HURSTVILLE SENIORS COMPUTER CLUB

www.hurstvillescc.org.au

"keeping up with our grandchildren"

NEWSLETTER

May 2010

Member of ASCCA.

Australian Seniors
Computer Clubs
Association

CLUB NEWS

Monthly Speakers

Geoff Turton gave an excellent demonstration of where to find FREE software on the Internet and how to download and install these products. Refer to previous newsletters for some excellent and free software

Joyce Pickup, who missed our meeting in May, will be with us this time to speak about using FaceBook for Seniors. Again, refer to previous newsletters for an explanation of this ever popular social network.

We appeal for members to contribute to this popular segment of our monthly meeting.

Our speaker last month was a huge success. **Rob Drummond,** of Quantum Technologies, demonstrated the many facilities and tools available for the sight impaired, specifically for those seniors who use computers.

Judging from the feedback the talk proved instructive, entertaining and relevant. You may call Rob for further enquiries at 8844 9888

This month we shall look forward to **Jonathan Graham** of Telstra who will talk about "Seniors and Mobile Phones"

Jon will explain the myriad and sometimes bewildering facilities available on our mobile phones.

Mobile phones have become an integral part of our lives. Although seniors have long been overlooked regarding this technology, things are now changing. Mobile phones are being targeted specifically towards senior users. Mobile phones can provide a link to anyone irrespective of location. Many mobile phones can now also take photos, record sound, record videos, play games, display TV, the list is almost endless.

USE IT OR LOSE IT!

Dementia can be a frightening illness, initially for the individual, and then for the family. A lifetime of achievements, acquired knowledge and experiences can be replaced by a state of infant-like dependency. Instead of enjoying our twilight years in a dignified manner among family and friends, we may find ourselves in a world that seemingly makes no sense. It's the kind of thing you wouldn't wish on your worst enemy.

What can we do to protect ourselves against dementia?

It seems technology may well be of most use and benefit to elderly people, with some studies showing that it can help prevent the brain from degenerating. This is where the acquisition of computer skills and the use of computers in whatever capacity comes in. Dr Michael Valenzuela, a research fellow in regenerative neuroscience at the University of New South Wales' School of Psychiatry and author of *It's Never Too Late To Change Your Mind* (Allen & Unwin), says there are positive implications for technology and computer skills for older people as they are already well socialised. Consequently there are not the same concerns about how being online will impact their relationships, as there are with teenagers.

Some of the other benefits for an older person using online technology can include social networking, information, research, outreach, the ability to connect with family and friends through picture sharing and Skype, and a feeling of community connection.

Indeed, technology, and computers specifically, is such a big part of our lives now, so we need to embrace it in all its aspects. This is where our Club serves such an important function.

Congratulations to **Eileen Powers** who, this month, reached ninety one years of age. Eileen is one of the original members of this Club and still enjoys the benefits of our computer classes and the social contacts that they bring. Eileen attends weekly lessons, not that she actually needs them as she is quite skilled in many aspects of computer use. In addition to her computer prowess Eileen is a creative artist in ceramics and many of her designs have been crafted in our computer class. If that is not enough she is also the treasurer of her View Club.

Eileen is an excellent example of the message in the previous paragraphs. That is, keep your mind alive and active by learning computer skills and applying those skills in many aspects of your life.

IDENTITY CARDS - RTA

Regulation changes were introduced on 30 April 2010 to allow the Photo Card to be issued or replaced **free of charge** to eligible pensioners, including war widows. Refer to the RTA website to see if you are eligible.

To ensure legitimacy, applicants must pass a strict proof of identity process. You will be required to produce original documents that prove who you are. Your current residential address and signature must appear on at least one of these documents.

NEW LOOK WEBSITE

The Web Design Group is working on a new look website. We look forward to this with much anticipation.

STAY SMART ONLINE

As we are so aware, there are lots of criminals and shonks online that could cost you a lot. Take Care. DO NOT get ripped off!!

The website and facility **Stay Smart Online** provides all Australian online users with information on the simple steps they can take to secure themselves online. This includes information and advice on how to secure your computer and your transactions online.

This website also contains a free alert service that provides easy to understand information on the latest cyber security threats and vulnerabilities, a free interactive education resource and, videos with useful tips on protecting your computer, and a self assessment tool for computer users.

www.staysmartonline.gov.au

Soon we will have a Speaker from the Fraud Squad to speak to our members on this issue

Meanwhile a handy and informative DVD and CD package is available free from Staysafe organization called : Budd:e E-security

ASCCA COMPETITIONS FOR 2010

Each year ASCCA runs competitions for member clubs to showcase their skills with digital photography, websites, newsletters and creative writing.

The **2010 Competition** guidelines can be downloaded from the ASCCA website

www.ascca.org.au/events.html#2010Competitions

This year hopefully we will emulate **Barry Porter**, **Geoff Turton** and other winners in again winning the Digital Photography ACSSA competition. Please note, you do NOT have to be a member of the HSCC DIG to enter the competition. It is strongly advised that our members enter each and every category, which are given below. By the way, you will also have to provide a head and shoulder photo of yourself to accompany your entries.

All photographs submitted must be taken by the entrant on a digital camera since 31st August, 2009

Entry forms are obtainable from Ian Chesterfield and Geoff Turton. Also see the conditions and terms on the ASCCA website

Besides Digital Photographs, There are also competitions for Photostory and Creative Writing,

OPTICAL DISCS PART 2
HOW MANY TIMES CAN RW'S BE REWRITTEN

The data on the phase-changing metal alloy film layer can be erased and rewritten a limited number of times (about 1,000 times for RW discs and about 100,000 times for RAM discs). This rewriting does, however, affect disc life expectancy. RW or RAM discs archived after the first recording should have a longer life expectancy than those that have undergone several erase-recording cycles. Given the normal degradation rate alone, the life expectancy for RW and RAM discs will be less than that of R discs. Add to that multiple rewrites, and the life expectancy can be even less

Just as the life expectancy of the disc varies with rewriting, so, too, does the security of the information itself. Information on RW and RAM discs is susceptible to loss or alteration as a result of the rewriting. Information on R discs is more secure precisely because it cannot be changed or rewritten.

CD-R, CD-RW, DVD-R, DVD+R, DVD-RW. DVD+RW, and DVD-RAM discs can become unusable in a matter of days. If such a disc is left in an environment that allows direct sunlight and extreme heat buildup (e.g., on the dashboard of a car in summertime, or next to a heater or by a window), the organic dye or phase-changing film that holds the data will degrade quickly, causing the disc to become unreadable. A disc is not protected from the effects of heat buildup if left in a case that is exposed to direct sunlight or other sources of heat. Extreme heat buildup can also cause warping of the disc.

The effects on optical discs of magnetism, Radiation and X-rays is nil, however microwaves, will destroy a disc

The Technical Group

PRINTS TO DIGITAL IN SECONDS

Would you like to transform your printed photos to digital in seconds?

Have you heard about the Ezyscan Photo Scanner which provides a fast and easy solution to backup, enjoy and share photos by transferring prints into digital. It scans prints from 2 x 2 inch size up to 4 x 6 inch.

It takes 3 to 4 seconds to scan each photo and images are saved in JPG format, directly onto a Memory Card, USB or PC with a resolution of 300 dpi.

This scanner is perfect for those of us who have shoeboxes and albums full of printed photos. No computer is required. Simply feed in the photos. It can also be used to scan receipts, credit card receipts, newspaper articles, recipes, etc. More information can be found at

www.digiframeaustralia.com/site/Products

Thanks Pamela

IF YOUR COMPUTER IS PLAYING UP

YOU might be working happily on your computer when suddenly the screen freezes or the mouse no longer seems to function. This is sometimes called a crash.

Don't worry, there are a number of things you can do. First, just **wait** a while. Your **computer could be taking its time** doing something.

If that doesn't work, press Ctrl Alt Delete keys at the same time. This will display a window called the Windows Task Manager. In the Applications tab click on the application you want to close (it will usually be shown as 'not responding'), then click End Task.

Close the Task Manager window to see if your computer is responding again.

If your computer still doesn't respond, press Ctrl Alt Delete again and try clicking Shut Down in the dialogue box.

If this doesn't work (and you're getting desperate at this stage) press the Reset button, usually near your power on switch.

The last resort is to turn off the power switch, wait a few minutes and then start again. If you still have problems contact a colleague for help and support!

MICROSOFT'S new search engine is designed to intuitively understand what people are seeking on the internet.

It is aimed at online shoppers and will initially focus on helping people make buying decisions, plan trips, research health matters, or find local businesses.

See **www.bing.com.au**

Thanks Nan Bosler

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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

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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**
    editor@hurstvillescc.org.au   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!

Ian	Robinson	1-Jun
Denis	McDonald	5-Jun
Daphne	Peterson	9-Jun
Helen	London	12-Jun
Roderick	Rush	12-Jun
Barry	Porter	13-Jun
Ian	Chesterfield	17-Jun
Albert	Foster	18-Jun
Raymond	Quick	18-Jun
Ian	Cutting	20-Jun
Margaret	Stewart	21-Jun
Francesca	Hudson	23-Jun
Bud	Mestern	24-Jun
Ken	Hale	27-Jun
June	Power	29-Jun
Priscilla	Vizy	29-Jun

Accept that some days you're the pigeon, and some days you're the statue.

Always keep your words soft and sweet, just in case you have to eat them.

For printing our monthly newsletters, we thank:

OWEN HODGE
OH
LAWYERS

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