



Canberra South Branch

A Newsletter for Members

Jun-25 | Volume 3

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What's up next !

General Meeting:

Weston Creek Labor Club

Wednesday 25th June at 10:30

Guest Speaker :Basil Le Brooy

President's Piece

The Government has announced that the changes to the new Aged Care policies which were planned to be released on July 1 have now been deferred until November.

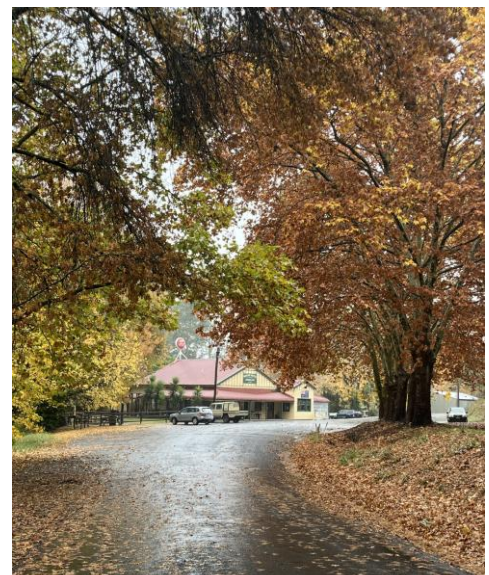
If we needed any reminder at all that winter was here, we certainly felt it when attending the Matildas soccer match and the Brumbies the following week. The GIO stadium was full to capacity for the soccer but not for the Brumbies. It was cold but hot chips, donuts and knee rugs kept us warm. Both teams winning was an extra bonus.

Lois and I took off for a few days on the 22nd of May. This was a follow up trip to our 4x4 expedition last October. On that trip we missed a day as we had a damaged exhaust system that we needed to have repaired. This trip we travelled via Tumut and Tumbarumba along the River Murray to Albury. Unfortunately, the weather was not ideal in fact we started out in fog followed by drizzle. On the way we stopped off at the Southern Cloud Memorial which was a lookout to the Snowy Mountains or a foggy foggy view. We travelled on sealed roads all the way and it was a lovely trip along the river even with the fog and rain. We did stop off at a place called Jingellic which is a pretty location on the Murray. The autumn colours were beautiful.

Cheers for now

Richard Cooper

President NSA Canberra South





The Canberra NSA South branch participated in Australia's Biggest Morning Tea on Wednesday 22 May raising funds for the ACT Cancer Council. Twenty-one members enjoyed delicious sandwiches prepared by Zac at the Stirling Labor Club. Our branch was supported by the ACT Cancer Council who donated decorations and bunting. There was lots of chatting and laughter as well as our monthly raffles. A special thank you to all attended and made a donation to this worthy cause. As a result of our efforts, we have passed on \$288 to the Cancer Council



Now here's a web site that I think has some real value, especially at this time of year. Thanks to Phil McGuire for bring it to my attention. This is truly a great public service.

[National Public Toilet Map](#) well this is OK, but wait, there's more, for when you're out and about, there is also an app for that.

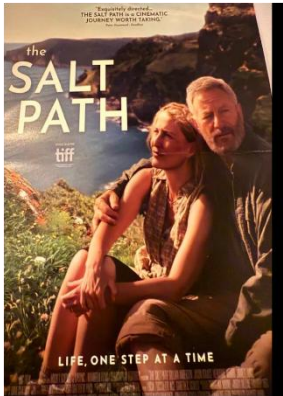
Get the app





In the Southern Sounder back in August 2023 Glenys wrote this book review of “The Salt Path”

This is the true story of Raynor and her husband Moth (Enwin) coming to terms with grief and the healing power of the natural world. Soon after Moth, Raynor’s husband of 32 years is diagnosed with a terminal illness, they lose their home and livelihood as the result of a business deal with a friend going wrong.



With little money and the prospect of being homeless, the couple in their fifties make a very brave decision to walk the 630 miles of the Salt Path, the wind and sea-swept, picturesque Southwest Coast trail from Somerset to Dorset, via Devon and Cornwall. They used a tent and carried few possessions. For Moth it was a test of endurance.

Moth survived and although his health continues to decline, they rebuilt their lives on a farm in Cornwall. Moth completed a degree sustainable horticulture through the Eden Project, an eco-tourist center in a reclaimed china pit in Cornwell. Raynor is still writing and is now a regular long-distance walker.

‘The Wild Silence’ is a sequel to ‘The Salt Path’. In this book she explores the idea of “Home”.

We recently saw the film adaptation of the book at Limelight Cinema. The film vividly

brought to life the struggles of the Journey, so well described in the book. Also showcased, was the rugged and harsh beauty of the Cornish Coastline. Although it now seems to have finished its season at the Cinema, its worth a look when it comes up on a streaming service.

And while on the subject of the Cornish Coast I recently found on Amason Prime (also available on Britbox) the Series of Poldark.

Here too, the rugged and windswept nature of the Cornish coast is used to effect in adding drama to the story. Poldark is a series of novels by Winston Graham highlighting the intertwining of families and relationships in Cornwell in the later part of 18th and the early part of the 19th century.



The Months Ahead

Here we are in the middle of June, Christmas is less than six months away, but before then **NSA Canberra South** has a few things planned. August is the AGM, with Chris

Ritchie from the Services Australia to be our Guest speaker on the Subject of the Government Age Care Reform (awaiting confirmation), September we are taking a bus to Tulip Top Gardens, and November will again be our Christmas Lunch. In between July and October will be our normal meetings with Guest Speakers.

Then there is always the Monthly Lunches at the Mawson Club for good company and conversation, 12:00, 2nd Wednesday of the Month.

A Winter Desert

Our Lemon tree has been producing a decent crop of lemons this year, unlike last year where it produced flowers and nothing more.

So, how to use them up. I found a good recipe for an:

Easy lemon self-saucing pudding

- Prep **0:15**
- Cook **0:40**
- Serves **4**

A light and fluffy cake pudding with its own thick lemon sauce.

Ingredients

- 1 cup self-raising flour
- 1/2 cup caster sugar
- 1 tsp lemon rind grated
- 2 tbs butter melted
- 1/2 tsp vanilla extract
- 1/2 cup milk

Sauce

- 1/3 cup caster sugar
- 1 tsp lemon rind grated
- 1 cup boiling water
- 1/2 cup lemon juice

Method

Preheat oven to 180C.

Pudding batter:

- Sift the flour and pinch of salt together.
- add sugar and grated lemon rind, mixing well. Stir in melted butter, vanilla and milk.
- Turn into a greased, ovenproof dish with deep sides.

Sauce:

- Sprinkle mixture with the sugar and lemon rind.
- Combine boiling water and lemon juice and carefully pour over the mixture in the dish.

Cooking

- Bake for 30-40 minutes.
- Stand for 5-10 minutes before serving.

Serve

- With your Favorite Custard, Cream or ice-cream



**Your call is very important to us ...
Please continue to hold ...**



WILD WEST

Find the 5 points of difference



It's Hard



Wild West answer

Clockwise from top left:

1. Two small clouds shifted right.
2. Three birds added.
3. Green cactus changed to blue.
4. Branch added to the cactus.
5. Cactus deleted.