

# MANLY MOUSE

Newsletter of Computerpals for Seniors - Manly Inc.

December 2011

## Christmas Party

We look forward to seeing you all at the Christmas Party on Thursday 8 December at 2 pm



in the Manly Library Meeting Room. Please bring a plate and we will have our usual delicious spread of food. There will be soft drinks, tea and coffee available



but if you would like alcohol please bring it with you. Come and have some fun and lots of lovely prizes.

In November Nutritionist Mara Bond showed us how important the food we eat is to our wellbeing and health, in particular to keep us young and active. She also gave some tips about how to change our lifestyle. You can find out more about her at her website:

[www.enhancewellness.com.au/about-us/](http://www.enhancewellness.com.au/about-us/)

After the presentation Mara answered very good questions, so here are three more which might be relevant for other people:

1) How do I get the recommended videos?

Food Matter and Food Inc are available in video rentals, like Blockbuster. Nourishing Traditions is more difficult to find, Mara bought it in the Nature Care College book-



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shop, hopefully you can find it closer.

2) What are the best supplements to buy?

A Nutritionist or Naturopath can advise the best ones, the ones that are sold only to practitioners are usually the best, with a higher rate of active ingredients and better absorption.

3) What is the name of the book which shows studies about populations who lived longest and with an amazing quality of life?

'The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest' by Dan Buettner.



Every day it seems someone is out to trick you into buying something or downloading something that will a) harm your computer, b) glean personal information from your computer, c) turn your computer into a billboard complete with flashing popup advertisements that seem to come out of nowhere or d) all of these.

Some of the most devious tricks are those which prey on users' fears. These scams rely on user naivety and (sometimes) catchy names to steal money from consumers. Sometimes they steal more than money - they steal personal information and can turn your dream computer into a nightmare.

Here's a list of rogue anti-spyware/anti-virus applications that are currently found on the Web. Some are more visible than other, particularly the WinFixer (Antivirus 2008, Antivirus 2009) rogue application which has stolen millions of dollars from unwary Web surfers. This list will be useful in case you happen to run across one or more of these. Many will tempt you into downloading by showing your system being scanned in real time - this too is a hoax. It's an animated gif or Flash movie showing a fake Windows scan dialog which will always show numerous errors and problems. Of course, you'll need to download the rogue software to remove all the problems the scan inevitably finds. If you're tricked into downloading it you will find some of these difficult to remove. Worse, if you're tricked into buying one of these scam programs, you'll find it difficult to get your money back.



Keep this list handy in case you run into any of these programs on your travels around the Web. Be cautious, use common sense and refer to this list. While there are many programs listed here, it is by no means complete. There are always criminals and miscreants thinking of new ways to trick unwary surfers. *Cloudeight*

Advanced Cleaner	Antivirus XP 2008	KVMSecure	PC-Antispyware	UltimateCleaner
AlfaCleaner	Awola 6.0	MacSweeper	PSGuard	UltimateCleaner
AntiSpyCheck 2.1	Brave Sentry	MalCrush 3.7	SecurePCCleaner	Vista Antivirus 2008
AntiSpyStorm	BestsellerAntivirus	MalwareCore	Security toolbar 7.1	VirusHeatadd column-nadd
AntiSpywareBot	Cleanator	MalwareAlarm	SpyAxe	Virus Isolator
AntiSpywareExpert	ContraVirus	Malware Bell 3.2	Spy Away	VirusProtectPro
AntiSpywareMaster	Doctor Antivirus	PCSecureSystem	SpyCrush	VirusRange
AntiSpywareSuite	DriveCleaner	PC Antispy	Spydawn	WinAntiVirus Pro
AntiSpyware 2008 XP	Disk Knight	PC Clean Pro	SpyGuarder	2006
Antivermins	EasySpywareCleaner	PC SpeedScan Pro	SpyHeal	WinFixer
Antivirgear	Errorsafe	PestTrap	Spylocked	WinSpywareProtect
Antivirus 2008	free-viruscan.com	Perfect Cleaner	SpySheriff	WorldAntiSpy
Antivirus 2009	IE Antivirus	PAL Spyware Remover	SpySpotter	XP Antivirus
AntiVirus Gold	IEDefender	PCPrivacytool	TrustedAntivirus	WinSpywareProtect
Antivirus Master	InfeStop		TheSpyBot	WorldAntiSpy
				XP Antivirus



## Give as good as you get.

Online 'gifters' save money and the environment, writes Kilmeny Adie.

Unwanted goods are getting a new lease of life thanks to a string of internet sites aimed at keeping household items out of landfill.

Websites such as Gumtree.com and Freecycle.org are attracting a growing number of environmentally conscious shoppers.

Anne Seccombe, of Belrose, started using Freecycle three years ago. The website asks members to "gift" their items rather than toss them in the bin.

"People have different motivations for joining," she says. "For some, it's convenience; for others, it's about the environment and addressing concerns about rampant consumerism."

Freecycle was launched eight years ago in Tucson, Arizona by Deron Beal. Beal says he created the website as a way to "re-home" his second-hand bed. "I was shocked to find an old, but quite nice, bed I was looking to give away would not be taken by the Salvation Army and was headed for landfill," Beal says. "That seemed silly so I set up the gifting concept online.

"Freecycle fills this huge gap where something may have no monetary value but is still good, reusable stuff."

The website now has 8.5 million members around the globe, including 168,000 from Australia.

"You could drown in old printers that are available," Beal says.

"It's about greasing the wheels of reuse so we don't have to waste a lot of money or Mother Nature."

The most common "gifted" items are old furniture, electronics and gardening tools.

Beal claims his website keeps about 900 tonnes a day out of landfills. "Ultimately, I think the simplicity and fun factor are what makes Freecycle work," he says.

"When someone comes by and thanks you effusively as they pick up something you were about to haul to landfill ... it's goose pimples all round."

A website similar to Freecycle is Gumtree.com. Launched in London 11 years ago, Gumtree is popular with Aussie expats living in the British capital.

It was introduced to Australia in 2007 and now covers 8000 suburbs in 55 regions.

And while the vast majority of goods are sold, the site still prides itself on allowing users to offer the occasional freebie.

"We believe the growing trends of freecycling, upcycling and the ongoing focus on green consumerism are, in part, driving the growth of Gumtree," a spokeswoman says.

Seccombe also sees a bright future for the Freecycle movement. She runs the Willoughby chapter and has seen membership swell from 135 to 2500 in three years.

"The more ecologically aware we become as a society - and I don't see we have a huge amount of choice in that area - the more these websites will become more popular," she says.

Kilmeny Adie SMH

<http://www.smh.com.au/environment/give-as-good-as-you-get-20111107-1n2yc.html#ixzz1d04n9vzl>



### Dear Members

*Give as good as you get applies to you too. Every month (except January) we send you the Manly Mouse and are always looking for contributions from you but they rarely come. You must have interesting things to tell us—about computing or not about computing—what you say would be interesting to other members. It doesn't have to be long, half a page is ideal. It would be good to hear your thoughts and put some in February 2012 Manly Mouse. For example, can you think of a better name for our meetings (Get Togethers?). Also it is always interesting to hear how computing changed your life—for better or worse. Send your thoughts to [gwyneth@bigppond.net.au](mailto:gwyneth@bigppond.net.au)*

*Best Wishes—ManlyMouse*



## How Google Dominates Us by James Gleick

The logical conclusion of our relationship to computers: expectantly to type “what is the meaning of my life” into Google. Google is trying to read your mind. It’s the World Brain. Google is where we go for answers. Part of Google’s mission is to make the books of answers redundant (and the reference librarians, too). Most of the time Google does not actually *have* the answers. When people say, “I looked it up on Google,” they are committing a solecism. When they try to erase their embarrassing personal histories “on Google,” they are barking up the wrong tree. Google is the oracle of redirection. Google defines its mission as “to organize the world’s information,” not to possess it or accumulate it. When I say Google “possesses” all this information, that’s not the same as owning it. In barely a decade Google has made itself a global brand bigger than Coca-Cola or GE; it has created more wealth faster than any company in history; it dominates the information economy.



This fascinating article can be read at:

<http://www.nybooks.com/articles/archives/2011/aug/18/how-google-dominates-us/?pagination=false>

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For those who can handle strangers under their roof, Airbnb brings technology, tradition and travellers together, wrote Melissa Singer in the Sun Herald.

How much would it take for you to open your house to a complete stranger - to let them poke in your medicine cabinet, use your dishes and then sleep in your spare room?

Airbnb (<http://www.airbnb.com/>) literally “the bed and breakfast of the air” is a space sharing website with listings from a \$10 a night in Brooklyn to \$5000 a day in a Californian holiday home. It has sites in 186 countries. Read more at:

<http://www.smh.com.au/travel/my-home-your-hotel-20111020-1m9qq.html#ixzz1eJ52e1Eh>



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**HAPPY CHRISTMAS EVERYONE!**





## Wow! Word on the way out by Peter FitzSimons

It was fascinating to learn that Steve Jobs's last words were: "Oh wow. Oh wow. Oh wow." This is reminiscent of Al Jolson's own last words: "This is it. I'm going! I'm going!" My all-time favourite last words, however, belong to Dr Joseph Green, an English surgeon who died in 1863. While lying on his deathbed, Dr Green looked up at his own doctor and said: "Congestion." Then he took his own pulse, reported the single word "Stopped" and died. [pfitzsimons@smh.com.au](mailto:pfitzsimons@smh.com.au)

<http://www.smh.com.au/opinion/society-and-culture/wow-word-on-the-way-out-20111105-1n0uy.html#ixzz1cxbA8i7o>



## Christmas Cooking



Google Christmas cooking or Christmas recipes and you will be sure to find the recipe you want and numerous recipes you didn't know existed. If you would like to receive regular cooking suggestions you can subscribe to All Recipes at

<http://allrecipes.com.au/cooks/registration.aspx?116> and there are many other recipe collections you can subscribe to.

## FairIT for Oz Campaign

It's clear that Australian consumers are being ripped off when buying IT hardware or software. The minute you start searching the internet for prices, that fact becomes obvious.

Ed Husic MP has been raising the issue in Federal Parliament since March 2011. Let's work together to stop the big vendors overseas overcharging you on their products compared to consumers in their home markets.

**#FAIRIT4OZ**  
Because Aussies deserve a fair go

Here's what you can do to get the word out:

1. Have you got a story or experience? Tell the Productivity Commission what you think about the cost of local IT products. Email them at [retail@pc.gov.au](mailto:retail@pc.gov.au)
2. Get the conversation started on Twitter using the hashtag #FairIT4Oz and tweet Ed via @edhusicMP or fill in this #twitition <http://twitition.com/3llp9/>
3. Get family and mates to 'like' the [Facebook page](#).



Welcome to our new members:  
 Susan Lucena; Richard Gottchaid; Bob Hayter  
 If you are not listed here you will be next year.

**Tutors' Roster (subject to change)**

Monday	9 am - 1 pm 1 pm - 5 pm	Graham Clark and Lyn Nicholls Arthur Johnson and David McAdam
Tuesday	9 am - 1 pm 1 pm - 5 pm	Philip Bratel and Wally Gore Lyll McNeish and Tony Wu
Wednesday	9 am - 1 pm 1 pm - 5 pm	Ted Hulbert and Dorothy Peters Harry Aguero and Elaine Johns
Thursday	9 am - 1 pm 1 pm - 5 pm	Bridget Mahoney and Judith Timpson
Friday	9 am - 1 pm 9 am - 5 pm	Ern Cohen John Brooks Bob Bellini Mac only

*The Manly Computerpals  
 2011/2012 President & Committee wish all members and tutors a Happy Christmas and New Year. Also lots of fun, success and enjoyment in computing during 2012.*

**IF YOU CANNOT ATTEND A CLASS PLEASE PHONE THE CLUB 9976 0930 AND ADVISE THE DUTY TUTOR TO ALTER LIST AND ALSO PLEASE TELL YOUR TUTOR.**



Computerpals Committee 2011/2012

**Disclaimers**  
 Members who bring equipment such as a laptop computer or digital camera to the Club do so at their own risk and Computerpals accepts no responsibility for damages or loss.  
 This newsletter is provided "As Is" without warranty of any kind. Each reader of the Manly Mouse newsletter assumes complete risk as to the accuracy and subsequent use of its contents.

Our Website is kept up to date by Graham and includes photos, latest news and recent and earlier copies of the Manly Mouse.

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