



SWITCHED ON SENIORS

Email : contact@computerpals.org.au

President



Sandra Keen

Dates to Remember

Clubroom has reopened with classes only - on Tuesday, Wednesday and Thursday. Stay safe and healthy.

You can still **BE A ZOOMIE** and join us online. Fri mornings @ 9.45

Special Groups - Memorypals, Writ-erpals & Digipals will meet via ZOOM on their usual Mondays

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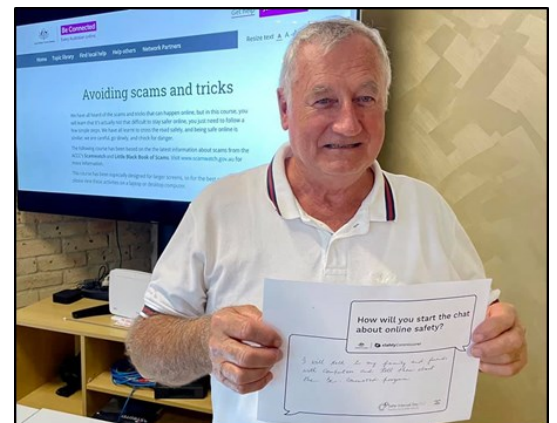
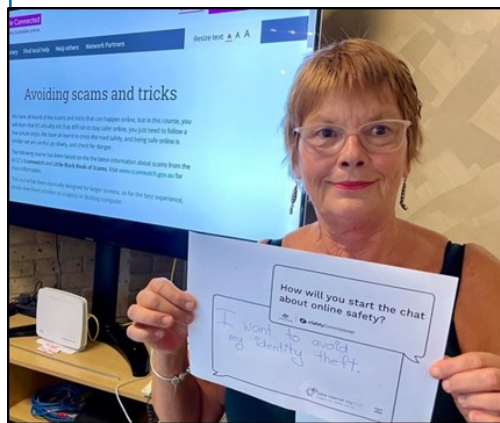
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President's Report - March 2021

It has been really good to have some of the COVID restrictions lifted which allow us to have more learners in our clubroom. What is most heartening is the way everyone has quickly adjusted to the use of the Services NSW app.

On Safer Internet Day many of our learners noted ways they will try to stay safe online. From avoiding Identity theft to spreading the word to family and friends they know how to start the chat about online safety.



This Saturday, 6th March is the first of our ComputerPals Outings for the year, a Photo Walkabout starting at 8:30 am in Fitzroy Street, Carrington. If you have missed the information please let us know as soon as possible and we will make sure you are well informed.

The next event is an Open Morning for Enrolments and visitors. This will be between 9:30 and 12:00 on Friday, 19th March. If you have friends you would like to introduce to ComputerPals invite them along to this event.

Later this month (22nd to 26th March) the Newcastle Digital Library will be hosting a series of presentations including one from ComputerPals about using the online world safely.

A date for your diary is Monday, 19th April. This will be the first of our Morning Teas in twelve months. It is Seniors Festival Week and we have special activities so Note the Date.

A friendly reminder.... If you cannot attend class for any reason please let us know as soon as possible as we may have a waiting list for the class. Just phone 4961 6576. By the way ... we do NOT send reminder texts for classes you are booked into. It is up to the individual to set a reminder.

Keep learning and enjoying life!

Sandra

A FEW SCAMS TO BE AWARE OF - AND BEWARE OF

Emails and texts promising refunds from MyGov are still arriving with monotonous regularity, so the parasites aren't giving up too easily. Delete them is the best course of action, also texts claiming your package can't be delivered until you pay the extra little bit of postage required. Somebody who was not sure or new to the myGov site could easily be duped into doing as requested and end up in all sorts of trouble. Please be careful. If there is something you are not sure of, please phone Computerpals and we will be very happy to help you

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.

To find out more information about scams, or to find out other ways to protect yourself, visit www.scamwatch.gov.au. If you have been the victim of a scam, you can report it to local police or to the ACCC online at the 'SCAMwatch report a scam' page.

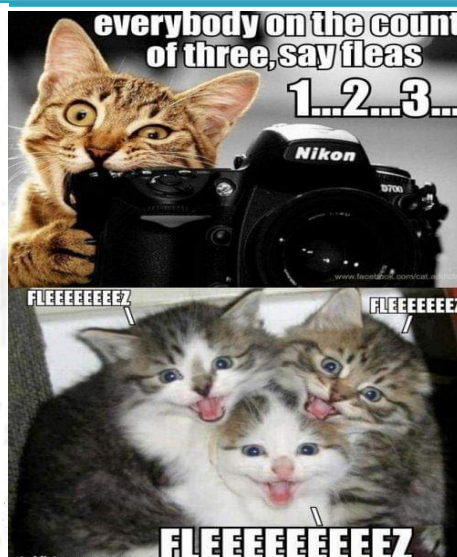
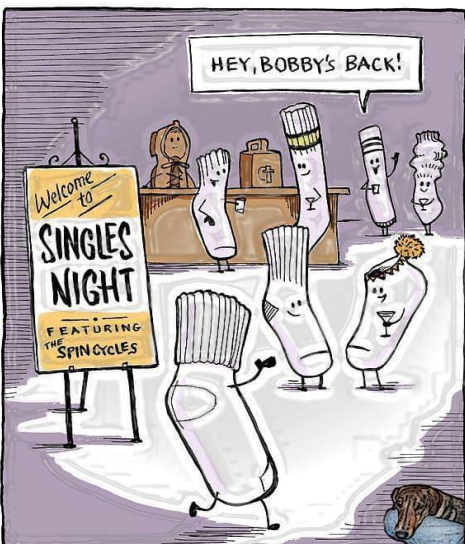
Up or down - Ponderings from Harold Franks

I wonder where I'm going, is it up, or going down
 As I sit and ponder, I always wear a frown
 The Good Lord sits there looking well
 While the devil smiles in hell

It really is a tug of war and the middle one is me
 I walk along a tightrope while all I want is flee
 Perhaps I should be careful with the company I keep
 Instead of following others, like a mob of bleating sheep

I'm taking music lessons many times a day
 To help me with my sessions, a harp I want to play
 Don't want to know of fires, of matches or such things
 I'll just listen for the calling, when the Master rings

Until the time it happens, it's the waiting game for me
 I'll work and toil and wonder, like a working bumble bee
 And when the word is final, a decision finally made
 I know I'll have no option, I hope I make the grade.

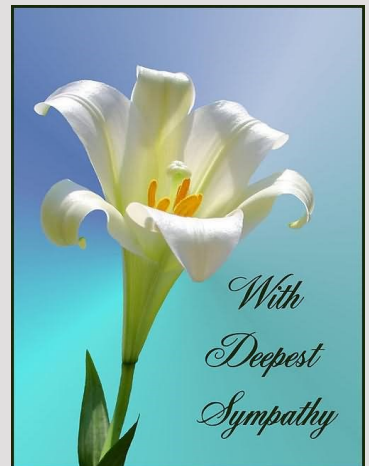


Best Wishes

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.



From the desk of Brenton, our incredible social organiser

Well, what a 'memorable' year 2020 was, mostly for the wrong reasons. However, we are now into 2021 and looking forward to better times ahead.

To start our Social activities, we will be going on a photographic ramble around the Carrington/Wickham/Maryville area. You will have a number of topics from which to snap that special shot, using your own creativity to try and capture 'something different' from what others in the group might select. On the day, you will be given your subject topics to photograph within a given area (see attached map). Please note that you do not have to cover the whole area - just 'shoot' from within the boundaries shown, and you may find you can cover all the topics without doing a 'full lap'. As such, there is no time limit to complete this exercise, and feel free to 'bail out' if 'the pins' are not working too well for you on the day. Details are as follows;

When: Saturday 6th March 2021

Where: Fitzroy St, Carrington (between Pat Jordan Oval and Connolly Park)

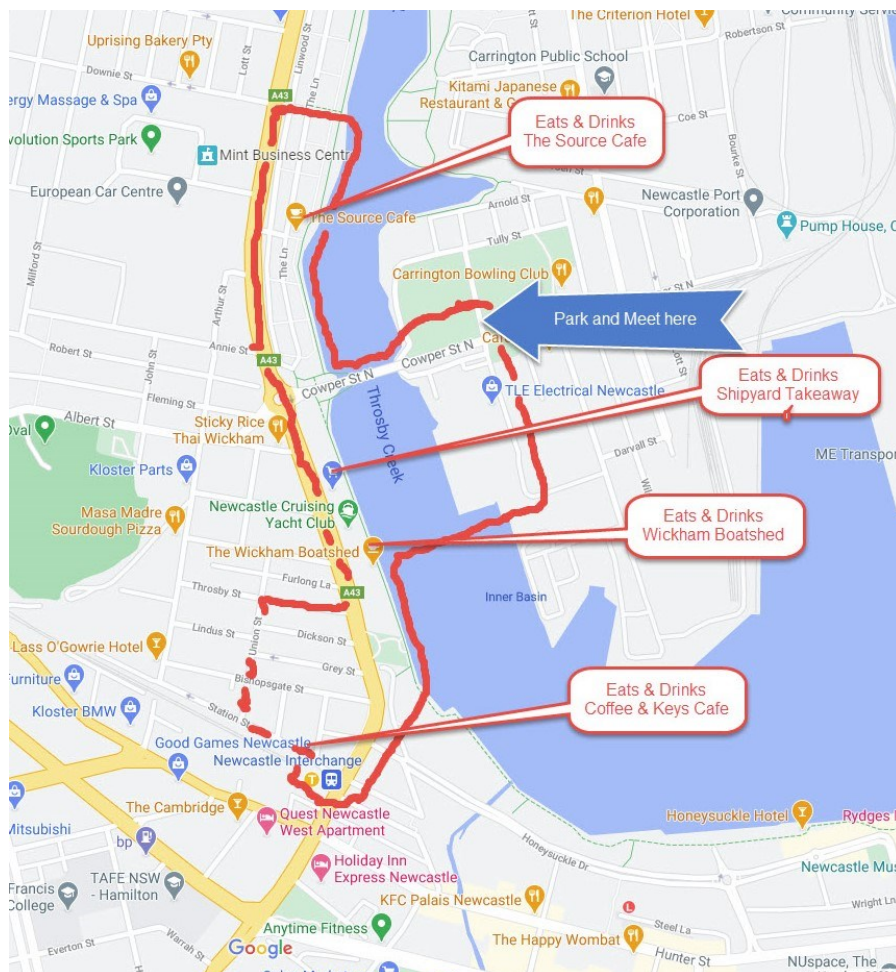
Time: Assemble at 8:30 am (in case the weather forecast is hot)

It is recommended that comfortable walking shoes be worn, and don't forget a hat, sun-screen, water bottle and, of course, your camera or phone - your choice. There are a number of 'watering holes' in the area should you feel the need for a coffee and eats (see attached map). Now that Autumn has crept up on us, probably throw a jacket in the car as well

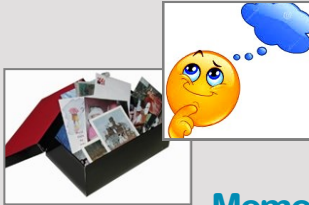
Following the outing, download your photos and send your best 2 photos per topic to computerpals2010@gmail.com by 10/3/21. At the Seniors Week Members Morning Tea on Monday 16/4/21 (in the school hall) we will project them on-screen and everyone can vote in a People's Choice for each topic. There will be prizes for the winners.

Please click here to download the attendance form, complete and send - we do need to know who is coming.

PS: Don't forget to bring a copy of the map with you - you will need it for showing the photo target area and eateries/drinkies.



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 Computer-

Pals members who meet on the **third Monday** of each month at **1 pm**. in the Islington clubroom to explore digital photography.

Tablet & Phone Help

If you have a portable device; iPad, Android tablet we have a Special Interest group called Tablet & Phone Help. **Fourth Friday** each month is our regular meeting Ipad at **11 a.m**, Android at **1pm** in the clubroom.



MemoryPals

The next meeting of MemoryPals will be on the **first Monday of April at 1pm**.

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

Sandra will send around an email reminder of the meeting

Help is readily available should you require it No need to book - just join the Zoom group.

WriterPals

Everybody has a story to tell...Our next Writerpals meeting will be **March 8th** starting at 1pm via Zoom.

How about logging in and sharing some tales about your activities and what you got up to during the last few months.

Before you realised how clever you are with technology, how would you have dealt with the restrictions of 2020? What would you have done 40 years ago with such restricted activities and opportunities. Try writing a letter to the person you were then telling them all about what they're in for - 40 years in the future.

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

I know I'm looking forward to catching up with some of your ideas

DigiPals

Digipals people watch your inbox for an email from Barry who will let you know all the DigiPals details.

Digipals group meets on the **3rd Monday** of the month at **1 pm** and no doubt Barry will have some great ideas for your enjoyment and entertainment.

Friday Zoomies

For those not yet back into classroom mode, Friday will be devoted to regular Zoom classes.

An email will be sent out with "What's On" and the log in codes.

To find out what is on check your email or send an email to us at contact@computerpals.org.au to enquire what is coming up and how to join our Zoom sessions.

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.

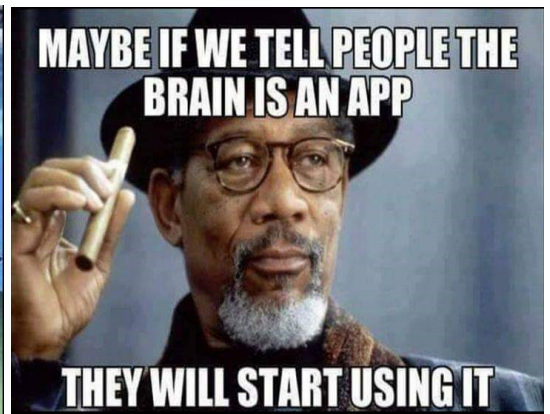
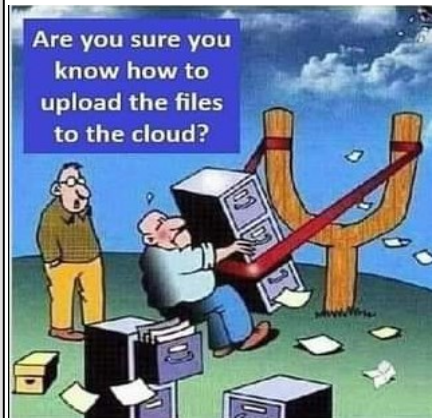
Funnybone —

Noah opens up the ark and let all the animals out, announcing to them all to follow God's command and "Go forth, be fruitful and multiply." He's about to close the great doors of the ark when he notices that there are two snakes sitting in a dark corner and not making a move to leave. So he says to them, "Didn't you hear me? You can go now. Go forth and multiply."

The snakes reply, "That order doesn't apply to us."

Noah shakes his head and asks why.

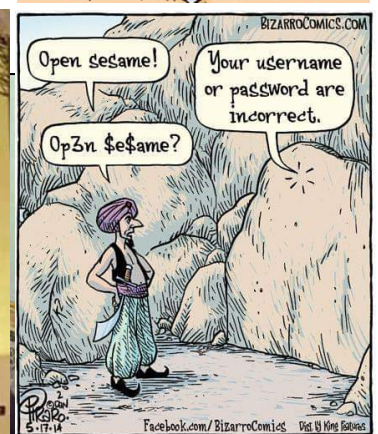
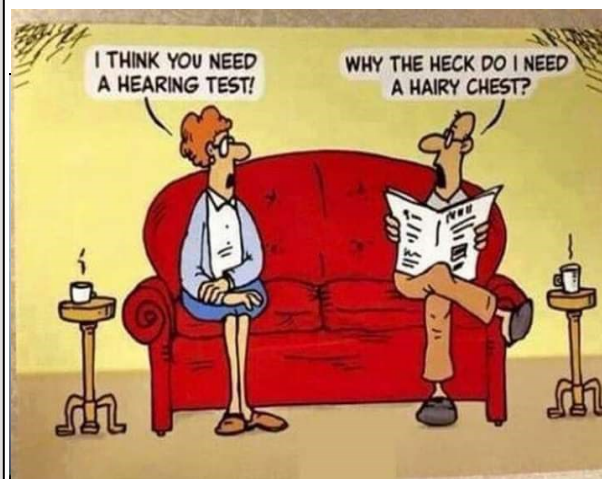
"Because we're adders." replied the snakes



A distraught senior citizen phoned her doctor's office.

"Is it true," she wanted to know, that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her. There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REPEATS'."



"I am old but I am forever young at heart. We are always the same age inside. Know that you are the perfect age. Each year is special and precious, you can only live it once. Do not regret growing older, it's a privilege denied to many!"
~Richard Gere

I said to myself, "Self." (and I knew it was me, cause I recognized my voice, and I was wearing my underwear)
"Today is going to be a good day!"

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