

REACHING OUT

Keeping our Community Christmassy - Edition 26



FEEL GOOD NEWS:

AUSSIE ANIMALS SURVIVING ADVERSITY ♥

Koalas making a comeback!

Climbing koala numbers is a 'good news story' in The South Australian Limestone Coast region despite warnings the iconic animal was under threat following Black Summer devastation in parts of Australia. "It was an animal that was thought to be extinct from the region about 90 years ago, but now appears to be coming back," said National Parks and Wildlife Service district ranger Ross Anderson. "They were also being found in and around built up areas, around town and in people's backyards where people have trees as a suitable food source", Mr Anderson said.

A little pygmy possum has been discovered on Kangaroo Island after fears bushfires had wiped them out

Fauna ecologist Pat Hodgins said the discovery, nearly one year on from the fires, was extremely exciting. 'There's only really been 113 formal records of the species ever on Kangaroo Island,' he said. Described as the world's smallest possum, they can primarily be found in Tasmania, along with Kangaroo Island and on mainland South Australia and Victoria.



HAPPY SNAP OF THE WEEK



SANDY THE BEAR

FUNNY QUOTES:

"A day without sunshine is like, you know, night." Steve Martin

"I like long walks, especially when they are taken by people who annoy me."
—Noel Coward

"Common sense is like deodorant. The people who need it most never use it."
—Anonymous



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

Lower Back Stretch

Seated

Come forward on the chair. Cross the right leg over the left leg and slowly bending from the waist bring the upper body downwards towards the thighs.

Hold the pose for the count of five and slowly coming up into upright position, repeat the stretch with crossing the left leg over the right leg and hold the pose for the count of five and returning to upright position. Do 2 sets each leg (see picture),

Standing

Cross the right leg over left and slowly bend from the waist bringing the upper body downward, hold the pose for the count of five and slowly bringing upper body upright. Repeat the stretch with left leg crossed over right. (see picture). Do 2 sets each leg.

Side Stretch

Seated

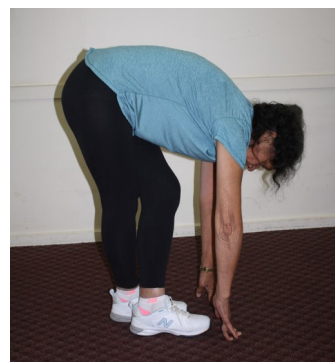
Come forward on the chair, extend the right leg out to the side and extend the right arm across and over the head. Repeat stretch with the left leg extended and left arm stretched across and over the head. Hold the pose for the count of five and return body to centre. (see picture). Do 2 sets on each side.

Standing

Extend the right leg out to the side and extend right arm across and over the head, repeat the stretch on the left side and hold the pose for the count of five. (see picture). Do 2 sets each side.

To everyone wishing you all a very happy Christmas and a happy new year. Thank you for your support, I look forward to seeing you all next year!!!

Regards, Angel – Remember “You will thank me for this”!!!!.



YOU CAN
DO THIS!!



LET'S STAY HEALTHY WITH ELANA

Chocolate and Candy Cane Crush Cookies

Ingredients

- 250 grams of butter, softened
- 3/4 cup of caster sugar
- 3/4 cup of brown sugar
- 1 teaspoon of peppermint essence
- 1 free range egg
- 2 cups of plain flour
- 1/4 cup of cocoa powder
- 1 teaspoon of bicarbonate of soda
- 250 gram packet of dark choc chips
- 375 gram packet of white chocolate melts
- 3 peppermint candy canes, crushed



Method

1. Preheat oven to 180°C fan forced and line 2 trays with baking paper. Beat butter, caster and brown sugar, peppermint essence and egg in a bowl until light and fluffy.
2. Add flour, cocoa powder and bicarbonate of soda, in 2 batches, stirring after each addition. Stir in choc chips, roll tablespoonfuls of the dough into balls.
3. Place half the balls on lined trays, 5cm apart. Bake for 12 minutes or until just firm. Set aside on trays to cool. Repeat with the remaining cookie dough balls.
4. Place white chocolate in a heatproof bowl over a saucepan of simmering water. Stir until chocolate melts and is smooth. Line a baking tray with baking paper. Dip one half of each cookie in the chocolate and transfer to lined tray, Sprinkle with crushed candy canes. Set cookies aside for 20 minutes or until set. Serve and enjoy!

Staying Healthy during the Festive Season

Eat before going out - avoid over eating and snacking on high calorie festive foods.

Drink with moderation - regulate your alcohol and drink water when thirsty.

Be active and get outside - enjoy walking, cycling or other outdoor activities.

Enjoy yourself - be realistic and enjoy treats that you really love, in small portions.

Prioritise your exercise - even when on holiday, incorporate exercise into your day.



**Merry Christmas
and have a Happy and
Healthy New Year!**



'Twas the Night Before Christmas: By Clement Clarke Moore

'Twas the night before Christmas, when all through the house
Not a creature was stirring, not even a mouse;
The stockings were hung by the chimney with care,
In hopes that St. Nicholas soon would be there;



The children were nestled all snug in their beds,
While visions of sugar-plums danced in their heads;
And mamma in her 'kerchief, and I in my cap,
Had just settled down for a long winter's nap,



When out on the lawn there arose such a clatter,
I sprang from the bed to see what was the matter.
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.



The moon on the breast of the new-fallen snow
Gave the lustre of mid-day to objects below,
When, what to my wondering eyes should appear,
But a miniature sleigh, and eight tiny reindeer,

With a little old driver, so lively and quick,
I knew in a moment it must be St. Nick.
More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by name;

"Now, DASHER! now, DANCER! now, PRANCER and VIXEN!
On, COMET! on CUPID! on, DONNER and BLITZEN!
To the top of the porch! to the top of the wall!
Now dash away! dash away! dash away all!"

As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky,
So up to the house-top the coursers they flew,
With the sleigh full of toys, and St. Nicholas too.



And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof.
As I drew in my hand, and was turning around,
Down the chimney St. Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,
And his clothes were all tarnished with ashes and soot;
A bundle of toys he had flung on his back,
And he looked like a peddler just opening his pack.

His eyes -- how they twinkled! his dimples how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow,
And the beard of his chin was as white as the snow;

The stump of a pipe he held tight in his teeth,
And the smoke it encircled his head like a wreath;
He had a broad face and a little round belly,
That shook, when he laughed like a bowlful of jelly.



He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself;
A wink of his eye and a twist of his head,
Soon gave me to know I had nothing to dread;

He spoke not a word, but went straight to his work,
And filled all the stockings; then turned with a jerk,
And laying his finger aside of his nose,
And giving a nod, up the chimney he rose;

He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle.
But I heard him exclaim, ere he drove out of sight,
HAPPY CHRISTMAS TO ALL, AND TO ALL A GOOD-NIGHT!



DID YOU KNOW? - STRANGE CHRISTMAS TRADITIONS AROUND THE WORLD By Nick Turner

JAPAN - Forget the Christmas turkey. For many Japanese, traditional Christmas dinner is Kentucky Fried Chicken served in special holiday packaging.

CARACUS - In the week leading up to Christmas, Venezuelans attend a daily church service called Misa de Aguinaldo. In the capital, Caracas, it is customary to travel to the church service on roller skates.

CATALONIA - Locals in Catalonia create a character out of a log, drawing a face on it and giving it a hat. Then they spend a fortnight 'feeding' it fruit, nuts and sweets. On Christmas Eve, the entire family beats the log with sticks and sings a traditional song that translates to 'if you don't crap well, I'll beat you with a stick' until the log excretes all its treats. They also decorate their nativity scenes with small, pooping, figurines.



GUATEMALA - Locals spend the week before Christmas sweeping up, collecting rubbish and then piling everything in a huge heap outside. Finally, an effigy of the devil is placed on top and the whole thing is set on fire.

PORTUGAL - During *consoda*, the traditional Christmas feast in Portugal, families sometimes set extra places at the dining table for deceased relatives. It's thought that the practice will ensure good fortunes for the household. In some areas crumbs are left on the hearth as well.

CZECH REPUBLIC - On Christmas Eve, unmarried Czech women stand with their back to the door and toss one of their shoes over their shoulder. If it lands with the toe facing the door, it means that they'll be married within the year.



OUR AMAZING WORLD

Christmas Island is home to an estimated 40-50 million bright red land crabs. And if you ever were to visit the island during the start of the wet season, then you can witness mother nature rolling out the red carpet for hordes of crabs, as they march their way down to the ocean to breed. It's a sight to behold.



CHILDCARE:



Contemplating the outdoor
obstacle course.
You can do it Halle!

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



Bill's Brain Buster Quiz



Merry Christmas



- Q 1 Little Miss Dynamite had huge success recording two Christmas songs ... "Rockin' Around The Christmas Tree" and "Jingle Bell Rock" - Who is Little Miss Dynamite ?
- Q 2 On the first day of Christmas my true love gave to me 'a partridge in a pear tree' then the next day, 'two turtle doves', so what did she give me on the third day ?
- Q 3 In the song, so that I can say "Merrwe Crissthmasth", all I want for Christmas is what ?
- Q 4 Elvis Presley (*pictured*) sang "You'll be doing alright in your Christmas of white" but he'll be having a 'what colour' Christmas without you ?
- Q 5 With Rudolf, Dasher, Vixen, Comet, Cupid, Donner and Blixen all on board - Can you name the two missing (*rhyming*) reindeers ?
- Q 6 In the film "National Lampoon's Christmas Vacation", who stars as Clark Griswold ?
- Q 7 In the movie "White Christmas" - Danny Kaye wins the heart of his girl Judy, played by Vera Ellen and Bing Crosby wins the heart of his girl Betty, played by which actress ?
- Q 8 Name the 1947 movie where the actor playing Santa Clause is found drunk and the manager of Macey's, Dorothy Walker (Maureen O'Hara) has to find a replacement who believes he really is Santa - also starring John Payne and a young Natalie Wood.
- Q 9 "Oh what fun it is to ride in a one-horse open sleigh" is from which Christmas song ?
- Q 10 Ingrid Bergman plays a nun in the movie "Bells Of St Mary" - Who plays the priest ?



Farewell one and all ...

With a touch of sadness, and after 9 years, I'm announcing my resignation as a Volunteer at Sandybeach - a journey that has been most rewarding and fulfilling.

In wishing CEO Chris Hill and his team all the very best, I must thank Miranda for asking me to do this quiz page way back in April - she's done a sensational job as our Editor in having produced 26 editions - the quiz has been fun, the feed back much appreciated, and who would have guessed we'd be still doing it at Christmas?

Where to start in thanking Andrea (Sandybeach's greatest asset) and her "Music Alive" team. It's been great working with you guys, I love and admire the way, down our end of the Centre, we roll up the sleeves and help each other out in getting the job done - you're the best and don't ever let anyone tell you otherwise.

And finally to our beautiful clients, our friends, you are so much more for without you there would be no Music Alive" !!

Merry Christmas and take care everyone **Bill**





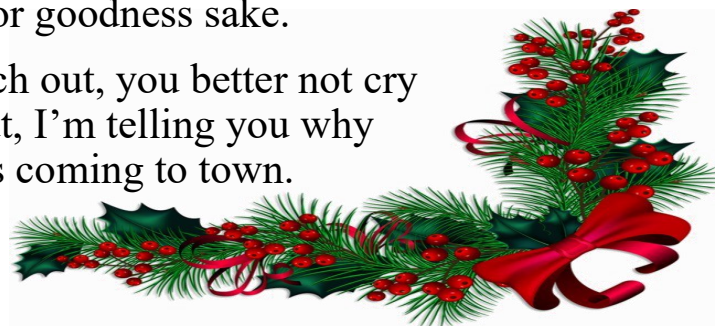
Santa Clause Is Coming To Town

You better watch out, you better not cry
You better not pout, I'm telling you why
Santa Claus is coming to town.

He's making a list and checking it twice
He's gonna find out who's naughty or nice
Santa Claus is coming to town.

He sees you when you're sleeping
He knows when you're awake
He knows if you've been bad or good
So be good for goodness sake.

Oooh you better watch out, you better not cry
You better not pout, I'm telling you why
Santa Claus is coming to town.



We wish you a Merry Christmas and a Happy New Year

*Well beautiful people, what a year it's been
through thick and thin. We've all managed to
stick together and stay as a Sandybeach
family throughout this crazy year.
We wish you so much love and happiness.
We wish you a new year of peace and health.
We wish you a silent night, a holy night,
where all is calm and all is bright.
Merry Christmas and God bless you all.*

Andrea and Peter



A special thanks to our wonderful Volunteer, Bill Stevenson who has helped us with this page all year xx

ARMCHAIR TRAVEL Cycling Central Otago - by Mary Gates

I'm certainly not a seasoned cyclist but when New Zealand friends suggested my husband and I join them on a cycling trip along an old rail trail through Central Otago New Zealand, I threw caution to the wind. My reservations were in turn tempered when several of our group decided to hire electric bikes. What a great way to journey through this picturesque part of the South Island.

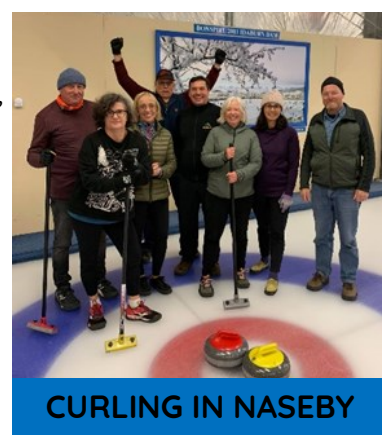
On the 5th of March my husband and I boarded a plane to Queenstown to rendezvous with our six New Zealand cycling companions. We went well prepared with newly acquired padded cycling pants and gloves, rain jackets and sturdy sports shoes. The self-guided six day tour was to take us from Clyde to Middelmarh along the old rail trail. The company that arranged the tour, including all our accommodation and meals along the trail was appropriately named Cycle Surgery. They proved to be a very professional and experienced 'outfit'. Our luggage was to be transported each day and deposited at the various guest houses we were to stay in.



On the first day of the six day ride we headed out in glorious sunshine for our first port of call, Ophir - a 37km ride. We cycled through wide open plains and up through the rolling hills. Unlike those of us who were on pushbikes the electric bikers did not have to battle the head winds and the long ascents into the hills. Although you still need to peddle on an electric bike it is a very relaxing way to take in panoramic views.

Over the six-day trip we travelled 150km along well-maintained wide trails through diverse terrain. The vistas were beautiful. The weather was variable with sometimes frosty starts and light rain however we were well prepared with layers of clothing and rain and wind proof jackets. To our surprise we encountered very few fellow cyclists along the way. Our destinations included Ophir, Otturehua, Ranfurly, Hyde and Middelmarh. Each evening on arrival we would settle into our extremely comfortable accommodation and be treated to a home cooked meal, made from local produce, and the best of New Zealand wines. At several destinations we took an early evening walk to explore the old town centres and chat to the locals.

A fun highlight of the trip was an introductory lesson at the Naseby ice-rink in the art of curling, a game related to bowls. Curling is a sport in which players slide heavy flat circular 'stones' on a sheet of ice toward a target area. There was a lot of laughter as we struggled to get the hang of the art of sliding the 'stones' and strategically placing them to outwit the opponent. We ended our trip in Middelmarh, then took a scenic train ride to Dunedin on the east coast. I definitely believe that electric bikes are the way to go to soak up the beauty of New Zealand.



RIDDLE AND PUZZLES



SUDOKU

Within the rows and columns are 9 'squares' made up of 3x3 spaces. Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9 without repeating any numbers within the row, column or square.

		4		6		1		
	7		4			9	3	
	2	5	1	3		6	4	8
		1	3					5
		2		7	1			9
7				8	2			3
4	6	7	9				8	1
5		8				2		6
2	9					5		

RIDDLE

WHAT IS FULL OF HOLES BUT STILL HOLDS WATER?

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: HATS

1 BENT ON

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

2 LEBROW

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

3 RED OAF

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

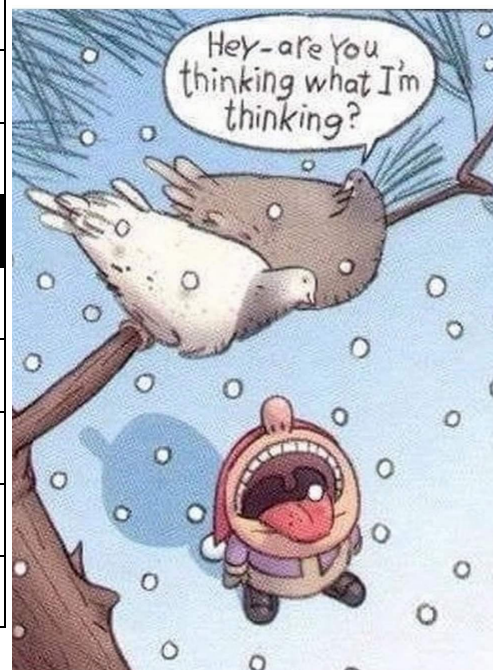
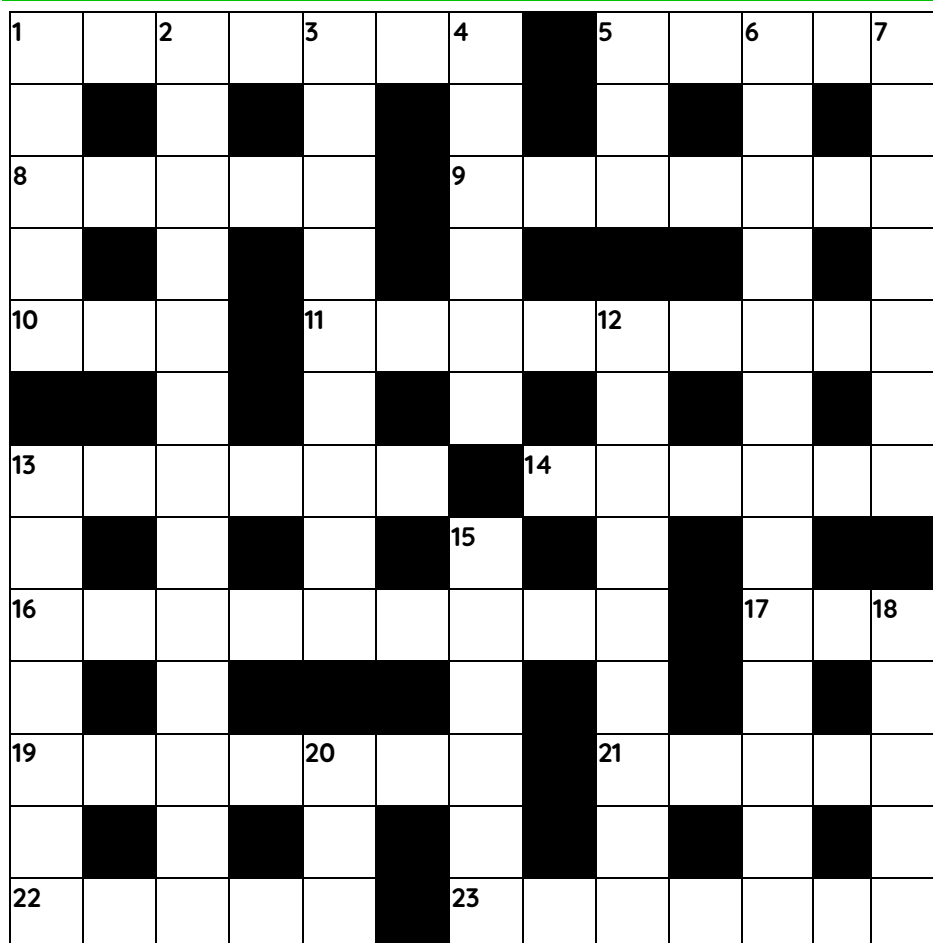
4 PIG CHANT

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

5 MORE ORBS

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

GIANT CROSSWORD



Across

- 1 Lines (7)
- 5 Portfolio (5)
- 8 Cuban dance (5)
- 9 Shakes (7)
- 10 Japanese currency (3)
- 11 Volatile, combustible (9)
- 13 Hesitates (6)
- 14 Facial adornments (6)
- 16 Therapy (8)
- 17 Hint (3)
- 19 Radiators (7)
- 21 Batman's partner (5)
- 22 Amber (5)
- 23 Long barreled guns(7)

Down

- 1 Ill natured, grumpy (5)
- 2 Numbers used in ancient Rome (5,8)
- 3 Position (8)
- 4 Bands (6)
- 5 Social insect (3)
- 6 A surface for playing Pool (8,5)
- 7 Overlords, experts or degrees (7)
- 12 Takes Back, retracts (9)
- 13 Jug (7)
- 15 Debris thrown overboard (6)
- 18 Yearns (5)
- 20 An indefinite and very long time period (3)



**Merry
Christmas
and
Happy
New Year!**



Feeling the festive colours and simplicity of nature at this time of year. Some lovely, natural effects can be produced using watercolours, pastels and fineliners. Maybe create something for friends and family!

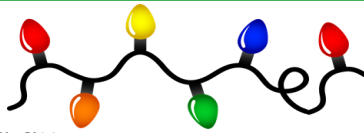
Or do it for yourself.

Happy Holidays!



READER CONTRIBUTIONS

Email your contributions to:
armchairtravel@sandybeach.org.au



This week's contributions come from the talented participants in our art programs:

1, 2 and 3 are by Celia Lawrence,
4 by Meryl Redenbach and number 5 is by Peggy Hayton. Love your work ladies!!

Have a wonderfully creative Christmas everyone and we look forward to receiving more of your pieces in the new year.

The Sandybeach REACH TEAM xxx



CROSSWORD, QUIZ AND PUZZLES ANSWERS

SUDOKU SOLUTION

5	6	4	2	3	7	1	8	9
1	9	3	4	8	6	2	5	7
7	8	2	1	9	5	6	4	3
3	7	8	6	5	9	4	2	1
2	1	6	8	7	4	3	9	5
9	4	5	3	1	2	7	6	8
8	2	7	9	6	1	5	3	4
6	5	9	7	4	3	8	1	2
4	3	1	5	2	8	9	7	6



Across

- 1 Stripes
- 5 Album
- 8 Rumba
- 9 Rattles
- 10 Yen
- 11 Explosive
- 13 Pauses
- 14 Beards
- 16 Treatment
- 17 Tip
- 19 Heaters
- 21 Robin
- 22 Resin
- 23 Muskets

Down

- 1 Surly
- 2 Roman Numerals
- 3 Placement
- 4 Straps
- 5 Ant
- 6 Billiard Table
- 7 Masters
- 12 Overturns
- 13 Pitcher
- 15 Jetsam
- 18 Pines
- 20 Eon

COMMON THREAD (EXTRA WORD BOATER)

B	O	N	N	E	T		
B	O	W	L	E	R		
F	E	D	O	R	A		
N	I	G	H	T	C	A	P
S	O	M	B	R	E	R	O

**RIDDLE
ANSWER:
A SPONGE**



ANSWERS TO THE BRAIN BUSTER



Q1: Brenda Lee. Q2: Three French Hens. Q3: My Two Front Teeth. Q4: Blue.
Q5: Prancer and Dancer. Q6: Chevy Chase. Q7: Rosemary Clooney.
Q8: Miracle On 34th Street. Q9: Jingle Bells. Q10: Bing Crosby.



SANDYBEACH CARERS



Sharing Information and Connecting with Carers

Happy Holidays to all the wonderful Sandybeach Carers. You do an amazing job caring for others. Our community is lucky to have you! All the best from the team at Sandybeach xx

It takes strength and courage to be a carer. When you are a carer, it's just as important to care for yourself. Here are some ways to keep on top of your stress and stay mentally healthy.

Take a break: Being a carer is often a nonstop job.

It's important to take time out for yourself, to rest and recharge, and just do things for yourself. You can arrange respite care so that someone else takes care of the person you care for while you have a break.

Talk with a professional: A professional counsellor can talk through your worries and teach you how to manage stress.

Get some help: You don't have to do everything alone – your family, friends and neighbours might be able to help you. Talk to them about simple ways they can make your life easier.

Talk with other carers: It can be good to talk with people who have been through the same things as you. Call Carer Gateway on 1800 422 737 to find a local support group.

Relax: Using relaxation techniques such as meditation or breathing exercises can really help with stress or poor sleep. Carer Gateway offers 5 recordings of relaxation techniques.

Talk with friends: Connecting with other people doesn't just feel good – it's important for staying mentally healthy. You should make time to go out for coffee, go for a walk with a friend or even just talk or message on the phone or through social media.

Think about now: Focusing on what's going on right now – instead of thinking about the past or worrying about the future – has also been shown to reduce stress.

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**



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