



Website: www.u3aporthills.org.nz
 Bank Account Number: 38-90060413325-00



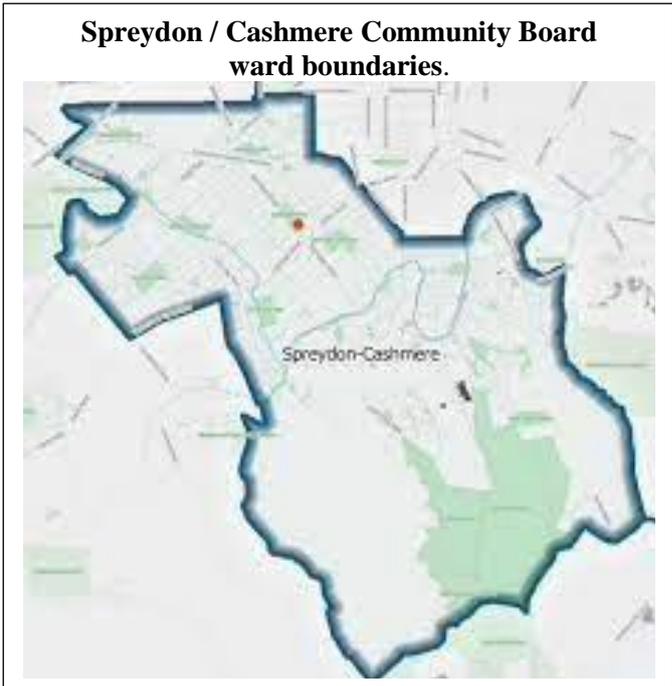
Newsletter July 2021 Port Hills U3A

Making Access to Local Bus Service Easier

Safe seating at bus stops along with having suitable pedestrian rest seating while walking locally between homes, bus stops and local amenities is important for older adults. It makes accessibility to public transportation and local amenities easier and goes a long way to reducing social isolation.

The Spreydon / Cashmere Community Board set up the Age-Friendly Committee in 2018 to investigate issues such as health, housing transportation, social isolation, accessibility, etc., to understand how these issues can be addressed to improve the lives of older adults in our community.

To achieve this, one of the on-going projects of the Age-Friendly Committee is to do a check of bus stops in the ward to see where seats may be missing and/or where they would be needed.



If you know of any bus stops or areas that could benefit from having a pedestrian rest seat in the SCCB ward, please contact Helene at h.mautner@xtra.co.nz. Seating suggestions will be presented to the Age-Friendly Committee.

Above is a map of the Spreydon Cashmere Community Board ward. Bus stops outside the ward would be managed by other CCC Community Boards.

Next Meeting: **Wednesday 7 July 2021**

- 9:30 Socialising
- 10:00 Speaker: Stephen Caunter
- Topic: Fraud, Love and Other Ways to Lose Money.
- 11:00 Monthly Port Hills U3A Meeting

Announcements - Notices - Reminders

Mid-Winter Lunch

The Mid-winter Lunch will be held on **7th July** immediately after our monthly meeting at 12:30 (please be seated by 12:15) at the:

Shirley Golf Club
45 Horseshoe Lake Road.

The last day to pay for your lunch is 30 June. At that time we are required to give the Shirley Golf Club the number of attendees and menu selections. This means that no bookings can be taken after 30 June.

We will have a sit-down catered lunch which will consist of a main course, dessert and tea or coffee. Please choose your main course from the four menu options listed below.

Menu Options

- OPTION 1:** Beer battered tarakihi served on julienne vegetables with lemon hollandaise sauce
- OPTION 2:** Chicken breast rolled with pea and herb stuffing and wrapped in pancetta with romesco sauce
- OPTION 3:** Fillet of beef on warm country potato salad with chimichurri sauce
- OPTION 4:** Superfood salad with cauliflower fritters, ancient grains, roasted carrot miso, charred vegetables and toasted seeds

Please keep a note of your chosen option to help reduce confusion on the day.

Pay by direct credit into the U3A Port Hills account number: 38-9006-0413325-00.

Put your **name** and the **option number** you have chosen into the particulars field.

E.g., If you are paying for yourself, write: **Joy Evans Lunch Opt 1.**

E.g., If you are paying for two people write: **J and P Evans Lunch Opt 1 4**

The cost of the lunch is **\$20.00 p.p.** You are welcome to bring your wife/husband/partner but if they are not members of U3A the cost to them will be **\$50.00. You must pay by 30TH June.**

There is a bar at the club where drinks can be purchased.

Future Meeting Speakers

<u>August 4th</u>	Simon Pollard	Science and Pseudoscience, and how to tell the difference.
<u>September 1st</u>	Peter McCarthy	In the wake of Mortimer and Tim McCarthy–Irish seafaring brothers.
<u>October 6th</u>	Nic Low	Walking the old Ngai Tahu trails across the Southern Alps.

Reminders: At each monthly meeting we collect items to donate to two local charities we support. Items can be left in the front entrance foyer.

- Well done! A big thank you to everyone who contributed in June to our monthly food collection for Food Aotearoa.

You can donate packaged/canned food, including baby food as well as fresh food such as fruits and vegetables.

- Creative Junk is an early childhood Resource Centre that recycles 'non-toxic', clean and safe items that can be used by children of all ages.
- Have you visited our Sales Table in the social room where we have our morning tea lately? You're welcome to bring items in good condition you no longer need or want and to buy items that interest you. All the profits go to our Port Hills U3A.



June meeting donated food

Information About Remote Access Fraud:

I received the following information from the ANZ Bank about remote access fraud and thought it would be of interest.

What is remote access fraud?

It involves a fraudster baiting you into giving them access to your computer or mobile device remotely. They do this by getting you to download software, or an app, which allows them to connect to your device from another location and access everything on it. Their intention is to get hold of your online banking login, credit card information and personal details, to commit identity fraud or theft.

How to spot the red flags

A fraudster will call you claiming to be from your bank or another reputable organisation, like your telephone company, or the Police.

They can sound genuine and will offer to help you "fix a problem" on your device that requires "urgent attention".

Examples of what they might say include:

- there are problems with your internet connection or computer/mobile device
- you're being hacked and they need your help to stop it
- they've seen unauthorised transactions on your accounts
- you have a security software update due
- your internet is going to be disconnected

Some fraudsters now recruit New Zealanders, so they could have a Kiwi accent!

The fraudster will guide you through the process to download software or an app onto your device that gives them access to it from another location.

The fraudster will often provide a reason for you to log into Internet Banking, such as to review unauthorised transactions, or to pay for updated security software. Armed with this information, the fraudster can then access your online banking and make unauthorised payments from your device.

How to protect yourself

Never give anyone remote access to your computer or mobile device – that also means don't download any software or apps you're not familiar with

A genuine organisation will never call you out of the blue to request remote access.

Here are some other tips:

- If you receive a phone call from a well-known company, always phone them back on a listed number to check the legitimacy of their call
- Keep your passwords, PINs and security codes secret, even if the caller says they are from your bank or the Police
- Never auto-save your customer number, passwords or PINs to your internet browser or mobile device

Always secure your devices with a password, PIN or biometric like FaceID or TouchID

Your best defence is to trust your instincts.

If it doesn't feel right - it probably isn't.

Helene Mautner
for the Port Hills U3A Committee