



SWITCHED ON SENIORS

Email : contact@computerpals.org.au

President

Barry Keen



Dates to Remember
classes started 30/1

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

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

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Australian Seniors Computer Clubs Association **ASCCA**

President's Report—FEBRUARY 2023



Newcastle's Most Wanted.
They Got 'im
Cake with file insert required.

Welcome back everyone to the start of Term 1, 2023.

12 of us didn't start brilliantly—we got Covid—but all are well again now apart from tiredness and occasional fuzzy brain.

Monday 30/1, Tuesday 31/1 and Wednesday 1/2 classes were all well attended and we got stuck into the new process set out by BeConnected. The Monday afternoon for Club members at Club Lambton doing Individual Assistance sessions was also well supported.

Our Social Director—Brenton has a surprise outing planned for Friday 17/3—more to come on that.

The first of our quarterly Members Morning Teas will be on 27/3 at Club Lambton—We will have a brief business session then get into the fun stuff. I'll remind you by email again before then.

Stay well and stay safe, Cheers, Barry Keen President

There have been scams galore this year—all the old ones ranging from teens and family in dire straits texting for you to send lots of money for bills and getting home because of lost or stolen phone and wallets right through to demanding a little extra postage for deliveries that need to be made in time for Christmas.

COMMON SENSE WILL SAVE YOU A LOT OF MONEY IF YOU STOP AND THINK ABOUT IT.

If they are family, wouldn't they call instead of texting? Wouldn't they answer if you called the number they texted from?

If you are expecting a parcel or delivery, can you not go to the PO to 'pay what you owe' where you will usually find they have no idea what you are talking about? If you have ordered something online, you would have paid any postage when you ordered so there should be nothing owing. **THINK ABOUT IT.**

Banks do not call out of the blue demanding your account details for any reason - they send you a letter addressing you by your name, not "dear customer", same with PayPal and Medicare and other Government departments. **THINK ABOUT IT.**

If you have doubts or questions about any approaches from your financial institution requesting private details and/or payment of any amounts of money, either phone your bank to check or phone Computerpals. Don't just pay it. It might be just a few dollars to one person, but multiply that over the thousands who get those demands, and you will realise that the scammers have their own "get rich quick" scheme going. If the worst happens and you panic, sending a fair sum of money to a stranded relative before you realise it is a scam, immediately contact your bank and have the transaction cancelled. Banks do have an emergency number for stolen cards and other stuff. My own bank contacted me at 11.30 one night to question a lot of small purchases that had been made through my account after someone had broken into my car that night and found my wallet on the floor. When I assured them that I was not responsible for the transactions, the IMB immediately froze my account, cancelled all transactions within the last 24 hours. The next morning I spoke to the bank again and after the small purchases seemed to go through, the thieves got daring and did some serious shopping on eBay and transfers through Western Union. These amounted to a few thousand, all of which IMB dealt with by replacing all the money in my account, and tracking the culprits. They caught them and they were dealt with. That's all the info I was given. I had no reason to believe that anything nefarious was happening because, instead of stealing my cards, they just copied the numbers and did their shopping online. I would never have known if IMB security hadn't been so spot-on in flagging unusual activity.

My lesson from that was - always lock your car and never leave anything valuable in sight. "It won't happen to me" is just another one of those urban myths.....

—oooOOOooo—



Dead Penguins - I never knew this!

Did you ever wonder why there are no dead penguins on the ice in Antarctica? Where do they all go?

Wonder no more! It is a known fact that the penguin is a very ritualistic bird and lives an extremely ordered and complex life. Penguins are extremely committed to their family and will mate for life, as well as maintain a form of compassionate contact with their offspring throughout the remainder of their life.

If a penguin is found dead on the ice surface, other members of the family and their social circle have been known to dig holes in the ice, using only their vestigial wings and beaks, until the hole is deep enough for the dead bird to be rolled into, and buried.

After packing the ice back in the hole, the male penguins then gather in a circle around the fresh grave and sing:

"Freeze a jolly good fellow."
"Freeze a jolly good fellow."

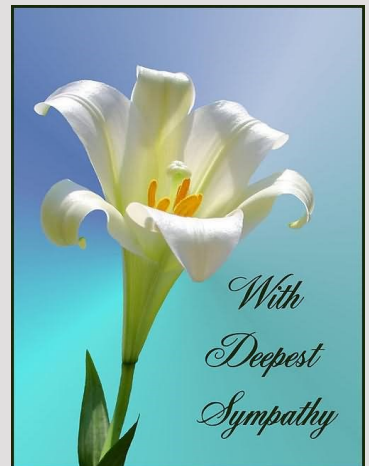
You really didn't believe that I know anything about penguins, did you?

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 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

Great news for all members.....In the current ASCCA newsletter you will find the topics and guidelines for the 2023 competitions. I am looking forward to the poetry as the only thing stipulated is the type of poem and the general content. Some are very short eg Haiku (3 lines) Limerick (5 lines) Sonnet (14 lines) Ode (30 lines) Acrostic (built around the letters of a particular word that is the subject of the poem) and Free Verse which is basically a story told as a poem with no real rhyme or rhythm. We can choose up to 4 poems for our entries.

We have 6 topics for creative writing of which we can choose 3 for our stories with a 1000 word limit. Topics include

- * What my mother/father said (that had an effect on you)
- * In Transit - just passing through
- * Storm in a teacup - being the centre of attention
- * In the Eeriness of the night - an experience that was frightening in the dark
- * The train - a memorable occurrence or a model
- * Childhood - from the viewpoint of a child

Digital Photography - There are 7 categories and we are allowed 1 photo 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 2021 and 15th September 2022. No post camera manipulation will be permitted — except minor cropping, straightening and exposure adjustments

Full information can be found on the ASCCA website.

Thursday Zoomies

Thursday will be devoted to regular Zoom classes commencing at 10:00 am. Please note the change of day.

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. 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.

Some gems from Harold. Covid got him over Christmas, so he had lots of time to write. Thank you Harold

A Beach Walk

At Redhead Beach they walked along
She was humming a Christmas song
He, with shoes off, waded too
Among the sand and frothy goo

A rogue wave came and knocked his feet,
Into the water, fully clothed, and fully beat
Mobile phone and cards and keys
In his pockets, if you please

To his feet, he struggled hard
But unable to lift all that lard
Help he needed, and so fast
From a person walking past

Home they hurried to change his gear
Glasses back upon his ear
A dryer out to dry his phone
In amongst his grunts and groan

The moral of this story then
If you should walk with lady friend
Let her walk the waters side
You stay where it's firm and wide.

I Got It

With covid now, I've set my pace
I'm stuck at home, this is my base
I doze a while then wake to bark
Life no more is just a lark

At eight at night I take three pills
The side effects don't give me thrills
But leaves behind a metallic taste
I try to clear with my Colgate paste

A pill a night to help me sleep
Better than counting herds of sheep
Pills again at eight of morning
I hate to see the light of dawning

Ribs are sore and tummy rumbles
Must be care of trips and tumbles
Off to toilet, yet again
Beginning to come a real big pain

Off my food, but that's no worry
Can't go shopping for cash and carry
Medicos say drink water, keep fit
Life gets tedious, don't it?

Me and Myself

We're the greatest of mates, me and myself
Better than being left on the shelf
We argue a lot, just who is the boss
This doesn't matter, not really a loss

We're driving along, I want to go right
He wants to go left, another big fight
He's asked a girl out, I want to stay home
Nothing at home but the dog with a bone

So off we go out, the girl and we two
Better than having a family blue
The night turned out fine, nothing to say
Except for the fact, I had to pay

When sitting at home, a crossword to do
It's easier to do when we have the two
With the income I make, there's not much wealth
It's better, I'm sure, with me and myself

Calling all Seniors



If you feel a little scruffy and the dirt is showing through
I have a little information that is custom made for you
Now that you are Seniors and your money's rather tight
There's a wash and vacuum station where prices are right

So grab your gear and hurry to where action is the go
And join the other grannies, as they go through the flow
Then when the wash is over they vacuum your hair
You will be returning home with a newly coloured flair

Now hurry on, you Seniors, this offers rather short
So join the line, I beg you, or you may end up caught
This offer is just for Christmas and time is running out
So grab your chance and take it, spread the word about

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

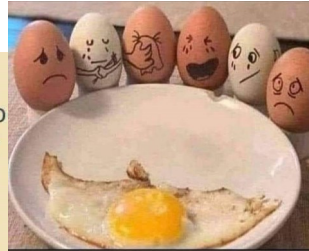
These people are all volunteers who also teach classes at Computerpals. We ask that you take this into consideration when your phone call is not answered immediately.

Funnybone —

It's perfectly OK to talk to yourself and it's perfectly OK to answer yourself. But it's totally sad that you have to repeat what you said because you weren't listening.

My mind is exceptionally quiet.... I'm suspicious that I'm up to something i dont want myself to know about.

Whoever told me to leave my car at the pub and take the bus home, turns out I was in no fit state to drive that either.



He died last fry day. Thank God he wasn't beaten. Don't worry, he went over easy. He's now on the sunny side. He's definitely in a better plate.

TEMPORARY WARTIME GOLF RULES

1. Players are asked to collect Bomb and Shrapnel splinters to save these causing damage to the Mowing Machines.
2. In Competitions, during gunfire or while bombs are falling, players may take cover without penalty for ceasing play.
3. The positions of known delayed action bombs are marked by red flags at a reasonably, but not guaranteed, safe distance therefrom.
4. Shrapnel and/or bomb splinters on the Fairways, or in Bunkers within a club's length of a ball, may be moved without penalty, and no penalty shall be incurred if a ball is thereby caused to move accidentally.
5. A ball moved by enemy action may be replaced, or if lost or destroyed, a ball may be dropped not nearer the hole without penalty.
6. A ball lying in a crater may be lifted and dropped not nearer the hole, preserving the line to the hole, without penalty.
7. A player whose stroke is affected by the simultaneous explosion of a bomb may play another ball from the same place. Penalty one stroke.

RICHMOND GOLF CLUB
SURREY, ENGLAND
1940

Mailman jumped 15 feet.



Dog was right. This is fun.

COMMON SENSE IS A FLOWER THAT DOES NOT GROW IN EVERYONE'S GARDEN!



I dont know what happened, but this eagle is about to ask to speak to a manager.



HOW TO WALK A HUMAN A Dogs Guide

Humans need exercise. If they don't get it they become "chubby". It's up to you to save them.

1. Allow your human to tether themselves to you. This keeps them from wandering off or running away.
2. Your human will probably need breaks. Be considerate and stop and sniff often.
3. Bark frequently. Humans have short attention spans.
4. When you go to the bathroom, walk away. If you have trained your human correctly, they will pick it up.

- Good aerobics:
5. Periodically drag your human as fast as you can. This is called interval training.
 6. Do not allow your human to shorten the walk. They are being lazy. Sit in protest if you must.
 7. Once you return home, allow your human to remove their tether, then lick their face many times. This is positive reinforcement for a job well done.



BENEFITS OF A GOOD VOCABULARY!

I recently called an old Engineering buddy of mine and asked what he was working on these days.

He replied that he was working on "Aqua-thermal treatment of ceramics, aluminum and steel under a constrained environment."

I was impressed until, upon further inquiry, I learned that he was washing dishes with hot water under his wife's supervision.

Dad: Three men are on a boat. They have four cigarettes, but nothing to light them with.

Family. Ok so?

Dad: So they throw a cigarette overboard and the whole boat becomes a cigarette lighter.

Rules of Dieting

- If you eat something and no one sees you eat it, it has no calories.
- If you drink a diet soda with a candy bar, the calories in the candy bar are cancelled out by the diet soda.
- When you eat with someone else, calories don't count if you don't eat more than they do.
- Food used for medicinal purposes NEVER counts, such as hot chocolate, brandy, toast, and Sara Lee Cheesecake.
- If you fatten up everyone else around you, then you look thinner.
- Movie-related foods (Milk Duds, buttered popcorn, Junior Mints, Hot Chips, Tootsie Rolls, etc.) do not have additional calories because they are part of the entertainment package and not part of one's personal fuel.
- Biscuit pieces contain no calories; the process of breaking causes calorie leakage.
- Things licked off knives and spoons have no calories if you are in the process of preparing something. Examples are peanut butter on a knife making a sandwich and ice cream on a spoon making a sundae.
- Foods that have the same colour have the same number of calories. Examples are: spinach and pistachio ice cream; mushrooms and white chocolate. NOTE: Chocolate is a universal colour and may be substituted for any other food colour.
- Anything consumed while standing over the kitchen sink has no calories.

PRIVACY STATEMENT: Information contained in this Newsletter is only for the members of the ComputerPals Newcastle Inc. The Editor accepts no responsibility for any errors, omissions, libels, in accuracy or other shortcomings of this newsletter.

The first five weeks of Term 1 are shown below—i.e. 30/1 to 2/3.

For the full Term schedule go to our website. There is also the annual Calendar of Club activities.



2023 Term 1 - 30th January to 5th April Ph: 0478 219 220 (updated 23/01/2023)

BeConnected classes are free. #29. ZOOM classes - register \$10 (covers all ZOOM Term 1 sessions on Thur)

Club classes are cost at \$5 per 1½ hours

Wk	Monday Morning Club Lambton	Monday Afternoon for ComputerPals Members Club Lambton	Tuesday Morning Wallsend Library	Wednesday Afternoon Hamilton Library	Thursday Morning Zoom session
1	30/1 10:00 to 11:30 am Introduction to BeConnected & New Club Website Followed by Enrolments at 11:30 am	30/1 1:00 - 2:30 pm #30 Individual Assistance \$5	31/1 10:00 to 11:30 am BeConnected Introduction & New Club Website	1/2 1:00 to 2:30 pm BeConnected Introduction & New Club Website	2/2 10:00 to 11:30 am Online ZOOM class
2	6/2 10:00 to 11:30 am Navigating BeConnected Website	6/2 1:00 - 2:30 pm #31 Individual Assistance \$5 ----- Memorypals	7/2 10:00 to 11:30 am BeConnected Safer Internet Day	8/2 1:00 to 2:30 pm Navigating BeConnected Website	9/2 10:00 to 11:30 am Online ZOOM class
3	13/2 10:00 to 11:30 am BeConnected Using the Internet & Online forms	13/2 1:00 to 2:30 pm #32 Individual Assistance \$5 ----- Writerpals	14/2 10:00 to 11:30 am BeConnected Using the Internet & Online forms	15/2 1:00 to 2:30 pm BeConnected Using the Internet & Online forms	16/2 10:00 to 11:30 am Online ZOOM class
4	20/2 10:00 to 11:30 am BeConnected Being Safe Online	20/2 1:00 to 2:30 pm #33 Individual Assistance \$5 ----- Digipals	21/2 10:00 to 11:30 am BeConnected Being Safe Online	22/2 1:00 to 2:30 pm BeConnected Being Safe Online	23/2 10:00 to 11:30 am Online ZOOM class
5	27/2 10:00 to 11:30 am BeConnected Accessibility- Useful Settings on Phone/Tablet	27/2 1:00 to 2:30 pm No Class Committee Meeting	28/2 10:00 to 11:30 am BeConnected Accessibility- Useful Settings on Phone/Tablet	1/3 1:00 to 2:30 pm BeConnected Accessibility- Useful Settings on Phone/Tablet	2/3 10:00 to 11:30 am Online ZOOM class