



December 2017 - Issue No.250



COMPUTER PALS FOR  
SENIORS NORTHERN  
BEACHES INC.  
MEMBER OF ASCCA

THE TRAMSHED  
ARTS & COMMUNITY CENTRE  
1395A PITTWATER ROAD  
NARRABEEN NSW 2101

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# Christmas 2017



*"We had to take out the words 'Merry' and 'Prosperous'"*



Compals being a little cheeky ...

have a 'Merry' Christmas  
and a 'Prosperous' New Year

Dear subscriber,

The air is electric fuelled with Christmas carols, Christmas trees, fairy lights and Santa's presents. Crowded by thoughts of urgency and immediacy just remember to STOP. **Soak in the moment.** Compals wish you and your family all the joys of Christmas and a wonderful New Year. **Enjoy!**

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## The Gossip

This is the time of the year for reflection. Where did 2017 go! What was achieved? In the years rush we focused on one of our most important aspects of why we are here. Our members. We assisted and encouraged all our trainers and students to embrace and keep up with the changes in technology - digital inclusion. We also introduced social events of interest which were far removed from technology - social inclusion.

At **Computer Pals for Seniors Northern Beaches** we not only build rapport through our one-on-one learning program but we also introduce regular group sessions of current technological interest such as sessions about the NBN, Cryptocurrencies, Cybersecurity, How To's on different apps. Our sessions are

always a discovery of many, many different technological topics of interest. The introduction this year of a regular *Train the Trainer* program has met with much merit. Overall we would like to think we have helped many seniors feel significantly more comfortable embracing technology and its consistent changes.

We should never forget our umbrella organisation **ASCCA, the Australian Seniors Computer Clubs Association**, which apart from everything else it brings to all the Compals clubs nationally, ends each year with a two day conference in a hotel in Sydney's CBD. These two days are spent updating us all with speakers from a range of international organisations such as Google, Apple, Microsoft and various Government departments. The conference also gives our members the opportunity to network with other members from clubs nationally. It is the highlight of the year for us all.

Our thanks to all who attended our Christmas luncheon held at **The Bored Monkey**. It was such a blast! Who could not have enjoyed the entertainment presented by Santa and his helpers, a Santa quiz, live singing, a raffle, prizes and acknowledgments. To top it all off the food was delicious with the canapés never ending. We also had a birds eye view of the progress of the Tramshed reno's across the road.

Speaking of the Tramshed reno's, the Council has informed us we are more than likely to commence training in our new training room for the start of Term 2, 2018. We will continue to keep you updated.

Thank you very much for all the help throughout the year with the many, many contributions to our monthly newsletter. It is with much relief our trainers, committee and I will take a well deserved holiday and be back refreshed for the beginning of Term 1, 2018.

Hope you enjoy this month's newsletter. Talk to you on **Facebook** - daily and back here in our **Newsletter** - monthly.

Take care, give and get many gifts, but remember, it truly isn't what's under the Christmas tree that matters it's who's around it.

**Merry Christmas.**

Bye for now.

Kind regards,

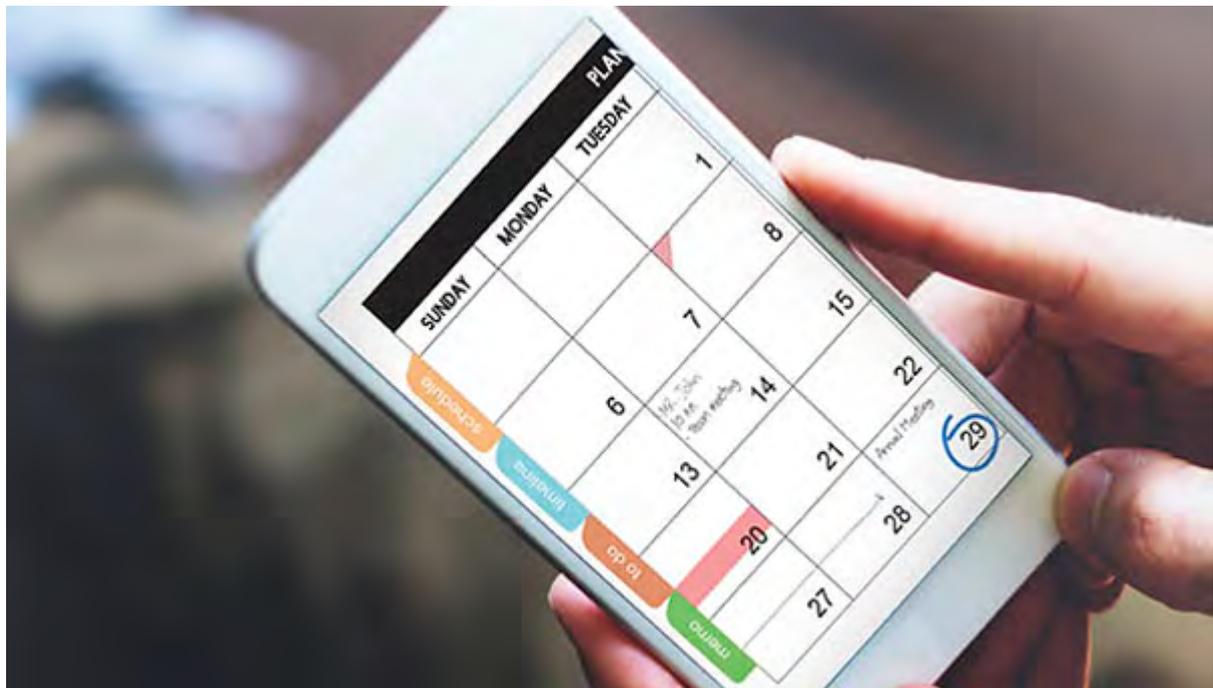
Judy Elias - Editor in Chief

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

PS:



[back to top](#)



### Dates for our diary

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**Term 1, 2018**, Monday 5 February to Friday 13 April 2018

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**Trove Workshop**, Thursday 1 February, 2018. 9:00am to 11:00am. Council Chambers Dee Why, 725 Pittwater Road, Dee Why. Bookings essential: 99422111. Free workshop. Everyone is welcome

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**Trainers Meeting**, Wednesday 7 February, 2018. 12:15 to 1:15

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**Cyber Security when Shopping Online - Session**, Wednesday 14 February, 2018, 12:15pm to 1:15pm, Facilitator: Allan Burrowes, The Meehan Room, Dee Why RSL, \$5.00 per person, Bookings essential: Anne Matthews [anne.computerpals@gmail.com](mailto:anne.computerpals@gmail.com) Everyone is welcome

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**Android phones and tablets: discovering the basics - Session**, Wednesday 21 February, 2018, 12:15pm to 1:15pm, Facilitator: Brian Mackie, The Meehan Room, Dee Why RSL, \$5.00 per person, Bookings essential: Anne Matthews: [anne.computerpals@gmail.com](mailto:anne.computerpals@gmail.com)  
Everyone is welcome

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**Intro to Cryptocurrencies - Session**, Wednesday 28 February, 2018, 12:15pm to 1:15pm, Facilitator: Charles Migel, The Meehan Room, Dee Why RSL, \$5.00 per person, Bookings essential: Judy Elias: [judy\\_elias@optusnet.com.au](mailto:judy_elias@optusnet.com.au)  
Everyone is welcome

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**Trainers Meeting and Lunch**, Wednesday 7 March, 2018. 12:15pm to 2:00pm

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**Setting up Emergency Contacts on your Mobile Phone - Session**, Wednesday 14 March, 2018, 12:15pm to 1:15pm, Facilitator: Allan Burrowes, The Meehan Room, Dee Why RSL, \$5.00 per person, Bookings essential: Anne Matthews: [anne.computerpals@gmail.com](mailto:anne.computerpals@gmail.com)  
Everyone is welcome

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**What to know about NBN on the Northern Beaches - Session**, Wednesday 28 March, 2018, 12:15pm to 1:15pm, Facilitator: Charles Migel, The Meehan Room, Dee Why RSL, \$5.00 per person, Bookings essential: Judy Elias: [judy\\_elias@optusnet.com.au](mailto:judy_elias@optusnet.com.au)  
Everyone is welcome

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**Trainers Meeting and Lunch**, Wednesday Wed 4 April, 2018. 12:15pm to 2:00pm

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**ASCCA Notice Board.** A list of many events and activities - [ASCCA newsletter - see page 2](#)

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### **Our Training Term Calendar for 2018**

Training takes place throughout the year, excluding school and public holidays. The duration of a term is typically 10 weeks.

#### **Terms for 2018**

Term 1: Mon 5 Feb - Fri 13 Apr

Term 2: Mon 30 Apr - Fri 6 Jul

Term 3: Mon 23 Jul - Fri 28 Sep

Term 4: Mon 15 Oct - Fri 21 Dec

[for more detail about this](#)

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### **Our 2017 Christmas Luncheon at The Bored Monkey**

**Our Christmas luncheon at The Bored Monkey**, Thursday 14 December 2017. We discovered CPNB members are not only digitally literate but have many hidden talents. What about Santa? Did you know he actually lived locally on the Northern Beaches. John Peachey tells me he was exhausted by the end of the evening with us as only one of his many visits for the day. What about our singer? Dave Simons even allowed us to nominate requests. There were winners and prizes galore with the Christmas Quiz and the raffle. We cannot thank The Bored Monkey enough for their wonderful selection of canapés which kept coming for a solid four hours. The generous serves and their wonderful, considerate service could not be more highly recommended. Lastly let's not forget Kylie Ferguson our Northern Beaches Councillor who generously donated her time to be with us and graciously helped us with our raffle draw. Gosh, Kylie is always ready to answer and try to resolve any council issues we confront her (and we "give her heaps"! ). Thank you Kylie.

[click here to view the video of our Christmas luncheon](#)

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NATIONAL LIBRARY OF AUSTRALIA



**Trove**

## Trove Workshop

Suitable for initial users

**Trove is a revolutionary free search engine** provided by the National Library of Australia. It searches millions of Australian books, images, historic newspapers, maps, music, archives and more from the National Library itself as well as libraries across Australia.

**WORKSHOP:** Trove Workshop

**WHEN:** Thursday 1 February, 2018

**TIME:** 9:00am to 11:00am

**WHERE:** Council Chambers Dee Why, 725 Pittwater Road, Dee Why

**COST:** Free

**BOOKINGS:** Essential, phone 9942 2111

[for more about Trove](#)

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## Cyber Security when Shopping Online - Session

*Allan Burrowes, CPNB trainer and facilitator*

Tips and tricks when buying online. If you use eBay, ShoppingSquare or buying online this is the session for you.

**WHEN:** Wednesday 14 February, 2018

**TIME:** 12:15pm to 1:15pm

**WHERE:** The Meehan Room, Dee Why RSL

**COST:** \$5.00 per person

**BOOKINGS:** Essential, Anne Matthews: [anne.computerpals@gmail.com](mailto:anne.computerpals@gmail.com)

Free booklets on security.

**Everyone is welcome**

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## **Android phones and tablets: discovering the basics - Session**

*Brian Mackie, CPNB trainer and facilitator*

Come along to learn some basic functions incorporated in android phones (and tablets) that you probably don't know existed. This presentation was given a group of the clubs' trainers recently and received very favourable feedback.

**WHEN:** Wednesday 21 February, 2018

**TIME:** 12:15pm to 1:15pm

**WHERE:** The Meehan Room, Dee Why RSL

**COST:** \$5.00 per person

**BOOKINGS:** Essential, Anne Matthews: [anne.computerpals@gmail.com](mailto:anne.computerpals@gmail.com)

**Everyone is welcome**

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## **Intro to Cryptocurrencies - Session**

*Charles Migel, CPNB trainer and facilitator*

Cryptocurrencies are classified as a subset of digital currencies and are also classified as a subset of alternative currencies and virtual currencies. Bitcoin, created in 2009, was the first decentralised cryptocurrency.

**WHEN:** Wednesday 28 February, 2018

**TIME:** 12:15pm to 1:15pm

**WHERE:** The Meehan Room, Dee Why RSL

**COST:** \$5.00 per person

**BOOKINGS:** Essential, Judy Elias: [judy\\_elias@optusnet.com.au](mailto:judy_elias@optusnet.com.au)

Everyone is welcome

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### Setting up Emergency Contacts on your Mobile Phone - Session

*Allan Burrowes, CPNB trainer and facilitator*

This is a must have in this day and age. How to create ICE (In Case of Emergency) contacts plus other helpful apps. Bring your Apple or Android phone and your passwords used to load apps.

**WHEN:** Wednesday 14 March, 2018

**TIME:** 12:15pm to 1:15pm

**WHERE:** The Meehan Room, Dee Why RSL

**COST:** \$5.00 per person

**BOOKINGS:** Essential, Anne Matthews: [anne.computerpals@gmail.com](mailto:anne.computerpals@gmail.com)

Everyone is welcome

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## What to know about NBN on the Northern Beaches - Session

*Charles Migel, CPNB trainer and facilitator*

A complete update of what to do when the NBN becomes available to you in your premise.

**WHEN:** Wednesday 28 March, 2018

**TIME:** 12:15pm to 1:15pm

**WHERE:** The Meehan Room, Dee Why RSL

**COST:** \$5.00 per person

**BOOKINGS:** Essential, Judy Elias: [judy\\_elias@optusnet.com.au](mailto:judy_elias@optusnet.com.au)

**Everyone is welcome**

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### Our last CPNB trainers meeting for 2017

**Our last CPNB trainers meeting for the year held Wednesday 6 December, 2017** in the Meehan Room at Dee Why RSL was an absolute blast! It would have to have been the best, most enjoyable, friendly, amiable, congenial, good-natured, trainers meeting of the year! Whatever happened, so many of us turned up ... we nearly ran out of chairs to seat us all.

We were all aghast when Henri announced his resignation as a trainer after 18 years. BUT wait for it, he will NOT be leaving us. He will continue his admin role for which we are so, so, so grateful. AND we were aghast for the second time when we gave him the honour of drawing a ticket for our regular luck door prize ... you guessed it, he drew his own winning ticket. Amazing! We will all meet-up once again to end the year at our Christmas luncheon at The Bored Monkey, Thursday 14 December 2017.

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## Looking at the Android OS for the Smartphone and Tablet

### *Train the Trainer session*

We all appreciate how integral our Train the Trainer sessions are at CPNB. We thank **Brian Mackie** for his presentation today on '*Looking at the Android Operating System for the smartphone and tablet*' held in The Meehan Room at Dee Why RSL, Wednesday 29 November 2017. Brian ran through an in depth explanation of some of the most useful 'must use' apps and features of the Android Operating System. We were very grateful time was allowed for him to fully answer our many Android operating system questions. We ran overtime and wished we could have stayed longer. We all look forward to his next session where we are assured of discovering more of the unknown. It seems a never ending learning curve.

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## Spreading the Word - Social Media Simplified Session

**Facebook is the resounding lay down misère.** Social media gives us many, many, many options for digital communications and as we discovered in the seniors demographic of attendees at this session, '*Spreading the Word: Social Media Simplified*', Wednesday 22 November 2017, 99.9% were users of Facebook in some form or another. The other social media apps briefly outlined; Twitter, Instagram, Snapchat, YouTube, LinkedIn, Pinterest and Muscially had reasonably few adopters. We are truly gratefully for the larger than anticipated supporters of this session and especially surprised since it was NOT promoted in the 'What's On' section of the Manly Daily. Again, we thank Dee Why RSL for providing the television, extra chairs,

water jugs and mints all necessary requirements for our sessions held in the Meehan room at Dee Why RSL.

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### **Win and Thea's How To: ArtStudio Session**

*shared by Judy Elias, CPNB trainer*

We had an off the cuff request to video **Win** and **Thea's** 'How to: ArtStudio session'. This request was emailed from a keen designer who informed us of not being able to attend. Well, we thought we would give it a go! Here it is. My absolute full hearted thanks to Win and Thea for agreeing and to Anne who shared her support with an announcement at the tail end of the session. The edited video of the How to: ArtStudio session which was held Wednesday 15 November, 2017 is only 15mins in length although the actual session was a full hour.

We are over the moon with number of views and compliments received including international interest. Let's see how Session 2 is received which is planned for Term 2, 2018.

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## Use Technology for a Creative Christmas

*shared by Nan Bosler*

Let me share some ideas which will be suitable for your own use or perfect to give to a parent or older friend for their use. While my own Mother was in an Aged Care Facility I knew that she wanted to be able to give little gifts or cards to those she lived with but how was she going to be able to get these special items. This was how we managed the challenge.

[for more about this](#)



## A Good News Story about the NBN

*shared by Jim Parker, CPNB trainer*

This is a good news story about NBN. We had our building of 64 apartments connected to NBN two months ago but only one resident had taken up one of the persistent offers from the Telcos to connect NBN to his apartment. I had been with iiNet and their predecessors for twenty years or more – far too long. My internet download speed was snail pace with lots of breaks. It had been far worse for the last nine months for some reason. I received absolutely no help from iiNet. I bit the bullet and signed up with Telstra at the George Street Shop. Sameer gave me more of everything for less cost, so I was pleased.

# Tech Info for Clubs ASCCA

## **Tech Info for Clubs – December 2017**

*shared by Mark Young, ASCCA Technical Officer*

We have a wonderful monthly resource compiled by **Mark Young** the Technical Officer from ASCCA. It is without a doubt worth a read to bring us all up-to-date with technical issues Seniors can use as reference material.

[Tech Info for Clubs December 2017](#)

[Windows 10 Basics course notes - for Windows version 1709](#)

[Windows 10 1709 - Changes List](#)

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The image is a promotional graphic for myGov. On the left, the text reads "All in one place" in a large, bold font, followed by "A fast, simple way to access government online services." Below this, three bullet points are listed: "One login.", "One password.", and "One destination." On the right side, there is a 3D illustration of a green folder with the "myGov" logo on it. Behind the folder are three colorful folders (green, blue, and white) and a document with the Australian Government crest and the text "Australian Government".

**All in one place**  
A fast, simple way to access government online services.  
One login.  
One password.  
One destination.

## **What is myGov?**

*shared by GoDigi*

**myGov is an online portal** that combines all government services in one. For example, you can access Centrelink, Tax and Child Support information, as well as your Health Record and your Aged Care info. Once you create your myGov account

and link the services you use regularly with it, you will be able to do a significant amount of government services related tasks online

[for more about this](#)

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### **Technology, who needs it? (Digital Detox - Part 1)**

*shared by GoDigi*

Did you know that 'Digital Detox' is actually now a recognised term? With Christmas just a week away, the New Year is right around the corner! Like so many people, I find it a fantastic time for new beginnings, reflecting on the way I live my life, contemplating what things I would like to learn and being a little bit healthier. With that in mind I am thinking maybe it's time for a bit of a digital detox, not that I am really that attached to my technology.

[for more about this](#)

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## **Apple launches a new YouTube channel offering device tutorials**

**Apple has not yet made a formal announcement** regarding its plans for the channel going forward, but it seems it could lend itself to a variety of tutorial videos, including those for non-iOS devices in the future, if it chose. It's also unclear how often new videos will be posted, as the channel was initially seeded with 10 videos posted at the same time.

[for more about this](#)



## **Are cheap android phones worth it?**

The performance and features that you can get for \$200 in the current market is simply astounding on most counts, making this a much better time to buy a budget phone.

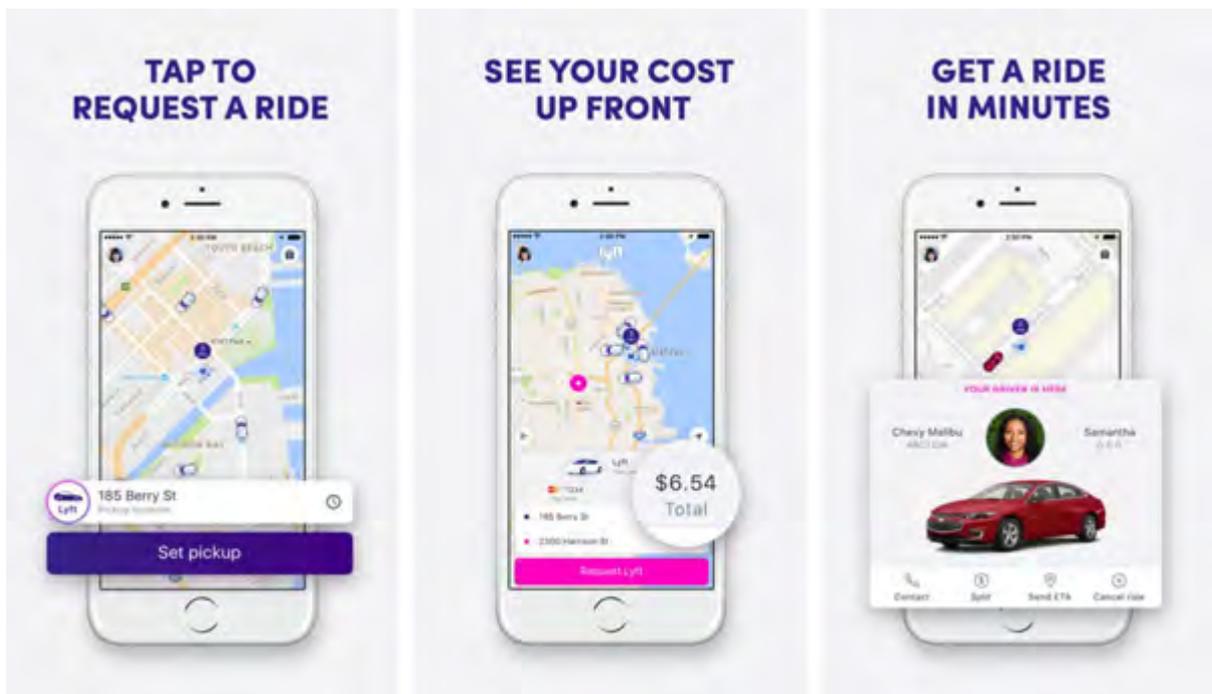
[for more about this](#)



## Why I switched from Chrome to Firefox Quantum

Firefox is now a real, speedy, modern option again. Enough so that I'm switching from Chrome back to Firefox.

[for more about this](#)



## Here are the top 20 apps of the year, according to Apple

Facebook, Google, and Snapchat claim 11 of the top 20 spots, including Bitmoji, YouTube, and Instagram.

[for more about this](#)



### **How to Undo or Redo on iPhone or iPad**

Here's a simple, yet handy trick for your iPhone & iPad. If you ever make a mistake and need to "undo" (traditionally Command + Z on a Mac or Control + Z on a PC), just shake your iPhone or iPad to reveal the undo function.

[for more about this](#)



### **Anti Social - A Modern Dating Horror Story**

Comic Relief



**NSW Rail Museum - "What's On"**  
*shared by John Stewart, CPNB trainer*

So much to do and see for adults and children. Please visit the [NSW Rail Museum website](http://www.nswrailmuseum.com.au)



**ASCCA December Newsletter 2017**

May we suggest you please visit the ASCCA website and look just once and then decide for yourself just how useful it is!

[asca.org.au](http://asca.org.au)

Articles in December's Newsletter include:

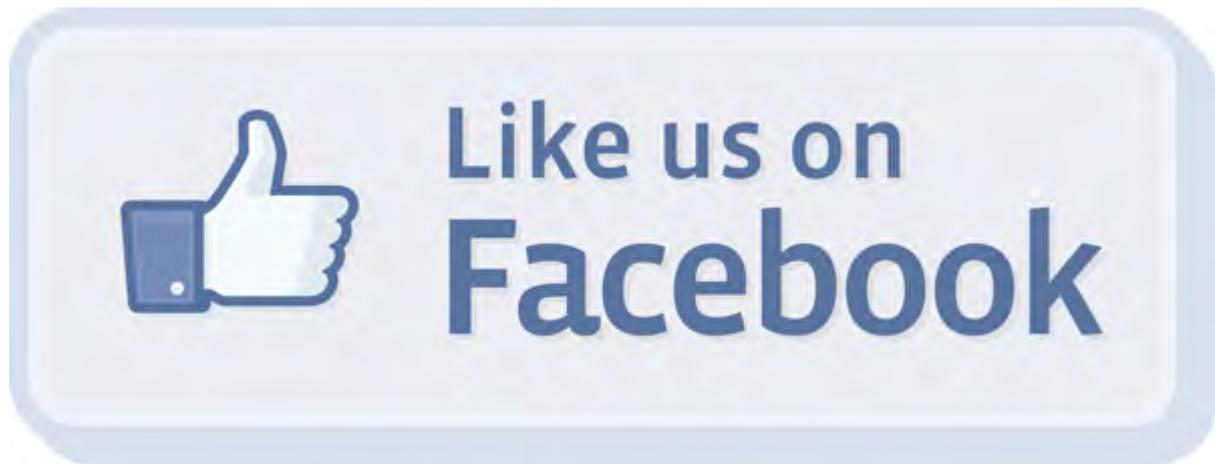
- ASCCA Notice Board
- Elections ASCCA Board & AGM
- Office Closure & Christmas Greetings
- 19th Aust. Computer Conference for Seniors - A great Experience! cont.
- Thanks to Our Sponsors
- 2017 ASCCA Conference Collage
- Google Australia ASCCA Sponsorship
- ASCCA VP has Retired
- ASCCA 2016 Competition Results (Cont. on Page 7 & 8)
- [more about this](#)

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### Please LIKE us on Facebook

This will give you the opportunity to FOLLOW our posts in realtime and also comment and become involved with communicating with all members of CompalsNB. Please enjoy.

Our public Facebook page is: <https://www.facebook.com/compalsnb/>



Would you like to be a  
**TRAINER**

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



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### Let's do SOCIAL!

Join us monthly or bi-monthly to catch-up socially. It could be for a casual coffee, breakfast, lunch, brunch, high tea, dinner, walk, show or even a planned trip away! We can make it happen for those who would like to get to know one another and who do not get the opportunity to have time to chat in class. It will also give members the opportunity to chat with students and trainers who do not see each other because they attend classes on different days. This is a wonderful chance just to be social with all students, trainers and members wanting a casual chat or a planned social activity. If you cannot make it one month you will always be welcomed the next. This can be as casual as your time permits. Please add your name to our list by contacting Judy Elias at [judy\\_elias@optusnet.com.au](mailto:judy_elias@optusnet.com.au) or 0418288005

Let's do  
**SOCIAL**



grab a cup &  
stay a while.

### Our website

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

OUR CLUB	ONE ON ONE	OUR SPONSORS	HINTS & TIPS	LINKS	GALLERY	NEWSLETTERS
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### 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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TL;DR, short for "too long; didn't read"

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PRESIDENT: Allan Burrowes | VICE PRESIDENT: Nan Bosler | TREASURER: Ian Vickery | 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>

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