ComputerPals - Newcastle
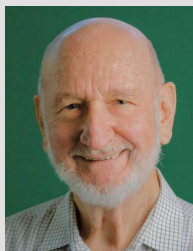Where Seniors master technology

SWITCHED - ON SENIORS

Email : contact@computerpals.org.au

President

Barry Keen

Dates to Remember

Term 2 ends
Friday July 4th

Term 3 starts
Monday July 21st

Enrollment Day
Monday July 21st

AGM Friday Aug 1st

CPals 25th Anniversary
Friday Aug 29th

In This Issue

REGISTERED CHARITY
acnc.gov.au/charityregister

Australian Seniors Computer Clubs Association
ASCCA

Good Things

PRESIDENT'S REPORT – June 2025

Hi everyone,

May and June are/or have been times of impact on our program.

Monday 12/5 there were no classes at Club Lambton as the Lady Bowlers were having a Gala Bowls day.

The following week of 19/5 to 21/5 was a washout with severe weather and flooding, and in the interests of safety for everyone, classes were cancelled..

Monday 9/6 was King's Birthday Public Holiday and no classes.

On Monday 23/6 there will be no Assistance classes in the afternoon as there will be a Committee meeting.

The end of Term 2 will be after 3/7.

This also heralds a new financial year and is **the start of a new year for ComputerPals Club memberships** - cost is $25 for the financial year to 30/6/2026.

Term 3 Zoom fees ($10 for the whole of Term 3) will also be due (quote your name and Zoom T3 #2).

As a plug for Club Lambton, it is also their new financial year - memberships are due, renew or join ($5 - pay at the bar). Make sure you register your email address for their communications and monthly benefits that will well and truly cover your cost of membership.

Term 3 will start on 21/7 with a **free Morning Tea** and a guest speaker - **Gil Gordon** - speaking on **Estate management (including digital assets).**

Monday, 21 July, will also be an **enrollment day** - our Treasurer, Grahame King, will be in attendance to help you with enrollments and payments.

August will be a combination of classes, business, fun, and social friendship. Friday, 1/8, will be our **AGM**. It will be held at Cardiff RSL Club, starting at 11:00 am with lunch [own cost - more info to come].

And on Friday 29/8, we will celebrate **Computerpals' 25th Anniversary** also at Cardiff RSL Club, starting at 11:00 am [lunch own cost - more info to come]

Cheers
Barry Keen
President

Contact Us

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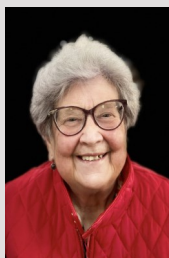
islingtonpals@gmail.com

Committee

Carolyn Keane

Wendy Smith
Secretary

Mervyn Pope

Brenton Elsey
Social

Margie Olsen

Member Information
Message from our Treasurer

Like most organisations our Club accounts run on the financial year and Membership renewals become due on 1st July. The good news is that the fee of $25.00 has not been increased. There will be opportunities to pay in cash which will be advised in the coming weeks.

We cannot accept Credit Cards but payments can be made by bank transfer – Our bank account details are – **Computerpals** with **NPBS** BSB **650 000** Account **962205402**
In the reference section show your SURNAME and INITIAL, plus M (for membership payment).   For example if Fred Bloggs was paying his membership renewal ($25) the reference would be – **F BLOGGS M** and the amount to be transferred would be $25.00.

There are a number of members who have funds available in our Credits Account which you can apply to for your renewal fee. If you think you have a Credit but cannot remember the details please contact me by email or text and I will check it out and reply to you directly with specific instructions –
- Email – grahameking22@gmail.com
- Text – 0410 688 214
- Just state your name and Credit Account check.

Regards,
Grahame King – Treasurer
Computerpals for Seniors - Newcastle
M: 0410 688 214

Zoom
Term 3 #2 Zoom fee $10 is now due. Thanks to those who have paid the Zoom fee.

Classes
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.

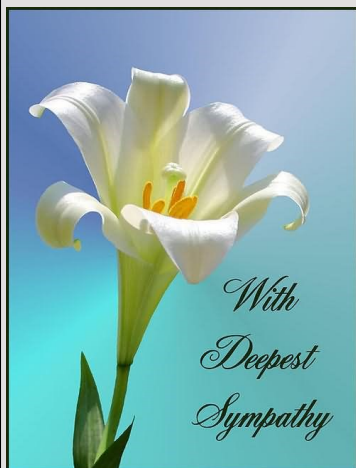See **club website** for more information.

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.

Social News

Due to the constant showers and storms through April/May, **visit to Hunter Botanic Gardens that was scheduled for Friday 16th May was cancelled.** The trails were very boggy, and not much fun walking around in wet weather gear, carrying an umbrella and trying to capture a few photos etc. We will no doubt reschedule a visit there at another time.
Instead, morning tea was offered at Wests, New Lambton.
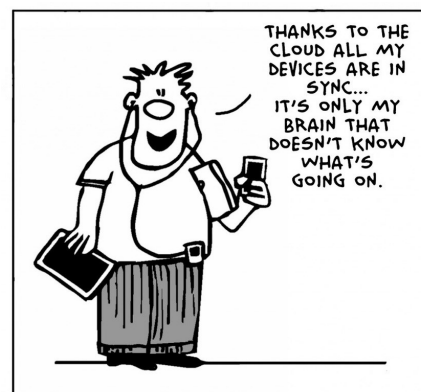
NEED COMPUTER HELP AT HOME?

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

PRIVACY STATEMENT: Information contained in this Newsletter is only for the members of the ComputerPals   Newcastle   Inc.
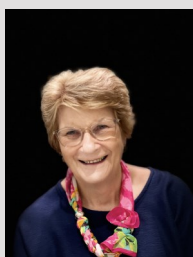
Contact Us

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regarding class rosters or payments use:

islingtonpals@gmail.com

Committee

Sandra Keen

Judy Wallace

Jackie Lampe

Vice President

Lindsay Threadgate

Ray Hinton

SCAMS

EOFY scams

As tax time approaches, scams surge - and government impersonation scams are among the most convincing.
Scammers pose as trusted agencies like the ATO, Services Australia or even local councils, pressuring people to click on malicious links, pay fake fines or share personal information.

If a government agency contacts you during this time, ID Support NSW advises you to adopt a healthy level of scepticism and **STOP, CHECK and REJECT**.

- **STOP:** Does the text message or website seem off? Take a moment to pause. NSW Government won't put you under pressure to act instantly.
- **CHECK:** Contact the agency on their official number to check if the message is legitimate. Ask someone you trust for help or contact ID Support for advice.
- **REJECT:** If you're unsure, delete the message, block the number and report the scam.

To learn more, visit our page on EOFY scams, use our contact form or call our advisors on 1800 001 040 Monday to Friday between 9am to 5pm (Sydney time).

AI Scams

There was a very interesting story about an AI scam done on Dr Swan on the 7:30 report on 22/5/25. It is worth watching as it details how easy it is for AI scammers to impersonate someone as an aid for selling inferior or fake medicines. The story can be found on IView.
So, I would like to urge you all to google reviews on any product or story that seems to be too good to be true.

> The scams are nothing new, but **IT'S SO CHEAP, EASY AND CONVENIENT TO CLONE SOMEONE'S VOICE TODAY** that you can make these scams a lot more convincing.

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

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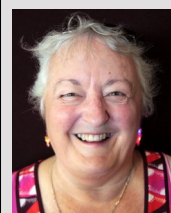*islingtonpals@gmail.com*

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

Using mobile devices to help improve sleep (AI Overview in Google)

Mobile devices can be a valuable tool for improving sleep by leveraging their features to create a relaxing environment and manage your sleep schedule. This includes using sleep apps, adjusting screen settings for blue light reduction, and setting smart alarms.

Here's how to use mobile devices to aid sleep:

Adjust Screen Settings:

- **Blue Light Filter:** Turn on the blue light filter (also known as Night Shift or similar) to shift the color spectrum towards warmer tones, reducing the potentially disruptive effects of blue light on your sleep.
- **Dim the Screen:** Lower the screen brightness to minimize glare and make it easier on your eyes before bed.
- **Dark Mode:** Utilize the dark mode option if available, which can further reduce light exposure.

Utilize Sleep Apps:

- **Relaxing Sounds:** Play white noise, ambient sounds, or guided meditations using apps like Calm, Pzizz, or Slumber to create a calming atmosphere. You can also use Spotify and find a SoundBath playlist
- **Sleep Tracking:** Many apps allow you to track your sleep patterns, providing valuable insights into your sleep quality and helping you identify potential issues.
- **Sleep Stories:** Engage in relaxing bedtime stories or audiobooks to unwind before sleep.

Smart Alarm:

- **Bedtime and Wake-up Schedule:** Set a bedtime and wake-up schedule using a smart alarm feature, which can help regulate your body's natural sleep-wake cycle.
- **Do Not Disturb:** Customize your phone's Do Not Disturb settings to minimize notifications and interruptions during bedtime.

Sleep studies be like:
"OK, NOW JUST SLEEP NORMALLY..."

"With wireless sleep technology, the people in my dreams can send e-mail and faxes to the people in your dreams!"

ComputerPals - Newcastle — Where Seniors master technology

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 May 19 - 25				
5	26/5 10:00 to 11:30 am BeConnected Video Calling - What'sApp FaceTime, Messenger	26/5 12:30 to 2:00 pm #16 Assistance class	27/5 10:00 to 11:30 am BeConnected Video Calling - What'sApp FaceTime, Messenger	28/5 1:00 to 2:30 pm BeConnected Video Calling - What'sApp FaceTime, Messenger	29/5 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	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