



Newsletter Date

SWITCHED - ON SENIORS

Email : contact@computerpals.org.au

In This Issue

Social News [Page 2](#) Member Info [Page 3](#)
Member Info [Page 4](#) Scam Watch [Page 5](#)
Technology [Page 6](#) Class Timetable [Page 7](#)

Dates to Remember

AGM 7th August (11:00 am at Cardiff RSL Club)

PRESIDENT'S REPORT – July 2026

We came back from the school holidays, starting at Club Lambton on Monday 20/7 with a good roll-up.

Monday (27/7) was our **Free Morning Tea for Term 3**, at **Club Lambton** with 81 attending.

Our guest speaker for the day was **Scott Holding (from Scott Holding Driving School)**, talking to us about seniors renewing their licences and updating us on road rule changes. Scott has spoken to our members and guests on a previous occasion and was well received with good information and help.

Our Treasurer is now taking money from you for new and renewed Computerpals memberships (\$25) and enrolment in assistance classes on Monday afternoons from 12:30 pm (\$5 for 1½ hours of one-on-one assistance on a topic of your choice).

Zoom sessions have also resumed on Thursday 23/7 - Zoom Term fee is \$10 (covers the whole term). If you would like to join us, pay Computerpals a.s.a.p.

Members choose to join us on Zoom for a variety of reasons (convenience, health, disability or travel distance). It is an interactive, casual/relaxed group usually about 14 people, discussing a variety of interesting topics, and we will always welcome newcomers. A link is sent via email to enable you to join from home, usually on the Tuesday or Wednesday before the Zoom session. Talk to us, and we can help you get started.

An enthusiastic group of about 8-10 are meeting on the first and third Mondays of the month from 11:00 am at Club Lambton for Writerpals (creative writing - a fun and helpful bunch who would love you to join them (no cost except maybe a coffee)

Don't forget our upcoming AGM on 7th August (11:00 am at Cardiff RSL Club - cost \$21.50 for a meal). Emails were sent out to members with registration details. Registrations closed on 31/7/26.

I look forward to seeing you at one of our sessions.

Barry Keen

President



Social News

REPORT – COMPUTERPALS SOCIAL ACTIVITIES FOR JULY 2026

Morning Tea.

Under somewhat cloudy skies and a few showers, our Club's mid-season Morning Tea was held on Monday 27th July with an excellent rollup of some 81 members and guests.

Once everyone had taken their seats, President Barry welcomed members and guests, gave a brief outline of proceedings to follow, and then introduced the guest speaker for the day, Mr. Scott Holding from Holdings Driver Training.

As we all belong to the 'Senior's Brigade,' Scott highlighted the requirement to undertake a driving test (along with a medical test) just prior to your 85th Birthday. Options at this time included deciding on a Restricted Licence (usually restricting driving within a 5 or 10 km radius of your home, an unrestricted licence requiring full driving test (\$0 cost through Service NSW Driving Instructors or a private assessment with an authorised Driver Trainer - in Scott's case at \$120) or alternatively, not renewing at all. However, he did point out that while the Service NSW instructors 'took no prisoners' (black or white answers, with 3 x fails and licence revoked), trainers like Scott usually conducted more of an assessment during the driving test and overlooked small indiscretions with a caution rather than a strike-out. Many road rules were highlighted with the use of a whiteboard, while an animated discussion and questions followed, indicating the strong interest in this important subject.

It was then time to change pace a little, with morning tea/coffee and sandwiches served, giving a chance for those present to mingle, have a chat and catch-up. Treasurer Grahame was on hand to enable the payment of annual memberships, while Secretary Wendy conducted the lucky door prizes draw to complete proceedings.



Best Wishes

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



Condolences

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



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

ASCCA Competition Results – June 2026

The theme for the June photography competition was Vivid! It's worth noting the Competition Rules allow editing: 'Basic editing (cropping, colour correction, brightness/contrast adjustments) is permitted, but AI-generated or heavily manipulated images must be clearly identified as such.'

First place: Red Hot Pokers by Barry Keen,
Newcastle Computer Pals.



July Photography Competition

The theme for the July Photography Competition is 'Macro'. Macro photography is defined as capturing a subject at 1:1 magnification (or greater) on the camera's image sensor. We will also accept close-up photos (the image on the sensor is smaller than the object). Either way, you're taking a photo of something small and making it bigger to appreciate the detail. Creative perspective, sharp focus, and interesting textures matter more than expensive gear.

June to August Creative Writing Competition

The theme for the June to August creative writing competition is 'The Stranger'.

Go to [ASCCA News](#) for more information about the them and results

AGM/Lunch

Don't forget our AGM/Lunch on Friday 7th August at the Cardiff RSL Club

The social outing this term

will be a lunch at Caves Coastal Bar & Bungalows on Friday 21/8
(more details will follow).

Please note the change of day; it will be on Friday, not Saturday 22/8, as shown on the club Calendar.



Member Information cont

Payment Details:

Our bank account details are :

Account Name Computerpals

BSB 650 000 (Newcastle Permanent Building Society)

Account 962205402

in the reference section put your SURNAME and INITIAL, plus M (for membership payment), #...
(for Assistance class)

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

Volunteers needed

We have the continuing need to source new members and mentors. Word of Mouth continues to be the strongest and most effective.

An opportunity to promote ourselves is coming up

- A stallholder table at Belmont Seniors Expo at Belmont 16s Sailing Club - two sessions - 10:00 am and 2:00 pm

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](#)

Contact Us

To contact the Roster Team or the Treasurer regarding class rosters or payments use:
islingtonpals@gmail.com

Scam Watch

FRAUD Squad scam

A common scam is a cold call from someone pretending to be from a fraud squad for your bank. They convince you to allow them to install a program like AnyDesk onto your computer which allows them remote access to your computer.

Warning Signs of a Police or Bank Fraud Scam

- **Caller ID spoofing:** Scammers use tech to make their numbers look like real police stations or bank hotlines.
- **High pressure:** They demand you act right now and refuse to let you hang up.
- **Requests for money or access:** They ask for your passwords, remote computer access, or tell you to move cash into a new account

One of our members experienced this scam first hand when he was called by a person claiming to be from Telstra. He said that their monitoring had detected unusual activity on his account. The caller sounded very professional and reasonable and convinced our member to let him install a program called AnyDesk which could be used to look at his account for the suspicious activity. He asked the member for clarification of his account by asking for his driver licence details, which he gave. They also asked for a bank account which the member also supplied. He allowed the program to be installed on his computer. He realised there was a problem when the caller asked him to leave his computer on for 24 hours. He quickly ended the call and called his bank for the account card to be cancelled and another sent to him.

There are computer companies that will help you to remove this kind of program and check for any other programs installed without permission. After removal, the company will check every program, application and folder on your computer to make sure it is clean. The company used by this member to clean his computer is called 'Tame That COMPUTER' in Kurri Kurri. It is worth a mention to plug this company as they did a top job for the member.

Further, the member also had the app put onto his mobile phone. He used a mobile phone repair shop to have his phone cleaned. I do not have the shop details. Suffice to say that you can go to any repair store and you will be put onto someone who can clean up your mobile phone.

What You Should Do

- **Hang up immediately:** Do not argue, negotiate, or follow any of their instructions.
- **Do not call back the number they used:** Find the official phone number of the organization yourself from their verified website or your bank card.
- **Report the contact:** If you gave away personal details or feel unsafe, reach out to IDCARE or check Scamwatch for guidance.

Technology

Technology and Aging

This is the topic covered by ASCCA in July.

Check out this article by Brett Levy in the ASCCA newsletter

<https://asca.org.au/blog/brett-levy-july-2026/> The Digital Key to Staying Independent

He discusses the various type sof technology to help in the home, with shopping and your health. He then has suggestions on overcoming the ‘Tech Hesitation’. This is a good read so I will not repeat the content here.

There are many articles on the internet about research on healthy aging. Here are a couple I have found with links to the articles for your reading.

Overview of Positive Ageing Technology

Digital tools are transforming positive ageing by facilitating independent living through early detection of physical declines and personalized, evidence-based, at-home interventions. Technologies such as wearable sensors and adaptive, clinical-grade applications can reduce falls by approximately 20% by enabling targeted care and proactive mobility management. Read the full story at [Australian Ageing Agenda](#).

Promoting healthy aging in a digital world: leveraging technology for enhanced elderly care and wellbeing

The rising demands of an aging population underscore the need for digital health technologies (DHTs) in elderly care. Traditional services, which rely heavily on face-to-face, human-dependent interactions by medical and nursing staff, may struggle to meet these needs amid growing healthcare workforce shortages. This review examines the emerging role of DHTs—including wearable sensors, artificial intelligence (AI), robotics, and virtual reality (VR)—in supporting healthy aging. These technologies offer promising solutions to challenges such as chronic disease management, mobility impairments, cognitive decline, and social isolation. However, despite their potential, their adoption and integration into care systems remain limited due to a range of barriers.

Read the full story at

<https://www.frontiersin.org/journals/aging/articles/10.3389/fragi.2026.1687784/full>

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	20/7 10:00 to 11:30 am BeConnected Good Things introduction	20/7 12:30 to 2:00 pm # 52 Assistance class Cost \$5	21/7 10:00 to 11:30 am BeConnected Good Things introduction	22/7 1:00 to 2:30 pm BeConnected Good Things introduction	23/7 10:00 to 11:30 am Online ZOOM class #37 Zoom fee \$10 is now due (covers all sessions for Term 3)
2	27/7 10:00 to 11:30 Free Morning Tea Guest speaker Scott Holding Driving	27/7 12:30 pm Committee Meeting	28/7 10:00 to 11:30 am BeConnected Q & A	29/7 1:00 to 2:30 pm BeConnected Q & A	30/7 10:00 to 11:30 am Online ZOOM class
3	3/8 10:00 to 11:30 am BeConnected General Email Information	3/8 12:30 to 2:00 pm # 53 Assistance class Cost \$5	4/8 10:00 to 11:30 am BeConnected General Email Information	5/8 1:00 to 2:30 pm BeConnected General Email Information	6/8 10:00 to 11:30 am Online ZOOM class
4	10/8 10:00 to 11:30 am BeConnected Email Labels & Folders	10/8 12:30 to 2:00 pm # 54 Assistance class Cost \$5	11/8 10:00 to 11:30 am BeConnected Email Labels & Folders	12/8 1:00 to 2:30 pm BeConnected Email Labels & Folders	13/8 10:00 to 11:30 am Online ZOOM class
5	17/8 10:00 to 11:30 am BeConnected MyGov	17/8 12:30 to 2:00 pm # 55 Assistance class Cost \$5	18/8 10:00 to 11:30 am BeConnected MyGov	19/8 1:00 to 2:30 pm BeConnected MyGov	20/8 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	24/8 10:00 to 11:30 am BeConnected More on MyGov	24/8 12:30 pm Committee Meeting	25/8 10:00 to 11:30 am BeConnected More on MyGov	26/8 1:00 to 2:30 pm BeConnected More on MyGov	27/8 10:00 to 11:30 am Online ZOOM class
7	31/8 10:00 to 11:30 am BeConnected Service NSW	31/8 12:30 to 2:00 pm # 56 Assistance class Cost \$5	1/9 10:00 to 11:30 am BeConnected Service NSW	2/9 1:00 to 2:30 pm BeConnected Service NSW	3/9 10:00 to 11:30 am Online ZOOM class
8	7/9 10:00 to 11:30 am BeConnected Online Grocery Shopping	7/9 12:30 to 2:00 pm # 57 Assistance class Cost \$5	8/9 10:00 to 11:30 am BeConnected Online Grocery Shopping	9/9 1:00 to 2:30 pm BeConnected Online Grocery Shopping	10/9 10:00 to 11:30 am Online ZOOM class
9	14/9 10:00 to 11:30 am BeConnected Photo Editing	14/9 12:30 to 2:00 pm # 58 Assistance class Cost \$5	15/9 10:00 to 11:30 am BeConnected Photo Editing	16/9 1:00 to 2:30 pm BeConnected Photo Editing	17/9 10:00 to 11:30 am Online ZOOM class
10	21/9 10:00 to 11:30 am BeConnected ChatGPT	21/9 12:30 to 2:00 pm # 59 Assistance class Cost \$5	22/9 10:00 to 11:30 am BeConnected ChatGPT	23/9 1:00 to 2:30 pm BeConnected ChatGPT	24/9 10:00 to 11:30 am Online ZOOM class