

REACHING OUT

Keeping our Community Connected - Edition 6



FEEL GOOD NEWS...

Alex Dekker, 20 is quietly highlighting the greatest qualities of his demographic. Watching stress mount for his sister and other healthcare workers, the Monash University student, felt there must be something he could do. He could see his sister, Pietra, a doctor at Monash in her first year out of medical school, working so hard along with her young peers that they often either forgot to have meals or lacked time to cook them.

He offered to batch cook lasagna for Pietra a few times a week, then felt he could extend that to "a few more people". He put an offer on Facebook of free meals for healthcare workers who could use them. "I really just wanted to cook for my sister, but the first day I had 60 respondents and from there it kind of ballooned," Alex organised a warehouse and had commercial cooking space in Moorabbin donated to scale up production as word caught on.

By last month he had 10 volunteers and now has enough volunteer chefs with certificate III food-processing qualifications, plus enough donated food to be pumping out 300 free meals from the donated Hardware Club kitchen. Strict food production hygiene and social-distancing standards are in place. All volunteers must be well-versed in the government COVID-19 awareness guidelines.

He has had many offers of help from young people happy to help with logistics. Money raised on his Alex's GoFundMe page is also helping to cover costs. Many local catering companies and restaurants are also volunteering help. "We just can't believe the mountain of support we've got". Volunteer numbers stand at about 100, and Alex has expanded his original vision of making a few trays of lasagne to a goal of 500 to 1000 meals a day!



HAPPY SNAP OF THE WEEK



Image courtesy of our CEO Chris Hill (and mother nature!)

IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1300 22 4636

LIFELINE - 13 11 14

EMERGENCY SERVICES - 000

SANDYBEACH CENTRE - 9598 2155

JOKE OF THE WEEK

Did you hear about the Buddhist who refused anesthesia during a root canal?

His goal: transcend dental medication



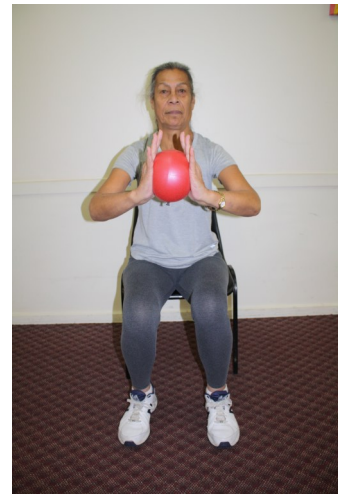
KEEP MOVING WITH ANGEL

EXERCISE 1

PUSH UPS (2 VERSIONS)

Push up - Seated version

- Come forward on the chair.
- Hold a ball (medium size) at chest height, press the ball and hold the tension in the palm of the hand, fingertips facing upward.
- Push the hands away from the body (keep elbows slightly bent) and bring back towards the body. (see picture).



Do 2 sets of 10 repetitions.

Push up - Full version

- Take to the floor arms out past the chest line, palms flat to the floor.
- Do not hang the head down
- Keep head, neck and spine in a straight line.
- Take the chest towards the floor hold for the count of 5 and come up. (see picture).



Do 2 sets of 10 repetitions.

EXERCISE 2

SIT UP SEATED

- Come forward on the chair, feet hip width apart.
- Cross the arms across the chest, bend at the waist bring the upper body towards the thighs. (see picture)
- return to up right position.



Do 2 sets of 10 repetitions

Always remember, do as much as you can and do all exercises slowly.

You will thank me for this!!!!.

Take care and stay safe, Angel Parker

LET'S STAY HEALTHY WITH ELANA

Pumpkin Soup

Ingredients

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 1 leek, white part only, finely sliced
- 1 garlic clove, crushed
- 1/2 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon nutmeg
- 1 kg peeled diced pumpkin
- 1 large potato, peeled and diced
- 1 litre of chicken or vegetable liquid stock
- 1/2 cup (125 ml) thin cream



Instructions

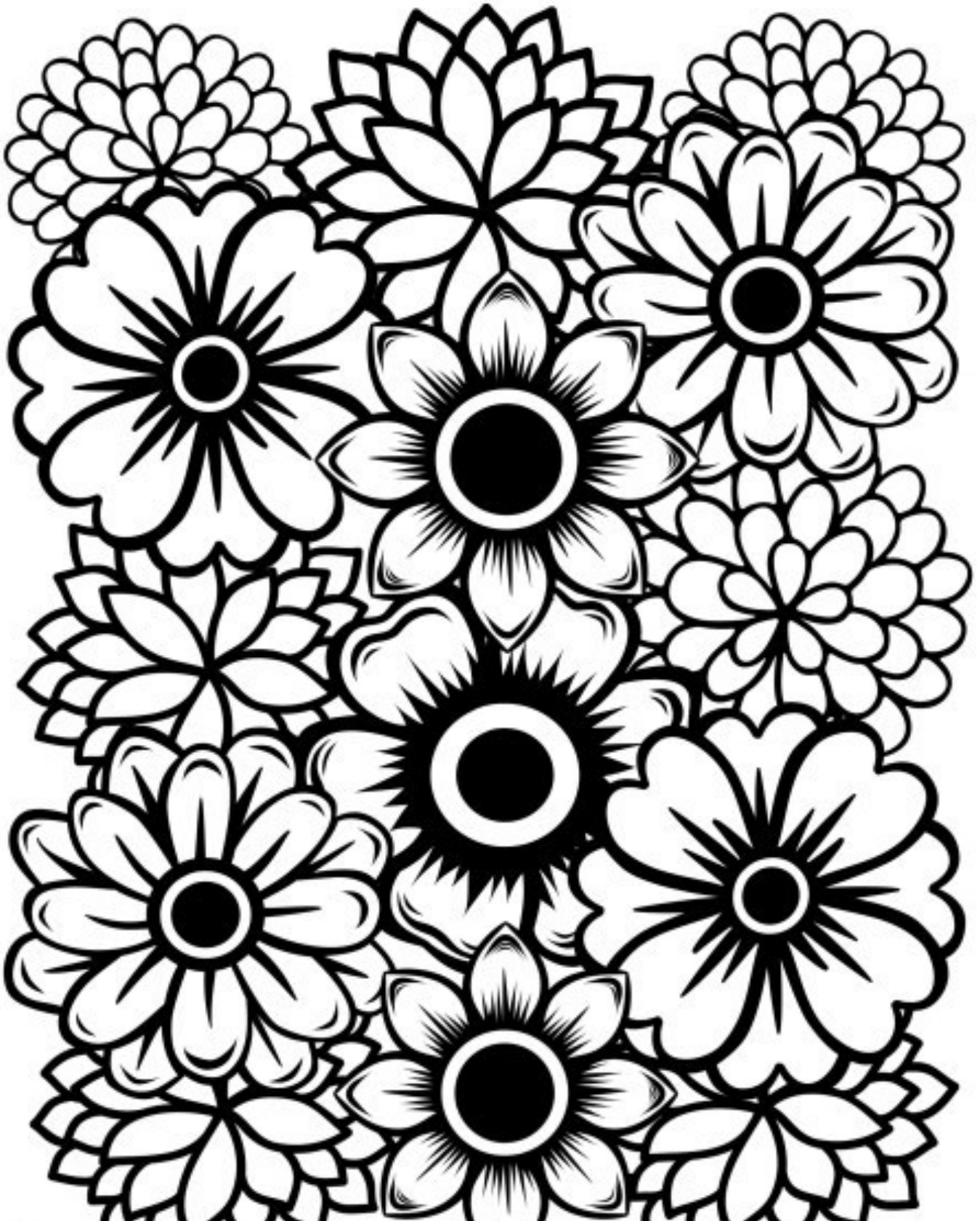
1. Heat oil in a large saucepan over low heat, add onion and leek and cook for 2 to 3 minutes, until softened but not coloured.
2. Add garlic and spices and cook, stirring for 30 seconds.
3. Add pumpkin, potato and stock and bring to the boil.
4. Turn heat to low, cover and simmer for 30 minutes.
5. Allow to cool slightly, then blend in batches.
6. Return soup to pan, stir through cream and reheat gently. Season as desired.

Establishing a Healthy Routine

- Start your day with a glass of water with lemon
- it is very good for you
- Exercise early - it's a great way to start the day!
- Eat a healthy breakfast - fuel yourself for the day
- Stay hydrated and snack smart - drink water and eat foods that give you a slow release of energy
- Eat a healthy lunch - plan ahead so you choose well
- Eat a healthy dinner - include vegetables & proteins



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



GETTING TO KNOW YOU

Name: Bill Stevenson - *Volunteer at Sandybeach for nine years.*

Family: Married to Marg for over 41 years with two grown up daughters - Jess aged 38 and Hannah 32. We have four grandchildren - Jagger (10), Bowie (8), Elwood (7) and finally our darling girl Kiki (Kingsley) aged 2.



Tell us about life before Sandybeach ?

I started work in advertising in 1966 - three advertising agencies later and following the 1975 PMG split into two commissions, I was appointed the inaugural National Advertising Manager of Telecom Australia. I held that position for 18 years with my last big assignment being to manage the Corporate Identity change from Telecom to Telstra. Then in 1993, we formed our own agency "Get Real Advertising and Production" where we had quite a lot of successful and enjoyable years working with a number of boutique clients.

How did you become part of the Sandybeach community ?

I took early retirement, played golf (*Member at Huntingdale*) 3 times a week, hit the mid week race meetings, familiarised myself with some of the better Bayside wine bars and beer gardens and becoming a tad bored bumped into a lovely lady by name of Julie Hayes. She convinced me to join her team where I now feel very much part of the furniture and intend to continue volunteering for several more years before that Volunteer-to-Client transition takes place - that's a white coffee with no sugar thanks Angel ... ouch !!

Do you recall those early days at Sandybeach ?

My main role is Tuesdays at 'Music Alive' in what's called a bus jockey, where we pick up and return a bus load of clients. Day one saw me as a table captain to a group of people including Malcom who was the grumpiest guy in the world (*Alicia and Val would well remember old Malcom*). Finding him difficult at first, we somehow became good mates, so much so that Malcom's brother (Ned) asked me to say a few words at his funeral.

What do you like most about 'Music Alive' ?

Two words ... Andrea Lees. She's amazing and arrived when 'Music Alive' was down on its knees and, I believe, destined not to survive. A real asset to Sandybeach, her style of affectionately and so warmly greeting our clients - reflects on, and brings out the best in all of us volunteers and staff. The amazing talented performers we see like Adrian Scott (*ex Air Supply*), Peter Thackrah, Gavin Liddell, STTA Band, Freddy G, Marcie Jones and Marty Rose (*just to name a few*) initially agree to a one-off gig, only to want to return thanks to the warmth, appreciation and response they receive from all at 'Music Alive'.

And finally how would you describe yourself ?

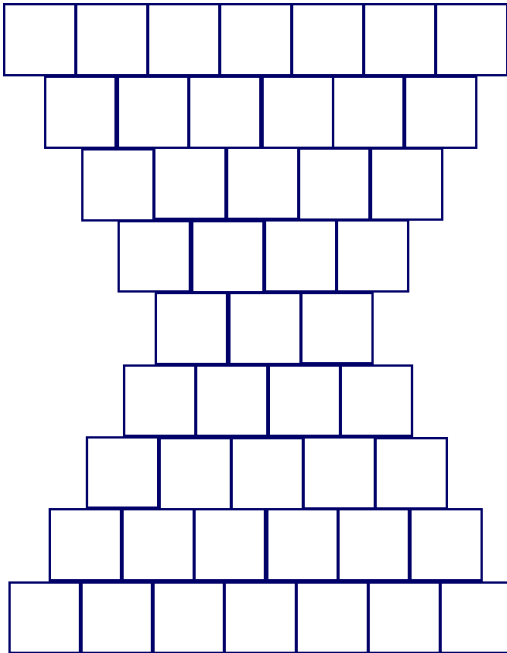
If I said well-mannered, caring, kind and considerate you'd throw rocks at me, so I'll simply say "I don't take myself too seriously". 30+ years ago a friend asked Marg how are the children going?, to which she answered "*Jess has just started school, Hannah spits out her dummy and we're all waiting for Bill to grow up*" ... sorry, but they're still waiting !!



RIDDLE AND PUZZLES

RIDDLE : I shave every day, but my beard stays the same. What am I?

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



Grating (sound) (anagram of sparing)

Season of new growth

Small tree branch

Prude

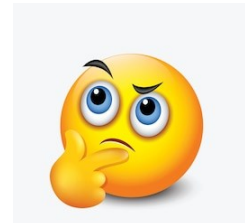
Oil platform

Token of commitment

Deliver

Exposing

Good price



CRYPTIC INCRE - MENTAL

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

B	L	E	A	K
C	R	O	O	N

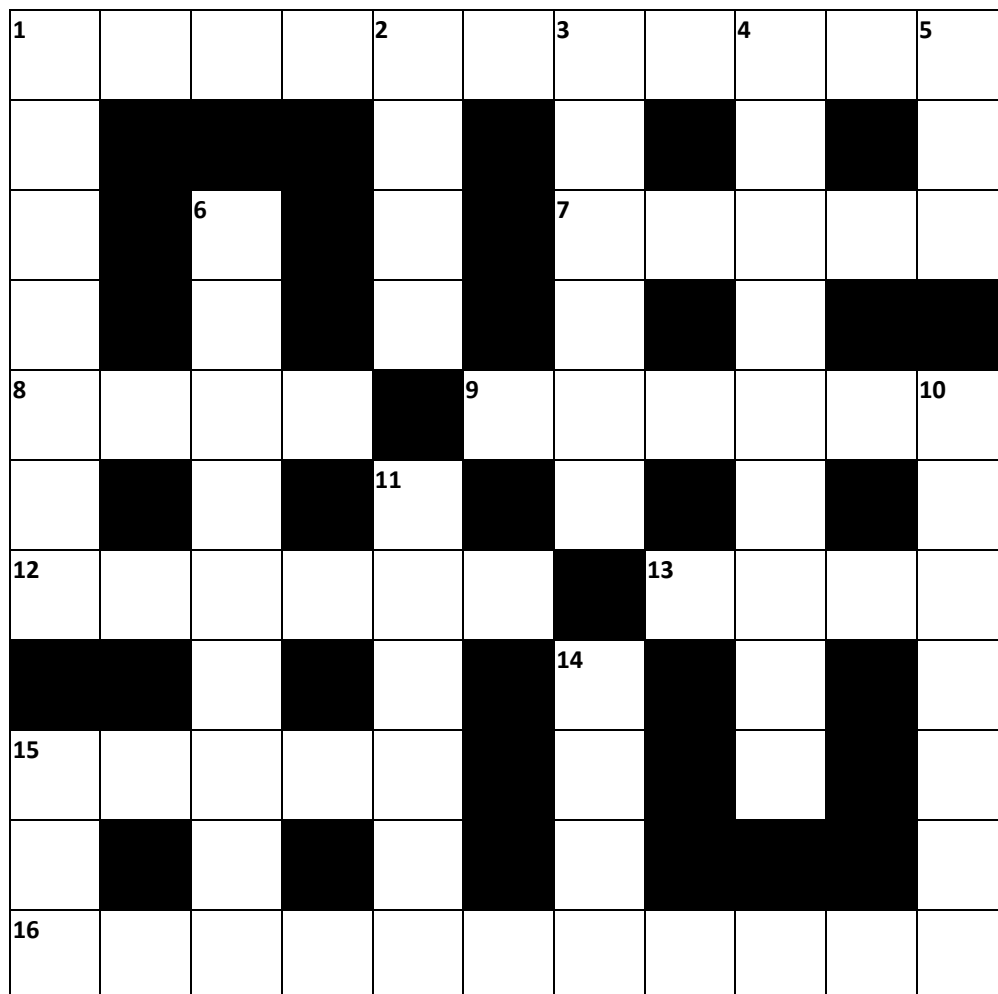
Made baker take a breather

Race around ski centre, producing floorboard sound

Die to speak hoarsely

Swindler is not feeling well

WEEKLY CROSSWORD



Across

1. Waiting upproductively (7,4)
7. Head of state (5)
8. Musical piece for two (4)
9. Bathes (6)
12. Edge (6)
13. Small island (4)
15. Dessert, banana(5)
16. Demanding boss (5-6)

Down

1. The K of UK (7)
2. Jot (4)
3. European language (6)
4. Poorly selected (3-6)
5. Go astray (3)
6. Freedom fighter (9)
10. Simple earring (7)
11. Small (6)
14. Expensive (4)
15. Mayday signal (1,1,1)

RECIPE OF THE WEEK

HEARTY MINISTRONE SOUP

INGREDIENTS

- 3 bacon rashers, roughly chopped
- 2 carrots, peeled, chopped
- 2 celery sticks, chopped
- 1 potato, peeled, chopped
- 2 garlic cloves, crushed
- 1L (4 cups) beef or chicken stock
- 400g can chopped tomatoes
- 400g can red kidney beans, rinsed, drained
- 80g (1 cup) small shell pasta
- 1/3 cup chopped fresh parsley

METHOD

Place the bacon, carrots, celery and potato in a large saucepan and stir to combine. Cook over high heat, uncovered, stirring often, for 5 minutes.



Add the garlic, stock, tomatoes and red kidney beans to the pan, cover and bring to the boil. Reduce heat to medium-low. Simmer, covered, stirring occasionally, for 30 minutes or until the vegetables are tender.

Increase heat to high. Add pasta and cook, uncovered, stirring occasionally, until pasta is al dente. Season with salt and pepper. Ladle into bowls and sprinkle with parsley. Serve hot with crusty bread if desired.

OUR AMAZING WORLD



Sort Sol - Denmark

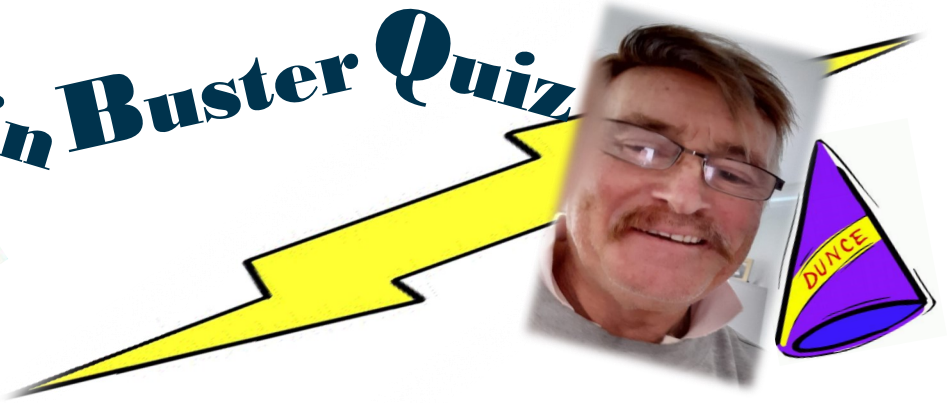
During the months of March and April, in the southwestern marshlands of Denmark, you can experience the “sort sol”, which literally means black sun. Sort sol is the event when up to one million birds flock to the skies during sunset and the sun is actually blocked by the birds, hence the name black sun.

KEEPING BUSY...

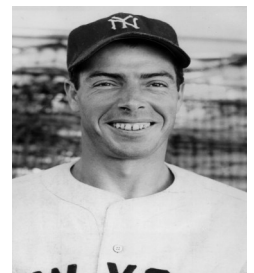
Pressed flowers are great for making handmade cards. There are a few different methods, but using an iron will give you immediate results! Start by pressing the flowers between two pieces of absorbent paper. Heat an iron to a low setting. Empty any water from the iron. Flatten the flower with a heavy book first, then press the warm iron on top of the upper sheet of paper for 10 to 15 seconds. You don't need to make a gliding motion like you do when you're ironing clothes. Wait for the paper to cool for another 10 to 15 seconds, then repeat. Check occasionally by very carefully lifting the paper to see if the flower is stiff and dry.



Bill's Brain Buster Quiz



- Q 1** Name the TV show that ran from 1958-1964 with the lyrics of the opening song *"You'll meet the highbrow and the hipster, the starlet and the phoney tipster, you'll find every gal and guy - even a private eye"* (*think finger clicking double digits*)
- Q 2** In which Billy Wilder movie do Jack Lemmon and Tony Curtis play a couple of jazz musicians in drag - also stars Marilyn Monroe ?
- Q 3** If you left it to Theodore Cleaver, which American TV show would you be watching ?
- Q 4** Name the Track (*boy, you can gimme a shine*) and at what Time (*you're in Baltimore*) does the Chattanooga Choo-Choo leave Pennsylvania Station (*rhymes with in red*)
- Q 5** Name the Australian radio serial about the lives and families in a NSW country town called "Tanimbla", which ran on the ABC from 1949 till 1976 comprising a total of 5,800 episodes, all created and written by Gwen Meredith
- Q 6** In the movie *"The Wizard of Oz"* - Can you name Dorothy's dog ?
- Q 7** Simon and Garfunkel sang about a famous baseball player (*pictured*) who was once married to Marilyn Monroe - Name him
- Q 8** Wilbur Post has a horse that only talks to him ... The horse is called ?
- Q 9** Name the dramatic movie star of the 50's who starred in roles such as Lillian Roth in *"I'll Cry Tomorrow"* and Barbara (Babs) Graham in *"I Want To Live"*
- Q 10** Who played the role of Atticus Finch in the movie *"To Kill a Mockingbird"* ?
- Q 11** Who played the role of the sexy Bev Haughton in the Aussie TV series *"Number 96"* ?
- Q 12** Amanda Blake (*pictured*) played the role of Miss Kitty Russell in which long running TV western series ?
- Q 13** What is the home town of the Flintstones ?
- Q 14** What was Sir Winston Churchill referring to when he said ... *"Never in the field of conflict was so much owed, by so many, to so few"* ?
- Q 15** Movie star Ginger Grant, the millionaire and his wife, the professor and Mary Ann were all aboard the S.S. Minnow when it got shipwrecked - Where did they end up ?
- Q 16** Who said *"A woman drove me to drink ... and I didn't have the decency to thank her for it"* ?

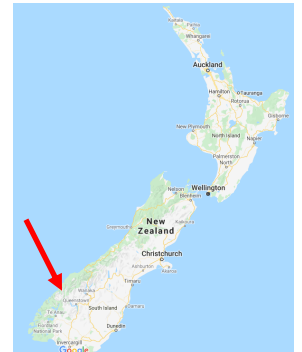


See back page for answers

ARMCHAIR TRAVEL WITH MIRANDA:

FUNYAKKING IN THE SOUTH ISLAND OF NEW ZEALAND

A few years back, my husband John and I decided to take our almost adult children back to the country of their birth and show them some of the splendours of the South Island. We decided to base ourselves in the adventure capital of NZ, Queenstown - located in the South West of the island. While we had many adventures (including skiing, skydiving, quad biking, luge, horse riding and more!), one of our favourite days was spent “funyakking” on the Dart River, 45 minutes drive from Queenstown at the northern end of Lake Wakatipu.



On a crisp and sunny September morning we drove to the small town of Glenorchy to be met by our guide and given our ‘kit’ for the day. This consisted of a thermal under layer, a wetsuit, waterproof coat and lifejacket. The first part of our excursion entailed a thrilling (and hair raising!) jet boat ride up the Dart River. Due to the design of the jet boats, they are able to navigate very shallow water, get to great speeds and turn very sharply. The drivers are extremely skilled and take great delight in soliciting shrieks of terror from the passengers as they swerve nail bitingly close to exposed rocks and cliffs. Arriving at the head of the river, we climbed into inflatable kayaks for the return journey down the river. We were given some instructions on “steering” and weight distribution before we headed off, two per



kayak, towards our next stop. Stopping for a tasty lunch of local fare on the sunny banks and hearing some history of the area was an added bonus before paddling back to Glenorchy as the sun started to set. The combination of lively rapids and serene inlets, all with a backdrop of snow capped mountains, waterfalls and emerald green pools made this a day none of us will ever forget! ❤️❤️



Who's on Stage Today ?

Fabulous Phil Golotta

As the former lead singer of the legendary "Blue Echoes", Phil has a long history of achievements, playing to millions of Australians during the band's long career (1962-1983). He is a highly successful song writer having won the Australian Popular Song Festival with "*Hitch A Ride On A Smile*", a song that was a big hit for Jamie Redfern. A born showman, Phil has had a lot of success appearing solo since his "Blue Echoes" days - he communicates with any audience with a wide variety of songs ranging from Frank Sinatra, Tom Jones, Dean Martin, Van Morrison, Neil Diamond, John Paul Young and many more. Phil has recently released his first solo album "*This Is The Moment*", and will be appearing soon at 'Music Alive' with a guarantee of a great time dancing and singing along to some of the great popular hits, laced with some comedy and a few interesting stories.



Now Phil

Q. Name two of your favourite songs

A. I can't go past Sinatra's - "My Way" and "New York New York".

Q. Name two of your favourite bands

A. I can't separate three - "The Eagles", "Creedence Clearwater Revival" and "Split Enz".



The Blue Echoes circa 1973

Q. Tell us something we may not know about you.

A. I have seven children.

Q. What's the best gig you ever played ?

A. The Darwin Cup Ball - it's a black tie event held at the picturesque lawns of Little Mindil Beach.

Q. Where did you get your inspiration for song writing ?

A. I guess mainly from life experiences.

Q. What is your favourite Blue Echoes song ?

A. A song called "Friends" (a beautiful ballad with great harmonies) from our first album "High Heeled Rock And Roll" which I wrote in honour of two people that passed away - Natalie Brooks, a Melbourne singer and Pat Tangerae, a musician from New Zealand.

SHORT STORY - Footprints on my Heart - by Ngaire Hartt

Fourteen minutes after my grandson's birth, the phone rang and I heard his cry. That special sound tugged at my heart. I felt a lump in my throat. Tears of joy trickled down my cheeks. Emotions welled up so strong and unexpected. I could feel love oozing out of all my pores. A child of my child, how fantastic. I felt an invisible thread pulling me towards the hospital.

I saw a perfect head of blonde hair, and a tiny button nose peaked out of the standard-issue, hospital towel he was wrapped in. I held him close. His mother watched me watch him. I gave him a special green bear to love. He opened his eyes and mouth, as he looked at the bear. My gift of love, a physical gift for him to cuddle even now.

Tenderness sent a sweet gust through me. I was struck by the utter helplessness and innocence of this wonderful, little boy in my arms. He was beautiful. I inhaled the newborn smell, imprinting it on my brain. I touched his tiny feet and toes and felt his footprints walk into my heart.

No words could describe the overwhelming flood of feelings as I held that precious gift from God in my arms. I touched his face, stroked his delicate skin, but one touch wasn't enough. I carefully caught his tiny fist between my thumb and forefinger, and then smiled when his fingers opened and latched onto my thumb. His tight grip surprised me. My skin, his skin.

He had a special feel, sort of warm and solid, yet fragile. As I kissed his forehead, he opened his eyes, looked at me, and then closed them. I didn't want to give him back. I wanted to hold him forever and ever, but relented and gave him to his mother.

On Sunday the sixth, I fell in love.



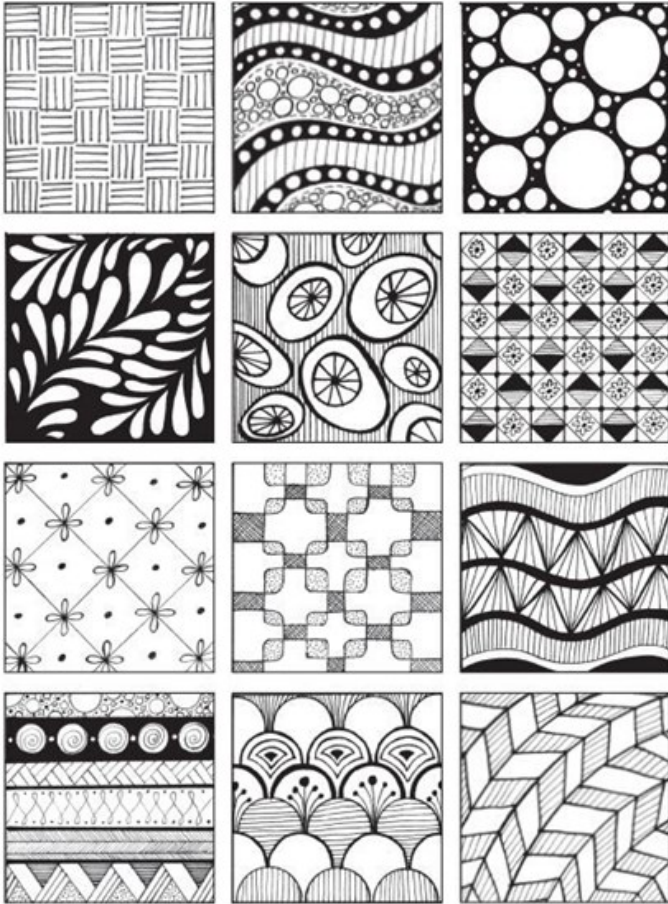
Here is a beautiful photo of our lovely Staff member, Carina relishing a long awaited reunion with her granddaughter, Elsie. Thanks for sharing Carina!



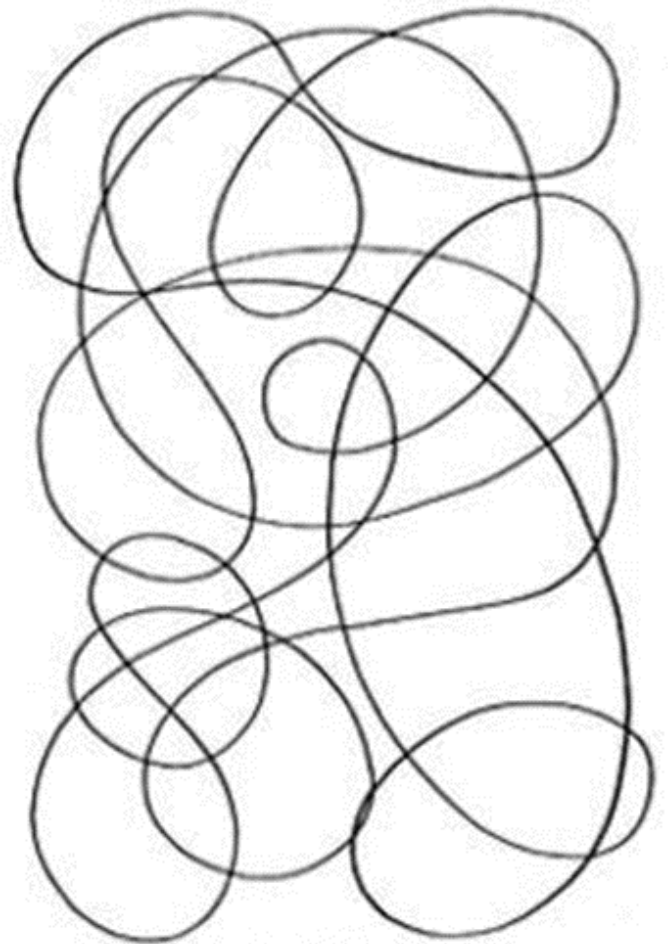
Art and craft ideas for all! *Get creative at home! We hope you will enjoy having a go at these activities!*

Crazy Squiggles and Zentagles

Draw your squiggle, then use different Zentangle patterns to fill the shapes. Here are some ideas for you or create your own!



GIVE IT A TRY!



Look out for more ideas in our next newsletter! Email us your results to armchairtravel@sandybeach.org.au

READER CONTRIBUTIONS

Each week, we will feature 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

This week's contribution comes from Laurinda Asher from the Art for All group. Great photo Laurinda, thanks for sharing!



Sandybeach Centre COVID-19 Community Survey

We would appreciate your help!

Sandybeach Centre would like to continue to support YOU and OUR community.

We are all currently experiencing a time of enormous challenges.

At Sandybeach Centre we would like to understand how we can best support you through these times.

We would be grateful if you would please complete the survey accompanying this newsletter as soon as possible and return it in the reply paid envelope.

Your feedback will be used when planning our programs and activities to support our community.

It should only take a few minutes to complete the survey.

Thank you for your support.

DID YOU KNOW?

Contributed by Nick Turner

The Unique Dolphins of Port Phillip Bay

Dolphins are amazing and graceful creatures that seem to supernaturally glide through the water with minimal effort. Did you know that Port Phillip

Bay has its own species? Recognised as a different/individual species in 2011, the 'Burrnan' dolphin is smaller than the common bottlenose dolphin, but larger than the Indo-Pacific bottlenose dolphin, measuring between 2.27 and 2.78m in length. Only 150 have been found in two locations.

The dolphins' common name 'Burrnan' is an aboriginal name in the Boonwurrung, Woiwurrung and Taungurung languages, meaning 'large sea fish of porpoise kind'. Burrnan dolphins can be found in sheltered bays and estuaries. However, this makes them more vulnerable to marine litter, and there has been concern that humans are the main danger to this species going extinct.

For many years it was suspected that the dolphins were a separate species, but it wasn't until research in 2011 confirmed this. It was the third time since the late 19th century that a new dolphin species had been recognised.



QUIZ AND PUZZLES ANSWERS

RIDDLE ANSWER:

A barber

INCRE-MENTAL ANSWER:

B	L	E	A	K
B	R	E	A	K
C	R	E	A	K
C	R	O	A	K
C	R	O	O	K
C	R	O	O	N

BONUS JOKE:

What do you call a Filipino contortionist?

A Manila folder!!

(thanks to Mia for this gem!)



CROSSWORD SOLUTION

Across

1. Killing time
7. Ruler
8. Duet
9. Washes
12. Margin
13. Isle
15. Split
16. Slave driver

Down

1. Kingdom
2. Iota
3. German
4. Ill chosen
5. Err
6. Guerrilla
10. Sleeper
11. Little
14. Dear
15. SOS

WORD CASTLE ANSWER

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

ANSWERS TO THE BRAIN BUSTER QUIZ

- Q1: 77 Sunset Strip. Q2: Some Like It Hot. Q3: Leave It To Beaver.
 Q4: Track 29 - Quarter to four. Q5: Blue Hills. Q6: Toto. Q7: Joe DiMaggio
 Q8: Mister Ed. Q9: Susan Hayward. Q10: Gregory Peck. Q11: Abigail.
 Q12: Gunsmoke. Q13: Bedrock. Q14: The Battle of Britain.
 Q15: Gilligan's Island. Q16: W.C. Fields.