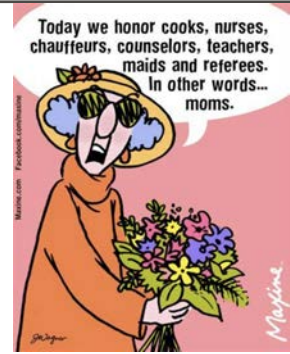




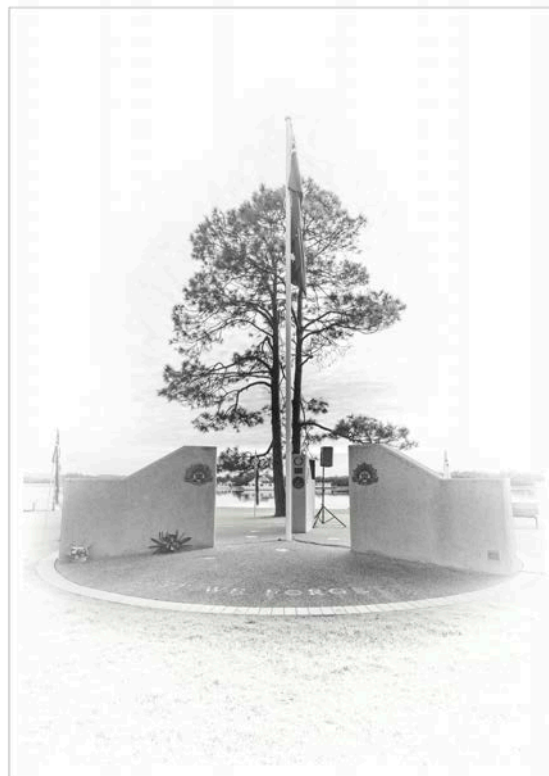
“THANKS TO YOU” A lovely song honouring a precious mother - [click here](#)



Myall High News

Live, laugh and learn

There’s never a dull moment in our beautiful neck of the woods. April afforded us the opportunity to honour those who have lost their lives in the service to their country. The commemoration of the supreme sacrifice made is a special day for many but especially for those who lost a loved one during the horrors of war. It is a special privilege to participate in in support of those who’ve



“Lost We Forget”

Terri Meakins


had that experience and is a stark reminder that we don’t ever want to go down that bloody road again.

This year’s commemoration was an extra special one with the time capsule containing news and photos as well the history of the local area and its veterans unveiled. The time capsule will now stay buried for 50 years. In addition a plaque explaining the history of the War Mural project was presented. A morning of special significance indeed!

Many thanks to Terri Meakins for allowing us to use her stunning photograph.

WHAT’S HAPPENING IN U3A:

As you know a little while ago we had to let go of our choir program. This was not only sad for our organisation but was especially sad for Barbara Lyle who had been its Convener and Music Director since 2006. We know that her decision to step back from this important and much cherished role was an extremely difficult one. In order to report on this particular group I asked Barbara to tell me about her experiences during that time, to which she responded with enthusiasm. Since her response is far too extensive to reprint within the restricted space of the newsletter, we’ve made it available via our website. Her letter is very interesting and contains much information of which, not having lived locally for that long and not been involved in the choir, I was quite ignorant. To access the letter all you need to do is [click here](#).

I've been surprised to discover during the past so many months how very difficult it is to find someone willing to step up to the Choir Convener's role, however, have become aware through Barbara's letter how difficult and frightening it might feel to step into big shoes she's left behind. Let us assure you, though, that this is not our expectation! We recognise the courage required to take on a role that someone else has fulfilled so brilliantly and for such a long time. Continue here 

DID YOU KNOW:

- That singing in a choir is considered to be of great benefit to us. According to studies it improves our sense of happiness and wellbeing. It is good for our immune system and is, of course, very beneficial in helping us make and maintain social connections. More information on the benefits of singing in a choir can be found [here](#). Another exploration of the benefits of singing can be found [here](#).
- That Maitland, for 150 years, was home to many of the country's most notorious criminals? Maitland Goal, which is one of NSW's premier heritage listed sites, offers guided group tours during which the life and hardships of those unfortunate enough to be incarcerated will be expounded. We are planning to organise such a tour and will send out some information in due time to see who would be interested in that outing. If you'd like to find out more about Maitland's Goal, [click here](#).
- That some of our members have reportedly not received the Monthly Newsletters. This may be due to a number of reasons which are difficult to ascertain without speaking to the individuals who experience this problem. If you are one of these, please contact our Technical Co-ordinator Denis Church via email: technical.coordinator@myallu3a.org.au
- That May is the month in which we celebrate Mother's Day?



A silly question, of course as we all know that Mother's Day is celebrated on the second Sunday of May. I bet, however, that you don't know much, if anything, about the origins of this special celebration, which apparently grew out of the peace and anti-war campaigns following the American Civil War (1861-65). Mother's Day has, in fact, quite a history. To find out about this, [click here](#).

Life has taught us all that nothing remains the same for ever and have learnt to embrace and value change. Every new Convener brings their own ideas, their unique personality and their own way of doing things which we encourage and welcome.. So, please don't be overawed by Barbara's example and put up your hand to convene our very important Choir.

BE AWARE

that U3A offers a music group which encompasses playing guitar, banjo and ukulele and singers are very welcome to join their group. The Music Group meets every 2nd, 3rd and 4th Tuesday of each month from 1pm to 3:30 pm.



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