



Computer Pals for Seniors
Northern Beaches Inc.
Member of ASCCA

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

Oct. 2008 No.142

President:

Pat Kingham 9948 3614

Treasurer:

Anne Brady 9971 7487

Secretary:

Corry Dancaaster 9997 2384

Email:

info@compalsnb.org.au

Website:

www.compalsnb.org.au

The editor:

Corry Dancaaster

corryten@gmail.com

This is a volunteer organisation

ABN 84 043 912 101

Inside this issue:

Welcome	1
Presentations	1
AGM report	2
ASCCA Conference	2
Raffle of Painting	3
Courses Term 4	3
Competitions	4
Escape!	5
Mouse Whispers	6
More Mouse Whispers	7
Notice Board	8

Welcome to our October Newsletter

Your editor has been away on holidays and has just come back, so this newsletter may be a bit relaxed!

We are starting Term 4 of 2008 and

we wish a warm welcome to our new students!

We are coming to the end of this year and we will have our

Christmas Party

On 12 December starting at 12.30pm
in the Lakeview Hall

Tramshed Arts and Community Centre

Bring your friends—all are welcome.

**We will have a presentation on
Wednesday 19 November at 1.30pm
At the Tramshed Arts & Community Centre
1395a Pittwater Road Narrabeen
by Marilyn Guion,**

'Understanding Disabilities'

Here is Marilyn's introduction:

Hi, my name is Marilyn Guion and I am looking forward to addressing the monthly meeting on the 19th November. I am a double amputee above the knees and live independently at a retirement village in Avalon. I get around in a motorised wheelchair and a real 'state of the art' motor car.

I will be talking about the challenges of every day living as a disabled person, my artwork, the marvellous people I have met, how to stay healthy and enjoy every day getting out and about and most importantly, helping other less fortunate people. Look forward to meeting everyone.

Bring your friends—all are welcome.

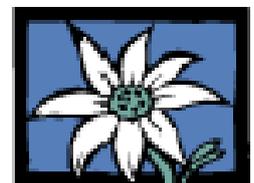
A Presentation on 'Secure Internet Banking'
by David Barclay
on Wednesday 22 October

unfortunately had to be cancelled.

At such short notice it was not possible to arrange for another presenter.

We are very sorry for the inconvenience.

This club is supported by:



Warringah Council

'Battle of Waterloo and the effect on Australia' Presentation



This Presentation was held on 17 September and went very well, with more than 30 attendees.

Murray Radcliffe's comprehensive presentation took us through the battle of Waterloo in great detail with a well documented slide show, including many pictures of the battle field taken by Murray and his wife Celeste, on their visit there. They also brought along a number of weapons from the period and Murray gave a clear presentation of loading a flintlock rifle.

This was very much enjoyed by all.

We do thank **Celeste and Murray Radcliffe** for their great Presentation.

We also thank **Brian Hinds**, the afternoon tea ladies and all the other helpers who once more excelled themselves. We really appreciate your help.

We are sorry that we did not manage to take some pictures of this event, but as your editor was away overseas, unfortunately we have none to show you.

Every member of every ASCCA Club throughout Australia is invited to attend the
ASCCA Annual General Meeting
to be held on
Level 1, 280 Pitt Street, Sydney, NSW
Thursday 20th November 2008 starting at 10am.
Winners of the 2008 ASCCA Competitions will be announced.
Bookings Ring 02 9286 3871
Email office@ascca.org.au

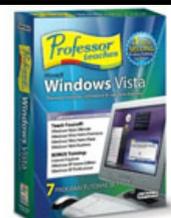
Courses for Term 4 - 2008

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.

<p>ALL COURSES COST \$10 EACH AND INCLUDE A CD WITH THE INFORMATION. <u>ALL COURSES START AT 1.30 PM</u> AND TAKE 2 HOURS. Members can put their name on the list at the club.</p> <p>For File Management & Digital Photography, members should contact Brian Hinds: 9918 7181</p>	Courses	For Term 4 2008
	Oct 24	'Getting Started'
	Oct 31	'Word 2003'
	Nov 7	'Tips for the Internet'
	Nov 14	'Tips for Excel'
	Nov 21	'VHS to DVD' converting tapes to discs
	Nov 28	'Mail merge' Making useful mailing lists
	Dec 5	'CDs to DVDs'

Learning how to use 'VISTA'?

'The Professor Teaches Vista' is a great help to learn Vista.
This program is available from our club, please ask your Instructor for a demonstration or for more information.



Please remember to buy some raffle tickets and support your club

Our long standing member and artist

Wendy Hastings

has offered one of her paintings to be raffled this year, called

"Storm Over The Outback"

Tickets are on sale in our Clubroom, and the prize will be drawn at our Christmas party on 12 December 2008.



This wonderful painting has been framed and is ready to hang.

'AS WE WERE' Competition

This Competition is finishing and we have our final winner. This was a great Competition and we very much thank all Members , who supplied us with their childhood photographs. It was a lot of fun and enjoyed by all.

The last winner was Lexie Warder, who guessed correctly that the photograph was of Corry Dancaster, so the prize goes to her.
Congratulations Lexie!

Thank you everyone for participating!



*Lexie Warder,
our winner*



*Corry
Dancaster,
As she is, still
young*



*Corry
Dancaster,
young*

**Friends are like balloons.
Once you let them go, you can't get them back.**

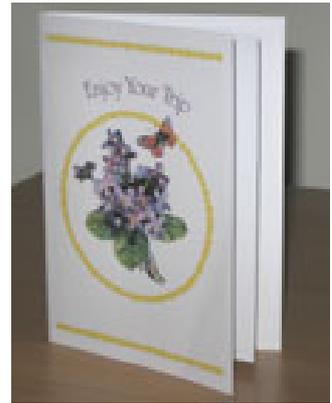


NEW COMPETITION

'Let's be Creative'

Members are invited to create a card, subject to these rules:

Cards need to be on A4 or A5 paper and need to fit in a C6 size envelope.



Each month we will give a subject and you can create a card.

ANY program can be used - you can use **'Word'**, **'Publisher'**, **'Corel'** or **'PrintMaster'**, or **whatever program** you would like to use, or maybe create it **by hand without a computer**, as long as a card is produced.

We will give you the subject each month and the first subject for **November**, will be easy: **'Merry Christmas'**.

Our Judge will make the final decision and award the prize to the best entry. We have no preference for any program used, just have fun making cards. It can be funny, serious, sentimental, old fashioned, colourful, or whatever.

The entries will remain the property of this club.

When we collect a few cards, these will be displayed and sold at our functions such as Presentations, Christmas Party. etc. with the profit going to the club.

Everyone can participate, ladies or gentlemen, as long as they are members of this club.

All we are asking is that you sign the card on the back page with your initial and 'Member of Computer Pals for Seniors Northern Beaches Inc.'

The winning card will be photographed and displayed in the next Newsletter.

Have your 'Card in a C6 size envelope' in the box at the club by the third Friday of the month (with your name and phone number attached) to give us time to judge the entries and just have fun!

The winner will be announced in the following Newsletter,

Only a Minnesota man can make you feel like a woman!!!!

A plane passed through a severe storm. The turbulence was awful, and things went from bad to worse when one wing was struck by lightning.

One woman lost it completely. She stood up in the front of the plane and screamed, 'I'm too young to die,' she cried. Then she yelled, 'If I'm going to die, I want my last minutes on earth to be memorable! Is there anyone on this plane who can make me feel like a woman?'

For a moment, there was silence. Everyone stared at the desperate woman in the front of the plane.

Then a man from Minnesota named Lars stood up in the rear of the plane. He was handsome, tall, well built, with dark brown hair and hazel eyes.

Slowly, he started to walk up the aisle, unbuttoning his shirt as he went, one button at a time. No one moved. He removed his shirt. Muscles rippled across his chest. She gasped...

Then, he spoke... 'Iron this -- and then get me a beer.'

SPRING

"Spring has sprung, the grass is riz",
Or so the poets say,
The gard'ner man is due today,
To mow those weeds away.

The mower man will cut them,
He'll never even flinch,
But by the morning next day
They'll all have grown an inch.

'Cause Spring has sprung in earnest
Across my own back lawn,
A lovely crop of clover
Has recently been born.

The Spring has sprung at 'Pals too,
A new term under way,
So 'spring' into real action,
And make each day your day !!!

It's fighting with the 'bindis',
I think they were there first,
The cooling rain has come
To quench their weedy thirst.

Lexie Warder



FreeRice.com is one of the most interesting sites we've ever featured. Not only is it well-designed, it is thoughtful, educational, and philanthropic. You can spend hours on www.FreeRice.com. Every minute you spend on it you'll be helping feed a hungry person somewhere in this world. The gap between the very rich and the very poor has become deeper and wider than ever before. Most of us, thankfully, are somewhere in between. Even if you don't have much money you can help someone who has even less, by using this site.

Here's the concept of FreeRice.com: It's a vocabulary quiz. Each word you get right, the site's owner promised to donate 20 grains of rice to the [United Nations World Food Program](http://www.un.org/wrworldfoodprogram/). If you like challenges and you like helping people, you'll really love this site.

FreeRice has a custom database containing thousands of words at varying degrees of difficulty. There are words appropriate for people just learning English and words that will challenge the most scholarly professors. In between are thousands of words for students, business people, homemakers, doctors, truck drivers, retired people...everyone!

For each word you get right, the program donates 20 grains of rice to the [United Nations World Food Program](http://www.un.org/wrworldfoodprogram/). FreeRice is a sister site of the world poverty site, [Poverty.com](http://www.poverty.com).

FreeRice has two goals:

1. Provide English vocabulary to everyone for free.
2. Help end world hunger by providing rice to hungry people for free.

This is made possible by the sponsors who advertise on this site.

Now, if you feel this site isn't your cup of tea, please take a few minutes to visit [FreeRice.com](http://www.FreeRice.com) anyway. I bet that you, like us, will find yourself playing the vocabulary quiz for more than a few minutes. You'll be helping yourself and others too. It's a great idea, a great site, and a great cause.



**"Be kinder than necessary"
because everyone you meet is fighting
some kind of battle of their own.**



On the Empire State Building

Corry's Escape!

Well, some of you may have noticed that this Newsletter is a bit late, but there is a good reason: the editor went on holidays. Not just a vacation, no, it was a journey.



At Niagara Falls

I flew to the U.S.A. via Tahiti for a one day stop and while there I enjoyed a trip right around the Island of Tahiti and a visit to the Gauguin Museum. I arrived in New York on 15 September, to start a Coach tour into Canada via Boston. It was great.

We enjoyed some of the autumn colours and were lucky to have very beautiful weather. We had stops in Quebec, Montreal, Ottawa, Toronto, Niagara Falls, the Amish Country, Washington DC and Philadelphia, getting back to New York on 28 September, after which I had about 5 days there to see this City.

We also had a cruise to see the 'Thousand Islands' which are very beautiful and of course we went on the 'Maid of the Mist' to have a close-up look at Niagara Falls.



In Tahiti

A helicopter flight over the Falls was also very much enjoyed. Once I got back to New York, it was a challenge to see as much as I could, there is so much to enjoy! Fortunately the weather continued to be beautiful and I kept very busy trying to see the lot.



The Amish people

One of the most interesting things to see was looking down from the Empire State Building and hearing the history of this building. I also enjoyed looking at some museums, and just looking at the crowds is fun.

But, there were so many fantastic things, and not forgetting the shopping. In spite of what everyone told me, the shopping is not too expensive if you look around. The food also was very reasonable and easy to find.

The hotels, yes, they were expensive, especially if you are travelling by yourself, but, I had a great time. And I am fortunate to have seen so much.

So, if this Newsletter is a bit late, please forgive me this time. I am still tired but have really enjoyed the break.

Now....back to work!

Corry Dancaster

If you have a story to tell about your travels, or something you would like to tell us about, please contact the editor: corryten@gmail.com
We will be happy to publish your story!

**LIFE IS A JOURNEY.
ROLL DOWN THE WINDOW AND ENJOY THE BREEZE...**



Mouse Whispers



F11 Key: When you need to see the whole Web page (like viewing a video or photo gallery), if you press the F11 key the browser window covers the screen and the toolbars disappear - so you see nothing but the page. To go back to normal all you do is press F11 again.

Deactivating Pesky Alerts in Vista

Windows Vista is designed to thwart malicious programs, but it often annoys experienced users with constant alerts about needing permission to continue when installing software or changing settings.

To deactivate the warnings, go to **Control Panel**, then to **User Accounts**, and remove the check on the box next to "Use User Account Control (UAC) to help protect your computer." Just make sure your PC's security software is up to date. *From: Manly Mouse.*

Free Internet Security WOT warns you about risky websites

WOT is a free Internet security add-on for your browser. It will keep you safe from online scams, identity theft, spyware, spam, viruses and unreliable shopping sites. WOT warns you before you interact with a risky website. It's easy and it's free. Surf safer and protect your computer.

Add WOT to your browser now! <http://www.mywot.com/>

IrfanView is a fast and compact image viewer/converter. It is trying to be simple for beginners and powerful for professionals.

Many supported file formats and features. Features include: multi-language support, Thumbnail option, Painting, slideshow, toolbar skins, fast directory browsing, batch conversion/editing, multipage editing, file search, change colour depth, scanning, cut/crop, IPTC edit, capturing, lossless JPG operations, effects, ICC support, EXE/SCR creating, many hotkeys, command line options and plug-ins. The program lets you open and edit images, as well as multiple media formats. You can cut and crop images, apply batch conversions, add, sharpen, or blur effects, create panoramas, and change colour modes easily. The program continues to add support for an array of file formats and has plug-in support for most image, video, and sound formats, including MP3, AVI, audio CD, and WMA. The interface is far from fancy but should be easy enough for most users to figure out. An IrfanView Thumbnails shortcut on the desktop offers an Explorer-like file tree that quickly displays all images in a particular folder. The latest version includes a basic drawing palette made accessible by hitting F12. It contains simple Erase, Draw, Fill, Rotate, Draw an Arrow, and Colour Picker commands, perfect for grabbing screenshots and highlighting image specifics.

IrfanView does what it does well. It's not going to replace a major paint program, but why use a meat cleaver to cut a stick of butter? It is Free from: <http://www.irfanview.com>



Freebie of the Month: If photo and image editing is something you like to do, or need to do, or want to learn to do, you can't go wrong with this. It's easy-to-use, and it has many of the features you'll find on programs costing more. But, you, my friend, don't have to cough up a single dime for Photoscape.

This program isn't going to replace Adobe Photoshop or Corel's PaintShopPro, but it's really a great and feature-filled program that can do almost any normal image editing task you'll ever need. You can crop, resize, add text, filter, and otherwise improve or enhance your images or digital photos easily and without having to read a 500-page manual. The interface is simple and clean - and best of all logical, so you don't have to read page after page of help files. From: <http://www.photoscape.org/ps/main/index.php>

Every child is an artist. The problem is how to remain an artist once he grows up.
Pablo Picasso

Dates for your Diary			
Oct 1-10	Closed for Break	Nov. 5	12.30 Instructors Meeting 2.00pm Committee Meeting
Oct 13	First day of Term 4	Nov. 7	1.30 'Tips for the Internet'
Oct 15	12.30 Instructors Meeting 2.00pm Committee Meeting	Nov. 12	1.30 'Ezitree' Group
Oct 18	Printmaster Group	Nov. 14	1.30 'Tips for Excel' course
Oct 22	Corel Group	Nov. 15	Printmaster Group
Oct 22	1.30 'Secure Internet Banking Presentation' CANCELLED	Nov. 19	1.30 'Understanding Disabilities' Presentation
Oct 24	1.30 'Getting Started' course	Nov. 20	10 am ASCCA AGM
Oct 29	Instructors Lunch	Nov. 21	1.30 'VHS to DVD' course
Oct 31	1.30 'Word 2003' course	Nov. 28	Corel Group
		Nov. 28	1.30 'Mail Merge' course

If you are unable to attend a lesson: please let your Instructor know by ringing him or her the day before if possible - remember we are all volunteers!

We welcome the following new members who have joined the club:
 Shirley Ellison, John Perrott, Fiona Taylor, Jan Muir, Jenny Biddulph, Nancy Olivier, Sue Pickering, John Rasmussen, Elizabeth Winny.
 We hope you will enjoy your time with us.

Please note: we will not have a Melbourne Cup function this year.

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.

Your Instructors

- Mon 9-12 Greg Ennis
- 9-12 Patricia Novikoff
- 10-1 Pat Kingham
- 9-1 David Bennett Apple/Mac
- 1-4 Lexie Warder
- 12-4 Peter Whalan
- 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 Henri Osieck
- 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 John Brennan
- 9-12 Brian Curran
- 9-12 David Barclay
- 9-12 Corry Dancaster
- pm Reserved for courses

- Fri. 9-12 Christine Smith
- 9-1 Paul Treichel/Jim Parker
- 9-12 Glenda Kelly
- 9-12 Gerri Cumpstey
- pm Reserved for courses