

# U3A CROYDON BULLETIN - WEEK 29

Dear Members,

One of the concerns we all have about email and internet is the threat of being scammed. We've all heard the stories about people who click on a link from an email that looks legitimate, and then their personal information is stolen. Don't let these bullies stop you from using email and internet. Rather than be intimidated by the scammers, learn how to recognise and avoid scams and how to protect your personal information. Some emails and websites can look deceptively genuine but there are ways you can tell the difference. Check out the website in the item below and take the quiz.

And here's some tips .... Do some research to independently verify the authenticity of the site or emailer, be suspicious of emails asking for personal information, don't share your passwords and check the email address for inconsistencies.



I think fatigue is setting in as I'm not getting as many contributions for the bulletins. Please, drop me a line or send a photo or perhaps you have a story about the kindness of others.

Write to: [coordinator@u3acroydon.org.au](mailto:coordinator@u3acroydon.org.au)

Take care, keep busy and keep in touch with your friends and family. Ingrid

## DON'T BE SCAMMED

There are many scams on the internet and email. Lift your awareness, take this quiz from the Australian Cyber Security Centre.

<https://www.cyber.gov.au/acsc/view-all-content/programs/stay-smart-online/scam-messages/quiz>

Frank Brown, Data Security & Privacy Officer, Croydon U3A

SCAM  
ALERT

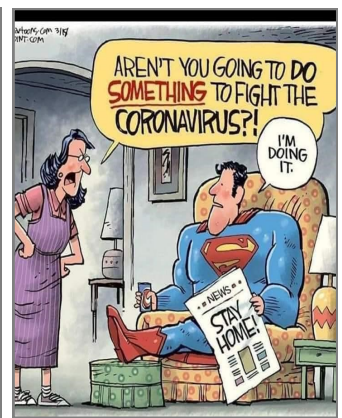
## What does U3A mean to you?

Connection/friendship/sharing skills and achievements/conversation and laughter. U3A is, I think vital for people in the senior age category, particularly for folk who live alone. (Peggy)

I think we all miss the social connections in our lives. As each new week starts...there is no special activity to look forward to.

I really miss the joy and the happy atmosphere of the Croydon U3A choir, and people enjoying singing together. It is so uplifting. (Sue)

U3A is all about great activities for minimal cost. So many options available and I've made some lovely friends. (Jan)



After years of wanting to clean my house, but lacking the time ... this week I discovered that wasn't the reason!

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My husband purchased a world map and then gave me a dart and said, "Throw this and wherever it lands—that's where I'm taking you when this pandemic ends." Turns out, we're spending two weeks behind the fridge.

## YOGA ONLINE - IT'S FREE



Maroondah Council are running free Yoga online sessions for the over 50s during the next 5 weeks.

The times are 6.30 to 7.30 pm on Mondays,

Wednesdays and Thursdays. They are run by Karen Tully and funded by the Wyreena Community Centre (9294 5590). You can book online. Just go to the Maroondah Council website and type *Yoga* in the search bar.

## Introduction to Buddhism. Free statewide, online course

Pip Ransome from U3A Mornington is offering a 7-week course on an Introduction to Buddhism. The course begins at 11.30 am on Wednesday the 28th of October. For further information or to enrol, email Nellie Collier at [epm@u3avictoria.com.au](mailto:epm@u3avictoria.com.au). Below is a description of the course:



This course will include the story of the Buddha's life, the Four Noble Truths and the Noble Eight-fold Path, Enlightenment, the Buddha's definition of wisdom and the importance of heart. Within these subjects, we will discover 30 Tools for daily living drawn directly from the Buddha's teachings including values, meditation, mindfulness and contemplation.

The course will suit both beginners and experienced meditators. It will emphasise practice – because through practising the 30 Tools you can increase your resilience, contentment and happiness in whatever situation arises in your life – including a worldwide epidemic.

This is not religion. No belief is involved, no rules imposed. The Tools and support for your practice are provided. The rest is up to you! The course will introduce you to a way of living a rewarding human life in the daily outer world and on your own inner journey. You are most welcome to join us on Zoom!