

# National Seniors

## AUSTRALIA

### ADELAIDE NORTH-WEST BRANCH

### NEWSLETTER

**May 2025**

Meeting at 1.30 pm on the fourth Wednesday of each month at  
Lockleys Baptist Church house, 244 Henley Beach Road, Underdale (parking at rear)

#### COMMITTEE

President .....	Brian Mibus (0417 887701)	Committee .....	Jeanette Molde
Vice-President ..	Trevor Molde (0417 838740)		Heather Dowling
Secretary	Kathy Hancock (0432 101372)		Jenny Mathews
Treasurer .....	Mavis Smith	Newsletter.....	Trish Mibus (0407 605091)
Activities Coordinator .....	Annie McCall		

#### 2025 CALENDAR

DATE All dates are Wednesdays	ACTIVITY	AFTERNOON TEA
May 28, 1.30 pm	<b>GUEST SPEAKER – Robert Beer – the Bee Man</b>	Jenny Matthews
June 11, 12 noon	<b>Lunch – Palais Hotel, Semaphore</b>	
June 25, 1.30 pm	<b>GUEST SPEAKER – MFS – Fire Service – safety</b>	Heather Dowling
July 9, 12 noon	<b>Lunch – Findon Hotel – Christmas in July</b>	
July 23, 1.30 pm	<b>GUEST SPEAKER – Robin Jarman</b>	Jeanette Molde
<b>July 24, 9.00 am – 1.00 pm</b>	<b>SA National Seniors Forum with Chris Grice, National Seniors CEO – Kent Town Hotel (includes morning tea)</b>	
August 13, 12 noon	<b>Lunch/Outing – Semaphore Gardens – plant swap</b>	
August 27, 1.30 pm	<b>GUEST SPEAKER – Alison Hicks – Genealogy Society</b>	Trish Mibus
September 10, 12 noon	<b>Lunch – Plant 4, Brompton</b>	
September 24, 1.30 pm	<b>GUEST SPEAKER – Sarah – Scrapbooking Family Trees</b>	Jack and Jan Dixon
October 8, 12 noon	<b>Lunch/Outing – West Beach SLSC</b>	
October 22, 1.30 pm	<b>GUEST SPEAKER – Mataan Dunning (Fiducian Finances)</b>	Katherine Papanikolas
November 12, 12 noon	<b>Christmas Lunch for everyone – Lockleys Hotel</b>	
November 26, 1.30 pm	<b>GUEST SPEAKER – to be advised</b>	Carole Smith

## Our April Guest Speaker – Cyber Safety

### Sgt Michelle, SA Police Community Engagement Section

- In 2023 there were 249,448 scams reported nationally, with 16,892 reported in SA.
- Losses from these scams amounted to \$2.74 billion.
- Business scams - \$1.3 billion in 2023
- Remote access – 256 million
- Romance scams – 201 million. One lady was scammed into being used as a drug mule.
- Phishing – 137 million.
- Be on your guard
- **Top contact methods**
  - Text messages 37%
  - Emails 29%
  - Phone calls 19%
  - Internet 6%
  - Social media 6%
  - Mobile aps 2%
  - In person 1%
- **Phishing** - tricking people into obtaining personal details by email, text or voice. Do not trust caller ID and beware of suspicious links.
  - Fake websites – look real and sometimes say they are conducting research. There are usually small changes in the address bar.
  - Beware of surveys or emails that ask you to confirm your details, particularly if they ask questions like your mother's maiden name, your first pet, etc.
  - Don't open links in unexpected emails
- **Scam Red Flags**
  - Opportunity to make or save money
  - Request to pay in unusual or specific way, ie gift cards, cryptocurrency, etc.
  - Pressure to act quickly
  - Sad stories or cries for help
  - Request to set up new account or Pay ID
- **Top Trending Scams**
  - Investment
  - Romance
  - Email compromise
  - Threat of arrest
  - Remote access
  - On-line Marketplace
  - Impersonation
  - Sextortion
  - Ransomware

- **Steps you can use to protect yourself from phone scams**
  - Check the call is real by either
    - Contacting the person or organisation directly from details you've found yourself, ie from organisations website
    - Accessing an organisation via their official app (never via a link)
  - If you are not sure who the caller is or if they threaten or intimidate you, **hang up**
  - Never install software that allows someone access to your computer or device
  - Lock down privacy settings on your phone and turn off location settings.
- Only accept friend requests from people you personally know but also do not accept an additional request from someone you are already friends with.
- Be careful of oversharing – identifying information, detailed pictures, etc.

#### PREVENTION MEASURES

- Be suspicious of requests for money
- Back up important files
- Use strong passwords / passphrases are better - use complex format of upper and lower case letters, numbers, symbols, etc. Don't use identifying information
- Don't believe caller ID
- Use multi-factor authentication
- Update your device regularly – latest programs and software.

**Report scams via the report form on the Scamwatch website – [www.scamwatch.gov.au](https://www.scamwatch.gov.au)**

If possible take a screenshot or photograph of any phone or computer scam message.

**If you are the victim of a cybercrime, make a report at [cyber.gov.au/report](https://cyber.gov.au/report) or attend your local police station.**

**If you have lost money to a scammer, contact your bank or card provider.**

Support is also available from

- SA Police
- eSafety Commissioner
- Australian Signals Directorate (ASD)
- Australian Cyber Security Centre



*Our May outing – Some of our member enjoyed lunch at Tiros, Regency Park TAFE where the International Hospitality students prepared and served a delicious meal*

