



SWITCHED ON SENIORS

Email : contact@computerpals.org.au

President

Barry Keen



Dates to Remember

- **Daylight Saving Starts Sunday 2/10**
- **Term 4 starts 10/10**
- **Enrolment Day 10/10**
- **Tech with Tea & Scones Monday 17/10 Club Lambton 10 am**

You can still **BE A ZOOMIE** and join us online. Thursday mornings @ 9.45 am

Special Groups - Memorypals, Writerpals & Digipals will meet on their usual Mondays

In This Issue

- Gems from Harold Page 2
- Scamwatch Page 3
- Special Interest Groups Page 4
- Funnybone Page 5



Australian Seniors Computer Clubs Association **ASCCA**

President’s Report OCTOBER 2022

Another month and another Term gone by. This year is flying.

As usual it has been a busy time for the club with our regular classes and Zoom sessions, the Health in Your Hands Program and our social event.

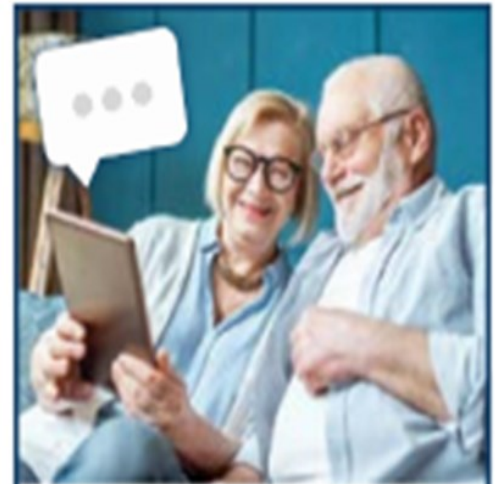
The Roster Team have met (during the school holidays via Zoom) and formulated the program for Term 4 starting on Monday 10th October which will also be an Enrolment Day. I hope to see a big roll up on the day.

The focus on classes will be continuation of the Be Connected sessions in the mornings and mostly individual assistance sessions on the Monday afternoons at Club Lambton.

You will see in the program when specific classes/topics have been scheduled on some Monday afternoons and I encourage you to enrol in these also.

Be Connected sessions—Tuesdays at Wallsend Library and Wednesdays at Hamilton Library will continue—starting at 10 am.

Get Online Week will be headlined on Monday 17th October - Tech with Tea & Scones.— 10 am to 12 noon. For catering purposes it is essential you book in for this day or someone (maybe you) will miss out on some of the goodies. This will be a fun day of activities you will certainly enjoy. Phone or message 0478 219 220 leaving your name please, OR email us at islingtonpals@gmail.com



JOIN OUR GET ONLINE WEEK
FREE FUN EVENT
WITH MORNING TEA

10AM MONDAY
17TH OCTOBER

Club Lambton
51 Karoola Rd, Lambton

BY BOOKING ONLY
0478 219 220



COMPUTERPALS
FOR SENIORS
NEWCASTLE

A few gems from Harold Franks for your enjoyment and encouragement

You Can't Go Back

When I was a lad and in my prime
I was right, the sun would shine
We had fun, just kids in fact
Now I realise, you can't go back

To stay out all night and have a ball
Often happened that I had a fall
Even rode on the local hack
But I know, you can't go back

As a young lad in the local band
Always someone to give a hand
Nothing there for us to lack
But brother Jack, you can't go back

As a young man, I loved life
Took myself a treasured wife
She passed away, down the track
I'm sorry now, but you can't go back

Friends I've had for many years
They passed on, I've shed some tears
They've left behind a vacant crack
Time has shown you can't go back

Now I'm old and left alone
Seldom a call on the telephone
Legs are tired, skin is slack
Must go forward, you can't go back

When I die and go to where?
I'm sure to find friends waiting there
Whether in white, or dressed in black
There's one thing certain, you can't go back.

Titanic Sleeps

Across the oceans, dark and deep
Many ships, on sea-bed, sleep
Titanic is the classic one
Where people sailed for sea and sun

Titanic sailed from British shores
With much fan-fare and great applause
To United States for its port of call
Until fate arrived for its fatal fall

An iceberg came upon the scene
Floating on the sea of green
Passengers on the stricken ship
Into the lifeboats rather quick

SOS, the calls go out
To any ship that's hereabout
Many lives, that day were lost
Of human life, what was the cost

A hundred years and more, it's been
Since the Titanic last was seen
And then at last, a wreck was found
Asleep upon where it was drowned.

A Leek



Went to the bathroom and what do I see
A leek neath the basin, as plain as can be
Is it a plumber, or green grocer I need
It's sitting there, just like a green weed

Amongst the detergent and soaps it stands
The only thing there without any brands
What is it doing, what's it there for
If I look around, will I find more

A prankster, no doubt, has put the thing there
The area around it would look very bare
A rat or a mouse would not eat a leek
I'll just sit around and have a wee peak

In comes a joker, with beady eyes bright
I speak to him, he trembles in fright
He's been caught in the act, shock on his face
Smartly he turns and runs out of the place

If you feel useless today,
remember somebody is
working as a lifeguard at the
olympics:

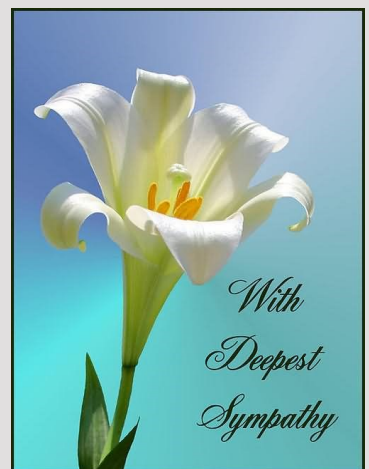


Best Wishes

*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.*



Cyber Security Awareness Month starts in October

If you are an Optus customer and have been impacted, there are several steps you can take to help to keep your accounts secure.

Monitor your devices and online accounts for unusual activity

Consider whether you need to change your passwords or PINs—Change them anyway “just in case”

Check your accounts and transaction history for unusual activity—Do this daily if possible

Consider whether you need to put a hold on your cards or change your daily transaction limits

BE VIGILANT to potential scams, as scammers may have more convincing personal information because of the breach

NEVER share your information or passwords with an unsolicited caller, texter, emailer, or messenger on social media. Find out more about the types of scams on the ACSC website

More information about how to protect yourself is available on the OAIC website and

www.scamwatch.gov.au.

IDCARE is Australia’s national identity and cyber support service and offers specific expert advice to Optus customers impacted by this breach. Please see the IDCARE website for more details - <https://www.idcare.org/optus-db-response>.

www.idcare.org/optus-db-response.

Optus is also working with Equifax to offer their most affected current and former customers a free 12-month subscription to a credit monitoring and identity protection service that can help reduce the risk of identity theft. Head to www.optus.com.au for more details.

Cyber Security Awareness Month is a reminder for all Australian individuals to stay secure online and practice good cyber hygiene.

The weekly themes for Cyber Security Awareness Month are:

Week 1 (3-9 October 2022)

Theme: Have you been hacked?

Week 2 (10-16 October 2022)

Theme: Is your email secure?

Week 3 (17-23 October 2022)

Theme: How do you act now to stay secure?

Week 4 (24-30 October 2022)

Theme: It's time to take action!

How can I get involved?

We encourage you to participate and/or host an activity in your workplace, home, community or school.

Download our online resources to support your event.

Join the conversation about Cyber Security Awareness Month using the #AusCyberMonth22 hashtag.

Share the ACSC social media posts using the hashtag #AusCyberMonth22.

Report all cybercrime and cyber security incidents to the [ACSC via ReportCyber](#), or call the Australian Cyber Security Hotline on 1300 292 371 (1300 CYBER1).

Where can I find the Cyber Security Awareness Month 2022 Resources?

All 2022 resources are now available for download from cyber.gov.au. These resources include:

Posters to promote Cyber Security Awareness Month 2022.

Posters promoting the steps to being cyber secure.

Email banner.

Desktop wallpaper.

Social media banner.

Microsoft Teams/Zoom banner.

PowerPoint wallpaper.

Social media tiles.

Guides for you to use and share.

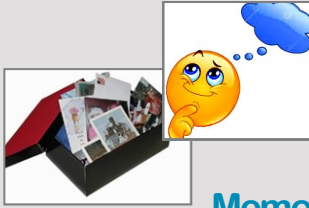
Get Social

Over the coming weeks, we will post content to our ACSC social channels (Twitter, Facebook, and LinkedIn). We would love you to share our posts throughout the month of October with your friends and family.

Let’s work together to ensure all Australian individuals and businesses stay secure online.

Kind regards,
ACSC

Special Interest Groups



MemoryPals

Meets on first Monday of each month at 1:00pm. Reminisce about your childhood memories and learn how to preserve them.



WriterPals

Our Creative Writing group is for enthusiasts, not experts. We meet on the second Monday of each month. Meetings begin at 1:00 pm.



DigiPals

DigiPals is an active group of ComputerPals members who meet on the third Monday of each month at 1 p.m. to explore digital photography.

MemoryPals

WriterPals

DigiPals

PLEASE NOTE:

These **Interest Groups** were combined for the past few months to work on Multi-media Journaling Projects involving all three interests.

The groups themselves have fallen into a slight form of disarray over the past few months getting the competition entries organised and learning new stuff for the Multimedia competition.

We are much more talented now than we have ever been but there is always more to learn. The normal schedule of group meetings is now back (see the left column).

Help is readily available should you require it No need to book - just join the group.

Multimedia competition entries are **CLOSED**

Creative Writing entries are **CLOSED**

Digital Photography entries are **CLOSED**

COMPETITIONS: Time is up—now we wait.

To those who entered - well done. May the Force be with you

To those who didn't enter - Think of next year and start planning now. We don't know topics, but strategy and techniques can always be honed.

Help is always available, just come along and join in. Your input is always welcome.

Thursday Zoomies

Thursday will be devoted to regular Zoom classes commencing at 10:00 am. Please note the change of day.

An email will be sent out with "What's On" and the log in codes.

To find out what is on check your email or send an email to us at contact@computerpals.org.au to find out what is coming up and how to join our Zoom sessions. They are wonderfully informative and proving very popular

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.

Contact Us



To contact the Roster Team or the Treasurer regarding rosters or payments use:

islingtonpals@gmail.com

Roster Team



Sandra Keen

Mitzi Gordon



Judy Wallace

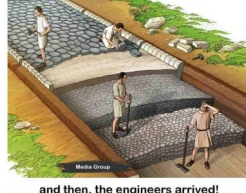
Jackie Lampe



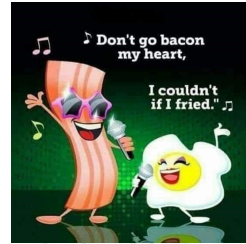
These people are all volunteers who also teach classes at Computerpals. We ask that you take this into consideration when your phone call is not answered immediately.

Funnybone —

Without a single degree, they built us roads that have lasted an eternity.

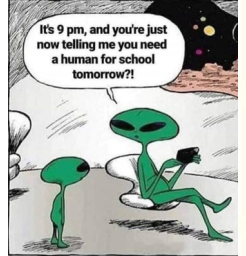


and then, the engineers arrived!

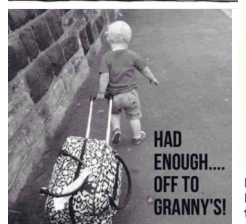


Don't go bacon my heart, I couldn't if I fried."

Why alien abductions happen only at night

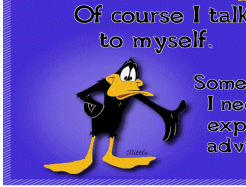


It's 9 pm, and you're just now telling me you need a human for school tomorrow?!



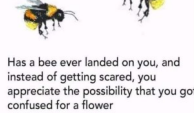
HAD ENOUGH.... OFF TO GRANNY'S!

Old age used to be all in my head... now it's in my joints too.



Of course I talk to myself.

Sometimes I need expert advice.



Has a bee ever landed on you, and instead of getting scared, you appreciate the possibility that you got confused for a flower

Why men shouldn't write advice columns

Dear John, I hope you can help me. The other day, I set off for work, leaving my husband in the house watching TV. My car stalled, and then it broke down about a mile down the road, and I had to walk back to get my husband's help. When I got home, I couldn't believe my eyes. He was in our bedroom with the neighbor's daughter! I am 32, my husband is 34 and the neighbor's daughter is 19. We have been married for 10 years. When I confronted him, he broke down and admitted they had been having an affair for the past six months. He won't go to counseling, and I'm afraid I am a wreck and need advice urgently. Can you please help? Sincerely, Sheila

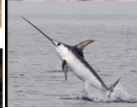
Dear Sheila, A car stalling after being driven a short distance can be caused by a variety of faults with the engine. Start by checking that there is no debris in the fuel line. If it is clear, check the vacuum pipes and hoses on the intake manifold and also check all grounding wires. If none of these approaches solves the problem, it could be that the fuel pump itself is faulty, causing low delivery pressure to the injectors. I hope this helps, John

— Forwarded by Steve Sanderson, Gilbert, S.C.

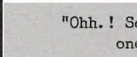
Unicorn



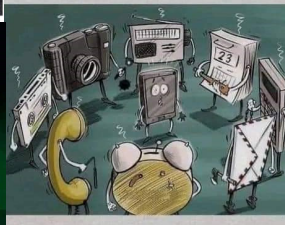
Heavy assault unicorn



High speed submersible unicorn



"Ohh. ! So you're the one who,



took all our jobs."

Last year I replaced all the windows in my house with those expensive, double-pane, energy-efficient kind. Today, I got a call from Home Depot who installed them. He complained that the work had been completed a year ago and I still hadn't paid for them. HHHHelloooo..... just because I'm blonde doesn't mean that I am automatically stupid. So, I told him just what his fast-talking sales guy told me last year... that these windows would pay for themselves in a year. Hellooooo? It's been a year, so they're paid for, I told him. There was only silence at the other end of the line, so I finally hung up. He never called back. I bet he felt like an idiot.

DEAR NEIGHBOUR: Hi, Max. This is Richard, next door. I've been riddled with guilt for a few months and have been trying to get up the courage to tell you face-to-face. When you're not around, I've been sharing your wife, day and night, probably much more than you. I haven't been getting it at home recently. I know that's no excuse. The temptation was just too great. I can't live with the guilt & hope you'll accept my sincere apology and forgive me.

Please suggest a fee for usage and I'll pay you. Regards Richard Max, feeling enraged and betrayed, grabbed his gun, went next door, and shot Richard dead. He returned home, shot his wife, poured himself a stiff drink and sat down on the sofa. Max then looked at his phone and discovered a second text message from Richard.

SECOND TEXT MESSAGE: Hi, Max. Richard here again. Sorry about the typo on my last text. I assume you figured it out and noticed that the darned Spell-Checker had changed "wi-fi" to "wife." Technology, huh? It'll be the death of us all.



Some alligators can grow up to 15 feet.

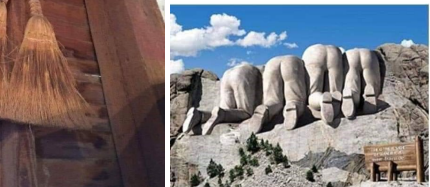


But most only have 4.



How to write "I changed a lightbulb" on your resume: "Single-handedly managed the successful upgrade and deployment of a new environmental illumination system with zero cost overruns and no safety incidents."

You know, there are some things that you just never think of like Mt. Rushmore from the Canadian side.



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, in accuracy or other shortcomings of this newsletter.