

# PALS by the LAKE

Member of ASCCA  
 Computer Pals for Seniors  
 Northern Beaches Inc  
 ABN 84 043 912 101



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*This is a volunteer organisation*

## Welcome to our March Newsletter

Term 1 is well underway and we have had our first presentation of the year, which was a great success, SEE THE REPORT ON PAGE 2.

The great thing is that we have installed a new computer which was bought with a grant from **PITTWATER RSL** and it is working fine.

**Without these grants we would not be able to have our equipment up to date.**

As every one knows: computers are expensive and forever changing, so updating them at our club is essential, especially as we are looking at installing '**VISTA**' on at least one computer in the near future.

**We are very grateful to PITTWATER RSL for helping this club move forward into the future.**

### In this issue:

Welcome	1
Grant well used	1
Seniors Day	1
Telstra Presentation	2
Dig. Photography	2
New courses	2
Seniors' poetry	3
ASCCA workshop	3
Low cost ISP	3
Bits & Pieces	4
Bits & Pieces	5
Notice Board	6



We will celebrate  
**Seniors Day**  
**Thursday 15 March**

the Tramshed, 1395a Pittwater Road, Narrabeen  
 from 10am till 2pm

### A DAY OF PRESENTATIONS

This will be another great day with presentations such as

**Digital Photography,**  
**'Skype'** using your computer as a telephone,  
**Genealogy,**  
**Internet Banking and E-security Presentation**  
 as well as an  
**'Unwired' demonstration.**

**Refreshments will be served.**  
**Bring your friends—all are welcome**

*This club is supported by:*



Upgrade Yourself  
 Computers  
 Dee Why



## The 'Telstra' presentation on 14 February 2007.

As expected there was a great interest in this presentation, which was the first of two. The room was full and the information was mind blowing. We were left with the knowledge that we need to keep up with the latest developments and progress.

Brett McCallum gave a very informative talk in understandable English and at question time there were indeed lots of questions.

We cannot wait for the second presentation which will be on May 16 in the same place again starting at 1.30pm. Mark your dairy now so that you don't miss it!

A yummy afternoon tea was provided and we thank 'Telstra' for the informative and interesting afternoon, and also our helpers who set everything up (and tidied up again afterwards).

**Thank you all and we look forward to 16 May for the next Telstra Presentation!**



**This is the latest group**  
of students who have completed our Digital  
Photography course which started in the beginning  
of January.

## Congratulations to all!

From left to right in the photo are:  
David Bennett (Instructor), Lexie Warder,  
Jim Parker, Annette Polman,  
Brian Hindes (Instructor),  
Joan London, Malcolm Healy and Julie Magill.



## Courses coming up in our club

**'WORD'** with Microsoft's 'Unlimited Potential' starting on 22 March and running for 5 weeks. This course is now full. For further courses watch future newsletters.

**'FROM VHS TO DVD'** converting from VHS Analogue tapes to Digital Video Disks. The course will run for five consecutive Fridays from 27 April till 25 May 2007 starting at 1.30pm. The course aims to prepare the student to convert their own VHS tapes on DVD disks.

To enrol for this course please email Ron Hare: [ronh23@bigpond.net.au](mailto:ronh23@bigpond.net.au) or see your instructor.

**'SKYPE'** use your computer as a telephone. Look for information in future newsletters.

**Volunteers don't get paid, not because they're worthless,  
but because they're priceless.**

## SENIORS

We Seniors are an ageing group,  
That's obvious, I stress,  
Therefore there are a lot of names  
We're given by the press.

Once we were "youthful", "young" as  
well,  
Our ages bold in print,  
But now we've passed those magic  
years,  
Of flattery .... no hint.!

We're labelled "old", or "aged" yet,  
And "elderly" of course,  
I sometimes see the ages typed  
In BOLD ... that's even worse.

We're overlooked, ignored and such,  
We're told we're "past it", but  
Just who are all these people who  
Think we are out ..... kaput ?

So let's tell them we're "seniors" now,  
Just walk in to our Club,  
See lots of folk with minds engaged  
In learning 'puter stuff.

Our bodies may be not the best,  
But we are bright and keen,  
We are the pick of "seniors" here,  
The best you've ever seen !!

*By Lexie Warder*

## **News about ASCCA's 2007 Residential Workshop!**

ASCCA'S 2007 Residential Workshop will be held at Bimet Executive Lodge which is located in Newcastle. The working title for this workshop is "**Wired or unwired**" Subtitle "What people are doing with their internet connected computers".

ASCCA is planning sessions covering various topics that will show participants how they can use a connected computer for downloading, setting up and using SKYPE, security and using appropriate free software and using a webcam.

ASCCA will demonstrate the latest version of **Dragon Naturally Speaking** software and provide an opportunity for participants to try using this software.

This is only a working list for the moment and needs to be edited with further suggestions.

**Any member of Computer Pals for Seniors Northern Beaches can attend.**

The date will be 7 & 8 May 2007. Watch this newsletter for further information or go to ASCCA's website <http://www.seniorcomputing.org>



## **L**ooking for a low cost Internet Service Provider?

TADAust are a non profit organisation, with a lot of assistance being provided by volunteer technical staff manning the phones. TADAust Connect provides an exclusive Dialup Service for People with Disabilities, the Aged and Veterans.

**TADAust Connect** now also provides a Broadband Service to the general public that offers a HomePhone bundling option to provide one of the most cost effective Broadband plans available.

To find your eligibility for this service, please contact TADAust on 1300 735 439 or visit [www.tadaust.org.au](http://www.tadaust.org.au)

**All of us could take a lesson from the weather.  
It pays no attention to criticism**

## Guide for Aging Computer Users

If you rack up enough birthdays, sooner or later you're going to experience some loss of vision, hearing, or physical dexterity. It's as inevitable as puberty. Fortunately, accessibility settings and programs in [Windows Vista](#) and [Windows XP](#) make it easy to resolve most age-related computing problems without additional software or devices. If you need more help, Windows is compatible with a wide array of assistive technology products you can add on for high-powered assistance.



*Cartoon courtesy of Brian Basset and Microsoft*

Either way, getting older doesn't have to interfere with your ability to use a computer. If PCs can be easily customized to meet the needs of people with severe disabilities such as blindness, deafness, and quadriplegia, they can certainly handle diminished vision, muffled hearing, and stiff fingers. Accessibility features also make it easier to cope with temporary injuries, such as a broken arm, or to manage routine inconveniences such as blurred vision following an eye exam.

Here are ten tips on how you can use Windows XP to counter the effects of the awkward age. We encourage you to copy, print, or post these tips, or forward them to friends.

<http://www.microsoft.com/enable/aging/tips.aspx>

## Using your computer as a telephone .

Since we are starting our new 'Skype' course in March, here is a tip about 'Skype' . This course is fully booked but other 'Skype' courses will start soon.

Download Skype for free from: <http://www.skype.com/download/>



## How to Run Skype from a USB Flash Memory Drive.

**Skype** is a portable application, which means it can be run from a USB flash drive on any PC (even if Skype is not installed on the PC). This is useful when you are traveling and want to use Skype on a publicly available computer, for example, at a hotel, Internet cafe, library, etc. How to set up **Skype** to run from a USB flash drive:

1. Download Skype and install it on your computer. (or, if you have already installed Skype on your computer, continue to step 2)
2. Find skype.exe file where it was installed. (Normally found at C:\Program Files\Skype\Phone\skype.exe)
3. On your USB drive create a folder and name it 'Skype' and copy skype.exe into this folder
4. Create another folder in this Skype folder on the USB drive and name it 'Data'
5. Create a new file in Notepad and name it 'skype.bat' 6. Open the 'skype.bat' file and add the following text:  
**skype.exe /datapath: 'Data' /removable**

That's all! Now you are ready to run Skype from your USB drive. Just plug it into any PC and click on the skype.bat file. This will run Skype from your USB drive.

When you're done, exit the Skype program, unplug the USB flash drive and go. Your call history, account settings and other personal Skype settings stay on your USB flash drive, not on the computer. This is a portable, "clean" and secure way to run Skype on any PC, without installing Skype.

Note: The first time you run Skype from your USB drive you will need to log into Skype with your ID and password. On subsequent uses, you will be logged in automatically when you run 'skype.bat'.

*Thanks David Bennett*

**'Computers are incredibly fast, accurate and stupid.  
Human beings are incredibly slow, inaccurate and brilliant.  
Together they are powerful beyond imagination.'  
Albert Einstein. 1879-1955.**

## Let's have some music:

Play music while you play with your computer .

There is a great choice from the best of the top 100 of the Golden Years of Music—Let the music set your memories free!

Here we have a juke-box where you can choose from a very long list of years and all sorts of music. Just go to this website and check it out:

<http://www.tropicalglen.com/>

Thanks Barry Cafe



## Freebie of the month: [ClipMagic](#) Here's what the developer has to say

about ClipMagic: 'ClipMagic is a powerful Clipboard Extender and Information Manager for storing Images and Text, either automatically or manually in a categorized format, with details of the URL if the text is from an Internet site. To save something simply copy it to the Windows Clipboard by pressing CTRL-C or right click on the mouse and select Copy. ClipMagic then automatically stores it and if you have set up Rules & Filters the clip will be moved into a particular category. Clips can easily be retrieved either by copying from ClipMagic and pasting into your application or by using HotKeys or using the new PastePicker.'

If you're interested in a handy little application that can make your Web surfing more productive and more memorable (in more ways than one) then you'll love <http://www.clipmagic.com/>

## Tip: In Windows XP Many people forget about 'tiling' windows or 'cascading' windows.

These standard Windows features come in very handy and offer the user several ways to display windows on the desktop.

**To arrange two windows side-by-side**, switch to the first window, then hold the Ctrl key while right-clicking the button on the taskbar for the second window. Then click on 'Tile Vertically' and your two windows appear side by side and stay there while you work easily between them.

## Making your pictures smaller in size (kilobytes) makes them faster and easier to send via email.

The people you send them to will appreciate it too, since they'll download and open faster!

If you're using Windows XP you can reduce the size of your pictures and send them by following the simple steps below:

**Step #1.** Find the picture you want to send and right click on it. Then click Send To in the drop down menu that opens. Next click Mail Recipient.

**Step #2:** A Dialog Window Appears. Leave it set to its default setting 'Make My Pictures Smaller' Click OK.

**Step #3:** An Outlook Express Compose Window opens showing your picture is attached to the email. It will be reduced in size and send nicely in your email! Go ahead and type a message to your recipient and send. It's so very easy!



## One of the main things that changed with IE 7 was the disappearance of the File, Edit, and View, Favourites, Tools and Help menus. In IE 6, you could always count on those menus being available, but in IE7 they are hidden in the new browser.

Now, if you want the menus to be available permanently, just click on the **Tools** button and choose **Menu Bar**. That's all there is to it. Also, if you ever want to hide them again, just reverse the above actions and you'll be all set. It's just another way you can bring the comfort of IE 6 to IE 7.

**Here's a fun little quick tip for you!** When you're filling out a form that asks for your name, address, etc., you can use the **Tab key** to go from one line to the next. For example, if you're done filling in your name, hit the Tab key and your mouse cursor will automatically go down to the next line, which is probably where your address goes. You can do that throughout the whole form.

From: <http://www.worldstart.com>

'Take the Teacher Home' sets of 6 CD's are available at our club.

A great help to beginners for \$39.60 per set.



Dates for your Diary			
March 7	12.30 Instr. Meeting 2.00 Committee Meeting	April 4	12.30 Instr. Meeting 2.00 Committee Meeting
March 15	Seniors Day: A day of Presentations	April 5	Last day of Term 1
March 16	Skype Course starts	April 23	First day of Term 2
March 17	Printmaster Group	April 25	Club closed for Anzac Day
March 22	'Word' course starts at 1.30 pm	April 27	VHS to DVD course starts at 1.30pm
March 28	12.30 Corel Group		

Volunteer Instructors	
Mon 9-1 9-1 9-12 1-4 12-4 1-4 1-4	Danny McCarthy John Relph Greg Ennis Lexie Warder Peter Whalan Kevin Bowering Anthony Staniforth
Tues 9-12 9-12 9-1 9-1 1-4 1-4 1-4	Ken Brown Evelyn Iggulden Alan Taylor Don Roberts Barry Goddard Pat Kingham Mary Jones
Wed 9-12 9-12 9-12 9-12 10-1 pm	Henri Osieck Anne Brady Christine Smith Mary Anne O'Reilly Win Nielsen reserved for Meetings
Thur 9-12 9-1 2 9-12 pm	Pat Kingham John Brennan Len Lambert WORD course starting on the 22nd of March
Friday 9-1 9-1 9-12 9-12 pm	Corry Dancaster Christine Smith Glenda Kelly Gerri Cumpstey reserved for Groups

**What's happening in our club**

We welcome the following new members to our club:  
**Gloria Brown      Andrea Morton**  
**Joan Newton      Elsa Laver**  
**Owen Thompson**

We hope that you will enjoy your time with us.

Don't forget  
**Seniors Day on Thursday**  
**March 15**  
**at our club**

**Volunteer needed to help with afternoon teas at our functions. Please contact Pat at 9948 3614**

**Please note:** While we make every effort to replace instructors when they are unable to attend on their teaching day, sometimes this is impossible. All our instructors are volunteers and have personal commitments. We will always try to contact the students if possible. Thank you for understanding.

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