

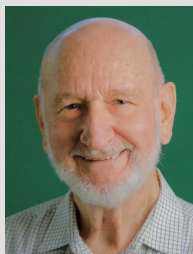


SWITCHED - ON SENIORS

Email : contact@computerpals.org.au

President

**Barry
Keen**



Dates to Remember

**4th Term
recommences Monday
13th Oct**

**Get Online Week
activity
Mon 20/10/25 10 am**

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

In This Issue

Members Info Page 2/3

Social News Page 4

Scams Page 5

Technology Page 6

Class Schedule Page 7

WriterPals Page 8



PRESIDENT'S REPORT – October 2025

Hi everyone,

We resume Term 4 on Monday 13/10/2025 - starting 10:00 am at Club Lambton, this will be an enrolment day for classes, and an opportunity for new members/re-enrolments. Tuesday 14/10 at Wallsend Library at 10:00 am; and Adamstown Library on Wednesday 15/10 at 1:00 pm.

See page 7 for the interim Term 4 classes schedule.

This month we have a Special activity for BeConnected's GET ONLINE WEEK (20/10/25—25/10/25)

Monday 20/10/2025 - at Club Lambton starting 10:00 am with 2 representatives from Newcastle Permanent BS - topic scams, followed by lucky door prizes, then fun and games activities followed by a light luncheon (sandwiches, tea & coffee) See the invitation on page 4.

IMPORTANT

We need to know numbers for catering purposes.

Please complete the attendance form [CLICK HERE](#) and then 'submit' it.

Also, could you **put the ComputerPals Christmas lunch date in your diaries Wednesday 10/12/25, starting at 11:30 am at Club Lambton.**

Here is a link to the ASCCA newsletter which also comes out monthly.

<https://ascca.org.au/enews/>

We are very proud to be winners in the September Digital Photography competition, Barry Keen (1st Place) and Brenton Elsey (3rd Place) - See Members Info Page 2.

Looking forward to seeing you all for Term 4

Barry Keen

President



Contact Us



To contact
the Roster
Team or
the
Treasurer

regarding
class rosters or
payments use:

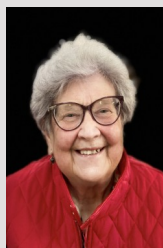
islingtonpals@gmail.com

Committee

Carolyn
Keane



Wendy
Smith
Secretary



Mervyn
Pope



Brenton
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

ASCCA is launching a monthly Photography Competition and a quarterly Creative Writing Competition

Click on the following link to find all about it: [Competitions - ASCCA](#)

The September theme for the photography competition : **Winter Warmth**

Photos our members sent in were:

Barry – 'A Warm Sunny Spot' - **Winner**

Brenton – 'A Fireside Nap' - **3rd Place**

Beryl – 'Warm & Cosy'



[Click here](#) for the September winners and comments and the October theme:

Eerie: Think mysterious silhouettes, moody shadows, unexpected angles, or a touch of playful spooky. Interpret "Eerie" your way—abstract or literal, daylight or after dark.

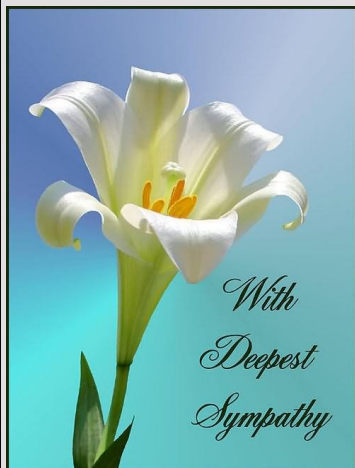
Best Wishes

*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.*

Member Information con't

ASSCA Creative Writing Competitions 2025/26

Entries open:

1st September 2025, and close at midnight on 20th November 2025
1st December 2025, and close at midnight on the 20th February 2026
1st March 2026, and close at midnight on the 20th May 2026
1st June 2026, and close at midnight on the 20th August 2026

September – November Theme – Share a memory of Springtime from your Childhood – this can be a poem or a prose piece.

CPals member, Carmel Smith, has some thoughts about getting Writerpals up and running again now that ASSCA has revived (sort of) their writing competition. Carmel has written a reminder about this and her thoughts on how it will look. She suggests that we kick off 1st term next year

[Click here](#) to see Carmel's ideas in full.

Hopefully members will join us on restoring WriterPals.

The editor would like to make a correction on the September newsletter. The poem that was attributed to Margie was in fact from Carmel. I have included another poem from Carmel's writings for your enjoyment:

Wide Brimmed Velour Hats by Carmel Smith

The Catholic Church in Gympie stood on top of Calton Hill
A towering limestone edifice for the faithful flock to fill.
Benediction twice a week, Novena Monday night
Confessions every Saturday just to make things right.

The parish priest of the Gympie church was Monsignor David Dee
A gently spoken Irish priest from County Cork you see.
God-fearing Catholic to his toes he preached both loud and long,
At the end of every sermon led his flock in rousing song.

His voice would soar above the choir as he bellowed out the words
As tuneful as a bullfrog, enthusiastic as the birds
He closed his eyes, hands up his sleeves, rocked back on his feet
And let rip his glorious volume as the choir kept up the beat.

Three times every Sunday we boarders headed off to pray
In our long sleeved, black serge uniforms in the heat of a summer day.
Brown ribbed stockings, polished shoes, gloves and all of that -
Topped off with a wide brimmed treasure of a black velour hat.

The boarders sat in the frontmost pews below the pulpit grand
And many years of practice taught us when to sit or kneel or stand.
And then there came the sermon, a solid hour long.
For the third time of the morning with emotions running strong

Monsignor Dee delivered - not just words I have to say -
Enthusiasm building he'd pound that pulpit hard, and not in play.
As he got wound up the spit would fly like insects chased by bats
And that's when we'd appreciate our wide brimmed black velour hats.

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.

Social News

YOU ARE INVITED TO GET ONLINE WEEK

A LIGHT LUNCHEON



MONDAY 20th October

10:00 am CLUB LAMBTON

(Bowling Club in Lambton Park)

Join us and bring a friend for ...



Guest speakers—

An informative talk by 2 representatives from Newcastle Permanent they will be available for questions afterwards

A light luncheon (sandwiches, tea & coffee) will be provided so please book in – see below



Interesting facts from CPals 2009 October newsletter archive:

In October in 2009 there was a morning tea to “Come along and hear more about the Telstra mobile phone courses and A Presentation on the use of the Club website”.

The October social outing was the Fort Scratchley Tunnel Tour where DigiPals used the sights for their photo competition.

Windows 7 was released

Contact Us



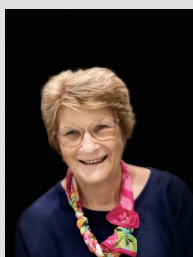
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Committee

Sandra
Keen



Judy
Wallace

Jackie
Lampe

Vice
President



Lindsay
Threadgate

Ray
Hinton



SCAMS



October is Cyber Security Awareness Month and Get Online Week

Bank scams — these will be talked about at our Get Online week activity on Monday 20/10/25. Don't forget to book into it.

Social Media Scams

Background

Australians have lost more money to social media scams than any other contact method so far in 2024, according to Scamwatch reports. Over 6,000 people reported losing \$58.3 million to social media scams in the first 10 months of 2024.

Scammers use fake or hijacked profiles on social media, messaging platforms and apps to steal money and personal information. Scammers will also try investment scams, romance scams and job and employment scams using social media.

The National Anti-Scam Centre is constantly working to reduce scams. We're leading a [job scam fusion cell](#) to coordinate government and industry efforts to crack down on job and employment scams. In the last 3 months the fusion cell has taken down over 200 job scam websites.

How to spot the scam

Scammers use social media to steal your money. They do this by:

- ✦ offering a way to make quick, easy money with little risk or effort
- ✦ advertising a job that requires payment for training or access to work tasks
- ✦ inviting you to enter a competition or limited time offer
- ✦ saying they will buy something you're selling for a high price without seeing it first
- ✦ selling items for much lower prices than usual or compared to other sites
- ✦ saying they live overseas and can't meet you in person.

How the scam works

You are contacted on social media or messaged by someone you don't already know. The scammer pretends to be a friend or romantic interest, a financial advisor, or a business offering an employment opportunity.

They learn a lot about you from what you share on social media and deceive you into sharing personal information, which they then use to target you in other scams.

What you should know

There are simple steps you can take to help avoid social media scams:

- ✦ Make sure the person is who they say they are. Research profiles to see how long they have been online, how many followers they have, and what kind of activity they have.
- ✦ Be careful if anyone makes a job offer without an interview. Research the recruiter or agency making the offer.
- ✦ Research any investment opportunity fully.
- ✦ Never send any money or personal details to someone you have only met online.



Technology

From the newsletter archives in **Oct 2009** I found this joke:

Ralph stopped at a flower shop after work to pick up roses for his wife. As the clerk was putting the finishing touches on his bouquet, another man burst through the door, breathlessly requesting a dozen red roses.

"I'm sorry," the clerk said. "This man just ordered our last bunch."

The desperate customer turned to Ralph and begged, "May I please have those roses?"

"What happened?" Ralph asked. "Did you forget your wedding anniversary?"

"It's even worse than that," the man confided. "*I crashed my wife's hard drive*"

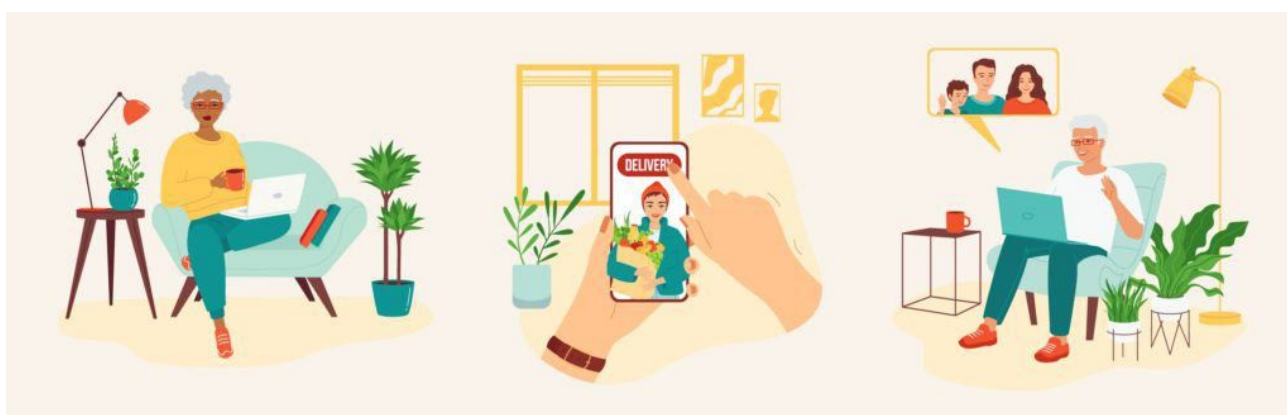


"The computer has crashed."

This just highlights how things haven't changed over time. We still have problems with technology. So the more we as seniors understand the technology we use, then the less that can go wrong. Also, more experiences will open up to us that will help to increase our independence and enjoyment.

Technology offers a wide range of benefits to older adults. Below are just a few of our top reasons why embracing new tech can benefit seniors as they age in place!

- Provides access to transportation and food
- Monitors health and wellness
- Keeps seniors safe
- Informs you about the latest news and trends
- Provides entertainment
- Alerts caregivers if something is irregular
- Provides peace of mind
- Connects them with friends, family, and healthcare providers



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.

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 4 - 13th Oct to 10th Dec.****Ph: 0478 219 220** (updated 9/10/25)**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 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 | 13/10 10:00 to 11:30 am Enrolment Day BeConnected End of support for Windows 10 - What Now? | 13/10 12:30 to 2:00 pm # 28 Assistance class | 14/10 10:00 to 11:30 am BeConnected End of support for Windows 10 - What Now? | 15/10 1:00 to 2:30 pm BeConnected End of support for Windows 10 - What Now? | 16/10 10:00 to 11:30 am Online ZOOM class #3 Zoom fee \$10 is now due (covers all sessions for Term 4) |
| 2 | 20/10 10:00 to 11:30 am GET ONLINE WEEK BeConnected Guest Speakers Newcastle Permanent | 20/10 12:30 to 2:00 pm # 29 Assistance class | 21/10 10:00 to 11:30 am BeConnected Review Banking Scams | 22/10 1:00 to 2:30 pm BeConnected Review Banking Scams | 23/10 10:00 to 11:30 am Online ZOOM class |
| 3 | 27/10 10:00 to 11:30 am BeConnected Call Emergency Services from your lock screen | 27/10 12:30 to 2:00 pm Committee Meeting | 28/10 10:00 to 11:30 am BeConnected Call Emergency Services from your lock screen | 29/10 1:00 to 2:30 pm BeConnected Call Emergency Services from your lock screen | 30/10 10:00 to 11:30 am Online ZOOM class |
| 4 | 3/11 10:00 to 11:30 am BeConnected How to... | 3/11 12:30 to 2:00 pm # 30 Assistance class | 4/11 10:00 to 11:30 am BeConnected How to... | 5/11 1:00 to 2:30 pm BeConnected How to... | 6/11 10:00 to 11:30 am Online ZOOM class |
| 5 | 10/11 10:00 to 11:30 am BeConnected How to Share Contacts | 10/11 12:30 to 2:00 pm # 31 Assistance class | 11/11 10:00 to 11:30 am BeConnected How to Share Contacts | 12/11 1:00 to 2:30 pm BeConnected How to Share Contacts | 13/11 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 | 17/11 10:00 to 11:30 am BeConnected Scanning QR Codes | 17/11 12:30 to 2:00 pm # 32 Assistance class | 18/11 10:00 to 11:30 am BeConnected Scanning QR Codes | 19/11 1:00 to 2:30 pm BeConnected Scanning QR Codes | 20/11 10:00 to 11:30 am Online ZOOM class |
| 7 | 24/11 10:00 to 11:30 am LADY BOWLERS NO CLASS | 24/11 12:30 to 2:00 pm LADY BOWLERS NO CLASS | 25/11 10:00 to 11:30 am BeConnected | 26/11 1:00 to 2:30 pm BeConnected | 27/11 10:00 to 11:30 am Online ZOOM class |
| 8 | 1/12 10:00 to 11:30 am BeConnected | 1/12 12:30 to 2:00 pm # 33 Assistance class | 2/12 10:00 to 11:30 am BeConnected | 3/12 1:00 to 2:30 pm BeConnected | 4/12 10:00 to 11:30 am Online ZOOM class |
| 9 | 8/12 10:00 to 11:30 am BeConnected | 8/12 12:30 to 2:00 pm # 34 Assistance class | 9/12 10:00 to 11:30 am BeConnected | 10/12 1:00 to 2:30 pm BeConnected | 11/12 CHRISTMAS LUNCH Club Lambton Arrive at 11:30 am Lunch at 12:30 pm |

Greetings one and all,

This is a reminder notice about our next Writerpals get-together which will be happening as soon as we get all our “big doings” out of the road and are back to regular operating, so it might not be until the start of the New Year 2026. Other suggestions from other people would be welcome as this is not just my group – we all have memories, let’s bring them out of the shadows and give them light and life. Everybody deserves to be remembered, so let’s give our grandkids something to remember us by.

We talked last year about epitaphs and obituaries, but with the big ASCCA competitions at the same time we did not progress very far, so let’s give it another go! This time it is a little more structured with a few guidelines.

These suggestions do not have to be epitaphs, obituaries or eulogies, just stories about you. Tell them how you remember them, don’t downplay them because each incident has helped make you the incredible person you are today – a person I treasure in my life as each of you has added a gem to my treasure-chest.

Bring that gem out and let it shine.

- Things that are special about your life and times – they did, after all, lead to the person you are today – I really don’t think there is anything special about my life and times apart from producing two beautiful sons who have grown into incredible men (a totally unbiased viewpoint. I was born, I grew up, and now I’m on my way out having had a lot of fun in the latter part of my life – said fun being greatly enriched by the people who entered my life when I found Computerpals
- Things I’ve done and their causes and consequences – School holidays were my time to enjoy life and I certainly did that with my small blue-roan accomplice, my brumby pony who gave his whole heart every time we went on one of our adventures
- Things I wish I’d done – and why – I’d like to have learned to swim but my introduction at about 5 or 6 was way too scary to contemplate immersing my whole self in water. I was chucked in the local waterhole by my father at that age and went straight to the bottom and stayed there. Fortunately a nearby farmer brought his horses to drink and saw what happened. He dragged my bedraggled and terrified self out then the commotion was on. My father was yelled at by the farmer, screamed at by my mother, cried at by me and never did such a stupid thing again. Now 80, I still haven’t learned to swim.
- Places I’ve been (short anecdotes could be included if you wish), - 1986 trip to Korea to collect my adopted daughter. Some hilarious experiences with language and sayings that Australians take for granted but the Korean people took literally eg a cleaning lady requested to clean the room, I replied with “go for your life”. She did – full speed into the service elevator down to the lobby where we found her held firmly by the manager who wanted to know our reason for desiring to kill her. Hilarious reactions all around when I explained and every time we left the hotel after that we got a thumbs up from the staff on duty and “Go for your life Australia” Nearly 40 years later the memory still brings a smile to my face.
- People I’ve known (again short anecdotes could be included)

Just a thought or two about what you would like to be remembered for – and/or what you would prefer was not remembered.....

You don’t need to tell everybody, but make the stories interesting and enjoyable and when you’re gone, the memories will linger on and the content accepted as “things my grannie or grandpa got up to”.

This is just a starter to get the thought processes working.

If you’ve not joined us before, please drop in. You might just want to stay and chat with us.

Cheers and blessings

Carmel