

ComputerPals - Newcastle*Where Seniors master technology*

SWITCHED ON SENIORS

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President



Lindsay Threadgate

Dates to Remember

Saturday, 2nd April:

Social Outing, Photo Scavenger Hunt, Newcastle West

Monday, 4th April:

Seniors Week Morning Tea

Friday, 8th April:

Enrolment Day

Tuesday, 26th April:

Classes resume after holiday break

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President's Report

How has everyone settled in to our new venue? I think we are doing "OK" 15 Hubbard Street looks pretty smart. It would be good to get any feedback during the Seniors Week activities that we have on from Monday 4 April. I hope to see many of you there enjoying what we are doing. We took only a six month lease on the premises as we were not sure if it would be suitable, we have now extended that to the end of the year.

By now I know that our club is featured in The City of Newcastle, Seniors Directory 2016, a year-long directory of community activities available for you in Newcastle. Just type "newcastle city seniors directory 2016" into your browser and you will find it, Bing brought it up as the first result, it took a little longer to find it on my phone but it is there. This is a wonderful promotion for our club. It also puts an onus on us to be "up there" in what we are offering to Seniors.

Our Windows 10 courses are popular and we have now purchased additional Windows 10 upgrades as we were not able to upgrade our Windows 7 due to it being a volume license. We now have a full room of Windows 10 computers, including the Tutor computer on the BIG screen. We have been able retain sufficient Windows 8.1 and Windows 7 for any remnant demand for lessons on these systems.

We are already two thirds of the way through our year with our Annual General Meeting coming up in August, a frightening thought. I am already thinking about who might form our committee for 2016/17 and want everyone to think about it too. I am in my 5th term as President and have said that is enough. Not that I am not honoured by the privilege it has afforded me but such roles need to have new people fill them to keep up new ideas etc. The roles of Secretary and Treasurer are crucial to our function and the term for which they can be held is limited by our constitution. We need to have people prepared to take on these roles.

Encourage all your friends and acquaintances to come along to see our club and join so they can participate in our lessons and all our other activities. More than 3000 Seniors have participated in our club over the years. It is a great way to improve your computer, tablet, iPad or smart phone skills, have some fun with like-minded people. You will never never know if you never never go (or come along).

Your President

Lindsay

Social Events—March

An eclectic mix of 15 participants including photographers, historians, walkers and even three grandchildren joined forces for our Lambton Historic Walk on Saturday 5th March.



A warm, sunny day beckoned as we met at the Lambton Park Gates to start our walk. This structure was built in 1919 to commemorate the servicemen and women of the Lambton district who served in the first World War. Many more landmark structures and buildings followed, including the Lambton Park Rotunda, Mechanics and Miners Institute, old Post Office (all built between 1884 and 1894) and a beautiful old home located in the main street named 'Le Chalet'. This classic Federation style building was originally constructed between 1905 and 1910 for the Payne family, and is a typical example of a well to do middle class house in a mining community during the early 1900s. Further along Elder Street and in the Lambton 'CBD', a number of shops with a long history of trading were noted, including 2 that are still trading today in the same line of business as when they first opened (the butcher shop, opened in 1870, and the shoe shop, opened in 1931).

By the time we reached this spot, the heat and tummy worms were beginning to 'bite', so the official part of the day ended, and a few stayed on to enjoy lunch at the old (and now much modernised) Marquis of Lorne hotel.

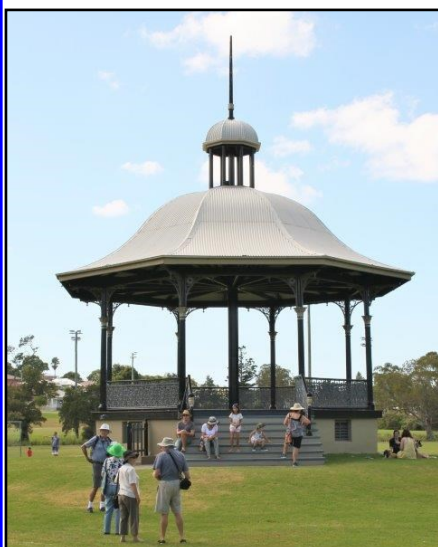


Old Post Office



Old Mechanics Institute

Lambton Park Rotunda



Photography from every angle!



Our Next Outing will be a Photographic Scavenger Hunt at Newcastle West on Saturday 2nd April. Members have been informed of details via email.

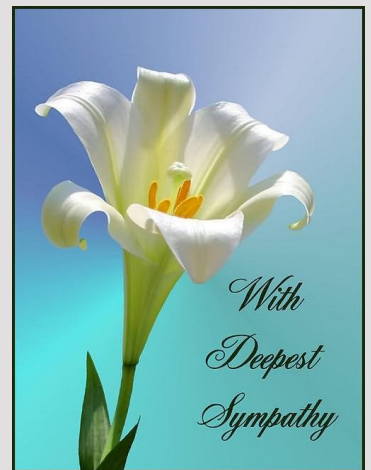
Best Wishes

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.





GROW
YOUNG



Computerpals Newcastle Seniors Week Events

Visitors Welcome to All Events

NOTE: All Events are Free

Monday, 4th April, 2016:

Computerpals Seniors Week Morning Tea

Venue: Islington Public School Hall, Hubbard Street, Islington

10:00 am to 12 noon: ‘How Digital Technology can Improve Health and Wellbeing’

Morning Tea will be served

Followed by Guest Speaker: Pamela Glover talking on Physical Activity - Strength, Flexibility, Balance and Fitness

Pamela Glover is an Advanced Exercise Professional who provides Fitness and Exercise Training sessions specialising in Older Adults Training. Pamela regularly instructs Aquatic and Land Group exercise sessions such as the ‘Zest For Life Active Over 50s Exercise Program’.

Monday, 4th April, 2016

12 noon to 3:00 pm: **Clubroom Open for Visitors** - 15 Hubbard Street, Islington

Computers will be set up for hands-on experience and demonstrations.

Visitors will be able to investigate technology with the tutors’ help.

Wednesday, 6th April, 2016

12:15 to 3:30 pm: **Digital Literacy and You (Question and Answer Session)**

Venue: 15 Hubbard Street, Islington

Unravel the jargon of computer technology!

What the various terms and symbols mean.

Important! Please book in for this session - limited space

Friday, 8th April, 2016

9:30 to 11:30 am: **Enrolment Open Day**

Venue: 15 Hubbard Street, Islington

Everyone welcome to explore the clubroom and its facilities.

Tutors available to chat about suitable courses.



Special Interest Groups



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.*



TabPals

*If you have a portable device; iPad, Android tablet we have a Special Interest group called TabPals. **The fourth Friday of the month** is our regular meeting day, at 1 pm in the clubroom.*

WriterPals

Greetings one and all,

Well, it seems as though modernity is catching up with us all and presentations in our group are humming along the technology highway. One of the presentations at our last meeting was read from a mobile phone, so who knows what is next??? The topics presented were very varied in nature and theme although most used the same title. It is amazing how the imagination and individual interpretation differ in the end results.

Please check out our website and follow the links to WriterPals to enjoy the fruits of our imaginative labours.

Our next meeting should fall due on the 11th April, but on current indications most of our members will be elsewhere. If you would like to meet at our clubroom on that date at 1pm, please let me know, otherwise I would suggest postponing till the following month - the 9th May.

The topics set for our next get together include ...

- * The Hijacking of Easter
- * The Birthday Card
- * These are a Few of My Favourite Things

We meet on the second Monday of each month in the clubroom at 1pm. Please come and join us. You will be made very welcome.

Cheers & blessings

Carmel

DigiPals

Please note there is no DigiPals meeting in April although members are invited to join the Photographic Scavenger Hunt on the Social Outing this Saturday 2nd April. What a perfect excuse for DigiPals members to get out and about!

The next DigiPals meeting will be held on Monday, 16th May at 1pm. Further details later.

TabPals

Due to the holiday break TabPals may be changed for this month. Members will be informed by email of the arrangements.

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

Roster Team

Judy Wallace



Mitzi Gordon

Camel Smith



Wendy Cripps-Clark

Fran Chapman



Tech Tips

How to Stay Safe on Public Wifi

We all love the convenience of free wifi, but have you ever thought about the security risk of using it?



Here's some advice to minimise risk on your laptop, tablet or phone.

1. Choose the right network

We often accept at face value when we see “free wifi” that it is a secure and safe option. But what's to stop a dodgy middleman setting up a network called “Free wifi” that will cause you issues? Always check with the library or café before connecting to their free Wi-Fi so that you know it is a trusted source.

If using Windows: always turn off file sharing and mark the particular Wi-Fi connection as being a public network.

This is found in the Control Panel > Network and Sharing Center > Change Advanced Sharing Settings. Under the Public heading, turn off the file sharing toggle.

If using a Mac (iPhone, iPad): open your System Preferences followed by the Sharing icon. Uncheck the box for File Sharing.

2. Check for HTTPS

You can also check that you can see the padlock in your browser when using it, to show that it is secure.

3. Keep an eye on your apps

It's never a good idea to update your apps while using a public wifi - this should always be done at a trusted home or work network. You could find your device has some unwanted extras added to it otherwise.

When using your mobile, it's best not to assume that your apps are secure. Rather than using them for a transaction, log on instead via your browser and check that there is a HTTPS connection in your status bar.

4. Enable two-factor authentication

Some services support two-factor authentication, and it's a good habit to get into. For instance Gmail, Twitter and Facebook have it set up so that you are still protected even if someone works out your password when you are using public wifi.

When it comes to passwords, it's best not to use the same one across different services (e.g. your bank, email and Facebook). You can find some password managers that help you keep on top of this. [\(Computerpals has a course on Password Management starting 28/4\)](#)

5. Forget the network

Once you have finished using the public wifi, log off and then don't forget to tell your device to forget the network. This way your device won't automatically connect to the network next time you're in the area.

If you're using Windows: untick the checkbox for “Connect Automatically” next to the name of the network you were on.

If you're on a Mac (iPhone, iPad): go to System Preferences, then Network, and under the wifi section click Advanced. Now uncheck the “Remember networks this computer has joined” option.

As a general rule, try to keep any banking or financial transactions off the public wifi as a way of keeping yourself safe.

From Your LifeChoices

Funnybone . . . Thanks to our former President Elaine Butler for these...

Maybe some of the following will resonate with the Seniors Weeks Slogan “Grow Young” . A good laugh helps prevent premature ageing.

My goal for 2016 was to lose just 10 pounds. Only 15 to go.

Ate salad for dinner! Mostly croutons & tomatoes. Really just one big, round crouton covered with tomato sauce. And cheese. FINE, it was a pizza. I ate a pizza!



How to prepare Tofu:

1. Throw it in the trash.
2. Grill some Meat.

I just did a week's worth of cardio after walking into a spider web.

I don't mean to brag but.....I finished my 14-day diet in 3 hours and 20 minutes.

A recent study has found that women who carry a little extra weight live longer than men who mention it.

Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag pile carpet to change the TV channel.

Senility has been a smooth transition for me.... I may not be that funny or athletic or good looking or smart or talented....I forgot where I was going with this.

I love being over 50. I learn something new every day.....and forget 5 others.

A thief broke into my house last night.....He started searching for money so I woke up and searched with him.

My dentist told me I need a crown. I was like: I KNOW !, Right?

I think I'll just put an "Out of Order" sticker on my forehead and call it a day!

PS: Sunday, April 3rd, 2016 ends Daylight Savings Time. Don't forget to set your bathroom scale back 10 pounds on Saturday



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