



For a fun rendition of the song Memories by Pam Peterson [click here](#)



Myall High News

Live, laugh and learn

As we grow older many of us begin to cherish our memories. Whilst not all of them are enjoyable, of course, some can take us back to the most wonderful times we've experienced in our lives. Some of us love to look at old photo albums to trigger them, others enjoy listening to music to transport them back to earlier times. Then again, some memories appear to be completely random, seemingly popping up 'out of the blue'. These can turn out to be about incidents that we had completely forgotten. The ability to remember 'way back when' is considered sufficiently important that there are numerous studies done on the subject. Here are some helpful links to explore this subject. For 25 ways to improve our memory, [click here](#). For an explanation of how memory works and how to increase your short term memory, [click here](#).

WHAT'S HAPPENING IN U3A:

We are thrilled to report that, after a long time without our cherished Choir the group, now under the leadership of Richard Grey, is going as strong as ever and we look forward to seeing it in action later this year.

Since mentioning the importance of memories, here is a photo of our U3A Choir as it was in 1999. I wonder if any of you recognise/remember any member of the people shown in this happy group.



One of our Conveners stumbled across a treasure trove of Myall U3A memorabilia last year. This find was the reason I pondered on the issue of memories and also gave me the idea to dedicate a small section of our Monthly Newsletters to revisiting some of the 'good old days'. We'll kick off with our Choir (photo above) and a report in the blue panel, which appeared in the Cove News early in the year of 1998. Remember and enjoy!!



DID YOU KNOW that?

- You could enjoy a “High Tea” cruise on the original Tea Gardens Ferry, to take place on Monday, March 11th. For tickets and more information call Kerrie on 0412 682 117.
- The Senior’s Week recognition will look quite different this year as there will not be any stalls but will be celebrated with a free local gala concert. More information can be gleaned from the HNTGPS’s Website on www.hntgprogressassociation.com or their Facebook page. To access, [click here](#).
- The much anticipated 50th anniversary celebration of the Singing Bridge, which had been planned by HNTGPA (our highly valued Hawks Nest/Tea Gardens Progress Association) has been cancelled due to excessive costs, additional insurance, regulatory, and administrative overheads, and insufficient community engagement. This is very sad indeed!!!!
- As last year’s Maitland Gaol outing turned out to be very enjoyable we are keen to explore more outing opportunities. We’d very much like you to make suggestions as to where we might go and what you would like to explore. **Please let us know via email at info@myallu3a.org.au**



MEMORIES FROM 1998



Myall University of the Third Age

Dr Hans Pacey’s presentation of slides and commentary on the Barrington to Myall walk got the U3A courses off to a good start for 1998.

Marlene Pacy is conducting a course in Conversational German. The students are already able to make ‘In sommer ist das wetterhier oft heiss’ sound instantly recognisable as ‘In summer the weather here is often hot!’

The Middle East is a hot topic which may account for the full houses at this interesting presentation. The four male speakers who are presenting the course will be followed by four women who will comment on matters relating to women of the area and family groups.

The 20-strong Myall U3A choir is making excellent progress under the leadership of Brian Wright, including members from North Arm Cove and Bulahdelah. Fortunately, they now have an accompanist, Les Oxenbridge. Where would we be without those people from NAC?

One minute you're young and fun, the next, you're turning down the stereo in your car to see better.

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