

REACHING OUT

Keeping our Community Connected - Edition 41



BATTLING THE ELEMENTS FOR A GOOD CAUSE

Kayaker Bonnie Hancock has paddled her way into Australian sporting history, claiming two world records after a gruelling 254 day journey at sea.

The 32 year old set a record for the fastest circumnavigation of mainland Australia by paddle and the longest 24 hour paddle.

She battled crocodiles, sharks, hypothermia and waves as high as six metres before completing the 12,700 kilometre voyage on Sunday 28 August in waters off the Gold Coast.

“This 254 day journey has been life changing,” she said in a statement. “It has been far tougher, but also far more incredible, that I could have ever imagined. The first month, my back felt like breaking every day, but I knew the only way was forward. I knew my body was going to become conditioned to the extremes. My will to complete this outweighed any pain.”

The ironwoman and dietitian started paddling in December and is the fifth person to complete the journey by ski or kayak. Bonnie has so far raised \$70,000 for mental health charity *Gotcha 4 Life*. “The goal to do the fastest circumnavigation became my secondary focus as I went on. *Gotcha 4 Life* and raising money for mental fitness really gave me the motivation to continue,” she said.



Highlights include paddling with dolphins off Port Lincoln, exploring caves surrounded by seals and coming close to a humpback whale and her calf.

She also experienced some incredible lows. She endured non-stop sea sickness during a gruelling 17 day passage across the Great Australian Bight which ended with her being treated in hospital for dehydration and exhaustion.

She was followed by a film crew who also provided food, medical help and kept her motivated.



A REMINDER ABOUT DATES:
LAST DAY OF TERM 3
FRIDAY 16 SEPT
FIRST DAY OF TERM 4
MONDAY 26 SEPT
(ONE WEEK BREAK ONLY!)

KEEP MOVING WITH ANGEL

EXERCISES FOR STRENGTHENING HANDS AND WRISTS

Wrist exercises increase flexibility and help lower the risk of injury. Stretches are recommended as a preventative measure or to ease slight pain. However, if you have inflammation or joint damage, exercise could cause more harm so if you are unsure, please don't do the exercises.

PRAYING POSITION STRETCH

- Place your palms together in a praying position. Have your elbows touch each other. Your hands should be in front of your face. Your arms should be touching each other from the tips of your fingers to your elbows.
- With your palms pressed together, slowly spread your elbows apart. Do this while lowering your hands to waist height. Stop when your hands are in front of your belly button or you feel the stretch.
- Hold the stretch for 10 - 30 seconds. Repeat 4 times.



CLENCHED FIST

- While seated, place your open hands on your thighs with palms up
- Close your hands slowly into fists. Do not clench too tightly
- With your **forearms still touching your legs**, raise your fists off your legs and back towards your body, bending at the wrist.
- Hold for 10 seconds
- Lower your fists and slowly open your fingers wide.
- Repeat 10 times

*You can
do this!!*

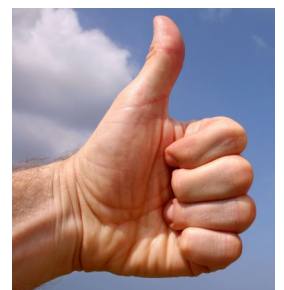


DESK PRESS

- While seated, place your palms face up under a desk or table.
- Press upwards against the bottom of the desk
- Hold for 5 - 10 seconds. Repeat 4 times
- This exercise builds strength in the muscles that run from your wrists to your inner elbows

THUMB WORK

- Make a fist and point your thumb up as if doing a thumbs up.
- Resisting with your thumb and hand muscles to keep the thumb from moving, gently **pull back** on your thumb with your free hand.
- Hold for 10 seconds, release and repeat 4 times.
- Make a thumbs (see photo) up then, resisting with your thumb and hand muscles to keep the thumb from moving, gently **push the thumb forward** with your free hand. Hold for 10 seconds and repeat.



LET'S STAY HEALTHY WITH ELANA

Yoghurt Flatbread

Ingredients

- 1 cup of yoghurt
- 2 cups of self-raising flour
- Half a teaspoon of salt
- Olive oil for frying

Method

1. Mix the yoghurt into the flour until it forms a smooth dough.
2. Flatten the dough into a disc and cut into 4 equal pieces.
3. Fry gently in olive oil in a frying pan. Turn over and fry the other side until golden brown.
4. Remove from the pan and spread with your favourite toppings such as garlic butter or add more toppings and have as a pizza base. Enjoy!

Exercising in Spring

1. **The sunshine keeps you healthy, strong and happy** - the easiest source of vitamin D is from the sun. So on those sunny spring days get outside and enjoy it.
2. **Brisk Walking** - one of the most accessible spring workout ideas is walking. So whether you walk around the block or visit your local park, it's great for your health.
3. **Gardening** - can be a hobby and exercise! The health benefits of gardening include stress reduction, increased physical strength and healthier diet due to the vegetables and herbs that can be grown.
4. **Enjoy some relaxation time**- daily breaks from the pressures of life can have positive results on stress levels and overall wellbeing.
5. **Take a deep breath** - being cooped up inside during winter means that you are not exposed to fresh air. Now that spring is here, give yourself a chance to breathe.
6. **Meet up with a friend** - enjoy exercising with a friend. You can be a support for one another and this helps with keeping a routine.
5. **Enjoy the spring environment** - the beautiful blossoms and other flowers at this time of year means that exercising in the outdoors can be very enjoyable.



ARMCHAIR TRAVEL - TAVEWA ISLAND, FIJI - by Miranda Turner

At the end of July, John and I escaped the chilly Melbourne winter and flew to Fiji to thaw out for 10 days. Our flight left Melbourne just before midnight and landed in Nadi at 6.30 in the morning. After a 30 minute taxi ride we arrived at Lautoka wharf for what was supposed to be a 2.5 hour boat ride to Coconut Beach Resort in the Yasawa Island group. Five minutes into the trip, both the outboard motors decided to stop and after various failed attempts and numerous lively phone calls back to the mainland, a couple of scrappy bits of wire were used to hotwire both motors which got us back to our starting point at Lautoka wharf! An hour and a half later we boarded a smaller boat and had a very 'exciting' (read scary, bumpy!) transfer to the island.



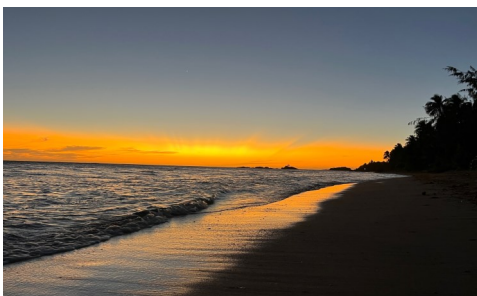
Stepping off the boat into the calm, warm aqua waters of Tavewa Island, all was forgotten as we were greeted with a traditional Fijian welcome song, a freshly picked coconut with a straw and a friendly 'Bula!'.

Tavewa Island is one of approximately 20 volcanic islands in the Yasawa Group, north-west of the main island of Viti Levu. The British navigator William Bligh was the first European to sight the Yasawas in 1789, following the Mutiny on the Bounty.

Coconut Beach Resort is small, consisting of only 11 'bures', all set amongst coconut trees and only a few steps to the beautiful white sand beach. The island is surrounded by coral reefs and is a short boat ride to nearby islands. It made us very happy to see the healthy state of the reef and while snorkeling we saw an endless variety of colourful coral, fish, rays and even some turtles. On a guided walk to the top of the island, we learned about the medicinal uses of the plants we saw on the way. Other activities on offer are basket weaving, jewellery making, cooking classes, snorkeling trips and scuba diving. A highlight of our trip was a visit to the Sawa i Lau caves - a series of limestone caverns originally formed underwater but pushed by tectonic movement to around sea level a few hundred years ago. Now, the caves are half submerged and offer adventurous travellers a chance to swim in little secret pools under huge naturally formed limestone caverns. There was a bit of daring involved as we had to dive down under the rock to surface inside the cave.



The management of Tavewa are focused on conservation and grow many fruits and vegetables on the island. They are currently looking at ways to re-use and recycle the huge amount of palm fronds and coconut husks on Tavewa, which was originally a coconut plantation. They also provide great support to the local school on the nearby island of Matacaulevu. All proceeds from the weekly crab race on Tavewa go towards boarding fees for students from more remote islands and school supplies. They are also cultivating their own little heart shaped coral reef off the main beach!



At the end of our stay, we were totally recharged and as we were farewelled with the traditional song Isa Lei, we vowed to be back. Tavewa is truly a slice of heaven!

OCTOBER IS SENIORS MONTH!

During the month of October, seniors are being celebrated statewide and are invited to take part in a number of interesting and exciting activities in their local communities and also further afield - here is just a taste of what is happening.

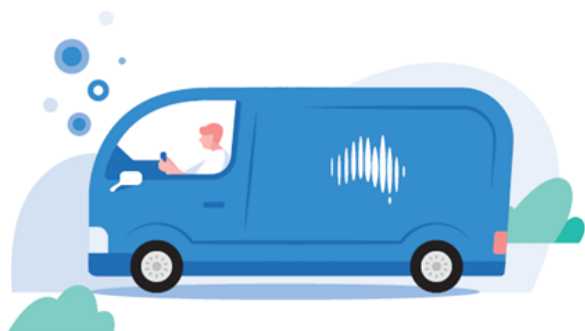
HAPPENING AT SANDYBEACH: CALL RECEPTION 9598 2155 FOR MORE DETAILS

- **Lunch for carers.** On Tuesday 18 October, we will be hosting a lunch for carers and while this is happening, respite will be provided at Music Alive.
- **Bayside Seniors festival Open day** Sat 8 Oct 11am-4.30pm. Come along and find out what's available in your local area. Friendly Sandybeach staff will be there.
- **Free Trial Classes in REACH** During the month of October, seniors are welcome to a trial session in any of our available classes **free of charge**.

- **Hearing Van - hop aboard for a free 5 minute hearing check**

Hearing Australia
is coming to you

- Date: Friday 14 October 2022
- Time: 9am – 12pm.
- Location: Sandybeach Centre
- Call 9598 2155 to book your spot



HAPPENING AROUND BAYSIDE:

Bayside Healthy Ageing Seniors Festival

A festival of celebration, connection and fun

Now its in 19th year, the Bayside Healthy Ageing Seniors Festival will be back again in October.

The festival is an opportunity for people aged 55+ years to celebrate, connect and learn what activities and programs are available to them in the Bayside community.

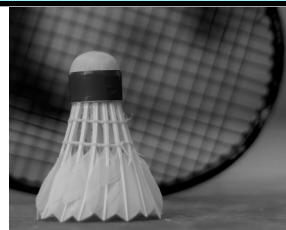
Planning has commenced for the festival, which will promote safe participation and offer free and low cost activities. The festival program will be available in early September and can be downloaded on www.bayside.vic.gov.au

For information about the Seniors Festival, contact Healthy Ageing on 9599 4373 or email: healthyageing@bayside.vic.gov.au

HAPPENING FURTHER AFIELD.

The 2022 Victorian Seniors Festival is back!

The major statewide festival for Victorians over 60, the Victorian Seniors Festival focuses on providing fun and good times with opportunities to participate in events and activities for free or low cost throughout October each year.



In 2022, the Festival is turning 40 and once again we are presenting a hybrid festival with our popular online performances published online. Tune into radio plays, interviews and unique music performances.

Our live events happen in October and the **Festival program is available to pick up at Coles stores, Councils, community organisations and libraries right now!**

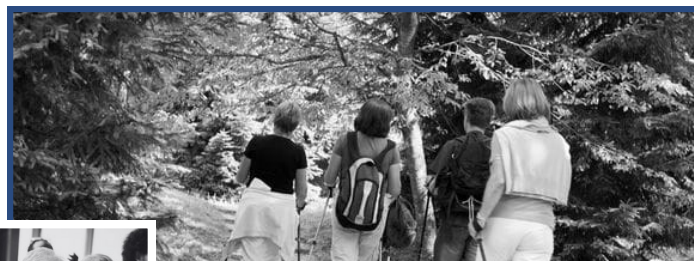
ABOUT THE FESTIVAL



The Victorian Government, through the Office for Senior Victorians in the Department of Families, Fairness and Housing, coordinates the Festival and works closely with all 79 local councils. The Festival also works with community and cultural organisations, and commercial partners to coordinate and promote activities and events for senior Victorians in their local area.

Be sure to mark your calendar for **Sunday 2 October for Celebration Day** at Federation Square, the **Festival Hub at the Edge** from **Monday 3 October to Friday 7 October** and **eight days of free public transport for Seniors Card holders from 2-9 October**

For more information about the festival, to view the calendar and plan your festival activities, visit: seniorsonline.vic.gov.au/victorian-seniors-festival



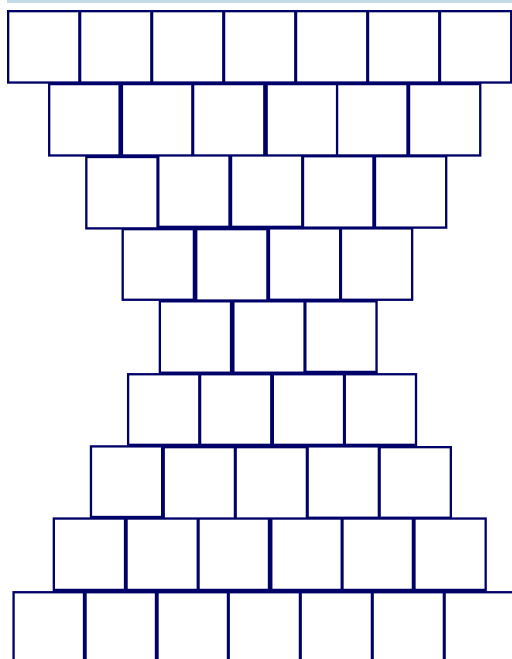


RIDDLES AND PUZZLES

RIDDLE:

A boy buys a fishing pole that is 2m long. As he goes to get on the bus, the driver stops him and tells him that he can't take anything longer than 1.8m onto the bus. The boy goes back into town, buys one more thing, and the driver allows the boy on the bus. What did the boy buy?

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



Stairs between floors

Brawls

Stint of work

Seafood

Belonging to him

Front of calf

Tips, clues

Hours of darkness

Entertaining

CHILDCARE



Stirling completing a floor puzzle in the garden

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: EMOTIONS

ACCENT PACE

THIS YEAR

DREW ON

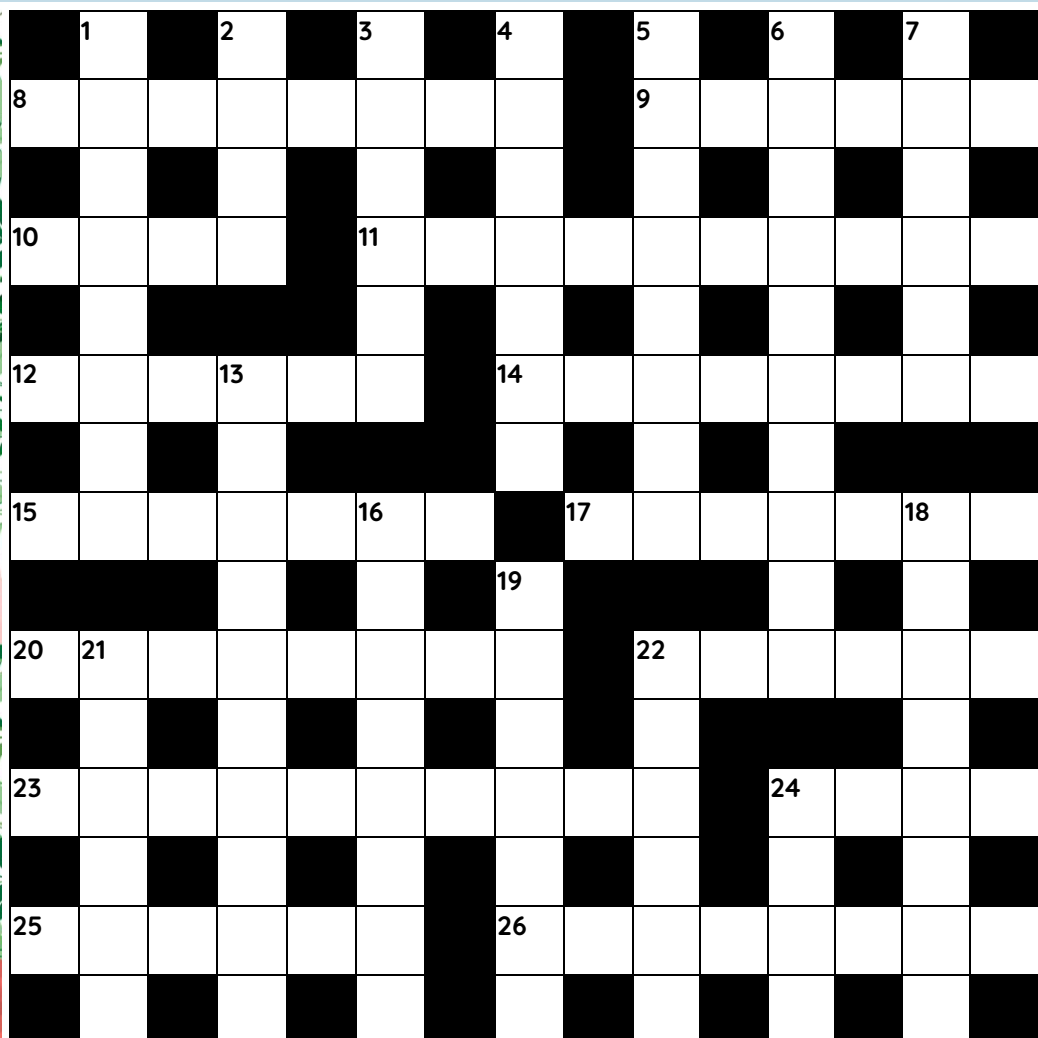
PALE USER

OUR GATE



BIG CROSSWORD

Spring is sprung, the grass is riz,
I wonder where the birdies is? - anon



Across

- 8** A dark military primary colour (4,4)
- 9** Sudden (6)
- 10** Night time insect (4)
- 11** Generous (10)
- 12** Grumbled, whined, bleated (6)
- 14** International Police Agency (8)
- 15** Needle (7)
- 17** Particle, small grain (7)
- 20** Sample (8)
- 22** Musical dramas (6)
- 23** Member of the upper class (10)
- 24** Bistro (4)
- 25** Secret (6)
- 26** Volume of religious songs (4,4)

Down

- 1** Reddish brown hardwood (8)
- 2** Legend (4)
- 3** Easy going, calm (6)
- 4** One million bits (computer) (7)
- 5** Kitchen container (8)
- 6** Organise beforehand (10)
- 7** US Space mission (6)
- 13** Queens daughters (10)
- 16** Wet weather footwear (8)
- 18** Childrens back jumping game (8)
- 19** Lawlessness, chaos (7)
- 21** Release from punishment (6)
- 22** Punctual (2,4)
- 24** Home of Castro (4)



REMEMBERING 'UNCLE' ARCHIE ROACH (Jan 1956-Jul 2022)

Archibald William Roach AM, also known as Uncle Archie, was an Australian musician and Aboriginal activist. He was a singer, songwriter, and guitarist, and also a Gunditjmara and Bundjalung elder and campaigner for the rights of Aboriginal and Torres Strait Islander people. His wife and musical partner was the singer Ruby Hunter with whom he had two sons, Amos and Eban.



At the age of two or three, Roach and his sisters, along with the other Indigenous Australian children of the Stolen Generations, were forcibly removed from their family by government agencies and placed in an orphanage. After two unpleasant placements in foster care, Roach was eventually fostered by Alex and Dulcie Cox, a family of Scottish immigrants in Melbourne. Their eldest daughter Mary Cox would sing church hymns and taught Roach the basics of guitar and keyboards. Roach's love of music was further fueled by Alex's collection of Scottish music. "He was a big influence on me - a good influence. I'll love him to the day I die."

Roach first became known for the song *'Took the Children Away'*, which featured on his debut solo album, *Charcoal Lane*, in 1990. He toured around the globe, headlining and opening shows for Joan Armatrading, Bob Dylan, Billy Bragg, Tracy Chapman, Suzanne Vega and Patti Smith. His work has been recognised by numerous nominations and awards, including a Deadly Award for a 'Lifetime Contribution to Healing the Stolen Generations' in 2013. Shortly after receiving the award, Roach called on recently elected Prime Minister Tony Abbott for an end to the Northern Territory Intervention. At the 2020 ARIA Music Awards on 25 November 2020, Roach was inducted into their hall of fame. His 2019 memoir and accompanying album were called *'Tell Me Why'*.



Archie and Ruby had two sons and fostered several children

The Archie Roach Foundation was established in 2014, to nurture talent in young Aboriginal and Torres Strait Islander people and to offer them opportunities in the arts, to provide connection to culture and healing. The foundation has supported hundreds and inspired thousands more young people. His work in youth detention centres continues to affect those who listened to him.

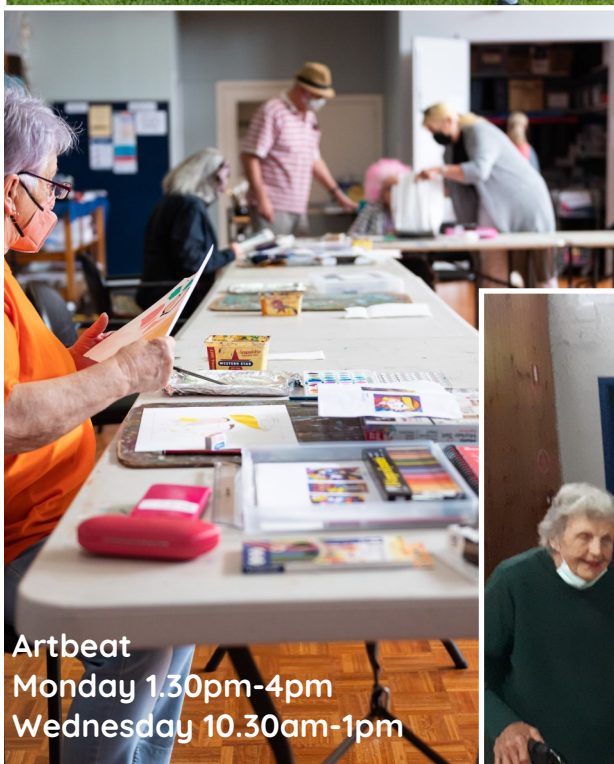
WHAT'S BEEN HAPPENING AT SANDYBEACH THIS TERM?



Walking / Exercise Group
Monday 10am-11.30am



Music Alive
Tuesday 1pm-3pm



Artbeat
Monday 1.30pm-4pm
Wednesday 10.30am-1pm



Fit and Fabulous
Tuesday 9.15am-10.15am



Friday Social Club
Friday 1pm-3pm

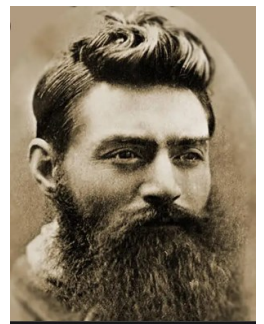
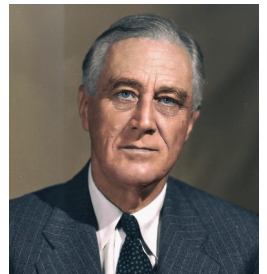


Tuesday, September 6, 2022

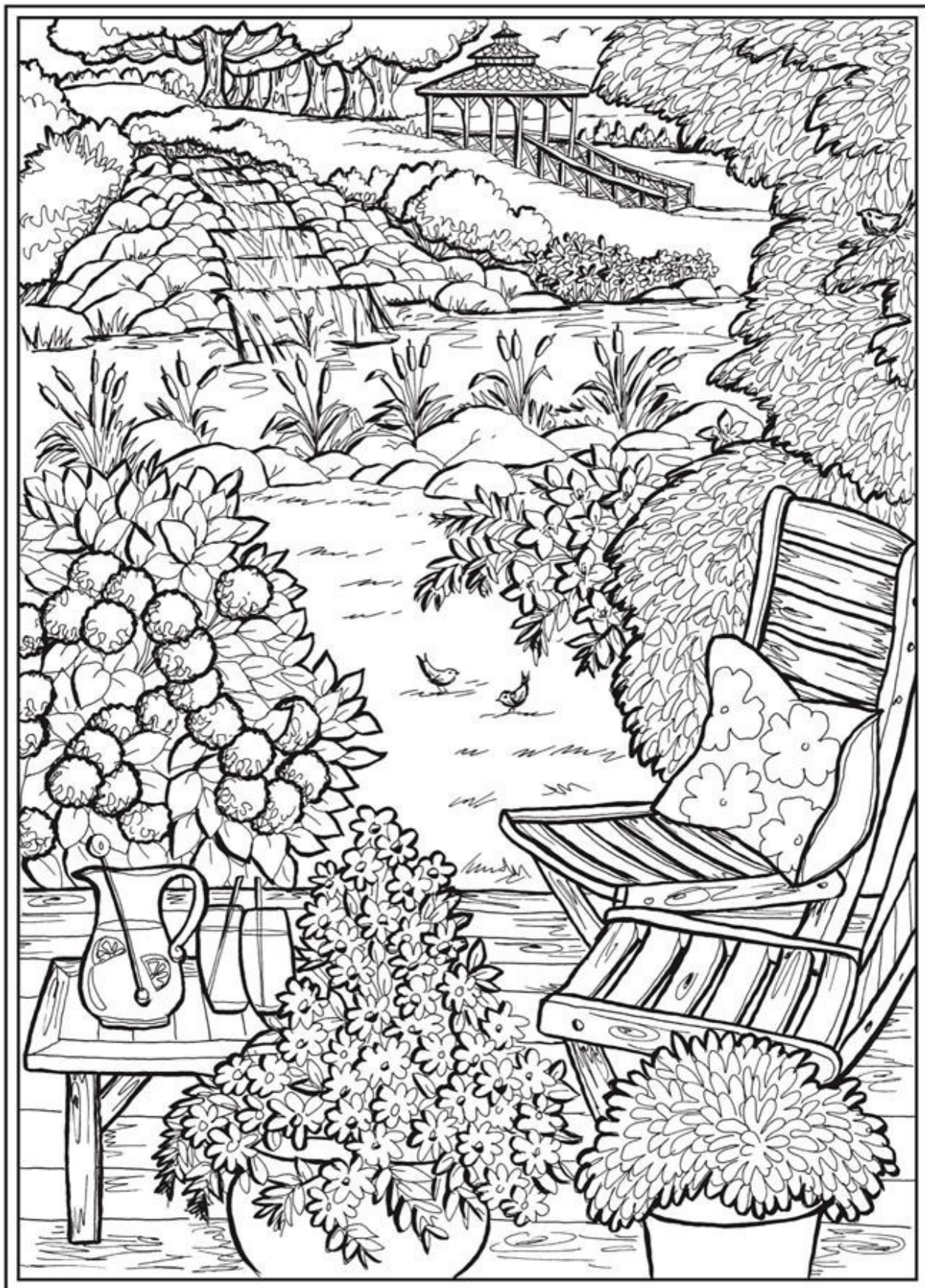
Sandybeach Centre PH: 9598 2155 email: admin@sandybeach.org.au

TRICKY TRIVIA

1. What is the role of a Sommelier?
2. If you possess terpsichorean talents, what are you good at?
3. Being 'discombobulated' means being what?
4. Who sang the theme song for the Bond movie 'Moonraker'?
5. What does the 'D' stand for in Franklin D Roosevelt?
6. What is Hillary Clinton's maiden name?
7. Which famous outlaw's name was Robert Leroy Parker?
8. Bush ranger Ned Kelly was born in which country?
9. Poulaines were popular in the 15th Century - what were they?
10. What alcohol is used to make a 'Bloody Mary' cocktail?
11. Which country is the worlds largest producer of apples?
12. What is the main ingredient in an Indian 'raita'?
13. The Greengage is a variety of what fruit?
14. What bottle stopper is also an Irish county?
15. In which continent is the Karakum Desert?
16. Before Burma changed its name to Myanmar, what was the name of its capital?
17. Which country, the worlds largest island, is known to its inhabitants as Kalaallit Nunaat?
18. Which animal lives in a drey?
19. In which country would you find the world's tallest tree, known as the Hyperion?
20. What is the chemical symbol for Potassium?
21. What type of animal does 'lupine' refer to?
22. Which Scottish actor plays 'Hagrid' in the Harry Potter Films?



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





Brenda shares her pastel artworks, One of her favourite mediums to work in and we can see why!



Having fun experimenting!

Artbeat continues to explore personal interests and learning about different techniques and processes in making art. Such an array of artistic talent and diversity in our group! We love welcoming people from all different walks of life!



Wendy enjoys exploring the beauty of watercolours with some amazing effects!



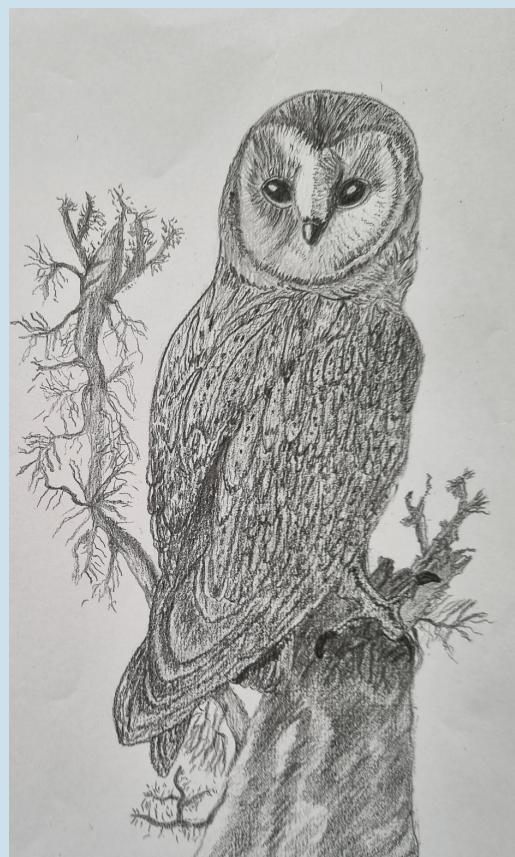
Anne shares her energetic blossoms on canvas using such vivid colour combinations.



Debbie enjoys creating collages. Loving the pink touches!



Kate enjoys working with acrylic and truly captures the memory of a beautiful family day out.



Jill portrays her love of owls in this amazing illustration.

QUIZ AND PUZZLES ANSWERS

RIDDLE ANSWER :

The boy bought 1.8m long box. He put the fishing pole in diagonally and the entire package was only 1.8m!

WORD CASTLE ANSWER

F	L	I	G	H	T	S
F	I	G	H	T	S	
S	H	I	F	T		
F	I	S	H			
H	I	S				
S	H	I	N			
H	I	N	T	S		
N	I	G	H	T	S	
H	O	S	T	I	N	G

COMMON THREAD: HIDDEN WORD

ACCENT PACE	A	C	C	E	P	T	A	N	C	E
THIS YEAR	H	Y	S	T	E	R	I	A		
DREW ON	W	O	N	D	E	R				
PALE USER	P	L	E	A	S	U	R	E		
OUR GATE	O	U	T	R	A	G	E			

CROSSWORD SOLUTION

Across

- 8 Navy Blue
9 Abrupt
10 Moth
11 Charitable
12 Carped
14 Interpol
15 Syringe
17 Granule
20 Speciman
22 Operas
23 Aristocrat
24 Café
25 Covert
26 Hymn Book

Down

- 1 Mahogany
2 Myth
3 Placid
4 Megabit
5 Canister
6 Rearrange
7 Apollo
13 Princesses
16 Gumboots
18 Leapfrog
19 Anarchy
21 Pardon
22 On time
24 Cuba



A Parisian thief masterminded a plot to steal some artworks from the Louvre. After getting past security, he stole the paintings and made is safely back to his van, only to be captured two blocks away when he ran out of petrol. When asked how he could mastermind such a crime and then make such an error he replied, 'Monsieur, that is the reason I stole the paintings:

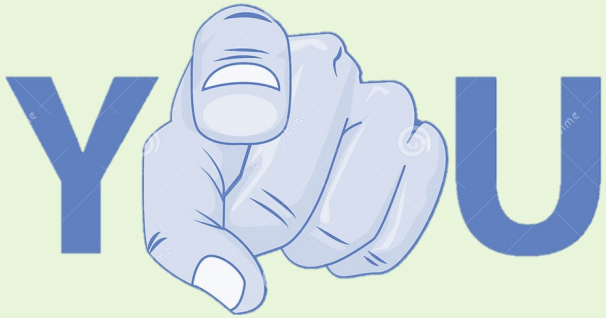
I had no Monet
To buy Degas
To make the Van Gogh'



TRICKY TRIVIA ANSWERS

1. Serve wine 2. Dancing 3. Confused 4. Shirley Bassey 5. Delano 6. Rodham
7. Butch Cassidy 8. Australia 9. Pointed shoes 10. Vodka 11. China 12. Yoghurt
13. Plum 14. Cork 15. Asia 16. Rangoon 17. Greenland 18. Squirrel 19. U.S.A.
20. K 21. Wolf 22. Robbie Coltrane

WE NEED



Would you like to make a difference
in the life of a young person?

Then get involved in Sandybeach
Centre's pilot

Intergenerational program.

Want to know more? Come along to
our information session on 11 October.

For details and to RSVP, please call
reception on 9598 2155.

SANDYBEACH CARERS

SANDYBEACH CARERS SURVEY

CARERS - PLEASE TELL US WHAT YOU NEED

What is a Carer?

Carers are people who look after someone who needs help with their day to day living due to a disability, a medical condition, mental illness or because they are frail due to age. They are not paid for the support they provide. Anyone can be a carer and many people don't see themselves as carers. They are children, parents, partners, relatives, or friends who care for someone close to them.

We are currently collecting feedback about what we provide and what we could be providing for carers as part of our Support for Carers program.

If you are a carer, or uncertain but can relate to the above description, we welcome you to complete our Sandybeach Carers Survey.

This will take approximately 10 mins and can be done online by following this link: <https://www.surveymonkey.com/r/VYTK6SS>

(You can also follow this link from our website sandybeach.org.au)

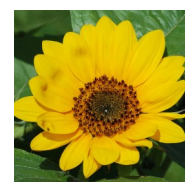
This information will inform how we can best cater to the carers in the Bayside Community.

You can give us a call on [9598 2155](tel:95982155) if you have any questions or need assistance completing the survey, and we will arrange for someone to help.

Thank you for your feedback.

SANDYBEACH CARERS







Below is a useful summary of resources for carers in Victoria



Carer Gateway	1800 422 737 	www.carergateway.gov.au 
Support for Carers Program		www.betterhealth.vic.gov.au/health/servicesandsupport/carers-services-home-help-and-support#victorian-support-for-carers-program
Carers Victoria	1800 514 845	www.carersvictoria.org.au
Services Australia	132 307	www.servicesaustralia.gov.au/caring-for-someone



Benefits:

Carer Payment		www.humanservices.gov.au/individuals/services/centrelink/carers-payment/eligibility
Carer Allowance		www.humanservices.gov.au/individuals/services/centrelink/carers-allowance/eligibility/eligibility-rules
Carer Card		Phone 1800 901 958 (during business hours) www.carercard.vic.gov.au
Companion Card		Victorian Companion Card Information Line 1800 650 611 www.companioncard.org.au
Mental Health Carer Support Fund		Information Line 1800 650 611
For Concession Card holders:		<ul style="list-style-type: none"> • Victoria Government – <u>Energy</u> Concessions • Victoria Government – <u>Municipal</u> rates concession • Victoria Government – Recreation benefits and Concessions • Victoria Government – Care <u>Registration</u> Concessions • Victoria Government – Water and sewerage concession • Victoria Government – Help with housing <p>Further Information: www.carersvictoria.org.au/benefits/victorian-government-concessions-and-benefits-full-listing</p>
Other Benefits:		<ul style="list-style-type: none"> • Half Priced Taxi Card • Qantas Carer Concession Card • Victoria Mental Health Carer Support Fund • NDIS • Better Life Mobile phone plan • Carer Adjustment Payment • Child Disability Assistance Payment • Disability Parking Permit
Further Information:		www.carersvictoria.org.au/benefits

Our organisation acknowledges support of the Victorian Government.



Member of the Learn Local

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