



To use, peruse and amuse



ClusterUp Wellbeing session

Congratulations to Alison Soutter from Forest Computer Pals for Seniors, leading the way and enjoying a social distancing “Wellbeing” chat with fellow member Elaine McGlinchy. This photo was taken at the first ClusterUp, a new SPLASH initiative.

SPLASH began as a cluster of clubs located on the Northern Beaches of Sydney so that they could share information about social activities and events of interest to members. Are there clubs located within easy travel distance from your club? Could it be useful to be able to occasionally work together or offer and accept invitations to some of each other’s events?

If you want to know more about this idea, please contact asca@asca.org.au

Have your say! At the heart of all of the NSW Government’s work for seniors is the [NSW Ageing Strategy 2016-2020](#). The strategy guides their commitment to enhancing the lives and wellbeing of older people in our state. The NSW Government is now in the process of developing a new plan to address the priorities of seniors. The strategy will be a whole-of-government, whole-of-community plan addressing the current needs of seniors as well as new and emerging issues expected to affect older people. You can take part in the consultation phase for the next strategy. To ensure as many people as possible can participate during the current restrictions caused by the COVID-19 pandemic, consultations will be held via [online group forums](#), the NSW Government’s [Have Your Say website](#), and a mailout to stakeholders. The last date for feedback is Tuesday 30 June 2020. We need to make sure our voices are heard to ensure they are delivering programs that align with the priorities of seniors.



W : www.ascca.org.au
FB : www.facebook.com/ASCCAau

- **General Information:**
office@asca.org.au
- **President:** asca@asca.org.au



ABN 47 097 847 642

280 Pitt Street | Sydney | NSW | 2000
Phone (02) 9286 3871

ASCCA NOTICE BOARD

- ◆ Sydney Office is currently closed to the Public: the phone has been diverted to Staff who are working from home, so your call will continue to be dealt with promptly.
- ◆ Training Officer, Jean Martin, has established a Help Desk on **(02) 9922 5408**, Tuesdays and Thursdays 9am - 5pm.
- ◆ Board of Directors meets remotely on a regular basis to ensure Clubs are updated on the latest digital resources and opportunities.
- ◆ There is still a position on the board for a Honorary Treasurer. If this position interests you, then please request a full JDF by contacting us at ascca@ascca.org.au
- ◆ **LOOK AHEAD:** 10 & 11 November—22nd Australian Technology Conference for Seniors

A Treasure Trove of Information

The search for the story of our family is exhilarating, frustrating and time consuming. Maybe this is exactly the right project for you. However, names and dates, even places, make a very unimpressive story. You need to place your ancestors' stories into the social times in which they lived to make it memorable, or even useful. Go online to build the background to your ancestors' lives. Did your father work on the Sydney Harbour Bridge for instance? If yes, then search the internet for some background information about the bridge to add to your father's story.

The Trove Newspaper Collection at <http://www Trove.nla.gov.au/> - has been set up by the National Library of Australia. This website is invaluable to family historians. Trove is more than a search engine. Trove brings together content from libraries, museums, archives and other search organisations and gives you tools to explore and build. It can be time consuming because it searches for every word separately. If you search for "any information about Mrs Mary Peters" every word will be searched so keep your search concise, just "Mary Peters" will be much quicker. The results will pleasantly surprise you.

Google will be a valuable resource to help you find information to build the framework around your ancestor/s and allow you to expand your word picture with details about their life and surroundings. Google will reveal addition websites and information to build your story as you explore new opportunities to help you to understand more about the life and times of your ancestors. We often have no idea what our older relations did when they were younger. Google their name. You may find information that amazes you.

Free online Zoom/Teams sessions

If any of the topics interest you, please let us know as soon as possible by emailing, Jean Martin, training@ascca.org.au include your name, your club, your phone number and the name of the session/s.

Saving attachments from email

Regardless of which email account you use (@hotmail, @outlook, @gmail, etc) you'll be able to save the attached photos your family sends you into a central gallery. There you'll be able to organise them into albums, back-up, edit, and view them all as a slideshow. The original email does not need to be kept.

Thursday 18th June 11:00—12.30 pm
AEST

PayPal an Australia Post's Load&Go

See how to set-up a free PayPal account and observe how to use this escrow for the security of purchasing online.

Load&Go is a reloadable Visa prepaid card that may be another option to instil the confidence to begin purchasing online.

Tuesday 23rd June 11:00—12.30 pm
AEST

Gmail

Go beyond the basics to explore gmail's settings, themes and options, e.g. labels, filters, language spelling, auto-reply, syncing contracts, multiple deleting, etc.

Thursday 25th June 11:00—12.30 pm
AEST

Audiobooks

Learn how to access LibriVox's 24,000 free audiobooks, without the need to create an account. Their catalogue includes *Pride and Prejudice*, *Moby dick*, *Tale of Two Cities*, *Little Women*, *Oliver Twist* as well as classics in other languages. You will be shown how to download these audio files onto various devices.

Tuesday 30th June 11:00—12.30 pm
AEST

Scrabble-like app

Classic Words app is a free, solo, word game where you compete against the machine. Thankfully there are six levels! It includes definitions of words to increase vocabulary. It does not require an account and it is available for both Android and Apple smartphones

Thursday 2nd July 11:00—12.30 pm
AEST

Apple Support

[Apple Support App](#)

Need help? [Apple Support app](#) is your personalised guide to the best options from Apple. Find answers with articles tailored to your products and questions. Call, chat or email with an expert right away, or schedule a callback when it's convenient. Get a repair at an Apple Store or a nearby Apple Authorised Service Provider. Apple Support is here to help. **Supports hard of hearing or non verbal assistance for individuals through chat functionality.

[Apple Support Pages](#)

This handy site allows you to search for answers, and gives you step by step instruction to undertake the activity you want on your Apple devices.

[AppleCare](#)

Chat with experts online or have us call you right away. You can also schedule a time for us to call you when you're ready. Answer a few questions and we'll give you the best options. Call AppleCare in Australia on (61) 1-300-321-456

[AppleCare Accessibility](#)

This helps line is dedicated to any accessibility queries you have, such as pairing Made for iPhone Hearing Aids to using Magnifier on your device.

Accessibility and assistive technology - (61) 1-300-365-0831

[iPad User Guide](#)

Everything you need to know about iPad, learn the basics of the iPad and learn hints and tips to get the most out of your device.

[iPhone User Guide](#)

Everything you need to know about using an iPhone. This includes basic functions and getting to know the built-in apps.

[Apple Retail Support](#)

Join us for free workshops that cover everything from learning the basics of your new product to editing photos and more. Forgot your Apple ID or have a question about an app or service?

Want to make a Genius Bar reservation? We have several convenient Apple Support options for you to choose from.

[Apple Support YouTube](#)

Tips, tricks and how-tos straight from Apple.

[Apple Support Communities](#)

Find answers, ask questions, and connect with our community of Apple users from around the world.

[Apple Service Providers](#)

The Apple Service Provider program is designed for companies interested in offering service to Apple customers, whether they are consumers, businesses, educational institutions or government organisations. Apple Premium Resellers have been recognised by Apple for providing superior customer service with a focus on Apple solutions, service and support.

As promised Mark Young has now completed Zoom Basic notes for Windows 10. These notes are available on the ASCCA website at: <https://www.ascca.org.au/index.php/ascca-computer-clubs/extra-support-material>

End Password Fatigue

We are all advised to have a different password for every online account. Nowadays most passwords require a numeral, a symbol, a mixture of upper/lower case letters and at least 8 characters. Remember, passwords are the only time computers 'care' if a letter is upper or lower case.

The following procedure may simplify your password management. It depends upon creating a memorable **core password** and simply adding an **identifier** for each website. If you use this method consistently, you will not even need to keep a notebook for your passwords.

Begin with a long word that is meaningful to you, e.g.

Coolangatta Cronulla symphonies

or, use the first letters from a favourite quotation, e.g.

Good-night, sweet prince;

And flights of angels sing thee to thy rest. **Gnspaf0asttr**

Check if any of its letters visually suggest a number or a symbol, such as:

l = 1; a = @; s = \$; E/e = 3; o = 0 (zero); H = #.

Change some of the letters in your word, e.g.

C001angatt@ Cronu11@ Symph0nie\$

or in the quotation's initial letters: **Gnsp&f0asttr**

(with an ampersand for 'and').

This modified word becomes the central core for all your passwords. It will be all you'll need to remember for multiple website accounts.

When you sign-up for a new account online, you simply add an identifier to your core password. For example, if you are signing-up for an eBay account, you might add on the first two letters of that website ('eB'), so your password for eBay becomes:

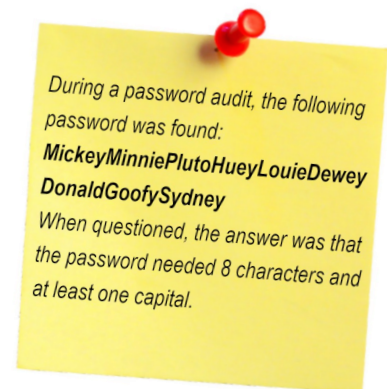
C001angatt@eB Cronu11@eB Symph0nie\$eB Gnsp&f0asttreB

Or, you might add the first and last letters of eBay ('ey') to your password:

C001angatt@ey Cronu11@ey Symph0nie\$ey Gnsp&f0asttreY

Alternatively, you may like to add a website's identifier at the beginning of your core password. There are many other creative possibilities. Remember to be consistent or the method will not help

Another helpful hint from Jean Martin



Beyond Blue, have asked us to share a new *free* **Coronavirus Mental Wellbeing Support Service** (funded by the Australian Government) in response to the COVID-19 pandemic.

The free service, funded by the Australian Government and delivered by Beyond Blue, is available around the clock, delivering clear, evidence based information, advice and support specifically tailored to the mental health and wellbeing challenges raised by the pandemic. The service offers easy access to a broad range of supports from online wellbeing tips, self-help tools to phone counselling from trained mental health professionals and peer to peer support in our online forums.

People can access the service at: coronavirus.beyondblue.org.au.

The supporter info pack link (including *creative materials* and *suggested social media posts*) is available here for reference and use: <https://www.beyondblue.org.au/get-involved/campaign-supporter-packs/coronavirus-community-support>.