



COMPUTER PALS FOR SENIORS TURRAMURRA INC.

PO Box 66, Turramurra, NSW 2074. **Newsletter No. 71 – September-October 2010**

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Turramurra Computer Pals is supported by Microsoft

Ten Things About Growing Older

1. *Eventually you will reach a point when you stop lying about your age and start bragging about it*
2. *The older we get, the fewer things seem worth waiting in line for*
3. *Some people try to turn back their odometers. Not me – I want people to know why I look this way – I've travelled a long way, and some of the roads weren't paved*
4. *When you are dissatisfied and would like to go back to your youth, just think of Algebra*
5. *You know you are getting old when everything either dries up or leaks*
6. *One of the many things no one tells you about ageing is that it is such a nice change from being young*
7. *I don't know how I got over the hill without getting to the top*
8. *Being young is beautiful, but being old is comfortable*
9. *Long ago when men cursed and beat the ground with sticks it was called 'Witchcraft' – now it's called golf*
10. *If you don't learn to laugh at trouble, you won't have anything to laugh at when you are old*

We are now well past the middle of the year, but our tutors are still soldiering on and the following courses are all still available: Put your name on the appropriate class list on the noticeboard in the foyer, and your place will be confirmed by phone the week before commencement. Please write clearly, sometimes it is difficult to read the names and phone numbers (*we are all getting older!!!*). **There is a document on the board giving the different toolbars for Word 2003 and Word 2007 – please enrol in the class that teaches the program that you have on your own computer.**

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

Working With Word (2003 and 2007): Monday, Thursday and Friday (four weeks)

Mastering Word: Thursday (seven weeks)

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

Publisher: Tuesday afternoons (five weeks)

Introduction to Spreadsheets (Excel): Thursday mornings (two weeks)

Spreadsheets Applications (Excel): Thursday mornings (four weeks)

Digital Photography: Monday and Thursdays, mornings and afternoons (six weeks)

PLEASE NOTE: There are plenty of spaces in most of our Classes at present – see the noticeboard. Please be flexible with the days you can undertake courses – the tutors do have the occasional holidays and also a life outside of Computer Pals!

CONGRATULATIONS MARGARET:

I am pleased to announce that our Secretary, Margaret Ball was nominated by the Committee for the Ku-Ring-Gai Lions Club Community Service Award for the Aged. Her nomination was successful and the award was presented to her at a formal dinner at the Turramurra Bowling Club on Wednesday 14 July with friends, family and the club committee members present. As you will all know, Margaret is well deserving of this recognition of her work for the club since it was founded in 2001- Ken Doyle, President

EMAILING PHOTOS TO FRIENDS AND FAMILY:

Give a thought to your recipient when emailing photos, especially if they are on dial-up. Select the photos you need to send, holding Ctrl key down to select non-consecutive ones. Right click on one of them, and choose Mail Recipient from the Send To menu. Tick Make All My Pictures Smaller, then OK. A blank email will come on your screen with the selected pictures attached. Select the recipient and subject and Send. These pictures are all that is needed for a slide show, or normal printing. It will not be satisfactory to make a poster print out of them.

SLIDES/TRANSPARENCIES:

Don't forget to go through your slides, as Nilo and Erich can help you to transfer these onto a CD. There is a booking sheet on the noticeboard in the foyer. Transferring up to 100 slides usually takes well over an hour.

THE 'WONDER' WEB:

Intimidated by technology? Don't be. A new study shows that when older adults take on everyday computer tasks such as searching the internet (even for a relatively short period) they have a surge of activity in key decision-

making and reasoning centres of the brain. It was found that browsing the web was superior to a task such as reading. Searching on-line requires constant decision-making and the ability to hold information in the working memory – it engages a greater extent of neural circuitry that is not activated during reading. We are now waiting for a surge of members wanting to undertake our internet courses!!!!

EXERCISE: It was also found that moderate exercise in late life is associated with a 32% reduction in the odds of mental decline – I will see you jogging around the park!!!!

FLASH/THUMB/PORTABLE DRIVES: These portable drives are very handy when backing up files and documents, or transferring data from one computer to another. It is advisable to remove it carefully to make sure you don't lose any data you have just added. Before removing, double click on My Computer on the desktop, right click on the icon of the drive and left click on Eject. You can then remove the drive without ruining anything.

CREATING LABELS AND ENVELOPES: One of our Tutors, Jeannette Kane, has created a document showing how to print out envelopes, and another on how to create a list of labels in Word 2003 and Word 2007, and to print them. The latter is especially handy for creating, for example, your Christmas card list, or mailing lists for social clubs, church activities etc. In fact, this newsletter is mailed out by this method to members who do not have an email address. These documents have been printed out and are available at the club rooms. Just ask any of our tutors for one.

HEARING AWARENESS WEEK (22-28 AUGUST): More and more of us are experiencing hearing difficulties. AudioClinic is offering FREE Hearing Checks – they have over 180 hearing clinics around Australia, and the locations can be found on their website www.audioclinic.com.au or on 1800 057 220. Computer Pals at Turrumurra is a member of the Australian Seniors Computer Clubs Association who are receiving a special discount to members – therefore as a member of our club you will be eligible for this discount on any further cost involved.

TOOLBARS: If you cannot find a particular button on your toolbar, look to the right hand end of the toolbar and you will see a 'More' arrow. Click on it and you can view more options - hopefully the button you need will be there.

A MESSAGE FROM PHIL SIM: If anyone has ordered some HP print cartridges (HO2) from him, could you please give him a ring and collect them (Tel: 9449 3031).

General Meetings, held at 2 pm

Thursday 23 September : Tam Ho from the Macular Degeneration Foundation

Thursday 28 October : Kevin Ryder from Microsoft informing members of that company's products

COMPUTER HELP SESSIONS:

The next help sessions will be held on Thursdays 9 September and 14 October, 2 – 4 pm. A good number of our members have found it of great benefit to pick the brains of the tutors who willingly give up their time during these HELP afternoons – come on up to the club and see if any of your computer problems can be solved.

For further information please contact any of the following committee members:

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

Quotable Quips

Please don't touch my wrinkles, it took me so long to earn them – Anne Magnani
After a certain number of years our faces become our biographies – Cynthia Ozick

It's sad to grow old, but nice to ripen – Bridget Bardot

I feel very adventurous, there are so many doors to be opened and I am not afraid to look behind them – Liz Taylor
Wife to very sick husband - "You are having no more whisky, or there wont be enough for the funeral"