Pals by the Lake

Bridging the Gap

Computer Pals for Seniors Northern Beaches Inc.
Member of ASCCA

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

Inside this issue:

Computer Pals for Seniors Northern Beaches Inc.
wish to invite you to our 13th AGM on

Thursday 21st August at 1.30pm

In the **Lakeview Hall**
Tramshed Arts & Community Centre
1395a Pittwater Road, Narrabeen 2101.
Afternoon tea will be served.

RSVP 1 August 2008
Corry Dancaster: 9997 2384 or email to:
corryten@gmail.com

Motions for the AGM
should be submitted in writing to

Corry Dancaster at: corryten@gmail.com

No later than: 1 August 2008
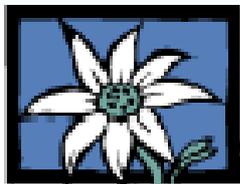
New

New Course Starting:
This term we are starting a new appreciation course:
'**Word 2007**'.
Office 2007 is getting very popular and now, some
new computers come with a trial version installed.
We need to learn all about it. We are starting with
'**Word 2007**' on Wednesday 23 July at 1.30pm.
Our experienced and very popular Instructor, **Ron Hare,** is
running this course. Information is on page 3 of this Newsletter.
Members can put their name on the list at the club.
contact Ron Hare: 9918 9469

Warringah Council

This club is supported by:

PITTWATER COUNCIL

PITTWATER RSL CLUB

RSL CLUB

Happenings

On 18 of June we had a presentation by Bill McCully

Bill has a lot of experience in teaching beginners. He explained to us the 'Take the Teacher Home' programs, which are available from our club. These programs help bring to life the steps all beginners need to take in learning their computer and mastering the Internet and Email. So rather than the dry, technical language of computer books, you will find these lessons become fun and so much easier to remember.

This presentation was very useful and informative. The two programs for beginners are being followed by a third about **'Vista',** while later this year there will be one released about **'Photo-Story'**. If you are interested, please ask your Instructor to show you the **Demonstration disk**, which we have at our club. Thanks go to Bill McCully, who came all the way from the Central Coast, to do this presentation. It was well done. You can find more information on his website:
http://home.exetel.com.au/taketheteacherhome/

News from ASCCA:

On 27 and 28 August ASCCA will be holding their **Annual Conference for 2008**, in the **Powerhouse Museum**. This is an event well worth attending. Not only do we meet representatives from other Seniors Computer Clubs, but the guest speakers are really worth listening to. Last year five people from our club attended and we all learned so much. If you are interested in attending, please contact Corry**: corryten@gmail.com**

ASCCA is holding several Competitions:

At the Annual General Meeting of ASCCA, this year on 20th November 2008, the results of the four club competitions - **Digital Photography, Club Newsletter, Club Website and Creative Writing** will be announced, and certificates awarded.

Creative Writing and Digital Photography Competitions:

Amadou Hampate Ba was a member of UNESCO's Executive Board between 1962 and 1970. He died on 15th May 1991 at Abidjan (Cote d'Ivoire).
He became known as the "living memory of Africa", because of his passion for systematically collecting and recording the oral teachings and traditions of African cultures.
One of his memorable sayings has become so famous it is sometimes quoted as an African proverb. In 1962 he pleaded for the preservation of the knowledge of what he called "Africa's last great illiterate scholars". At a meeting to discuss the rescue of the great pharaonic monuments of Nubia, threatened by the waters of the Aswan High Dam, he noted that stone monuments were durable and would survive, although they may be water-logged. In stressing the fragility of the cultural heritage of mankind he said, "In Africa, when an old man dies, a library disappears." Hampate Ba often quoted his philosophical master, the Sufi mystic Tierno Bokar: "Writing is one thing and knowledge is another. Writing is the photographing of knowledge, but it is not knowledge itself. Knowledge is a light which is within man. It is the heritage of all the ancestors knew and have transmitted to us as seed, just as the mature baobab is contained in its seed."
How fortunate we are that our computers allow us the opportunity to leave a "library" of the history of our lives, our families, and our heritage for future generations.
Why not use the ASCCA Creative Writing and Digital Photography Competitions to prevent your personal "library" from disappearing?
By entering the competitions you have the opportunity to prove the truth or falsehood of the old adage; "One picture is worth a thousand words". You can submit six individual pictures; and you can enter **three poems**, and **three stories** of 1,000 words (or less). Why not take up the challenge and become part of the "the living memory" of Australia? Either download entry forms from the ASCCA website or ask at your computer club if you do not have access to the internet.   *from: http://www.ascca.org.au*

'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
Tell us who you think it is (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?** 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 July 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 **Maria Pasalich** who guessed correctly that the photograph was of **Pat Kingham,** so the prize goes to Maria.
Congratulations Maria!

Maria Pasalich, our winner!

Pat Kingham, as she is: still young

Pat Kingham as she was: young

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 2007	**Wednesday 23 July**	**ALL COURSES START AT 1.30 PM AND TAKE 2—2½HOURS.**
Getting Started	**Friday 25 July**	
Word 2003	**Friday 1 August**	**For the above: members can put their name on the list at the club or contact Ron Hare: 9918 9469.**
Tips for The Internet	**Friday 8 August**	
Introduction to PowerPoint	**Friday 15 August**	
Skype	**Friday 22 August**	**For File Management & Digital Photography, members should contact Brian Hindes: 9918 7181**
Tips for Scanning	**Friday 29 August**	
Tips for Excel	**Friday 5 September**	
VHS to DVD	**Friday 12 September**	
DIY	**Friday19 September**	

New

VIRUSES

Oh, woe is me, I'm ill, I'm sick,
I have a hacking cough,
I've caught a nasty virus now,
I fear I'll soon pop off !

My head is aching, legs are weak,
A cold drink please, I'm hot,
My brow is fevered, can't see straight,
A pretty sight I'm not !

But what is worse, upon my desk
A patient lies inert,
My 'puter has a virus too,
It's sulking and it's hurt.

I failed to take precautions then
To keep my old friend safe,
I'm paying now for my neglect,
My poor unhappy waif!

But I have learnt my lesson now,
I'll fix that problem quick,
Protection is the answer to
Prevent it getting sick.

So 'puter soon will be in health,
As merry as can be,
I'm happy that it soon will sing …..
Can't say the same for me !!!

Lexie Warder

Signs of viruses:
Are you infected?

After you open and run an infected program or attachment on your computer, you might not realize that you've introduced a virus until you notice something isn't quite right. Here are a few primary indicators that your computer *might* be infected:

- Your computer runs more slowly than normal.
- Your computer stops responding or locks up often.
- Your computer crashes and restarts every few minutes.
- Your computer restarts on its own and then fails to run normally.
- Applications on your computer don't work correctly.
- Disk or disk drives are inaccessible.
- You can't print correctly.
- You see unusual error messages.
- You see distorted menus and dialog boxes.

These are common signs of infection—but they might also indicate hardware or software problems that have nothing to do with a virus. Unless you run the Microsoft Malicious Software Removal Tool and install industry-standard, up-to-date antivirus software on your computer, there is no way to be certain if your computer is infected with a virus or not. If you don't have current antivirus software installed or if you're interested in installing a different brand, you can try Windows Live OneCare free for 90 days or visit our Security software downloads page for software from other companies.

Protect yourself! Use a good anti-virus program and keep it updated at least two or three times weekly. Scan your computer online at least once per week just to be doubly sure your computer is not infected. Use Housecall for scanning online, it's free. Another important piece of advice we always urge you to follow, to protect your system from infection, is to **keep your Microsoft Windows Updates current**.
Be careful with email attachments! Never open them directly from email. The best policy is to immediately delete them, but if you think it might be from someone you know, and want to make sure it's safe, save it to your desktop and scan it with your anti-virus program before opening it.

Free 'Scan and Repair': Advanced WindowsCare Personal provides a convenient way for non-technical users to perform routine maintenance and apply system optimization tweaks without the need to become a computer geek. A free 'Scan and Repair' designed for 32-bit Windows Vista™, XP, and 2000. Keep your PC safe, error-free, and running at top speed. http://www.iobit.com   *Thanks to Barry Cafe*

Action speaks louder than words but not nearly as often." ~ Mark Twain

Worms and Trojans:

A worm is a program similar to a virus. It is considered by some to be a variant of a virus in that it makes copies of itself but does so without needing to modify a host. Like viruses, worms may (or may not) do things other than replicate. They can act as Trojans, viruses, and cause computer damage as well. Their function may be nothing more than sending itself to as many addresses as it can harvest from the computer that it infects. Worms are generally distributed by email as attachments or via peer-to-peer file sharing programs. A worm can assume a different appearance each time it hits an inbox.

Trojan horse programs are named for the giant wooden horse that concealed Greek soldiers who used it to invade the ancient city of Troy. Like that famous trick, a Trojan horse program conceals hidden programming. The hidden function may just be a joke, or something malicious. Vandals often use Trojan horse programs to destroy or steal people's data. Normally a Trojan will be programmed to send information from the infected computer to another computer or Web server. Trojans can be concealed inside other software or distributed via email as attachments.

Make sure you have a good **anti-virus** installed. If you don't have one, get one. We recommended **AVAST** or **AVG.** They offer a free version for home/personal use.

And make sure you turn on **Windows Firewall**. Windows Firewall is on by default but sometimes users turn it off or install a 3rd-party firewall that turns off the Windows Firewall - and then they later remove the 3rd-party firewall. Windows will warn you if your firewall is turned off, make sure you don't ignore it.

Task Bar Tidy Up:

In last month's newsletter there was an article on memory, *'Unravelling The Mysteries Of Memory'*, RAM (temporary, random access memory) and the virtual (on the hard drive) and how it affects the speed of your computer. There are other things that make your computer slow, especially on starting up, like an overfull taskbar. Most of us never question the quantity of icons or whether they need to be there.

The **taskbar** is divided into **2 parts**, on the **left** are the quick launch icons which do not affect the speed (they take up no RAM) of your computer. One left click and you launch any program listed there.

On the right, however are icons that show you what programs are running on your PC. That means every time you switch it on, all of these programs are instantly loaded (competing with each other) and running, thus reducing your RAM. For example, Picasa may be sitting there but you are not going to load or edit pictures every time you use your computer. Skype is a great program but you are not going to use it every time and that goes for any program icon sitting there.

How do the icons get there? That decision is made when you load a program, even if you did not notice. When loading a program you need to watch very carefully and read all material that comes up. You will notice that there are a lot of boxes ticked which you need to untick, like permission for a Google Toolbar. Most of us just use our regular toolbars. Short of uninstalling the programs and reinstalling, or following detailed instructions to get rid of these icons, there wasn't much we could do.

Now there is a small free program available from ZDNet or **Downloads Digest** which will do it for you . It is called **Ashampoo Start Up Tuner and it is free**. You simply download it from the ZDNet site or from Downloads Digest. It is one of the safe sites like Cnet.com.au that offer free programs. Just put **Ashampoo Start Up Tuner in Google** and away you go!

What icons to leave there? Well, you need to leave the volume control and any anti-virus or other protection. Other basics, such as a networking icon, and any directly related to your computer. Programs like Picasa, Media Player, Skype, Messenger, Printmaster etc will pop their icons there when you go to use them.

You will find that your computer works more efficiently with these excess programs closed down.   *Thanks to Christine Smith*

"Seven days without laughter, makes one weak"

Bill Gates says farewell

Bill Gates, the Microsoft co-founder, 52, known for his boyish face and nerdy manner, will now focus on running the **Bill & Melinda Gates Foundation**, aimed at fighting disease, reducing poverty, and improving education around the world.

Paul Allen, who teamed up with Gates to start Microsoft in a garage in 1975, was among those "roasting" his childhood friend at a gala retirement dinner.

Gates began programming computers when he was 13 and a student living in the north-western US state of Washington.

Gates and Allen were at the head of a small group of students that enjoyed working with the school's computer, sometimes sneaking through a window to get to the machine after hours, said former teacher **Bill Dougall**.

Microsoft Chairman Bill Gates at the farewell event celebrating Gates' years at Microsoft.

Gates took his passion for knowledge to Harvard University in 1973.

At Harvard Gates met **Steve Ballmer**, who became part of Microsoft and was promoted to chief executive in 2000.

Gates, with the blessing of his lawyer father and teacher mom, left college after two years to start **"Micro-soft"** with Allen. The duo bought the rights to existing computer software, modified it, got a copyright, and rechristened it **Microsoft Disk Operating System (MS-DOS)**.

A key move by Gates was to focus on licensing software to computer makers in numerous "partnerships" that resulted in affordable machines being available to the masses.

In the early years at Microsoft, Gates reviewed every line of computer code and earned a reputation for not tolerating slow thinking.

Gates challenged developers with comments such as "I could write that over the weekend," according to original Microsoft employee **Steve Wood**.

"He kept people on their toes," Wood recalled.

"We accomplished things that we otherwise never would have figured out we could have done." Microsoft's slogan was "A computer on every desk and in every home" - using, of course, its software.

Today more than 90 percent of the world's computers run on Microsoft software.

David Bennet (one of our instructors) getting involved with Microsoft's Bill Gates

Gates eases into retirement ranked the third richest person in the world, behind US investor Warren Buffet and Mexican tycoon Carlos Slim.

Gates and his wife, Melinda, live in an earth-friendly "smart home" on a swath of hillside overlooking a lake near Microsoft headquarters.

The couple married in Hawaii in 1994 and have three children.

Gates remains Microsoft's largest single shareholder and chairman of company's board of directors.   *from: www.smh.com.au*

Coming up in our club:

During July, we will not have a presentation, due to the holidays,

but on 20th August we present:

David Barclay on Secure Internet Banking.

On 17th September we present:

Celeste and Murray Radcliffe with the Battle of Waterloo and its effects on Australia

Bring your friends. All are welcome.

Mouse Whispers

With just a little self-restraint, you can avoid most online threats. Before you install *anything,* ask yourself this simple question: do I trust the makers of this software to have access to everything on my PC? Has someone I know and trust recommended this software, or did I just happen upon it through a banner ad? If you don't have a good reason to trust the software publisher, take a pass. It's not worth the risk.

If you're still entertaining the idea of installing something, read the license agreement and the company's privacy policy very carefully. Often, a company will divulge the spyware/adware aspects of its software in the fine print, assuming (quite rightly) that most people won't bother reading.

Of course, even the most cautious need a bit of insurance, and fortunately, there are outstanding tools available--for free.

Spybot Search and Destroy (free download) will scan your system for practically all known spyware threats and remove them*.*   *By Ken Feinstein, CNET Contributor*

Spybot Search & Destroy Game:

By Jamison Cush, CNET Editor
In the past, there wasn't much to do while Spybot scans your machine except sit and watch the status bar. Now, with version Spybot 1.4, there is a fun and simple game hidden as an Easter egg.
While the scanning processes, click the binoculars in the top left-hand corner next to "Search and Destroy." You will hear a horse neigh and a game grid similar to Minesweeper will appear. Get clicking and have fun!

Freebee of the month: **Water effect**. Have you ever seen those beautiful pictures that have a water effect – like rippling water down the bottom of the picture? Don't some of them look great? Wouldn't it be nice to put that effect to some of your own photographs? Now you can do that by going to this website: http://www.watereffect.net/

Just follow the very easy instructions and bingo – there it is. Try it!

Smile: **YOU'VE GOTTA LOVE DRUNK PEOPLE** A man and his wife were awakened at 3:00 am by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push.
'Not a chance,' says the husband, 'it is 3:00 in the morning!'
He slams the door and returns to bed.
'Who was that?' asked his wife.
'Just some drunk guy asking for a push,' he answers.
'Did you help him?' she asks.
'No, I did not, it is 3:00 in the morning and it is pouring rain out there!'
'Well, you have a short memory,' says his wife. 'Can't you remember about three months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself!'
The man does as he is told, gets dressed, and goes out into the pouring rain.
He calls out into the dark, 'Hello, are you still there?'
'Yes,' comes back the answer.
'Do you still need a push?' calls out the husband.
'Yes, please!' comes the reply from the dark.
'Where are you?' asks the husband.
'Over here on the swing,' replied the drunk.

Dates for your Diary

July 2	12.30 Instructors Meeting 2 pm Committee Meeting	August 1	1.30 'Word 2003' course
July 4—18	Club closed for holidays	August 4	Club closed Bank Holiday
July 23	12.30 Corel Group	Aug 6	12.30 Instructors Meeting 2pm Committee Meeting
July 23	**1.30 'Word 2007' new course**	Aug 8	1.30 'Tips for Internet' course
July 25	1.30 'Getting Started' course	Aug 13	Ezitree group
July 30	12.30 Lunch for Instructors at **DY-RSL**	Aug 15	1.30 'Tips for PowerPoint' course
		Aug 16	Printmaster Group
		Aug 20	Presentation
		Aug 22	1.30 'Skype' course
		Aug 27	Corel Group
		Aug 27 & 28	ASCCA conference in Powerhouse Museum
		Aug 29	1.30 'Tips for Scanning' course

Your Instructors

Mon 9-12 Greg Ennis
9-12 Patricia Novikoff
10-1 Pat Kingham
9-1 David Bennett 'Apple'
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 Jim Parker
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 Paul Treichel
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
9-12 Glenda Kelly
9-12 Gerri Cumpstey
pm Reserved for courses

We welcome these new members: Dorothy Pollard, Flora Pourhartonian, Grace van Eisden, Rex Stuckey, Marion Robertson, Alison Pryde, Pamela Nathan, Frances Harpur, Sheila Ackerman, Sueann Bellomo, Antonio Caruso, Bob Croft, Betty Campbell, Anne Davey, Lee Francis, Ann Hollington, Norma Norman. **We hope you will enjoy your time with us.**

Would you like to be part of a local writers group? Would you like to be involved in a group which meets in Balgowlah once a week to discuss and help each other with the writing of novels, short stories, plays, articles and scripts? Bring along your writing or come and listen to others… Your views are as important as your words. Contact Robert Salisbury: 0404 117

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 content.