



FOREST NEWS

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SCREEN SHOT CAPTURE

Did you ever need to take an image of something on your computer to the club for a trainer to see? Or retain a screen shot for posterity? Here's one way to do it, using Windows 8 and MS Paint.

Get the item you want to capture onto the desk-top.

1. Hit the print Screen button. It's usually labelled "PrtScrn" and it sits in the upper right-hand section of the keyboard. Remember to hold down the Shift Lock while hitting PrtScrn.
2. Open Windows Paint app.
3. Go to edit and click on Paste. (or use the keyboard Ctrl+V)
4. There is the captured screen shot. Save it as a new item in a suitable file
5. Then you can use it as you wish (attachment for an email, or to your USB drive, or print it out.)

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JOHN ROBINSON IS SPREADING HIS WINGS

APPLE LAPTOP AND APPLE I PAD.

Training is now available for Apple Laptop and I Pad. As the club has no Apple computers, or programs, or smart phones for that, members will need to bring their own laptop or I-Pad to the club for tuition. Apple computers have endless capabilities for digital photography and open up a whole new world of opportunities. Training is also available for the whole gambit of laptop activities. Users of I Pad will appreciate the huge range of features that that can be can be managed on such a compact unit.

John Robinson (The Brave!) is available for one-on-one training on Wednesday mornings at 10, 11 and 12 o'clock. When booking, be sure to put your name right on the same line as John's name.

WORD COUNT

Sometimes, one needs to know how long a document is, especially if you are thinking of sending it to a friend by email, or preparing it for publication.

One way to do this in Window 8 and MS Word is to:

1. With the document open in Home, click on Select, then
2. Click on Select All, then
3. Click on View in the ribbon, then
4. Click on Word Count

Then you can see not only the number of words, but several other useful statistics about your document.

BOB HOPE ONE-LINERS

Will live forever, probably.
 Pamela Hunt sent in these little gems with special appeal to seniors about to have another birthday:

When he turned 70 Bob said:
I still chase women, but only downhill.

Near 80 he said:
That's the time of life when even your birthday suit needs ironing.

For 90 he said:
You know you're getting old when the candles cost more than the cake.

At 100 he declared:
I don't feel old. In fact I don't feel anything until noon. And then it's time for my nap!

WELCOME BACK IAN!

Members will be pleased to know that Ian Parsons will be back with us on May 29, after a lengthy medical time-out

That great comedian died from pneumonia on July 27, 2003

Forest Computer Pals thanks Warringah Council for its assistance



Warringah Council

Tricks and traps of scammers

Scammers use clever tricks to reel you in and get you to reply to their email or not hang up the phone. Most scams seem like genuine offers but they are carefully designed to trick you into giving away your money or your personal details. Here we list some of the tactics/phrases scammers use so you are aware of them and can be on guard.

- Make you feel obligated
- Get in before the offer ends
- Become your friend
- Claim to be professionals
- Get you to agree
- Persistent phone calls
- Incredible offers of easy money
- Fake websites

GOLDEN RULES

- If it looks too good to be true—it probably is.
- **ALWAYS** get independent advice if an offer involves significant money, time or commitment.
- Remember there are no get-rich-quick schemes: the only people who make money with these approaches are the scammers.
- Do not agree to offers or deals straight away: tell the person that you are not interested or that you want to get some independent advice before making a decision.

You can [contact your local office of fair trading, ASIC or the ACCC for assistance](#).

- **NEVER** send money or give credit card or online account details to anyone you do not know and trust.
 - Check your bank account and credit card statements when you get them. If you see a transaction you cannot explain, report it to your credit union or bank.
- Keep your credit and ATM cards safe. Do not share your personal identity number with anyone. Do not keep any written copy of your PIN with the card.

The above information is reproduced with permission of ASIC, from MoneySmart for April, the free ASIC newsletter provided by the Australian Government to help protect Internet users from scammers (and sometimes, from themselves). For a free subscription to MoneySmart go to website:-

<https://moneysmart.gov.au/tools-and-resources/subscribe>.

JUST BROWSING

Through the Autumn Program of the northern beaches community college the other day I noticed a Basic Computer Skills course run over 5 x 3 hour evening sessions. The course covered Windows, Basic Word, File Management, using the Internet and Email.

The cost was \$259 (GST exempt). Very interesting. The item didn't say whether the courses were one-on-one or groups, I but would expect the latter.

I think that one hour sessions are about as much as I can take in at one time and that's what our club currently offers. Our club also offers one-on-one training as the best way for newcomers to make good progress. Would you prefer group training? What do you think? Not only about the length of training sessions, but what you get for your money.

Your feedback would be appreciated. (Editor)

THE MAY MONTHLY MEETING WILL BE HELD AT 2 PM ON THE 30TH IN MEETING ROOM 3 AT THE MEMORIAL HALL, 3 STARKEY STREET, FORESTVILLE

Members and their guests will be welcome and to bring their problems, and solutions to air at the business meeting.

After afternoon tea/coffee at "Marie's Kitchen" about 2.30 pm, we'll reassemble at 3 pm to hear from

JULIE LEVER

Julie is a local lawyer with a finely tuned sense of humour and an entertaining speaker.

She will speak on Consumer rights and invites you to bring your problem to the meeting for discussion.

The meeting will close about 4 pm.

LIFE'S PARADOXES

- Change is inevitable, except from vending machines
- The early bird may get the worm, but the second mouse gets the cheese
- When tempted to fight fire with fire, remember that the Fire Brigade usually uses water
- I used to be indecisive, but now I'm not so sure
- When filling out forms in the parts where it says 'In case of emergency, notify....', I just put "Doctor"

CHALLENGE

Are we providing you with ideas and articles of interest to you in the Newsletter?

Are there some topics we don't offer, but you'd like to see covered?

Please let us know and we'll try to better meet your needs.

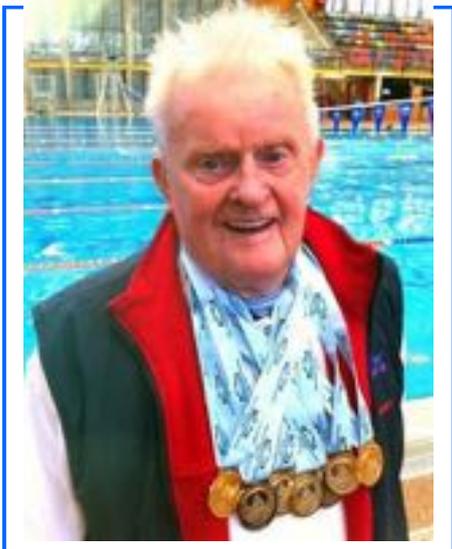
If you feel like writing an article yourself, that's even more welcome. (send to rman77@bigpond.net.au)

Editor

CAN'T FIND THE PROGRAM YOU SEEK?		TRAINER INFORMATION					
		This table shows at which times trainers attend the Club. To check which programs Trainers can offer, check the list above the booking boards.					
<p>Ask Darrell Hatch, our Training Coordinator and he'll see what can be done to help you.</p> <p>We have about 20 Trainers, but we need more. Most trainers will tell you that they learned more about computing by becoming a trainer than by any other means.</p> <p>If you'd like to consider becoming a trainer, talk to any trainer, or Darrell, about it. We can provide training for you.</p>		Mon am	Jan van der Hilst Bruce Adams Richard Crighton	9452 5475 9958 3685 9972 0429	Mon pm	Malcolm Fell Bob Brisebois Bruce White	9451 6050 9451 4660 9451 9779
		Tue am	Graham Allan Steve Richards Lynne Johannes	9451 4336 9412 2922	Tue pm	Special courses: see Notice Board and Trainers & Courses,	
		Wed am	Dick Manuell Archie Macnaughton Gay Savage John Robinson (10-1 pm)	9451 1578 9938 1971 9452 1937 9451 5977	Wed pm	Ian Parsons (off ill) Ken Moorley Susan Howell Jack Wilson	9452 4249 9451 0494 9415 1167 9452 1148
		Thu am	Richard Smith Anna Karalus	9451 5573	Thu pm	Specials—see notice board	
		Fri am	John Ray Kate Holland Pam Perrin (10 am)	9451 9396 9810 2451 9449 2734	Fri pm	Derek Rowland	9451 3969

COMMITTEE MEMBERS OCT 2012-OCT 2013

Colin Ward President	9451 1000	Reg Flew Vice-president	9971 0325
Sandra Brophy Secretary	9939 7737	Joe Magno Treasurer	9451 0592
John Ray	9451 9396	Darrell Hatch Training Coordinator	9982 7139
Ken Moorley	9451 0494	Bruce White	9451 0494
Anna Karalus	9451 5573	Lynne Johannes	9412 22922
Richard Smith			



JOHN STEEN DOES IT AGAIN!

You will recall John's previous great record in 2003, at age 80, swimming in the National Masters Carnival. Well he's done it again and is now the third oldest competitor to boot. When we asked him for some information about the event he sent us this reply by email:

"Hi every one,
I did enter the National Masters swimming championships at the Olympic pool in Sydney with high hopes because this year I reached my 90 th birthday. I entered for 7 events.
My club, the Warringah Masters, included me in 4 relays as well as individual events. Our club captain took me in his car for 4 days to and from Homebush stadium each day, start at 7am and coming home at 7pm, because we had happy hour every day at the brewery hotel opposite the pool at Homebush.

It was no wonder then that I was completely exhausted after the 4 days of swimming but I think it proves regular swimming is very good for fitness and health, I recommend it for the elderly, do not just get wet - exercise in the water! it is a low impact and pain free experience.

Here are the results: Wednesday 17 April, 800 m freestyle, I won my first Gold medal. This was the most difficult one for me because I had a pain in my right knee. The next day, Thursday, I won gold in 50 m backstroke and in 200 m freestyle and also 3 gold in two mixed relay events.(2 ladies and 2 men).
On Saturday 2 more Gold in the 200 backstroke and the 100 m freestyle.

I must say it was hard and exhausting but I have now 9 more Gold and 1 more Silver medals to leave to my grand children.
John William Steen."

What a message for all we couch potatoes!

TRAINERS AND COURSES

There are about 20 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.*

SOME OF THE COMPUTER TOPICS TRAINERS CAN HELP YOU WITH

BEGINNERS TUTORIAL

The next tutorial for newcomers will be held on Saturday July 1 at the club office. **Darrell Hatch** will lead the session. Booking recommended.

WORD PROCESSING

Derek Rowland: On Friday afternoons - Derek covers all aspects of MS Word processing in one-to-one sessions.

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, among other things. Anna trains on Thursday mornings

DIGITAL PHOTOGRAPHY

John Robinson: attends from 10 am to noon on Wednesdays (hourly sessions) to help you get your camera images into in Photo programs or to run Picasa.

THE COURSE YOU WANT IS NOT ON THE LIST? *If there is a computer topic you'd like us to teach, please tell Colin Ward and he'll see what can be done to meet your need.*

DISCLAIMER

All information supplied in the N/L, or by trainers, is believed to be sound, but we cannot guarantee it. Members must satisfy themselves whether or not to use that information. Similarly, the club cannot accept responsibility for any damage that may occur to members' equipment while using that equipment on club premises.

MALCOLM FELL

Malcolm Fell, who looks after our club computers so well, has just returned from a wonderful trip to Bhutan where, shortly before his return, he slipped on a steep mountain track and fell 2 meters, breaking a bone in his right shoulder. Members of the tour party and kind local people did what they could for the injured Malcolm, but as Bhutan lacked suitable facilities for proper repair, Malcolm nursed himself back to Sydney and then to the San, where 9 screws and a plate were installed to repair the shoulder. It will be a few weeks yet before Malcolm is back at the club and we will be pleased to see him safely screwed together again.

Please Record 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

The Joining fee is \$25, with quarterly subscriptions of \$25.00, payable in advance for the periods Jan-Mar, Apr-Jun, Jul-Sep and Oct-Dec; or an Annual Fee of \$70.00, for a 12 months period, commencing at the beginning of any of the quarterly periods mentioned. The address label on mailed newsletters will advise when subs are due.

If you receive your newsletter by email, reminders are emailed just before your subscription expires. 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 record it in the diary and put it in the 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 one hour session each 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 an extra hour. (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 vacant place.