

# HURSTVILLE SENIORS COMPUTER CLUB



[www.hurstvillescc.org.au](http://www.hurstvillescc.org.au)

“keeping up with our grandchildren”

## NEWSLETTER

February 2013

Member of ASCCA

Australian Seniors  
Computer Clubs  
Association

Our last Committee meeting was notable for a stirring demand for action initiated by Tutor Marilyn Richardson and ably supported by Mary King and our Secretary, Lilly O'Brien. The appeal by Mary, particularly moving, and Marilyn ranged over a wide area of providing a meaningful and effective service to seniors in the relatively novel area of providing computer learning. This has very rapidly evolved into a call for action to innovate and improve.

On the following Monday a further Steering meeting was held in which a wide ranging and lively discussion, led by Marilyn and followed by a number of proposals, tabled, amongst others, the many aspects of Tutor training or orientation, guidelines for teaching methods, what to teach, structured teaching or free ranging ie teaching what Seniors want . There appears to be a firm demand by Seniors to want to learn Email, the Internet and other social media, while ignoring the basics. This would require setting out new and revised courses too many for mention in this newsletter.

A record of the proceedings is available upon request.

### GUEST SPEAKER

Our guest speaker this month will be **Mr Cody Au**, who will describe the NSW Government's Home Power Savings Program. This initiative has already helped many lower income households to reduce their power usage and stay cool in summer and warm in winter. More details in following article.



### LAST MONTH

Thanks to **Margaret Szalay** who described the procedure and work involved in publishing your Family History research. It was indeed an insightful and relevant description of a seemingly daunting task. John Shortland set out some of the difficulties in having your work published but in the end it should be a rewarding and fulfilling and life-affirming labour of love for yourself, your family and the community.



Margaret Szalay and Pamela Samuels

“Thank you for the warm welcome which your Club gave me today. I enjoyed meeting many of your members and sharing my enthusiasm.”

(message from Margaret Szalay)

### ALL EYES ON HURSTVILLE

During Seniors Week 2012, a collection of photos, of Hurstville taken by members of the HSCC Digital Imaging Group, formed the basis of a Digital Photography Exhibition at Hurstville City Library.

Subsequently, members of the Hurstville Discovery Writers Group based a short story and poetry writing project on these photos.

The efforts of both groups have now been combined in a book entitled “All Eyes on Hurstville” At our DIG meeting in February, Brenda Eggleton, Hurstville City Council's Aged & Disability Development Officer, gave Ian Chesterfield a draft copy of the publication.

It is rewarding for DIG members to see their work presented this way.



Brenda Eggleton and Ian Chesterfield

### **FREE HELP TO SAVE POWER AND MONEY**

The NSW Government's Home Power Savings Program has already helped more than 145,000 lower income households to reduce their power usage and stay cool in summer and warm in winter.

This FREE program is available to NSW residents who have a Department of Human Services Pensioner Concession or Low Income Health Care card, a Veterans' Affairs Pensioner Concession or Veterans' Affairs Repatriation Health (Gold or White) card, or are on a hardship assistance plan with their energy retailer or rent government or community housing.

Taking part is a smart way of reducing power bills and saving money for life's other essentials. If you or someone you know is eligible for the program, you can call 1300 662 416 to take advantage of this FREE service. Participating households receive:

FREE In-Home Power Assessment which takes about an hour, shows householders how much electricity their appliances are using and where savings can be made.

FREE Power Savings Kit installed by the energy expert. The kits contain a stand-by saver power board, energy efficient light bulbs, a water efficient showerhead, shower timer, draught-proofing strips and more.

FREE Personal Power Savings Action Plan lists free and low-cost ways for the households to save.

### **SENIORS WEEK**

Welcome to Senior's Week 2013! This annual celebration (11 - 24 March) provides Council with an opportunity to honour the significant contributions local senior citizens make to our wonderful community.



Approximately one third of our population is aged 50 years or over, with more than 20 per cent aged 60 years or over.

I am pleased that Council supports the concept of Positive Ageing which helps our residents to maintain a normal, active and fulfilling lifestyle as they age.

This year's Seniors Week program includes a wide range of events in which the entire senior community can join in – from a special luncheon to music concerts, a bus tour, tai chi and yoga

classes, a community care expo for Chinese speakers, technology trials, free computing classes and a book launch.

Get involved and have some fun during Seniors Week 2013!

### **GOODWILL COMMUNITY FOUNDATION**



The Goodwill Community Foundation is an organisation that specialises in online training and offers a wonderful resource for learning about computers at

[www.gcflearnfree.org/computers](http://www.gcflearnfree.org/computers)

The content includes written lessons, tutorials, related articles and over 300 videos on a wide range of computer topics including Computer Basics, Internet, Email, Google, Windows 7, Windows 8, Microsoft Word and Facebook.

Whether you are relatively new to computers or have been using them for years, the high quality material at GCF LearnFree.org is bound to expand your computer knowledge.

Geoff Turton

### **MAILSTORE**

How to backup, manage and store your emails is a very common query. Here is an easy and painless way to backup your emails across all platforms, i.e. Outlook Express, Windows Mail, Gmail, Hotmail etc under the right conditions

MailStore Home® – Free Email Archiving and Email Backup Software for Home Users

[www.mailstore.com/en/mailstore-home.aspx](http://www.mailstore.com/en/mailstore-home.aspx)

With MailStore Home you can backup all emails in a central archive, even if they are distributed across different computers, programs or mailboxes. You can do this either on your PC or on a USB drive as a "portable" option. As an added bonus, a powerful search feature is built in.

MailStore Home does not archive messages that have already been saved on your computer. It archives messages that still reside on the server of your ISP. If the "Leave Message on Server" feature has not been activated for your account then only new messages can be archived, in which case the procedure would be to run MailStore before downloading and reading your emails. Web-based mailboxes such as Gmail

normally have this feature activated so all undeleted messages can be archived.

You can still reply to or forward archived emails by opening them with a single mouse click in your standard email program.

## **CLEAN UP YOUR COMPUTER**

You have probably noticed that over time your computer tends to slow down. There are a number of reasons for this, and a few simple solutions are:

### **1. Apply Windows Updates**

If you run Windows and you use the Internet, you simply **MUST** stay up to date with the Windows system patches from Microsoft, that come out in response to the privacy and security exploits that are discovered every week. Failure to do so is an open invitation to hackers and crackers to invade your privacy and enslave your computer with viruses and spyware.

To get the latest Windows fixes, open Internet Explorer, click on Safety, then Windows Update.

### **2. Clean out Viruses and Malware**

Are you running a good anti-virus program, with automatic updates? Have you scanned your system for spyware and other unwanted pests? Viruses and malware can slow down your system a LOT, because they use your resources to generate popup ads, send spam, and often interfere with the operation of good programs. For a good summary of free and paid anti-virus software see <http://tinyurl.com/34ojj9>

### **3. Remove Unnecessary Software**

You may have a bunch of software packages on your hard drive that are no longer needed, or they were gratuitously installed when you downloaded some other package. Toolbars, file-sharing programs, free email enhancers, online shopping "companions" and download managers are notorious for this practice.

These uninvited guests can put a big drag on your startup time, cause web pages to load slowly, and generally bog down your computer.

Go to Control Panel, then Add/Remove Software to see what packages are installed. Remove the ones you know you don't need, and do a web search to learn about the ones you're not sure about.

There are a number of programs, sometimes called Utilities, some excellent (and some rubbish) that will automatically do all the above in a safe manner. Most of them are free or may be used on a "trial" basis

## **4. Defragment your hard drive**

This improves the performance of the hard drive, as it reduces the time taken to fetch data from the drive. Defragmentation is one of the most important things that you can do to keep your hard drive working efficiently.

A defragmentation utility is supplied with Windows and can be accessed in XP and Win7 from:

Start > All Programs > Accessories > System Tools > Disk Defragmenter.

In Win8 the disk defragmenter has been renamed to Optimize Drives and can be accessed either by

(a) opening the Charms bar and searching for Optimize Drives, or

(b) going to My Computer, selecting a drive or partition, clicking on Manage then clicking on Optimize.

In Win7 there is an option "Configure schedule" which permits automatic defragmentation on a daily, weekly or monthly basis. In Win8 a weekly defrag is done by default but this can be changed.

Some people prefer to use one of the many free defragmentation software programs available in the market that do the job well. If you're looking for free software a good place to start is [www.tucows.com](http://www.tucows.com) or [www.techsupportalert.com](http://www.techsupportalert.com)

There you will find a number of defragging utilities which run as a stand-alone program on your computer, including:

**Defraggler**

[www.defraggler.com](http://www.defraggler.com)

**MyDefragmenter**

[www.mydefragmenter.com](http://www.mydefragmenter.com)

**MyDefrag**

[www.mydefrag.com/index.html](http://www.mydefrag.com/index.html)

**UltraDefrag**

<http://ultradefrag.sourceforge.net>

## THE CLUB

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](http://www.hurstvillescc.org.au)  
E-Mail [admin@hurstvillescc.org.au](mailto:admin@hurstvillescc.org.au)

Monthly Meeting Hurstville Seniors Centre  
91 Queens Road, Hurstville  
1.00pm, 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** Lilly O'Brien  
**TREASURER** Geoff Turton

### TUITION IS IN ONE HOUR SESSIONS

If you can't attend your booking, please let your Tutor know.

**Mondays** Short Courses Geoff Turton  
**Tuesdays** Margaret Butt  
**Wednesdays** No lessons on meeting day Irene Ramsay  
**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 1.00pm

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

**Internet** Frank Grosz  
Thursday 10 - 12.15 Annexe, 12.45 - 1.45 Clubroom

**Video Editing Group** Ted Barnett  
Friday Annexe 9 - 10.30, 11 - 12.30

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

**Newsletter Editor** Ian Chesterfield  
[editor@hurstvillescc.org.au](mailto:editor@hurstvillescc.org.au) 9522 4658

**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!

Peter	Miners	2-Mar
Robin	Bevan	6-Mar
Beverley	Saul	6-Mar
Ilma	Bishop	9-Mar
Eve	Kletzmayer	9-Mar
Harry	Doorn	10-Mar
Allan	Gault	11-Mar
Graeme	Gavin	13-Mar
Judy	Carr	14-Mar
Vince	Blayney	16-Mar
Jessica	Dall'Armi	18-Mar
Rita	Alzerreca	19-Mar
Jean	Peters	21-Mar
Joyce	Pickup	27-Mar
Francis	Brown	28-Mar
Ted	Barnett	30-Mar
Teresa	Wall	30-Mar

For printing our monthly newsletters,  
we thank:

OWEN HODGE



LAWYERS

WILLS  
POWERS OF ATTORNEY  
SENIORS LAW AND ESTATE

Phone: (02) 9570 7844  
Email: [ohl@owenhodge.com.au](mailto:ohl@owenhodge.com.au)

Hurstville Seniors Computer Club  
uses the services of Sunny Liang at:



Suite 1 / 2 Woodville St, Hurstville, NSW, 2220  
Phone: (02) 9580 5750  
[www.stepone.com.au](http://www.stepone.com.au)

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