



'I was only 19' - video/song
(beware, it's confronting)
[click here](#)



Myall High News

LIVE, LAUGH AND LEARN

Until the day of this writing, Anzac Day, I had not been consciously aware that Anzac Day is reasonably closely followed by Mother's Day. Now that I have this awareness, however, I cannot help but wonder for how many mothers throughout this century Mother's Day has been little more than a day of painful remembrance. How many sons had to lay down their precious young lives in obedience and service to their country? How many are still doing so today? As I watch the Anzac Day marches that take place across our country, and whilst I absolutely agree that all those who made the ultimate sacrifice deserve all honour, respect and gratitude, I wonder how many rivers of tears are currently being shed by mothers, fathers, sisters, brothers, wives and children of the young men who all around our beautiful world daily fall victim to the same fate. As a mother of four sons I cannot begin to imagine what losing even one of them on a battlefield would be like. I am so very grateful that I've been able to raise my sons in an era and in a country in which we were spared such horror. The mothers of my father and grandfather were not so fortunate and even though both men miraculously returned physically unscathed, the same cannot be said for their mental wellbeing. I suspect that many members of our community have been touched in one form or another by the horrendous fallout of the war experiences of a loved one. If this is true for you I am deeply sorry and trust that Anzac Day helps to at least ease a little of the pain you carry. I also hope that Mother's Day isn't merely a day of sorrow and pain for you but also of happy memories of times of fun and laughter and that you can perhaps enjoy a day of celebration with all the living members of your family.

WHAT'S HAPPENING IN U3A:

Currently, our biggest news is that a new program, an 8-week psychology course, will commence on Saturday, May 2nd and will be held at 9 am at the MU3A Hall. The content of this course will enable participants to take a look at how we are shaped by our past, memory, life experiences and meaning making. Thys Basson, the Course Convener and practicing psychologist, will provide an understanding of the idea that memory is not a fixed recording of what happened but is, in fact, active reconstruction thereof. He describes the content as follows:

- * Difference between "recording" vs "reconstruction"
- * Why memory changes over time
- * The role of attention and interpretation in shaping memory
- * Everyday examples of memory distortion (without making it clinical)



Please feel free to attend this Saturday session even if you haven't as yet recorded your interest. This is happy for all interested members to simply show up.

Tech Tips:

WHEN SHARING BECOMES REVEALING

Social media can be great for connecting to friends, but it's also where we reveal a lot about ourselves to companies and people we might not know.

Try changing your settings regarding contact syncing and when you sign up for a new app, use your email to register, NOT your social media account.

Following is an example of changing settings in Instagram:

Profile > Settings: Account > Contact Syncing > Turn off contact syncing.

DID YOU KNOW:

- That this Anzac Day marked 110 years since the Gallipoli Campaign. For more info on this [click here](#).
- If you'd like to search for a family member's Service Record, [click here](#).
- That Mother's Day was officially established in the US by Anna Jarvis in 1908 in order to honour maternal sacrifices. Ann Jarvis had been a peace activist who nursed wounded soldiers during the Civil War and created Mother's Day work clubs to address public health issues.
- The celebration of Mother's Day actually grew out of calls for peace and anti-war campaigns following the American Civil War (1861-65). It was not until 1924, however, following the losses of World War I, that Mother's Day was first held in Australia. To read more about the emergence and importance of Mother's Day [click here](#).
- Until I researched the origins of Mother's Day I had no idea that its emergence, in fact, was a result of the war sacrifices made.

U3A CONTACT DETAILS:

Web: www.myallu3a.org.au

Email: info@myallu3a.org.au

Post: P.O. Box 206

Tea Gardens NSW 2324

Things I Miss About You

(Anon)

It's Mother's Day again and I'm trying to make it through, because this day reminds me of all the things I miss about you.

I miss your face smiling down at me with love shining from your eyes. I miss the way you'd laugh at my jokes so hard that it made you cry.

I miss the touch of your dear hands how gentle and kind they could be, and I miss the warmth of your hugs, and how you'd wrap me up tight as could be.

I miss the smell of your perfume, the way it lingered in the air. Sometimes I think I smell it again, and I get a sense that you're there.

I miss the way you could always tell when something in my life had gone wrong, how you'd talk to me until I felt better, your words soothed me like a song.

And so I sit here once again remembering these things I miss and this year, just like every year, I make a silent wish.

I wish that one day I'll see you again whole, and safe, and sound. That you'll take my hand securely in yours and for Heaven we'll be bound.