



ABBA wishing you a happy New Year, [click here.](#)



Myall High News

Live, laugh and learn

2026 has arrived with 'a bang'! A new year, which I imagine as a vessel that as yet is empty, waiting to be filled with new experiences, new thoughts, new hopes and dreams, new possibilities, new everything. The way world events fill this vessel is outside our control but how we fill it is up to us! If we allow our thoughts and emotions to be consumed by all the horrors with which we are bombarded as soon as we turn on our TV's, read the newspapers or allow Social Media to fill our minds, all we can look forward to is doom and gloom. Do I suggest that we simply ignore world tragedies? No! What I am recommending, though, is that we allow our minds to absorb the many positives instead: To count our many blessings, be grateful for what we have and give thanks for every day we are granted on this planet. In order to remain sane in an insane world perhaps we need to examine each flower we spot on a daily walk, say a cheerful 'hi' to every stranger and engage in joyful conversations with every person we encounter during our day. We can decide to spread happiness, positivity and hope! This, of course, can be rather difficult if we are in a bad way ourselves. In such a case I would encourage you to reach out and unashamedly ask for help. I know this can be difficult, especially if in the past we were strong, influential and powerful as so many of us were in our younger years. Aging, however, tends to knock some of that protective stuffing out of us. We are no longer as resilient, decisive and confident as we had been once upon a time. We have entered a different, more vulnerable and introspective time of life. Every year that passes reminds us of our increasing frailties and confronts us more and more with our mortality. This, unpleasant though it may be, is a simple reality we all have to face. So, why not spread happiness and joy, why not pay attention to the little things in life, share our blessings, our gifts and talents as well as our knowledge and spread light into whatever may represent darkness in your individual worlds. Let's choose to fill the empty vessel that a new year represents with positivity, generosity and gratitude and leave the space we occupy on this planet a better place. This will go a long way

WHAT'S HAPPENING IN U3A:

Our Committee: We are more than thrilled to report that in answer to our pleas we are able to step into the New Year with a full complement of committee members and are excited to report that we have been able to add 5 new members to our team. This ensures that we can serve you for yet another year. We also look forward to having our new members bring fresh ideas which may may well result in an exciting year for our organisation. Keep watching this space!

Enrolment Day: Important details can be found in the yellow panel on the next page.

TECH TIPS:

A new year will, no doubt, also bring new scams. Macquarie Bank suggests the following 4 ways to stop the scammer in their tracks:

Stop if it's unsolicited: Has someone asked for access to your device out of the blue? It's simple: stop there.

Pause if you see a pop-up: Did you receive an unexpected notification on your device, pressuring you to download software? When in doubt, don't download.

Don't share your details: Never give your personal or banking details away over the phone if you didn't make the call. Even then, make sure it's to a legitimate service provider or store you know and trust.

Check to protect: Independently verify any calls or notifications you've received about your device and its security, using professionals and contact information you trust and have sourced yourself.

DID YOU KNOW that:

Some phones may not connect to 000. As part of Telstra's device testing it has been identified that a number of older mobile devices are not correctly connecting to the Triple Zero calls. These devices need to be updated or replaced to make sure they work reliably in an emergency. To find out more, [click here](#).

The Gallery in the Gardens are running their '**SummerCooler' Mambo Exhibition** until the end of January. A browse through the gallery is a good way to entertain your holiday guests.

The Regional Bank has an excellent Community Partnerships Program (CPP) that allows members to support an important cause. If you choose to use an eligible everyday account with our local Regional Bank and nominate Myall U3A it will not only make your banking more convenient but will also benefit our/your organisation. To explore this excellent option, please [click here](#).

Conscientious drivers are in for good news in 2026 as a 'Permanent Demerit Point Return Scheme' will be introduced this year. To learn more about this exciting initiative, [click here](#).

**ENROLMENT DAY**

DATE: JANUARY 20TH

TIME: 10 AM

LOCATION: MU3A HALL

IMPORTANT:

Please remember that it is a requirement, regardless of how long you've been a member of our organisation, to enrol anew at the beginning of each new year.

Online Enrolment: Online enrolment is, of course, open to anyone wishing to avail themselves of this option. To enrol online, [CLICK HERE](#). If you are not as yet familiar with our great services, just [click here](#).

Enrolment Cost: As a result of the rather significant expenditures we had in 2025 mostly connected to building and fitting out our fantastic new 'U3A home', fondly named MU3A Hall, we made the difficult decision to increase the cost by \$5. Therefore the enrolment fee this year is \$50.

We look forward to seeing you on Enrolment Day.

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Tea Gardens

For a truly feel-good video clip to start the New Year on a high note, [click here](#).