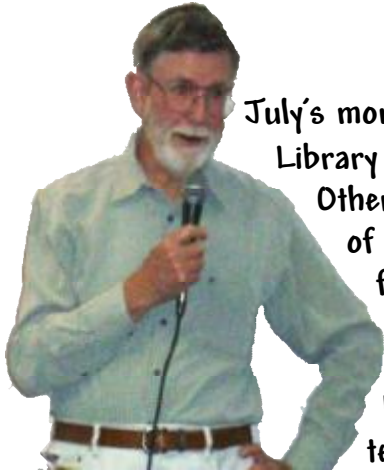


# MANLY MOUSE

Newsletter of Computerpals for Seniors - Manly Inc.

July 2010

David McAdam is going to entertain us at the next meeting with another side of the internet



bers and tutors.

July's monthly meeting will commence at 2 pm Thursday 8 July in Manly Library Meeting Room. David will take us on another journey to the "The Other Side of the Internet" where we will have a light hearted look at some of the marvels, a lot of the humour and some of the puzzles one can find on the internet. This will be a fun session where you will be entertained, where you will marvel and where you will laugh a lot. A warm relaxing and humorous session guaranteed to chase away the blues. Following this, Lyn will serve up her always enjoyable afternoon tea whilst giving you ample opportunity to chat with your fellow mem-

**A**t the June meeting Graham Clark demonstrated many good features of Windows 7 including how to easily personalise your desktop by a right click, how to set up a desktop wallpaper slideshow from your own photos or with the samples that come with Win 7. How to easily pin often used programs onto the bottom task bar, how to set the clock and add additional clocks for different time zones. He showed how easy it is to "snap" windows so that you have a split screen with two windows side by side - great when you are working on several things at once. We saw how to use the thumbnails that appear above the task bar and which show all the web pages, word pages or emails that you might have open at the same time. We looked at the new items in Program Accessories, like an enhanced calculator with scientific mode, unit conversion and date calculations. The improved snipping tool enables you to take a small section from any page open, be it a website, a document or and email. This cutout can then be used in other documents or sent via email. There are yellow sticky notes to add to your desktop giving you a visual reminder when needed. We looked at the vastly improved WordPad and explained that it probably would be all that is needed for the average user. And we looked at the improved Media Centre allowing one to watch TV (providing you have the right equipment installed), watch videos, listen to music or burn CDs or DVDs. Overall, Windows 7 is a big improvement on Vista and is quite different from XP. However, those with Windows XP may want to wait until they need to upgrade/buy another PC before getting Win 7.





## More pictures from June meeting:



**A** SCCA has sent us the following important information. Nan Bosler says: I went to the ACMA [Australian Communications and Media Authority] to locate information for all clubs on spam. I have pasted it below. You will find reference to a SpamMATTERS button. I have had that button on my computer for a long time and when I get a spam or phishing email I click on the SpamMATTERS button and then the delete button. Not only have I dispatched the email to my deleted items but I have sent a copy to ACMA to report it.

### Reporting spam and using the SpamMATTERS spam reporting software

Spam is a global problem and a major frustration for internet users. Here in Australia, the ACMA has developed the free SpamMATTERS reporting software to help fight spam.

#### The SpamMATTERS software:

- is free for internet users to download and install into the Microsoft Outlook and Outlook Express email programs. Once installed, you can delete spam and report it to the ACMA at the same time - with just one click of the mouse
- captures spam emails that may have bypassed spam filters and anti-spam programs, including messages that are often the most problematic, such as phishing spam
- enables the ACMA to identify and gather the forensic information it needs to identify spammers and take action against them.

The ACMA officially launched SpamMATTERS on 30 May 2006. There are currently 290,000 registered users helping the ACMA to take action against spammers and the ACMA has received 41 million reports of spam since the program began.

A fact sheet providing an overview on the SpamMATTERS reporting tool is available for download from [www.spam.acma.gov.au](http://www.spam.acma.gov.au)

This section provides practical information to help you:

- report spam
- learn how SpamMATTERS works
- download and use SpamMATTERS spam reporting software
- find useful answers to Frequently Asked Questions about SpamMATTERS
- find out how SpamMATTERS makes a difference
- submit your feedback about SpamMATTERS on the complaint and enquiry form



**T**ed Hulbert wants to warn you that Spam is a fact of life on the Internet. He has received several quite enticing spams recently. Spammers send tens of millions of spam emails each week - and all it takes is a very tiny percentage of those receiving a particular spam to buy something and the spammer makes tons of money. Don't ever buy anything that's advertised in a spam email, even if the spam mail is touting a brand name product at an unbelievable price. Prices that seem to be too good to be true usually are. Here are some other things you can do to help limit the amount of spam you get.

1. Never respond to unsolicited email. One response or "hit" from thousands of emails is enough for spammers to justify the practice. In addition, a response lets the spammer know that your email address is active, which makes it more valuable and opens the door to more spam.
2. Never send your personal information (credit card numbers, passwords, etc.) in an email. Spammers can fake the format of ANY trusted sites. Banks and other trusted sites will never ask you to send your password or credit card information by email.
3. Never follow a spam email's instructions to reply with the word "remove" or "unsubscribe" in the subject line or body of the message unless you are sure of and trust the source of the email. Normally, this is a ploy to get you to react to the email, which tells the spammer that your email address is valid.
4. Never click on a URL or web address listed within a spam email, even if the message tells you that's how you unsubscribe. This is another trick to that tells the spammer your email address is valid. Once they know your address is valid it can be added to databases which are sold to professional spammers on DVD or CD for a few hundred dollars. And this will result in you getting more spam for sure!
5. Don't fall for sites set up to help you remove your name from spam lists. Although some of these sites MIGHT be legitimate, some use this type of service as a ruse: They're really collecting valid email addresses to sell to spammers. Not only won't your email address be removed from spam lists, it will added to many spam lists. And you'll get even more spam. So don't turn to online services that promise to help you get rid of spam unless you've thoroughly investigated it.
6. Set Outlook Express/Windows so you don't use the Preview Pane. Using the preview pane shows images in HTML mail. Using the preview pane to view mail actually "opens it". So if a spammer sends you an email with graphics, the graphics can be used as Web beacons to tell the spammer that you've opened the mail. They'll know your email address is valid and that you've read (or at least looked at) the spam email. (Cloudeight)

**N**BN leads the world, says expert From: AAP The federal government's \$43 billion high-speed broadband plan has Australia leading the world in terms of strategies for the deployment of national infrastructure, Paul Budde, a telecommunications expert says.

In a report on the national broadband network, the Senate has again called for the government to commission a detailed cost-benefit analysis into the project.

But in a boost for the government, submissions to the committee noted a \$25 million implementation study into the project was comprehensive and had gained international credibility. It is also expected to thrust Australia to the forefront of the international telecommunications world in terms of the rollout of national infrastructure.

Telecommunications expert Paul Budde said the study's release had been eagerly awaited in Australia and overseas. The study is also set to be considered by a United Nations commission established to examine digital development.

"This underlines the national and international importance and credibility of the study," Mr Budde said. "This is the first time that Australia leads the international telecoms world in relation to government policies and business strategies for the deployment of national infrastructure."

The Coalition-dominated committee also recommended the government provide the modelling used to estimate the cost of the project, and a comprehensive statement on the predicted benefits of the network. In its response, the government said the coalition offered no genuine pathway to a broadband future. "Indeed, they have promised to shut down the NBN," the government said.

Telstra will hand over millions of customers to the federal government's new national broadband network and shut down its ageing copper and cable networks in an \$11 billion deal which will fundamentally reshape the communications industry. (SMH) "Telstra obviously sees commercial benefits in the NBN and this deal will be good for the company," said Paul Budde.





**I**nto everyone's life, some PDFs must fall. Most people automatically equate PDF reader with the free Adobe Acrobat Reader. Many web sites provide downloadable forms in PDF format, and to read them most sites direct you to download and install Adobe's ubiquitous application. So it's hard to ignore Acrobat Reader, even if it's become so big and slow that it looks and acts like a hippo in a tutu.



But bloat is not Acrobat Reader's only problem. PDF files have become a handy transmission medium for Malware. The bad guys exploit vulnerabilities in Adobe Reader to deliver Trojans, et al. Unfortunately, Adobe are remarkably slow in patching these vulnerabilities as they are identified and users are often even slower in applying these patches!

**E n t e r** Foxit Reader, a free alternative that will perform the same functions as the Adobe beastie, but has a number of advantages.

- Incredibly small: The download size of Foxit Reader is just a fraction the size of Adobe Reader.
- Breezing-fast: When you run Foxit Reader, it launches instantly without any delay. You are not forced to view an annoying splash window displaying company logo, author names, etc.
- Annotation tool: Have you ever wished to annotate (or comment on) a PDF document when you are reading it? Foxit Reader allows you to draw graphics, highlight text, type text and make notes on a PDF document and then print out or save the annotated document.
- Text converter: You may convert the whole PDF document into a simple text file.
- High security and privacy: Foxit Reader highly respects the security and privacy of users and will never connect to the Internet without users' permission while other PDF readers often silently connect to the Internet in the background. Foxit PDF Reader does not contain any spyware.

Not that Foxit is without faults. The Foxit installer offered up all sorts of garbage on unsuspecting users – unwanted toolbars and alternative search engines. The latest Foxit installer version I looked at offered to put a toolbar or two and a few eBay links on my PC. How nice of the Foxit people! Whatever the Foxit installer tries to do this week, make sure you uncheck all of the boxes for those fantastic offers of dubious value.

To download, go to <http://www.foxitsoftware.com/downloads/index.php>. Install, and it will automatically set itself as the default PDF Reader. You can then remove the Adobe Reader application from your PC.

(Mac users already have a snappy little built in application (called Preview) that avoids the use of and exposure to the foibles of Adobe Acrobat Reader).



**C**an a Hacker Guess Your Passwords? Strong passwords are the first line of defence against identity theft. Create strong passwords that are easy for you to remember but hard for others to guess.

Why you need strong passwords: It can be tempting to use an easy-to-remember sequence like a birth date or phone number as a password. But don't. Once your password is known, a hacker can tap into your private information and do all sorts of damage, ranging from reading your personal emails and creating fake postings on your profile page to robbing your bank accounts and stealing your identity.

#### Tips for creating a strong password

##### Four Password Dos

- Use long passwords. The longer your password is, the better.
- Mix it up. Use a mix of uppercase letters, lowercase letters, numbers, and symbols.
- Use text that's not in a dictionary. A password cracking program can check millions of dictionary words in seconds. Avoid "real" words that can be found in a dictionary.
- Change passwords regularly. Change your passwords on a regular basis. Every 60-90 days is the recommendation of most security advisors.





### Four Password Don'ts

- Don't use 'password'. The word password and variations such as password1, passwd, p@\$w0rd, and drowssap (password spelled backwards) are so common that many hackers start with these.
- Don't use easy-to-guess patterns. Don't use a sequence of characters (like 123456 or abc123), repeated characters (ioioio), or patterns that use characters that are close together on the keyboard (qwerty).
- Don't use your name or other personal characteristics.
- Don't use the same passwords for every account.

### Consider building passwords based on phrases

The truth is that a long string of random characters can be hard to remember, especially when you have a lot of different passwords to keep track of. One strategy is to use passwords that are built from easily remembered phrases. Here is an example of a strong password built on a phrase:

- M2010nyri2l15# ("My 2010 new year's resolution is to lose 15 pounds")

TIP: A number of online password checkers like The Password Meter can be used to check the strength of your password.

### And remember-keep your passwords secret

The strongest of passwords won't protect you if others can readily access it.

- Don't respond to any email that asks for your password or asks you to verify your password by sending it in. Reputable companies don't use email to ask their customers for this information.
- When using public computers such as in airport lounges, internet cafés, and libraries, don't access any sites that require a password. In these insecure locations, hackers can easily capture everything you type using keylogging devices.
- The old advice was to never write down your passwords, but with today's reality, you can end up with dozens of different passwords—and it's better to use multiple passwords than to just use the one or two passwords that you can memorize. So it's OK to write down your passwords: just be sure to keep the list in a secure place that others can't access, such as a locked drawer or a safe deposit box.

(From David Mcadam)

## Puns for educated minds

1. The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian .
3. She was only a whiskey maker, but he loved her still.
4. A rubber band pistol was confiscated from algebra class, because it was a weapon of math disruption.
5. No matter how much you push the envelope, it'll still be stationery.
6. A dog gave birth to puppies near the road and was cited for littering.
7. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
8. Two silk worms had a race. They ended up in a tie.
11. Atheism is a non-prophet organization.
12. Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head..
13. I wondered why the baseball kept getting bigger. Then it hit me.
14. A sign on the lawn at a drug rehab centre said: 'Keep off the Grass.'
15. The short fortune-teller who escaped from prison was a small medium at large.
16. The man who survived mustard gas and pepper spray is now a seasoned veteran.
17. A backward poet writes inverse.
18. In a democracy it's your vote that counts. In feudalism it's your count that votes.
19. When cannibals ate a missionary, they got a taste of religion.



**T**utors have raised an issue regarding students losing out on their regular time slots. This is usually due to someone else beating them to it in getting their names down on the roster. To address this issue we will trial the following procedure:-

Any Tutor who has Students who would like a regular slot - same day, same time each week, please email our secretary Lyn with details of the student name and phone number. She has agreed to pre-empter such preferences on the Roster sheets before putting them up. It will then be the responsibility of the Tutor to ensure that Lyn is notified of any such students' planned absences, holidays, etc., so that she can leave them off the Roster for that period.

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

Monday	9 am - 1 pm	Graham Clark & Lyn Nicholls
	1 pm - 5 pm	Arthur Johnson & David McAdam
Tuesday	9 am - 1 pm	Philip Bratel & Wally Gora
	1 pm - 5 pm	Lyall McNeish & Tony Wu
Wednesday	9 am - 1 pm	Bridget Mahoney
	1 pm - 5 pm	Harry Aguero & Elaine Johns
Thursday	9 am - 1 pm	Dorothy Peters & Tony van de Walle
	1 pm - 5 pm	Special Courses
Friday	9 am - 1 pm	Ern Cohen & Hugh Walker
	9 am - 5 pm	Bob Bellini Mac only

**W**elcome to new members:  
**Michael SIMMONS and Joy STEPTO**  
 If you are not listed here you will be next month.

**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.**

**S**pecial courses must be paid for in advance.

The Manly Mouse can be read on our website, [www.manlycompals.org.au/](http://www.manlycompals.org.au/) If you are not receiving it by email already and would like it emailed to you please send your email address to [gwyneth@bigpond.net.au](mailto:gwyneth@bigpond.net.au)

The assistance provided by Manly Council to Manly Computerpals is gratefully acknowledged.



Sorry this is late for Mothers' Day

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)

**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.

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