

REACHING OUT

Keeping our Community Connected - Edition 36



PIPPIN AND ANGEL REUNITED

A Beechworth family has been reunited with their therapy horse, Pippin, who went missing in the Buckland Valley bush for three days during a camping trip. Tom Mullinar, his wife Sasha, their 12 year old son Angel, and therapy horse Pippin were camping as part of their preparation for a trip next year on the Bicentennial National Trail.

"Pippin had been grazing happily in the campsite with hobbles on and we popped down for a quick swim just before we were set to leave the campsite," Mr Mullinar said. "When we got back there was no sign of him." Ms Yeomans said when they realised



Pippin was gone, everyone who was at the campground started looking for him, including volunteers on horses.

Pippin has been with the family for several years to help Angel, who has cerebral palsy, with his core strength and to enable him to explore the bush on the family's camping trips. At first they thought Pippin would be found quickly, as he has a bell around his neck, but he eluded the search party for three days. "We were actually heading back from our search to the campsite when we heard the bell," Sasha said.



She said the bond between Angel and Pippin was very special and he had made an amazing difference to Angel's life. "It's just been the best therapy we've had, but we've really had to work training this horse to be like a guide dog," she said.

Mr Mullinar thanked the community for helping in the search for Pippin and said they were overjoyed and incredibly relieved to have him back.

FUNNY ONE LINERS:

I'm feeling pretty proud of myself, I bought a jigsaw puzzle that said 3-5 years, but I finished it in just over 18 months!

My maths teacher called me average - how mean!



IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1300 22 4636

LIFELINE - 13 11 14

EMERGENCY SERVICES - 000

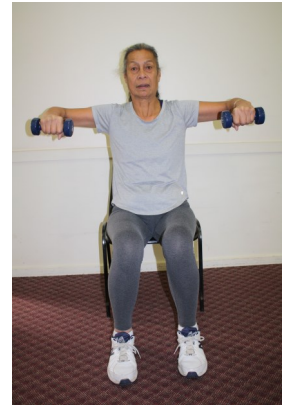
SANDYBEACH CENTRE - 9598 2155

KEEP MOVING WITH ANGEL

EXERCISE 1 : Rotator Cuff – Strengthening the upper chest, upper back and shoulders

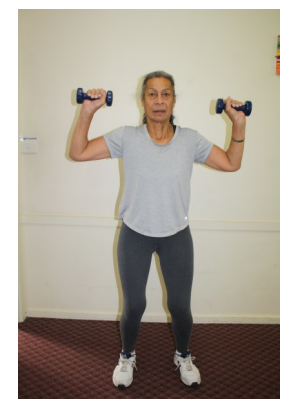
Seated

- Come forward on the chair, legs hip width apart.
- Raise arms upward, holding weights or medium size cans of food.
- Bend at the elbow and bring forearms down 90 degrees do not drop wrists downward. (see picture).
- Do 2 sets of 10 repetitions.



Standing Position

- Stand with legs shoulder width apart, knees slightly bent and engage the core (the stomach muscles) to take the pressure off the lower back.
- Repeat the exercise as above. (see picture).
- Do 2 sets of 10 repetitions.



EXERCISE 2: Upright Row – Strengthening The Back and Chest

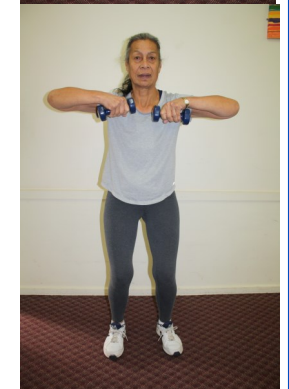
Seated

- Come forward on the chair, legs hip width apart.
- Have arms down and on either side of the thighs, slowly bring the arms up and under the chin and keep, the elbows upward and not pointing downward.
- Slowly bring the arms down. (see picture).
- Do 2 sets of 10 repetitions.



Standing Position

- Stand with legs shoulder width apart, knees slightly bent and engage the core (stomach muscles) to take the pressure off the lower back.
- Repeat the exercise as above.
- Do 2 sets of 10 repetitions.



Always remember, do as much as you can and do all exercises slowly.
You will thank me for this!!!!.

Have fun everyone, take care and stay safe, Angel Parker

LET'S STAY HEALTHY WITH ELANA

Creamy Roasted Cauliflower Soup

Ingredients

- 1 large head of cauliflower cut into bite size florets
- 3 tablespoons of extra virgin olive oil
- Sea salt to season
- 1 medium red onion, chopped
- 2 cloves of garlic, minced
- 4 cups of vegetable stock
- 2 tablespoons of unsalted butter
- 1 tablespoon of fresh lemon juice
- 1/4 teaspoon of ground nutmeg
- 2 tablespoons of finely chopped fresh flat leaf parsley and chives

Method

1. Preheat oven to 200°C fan forced. Line a large rimmed baking dish with baking paper. On the baking paper toss the cauliflower with 2 tablespoons of olive oil until lightly and evenly coated in oil. Arrange cauliflower in a single layer and sprinkle lightly with salt. Bake until the cauliflower is tender and caramelised, 25 to 35 minutes and tossing half way.
2. Once the cauliflowers is almost cooked, in a soup pot warm the remaining olive oil then add the onion and 1/4 teaspoon of salt. Cook, stirring occasionally until onion is softened and translucent. Add garlic, stir and cook then add the stock. Reserve 4 of the best cauliflower florets for garnishing. Then transfer the remaining cauliflower to the pot. Increase the heat and bring mixture to a simmer then reduce. Cook while stirring occasionally for 20 minutes to give the flavours time to combine.
3. Once the soup is cooked, remove from heat and let cool before transferring in batches to a blender. Add butter and blend until smooth. Add lemon juice, nutmeg, salt and blend. Top individual bowls with florets, sprinkle with garnish and enjoy!

Spring Stretches!

1. Arm Opener- this stretches your arms, shoulders and chest. Stand with your feet apart and bring your hands together in front, turn the hands out then let your arms go behind your back. Hold behind then bring back to the front.
2. Chin Drop - put your arms in front of you with your elbows and palms touching, palms facing upwards. Put your palms on top of your head and gently drop your chin, stretching your neck and shoulders. Feel a gentle stretch.
3. Calf Stretch - stand up and face the wall, placing your right foot in front of your left and both hands on the wall in front of you for support. Slowly bend your right leg and feel a stretch in your left calf. Hold for 10 seconds. Repeat with the other leg.



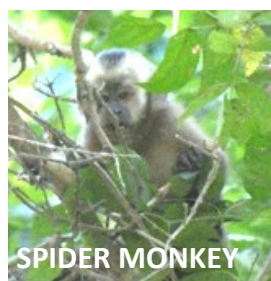
ARMCHAIR TRAVEL: AMAZING AMAZON by Mary Gates

In 2019, Steve and I set off for a six week adventure to explore South America. The Amazon jungle in Peru had long been on my bucket list. I sought to experience the jungle which is considered to be the lungs of the planet and to see its unique native flora and fauna.

To reach the Amazon we flew from Lima, Peru to the very rustic small town of Puerto Maldonado in south eastern Peru that is the gateway into the southern Amazon jungle. The climate is hot and humid at all times, with the months of August and September being the hottest. Needless to say it was very humid. Much of the Amazon rainforest is now classified as a UNESCO World Heritage site but historically, forest destruction has been extensive due to logging, agriculture, cattle ranching, mining, oil extraction and dam building. In order to enter and stay in the Amazon jungle you need to join an organised tour into one of the protected areas. At the tour operator's headquarters we left our suitcases and packed our gear for the 3 night stay into a small backpack. We travelled for 2.5 hours by canoe on the murky waters of the Tambopata River to our accommodation in the jungle. We certainly felt very remote from civilisation. Our accommodation was a wooden hut with one wall open to the surrounding jungle. It was very comfortable with an ensuite and large bed with the all-



important insect net. At night the net protected us from the numerous and large flying insects. We were very well looked after by the indigenous guides and hospitality staff. During the day we travelled by canoe or raft with a guide to different areas of the jungle. The wildlife was

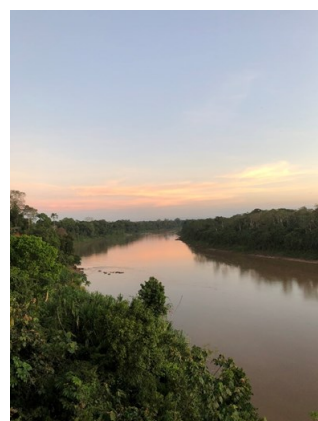


breathtaking. As an ecosystem, the Amazon is one of the most biodiverse places on earth. Over 3 million species live in the rainforest, and over 2500 tree species help to sustain this vibrant ecosystem. We saw large harpy eagles, colourful parrots, macaws, parakeets, toucans, and hummingbirds in the forest canopy. We also spotted a sloth, black spider monkeys, and poison dart frogs. Although we did not see them, jaguars and pumas inhabit the undergrowth. The much-feared piranhas were lurking in the murky waters but

we did not see them either. The truth is although piranhas are attracted to the smell of blood, most species scavenge more than they kill. In reality it is the piranhas that are routinely eaten by people but I have to admit I was still somewhat concerned when my husband decided to take a brief swim in the river before breakfast one morning! All meals were provided at our small resort and the fare was plentiful with a variety of fresh fruits, chicken and vegetables. On one of the evenings before dinner we were taken by a guide for a torch lit night walk through the jungle. The jungle was abundant with insect life especially spiders and ants of all shapes and sizes, moths and colourful butterflies. It is



estimated that the Amazon rainforest may house as many as 2.5 million species of insects. On the last day we said our farewells and took the canoe out of the jungle to return to Puerto Maldonado. We had both taken numerous photos so that we could treasure this once in a lifetime experience. Our next stop was Cusco, Peru.



DID YOU KNOW?

The Day of the Dead, or *Dia de los Muertos*, goes from 31 October to 2 November in Mexico and a few other Hispanic countries. 1 November, *Dia de los Inocentes*, honors children that died, and family members decorate graves with baby's breath and white orchids. On 2 November, *Dia de los Muertos*, families honor adults who have died and place orange marigolds on grave sites. The original Aztec celebration actually lasted a month long, but when Spanish conquistadors came over to Mexico in the 16th century, they merged the festival with the Catholic All Saints' Day. Today's celebration is a mix of both Aztec rituals of skulls, altars to the dead and food with Catholic masses and prayers.



Our Amazing world - WAVE ROCK, WA

Wave Rock, also known as Katter Kich by the Ballardong people, is a natural rock formation that is shaped like a tall breaking ocean wave. The 'wave' is about 15 m high and 110 m long. The rock lies 296 km east-southeast of Perth, WA. Wave Rock has cultural significance to Ballardong people who believe that it was a creation of the Rainbow Serpent, and was created in her wake by dragging her swollen body over the land after she had consumed all of the water in the land.



Monday, October 18, 2021



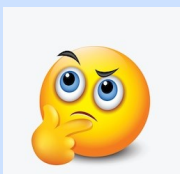
CHILDCARE

The school holidays theme was footy week for the grand final.



Sandybeach Centre PH: 9598 2155 email: admin@sandybeach.org.au

RIDDLES AND PUZZLES

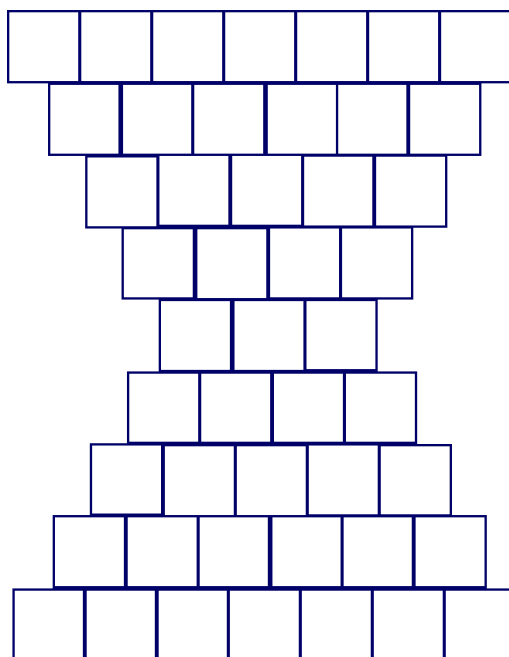


TWO RIDDLES :

What word starts with E and ends with E but only has one letter in it?

What word of five letters has only one left when two letters are removed?

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



Serious

Tidier

Consumed

Poker stake (up the ?)

Hot drink

Help out

Pour fat over meat while cooking

Lean part of chicken

Partial refunds

OXYMORON 'a figure of speech in which apparently contradictory terms appear in conjunction'

FOUND MISSING
OPEN SECRET
SMALL CROWD
ACT NATURALLY
CLEARLY MISUNDERSTOOD
FULLY EMPTY
PRETTY UGLY
SERIOUSLY FUNNY
ONLY CHOICE
ORIGINAL COPIES
EXACT ESTIMATE
TRAGIC COMEDY

And the most oxymoronic of all...
SOCIAL DISTANCING!

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: HALLOWEEN**

1 CRAKLOW

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

2 KIRTC

--	--	--	--	--

3 SMUTOCES

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

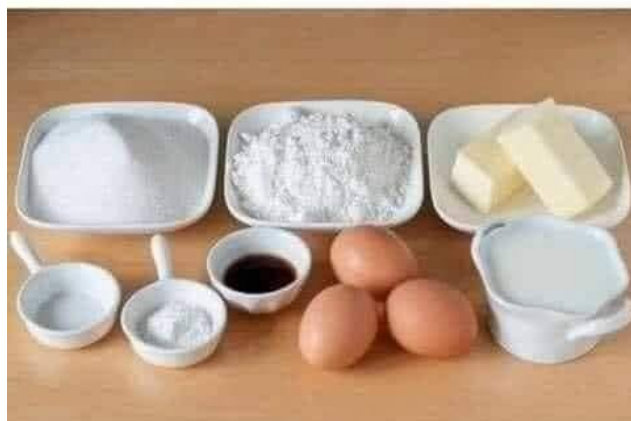
4 DYNAC

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5 HUGSOL

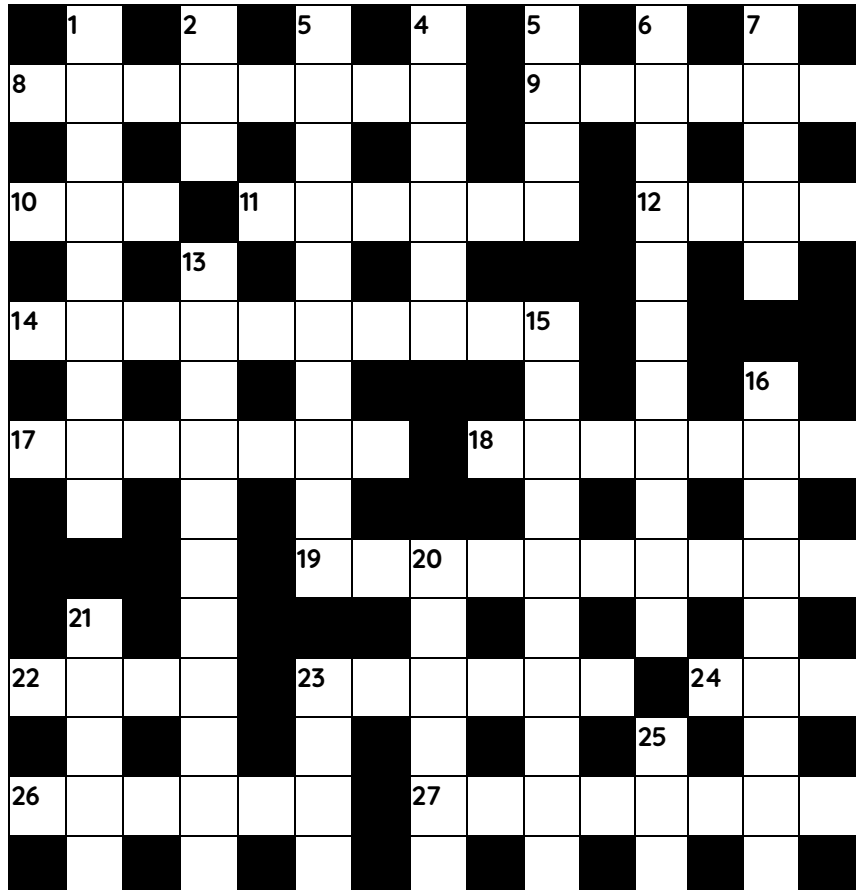
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The manager at our local IKEA is retiring, so I sent him this cake...



SOMETHING DIFFERENT - PATCHWORK CROSSWORD!

Just like the squares in a patchwork quilt, the pieces in this puzzle need to be 'sewn' together in the correct position. With the help of the Across clues only, can you fit all the pieces together to complete the crossword? There are no clues for the words reading down.



Across clues

- 8 Young wedding attendants (8)
- 9 A long distance, far _____ (6)
- 10 Which person (3)
- 11 Stick (6)
- 12 Fence opening (4)
- 14 Accommodation for Nanna (6,4)
- 17 Old object (7)
- 18 Male sibling (7)
- 19 A shade of green (5,5)
- 22 Hoofed animal like Bambi (4)
- 23 Old currency of Spain (6)
- 24 Large (3)
- 26 Border (6)
- 27 Time limit (8)

A			
I	N	E	
S			

A	D		
I		O	
N	N	Y	

D		O	
I	Q	U	
F		D	

G			
P	A	G	
T			

W	H	O	
	E		
G	R	A	

E		I	
N	G	E	
T		S	

H	E	R	
L			
F	L	A	

E	G	R	
N		S	
T	A		

I			
A	N	T	
	G		

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R	P		

P			
E	L	D	
A			

L	I	V	
	N		
E	S	E	

C		R	
A	F	I	
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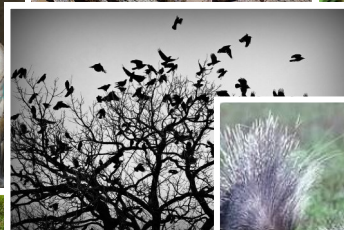
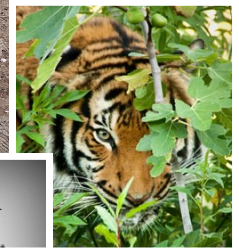
I			
D	E		
E			

E		G	
		M	
T		A	

WORD GAMES - Thanks to Miranda's neighbour, Judy for the ideas ♥

Some of these animal collective nouns are very appropriate - can you name them? Some of these pictures may give you a hint.

1. A of weasels
2. A of peacocks
3. A of monkeys
4. A of porcupines
5. A of sloths
6. A of sharks
7. A of kittens
8. A of foxes
9. A of owls
10. A of crocodiles
11. A of badgers
12. A of crows
13. A of iguanas
14. A of caterpillars
15. A of cockroaches
16. A of tigers
17. A of flamingoes



All these words either begin or end with HEN

1. To make something hard
2. From this time forward
3. Very pale
4. Pertaining to the ground
5. A boy's name
6. Used to change hair colour
7. Where food is prepared
8. Used to join words
9. A town in Gippsland
10. A bird with a colourful mate
11. To make course
12. A trusty follower
13. A badly treated husband
14. Those needing salvation
15. To brighten up

All these words start with CAR

1. A car that is sung
2. A car that is one's future
3. A car that tastes nice
4. A car that is used for holidays
5. A car that is a funny picture
6. A car for your buttonhole
7. A car of bright lights and fun
8. A car that eats flesh
9. A car that builds with wood
10. A car on the floor
11. A car on the rails
12. A car for rabbits
13. A car to slice or cut
14. A car in a gun
15. A car that is fishy

AUDREY SMYTH, AS TOLD TO DAVID

I was born in Colombo in 1937. My parents were Burghers, of Dutch and English descent and their families had been in Ceylon for centuries. In 1942 the Japanese bombed Colombo, and for our safety I was sent with my mother and sisters to the hill country, where I started school in a convent. Our daily journey to school was on a Puffing Billy train through lush jungle-covered mountains. On return to Colombo after the war, I attended Methodist College.

After Independence, my family migrated, and we arrived in Melbourne in 1950. I was sent to Caulfield North Central School, where I felt very conscious of my accent and was terrified of the rough ocker boys, totally unlike the gentle girls at the school I'd left.

My next school was Essendon High School, where I became school pianist and eventually, Head Prefect. On leaving school I was given an Education Department Studentship and became the first in my extended family to attend a university. I graduated with a BA in 1958 and commenced teaching at Foster High School in 1959.



Eight Years Old
Bambalapitya,
Colombo

බම්බලපිටිය

in the beautiful
Sinhalese script



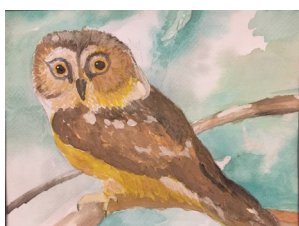
**The view over Caton,
our village near Lancaster**

I was teaching at Firbank in 1965 when I married David. We moved into Brighton and started a family that eventually included three girls and our adopted son, my nephew. We still live in the house we bought in 1966.

David studied at Lancaster University in the mid 70s for 2½ years. We rented a house in an idyllic rural village and revelled in being on the edge of the Yorkshire Dales in one direction and only an hour from the Lake District in another.

On returning to Brighton, I taught English as a second language in the Adult Migrant Education Service. My last job was in Bangkok, while David was posted there, teaching English to the lovely postal and telecommunications staff.

Of our eight grandchildren, five are now university students and it seems the other three are on the way. I feel very happy that, like our own children, they value their opportunities for education.



Now that my health is not as good as it was, I have taken up painting and loved my all too short time with Artbeat at Sandybeach. I enjoy reading the Sandybeach newsletter every month and doing the activities in it.





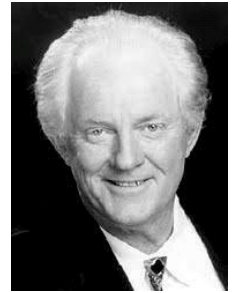
SHOWBIZ WITH ANDREA!

ANDREA PRESENTS...



Frankie Davidson

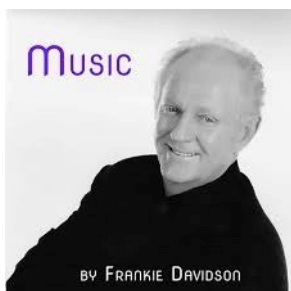
Frankie Davidson is an Australian entertainer who was born in Black Rock in 1934. He



had several hit records in the 1960s and appeared in many TV variety shows. He has also acted in several Australian television police dramas and even appeared in *Muriel's Wedding*.

He started off as a comedy singer and later in life moved to more serious singing. He got his start in the music industry by taking part in talent quests and while undergoing compulsory National Service training, he would sing to entertain fellow recruits. Among his more well known hits are 'I Care for You', 'Yabba Dabba Doo' and 'Have you Ever Been to See King's Cross?' - a humorous ditty sung at breakneck speed in the Australian vernacular. In 1963 he won first prize in *Export Talent* - an *Australia's Got Talent* type contest, which sent him to England, giving him valuable overseas exposure and experience. He returned to Australia in 1965, but over the next five years he spent much time performing in Europe and America, where he appeared on *The Dick Clark Show*. He has performed on cruise ships. Frankie is also a very good mimic and his early impersonations were of Frankie Laine, Danny Kaye and Sammy Davis.

Frankie has a talent for comedy and became a compere at Zigfields and also performed at the Hawthorn and Melbourne Town Halls. Frankie has named Frankie Laine, Sammy Davis, Frank Sinatra and Tony Bennett as musical inspirations and he lists Don Rickles as his favourite comedian and a comedic influence. Although he has performed at large venues, Frankie lists a performance at Sydney Junior Football Club as one of his favourite gigs, mainly due to the enthusiasm of the audience. Over the course of his career, Frankie has met some pretty famous people but amongst his favourites were Elvis Presley ("Elvis was beautiful"), Elvis's manager Tom Parker and Cliff Richard. In 1981 he released 'Big Aussie BBQ', an album of familiar Australian songs including Slim Dusty favourite 'Duncan', the traditional 'Wild Colonial Boy', 'The Man from Snowy River', Peter Allen's 'I Still Call Australia Home' and Joe Dolce's irreverent 'Shaddap Your Face'. Despite being an all-round entertainer with many strings to his bow, Frankie never learned to read music or play an instrument. That hasn't slowed him down!

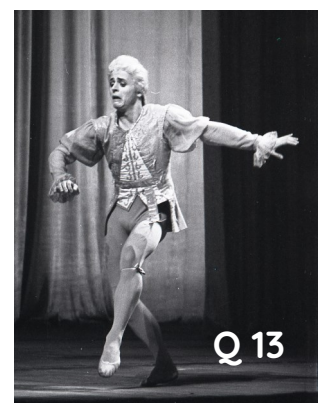
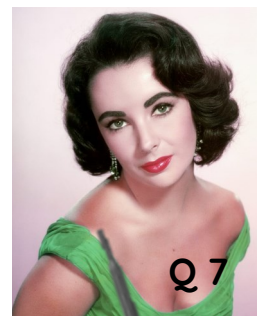


Note: When I started out my singing career, I had the pleasure of working with this great man. Not only is he a wonderful singer, comedian and actor but also a great mentor and a friend. I have a lot of respect for what this man has achieved and given to Australia. I would like to give this man a round of applause and say thank you Frank for your years of comedy, song and friendship.

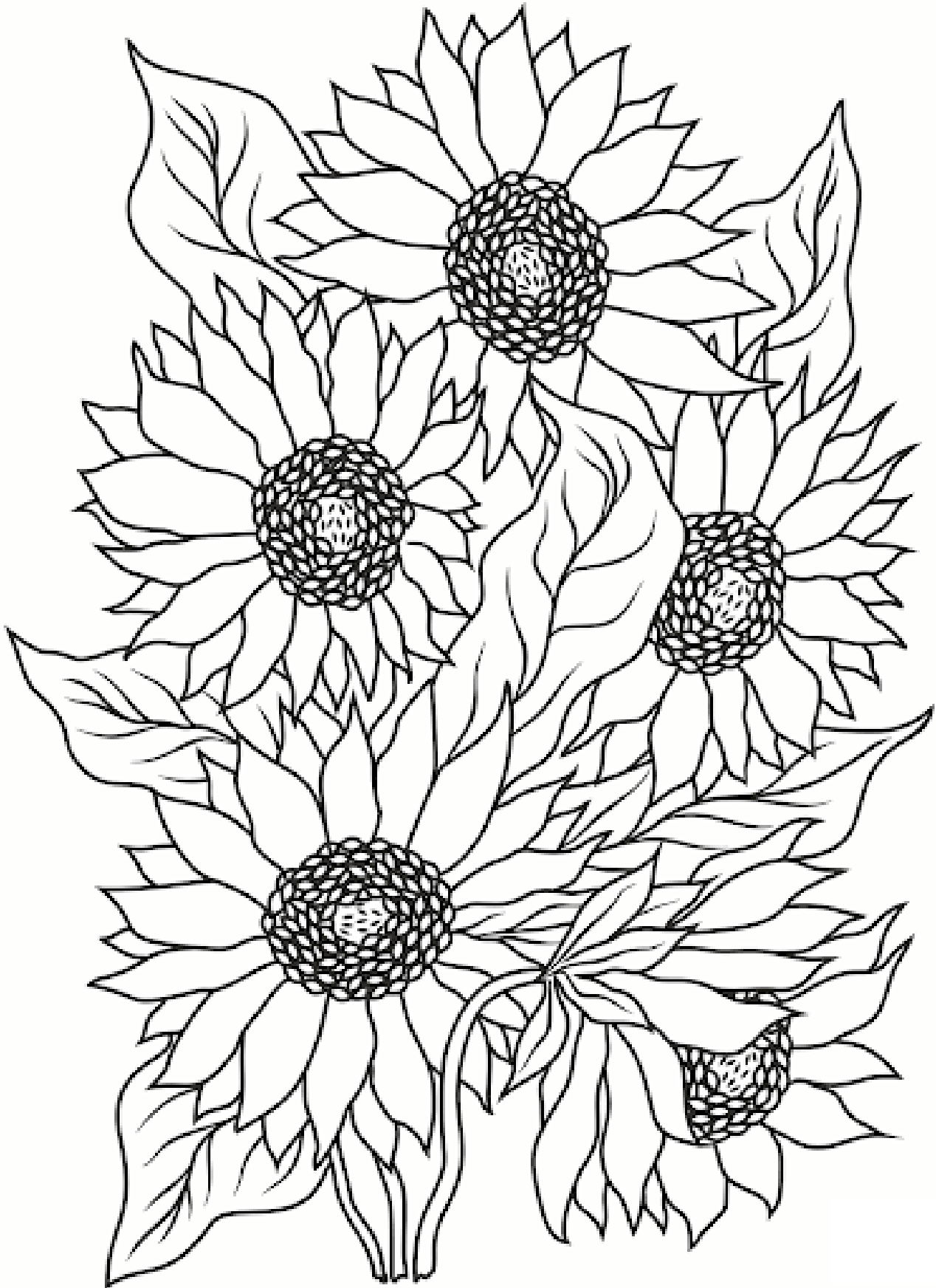
Love and God bless you. Thank you - Andrea

TRICKY TRIVIA

1. Who was the charismatic and handsome democratic candidate who became president of the United States on 20 January 1961?
2. In October 1962, leaders of the U.S. and the Soviet Union engaged in a tense, 13 day political and military standoff over the Soviet installation of nuclear missiles on Cuba. What was this event called?
3. Who was the newly inaugurated president who, on 4 March 1933, during his first inaugural address said, "Let me assert my firm belief that the only thing we have to fear is fear itself..."?
4. Name Auguste Rodin's most famous sculpture around the world.
5. What is the title of this 1959 American religious film, starring Charlton Heston, which won 11 Oscars, including Best Picture?
6. Which two presidential candidates participated in the first televised debate on 26 September 1960?
7. Who was Elizabeth Taylor's first husband?
8. Who was the youngest recipient of the Nobel Peace Prize?
9. In which ocean is the deepest place recorded on earth?
10. Who was the first company to manufacture a handheld mobile phone?
11. What was the name of the portable music player, which was created out of a desire by Sony's co-founder for a device that he could listen to while walking around?
12. In what year did the internet start?
13. What was the name of the Russian dancer that left the Soviet Union in 1977 and eventually joined the New York City Ballet?
14. Which planet in our solar system has more volcanoes than any other?
15. What is the title of the George Orwell published dystopian social science fiction novel in 1949?
16. Which city is often called the Home of Country Music?



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

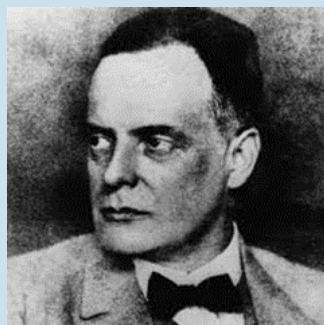




'Castle and Sun' by Paul Klee



Paul Klee was a Swiss born German artist. His highly individual style was influenced by movements in art that included expressionism, cubism, and surrealism.



In this artwork the stylish images are created out of different geometric shapes and various shades of color. In addition, various rectangular sizes add depth to the abstract image.

By using rectangles, triangles, and squares he creates a warm city scene being illuminated by the sun that hangs in the upper right of the painting.

Having fun experimenting!

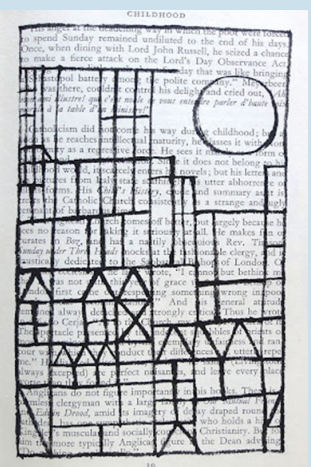
Be inspired by the artworks of Paul Klee and have a go at creating your own castle or city! Thank you Jill, one of our Artbeat clients for sharing your interpretation with us!



By Jill Remnant

Old book pages can be re used as a grid of vertical lines to help you build your city as well as giving your artwork a different look.

- Draw and create your own city using rectangles, triangles, and squares like Klee did.
- Consider where you will place your sun.
- Consider using shapes within shapes to help form depth, different levels and distance.
- Use watercolour paint or coloured pencils.
- Once you are happy with your design, go over your pencil lines with a black fineliner.





READER CONTRIBUTIONS

This month's contributions are from Ana Greeno. Ana has been a regular presenter in the Armchair Travel program at Sandybeach for many years. She is also a very talented artist. Here are four of her pieces. Thanks for sharing Ana ♥

"I was fortunate, in that, when I was young, my great aunt, a true bohemian artist, started me off on the road to art. I love to vary my subjects and try out new mediums and styles. Some of my recent paintings are using acrylic inks on Yupo Paper (still life of lemons and apples), water-based crayons/oil pastels (donkeys), coffee (girl portrait) and acrylics (man portrait). I may be inspired by a photo in a newspaper or magazine, photos I have taken or postcards picked up on my travels. I'm also into painting 'en plein aire' (painting out in the open) and look forward to enjoying this in the warmer weather!"



QUIZ AND PUZZLES ANSWERS

RIDDLE ANSWERS :

Envelope
Stone

WORD CASTLE ANSWER

E	A	R	N	E	S	T
N	E	A	T	E	R	
E	A	T	E	N		
A	N	T	E			
T	E	A				
A	B	E	T			
B	A	S	T	E		
B	R	E	A	S	T	
R	E	B	A	T	E	S

COMMON THREAD (EXTRA WORD WITCH)

CRAKLOW	W	A	R	L	O	C	K
KIRTC	T	R	I	C	K		
SMUTOSES	C	O	S	T	U	M	E
DYNAC	C	A	N	D	Y		
HUGSOL	G	H	O	U	L	S	

CROSSWORD SOLUTION

Across

- 8 Pageboys
9 Afield
10 Who
11 Adhere
12 Gate
14 Granny flat
17 Antique
18 Brother
19 Olive green
22 Deer
23 Peseta
24 Big
26 Fringe
27 Deadline

Down

- 1 Gathering
2 Bed
3 How do you do
4 As well
5 Café
6 Ringmasters
7 Plate
13 Indifferent
16 Venetians
21 Heart
23 Pies
25 Eli

WORD GAME ANSWERS ↓

1. Gang
2. Muster
3. Troop
4. Prickle
5. Bed
6. Shiver
7. Kindle
8. Skulk
9. Parliament
10. Bask
11. Colony
12. Murder
13. Mess
14. Army
15. Intrusion
16. Ambush
17. Flamboyance

1. Toughen
2. Henceforth
3. Ashen
4. Earthen
5. Henry
6. Henna
7. Kitchen
8. Hyphen
9. Bruthen
10. Peahen
11. Roughen
12. Henchman
13. Henpecked
14. Heathen
15. freshen

1. Carol
2. Career
3. Caramel
4. Caravan
5. Cartoon
6. Carnation
7. Carnival
8. Carnivore
9. Carpenter
10. Carpet
11. Carriage
12. Carrot
13. Carver
14. Cartridge
15. carp

TRICKY TRIVIA ANSWERS

1. John F Kennedy 2. The Cuban Missile Crisis 3. Franklin D Roosevelt
4. The Thinker 5. Ben-Hur 6. Richard Nixon & John F Kennedy
7. Conrad 'Nicky' Hilton 8. Martin Luther King Jnr 9. The Pacific Ocean
10. Motorola 11. The Walkman 12. 1991 13. Mikhail Baryshnikov 14. Venus
15. 1984 16. Nashville, Tennessee

SANDYBEACH CARERS

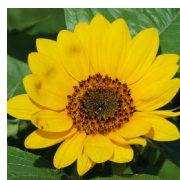
Sharing Information and Connecting with Carers

National Carers Week 10-16 Oct 2021

Foster Carers - making a world of difference

Our very own REACH Co-ordinator, Juliet Collins, has been a foster carer for 13 years and has gained so much from the experience. In this time, she has cared for many children who couldn't live at home and has provided short and long term placements, emergency care and respite care.

In Juliet's words "Foster carers play a vital role in the lives of children and young people by providing a stable home when they are not able to live with their family. It is such a wonderful opportunity to positively impact the life of a child or young person. I have been amazed over the years at how much difference the simplest things can make – providing a consistent daily routine, regular meals and a nurturing family environment even for a short while, can make all the difference. It has been challenging at times but also without doubt the most rewarding thing I've ever done. One of the best things for me has been seeing the incredibly positive



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**

impact the experience has had on my son who was 5 years old when we started our foster care journey.

I am supported by the wonderful staff at MacKillop Family Services, a provider of Out of Home Care services." There is a great shortage of foster carers and if you would like to find out more about this critical and rewarding role, you can contact foster care agency <https://www.mackillop.org.au/> or <https://fosteringconnections.com.au> and connect with your local Victorian foster care agency."

We are very fortunate to have Juliet as part of the Sandybeach team. It is inspirational to see that Juliet demonstrates the Sandybeach values both at work and at home



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