



Forest News

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

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COMING EVENTS

- **Jun 10—1.45 pm, Committee meeting**
- **Newsletter folding Jun 10**

Forest Computer Pals for Seniors welcomes the support of:-



Warringah Council

VIRUSES YET AGAIN!

But this time a different type of virus. Whereas "Computer" viruses might drive us crazy if we fail to install and maintain protective software, they don't harm us personally. However, the current flu virus, (Swine, or Mexican, or Influenza A virus subtype H1N1, take your pick), which was spreading rapidly when this item was being written, is capable of harming us all. As it is a new virus, no vaccines have been made yet, so current flu shots do not protect us. Just the same we should have our flu shots as soon as possible, because ordinary strains of flu are still around and we need protection from them.

"Medical" viruses are tiny, much smaller than bacteria, and they can only reproduce by invading cells and using the bio-materials inside to make multiple copies of themselves. Then they rupture the host cell and spread through the body and escape to the environment. They have been around for a long time, but we didn't know what they were. As long ago as 1796, Jenner successfully vaccinated a young boy against cow-pox, (later known to be small-pox), without actually being able to isolate and identify the *variola* virus, the cause of small-pox. There were no microscopes powerful enough for the virus to be seen at that time and it wasn't until the electron microscope was invented that they could be "seen" at all.

Viruses can mutate (change) rapidly and render newly established vaccines ineffective, so it is important to employ common-sense controls ourselves, in addition to any available vaccination. Viruses need moisture to survive and this suggests some of the major pathways by which infection spreads.

It may be a week or more before we know we have a virus and that is usually the period when we are most infectious, so here are some suggestions, or precautions, worth considering in case there is an epidemic of swine flu in Australia. They may help you to not catch a virus, or if you have one, help stop it from spreading:

- Practise good personal hygiene, thoroughly washing one's hands frequently. If you can't easily do this, try one of those proprietary waterless hand cleaners based on gelled alcohol.
- Do not share drinking vessels and use a clean glass or cup every time you need a drink. Avoid bubblers. If you use a water bottle, clean it thoroughly before re-filling it and don't share it.
- Use the dishwasher, or, if washing up in the sink, use the hottest water you can stand and take a clean tea-towel for each wash.
- Go easy on kissing people, including favourite children and grandchildren!
- Cover your mouth completely when sneezing, coughing, or spluttering.
- Do not use other people's towels in the bath-room, or anywhere else for that.
- If you develop flu – like symptoms, do not delay seeing your GP.
- Avoid crowds.
- Stay healthy! Not so many very late nights etc. Eat freshly home prepared foods rather than take-aways. Wash all fruit and vegetables before eating.
- If the incidence of the virus increases, doubtless the authorities will be dispensing face masks widely. If you are given one, wear it all the time you are in public places.

And of course, we have to say Use your Internet more if you have symptoms – please don't share them with us in the club!

MAY MONTHLY MEETING

Will be held back at our usual location in the Memorial Hall on Thursday May 22, starting at 2 pm, followed by afternoon tea/coffee before we hear from Celeste and Murray Redcliffe at 3 pm, when they will tell us the true story about the **BATTLE OF WATERLOO.**

They'll also tell us about the threat to Sydney from French and other colonial powers

MINUTES OF GENERAL MEETING 23rd April, 2009.

President Colin Ward opened the meeting welcoming all.

Minutes of previous meeting were accepted

Secretary's Report: Secretary reported on the ASCCA General Meeting held on 22nd April when the accessibility program was launched for all those having difficulty with computers. Also there were talks given on free software when our Secretary, Sandra, was able to share what Colin shares with us at each meeting in terms of free Security Software and how valuable this is provided it is kept up to date. There was also a talk on the coming Windows 7 which will be very different to Vista.

Treasurer's Report:

Qtr income: \$3518.98
Exp \$4957.43
qtr balance (\$1438.55)
total assets: \$19,577.53

Social Director: 37 people present with 4 apologies and 2 visitors.

Training Coordinator' Report: Darrell Hatch reported that he would be away for the following 3 weeks.

Joomla course is to run 6th May at 2.00 pm.

New Computers requests for info: Please contact Colin

Telstra Grant of Mobile Phones: Gerry Benjamin sent a note to say that this grant had been received so we should be hearing from him soon.

President's Report:

President Colin gave us his usual report on security software, reminding us that it is essential to have 1 Virus checker, 2 spyware programs and only 1 Firewall. Check out all of this on our club website:

www.forestcompals.org.au This may be slow responding at the moment as the website is under re-construction.

GUEST SPEAKER: President Colin was our guest speaker and gave us great information on a number of subjects

- He began and ended with a demonstration of A-shampoo, a fairly cheap slide show maker and DVD maker - very easy to use.
- He talked about a program that is being updated in the clubroom: Corel Paint Shop Pro X2 which is not free but Colin loves it for doing simple things with your pictures and has a nifty little one click for bringing out the best. Colin also demonstrated Card Readers for uploading to the computer. Just for fun he told us about and demonstrated a great forensic tool jpeg snoop which can verify if a photo has been manipulated. Pity our newspapers couldn't have used that when printing manipulated photos of Pauline H! He also said that compact cameras (pocket digitals) had reached their megapixel limit.
- Colin told us about a number of interesting pieces of free software. Just 2 are reported here: When you get a new computer and it comes with a lot of unwanted free software try this very easy piece of software first. The name speaks volumes. www.decrapifier.com
- Genie-soft Backup for Outlook Express. It's free and backs up not only email addresses but also emails. <http://www.geniesoft.com/products/oeb/default.html> For those who use Outlook there is a single file that you need to find in your Documents and settings folder. <http://www.sitedeveloper.ws/tutorials/outlook.htm>
- Backing up was another topic that Colin said was a must. He talked about flash drives and USB Hard Drives to back up to and suggested some software but also said it could easily be done straight to the drive without any need for software.

All in all it was a very interesting afternoon. We will be glad to return to our normal clubroom for next month's talk.

GERRY BENJAMIN'S MOBILE PHONE COURSE

Has received approval from Telstra; however there are still some formalities to be completed, so no date can yet be set for the first course. Those members who added their names to the list of interested participants will be advised of the start date in the near future.

Meanwhile, Gerry will need the help of a lady co-presenter with some existing mobile skills. Members interested in filling this role may contact Gerry on 9453 3255, or email him on gben@bigpond.com.

PAT JAMES

Our ever cheerful, optimistic honorary auditor and Office Assistant, Pat James, has been in the Sydney Adventist Hospital ("The San") for surgery and expects to soon go to Lady Davidson rehabilitation centre for a further period.

We all wish her a speedy and complete recovery and look forward to greeting her back at the club soon. And so do all the penguins in Antarctica Pat!

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.

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.

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.

MS EXCEL SPREADSHEETS

Malcolm Fell offers training in MS Excel on an appointment basis. Please Email him on mmfell@optusnet.com.au for more info.

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.

GENEALOGY

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

PICASA 3

Sandra Brophay resumed her course on April 30: next course starts June 4. Bring a USB drive. Book on notice board please.

BACKUP

Sandra Brophay will run a one session course on May 21 at 1 pm

DIGITAL PHOTOGRAPHY

John Robinson tackles all sorts of Dig Photography issues on Tuesday afternoons from 1 to 4 pm, except when John Ray's Internet groups runs from 2— 4 pm.

PLEASE NOTE

If there is a course you'd like us to supply, please tell Darrel Hatch and he'll see what can be done to meet your need.

Do read the item on page 2 about Gerry's mobile phone course.

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

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>APPLYING FOR MEMBERSHIP</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		
		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
		OTHER TRAINING INFORMATION					
		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 Brophrey	Skype & dig. photos	By Appointment	9939 7737		
		Lexie Keston	Tuesday am	Office Assistant	9417 3354		
		Anna Karalus	Genealogy	By Appointment	9451 5573		
<p>WELCOME TO NEW MEMBERS</p> <p>We welcome the following new members and hope they enjoy the fun and frustration of computing together in our club:</p> <p>Elaine Hay, Padma Pandey, Malcolm Watson, Therese Goddard, Emily Lum, Bruce Forsyth, Barrie Stuart, Julie Taylor and Mary Argirou.</p>		Committee for the year October 2008 to October 2009					
		Colin Ward President		9451 1000	Reg Flew Vice-President		9971 0325
		Sandra Brophrey Secretary		9939 7737	Bob Brisbois 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
<p>ANSWER TO WORD PUZZLE FROM APRIL</p> <p>Try the word:</p> <p>Startling Starling Staring String Sting Sing Sin In I</p>		<p>NEWSLETTER CONTRIBUTIONS AND RECEIVING THE NEWSLETTER BY EMAIL</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: rman77@bigpond.net.au, 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>					