

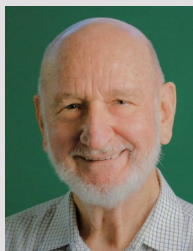


SWITCHED - ON SENIORS

Email : contact@computerpals.org.au

President

**Barry
Keen**



Dates to Remember

**Term 3 starts
Monday July 21st**

**Enrollment Day
Monday July 21st**

AGM Friday Aug 1st

**CPals 25th Anniversary
Friday Aug 29th**

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PRESIDENT'S REPORT – July 2025

Hi everyone,

We herald a new financial year and the start of a new year for ComputerPals Club memberships – cost is \$25 for the financial year to 30/6/2026.

BANK TRANSFER (including Electronic Funds Transfer from your bank account and over the counter deposits at your bank or financial organisation)

Record your SURNAME and INITIAL, plus Membership (for membership payment) or Assistance class (for course payment) . For example if Fred Bloggs was paying his membership renewal (\$25) the reference would be – F BLOGGS Membership and the payment to be transferred would be \$25.00. If you are enrolling for an assistance class please add the reference to the specific class from the timetable e.g. Assistance class 48 the name and reference would be F BLOGGS Assistance Class 48

Our bank account details are – Computerpals with NPBS BSB 650 000 Account 962205402

Term 3 Zoom fees (\$10 for the whole of Term 3) will also be due (quote your name and Zoom T3 #2).

As a plug for Club Lambton, it is also their new financial year – memberships are due, renew or join (\$5 – pay at the bar). Make sure you register your email address for their communications and monthly benefits that will well and truly cover your cost of membership.

Term 3 will start on 21/7 at Club Charlestown with a free Morning Tea and a guest speaker – Gil Gordon – speaking on Estate management (including digital assets).

However, the cat is among the pigeons we have been advised Ausgrid are planning an area power outage in Lambton on 21/7... which creates a problem for our Morning Tea Day.

We have had to arrange a venue shift at the last minute. Instead of Club Lambton we will meet at **Club Charlestown on 21/7**. Undercover Car park entry is off Ferris St Charlestown.

There is also parking across the road at Charlestown Square.

Monday 21 July, will also be an **enrolment day** – our Treasurer, Grahame King, will be in attendance to help you with enrolments and payments.

August will be a combination of classes, business, fun, and social friendship.

See details for the AGM and ComputerPals' 25th Anniversary next page

Contact Us



To contact
the Roster
Team or
the
Treasurer

regarding
class rosters or
payments use:

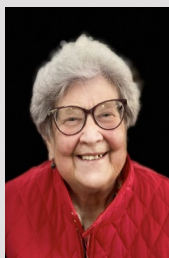
islingtonpals@gmail.com

Committee

Carolyn
Keane



Wendy
Smith
Secretary



Mervyn
Pope



Brenton
Elsey
Social



Margie
Olsen



PRESIDENT'S REPORT – July 2025 Cont

Friday, 1/8, will be our AGM. It will be held at Cardiff RSL Club, starting at 11:00 am with lunch [own cost – \$19 per person for a bistro meal to be paid to ComputerPals by 18/7/25]. Your attendance response form and payment are needed by 18/7/25 to facilitate planning and table arrangements by Cardiff RSL Club]. This form has been sent to you directly by email.

On **Friday 29/8**, we will celebrate **ComputerPals' 25th Anniversary** also at Cardiff RSL Club, starting at 11:00 am [lunch own cost – \$30 per person for a sit down meal of 2 courses + b'day cake + tea/coffee to be paid to ComputerPals by 15/8/25]. An attendance form will be sent out shortly for your completion and return along with lunch payment.

Cheers

Barry Keen

President

Member Information

From the Treasurer:

Please keep a note of the date you renew your membership because each year we get instances of members paying twice. When we send out renewal reminders and you are not sure whether or not you have paid your membership for this year please check with our treasurer Grahame King by

text to **0410 688 214** or email – grahameking22@gmail.com

and he will reply advising if you have renewed or not.

Regards

Grahame King

Classes

Remember: *please book in for the classes you want to attend.*

Note: BeConnected classes are free, but afternoon Assistance classes on Mondays are not (cost \$5 per 1½ hours) and are available only to ComputerPals financial members. Don't just drop in—we are restricted to the booked in numbers we can help.

How do I book in: **Phone: 0478 219 220** leave your name & phone number and the reason for your call– someone will get back to you.

See [club website](#) for more information.



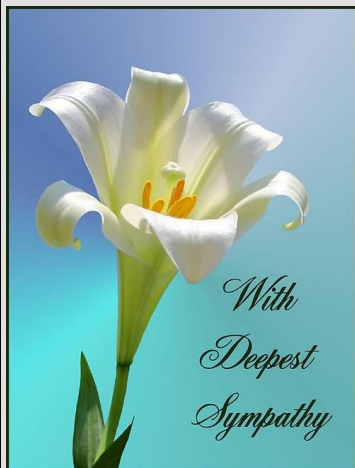
Best Wishes

For all our members who are celebrating birthdays and anniversaries - hearty congratulations !



To those who are ill we send our best wishes for a speedy recovery.

Condolences



To those of our members who have lost loved ones recently, please accept our sincere condolences. You are in our thoughts.

Social News

Monday 21st July There will be Morning Tea and a guest speaker – Gil Gordon – speaking on Estate management (including digital assets). Please call ComputerPals on 0478219220 to book in to the morning tea.

We have had to arrange a venue shift at the last minute. Due to a scheduled power outage at Club Lambton we will meet at **Club Charlestown on 21/7**. Undercover Car park entry is off Ferris St Charlestown. There is also parking across the road at Charlestown Square.

Monday 21 July will also be an **enrolment day** – our Treasurer, Grahame King, will be in attendance to help you with enrolments and payments.

August will be a combination of classes, business, fun, and social friendship.

NEED COMPUTER HELP AT HOME?

Members often need tech help at home to set up their computer, maybe link it to a printer, or maybe it's the internet connection, or help setting up a smart TV.

Mark Bowe and his team have been helping our club for some time now, and they can also help you

It is Mark's business, so there are costs involved. I suggest you get a quote for the work you want done before you engage them. There is no commercial arrangement with our club

[Computer Repairs, Services and Sales in Newcastle, NSW](#)


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Contact Us



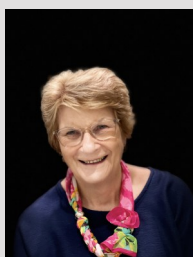
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the Roster
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islingtonpals@gmail.com

Committee

Sandra
Keen



Judy
Wallace

Jackie
Lampe

Vice
President



Lindsay
Threadgate

Ray
Hinton



SCAMS



Qantas Cyber attack.

On Monday 30 June 2025, Qantas detected unusual activity on a third-party platform used by a Qantas airline contact centre.

Many Australians have a Qantas Frequent Flyer account. This article is for you.

Whether or not you are contacted by Qantas as a customer who has had a data breach, you should follow the Qantas recommendations below.

Qantas recommends that customers take the following general precautionary steps and remain vigilant to any misuse of their personal information:

- Remain alert, especially through email, text messages or telephone calls, particularly where the sender or caller purports to be from Qantas. Always independently verify the identity of the caller by contacting them on a number available through official channels;
- Where available, use two-step authentication, such as an authentication application, for personal email accounts and other online accounts. This adds an extra layer of protection;
- Stay informed of the latest scams and the steps you can take to protect yourself online by visiting [Scamwatch](https://www.scamwatch.gov.au) and [Cyber.gov.au](https://www.cyber.gov.au);
- Visit [IDCARE's Learning Centre](https://www.idcare.org.au) and the [Office of the Australian Information Commissioner](https://www.oaic.gov.au) website for further information and resources on protecting personal information; and
- Do not provide your online account passwords or any personal or financial information. **Qantas will never contact customers requesting passwords, booking reference details or sensitive login information.**

Customers who believe they have been targeted by scammers should report it to [Scamwatch](https://www.scamwatch.gov.au).

There is no evidence that any personal data stolen from Qantas has been released, but with the support of specialist cyber security experts, Qantas will continue to actively monitor.

Qantas has increased resourcing in their contact centres and established a dedicated customer support line on 1800 971 541 or +61 2 8028 0534. This is available 24/7.

Qantas customers have access to specialist identity protection advice and resources through this team.

ComputerPals Mission

Our mission is to educate seniors in the use of computers as a way of enriching their lives and making them more self-reliant. We bridge the generation gap and assist seniors to find ways to benefit the community through their collective experience and knowledge.

Contact Us

To contact the Roster Team or the Treasurer regarding class rosters or payments use:

islingtonpals@gmail.com

Committee



Fred Neal

Graham King

Treasurer



Denise Hayes

Mitzi Gordon



Carmel Smith

These people are all volunteers and most also teach classes at Computerpals. We ask that you take this into consideration when your phone call is not answered immediately.

Technology

Latest technologies for seniors focus on enhancing their safety, health, and social connections, while also promoting independence and well-being. These advancements include :

- **Remote Monitoring Systems:** These systems allow healthcare providers to monitor vital signs (like blood pressure and glucose levels) and activity remotely, potentially reducing the need for frequent clinic visits, especially for seniors with limited mobility or transportation.
- **Wearable Devices:** Fitness trackers, smartwatches, and other wearable devices can track activity levels, sleep patterns, and heart rate, providing valuable insights into overall health and well-being. Some devices can even detect falls and alert caregivers.
- **Telehealth Platforms:** These platforms enable virtual doctor appointments, allowing seniors to access healthcare services from the comfort of their homes. This is particularly beneficial for seniors with mobility issues or those living in rural areas.
- **Smart Home Technology:** Smart thermostats, lighting systems, and voice-activated assistants can make homes safer and more comfortable for seniors. For example, smart lighting can be programmed to turn on automatically when a senior enters a room, reducing the risk of falls.
- **Hearing Aids with Bluetooth:** Modern hearing aids often include Bluetooth connectivity, allowing seniors to stream calls, music, or TV audio directly to their devices, simplifying their interactions with technology.
- **Assistive Devices:** Devices like pill reminders, communication aids, personal help alarms, and locator devices can help seniors manage their daily routines and maintain their independence.
- **AI-Powered Tools:** AI-powered chatbots and virtual companions can provide companionship, reminders, and even detect changes in mood or behavior, offering support and early intervention for seniors.



PRIVACY STATEMENT: Information contained in this Newsletter is only for the members of the ComputerPals Newcastle Inc. The Editor accepts no responsibility for any errors, omissions, libels, inaccuracy or other shortcomings of this newsletter.

**2025 Term 3 - 21st Jul to 26th Sept****Ph: 0478 219 220**

(updated 14/07/2025)

BeConnected classes are free. #2. Zoom Classes - register \$10 (covers all ZOOM Term sessions on Thur).**Computerpals Club Assistance classes are cost at \$5 per 1½ hours****There has been a change on 21/7 owing to Ausgrid planned power outage at Lambton****We have moved venue to Club Charlestown - car park entry off Ferris St**

Wk	Monday Morning Club Lambton	Monday Afternoon for ComputerPals Members Club Lambton	Tuesday Wallsend Library	Wednesday Afternoon Adamstown Library	Thursday Zoom session (see your email for the link)
1	CLUB CHARLESTOWN Car park entry off Ferris St 21/7 10:00 to 11:30 am Enrolment Day, Morning Tea & Guest Speaker	CLUB CHARLESTOWN Car park entry off Ferris St 21/7 12:30 to 2:00 pm #20 Assistance class	22/7 10:00 to 11:30 am BeConnected Q & A	23/7 1:00 to 2:30 pm BeConnected Q & A	24/7 10:00 to 11:30 am Online ZOOM class #2 Zoom fee \$10 is now due (covers all sessions for Term 3)
2	Club Lambton 28/7 10:00 to 11:30 am BeConnected What is the Cloud?	Club Lambton 28/7 12:30 to 2:00 pm #21 Assistance class	29/7 10:00 to 11:30 am BeConnected What is the Cloud?	30/7 1:00 to 2:30 pm BeConnected What is the Cloud?	31/7 10:00 to 11:30 am Online ZOOM class
3	4/8 10:00 to 11:30 am BeConnected Cloud Backup & Photo Sharing	4/8 12:30 to 2:00 pm #22 Assistance class	5/8 10:00 to 11:30 am BeConnected Cloud Backup & Photo Sharing	6/8 1:00 to 2:30 pm BeConnected Cloud Backup & Photo Sharing	7/8 10:00 to 11:30 am Online ZOOM class
4	11/8 10:00 to 11:30 am BeConnected How to use Siri & Gemini	11/8 12:30 to 2:00 pm #23 Assistance class	12/8 10:00 to 11:30 am BeConnected How to use Siri & Gemini	13/8 1:00 to 2:30 pm BeConnected How to use Siri & Gemini	14/8 10:00 to 11:30 am Online ZOOM class
5	18/8 10:00 to 11:30 am BeConnected Email Attachments Phone / Tablet	18/8 12:30 to 2:00 pm #24 Assistance class	19/8 10:00 to 11:30 am BeConnected Email Attachments Phone / Tablet	20/8 1:00 to 2:30 pm BeConnected Email Attachments Phone / Tablet	21/8 10:00 to 11:30 am Online ZOOM class

Wk	Monday Morning Club Lambton	Monday Afternoon for ComputerPals Members Club Lambton	Tuesday Wallsend Library	Wednesday Afternoon Adamstown Library	Thursday Zoom session (see your email for the link)
6	25/8 10:00 to 11:30 am BeConnected Voice to Text	25/8 12:30 to 2:00 pm Committee Meeting	26/8 10:00 to 11:30 am BeConnected Voice to Text	27/8 1:00 to 2:30 pm BeConnected Voice to Text	28/8 10:00 to 11:30 am Online ZOOM class
7	1/9 10:00 to 11:30 am BeConnected Apps	1/9 12:30 to 2:00 pm #25 Assistance class	2/9 10:00 to 11:30 am BeConnected Apps	3/9 1:00 to 2:30 pm BeConnected Apps	4/9 10:00 to 11:30 am Online ZOOM class
8	8/9 10:00 to 11:30 am BeConnected Password Management LastPass	8/9 12:30 to 2:00 pm #26 Assistance class	9/9 10:00 to 11:30 am BeConnected Password Management LastPass	10/9 1:00 to 2:30 pm BeConnected Password Management LastPass	11/9 10:00 to 11:30 am Online ZOOM class
9	15/9 10:00 to 11:30 am BeConnected	15/9 12:30 to 2:00 pm #27 Assistance class	16/9 10:00 to 11:30 am BeConnected	17/9 1:00 to 2:30 pm BeConnected	18/9 10:00 to 11:30 am Online ZOOM class
10	22/9 NO CLASS Lady Bowlers Gala Day	22/9 12:30 to 2:00 pm Committee Meeting Via Zoom	23/9 10:00 to 11:30 am BeConnected	24/9 1:00 to 2:30 pm BeConnected	25/9 10:00 to 11:30 am Online ZOOM class