

REACHING OUT

Keeping our Community Connected - Edition 4



FEEL GOOD NEWS...

Scone recipe sends 92-year-old baker viral

For Muriel Halsted, being part of the world of social media isn't something she's ever given much thought to, but to date 4.6 -million people have viewed a simple 'how-to' video of her baking scones



But it's Mrs. Halsted's time spent in the kitchen that's led her, and her scone recipe, to reach every corner of the globe.

"I hadn't really realised the video had so many views but I have had phone calls from people I hadn't heard of in years, I think they thought I was dead," Mrs. Halsted said.

Since the video was first shared earlier this month, Mrs. Halsted's phone has been ringing non-stop as viewers ask for tips on how to perfectly replicate her recipe.

"I was asked was it a problem that they didn't have a bone-handled knife or was it because I measured the flour out of a little flowery Dalton cup?" she laughed.

While cooking is a labour of love for many, Mrs. Halsted said her passion and skills had actually stemmed from keeping her seven children fed and happy.

Mrs. Halsted has been involved with the CWA for more than 70 years and it has helped her through many challenging times. "CWA has been my thing. It got me through rearing children in the outback and taught me to make scones," she said.

"I've told the kids that I don't want flowers on my coffin, I'll have scones and that will make me feel more comfortable," she said.

...Find Muriel's recipe on page 8!

HAPPY SNAP OF THE WEEK



When you're not using the car....

IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1300 22 4636

LIFELINE - 13 11 14

EMERGENCY SERVICES - 000

SANDYBEACH CENTRE - 9598 2155

JOKES OF THE WEEK

A sign on the lawn at a drug rehab center said: 'Keep off the Grass'.



Two hydrogen atoms meet. One says, 'I've lost my electron.' The other says 'Are you sure?' The first replies, 'Yes, I'm positive'

KEEP MOVING WITH ANGEL

BALANCE, CORE AND HIP FLEXIONS

Seated version

- Come forward seated on the chair.
- Extend the right leg, elevated toes pointing upward.
- Extend the arms out either side of the body. The arms are to be in line with the shoulders (see picture).
- Engage the core and bring the upper body forward.
- Do not drop the head towards the floor, keep the head, neck and spine to hold in a neutral position (see picture).
- Hold the pose count to 10 and release, repeat on the other leg.
- Do 2 sets of 10 repetitions each leg.



Standing version of the same exercise

- Bring upper body over and keep looking down to the floor, extend and elevate the right leg out behind, toes pointing to the floor.
- Hold the pose count to 10 release and repeat on the other leg.
- Do 2 sets of 10 repetitions each leg.



Note:

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

Banana Bread

Ingredients

- 5 tablespoons unsalted butter or coconut oil
- 1/2 cup honey or pure maple syrup
- 1 & 3/4 cup mashed ripe banana
- 2 eggs
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 2 cups white whole wheat flour (250 grams), or regular flour



Instructions

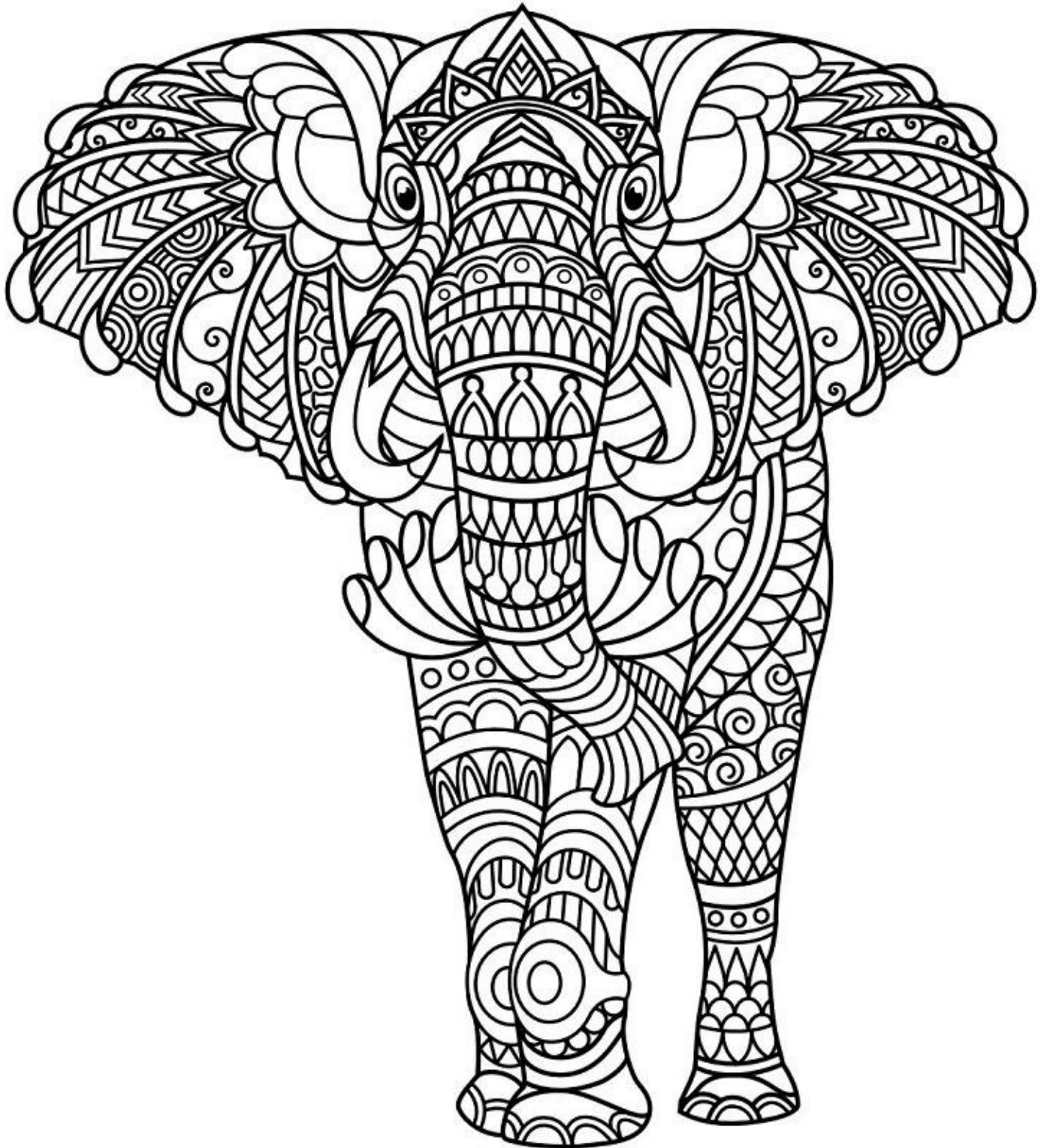
1. Preheat oven to 180°C/160°C fan forced, line loaf pan with baking paper
2. Melt the butter in a pot on the stove and transfer to a large mixing bowl
3. Add honey and mashed banana to bowl to combine and whisk in eggs
4. Add baking soda, salt, cinnamon and vanilla to bowl and whisk until combined
5. Add flour and mix with spatula until just combined - do not over-mix
6. Transfer batter to prepared baking pan. Bake for 55 to 65 minutes until a toothpick inserted into the centre of the loaf comes out clean. Check the banana bread after 35 minutes and loosely cover with foil to prevent top from burning
7. Let the bread cool in the pan for 10 minutes then transfer to a wire rack to cool

How Exercise can help during the Coronavirus

- Exercise releases chemicals in your brain, like serotonin and endorphins, which are great for your mood and makes you feel like you've achieved something
- It can lead to better sleep and give you more energy
- Physical movements can help ease tightness in your shoulders and neck
- Regular exercise can help reduce your risk of serious health issues, like type 2 diabetes, heart disease, stroke and you feel like eating a healthier diet
- regular physical activity is great for your immune system.



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



GETTING TO KNOW YOU

Name: Juliet Collins **Place of Birth:** Glasgow, Scotland

Family: I have a 17 year old son, James (pictured in the photo with me) and a 16 year old daughter, Jazzmine. I am also a foster carer (so have extra kids around from time to time).



Connection to Sandybeach: I am the REACH Coordinator and a tutor for Art for All. I work part time here at Sandybeach and part time as a self-employed artist

How long have you been part of the Sandybeach Community?

I first came to Sandybeach around 18 months ago to fill in for the Artbeat tutor at the time – Jenny Jessop. Jenny and I met at our shared studio space – Le Studio Artspace in Mordialloc.



Tell us a bit more about your art:

I work in textiles, making embroidered artworks that are developed from my drawings (some samples pictured here). I usually sell my work at art markets, online, through galleries and shops in Melbourne.

What do you like to do in your spare time?:

I like to spend time in the city, visiting art galleries and exploring Melbourne. I love sketching in the city and enjoy the vibrant atmosphere of the city's laneways and fabulous food culture! I also love spending time in nature, bushwalking.

Tell us a bit about growing up in Scotland: I was born in Glasgow, spent my teen years in a Highland town called Fort William and went to Art School in Edinburgh.

What brought you to Australia?: I moved here for work in 1999. It was only meant to be for 2 years but I loved it so much I'm still here!

How are you taking advantage of the extra time at home?

I am enjoying spending more time with my children. I am developing new artworks and taking time to grow the online side of my art business and I'm taking the time to connect with my friends and family around the world via zoom.

Tell us something interesting we may not know about you

Before coming to Australia I lived in New York for a couple of years. While there, I worked as a volunteer in the Metropolitan Museum of Art which is one of the world's largest art collections. The best thing about that role was that I was able to access the museum and take visitors in on a Monday when the museum at that time was closed to the public. As the Met is the 4th most visited art museum in the world it was such a unique treat to be able to view the collection without all the crowds & queues.

PUZZLES & MORE..



RIDDLE: Mary has four daughters, and each of her daughters has a brother. How many children does Mary have?

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: U.S. STATES

1 I MEAN

--	--	--	--	--

2 SENSE TEEN

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

3 CUT CENT COIN

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

4 MADLY RAN

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

5 HAM ICING

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

2. THEME: CHEMICAL ELEMENTS

1 IN COILS

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

2 GROAN

--	--	--	--	--

3 DALE

--	--	--	--

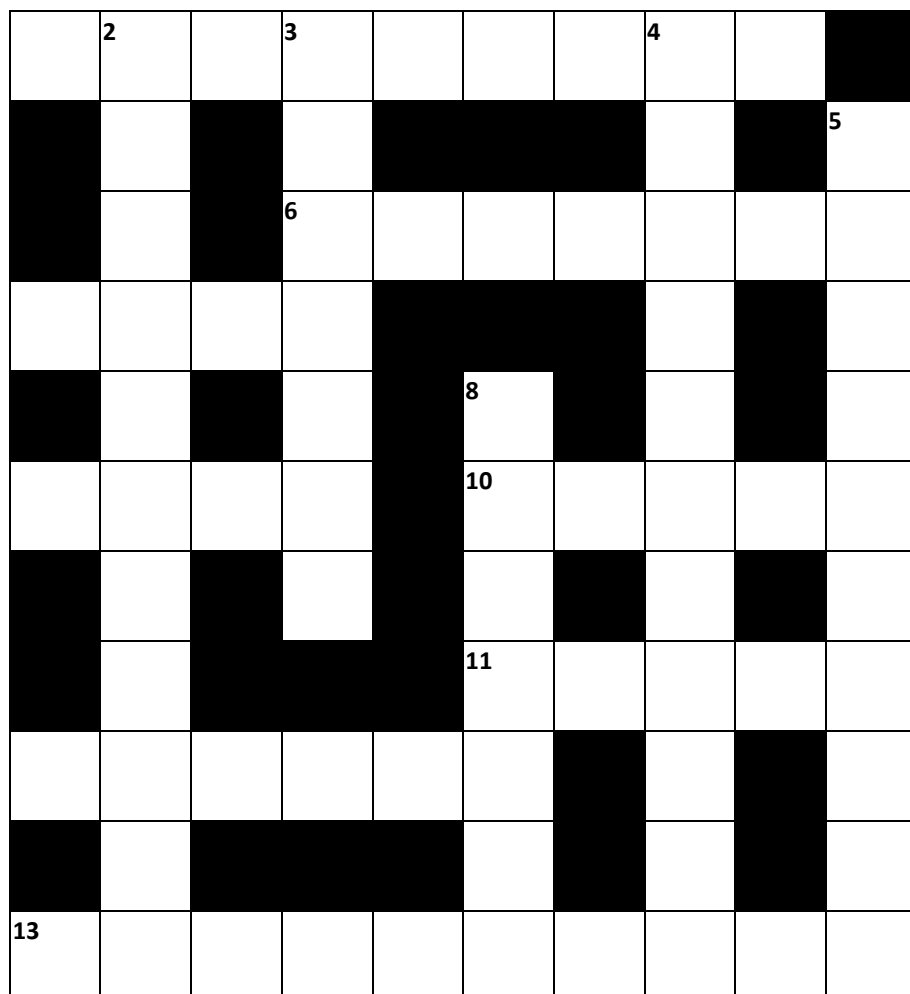
4 LIMP TUNA

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

5 TAUT MINI

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

WEEKLY CROSSWORD



Across

1. Paddington and Pooh (5-5)
6. To the same degree (7)
7. Tin or lead (5)
9. Anxious (5)
10. Geological time unit (5)
11. Bygone (days) (5)
12. Medieval soldiers (7)
13. Embarks on (10)

Down

1. Drawing pins (10)
2. Last stop (11)
3. Gave way (7)
4. Slat-lidden bureau (4-3, 4)
5. Orchestral compositions (10)
8. Down payment (7)

SPOT WORDS - THEME: THE BEACH.

You'll spot several consecutive letters in each sentence which spell out a word relating to the theme. The number of letters for each word is shown by the number of spaces next to each of the sentences. The letters with a circle around them will spell out the mystery answer

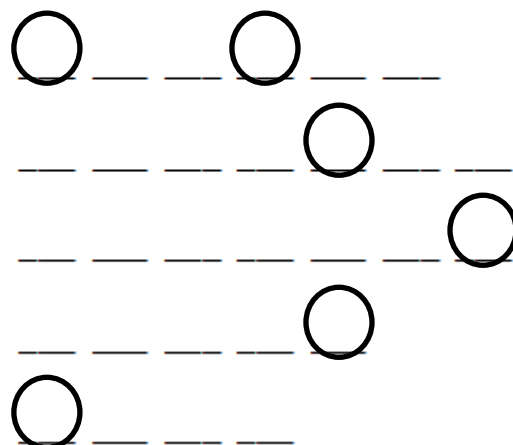
The bosun hated swabbing the deck

With immense awe, Eddie watched the circus act

Neither Chris nor Kelly were available to work

I don't owe Lisa anything

This book lists all previous Wimbledon champions



RECIPE OF THE WEEK

Muriel Halstead's perfect scones
(see story page 1)

Ingredients

- 5 cups self raising flour
- 300 ml cold cream
- 300 ml lemonade



Method

- Before you start, set your oven to 220 degrees.
- Measure out five cups of self-raising flour, then sift three times
- Add a pinch of salt as you sift the flour.
- Fold in 300ml of cold cream with a knife.
- Add 300ml of lemonade.
- Keep folding the mixture together until the flour is all mixed in and the mixture comes together.
- Put onto a floured board, cut into desired sizes and brush with milk.
- Pop them into the oven for ten minutes or until golden brown, turning the tray once during cooking.
- Enjoy with butter, jam, cream, or whatever you like!

Muriel's Tip: "You don't have to have a bone-handled knife, but don't ever stir them with a spoon and don't over handle the mixture."

Key: t = teaspoon T = Tablespoon

OUR AMAZING WORLD

The Northern Lights have been described as a 'celestial ballet of light dancing across the night sky.' Many have made the pilgrimage to Norway and the like, to sit beneath the Arctic sky in hopeful wonder. But few realise its southern equal, the Aurora Australis, can be seen from Tasmania



KEEPING BUSY...

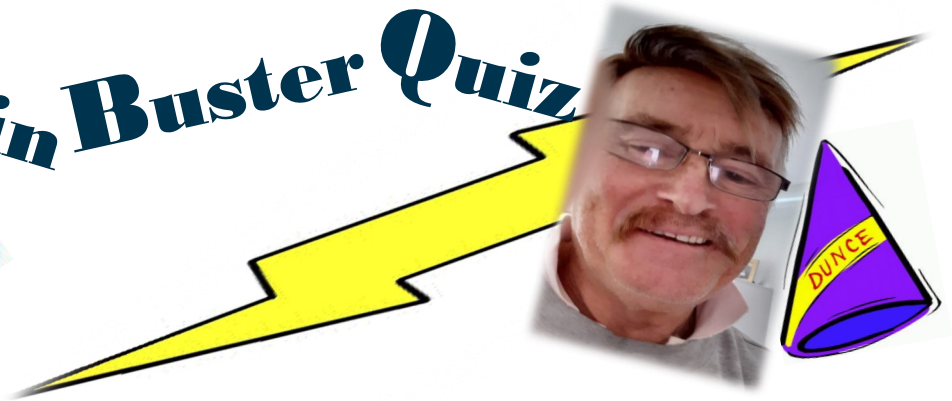
Venture into the garden and bring some of that lovely autumn colour into the house - why not mix it up with some berries, fruits (ripe or unripe),



sticks, grasses or whatever takes your fancy!

Send us your photos and we'll feature them in a future edition!

Bill's Brain Buster Quiz



- Q 1** Unable to swim in the 1940 Olympic Games because of the outbreak of WW2, she starred as a film actress in over 30 movies - Name this swimming star ?
- Q 2** By what name is the very first day of Lent known ?
- Q 3** Peter Sullivan would know this answer: What musical instrument did Hoagy Carmichael (*pictured*) play ?
- Q 4** Which country launched Sputnik - the first-ever satellite ?
- Q 5** Name the American animated TV sitcom of the 60's where we meet George, his boy Elroy, daughter Judy, Jane his wife and his boss Mr Spacely ?
- Q 6** Frank Sinatra's "Rat Pack" featured its most famous line up of Sinatra himself, Sammy Davis Jr, Joey Bishop, Peter Lawford and who ?
- Q 7** Madame de Pompadour was the mistress of which French king (*think XVI*) ?
- Q 8** Queen Elizabeth and Prince Phillip have four children - a daughter named Anne and three sons ... Name their three boys in order of birth ?
- Q 9** Rick said to Ilsa "*I remember it well, the Nazi's wore grey and you wore blue*", so who played the roles of Rick and Ilsa and name that 1942 classic movie ?
- Q 10** The 1940 movie "*The Philadelphia Story*" was remade into a movie musical starring Bing Crosby and Grace Kelly - What's the name of the 1956 remake ?
- Q 11** Seven men married seven women and they each had 6 children of which half were girls. How many males in total were there in all those families ?



- Q 12** Who confessed to cutting down his father's cherry tree ?
- Q 13** Every Saturday night at the same time from 1959 to late 1962 Johnny O'Keefe (*pictured*) sang ... "*Everybody knows just what to do, just tune your set to Channel 2*" ... to watch what ?
- Q 14** Name the gifted playwright, novelist and poet who was born in Ireland in 1854 whose literary achievements include "*The Importance of Being Earnest*" ?
- Q 15** Name him ... the lover of Lady Emma Hamilton and one of Britain's greatest naval commanders who defeated Napoleon's navy at the battle of Trafalgar ?
- Q 16** Who said "*When I'm good I'm very good and when I'm bad I'm even better*" ?

See back page for answers

EXPERIENCING JAPAN 2017 - by Armchair Travel presenter Jocelyn Wood

For 7 bushwalking friends it was our first time in Japan so we had to try and see it all! Months were spent in the planning & we each took responsibility for a certain area – this meant finding accommodation, organising train travel and allocating our time to fit into our month long stay.

We flew into Sapporo, Hokkaido in early May in time to see the blossoms, then headed south, did the Alpine Crossing, cycled the Shimanami across the Inland Sea of Japan, were given paper cranes in Hiroshima, saw Mt Fuji and so much more - but I'd like to take you to 2 of several places I

may not have seen if one of our group hadn't been a sculptor.



We were staying in Hakone & visited the Hakone Open Air Museum – this was opened in 1969. Its collections of artworks include Picasso and Henry Moore. About 120 sculptures are on permanent display across the huge park and it has 5 indoor exhibitions. We spent 3-4 hours and still didn't see it all.

The other was Naoshima or the Art Island. We stayed the night at Uno Port Inn on the mainland and it was a short ferry ride from there. This all took some organising because there were several train changes involved in getting there – they worked perfectly which was a relief because I was responsible!!

Yayoi Kusama's iconic Pumpkin sculpture stands where we got off the ferry. Travelling round by hop on hop off bus we went to Chichu Art Museum which is built into the hillside & has paintings from Monet's Water Lilies. There are many modern sculptures dotted round the island but 2 that impressed me were 'Drink a Cup of Tea' by Kazuo Katase and 'Seen/Unseen Known/Unknown' by Walter de Maria 2000.

The Japanese people were without exception helpful making it a great holiday.

Thanks to Jocelyn for sharing this travel memory





SHOWBIZ with Andrea



Who's on Stage Today ?

The Ga Ga Girls

Sonja and Leanne have been performing together for about 18 months, currently featuring at various venues as well as providing backing vocals for Andrea Lees and others well known to our audiences. They are regulars at "Music Alive" and hope to continue that friendship for many years to come.



Sonja and Leanne

Q. Tell us two of your favourite songs

Sonja: I'm a big John Farnham fan and love his version of "Help", and Skyhooks "Living In The Seventies" gets the toes tapping and is just pure fun.

Leanne: Two songs that remind me of my teen years driving down to the surf are Max Merritt's "Slippin' Away" and "Wind Of Change" by Scorpions.

Q. Who are your two favourite bands ?

Sonja: Those Aussie great groups ... Skyhooks and The Little River Band.

Leanne: Take me back to the 70's with Pink Floyd and Dire Straits - love 'em.

Q. What is something we don't know about you ?

Sonja: When I was six years old my mother entered my sister and me in a talent quest where we sang "Morningtoun Ride" and ... we won !!

Leanne: Call it the psychic in me, but I used to read tarot cards.

Q. Tell us something more about yourself

Leanne: I love eating and cooking (especially vegan food).

Sonja: I hate cooking but love eating (anything except tripe)

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

Both: We just love being there with those beautiful people that we've come to know so well. We particularly love the helpful and supportive staff - Andrea and Bill, John and Angel and the others who make our performances so much easier.



*Hi everyone, Andrea and Peter just saying hi and letting you know how much we miss you all and that you are always in our hearts and prayers.
As the song goes ... "We love you ... we honestly love you"*



FELICITY - A SHORT STORY BY SABRINA BLOM



She scrabbled about on the ground, a small woman with white hair. The contents of her bag lay strewn over the pavement. She gathered up a red purse and her glasses case, an old mobile phone, then a library book, two keys on a ring, a pair of sharp-pointed scissors, and a thin volume of *Australian Fungi Illustrated*. When she had stuffed everything else back into the bag, she wiped *Fungi* off on her skirt and opened it. After checking to see whether some pressed leaves were still in place, she closed the book and put that away too.

‘Damn,’ she said, as blood coagulated in the knees of her tights. ‘I should have remembered that rise in the pavement.’

A girl in school uniform pedalled to a slow stop beside her. ‘Are you okay, Mrs Rose?’

‘Olivia, thank you, I’m quite alright now. I was in much too much of a hurry and tripped over.’ She smiled at the girl.

‘Oh, that’s good. You know that herbal tea you gave Mum? She said it’s really helped her stomach pain and she’s a lot better now thanks. See you!’ Olivia waved and cycled off.

Three storeys above, a couple of women in painting overalls watched from a balcony.

‘She’s lucky she didn’t break a bone,’ one said.

Her companion exhaled smoke. ‘Yeah – I know her, that’s Felicity Rose. Used to live up our street and worked at the Botanic Gardens, in the Herbarium I think. Her husband died suddenly. He was a chain-smoker and he was in his garden shed sleeping off a hangover when it caught fire. It burned to the ground before the brigade could get there. The old fart used to try to chat me up... She had a couple of boyfriends after he died but she didn’t re-marry.’

‘That’s sad. Shoot me though, if I start wearing lime tights and a geranium in my hair!’

‘Yeah, she’s a bit eccentric, but kind. She’s retired now and hasn’t got any kids or grandkids. Just a big cat. She must be lonely.’

Below, Felicity adjusted her skirt and mauve cardigan, patted her hair, picked up her black bag – with the diamante cat on it – and continued on her journey.

‘Can’t wait to get home, grab a whisky, and get stuck into my book,’ she thought as she walked. ‘Love a brand-new forensic.’

Sabrina is a member of the Writing Proficiency group and a Sandybeach staff member.

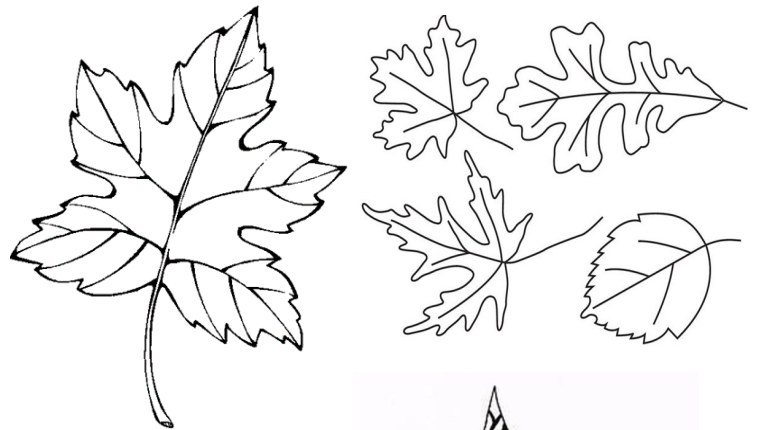
Art and craft ideas for all! *Get creative at home! We hope you will enjoy having a go at these activities!*

Autumn Zentangles!

Hope you all enjoyed last week's Zentangles. This time of year Autumn leaves put on their perennial show, delighting photographers and nature lovers alike with an explosion of colour. Why not try a leaf Zentangle!? Fill your leaf drawings with calming patterns and Autumn colours!

Make as simple or as complex as you like!

Here are some basic leaf shapes and ideas to get you started.....



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

READER CONTRIBUTIONS

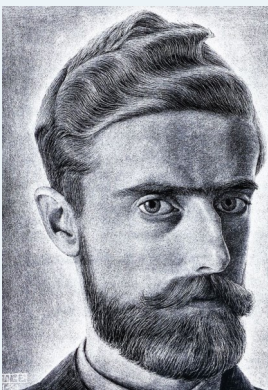
Each week, we will feature contributions from our readers. We would love to hear from you!! Here are some suggestions :

- 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 Kate Woodward who is in Monday's Artbeat group - Kate has taken inspiration from Tina's "Artbeat with Tina" page from week 2 and created this Escher * tessellation but with fabric - love the skill and the imagination Kate!

** Maurits Cornelis Escher was a Dutch graphic artist who made mathematically inspired woodcuts, lithographs, and mezzotints. Despite wide popular interest, Escher was for long somewhat neglected in the art world, even in his native Netherlands. He was 70 before a retrospective exhibition was held*



WHERE ARE THEY NOW?

Tony Bennett

Bennett began his career as a crooner of pop tunes. His first big hit was "Because of You"



Bennett staged a comeback in the late 1980s and 1990s, putting out gold record albums again and expanding his reach to the MTV generation while keeping his musical style intact. Over the course of his career, Bennett has sold over 50 million records worldwide.

He has financially prospered; by 1999, his assets were worth \$15 to 20 million. He has stated no intention to retire, saying in reference to masters such as Pablo Picasso and Fred Astaire: "right up to the day they died, they were performing. If you are creative, you get busier as you get older." Bennett frequently donates his time to charitable causes, to the extent that he is sometimes nicknamed "Tony Benefit"

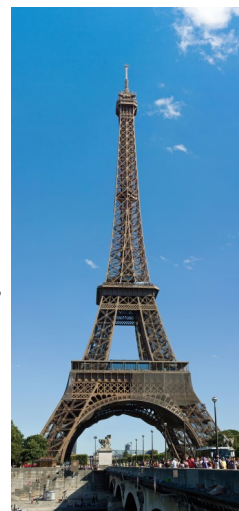
On August 19, 2016, shortly after his 90th birthday, Bennett was honored by the unveiling of an 8-foot tall statue in his likeness in front of the Fairmont Hotel in San Francisco. Bennett was serenaded by a young-adult choir singing "I Left My Heart in San Francisco". He had first sung the song at the hotel in 1961. He has also had success as a painter, done under his



real name of Anthony Benedetto and has exhibited his work in numerous galleries around the world.

'DID YOU KNOW?' RAPID FIRE!

- Under extreme high pressure, diamonds can be made from peanut butter.
- Human DNA is 50% similar to the DNA of a banana.
- Earthworms have five hearts.
- The hummingbird is the only bird that can fly backward.
- The Eiffel Tower's height varies by up to six inches with the temperature.
- The Canary Islands are named after dogs, not birds.
- North Korea and Cuba are the only places you can't buy Coca-Cola.
- Nicaragua and Dominica are the only 2 countries to use purple on their flags.
- All giant pandas in zoos around the world are on loan from China.
- The first oranges weren't orange, they were green (when ripe!)
- Samsung tests phone durability with a butt shaped robot that "sits" on them.



Contributed by Nick Turner

QUIZ AND PUZZLES ANSWERS

RIDDLE

Answer: Five—each daughter has the same brother

COMMON THREAD 1 - (EXTRA WORD MISSOURI)

- 1 M A I N E
- 2 T E N N E S S E E
- 3 C O N N E C T I C U T
- 4 M A R Y L A N D
- 5 M I C H I G A N

COMMON THREAD 2 - (EXTRA WORD - SODIUM)

- 1 S I L I C O N
- 2 A R G O N
- 3 L E A D
- 4 P L A T I N U M
- 5 T I T A N I U M

CROSSWORD SOLUTION

Across

1. Teddy Bears
6. Equally
7. Metal
9. Tense
10. Epoch
11. Olden
12. Knights
13. Undertakes

Down

1. Thumbtacks
2. Destination
3. Yielded
4. Roll-top desk
5. Symphonies
8. Deposit



SPOT WORDS -

...bosun hated..

ⓈⓊⓃⓗⓐⓉ

...immense awe Eddie...

ⓈⓔⓐⓌⓔⓔⓓ

...Chris nor Kelly

ⓈⓃⓐⓇⓀⓔⓁ

...don't owe Lisa...

ⓉⓐⓌⓔⓁ

...previous Wimbledon...

ⓈⓌⓂ

Hidden Word - SHELLS

ANSWERS TO THE BRAIN BUSTER QUIZ

- Q1: Ester Williams. Q2: Ash Wednesday. Q3: Piano. Q4: USSR (Russia).
 Q5: The Jetsons. Q6: Dean Martin. Q7: Louis XVI Q8: Charles, Andrew and Edward.
 Q9: Humphrey Bogart and Ingrid Bergman in "Casablanca". Q10: High Society.
 Q11: Twenty Eight. Q12: George Washington. Q13: Six O'Clock Rock.
 Q14: Oscar Wilde. Q15: Lord Horatio Nelson. Q16: Mae West.