

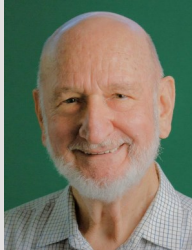


# SWITCHED - ON SENIORS

Email : [contact@computerpals.org.au](mailto:contact@computerpals.org.au)

**President**

**Barry Keen**



## PRESIDENT'S REPORT – November 2025

As we draw near to the end of another busy year, it's a fitting time to pause and reflect on the people and events that have shaped ComputerPals in recent months.

First and foremost, we sadly acknowledge the recent passing of our former President, Sandra Keen, whose warmth, humour and dedication has left a lasting mark on our club. Her legacy of kindness and service will long be remembered.

This past month we also celebrated a very successful Get Online Week with a Light Luncheon, which saw an impressive 95 attendees join us. A heartfelt thank you to our guest speakers, Olivier and Will from the Newcastle Permanent, for their informative and engaging presentation on scams, security awareness, and internet banking topics that are increasingly vital for us all.

A quick reminder: if you need to cancel a personal assistance lesson, please contact Judy on 0478 219 220 as soon as possible. This helps us make sure that others do not miss out on valuable support opportunities.

Before I close, I'd like to encourage everyone to continue exploring the BeConnected website. It's a wonderful resource for revisiting lessons, following up personal interests, or even preparing questions for future ComputerPals sessions.

Finally, my sincere thanks to all our dedicated volunteer team for their ongoing hard work and commitment. Your generosity and enthusiasm keep our community thriving.

Warm regards,

Jackie Lampe  
Acting President



**Jackie Lampe**

**Vice President**

**Dates to Remember**  
**Members Social Outing**  
**Friday 14/11/25 9am**

**Members Xmas lunch**  
**Wednesday 10/12/25**  
**at 11:30 am**

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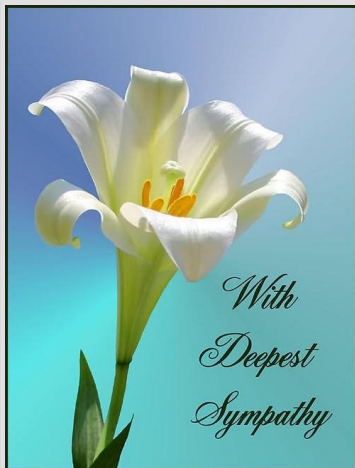
**Best Wishes**

*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.*

**Vale Sandra Keen: (1945 - 2025)**

Wherever Sandra lived she contributed. From her early adult life until she could no longer physically cope Sandra was involved and contributing.

Sandra’s involvement with our Club over the last almost 14 years has been outstanding. Her commitment, dedication and skill was exemplary. She welcomed, encouraged, taught and became a friend to all who came to or even near our Club.

Sandra was a teacher, a Primary School Teacher, by profession, a dedicated teacher by nature and a gifted communicator, she spent her life “involved”.

Sandra joined the Club, as Member Number 1914 on 25 January 2012, many Club members already knew her as husband, Barry, had been a member for around 5 years.

Leading up to our Annual General Meeting in 2016, upon being invited to accept nomination for President, Sandra protested *“I have not been with the Club long enough to be President”*. Encouragement saw her accept the nomination and duly elected. In the September 2016 edition of our Club Newsletter *“Switched on Seniors”*, Sandra wrote *“While I am honoured to take on the role of President of this wonderful club, I feel there is so much I still need to learn about all that this role encompasses. Thankfully, there are members on the committee with the knowledge and experience to ensure ComputerPals for Seniors Newcastle traditions continue”*. Sandra made it her business to learn the role and served the maximum continuous term of 4 years as President then a Special Resolution was passed to extend her term for an additional year making it 5 years as President. She had been on the Committee ever since and remained actively involved. Some of those years were the most difficult the Club has seen due to COVID 19.

After serving as President Sandra handed over to husband Barry (who became our next President). Sandra became our “Grant Champion” with Be Connected, The Good Things Foundation and various other Government grants. Sandra’s efforts saw the Club become a Network Partner with Be Connected, the mainstay of the current operations.

Sandra was an active and successful participant in ASCCA competitions, taught in our classroom, always encouraging, and with the ability to build rapport with our students by being at each individual’s own level. All this as well as doing so much work behind the scenes. At the same time maintaining interest in other personal activities such as Saturday morning Park Runs.

Even knowing that she had such a battle on her hands Sandra maintained a positive demeanour throughout.

It is with great sadness, by all at the Club who knew her, that we say goodbye. Sandra, we will miss you. Vale Sandra Keen.

ComputerPals for Seniors - Newcastle



**Contact Us**



To contact the Roster Team or the Treasurer

regarding class rosters or payments use:

[islingtonpals@gmail.com](mailto:islingtonpals@gmail.com)

**Committee**



Jackie Lampe

Vice President



Judy Wallace



Lindsay Threadgate



Ray Hinton

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.

**Member Contribution**

**Sandra**

She's been one of us for decades, at our computer club  
 President and worker, she has always been our hub  
 A tried and tested record, with everything in place  
 She has been the winner, teaching in this race

It's many years of training, for teaching was her trade  
 No ruler, calls or cross words, but most passed the grade  
 She had her husband, Barry, if things got out of hand  
 No need for him to worry, she was treated, oh so grand

For the elder learners, needs patience by the score  
 She had plenty of it, and just a little more  
 There's a smile upon her face, when someone threw a curve  
 She'd be right in and fix it, with her own sweet swerve

Then her world was shaken and shattered all her dreams  
 Illness overcome her, was enough to make one scream  
 Her family, friends and loved ones, gathered by the score  
 Awaiting for the judgement from a heavenly source.

Her time is finally over, He's taken her back home  
 The time on earth is finished, no more we'll see her roam  
 She leaves behind a legend, a big gap to be filled  
 You lay at rest, our loved one, one who was so skilled.

BY HAROLD FRANKS



## Contact Us



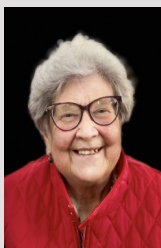
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[islingtonpals@gmail.com](mailto:islingtonpals@gmail.com)

## Committee

Carolyn Keane



Wendy Smith  
Secretary

Mervyn Pope



Brenton Eley  
Social

Margie Olsen



## Member Information

### 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.

### NEED COMPUTER HELP AT HOME?

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](#)

### ASCCA NEWS - PHOTO COMPETITION:

November Theme: Black & White

This month's theme is **Black & White** — a timeless style that invites you to focus on light, contrast, and emotion. Your photo doesn't need to be entirely monochrome, but **at least part of your image should incorporate black and white elements.**

Whether it's a portrait, a pattern, or a play of shadows — we can't wait to see how you interpret this classic photographic style.

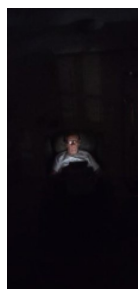
### Creative Writing Competition Reminder

Don't forget — entries for the **ASCCA Creative Writing Competition** close on **20th November!** If you've been thinking about putting pen to paper (or fingers to keyboard), now's the time to get your story in. The **next writing theme** will be announced in the **December edition** to inspire your festive season creativity.

Thank you once again to everyone who entered this month's photography competition and to **Eloise Cato** for her thoughtful judging and ongoing support of our creative community.

We look forward to seeing your **Black & White** masterpieces — and reading the many wonderful stories our writers have been crafting for the November competition! Click on the following link to find all about it: [Competitions - ASCCA](#)

A solitary figure lit only by the glow of a tablet screen creates an eerie sense of mystery — a quiet moment that feels both modern and timeless.



1st Place Dianne Williams

A haunting black-and-white scene of a ghostly figure in an abandoned truck — a powerful image of stillness, decay, and imagination.

2nd Place Brenton Eley



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## Committee



Fred Neal

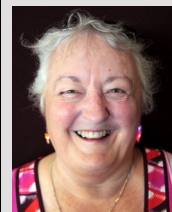
Graham King

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.

## Social News

For our next outing, we will be visiting the Hunter Botanic Gardens, Pacific Highway Heatherbrae on Friday 14th November. You may recall this outing was scheduled for 2nd term but had to be aborted due to severe storms and subsequent damage to the gardens and surrounding structures.

As it could well be a warm day, it is suggested we meet up at opening time (9.00am) and wander off straight away to explore along the many paths at your leisure, with cameras/phones 'at the ready'. Then at around 10.30/10.45am, return to the cafe for morning tea and a catch-up. After the break and for those who want to continue, time to investigate along those paths not covered earlier, leaving at your own time.

These local award-winning gardens are managed and maintained by volunteers on a not-for-profit basis for the enjoyment and education of locals and visitors from near and far. They cover some 125 hectares, most of which is preserved as natural bushland. The rest has been developed into gardens featuring Australian and introduced theme areas containing the likes of acacias, banksias, ferns, bush tucker plants, succulents and palms. Many of these plants are suitable for home gardens, with some available for purchase from the plant stall. Details of our visit as follows;

**When: Friday 14th November 2025**

**Where: Hunter Botanic Gardens, Heatherbrae**

**Time: Meet at 9.00am**

**Cost: \$5.00 pp Entry, M/Tea at own expense**

On entering the car park, a boom gate will close behind you. Proceed to the Visitor Centre/Cafe to pay your entry fees, and receive a car park exit token. The Gardens are wheelchair and walker friendly. Don't forget your sunscreen/mozzie repellent, and wear a hat and comfy walking shoes.

Please [click here](#) to download the attendance form, complete it and submit. ***This is most important***, as we need to know who is attending for numerous reasons including Club insurance, your contact details for the day, advising the Gardens Cafe of numbers for staffing/catering etc. ***If you have indicated your intention to attend, and then are unable to come, please advise me by phone*** so I can adjust numbers with the Cafe staff for our booking.

Let's do 'our bit' for another not-for-profit organization - see you there.

Brenton Elsey  
Social Secretary  
0438 997 310

Here is your invitation to ComputerPals Christmas lunch.



Join us for

**ComputerPals Christmas Lunch**

Wednesday 10th December  
starting 11:30am at Club Lambton

51 Karoola Rd  
Lambton

Cost—\$39  
For Main & dessert

**RSVP no later than 3/12/2025**

Please **click on the link below** to download the attendance form, complete the details, and then submit it.



*Merry Christmas*

**ComputerPals - Newcastle**  
Where Seniors master technology

**Click Here** for the link to complete your response form confirming your intention to attend, **no late entries will be accepted.**

**You need to pay ComputerPals.**

Our bank account details are - **ComputerPals at Newcastle Permanent Building Society, BSB: 650000, Account number: 962205402 with your Name & Xmas Lunch in the details space.**

***Get into the spirit with your best Christmas outfits***

Meals will be served at 12:30 pm

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# Scams



## Get Online Week

The Newcastle CPals Get Online Week event was a huge success with 95 attendees. Guest speakers (Olivia and Will) from The Newcastle Permanent gave an excellent presentation about staying safe online and scam awareness. They explained the benefits of utilising online banking. They assured us all that they will never call and ask us to install apps over the phone or ask to take remote access control of a computer. They also helped some members install the banking app.

## Recent scams include

AI-powered impersonation scams using deepfake videos and voice cloning, and a DocuSign email scam targeting the Australian Taxation Office (ATO). Other prevalent scams are "child is in trouble" social media scams, and remote access scams that trick victims into downloading malicious software.

## Impersonation and fake requests

**ATO impersonation:** Scammers send emails or SMS messages that look like they're from the ATO, sometimes using DocuSign to create a sense of urgency. They may claim you have an outstanding tax issue or refund requiring you to click a link to "review a document".

**Remote access scams:** You may receive a call or message claiming to be from your bank, like NAB, or another company. They may try to get you to call a fake number that prompts you to grant them remote access to your computer or provide personal banking details.

**"Child in trouble" scam:** Scammers send messages via apps like WhatsApp, claiming to be a child who has a new phone number and needs money urgently due to a banking issue. Always verify by calling their old number directly.

## Technology-based scams

**AI-powered scams:** The use of artificial intelligence is making existing scams more believable. Scammers can now use deepfake videos and voice cloning to impersonate people more effectively, making them harder to detect.

**Phishing emails:** These scams continue to evolve, often using social media, urgent language, or threats to pressure you into acting quickly. They might claim to be from a bank or government agency and ask you to click a link to verify details, confirm a payment, or resolve a fake issue.

## How to protect yourself

**Stop, check, and reject:** If something seems too good to be true or is an unsolicited request for money, stop and investigate before acting.

**Verify requests directly:** Contact the company or person directly using a known, trusted phone number or website to verify any request for funds or personal information.

**Be skeptical of links:** Never click links in suspicious emails or SMS messages. Instead, go directly to the official website by typing the URL into your browser yourself.

**Never share personal information:** Be cautious about providing personal details like your Tax File Number, date of birth, or bank account details unless you are certain of the recipient's identity.

**Report scams:** Report scams to the relevant authorities, such as Scamwatch or your bank.



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## Technology

### Why and how to stay with Windows 10

– thoughts by CPals member Lindsay Threadgate

Even though I am a Windows 11 user and have been for several years I do have a Windows 10 PC.

After wondering what to do for a couple of days after 14 October I got a notice:

I pondered this for a moment and then clicked "Enrol"

About 2 clicks later I (my Windows 10 computer) was enrolled in Extended Security Updates for a year.

After a few moments I had a Quality Update and a .NET Framework update come down and install.

Two days later the computer is still "up to date", it states that my PC is enrolled to get Extended Security Updates and that my PC doesn't currently meet the minimum system requirements to run Windows 11

This has not cost anything and nor have I signed up for anything new.

#### **READ ON TO THE END FOR MY EXPLANATION!**

Q: Why did I get this offer on this 10 year old PC?

A: Several items contribute:

- I have a Microsoft account (not specifically for this PC as you are permitted up to 10 devices on a Microsoft account)
- I have Microsoft 365 Free version (it is on the MS Account) and as such can be used on any device on the account
- I bothered to check to see what was happening with updates, and seen and responded to the Notice

I was thinking of redeploying this PC to run an alternate operating system.

I now am comfortable to have it as a Windows 10 PC

Closing comment: I believe anyone wishing to continue with Windows 10 should:

- Have a Microsoft account that it is signed into
- Have at least the free version of Microsoft 365 (you don't need to use it, just have it)
- Go to Windows Update and do the couple of clicks
- You must have backed up your PC Settings to OneDrive

I hope I am correct in my description, it worked for me that way. I am open to questions.

#### **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.

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**2025 Term 4 - 13th Oct to 10th Dec**

**Ph: 0478 219 220** (updated 13/10/25)

**BeConnected classes are free. #3. Zoom Classes - register \$10 (covers all ZOOM Term sessions on Thur).**

**Computerpals Club Assistance classes are cost at \$5 per 1½ hours**

| Wk | Monday Morning<br>Club Lambton  | Monday Afternoon<br>for ComputerPals Members<br>Club Lambton | Tuesday<br>Wallsend Library   | Wednesday Afternoon<br>Adamstown Library   | Thursday<br>Zoom session<br>(see your email for the link)  |
|----|---|--|---|--|--|
| 1  | 13/10<br>10:00 to 11:30 am<br>Enrolment Day<br><br>BeConnected<br>End of support for<br>Windows 10 - What<br>Now? | 13/10<br>12:30 to 2:00 pm<br><br># 28 Assistance class       | 14/10<br>10:00 to 11:30 am<br><br>BeConnected<br>End of support for<br>Windows 10 - What<br>Now?  | 15/10<br>1:00 to 2:30 pm<br><br>BeConnected<br>End of support for<br>Windows 10 - What<br>Now?     | 16/10<br>10:00 to 11:30<br>am<br>Online ZOOM<br>class<br><br>#3 Zoom fee \$10<br>is now due (covers<br>all sessions for<br>Term 4) |
| 2  | 20/10<br>10:00 to 11:30 am<br>GET ONLINE WEEK<br>BeConnected<br>Guest Speakers<br>Newcastle Permanent             | 20/10<br>12:30 to 2:00 pm<br><br># 29 Assistance class       | 21/10<br>10:00 to 11:30 am<br><br>BeConnected<br>Review Banking Scams                             | 22/10<br>1:00 to 2:30 pm<br><br>BeConnected<br>Review Banking Scams                                | 23/10<br>10:00 to 11:30<br>am<br>Online ZOOM<br>class  |
| 3  | 27/10<br>10:00 to 11:30 am<br><br>BeConnected<br>Call Emergency<br>Services from your lock<br>screen              | 27/10<br>12:30 to 2:00 pm<br><br>Committee Meeting           | 28/10<br>10:00 to 11:30 am<br><br>BeConnected<br>Call Emergency Services<br>from your lock screen | 29/10<br>1:00 to 2:30 pm<br><br>BeConnected<br>Call Emergency<br>Services from your lock<br>screen | 30/10<br>10:00 to 11:30<br>am<br>Online ZOOM<br>class  |
| 4  | 3/11<br>10:00 to 11:30 am<br><br>BeConnected<br>How to..  | 3/11<br>12:30 to 2:00 pm<br><br># 30 Assistance class        | 4/11<br>10:00 to 11:30 am<br><br>BeConnected<br>How to..  | 5/11<br>1:00 to 2:30 pm<br><br>BeConnected<br>How to..   | 6/11<br>10:00 to 11:30<br>am<br>Online ZOOM<br>class   |
| 5  | 10/11<br>10:00 to 11:30 am<br><br>BeConnected<br>How to Share Contacts  | 10/11<br>12:30 to 2:00 pm<br><br># 31 Assistance class       | 11/11<br>10:00 to 11:30 am<br><br>BeConnected<br>How to Share Contacts                            | 12/11<br>1:00 to 2:30 pm<br><br>BeConnected<br>How to Share Contacts                               | 13/11<br>10:00 to 11:30 am<br>Online ZOOM class  |
| 6  | 17/11<br>10:00 to 11:30 am<br><br>BeConnected<br>Scanning QR Codes  | 17/11<br>12:30 to 2:00 pm<br><br># 32 Assistance class       | 18/11<br>10:00 to 11:30 am<br><br>BeConnected<br>Scanning QR Codes                                | 19/11<br>1:00 to 2:30 pm<br><br>BeConnected<br>Scanning QR Codes                                   | 20/11<br>10:00 to 11:30<br>am<br>Online ZOOM<br>class  |
| 7  | 24/11<br>10:00 to 11:30 am<br><br>LADY BOWLERS<br>NO CLASS  | 24/11<br>12:30 to 2:00 pm<br><br>LADY BOWLERS<br>NO CLASS    | 25/11<br>10:00 to 11:30 am<br><br>BeConnected   | 26/11<br>1:00 to 2:30 pm<br><br>BeConnected  | 27/11<br>10:00 to 11:30<br>am<br>Online ZOOM<br>class  |
| 8  | 1/12<br>10:00 to 11:30 am<br><br>BeConnected  | 1/12<br>12:30 to 2:00 pm<br><br># 33 Assistance class        | 2/12<br>10:00 to 11:30 am<br><br>BeConnected  | 3/12<br>1:00 to 2:30 pm<br><br>BeConnected   | 4/12<br>10:00 to 11:30 am<br>Online ZOOM class   |
| 9  | 8/12<br>10:00 to 11:30 am<br><br>BeConnected  | 8/12<br>12:30 to 2:00 pm<br><br># 34 Assistance class        | 9/12<br>10:00 to 11:30 am<br><br>BeConnected  | 10/12<br><br>CHRISTMAS LUNCH<br>Club Lambton<br>Arrive at 11:30 am<br>Lunch at 12:30 pm            | 11/12<br><br>Term has ended<br>Merry Christmas<br>everyone<br>See you next year  |