

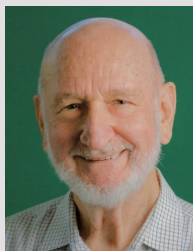


SWITCHED - ON SENIORS

Email : contact@computerpals.org.au

President

**Barry
Keen**



Dates to Remember

School holiday break
Monday 29th Sept to
Friday 10th Oct

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PRESIDENT'S REPORT – September 2025

Hi everyone,

The following was from our press release:

ComputerPals Newcastle has marked its 25th Anniversary with a celebratory lunch at Cardiff RSL Club. Our three longest serving members cut the anniversary cake which our seniors enjoyed as dessert. The celebration was attended by 68 members, past and present, their partners and several dignitaries. ComputerPals has assisted around 4000 seniors to master digital technology.



The Club is run entirely by volunteers many of whom joined the Club to learn themselves. The challenge is mastering the technology of the 21st century, with computers, tablets and smartphones and other evolving technology.

The Club commenced in August 2000, as an initiative of Newcastle City Council. 50 keen Novocastrians embraced the challenge set. From two second hand computers with Windows 98 and small CRT screens through makeshift desks to new computers with large digital monitors and a large smart TV, the various versions of Windows and on to Tablets and Smartphones. The Club has seen the development of digital photography. Digital cameras and through social outings our members developed skills and competed successfully in nationwide competitions run by ASCCA.

The evolution of Tablets and Smartphones continued the challenge and this is the main focus today. During the COVID 19 period our activities were restricted to online ZOOM only, decline in membership and the eventual abandonment of dedicated premises.

ComputerPals operates on Mondays at Club Lambton, Tuesday mornings at Wallsend Library and Wednesday afternoons at Adamstown Library. Membership is now growing and the Club is looking forward to the challenges that AI and other developments bring.

Seniors helping seniors to “Remove the mystery from technology and create a whole new world of experiences”. (End of press release)

Please note that we will break for the schooldays from Monday 29th September to Friday 10th October. **We will recommence on Monday 13th October.**

Barry Keen
President

Contact Us



To contact
the Roster
Team or
the
Treasurer

regarding
class rosters or
payments use:

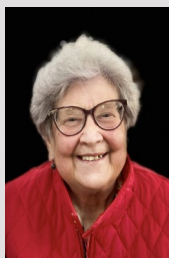
islingtonpals@gmail.com

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 September 2025

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

<https://ascca.org.au/blog/photography-and-writing-competitions-september-2025/>

These fun, friendly competitions are a wonderful way for members to get creative, share their talents, and connect with others across our ASCCA community.

Here's how it will work:

- **Photography Competition:** Each month, we'll announce a new theme in the eNews. Members can submit their entries by completing a short **online form** and then emailing their photographs to competitions@ascca.org.au.
- **Creative Writing Competition:** Held **once each quarter**, we'll provide a writing prompt or theme. Members will have plenty of time to draft and submit their stories, poems, or reflections.



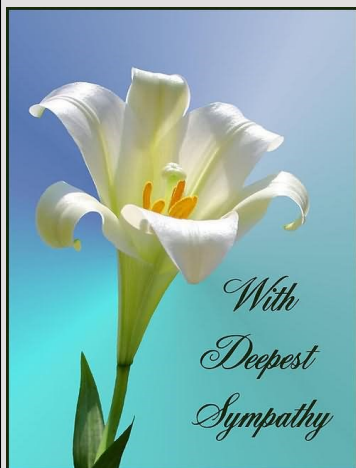
Best Wishes

*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

How to Write a Poem, in 7 Steps—this may help absolute beginners who like a process to follow

1. Devise a Topic. The easiest way to start writing a poem is to begin with a topic. ...
2. Journal. At this point, you've got a topic for your poem. ...
3. Think About Form. ...
4. Write the First Line. ...
5. Develop Ideas and Devices. ...
6. Write the Closing Line. ...
7. Edit, Edit, Edit!

Here is a Poetic starter for your creative writing
(contributed by CPals member Margie Olsen)

Eg Bruce in hospital, sleepless and frustrated, sent me the following in an email entitled "You and your b-----dy poetry"

*The muse struck 'ween two and three,
Pen, some paper, the muse and me.
Light goes on - light goes off
Pick pen up, then put it down.
A line or two then lie and frown
Then up again to write more down.
Light goes on, with pen I write
Then put it down, switch off the light.
If I had that Smithy's ear,
I'd tear it off - just have no fear!
She's set this damned poem thing
To see us squirm I'm sure.
But now to sleep - I'll write no more
Without apologies after a sleepless night.
Bruce*

Unable to resist the challenge I sent back the following :

*O dear! O dear! Your wrath I fear
I'm glad you cannot reach my ear.
Your inspiration - has it fled?
Lie down and go to sleep instead.
In early morn when nurse comes in
Take out your pen and try again.
You know you really should not frown
It only makes your brows turn down.
I hope I have encouraged you
To write not one, but maybe two!!!!!!*

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 August Highlights

C'Pals 25 th Anniversary Celebrations Lunch

Our Club's 25 th Anniversary Celebrations & Lunch was held on Friday 29th August at the Cardiff RSL Club, with some 65 members and guests attending. Special place cards and programmes were on hand, courtesy of the very talented Carolyn Keane.

MC for this special occasion, Marj Stanton opened proceedings before handing over to President Barry Keen who welcomed the special guests and members to this significant achievement for our Club, along with thanking fellow committee members for their efforts in bringing this function to life. Marj then introduced Joseph Vijay (representing ASCCA) whose organization assisted in nurturing our Club from its early days through to the present.

Next to speak was Val Woodman, who as part of Newcastle City Council was instrumental in seeing the need for I.T. assistance for seniors. With assistance from NCC, along with ASCCA and a couple of 'local identities', ComputerPals for Seniors, Newcastle was born. Lindsay Threadgate, one of the 3 longest serving current members (the others being Carolyn Keane and Merv Pope) then spoke of the efforts of those in the early days setting this new organization on a course to suit the needs of seniors endeavouring to grasp all this new technology. Local MP Tim Crakanthorp then hailed the contributions of ComputerPals to the city's seniors, enabling so many of them to take their first steps into the technology world including his mother, who, in his own words said she was 'computer illiterate'.

Formalities over, it was then time to view a very well compiled PowerPoint presentation from Merv Pope on the history of our Club, reflecting on the progress of ComputerPals over these past 25 years. Highlighting this was the I.T. learning, along with the special interest groups (DigiPals, WriterPals, MemoryPals) and Social Outings.

It was then time to tuck into a sumptuous 2 course lunch, followed by a slice of the special Anniversary cake, Special mention must be made to Secretary Wendy Smith and her 'catering committee' for their efforts with the beautiful table decorations, embellishments and the extensive 'behind the scenes' tasks carried out – so necessary for a successful function.



Contact Us



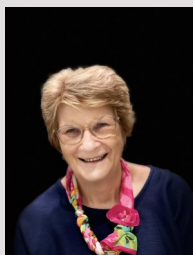
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Committee

Sandra
Keen



Judy
Wallace

Jackie
Lampe

Vice
President



Lindsay
Threadgate

Ray
Hinton



SCAMS



Top 3 Banking Scams Affecting Australians

Phishing Scams

Fraudsters send fake emails, SMS, or messages appearing to come from legitimate sources, asking for personal or financial information. These messages often include urgent requests or links to fake websites designed to steal your login credentials.

Remote Access Scams

Scammers pretend to be from reputable companies, claiming there is a problem with your account or computer. They ask you to download software or provide remote access to your device, allowing them to steal sensitive details, transfer funds, or install malicious software.

Investment Scams

Fraudsters pose as financial advisors or bank staff, promising high returns and low risk. They urge you to transfer funds to accounts they control, using professional-looking websites or documents to appear credible.

Top 3 Way Fraudsters Use to Contact Customers

Phone Calls

Fraudsters impersonate bank staff or officials, using scare tactics to persuade customers to reveal confidential information or transfer funds

Emails

Scammers send official-looking emails with bank logos and signatures, often containing malicious links or attachments

Text Messages (SMS)

Scammers send SMS messages with urgent requests, links to fake login pages, or notifications about supposed issues with your account

Top 3 Things to Look Out for in Spotting a Scam

Unsolicited Requests for Personal Information

Be cautious of any unexpected communication asking for your bank account details, passwords, PINs, or other sensitive information. IMB will never ask you to provide this information via email, SMS, or over the phone.

Spelling or Grammatical Errors

Scam messages may contain poor grammar, awkward phrasing, spelling mistakes, or slightly altered bank logos. These errors are red flags indicating the message is likely fraudulent

Urgency or Threats

Scammers often pressure you to act quickly, warning that your account will be closed or funds lost unless you take immediate action. This sense of urgency is designed to make you act before thinking or checking legitimacy.

What to do if you suspect you've been scammed

If you think you have been scammed, please contact your bank as soon as possible or visit your local branch. The earlier that you inform them of any concerns, the more they can try to help



Scam and Fraud resources

Useful sources of information are the ACCC's ScamWatch page at www.scamwatch.gov.au and ASIC's MoneySmart at www.moneysmart.gov.au.

Technology

Lindsay's Email Tip:

"If you cannot find an email that you should have received then LOOK IN THE JUNK or SPAM FOLDER"

"Spam" and "junk" email are often used interchangeably to describe unwanted messages, but they can have slightly different connotations. Spam generally refers to unsolicited bulk emails, often sent with malicious intent like phishing or malware distribution. Junk email, while also unwanted, might include a wider range of materials, including physical email, and can encompass less malicious, but still unwanted, advertising.

In essence: **Spam** is a subset of junk email that is specifically associated with malicious or harmful activities. **Junk** email is a broader term that encompasses all unwanted mail, including spam.

The filters employed to place incoming email in the Junk or Spam folders sometimes pick up legitimate email, including bulk emails such as newsletters.

If you are looking for an expected email then it is a good idea to try a "search" (the search box is normally at the top of the page, it might have "search" or a little magnifying glass symbol and there might be options). Just enter a few key words and if it is there it will be shown. Best to click on the "Junk" or "Spam" folder first. This might be at the top or bottom of the list of folders.

Be aware of the 30 day rule: Junk or Spam is automatically deleted after 30 days. It goes to the Bin or Deleted Items folder where it is automatically deleted after 30 days.

Once you have found that elusive email and opened it there will be an option to mark it as "Not Junk" or "Not Spam" or some similar wording that will avoid future emails from that source being filtered.

There is a lot more but I think this is enough for now.



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 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