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<<First Name>> your July 2016 Newsletter

Oops, we made a mistake with the subscription reminder pricing in the original newsletter. This amended version of the July newsletter contains the correct information. Sorry about the confusion.

Enjoy and let us know your comments and suggestions.

FALLEN WOMEN (AND MEN!)

The ladies, and men, who made Kings Cross rather notorious, can trip and fall just like the rest of us, but for all of us, as we grow older, falls become more likely. The best way, of course, to handle falls is to avoid them. Here are some hints that may help you stay upright longer. The tips following are not meant to be medical directions, just common sense and greater use of your mobile's facilities.

Avoiding falls.

Wear sensible shoes at all times; bowler's shoes, tennis shoes and similar are good choices, with low heels, rubber soles, and a good fit. Watch where you are going;

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NOTICE ON A FARMER'S GATE:

*Walkers can cross this field for free,
but the bull charges.*



Brian Fairweather the Killarney

that means keeping your eyes in good shape too; have them properly checked out at least every two years. Walk purposefully; “heel and toeing” can help avoid tripping. Of course, you never jaywalk, or hurry down the Wynyard stairs to catch that train, do you!

Further preventive measures.

Take your mobile device with you when out and about. Consider entering an “ICE” contact in your device, (and your landline), this standing for ***In Case of Emergency***, (not your preferred drug supplier!), with the phone number of a relative or close friend who can supply needed medical and other information to emergency workers. Ambos know to look for ICE contacts on your phone if you are unable to talk to them. Also, consider downloading a free app (www.emergencyapp.triple zero.gov.au) as this will automatically supply your GPS position when you have to call 000. Incidentally, in Australia you don’t need a special call number for mobiles these days, 000 is fine. Check out website for more info... www.acma.gov.au/theACMA/calling-the-emergency-call-service-from-a-mobile-phone--faqs

Heights estate agent will donate \$1000 to the club if a member refers a property for sale and it is successfully sold.

Brian's contact 0402 938 870

ApplePALS Open Session

July 15th and 29th from 1-3pm

Come along with questions or problems you might be having with your Apple devices.

MacBooks -iPads - iPhone - iPods

Everyone welcome, non-members are asked to donate \$5 to the club.

So much for prevention. What if you do fall unexpectedly, but remain conscious?

Firstly, stay where you are (unless there are other dangers like fire, electricity wires, rising water or cars on roads etc) and check out your limbs and body parts. If you can, ask would be helpers to be patient while you do this. Then try and rise unaided. If on your stomach, raise your arms to the elbows, then push back to get your rear end up into the kneeling position. If you’re on your back and your limbs are OK, roll over, bring a leg up to your side and push with your arms to get into the kneeling position. If necessary, crawl to a firm spot where you can get assistance in rising. Then sit down and make a fuller assessment of your condition. If you need help from bystanders, tell them where you hurt before they start lifting. If you fell because of a black out or lost consciousness, obtain medical attention promptly.

We regret to advise the death of Jan Van Der Hilst, one of our longest serving



trainers. Jan joined Forest on 1 April 1994 and soon became a trainer for the next 22 years. We offer our sympathy to his widow, children, grandchildren and great grandchildren.”

Subscription Reminder

This is a friendly reminder that your subscription fell due on 30/06/2016. We greatly value your involvement with your Forest Computer Pals for Seniors club and look forward to receiving your renewed subscription by this month end. If you wish to renew your membership, payment of \$90 for the next 12 Months or \$35.00 for a Quarter payment would be appreciated. You may pay by direct deposit...

Forest Computer PALS

BSB: 032-193

A/C: 136671

If you have any queries please phone the office on 9975 7762 or contact Joe the Treasurer on 9451 0592

Exciting New Monthly Door Prizes

GENERAL MEETING Thursday 28th JULY

GUEST SPEAKER – NOEL PHELAN

The Guest Speaker for this month, Noel Phelan from Australian National Maritime Museum will speak about THE HMAS MELBOURNE AND HMAS VOYAGER COLLISION – AUSTRALIA'S WORST PEACETIME NAVAL DISASTER.

Just 50 years ago the destroyer HMAS Voyager was cut in two by the aircraft carrier HMAS Melbourne with the loss of 82 lives. Find out how it happened? Could it have been avoided? Has the blame really been fairly apportioned?

A free family museum entry pass is offered as a 'lucky door prize'.

Noel will also be bringing forms – if people put their name and address on the form they will get a free copy of the museum magazine – always a good read.

Basic iPad Apps Course

This is a group course for beginners presented by Derek Rowland. The course runs in 6 weekly cycles and includes sending emails, taking photos (and selfies) with your own iPad and including them in an email and lots more. Many of the apps on the standard Home Page are explored with the assistance of a projector/screen and course notes are distributed at each lesson.

The course runs for 2 hrs – 10 am to 12 noon – every Monday

with a 5-minute break for coffee and questions and friendly interaction with fellow trainees.

The maximum number in each session is limited to 9 trainees. For more information please contact Derek 9451 3969 or Shirley 9451 0158

Computer upgrading

Our club computers are being upgraded. This has begun with Robbie who had the cobwebs and dust blown out of his case. He now also has a reformatted hard drive, and a clean install of Windows 8.1 and programs, following very shortly will be a Windows 10 partition. The process of a physical case clean, reformatting of hard drives and clean installs will continue along the desktop machines. The result being more responsive machines with consistent program versions, so no matter which machine you use the environment will be familiar.

Some may be wondering what's happened to our Marilyn, with a failed power supply she was taken away for repairs. With parts and a newer case the club had forgotten in a cupboard she is better than ever and not a cent was spent ...just some elbow grease! The result has been, she too has had a clean install of both Windows 8.1 and 10 and continues to pull double duty providing the backbone of the upgrade process. Due back in service at the club in the coming weeks.

As a backup and fast way to re-image machines, if and when this is need in the future we are making disk images of each partition. Something recommended to all members. Instructions on how to image your computer can be emailed as requested... president@forestcomputerpals.org.au

Our Trainers

The following indicates which days various trainers attend the club. To find which programs they teach, please refer to the chart above the booking sheets at the club room.

We have about 14 trainers at present, but we're always on the lookout for more keen people. Most trainers will tell you they have learned more by becoming a trainer. They'll also agree it's good fun and rewarding. If you are interested in becoming a trainer, please contact Darrell Hatch, our Training Coordinator.

| DAY | TRAINERS AM | CONTACT NUMBER | TRAINERS PM | CONTACT NUMBER |
|-----------|--|-------------------------------------|--|----------------|
| MONDAY | Derek Rowland 9 am—1 pm | 9451 3989 | Joan Kohler 1—4 pm | 9905 5193 |
| TUESDAY | Graham Allen Steve Richard 9 am—1 pm | 9451 4336 418939944 | Temporarily closed See News of Members below | |
| WEDNESDAY | Gay Savage Dick Manuell 10 am—1 pm | 9452 1937 9451 1578 | Susan Howell | 9415 1187 |
| THURSDAY | Richard Smith Anna Karalus Detlef Volkmer 9 am—1 pm | 9451 5573 | Special Courses As notified on notice board | |
| FRIDAY | Kate Holland Pam Ferrin John Ray 9 am—noon | 9810 2451 9449 2734 9451 9398 | (Club closed until enough members request lessons on Friday afternoons) | |

Trainers Specialising in iPads

Derek Rowland - Monday AM
 Graham Allan - Tuesday AM
 Colin Ward - Wednesday PM by request only
 Detlef Volkmer - Thursday AM

Shirley Palmer - Office Assistant - 9451 0158
 Monday 9am - noon and Tuesday 9am - 10am

Colin Ward President 9451 1000 president@forestcomputerpals.org.au

Joe Magno VP/Treasurer 9451 0592 treasurer@forestcomputerpals.org.au

We Welcome Our New Members

June Hayes



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