



Myall High News

Live, laugh and learn

Whilst writing last month's newsletter, I was reminded that everyone has a story and that we should never be too quick to judge.

During the late 80s, I drove what one might call a people mover. With four children, and often several of their friends, to ferry between schools, sporting events and countless other activities, it seemed the sensible choice. My trusty people mover helped me fit right in with most of the other parents as we stood shivering on the sidelines of wintry sports fields, hoping the footy game would soon be over. In our rather posh suburb, however, where BMWs, Mercedes and sports cars were more the order of the day, my vehicle was decidedly out of place. Not being particularly tuned into the world of those who judged others by such externals, it took me a while to understand why some people treated me quite differently from those whose cars were apparently more acceptable.

Eventually, I decided to test my theory. One day, instead of my trusty people mover, I drove my husband's latest pride and joy — a brand-new, gleaming Mercedes — to a ladies' gathering. Sure enough, the reception was noticeably different. Some who had previously chatted happily with me now seemed almost intimidated, whilst others who had barely acknowledged my existence were suddenly keen to make my acquaintance! I found this peculiar, shallow and, quite frankly, rather infantile. Nevertheless, I had to admit that I was being judged by the car I drove, the house I lived in, the clothes I wore and, no doubt, other equally insignificant things.

Appearances, I realised, can be terribly misleading. Driving a shiny Mercedes didn't necessarily mean I had money in my pocket. Being beautifully dressed revealed nothing about the hours I might have spent sweating over a hot sewing machine to achieve that appearance. And who was to know whether that impressive car was even mine?

Pondering this prompted some uncomfortable self-examination. Had I been guilty of making similar judgments? Of course I had! Perhaps not quite so blatantly, but certainly in other ways. The truth is that we all judge, whether openly or secretly, countless times each day. Whilst I do believe that some judgments are necessary to keep ourselves safe in an unsafe world, I know that others stem from little more than assumptions, prejudices and our own insecurities. Indeed, I came to realise that my judgments often revealed far more about me than about the people I was judging.

Life has since taught me that everyone, regardless of circumstances or status, has a story. Every story, just like my own, contains mountain peaks and dark valleys, triumphs and disappointments, struggles and sacrifices that are seldom visible. So, unless we are prepared to walk a mile or two in someone else's shoes, how can we possibly understand their circumstances, let alone presume to judge them?

I am well aware that I cannot change the world with my hard-won insights, but I do hope to pass on something of what I've learnt to my grandchildren. Perhaps, by encouraging them to look beyond appearances, I can help them avoid the thoughtless judgments and prejudices that so often lead to exclusion and bullying.

WHAT'S HAPPENING IN U3A:

After a well-deserved break all our programs are, by now, back in full swing.

GOOD NEWS:

Brian Ness's very popular Metaphysics Course will be run again in 2027, however, under the new name of 'A Journey Through the Great Wisdom Traditions'. More information about this program will be sent out before the commencement of the new year.

GARDEN & NATURE CLUB:

The equally popular Garden & Nature Club who meet once monthly, report that they had a wonderful outing to Newcastle Wildflower Nursery this October. Their next meeting will be held on Tuesday, November 3rd. For more information about this, please contact us via the email listed below.



DID YOU KNOW that?

October was Cyber Security Awareness/Action Month. As a result many cautionary articles were published. cyber.gov.au states: We are encouraging all Australians to take practical steps to strengthen their cyber security. As cyber threats continue to increase in scale, speed and sophistication, now is the time to take simple cyber security actions to help keep you secure online. For important tips, go to cyber.gov.au

Staying Safer Online – Advice for Seniors

To explore articles, [click here](#).

Take a Second. Stay Secure: Explains how criminals exploit hurried decisions and why stopping to check a suspicious message can prevent a scam. To read, [click here](#).

Beware of Malware, NSW Government

Practical warnings about dangerous links, pop-ups and software that can steal personal and banking details. To read, [click here](#).

SPECIAL EVENTS:

INVITATION:

OUR LOVELY CHOIR INVITE YOU TO JOIN THEIR WEDNESDAY MEETING ON THE MORNING OF DECEMBER 2ND FROM 10-11A.M. THE EVENT - AN HOUR OF LISTENING PLEASURE - WILL BE HELD AT THE BAPTIST CHURCH. IT WILL BE CONDUCTED BY RICHARD GREY, ACCOMPANIED BY BEVERLY ETTINGHAUSEN AND WILL BE FOLLOWED BY A TEA/ LIGHT LUNCH.

AGM

OUR AGM WILL BE HELD AT 11 AM ON FRIDAY, DECEMBER 11TH AT THE MU3A HALL IN HAWKS NEST.

THIS WILL BE FOLLOWED BY A CHRISTMAS LUNCHEON AT 12 PM AT THE SURF CLUB. COST \$35

This year's luncheon will be similar to last year's with a menu as follows:

- * Crusty bread
- Alternative serve:
- * Chicken breast in Brandy and green peppercorn sauce.
- * Roast Pork with apricot and sage seasoning. (Both served with roast vegetables and steamed greens)

Christmas sweets:

- * Pavlova and Fruit
- * Plum Pudding and custard
- * Individual Trifles

Gluten free and guests with other dietary requirements are also welcome but need to let Katy know by emailing:

membership@myallu3a.org.au

Web: www.myallu3a.org.au ~ Email: info@myallu3a.org.au

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