



To enjoy Neil Dimond's song, [click here](#).



# Myall High News

*Live, laugh and learn*

Watching the horrendous devastation in our neighbouring towns is truly heart wrenching! The thought of losing everything we own, our furniture, treasured memorabilia - the big and little items that are so much part of our lives - as we stand helplessly watching our cherished possessions drown in a relentless deluge of water, is beyond imagination. What terrible grief....and yet, in the midst of that tragedy, the blessing of immense relief and gratitude if all our family members are accounted for. It's a horrendous thought but having our 'neighbours' afflicted in this way is also a great motivator to unleashing our spirit of generosity. Whilst most of us are in no position of offering physical assistance, we are all able to help in one way or another. This became very apparent when a few days ago the call went out via social media to bring bedding, clothing and other items to a local collection place, from which the huge loads of goods that flooded in as a response, have since been dispatched to the very grateful residents of Taree. It was marvellous to see our community spring into action once we became aware of our neighbours terrible suffering. Generosity is a wonderful way of being that not only blesses the recipient but also the giver. It is an honour and a privilege that comes free of charge to every one of us and is such an important aspect of humanity that much has been written about it. Should you be interested in exploring the subject of generosity beyond giving a helpful hand, you can [click here](#). To every person who responded to the call to help, many thanks!

## WHAT'S HAPPENING IN U3A:

### **A message from Felicity, our Assistant Program Coordinator:**

Myall U3A is one of many U3A groups in New South Wales. Although each group operates independently we can share ideas and activities with one another. This enables connections to be made between groups which brings opportunities and benefits for members of both.

Thankfully, Myall U3A membership is blessed with good speakers for our Friday Presentations. However, in order to fill our weekly roster for an entire year we also like to attract outside speakers. As other U3As with speaker programs encounter the same situation we thought that starting an exchange relationship with Forster U3A, our northern neighbour, would be an excellent idea. Thus we were able to recently enjoy the presentation of our first visitors from Forster, Lori Pierce and Gail Brown. Lori's presentation on an unrecognised influential Australian was a well-researched and fascinating tale that kept all of us captivated. Shortly, as part of this arrangement our valued member Ray Keipert will be making a presentation at Forster.

We feel excited about this new opportunity of meeting our U3A's objectives of sharing our members' knowledge.

**TECH TIPS:****Your Guide to Digital Decluttering**

Just like our homes, our devices can become cluttered over time. Your email inbox might be so full that it's hard to notice new messages. Your phone could be packed with unused apps and thousands of photos. Or your computer may have so many files and folders that finding a single document feels like a scavenger hunt.

If any of that sounds familiar, a little digital tidying could make a big difference. In this article, I'll walk you through simple ways to declutter your digital life, one step at a time.

**Email – Tidy Up Your Inbox**

If your email inbox is overflowing with unread messages, you're not alone. Old promotions, daily newsletters, and junk mail can pile up quickly, making it harder and harder to notice the messages that actually matter.

**Here are a few easy ways to get started:**

- \* **Unsubscribe** from newsletters or mailing lists you don't read. Look for the "unsubscribe" link at the top or bottom of the email. If an email looks suspicious, do not click anything – instead, report it as spam.
- \* **Mark as read** anything in your inbox that is over a month old. If you haven't read it by now, it's probably no longer relevant.
- \* **Delete or archive** old messages you no longer need.
- \* **Mark spam** or junk any suspicious email to prevent similar ones from cluttering your inbox again.
- \* **Check your inbox** once or twice a day instead of constantly to help reduce stress while staying on top of new messages.
- \* **Create folders** like "Family", "Bills", or "Coupons" to organize emails you want to keep.

*(Extract from Your Guide to Digital Decluttering By Jonathan Ushindi Zaluke)*

**More steps next month.**

**DID YOU KNOW that:**

- Our beautiful local community has been amazing in supporting the Gallery in the Garden's effort to assist Taree during its desperate time of need. In the past 3 days faithful volunteers manned the gallery's garage as a stream of people, answering the social media pleas to "help our neighbours" brought huge amounts of bedding, clothing and other immediate-need-items to be trucked to Taree.
- Even though the gallery's 'drive is now over I am sure that if you haven't had an opportunity to assist thus far, there will be plenty more opportunities for doing so offered by other local organisations.
- We are truly blessed to be part of a community that has a truly wonderful spirit of generosity.

**HAVE YOU EARNED YOUR TOMORROW**

**(Edgar A. Guest)**

Is anybody happier because you passed his way?

Does anyone remember that you spoke to him today? This day is almost over, and its toiling time is through;

Is there anyone to utter now a kindly word of you?

Did you give a cheerful greeting to the friend who came along?

Or a churlish sort of "Howdy" and then vanish in the throng?

Were you selfish pure and simple as you rushed along the way,

Or is someone mighty grateful for a deed you did today?

Can you say tonight, in parting with the day that's slipping fast,

That you helped a single brother of the many that you passed?

Is a single heart rejoicing over what you did or said;

Does a man whose hopes were fading now with courage look ahead?

Did you waste the day, or lose it, was it well or sorely spent?

Did you leave a trail of kindness or a scar of discontent?

As you close your eyes in slumber do you think that God would say,

You have earned one more tomorrow by the work you did today?

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