



SWITCHED ON SENIORS

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President



Sandra Keen

Dates to Remember

Clubroom is closed till further notice. Stay safe and healthy.

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President's Report -

Even though ComputerPals Newcastle has closed the clubroom we are still endeavouring to support our members during this time of social isolation!

It is vital that we all keep in touch with friends and family, and being online makes this much easier. Our Committee and Tutors have been having fun, meeting regularly using video conferencing. Yes! We are learning, too.

We are aiming to expand this soon to include members who would like to join us in this online world. Check your email regularly for an invitation to practise the process.

Some of our Tutors meeting on Zoom



If you need assistance with any technology problems send us an email to contact@computerpals.org.au OR Phone 4961 6576 and leave a message with your name and phone number and nature of help needed for a call back.

During this time when most children are being home schooled a handy website is <https://www.esafety.gov.au/> which has tips on how to stay safe online during the COVID-19 pandemic. There are tabs on the home page for *Kids, Young People, Parents and Seniors* with good resources.

The ASCCA Digital Photography Competition for 2020 has been announced. The ASCCA newsletter (attached with this newsletter) has the categories and even though we are currently keeping to our homes, photographs taken after 1 July 2019 are eligible for judging. This is another activity which can occupy our time. Our club took out the award for Best Club in Photography last year so we have something to live up to ... numbers of entrants has a bearing on the award so...let's all have a go!

We would love to hear about the activities you are doing to occupy your time now that you can't go out and socialise. Drop us a line (email) and if you are able send a photo or two of your project that would be great!

Sandra

P.S. Here's a bit of fun! There are several frogs hidden in this newsletter. Let us know how many you find.

**Our Top Alerts of 2019 – scams, exploits and data breaches!
27 February 2020**

-In these times of great difficulty, and using peoples’ fear and need for safety against them, the scammers are working hard.

- ◆ Locally, there have been people wearing what passes as HASMAT outfits and going around houses where they pass themselves off as government workers coming to check that your home is Covid-19 free. They ask for entry so they can check and sanitize for you and once through the door , while one keeps you occupied with questions and information, the other quickly goes through your home, pocketing your treasures. The group I heard about was in Stockton, but by now there could be more and they could be anywhere. They even produce workable identification.

DO NOT allow anybody into your home if you don’t know them.

- ◆ Do you go shopping in those early mornings when more goods should be available? If you do, be very careful when returning to your vehicle. In two incidents I have heard of, the elderly shoppers unlocked their vehicles, and while they took a few seconds to put their handbags in the vehicles, their trolleys and contents were stolen. Be careful and be aware of your surroundings.

- ◆ I have had lots of text messages - the phone calls seem to have stopped completely - about virus testing. I am asked to tap a link to fill in my details so they can tell me which centre to attend to be tested. DO NOT ever give your private details online as it is an ideal opportunity for **Identity Theft**

More information:

sign up to the Stay Smart Online Alert Service,
www.staysmartonline.gov.au/alert-service.

To check for current scams and risks visit
www.scamwatch.gov.au

If you’ve been the victim of a cybercrime including financial loss, report it to ReportCyber at www.cyber.gov.au/report.

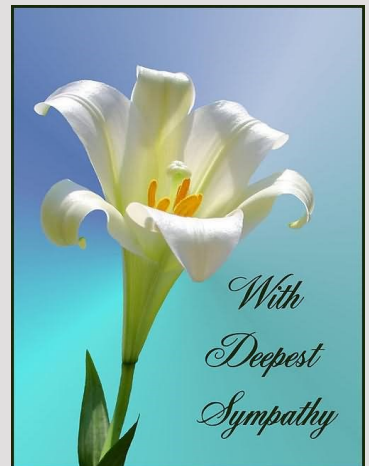


Best Wishes

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.



There isn't much to report on the social scene this month as all our excursions and social engagements have been with our own selves in our own homes. I now have a legitimate excuse to curl up in my lounge and read all day without feeling guilty about it ...Yay!

Books lead to whole new worlds, so if you are not a reader you are missing out on some incredible adventures.

There are those of us however for whom reading is difficult for whatever reason, dyslexia being just one of those reasons. My niece is severely dyslexic, so I introduced her to audiobooks and she is in her own little slice of heaven. I joined her up with her local library (in Rockhampton) via the internet and talked her through downloading Borrowbox onto her iPad and phone. Now, during her work as a cleaner, she has - in her words - good company all day instead of having to listen to people abusing her and her workmates. She has never been through the doors of a library and is borrowing all her books online.

You don't have to have an eReader or tablet to borrow audiobooks. Leah uses her phone with earbuds. YOU CAN TOO. She is ecstatic that she can now enjoy what a lot of us take for granted. I wish I had joined her up years ago.

Join your local library. You can do it online, the process is very quick and simple to follow, just make sure you write down the member number they give you until you receive your card in the mail. By joining Newcastle Library and Lake Macquarie Library, you have access to every library in the Newcastle area, and thousands of books for zero cost under the same lending rules as physical books. You can renew your loan online as well if you are not going to finish the book by the due date. Keep an eye on your date too, because it can be rather frustrating to find that, with one or two chapters, the book has disappeared. You get no warning. I was reading a good thriller last week, went to finish the last chapter only to find the book was not on my iPad any more. Now I have to wait because the book will not be available again till the end of April. Damn....

For the bookworms among us, it opens up a wealth of opportunities while we are home-bound.

Harold Franks has been writing poetry.
His latest offering is here for all to enjoy.
Thank you Harold

ISOLATION

The hours that I spend inside
Regrettably there's no place to hide
Inside it is, that I must stay
Until the Government says OK

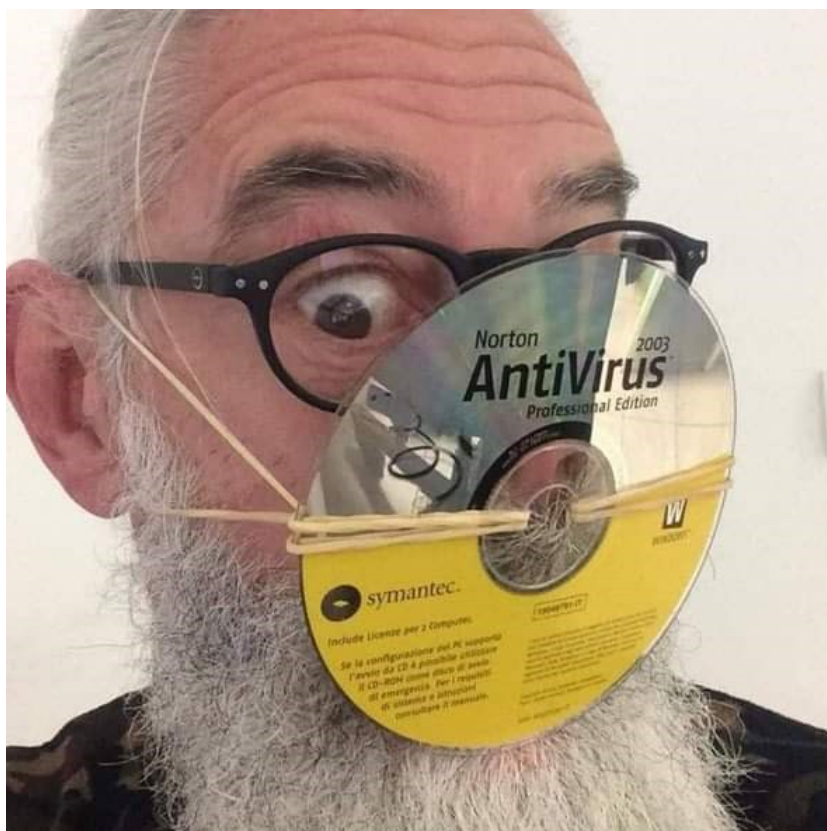
This virus scourge has hit us all
The young, the old, the short, the tall
Our home is like a castle bright
As we continue with this fight

There's jobs around, not done for years
Painting, weeding and garden shears
Thoughts go round and round my head
Makes me weary, so I'm off to bed

Time drags on, is it just a week?
Can't go out, no friends to seek
The book I'm reading, all but done
I'll go and get a hot cross bun

Things are grim and getting grimmer
I'm thinking now of what's for dinner
Larder's light, must get some more
Life's so dull and such a bore

There's months to go, or so they tell us
I'll get through it without much fuss
I'll do the same as our great Nation
Put myself into hibernation.



Special Interest Groups

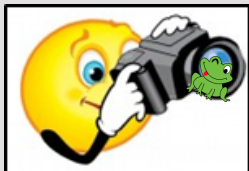


MemoryPals

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.

Device Assistance

If you have a portable device; iPad, Android tablet we have Device Assistance.



The fourth **Friday** of the month is our regular meeting **Apple devices** at 10 am, **Android** at 12:30 pm in the clubroom.

MemoryPals

The next meeting of MemoryPals will be on the **first Monday of whatever month we are able to resume activities at 1pm.**

All welcome, just bring some ideas with you of anything special you might enjoy doing to help preserve, protect and perpetuate your memories and memorabilia

Help is readily available should you require it—send us an email.

WriterPals

Everybody has a story to tell...Our next Writerpals meeting will be Lord only knows when—starting at 1pm.

NOTICE TO ALL

While **Writerpals meetings are suspended** for the duration of this isolation period, Writerpals itself can continue wherever you happen to be. Just get out your keyboards, your notebooks and pens, your slates and pencils, or even a clear space on your walls and start writing.

What can I write? I hear you say....

Stories, anecdotes, memories

Give it a go...you don't even have to tell anyone...just try!

DigiPals

Like everyone we are complying with Government directions about social distancing and staying at home unless it meets strict guidelines, but you can always take some photos of your garden or pot plants, even a still life of something at home

Digipals group normally meets on the 3rd Monday of the month at 1 pm. **(presently suspended)**

The ASCCA Digital Photography competition is on again. Check out Page 1 and the ASCCA Newsletter as well for the categories.

Device Assistance

There usually a good attendance in the clubroom for people wanting to learn more about their tablets and phones— even more so now for those who received those goodies for special gifts or hand-me-ups and need a little help to master them.

You will learn things you weren't even aware that you didn't know!

Apple users—tablets and phones—meet at 10 am

Android users—tablets and phones—meet at 12:30 pm

Meetings suspended till further notice

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

Barry Keen



Mitzi Gordon

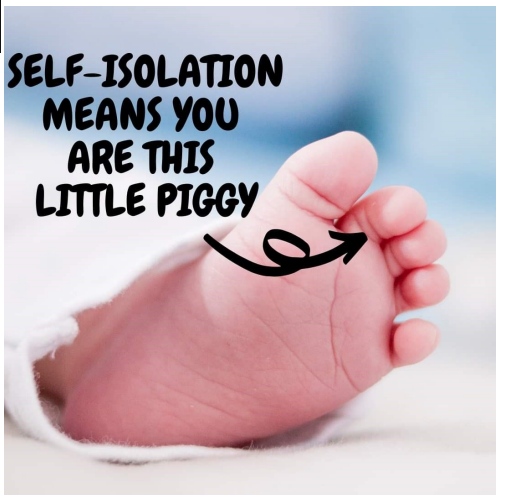
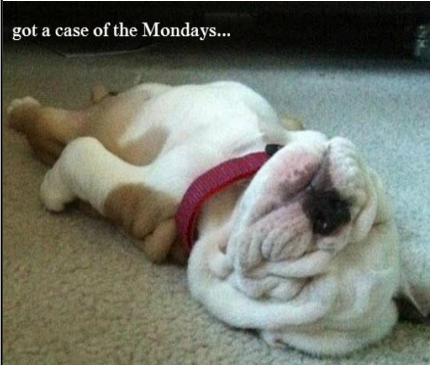
Camel Smith



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 —



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