



Forest News

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What's on in 2006

Wed 19th April

- Newsletter Folding Club Office 9am

Thurs 27th April

- Monthly Meeting Memorial Hall 2pm Guest Speaker Mark Bedson

Wed 3rd May

- Committee Meeting 1.45pm
- Trainers Meeting 4pm

Wed 10th May

- Newsletter Folding Club Office 9am

Thurs 25th May

- Monthly Meeting Memorial Hall 2pm Guest Speaker John Ireland

THIS MONTH'S SPEAKER

Our Guest Speaker at the Monthly General Meeting on Thursday 27th April will be Mark Bedson, of Digital Age Workshops, with a presentation on Digital Cameras.

Would you like to know more about Digital Cameras? If so, come join us at our Monthly Meeting where in plain English Mark Bedson will walk us through the basics. Mark will tell us some handy hints along with how to get the best out of our cameras.

For those looking to purchase a camera, Mark will arm us with the knowledge to make the right investment. It's time to look at the possibilities of Digital Photography.

All questions welcomed. For more information visit Mark's web site:

www.DigitalAgeWorkshops.com

Skype Phones & Web Cams

In last month's Forest News I explained how I was able to make a free 1 hour telephone call from Rome to my daughter in Sydney using my laptop, Wi-Fi and Skype. I have now acquired a video cam, a VOIP/Skype Speaker Phone and a VOIP/Skype Phone adaptor box for Normal/Cordless Phone which I have used to make local, national and international calls at no cost and with varying levels of quality.

I purchased a Logitech Express cam for \$49 which sends a reasonable video of yourself and surrounds if you have at least an ADSL and better with a cable internet connection. It does not have a microphone built in. It does not work well with a dial up connection. You can purchase more expensive web cams with better photo quality and built in microphones but the extra cost may not be worth it unless you have cable and even then the quality of the picture is limited by the bandwidth of the Australian telephone system. Sometimes the sound reception even with ADSL and cable can be very poor when using a web cam. It may be necessary to turn off the camera. In Skype this can be done by clicking on **stop my video** at the bottom left of the screen.

The simplest and cheapest audio equipment to use with Skype is a microphone and computer speakers but sometimes the reception can be poor or you can get a lot of echo and noise. A Headphone with microphone set is usually better but can be uncomfortable for an old baldy like me. Skype Phones which look similar to a normal phone and which plug in to a USB port work reasonably well and cost around \$30 but tie up

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Computer Exhibition for Seniors 5th April 2006

The President would like to take this opportunity to thank all those who made Open Day for seniors' week a great success particularly Archie, Fay and Gay (Forest Subcommittee). Thank you to our demonstrators and Two Tea room Ladies Marie and Shirley. Thank you to those who provided their products for the day. A number of suggestions have been made by the committee to improve it for next year, if any members who were present would like to add their comments or suggestions please send them to the club secretary at ForestCompals@swiftdsl.com.au

Forest Computer Pals for Seniors thanks our major sponsor for their support.



Warringah Council

General Meeting 23rd March 2006

The meeting opened at 2.04pm with President Colin welcoming Members, New Members and Guests. Apologies were received from J. Kohler, D. Hatch, P. Brenac, and F. Burke.

Approval of the February Minutes: moved by Bill Hughes, seconded Sandra Brophy, Carried.

Correspondence: Warringah Council; Members were made aware of an intruder lurking in the Memorial Hall exposing himself and making unwarranted advances. Members were warned not to be alone in the Hall and to check all facilities when opening and locking up premises.

NRMA are advising of a Driver Training Course at their premises in North Strathfield. This is particularly relevant to those Members requiring a refresher course before sitting the compulsory drivers test.

Seniors Week: The Club has an exhibition on the 5th April in the Memorial Hall as advertised in the Newsletter.

Volunteers are needed to carry out the various functions at this event. So please come along, help out, have a good browse, and enjoy a cuppa in the company of fellow members.

Treasures Report: January to March Income \$5,115.00, Expenses \$4659.00, and YTD Equity \$25942.00

Purchasing Officer: Good guys ink prices are still very competitive. The Club is purchasing copies of E-Way Books that are easily understood texts on various software programs.

Social Director: 36 Members present, 1 Visitor, and 5 apologies.

Presidents Report: If you come across any terms or expressions that confuse you please contact the Newsletter Editor with your query and an explanation will be given in a forthcoming newsletter. Remember complex and convoluted queries require more than a simple answer. Note that clarification of certain items in Users Page 2 will be given in the next Newsletter.

Programs you need, they work, and they're free. These include Anti-Virus programs such as:

AVG <http://free.grisoft.com/freeweb.php/dos/2/>

Avast <http://www.avast.com/eng/down.home.html>

Microsoft Windows Defender Beta 2 <http://www.download.com/Microsoft.Windows-Defender/3000-8022.10353597.html?tag=nl.e415> (note this version is only suitable for experienced users)

Firewall Programs such as:

Zone Alarm <http://www.zonelabs.com/> look for Downloads- free. Software. Best install as a clean copy.

Kerio Personal firewall: <http://www.kerio.com/kpf.download.html>

Office Programs: Open Office <http://www.openoffice.org/> this is a replacement for Microsoft Office. Low Cost – Compare Office a commercial version of Open Office.

Anti Spyware Programs:

Ad-Aware SE Personal

Spybot Search and Destroy

Spyware Doctor

Graphics Programs:

GIMP SHOP <http://www.plasticbugs.com/index.php?p=241>

Infanview free basic photo manager and file sorter

Picasa 2 Free photo sorter from Google <http://www.picasa.com/index.php>

Mail Anti-Spammer: Mailwasher for those that get lots of unwanted mail.

Personal information manager (Calendar and Diary): EssentialPIM.

Guest Speaker: Our monthly Guest Speaker was Anthony Sorge from NSW Seniors Card. The history and benefits of the Seniors Card was entertainingly explained together with anecdotes on the various uses it is put to. Most interesting was the differences and lack of integration and reciprocity of the Seniors Card in the various States of Australia and its use overseas,

The meeting closed at 3.55pm

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one hand. A Skype Speaker Phone can be purchased for \$69 which plugs in to a USB port and looks just like a normal speaker phone. It works well and provides hands free connection. But my favourite is a VOIP/Skype Phone adaptor box for a normal/Cordless Phone. This converts your normal phone/cordless phone to a dual function phone with VOIP/Skype support. The adaptor box is connected to your computer via a USB port and to your telephone line between your telephone and the wall plug. You can then use your telephone system including answering machines and remote hand sets (if you have one) with either Skype or normal phone line.

You can purchase either the Speaker Phone (model no. Sedna SE-P4K) or the Adaptor (model no. Sedna SE-B2K) on line from Abit computers using your credit card. The following link will take you direct to Abit Compter's USB phone page with a long list of VOIP phones of various prices:

<http://www.abit.com.au/computer-hardware/abit-961-USB-Phone-VoIP.asp>

If you want more details about any of the products listed on Abit's site just mouse over the product item number to highlight it and click. Incidentally Abit has quite a range of products which can be purchased on line at quite reasonable prices but don't forget to add delivery charges.

Paul Brenac, Apr 06

A Reliable source of cautions against "financial nasties"

The Australian Securities and Investment Commission (Level 18, 1 Martin Place, Sydney) offers a free email newsletter service that may interest members, especially those holding shares, super funds, or other securities. The newsletter is called FIDO, (a reassuring name when you recall it has been used for centuries as a dog's name (even Abraham Lincoln's dog was called Fido) because it is Latin for "I trust" and that describes a faithful dog very neatly!) Back to business: FIDO provides information on the latest financial scams, warnings about some managed funds, super funds, deposit accounts etc. It also publishes investment cautions. It is distributed for ASIC by an email hosting company called Lysis. To find out more or join, visit the ASIC newsletter website www.fido.gov.au.

SPECIAL COURSES

WORD PROCESSING-GROUP TUITION—Microsoft Word - Basic to Intermediate levels

Derek Rowland has advised that the next Course will commence on Friday 12th May, 2006. If you are interested in doing this course you will learn how to enter, select and edit text, work with fonts, format, folders, files, templates, arrange margins, alignments, print settings, headers and footers, indents and tabulations, insert columns and tables. WordArt, graphics, spreadsheet and drawing features will also be introduced. A working knowledge and understanding of MS Word will provide members with a good insight into most word processing programs. Notes will be provided at each of the 6 weekly sessions. Please add your name and telephone number to the list displayed in the club room or ring Derek on 9451 3969.

INTERNET

John Ray's Internet group sessions are held over three weeks on Tuesdays from 1 to 2 pm for a maximum of 12 persons. The dates for the current Internet group sessions are 11th & 18th April & 2nd May, 1—2pm.

ORGANISING FILES USING WINDOWS EXPLORER AND CD BURNING

On Thursday afternoons 6th, 13th, 20th April and 4th May : Practical Hands On Group Sessions from 1-3pm with tea break – Limit 12 participants (working in pairs) – prerequisite be able to save file to folder. Cost \$2.50 to cover CD costs. Sandra Brophay has advised that she is covering

- quick overview of Windows Explorer ; simple copying of CDs, (DVDs), using Nero
- Creating folders for files and using folder trees to simplify filing; putting files and folders onto CD.
- Backing up files from the Computer – My Documents; email addresses

Beginners Simple changes to Digital Photos

Sandra Brophay advises that there are still some spaces left for this course: 2 Sessions on Saturday 6th & 13th May 9-11 with tea break: Cost \$2.50

- putting program on computer; Download from camera
- Simple editing eg cropping, red eye.
- making slide show, emailing and printing

Audio Tape and Skype

If anyone is interested in learning to put audio tape into the computer and onto CD or using Skype to talk overseas or locally for free special sessions will be arranged.

Ring Sandra to book in for any of these courses 9939 7737 best before 9 am. to put name down for course.

PRINTMASTER

Enjoy creating your own colourful cards, envelopes, invitations, labels and many other projects. Tuition available Thursday mornings 9.00AM – 12.MD with Len Johnson and Fay Stewart. Please phone the club office for appointment.

IMPORTANT NOTICES

Recording Your Attendance and Departure

Most of us remember to sign in upon arrival at the clubroom but sometimes some of us depart without recording our time out and our signature. It is important to record this in the attendance book. If in doubt about this, please ask the receptionist or a trainer for advice.

Subscription Reminder

If you receive your newsletter by mail, your membership subscription to Forest Computer Pals for Seniors ends at the end of the month shown on the top right corner of the address label on the envelope in which this newsletter was enclosed. If it shows March 06 your subscription was due at the end of March and payment by the end of April is required to avoid the termination of your membership as dictated by Club Rules. If you receive your newsletter by email, reminders will be emailed just before your subscription expires. If attending the clubroom please place

your payment of \$25 for a quarter's or \$70 for a year's membership in an envelope showing your name and membership number in the cashbox provided. Alternatively, post it to: The Treasurer, Forest Computer Pals for Seniors, PO Box 116, Forestville 2087 or make an EFT payment direct to Forest Computer Pals for Seniors Bank Account. Please send an email to Jack Wilson at: - jwilson@exemail.com.au requesting detailed instructions on how to pay your fees via on line banking.

Members Training Calendar

Members may book ahead for tuition 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 & if there is space available then and only then they may book extra time. Would members who have booked time & cannot make the appointment please phone as soon as possible to allow others to occupy the slot. (Special courses do not count as they are not listed in the booking sheets).

ABOUT THE CLUB		Training Information					
<p>Through mutual help we assist members to develop or improve their computer skills, including accessing the Internet. We do this in a relaxed atmosphere 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>Entry Fee & Subscription</p> <p>The entry fee is \$25. Subscriptions can be paid quarterly (\$25 per quarter) or annually (\$70 per annum) and are payable as they become due on the first day of each quarter. All members, including trainers, pay full membership.</p> <p>The club was honoured to receive the Premier's Award in 1995 and the Frank McAskill Trophy in 1996. A recognition certificate award was received from Cota (NSW) in 2002 for good practice.</p> <p>The club is a founding member of the Australian Seniors Computer Clubs Association (ASCCA). Forest News obtained first place in ASCCA's 2004 newsletter online competition. The work of the club is voluntary and depends on its members for its resources in management and training. Enquiries from prospective members are welcome. Please call the club office (9975 7762) or the Membership Co-ordinator (Reg Flew 9971 0325).</p> <p>Newsletter Contributions</p> <p>Contributions from members are welcome at anytime. Please email them in plain unformatted text to Forest News editor, Rowena Barnes on: rowenabarnes@optusnet.com.au</p> <p>If sending a word document as an attachment avoid any formatting whatsoever (no headers etc.) as the document will have to be reformatted to fit in the newsletter format. If possible, do use Verdana 9 font as this is the current default font for the newsletter and which is recommended for web viewing. Contributions will be included in a forthcoming newsletter depending on avail-</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	0411208567 9451 4660 94519779	
	Tue am	Don Muir Graham Allan Shirley Palmer	9451 6548 9451 4336 9451 0158	Tue pm	Special courses see page 2 & Notice Board		
	Wed am	Dick Manuell Archie Macnaughton Gay Savage	9451 1578 9938 1971 9452 1937	Wed pm	Ian Parsons Ken Moorley Susan Howell Paul Brenac	9452 4249 9451 0494 9415 1167 9416 4578	
	Thu am	Len Johnson Fay Stewart Richard Smith Anna Karalus	9450 2167 9451 1959 9451 5573	Thu pm	Special courses see page 2 & Notice Board		
	Fri am	John Ray Kate Holland Shanelle Breusch	9451 9396 9810 2451 9452 5680	Fri pm	Derek Rowland Word groups	9451 3969	
Colin Ward	Computer Maintenance and repairs		By Appointment		9451 1000		
Frank Burke	Genealogy		By Appointment		9451 2364		
Marie Bailey	Wednesday morning		Social Coordinator & Office Assistant		9451 5307		
Pat James	Monday morning		Office Assistant		9905 1882		
Elaine Mulligan	Friday morning		Office Assistant		9939 2686		
WEEKLY TRAINING CALENDAR							
Members are asked to print their First and Family Name on the schedule so that, if a trainer needs to contact them for any reason their identity will be clear.							
TRAINERS' MEETINGS							
Club trainers meet on the first Wednesday of each month in the club's room at 4:00 pm (except January). Trainers' co-ordinator: Darrell Hatch.							
MEMBERS' PURCHASING							
Fay Stewart, the club's Purchasing Officer, can often help members to buy computer ware at good prices. If you are seeking a new item, software, hardware, services such as re-filling printer cartridges or other relevant items, call Fay at the club on Thursday mornings (9975 7762). Archie Macnaughton assists Fay and in her absence call Archie on Wednesday mornings on the same number. Also, if you hear of a good deal, please let them know about it.							
Committee for the Year Oct 2005 to Oct 2006							
Colin Ward, President		9451 1000	Paul Brenac, Vice-President		9416 4578		
Archie Macnaughton, Secretary		9938 1971	Jack Wilson, Treasurer		9452 1148		
Gay Savage, Speaker Organiser		9452 1937	Darrell Hatch, Training Coordinator		9982 7139		
Dick Manuell, Also Public Officer		9451 1578	Fay Stewart, Purchasing Officer		9451 1959		
Reg Flew, Membership Coordinator		9971 0325					