



April 2016 - Issue No.230



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*2016 NSW Seniors Festival - Grow Young*  
*Please click on the arrow above to enjoy the video*

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*Dear subscriber,*

*Welcome to all the activities available to us for 2016 NSW Seniors Festival this April. It has become the biggest event for people over 60 in the southern hemisphere. You are most welcome to join our guest speakers at our CompalsNB Seniors event on Thursday 7 April, 1:30 to 3:30pm Luana Room, Level 3, Dee Why RSL. See you there.*

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## The Gossip

Our April newsletter is jam packed with Seniors Festival information. The festival started April 1. There are sooo many activities for people over 60. What about the Seniors group who found themselves on television news when climbing the Harbour Bridge on Sunday! What about the wonderful display of hidden treasures Warringah Council's exhibition has introduced to us.

Should we be amazed to open the Manly Daily, Friday 1st and on page 2 see a full page article featuring our Vice President, Nan Bosler, Senior Festival's Ambassador, highlighting this event. Please see a copy of the article about Nan

in this newsletter.

We have introduced a new feature to April's newsletter. We are delighted to have an Australian colleague of ours Victoria Brien willing to submit regular stories about her adventures setting up house in Condom, France. She has called it 'A French Letter from Condom'. Hoping you enjoy her experiences as much as I have so far.

Can you remember the number of easter eggs that surrounded you? I hope you still have some left to nibble on!

Please be aware our first term ends this week, Wednesday 6 April. Term 2 commences Tuesday 26 April and ends Wednesday 29 June, 2016. Have a wonderful break from us all at CompalsNB and be refreshed for term 2.

Enjoy NSW Seniors Festival and April's newsletter.

Talk again Term 2.

Bye for now.

Take care.

Kind regards,

Judy Elias - Editor in Chief

[info@compalsnb.org.au](mailto:info@compalsnb.org.au)

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### Dates for our diary

- **ASCCA Training Programs**, 280 Pitt St, Sydney - [February](#), [March](#), [April](#)
- **Seniors Festival 2016**, Luana Rm, Level 3, Dee Why RSL - Thursday 7 April, 1:30-3:30pm
- **How to use iPads (beginners)**  
Meehan Rm, DYRSL, Wed 6 Apr 2016, 12:00 to 1:00pm - Open to the public, trainers & students, bookings essential, FREE  
9982 9829  
[aburrowes@optusnet.com.au](mailto:aburrowes@optusnet.com.au)

### How to use iPads (intermediate)

Meehan Rm, DYRSL, Wed 13 Apr 2016, 12:00 to 1:00pm - Open to the public, trainers & students, bookings essential,

FREE

9982 9829

[aburrowes@optusnet.com.au](mailto:aburrowes@optusnet.com.au)

- **Term 2**  
Tuesday 26 April - Wednesday 29 June
- **Trainers Meeting**  
Wednesday 4 May
- **Instagram and Twitter**  
Meehan Rm, DYRSL, Wed 25 May 2016,  
12:00 to 1:00pm - Open to trainers &  
students, bookings essential,  
\$5.00 admission  
[anne.computerpals@gmail.com](mailto:anne.computerpals@gmail.com)
- **ASCCA Notice Board**  
A list of many events and activities -  
ASCCA newsletter, [see page 2](#)



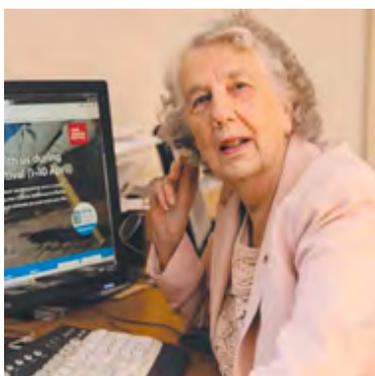
## USING TECHNOLOGY for HEALTHY LIVING



THURSDAY APRIL 7 FROM 1.30PM TO 3.30PM

LUANA ROOM - DEE WHY RSL

[more about this event](#)



### **Seniors Festival offers many activities including getting the most from technology**

*'Age against the machine' - Nan Bosler, Manly Daily, 1 April 2016*

'I was invited to become an ambassador four years ago, however, I introduced technology to Seniors Week back in 2001. This year's Seniors

Festival, as it is now called, starts on April 1. Dee Why RSL will host technology-focused events.' This year more than 1000 events spanning the first 10 days of April will be held across the state during Seniors Festival, with up to 300,000 people expected to be involved. [more about this](#)

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## Grow Young

The 2016 NSW Seniors Festival theme is Grow Young.

Grow Young is about celebrating seniors for their energy, experience and unique ability to know who they are, and what makes them happy.

No matter what your age, it's never too late to grow – to learn, to laugh and to be inspired. [more about this](#)

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## Consider a free presentation given by a community speaker from COTA NSW for Senior's Week 2016.

Our talks are informal, interactive and usually entertaining for the people who attend. With 10 years' experience in community education for older people, you can be sure that COTA NSW's trained speakers will deliver your group a good quality session. These Information sessions are FREE, last for one hour, and are available to any group of ten or more people of potential or current home care consumers. [more about this](#)

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*2015 Seniors Festival highlights - 'Be Connected'  
Please click on the arrow above to enjoy the video*



### **Our Hidden Treasures Unveiled in the Exhibition for NSW Seniors Festival 2016**

We were delighted to hear that hidden treasures from a couple of our members were accepted by Warringah Council for the exhibition at the Warringah Creative Space. Boxing gloves and a singer sewing machine receipt went on display from Rick Tarlington and Nan Bosler discovered many items to exhibit including a vase with a wealth of history for us to digest. Please read the stories about [Rick Tarlington's treasures](#) and [Nan Bosler's vase](#)



Would you like to be a  
**TRAINER**



Please contact Anne Matthews  
[anne.computerpals@gmail.com](mailto:anne.computerpals@gmail.com)

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## **We Say Farewell to two of our Trainers**

*by Anne Matthews, Training Coordinator*

We will be saying farewell to two of our trainers at the end of term 1. Sue Viljoen and Anne Reid won't be returning in term 2 due to other commitments. I would like to take the opportunity of thanking both of these ladies for the time and effort that they have so generously given to our students and the club. It's only farewell as I hope in the future they may return, best wishes to you both and please don't hesitate in contacting me should your circumstances change. You will be missed.

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## **Compals NB Training Sessions**

### **APRIL**

#### **How to use iPads (Beginners)**

Wed 6 April, 12 to 1pm

Bookings: [aburrowes@optusnet.com.au](mailto:aburrowes@optusnet.com.au)

#### **Learn more about iPads (Intermediate)**

Wed 13 April, 12 to 1pm

Bookings: [aburrowes@optusnet.com.au](mailto:aburrowes@optusnet.com.au)

### **MAY**

#### **Instagram and Twitter**

Wed 25 May, 12.00 to 1.00pm

\$5.00 admission

Bookings: [anne.computerpals@gmail.com](mailto:anne.computerpals@gmail.com)



## Why not join us for a social get together for Seniors Week?

**Show:** The Dean Martin & Jerry Lewis Show

**Where:** Dee Why RSL

**When:** Friday, 8 April 2016 at 8:00pm

**Cost:** \$30 (no discounts – unless you know something we don't know!)

**Dinner:** If you choose to dine before the show, we will meet at 6:00pm in the Aqua Bar.

All welcome, partners included.

**Bookings:** [info@compalsnb.org.au](mailto:info@compalsnb.org.au)

It promises to be a fun evening. See you there.

[More details about the show.](#)

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## 'A French Letter from Condom'

*by Victoria Brien*

Mes Chers Amis - My Dear Friends,

Some of you might think that the name of my missive is a little off (I hear you, Maman), however there is a real reason for the humour.

Where we have finally dropped our pin in France is in the region known as Gascogne and is equidistant between Bordeaux and Toulouse. The closest market town is named, yes, Condom. Pronounced slightly differently, spelt exactly the same. We are situated between two lovely market towns, Condom and Mezin. Condom in the département of the Gers.

Please read [February](#), [March](#) and [April](#) letters.

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## ASCCA Technical Info for Clubs

*by Mark Young, Technical Officer*

There are many very important technical updates included in Mark's April newsletter. For those who are interested please [click here](#).

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## Using Private Browsing

*by Paul Treichel, Trainer*



Most modern Web Browsers, including those found on smartphones, provide a private browsing feature that prevents the browser from storing visited pages and cookies on your Computer  
[more about this](#)

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**Please click on the arrow below for the video tutorial**



**Back Up Your Photos With Google Photos**

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### **Google chief Sundar Pichai pockets \$US100.5m for first year**

Pichai received \$US99.8 million in restricted stock that will vest in full by 2017. He also received a \$US652,500 salary. The stock award hasn't previously been disclosed in filings. The former deputy of co-founder Larry Page was named to run the search engine unit following the reorganisation into a holding company last year.  
[more about this](#)

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## **Retro-looking release rockets Apple from edgy to the norm**

Apple's release of a retro looking 4-inch iPhone and a smaller version of iPad Pro is interesting but the launch event lacked the edginess of yesteryear. In 2016, the big-ticket items in consumer tech are virtual reality, augmented reality, big data analytics, the "Internet of Things" and how machine learning is trickling down from supercomputers to mobiles and everyday use. [more about this](#)

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## **iPhone SE review – a pocket rocket with the latest features and high performance**

Apple has gone back to the future with the iPhone SE – a 4-inch device that might look like the iPhone 5S on the outside but that has most of the features and performance of the latest iPhone 6S. Releasing a smaller and more affordable iPhone was not a difficult decision for Apple to make. [more about this](#)

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## **Cashed-up Twitter is turning 10. Will it see 20?**

Twitter is turning 10 but will it see 20? Twitter shares have fallen 75 per cent from their peak, reflecting a sharp loss of confidence on Wall Street. Revenue is growing quickly, but not as quickly as it used to, and analysts expect that trend to continue. [more about this](#)

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## **Rich Kids of Instagram: 'They have more money than you, and this is what they do'**

You might love her as she emerges from the chopper in a fairy costume for a party in Las Vegas, or readies for take-off in the private jet for lunch in Monaco. Or you might hate her. It



doesn't matter. The point is, #youcantdothis.  
[more about this](#)

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### **Instagram's plan for algorithm-based feed sees users freak out, go meme**

Almost two weeks after Instagram announced it would be trialling a new way of displaying posts to users "in the coming months", scores of web celebrities lost their minds over the possibility that their pics could be overlooked.

[more about this](#)

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### **The Twisted Genius Who Started A Social Network So He Could Hack It**

David Kent is charged with hacking the oil industry social networking site he created - so he could build another one. An entrepreneur who created and sold a social networking site for people who work in the oil industry has been charged with hacking his old site, then using its customer databases to grow a similar site he founded, and then trying to sell that second site back to the people who bought his first one.

[more about this](#)

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### **Damn Daniel and the dark side of going viral**

Less than two weeks after posting the video that would make him famous, and less than one week after appearing on The Ellen DeGeneres Show, Josh Holz experienced the latest milestone in the viral-fame cycle: The 15-year-old



was hacked on Twitter.

[more about this](#)

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## Email pioneer Ray Tomlinson dead at 74

Raymond Tomlinson, the godfather of email, died Saturday morning of a suspected heart attack. He was 74. Tomlinson, who was inducted into the Internet Hall of Fame in 2012, is best known for rescuing the @ symbol from obscurity and, in the process, shaping the way we talk about being online.

[more about this](#)

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## Human speech becoming elementary to IBM's Watson

It would be nice to slice the functions of my brain into 18 pieces and sell clones of each as a money-spinner on eBay. In my case, it would end badly. If you deployed my cloned navigation skills and asked for directions, you'd be in Timbuktu rather than Tarcutta.

[more about this](#)

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## Slack's secret sauce: how it became the fastest growing business app ever

Visiting Slack's new Melbourne office is kind of awful. Outfitted by [Breathe Architecture](#) in the old Carlton United Brewery Maltstore on Swanston Street, [the space](#) is so stunningly beautiful it makes you never, ever want to walk back into yours.

[more about this](#)

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## **End of the on-demand dream: Uber model just doesn't translate**

In San Francisco, as in most cities, parking is an expensive daily grind that saps the soul. So a year and a half ago, when I discovered the valet-parking app Luxe, the heavens parted, choirs began singing and double rainbows coloured the sky. This, I was convinced, could be the next big thing.

[more about this](#)

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## **How the Internet Got Started**

*Submitted by Brian Mackie, Trainer*

Please click on the illustration below



## **Cute Captioning**

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**If you like beer, you'll like this.**  
**If you don't like beer, you'll like this.**

*Click on the arrow below and enjoy!*



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**Bubble Show**

*Click on the photo below and enjoy the video*

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### **The Rock Lily**

*by Nan Bosler, Vice President*

The settlement of Narrabeen grew into a thriving area acclaimed for its natural beauty and source of food from the lake and coastal plains. The Lake outlet to the sea naturally divided Narrabeen. Until the 1890s crossing the water was done by boat in the wet season or by the coach in the dry season (coach passengers were encouraged to put their feet on the seats).

[more about this](#)



### **ASCCA Training Programs - Designed for mature aged people**

ASCCA located at 280 Pitt Street, Sydney conducts a comprehensive number of training courses throughout the year. Our club members are offered course discounts. The new timetable for February, March and April 2016 is now available. Please take a look and make your booking. [more about this](#)

**ASCCA April Newsletter 2016**



Articles include:

- ASCCA Notice Board
- Ways Forward for ASCCA Clubs Forum Program
- I really can't stress the word independence enough.  
Dr Scott Hollier
- Notice: Share the Shoebox Forum fully [more about this](#)

## Online Safety

Please click on the image below to keep updated with online safety



## Facebook for Computer Pals Northern Beaches

[facebook.com/compalsnb](https://facebook.com/compalsnb)



*Our Facebook page, Compals NB is a public social media online resource. Posts related to our clubs' public events and activities will keep us updated. We can view this page even if not owning a Facebook account*

at: [facebook.com/compalsnb](https://facebook.com/compalsnb) or just click on the photo above.

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SECRETARY: Margaret Randall | TRAINERS COORDINATOR: Anne Matthews | EDITOR IN CHIEF: Judy Elias  
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TRAINERS MEETINGS: First Wed. per month at 12.15pm

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Computer Pals for Seniors Northern Beaches is a voluntary, not-for-profit organisation set up to help the over fifties navigate the maze of computers and the internet. Our mission is to provide seniors with computer literacy and support whilst promoting social and recreational activities. We are always looking for new trainers and other volunteer helpers so if you think you could (or know of someone who could) help us out, be sure to give us a call, drop an email or visit the website <http://www.compalsnb.org.au>

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