

From the President

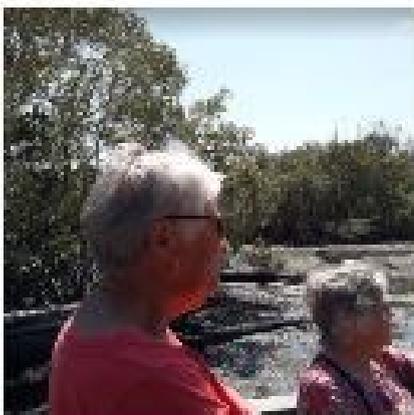
Welcome back. Term 4 starts next week. The detailed program for Tuesday Forum is listed below.

We have enjoyed a couple of interesting outings since our last newsletter. September saw our Annual Luncheon celebrating the 20th Anniversary of Brunswick Valley U3A as well as a very pleasant excursion to the Minjungbal Cultural Centre at Tweed Heads.

We held our luncheon at Kouzina in the Byron Industrial Estate. The selection of a Greek, shared platter venue was a little more adventurous than recent luncheons at the Brunswick Bowling Club and the Ocean Shores Country Club but Denise was gratified by the positive feedback and the thanks she received from members who attended. It was also an opportunity to farewell Jean Elliott who has left Brunswick Heads and our club for the very different environment of inner suburban Melbourne. We are grateful for Jean's participation in, and contributions to, our meetings and activities over many years.



Our second outing for September was our usual 'last Tuesday of term' excursion which has been a feature of our club for several years now. About a dozen of us enjoyed a guided tour of the Minjungbal site which encompasses a museum, a Bora ring and a network of paths and boardwalks beside the Ukerabagh Passage near the mouth of the Tweed River. The club provided morning tea at the picnic area after our guided walk. Thanks to Nicole, our guide, and Riley from the Cultural Centre for organising our morning.



Participation in our excursions is only modest but it appears that those of us who go along do enjoy ourselves. We plan to continue them into the future. This term we will be visiting a local nursery so there will not be a lot of travel involved, especially if you live in Ocean Shores. The walk at Minjungbal reminded me that we had a Saturday or Sunday walking group some years ago. There have been a couple of new walking tracks opened in recent years so if anyone wants to research and guide a walk for members please give it a go.

Lots more pictures on our <https://www.facebook.com/BVU3A> (@BVU3A). Please follow us.

Roger Curran
President
0413 060 010

Some Useful Information

Last term Fiona Spencer from Barefoot Law in Mullumbimby spoke to us about various matters relating to the law and ageing. Fiona referred to various resources in her presentation and has kindly provided this list of relevant contacts:

- [Seniors Rights Service](#)
- [Law Access NSW](#)
- [NSW Civil and Administrative Tribunal](#)
- [NSW Trustee and Guardian](#)
- Interpreters – 131 450
- National Relay Service – 1300 889 529
- [Capacity Assessment](#)
- [Power of Attorney](#)

The Birthday Cake



We understand that there may have been a problem with the link we provided last time for the orange and almond cake which members shared at our 20th Anniversary AGM. [Here it is again.](#) Claudia Roden's recipe was first featured in *A Book of Middle Eastern Food* published in 1968. It uses whole oranges which are boiled until soft and then pureed before being added to the rest of the ingredients. Almond meal replaces the flour so it is gluten free and can be enjoyed by all. The recipe was doubled for the AGM to be big enough for everyone

Tuesday Forum for Term 4, 2019



October 15 - Yvonne Turner

My life as a prison officer. Yvonne is a local lady with a lot of stories. She came to her role as a prison officer later in her career, so has a lot of stories to tell us about what happened before then too.



October 22 – Jesse Blackadder

Rescheduled - Jesse is an award-winning author of seven novels for adults and children, an emerging screenwriter, an inspiring public speaker and a creative writing teacher and youth literacy advocate. She's fascinated by adventurous women, extreme landscapes, unusual creatures and chilly places. As well as her Antarctic adventure, Jesse has just had the first in a new series of children's books published.



NSW Police Force

October 29 - Senior Constable Bradley Foster

Crime Prevention. Senior Constable Bradley Foster is a crime prevention officer for the Tweed Byron Police District. He will talk to us about taking the necessary precautions as senior citizens to prevent being taken advantage of by scammers. We know about Nigerian Princes, online dating sites, ATO scams etc., but there is much more that we need to know to keep ourselves safe.

