

June 2019

LIVE | LEARN | ENJOY

03 8822 8376

President's Post

We have moved out of 1 Jacksons Road, Mulgrave.

Find us now at 355 Wellington Road in the Mulgrave Community Centre especially on Tuesdays and Thursdays. We are still organising our volunteer staffing on other days. I cannot imagine what we would do without our valuable administration volunteers so our deepest thanks go to everyone of you.

Thank you Pippa for three and a half years of Wednesday Yoga. Pippa has dedicated her time to making this particular activity warm, welcoming and worthwhile. Unfortunately for us Pippa has moved on to other ventures and we wish her well.

What an exciting and busy time we have had over the last few weeks. It has to be acknowledged the fine work our removal team has put in to ensure that all our equipment has reached 355 Wellington Road in one piece. Thanks go to Phil, Hiep, Cliff and Tony who, on our final day, gathered our goods packed them up and then unpacked at their new destination.

In Term 3 a new Beginner French class will be on the list. as well as a Seniors Exercise group. More information to follow shortly.

A Gardening Club that meets monthly, with guest speakers and garden visits will start blooming in Term 4 as well as a Mahjong beginners group. The latter is for truly beginners. Wait for these classes to appear online before you request enrolment. We have been most fortunate to receive two grants in the last month. Firstly one will provide a delicious Japanese sushi experience in Term 3 and the other will mean that we are going to have a group of 10 for Men Can Cook, a cooking class for BLOKES.

Seniors week 2019 is in October so we are having an open day with interesting talks and workshops on 8th October to be held at the Wheelers Hill Library meeting room. The working group is meeting on Monday 8th July so if you are interested in joining the group to assist with ideas let us know via email.

The AGM for U3A Wheelers Hill will also be held on the 8th October at the Wheelers Hill Library

REMEMBER if you miss 3 classes in a row and have not told your tutor you will be removed. IMPORTANT: Notify your tutor if you cannot get to your classes or even one class.

END OF SECOND TERM

A very successful Term Two is almost at an end. A big thank you to all Tutors, Volunteers and Members for your contributions to making it so successful. We look forward to an exciting and interesting Term Three commencing on 15 July 2019.

June 2019

LIVE | LEARN | ENJOY

03 8822 8376

IMPORTANT - PLEASE READ

From 30th June 2019 we will no longer have ANY classes and no Office at 1 Jacksons Road, Mulgrave.

There will be NO ONE at Jacksons Road after 30th June.

We are relocating the majority of classes to the Mulgrave Community Centre, 355 Wellington Road, Mulgrave 3170.

When we know where our office will be, we will advise all members

THIRD TERM - CLASSES

These will be held at Mulgrave Community Centre, 355 Wellington Road, Mulgrave 3170 and other locations so ensure you have identified where you need to go. Check u3awheelershill.com under COURSES to confirm.

Members **must be enrolled** in these classes to attend them.

- Learn to use your Android Smartphones and Tablets - Tuesdays 12-00 to 1.15pm
- Learn to use your iPhone and iPad (Apple) - Tuesdays 1.30 to 3.00pm
- Advanced Android phones and tablets - Thursdays 12.30 to 1.30pm
This class is for those with an Android phone or Tablet who have completed the Beginners class and wish to learn more advanced features.
- Advanced iPhones and iPads - Thursdays 2.00 to 3.00pm
This class is for those with an iPhone or iPad who have completed the Beginners class and wish to learn more advanced features.

- Beginners Meditation - Wednesdays 1.00 to 1.45pm

Note: *No new participants will be accepted during the term.*

Strategies to still the mind. Having an objective but with no expectations. Aids to help you meditate when we begin. The breath. Monkey mind. Open/closed eyes meditation. Importance of maintaining a curious mind.

- Beginners Qi Gong - Thursdays 12.15 to 1.00pm

The ancient Chinese art of balancing the body's qi will be explained. In the first lesson learn the way in which you feel the qi within yourself. This qi is your energy. Also in the first session you will move on to Qi Gong exercises.

French and Exercise too.

Please Note: You can enrol online or if you prefer email U3A Wheelers Hill

u3awheelershill@gmail.com and we can enrol you into the classes of your choice.

1 Jacksons Road, Mulgrave VIC 3150

PO Box 3394 Wheelers Hill VIC 3150

Telephone: 03 8822 8376

Website: www.u3awheelershill.com

email: u3awheelershill@gmail.com

June 2019

LIVE | LEARN | ENJOY

03 8822 8376

SENIORS MONTH

Look out for Seniors Month activities being held by U3A Wheelers Hill. Save Tuesday, 8 October as this is the day we will be highlighting U3A Wheelers Hill and our various activities.

ARTICLE - Are you scam savvy? (Seniors online Victoria)

Stop and Check - is this for real?

Be aware - scammers are impersonating government departments and trusted businesses.

If you received a call out of the blue from the Tax Office saying you had a tax debt that you had to pay immediately or be arrested, what would you think? If a telephone company called and said there were internet problems in your area and they needed remote access to your computer in order to help you otherwise they would disconnect your service, what would you do?

While it would be understandable if your initial reaction might be fear or panic, you should "Stop and check - is this for real?"

These are examples of threat-based impersonation scams, about which the Australian Competition and Consumer Commission's Scamwatch received almost 33,000 reports in 2017. About 85 per cent of these reports indicated the scammer had been in contact by telephone.

In these scams, scammers pretend to be from a government agency or well-known, trusted business and use threats to pressure or scare you into giving the money or your personal information. They may threaten that you will receive a fine, that you will be charged additional fees, that your internet will be disconnected, that the police or debt collectors will come to your home, or that you will be taken to court, arrested or even deported.

These scammers and their threats can seem genuine and frightening. They may make you feel as if you've done something wrong or that there's some urgency and you must do what they say immediately or suffer the consequences.

And many people have believed these threats. According to Scamwatch, over \$4.7 million was reported lost and more than 2800 people gave their personal information to these scammers in 2017.

If you're contacted unexpectedly and threatened by someone that says they're from a government agency or trusted business, always consider the possibility that it may be a scam - then stop and check if it's for real.

Keep in mind the following tips to protect yourself:

June 2019

LIVE | LEARN | ENJOY

03 8822 8376

- Verify the identity of the contact through an independent source, such as a phone book or online search, then get in touch with them to ask if they contacted you. **Don't** use the contact details provided by the caller or in the message sent to you.
- Never send money, give your banking or credit card details or other personal information to anyone you don't know or trust, and never by email or over the phone.
- Know that a government agency or trusted business will never ask you to pay them with gift or store cards, iTunes cards, wire transfers or Bitcoin.
- Don't open suspicious texts, pop-up windows or click on links or attachments in emails - just delete them. These could infect your computer with malware.
- Never give anyone remote access to your computer if they've contacted you out of the blue - whether through a phone call, pop up window or email - and even if they claim to be from a well-known company like Telstra.

If you have lost money or given your personal details to a scammer, there are steps you can take straight away to limit the damage and protect yourself from further loss:

- If you've sent money or shared your banking or credit card details, contact your financial institution immediately. They may be able to stop or reverse a transaction, or close your account.
- If you've given your personal information to a scammer, visit IDCARE (www.idcare.org), Australia's not-for-profit national identity and cyber support service. IDCARE can work with you to develop a specific response plan to your situation and support you through the process.

As scammers are often based overseas, it is extremely difficult for government agencies to track them down or for law enforcement to take action against them. So take the time to warn your family and friends about these scams.

GET INVOLVED

You too can contribute regarding your U3A activities or travel stories to our Newsletter at any time. Send your message to u3awheelershill@gmail.com with the tag "Newsletter". We would love to hear from you.

JOKE OF THE MONTH

My uncle asked what does ldk mean?

"I don't know."

"Damn nobody knows."

U3A because your brain doesn't want to retire.