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MYALL HIGH NEWS

LIVE, LAUGH AND LEARN WITH MYALL U3A

Fairly recently one of my close relatives received a cancer diagnosis. This, of course, is not my first encounter with such a scenario but thus far the 'unlucky ones' had always been friends, neighbours or friends of friends. Naturally receiving such news is always a huge shock to the recipient and almost as shocking for their loved ones, triggering the immediate instinct to rush to their side, to comfort and to help. Tragedies, whether they be bad health diagnoses, losing someone you love, one's job, home - even one's treasured hopes and expectation - causes grief which can be very confronting to the one wishing to offer support. What do you say in such a situation? What can you do? Questions I am sure you have asked yourself when faced with such a scenario. Loss always triggers grief, the extent of which, of course, depends on the circumstance. The journey of grief, as has originally been identified by psychiatrist and researcher Elisabeth Kübler-Ross, tends to follow a fairly predictable path, the knowledge of which can be useful to those supporting the afflicted person. For more information on this you can **click here**. So, how can you help? For some useful ideas how to best assist, **click here**. If you are in such a situation currently, let me express the hope that you get all the help you may need and/or that you can give all the comfort and assistance that's appropriate to the situation.

WHAT'S HAPPENING IN U3A:

We hope that you were present for our inaugural opening of the new MU3A premises. If so you know that it was a happy, well attended occasion and a proud moment indeed when local councillor Thomas O'Keefe rang the town criers bell to make the opening truly official.

David Gillespie honoured us with his presence and a speech and, of course, our amazing President opened the occasion with a greatly shortened version of the many challenges encountered on the long road to success.

A new Yoga Group recently started on Monday evenings and has so rapidly gained in popularity that there will now be a second weekly session, held on Thursday

Thank you to special guests Dr David Gillespie and local councillor Thomas O'Keefe who attended the opening and officially welcomed Myall U3A into their new home and an exciting new era.

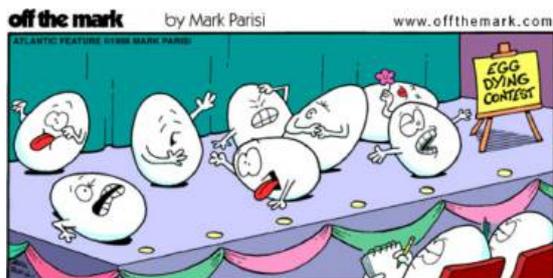
A special 'shout out' to the main fabulous committee members who cleverly negotiated MU3A's wonderful new home...
Our brilliant President Roger Digby, our Mr Secretary Denis Church and Programs co-ordinator Deborah Howe...
Thank you!

evenings. Both sessions will be take place at the MU3A Hall and run from 5 - 6 pm. For more information, [click here](#).

A wonderful day was had by our Friday Presentation attendees who opted for the Koala Sanctuary Excursion. The koala’s way of life was explained as well as the rehabilitation program for the injured koalas who find a temporary home at the Sanctuary. A great outing indeed!

DID YOU KNOW:

- That although the River Fest, originally scheduled to take place in March, and now to be held on Saturday, April 13th will still have a MU3A stand. So, please be sure to bring your friends who may need a little nudge to join our happy crew.
- Our twin towns will be abuzz with all sorts of celebrations this April:
 - * The opening of The Galleries in the Gardens’ AAA (Anderson Art Award) Competition, where many of our local artists as well as artists from further afield will showcase their artworks, will be held on Saturday, April 12th from 5 pm. All are welcome!
 - * A unique Writing/Art Workshop will be held at the Grange on April 17th. For more information, call Lee on 0411883264.
 - * The Galleries in the Garden’s twice annual Art Mart, where paintings can be purchased for bargain prices, will be held on Saturday, April 19th from 10 am to 4 pm.
- The Easter school holidays, which will greatly increase the business in our area, are from Saturday 12 April- Sunday 27 April 2025.
- The times of the Easter services that will take place at our local churches will, no doubt, be announced by each of them.
- The annual Anzac Day commemorations on Friday April 25th will probably also take place this year. Further details will, in time, be announced in the local newspaper.
- Last but not least, **please remember that on Sunday, 6 April 2025 daylight saving time ends and our are clocks need to be turned backward 1 hour.**



Happy Easter

TECH TIPS:

With impersonation scams becoming more frequent, we’d like to share with you an excellent Macquarie Bank article on this topic - **PROTECT YOURSELF - [click here.](#)**

APRIL CALENDAR -

Reprinted from an article entitled **The Month of April 2025** found on almanac.com
All white print represents a link that, if you click on it, will take you to the relating webpages.

April 1 is All Fools’ Day— otherwise known as “April Fools’ Day. ["Where did this silly day come from?"](#)

April 12 is the start of Passover, which begins at sundown.

April 18 is Good Friday. [Learn more about Good Friday.](#)

April 20 is Easter Sunday. (May 5 is Orthodox Easter.) [Did you know that Easter’s date is related to the full Moon?](#)

April 22 is Earth Day. To celebrate, [see some Earth Day ideas and activities.](#)

April 24 is the [birthday of Robert B. Thomas, the founder of The Old Farmer’s Almanac!](#)

April 28 is National Arbor Day. [Find out who started Arbor Day and how we observe this day honouring trees.](#)

Web: www.myallu3a.org.au
Email: info@myallu3a.org.au
Phone: 0431523093