



August 2016 - Issue No.234



COMPUTER PALS FOR  
SENIORS NORTHERN  
BEACHES INC.  
MEMBER OF ASCCA

THE TRAMSHED  
ARTS & COMMUNITY CENTRE  
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## **GOLD! GOLD! GOLD!** **CONGRATS AUSSIES**

[Mack Horton – Swimming Men's 400m Freestyle](#)  
[Swimming Women's 4 x 100m Freestyle Relay](#)  
[Catherine Skinner – Shooting Trap Women](#)  
[Rugby Sevens Women](#)

*Dear subscriber,*

*We can now choose social media along with mainstream media to be up to speed in real-time with what is happening right now at the Olympics in Rio starting August 5 to 21, 2016. The Paralympics follow September 7 to 18, 2016. Enjoy!*

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## **The Gossip**

It is with great relief we can focus on global sport for a change as apposed to global terrorism and global warming. Have you noticed how much the Olympic games have changed over time?

Technology has been the game changer. Please take a look at a few technological advancements introduced to the Rio Olympics 2016 outlined in this newsletter.

Who has been following **IoT – the Internet of Things?** Amazing advancements in technology are allowing us to be introduced to Smart Cities,

Smart Healthcare, Smart Homes and Smart Cars only to mention a few. Please take time to read a number of articles on this exciting advancement in technology in this newsletter and also in our Facebook Group.

We have noticed movement in the Tramshed at Narrabeen. The building is now guttered! Plans are being drawn up for councils approval and a timeframe of early 2017 has been mentioned as a completion date. Don't hold your breath! Dee Why RSL is proving to be a wonderful venue with many facilities at hand for wining and dining either after or before our sessions. A great meeting place for our regular Trainers Luncheons.

Please note we have switched a couple of our sessions we hold on Wednesday's. Take a look at 'Dates for Our Diary' in this newsletter.

Those who are interested in what is happening with Windows 10 can be fully updated with links Brian Mackie, trainer has kindly shared with us in this newsletter – 'Tips & Tricks'.

Have you ever forgotten where you parked your car? There are apps available to remind us! We have an article that explains it's use in this issue.

You are welcome to join us for our Annual General Meeting, Wednesday 17 in the Jenkins Room, Level 3 at Dee Why RSL, 1pm-3pm. Hope to see you there.

Take care, keep warm and will talk again next month.

Enjoy a SMART world or at least think about it!

Bye for now.

Kind regards,

Judy Elias - Editor in Chief

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

[back to top](#)



### **Dates for our diary**

**ASCCA Training Programs**, 280 Pitt St, Sydney. [August, September, October](#)

#### **AGM**

Jenkins Room (Level 3), Dee Why RSL, Wed 17 August 2016, 1:00pm to 3:00pm

#### **Windows 10**

Meehan Rm, DYRSL, Wed 24 August 2016  
12:00 to 1:30pm - everyone is welcome,  
bookings essential.

Facilitator: Brian Mackie

\$5.00 admission

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

### **Trainers Meeting**

Meehan Rm, DYRSL, Wed 31  
August 2016, 12:00 to 1:00pm

### **Trainers Lunch**

Cafeteria DYRSL, Wed 31 August 2016  
1:00 to 2:00pm

### **Committee Meeting**

Meehan Rm, DYRSL, Wed 31  
August 2016, 2:00pm

### **2016 ASCCA Digital Photography & Creative Writing Competitions**

Closing date 5 September, 2016

### **Having fun with your iPad**

Meehan Rm, DYRSL, Wed 14 September, 2016.  
12:00 to 1:30pm - everyone is welcome,  
bookings essential.

Facilitator: John Peachey and Anne Matthews  
\$5.00 admission

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

### **Buying your first Smartphone**

Meehan Rm, DYRSL, Wed 14 September, 2016 -  
**POSTPONED**

12:00 to 1:30pm - everyone is welcome,  
bookings essential.

Facilitator: Malcolm Raymond  
\$5.00 admission

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

### **Breakfast (IDOP) - International Day of Older Persons**

Bayview Golf Club, 1825 Pittwater Rd Bayview,  
Wed 5 October 2016, 8:00am to 10:00am -  
everyone is welcome, bookings essential.

[judy\\_elias@optusnet.com.au](mailto:judy_elias@optusnet.com.au) or 0418 288 005  
\$25.00 per head

### **ASCCA Notice Board**

A list of many events and activities -  
ASCCA newsletter, [see page 2](#)

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**We welcome in Term 3, 2016**



by Anne Matthews, Training Coordinator

Term 3 commenced 18 July and ends 23 September 2016. We are located in the Meehan Room, Dee Why RSL. We welcome our many returning students, our new students and trainers.

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## Compuls NB Training Sessions

### AUGUST

#### Windows 10

Meehan Rm, DYRSL, Wed 24 August 2016  
12:00 to 1:30pm - everyone is welcome,  
bookings essential.

Facilitator: Brian Mackie

\$5.00 admission

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

#### The Internet of Things **POSTPONED**

Meehan Rm, DYRSL, Wed 24 August 2016  
12:00 to 1:30pm - everyone  
is welcome, bookings essential.

Facilitator: Malcolm Raymond

\$5.00 admission

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

### SEPTEMBER

#### Having fun with your iPad

Meehan Rm, DYRSL, Wed 14 September, 2016.  
12:00 to 1:30pm - everyone is welcome,  
bookings essential.

Facilitator: John Peachey and Anne Matthews

\$5.00 admission

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

#### Buying your first Smartphone **POSTPONED**

Meehan Rm, DYRSL, Wed 14 September, 2016  
12:00 to 1:30pm - Open to trainers & students,  
bookings essential.

Facilitator: Malcolm Raymond

\$5.00 admission

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

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## **Annual General Meeting (AGM)**

Please join us for our AGM, Wednesday 17 August 2016, Dee Why RSL in the Jenkins Room (Level 3) between 1:00 - 3:00pm. Entry is via Clarence Avenue or Pittwater Road doors (after 10.00am only).

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## **International Day of Older Persons for 2016 “Take A Stand Against Ageism”**

The United Nations' (UN) International Day of Older Persons is celebrated annually on October 1 to recognise the contributions of older persons and to examine issues that affect their lives. The theme of the International Day of Older Persons for 2016 is “Take A Stand Against Ageism”. This year, the World Health Organisation adopted the Global Strategy and Action Plan on Ageing and Health and a related resolution at the 69th World Health Assembly, in which the WHO Director-General is called on to lead a Global Campaign to Combat Ageism, to support local and international partners in their efforts to change policies and practices.



### **What Do People Do?**

International Day of Older Persons is a special day for older persons or senior citizens all over the world. In many countries, politicians make speeches, particularly those responsible for government departments that focus on senior citizens, at this time of the year. Some radios, televisions or newspapers publish interviews with senior citizens on various issues such as achievements they made to create a better society.

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*Some Compals members are current or past participants of U3A so here are details about the IDOP celebration that U3A Northern Beaches is planning that might interest you.*

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Come share **BREAKFAST** at Bayview Golf Club  
to celebrate



## UN 2016 International Day of Older Persons

**Guest Speaker:** Deborah Latta, Project Director for Northern Beaches Hospital

As members of U3A we choose this day to celebrate the United Nations policy on ageing that, among many other matters, stresses the importance of continuous education for the purpose of maintaining a maximum functional capacity and to enhance public recognition of the productivity and the contributions of older persons.

**Hot breakfast, tea, coffee and orange juice**

**Where:** 1825 Pittwater Road, Mona Vale

**When:** Wednesday 5 October 2016

**Time:** 8am

**Cost:** \$25

**Bookings essential:** Judy Elias 0418 288 005 or  
judy\_elias@optusnet.com.au



Everyone Welcome | Everyone Welcome | Everyone Welcome

Organised by U3A Northern Beaches Region

## Trainers Meeting held Wednesday 3 August 2016

*by Anne Matthews, Training Coordinator*

Great to see so many at the trainers meeting on Wednesday.

Congratulations to Daphne the winner of our raffle. Next meeting 31st August followed by the trainers lunch. Keep the date and I will send out invites closer to the time.



## Twitter and Instagram Session

*by Judy Elias, facilitator*

A sneak grab of a discussion at our TWITTER and INSTAGRAM session held Wednesday 27 July 2016. Perfect timing for me to draw a breath!

*Please click on the arrow for the video (courtesy John Peachey, trainer)*



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### **Five Rio Olympics technology innovations**

As the 2016 Summer Olympics kick off tonight, we list five technology innovations introduced for the sporting competitions in Rio de Janeiro.

#### **NFC for payments**

Visa and Brazilian bank Bradesco are trialing wearables including a bracelet equipped with Near Field Communications (NFC) technology for payments at the Olympic Games. A user base of 3,000 people including athletes, artists and journalists taking part in the sporting events will be using the rubber waterproof bracelet to pay for goods and services inside the Olympic venues at more than 4,000 payment terminals. In addition, a group of 45 Visa-sponsored Olympic athletes will wear an NFC ring, which is based on a design by McLear & Co and equipped with a Gemalto microchip and will also be used for payments during the Games.



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#### **Photofinish technology**

One of the main innovations introduced for the Rio Games is the photofinish technology by Omega. The cameras capture images of athlete as soon as they cross the finish line - the new release of the technology, the camera Scan 'O' Vision MYRIA, captures better quality images, around 10,000 digital photos in a vertical line per second.



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### **Security balloons**

Four balloons with high resolution cameras will support security scheme for the Rio Games. Developed by Brazilian manufacturer Altave, the devices will send images produced by the 13 cameras installed internally in real time to the Center for Integrated Regional Command and Control, coordinated by the Army. This is the first time such large-scale monitoring devices are using in an edition of the Olympic Games and the host city of the 2020 Olympics, Tokyo, as well as Qatar, host of the 2022 World Cup, have shown interest in the technology.



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### **Cloud-hosted portals**

There were also innovations introduced within the technology running behind the scenes: core portals supporting key aspects of the Games such as volunteer activities and credential management will be hosted for the first time ever on the cloud, through a private cloud environment provided by telecommunications firm Embratel. According to the IT systems integrator for the Games, Atos, using the hosting model for these key systems is part of a move towards an entirely cloud-based model for all applications by the time the next competition takes place in 2020.



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### **Improved spectator experience**

Improved spectator experience This edition of the Olympic Games will have the addition of color images to the scoreboards, also supplied by Omega, aimed at improving the experience for the public in the arenas and gymnasiums. With the reintroduction of golf to the Games, there will be scoreboards in four teeing areas with a radar measuring system. New technology will also improve the accuracy in archery, with sensors added to the traditional paper, allowing spectators to know when the arrow hits the target and displays the score on the screen just one second later.

**Ω OMEGA**

**MEN'S 400M INDIVIDUAL MEDLEY**  
**HEAT 1** **WR** 4:03.84 **OR** 4:03.84

**RESULTS SUMMARY**

1		IAKKHOS DAMIANOS	Q	4:10.01
2		LONG FEI	Q	4:12.24
3		BRUISER NICK	Q	4:12.35
4		BOGDANOVICH VASYL	Q	4:12.39
5		KOVACS GERGELY	Q	4:12.66
6		MORIARTY ANDREW	Q	4:13.02
7		YOSHIOKA NOBU	Q	4:13.09
8		RYAN ARAN	Q	4:13.33

### Our updated website

Please visit us at [compalsnb.org.au](http://compalsnb.org.au)



**COMPUTER PALS for SENIORS**  
Northern Beaches

*helping seniors with devices*





OUR CLUB
ONE ON ONE
OUR SPONSORS
HINTS & TIPS
LINKS
GALLERY
NEWSLETTERS



Would you like to be a

**TRAINER**

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



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## 2016 ASCCA Digital Photography & Creative Writing Competitions

Closing date 5 September, 2016 [more about this](#)

**2016 ASCCA DIGITAL PHOTOGRAPHY & CREATIVE WRITING COMPETITIONS**  
**MAKE THIS THE YEAR YOU AND YOUR CLUB WILL BE INVOLVED**

The 2016 ASCCA Competitions are now open and our generous judges **Geoff Beatty** from **Still Photography** in the Blue Mountains and **Mike Murphy** a WA **Journalist** have indicated their continued support. The closing date for both competitions is **5<sup>th</sup> September 2016** and the Entry Forms are available for downloading now on the ASCCA Website. Please read all the rules and conditions carefully.

The seven categories are unchanged for Digital Photography and each entrant may present one photograph, taken after **10<sup>th</sup> August, 2015** for entry in each category - a total of six entries.

**1. Photo Journalism**  
**2. Photo Travel**  
**3. People/Portrait**  
**4. Landscape/Seascape**  
**5. Landscape, Structural/Manmade**

**6. Animal (s)**  
**7. Open**

For Creative Writing in 2016 we have three topics for your stories of no more than 1,000 words and three topics for your poems of 300 words or less. You may write only one poem and one story for each topic - a total of six entries.

The three topics for Story Writing are;  
**1. Open**  
**2. My Favourite Ancestor**  
**3. A Day at the Beach**

The three topics for Poetry are:  
**1. Open**  
**2. A Love Remembered**  
**3. Flowers**

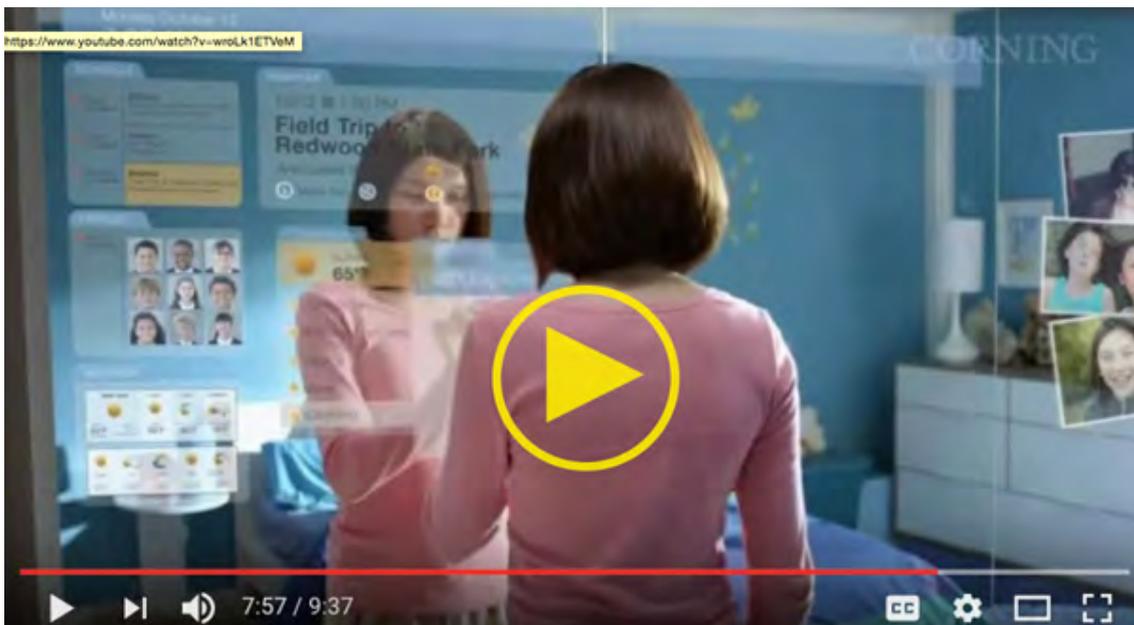
**Each financial member of each ASCCA Club is invited to enter both competitions in 2016**

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## Is this our Future (Part 1)

shared by Charles Migel, trainer

An example of IoT. *Please click on the arrow for the video.*



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## Is this our Future (Part 2)

shared by Charles Migel, trainer

An example of IoT. *Please click on the arrow for the video.*



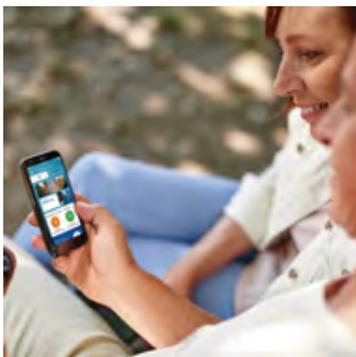
## TreeWiFi

Air pollution is one of the problems of modern society where the Internet of Things can be part of the solution. Amsterdam based start-up TreeWiFi are building birdhouses that measure air pollution and make the levels of pollution visible through an LED status light. Obviously visibility is only one part of the tools needed to fight pollution. TreeWifi take this a step further. When the server detects an improvement in air quality, it allows the birdhouse to share it's internet connection with everyone in the street. Users that connect to the network get tips & tricks on how to improve air quality locally before going online. It's an innovative way to tackle a problem where residential engagement can be difficult. An example of IoT. *Please click on the arrow for the video.*



### **Milan Design Week using IoT to guide you, to cool**

There's no excuse now to be fashionably late at the Milan Design Week thanks to a new smart city app that uses Internet of Things (IoT) technology. The New Statesman's CityMetric site profiled a mobile app that let visitors navigate Europe's biggest design event Fuorisalone, held in Milan this spring. [more about this](#)



### **Philips launches ecosystem of connected health wearables**

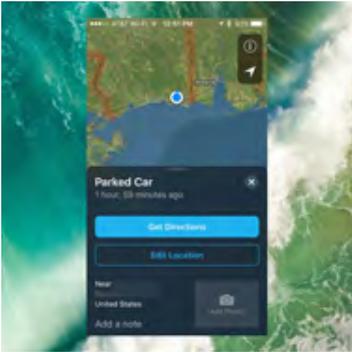
Philips unveiled a suite of new connected health devices on Monday, in a move to bolster its position in the personal healthcare market. The firm said all four devices have been built "with leading doctors and psychologists," according and connect to the company's HealthSuite app [more about this](#)

### **Pokemon Go, Libraries, and Media Mentorship**

Pokemon Go popularity is not showing any signs of slowing down anytime soon. According to a report from USA Today the game has topped 15 million downloads and the average person is spending around 33 minutes per day in the app.



[more about this](#)



## **iOS 10 proactively remembers where you left your vehicle with Parked Car feature in Maps**

Third party solutions like Automatic and various apps on the App Store can already do this, but iOS 10 builds finding where you parked your car right into the operating system. The new Parked Car feature proactively remembers where you left your vehicle and offers new features in Maps for adding more context. [more about this](#)



## **Three Ways to Upgrade to Windows 10 Anniversary Update**

The Windows 10 Anniversary Update is here, but you will need to install it first to enjoy all the new exciting features. Just like the Windows 10 November Update, Microsoft will be distributing the upgrade to regular channels such as Windows Update and the Media Creation Tool. In this article, we take a look at how to use each method. [more about this](#)



## **Facebook changes news feed algorithm to punish clickbait publishers**

Facebook says it plans to marginalise what it considers to be "clickbait" news stories from publishers in its news feed, in another step to keep its 1.71 billion members regularly coming back to its social network. [more about this](#)

**Cash for bugs: Apple offers big rewards**



### **for spotting security holes**

Apple plans to offer rewards of up to \$US200,000 (\$261,280) to researchers who find critical security bugs in its products, joining dozens of firms that already offer payments for help uncovering flaws in their products.

[more about this](#)

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### **Snapchat's new Memories function could change the way we remember**

Social media has changed. After 10 years of popular use, the information in our Facebook, Instagram or Twitter profiles is no longer just about the current moment or instant connections. Instead of simply broadcasting our thoughts and actions as they happen, these platforms have become a biographical archive of our lives, storing our photos and recording where we went and who we were with. [more about this](#)

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### **Six secrets of Google Maps**

Google Maps consistently makes lists of the top 10 most-used apps and is probably one app that many people consult daily. But how much of the program do you actually use? Those who just type in an address and go should know that there's so much more you can do than just that. To help you make the most of it, we've compiled a list of tips to get more out of Google Maps.

[more about this](#)

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### **Free, Web-Based Image Editing - Photopea**

You need to quickly edit a PSD file, but you don't have Photoshop installed on your machine? Or you want to make a small edit to an image, but firing up Photoshop would mean taking a sledgehammer to crack a nut? Well, then [Photopea](#) could do the trick. The free image editor is web-based and comes with a UI that is very similar to what you're used from Photoshop. Or you want to make a small edit to an image, but firing up Photoshop would mean taking a sledgehammer to crack a nut? Well, then [Photopea](#) could do the trick. The free image editor is web-based and

comes with a UI that is very similar to what you're used from Photoshop. *Click on arrow below*



## How To Forward iPhone Calls to Another Number

Ever since I bought my first iPhone 3G back in 2008, the first thing I do when I get home is forward all calls from my iPhone to my home phone. Originally I did this because my house sits in a black hole and AT&T service just sucks. Although this particular issue is fixed now with WIFI calling, I still regularly forward my calls as it's a nice way to drop the phone at the door and "unplug" without the worry of missing a call. [more about this](#)

## Tips and Tricks

*kindly submitted by our CompalsNB Trainers*



- [Windows 10 Anniversary Walkthrough Update](#) submitted by Brian Mackie, trainer
- [Windows 10 Anniversary Update \(Official Release\): Hands-on with new Features & Changes](#) submitted by Brian Mackie, trainer
- [Windows 10 Anniversary Update - Official Release demo](#) submitted by Brian Mackie, trainer
- [How to save offline maps in Google Maps](#) submitted by Allan Burrowes, President



## **French Letter from Condom, 8 August 2016**

*by Victoria Brien*

I simply had to write this mini missive following my Saturday morning trip to the Nerac market. Nerac is one of the market towns within a twenty minute (by car) radius of Brichot and most Saturdays we shop at the market.

[more about this](#)

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## **French Letter from Condom, Bastille Day, 14 July 2016**

*by Victoria Brien*

I hope that this note finds all of you and your families happy, healthy, smiling and not terribly affected by the recent inundations - floods - in Australia. We have all been hearing about the violent rains of northern Europe, however as Australians we are only too aware of the devastation which can be caused by water.

[more about this](#)

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## **Dance of 1000 Hands**

There is an awesome dance, called the Thousand-Hand Guanyin, which is making the rounds across the net. Considering the tight coordination required, their accomplishment is nothing short of amazing, even if they were not all deaf.

Yes, you read correctly. All 63 of the dancers are complete deaf-mutes. Relying only on signals from trainers at the four corners of the stage, these extraordinary dancers deliver a visual spectacle that is at once intricate and stirring. Its first major international debut was in Athens at the closing ceremonies for the 2004 Paralympics.

But it had long been in the repertoire of the Chinese Disabled People's Performing Art Troupe and had traveled to more than 40 countries. Its lead dancer is 29 year old Tai Lihua, who has a BA from the Hubei Fine Arts Institute. The video was recorded in Beijing during the Spring Festival this year. *Please click on the arrow for the video.*



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### **Keeping Warm**

*shared by Daphne Challoner, trainer*



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### **Drama at Narrabeen**

*contributed by Nan Bosler, Vice President*

The former gymnasium of the Narrabeen Girls' High School became part of the Narrabeen Community Learning Centre when the school remaining buildings were handed over for use by the community in 1979.

[more about this](#)

*Diane Greenlees, Susan Robson and Meryn Lee in the Peninsula Theatre Company's performance of "Gladbags"*



## 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 August, September and October 2016 is now available. Please take a look and make your booking. [more about this](#)



## ASCCA August Newsletter 2016

Articles include:

- ASCCA Notice Board
  - Are you ready to go online for Australia's 2016 Census? Cont. from Page 1
  - "Pokemon Go" Pocket Monster Mania
  - ASCCA can help with courses about online forms
- [more about this](#)

**Online Safety**

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



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**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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PRESIDENT: Allan Burrowes | VICE PRESIDENT: Nan Bosler | TREASURER: Malcolm Raymond |  
SECRETARY: Margaret Randall | TRAINERS COORDINATOR: Anne Matthews | EDITOR IN CHIEF: Judy Elias  
| EMAIL: [info@compalsnb.org.au](mailto:info@compalsnb.org.au) | WEB: [www.compalsnb.org.au](http://www.compalsnb.org.au) | ASCCA: <http://www.ascca.org.au> |  
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>

This organisation does not guarantee, and accepts no legal liability whatsoever for the accuracy, reliability, currency or completeness of any material or views contained in this newsletter



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Computer Pals for Seniors Northern Beaches gratefully acknowledge the assistance provided by our sponsors. ABN 84 043 912 191