

# REACHING OUT

Keeping our Community Connected - Edition 11



## FEEL GOOD NEWS...

### The Royals say thanks to Aussie nurses on International Nurses Day

A Queensland nurse, Renee Blackman (middle left) and her colleagues from the Mount Isa Medical Centre were among nurses video-called by Kate Middleton and other royals to thank nurses for their work during the coronavirus pandemic on International Nurses Day. Prince Charles, his wife Camilla, sister Princess Anne and



sister-in-law Sophie, Countess of Wessex, joined Kate and her husband Prince William on the call to nurses in seven of the Commonwealth countries, including Malawi, Cyprus and India, as well as Australia.

The royal effort was led by the Queen, whose audio call to the president of the Commonwealth Nurses and Midwives Federation kicked off the five minute video released after the conversations.

The royals have been particularly visible during the coronavirus crisis. Kate and William have made virtual visits to schools and mental health workers calls, while other members of the family have opened hospitals by video-link and helped deliver food parcels.

## HAPPY SNAP OF THE WEEK



**A BELATED HAPPY BIRTHDAY TO LESLEY FALLOON WHO CELEBRATED HER 100TH BIRTHDAY ON 20 JUNE!! CONGRATULATIONS AND BEST WISHES FROM ALL OF US HERE AT SANDYBEACH LESLEY!!**

## 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

- In a democracy it's your vote that counts. In feudalism it's your count that votes!
- I wondered why the baseball kept getting bigger. Then it hit me !!



## KEEP MOVING WITH ANGEL - THIS WEEK EXERCISE TO MUSIC! 🎵 🎵

### EXERCISE 1 - HEEL DIGS

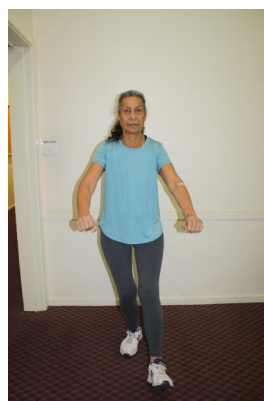
#### Seated

- Come forward on the chair and legs hip width apart.
- Extend the right leg out with toes pointing upward and the heel lightly tapping the floor, bring the right leg back towards the chair and extend the left leg out.
- Alternate the legs and the arms stretching out and back at the same time. (see picture).
- Do 2 sets of 10 repetitions.



#### Standing

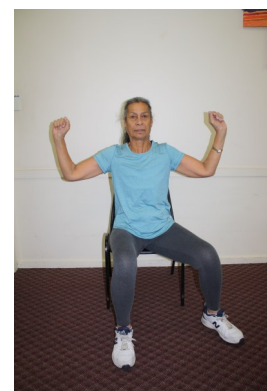
- Repeat the movement as above.
- Do 2 sets of 10 repetitions.



### EXERCISE 2 - EASY WALK

#### Seated

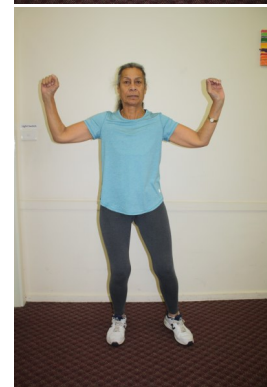
- Come forward on the chair and legs hip width apart, bring the arms up and together, chest height.
- Extend the right leg out to the side and extend left leg out to the side.
- At the same time, extend the arms out and in line with the shoulders.
- Bring right leg back to the centre and do the same with the left leg and the arms back to the centre of the chest. (see picture).
- Do 2 sets of 10 repetitions.



#### Standing

- Repeat the movement as above.
- Do 2 sets of 10 repetitions.

**NB:** When doing the Easy Walk, extending both legs out to the side and bringing the legs back to the centre think of the letter “Y”. Remember “you can do this”!!!.



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

### One Pot Chicken Pasta

#### Ingredients

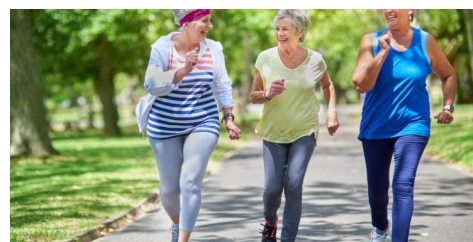
- 1 tablespoon of extra virgin olive oil
- 1 large leek, trimmed and thinly sliced
- 2 garlic cloves, thinly sliced
- 2 teaspoons of finely grated lemon rind
- 175 grams of wholemeal penne pasta
- 250 grams of cherry tomatoes, halved
- 200 grams of broccoli, cut into small florets
- 250 grams of shredded cooked skinless chicken breast
- 100 grams of trimmed kale, chopped
- 1 zucchini, thinly sliced into rounds
- 1/4 cup finely grated parmesan cheese

#### Instructions

1. Heat the oil in a large non-stick saucepan over a medium heat. Cook the leek, stirring for 5 minutes or until softened.. Add the garlic and lemon rind. Cook for 1 minute or until aromatic.
2. Add the pasta and 2 cups of water. Bring to the boil then reduce heat and simmer, stirring occasionally, for 7 minutes.
3. Add tomatoes and broccoli to the pan. Stir to combine then cook, stirring occasionally, for 5 minutes or until liquid has evaporated and pasta is al dente and broccoli is tender. Stir through chicken, kale and zucchini until heated through.
4. Add parmesan cheese and enjoy!

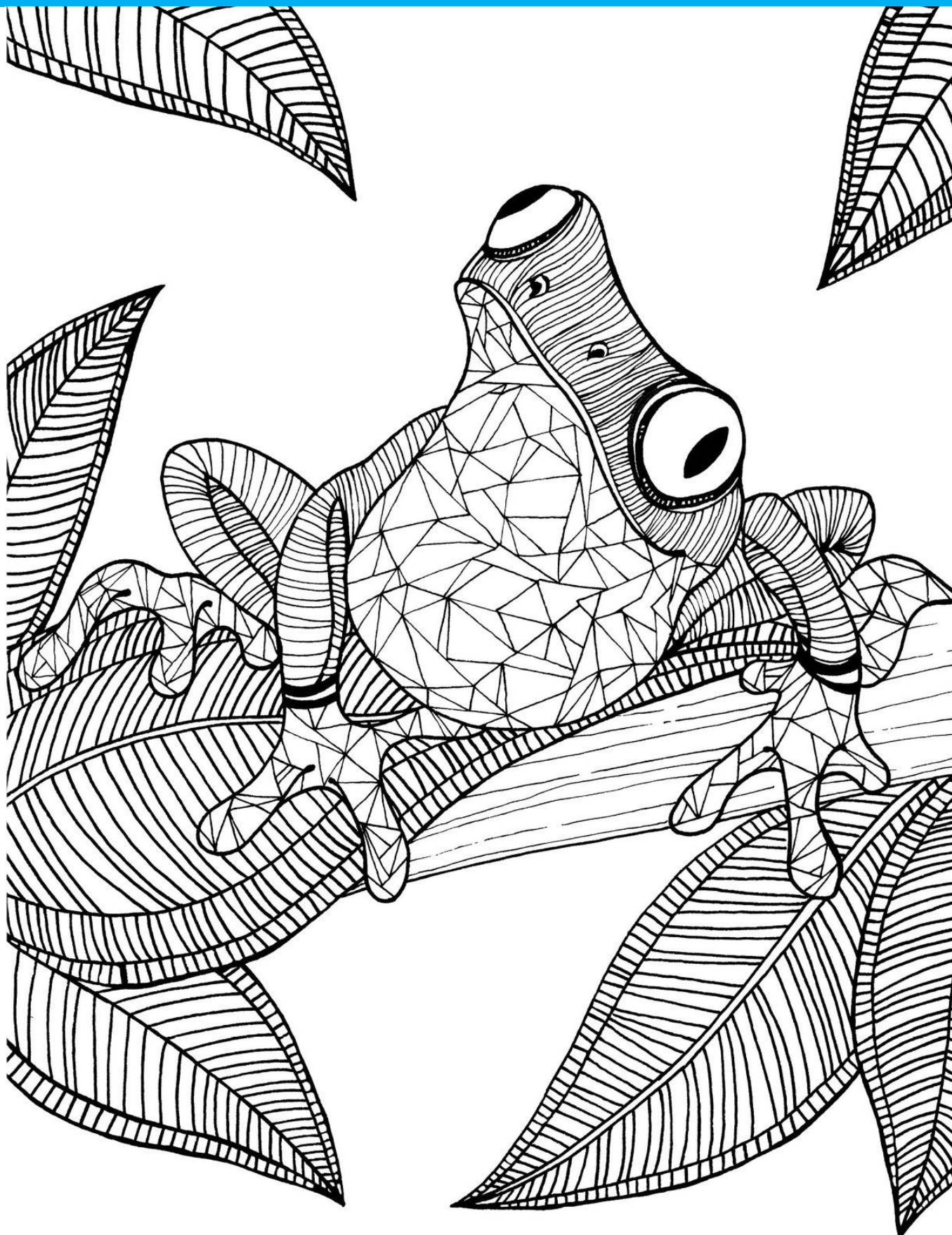
### Recommendations for Physical Activity for Older Adults

- Think of movement as an opportunity, rather than a task – leave the car at home and enjoy a walk instead, or drive part of the way and walk the rest.
- Be active every day in as many ways as you can - do what works for you!
- Try to do 30 minutes of moderate intensity physical activity on most days - why not try Angel's exercises? (only if it is safe to do so)
- Gradual progression in the amount and intensity of physical activity is best for optimal health benefits.





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



## GETTING TO KNOW YOU

### Andrea Lees - Program Leader, Music Alive

My name is Andrea Lees. I was born in Melbourne on 27/12/62. I have one brother and a sister. Cameron is in finance and Veronica is a singer, funeral director and wedding celebrant. Mum is 83 and still beautiful and has been my inspiration all my life. My dad has also been my inspiration in the music side of life. My sister always seems the eldest and is always there to support and love me as is my brother. We are a very close family, I have a pet dog called Owen and he's always running in the mud and around the house with a black face. I still love him though.

Hobbies... I love to ice skate and when I started my career, I ice skated in Cinderella on Ice with my Dad at the Broadbeach International Hotel in Queensland. I love the piano and learning new songs to sing. I love self help books and love to exercise and try and keep fit as I can.



My first job in the entertainment field was playing Boo Boo Bear in shopping centre shows. I have modelled, sung and travelled doing the thing I love the most. I have met some wonderful people along the way. I performed at the opening of Sanctuary Cove in Queensland with Whitney Houston and Frank Sinatra. I have worked and learnt my craft from everyone from the Coasters, Johnny T Ray, Drifters and many of the Australian icons .



Andrea & the Black Cats featuring her sister Veronica Lees and future Brother in Law, Rob on keyboards

I love to read and I love movies. I love all the old Hammer horror movies, Christopher Lee and Peter Cushing. I wonder if anyone else liked them too???? I'm a bit crazy ha ha! Something you didn't know about me... When I was 12, my sister fell over a balcony - she was only 3! We were playing throwing a tea towel at each other. She climbed up and fell over the edge, I caught her!! I don't think I ever got over that! I thank God everyday for my beautiful sister.

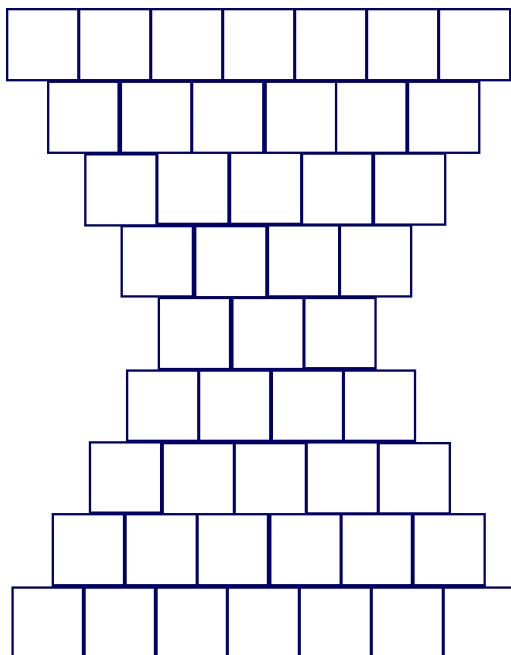
I am very grateful to be part of Sandybeach for the last two years. I have met and had the pleasure of working with such beautiful people who I hope I can call my friends.

Love you all.... Until we meet again  
love Andrea

## RIDDLE AND PUZZLES

**RIDDLE :** What has many keys but can't open a single lock?

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



Harsh sounding and unpleasant, grating

Season

Small tree branch

Prude

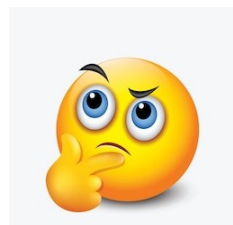
Oil platform

Sound made by bell

Deliver, escort

Exposing

Good price



## 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>B</b>	<b>A</b>	<b>R</b>	<b>K</b>	<b>S</b>
<b>F</b>	<b>O</b>	<b>X</b>	<b>E</b>	<b>D</b>

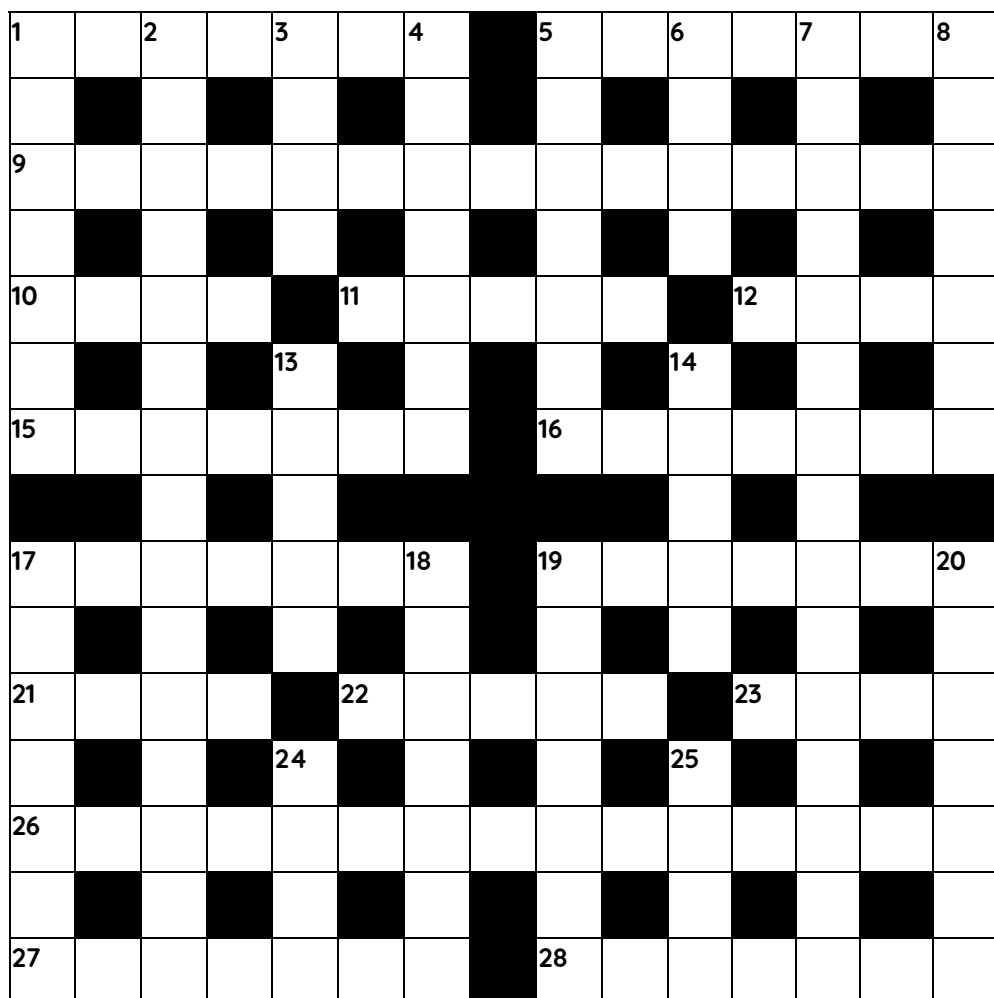
Reveals unusual bears

Drills for tiresome people

Board sounds fed up

Exchanged blows with ox in bed





## BIG CROSSWORD AND A COUPLE OF LAUGHS

**Guys I need your help!  
I'm in the middle of an  
argument with my wife  
and she just told me that  
I'm right. What the  
heck do I do next?!**

ISOLATION CALENDAR! ↓

~~SUNDAY~~

~~MONDAY~~

~~TUESDAY~~

~~WEDNESDAY~~

~~THURSDAY~~

~~FRIDAY~~

~~SATURDAY~~



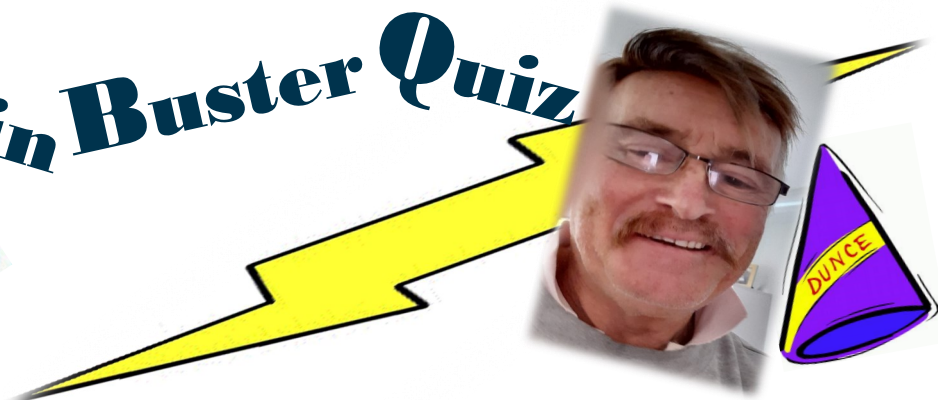
### Across

- 1 Have a high regard for (7)
- 5 West Indian music (7)
- 9 South Yankee symbol (5,3,7)
- 10 Royal poet (4)
- 11 Sanctimonious (5)
- 12 A unit of heredity (4)
- 15 Beasts of burden (7)
- 16 Chemical agents (7)
- 17 Ancient writing material (7)
- 19 Holy places (7)
- 21 City of the Taj Mahal (4)
- 22 Scottish landholder (5)
- 23 Thought (4)
- 26 A comb with narrow teeth (4-7,4)
- 27 Theft (7)
- 28 French Artist Henri ? (7)

### Down

- 1 The unopened Rose flower (7)
- 2 A boxer's training mate (8,7)
- 3 Simple (4)
- 4 Bowling targets (7)
- 5 Theatrical dress (7)
- 6 Royal dignitary (4)
- 7 Minty lollies (10,5)
- 8 Type of shellfish (7)
- 13 One of eight royal kings (5)
- 14 Bright blue (5)
- 17 Fond of games or lighthearted (7)
- 18 Dark areas cast by sun (7)
- 19 A type of cereal (7)
- 20 A slow, shuffling, awkward gait (7)
- 24 Eye inflammation (4)
- 25 Prepare for publication (4)

# Bill's Brain Buster Quiz



- Q 1** Terry Malloy (played by Marlon Brando) says to his brother Charlie (played by Rod Steiger) *"You don't understand, I could have had class, I could have been a contenda, I could have been somebody instead of a bum"* in which 1954 classic movie ?
- Q 2** Formerly known as a television news anchor, a variety host, a Gold Logie winner and the compere of the long running music show *"Bandstand"* - Name this Sydneyite !!
- Q 3** After which saint is a revolving fire cracker named ?
- Q 4** She starred with Gordon MacRae in *"Oklahoma"* and *"Carousel"*, was the step mother of David Cassidy but acted as his real mother in the TV series *"The Partridge Family"* ... Can you name her ?
- Q 5** Bacall to Bogie (*pictured*) ... *"If you want me just whistle - you do know how to whistle don't you"* - Can you name that 1944 movie ?
- Q 6** What is James Bond's favourite drink (*shaken not stirred*) ?
- Q 7** Mia will know this one ... Who played the role of Daisy Buchanan to Robert Redford's Jay Gatsby in the 1974 movie *"The Great Gatsby"* ?
- Q 8** Clarabelle Cow (*pictured*) is the girl friend of which Disney character ?
- Q 9** Who composed the songs *"Night and Day"* and *"Anything Goes"* ?
- Q 10** In the board game Monopoly what happens if a player rolls a double dice ?
- Q 11** Name the champion race horse who won the 2003, 2004 and 2005 Melbourne Cups.



- Q 12** In golf, how many strokes below par is an albatross ?
- Q 13** Jazz trumpeter and bandleader Bunny Berrigan (*pictured*) recorded these lyrics in 1937 - *"I've been consulted by Franklin D, Greta Garbo has asked me to tea, I've got a house it's a showplace, yet I can't get no place with you"* - Can you name this popular song ?
- Q 14** What is the location in London where the crown jewels are kept ?
- Q 15** In the 1935 movie *"Captain Blood"* which Australian born actor starred in the lead role of - the doctor turned pirate - Peter Blood ?

- Q 16** Michael said ... *"Keep your friends close and your enemies closer"* in which movie ?

*See back page for answers*





# SHOWBIZ with Andrea

★ ★ ★ Who's on Stage Today ? ★ ★ ★

**Freddy G.**

Freddy has a long career in performing, both as a singer and guitarist. He performs regularly as a solo singer as well as a freelance guitarist and backing artist at various pubs and clubs throughout Melbourne. He can effectively communicate with any audience with a wide variety of songs from Frank Sinatra and Dean Martin through to the Eagles and the Monkees and many more. Freddy successfully runs his own recording studio (*Let's Jam Productions*).



**Now Freddy**

Q. Name two of your favourite songs.

A. "Hotel California" by The Eagles - a really great song and one I receive a lot of requests to perform at a lot of my concerts.

"More than Words" by Extreme - a huge smash which hit No1 on the Billboard Hot 100.

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

A. Keith Urban and The Eagles, because of their country rock genre. When I was writing songs, this was very much my favourite style and the way I wanted to play my music.

Q. Who is your favourite guitarist and why ?

A. Nuno Bettencourt - he's more well known in the rock music scene, but he's my favourite guitarist because of his charisma and versatility as a multi instrumentalist and singer.

Q. What do you like most about performing at "Music Alive" ?

A. The warmth, support and overall friendliness I've always received - from the Sandybeach team to the kind words and appreciation from the audience. As well as that, I'm still very humbled by all the work Bill puts into the slideshow for me and the other entertainers. It's the closest I've felt (*and will probably ever feel*) to being treated like a celebrity !!

Hi Everyone !! Yes it's Andrea again. Extra big cuddles and I hope everything is going well for you. I hope you are enjoying our **"REACHING OUT"** Newsletter as we are having so much fun putting all the articles and features together for you to enjoy each week.



***"I love you and don't you forget it ... I love you and don't you forget it  
I love you and don't you forget it, baby ... Love me too and you won't regret it  
Love me too and you won't regret it ... Love me too and you won't regret it, baby"***

Guess the song and the singer ???

## ARMCHAIR TRAVEL:

### The OKAVANGO DELTA - By Bob and Allison Leicester

The Okavango river flows through Botswana, and ends in a magnificent delta that disappears into the sands of the Kalahari desert. This delta is a mixture of marshland and sand plains, is full of African wildlife, and accordingly is the ideal location for filming wild life documentaries.



Because the delta land is so flat, locations of wet and dry lands change twice a year due to flooding and it is unsuitable for cars. As a result travel in the delta region is usually by boat or by light aircraft.



Accommodation tents are usually located far enough apart so that they are out of sight from each other. The tents are mounted on top of timber platforms, a trick that is supposed to discourage any reasonable sized animal from visiting you personally. We found out later that there had been occasions when a pride of lions had taken to sleeping under the tent platforms. Sitting outside your tent on a moonlight night, watching the various large animals munching away on the local vegetation just a few feet away you, has to be one of the most delightful experiences on earth.



Allison toasts Pavarotti, a local hippo who had recently lost leadership of his harem to a young buck called Amadeus. I told the camp manager that Pavarotti was eating up all the camp flowers, and was told in no uncertain terms that in view of his size, "Pavarotti can eat anything he likes".



Because of the lack of roads, safaris were usually by foot. We commented that the guide did not have a gun, and were told that the reason was that this led to fewer 'incidents'.

The guide instructed us to do exactly as we were told ..... except when a herd of Cape buffalo charged..... in that case "don't wait for instructions; just head for the highest ant-hill".



This elephant was the leader of a group of about 20. We were on the elephants' trail and the guide told us to get away about 50 metres from the trail. All the elephants stopped where we had been walking and spent about 10 minutes sniffing around "so that they would remember us" our guide said.



*Thanks Bob and Allison for sharing this amazing adventure!*



## POETRY - A SELECTION

### **Cerberus** - A Haiku from Sabrina Blom

black plug-hole spider  
three millimetre monster  
guards the underworld

Hope is the thing with feathers  
that perches in the soul  
and sings the tune without the words  
and never stops at all  
-Emily Dickinson-

### **The Land of Story-Books**

By Robert Louis Stevenson

At evening when the lamp is lit,  
Around the fire my parents sit;  
They sit at home and talk and sing,  
And do not play at anything.

Now, with my little gun, I crawl  
All in the dark along the wall,  
And follow round the forest track  
Away behind the sofa back.

There, in the night, where none can spy,  
All in my hunter's camp I lie,  
And play at books that I have read  
Till it is time to go to bed.

These are the hills, these are the woods,  
These are my starry solitudes;  
And there the river by whose brink  
The roaring lions come to drink.

I see the others far away  
As if in firelit camp they lay,  
And I, like to an Indian scout,  
Around their party prowled about.

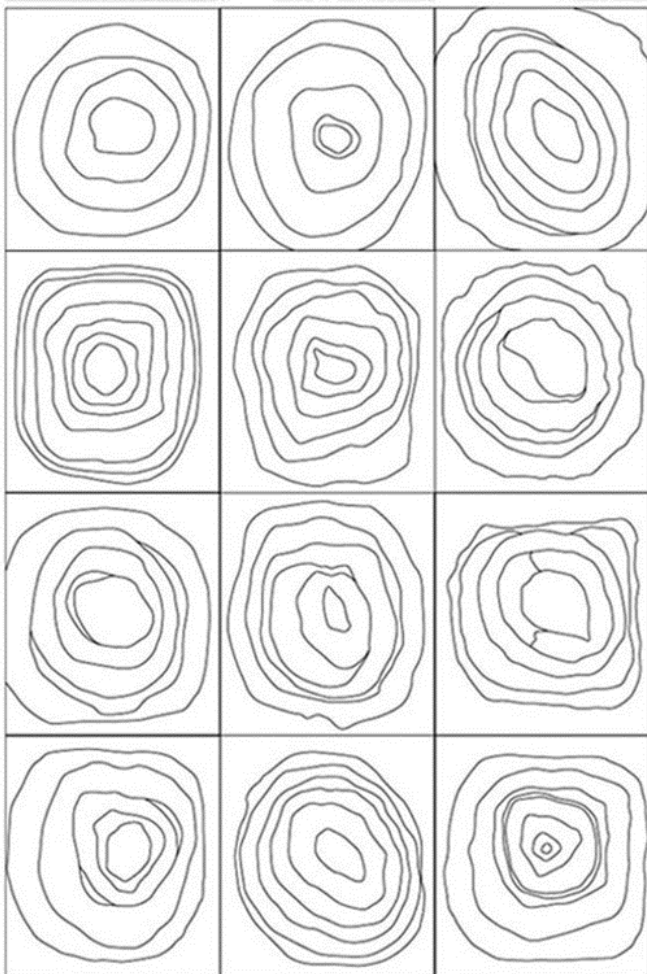
So, when my nurse comes in for me,  
Home I return across the sea,  
And go to bed with backward looks  
At my dear land of Story-books





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

For Kandinsky, colour meant more than just a visual component of a picture. Colour is its soul. In his books, he described his own perspective on how colours interacted with each other and with the spectator in detail and very poetically. Kandinsky was a synesthete, he could 'hear colours' and 'see sounds'.



## Wassily Kandinsky



### 'Squares with Concentric Circles'

Have a go at creating your own **colour study** using paint, pastels, coloured pencils or sharpies!. You can great effects using oil pastels and watercolours!

Use the guides 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)



## OUR AMAZING WORLD



### **Spiral Clouds forming over mountains in the South Sandwich Islands.**

A lenticular (spiral) cloud is a lens-shaped cloud that normally develops on the downwind side of a mountain or mountain range. This occurs when stable, moist air flows over a mountain, creating a series of oscillating waves.



The children from Sandybeach Occasional Care love going on bike rides with their families

## DID YOU KNOW?

*Contributed by Nick Turner*

### **The fastest passenger plane that you don't see today**

When you go on vacation overseas, you'll more than likely board a variant of a *Boeing 737*. The maximum speed of these are 907 kilometres per hour, which while fast, isn't nearly as fast as an *'Aerospatiale/BAC Concorde'* which had a top speed of 2,180 kilometres per hour - almost twice as fast! So that begs the question, why is the airline industry still cluttered with slow 737's?

For starters the Concorde was *too fast*. You see, the speed of sound is approximately 1,236km/hr, and anything that travels faster than that creates a sonic boom due to the shock waves it creates. A sonic boom is a loud, explosive noise that can be heard from as far as 50 kilometres away. Many people could not tolerate daily sonic booms caused by the aircraft taking off and landing, with others even reporting damage, such as cracked windows, caused by the loud boom.



Ultimately though, supersonic aircraft turned out to be too expensive and poorly timed. British Airways cited that due to low passenger numbers following the September 11 attacks, and rising maintenance costs, they would no longer operate the Mach 2.04 airliners. The last flight was in 2003.

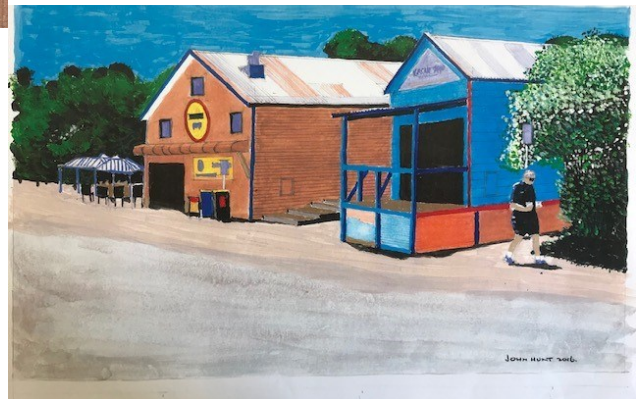
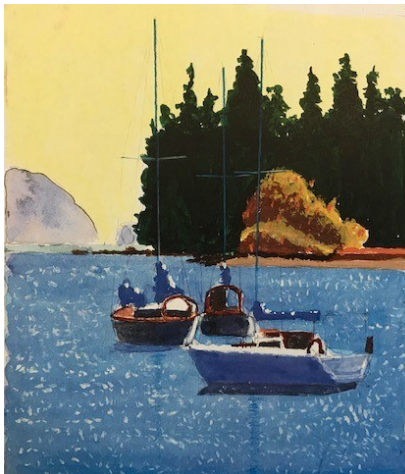


## READER CONTRIBUTIONS

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 John Hunt who attends Tina's Thursday Artbeat - your talent knows no bounds John! Thanks for sharing ♥**



## QUIZ AND PUZZLES ANSWERS

## WORD CASTLE ANSWER

R	A	S	P	I	N	G
S	P	R	I	N	G	
S	P	R	I	G		
P	R	I	G			
R	I	G				
R	I	N	G			
B	R	I	N	G		
B	A	R	I	N	G	
B	A	R	G	A	I	N

**CRYPTIC INCRE - MENTAL ANSWER**

B	A	R	K	S
B	A	R	E	S
B	O	R	E	S
B	O	R	E	D
B	O	X	E	D
F	O	X	E	D

## CROSSWORD SOLUTION

### Across

- |    |                   |
|----|-------------------|
| 1  | Respect           |
| 5  | Calypso           |
| 9  | Stars and Stripes |
| 10 | Bard              |
| 11 | Pious             |
| 12 | Gene              |
| 15 | Donkeys           |
| 16 | Enzymes           |
| 17 | Papyrus           |
| 19 | Shrines           |
| 21 | Agra              |
| 22 | Laird             |
| 23 | Idea              |
| 26 | Fine-toothed comb |
| 27 | larceny           |
| 28 | Matisse           |

## Down

- |    |                  |
|----|------------------|
| 1  | Rosebud          |
| 2  | Sparring Partner |
| 3  | Easy             |
| 4  | Tenpins          |
| 5  | Costume          |
| 6  | Lord             |
| 7  | Peppermint drops |
| 8  | Oysters          |
| 13 | Henry            |
| 14 | Azure            |
| 17 | Playful          |
| 18 | Shadows          |
| 19 | Sorghum          |
| 20 | Shamble          |
| 24 | Stye             |
| 25 | Edit             |

## RIDDLE ANSWER - A PIANO

## ANSWERS TO THE BRAIN BUSTER QUIZ

Q1: On The Waterfront. Q2: Brian Henderson. Q3: Saint Catherine.  
Q4: To Have And Have Not. Q5: Shirley Jones. Q6: Martini. Q7: Mia Farrow.  
Q8: Goofy. Q9: Cole Porter. Q10: Gets a free throw after moving the token.  
Q11: Makybe Diva. Q12: Three. Q13: I Can't Get Started With You.  
Q14: The Tower of London. Q15: Errol Flynn. Q16: 