

REACHING OUT

Keeping our Community Connected - Edition 8



FEEL GOOD NEWS...

If there's one thing that expresses how Melbournians are feeling, it's our street art.

The coronavirus pandemic is inspiring artists to get painting, whether it's to express political views and fears, to thank heroes or just to point out the absurdity of the situation.

In a mural in Prahran Square, the artist *Skubzmope* depicts a toilet roll with DON'T PANIC! printed on its paper. The slogan featured in Douglas Adams' absurdist sci-fi novels *The Hitchhiker's Guide to the Galaxy*, and the mural is close to two supermarkets where there was panic buying of toilet paper. *Skubzmope* said the aim was to get people "to take a step back and have a good laugh at themselves". (see picture below)



Artists Brigitte Dawson and Melissa Turner, of Melbourne's Murals, painted a thank you mural to medical staff in a lane off Balcombe Road in Black Rock. (pictured right)

The piece depicts a medical worker with wings, holding up the globe as he stands on the coronavirus. Dawson is in awe of our medics "who do so much, above and beyond". "How do you thank these guys for that? How do you express it? All we can do is paint." The mural also could bring joy to viewers, she said. "Especially at the moment when it's so negative, it's nice to be able to look at something and feel good."

SNAP OF THE WEEK



Melbourne street art in Black Rock by Brigitte Dawson and Melissa Turner

IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1300 22 4636

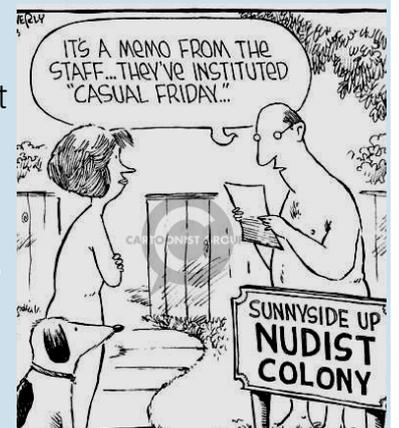
LIFELINE - 13 11 14

EMERGENCY SERVICES - 000

SANDYBEACH CENTRE - 9598 2155

JOKE OF THE WEEK

A hole has been found in the nudist camp wall. The police are looking into it.



KEEP MOVING WITH ANGEL

EXERCISE 1 - LUNGES (SEATED OR STANDING)

Seated

- Come forward on the chair
- Extend the right leg out front, knee slightly bent and toes pointing upward, repeat on the left leg.
- Do 2 sets 10 repetitions each leg. (see picture)



Standing

- Standing bend the right knee and extend the left leg behind also bent
- Slowly take the upper body down (like doing a curtsy) and slowly coming up keeping the knees soft throughout the movement,
- Repeat on the movement on the left leg.
- Do 2 sets 10 repetitions on each leg.



EXERCISE 2 - TRICEP CURLS (SEATED OR STANDING)

Seated

- Come forward on the chair (hold a light hand weight or similar)
- Bring arms up towards the chest and slowly return the arms down (see picture)
- Do 2 sets 10 repetitions



Standing

- Take both arms behind the back of the head (hold a light hand weight or similar)
- From the elbow to the hands lift upwards and bring the arms back down (see picture)
- Do 2 sets 10 repetitions



Always remember, do as much as you can and do all exercises slowly.
You will thank me for this!!!!.

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

LET'S STAY HEALTHY WITH ELANA

Date and Almond Bliss Balls



Ingredients

- 210 grams of pitted dates
- 1 cup of almonds
- 2 tablespoons of coconut oil
- 2 tablespoons of raw cacao powder
- 1 tablespoon maple syrup
- 1 tablespoon chia seeds
- 1/2 teaspoon ground cinnamon
- 1/4 cup of almond meal



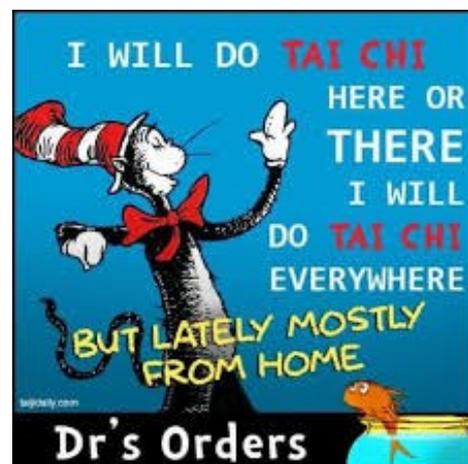
Instructions

1. Place the dates, almonds, oil, cacao, maple syrup, chia seeds and cinnamon in a food processor and process until the mixture is well combined and sticks together.
2. Place the almond meal on a plate. Line a shallow airtight container with baking paper. Roll tablespoonfuls of the date mixture into balls then roll in the almond meal to lightly coat.
3. Transfer balls to a prepared container. Place container in the fridge for 1 hour to chill then serve.

Note: Store these balls for up to 1 week in an airtight container in the fridge.

Health Benefits of Tai Chi

- Improves muscle strength, balance and flexibility
- Boosts cognitive function
- Improves joint movement and strength
- Breathing, movement and concentration are very good for stress relief
- The mind-body connection and the hand-eye co-ordination promotes calmness
- No gym is required - you can practice Tai Chi anywhere, your lounge room or the garden



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



GETTING TO KNOW YOU - Tina Blackwell

My Family

We came to Australia in 2006 when my husband got a job transfer in the IT Industry. It was an opportunity that we couldn't say no to. It was a big move for us all as we had never been to Australia before. It took us some time adjusting and we are still here today as full citizens now. My two boys are doing well. One is a great chef and the other studying law. We visit Liverpool, England as often as we can as all my family are there. Some have been to visit us in Melbourne and we hope for another visit sometime next year.



'Poppy love' at le Studio

Connection to Sandybeach

I work part-time at Sandybeach as a tutor for the Artbeat group on Mondays and Thursdays. I am so enjoying sharing and experimenting in the creative processes with some very talented artists.

Life before Sandybeach Centre

Starting with an Arts Foundation course in England I went on to complete a three-year degree in Graphic Design. I was in the Graphic Design industry for 10 years. Since being in Australia for the last 14 years I re-trained as a teacher from which I have had various teaching positions. I also coordinated and facilitated an 'Art Smart' program for two years to local schools.

Being a resident artist at Le Studio Artspace, Mordialloc I have pursued my love of painting for the last 5 years exploring different themes and techniques. I have developed short course workshops and art parties for adults wanting to learn new creative skills or further develop existing ones in the Visual Arts. It was here that I got to know the lovely Juliet Collins and Jenny Jessop, We have shared some wonderful art experiences together and continue to grow in a great community of artists.

My journey to the South of France in Oct 2019 with 3 other artists inspired a new release in me of how to view subject matter from different perspectives. I give thanks to the great masters and fellow artists I learnt from on this journey.



Feeling the 'Blues' with Vincent Van Gogh, my favourite artist!

RIDDLE AND PUZZLES

RIDDLE : There’s a one-story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What color are the stairs?

COMMON THREAD

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

1. THEME: GIRLS’ NAMES

1 GREAT RAM

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

2 NICE HEART

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

3 ALL SET

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

4 HELL MICE

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

5 AIMLESS

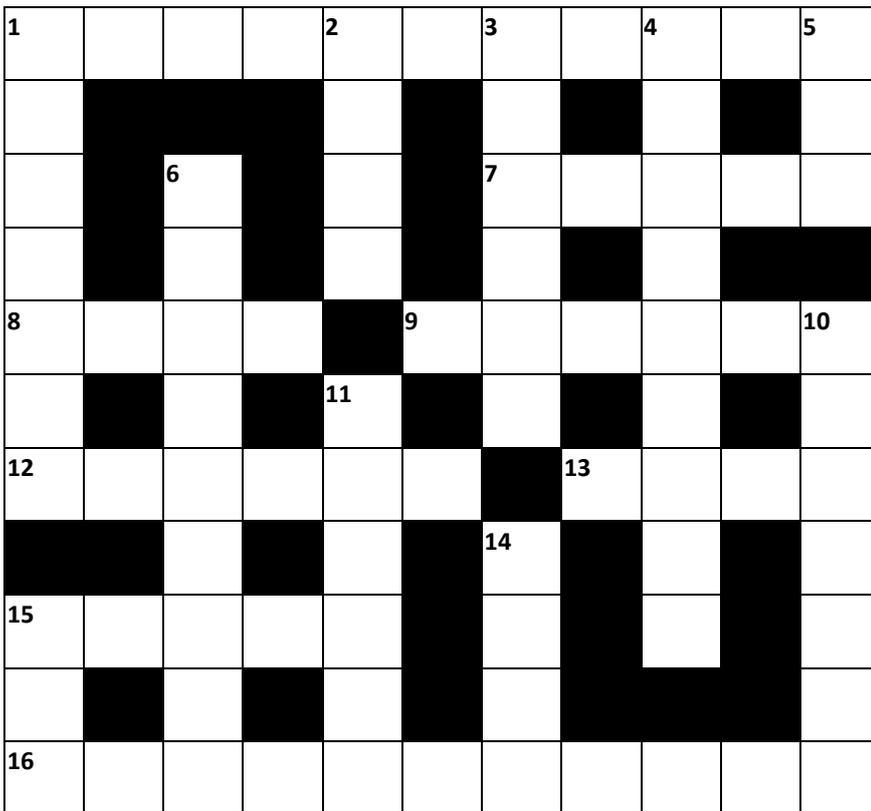
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	7		6	4		1	8	
			8			7		
	2			3	7	5		
	8		2	6			9	
5		4				2		8
	1	9			4		3	
7					6			2
	3			5				
		1			8			

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.

WEEKLY CROSSWORD AND MORE..



TO ANYONE CELEBRATING A BIRTHDAY THIS WEEK - ENJOY YOUR CELEBRATIONS WITH LOVE FROM US ALL AT SANDYBEACH !!



Please let us know if you are celebrating a special milestone you would like mentioned in this Newsletter

Across

- 1 Native American landholding (11)
- 7 Flung (5)
- 8 Was obliged to pay (4)
- 9 Installed in chair (6)
- 12 Calf-roping shows (6)
- 13 Suspension
- 15 Lament (5)
- 16 Fitting (11)

Down

- 1 Bitterness (7)
- 2 Pause (4)
- 3 Deer's bony outgrowth (6)
- 4 Rubs up the wrong way (9)
- 5 Fresh (3)
- 6 Traffic-calming device (5,4)
- 10 Dawn to dusk (7)
- 11 Part of Malay archipelago (6)
- 14 Detect sound (4)
- 15 ABBA song *Mamma...* (3)



A JOKE FROM ALICIA FOGARTY...
FIRST IT WAS ALCOHOL KILLS COVID. THEN HEAT MAY KILL COVID
NOW DIRECT SUNLIGHT POSSIBLY KILLS COVID
SO IF YOU SEE ME OUTSIDE IN MY YARD - DRUNK, NAKED AND LAYING IN THE SUN,
MIND YOUR OWN BUSINESS.
I'M CONDUCTING IMPORTANT MEDICAL EXPERIMENTS!!!

RECIPE OF THE WEEK

OVEN BAG CREAMED FISH

This may sound strange but it is a very easy, tasty and dishes free way to incorporate fish into your diet.

INGREDIENTS:

1 x Oven Bag
1 packet of onion soup mix
1 cup of water
3/4 cup of reduced cream
500-700 g skinless, boneless fish fillets
1-2 Tablespoons of chopped parsley
Lemon wedges to serve



METHOD:

Measure the soup mix, water and reduced cream into an oven bag. Squeeze bag until they are well mixed.

Cut fillets into even sized pieces then drop into the bag and coat with sauce. Tie the bag loosely.

Lie the bag in a flat baking dish, so fish is one layer thick. Make sure the opening is at the top so sauce doesn't spill out.

Bake at 180 degrees C for 30 minutes moving bag to mix contents half way through cooking.

Tip fish into a serving dish (nice with rice), sprinkle with parsley and serve with lemon wedges and steamed greens.

DID YOU KNOW?

Contributed by Nick Turner

The Great Emu War

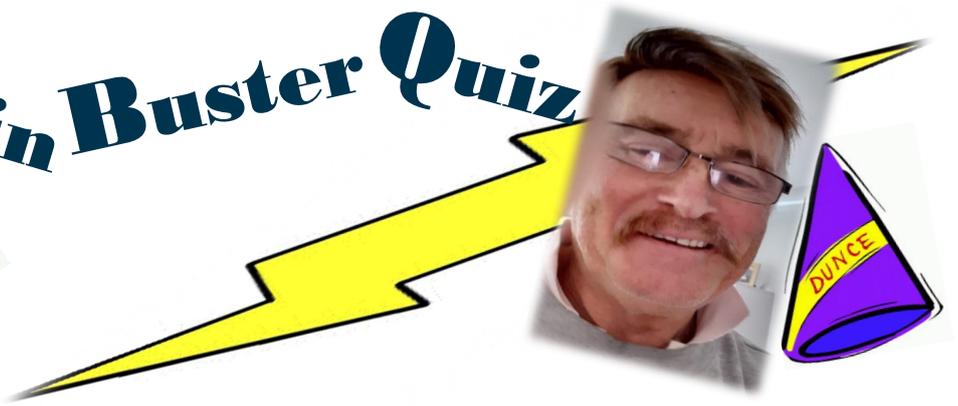
In the latter part of 1932, the Emu population was 'running amok' in the Champion district of Western Australia. But did you know, the Australian military got involved in trying to reduce the Emu population? The operation was later dubbed "The Great Emu War". And my favorite part is that the Emus won.

The Emu population was said to be 20,000 strong, and during their migration, they would damage farmers fields and crops. The first attempt was carried out by 3 soldiers, armed with 2 Lewis guns and 10,000 rounds of ammunition. However, they only managed to kill about 300 Emus. The problem was that the Emu's were so fast that the men could not keep up with the creatures. The men tried to mount one of the guns to a truck. This also proved ineffective however, as the truck could not keep up with the emus either, and at such speeds accurate aiming was near impossible.



The second attempt saw more success with an estimated 2,500 birds killed, however the overall operation was ruled a failure, and the Australian government went back to the bounty system where 57,034 bounties were claimed over a six month period in 1934.

Bill's Brain Buster Quiz



Q 1 Name the American TV sitcom that ran from 1974 to 1984 with this opening song...
"Goodbye grey skies hello blue, there's nothing to hold me when I hold you, it seems so right, it can't be wrong, rockin' and rollin' all week long (Cunningham and Fonzarelli).

Q 2 Who said ... *"Efforts and courage are not enough without purpose and direction"* and *"Ask not what your country can do for you, ask what you can do for your country"* ?

Q 3 Can you name the two Gotham City crime-fighters who, when not in costume, are millionaire Bruce Wayne and his sidekick Dick Grayson ?

Q 4 Who was the female bank robber partner of Clyde Barrow ?

Q 5 In which British espionage TV show do Patrick Macnee and Diana Rigg (*pictured*) feature as John Steed and Emma Peel ?



Q 6 Who ... lived by the sea and frolicked in the autumn mists ?

Q 7 In which TV western spoof do - Captain Wilton Parmenter, the pretty Wrangler Jane, Corporal Agem and Sergeant O'Rourke - create havoc at Fort Courage ?

Q 8 Who starred in the role of Lorelei Lee in the 1953 movie *"Gentlemen Prefer Blondes"* ?

Q 9 The Beatles first two big hit records (*both in 1964*) were *"I want to hold your hand"* and which other big hit song ?  *Yeah Yeah Yeah Yeahrrrr*

Q 10 In the Disney movie, Wendy, John and Michael travelled with Peter Pan to where ?

Q 11 Who played the role of San Francisco Police Inspector "Dirty" Harry Callahan ?



Q 12 In which 16th-century Shakespeare play does Antonio default on a large loan provided by Jewish moneylender, Shylock ?

Q 13 What were Ned Kelly's last words before he was hanged ?

Q 14 In *"Alice In Wonderland"* who is the foul tempered monarch (*pictured*) who shouted *"off with her head"* ?

Q 15 Graham Kennedy does crow calls, Noeline Brown offers crude comments, Stewart Wagstaff appears smug and Ugly Dave Grey blows smoke rings - in which quiz show?

Q 16 Why did the Irishman send his new girlfriend a photo of a mudslide in Peru, a photo of an oil gush in Texas and a photo of a contaminated river in New Delhi ?

See back page for answers

ARMCHAIR TRAVEL

ANTONIO GAUDI'S SAGRADA FAMILIA BASILICA

BY JULIET COLLINS

I have long admired the architecture of Antonio Gaudi and it had been my dream to visit his buildings in Barcelona. A few years ago whilst visiting my parents in Scotland I had the wonderful opportunity to go to there for a long weekend. Antoni Gaudi (1852-1926) was an architect ahead of his time.



His contribution to architecture broke all the established rules. He combined his vision and his observations of natural forms with groundbreaking building systems and used contributions from multiple artisan trades to create his unique buildings.



Gaudí, devoted more than 40 years to the Temple of the Sagrada Família. He was aware that its construction would last for centuries, which is why he proposed to focus first on the front façade of the church; he wanted the generation that had begun the work to be able to enjoy a form of completion.

Gaudí's detailed plans and models have allowed his work to be continued after his death. Construction is expected to be completed in 2026. The Sagrada Família is very much still a work in progress which is one of the most fascinating things about visiting it. While I was there I saw plasterers and stone masons at work as well as observing

the giant cranes constructing the enormous central towers. 2 of 3 facades of the church are complete, each one highly ornate, adorned with an incredible profusion of sculptures.

But striking though the outside of the building is, it was the interior that really bowled me over. Gaudi sought to convey spirituality through creating a space that invokes the wonders of nature. He created columns shaped like tree trunks, giving the feeling of being in a forest rather than inside a church. It is stunning due to its magnitude, light, decor and the effect of the stained glass.





SHOWBIZ with Andrea



Who's on Stage Today ?

Claire Dubery

Claire is a classically trained lyric soprano with a love of many different musical styles. She has worked in pop bands, as a jazz duo for many years with legendary pianist Tom Hales and performed in musical comedy. Claire starred in the role of Sariah for the Scott Hamilton musical "From The Dust". She knew from the age of six that she wanted to be a singer. Currently she works throughout each year singing in the Melbourne and Metropolitan areas - highlights have been, appearing at the Frankston Arts Centre, the George Jenkins Theatre and the West Gippsland Arts Centre.



With her late sister Gaynor, under their maiden name "the Redgen Sisters", they were a popular act at many venues - finishing each show with a signature duet/dance version of the Irving Berlin song "Sisters". Claire says "Singing is part of who I am, not just something I do. I feel joy and exhilaration when I sing and love it when my audience feels uplifted too".

Now Claire

Q. Name two of your favourite singers ?

- A. Elvis Presley: He has a "Love Tone" in his voice.
- Jeanette MacDonald: I love her singing ability and bird like voice for operetta songs. I love all her early movies.

Q. What is your favourite band ?

- A. ABBA, because their music and singing is very creative and exciting.

Q. Tell us something we may not know about you

- A. Something you may not know about me is that I like to draw, sew, knit and crochet.

Q. What are some of the best gigs you ever played ?

- A. I used to work musically with pianist extraordinaire Tom Hales. We worked together for 20 years doing many concerts around Melbourne like Sandybeach, various clubs, aged care facilities, legacy groups and fundraisers. Tom passed away in February 1915.

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

- A. I love coming to the Sandybeach Centre because the staff look after me so well, the audiences are so engaging and positive - going back a few years I love how Valerie Ashton envisioned myself singing with the wonderful pianist Peter Sullivan. I love it when I can fulfill the song requests that I get asked from the lovely audience there.



POETRY

NOW YOU ARE GONE

BY DORA HESSELL (Grandmother of Miranda)

When you were here
You let the garden bully me
Interpreting its urgent interruptive messages;
“the peaches cannot wait to be preserved; do it today”
“tonight we must eat carrots - they need thinning.”
“The cress is going to seed; we’ll have to use it.”

Now, I thought, now you are gone, dear heart,
The garden falls to my reluctant hands
And I shall be its master

Alas!
I still am only slave
For where I want to clear the ground for winter
Cucumbers sprawl and will not stop their breeding,
Tomatoes forbid me to waste their angry fruit
And in the compost, a self sown pumpkin mutters
“Thou shalt not turn the heap”

Your voice once spoke the garden’s message
But now
The garden brings your voice again to me.

EVERY TIME I CLIMB A TREE

BY DAVID MCCORD

Every time I climb a tree
I scrape a leg or skin a knee
I find some ants or dodge a bee
And get the ants all over me

And every time I climb a tree
Where have you been they say to me
But they don’t know that I am free
Every time I climb a tree
I like it best to spot a nest
That has an egg or maybe three

And then I skin the other leg
But every time I climb a tree
I see a lot of things to see
Swallows, rooftops and TV

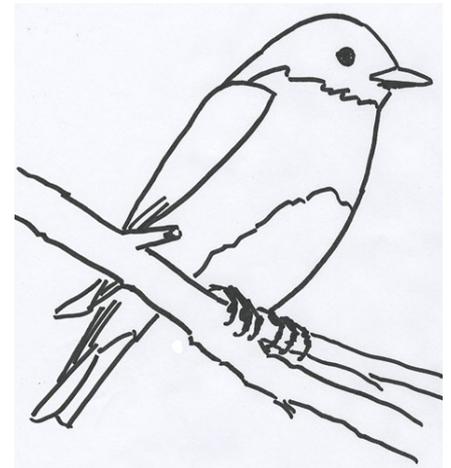
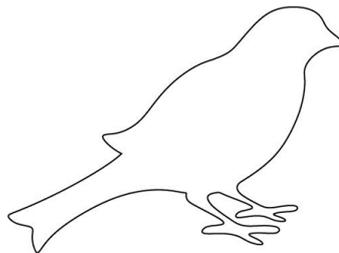
And all the fields and farms there be
Every time I climb a tree
Though climbing may be good for ants
It isn’t awfully good for pants
But still it’s pretty good for me
Every time I climb a tree



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

Karla Gerard

A self-taught artist who enjoys painting and mixing folk art and abstract styles. Be inspired by her beautiful artworks shown here: Tree Whistlers and Blue bird. Create your own wooded landscape using soft pastels. Use the guides below to help you get started.



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

READER CONTRIBUTIONS

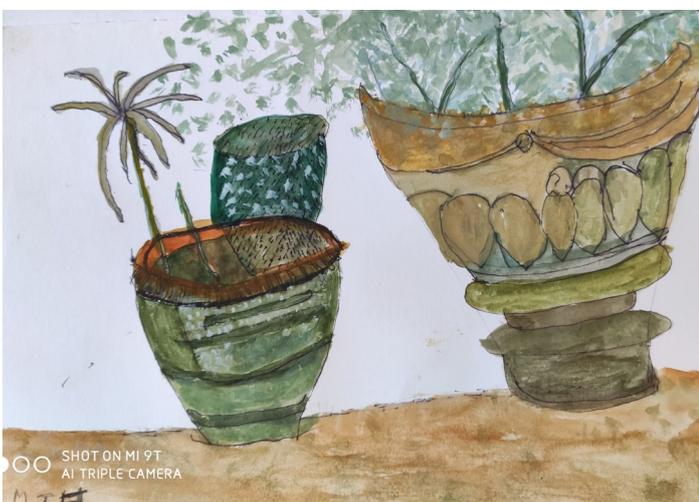
Each week, we are featuring contributions from our readers. We would love to hear from you!! Here are some suggestions :

- 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 OR send to 2 Sims St Sandringham 3191

This week's contribution is a selection of paintings from Peggy Hayton who attends Art for All, Armchair Travel and Music Alive at Sandybeach. Thanks for sharing them with us Peggy and keep up the good work - they are beautiful! ♥

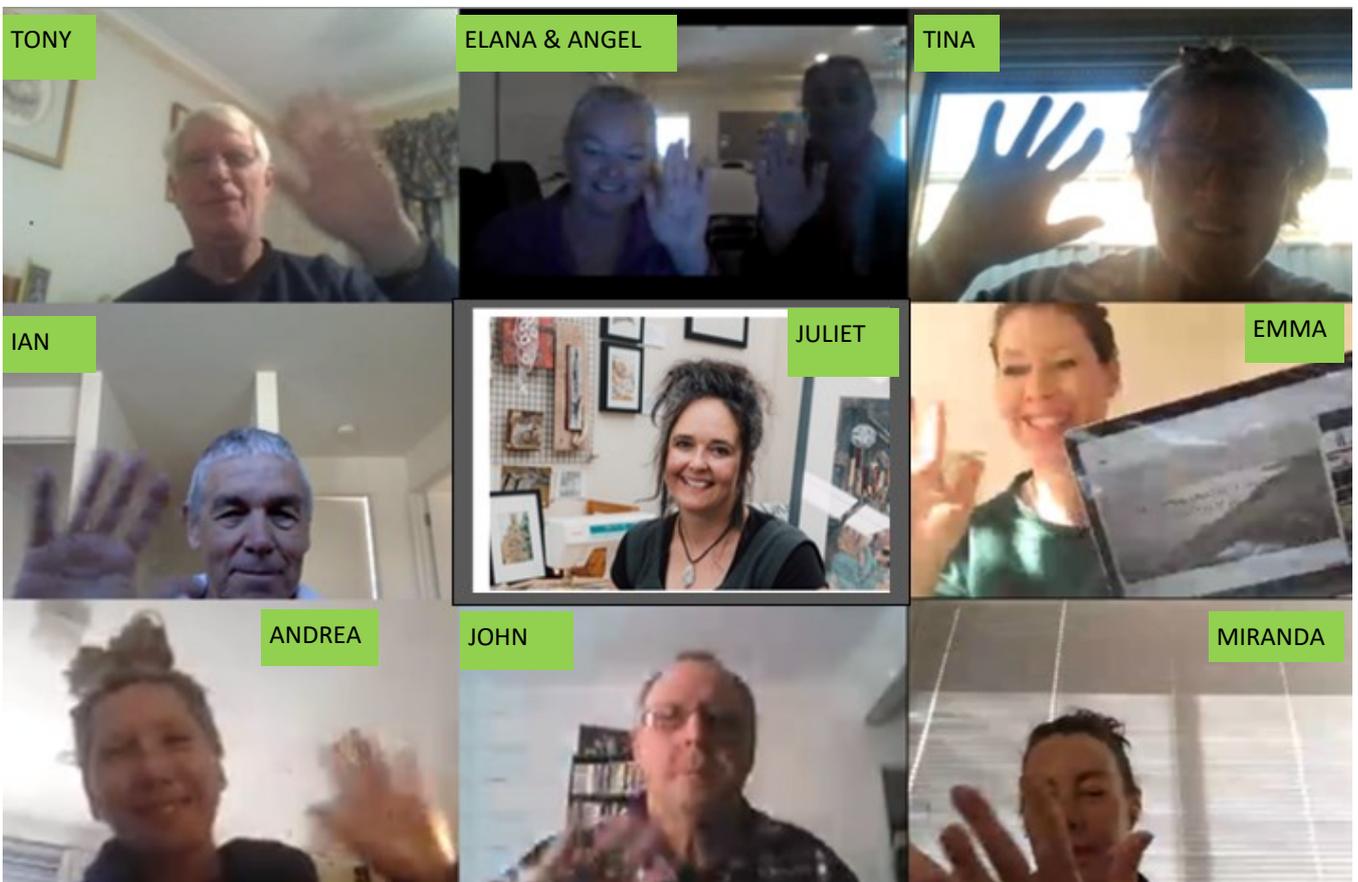


LEARNING NEW THINGS IN “ISO”



Children at Sandybeach Centre learn through investigating and exploring. What cure will this future scientist discover?

The REACH team are keeping in touch during the closure by conducting our meetings via “Teams” (like “Zoom”) We are mostly all working from home so it is nice to “see” each other once a fortnight. This new method of communication has been a learning curve for us all but thanks to our IT “guru” Neil, we are getting there!



QUIZ AND PUZZLES ANSWERS

RIDDLE ANSWER:

There aren't any—it's a one-story house

COMMON THREAD (EXTRA WORD GRACE)

M A R G A R E T

C A T H E R I N E

S T E L L A

M I C H E L L E

M E L I S S A

CROSSWORD SOLUTION

Across

- 1 Reservation
- 7 Threw
- 8 Owed
- 9 Seated
- 12 Rodeos
- 13 Stay
- 15 Mourn
- 16 Appropriate

Down

- 1 Rancour
- 2 Rest
- 3 Antler
- 4 Irritates
- 5 New Speed Bump
- 6 Daytime
- 10 Borneo
- 11 Hear
- 14 Mia

SUDOKU SOLUTION

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



ANSWERS TO THE BRAIN BUSTER QUIZ

- Q1: Happy Days. Q2: John F Kennedy. Q3: Batman and Robin.
 Q4: Bonnie Parker. Q5: The Avengers. Q6: Puff, The Magic Dragon.
 Q7: F Troop. Q8: Marilyn Monroe. Q9: She Loves You.
 Q10: Neverland . Q11: Clint Eastward. Q12: The Merchant Of Venice.
 Q13: Such is life. Q14: The Queen of Hearts. Q15: Blankety Blanks.
 Q16: She asked him to send her some dirty pictures.