



May 2016 - Issue No.231



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Northern Beaches Volunteer Expo 2016 was held at Dee Why RSL in the Showroom, Wednesday 11 May 2016. Our CompalsNB stand was a buzz with much interest and information. The entire room showcased volunteers from our local organisations. *Click on the arrow above for video*

Dear subscriber,

Congratulations to all the Volunteers amongst us. This is the week to celebrate. It will certainly be a different experience seeing a drone circling above Dee Why beach. Who knew what a drone was a few years back? Enjoy the experience!

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The Gossip

Magically and mysteriously, we have all been ushered into Term 2. How quickly did Term 1 flash past? Was it because Compals Northern Beaches were involved in so many activities? It seems we cannot keep out of the Manly Daily. Last term it was Nan Bosler, Vice President, extolling the virtues of the 2016 NSW Seniors Festival.

This term we have Allan Burrowes, President and Bevin Harris, student talking about the Northern Beaches Volunteers Expo currently in progress.

We have truly broken-in our new training room in the Meehan Room at Dee Why RSL. Suitably juggling the layout of the room to accommodate our one-on-one training sessions and group training sessions. Talking about our group

training sessions; they have been so very popular with attendees wanting further sessions to compliment their initial sessions. Thank you very much for such positive feedback. To remind us of what we have done and where we are at we have many photos and videos of all our activities over the last month included in this May newsletter.

There are many activities in the pipeline and a few a listed in our 'Date for our Diary' section. Please, if you have an ideas you would like us to consider please give it a voice. Our email is info@compalsnb.org.au we would love to hear from you.

We all hope your Mothers Day was special and we will see you in our Training room or at an event.

Stay well, look after yourself and keep all your devices synced!

Bye for now.

Take care.

Kind regards,
Judy Elias - Editor in Chief
info@compalsnb.org.au

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Dates for our diary

- **ASCCA Training Programs**, 280 Pitt St, Sydney - [May, June and July](#)
- **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
- **Trainers Meeting**
Wednesday 1 June, 2016 - 12:00pm
- **Internet Security Session**
Meehan Rm, DYRSL, Wed 8 June 2016, 12:00 to 1:00pm - Open to trainers & students, bookings essential,

\$5.00 admission
Allan Burrowes 9982 9829

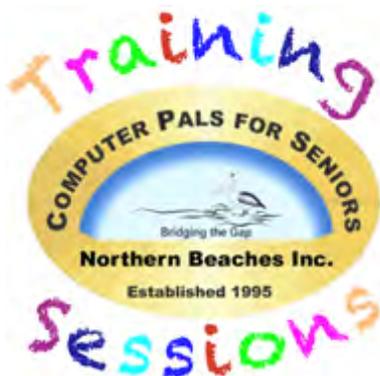
- **Google Internet Lessons for Seniors**
48 Pirrama Road, Pyrmont (opp. Casino)
Fri 10 June 2016
morning session: 10 to 12pm
afternoon session: 1 to 3pm
Bookings: ASCCA 9286 3871
- **AGM**
Wednesday 17 August 2016 - Dee Why
RSL - Jenkins Room (Level 3) 1:00-3:00pm
- **2016 ASCCA Digital Photography & Creative Writing Competitions**
Closing date 5 September, 2016
- **ASCCA Notice Board**
A list of many events and activities -
ASCCA newsletter, [see page 2](#)



We welcome new and returning trainers

by Anne Matthews, Training Coordinator

We welcome John Fowler back as a trainer this term. In addition to this one of our students Daphne Challoner has also taken up the role of trainer. It is always great to see students transition into trainers.



Compulsory NB Training Sessions

MAY

Instagram and Twitter Session

Wed 25 May, 12:00 to 1:00pm

\$5.00 admission

Bookings: anne.computerpals@gmail.com

JUNE

Internet Security Session

Wed 8 June, 12:00 to 1:00pm

\$5.00 admission



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).

Our Computer Pals Volunteers are in the spotlight

We thank the Manly Daily for highlighting us at Computer Pals Northern Beaches as community leaders in volunteering. The Northern Beaches Volunteer Expo held in the Show Room, Wednesday 11 May 2016 showcased many volunteer organisations. It was a buzz with activity and interest. Allan Burrowes and Bevin Harris pictured in the Meehan Room, Dee Why RSL.

10 NEWS

MANLYDAILY.COM.AU | WEDNESDAY, MAY 11, 2016

DEE WHY

Find ideal volunteer match

Enthusiastic helpers wishing to give back to the community can find a suitable group at free expo

Beverley Hudec

ORGANISATIONS and community groups will have stands at a Volunteers Expo at Dee Why RSL today.

The event, which is held during National Volunteers Week, puts interested volunteers in touch with a wide range of organisations.

Community Connect Northern Beaches had brought together more than 40 groups, volunteer recruitment program co-ordinator Vesna Perisic said.

"The highlight of the expo is that there will be so many different types of organisations in one place at the same time," Ms Perisic said.

"Prospective volunteers will be able to talk about volunteering and any expectations and commitment."

St John Ambulance, Dial-A-Mum, Pittwater Council's Bushcare and Epilepsy Association are new this year.

The event is a platform to engage directly with the community, one volunteer-run organisation said.

Computer Pals For Sen-

iors Northern Beaches had recruited and brought in new members to sign up for courses through the expo, club president Allan Burrowes said.

Ms Perisic said the free expo, in its seventh year, had become a popular community event.

"The feedback from last

■ The highlight ... is that there will be so many different types of organisations in one place

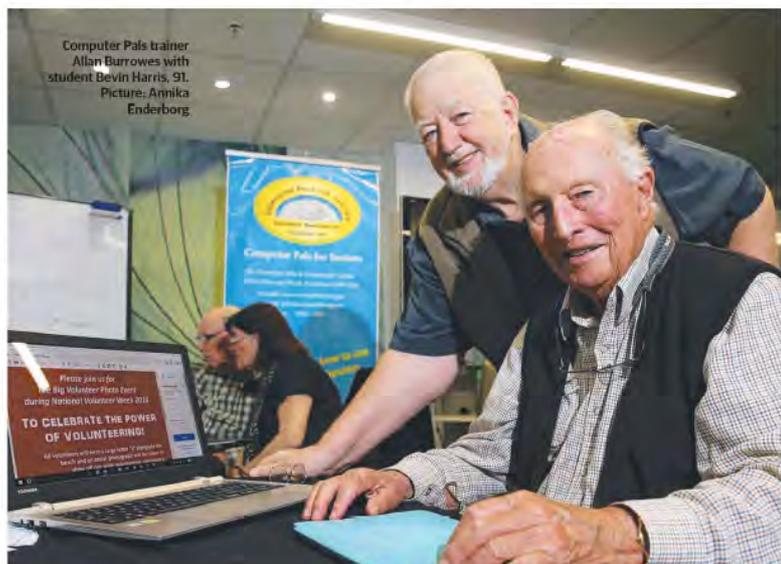
Vesna Perisic

year has been really positive," she said. "There were 44 local volunteer groups, services and organisations who signed up and the event was attended by 350 people."

Ms Perisic said that Dee Why RSL's support had ensured its continuity.

The Northern Beaches Volunteer Expo is in the Show Room at Dee Why RSL.

It is on today from 10am to 2pm.



Computer Pals trainer Allan Burrowes with student Bevin Harris, 91. Picture: Annika Enderborg

'About Us' at the Northern Beaches Volunteers Expo 2016

Anne Matthews created a wonderful presentation which was on display throughout the Northern Beaches Volunteer Expo in the Showroom at Dee Why RSL, Wednesday 11 May 2016. It highlights how Computer Pals Northern Beaches gets involved with our community. It is all about us. Just magic!



From Student to Trainer

Congratulations to Daphne Challoner enjoying her first Trainers Meeting, Wednesday 4 May 2016. We encourage our students to take on the challenge as trainers. It is another step in the learning curve. Good luck Daphne, with your new career change!



Would you like to be a
TRAINER

Please contact Anne Matthews
anne.computerpals@gmail.com



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 **5th 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 **10th 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

Twitter and Instagram Session

We are running a session on Twitter and Instagram on Wednesday 25 May at 12-1pm in the Meehan Room, Dee Why RSL. The cost is \$5 and numbers are limited to 30, if you would like to attend please register at anne.computerpals@gmail.com



Internet Security Session

Wednesday 8 June, 12-1pm, Meehan Room, Dee Why RSL. \$5.00 for students. Free booklet 'Stay Smart Online' produced by the Australian Government. Facilitators: Allan Burrowes and Charles Migel. Bookings:



Help on offer for seniors at the Microsoft Store Sydney

from Mark Young, ASCCA Technical Officer

Jessica Erhart, the Community Development Specialist at the Sydney Microsoft Retail Store, has sent ASCCA an email outlining the help that they give to seniors. Some is paid, but a lot is free. [Click here](#)



Google is offering free Internet lessons

from Mark Young, ASCCA Technical Officer

Google is offering free Internet lessons for Seniors in Sydney on 10 June 2016. [Click for more information](#)



ASCCA 'Ways Forward for Clubs' forum

We were delighted to be represented by Anne Matthews at the ASCCA 'Ways Forward for clubs' forum, Tuesday 19 April, 2016.

'My topic was Trainer Acquisition and Retention, participants were very interested in how our club manages this and the presentation was well received. It was also a great opportunity to learn about other clubs and meet trainers from those clubs.' Anne

'Anne and our club shone' - Nan Bosler emphatically assured us. I say 'of course, we are all stars!'



Free concert for seniors



Davidson High School presents their annual Season of Performing Arts. Thursday 16th June, 1.00 - 2.15pm followed by afternoon tea. Glen St Theatre, Glen Street, Belrose. [more about this](#)

NSW Seniors Festival 2016 at Dee Why RSL

'Using Technology for Healthy Living' was our theme for the NSW Seniors Festival 2016. The audience packed the Luana Room at Dee Why RSL and were delighted to hear our three guest speakers explain how advances in technology has improved and changed the way we think about encompassing a healthy lifestyle. *Click on pink arrow below for video*



USING TECHNOLOGY for HEALTHY LIVING

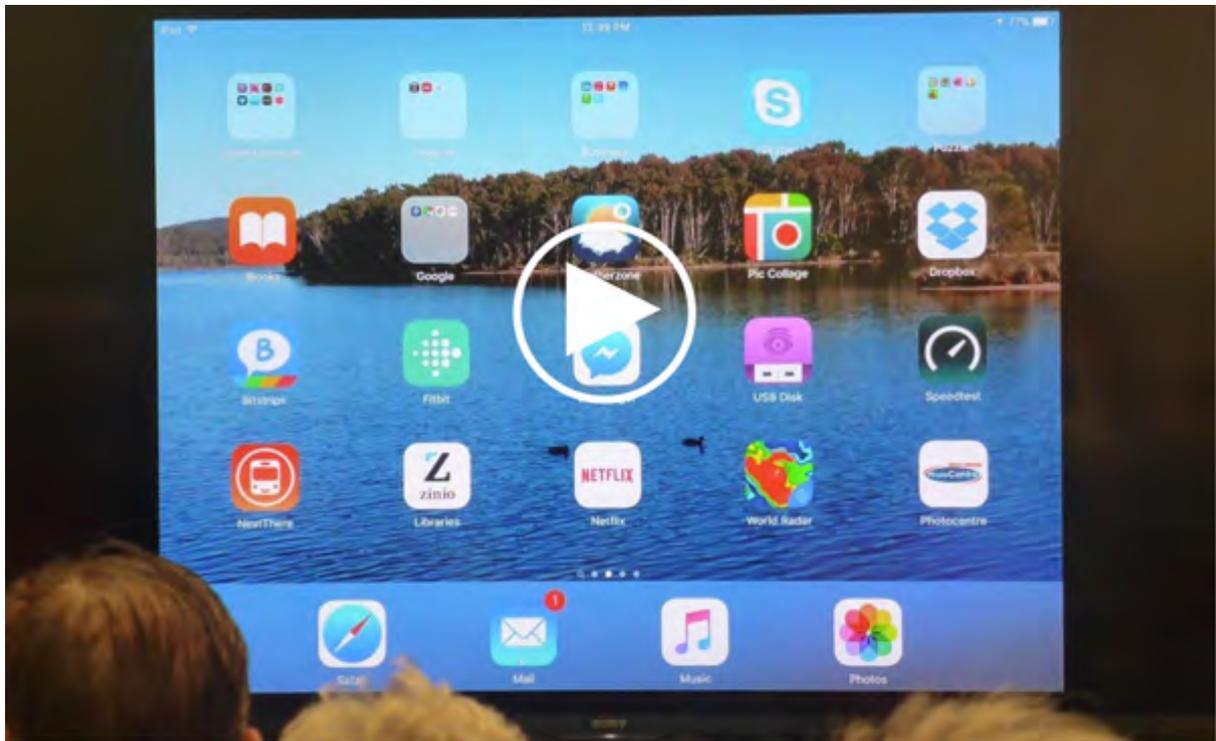


THURSDAY APRIL 7 FROM 1.30PM TO 3.30PM

LUANA ROOM - DEE WHY RSL

iPad Intermediate Session

Our packed iPad Intermediate Session held Wednesday 13 April continued the learning curve introduced the previous week with our iPad Beginners Session. We were delighted with all the interest generated. A very big thank you to all participants and facilitators; Anne Matthews and John Peachy for making our 2016 NSW Seniors Festival such a success.



iPad Beginners Session

Our iPad Beginners Session was the first of two iPad Sessions running in conjunction with the NSW Seniors Festival 2016. It was a full house of keen participants in the Meehan Room at Dee Why RSL, Wednesday April 6, 2016.



Appreciation

by Patsy Cahill, ex student and Judy Elias, trainer/editor



As volunteer trainers at Computer Pals Northern Beaches it so gratifying to encourage our students to enjoy the learning curve at their own pace. What's more, age is no barrier. Patsy Cahill an ex student of Brian Mackie's could not stop expressing her gratitude and appreciation for his help over the many terms she had learnt so much from his knowledge as her trainer. Currently I am enjoying my time training a student who is eighty nine and her daughter in law (an ex student of mine last term) suggested she spend some time with us. It is both sides of the coin that makes volunteer training a joy.



Go-To-GodMode

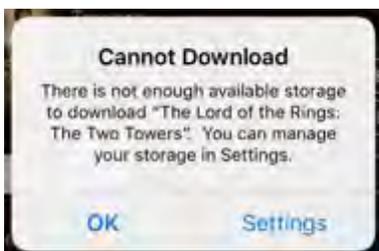
by Paul Treichel, Trainer

In the May edition of the monthly Magazine "PC Tech Authority" I found a Windows tweak which works on Windows 7 , 8.1 and 10. I recommend you try this out as well. The name of the tweak is Go-To-GodMode. [more about this tweak](#)



Photo Resizing: The Myth of DPI

The size of an image in a website layout is important. From proper alignment to getting just the right amount of white space, sizing photos and graphics properly beforehand is essential to creating a balanced look. [more about this](#)



iPhone capacity full? This cool trick will free up space without deleting files and apps

So you didn't want to fork out another few hundred bucks for extra storage on your iPhone, and now you're paying the price: the phone is full and you can't bear to delete any of those Taylor Swift tracks. [more about this](#)



Why Facebook Groups App Is Worth Downloading Even Though You Aren't Forced To, Yet

Facebook Groups app allows the site's users to more quickly access Groups via mobile. The app also enables push notifications and a discovery tool for finding or creating new groups. [more about this](#)



Generation Like

submitted by Jim Parker, trainer

After recently speaking at a few schools about how to stay safe on social media, I began to realise just how big a part social networking plays in our everyday lives, especially with the younger generation. [more about this](#)

Heaven Today



Heaven Today - round two!



Mind blowing



A Steady Hand, Wonderful Eyesight and a Load of Patience

Calvin has worked for 25 years to perfect his medium of choice: paper. But he doesn't just draw on it. He shapes it to create intricate works of staggering detail and beauty. [more about this](#)



'A French Letter from Condom' in May 2016

by Victoria Brien

Bonjour! I hope that this note finds all of you happy, healthy, smiling and enjoying the change



of season - into le Printemps in the northern hemisphere and into the Autumn in the southern. [more about this article](#)

A store, a sculpture and a farm

by Nan Bosler, Vice President



The Corner Store was situated at the Eleven mile post (from Manly) on the corner of Philip Road and Barrenjoey Road on the hill just before Newport. The coaches used to stop there to give the horses a rest before they completed the climb and while the passengers bought provisions and refreshments. [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 May, June and July 2016 is now available. Please take a look and make your booking. [more about this](#)

ASCCA May Newsletter 2016



Articles include:

- ASCCA Notice Board
- Ways Forward for ASCCA Clubs Collage
- April, a very busy month for ASCCA
- Lest we Forget
- 2016 ASCCA Competitions Open
- Three important events of interest to seniors

[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



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 or just click on the photo above.

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 | WEB: www.compalsnb.org.au | ASCCA: <http://www.ascca.org.au> |
TRAINERS MEETINGS: First Wed. per month at 12.15pm

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MailChimp.

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