



For a musical walk down memory lane, [click here](#):

"Volunteering is the ultimate exercise in democracy.  
You vote in elections once a year, but when you volunteer,  
you vote every day about the kind of community you want to live in."



# Myall High News

## Live, laugh and learn

So often, when we transition from our work life into retirement, we experience a sense of loss and perhaps even feel like a fish out of water, which is not a happy state of affairs. If you've ever seen a fish out of water - a likely scenario living in this neck of the woods - you know how desperately it tries to get back to its natural home. (Sorry all you fishermen out there!) While some of us embrace the new-found freedom and replace the many hours spent in our work environments with hours at the beach, reading, (dare I say it!), fishing, playing golf, bridge or on any other hobby we enjoy. Soon, however, we might find that all these pursuits, lovely though they may be, do not fill the empty space which now resides in our hearts. We no longer feel significant! This, of course, is not true for all retirees, but as human nature demands that we feel important in some way to someone, somewhere, it is a niggling, painful emptiness most of us have experienced in some form at some stage - a hole that demands to be filled. We are still able, still capable, still bursting with knowledge acquired throughout decades of 'doing life'. Yes, we still have much to offer and in our glorious twin-towns, which are kept vibrant and alive through volunteerism we, thankfully, have many opportunities to do so. If you haven't found your special significance niche at this point, we are there to 'help you out'.

## DID YOU KNOW?

### That Myall U3A offers options for everyone?

- We need new bodies to fill some of our Committee chairs and would love it if you could come to one of our Committee Meetings to see if you would like to become one of those bodies.
- That all of our Committee members, Conveners and Teachers do so on a volunteer basis and that we are always keen to hear from members (and/or their friends) who are happy to share their experience, expertise and/or passion with the rest of us.
- That volunteering our time, life experiences and vast knowledge will bring satisfaction, joy, empowerment and fulfilment to others.
- That we can regain the feeling of significance through 'giving'.
- It is important to understand that the need for significance is not bad, hedonistic or anything of which to be ashamed. It is a basic need that is built into human nature and the only thing that can make it less than positive is how we choose to fulfil this need.

## WHAT'S HAPPENING IN U3A:

### A note from the president:

We are well into Term 2. The days are getting shorter and the weather a little colder during the night. So it's time to "rug up".

Since my last newsletter item, I have officially retired and have left behind a small school with great students, a fantastic team of teachers and a lovely community. I must say I do miss them, even the challenging ones. It was an honour to lead a team who took on any new and innovative program proposed. It was the best of times. However, I have not been able to give a great deal of time to Myall U3A as I should. My elderly mother is still living in Sydney and is not as well as we hoped at times. I had hoped by now I would find the time to visit several courses and meet the members of **this** great team. My effort to do so will continue.

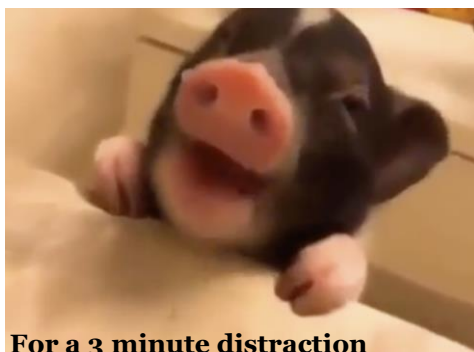
Hope to meet you throughout the term.

Anja

**Tech Tips:** I am sure we have all been told at some point that we should have a backup. Often this refers to computer type things such as your photos, important documents and your email. There are many Apps or software available, either for free or to purchase. What you use depends on your needs.

Late May Myall U3A had an issue where a system update deleted our website. NO PROBLEM, we have a backup. What was learnt in this recovery was that you should test your backup and how to recover your data before you have to use it. Many of our backups were unable to be used due to system limitations or your free version only does a limited restore and you need to buy an add on to recover. Fortunately, we are back up and running with a new process.

[Here](#) is a good link to help anyone in making backups and restoring data.



For a 3 minute distraction from a rainy day, [click here](#)

## COMMITTEE VACANCIES WE'D LIKE TO FILL:

- Vice President
- Assistant Secretary
- Assistant Programs Coordinator
- Assistant Technical Coordinator

For more information, please call 0431523093 or email:

[info@myallu3a.org.au](mailto:info@myallu3a.org.au)



### YOGA

Our Yoga Classes have now recommenced and will be held every Tuesday from 9:30 - 11 am at the Tea Garden's Uniting Church Hall. If you'd like to join an online class, you may do so every Tuesday evening from 7 - 8:30 pm via Zoom through the Macquarie Community College Website. For more info, please email [yoga@myallu3a.org.au](mailto:yoga@myallu3a.org.au)