



## Committee Contacts

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## What's up next !

11<sup>th</sup> September

Mawson Club Lunch

25<sup>th</sup> September

TulipTop Garden Visit

## Presidents Report 2024 Annual General Meeting

- Welcome all to the NSA Canberra South Branch Annual General Meeting. As an organization we are required to hold an AGM each year and this forms part of our annual return to the ACT Government.
- Over the past 12 months our meetings have been well attended. Our numbers have dropped off a little due to a variety of reasons but while we continue to get a regular number of around 20 people, we will still keep the Branch functioning.
- As well as our regular meetings at the Labor Club a core of members gather once a month for lunch at the Mawson Club. These opportunities of getting together twice a month provide an important opportunity to discuss points of interest be it politics, gardening, the footy, or maybe DIY projects. Or just to chat.
- Our Branch of NSA has celebrated two notable events this year: seven members have received awards from NSA to mark their long service to the organisation and we have celebrated 5 members reaching their individual 90th birthday and one 91st birthday.
- Unfortunately, over the past 18 months we have seen the Canberra North Branch cease to operate. This has been due to the reluctance of members to form a committee. We have invited the members of the North Branch to join us but to date only one, Robert Able joins us regularly. A big welcome to Robert.
- Over the past twelve months or so National Seniors Australia has been lobbying on behalf of all members in respect of the changes to the aged care sector and to keep cash. This is your organisation in action.
- Of course, our meetings could not proceed smoothly if it was not for the Committee Members and those who help the Committee. A big thank you to all of you who have assisted in many ways be it being on the Committee, organising the monthly raffle, making sure that the tea and coffee is in place and providing the top table with water. The Branch would not exist if you all did not attend the regular monthly meetings. Thank you all.
- We are now moving to another year of getting together each month to hear some interesting guest speakers, play some games and maybe visit some interesting places around our city.
- I do hope that you all continue your membership of NSA and **join us** at our regular meetings and maybe we will get to see more of you at the lunch meetings at the Mawson Club.
- Do not forget new members are always welcome at our meetings.

Richard Cooper  
President

# AGM2024

As can be seen from the President's Report, the AGM for this year is over. It was a fairly painless affair. The President and Treasurer presented their reports revealing the state of play for the past 12 months. The Returning Officer presided over the election of office bearers for the 2024/2025 year and there were no surprises here. The current committee had all renominated for their positions and were duly elected.

## Attendance at Monthly Meetings

So onward and upward for the next 12 Months. On that note we would like to see growth in our membership attending the meetings

In the past year we have had a range of guest speakers and events. Among the topics "The real history of Mutiny on the Bounty" AFP Liaison on Scams and Cyber Safety, A trivia Quiz, Walking the El Camino de Santiago, OPALS Older Persons ACT Legal Service and the Cancer Council "Biggest Morning Tea".

We will continue to source speakers on topics of interest, so come along and add to the diversity.



Well, it seems to have arrived a little early this year and caught a few people by surprise. At the rate we are going we will be having Floriade in August.

However, it is pleasant to see the plants starting to bloom, even if it means the weeds are with us yet again. As the weather warms, I am sure it will find many of us in the garden tending the plants and lawns. In my case some of the tending will be more rip and tear. A number of the natives we planted years ago

have reached their used by date and have to go. It's now decision time, what to replace them with. I am all in favour of low maintenance plantings. Gardens are something I prefer to look at rather than maintain.



We are off for a visit for next month's meeting. Yes, we are getting out into nature. We are arranging a visit to the Tulip Top Gardens at Sutton for our September meeting on the 25<sup>th</sup>.

It is a drive yourself event or share a ride with a friend. The cost of entry to the Gardens is \$19.00 for groups of 10 or more and they do a scones and coffee morning tea for \$6.00. the café area seats 100 so you get to sit and rest as needed.

All the walking paths are flat and easy access to all areas is assured.

Getting there, it's just down the Highway at [Old Federal Highway, Sutton New South Wales 2620](#) · 31 km

If you haven't already told us you are coming, please let us know by the 15<sup>th</sup> September in the form below so we can finalise arrangements.

[Tulip Top Garden Form](#)



## Resource Information

It's a common theme when you start to talk to people about where do you turn to when a crisis arises or where do you look to get information to avert the crisis arising.

Our Guest speaker following the AGM was from OPALS (Older Persons ACT Legal Service). Obviously, their focus is on the Legal aspects for Older Persons, what their legal rights are and how to protect them.

They have a strong focus on a rising problem of Elder Abuse and how to combat it.

The Opals website is well worth a look as it not only addresses what they can do, but provides links to other services like the ACT Human Rights Commission.

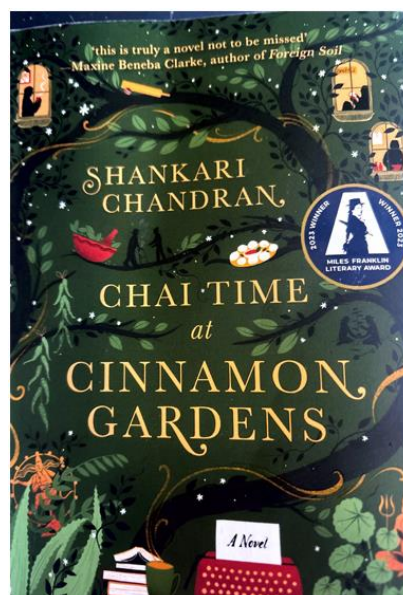
You can contact them through their website [Older Persons ACT Legal Service \(OPALS\) | Legal Aid ACT](#) [Older Persons ACT Legal Service \(OPALS\) | Legal Aid ACT](#)

Or

National Hot Line 1800 ELDERHelp  
(1800 353374)



*In the Library  
with Glenys*



### Chai Time at Cinnamon Gardens

*by Shankari Chandran*

Shankari Chandran is a British-Australian novelist who was born in London and then grew up in Canberra. Her parents were Tamil refugees from Sri Lanka. She spent a decade in London, working as a lawyer in the social justice field. She returned home to Australia, where she now lives in Sydney with her husband and their four children.

Chai Time at Cinnamon Gardens is her third novel and won the Miles Franklin Award in 2023. The Cinnamon Gardens of the title is a nursing home in Western Sydney, set up in the 1980's by Maya and Zakhir, a Sri Lankan couple who fled their country in the civil war. Now Zakhir, who has returned to Sri Lanka is missing, presumed dead and Maya is a resident of the nursing home, now run by her daughter Anjali.

The novel follows along two timelines: the present day and in Sri Lanka in the 1980's. At first it seems a light-hearted story about a



diverse group of elderly Australians living in a family-run nursing home. This is their safe place with a beautiful garden, a busy kitchen and lots of recreational activities. However, events occur which challenges their existence, and many serious topics are discussed including politics, race, history and relationships. While it is a work of fiction, the events of the civil war portrayed in the book are real as are the issues of modern-day Australia.

An episode of Compass (Season 38, Episode 18) on 25th August 2024 – Stories of Justice – explores the story of Shankari Chandran. It can be seen on ABC iView.



# Cooking



I was going to an event, and they said bring something sweet. I started looking and in recipe book after recipe book I kept finding these lemon squares. So, I made them,

and they were sweet.

Although making them may not help your diet.

## Lemon slice

### Ingredients

#### Base

1/2 cup sweetened condensed milk.  
125g butter  
250g Scotch Finger biscuits  
1 tsp grated lemon rind  
1 cup coconut

#### Icing

1<sup>3</sup>/<sub>4</sub> cup icing Sugar  
3tbls lemon Juice  
15g butter  
2tbls coconut

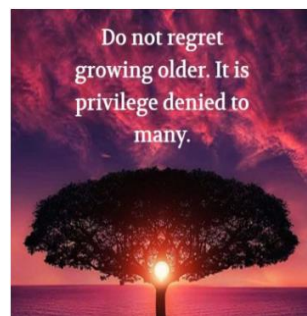
### Method

#### Base

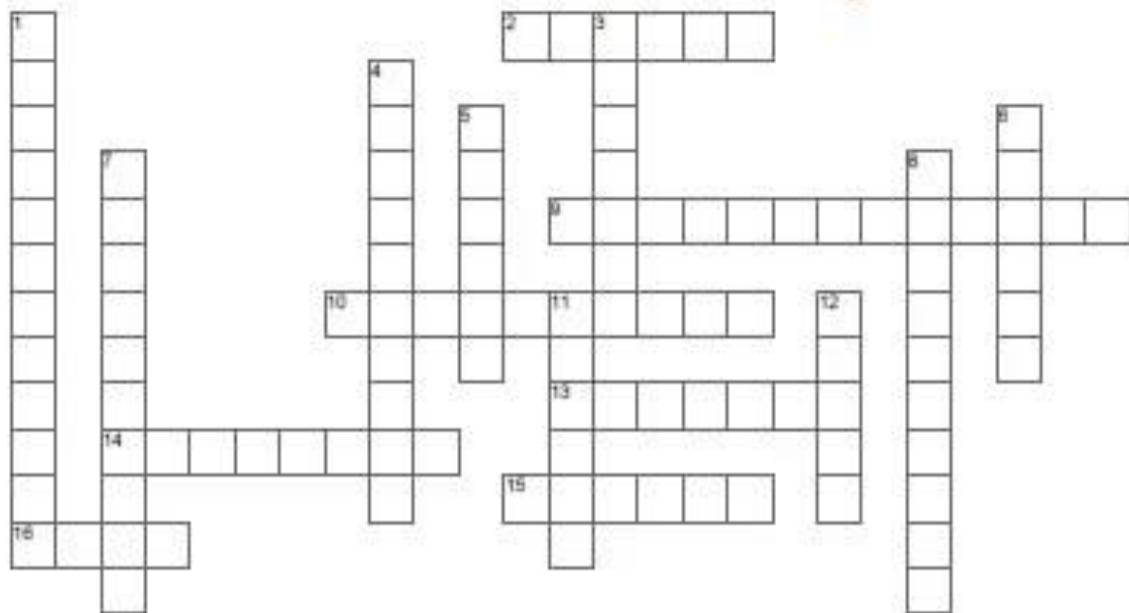
- Place the condensed milk and butter in a small saucepan, stir over gentle heat until the butter has melted, and the mixture combined.
- Crush the biscuits very finely, add the lemon rind and coconut and mix well.
- Add the warmed milk and butter mixture to the biscuit crumbs mix the ingredients together by hand.
- Press into a 28cm x 18cm Lamington tray.
- Refrigerate for 1 hour.

#### Icing

- Combine the sifted icing sugar, lemon juice, very soft butter in a bowl.
- Mix to form a smooth icing mixture.
- Spread the icing mixture on the biscuit base, sprinkle with coconut and cut into squares.



# Sports Crossword



**ACROSS**

- 2. Stick, puck.
- 9. Short board with 4 wheels.
- 10. Acrobatics, tumbling.
- 13. Bike, helmet.
- 14. Bases, home plate, bat.
- 15. Rackets, greenball, net.
- 16. Clubs, ball, greens, 18 holes.

**DOWN**

- 1. Long, wide board attached to feet, snow.
- 3. Ball, bat, teams of 11, not baseball.
- 4. Team of 6, high net, spiking, serving.
- 5. Ring, gloves, mouthguard.
- 6. Two long boards, snow.
- 7. 10 foot high hoop.
- 8. Swimming, biking, and running back to back.
- 11. Use only your feet.
- 12. Scrum, knock on, oval ball.

HOCKEY	SNOWBOARDING	TENNIS	CYCLING
SOCCER	SKIING	BASKETBALL	BOXING
CRICKET	GYMNASTICS	RUGBY	VOLLEYBALL
BASEBALL	GOLF	TRIATHALON	SKATEBOARDING