



# SWITCHED ON SENIORS

Email : [contact@computerpals.org.au](mailto:contact@computerpals.org.au)

**President**



*Sandra Keen*

**Dates to Remember**

**Social Outing** – Sat,  
23rd February  
See Page 2

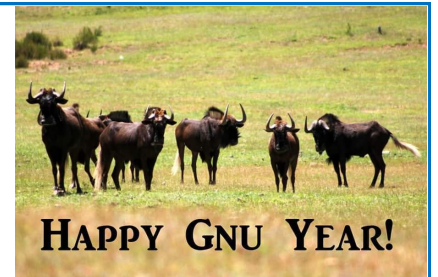
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**President’s Report -**

Welcome to ComputerPals for 2019!  
Welcome to all the new members and welcome back to the former members.  
Our ComputerPals team has been very busy during January organising the timetable of classes and welcoming both new and old members during our Open Mornings. Many classes are already full or filling fast so take a look at the Class Timetable on our website.



**Safer Internet Day 2019** | Tuesday 5 February  
Together for a better internet  
RESPECT • RESPONSIBILITY • REASONING • RESILIENCE

The first day of the new term, **Tuesday 5th February**, is **Safer Internet Day**. This is a worldwide event held annually. This year’s theme – **‘Together for a better internet’** encourages everyone to develop four skills when using the internet. These are **Respect, Responsibility, Reasoning and Resilience**. At ComputerPals we view Internet safely as essential for everyone. We encourage those of you who use the BeConnected lessons to further your learning to Log In on Tuesday. Work through “Introduction to Internet Safety” which is part of the topic “Getting Started Online”. If you have already completed this lesson then try the Courses in “Safety First / Staying Safer Online”. The folk at BeConnected are having a competition to see which of the groups has the most learners completing these Courses on Safer Internet Day.

This term we have several classes on transacting online safely which are supported by Newcastle City Council. These include Online Banking, Online Shopping as well as Using My Gov and online services. Attendance at these classes will highlight the need for strong passwords when dealing with such sensitive information. Talk to our Tutors about this important subject.

We encourage you as members of ComputerPals Newcastle to make the most of your membership by participating in the Special Interest Groups - MemoryPals, WriterPals and DigiPals – as well as our social activities. Please see Page 3 for further information about the activities of these groups.

Let’s all learn together and have fun doing so!

Sandra

**FROM THE DESK OF THE SOCIAL SECRETARY:** Our next outing will be to the **NSW Art Gallery in Sydney on Saturday 23rd February 2019.**

Following a train trip to Sydney, we will have a comfort stop and morning tea at the recently refurbished Central station. Suitably sustained, we will then travel by train to St. James and from there, a mostly shaded walk to the Art Gallery. One of our members recommended one of the exhibits (Masters of Modern Art from The Hermitage), having viewed this earlier while overseas. While entry to the Gallery is free, along with many exhibits, there are some exhibits with an entry fee (including the one mentioned) which vary in cost from \$16 - \$24 for those on display on our day of travel. Full of knowledge of 'The Arts', we will then have lunch, either at the Gallery, or at Central, prior to boarding our train home.

**When:** Saturday 23rd February 2019

**Train:** Depart Newcastle Interchange 6.53am

" Hamilton 6.55am

" Broadmeadow 6.59am

" Cardiff 7.06am

" Fassifern 7.17am

Arrive Central 9.29am

**Morning Tea:** Central station

Central to NSW Art Gallery for visit.

**Lunch** (either at the Gallery or Central)

**Train:** Depart Central 2.18pm, 3.18pm

Arrive Newcastle Interchange 5.04pm, 5.54pm

**Cost:** Opal Card - \$2.50, M/Tea at cost, Gallery Entry/Exhibits - free, Optional Gallery Exhibits - \$16-\$24, Lunch at cost.

We suggest that you endeavour to travel down in the 2nd carriage. On arrival at Central, please assemble at the end of the platform so we can meet up in case this did not happen on the train - we can then travel as a group. Please note that while there are lifts at Central to assist in changing trains, there are stairs at St James station, followed by a 15 min. walk to the Gallery where lifts and ramps are present. We suggest that comfortable walking shoes be worn. We have shown 2 return departure times for Central for those who wish to return earlier or later.

Please click here to download the attendance form, complete the details and submit. If you have notified us you are coming and are running late or can't make it at the last minute, please give me a call so we can keep track of those attending. Also, please keep this newsletter until after the outing date so you will have all the day's details on hand.

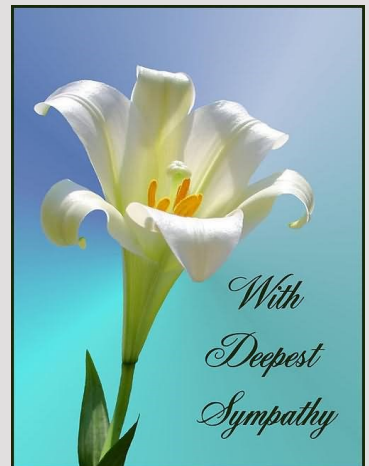
I look forward to seeing you on this excursion to 'The Big Smoke'.  
Brenton

**Best Wishes**

*For all our members who are celebrating birthdays and anniversaries - hearty congratulations !*



*To those who are ill we send our best wishes for a speedy recovery.*



**Condolences**

*To those of our members who have lost loved ones recently, please accept our sincere condolences. You are in our thoughts.*



## Special Interest Groups



### MemoryPals

Our new group meets on **first Monday** of each month at 1:00pm in the clubroom. Reminisce about your childhood memories and learn how to preserve them.



### WriterPals

Our Creative Writing group is for enthusiasts, not experts. We meet on the **second Monday of each month** at 15 Hubbard Street, Islington. Meetings are from 1:00 pm. until we go home!



### DigiPals

DigiPals is an active group of ComputerPals members who meet on the **third Monday of each month** at 1 p.m. in the Islington clubroom to explore digital photography.

## MemoryPals

What would you like to achieve at MemoryPals this year?

Perhaps researching the life of a family member or saving those old photos.

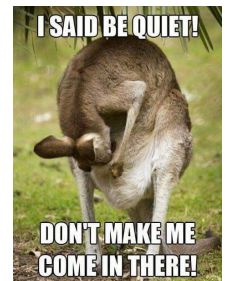
This Monday, 4th February, is the first MemoryPals for the year, so if you have a project almost finished, now is your chance to put those final touches to it, or start another one ready for Easter which will be here before we know it. After all, it's only ten and a half months till Christmas..... No need to book - \$2 on the day.

## WriterPals

### Everybody has a story to tell...

Our first Writerpals meeting for the year will be on February 11th and we would love to see you there. Please join us then at the clubroom. How about jotting down some notes about an event that occurred over your Christmas break and we will help you flesh it out into a story....

Remember– EVERYBODY HAS A STORY TO TELL. It all starts with a thought, a memory, a picture and builds one sentence at a time. Here's a picture that might help.



We meet on the 2nd Monday of the month at 1pm, and all are welcome - with or without stories in hand. There is no obligation or pressure to share anything you have written.

## DigiPals

Watch your inbox for an email from Barry who will let you know where and when the next get together is going to be and the topic.

The next social outing will be to Sydney and the NSW Art Museum. These social outings are also excellent photo opportunities so if you are going to attend on 23rd February don't forget to take your camera along.

Digipals group meets on the 3rd Monday of the month at 1 pm. Next meeting will be on 18th February when we will map out a broad program for the year.

## ComputerPals Mission

Our mission is to educate seniors in the use of computers as a way of enriching their lives and making them more self-reliant. We bridge the generation gap and assist seniors to find ways to benefit the community through their collective experience and knowledge.

**Contact Us**



To contact the Roster Team or the Treasurer regarding rosters or payments use:

[islingtonpals@gmail.com](mailto:islingtonpals@gmail.com)

**Roster Team**

Barry Keen



Mitzi Gordon

Camel Smith



Wendy Cripps-Clark

*These people are all volunteers who also teach classes at Computerpals. We ask that you take this into consideration when your phone call is not answered immediately.*

**Funnybone —**

Irish Court Case  
The judge says to a homicide defendant... "You're charged with beating your wife to death with a hammer."  
The voice in the back of the courtroom yells out, "You rotten bastard!"  
The judge stops and says to Paddy in the back of the courtroom. "Sir, I can understand your anger and frustration at this crime, but no more outbursts from you, or I'll charge you with contempt. Is that understood?"  
Paddy stands up and says, "I'm sorry, Your Honor, but for fifteen years I've lived next door to that bastard, and every time I asked to borrow a hammer, he said he didn't have one."

**LEAD ME NOT INTO TEMPTATION. OH WHO AM I KIDDING, FOLLOW ME, I KNOW A SHORTCUT**

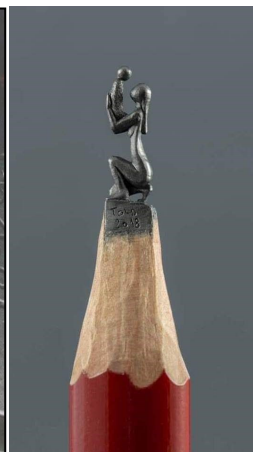
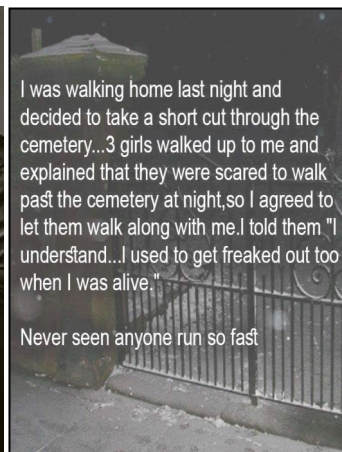
**Life**  
always offers you a second chance.  
It's called tomorrow.

Instead of a "Do Not Disturb" sign, I need one that says "Already Disturbed...Proceed with Caution"

**THE FACT THAT THERE'S A HIGHWAY TO HELL AND ONLY A STAIRWAY TO HEAVEN SAYS A LOT ABOUT ANTICIPATED TRAFFIC NUMBERS.**



Here's a little fact for automotive buffs, or just to dazzle your friends. The four Goldberg brothers, Lowell, Norman, Hiram, and Max, invented and built the first automobile air-conditioner. On July 17, 1946, the temperature in Detroit was 97 degrees. The four brothers walked into old man Henry Ford's office and sweet-talked his secretary into telling him that four gentlemen were there with the most exciting innovation in the auto industry since the electric starter. Henry was curious and invited them into his office. They refused and instead asked that he come out to the parking lot to their car. They persuaded him to get into the car, which was about 130 degrees, turned on the air conditioner, and cooled the car off immediately. The old man got very excited and invited them back to the office, where he offered them \$3 million for the patent. The brothers refused, saying they would settle for \$2 million, but they wanted the recognition by having a label, 'The Goldberg Air-Conditioner,' on the dashboard of each car in which it was installed. Now old man Ford was more than just a little anti-Jewish, and there was no way he was going to put the Goldberg's name on two million Fords. They haggled back and forth for about two hours and finally agreed on \$4 million and that just their first names would be shown. And so to this day, all Ford air conditioners show -- Lo, Norm, Hi, and Max -- on the controls.



I've been diagnosed with chronic fear of giants....it's called Feefifobia

**PRIVACY STATEMENT:** Information contained in this Newsletter is only for the members of the ComputerPals Newcastle Inc. The Editor accepts no responsibility for any errors, omissions, libels, in accuracy or other shortcomings of this newsletter.

## A few contributions from our Writerpals group.

### On Hold.

My internet was playing up – as it was wont to do  
 NBN blamed Telstra – which was also nothing new.  
 I said I'd ring the Ombudsman, that guru of all aid  
 NBN technician said "make sure there's a coffee made"

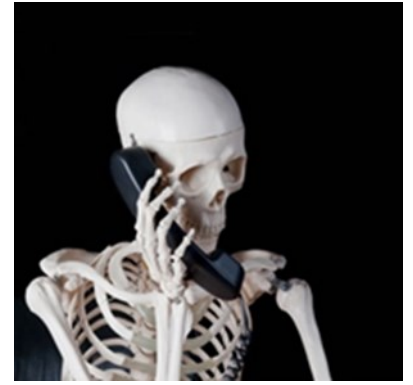
Decided to ring Telstra with optimism riding high  
 Don't know how long it's gonna take but – I've gotta try.  
 "Thank you for calling Telstra. Your call's important, you know.  
 Say aloud just what you want and I'll tell you where to go...."

"To pay a bill, press 7. But if it's help you want press 5  
 The waiting list is fairly long to talk to someone live.  
 Have your details ready, name and birthdate fine.  
 Your call is most important, so please just hold the line."

I held the line for half an hour, and then an hour more  
 I think I had a nap or two but wasn't keeping score.  
 Every now and then I'd hear a voice tell me to wait  
 My call was most important and they're sorry to be late.

I feel I've held the line forever, at least for forty years  
 Maybe they've forgotten me. That's one of my small fears.  
 If I'm here much longer I'll grow roots, and never move again  
 I'll turn into a statue and then feel no more pain.

I'm fading into cyberspace, just a shadow in the air  
 Which makes me wonder just a bit if Telstra really cares.  
 "Your call is important" I hear again. It echoes through my bones  
 Or maybe that's them rattling through the speakers of my phone.



### God's Waiting Room

We live in a village, on a road we all share  
 There's fifteen units, some singles, some pairs  
 The ambo's all know us, they're often in here  
 We're close to a club, for those who need beer

There's six pair of kneecaps recently repaired  
 There's wheel-chair and walker for the impaired  
 Glasses on noses, two dozen at least  
 But we all get together for our Christmas feast

Pacemakers are needed for some of our flock  
 We all take our pills, all by the clock  
 A chemist we have, just round the bend  
 A doctor close be, to us he does tend

There's crutches and canes and other health aids  
 With VA and Medicare are the ones that put paid  
 For we are in limbo, and knowing that soon  
 We're all just sitting, in Gods waiting room

### The Idiot

The idiot! Joanie's hubby thinks it's fine  
 To stay late "working" all the time.  
 His office closes down at eight.  
 He doesn't get home till one. That's late.

Can't wait to tell you my latest news,  
 You're going to meet my good friend, Sue.  
 We're online friends, she lives in Tas  
 Just here this month to hear the Jazz.

She told me about the man she met  
 He said he's single – not married yet.  
 Tall, grey haired with eyes of blue  
 Describes a lot, including you!

I told her about you, husband mine  
 She asked us both to come and dine.  
 Glad rags on and make up done  
 We're meeting her for lunch at one.

Come on, Dear, don't drag your feet  
 Her new man's there for us to meet.  
 Sue's over there, but he's not yet!  
 Why'd she slap you? I guess you've met?  
 You idiot!

**A is for Aunt**

A is for Auntie, she wore the pants  
 She is the one who worked through the ranks  
 A hard hearted woman she turned out to be  
 Often threatened with a dunk in the sea

She married a Scot, a brawny big lad  
 Marriage he said "wasn't so bad"  
 T'wasnt until she put in the screws  
 Then they started having some blues

A family of four, he didn't want more  
 Was enough to put food in the mouths of just four  
 He turned to the drink, to lighten the load  
 As a salesman he spent time on the road

At weddings and funerals came into his own  
 A belly of beer made him full grown  
 He'd stand with a glass and give a good toast  
 The words that he said was really no boast

"Here's to the health of your blood" he said  
 "Here's to the blood of your health" he read  
 "If you have good blood, you'll have good health" sip  
 "So here's to your bloody good health" then sit

The aunt looked daggers whenever he stood  
 Knowing the words would not make her look good  
 Her eyes diverted, she lowered her head  
 He'd get it tonight when she got him to bed.

**B is for beauty**

B is for beauty, it's only skin deep  
 Or that is the version they want you to keep  
 But beauty is seen wherever you look  
 Whether the earth or in a still brook

Deep in the forest are the beautiful birds  
 Gazelles in Africa in their big herds  
 Even the elephant, majestic and tall  
 And look at the sight of Victoria falls

The sight of the sunrise, out in the east  
 Or viewing the moon, that's hard to beat  
 The colours of rainbows, high in the sky  
 And the big old emu, too heavy to fly

Wings of the butterfly, displayed with their grace  
 The cheetah in motion, as she runs her race  
 A green frog in the pool, loved by her mate  
 Even the children, who swing on my gate

As I go through life, it's beauty I see  
 Whether on land, or nature's deep sea  
 Beauty abounds, wherever I look  
 I write it all down in my life's book

**C is for choppers**

C is for choppers, that's teeth to you  
 The things we use when we chew  
 But over the years they start to wear  
 And that's when they make you swear

You brush and scrub for many years  
 They even drive you to hurtful tears  
 And when the dentist looks inside  
 There's really no way for you to hide

So off to the dentist, you slowly go  
 A man you treat as a painful foe  
 Open wide, is the call you get  
 As you sit in the chair and fret

With needle in and jaw set wide  
 You try to show your braver side  
 But blood and pain is not your game  
 And when it's over your racked with shame

**D is for doctor**

D is for doctor, we use when we're sick  
 If we're not happy, we can give them the flick  
 There's plenty of doctors, just look in the book  
 You only need them when your feeling crook

We don't have to pay, or just by the card  
 For we are in front, at least by a yard  
 If we're real sick and feeling so ill  
 I'm sure they will prescribe a soluble pill

If you get dire, a specialist they'll call  
 And Medicare, I'm sure, will take up the fall  
 If all this fails, there's an ambulance on hand  
 And in the hospital you'll ultimately land

As we get older, we're out every day  
 Visiting the doctor or some other health way  
 I admit it's not nice, feeling so ill  
 If the doctor don't get you the undertaker will

**Did you know ?**

It takes 7 seconds for food to pass from mouth to stomach. A human hair can hold 3kg. The length of a penis is three times the length of the thumb. The femur is as hard as concrete. A woman's heart beats faster than a man's. Women blink 2 times as much as men. We use 300 muscles just to keep our balance when we stand. A woman has read this entire text. A man is still looking at his thumb.