



SWITCHED ON SENIORS

Email : contact@computerpals.org.au

President

Barry Keen



Dates to Remember

Morning Tea - July 4th

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

Special Groups - Memorypals, Writerpals & Digipals will meet at Club Lambton on their usual Mondays

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Australian Seniors Computer Clubs Association **ASCCA**

PRESIDENT'S REPORT – JULY 2022

REMINDER: MORNING TEA—Club Lambton—Monday 4 July 10:00 am sharp—guest speakers attending

It has been fairly busy this past month with regular classes (M,T,W) and Zoom on Thursdays together with an ASCCA Zoom monthly meeting, a face-to-face forum with Good Things Foundation in Sydney, and a subsequent Zoom webinar, and then also, a number of our members (including Sandra & I) were involved in a Digital Library workshop with the Newcastle Library & Newcastle University over several days each week for the past 2 weeks. It just doesn't stop!

The classes in Club Lambton, Lambton Library & Hamilton Library continue to be well supported in numbers and learners are enjoying the opportunity to interact with tutors almost on a 2 to 1 basis with BeConnected topics and special matters of their own learning needs. There have been a few club classes on topics that had been requested. The Roster Team have met and formulated the program for Term 3 and that has been communicated to you via email and it is also on the club's website for your information.

As you all know we as a club we have had it tough with the cost of our rent making it impossible to continue operating at Hubbard St and through diligent efforts of a team of committee members assisted by suggestions from the general membership that we eventually found free accommodation at Club Lambton on Mondays, and by an arrangement with Newcastle Libraries to assist them with their need to provide tech help to their members, we entered an agreement whereby we could meet at Wallsend (substituted by Lambton while Wallsend underwent renovations) and Hamilton Libraries on Tuesday and Wednesday mornings.

We are not alone, many clubs like ours suffered in the same way and sadly many of them closed up altogether. We have told ASCCA of our endeavours and they are holding us up as an example to hopefully help reinvigorate some of those clubs and get them going again. I have been asked to speak at their Annual Conference in November highlighting the efforts of our club and how we re-invented ourselves with Zoom Meetings until we could once again come out of lockdown and meet together.

I am especially proud of the 28 volunteer tutors who have stuck with us and continue to support our learners either in class or via Zoom.

It is now the start of a new financial year, and if you haven't already, please send your \$25 membership renewal to the club for membership through to 30/6/2023. [HOW TO PAY](#)

The Annual General Meeting is coming up on Friday 5th August and will be held at Cardiff RSL Club. More details will be sent out by email later.

Nominations for the executive and committee is now being called for and must be in the hands of the Secretary 7 days before the AGM (i.e. 29 July). [CLICK HERE](#) for a nomination form – complete it as directed on the form and bring it in by hand or email it a.s.a.p. remembering we won't be back in class until after the school holidays 19 July.

Our next Social Day Out has been set to occur on Friday 19 August – Social Co-ordinator Brenton will send out an email with all the details closer to the date.

HEALTH will be a topic we will be focussing on over the next two months with classes and presentations at venues and webinars, all in the planning to happen. In particular, managing access to your health records, tele-appointments with your doctor, e-prescriptions and ordering your scripts on-line. Sound interesting? Make sure you get involved!

REMINDER

ASCCA Multimedia Competition 2022
 Entries opened on 1st July and close at midnight on 14th July 2021
[Read more](#)

Creative Writing Competition 2022 & Digital Photography Competition 2022

All have start dates soon [Read more](#)



STUFF IT'S HANDY TO KNOW TO KEEP YOU SAFE ONLINE —

What is a Remote Access scam?

Remote Access scams involve a scammer communicating with you directly to deceive you into giving them access to your computer or mobile device and personal data via the phone, email, or text or through pop-ups and chat functions on the internet.

The fraudster will attempt to convince you to allow them to access your computer by downloading remote desktop software and providing them with other personal data such as passwords and authentication codes. There have been several recent cases where members received an unsolicited phone call or online contact from scammers purporting to be from reputable Australian telephone and internet service providers. Scams have also involved fake cryptocurrency traders and messages received in social media platforms.

If what you are being offered seems too good to be true, that is a strong indication that it could be a scam. Ask for a phone number to call them back - when they refuse or insist on going through with the transaction right then, hang up.

How to detect a Remote Access Scam

Stay alert to these red flags:

You might receive an unexpected call, email, pop-up, or webchat from a person from a reputable organisation saying that they need to help you fix an important computer issue (your bank, the NBN, Telstra, Amazon, eBay, Microsoft, the ATO, Centrelink, the police).

A scammer usually pretends that they want to assist you to solve an issue. They may say:

Your computer is infected, or it has been compromised in some way
 You have been overcharged for a service or purchase, and they would like to arrange a refund to your bank account; and/or
 They have mistakenly credited your account with funds that must be repaid immediately and, sometimes, that you will receive a small fee to help them correct the error.

They will direct you to download remote access software (e.g. TeamViewer, AnyDesk or Go-To-Meeting) and ask you to log into emails, internet banking or other payments services
 They will often directly ask you to disclose your personal details and your bank or credit card details, passwords, and authentication codes.

A legitimate organisation will NEVER:

Ask you to download software through an unsolicited call, email, or text.
 Or Ask you to share your online banking logins, passwords, or authentication codes.

Even more helpful information is available on the ACCC's Scam watch page at www.scamwatch.gov.au and ASIC's www.moneysmart.gov.au/investment-warnings/investment-scams.

The above information came to me in an email from my banking institution, the IMB.

To learn more about scams, how to spot them and how to avoid them visit www.imb.com.au/security.

Your own common sense and instinct is your best protection.

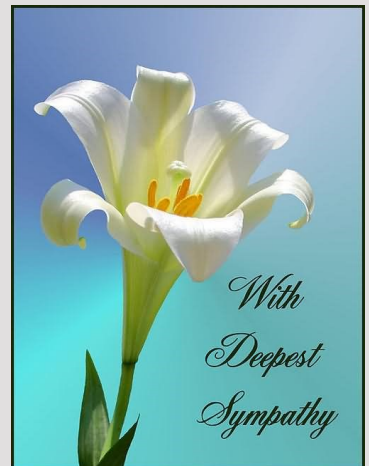
TICK WARNING
 IF SOMEONE COMES TO YOUR FRONT DOOR SAYING THEY ARE CHECKING FOR TICKS DUE TO THE WARM WEATHER AND ASKS YOU TO TAKE YOUR CLOTHES OFF AND DANCE AROUND WITH YOUR ARMS UP...
DO NOT DO IT! - - THIS IS A SCAM!
 I WISH I'D SEEN THIS YESTERDAY... I FEEL SO STUPID

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.



SOCIAL

We have the **MEMBERS MORNING TEA** happening on Monday 4th July at Club Lambton—starts at 10:00 am sharp.

Guest speakers will be in attendance:

Olivia & Liz from Service NSW—talking about saving you money

Kathy from Novacare talking about negotiating My Aged Care

The next Social Day Out will be on Friday 19th August.

Put this date in your diary..... More information coming closer to the date



Has a bee ever landed on you, and instead of getting scared, you appreciate the possibility that you got confused for a flower

Theyr're
Take that, grammar police!

WRITE ME A STORY— Or an Epitaph

"Write me a story" I said to you "about something you enjoy"
"I can't write" you said to me. "I wouldn't know where to start 'cause there's nothing I remember that doesn't include my boy
Who's all grown up and far away, but still here in my heart.

I remember we went fishing once, with his little rod and reel,
He was just a little chappie, thought his dad knew everything.
He caught a fish as big as himself and let out a mighty squeal
And he clung on to that little rod and landed the wriggling thing.

We got a fair few meals out of that one fish, and savoured every bite
But by the end of that weekend I was heartily sick of fish.
He loved his bedtime stories, as littlies often do, and every night
With his hands in mine, he declared that his only wish

Was to spend his life on the bank of the creek catching fish with me."
"That's a beautiful story," I said to you. "I'd like you to write it down.
Does your son recall those fishing days with a photo he can see?"
"We often talk about those days, whenever he comes to town."

Your stories vary from one to another, names and places change,
But the end result is always a yarn that my fingers itch to write.
We're all getting older and as we do our memories tend to fade
And if we fall down off our perch, they disappear overnight.

A very good way to preserve your thoughts is to write your epitaph
And maybe your eulogy, to read at your wake, to tell about your life
"Here lies Carmel, without a book, that alone should make you laugh
She's stuck in a box so she isn't lost and she can't get into strife"

Suddenly We're Seniors

My working life is over, they've put me out to be
Today is the first of ever, what now's in store for me
I sit and read the paper, and think of work I've done
While my mind still working, I think I'll take a run

There's confusion all around me, don't know what to do
My mind is still for working, my body, still working too.
I'll have to find a hobby, to fill the days ahead
There's more to life than worry, as I head for my bed

Now I'm thinking sanely, I hang my head and bow
I'm ready for the future, for I'm a senior now
There's travel on my agenda, places there to see
I'll cruise upon the oceans and see the many seas

When travel days are over there's many things to do
Sit and read a magazine, or make a pot of stew
Write about my travels, or a poem or two will tell
There's many groups and services I can join as well

Now I'm senior settled, I forget I used to work
I had joined a group of seniors, now I am their clerk
I've been many years a senior, no regrets, you see
I will be a senior, until the Lord has called for me.

Just a Few Minutes on the Computer

The buzz of busy voices in the classroom every week
Says the brains are working hard for the knowledge we all seek.

"I swear I did my homework, but the knowledge didn't hold
And I know that only happened 'cause I'm getting way too old
For all this modern learning 'bout computers and such stuff.
Lord knows what they'll teach me if I hang round long enough.

I thought my life was busy bustling here and going there
But now I've found computers that stuff's all up in the air.

I don't have time to go to lunch, and shopping's all but gone
I can't wait to jump up out of bed and turn my 'puter on.

Kettle and toaster do their thing, and then I settle down.
I'd better check my emails before I leave to go to town.

There's one from Marg, and Elaine too, and another from my son
I'll send them all an answer and go shopping when that's done.

I'll check in on my bank account and see what money's there
And then I'll phone my hairdresser for when she'll cut my hair.

There's lots of stuff I have to do, but I'll check a few things first.
I need to take a little walk or else I'm going to burst.

My golly, it's got dark outside. Is that a storm that's building up?
I'll have to turn computer off or else it might blow up.

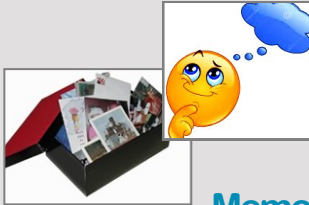
It's not a storm. The day is gone! It's time to go to bed.

I'd planned to do a lot today, but I'll have a shower instead.

I'll try again tomorrow to do the things I have to do.

Don't know where time went today. I blinked and it just flew.

Special Interest Groups



MemoryPals

Our new group meets on **first Monday** of each month at **1:00pm**.

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. Meetings begin at **1:00 pm**.



DigiPals

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

MemoryPals

WriterPals

DigiPals

PLEASE NOTE:

These **Interest Groups** have been combined for the next few months to work on Multi-media Journaling Projects involving all three interests.

Each Monday during the school terms those club members interested in furthering their skills in these areas are invited to attend Club Lambton at 1:00 pm. If need arises we may meet via Zoom, but everyone will be advised of this beforehand.

The next meeting will be August 1, at Club Lambton where we will be combining with the other groups to learn more about telling stories using multi-media formats.

All are welcome to attend our meetings, 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. No need to book - just join the group.

COMPETITIONS: time is getting short. Get your entries finalised.

Multimedia competition entries close at midnight on 14th July. Get your entries in as soon as you can.

Creative Writing entries open on 2nd August, close at midnight on 16th August

Digital Photography entries open 15th September, close at midnight on 30th September

Thursday Zoomies

Thursday will be devoted to regular Zoom classes commencing at 10:00 am.

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 —

When you sneeze so hard, your moustache changes lips:

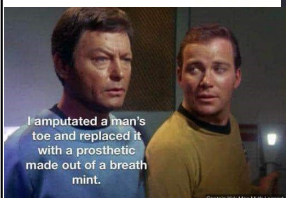


A woman went to the emergency room, where she was seen by a young new doctor. After about 3 minutes in the examination room, the doctor told her she was pregnant. She burst out of the room and ran down the corridor screaming. An older doctor stopped her and asked what the problem was; after listening to her story, he calmed her down and sat her in another room. Then the doctor marched down the hallway to the first doctor's room. "Whats wrong with you?" he demanded. This woman is 63 years old, she has two grown children and several grandchildren, and you told her she was pregnant?!! The new doctor continued to write on his clipboard and without looking up said: "Does she still have the hiccups?" 🤔🤔🤔



AS A YOUNG CHILD MY MOTHER TOLD ME I CAN BE ANYONE I WANT TO BE

Turns out this is called identity theft



How to wash a cat

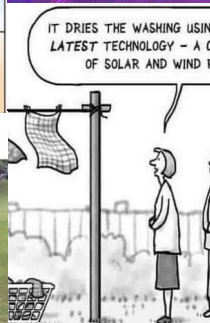
1. Put both lids of the toilet up and add 1/8 cup of pet shampoo to the water in the bowl...
2. Pick up the cat and soothe him while you carry him towards the bathroom.
3. In one smooth movement put the cat in the toilet and close the lid. You may need to stand on the lid.
4. At this point the cat will self agitate and make ample suds. Never mind the noises that come from the toilet, the cat is actually enjoying this!
5. Flush the toilet three or four times. This provides a 'Power-Wash' and 'Rinse'.
6. Have someone open the front door of your home. Be sure that there are no people between the bathroom and the front door.
7. Stand well back, behind the toilet as far as you can, and quickly lift the lid.
8. The cat will rocket out of the toilet, streak through the bathroom, and run outside where he will dry himself off.
9. Both the toilet and the cat will be sparkling clean.

Yours Sincerely,
The Dog



I've been to a lot of places, but I've never been in Cahoots. Apparently you can't go alone, you have to be in Cahoots with someone. I've also never been in Cognito, either. I hear no one recognizes you there. I have, however, been in Sane. They don't have an airport, you have to be driven there. I have made several trips.

A truck loaded with Vicks vapor rub overturned on the highway. Amazingly, there was no congestion for eight hours.



TWELVE COMMANDMENTS FOR SENIORS

- #1 - Talk to yourself. There are times you need expert advice.
 - #2 - "In Style" are the clothes that still fit.
 - #3 - You don't need anger management. You need people to stop pissing you off.
 - #4 - Your people skills are just fine. It's your tolerance for idiots that needs work.
 - #5 - The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."
 - #6 - "On time" is when you get there.
 - #7 - Even duct tape can't fix stupid, but it sure does muffle the sound.
 - #8 - It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller?
 - #9 - Lately, you've noticed people your age are so much older than you.
 - #10 - Growing old should have taken longer.
 - #11 - Aging has slowed you down, but it hasn't shut you up.
 - #12 - You still haven't learned to act your age and hope you never will.
- ... And one more:
"One for the road" means peeing before you leave the house

EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.

Paddy was walking down a street when he saw his buddy Mick driving a brand new Mercedes.

Mick pulled up to him with a wide grin. "Mick, where'd you get that car?" "Sue gave it to me" Mick replied. "She gave it to you? I knew she was kinda sweet on ya lad, but a new Merc?"

"Well, Paddy, let me tell you what happened..."

We were driving out on a country road at 6 in the morning, in the middle of nowhere, Sue pulled off and headed in to the woods, she parked the car, got out, threw off all her clothes and said, "Mick, take whatever you want".

So I took the car!" "You're a smart man!" says Paddy. Them clothes would never have fitted you".

During a recent computer class, a student was using the following password "MickeyMinniePlutoHueyLouieDeweyDonaldGoo fySydney" When asked why it was so long, the student explained that it had to be at least 8 characters long and include at least one capital

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