HURSTVILLE SENIORS COMPUTER CLUB

www.hurstvillescc.org.au

"keeping up with our grandchildren"

NEWSLETTER

February 2009

Member of ASCCA.

Australian Seniors
Computer Clubs
Association

The loss of life and property in the recent bush fires in Victoria is indeed tragic and extremely distressing

Our hearts go out to the many men women and children so affected and our thoughts are with them in their loss.

MONTHLY MEETING

The widely experienced **George Kimpton**, our February Guest Speaker, will present a "Fun with Computers" Talk and Demonstration.

George has extensive experience in the world of computers, has written reviews for the magazine Computer Authority, the Australian Senior magazine and website and is a foundation member of ASCCA and has his own comprehensive **Facebook** page

Lois Burns will be our Ten Minute Speaker. You will recall that she featured at ASCCA and in our Newsletter for her Creative Writing skills

This short presentation segment has become an integral and interesting part of our meetings. We have many interesting stories to tell. We ask most urgently for more volunteers for this part of our activities. The main theme is "Life before computers"

THANKS TO OUR JANUARY SPEAKERS

Frank Grosz, who gave some advice on good housekeeping with computers and emails in particular.

Margaret Barnett who demonstrated Microsoft Photostory, a useful addition to your Photo editing tools which is an exciting piece of software to enhance and share your digital photos

Photo Story 3 for Windows can be used to create visually compelling and fun stories using your pictures and music. Margaret walked the audience through the basics of creating a photo story and showed how easy and how much fun

it can be! When done you can copy your creation to a CD or DVD.

If you are still unsure there is plenty of help on the internet - especially the Microsoft website - or by contacting Margaret Barnett.

Geoff Turton presented Evelyn Rogers and Robin Ireland with their awards for outstanding results in the ASCCA Digital Imaging competition for 2008

SENIORS WEEK

Hurstville Senior's Week is here again! commencing Monday 16th March.

Hopefully you will participate and enjoy the many and varied activities planned for you in the Hurstville area.

Among the many events, there will be Information Sessions, many computer related Library events, seminars on many subjects, barbecues, bush walks, Share your Memories, multicultural events, Good Time Dancing, Line Dancing and many other events too numerous to mention here.

Pick up a brochure and enjoy the many enjoyable activities.

Our Club will have an OPEN HOUSE for the Senior community to drop in and see how we provide facilities for them to acquire, and enjoy some basic computer skills.

HELP PLEASE

You can help the environment and save a few trees and save the club additional postage and printing when you provide the Club with your **CORRECT** and possibly **CHANGED** email addresses, especially those members who have **CHANGED THEIR PROVIDERS**. You will also receive a full colour copy of our newsletter.

General Meeting - 1.30pm Wednesday 25th February

CLASS NEWS

It is obvious, judging from the first few tutor sessions of this year, that our students returned to classes with increased vigour and enthusiasm and this certainly augers well for the coming year. In addition Group Leaders have organized new and additional computer courses mainly in digital photography and web page development. (Cancelled – see page 4)

For example Geoff Turton will run a few tutoring sessions "Getting to know your digital camera". Those many buttons on your camera and the rather confusing handbook that comes with your camera can be rather daunting for most happy snappers. Geoff's sessions will clear up much of this confusion

Q & A

Q:

I like to send my friends a lot of forwards through e-mail, but I'm afraid there's too much extra information in them before they're sent. How can I delete some of that to make it all an even safer process?

A:

This is a very good question and it's great that you're thinking about this type of thing. When it comes to e-mailing, you may not realize how much personal information is shared among people. This is especially true when you're forwarding e-mails. People you don't even know may have access to your e-mail address and vice versa. If someone slacks just a little, problems with e-mail spam could hit you before you can even blink your eyes.

So, you may be wondering how this information gets out to other people. Well, when you forward an e-mail you received from someone else, their e-mail address is still contained in the e-mail. You didn't think of that, did you? When your friend sends it to 10 of their friends, your e-mail address remains in the e-mail and it's distributed to those people (and probably more) in no time. As long as the e-mail continues to be forwarded, your e-mail address is at risk.

The best thing to do to keep addresses safe is to clean up every e-mail before you send it off. You want to share the e-mail with other people, not the e-mail addresses already in it, so it's best to remove all the existing e-mail addresses from the forwarding message. I know some forwards are rather long, but take some time to browse through them and delete any e-mail addresses you see. The person getting the e-mail only needs to see your address and their own.

You can then inform your friends and family members to do the same thing when they forward e-mails. They might want to send the one you sent them to another person, so make sure they know to remove your address before sending it. This will prevent your e-mail address from being spread out to everyone, even strangers! Sounds like a good idea, doesn't it?!

Of course, there may be a few times you need to keep certain things in an e-mail, such as an important discussion between you and a few other friends. If that is an ongoing e-mail, it makes no sense to delete the addresses each time. Usually when you do something like that, you know everyone involved, so it's generally safe, but always be careful in other situations. You can also clean up your forwards by removing all the carets (>>>) that appear. Practicing all of these procedures will help to keep you and all your forwarding friends extra safe in the wide world of e-mail! Now, go and read those funny forwards and laugh the rest of the day away!

RESEARCH SHOWS that Internet is rewiring our brains. So states Dr. Gary Small, director of UCLA's Memory and Aging Research Center at the Semel Institute for Neuroscience and Human Behavior, and UCLA's Parlow-Solomon Chair on Aging.

He cited a recent UCLA study that assessed the effect of Internet searching on brain activity among volunteers between the ages of 55 and 76 — half of them well-practiced in searching the Internet, the other half not so. Semel Institute researchers used functional magnetic resonance imaging (FMRI) to scan the subjects' brains while they surfed the 'Net. The result: Researchers found that the brains of the Web-savvy group reflected about twice as much activity compared to the brains of those who were not Web-savvy.

"A simple, everyday task like searching the Web appears to enhance brain circuitry in older adults," Small said, "demonstrating that our brains are sensitive and can continue to learn as we grow older."

These findings hold promise for older peoples' potential for enhancing their brainpower through the use of technology, said Small, an expert on the aging brain, who has written several books to help people maintain vital brain function throughout their lives.

Extracted from www.today.ucla.edu

Thanks Vince Blaney

More on e mail
HOW TO FORWARD E-MAIL APPROPRIATELY

Do you really know how to forward e-mails? Most of us DO NOT.

Do you wonder why you get viruses or junk mail? Do you hate it?

Every time you forward an e-mail, there is information left over from the people who got the message before you -- namely their e-mail addresses & names. As the messages get forwarded along, the list of addresses builds, and builds, and builds, and all it takes is for some poor victim to get a virus, and his or her computer can send that virus to every email address that has come across his computer.

Or, someone can take all those addresses and sell them or send junk mail to them in the hope that you will go to the site and he/she will make five cents for each hit. That's right, all that inconvenience over a few cents.

How do you stop it? Well, there are several easy steps:

(1) When you forward an e-mail, DELETE all the other addresses that appear in the body of the message (at the top). That's right, DELETE them. Select them and delete them, backspace them, cut them, whatever you know how to. It only takes a second. You MUST click the 'Forward' button first and then you will have full editing capabilities for the body and headers of the message. If you don't hit the forward button first you won't have full editing functions. I particularly dislike having to scroll through 200 Email addresses before I get to the email.

(2) Whenever you send an e-mail to more than one person, do NOT use the "To:" or "Cc:" fields for adding e-mail addresses. Always use the BCC: (blind carbon copy) field for listing the e-mail addresses. In this way the people you send to will only see their own e-mail address.

If you don't see your "BCC:" option click on where it says To: and your address list will appear. Highlight the address and choose BCC: and that's it, it's that easy. When you send to BCC: your message will automatically say 'Undisclosed Recipients' in the 'TO:' field of the people who receive it. That way you aren't sharing all those addresses with every Tom, Dick or Harry.

(3) Remove any 'FW:' in the subject line. You can re-name the subject if you wish or even fix spelling.

The next one is very important - please read and heed.

(4) ALWAYS hit your Forward button from the actual e-mail you are reading. Ever get those e-mails that you have to open 10 pages to read the one page with the information on it? By forwarding from the actual page you wish someone to view, you stop them from having to open many e-mails just to see what you have sent. These are the ones that often end up having picked up a virus from somebody. This is really important!

(5) Have you ever received an email that is a petition? It states a position and asks you to add your name and address and to forward it to 10 or 15 people or your entire address book. The email can be forwarded on and on and can collect thousands of names and email addresses.

FACT: The completed petition is actually worth a couple of bucks to a professional spammer because of the wealth of valid names and email addresses contained therein. If you want to support the petition, send it as your own personal letter to the intended recipient. In any case, your position will carry more weight as a personal letter than a laundry list of names and email address on a petition.

(Actually, if you think about it, who's supposed to send the petition in to whatever cause it supports? Don't believe the ones that say that the email is being traced, it just ain't so!)

(6) One of those I hate is the one that says something like, 'Send this email to 10 people and you'll see something great run across your screen.' Or, sometimes they'll just tease you by saying something really cute will happen.

IT IS NOT GOING TO HAPPEN!!!!! (Trust me, I'm still seeing some of the same ones that I waited on 10 years ago!) I don't let the bad luck ones scare me either, they get trashed. (Could this be why I haven't won the lottery?)

Before you forward an Amber Alert, or a Virus Alert, or some of the other ones floating around nowadays, check them out before you forward them. Most of them are junk mail that's been circling the net for years!

Just about everything you receive in an email that is in question can be checked out at Snopes. Just go to www.snopes.com

A quick Google search shows up the fakes/hoaxes too. It's really easy to find out if it's genuine or not. If it's not, please don't pass it on.

So please, in the future, let's stop the junk mail and the viruses

(Thanks to PC Pitstop   many bloggers and helpers: pcpitstop.com)

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Telephone - Senior Citizens Hall   9570 3297
Web Site -   www.hurstvillescc.org.au
E-Mail – Clubroom   clubroom1@swiftdsl.com.au
E-Mail - Annexe   senior9@swiftdsl.com.au

Monthly Meeting   Hurstville Seniors Centre
91 Queens Road, Hurstville
1.30pm, last Wednesday of the month   (except December)

Fees   Joining Fee $20
     Annual Fee $15
     Training Fee $4 per session

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PATRON   **Mervyn Lynch OAM**
PRESIDENT   **Pamela Samuels**
VICE-PRESIDENT   **Frank Grosz**
SECRETARY   **Marie Thompson**
TREASURER   **Geoff Turton**

TUITION IS IN ONE HOUR SESSIONS
If you can't attend your booking, please let your Tutor know.

Mondays   **Joyce Pickup**

Tuesdays   **Margaret Butt**

Wednesdays   **Marie Thompson**
No lessons on meeting day

Thursdays   **Betty Saltmiras**

Fridays   **Shirley Boxhall**

Technical - **Advanced and Basic**   **Ted Crichton**
Mondays at the Annexe

Digital Imaging Group   **Ian Chesterfield**
First Tuesday in the Clubroom 1.30pm

Genealogy   **John Shortland**
Second Wednesday at the Annexe 1.30pm

Web Design Group   **Fred Scott**
First and Third Wednesday 1.30pm

Internet   **Frank Grosz**
Thursdays at the Annexe

Video Editing Group   **Bill Baker**
Friday Annexe 9 - 10.30, 11 - 12.30

Maintenance Crew - *Queens Rd*   **Frank Grosz**
     Ted Barnett

Newsletter Editor   **Ian Chesterfield**
imcpvc@bigpond.com   9529 3420

CHANGE OF ADDRESS. If you change your address, phone number or e-mail, please inform the Treasurer.

BIRTHDAY BOYS AND GIRLS
For March - Have a great day!!

Lois	Burns	4-Mar
Ronald	Hansell	5-Mar
Robin	Bevan	6-Mar
Ilma	Bishop	9-Mar
Allan	Gault	11-Mar
Graeme	Gavin	13-Mar
Dorothy	Mammatt	14-Mar
Vince	Blayney	16-Mar
Jim	Giles	19-Mar
Donald	Pickup	24-Mar
Margaret	Pickup	24-Mar
Joyce	Pickup	27-Mar
Francis	Brown	28-Mar
Ted	Barnett	30-Mar
Teresa	Wall	30-Mar

Web Design Interest Group

It is sad to report that the Beginners Class has been abandoned due to a lack of interest.

The Basic and Advanced classes are continuing strongly, with the Basic Class meeting on the first Wednesday of the month at 1:30pm and the Advanced Class meeting on the third Wednesday of the month at 1:30pm.

Both classes meet in the Annexe.