

MANLY MOUSE

Newsletter of Computerpals for Seniors - Manly Inc.

November 2011

November Meeting: 2 pm Thursday 10 November in The Manly Library Meeting Room. We are very fortunate in having our speaker, Mara Bond, to help us understand that very important topic How to Age Healthily.

USING HEALTH & NUTRITION TO TURN BACK THE CLOCK

Wellness Coach, Nutritionist and Life Coach, Mara's passion is to help you make real, lasting changes in your life. She says, "the secret of doing that is to help you find the motivation that's right for you - that special hidden key giving you the confidence to break unhealthy habits and create new, empowering ones.

"Coming from a corporate stressful job and poor lifestyle, I was able to change the way I nourish my body, shift my stress levels and transform myself through food and complementary medicine. Now, basically, I'm putting everything I've learnt about myself into practice professionally. My intention for the presentation is to talk about how nutrition can turn back the clock and how nutrition can transform you inside-out.

"I hope I can give you some inspiration to change some unhealthy habits!"

Mara's talk is of value to everyone but, in particular, it is of vital importance to all of us who are senior citizens—so do come along and listen to Mara tell us how to improve our health and vitality. After Mara's talk we will have the draw for door prizes and our usual tea, coffee and biscuits with the opportunity to chat to friends and tutors.



The October Meeting was the Annual General Meeting which went smoothly and expeditiously in the hands of our retiring president, Bob Bellini. Ted Hulbert was



elected President and Bridget Mahoney as Vice President. Lyn Nicholls was re-elected as Secretary. Ted Hulbert (now President), Robin George and Gwyneth Crawford were re-elected as committee members. Bridget Mahoney and Dorothy Peters are new Committee members. The new Constitution was accepted unanimously. Bob Bellini was thanked for the work he did for the club during his time as President.



After the AGM Graham Clark presented many funny pictures he had found on the internet. The door prize winners were Milton Wheeler, Neville Cochrane and Daphne Challoner.



President's Report.

2011 kicked off with a bang ... a large influx of new students following an article about the Club in the Manly Daily. We had so many aspirants that we had to start a waiting list. Complicating the issue was the way in which the Manly Daily set out the article ... they gave one phone number to contact (ours), but spoke in broad terms of all the clubs on the Northern Beaches. So we got calls from people all over the Peninsular who really wanted one of the other clubs. But I digress.

The Mac student numbers have been slowly growing, with around 12 - 15 devotees at any time. There has been a significant growth in Windows 7 users, as members buy new PCs. This has been a good learning curve for both the Students and the Tutors. Adding to this learning experience has been the growing numbers of Office 2007 and even 2010 users. Keeps the mind active ... better than crosswords even!

These and other challenges have ensured your Committee has had plenty to keep them off the streets and out of the milk bars. Leading the push in this effort is Lyn ... our tireless Secretary. Lyn also keeps track of, and updates regularly (even daily) all members' details and status. And she does this virtually un-aided and manually ... no mean feat. But wait, there's more ... she also controls the Teaching Schedules, buys the prizes for the Monthly Meetings, and does the Tea Lady bit at these meetings. A great effort.

Assisting Lyn at the meetings is Dorothy ... our Barrel Girl and deputy Officer in Charge of tea and bickies. Despite threats of migrating North, Dorothy continues to provide valuable assistance ... and she tutors as well!

And then we have Gwyneth ... our resident Manly Mouse journalist, scribe and editor. She gave us all a fright earlier this year when it looked like her health would force her to give up these roles! However, she did a Lazarus and returned triumphant to the job (for which we are all very thankful!) The research, construction, layout editing and distribution of the Mouse is a BIG workload ... and we are grateful to Gwyneth for her ongoing efforts.

Whilst on the Mouse ... we also thank Jack Newton for stepping in and taking over the Mouse production during the time of Gwyneth's ill health. Without Jack we would not have had a Mouse for three months this year.



Moving on ... Robin has one of the tougher jobs ... she is the Tutor Co-ordinator. Sounds simple enough? Well, think about what you do when a tutor calls in un-available ... you scramble around, cap in hand, calling other tutors to try for a replacement. And it's often at the last minute! Despite the pressures of this role, Robin also helps with the regular mailings to the members.

David ... Tutor and Committee member who has this year single-handed picked up and expanded areas including organising and running Tutors' meetings, developing teaching strategies and updating a number of Club documents and manuals.

We have as our Public Officer and Treasurer, Noel, charged with ensuring we continue to observe applicable legislation, whilst also handling all the Club's financial matters. Additionally, this year Noel has re-written the Club Constitution to include legislative changes introduced.

Last, but certainly not least, we have Graham. Graham was railroaded into taking responsibility for the organisation of the regular Monthly Meetings. That means finding and booking speakers, and presenting himself on a number of occasions. It also includes setting up chairs and tables and other routine stuff that we all take for granted.

To all the Committee goes my thanks and appreciation for your efforts this year.

Bob Bellini October 2011 (*Thank you, Bob, and the same to you*)

Top 5 Myths About PC Slowdown.

Discover the real reasons behind poor PC performance.» Read the article at

http://www.iolo.com/resources/articles/?id=61&upg=0&p=&sn=&utm_campaign=learn&utm_content=3601349&utm_medium=email&utm_source=prospects

One of the most common and perplexing issues that confront PC users is why their computers seem to slow down noticeably after only a few years of use.

Over time, people have come up with all kinds of explanations for the persistent problem of PC slowdown. Yet some of these explanations are little more than myths, backed up not by scientific proof and empirical evidence, but only hearsay and rumour.



While many of these myths are now so widespread that they might almost seem like common sense, you should certainly stop to think twice about some of these 5 commonly-held beliefs about PC slowdown—especially if you're considering an expensive repair or replacing your slow, under-performing machine.

This article was brought to you by iolo technologies.

Stuxnet-like virus points to new round of cyber war.

Internet security specialists have warned of a **new** round of cyber warfare in the form of a computer virus similar to the malicious Stuxnet worm believed to have targeted Iran's nuclear program. Analysts at US firms McAfee and Symantec agreed that a sophisticated virus dubbed Duqu has been unleashed on an apparent mission to gather intelligence for future attacks on industrial control systems. *AFP*

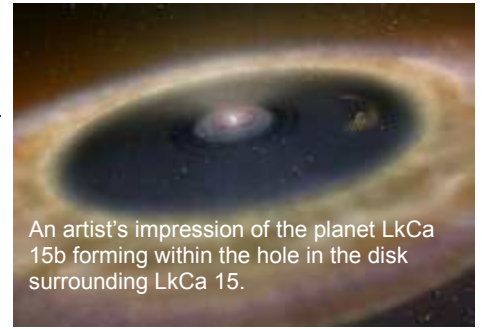


Here is Milton Wheeler's photo entry.

He says, The photo was taken at Canberra outside the National Gallery. The moon must have been really full and pretty close at the time (Ha Ha!).

And here is Birth of a Planet caught on Camera

A SYDNEY scientist has helped capture the first direct images of a planet being formed.



An artist's impression of the planet LkCa 15b forming within the hole in the disk surrounding LkCa 15.

SO WHERE'S YOUR PICTURE?

Active-X and other sundry things.

Simply put, Active-X is set of Microsoft technologies that enable interactive and multimedia content to be displayed or viewed on Web pages. It's more complicated than that of course. But that's the gist. It's basically being replaced by Microsoft Silverlight. Microsoft likes to create its own versions of other people's stuff. Active-X was modelled after Sun's Java. And Silverlight after Adobe Flash.

In the future, HTML5 will replace Silverlight, Flash, and Active-X to a large extent. HTML is the language of the Web - all Web pages are written in HTML. HTML5 is the latest iteration. It's very powerful and capable of many of the same things that now need Active-X, Java, or Flash.

So, Active-X is simply a set of technologies that are used to make Web sites interactive and capable of displaying multimedia content.

Here's a little more about HTML5 and how it will replace some Active-X, Java, and Flash Web applications. The latest version of HTML, known as HTML5, is a set of capabilities that gives web designers and developers the ability to create the next generation of great online applications.

Other cool HTML5 features include offline capabilities that let users interact with web apps even when they don't have an internet connection, as well as drag-and-drop capabilities. In Gmail, for instance, easy drag-and-drop allows users to instantly attach a file to an email message by simply dragging the file from the user's desktop computer into the browser window.

HTML5, like the web itself, is in perpetual evolution, based on users' needs and developers' imaginations. As an open standard, HTML5 embodies some of the best aspects of the web: it works everywhere, and on any device with a modern browser. But just as you can only watch HDTV broadcasts on an HD-compatible television, you need to use an up-to-date, HTML5-compatible browser in order to enjoy sites and apps that take advantage of HTML5's features. Thankfully, as an Internet user, you have lots of choice when it comes to web browsers - and unlike TVs, web browsers can be downloaded for free. So HTML5 will replace many of the interactive and multimedia Web applications which today require Active-X, Java, or Flash to work. And all current version browsers support HTML5 - at least to an extent. As HTML5 evolves so too will Web browsers. *Infoave*

Tips:

Format email messages in Word: **Ctrl+Alt+K**
Open Windows Task Manager: **Ctrl+SHIFT+Esc**



Click now, pain later.

One lapse in concentration can blow all that bargain-hunting you've done online. It was late, I was tired but I was in familiar territory - which meant I wasn't really concentrating. So I felt both surprised and foolish when I glanced at the emailed receipt the following morning: my \$8.99 bargain had turned into a \$68.94 mistake. Prompt overnight service meant it was too late to do anything about it. I'd ended up at amazon.com when shopping online for a particular Sony camera case. Locally, it was available for \$19.95 but at less than half price, the \$8.99 version sang its siren song. In one fell swoop - using the "Buy now with 1-click" button - I'd done the deal. Another bargain in the bag. A couple of weeks earlier I'd balked at paying \$49.95 for an iPod armband at the local Apple store, only to find a similar product online for \$4.50 - with free postage. But what I'd saved then I'd completely blown now. Later, trying to work out where I'd gone wrong, I couldn't recall seeing a price for shipping the camera case. Sure enough, when I replicated the transaction, it really was a "1-click" purchase: the next window says your order has been placed and that's it - no invoice with details to check or any polite invitation to "please confirm your order". That convenience had proved costly.

Investigating later, I found I could have chosen to "review or check" my order and then seen the shipping but only after the sale. There was a "cancel" option in a subsequent window. But by morning the item had been posted by the very efficient British photographic equipment supplier using amazon.com as a storefront. Admittedly, it was one bad episode among many good ones but with that experience in mind here are 10 mistakes not to make when shopping online:

SHOPPING WHEN TIRED. Just as you shouldn't do the supermarket shopping when you're hungry, you shouldn't shop online when you're tired. You need your wits about you to make sure you understand exactly what you're buying and how much you're paying - and how to get out of trouble if you need to.

USING 'ONE CLICK' PAYMENT. Always review your purchase before payment to make sure you haven't missed anything, such as the total price. Another trap with a one-click transaction is that it might default to the last address you supplied.

NOT CHECKING SHIPPING COSTS. See above.

NOT READING THE RETURN POLICY. You might not be able to return an item just because you don't like it, having finally held the real thing in your hands. Some sites might offer only credit or exchange for a poor choice, so you need to be confident there's something else you'd want. And you'll probably bear the costs of return.

NOT CHECKING THE WARRANTY. If you're buying overseas, you might not have the same consumer rights as you do in Australia, or it might be harder to enforce your rights. Check what warranty is being offered and how it applies here. If there's a problem you, you might be able to get your credit card provider to reverse the transaction.

NOT RESEARCHING BEFORE BUYING. Always search for customer feedback about a store, not just on its site (where it can be faked) but from independent sources. You'll soon find out if they're slow or dodgy or the product's no good.

NOT CHECKING THE DELIVERY TIME. You might be happy to wait if it means saving money but there's no point saving a few dollars only to have a gift arrive too late for the birthday.

NOT UNDERSTANDING AUCTIONS. When you buy at auction from a private individual, or buy second-hand goods, it's a case of buyer beware. Allowing a return or providing a refund would be at the seller's discretion.

PROTECT YOUR INFORMATION. Never give out your credit card or bank account details to just anyone. Consider having a separate card with a low limit for your online shopping.

BUYING BECAUSE IT'S A SALE. Because something's 50 per cent off, doesn't mean it's a good buy. Ask yourself: "Would I wear it this weekend."

This story was found at: <http://www.smh.com.au/money/investing/click-now-pain-later-20110927-1ku49.html>

Mexico City's legislators are proposing to allow any citizen to legally marry temporarily, for as little as two years. What happens after two years? The marriage just... ends. Dissolves. Biodegrades. No messy divorce, no expensive attorneys, no stalking or stabbing or excessive wailing over who gets the damn dog. Don't want your brief marriage to end? Just renew it. Want a contract for more than two years? You can do that, too. Want to commit to a more traditional, long-term marriage? You got it. Have kids or joint property and therefore things are a bit messier? They've thought of that, too.

See: <http://www.sfgate.com/cgi-bin/article.cgi?f=/g/a/2011/10/12/notes101211.DTL#ixzz1abiiliLJ>





Steve Jobs' Commencement Address June 14, 2005.

Many of you will have read this already but it is included for those who haven't. It is well worth reading.

'You've got to find what you love,' Jobs says

This is a prepared text of the Commencement address delivered by Steve Jobs, CEO of Apple Computer and of Pixar Animation Studios, on .

I am honoured to be with you today at your commencement from one of the finest universities in the world. I never graduated from college. Truth be told, this is the closest I've ever gotten to a college graduation. Today I want to tell you three stories from my life. That's it. No big deal. Just three stories.

The first story is about connecting the dots.

I dropped out of Reed College after the first 6 months, but then stayed around as a drop-in for another 18 months or so before I really quit. So why did I drop out?

It started before I was born. My biological mother was a young, unwed college graduate student, and she decided to put me up for adoption. She felt very strongly that I should be adopted by college graduates, so everything was all set for me to be adopted at birth by a lawyer and his wife. Except that when I popped out they decided at the last minute that they really wanted a girl. So my parents, who were on a waiting list, got a call in the middle of the night asking: "We have an unexpected baby boy; do you want him?" They said: "Of course." My biological mother later found out that my mother had never graduated from college and that my father had never graduated from high school. She refused to sign the final adoption papers. She only relented a few months later when my parents promised that I would someday go to college.

And 17 years later I did go to college. But I naively chose a college that was almost as expensive as Stanford, and all of my working-class parents' savings were being spent on my college tuition. After six months, I couldn't see the value in it. I had no idea what I wanted to do with my life and no idea how college was going to help me figure it out. And here I was spending all of the money my parents had saved their entire life. So I decided to drop out and trust that it would all work out OK. It was pretty scary at the time, but looking back it was one of the best decisions I ever made. The minute I dropped out I could stop taking the required classes that didn't interest me, and begin dropping in on the ones that looked interesting.

It wasn't all romantic. I didn't have a dorm room, so I slept on the floor in friends' rooms, I returned coke bottles for the 5¢ deposits to buy food with, and I would walk the 7 miles across town every Sunday night to get one good meal a week at the Hare Krishna temple. I loved it. And much of what I stumbled into by following my curiosity and intuition turned out to be priceless later on. Let me give you one example:

Reed College at that time offered perhaps the best calligraphy instruction in the country. Throughout the campus every poster, every label on every drawer, was beautifully hand calligraphed. Because I had dropped out and didn't have to take the normal classes, I decided to take a calligraphy class to learn how to do this. I learned about serif and san serif typefaces, about varying the amount of space between different letter combinations, about what makes great typography great. It was beautiful, historical, artistically subtle in a way that science can't capture, and I found it fascinating.

None of this had even a hope of any practical application in my life. But ten years later, when we were designing the first Macintosh computer, it all came back to me. And we designed it all into the Mac. It was the first computer with beautiful typography. If I had never dropped in on that single course in college, the Mac would have never had multiple typefaces or proportionally spaced fonts. And since Windows just copied the Mac, it's likely that no personal computer would have them. If I had never dropped out, I would have never dropped in on this calligraphy class, and personal computers might not have the wonderful typography that they do. Of course it was impossible to connect the dots looking forward when I was in college. But it was very, very clear looking backwards ten years later.

Again, you can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something – your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.

My second story is about love and loss.

I was lucky – I found what I loved to do early in life. Woz and I started Apple in my parents garage when I was 20. We worked hard, and in 10 years Apple had grown from just the two of us in a garage into a \$2 billion company with over 4000 employees. We had just released our finest creation – the Macintosh – a year earlier, and I had just turned 30. And then I got fired. How can you get fired from a company you started? Well, as Apple grew we hired someone who I thought was very talented to run the company with me, and for the first year or so things went well. But then our visions of the future began to diverge and eventually we had a falling out. When we did, our Board of Directors sided with him. So at 30 I was out. And very publicly out. What had been the focus of my entire adult life was gone, and it was devastating.

I really didn't know what to do for a few months. I felt that I had let the previous generation of entrepreneurs down – that I had dropped the baton as it was being passed to me. I met with David Packard and Bob Noyce and tried to





apologize for screwing up so badly. I was a very public failure, and I even thought about running away from the valley. But something slowly began to dawn on me – I still loved what I did. The turn of events at Apple had not changed that one bit. I had been rejected, but I was still in love. And so I decided to start over.

I didn't see it then, but it turned out that getting fired from Apple was the best thing that could have ever happened to me. The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed me to enter one of the most creative periods of my life.

During the next five years, I started a company named NeXT, another company named Pixar, and fell in love with an amazing woman who would become my wife. Pixar went on to create the world's first computer animated feature film, *Toy Story*, and is now the most successful animation studio in the world. In a remarkable turn of events, Apple bought NeXT, I returned to Apple, and the technology we developed at NeXT is at the heart of Apple's current renaissance. And Laurene and I have a wonderful family together.

I'm pretty sure none of this would have happened if I hadn't been fired from Apple. It was awful tasting medicine, but I guess the patient needed it. Sometimes life hits you in the head with a brick. Don't lose faith. I'm convinced that the only thing that kept me going was that I loved what I did. You've got to find what you love. And that is as true for your work as it is for your lovers. Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it. And, like any great relationship, it just gets better and better as the years roll on. So keep looking until you find it. Don't settle.

My third story is about death.

When I was 17, I read a quote that went something like: "If you live each day as if it was your last, someday you'll most certainly be right." It made an impression on me, and since then, for the past 33 years, I have looked in the mirror every morning and asked myself: "If today were the last day of my life, would I want to do what I am about to do today?" And whenever the answer has been "No" for too many days in a row, I know I need to change something.

Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Because almost everything – all external expectations, all pride, all fear of embarrassment or failure - these things just fall away in the face of death, leaving only what is truly important. Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.

About a year ago I was diagnosed with cancer. I had a scan at 7:30 in the morning, and it clearly showed a tumour on my pancreas. I didn't even know what a pancreas was. The doctors told me this was almost certainly a type of cancer that is incurable, and that I should expect to live no longer than three to six months. My doctor advised me to go home and get my affairs in order, which is doctor's code for prepare to die. It means to try to tell your kids everything you thought you'd have the next 10 years to tell them in just a few months. It means to make sure everything is buttoned up so that it will be as easy as possible for your family. It means to say your goodbyes.

I lived with that diagnosis all day. Later that evening I had a biopsy, where they stuck an endoscope down my throat, through my stomach and into my intestines, put a needle into my pancreas and got a few cells from the tumour. I was sedated, but my wife, who was there, told me that when they viewed the cells under a microscope the doctors started crying because it turned out to be a very rare form of pancreatic cancer that is curable with surgery. I had the surgery and I'm fine now.

This was the closest I've been to facing death, and I hope it's the closest I get for a few more decades. Having lived through it, I can now say this to you with a bit more certainty than when death was a useful but purely intellectual concept:

No one wants to die. Even people who want to go to heaven don't want to die to get there. And yet death is the destination we all share. No one has ever escaped it. And that is as it should be, because Death is very likely the single best invention of Life. It is Life's change agent. It clears out the old to make way for the new. Right now the new is you, but someday not too long from now, you will gradually become the old and be cleared away. Sorry to be so dramatic, but it is quite true.

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

When I was young, there was an amazing publication called *The Whole Earth Catalog*, which was one of the bibles of my generation. It was created by a fellow named Stewart Brand not far from here in Menlo Park, and he brought it to life with his poetic touch. This was in the late 1960's, before personal computers and desktop publishing, so it was all made with typewriters, scissors, and Polaroid cameras. It was sort of like Google in paperback form, 35 years before Google came along: it was idealistic, and overflowing with neat tools and great notions.

Stewart and his team put out several issues of *The Whole Earth Catalog*, and then when it had run its course, they put out a final issue. It was the mid-1970s, and I was your age. On the back cover of their final issue was a photograph of an early morning country road, the kind you might find yourself hitchhiking on if you were so adventurous. Beneath it were the words: "Stay Hungry. Stay Foolish." It was their farewell message as they signed off. Stay Hungry. Stay Foolish. And I have always wished that for myself. And now, as you graduate to begin anew, I wish that for you.

Stay Hungry. Stay Foolish. Thank you all very much. *Stanford Report*.



Welcome to our new members:
Alannah Hillton,
Desanka Trbojevic, Jacqueline Cassidy,
Ian Falconer, Sue Santler,
Peter Zivanic, Anne LoSurdo,
Brigitta Furniss.

If you are not listed here you will be next month.

I just got my new cell phone and it's one that I can understand, outsmart, and know how to operate!!!



I got it at the "Mobiles for Seniors" Telstra online shop. You REALLY have to be MATURE(!) to appreciate THIS.

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

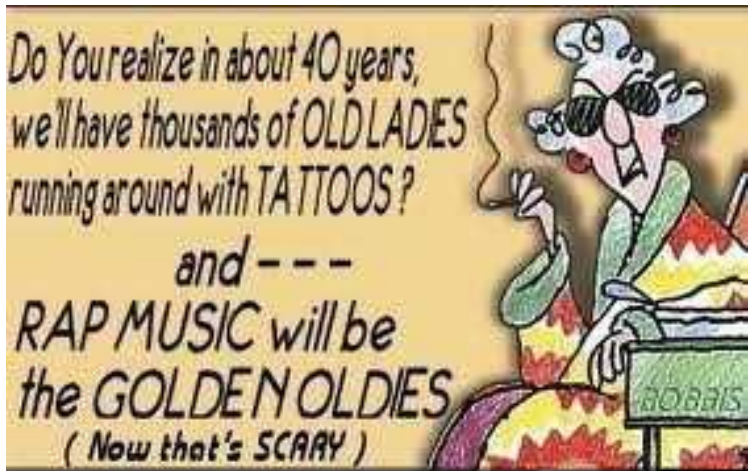


Tutors' Roster (subject to change)		
Monday	9 am - 1 pm 1 pm - 5 pm	Graham Clark and Lyn Nicholls Arthur Johnson and David McAdam
Tuesday	9 am - 1 pm 1 pm - 5 pm	Philip Bratel and Wally Gore Lyall McNeish and Tony Wu
Wednesday	9 am - 1 pm 1 pm - 5 pm	Ted Hulbert and Dorothy Peters Harry Aguero and Elaine 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

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.

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