



# Penrith Valley Seniors Computing Club Inc

Penrith Valley Seniors Centre  
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Editor Tom Lehane

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President: George Bell	Tel: 4721 3681	Member: Pat Mitchell	Tel: 4735 3344
Vice-President: Alan Lees	Tel: 4736 5541	Member: Anne Roddick	Tel: 4721 4343
Secretary: John Windle	Tel: 4731 2149	Member: Zillah Warner	Tel: 4732 4248
Treasurer: Bert Foster	Tel: 4754 3008	Member: Norm Cobban	Tel: 4736 3513
Social Committee: Pat Mitchell, Zillah Warner, Anne Roddick		Webmaster: Tom Lehane	Tel: 4721 5375

Visit the clubs' web page for training courses [www.users.on.net/pvsc/training.htm](http://www.users.on.net/pvsc/training.htm)  
 Visit the clubs' web site [www.users.on.net/~pvsc/index.html](http://www.users.on.net/~pvsc/index.html)

## Weekly Schedule for Computer Courses

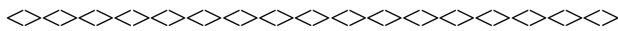
<b>Mondays 9.30am to 11am Beginners &amp; Do your own thing.</b> Tutor: Zillah Warner <b>11.00 am to 12.30 pm Graphics. Tutor: Zillah Warner</b>	<b>Tuesdays 9.30am to 11am Beginners &amp; Do your own thing</b> Tutor Bert Foster
<b>Wednesdays 9.30am to 11am Using the Software.</b> Tutor: Tom Lehane	<b>Thursdays: 9.30am to 11am Card Making, Beginners and Do your own thing.</b> Tutors Pat Mitchell , Clare Dixon & Zillah Warner
<b>Fridays: 9.30am to 11am Memories to TV.</b> Tutors John Windle, Norm Cobban: Beginners & Do your own thing. Tutor Alan Lees	<b>'Do your own thing' means learn Word, Publisher and Excel or browse the Internet.</b>
<b>Digital Camera club: 4th Tuesday of the month. Start Time 12.00 noon to 1.30pm.</b>	<b>Using Microsoft Power Point Fridays</b> Class time 11.00 am to 12.30 pm



The Computer Club will hold its Annual General Meeting on 13<sup>th</sup> of August at 10.30am in the main hall.

*Committee members voting forms are now available. Anyone wishing to make nominations for members on the Club Committee for 2008 to 2009 should be forwarded to the Secretary 14 days before the meeting. Nominations forms are available from class tutors, any of the committee members and are also available at the attendance register table.*

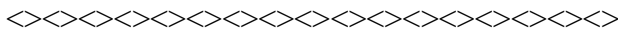
All members are invited to attend to support the election of the committee for 2008-2009. Light refreshments, tea and coffee will be provided. It's also a chance to catch up with club members that classes are on different days than the one you attend.



### Quick Tip



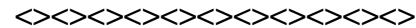
Take CD's out of your drive when not using them. If you run Explorer or select File/Open, it will take longer when a CD is in the drive. In addition, the heat can affect the disk.



*Digital photo competition for 2008 run by Australian Seniors Computer Clubs Association (ASCCA) is accepting entries now up until the 8<sup>th</sup> of September. Camera club members and all other Penrith computer club members are encouraged to enter their photos into this competition. Entry forms and categories information are available at the attendance table.*

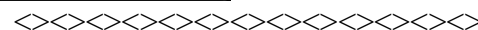


Camera Club. Subject, Focusing on an object.



The Genealogy class held fortnightly on Wednesday afternoons has now run its set number of courses.

Members that may have missed a class on searching the internet can obtain information from the class tutor at Email... [pvsc@internode.on.net](mailto:pvsc@internode.on.net)





## Microsoft's Power Point.



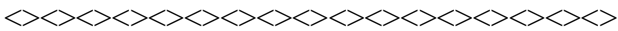
Jim Tiberi Friday class 'Using Microsoft Word' has completed the basics on using the word processor.

Jim is now teaching Microsoft Power Point basics. Although knowledge of how to navigate in a Windows environment is helpful, his tutorial is been created for the computer novice and those who wish to explore the software's more advanced features. Knowledge gained using Power Point can be applied to other programs. **Classes are held on Fridays, time 11.00 am to 12.30 pm.**



ASCCA is running another fundraising raffle.  
1<sup>st</sup> prize: **Dell 19" Widescreen flat panel Monitor.**  
2<sup>nd</sup> prize: **12.1 Black acrylic LCD digital frame.**  
3<sup>rd</sup> prize: **Logitech QuickCam for Notebooks.**

**The cost of tickets are \$2.00 each or 3 for \$5.00.**  
The Fundraiser drawing of the wining tickets will be on Thursday the 20<sup>th</sup> of November 2008.  
Tickets are available from class tutors at the attendance table.



AVG Anti-Virus have released a new Free edition 8.0 Of their anti-virus software for Windows.  
You can download from their web site at ...  
<http://free.avg.com/ww.download?prd=afe>  
The install software is quite large (46.13MB),  
Not suitable for dial-up internet connection.

If you are using Windows Vista and your computer or Internet connection is working much slower than before installation of AVG, please try to install the Windows Update.

Type this in your browser search:  
Windows update KB929547.



Memory sticks have been purchased and are available to members for \$10.00 each. Blank CD's and DVD's have also been restocked and are available to members for \$1.00 each.

What's in a name? They have many names with computer users. USB drives, Thumb Drives, Memory sticks, Flash Drives and Flash Memory. IBM came out with **Thumb Drives** in 1998, as a solution for replacing the less stable floppy disks. So Americans call them Thumb Drives. The term "Memory Stik" (or, "**Memory Stick**") is a copyright name from Sony, used to described a memory card used in Digital Cameras but is also used for a computer data storage device. The other names are mainly trade names.

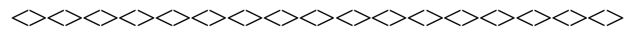
Recently, **USB flash drive** has emerged as the de facto standard term for these devices.



### Camera Club.

Tuesday 26<sup>th</sup> August at 9.30am the camera club has arranged a guest speaker from U3A. The talk will

expand on some of the classes the club has already covered plus information on further use of your digital camera. All Penrith Valley Seniors Computer Club members are invited to attend.



On Wednesday, July the 23<sup>rd</sup> the computer club had a



NRMA presentation by Frank Higgins on Road Safety for Seniors. Before the talk there was a short commercial for the computer club created by members of the club.

### NRMA presentation by Frank Higgins

The attendance meet the required number specified by the NRMA to conduct a road safety awareness program for seniors.

Topics covered in the presentation were...

#### THE EFFECTS OF AGEING ON DRIVING

Ageing impacts on individuals at different times and in different ways.

Ageing can result in slower reactions and reflexes, reduced vision, hearing & cognitive processes. All these elements of impairment can affect your ability to drive safely.

As many older road users are frail, they are more likely to be killed or seriously injured in a crash, so great care is required to ensure safe road use.

*Many of those who were present have been driving for more than 50 years and are careful drivers but the point Frank was making is that the ever increasing number of cars on our road also increases risk taking by other drivers. (We see that on our roads every day).*

### TO REDUCING THE RISK,

Older drivers can plan their journeys to minimise the risk of driving at night and at busy times.

Older pedestrians should avoid walking in poorly lit areas and should only cross the road at traffic lights.

Drivers concerned about their health should seek medical advice.

Doctors and family members should help monitor driving capability.

### CRASH INVOLVEMENT 70+ AGE GROUP

Only 8% of the population, 70 years plus are involved in a collision.

The bigger percentage, 25 % are pedestrian that are involved in a collision.

*Older drivers in that age group don't use there vehicles as much as younger drivers.*



Members at the Road Safety for Seniors program.

At the conclusion of the presentation, Vice-President: Alan Lees thanked Frank Higgins for a very interesting and informative talk on Road Safety for Seniors, a service provided free by the NRMA.

*Others who contributed to the success of the morning were, Pat Mitchell (organizing the use of the main hall), Alan Lees (contacting the NRMA and arranging for our guest speaker), Norm Cobban who assisted in photographing the event for our archives and Nigel Jeffreys who help set up the Centre's data projector and sound system.*

### **INTERESTING WEB SITE.**

The Spirit of Now World Clock.

This is a very interesting clock! Not only does it tell you what time it is, but it also has statistics on different subjects. In the top right hand corner of the page, you'll see a clock face that should have the correct time.

Along the top, you'll find five buttons that let you change the information below. They are: YR, MTH, WK, DY and Now (Year, Month, Week, Day and Now). By default, it is set to the year option.

You'll find stats on births, deaths, populations, disease, injuries, global warming, car production, computers and even the Internet.

One thing I found was changing it to the [Now] option and then watching the birth to death ratio. It is amazing how many more births there are as opposed to deaths.

Also, on the right side of the page, you'll find a ? (question mark) button and a Visit button. If you scroll over the ?, you will be able to read all about the clock, who made it, where the figures come from, etc. The Visit button will give you information on where the clock is from and how you can get it.

Web site.

[www.peterrussell.dreamhosters.com/Odds/WorldClock.php](http://www.peterrussell.dreamhosters.com/Odds/WorldClock.php)



The screenshot shows the 'World Clock' website interface. At the top, there are navigation buttons for 'YR', 'MTH', 'WK', 'DY', and 'Now'. Below these is a large clock face. The main content area is divided into several sections:

- World Clock Statistics:** A table listing various global statistics such as World Population (6,687,856,843), Births (78,488,538), Deaths (32,511,489), Population Growth (43,989,939), Species Extinct (15,380), Forest Cut (ha) (7,495,226), Desertification (ha) (3,417,787), Military Expenditure (\$85,837,831,270), Oil Pumped (barrels) (17,267,924,168), CO2 Emissions (tons) (16,964,960,835), Earth Temp (C) (14.6313542991), Cars Produced (20,566,779), Bicycles Produced (62,118,451), Computers Produced (47,963,978), Total Internet Users (1,125,570,820), Abortions (26,203,107), and Deaths (1,118,300).
- Non-communicable Diseases:** A list of diseases including Cardiovascular disease (5,916,422), Cancer (4,704,200), Respiratory diseases (3,108,076), Digestive diseases (1,118,300), Psychiatric conditions (651,526), Diabetes (599,387), Endocrine diseases (137,438), and Other non-communicable (865,624).
- Infectious Diseases:** A list of diseases including STD/HIV/AIDS (1,783,808), Diarrhoeal diseases (1,094,280), TB (891,352), Chlamydia Cluster Diseases (638,145), Malaria (618,789), Meningitis (60,530), Trauma/Cluster Diseases (89,910), Hepatitis (69,660), Dengue (16,670), Leishmaniasis (3,868), Other Infectious Diseases (14,733), and Other (2,288,922).
- Other Statistics:** A list of statistics including Personal computers (1,488,447), Mineral extraction (286,463), National production (697,287), Traffic Accidents (677,872), Falls (332,862), Drownings (217,384), Poisonings (186,520), Fires (171,387), Other Accidents (524,887), and Suicide (607,287).

The comments on the NRMA and WorldClock are not associated with The Penrith Valley Seniors Computing Club Inc or the Camera Club. Articles are intended as opinions and items of debate only.



# Coffee Break

Question on Software or Operating system.

## **SORT PROGRAMS ON YOUR ALL PROGRAMS MENU ALPHABETICALLY**

Finding programs on your **[All Programs]** menu can become difficult if you have a lot of programs installed. When you install new programs, Microsoft Windows XP adds each new item to the end of the All Programs menu. You can, however, quickly sort the items on your All Programs menu in alphabetical order.



To sort items on your **[All Programs]** menu alphabetically,

1. Click Start, click **[All Programs]** and then **right-click any folder or icon.**
2. On the shortcut menu, click Sort by Name.

That's it—your programs are instantly alphabetized.

This same tip works for your Favorites menu in Internet Explorer.

### **Note:**

In both cases, you'll probably need to go back periodically and sort the lists again, because Windows XP doesn't automatically keep the list in alphabetical order.