



Whittlesea U3A News Sheet

TERM 1 Commences on 4th October –26th November 2021

President's message....for November 2021



.Finally, we can celebrate the ending of COVID lockdown re-strictions and return to being out of home, seeing friends, participating in classes in classrooms and go shopping. If we are **fully vaccinated**, we can have a coffee with friends, attend sporting events and enjoy the theatre.

Over the last 18 months, we have seen our lives transformed by extended lockdowns and ongoing restrictions. Our families have had to work, study, and socialise from home.

You will agree that our whole "world" has turned digital and, for most of us, using ZOOM, Face Book, What's App, Messenger, QR Codes, Tele Health, online shopping, and online Banking have become second nature.

The Good Things Foundation Australia (Be Connected) has reminded us that **2.5 million Australian are not online and less than 40% of us are confident that we can keep up with technology changes.**

GOOD NEWS

As Whittlesea U3A members we can look positively to the future.

As of Monday 8th November Whittlesea, U3A will be offering a refreshed program of 'Face to Face', Outdoor and ZOOM online activities for members.

LAUNCH OF THE WHITTLESEA SENIORS "DIGITAL LITERACY PROGRAM" by City of Whittlesea CEO Craig Lloyd and Chief Administrator Lydia Wilson.

.The Whittlesea Council in partnership with Whittlesea U3A are delivering the program.

At the public launch of the program both Craig Lloyd and Lydia Wilson acknowledged the contribution of Whittlesea U3A to the engagement and support it provides to the wellbeing of seniors in the City of Whittlesea. They both commented:

"We're excited to be running the program in partnership with Whittlesea U3A" "The keenness from the community has shown us that the need for a Digital Literacy program is necessary for the community to re-connect virtually, and even grow".

"The program – is community-based, run by Whittlesea U3A for seniors"

"The program covers a vast range of topics that are both relevant and engaging and shows participants how to go on and teach others what they have learnt in the sessions."

"Thanks to the extremely helpful and dedicated Whittlesea U3A team who will be delivering a strong program to local seniors' clubs."

The community-based Digital Literacy program runs online on Tuesdays from 2:30-4pm, You can register to attend on the Whittlesea U3A website "select a class"

I would like to thank Janice Boswell, Peter Cleary, Gavin Trigg and Shoukry Sidrak for commitment and Leadership of this program.

Please look positively to the future, stay safe and keep in touch with friends and family.





National Scam Awareness Week

nbn education sessions 8-12 November 2021

WU3A as part of its commitment to helping communities stay safe online and be scam aware, a series of education and information sessions will be hosted during National Scams Awareness Week (8 – 12 November 2021).

we would like to invite you to join any of **nbn**'s community education events which will: Alert you to popular **nbn** themed scams

Share top tips for protecting against scammers and staying vigilant

Provide advice about how to stay safe online **nbn** themed scams continue to be one of the most common reported to Scam watch annually with more than 1000 remote access scams related to **nbn** reported in the first half of 2021.

According to Scam watch, Australian's have lost more than \$220 million to scammers this year making it so important for members of our community to be aware of the latest scams and ways to avoid them. Session details, including times and locations, as well as registration information is listed below:

Session title	Date	Time	Registration
Let's Talk Scams "Let's Talk Scams" with Minister for Communications Paul Fletcher, nbn Chief Security Officer Darren Kane and The Good Things Foundation's Jess Wilson.	Monday 8 No- vember	2-3pm AEDST	Register now
Tuesday Tips and Tricks Join nbn 's Security and Privacy Cyber Safety Outreach Manager Rebecca Moonen and AC-CAN Acting CEO Andrew Williams to learn some valuable tips and trick on how to spot and avoid a scam.	Tuesday 9 No- vember	11am-12noon AEDST	Register now

Lunchtime Lure

Attention Business Owners! Join our virtual session to learn how to identify scams and protect your business.

Tuesday 9
November
1pm-2pm
AEDST

[Register now](#)

Scam Fit Workout

Join this 60-minute Scam Fit "Workout" to get scams fit - and learn how to identify a scam and protect yourself from becoming a victim.

Wednesday 10
November
10.30am-11.30am
AEDST

[Register now](#)

Let's Talk Scams – over lunch

How to be cyber safe for all community members. Learn some top tips and tricks and ask anything at this session.

Wednesday 10
November
1pm-2pm
AEDST

[Register now](#)

Thursday Tips and Tricks for Business

How to make your business more cyber secure.

Thursday 11
November
10.30-11.30am
AEDST

[Register now](#)

Stay safe online + ask anything

Join an interactive session where no question is off limits - you are welcome to ask anything about cyber safety and protecting yourself online.

Thursday 11
November
7pm-8pm
AEDST

[Register now](#)

Business Cyber Safety and Scams

Business Scams and Cyber Safety with Minister for Communications Paul Fletcher, ACCC Deputy Chair Delia Rickard, Alexi Boyd, CEO of Council of Small Business Australia and **nbn**'s Chief Security Officer Darren Kane.

Friday 12
November
3pm-4pm
AEDST

[Register now](#)



Don't forget Zoom Morning tea Monday 1st November

_hope to see you there, 11.00am Peter will open up at 10.45am have your cuppa ready and then Click on link below if its your Birthday please let us know.

Kevin Whelan will also be launching a presentation on the enrolments for 2022 with all necessary information.

Join Zoom Meeting

<https://us06web.zoom.us/j/99845432435?pwd=dDIWKzhSMkdIRWwrdEFRK290MkdyQT09>

Meeting ID: 998 4543 2435

Passcode: 542491

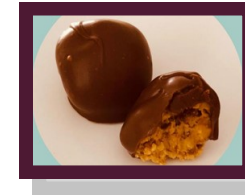
Ida Tipping is one of our tutors she has had a nasty accident and has badly damaged both her legs we wish her a speedy recovery and hope she will be back with us soon thank you for providing extra classes for our members through QOVID-19 Lockdown

IMPORTANT REMINDER

By now we hope every one has downloaded Service Victoria on there phones and also their double vaccination certificate with Medicare linked to Service Victoria if you haven't by now there is help available in some of our zoom classes



Recipe of the Month Chocolate Peanut Butter Balls



I have included this recipe this month as it is great to have on hand for the coming season and also when you have to bring a plate somewhere.

Ingredients

1 cup Crunchy Peanut Butter

50 grams butter

2 cups Coco Pops

1 cup icing sugar

1 x 375 pkt. Chocolate

1 1/2 teaspoons vegetable oil

Method

Beat peanut butter, icing sugar and butter in bowl with an electric mixer until combined and then add coco pops with a spoon, roll into balls place on baking Paper on tray put into fridge until firm.

Combine chocolate with oil melt in Microwave oven, then using 2 forks coat balls in chocolate put in fridge until set. If liked you can use more chocolate

Enjoy

IF YOU HAVE AN EASY AND TASTY RECIPE THAT YOU WISH
TO SHARE WTH MEMBERS IN THE NEWSHEET PLEASE SEND IT TO ME BY
EMAIL