

# Switched On Seniors

## President's Report



November the last of Spring, but most days it has felt like Summer.

We think of those who have suffered and been surrounded by bush fires. The fire fighters have done an outstanding job. We whole-heartedly thank them.

We had rather a long committee meeting. It was two months since we met, so, as you can imagine, there was a fair amount to get through.

One of our concerns is the changes our club is experiencing in the courses that are needed by our club members. We have not forgotten the survey that was conducted earlier in the year. We now have an Education Team to guide us. This coming Friday afternoon, they and the Roster Team will be meeting to discuss the direction of our club, the way we teach courses and even the make-up of courses we teach. It seems that more and more people are using smart phones, iPads and Android Tablets, so we need to teach courses to enhance use of these devices. So there could be a few changes happening next year.

We had our first meeting of TabPals on Friday afternoon. This sub-club is a work in progress and needs your participation to make it a success. The next TabPals meeting will be on Friday 29th November at 1 pm rather than the 4th Friday of the month, as we have a longstanding class on that day. Fortunately there are 5 Fridays in November.

The trip to Garden Island has had to be cancelled, at the request of the Navy. But we hope to reschedule it for early next year, possibly in the school holidays as they only do tours of a Thursday.

The next big outing is our Christmas Party being held on the Wednesday, 4<sup>th</sup> December 11.30am for noon. You do not need to pay beforehand, pay at the Billabong Restaurant, East Maitland Bowling Club, on the day. We need to have some idea of the numbers, so that the restaurant can allocate us seating.

We need to make changes to the constitution. The committee will be calling a 'special general meeting' to be held just prior to the Christmas Party to pass a resolution to make these changes. More information will be passed to our members when all is finalised.

Our club was represented at the Seniors Well Being Expo at Broadmeadow Race Course last Friday and Saturday. Not a lot of people seemed to know about it, but I thank all those who were willing to go on the Roster and especially to Lindsay for a very eye-catching Power Point presentation he put together, so that it ran continuously on our Monitor.

Enjoy your last Month of computing and I hope to see you at the Christmas Party.

Agape,

Elaine Butler.

**PRIVACY STATEMENT :** Information contained in this Newsletter is only for the members of the ComputerPals Newcastle Inc.

## October Social Report

Brenton Elsey (Social Secretary)

On Saturday 12th we had 15 participants for a trip to Stockton. As the main theme for this outing was to improve our photographic skills, a pre-arranged meeting place at the Ballast Ground Boat Ramp saw a proliferation of cameras representing many brands and models produced, and shooting began around 9.30 am, taking in the Kooragang Island skyline. The format of this outing was a progressive photographic experience (via car) where a number of locations were used to capture pictures of 6 different categories.



Members could then attend the next Digipals meeting with their photos (their best shot from each category) and these would be constructively critiqued by our experts in this field.



Following the initial stop, we headed to the surf beach for a beach scene (and where Lexies On The Beach provided a welcome cuppa for some). Next was a visit to the harbour foreshore to take a photo of our magnificent harbour (plenty of scope there). Our final official stop was to take in fishing trawlers, while during our move around Stockton, an imaginative photo of a tree and historic building were included.

By this time, the worms were biting, so we adjourned to the Boatrowers Hotel for lunch in very pleasant surroundings and, naturally, in fine company. While most headed for home then, a few hardy souls with new-found vigour decided to have another crack at that elusive special shot.

Our next excursion will be a picnic in Lambton Park on Saturday 2nd November. However, the big news is that the trip to Garden Island, Sydney has been postponed to April, 2014 as the base is not available in November.



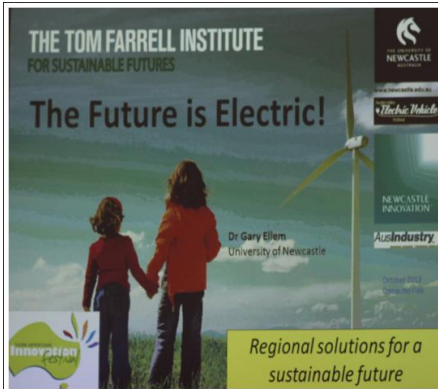


## Morning Tea

Our member's morning tea was held on Monday 21st with a good roll-up of some 45 participants. Once the formalities and club reports were concluded, the usual fine morning tea prepared by Dorothy and Audrey was enjoyed by existing and potential members alike.

Then our guest speaker, Dr. Gary Ellem from the Tom Farrell Institute at Newcastle University spoke on the evolution of transport from that as we know it and on into the future ñ a most informative and well delivered presentation that had many members requesting Dr Ellem return in the not too distant future.

## Seniors Lifestyle, Wellness and Volunteering Expo





## WriterPals Report

Carmel Smith (Organiser)



We welcomed a new member this month – just briefly as she was unavoidably late but just wanted to come in and meet some of us, ready for her ‘dive into the deep end’ next month.

With some of our members gadding off to other parts of the universe on a regular basis we still are not back to full numbers, but that has not affected the quality of what is being produced with those who have to time to write. Hopefully all the bugs, germs and general unwellness will be over and done with very soon.

A very serious 3yo grandson asked me if I was “still a gummy old buggar, Nanny” – a unique way of asking if I still had my old bugs and germs!

Imagination is a wonderful thing and we tend to stretch it to breaking point occasionally. Our latest efforts are on the WriterPals section of the Computerpals website for your enjoyment.

Topics for November are;

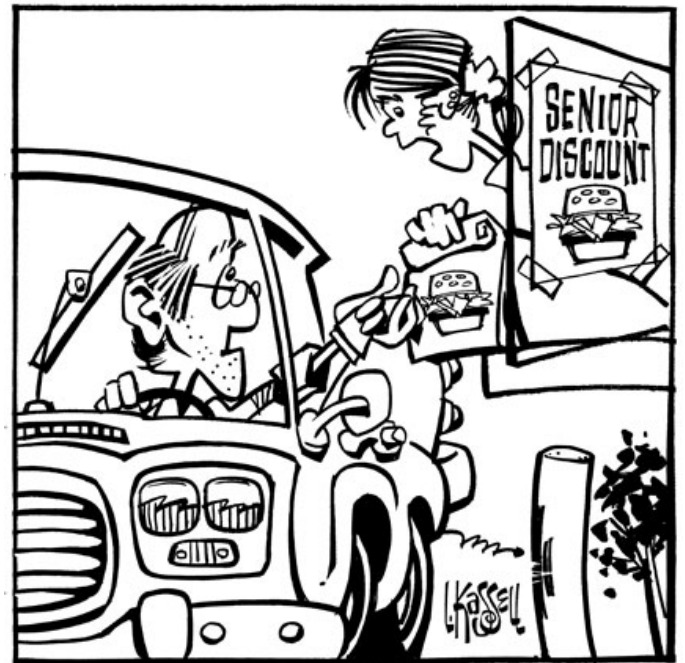
1. Small things that matter – This topic can cover anything from a small child, to a small miracle (one and the same), a small catastrophe,
2. Something (or things) I would have changed if I could have at the time.

If you have a couple of spare hours on the 11th November at 1pm, please come and join us. You would be made very welcome.

Cheers & blessings  
Carmel



*Above : Another superb photo from our excursion to Stockton*



Dude! If you're a senior, you shouldn't be eating here.

## 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.

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## Tutors

The Tutors and their assistants are also Seniors and conduct the courses in a relaxed atmosphere. Your questions are welcome during the classes and there is no need to feel embarrassed if you need to ask for something to be repeated. The classroom is fitted with a hearing loop for those people who wear hearing aids.

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## Best Wishes

For our members who are celebrating birthdays and anniversaries - congratulations! To those who are ill our best wishes for a speedy recovery

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## Condolences

To all of our members who have lost loved ones recently, please accept our condolences.



ASCCA is the Australian Seniors Computer Club Association.

ASCCA exists to support and encourage seniors to take advantage of modern information technology to meet their individual needs and to provide further challenges. ASCCA's Newsletter and its informative items can be accessed on the web site at [www.ascca.org.au](http://www.ascca.org.au)

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### *Important Committee Members of Your Club*

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**Immediate Past President :**  
Lindsay Threadgate.



**Tutor Roster :** Mitzi Gordon



**Technical Officer :** Neville Clifton



**Rosters :** Judy Wallace





## 5 Benefits of Social Media for Seniors

The following article is summarised from an article from <http://seniorcarecorner.com/>

Too old for social media? Don't let anyone tell you that, because it's not possible!

Survey after survey reflects that more and more seniors, including those in the most elderly groups, are participating in social media - though their numbers still lag behind other age groups. They are jumping on board Facebook, Twitter, You Tube and more (can Google+ be far behind?) as they realise it is fun and provides real benefits.

### 1. Social Media Can Keep Families Close

"I wish I heard more often from my children/grandchildren" is a common refrain of seniors. More and more seniors are realising that going where their family members are going, most frequently Facebook, makes it easier to link up and keep up with what is going on in the lives of loved ones. It also makes for more frequent and comfortable conversations (or "convos") between generations than most would experience if the phones were used simply for calls.

### 2. Social Photo and Video Sharing

With the overwhelming majority of photographs now digital, sharing of memories is now easier than ever through social media. More and more pictures are shared every day by users of Facebook, Twitter, Flickr and other social media sites. Grandparents can go online now and see pictures taken just moments before by their grandchildren, creating a feeling of closeness that was never possible with mailed photos.

Home movies have always brought family to life even more than photos, but video sharing took effort and saw delays, even with video cameras and VCRs. With many phones now coming with a video camera, even more videos are being taken by family members and, like pictures, being quickly posted online. Seniors are now getting fresh "home movies" on You Tube, Facebook and other sites.

### 3. Coupons and other Discounts

Everyone likes saving money, not just seniors. Social media provides access to many opportunities to save money, whether it's discount offerings by companies on their Facebook pages or coupons shared between Twitter users.

### 4. Peace of Mind

Seniors and their families often live far apart today, which can lead to anxiety on both sides, particularly when the older family members are living on their own. We have all heard, or even experienced, stories of elderly family members falling in their homes, missing critical prescription drugs, or going without eating for days — all without any knowing until it became a serious problem. Social media gives seniors and their families a convenient way to check in daily, or on whatever frequency is desired.

### 5. Community Belonging

The importance of socialising as part of a community cannot be overstated, particularly for seniors spending much of their time living isolated at home. It can be critical for those unable to get out of the house to be with others. Social media provides the opportunity to have and be a friend, to congregate without leaving the house, to never be alone even when you are the only one in the house.

What are YOUR reasons for being on social media, if you are? If you're not, you might just find there are benefits for you as well as your loved ones!

Sourced from <http://seniorcarecorner.com/>