

REACHING OUT



Keeping our Community Connected - Edition 42

SANDYBEACH CELEBRATES 40 YEARS!

The story of Sandybeach began long before the purchase of the building, the development of a plan and way before the idea was even partially formed. It started with the meeting of a couple of equally driven people with similar interests and with a meeting of minds. Bruce Morey and Rosemary Watson met in 1956 at the respective ages of 21 and 18. Before long they discovered many a shared passion, not the least of which was their love of music which, years later was to become the cornerstone of the original Sandybeach program.

After marrying, working in their chosen fields and starting a family, they travelled abroad and it was during this extended trip that the idea of starting a community centre upon their return to Melbourne was born. With experience in teaching and community service, they made the ideal team to get the project up and running and in 1982 Sandybeach Community Centre was officially opened by the Minister for the Arts, Race Mathews.

Over the years, Sandybeach has gone through many changes and has offered a wide variety of programs to the community it serves. The first event to take place was a concert in the big hall (now known as Morey Hall), the first of many. In addition to the



**Bruce and Rose
in Players room
May 2020**

many varied musical performances, the 'Players Room' regularly hosted Sunday evening games nights with supper included. Over its 40 year history, groups hosted include jazz bands, choirs, dance troupes, tapestry and art classes. Among the more unusual groups to find a home at Sandybeach were Belly Dancing, Juggling, Spanish Flamenco Dancing and Tap dancing to name a few! Today, we strive to offer an interesting program and to support the needs of our diverse community. Our staff and volunteers are taking the lead from Bruce and Rose 40 years later and share their passion for providing a welcoming, safe and fun place for our local community to come together.

Thank you Bruce, Rose and family!

A REMINDER ABOUT DATES:

Last day of Term 4, 2022

Friday 16 December

First day of Term 1, 2023

Monday 16 January

KEEP MOVING WITH ANGEL



EXERCISE 1 - Calf Stretch

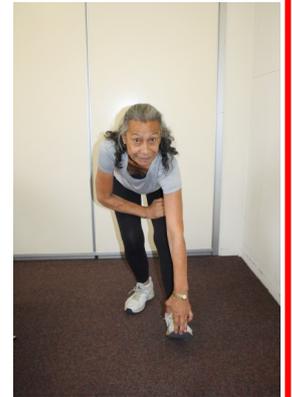
Seated

- Come forward on the chair.
- Extend the right leg out with the heel on the floor.
- Bring the upper body down towards the thighs and pull the toes towards the knee to stretch the whole of the back of the leg.
- Repeat same stretch with the left leg. (see picture)
- Do two sets of 5 with each leg.



Standing

- Make sure you are standing next to a bench or a chair for stability if you need it.
- Repeat the stretch as above, standing. (see picture)

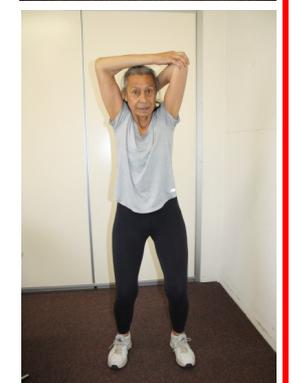


YOU CAN
DO THIS!!

EXERCISE 2 - Tricep Stretch

Seated

- Come forward on the chair.
- Raise the right arm upward and bend at the elbow, placing your hand behind your head if possible.
- Place the other hand lightly on the elbow applying a little downward pressure until you feel a stretch.
- Hold the move for the count of 8 and release.
- Repeat the stretch with the left arm. (see picture)
- Do two sets on each arm



Standing

- Make sure you are standing next to a bench or a chair for stability if you need it.
- Repeat the stretch as above, standing. (see picture)

Do not forget to breathe and do only what is comfortable for you.
You will thank me for this!!

LET'S STAY HEALTHY WITH ELANA

Christmas Star Biscuits

Ingredients

- 150 grams of flour
- 100 grams of unsalted butter
- 75 grams of sugar
- 1 egg yolk
- a pinch of salt
- Grated zest of 1/2 an orange
- White royal icing to decorate
- Edible silver balls to decorate



Method

1. Preheat oven to 160°C fan forced. In a bowl use a mixer to mix the flour and unsalted butter until it resembles fine breadcrumbs.
2. Stir in a pinch of salt, sugar and the grated orange zest. Add egg yolk and mix until combined. Add a little more flour if sticky then tip onto a floured surface and roll into a ball. Put in the freezer for 10 minutes.
3. Roll out the dough to 2.5mm thick and cut out stars with a cutter. Put the stars on baking tray lined with baking paper and chill for 10 minutes in the freezer. Then bake for 15 minutes or until firm. Cool on the tray for 5 minutes then transfer to a wire rack to cool. Decorate with royal icing and silver balls. Enjoy!

Exercising in the Summer Holidays

1. **The sunshine keeps you healthy, strong and happy** - the easiest source of vitamin D is from the sun. So on those sunny days get outside and enjoy it. Don't forget to wear clothing and a hat to cover up from the sun and use sunscreen.
2. **Why not go for a dip or swim at your local swimming pool?** - enjoy the feeling of cool water on a hot summer day. It is very refreshing!
3. **Maintain your health in summer** - regular exercise strengthens your body and improves your health. Daily exercise releases feel good brain chemicals which give you a break and can help to change your outlook.
4. **Catch up with a friend** - go for a walk and encourage each other with regular exercise during the holiday season.
5. **Enjoy the summer environment** - the beautiful sunshine at this time of year makes exercising so enjoyable!



ARMCHAIR TRAVEL - A two month European Adventure - by Mary Gates

Two years of COVID restrictions meant two years of no overseas travel. With restrictions lifted my husband, Steve, and I planned and launched into our European adventure last August. There was much preparation to be done which included purchasing Apple luggage trackers in case our luggage was lost and ensuring our insurance covered us in the event we were struck down with COVID. The first leg of our trip was two weeks in the UK catching up with family and friends. Our two hour drive to Staffordshire presented us with a very different UK landscape. The fields were not a verdant green – they were a dry fawn colour much akin to the Australian summer landscape. Having suffered up to 40 degree temperatures their summer had been harrowing, especially because they are not equipped with air conditioners in the homes for relief. Fortunately, while we were there the temperatures averaged a mild 23 celsius. Our days were spent walking along the canals, visiting stately homes and dining in the local pubs. There was much talk with family in the midlands and friends in London of the impact of the COVID pandemic. The skill shortages we are experiencing has hit the UK too as the cost of living rises.



On 1 September we said our teary goodbyes and flew from Heathrow to Dublin, Ireland. It was our first time in Ireland and we were not to be disappointed. We hired a car and explored Southern Ireland for 12 days. Our first four days in Dublin took us to many sites including the Guinness Brewery where we learnt the process for making the brew and got to have a tasting at the end in the rooftop bar with its scenic views of Dublin. We were soon to experience a warm welcome from the Irishmen and women we met whether it be in the lively pubs or at the reception of our hotels. The friendly and often humorous interactions with the people made our 12 days extremely enjoyable.

The landscapes in Ireland are diverse with majestic mountains, rolling green hills and dramatic rugged coastlines. The driving was overall very manageable except for the challenge of navigating narrow lanes shared with trucks and buses. We stayed two to three nights in each of the following towns: Dublin, Glendalough, Cork, Killarney, Dingle and Galway.

On our way to Glendalough, we drove through the Wicklow National Park and visited the world renowned monastic complex which dates back to the 6th Century. From our base in Killarney, we spent a day driving around the very scenic Ring of Kerry with its breathtaking rugged coastline.



Another highlight was the day we took a ferry to the Aran Islands off the coast of Galway. We were given a great insight into the often challenging life of people living in the Aran Islands where many of the elderly still speak in Gaelic. With open fields, strong winds and bitterly cold winters life on the Aran Islands is not for the faint of heart.



Windy cliffs on the Aran Islands

Many of the tourists on the trip purchased the cleverly crafted thick wool jumpers. On the return trip the boat took us to the Cliffs of Moher which tower over up to 120 metres above the Atlantic Ocean. They run for about 14 kilometres.

A real treat when you travel in Ireland is the traditional live music played in the numerous old pubs. Families gather to play banjos, guitars, violins, and accordions. The atmosphere created is wonderful with plenty of laughter and familiar folk songs.



On our last day in Ireland, we drove directly from Galway across to Dublin airport where we caught a plane bound for Munich. From Munich we planned to catch the train through the Alps to the town of Bolzano Italy and from there we were to spend a month in Italy. I will tell you more about this leg of our journey in the next newsletter.

2022 - A COUPLE OF 'SIGNIFICANT' BIRTHDAYS!

HAPPY BIRTHDAY ANGEL!

In September, Angel celebrated her 70th birthday. She marked the occasion with a party with her friends and family at the Brighton Beach Hotel organised with the help of her good mate Joanne Nastasi. Angel is currently the longest serving member of the Sandybeach staff having been here for 28 years. During this time, she has worn many



hats (including impromptu tau'olunga from her native Samoa) dancer, volunteer, Walking Group Program Leader, bus jockey and all around superstar. Mainly though, Angel has been keeping us fit and on our toes with her blend of humour, tough love and the occasional "you will thank me for this"! And we do, Angel! Thanks for everything you do for us all. ❤️

HAPPY BIRTHDAY SONJA!

In June, Sonja Cowan celebrated 99 years surrounded by friends and family. Sonja has been attending Sandybeach Centre since 2013 and was a long term participant in Angel's Strength Training classes. Although not currently attending the centre, Sonja likes to stay in touch and values the friends she has made during her time at the centre. She has enjoyed the exercise component but places equal value on the social connections she has made during her time at Sandybeach.





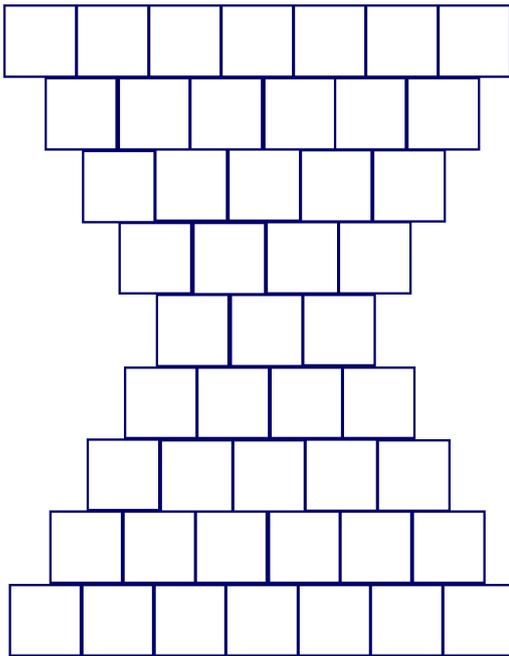
RIDDLES AND PUZZLES

RIDDLE:

A is the brother of B.
B is the brother of C.
C is the father of D.
How is D related to A?



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



Hand over

Taxed

Satan

Not doing anything

Cover

Radio control

Fell ill

Powder room

Finer points



CHILDCARE



The children were read *The Gingerbread Man* and then they made their own gingerbread using craft supplies.

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: RELIGIONS**

1 HUMID SIN

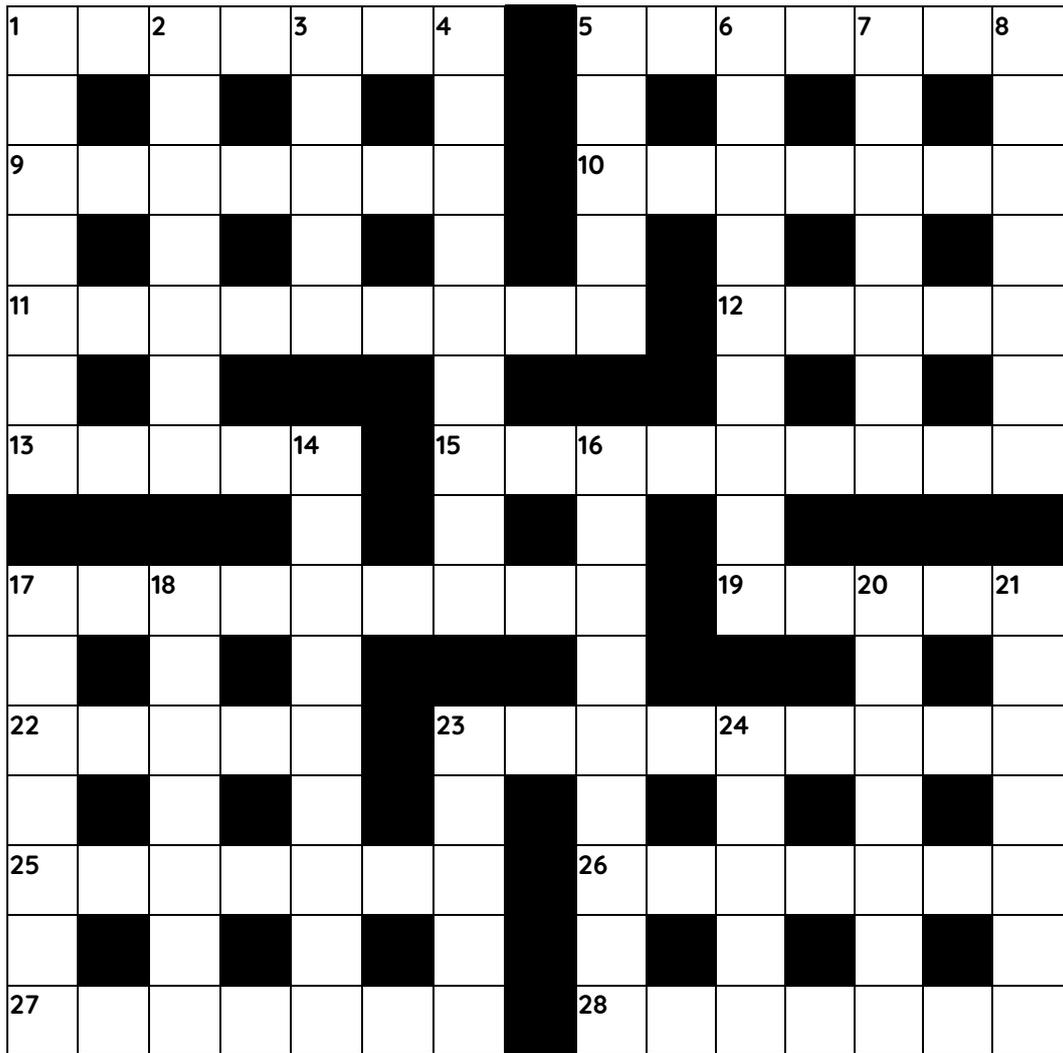
2 DUMB DISH

3 MAILS

4 RAIN HITS CITY

5 AIMS TO

BIG CROSSWORD!



Across

- 1 Scent (7)
- 5 Mysteries, teasers (7)
- 9 The art of clipping shrubs into shapes (7)
- 10 Eye makeup (7)
- 11 Belonging to someone (2,3'1,3)
- 12 Tell untruths to (3,2)
- 13 Strong negative answer (2,3!)
- 15 Small sheds (9)
- 17 Use a keyboard without looking (5-4)
- 19 Frame (for a crime) (3,2)
- 22 Italian staple (5)
- 23 Run to earth (5,4)
- 25 Rises on hind legs (5,2)
- 26 Hardy, long lasting (7)
- 27 Feared (7)
- 28 Closest (7)

Down

- 1 French car (7)
- 2 Cosseted pets (7)
- 3 Open space in forest (5)
- 4 The study of the origin of words (9)
- 5 Type of noodles (5)
- 6 Rejects, vetoes (9)
- 7 Queens and presidents eg (7)
- 8 Flavours, salts (7)
- 14 Practiced (9)
- 16 Where things grow (3,6)
- 17 Narrowed to a point (7)
- 18 Outshine (7)
- 20 Strife (7)
- 21 Strong smelling (7)
- 23 Luke warm (5)
- 24 Predestination, lot, kismet (5)



SHOWBIZ WITH ANDREA!

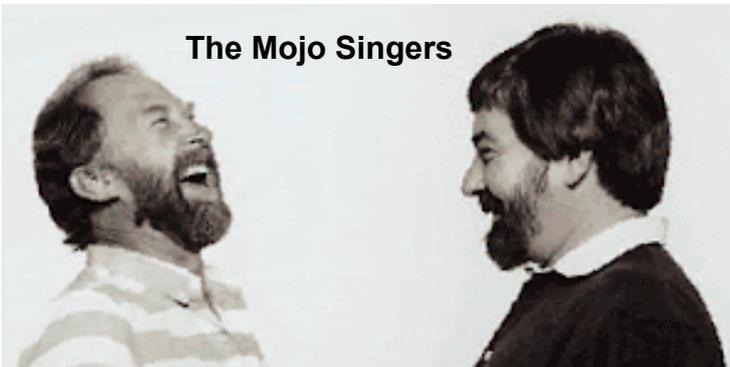
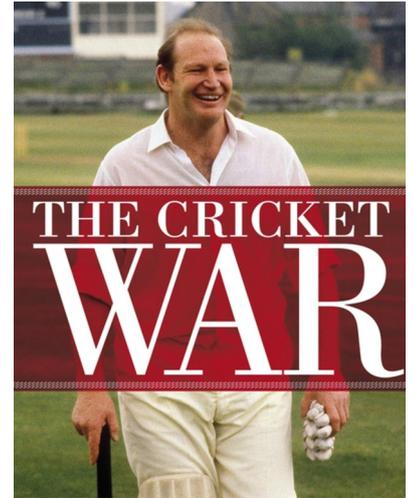
ANDREA PRESENTS...



C'mon Aussie, The Musical - written by Peter Sullivan 2022

This is the story about Kerry Packer, World Series Cricket and the rise of MOJO, the advertising agency that created all our iconic ads of the 70's and 80's and the hit song 'C'mon Aussie C'mon' (performed by the Mojo singers Allan Johnston and Alan Morris)

The *Hoges and Strop* filled 70's saw some amazing changes in the Australian entertainment scene. The 'C'mon Aussie' musical is set in the kingdom of Packer, Channel 9 and MOJO. Featuring the iconic characters of Kerry Packer, John Singleton, Gai Waterhouse, Bob Hawke, Mike Walsh and great entertainers, Peter Allen, Dinah Lee, Billy Field and Elton John.



It all came about when Kerry Packer was presented a concept by *Strop* (John Cornel) and decided to give it a go. World Series Cricket was the result which gave rise to all trials and tribulations that were to follow. Packer had the concept and he needed a song to promote it. Who better to write it than Alan Morris from the MOJO Agency?

Unfortunately *everybody* wanted a song! When Alan Morris, the composer appeared on the Mike Walsh Show in the late 70's he was stressed! "Mike, every Tom Dick and Harry wants a song! Tom Jones rang me last week and wants me to write him a song called 'C'mon Wales C'mon.' Dick Van Dyke rang me and wants 'C'mon Dickie C'mon' and Harry wants one too." Mike Walsh replied "Harry Seacombe, that would be good!" Alan said "Nooo, Harry Bietzel from the VFL in Victoria" "Ohhh" said Mike "I see you are busy!" Alan replied "Mike, I'm going nuts!"

The Musical ends when Mo escapes the world of advertising and retires to his little surf shack in Ulladulla to reflect on his life. However there are more adventures to come just around the corner! We plan to perform 'C'mon Aussie' in venues around Victoria starting of course at Sandybeach!



WHAT'S BEEN HAPPENING AT SANDYBEACH THIS TERM?

CARERS LUNCH On 8 November, Sandybeach was thrilled to have the opportunity to show their appreciation for the hardworking, unpaid carers in our community. We were able to get together for lunch, some 'time out' and an afternoon of entertainment at the Sandringham Hotel. It was a lovely event and a chance for our carers to share their experiences, have a laugh and enjoy some well deserved down time. This lunch was made possible with the support of Sandy Hotel, Alfred Health Carer Services and Bayside Council.



SANDYBEACH CENTRE TURNS 40! On Friday 25 November, Sandybeach staff, volunteers (past and present) and distinguished guests gathered in Morey Hall to celebrate the 40th birthday of Sandybeach Centre. Although we were saddened not to have Bruce Morey present, co-founders Rose, Stephen and Jo Morey were there to re-connect with past friends including most of the previous CEO's and many others from times gone by. It was lovely to celebrate together and to show our appreciation for the many people that have contributed to making Sandybeach the welcoming, supportive and caring place that has become a second home to so many. Here's to the next 40 years!



WHAT'S BEEN HAPPENING AT SANDYBEACH THIS TERM?

INTERGENERATIONAL PROGRAM

On Tuesday 29 November we celebrated the end of our PADSIP (Positive Ageing Digital Storytelling Intergenerational Program) program with a presentation event. This program was a unique partnership between Sandybeach Centre, Kids Like Us, Sandringham Lions Club, Bayside Council and Swinburne University. Over the course of six weeks, seniors and kids met, connected, worked together on projects and had a lot of fun. The experience was captured by video which will be available to the public soon .



Some comments from participants:

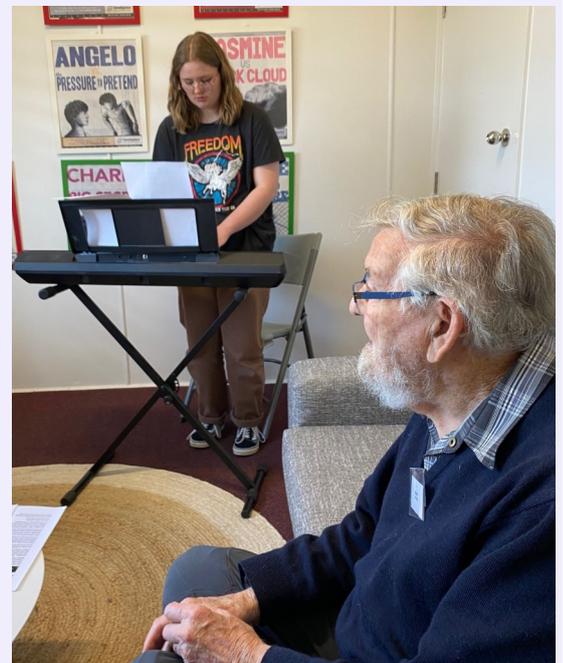
“I think the program is wonderful.”

“We have all really learned from each other.”

“Thank you for this wonderful opportunity”

This is a very important program, it has really helped keep me open minded”

“It has been interesting and educational. It has brought into focus both the differences between young and old and the commonalities between us.”



STEP AND REACH COLLABORATE

During term 4, Art Tutor Tina Blackwell worked with both REACH and STEP participants to produce a 2023 calendar based on the theme “Thriving Together”

This front page piece is the work of the STEP participants who each worked on one letter. It demonstrates the diversity of styles and talent that we are lucky to have in the Sandybeach community





*Wishing you a Merry Christmas
and Happy New Year from Artbeat*

Sharing some of the amazing artworks of our Artbeat participants. As we celebrate Sandybeach Centre's 40th birthday, as an art group we wanted to portray a sense of joy and appreciation in this years calendar production. We are so lucky to be **'Thriving Together'** in such a great community!



'Sunset over the Reeds'
by Anne Worthy



'A Windy Day at the Beach'
by Anne Trolland



'Sandy Flowers'
by Barbara Horwood



'Three Sails on the Sunset'
by John Hunt



'Wattle Bird'
by Jill Remnant



'Serene'
by Kate Woodward



*"Where's this place that we all go,
In a place to meet and talent show,
Sandybeach is the place we know"*

by Sean Horwood

Artbeat continues to explore personal interests and learn 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!

TRICKY TRIVIA

1. What was the name of the famous 1950s Musical starring the character Milly Pontipee about a group of brides and brothers?
2. Who was the first woman pilot to fly solo across the Atlantic?
3. Which animal is on the Porsche logo?
4. What two dances are among the words used in the military phonetic alphabet?
5. In what city did the 1947 film Miracle on 34th Street take place?
6. Who made the Twist famous?
7. The Rocky Horror Picture Show made which dance famous in 1975?
8. Starting with P – a dance that you keep changing partners on the dance floor during?
9. Who invented the first electric Christmas lights?
10. A slow smooth dance with only four steps following a 3/4 timing?
11. What five mens names are used in the military phonetic alphabet?
12. Which English city is known as the Steel City?
13. Suriname is located on which continent?
14. Christmas Island has an annual migration of which animal?
15. How many gifts in total are mentioned in the Twelve Days of Christmas?
16. How many years has it been since Sandybeach Centre opened its doors?



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

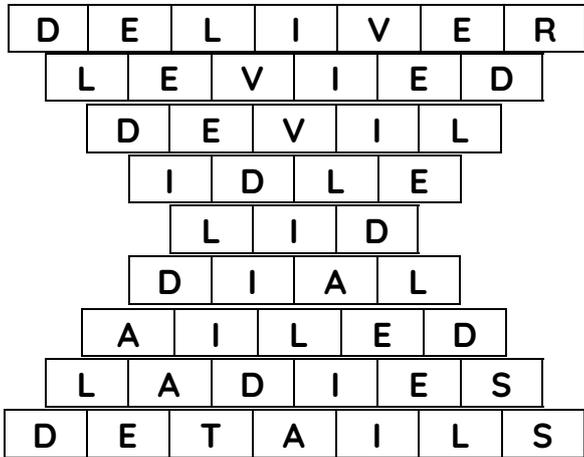


QUIZ AND PUZZLES ANSWERS

RIDDLE ANSWER :

A is D's Uncle

WORD CASTLE ANSWER



COMMON THREAD: HIDDEN WORD SHINTO

H	I	N	D	U	I	S	M				
B	U	D	D	H	I	S	M				
I	S	L	A	M							
C	H	R	I	S	T	I	A	N	I	T	Y
T	A	O	I	S	M						

DO YOU LIKE TO KNIT? A group of creative locals have been given the go ahead from Bayside City Council to 'yarn bomb' the Black Rock Clock Tower. In June 2023 they will cover the tower with 1200 colourful knitted or crocheted 'shingles'. They will be on the tower for six weeks, then removed, washed, turned into blankets and returned to the community. If you would like to be involved, the shingles need to be **A4 sized (21cm x 40cm) in 8ply acrylic** in any colour of the rainbow. The goal is to have 1200 by April and **they can be dropped off at the Beaumaris Library**. If you have some colourful 8ply acrylic you'd like to contribute, that would be great too.

CROSSWORD SOLUTION

Across

- 1 Cologne
- 5 Riddles
- 9 Topiary
- 10 Mascara
- 11 Of ones own
- 12 Lie to
- 13 No sir
- 15 Outhouses
- 17 Touch-type
- 19 Set up
- 22 Pasta
- 23 Track down
- 25 Rears up
- 26 Durable
- 27 Dreaded
- 28 Nearest

Down

- 1 Citroen
- 2 Lapdogs
- 3 Glade
- 4 Etymology
- 5 Ramen
- 6 Disallows
- 7 Leaders
- 8 Seasons
- 14 Rehearsed
- 16 The garden
- 17 Tapered
- 18 Upstage
- 20 Trouble
- 21 Pungent
- 23 Tepid
- 24 Karma



TRICKY TRIVIA ANSWERS

- 1. Seven Brides for Seven Brothers
- 2. Amy Johnson
- 3. Horse
- 4. Foxtrot & Tango
- 5. Charlie, Mike, Oscar, Romeo, Victor
- 6. New York
- 7. Chubby Checker
- 8. Time Warp
- 9. Progressive Dance
- 10. Thomas Edison
- 11. Waltz
- 12. Sheffield
- 13. South America
- 14. Crabs
- 15. 364 gifts
- 16. 40 years

SANDYBEACH CARERS

Sharing Information and Connecting with Carers

The holiday season can be a stressful time, but for Australia's 2.7m unpaid carers, the added pressure of caring for a loved one can make the festive season just that little bit more challenging. Carer Gateway have put together some advice for carers to remind them to look after themselves so they can continue to play an important role in the lives of the people they care for.

Don't be hard on yourself – you and the person you are looking after deserve a break. If you are exhausted, you will struggle to cope and care and have no enjoyment yourself.

Keep it simple – don't overdo it. Routines are good, familiarity is reassuring and regular mealtimes will help to reduce pressure.

Trust your instincts – if plans are no longer suitable, feel free to change your mind. If you think your loved one will be unsettled, cancel or shorten your plans to fit the situation.

Ask for help – you are important too and as a carer, it is common to feel a huge responsibility. Rest, delegate tasks and say no to things to ease stress.

Plan ahead – many organisations, shops and chemists close over Christmas or have a limited service. Ensure you are organised, with additional medication and supplies.

Admit it's difficult – there's no shame in finding being a carer difficult and it can be a relief to say so. Ask for help when you need it and be clear about how people can help you.



Useful Resources:

Carers Victoria **1800 514 845**

Lifeline **13 11 14**

Beyond Blue **1300 224 636**.

National Dementia Helpline **1800 100 500**



Talk to other carers – you can get comfort and support by talking to other carers in the same situation. Check online groups and forums, or telephone helplines (but check Christmas opening times).

Find time for self-care – go for a walk, read, have a relaxing bath, anything that gives you the time to reset and focus on yourself. Stay connected to social groups or caring circles. There's a good chance the person you are reaching out to might be needing that connection too.

Access services for carer support – some services, such as Carer Gateway, remain operational over the festive season excl public holidays. **Call 1800 422 737** or online supports are available 24/7 at carergateway.gov.au.

Enjoy yourself – while everything might not go as planned there will also be aspects of your day that are beautiful and meaningful.

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