

OCTOBER 2026



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MYALL U3A CONNECTS



Myall High News

LIVE, LAUGH AND LEARN

The older I get, the more my mind seems to enjoy revisiting the movie of the life I've lived thus far. It plays without warning sometimes—a familiar face, a particular song, an old photograph or even a long-forgotten scent can suddenly transport me back through the years.

Like everyone else's movie, mine contains plenty of highs and lows. There have been moments of great happiness as well as sadness, periods of uncertainty and plenty of scenes I could gladly leave on the cutting-room floor. Instead, I choose to focus on the many special moments—the births of my children and all the milestones that followed: first steps, first days at school, birthdays, graduations, weddings and, finally, the arrival of my grandchildren.

Looking back, I am keenly aware of how quickly those years seem to have passed, although at the time I often thought they would last forever. I now realise that the best scenes in the movie are not necessarily the dramatic ones. The seemingly insignificant moments were never insignificant at all. They were life.

Of course, some of the people who played important roles in my movie are no longer with us. When they appear in my memories, there may be sadness, but I also feel fortunate to have shared part of my journey with them. They remain forever woven into my story.

Perhaps one of the gifts of growing older is having enough distance to see our lives from a different perspective. We recognise that we survived the difficult chapters, learned from our mistakes and experienced far more joy than we sometimes appreciated at the time.

And, importantly, the movie isn't finished yet. I hope to add many more happy frames before the credits roll.

WHAT'S HAPPENING IN U3A:

This is the month our Art Group gets to shine! As has been our tradition for decades, and an occasion to which our many talented artists very much look forward, our annual Art Exhibition will take place over the long weekend.

Discussions have commenced about a possible new program starting in 2027. Balance 'n' Bones is a structured senior fitness program combining weight-bearing exercise, movement, resistance training and stability exercises to help build bone density and reduce the risk of falls.

In an excellent opportunity to support U3A, members of the local Regional Australia Bank are eligible to nominate Myall U3A to receive community grants. We greatly appreciate any support you are able to give us.

Tech Tips:

The Department of Information Technology suggests:

When All Else Fails, Reboot

It's a good rule of thumb to reboot your computer once per week. This flushes system memory, completes windows updates that may have started running, and can lead to better productivity and performance.

Use a Secure Password Manager

How much time do you lose trying to remember forgotten passwords? The average person [spends 12 days](#) of their life searching for their login credentials. [1Password](#) and [Keeper](#) are secure online password managers you can use to manage and store this information. They integrate with your web browser so you can log into websites and other services seamlessly, saving you tons of time guessing or getting locked out of what you need. These tools can also generate secure passwords for you, making your accounts harder to hack.

[Click here](#) for more tech tips.

DID YOU KNOW THAT:

- Higher education is becoming more and more valued across our globe:

* India's university enrolment has grown 31.5% over the last decade, [reaching gender parity](#) for the first time.

* Zambia's university enrolment [almost doubled](#) from 120,000 to 230,000 between 2019 and 2024, a downstream effect of the 2021 free-education law we covered in [Edition 342](#).

- Although we were all rightly wary of AI an AI tool reads a heart ECG for hidden disease in under two seconds. Imperial College London researchers, led by Ahmed El-Medany and funded by the British Heart Foundation, trained an AI model on over 1.6 million ECGs to catch heart failure and valve disease that clinicians typically miss, with detection rates for each of those conditions at 81% and 90% respectively. The researchers are now developing it for clinical use, built for high-risk patients who can't wait for an echocardiogram. [The Guardian](#)

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SCAM ALERT:

Be aware of any emails that appear to come from Flybuys, claiming the you need to update your membership information so as to not lose your Flybys benefits. See an example of this SCAM, kindly supplied by the Palm Lake Resort Manager, below:

Dear Member,

Thank you for being a valued Flybuys member.

We're reaching out to let you know about an important update to your Flybuys membership. To review your membership details and discover the latest rewards, benefits, and features available to you, please click the link below:

[Review Your Membership Information](#)

If your email application blocks images or external content by default, please select "**Show Content**" or "**Display Images**" to ensure this email displays correctly and that the link above is accessible.

If you have any questions or need assistance with your membership, our Customer Support team is here to help. Thank you for your continued loyalty and support. We truly appreciate your membership and look forward to bringing you even more exclusive offers, exciting rewards, and valuable member benefits.

Kind regards,
Flybuys Member Support Team