

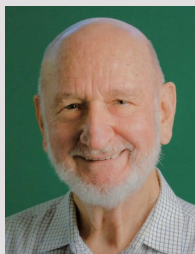


SWITCHED - ON SENIORS

Email : contact@computerpals.org.au

President

Barry Keen



Dates to Remember

Term 2 starts Monday April 28th

Friday May 16th— Social outing to Hunter Botanical Gardens

National Volunteers Week—19/5-25/5

King's Birthday holiday (No classes) June 9th

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Victim of an online scam? Page 7



PRESIDENT'S REPORT – May 2025

Hi everyone,

This is a reminder that Term 2 starts back on Monday 28/4 at Club Lambton. This will be an enrolment day.

The BeConnected topic this week will be “Joining and Signing in to BeConnected”

There will be no Assistance class in the afternoon as there will be a Committee Meeting.

Also on Monday May 12th there will be no morning BeConnected class as the Lady Bowlers will be hosting a Gala Bowls Day. The afternoon Assistance class is a bit ‘up in the air’ - we will hold it but we’re unsure where. We’ll let people who are booked know.

Another reminder for those who would like to join us on Thursday Zoom sessions—for financial Computerpals members—cost is \$10 that covers the whole Term.

Treasurer Grahame will be in attendance on 28/4 and can take your payment or you can pay online - (quote your name & Zoom #1).

Looking ahead, Brenton has organised a social day out for us to the Hunter Botanical Gardens (see page 3).

National Volunteers Week—runs from May 19th to May 25th.

We give thanks to all who volunteer as tutors/mentors, committee, helping hands on social morning teas.

Where would we be without our volunteers?

Speaking of volunteers—we are always looking for people who would like to share their time volunteering either skills they have or would like to learn new skills. Come along and make yourself known and join our happy team and enjoy yourself with us.

King's Birthday holiday—(No classes) June 9th

Cheers, 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 Elsey
Social

Margie Olsen



Social News

Hi Members,

Our next outing will be to the Hunter Botanic Gardens, Heatherbrae on Friday 16th May. We will meet for morning tea and then wander off to explore along the many paths at your leisure, with cameras 'at the ready'.

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 an area of 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 at low prices from the plant stall.

During the recent gale force storms much damage was done, with many trees blown over, branches snapped and some damage also to infrastructure. While the gardens were closed for a period in order for a clean-up, they are again open and in need of support by visitors - hence our visit. Details as follows;

When: Friday 16th May 2025

Where: Hunter Botanic Gardens, Heatherbrae

Time: Meet from 9.30am for M/Tea (limited volunteer cafe staff)

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

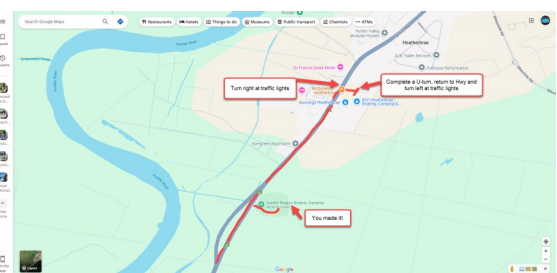
On entering the carpark, a boom gate will close behind you. Proceed to the Visitor Centre/Cafe to pay your entry fees, and receive a carpark exit token. Please note that if arriving northbound on the Pacific Highway, you may have to drive past the Gardens entry (RHS) due to roadworks (please note - these may have been completed by now). Proceed to traffic lights at McDonalds where you turn right, travel to a safe place to do a U-turn, back to the lights where you will turn left and proceed southbound on the highway to the entrance on LHS. (see attached map)

Please [click here](#) to download the attendance form, complete it and submit. ***This is most important***, as we do need to know who is attending for numerous reasons including Club insurance, your contact details for the day, advising any organisation we are engaging with of numbers for 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

<http://www.computerpals.org.au>
computerpals2010@gmail.com



Contact Us

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islingtonpals@gmail.com

Committee



Fred Neal

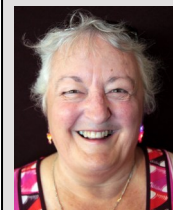
Graham King

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



LINDSAY'S PHONE TIP:

Live in an area of low signal strength? I do! This means that I often got **"you are breaking up, I can't hear you"**

The screen shot shows my 4G LTE signal strength as "LOW" and is typical at my house.

At a time of low tolerance I decided to see what I could do. Move house? No not quite that desperate.

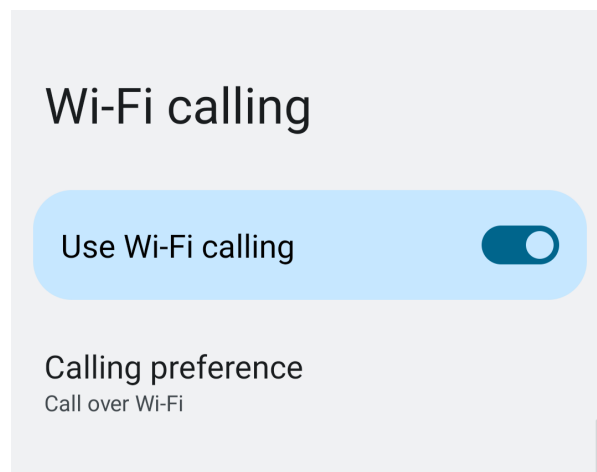
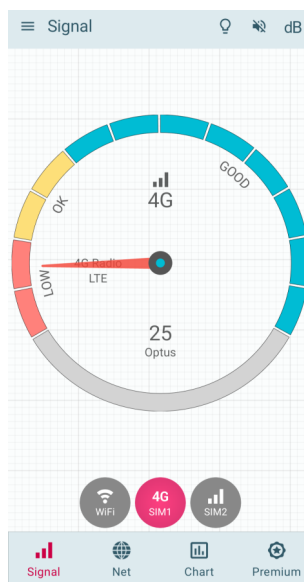
I had used Wi-Fi calling where there was no mobile coverage but there was Wi-Fi. It worked, just a matter of turning it on in "Settings". I wonder if that will make a difference?

Off to the **Settings, Mobile Network and Wi-Fi calling** and turned it on. Then set the Calling preference to **Call over Wi-Fi** and **Call over Wi-Fi** as the first preference.

Now that was a few weeks ago and I have not had one **"you are breaking up, I can't hear you"**

No guarantees but it works for me!

P.S. The App is called Signal Strength



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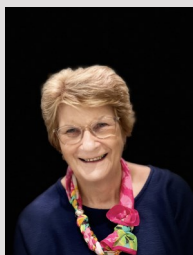
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Committee

Sandra Keen



Judy Wallace

Jackie Lampe
Vice President



Lindsay Threadgate

Ray Hinton



Technology

AI examples using ChatGPT

Here are 2 fun examples of using ChatGPT.

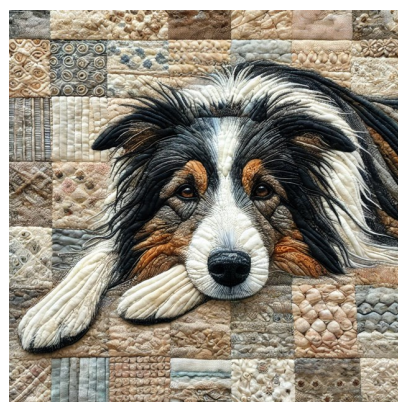
Can you create a nature inspired image of a pelican in flight as a collage for use in textile art.



Here's your nature-inspired collage of a pelican in flight! Let me know if you'd like any adjustments to better suit your textile art vision.

I want to create a collage based on this photo. I will be using fabric pieces. Can you create an image of what the final piece would look like please?

I'll generate an image that represents your dog's portrait as a fabric-based collage. It will have a textile-art feel, with visible fabric textures, stitched details, and layered fabric pieces to capture the essence of your original photo. Let me create that for you now.



Now, neither of these are perfect for my purposes. While AI is becoming increasingly powerful, the way users interact with these models plays a crucial role in achieving accurate and useful responses .

I will continue on the next page with practical examples to help you optimize your interactions with reasoning models.

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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Committee



Fred Neal

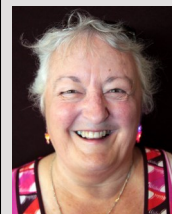
Graham King

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Mitzi Gordon



Carmel Smith

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Technology



How to get better responses from your AI apps

Keeping prompts simple and direct

One of the main takeaways from OpenAI’s guide is that models perform best when given straightforward prompts. Overcomplicating a request or adding excessive instructions can lead to confusion or unexpected responses

Example:

Less effective prompt: “Can you analyze this dataset step by step, explain your reasoning at every stage, and ensure that the answer aligns with best practices in statistical analysis?”

Better prompt: “Analyze the dataset and provide key insights.”

The second version is clearer and allows the model to perform its reasoning internally without unnecessary instructions.

Avoiding chain-of-thought prompts

Contrary to some popular prompting techniques, OpenAI advises against instructing models to “think step by step” or to “explain their reasoning.” The models are already optimized for logical reasoning, and adding such instructions can sometimes hinder performance rather than improve it.

Example:

Less effective prompt: “Think step by step and explain how you would calculate the square root of 144.”

Better prompt: “What is the square root of 144?”

Providing specific guidelines

If your request has constraints — such as a budget, timeframe, or particular method — it’s best to clearly state them in the prompt.

Example:

Less effective: “Suggest a marketing strategy.”

Better: “Suggest a digital marketing strategy for a startup with a \$500 budget focused on social media.”

The clearer the constraints, the more useful the model’s response will be.

OpenAI’s new prompting guide offers valuable insights for getting the best results from their reasoning models.

The key takeaways include:

1. Keep prompts simple and direct.
2. Avoid unnecessary chain-of-thought instructions.
3. Use delimiters to structure input clearly.
4. Limit additional context in retrieval-augmented tasks.
5. Provide specific guidelines to refine outputs.
6. Clearly define your end goal and iterate when needed.

By following these best practices, you can improve AI performance, reduce errors, and make your interactions with OpenAI’s models more effective. Whether you’re building AI-powered applications or simply using AI for personal productivity, mastering prompt engineering will ensure you get the most out of your AI experience.

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2025 Term 2 - 28th Apr to 4th Jul. Ph: 0478 219 220 (updated 15/5/2025)

BeConnected classes are free. #1. 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	28/4 10:00 to 11:30 am Enrolment Day Joining & Signing In to Be Connected	28/4 12:30 to 2:00 pm Committee Meeting	29/4 10:00 to 11:30 am Joining & Signing In to BeConnected	30/4 1:00 to 2:30 pm Joining & Signing In to BeConnected	1/5 10:00 to 11:30 am Online ZOOM class #1. Zoom fee \$10 is now due (covers all sessions for Term 2)
2	5/5 10:00 to 11:30 am BeConnected Organising Apps	5/5 12:30 to 2:00 pm # 13 Assistance class	6/5 10:00 to 11:30 am BeConnected Organising Apps	7/5 1:00 to 2:30 pm BeConnected Organising Apps	8/5 10:00 to 11:30 am Online ZOOM class
3	12/5 NO CLASS Lady Bowlers Gala Day	12/5 12:30 to 2:00 pm #14 Assistance class	13/5 10:00 to 11:30 am BeConnected Safety on the Internet	14/5 1:00 to 2:30 pm BeConnected Safety on the Internet	15/5 10:00 to 11:30 am Online ZOOM class
4	19/5 10:00 to 11:30 am BeConnected Copy & Paste on Phone/Tablet	19/5 12:30 to 2:00 pm #15 Assistance class	20/5 10:00 to 11:30 am BeConnected Copy & Paste on Phone/Tablet	21/5 1:00 to 2:30 pm BeConnected Copy & Paste on Phone/Tablet	22/5 10:00 to 11:30 am Online ZOOM class
National Volunteers Week <u>May</u> 19 - 25					
5	26/5 10:00 to 11:30 am BeConnected Video Calling - <u>WhatsApp</u> FaceTime, Messenger	26/5 12:30 to 2:00 pm #16 Assistance class	27/5 10:00 to 11:30 am BeConnected Video Calling - <u>WhatsApp</u> FaceTime, Messenger	28/5 1:00 to 2:30 pm BeConnected Video Calling - <u>WhatsApp</u> FaceTime, Messenger	29/5 10:00 to 11:30 am Online ZOOM class



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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	2/6 10:00 to 11:30 am BeConnected Messages Vs Messenger	2/6 12:30 to 2:00 pm #17 Assistance class	3/6 10:00 to 11:30 am BeConnected Messages Vs Messenger	4/6 1:00 to 2:30 pm BeConnected Messages Vs Messenger	5/6 10:00 to 11:30 am Online ZOOM class
7	9/6 KING'S BIRTHDAY HOLIDAY NO CLASS	9/6 KING'S BIRTHDAY HOLIDAY NO CLASS	10/6 10:00 to 11:30 am BeConnected Revision	11/6 1:00 to 2:30 pm BeConnected Revision	12/6 10:00 to 11:30 am Online ZOOM class
8	16/6 10:00 to 11:30 am BeConnected Introduction to AI	16/6 12:30 to 2:00 pm #18 Assistance class	17/6 10:00 to 11:30 am BeConnected Introduction to AI	18/6 1:00 to 2:30 pm BeConnected Introduction to AI	19/6 10:00 to 11:30 am Online ZOOM class
9	23/6 10:00 to 11:30 am BeConnected Using AI	23/6 12:30 to 2:00 pm Committee Meeting Via ZOOM	24/6 10:00 to 11:30 am BeConnected Using AI	25/6 1:00 to 2:30 pm BeConnected Using AI	26/6 10:00 to 11:30 am Online ZOOM class
10	30/6 10:00 to 11:30 am BeConnected Windows 10 Misinformation Q & A	30/6 12:30 to 2:00 pm #19 Assistance class	1/7 10:00 to 11:30 am BeConnected Windows 10 Misinformation Q & A	2/7 1:00 to 2:30 pm BeConnected Windows 10 Misinformation Q & A	3/7 10:00 to 11:30 am Online ZOOM class

Member Information

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

BANK TRANSFER

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

There are only a limited number of characters which come through on our bank statement so please use the following protocol in the reference section.

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 eg **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**

www.yourlifechoices.com.au

Victim of an online scam? Here's what to do next

Abegail Abrugar

In the digital age, the treacherous quicksand and booby traps of our childhood adventure movies have been replaced by the equally perilous world of online scams. From phishing emails to fraudulent social media profiles, the internet is rife with digital pitfalls designed to part you from your hard-earned money. According to a recent Bankrate Financial Fraud survey, a staggering 37% of respondents reported losing money to an online scam last year, highlighting the prevalence of this modern-day menace.

But all is not lost if you find yourself ensnared by a [scammer's trap](#). Immediate action is your best defence against further financial injury. 'You really have to stop the bleeding,' advises Gina Tran, director of product for Bitwarden. Scammers are constantly honing their craft, and with the sale of customer data, the advent of generative AI tools, and invasive app data collection, their methods are becoming increasingly sophisticated. Given enough time, a scammer can amass a wealth of information to target you more effectively.

Quick and decisive action is your best defence against online scammers.

For instance, romance scammers may employ AI-generated images to impersonate an old acquaintance, while job scammers might use details from your online resume to engage in conversation and ultimately access your financial accounts. Regardless of the method, the goal is the same: to siphon off your funds.

Tran recommends these five essential steps if you've fallen victim to an online scam, to help you regain control and possibly recover your losses:

1. Change your passwords and enable multi-factor authentication (MFA)

Immediately update the password for any compromised account. 'You need to have a strong, unique password for your critical accounts,' Enabling MFA adds an extra layer of security, making it harder for scammers to gain unauthorised access.

2. Download a password manager

If you've reused passwords across multiple accounts, change them all. A password manager can assist in generating and storing complex, unique passwords for each of your accounts, reducing the risk of a scammer gaining access to multiple platforms.

3. Monitor your other online accounts

Vigilantly watch for unauthorised login attempts on all your accounts. Financial services often provide details such as IP addresses and locations of login attempts. If you notice any suspicious activity, revoke access for that IP address and device, and report the incident to the financial institution.

4. Contact relevant financial institutions

After securing your accounts, reach out to the fraud resolution department of the affected institution. While banks may be able to recover some or all of the stolen funds, the success of such efforts can vary depending on the nature of the theft. For future transactions, consider using virtual credit card numbers to protect your actual card details.

5. Report the scam

Begin by reporting the scam to local or state law enforcement. While they may not be able to recover your funds or catch the scammer, your report contributes to a larger dataset that can improve scam detection and prevention efforts.

Dealing with an online scam can feel overwhelming, but taking the right steps after falling victim to an online scam can help limit the damage and, in some cases, recover your losses. It's all about acting quickly and staying vigilant.

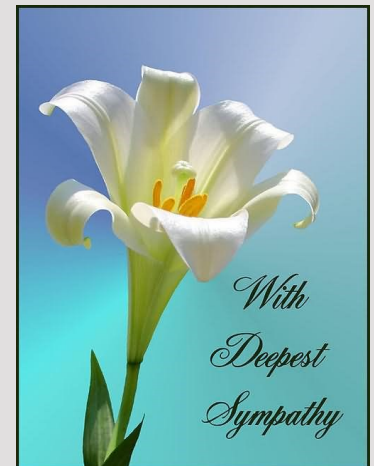
Best Wishes

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.

Australian Seniors
Computer Clubs Association **ASCCA**