

REACHING OUT

Keeping our Community Connected - Edition 24



FEEL GOOD NEWS:

CAR & OWNER REUNITED AFTER 30 YEARS!

A valuable vintage Torana dubbed 'Sexy Lexy' has been reunited with its overjoyed owner nearly three decades after it was stolen. The bright pink 1973 Torana GTR XU1, was stolen from its Victorian home in 1992 and disappeared without trace.

It finally turned up as part of a Victoria Police investigation, having been sold to an unsuspecting buyer in the early 2000s.

Detective Senior Constable Brett Florence, himself a car enthusiast, began investigating the syndicate responsible for the theft, when he joined Victoria Police's vehicle crime squad in 2014.

Years later, he was able to reunite *Sexy Lexy* with her original owner, whose name has been given only as Carol.

Carol, who was 46 when her beloved car was stolen and is now 74, used to rally drive the Holden Torana. She never gave up hope that it might be found again – and was thrilled when Detective Senior Constable Florence called her and told her it was coming home.

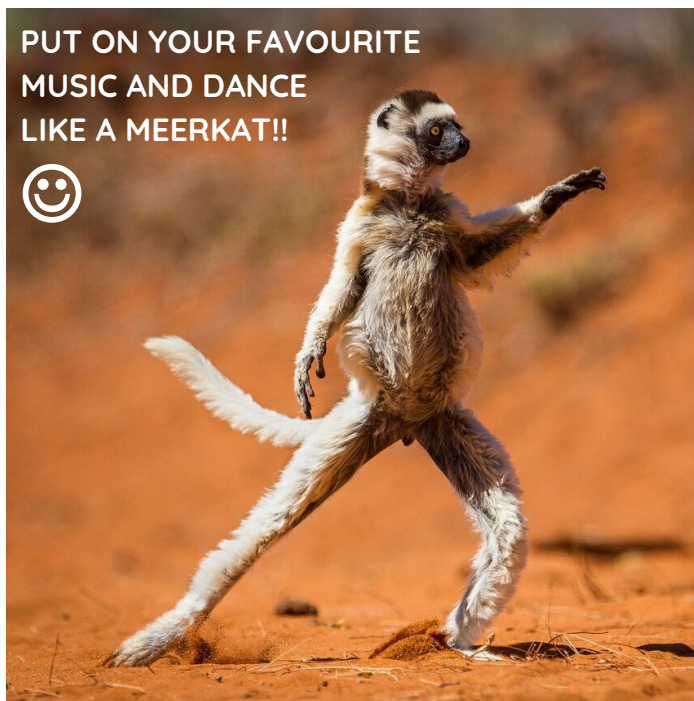
"This car was stolen from Carol nearly three decades ago and I don't think a day has gone by that she hasn't wished for a miracle that it be found," he said.



"As a car enthusiast myself, I was very happy to see the smile on Carol's face as we watched her drive off in her beloved Torana."

HAPPY SNAP OF THE WEEK

PUT ON YOUR FAVOURITE
MUSIC AND DANCE
LIKE A MEERKAT!!



SHORT AND FUNNY:

What's orange and sounds like a parrot?
A carrot.

Last night my friend and I watched three movies back to back. Luckily I was the one facing the TV.

Exaggerations went up by a million percent last year

Nostalgia isn't what it used to be...



IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1800 512 348

LIFELINE - 13 11 14

EMERGENCY SERVICES - 000

SANDYBEACH CENTRE - 9598 2155

KEEP MOVING WITH ANGEL

When we build up our arm, upper back, and shoulder strength, we improve the ability to reach overhead, lift the shopping and perform daily activities with greater ease. To improve your upper body strength, try these exercises 3 times a week. Use a light weight or can of food

**Remember to inhale during the upward movement phase.
Exhale during the downward movement phase.**

OVERHEAD ELBOW EXTENSIONS

- Hold the weight in your hand. Position your arm overhead with elbow bent (see picture) .
- Straighten out your arm toward the ceiling. Return to the start position and repeat 10 times.

Tips: Do not hold your breath. Support your exercising arm by holding at the elbow. If your back feels strained, sit in a chair with good back support.

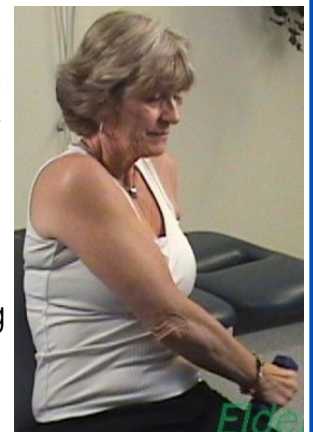
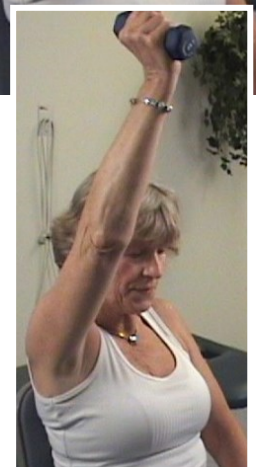
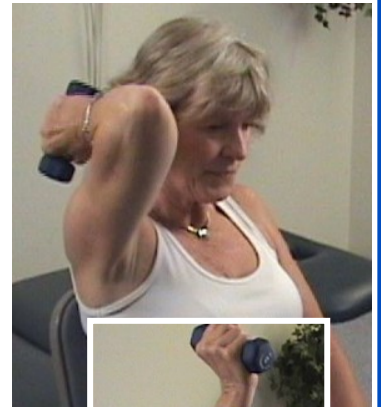
Take it up a notch: Try this exercise standing up to work on your balance.

DIAGONAL SHOULDER RAISE

- Sit or stand with weight in your hand crossed over to your opposite hip with the palm inward. (see picture)
- Lift your arm up and across your body to the side ending with your palm outward. Return to the starting position and repeat 10 times.

Tips: Make sure to keep breathing. Hold the weight with a medium pressure, not too tight. Extend the elbow fully to the side. Maintain your upper body posture. Don't use more than 1 kg weight if you have shoulder problems

Take it up a notch: Try this arm toning exercise standing to work on your balance. Follow your hand with your eyes. Twist at the hips during the movement to stretch and strengthen your back.



**YOU CAN
DO THIS!!**



Remember that it takes your body 4 weeks to get used to exercising so take it slowly and gradually build up your strength and endurance - Take care xx Angel

LET'S STAY HEALTHY WITH ELANA

Peanut Butter Bliss Balls

Ingredients

- 14 pitted dates
- 200 grams of raw or toasted almonds
- 4 tablespoons of natural peanut butter
- 1/2 tablespoon of Cocoa powder
- 1-2 tablespoons of water if needed
- Crushed peanuts or desiccated coconut to roll the balls in (optional)
- Any other seeds and nuts will add different textures and flavours such as Chia seeds, sunflower seeds and pumpkin seeds (optional)
- Dried cranberries give a nice burst of flavor (mix them in after the processing) (optional)

Method

1. Line a baking tray with baking paper.
2. Place all other ingredients (except dried cranberries if using) into a food processor and blend until a dough begins to form. If the mixture looks and feels a bit dry, add a little water. The mixture should feel a little sticky.
3. Using your hands, roll tablespoonfuls of the mixture into snack sized balls then roll in coating, if using. Refrigerate for 30 minutes.
4. Store in an airtight container in the fridge for up to 5 days. Enjoy!

Walking is Wonderful!

Walking is a great workout. It is low impact, has many health benefits and can be done anywhere and any time.

Physical Benefits - improves fitness and cardio health, creates less stress on joints and reduces pain. Walking can prevent weight gain, improve endurance and help your posture.

Mental Benefits - improves your mood, helps with depression, anxiety and fatigue. Walking can improve creative thinking and release tension.

Get Outside - walking in nature is beneficial to your physical and mental wellbeing. Enjoy being out in nature, listen to the sounds and feel the breeze while walking.

How to Get the Most out of Your Walk - bring variety to your walk by using hand weights. Add variations of walking speeds, change styles of walking (try lunging and striding). Park your car part of the way and walk the rest of your way to your destination. Walk with music for inspiration and to help with different speeds. Walk with a 2 legged or 4 legged friend.

So start or end your day with a wonderful walk!



GETTING TO KNOW YOU: Robyn Shaddick

SUBURB WHERE YOU LIVE: We live in Beaumaris and have had a connection to the Bayside area for the last 35 years, although we have lived in multiple places during that time including Delhi, Mumbai, Brisbane, Perth, South Australia and Indonesia.

FAMILY: We are lucky to have lots of family in the area.

PETS: No pets unless you count our tame magpie that pops in for a daily feed.

HOBBIES: Walking, quilting and patchwork, reading, cooking and trying new things!

WHAT PROGRAMS DID YOU ATTEND AT SANDYBEACH PRIOR TO MARCH?

Fit and Fabulous with Elana and Pilates.

HOW LONG HAVE YOU BEEN COMING TO SANDYBEACH?

On and off for the last thirty years!

WHAT PROGRAMS ARE YOU DOING ONLINE WITH SANDYBEACH?

Fit and Fabulous on Tuesday with Elana and Pilates three times a week with Penny.

HAD YOU DONE ANY ONLINE LEARNING PRIOR TO JOINING THE SANDYBEACH ONLINE CLASSES? No, I was completely new to it.

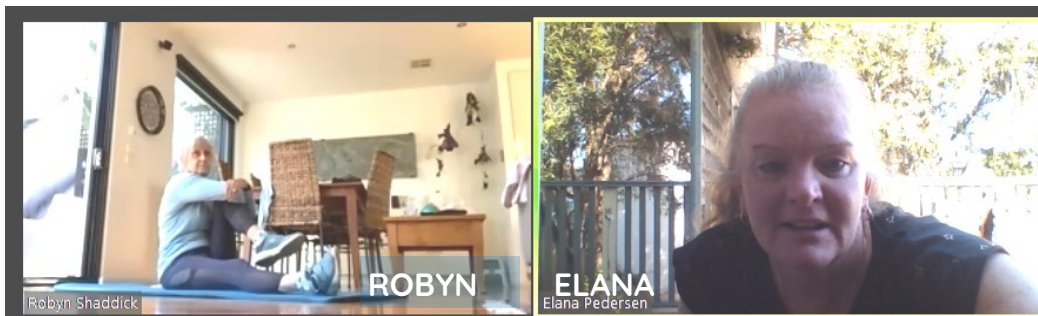
WERE YOU APPREHENSIVE ABOUT ANY ASPECT OF ONLINE LEARNING? Not really. There was plenty of information from Sandybeach about the process and even though my computer skills are fairly basic, it was no problem at all. Joining a zoom session is very simple - just clicking on a link in an email from the tutor! I would encourage anyone to give it a try - you will get plenty of support!

WHAT ADVANTAGES HAVE YOU FOUND TO ONLINE LEARNING? It is really convenient to be able to do it at home - no worrying about the weather, traffic, parking and it takes less of your day without the travel. It is also great to see the other members of the class and the tutor and maintain that social contact.

NOW THAT YOU ARE FAMILIAR WITH ZOOM, WILL YOU USE IT IN OTHER PARTS OF YOUR LIFE? I can use it to contact family and friends interstate and overseas. It has also opened up a whole range of other possibilities for joining online communities outside of Sandybeach Centre.

HAVE YOU FOUND IT HAS HELPED TO MAINTAIN YOUR CONNECTION TO SANDYBEACH DURING LOCKDOWN? Yes! Along with the regular phone calls and the newsletter, this is another level of connection to the centre which I love.

WHAT ARE YOU LOOKING FORWARD TO IN THE COMING SUMMER MONTHS? Beach walks and all the things we normally take for granted that we have been missing - barbecues with family, catching up with friends, shopping, warmth and Christmas!



ROBYN AND ELANA ON ZOOM - 'FIT AND FABULOUS' CLASS

POETRY: Many people know the cartoons of Michael Leunig but may be less familiar with his poetry. Here are just a few examples:



PEACE

*Peace is my drug;
It stops the pain.
In safe reflecting rooms
Or in a lane,
Or in a park,
I will lie
And have some peace
And get high.
If it's pure
And there's a lot of it
about
I overdose
And pass out
And dream of peace:
My favourite thing
When nobody wants me
And nothing's happening.*

THE SUMMER PALACE

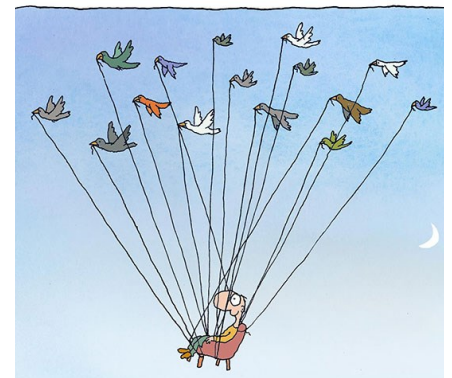
*Make a little garden in your pocket,
Fill your cuffs with radishes and rocket,
Let a passionfruit crawl up your thigh,
Grow some oregano in your fly.
Make a steamy compost of your fears,
Trickle irrigate your life with tears,
Let your troubled mind become a trellis,
Turn your heart into a summer palace*

WHAT'S THE USE

*What's the use of this little hand;
What's the use of this little eye;
What's the use of this little mouth
When all the world is broken?
Make a cake with this little hand;
Make a tear with this little eye;
Make a word with this little mouth
When all the world is broken*

LET IT GO

*Let it go,
Let it out,
Let it all unravel,
Let it free
And it will be
A path on which to travel*



Michael Leunig was born in East Melbourne in June 1945, a slaughterman's son and the second eldest of five children. Enid Blyton, Phantom comics, The Book of Common Prayer, J.D. Salinger, Spike Milligan and The Beatles were early creative influences. His political consciousness intensified radically upon reading his notice of military conscription from the Australian government in 1965.

In lieu of a formal education, he pursued a career as a factory labourer and meatworker where he nurtured his art and philosophy before beginning work as a political cartoonist for a daily newspaper in Melbourne in 1969. His first book of collected cartoons, was published in 1974 and since then has produced twenty three more collections. His various collaborations and journeys with indigenous painters from remote communities in northern and central Australia have greatly influenced his art, humour and philosophy.

In 1999 he was declared a national living treasure by the National Trust and awarded honorary degrees from La Trobe and Griffith universities and the Australian Catholic University for his unique contribution to Australian culture.

He is a devout nature lover and spends his time between the solitude of the bush in Northern Victoria and a home in Melbourne where he enjoys talking to strangers in the street, walking in the local park, morning coffee in the café, chamber music in the concert hall and attending to work in his studio. He is married and is the father of four children

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



ARMCHAIR TRAVEL - Awesome Atacama by Mary Gates

The Atacama Desert is a little talked about area in South America. Spanning Chile and Peru, the Atacama is a 1,600 km strip of land on the Pacific coast, west of the Andes Mountains. It is the driest nonpolar desert on earth. In a continent of many contrasts the Atacama Desert did not disappoint. To reach the Atacama Desert we flew from Santiago, Chile, to the airport of El Loa Calama. From there



we took an 80 km bus trip through the desolate plains to the lovely remote small desert town of San Pedro de Atacama which sits at an elevation of 2,408 meters above sea level. On arrival we were soon to be reminded of this as we felt quite lethargic and breathless. Fortunately, we were armed with altitude sickness tablets.

On arrival we settled into our small but comfortable hotel then ventured into the centre of town. The buildings in San Pedro are constructed of rustic sandstone and adobe as there are no other sources of building material. Small bars and restaurants selling traditional meals cater for the mainly young tourists who come from across the globe. Our first priority was to secure a series of day tours in order to explore the many wonders of the Atacama Desert.



On day two we woke before dawn to take a coach tour into the desert. In September the temperatures are extreme ranging from a predawn 1 degree to 23 degrees. We dressed accordingly in layers - T-shirts and puffer jackets and gloves. Often compared to the planet Mars, Atacama's landscape and soils are unique. Our first stop was the El Tatio geysers located a breathtaking 4,300 meters above sea level. I had never seen a landscape like it - bubbling hot mud pools and spouts of water and steam dotted the field. As the sun rose

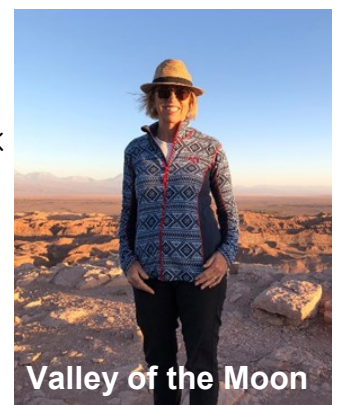


and the air warmed we ate egg rolls and coffee for breakfast then walked amongst the geysers. Some tourists even swam in the hot spring water. In the afternoon we journeyed

to the salt flats of the Atacama to see the giant salt lake of Salar de Atacama and Chaxa Lagoon. It was a sight to behold as pink

flamingos dotted the lake. The flamingos, which can live to 80 plus years, feed on sea monkeys which give them their bright pink colour.

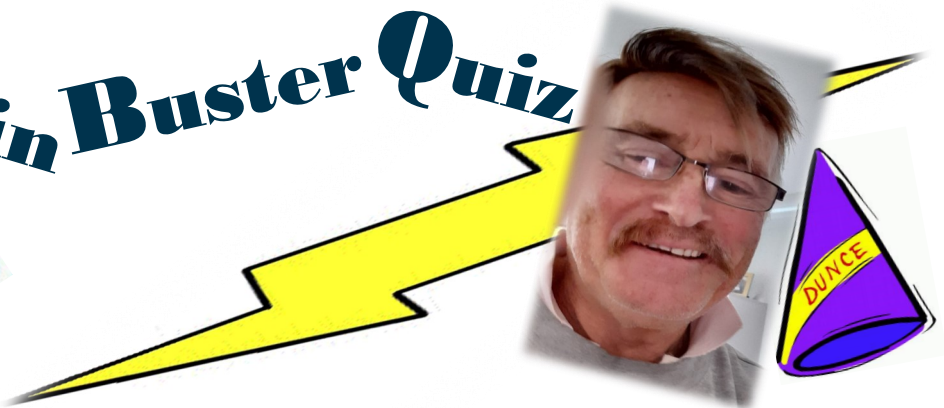
Day three we took another tour into the area known as El Valle de la Luna (Valley of the Moon). It has various stone and sand formations which have been carved by wind and water. From our vantage point above the many valleys the views were



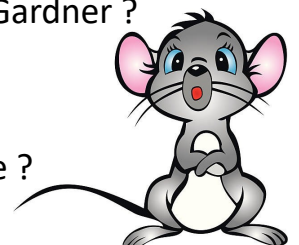
breathtaking. We watched as the sun set over the distant snow-capped mountains.

In this country of contrasts our stay in the Atacama Desert proved to be one of many South American highlights. I would certainly advise others to place the region on their travel bucket list. Just don't forget the altitude sickness tablets!

Bill's Brain Buster Quiz



- Q 1** In the 1955 movie *"Love Me or Leave Me"*, Doris Day stars in the role of singer Ruth Etting, but who plays the role of her controlling gangster husband, Marty Snyder ?
- Q 2** Which great Russian author wrote the historical novel *"War and Peace"* ?
- Q 3** The following lyrics - *"I've got the horse right here, his name is Paul Revere and there's a guy who says if the weather's clear, can do, can do, this guy says the horse can do"* - are from which well known Broadway musical ?
- Q 4** What 70's Joni Mitchell song includes the lyrics *"put up a parking lot"* ?
- Q 5** Radar O'Reilly was keeping Lt Col Henry Blake well informed as Hawkeye Pierce and Trapper John were busy making moonshine whisky, whilst Hot Lips Houlihan and Major Frank Burns were in an on/off love affair, in which 1972-83 TV comedy series ?
- Q 6** William Shakespeare said *"All that glitters is not ..."* - not what ?
- Q 7** Sister to Helen Reddy and mother to Tony Sheldon - Can you name this Australian cabaret singer (pictured) who was an IMT regular ?
- Q 8** A well known proverb states that people shouldn't throw stones who live where ?
- Q 9** Lizzie Birdsworth, Vera *"Vinegar"* Bennett, Frieda *"Frankie"* Doyle, Queen Bea Smith, Lynne *"Wonkey"* Warner, Officer Meg Jackson, Jennifer *"Mum"* Brooks and Joan *"the Freak"* Ferguson were characters in which long running classic Australian TV series ?
- Q 10** *"She'll be coming 'round the mountain, when she comes"* - What will she be driving ?
- Q 11** Can you name the tune made famous by Rob E G and the 1963 movie of the same name about the Boxer Rebellion, starring Charlton Heston and Ava Gardner ?
- Q 12** In the nursery rhyme who walked a crooked mile, found a crooked sixpence against a crooked stile, bought a crooked cat which caught a crooked mouse and they all lived together in a crooked little house ?
- Q 13** How many letters are there in the classic Greek alphabet ?
- Q 14** George works at Spacely's Sprockets in the TV series *"The Jetsons"* - Who is his boss ?
- Q 15** What is the name of the 1988 English/American supergroup featuring: Roy Orbison, George Harrison, Jeff Lynne, Bob Dylan and Tom Petty ?
- Q 16** Who said ... *"I'd rather regret things I've done - than regret things I haven't done"* ?





SHOWBIZ with Andrea



★★★★★ Who's on Stage Today ?

Barry Wilks

Barry began singing in the church choir at the All Souls Church in Sandringham until his voice broke at age 12. Later on Barry sang with various bands including some great overseas gigs as he travelled the world with Roland Bonet performing in well known venues in cities such as Las Vegas, New York and Singapore. He even sang at Tony Bennett's son's restaurant. He loves singing numbers made famous by Bing Crosby and Dean Martin and is acclaimed for his renditions of their much loved classics.



Q. Now Barry, can you name a couple of your favourite bands ?

A. Growing up, I listened to a lot of radio and loved hearing Smacka Fitzgibbon, Tommy Dorsey, Glenn Miller, Benny Goodman and I really loved the songs of Irving Berlin and Cole Porter.

Q. How about naming a couple of your favourite songs and why they resonate with you ?

A. "Mona Lisa" just love hearing Nat King Cole. "Welcome To My World", "I'm In The Mood For Love" and Dean Martin's "You're Nobody Till Somebody Loves You" give me much joy.

Q. When did you realise you could sing ?

A. In my teens I would sing along with the radio or the LPs on my record player. If I was at a party I was often asked to sing, which led to me performing at various gigs.

Q. Tell us about some of those amazing events you have performed at.

A. Being invited to sing with my daughter Susie at the "Alana and Madeleine" Charity Show was a huge honour. Peter Sullivan was the Musical Director and we were the first act to perform, followed by many well-known artists - a hugely successful night for the Charity.

Q. What do you think about the old "Big Bands" and the crooners of the 30's and 40's ?

A. I love the big bands of the 30's and 40's - the music has melody, the songs are classics and the artists/crooners are still household names. Dean Martin and Bing Crosby are especial favourites of mine and people have remarked that I have the Dean and Bing 'sound'.

Q. You love being in Show Biz, what makes you love performing so much ?

A. People seem to relate so positively to my performances and get pleasure from my repertoire of favourites. It's a joy to me to make an audience smile, call for encores, and sometimes even tear-up. It makes for a wonderful feeling.

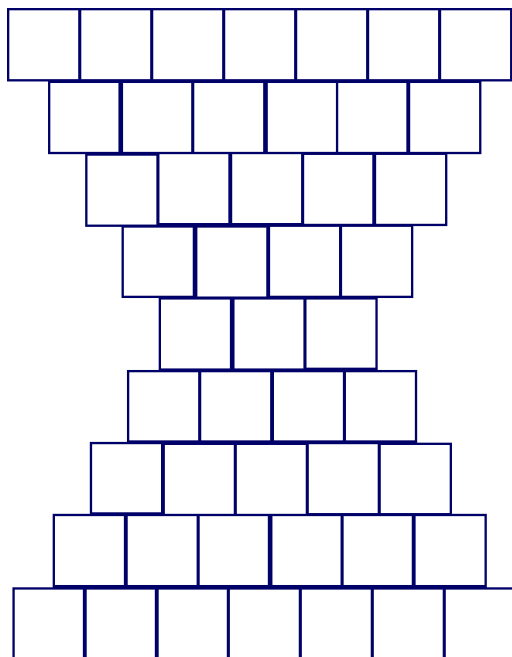
*Thank you Barry for being with us today.
Looking forward to seeing you next year at "Music Alive".*

Andrea xxx



RIDDLE AND PUZZLES

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



Vast numbers of people or things (starts with L)

Coming last

Local language

Floor covering

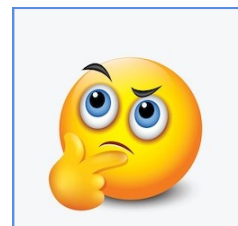
Lubricant

Work hard

First (TV) episode in series

Ruined

Small handguns



RIDDLE: I am a seven letter word. I am very heavy.
Take away two letters from me and you will get 8.
Take away one letter and you will get 80. Who am I?

CRYPTIC INCRE - MENTAL

Change the first word to the last by altering one letter at each stage to make a new word each time - there are cryptic clues to help you!

S	A	N	D	Y
R	E	E	F	S

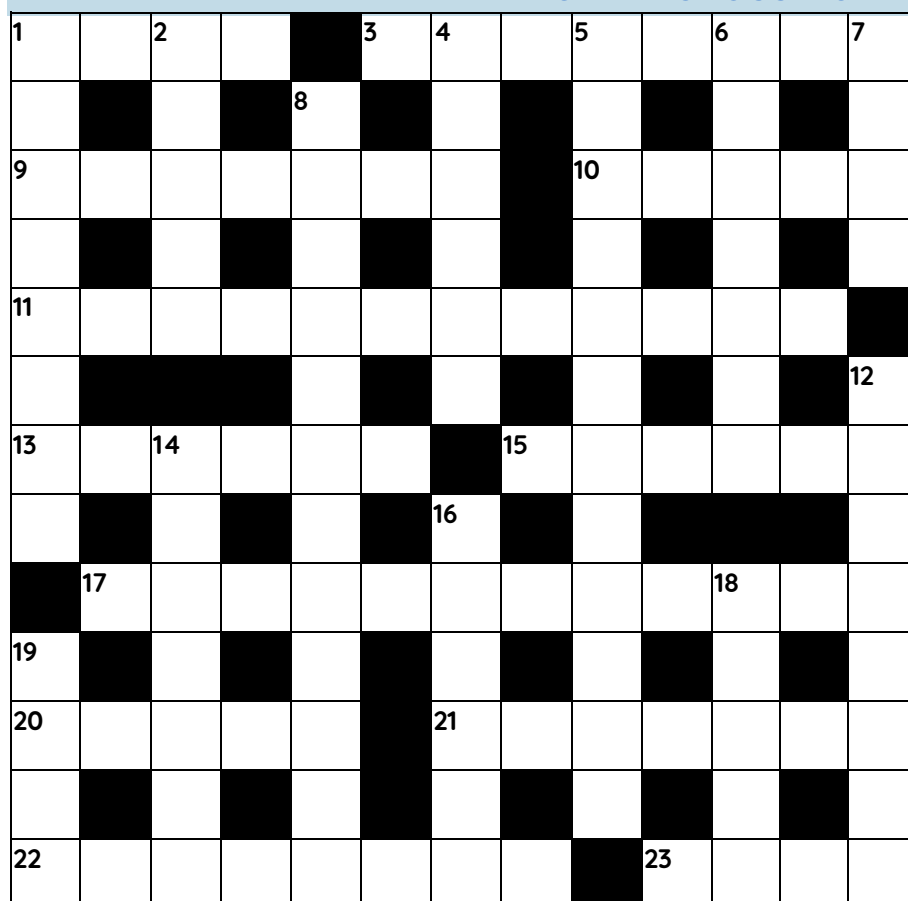
Rubs some back and shoulders

Mails seconds outside

Sees around 500 Roman fruit pips

Deer turn south to find riverside plants

GIANT CROSSWORD



Across

- 1 rescue (4)
- 3 backyard event (8)
- 9 food allocations (7)
- 10 form fabric by interlacing thread (5)
- 11 not able to be undone or altered (12)
- 13 concealing (6)
- 15 a business which provides a service (6)
- 17 country's patriots (12)
- 20 large wading bird (5)
- 21 head of state government (7)
- 22 straight sided drinking glasses (8)
- 23 costs, charges (4)

Down

- 1 level, even, true (8)
- 2 constituent (5)
- 4 claim (6)
- 5 venue for strikes (7,5)
- 6 silent film actor 'The Tramp' (7)
- 7 not odd (4)
- 8 usual, traditional (12)
- 12 things that are ugly (buildings) 8)
- 14 a simplified drawing, schematic (7)
- 16 sharpshooter (6)
- 18 thin pointed piece of metal, wood (5)
- 19 the firing of a gun or cannon (4)

THERE ARE FOUR THINGS
THAT I HATE IN THIS WORLD:

- LISTS
- REPETITION
- LISTS
- IRONY



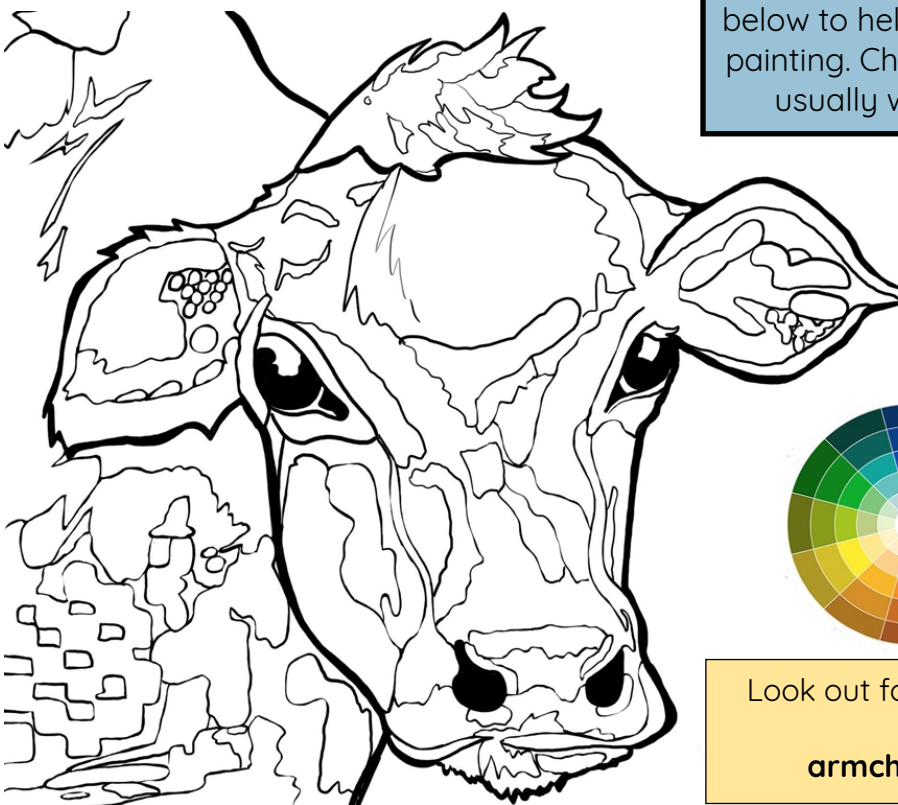


Art and craft ideas for all!
Get creative at home! We hope you will enjoy having a go at these activities!



Bold, abstract artworks by Kate Mullin
<https://www.katemullinart.com/prints/>

What colour palette inspires you? Use the guides below to help form your shapes within your cow painting. Choose a colour palette that you don't usually work with and see what happens!



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

DID YOU KNOW? - By Nick Turner

On the 16th of November QANTAS celebrated their 100th year of flying. So we thought we would dedicate this week's article to some facts that you may not know about the Airline.



Although QANTAS just turned 100, you may be surprised to learn that they aren't the oldest commercial airline. They are actually the third oldest having been founded in 1920. That distinction is held by the Dutch carrier 'KLM', which was founded in 1919, shared by the Colombian carrier 'Avianca', founded in the same year.

So what does QANTAS stand for? Well the name is no longer quite accurate considering their vast network, however it stands for "Queensland and Northern Territory Aerial Service". This is because the airline was founded in Queensland, and originally exclusively operated flights between the Sunshine State and the Top End.

Qantas used to operate the world's longest flight. The route was from Dallas, Texas to Sydney, Australia - a whopping 13,799km long journey that took over 17 hours to complete. The title was taken after Qatar Airways launched a route from Doha, the capital of Qatar, to Auckland, New Zealand - a distance of 14,537km that took 18 hours and 35 minutes.



OUR AMAZING WORLD



MOONBOWS: Much like rainbows, these colorful nocturnal arches occur when light (from the moon, in this case) reflects and refracts off water droplets in the sky. But moonbows are much more rare than rainbows - the natural phenomenon happens only when the moon is very low, the sky is dark, and rain is falling opposite the moon.

CHILDCARE: Childcare was given a couple of tomato plants from Molly at Southern FM after Carmela talked on the radio about how the children have been gardening. Here we have prepared the soil, planted the tomatoes and now the tomatoes are being watered.



READER CONTRIBUTIONS

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

- A photo you have taken
- A piece of artwork you have created
- A short story or poem you have written
- Something uplifting or funny that you have seen or heard this week.
- A joke or a riddle
- Anything else you can think of!

If you have anything to share, please email it to: armchairtravel@sandybeach.org.au



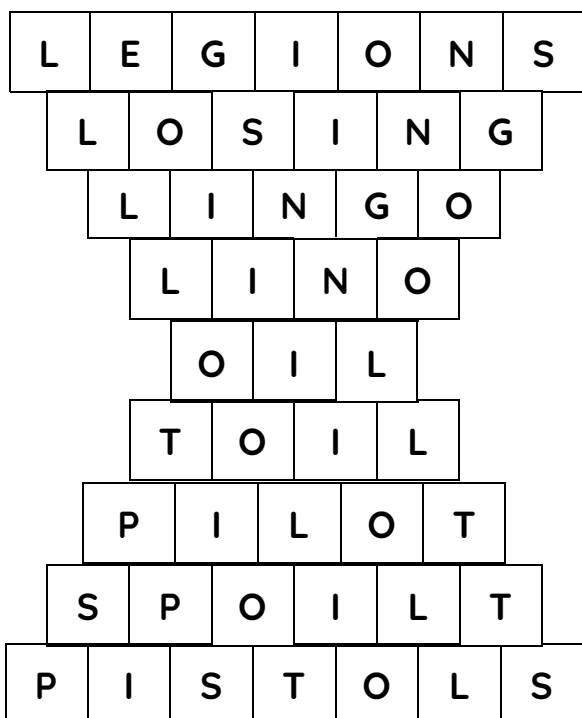
This week's contribution comes from Meryl Redenbach who attends Artbeat at Sandybeach Centre on Mondays with Tina. Thanks for sharing Meryl - love your work! ♥



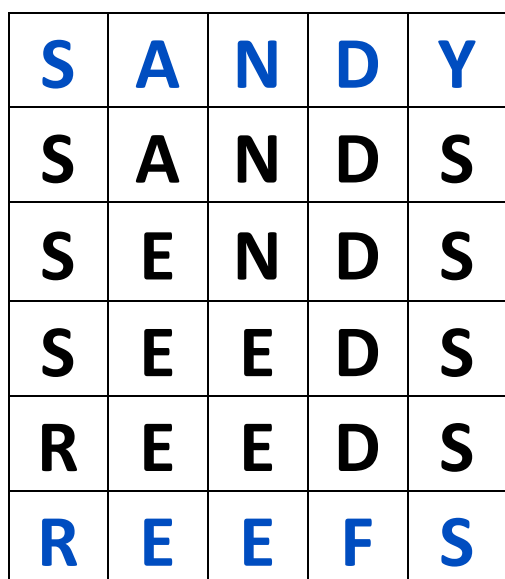
A lovely rose growing at Sandybeach thanks to the green thumbs of Frank Formica, its name is Apricot Nectar, lovely (and it has a scent ♥)

CROSSWORD, QUIZ AND PUZZLES ANSWERS

WORD CASTLE ANSWER



CRYPTIC INCRE - MENTAL ANSWER



Across

- 1 save
- 3 barbecue
- 9 rations
- 10 weave
- 11 irreversible
- 13 hiding
- 15 agency
- 17 nationalists
- 20 heron
- 21 premier
- 22 tumblers
- 23 fees

Down

- 1 straight
- 2 voter
- 4 assert
- 5 bowling alley
- 6 Chaplin
- 7 even
- 8 conventional
- 12 eyesores
- 14 diagram
- 16 sniper
- 18 spike
- 19 shot

RIDDLE

ANSWER: WEIGHTY 😊



ANSWERS TO THE BRAIN BUSTER

- Q1: James Cagney. Q2: Leo Tolstoy. Q3: Guys and Dolls.
 Q4: Big Yellow Taxi. Q5: Mash. Q6: Gold. Q7: Toni Lamond.
 Q8: In Glass Houses. Q9: Prisoner. Q10: Six White Horses.
 Q11: 55 Days At Peking. Q12: A Crooked Man. Q13: 24.
 Q14: Cosmo Spacely. Q15: The Traveling Wilburys. Q16: Lucile Ball.

SANDYBEACH CARERS

Sharing Information and Connecting with Carers

CARING FOR CARERS AUSTRALIA (CCA)

Caring for Carers Australia (CCA) is a not-for-profit organisation dedicated to honouring and acknowledging Carers and the enormous effort they show their loved one each and every day.

According to a Deloitte Access Economics report, the demand for informal care is set to outstrip its supply. The need for Carers is at an all time high with one in eight Australians providing informal care and the demand for carers will double in some areas in the next seven years.

The report commissioned by Carers Australia has found Australians provide 1.9 billion hours (\$60.3 billion) in unpaid care in a single year looking after family members and friends who are aged, chronically ill or have a disability.

We need to honour and acknowledge Carers to support them in the invaluable service they provide to not only their loved one but to our communities.

CCA's services include:

NDIS Plan Management
NDIS Support Coordination
NDIS Pre-Planning
Carer workshops and retreats
Carer Programs
Carer program consultation and development

PH: 0439 964 416
caringforcarersau.org

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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**

CONVERSATIONS with



Carers Victoria's new videocast *Conversations with Carers Victoria* has now launched via Zoom

Every Monday, Wednesday and Friday at 2pm we'll be online talking with carers about ways to tend to their wellbeing and even learn something new.

The videocast is interactive and there will be the opportunity to communicate with the host via the chat function.



Let us know what resources you have found useful for you or your clients.
armchairtravel@sandybeach.org.au
PH: 9598 2155



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