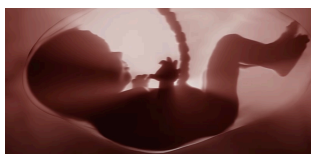


To enjoy a glimpse at the unique miracle only women are able to experience, [click here](#).



# HAPPY Mother's DAY



## Myall High News

*Live, laugh and learn*

Mother's Day is a great reminder that we should honour the woman who brought us into the world. Although some of us may not have had the mothering we might have chosen had we had a 'say' in the matter, the fact still remains that without our mother we simply would not exist. Much is asked of a mother, starting with the 9 months we reside in her belly when our very being depends 100% on her. Be sure to watch the movie (on the top left of this page) to get a fantastic idea of our experience whilst in utero. Although many women love the period of pregnancy, for some it can be a very difficult time. Giving birth is a challenging process, to say the least!! Even though things have changed significantly over the years with the ready availability of pain relief, cesarean sections and other helpful measures, bringing a child into the world is on the extreme of the scale of physical and emotional stresses. Just recently I read a book about the terrible not too distant time when unwed mothers were the target of societal scorn, whose babies were taken from them without even being given the chance of laying eyes on them or cradling the reward of their often horrendous labours, this frequently leading to the mothers' mental breakdown and worse. The recent Anzac Day was also a stark reminder of the heartache and devastation felt by mothers across the globe who, to this day, lose their precious sons in war; and of course all we need to do is turn on our televisions to witness the anguish of the mothers who helplessly watch their innocent offspring succumb to the ravages of war. Mothers, by sheer necessity, have to be heroes. If you've travelled the mothering route yourself, you know exactly what I mean! Mother's Day, at the very least, should be a reminder that although none of us manages the task faultlessly we all deserve this day of honour. In the hope that you will have a wonderful day of honouring your mothers (whether alive or long passed) and being honoured by those to whom you've given birth! Happy Mother's Day!

## WHAT'S HAPPENING IN U3A:

We are delighted to announce that we have arranged with the Hawks Nest Bridge Club to provide Bridge lessons to members of Myall U3A. These classes will be offered as normal Myall U3A classes included in your annual subscription to Myall U3A, although the teaching and premises will be provided by the Bridge Club.

"Anyone for..."

**BRIDGE**  
The World's most popular Card Game!

Thanks to the Hawks Nest Bridge Club  
MU3A can offer Bridge lessons and supervised play!

WHEN: Thursdays, TIME: 3 - 5pm.  
WHERE: Hawks Nest Bridge Club, 26 Yamba St, Hawks Nest.  
INTERESTED? Please register via email to:  
membership@myallu3a.org.au

Live, laugh, learn!

The courses will be led by a qualified Bridge teacher aided by a small team of experienced Bridge players from the club. The courses are well-tested and ideal both for beginners and those wishing to sharpen up their game.

The course consists of lessons followed by supervised play, where students and mentors discuss the play at the end of the hand. When students are ready they will be invited to attend a normal Bridge session where they will be welcomed and supported.

Bridge is a glorious game and the world's most popular card game.

Bridge is your passport to friends and activities all around the world. It keeps your mind agile and is great fun.

### TECH TIPS:

If you are confused with all this talk about AI or Artificial Intelligence you are not alone! Many have a wrong understanding. The following is a short extract of a story by "The Conversation".

### What does 'AI' actually mean?

To qualify as AI, a system must exhibit some level of learning and adapting. For this reason, decision-making systems, automation and statistics are not AI.

AI is broadly defined in two categories: artificial narrow intelligence (ANI) and artificial general intelligence (AGI). To date, AGI does not exist.

The key challenge for creating a general AI is to adequately model the world, with all the entirety of knowledge, in a consistent and useful manner. That's a massive undertaking, to say the least.

Most of what we know as AI today has narrow intelligence – where a particular system addresses a particular problem. Unlike human intelligence, such narrow AI intelligence is effective only in the area in which it has been trained: fraud detection, facial recognition or social recommendations, for example.

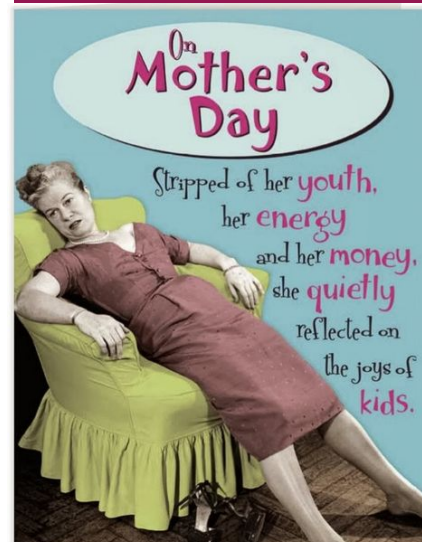
AGI, however, would function as humans do. For now, the most notable example of trying to achieve this is the use of neural networks and "deep learning" trained on vast amounts of data. [Click here to read the full article.](#)

Would you be interested in learning more about AI & how to use it? Let [denis.church@myallu3a.org.au](mailto:denis.church@myallu3a.org.au) know.

## DID YOU KNOW that?

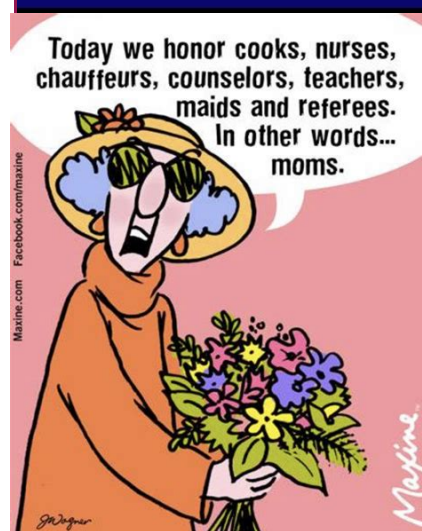
We are excited being able to offer **3 yoga classes this term:** One morning class and two afternoon/early evening classes. To get more info on the timing of these and all other programs on offer, [click here](#).

## HAPPY MOTHER'S DAY



### The Mother's Day Song

Bryant Oden



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