



Australian Seniors Computer Clubs Association

ASCCA

NEWS

To use, peruse and amuse

during these times of isolation



A collection of interesting and helpful options to remain connected with family and friends, learn different ways of doing the things you like to do and generally stay sane in these trying times.

Updated and distributed regularly

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22 ways to leave home without actually leaving the couch ...

Amid the coronavirus outbreak in the USA, the Centers for Disease Control and Prevention recommend gatherings of no more than 2 people. Experts are urging people to practice social distancing, or avoiding crowds and staying home to help curb the spread of the COVID-19 virus. This has led most art institutions, tourist attractions, and theaters to temporarily close.

However, many museums, zoos, and theme parks offer free virtual tours and exhibits that are perfect for extra time spent at home while social distancing. For now, while many institutions remain closed for the time being in the name of public health, you can still (digitally) take a walk through Main Street in Disney World's Magic Kingdom or view art from renowned names like Picasso, Dalí, and Vincent van Gogh. Virtual tours like the photos right—Monterey Bay Aquarium in California and the London Museum.

Enjoy an afternoon at the museum, the zoo, or theme park all without leaving your couch.

Just type into Google: **22 ways to leave home without actually leaving the couch** or go directly to the page on this link—[website](#).



Receipt of the recent ASCCA Newsletter prompted past Creative Writing competition entrant, Harold Frank (90) of Newcastle to once again put pen to paper and contributed the poems below that pretty much hit the mark! Thanks so much Harold for going to the effort of sharing them with us!

ISOLATION

The hours that I spend inside
Regrettably there's no place to hide
Inside it is, that I must stay
Until the Government says OK
This virus scourge has hit us all
The young, the old, the short, the tall
Our home is like a castle bright
As we continue with this fight
There's jobs around, not done for years
Painting, weeding and garden shears
Thoughts go round and round my head
Makes me weary, so I'm off to bed
Time drags on, is it just a week?
Can't go out, no friends to seek
The book I'm reading, all but done
I'll go and get a hot cross bun
Things are grim and getting grimmer
I'm thinking now of what's for dinner
Larder's light, must get some more
Life's so dull and such a bore
There's months to go, so doctors tell us
I'll get through it without much fuss
I'll do the same as our great Nation
Put myself into hibernation.

PAPER CHASE

The humble roll of toilet paper, this I have been told
In the super market store, more precious now than gold
Since the news of viruses, is flooding round the track
I'd better go down to the store and get myself a pack
The store is there, for all to see but not a roll in sight
Two ladies there, with trollies high, but they were in a fight
I don't know what the fight's about, until I see a pack
It's filled with toilet rolls you see, but none upon the rack
This little roll of toilet paper, it's kept in every home
Even take some with you, if you decide to roam
But what's the point of hoarding it, it won't go out of fashion
So then just keep it there, if that's your bleeding passion
If things get bad and rolls have gone, I know what I will do
I'll cut the Daily News in shreds and hang 'em in the loo
Things can't get worse, or people can't get dumber
The moral of the story is, it's really just a bummer.



HAPPY EASTER

If we can do it, so can you !!!



ASCCA's Board of Directors held their regular monthly meeting on Friday 3rd April without the hint of a glitch. Each Director connected remotely from seven different locations across five Australian States, in the hosted site Vidyo Connect by BeingThere, who have provided ASCCA for a number of years with safe, secure and encrypted video connections.

There are a number of video conferencing platforms available dependent on quality, need and cost.

There is no better time to learn about a few of similar options available so that connections can be retained in business, community and family. Zoom, Microsoft Teams, Skype, GoToMeeting are just some of the more popular options.

Remember the tunes you used to enjoy listening to on vinyl records, cassettes and CDs, but don't / can't any more ?



Spotify is a service for listening to music, podcasts and audiobooks. It has 30 million tracks, ranging from early 1900's to modern rap music. There is also music from many cultures.

If you can stand a minute or two of ads very half hour, *Spotify* is free. Premium accounts cost \$10 per month.

Using your computer, the simplest way to use *Spotify* is to use your web-browser as its player. Type open.spotify.com into the address-bar. Look for the 'Sign up Free' button and then fill out the simple form. *Spotify* will then send you an email. Open it and click 'Confirm Account'. Now you have a *Spotify* account, you will only need to 'Log in' in the future.

Return to open.spotify.com with your web-browser, click on 'Search' (on the left-hand side). Type the name of an artist, singer or band, you are fond of, e.g. Vera Lynn. Click on her image within the circle. On the new page, click on 'Follow'. *Spotify* will add her albums to your personal playlists.

The play controls are at the bottom of screen. When you hear a song you particularly like, click the heart symbol . Over time your playlist of 'Liked Songs' will increase and *Spotify* will introduce you to other music of the same style.

Rather than just using your web-browser, you may wish to download the *Spotify* app to your computer. To do this, click 'Install App' (bottom, left-hand side).

To use *Spotify* on your phone or tablet, tap on  for Android devices or  for Apple devices. Type 'Spotify' into search, then 'Install'. Providing you are using the same email address (as above), you will be signed in on your *Spotify* account with your music favourites already present. *Spotify* will still work on an old phone without a SIM card if you are within your home's Wi-Fi range.

Jean Martin, ASCCA Trainer

Fact or Fiction ??

What's the best way to correct family members or friends who are sharing misinformation or crazy conspiracy theories?

Calling out loved ones can be incredibly awkward, but it is everyone's responsibility to help correct bad information -- and there are a few helpful approaches you can take:

1. Before taking any action, it's important to remember that most people have no intention of sharing bad info; emotionally evocative content can just make people less discerning.
2. Using an affirmative empathetic tone can help get the correction across, without making the person feel like they're being thrown under the bus.
3. Citing authoritative sources, like health departments or local media, can make people more inclined to believe you.
4. Talking one-on-one, and "pre-bunking," simply reminding others to think about the things they share, can have a big impact.

LEARNING RESOURCES ON LINE to keep that grey matter working ...

Be Connected
Every Australian online.

ASCCA is an official [Network Partner](#) and delivers Be Connected under SWADE NSW Contact [ASCCA_SWADE NSW's Project Officer, Mark Young](#) — Click this [link](#) to read Mark's excellent briefing on *Online Teaching with ASCCA & Be Connected* For more details email markyoung@ascca.org.au



The freedom to learn what you want, when you want, absolutely free!
Check out the Everyday Life, Basic Math, and Computer Training today!

<https://edu.gcfglobal.org/en/>



Digital Learning News will be slightly different - all FREE content for everyone making the transition to working from home.

Also a resource page with products, webinar recordings, and info to help organisations coordinate the move to distributed teams and working from home

<https://www.connectingup.org/>

<https://help.connectingup.org/hc/en-us/categories/204551367-Getting-started>



AND don't forget ASCCA's own website that contains a raft of general interest to learning on line links and opportunities—see tab *Useful Links* on the home page ascca.org.au

For affiliated Clubs and their members login to the members section that provides tutorials to so many ASCCA lessons



A word of warning ...

An alert to folk and their friends on Facebook to be aware of some of the Facebook posts you comment on especially now while the world seems to be at a standstill. These posts ask questions such as, "What was your favourite teacher's name? Who was your 1st grade teacher? Who was your childhood best friend? What was your first car?" etc.

Do these questions sound familiar? They should. These are the same questions you are asked as security questions when setting up bank accounts and credit card accounts.

When answering these questions and posting them, you are giving out answers to your security questions that you may be using without realizing it. Hackers are setting these up as a "get to know each other better" game on Facebook. Your photos may have geolocation turned on so people will know exactly where you took that picture.

The criminals can then build a profile of you and use this information to hack your accounts or open up new lines of credit in your name. Not all of these on Facebook are scams. However, it is best to remain vigilant and refrain from participating in such activities as there is no way to tell which ones may have been created by scammers. Also make sure to check your photos published to Facebook as they too can have identifiable information. An example would be a picture of your college degree or your kids degree.

Look at it from the perspective of a criminal, they're ruthless and don't care what's going on in the world.

Dealing with Shutdowns ...

If you know of someone who has been dependent on the library, community centre or cafes for their Internet, and those establishments are now closed, there is a fairly inexpensive solution: an *unlocked* pocket Wi-Fi or hotspot. These 4G devices cost around \$50 online. Pocket Wi-Fi devices that support 5G are much more expensive.

The next step is to research which network carrier has the best deal and to buy the SIM card from that company. There will be an identity check but the SIM card itself costs as little as \$2. At the moment, you can get 5 gigabytes of data per month for \$15 per month. When I tested the download speed, it was 26 Mbps, admittedly near a CBD. This is enough to watch video without interruption and faster than my own budget NBN plan. Rural people are probably best to use Telstra network.

Providing you have bought an *unlocked* pocket Wi-Fi, you will be able to change network carriers easily and take advantage of the best current deals.



Jean Martin
ASCCA Trainer