



To enjoy the catching song 'Cause I'm happy', [click here](#).



Large oil painting by Saira Riddon available at the Galleries in the Gardens



# MYALL HIGH NEWS

LIVE, LAUGH AND LEARN

Having recently had the great joy of revisiting the country of my birth and, in fact the first 20-something years of my life, led me to ponder on some of the many lessons I've learnt since then.

Lesson 1 - Life doesn't always turn out the way we'd expected.

Lesson 2 - Some regrets are unavoidable. No doubt you like me have a number of regrets and would possibly have made different choices back then if you'd had the knowledge you have today. Having regrets is human and won't hurt us or those we love as long as we don't get stuck in 'regret mode'.

Lesson 3 - Not to take things so seriously. I became aware that much of what used to bother me when I was younger doesn't even rate an eye-roll today.

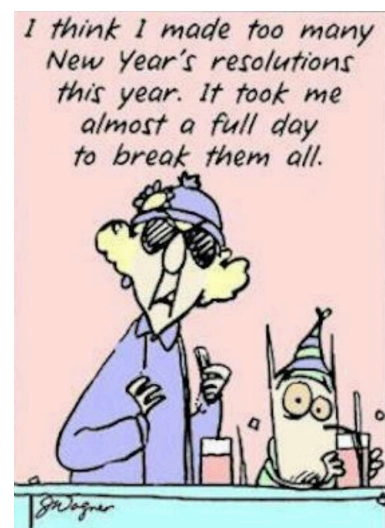
Lesson 4 - Try as one might, one can't be all things to all people. I wish I'd learnt this lesson earlier in life.

Lesson 5 - Gratitude is powerful. Whenever I am down, disappointed or simply cranky, I remind myself to be grateful for all my blessings: Life, family, friends, my home, my good health, the gifts and talents I've been given, the capacity I have to learn and grow etc... the list is endless! I just have to remember to look at it every so often.

Lesson 6 - Live life to the fullest! All we have on this planet is one life. If we don't drain every ounce of happiness, pleasure and joy out of it at this late stage of our journey we should ask the very serious question: **"if not now, then when?"**

## DID YOU KNOW that?

- Hawks Nest/Tea Gardens hosted exceptionally large numbers of visitors during this Christmas holiday season which, whilst for some of our residents a little annoying at times was, of course, of great benefit to our local businesses and therefore excellent for us all?
- The next Myall River Festival (now known as the 'River Fest') will coincide with Hawks Nest's annual Motor Fest and will be held along Marine Drive in Tea Gardens on March 9th. We can expect many stalls offering a vast variety of wares, a golf competition sponsored by the Hawks Nest Golf Club, a llama and baby petting zoo



- catering to our our younger visitors as well as a donut eating competition, hula hoop contest, a dunking machine and the always popular dragon boat races. There will be a prawn eating competition, duck derby, funny dog show as well as lots of musical entertainment and so much more.....
- Although there will be no Senior Citizens Festival in HN/TG this year, we'll be able to enjoy a special concert on March 15th at the HN Community Hall.
- More information on these festivals will, of course, become available in due time.

## WHAT'S HAPPENING IN U3A:

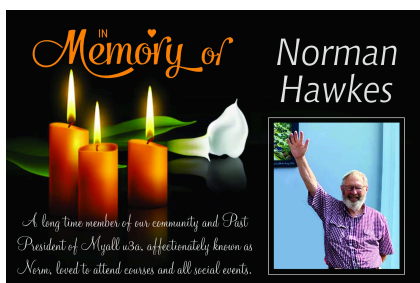
With the public school holidays coming to an end U3A's activities are revving up to start 'with a bang'.

As always our Enrolment Day was a 'big hit' with many of our regular members reconnecting, new members checking out the local U3A scene and deciding which of our programs might be the one/s for them.

We, of course, have something on offer for everyone:

Budding artists are already sharpening their pencils, choristers are warming up their vocal chords, musicians are busily tuning their instruments, card players are expectantly shuffling their cards whilst those who lean more towards the physical are searching for their yoga mats.

For those who are keen to learn or practice their already existing foreign language skills we offer French and Spanish classes. For our members who love to explore the "big issues" of life we have the program called 'Big Ideas', just to mention a few. To see a list of all our programs, classes and groups, simply [click here](#).



With great sadness we recently said our last good-byes to our former U3A President, loyal member and dear friend Norman Hawkes. Norm who'd outlived his doctor's predictions by a number of years, finally succumbed to

Pancreatic Cancer. Thank you, dear Norm, for your valuable contribution to our organisation! You were a dear friend to many and you will be sadly missed! We'll always remember you with great fondness!

### TECH TIPS:

Did you know that you can use your phone to make some of the pesky household tasks a lot easier? Let's say you have trouble hanging your pictures straight.

As in this day and age we have apps for just about everything hanging straight pictures is merely one of them.

**On iPhone** open the **Measure app**, then tap **Level** on the bottom right. The level will appear on the screen.

**On an Android phone** open the **Google app** or your browser and search for **'bubble level'**. Use it like a normal level, placing it on a surface.

You might say: "Well, hanging *one* picture is easy enough but what if you have four pictures with two hooks on the back and want them hung exactly 5.5 inches apart?"

**EASY! Just use the Hang-a-Pic app**. You choose how many pictures, hooks, and dimensions. The app tells you exactly where to place the nails on your phone, or you can print complete directions via email.

You can even use your phone to help you hang a TV!

**Source:** [Komando.com](http://Komando.com)

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