



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

President's message.

Dear Members,

So, July brings us “*deja vu* all over again”. Term three, which commences on July 12, is again being affected by COVID lockdowns. The final length of this lockdown is yet to be announced but I think it is reasonable to assume that the **first three weeks, which have been previously advertised, will not run as face-to-face classes.**

That said, we will make every effort to satisfy member needs at this time. For example, a Help desk session may be possible as a series of emails. Other courses may move to Zoom. We also have the option of delaying some courses and utilising the Monday

morning slots that had previously been left empty for new member offerings. **Please continue to enrol in courses;** the training coordinator and trainers will make every effort to deliver the usual high level of training.

In better news, I would like to **thank the members who wrote letters to the Parramatta councillors** and others on behalf of Parrapals (re)location efforts.

Our application for space at the Granville Centre in 2022 has been accepted with some variations but we haven't given up on finding something suitable in Parramatta. The greatest limitation is the need for accessibility for all our members - transport and the walking distances have removed most local halls from consideration. Recommendations

from members are always accepted - your knowledge of the region is probably better than mine, given that I mostly worked off Google searches.

Interestingly, the decision to remove Parrapals accommodation was not a decision of the councillors but came from Council administration. There seems to be some movement in this area so fingers crossed.

If you would like to write to councillors in your ward OR all Parramatta councillors, please do so. Keeping up a flow of emails will keep Parrapals in the minds of councillors when they are discussing and deciding these issues.

Parrapals has also been quite successful in gaining grants from various sources. We now have the money to purchase tablets and laptops along with wifi dongles which will give us greater flexibility in our offerings. Cafes, Libraries and even members' homes become possibilities especially for one-on-one sessions, Special Interest or User Groups. We also have some money for the purchase of a photocopier but will hold off any

purchases until we have a settled location for our admin section.

Stay safe at home until we are able to meet in person again.

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

Deb N.

DATES FOR YOUR DIARY:

Members' Meeting.

Friday 16 July, 2021

Commencing 2.00pm via ZOOM

An invitation has been sent to all financial members - please check that you have the details.

Following meeting dates are;

Friday 20 August, 2021

Friday 17 September, 2021

All **face-to-face** meetings will be at 10.00am but **the venue may change**. Please put these dates into your diary and keep an eye out for further information.

Committee Meetings.

Friday 9 July 2021 commencing at 1.15pm in the club rooms - **was actually run via Zoom**

Further dates

Friday 13 August, 2021

Friday 10 September, 2021

TRAINING AND SUPPORT

Training Coordinator, Hazel Labka

Some more specific information about Parrapals offerings in Week One, Term 3 (12 - 16 July 2021).

Monday 12 July afternoon - Apple HD with Julie Nixon - cancelled, members with questions should email parrapals.training@gmail.com so these can be forwarded to Julie.

Tuesday 13 July morning - Scanning with Jon Bayley - deferred to later in the term

Tuesday 13 July afternoon - Welcome to New Members with Deb Neyle - cancelled, other opportunities later in the term.

Wednesday 14 July morning - Welcome to My Gov with John Hain - deferred to later in term

Wednesday 14 July afternoon - Introduction to zoom for New members - cancelled, other opportunities later in the term.

Thursday 15 July morning - Help Desk Digital Photos with Jon Bayley - cancelled, members with questions should email parrapals.training@gmail.com so

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these can be forwarded to Jon.

Thursday 15 July afternoon - Digital Photography SIG with Deborah Martin - on Zoom as usual

Friday 16 July at 2.00pm
Members' meeting via zoom

Do not go to Granville, do not collect any money!

Detailed information about offerings in weeks 2 and 3 will be sent via the Parrapals Updates.

ASCCA News

ascca.org.au

ASCCA has announced its **online** courses for July, 2021. They are all on Wednesdays between 12.30pm and 2.30pm AEST.

July 14 - File and folder management - for Apple and Windows users **but** examples will be in Windows - free

July 21 - G.I.M.P. (GNU image Manipulation program) - a reasonably sophisticated program for editing photos -\$10 for ASCCA members (i.e. Us).

July 28 - Understand and organise photos - for Apple, Windows and Android users \$10 as above.

Members can only attend one free course a month.

ReviewGeek

Scamwatch

[Scamwatch.gov.au](https://www.scamwatch.gov.au)

Recent scams include “impersonation” of Bunnings and Harvey Norman Stores. You can join a competition with BIG prizes for free if you give your banking details.

Also some impersonation of Government departments.

A newish scam (28 June) advising you of an overpaid bill. The money will be returned if you just add your banking details. Don't do it!

Scam watch put their final figure for scam losses by Australians in 2020 at over \$851 Million dollars.

Australian CyberSecurity Center ([cyber.gov.au](https://www.cyber.gov.au)) ...

Steps to prevent a ransomware attack.

Update your device and turn on automatic updates

Cybercriminals use known weaknesses to hack your devices. System updates have security upgrades to patch these weaknesses.

You should always update your system and applications when prompted.

You can turn on automatic updates so that this happens without your input.

Turn on multi-factor authentication

Having two or multi-factor authentication increases your cyber security. Multi-factor authentication means there are two checks in place to prove your identity before you can access your account. For example, you may need to supply an authentication code from an app *and* your password.

It makes it more difficult for someone to access your files or account.

Remember to use strong passwords and passphrases for your accounts.

Set up and perform regular backups

A backup is a digital copy of your most important information (e.g. photos, financial information or health records) that is saved to an external storage device or to the cloud.

The best recovery method for a ransomware attack is a regular offline

backup made to an external storage device and a backup in the cloud. Backing up and checking that backups restore your files offers peace of mind.

You can set up automatic backups in your system or application settings.

- For **Mac users**, follow the steps in our guide on performing [regular backups for Mac to an external storage device](#) or [backing up a Mac to the cloud](#).
- For **iPhone users**, follow the steps in our guide on [performing regular backups to the cloud for iPhone](#).
- For **Microsoft Windows 10 users**, follow the steps in our [guide on performing regular backups for PC to an external storage device](#) or [backing up a PC to the cloud](#).

Implement access controls

Controlling who can access what on your devices is an important step to minimise the risk of unauthorised access. It will also limit the amount of data that ransomware attacks can encrypt, steal, and delete.

To do this, give users access and control only to what they need by restricting administrator privileges. Don't share your login details for your accounts.

Turn on ransomware protection

Some operating systems offer ransomware protection. Make sure you enable this function to protect your devices.

Prepare your cyber emergency plan

If you are responding to a ransomware attack, read [What to do if you're held to ransom now](#).

Download and save or print out the [Ransomware Action Checklist](#) and the [Cyber Security Emergency Plan](#). It is important that these plans are easily accessible and known to all employees, especially in the event of a ransomware incident.

Get to know your critical data

Know what data is most important to you. With your business, personal information, or devices, you need to consider what you:

- can and cannot replace,
- will invest to recover the information or device,
- are willing to live without, and
- must keep safe.

Loss of any data could limit the ability for your business to conduct day-to-day activities, impact to your reputation and credibility, or risk losing customers. While you might think photos and other business documents are most important, it is worth considering other data that is critical to your business operations, for example:

- Financial/transaction data
- Customer data (e.g. PII, contact information)
- Communication platforms (e.g. access to, and history of emails)
- Calendars (e.g. appointments and bookings)
- Inventory and supplier data.

Remain vigilant and informed

Sign up to get alerts through the free [ACSC's alert service](#). This service will send you an alert when a new cyber threat is identified.

Download these guides at:

[ACSC Prevention and Protection Guide4.32 MB .pdf](#)

[Ransomware Action Checklist26.04 KB .docx](#)

[Cyber Security Emergency Plan24.23 KB .docx](#)

Trove Users -

<https://trove.nla.gov.au/>

If you are looking for some colour for a family history or local history, Trove offers some interesting options.

For example, the Evening News on July 1 1875 (Sydney:1869-1931) notes that *"a very amusing scene took place on Monday night last at the*

Parramatta Railway Station with the arrival of the mountain train. A monstrous snow ball was brought down by the guard and rolled onto the platform, which was very soon made into smaller parts by the many who were there and the old English game of Snowballs was very soon engaged in, much to the merriment of onlookers"

On July 3 1882 the same paper notes;

"A very pleasant evening was spent on Thursday night at the hospital for the insane, with an ethiopian entertainment, given by the Balmoral Minstrels. Dr Taylor, the medical superintendent, as usual invited several townspeople to the occasion and they, as well as the poor afflicted patients, enjoyed themselves very much"

These gems arose in a simple search for "Parramatta July" in all newspapers. There were 253, 156 responses to the search, more than enough for background to your documents.

Beconnected

Has a new "Quick Read" on the cloud and cloud storage. It is a six minute read with lots of solid information. You can access this at

<https://beconnected.esafety.gov.au/quick-reads/what-is-the-cloud-and-do-i-need-it#Free%20cloud%20storage%20options>

Cartoon of the Month (in Cartoon stock, 2021)



"I've got about 20 pages of questionable internet comments here."

Brain teaser of the month

July - Use three identical digits in a simple addition sum so that the total is 12. You cannot use the digit 4.

I promise there is an answer for this one.

Puzzle for June.

Divide 40 pencils amongst 4 friends (Rob, Bob, Jim and Tim), so that the following is possible: Were you to give a further 2 pencils to Rob, take 2 away from Bob, multiply what Jim has by 2 and divide what Tim has by 2, all four friends would end up with the same number. How many pencils do you need to give to each person to start with?

Answer for June - Rob receives 8, Bob receives 12, Tim gets 5 and Tim gets 20. Now that I have typed the answer - I see that it is wrong - apologies but it is as presented in my package of puzzles.

SUGGESTION BOX - one of the suggestions in the virtual suggestion box was that we make more suggestion box options available in different Parrapals documents. It is already at the end of the Parrapals update, but email access is via parramattacps@gmail.com. Please use the title "suggestion box" so we can see your suggestions clearly.

ParraPals Committee

President: Deb Neyle

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Vice president: Bob Donnelly.

Secretary: Silvia Vega

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Others: John Hain, Deborah
Martin, Richard McQueeney,
Dawne Zotz.