

HURSTVILLE SENIORS COMPUTER CLUB

www.hurstvillesc.org.au

"keeping up with our grandchildren"

NEWSLETTER

May 2009

Member of ASCCA.

Australian Seniors
Computer Clubs
Association



Although the April monthly meeting was again successful it was noticeable that attendance at the meetings has dropped marginally. We hope this is not due to the Swine Flu virus. We ask that even if you are unable to attend normal weekly classes you should at least attend the monthly meetings. There is much to learn and to enjoy but, more importantly, to keep in touch with fellow students and to ask those computer questions which may be troubling you.

In April we had interesting Guest Speakers in Jim Jacobs and Mabel Wardrop who jointly and enthusiastically demonstrated the latest in Laptops and Notebook computers. Once again it was their infectious enthusiasm which made this such a fun session - especially the demonstration of Skype, the free VOIP system.



As an added bonus, Fred Scott, our Webmaster, demonstrated and showcased our website which is really very comprehensive, and worth surfing the Net for. The talk had the desired result as many more members did in fact, and for the very first

time, access the website.

GUEST SPEAKER

Our Guest Speaker this month will be the ever popular James Kelly of Owen Hodge Lawyers, Hurstville who will speak about legal matters affecting the computer savvy Senior. Do not miss this Talk.

At this juncture too, we wish to thank the always helpful and friendly staff at Owen Hodge who, for the past ten years, have printed this newsletter at no charge to the Club.



CALL FOR VOLUNTEERS

We are, at this time, recruiting Volunteers. We are looking for enthusiastic senior members who are prepared to give at least an hour of their time to join a group of equally enthusiastic and dedicated Tutors to help teach BASIC computer skills to our Seniors.

Volunteering is a great way to acquire new skills and give something back to our Seniors. Training is provided to all our volunteers. If you are interested, and you should be, contact the Secretary, President or Head Tutors (details on page 4).

What's in it for you?

You can **Make a Difference**. You can share your skills and talents, develop new skills, meet new people and make friends. You can get to know your community.

You can even try something new, Have fun and socialize.

Keep your mind and body active, Work for a cause you believe in and lastly - Challenge yourself!

USING SKYPE

Following on from last month's demonstration here are a few basic SKYPE procedures:

Skype is simple to use, it's free, Skype calls are clear with no dropouts; the company put lots of research into the technology that maintains high audio quality while using as little bandwidth as possible. Fortunately, that work has paid dividends. If you've never used Skype before, getting up and running is fast and easy.

Step by Step

1 Go to www.skype.com/download

and download the appropriate installer to your desktop.

2. Double-click on the SkypeSetup.exe icon to install the software.

3. Click Next to accept English as the default language.

4. Choose "I accept the agreement" from the first dialog box and click Next to continue.

5. Leave the default directory as "C:\Program Files\Skype\Phone" and click Next again.

6. Choose the options you want (e.g. create a desktop icon or quick launch icon) and click Next one last time. The installer will then copy the necessary files to your computer.

7. Click Finish to complete the installation.

8. Double-click the Skype icon to start up Skype for the first time.

9. You'll see a window called "Create a Skype Account." Input a new login name and password, and then click Next to continue.

On the Personal Profile page, input some personal information about yourself and then click Next to continue. The installation is now complete; the main Skype window will appear for the first time.

Before you call another Skype user, you'll need to add them as a contact. Click on Search for Skype Users in the Contacts tab to begin adding people to your list.

To call someone, select his or her name in your contacts list and click the Call button in the bottom left of the main Skype window.

If someone calls you, you'll hear the sound of a [phone](#) ringing. Click the Call button to answer it.

To end a call, click the Hang-Up icon in the bottom right of the Skype window.

That's it !

ASCCA COMPETITIONS

Prepare yourself for the annual ASCCA competitions. Go to the ASCCA website and familiarize yourself with the new categories, instructions, rules and entry forms, For instance in the Creative Writing category

We all have stories to tell. You can write as many as three stories plus three poems if you wish but there can only be one poem and one story entered in each of the three topics.

The topics are:-

1. **Someone Who Inspired Me** - Write 1,000 words or less about an inspirational person in your life.

2. **Caring** - Has caring made a difference to your life? Write up to 1,000 words about caring for people.

3. **A Special Place** - We all have a special place in our memory – a place we can “visit” when we have some time to enjoy our thoughts.

Please do this for yourself – you don't need to be an expert nor have visions of being published – it is just so rewarding to write.

Of course there are other competitions in which our Club has been very successful, for instance the Digital Photography Competition. In the past we have entered the Newsletter and Website competitions.

ASCCA Photo Story Video Competition 2009

This **new** ASCCA competition offers club members the opportunity to demonstrate just how creative they can be when it comes to sharing their photographs with others.

It could be the story of your great adventure or any other story that you want to tell. Once again consult the rules for Conditions of Entry, too long for this newsletter. Refer to the ASCCA website.

Please go to the ASCCA website for more details about the competitions:

www.ascca.org.au/events.html

INTERNET CHANGES

Behind the scenes lately some changes have been made to the club's internet arrangements with the aim of improving services and making it easier to communicate.

The club has changed its Internet Service Provider to TPG using ADSL2. Hopefully this will improve the speed of internet access on the club computers, which has become painfully slow at times.

At the same time the club web site was moved to a hosting facility managed by a company called Webcity. There is no change to the way the site is accessed on the internet – the URL of

www.hurstvillescc.org.au

is unchanged – but the move provides access to many more email addresses which the club can make good use of, all of which have a suffix of hurstvillescc.org.au. This will remain constant in the future irrespective of which ISP the club chooses to use.

So the only change most members may notice is the method of communicating by email with the club administration, which now has a permanent address of

admin@hurstvillescc.org.au

Now you have an easily remembered address you can pass on to anyone with inquiries about the club.

Thanks Fred

HEALTHY COMPUTING

Using a computer and sitting at a desk for hours can really put a strain on your body – literally from head to toe

Fortunately, there are some simple steps you can take to make sure you stay comfortable and healthy while you use your computer.

Staring too long at a computer screen leads to eye strain and headaches. Periodically take a "vision break": close your eyes for a moment or look away from your monitor at a point in the distance, something more than 20 feet away

To prevent wrist strain when typing, keep your wrists as flat (not bent up or down) and as straight (not bent left or right) as you can. If you have to bend your wrists, your keyboard may be too high, too low, or too far away.

The use of a mouse is another big culprit in wrist strain (and "wrist rests" might make it worse). When you use your mouse, move it from the elbow, rather than the wrist, and consider using more keyboard shortcuts to cut down on mouse usage.

If you find yourself slouching and leaning in towards your computer, your monitor may be too low or too far away: raise it so that the top of the monitor is aligned with your eyes or try moving it in closer: 18-24 inches is typically ideal. Laptop users: try adjusting the angle of the screen.

If you tend to hunch or raise your shoulders while at your desk, try adjusting your chair's armrest and be sure to take a break and stretch your upper arms and back.

Keep your phone and frequently used supplies within easy reach, to avoid awkward or sudden movements that can strain your back.

Sitting in the same position for a long time can stress your back and legs. Change your position regularly: stand up, get up and move around, or do some stretches.

*Adapted from various books, websites and newsletters
(Henri)*

CONSERVE YOUR LCD MONITOR'S LIFESPAN

Like all electronics, LCD monitors have a lifespan. Usually, this can be up to ten years or so, but even after only a couple of years our monitors can begin to dim; giving us a dark, eye-straining image that can make it difficult to get anything accomplished! You can tweak the brightness,

fiddle with the contrast, but the damage has already been done. Your backlight is dying and you need to start shopping for a new monitor.

But wait! Say the monitor you're using still looks good at the moment. Is there any way to prolong the life of your LCD?



Why, yes, folks, there is! It's really easy, too! Notice the row of buttons on the front or side of your monitor? That's the adjustment panel. Here, you can set your monitor's brightness, contrast, horizontal and vertical positioning and a bunch of other settings to make your viewing experience better!

For now, all we're concerned with is the brightness and contrast. To make sure the backlight in your monitor lives as long as possible, turn both of these down a bit; just to tolerable levels. This takes the strain off of your monitor's backlight and will ensure that your investment sticks around for awhile!

As an added bonus: Here's a neat site that has all sorts of tests and explanations to keep your LCD monitor looking good and performing up to spec:

www.lagom.nl/lcd-test

(Thanks Joyce)

USEFUL QUICK TIPS:

Need a quick word definition? Go to Google

www.google.com.au

and type define: followed by the word. If you want to know what gigabyte means, just type in

define: gigabyte

and hit the search button. You'll get a list drawn from several sites.

Each time you access a website you have stored, don't forget you need to click on the refresh button so any changes to the site since your last visit are updated.

Need to get back to the top of a long web page? Just hit the home button on your keyboard; it is located in the keys above the arrow keys. This works in many other programs as well.

When you come across a website link you can't click on to make a connection, try copying and then pasting it into your web browser, then press enter on your keyboard. You should be taken directly to that website.

The Hurstville Seniors Computer Club was formed in April, 1998 to teach Seniors to use computers. Clubrooms are in premises provided by the Hurstville Council in the Hurstville Seniors Centre, and in an Annexe in the MacMahon St. building. Tuition is held during week days in an informal atmosphere - cost being a minimum. We are an entirely voluntary organisation, the aim being to help fellow Seniors.

Correspondence Hurstville Seniors Computer Club Inc.
PO Box 173, HURSTVILLE BC1481

Telephone - Clubroom, 91 Queens Rd 9585 9184
Telephone - Annexe, 14 MacMahon St 9580 5233
Telephone - Senior Citizens Hall 9570 3297
Web Site - www.hurstvillescc.org.au
E-Mail - admin@hurstvillescc.org.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

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 June - Have a great day!!

- Beth Mammarella 1-Jun
- Ian Robinson 1-Jun
- Val Schneider 2-Jun
- Denis McDonald 5-Jun
- Thelma Case 7-Jun
- Maureen Cooper 9-Jun
- Daphne Peterson 9-Jun
- Helen London 12-Jun
- Roderick Rush 12-Jun
- Barry Porter 13-Jun
- Jeganmohini Rajendra 16-Jun
- Ian Chesterfield 17-Jun
- Albert Foster 18-Jun
- Raymond Quick 18-Jun
- Bob Evans 19-Jun
- Ian Cutting 20-Jun
- Margaret Jones 22-Jun
- Francesca Hudson 23-Jun
- Bud Mestern 24-Jun
- Albert Annesley 28-Jun
- Priscilla Vizy 29-Jun

Four Years ago Ian Chesterfield was appointed the Editor of this newsletter and this is what he said then referring to the editorial team:

"I have taken over the task, but not alone. The TEAM is working for YOU so help us out with contributions, items of interest, news, humour (yes) and get them to Ian in any form except verbal,

We want your input."

True now as it was then.

Amazing times!

At five minutes and six seconds after 4am on the 8th of July this year, the time and date will be 04:05:06 07/08/09. This will never happen again!!!