

From the President

Last chance to book!

Our Annual Luncheon is coming up next week at 12 noon on Tuesday 10 September. We are going a bit further afield this year to Kouzina in the Byron Industrial Estate. Kouzina is a BYO Greek restaurant that comes highly recommended and we have a special price and the club will, of course, provide a couple of extras like corkage and some birthday treats. But you must book now. Phone Denise by Wednesday (0423 778 573) or it will be too late. Check Kouzina out on [Facebook](#) - it looks great. Further details, including map, below. Please note that there is no Tuesday Forum on that day.

Thank you for supporting our AGM

For a number of years, the club has promoted the Annual General Meeting as an opportunity for all members to come together for a morning of entertainment and fellowship. We have been providing an opportunity for our activity groups to give us a demonstration performance or to prepare a static display and we have finished off the morning with an impressive morning tea. This year we featured the work of the French group, Shibashi, Orchid Growing, Beading and Men's Shed. Thanks to those who put in the work to get these presentations together and to those who came along and showed their appreciation. I personally find the atmosphere at these events to be most heartwarming and very gratifying.



Annual Report

To recognise the twentieth-anniversary of the founding of our club, the committee agreed that our Annual Report would be a bumper edition with a colour insert of photos of club members and activities over the past twenty years. All printed copies have gone but you can download your own from the website [at this link](#).

Life Members

The committee decided that we would recognise the contribution of David and Marilyn Rowlands at this year's AGM with presentation of Life Memberships of the club. We also agreed to recognise previous Life Members with the presentation of a badge. Regrettably, we overlooked Ron Westrup, our founding president so my apologies to Ron for this unfortunate oversight. We published an Honour Board at the back of the Annual Report and I would be grateful if any errors could be brought to my attention so that they can be set right before further time passes.

Welcome to Ian Gothard

Not to the club but to the committee! Thanks, Ian, for volunteering to join the committee and I hope that you find it an opportunity to expand your contribution to the life of our club.

Thanks to John Youdan and Chris Fisher

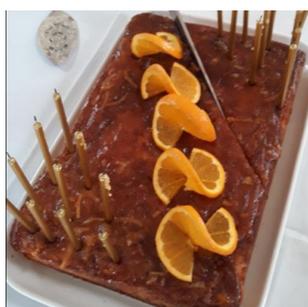
John and Chris retired from the committee at the AGM and, on behalf of the club, let me once again extend our thanks for their service. John remains in the position of Membership Secretary.

We have some website woes.

Our website is up and running and up-to-date but, since our move under the U3A Network NSW umbrella, we are a little harder to find. Bookmark [this link](#) or Google us. For the time being, use my personal email (rajahroger@gmail.com) or phone/SMS me on 0413 060 010.

Roger Curran
President
0413 060 010

The Birthday Cake



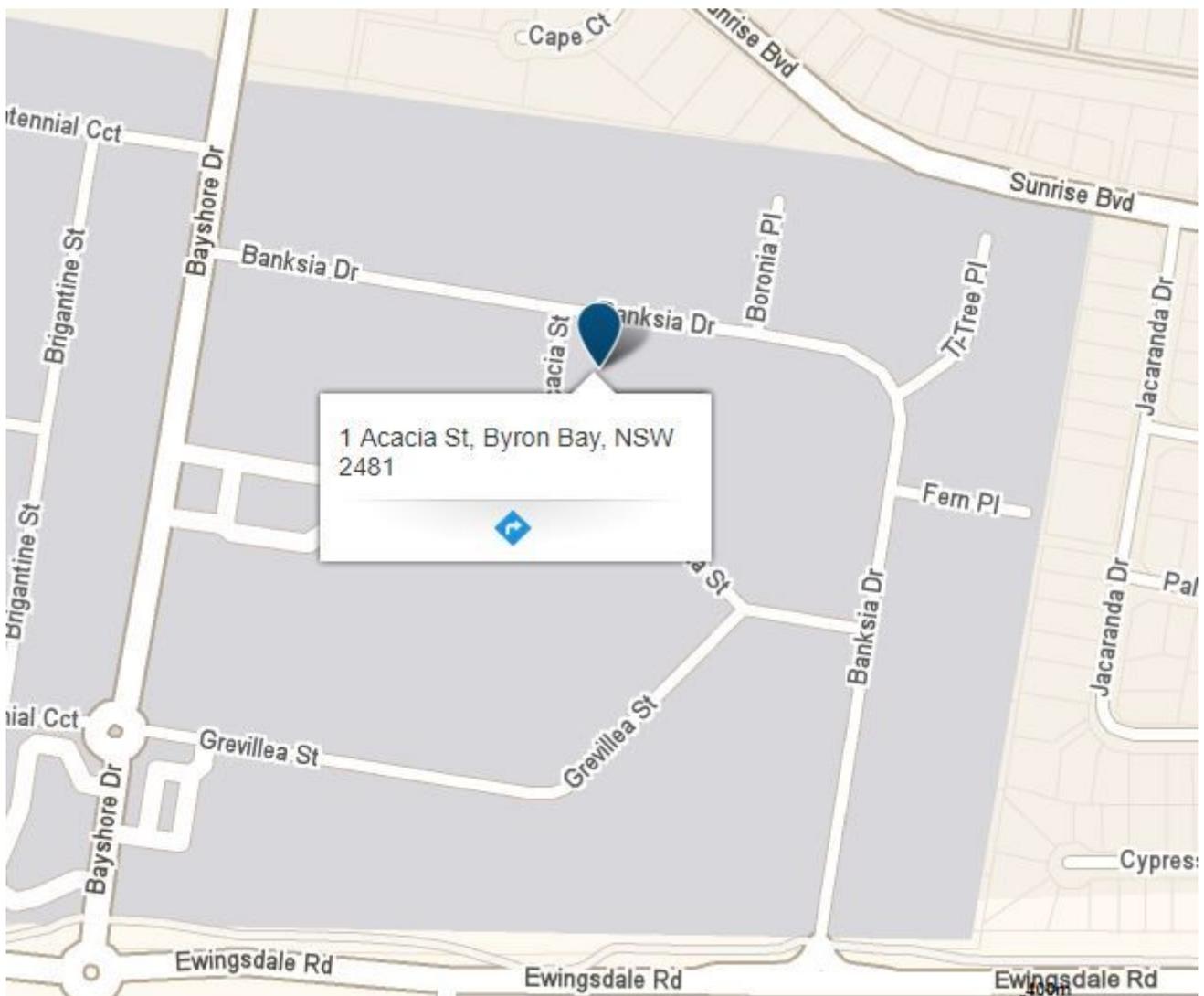
By popular request, [here is the recipe](#) for the orange and almond cake which members shared at our 20th Anniversary AGM. Claudia Roden's recipe was first featured in *A Book of Middle Eastern Food* published in 1968. It uses whole oranges which are boiled until soft and then pureed before being added 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

Annual Luncheon Details

- Kouzina is located at 1/1 Acacia Street, Byron Industrial Estate
- BYO. Corkage will be paid for by the club
- We will gather at 12 noon for a leisurely lunch
- Door prizes and birthday treats

If you are driving yourself:

- Turn left at Ozigo service station into Bayshore Drive
- Continue on Bayshore Drive to Banksia Street. It's before you get to IGA.
- Turn right into Banksia Street
- Turn right again into Acacia Street



Recent Tuesday Forum Speakers



Earlier this term our speaker was Donna Laverty, a representative from Australian Unity, one of the providers of the Australian Government Home Care Packages Program. There was a lot of interest so Donna returned the following week to provide one on one assistance to those wishing to sign up. There was no obligation to use Australian Unity as provider - that choice happens later, once the application is assessed.

We are pleased to report that, as a result of Donna's visit, at least one of our members has been assessed and is now receiving visits from a home cleaner. Our anonymous member could not have been happier with the outcome.



Sophie Wilksh spoke to us about Shedding and the community benefits that come from Shedding. After initially earning a safe use of tools accreditation, Shed members work on various projects, some individual, some for the community. Aside from learning new skills the extra benefit is the bond that is formed while working together on projects. Our members were most impressed with Sophie's background, her spirit, her generosity and her enthusiasm for Shedding. We were invited to visit the Shed - various members showed interest in doing so. We'll wait to see

whether they joined up and what they have produced.



Fiona Spencer from Barefoot Law drew a large crowd to her presentation on Capacity and related matters of law relating to aging - Powers of Attorney and Enduring Guardianship. Barefoot Law operates out of the Mullumbimby District Neighbourhood Centre on Tuesdays, offering legal advice to the community at considerably reduced rates.

As is usually the case, our members asked lots of pertinent questions and made very astute observations.

Tuesday Forum for September

September 10 – 20th Anniversary Luncheon - no Tuesday Forum at 10am



Kouzina is one of the exciting new food businesses that is making the Byron Industrial Estate a food hub. Kouzina serves traditional Greek food on shared platters to create a delightful eating experience. Phoebe, our hostess has been in Greece for the past month, soaking up the sun and Greek hospitality. Her most recent Facebook post says: *"Farewell delicious Aegean blue. Leaving you is never easy. This time however, the excitement on returning home to cook up a storm for my hungry*

Kouzina family makes waking from this island dream a whole lot sweeter. See you soon". We will

gather at 12 noon for our leisurely luncheon. Kouzina is BYO. Car pooling arrangements will be made prior to the luncheon.

September 17 – Dr Jesse Blackadder



A return speaker, 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 demonstrated by her recent three month visit to Antarctica. Jesse was awarded the 2018/19 Australian Antarctic

Arts Fellowship, in collaboration with screenwriter Jane Allen. It was Jesse's second Antarctic Arts Fellowship – she is one of only a handful of artists awarded this honour. As well as her Antarctic adventure, Jesse has just had the first in a new series of children's books published.

September 24 – Minjungbal Aboriginal Cultural Centre, Tweed Heads



Our term excursion will provide a unique insight into Aboriginal culture.

The Minjungbal Aboriginal Cultural Centre is run by the area's Aboriginal community. It is a popular meeting place for Goori and other Aboriginal peoples. An Aboriginal tour guide will take us on a gentle walking tour

through the site, telling us about its relics, plants and animals. Hear about Aboriginal life when this area was an untouched paradise of natural forest and mangroves, before learning about the cultural significance of Bora Ring, which we will see on the Walk on Water track. \$5 per person. includes morning tea in the bush, surrounded by birdsong.