



Don't worry, be happy
music video [click here](#)



Myall High News

Live, laugh and learn

With the worst, hopefully over for this summer, we can review our internal responses to the bushfire scare we recently experienced. I do not know, of course, how you handled the potentially imminent danger to your safety and the possibility of losing all your possessions, but I do know my response. I was fearful and felt extremely stressed. I am fully aware of the negative impact stress has on my system and yet I could not find the right button to turn it off. Having endured decades of chronic stress, my husband and I vowed when we entered our retirement years that we would no longer allow ourselves to get stressed, come what may. **Click here** if you'd like to find out more about the impact of stress on your body. Stress, however, no matter how damaging it may be, is inevitable at times. The experience of bushfires and floods are, naturally, high on the list of realistic stressors; death or the severe illness, accident or injury of a loved one comes a close second. Worrying about our children and families in general doesn't lag far being and I am sure that you can think of 1000 things that would cause enormous stress for you. So, as much as we might desire internal peace and calm in the face of danger, we are fighting the impossible. That raises the question: What can we do to ensure that our systems do not become hopelessly overwhelmed by too many stressors. You can find all sorts of helpful suggestions online and can start doing so by **clicking here**. My no 1 rule, however, is to take control of my imagination. Naturally, with bushfires all around, it is not difficult to vividly imagine my house going up in flames. This mental image, though, will activate biochemical reactions in my body that immediately flood and overwhelm my system. Taking control of the images I conjure up, imagining the best rather than the worst outcome enables my heart to continue pumping in its regular rhythm. Asking myself at how often in my life I have feared something that never came to pass also helps me remain reasonably calm. I'd encourage you to try this next time a stressful situation arises and see how well this works for you.

WHAT'S HAPPENING IN U3A:

Soon after the February Newsletter would have landed in your inbox I was made aware that the links within the Newsletter weren't working. As only a very small number of members enquired about this issue (and our Technical Co-ordinator was happy to send a copy with repaired links to those who enquired) I decided to leave the links issue as was and to use it as a test-case. This test led me to the conclusion, as so few members enquired about it, that only a few people chose to click on the links. Although I don't know why this is so I assume that there is either a fear that clicking on the links could endanger your computer, that you feel too overloaded with information already or or that you simply aren't interested in the topic matter.

If I am correct in my assumptions I'd firstly like to assure you that the links in the Newsletters we send are perfectly safe. Secondly, I'd like to let you know that the links often lead to very important information on which, if you chose to ignore them, you miss out. As some of the last Newsletter's links fall into this category I will reprint them in the adjacent blue panel for all those of you who'd like to see what they contain.

Tech Tips:

WHO DOES GOOGLE THINK YOU ARE?

When you use free services like Google, you're constantly giving away your data to them. **Google uses this info to build a profile of you to sell to advertisers.**

Go to myactivity.google.com > Sign in > Other activity > My ad centre > Go to Mt ad centre. Scroll down to see how ads are personalised for you. You can turn off ad profiling on the top of this page. Through myactivity.google.com you can manage a number of other settings you may not have known about.

DID YOU KNOW THAT:

- **The annual Motorfest** will be held on Saturday, March 14th at the Myall Park Sports Oval in Hawks Nest.
- **Galleries in the Gardens** will have an ArtMart on March 14th. The ArtMart is a gallery initiative which allows purchasers to buy artworks created by gallery artists at greatly reduced prices. ArtMart is held in the beautiful gardens of the gallery.
- **The local Bridge Club** will be holding an Information Day on Thursday March 5th at 3pm at 26 Yamba Street, Hawks Nest where tea/coffee and cakes will be available. There will be short presentations by the president and teachers to orient you to the club. Free beginner lessons start Thursday 12 March, 2-4pm at the clubhouse. No need to worry if you don't have a partner as you can easily be matched. If you can't make it to info day, call the president Peter Baily on 0423261875
- **Seniors' Week:** The HN/TG Progress Association will organise a fabulous concert on March 21st which will feature our U3A Choir. Even though this event is free of charge you will need to obtain a ticket by contacting Bruce Murray on 0432 764 333. Tickets are limited so be sure to get yours asap.

FEBRUARY NEWSLETTER LINKS

- [Never too old](#)
- [Brain plasticity](#)
- [Allan Stewart](#)
- [Enquiries about the upcoming program "Dealing with past memories".](#)
- [Scams to look out for in 2026.](#)
- [Ray Keipert's first prize in the Port Stephen's Literature Awards.](#)
- [More about Ray Keipert](#)

**So you mean to tell me
a stress ball isn't for
throwing at people who
stress you out?**



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