

# REACHING OUT

Keeping our Community Connected - Edition 22



## FEEL GOOD NEWS

A Queensland cafe has gone viral over the thoughtful way it is supporting locals during this tough time.



A customer of the Bean N Loaf cafe in Fitzgibbon, Brisbane, noticed a sign hanging out the front of her favourite cafe.

The café's initiative allows paying customers to

buy two coffees and give the second one to someone who is 'doing it tough'. A Post-it is then added to a noticeboard for someone who may not be able to afford a coffee, to retrieve the piece of paper and hand it to the staff in exchange for a coffee.

Owner of the coffee house, Rudra Chhetri, said he started the initiative back in March when the coronavirus pandemic first hit Australia. "It was when everything was restricted and there was no dining, and eating in and lots of people lost their jobs," Mr Chhetri said.

To kick it off, Mr Chhetri stuck 10 Post-it notes on the board, which he said then caught the attention of customers. "It just kept going from there," he said, adding the cafe has easily gone through a minimum of 300 Post-its since launching the initiative seven months ago.

"It's a good cause and we would definitely like to see other cafes adopt it too – a lot of people are willing to give and it's a platform which can provide that." ♥

## HAPPY SNAP OF THE WEEK



MATES HANGING OUT WAITING FOR THE BUS

## SHORT AND FUNNY:



All those that believe in telekinesis please raise my hand.

The early bird may get the worm but the second mouse gets the cheese.

76.3% of all statistics are made up.

I intend to live forever. So far so good.

## 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

Leg exercises are one of the most important things you can do to maintain your independence as you age. Strengthening the legs not only helps us stand from a chair, climb steps, lift our feet when going over a threshold, or side stepping around a table, but also improves balance. Remember to inhale during the upward movement phase. Exhale during the downward movement phase.

### ANKLE CIRCLES

- Sit in a chair with feet flat on the floor. Extend your right knee and move your foot in a circle 20 times
- Then move in the other direction 20 times. Repeat with the other ankle

**Tips:** If lifting your knee up is too hard, try just extending your knee out. Ankles often make crackling sounds. If your ankle is painful when making circles, try smaller circles or just move your foot up and down.

**Take it up a notch:** Try spelling your first name with your right foot and spelling your last name with your left foot. Try performing ankle flexibility exercises standing up to improve your balance.



### HIP MARCHINGS

- Sit in a chair with feet flat on the floor.
- Lift up your right knee as high as comfortable. Lower your leg.
- Alternate lifting your knees for a total of 10 lifts each leg.

**Tips:** Don't perform more than 20 hip marchings in a row to avoid fatigue and soreness. Move at a slow to moderate speed.

**Take it up a notch:** Place your hands on your thighs and resist the upward movement of your knees by pushing downward.

### CALF RAISES

- Stand using a chair to balance yourself.
- Raise up on your toes as high as you comfortably can. Return to the starting position and repeat 10 times.

**Tips:** Keep your body still as you raise yourself up. Keep your feet apart if you have balance problems.

**Take it up a notch:** Let go of the chair to improve your balance. If that is too hard, use a finger or one hand to hold on with.



## LET'S STAY HEALTHY WITH ELANA

### Roast Vegetable and Fetta Pie

#### Ingredients

- 1 x 400 gram sheet of shortcrust pastry, defrosted
- 3 cups of cooked roasted vegetables
- 3 Roma tomatoes, quartered
- 2 garlic cloves, crushed
- 1/4 cup of olive oil
- 2 teaspoons of chopped fresh rosemary
- 125 grams of feta cheese, cubed
- 2 tablespoons of grated parmesan cheese
- Green salad to serve

#### Method

1. Preheat oven to 180°C or 160°C fan forced oven. Lightly grease a 23cm pie plate.
2. Lay the pastry into the plate, line with baking paper and rice and blind bake for 10 minutes. Remove the paper and rice and bake for a further five minutes.
3. Toss all vegetables with the garlic, oil and rosemary, then fill the pastry case. Dot with feta and sprinkle with parmesan. Bake for 20 minutes and serve with the salad.



### Exercises for Strength, Balance and Flexibility

#### Strength

Stronger muscles help you to do daily activities such as walking up stairs or getting out of a chair.

Chair Squats - stand in front of a chair, bend your knees, lower so you sit down then return to stand.

#### Balance

Falls are the leading cause of visits to the hospital for people over 65 years of age. Balance helps

you to keep on your feet and recover from would be accidents.

Single Foot Stand - stand behind a chair and gently hold onto the back. Pick up your left foot and balance on your right then do the same on the other foot. With practice try this exercise without the chair and improve your balance.

#### Flexibility

Improving your flexibility helps you to maintain good posture and move more easily.

Stretching for flexibility should be done slowly and in a controlled manner.

Wall Snow Angels - stand a little distance from the wall, then place your head and lower back flat against the wall. Raise your hands at your sides, then above your head, keeping your arms touching the wall. Repeat to make your angel wings.



## THE SPRING RACING CARNIVAL IS UPON US -

Let's look back at some of the Melbourne Cup's biggest upsets.

### The Hat-Trick: 2005

By the time *Makybe Diva* came to Flemington in 2005, she had already done more than enough to ensure her place in history. Her defeat of *Vinnie Roe* the previous year - following her win over *She's Archie* in 2003 - made her only the fourth horse ever to clinch back-to-back victories in the Cup. Surely a third victory was a step too far. Her main rivals were Japanese galloper *Eye Popper*, *Leica Falcon*, *Railings* and *Vinnie Roe*. *Makybe Diva* was ridden quietly during the race, but she was still well back coming to the turn, and given the extra 2.5kg she was carrying, the job appeared too great. But jockey Glen Boss guided her through the traffic and when a gap opened up at the 400m, she breezed through and kept going! Commentator, Greg Miles got it right when he called, "a champion becomes a legend".

### The Big Upset: 2015

Japan's *Fame Game* was the top pick for punters going into the race. At the other end of the market was a 100-1 shot, *Prince of Penzance*, who had won only once at Flemington in six previous runs. There were plenty of storylines around the horse, including jockey Michelle Payne, from a famous Victorian racing family. The strapper was Michelle's brother Stevie, who has Down Syndrome. The draw gave *Prince of Penzance* the inside line and at halfway Payne had her mount lying 10th on the fence, but coming around the turn the horse was behind seven or eight rivals. A gap opened up at the top of the straight, and Payne and *Prince of Penzance* responded, hitting the front at the clocktower, and going on to clinch the win, making Payne the first ever female jockey to win the Cup. She made her own history in her post-race speech, telling those who had doubted her and other female jockeys to "get stuffed".



### The Fastest: 1990

In all the Melbourne Cups through all the years, no horse has run faster than *Kingston Rule* in 1990. At the 800m mark *Kingston Rule* was in eighth spot on the fence and starting to push forward, but he still had a fair bit of work to do. But jockey Darren Beadman pushed him through along the rail, and then got out at the 300m to have a proper crack at the leaders. He hit the front with momentum, and although the other equal favourite *The Phantom* loomed as a late challenger, *Kingston Rule* held on to win in a record time of 3 minutes 16.3 seconds - giving Bart Cummings his eighth Cup win. Only three horses in the intervening years have come within 2 seconds of his winning time.

### The Early Crow: 1997

Sport can often be a game of inches or centimetres and racing, in particular can lend itself to some very close calls. The worst nightmare of most jockeys, not to mention most sports stars, is "going the early crow - thinking you've got the chocolates and waving to the crowd or standing in the irons and punching the air only to find you've come up just short". Coming into the 1997 Melbourne Cup, *Might and Power* was all the rage and led almost from the start. He still led at the turn, and broke clear by a couple of lengths, but Greg Hall on *Doriemus* was coming down the outside. His lead was closing all the way to the post, and it looked like a possible dead-heat on the line. Greg Hall on *Doriemus* however believed he had won and brandished his whip skywards in triumph. But when the numbers went up, Hall was left with egg on his face, as *Might and Power* had held on by a nose for the victory.

## How the Melbourne Cup was won By Henry Clarence Kendall

In the beams of a beautiful day,  
Made soft by a breeze from the sea,  
The horses were started away,  
The fleet-footed thirty and three;  
Where beauty, with shining attire,  
Shed more than a noon on the land,  
Like spirits of thunder and fire  
They flashed by the fence and the stand.  
And the mouths of pale thousands were hushed  
When Somnus, a marvel of strength,  
Past Bowes like a sudden wind rushed,  
And led the bay colt by a length;  
But a chestnut came galloping through,  
And, down where the river-tide steals,  
O'Brien, on brave Waterloo,  
Dashed up to the big horse's heels.

But Cracknell still kept to the fore,  
And first by the water bend wheeled,  
When a cry from the stand, and a roar  
Ran over green furlongs of field;  
Far out by the back of the course -  
A demon of muscle and pluck -  
Flashed onward the favourite horse,  
With his hoofs flaming clear of the ruck.

But the wonderful Queenslander came,  
And the thundering leaders were three;  
And a ring, and a roll of acclaim,  
Went out, like a surge of the sea:  
"An Epigram! Epigram wins!" -  
"The Colt of the Derby" - "The bay!"  
But back where the crescent begins  
The favourite melted away.



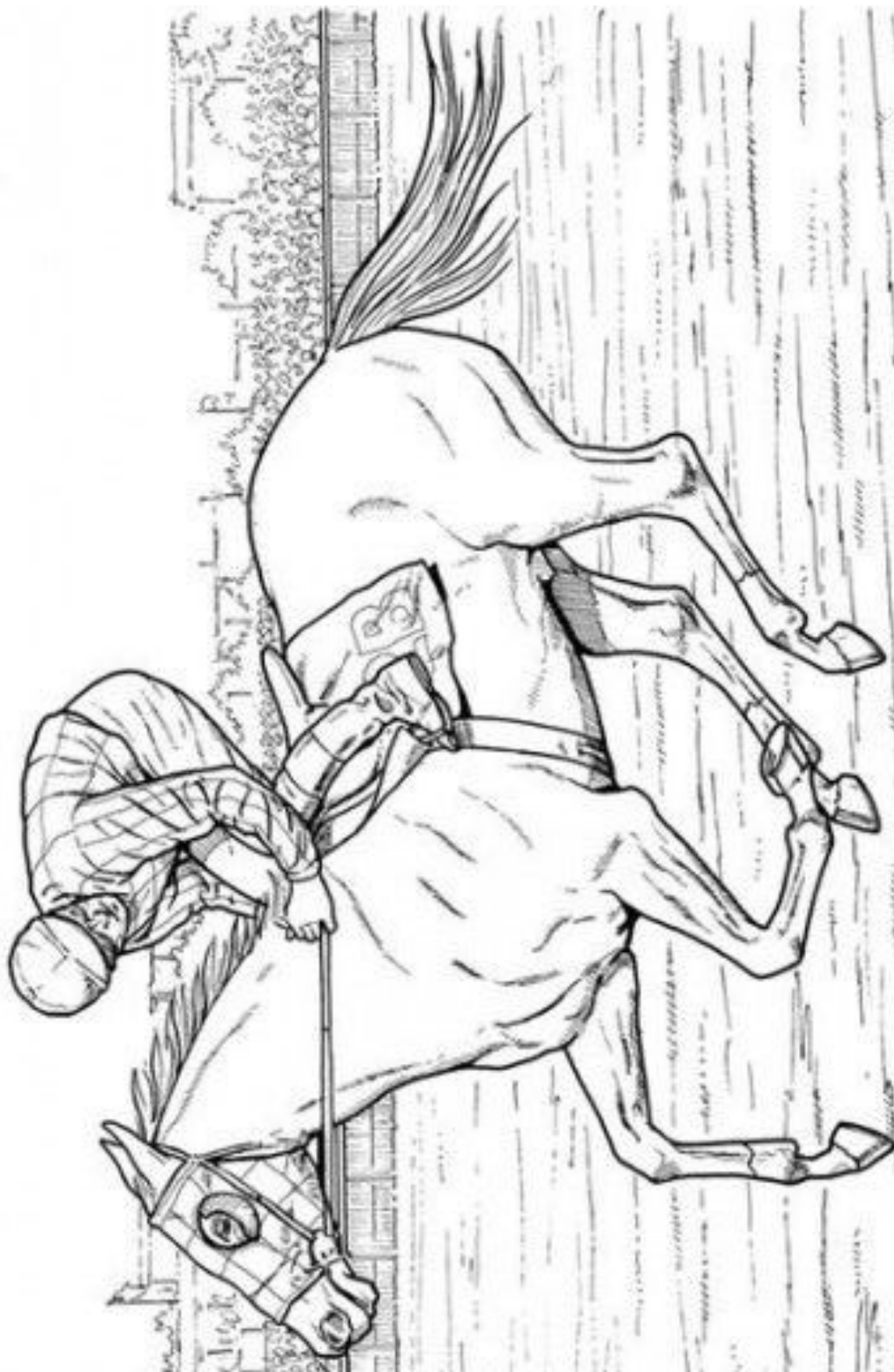
And the marvel that came from the North,  
With another, was heavily thrown;  
And here at the turning flashed forth  
To the front a surprising unknown;  
By shed and by paddock and gate  
The strange, the magnificent black,  
Led Darebin a length in the straight,  
With thirty and one at his back.

But the Derby colt tired at the rails,  
And Ivory's marvellous bay  
Passed Burton, O'Brien, and Hales,  
As fleet as a flash of the day.  
But Gough on the African star  
Came clear in the front of his "field",  
Hard followed by Morrison's Czar  
And the blood unaccustomed to yield.

Yes, first from the turn to the end,  
With a boy on him paler than ghost,  
The horse that had hardly a friend  
Shot flashing like fire by the post.  
When Graham was "riding" 'twas late  
For his friends to applaud on the stands,  
The black, through the bend and "the straight",  
Had the race of the year in his hands.

In a clamour of calls and acclaim,  
He landed the money — the horse  
With the beautiful African name,  
That rang to the back of the course.  
Hurrah for the Hercules race,  
And the terror that came from his stall,  
With the bright, the intelligent face,  
To show the road home to them all!

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



## RIDDLE AND PUZZLES

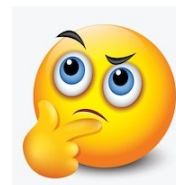
1	9			3			2	5
	7			6				
2	3	8			4			1
9				8		5	4	7
6								2
	4			5		1	8	
	5	1	7					9
	2	7		1	6	3		8
	6	9	3			7		4

### 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.

### RIDDLE:

*What is greater than God, more evil than the devil, the poor have it, the rich need it, and if you eat it, you'll die?*



**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: HORSES**

1 DERLIB

--	--	--	--	--	--

2 BLASET

--	--	--	--	--	--

3 QUEENI

--	--	--	--	--	--

4 RACTEN

--	--	--	--	--	--

5 ONES GBA

--	--	--	--	--	--

## WORDSEARCH

The names of a bunch of Aussie icons are hidden in the grid below. They can be spelt across, down, diagonally, backwards or forwards but are always in a straight line. When you have found all the words listed below, you should have 17 letters left over and these spell out the mystery answer (5,6,6)

R	A	M	R	E	L	E	E	H	E	U	L	B	W	B
I	N	E	G	D	I	R	B	R	U	O	B	R	A	H
A	Z	L	R	E	R	A	E	H	S	O	R	C	L	B
E	A	B	K	O	O	I	E	P	O	Y	K	A	T	U
H	C	O	A	L	P	S	Z	M	M	Y	F	D	Z	S
T	B	U	K	R	K	L	E	A	A	A	I	L	I	H
F	I	R	A	Y	B	R	A	R	B	D	D	S	N	R
O	S	N	D	R	A	E	D	N	G	O	R	Y	G	A
L	C	E	U	N	B	C	Q	E	E	E	N	I	M	N
O	U	C	G	N	R	U	R	U	G	J	M	E	A	G
O	I	U	G	I	D	I	K	G	E	O	E	U	T	E
H	T	P	C	C	D	T	I	A	O	S	R	L	I	R
C	S	K	G	O	L	D	E	N	W	A	T	T	L	E
S	E	N	O	C	S	N	I	K	P	M	U	P	D	Y
T	L	I	V	I	D	N	A	I	N	A	M	S	A	T

AEROPLANE JELLY AKUBRA ANZAC BISCUITS BACKYARD CRICKET  
 BARBEQUES BLUE HEELER BOOMERANG BUSHRANGER DAMPER  
 DIDGERIDOO DIGGERS DRIZABONE EMU ESKY GOLDEN WATTLE  
 HARBOUR BRIDGE KAKADU MELBOURNE CUP PUMPKIN SCONE  
 SCHOOL OF THE AIR SHEARER TASMANIAN DEVIL  
 WALTZING MATILDA

## ARMCHAIR TRAVEL LOVELY LUANG PRABANG, LAOS BY MARY GATES

Seeking to get a taste of some less visited countries in South East Asia, in October 2018 we packed our bags and headed for a 3 week trip to explore Laos and Cambodia. There is much to tell about both of these fascinating countries and their unique cultures. In this article I have focused on our experience of the UNESCO World Heritage town of Luang Prabang in lovely Laos.



We flew from Siem Riep, Cambodia to arrive in the charming northern Laotian city of Luang Prabang. This city has been inhabited for thousands of years and was the royal capital until 1975. The city lies in a valley where the Mekong and Nam Khan rivers meet. Our hotel, Maison Dalabua, was a charming boutique hotel surrounded by lily ponds set in an acre of a tropical lush garden. It was from here that we explored the town each day on the hotels' bicycles.



A highlight was visiting the many Buddhist temples, including the gilded Wat Xieng Thong, dating to the 16th century, and Wat Mai monastery, once the residence of the head of Laotian Buddhism. As the city was part of the French protectorate between 1887–1945, there are also many examples of wonderful French architecture. The French influence extends also to numerous small bakeries selling delicious pastries.

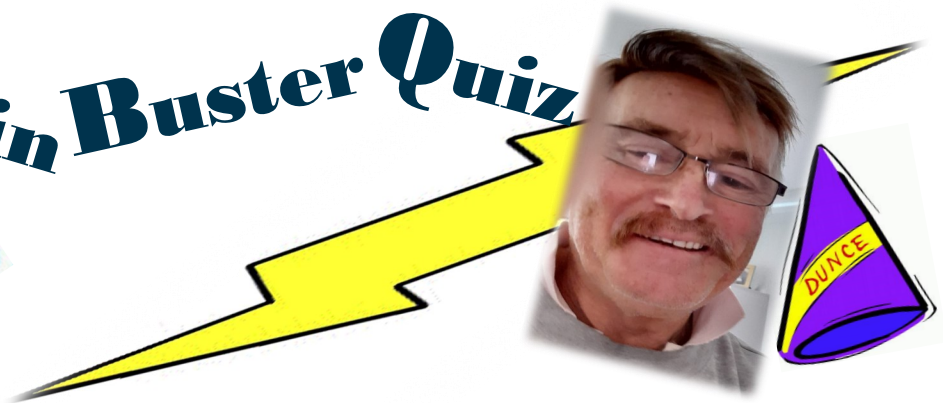
One day we ventured across the river in a small canoe manned by a local fisherman so that we could see the nearby pottery village. It was here that we saw families skilfully hand throwing pottery on hand propelled wheels. There was no electricity so the ceramics were fired in large wood burning kilns.

Everyone must take great care when exploring the surrounds of the towns and villages. Laos is the most heavily bombed place in the world a result of US bombings during the Vietnam War. The US dropped over 2 million tons of bombs across Laos and around 30% of them didn't explode. Despite this very troubled past Laotian people are most resilient and welcoming of the limited number of tourists who visit each year.

We rose very early one day so we could make offerings to the barefoot saffron-clad monks who walk the streets daily at dawn. Known as Tak Bat, the monks' call to alms is a quiet meditative ceremony through which they demonstrate their vows of poverty and humility. As a tourist you are asked to refrain from taking photos and to maintain the silence as you place your offerings of food in the monks' bowls. Reluctantly we left Luang Prabang aware that we had experienced somewhere truly magical. Our next stop was the city of Vientiane.



# Bill's Brain Buster Quiz



- Q 1** Can you name the 1944 movie (*think twice*) where top insurance salesman, Walter Neff (*Fred MacMurray*) lets himself be talked into a murder/insurance fraud scheme by the seductive housewife Phyllis Dietrichson (*Barbara Stanwyck*), which arouses the suspicion of his boss, insurance investigator Barton Keyes (*Edward G Robinson*) ?
- Q 2** In golf, if a Birdie is one under par, an Eagle two under par ... What is three under par ?
- Q 3** Which stage musical features the song ... "If I Were A Rich Man" ?
- Q 4** Can you name the 1959 Alfred Hitchcock movie, where Cary Grant and Eva Marie Saint are chased across the heads of the 4 American Presidents at the top of the famous Mount Rushmore (*pictured*) ?
- Q 5** Who became the first (*and only*) female jockey to win the Melbourne Cup in 2015 ?
- Q 6** In which 1962 movie did Bette Davis and Joan Crawford play bitter, jealous sisters ?
- Q 7** In the nursery rhyme "Hickory, Dickory, Dock" ... which creature runs up the clock ?
- Q 8** Coffee shop "Central Perk" (*pictured*) is the hangout of Phoebe Buffay, Joey Tribbiani, Ross Geller and Rachel Green in which popular sitcom ?
- Q 9** What American singer and actor is known as ... *The Divine Miss M* ?
- Q 10** Who starred in the role of Grace Sullivan in the 1976-1983 TV series "The Sullivans" ?
- Q 11** Which planet is named after the Roman Goddess of Love and Beauty ?
- Q 12** Can you name the 1934 movie where Nick (*a retired detective*) says to his wealthy wife, Nora (*both pictured*) "How did you like Grant's tomb" to which Nora replies "It's lovely, I'm having one made for you" AND Nora to Nick: "What hit me" ... Nick to Nora: "That last martini" ?
- Q 13** With six "noughts" in a Million - How many "noughts" are in a Trillion ?
- Q 14** He had a "*hit*" singing ... "Thank you for your smile and the love that's in your eyes" ... and a much bigger "*hit*" winning the World Bantamweight Title in 1968 - Who is he ?
- Q 15** Agent Larrabee, Siegfried and Hymie the Robot were characters in which 60's sitcom ?
- Q 16** Who said ... "Age is a case of mind over matter - If you don't mind, it don't matter" ?



What do You call a Mouse that Swears ?  
... a Cursor!!





# SHOWBIZ with Andrea



## Michael Cavanagh ★★★★★ Who's on Stage Today ?

Michael is a very experienced performer with a resume ranging from large corporate gatherings to smaller more intimate affairs such as wedding receptions and birthday parties. Michael offers a variety of entertainment styles from easy listening to floor shows consisting of big stage show tunes. He is well known for his many voice-overs and radio and television commercials. Michael is a crowd favourite at "Music Alive" especially with his "Phantom Of The Opera" renditions.



### Now Michael

**Q. Name a couple of your favourite songs.**

A. "Walking In Memphis", "Heart Of The Matter" and of course "The Music Of The Night"

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

A. I'm a big Elvis fan, also ex Eagle Don Henley and I love the soothing voice of Nat King Cole.

**Q. You're not only a talented singer but you've dabbled in TV Commercials - Name a few.**

A. I started doing TV extras work before appearing along side Celeste in "The Price Is Right". I also acted in the long running campaign for Carpet Call with Adrian Scott singing the jingle. Another one I loved doing was for Victoria Racing promoting the Melbourne Cup. Loved getting dressed up for that one, especially as they put me in the nicest suit I've ever worn. Apia, Yakult, Just Jeans, Suzuki, Cabots and Panadol are just a few others that I've done.

**Q. If you could play a role in a theatre production, who would you play and why ?**

A. I'd love to play the lead role in Phantom because I love singing "The Music Of The Night".

**Q. You sing different styles, including Musical Theatre - what have you done in this field ?**

A. My first singing job in a stage production was playing Bobby Denver, The Crying Crooner, in "As Long As They're Happy". I've performed in several theatrical productions in local theatre companies and also appeared in quite a few melodramas and comedies.

**Q. What would be the best gig you've ever done ?**

A. I used to do a "Roy Orbison Tribute Show" with a five piece band, and one night a lady broke down crying about the sad life Roy had to endure - I knew then that we had created something special.

**Q. Tell us something about yourself we don't know.**

A. I used to be so shy that I could not talk (let alone sing) in public.



**Michael's Tribute Show  
to the Big "O"**

# All Along the Bay

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



**1st Prize winner Anne Thompson  
'Over the Bay'**

**Our Online Art Exhibition is 'live'  
23 October until 4 December**

We are excited to launch our online Art Show which showcases artwork from the participants, staff, volunteers, children family and friends of Sandybeach.

Each piece represents the artist's interpretation and their connection to our wonderful Bayside area. The judges had a tough job choosing a winner, selecting Anne Thompson's 'Over The Bay' as 1st Prize.

Please visit our website to view all artwork, purchase art, and read some of our artists stories.

**[sandybeach.org.au/events](http://sandybeach.org.au/events)**

***Don't forget to vote for your favourite piece of art as part of the 'People's Choice Award' by selecting the voting button on the website.***



Here is a sample of some of the fantastic work submitted for the 'All Along the Bay' online art exhibition

Left:  
**Town Hall**  
by  
Meryl Redenbach

Right:  
**Hampton Beach**  
by  
Lynne Bell

***See more online!***





Monday afternoons

1pm - 3pm

9/11/2020 - 14/12/2020

Full fee: \$120 Concession: \$80

STARTS 9TH  
NOVEMBER!



## Drawing and Painting *Back to Basics*

This 6 week online course will cover:

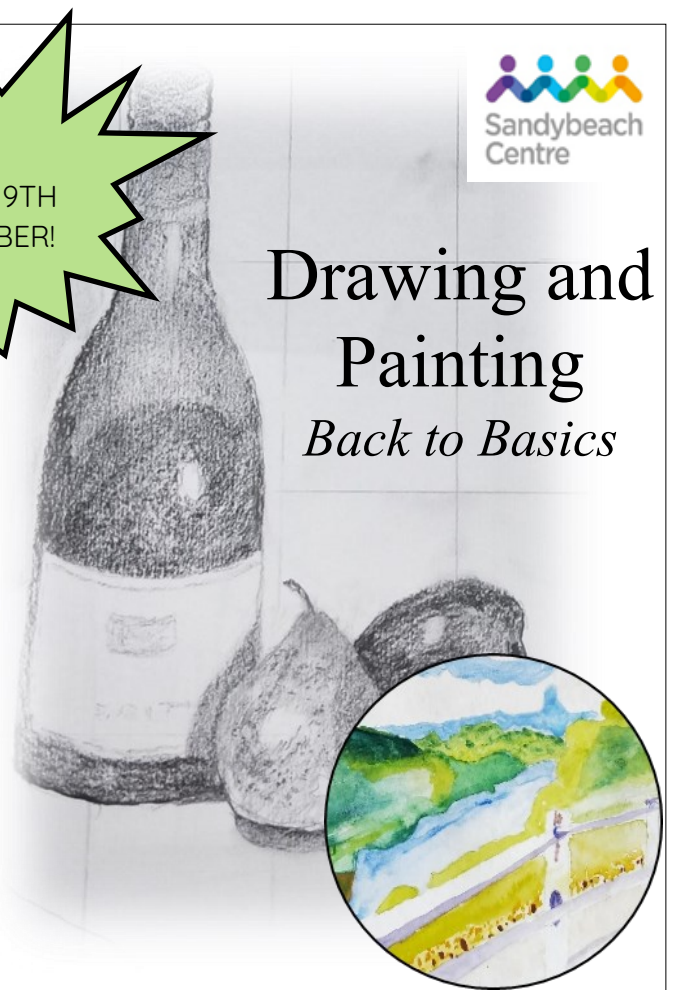
- Drawing
- Perspective
- Colour theory
- Use of watercolours in set compositions.

Classes are suitable for beginners or for those with some art experience wanting to refresh and learn some new skills.

Expression of interest email:

[admin@sandybeach.org.au](mailto:admin@sandybeach.org.au)

or call 9598 2155



### OUR AMAZING WORLD

Acacia trees, which grow all over the African savannah, have a unique defense system. When animals like antelopes start to gobble up its leaves, the tree increases tannin production to levels that are toxic to animals. But that's not all. The tree then emits a cloud of ethylene gas that travels through the air, reaching other trees so they too can begin producing more tannins.



**CHILDCARE:** Lily is using her skills at Sandybeach childcare to build her next project. Will it be her dream home or will it be a new community centre in bayside?



## 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)**

**This week's contributions come from Jacqui Barnett who does Juliet's Art for All class. Great work Jacqui - thanks for sharing! ♥**



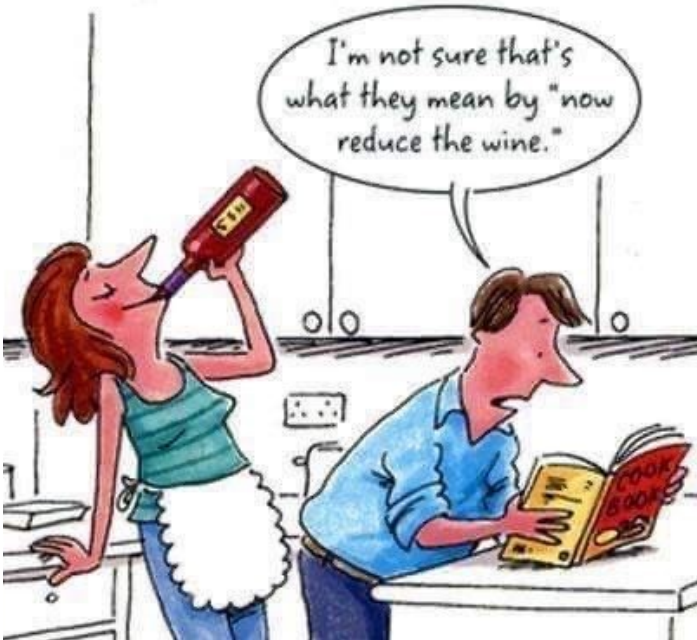
## QUIZ AND PUZZLES ANSWERS

### WORDSEARCH SOLUTION - ROYAL FLYING DOCTOR

### SUDOKU SOLUTION

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

**RIDDLE ANSWER : NOTHING**



### COMMON THREAD (EXTRA WORD REINS)

1	B	R	I	D	L	E
2	S	T	A	B	L	E
3	E	Q	U	I	N	E
4	C	A	N	T	E	R
5	N	O	S	E		B A G



## ANSWERS TO THE BRAIN BUSTER

Q1: Double Indemnity. Q2: Albatross. Q3: Fiddler On The Roof.

Q4: North By Northwest. Q5: Michelle Payne.

Q6: What Ever Happened To Baby Jane. Q7: A Mouse. Q8: Friends.

Q9: Bette Midler. Q10: Lorraine Bayly. Q11: Venus. Q12: The Thin Man.

Q13: Twelve. Q14: Lionel Rose. Q15: Get Smart. Q16: Jack Benny.

# SANDYBEACH CARERS

Sharing Information and Connecting with Carers

## ENTERTAINMENT AND BOREDOM BUSTERS FOR YOU AND YOUR CLIENTS:

There are a multitude of resources online and it can often be overwhelming - one useful site has narrowed it down . Visit: [carersact.org.au](http://carersact.org.au) - use the search function in the site to search for *information for carers* then click on the yellow box 'Links to virtual tours, webcams and more' - here are just some of the things you will find:

ABC Australia: Education Resources  
Discovery Virtual Field Trips  
Virtual School activities  
Liberty Science Centre New Jersey  
Atlanta Zoo Panda Cam  
Duke Farms Eagle Cam  
Kansas City Zoo Animal Cams  
Zoos Victoria  
British Museum London  
Louvre Museum  
Air & Space Museum - Smithsonian  
Natural History Museum London  
National Museum of Modern and Contemporary Art, Korea  
Paris Museum Collections: Images & Tours  
Van Gogh Museum, Amsterdam

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### 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.  
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