

# PALS by the LAKE



Computer Pals for Seniors  
Northern Beaches Inc.

The Tramshed  
Arts & Community Centre  
1395a Pittwater Road  
Narrabeen NSW 2101

June. 2010 No.161

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*This is a volunteer  
organisation*

ABN 84 043 912 101

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## Welcome to our June Newsletter

**"Getting Together" on Wednesday 16 June  
starting at 12noon**

In the Tramshed, 1395a Pittwater Road, Narrabeen

## "How is Your Eyesight?"

*Macular Degeneration can strike very quickly*

We welcome

## Alexandra Lewis

the Education Officer from  
the Macular Degeneration Council

~~~~~

And as well we have our Patron:

## Julie Sutton

Julie's amusing talk is called:

## "Adventures of a Marriage Celebrant"

Don't miss it. Bring your friends.



### Notice to Members

#### Annual General Meeting

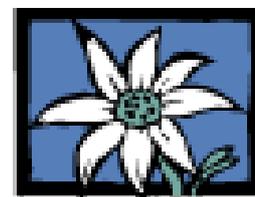
The Club's Annual General Meeting will be held on  
19 August 2010 starting at 1.30 pm

In the Lakeview Hall in the Tramshed Arts & Community Centre  
1395a Pittwater Road, Narrabeen

Nomination forms will soon be available in the Clubroom.

Nominations should be in the Voting Box by 1 August 2010.

*This club is supported by:*



Warringah Council



### "Getting Together" on 19 May

The bad weather did not stop many people attending this great "Getting Together", with interesting presenters, and a fascinated audience, with lot of questions being asked. Nice food also helped to make it a very good afternoon. The people that did not attend missed a great afternoon.

After the **Welcome**, there was a report by **Ron Hare**, telling us all about what is happening in our Club, such as planning for the future. **Peter Whalan** then told us about "The World of ON and OFF" - Binaries—which is something most of us knew little about and we would like to know more. Lots of questions were asked, so, maybe we could have Peter come back another time and enlighten us some more. **Thanks so much, Peter.**



Next we had a guest speaker from **Owen Hodge, Lawyers: Mr. James Kelly.**

Mr. James Kelly spoke about **Wills and Estates**, which is another subject we would like to hear more about. The Laws have changed and we all need to be aware that it is very necessary to keep our Housekeeping in good order.

Once again there were lots of questions from the floor, proving that this is an interesting subject.

We were all given a bag containing the information, and some goodies, which are always welcome. **Thank you Mr. James Kelly! Also thanks to the helpers who once again excelled themselves, and Maria who organised a delicious lunch.**



### Our new Trainers:

We are fortunate to have 2 very knowledgeable new Trainers for our Club:

**Maureen Wannell and Joe Paardekooper**

Both Maureen and Joe teach on Monday mornings, Maureen on Windows PC and Joe on Apple/Mac.

Both are very welcome to our group of Trainers and we hope they will enjoy teaching our students.



### Message to Members:

The next "Getting Together" on 16 June, will be the last one until after the AGM in August.

The Club will be closed from 5 July till 19 July. The AGM will be on 19 August, so the next "Getting Together" is scheduled for the 15th of September. Don't miss it!

### Dates to remember

|        |                                                                                  |                                                                                                                                                                                                                                                                                                                                      |                                  |
|--------|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| June 2 | 12.30 Trainers Meeting<br>2.00 Committee Meeting                                 | July 2                                                                                                                                                                                                                                                                                                                               | 1.30 "Handling a Digital Camera" |
| 4      | 1.30 "Skype"                                                                     | <b>July 5—19</b>                                                                                                                                                                                                                                                                                                                     | <b>Club closed for holidays</b>  |
| 9      | 1pm "Corel Group"                                                                | July 19                                                                                                                                                                                                                                                                                                                              | Club re-opens                    |
| 11     | 1.30 "From VHS to DVD"                                                           | <p><b>Disclaimer:</b> 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.</p> |                                  |
| 16     | 12.00 noon Julie Sutton will talk about her "Adventures of a Marriage Celebrant" |                                                                                                                                                                                                                                                                                                                                      |                                  |
| 18     | 1.30 "Buying on Ebay"                                                            |                                                                                                                                                                                                                                                                                                                                      |                                  |
| 19     | PrintMaster Group                                                                |                                                                                                                                                                                                                                                                                                                                      |                                  |
| 25     | 1.30 "Tips for Scanning"                                                         |                                                                                                                                                                                                                                                                                                                                      |                                  |
| 30     | 12.30 Lunch for Trainers                                                         |                                                                                                                                                                                                                                                                                                                                      |                                  |



# "E-Buy by the Lake"



**In this section of our Newsletter we are trying something new.**  
Without any charge, we will advertise for our Members, any item they would like to sell.

## "Buy & Sell"

If you want to sell or to buy something, send us a short description ( no pictures) with your contact phone and/or email address and we will put it in the newsletter for you.

If you sell something, we ask you to donate 10% of your selling price to the club.

Note: The club does not accept any responsibility for the sale of any goods.

That is between you and the other party.

**Please send the message of items for sale to:**

**[info@compalsnb.org.au](mailto:info@compalsnb.org.au)**

|                                                                                                                    |                                                                                                                                                       |                                                                                |
|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| <p><b>For sale:</b><br/><b>3 piece Fishpond (no pump)</b><br/><b>\$22.00</b><br/><b>Please ring: 9997 2384</b></p> | <p><b>For sale:</b><br/><b>Pleater for smocking</b><br/><b>AMANDA JANE</b><br/><b>Hardly used—\$ 44.00</b><br/><b>Please ring: 04 03 02 70 63</b></p> | <p><b>For sale:</b><br/><b>This place vacant for you</b><br/><b>To use</b></p> |
|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|

**P**lease 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.

### LEARNING

I have an organ, small and neat,  
When others play, I tap my feet.  
I'M learning how to play it now,  
But will I ever know just how?

I get my fingers all mixed up,  
I think it's called a "note hiccup".  
The beat is really wrong as well,  
It's all a jumble, I can tell.

To learn to read the music 'sucks',  
Playing the notes takes lots of luck.  
Is that a D, or C or G ?  
It's all a mystery to me !

The same applies to learning 'putes,  
Sometimes it's hard, there's no dispute.  
But keep on trying, week by week,  
Practice makes perfect, skills we seek.

When experts play, my organ sings,  
So will your 'pute, can't rush these things !!!

*Lexie Warder*





## Mouse Whispers



### Sticky Notes in Windows 7!

Do you have something you need to be reminded of? What about your grocery list? Do you like to keep adding items to it throughout the week? Sounds like you need sticky notes!

Just type "**Sticky Notes**" into your Windows 7 Search Box (Located above your Start button) and hit **Enter**. The Sticky Notes gadget will open up.

Now just type in your list, note, message or limerick and you've got yourself an instant desktop resident reminder! You can even change the colour by Right-Clicking! To add another Sticky Note, just click the plus sign!

### If you're working with a list of names in MS Word and you want to sort them alphabetically just do this:

First make sure that each name is on its own line. Then...

1. Highlight all the names
2. Click Table (in top menu), then choose Sort
3. Click OK

Don't you wish everything were that easy?

### Is there a way to tell if someone else has been using my computer in my absence? For example, the last time it was booted?

Windows XP and Vista have an Event Viewer to help you keep track of what your computer is doing. An event is anything noteworthy that happens to your computer. To bring up the E.V. in XP go to **Start/Run** and type the following...

**eventvwr.msc**

The same process applies to Vista, only you type it in the Search Box. Events are stored in three log files: Application, Security, and System. These logs can be reviewed and archived. In Vista these can be found under the "**Windows Logs**" section.

For our purposes we want the System log. Click on "**System**" in the left-hand column for a list of events. Look for a date and time when you weren't home and your computer should have been off.

By **double-clicking** the event you can get more details on what the event was. Just click on the link for that says, "**For more information...**"

You can also use this log to see how long someone was on the computer. Just look at the time the computer was turned on and off for that day. Oh look, Junior was on for 6 hours! No wonder the yard work wasn't done.

### Total PC Protection for Serious Users!

Take complete control of your PC's safety.

Smart people backup; Backup & Recovery is smart backup.

A disaster recovery tool for stand-alone Windows-based PCs. Combining all the existing backup techniques and exclusive recovery environments, this latest edition satisfies the needs of even the most demanding user and is simply the most powerful free backup tool available today. Paragon Backup & Recovery 10.2 Free Edition allows you to take complete control of your PC's safety. Based on solid commercial backup and recovery software from Paragon, it has a rich set of features that you can trust. Simple to install and easy to use, Backup & Recovery 10.2 Free Edition gives you a hassle free first step towards complete PC protection.

[http://download.cnet.com/Paragon-Backup-Recovery-Free-Edition-64-bit/3000-2242\\_4-10904675.html](http://download.cnet.com/Paragon-Backup-Recovery-Free-Edition-64-bit/3000-2242_4-10904675.html)

"Clothes make the man. Naked people have little or no influence in society." ~ Mark Twain

|                                                                                                                                                                                                                                                                                                                                                                                |                                 |                                                                                                                                                           |                                |                                                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Our Digital Photography</b><br/>If you would like to join the next course, please ring:<br/><b>Brian Hindes on 9918 7181</b></p>                                                                                                                                                       | <b>Your Trainers</b>            |                                                                                                                                                           |                                |                                                                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                | <p><b>Monday Morning</b></p>    | <p>Allan Burrowes (Enrolments)<br/>Greg Ennis<br/>Joe Paardekooper<br/>Maureen Wannell<br/>Patricia Novikoff<br/>Raphael Wang</p>                         | <p><b>Thursday Morning</b></p> | <p>Brian Curran<br/>Paul Treichel<br/>Barry Cafe<br/>John Brennan<br/>Corry Dancaster<br/>Reserved for special courses and events</p> |
|                                                                                                                                                                                                                                                                                                                                                                                | <p><b>Afternoon</b></p>         | <p>Allan Burrowes<br/>Corry Dancaster<br/>Peter Whalan<br/>Linda Francis</p>                                                                              | <p><b>Afternoon</b></p>        |                                                                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                | <p><b>Tuesday Morning</b></p>   | <p>Evelyn Iggulden<br/>Ken Brown<br/>Alan Taylor<br/>Allan Burrowes<br/>Hilda Valk<br/>Judi Page<br/>Pat Kingham<br/>Allan Burrowes<br/>Hamish McLean</p> | <p><b>Friday Morning</b></p>   | <p>Christine Smith<br/>Paul Treichel<br/>Gerri Cumpstey<br/>Glenda Kelly<br/>Reserved for Appreciation Courses</p>                    |
| <p><b>Corel Group</b><br/>We meet each second Wednesday of the month at 1pm.<br/>This is a very interesting Program.<br/>Cost is \$5.00 per hour.<br/>If you would like to join, just come and enjoy!</p>   | <p><b>Afternoon</b></p>         | <p><b>Afternoon</b></p>                                                                                                                                   |                                |                                                                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                | <p><b>Wednesday Morning</b></p> | <p>Jim Parker<br/>Henri Osieck<br/>Mary Anne O'Reilly<br/>Win Nielsen</p>                                                                                 |                                |                                                                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                | <p><b>Afternoon</b></p>         | <p>Reserved for Meetings</p>                                                                                                                              |                                |                                                                                                                                       |

**Welcome to our new students:**

Annette Lindsay, Margaret Tattersall, Francoise Meulders, Helen Thomson, Brenda Harris, Lynette Dunn, Judi Page, Lynette McGree, Janice Meagher, Gail Coulter, Noelene Pickworth, Leonora Grey, Myra Beuman, Afra Beukers, Judith Shirdon, Pamela Dunn, Julie Knudson, Lorna Taylor, Neil Taylor, Patricia Morgan, John Edmonds, Marion Maitland, John Busuttill, Boudewijn van Zwieten, Janet Dowling, Margaret Lofhjelm, Peter Nicolaou, Susan Wilson, Donna Ragen, Dennis Swift, William Matterson, Grace Campbell, Helen Ayliffe, Edna Ashby-Worden, Maryanne Maras, Margaret Sheppard, Mireck Korsenowski, Eric Smith, Elizabeth Smith, Margaret-Ann Caulard. **We hope you will enjoy your time with us.**



**Appreciation Courses with Ron Hare—Term 2—2010**



The Appreciation Courses are for Members. To become a member: just pay \$30.00 for twelve months membership so that you can join Groups, workshops and courses.

Appreciation Courses cost \$15.00 each for members, including a CD with all the information.

Members can put their name on the list in the Clubroom to enrol.

**New students are urged to attend the first three courses during their first year of Membership.**

**These three courses will be repeated each Term, for your convenience.**

|         |                        |         |                                  |
|---------|------------------------|---------|----------------------------------|
| June 4  | 1.30 "Skype"           | June 25 | 1.30 "Tips for Scanning"         |
| June 11 | 1.30 "From VHS to DVD" | July 2  | 1.30 "Handling a Digital Camera" |
| June 18 | 1.30 "Buying on Ebay"  |         |                                  |



**Computer Basics** A computer is basically pieces of hardware that consist of a processor chip, a hard drive, ram chip, a disk drive, a display screen, a keyboard and a mouse. The OS (Operating System) software is what pulls those bits of hardware together to make them work as one, along with the Applications or programs (the computer code that runs on top of the Operating System, that enable the user to do things).

The quality of the hardware components can vary enormously and thus, costs vary similarly.

There are two common Operating Systems that most people are familiar with. One is Apple/Mac OS X (pronounced OS ten). The other is Microsoft Windows (which has various OSs). Microsoft is a company that only makes and sells software (they don't make hardware).

Other companies like ASUS, Acer, Compaq, Dell, HP, Sony etc. manufacture the computers (the hardware) and install the Windows OS software.

IN contrast Apple builds both the computer (hardware) and the software that comes with it. Note that Apple do use internal hardware such as processors, Ram, disk drives, hard drives etc that are used by some other computer makers.

Apple do not license their software to other computer makers like Microsoft does. That's why Mac OS X will not work on computers unless they are manufactured by Apple. However, Apple Macs can run the Windows Operating System/s either by starting up in Windows (booting up) or running the Windows OS inside the Apple Mac OS. It treats it like it was just another application/program.

### Should I buy a Windows PC or an Apple Mac computer?

**The short answer is: Apple Mac.** Before listing the many reasons why the short answer is Apple Mac, you may like to read "Computer Basics" above.

No viruses on the Mac.

The Mac can run both Windows and Mac OS

The software included with a new Mac enables you to do all the things , most people want to use a computer for, i.e. Web browsing, emails, Photos, Movies, DVD making, word processing, calendar, music, text/video chatting and so on.

There is a consistent interface between all the programs, which simplifies things for the user.

The initial cost is favourably comparable with any quality manufacturer.

The CTO (total cost of ownership) has been proven in many studies to be in Apple's favour.

The resale value is much higher than a PC.

Macs have easily accessible options that assist those with vision or other problems.

The Apple Care Protection Plan (extra cost) increases the 12 month Warranty to 3 years and gives free phone support from Apple.

No viruses, spyware, botware or other infectious nasties can take over your computer or use up your internet data usage.

### Should I buy a brand new Mac or a 2<sup>nd</sup> hand Mac?

Typically people usually buy a computer that will last them 4 to 5 years (or more). Therefore look at what your requirements will be in a couple of years time, not what will suit you now. Computers are being used for more and more things each year. Will the 2nd hand computer you are considering run the programs of tomorrow? A brand new Apple Mac computer will be able to do so. Factor in the Warranty (up to 3 years) plus you get the latest in hardware technology etc. Compare the difference in value between new and 2<sup>nd</sup> hand.

**Apple has hundreds of video tutorials** you can view for free using any internet connected computer, even Windows. QuickTime (free) may be required.

<http://apple.com/ilife/tutorials>

<http://apple.com/business/theater/>

<http://apple.com/support/mac101/tour/>