

MANLY MOUSE

Newsletter of Computerpals for Seniors – Manly Inc.

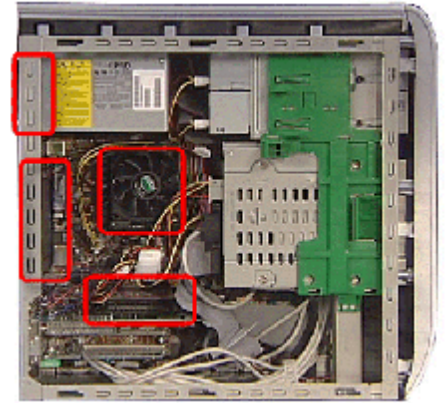
May 2008

At our May meeting (2pm Thursday 8th May in Manly Library meeting room) we will be demonstrating to you the inner workings of your computer. The majority of us have no idea what bits and pieces are inside the case and how they all work on our behalf. We will show you some of these vital "organs" – such as a Motherboard, Hard disk, SCSI Card, CPU, Fan and Heatsink and tell you how they operate and why they are so vital to your computer.



We will follow this up with a short session on the invaluable USB Flash Drive and why you should have one or more.

After question time we will conclude with the drawing of some Lucky Doors prizes, Afternoon Tea and a splendid opportunity to chat with fellow members and tutors.



Our Seniors Week presentation last month was very popular with those who attended but due to so many other Senior Week Activities elsewhere that day the numbers were down a little. We looked mostly at using the vast resources of the Internet and briefly explored some interesting sites for Seniors such as:

HEALTH: www.mydr.com.au Very comprehensive, reliable Australian site.

HOLIDAYS: Accommodation at best rates. www.wotif.com.au

TRAVEL: Want road distances or need a map/directions? www.travelmate.com.au

BANKING: All Australian Banks have their own website and they require one to register to use on-line banking facilities. You can transfer funds, access up to date statements, schedule regular Bill payments, etc., e.g., www.commbank.com.au (continued p.2)



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INVESTMENTS: Want the best Interest for your money?? Go here and explore - www.cannex.com.au - an excellent site for daily updates on Interest Rate comparison between all Australian Banks and Credit Unions.

NEWS & CURRENT AFFAIRS: Sydney Morning Herald www.smh.com.au

Financial Revue: www.afr.com.au

ABC: www.abc.net.au

BUY & SELL ON LINE: (sign up to use, BUT READ THE RULES first!!) EBAY: www.ebay.com.au

SPORT: www.sportal.com.au Check latest results, etc.

BETTER HOMES & GARDENS: www.bhg.com.au or for gardeners try www.gardensonline.com.au

CURIOUS: www.howstuffworks.com
www.en.wikipedia.org/wiki/Main_Page

SENIORS COMPUTING: ASCCA HOME PAGE www.ascca.org.au/ The parent body of Computerpals - this is a huge site with links galore on many topics of interest to Seniors.

Your Computer - Leave it on or Shut it down?

There are two schools of thought on whether an unattended computer should be left on or shut down when it isn't in use. Some experts have said that switching the computer on and off shortens the hard disk life and therefore computers should be left running continuously. Other experts say computers can be switched off when not in use without causing any damage to the computer.

The writer habitually switches his computer and monitor off at the power point when they are not in use. Likewise, Manly Computerpals also shuts down its computers after each day's tutoring sessions have ended. Are the writer and Manly Computerpals right or are they wrong? Let's review the pros and cons.

The case for leaving the computer switched on is that the thermal stress from switching on and off damages the computer. The computer's CPU (Central Processing Unit) temperature may cycle between a room temperature when switched off to over 60°C when running. The expansion and contraction caused by this thermal cycling reduce the life of delicate electronic components. The video card and hard disk drive also generate heat during operation and switching them on and off exacerbates the thermal stress on the computer.

On the other hand, the case for turning the computer off centres around the wear and tear caused by running the computer all the time. It is argued that leaving the computer running continuously results in more wear particularly on the hard disk which is spinning around at over 7000 rpm. A further argument is that unless you have a surge protector the computer may be damaged by spikes and surges in the supply voltage that can occur from lightning strikes during thunderstorms. Thus the

probability of such damage increases the longer the computer is switched on.

The above arguments may be regarded as evenly balanced and whether the computer is turned off may be regarded as a matter of personal preference. But there is another important issue and that is the computer's energy usage: a typical desk top computer uses from 60 - 250 watts. Taking 150 watts as an average usage and adding 80 watts for the monitor¹ (17" CRT model) the total usage is over 200 watts. With an increasing awareness of energy usage it is environmentally preferable to switch off and save energy. And, importantly for many of us, savings of more than \$100 p.a. are made by switching off².

So switch it off when it's not going to be used for a few hours.

Next month we'll look at setting the computer's power options³.

JN April 2008

¹Monitors should always be switched off when not in use because of their power usage and, particularly with the older CRT monitors, to prolong the life of the screen.

²Based on NSW domestic electricity supply price of over 12c per kilowatt hour.

³A computer's power options allow the user to set the times for powering down the hard disk, monitor, etc.

Still using XP? Well, maybe you can skip Vista altogether because Bill Gates expects the new version of Windows operating software, code-named Windows 7, to be released "sometime in the next year or so". His comments suggested that a successor to the Vista program might be released sooner than was generally expected. He said new versions of Windows would help revolutionise mobile phones and run the desk of the future which would have a touch surface display allowing users to call up items using their hands. Australian IT.

PayPal mandatory, says eBay. Online auction website eBay is using Australia as a guinea pig to trial a new policy where all other modes of payment are barred except its own transaction gateway, PayPal. Direct deposits, personal cheques and money orders will no longer be payment options from June 17. This is the first time these restrictions will be imposed by eBay anywhere in the world and could be enforced in other markets in the future. Buyers will have to pay for items via PayPal, cash-on-delivery or Visa and MasterCard debit and credit cards but these transactions would be processed by PayPal as well. PayPal allows buyers to nominate their credit and debit card or bank account for purchases. Sellers are charged between 1.1 per cent and 2.4 per cent per transaction.

Ten categories have been exempted from the PayPal ruling. They are: cars, boats, motorcycles, aircraft, trucks (commercial), trailers, caravans, services, real estate and businesses.

EBay will also expand its PayPal Buyer Protection program from \$3000 to \$20,000. Through the scheme, buyers can be reimbursed for undelivered goods or products



that don't match their advertised description. eBay says that the fact that the Protection Program has increased so much will give people the confidence to trade, knowing that they are protected. However, SMH, 17 Apr 08, reports that the Australian Competition and Consumer Commission is examining whether eBay is breaching trade practice laws by forcing users on to PayPal. ACCC is inviting public submissions on its website before 2 May.

A New Google program powered by artificial intelligence allows internet users to search web pages 24 hours before they're created. Google Australia said the new beta search technology which drives the gDay search feature can accurately predict future internet content - and even future events. The gDay technology - developed in the company's Sydney engineering centre - uses machine learning and artificial intelligence techniques from a system called MATE, or Machine Automated Temporal Extrapolation. The feature then creates a sophisticated model of what the



internet will look like 24 hours from a given point by using the company's index of historic, cached web content and a combination of recurrence plots and "fuzzy measure" analysis. By accessing web pages before they're actually created, users can view information from the future - including news events, share price movements and sporting results. "Google's Australian engineers have a history of major technological innovations, from Google Maps to Mapplets to Traffic for Google Maps," said Alan Noble, head of engineering for Google Australia & New Zealand. "Giving humankind the ability to see 24 hours into the future is just a natural progression - of sorts," he said. (*Can this be true? Google sent out a press release 1 April about their new [gDay](#) technology*)

Tutors' Favourite Tips. We asked tutors for their favourite tips and here are some of them:

Graham Clark: My favourite tip would be: Remember to use and click the Right Hand Button on your Mouse. It opens up a drop down menu applicable to whatever program or page you are on and lists the various options available to you at that time. The new Vista operating system in particular places much emphasis on users utilising the right hand button as this is the only way to access additional options not available to the user from the top menu bar.

Arthur Johnson: One of my keyboard favourites, to avoid using the mouse, is the shutting down sequence- "START button, then letter U and letter U again".

Bob Bellini: One simple tip that I use constantly relates to moving the cursor forward or backwards through lines of text. You normally use the right and left arrows, which moves the cursor one letter at a time. However, for rapid, one word at a time movement, hold down the control key when using the arrow keys.

Brian Winter: Windows hidden tools. Most members would automatically go to Microsoft Word to create a document, and edit text in letters, reports, web pages with graphics or email attachments. One use would be to create your own style of letterhead address, selecting font, point size, layout and colour. Save this and use when needed. All you have to do is insert date and time, and start your letter or whatever. There are alternatives. Go to "all programs" then to "accessories" and select Notepad. This is very basic for simple messages. You may use it to view and edit text [.txt]. Also for a basic web page. It allows some formatting, save and save as, page set up, print, time and date and word wrap. The formatting, style may be quite adequate. The help menu will allow you to get started.



Another choice is WordPad, also found under accessories menu. It too is used to create and edit simple messages. You can link to other documents, and use rich text for multiple languages. It is a little more accommodating than Notepad, but the choice is largely yours. Don't use A4 all the time. Very often A5 is preferable. Refer to Help menu on printing envelopes. To change units of measurement to inches centimetres, points, or picas on view menu, click on Options and then unit wanted. If you have Microsoft Works installed you have another option- Word Processor. Works is a suite which allows you to do most of your requirements; e.g., spreadsheet with "easy calc" address book, appointments, greeting cards, etc.

Tip of tips: Internet Explorer has a little feature that you may not know about. It's called the Tip of the Day. You can access this feature by selecting the Tip of the Day option from the Help menu within Internet Explorer. Once you select this option a small frame is displayed at the bottom of your browser that contains an Internet Explorer help tip. By clicking the Next Tip link in the corner of the frame, you can browse through additional tips.

Tea time goes high tech. Having a humble cuppa could help older Australians stay safe in the future, a seniors group says. Japanese technology can link a kettle to a mobile phone, so every time an elderly person boils water for their morning cup of tea a message is sent to a family member letting them know their relative is up and well.



National Seniors Australia chief executive Michael O'Neill said it was critical not to frame the issue of an ageing population as a threat, but recognise the potential for positives. He pointed to the kettle example as one technological advance that would help families check on elderly relatives living alone without invading their space. "So without any invasion at all of a person's space or dignity, you are able to know that that person is alive and having a cup of tea or whatever the case may be", Mr O'Neill told AAP.



applications will be warned when the computer is about to enter hibernation and they will have a second or two save their progress and settings before Windows enters the hibernate state. So, when you tell your Vista PC to go to sleep, it really does. Hibernation can be a useful alternative to shutting your PC down every night because Windows Vista is notoriously slow to shut down and boot up. Hibernation allows you to get up in the morning, wake up your computer and resume working instantly rather than waiting for the long Windows Vista boot process to complete. So consider using Vista's Hibernate instead of shutting down. It can save energy and your time.



Or Treat yourself to the world's finest/most expensive coffee with kopi luwak from Animalcoffee; the only source on the internet for authentic premium kopi luwak. Kopi luwak is a unique gourmet coffee that is processed in the stomach of a wild animal, after which it is hand collected from the floor of the Sumatran jungle. www.animalcoffee.com/process.php You can buy a cup (yes, one cup) in Peter Jones, London for £50 or 100g packs for £50 to take away. Only 200kg of Kupu Luwak coffee is produced each year



I was having trouble with my computer so I called Eric, the 11 year old next door, whose bedroom looks like Mission Control, to come over. Eric clicked a couple of buttons and solved the problem. As he was walking away, I called after him, 'So, what was wrong?' He replied, 'It was an ID ten T error'. 'I didn't want to appear stupid, but nonetheless inquired, 'An, ID ten T error? What's that In case I need to fix it again?' Eric grinned.... 'Haven't you ever heard of an ID ten T error before?' 'No,' I replied. 'Write it down,' he said, 'and I think you'll figure it out.' So I wrote down: I D 1 0 T I used to like Eric.....(Thanks David McAdam, we all know you are not the "I" in this)

Tom Swifties Adverbial Puns <http://thinks.com/words/tomswift.htm> This is an amusing site. Tom Swifties were originated by Edward Stratemeyer in a series of strip cartoons about a character called Tom Swift. There are hundreds of examples, such as:
 "I'm wearing my wedding ring," said Tom with abandon
 "I'm losing my hair," Tom bawled
 "I'm a great opera singer," said Tom, being callous
 "I'm mentioned in this book," said Tom contentedly
 "What a charming doorway!" said Tom, entranced
 "Get the stick, Rover!" Tom called fetchingly
 "The doctors had to remove a bone from my arm," said Tom humourlessly
 "I refuse to make an agenda," Tom said listlessly
 "It's only average," said Tom meanly.

Windows Vista's Hibernate feature isn't the same as Windows XP's. Windows XP's Hibernate allowed applications running in the background to wake-up the computer - thereby rendering Hibernate useless. It was more like a power-nap than a hibernation. Windows Vista's Hibernate feature is far better and more reliable than Windows XP because it will not allow applications and hardware to override your computer's hibernating state. When entering "Hibernation" any running

Question: Where do the characters go when I use my backspace or delete them on my PC?
AnsWER: The characters go to different places, depending on whom you ask:
The Catholic Church's approach to characters: The nice characters go to Heaven, where they are bathed in the light of happiness. The naughty characters are punished for their sins. Naughty characters are those involved in the creation of naughty words, such as "breast," "sex" and "contraception".
The Buddhist explanation: If a character has lived rightly, and its karma is good, then after it has been deleted it will be reincarnated as a different, higher character. Those funny characters above the numbers on your keyboard will become numbers, numbers will become letters, and lower-case letters will become upper-case.
The 20th-century bitter cynical nihilist explanation: Who cares? It doesn't really matter if they're on the page, deleted, undeleted, underlined, etc. It's all the same.
The Mac user's explanation: All the characters written on a PC and then deleted go to straight to PC hell. If you're using a PC, you can probably see the deleted characters, because you're in PC hell also.
Stephen King's explanation: Every time you hit the (Del) key you unleash a tiny monster inside the cursor, who tears the poor unsuspecting characters to shreds, drinks



their blood, then eats them, bones and all. Hah, hah, hah!

Dave Barry's explanation: The deleted characters are shipped to Battle Creek, Michigan, where they're made into Pop-Tart filling; this explains why Pop-Tarts are so flammable, while cheap imitations are not flammable. I'm not making this up.

IBM's explanation: The characters are not real. They exist only on the screen when they are needed, as concepts, so to delete them is merely to de-conceptualize them. Get a life.

PETA's (People for the Ethical Treatment of Animals) explanation: You've been DELETING them??? Can't you hear them SCREAMING??? Why don't you go CLUB some BABY SEALS while wearing a MINK, you pig!!!!

To my friends who enjoy a glass of wine.. and those who don't.

As Ben Franklin said: In wine there is wisdom, in beer there is freedom, in water there is bacteria.

In a number of carefully controlled trials, scientists have demonstrated that if we drink 1 litre of water each day, at the end of the year we would have absorbed more than 1 kilo of Escherichia coli, (E. coli) - bacteria found in faeces. In other words, we are consuming 1 kilo of poop.

However, we do NOT run that risk when drinking wine and beer (or tequila, rum, whisky or other liquor) because alcohol has to go through a purification process of boiling, filtering and/or fermenting.

Remember: Water = Poop, Wine = Health

Therefore, it's better to drink wine and talk stupid, than to drink water and be full of shit .

There is no need to thank me for this valuable information: I'm doing it as a public service. (GC)



The Hunger Site www.thehungersite.com was founded to focus the power of the Internet on a specific humanitarian need: the eradication of world hunger. Since its launch in June 1999, the site has established itself as a leader in online activism, helping to feed the world's hungry. On average, over 220,000 individuals from around the world visit the site each day to click the yellow "Click Here to Give - it's FREE" button. To date, more than 300 million visitors have given more than 500 million cups of staple food.



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ABC NOW is the first desktop application of its kind in Australia - and possibly the world - allowing audiences to aggregate TV, Radio and News content within a single player downloaded to their desktop.

Now audiences can watch and read the latest news headlines, listen live to Local Radio, Radio National,

News Radio, Classic FM, triple j, dig and Radio Australia, and listen and download podcasts.

Or watch selected TV programs such as The 7.30 Report, At the Movies, The Cook and the Chef, Gardening Australia, Enough Rope, Good Game, Insiders, Media Watch and The New Inventors. Vodcasts [video podcasts] will also be available to download from ABC NOW. News, weather and sport bulletins will also be available to watch and read.

To ensure that content is only a click away, users can



customise ABC NOW by bookmarking their favourite content so it's even easier to get the information they want, when they want it.

ABC NOW is built with Flash 8 and MProjector. Using a Flash interface, ABC NOW pulls in XML content feeds for all the main content categories and sets up the overall structure of the player. ABC NOW also accesses both Flash progressive and streaming video, with the latest Flash player (MovieStar). Windows Media and Real Player are used to stream the live radio content. ABC NOW provides another fast, easily accessible way for ABC audiences to watch, listen and interact with ABC content. DOWNLOAD NOW at abc.net.au/now

Know Your Veggies!!

A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and YES science now shows that carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over 3





dozen neuron-transmitters for brain function.

Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Celery, Bok Choy, Rhubarb and more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.



Onions look like body cells. Today's research shows that onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes



Grapefruits, Oranges , and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



Members are reminded that they are entitled to book ONE hour per week only. If any member desires additional lessons they can only book these by phoning the club room to find out if there are any vacancies on that particular day. If there are vacancies, they may then book an additional lesson. Under no circumstances are members to enter their name on the training roster more than once per week - other than by following the above procedure. Occasionally, we may need to contact you re your booked training session and this means all members must record their first and last names along with their phone number on the training roster sheets.



Welcome to new members:
 Elaine CARLSON; Marlene CLARKE; Warwick DUNN; Brian EDWARDS; Chris FLEMING; Colin FLEMING; Billy KENNEDY; Judith MINTER; Carmel PARKER; Maurice RILEY; Margaret SWORDS; Helen WADDINGTON.
 If you are not listed here you will be next month.

Tutors' Roster (subject to change)

Monday	9 am - 1 pm	Graham Clark & Lyn Nicholls
	1 pm - 5 pm	David McAdam & Arthur Johnson
Tuesday	9 am - 1 pm	Nora Takats & Wally Gora
	1 pm - 5 pm	Lyall McNeish & Harry Brabin
Wednesday	9 am - 1 pm	Ted Hulbert & Bridget Mahoney
	1 pm - 5 pm	Harry Aguero & Elaine Johns
Thursday	9 am - 1 pm	Jim Wade
	1 pm - 5 pm	Jack Newton & Elaine Clarke
Friday	9 am - 1 pm	Ern Cohen & Hugh Walker
	1 pm - 5 pm	Bob Bellini

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

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

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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Our Website is kept up to date by Graham and includes photos, latest news and recent and former copies of The Manly Mouse.
www.manlycompals.org.au