

Official Newsletter of Parramatta Computer Pals for Seniors Inc. ABN 88 730 177 997

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President's message



It's the Internet's 30th birthday (counting from 12th March 1989 when Tim Berners-Lee first proposed the idea). The National Library of Australia has added a website

archive to Trove, with snapshots of websites dating back twenty years to 1996. Here's the link: <https://trove.nla.gov.au/website> .

Some of the websites look very old-fashioned now.

Your Management Committee has been taking a close look at the Club's financial situation. We have built up a healthy cash reserve in case City of Parramatta no longer provides us with a rent-free room when the new Council building in Parramatta Square opens in 2020. But we've noticed over the past twelve months that we have made a loss most months, and that's a trend that concerns us. Partly it's because a shortage of volunteer trainers has meant we have offered fewer courses; and partly it's because course enrolments have fallen and some courses have had to be cancelled.

We are looking at how we can reduce costs and increase revenue (without increasing fees). We will keep you informed and welcome your suggestions on how we can reduce expenditure to stay within our means. We are also working on ideas to attract new members to our Club. We believe there are still seniors in our community who could benefit from our services.

We're delighted to welcome three new volunteers to our Club. George Karas is a professional computer engineer whose hobby is taking discarded computers home and refurbishing them. Pravin Nadkarni is a retired engineer with skills in Office and Apple iPhone. Steven Mather has extensive experience in IT, including hardware and software development. He has joined our Website Admin Team. Please make them welcome.

In the meantime, keep learning!
Deborah

dmmartin@bigpond.net.au

World Backup Day

Everyone has a favourite holiday. Environmentalists love Earth Day. Couples embrace Valentine's Day. But for anyone who relies on a computer or mobile device, World Backup Day is the one holiday they might not know about, but they definitely should celebrate.

That's because **March 31** is the annual reminder to protect the files, apps, and systems we rely on every day.



Home Fast Demonstration

With president Deborah on holidays last month, the meeting was chaired by vice president Deb Neyle, just back from a wonderful cruise to Antarctica!

The presenter was Lynette Mackenzie from the University of Sydney, demonstrating a survey tool she has developed to prevent falls amongst seniors. Members answered the survey collectively and with consensus, and it was quite apparent that our homes were not risk free from falls. Quite an insight for participants.

The photo shows Deb and Lynette and Lynette's colleague after the demonstration which was not only fun but definitely instructive.



If you are interested, email Lynette at Lynette.Mackenzie@syd.edu.au The project is sponsored by Sydney University and the NSW Dept of Family & Community Services.

You can undertake a self-reporting assessment at <http://stopfallsathome.com.au/demo/for-use-at-home/tool/>

Members' Meeting speaker

The March speaker is Eve Ivy from Home Energy Action group, which is part of the NSW Department of Environment. Here's a link to their website: <https://appliance.environment.nsw.gov.au/Suitability> Concession card holders can replace old appliances with new, energy-efficient appliances at a heavily discounted price.



We are also doing a quick member survey at the March meeting to find out

what parts of the meeting they enjoy, and what parts they are not interested in.

So please join us between 9:30-11:30 am for an information update on club activities and courses, the presentation by Eve Ivy, a bumper morning tea and Q & A.



You won't be disappointed.

The meeting will be held as usual at the UNE premises on Level 1, 232 Church Street, Parramatta.

New Members in February

Please welcome the following new members:

- Arvin and Smita Bhagat
- Bill Brzewski
- Donald Bucci
- Patrick Byrnes
- Denise Desland
- Fariba Hanifi
- Anne and Neil Lambourne

At the end of February the club had 202 members for the 18-19 financial year.

Thursday Email Updates

Have you been receiving and reading our new Weekly Update email each Thursday? This is intended to reduce the number of emails you receive from Computer Pals by grouping all the latest news and information into one weekly email.

If you're a Gmail user and you haven't seen the Weekly Update, it could be in your Promotions folder. (For others, a place to check is your Junk mail or Spam folder.)

Don't forget to 'Show Pictures' if they're not automatically appearing.

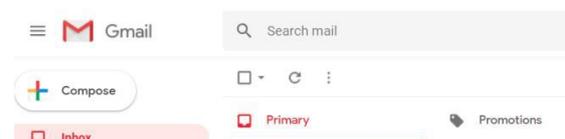
To increase the chances of our Update landing in your normal Gmail inbox, please add Parramatta Computer Pals for Seniors to your Contacts with the email

address: parramattacps@gmail.com

See the instructions below if you need help to do this.

Instructions

If you use Gmail, it is likely that our Weekly Update email will arrive in your "Promotions" folder, rather than the "Primary" inbox with most of your other messages.

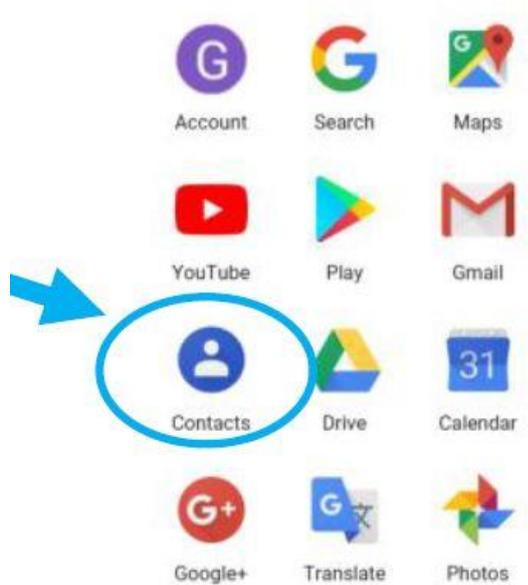


To make sure you receive our Weekly Updates in your Primary inbox in future, please add Parramatta Computer Pals for Seniors to your Contacts, email address parramattacps@gmail.com

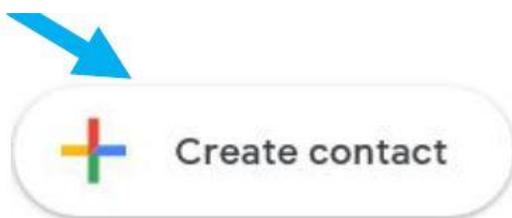
When you have Gmail open in your browser (such as Chrome or Edge), just **click on this icon (9 dots)** at the top right hand side of the screen.



Click on “Contacts”



Then click on “Create Contact” to add our details.



Also the pictures included in our email probably won't be displayed automatically. Just click on “**Always display images from parramattacps@gmail.com**” and the problem is solved.

George Simpson

Parramatta Community Yoga

Seniors are welcome to attend yoga classes at Dundas Community Centre, Sturt Street, Dundas at 6:30 pm Wednesdays for a concession rate of \$7. For more information, see their

Facebook page (same as heading) and/or phone Helen on 0414 587 862.

Useful websites

<https://blog.malwarebytes.com/101/2019/02/the-lazy-persons-guide-to-cybersecurity-minimum-effort-for-maximum-protection/>

The lazy person's guide to cybersecurity: minimum effort for maximum protection

Now don't take us seriously ...

iToons Sunil Agarwal & Ajit Ninan



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