



MYALL HIGH NEWS

LIVE, LAUGH AND LEARN

You wake up one grey and rather frosty morning and find your whole body refusing to cooperate. Whilst normally you'd leap out of bed, mentally running through the 1000 things you plan to do today, all you can think of is the dire state of the world, your husband's or wife's health issues, your son or daughter's life challenges, your very elderly parent's increasing neediness, the fact that you rarely see your treasured grandchildren who live overseas or in another state and the overwhelming desire to simply want to go back to sleep so that you can wake up again in a different state of mind. If this is happening or has happened to you, you can be sure that the "black dog" is nipping at your heels - in other words that you are experiencing a bout of depression. This is not an uncommon state that almost every one of us will have experienced at some point in our lives. The bad news is that said "black dog" can revisit more and more frequently in older age. The good news is that there are a variety of things we can do to keep that snarling beast at bay. To explore this further, [**click here**](#).

WHAT'S HAPPENING IN U3A?

Term 3 has started and our groups, courses and programs are going strong. For a list of Term 3 Friday Presentations, [**click here**](#).

Tech Tips:

WHO DOES GOOGLE THINK YOU ARE?

When you use free services like Google, you're constantly giving away your data to them. **Google uses this info to build a profile of you to sell to advertisers.**

- Go to myactivity.google.com > Sign in > Other activity > My ad centre > Goto Mt ad centre
- Scroll down to see how ads are personalized for you. You can turn off ad profiling on the top of this page.
- Through myactivity.google.com you can manage a number of other settings you may not have known about.

I think I may need professional help.... A chef, a butler and a maid should do it!

~NEWS~News~NEWS~

A new program under the heading of “Big Ideas - Metaphysics” led by Brian Ness, will be starting soon. To find out more about it, [**click here.**](#)

At mid-year our Program Co-ordinator requests reports from our much valued Conveners to ensure that all is going well with the programs they run. We aim to incorporate a report on the individual programs each month. You will find the **Art Group report in the blue panel.**



DID YOU KNOW that?

- We have loads of programs, groups and courses that are not only educational but thoroughly enjoyable, and a wonderful way to connect with others. Should the “black dog” try to tell you that these are not for someone like you, tell the beast to “shut up” and prove him wrong. To find out about all the programs we have on offer, please [**click here.**](#)
- Should you be physically unable to attend any local U3A programs you can still participate by becoming a member of U3A’s online community. To find out more about this, [**click here.**](#) Being involved in such a community will also benefit us should we (god forbid) encounter another pandemic.
- Ballroom Dancing could be just what the doctor ordered to get you out of a slump, help you exercise your body as well as your brain. To find out more about this, [**click here.**](#)
- There has been quite an increase in SMS scams pretending to be from Service NSW and other government departments [**click here**](#) to see some examples of the most frequent ones. Being aware will help you stay safe online!

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Art Group Report:

We have 60 members enrolled in our Art Group with many new members having joined this year.

During Term 1 & 2 we explored many different mediums such as acrylics, watercolour, sketching, pastels, plaster art and mixed media. Our group has done live sketching, flow art and abstract painting. Our Art Group members have been very generous in sharing their knowledge and bravely standing in front of the class to tutor on a specific field of art. We have utilised technology, incorporating YouTube clips to demonstrate techniques, show examples of artworks etc.. We received some generous donations of art equipment from Gail Rust and Norm Hawkes. A cupboard was donated to us by Margaret Germon, and now stocks some valuable equipment for our members to use.

This term we will focus on completing artworks for the upcoming U3A Art Exhibition, to be held during the October long weekend. Artists will also learn how to finish and hang their creations in a professional manner. The exhibition gives our artists an opportunity to showcase their skill and demonstrate the techniques they have learnt through the U3A art lessons.

We invite you to attend our Art Exhibition on **Saturday and Sunday 5th and 6th October** at the Hawks Nest Community Hall. ~ Sandy Flinn