



FOREST NEWS

ISSN 1448-2347 (PRINT VERSION), 1448-2355 (ONLINE VERSION)

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In this Issue

Page 1:

Monthly Meetings
March meeting 26th
Fee rise
Plea for Office Assis-
tants

Page 2:

Hot News from Ken
Alzheimer's & Dementia

Page 3

Apology
New members
February meet-
ing
Ken Moorley
Committee

Page 4

Training Information
Experimental Writers
course
Committee news

Next Committee meeting
March 12
Next Monthly meeting
March 26.

CHANGE TO MONTHLY MEETING PROCEDURE

(The editor was supposed to include this item in the February Newsletter)

Attendance at monthly meetings has been declining. No specific reasons have been forthcoming, but the Committee decided to try a small change, as follows, in an effort to make the meetings more attractive to members.

Starting with the February meeting, the business section has been replaced by a news section, delivered by the president and secretary, to keep members informed of relevant developments, followed by a couple of short "How to's", e.g. "How to rename a file", "How to create a folder"; followed by any questions on the subject. Afternoon tea/coffee then follows, allowing a slightly longer time for the speaker to tell us their story, or a slightly earlier closing time.

Minutes will no longer be taken or reported, but there will be a general report on the meeting in the next Newsletter.

The March meeting, **on Thursday 26th**, will be a special Q&A panel and members' questions, on any aspect of computing are requested. **Don't be shy!** Whether your question seems elementary, or very complex, it will interest another member or two so send it in to Dick Manuell (rman77@bigpond.net.au) as soon as you can please.

There may be a prize for the most interesting question.

FEE RISE

The committee decided at its last meeting that fees must rise to maintain financial stability. This is the first rise in 20 years and they are the smallest the committee considered capable of ensuring the club's viability.

From July 1, 2015, fees will be as below:

JOINING FEE	\$30
ANNUAL SUBSCRIPTION	\$80
QUARTERLY SUBSCRIPTION	\$30

OFFICE ASSISTANTS NEEDED!

Our Trainers are very busy people, normally with a new trainee every hour while they are on duty. There are often drop in visitors, phone calls and other things which draw them away from their primary task if there is no Office Assistant to attend to those other matters. This interrupts the training for both trainee and trainer.

Derek Rowland and Joan Kohler both need someone to volunteer to be their Office Assistant on Mondays as they are both usually the only trainer in the club office. Derek is on duty Monday mornings and Joan on Monday afternoons. Even if you can't be there the fulltime please consider helping for a shorter time. Call Derek (9451 3969) or Joan (9908 5193) for more information.

HOT NEWS FROM KEN MOORLEY!

"Watch this video of all the exiting new features coming in Windows 10, and note it will be a free upgrade for Windows 7 and 8.1 users:-

<http://www.theverge.com/2015/1/21/7866695/watch-microsofts-joe-belfiore-walk-through-the-biggest-new-windows-10>

Regards, Ken Moorley"

(Editor's note—It has been said there was no Windows 9 because it sounds like the German word Nein, meaning No. Will they dodge Windows 13?)

ALZHEIMERS, DEMENTIA AND STAYING YOUNG

Alzheimer's was first described by Dr Alzheimer as long ago as 1907. A particular form of Dementia, it features in the fears of many Seniors. Loss of memory can be bewildering, embarrassing, or even unrecognised for both carers and sufferers. Many theories have been presented that purport to account for Alzheimer's or dementia in general, such as development of amyloid protein plaques in some brains as the owner ages, or the influence of inherited rogue genes, among many others, including accumulation of aluminium compounds in the brain (now discounted), but none of these have been really proven.

It has been said that 80 is the new 60, but there does come a time when we must part company with this world. How can we delay it? Thinking about dementia in all its forms, and defying the approach of "old age", there are some things we can do, that even if they don't actually work, at least make life easier for those caring for us.

Firstly, retain our independence as fiercely as we can, caring for ourselves while that is sensible. Utilise available aids to stay at home. (Visit Warringah Council website for details (<http://www.warringah.nsw.gov.au/>))

Secondly, stay active as long as possible. Play bowls, tennis, croquet, golf, go dancing, or walk, swim, sing in a group, play a musical instrument, or garden regularly (do it for a less fortunate neighbour!). Go easy on the touch football though. If you have been relatively inactive, get a medical check before resuming an active life. Consider joining a gym or attending exercise classes for the elderly (There's a good one at the Starkey Street Memorial Hall Mondays and Fridays, with no contract needed and a reasonable charge.) Don't give up on brainteasers like crosswords!

Thirdly, study your diet. (The NSW government can help you for free, visit website <http://www.getthehealthnsw.com.au/> for details). Avoid obesity, give up smoking and "social drugs"; reduce your alcohol intake.

Fourthly, look at your lifestyle. Don't become a "sofa spud" (aka a couch potato). Turn off the TV sooner. Do you participate actively in local issues? (Warringah Council has a website inviting your views on a range of matters – visit yoursaywarringah.com.au) Write letters to the editor? Take part in outings with friends? Renew old friendships, or repair broken ones? Help out as a volunteer at charity or community activities? Listen while others recite their ailments, but keep yours to yourself? Attend Warringah Council functions for Seniors (call 9942 2563 or 9942 2560 for details on what's happening, or visit website <http://www.warringah.nsw.gov.au/live/community-support-services/seniors>) Are you active in your various organisations, or do you leave it to others to do the work?

Fifthly, Do you have regular medical check-ups? Don't delay, defer, or self diagnose!

Sixthly, - Dare I add it? – keep your computer skills up-to-date. Use your computer's capacity to keep track of various items such as insurance inventories, Christmas card lists, family history, favourite recipes, be able to send attachments with your emails; the list is endless. One other thing, don't risk losing your memory by letting the children, or grandchildren, fiddle with your I-Pad or tablet!

To access any of the above websites, rest the mouse cursor on the website, and press CTRL and left click simultaneously.

If you have some good ideas about **staying young** and **keeping your mind alert**, please share them with us in this Newsletter.

(Your editor has to admit this item was prompted by his leaving his club keys locked in the office after a recent visit!)

The editor apologises to both Marie Nicholls and Rod Duckworth for trying to marry them off! In the caption below this Helpers' Dinner photo, in the February issue, he should have said, "**with Rod Duckworth on the front left and Marie Nicholls on the front right**".



FEBRUARY MEETING



WELCOME TO NEW MEMBERS
 A warm welcome is extended to the following new members. We hope you have much fun as you explore computers with us:
Annette Armour, Barbara Watt, Barbara Woods, Judy Woodley, Diane Newell, Arthur Harmon, Anna Barbara, Glory Clifford; with a welcome back for Vilma Fernandez and Allan Quirk.



The Hon Jonathon O'Dea MP, speaker at the February meeting. (photo by Anna Karalus)

February was the first new style meeting and it went very smoothly.

President Colin explained three "How tos", namely

1. How to easily shutdown computers using Windows 8 and 8.1
2. How to install a desk top icon to shut down one's computer.
3. How to make a folder for backed up Live Mail.

If you want any of them bring a USB drive with you to the next meeting.

Following afternoon tea/coffee, The Hon Jonathon O'Dea MP, spoke on local important matters, in which he assured members that the ratio of public/private patients at the new hospital would be close to 50/50. Infrastructure improvements were also discussed in detail.

He answered many questions with clarity and precision and was warmly applauded for his speech.

KEN MOORLEY
 As from January 27, Ken Moorley will be **unavailable** for general training, being now fully occupied on Tuesday afternoons, training trainers, or refreshing them, in the latest versions of Windows 8 series and the use of modern mobile phones, tablets, I-pads etc.
 Bookings essential.

2014/5 COMMITTEE					
NAME	POSITION	PHONE	NAME	POSITION	PHONE
Colin Ward	President	9451 1000	Ken Moorley	Vice-president	9451 0494
Pamela Hunt	Secretary	9913 3755	Joe Magno	Treasurer	9451 0592
Darrell Hatch	Committee.	9982 7139	Janece Burge-Lopez	Committee	9975 3465
Anna Karalus	Committee	9451 5573	Reg Flew	Committee	9971 0325
John Ray	Committee	9451 9396	Marie Nicholls	Committee	9402 4558
Susan Howell	Committee	9415 1167			

THE TABLE BELOW INDICATES ON WHICH DAYS THE VARIOUS TRAINERS ATTEND THE CLUB. TO FIND WHICH PROGRAMS THEY CAN TEACH, PLEASE REFER TO THE CHART ABOVE THE BOOKING SHEETS AT THE CLUB OFFICE.

We have about 17 trainers at present, but would like to have a few more. Most trainers will tell you they have learned more about computing by becoming a trainer than by any other means. They'll also agree it's good fun and rewarding. If you are interested in becoming a trainer, please contact Darrell Hatch, our Training Coordinator.

DAY	TRAINERS AM	CONTACT NUMBER	TRAINERS PM	CONTACT NUMBER
MONDAY AM: 9 –1 PM PM: 1 –4 PM	Derek Rowland	9451 3969	Jan van der Hilst Joan Kohler	9452 5475 9905 5193
TUESDAY AM: 9—1 PM PM: Special Courses	Steve Richard Detlef Volkmer	9451 4336	Trainers Training with Ken Moorely Booking essential	
WEDNESDAY AM: 10 –1 PM PM: 1 – 4 PM	Gay Savage Dick Manuell	9452 1937 9451 1578	Ian Parsons Susan Howell Jack Wilson Colin Ward (by appointment)	9452 4249 9415 1167 9450 2114 9451 1000
THURSDAY AM: 9—1 PM PM Special Courses	Richard Smith Anna Karalus	9451 5573	Special Courses As notified on notice board (Experimental writers course starts March 19)	
FRIDAY AM: 9 —1 PM	Kate Holland Pam Perrin John Ray	9810 2451 9449 2734 9451 9396	(Club closed until enough members request lessons on Friday afternoons)	

Trainers specialising in i-Pads, Androids etc

TRAINER	I-PADS & TIME AT CLUB	ANDROIDS, ETC & TIME AT CLUB
Ian Parsons	Wednesday PM	
Derek Rowland	Monday AM	
Detlef Volkmer	Tuesday AM	
Janece Burge-Lopez	Wednesday AM (Thursdays by appointment)	
Colin Ward	Wednesday PM	Wednesday PM

EXPERIMENTAL WRITERS GROUP

If a sufficient number of members show interest, we will run a 7 session, 2 hourly group over two months on using computer skills to expand writing skills, probably on alternate Thursday afternoons. It should be fun!

If you are interested, please add your name to the list on the club noticeboard. Numbers limited to 8.

You will be notified if the course is to run and supplied with notes.

OTHER NEWS FROM YOUR COMMITTEE

See page 1 for news of fee rise.

Club membership is now about 135, so there is room for new members if your friends are interested.

As at January end YTD Income was \$6,435, Expenses \$6,796 and Bank balance \$8,051.

As Pamela Hunt will be on sick leave for quite a while, a replacement secretary is being sought before the March committee meeting. To reduce hiring costs, future committee meetings will be held in the club office on the second Thursday of each month in the afternoons.