
Staying connected during COVID-19

November 16, 2020: Issue 3/6

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Plus – Prioritise your medical needs

Plus – Crossword, Sudoku and more

HEALTHY AGEING



*P4 – Line dancing on
Advent calendar*



Community Connector

Behind this mask is the friendly face of Strathbogie Shire Community Connector Bill Boyer.

Bill is an initial point of contact for residents needing practical, emotional or social support in the context of COVID-19.

Our Community Connector can organise referrals to a range of service providers in the local area.

Whether residents just need a friendly ear - or to address issues such as financial or emotional stress - Bill is available to guide community members towards the right assistance.

If you are feeling isolated or need advice 📞 1800 065 993.

This monthly newsletter is a six-month project delivered as part of the Victorian Government's Working for Victoria scheme.

The scheme has provided Strathbogie Shire extra people power to support our COVID-19 Recovery Program – RE3 Reset, Reboot and Revitalise – for our community.

To join the mailing list or view electronically, or to share your newsletter ideas:

✉ info@strathbogie.vic.gov.au

📞 1800 065 993

RE3 RESET
REBOOT
REVITALISE

Smartphone workshops

Workshop 1 - Euroa

Monday, December 7, 9am-4pm;
and Wednesday, December 9,
9am-4pm

Workshop 2 - Nagambie

Tuesday, December 8, 9am-4pm;
and Thursday, December 10,
9am-4pm

Venue details will be sent after registration. 📍 Register for the free workshops at www.smartphonestories.com/register

Smartphone Stories

Smartphone Stories filmmaking workshops are coming to Euroa and Nagambie – and seniors and their grandkids are encouraged to join in.

Smartphone Stories Victoria has been funded through the Vic Health – Art of Good Health Partnerships Grants program and is a creative arts-based project.

It's a fun, interactive community-based workshop project that gives participants the skills, information and equipment to be able to develop and make films, and tell their stories, using a mobile phone.

A smartphone story might be a short drama or comedy film, a short

documentary, an experimental film, a music video or a vlog, or something else. A story can be made by one person, or by a team of people. A smartphone story can be made by anyone – imagine filming the family gathering at Christmas and turning it into a story!

Participants attend a two-day workshop where they will learn the skills to produce, write, direct, shoot and edit a film made on a mobile phone, while creating their first digital story. Remote mentoring support is then available for three months after the workshop to produce their own original films, and participants will have the opportunity to showcase their film at a local event and online.

Free Seniors Filmmaking Workshops in December

Bring the grandkids!



VicHealth



Australia Council for the Arts

Strathbogrie
shire



Advent calendar connects community

It's beginning to feel a lot like Christmas with the Nagambie community banding together to produce a YouTube Advent calendar.

The month-long video series is an initiative of the Nagambie Community Carols Committee, which includes Nagambie Lakes Community House.

Community House coordinator Anna Close said numerous community groups, organisations, sport clubs and schools were involved in the series of videos to be released on YouTube during Advent.

"We reached out to community groups to record short videos, which we will broadcast in December," Anna said.

"It's been a way of bringing the community together while we stay apart."

Nagambie Senior Citizens Line Dancers were among the groups involved in the project, after not being able to dance together for most of the year.

"COVID restrictions meant we could only have up to 10 people in an outdoor space, so the camera person filmed nine members dancing at a tennis court," teacher Maureen Liddell said. "We danced to Rocking Around the Christmas Tree. It was a lot of fun!"

➔ *Links to the Nagambie Advent calendar will be available via Facebook and community emails soon.*

Keep our distance but stay connected

While the term social distancing has swept across the globe, health experts and VicHealth have relabelled the phrase “physical” distancing.

This small word change reflects the need to support people’s mental health and wellbeing: while we are physically distant, we can (and need) to be social.

Continue hobbies

Continue or explore new hobbies or interests, and chat to others about these interests. For example, reading, drawing, cooking, craft projects or gardening.

Virtual catch-ups

Schedule virtual catch-ups with family and friends. Regular connection with people – even virtually – helps keep a positive mindset.

Stay active

Walking is a great opportunity to stay active and say hello to passers-by. You can meet friends or family for outdoor exercise (in accordance with current restrictions in your area) or give someone a call and talk while you walk.

Letter writing

Send a handwritten or email letter to family and friends.

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

Sudoku

(Level - Medium)

To solve the puzzle, all the blank cells must be filled in using numbers from 1 to 9. Each number can only appear once in each row, column and in the nine 3x3 blocks.

Sudoku solution
- page 9

Volunteering a way of life

Like Flemington Racecourse in November, Avenel fire station's rose garden has burst into full glory.

Long-time brigade member John Thomson, 72, is one of three volunteers who proudly tend to about 70 rose bushes at the station.

Alongside the local stone wall he assisted fellow volunteer Les Hemphill to build last year, John said the rose garden “adds ambience to the place”.

“We try to brighten things up,” John said. “The stone wall and the roses are quite a talking point in the town.”

As Victoria moved between different stages of lockdown this year, John has managed to stay active and socially engaged while adhering to restrictions.

“My vegie garden has had plenty of attention, and I’ve been able to do those neglected jobs around my yard, such as painting and fixing things up,” he said.

John and wife Shirley have also made good use of the book exchange started at the Avenel post office by a community member during the first lockdown.

“First it was a box of books on a seat inside the post office, John said. “Now there are properly constructed shelves built by Jeff Moran (president of the Avenel Action Group) and decorated with fabric by his wife Jenny.

“People now also leave fruit, games for the kids, and jigsaw puzzles at the book exchange.”

Along with books and puzzles, John said he had kept his brain active with Sudokus, and he and Shirley had mastered Zoom calls to their children in Melbourne.

“Computers is not one of my strengths, but this has given me more knowledge of computer use even though I still prefer person-to-person contact,” John said.

Walking has helped the Thomsons maintain good health and social connection while physical distancing.

“Walking is a great physical outlet and it’s also been a way of saying ‘Hi’ to people over their fence as you pass their properties; a way of keeping that personal contact,” John said.

Trained in fire equipment maintenance, John has continued the essential service of checking first response equipment at local businesses.

“There are hundreds of fire extinguishers, hose reels and fire blankets in the area that need checking every six months, which takes up quite a bit of time. It’s an essential service that is also a fundraiser for the brigade,” he said.

As a member of numerous community groups, John this year volunteered within restrictions to build a barbecue cover at Avenel pool (Friends of the Pool), planted 100 shrubs to grow into a hedge around play areas (Jubilee Park Committee), and planning the COVID-safe reopening of the town’s market (Avenel Market Committee).

“Volunteering is a two-way thing: I gain pleasure in doing things, and it helps the community,” he said. “It’s a way of keeping up communications with people and keeping me motivated and interested in life.”



Promote your community group

Is your group or service looking for new members or volunteers?

We would love to help you promote your group or activities to encourage senior residents to stay active and socially connected.

Send your details to Corinna Boldiston at
✉ info@strathbogievic.gov.au
or ☎ 1800 065 993.

Holidays on the coast - Find The Words

This is a theme puzzle with the subject stated below. Find the listed words in the grid. (They may run in any direction but always in a straight line. Some letters are used more than once.)

Ring each word as you find it and when you have completed the puzzle, there will be 18 letters left over. They spell out the alternative theme of the puzzle.

Alva
Angourie
Avalon
Avoca
Ayr
Ballina
Balmoral
boil
Cairns

Cape York
Cardwell
Chelsea
Dampier
Darwin
Dee Why
Evans Head
hot
Iluka

Kiama
Laurieton
Miami
Mona Vale
Nambucca
Newport
Palm Beach
Pialba
Roebourne

sailboard
Sale
sun bake
surfing
swimming
Tea Gardens
Ulladulla

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

*Crossword
solution - page 10*

*Find The Words
solution - page 11*

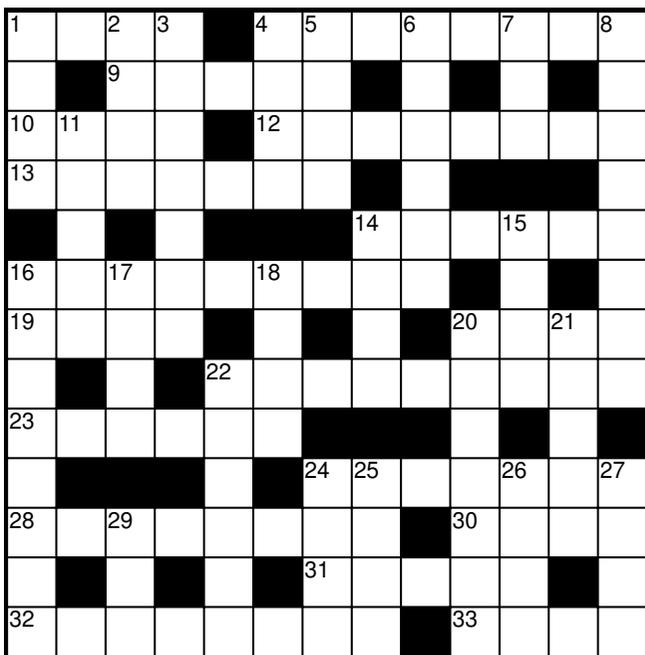
Crossword

Across

- 1 Slender support
- 4 Made ready
- 9 Not explicit
- 10 Send out
- 12 Arbitrators
- 13 Paid respect
- 14 Tarry
- 16 Makes less severe
- 19 Parched
- 20 Church recess
- 22 Head of state
- 23 Whole
- 24 Young hare
- 28 Day of the week
- 30 Uncommon
- 31 Dogma
- 32 Pardons
- 33 Cult

Down

- 1 Prosecutes
- 2 Wicked
- 3 Ripened
- 4 Unmixed
- 5 Water grass
- 6 Abstract
- 7 Fish eggs
- 8 Circumspect
- 11 Army rank
- 14 Camera part
- 15 Stare open-mouthed
- 16 Regal
- 17 Prescribed food
- 18 Land measure



- 20 Sticks
- 25 Facial features
- 21 Show contempt
- 26 Scold
- 22 Quickly (mus)
- 27 Biblical quotation
- 24 After proper time
- 29 Rounded vase

Sudoku solution:

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

Library doors reopen

Goulburn Valley Libraries has reopened to the public on restricted hours with a maximum of 10 patrons in the library space at any one time and patrons encouraged to limit their time in the library.

The library branches are open during restricted times to allow for hygiene requirements needed to ensure public safety. All returned items are sanitised before being returned to shelves.

Members can still use the Click and Collect service if preferred, and use online services to access free eBooks, eAudiobooks and eMagazines or video stream movies and documentaries.

For opening times and Mobile Library schedule: 📞 1300 374 765
🌐 gvlibraries.com.au

Euroa's Bill Sheehan was among the first locals in the door when the easing of restrictions allowed Goulburn Valley Libraries to reopen to the public in late October.

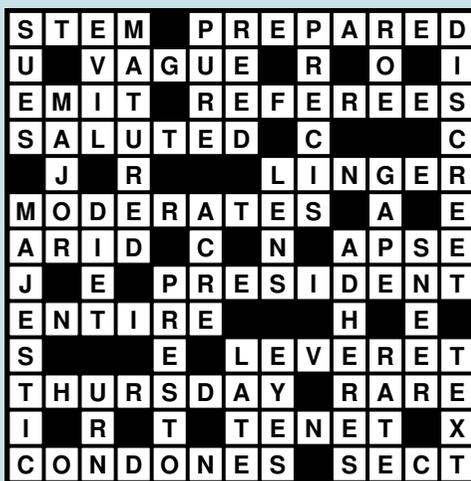
While Bill, 87, used the Click and Collect service each week for books from the Euroa library branch throughout Victoria's lockdowns – he was "ecstatic" when the doors reopened to start using its computers again.

"I use the library computers for emails and research," Bill said. "I research vintage cars and correspond by email with people all over the world about vintage cars.

"Coming in here and the op-shop is my social life! So, I'm happy they have reopened."



Crossword solution:



Medical priorities

Statistics show Victoria's second coronavirus wave has caused a drop in the number of patients attending hospitals for treatment of heart attacks, strokes, and essential cancer screenings.

Delaying medical appointments, such as cancer screenings and routine checks for conditions like diabetes, can have serious consequences for your health. VicHealth advises the following:

- Prioritise your health. If you need medical attention, don't feel guilty or worried about seeking the help you need.
- GP clinics, hospitals and emergency departments are still providing all types of medical care, not only to coronavirus patients. There are health practices in place to protect health care workers and patients from the spread of coronavirus.
- Monitor the changes in your physical state or routine which may be symptoms of medical issues such as cancer, heart attack, stroke or diabetes, and don't delay seeing your doctor if necessary.
- **Don't hesitate to phone triple zero (000) in an emergency situation.**

Quick Quiz

1. Who performed the national anthem at the 2012 Super Bowl?
2. **The Fleurieu Peninsula is located in which Australian state?**
3. An Hibernophile is fond of all things of which country?
4. **Who wrote the 2003 novel, The King of Torts?**
5. In which Australian city was the failed Nugan Hand Bank founded?
6. **Who won the Best Actor Oscar for the 1985 movie, Kiss of the Spider Woman?**
7. Which African country has the kwanza as its official currency?
8. **Liz McClarnon was a member of which famous girl-group?**
9. True or false – The Giza Necropolis includes the Great Sphinx?
10. **Which game are you playing if you call "Elephant Stomps"?**

Answers – page 12

Find the Words solution

Fun in the surf and sun

Resources and support services

Department of Health and Human Services Victoria

www.dhhs.vic.gov.au/coronavirus
For the latest information and advice on restrictions from the Victorian Government.

Victoria's 24-hour coronavirus hotline

1800 675 398 (free call). Press 0 when you call if you need an interpreter. Open 24 hours, seven days. 000 in a medical emergency.

If you suspect you may have coronavirus (COVID-19) call the dedicated hotline.

Older Persons COVID-19 Support Line

1800 171 866 (free call). Monday to Friday (excluding public holidays), 8.30am to 6pm.

Australian Government free mental health support line for senior Australians, their families and carers throughout COVID-19. This support line offers support to older people who are feeling lonely or distressed, troubled or confused, or need to talk to someone about their concerns caring for an older person during COVID-19.

Coronavirus Mental Wellbeing Support Service

1800 512 348. Open 24 hours, seven days.

coronavirus.beyondblue.org.au
Information about managing stress and support options, operated by Beyond Blue Support Service.

Lifeline

13 11 14 www.lifeline.org.au
24-hour crisis support and suicide prevention services.

Free face masks

Vulnerable members of our community can access free face masks (disposable and reusable) provided by the Department of Health and Human Services.

If you, or a person you know has poor immunity, is frail or living with a disability, phone Strathbogie Shire Council on 1800 065 993 to request your masks and arrange collection.

Quick Quiz answers

1. Kelly Clarkson
2. South Australia
3. Ireland
4. John Grisham
5. Sydney
6. William Hurt
7. Angola
8. Atomic Kitten
9. True
10. Marbles