

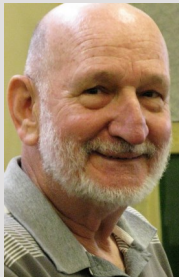


SWITCHED ON SENIORS

Email : contact@computerpals.org.au

President

Barry Keen



Dates to Remember

Safer Internet Day - Feb 8

MARCH

Friday 4th Social Outing

Stay safe, dry and healthy.

You can still

BE A ZOOMIE and join us online.

Thursday mornings @ 9.45 am

Special Groups -

Memorypals,

Writerpals & Digipals

will meet on their usual Mondays (see

page 4)

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President’s Report

January has been a busy time for us with planning, setting class schedules, reorganising the program, returning to face-to-face classes at Club Lambton, and going through the liaison process with Newcastle Libraries to enable us to start presenting classes at Wallsend and Hamilton Libraries.

Don’t get too excited, we can’t start at the libraries until the paperwork is all signed. That is taking longer than expected but we’re hopeful for a mid-February kick-off.

We will send out an email and update our website with the latest information as it happens, so keep checking your email and/or check the website.

Over the last couple of weeks members who have a Bigpond or Telstra email address have recently not been receiving email from us as those email providers are having a security blitz and are rejecting emails from a mailing list (such as ours). Even if I then send an email to one person at a time they are still bouncing and not getting through (frustrating!)

Looking on the bright side, (hopefully) it will get better.

Brenton has been looking at our next social get-together and to avoid weekend crowds it will be on Friday 4th March at Green Point Reserve (for details—see page 3).

Meanwhile, our Mondays at Club Lambton and Zoom on Thursday are continuing to prove very popular with good attendances and positive responses from the attendees.

REMINDER: MemoryPals is on Monday 7/2 starting at 1 pm. Tuesday 8/2 is Safer Internet Day (see page 2).

Good Things Foundation has released its report for last year’s ‘Get Online Week’ (Oct’21).

Computerpals Newcastle features on page 7 of the report as one of the stories.

[Click here](#) for the link to the report.

Stay safe and well
Barry Keen

Check out the photos of some very stylish and glamorous participants Editor



ACSC (Australian Cyber Security Centre)

Because a lot of our ComputerPals members look after their grandchildren during school holidays and other times, and because said grandchildren come already equipped with various technological devices already installed on their fingertips, I thought this would be a good time for us to find out ways to keep them as safe technologically online as they are physically in our homes

Teach your kids how to be secure online and learn how to secure your own portable devices

Our children (and the grandchildren whom we babysit) are more connected than ever through the use of portable devices and the power of technology. Because of this it's important to know how to use devices and the internet securely.

Kids use the internet for school and playing with friends, but it is essential they know the difference between cyber friend and foe.

Unfortunately, some internet users go online to steal valuable information, including information stored on our portable devices. As technology evolves, it is important parents and caregivers talk to their children about how to stay secure when online.

Make it a priority this **Safer Internet Day (February 8)** to download our Cyber Security Instruction Manual: 'A Kid's Guide To Using the Internet Securely' and speak to your children about safer internet practices.

Cybercriminals are always coming up with new ways to target people online. Staying up to date with the latest cyber security advice and sharing this knowledge with our children can help create a more secure environment online.

What can you do?

Take these five steps to help stay secure online:

- Update your device
- Turn on Multi Factor Authentication
- Back up your device
- Use a strong password
- Recognise and report scams

Look at the ACSC's Cyber Security Instruction Manual: 'A Kid's Guide to Using the Internet Securely' to view these five steps in detail and encourage cyber secure practices for kids. Additionally, the ACSC's Quick Wins for Your Portable Devices provides advice on how you can best secure all your portable devices from cybercriminals.

To view these guides/or download them, visit [cyber.gov.au](https://www.cyber.gov.au).

ACSC have developed a range of resources to make it easy for you to share cyber security messaging with your family and friends, including social media tiles, posters and guides. You can download the content from the ACSC website.

You can follow ACSC on Twitter, LinkedIn and Facebook and subscribe to their YouTube channel for the latest campaign content and practical advice to help Australians improve their cyber security.

The "it won't happen to me" outlook is both foolhardy and dangerous. Go to the ACCC and Scamwatch website and educate yourself and get more information.

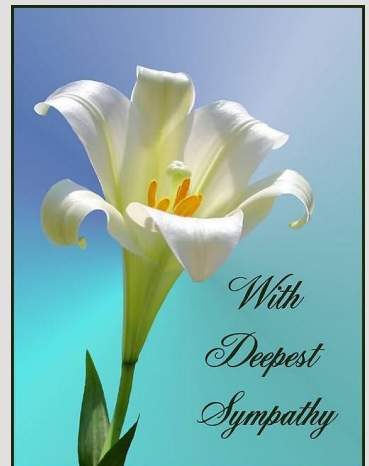
It can be a technologically scary world out there but knowledge and your own common sense are your best protection.

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 SOCIAL ORGANISER EXTRAORDINAIRE

(This looks like a great opportunity for us all to get our “people fix” if we have been isolating or just staying clear...Ed)

For our first Social Day in 2022, we will meet at Green Point, Belmont on **Friday 4th March** (*note - Friday, fewer people around/more parking available, etc. now that there are no classes/sessions on Fridays*).

At this time of year, an indoor destination has been 'the norm'. However, in these times an outdoor event seemed more appropriate. We will start off with a picnic morning tea down by Lake Macquarie, which will enable everyone present to catch up on all the Christmas/ New Year 'Goss' and hopefully, not too much COVID talk.

This will be a BYO everything (eats, drinks, chairs etc.) as there are ***no shops close by***, although toilets are located at the carpark. After packing away our picnic gear, we will head off toward Cardiff Point along the lakeside walking trail that affords numerous photographic opportunities along the way. For those a little more adventurous, a relatively short climb to Sea Eagle Lookout presents some excellent vistas of this area, and again, further opportunities to capture a photo or two documenting your experiences of the day. For those that wish to 'linger longer', a visit to Belmont 16's for lunch might be the go.

Details are as follows;

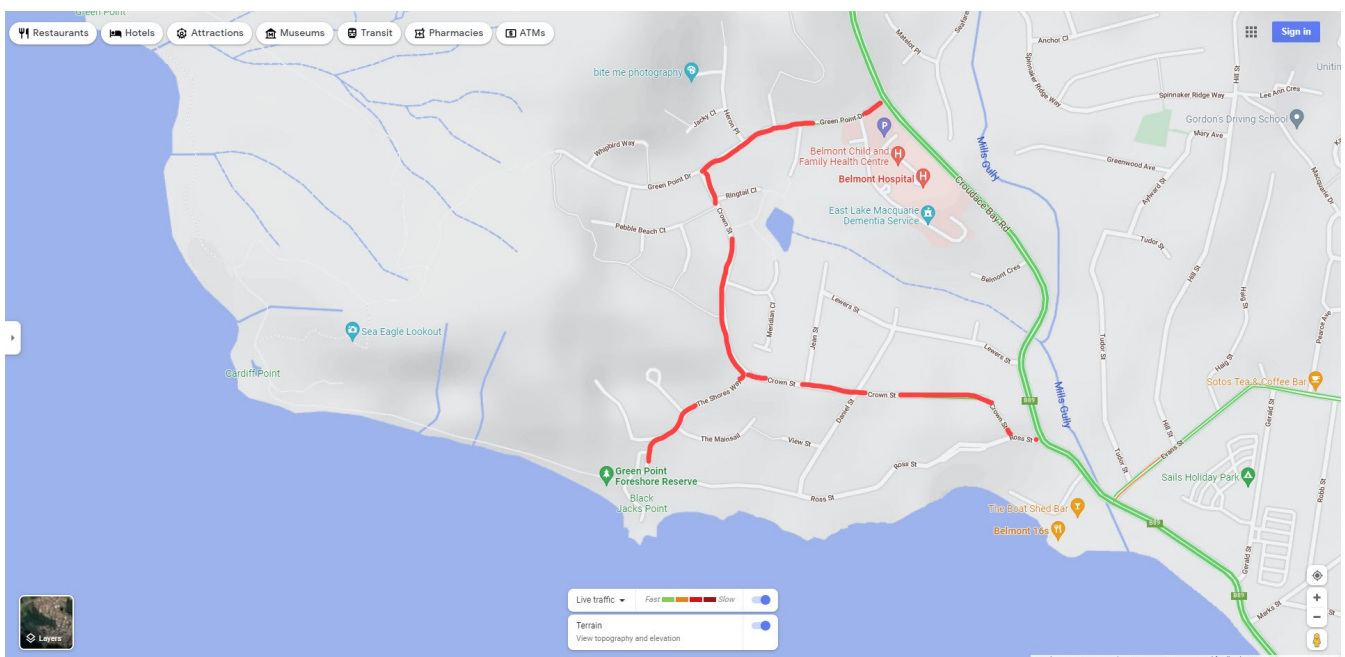
Date: Friday 4th March 2022

Meet: Carpark (Green Point Foreshore Reserve) off The Shores Way, Belmont (see map below)

Time: 10.00am

It will still be warm/hot weather no doubt (hence a morning outing), so ***please bring a hat, sunscreen and comfortable walking shoes, and don't forget your camera*** - you may have to dust it off and charge the battery, or use your phone camera.

If you are reading this online please [click here](#) to download the acceptance form, complete the details and submit. As always, we do need this information to keep track of everyone attending. ***Please also check your emails regularly before this outing for any change/cancellation due to COVID/weather.***



Special Interest Groups



MemoryPals

Our new group meets on **first Monday** of each month at **1:00pm** at Club Lambton. 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** via Zoom. Meetings begin at **2:00 pm**.



DigiPals

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

MemoryPals

The next meeting of MemoryPals will be **February 7th**

All members are welcome to attend, 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 .

WriterPals

Everybody has a story to tell...Our next Writerpals meeting will be February 14th starting at 2pm via Zoom...

For that meeting, how about going back to school-day style and sharing some stories about Christmas from your childhood, back when Christmas was more family oriented and less of the opulent gift giving

A Thought: Creation of a “Coffee Table Book” of our writings. Opinions please, plus suggestions from our work and new contributions.

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.

Thursday Zoomies

Thursday will be devoted to regular Zoom classes at 10:00 am. Please note the change of day. (No classes are being held on Fridays)

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 find out 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

Sandra Keen



Mitzi Gordon

Judy Wallace



Jackie Lampe

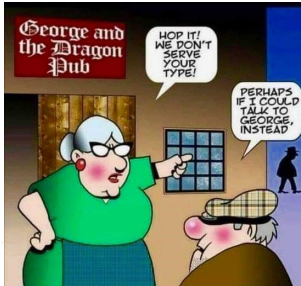


These people are all volunteers who also teach classes at Computerpals.

We ask that you take this into consideration when your phone call is not answered immediately.

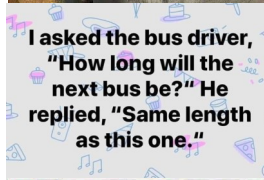
Funnybone —

Tuesday February 22nd will form the perfect palindrome 22/2/22 - Which will make it a perfect Twosday This won't happen again until 3/3/33



The following appeared in church bulletins or were announced at church services.

- The sermon this morning: 'Jesus Walks on the Water.' The sermon tonight: 'Searching for Jesus.'
- Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- Don't let worry kill you off – let the Church help.
- Miss Charlene Mason sang 'I will not pass this way again', giving obvious pleasure to the congregation.
- For those of you who have children and don't know it, we have a nursery downstairs.
- The Rector will preach his farewell message, after which the choir will sing 'Break Forth Into Joy'.
- Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.
- Potluck supper Sunday at 5pm – prayer and medication to follow.
- The church will host an evening of fine dining, super entertainment and gracious hostility.
- At the evening service tonight, the sermon topic will be 'What is Hell?' Come early and listen to our choir practice.
- The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.
- This evening at 7pm there will be hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.
- Low Self-Esteem Support Group will meet Thursday at 7pm. Please use the back door.
- The Associate Minister unveiled the church's new tithing campaign slogan last Sunday: 'I Upped My Pledge – Up Yours.'
- This being Easter Sunday, we will ask Mrs Lewis to come forward and lay an egg on the altar.



... and that is WHY the chicken crossed the road.

Pregnancy Q&A

- Q: Should I have a baby after 35?
A: No, 35 children is enough.
- Q: I'm two months pregnant now. When will my baby move?
A: With any luck, right after he finishes college.
- Q: What is the most reliable method to determine a baby's sex?
A: Childbirth.
- Q: My wife is five months pregnant and so moody that sometimes she's borderline irrational.
A: So what's your question?
- Q: My childbirth instructor says it's not pain I'll feel during labor, but pressure. Is she right?
A: Yes, in the same way that a tornado might be called an air current.
- Q: When is the best time to get an epidural?
A: Right after you find out you're pregnant.
- Q: Is there any reason I have to be in the delivery room while my wife is in labor?
A: Not unless the word "alimony" means anything to you.
- Q: Is there anything I should avoid while recovering from childbirth?
A: Yes, pregnancy.
- Q: Do I have to have a baby shower?
A: Not if you change the baby's diaper very quickly.
- Q: Our baby was born last week. When will my wife begin to feel and act normal again?
A: When the kids are in college.

THE DAILY TOON



Did You Know?

The History of the Middle Finger...



Well, now..... here's something I never knew before, and now that I have come to know it, feel compelled to share with my more intelligent friends in the hope that they too, will feel edified.

Isn't history more fun when you know something about it?

Before the Battle of Agincourt in 1415, the French, anticipating victory over the English, proposed to cut off the middle finger of all captured English soldiers. Without the middle finger it would be impossible to draw the renowned English longbow and therefore they would be incapable of fighting in the future. This famous English longbow was made of the native English Yew tree, and the act of drawing the longbow was known as 'plucking the yew' (or 'pluck yew').

Much to the bewilderment of the French, the English won a major upset and began mocking the French by waving their middle fingers at the defeated French, saying, See, we can still pluck yew! Since 'pluck yew' is rather difficult to say, the difficult consonant cluster at the beginning has gradually changed to a labiodental fricative, and thus the words often used in conjunction with the one-finger-salute! It is also because of the pheasant feathers on the arrows used with the longbow that the symbolic gesture is known as 'giving the bird.'

So bills are washed, the laundry is paid, the clothes are in the oven and the last load of dinner is in the dryer... who says I can't multitask?