Forest News

Our Web Address:	Our Email Address:
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Club Location

Memorial Hall,
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IN THIS ISSUE

COMING UP

- Newsletter folding, July 9
- Committee meeting July 2, at 1.45 pm
- Trainers meeting July 2 at 4 pm

MONTHLY MEETING JUNE 26

Paul Wallbank, founder of PC RESCUE, Presenter of a Computer Spot on ABC AM 702 and author of four computer books, will tell us about the pros and cons of MS Vista.

This will be a good meeting, so don't miss it! The business meeting starts at 2.30 pm, then a 'cuppa' at 2.30 and Paul will speak at 3 pm. Your guests will be welcome.

(Paul's website is www.pcrescue.com.au)

SERVICE PACK 3 FOR WINDOWS XP

Microsoft has released Service Pack 3 for Windows XP. For registered licensees, it may be downloaded from www.update.microsoft.com/microsoftupdate/v6/default.aspx?ln=en-us. It is a large file, 66.9 MB, so be patient. You may need to extend the Screensaver turn on time, or disable it, before starting the download (Go to Start, Control Panel, then Display and in Screensaver, make appropriate changes and after the download is complete, restore your usual setting). As an alternative, it can be copied from the club's PC from the D drive directory XP – SP3

After installing the service pack it is recommended that you reboot your PC at least twice.
(Thanks for help with this item Malcolm Fell)

HARD DISKS

IBM introduced the first hard disk in 1956, as a set of 50 magnetic disks, each with 50,000 sectors, in its 305 Ramac business computer. It needed a dedicated floor in most offices for its accommodation. Today hard disks can store millions more times data in tiny disks. Not only that they are tough!
In 2003, the unfortunate space shuttle Columbia break up during re-entry was a fiery event, witnessed by the world. Among the recovered debris that fell to earth was a 400 MB hard disk made by Seagate.. Now after 5 years of patient work, Kroll Ontrack, a specialist IT data recovery firm has been able to recover valuable information from that hard disk, about experiments conducted by the shuttle crew, saving the US government millions of dollars.
Needless to say, we do not recommend prising open your own hard disk in the event it crashes, but rather that you take it to an established computer expert for examination, data recovery and maybe repair.

Forest Computer Pals for Seniors welcomes the support of:-

Warringah Council

DIETS

Diets are for those who are thick and tired of it.
Anon.

I went on a diet, swore off drinking and heavy eating and in fourteen days I lost two weeks.
Joe. E. Lewis.

The club also thanks Many-Warringah Rugby League Club for a generous donation from its Community Development and Support Scheme for the purchase of additional computer equipment.

WHO'LL RUN THE CLUB WHEN THE CURRENT WORKERS DROP DEAD?

Our club, yes OUR CLUB, **YOURS AND MINE**, has about 260 members. Some 36 are active in running the club and many have been doing that work for a long time. That's just 13.8% of all members, giving the rest of us a free ride. Will the club have to fold when the present crop of "doers" have to give up?

There is no better place than our club for seniors to learn how to use computers in a relaxed manner, and nowhere as cheap either! We need to continue.

We know that some of us just can't take on any more voluntary work, but surely some more members could consider helping out in some way? We need *trainers* (and can provide training in training), *committee persons* (ask any present committee person about the committee – it's a lot of fun really*), N/L folders* (Marie Bailey can show you how to do it!) and we need a new *treasurer* (Paul Brenac is quite unwell and needs relief now).

This is June and it's time for each of us to think about what roles we can undertake to help **our club**, as the AGM and elections will be around in a few months.

Please reread this plea and consider what you will do to help.

GENERAL MONTHLY MEETING 22nd May 2008

Meeting opened at 2.00pm with President Colin welcoming members and guests.

Minutes of the April meeting were accepted.

Training Coordinator, Darrell Hatch: Basics in Computers Course at 9.30am Saturday 28th June: book in now don't miss out. Service Pack 3 for Windows XP is available, this is a big download, so save yourself the time and agony of a download by making a copy of the Master Disc available at the Club.

Treasurers Report: April 2008 – Income $1601.72 - Expense $110.28 – YTD Income $ 22292.37

President: Rod Duckworth, last month's speaker, has offered to conduct a series of sessions, the subject being "What's In The Tower", to discuss all its components and their functions. As those in attendance at last month's meeting can attest, Rod's presentation provides a straightforward explanation that covers from the basic to the most technical in an understandable manner. The sessions will be held of an evening so please contact Gay Savage in the first instance so that interest in these sessions can be assessed.

ASSCA – 10th June 2008 – 10am to 2pm Seminar on Security on the Internet. The Seminar is FREE but booking is necessary phone 9286 3871 or email www.ascca.org.au. Also checkout www.staysmartonline.gov.au.

Updates – M/S Office2003 SP3 // Vista SP1 (check the D drive and copy) These are large updates that take a long time to download. The Club suggests that you MAKE A COPY of the Master CD at the Club. PLEASE do not take the Master CD from the Club. SP3 for Windows XP is also available. Mailwasher has issued a new free version. Google "Mailwasher Free" then download. It is not recommended that you download AVG version 8.00 as this is a beta (trial) version. Use AVG 7.5. President Colin also gave members a rundown on essential programs required to help keep their computers safeguarded and operational. Ask a trainer for a copy of the "Club" CD". BEGINNERS CD cost $20.00 Basics of Windows 98 thru XP and Word Processing.   Explains the HOW-TO and WHAT-IS in clear and illustrated format with index for fast info retrieval. Ask Gay Savage.

Questions:- Refilled ink cartridge keeps printing but printer insists the cartridge is empty. Ans:- The chip imbedded in the Cartridge tells the printer it is empty. Just keep on going as is or Google your printer detail and look for assistance in bypassing the chip.

Attendance; 43 Members 2 Guests   4 Apologies

Guest Speaker; Mr Jim Quinsey of Redbank Instruments spoke and demonstrated a fine selection of magnifying equipment to assist those with sight problems. These ranged from hand-held illuminated magnifiers to large units suitable for computer screens or TVs. A very impressive display.

Meeting closed 4.10pm

EVENING LESSON ON THE MECHANICS OF COMPUTERS

At the April Monthly General Meeting, our Guest Speaker Rod Duckworth from Hi-Speed Networking Pty. Ltd., who is the club's Honorary Consultant on IT, kindly offered to give an evening computer demonstration to members of Forest Computer Pals, and President Colin Ward is seeking expressions of interest from club members who may wish to attend an evening lesson on the mechanics of how things work inside the Computer Control Tower, including the Central Processing Unit.

This demonstration will be held in the evening from 5.00 pm in our club room, and is only open to club members. Please advise which evening would best suit you.

If you are interested in attending this FREE lesson, please print your Name, Telephone Number and Membership Number on the notice in the clubroom, or phone Gay Savage on 9452 1937. (Thanks Gay for this item)

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.*

MICROSOFT WORD PROCESSING

Derek Rowland: Runs group training sessions in MS Word. He covers the full range of Word's capabilities. WordArt, graphics, spreadsheets and drawing features . Notes will be provided at each of the 6 weekly sessions. Next course begins on June 20 at 1 pm, bookings essential.

INTERNET COURSE

John Ray: Conducts Internet group training sessions. The he next course will start on July 1 at 1 pm and run for 3 weeks. Book on the notice board.

BASIC COURSES

Darrell Hatch: Darrell's next basic course for newcomers will be held on Saturday, June 28, 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. Call him on 94516050 or email him on mmfell@optusnet.com.au

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.

BASIC GROUP TUITION FOR BEGINNERS

Gay Savage: Gay's next course, covering MS Word Processing and greeting cards, (Printmaster & American Greeting Cards) will commence at 2 pm on July 15 and run for 6 weeks. (Please book on the notice board as numbers are limited)

PHOTOSTORY 3 COURSE

John Robinson runs a Photostory 3 course for 2 or 3 weeks, commencing at 1 pm on Thursday afternoons. For the next course starting date, please phone John.

WELCOME TO NEW MEMBERS

The club welcomes the following new members: Adele Mac Donald, Pauline McMahon, Valma Hindman, Shirly St John, John Orme, Brenda & John Hassell, Eileen Flanagn, Noeling Harper, Jane Angliss and Ian McDonald. We hope you will all enjoy learning about computers and also enjoy fellowship with other members.

IMPORTANT NOTICES

Recording Your Attendance and Departure times

Most of us remember to **sign in** upon arrival at the club-room but sometimes some of us depart without re-cording our **time out** and our **signature**. It is impor-tant to record this in the attendance book please.

Subscription Reminder

If you receive your newsletter by mail, your membership renewal to Forest Computer Pals for Seniors is 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 receive your newsletter by email, reminders will be emailed just before your subscription expires. If at-tending the club office please place your payment of **$70** for a year's membership in an envelope with your name and number on it and hand it to a trainer or office assis-tant to put in the diary and cashbox. Also, see special notice in this issue. Alternatively, post it to:

   The Treasurer, Forest Computer Pals for Seniors, PO Box 116, Forestville 2087, or make an EFT payment di-rectly to Forest Computer Pals for Seniors Bank Account.

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 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 at-tend, phone the club and if there is space available then, and only then, they may book extra time. (This require-ment 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 slot.

ABOUT THE CLUB

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.

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.

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.

APPLYING FOR MEMBERSHIP

Enquiries from prospective members are welcome. Please call the club office (9975 7762) or the Membership Co-ordinator (Reg Flew, 9971 0325).

The entry fee is $25. Subscription fees are paid annually ($70 per annum) and are payable as they become due (See enclosed special notice for details.) All members, including trainers, pay full membership.

IF YOUR MOUSE MISBEHAVES

If, on opening your computer, your mouse won't appear when bidden, or goes on strike, you can still open the system by holding down Control and tapping Escape (CTRL+ESC is how the experts state it!). Then you can navigate around using the underlined characters in menus in conjunction with either CTRL or ALT keys until you resolve the mouse's recalcitrance. If that doesn't work, call in the cat!

TRAINER INFORMATION

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	John Robinson	9451 5977
Fri am	John Ray Kate Holland Shanelle Breusch Pam Perrin (10 am)	9451 9396 9810 2451 9452 5680	Fri pm	Derek Rowland MS Word groups	9451 3969

OTHER TRAINING INFORMATION

Colin Ward	Computer Maintenance and repairs	By Appointment	9451 1000
Paul Brenac	Digital Photos and Publisher	pm Wednesdays By appointment	9416 4578
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
Gay Savage	Friday pm	Office Assistant	9452 1937
Sandra Brophey	Skype & dig. photos	By Appointment	9939 7737
Lexie Keston	Tuesday am	Office Assistant	
Anna Karalus	Genealogy	By Appointment	9451 5573

Committee for the year October 2007 to October 2008

Colin Ward President	9451 1000	Reg Flew Vice-President	9971 0325
Archie Macnaughton Secretary	9938 1971	Paul Brenac *Acting Treasurer*	9416 4578
Gay Savage Speaker Organiser	9452 1937	Darrell Hatch Training Coordinator	9982 7139
Fay Stewart	9451 1959	Sandra Brophey	9939 7737
John Ray	9451 9396	Ken Moorley	9451 0494

HEALTH

"Health has already been greatly improved; in spite of the lamentations of those who idealise the past, we live longer and have fewer illnesses than any class or nation in the 18th century. With a little more application of the knowledge we already possess, we might be much healthier than we are."
Bertrand Russell, in "What I believe", **1925**

Newsletter Contributions

Contributions 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.