

REACHING OUT

Keeping our Community Connected - Edition 14



FEEL GOOD NEWS...

Local fisherman, Ian Whiteside had a close encounter at Beaumaris in the Bay last week after a Southern Right Whale came right up to his boat. The video Ian posted on Facebook shows only 5 minutes of the amazing experience but prior to filming, he had his wife on the phone showing her the whale breaching and performing acrobatics only a short distance from his small boat!



In the video, Ian sounds absolutely terrified at first “Oh my goodness, oh no, please don’t do anything bad!” The whale just swam calmly under and around Ian for the next 5 minutes, poking it’s head out for a look and then sinking below the surface. The enormous creature can be seen wallowing peacefully and blowing gently through it’s spout before slowly moving away into the sunset. Ian is heard to say “I don’t think I have taken a breath for about 5 minutes. I was absolutely terrified and in awe at the same time - wow!” He is one lucky guy!

HAPPY SNAP OF THE WEEK



A couple of snacking Cockatoos snapped outside a participant’s house. Taken by John R while out delivering REACHing Out.

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

A rubber band pistol was confiscated from algebra class, because it was a weapon of math disruption



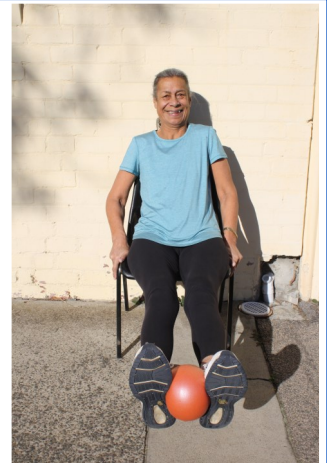
The short statured fortune-teller who escaped from prison was a small medium at large.

KEEP MOVING WITH ANGEL

EXERCISE 1 - CORE

Seated

- Come forward on the chair with legs hip width apart.
- Slide down the chair - top of the shoulders should be resting on the top of the chair.
- Extend the legs out, toes pointing upward with a medium size ball between the ankles, squeeze the ball.
- Elevate the legs upward to just below the hip hold the pose for the count of 8 and release. (see picture)
- Do 2 sets



On the floor

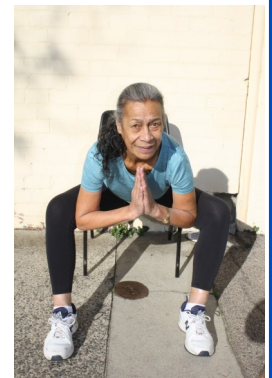
- Lying on your back, put both hands under the lower back for support.
- Put the ball between the ankles, keep the legs straight and squeeze the ball and gently elevate the legs upward to above hip level.
- Hold the pose for 8 counts and slowly release and lower the legs to the floor. (see picture)
- Do 2 sets



EXERCISE 2 - HIP FLEXORS

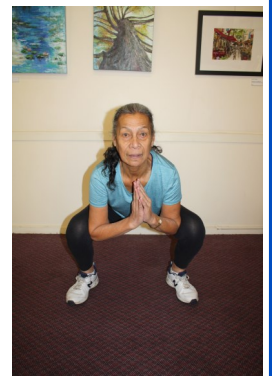
Seated

- Come forward on the chair with legs hip width apart.
- Bring the upper body down towards the thighs
- Place the elbows on the inside of the thighs
- Gently push out until you feel the stretch and hold for 8 counts and slowly release. (see picture)
- Do 2 sets



Standing

- Stand with legs shoulder width apart
- In a squat position, repeat the exercise as above (see picture)
- Do 2 sets



Please do the exercises at your own pace and remember “you can do this”, and of course “you will thank me for this!!!” Take and stay safe. Angel Parker

LET'S STAY HEALTHY WITH ELANA

Green Goodness Chicken Sandwich

Ingredients

- 1/4 of avocado, peeled and smashed
- 1 teaspoon of lemon juice
- 2 slices of wholemeal bread
- 1/2 Lebanese cucumber, thinly sliced
- 1 iceberg lettuce leaf, shredded
- 80 grams of shredded roast chicken breast
- 1/4 cup of alfalfa sprouts
- 1 tablespoon of mayonnaise

Method

1. Combine the avocado and lemon juice in a small bowl.
2. Spread 1 slice of bread with avocado mixture. Top with cucumber, lettuce, chicken, alfalfa sprouts, mayonnaise and other slice of bread.
Cut in half and enjoy!

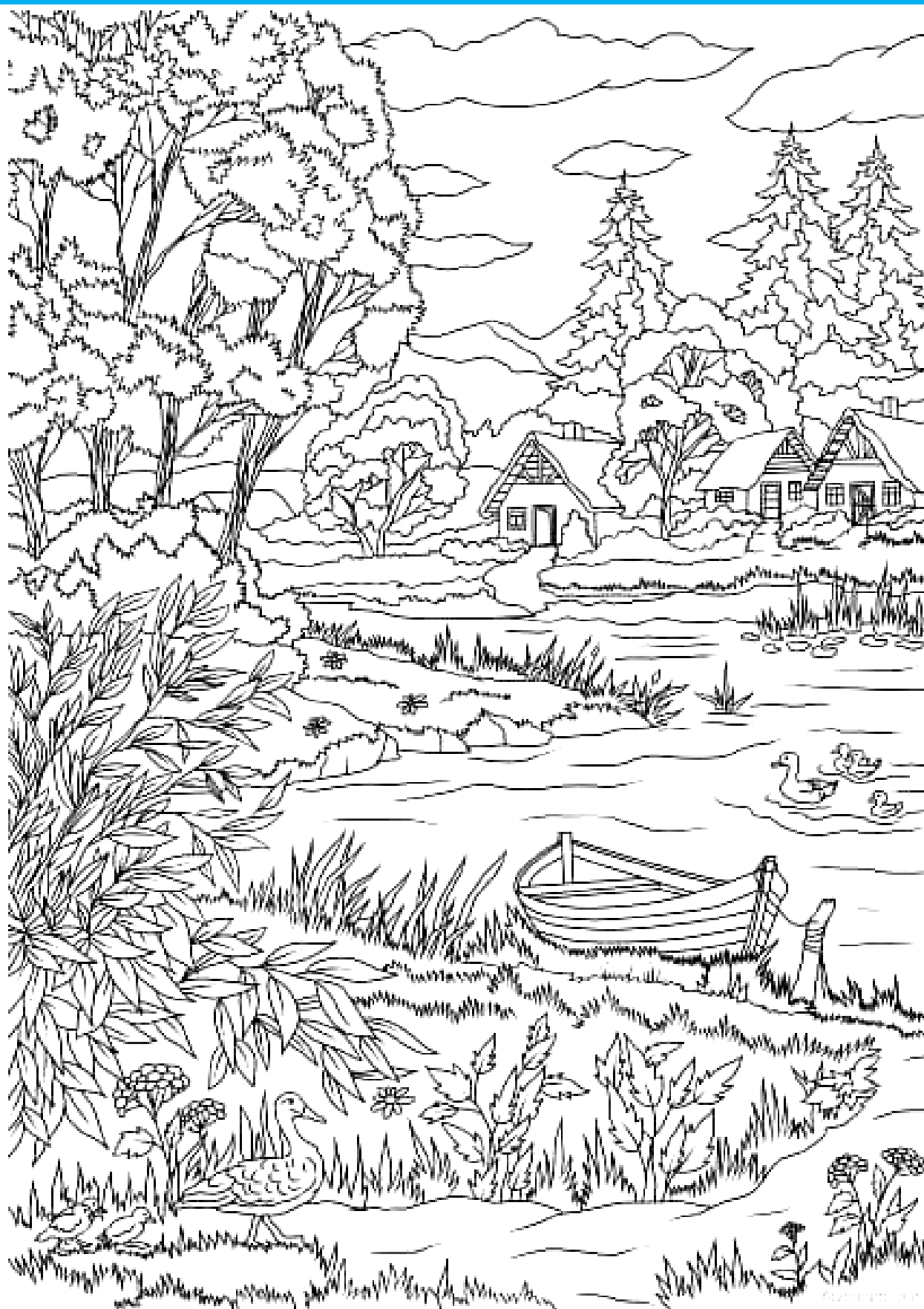


Exercises to Improve your Strength and Balance

- **Single Leg Stance** - stand behind a solid chair for support and lift one foot and hold for 5 seconds. Repeat with the other foot and do exercise 3 times.
- **Walking Heel to Toe** - put your right foot in front of your left foot so that the heel of your right foot touches the toes of your left foot. Move your left foot in front of your right, putting your weight on your heel. Repeat and walk this way for 20 steps.
- **Rock the Boat** - stand with feet shoulder width apart and arms stretched out, transfer your weight to your right foot and slowly lift your left leg off the floor, hold for as long as possible. Repeat with other leg and do this exercise 5 times.
- **Clock Reach** - imagine you are standing in the centre of a clock, lift your right leg and extend your right arm so it's pointing to the 12., then towards the 3 then the 6. Repeat while left leg is raised. Repeat exercise on each side.
- **Back Leg Raise** - stand behind chair, lift long right leg straight back, hold position then gently bring down and repeat on left side, do 10 times.
- **Wall Push Ups** - stand arms length in front of a wall, lean forward put palms flat on wall at shoulder height and width then gently push yourself back, repeat 15 times.
- **Shoulder Rolls** - rotate your shoulders gently up to the ceiling then back and down, repeat rolling forwards.



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



RIDDLE AND PUZZLES

Real life Riddles from Bob Leicester - *Thanks Bob for these head scratchers!*

Tropical Rivers Quiz:

1. If people go fishing in piranha- infested rivers of South America, do they eat the fish or do the fish eat them?
2. Why is it not possible to paddle a canoe to the downstream end of the Okavango River?

Cyclone Tracy Quiz:

In 1974 Cyclone Tracy demolished Darwin. It was a major disaster. About 80 per-cent of the houses were destroyed and there were 71 deaths. Bob Leicester and his research colleague Greg Reardon travelled to Darwin to investigate the cause and extent of the disaster. At that time mobile phones had not been invented. So work out how Bob managed to achieve the following:

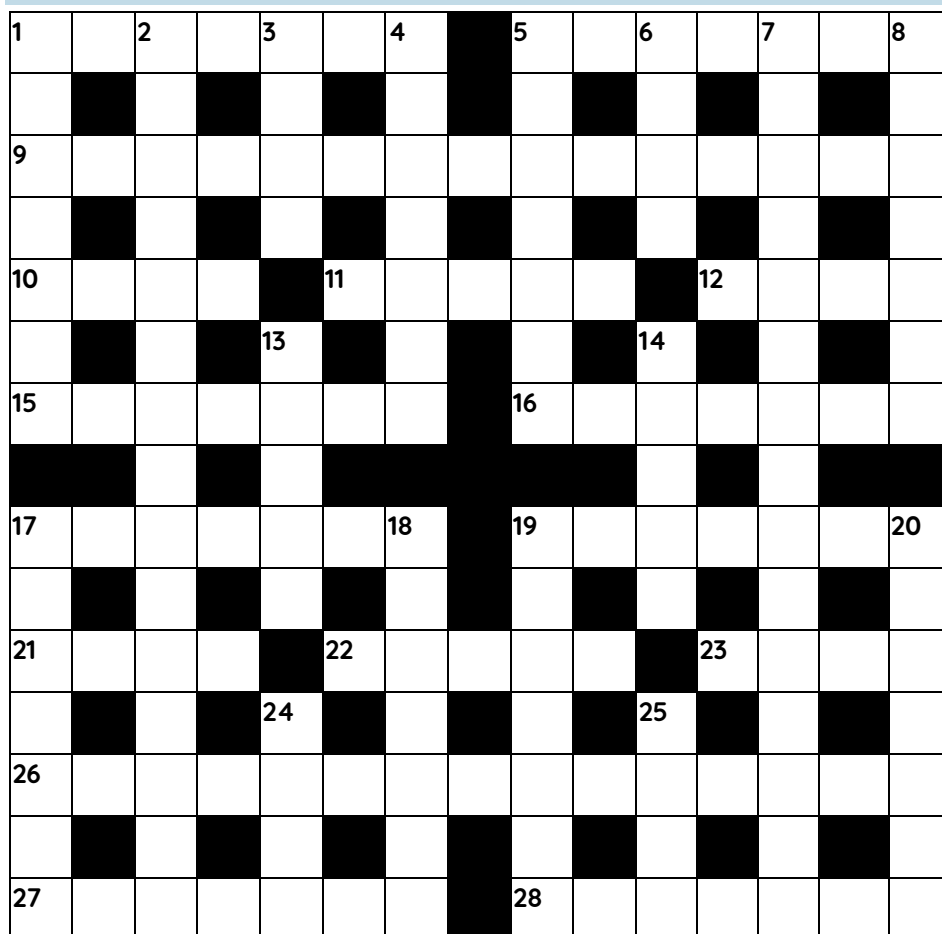
1. Bob knew about the destruction of Darwin one hour before the Government in Canberra did.
2. Bob needed to contact his research colleague Greg to get him to go to Darwin. All that Bob knew about Greg's whereabouts was that he was holidaying "somewhere in Taree".

		4		6		1		
	7		4			9	3	
	2	5	1	3		6	4	8
		1	3					5
		2		7	1			9
7				8	2			3
4	6	7	9				8	1
5		8				2		6
2	9					5		

SUDOKU

Within the rows and columns are 9 "squares" made up of 3x3 spaces. Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9 without repeating any numbers within the row, column or square.

BIG CROSSWORD & A COUPLE OF LAUGHS



I was visiting my daughter when I asked if I could borrow a newspaper. "This is the 21st century Mum, newspapers are a thing of the past - here, use my iPad." I can tell you this...that fly never knew what hit him!!



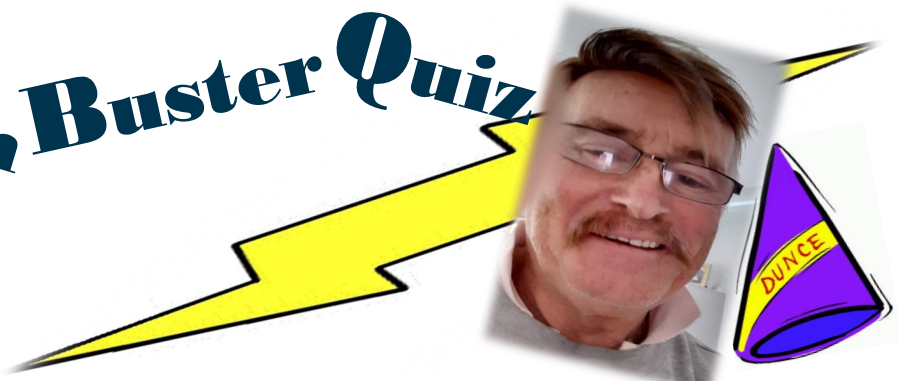
Across



- 1 Writers (7)
- 5 Rabat is the capital of ? (7)
- 9 A toy aircraft (1,5,9)
- 10 Gives nickname (4)
- 11 Dark, malty beer (5)
- 12 Grain storehouse (4)
- 15 Visionary (7)
- 16 Provokes anger (7)
- 17 Brightly coloured Mexican daisies (7)
- 19 military force of citizens (7)
- 21 A state of frenzy - to run.... (4)
- 22 confirm that something is true (5)
- 23 Part of the lower leg (4)
- 26 To let loose a multitude of problems (4,7,1,3)
- 27 snuggled (7)
- 28 Thrown out (7)

Down

- 1 Given (medal, compensation?) (7)
- 2 people skilled at solving problems (15)
- 3 finished (4)
- 4 throw in various random directions (7)
- 5 large tent (7)
- 6 thick cord (4)
- 7 restlessly impatient to start (7,2,3,3)
- 8 burdensome (7)
- 13 electronic message (5)
- 14 shrimplike plankton (5)
- 17 member of a cavalry regiment (7)
- 18 passed out, fainted (7)
- 19 microscopic organism (7)
- 20 being attached (7)
- 24 Coober Pedy gemstone (4)
- 25 cab (4)

Bill's Brain Buster Quiz



- Q 1 Hollywood "A" listers Gregory Peck, Ava Gardner, Fred Astaire and Anthony Perkins all hit Melbourne in 1956 to make a movie about the end of the world - Name that film.
- Q 2 The Maureen McGovern song "We May Never Love Like This Again" introduces which movie starring Steve McQueen and Paul Newman ?
- Q 3 Which group of crime fighters was led by Prohibition Agent Eliot Ness ?
- Q 4 A novel by Arthur Hailey was made into which 1970 disaster movie starring Burt Lancaster, Dean Martin and Jacqueline Bisset (*pictured*) ?
- Q 5 What name was given to German submarines during World War Two ?
- Q 6 Jane Fonda, Lily Tomlin and Dolly Parton played office colleagues in which 1980 film ?
- Q 7 What is the name for the action of the moon blocking out the light from the sun ?
- Q 8 What is the name of the 1996 movie about three divorcees who seek revenge on their ex husbands starring Dianne Keaton, Goldie Hawn and Bette Midler ?
- Q 9 In which 1966 film did Raquel Welch play a cave woman (*think B.C.*) ?
- Q 10 What did my true love send to me on the fourth day of Christmas  
- Q 11 Who is she ... often just referred to by her surname and with a striking resemblance to Vivian Leigh, she starred in the role of Anna Schmidt to Orson Well's Harry Lime and Joseph Cotton's Holly Martins in the 1949 movie "The Third Man" ?
- Q 12 Many glamorous actresses portray princesses, but which one actually became one ?
- Q 13 Don McLean's song "Starry Starry Night" with lyrics featuring "paint your palette blue and grey, look out on a summers day" was about which post-impressionist painter ?
- Q 14 According to Benny Hill, which man drove the fastest milk cart in the West ?
- Q 15 Who famously said ... "A man may be tough, concentrated, a successful money maker and never contribute to his country more than a horrible example ?
- Q 16 A most renowned opera singer, known as Aristotle Onassis's mistress - Who was she ?



***How do you know if an elephant's been in your fridge ?
By the footprints in the butter !!***



SHOWBIZ with Andrea



★ ★ ★ Who's on Stage Today ? ★ ★ ★

Lockdown Entertainment
presents
Veronica Lees-Amato and Rob Amato



I'm so very thrilled to have my beautiful, talented sister, Veronica with us today.



- ★ ★ ★
- Q. Now Veronica, name your favourite artists and how they have influenced your career ?**
- A. Barbara Streisand for me, she is always strong, focussed, respected, so fearless when it comes to going for notes and able to sing all styles of music. Rob grew up listening to Italian music and Stevie Wonder. An unusual combination - however, between the two of us we are very versatile and have an appreciation for lots of different music styles.
- Q. You have the pleasure of working with your talented husband Rob. How did that happen ?**
- A. Rob filled in for his cousin, who was a keyboard player in "Andrea and the Black Cats" a band I worked in with my sister. It was not love at first sight but after going our separate ways, some time later we reconnected, got married, made some music and had three kids.
- Q. Your career goes beyond singing as you've now become a wedding/funeral celebrant - Why ?**
- A. I love learning new things and adding to my skills set. Outside of singing I still wanted to reach more people so I became a funeral celebrant as I sang at so many funerals and then I decided to do my Certificate IV in Celebrancy so that I could also marry couples. My voice is my tool and celebrancy allows me to connect people in marriage and after their passing.
- Q. I believe that you're also part of a wonderful business called BNI - Tell us about that.**
- A. Yes, Business Networking International is a unique organisation that I have been involved with for over a decade. It is global networking at it's professional best with the aim of connecting like minded people to form valuable business-building relationships. This is an unpaid position but I love the networking and look forward to the weekly meetings.
- Q. You also have three children - How do you balance that with your busy lifestyle ?**
- A. Add in food shopping, cooking and housework and it is indeed a juggling act. You just become better at moving things around and fitting them in. And family support, especially from my mum, has been the only way I've been able to continue to work and perform.
- Q. What do you like most about performing at 'Music Alive' ?**
- A. It is such a warm and wonderful connected community of lovely people who come to enjoy the music. What my sister (Andrea) has created is testament to her commitment to put people first and to remind everyone that they are important and special. That's how Rob and I feel when we perform at 'Music Alive' and everyone needs that feeling.

ARMCHAIR TRAVEL: OCEAN PASSAGES - by Janet Metherall

Between 2000 and 2009 my husband Peter and I circumnavigated the globe in our 12 metre yacht "Penyllan". Our long journey involved three main ocean passages across the Indian, Atlantic and Pacific – the longest seeing us at sea for 25 days out of sight of land. We visited 28 countries in the tropical and warm temperate band around the globe.

Preparation for these passages did involve a degree of hoarding, including toilet paper and enough food for a couple of months – lots of potatoes and onions and enough fresh produce for the first couple of weeks. We had a fridge and freezer on board, we carried a ton of water, caught rainwater from the decks in calm conditions and ran a water maker (mini desalination plant) every few days. So we were busy. People often ask about the two of us being cooped up with no escape route. This was made easier by having three separate cabins where each could go to isolate from the other when we needed to, and by me as crew trusting my captain and accepting his directions regarding the safe running of the boat.



Greece - Corinth Canal

During passages we broke the 24 hours into alternate 3 hour long watches, the off-watch person sleeping or reading and the on-watch crew checking the course and conditions and looking out for shipping - while reading, listening to podcasts or knitting. At the changeover we shared a meal or snack prepared by whoever was on watch. This regime was extended to 4 hour watches when we had the luxury of our son on board for the Atlantic and the northern Pacific crossings – an extra bonus when we experienced a rigging failure during our first attempt at the Atlantic, forcing us to return to the Canary Islands; and a knockdown in heavy weather on our second successful crossing. So passages were not boring.

On an earlier passage in the Gulf of Aden we had far too much excitement when our group of five yachts which had been travelling together for protection, were fired on but not hit by pirates (people smugglers operating between a port in Somalia and Aden). They had been regularly stopping

and robbing cruising yachts they encountered on these voyages. We were fortunate to have been listening to an HF radio description of the approaching boats in enough time to outrun them under motor!

Janet does Angel's Thursday Strength Training class and is also a presenter in Armchair Travel. Thanks so much for sharing Janet. What an adventure!



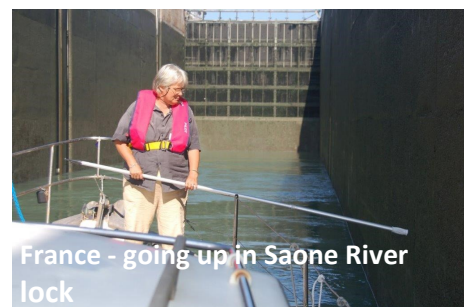
Cook's Bay Moorea, Tahiti



Main Cabin



A ship coming up behind us on the Panama Canal



France - going up in Saone River lock

POETRY

Many thanks to Jocelyn Wood for sharing the poems she wrote about a couple of her hiking adventures in Europe.

A PILGRIMS PROGRESS ON THE CAMINO DE SANTIAGO - 2003

Home again to winter's chill with cat curled up beside me
My heart's on Spain's Camino still and perhaps for some time will be.

A simple life with no demands except of frame and muscle
Contrasts with expectations here where all is hype and bustle.

No news impinged on what I saw along the tranquil wild-flowered track
Conscious thought not to the fore as effort moved my feet and pack.

The moods of the Camino changed from busy road to forest dell
The yellow arrows led us on with symbols of the scallop shell.

The pilgrims chat and then disband, with Franglais we communicate
The morning coffee stop unplanned was time for groups to congregate.

So many churches on the way - ornate cathedrals, chapels plain
Cool havens where to meditate and rest the feet and legs from strain.

Why walk? The answer's still elusive, a physical challenge for sure
Self sufficiency was addictive and the countryside was a draw.

The goal of Santiago came, the huge cathedral spires in view
Tradition had me hug St James. I'm tired but sad to say adieu.



LE CHEMIN DE SAINT JACQUES - 2007

The pilgrims blessing at Le Puy, historic wayside cross of stone
Contented cows adorn the lea in rural beauty made their own.

So many markers red and white identified la route St Jacques
Steep wooded paths led to the height of Aubrac plateau, treeless, stark.

'Les Beaux Villages' traversed in awe, cathedrals lofty, chapels small
Descent to fertile valley floor - each ancient bridge a photo call.

With Ramblers, amblers and 'Le Mob' for walking chats or trackside rest
The aligot was on the hob at gites d'etape which all impressed.

In Conques la grande finale came, the Ste Foy Abbaye organ played
The Middle Ages flaunt their fame and memories like these don't fade.



ONLINE ART EXHIBITION

All Along the Bay

An exhibition that takes us on an extraordinary voyage through the wonders of our Bayside area

An online exhibition open to all members of the Sandybeach community

People's Choice Award

1st 2nd 3rd prizes (to be judged by panel)

Child Artist Award

Submissions information:

- Open to everyone who uses our services including family members
- If working on paper: to be of professional artist quality
- If working on canvas or panel boards: maximum size 91.5cm x 91.5cm (36" x 36")
- Free choice of mediums
- All works **MUST** be created in 2020
- Children's category: We encourage entries from ages 3 -15. Each child entrant will receive a certificate acknowledging their wonderful efforts
- **Submission of artworks due 18th September.** More details on how to submit work will follow

Enquiries: please email tinab@sandybeach.org.au

Online Virtual Tour Exhibition in October

'Get your thinking caps on'

Subject matter can be anything to do with our lovely bayside area such as local fauna, flora, sunsets, sea views, sea creatures, local nostalgic buildings etc.

We all work in different ways when creating artworks. It's good to get inspiration from different sources. Some of us create out of our heads, some need reference to support.

If you choose to work from photographic images we would encourage you to take your own photos when possible. If using photographic images off the internet please be aware of copyright.

Entry fee:

\$15 (one artwork)

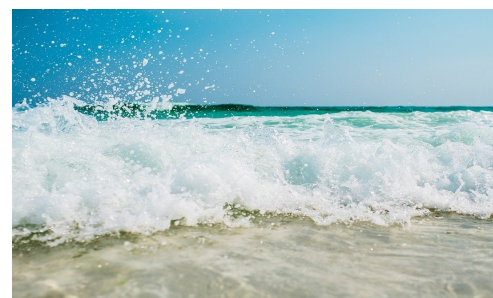
\$20 (two artworks)

Due by Friday 7th August

Further instructions of payment method along with terms and conditions to be announced shortly

Be inspired by various subject matter for 'All Along the Bay'

There is so much to appreciate in our Bayside area. Here are some images to spark some ideas. These images are available on <https://www.webfx.com/blog/web-design/sites-public-domain-images/>



Remember entry fee due by Friday 7th August. Submission of artworks due 18th September

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 OR send to 2 Sims St Sandringham 3191

This week's contributions come from Rose Mazandirani who attends Tina's Artbeat on a Monday at Sandybeach Centre. One of the colouring pages from the newsletter and one beautiful original! Loving the creativity Rose! Thanks for sharing ☺



OUR AMAZING WORLD



Ice Bubbles, Abraham Lake, Canada

This phenomenon happens when decaying plants on the lake bed release methane gas, which creates bubbles that become trapped within the ice, in suspended animation, just below the surface as the lake begins to freeze



Sandybeach CELC children are having fun baking in their kitchen at home. Chocolate muffins: Yummy. Could she be the next MasterChef winner of 2020?

DID YOU KNOW?

Some interesting snippets...

Contributed by Sandybeach neighbour, Chris.

Have you ever wondered how certain words or phrases came about - well wonder no more! Many of them originated in the 1500's - here are just a few..

- The man of the house was always the first to use the one and only bath followed by the sons, other men then the women and finally the children. Last of all the babies by which point the water was filthy - hence "don't throw the baby out with the bathwater!"
- Urine was used to tan animal skins, so families used to all pee into a pot and once it was full, it was taken and sold to the tannery. If you had to do this to survive, you were "piss poor". If you were even poorer, you "didn't have a pot to piss in"
- If you were poor the floor was dirt - hence "dirt poor" Only the wealthy could afford slate floors and to stop them becoming slippery, they would spread thresh (straw) on them during wet weather. To stop the straw from spilling outside, a piece of wood was placed in the entrance way - a threshold!
- Most people got married in June because they took their yearly bath in May. However, to cover any lingering odour, brides would carry flowers. Hence the custom of a bridal bouquet!



QUIZ AND PUZZLES ANSWERS

SUDOKU SOLUTION

8	3	4	2	6	9	1	5	7
1	7	6	4	5	8	9	3	2
9	2	5	1	3	7	6	4	8
6	8	1	3	9	4	7	2	5
3	4	2	5	7	1	8	6	9
7	5	9	6	8	2	4	1	3
4	6	7	9	2	5	3	8	1
5	1	8	7	4	3	2	9	6
2	9	3	8	1	6	5	7	4

CROSSWORD SOLUTION

Across

- 1 Authors
5 Morocco
9 A model aeroplane
10 Dubs
11 Stout
12 Silo
15 Dreamer
16 enrages
17 Dahlias
19 Militia
21 amok
22 vouch
23 Shin
26 Open Pandora's box
27 nestled
28 evicted

Down

- 1 awarded
2 troubleshooters
3 over
4 scatter
5 marquee
6 rope
7 chafing at the bit
8 onerous
13 email
14 krill
17 dragoon
18 swooned
19 microbe
20 annexed
24 Opal
25 taxi

Tropical Rivers Quiz answers:

1. People eat the fish. Hollywood movies notwithstanding, piranhas don't eat humans; to them we taste yucky!
2. You cannot paddle to the downstream end of the Okavango river because the delta end flows into the Kalahari desert.



Cyclone Tracy Quiz answers:

1. The landline to Darwin was destroyed, so no phone calls between Canberra and Darwin were possible. However a radio ham operator in Darwin got the information to another ham operator in Papua New Guinea, who passed the information on to Bob's brother in law Gordon, then living in Port Moresby. Gordon then telephoned Bob.
2. The holiday address of Greg was unknown to Bob, but happily Greg spotted a large "Greg, get to Darwin" notice that Bob had organised to be stuck on to the window of a grocery store in Taree.

Footnote. For 5 days post Cyclone Tracy, communication between Darwin and Canberra was primarily via **morse-code** sent from ships at sea

ANSWERS TO THE BRAIN BUSTER QUIZ

- Q1: On The Beach. Q2: The Towering Inferno. Q3: The Untouchables.
Q4: Airport. Q5: U-Boats. Q6: Nine To Five. Q7: Solar Eclipse.
Q8: The First Wives Club. Q9: One Million B.C. Q10: Four Calling Birds.
Q11: Valli (or Alida Valli). Q12: Grace Kelly. Q13: Vincent van Gogh.
Q14: Ernie. Q15: Sir Robert Menzies. Q16: Maria Callas.

SANDYBEACH CARERS

Sharing Information and Connecting with Carers

The word 'carer' can be confusing. Many carers don't use this word to describe themselves and so do not know about or access the assistance and support that is available.

People become carers in different ways. Sometimes it happens gradually - helping out more and more as a person's health and independence gets worse over time. It may also happen suddenly - after a health crisis (like a stroke or heart attack) or an accident. Every care situation is different. It is not uncommon for carers to feel like they do not have a choice.

Some carers provide 24 hour nursing aid to a family member with high care needs. They help with daily needs and activities like feeding, bathing, dressing, toileting, lifting and moving and administering medications.

Others care for people who are fairly independent but may need someone to keep an eye on them or help with them with tasks like banking, transport, shopping and housework.

Most carers give comfort, encouragement and reassurance to the person they care for, oversee their health and wellbeing, monitor their safety and help them stay as independent as possible.

If you provide unpaid care and support to a family member or friend who is frail and elderly, has dementia, a mental illness, a disability, chronic illness or complex needs, or receives palliative care then you are a carer and can access support.

Caring can be very rewarding but it can also be emotionally and physically demanding, throwing up many challenges. In the coming weeks we will look at some of the main challenges that affect carers and offer some suggestions for overcoming these and enhancing your wellbeing.



Carers Victoria is the statewide voice for family carers, representing and providing support to carers in Victoria.

While their office is temporarily closed due to the COVID-19 Pandemic, they continue providing support and assistance for carers. They can help with: emotional support and service advice; telephone or online counselling sessions; in-home respite and other staffed essential services to come to your home; delivered goods and equipment that may help you through the social isolation; and online supports and education.

**TO CONTACT CARERS VICTORIA PLEASE
PHONE: 1800 514 845**



If you are a Carer we would love to hear from you! Please get in touch and let us know what kind of support you would like to see at Sandybeach Centre:
armchairtravel@sandybeach.org.au
PH: 9598 2155