



The Newsletter of Islington U3A

The Digital Divide. Which side are you on?

Are you a full-on Technophobe? Or are you as IT-smart as today's amazing grandchildren?

Most members of Islington U3A will fall somewhere in between – but then smart phones, tablets and laptops weren't part of our schooldays, were they?

Covid-19 has taken so much from our lives this past year, but it has also given us something valuable: time. Time to whinge, of course, but also time to learn.

Islington U3A is delighted to invite you to up your IT skills by taking full advantage of our enlarged IT Support Group.

It operates via Zoom at the moment and is designed to help us all get the most out of life, whatever restrictions come our way – and to have a lot of fun doing so.

See the next screens for details of our drop-in support sessions and a series of really useful, downloadable guides.

Islington U3A is, as ever, run by members for members, so we'd love to hear from anybody who's willing and able to join the IT Support Group in helping others raise their game.



Friendly help is just an email or phone call away

If you need help with your smart-phone, PC, Apple MacBook, iPad or tablet contact John here:

computerhelp.iu3a@gmail.com

If you need help joining Zoom meetings or hosting Zoom meetings, contact Vivek here:

coursecoordinator.iu3a@gmail.com

Or phone 07784 336219

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1

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Don't know how to solve an IT problem? We probably know a member who does

Unlike other iU3A Interest Groups, the IT Support Group doesn't have one coordinator – it has several.

Each one has a particular set of skills and scope of experience. So, feel free to take full advantage of all that's available.

First off, contact John on computerhelp.iu3a@gmail.com and he'll make sure your request goes to the best-equipped member for your particular problem.

Or join one of the IT Support Group Drop-in Sessions at 3pm on Zoom on one of the following Tuesdays:

16 February

02 March

16 March

06 April

20 April

04 May

18 May

For anyone who's ever said 'Oh, I don't do computers', now's a great time to face the fear and get up to speed.

Once you find out how simple (and life-enhancing) it can be you'll start seeing that perhaps today's six-year-olds aren't quite as smart as they seem.

Start with one of these eleven (and counting) IT support group guides

Whatever problem you're having, iU3A's IT Support Group Guides are a good place to start looking for a solution.

It can be so comforting to see words of wisdom on screen or, better still, downloaded as lines of informative type on paper.

Here's what we've covered so far:

- Mailto Protocols
- Cloud Storage
- Beacon Membership System
- Links
- Cookies, Cut & Paste, Backups
- Copy/Paste & Screenshots
- Screenshots for Computers

Screenshots for iPhones, iPads

- External Resources, File Conversion, PDFs
- Troubleshooting on your PC
- Tips for iPhone & iPads
- Zoom on a PC but using Phone Camera
- Using 'Apps' on your Smartphone

We may not know what effect Covid-19 is going to have on us for the rest of this year – or the ones that follow.

We can be pretty sure that taking full advantage of our iU3A IT Support Group can only improve our chances of continuing to lead interested and interesting lives. Let's do it!

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2

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Can a meditation a day keep the doctor away?

Among those who think it might is Jeanie Phillips, who you may know from her iU3A Yoga sessions.

Jeanie has been meditating for several years and finds that meditation on the natural breath, referred to by Patanjali as 'Prana Samyama', helps her to access a deep inner peace.



One doctor she welcomes is Dr ALV Kumar, pictured here, a leading scientist and hugely respected yoga and meditation teacher.

Dr Kumar usually divides his time between Hyderabad, India, America, Europe and the UK where he conducts retreats and meditation weekends with the Traditional Yoga organisation.

Right now Jeanie is bringing him to us in 8-weekly classes via Zoom.

Jeanie tops and tails each of her hour-long Zooms with stretching, some explanation of the technique and friendly discussion of how everyone's doing.

Then she connects to Dr Kumar via the App as he chants and talks the group through practices based on Indian teachings dating back centuries.

S-u-k-h-a (that's Sanskrit for 'bliss').

While life deals us a so-so hand, let's play Bridge...online

Thanks to Covid-19, gone - or at least suspended - are the heady days of playing Chicago Bridge twice a month at the Alwyne Castle.

Now, Bridge Base Online is where coordinator Gillian Lineham and her group meet - every week. Of the 20+ current members, regulars make up two or three tables of four.

You don't have to join with a partner, although couples are very welcome; you do, however, need to be at 'improver' level.

Gillian says that, to enjoy online Bridge, participants need some experience and a reasonable knowledge of ACOL.

But is playing Bridge online as much fun?' 'It's different,' says Gillian. 'Looking at cards on a sea of green baize on screen can never

quite rival playing in congenial company in the real world.'

It seems the WhatsApp chat that follows each Zoom allows for plenty of spirited analysis and socialising.

Even if having a brilliant poker face is less of an advantage...



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3

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Opera lovers: if you know your Armida from your Ernani, read on

Julie Cooke has coordinated the iU3A Opera Group for three years, using her taste and knowledge to venture beyond the ROH and the Coliseum to lesser-known operas showing in lesser-known venues.

Pre-Covid, Julie would circulate a list of all the operas being staged in London in the next month, declare one she was going to see -



giving venue, date, time and seat number - and invite other members to join her, if tempted.

Generally, six or so people would turn up on the day, some joining Julie for discussion before the event. Others might attend individually on different dates, if that suited.

Earlier in the month, enthusiasts Barry Mellor or Margaret Caistor would have hosted a 'taster' meeting in their homes of the opera in question, showing snippets and discussing cast, composer and plot.

Then along came Covid-19.

Now, the group streams an agreed opera, then meets once a month via Zoom to critique.

It's different. But it's still fun.

Walking with a Camera is now up and running

Walking with a Camera, our latest interest group, may have no coordinator as yet but it's certainly active.

Members love the sheer enjoyment of capturing lovely moments and sharing them with people who are as interested in composition and use of light as they are.

They love seeing places and views they don't know. And seeing those they do know differently through someone else's eyes.

And they love being invited to post two or three photographs a month to a WhatsApp group 'exhibition'.

Each month an elected member chooses their favourite two photos and the photographers are invited to add the backstory of the selected shots.

In the pipeline is a plan to set up an Islington U3A Photographers' Gallery online to display the best of the best, month by month.

Great fun - and Islington U3A is, of course, always looking for good photos to use in its publicity...



Photograph: Charlotte Mann

Written by Barbara Nokes, Designed by Jenny Ridley

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4

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