

REACHING OUT

Keeping our Community Connected - Edition 23



FEEL GOOD NEWS:

When David Brooks was growing up in Bury in the UK, there was a local mantra that stuck with him for life.

"It's simple, you look after your community and your community will look after you," Brooks, who's better known as Brooksy, says.

However the saying has proven itself recently in Brooksy's home in bayside Melbourne; when a thief struck at his COVID inspired community library.

Just hours after the midnight robbery, Brooksy took to social media and posted a photo saying 125 of his books had been stolen from the Blanche Street Library in Brighton East.

Within hours, he had enough books to stack several libraries. "It went crazy. I asked for anyone with spare books. My faith in human spirit has been restored, 100 per cent," he says. He says the library has been popular with adults and young families, with many kids getting back into books during the lockdown and choosing new books with their parents.



"They can steal from us but they can't take this," Brooks says. "In today's world the simply moneyless things are priceless from a caring community."

HAPPY SNAP OF THE WEEK



WORKING FROM HOME



SHORT AND FUNNY:

Never criticise someone until you've walked a mile in their shoes. That way, when you criticise them, they won't be able to hear you from that far away. Plus, you'll have their shoes.

Did you hear about the crook who stole a calendar? He got twelve months

What's the difference between a good joke and a bad joke timing

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

This week, we are continuing with further leg exercises to assist with strength and balance. These functional fitness exercises are aimed at increasing confidence and maintaining independence. Remember to inhale during the upward movement phase. Exhale during the downward movement phase.

KNEE EXTENSIONS:

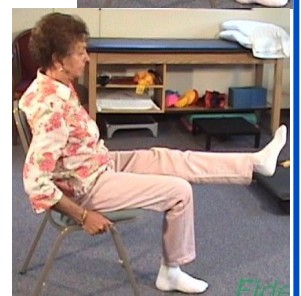
- Sit in a chair with feet flat on the floor.
- Straighten out your right knee and hold for a few seconds. Then straighten out your left knee and hold for a few seconds. Repeat 10 times on each leg.

Tips

Move slowly without jerking your leg. Bring your toes back toward your body to engage the quadriceps more. Make sure you use your full range of motion. Do this by bringing your heel fully back as far as comfortable then extending as far as comfortable.

Take it up a notch

Add a light ankle weight to your ankle. This will accelerate your strengthening.



HIP SIDE RAISES

- Stand, using a chair to balance yourself.
- Lift your right leg to the side as high as comfortable. Return to the starting position, then repeat 10 times. Continue with the left leg. Do 3 sets each side.

Tips

Do not bend at the hips. Stand as straight as possible, lifting the ribs. Try to keep your toes pointing straight ahead

Take it up a notch

Try holding on with just one hand, one finger, then let go completely and balance on your heels. Add a light ankle weight to your leg to increase the workout.



Remember that it takes your body 4 weeks to get used to exercising so take it slow and gradually build up your strength and endurance.



LET'S STAY HEALTHY WITH ELANA

Vegetarian Quiche

Ingredients

- 2 x sheets of Puff pastry, defrosted
- 1 tablespoon of olive oil
- 125 grams of button mushrooms, sliced
- 2 small carrots, grated
- 2 small zucchini, grated
- 350 grams of broccoli, cut into florets
- 2 green onions, thinly sliced
- 5 eggs
- 3/4 of a cup of milk, reduced fat if you like
- 1 & 1/4 cups of grated cheese, reduced fat if you like

Method

1. Preheat oven to 200°C or 180°C fan forced oven. Place a baking tray in the oven.
2. Line a 3.5cm, 23cm (base) loose base quiche pan with pastry. Trim then prick base with a fork. Place a sheet of baking paper over pastry. Half fill with dried beans and place pan onto hot tray. Bake for 10 minutes. Remove beans, bake for 10 minutes. Cook mushrooms in oil then add other vegetables. Cook for 2 minutes then cool.
3. Whisk eggs and milk, season and spread vegetable mixture over pastry. Sprinkle with cheese, then pour over egg mixture.
4. Reduce oven to 180°C and bake for 30 minutes or until set. Enjoy!

Spring into Exercising!

Spring is a great time to get outside and exercise.

Enlist a buddy - make plans with a friend to exercise as this will increase your motivation and it keeps you committed.

Just do it - the easiest way to ensure you stick with it is to get into the routine of exercising in the morning. It's a positive way to start the day. Set yourself goals and have fun.

Change it Up - just like food tastes, we need variety in our exercise routine. Listen to your body and respond by doing exercise that you need; a walk one day, an exercise class the next and then gardening. By keeping your exercise varied you don't run the risk of becoming bored or unmotivated.

Exercise to Music - your favourite songs can pump up your motivation. Use faster tempo songs for walks and exercise and relaxing music while gardening.

It's all about you, so get out there and enjoy!



GETTING TO KNOW YOU: Sue Coburn

PLACE OF BIRTH: Wonthaggi, Victoria, Australia.

FAMILY: Husband: Peter Coburn,
Children: Robert (34), Laura (31), Elizabeth (27).

CONNECTION TO SANDYBEACH: I joined the Sandybeach Board earlier this year (during lockdown), and look forward to meeting other Board members in person after lockdown.

HOBBIES: Bushwalking, travel, Pilates, politics and wine tasting.

FAVOURITES: Books: I love the classics such as Jane Austen, Charles Dickens, and Elizabeth Gaskell. I also read modern writers including Sally Rooney and Dervla McTiernan, and have enjoyed Diana Gabaldon's 'Outlander' series.

Music: I like most music except for rap. I enjoy music quiz shows like 'RockWiz' and 'Spicks and Specks' that both entertain and challenge my memory.

Movies: I am a romantic so my favourites include 'The Sound of Music' and 'When Harry met Sally'. I also like many of the classics such as 'Casablanca', 'To Kill a Mocking Bird' and 'Doctor Zhivago'. My movie pick for 2020 is 'Groundhog Day'.

Travelling: Peter and I have travelled widely, and lived in the Middle East for two years while our son was little, and Peter worked on a Government project. On our last overseas trip we visited Europe and parts of the UK.



HOW ARE YOU TAKING ADVANTAGE OF THE EXTRA TIME AT HOME? I retired at the end of 2019, so this year would have been different without current restrictions. I have more time for my hobbies and voluntary positions. I have been very thankful to be able to walk along the Bay Trail during the lockdown, and like to get out of the house every day. It's great to be back near a beach again!

WHAT WAS YOUR FIRST JOB? As a teenager I worked as a pharmacy assistant in my Grandfather's old fashioned pharmacy in Wonthaggi. As a University student I worked as an assistant in an aged care centre.

HOW LONG HAVE YOU LIVED IN THE AREA? We moved to Hampton in 2016 after living 27 years in McKinnon.

WHAT IS SOMETHING WE MAY BE SURPRISED TO LEARN ABOUT YOU? I worked with the Bureau of Meteorology for over 37 years. I met my husband Peter at work (and he's been there even longer!). We both found the Bureau to be a really interesting place to work as the weather is important to everyone, every day.



Family holiday in Europe 2008



Sue in Switzerland 2019

POETRY: TRIBUTES TO THE HUMBLE MOBILE PHONE

The Mobile Phone by David Hayden

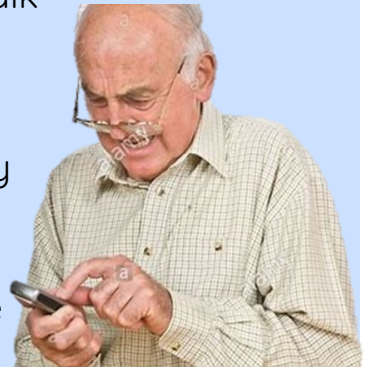
The mobile phone is well and truly here to stay
Its multiple uses are utilised each day
From games to snapshots, it's got the lot
Glad of its invention, of that I am not

It's strange but we seem to text more than talk
Whether driving or sitting, we use it on a walk
Trams, trains and buses, it's vital they say
Give me life without a mobile any old day

The phone was once a communication joy
Now it's this century's fancy toy
Thumb over key pads at lightening pace
Mail and cameras no longer have a place

This author has reached three score and ten
And still uses paper and writing with pen
But I do use a mobile now and again
Even if I feel, that they give me a pain

Thanks David for sharing!!



iPhones by Bill Kochman

Girls and boys, with their little toys,
At a tiny screen they love to stare,
It's so small, I see nothing at all,
Makes me want to pull out my hair.

For a treat, desktops can't be beat.
Tho' they sometimes can be so mean,
But I just want, my great big font,
So on big 'putters I am really keen.

Yeah keep your phone, out of my zone,
My big workhorse just suits me fine,
Go play, with your tiny thing all day,
While I do real serious work on mine.



MINDFUL COLOURING can be relaxing and helpful in relieving stress.
Why don't you take inspiration from the online Art Exhibition & give it a go?



The Online Art Exhibition Opening

The Online Sandybeach Art Show 'All Along the Bay' was officially opened on Thursday 22nd October at our Online Exhibition Opening Event. 43 members of the SB community attended on zoom to hear the opening speeches, exciting announcement of the winners and to watch the very first public viewing of the Exhibition. For many people it was their first experience of attending a social event like this via Zoom and it was really lovely to see some familiar friendly faces that we have been missing for some time!

The exhibition came about primarily as a way of increasing motivation for our Sandybeach Community to engage their creativity during COVID-19 lockdown and it certainly has provided the creative incentive we hoped it would. 46 artists from the Sandybeach Community - participants, staff, volunteers, friends and family - have all poured their considerable talents into creating 65 artworks for this exhibition. The outcome is a very unique celebration of this talented Sandybeach community!

If you have not yet taken a look at the Online Art Show then please check it out at:

www.sandybeach.org.au/artexhibition

You can view the Art exhibition, browse and purchase the artworks for sale and read the stories behind the artworks.

The exhibition closes on 4th Dec

ARMCHAIR TRAVEL - Picturesque Patagonia - by Mary Gates



As part of my husband and my 6 weeks of travel in South America in 2019, we decided to fly from Buenos Aires, Argentina to El Calafate in Patagonia. Patagonia is a sparsely populated region at the southern end of South America, shared by Argentina and Chile. It is an area best known for its sweeping landscapes and awe-inspiring glaciers. Originally a remote backpacking destination, the region now attracts increasing numbers of more affluent visitors.

We had prepared ourselves for the extreme cold by packing thick down jackets, gloves and woolly hats. They were certainly needed. After spending our first night in El Calafate we were picked up by bus early in the morning to be taken 78km to see the spectacular Perito Moreno Glacier. It was the second time I'd seen a glacier. I was not disappointed. Perito Moreno glacier is approximately 18,000 years old. It covers a total of 100 square miles and is 3 miles wide and rises 78 metres above the lake Lago Argentino. Global warming means that most glaciers are retreating however, the Perito Moreno glacier is an exception – it's advancing, moving forward around 2 meters a day.

While we were there we saw and heard the loud cracking sound of a series of mini-ruptures. The ice tumbled into Lago Argentino while we were safely positioned on one of the many wooden viewing platforms. My husband and I also took a boat out to the glacial wall. It was beautiful.



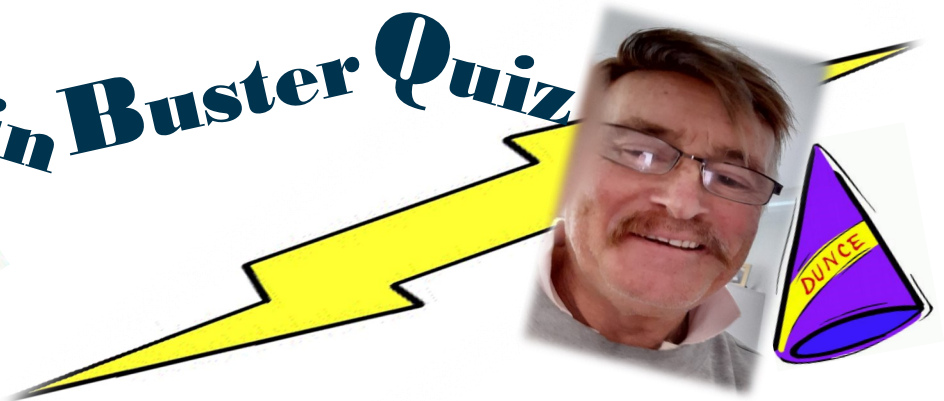
The next day we crossed borders to make the 6 hour bus trip to the lakeside town of Puerto Natales in Chile. This small town was to be our entry point into the world-renowned Torres Del Paine National Park. The following day we took an 83km minibus ride to the Rio Serrano Hotel in the heart of the National Park. The vistas were 'chocolate box' like. Our extremely comfortable hotel room had a large window which framed our view of the rugged snow-capped peaks.

The temperatures ranged from 2 to 12 degrees but this did not deter us from taking a range of small group tours to explore the park and soak up the breathtaking views. I took a horse ride with a guide across the grassy plains just as the gauchos do when herding livestock. We saw a range of wildlife including herds of the native Guanaco, the ancestor of the South American alpaca and llama. Although we did not see it, the Patagonian Puma also still roams the park.

After 4 days exploring the Park we made our way down to the airport in Punta Arenas for our flight to Santiago, Chile. We were saddened to leave but both agreed that we should definitely return.



Bill's Brain Buster Quiz



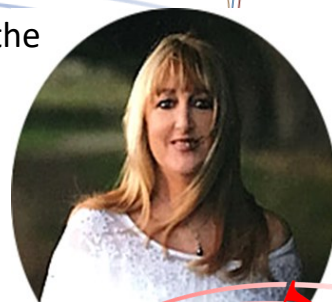
- Q 1** Can you name the TV sitcom that ran for 10 years with characters like Potsie Webber, Richie Cunningham, Ralph Malph, Arthur Fonzarelli and of course Mr and Mrs "C" ?
- Q 2** Who wrote the classic novels *"The War Of The Worlds"* and *"The Time Machine"* ?
- Q 3** Which movie musical features the song ... *"Getting To Know You"* ?
- Q 4** Can you name the 1944 mystery movie (*pictured*) where detective Mark McPherson (*Dana Andrews*) investigates the murder of a beautiful woman (*Gene Tierney*) killed by a shotgun blast to the face, with suspects like Waldo Lydecker (*Clifton Webb*), Shelby Carpenter (*Vincent Price*) and Ann Treadwell (*Judith Anderson*) ?
- Q 5** Buddy Rich and Gene Krupa are well known for playing which musical instrument ?
- Q 6** Which beautiful Australian actress and TV presenter married fellow actor and TV producer and director John "Strop" Cornell in 1977 ?
- Q 7** Sportswriter Ray Barone and wife Deb with Ray's nosey parents Frank and Marie and oversized older brother, policeman Robert, (*all pictured*) are all characters in which TV sitcom ?
- Q 8** What species of dog is Snoopy in the cartoon strip *"Peanuts"* ?
- Q 9** From his album Don't Shoot Me I'm Only The Piano Player, he sang these lyrics *"dial rocking is something shocking when your feet just can't keep still, I never knew me a better time and I guess I never will"* ... Can you name both the singer and the song ?
- Q 10** In *"Fawlty Towers"*, Basil Fawlty (*John Cleese*) often explains apologetically that his bumbling waiter, Manuel (*Andrew Sachs*) is from what Spanish city ?
- Q 11** Cleaver Greene (*Richard Roxburgh*) (*pictured*) is described as many things - to his ex wife he is unreliable, to his son he's a mate, to his learned friends he's a wag, to his jurors he's hilarious and to most judges he's an outrage - Can you name the ABC series about Cleaver ?
- Q 12** In a game of Snooker, how many red balls are on the table at the start of the game ?
- Q 13** *"Fatso the Wombat"* and *"Esme Watson"* were characters in which Aussie TV drama ?
- Q 14** When you deceive someone, what are you pulling over their eyes ?
- Q 15** Who said ... *"I should go out with women my age, but there are no women my age"* ?





Marcie Jones

Marcie began her singing career in 1960, aged 15 with the Thunderbirds before joining Normie Rowe and the Playboys. In 1969 she joined up with the Cook sisters (Beverly, Margaret and Wendy) to perform as the highly successful "*Marcie and the Cookies*" touring the UK, Asia and Europe, as an all-girl only vocal group, which was a rarity in the predominately male music industry. Today Marcie is enjoying a successful second career in the club and corporate venues with her undeniably country sound - a very popular artist at "Music Alive".



Q. Now Marcie, can you name a couple of your favourite songs ?

A. Aretha Franklin's "*Do Right Woman Do Right Man*" and the Streisand/Gibb duet "*Guilty*".

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

A. The multi-octave voice of Aretha Franklin and Bonnie Raitt's blues and country style.

Q. You became a household name when you joined the "Go" Show - tell us about that !!

A. "Go" was a new pop show based on the English version - "*Ready Steady Go*" where a group of Melbourne singers and dancers were selected as regulars. I was of course very excited and it was great fun, very new to TV and we all became household names overnight.

Q. You got to perform with some amazing people ... Normie Rowe and the beautiful Olivia Newton-John. Can you tell us about that experience ?

A. Normie and I had worked together before the "Go" Show, but that experience led to other TV shows such as "*Bandstand*" on Channel Nine and Seven's "*Sing, Sing, Sing*".

Q. What would you say has been the highlight of your amazing career ?

A. Well of course Marcie and the Cookies took the music industry by storm as we were one of the first Aussie all-girl groups. One of the most fabulous times was working with the wonderful Cliff Richard and singing with Patti La Belle was also a great highlight.

Q. What is it about performing you love the most ?

A. The people - I love their faces and the joy we bring and of course singing and working with all those amazing musicians.

Q. What do you think about the music industry today ?

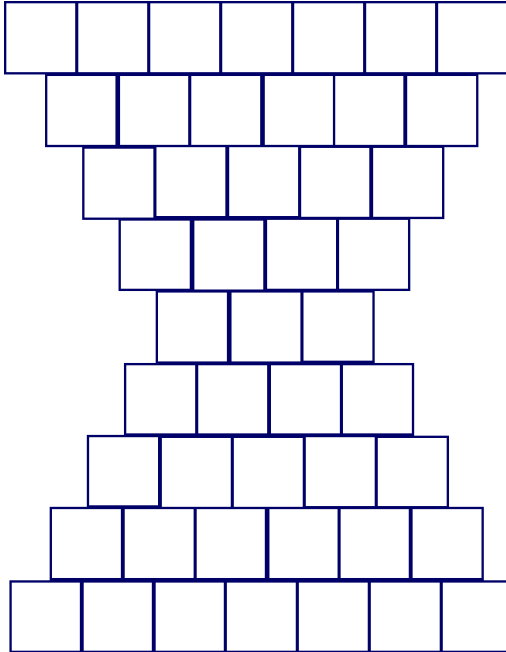
A. I love any platform that gives young people a chance to do their thing. Today's artists, especially the women, are so talented and special and I feel honoured that I was one of the trail-blazers in this country for us girls. I am truly proud of all who came after me.



Marcie and the Cookies

RIDDLE AND PUZZLES

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



Look at closely (starts with l)

Marching in unison (2,4)

having or showing no skill; clumsy

Flooring timber

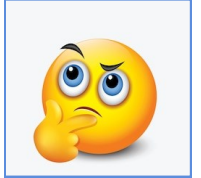
bite or pinch sharply

Ache

A coloured substance

Recording (v)

Breathing hard



RIDDLE: Paul's height is six feet, he's an assistant at a butcher's shop, and wears size 9 shoes. What does he weigh?

CRYPTIC INCRE - MENTAL

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

C	R	A	Z	E
A	L	O	N	G

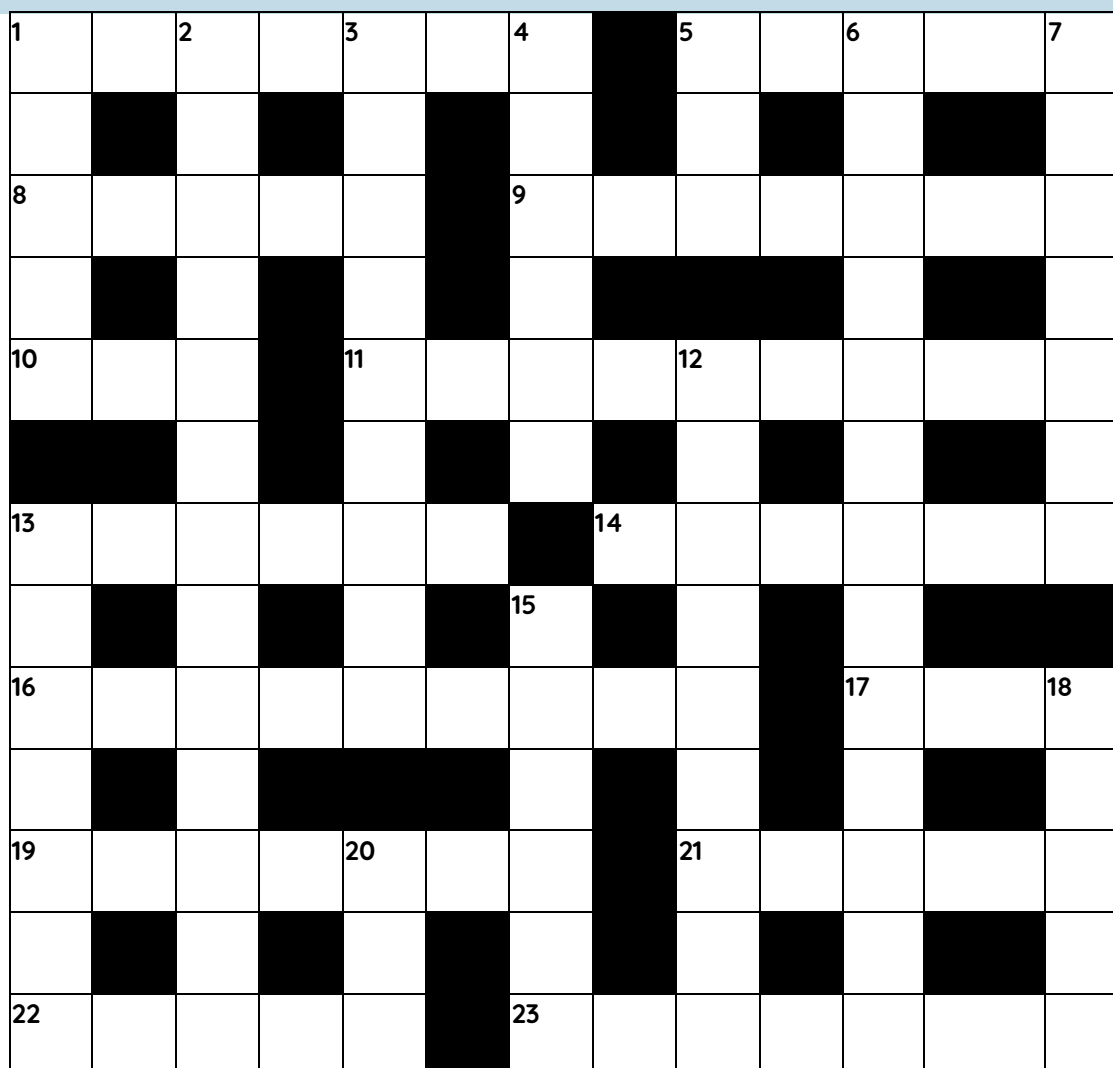
Bird found on building site

Hag has little credit on one

See solitary copy

Maloney boxing on his own

GIANT CROSSWORD



Across

- 1** string bed (7)
- 5** the lowest point (5)
- 8** measures of power (5)
- 9** at brisk pace (music) 7)
- 10** prosecute (3)
- 11** long pasta (9)
- 13** extreme or irrational fear (7)
- 14** ugly folklore creature (5)
- 16** an addition or attachment (9)
- 17** fire remains (3)
- 19** large fishing boat (7)
- 21** backs of feet (5)
- 22** small rooms for prisoners (5)
- 23** treatment for relief or healing (7)

Down

- 1** bird of prey (5)
- 2** iridescent lining of oyster (6-2-5)
- 3** fixation / passion (9)
- 4** gum leaf eaters (6)
- 5** a zero score in games (3)
- 6** device for image capturing (7,6)
- 7** novices, newbies (7)
- 12** footwear for a filly (9)
- 13** synthetic material (7)
- 15** vegetable used in popular cake (7)
- 18** done with speed or urgency (5)
- 20** Barry Humphries' Sir Patterson (3)

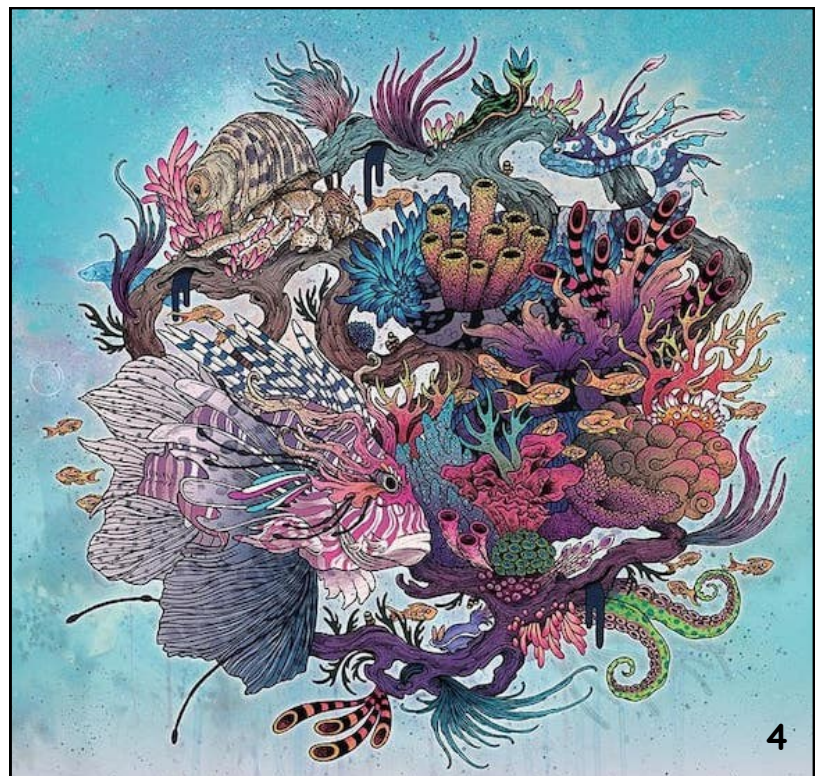


Art is a wonderful way to convey an inspirational message or just to raise awareness as these artists have done. What inspires you to create?

Artists Who Raise Awareness About Environmental Issues with Their Art

Through their art, contemporary artists create powerful visualisations that pay homage to the beauty of the ocean, but also showcase the devastating effects of human impact:

1. *Plastic Water Bottles in the Ocean* by Chaiyapruerk Youprasert **2. *Coral Garden***, by Vanessa Barragão visualises the effects of coral bleaching using recycled textiles and a variety of techniques. **3. *Confluence*** by Courtney Mattison uses wall-mounted porcelain sculptures. While the central pieces appear colorful and abundant, the outer elements are sparse and white, visualising the long-term effects of coral bleaching. **4. *Equalibrium*** by Mat Miller uses fineliners, watercolor paint, and acrylic ink to highlight the rapid extinction of sea creatures and the vulnerability of their precious ecosystems.



LEARN LOCAL AWARDS

The Sandybeach STEP Mentoring Program has been selected as a finalist in the 2020 ACFE Learn Local Awards. A huge congratulations to Emma and her team for the nomination!

Sandybeach had put in two nominations; one in the Pre-Accredited Pathway Program Award category, and an individual nomination for STEP student Daniel Margrie, for the Ro Allen Award - Recognising Pre-Accredited Learner Excellence. Unfortunately the competition was too strong in the individual award category, and Daniel missed out on being selected as a finalist, but he is definitely a winner in our eyes!

The award ceremony will look a bit different to their usual sit down dinner this year, but

with a decent amount of cash prize money we are crossing our fingers and toes that we come away with a win!

[You can now vote for our program in the People's Choice Award.](#)

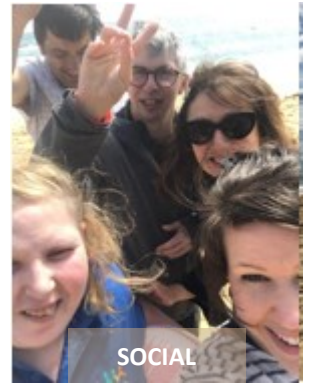
and finalists will be announced soon.

Search online for:

acfe learn local awards, click on the survey link and vote for the Mentoring program - Good luck Sandybeach!!



WOODWORKING BUSINESS



SOCIAL



GARDENING

OUR AMAZING WORLD

OWLS DON'T HAVE EYEBALLS!



What they have instead are better described as eye tubes. Since they can't move these tubes back and forth, owls have developed incredible neck flexibility to be able to see the world around them. They can turn their heads a whopping 270 degrees, whereas humans can only manage about 180 degrees.

CHILDCARE:

The children in Childcare have been busy making spoon pals who have now taken up residence in the garden at Sandybeach



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!

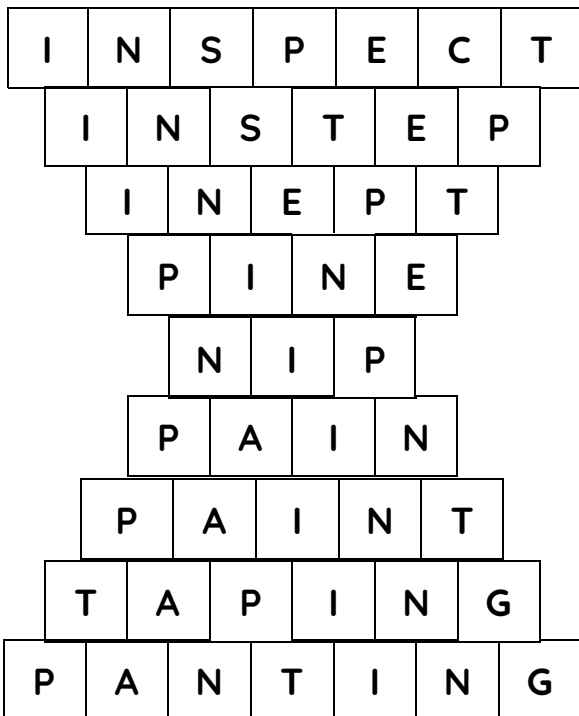
If you have anything to share, please email it to: armchairtravel@sandybeach.org.au

This week's contributions come from David Hayden who has been enjoying the mindful colouring pages and from the garden of Cecilia Relph from Monday Artbeat (the single rose is called 'Mother's Love') David also contributed the first poem on page 5. The red rose garden and the puppy were seen on Miranda's daily walk - too cute!



CROSSWORD, QUIZ AND PUZZLES ANSWERS

WORD CASTLE ANSWER



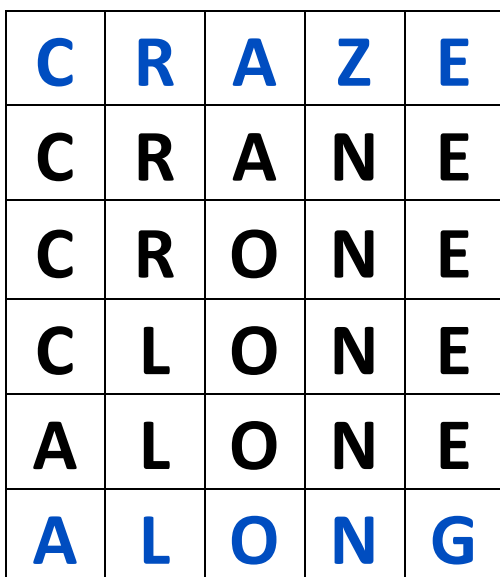
Across

- 1 hammock
- 5 nadir
- 8 watts
- 9 allegro
- 10 sue
- 11 spaghetti
- 13 phobia
- 14 trolls
- 16 appendage
- 17 ash
- 19 trawler
- 21 heels
- 22 cells
- 23 therapy

Down

- 1 hawks
- 2 mother of pearl
- 3 obsession
- 4 koalas
- 5 nil
- 6 digital camera
- 7 rookies
- 12 horseshoe
- 13 plastic
- 15 carrot
- 18 hasty
- 20 Les

CRYPTIC INCRE - MENTAL ANSWER



RIDDLE
ANSWER:
MEAT 😊



ANSWERS TO THE BRAIN BUSTER

- Q1: Happy Days. Q2: H.G.Wells. Q3: The King and I. Q4: Laura.
 Q5: The Drum. Q6: Delvene Delaney. Q7: Everybody Loves Raymond.
 Q8: Beagle. Q9: Elton John - Crocodile Rock. Q10: Barcelona.
 Q11: Rake. Q12: Fifteen. Q13: A Country Practice. Q14: The Wool.
 Q15: George Burns.

SANDYBEACH CARERS

Sharing Information and Connecting with Carers

LGBTI Inclusive practice at Sandybeach:

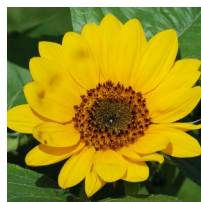
Over the next few weeks, some of the Sandybeach staff will be attending a workshop run by Val's LGBTI Ageing and Aged Care. In Australia 'LGBTI' refers collectively to people who are lesbian, gay, bisexual, trans and gender diverse, and/or intersex. It is estimated that LGBTI people make up 11% of the Australian population however research evidence consistently shows that they are disproportionately at risk of poor health outcomes due to experiencing stigma, discrimination and social exclusion. The course is aimed at learning how best to make Sandybeach a safe, welcoming and inclusive environment for LGBTI older people in our community.

Here are some of the organisations and resources available if you'd like to learn more:

Val's LGBTI Ageing & Aged Care -
latrobe.edu.au/arcshs/vals PH: 9479 8740
Rainbow Health Victoria -
rainbowhealthvic.org.au PH: 9479 8700
Transgender Victoria -
transgendervictoria.com PH: 9020 4642
Intersex Human Rights Australia ihra.org.au
PH: 0418 398 906
Living Positive Victoria -
livingpositivevictoria.org.au PH: 9863 8733
Bisexual Alliance Vic. -bi-alliance.org

PLEASE NOTE:

This material has been reproduced and communicated to you by or on behalf of Sandybeach Centre pursuant to Part (VA Division 4) of the Copyright Act 1968 (the Act) The material in this communication may be subject to copyright under the Act. Any further reproduction or communication of this material by you may be the subject of copyright protection under the Act.



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.



WE WANT TO HEAR FROM YOU!

Let us know what resources you have found useful for you or your clients.

armchairtravel@sandybeach.org.au
PH: 9598 2155



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.