



NEWSLETTER



SeniorNet South Inc
Computing for Seniors

APRIL
2009

Hi from the Chair



This term has been quite a busy one at SeniorNet South. The new 10 week term seems like it will work out fine, with most students finished their course and doing some revision and with 2 weeks to go those that aren't should be by the end of term.

If you want to come back to classes in Term 2 now's the time to enroll. Let us know by either calling in or phoning the office on (03) 2145264.

Vice chair Bruce Smart is in the process of making a power point presentation on the workings of a computer. He has run it past one class and it just needs some timing alterations and should be available for all classes to view at the start of term 2.

Out of the one class that viewed it, it was surprising the number of students both old and new who didn't know what was inside their computer; make sure you get to see it

By the time you receive this Newsletter we will have held our first workshop for the year Internet Banking.

The next one will be held on Friday the 8th of May this will be on Tips and Tricks for your computer

This year the SeniorNet South AGM will be held on the 15th of May @ 10am; be there and have your say on the running of your club. Want to be on the committee? Then fill out the Nomination form in this issue or pick one up from the club rooms.

Just one last thing before I go it's coming to that time when ills and chills are about so if you're feeling a bit off colour please don't come to class and spread it about; just give us a call and when you're feeling better we'll fit you into another class to catch up.

Bye for now.
Chairman Frank



Skype 2.5 for Windows Mobile®:



There's a new version of Skype for Windows Mobile® that works just like Skype on your computer.

Make free Skype-to-Skype calls, send and receive instant messages.

Sign in to Skype from any WiFi zone to make free calls and send instant messages to anyone else on Skype, anywhere in the world, any day of the week. You can also sign in on your mobile data connection (your operator's data charges will apply). Take your phone with you when you leave the office or when you're out and about and stay in touch with all of your contacts.

Make great value calls to landlines and mobiles on the move.

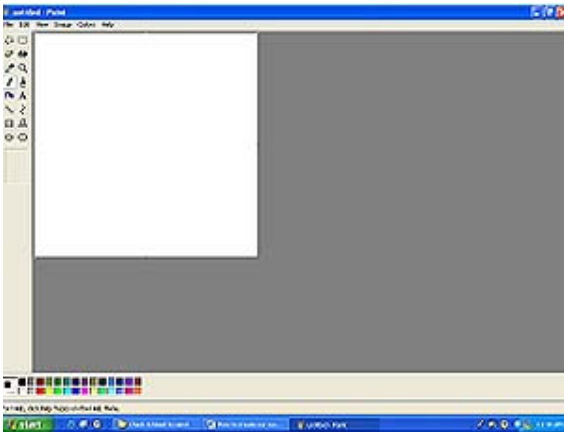
Save on calls to landlines and mobiles abroad from your Windows Mobile® phone. Call phone numbers across the world without worrying about the cost with Pay As You Go credit or monthly subscriptions.

Skype 2.5 for Windows Mobile® works on all Smartphones and Pocket PC phones. You can download it directly on to your phone and install it straight away, or you can save it to your PC and transfer it on to your Windows Mobile device. See the easy [downloading guide for step-by-step help](#).

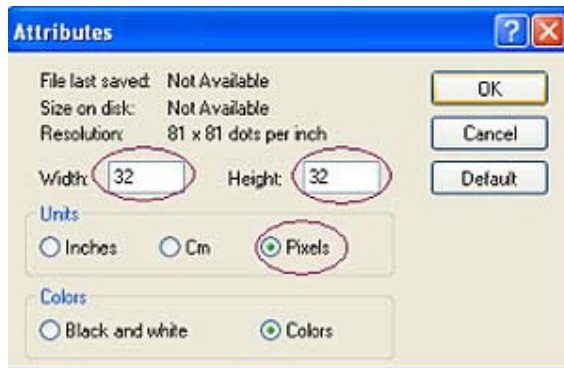
CREATE YOUR OWN ICON

Have you ever wanted to create your own icon for your desktop? Maybe you're tired of all the original boring ones and you think it's time for a change. Well, you're in luck, because this article will help you in creating your very own icon. You'll no longer have to use the ones that are available by default in Windows XP.

Just follow the steps given below to create your own icon!



1.) Open the Paint program by going to **Start, All Programs, Accessories; Paint.**



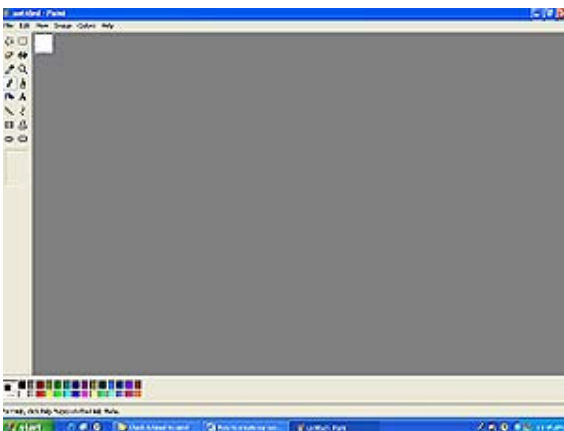
2.) Select **Attributes** from the **Image Menu**.

3.) The Attributes dialogue box will then open.

4.) Change both the **Width** and the **Height** to 32.

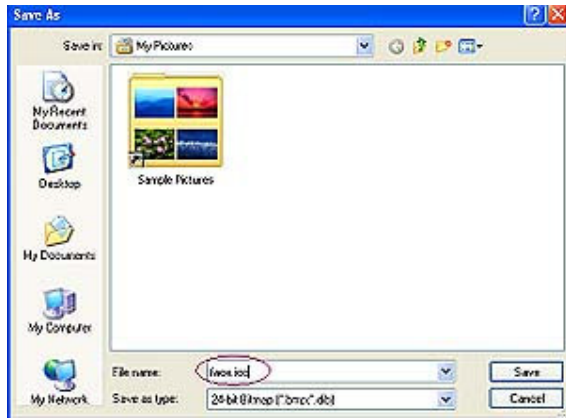
5.) From **Units**, select **Pixel**.

6.) Click **OK**.



You'll notice that the height and the width of the screen reduced to 32 pixels. That is going to be the size of your icon.

Now, go ahead and draw whatever you'd like your icon to be in the Paint program. When you're finished, save the file by going to **File, Save As**. Go ahead and give your file a name, but make sure it's formatted with the **.ico** extension (.ico is for an icon file). For example, save it as **face.ico**.



Now, set the **Save as Type** to be a 24-bit bitmap (*.bmp; *.dib) and then store it in your **My Pictures** folder.

There you have it! You have created our own icon. Now, let's see how you can replace this icon with a default icon that Windows XP provides (just in case you ever feel like going back to them).



To do this:

- 1.) Right click anywhere on your **Desktop**.
- 2.) Select **New** and then from the submenu, select **Folder**.
- 3.) A folder named **New Folder** will be created on your desktop. (You can change this name if you want. Just right click on it and choose Rename).
- 4.) Next, right click on the new folder and select **Properties**.
- 5.) Click on the **Customize** tab.
- 6.) Click the command button of **Change Icon** under the **Folder icons** menu.
- 7.) On the next screen, click on **Browse** and select the **face.ico** file from your **My Pictures** folder. Then click **OK** for the changes to take effect.



Now you can see the icon you created. It will automatically replace the default Windows XP "New Folder" icon. It's not only for your folders; you can also use it for any files, shortcuts, etc. Now, you can go and create any number of icons and replace all of your files and folders, if you so choose.

PROTECTING YOUR COMPUTER IN A RECESSION

Cybercrime is on the rise as the economy falls deeper into recession. Recent reports have highlighted the increased threat to business IT systems as well as home computer users as more and more people look for ways to illegally gain access to cash. It is estimated that the number of scams and mal-ware programs has tripled in the last six months since the stock market drop in September 2008

There are a number of different ways that you can become a victim of cybercrime these days. Below are the most commonly used attacks and recommendations for keeping your computer safe.

Phishing

Phishing quickly became the most popular form of cyberhacking geared toward individual users. We become the victims of phishing attacks when we follow false warnings supposedly released by familiar institutions. These false warning come in the form of pop-ups on websites but are most often embedded as links inside spam email that comes to our inbox.

Safeguard: The best way to avoid being the victim of phishing is to be very discerning as you surf the web. Do not click on anything that you are not certain is what you are looking for. When receiving emails, hover your mouse over the link and read the URL. The text may say "Confirm your Bank of America user name and password here" but the URL may go to a 100 character address that is clearly not an authorized bank URL. Delete these messages immediately.

Cyberhijacks

Cyberhijacks occur when criminals access username and password information and then use it to enter accounts traditionally. These 'hijackers' can get this information in a variety of ways including social engineering attacks, system theft and phishing emails. Your information thus becomes hijacked and out of your control when this happens. This is a cybercrime often targeted at government agencies and law enforcement. Safeguard: Avoid sharing your personal information, including usernames and passwords verbally, even if you are at work and seemingly in a safe environment. Don't save your passwords and other vital information in your email or other

programs that can be easily hacked or accessed by others. Never write down passwords and change your passwords regularly.

Trojans

Trojans are a type of cyberhijack where programs 'steal' your system, typically without the user knowing, and access personal information. Trojans infect a computer through tainted email, bad websites and even online banner ads. Safeguard: Common sense is your friend. Be selective and aware of sites you are going to and banners you are clicking. If it doesn't look like a trusted service or banner, then assume it isn't and avoid clicking. Don't assume emails from your bank are real. Access your online account directly from the web address you know to be correct rather than through a recent email. Also, always make sure your system security features are up-to-date with the latest version and set appropriately to allow you freedom to work without compromising your laptop or system.

Social Network Scams

Social networks like Facebook and MySpace are becoming common areas for online criminals to create fake identities and networks in which to springboard phishing emails and other attacks to thousands of people. Others are simply scoping out online profiles for information they can use to gain access to you or your information. These sites try to cut out false IDs but that is a daunting and difficult task that does not keep up with the growing number of cyber criminals. Safeguard: Only become friends with people you truly know and trust. Do not forward emails or requests to others unless you know the individual personally. Do not post sensitive information on your social network profile and do not upload sensitive documents to an online source. That information can be used in against you in court. It can also be used to gain access to your life. Be smart about what you say about yourself online. This may sound paranoid. It may even sound cynical. But in these difficult times, people are pushed to do desperate things. It is better to be careful and concerned than be careless and cyberhacked.

From Grownups

SENIORNET SOUTH INC.

Nomination Form

NOMINATIONS are called for the following positions:

Chairperson Vice Chairperson Secretary
Treasurer Auditor Committee Members *

*Not less than four, not more than eight

Nominee, Nominator and Seconder must all be CURRENT FINANCIAL MEMBERS of SENIORNET SOUTH INC

Nominations addressed to the Secretary, Jill McMeeking at SeniorNet South, Ground Floor WEA Building, 100 Esk Street Invercargill must be received **NO LATER than May 8th 2009.**

An election will be held if there are more nominations than required.

Please Print

I,..... Nominate.....

For the position of.....

Signed..... Date.....

Seconded..... *Signed*.....

I,..... Accept nomination for the above position

Signed..... Date.....

Nominator, Seconder and Nominee to sign

**The meeting will be held at the WEA Building on
Friday 15th May 2009 at 10 am**

Nomination Forms

The Committee positions have to be filled on an annual basis. If you think that the present Committee are doing a good job, then you need to re-nominate them or if you would like to be a member of the Committee, or have someone you know stand for election please complete the attached nomination form and mail it or give it to the Secretary before May 8th 2009.

More nomination forms are available from the SeniorNet office.

SeniorNet is your club, so you have the choice as to who runs it.

COURSES AVAILABLE 2009	
COURSE	DURATION & FEE
Computer Awareness (Getting Started with PC's & MS Windows XP)	10 sessions No Charge
1. MS Word (Getting Started) 2. MS Word (Popular Functions) 3. MS Word (Intermediate) 4. MS Word (Advanced)	10 sessions each \$50.00
RWP (Revision of Word Processing)	2 sessions \$10.00
1. Microsoft Excel (Getting Started) 2. Microsoft Excel (Popular Functions) 3. Microsoft Excel (Intermediate) 4. Microsoft Excel (Advanced)	10 sessions each \$50.00
Spreadsheet (Microsoft Works)	10 sessions \$50.00
1. Microsoft Power Point (Getting Started) 2. Microsoft Power Point (Intermediate) 3. Microsoft Power Point (Advanced)	10 sessions each \$50.00
Database (Works)	10 sessions \$50.00
1. Desktop Publishing (Getting Started) 2. Desktop Publishing (Intermediate) 3. Desktop Publishing (Advanced)	10 sessions each \$50.00
File & Disk Management	5 sessions \$25.00
Drawing & Publishing in Word	10 sessions \$50.00
INTERNET	10 sessions \$50.00
E-MAIL (Outlook Express 6)	10 sessions \$50.00
GENEALOGY	10 sessions \$30.00
DIGITAL IMAGING	10 sessions \$50.00
<input type="checkbox"/> Introduction to Computers with Vista	10 sessions no charge
<input type="checkbox"/> Basic Word Processing (Word 2007 & Vista)	10 sessions \$50.00
<input type="checkbox"/> Intermediate Word Processing (Word 2007 & Vista)	10 sessions \$50.00
<input type="checkbox"/> Managing Files & Folders with Vista	5 sessions \$25.00
<input type="checkbox"/> E-Mail & Internet with Windows Vista	10 sessions \$50.00
Repeat course fee - \$30 (10 sessions), \$15 (5 sessions)	
Membership to SeniorNet South is \$30.00 per annum and only paid up members are able to take the courses. Renewal of membership is \$20. Please pay by either cheque or cash as we do not have Eftpos. As we only carry a small float please try to have the correct amount when you pay.	

After finishing your current course-

In order to gain the most from your class, it is recommended that you check with your tutors before you apply to do the next course. They will be able to gauge whether or not your level of achievement is adequate to take on the next one.

You may be advised to perhaps consider redoing your current course before tackling some of the other topics.

NB: a repeat of CA1 or IntroV costs \$30; the same as for the other courses

Remember that the assignments at the back of the manuals are intended to be done at home. If you are experiencing problems refer to the relevant lesson in the manual and/or ask your tutors for help the next time you attend class.



In consideration of other students please stay away from class if you have an infectious illness, such as flu, colds etc. You will still be able to complete your course when you recover. Just phone and let your tutors know.

NB: If you are unable to attend your class please call the learning centre preferably an hour prior to the start time.

Tutors are volunteers and it is a waste of their time and petrol if they have to come in when they are not required.

Class Attendance:

If you are unable to attend classes on a regular basis you need to inform your tutor. It may be necessary to relocate to another time or term. Students who do not attend their allotted class for at least two weeks without notification will be deemed to have abandoned their course and their place will be allocated to another student

Practice Sessions

Students who wish to use the rooms for practice sessions should phone first to check whether a computer is available for use.

Bookings

To secure your place in a class it is desirable to complete your enrolment form (both sides) and pay your course fee prior to the commencement of a new term.

COMMITTEE 2008-2009

Chairperson: Frank Capil
Deputy Chair: Bruce Smart
Secretary: Jill McMeeking
Treasurer: Winnie Grant

Committee:
Bruce Jones Bill Obers Snr
Barrie Sheehy Jocelyn McIntosh
Barbara van Uden Sheila Codd

Committee Meetings:
1st Friday of each month at 10am



OUR WEBSITE

www.seniornetsouth.org.nz

Webmaster: Bruce Smart



TUTORS

Kathy Broad	Bert Marshall
Mabin Calder	Jill McMeeking
Frank Capil	Ray Moffett
Sheila Codd	Bill Obers
MaryLou Elliot	Barrie Sheehy
Winnie Grant	Bruce Smart
Sophie Groot	Robert Smith
Bruce Jones	Barry Stuck
Idelette Langeveld	Olive Swain
Ted Lucas	Jina Tangney
Derek Macrory	Joyce Turner
Jocelyn McIntosh	Barbara van Uden

Tutors' Meetings are held prior to the commencement of a new term. Please check the notice board, and your emails.

Welcome to New Members

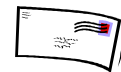
Charlotte Mather	Robin Officer
Doreen McCall	Janice Dockrill
Diane McNeilly	Rodger Fairweather
Joyce Searle	Gerald Lammersen
Clive Anderson	Alison Blomfield
Natalie Finnie	Lesley van Uden
Isabelle Crawford	Joma Heads
Errolyn Young	June Pope
Valda Kilkelly	Donald McKenzie
Joan Tuffery	Eleanor Cunningham
Bill Gibson	Ngaire Marshall
Shirley Gibson	Margaret Clouston
Gloria Saunders	Betty Simmonds
Jenny Paterson	Terry Black
Sheena Wright	Judy Gimblett
Colleen Pay	Margaret Cooper
Isabelle Gorton	Wynnis Kidd
Bev McElligott	Lorraine Anderson

We acknowledge some articles published in this newsletter from other SeniorNet groups

SENIORNET DISCOUNT SOFTWARE: www.seniornet.org.nz

Please don't hesitate to contact us if you have a problem with your computer or the course which you are taking. We're only too happy to help if we can.

If you have changed your email/postal address or phone number, or are about to, please let us know, so that we can update our records.



SUBSCRIPTION REMINDER

Members whose subscriptions were due in **February/March** and have not responded to the renewal letter or email will be removed from SeniorNet's subscription and newsletter lists.

Winnie Grant *Treasurer*

DISCLAIMER

All contents of this newsletter are offered in good faith as being correct when published. No liability is accepted for any errors it may contain

If you have anything you would like to see in the newsletter please let us know or contact Jill



SENIORNET SOUTH (INC)
ESTABLISHED 1997

Through the Generosity of:
NZ Lotteries Grants Board
Microsoft Corporation
Invercargill Licensing Trust
Telecom NZ
Tindall Foundation
Community Trust of Southland
NZ Post
George Waddell Trust
C.O.G.S.
Masonic Charitable Trust

SeniorNet South Inc
Ground Floor WEA Building
100 Esk Street
INVERCARGILL 9810

(03) 214 5264
sensouth@paradise.net.nz