

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

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## Vol 13 No: 6-7, June-July 2019

### President's message



Welcome back for Term 3 which starts on 22nd July. So far 116 people have renewed their membership.

Remember that if you want to participate in our courses and activities you need to be a current financial member.

After the end of July, if you have not renewed, you will no longer receive the Weekly Update and monthly ParraChatta (but it's never too late to renew or rejoin!)

Your Committee had a working bee during the term break. We decluttered, reorganised, and cleaned the training room to make more space. Some of the surplus equipment went to local Men's Sheds.



I hope you have opportunities to participate in and enjoy Club activities in Term 3 and look forward to seeing you at our monthly meeting on July, where the Craft and Cards Special Interest Group will be showing us the beautiful things they create.

Keep learning (it's good for your brain!)

*Deborah*

[dmmartin@bigpond.net.au](mailto:dmmartin@bigpond.net.au)

## Monthly meeting fee increase

Bring an extra \$3 with you next Thursday, since the Committee decided to increase the fee to \$5 commencing with the July meeting.

This will allow us to cover the costs of room hire and catering so the meetings, which we think are very worthwhile, are not a drain on our budget.

The meeting will be held as usual at the UNE premises on Level 1, 232 Church Street, Parramatta on Thursday 19th July between 9:30-11:30 am.

Join many members for lunch afterwards. You are most welcome.

tea at the Parramatta Leagues Club on 18th June.

Twenty six members - about two thirds of our volunteers - were able to attend, and all received a certificate of recognition from the club. Certificates were presented by Cecily Michaels, CEO of LEEP.

Volunteers who could not attend were presented with their certificates at the June monthly meeting.



Volunteer receptionist, Francis Houpapa receives her certificate from Alison.

## Recognising our volunteers



Earlier this year, the Committee received funding from another high-profile non-profit organisation which specialises in volunteer referral and training – LEEP – to hold an event recognising our volunteers. The Committee organised morning

## MARCS Age Lab research

Deborah Martin and John Hain attended the 2<sup>nd</sup> Annual Marcs Institute Community Engagement Forum last week.

Students and researchers from Western Sydney University reported on their research into various aspects of ageing.

Quite a number of our members have participated in research at

the Milperra campus over the past 5-6 years.

Below are links to the Age Lab website and information about getting involved in current projects. Two interesting projects are about the effect on your brain of learning a second language, and of learning a musical instrument.

The Age Lab is moving from Milperra to Westmead in a year or so, which will make it much more convenient to participate in their research.

[https://www.westernsydney.edu.au/the\\_age\\_lab](https://www.westernsydney.edu.au/the_age_lab)

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## Help Desk

Our experiment with Help Desk appointments on Monday afternoons has proved popular so we are continuing and have extended them to some Wednesday appointments as well.

We are not accepting double bookings (i.e. two hours at a time) because we want to make the opportunity available to as many people as possible.

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## New Members in May-June

Please welcome the following new members:

- Joseph Luis Alvarez
- David Heisen

- Mary Moustakas
- Meg Weaver
- Tom Zotz

At the end of June, the club had 220 members for the 18-19 financial year. There are currently 116 members who have renewed or joined for the current financial year.

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**Term 3 courses** may be viewed as a pdf document on the website at:

<https://parramattacps.org.au/wp-content/uploads/2019/06/T3-Timetable-2019-PCPS-Courses.pdf>

You can also pick up a paper timetable at the monthly meeting or from the Office reception.

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## Suggestion box



There were only two suggestions from members in May-June.

### **Suggestion 1:**

Can the club organise help desk time spots for days other than Mondays?

Committee response: Yes, Term 3 includes Wednesday spots. See the article on page 3.

**Suggestion 2:** Can the club run an Internet banking course?

Committee response: Yes, Deborah Neyle will write a self-directed course similar to the recent successful YouTube course. Because of significant privacy issues with banking, it is better for students to use their own laptops or other devices. Watch this space.



Julie, John and Margaret being silly at lunch.

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## Social lunch

On a bitterly cold Tuesday in June, 20 members braved the wind to have lunch at the Commercial Hotel in Parramatta. Here are some photos.



John, Rosa and Jim enjoy lunch.



Dawne and Julie toasting the weather? Maybe not.

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## Marg Green's absence



Above: Long time friends, Josie Lee (John's wife) with Margaret Green.

Margaret Green's presence at the club meetings, classes and activities has been keenly missed. Some of us have been aware for a while that her husband Maurie was diagnosed with cancer last year. Margaret reports:

"Just to fill you (club members) in a little, Maurie is what is called "stable" (cancer cells are not increasing but they are hardly decreasing either).

He is not in remission but that is what the doctors are hopeful of achieving eventually.

It's a real juggling act adjusting medications as many of them have an

adverse effect on his remaining kidney and heart condition.

Multiple Myeloma is treatable but not curable, unless they suddenly find a miracle cure! He will probably have to remain on weekly treatments for life.

Fortunately, he has a good team of specialists who actually talk to each other and review his situation regularly.

Some days are better than others and we get out and about, other days he's tired and rests."

Margaret hopes to make it to the August monthly meeting.



Creating a new bookshelf

## Now don't take us seriously ...



## More photos



Hazel Gibbs receiving her award

## ParraPals Committee

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