meet the characters Rowdy Yates and Gil Favor? Can you name the movie and the actors who played these characters?
13. This 1969 movie had the tagline "Ben and Pardner shared everything... even their wife!". A musical romp, it featured the singing 'talents' of Lee Marvin and Clint Eastwood. What was the title of this movie? (see picture)
14. What was the name of the popular 1960s TV series in which Marshal Matt Dillon and his Deputy, Chester Goode, upheld law and order in Dodge City?



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



POEMS INSPIRED BY AUTUMN:



Autumn **by John Clare**

I love the fitfull gusts that shakes
The casement all the day
And from the mossy elm tree takes
The faded leaf away
Twirling it by the window-pane
With thousand others down the lane

I love to see the shaking twig
Dance till the shut of eve
The sparrow on the cottage rig
Whose chirp would make believe
That spring was just now flirting by
In summers lap with flowers to lie

I love to see the cottage smoke
Curl upwards through the naked trees
The pigeons nestled round the coat
On dull November days like these
The cock upon the dung-hill crowing
The mill sails on the heath a-going

The feather from the ravens breast
Falls on the stubble lea
The acorns near the old crows nest
Fall pattering down the tree
The grunting pigs that wait for all
Scramble and hurry where they fall

Autumn Fires **by Robert Louis Stevenson**

In the other gardens
And all up in the vale,
From the autumn bonfires
See the smoke trail!



Pleasant summer over,
And all the summer flowers,
The red fire blazes,
The grey smoke towers



Sing a song of seasons!
Something bright in all!
Flowers in the summer,
Fires in the fall!



Nothing Gold Can Stay **by Robert Frost**

Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.



DID YOU KNOW THESE INTERESTING AUTUMN FACTS?

One of the most stunning signs of autumn is the turning of the leaves. During winter there is not enough light for photosynthesis to occur, so as the days shorten throughout autumn, the trees begin to close down their food production systems and reduce the amount of chlorophyll in their leaves. Chlorophyll is the chemical which makes tree leaves green and as it declines other chemicals become more prominent in the leaves. These are responsible for the vibrant ambers, reds and yellows of autumn. Some of the chemicals responsible are the same ones that give carrots (beta-carotenes) and egg yolks (luteins) their colours.

A study in the Journal of Aging Research found that babies born during the autumn months are 30% more likely to live to 100 than those born during the rest of the year.

In Greek mythology, autumn began when Persephone was abducted by Hades to be the Queen of the Underworld. In distress, Persephone's mother, Demeter (the goddess of the harvest), caused all the crops on Earth to die until her daughter was allowed to return, marking spring.

We typically think of 'fall' as the North American version of the word 'autumn', but it was in fact in widespread usage in England until relatively recently. Originally a shortening of the phrase 'fall of the leaf', the use of 'fall' was common in England in the 17th century. The word autumn entered English from the French Automne and didn't become common usage until the 18th century.



OUR AMAZING WORLD

On the south banks of the Hong River in the mountainous terrain of southern Yunnan, the **Honghe Hani Rice terraces** cascade down the towering slopes of the Ailao mountains. The irrigated terraces support paddy fields overlooking narrow valleys. Responding to the difficulties and opportunities of their environment of high mountains, narrow valleys criss-crossed by ravines, extremely



high rainfall (around 1400mm) and sub-tropical valley climate, the Hani people have

created out of dense forest an extraordinarily complex system of irrigated rice terraces that flows around the contours of the mountains.

CHILDCARE

Isla used water colour sticks, she described her painting as "planet earth, where I feel happy." ♥😊





Busy and buzzing with ideas!

In Artbeat we are exploring some of the different styles and techniques of Oriental Art. We are enjoying sharing our art journeys together as we look at some of the masters for inspiration.



Woman Admiring Plum Blossoms at Night by Suzuki Harunobu

One of Harunobu's most poetic images, a nymphlike beauty dressed in an elegant kimono stands holding a lantern and gazing dreamily at the plum blossoms.



The Great Wave off Kanagawa by Katsushika Hokusai, which is perhaps the most famous Japanese artwork in the world.



Building an array of our ideas!

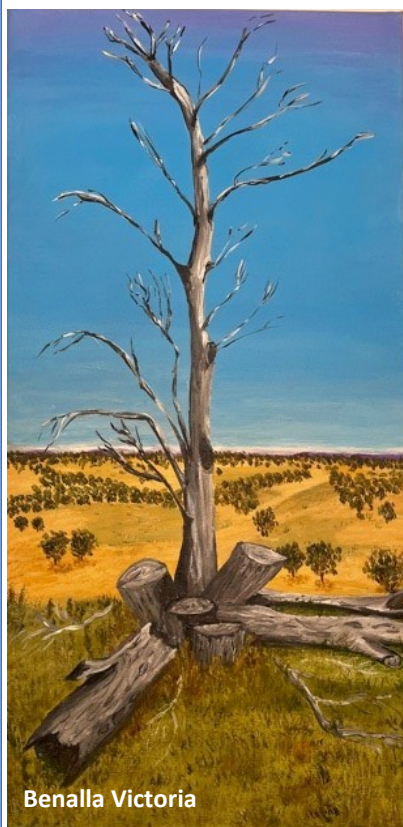


READER CONTRIBUTIONS - PLEASE KEEP THEM COMING!!

In each edition, we are featuring contributions from readers, staff and volunteers. 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 recently.
- A joke or a riddle.

If you have anything to share, please email it to us at armchairtravel@sandybeach.org.au OR send to 2 Sims St Sandringham 3191



Benalla Victoria

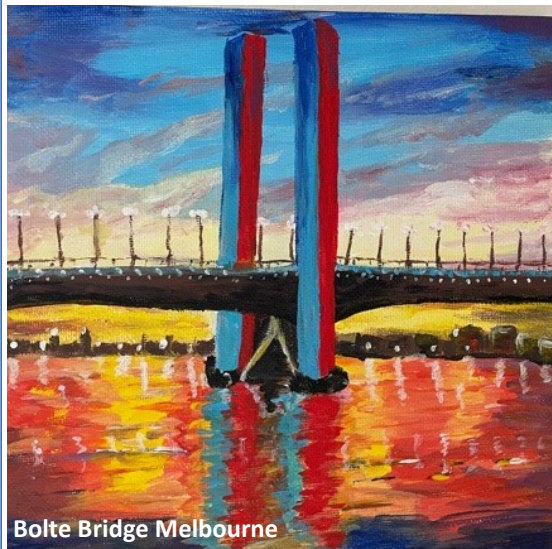
**This week's contributions
come from Sylvia Ring, one
of our Armchair Travel
presenters, and
multi-faceted artist!
Love your work Sylvia! ♥**



Old friends



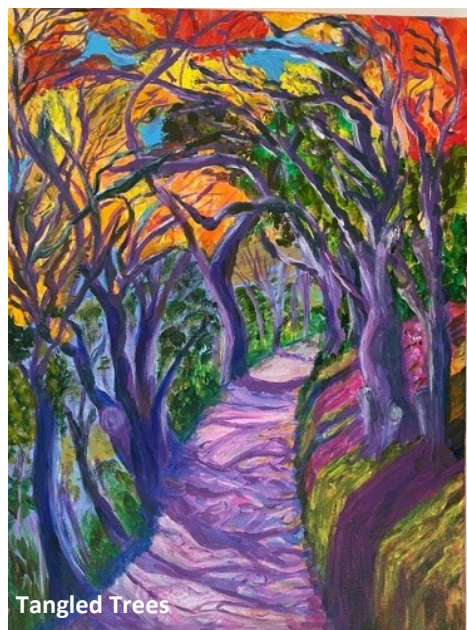
Ricketts Point



Bolte Bridge Melbourne



Art created using
an iPad App



Tangled Trees

QUIZ AND PUZZLES ANSWERS

RIDDLE ANSWER :

QUEUE

CROSSWORD SOLUTION

Across

- 1 Bank
- 3 Unearned
- 9 Hamster
- 10 Hotel
- 11 Mademoiselle
- 13 Aviate
- 15 Deceit
- 17 After Effects
- 20 Garni
- 21 Gnocchi
- 22 Geometry
- 23 Pang

Down

- 1 Bohemian
- 2 Nomad
- 4 Nordic
- 5 Athlete's Foot
- 6 Natalie
- 7 Dell
- 8 Stem the tide
- 12 Stashing
- 14 Inferno
- 16 Ledger
- 18 Cocoa
- 19 Agog

SPOT THE DIFFERENCES! → → →

THERE ARE 10 DIFFERENCES BETWEEN THE TOP AND BOTTOM IMAGES ON THE RIGHT - CAN YOU FIND THEM ALL? THE ANSWERS ARE LISTED BELOW BUT DON'T BE TEMPTED TO LOOK UNTIL YOU HAVE HAD A GOOD LOOK :)

1. Longer branch in tree 2. Light patch on tree foliage. 3. Church spire is shorter 4. Easel post is longer 5. Top left painting is different. 6. Bottom right painting is different colours 7. Chair leg is behind artist's leg 8. Viewer is not wearing sunglasses 9. Roof gable in middle of picture is missing detail 10. Brown roof on left is missing arch detail.



TRICKY TRIVIA ANSWERS

- 1. 10 cents 2. Ben Hur 3. Barney Rubble 4. Frisbee 5. *Dino, Desi & Billy* (Dino was the son of Dean Martin, Desi was the son of Desi Arnaz & Billy Hinsche)
- 6. Studebaker 7. James Dean 8. The Creep 9. Underdog 10. Planet of the Apes
- 11. In the shower 12. Rawhide (Gil Favor was played by Eric Fleming & Rowdy Yates was played by Clint Eastwood) 13. Paint Your Wagon 14. Gunsmoke

HELP US CELEBRATE NEIGHBOURHOOD HOUSE WEEK 2021 !



Neighbourhood House Week is an annual national celebration, recognising the important contribution over 1,000 neighbourhood houses make in local communities across Australia.

In 2021, it will be held from Saturday 8 May until Friday 14 May.

2020 was a challenging year for many Neighbourhood houses, including Sandybeach Centre. The sector's staff and volunteers worked incredibly hard under very difficult circumstances, to support their communities during the lockdown periods. With the sudden surge in unemployment, anxiety, and social isolation all putting the health and wellbeing of Victorians at risk, over 400 neighbourhood houses and 16 networks proved their resilience and determination. During the lockdown periods, 96% of neighbourhood houses continued to deliver for their communities in some capacity. Above all else, neighbourhood houses provided a continued sense of community, which was incredibly important during the long periods of forced isolation, as well as some much-needed certainty for those doing it tough.

To recognise Neighbourhood House week this year Sandybeach Centre is running a simple activity about why we love our Centre and why it's important for us and our community. We would love as many of our participants and carers to take part in this activity as possible.

Tutors and program leaders will be handing out flyers in the shape of leaves (see scaled down example right) in the coming weeks that you can either complete during your session (preferred) or return in your own time to reception. If you would like any extra leaves for family members or carers, please collect these from reception or call us for a digital copy to print at home. We want to know what you love about Sandybeach, how it makes you feel, why you come. It could be a few words, a symbol, a poem, a picture – whatever you feel best represents what you love about Sandybeach. All submissions will be collated and put up on a large tree display at Sandybeach – a beautiful visual reminder about why we love our centre and how it makes us feel.



Please hand all leaves back to reception by Monday 3rd May.

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Our organisation acknowledges the support of the Victorian Government. Programs are also supported by the Australian Government Department of Health. Although funding for this program has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.