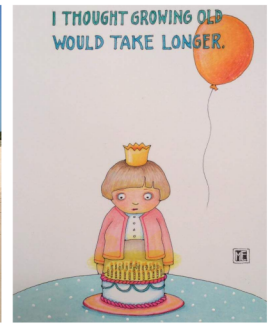




Never too old
click here



Myall High News

Live, laugh and learn

It was a couple of years after moving to Hawks Nest that I encountered a local legend, Allan Stewart, who, reportedly, was the world's oldest University graduate. Allan, a charming gentleman who in 2012 set this record at age 97, kindly agreed to be interviewed by me. I, at the time with no idea about the existence of U3A or any other stimulating local distractions, considered busying myself with writing a book that was to carry the inspirational title: "Never too old". The book, unfortunately, did not come to fruition, however, I still treasure my recording of the interview and will never forget the couple of hours I had the pleasure of talking with this exceptionally interesting man who'd recently completed a Master of Clinical Science degree. His previous claim to fame had been holding the Guinness world record of being the oldest graduate. At that time, at age 91, he'd completed a law degree. His reasons: He wanted to help out other 'local oldies' who were unable to afford a lawyer. I could write reels about this lovely inspirational man who was fond of saying: "People are never too old to study and it's never too late to expand your mind, make new friends and challenge yourself to achieve something worthwhile." He was a legend indeed who, at the time, may not even have been aware of the discoveries to do with our brains' plasticity and their capacity to achieve so much more than we give them credit for. More information on the topic of brain plasticity can be found [here](#). If you'd like to read more about Allan Stewart, [click here](#).

WHAT'S HAPPENING IN U3A?

Membership: At U3A we know that Allan's favourite saying is true indeed. Thus we strive year after year to make learning in an affordable, friendly and social environment accessible to those who wish to continue to stimulate their brain. This was, again, proved as we connected with many 'old' members who reregistered their membership for 2026. We also welcomed many new members and are excited about starting the new year with renewed energy and enthusiasm.

New Committee Members: We are also filled with gratitude that a number of members stepped up at the end of last year to join our friendly committee. This makes it possible to continue serving our community for yet another year.

New Program: We are excited to offer an 8 week course this year under the heading of "Dealing With Past Memories". This course will be convened by clinical psychologist Thys Basson who in his professional life assists people struggling with a variety of psychological issues. He has a strong interest in how the mind adapts to life's challenges and is passionate about how psychological

insights can be translated for the general population in practical, meaningful ways, He enjoys making psychology down-to-earth and relevant to everyone. The course will most likely be held on Saturday mornings and is scheduled to commence in second term. For more information please contact Thys by [clicking here](#).

Established Programs: Most of our programs will recommence this month. For more info, dates, times and location, [click here](#).

Tech Tips:

Unfortunately we need to accept the sad reality of scams becoming more and more sophisticated. This makes it critical that we are aware of potential scams coming our way in 2026. Please [click here](#) for information which can potentially save you heaps of money, not to mention significant stress and distress.

DID YOU KNOW that?

* We are so proud of Ray Keipert, long-term MU3A member, former Course Co-ordinator and current Co-convenor of our Writers Group, who was awarded first prize in the Port Stephens Literature Awards. For more info, [click here](#). If you'd like to find out more about Ray, [click here](#).

* U3A members are invited to explore **Bridge lessons**, offered on Mondays 9-11 am and Tuesdays 2-4 pm at the Grange Clubhouse. The offer is made by Shayne Fuller, who is a registered Bridge teacher with the Australian Bridge Federation and who also teaches at the Hawks Nest Bridge Club. Even though the first lesson will be held on Monday, February 23rd Shayne welcomes new players at any time during the year. She is also happy for you to simply turn up with no advance notice needed.

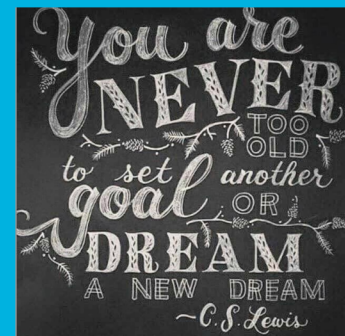
Shayne states: "Attendees range from complete beginners to competition players" and asserts that "after six lessons you will know whether you like it and wish to continue." Whilst the lessons will be offered free of charge, should you decide to continue after the 6th lesson you will need to join Hawks Nest's Bridge Club at a fee. For more information you can call 0468 621 428.

Web: www.myallu3a.org.au ~

Email: info@myallu3a.org.au

Post: P.O. Box 206 ~ Tea Gardens NSW 2324 ~

Phone: 0431 523 093



FRIDAY PRESENTATIONS TERM 1

6 February - Colin Gratwick
The Nile and Yangtze on the continents of Africa and Asia

13 February - Peter Morrissey
Walking with the ANZACs

20 February - Patty Henderson
The Vasa – an Update

27 February - Alan Barr*
The Field of Cloth of Gold: Diplomacy and Spectacle

6 March - **Excursion**

13 March - Thomas O'Keefe**
What is government and why am I in it?

20 March - Warwick Nichols
Discussion Forum

27 March - Julie Taylor
The History of Your Cup of Tea

**Guest speaker

Where does it say we have to act our age? As long as it makes me happy and I'm not hurting anyone, I'll act whatever age I want to!

