

PALS by the LAKE



Computer Pals for Seniors
Northern Beaches Inc.
Member of ASCCA

The Tramshed
Arts & Community Centre
1395a Pittwater Road Narrabeen
NSW 2101
Tel. 9913 1433

August 2008 No.141

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This is a volunteer organisation

ABN 84 043 912 101

Welcome to our August Newsletter.



Our AGM will take place
Thursday 21st August
starting at 1.30 pm
In the Lakeview Hall
the Tramshed Arts & Community Centre,
1395a Pittwater Road
Narrabeen 2101

Coming up in September:

on Wednesday 17 September at 1.30pm
Computer Pals for Seniors Northern Beaches is presenting:

Celeste and Murray Radcliffe
'The Battle of Waterloo'
and the effect on Australia



In the Tramshed Hall, 1395a Pittwater Road, Narrabeen.
An interesting Presentation, which we are all looking forward to.
Come and join us and bring your friends.
Afternoon Tea will be provided

The Presentation on 'Secure Internet Banking' by

David Barclay on ~~20 August~~

has now been moved to **22 October**

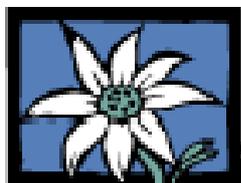
on account of our AGM on 21 August

Please make a note in your Dairy and keep watching this
newsletter for further information!



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Warringah Council

This club is supported by:



PITTWATER
COUNCIL



Happenings

Coming up:

The times are getting harder, and, as we expected, the Pittwater RSL has informed us that they cannot support us this year. We will have to work hard to raise some extra money.

So, with money getting harder to find, we are fortunate that

our longstanding Instructor and Committee Member

Wendy Hastings (yes, she is the artist!)

has offered one of her paintings to be raffled this year called

"Storm Over The Outback"

Tickets will go on sale soon and the prize will be drawn at our Christmas party.

This wonderful painting has been framed and is ready to hang.

Thank you Wendy, this is a wonderful gesture.



The ASCCA Conference will be on 27 & 28 August at the Powerhouse Museum. If you would like to join the people who are going, please contact Corry at: corryten@gmail.com or, for bookings, please go to ASCCA's website: www.ascca.com.au

Coming up:



As we will soon be running out of photographs for our successful **'As We Were' Competition**, we are planning a new competition. Everyone can participate and maybe learn as well. We may even make some money for this club!

Watch the next Newsletter for details!

Doyle Spillane Real Estate, Dee Why,

have kindly offered **NOT FOR PROFIT** community based organisations **FREE** advertising, on a large electronic screen in their front window, on Pittwater Road.

We are very grateful for this opportunity.

Brian Hindes, our well known Instructor has prepared a screen for this.

Please have a look at it as you pass by Doyle Spillane Real Estate, Dee Why (across the road from DYRSL Club)

We thank Doyle Spillane Real Estate for this opportunity and also Brian Hindes for his talents, in creating this screen.



Computer Pals for Seniors - Northern Beaches

We are a club of volunteers teaching computers to seniors

Come and join us at the Tramshed Narrabeen

or call 9913 1433 from 9:30am to 12:30pm

Courses for Term 3 2008

These courses are for members—to become a member: just pay \$25.00 for 12 months' membership, to be able to enjoy groups, workshops and courses.

ALL THESE COURSES COST \$10 EACH AND INCLUDE A CD WITH THE INFORMATION.

Word 2003	Friday 1 August
Tips for The Internet	Friday 8 August
Introduction to PowerPoint	Friday 15 August
Skype	Friday 22 August
Word 2007 	Wednesday 27 August
Tips for Scanning	Friday 29 August
Tips for Excel	Friday 5 September
VHS to DVD	Friday 12 September
DIY	Friday 19 September

ALL COURSES START AT 1.30 PM AND TAKE 2—2½ HOURS.

Members can put their name on the list at the club .

For File Management & Digital Photography, members should contact Brian Hides: 9918 7181

'AS WE WERE'

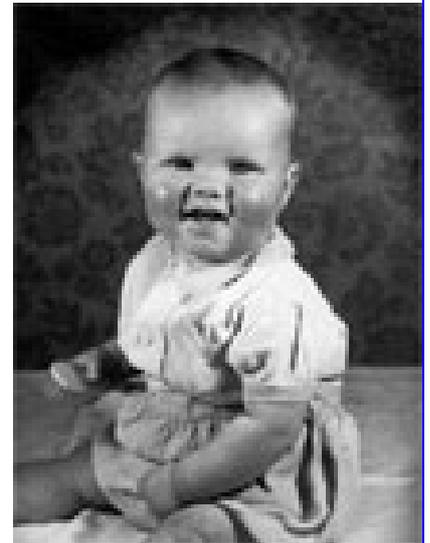
This is a competition JUST FOR FUN and these are the rules: Every one who would like to participate should find a photograph of themselves when they were about 10 years old.

Send your photograph to corryten@gmail.com

(the name will be kept confidential until someone guesses correctly). We pick a photograph at random each month and publish it in our Newsletter with the question: **Who is this?** Tell us who it is and the **first person** to send the correct answer to Corry is the winner for that month and will receive a prize! If no-one guesses correctly, the prize goes to the subject of that month's competition!

Here is our August picture for our Competition.

Who is this?



Send the answer to Corry: corryten@gmail.com and you may win a prize! **GOOD LUCK!**

Last month's winner was **Anne Brady** who guessed correctly that the photograph was of **Brian Hides**, so the prize goes to Anne.

Congratulations Anne!



Anne Brady—our winner



Brian Hides—as he is— still young



Brian Hides—as he was—young

Life is like an ice cream cone...just when you think you've got it licked,
it drips on you

COOKIES

Our biscuits are so good to eat,
They go so well with tea,
But in the coffee U.S. land
They're cookies there, you see.

Our kids are even taught the word
Through shows like Sesame Street,
The greedy Cookie Monster's there,
Just count how much he eats.

So you can call them what you like
When choosing what to eat,
But in the 'puter world today
They're cookies, oh so neat!

They sit inside your 'pute all day,
You don't know they are there,
They have a job to do for you,
(You may not even care!)

They're there to help you surf the net,
They note what sites you've seen,
And if you want to go on back,
They'll smooth the way again.

Sometimes they need a welcome rest,
So send them off apace,
Delete them out, go start afresh,
A new lot's soon in place.

So be aware of cookies all,
Be they in 'pute or baked,
Go make your cup of tea right now,
Eat cookies, biscuits or cake !!!

Lexie Warder



Cookies: Few things stir up heated and spirited debates more than Web cookies. Anti-spyware sites like to hammer cookies because, well because; it gives them something to hammer on. But, are cookies really in the same league with spyware, adware, malware and hijackers? Hardly. They don't contain any mechanism to download software on your computer; they don't contain hidden apparatus to spawn pop-ups on your computer; they don't infect, modify, change, or rewrite your registry, and they don't have the capacity to "run" (execute). So regardless of what the gurus of the Web tell you, cookies are not something you should fret over. If you want to worry about cookies, worry about Christmas (Yes! I said Christmas!) cookies!

Cookie Facts:

1. Cookies are text files and cannot "run" (execute) and therefore don't deserve the appellation "ware". No matter what.
2. Cookies cannot normally track you from site to site. They can only normally track your movements within a site or group of sites.
3. Cookies are limited in the information that they give.
4. Cookies are ubiquitous. Cookies allow sites like MSN/YAHOO/GMAIL and other customizable portals or Start Pages to save your preferences
5. Cookies, unlike Spyware and Adware, are easily removed without using any special program. You can simply delete them.
6. Many Spyware removal programs flag 'tracking cookies'. Well, if you were a spyware removal company you'd want to detect as many "things" as you could. After all you'd want whoever is using your software to think you're getting some bang for their buck. And one thing's for sure: while computers might not always have spyware on them, they'll always have some cookies on them. Ding! Given that then the anti-spyware program will always detect something - and you'll always think it's working!
7. The suffix "ware" as in spyware, freeware, shareware, adware, malware indicates a program. A cookie is a text file only and not a program. It does not run or "execute".
8. Cookies do not consume your computer's system resources nor use your computer's Internet connection's bandwidth like adware, hijackers, spyware and malware do.



What children need most, are the essentials that Grandparents provide in abundance. They give unconditional love, kindness, patience, humour, comfort, lessons in life, and most importantly: cookies. (Rudolf Guiliani)

More about Cookies

Why are cookies used?

1. To prevent you from seeing the same advertisement twice by acknowledging you're a returning visitor, and not a new visitor
2. To allow webmasters to count the number of visitors to their site, and to see which pages are the most popular. You cannot run a business unless you know your 'customers' preferences. Can you imagine running a restaurant and not keeping track of what dinners sell and which don't? You might track the biggest selling meals but that does not mean you have any idea who the people are. This is not "Spying".
3. To allow personalize settings like MSN and Yahoo "start pages" (colours, location, etc.)

What exactly is a cookie?

A cookie is a piece of information sent by a Web server to a user's browser. Cookies may include information such as login or registration identification, user preferences, online "shopping cart" information, etc. The browser saves the information, and sends it back to the Web server whenever the browser returns to the Web site. The Web server may use the cookie to customize the display it sends to the user, or it may keep track of the different pages within the site that the user accesses for internal use such as determining which pages are popular and which pages are not.

There is no personal information being exchanged between the browser and your computer and the Web site which dropped the cookie. The only piece of identification that could be traced to you is the IP address, but this is not stored by the cookie for use on any other site but the one you're visiting. This is in contrast to spyware/adware which tracks your browsing habits across all sites, stores your IP address and may attach a user identification number to your IP address for future reference. Browsers may be configured to alert the user when a cookie is being sent, or to refuse to accept cookies. If you set your browser to disallow cookies you may not be able to access certain sites. Cookies, unlike spyware/adware, do not require a special program to remove them. In fact they don't require any program at all to remove them.

The Web is a lot easier to use if you don't try to block cookies. Cookies are not dangerous and will not harm your computer like spyware and adware. Cookies can't do anything at all to your computer. The only thing we suggest is your clear you cookies as well as your temporary Internet files a few times per week. Not because cookies are dangerous or harmful, but it's simply good maintenance to keep all unnecessary clutter off your computer.

From: www.cloudeight.com

Cookies can be quickly and easily deleted by clicking the Internet Explorer Toolbar, click Tools / Internet Options and click the "Delete Cookies" button.

Cookies in a flash



cream 500g butter
and 1 Cup sugar
add
4 cups of S/R flour
1 cup rolled oats
1 cup desiccated coconut
1 cup sultanas
1 cup choc drops
1 tin condensed milk



Mix all together in a large bowl bake in mod oven for approx 12-15 mins.

Makes about 120 approx

A balanced diet is a cookie in each hand.

Windows Vista:
do you know that
Microsoft created a new
program called the
System Health Report



[Generate a system health report](#)

[View details about system health and performance.](#)

that helps track down any errors that may occur within your software or hardware? It's one of the main tools used in Vista to diagnose and troubleshoot those kinds of problems. It even tracks down any errors you may not even be aware of.

So, how does the System Health Report work? Well, once you run the program, it generates a report that tells you exactly what problems lie in your Vista computer system. It tells you what's keeping Vista from running smoothly or safely and it even gives you some suggestions on how to fix some of those problems on your own. Now, even if your computer seems to be fine, it's recommended that you run this application either way.

You may be surprised by what it finds. Here's how you can get your own report:

Go to **Start, Control Panel** and then select the **System and Maintenance** link. From there, click on **Performance Information and Tools**. In the left pane, choose the **Advanced Tools** link and then click on the link that says "**Generate a System Health Report**," which is located at the bottom of the screen. Then you just have to wait for the process to complete so that you can see your report.

Once your report comes up, you'll be able to see a list of the following criteria: the status of any critical components on your computer, whether or not the problem has been detected and any possible solutions you can try. If it does offer up some suggestions for you, give those a try first. If they don't fix your problems, you may want to think about either contacting Microsoft or your computer's manufacturer for additional help in getting those problems solved. You definitely don't want to keep them lingering around.

Now, it's also recommended that you turn off your antivirus, anti-spyware, etc. programs before you begin the System Health Report process. You can turn them back on as soon as your report is compiled. This information may save you from more serious computer issues down the road.

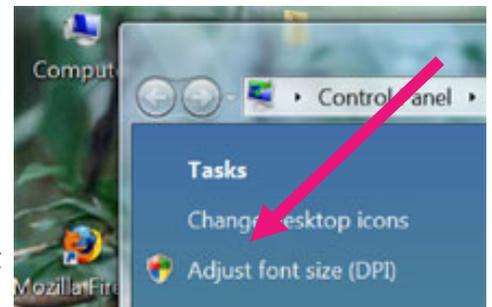
Have you just recently switched over to Windows Vista and are you having a hard time reading the text size on most of the Web sites you visit, in your e-mail and so on? Believe it or not, but the font size is one of the major complaints people have about Windows Vista. It's just too small, even if you don't have bad eyesight; it's still hard to see what you're doing. Whether it's on one of your favourite Web sites or you're trying to read through your e-mail, the text size just needs to go up a few notches.

If you want to increase the size of your font in Vista, right click on your desktop and choose **Personalize**. Then, in the left pane, click on the "**Adjust font size (DPI)**" link.

After you do that, a type of warning will pop up asking for your permission to continue. Just hit the **Continue** button and move on. (That's only there because you're changing something on your computer and they want to make sure it really is okay with you). Next, click the option that says "**Larger scale (120 DPI) - make text more readable.**" and click **OK**.

You should see an instant change, but you can check it out even further by opening up your Web browser and going to your favourite Web site. Or, try opening a document

you've been working on. Either way, the font size will be much larger and you'll no longer have to strain your eyes to see what's written. Increasing the font size will reduce the number of headaches you get while working on your computer and you'll just be happier all the way around.



Teacher: Now, Johnny, tell me frankly, do you say prayers before eating?

Johnny: No Sir, I don't have to, my mum is a good cook.



Mouse Whispers



If you have need to send large files by email, you not only tie up your email program sending the files, but you tie up your recipient's email program too. Why would you do that? Just because you have an 80Mbps connection doesn't mean everyone does, you know? There's a service that makes it easy and humane to send huge files by emails. It's called "YouSendIt". They will let you send a file up to 100 MB to anyone with an email address.

It's free and there's nothing to join. You simply visit <http://yousendit.com>, type in your email address, the email address of the recipient and select the file from your hard drive that you want to send. That's it. If you need to send to multiple recipients or files larger than 100MB, they offer paid services that allow you to send files up to 2 GB to multiple recipients.

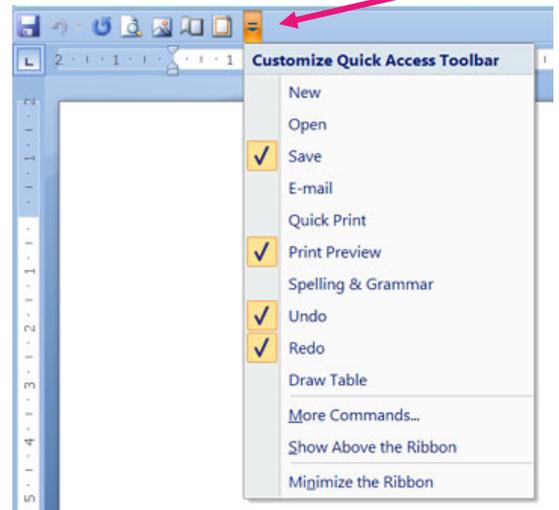


Once you've sent the file, your recipient will get an email with a link where they can download the file. The file will be available to your recipient for seven days. The next time you have a large file to send, try YouSendIt. It's a great way to send large files by email without tying up your email program or the email program of your recipient. From: <http://thundercloud.net>

Working in MS Office 2007? If so, there is a really tiny toolbar they give you, located above (or below) your ribbons. **The Quick Access Toolbar.** It has a down arrow on the right side that gives you access to a list of common commands you can have placed on the toolbar.

Well, you could choose **More Commands** and work through that, but what if you're still not finding the things you really want to add?

Simply try a **right click!** When the right click menu opens, you may very well find that you can add it to the toolbar. The Quick Access Toolbar put together in your very own way!



Freebie of the month: **Publisher's description of Art Plus Digital Photo Recovery From [Art Plus Marketing & Publishing](#):** Free Art Plus Digital Photo

Recovery tool can help you recover lost images from corrupted or accidentally formatted digital camera memory cards. Program works with all types of memory cards. It's able to recover images from formatted cards. Reads corrupted cards (in most cases even if they're not recognized by Windows). Recovers JPEG, TIF and most of RAW files. Program should be able to read all memory cards currently available on the market. Version 3.1 1 includes full support for all major RAW formats and additional advanced recovery options. From www.cnet.com



Smile: A lady was seen putting a credit card into her floppy drive and pulling it out very quickly. When I inquired as to what she was doing, she said she was shopping on the Internet and they kept asking for a credit card number, so she was using the ATM 'thingy'.

Dates for your Diary

August 1	1.30 'Word 2003' course	Sept 3	12.30 Instructors Meeting 2.00 pm Committee Meeting
August 4	Club closed Bank Holiday	Sept 5	1.30 'Excel' course
Aug 6	12.30 Instructors Meeting 2pm Committee Meeting	Sept 10	1.30 'Ezitree' group
Aug 8	1.30 'Tips for Internet' course	Sept 12	1.30 'VHS to DVD' course
Aug 13	1.30 Ezitree group	Sept 17	1.30 Presentation by Celeste & Murray Radcliffe
Aug 15	1.30 'Tips for PowerPoint' course	Sept 19	1.30 'DIY' afternoon
Aug 16	Printmaster Group	Sept 20	Printmaster Group
Aug 21	1.30 Our AGM	Sept 24	Corel Group
Aug 22	1.30 'Skype' course	Sept 26	Last day of term 3
Aug 27	Corel Group		
Aug 27	1.30 'Word 2007' course		
Aug 27 & 28	ASCCA conference in Powerhouse Museum		
Aug 29	1.30 'Tips for Scanning' course		

We welcome these new members:

Shirley Shoebridge ,
Jan Elliott, Sharon Holt,
Ziggy Mentz, Susan
Thompson, Margaret
Davies, Marilyn Guion,
Peter Allen, Turiee Allen,
Ron Davies, Irene Gavrily,
Barry Geall, Del Nolan, Max
van Gelder,
Carol van Gelder,
Brenda Toni Parker

We hope you will enjoy your time with us.

Please note: We make every effort to replace instructors when they are unable to attend on their teaching day but sometimes this is impossible. All our instructors are volunteers and have personal commitments. We will always try to contact the students if possible.

Disclaimer: Please note: although everything in this Newsletter has been tried and was found to be safe to use at that time, this newsletter is provided 'As is' without any warranty of any kind. Each reader of 'Pals by the Lake' newsletter assumes complete responsibility for the subsequent use of its

Your Instructors

Mon 9-12 Greg Ennis
9-12 Patricia Novikoff
10-1 Pat Kingham
9-1 David Bennett (Apple/Mac)
1-4 Lexie Warder
12-4 Peter Whalan
1-4 Kevin Bowering
1-4 Anthony Staniforth

Tues 9-12 Ken Brown
9-12 Evelyn Iggulden
9-1 Alan Taylor
9-1 Anne Parsons
9-1 Don Roberts
1-4 Barry Goddard
1-4 Pat Kingham
1-4 Michael Sunderland
1-4 Allan Burrowes

Wed 9-12 Henri Osieck
9-12 Anne Brady
9-12 Mickey O'Neill
9-12 Mary Anne O'Reilly
10-1 Win Nielsen
pm Reserved for Meetings

Thur 9-12 Allan Burrowes
9-12 John Brennan
9-12 Brian Curran
9-12 David Barclay
pm Reserved for courses

Fri 9-1 Corry Dancaster
9-12 Christine Smith
9-1 Paul Treichel/Jim Parker
9-12 Glenda Kelly
9-12 Gerri Cumpstey
pm Reserved for courses