

REACHING OUT

Keeping our Community Connected - Edition 39

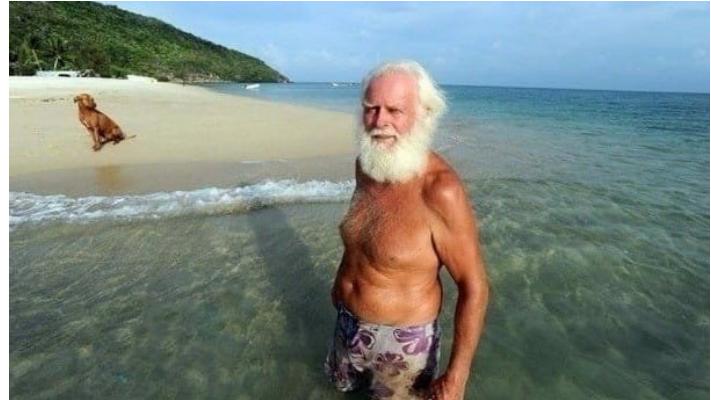


Feel Good Story

Most people who buy their very own tropical island do so in the pursuit of luxury. Brendon Grimshaw was different. So was Moyenne, the island in the Seychelles that Grimshaw bought. Grimshaw first came to the Seychelles – an archipelago in the Indian Ocean, in 1962. But he was looking for something more than a holiday. He was searching for a new direction in life, one that took him closer to nature. He dreamed about owning his own island. Just as he was about to give up hope, he was shown Moyenne, a 0.099sq km dot 4.5km off the north coast of the Seychelles' largest island, Mahé.

Grimshaw fell in love immediately with its silence and its wild tangle of vegetation. Grimshaw's initial goal was to protect Moyenne from overdevelopment but his longer-term dream was to create a natural paradise that would outlive him and remain protected long after he was gone. He paid \$14,000 for Moyenne but soon found buying it would prove easier than taking care of it. Despite its diminutive size, restoring the island's natural beauty was a massive task. A combination of neglect and human intervention had left Moyenne dishevelled and gasping for air. Weeds choked the understorey, and the island was so overgrown that falling coconuts never hit the ground. Birds were noticeably absent and rats foraged in the undergrowth.

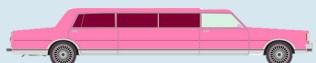
By Grimshaw's side was a local named Rene Lafortune, the son of a local fisherman. They became inseparable, and together set about transforming the island, clearing the scrub, planting trees and forging paths through the undergrowth. It was painstaking, back-breaking work, and it became Grimshaw's life-long obsession. As tourism in the Seychelles grew in the 1980s, investors turned their gaze towards Moyenne. Grimshaw received offers



of up to \$50m to sell the island. He resisted every overture. As Grimshaw grew older, he became increasingly aware that he had limited time left to protect the island's future so he decided to act. He set up a perpetual trust to protect the island and signed an agreement with the Seychelles' Ministry of Environment that included Moyenne as part of St Anne Marine Park. With that, Moyenne Island National Park, the world's smallest national park, was born.

Apart from a restaurant that serves local seafood dishes, a small museum dedicated to Grimshaw's life and two nurseries for giant tortoise hatchlings, Moyenne remains undeveloped thanks to Brendon Grimshaw.

FUNNY ONE LINERS:



I just rented a limo for \$1,000, but I didn't realize that it didn't include a driver. I can't believe I just spent all that money and have nothing to chauffeur it



I started dating a blacksmith - 10 minutes into our date he made a bolt for the door!

**ARE YOU STILL ENJOYING THE NEWSLETTER?
PLEASE LET US KNOW IF YOU WOULD LIKE
TO BE REMOVED FROM THE MAILING LIST.**

**CALL 9598 2155 OR EMAIL:
miranda.turner@sandybeach.org.au**

CEO Message from Chris Hill

It feels like we are getting back to normality – all programs are back in full swing with the sound of laughter and happy chatter resonating through the Centre.

We see the gradual easing of restrictions which means we can accommodate more people in our classes and programs. It is still important that we remain vigilant with our COVID safe practices and I thank everyone for being so obliging by checking in, wearing masks and readily presenting vaccination certificates when asked.



The year of our 40th birthday celebrations has been kicked off with the completion of Stage 1 of the Mural. We are thrilled with the final result and the response from the community has been phenomenal! See below for more.

We are well underway with further planning for the year ahead and upon reflection of last year, we decided the theme for our AGM 'Celebrating our resilient community' befitting. I am forever grateful for the resilience, support, flexibility and loyalty shown from staff, volunteers and our wonderful participants.

We have almost finalised our Calendar of events for 2022 so keep an eye out for what we have planned.

I'm truly excited for the year ahead and am confident we can overcome any 'curveballs' thrown our way.

Please stay safe and healthy

Stage 1 of our mural is complete!

After months in the planning Sandybeach Centre's walls have come to life!

Our 'Strength Through Connection' mural is the result of our community's collective vision and we thank artist Danny Awes from 90 Degrees Art, Sandy Street Art Project, Haymes Paint and Bayside City Council for all helping to turn our vision into a reality.

Thanks to everyone who offered input during the planning stages. The drive past Sims Street will never be the same again!





Ready Tech Go!



**Wed & Thurs 27 Apr - 5 May
9am - 3pm | Cost: \$150**

**Do you want to improve your technology skills?
Are you feeling left behind?**

This course is designed for beginners to gain the confidence to use everyday technology.

We will cover:

- How to connect with family and friends on your smartphone, iPad and computer using basic apps and software
- How to communicate using email
- How to stay safe online
- How to use social media

This introductory class runs for two days a week, for two weeks.

To book call us on **9598 2155** or
email admin@sandybeach.org.au



KEEP MOVING WITH ANGEL

EXERCISE 1: Back Strength Exercise

Seated

- Come forward on the chair, feet shoulder width apart.
- Holding hand weights have both arms down and close to the side of body.
- Slowly elevate the arms to the front to shoulder height then slowly lower the arms to starting position (see picture).
- Do 2 sets of 10 repetitions.



Standing

- Holding hand weights, stand with legs shoulder width apart.
- Elevate arms forward up to shoulder height then lower to starting position (see picture).
- Do 2 sets of 10 repetitions, see picture.



EXERCISE 2: Lunges and Shoulder Press

Seated

- Come forward on the chair, holding hand weights with feet shoulder width apart.
- Lift left leg up below hip line bend the knee and as you do a shoulder press extend leg out (see picture).
- Repeat the exercise with other leg.
- Do 10 repetitions on each leg.



Standing

- Stand with legs shoulder width apart right leg forward and left leg behind with heel off the floor, bend both legs (as if doing a curtsy) at the same time as doing a shoulder press (see picture)
- Come back up into a standing position.
- Repeat exercise but this time with the left leg in the forward position.
- Do 10 repetitions on each leg.



Always remember, do as much as you can and do all exercises slowly.

You can do this and you will thank me!

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

LET'S STAY HEALTHY WITH ELANA

Zucchini Slice

Ingredients

- 5 eggs
- 375 grams of zucchini
- 3 bacon rashers
- 1 onion
- 1 cup of self raising flour
- 1 cup of cheese (grated)
- 1/2 a cup of oil
- Salt and pepper



Method

- Preheat oven to 160°C fan forced. In a bowl whisk eggs and grate zucchini coarsely. Finely chop onion and bacon
- Combine zucchini, onion, bacon, cheese, sifted flour, oil and lightly beaten eggs
- Season with salt and pepper and pour into a well greased baking tray. Bake in the oven for 30 minutes or until cooked through. Cut into pieces and enjoy!

Exercising in Autumn

1. It's a good time to set yourself a routine - schedule your walk or exercise and stick to a routine so it becomes part of your every day.

2. Recharge and eat more healthily - include more vegetables in your diet and think about how best to fuel your body for the activity you are doing.

3. It's a perfect time for self care - do some 'body homework' where you can look after and work all of your body and highlight specific areas when you can.

4. Exercise your brain - daily exercise helps the brain and body to release dopamine and endorphins. Keeping a routine of exercise helps to keep us mentally fit.

3. Drink plenty of water to keep hydrated - even if the weather is not as warm as in summer, we must drink plenty of water for our health and while exercising.

4. Exercise helps to boost your Immune System - regular exercise can help to fight colds and flu and keep you healthy. To increase the strength of your immune system with exercise, you have to be consistent.

5. Enjoy the autumn environment - the beautiful colour of leaves at this time of year means that exercising in the outdoors is so much more enjoyable.



ARMCHAIR TRAVEL: Heading North, Crossing Borders

by Mary Gates

With the Queensland border open again to Victorians, my husband and I promptly jumped online and booked a trip north. Hamilton Island off the coast of Townsville was our chosen destination. Part of the appeal was the fact that Jetstar offers a direct flight from Tullamarine to the Island – no stopovers. After some research I secured a spacious two bedroom, two bathroom modern apartment overlooking the ocean for the five days we were to stay on the Island. Our youngest daughter Anna and her partner Pat decided to join us.

Hamilton Island is one of the Whitsunday Islands in Queensland, close to the Great Barrier Reef. Most of the car free island is covered in bushland, and the coast is fringed by coral reefs. With school holidays over and still no international visitors, the Island was not overrun with travellers. On arrival we were met at the airport by a valet who handed over the keys to a four person electric golf buggy which was to be our means of getting around during our stay. The buggies are practical and quiet adding to the relaxing ambience of the Island.

The climate on Hamilton Island at this time of year is warm and humid. Fortunately, throughout our stay the skies were clear. One of the highlights of our stay was a day trip on a catamaran to explore the Whitsundays. The catamaran took us to the much talked



Our transport on Hamilton Island

about Whitehaven Beach. With its warm, turquoise hued water and soft white sand, Whitehaven beach is often lauded as the most beautiful of Australian beaches. The beach, which can only be accessed by boat or sea plane, stretches for seven kilometres. You can apply for a permit to camp in the scrub near the beach but strict environmental conditions require that you take any rubbish with you when you depart. Whilst at Whitehaven we hiked up to the lookout to take in the glorious views of the Whitsundays.

As part of our day-trip we were also taken to Chalkies Beach. There we donned lycra suits to protect us from stingers – tiny jellyfish that inhabit the waters over summer. We snorkelled off the boat viewing the magnificent marine life and coral reef. Sadly, we did not see any turtles that are said to inhabit the waters in the area.

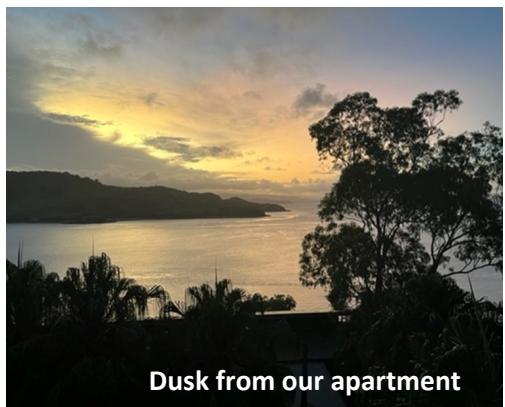
After a most relaxing five days, we caught a Virgin flight to Brisbane where we collected a hire car and headed to Ocean Shores in northern NSW.



Feeding frenzy on our balcony

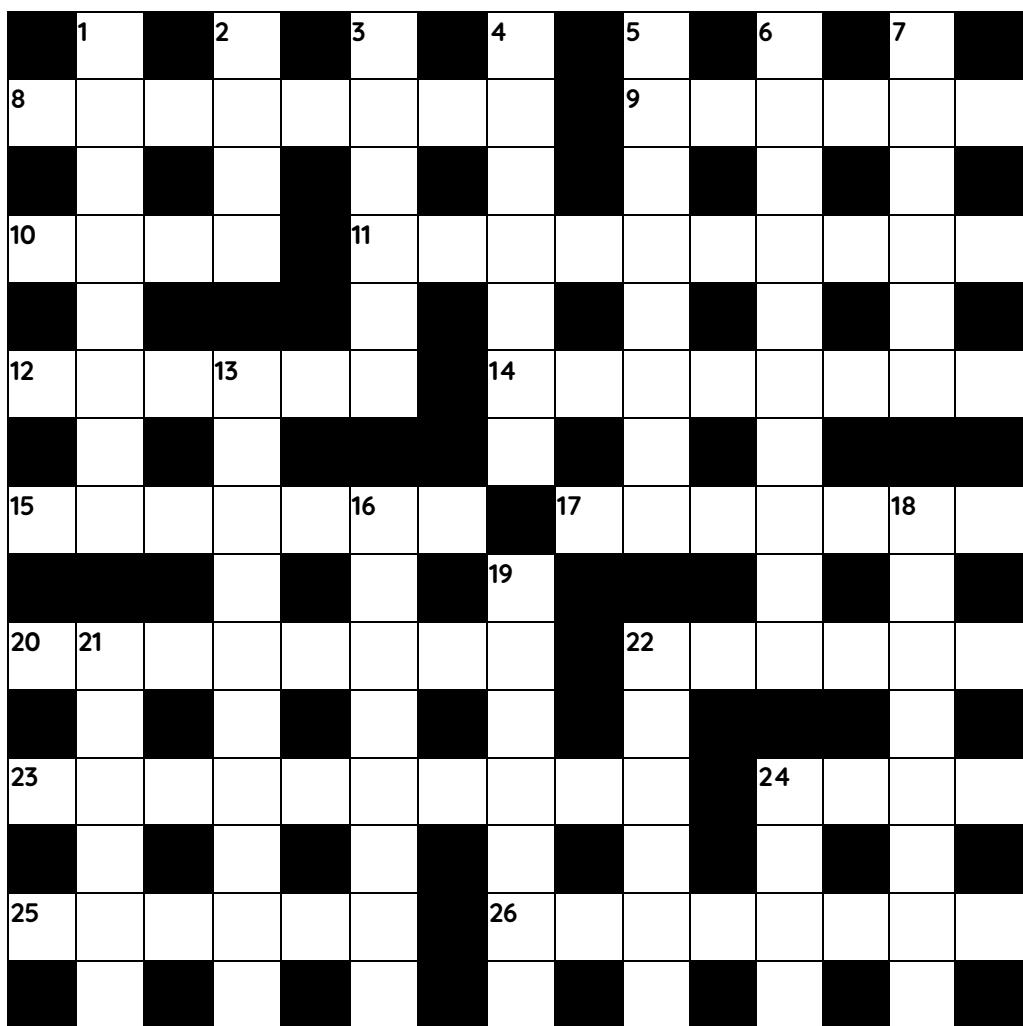


Beautiful Whitehaven Beach



Dusk from our apartment

BIG CROSSWORD!



Across

- 8** Cleaned dishes (6-2)
- 9** Made money (6)
- 10** Improve, revise (written material) (4)
- 11** Leisure activity (10)
- 12** Is carried slowly by a current (6)
- 14** Charges, costs (8)
- 15** Mates (7)
- 17** Aimed for, hoped (7)
- 20** Merchant, seller (8)
- 22** A sign, cue, prompt (6)
- 23** Boss, overseer (10)
- 24** Formal attire (4)
- 25** Postal item (6)
- 26** In error (8)

Down

- 1** Rover, roamer (8)
- 2** Informal talk (4)
- 3** Decorates (6)
- 4** Biological category (7)
- 5** Records of payment (8)
- 6** Play acting (10)
- 7** A state of rest, tranquillity (6)
- 13** People with no commitments (4,6)
- 16** Consignment (8)
- 18** Closely studied (8)
- 19** Take for granted (7)
- 21** Escaped, evaded (6)
- 22** Most certain (6)
- 24** Celebrity (4)

**SANDYBEACH CENTRE
ON THE RADIO!**

TUESDAY

12 April

3pm - 4pm



**88.3 SOUTHERN FM
TUNE IN TO HEAR
WHAT'S BEEN
HAPPENING AND
WHAT IS COMING UP!**



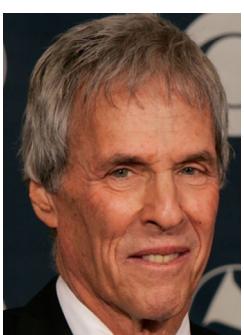


Burt Bacharach

Born on 12 May, 1928 in Kansas City, Missouri, Burt Bacharach is a songwriter and pianist who from the late 1950s wrote dozens of hits and popular songs and also composed for stage and film. In the 1950s he wrote arrangements for Steve Lawrence and Vic Damone and later toured with Marlene Dietrich as her piano player. In the late 1950s he began his long association with lyricist Hal David, in the famous Brill building in New York. This was the home of many great American songwriters including Carole King, Neil Sedaka and many more. In the '60s Burt was a big part of the Hollywood scene where he met his second wife, actress Angie Dickenson. During this time he also met Dionne Warwick, a session singer with whom he recorded hits including '*Walk On By*', '*I Say a Little Prayer*' and '*Do you know the way to San Jose?*' Burt and Hal David created the successful musical *Promises* (1968), and their score for the film *Butch Cassidy and the Sundance Kid* (1969) won an Academy Award, as did the movie's song '*Raindrops Keep Fallin' on My Head*' a song later covered by Australia's own John Farnham. Bacharach later co-wrote the Oscar winning song '*Arthur's Theme*' for the comedy *Arthur* (1981) with Carole Bayer Sager and Peter Allen. Burt and Sager subsequently collaborated on a number of hits and were married from 1982 to 1991. His later works included the album *Painted from Memory* (1998), a collaboration with singer-songwriter Elvis Costello and the score for the film *A Boy Called Po* (2016). Grammy Awards throughout his career include Song of the Year for '*That's What Friends Are For*' (cowritten with Sager). In 2009 he was honoured with a Grammy for lifetime achievement, and three years later he and Hal David shared the Gershwin Prize for Popular Song. Bacharach's memoir, *Anyone Who Had a Heart* (co-written with Robert Greenfield), was published in 2013. Burt Bacharach, at 93 is still writing and evolving his musical talents.



So sit back relax, grab a champagne or a cup of tea and listen to the music of this amazing genius We love you Burt and thank you for the music.



*"What the world needs now is love, sweet love
It's the only thing that there's just too little of
What the world needs now is love, sweet love
No not just for some, but for everyone "*

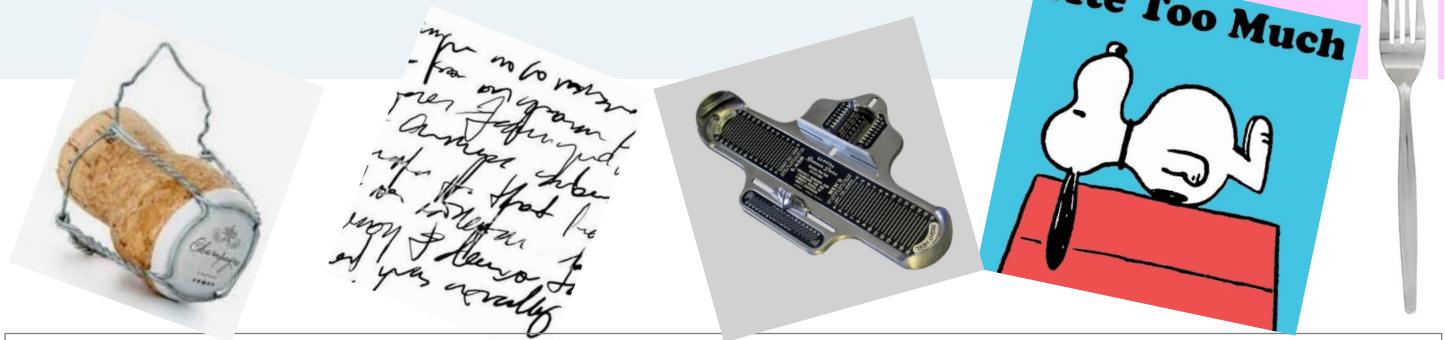


DID YOU KNOW THESE THINGS HAD NAMES?

See how many you can guess correctly - some you probably already know and some have a clue in the word - the answers are at the bottom but don't cheat, you may surprise yourself!

1. The space between your eyebrows
2. The way it smells after rain
3. The plastic or metal coating on the end of your shoelace
4. The rumbling of a stomach
5. The cry of a new born baby
6. The prongs on a fork
7. The sheen of light you see when you press your hands on your closed eyelids
8. The tiny plastic table in the middle of a pizza box
9. The day after tomorrow
10. Your small toe or finger
11. The wired cage that holds the champagne cork in the bottle
12. The na na or la la in a song - the lyrics of a song that don't really have any meaning
13. When you combine a question mark and an exclamation mark ?!
14. The space between your nostrils
15. The armhole in clothes, where the sleeves are sown in
16. The condition of finding it hard to get out of bed in the morning
17. Illegible hand writing
18. The dot over an 'i' or 'j'
19. The sick feeling you get after eating or drinking too much
20. The metallic device used to measure your feet at the shoe store

- a. Minimus
- b. Tines
- c. Wamble
- d. Petrichor
- e. Interrobang
- f. Dysania
- g. Armscye
- h. Columella Nasi
- i. Crapulence
- j. Brannock device
- k. Griffonage
- l. Aglet
- m. Glabella
- n. Vagitus
- o. Phosphenes
- p. Box tent
- q. Vocables
- r. Agraffe
- s. Overmorrow
- t. Tittle



17k (Griffonage), 18t (Tittle), 19i (Crapulence), 20j (Brannock device),
12d (Vocables), 13e (Interrobang), 14h (Columella Nasi), 15g (Armscye), 16f (Dysania),
10 (Phosphenes), 8p (Box tent), 9s (Overmorrow), 10a (Minimus), 11r (Agraffe),
1m (Glabella), 2d (Petrichor), 3l (Aglet), 4c (Wamble), 5n (Vagitus), 6b (Tines),

ANSWERS:

TRICKY TRIVIA

1. Which Italian city was once led by a doge?
2. Was Wednesday named after a Greek, Norse or Roman god?
3. What country is the Brandenburg Gate in?
4. What fruit inhibits the effect of prescription medicines?
5. Which Beatle caused controversy by saying the band was more popular than Jesus?
6. In which year did the Chernobyl power plant disaster happen?
7. How many inches make up a yard?
8. What is the main ingredient of dhal?
9. By weight, what percentage of the human body is water?
10. What is the capital of Albania?
11. According to folklore, what does the Sandman bring to children?
12. A bushel is a traditional measure of what?
13. In the United States, how much is a 'dime' worth?
14. Shylock is a character in which of Shakespeare's plays?
15. Is an oryx a type of monkey, sea bird, big cat or antelope?
16. Who was the first American president to be assassinated?
17. Which Beatles song includes the line 'When I was younger, so much younger than today?'
18. In Greek mythology, how were Artemis and Apollo related?
19. A valuable collectors item, what is a penny black?
20. The national dish of Greenland is hakari. What seafood is it made from?



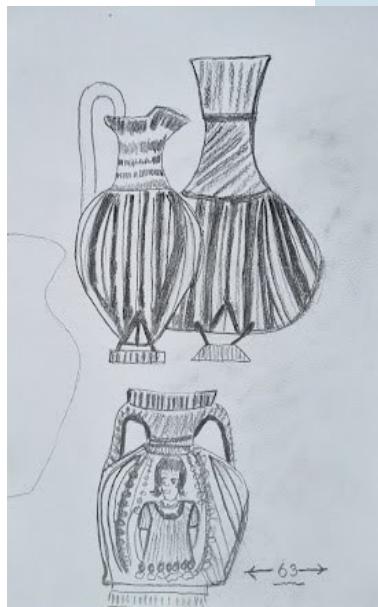
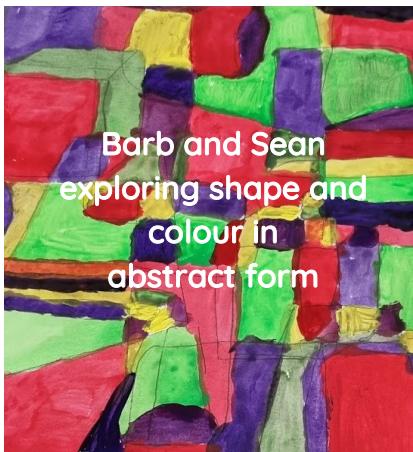
MINDFUL COLOURING can be relaxing and helpful in relieving stress.
Why don't you give it a try?





Having fun experimenting!

Welcome back to all at Artbeat. Great to see you all back in the centre and seeing those creative juices flowing again! Such an array of artistic talent and diversity in our approaches to art. It is great to explore different techniques and mediums. Makes us each very unique!



Jo exploring with the fan brush in re-creating a field of blissful plant life



READER CONTRIBUTIONS

Each term 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

If you have anything to share, please email it to us at

armchairtravel@sandybeach.org.au OR send to 2 Sims St Sandringham 3191

This term's contribution is an optimistic and uplifting poem from Sean Harwood who is a participant in Strength Training and also Artbeat. Thanks for sharing Sean!

THE WORLD KEEPS TURNING

There are fires, there are floods

There is more of what we have

Volcanoes some are live, some are dormant

Earthquakes are where they are meant

Tsunami, cyclone or hurricane do we fear

The wind, it does move for you and me

The temperature it does rise, it does fall

Hail it does add to it all

Snow on the mountains when conditions are right

On North and South there is ice

Thunder and lightning storms they brew

We need shelter for this also too

The oceans and seas that give life

Help us all, it just might

When it rains, it brings alive our earth

Feeding us all for what it's worth

As the sun keeps on burning

You will find the world keeps turning

SANDYBEACH CARERS

Sharing Information and Connecting with Carers

This term we would like to encourage the carers in our community to take some time out for themselves. Check out these free events on offer from two local organisations, Alfred Health Carer Services and Central Bayside Community Health Services:

* PLEASE NOTE THESE EVENTS ARE NOT RUN BY SANDYBEACH CENTRE

Carer Respite available through Alfred Health Carer Services

AlfredHealth

Carer Services

Throughout 2022 Alfred Health Carer services are offering a program of **free events** designed

to give carers a break from their day to day roles.

This program includes **Social Connection events** such as 'Mugs in the Morning', Online Trivia, Online Bingo, Carers Crew and Online Games and Puzzles. Movie events and more.

There are also **Art and Craft events** including a Terrerium Workshop and 'Crafternoons' and **Wellbeing events** such as Tai Chi and meditation.

You can also take part in **Educational events**, for example an information session 'What is Dementia?' This is just a sample of what is on offer.



Useful Resources:

Carers Victoria 1800 514 845

Lifeline 13 11 14

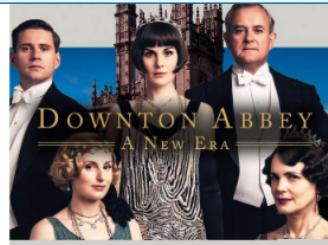
Beyond Blue 1300 224 636.

National Dementia Helpline 1800 100 500

Carer Gateway 1800 422 737

To view a complete list of what is on offer and to register, visit the website below or phone 03 9076 6644 with any questions:

alfredhealthcarers.org.au/events-workshops



Movie Event

Downton Abbey - A New Era

Join us, and the Crawley family, as they go on a grand journey to the south of France to uncover the mystery of the dowager countess's newly inherited villa.

You will receive:

- One movie ticket
- Either a ChocTop or small popcorn & bottled water

The location will depend on the number of carers who can attend each session. Please select your preferred option on the Expression of Interest form.

Options will include:

- Cinema Locations: (either Hoyts Chadstone or Hoyts Frankston)
- Session Times: Session times will be confirmed closer to the date.

Date: Friday 29th of April 2022

Location: Hoyts Chadstone or Hoyts Frankston

Time: To be confirmed closer to the date

Event type: Carer Only / Online

RSVP: Friday 22nd of April



SANDYBEACH CARERS

Sharing Information and Connecting with Carers

**Carer Respite available through
Central Bayside Community Health
Services (CBCHS)**



**CENTRAL BAYSIDE
COMMUNITY HEALTH SERVICES**

Until
June
2022,

CBCHS is funded to provide eligible unpaid carers with respite support, allowing them to participate in up to **20 hours of FREE respite events and activities.**

Activites include mid-week movies and dinner, coffee and cake, beach walks with breakfast or lunch, art classes, yoga, pilates or day trips ranging from visits to farmers markets to attending the Chanel exhibition in the city. And more!

Carers must Pre-register with CBCHS to attend these events.

To register to attend weekly sessions such as Art Classes, the 'Rise Above Challenges' series and Yoga Classes, please email carers@cbchs.org.au or phone 8587 0250.

To register for other events, visit this website and click the dates in the calendar. cbchs.org.au/services/carer-respite-support



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**

What are the aims of the Carer Respite Support Program?

- Assist with respite to meet individual needs to benefit the carer and / or the person being cared for
- Improve quality of life for the carer, the person being cared for and their family
- Link carers with local support services and groups
- Enable carers to continue in their caring role
- Provide support and information to carers to help them in their caring roles.

What are some of the benefits for carers?

- The chance to take a break from caring to do something for your own wellbeing.
- Connect with other carers for support, activities and new friendships
- Re-invigorate health and wellbeing.



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Our organisation acknowledges the support of the Victorian Government.

Programs are also supported by the Australian Government Department of Health. Although funding for this program has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

INTRODUCING OUR BRAND NEW EXCURSIONS PROGRAM!

On the first Friday of every month we will be boarding our trusty Sandybeach buses and heading out into the community to explore and make new connections locally and maybe even a little further afield!

This month we visited a favourite local beauty spot - Rickett's Point Café and enjoyed their delicious scones with a hot drink and a view. Our next excursion on 1 April will be to the beautiful Bay Road Garden Centre and Café. We would like our excursions program to be tailor made. Do you have an excursion in mind? Is there somewhere you are been keen to visit? We would love to hear your ideas!



WHY NOT JOIN US?

We would love your company!
Call reception on 9598 2155 to enrol.
Places now available for term 2.

CROSSWORD SOLUTION

Across

- 8** Washed up
- 9** Earned
- 10** Edit
- 11** Recreation
- 12** Drifts
- 14** Expenses
- 15** Friends
- 17** Aspired
- 20** Retailer
- 22** Signal
- 23** Supervisor
- 24** Suit
- 25** Letter
- 26** Mistaken

Down

- 1** Wanderer
- 2** Chat
- 3** Adorns
- 4** Species
- 5** Receipts
- 6** Pretending
- 7** Repose
- 13** Free agents
- 16** Delivery
- 18** Examined
- 19** Presume
- 21** Eluded
- 22** Surest
- 24** Star

TRICKY TRIVIA ANSWERS

1. Venice
2. Norse
3. Germany
4. Grapefruit
5. John Lennon
6. 1986
7. 36
8. Lentils
9. 60 percent
10. Tirana
11. Dreams
12. Grain
13. 10 cents
14. The Merchant of Venice
15. Antelope
16. Abraham Lincoln
17. Help
18. They were twins
19. A stamp
20. Shark