

Vol 14 No 5, July 2020

President's message.



In these uncertain times, we need to be flexible. After our face to face member meeting at Wentworthville, the Committee decided that because of the 20-person limit on numbers we would revert to having all our member meetings via Zoom. We will still meet fortnightly, and we will record the meeting and post the video up in our Facebook group for anyone who misses out.

I attended our second social picnic at Third Settlement Reserve in Winston Hills on Friday. We were blessed with excellent weather and it was lovely to catch up in person. Kathryn Akhurst, who lives nearby, dropped in to say hello. Some of our more energetic members enjoyed a walk along the creek.

I was delighted to meet four new members of our Club at our Welcome to New Members sessions

last week. The whole process of physical distancing, and cleaning and disinfecting, worked well. Thank you to Hazel and Deb for organising all the cleaning supplies and, with Richard, being part of the working bee to get the training room ready for Term 3.

Deborah

DATES FOR YOUR DIARY:

Members' Meeting:

ZOOM meeting of Members.

Friday, 7th August at 2.00pm

Committee Meeting:

Full meetings via ZOOM

Friday 14th Aug and 11th Sept

Special Meetings via ZOOM

Friday 31st Jul and 28th Aug

Trainers' Meetings:

General meeting via ZOOM

2.00 pm on Tues 4th August

Planning for Term 4 via ZOOM

10.00 am - 12.00 noon, Frid 4th Sept

Photos from July Members meeting at Wentworthville.



Temperature checks before meeting



Darrell Hoffman performing a poem about the Internet - Note the physical distancing.

Social events.

Dates have been set in the Term Three calendar for future social picnics. **On the 24th of each month** (August, September), another morning tea will be held at **Third Settlement Reserve, Edison Pde., Winston Hills**. Keeping the same date means that the day of the week alters, so more people can come. The Reserve has parking, public transport (bus 606 from Parramatta interchange, Stand A4), shelters and clean accessible toilets, as well as

fresh air, sunshine and ... people you haven't spent the last four months with.

Photos from July Morning Tea at Third Settlement Reserve



Top: Julie Williams and Dawn Zotz

Bottom: Prasanthi Hagare, Jan Ross, Darrell Hoffman and the legs of Deborah Martin

TRAINING AND SUPPORT

Some classes and Special Interest Groups are scheduled to return to our training room (Level 2, 1-3 Fitzwilliam Street, Parramatta) during Term Three. There are also

many help desk sessions and scanning sessions (see recent updates and the timetable on the webpage).

Classes are restricted to three people and one trainer. SO book early.

Cleaning and disinfection processes will be followed. Signs explaining the process will be hanging in the clubrooms before any classes start. Hand sanitiser and other required cleaning/disinfection equipment will be supplied.

For people not comfortable returning to the club rooms there are still many courses and tech talks available for use at home. New offerings include:

- How to check free disk space on a Mac - Deb Neyle
- How to force Google to delete your histories - Deb Neyle

In the pipeline we have:

- Family History and DNA – John Moxon

Please contact Hazel Labka for any of the courses/sheets above.

Hazel's email is

hazel44auburn@gmail.com

Also, remember that you can always access a "virtual help desk" for support (email

hazel44auburn@gmail.com with a

specific question).

Competitions

The Victorian papers added a lovely new COVID word this week.

Covidiots - the people deliberately flaunting physical distancing laws.

No-one is admitting that, in nearly 4 months, they haven't completed a task they "knew" they would have time to finish during the Great Isolation.

Richard McQueeney offers the following comment on "Pandemic projects"

Hmmm, I wasn't aware completing tasks or projects during isolation was a thing. I would have thought surviving the pandemic was a task worthwhile completing.

I am very much aware that gardening, paving, painting, housework, computer lessons and exercise were all dismal failures (just ask She who must be obeyed). However, I have racked my brain (yes there is only one there, with MRI proof) and the one task I did complete was the removal of the pill/fluff from my bed socks, without any help I might add. I am feeling very self-satisfied and need a lie down.

Staying healthy - with Together we dance.

Starts Tuesday 21 July 2020

A creative screen project for young-at-heart and keen movers over 65

- Danced all your life?
- Never danced before but always dreamt of joining a dance ensemble?
- Be your own choreographer?
- Be part of a bigger picture?

Together We Dance is your opportunity to join like-minded seniors and participate in the making of a dance film directed by dance artist Diane Busuttill.

HOW?

Every week you will be invited to join an online class via ZOOM to get your blood flowing with gentle moves, then stimulate your creative buds under Diane Busuttill's expert guidance with music that will get you on your feet. Following class, you will be given clear instructions to capture simple movements with your own device (smartphone, laptop, tablet) from your home. If filming yourself is not your thing, you will be given the opportunity to be filmed directly via ZOOM after the session. Your contributions will be gathered and edited to create a short dance film in which you will achieve your seconds of dance fame

with many others in a split-screen format.

WHEN?

EVERY TUESDAY

21 July- 22 September 2020

10:00am-11:00am (class)

11:00am-11.30am (filming extension- optional)

REGISTRATION

(02) 9806 5609 or

admin_form@cityofparramatta.nsw.gov.au

A Zoom link will be emailed to you following registration, one hour prior to class at the latest.

FREE for over 65

For 64 and under: \$10 per class or \$50 per 5 classes

WHAT YOU NEED

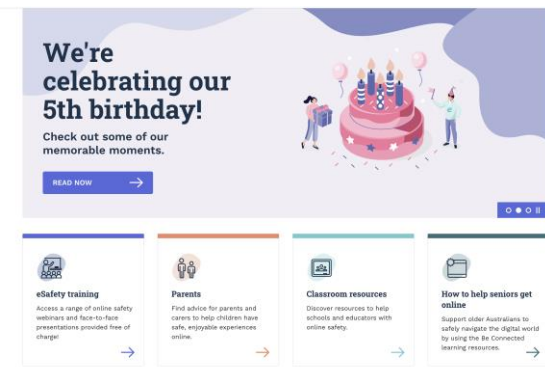
A small safe space to move around
A device with ZOOM application downloaded

Comfy non-restrictive clothing or soft shoes

Good News

2020 is the 5th Anniversary of the Office of the eSafety Commission. The current commissioner is Julie Inman-Grant.

The Commission webpage has lots of great information about being safe online with a section devoted to issues affecting seniors.



Australian Cyber Security

Centre (ACSC) has reworked its website in a new location. It is now www.cyber.gov.au There is a wealth of information on how to avoid online problems and a reporting mechanism if you do have problems. The heading “Individuals and families” is probably the most relevant to ParraPals members.



ASCCA news

The ASCCA photography competition is running again in 2020 - Hurray!

Categories and entry details are at www.ascca.org.au

Closing Date - Sept. 1

ParraPals has a great history in this competition, so get snapping.

BeConnected News

Nothing new from Be Connected this month. “Buying and Selling Online” is still listed as available soon but there is a large range of lessons available free from this site.

These can be accessed at from their website at www.beconnected.esafety.nsw.gov.au

Connecting Up News

Connecting Up’s main purpose is the sale of Microsoft software and computer hardware at reasonable prices. It is certainly worth a look if you are thinking of a new purchase. There are also lots of information sheets under the “Training and Education” tab on the home page.

www.connectingup.org

ReviewGeek reviews Book Apps in their “Best of” series.

1. Amazon Kindle
2. Google Book Play
3. Apple Books
4. Scribd Premium
5. Overdrive

The first three are free services (with in app purchases). Amazon Kindle can be added as an app to many devices, so you don't need a

Kindle reader. Amazon also has the option of joining as a household allowing multiple readings of the same book. Apple has a similar “Family Sharing” feature. **Obviously, use the book services that suit your device.**

Scribd premium is currently \$9.99 (US) per month and is suggested for serious readers. As well as books, Scribd has court filings, government reports, case studies, study guides, and academic papers and sheet music.

Overdrive is a free service used by some libraries. It is worth checking if this is accessible with your existing library card. It also offers audio books that can be played at half speed or double speed, if you really want to find out the ending of a story.

Bad News

Instagram is adding a shopping page within the app. This is to match shopping options in other social media. I thought that we have enough shopping options already.

Twitter is dropping support for any Apple phone running iOS 11 or earlier. This will cover a lot of the Apple phones that club members are using. Maybe it's time to update OR maybe Twitter is not that important to you.

Twitter also suffered a major security breach as a hacker used high profile accounts to spread a Bitcoin scam.

YouTube will start showing mid-roll ads in short videos soon! Not exactly sure when “soon” is but I would have thought that the YouTube ad revenue was sufficient without disturbing the running of short videos. Imagine some of the funny videos you watch disturbed by an ad between the introduction of a joke and the punchline.

Source for both: Review Geek, July 10, 2020 www.reviewgeek.org

This is possibly an attempt to have people subscribe to a Premium service, as the major advantage of that service is NO ADS.

Battery Life

Lithium-ion batteries function best and last longest if charged in a range between 30% and 80%. Letting a battery drain completely or charging to 100% can damage the battery. Who knew?

Source: www.betterbat.com.au

TROVE, the fabulous resource of historical publications from the National Library of Australia has recently altered its homepage (<https://trove.nla.gov.au/>) and the comments have been quite

negative. BUT



The Search box is still easily accessible on the Home Page and clicking on the “Explore” option in the banner menu gets you to the familiar newspapers, records etc. page. Only one extra click.

ScamWatch

One of our members was caught by a phone scam recently. She received a phone call claiming to be from Telstra and was told that there was a problem with her computer. She allowed the caller to take over her computer. They claimed there were many errors that needed to be fixed. In the process she was locked out of her computer and then they demanded money to fix the problem. Many hours later Lawrence was able to get back her access but some data and programs were lost.

Please be very wary of anyone phoning you and claiming to be from Telstra or Optus, then wanting to take control of your computer.

Suggestions

You can email us at parramattacps@gmail.com, or use the Suggestion Box link in the News Update.

Community Corner

Does anybody have a VCR player in working order that they are happy to donate to Parrapals? Please email pcpstrainerdebn@gmail.com.

ParraPals Committee

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