

President's Report
June 5, 2023



- Melanie Rankin resumes Secretary role
- Rita Berryman (Nuffield) new Committee member
- ARVCC awarded \$5000 Federal Government grant for planned initiatives
- Official launch of book "History of ARV Computer Club –1998-2023" to be organised.
- ARVCC 25th Anniversary celebration being planned
- Simon Miller Guest Speaker, Tuesday 5th Sept 23; Menzies Room at 1:30pm.
Topic: **ChatGPT**

VILLAGE REPRESENTATIVES

Mowll

Neil Davidson (President)
Trevor Arnett (Village Rep)
Geoff Litchfield (Membership)

Warrina

Lynton Bradford (Vice President)
Clare Hamilton (Village Rep)
Rod Roberts (Welfare)
Chris Keay (Village Rep)
Melanie Rankin (Secretary)

Nuffield

Elizabeth Pedersen (Treasurer)
John Gaffey (Genealogy)
Rita Berryman (Village Rep)

Hopetoun

Jeanette Westley (Village Rep)

Glenhaven Green

Jan Andrews (Village Rep)

Bradford Rooms
Ground Floor, Lober House.
Phone 8853-1810
e-mail: computer.club@anglicare.org.au

Visit us on our website: arvcc.org
The Club is OPEN -
Tuesdays 9.00-12.00 noon
Thursdays 9.00-12.00 noon

For sales of
cards, badges
& other items
just come in.



EDITOR: Merylyn Davidson

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BITS AND BYTES

ANGLICARE RETIREMENT VILLAGES
COMPUTER CLUB INC.
NEWSLETTER - JULY 2023



***The Coming of the Bots.....
Ready or Not!***

Again technology reshapes our world, offering new possibilities and opportunities for connectivity. An emerging technology gaining prominence is **bots—short for robots or chat bots**. While this may seem intimidating at first, bots have the potential to **greatly benefit older citizens**, providing support, enhancing convenience and fostering engagement in various aspects of our lives.

A bot is an automated software program designed to perform specific tasks or interact with users through natural language. The term 'bot' might evoke images of complex machines but they come in various forms and can cater to a wide range of needs and preferences.

Bots can provide **easy access to information and services** right at your fingertips, eliminating a need for internet searches or navigating through complex websites. Whether it's getting answers to common questions, checking the weather, finding recipes or accessing healthcare information, bots can be your virtual assistant, providing prompt and personalised responses to your queries.

What a time saver!

Bots can **be companions**, providing social interaction for those feeling isolated. Loneliness can be a challenge in our older years and bots can offer a source of connection and engagement.

Chat bots can hold conversations, play games or even share stories, providing a sense of connection and entertainment. They can also **facilitate communication** with your family and friends through messaging platforms, making it easier to stay in touch with family and friends.

Bots can be valuable for accessing healthcare services and monitoring your wellbeing. They can schedule appointments, send medication reminders, provide health tips and even track vital signs through connected devices. In using the power of bots, older people can have better **healthcare management**.

Bots can assist with daily tasks and home automation, **making independent living more accessible**. They can help with smart home devices -thermostats, lights and security systems, through voice commands or text messages. Bot simplification offers routines, enhances safety and provides a layer of convenience.

Bots however **do not replace human help**—they complement it! They are tools to streamline aspects of our lives, allowing us to navigate the digital world with greater ease.

Activity 3 of 15
**Become a
history buff**

Go to the Wikipedia.org website and search for your suburb. Read and review your local history.



Search your local council or library's website to see if they have more information on the history of your area.

Learn more good things you can do online
learning.goodthingsfoundation.org.au



ChatGPT

One such Bot your Editor has had great fun with, is **ChatGPT**. I have engaged with the 'free' Chat GPT bot/app (there are other levels for business oriented use which are at cost). Recent engagement provided me with information, advice, history snippets, poetry, jokes, recipes, and travel information and even a song!

It all happened within 3 secs!

ChatGPT is the fastest growing app of all time. It had more than one million users in the first 5 days after launching in Nov 2022.

If you would like to learn about ChatGPT, why not give the Club a call on 8853-1810 and join 2-3 members/friends along with one of our Tech Mates for a session of fun & laughter. Register your name.

Learn how you can use ChatGPT in your life!

Please Note

Membership Fees and payment method have changed in 2023-24.

***A fee letter will be delivered**

***The Committee decision of \$5 increase, due to increasing costs for our Club.**

Yearly \$25

For new members

Joining Fee \$15

Thank you for supporting these changes.

YEARLY MEMBERSHIP

JULY/AUGUST

*FEE LETTERS

will be delivered to your home

AFTER June 30.

Your Computer Club Member ID (3 numbers) will be indicated on your fee letter.

FOR PAYMENT (Choose)

USING DIGITAL DEVICE

Pay by EFT— (after receiving letter)

Electronic Funds Transfer from your Bank Account.

To WESTPAC Bank
ARV Computer Club
BSB 032173
A/c # 348618

Please Reference:

YOUR FULL NAME & Your Member ID
(obtainable from your fee letter)

OR

AT BRADFORD ROOMS

(after receiving your letter)

(Tues 9-12 or Thurs 9-12)

Pay by Visa, Mastercard OR Your Bankcard

No Cash payments

(Please speak with us if you have difficulty paying electronically)

Your 2023/24 Membership Card will be your payment receipt. – membership cards for members who pay by EFT will be available from Bradford Rooms 2 weeks after payment.

WHAT CAN OUR CLUB DO FOR YOU?

- Help with setting up & installing new devices
- Advise you of the best digital devices to purchase
- Assist you with technical problems
 - *your printer won't work
 - *the font size or brightness of the screen
- *Help you link up with **MyGov. Medicare, Centrelink, My Aged Care**
- *Help you establish social connection—WhatsApp, Signal, Facetime, Zoom
- *Help with family history searches at no cost.
- *Help bring podcasts into your life
- *Help bring music into your life
- *Receive medial scripts on-line.
- *Instruct you in using Chat GPT

Our Recommended TED TALK
Jill Bolte Taylor—neuroanatomist

MY STROKE OF INSIGHT

Probably one of the

best TED talks ever.

Jill Bolte Taylor takes us through the experience of her stroke—learning how to walk, talk and even identify colours again. Jill challenges us to focus on inner peace, joy and compassion which are right hemisphere phenomena, challenging us to use our thought patterns and our right hemisphere!

With over 28 million views since 2008, this talk is a MUST!

Click below for viewing:

<https://www.youtube.com/watch?v=UyyjU8fEYU>



We welcome the following new members to our Club.

Joyce Bugden—Hopetoun
Clare Budge, Garry James, Lynette James, Denis Riley – Mowll
Jo Mannix—Nuffield

