



# SWITCHED - ON SENIORS

Email : [contact@computerpals.org.au](mailto:contact@computerpals.org.au)

## Vice President

**Jackie Lampe**



## Dates to Remember

**Enrolment Day**  
Monday July 22nd

**Special Groups**  
Thursday 8th August

**Next social day out**  
Friday 16th August

**AGM**  
Friday 23rd August

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Australian Seniors  
Computer Clubs Association **ASCCA**

## PRESIDENT'S REPORT – July 2024

All classes have been running smoothly and have been well attended.

Our morning tea held on Monday June 17 2024 was also well attended with a total of 68.

Our two guest speakers, Kathy Lewis from NOVACARE and Jan Bynon from the Stroke Foundation, gave informative talks relevant to our audience age group.

Thank you, Lindsay Threadgate, for taking charge of the event together with the ladies who organised a well- received Morning Tea and Mitzi Gordon for organising the door prizes.

Thanks to all Committee members and Tutors for stepping up and taking on extra duties following the absence of Sandra and Barry.

Vice President

Jackie Lampe

**Please Note:** Membership fees are now due.

See Page 2 for payment info

Also, a reminder that Club Lambton's memberships are due for renewal.

Term 2 has ended. We break for the school holidays and resume in Term 3 on Monday 22th July. I draw your attention to the upcoming Annual General Meeting on 23rd August and the need to elect a new committee for 2024/5. Nominations will be called for in due course.



Summer Holiday Countdown

## Contact Us



To contact the Roster Team or the Treasurer

regarding class rosters or payments use:

[islingtonpals@gmail.com](mailto:islingtonpals@gmail.com)

## Committee

Carolyn Keane



Wendy Smith

Mervyn Pope



Brenton Eley

Margie Olsen



## Member Information

### Membership is now due

#### 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 Membership (for membership payment)

You can also pay cash on enrolment day.

**Club Lambton's memberships** are due for renewal.

It is worthwhile to be a member if you join us on a Monday as you can take advantage of reduced costs for drinks, coffee and food.

**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

### Dates to Note:

Don't forget our forthcoming AGM/Lunch to be held on **Friday 23rd August** next (details to follow) – mark your diaries.

Next Social Day Out will be on Friday 16th August next – mark this one down too.

**Memorypals, Writerpals and Digipals** have now combined meetings on the 2nd Thursday each month at 1pm at Club Lambton.

Next meeting will be August 8th at 1pm at Lambton and the topic will be following on from the “learning to drive” one last month. Tell a story about something you thought you might be a roaring success at but which turned out to be an unmitigated disaster...mine is making scones.

It can be anything you choose to write about - trapeze artist beginnings to cliff diving to threading a needle. Doesn't need to be a novel, just start with the first sentence and stop at the end...the amount in between is up to you.

### 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

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**Committee**

Sandra Keen



Judy Wallace

Jackie Lampe



Lindsay Threadgate

Ray Hinton



**Member Story:**

**The Joy of Discovering ComputerPals**

**By Jackie Lampe**

One of my biggest fears when faced with the prospect of retirement, was losing the support and knowledge of my colleagues when working with computers.

I had experience and confidence in using workplace programs, but knew I would be lost when stepping away and needing to implement new skills and further my understanding to pursue my own interests and individual needs.

The thought of purchasing a new laptop, tablet and smartphone was daunting.

Where was the best outlet? How much should I spend? How do I set it all up? How do I make sense of what the sales people are telling me? The more I asked myself the more isolated and confused I felt.

Good fortune happened to save me.

Being a regular walker, I would pass a small office space which had a ComputerPals information poster displayed on its window. I saw people inside all seated round a table with a huge screen in front of them. Being curious, I stepped in and made an inquiry.

A lovely lady jumped up and told me what I needed to hear. Lessons which were free, were only conducted during working hours and therefore I would have to wait.

She handed me a business card and invited me to come back when able to attend.

That lovely lady was Sandra Keen.

That card on my kitchen window sill for those pre-retirement years and it gave me great comfort.

The time came when I could attend those classes and I did with great satisfaction. They were amazing and were conducted by the most friendly, knowledgeable people who had experience, patience and dedication in helping people like me understand the foggy and confusing world of computers and their programs.

So much confusion clarified regarding google accounts (unbeknown to me I had two!), emailing systems, storage requirements. The list goes on.

This wonderful cohort of voluntary tutors provided me with the specifications I required for my new laptop, tablet and smartphone purchases. What a difference it made for me to enter a store knowing exactly what I needed!

Six or seven years have passed, teaching locations and technical requirements have changed, but the ComputerPals Tutoring Team is still active, providing an important service helping older people manage their devices with more confidence and understanding.

Not only are they my cyber world mentors and teachers, but many have also become valued and trusted friends.

Many of us who have gained the benefits of attending regular ComputerPals classes have a lot to be thankful for and all made possible by a group of very generous and inspirational people.

## Morning Tea/General Meeting

Our Members Morning Tea/ General Meeting was held on Monday 17th June at Club Lambton. Another very good rollup of some 65 members attended, with many no doubt coming along to hear the special guest speakers. With President Barry Keen taking a back seat due to recent health issues, Lindsay Threadgate took the helm, welcoming members and giving a brief overview of the Club's current situation. He then introduced the guest speakers, Kathy Lewis from NovaCare and Jan Bynon from the Stroke Foundation.

A very informative and interesting presentation followed from Kathy who explained the benefits of the various Home Support Packages available today, with NovaCare being one of the main providers of these services. These packages ranged from short term restorative care through a couple of home support versions and finally, residential aged care. In all cases, Kathy stressed the need to register with My Aged Care a.s.a.p. as it quite conceivably could take up to 12-15 months to be approved. However, the wait would be well worth while, as the various levels of support available would assist greatly in enabling seniors to remain in the comfort and security of their own homes for longer.

Morning tea was next, with some willing helpers delivering a plate of goodies while members were called up, table at a time, to collect their tea or coffee. This action was put in place to minimise any accidents and spills etc. Tanks and tummies satisfied, it was time for Jan to advise about the different types of strokes, and how to recognise the signs so that early treatment can be sought, resulting in a better outcome for the patient. She also stressed the need to manage a stroke risk, by taking steps to have regular health checks, eating well, staying active, drinking alcohol in moderation and being smoke free.

With formal proceedings wrapped up along with the raffle, many members took the opportunity to have a chinwag with others, while some lined up to renew their membership, due by the end of this month.

Next Social Day Out will be on Friday 16th August next – mark this one down too.

Brenton Elsey



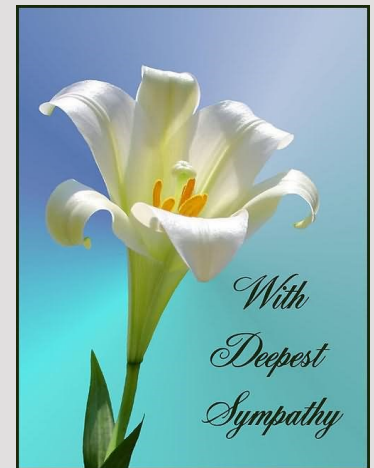
## Best Wishes

*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.*



## Scam Watch

<https://www.scamwatch.gov.au/>



### The following is worth repeating every so often:

Get familiar with the Scamwatch and ACCC sites and keep yourself informed of what is going on in the technological world. Google these names to get their web address and read the advice they give.

On the social media side, if you get friend requests from people already on your Facebook contact list, change your password because it is possible that one of them has had an intruder into their FB account.

Follow these steps:

**1. STOP** – Don't give money or personal information to anyone if unsure

Scammers will offer to help you or ask you to verify who you are. They will pretend to be from organisations you know and trust like, Services Australia, police, a bank, government or a fraud service.

**2. THINK** – Ask yourself could the message or call be fake?

Never click a link in a message. Only contact businesses or government using contact information from their official website or through their secure apps. If you're not sure say no, hang up or delete.

**3. PROTECT** – Act quickly if something feels wrong.

Contact your bank if you notice some unusual activity or if a scammer gets your money or information. Seek help from IDCARE and report to ReportCyber and Scamwatch.

## AI-Powered Scams

Perhaps the most obvious example of scammers using new technology to power existing scams comes from artificial intelligence (AI). For example, scammers might use AI to:

- Write more convincing and natural-sounding phishing emails and text messages.
- Create deepfakes of celebrities to trick victims into thinking they're investing in a good company project.
- Impersonate the victim's friend or relative and ask for money as part of a grandparent scam.
- Impersonate an employer and ask for personal information.

**The potential to create an image, video or voice of someone else could make existing scams even more believable, and opens up new opportunities for scammers.**

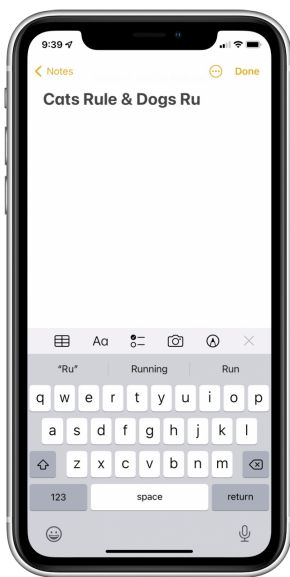
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## Tips & Tricks (iPhone this month)

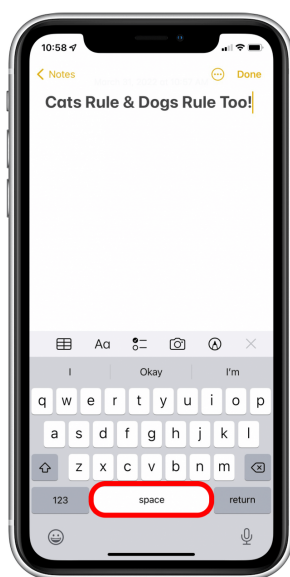
### How to Move Cursor on Keyboard with Spacebar

Make sure that [your iPhone is updated to iOS 12 or later](#) before using these steps.

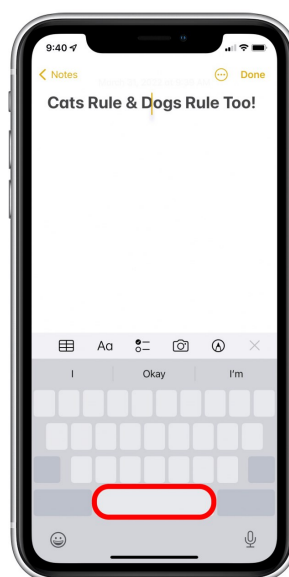
1. Type in any area that you can, such as your Notes app, a URL bar, or a text message.
2. Press and hold one finger on the spacebar. The keyboard will turn light gray.
3. Swipe finger across the spacebar to move the cursor until you have it at the desired place in the text area.
4. Let go of the spacebar to place your cursor and continue typing.



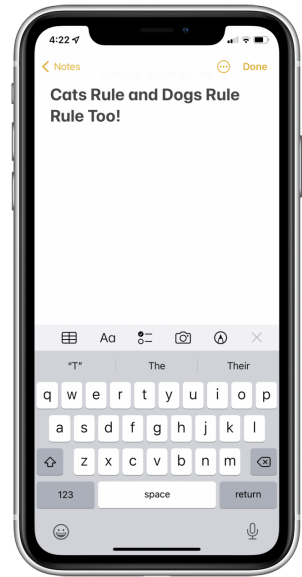
1



2



3



4

### How to Quickly Select Text with Spacebar

Now that you know how to move the cursor by using the spacebar, let's say you want to copy or paste text. With the help of the spacebar, you can highlight the text that you want to copy or paste.

1. Press and hold the spacebar until keyboard turns light gray.
2. While holding the spacebar, lightly tap the keyboard to make the handles appear on insertion point.
3. Swipe your finger across the keyboard to select the text that you want.
4. Lift up your finger when finished. Then, tap the selection to bring up the editing options menu.

Go to the following link for more information

<https://www.iphonelife.com/content/how-to-quickly-select-edit-text-3d-touch-iphone>

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