

ComputerPals - Newcastle

Where Seniors master technology

SWITCHED - ON SENIORS

Email : contact@computerpals.org.au

President

**Barry
Keen**

Dates to Remember

**Friday 8th March,
ComputerPals Outing****NSW Seniors Festival
11th to 24th March**

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President's Report—March 2024

Another month of 2024 behind us and now we're into Autumn, the years keep flying by.

We welcomed two new members who have volunteered their services to be tutors – Ossie Richards and Neil McNaughton. It's good to have you both join us and I look forward to having you helping our members learn about technology. I also welcome Jim Bridges, Cecille Coan, Bernie Hayes, Ann Jones, John Manning, Shelley Parsons, and Mansel Williams who joined as new members during February.

Another person I welcome is Alex McOnie as a tutor (shock/horror) he's too young to join as a member! Notwithstanding that, Alex has proven himself as a valuable volunteer tutor. A point to note – Alex has his own business – Agewise. There is no financial arrangement between Alex and ComputerPals. As an independent, Alex offers his expertise for in-home assistance to those who need it at competitive commercial rates. If you need his help you should approach him on Mondays at Club Lambton to discuss.

COMING UP...

NSW SENIOR'S FESTIVAL – 11th to 24th March – the theme is 'Reach Beyond' <https://www.nsw.gov.au/arts-and-culture/seniors-festival>

Locally, Newcastle City Council will host a Seniors Expo & Comedy Gala – Monday 11th March 2024 <https://www.newcastle.nsw.gov.au/community/our-community/seniors/seniors-festival-2024>

ComputerPals will be one of the exhibitors and we will also be speaking about our club in the afternoon.

ComputerPals will host our own special event on Monday 18th March at Club Lambton from 10:00 am with a guest speaker – Dr Gary Ellem speaking on 'Real People in the Metaverse'. Gary is an enlightening speaker – you won't want to miss this! A light lunch will follow – booking is essential as numbers are limited for catering.

I look forward with enthusiasm to seeing you at these events.

Cheers
Barry Keen
President



Australian Seniors
Computer Clubs Association **ASCCA**

Contact Us



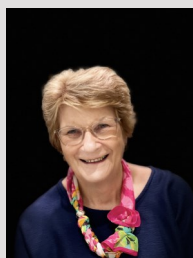
To contact the Roster Team or the Treasurer

regarding class rosters or payments use:

islingtonpals@gmail.com

Committee/Roster

Sandra Keen



Judy Wallace



Jackie

Lampe



Denise

Hayes



Grahame King



Member Information

Check out the ‘Timetable Button’ under ‘Get Started Now’ on the club’s website (computerpals.org.au) for details of the Term classes schedule.

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

Member story – Lindsay Threadgate

I had been “retired from BHP” after 40 years at the end of 2001, and after about 6 months my late wife Jan said “I have found something that you should get involved in”. After her repeating the statement several times over the next couple of weeks I conceded to go along and “see”.



ComputerPals had not yet held its 2nd AGM and was still “finding its feet” so to say. Peter King, a man of great enthusiasm, was President and made me feel very welcome. Then there was Bruce Deitz, I recognized him immediately and said “Deitz, Graham, I am Lindsay Threadgate” (you see I went to school with him). Bruce responded “No I am the good looking one, I am Bruce”. Well I was close, Bruce actually taught at Cessnock High School while I was there.

I met Peter Wales and his wife Carol, it was they who had told Jan about the club on a chance encounter. Jan had worked on the high school canteen with Carol and Peter. Roger Cornish was next, another old acquaintance, at BHP this time, we were trainees a couple of years apart. I was about to join and soon attend regularly, I am member No. 178. Carolyn Keane pipped me by a few weeks, she is the longest serving active member, her member No. 139.

Not long after I joined, one of the several “taps on the shoulder” occurred, “you know enough to tutor”, “we want you on the committee”, “you can lead the technical team”, “vice president”

In those days we were in the old building of Islington Public School, things were developing at a rapid pace as senior people scrambled to “learn the computer”. It was not long and Tutors were teaching 4 x 1½ hour lessons in a day with eight students in each.

Although the constitution of the Club allowed for 4 years in any of the four executive management positions the practice had been for the President to serve 2 years. Peter King, Nel Wattiez, Peter Wales done their respective 2 year terms as President and then came one of those “taps on the shoulder”, it was Michael Pitt, “will you accept if I nominate you?”... It was 2006 coming up to the AGM. I became the 3rd President of ComputerPals for Seniors – Newcastle Inc. It is coming up to 22 years since I joined.

Special Interest Groups



MemoryPals

Our new group meets on **first Thursday** 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 Thursday of each month**. Meetings begin at **1:00 p.m.**



DigiPals

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

Meetings for the special activity groups as shown below.

All will be at Club Lambton.

The MemoryPals group normally meet on the first Thursday of the month at 1 pm. There is no need to book in for MemoryPals and it is free.

WriterPals will meet on the second Thursday of the month at 1 pm.

DigiPals will meet on the third Thursday of the month at 1 pm.

Thursday will be devoted to regular **Zoom classes** commencing at 10:00 am. A fee for the whole of Term 1 (cost \$10) applies and should be sent to our bank account (include your name and #65). For more information send an email to us at contact@computerpals.org.au

WriterPals—message from Carmel

This is a reminder notice that our next Writerpals get-together is happening on Thursday 14th March. We meet at Lambton Bowling Club at 1pm

We talked last year about epitaphs and obituaries, but with the big ASCCA competitions on at the same time we did not progress very far, so let's give it another go! This time it is a little more structured with a few guidelines.

- Things that are special about your life and times—they did, after all, lead to the person you are today
- Things I've done and their causes and consequences
- Things I wish I'd done – and why
- Places I've been (short anecdotes could be included if you wish)
- People I've known (again short anecdotes could be included)

Just a thought or two about what you would like to be remembered - and/or what you would prefer is not remembered....

This is just a starter to get the thought processes working.

If you've not joined us before, please drop in. You might just want to stay and chat with us.

ASCCA News: Navigate to the website [here](#). Or Click [here](#) in order to find the Events Tab in the menu to access our online calendar of events!

ComputerPals Seniors Festival Event 2024

“Reach to the Future”

Come along to Club Lambton on **Monday 18th March from 10am** learn about the world of Artificial Intelligence, focussing on the positives of this most recent technology.

We will have a look at some of the features that are already on your devices – phones, tablets, etc.

Dr Gary Ellem from iSee will present to us about “Real People in the Metaverse”. Many of you may remember Gary talking about electric cars in the past.

This will be followed by some activities allowing you to explore your smartphones and tablets.

A light lunch will be served after which everyone will be able to mingle and socialise.

We must ask that those intending to join us on 18th March please book in on our club number **0478 219 220** as numbers for the free lunch are limited.



ComputerPals
NEWCASTLE

Supported by



NSW
GOVERNMENT

NSW Seniors Festival Free Event

Reach to the Future

10 am MONDAY, 18TH MARCH

CLUB LAMBTON,
51 KAROO LA RD,
LAMBTON

Please Book for
Light Lunch Catering
Numbers Limited!

Ph: 0478 219 220



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.

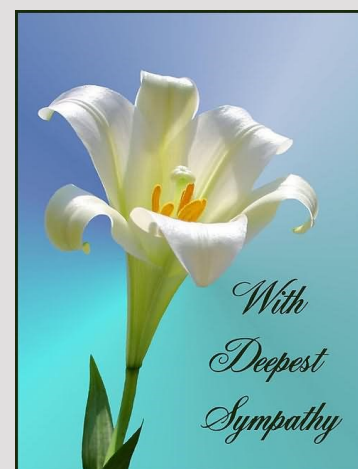
Best Wishes

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.



Tips from Google to help keep you safe online

1. Take the Security Checkup

One easy way to protect your Google Account is to take the Security Checkup. This step-by-step tool gives you personalised and actionable recommendations to help to strengthen the security of your Google Account.

2. Defend against hackers with 2-Step Verification

2-Step Verification helps to keep out anyone who shouldn't have access to your account by requiring you to use a secondary factor on top of your username and password to log in to your account. For those who are at risk of targeted online attacks and need even stronger protections, we've created the Advanced Protection Program.

3. Use strong and unique passwords

Creating a strong, unique password for every account is one of the most critical steps you can take to protect your privacy. Using the same password to log in to multiple accounts, like your Google Account, social media profiles, and retail websites, increases your security risk.

4. Maintain up to date software

5. Use a screen lock

See <https://safety.google/security/security-tips/>

More on internet scams

Last newsletter we looked at Disaster Relief Scams and Grandparent Scams.

Next we look at Fake shopping websites

Here's how to spot the fakes, and protect yourself and your money when shopping online.

The domain name doesn't add up

Experian recommends taking a good look at the domain name to see if it is actually what you think it is, or if it varies ever so slightly (or even significantly) from what you're expecting. For example, if you're shopping for Pandora jewelry, it's possible you might land on the URL Pandorapick.com, which sells imitation Pandora jewelry, reports the Better Business Bureau. Some tip-offs that it's a fake site are bad grammar in the website's copy, and no encryption at the point of purchase to keep your credit card info safe. (FYI, the real website is Pandora.net).

The URL is missing the "S" in "HTTPS"

Before making a purchase on an e-commerce site, make sure that the URL starts with "HTTPS," *not* "HTTP." That all-important "S" stands for "secure".

Other flags include: it seems too good to be true, there is no return policy, no contact information, bad reviews

If the site asks for financial info

TIPS and TRICKS

Android phone : Stop disturbances without the fuss

Sometimes you need to silence your phone quickly and discreetly. (You don't have to tell me the reason. In fact, I'd prefer it if you wouldn't.) Whenever that time comes, don't mess with on-screen menus and icons: Many phones, including Samsung's recent Galaxy devices and Google's current Pixel models, can simply be flipped face down on any flat surface to have all of their sounds silenced in a heartbeat.

On Galaxy phones, you can confirm that the setting for that function is on by searching for "Mute with gestures" in your system settings. On a Pixel device, you'll want to search your settings for "Flip to Shhh."

Other fast-muting shortcuts may also be available. Certain phone models made by OnePlus, for instance, feature a physical alert switch that lets you move to a silent mode by sliding a physical mechanism on the side of the device. And on any Android device, you can always just activate the display and then press either volume button to reveal a simple silence icon within the on-screen volume slider.

Android phone : Get to your camera in a flash

When a photogenic moment arises — be it your child checking out her first TPS report or your co-worker getting a little too crazy at the company retreat — two seconds can be the difference between an unforgettable snapshot and an after-the-fact image. So don't futz around with unlocking your phone and looking for the on-screen camera icon; instead, just double-tap the device's power button to jump straight into shooting, whether your display is on or not.

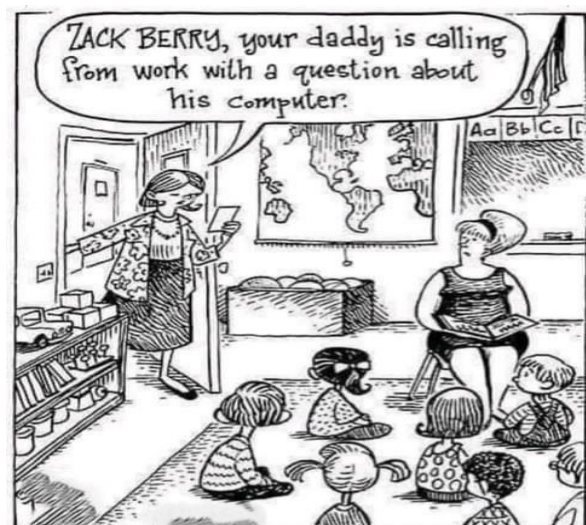
That shortcut works on many current Android devices, including both Pixel phones and Samsung's recent Galaxy gadgets (though on pre-2017 models, you'll need to use the physical Home button instead of the power button). If it doesn't work on your device, try searching your system settings for "gestures" to see if it or another similar option is available and perhaps just requires you to toggle it on before it'll function.

Lock down your phone if you lose it

If your phone is ever lost or stolen, you can visit your Google Account and select "Find your phone" to protect your data in a few quick steps. Whether you have an Android or IOS device you can remotely locate and lock your phone so that no one else can use your phone or access your personal information.



"I'm doing my homework, so I don't have time to answer anymore questions about your phone, TV, computer, smart appliances or smart car."



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