

# REACHING OUT

Keeping our Community Connected - Edition 29



## A GOOD NEWS STORY FROM NZ:

They've already made a lasting mark on each others' lives through shared friendship and experiences and last Sunday, World Down Syndrome Day, a group of mums came together to permanently acknowledge the bond that unites them, and so many others, their amazing children. One by one, at Tattoo Black Aotearoa in Tairua, local residents Lisa, Michaela, Melanie and Amy were tattooed with the unique three arrows symbol to celebrate their children, all of whom have Down Syndrome. "The three arrows (pictured), represent the three chromosomes that result in Down Syndrome and how the parents and the children themselves rise up and move forward," Amy said. The women are part of an informal group of Coromandel families who keep in touch through Facebook and email, as well as having occasional get-togethers. The three arrows symbol was first embraced by a group of parents in the US and has since swept the globe as an international symbol of unity and pride. While the ladies had initially planned to get their tattoos done a year ago, COVID-19 intervened. "In some ways it seems fitting to be doing it today instead because the theme of this year's World Down Syndrome Day is 'Connect,' something we have all come to value even more over the past year," Amy said.



## HAPPY SNAP OF THE WEEK



In early March, Taronga Western Plains Zoo in Dubbo celebrated the birth of a critically endangered black rhino calf.

## FUNNY ONE LINERS:

I used to be indecisive - now I'm not so sure!

*Politicians and nappies have one thing in common. They should both be changed regularly and for the same reason!*

I gave all my old batteries away - free of charge!



## IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1300 22 4636

LIFELINE - 13 11 14

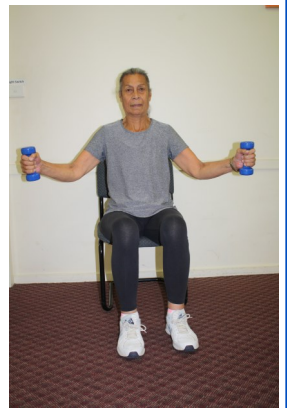
EMERGENCY SERVICES - 000

SANDYBEACH CENTRE - 9598 2155

## KEEP MOVING WITH ANGEL

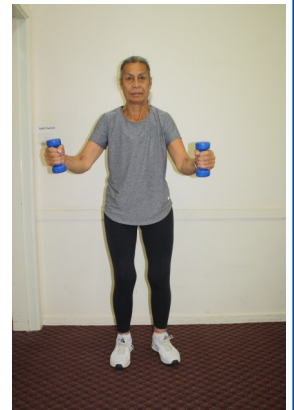
### Chest Strengthening exercise – seated

- Come forward on the chair and have feet flat on the floor.
- Bring both arms to the centre of the chest with hand weights, elbows slightly soft (this will take the pressure off the lower back)
- Slowly extend the arms outward and slowly bring the arms back to the centre of the chest.
- Do not extend the arms past the shoulder line. See picture.
- Do two sets of ten repetitions.



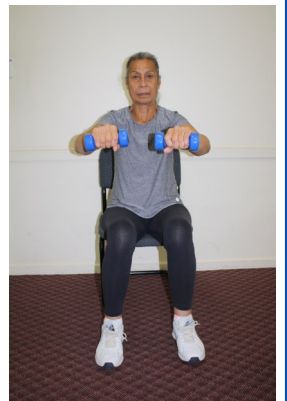
### Chest Strengthening exercise – standing

- Follow the instructions as above and remember when standing, legs should be hip width apart and knees slightly bent. See picture.
- Do two sets of ten repetitions.



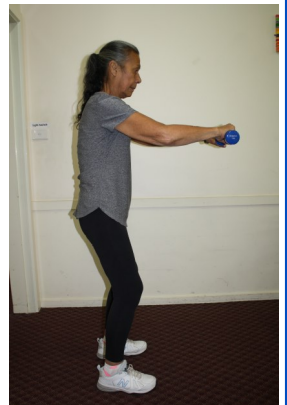
### Back Strengthening exercise – seated

- Come forward on the chair and have feet flat on the floor.
- With hand weights bring hands down to the thighs
- Slowly elevate the arms out in front to shoulder height and slowly lower down,( elbows should be slightly bent). See picture.
- Do two sets of ten repetitions.



### Back Strengthening exercise – standing

- Follow the instructions as above and remember when standing legs should be hip width apart and knees slightly bent. See picture.
- Do two sets of ten repetitions.



Please do only what is comfortable for you and remember to breathe!! As I keep saying “You will thank me for this”. Enjoy the exercises and stay safe. Angel Parker.

## LET'S STAY HEALTHY WITH ELANA

### Date and Nut Easter Balls

#### Ingredients

- 1 cup of walnuts, chopped
- 2/3 of a cup of cashews, chopped
- 2/3 of a cup of almonds, chopped
- 1/2 a cup of instant porridge oats
- 2/3 of a cup of chopped dried apricots
- 2/3 of a cup of pitted dates, chopped
- 1/2 a cup of chopped pitted prunes
- 2 tablespoons of sesame seeds
- 2 tablespoons of cocoa powder
- 1 teaspoon of ground cinnamon
- 2 tablespoons of honey
- 1 cup of desiccated coconut



#### Method

1. Place walnuts, cashews and almonds in a dry frying pan over medium heat and cook, stirring for 2 to 3 minutes until lightly toasted. Place in a food processor or mortar and pestle and work until finely chopped. Add oats, apricots, dates, prunes, sesame seeds, cocoa, cinnamon and honey to the food processor or mortar and pestle and work together until the mixture forms a paste.
2. Divide the mixture into portions the size of a golf ball, then roll between moistened hands to make about 15 balls. Roll balls in coconut then serve. These Easter balls will keep in an airtight container for up to 2 weeks. Enjoy!

### Autumn Exercise Tips

**Just because it's getting darker and cooler and raining more often, doesn't mean you can sit back and forget about your fitness! Enjoy exercising in Autumn.**

- ♦ Be Spontaneous - if it's raining in the morning, instead of walking exercise at home. Use weights or cans of beans for your exercise routine.
- ♦ Exercise with a friend - exercising with others keeps us motivated.
- ♦ Enjoy the beautiful colours of Autumn in the outdoors- walk in new and leafy parks.
- ♦ Build exercise into your daily routine - walk instead of driving to your local shops.
- ♦ Allow time for recovery - listen to your body and exercise safely within your limits.





## CARINA & MIA'S BIG ADVENTURE WITH THE SKYHIGH PARAGLIDING CLUB

I live on Beach Road in Sandringham and every so often people float right by my window on big bright parachutes! They effortlessly glide back and forth along the Sandringham beach shore, so close it seems I could reach out and touch them! Sometimes I run out onto my deck and give them a wave, they look so peaceful. I am intrigued.



On Saturday morning, January 30 2021, I am enjoying a beachside walk and I actually come across this group of people at the spot on the cliffs where they launch. Needless to say, I decide to investigate; which most surprisingly gives rise to the opportunity to have a go at this sport myself!

As luck would have it, one of this group of 5 is the president of SkyHigh Paragliding Club – Babushka Ferenczi. She and the other members present are more than happy to tell me all about their sport and how much they enjoy it. 'Babs' is particularly responsive to my interest and excitement as she is in the process of organising an event at Portsea; an event to showcase Paragliding to women and get more females involved in a fairly male dominated sport. There will be free tandem Paragliding for women ..... I sign up on the spot, also including my friend Mia, also from Sandybeach Centre, who I know I can trust is always up for adventure!

On Sunday morning, February 21 2021, armed with coffee and snacks Mia and I head off to Portsea Surf Life Saving Club, where Babs has organised for a shuttle bus to pick us up and take us to the Portsea Paragliding Launch. By this time, Babs has arranged for ALMOST 200 WOMEN across the weekend to experience Paragliding! Many Members from Paragliding Clubs across Victoria have donated their time and skills to enable us to share in this experience. They are all so excited and happy to share their passion in their sport, a truly fun loving and kind group of people who Mia and I continue to thank at every given moment.



It is a bit of a waiting game for our go, as the weather conditions have to be just right, and there



are so many women waiting, but watching each of them take off is exciting and before we know it, it's our turn. My pilot is Dave, and Mia's pilot is Oliver. They expertly promise us a safe and exciting flight, then a few steps and off the edge of an ENORMOUS CLIFF, we set sail! Wow! From the excitement and adrenaline rush of stepping off that cliff, it is suddenly so quiet and peaceful. Higher and higher we soar, truly feeling like birds. Exhilarating.

Eventually it is time to come back to earth. Dave and Oliver expertly guide their parachutes with almost pin point precision, safely delivering Mia and I back to the launching area. With smiles and hugs all round we swap phone numbers with promises of a Paraglide above the Alps in Bright! (thanks Dave and Jax!)

Happy and exhausted we head home, a fantastic day and an experience, we both decide, we would like to try again.

Special thanks to Babs, Dean, Dave, Jax, Oliver, Wally and all from SkyHigh and Bright Paragliding Clubs.

## GETTING TO KNOW MARY GATES:

Hi I'm Mary Gates. Many of you may recognise me as I have had a number of roles at Sandybeach Centre over the past years including working as a volunteer in the front office. I have also co-ordinated and presented at the Armchair Travel program and provided support in the STEP program Numeracy and Literacy . You now hear from me regularly in this newsletter as I share my travel tales of trips to unusual places across the globe.

I grew up in Beaumaris in a mid-century modern house which was designed by my father who was an architect. The beach was always a draw card. Our family holidays were spent down on the Surf Coast in a house, also designed by my father, which has panoramic views of the ocean stretching around to Lorne. Our three children were also fortunate to spend holidays there, participating in the Fairhaven Surf Life Saving Club nippers program.

My parents fostered in me a deep love of the outdoors and animals. Growing up I had a horse which I would ride in gymkhanas and one day events. We had many corgi dogs which were all spoilt but very loyal. To this day I have always had dogs as pets. Our current furry friend is a very clever but cheeky young kelpie named Billie.

After secondary school I went to Monash University and studied Arts majoring in Mathematics and Geography. Like many Arts students back then I ended up undertaking postgraduate studies at Melbourne University initially to become a secondary teacher followed by a Graduate Diploma in Language and Literacy Education. This foundation was to take me down many career paths including residing and teaching English in Hong Kong and Japan, working as a secondary teacher in Melbourne, running vocational training for Holden's Engine company's predominantly Vietnamese workforce and project managing vocational training for Swinburne University in a wide range of industries. It was this latter role that eventually led me to working at the Master Builders Association of Victoria as the Training Manager. As a female working in a male-dominated work environment it was both challenging and taxing. This role presented me with many interesting opportunities including presenting at conferences in Australia and overseas.

Whilst building our careers my husband Steve and I raised three children – two girls and a boy. Coincidentally all three have pursued careers in the construction industry. Our eldest daughter is a strategic urban planner, our son is an estimator and our youngest daughter an architect.



At the beach as a child

In non-Covid times my husband and I would take overseas trips a couple of times a year often visiting the UK at the start of our journey, as my husband is English so we have relatives living in the Midlands. Apart from travel, my interests are photography, bookclub, conversation (current affairs) club, movie club, playing tennis and doing pilates and most importantly spending time walking with friends in beautiful Bayside.

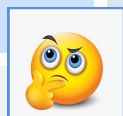
Don't forget to say hi to me when you phone or are next in on a Monday at Sandybeach.



Iguazu Falls, South America

## RIDDLES AND PUZZLES

### COMMON THREAD



### RIDDLE :

A man looks at a painting in a museum and says,  
"Brothers and sisters I have none,  
but that man's father is my father's son."  
Who is in the painting?

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

### THEME: AUTUMN

1 STIYM

--	--	--	--	--

2 VEALSE

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

3 ANGERO

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

4 CLOORUS

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

5 YILCHL

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

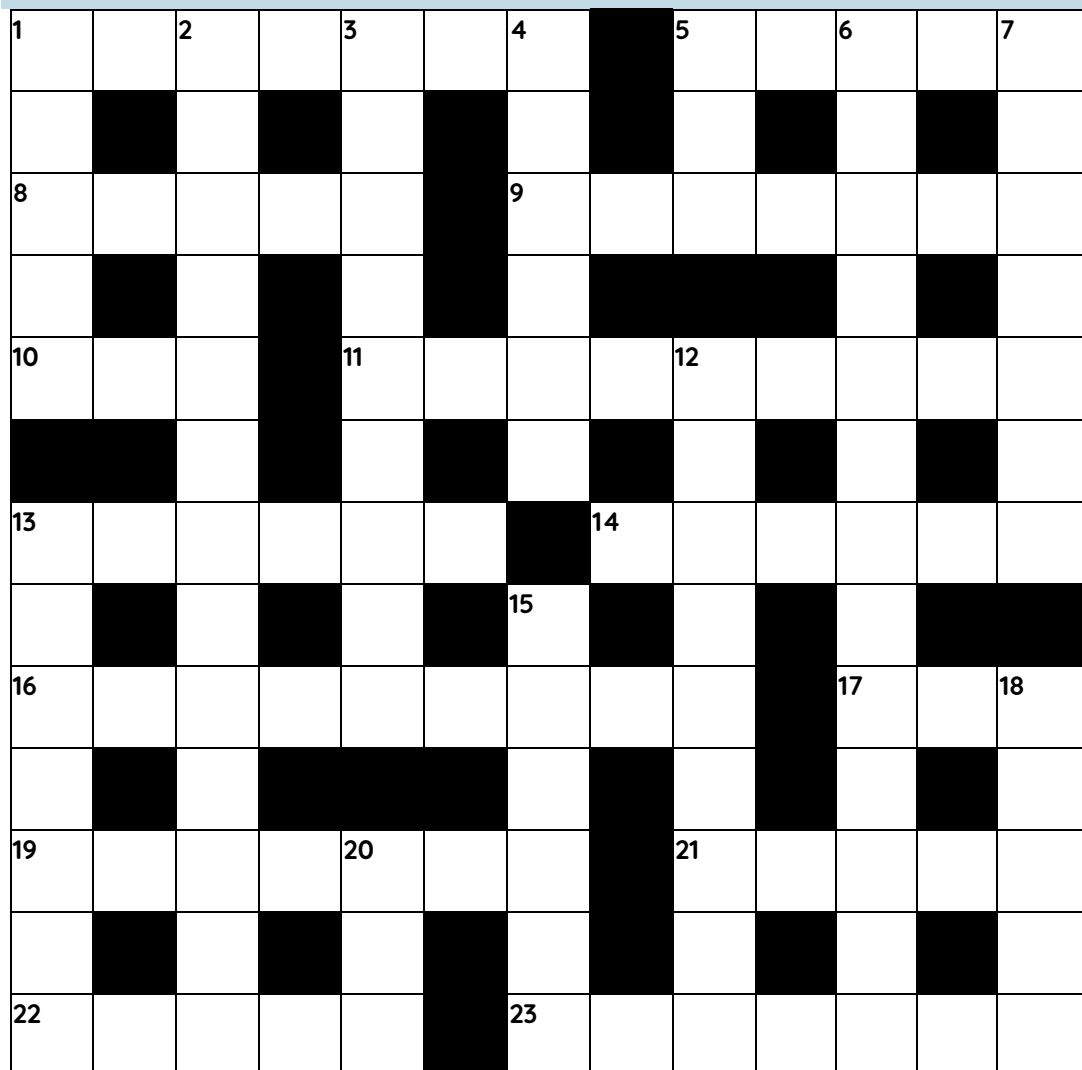


	6			8				
			7	4		3		
5		1	2		6		7	
	2				8			
			9	5	2			1
9				3				
		9	4		3	8		
6	5							
3	7		5	1	9			4

### 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.

## BIG CROSSWORD



**SANDYBEACH  
CENTRE ON THE  
RADIO!**

**TUESDAY  
13 APRIL**

**3pm - 4pm**



**88.3 SOUTHERN  
FM**

**TUNE IN TO HEAR  
WHAT'S BEEN  
HAPPENING AT  
SANDYBEACH AND  
WHAT IS IN THE  
WORKS!**

### Across

- 1** Ancient Clock (7)
- 5** Clumsy mistake (5)
- 8** Relating to Gold (5)
- 9** Unbranded, not specific (7)
- 10** Tart (3)
- 11** Pirate (9)
- 13** Without delay (informal) (6)
- 14** Oddball (6)
- 16** Land Down Under (9)
- 17** Circuit (3)
- 19** Shoelace holes (6)
- 21** Unskilful (5)
- 22** Without light (5)
- 23** Immunity, pardon (7)

### Down

- 1** Marsh (5)
- 2** Death defying courage (6,2,5)
- 3** Enclosed crib for prem babies (9)
- 4** Inheritance, bequest (6)
- 5** Rifle (3)
- 6** Vagueness (13)
- 7** A short extract (7)
- 12** Liveliness, high spirits (9)
- 13** An area of high level ground (7)
- 15** Northwest US state (6)
- 18** Trivial (5)
- 20** Consume (3)





## Olivia Newton-John (Born 26 September 1948)

Olivia was born in England in 1948, the youngest of three children with brother Hugh and sister Rona. When Olivia was six, the family re-located to Melbourne in 1954 .

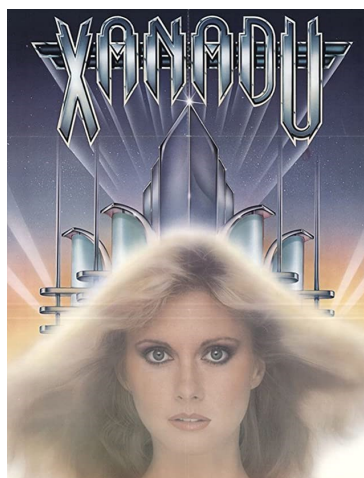
With her ambition to become a singer and destined for stardom she appeared on the 'Go Show' with duet partner Pat Carroll and later 'Sing-Sing-Sing' hosted by Johnny O'Keefe.

In 1974, Olivia was put on the world's map entering the Euro Song Contest singing 'Long Live Love' which saw her come 4th - the winner being Swedish group ABBA performing 'Waterloo'.

The rest is history with her star power something to behold.

In 1984, Olivia married long time boyfriend, Matt Lattanzi and they had one daughter, Chloe (now 32) - the pair divorced in 1995. She married her current husband John Easterling in 2008.

In 1993 she was diagnosed with breast cancer and after eight months of chemotherapy was cleared of the disease. Since then Olivia has become a strong breast cancer advocate and in 2008 took it one step further creating *The Olivia Newton-John Cancer, Wellness and Research Centre* in Melbourne.



Olivia is a four-time Grammy Award winner whose chart career includes five US number ones - she has sold an estimated 100 million records worldwide making her one of the best selling music artists of all time.

In 1978 she starred in the musical 'Grease' whose soundtrack remains one of the most successful in history and features two major hit duets with John Travolta - 'You're The One that I Want' and 'Summer Nights'. Here are some of her biggest hits:

- \* I Honestly Love You \* Let Me Be There \* Long Live Love \* Hopelessly Devoted To you
- \* Please Mister Please \* Magic \* Physical \* Have You Ever Been Mellow
- \* A Little More Love \* If Not For You





# TRICKY TRIVIA

## Ten Questions about ...



Olivia  
Newton-  
John



- Q1:** How old is Olivia Newton-John today?
- Q2:** Olivia begged the jukebox not to play track B17 in which song?
- Q3:** In the early days, singing on television, on the *'Go Show'* - Who was Olivia's duet partner?
- Q4:** How many times did Olivia Newton-John marry - and how many children does she have?
- Q5:** What high school did Danny Zuko and Sandy Olsson attend?
- Q6:** As a breast cancer advocate, what is the name of the centre that Olivia created in 2008?
- Q7:** Two of Olivia's biggest hit records ... *'You're the One that I want'* and *'Summer Nights'* were duets. Who did she sing these with?
- Q8:** Which song did Olivia sing at the Euro Song Contest ?
- Q9:** We all know that Olivia starred in the movie *'Grease'* but what was the name of her other movie, where she's on roller skates?
- Q10:** We claim Olivia as an Aussie, but where was she actually born?



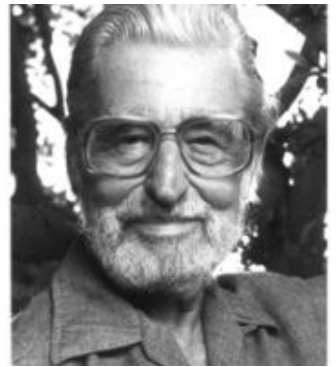
MINDFUL COLOURING can be relaxing and helpful in relieving stress.  
Why don't you give it a go

# HAPPY EASTER





**POETRY:** Dr Seuss has been in the news lately and some of his most beloved books are now being removed from book stores. Love him or not, there's no doubt he had a wonderful imagination! Here is a bit about him, a couple of his poems and a quote.



Dr. Seuss (Theodor Seuss Geisel) was a famous American poet, writer and cartoonist. He was best known for his children's books, which he wrote and illustrated under the pseudonym Dr. Seuss and later, Theo LeSieg and Rosetta Stone. He wrote in anapestic tetrameter and also wrote verse in trochaic tetrameter, an arrangement of a strong syllable followed by a weak syllable, with four units per line (for example, the title of One Fish Two Fish Red Fish Blue Fish). Dr. Seuss' birthday, March 2, has been adopted as the annual date for National Read Across America Day, an initiative on reading created by the National Education Association.

### Oh, the Places You'll Go!

You have brains in your head.  
You have feet in your shoes.  
You can steer yourself  
Any direction you choose.  
You're on your own. And  
you know what you know.  
And YOU are the guy who'll  
decide where to go.

You'll get mixed up,  
of course, as you already know.  
You'll get mixed up with  
many strange birds as you go.  
So be sure when you step.  
Step with care and great  
tact and remember that  
Life's A Great Balancing Act.

And will you succeed?  
Yes! You will, indeed!  
(98 and  $\frac{3}{4}$  percent guaranteed.)

"How did it get so late so soon?  
It's night before it's afternoon.  
December is here before it's  
June. My goodness how the  
time has flown. How did it get  
so late so soon?"



### Too Many Daves

Did I ever tell you that Mrs. McCave  
Had twenty three sons and she named them all Dave?  
Well, she did. And that wasn't a smart thing to do.  
You see, when she wants one and calls out, "Yoo-Hoo!  
Come into the house, Dave!" she doesn't get one.  
All twenty three Daves of hers come on the run!  
This makes things quite difficult at the McCaves'  
As you can imagine, with so many Daves.  
And often she wishes that, when they were born,  
She had named one of them Bodkin Van Horn  
And one of them Hoos-Foos. And one of them Snimm.  
And one of them Hot-Shot. And one Sunny Jim.  
And one of them Shadrack. And one of them Blinkey.  
And one of them Stuffy. And one of them Stinkey.  
Another one Putt-Putt. Another one Moon Face.  
Another one Marvin O'Gravel Balloon Face.  
And one of them Ziggy. And one Soggy Muff.  
One Buffalo Bill. And one Biffalo Buff.  
And one of them Sneepy. And one Weepy Weed.  
And one Paris Garters. And one Harris Tweed.  
And one of them Sir Michael Carmichael Zutt  
And one of them Oliver Boliver Butt  
And one of them Zanzibar Buck-Buck McFate ...  
But she didn't do it. And now it's too late



**DID YOU KNOW? - CAPE YORK, AUSTRALIA** – Scientists have discovered a massive detached coral reef in the Great Barrier Reef measuring more than 500m high – taller than the Empire State Building. The reef was discovered last October by Australian scientists aboard Schmidt Ocean Institute’s research vessel Falkor, currently on a 12 month exploration of the ocean surrounding Australia. The team then conducted a dive on October 25 using an underwater robot to explore the new reef. The dive was live streamed and broadcast on Schmidt Ocean Institute’s website and YouTube channel.

The base of the blade-like reef is 1.5km wide, then rises 500m to its shallowest depth of only 40m below the sea surface. This newly discovered detached reef adds to the seven other tall detached reefs in the area, including the reef at Raine Island – the world’s most important green sea turtle nesting area. “We are surprised and elated by what we have found,” said expedition leader Dr. Beaman from James Cook University. “To not only 3D map the reef in detail, but also visually see this discovery with the robot is incredible.” The discovery of this new coral reef adds to a year of underwater discoveries by Schmidt Ocean Institute. In April, scientists discovered the longest recorded sea creature – a 45m siphonophore in Ningaloo Canyon, plus up to 30 new species. In August, scientists discovered five undescribed species of black coral and sponges and recorded Australia’s first observation of rare scorpionfish in the Coral Sea.



## OUR AMAZING WORLD

### Waterfall Reef, Cygnet Bay



The Kimberley is known for its spectacular waterfalls during the rainy season, but it is also home to some waterfalls of a different kind. Waterfall Reef just out of Cygnet Bay north of Broome, is created when the 10m plus tides rush out and the water drains from the reef which emerges from the ocean before your eyes!

## CHILDCARE

The children have loved playing dress ups in the garden. Who remembers Scooby Doo?







## Busy and buzzing with ideas!

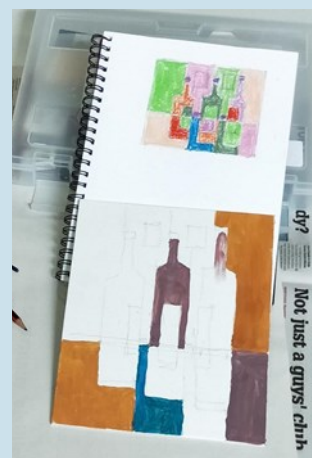
In Artbeat we continue to develop our own individual pursuit of what we would like to create during class. Sometimes we come together to explore a theme or learn about different styles and techniques. We have freedom of choice and just enjoy doing and sharing our art journeys together!



Great use of our visual diaries allows us to document all our different ideas.



As we continue our investigations into different approaches to abstract art, an array of ideas are developing in the group. Artworks are being created from specific memories or taken from photographic references to meet all of our interests!



Some of us enjoy a more realistic approach in our creations.



## READER CONTRIBUTIONS

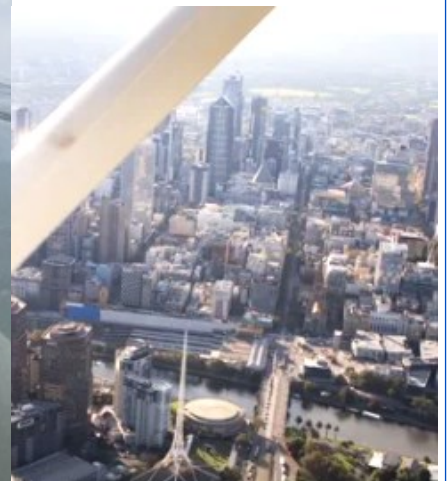
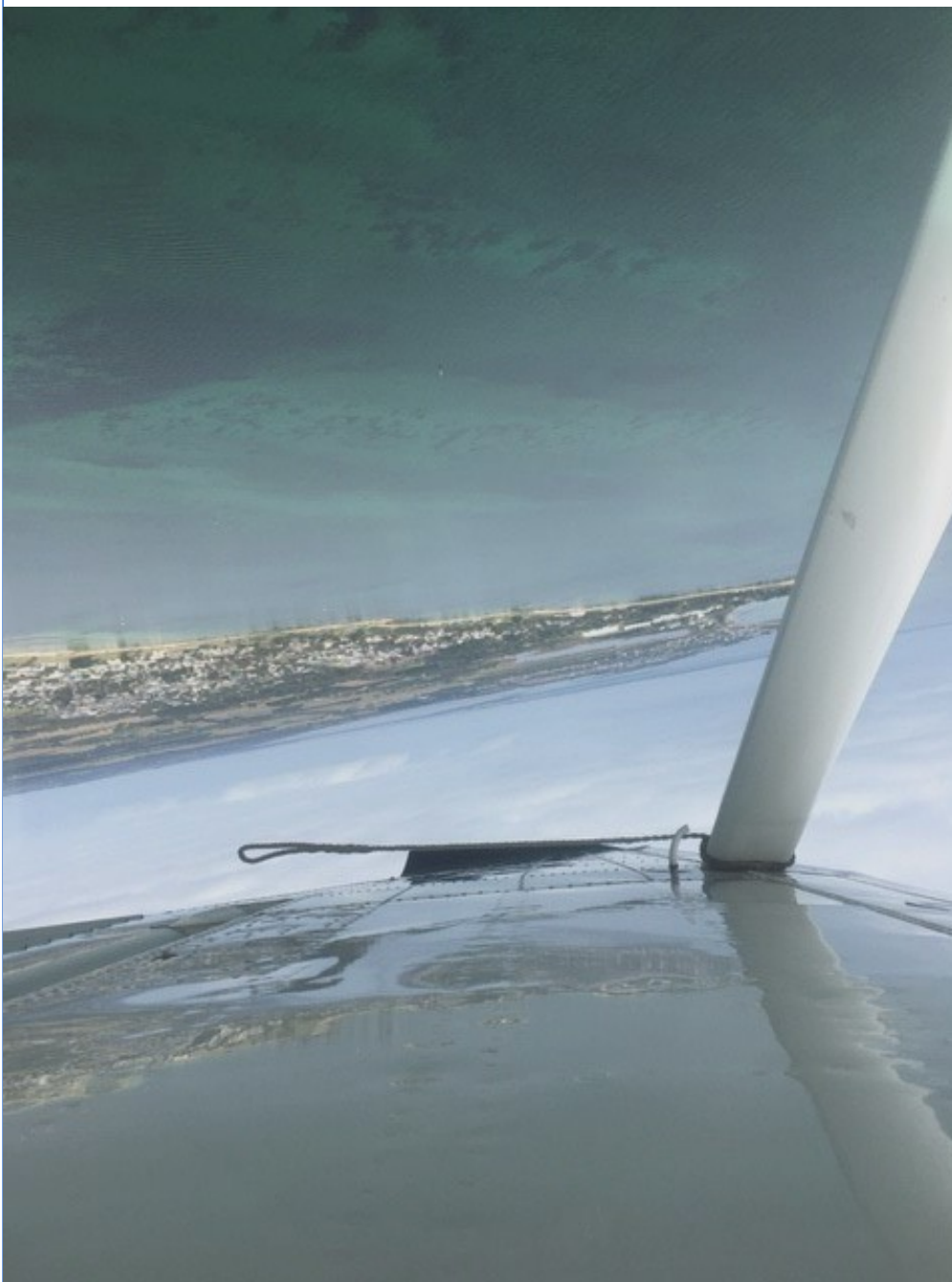
Each week, we are featuring contributions from our readers. We would love to hear from you!! Here are some suggestions :

- 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

**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 contribution comes from Barbara Audas, one of our lovely volunteers and Flight Operations Manager of Melbourne Seaplanes. The caption on their Facebook page reads 'Fly overseas without leaving Melbourne! Fly Melbourne Seaplanes!' Thanks for sharing Barb - love the colours of our beautiful bay ❤️**





## QUIZ AND PUZZLES ANSWERS

**RIDDLE ANSWER :**  
THE MAN'S SON

### SUDOKU SOLUTION :

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

**COMMON THREAD SOLUTION :**  
HIDDEN WORD - MARCH

- 1 STIYM
- 2 VEALSE
- 3 ANGERO
- 4 CLOORUS
- 5 YILCHL

M	I	S	T	Y	
L	E	A	V	E	S
O	R	A	N	G	E
C	O	L	O	U	R
C	H	I	L	L	Y

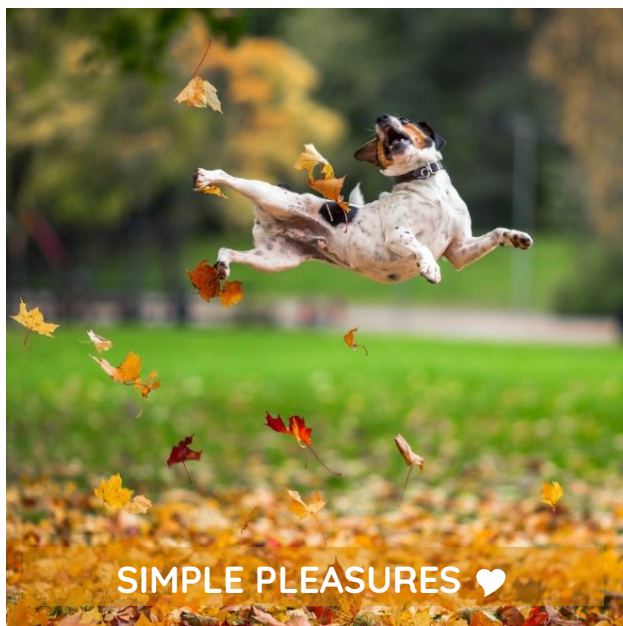
## CROSSWORD SOLUTION

### Across

- 1 Sundial
- 5 Gaffe
- 8 Auric
- 9 Generic
- 10 Pie
- 11 Buccaneer
- 13 Pronto
- 14 Misfit
- 16 Australia
- 17 Lap
- 19 Eyelets
- 21 Inept
- 22 Unlit
- 23 Amnesty

### Down

- 1 Swamp
- 2 Nerves of steel
- 3 Incubator
- 4 Legacy
- 5 Gun
- 6 Forgetfulness
- 7 Excerpt
- 12 Animation
- 13 Plateau
- 15 Alaska
- 18 Petty
- 20 Eat



SIMPLE PLEASURES ♥

## TRICKY TRIVIA ANSWERS

1. 72 years old    2. Please Mr Please    3. Pat Carroll
4. Married twice with one child    5. Rydell High
6. Olivia Newton-John Cancer, Wellness and Research Centre
7. John Travolta    8. Long Live Love    9. Xanadu    10. Cambridge, England

# SANDYBEACH CARERS

Sharing Information and Connecting with Carers

## Make an Emergency Plan

In the event that you suddenly find yourself unable to provide care, it is important to have an emergency plan in place to ensure smooth handover and sharing of information with the person taking over from you.

The Carer Gateway has an Emergency Care Plan Document that can help ensure that the person you care for is looked after if you are unable to continue your role as carer. This can be found on the Carers Australia website.

The Emergency Care Plan includes:

- Name and contact details for you and person you care for.
- Next of kin information for you and the person you care for.
- Name and contact details of a back-up carer
- Name and details of GP, specialists and allied health professionals (pharmacy, physio, care team, dentist).
- List of medical conditions, including allergies and implants (such as cochlear implants or pacemakers).
- List of medications and information on where they are stored.
- List of any communication or mobility issues (e.g. deaf, non-verbal, frail, assistive technology and equipment).
- List of daily care plan (e.g. medication times, showering, feeding, toileting, activities such as favourite TV show or game).
- Important info about home of person e.g. where house keys are, heating, pets, fuse box, location of medication.

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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**

If you and the person you care for have a My Health Record make sure it is up to date, including the addition of any Advance Care Plan and Power of Attorney.

Source:

[www.carersaustralia.com.au/coronavirus-information/caring-advice](http://www.carersaustralia.com.au/coronavirus-information/caring-advice)



**WE WANT TO HEAR FROM YOU!**  
What does Sandybeach Centre do to enhance your wellbeing as a carer?  
What more could we be doing to enhance your wellbeing?  
[armchairtravel@sandybeach.org.au](mailto:armchairtravel@sandybeach.org.au)  
PH: 9598 2155



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