



MYALL HIGH NEWS

LIVE, LAUGH AND LEARN WITH MYALL U3A

You'll be pleased to hear that our AGM was a true success and served as a lovely 'full stop' to a good and thankfully uninterrupted year of operation. The event was exceptionally well organised, the tables beautifully decorated, the speeches poignant and informative, the food delicious and the company was, of course, pleasant as well as stimulating. Thank you to all who joined us!



Jean Lewis, our U3A Network Regional Rep, made a very interesting speech explaining the origins of the University of the 3rd Age and summarising the benefits of membership according to a research undertaken by Dr Martin Bridgstock, a senior lecturer in the School of Biomolecular and Physical Sciences at Griffith University, Brisbane. His paper, examining the benefits to the health and welfare of the members of the Universities of the Third Age (U3A), gratifyingly confirms everything of which we, as U3A members, have already been aware.

Here is a brief summary of Dr Bridgstock's findings:

"Confirmed by a large number of pieces of research the three types of activity offered by Universities of the Third Age – learning, physical activity and social ties – all have marked benefits for participants. They all have measurable positive impacts upon cognitive and other mental functions, and help to stave off the degeneration often associated with advancing years. The main qualification is that mentally stimulating learning may be somewhat narrow in its effects. Although all types of learning have benefits, it is probably best to pursue a range of learning activities which stimulate different abilities. In addition, physical and social activities are also beneficial. Both promote physical wellbeing, reducing illness and mortality, and both also help further mental functioning. The conclusions are therefore overwhelming, that membership and activity in U3A have marked benefits and should be pursued by as many senior people as possible." To read Dr Bridgstock's full article, [click here](#).

IMPORTANT NEWS:

OUR REGISTRATION DAY

REGISTRATION FOR 2023 WILL TAKE PLACE ON JANUARY 12TH AT THE BAPTIST CHURCH.

Each MU3A member is required to re-register at the start of each year and, at that time, to list the courses/groups or classes they wish to attend. You may do this via our website or by making an appearance on Registration Day.

Our Registration Fee is \$45, an amount that covers every course, group or class you plan to attend throughout the year.

We have expanded our payment facilities, which means that you can now make payment of your registration fee in a number of different ways: Online via our website, in person using your credit/debit card, cash or, if you so desire, by cheque.

OUR NEW WEBSITE

ONE OF THE MOST EXCITING THINGS TO CELEBRATE AS THIS YEAR COMES TO AN END IS, THANKS TO OUR VERY TALENTED AND CLEVER TECHNICAL CO-ORDINATOR, THE BIRTH OF OUR NEW WEBSITE!

This website will from hereon in keep you updated on everything that's happening at Myall U3A on a weekly basis. It will also keep you informed of anything that may occur out of the ordinary and alert you to any new groups, classes or courses that might start throughout the year. **Be sure to visit our new website by clicking here.**



WHAT IS HAPPENING IN U3A?

Generally speaking, it has been a good year for our organisation. Not only have we had a variety of new and exciting things happening, we've also had the pleasure of enjoying an uninterrupted year of conducting our courses, classes and groups.

Although, since we've lost the Convener and Director of our River Radio program and have been unable to fill the big shoes Diane left behind, we sadly had to close this chapter. Another sad loss to us is the much loved and exceptionally well attended Choir, as Barbara Lyle, our Choir Director and long-standing member of our community (as well as a previous MU3A President) had to lay down her baton due to pressing family commitments. Again, filling her shoes is a challenging task that sadly we have not yet achieved. However, we are hopeful that we can reopen one or both of these programs once suitable Conveners/Directors will step forward to take on this role.

Having lost two beloved programs we have also gained a couple throughout this year. These are: Music and Spanish.

HERE IS A BRIEF UPDATE ON OUR PROGRAMS:

Most of our Conveners have nothing new to report. However, they all expressed their delight at being able to operate without interruptions to their groups and classes, which were running very smoothly throughout 2022. They are thrilled to carry on with their chosen tasks into 2023 and wish you a happy Christmas, a wonderful and refreshing holiday and look forward to re-welcoming you in the New Year.

MUSIC:

The Music Group commenced in the second semester of 2022. An enthusiastic group of players, including learners who were able to try an array of instruments, were mentored by more experienced players at weekly meetings at the Baptist Church. An overhead projector and screen were used to display the music and words which enabled everyone's easy participation. The group started with music including 2 to 3 chords but progressed quickly to tackling more complex pieces. Confidence has become a hallmark of the group such that after only a few short months a Christmas concert will be held with a Christmas party to follow.

The Conveners report: "We intend to broaden our repertoire in the New Year and also run a strumming workshop for those that are interested." For more information [click here](#).

SPANISH:

The Spanish Course caters for those with no previous knowledge of the language and aims to teach communication skills - to use the language for a given purpose and in a practical way.

It also offers an Intermediate Level for those with a basic knowledge of the language and who already are able to use the language for a given a purpose in a practical way. You can find more information on the Spanish Course by [clicking here](#).

PHOTOGRAPHY:

The Photography Group had an interesting year with two standout events:

The first was the "Light Painting" event at Bennetts Beach. Coloured lights were moved around and the photographers used long exposure times to record the movement. Steel wool was placed into an egg whisk and ignited, it was then twirled around to form an orb, this also used long exposure times.

The second event was a portrait shoot with a model. Various props and poses were used with different lighting effects.



The photographers had a very interesting time learning these techniques. For more information on the Photography Group [click here](#).

ART:

We are lucky to have a number of really talented members many of whom deserve mention. However, lacking the space for doing so we just want to take this opportunity to congratulate Jeanette Hart who agreed mid-year to take on the huge responsibility for our local Art Walk and has recently completed an important project at Lions Park. Jeanette, also the originator of the beautiful mural at Hawks Nest Serenity Park, has single-handedly painted the Lions Park Mural, a project that helped our twin towns to earn Gold for Barrington Coast in NSW Tourism Awards.



Currently she is busy revitalising older Art Walk artworks, such as those on the Surf Club wall. The local Art Walk now comes under the cover of the local Progress Association. We also want to congratulate the Art Group on the 3 very successful Art Exhibitions held this year. The accolades received were really gratifying and encouraging to our Art Group members.

FRIDAY PRESENTATIONS:

We've had some very interesting Friday Presentations throughout 2022 and intend to keep this up in the New Year. A list for the first term of 2023's Friday Presentations can be found by [clicking here](#).

LAST BUT NOT LEAST WE WANT TO ANNOUNCE THE POTENTIAL FOR A NEW GROUP PROJECT:



Did you ever want to be a journalist or a newspaper reporter? We are hoping to run a new course next year where you will have the chance to learn how to write copy for publication. We have a set of online courses that can serve as the foundation and a commitment from the editor of the NOTA to provide us with a course on writing articles for publication in our local newspaper. In addition, the courses will cover writing items for Facebook as well as writing copy for web pages. Myall U3A has its own Facebook page as well as a shiny new website, so there will be plenty of opportunity online to see your items published for the world to see! We are looking for a leader or a leadership team to launch this new group and we would also like to hear from any of our members who would be interested in joining such a group. So, if you are interested in developing your writing skills and digging into local stories and organisations to find your material, please contact us. We are keen to ask you to join us in setting up this new group.

NOW THAT WE'VE HAD A BRIEF REVIEW OF 2022 AND HAVE UPDATED YOU ON OUR NEWS, ALL THAT REMAINS IS TO WISH YOU A BLESSED AND PEACEFUL CHRISTMAS AND THAT THE NEW YEAR MAY BE A WONDERFUL, HEALTHY AND HAPPY ONE FOR EACH OF YOU.



YOUR U3A COMMITTEE



FOR A VARIETY OF BEAUTIFUL CHRISTMAS MUSIC, CLICK ON THE LINKS BELOW THE IMAGES:



[Click here.](#)



[Click here.](#)



[Click here](#)



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