



Myall High News

Live, laugh and learn

This year the beginning of winter snuck up on me. I could no longer deny its presence, though, when recently a debate arose within my hearing about the exact date of the shortest day of the year. It came as a surprise to me that some people didn't seem to know. Having grown up in Europe I was aware of what in my corner of the world the Summer Solstice was always celebrated on June 21st which, traditionally, was also considered to be the official start of Summer. Whether residing in the southern or northern hemisphere the Solstice, surely, had to occur on the same day - June 21st. Now curious about this issue I began to do some research and discovered, to my amazement, that the Solstice can shift a day or two, according to the year. Thankfully, though, regardless of the exact date the Solstice has been celebrated across cultures and epochs, each imbuing it with their unique customs and beliefs. To find out more about the Winter Solstice, [click here](#).



Our Friday Presentation Group had an interesting outing on June 7th, when they were able to enjoy a cruise along the Myall River. 22 of our members braved the cool but sunny day for this excursion taken on the "Wally" (otherwise known as The Wallamba) - the original Tea Gardens to Hawks Nest ferry service. Local historian and author, Jan Winn, gave an interesting talk on the river's history. Mooring in the Myall Lakes National Park participants were able to enjoy morning tea before heading back to Tea Gardens on the outgoing tide. Our Programs Co-ordinator reports that it was a very pleasant experience that enabled interaction with Friday Presentation participants in a different setting. The next MU3A excursion will be to the Hunter Wetland Centre. The date is yet to be decided.

A note from the president:

School holidays are coming up and who does not love a holiday?!! As a School Principal I always had just enough time in the 2 weeks to use the first week for winding down, and to wind back up again in the second week in order to get ready for the next term.

Now, luckily, I can enjoy spending my time in other ways. Recently I had the opportunity to attend and listen to the Friday Talk by Ms Deborah Howe and Mr Andrew about their holiday to Japan, Alaska, Canada and Hawaii. Their talk and the insight into the culture and traditions were well presented. It made you want to get ready and pack those suitcases and caused me to reminisce about all the holidays I have enjoyed. over time. My last holiday was to Western China and Tibet. I climbed all the steps to the top of the Potala Palace overlooking Lhasa, capital of Tibet. It took some time to enter the town since there is a limit of visitors each day. It is, however, impressive in its architecture. Western China has very different cultures especially in Kashgar and Ürümqi, the capital of the Xinjiang Uyghur Autonomous Region in Northwestern China. Thank you again Ms Deborah and Mr Andrew for your wonderful talk!

Tech Tips:

WHEN SHARING BECOMES REVEALING

Social media can be great for connecting to friends, but it's also where we reveal a lot about ourselves to companies and people we might not know. Try changing up your settings regarding contact syncing and when you sign up for a new app, use your email to register, NOT your social media account.

Following is an example of changing settings in Instagram:

Profile > Settings: Account > Contact Syncing >

DID YOU KNOW that?

- It is a medically proven fact that bridge is an excellent and enjoyable way to stave off memory problems as the body ages. **Hawks Nest Bridge Club** is about to commence their 2024 series of highly affordable introduction lessons which prove that learning Bridge can be fun. For more information **call Leslie Falla 0413 487 282**
- School Holidays are, yet again, around the corner. If you are searching for enjoyable entertainment to keep your grandchildren busy during that time, [click here](#).
- If you are at a loose end during the cold winter months, you might enjoy exploring U3A's online services. To find out more about this, [click here](#).

STONEHENGE AND THE SUMMER/WINTER SOLSTICE

Dr Susan Greaney - Senior Properties Historian at English Heritage takes a look at Stonehenge, and how the summer /winter solstice has been celebrated at the famous monument.

Dr Greaney writes: Stonehenge was carefully designed to align with the movements of the sun. The enormous sarsen stones and smaller bluestones, set up in the centre of the site in about 2500 BC, were precisely arranged to frame two particular events in the year: the sunrise at summer solstice, and the sunset at winter solstice. These are the extreme limits of the sun's movement; the word solstice is derived from the Latin sol ("sun") and sistere ("to stand still"). To find out more, [click here](#).

