

## Vol 14 No 4, June 2020

### President's message.



I enjoyed catching up with members at our picnic at Third Settlement Reserve, and I'm looking forward very much

to our first face-to-face meeting in July.

Feedback from our recent member survey included several favourable comments about how we stayed in touch with members during social isolation. We know that not everyone is ready to emerge from hibernation yet, and we will certainly keep going with Zoom meetings and training for the foreseeable future. This may even become part of how we do business, long term.

We will have access to our Club rooms this week, but the office will not be staffed on a regular basis. Contact us via phone or email instead of visiting in person.

You can email us at [parramattacps@gmail.com](mailto:parramattacps@gmail.com), or use the Suggestion Box link in the News Update.

**Deborah**

### **DATES FOR YOUR DIARY:**

**Tuesday 30 June, 2 pm** - Trainers and assistant trainers meeting via Zoom to plan for Term Three

**Wednesday 15 July, 12 noon** - Social Lunch at the Commercial Hotel, Parramatta. Please contact Dawne Zotz if you wish to attend

**Friday 17 July, 9:30 am** - Monthly Members meeting at Wentworthville Community Centre, near Library. This face-to-face meeting is limited to 37 people (Cumberland Council requirement) and there will be NO morning tea provided. But you can bring your own thermos, biscuits or cakes and we will schedule a break for social chat that has been absent for a while.

## TRAINING AND SUPPORT

**For Term 3**, commencing July 20th, 2020, PCPS will be returning to a **timetable of courses, special interest groups and user groups**. To help with timetabling **all meetings will be moved back to Friday**, whether the meeting is face-to-face or Zoom-ed. We hope that some training will return to our training room (Level 2, 1-3 Fitzwilliam Street, Parramatta in case you have forgotten!) but the Management Committee decided that **having face-to-face classes would be completely at the discretion of the trainer**. Only 3 students and a trainer can use the room at one time (thanks, George for working this out) and strict cleaning would be required before and after the class.

The timetable will probably include a face-to-face and a Zoom-based version of each course so that no members will be disadvantaged.

Meanwhile, the **newest courses available** are:

Hazel Labka is offering **Facetime for iPhone/iPad users**

While, Saro Dainty has developed courses in **Facebook Beginners, Facebook Messenger** and **Facebook Marketplace** for any interested members. Messenger and Marketplace are apps that are offered within the Facebook page.

## Existing courses

- Getting Started with WhatsApp
- Further steps with WhatsApp
- Streaming Entertainment on your TV
- Banking, purchasing, and buying online
- Planning your Digital Legacy
- Using Skype
- Editing videos using Windows photo app
- Editing digital photos using Windows Photo App

## Fact Sheets:

- Introduction to Zoom
- Blocking unwanted emails on Gmail
- Keyboard shortcuts for iOS Pages
- How to listen to podcasts
- Using windows snipping tool
- Using split screen on your computer
- Removing Cache and cookies from your PC
- How to block unwanted emails in Gmail

## In the pipeline we have:

- Family History and DNA – John Moxon
- How to check free disk space on a Mac - Deb Neyle
- How to force Google to delete your histories - Deb Neyle

Please contact Hazel Labka for any of the courses/sheets above. This is to ensure accurate record keeping. Hazel's email is [hazel44auburn@gmail.com](mailto:hazel44auburn@gmail.com)

Also, remember that you can always access a "virtual help desk" for support (email [hazel44auburn@gmail.com](mailto:hazel44auburn@gmail.com) with a specific question).

## Competitions.

Following up for May competitions

**New word** - "cov-envy" (pronounced similarly to President Trump's "covfefe") - feelings of simmering resentment towards people who have been released from physical distancing earlier than us, older people.

## Towns

...of variable health - Crookwell, NSW and of improving health - Morwell in Victoria

O.K, competitions may not be a strong element of keeping in contact with one another. There has been a profound lack of interest but I will try just one more. Now that we are slowly returning to "the new normal", **what task did you "Promise" to complete during the isolation period? How is that promise going?** - Photos and short description to [pcpstrainerdebn@gmail.com](mailto:pcpstrainerdebn@gmail.com) by July 20 (which is the first day of Term Three). The usual prize (publication

in the newsletter) will be your only reward.

## Staying healthy

Are you using more screen time than usual while physically isolated from family and friends? If so, you may have tired or irritated eyes at the end of a computer session.

WebMD recommends actions to take on your computer as well as some for yourself.

### On the computer:

- adjust the lights in your room and
- the brightness of the screen on your devices.
- Experiment with other combinations of background and colour. I find night-time mode for reading is quite comfortable all day.

### For yourself:

- take regular screen breaks (15 mins every 2 hours),
- change the focus of your eyes often (look out a window, or a longer distance than just eyes to screen).
- Soothe your eyes with a warm washcloth or even moist teabags.
- Do simple eye exercises (up/down, side-to-side) while waiting for your computer to perform an action.

## Good News

The Management Committee had a very successful morning tea at Lake Parramatta but noticed that the parking was not great. Many nominations of other meeting places followed, and a larger members morning tea was advertised at Third Settlement Reserve in Wilnston Hills. This morning tea was also a great success with 19 members of the club coming together in the physically distanced ways we are used to by now. Everyone brought their own food and drink (no sharing of anything allowed – except for Richard’s chocolate brownies) but the conversations were terrific and actually seeing people was great. Special mention is given to Christina Dunn, who caught 2 trains and the 606 bus from Parramatta to be at this event. The Management Committee will schedule more of these events until we can meet as a large group again.



Christina Dunn, Wall Hunter and Dawne Zotz, not quite physical distancing but it's obviously Wall's fault.



A shot of the larger group at Third Settlement Reserve.

Dates have been set in the Term 3 calendar for future social picnics. On the 24th of each month (July, August, September), a morning tea picnic will be held. The next one on 24<sup>th</sup> July will also be at Third Settlement Reserve. It has parking, public transport, shelters and clean accessible toilets, as well as fresh air, sunshine and people you haven't spent the last three months with.

## Photo ideas

Good composition begins with asking yourself, “What is my subject?”, and then simplifying the scene to highlight that subject.

Practice these two elements of composition (ask questions - simplify) until they become second nature.

When that happens, you are ready to build your toolbox, and you can begin adding the other Rules of Composition to your repertoire.

Once you know your subject, there are four basic questions that will help you build your composition –

1. What is the direction of the light source?
2. What is the best placement of the subject within my camera frame?
3. What other elements within the scene can “point” to my subject?
4. What other elements within my scene will “distract” from my subject?

The steps outlined above can help you get started with improving your photographic composition.

(Source: Photzy)

To learn more about composition, join the Digital Photography Special Interest Group. We meet once a month via Zoom and each month we have a new photographic assignment to share at the following meeting. Contact *Deborah Martin* on 0417 817 587

## ASCCA news

In their June Newsletter, ASCCA announced a story-writing initiative to record the experiences of individual members and computing clubs during the COVID 19 shutdown. Detailed instructions are included in the ASCCA newsletter,

[https://www.ascca.org.au/images/ascca\\_pdfs/newsletters/2020/2020\\_No05\\_jun.pdf](https://www.ascca.org.au/images/ascca_pdfs/newsletters/2020/2020_No05_jun.pdf) (note there are two underscore lines in this web address: one between ascca and pdfs, and the second between 05 and jun.pdf). Anyone can send in a contribution. The Management Committee will send a submission from their perspective of this time.

## BeConnected News

BeConnected is announcing a number of new options, including

- a new Practice area to perfect your gestures on a smart screen,
- new games
- All about MyGov Course

and BeConnected expects to have

- Online Banking, and
- Buying and Selling Online available soon

These can be accessed at from their website at

[www.beconnected.esafety.nsw.gov.au](http://www.beconnected.esafety.nsw.gov.au)

## Connecting Up News

This is not the easiest website to navigate but there are some gems to be found. Many Connecting Up courses charge a fee, BUT if you navigate to Connectedup.org > Training and education > Online Courses and then scroll down to View Microsoft Digital Skills Center

Catalogue, a click will open many free Microsoft related courses.

Explore these at

[www.connectingup.org](http://www.connectingup.org)

## Community Corner

### Telehealth options

As seniors are likely to be isolated for longer than others, telehealth may help. Greg Hunt, the Federal Minister for Health has allowed Telehealth Services to include: GP services, some consultation services provided by other medical specialists, nurse practitioners, mental health treatments, chronic disease management, Aboriginal and Torres Strait Islander health assessments, services to people with eating disorders, pregnancy support counselling, services to patients in aged care facilities, children with autism, and after-hours consultations.

Some services are via a phone link but others are video links

Check your usual doctor or medical centre.

**Also**, some chemists are doing deliveries of prescription medications free for isolated older people (like us). Check with your usual pharmacy.

### ParraPals Committee

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Others: John Hain, Richard McQueeney, George Simpson, Dawne Zotz.

Facebook editor: Margaret Tucker Moxon

Newsletter editor: Deb Neyle

Photographers: Prasanthi Hagare, John Lee

## Bad News

Venture Capitalist.com released a list of the longest terms and conditions agreements in common software.

App/Service	Word Count	How many minutes to read? (240 wpm)
Microsoft	15,260	63.5
Spotify	8,600	35.8
Niantic (Pokemon Go)	8,466	35.2
TikTok	7,459	31.4
Apple (Media Services)	7,314	30.5
Zoom	6,891	28.7
Tinder	6,215	25.9
Slack	5,782	24.1
Uber	5,658	23.6
Twitter	5,633	23.5

They suggest that an “average user” would need 25 hours to read the terms of service of all the apps they use. Then they state that 97% of 16 to 34 year olds never read the terms that they agree to. Personally, I am amazed that 3% say they do. A great visual representation of this study is available at <https://www.visualcapitalist.com/terms-of-service-visualizing-the-length-of-internet-agreements>