

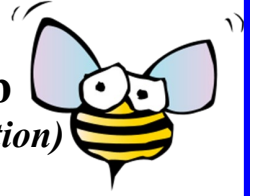


Something to

CROWABOUT

Newsletter of the

Wagga Wagga Senior Citizens' Computer Club
Member of ASCCA (Australian Seniors Computer Clubs Association)



Issue 5

September 2010

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REMINDER

Committee meeting held every 2nd Monday of month, except October- No meeting.



Editor's Notes

My thanks first to those members who have helped lift this issue out of the ordinary and helped brand it as *our* newsletter by adding member content. To Lily, for letting me tell her story and to Nereda, for sharing her collection with us.

I believe we all have a story to tell. Be it a life story, somewhere interesting we've been, something that has happened to us or someone we know are but some of the possibilities. And I'm sure there are more collectors out there.

So hopefully we shall continue to include members content in future issues.

Although this newsletter started as a Computer Club newsletter and of course will continue to do so, with computer and technology content, it was quickly realised that as a sub-group of the Seniors Club we needed to reach out to the wider club membership. Although there was an initial response from some of our more senior members of "what do we need computers for", many gradually come to realise that computers are here to stay and they will need to become computer literate or be isolated from society in time to come.

To print something like this would be prohibitive but being completely computer generated and emailed out costs next to nothing.

Wagga Wagga Senior Citizen's Club

Membership (\$5.00 per year) to over 50's

Weekly Programme of Activities

Day	Activity	Time	Cost
Mon.	Computer Club	9.30 am to 3.00 pm	\$2.00 Per hr
1st Mon. Of Month	Public Meeting Day Guest Speaker	1.30 pm	\$1.00
2nd Mon. Of Month	Cards and Indoor Bowls	12.30 pm	\$1.00
3rd Mon. Of Month	Luncheon Day	12 noon	\$4.00
4th Mon. Of Month	Sing-along	1.30 pm	\$1.00
Thursday	Computer Club	9.30 am to 3.00 pm	\$2.00 Per hr
Thursday	500 Cards	1.00 pm	\$1.00
Thursday	Line Dancing	10.30 am	\$1.00
Thursday	Craft	1.00-3.00 pm	\$1.00
Friday	Computer Club	9.30 am to 3.00 pm	\$2.00 per hr
Friday	Euchre	1.00 pm	\$1.00
Friday	Indoor Bowls	1.00-3.00 pm	\$1.00

Monthly Bus Trip: Normally 3rd Wednesday of month, destination decided at monthly meeting and bookings taken that day with payment.

Annual Bus Trip: Normally in October for 5 days.



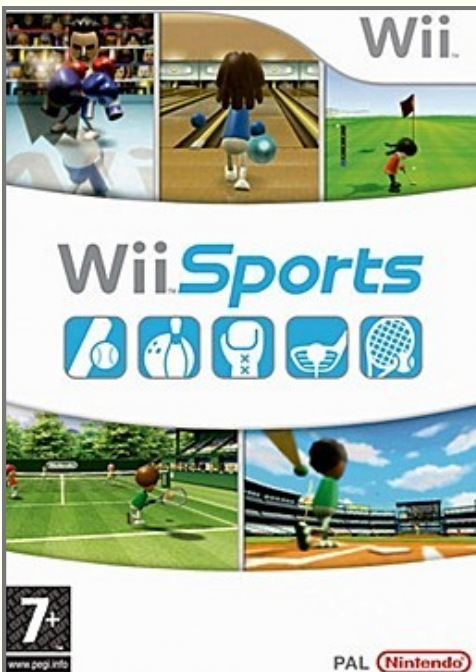
New Activity for Members

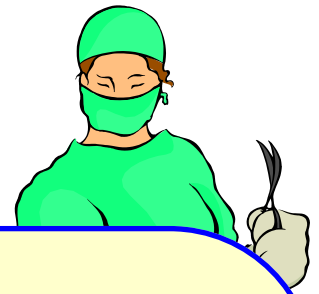
Fancy a game of ten pin bowling? How about a game of tennis, or golf, or maybe baseball. Ever wondered what it would be like to put on a pair of boxing gloves and go a round with an opponent in the ring. Well now you can without risking life and limb with the latest activity provided within the club.

Wii (pronounced wee) *Sports* is a sports video game where players use a hand-held motion sensing device that mimics the actions performed in real life sports. At the same time the player is represented on screen by an 'avatar' and the result of those actions carried out, either on a TV screen or in our case, up on the big screen in the hall. Players use the Wii Remote to mimic actions performed in real life sports, such as swinging a tennis racket. The rules for each game are simplified to make them more accessible to new players. The game also features training and fitness modes that monitor players' progress in the sports.

The game has become a popular means for social gatherings and competitions among players of varying ages. Playing the Nintendo Wii could improve balance and help avoid falls in seniors, researchers taking part in a new study overseas suggest.

Continued on page 11





Health Matters

Macular Degeneration Tool

The month of July was Eye Health Awareness Month (julEYE) and although now past it would never be too late to draw your attention to at least one eye condition that unfortunately can creep up on the older generation without noticing. I am of course talking about macular degeneration. As with a lot of health problems early detection is very important. As an aid to our members I am pleased to be able to present the following link to a tool on the popular **myDr** web site (with permission).



[Macular degeneration tool...](#) merely place your mouse pointer over the link and left click whilst holding down the control key.

Use this simple eye test to see if you have symptoms of macular degeneration - a leading cause of blindness. Macular degeneration causes progressive and painless loss of central vision, affecting a person's ability to read, recognise faces and drive.

ALSO

Healthy ageing

8 tips to help you preserve mental function and keep your brain sharp as you age. For the full article click on the link below.

[Brain health in old age](#)



The Crow

Some things you may not have known about the crow.

Intelligence

As a group, the crows show remarkable examples of intelligence and humans have long viewed the crow as an intelligent bird. Crows and ravens often score very highly on intelligence tests. Certain species top the avian IQ scale. Wild hooded crows in Israel have learned to use bread crumbs for bait-fishing. Crows will engage in a kind of mid-air jousting or air-

"chicken" to establish pecking order.

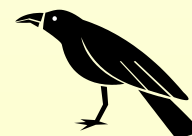
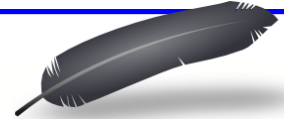
One species, the New Caledonian Crow, has also been intensively studied recently because of its ability to manufacture and use its own tools in the day-to-day search for food. These tools include 'knives' cut from stiff leaves and stiff stalks of grass. Another skill involves dropping tough nuts into a heavy trafficked street and waiting for a car to crush them open, and then waiting at pedestrian lights with other pedestrians in order to retrieve the nuts. On October 5, 2007, researchers from the University of Oxford, England presented data acquired by mounting tiny video cameras on the tails of New Caledonian Crows. It turned out that they use a larger variety of tools than previously known, plucking, smoothing and bending twigs and grass stems to procure a variety of foodstuffs. Crows in Queensland, Australia have learned how to eat the toxic cane toad by flipping the cane toad on its back and violently stabbing the throat where the skin is thinner, allowing the crow to access the non-toxic innards; their long beaks ensure that all of the innards can be removed. Recent research suggests that crows have the ability to recognize one individual human from another by facial features.

Some people have adopted crows as pets. Though humans cannot generally tell individual crows apart, crows have been shown to have the ability to visually recognize individual humans, and to transmit information about "bad" humans by squawking.

A group of crows is called a "murder".

Of course Wagga Wagga is supposed to be Aboriginal for "Place of Many Crows".

And "The Crow" is our newsletter mascot 'cause we've got something to crow about.



Computer Hints & Tips

USB Flash Drives

Memory sticks, flash drives, thumb drives, USB drives; call them what you will they are all the same. They have come down in price and gone up in storage capacity. And if you are anything like me you will have more than one.

As you start using more than one USB drive to save information—perhaps one for family photos, one for holiday snaps, and one for important documents, it can become increasingly confusing as to which is which. Particularly if they are all the same brand.

To make them easier to recognise in a list of removable disks on your computer you should consider renaming them.

To do this, go to My Computer, right click on the USB drive (removable disk) and click Rename. Type in the new name and hit Enter on keyboard.



How to Safely Remove a USB Flash Drive from the Computer

It is always a safe practice to safely remove your USB flash drive before unplugging it from your computer. This prevents data loss and extends the life of your external storage device. Removing flash drive from your computer is very easy and doesn't take a long time to do. Follow these simple steps:

Step 1

Close all files you accessed from the flash drive. This is necessary for the device to be removed properly. If you haven't closed them yet, do so, but don't forget to save them.

Step 2

Go to the notification area in your task bar. It should be located on the bottom right side. You will see a USB icon with a check on it. Use your mouse to right-click the icon. Click the Safely Remove Hardware command using your left mouse button. A small window will be displayed.

Step 3

Select the USB flash drive you want to unplug then click Stop button. A confirmation window will show up. Click the appropriate hardware device then click OK.

Step 4

A message box will pop up letting you know it is now safe to unplug the USB flash drive from your computer. Click OK then click Close button.



Backing Up

What does backing-up my files mean?

The way to protect yourself from risking disaster is to back-up your files.

That simply means creating a duplicate copy of every file you value somewhere other than on your computer. That way, you'll be able to re-load them when disaster strikes – so you can help ensure nothing (well, very little) will be permanently lost.

Why should I back-up?

Everyone has information on their computer that they'd rather not lose.

The problem is, by the very nature of computers and the internet, you may lose all those things one day.

Either your computer will crash, you'll get a virus, or any one of countless other problems will strike.

When that happens, there's a strong possibility that all your documents, address books, photos, music, games, applications and other files will be gone forever.

Your back-up has to be taken off your computer and stored carefully.

You need to back-up regularly and frequently.





The Crows Joke Page

God and the Scientist

God is sitting in heaven when a scientist says to him, "Lord, we don't need you anymore. Science has finally figured out a way to create life out of nothing. In other words, we can now do what you did in the beginning."

"Oh, is that so? Tell me," replies God.

"Well," says the scientist, "we can take dirt and form it into your likeness and breathe life into it, thus creating man."

"Well, that's interesting. Show me."

So the scientist bends down to the earth and starts to mould the soil.

"Oh no, no," interrupts God. "Get your own dirt."

City Boy:

A life-long city man, tired of the rat race, decided he was going to give up the city life, move to the country, and become a chicken farmer. He found a nice, used chicken farm, which he bought. Turns out that his next door neighbour was also a chicken farmer. The neighbour came for a visit one day and said, "Chicken farming isn't easy. Tell you what. To help you get started, I'll give you 100 chickens."

The new chicken farmer was thrilled. Two weeks later the new neighbour stopped by to see how things were going. The new farmer said, "Not too good. All 100 chickens died."

The neighbour said, "Oh, I can't believe that. I've never had any trouble with my chickens. I'll give you 100 more."

Another two weeks went by, and the neighbour stops in again. The new farmer says, "You're not going to believe this, but the second 100 chickens died too."

Astounded, the neighbour asked, "What went wrong? What did you do to them?"

"Well," says the new farmer, "I'm not sure whether I'm planting them too deep or not far enough apart."



Mujibar

Mujibar was trying to get into Australia legally, through Immigration.

The Immigration Officer said, "Mujibar, you have passed all the tests, except one. Unless you pass it you cannot enter Australia."

Mujibar said, "By golly I am ready."

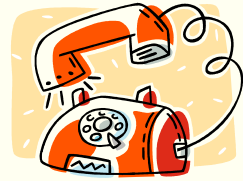
The officer said, "Make a sentence using the words Yellow, Pink and Green."

Mujibar thought for a few minutes and said, "Mister Officer, I am ready."

The Officer said, "OK ... Go ahead."

Mujibar said, "The telephone goes, 'green, green, green, green, green, green, green' and I pink it up, and say, 'Yellow, this is Mujibar.'"

Mujibar now works at Telstra, perhaps you have spoken to him.



Good Thinking

Did you hear about the 83 year old woman who talked herself out of a speeding ticket by telling the young officer that she had to get there before she forgot where she was going?

Oops

Two old guys were sitting under a tree, watching the sun go down. One says, "You know, I'm 84 years old and my body is full of aches and pains. You're about my age. How do you feel?"

The other guy says, "Oh, I feel like a newborn baby."

"Really," says the first guy.

"Yep," says the second one. "No teeth, no hair and I think I just wet my pants."

The Earring

A man is at work one day when he notices that his co-worker is wearing an earring.

The man knows his co-worker to be a normally conservative fellow, and is curious about his sudden change in "fashion sense"

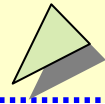
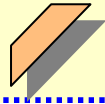
The man walks up to him and says, "I didn't know you were into earrings."

"Don't make such a big deal, it's only an earring," he replies sheepishly.

His friend falls silent for a few minutes, but then his curiosity prods him to ask, "So, how long have you been wearing one?"

"Ever since my wife found it in my truck."





Member Profile.

This month it is the turn of **Barry Williams**, secretary of the computer club and editor of "Crowabout".

Joining the building trade as an apprentice carpenter and joiner in 1956 he retired 50 years later. During that time he had many life decisions but he thinks the best was when he decided to join his mates on a ship cruise and subsequently met his life partner, Sonia. They have shared many life experiences, including both undergoing open heart surgery recently, Sonia in May last year and Barry in May this year.

Since retiring he has enjoyed many interests including Wagga Seniors' Club, National Seniors, Wagga Historical Society, Wagga Family History Society, Wagga Country Music Club, Wagga Branch Diabetes Council, Wagga Library Book Club,

and Wagga Menshed. But perhaps his greatest interest has been in computing. Before retiring Barry built and fitted out a workshop, thinking that was where he would spend his retirement. Since discovering the enormous potential of computers he has to confess to hardly stepping inside his workshop.

An avid learner he has undertaken many computer subjects at TAFE over the last four years, sometimes taking up to four different classes at once. He is the first to admit that the more he has learned the more he doesn't know (and forgets).



Hair Styles !!

Amazing what some people do to be unique



Q: What is a computer's first sign of old age?

A: Loss of memory.

Optical Illusions

Camouflage: If I didn't tell you, would you know that there is a dog lurking there amongst the rocks?



COLLECTORS CORNER

Our thanks to **Nereda Shipway** for sharing her collection of Teddy Bears in this issue.

Not only does Nereda collect these delightful little stuffed toys but she also makes them too. We can tell that she enjoys her hobby immensely.





Louise Lilly Angeline Arfort (nee Perron) was born in October, 1937 at Nice, France. As a young girl she spent her formative years growing up in Lyons and Marseilles.

But this was wartime France, and the young Lilly would experience the full impact of a country torn apart by warfare. Indeed, unhappily, one of her very earliest recollections at a very tender age is the destruction of the French Fleet when the water was turned black with the resultant oil leakages emanating from sunken war ships. On the 27th November, 1942 the French Fleet was scuttled in Toulon harbour to prevent falling into enemy hands. Toulon harbour burned for several days, and oil pollution was so bad that it took two years before the harbour water cleared. At the time Lilly was with her mother who was searching for her husband, (and Lilly's father), not knowing if he was alive or dead.



Toulon harbour, France, 27th November, 1942

Her father was a sailor in the French Navy at the time when the destroyer he was on was sunk by the British and found himself trapped, on foot, in Tunisia. From there he found his way by a circumspect and circuitous route, again on foot, back to France. Once there he joined the Underground and continued to fight for his country.

Even today common occurrences can invoke memories of a time long past for Lilly. A demolition site will bring back memories of bomb damaged buildings, the wail of a siren in the street now would have much more sinister meaning back in that early childhood. Another recollection is of being in the street near an ambulance when it was struck by a bomb and being splashed with blood. Not unexpectedly she dreads the thought of being in an ambulance with its association of bloodshed.

It was a time of mistrust for one's neighbours. Were they loyal to the Free French or Vichy Government? Loyalist or collaborator? A body in the street was a common sight. Even after hostilities had ceased, a shot would ring out, a body would fall and revenge taken.

"A body in the street was a common sight".

It didn't matter if it happened to be a British or a German bomb, the result was the same. Both sides targeted each other but often, as in all wars, it was the innocent civilian who suffered.

On one occasion, Lilly and her mother were returning to their apartment when they were met at the corner of the block by friends and warned not to go there. They had been betrayed and the enemy were searching their flat. In the end the whole place was blown up. This forced them to flee and ended up staying with friends in another part of the city for the duration of the war.

In 1945 the war was finally over and Lilly, who was now eight, was able to attend school. Previously she had been tutored at home by her mother, reading anything she could get her hands on. Now Lilly found herself in a class of eighty children, and a seventy year old teacher. Virtually a whole generation of teachers was missing due to the war. She also had a baby sister.

Reconstruction began and would continue for some years. Lilly's first school was a big old, and partly destroyed, ancient fort with stone walls 2-3 feet thick. The children's playground was the courtyard where only a short time before tanks and military vehicles were stationed. Lilly remembers those first few months as being bitterly cold as it was winter time and there was no heating to speak of.

Continued on page 8

Lily's education continued, eventually attending university where her favourite topics were maths, chemistry and physics. Ten years after the war life was starting to get back to normal but even so all the lecturers were retired people brought back to replace those lost to the war. Lily remembers only one young person teaching and that was a young Canadian on exchange who was there to better his French. On leaving university she found employment in various government departments in Paris. *"I was supposed to be a teacher, but when I learned I had to teach the same subject for years I decided to work in the government departments. I love learning new things, have done all my life and couldn't bear the thought of doing the same thing for all that time"*



Lily, age 24

By 1959 Lily was married to a young electronics engineer named Fernand (known as Fern) Arfort whom she had known since they were teenagers. Later, they moved to Paris where she worked as a P.R. officer for a large Department Store.

While working as an electronic installation inspector for Telecom (France), Fern heard on the radio that they wanted engineers in Australia. *"What do you know about Australia"*, Fern asked his wife. Lily explained that Australia was a continent and where it was. *"How do you fancy going over there?"* Fern said. *"Do you really know where it is?"* asked Lily. "No" said Fern. Pointing to her foot firmly planted on the ground, Lily said *"under there"*, meaning of course, on the other side of the world.

Actually, Lily knew quite a lot about Australia and was able to thoroughly educate Fern on the subject. *"Sounds good to me"* Fern said and within a year they were sailing half way round the world. As they were not British sub-

jects they were not able to take advantage of the cheap migrant scheme that was available to the British and had to pay their own fare out, which was quite considerable. Indeed, it took all of that year to earn their passage.

On arriving in Sydney, Lily had been confident that she would be able to understand the language. After all she had studied English for eight years at university and was able to translate. Before leaving France they would attend English movies which they had no trouble understanding. But to her consternation, the 'Queens English' she was familiar with seemed to have no bearing on the Australian accented version that was assaulting her ears. In desperation and following somebody's advice they bought a second hand television set. Every chance they got they sat and listened, trying to make sense of what they were hearing. It was six months before Lily was at ease with the language as spoken by Australians.

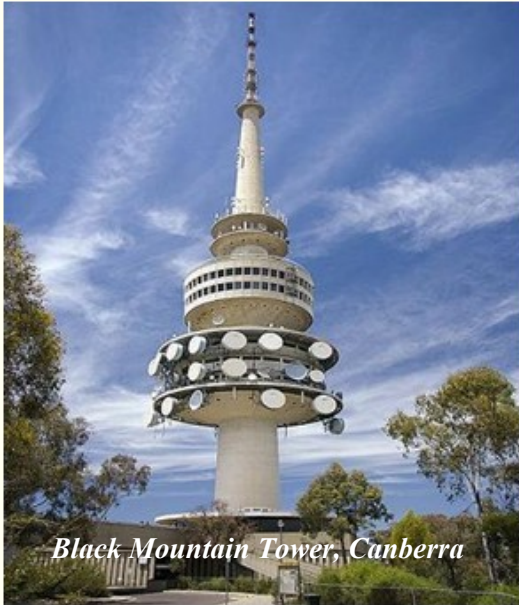
It was March, 1964 when they left their ship in Sydney and the first thing Lily noticed was the heat - "as if somebody had left the oven door open". Especially as the last port of call before Sydney was New Zealand where it had been cold. Another thing was the trains or "red rattlers" as they used to be known. To Lily they appeared to be museum pieces.

From Sydney they were sent to Bonegilla Migrant Camp where they were in quarantine for one week before being sent to Broadmeadows in North Melbourne, where they stayed for a further week.

Initially, the Victorian Government found work for Fern at the Ford factory as a welder. Meanwhile, Lily found work in the retail trade, working at Myers for four and a half years. At the same time Lily was teaching Fern English, which he would have to have a much better understanding of if he was to follow his profession in electronic engineering. Later he would attend night school.



Lilly Arfort from Head Office decided to retire after 14 years of hard work in our premises and creditors departments. All the best Lilly!



He then found employment with Plessey Pacific, an international electronics and telecommunications company. During his time with this company it was responsible for designing and building the Black Mountain Tower, the telecommunication tower in Canberra. Lily was also working, this time in the Head Office of Sussan's, a leading women's fashion retailer in Australia and New Zealand.

"Computers, I hate them" Lilly somewhat jokingly exclaimed. In pursuit of his work Fern was building his own computers and equipment. At this time computers were just starting to be utilised in business and – "For months on end we were eating like the Japanese, squatting on the floor and using the coffee table because our kitchen table was covered with computing equipment. I even lost my black and white television set because he used that as a monitor for his computer".

Over the years Lily worked at a variety of jobs, including the retail, industrial, and stevedoring businesses, to name a few. After living in Melbourne for a number of years Lily and Fern moved to Bendigo. Then,

becoming dissatisfied with that location they decided to move on, and in 1997 found themselves in Wagga. Sadly, around this time Fern passed away.

In 1998 Lily, who was, and still is a keen line dancer discovered the Senior Citizens' Club where she was able to follow her interest. Another activity at the club which appealed to her was indoor bowling, and she soon became proficient at that also.

Lily has had her share of health concerns during her lifetime. At the tender age of 3¹/₂ she was stricken with childhood leukaemia which she was fortunate to survive. And then, again, only recently Lily had another bout with cancer and had to undergo weeks of debilitating treatment. With her usual indomitable will and determination she was able to conquer that too. "Our Lily" has many friends within Wagga Wagga Senior Citizens' Club who treasure her friendship.

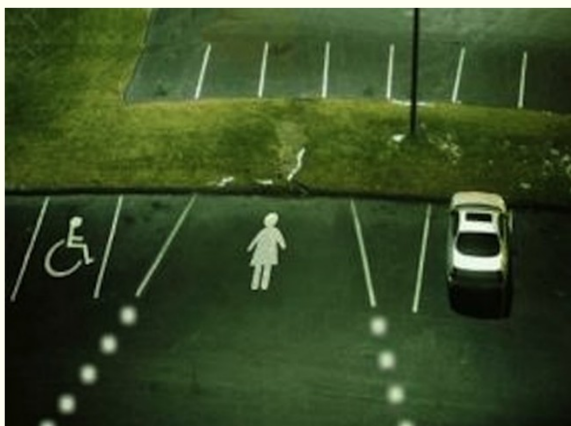
Pictured nearby is Lily in her garden today.



The End.

If Women Controlled the World (No 1)

I'm not going to discuss the many ramifications of women controlling the world. Instead, knowing the



power of pictures, I'll offer a few hints of what the priorities would be if we men sat back and let the women run this planet we live in. And yes, I know I am in trouble! To be continued!!!



Technology In The News

Internet is our food and drink Herald Sun, July 26, 2010

A fifth of Victorians would rather go without food, heating or TV before giving up their internet connection. A new survey into the online habits of Australians has also revealed Melbourne is home to the nation's most "connected" households.

More than half the city's homes have more than four internet enabled devices ranging from laptops and iPads to net-connected big screen TVs and videogames consoles. The statistics, revealed in a major study carried out on behalf of Telstra, come as experts believe the internet is increasingly being viewed as a "fourth utility", ranked equally in importance with gas, power and water. The survey also found that more than 60% of Victorian homes admit to busting their monthly internet limit and nearly 15% of the state's households fight over hogging the computer and using too much bandwidth, compared with just over 13% who battle for control of the TV remote.



Melbourne is Australia's multi-tasking capital, with almost a third of all homes using more than four internet-connected devices simultaneously and older Australians report owning the most number of PCs, edging out even technology savvy 18 to 24 year olds. Younger Australians by contrast are more likely to use a laptop in the home (88%) compared with 53% of those aged over 65.

Telstra executive director consumer Rebeckah O'Flaherty, said it was clear that a fast, reliable internet was becoming entrenched as an essential part of Australians' daily lives.

"I think the internet is becoming a fourth utility," she said. "We are seeing that now.

There's gas, electricity, water and now broadband is really becoming that fourth essential element in the home." Ms O'Flaherty said there had been a significant increase in activities such as online multiplayer gaming and video streaming, particularly among 16 to 29 year olds on top of more traditional activities such as accessing news, weather and social networking.

"Clearly the appetite for broadband is only going to increase", she said.

Ms O'Flaherty said it was no surprise the increasing importance of broadband had coincided with the emergence over the past 12 months of new online options.

These range from digital set-top boxes granting access to movies on demand and Telstra's T-Hub touch screen phone, to Apple's enormously successful iPad.

"With information, entertainment and news being enjoyed across multiple devices in the house, it's not surprising that consumer demand for speed, simplicity and value from their broadband is growing".

In response to this trend, Telstra BigPond has overhauled its broadband plans, slashing rates for new and existing customers

by up to 50%. (If you have a BigPond account, you are advised to check your plan as you will probably not be contacted. On enquiry I found I could reduce my monthly bill by \$10 on virtually the same plan: Editor).



Continued from page 2

Wii Games for Senior Citizens

The Nintendo Wii game system is great for senior citizens. Senior groups, cruise lines and nursing homes use the games so seniors can have fun even when their bodies can't handle intense physical interactions. It brings games like tennis and bowling back into the lives of the elderly in a realistic way. Wii games also help senior citizens connect with younger generations, because games are designed to appeal to players of all ages.



The Seniors' Club and National Seniors (Wagga Branch) are different groups but share a number of similar interests. Which is why some seniors choose to participate in both. National Seniors Australia (NSA) is the largest organisation of its type in Australia and the fourth biggest in the world. Besides meeting at branch level for social events, at National level the association is a powerful advocate for many issues effecting the mature age population of Australia.

NSA Wagga and District Branch are appreciative of the importance of the city's hospital facilities and were keen to

channel their donations into equipment for the Wagga Base Hospital.

Recently a number of their members had occasion to experience treatment through the rehabilitation department and realised that additional equipment could make recovery more comfortable..

In July, 2010 some of the members were there when a presentation of much needed equipment was presented to physiotherapy staff in the hospital rehab. department.

Please Note: In the original draught of this newsletter I had included a "flash movie" of this event, but on trying to email the resultant file found it too large to send, so have reluctantly deleted it from this issue. The original format can be viewed on the Club's computers:
The Editor.



AND FINALLY— time for some fun !!!

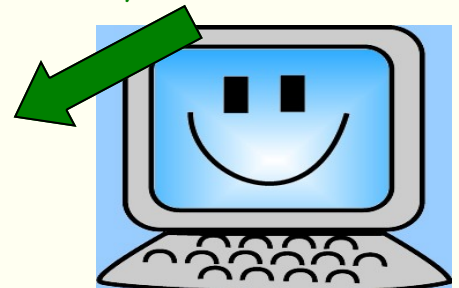
First, Control key + click on [Flowers anyone?](#) to grow your flower garden, then try your hand at a "Jackson Pollock" style painting by clicking on [Enter JacksonPollock.org](#)



Next, pop next door (at right), follow the instructions and watch some hilarious animation of what might happen if you leave your computer on overnight!!!

This is what happens on your computer if you leave it on overnight.

Just click on the picture below, click on play, then leave the mouse alone, sit back and enjoy.



Guest speaker at the 1st November meeting of the Wagga Wagga Senior Citizens' Club will be our own (Computer Club) chairperson Judy Robertson who will give a presentation on her recent extended trip by road, rail and air around a good slice of Australia.