



In association with



WORKSHOP

Converting Vinyl Records to a CD

About This Workshop

Do you have a box of old vinyl records stored in the garage?
You haven't listened to them for years?
Would you like to convert them onto CD's so that you can play them again?
Then this workshop will give you some ideas on how to do it.

Benefits

1. you can hear your old favourites again.
2. it is easier to play a CD than a record
3. preservation - a backup copy of albums now not available commercially
4. preservation - frequent playing does not deteriorate the original.
5. you can edit the digital copy to remove scratches, blips etc
6. you can transfer the music to portable players i.e MP3 players etc
7. you can hear your old favourites again.

And

1. you will see a demonstration of how to edit out 'scratches' and 'blips'
2. you will see some other audio things you can do with your computer.

Don Picken will hold a workshop on this subject on Wednesday 17th May from 9.45 am to 11.45 am.

Up to 25 people can be accepted and the fee is \$5.00 payable on the day, at the door.

To register, please e-mail Don at djpicken@milnes.co.nz.

YOUR COMMITTEE

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WAIVER

From time to time some of our members voluntarily give help and advice to other members on matters relating to computers and associated equipment. This help or advice is taken solely at the recipient's risk and imposes no responsibility or liability of any kind, either on those providing such help or advice, or on SeniorNet Wellington.

"Never go to a doctor whose office plants have died."

-- Erma Bombeck

Diary 1 May – 21 July 2006

MONTH	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY	01 – 05			Q & A		
	08 – 12	Term 2 starts		COG		
	15 – 19		Digicam			
	22 – 26			Exec, COMG		
	29 – 02				AGM Post-out	
JUNE	05 – 09	Queen's B'day		Q & A		
	12 – 16			COG		
	19 – 23			Exec, COMG		N/L Copy
	26 – 30		Digicam	AGM		
JULY	03 – 07	Term 2 ends		Q & A.	N/L Post-out	
	10 – 14			COG		
	17 – 21		Digicam	Tutor Clinic		

Q & A	Question and Answers Group	9.45-11.45 am
COG	Computer Owners' Group	10.00-11.45 am
COMG	Communications Group	12 noon-2.00 pm
DIGICAM	Digital Camera Group	10.00-11.45 am
PLEASE SUPPORT THESE GROUPS		

Foot in mouth statements

"Computers in the future may weigh no more than 1.5 tons."
 --Popular Mechanics, forecasting the relentless march of science, **1949**

"I think there is a world market for maybe five computers."
 --Thomas Watson, chairman of IBM, **1943**

"I have traveled the length and breadth of this country and talked with the best people, and I can assure you that data processing is a fad that won't last out the year."
 --The editor in charge of business books for Prentice Hall, **1957**

Message from the Chairman April 2006

2006 commenced on a good note with a tremendous response to the open day we held at the Learning Centre on 9 February. The success of the day was a major reason 84 people signed up as new members in term 1.

During the first term we have had a wide range of courses, including twelve Introduction to Computer four-week classes. There were very few gaps in the timetable to fit in any more classes.

The success of SeniorNet is dependent on the willingness of members to become tutors or assist in a workshop. If you are considering becoming involved as a tutor I encourage you to contact Dorothy Jones or if you are willing to assist in running a workshop please contact David Boyes.

On the 28 June the Annual General Meeting of SeniorNet Wellington will be held. As some of the members of the committee have indicated that they wish to retire there will be vacancies. For SeniorNet Wellington to continue to be successful we always require members to serve on the committee. If you are interested please contact either an existing committee member or myself. One position that will become vacant is that of Treasurer. If you have accounting experience we would be very pleased to hear from you. Contact either our treasurer Keith Kenderdine or myself for further details.

Some members will be aware that the Wellington City Council has advised SeniorNet Wellington, together with all other tenants in the Betty Campbell Centre, that the centre will probably close when the current lease expires in May 2007. Whilst the full Council has not as yet made a final decision, a recommendation has been made by officials not to renew the lease and this has been included in the draft Long Term Community Plan scheduled to be released for public submissions in May this year. In the meantime we have set up a team led by John Nimmo to consider all the options, including working together with the Betty Campbell Tenants Association, lobbying individual Councilors, clarifying matters with Council officers, viewing alternative premises in central Wellington, as well as making a submission to the Council at the appropriate time. We will keep members informed of any developments over the next few months

Finally if you have not enrolled for a course in Term 2, which commences on Monday 8th May, you are encouraged to do so.

Derek Oldershaw

My neighbor was bit by a stray rabid dog. I went to see how he was and found him writing frantically on a piece of paper. I told him rabies could be cured and he didn't have to worry about a will. He said, "Will? What will? I'm making a list of the people I want to bite."

Course Management

Geoff Robinson - Phone 232 5702 - places members in the courses in the top block of the list in the Application Form.

Marion Ibbotson - Phone 388 8855 - places members in the courses in the bottom block of the list in the Application Form.

David Bennett - Phone 934 7343 - organises relieving Tutors as required.

Dorothy Jones - Phone 972 1837 - arranges the Timetables and places Tutors.

It would help in allocating members to classes if you could note on your application:

- If you plan to be away at any time prior to your required course starting date, together with an alternative phone contact number or email address.
- If there are any times or days during each week when you are not available.

We seek applications from members wanting to take courses in Term 1, 2006 which starts in the week beginning Monday 20 February. We are also keen to hear your ideas on new courses that you think we should run.

Gift Vouchers

\$20 Gift Vouchers for a one year membership of SeniorNet Wellington are now available from the office. Treat your friends to membership!

Be a Tutor!

We are in need of additional Assistant Tutors in order to cover our many courses. It is an easy and enjoyable way to extend and consolidate your knowledge. If you could be interested please contact Dorothy Jones on 972 1837 for details.

Tutors Please Note

If, for any reason, you are unable to attend a class please ring David Bennett 934 7343 to arrange a replacement. Also advise him if you arrange your own replacement.

Practice session

Teresa Popov who very kindly tutors the Practice session on a Monday between 12 noon and 2pm, has been having problems recently with people who seem unaware that they should pay, and also with expecting to be able to use a CD that had programmes on it that did not belong to SeniorNet. When you are tutoring, please advise students that there is a charge of \$2 per hour for the practice session and the only CD's that can be used are those supplied by SeniorNet

Thank you

Dorothy Jones

As we slide down the banister of life, may the splinters never point the wrong way.

Short Courses

INTRODUCTION TO MICROSOFT PAINT

Do you want to be able to use Clip Art, to make your own Visiting Card? Perhaps design your own Logo and then make your own Letterhead, and Graphical Design. The Paint program is included with all versions of Windows.

POWER POINT - INTRODUCTION

If you have PowerPoint 2003 installed on your computer, in the course you will learn how to make your first presentation, adding backgrounds, borders and text, transition effects, creating an album and writing it to a CD, special layouts, layering of objects, the slide master, action buttons and writing on slides.

POWER POINT - SPECIAL EFFECTS

When you have completed the Introduction course, the Special Effects Course deals with custom animations, incorporating sound and music, links, hyperlinks and triggers, creating a menu controlled presentation, screen tips, speaker notes and notes pages, printing hand - outs and how to incorporate a presentation into a stand- alone executable file.

OTHER SHORT COURSES

Include: Photo & Image Editing, Making Gift Tags, First Step in E-mail, Greeting Cards, Email Enhancement, and JavaScript.

Surfin the Web

For those of you who are Crossword Puzzle addicts I am passing on a very useful URL which Tony Doogue was kind enough to send me after reading my notes in the last issue. It could be a great help when you're stuck for a word! Here it is: - www.wordfun.ca

If you want an aerial photo of your Wellington City property, get it, and lots of other useful information at wellington.govt.nz/services/rates/search/search.html

O.K., while we are in search mode, if you want to locate a street address anywhere in New Zealand, try at www.zoomin.co.nz. (It is still under development but well worth a visit if you need help).

There are hundreds, maybe even thousands, of webcams you can look at on the Internet. Here is one from the Monterey Bay Aquarium in the U.S.A. which will allow you to see Sharks, Penguins, etc. swimming around in the display tanks at www.mbayaq.org/efc/efc_smm/smm_cam.asp?bhcp=1

In the words of that cartoon character, Porky Pig, "That's all Folks", 'til next time.....
John Cook (jcook@paradise.net.nz)

Musings from 'The Serviceman Who Tells'

-Trevor King

tc.koenig@xtra.co.nz

Episode Twenty-nine

Slam the Spam

This reminds me of the man who proudly proclaimed "My dog does not eat meat". Indeed, you ask, how does that come about? Came the answer "Because I don't give him any". Up until the time of this dispatch, I am not receiving spam. There were a few precautions taken to achieve this, try them if you wish but be aware you may not be able to open some of the doubtful attachments from Members with a penchant for humour.

Firstly ensure the Internet Explorer Browser is used. These comments do not pertain to other browser products, good though they may be. Go to Tools then Options. Then go to Security and reset the option to High. Next go to the Privacy option and see that it is reset to High [but not Very High]. Do not forget to click Apply. Now we go to the final stage, a free Spam filter, provided at no additional cost by Xtra (if you use Xtra as an ISP) to its Dial Up and High Speed subscribers.

How to Find the Spam Filter

This is done with Internet Explorer [and not with Outlook Express, where you would expect to find it].

Go to www.xtramail.xtra.co.nz . Go 'on line' if you are using a dial up Internet connection. A page of stuff will appear. You will see the spam filter. Set it to the final setting that says 'No Spam'.

There may be the odd item of junk mail that falls through the grating; frankly it is a small price to pay. What I do not see I do not miss.

Commercial Spam Filters

These programs are reviewed from time to time in the Computer Magazines. Usually they cost money, and we are not talking about a few coins here. They all seem to suffer, to greater or lesser degree, with the need for intercession by the user. This is inconvenient and outright confusing for most of us. My money is with the free one.

Virus and Assorted Nasty Infections

Members have told me they have been charged as much as \$350 to have these removed. It can be a very time consuming procedure, and prevention is always better than a cure. Purchasing a virus prevention product does not of itself confer immunity. It is also necessary to keep the protection current. This is achieved by going 'on line' and downloading the updates and supplements every few days. Usually the virus programs with automatic updates will not update when you are using Outlook Express, they will usually work when the Internet Explorer Browser is open, but I prefer to get them with a shortcut to the Internet Service Provider. Those of you using Avast, favoured at the Centre, need to bear in mind it may stop the machine every now and then while it has a 'think'.

Bogus Programs

I have seen an instance of a bogus virus prevention program that turned out to be a Credit Card scam. Find out if the product is main stream before forking over the pelf.

Download or Buy from a Shop

If you are on 'dial up' many of the Downloads of Kosher products will abort. I have had to negotiate refunds from Symantec on more than one occasion for product not suited to the Member's equipment. The student versions, whether full or upgrade, are much less expensive but you need to find out who has them.

Course Development

Many PC computers now on the market come without a floppy drive, only sporting a CD/DVD drive. Saving documents while at our Centre can be done to a CD using Windows XP's facility for writing to CDs, but would it not be marvellous if I could count on every member owning a flash (aka pen) drive. That would make it easier for every member, tutor and for the author of our manuals who is busy amending them to cope with non-floppy students.

Gus Porteners

Gus's Tips

WORD DOCUMENTS

Lost your cursor after scrolling through a document?

Tap the space bar and there it is.

Don't forget to undo the space you have typed.

Quick highlighting without dragging:

To select a word - double-click it.

To select a paragraph - triple-click it.

To select the whole document: Move the mouse pointer to the left of the paragraphs. The pointer changes to an arrow. Hold down *Ctrl* and click.

Icons on toolbars too small?

On the menu bar choose *Tools – Customize* and click the *Options* tab.

Mark *Large icons* and click *Close*.

ICONS IN WINDOWS EXPLORER'S TOOLBARS TOO SMALL?

On the menu bar choose *View – Toolbars – Customize* and at the bottom of the dialogue box, for *Icon options* select *Large icons* and click *Close*.

POWERPOINT

If during a show you want to pause for a discussion, tap **B** for a temporary black screen, or **W** for a white one. Tap again to continue the show.

You can choose the resolution at which a presentation runs:

On the menu bar choose *Slide Show – Set up Show* and at the bottom of the dialogue box select the resolution you want.

WELCOME TO NEW MEMBERS

Anderson	Tonia	Halliday	Robin	Nicholls	Alison
Ansell	Mary-Jane	Hart	Nancy	Nicholson	David
Austin	Brian	Helm	Bryan	Page	Jane
Austin	Colleen	Howman	Isobel	Park	June
Banks	Audrey	Huddleston	Janice	Parker	Patricia
Barlow	Marjorie	Humphries	Michael	Pearce	Chantal
Barr	Alex	Jones	Margaret	Pitt	William
Beattie	Joy	Jones	Rex	Pohlen	Marie
Bell	Marie	Keating	Vincent	Poy	Aimee
Cairns	Elaine	Kitteridge	Delyse	Rennwandt	Jenny
Clapham	Anthony	Kitteridge	Paul	Richardson	John
Cleland	Elaine	Kwan	Phyllis	Ritchie	Margaret
Cook	Anne	Lambie	Janet	Ryan	Ian
Cooke	Annette	Laws	Shona	Savage	Renate
Crook	Gordon	Levick	Alf	Savage	Roy
Dear	Peter	Lockie	Alistair	Smyth	Patricia
Delahunty	Ita	Lockie	Ngairé	Squire	Virginia
Egan	Joan	Lynch	Winifred	Storer	Margaret
Fairbairn	George	MacRitchie	Donald	Stothart	Margaret
Farrand	Claire	Malcolm	Beth	Stricker	George
Farrar	Kay	Marshall	Annette	Szaszy	Anson
Fogden	Christine	Mears	Maria	Thompson	Helen
Francis	Barbara	Miners	Neil	Tubert	Pamela
Fraser	Norman	Miners	Olwyn	Whitefield	Lillian
Gifford	Joan	Mitchell	Keith	Wood	Melva
Gillon	Elizabeth	Monahan	Diny	Woodman	Mavis
Glasgow	Neville	Muir	Beverley	Wreaks	Helen
Grant	Marion	Murphy	Jo Jo	Wright	Beryl

My mind works like lightning. One brilliant flash, and it is gone.

One Last Word On Phishing And Viruses

The best protection from fraud is knowledge. Many of the major banks and financial institutions, and others who have been affected by phishing have information on their Web sites about their e-mail policy or advice on how to detect fraudulent e-mail that target their customers. If you receive a possible hoax e-mail message, report it to the business or government organization being spoofed. They will want to take immediate steps to protect you and their other customers. Remember that legitimate online businesses should never ask you for sensitive personal information such as passwords, bank account or credit card numbers, PINs, or Social Security numbers via e-mail. If you accidentally supply financially sensitive information to a suspicious site, contact the spoofed company immediately for advice and instructions.

Use the Windows Automatic Update service to install all critical updates relevant to your system.
www.microsoft.com/athome/security/update/msupdate_keep_current.msp

Install and regularly update an antivirus program.
www.microsoft.com/athome/security/default.msp

Use a firewall. Most importantly, be alert. Responsible companies will not request sensitive personal information by e-mail.
www.microsoft.com/athome/security/viruses/fwbenefits.msp

Courtesy internetfixes.com
Gary Chambers

Blogging

Why – too many seniors say they have an uninteresting life (take note of the lad on TV1 – one nose, two ears 10 fingers etc – but there is only one of him) –we are all unique – and interesting – so tell others about it.

How –hard copy, record an audio or store it on the World Wide Web (WWW. Hard copy can deteriorate; audio and data CDs can deteriorate (see the previous newsletter). The WWW will last the longest.

It is easy these days using **WeBLOGS** – commonly called **Blogs**. They are free easy to use, interactive and robust. They replace, in many cases the need for a web page.

When – there is no time like the present.

Where – the basic **Blog** site recommended is **Blogger** at blogger.com (a free **Google** enterprise). Just sign in at this site, select a template and cut and paste your Word document as a 'post' and you are available to the world (you can protect your viewing to a degree) and others can comment on your 'posts' (if you allow).

Things you can do with a **blog** include e.g.

- Club notices
- Notice of exhibitions
- Minutes
- Discussions
- Reviews – software, books, shows and events
- Diary of your life
- Diary of events
- Family history
- Photos
- Soap box
- Tutorials
- Travelogue
- Garden notes and diary
- Hobbies
- Local history you name it and you can ‘blog’ it!

Some blogs are

- **silversurfernz.blogspot.com** – a record of free software, templates and free tutorial sites.
- **wellurban.blogspot.com** a personal reflections on life in Wellington.

These notes are condensed from a talk given to a recent ‘Tutors’ Clinic

Microsoft Web Site

While many of us curse Microsoft at times, especially when our machine crashes, they provide a plethora of free information by way of clip art, templates, tutorials, updates, a knowledge base to help in times of crashes and for general tweaking of their products. The starting point for all of these headings noted is at **tinyurl.com/4oraj**. Your starting point should be in the left hand column of the opening page or by using the pull down search box at the top of the page e.g. if you want to find a free template pull down and select ‘Templates’ from the left of the box. In the right of the search box put the subject of the template search e.g. ‘greeting cards’ and press GO. The search will produce 100 of the most popular cards. These can be downloaded and manipulated with your own images and wording (or alternately with clip art or images obtained from the same search page by changing the pull down menu to ‘clip art’. If you wish to have a training tutorial – many of which are audio visual, you can similarly select ‘Training’ from the search box and select the Microsoft programme you need for training.

New Zealand Internet connection Speed test

This site - **tinyurl.com/pp2fh** will give you an estimate of your download speed to your broadband, dialup, jetstream, ubs or other connection. It will give you an estimate of your connection to this website. This website is connected via multiple high speed connections with very good connectivity to the New Zealand (and Overseas) Internet.

Fancy yourself as a great artist

Have a look at this extensive collection of free tutorials at **tinyurl.com/9nfap**. There are also some good links to other art sites

Why God created Children

To those of us who have children in our lives, whether they are our own, grandchildren, nieces, nephews, or students...here is something to make you chuckle.

Whenever your children are out of control, you can take comfort from the thought that even God's omnipotence did not extend to His own children.

After creating heaven and earth, God created Adam and Eve.

And the first thing he said was "DON'T!"

"Don't what?" Adam replied.

"Don't eat the forbidden fruit." God said.

"Forbidden fruit? We have forbidden fruit? Hey Eve..we have forbidden fruit!"

"No Way!"

"Yes way!"

"Do NOT eat the fruit! " said God.

"Why?"

"Because I am your Father and I said so! "

God replied, wondering why He hadn't stopped creation after making the elephants.

A few minutes later, God saw His children having an apple break and He was ticked!

"Didn't I tell you not to eat the fruit?" God asked.

"Uh huh," Adam replied.

"Then why did you?" said the Father.

"I don't know," said Eve.

"She started it!" Adam said.

"Did not!"

"Did too!"

"DID NOT!"

Having had it with the two of them, God's punishment was that Adam and Eve should have children of their own.

Thus the pattern was set and it has never changed.

BUT THERE IS REASSURANCE IN THE STORY!

If you have persistently and lovingly tried to give children wisdom and they haven't taken it, don't be hard on yourself.

If God had trouble raising children, what makes you think it would be a piece of cake for you?

THINGS TO THINK ABOUT!

1. You spend the first two years of their life teaching them to walk and talk. Then you spend the next sixteen telling them to sit down and shut up.

2. Grandchildren are God's reward for not killing your own children.

3. Mothers of teens now know why some animals eat their young.

4. Children seldom misquote you.

In fact, they usually repeat word for word what you shouldn't have said.

5. The main purpose of holding children's parties is to remind yourself that there are children more awful than your own.

6. We childproofed our homes, but they are still getting in.

ADVICE FOR THE DAY:

Be nice to your kids. They will choose your nursing home one day.

AND FINALLY:

**IF YOU HAVE A LOT OF TENSION
AND YOU GET A HEADACHE,
DO WHAT IT SAYS
ON THE ASPIRIN BOTTLE:
"TAKE TWO ASPIRIN"
AND "KEEP AWAY FROM CHILDREN"!!!!**

The Food Timeline

Ever wonder what foods the Vikings ate when they set off to explore the new world? How Thomas Jefferson made his ice cream? What the pioneers cooked along the Oregon Trail? Who invented the potato chip...and why? Food history is full of fascinating lore and contradictory facts. Historians will tell you it is not possible to express this topic in exact timeline format. They are quite right. Everything we eat is the product of culinary evolution. On the other hand it is possible to place both foods and recipes on a timeline based on print evidence and historic context. Find this information at www.foodtimeline.org

Do you make the most of your local public library?

Do you just take out the odd book from your library or do you use the services offered to all registered users. There are an extraordinary range of services offered online (quite apart from checking whether your books and magazines are overdue!). Some of the services available through tinyurl.com/hmpee are on arts, biography, business, current affairs, dictionaries, encyclopedia, health, history, law, magazines (an extensive on line collection which you can download), music, science and newspapers. There are nearly a dozen international databases that can be accessed for free by members. These include the Gale and Grolier series as well as the full Oxford English Dictionary and Reference.

SeniorNet News

If you are still not receiving this service, please send an e-mail to seniornet.wgtn@xtra.co.nz. In the subject line put the word Address and in the message put your name(s) and membership number(s). There is no need to include anything else. This information will be confidential to SeniorNet Wellington. New members are automatically included if they have put an e-mail address in their application form.

Note for Tutors – Please check that your students are signed up for this service; if not, tell them how.

Doctors' Comments On Patient Charts:

- "Patient has chest pain if she lies on her left side for over a year."
- "On the 2nd day the knee was better and on the 3rd day it disappeared completely."
- "The patient has been depressed ever since she began seeing me in 1993."
- "Discharge status: Alive but without permission."
- "Healthy appearing decrepit 69 year-old male, mentally alert but forgetful."
- "The patient refused an autopsy."
- "The patient has no past history of suicides."
- "Patient has left his white blood cells at another hospital."
- "Patient's past medical history has been remarkably insignificant with only a 40 pound weight gain in the past three days."
- "Patient had waffles for breakfast and anorexia for lunch."

Household Emergency Checklist

Whether or not you believe we are going to be decimated by bird flu it is still a wise precaution to cast your eye over the following list prepared by New Zealand emergency services for your benefit.

BE PREPARED

Disasters can strike at any time and often without warning. Know what to do before you have to do it.

At Home

Develop a household emergency plan which includes:

- Where to shelter in an earthquake, flood or storm.
- Who is responsible for checking essential items in your Emergency Survival Kit.
- How to turn off gas, water and electricity at the mains.
- How to maintain contact with each other during an emergency.
- How to contact your local civil defence organisation for assistance during an emergency.

Your Getaway Kit

Everyone should have a small bag for a Getaway Kit, ready for evacuation. Most of the items are part of your Emergency Survival Kit. Other items include:

➤ FAMILY DOCUMENTS

- Birth/marriage certificates
- Drivers' licences/passports
- Family photos
- Insurance policies

➤ PERSONAL HYGIENE ITEMS

- Towels/soap & toothbrushes
- A change of clothes

Emergency Survival Kit

If you prefer to keep your Emergency Survival Kit items in the house for everyday use, make sure you know where to find them when an emergency occurs.

➤ FOOD AND WATER – ENOUGH FOR 3 DAYS

- Canned or dried food
- A can opener
- A primus or BBQ to cook on
- Bottled water (3 litres per person per day)

Check and renew the food and water every 12 months.

➤ **EMERGENCY ITEMS**

- First Aid Kit and essential medicines
- Spare toilet paper and plastic rubbish bags for your emergency toilet
- Pet supplies
- Waterproof torches and spare batteries
- Radio and spare batteries

Check the batteries every three months.

➤ **SUPPLIES FOR BABIES AND SMALL CHILDREN**

- Food and drink
- Change of clothing
- Favourite toy or activity

➤ **SPECIAL SUPPLIES FOR THOSE WITH DISABILITIES**

- Hearing aids
- Mobility aids
- Glasses

➤ **EMERGENCY CLOTHING**

- Wind proof and rainproof
- Sun hats
- Blankets or sleeping bags
- Strong shoes for outdoors

Put all items, especially blankets and clothing, into leak proof plastic bags.

Podcasting – check out at podcasts.yahoo.com/start

A podcast is your free private radio show. This is your chance to share your voice, your thoughts, and your imagination with the world. Many people create talk show podcasts, but you don't have to limit yourself to just that format. See below for ideas.

- Make audio walking tours of your city or a favorite museum.
- Talk about your favorite subject.
- Give your own reviews of movies.
- Give tips about any subject.
- Read from your own original poetry or short stories.
- Create an audio cooking show.
- React to current events and the latest news.
- Share some of the interesting highlights of your daily life.
- Interview friends and family on different topics each week.
- Record your experiences while traveling.

