



Computer Pals for Seniors
Northern Beaches Inc.
Member of ASCCA

The Tramshed
Arts & Community Centre
1395a Pittwater Road
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May 2009 **No.149**
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WELCOME TO OUR MAY NEWSLETTER

We wish all our
Mothers and Grandmothers
A Very Happy
Mothers day

CHANGES IN THE AIR

New regulations for drivers at 75

Come and listen to Peter Stanfield explain the changes and the best way to deal with them.

Peter is an authorised RTA examiner

Don't miss it

Tramshed—May 20 at 1.30pm

Bring your friends, all are welcome

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

This club is supported by:



Pittwater RSL Club



Dee Why RSL Club



Warringah Council



Seniors Expo—at DY-RSL on 30 March



Pat Kingham, Ron Hare and John Brennan
at DY-RSL Seniors Expo

Willandra Village held their Expo for Seniors at DY-RSL club recently and we were there with a table of information. This is always a pleasant day with lots of clubs and groups for Seniors represented with lots of very interesting items. We are lucky to be living in this area, where there is so much available for Senior Citizens. There was free coffee, raffles, line dancing to watch, and much more.

Thank you to our volunteers who helped on the day!



OUR COREL GROUP

Our '**Corel Group**' has been going for a long time, in fact it is the oldest group within our club and still going strong.

The leader of our 'Corel group' is **Win Nielsen**, who is an 'old hand' with Corel, with many years of experience.

Over the years she has taught many of our students.

Win has decided to run a number of 'Start-up' classes, for new beginners, for a limited time, on the second and fourth Wednesdays of the month, starting at 1pm.

If you would like to come, 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 to use computers, you will enjoy learning this wonderful program which enables you to do many, many things, that 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—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.

Friday May 8	1.30 'Getting Started'	Friday June 5	1.30 'Scanning'
Friday May 15	1.30 'Word 2007'	Friday June 12	1.30 'Mail merge'
Friday May 22	1.30 'The Internet'	Friday June 19	1.30 'DIY' Do It Yourself
Friday May 29	1.30 'Skype'	Friday June 26	1.30 'Excel'



Mothers' Day

I wonder when you look at words,
Do you pull them to bits like me ?
Those bits can mean a different thing
From what the original be.
Just take the word "mother", my friend,
Someone that we all do admire,
But break up the two syllables,
You find you get "moth" ander "er" !!
Though some moths are not what one likes,
P'raps Mums are more like birds that fly,
We might see her dressed in her best,
She looks like a new butterfly.
And "E.R" refers to our Queen,
And that's quite a comforting thought,
So put those bits back where they go,
And "Mother" is very much sought.
Now Mother's Day 's just on the way,
Remember her with an E-card,
Just go to the 'Net with your 'pute,
It's really not terribly hard.
And if you're a Mum, if you can,
Be with all your daughters and sons,
It's good to be with them all day,
And measure your closeness in "tons"!!

By Lexie Warder





A safer way to surf the Internet

At our recent Seniors' Week function, the Australian Federal Police presented to us the subject of Internet security, as it applies to banking and other financial transactions etc. In particular they suggested a way to reduce the risk of one's PC being infected with malicious software such as Trojans, Viruses etc, which involve remote installation of "rogue" programs in the target PC. Basically this procedure involves logging in to your PC, not as the "Administrator" (the normal case), but as a log-on entity with a much lower level of administrative privileges. The theory is that if someone tries to infect your PC with rogue software while you are in that log-in mode, they will find it extremely difficult if not impossible to install it in your machine. I decided to investigate this alternative log-in mechanism and forward my findings as a contribution to the Newsletter.



Brian Curran

Windows Vista Home Premium:

To set up an alternative "lower capabilities" or "standard access" log-in mechanism, you must first be logged in via your normal ("Administrator") access.

Left-click the following sequence:

Start => Control Panel => User Accounts, then double click to open User Accounts. Left click to select "Manage Another Account". "User Account Control" will request your approval as the Administrator to continue. Then click "Create a New Account". On the next window which appears, select "Standard user" and give the new user account a name (eg "Standard Access", or "Guest" , or maybe the name of some other person whom you want to enable to use the computer, but who will be unable to mess with security settings, or access password protected files) etc. Click out of all the above and restart the computer. This time you will be presented with your normal Admin login, plus the new one(s) you have created. One advantage of the new one is that it requires **no** password, or mucking around with fingerprint readers.

In Windows XP left-click this sequence after logging in via your normal Admin access:

Start=>Settings=> Control Panel=> User Accounts
Then double click the User Accounts icon to open and click "Create a New Account". Enter a name for the new account in the box provided and click "Next" which takes you to "Pick an Account Type". Click the "Limited" button. Usefully this page gives you a summary of what you can and can't do with a "standard access". Finally click "Create Account". To use the newly created standard access, restart the computer and this time select the "Standard Access" option at login.

Disadvantages of using "standard access"

While the use of "standard access" helps reduce the chance of your computer being compromised by rogue software etc as outlined above, as one might expect there are some disadvantages. The two cases I came across, were Email and Internet Favorites (apologies for the American spelling but that's how Microsoft spells it).

Email

While logged in via standard access, you do have access to local email such as Winmail (Vista) or Outlook Express (XP), but you won't see the messages you have sent or received while logged in as the Administrator. It would be possible to run with two mail systems, one in your Admin access and the other in your standard access, but I concluded it was all too much trouble and always use my Admin access to get to my email. If you use web mail, whether you are in Admin or standard access is not an issue.

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Favourites

If while in "standard access" you turn on your browser (e.g. Internet Explorer), you won't have access to the Favourites list associated with your Admin access. However there is an easy way to overcome this. While in "Admin" access, locate your Internet Favourites folder (in **Vista** it's in the "c:/users" directory, while in **XP** it is in the "c:/documents and settings" directory. (Use the Windows Explorer search tool to assist in finding it if necessary). Having found the folder, copy it to a flash drive, log out, relog in as "standard access" and your Favourites list will be available to you on the flash drive.

In conclusion, the AFP rep indicated that "standard access" is not a "silver bullet" which will protect you against the Bad Guys in all circumstances, but it certainly makes it a lot harder for the BG to infect or control your PC.

By Brian Curran (Instructor) April 2009



'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 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 June is: 'Happy Holidays'

CONGRATULATIONS TO THE WINNER IN MARCH:

MARIA PASALICH



People may not remember exactly what you said or did,
but they will always remember how you made them feel. Author Unknown



THE ASCCA Members Forum 22 April 2009

Attending one of these Members' Forums is always worthwhile and we recommend it to all members of our club. There is so much to learn. This time we went to the Members' Forum on the 22 April.



Nan Bosler

After the welcome and introduction by our own **Nan Bosler**, the program started with **Sandra Brophay** who introduced 'Free and useful software'. Well, we all like Freebies!

We had **Brian Graham**, who introduced us to 'Windows 7' - very interesting. Brian visited our club recently with a most interesting presentation.

We also listened to **Dr. Scott Hollier** who launched 'Accessibility Features in Windows and Web Browsers', which opened our eyes to how much is available for disadvantaged people.

This was followed by a delicious lunch and a chance to meet with some members of other clubs.

After lunch we had a speaker from **Donortec**—which is where clubs can buy some of the software we need, very cheaply.

Last but not least, we had a presentation by **Ronnie Lam**, Multimedia Instructional Designer, Royal Institute for Deaf and Blind Children. Ronnie is the developer of the '**Auslan Tool**'.



Auslan Tool

The **RIDBC Auslan Tutor**, an iTunes application developed by experts at the Royal Institute for Deaf and Blind Children

(RIDBC), contains short video clips of more than 500 Australian Sign Language (Auslan) signs in context.

The Auslan Tutor application has been designed for use on an Apple iPhone or iPod touch, and can be downloaded from the Apple iTunes store for AU\$49.99. Users are able to search the Tutor for words or categories and then view a video clip of those words being demonstrated in Auslan, which is the language of the Australian deaf community.

The Tutor is not just for parents, but for anyone who has regular contact with someone who is deaf and RIDBC is confident the RIDBC Auslan Tutor has many potential applications and endless possibilities.

For more information about the RIDBC Auslan Tutor, call (02) 9871 1233 or visit www.ridbc.org.au

The day finished just after 2pm, which is not too late to get home, if you are living in Sydney, and to be able to avoid the peak hour traffic.

In all, a good day, well spent. ASCCA website is: <http://www.ascca.org.au/>

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.



MOUSE WHISPERS



Freebie of the Month: Recover Files 2

Recover permanently deleted files from hard disks and removable media with this small, fast, useful, practical and powerful tool. Recover Files is an award winning program that can undelete / recover deleted files after they have been deleted. Recover Files is a professional file recovery software that allows its user to recover accidentally deleted files. Even files removed from the Recycle Bin, network drive, compact flash card, portable devices, in a DOS window, or from Windows Explorer with the SHIFT key held down. Recover Files is a small, fast, useful, practical and powerful. It has a clean, simple interface. Recover Files will work with Windows 95, 98, Me, NT, 2000, XP, 2003, Vista operating systems. It can be used to recover deleted files from all NTFS and FAT partitions. The program supports all Windows file systems for hard and floppy drives including FAT12/16/32, NTFS/NTFS5 and image recovery from CompactFlash, SmartMedia, MultiMedia and Secure Digital cards. Recover Files quickly and effectively restores all those files that you may have deleted by mistake. Go to: <http://downloads.zdnet.com/abstract.aspx?docid=784253&tag=nl.e530>

Conficker Test: How do you know if you have this virus?

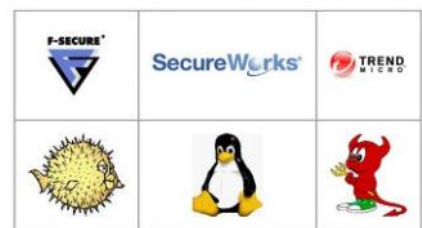
Well, just the other day, we have stumbled across this awesome tool that will tell you if you could be infected with Conficker. This test is easy and takes just seconds. Here is what it looks like:

It's simple, go to the testing page by clicking here:

<http://www.baylor.edu/its/security/conficker/>.

You will see an Image similar to this one. If you can see all of the images, you are safe. If you cannot see all of the images, you may have an issue. There are descriptions below the image that will explain the possibilities. So, if you are worried that you may be infected, check this quick test out!

Conficker Eye Chart - Baylor Mirror



Drivers are basically instructions that tell your computer how to use its hardware. Each hardware device in your computer has a driver.

Some, like drivers for a keyboard or mouse, are built into the computer / operating system itself. Others, like video card drivers or network drivers, need to be installed when you get the new hardware device. Without the proper driver, your stuff won't work, that is, unless you have a newer operating system like Windows Vista that can search for certain kinds of drivers.

If you're having trouble with a particular hardware device, chances are that an updated driver may solve your problem. These can be found at the website for the company that made your equipment.

Two good sources to help you locate updated drivers are [Windrivers](#) and [DriverGuide](#).



Many programs, especially programs like copy/paste programs, email-checking programs, and programs that insert graphics into emails or web pages, will not close by clicking the "X" in the upper right hand corner of the program; clicking the "X" will minimize the program to your system tray instead. Some programs are designed this way, not to be difficult to be closed but because of the type of program they are. So, to be sure you are closing (exiting) a program, especially one you are not familiar with, choose File, Exit. You can also right-click the program's icon and choosing "Exit" to close it. Using these methods ensures the program is closed and not simply minimized. This is especially useful if you're trying to uninstall a program. You cannot uninstall a program that is running.



Dates to Remember

- May 6 12.30 Instr. Meeting
2pm Committee Meeting
- May 8 **1.30 'Getting started'**
- May 13 **1pm 'Corel Group'**
- May 15 **1.30 'Word 2007'**
- May 20 **1.30 'The Older Driver'**
- May 22 **1.30 'The Internet'**
- May 23 **Printmaster Group**
- May 27 to be announced
- May 29 **1.30 'Skype'**

- 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

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	Win Nielsen
pm	Reserved for Meetings
Thur 9-12	John Brennan
9-12	Brian Curran
9-12	Paul Treichel
9-12	Corry Dancaaster
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

Welcome to our new members:

Eric Bush, Jenny Upton,
Jan Romijn

We hope you all enjoy
your time with us.



**For researching your
Family Tree:
Please contact:**

**Don Roberts
9944 7456**



**For File Management and
Digital Photography:**

Please contact

Brian Hides: 9918 7181

For further information.

