



# FOREST NEWS

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## JULY MONTHLY MEETING

### THE DEATH OF THE FAMILY PHOTO ALBUM

HIDDEN away in dusty lofts and cluttered cupboards, the family photo album has for generations been the final resting place for embarrassing baby pictures and washed-out holiday snaps. But now photographs have a new graveyard - our mobile phones and digital cameras.

Hundreds of millions of photographs taken each year are never downloaded, with 34 per cent of people admitting that they do not have the time or know-how. In an age of sharing - and perhaps over-sharing - on sites such as Facebook and Twitter, fewer than 25% now end up in a traditional album.

An estimated 631 million photographs each year, around a third of the total, will never grace the pages of a social network, let alone the pages of an album, remaining forever on memory cards and microchips.

Our speakers in July are **John Robinson** and **Lynne Johannes** and their topic will be:

### *Saving the important shots by other means.*

Photo books, calendars, slide shows on DVD, Picasa computer generated slide shows and other tips, advice will be shared.

It can be very reasonable cost wise to bring the family album back to favour, particularly for those important family or holiday shots.

The usual business meeting will precede Lynne and Johns' talk, starting at 2 pm on July 25, in Meeting Room 3 in the Memorial Hall.

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**Dates to watch;**

- Committee meeting on July 10
- Monthly meeting on July 25

### Richard Crighton

Because of family illness, Richard Crighton, one of our Monday morning trainers, has resigned from the club.

We all thank him for his long service as a trainer, and wish him and the family happier and healthier days ahead.

### Archie Mcnaughton

After many years of great service to the club, both as a secretary and a trainer, Archie has resigned from the club.

We all thank him wholeheartedly for his good advice, wit and friendliness. We wish him and his wife Nancy, pleasant times ahead and continued success with the wood-work at the Men's shed.

Forest Computer Pals thanks Warringah Council for its assistance



Warringah Council

### Tried it yet?

The **New Knowledge Base** of course. It contains answers to lots of questions and it is right there on the special club website:

<http://kb.forestcomputerpals.org.au>

As it is for members only, you'll need your user name and password as supplied in the second email from the Webmaster on June 1, (not the set with your member number as username). Try it today and let us know your feedback about it.

### MEDICARE & CENTRELINK

In case you missed it in the Manly Daily, the local Medicare office has shifted from Warringah Mall.

In company with Centrelink, it is now situated at 660-664 Pittwater Road, Brookvale.

The new "one-stop" centre is open from 8.30 am to 4.30 pm, Monday to Friday and Medicare services are also available on Saturdays, from 9 am to 12.30 pm.

### Generous donation from the Mayor, Michael Regan

The Mayor has offered 2 x 2 day tickets to the 15th annual ASCCA Conference to be held on Nov 12 & 13 at Rydges World Square Hotel, Pitt Street, Sydney. Two lucky members are getting \$120 worth as a gift from Michael. One gift was won at the June monthly meeting and the next one will be won at the July meeting. Winners will be selected by a lucky door prize and should be willing and able to attend the conference.

Full details about the conference are on the ASCCA website: [www.ascca.org.au/](http://www.ascca.org.au/)

### FEEDBACK

If your editor were a horse (some may be thinking Donkey, more likely), dependant for nutrition on the feedback from members, he would have been sent to the knackery long ago.

He *needs* your feedback in order to provide useful information in your club newsletter, otherwise he has no idea of whether he is boring you, telling you how to suck eggs, or even helping you.

Please tell him what's needed. You are welcome to submit items you'd like to share with other members. He'll look after formatting for you, just send it in folks!

### JUNE MONTHLY MEETING MINUTES

There were 27 at the meeting (6 apologies and one visitor) and we were delighted with the news that the Mayor, Michael Regan, has given us 2 complimentary tickets for the ASCCA Conference in November – 2 wonderful days of information. Our first winner was Eva Morrison and we will learn which of our members will be the 2<sup>nd</sup> representative to win the free raffle at the next General Meeting; last Thursday of the month. You are all member of the mother Club ASCCA as well as being members of our own club and it is worthwhile looking up ASCCA's activities on the website.

Just Google ASCCA to view their activities and location. The headquarters are very close to the Sydney Town Hall.

Colin has put his very good information on the website on security and scams. [www.forestcomputerpals.org.au](http://www.forestcomputerpals.org.au). Hold down control + click live website address. Note can generally be dangerous unless you know the website to do this from emails and the like but fine when you recognize the address.

After afternoon tea and a chat, **Ken Moorley** gave us a very interesting talk on Windows 8, which he loves. He spoke of a new free version coming out and here is the link for the video to find out more about the changes:

<http://www.ghacks.net/2013/06/24/what-you-need-to-know-about-the-windows-8-1-preview>

He reminded us that he has loaded some information on the club computers about Windows 8 Features and another file Windows 8 Tips; or you can email me [sandrabrophey@optusnet.com.au](mailto:sandrabrophey@optusnet.com.au) if you would like a copy. (please mention forest compals in the subject.)

*Thanks to Sandra for these minutes.*

### PONDERISMS

You won't find this word in many dictionaries: even Googling it fails to really define it. It's a bit like an oxymoron, bringing two apparently conflicting concepts together for a laugh. Try these for fun!

- I used to eat a lot of natural foods until I learned that most people die of natural causes.
- Gardening Rule: When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is/was a valuable plant.
- The easiest way to find something lost around your house is to buy a replacement.
- Never take life seriously. Nobody gets out alive anyway.
- There are two kinds of pedestrians: the quick and the dead.
- Life is sexually transmitted.
- Good health is merely the slowest possible rate at which one can die.
- Health fanatics are going to feel stupid someday, lying in hospitals dying of nothing.
- Have you noticed since everyone has a camcorder these days no one talks about seeing UFOs like they used to?
- Whenever I feel blue, I start breathing again
- All of us could take a lesson from the weather. It pays no attention to criticism.
- In the 1960s, people took acid to make the world weird. Now the world is weird and people take Prozac to try and make it normal.
- How is it one careless match can start a bushfire, but it takes a whole box to start a campfire?
- Why is there a light in the fridge and not in the freezer?
- If Jimmy cracks corn and no one cares, why is there a song about him?
- Do illiterate people get the full effect of Alphabet Soup?
- Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him on a car ride; he sticks his head out the window?
- Why doesn't glue stick to the inside of the bottle?
- Do you ever wonder why you gave me your email address?

**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.

Mon am	Jan van der Hilst Bruce Adams Gay Savage	9452 5475 9958 3685 9452 1937	Mon pm	Malcolm Fell Bob Brisebois Bruce White Joan Kohler	9451 6050 9451 4660 9451 9779 9905 5193
Tue am	Graham Allan Steve Richards Lynne Johannes	9451 4336 9412 2922	Tue pm	Special courses: see Notice Board and Trainers & Courses, page 3	
Wed am	Dick Manuell Gay Savage John Robinson (10-1 pm)	9451 1578 9452 1937 9451 5977	Wed pm	Ian Parsons 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 <b>(off ill at present— see below)</b>	9451 3969

**CAN'T FIND THE PROGRAM YOU SEEK?**

Ask Darrell Hatch, our Training Coordinator and he'll see what can be done to help you.

We have about 18 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.

If you'd like to consider becoming a trainer, talk to any trainer, or Darrell, about it. We can provide training for you.

**SPECIAL INSERT**

*This issue contains a guide to help you decide which trainer to ask for and the best time to attend the club for training.*

**GOOD NEWS FROM AN OLD FRIEND**

Derek Rowland extends sincere thanks to friends at Computer Pals for their get-well cards and e-mail messages and hopes to be running on all cylinders early in August.

**WELCOME TO NEW MEMBERS**

We welcome the following four new members to our club: **Ralph Johnson, Loretta Heath, Harry Spencer and Judy Barry.** We wish you well as you enjoy the fun and challenges of computing.

**Henry Ford**, is alleged to have once said "**Failure is the Opportunity to begin again more Intelligently.**"

**SO YOU'RE A SENIOR AND GETTING MORE SENIOR**

Seniors are common, and often, easy, targets for health cures, aids, boosters, vitality or virility restorers, calmers, vitamins and so on, and on, and on. Mostly we ignore the marketing, but occasionally, there comes along something worthwhile investigating further. Or we may become quite ill and really need prompt medical guidance and help.

We all know we should eat better, exercise more, stop smoking, drink less alcohol, reduce sugar, salt and fat intake and go easy on the supplements and that we should have started on those better habits when we were sixteen, or younger. But it's never too late to get started! Or motivated, if you prefer.

An excellent starting point is a free health guidance service provided jointly by the NSW and Federal Health departments. It's the "Get Healthy Information and Coaching Service". If you are prepared to do something positive about your own health, this service provides a professional, confidential and personal coach who discusses a good program with you by phone from their Wollongong headquarters and then follows up on you periodically to help you along your personal Get Healthy path. For more information go to website [www.gethealthynsw.gov.au](http://www.gethealthynsw.gov.au), or call 1300 806 258. Your local council website will also have good free exercise programs for Seniors available.

If you are having health problems and are unsure where to turn to for help, all Australian governments subscribe to a free help service provided by registered nurses. The website is <http://www.healthdirect.org.au>. This website can help you to find local doctors, pharmacies, hospitals etc. You can also call the nurse on 1800 022 222. Some health insurance companies provide a similar service so ask them your questions too, if you are one of their members.

Should you already be seeing a doctor or other health professional, and need help in understanding what is being proposed or diagnosed for you, the first person to ask of course, is the doctor, but if you are confused by medical terms used, try Googling and Wikipedia, entering the term you need help for, or visit a couple of international websites, such as <http://www.nice.org.uk/>, the home page for the UK National Institute for Health and Clinical Excellence (NICE). It has lots of useful info, but remember it is mainly for the British Isles; or the American website [www.choosingwisely.org](http://www.choosingwisely.org), the home page for the ABIM Foundation, which provides guidance on questions to ask the doctor or suggestions for avoiding health problems in older people, but remember it is produced for the American scene. The Australian government website <http://australia.gov.au/>, (then go to Topics, followed by Health Information), has lots of information about good sources of health advice too. You can take your pick of many health subjects, including those you may feel rather too embarrassed about to start out with at the doctor's.

## TRAINERS AND COURSES

**There are about 18 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, at the club office. Date to be advised. Darrell Hatch will lead the session. Booking recommended.

#### WORD PROCESSING

**Derek Rowland:** is in at home recuperating. (see page 3 for details).

#### 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.*

### RANSOMWARE? ROOTKITS? PIRACY?

Emisoft produces and sells anti-malware. Their website [www.emisoft.com/en/](http://www.emisoft.com/en/) has details of their products. Never having used them, we cannot comment on their utility. However, they have published a detailed comment on US developments in controlling ransomware, rootkits and piracy. The website for this is: [http://www.emisoft.com/en/kb/articles/ticker130606/?ref=news130606&utm\\_source=newsletter&utm\\_medium=newsletter&utm\\_content=tec130606&utm\\_campaign=news130606](http://www.emisoft.com/en/kb/articles/ticker130606/?ref=news130606&utm_source=newsletter&utm_medium=newsletter&utm_content=tec130606&utm_campaign=news130606). It underlines the ever present need to install and maintain good protection against malware of all kinds.

#### 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 equip-*

#### 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](mailto:treasurer@forestcompals.org.au). The Subscriptions of most of the Club members became due at 30th June 2013 and prompt payment would be appreciated. This may be done by post to Forest Computer Pals, P O Box 116 Forestville 2087, or paid at the club office. For any queries, please phone Reg on 9971 0325.

#### 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.