



# Forest News

ISSN 1448-2347 (Print Version) 1448-2355 (Online Version)

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## COMING EVENTS

- May 6—1.45 pm, Committee meeting
- Newsletter folding May 13

Forest Computer Pals for Seniors welcomes the support of:-



Warringah Council

## THE APRIL MONTHLY MEETING WILL BE HELD IN THE STUDIO ROOM OF THE ARTS CENTRE

The Arts Centre is in Darley Street and entry is the same as if you were going to the Forestville branch of the Warringah Library.

The meeting will begin at 2 pm as usual and after a friendly cuppa and a chat, we will be told how to use Corel's PaintShop Pro by our own president—Colin Ward.

This will be an interesting talk and help you to make the most of your digital cameras as well.

Friends and guests of members welcome.

## MEMORIAL HALL RENOVATION

Warringah Council has arranged for the Memorial Hall to be renovated and painted during April. The main effect on our club will be the need to hold the April meeting at the Arts Centre. (See item above) We do not expect our club office to be disrupted, but please watch your step during April when moving about the hall.

## NOTES FROM THE COMMITTEE'S ACTIVITIES

We now have 237 members in our club and **we could do with a few more trainers!** Longer-term members who would like to think about becoming trainers are encouraged to have a chat with Darrell Hatch, our training coordinator, who can arrange for some training to help you prepare for the job, which is a lot of fun and expands your own computer skills as you go.

Service packs for Vista and XP are available on most club computers on D drives. If you'd like to download them onto a CD ask your trainer for assistance.

Version 4 of SYPE is available now; however it needs to be downloaded from the net as version 3.8 cannot be updated.

## OUR CHAMPION SWIMMERS

In the recent NSW State Swimming Championships, Don Muir and John Steen, both members of our club, swam splendidly and competitively. John won 4 events and came second in another 2, from just seven starts, while Don won 2 races and came second in another 3, also from seven starts.

They also swam in the four-man relays, winning the 200 m freestyle relay and the 200 m medley for teams whose aggregate age was at least 320 years. So, all you couch potatoes get off your computer chairs and get some more exercise like our champs. Congratulations John and Don!

### MARCH MONTHLY MEETING.

(No formal minutes received by editor at the time of printing the Newsletter)

The meeting was held on March 27, with President Colin in the chair. Approximately 45 members and guests were present. There was lively discussion during the meeting, with many questions being asked and answered. Colin's suggestions for good free programs may be visited on the club's website.

After partaking of Marie's tasty afternoon tea, we were given an excellent talk by **Brian Hindes**. His topic was "**Bringing your pictures to life with Picasa 3**". Brian showed us many ways to fully utilise Picasa. In particular he gave us good advice on how to compose our pictures by careful and thoughtful cropping and colour adjustment. The discussion continued for a considerable time. Picasa 3 is a free program and tuition is available from club trainers. See page three for more details.

The meeting closed about 4 pm. **Please remember that the April meeting will be held in the Arts Centre, as indicated on page 1 of this issue.**

### Fay Stewart

Fay Stewart was a very active member of our club, serving as a committee member, trainer and purchasing officer over an extended period.

Fay is now resident at Wesley Gardens and is pleased to be visited by old friends from Forest Computer Pals. Morning visits are usually best for Fay. If you are thinking of visiting her, we suggest you call her husband Alex first, on 9451 1959.

### ID THEFT IS A PROBLEM FOR THOSE WHO FAIL TO TAKE ADEQUATE PRECAUTIONS.

Are you satisfied with your safeguards? Or would you like to check out how good they are? The federal Attorney-General's department has some good publications on the topic, with suggestions on how to better protect yourself, not only against computer related ID theft, but in other aspects as well.

To find out more, go to website [www.ag.gov.au](http://www.ag.gov.au) and have a hunt around there for a publication which suits your needs. They may be read on-line or downloaded as you wish, but you will need Adobe Reader or Foxit Reader to open them.

### WHAT DO YOU DO WITH YOUR OLD INK CARTRIDGES?

Australians collectively dump over 5,000 tonnes of old ink cartridges a year in landfill tips. They contain many useful components that could be recycled along with some things that would be better left out of tips.

PLANET ARK runs an annual pick-up and recycling program, with the aid of several participating stores.

**APRIL 22 is the special day this year**, so get your old cartridges together and take them to , for instance, Harvey Norman, Dick Smith, Office-Works, or Australia Post, among others, so they can be dealt with correctly. Look for the Planet Ark bin.

For more info, go to website [www.cartridgesplanetark.org](http://www.cartridgesplanetark.org)

### TO BE, OR NOT TO BE?

More prosaically, **To Up-grade, or Up-date**, that is a question asked by some. **Up-grading** usually means change from one version (free, often) to a more elaborate version, involving the payment of a fee of some sort. **Up-dating** usually means downloading the latest version of an existing software program without incurring any cost. Try Googling the two terms yourself for more precise info.

### TRAINERS AND COURSES

There are about 22 trainers assisting club members at present and their help is greatly appreciated. Trainers agree that teaching fellow members how to use computers is very rewarding, not only because they are helping others, but particularly because they learn so much more about computing. *Perhaps you would like to become a trainer? The club runs a special course to "train the trainer". Please contact any trainer or Darrell Hatch, our Training Coordinator, for more details.*

#### MICROSOFT WORD PROCESSING

**Derek Rowland:** Runs group training sessions in MS Word. Next course starts May 22. Derek covers the full range of Word's capabilities (versions 2003/2007). WordArt, graphics, spreadsheets and drawing features. Notes are provided at each of the 6 weekly sessions. Please add your name to the list in the office.

#### COMPUTER MAINTENANCE

On Wednesday afternoons, you may bring your troublesome control tower or laptop to the office, when **Colin Ward** may be able to suggest a solution to your problem, or make an adjustment. Appointments are necessary for this often lengthy procedure.

#### INTERNET COURSE

**John Ray:** Conducts Internet group training sessions in three sessions, which run from 1 – 2 pm on Tuesday afternoons. Next course starts on May 5. Please add your name to the list in the office.

#### DIGITAL PHOTOGRAPHY

**John Robinson:** runs PICASA 3 courses over two sessions on Tuesday afternoons, from 2 pm to 3.30 pm each day. Course limited to 5 members—please enrol on the form on the notice board.

#### BASIC COURSE

**Darrell Hatch:** Darrell runs a basic course for newcomers on selected Saturdays, starting at 9.30 am. It's easy to follow and a good starting point. Please put your name on the list at the club office to register for attendance.

#### GENEALOGY

**Anna Karalus** will help you get your family tree in shape. Please call her on 9451 5573 to arrange an appointment.

#### MS EXCEL SPREADSHEETS

**Malcolm Fell** offers training in MS Excel on an appointment basis. Please Email him on [mmfell@optusnet.com.au](mailto:mmfell@optusnet.com.au) for more info.

#### PICASA 3:

**Sandra Brophey** will run a Picasa 3 course in 2 1½ hour sessions from 1 pm on Thursday April 30. Notes will be provided. If interested please add your name to the list on the notice board.

### ASCCA MEMEBERS MEETING, APRIL 22, 10 AM

All members of our club are also members of ASCCA and very welcome to attend this meeting to hear about Free Software, Broadband for Seniors and the new Windows 7, among other things. The meeting is free to members and includes a light lunch. The address is level 1, 280 Pitt St, Sydney, handy to public transport. Booking essential via website [office@ascca.org.au](mailto:office@ascca.org.au)

### IMPORTANT NOTICES

#### Recording Your Attendance and Departure times

Most of us remember to sign in on arrival at the club office but sometimes some of us depart without recording our time out and our signature. It is important to record this in the attendance book please.

#### Subscription Reminder

Previously, if you received your newsletter by mail, your membership renewal to Forest Computer Pals for Seniors was due at the end of the month shown on the top right corner of the address label on the envelope containing the newsletter. If you received your newsletter by email, reminders would be emailed just before your subscription expired. Now everyone pays \$70 for a year's membership by the end of June. When paying, please put your cheque or cash in an envelope with your name and number on it and hand it to a trainer or office assistant to put it in the diary and cashbox. Alternatively, post it (cheques only) to:

The Treasurer, Forest Computer Pals for Seniors, PO Box 116, Forestville 2087, or make an EFT payment directly

to Forest Computer Pals for Seniors Bank Account. For further information the Treasurer's email address is: - [treasurer@forestcompals.org.au](mailto:treasurer@forestcompals.org.au)

#### Members Training/Appointment Calendar

Members are asked to print their First and Family Names on the appointment schedule so that, if a trainer needs to contact them for any reason, their identity will be clear.

Members may book ahead for tuition for only one hour per week. However, if a member wishes to have extra tuition that member may, on the day they wish to attend, phone the club and if there is space available then, and only then, they may book extra time. (This requirement does not apply to Special Group courses as they are not listed on the booking sheets).

Would members who have booked time and cannot keep the appointment please phone as early as possible to allow others to utilise the place.

ABOUT THE CLUB		TRAINER INFORMATION					
<p>Through mutual help we assist members to develop or improve their computer skills, including using the Internet. We do this in a relaxed environment where we also enjoy fellowship and exchange of ideas. We operate on a minimum budget and are very dependent on prompt payment of members' subscriptions to maintain this objective.</p> <p>The club is a founding member of the Australian Seniors Computer Clubs Association (ASCCA). The work of the club is voluntary and depends on its members for its resources in management and training.</p> <p><b>APPLYING FOR MEMBERSHIP</b></p> <p>Enquiries from prospective members are welcome. Please call the club office (9975 7762) or the Membership Co-ordinator (Reg Flew, 9971 0325) for more information.</p> <p>The entry fee is \$25. Subscription fees are paid annually (\$70), and are due at the end of June. All members, including trainers and committee persons, pay full membership.</p>		Mon am	Jan van der Hilst Richard Crighton Bruce Adams	9452 5475 9972 0429 9958 3685	Mon pm	Malcolm Fell Bob Brisebois Bruce White Joan Kohler	9451 6050 9451 4660 9451 9779 9905 5193
		Tue am	Don Muir Graham Allan Shirley Palmer	9451 6548 9451 4336 9451 0158	Tue pm	Special courses — see Notice Board	
		Wed am	Dick Manuell Archie Macnaughton Gay Savage	9451 1578 9938 1971 9452 1937	Wed pm	Ian Parsons Ken Moorley Susan Howell Jack Wilson	9452 4249 9451 0494 9415 1167 9452 1148
		Thu am	Len Johnson Richard Smith Anna Karalus	9450 2167 9451 5573	Thu pm	John Robinson	9451 5977
		Fri am	John Ray Kate Holland Shanelle Breusch Pam Perrin (10 am)	9451 9396 9810 2451 9452 5680 9449 2734	Fri pm	Derek Rowland MS Word groups	9451 3969
		<b>OTHER TRAINING INFORMATION</b>					
Colin Ward		Computer maintenance and repairs	By Appointment		9451 1000		
Marie Bailey		Wednesday am	Social Coordinator & Office Assistant		9451 5307		
Pat James		Monday am	Office Assistant		9905 1882		
Elaine Mulligan		Friday am	Office Assistant		9939 2686		
Sandra Brophey		Skype & dig. photos	By Appointment		9939 7737		
Lexie Keston		Tuesday am	Office Assistant		9417 3354		
Anna Karalus		Genealogy	By Appointment		9451 5573		
<p><b>EXERCISE:</b> the best exercise for the heart is to lean over backwards for somebody else. (Anonymous)</p> <p><b>DECISION:</b> you don't drown by falling into the water; you drown by staying there. (Anonymous)</p> <p><b>AGE;</b> It's sad to grow old, but it's nice to ripen. (Brigitte Bardot).</p> <p><b>ENTHUSIASM:</b> You can do anything if you have enthusiasm... Enthusiasm is at the bottom of all progress. With it there is accomplishment, without it, there are only alibis. (Henry Ford)</p>		<b>Committee for the year October 2008 to October 2009</b>					
		Colin Ward President		9451 1000	Reg Flew Vice-President		9971 0325
		Sandra Brophey Secretary		9939 7737	Bob Brisebois Treasurer		9451 4660
		John Ray		9451 9396	Darrell Hatch Training Coordinator		9982 7139
		Ken Moorley		9451 0494	Bruce White		9451 9779
		Anna Karalus		9451 5573	Gerry Benjamin		9453 3255
<b>A WORD PUZZLE</b>		<b>NEWSLETTER CONTRIBUTIONS AND RECEIVING THE NEWSLETTER BY EMAIL</b>					
<p>What nine-letter word in the English language can be reduced to a one letter word by successively removing just one letter at a time, with each intermediate word still being a legitimate English word?</p> <p><b>Answer next month</b></p>		<p>Contributions, tips, problems, etc., from members are welcome at any time. Please email them in plain unformatted text to Forest News editor, Dick Manuell: <a href="mailto:rman77@bigpond.net.au">rman77@bigpond.net.au</a>, or leave a document in the pigeonhole box.</p> <p>If you have an email address and would like to get the Newsletter by that means, please send an email to Dick requesting Newsletter by email. This will save the club on postage and paper and you'll get the N/L faster. Also if you have changed your email address, please tell us the new one!</p>					