



Switched on Seniors

Newsletter of ComputerPals for Seniors – Newcastle
A Member of ASCCA

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PRESIDENT'S REPORT

I was so impressed by our speakers from the HPCA, Hunter Prostate Cancer Alliance, at our Member's Morning Tea on 17 October that I feel compelled to write about it. While a little disappointed that our attendance was back a bit from our normal, the speakers, Aaron Elliot gave a very enlightening presentation and Vaughan Marten, a survivor, spoke candidly of his experience on that delicate subject of prostate cancer.

The key words that I want to repeat, as they contain very important messages, are:

- The incidence of Prostate Cancer is 50 % more men than Breast Cancer in women
- Prostate cancer is not an old man's disease.
- There are no symptoms in early stage prostate cancer.
- Men do die from prostate cancer.
- 1 in 8 men, over 50, will develop prostate cancer in their lifetime.
- Survival rate is good if detected early.

For our male members I encourage you to get an annual PSA Test, Prostate Specific Antigen is present in your blood and your GP should know the level. My discussion with my GP after this presentation went along the following lines. "What about my PSA level?" he looked it up on the computer, It is done every year along with my cholesterol, liver function etc, "it is OK, it is quite low, less than 1." the Doctor went on." It is not so much the absolute number but changes that would concern me. If it suddenly went to 2 then I would be concerned."

For our female members, you have husbands, partners, sons or sons in law. Encourage all to get an annual PSA test.

The talk touched me personally as I had worked for many years with Vaughan Marten, I knew he had prostate cancer but I had not the courage to ask him about it when I seen him only a month prior.

HPSA, provides Counselling & Information Service, Is a free service for all members of the community who may have questions about, or are affected by prostate cancer. I have a copy of the presentation, it is about 10 MB so impractical to email, if any member would like to see it then let me know and I will arrange it.

For those of you who have not been to one of Bruce's workshops at Domayne, it is well worth the effort. Not only do you get to learn about things not in our courses at the club but you get the opportunity to take advantage of the discounts offered.

We are moving on towards the end of the year and Christmas, don't forget to register for our Christmas lunch and start thinking about what you might like to do next year, go for that big trip, paint the house, what about learning something new to do on your computer. If we do not have a course on it let us know.

Lindsay Threadgate

President Computerpals Newcastle Inc.

Committee Members

President: Lindsay Threadgate

Secretary : Maura Rainbow

Treasurer : Maree Field

Vice President : Rob Golledge

Ass. Treasurer : Michael Pitt

Education Officer: Bruce Deitz

Technical : Neville Clifton

Rosters : Denise Brandon

DigiPals : Carolyn Keane

Newsletter / Webmaster:
Bruce Carter

Tutor Roster : Mitzi Gordon

Social Organiser : Barry Keen

Committee : Elaine Butler

Teams

- Technical
- Rostering/Enrolment
- Education
- Web Page

Contact Us

Committee members listed above may be contacted by following the instructions on the CONTACT US page on the club website.

Christmas Lunch



CHRISTMAS LUNCH will be the next outing on 9th December (11:30am for 12 noon) at Kotara Bowling Club.

Catering restrictions limit us to 100. Menu and booking information has been circulated by email.

Because of catering limitations everyone wishing to attend are advised to complete the booking form on the website's SOCIAL PAGE to ensure you get a seat.

Menu will be a 2 course Main and Dessert served alternatively around the table and if you would prefer the alternate to what is given to you see if you can swap with your neighbour or someone else on the table.

There will be 2 mains:

1. Roast Beef with Red Wine & Mushroom Sauce
2. Grilled Barramundi with Lemon Butter Sauce

and 2 Desserts:

1. Sticky Date Pudding with Butterscotch Sauce
2. Pavlova with Mixed Berries



Cost is \$26.50 per person.

Cheers

Barry Keen (Social Secretary)

FREE FULL VERSIONS OF PHOTOIMPACT X3

If you wish to obtain one of five free copies of this very powerful application for photo correction, manipulation, graphic design and web production, please give your name and details to Fred Schinkel, at fred.schink@gmail.com or phone 49 435 441.

A draw for the disks will be made in early December. Courses in the application will run again in the first half of next year.

Information On Course Payments

- Could everyone please pay promptly to help treasurer and roster team with vacancies?
- Tutors or committee will not take responsibility for money or cheques left in the tin in the clubroom cupboard.
- Members wishing to leave money there do so at their own risk and is not recommended or encouraged.





Report by Graham



Digipals Report

We had a good outdoor shoot at Morpeth (see separate report) and the evidence is on our Digipals site for all to see. At our recent clubhouse meeting we reviewed many of the photos, some of which were really good. We also discussed how to overcome the lack of a viewfinder, many of the modern point and shoot cameras don't have one and you are forced to rely on the LCD screen. We also announced our first mid week shoot which was held at Blackbutt reserve.

Your Digipals committee met to plan our program for next year and I am sure you will find it an interesting one. We plan to run a competition starting in February and finishing in October which we hope will be challenging and hopefully will bring out the creativeness that so many of our members are hiding. A further announcement will be made in early November.

A plaintive plea to all members; **please check that we have your correct e-mail address.** Our means of communicating with all members is by e-mail and we are a computer club, yet we continually get our e-mails bounced. We can't keep you informed if we can't communicate with you.

Our classes for Know Your Camera and Picasa have been well attended and many members are finding out just how magical their cameras are. By the way if you attend the Know Your Camera course it does help if you bring your camera!!!

We held a midweek outdoor shoot at Blackbutt but as it was only attended by regulars and not those people who find Saturdays difficult, I think we will need some convincing if we are to hold any more midweek events.

The weather is improving (we hope) and mostly it is great for photography, so get out and enjoy it.

Happy Snapping, Graham.



SOCIAL REPORT

Barry Keen (Social
Secretary / DigiPals)



21 members attended the last social outing to Morpeth on Saturday 8th October. Graham Woolridge ably led the gathering and from his report it was a good day with great weather blessing us again. A number of the members have put their photos up on the DigiPals Web Album and it's evident they covered a lot of ground and saw photo opportunities galore.

I'm also led to believe the follow-up tea/coffee/scones session at the Servant's Quarters Tea Rooms went down well and Alan Wall gave his tick of approval to the scones.

MID-WEEK SOCIAL/DIGIPALS PHOTOSHOOT (25-10-2011)

Nine members met for our first mid-week Social/DigiPals outing aimed to cater for folks who have difficulty making it to our usual monthly Saturday outings. The venue was Richley Reserve, Kotara East. The weather was overcast and very threatening but held off 'til we were finished at the Reserve. Naturally the outing wouldn't be complete without a cuppa and we availed ourselves of the nearby Euro Patisserie which went down nicely.

Coming up we have the Hunter River Discovery Cruise on 5th November. We have taken over the whole boat with our booking and 56 members are registered to go. Obviously the opportunity has proven popular. Now all we have to get is favourable weather to complete the package. The Club did this cruise in 2008 and I can vouch for it being an excellent outing.

The DigiPals members always take the opportunity of these outings to practise their skills with their cameras. It's highly recommended that all participating Computerpals members take their cameras along on the day – there is plenty to see and wonderful vistas to take photos of including the Newcastle foreshore and skyline from the harbour aspect as we leave Lee Wharf in the morning

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Anyone with special dietary needs should advise on the registration form.

Course Sessions:

Tuesdays, Wednesdays, Thursdays of each five week session

8.45 - 10.15 am

10.30 - 12 noon

12.15 - 1.45 pm

2.00 - 3.30 pm

Extra courses will be scheduled on Friday mornings when demand is high.

Important Contacts

Secretary :

Maura Rainbow



Treasurer :

Maree Field



MEMBERS MORNING TEA (17-10-2011)

Numbers were down at this morning tea, however, the guest speakers from Hunter Prostate Cancer Alliance (Aaron Elliott and Prostate Cancer Survivor – Vaughn Marten) were excellent both in their presentation and their message for men's health and in particular regarding prostate cancer. They were well received and appreciated by all who attended.

Cheers

Barry Keen (Social Secretary)



HUNTER PROSTATE CANCER ALLIANCE (HPCA)

"HPCA is a local charity dedicated to spreading awareness about prostate cancer throughout the Hunter.

HPCA is unique as the only known organisation that provides a free counselling service with qualified counsellors specialising in prostate cancer.

Our goal is to ensure that every man in our community over the age of 40 gets tested regularly)." Visit <http://www.hPCA.org.au/>

ATTENTION MEMBERS :

It is appreciated when course fees are paid promptly.



Writerpals Report



First of all, my apologies to our members – I forgot to send out an email reminding you that we were meeting on the first day of school term which was our normal meeting day.

The topic was to choose a direction at some crossroads of a walk and describe what you saw or where you went. The results were nothing short of brilliant. I personally fell far short as inspiration was very busy elsewhere. The human brain is a wonderful thing – none of the resulting stories were even remotely alike, but each was a wonderful example of the diversity of imagination. Well done!

For next month we have a choice of two topics. One is a picture – no description is given; just look and tell the story.

Limitations? Only your imagination!

The second topic could be a tad tricky. You think of where you are now in your life and write a letter to yourself as a small child. Chad Morgan sang a song many years ago entitled “Ooh if I could just go back and know what I know now” – well, now you know it and you can write to yourself with that knowledge at your disposal. Could be interesting and I am looking forward to the results.

If you want to try your hand or need a sounding board for your efforts, please join us on the second Monday of the month at 1 pm. You will be made very welcome.

Cheers & blessings

Carmel

Hints & Tips - Apple IOS5

- If you have an iPad or later versions of the iTouch or iPhone it may be possible your device can update to a newer operating system with over 200 added features.
- Go to <http://www.apple.com/ios/> to check out whether you may want to update if your model meets Apple's requirements.
- Additional features include the ability to store data on Apples “iCloud”, get a free Apple email address, sync your device wirelessly....
- The IOS5 update is 700mb to download and is done through iTunes. You must have iTunes 10.5 installed for this to happen.
- Be careful when updating to backup your existing system through iTunes.



BITS & PIECES



ASCCA is the Australian Seniors Computer Club Association

ASCCA exists to support and encourage seniors to take advantage of modern information technology to meet their individual needs and to provide further challenges. To become computer literate at their own pace, in a friendly non-threatening environment and to have fun whilst doing so.

ASCCA's Newsletter and its informative items can be accessed on the web site:

<http://www.ascca.org.au>

- Our club's constitution, as amended at the 2008 AGM, is available to be downloaded and read via the link on the Member's page on the website.
- Don't forget to print the calendar that is available on the Club website

So Far

Courses are well under way and continue to be very well patronised.

To check availability of courses please phone 4961 6576 during office hours.

And the Next Course?

An outline of the courses is available on the website and on notices in the Clubroom. If you need further explanation, the Tutors will be more than happy to advise which course is the most suitable for you to take.

Demand for the courses is high so it is imperative to enrol early and confirm your position by forwarding your payment.

Please check that a vacancy exists in the course before sending payment.

Most Courses are repeated in later sessions.



Best Wishes

- For our members who are celebrating birthdays and anniversaries - congratulations!
- To those who are ill our best wishes for a speedy recovery.



James Wylie	Jocelyn Littleton
Theresa Prior	Margaret Maierhofer
Bill Maierhofer	Diane Gillies
Marie Beggs	Margaret Budger
Anna Cotts	Pamela Reynolds
Helen Cramp	Ramonda Te Maiharoa
James Milne	Audrey Milne
Joan Heaney	Benedicta Beltran
Robin Scorgie	John O'Donoghue
Dianne Wagstaff	Bill Wagstaff
Shirley Roser	Michelle Roser
Allen Moore	Patricia Grimshaw
Dianne Loades	Bruce McGregor
Meryle Dove	

The Tutors and their assistants are also Seniors and conduct the courses in a relaxed atmosphere. Your questions are welcome during the classes and there is no need to feel embarrassed if you need to ask for something to be repeated.

The classroom is fitted with a hearing loop for those people who wear hearing aids.

Condolences

To all of our members who have lost loved ones recently, please accept our condolences.

HINTS & TIPS

Our Website



www.computerpals.org.au

Important Contacts

Neville Clifton

Technical Support



Email Connections.

If you use email there are many methods of connecting. Basically there are 2 broad types

- 1) Computer based email client
- 2) Webmail using a web browser

Sometimes you can use the software on a computer and still access it via Webmail as well (eg Microsoft Live Mail).

Computer based email clients

These are software programs that are installed on your computer and files are stored directly on your computer.

1. **Outlook Express** - OK if you use Windows XP or earlier . This program is now quite old and has been discontinued in Vista and Windows 7.
2. **Windows Mail** - this was introduced in Vista as a replacement for Outlook Express. Whilst it was a solid client Microsoft discontinued the program for Windows 7.
3. **Microsoft Outlook** - this is an excellent email program which comes with some Microsoft Office Editions including **Microsoft Office 2010 Standard**.
4. **Windows Live Mail** - this is Microsoft's preferred client for Windows 7 users and it's FREE.
 - a. Live Mail can also be used for Vista.
 - b. If you want to download go to <http://explore.live.com/windows-live-mail>.
 - c. Users should also be aware that you can use live mail on the web.
 - d. Hotmail and Live Mail are the same service from Microsoft.

Webmail based programs

These need to be accessed directly on the web. Your messages are saved "on the cloud". This means you can access your information anywhere, anytime.

1. **Gmail** is a free, advertising-supported email service provided by Google.
 - a. You can login at <https://accounts.google.com/>
 - b. You can use the above address to get a free email account
2. **Windows Live Mail** - this is Microsoft's preferred client for Windows 7 users and it's FREE. You can sign in at <https://login.live.com/>