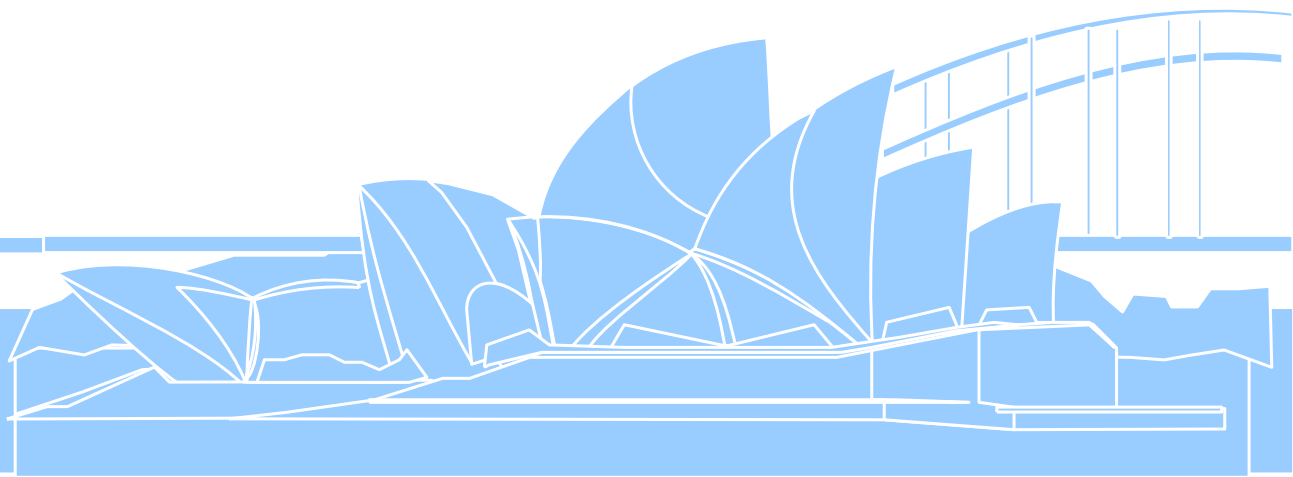


Forest Computer Pals for Seniors

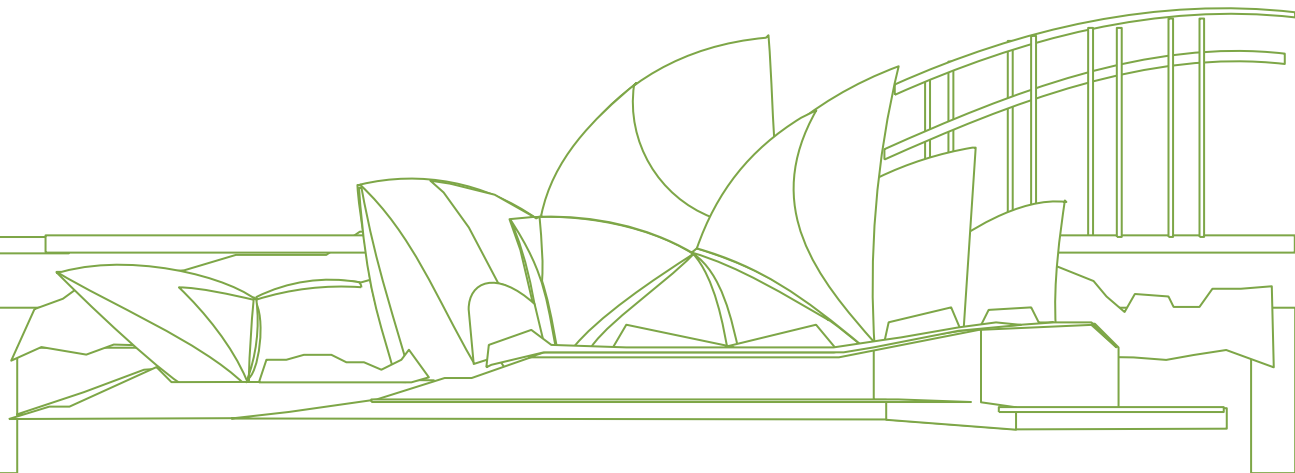
2011



National Cyber Security Awareness Week

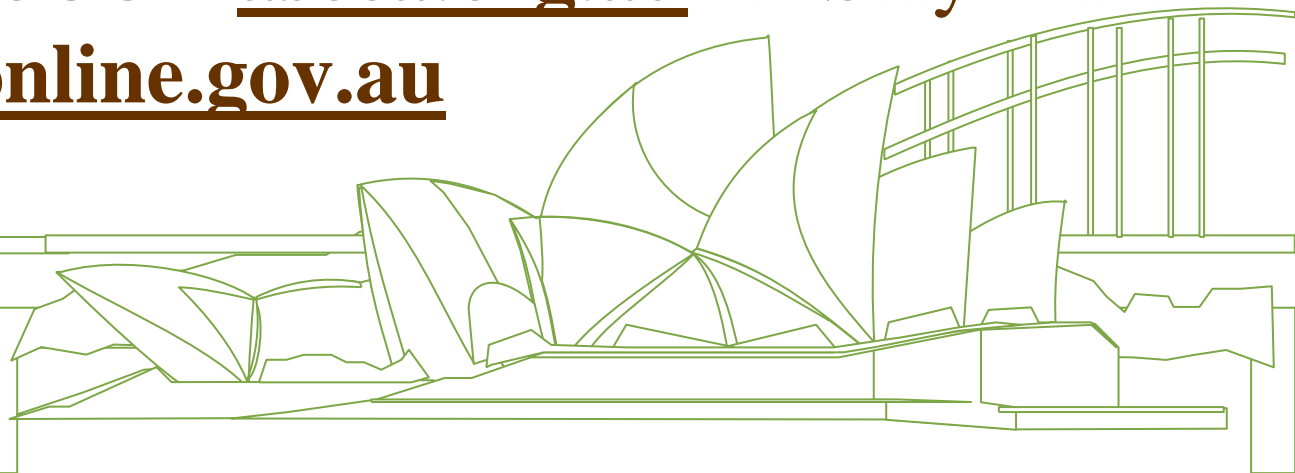
6–11 June 2010

- Install security software and update it regularly.
- Turn on automatic updates so that all your software receives the latest fixes.
- Get a stronger password and change it at least twice a year.
- Stop and think before you click on links or attachments.



National Cyber Security Awareness Week 6–11 June 2010

- Stop and think before you share any personal or financial information? about yourself or your friends and family.
- Know what your children / Grandchildren are doing online. Make sure they know to stay safe and encourage them to report anything suspicious.
- More Info go to: ASCCA ascca.org.au or Staysmart online: staysmartonline.gov.au



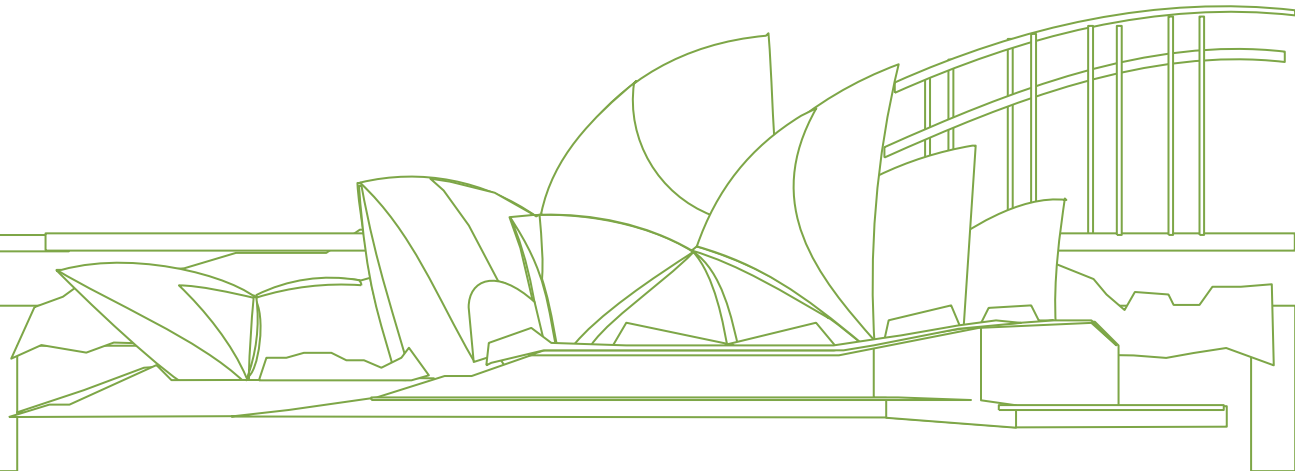
National Cyber Security Awareness Week 6–11 June 2010

- ASCCA Open Forum: Tuesday, 31 May 10:00 – 2:00, Level 1, 280 Pitt St, Sydney. incl Lite Lunch.
- Guest Speakers incl: Jason Jacobs, Craig Tidmarsh, Kate Reynolds, Microsoft :
- Melissa Sevil, Australian Federal Police :
- Darren Kane, Telstra:
- Christine Moore, Make a wish Foundation
- **Phone 9286 3871 to book a seat ALL FREE .**



Committee Reports

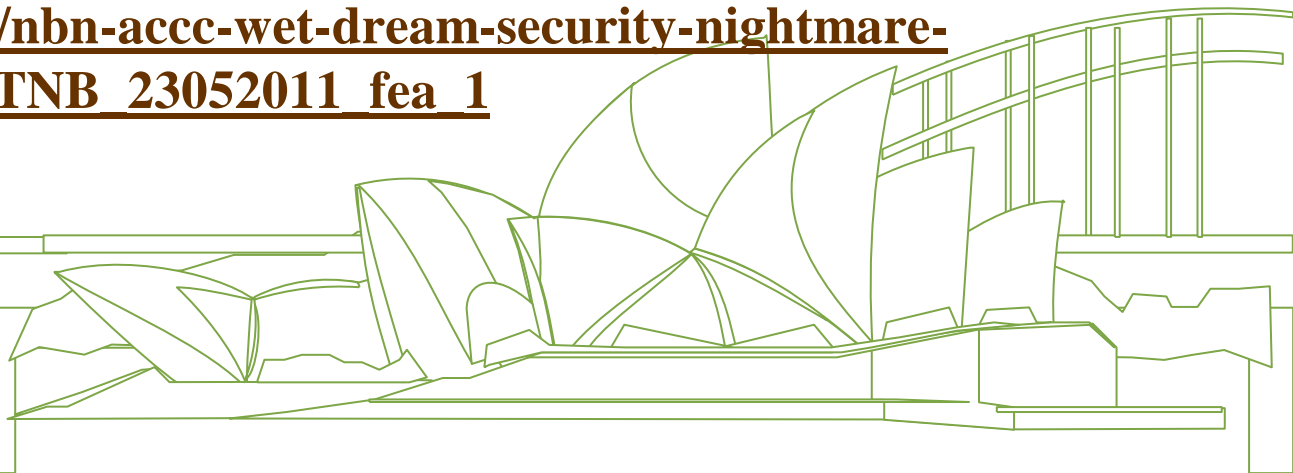
- Trainers: Darrell
- Purchasing: Ask a Trainer
- Social Director: Marie
- Other Committee Members:
- President: Colin



Presidents Report

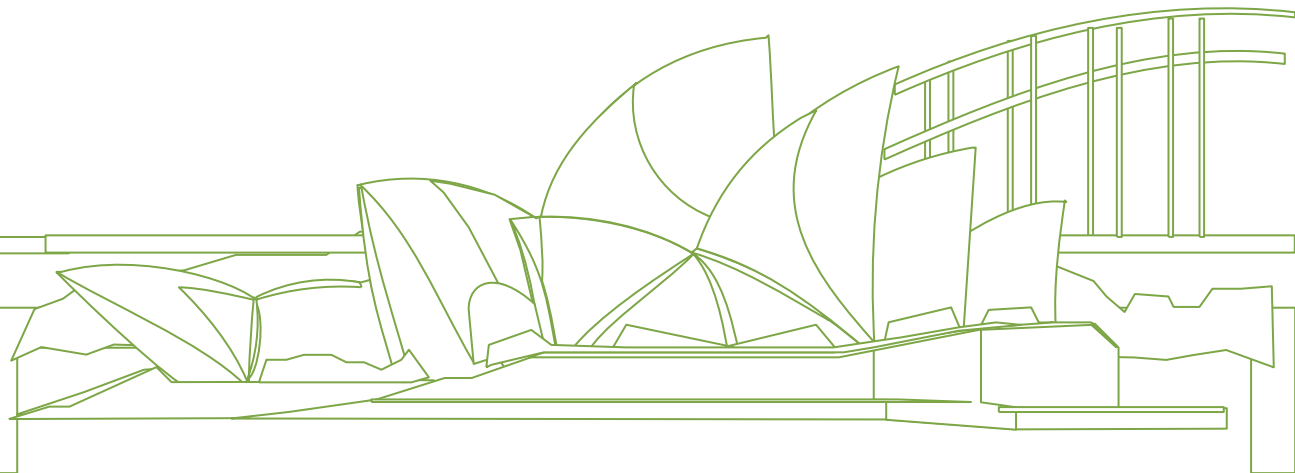
NBN: ACCC wet dream, security nightmare

- The National Broadband Network (NBN) will provide unprecedented opportunities for consumer choice and competition, says network strategist Paul Brooks from Layer 10.
- But, at the same time, it will create 10 million insecure home networks and unprecedented security challenges.
- http://www.zdnet.com.au/nbn-acc-cc-wet-dream-security-nightmare-339315485.htm?ocid=nl_TNB_23052011_fea_1
- Hard copy here.



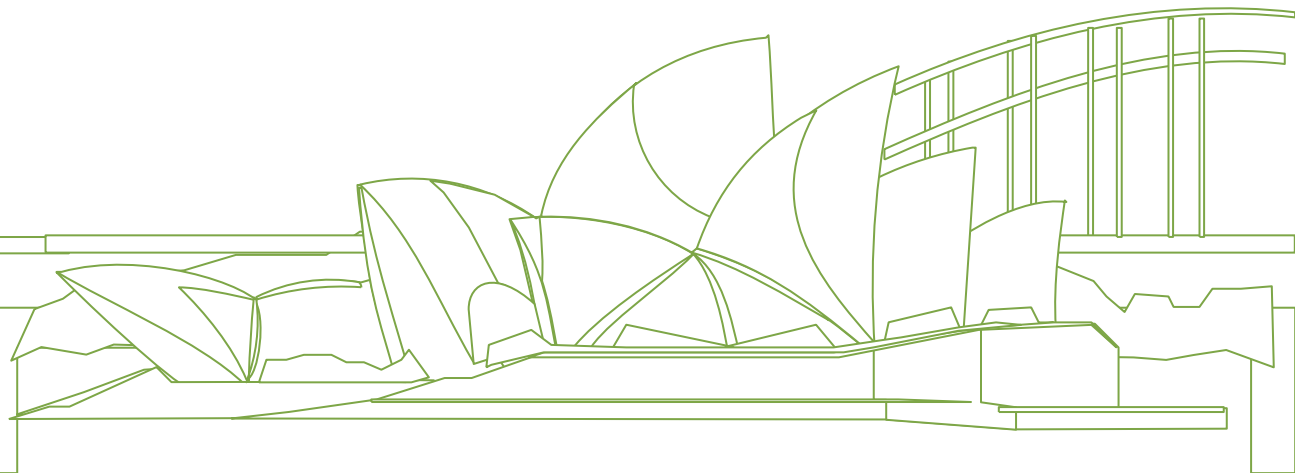
Presidents Report Scammer Season

- Please be careful
- Phone calls from Microsoft Service dept. (Fakes).
- Call back to local number (02 8000 0008)
- Microsoft is a 13 XX XX Number, also 1800
- Emails with links from Microsoft or Supposedly your ISP (Fakes) Never click.



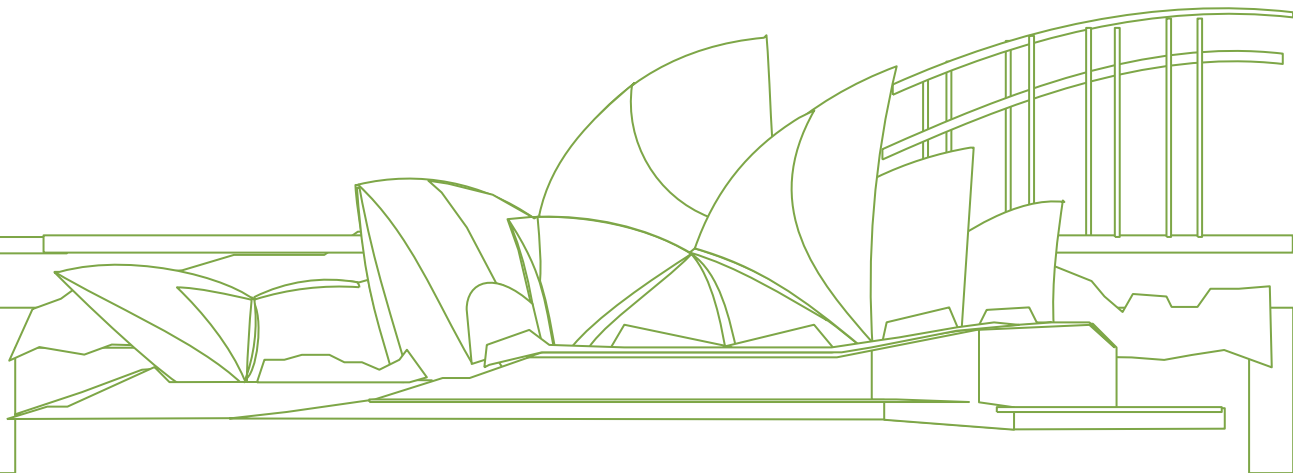
Protecting yourself and your Computer

- Emails that claim to be from your bank, Credit Card Company or some other service you use. It usually asks you to send your account details, and sometimes your PIN, either by return email or through a website. .
- The scammer rings you and says he needs access to your computer to remove a virus. This ties to previous about call centre calls. Just hang up.



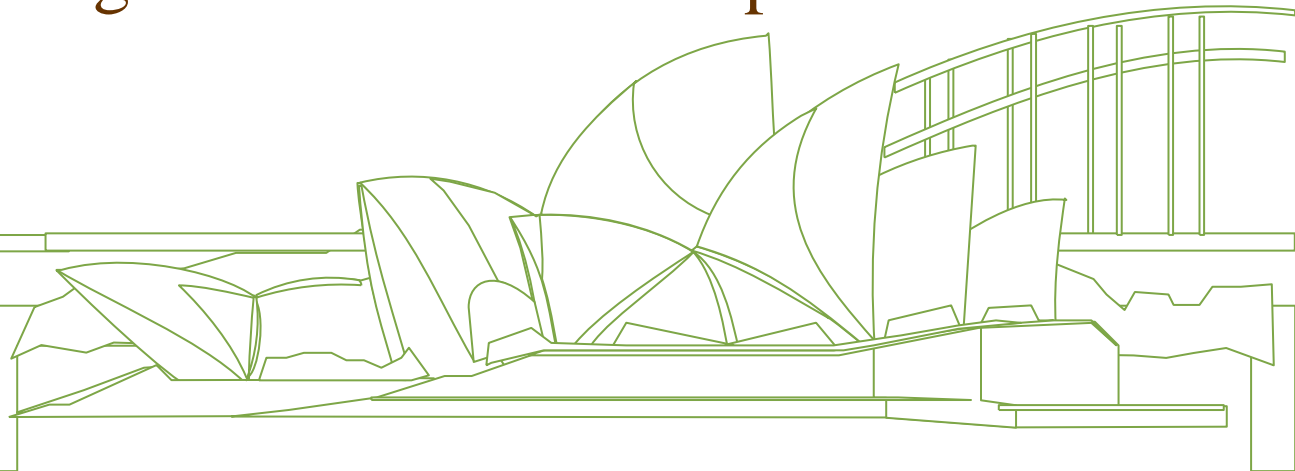
Protecting yourself and your Computer

- Twitter and other Social networking site scams.
- Be careful of contacts on these sites.
- With Sony's problems it pays to be very careful.



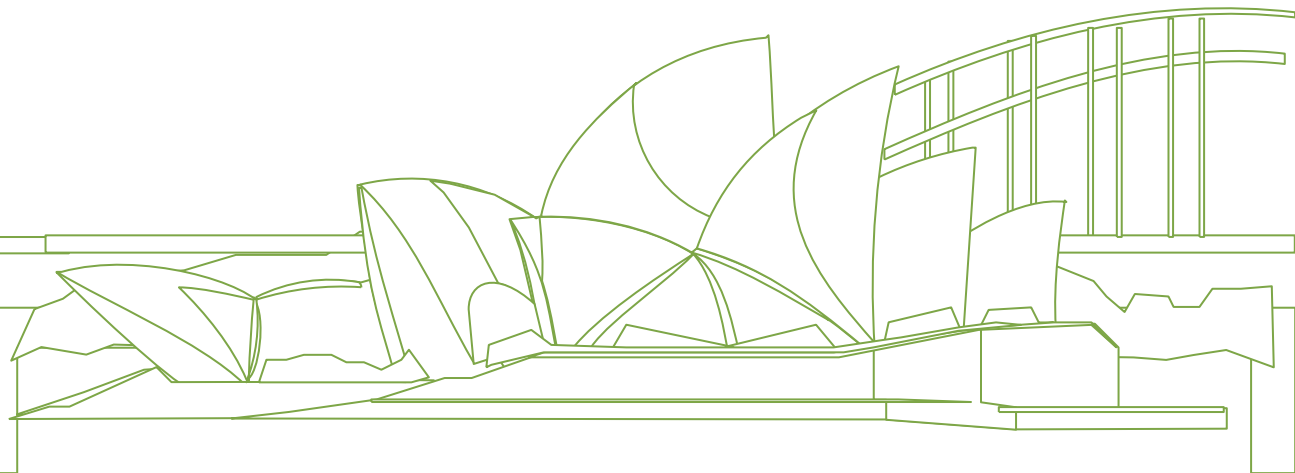
Protecting yourself and your Computer-

- Use a Suite
- Comodo Suite - Firewall, Anti-Virus, anti-Spyware. (Free)
- Trend Micro - Firewall, Anti-Virus, anti-Spyware.
- Kaspersky Internet Security Suite. Ver10.
- McAfee ASAP - through our friends at Hi-Speed Networking.



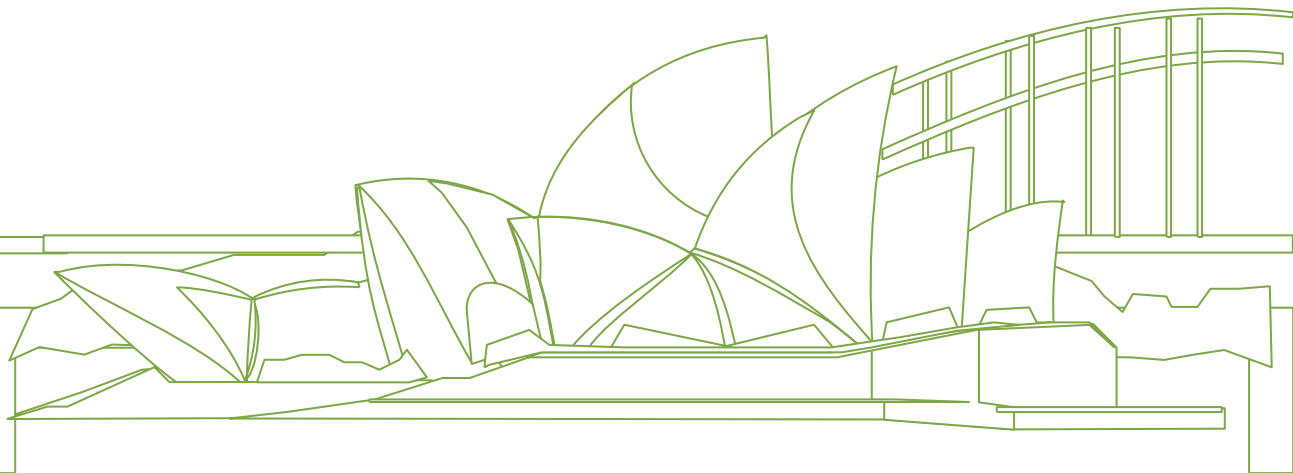
Protecting yourself and your Computer-

- “Microsoft Essentials”- integrates with Windows XP, Vista or Windows 7 Firewall (Download or CD in Club room) the simplest method to protect your computer.
- Get correct one either XP or Vista-Win7



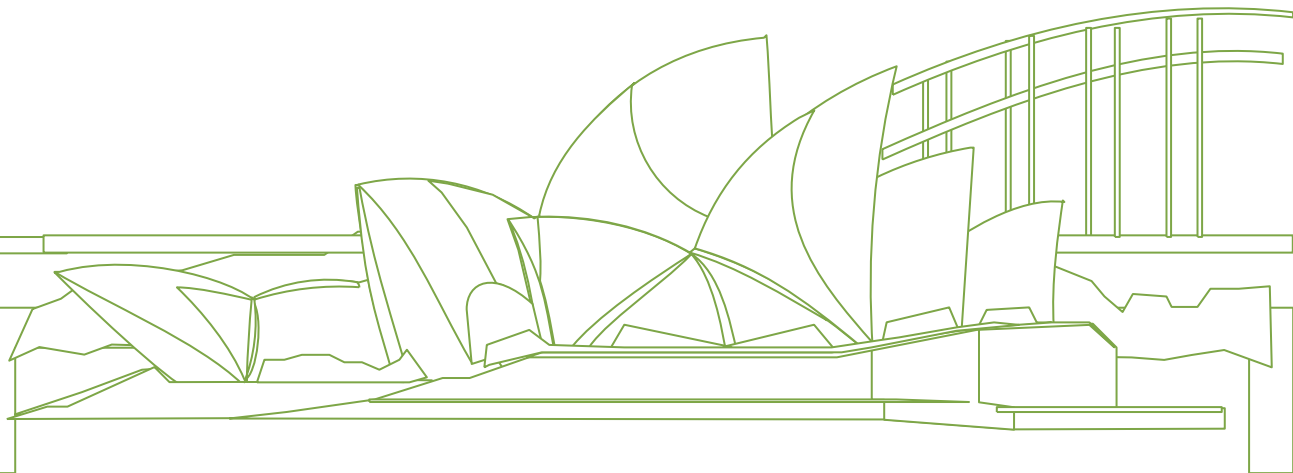
Protecting yourself and your Computer- These are Must haves

- Anti-Virus program –Only ONE
- Avast Free Antivirus **or**
- Avira AntiVir Personal - Free Antivirus **or**
- AVG Free Antivirus (currently has problems) .



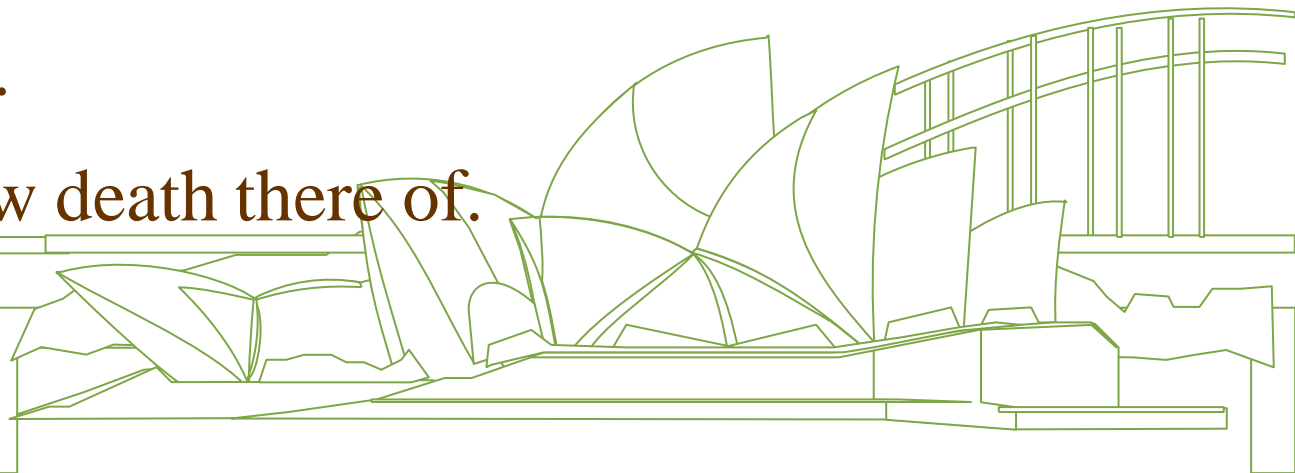
Protecting yourself and your Computer- These are Must haves

- Anti-Spamware / Malware program. – Any or ALL
 - A Squared & or
 - Ad-Aware & or
 - Malwarebytes & or
 - Sophos



Saving Money-Electricity

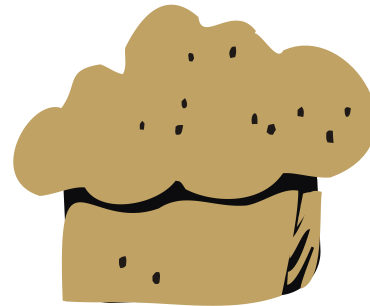
- If you not using you computer monitor(s) turn it off.
- Use the power settings on a laptop.
- Turn computer off if you're not going to use it for the 30 minutes or more.
- Turn Printers & Scanners etc. off if not in use.
- Turn computer off and unplug from wall socket if your area is going to or is having a thunderstorm particularly in ironstone areas e.g. Frenchs Forest.
- Tips sheet available.
- Colin's Modem-Slow death there of.



Pick of the Month

- Ninite.
- www.ninite.com
- This site allows you to select all your installation programs at once.
- Download special installer.
- Double click it and then leave it.

The End



- Enjoy your Cupper

