



**COMPUTER PALS FOR SENIORS
TURRAMURRA INC.**

PO Box 66, Turramurra, NSW 2074. **Newsletter No. 70 – July August 2010**

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Turramurra Computer Pals is supported by Microsoft

Quotable Quips – Doctors to patients or vice versa

What fits your busy schedule better, exercising an hour a day or being dead 24 hours a day

I have metal fillings in my teeth. My frig magnets keep pulling me into the kitchen, that is why I can't lose weight

The handle on your recliner does not qualify as an exercise machine

The doc told me to start exercising gradually – today I drove past a store that sells sweat pants

Life broken down into segments: Sleeping 20%, Working 20%, eating 10%, looking for things I had a minute ago 50%

An elderly lady to her friend in church. "The seat is so hard my butt has gone to sleep". The other replies

"I know, I heard it snore three times".

The following courses are all available: Please 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. **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.** It is sometimes difficult to read the names and numbers on the list, so please write clearly (*we are all getting older!!!*).

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: Tuesday and Wednesday 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 be flexible with the days you can undertake courses – the tutors do have the occasional holidays and a life outside of Computer Pals!

SLIDES/TRANSPARENCIES:

As you know, the club has a scanner capable of transferring slides on to a computer and then on to a CD. There is a booking sheet on the noticeboard in the foyer. Transferring up to 100 slides usually takes well over an hour.

SPEAKER AT OUR MAY GENERAL MEETING: Lesley Goldberg from U3A gave a very interesting and stimulating talk, informing us of the various aspects of U3A. To obtain further information about that organisation you may contact them on 9252 2033, or through their website: www.sydneyu3a.org.

General Meetings, held at 2 pm

Thursday 22 July : Patrick Cavanagh informing members of latest products Canon has to offer

Thursday 26 August : Joe Bollen, My Framer (Turramurra) who designed our advertising banner

COMPUTER HELP SESSIONS:

The next help sessions will be held on Thursdays 8 July and 12 August, 2 – 4 pm. Over the last few months attendance at these sessions has been very disappointing, but in response to the comments in the last newsletter a good number of members turned up for assistance at the May and June sessions. Tutors willingly give up their time, so it is up to members to take advantage of these HELP afternoons.

COMPUTERS FOR SALE (REASONABLE PRICE)

WorkVentures Connect IT have recently improved their PC offer with higher specification hardware, more inclusions and a longer warranty period. If you are in need of a new computer and are a Centrelink recipient you can contact them on 1800 112 205 for details and prices.

All [Connect IT](#) PCs are Premium brand only (IBM, Compaq or Dell), corporate standard machines that were fully maintained throughout their life; a minimum specification of Pentium 4 processor, 2.8 GHz, 40 GB hard drive, and 1GB of RAM; complete systems with 17 inch LCD flat screen monitor, DVD-ROM, optical mouse and keyboard; internet ready with a new 56k modem. All systems are preloaded with quality software including fully licensed versions of the Microsoft Windows XP Pro operating system and Microsoft Office 2003 software suite (includes Word, Excel, Outlook and PowerPoint). Current versions of AVG Antivirus and Adobe Acrobat Reader are also included. Cost is \$290 for basic computer as described. A number of upgrade options are available for those looking for more power or functionality. In addition to higher specification PCs the following upgrades are offered: DVD burner - add \$50. 160 GB hard drive - add \$75. Preloaded PC and internet training pack called "Take the Teacher Home" - add \$40. A standard delivery charge of \$40 applies to all orders.

TO CHANGE YOUR DESKTOP SCREEN:

You can do this in no time – On Windows XP right click on your desktop and select Properties and then click on Desktop. You can scroll through the list of images that Windows XP has provided. If you want to use a picture saved on your computer, simply click the Browse button and an Open window will appear. You can then browse through your pictures – when you have found the one you want click Apply, then OK. Undoubtedly Vista has a similar way of doing this.

SECURITY, SECURITY, SECURITY:

We have just been through Security Awareness Week – reminders have been given by various speakers to make security of prime importance. (1) install security software and update it regularly; (2) turn on automatic updates so all your software receives the latest fixes; (3) set a strong password and change it at least twice a year (use numerals and other characters as well as lowercase letters, and avoid abbreviated names); (4) stop and think before you click on links and attachments; (5) stop and think before you share any personal or financial information - about you, your friends or family; (6) know what your children/grandchildren are doing online - make sure they know how to stay safe and encourage them to report anything suspicious. Finally, visit www.staysmartonline.gov.au

SECURITY AGAIN! Ku-Ring-Gai Council organises seminars for seniors in the hall at the Club rooms each month at 10 am, usually on the second Thursday. On Thursday 8 July someone from the Department of Fair Trading is speaking on “Scam Awareness and Identity Theft”. Cost is \$5.00, including morning tea. Bookings essential through the Council on 9424 000 – you can also be put on the list to be notified of each event.

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
	Jim Sweeting	9449 4369

Other Quotable Quips

Plump diner to waiter: *I'm going to order broiled skinless chicken breast and salad, but I want you to bring me lasagne, garlic bread and a cream cake by mistake*

Wife to husband: *Oh Gawd, I'm convinced my mind is almost gone. Reply: I'm not surprised, you've been giving me a piece of it for twenty years.*

Husband to wife: *I was going to wake up early to go jogging, but my toes voted against me 10 to 1*

Elderly ladies: *I'm getting so old that all my friends in heaven will think I didn't make it*

Finally : *Don't let aging get you down – it is too hard to get back up*