



PALS by the LAKE

Computer Pals for Seniors
Northern Beaches Inc.
Member of ASCCA

The Tramshed
Arts & Community Centre
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Welcome to our June Newsletter

Notice to members: Annual General Meeting

The Club **AGM** will be held on
Thursday 20th August 2009 at 1.30pm
in the Tramshed Arts and Community Centre, Narrabeen.
Please consider your nominations for
a new President and Committee members,
as the President's term, as set out in the rules, is to conclude.

Nomination forms will soon be available at the clubroom,
along with a box to receive your nominations.
Nominations should be in the box,
before 1 August 2009.

Please consider this important matter so as to
keep our club going with an active President and
Committee.



Inside this issue:

Welcome	1
Important dates	1
Older drivers	2
New Instructor	2
Courses	2
Apple/Mac news	3
Living Library	3
Let's be creative	3
Poetry	4
ASCCA news	4
Diabetes awareness	5
Macular Degeneration	5
Travel Tale	6
Mouse Whispers	7
Notice Board	8

Coming up on 17 June:

Paul Treichel and Allan Burrowes present:

"EXCEL - SEE HOW MUCH FUN IT IS TO USE"

In the "Tramshed"
on 17 June at 1.30pm
Bring your friends, all are welcome



Winter is here and so are the sneezes and colds.

With this in mind: we have in our clubroom plenty of
Antibacterial Tissues, Glen 20, paper towels etc. to help us avoid the spreading of germs.



Please feel free to use them, especially on keyboards and mouses—this is important for all computer users.

This club is supported by:



Pittwater RSL Club



Dee Why RSL Club



Warringah Council



The presentation by Peter Stanfield, an authorised RTA examiner, was a great success.

Peter had this calm and precise way of explaining the latest rules, etc. for Seniors, which was not only useful, but we all learned something. Just because you have been driving for many years, and are very experienced, does not mean that you have kept up with all the latest rules. It is a good idea to check out:

http://www.rta.nsw.gov.au/licensing/olderdriver_changes.html

and keep up to date with the latest changes! You can ring Peter on **9913 8623**.

We had a good attendance and we would like to thank **Peter Stanfield** for this presentation. We also thank all the helpers, who once again excelled themselves.



Welcome to our new Instructor: Barry Cafe.

Barry has been a member of our club for some years and at first, he was a student, learning and also doing his family tree. Barry has an all-round knowledge of computers and his happy personality makes him a great Instructor.

Barry comes in on Thursday mornings. He is enjoying himself and is adding to the friendly atmosphere.

Welcome Barry.

OUR PRINTMASTER GROUP

Our Printmaster Group is a very active group, run by **Pat Kingham**

on **the Third Saturday of each month**

It is easy to learn and you have fun creating cards for every occasion. Come and join. Please put your name on the list in our clubroom and come on the third Saturday and enjoy the Group.

This is a free group for members.



OUR COREL GROUP

This is the oldest group within our club and is run by **Win Nielsen**, who is an 'old hand' with Corel, and over the years she has taught many of our students.

If you would like to join this Group, please put your name on the list in our clubroom, so that Win knows who to expect.

Even if you are completely new and just learning how to use a computer, you will enjoy learning this wonderful program which enables you to do many things you did not know you could!

Come and enjoy the 'Corel Group' second and fourth Wednesdays, 1 pm.

This is a FREE group that any member can join.



Appreciation Courses with Ron Hare –Term 2–2009

These Appreciation Courses are for members.

To become a member: just pay \$25 for '12 months' membership to be able to enjoy groups, workshops and courses.

All Appreciation Courses cost \$10 each and include a CD with the information. Members can put their name on the list at the club.

If you are unable to come, please let Ron Hare know on:9918 9469



Friday June 5	1.30 'Scanning'	Friday June 19	1.30 'DIY' Do It Yourself
Friday June 12	1.30 'Mail merge'	Friday June 26	1.30 'Excel'



Good news for Apple/Mac students!

This is great news for people wanting to learn how to use Apple/Mac computers. Starting next term (Term 3, 2009) will have several extra Instructors, who can teach you how to use your Apple/Mac computer.

You can come and enrol on **Monday mornings between 9 and 10am**, or, **give Pat Kingham a call on 9948 3614** to arrange your enrolment.

Welcome to our new Instructors and students of Apple/Mac.



'LET'S BE CREATIVE'

The rules of this competition are on the notice Board in our clubroom.

This saves printing it each month.

Basically, the rules are that members can create a card for which we will suggest a subject such as 'Happy Anniversary' for instance.

Cards can be put into the Box at our club.

Cards need to fit into a C6 envelope, therefore they need to be a quarter-fold card.

Please read the rules in our clubroom. **Any computer program can be used.**

The winner is announced each month in this Newsletter, and a prize is awarded to the person with the best card.

Subject for June is: 'Happy Holidays'

CONGRATULATIONS TO THE WINNER IN MAY:



First Prize:
Pat Smith



Highly commended:
Cecile Carter



The "Living Library" at Mona Vale Library "Shake Hands With a Book"

What is a "Living Library"?

Living Libraries have "Living Books" available for borrowing within the library.

It works just like a normal library where "Readers" can choose to borrow "Books".

The "Books" in the living library are human beings with a story to tell.

The "Readers" are human beings who enter into a dialogue with these "Books".

What makes a good "Book"?

People who wish to share their story.

People who develop their own catalogue details and a book title.

People who will be themselves and are open to talking and listening carefully.

Who are the "Readers"?

Readers - or borrowers- are community members who have a genuine interest in learning more about the "Book" and their lifestyle.

When is this happening? On Saturday 4th July, 2009.

Borrowing times are:

11.10 a.m. - 11.40 a.m., 12 noon - 12.30 p.m., 1.15 p.m. - 1.45 p.m.

Some of the "Living Books" categories are:

WWII Refugee, Mother of Triplets, Two Ten Pound Poms, Growing Old Disgracefully, Police Officer, De-toxifying Your Home, Travelling to Third World Countries as a Senior, Organ Transplant, A Privileged Life, Understanding Disabilities, etc. etc.

If you wish to come along and "read" a "book" on the day please ring the Mona Vale Library on **9970 1600** or **call in at the library to book in.**

Sharelle Ravenscroft.....Community Information Librarian (9970 1609)

Helen Rosenkranz.....Living Books Committee Member





I'M REALLY VERY HEALTHY FOR MY AGE

I went to the Doc for a check-up,
He tested real well all my bits,
Inside was looked at with more testing,
So many, I near had a fit !

So when I was back in the surg'ry,
Awaiting the verdict from him,
He gathered his papers together,
And issued this ultimatum !

"YOU'RE REALLY QUITE HEALTHY, my
dear friend,
FOR YOUR AGE I think you're quite
spry",

I sat there dumb, stunned, unbelieving,
I fear he's committed a lie.

I've knees that are knocking quite badly,
My poor eyes see only in fog,
The next step of which I am certain
I get a good 'seeing eye dog'.

My hips have just gone into lockdown,
An op's on the way for the pair,
They may have to wait till my heart's
fixed,

It's missing some beats here and there.

My skin is all wrinkly and weathered,
I've sunspots galore everywhere,
My chest's all clogged up, and the
coughing

Sends me out to sleep in the "spare".

So how can he say "YOU'RE QUITE
HEALTHY",

The "FOR YOUR AGE" bit's a bit strong,
But if I decide not to be...lieve,
I guess I'll just prove him so wrong.

My dog will lead me to the surg'ry,
I'll hop up the steps in my pain,
"YOU'RE REALLY QUITE HEALTHY FOR
YOUR AGE",

I bet he'll not say THAT again !!!

The above Poetry by our Instructor Lexie Warder ~ Graphic by Win Nielsen (Corel Group)

AN EXCITING NEW COMPETITION + ALL THE OLD FAVOURITES IN 2009

This year **ASCCA** has a new competition, as well as their usual favourites.

For the new **Photo Story Video Competition**, you will need to start work soon.

Please read all the instructions and conditions and follow the entry forms exactly before you begin - to avoid making a mistake that could invalidate your entry.

There are also the usual **Creative Writing Competition**, the **Digital Photography Competition**, the **Website Competition** and of course the **Club Newsletter Competition**.

All entrants for all the competitions must be a member of a Seniors Computer Club, which is a financial member of ASCCA. ASCCA Directors or Staff members are not eligible.

For all the conditions and entry forms go to the ASCCA Website www.ascca.org.au

**The person who says it cannot be done should not interrupt the person doing it.
(Chinese Proverb)**



SOME REAL HEALTH ISSUES

DIABETES AWARENESS:

This is an excerpt from a pamphlet issued by Diabetes Australia N.S.W. to make people aware of the condition Hypoglycaemia which can affect people with Diabetes and to ensure that the public knows what to do if a person you are with has a Hypo.

What is a Hypo?

A hypo is when blood glucose (sugar) level (BGL) drops too low.

Symptoms of a Hypo

These vary from person to person, but common symptoms include:
Dizzy/light headed, not able to think clearly, headache, faster heart beat, hungry, sweaty, shaky, unsteady on feet.

How to treat a Hypo

Step 1. Eat 6-7 jelly beans, or
Drink 150ml of regular (not diet) soft drink, or
Have 3 teaspoons of sugar or honey,
If possible, check the BGL.

Follow the initial treatment with a snack or bring the next meal forward.

Step 2. (not if on a pump)

A sandwich, or
A piece of fruit, or
A glass of milk, or
6 small dry biscuits

If not feeling better ... After 10-15 minutes, repeat Step 1.

It is important to treat a Hypo immediately.

Diabetics should carry jelly beans at all times and wear a necklace or bracelet to inform the public that they are a diabetic, so that treatment can be given quickly in the event of a Hypo. If unconscious, call an ambulance immediately.



MACULAR DEGENERATION:

This is an excerpt from a pamphlet issued by the Macular Degeneration Foundation.



Macular Degeneration is Australia's leading cause of blindness. The macula is the central part of the retina, the light sensitive tissue at the back of the eye. The retinal processes all visual images and it is responsible for your ability to read, recognize faces, drive and see colours clearly.

You are reading this, using your macula.

Have your eyes checked regularly.

- Have your eyes checked and make sure that the macular is checked.
- Don't smoke.
- Keep a healthy lifestyle, well balanced diet. Limit your intake of fats.
- Eat fish two or three times per week, eat dark green leafy vegetables and fresh fruit daily and a handful of nuts a week.
- In consultation with your doctor, consider taking a zinc and antioxidant supplement.
- Provide adequate protection for your eyes from sunlight exposure, especially when you are young.
- Early detection of changes can allow you to take steps to slow the progress of MD.

For more detailed information and support please contact the MD Foundation 1800 111 709 or www.mdfoundation.com.au

As you slide down the banister of life, may the splinters never point up



A TRAVEL TALE FROM OUR INSTRUCTOR ALLAN BURROWES

Carol and Allan Burrowes travelled to Japan, recently and corresponded by email. This is an excerpt.



Allan Burrowes

Well, Carol and I made it to **Tokyo** and we have arrived at **Narita**. Finding our way at Narita was no problem as we were swept along by the crowds getting on a train that took us to Immigration etc. The train ride to Tokyo was a hoot as we were mixing with the slightly drunk men, one in particular was happily excited that he was going to be in big trouble with his wife.

We have not met a single unpleasant person - it may have something to do with the lovely **cherry blossoms** that are pleasing everyone. Tonight at 6 degrees people were sitting in the dark under the blossoms having the best time, eating, laughing and looking as if they came straight from work to a picnic.

We had a great time at a **Buddhist Temple**. One of the deities had reportedly been lost in a river and was found by fishermen centuries ago. The temple is dedicated to him. He is only centimetres long, and so precious no one is allowed to see him.

The temple had a wonderful market, full of interesting little stores where food was made on the spot, everything from biscuits to teriyaki. We stood in front of the smoke from incense, along with all the locals as this is supposed to cure ailments.

Computers and internet are free in most of the hotels. The keyboards in some of the Ryokans/Hostels leave a bit to be desired as it is a composite Japanese/English layout. Last night was fun as half the letters were worn off the keys and I am no touch typist.

The broadband is fast here and it is amazing to see bundles of blue optic fibre cable strung down the streets and feeding into guest houses and homes.

Tomorrow we head south to Hiroshima.

Food is still great and we are wrapped on the sushi train when we can find one. Who would think that you can get a taste for raw fish, raw octopus, raw salmon and eating crumbed prawns with their shells still on? Still I am not game to try the Fugue fish, and anyway, it is a bit expensive.

We are now in **Beppu** (you might have to look this one up on Google). It is renowned for its hot spas, its hot sand baths, and of course its red faced monkeys (perhaps they drink too much from hot spas).

We checked out the most fantastic castle at **Himeji**, reported to be the best in Japan. The gardens are certainly beautiful here. The cherry trees have all but lost their blossoms in the south of **Honshu Island** but even the flowers falling from the trees make a fantastic pink carpet on the ground. We are heading north to **Hokkaido** and we will probably catch the blossoms again.

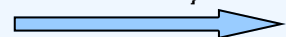
Very few computer stores for me to look at and the cost of anything here is so much more than Australia.

The food is exotic by Australian taste. We have had raw octopus, raw fish, smoked eel and things wrapped in sea weed that defy description.

We are now in **Hokkaido**, staying at a delightful hostel in Sapporo.

Had a 5 hour train trip to the north of this Island, and they say you can see a Russian Island from a lookout. At 2 degrees, snow and a howling wind accompanied by a persistent rain, all I saw was two wet people trudging around a town with few people on the street and three hours to kill. Still the trip up through the snow with wild deer beside the track and snow covered mountains, made it worthwhile.

Back to the **Island of Honshu** in two days, with warmer weather, then it will be back into the mountains to see the snow monkeys and to relax in an onsen (natural hot water spa) at the end of the day. The only thing they allow you to wear in the onsen is your birthday suit.





We finally got to see the "Snow Monkeys" sitting in their own onsen enjoying the hot water. Actually, in this warmer weather the people in charge throw grain into the hot steamy water and the monkeys have to get in if they want to eat the freebies.



They have a web cam set up next to the pool and if you care to **Google 'snow monkeys web cam'** you will see them.

Well, we managed to be sitting in the right place at the right time and are now on the www thanks to a web cam that takes pictures on the hour. The ones in the background are Carol and I. The snow monkeys are in the foreground. We had some beautiful walks through the forest to get there and back to town.

We had a private open air onsen on top of a mountain and watched the sunset. I know it is tough but some one has to do the hard yards.

Well it is the night before we leave from Osaka (Kansai Airport) at 20:55 (hopefully).

We will be back in Oz tomorrow and will be in touch as soon as we are settled in at home.

Domo arigato, sayonara. Allan Burroyes



MOUSE WHISPERS



On-Screen Keyboard is an accessibility utility that displays an 'On-Screen-Keyboard' on the computer screen that allows people with mobility impairments to type data by using a pointing device or joystick. Besides providing a minimum level of



functionality for some people with mobility impairments, 'On-Screen-Keyboard' can also help people who do not know how to type. It can also be used when security is important, as in internet banking, in order to avoid key-logging.

On the XP Start menu click on **All Programs**, click on **Accessories**, click on **Accessibility**, Select **On-Screen Keyboard**.

Note: A message box with a link to more information about the On-Screen-Keyboard may appear. To close the box, select OK.

On Vista: click on Start and type osk in search box and enter.

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.

Cheer-up! Birds have bills and they're still singing.



Dates to Remember

June 3 12.30 Instr. Meeting
 2pm. Committee Meeting
 June 4 'Scanning' course
June 8 Club closed for Queens Birthday
 June 10 'Corel Group'
 June 12 'Mailmerge' course
 June 17 'Excel' presentation at 1.30
 June 19 'DIY' Do It Yourself
 June 20 'Printmaster Group'
 June 24 'Corel Group'
 June 26 'Excel' course
 June 30 Last day of Term 2

July 1 First day of term 3
 July 1 12.30 Inst. Meeting
 2pm Committee Meeting
 July 8 Corel Group
July 11–26 Club closed
July 27 Club re-opens

Welcome to our new members:

Raphael Wang (Instructor),
 Rosemary Kirkwood,
 Sandra Meldrum, Jilda Whiddon,
 Peter Bryant, Pamela Burge, Robert Longley,
 Patricia Longley, Eric Wenban.
 We hope you all enjoy your time with us.



When you change your email address:
 Please let Corry know by sending the
 new email address to:
corryten@gmail.com

For researching your Family tree:
Please contact:



Don Roberts
9944 7456

YOUR INSTRUCTORS



Mon 9-12	Greg Ennis
9-12	Patricia Novikoff
9-10	Pat Kingham/Enrolments
9-1	David Bennett/Apple Mac
1-3	Lexie Warder
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	Pat Kingham
1-4	Kevin Bowering
1-4	Michael Sunderland
1-4	Allan Burrowes
Wed 9-12	Henri Osieck
9-12	Jim Parker
9-12	Mickey O'Neill
9-12	Mary Anne O'Reilly
10-1 pm	Win Nielsen Reserved for Meetings
Thur 9-12	John Brennan
9-12	Brian Curran
9-12	Paul Treichel
9-12	Corry Dancaster
9-12 pm	Barry Cafe Reserved for courses such as Digital Photography
Fri. 9-1	Christine Smith
9-1	Paul Treichel
9-12	Glenda Kelly
9-12 pm	Gerri Cumpstey Reserved for Appreciation courses with

For File Management and Digital Photography:
 Please contact
Brian Hindes: 9918 7181
For further information.

