



GLEN EIRA
CITY COUNCIL

SPECIAL EDITION 8

13 JULY 2020

HEALTHY AGEING



We hope you are enjoying the *Healthy Ageing* newsletters each fortnight and find them full of information, tips and activities that are keeping you active in mind and body during this pandemic. We aim to stay connected to you during this time as we all make changes to stay socially connected.

#Be Kind Glen Eira

R u ok? It is understandable during times like this that people may be feeling worried by the constantly changing alerts and media coverage regarding the spread of COVID-19. Sometimes phoning a friend and just having chatting can help alleviate some of those concerns.

Go for a walk, listen to your favourite music, read a book, spend extra time with your pet — these are some other ways to help make you feel good and bring a smile.

Let's continue to band together, support each other and be kind.



BENTLEIGH.
BENTLEIGH EAST.
BRIGHTON EAST.
CARNEGIE.
CAULFIELD.
ELSTERNWICK.
GARDENVALE.
GLEN HUNTLY.
MCKINNON.
MURRUMBEENA.
ORMOND.
ST KILDA EAST.

Council services

Council is still operating a range of services to help you remain living independently in your home. Services include: domestic assistance; personal care; unescorted shopping; delivered meals; and home maintenance. If you are aged over 65, you may need to contact My Aged Care on 1800 200 422 for a referral.

Contact Council's Service Centre on 9524 3333 for advice and information.

Milk bars, mixed lollies and memories – Sunday 19 July @ 3pm

In this special event, much-loved radio and TV broadcaster Libbi Gorr, chats with illustrator, photographer, design teacher and unofficial milk bar historian Eamon Donnelly.

Eamon has an unusual obsession with the humble Australian milk bar, having spent much of the last 15 years travelling around Australia documenting them. In 2018 he turned his archive into *The Milk Bars Book* — a time capsule of a vanishing suburban icon.

Join Libbi and Eamon for this warm and nostalgic trip down memory lane.



Register to join the sessions at www.gleneira.vic.gov.au/GEArts

INTRO art for adults online events on Saturdays @ 3pm

Decorate your home with your own artworks, colour and style. Join local Glen Eira artist Fiona Wood in an inspiring selection of free online creative arts and craft sessions.

Mosaics — Saturday 18 July. Absorb this meditative craft by mosaicing a small side table or even piece of plywood. You may like to come armed with a design of your new project.

Macramé, Weavings and Wool Hangings — Saturday 25 July. Adding textiles to a home is warm and welcoming. Fiona suggests ways to add homely texture. Learn how to make a basic macramé wall hanging and macramé feather.

Register to join the online sessions at www.gleneira.vic.gov.au/GEArts

Living Through History: COVID-19 now available on youtube

During our *Live Sunday Session* on Sunday 21 June, Council's History and Heritage Officer Elle Credlin spoke with local historian Alicia Cerreto on the Spanish flu pandemic and COVID-19. This interesting discussion was recorded and you can find the video by typing 'Glen Eira City Council Youtube' into Google. The video will be on the home page of our YouTube channel.

Glen Eira City Council COVID-19 HOTLINE 9524 3733

The Hotline is available to assist the community in navigating official Commonwealth and State information, finding out more about local support services as well as responding to questions on Council's response to the pandemic. The Hotline is available Monday to Friday 8am-5.30pm (Tuesdays until 7.15pm).

Taking care of yourself ...

Don't forget to stay in touch with friends and family and be kind to you.

Healthy food tip

Sweet, juicy, and colourful, citrus fruits give us a much-needed dose of sunshine during wintertime. They are an important part of our arsenal when it comes to boosting our immune system. Don't forget to include some citrus fruits in your next shop.

Flu vaccination time

It is wintertime and therefore the annual flu has begun. The *National Immunisation Program* provides free vaccines to those most at risk. Take time to consult with your GP about your suitability for a flu vaccine.

Good news story ...

So lovely to hear this good news story from Jocelyn who told us how she enjoyed the article on local resident Gretta and her love of spinning, knitting and crochet. Since both ladies know each other from their exercise class and are unable to attend at the moment, Jocelyn contacted Gretta to say hi. During their chat Jocelyn mentioned how she had not crocheted in a long time but was so inspired by Gretta that she wanted to have a go again. To her delight Jocelyn received a lovely and unexpected surprise on her doorstep — a note and a crochet square as a guide to getting her started again. It is so lovely to see our residents connecting and sharing experiences with each other. Thank you, Jocelyn for sharing.

Have a good news story to share? We would love to hear from you. Write to Active Ageing Officer, PO Box 42 Caulfield South 3162 or SSupport@gleneira.vic.gov.au

Sudoku — great brain challenge

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

Brainteasers

1. Fourteen of the kids in the class are girls. Eight of the kids wear blue shirts. Two of the kids are neither girls nor wear a blue shirt. If five of the kids are girls who wear blue shirts, how many kids are in the class?
2. What word begins and ends with an E but only has one letter?

Each horizontal line, vertical line and box should have numbers 1–9.

Answers on page 6

Shepherd's pie — great winter warmer

The humble shepherd's pie has always been a great winter warmer. Adding a range of vegies makes it a little healthier. You can add whatever you want including vegies that need using up, perhaps parsnip or mushrooms take your fancy.

Too much for one? This will last several nights or why not cook in ramekins and share with a friend or neighbour.



Ingredients:

30g of butter

1 medium brown onion finely chopped

1 medium carrot chopped

1 medium zucchini chopped

1 medium red capsicum chopped

1 small tin of corn kernels drained

1/4–1/2 cup of frozen peas

500g minced beef or chopped cooked lamb

50–75ml of beef or vegetable stock

1/4 cup tomato paste

1/4 cup tomato sauce

2 tbsp of Worcestershire sauce

1/2 tsp of dried mixed herbs

5 potatoes chopped for mash

1 sweet potato chopped for mash

60g of butter for mash

1/4 cup milk for mash

Method: preheat oven to 200degC/400F

Boil potatoes in salted water until tender. Drain then mash with butter and milk until smooth and fluffy. Season as required.

Heat butter in large saucepan, cook onion, add carrot, capsicum, zucchini, stirring until vegetables begin to soften. Add mince and cook until meat has lightly browned and vegetables are tender. Stir in paste, sauces, stock, herbs and season and allow flavours to develop. Add corn and peas. Allow stock to be almost absorbed.

Put mince and vegetable mix into casserole dish. Top with mash. Bake for 20mins or until lightly browned on top.

Have a good tip or recipe to share? We would love to hear from you. Write to Active Ageing Officer, PO Box 42 Caulfield South 3162 or SSupport@gleneira.vic.gov.au

Movie trivia quiz

1. In what 1950 drama does Bette Davis say: "Fasten your seatbelts; it's going to be a bumpy night"?
2. What was the first feature-length animated movie ever released?
3. "Well, nobody's perfect" is the final line from what 1959 film starring Marilyn Monroe?
4. What's the name of John Wayne's character in *True Grit*?
5. Who played femme fatale Phyllis Dietrichson in the 1946 film noir *Double Indemnity*?

The Roaring Twenties

Over the next few editions we are going to step back in time to the 1920s.

It seems a strange coincidence in 2020 we find ourselves in a serious pandemic like the decade of the 1920s that followed the devastating Spanish flu pandemic.

The 1920s and the end of the First World War brought a period of great optimism and progress for many. Due to the successful exploits of Australian servicemen during the war 'the digger' was enshrined as an Australian icon and legend. Women had greater freedom of expression and found work outside of the home. This was reflected in new fashions, short hair, dancing and improved access to jobs and education.

There is no doubt the Roaring Twenties was a decade of economic growth and widespread prosperity, with new ideas to attract our attention such as radios, automobiles and of course the blossoming of motion pictures.

In June 1920, the Australian film *The Breaking of the Drought*, made by Franklyn Barrett, was released in Australian cinemas. The drought scenes were considered so shocking that the film was banned for export as it was deemed 'harmful to the Commonwealth'.

In June 1927, the Marcus Clarke novel *For the Term of His Natural Life* premiered and was one of the most lavish productions of Australia's silent films. At this time, 1,250 picture theatres operated in Australia, employing 20,000 people. One of those cinemas was what we now lovingly call The Classic. While it was not purpose built as a cinema, it remains notable as one of the few early picture theatres still operating in Victoria.

The Gordon Street property was originally purchased by The Elsternwick Public Hall and Skating Rink Company Ltd. in 1888 for £5,000. With intentions of building a skating rink, shop and clubhouse it became an important community gathering place, with public hall and lodge rooms. Still used as a community hall into the new century, the building sometimes housed a makeshift cinema.

In 1911 the Amalgamated Picture Company Ltd. bought the property, and architect Frank Richardson, whose other works included the Rivoli Cinema (1921) submitted plans to build a picture theatre. The enormous auditorium with 664 seats, saw Richardson's design feature an unusual three bay arrangement.

On special occasions injured soldiers were transported in wheelchairs or mobile hospital beds from Caulfield Military Hospital to attend matinee screenings of a film.

The Elsternwick Theatre closed in August 1929 as attendance slipped and the depression worsened, but the theatre as we know it would come to be another day.



Still from Australasian Gazette — a Unique Audience newsreel showing injured soldiers attending a matinee at Elsternwick Theatre, c.1920. Original footage courtesy NFSA.

Keeping fit

Here are three more seated exercises to keep you moving. However, the exercises involve using opposite movements which will help challenge the brain. For each exercise start sitting tall in your chair with both feet flat on floor. Enjoy and keep up the good work.

Alternate hand rotation

1. Place your hands on your knees.
2. Turn the palm of your right hand up.
3. As you turn the righthand palm back down turn the left palm up.
4. Continue alternating 20 times.

Note: to make more difficult do both palms up then down 8 times, then change to alternating up and down.

Opposite leg and arm extension

1. Sitting with arms down by your side.
2. Extend your right leg forward and your left arm forward at the same time then return.
3. Extend your left leg forward and right arm forward at the same time then return.
4. Repeat 8–10 times.

Note: your leg is coming to the height of the chair and your arm to shoulder height.

Drawing lines and triangles

1. Bring your hands up in front to about the height of your head.
2. Use your index finger on your right hand to draw a line down to just off your legs.
3. As the right arm goes back up your index finger on your left arm will draw a line down.
4. Continue alternating lines 8–10 times then rest.
5. Return to start position and using the index finger on both hands each hand will draw a triangle in front of you. (You should still bring hands down to just off leg.)
6. Repeat 8 times and rest.

Note: to make harder do right hand triangle and left hand up and down line then change over.

Sudoku answers

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

Answer to Brain Teaser 1: 19

Answer to Brain Teaser 2: Envelope

Movie Trivia answers:

1. All about Eve
2. Snow White and the seven dwarfs
3. Some like it hot
4. Rooster Cogburn
5. Barbara Stanwyck