



SWITCHED ON SENIORS

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President



Sandra Keen

Dates to Remember

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

WATCH THIS SPACE FOR REOPENING DETAILS.

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Australian Seniors Computer Clubs Association **ASCCA**

President's Report -

What are you doing to fill in your days during the lockdown?

Even though there has been a loosening of the restrictions and since the beginning of the month two adults are able to visit another household most ComputerPals members are in the vulnerable age group and are spending most days at home. Many of my friends are catching up on their hobbies — crocheting, knitting, gardening, reading, cooking, doing jigsaw puzzles. One is even keeping an Isolation Diary so she can pass it on to her grandchildren. So, how about writing a few words about the tasks you are doing to fill your days, or taking a photo of the project. Send it in to us and we will devote space to this in our next newsletter.

It is twelve months since we started our Be Connected Outreach group at Sugar Valley Lifestyle Village. It is good to hear from them and how they are coping with the lockdown.

Our committee and tutors are keeping in contact via Zoom and we have regular meetings to discuss ways to support you, the members. Each week we send out emails to current members to invite them to join us on Zoom. Keep watch for your emails and, if you are not a current member, please contact us if you want to take part in the Zoom support sessions.

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, phone number and nature of help needed for a call back.

One of the topics recently discussed by committee was extension of our current membership year due to the clubroom closure and members not receiving value for their current membership. We would usually hold a Members' Meeting / Morning Tea to put such a proposal to the membership. However, this is not possible at present so we will be sending out an email with a voting form for you to decide whether we should extend the current membership year to the end of September. We urge everyone to vote by the closing date as stated in the email.

Sandra

P.S. See how many sunflowers you can find in this newsletter. There were 12 frogs in the April newsletter.



Happy Zoomers!



Your Safety

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

It is only a matter of days since the CovidSafe App was developed and released, and people encouraged to download it to their phones. Apart from the humorous sendups that the jokesters have put out there, the scammers have also got a few advising you that “Covidsafe has detected that you have had contact etc with someone who tested positive and you are requested to activate a link in the message to input your details so an appointment can be made for you to be tested.” This is a scam, as you are asked to input a lot of personal information, which would never be requested if the message was genuine. If you get such a message, delete it.

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.

DO NOT ever give your private details online as it is an ideal opportunity for **Identity Theft**.

Be Connected

Every Australian online.

Be Connected has online presentations called webinars. The next one about Scams is on 9th June.

Some of you have attended these at the clubroom. If you are a Be Connected learner you are able to attend these from home. If you want to know more about joining Be Connected contact us at ComputerPals. Just go to beconnected.esafety.gov.au and scroll to the bottom of the Home page. The webinar is **Protect Yourself Against Scams**. Follow the prompts to register and watch on your computer or device at home. Here is a summary of the presentation:-

A scam is a term used to describe any fraudulent business or scheme that takes personal information, money or other goods from an unsuspecting person. With the world becoming more connected through the internet, online scams have increased. It therefore pays to be cautious and follow a few simple steps.

Join the 1-hour webinar to learn:

- How to protect your personal information from scammers
- How to safely make friends online
- How to spot investment scams
- Where to go for help

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



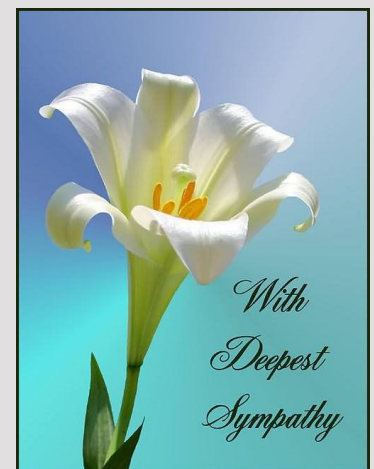
If you’ve been the victim of a cybercrime including financial loss, report it to **ReportCyber** at www.cyber.gov.au/report.

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.



Keeping Busy During Lockdown

The ComputerPals committee is holding our meetings via Zoom - a whole new experience for most of us...and for my little dog who is intrigued by all the strange voices she is hearing with only me in the room and the TV off. I think she suspects Aliens.....

Sandra, Barry, Lindsay, Mitzi, Judy and a few other tutors are also conducting online support through Zoom. Coming up fairly soon will be one session helping people to join the library and/or borrow eBooks. eAudiobooks can also be borrowed.

You don't have to have an ereader or tablet to borrow audiobooks. My niece uses her phone with earbuds. YOU CAN TOO. She is ecstatic that she can now enjoy what a lot of us take for granted.

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. 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 to go, the book has disappeared. You get no warning.

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



Another “shutdown” activity that can prove very interesting is recording those little anecdotes from your lifetime that give your story depth and personality. Most stories written about us after our demise are flat and uninteresting but that is not how most of us are. None of the people I have met since joining ComputerPals are boring or uninteresting, and it is the mischief and the quirky little anecdotes that give our stories the interest and personality that is special to just us. How about giving some thought to recording those anecdotes?

If you don't want to write them, there is a free small program that will translate Speech to Text and vice versa. You will also find a voice recording app on your phone. Worth thinking about.... YES???

Harold Franks is a prolific writer of poetry. His latest offering is here for all to enjoy along with a few others as well. Thank you Harold...

Lessons Learned

Across these lands that we call home
Be it New York, London, Rome
This scourge that's hit across our lands
Results are in World's leaders hands

With the peoples of the Nation
Most of them in isolation
Many people stand agog
Seeing cities clear of smog

Less pollution, cleaner air
Makes it best for all who care
Cleaner seas and cleaner oceans
Helps the earth and tidal motions

Is this virus caused by pollution
Or is feral meat the real solution
When this virus is laid to rest
Who have learned the lessons best?



Meteorologists in their wisdom (?) gave the name HAROLD to the recent hurricane that visited Vanuatu.

Cyclone Harold

What's the noise across the ocean?
Cyclone Harold, in turmoil motion
The island of Vanuatu is his aim
Destruction is his claim to fame

Wind and water within the eye
Black clouds forming across the sky
The islanders, in panic mode
Head off along the only road

Wind causes havoc to homes and shops
Thunder peels while rain falls, non-stop
Waves up high across the land
All on deck to lend a hand

The storm heads off across the sea
With Fiji now, not the place to be
Harold roars, lets out more steam
Is this for real, or a nightmare dream?

The Pacific Islands, one and all
React to Mother Nature's call
Praise to the Lord that they can see
Cyclone Harold exit across the sea.

Happy Mothers Day



Sunday, 10th May

To all the Mothers, Grandmas, Nannas, Aunties and all those who have had a mothering role at some time in their lives, we wish you a very Happy Day.

With this coming Sunday being Mothers Day we hope all of you can make contact in some way with your loved ones.

Maybe it should be Mothers Day every day!



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.

Special Interest Groups

While we are practising distancing and not using the clubroom MemoryPals, WriterPals and DigiPals are in recess. This does not mean you have to abandon your interests. In fact, this is the perfect time to enhance those skills, finish that project or even start a new one.

DigiPals

ASCCA Digital Photography competition is on again so go through those photos taken since 1st July, 2019.

The competition closes on 1st September so while you are exercising or just in your own yard you can take some new snaps. The first category lends itself to some creative COVID isolation images.

Categories:- (For details see our website– scroll down main page)

1. Photo-Journalism – This category is for “on the spot” photos which tell a story.
2. Travel-Photo – This category will capture the real essence and culture of a place.
3. People/Portrait
4. Landscape/Seascape – These photographs will be of predominantly natural scenery
5. Landscape-Structural/Manmade – photographs including cityscapes and buildings and parts thereof.
6. Animals
7. Open – Allows our members to enter subjects not necessarily covered in the other six categories.

WriterPals

You have the perfect opportunity to say a few words about the current situation and you don't have to 'write'. You can speak to your phone or tablet as we have shown many of you in class. Harold Franks has been very creative in recent weeks and has even had his work published in the Senior Newspaper.

That's life

The sun comes up, the sun goes down
Shops still closed all over town
No visitors, callers do I see
Lord only knows what's to happen to me

Food supplies are getting low
Tea and coffee just so so
Perhaps a delivery, on the run
Closest thing to what I call fun

Floors vacuumed, lunch is done
Oh what fun to sit in the sun
But carry on, it's what I must
With a duster now, to clear the dust

Now dinner is over, I watch TV
Really nothing there to interest me
Re-read the book I read last week
To recall the ending, I have a peak

I tell you, friend, that life is great
To have your dinner on a plate
To break the monotony of the day
Then listen to what the Politicians say



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

Many thanks to all our volunteers who are continuing to keep our members connected during the current situation.



You only have one childhood. it may as well last your entire life.

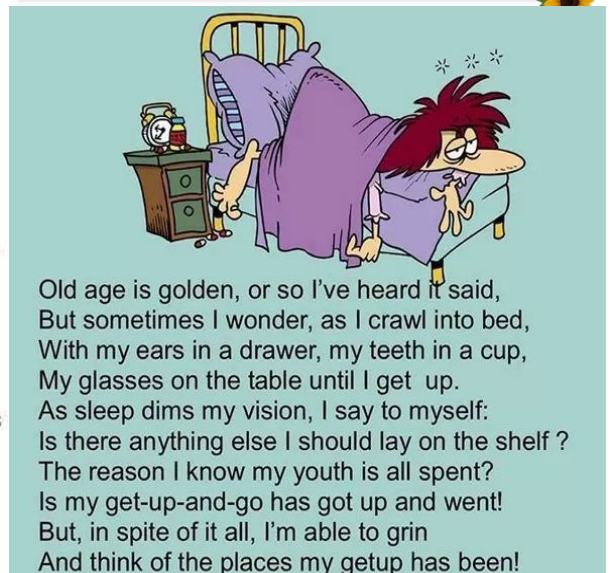
A cowboy rode into town and stopped at a saloon for a drink. Unfortunately, the locals always had a habit of picking on strangers, which he was. When he finished his drink, he found his horse had been stolen. He went back into the bar, handily flipped his gun into the air, caught it above his head without even looking and fired a shot into the ceiling. "Which one of you sidewinders stole my horse?!" he yelled with surprising forcefulness. No one answered. "Alright, I'm gonna have another beer, and if my horse ain't back outside by the time I finish, I'm gonna do what I dun in Texas! And I don't like to have to do what I dun in Texas!" Some of the locals shifted restlessly. The man, true to his word, had another beer, walked outside, and his horse has been returned to the post. He saddled up and started to ride out of town. The bartender wandered out of the bar and asked, "Say partner, before you go... what happened in Texas?" The cowboy turned back and said, "I had to walk home."

**I finally did it!
Bought a new pair of shoes with memory foam insoles.
No more forgetting why I walked into the kitchen.**

OldtimersPage

I went shopping at Woolies today and bought some chicken legs. At the checkout, I asked the operator whether they were the front legs or the back. She read everything on the pack to get the answer, then got on the phone to ask her manager. She did not look very happy when she hung up the phone.....

A little five year old girl was usually driven to school in the mornings by her Grandad, but one day he had a bad cold so her Grandmother took her. That night the little girl told her parents that the ride to school with Granny was very different. What made it different? asked her parents. Well, she replied, Gran and I didn't see a single tosser, blind bastard, foreign prick or wanker on the whole journey.



Old age is golden, or so I've heard it said,
But sometimes I wonder, as I crawl into bed,
With my ears in a drawer, my teeth in a cup,
My glasses on the table until I get up.
As sleep dims my vision, I say to myself:
Is there anything else I should lay on the shelf?
The reason I know my youth is all spent?
Is my get-up-and-go has got up and went!
But, in spite of it all, I'm able to grin
And think of the places my getup has been!

Zoom meeting,
audio only

Zoom meeting
with video



Hire Write Talent

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