



SWITCHED ON SENIORS

Email : contact@computerpals.org.au

President

Barry
Keen



Dates to Remember

- * AGM - Friday Aug 4th
- * Writing stories in Aug

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

**Special Groups -
Memorypals,
Writerpals & Digipals
will meet on their
respective monthly
afternoons (see page
3)**

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Australian Seniors
Computer Clubs Association **ASCCA**

President's Report—August 2023

As part of a Volunteers Grant supported by Sharon Claydon MP we held CPR training for 22 volunteers on Monday 24/7. Training was conducted by 'super trainer' Deb from HA Training. She did a great job and made our learning very enjoyable. We might even be able to save a life.



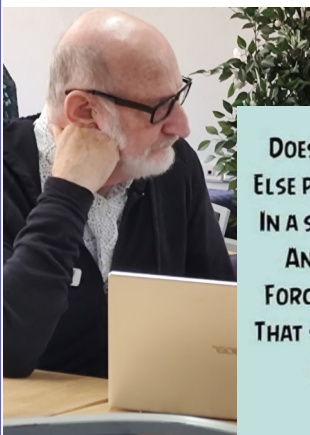
Term 3 started well with 4 learners and 3 tutors attending Lambton Library on Monday 17/7, 11 learners attending at Wallsend Library on Tuesday 18/7, and 6 learners at Hamilton Library on Wednesday 19/7.

On 21/7 Sandra & I attended Marmong Waters Estate Country Club and addressed approximately 50 residents on 'Avoiding Scams and Protecting Your Identity Online' which was well received.

A similar presentation was made to 'Silver Salties' at Nobbies on 26/7 with a dozen in attendance.

Our AGM will be held on Friday 4/8 at Cardiff RSL Club. Nominations for all positions are held.

Marjorie Stanton has agreed to be the Returning Officer at the AGM.



DOES ANYONE
ELSE PUT THINGS
IN A SAFE PLACE
AND THEN
FORGET WHERE
THAT SAFE PLACE
IS??



I've been saying it nearly every month in the newsletter—**your own common sense is your best weapon. Trust it.**

Get familiar with the Scamwatch and Techguide sites and keep yourself informed of what is going on in the technological world.

On the social media side, if you get friend requests from people already on your contact list, change your password because it is possible that one of them has had an intruder into their FB account.

—oooOooo—

Scammers are always on the lookout for easy pickings, so don't make it easy for them. Some emails look totally genuine but looks can be deceiving.

If you are in doubt about an email - delete it or contact the company and ask about it. Don't use the links or phone numbers in the email.

Get into the habit of checking the Scamwatch and Techguide websites regularly, get on their mailing lists for the latest information also ACCC which runs the Scamwatch site as well.

The ACCC site has recently been updated with a bit of a new look and is very easy to navigate. Familiarise yourself with it and the information provided.

Thank you Lindsay

The recent presentation from Service NSW gave us some excellent information, so please check out their website as well.

You cannot do too much when it comes to keeping yourself safe online.

I say it every month and you're getting it twice this month **your own common sense is your best weapon. Trust it and use it.**

DO NOT ever click on a link in an email —especially one that requests your personal details.



Perks of reaching 60 or being over 70 and heading towards 80!

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run-anywhere.
4. People call at 8 PM and ask: "Did I wake you?"
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat supper at 5 PM.
9. You can live without sex but not your glasses.
10. Your supply of brain cells is finally down to manageable size.
11. You can't remember who sent you this list.
12. And you notice these are all in Big Print for your convenience.

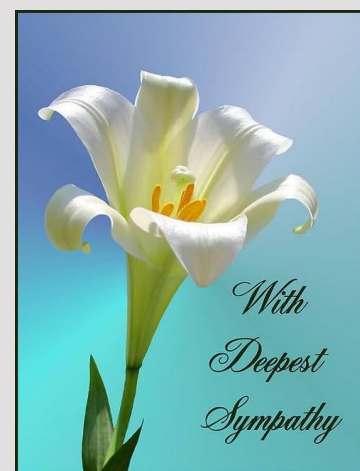
Forward this to everyone you can remember right now! And remember, Never, under any circumstances, take a sleeping pill and a laxative on the same night!

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.

Special Interest Groups



MemoryPals

Our new group meets on **first Tuesday** 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 Thursday** of each month at Club Lambton.. Meetings begin at **1:00 p.m.**



DigiPals

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

MemoryPals

WriterPals

Meetings for the special activity groups will be changing days. Individual Assistance on Mondays means that Tutors are not available to attend these groups so they have been moved to Thursday afternoons.

The MemoryPals group will meet on the first Tuesday of the month at 1 pm;

WriterPals will meet on the second Thursday of the month at 1 pm; and

DigiPals will meet on the third Thursday of the month at 1 pm.

All will be at Club Lambton.

For the ASCCA creative writing competition - **story entries** are due in the **first fortnight in August**. If your Muse needs a prod to get moving, turn up at the club on each Thursday afternoon until mid August at 1pm. It is not a regular meeting, but if anyone needs help, we will do what we can. We have a reputation to uphold.

Digital Photography - There are 7 categories and we are allowed 1 photo

DigiPals

in each category, with the emphasis on creativity and interpretation, All entries are to be submitted by the individual photographer who is permitted to present one photograph, to a maximum size of 4MB in each category, taken between 2nd September 2022 and 15th September 2023. No post camera manipulation will be permitted — except minor cropping, straightening and exposure adjustments.

With all the gizmos and gadgets on phones today, There will surely be some fabulous entries.

Full information can be found on the ASCCA website. (ASCCA.org.au)

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.

I am hearing so many good things about this session and how extremely helpful it is. Please join in if you can.

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. They are wonderfully informative and proving very popular

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



Some people just need a sympathetic pat...

On the head...

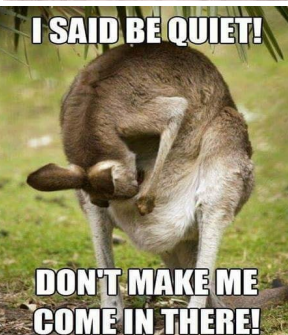
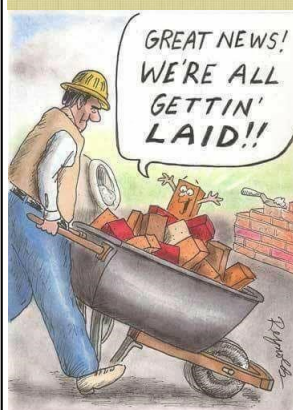
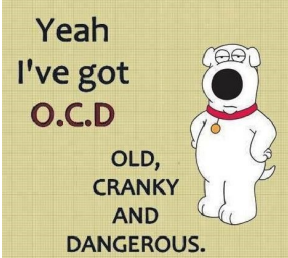
With a hammer.

www.yesemails.com

I NEVER USE TURN SIGNALS



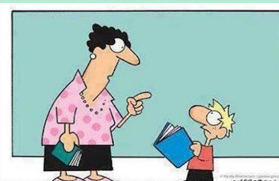
IT'S NOBODY ELSE'S BUSINESS WHERE I'M GOING.



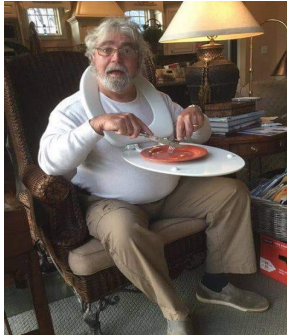
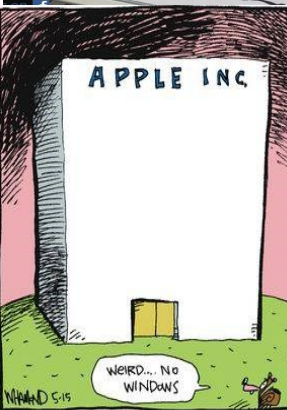
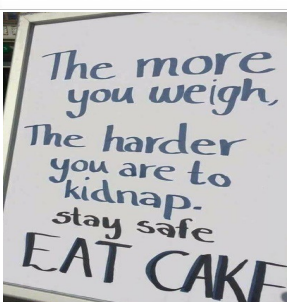
MY "GET UP AND GO" LOOKED AROUND, SAID "SERIOUSLY?" AND SAT RIGHT BACK DOWN.



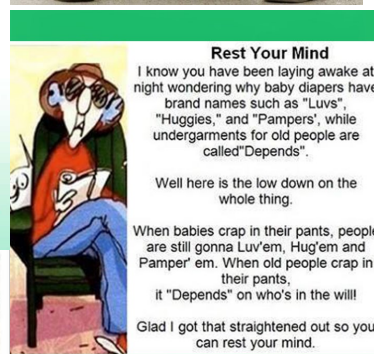
During labor, the pain is so great that a woman... can almost imagine what a man feels like when he has a cold.



It's called reading. It's how people install new software into their brains.



SOMETIMES WE NEED TO LOOK AT LIFE FROM A DIFFERENT PERSPECTIVE



Rest Your Mind

I know you have been laying awake at night wondering why baby diapers have brand names such as "Luvs", "Huggies," and "Pampers", while undergarments for old people are called "Depends".

We'll here is the low down on the whole thing.

When babies crap in their pants, people are still gonna Luv'em, Hug'em and Pamper' em. When old people crap in their pants, it "Depends" on who's in the will!

Glad I got that straightened out so you can rest your mind.

DO YOU REMEMBER?

PROOF OF GLOBAL WARMING



PADDY AND MURPHY ARE WORKING ON A BUILDING SITE.

WHEN A SLATE FALLS OFF THE ROOF SLICING PADDY'S EAR OFF.

MURPHY FINDS IT AND SAYS, "IS THIS YOURS PADDY?"

"NO" SAYS PADDY, "MINE HAD A PENCIL BEHIND IT!"

To make it stand, u wet it. To make it wet, u suck it. To make it stiff, u lick it. To get it in, u push it! Damn! Threading a needle at any age is no joke!

From the desk of Brenton, our social director extraordinaire, who found us another most enjoyable activity . Thank you, Brenton.

Dates to Note.

ANNUAL GENERAL MEETING is approaching – it will be held at Cardiff RSL in a private room on Friday 4th August

Proceedings will kick off at **11am** with a short meeting to elect our committee members and executive committee for the next year, and some information sharing to keep our members up to date.

Cost for those staying for a meal will be \$19 which will need to be paid to Computerpals beforehand so we can pay the Cardiff RSL.

You can pay either online via bank transfer or over the counter at your bank to our account with the Newcastle Permanent. Account Name - Computerpals; BSB 650 000 Account 962205402. Account details are your SURNAME and INITIAL and AGM in the reference line.

On Monday 24th July between the morning BeConnected group and the afternoon Committee Meeting we had a CPR demonstration and class.

As a long time Family Day Carer I attended quite a number of these classes and I think this was one of the best. The presenter definitely knew her stuff and was well equipped for us all to be hands-on without having to stand around and wait our turn. It was enjoyable, educational and very worthwhile. Considering that a lot of us do childminding activities from time to time, it is very useful knowledge to have.



Next Social Day Out will be on Friday 25th August next – mark this one down too. More details to come