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
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Inside this issue:

Welcome to our March Newsletter

On Thursday 19 March we celebrate

Seniors' Day

The subject this year will be:

'The Internet'

Use your mouse to surf the world

**From 10am till 2pm,
at 'The Tramshed' , Pittwater Road, Narrabeen**

**Bring your friends ~ all are welcome
Light refreshments will be served**

The timetable is as follows:
10:00 opening speakers
10:15 St George Bank – Internet Banking
11:00 Morning Tea
11:15 Australian Federal Police – E-Security: Protecting Yourself Online
12:00 Ron Hare – Introduction to Skype
12:30 Lunch
 1:30 Informal – There will be many interesting stands covering many subjects.

On account of Seniors Day, we had to postpone the presentation of
'The Older Driver'
This will now be held on
Wednesday 20 May 2009
starting at 1.30
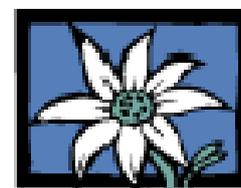
Change of date

This club is supported by:

Pittwater RSL Club   **Dee Why RSL Club**   **Warringah Council**

Vinyl and Tapes to CD

On the 27th of March 2009, Ron Hare is running an Appreciation Course on "Vinyl & Tape to CD".
This is a very popular course, and Ron will use a free program: Audacity.
To join this course, members please put your name on the list in the clubroom, and pay $10 and turn up on the day at 1.30pm.
There will be a break for afternoon tea (included).
A free CD will be given to all attending

Graphic by Win Nielsen, Corel Group

About Audacity

Audacity is a free, easy-to-use audio editor and recorder for Windows, Mac OS X, GNU/ Linux and other operating systems. You can use Audacity to:

- Record live audio.
- Convert tapes and records into digital recordings or CDs.
- Edit MP3, WAV or AIFF sound files and more.
- Cut, copy, splice or mix sounds together.
- Change the speed or pitch of a recording.

And more! See the complete list of features.
For all users, Audacity 1.2.6 is a stable release, complete and fully documented. You can have Audacity 1.2.6 and 1.3.7 installed on the same machine.
Download it from: http://audacity.sourceforge.net/

Appreciation Courses—Term 1—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.	
Friday March 6	**1.30 'Tips for Scanning'**
Friday March 13	**1.30 'Setting the Scene' in PowerPoint**
Friday March 20	**1.30 'Understanding 'Works'** NEW
Friday March 27	**1.30 'Vinyl & Tape to CD'** **using the free program 'Audacity'** NEW

APPRECIATION COURSES

There's going to be a new course
Re Vinyl and Tape to CD,
Not long ago these were the tops,
Folk loved them and that includes me !

But now they're both starting to be
'Old hat', like so much else is now,
It's hard to keep up with what's new,
But Comp. Pals will just tell you how !

Come to our club for the lowdown,
We've courses galore and they're cheap,
Learn how to adapt to the new,
Before we all 'fall in a heap' !!

You'll get a CD to take home,
To make sure you do understand,
It's so great to know that right here,
We have such a great helping hand.

And once you have learnt all you can,
Your 'puter gives you so much more,
Your time's spent in much better ways,
Don't lie on the sofa and snore !!!

Lexie Warder

Getting to know our Instructors
RON HARE

Instructor 'Appreciation Courses'

Ron Hare is a Londoner.
Ron was in the RAF during the war, after which he gained his tertiary education from London University, studying Science and specialising in electronics.
From University he went into an electronics research laboratory and was immediately knee deep in the early computers.
Ron moved up through the ranks of the industry to senior management.
In 1969 Ron and his family (wife and 3 children) emigrated to Australia.
Very soon Ron became a self employed consultant working with many Australian business organisations.
Ron Hare later worked part time in TAFE as a lecturer in computer applications and also at Manly Warringah Community College. Ron has now retired from active work and, apart from Computer Pals, has a few clients who need help with their computers.
Ron's hobbies are Music, Theatre and History.
He is a widower.

David Bennett's presentation about the

"1st Day of World War 1"

This presentation was a great success, with **David Bennett** telling us about the experiences he had, some years ago, when he took several Veterans from World War 1 to the actual sites, where it all began. David showed us maps and drawings and told us how and where World War 1 began (in France) and how much the Veterans appreciated being taken back there, after many years, and actually standing in places that they remembered.

David also told us about how we can find the information on the Internet, and if anyone has family members involved in that war, their records are available and David found information about relations of several people in the audience.

A very successful afternoon. Thanks David!

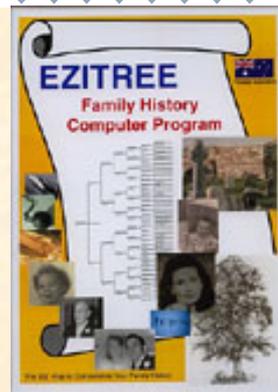And of course: thanks to all the helpers and afternoon tea people.

The audience

David Bennett

Ezitree

This program is a great help in setting up your family history.

Start by putting in your own name, your parents' names, dates of birth etc. and you have started to build you family tree.

To get help in setting up this program and start researching your family tree, come to our FREE lessons on the second Wednesday of each month, starting at 1.30pm.

Don Roberts, our very experienced Instructor, will help you and he will try and answer your questions.

But first: learn how to use this program to your advantage!

Put your name on the list on the notice board, and just come!

I had a rose named after me and I was very flattered.

But I was not pleased to read the description in the catalog: –

'No good in a bed, but fine against a wall.' – Eleanor Roosevelt

'Let's be Creative'

From now on, 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 at our club.

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

Subject, for April is:

Happy Mothers Day

This month's winners are:

Cecile Carter ~ 1st prize

Pat Smith ~ Highly commended

ASCCA Dates to Remember in 2009

2 – 8 March 2009 - SCAM Awareness Week

15-22 March 2009 - NSW Seniors Week 2009

17 March 2009 - - Assistive Technology Improving Accessibility Microsoft Forum

19 March 2009 - Travellers' Tales' Seminar - Sponsored by Microsoft Australia

20 March 2009 - 'Computers for Caring' Seminar - Sponsored by Microsoft Australia

11-17 May 2009 - National Volunteer Week - Theme "Volunteers: Everyday people, extraordinary contribution"

5 – 12 June - National e-Security Awareness Week

Tues 18, Wed 19 August 2009 - 11th ASCCA Conference – Powerhouse Museum

19 November 2009 - ASCCA Annual General Meeting

For more information, go to: http://www.ascca.org.au/

My husband wanted one of those big-screen TVs for his birthday.
So I just moved his chair closer to the one we have already.
-Wendy Liebman

Doesn't it make your heart melt?

During the recent disastrous bushfires in Victoria, with so many people left homeless, spare a thought for the animals left injured. After a fire, koalas just hang around waiting for the new shoots to grow on trees. They often have serious injuries from the fire to their paws and since these fires have been so fierce, it must have killed a lot of trees. **SAM became the most famous koala in the world when fire-fighter David Tree stopped to give her a drink amid the devastation of Victoria's bushfires.** Sam the koala survived the bushfire and drank three bottles of water courtesy of CFA volunteer.

The image provided a much-needed picture of hope in a week filled with news of despair. Sam is recovering in Mountain Ash Wildlife Shelter.

From: www.couriermail.com.au

Parallels Desktop for Mac

could compel you to buy an Apple computer.

This $80 software package enables you to run Microsoft Windows--and the apps it supports--as a virtual machine on any Intel-based Mac running Mac OS X 10.4.6 or higher. To get it to work you'll have to purchase a copy of Windows, but it's worth it.

Installing Parallels 1.0 was easy. A wizard and a downloadable PDF manual walk you through creating a new virtual machine.

Running Windows via Parallels was smooth with 1GB of RAM.

The OS appears within a fixed-width Finder window; clicking in it gives you access to Windows files, applications, and settings.

You can toggle back to the Mac OS by pressing the <Control>-<Alt> key combination.

I had no trouble using Windows apps such as Adobe Reader, Internet Explorer.

The best part about Parallels is that you don't have to dual-boot Windows as you do with Apple's free Boot Camp utility. I switched often between the OSs--the ideal setup for a Mac-loving PC user.

From: http://www.pcworld.com/

A man went to visit his doctor. "Doc, my arm hurts bad. Can you check it out please?" the man pleads.

The doctor rolls up the man's sleeve and suddenly hears the arm talk. "Hello, Doctor "says the arm. "Could you lend me twenty bucks please? I'm desperate!"

"Aha!'' says the doctor.

''I see the problem. Your arm is broke!"

Mouse Whispers

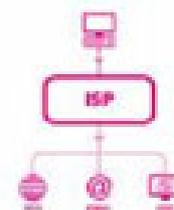## Comparing prices of ISPs?

There are a number of websites on the internet that allow you to compare prices and packages from different internet service providers (ISPs).   Broadband Choice http://bc.whirlpool.net.au/
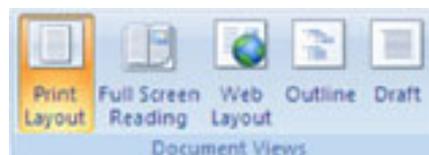provides details on more than 250 ISPs in Australia.   Remember to look at all costs involved in getting a connection (e.g., installation and set up fees).   The cost will also depend on the duration of a contract.
A long term contract may offer lower monthly payments but may prevent you from accessing cheaper and faster services that may come along in the future.
This information has been compiled from the website of the Department of Broadband, Communications and the Digital Economy.

The Reading Layout view that you used in Microsoft Office Word 2003 is called Full Screen Reading view in Office Word 2007.
Resolution
Turn on Full Screen Reading view
To turn on Full Screen Reading view in Office Word 2007, do the following:
On the **View** tab, in the **Document Views** group, click **Full Screen Reading**.
Exit Full Screen Reading view
Click **Close**, or press ESC.
Prevent documents from automatically opening in Full Screen Reading view
When you receive a Microsoft Office Word document in e-mail, it may automatically open in Full Screen Reading view. To prevent this, do the following:
1. In Full Screen Reading view, click **View Options**.
Click **Open Attachments in Full Screen** to turn off the feature, and then click **Close** to return to Print Layout view.

Freebee of the month: It's a free Interactive PC Screensaver. Personalize your PC with the award winning MyCorkboard screensaver! Pick from hundreds of Drag-and-drop items to create your own personal design. Add Clocks, Photo's, Calendars, Sticky Notes, To-do lists etc. and dozens of animated gizmos.
MyCorkboard has hundreds of drag-and-drop objects. No two layouts will ever look the same. And remember, all these objects, gizmos and gadgets you see on the screen really work. The clocks and calendars keep real time and have alarms. You can create sticky notes and to do lists, and even tack up a picture of your dog. We guarantee you'll love it. Best of all, it's FREE, from http://www.mycorkboard.com/

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.

Dates to remember

March 4   12.30 Instructors Meeting
           2pm Committee Meeting

March 6   1.30 'Tips for Scanning'

March 11 **1.30 'Ezitree' group**

March 13 1.30 'Setting the Scene'

March 19 Seniors Day "the Internet"

March 20 1.30 'Understanding Works'

March 21 PrintMaster Group

March 25 Corel Group

March 27 1.30 'Vinyl & Tapes to CD' using 'Audacity', a free program

April 1   12.30 Instructors Meeting
           2.00pm Committee Meeting

April 8   1.30 Ezitree Group

April 10 **Good Friday—Club closed till April 26 for Easter School Holidays.**

April 27 Club re-opens.

Welcome to our new members:

Delma Kelso, Joan Miles, David Remedios, Thomas Nicol, Catherine Jacobson, Gwen Ladd, Sophie Czarnota, Bob Basham, Thomas Betts, Valerie Betts.

Happy St. Patrick's Day to all!

YOUR INSTRUCTORS

Day	Time	Instructor
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
	12-4	Peter Whalan
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	Win Nielsen
	pm	Reserved for Meetings
Thur	9-12	John Brennan
	9-12	Brian Curran
	9-12	Paul Treichel
	9-12	Corry Dancaster
	pm	Reserved for courses such as Digital Photography
Fri.	9-1	Christine Smith
	9-1	Paul Treichel
	9-12	Glenda Kelly
	9-12	Gerri Cumpstey
	pm	Reserved for Appreciation courses with Ron Hare