

REACHING OUT

Keeping our Community Connected - Edition 43



A BREAKTHROUGH BRINGS HOPE FOR THE GREAT BARRIER REEF

Scientists in Australia have achieved the first ever offseason coral spawning in the history of coral breeding and restoration sciences.

The breakthrough dramatically expands the capacity to grow corals in captivity to use to restore the Great Barrier Reef, since it allows scientists to spawn coral 50% more often than in nature. Out on the Great Barrier Reef, coral spawning happens only twice a year, between October and December. At the Australian Institute of Marine Sciences (AIMS), coral colonies are kept in captivity with the goal of transplanting them to the reef.

The National Sea Simulator, or SeaSim, gives AIMS researchers and their collaborators the edge in delivering world leading coral reef science. Using SeaSim's large seawater tanks, scientists can research the impact of complex environmental changes on corals and other tropical marine organisms with large, long term experiments. The facility allows researchers to manipulate key environmental factors, including light, temperature, acidity, carbon dioxide, salinity, sediments and contaminants. At the Institute's Townsville lab, coral have now reproduced in the middle of winter, thanks to artificial moonlight and controlled temperatures which convinced the 43 lab corals that the time was right, despite being 6 months ahead of schedule.



In 2021, the Australian Government announced a \$36.3 million SeaSim expansion, increasing the capacity of the large tank systems five-fold.

“We’re going to have a lot of opportunities to advance coral reproductive biology,” said senior aquarist Lonidas Koukoumaftsis. “Normally we can only explore this once a year in the summer period. At the moment we only have about two times a year we can generate these juvenile corals and then plant them on the reef. In the future, we hope we can increase that ability to restore the reef.”

A REMINDER ABOUT DATES:

Last day of Term 1, 2023

Thursday 6 April

First day of Term 2, 2023

Monday 17 April

KEEP MOVING WITH ANGEL

3 SIMPLE BALANCE EXERCISES TO PRACTICE DAILY

Having good balance helps prevent injuries. Older individuals are especially at risk for accidents involving slips and falls, so it's necessary to keep well trained as you get older. Research has shown the significant role that balance exercises play in an older person's quality of life. The following exercises help you balance better. Take your time as you start them, and be sure you have something nearby to grab onto in case you lose your balance while doing the exercise. Remember to stop if you feel pain.



Single Leg Balance

This is a simple exercise for improving balance. You should do this while holding onto a chair if you're just starting out.

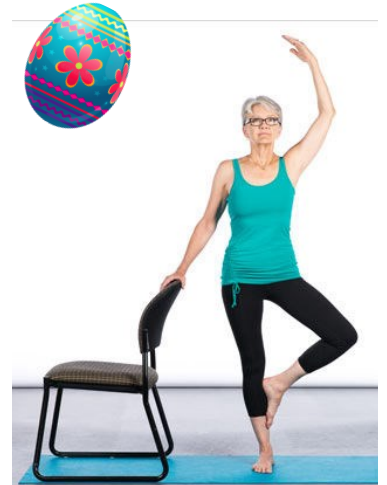
- Stand with your feet shoulder width apart.
 - Extend your arms out to the sides (or just one arm while holding a chair with the other) and slowly lift your right foot up off the floor.
 - Hold that position for 30 seconds, and relax.
- Repeat this exercise for both legs at least three times.



Tree Pose

Follow up your single leg balance with the tree pose, an excellent and easy exercise for balance. Keep a chair handy while you do it.

- Stand with your feet shoulder width apart, holding one hand to your chest and the other on a chair. You can also rest both hands to your chest if you feel comfortable doing so.
 - Now raise your right leg straight up, turning your foot inward as you do. Gently rest the sole of your right foot against the side of your left lower leg.
 - Hold this position for at least 30 seconds, or longer if you can.
- Do the same on the other leg and repeat this exercise three times.

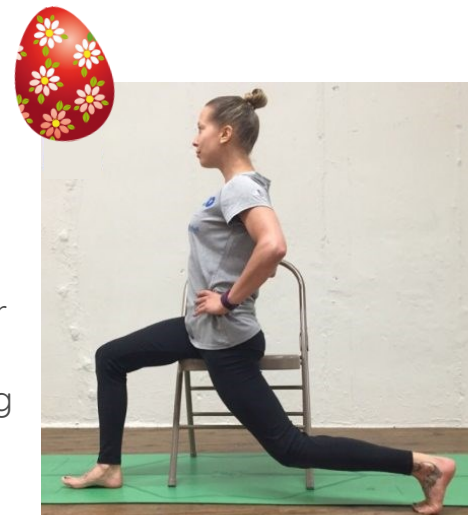


Lunges

When you lose your balance while walking, you usually take a step forward or back to regain it. Lunges help you keep this ability strong.

- Begin standing straight with your hands on your hips or holding a chair for support.
- Now step your right foot forward, bending at the knee. Lower yourself until your right thigh is parallel with the floor below.
- Breathe, hold for 30 seconds, and slowly return to the starting position. Repeat for the left leg.

Do this for each leg about five to 10 times.



LET'S STAY HEALTHY WITH ELANA

Anzac Biscuits

Ingredients

- 1 cup of plain flour
- 3 cups of rolled oats
- 1 cup of brown sugar
- 1/2 a cup of coconut
- 125 grams of butter
- 2 tablespoons of golden syrup
- 1 tablespoon of water
- 1/2 tablespoon of bicarbonate of soda

Method

1. Preheat oven to 175°C fan forced.
2. Sift the flour into a bowl. Add the sugar, rolled oats and coconut. Melt the butter in a saucepan, then add golden syrup and water.
3. Stir the bicarbonate of soda into the liquid mixture. Add the liquid to the dry ingredients and mix thoroughly. Roll mixture into walnut sized balls and place on a greased tray and bake for 15 -20 minutes. Place biscuits on a rack to cool. Enjoy!

Return to Exercise

1. **Progress Slowly** - it is best to gradually return to exercise so you don't overdo things or injure yourself. Begin with basic exercise around the house such as seated exercises while holding a can in each hand. Maintain good posture and form at all times. Try a short walk around the block, then increase the distance only when you are ready. Time how long it takes to walk around the block and improve from there.
2. **Reduce the time you spend sitting** - long periods of sitting significantly reduces muscle activity. Try stretching exercises using the wall or step ups using your stairs.
3. **Try new ways to exercise** - repetition of the same exercise is not only boring but can cause injury from overuse. Try setting up a circuit at home with one station for running on the spot, another for strengthening with handweights, another with step ups and another with stretching exercises on a mat on the floor. You could try this circuit once and build up to repeating 2 or 3 times.
4. **Work on the Small Improvements** - develop a healthy balance of cardiovascular, strength and resistance training as well as core stability work which will improve your musculoskeletal health as well as helping your overall health whilst preventing injury. Celebrate improvements in your fitness regardless of how small as this will help you to become healthier.



Destination Italy

by Mary Gates

My last Armchair Travel story talked of the month we spent in August/September 2022 visiting family in the UK and completing a road trip in Ireland. We flew from Dublin to Munich and from there we took a five hour scenic train journey through the Alps to Bolzano in northern Italy near the Austrian border.

The Brenner Pass runs through the Alps between Austria and Italy

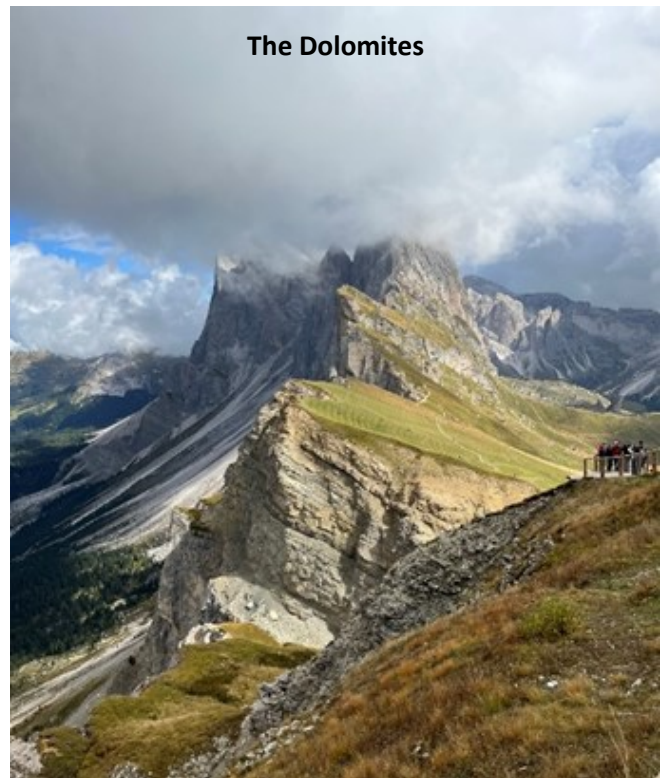


Bolzano has a quaint mix of Italian and Austrian architecture with many inhabitants speaking both German and Italian. We stayed in a charming hotel facing the old town square. Our reason for visiting Bolzano was two-fold – to see the preserved body of Otzi the Iceman and to scale the nearby Dolomite mountains.

Otzi is a well preserved natural mummy of a man from about 3300 BC (53 centuries ago). He is the world's oldest natural human mummy, a wet mummy, as opposed to mummies preserved by dry conditions in a desert environment. The body is held in a climate controlled chamber within the South Tyrol Museum of Archaeology at a temperature of -6 Celsius and 98% humidity, replicating glacier conditions in which it was found. It was fascinating to see and learn about the life Otzi lived in the truly challenging glacial terrain.

We spent two days exploring the Dolomite Mountains. Access into the mountains was via cable car which gave us breathtaking views across the valleys and towns below. Initially our view at the top was obscured by a thick mist and cloud but eventually the sun broke through and revealed the majestic Dolomites. In winter the mountains become a playground for skiers. On day two took a three hour hike between the villages that hugged the mountain sides.

The Dolomites



(Continued on page 5)

Mary and Anna St Mark's Square



(Continued from page 4)



Our next stop was Venice which again we journeyed to via train. Trains in Italy are comfortable, fast and reasonably priced. Venezia Santa Lucia Railway Station is Venice's central train station which connects Venice with other principle Italian cities. It was a hive of activity. On arrival we took a commuter ferry along the Grand Canal to our apartment with picturesque views of the busy waterway in Castello. Castello covers a large vibrant area, with one section bordering St. Mark's Square. The neighbourhood of Castello is laid-back, with casual bars where locals stop in for a glass of wine. Shops and eateries catering to all budgets line the buzzing Via Garibaldi.

On day two in Venice my youngest daughter Anna and her partner arrived following a sailing holiday along the Amalfi Coast. We had great fun together exploring the small cobbled laneways and endless maze of canals. There are, in fact, 150 canals running through Venice, which makes the city a collection of tiny islands connected by bridges and walkways. Our four days in Venice were filled with sightseeing; Piazza San Marco, St. Mark's Basilica, the Campanile bell tower, the much-photographed Rialto Bridge and some of the many renaissance and gothic palaces.

I was sad to say goodbye to Venice. It is such a beautiful and uniquely romantic city. Our next stop was the fashion capital, Milan.



WHAT'S NEW AT SANDYBEACH?



REACH

➤ Seniors Health Support Group

Our new program is focused on mental health and wellbeing. You will learn new skills to sustain a balanced and healthy lifestyle in a welcoming and friendly environment.

This session connects with our popular and long running Strength Training Program to provide seniors with the opportunity to enhance both their physical and mental wellbeing while fostering deeper connections and building new friendships.

Through discussion, reflection, fun and educational activities the group will explore a broad range of topics. Refreshments provided.

Thursday:
12.45pm - 2pm

➤ Introduction to Watercolours

REACH

This class is aimed at beginners keen to begin their watercolour journey. This class is conducted in a masterclass fashion, with students painting the same piece as the tutor in the studio on the day.

Monday:
11am - 1pm

➤ Intergenerational (P A D S I P) Program

REACH

After the success of our pilot program in 2022, we will be back soon with another exciting 6-8 week program bringing the generations together for connection, fun and friendship.

Please let us know if you are interested in taking part or would like more information.

DAY - To be advised
TIME - To be advised

**To book or for more information on any of the above programs,
please contact Sandybeach Reception on (03) 9598 2155**



RIDDLES AND PUZZLES

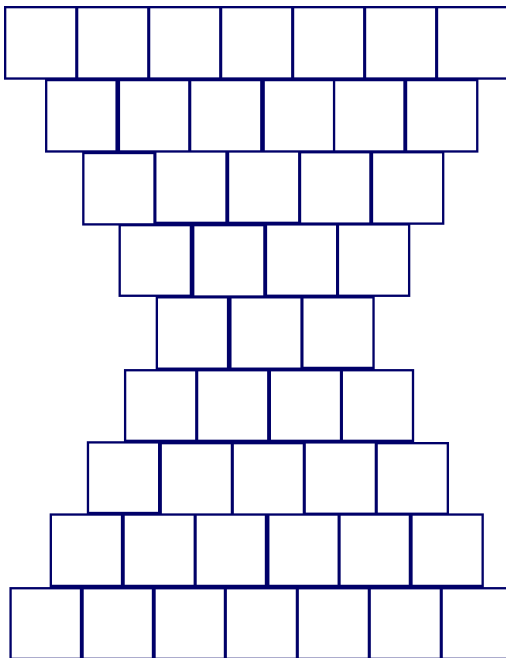
RIDDLE: What five letter word becomes shorter when you add two letters to it?



HOW MANY EASTER EGGS CAN YOU FIND IN THIS NEWSLETTER?

SWITCH: Change one letter in each word to find five new words related to a single theme.

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



More than a few

Opposed to

Wild parties

Flower jug

Ocean

Green legumes

Room to move

Scratch, rake

Floor coverings

P	E	L	M	E	T

C	H	O	P

V	E	I	N

B	R	I	D	G	E

W	A	D	D	L	E

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

THEME: GIRLS NAMES

1. HAS A TAN

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

2. A MAPLE

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

3. A SHAM TAN

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

4. LEAD LINE

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

5. HAZEL BITE

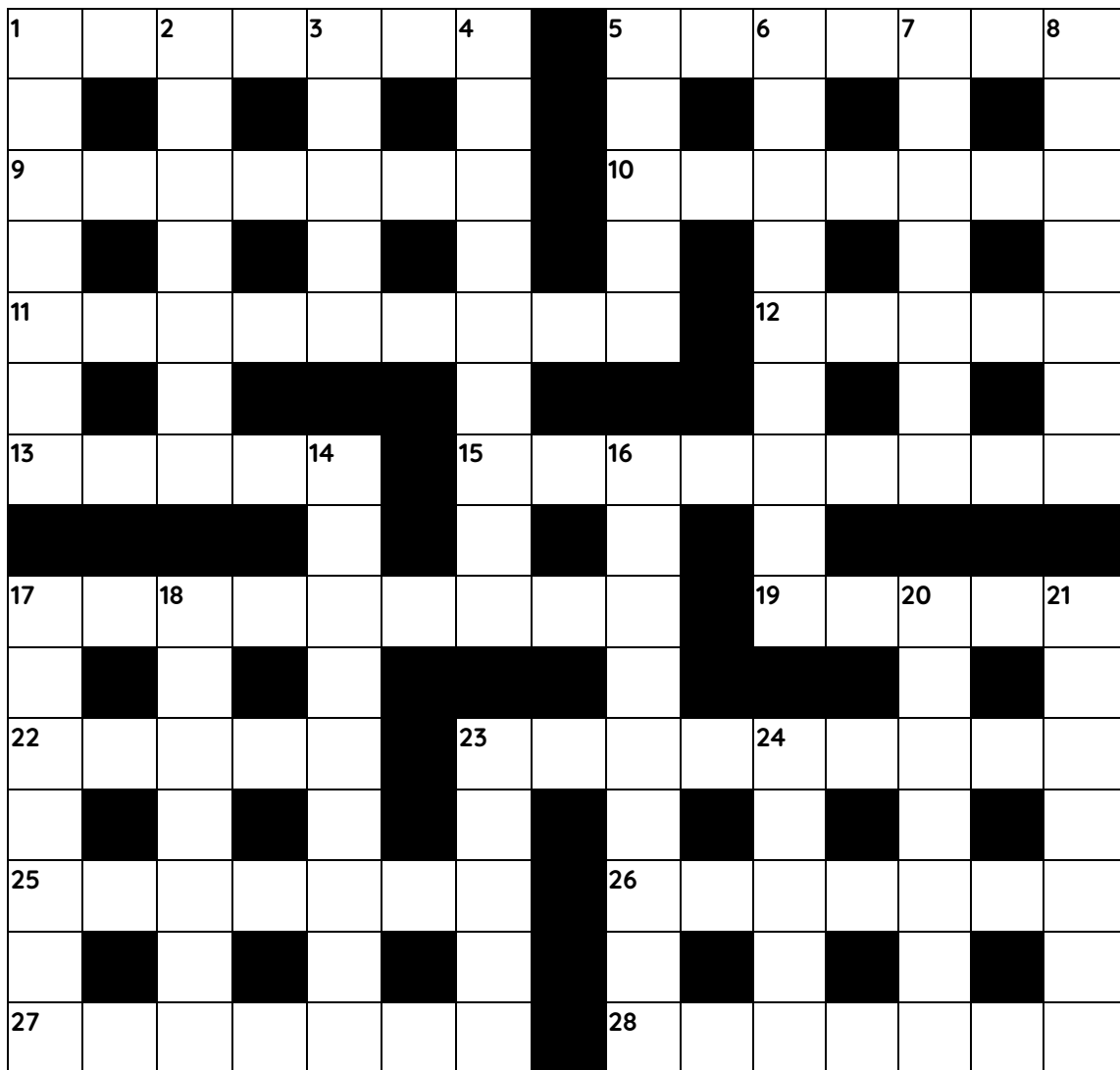
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1	A	P	T	U	E
2	M	H	U	D	I
3	M	Y	E	R	E
4	C	R	Y	E	M
5	E	V	A	S	E

1					
2					
3					
4					
5					

BIG CROSSWORD!



Across

- 1 Friends. Pals (7)
- 5 Hard protective coating eg for wood (7)
- 9 Retaining (7)
- 10 Daily records (7)
- 11 Forceful statement or claim (9)
- 12 Clan (5)
- 13 Helped (5)
- 15 Less than ideal, flawed (9)
- 17 Happened at that same time (9)
- 19 Hang loosely (5)
- 22 Highly praise (5)
- 23 Single (9)
- 25 To reveal - "he ?? the beans" (7)
- 26 Circus equipment (7)
- 27 A state of being away from a place (7)
- 28 Lives (7)



Down

- 1 Turkish pastry with honey and nuts (7)
- 2 Clothed (7)
- 3 Chillier, colder (5)
- 4 Meant, indicated (9)
- 5 Heavily loaded or weighed down (5)
- 6 Hired transport (9)
- 7 Use (7)
- 8 Have high regard for (7)
- 14 10 sport track and field event (9)
- 16 Step counter (9)
- 17 Bill Clinton's daughter (7)
- 18 Sloping letters (7)
- 20 Liquorice flavouring (7)
- 21 Goes on and on (7)
- 23 A bit excessive, unwarranted (5)
- 24 Wanders (5)



C'MON AUSSIE, THE MUSICAL - by Peter Sullivan

It's great to have our very own Peter Sullivan on stage today talking about his new musical coming soon to Sandybeach. We have all been lucky enough to see Peter's previous production 'Cazaly - the Musical' about how the well known song 'Up there Cazaly' became a hit for Peter and Mike Brady performing as 'The Two Man Band'.



This next musical is the story of the amazing rise of 'Mo' and 'Jo' (Alan Morris and Allan Johnston) who formed 'MOJO' advertising agency. It tells of their association with World Series Cricket, Kerry Packer and the creation of an iconic Australian hit song 'C'mon Aussie C'mon'. Geoff 'Coxy' Cox as Kerry Packer opens



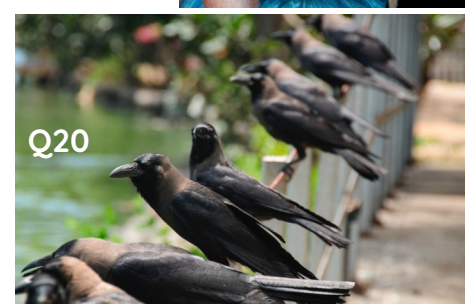
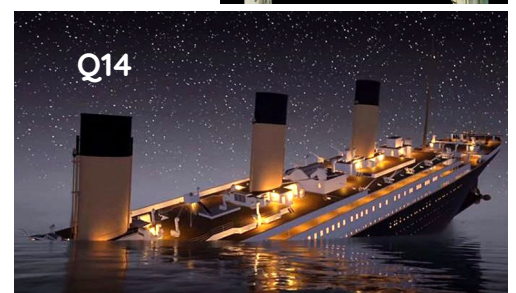
with his first song "I'm the rich goanna I've got money comin' outa ma pores, I'm so rich, money everywhere, I can't close my doors. And my wallet's so heavy, have to walk around the house on ma claws" Shannon Scott plays Bob Hawke brilliantly and Bob sings a song he wrote as a student at Oxford University which goes "Beer, beer, and more beer, oh how I love that foamy stuff, Beer beer and more, you have a glass but

that's not quite enough. One to make you happy, one to give cheer, so pop the top and have just a little bit of beer, beer beer!"

Gai Waterhouse is played by the talented Andrea Lees and John Singleton is played by Angus Burchall, (John Farnham Band) Russell Robertson plays Mike Walsh and he has some great guests on his show including Elton John, Dinah Lee, Peter Allen and Billy Field all performing their big hits. 'Mo', played by Sully is a surfer, musician, songwriter and lover....Pizza lover that is! Characters 'Hoges and Strop' are a big part of the play even though they just miss out on every scene. The show is a lot of fun as you will see when it premieres at Sandybeach soon! "See ya there."

TRICKY TRIVIA

1. Who, in 1903, was the first woman to win a Nobel Prize?
2. What year did the Berlin wall fall?
3. What is the more popular name for the portrait officially titled "La Gioconda," painted in 1503?
4. What element does the chemical symbol Au stand for?
5. What is the sign directly opposite Scorpio in the zodiac?
6. What is the first name of the main female protagonist in Zora Neale Hurston's classic novel *Their Eyes Were Watching God*?
7. The shooting of whom, in 1914, started World War I?
8. What is the smallest planet in our solar system?
9. What is the highest grossing Broadway show of all time?
10. What was the name of the possessed hotel in Steven King's movie *The Shining*?
11. What is the capital of India?
12. Which two states in the U.S. share the most borders with other states?
13. At a restaurant, you'll see deer meat on the menu under what name?
14. What is the name of the ship that rescued Titanic passengers hours after the ship went down?
15. What was the first book published by Jane Austen?
16. Which two countries have the longest shared international border?
17. What city hosted the 2014 Winter Olympics?
18. What is the longest running Broadway show?
19. What is the human body's largest organ?
20. What's the name for a group of crows?



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





Joyce comes from a sculpture background. She has been very busy making her 3D artefacts. Joyce is happy to share with us her latest head dress made from paper clay!



Peggy capturing so much emotion and movement in her works as always.

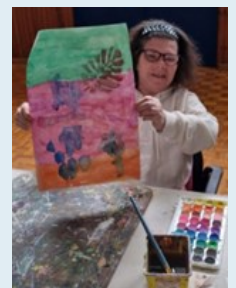
Kate exploring and enjoying the great effects that can be made with the use of the palette knife in her artwork.



Jill's intricate artwork using ink and various papers. A very delicate and timely process but what amazing results!

Having fun experimenting!

Artbeat continues to explore personal interests and learning about different techniques and processes in making art. Such an array of artistic talent and diversity in our group!. We love welcoming people from all different walks of life!



QUIZ AND PUZZLES ANSWERS

RIDDLE ANSWER :

Short

WORD CASTLE ANSWER

S	E	V	E	R	A	L
A	V	E	R	S	E	
R	A	V	E	S		
V	A	S	E			
S	E	A				
P	E	A	S			
S	P	A	C	E		
S	C	R	A	P	E	
C	A	R	P	E	T	S

SWITCH

SOLUTION:

The common theme is horse riding.

P	E	L	M	E	T
H	E	L	M	E	T

C	H	O	P
C	R	O	P

V	E	I	N
R	E	I	N

B	R	I	D	G	E
B	R	I	D	L	E

W	A	D	D	L	E
S	A	D	D	L	E

ANAGRAM SQUARE SOLUTION

T	A	U	P	E
H	U	M	I	D
E	M	E	R	Y
M	E	R	C	Y
E	A	V	E	S

CROSSWORD SOLUTION

Across

- 1 Buddies
- 5 Lacquer
- 9 Keeping
- 10 Diaries
- 11 Assertion
- 12 Tribe
- 13 Aided
- 15 Imperfect
- 17 Coincided
- 19 Drape
- 22 Exalt
- 23 Unmarried
- 25 Spilled
- 26 Trapeze
- 27 Absence
- 28 Resides

Down

- 1 Baklava
- 2 Dressed
- 3 Iclier
- 4 Signified
- 5 Laden
- 6 Chartered
- 7 Utilise
- 8 Respect
- 14 Decathlon
- 16 Pedometer
- 17 Chelsea
- 18 Italics
- 20 Aniseed
- 21 Endless
- 23 Undue
- 24 Roams

COMMON THREAD SOLUTION: HIDDEN WORD - AMANDA

N	A	T	A	S	H	A		
P	A	M	E	L	A			
S	A	M	A	N	T	H	A	
D	A	N	I	E	L	L	E	
E	L	I	Z	A	B	E	T	H

TOTAL EASTER EGGS HIDDEN IN THE NEWSLETTER - 46! DID YOU FIND THEM ALL?

TRICKY TRIVIA ANSWERS

1. Marie Curie
2. 1989
3. The Mona Lisa
4. Gold
5. Taurus
6. Janie
7. Archduke Franz Ferdinand
8. Mercury
9. The Lion King
10. The Overlook Hotel
11. New Delhi
12. Tennessee & Missouri
13. Venison
14. The Carpathia
15. Sense and Sensibility
16. Canada & the U.S.
17. Sochi, Russia
18. The Phantom of the Opera
19. Skin
20. A Murder of Crows

TALENT IN OUR MIDST!



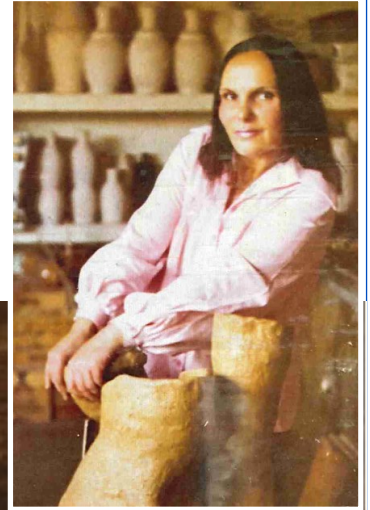
Introducing 'Novanta' - a collection of enduring artworks by long term Sandybeach participant Rina Rosi. Through oil paint, ink sketch and ceramic sculpture, Rina takes us through her 90 year long journey from Assisi, Italy to Sandringham. View Rina's masterpieces and be inspired by her life story.

Dates: 22 March - 3 April

Venue: 26 Advantage Gallery, 26 Advantage Rd, Highett

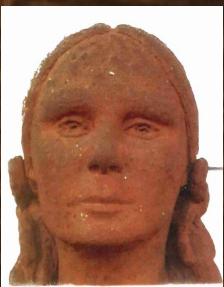
Times: Monday - Friday 9am-5pm and Saturday 10am-4pm

To book: visit novanta.rosi@gmail.com

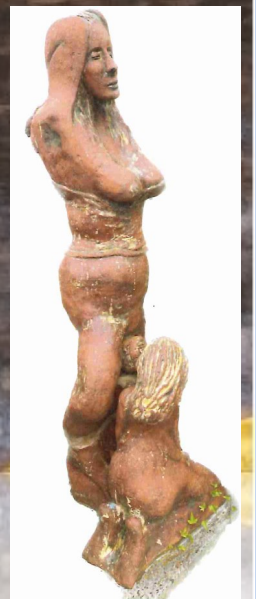


AN EXHIBITION BY RINA ROSI

March 22 - April 3 2023



NOVANTA





Kinship Carer

Support Groups 2023



MONTHLY: Kinship Carers Support Groups 2023

HIGHETT ADDRESS: 2 Livingston Street, Highett - Friday 10am-12pm

DATES: April 28, May 26, June 16, July 14, Aug 11, Sep 8, Oct 6 and Nov 10

A Kinship Carer is someone caring for a child that is not their own on a full-time basis. They could be a relative or someone from the child’s family or community network. Many of our Carers are often Grandparents, although we also have other family members or family friends. Carers can meet others in similar circumstances and discuss concerns. We have Case Managers who attend meetings who can answer questions and provide support, answer questions and assist with accessing information and services where appropriate.

Meetings are held in a safe and supportive environment.

Group members can expect:

“I have made a lot of new friends. Without the support of the group, I wouldn’t be the person I am today.”

- Confidentiality
- Mutual respect
- Information and resources
- An opportunity to learn new skills
- Peer support
- Non-judgmental sharing

“The Group opened my eyes. I was not alone in caring for my grandchild. I felt happier knowing I could call on the other group members.”

Contact us Today

OzChild Kinship Services



(03) 9212 5600



ozchild.org.au

SANDYBEACH CARERS

Sharing Information and Connecting with Carers

SUPPORT FOR CARERS IN 2023



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**

➤ Carers Support Group

Are you interested in gathering regularly with a group of like-minded local carers? Join our new carers support group.

This is an opportunity to come together in a friendly and relaxed environment for support, information, sharing, friendships, time out and fun. Our group will meet face to face once a month.

Sessions will include:

- 'Getting to know you' activities
- Facilitated discussions to share common issues and support each other
- Presentations by guest speakers on a variety of topics as chosen by the participants. In March we had a visit from Judy Allen from Alfred Carers and in April, Sally Camilleri from Carers Victoria will present to the group and take questions.
- Opportunities to pursue shared interests such as walking or arts and crafts
- Lunches and coffee mornings



**RSVP NOW FOR CARERS VICTORIA SESSION
ON 3 APRIL - LIMITED PLACES**

Monday

12pm - 2pm

Call us on 9598 2155 for more information or to enrol



- **Lunch provided (dietary requirements catered for)**
- **All Carers welcome**
- **RSVP now for the Carers Victoria session on 3 April - limited places**

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