



To enjoy a Winter Solstice Song - [click here](#)



Australian Antarctic Expeditioners take an icy dip - [click here](#).



MYALL HIGH NEWS

Live, laugh and learn

With the shortest day and thus the longest night of the year having passed only a few days ago, I am reminded that the Winter Solstice marks the exact moment when half of the earth is tilted the farthest away from the sun. This is a powerful astronomical event that on December 21st marks the beginning of Winter in the Northern Hemisphere. Here in Australia, which uses meteorological seasons rather than the astrological ones, Winter officially starts on June 1st. Even though we experience the Solstice from a different Hemisphere it is still considered a significant event that is worthy of recognition and for some, celebration. The scholars amongst us may wish to explore this subject more in-depth. To do so, [click here](#).

The Winter Solstice has been observed and celebrated by cultures around the world for thousands of years, Stonehenge in England perhaps being the most famous ancient site aligned with this (traditionally considered pagan) practice. Multitudes of people gather there each year at sunrise to witness the first rays of light passing through the monument's stone pillars. To see a video clip on such a gathering, [click here](#).

Other countries across the globe welcome the beginning of the lengthening days in different ways. Expeditioners stationed in Antarctica have created the tradition of taking an icy dip. To see a video clip on one such frosty experience, click on the middle image located on the top of this page. This practice has since been adopted in some Australian cities, where each year thousands of people gather for a nude swim in the ocean or a river. Some other Aussies embrace the occasion in less 'bracing' ways by lighting some celebratory candles, enjoying mulled wine and/or celebrating it more along a Christmas in July fashion.

One thing we all seem to have in common is a desire to celebrate whatever milestones we are able to experience. And why not indeed? Since I have joined the 'Oldies But Young At Heart Society' my favourite saying is *"if not now, then when? Enjoy whatever you can whenever you can!"*

WHAT'S HAPPENING IN U3A:

NEW COURSE - new course - NEW COURSE - new course - NEW COURSE

We are very excited to introduce to you a new course, which will commence on Thursday afternoons in Term 3 and to welcome Dave Harvey who is looking forward to teaching guitar to those who've been wanting to learn or to improve their guitar playing expertise. Dave has been playing guitar for many decades, most recently tutoring at the Upper Hunter Conservatorium.

He is keen to start a course for guitarists of all styles and stages.

Having previously taught students of all ages from young children to people who are retired he is clearly well-versed in catering for U3A students. Dave's personal interests are finger style and traditional music but he is just as comfortable playing jazz, rock and classical and is prepared to cater to individual musical interests. Please ensure that you get in touch with Deborah via email at: argow@icloud.com a.s.a.p. to register your interest.

TECH TIPS:

Your guide to digital decluttering (continued)

Photos – Keep the Memories, Clear the Rest

Smartphones make it so easy to take photos on the go, often leading to a cluttered camera roll full of duplicates, blurry shots, and random screenshots. Fortunately, iOS and Android offer built-in tools to help you manage everything.

- **Start by deleting the obvious.** On iPhone, open the *Photos* app > Go to *Albums*, or scroll to *Utilities* > Tap *Screenshots*, *Receipts*, or *Duplicates* to quickly clean up or merge photos. For Android users, *Google Photos* has recently added similar AI-powered features to help organise and declutter your library. You can learn more in [this article published by Google](#).
- **Group and organise meaningful photos.** Create albums for special events, trips, or people, like “Hawaii 2023” or “Family”, to keep your memories easy to browse and enjoy.
- **Back up everything.** Use iCloud or Google Photos to safely store your photos in the cloud and free up space on your device.

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

WINTER SOLSTICE CELEBRATIONS AROUND THE WORLD

For those of you who would like to gain a deeper understanding of how different cultures celebrate the Winter Solstice you can access some great articles which take you on a literary journey across the various celebrations around the world. Whilst the post is made by a travel organisation, please be aware that I am not advertising the company (although I've had a great experience with them some years ago). To enjoy this post, [click here](#).

Invitation
Please come and enjoy the fabulous...

Newcastle Fellowship Band

A COMMUNITY BRASS BAND WITH A PURPOSE



ALSO FEATURING...
'More than Sisters' vocal duo and
Myall U3A Choristers

Entry via donation please!

SUNDAY 13 JULY / BAPTIST CHURCH / TIME 3 - 4.45pm
115 Myall St, Tea Gardens.

HOLIDAY BREAK

With school holidays due to commence a week from now all except for one of our programs will go into hibernation for the duration **(5th to 21st of July)**. The only program continuing during this time is **Evening Yoga**, which will still be held twice weekly.

If you'd like to check out our Term 3 programs, please go to the next age.

I'M TIRED OF WINTER!
I WANT TO FAST-FORWARD TO COMPLAINING ABOUT HOW HOT IT IS!



www.facebook.com/SummerInSydney

Web: www.myallu3a.org.au

Email: info@myallu3a.org.au

Post: P.O. Box 206
Tea Gardens NSW 2324
Phone: 0431 523 093

Courses & Contacts Myall U3A 2025 - Term 3							
Courses	Convenors	Telephone Numbers	Email	Day	Frequency	Times	Tea Gardens Venues
Art Group	Jeannette Hart	0414 559097	zanett151@hotmail.com	Monday	Weekly	9:00 am to 12:30 pm	Baptist Church Hall
	Convener required			Monday	Third Monday of the month.	2:00 pm to 4:00 pm	Hawks Nest Golf Club
Big Ideas (General) Socrates Cafe				Monday	First Monday of the month	2:00 pm to 4:00 pm	Hawks Nest Golf Club
Big Ideas (Metaphysics)	Brian Ness	0418 689131	brianlimpopo@gmail.com	Monday	First Monday of the month	2:00 pm to 4:00 pm	Hawks Nest Golf Club
Cards	Judith Nesbit	0449 876173	judithnesbit@yahoo.com	Friday	Weekly	1:30 pm to 3:30 pm	U3A Hall Hawks Nest
Choir	Richard Gray	0412 174212	richardgray@westnet.com.au	Wednesday	Weekly	9:30 am (for 9:45 am start) to 12:00 noon.	Baptist Church Hall
French Classes	Frances Brown	0417 161038	francesmabelbrown@gmail.com	Thursday	Weekly	10:00 am to 11:00 am	Palm Lake Resort
Friday Presentations	Deborah Howe	0412 005566	argow@icloud.com	Friday	Weekly	10:00 am to 12:30 pm	U3A Hall Hawks Nest
Friends of Film	Julie Taylor	4997 1000	julietaylor753@gmail.com	Wednesday	Fourth Wednesday of the month	2:00 pm to 4:00 pm	U3A Hall Hawks Nest
Garden & Nature	Tracy De Geer	0417 657855	degeertracy@yahoo.com	Tuesday	First Tuesday of the month	10:00 am to 12:00 noon	Baptist Church Hall alternating with excursion.
Music (Currently Guitar, Ukulele, Banjo & Singing) but all welcome.	Delma Sands/ Deborah Howe	0409 382 080 0412 005 566	delma.sands@gmail.com	Tuesday	Weekly	1:30 pm to 3:30 pm	U3A Hall Hawks Nest
Monday musicals	Les Fielke	0467 826878	les@fielke.com	Monday	Second & Fourth Monday of the month	1:30 pm to 4:30 pm	Palm Lake Resort Cinema
Photography Group	Roger Digby	0406 480120	president@myallu3a.org.au	Thursday	First Thursday of the month	2:00 pm to 4:00 pm	Postponed until 2026
Spanish Classes	Lidia Izquierdo	0402 326 788	licha.1@bigpond.com	Monday	Weekly Beginners Intermediate	2:00 pm to 3:00 pm 3:00 pm to 4:00 pm	U3A Hall Hawks Nest
Writers Group	Lee Clayton Ray Keipert	0411 883 264 49972356	agiftofsong@icloud.com lkeipert@dodo.com.au	Thursday	Third Thursday of the month	2:00 pm to 4:00 pm	U3A Hall Hawks Nest
Yoga	Leigh Wood. Janet Corden	0499 922 669 0467 575906.	yoga.leigh@gmail.com cordenjanet@gmail.com	Tuesday. Monday	Weekly	9:30 am to 11:00 am. 5:00 pm to 6:00 pm	U3A Hall Hawks Nest
Guitar	David Harvey	0428977318	david.harvey029@gmail.com	Thursday	Weekly on the first, second and fourth.	1:30 pm to 4:00 pm	U3A Hall Hawks Nest
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