



Myall High News

Live, laugh and learn

November - a month that holds a number of special occasions, some of which we've appropriated from the good old US of A. Although Halloween happens to be one of those (mostly appreciated by children) my focus is on Thanksgiving Day. Although its origin is deeply rooted in American history (to find out more, [click here](#)) its sentiment is as potent and powerful wherever it is applied. Maybe it is only hopeful thinking on my part but surely, if every nation held an official day of Thanksgiving - a reminder of all we can be grateful for - there would be less conflict, less hatred and less strife across our globe. Gratitude begins in our hearts and, if practiced consciously, extends to our families, friends and our entire circle of influence. Gratitude is a powerful tool that we can wield in all circumstances. Whilst it is easy to count our blessings in good times, doing so in dark times can be the very thing that helps us get beyond the threshold of despair. Asking oneself the question: What am I grateful for today? before sleep sets in, can make all the difference to our own wellbeing. Gratitude is a healing practice, which is well supported by many scientific studies. To explore this more fully, [click here](#).

WHAT'S HAPPENING IN U3A:

MYALL U3A
AGM
11 AM
Tillermans café
77 Marine Drive Tea Gardens.

Christmas Lunch
at...
tillermans

Friday 6th December
12 noon.
Two courses and a glass
\$40 pp
RSVP by 18 November
Ph: 0431 523 093
(Please advise any dietary requirements)

Payment options: Regional Australia Bank (visit branch in Tea Gardens or Direct Deposit online). BSB: 932 000 ACC: 500040634
Please use you Sir name as REFERENCE.

- It's almost THAT time of year again! Our AGM, followed by a delicious Christmas luncheon, is lurking just around the corner. As you can see on the adjacent poster, this year's event will be held at Tillerman's and, as always, all members are welcome. If you'd like to join us for the post AGM luncheon, be sure to let us know by [clicking here](#).
- This year's Art Show was a fantastic success. We showcased 174 artworks created by our talented and hardworking artist members and were grateful to sell a large number of their works.
- The River Festival was a huge success, with hordes of people enjoying the sunny but rather blustery day and

all it had to offer. Our choir's performance at the Tea Garden's Hotel was a big 'hit', our stand (although nearly blown away) was well attended; our book sales were gratifying with our long-term member Ray Keipert's new book "Code 1990" being greeted with enthusiasm.



TECH TIPS:

**Using your phone internationally - part 2:
KEEP YOUR DEVICES SAFE**

We mean this both physically and in terms of cybersecurity. Be wary of using public Wi-Fi, and only use secure Wi-Fi networks. Make sure devices are securely hidden when not in use.



DID YOU KNOW that:

We are very grateful for having had some of you put up your hand for joining our Committee. However, we still need some posts to be filled and trust that we will be able to commence 2025 with a full Committee complement. Please don't be shy and make enquiries either by phone or email!

Web: www.myallu3a.org.au ~ Email: info@myallu3a.org.au

Post: P.O. Box 206~Tea Gardens NSW 2324 ~ Phone: 0431 523 093

GRATITUDE

If you have food in your fridge, clothes on your back, a roof over your head and a place to sleep you are richer than 75% of the world.

If you have money in the bank, your wallet, and some spare change you are among the top 8% of the world's wealthy.

If you woke up this morning with more health than illness you are more blessed than the million people who will not survive this week.

If you have never experienced the danger of battle, the agony of imprisonment or torture, or the horrible pangs of starvation you are luckier than 500 million people alive and suffering.

If you can read this message you are more fortunate than 3 billion people in the world who cannot read it at all." (Anon)