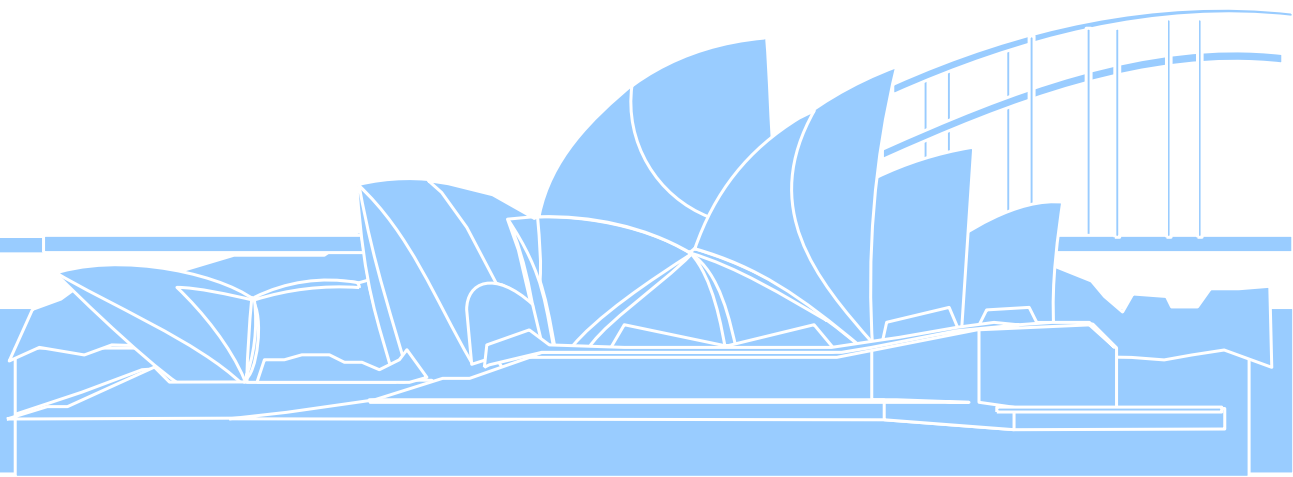


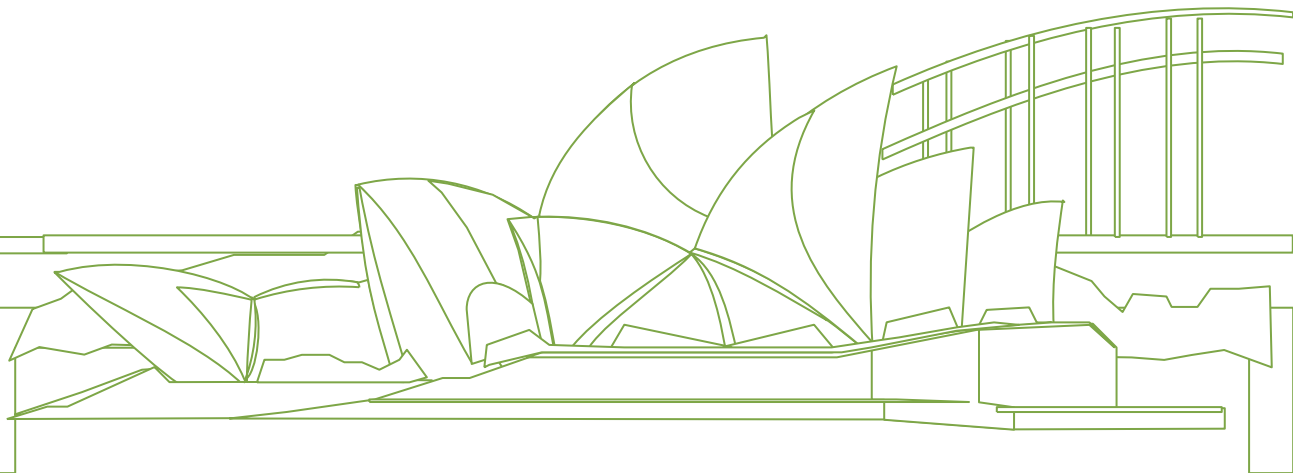
Forest Computer Pals for Seniors

2010



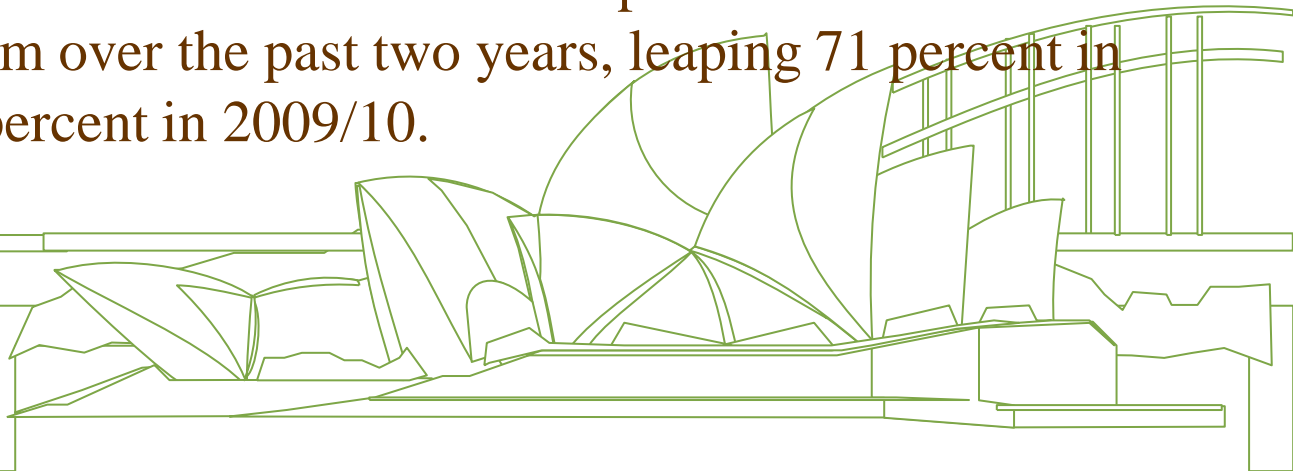
Presidents Reports: RAM

- Windows XP Recommended Minimum 1 Gb.
- Windows Vista & 7 Recommended Minimum 2 Gb.
- Upgrading to windows 7 check your computer can do it with Microsoft's windows7 Advisor



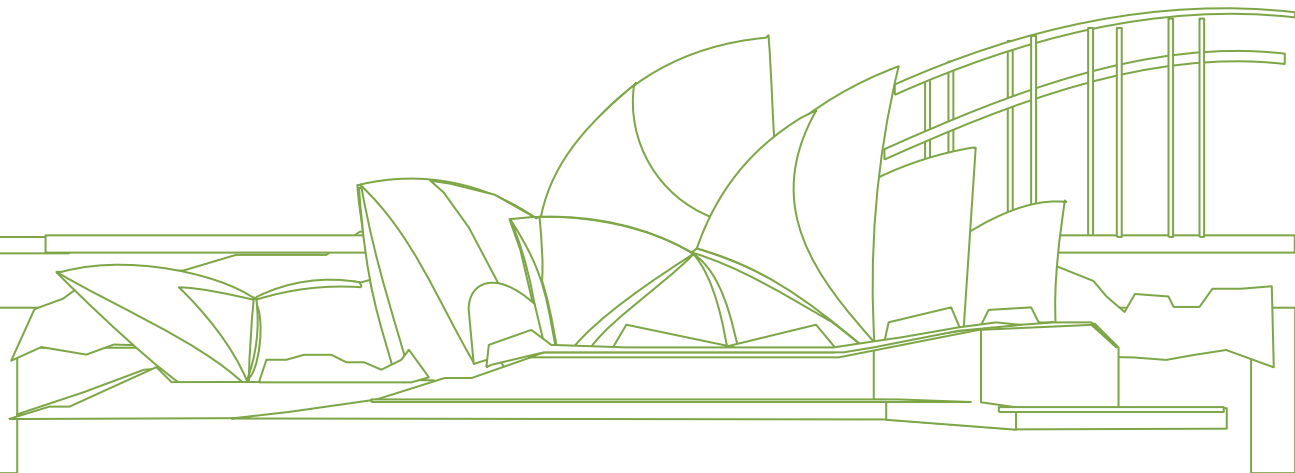
Presidents Reports: SMS SPAM

- **Watchdog crackdown on SMS spam**
- The communications watchdog has launched the "Spam SMS" campaign, asking Australians to forward their mobile-based spam for further investigation.
- "Spam SMS is a simple and convenient way to tell us about spam," says Chris Chapman - chairman of the Australian Communications and Media Authority. "All you need to do is forward the message to **0429 999 888** as soon as you receive it."
- AMCA defines SMS spam as messages sent to a mobile phone without the receiver's consent, sender details or an unsubscribe option. It has noted a sharp increase in SMS spam over the past two years, leaping 71 percent in 2008/09 and a further 12 percent in 2009/10.



Presidents Reports- Backing-UP your files.

- “Genie Timeline” it is Free.
- This replaces Genie-Soft Back-up manager Home.
- Genie Timeline Home \$US39.95
- Genie Timeline Pro Business version. \$US59.95



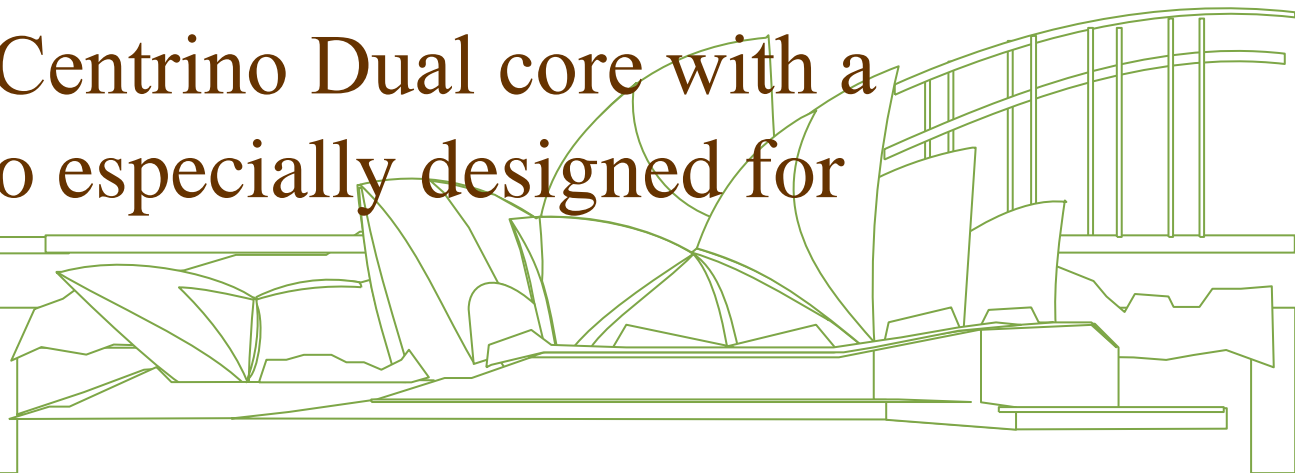
Computers for All School kids

- Our governments great idea.
- Lenovo provides all.
- Cases don't fit so!
- It cracks the laptop screen.
- Models dated 2009 affected
- 2010 models seem OK
- The fix keep computer in a Zip lock Sandwich bag.



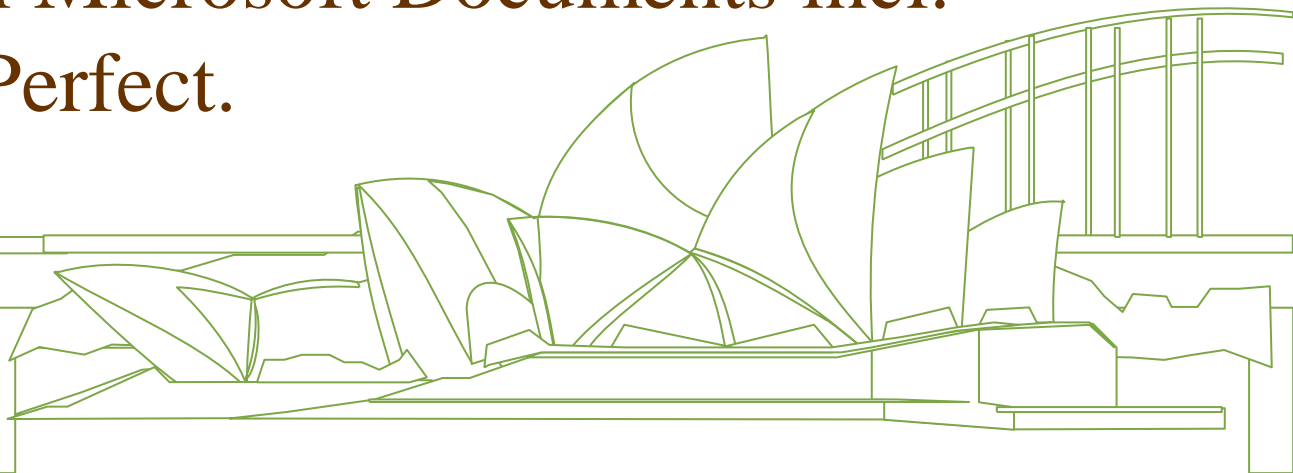
New computers

- Be careful when buying a new computer.
- Especially Specials
- Lots of obsolete model's going with windows 7 but not really capable.
- Really Especially don't buy Celeron processors.
- Get “Dual core” “Core 2 Duo” or better still the new i3 or i5 processors + 4 Gb RAM.
- Don't confuse a Centrino Dual core with a Celeron. Centrino especially designed for notebooks.



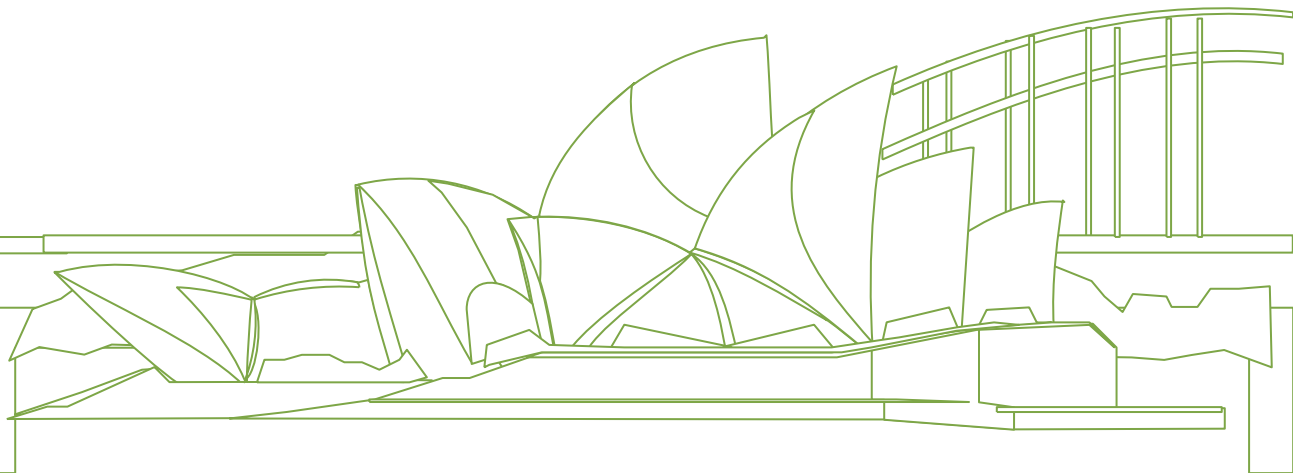
Recommended Software

- **DriverEasy:** It will update all drivers for your computer. Win XP to Win 7. This is a Must have.
- **Auslogics Disk Defrag:** Will quickly and accurately defrag your Hard drive an absolute must these days. This is Must have 2.
- **Free Word Processor:** Try GO_OpenOffice ver. 3.2 it can read all Microsoft Documents incl. Works & Word Perfect.



Recommended Software

- **STOIK Imagic 5:** Free replacement for Adobe Photoshop. Not all the tools are in free version but good enough for most of us. For \$49.00 for full version.
- **Unshake:** It says it can remove some hand shake in digital images. It uses a deconvolution algorithm to correct images.



Windows Monthly Tip

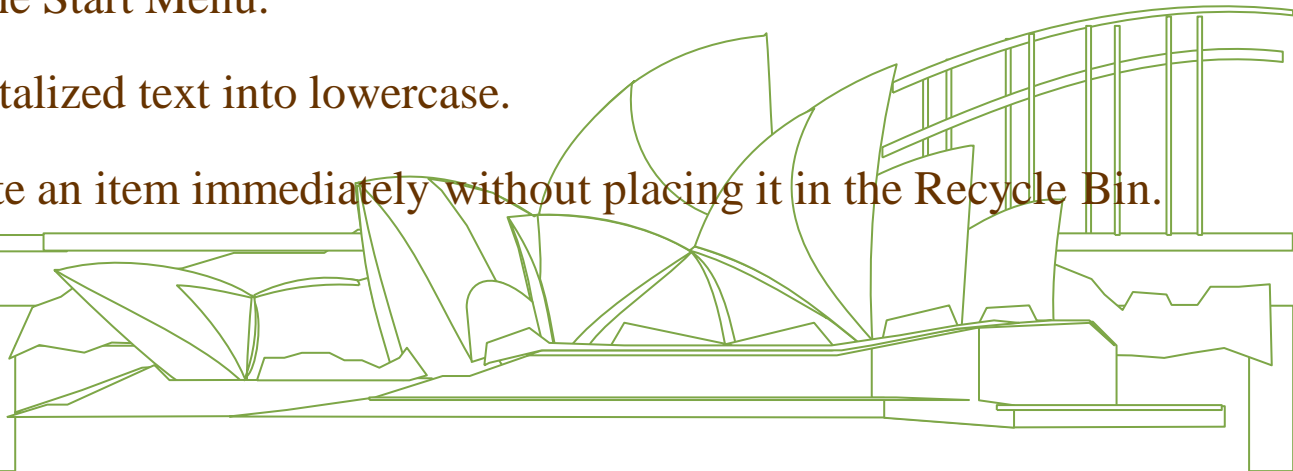
Top 12 keyboard shortcuts

- **Top 10 keyboard shortcuts you should know!**

Are you spending too much time moving your cursor, pointing and clicking just to accomplish simple tasks on your PC? Did you know that you can use your keyboard to work more efficiently?

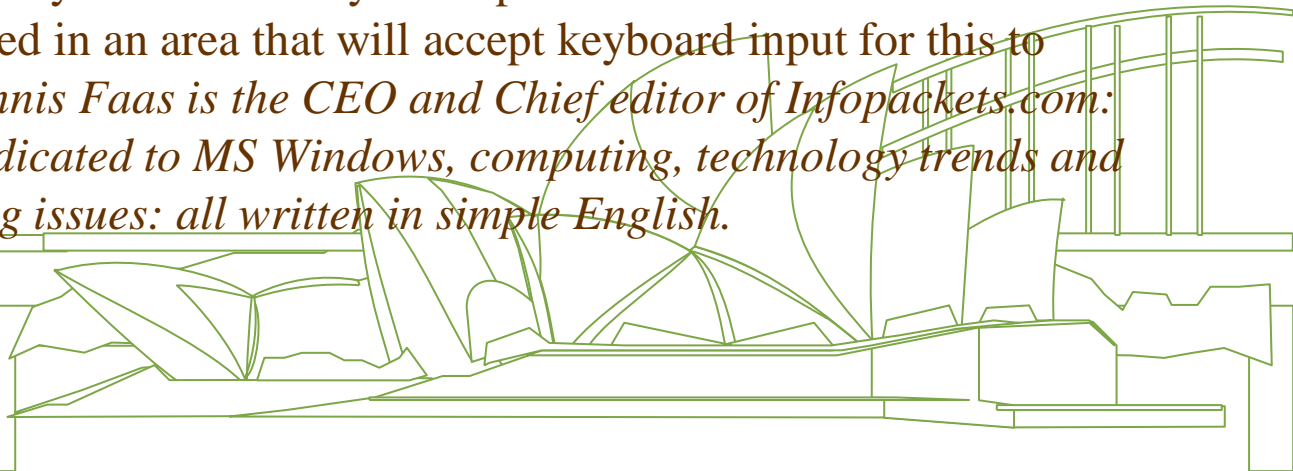
- **Below is a list of 12 keyboard shortcuts that will help you increase your productivity by eliminating the need to reach for the mouse.**

- **CTRL + A** will select all text on a page or document.
- **CTRL + C** will copy text after it has been highlighted.
- **CTRL + V** will paste text that you have copied.
- **CTRL + Z** will undo any change that you have done.
- **CTRL + ESC** will bring up the Start Menu.
- **SHIFT + F3** will turn all capitalized text into lowercase.
- **SHIFT + DELETE** will delete an item immediately without placing it in the Recycle Bin.



Top 12 keyboard shortcuts

- **ALT + TAB** will bring up a Window with a list of icons representing programs which are currently running on your computer. While holding the ALT key, press and depress the TAB button to cycle between each icon task.
- **ALT + TAB** will bring up a Window with a list of icons representing programs which are currently running on your computer. While holding the ALT key, press and depress the TAB button to cycle between each icon task.
- **ALT + ESC** will switch to the next task running on your computer. Hold down the ALT before pressing and depressing the ESC key to cycle to the next task.
- **CTRL + ALT + DELETE** will bring up Task Manager and allow you to end a process (terminate a program) if it has crashed or has stopped responding. Select the process which has stopped responding, and then press "END PROCESS".
- **SHIFT + INSERT** will paste any text that is in your clipboard.
Your cursor must also be placed in an area that will accept keyboard input for this to work. *About this article: Dennis Faas is the CEO and Chief editor of Infopackets.com: a daily, digital publication dedicated to MS Windows, computing, technology trends and solutions to real life computing issues: all written in simple English.*



Protecting yourself and your Computer- These are Must haves

- Anti-Virus program – Avast or AVG
- Comodo Anti-virus.
- Anti-Spamware program. – Ad-Aware
- Anti-Malware- program – Malwarebytes, (Normal) or Sophos (Major)
- Suites
- Comodo Suite – incl. System Restore
- Trend Micro.
- McAfee ASAP through our friends at Hi-Speed Networking.



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.
- Just hang up.
- Twitter and other Social networking site scams.
- Article in April Newsletter .

