

# ParraChatta



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

PO Box 3102, Parramatta NSW 2124

(02) 8628 0947 Mobile: 0417 817 587

Website: [www.parramattacps.org.au](http://www.parramattacps.org.au)

**Vol 14 No: 7, September 2020**

## PRESIDENT'S MESSAGE



I am very sorry for the lateness of ParraChatta this month. Deb prepared the newsletter weeks

ago. I have just got around to adding this message and sending it out.

This week John Moxon and I participated in a community consultation process about 5 Parramatta Square (the new council building). It's become clear that City of Parramatta is not planning to give us a dedicated space in the building when it opens in 2022. If we want to use the meeting rooms or other spaces, we will have to book like other groups. We will lobby our local Councillors to see if they can influence the decision or if they can

identify another space we could use. If you have any suggestions, please let us know – and if you are in contact with City of Parramatta Councillors, please raise your concerns. We're looking for a permanent venue that is serviced by public transport and that has good access for people with disabilities – and preferably rent-free! It's unlikely we'll find anything in Parramatta CBD.

We may also need to rethink the way we support our members, if we don't have a permanent venue where we can leave equipment set up. We'll consult members over coming months on what your preferences are.

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:**

### **Members' Meeting**

Member Meeting (and AGM) via Zoom

commencing at 2.00pm

Friday, 16th October

### **Committee Meeting**

Full meetings via ZOOM

Commencing at 2.00pm

Friday, 9<sup>th</sup> October

## **HOW TO THINK LIKE ALBERT EINSTEIN!**

**(from weirdscience.com)**



**Playing a musical instrument** could be a wonderful exercise for the brain. It enhances cognitive skills, time-management skills,

concentration, and creativity, as it uses every part of the brain.

**Sleep on a problem.** Einstein slept 10 hours every night (compared with less than 7 which is now common). Einstein often had "lucid dreams" in which complete solutions appeared to him "as if in a dream"

**Take a daily walk.** Einstein walked 1.5 miles to and from his office each day. Fitness does help brain activity, but he also felt that he couldn't solve a problem by doing more of the same activity. Therefore, he would go for a walk, divert his mind to the scenery, and allow the solution to his problem to develop as he walked.

**Reply to all your fan mail.**

Probably not a big issue for most of us, but Einstein believed this kept him humble. In one letter, a young girl told about her difficulties in understanding mathematics. He supposedly wrote back, "*Do not worry about your difficulty in mathematics. I can assure you mine are still greater.*"

**Eat plenty of spaghetti.** Probably doesn't help, but he just liked it.

**Go sailing** - another way of diverting his mind from a problem and allowing space for thoughts to come to him. Einstein told a fellow mathematician that he came to his decision about the curvature of

space/time when he was out sailing. He frequently became lost requiring “rescue” by other sailors. His sailboat was called Tinef, which means worthless junk.

Tests for IQ were not available when Einstein lived. Therefore, only estimates exist. These start at 160 and go upwards.

## **TRAINING AND SUPPORT**

Term Four commences on October 12th and finishes on December 18th, and then it is Christmas again. Time flies more quickly as you age (I think). The timetable has been emailed to all members.

Remember that you can always access a “virtual help desk” for support (email [hazel44auburn@gmail.com](mailto:hazel44auburn@gmail.com) with a specific question).

## **ASCCA NEWS**

**Adult Learning week** was the first week of September. This week is to promote the lifelong learning that brightens up the life of all participants.

**Get Online week** is the week 19-25 October. The purpose of this week is to promote online usage. Currently 2.5 million Australians are

not using online resources at all. These people are missing out of a huge number of resources and interests. More information at [www.getonlineweek.com](http://www.getonlineweek.com)

“Getting Online” also ties in with the title/content of the ASCCA conference which will be held online on November 10th, 2020. More information on this will follow as it becomes available.

## **BE CONNECTED NEWS**

The BeConnected “Online Banking” course is now available as well as “Buying and Selling Online” which includes

- Buying and selling online overview
- How to pay online
- How to buy online using eBay
- How to sell online using eBay
- Selling on eBay: case study
- Buying on eBay: case study

There is also a new course on “**Games for devices**” which includes:

**Night piano** - this game shows a few piano keys. You have to hit the indicated key. If you get this right, you have a piano recital, but the speed of the keys increases leading to chaos!

**Fill** is a game showing a maze. You have to organise the “painting” of the maze to cover all areas without painting over any sections. Challenging!

**Fruit swipe** - A fun game of chopping fruit with swipes. Swipe each fruit as it comes into view to score points. You can earn bonus points for chopping multiple fruit in one swipe. The game gets faster the more fruit you chop, but you lose a life for each fruit you miss.

**Top tip:** watch out for the boot – don’t try to swipe it or you lose all your lives at once!

**Car park** - Move the green car by dragging it out of the garage. But first, you have to move the other vehicles parked in your way. Each level gets harder to crack with more obstacles to clear and Level 5 is especially tough!

**Hidden objects** - find a list of hidden objects in a “Busy” background. There are look-alike objects to fool you and the process is timed. Obviously, the difficulty increases the further you go in the game.

Remember that when you are playing games, you should include a range of games that cover spatial,

visual and thinking skills - to keep the brain active.

## USEFUL WEBSITES

### How To Geek

([www.howtogeek.com](http://www.howtogeek.com)) offers weekly newsletters with lots of information about how to do things on your devices. This week they included this joke.



*“Hi, Bob, this is Jim, your neighbor. Would you mind turning down the brightness on your phone?”*

### Review Geek ([reviewgeek.com](http://reviewgeek.com))

has a subheading - “Make gadgets fun again’. It introduces and reviews new gadgets and also explains how to use gadgets to enhance your computer use. Worth a look.

### Scamwatch ([scamwatch.gov.au](http://scamwatch.gov.au))

has produced a series of podcasts covering phishing, online shopping, romance, business emails and

remote access scams. These were produced for Scamwatch week (started 21 August) but are still all available on the Scamwatch site under the title “This is not your life”.

Scamwatch says that Australians lost \$643,000,000 to scammers in 2019. In 2020, some scammers have added COVID related scams to their repertoire. So, take care.

### **NSW State Library news.**

The World Press photography competition is held yearly and is open to any press publication in the world. There are a variety of categories and some information about how the pictures were taken. The link is

<https://www.sl.nsw.gov.au/exhibitions/world-press-photo-exhibition-2020>

Or you can go to the state library page ([www.sl.nsw.gov.au](http://www.sl.nsw.gov.au)) and navigate from there. It includes this photo of a seniors football club in Japan.



### **COMMUNITY CORNER**

Where is 33.8157°S 151.0034°E?

Congratulations if you found the Parramatta Town Hall.

Another geographic location system describes the same site as “mops.hulk.rust”. The developers of What3words have divided the entire globe into 3 square metre sections and then used an algorithm to assign three-word signatures to each section. Apparently, the system has already been used in Tasmania to locate walkers lost in the Cradle Mountain area. The Parrapals rooms are at “feel.stable.taken” which might be a comment on our feelings about COVID-19.

## **ParraPals Committee**

President: Deborah Martin  
[dmmartin2006@gmail.com](mailto:dmmartin2006@gmail.com)

Vice President: Deb Neyle  
[pcpstrainerdebn@gmail.com](mailto:pcpstrainerdebn@gmail.com)

Secretary: Silvia Vega  
[parramattacps@gmail.com](mailto:parramattacps@gmail.com)

Treasurer: Colleen Burns  
[treasurercps@gmail.com](mailto:treasurercps@gmail.com)

Training Co-ordinator: Hazel Labka  
[hazel44auburn@gmail.com](mailto:hazel44auburn@gmail.com)

Other Committee members: John Hain, Richard McQueeney, George Simpson, Dawne Zotz.

Facebook editor: Margaret Tucker Moxon, Saro Dainty

Newsletter editor: Deb Neyle