



**COMPUTER PALS FOR SENIORS  
TURRAMURRA INC.**

PO Box 66, Turramurra, NSW 2074. **Newsletter No. 64: July-August 2009**

Computer Room Tel. No. 9983 0774 (11 am – 4 pm)

Website: [www.cpst.org.au](http://www.cpst.org.au)

Email: [tcpssc@hotkey.net.au](mailto:tcpssc@hotkey.net.au)

*Turramurra Computer Pals is supported by Microsoft*

**How to avoid Swine Flu**

*You can eat right – make sure you get your daily dose of fruit and veggies.*

*Bump up your dose of Vitamin C and get plenty of exercise as it builds up your immune system.*

*Walk for at least an hour a day, go for a swim. Take the stairs instead of the lift.*

*Wash your hands often, or keep a bottle of that antibacterial stuff around.*

*Get lots of fresh air, open your doors and windows.*

*Try to eliminate as much stress as you can and get plenty of rest.*

**OR**

*Take the Doctor's approach, They clean your arm with alcohol before giving you your flu jab, as it kills germs!!!*

*I walk to the pub (exercise); I put lime in my Vodka (fruit); I put celery in my Bloody Mary (veggies);*

*I drink outdoors on the patio (fresh air); I tell rude jokes and laugh (less stress); Then I pass out (stress);*

*The way I see it, if you keep your alcohol levels up, flu germs can't get to you.*

*As my grandmother always said "a shot in the glass is better than one in the ar.."*

Welcome to all new members who have joined us recently, and we hope you enjoy 'getting to grips' with the intricacies of the computer. The classes which are currently running are as follows:

**Introduction to Computing (Basics):** (six weeks course) Monday, Tuesday, Wednesday and Thursday

**Introduction to Computing (Basics) using Word2007/Vista:** Friday morning

**Working With Word:** Thursday and Friday (four weeks)

**Mastering Word:** Monday and Thursday (six weeks)

**Internet/Email:** Tuesday and Wednesday mornings, Friday afternoons (four weeks)

**Introduction to Publisher:** Tuesday afternoons (five weeks)

**Introduction to Excel:** Thursday mornings (six weeks)

**Digital Photography:** Monday and Thursdays, mornings and afternoons

**Word2007/Vista:** Monday and Friday mornings

**Please Note: We are now teaching some courses using Word2007/Vista (See above)**

At the time of writing there are spaces in most courses, so come along to the Club rooms and place your name on the course sheet for your elected course. Remember that each course is not conducted on every day of the week, so it is advisable to be flexible with your availability. The tutors give up their time voluntarily all year round, so be prepared to 'bend' a bit to fit in with our schedule. It is advisable to ring the Club premises (9983 0774) before you come to ensure the premises are attended.

**Remember,** members are welcome to undertake any of our courses again to ensure that they have grasped the subject.

**WORKING WITH TABLES IN WORD:** This is taught in the Mastering Word courses. The advantages of working in tables as opposed to tabs is that you can format each individual cell and you don't have to print the gridlines if you choose not to. That way it looks just like an ordinary table, but you have a lot more control over the contents. It is up to you decide what you want to use it for. In Word 2003 you can access Tables either by clicking on Table on the Menu toolbar or by clicking on the Tables icon on the Standard toolbar. You can make the table any size by dragging your mouse over the column dividers in the Ruler Bar. You must be clicked into your table for this Ruler Bar to be visible. Extra rows may be added by tabbing along within the table.

**ANNUAL GENERAL MEETING:** The Executive Committee were unanimously re-elected for another year, and they thank members for their confidence and support.

**COMPUTER HELP SESSIONS:** These are held on the second Thursday of each month, and the next ones will be on Thursdays 9 July and 13 August, 2.00 – 4.00 pm, when a number of tutors will be present. These are very

useful afternoons where members can ‘pick the brains’ of tutors who make their valuable time available to assist with any problems, and to find out details of courses available at the Club.

#### **HANDY HINTS:**

- Connecting to the internet using a wireless equipped laptop at places like McDonalds: (a) Go to any Telstra Wireless Hotspot, (b) Launch your web browser and you will be automatically directed to the log-in screen. Simply select your preferred payment method and follow the prompts. However, there are a number of hotels, cafes etc. where there is no charge to the customers. One example is the Qantas Club at the airport, and for some of the others see the following websites:  
<http://www.insiderssydney.com/free-wifi-in> and <http://www.ezgoal.com/hotspots/wireless/c.asp?q=PubNet>
- An Email attachment, written using Word 2007, can not be opened in earlier versions of Word. To make this possible a Windows compatibility pack can be downloaded from the following website:  
<http://www.microsoft.com/downloads/details.aspx?FamilyId=941B3470-3AE9-4AEE-8F43-C6BB74CD1466&displaylang=en>

#### **COMPUTER REPAIRERS:**

- Servant Pty Ltd (Thornleigh), Tel: 9980 9866, email: [info@servant.net.au](mailto:info@servant.net.au); [www.servant.net.au](http://www.servant.net.au)
- Peter Harding, Tel: 9514 5496; Mob. 0405 118 035; email: [guanylic@gmail.com](mailto:guanylic@gmail.com)
- YS Computing, Tel: 9888 9352, Mob: 0419 801 307
- Shepp Computers, Tel:9487 5443, Mob: 0402 026 464
- Peter Armati, Tel: 9878 1125, Mob: 0402 371 971
- Joran van der Smagt, JCR Computers, Tel: 8004 6043, Mob: 0403 492 043, [joran@jcrcomputers.com.au](mailto:joran@jcrcomputers.com.au)

*The Club does not especially recommend any one repairer, but some of our members have used them and have been very satisfied. It is best to check the hourly rate before taking your computer to their premises or having them visit your home.*

## **General Meetings: Fourth Thursday of the month at 2 pm**

**\* 23 July – a Question and Answer session,  
including information on Publisher and Excel**

**\* 27 August – Presentation by Bill Ticehurst describing his  
journey on the Kokoda Trail**

For further information, please contact any of the following:

President:	Ken Doyle	9449 9160
Vice President	Norma Kelly	9144 3186
Secretary:	Margaret Ball	9487 2679
Treasurer/Public Officer:	Patrick Bohr	9489 0230
Committee:	Stella Maude	9449 3083
	John Richardson	9418 1228
	Jim Sweeting	9449 4369
	Roy Sim	9476 1339

#### **What’s for Dinner?**

*Can’t eat pork – might get swine flu; Can’t eat chicken – might catch bird flu  
Can’t eat beef – might catch mad cow disease; Can’t eat eggs – might get salmonella  
Can’t eat fish – heavy metal poisons in their water; Can’t eat fruit and veggies – insecticides and herbicides  
Yummy - that leaves chocolate and ice cream!  
Remember that STRESSED spelt backwards is DESSERTS*