

# REACHING OUT

Keeping our Community Connected - Edition 12



## FEEL GOOD NEWS...

### The 'Hug Tunnel'

The COVID-19 pandemic has been especially hard on elderly people, who have been advised to strictly adhere to stay-at-home orders and social distancing guidelines.

For those living in care facilities, this has meant that friends and loved ones cannot even visit them in person.

But, a care home in Brazil has come up with a creative solution, allowing seniors to connect with their loved ones while still keeping them safe from infection.

For 28 seniors living in isolation since March 17 at the Três Figueiras home in Brazil, Mother's Day came and went without any visitors - and the loving staff noticed that spirits were at an all-time low.

So they put their heads together and created the 'hug tunnel'. Made of thick plastic sheeting, the hug tunnel has arm holes for visitors and residents to wrap their arms around the person standing on the other side.



## HAPPY SNAP OF THE WEEK



Locals out and about enjoying the beautiful spell of Winter sunshine



## 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

I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian!



Two fish swim into a concrete wall. One turns to the other and says 'Dam!'



## KEEP MOVING WITH ANGEL

### EXERCISE 1 - Jogging

#### Seated

- Come forward on the chair, legs hip width apart.
- Alternating legs, lift the heels only off the floor, do not let the heels touch the floor between each lift. (see picture)
- Do 2 sets of 10 repetitions each leg.



#### Standing

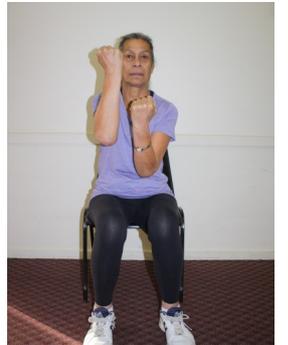
- Stand with legs shoulder width apart
- Lift the legs up and down alternately on the spot, keeping the back straight and engage the core. (see picture)
- Do 2 sets of 10 repetitions each leg.



### EXERCISE 2 - Jogging and Uppercuts

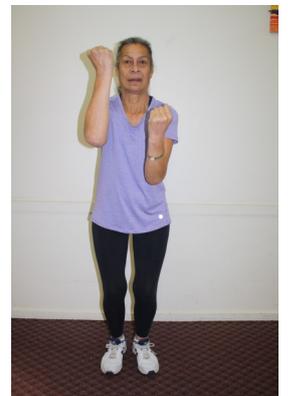
#### Seated

- Come forward on the chair, legs hip width apart.
- Alternate lifting the heels and at the same time arms close in front of the chest and punching upwards. (see picture)
- Do 2 sets of 10 repetitions each leg.



#### Standing

- Stand with legs shoulder width apart
- Bring the arms together in front of the chest, jogging on the spot and the same punching upward. (see picture)
- Do 2 sets of 10 repetitions each leg



Everyone do not forget to breathe and do only what is comfortable for you.  
You will thank me for this!!!!.

Have fun everyone, take care and stay safe and healthy, Angel Parker

## LET'S STAY HEALTHY WITH ELANA

### Veggie Muffin Pan Fritters

#### Ingredients

- 1/3 cup of extra virgin olive oil
- 1 small zucchini, grated
- 1 small carrot, grated
- 1/2 cup of chopped broccoli
- 1 tablespoon of finely chopped fresh chives
- 2 tablespoons finely chopped coriander leaves
- 1/2 cup of plain flour
- 1/4 teaspoon of baking powder
- 1/4 teaspoon of sweet paprika
- 1 egg
- 1/4 cup of milk
- 6 cherry tomatoes, halved
- 2 tablespoons of sweet chilli sauce



#### Instructions

1. Preheat oven to 200°C fan forced. Place 1 teaspoon of oil in each hole of a 12 hole muffin pan. Bake for 10 minutes or until oil is hot.
2. Place zucchini, carrot, broccoli, chives, coriander, flour, baking powder and paprika in a bowl. Stir until well combined. Whisk egg, milk and remaining oil together in a jug and add vegetable mixture. Stir to combine.
3. Carefully remove pan from oven. Spoon mixture among pan holes and top with tomato halves. Return to oven and bake for 20 to 25 minutes or until golden and crisp. Brush fritters with sweet chilli sauce and stand in pan for 5 minutes.

*Enjoy!*

### A Whole Body Approach to a Healthy Brain

What types of exercises benefit your brain?

- **Test your recall** - make a list of grocery items or things to do and memorise it. An hour or so later see how many items you can remember.
- **Let the music play** - learn to play an instrument or join a choir.
- **Add up in your head** - without a calculator or computer do simple daily maths.
- **Challenge your taste buds** - try to identify ingredients that are in your meal.
- **Test your co-ordination** - try exercises with arms going in different directions or pat your head and rub your stomach!



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



## GETTING TO KNOW YOU

**NAME:** Mia Christie Barnes

**PLACE OF BIRTH:** Melbourne – Queen Vic Hospital which has since been demolished

**FAMILY:** Mia, Finn (son 16) Evie (14)

**PETS:** Leo (dog), Paul (budgie) Chickens

**HOBBIES:** Long walks with friends, gardening, cooking, going to pubs to see live music (non COVID times)



### FAVOURITES:

**MUSIC:** Lots of music – Paul Kelly, Eddy Vedder (Pearl Jam), Tom Richardson, Dave Grey, Tracey Chapman, Fleetwood Mac.

**TV & MOVIES:** I love watching or listening to 60 Minutes, Crime or History docos on podcasts/ YouTube. I love going to the Movies or Drive In (pre COVID) or watching a movie at home with a cheese platter and chocolate.

**TRAVEL DESTINATION:** My favorite places that I have visited include Mexico, Maldives, Broome and locally I love camping at Shoreham.

**HOW ARE YOU TAKING ADVANTAGE OF THE EXTRA TIME AT HOME?** Time with Finn and Evie. Heaps of walks, lots of nanna naps in the afternoons.

**WHAT WAS YOUR FIRST JOB?** Kenloch Wedding Receptions in the Dandenongs as a waitress. I was studying Natural Resource Management at the same time so I also started working for Melbourne Parks and Waterways as a Park Ranger and in Tourism for about two years. Then went to London and worked at Thomas Cook Travel for two years. I was in the Travel Industry for about 12 years before babies and Sandybeach Centre and obtaining a Graduate Diploma of Community Sector Management.

### HOW LONG HAVE YOU BEEN AT SANDYBEACH / WHAT DO YOU DO THERE?

I have been at Sandybeach since 2007 (I started in Reception for 6 years). My title now is Contracts and Programs Manager – I oversee all Government subsidised programs (ACFE/Adult Education, STEP/Disability, REACH/Aged Services).

**WHAT IS SOMETHING WE MAY BE SURPRISED TO LEARN ABOUT YOU?** I grew up in a semi-rural area chopping firewood, stacking hay, building fences and I had a horse called Misty. I love, love, love using hand tools such as a hammer, pliers, wire cutters, chisels, files, etc... Oh, and I can still do cart wheels 😊

## RIDDLE AND PUZZLES

**RIDDLE :** If you have me, you want to share me. Once you share me, I no longer exist. What am I?

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

### 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.

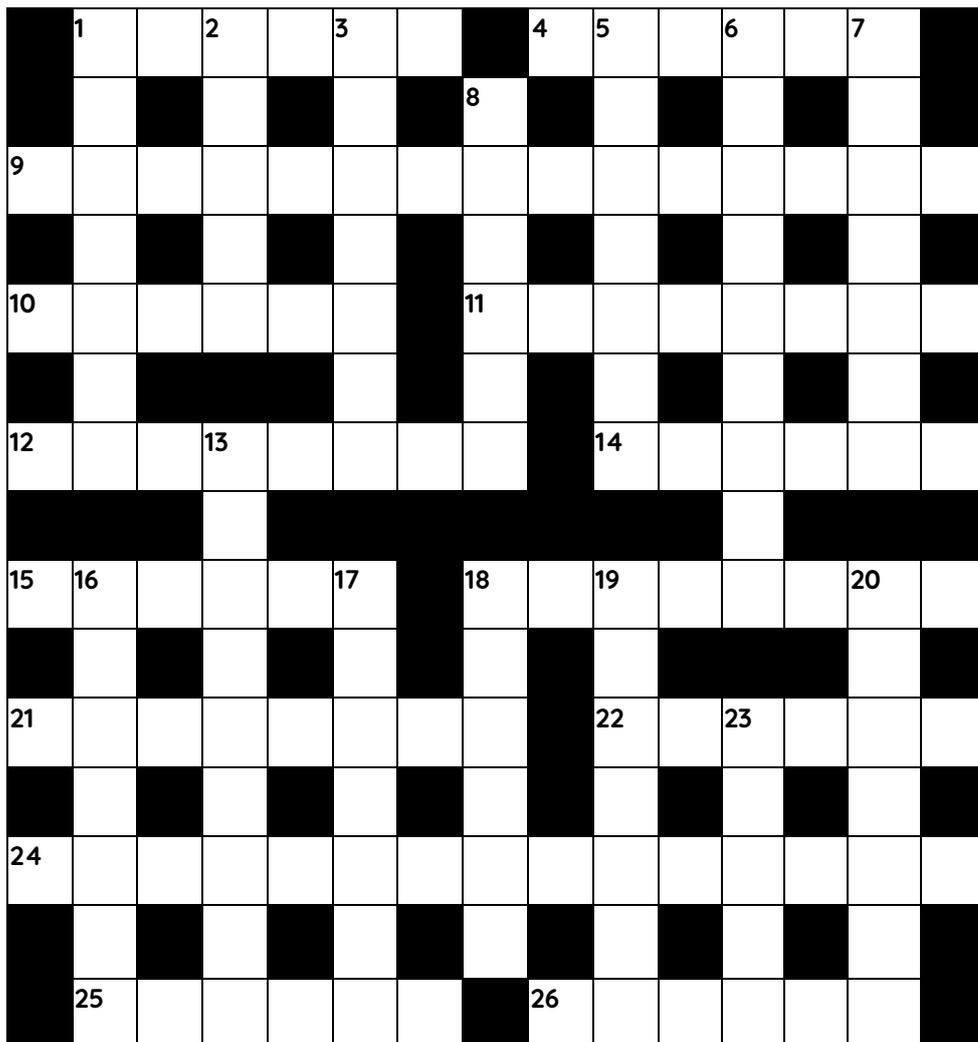
### COMMON THREAD

Unscramble the letters to make five words relating to the theme. The letters in the shaded squares will spell out another word relating to the theme.

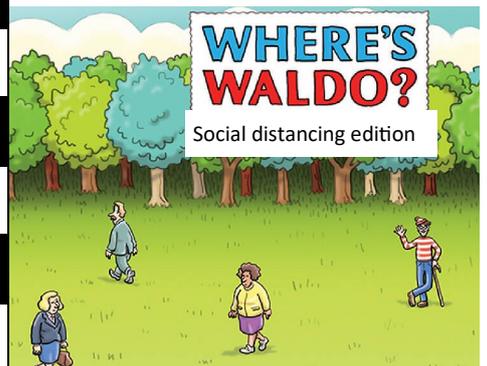
**THEME: BOYS NAMES**

- |           |   |  |  |  |  |  |  |  |
|-----------|---|--|--|--|--|--|--|--|
| 1 SLERUSL | <table style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%; background-color: #cccccc;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> </tr> </table>        |  |  |  |  |  |  |  |
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## BIG CROSSWORD & A COUPLE OF LAUGHS



The world has flipped upside down. Old folks are sneaking out of the house, and their kids are yelling at them to stay indoors. "It's for your own good"!



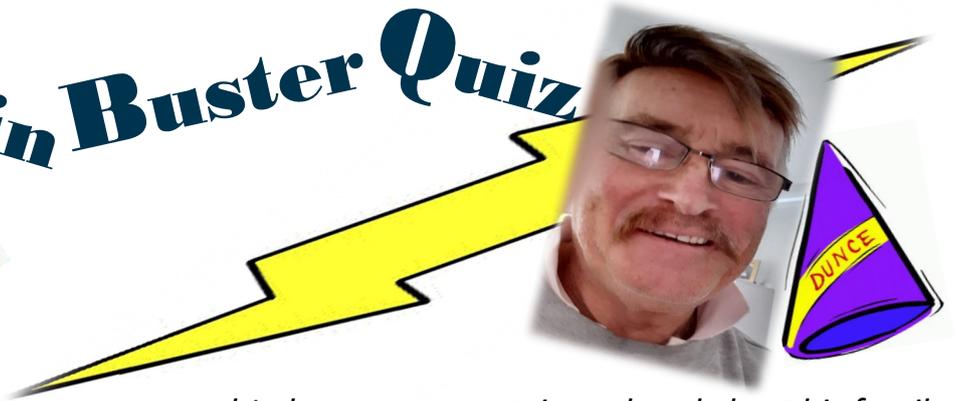
### Across

- 1 Italian style ice cream (6)  
 4 To support (4,2)  
 9 Dispensers of food, drinks etc (7,8)  
 10 Rich cake (6)  
 11 Brought together (8)  
 12 Goes backwards (8)  
 14 Felt dizzy (6)  
 15 Tears into strips (6)  
 18 Pirates bounty (8)  
 21 Dry biscuits (8)  
 22 Checks for errors (6)  
 24 'Greenies' (15)  
 25 Live (6)  
 26 Rise (6)

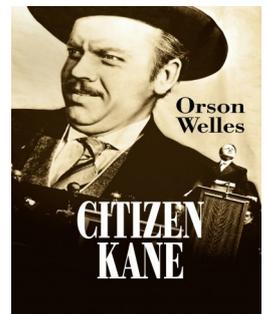
### Down

- 1 Hand thrown bomb (7)  
 2 Small country house (5)  
 3 Used for tasting and talking (7)  
 5 Scale for measuring earthquakes (7)  
 6 Can't be valued (9)  
 7 Go ahead of (7)  
 8 Pictures (6)  
 13 Training activities (9)  
 16 Port (7)  
 17 Guided (7)  
 18 The sea between Australia & NZ (6)  
 19 Removes all contents (7)  
 20 Declined to accept (7)  
 23 A measurement of weight (USA) (5)

# Bill's Brain Buster Quiz



- Q 1** "Listen to my story 'bout a man named Jed, a poor mountaineer barely kept his family fed, and then one day he was shootin' at some food and up thru the ground came some bubblin' crude ..." is the theme song from which 1962-1971 American sitcom ?
- Q 2** Now in the nursery rhyme, when the second green bottle accidentally falls - How many green bottles are left standing on the wall ?
- Q 3** In the movie "Citizen Kane" (*pictured*) what is the last word uttered ?
- Q 4** He starred as Heathcliff in the 1939 movie "Wuthering Heights" and as Maxim de Winter in the 1940 movie "Rebecca" and then playing "Hamlet" both on stage and in the movie - Who is this great actor ?
- Q 5** "I know an old lady who swallowed a goat, to catch the dog, to catch the cat, to catch the bird, to catch the spider that wriggled and jiggled and tickled inside her - I don't know why ... perhaps she'll die" - Why did the old lady swallow that spider ?
- Q 6** Name the British actress who played Pussy Galore in the Bond movie "Goldfinger" ?
- Q 7** The movie "Bye Bye Birdie" produced **way** back in 1963 was all about a fictitious rock n' roll idol named **Conrad** Birdie - Which real life rock singer was this movie based on ?



- Q 8** Gough Whitlam was Australia's Prime Minister from 1972 to 1975. Who was the PM directly before and directly after him (**2 Names**) ?
- Q 9** Liz Montgomery (*pictured*) starred as Samantha in what TV series ?
- Q 10** A comedy duo whose work in many movies and TV made them the most popular comedy team of the 40's and 50's and with first names of Bud and Lou, are better known as ..... ?

- Q 11** Can you name the Aussie males who won Wimbledon tennis doubles in 1968/69/70 ?
- Q 12** Who starred in the role of Ernie Bilko in the 1955-1959 TV series "Sergeant Bilko" ?
- Q 13** Dorothy Gale said ... "I have a feeling we're not in Kansas anymore" in which movie ?

Did you hear about the would be  
IRA terrorist who was ordered  
to blow up a London Bus  
He severely burnt his lips



Boom  
Boom



# SHOWBIZ with Andrea



## Who's on Stage Today?

### Maria Bertagno

Born in Melbourne to post war immigrant Northern Italian parents, Maria speaks Italian fluently (*some survival French too*). Her primary school years were spent in Adelaide, then Melbourne beckoned again. Maria's busy life includes her children, her love of fashion and creatively "messaging about" in her garden. She is in demand at various venues where her extensive repertoire is much appreciated and she is eagerly looking forward to her next "Music Alive" performance.



### Now Maria

**Q.** Name two of your favourite songs and why.

**A.** Difficult to select just two songs as I have so many that I love.

"Un Bel Di Vedremo" from Madame Butterfly reminds me of my father and "Che Gelida Manina" from La Boheme is one that brings back one special moment with my mother. Also from the musicals - "I Got Plenty O' Nothin" from Porgy and Bess, "I Dreamed A Dream" from Les Miz and West Side Story's "Somewhere" are particularly meaningful and enjoyable.



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

**A.** Italian opera singer Renata Tebaldi is my favourite, possessing such a beautiful voice and certainly the Beatles come to mind because their songs so warmly pierce my heart.

**Q.** How did you get started in the music industry ?

**A.** Since I first learnt to speak I had an innate will to sing. I commenced classical singing training at 16 with Mr Raymond Long here in Melbourne.

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

**A.** I could write a book and some day hope to do so and also to record a CD of special songs from my heart. I love to be creative in my home and to paint and to cook. I can be an introvert and I can be gregarious (*but not at the same time*). I am a sentimentalist !

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

**A.** My first experience at "Music Alive" was so wonderful and positive. The audience was so warm and unbelievably appreciative and made me feel so welcome. Andrea and the Sandybeach team are so very kind. Additionally to have Peter Sullivan there as my pianist is extraordinarily special.



## ARMCHAIR TRAVEL:

### Walking the Milford Track - South Island of New Zealand 1995

*Contributed by Jocelyn Wood - one of our lovely Armchair Travel presenters*

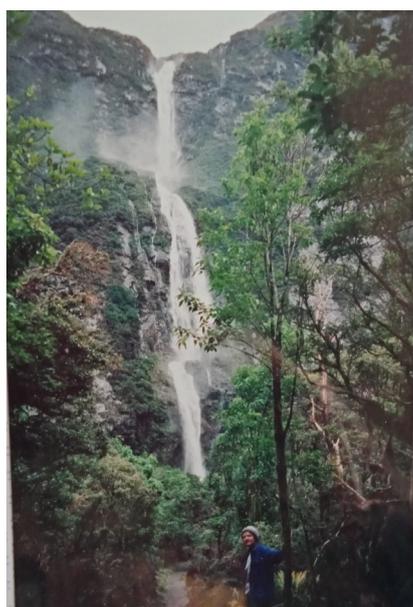


The track which is in Fiordland National Park NZ is 54km and is walked in 4 days. Situated in one of the wettest areas in the world you are lucky if it doesn't rain at some point.

There are 2 ways one can go. First the Chardonnay group where beds, hot showers and all meals plus wine are provided and only a day pack with lunch need be carried - or the Freedom Walkers who must have food, clothes and a sleeping bag in their packs!

The 2 sets of 3 huts are quite separate and I glimpsed only one in passing.

One pays for luxury of course. I must say I so enjoyed the younger generation. You become well acquainted early because the mattresses are lined up on the floor. Snorers easily identified but only a couple of those!!



The boat that brought us up Lake Te Anau to Glade House wharf was the Tawera built in 1899. The wharf was under water!

Our first night was at Clinton Hut with a great view up the valley to a snowy peak.

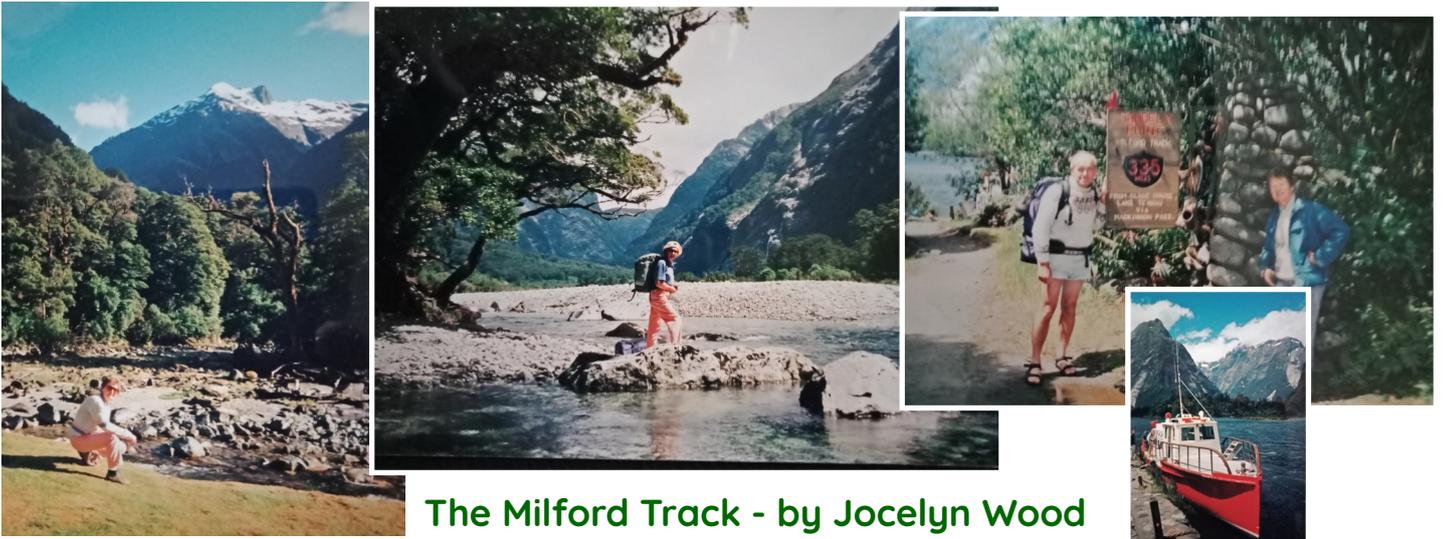
The walk goes up one river to Mackinnon Pass where unfortunately it was misty. On the way down we had to take the emergency track

because of an avalanche. This meant edging round trees hanging on to a rope!



It was all very green as you would expect. The Sutherland Falls 580m are the highest in NZ and the 3rd highest in the world.

Sandfly Point signals the end of the track and a boat picked us up at the mouth of the Arthur River in Milford Sound. An unforgettable experience!



**The Milford Track - by Jocelyn Wood**

Just what did we expect with early plans to walk The Track?  
 Perhaps some aching muscles and a heavy-laden pack.  
 We knew that on the plus side we'd see Nature at its best  
 For that reward alone we'd face sandflies and the rest.

The walkers were the first delight - this League of Nations team  
 Of pleasant young enthusiasts all living out a dream  
 The happiness of comfy boots., a pack that sat with ease  
 And cosy huts with flushing loos all nestled in the trees

But most of all the scenery - the picturesque, the grand  
 The filtered sunlit gilded leaves, the forest wonderland  
 A hundred different shades of green in bush and river too  
 Young ferns, old trees, some lichen draped, in every verdant hue.

The mountains soaring high above, the waterfalls below  
 The wreckage from an avalanche where nothing stopped its flow  
 The rushing streams, the tranquil lakes, the bellbirds' bell-like sound  
 But all should hide their victuals when the keas are around!

Of course for all this beauty there is a price to pay  
 You do get aching muscles and it might just rain all day  
 You can get tired of pasta and a nice hot shower you lack  
 But you won't regret deciding to walk the Milford Track.



*Thanks Jocelyn for the lovely words and images!*

## POETRY

Both these poems are by Ana Greeno - one of our regular Armchair Travel presenters - thanks for sharing these with us Ana!

### *Coffee Snob*

I have become a  
coffee snob

It's your fault  
exploring rainforest  
beans, Arabica, robusta

You show dedication  
of a religious novice  
achieve perfect crema,  
perfect espresso

The texture, the foam  
magical potions  
nectar of aficionados

You're a coffee artist  
Rosettas, seashells,  
orchids,  
heart with chain of hearts  
framed in a cup

I am a coffee snob  
because you are  
my barista.

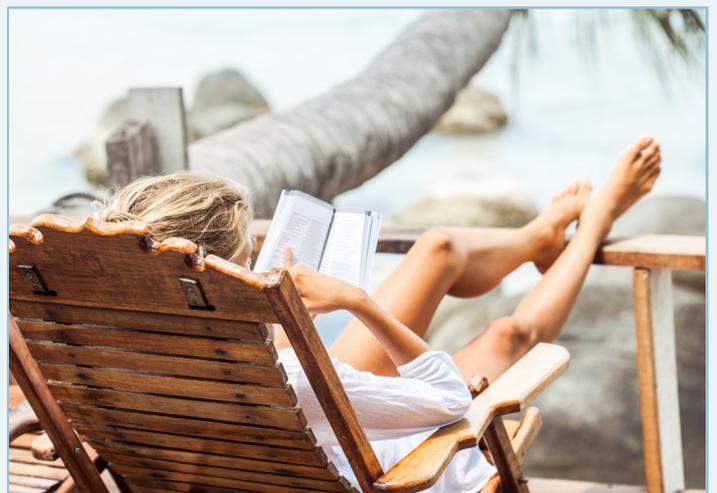


### *My Friend*

You send me to sleep  
I revel on dreams  
You inspire  
playground with  
never-ending rides.

You relax me  
explore different worlds  
bring me laughter, sadness,  
excitement, fear.

You give me joy,  
grief when we part,  
I can't imagine life  
without you, my book  
my friend.





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

Last week we looked at how colours interact with each other through Kandinsky's colour studies 'Squares with Concentric Circles' (see right)  
Be inspired by the artworks of Karla Gerard and Maria Reyes-Jones  
**Have a go at using concentric circles to form realistic images. Flowers, trees or even a peacock!!**

### Wassily Kandinsky



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

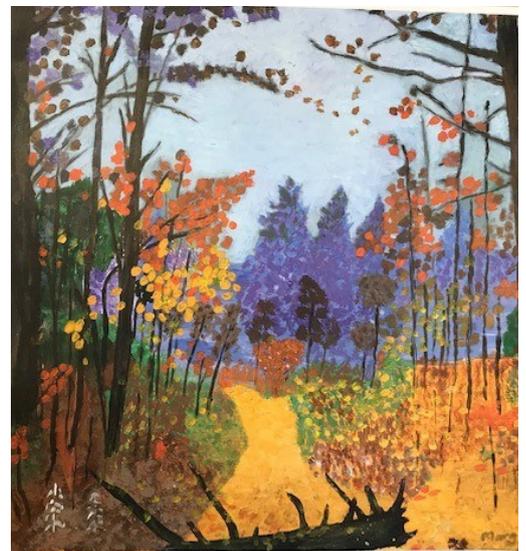
## READER CONTRIBUTIONS

Each week, we are featuring contributions from our readers. We would love to hear from you!! Here are some suggestions :

- A photo you have taken
- A piece of artwork you have created
- A short story or poem you have written
- Something uplifting or funny that you have seen or heard this week.
- A joke or a riddle
- Anything else you can think of!

**If you have anything to share, please email it to us at [armchairtravel@sandybeach.org.au](mailto:armchairtravel@sandybeach.org.au) OR send to 2 Sims St Sandringham 3191**

**This week's contributions come from Mary Williams who does Artbeat on a Thursday with Tina - Love your work Mary! ❤️**



## OUR AMAZING WORLD



### A murmuration of starlings in Britain

An individual starling isn't much to look at. But put hundreds or thousands together and these birds turn into an incredible dance known officially as a murmuration. The flocks can be seen in the US and Europe, particularly in England.

It is believed that grouping together offers safety in numbers – predators such as peregrine falcons find it hard to target one bird in the middle of a hypnotising flock of thousands. They gather over their roosting site, and perform their wheeling stunts before they roost for the night.

### TIP OF THE WEEK - Easy weed killer

Kill weeds fast with a jug of boiling water mixed with a few tablespoons of salt. This is a great way to eradicate pesky weeds from between the pavers, without wrecking your back or your fingernails!

## DID YOU KNOW?

*Contributed by Nick Turner*

### 'Shooting a fish in a barrel'

If you've ever asked someone about how to do something easy, chances are you may hear "it's as easy as shooting a fish in a barrel!" But maybe not for the reason you originally thought! For starters, actually aiming at the fish in said barrel would be quite difficult. Sure you may think you have it dead on, but due to the way light refracts on the water's surface, you could be very wrong. This isn't to say it's impossible, just maybe harder than you think. But that's not all. Water is hard. Bear with me. If you bring the palm of your hand down on the surface of the water with enough velocity, you'll feel resistance. The same thing would happen to a bullet, causing it to squish or deform, go off course, and even slow to a non-lethal velocity before it reaches its target (the Fish). The term originated when fish were tightly packed into barrels filled with ice. If someone were to shoot into that barrel, they'd be guaranteed to hit one.

However the saying does hold some merit today. Even if you do miss the fish, and the bullet deforms, the shockwave alone is enough to kill the fish. The cause is different but the result is the same for the unfortunate fish!

*Source: Mythbusters*



## QUIZ AND PUZZLES ANSWERS

### RIDDLE ANSWER - A secret

### SUDOKU SOLUTION

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

### COMMON THREAD (EXTRA WORD STEVE)

R	U	S	S	E	L	L
R	U	P	E	R	T	
C	H	A	R	L	E	S
V	I	N	C	E	N	T
E	D	W	A	R	D	



## CROSSWORD SOLUTION

### Across

- 1 Gelato  
4 Prop up  
9 Vending machines  
10 Gateau  
11 Gathered  
12 Reverses  
14 Reeled  
15 Shreds  
18 Treasure  
21 Crackers  
22 Proofs  
24 Conservationists  
25 Reside  
26 Ascend

### Down

- 1 Grenade  
2 Lodge  
3 Tongues  
5 Richter  
6 Priceless  
7 Precede  
8 Images  
13 Exercises  
16 Harbour  
17 Steered  
18 Tasman  
19 Empties  
20 Refused  
23 Ounce

## ANSWERS TO THE BRAIN BUSTER QUIZ

- Q1: The Beverly Hillbillies. Q2: Eight. Q3: Rosebud. Q4: Laurence Olivier.  
Q5: Because she swallowed a fly. Q6: Honor Blackman. Q7: Conway Twitty.  
Q8: William McMahon and Malcolm Fraser. Q9: Bewitched.  
Q10: Abbott and Costello. Q11: John Newcombe and Tony Roche.  
Q12: Phil Silvers. Q13: The Wizard Of Oz.