

MANLY MOUSE

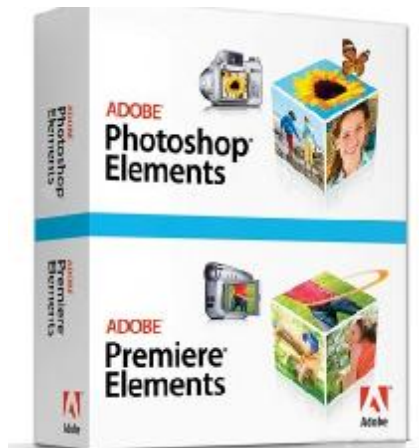
Newsletter of Computerpals for Seniors – Manly Inc.

November 2008

Our next monthly meeting will commence at 2 pm on Thursday 13 November in Manly Library Meeting Room and is shaping up to be one of the best yet. Harvey Norman Computer Superstore Balgowlah has arranged a brilliant demonstration by ADOBE of their award winning Adobe Photoshop Elements & Premiere Elements. Learn how to easily clean your photo scenes of unwanted elements and simultaneously select and apply incredible effects with a single brush stroke. Premiere Elements helps you create incredible video movies in minutes by allowing you to easily combine elements of different videos for entertaining results.

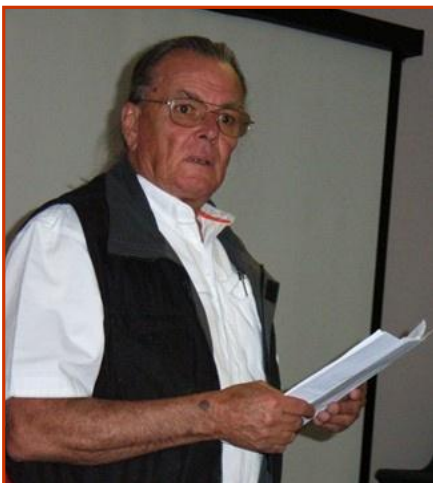
Adobe Photoshop products are recognised as the world leaders in this field and these selected products will be fully demonstrated to you by trained ADOBE personnel. And as an added incentive, Harvey Norman and Adobe are very generously providing some wonderful door prizes including -

- 2 x Photoshop Elements and Premiere Elements bundles valued at \$249 each.
- 70 copies of the trial version of the above pack to give away to all attendees
- there will be several other minor prizes to win as well.



This will be an outstanding and professional presentation and we confidently anticipate a full house so be sure to get your seats early as seating is limited. The usual afternoon tea and a chance to chat will follow this presentation.

The 11th Annual General Meeting last month went well in spite of Graham's absence. Bob, Lyn and Noel took us through the details quickly. The nominees were all re-elected so the Committee now consists of - President: Graham Clark; Vice President: Arthur Johnson; Secretary: Lyn Nicholls; Treasurer: Noel McKee; Tutor Coordinator: Robin George; Newsletter Editor: Gwyneth Crawford; Committee: Ted Hulbert, Bob Bellini, Elaine Clarke and David McAdam. Sadly Jack Newton decided not to stand again for the Committee. Then Jack hosted the Quiz show which had been prepared by Graham. The outright winner was Arthur Johnson but he declined to accept a prize as he had won in the previous quiz. So First choice went to Christabel Casimir (keyboard) and equal second to Dorothy Peters (jug) and Patsi Field (USB stick). The door prizes were won by Helen Boyle (printer) and Milton Wheeler (Dazzle Video Creator).



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President's Report AGM 9 October 2008

Dear Members, 2008 has been another eventful year in the club's operations. Over last Christmas break all our computers were upgraded significantly and were dual booted so as to be able to access either Windows XP or Vista. They were also networked to enable printing to be done on any one printer - particularly handy when the printer attached to your PC ran out of ink. Several committee members were involved in this large undertaking over several days and we are indebted primarily to Bob Bellini, David McAdam & Ted Hulbert for this work on our behalf.

Membership has remained fairly steady and at one period when there was a slight drop off in numbers, we put an article in the Manly Daily resulting in a rush of new members. Currently there is a small waiting list of "eager to learn newbies".

Many of you will know that we started off in a corner of Manly Library and were based there for our first 7 years. To ensure the safety of our computers and ancillary equipment, one of our members, Arthur Andresen, designed and built our steel framed cupboards in which our computers are housed. These had to be unlocked every morning then locked up at night. When we were provided with our current premises by Manly Council, we ended up with a secure room and did not need to lock and unlock cupboards every day - so we took the cupboard doors off and have used them that way for the past 4 years.

Now it is deemed time for a revamp of our room, time to update, modernise and re-arrange our space for maximum benefit and comfort and accordingly your committee are planning another lengthy working bee over this coming Christmas break. We will be removing these old metal framed cupboards and desks and replacing them with new computer desks; this will lighten up the room and provide additional width to our narrow room. New and regular type computer chairs will be purchased and the old chairs sold off. In an effort to minimize the mess of cables behind the computers and to ensure vital electrical safety, we will seek the assistance of a suitable electrician/data technician to set it all out properly and neatly. Blinds or drapes will be fitted to our windows to allow us to darken the room - a necessity whenever we run special courses or tutors' meetings and need to use the projector and screen. Hopefully, all this will be achieved over the period of Christmas closure - 12th December to 12th January. All this is able to be done because of the healthy state of our finances and we thank treasurer Noel McKee for his expertise and hard work balancing the books and our membership lists. At this AGM, one of our hardest working committee members - Jack Newton is standing down from the committee. Jack has always given of his best and we thank him most sincerely for all he has done





on your behalf. Thankfully, he will remain as a valued tutor and Assistant Newsletter Editor.

The other committee members - VP Arthur Johnson, Secretary Lyn Nicholls, Tutors Coordinator Robin George, Newsletter Editor Gwyneth Crawford, Hardware repairs/upgrades Ted Hulbert & Bob Bellini, Elaine Clarke Manly Mouse mail out and David McAdam software updates, have all excelled on your behalf, they put in many, many hours on your behalf, they are a wonderful hardworking team to be proud of, and my pleasure to serve with.

Finally, a huge thank you to our tutors - all volunteers and ever ready to help out whenever they can. We are utterly reliant on their time and skills and I know that you, the members, do appreciate this. Occasionally we might have to cancel a session because a tutor is sick or away on holiday and this is regrettably unavoidable and most members know and understand.

So thank you Committee, thank you Tutors, and thank you - the members for your support throughout the past year. *Graham Clark*



Nan Bosler is President of the Australian Seniors Computer Clubs Association (ASCCA). You probably know this but did you know she was over 50 when she first went to University, has five tertiary qualifications covering Adult Education, Community Organisation, Local and Applied History and Masters in Local Government Management. She has community awards including Anzac of the Year, Advance Australia Award and an OAM. She has been heavily involved in volunteer community work for more than 55 years. She has worked with, and for, people of all age groups and levels of ability, with particular emphasis on the needs of older people and those with a disability. She has helped the now numerous Computerpals for Seniors clubs to start and flourish, including Manly Computerpals.



Tech Tips for the Basic Computer User By David Pogue New York Times.

Last week, I wrote an entry on my blog that began like this: "One of these days, I'm going to write a book called, 'The Basics.' It's going to be a compendium of the essential tech bits that you just assume everyone knows — but you're wrong. Many readers chimed in with other "basics" that they assumed every computer user knew — but soon discovered that what's common knowledge isn't the same as universal knowledge. I'm sure the basics could fill a book, but here are a few to get you started. All of these are things that certain friends, family or co-workers, over the years, did *not* know. Clip, save and pass along towell, you know who they are.

- * You can double-click a word to highlight it in any document, e-mail or Web page.
- * When you get an e-mail message from eBay or your bank, claiming that you have an account problem or a question from a buyer, it's probably a "phishing scam" intended to trick you into typing your password. Don't click the link in the message. If in doubt, go into your browser and type "www.ebay.com" (or whatever) manually.
- * Nobody, but nobody, is going to give you half of \$80 million to help them liberate the funds of a deceased millionaire — from Nigeria or anywhere else.
- * You can hide all windows, revealing only what's on the computer desktop, with one keystroke: Windows key+D in Windows, F11 on Macs (or, on recent Mac laptops, Command+F3; Command is the key with the cloverleaf logo). That's great when you want examine or delete something you've just downloaded to the desktop, for example. Press the keystroke again to return to what you were doing.
- * You can enlarge the text on any Web page. In Windows, press Ctrl and the plus or minus keys (for bigger or smaller fonts); on the Mac, it's the Command key and plus or minus.
- * You can also enlarge the entire Web page or document by pressing the Control key as you turn the wheel on top of your mouse. On the Mac, this enlarges the entire screen image.
- * The number of megapixels does not determine a camera's picture quality; that's a marketing myth. The sensor size is far more important. (Use Google to find it. For example, search for "sensor size Nikon D90.")
- * On most cellphones [mobiles], press the Send key to open up a list of recent calls. Instead of manually dialing, you can return a call by highlighting one of these calls and pressing Send again.
- * When someone sends you some shocking e-mail and suggests that you pass it on, don't. At least not until you've first confirmed its truth at snopes.com, the Internet's au-



thority on e-mailed myths. This includes get-rich schemes, Microsoft/AOL cash giveaways, and — especially lately - nutty scare-tactic messages about our [US] Presidential candidates.

* You can tap the Space bar to scroll down on a Web page one screenful. Add the Shift key to scroll back up.

* When you're filling in the boxes on a Web page (like City, State, Zip), you can press the Tab key to jump from box to box, rather than clicking. Add the Shift key to jump through the boxes backwards.

* You can adjust the size and position of any window on your computer. Drag the top strip to move it; drag the lower-right corner (Mac) or any edge (Windows) to re-size it.

* Forcing the camera's flash to go off prevents silhouetted, too-dark faces when you're outdoors.

* When you're searching for something on the Web using, say, Google, put quotes around phrases that must be searched together. For example, if you put quotes around "electric curtains," Google won't waste your time finding one set of Web pages containing the word "electric" and another set containing the word "curtains."

* You can use Google to do math for you. Just type the equation, like $23*7+15/3=$, and hit Enter.

* Oh, yeah: on the computer, * means "times" and / means "divided by".

* If you can't find some obvious command, like Delete in a photo program, try clicking using the right-side mouse button. (On the Mac, you can Control-click instead.)

* Google is also a units-of-measurement and currency converter. Type "teaspoons in 1.3 gallons", for example, or "euros in 17 dollars". Click Search to see the answer.

* You can open the Start menu by tapping the key with the Windows logo on it.

* You can switch from one open program to the next by pressing Alt+Tab (Windows) or Command-Tab (Mac).

* You generally can't send someone more than a couple of full-size digital photos as an e-mail attachment; those files are too big, and they'll bounce back to you. (Instead, use iPhone or Picasa photo-organizing programs that can automatically scale down photos in the process of e-mailing them.)

* Whatever technology you buy today will be obsolete soon, but you can avoid heartache by learning the cycles. New iPods come out every September. New digital cameras come out in February and October.

* Just putting something into the Trash or the Recycle Bin doesn't actually delete it. You then have to *empty* the Trash or Recycle Bin. (Once a year, I hear about somebody whose hard drive is full, despite having practically no files. It's because over the years, they've put

79 gigabytes' worth of stuff in the Recycle Bin and never emptied it.)

* You don't have to type "http://www" into your Web browser. Just type the remainder: "nytimes.com" or "dilbert.com", for example. (In the Safari browser, you can even leave off the ".com" part.)

* Come up with an automated backup system for your computer. There's no misery quite like the sick feeling of having lost chunks of your life because you didn't have a safety copy.

David Pogue asked, What are your favourite basics-that-you-thought-everyone-knew? Let's hear from Manly Computerpals' readers. Send to

gwyneth@bigpond.net.au

A bit of this and a byte of that. A bit, short for binary digit, is the smallest unit of measurement used for information storage in computers. A bit is represented by a 1 or a 0 with a value of true or false, sometimes expressed as on or off. Eight bits form a single byte of information, also known as an octet. Thus, the difference between a bit and a byte is size, or the amount of information stored.

It takes eight bits (1 byte) to store a single character. The capital letter "A" is expressed digitally as 01000001. A small case "a" is represented in binary code as 01100001. Notice the third bit is different in each octet. By rearranging the bits within the octet, a byte is capable of producing 256 unique combinations to form letters, numbers, special characters and symbols.

It can get confusing keeping units of storage straight, but if you have trouble remembering which is a bit and a byte, note that the smaller word is the smaller unit of storage. Once the difference between a bit and a byte is understood, this helps to remember the difference between greater units such as the kilobit and kilobyte.

Googling is good for you. A team of US researchers has found that searching the internet stimulates brain activity in the elderly and middle-aged and may help keep their minds sharp.

The study was carried out by scientists at the University of California at Los Angeles (UCLA) and published in the latest edition of the American Journal of Geriatric Psychiatry.

The UCLA scientists found that searching the web triggers key centres in the brain that control decision-making and complex reasoning and may help stimulate and possibly improve brain function.

"The study results are encouraging, that emerging computerised technologies may have physiological effects and potential benefits for middle-aged and older adults," said Dr Gary Small, the principal investigator of



the study.

"Internet searching engages complicated brain activity, which may help exercise and improve brain function", said Small, a professor at UCLA's Semel Institute for Neuroscience and Human Behaviour.

The study's authors noted that their findings are the latest to suggest that complex activity that keeps the mind engaged, such as crossword puzzles, may help keep the brain healthy.

The UCLA researchers said they tested 24 neurologically normal research volunteers between the ages of 55 and 76, half with experience searching the internet and half with no experience.

The study participants performed web searches and book-reading tasks while undergoing functional magnetic resonance imaging (fMRI) scans, which record brain-circuitry changes.

They all showed significant brain activity during book reading and web searching, but the internet-savvy group registered a twofold increase in brain activation during web use when compared with those with little internet experience.

They said the web-savvy group also registered greater activity in the frontal, temporal and cingulate areas of the brain, which control decision-making and complex reasoning.

"Our most striking finding was that internet searching appears to engage a greater extent of neural circuitry that is not activated during reading - but only in those with prior internet experience," said Small.

"A simple, everyday task like searching the web appears to enhance brain circuitry in older adults, demonstrating that our brains are sensitive and can continue to learn as we grow older", he added.

AFP This story was found at: <http://www.smh.com.au/articles/2008/10/16/1223750187949.html>

(Note from JN: I believe it proves nothing at all. The 24 subjects were chosen on whether or not they were computer (Internet) literate and thus the whole experiment was flawed because of the inbuilt bias in the participant selection. What would have been more interesting is what were the differences between the 12 persons who used the internet and the 12 who didn't. Was it IQ, having computer literate grandchildren, computer literate friends, socio-economic status, occupational, etc.?) But isn't it nice to think we are enhancing our brain circuitry while having fun with the computer?

The Ability To Make And Understand Puns Is The Highest Level Of Language Development.

Here are the 10 first place winners in the International Pun Contest:

1. A vulture boards an airplane, carrying two dead raccoons. The flight attendant looks at him and says, 'I'm

sorry, sir, only one carrion allowed per passenger'.

2. Two fish swim into a concrete wall. The one turns to the other and says 'Dam!'

3. Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it immediately sank, proving once again that you can't have your kayak and heat it too.

4. Two hydrogen atoms meet. One says 'I've lost my electron.' The other says 'Are you sure?' The first replies 'Yes, I'm positive.'

5. Did you hear about the Buddhist who refused Novocain during a root canal? His goal: transcendental medication.

6. A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse. 'But why?', they asked as they moved off. 'Because', he said, 'I can't stand chess-nuts boasting in an open foyer'.

7. A woman has identical twins and is forced to give them up for adoption. One of them goes to a family in Egypt and is named Ahmal. The other goes to a family in Spain; they name him Juan. Years later, Juan sends a picture of himself to his birth mother. Upon receiving the picture, she tells her husband that she wishes she also had a picture of Ahmal. Her husband responds, 'They're identical twins! If you've seen Juan, you've seen Ahmal.'

8. A group of friars were behind on their belfry payments, so they opened up a small florist shop to raise funds. Since everyone liked to buy flowers from the men of God, a rival florist across town thought the competition was unfair. He asked the good fathers to close down, but they would not. He went back and begged the friars to close. They ignored him. So, the rival florist hired Hugh MacTaggart, the roughest and most vicious thug in town to 'persuade' them to close. Hugh beat up the friars and trashed their store, saying he'd be back if they didn't close up shop. Terrified, they did so, thereby proving that only Hugh can prevent Florist friars.

9. Mahatma Gandhi, as you know, walked barefoot most of the time, which produced an impressive set of calluses on his feet. He also ate very little, which made him rather frail and, with his odd diet, he suffered from bad breath. This made him (Oh, man, this is so bad, it's good) a super calloused fragile mystic hexed by halitosis.

And finally,

10. There was the person who sent ten different puns to friends with the hope that at least one of the puns would make them laugh. No pun in ten did.



Welcome to new members:
 Keith ATKINS; Mary COYLE; Ken FULHAM;
 Thelma FULHAM; Tilly GREEN; Margaret HIRD;
 Jessie McNEIL; Mary SIBRAA;
 Janet STEPHENS; Julie WERNER;
 Patricia WONG; Philip ZILLMAN
 If you are not listed here you will be next month..

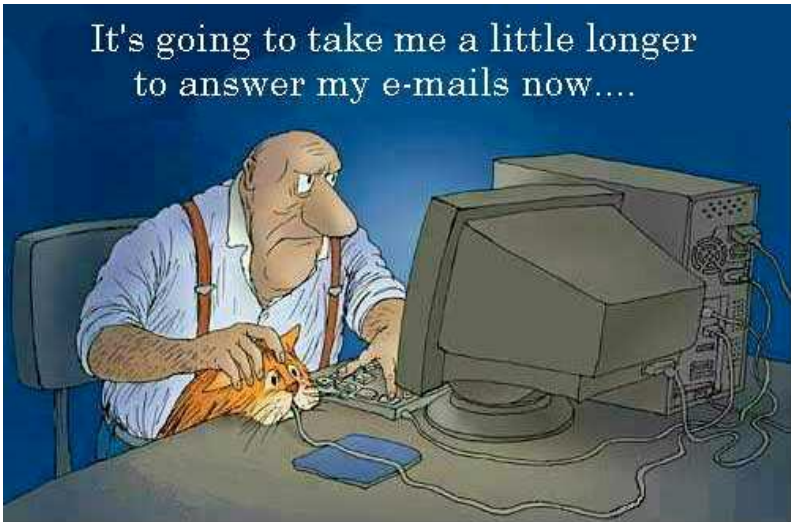
| Tutors' Roster (subject to change) | | |
|------------------------------------|-------------|-----------------------------------|
| Monday | 9 am - 1 pm | Graham Clark & Lyn Nicholls |
| | 1 pm - 5 pm | David McAdam & Jan Schoot |
| Tuesday | 9 am - 1 pm | Jim Wade & Wally Gora |
| | 1 pm - 5 pm | Lyall McNeish & Harry Brabin |
| Wednesday | 9 am - 1 pm | Ted Hulbert & Bridget Mahoney |
| | 1 pm - 5 pm | Harry Agüero & Elaine Johns |
| Thursday | 9 am - 1 pm | Tony Vanderwalle & Dorothy Peters |
| | 1 pm - 5 pm | Picasa Course |
| Friday | 9 am - 1 pm | Ern Cohen & Hugh Walker |
| | 1 pm - 5 pm | Bob Bellini & Ron Peerless |

Christmas Break

Closing day for lessons will be
Friday 12th December 2008, re-opening
Monday 12th January 2009. Xmas party will
be 2 pm Thursday 11th December in the
Manly Library Meeting Room

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

Thanks to Bob Bellini the Club now has an Apple Mac computer. Bob will give lessons by arrangement on Friday afternoons.



Booking lessons ahead.
 Members are reminded to book ahead to ensure their lessons are on days and times to suit. Every Monday morning the past week's roster is taken down and a new one for two weeks hence is put up. This way the training rosters cover a 3 week period & it is up to the members to get their names down early each week. Some only book a week ahead and when they do come for a lesson they often find the next week or two are already heavily booked. The message is - GET IN EARLY & BOOK AHEAD. If you cannot get in on a Monday or Tuesday to put your name down on the new sheet, you can phone in and request a day & time and, if available, we will book it for you.

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.
 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 former copies of the Manly Mouse.

www.manlycompals.org.au