



The journey of life,
[click here](#)



Myall High News

Live, laugh and learn

As we head towards Uluru the endless stretch of the road ahead brings to mind the journey we call life. Thus far we've not only travelled on comfortably wide and beautifully paved roads but also encountered narrow, rugged and pretty bumpy ones. At times we were awed by breathtaking landscapes at others we found ourselves on bleak and arid stretches that seemed to go on forever. There were times when we drove head-on into gale-force winds that threatened to push our massive rig right off the road. Scary? Absolutely! Once we even got bogged, which proved quite a challenge that we could not resolve without seeking help.

Isn't life just like that? Even though every one of us knows the final destination none of us can predict the twists, turns, and roadblocks we might encounter along the way, nor the difficulties, joys or sorrows, the achievements and disappointments, the highs and the lows as we travel through the years we are granted on planet earth. Whether it be long or short one thing's for sure, - no life-journey is without its challenges! All we can do is meet these challenges head-on, deal with them as best we can and accept that we don't always have control over the outcome. As we age most of us learn not waste time on useless regrets but live each day consciously, with courage and gratitude.

WHAT'S HAPPENING IN U3A:

A few excerpts from some of our mid-year group reports:

ART: The Art Group which, of course is run by volunteers, now get to enjoy instruction by a professional artist on the final Monday of each term. This initiative has been enthusiastically welcomed by our group participants. For more information, [click here](#).

GUITAR: This exciting new course has been embraced with great interest by newcomers as well as more experienced musicians. For more information, [click here](#).

METAPHYSICS: Once monthly sessions offer examination and debate on the basic nature of reality and its principles. For more info on this group and its explorations, [click here](#).

MUSIC GROUP: A splendid group of musicians meet to play every Tuesday afternoon with concerts being held each term. For more information, [click here](#).

PHILOSOPHY - SOCRATES CAFE: Many brave and investigative members have piloted their way through the subjects that are select at the beginning of the year. The old saying: "learn, teach, learn" is applied to the topics chosen.

WRITING: A very popular group in which each member has the opportunity to share their knowledge and new insights, exercise their writing skills and receive helpful feedback from one another. For more information, [click here](#).

YOGA: We offer popular morning and evening classes. For information on our morning classes, [click here](#), for information on our evening time classes, [click here](#).

The second half of this year is shaping up to be rather exciting. An excursion to FIGHTER WORLD is planned as part of our Friday Presentations which are always packed with interesting topics that promise not to disappoint. We are delighted about the new course we commenced this term - LEARN TO PLAY GUITAR which is already well attended. We trust that you'll take this excellent opportunity to follow your perhaps life-long desire to learn playing guitar. Last but not least we encourage you to keep your eyes open for important coming up in December. Our AGM's are always fun and provide insight into the many efforts made by your awesome Committee.

FRIDAY PRESENTATIONS TERM 3. 2025

25 JULY - Perfume with Julie Taylor.

1 AUG - Money Talks by Nicky & Robyn from Forster U3A.

8 AUG - English Stately Homes by Colin Gatwick.

15 AUG - FIGHTER WORLD Excursion.

22 AUG - Clans and their Castles with Andrew Gow.

29 AUG - Friday discussion, topic's TBA by Warwick Nicholls.

5 SEPT - The Long Bows by Alan Barr.

12 SEPT - Tubowghule, Tram Sheds & Travel by Pat Henderson.

19 SEPT - Secrets & Disclosure by Dr. Sally Hunter.

26 SEPT - The Worlds most beautiful voyage with Colin Gratwick.



FRIDAY PRESENTATIONS

Myall U3A Hall, 73 Booner Street, Hawks Nest 10am - 12 noon

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TEERS

Live, Laugh and Learn!

Thank u

TECH TIPS:

The ACCC (The Australian Competition and Consumer Commission) recently warned Australians to remain vigilant following reports scammers have been impersonating phone numbers belonging to the ACCC in an attempt to steal personal information. To find out how to protect yourself, [click here](#).

DID YOU KNOW that EACH TERM WE HAVE EXCITING EVENTS:

*One of our **Art Group** members won first prize at the recent Winter Exhibition held at The Galleries in the Gardens.

*Our talented **Art Group** members creative works will be displayed at our annual October long weekend Art Exhibition.

*The **Music Group** holds a concert once a term. Last term saw the revival of the Beatles' 60s and 70s greatest hits with all members dressed for the part. Everyone had heaps of fun and completed their session with a delicious afternoon tea.

*The **Writers Group** thoroughly enjoyed the Libby Stanley – an award winning children's illustrator and author – workshop last term.

EXCURSION

FIGHTERWORLD

W I L L A M T O W N

Fri 15 AUGUST
9.AM MEET at Coles car park
Car pool to FIGHTER WORLD
49 Medowie Rd, Williamtown
COST: \$16 entry plus lunch money!
at the: **Observation Deck Café**

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