

Something to

CROWABOUT

e-Magazine of the

Wagga Wagga Senior Citizens' Club Inc.

Incorporating

WAGGA WAGGA SENIOR CITIZENS' COMPUTER CLUB

Member of ASCCA (Australian Seniors Computer Clubs Association)

Issue 26

Published Quarterly

Oct-Dec 2015

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Members of Wagga Wagga Senior Citizens' Club Inc and Wagga Wagga Senior Citizens' Computer Club wish to thank Wagga Wagga City Council for its support .

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The Trevi Fountain in Rome. Legend dictates that if you throw a coin in the fountain someday you will return. Our intrepid travellers Jim and Robyn did just that - despite the fact that it was fenced off from the public at the time as it underwent renovation. Read about their travel experiences in this issue.



Editor's Notes

In this, our last issue for the year we get to share the adventures of Robyn and Jim Weeden as they embark on a trip of a lifetime.

This year we again visited our sister Seniors' Club in Narrandera, and in return some of their members paid us a visit during our Club's birthday celebrations in August. Our "Nifty Nineties" were acknowledged with certificates at this time.

Lately we have had two special activities for members. The first was in August when Blue Grass band "Long Gone Daddies" played for us, following which we enjoyed afternoon tea.

Then, in September our line dancers got the opportunity to dance to the music of popular Country Music duo "Heartbeat". This was also followed by morning tea.

Our craft group held a cake and produce table during a line dancing session in September, raising quite a tidy sum in the process.

In our next issue you will no doubt hear about the Club's annual bus trip and Club Christmas party, so till then, Good health and enjoy life, Regards,

Barry

Wagga Wagga Senior Citizens' Club Inc.

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

Weekly Programme of Activities

Day	Activity	Time	Cost
Every Mon.	Computer Club - offering one on one tuition.	9.30 am to 3.00 pm	\$3.00 Per hr.
1st Mon. Of Month	Public Meeting Day Guest Speaker	1.30 pm	\$2.00
2nd Mon. Of Month	Indoor Bowls	12.30 pm	\$2.00
3rd Mon. Of Month	Luncheon Day	12 noon	\$5.00
4th Mon. Of Month	Games & Fun round-robin	1.00 — 3.00pm	\$2.00
Every Thursday	Computer Club - offering one on one tuition.	9.30 am to 3.00 pm	\$3.00 Per hr.
Every Thursday	500 Cards	1.00 pm	\$2.00
Every Thursday	Line Dancing	9.30 am - 11.30 am	\$2.00
Every Thursday	Craft	1.00 - 3.00 pm	\$2.00
Every Friday	Computer Club - offering one on one tuition.	9.30 am to 3.00 pm	\$3.00 per hr.
Every Friday	Indoor Bowls	1.00 - 3.00 pm	\$2.00

Wagga Wagga Senior Citizens' Club Inc Committee 2015

President	Jim Weeden	69331394
Vice President	Ellen Downey	69224903
Treasurer	Jo Jovanovic	69315926
Assistant Treasurer	Lise Chan	69262468
Secretary	Robyn Weeden	69331394
Assistant Secretary	Robyn McClure	69250273

Additional Committee: Bev Morley, Velma Spears, Fay King, Phyllis Ward, Dawn McDermott, Helen Murley, Barry Williams, Barbara Moorhead, Marlene Bowen, Dudley Downey.

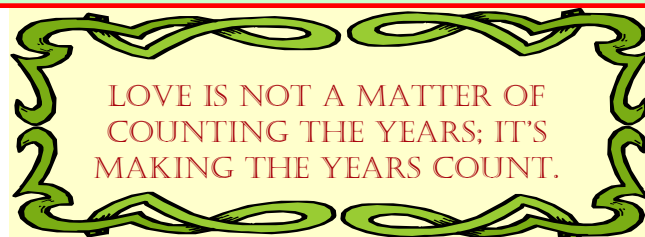
WAGGA WAGGA SENIOR CITIZENS' COMPUTER CLUB—COMMITTEE 2015

Chairperson	Judy Robertson	Ph: 69316125 jroberts@dragnet.com.au
Secretary	Barry Williams	Ph: 69253065 barrysonia@bigpond.com
Treasurer	Dawn McDermott	Ph: 69251191
Assistant Treasurer	Enid Pendergast	Ph: 69218089 Enid.pendergast@gmail.com

Additional Committee: Velma Spears, Lisa Chan, Rose Murphy, Jim Weeden, Marlene Bowen, Diana North.

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

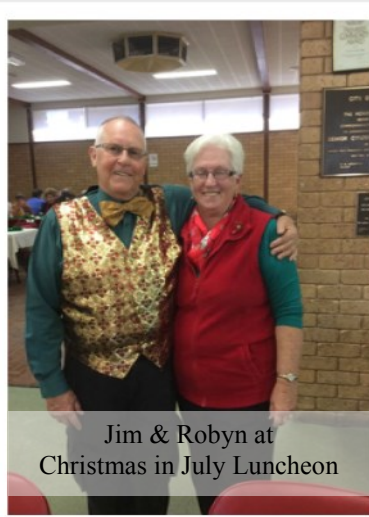
Annual Bus Trip: Normally in October for 5 days.



Reminder

General Club Meeting is held on the **1st Monday** of Month.
Computer Club Committee meets on the **2nd Monday** of Month

Seniors in Focus



Jim & Robyn at
Christmas in July Luncheon



Presenting prizes during Narrandera Seniors
Club visit (July 22)



Narrandera July 22nd
2015



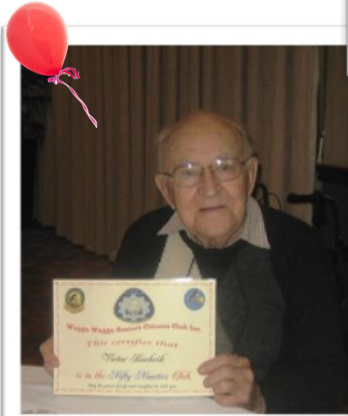
Ron & Pat Carpenter



Birthday Luncheon 2015



Bill Pascall, Ellen Earsman and Norma Stewart
working hard to solve the puzzle while waiting for
the first course.



Victor Buchcik...
one of our "Nifty Nineties"



Wagga & Narrandera Club Presidents
get their heads together.



Jim with Narrandera visitors Rose Rose and
Gloria Pearson (both over 90)



Some of our "Nifty Nineties"



Oldest member present Victor Buchcik
invited to cut the birthday cake.

OUR 2015 OVERSEAS ADVENTURE

By Jim Weeden

The brief account of the overseas trip taken by Jim & Robyn Weeden, together with Jim's brother Ted, his wife Sue and two of Jim & Ted's sisters, Marilyn and Sharron.

Left Sydney airport at 9.10 p.m. On Emirates flight to Dubai where we had a 2 hour stopover before boarding again for our flight to Glasgow. All in all about a 24 hour flight time from Wagga Wagga. After arriving in Glasgow and tracking down our transit ride we booked into our accommodation. Were only staying overnight in Glasgow so it was off to have a walk around the city. The next morning we had another look around and made some purchases before our transit car



arrived to take us to Edinburgh. Once again walked around getting our bearings and finding where we had to go to pick up our overnight tour including a ride on the Jacobite train (this was the train used in the Harry Potter films). Our tour was in a small bus with only 13 people and our tour guide Mark (very passionate about his country and talked with his hands even while driving) we passed through old Edinburgh and then new Edinburgh before heading off to the Firth of the Forth (where they are going to build a fifth bridge) before passing through the Kingdom of Fife. Try and say that quickly!! The Forth is a steel rail bridge and very impressive. Headed off to the Tomatin Distillery and saw a film about the distillery and production of the whisky. I did not have a taste but Jim said it burnt from his mouth to his gut. Interestingly, when you are employed by Tomatin a house is provided

and therefore generations stay in employment and it is a little village in itself. Onto Culloden and the Battlefield. This battle was fought on the 16th April 1746 and the graves of the highlanders who fought for Scotland and Prince Charlie are marked by the clans. The MacDonalds of course fought and fell in this battle and the Weedens are descendants of this clan. We have to report that another descendant fell on the battlefield that day but survived! Of course we checked to see if all was OK, just a second, then there was much laughter amongst the rest of us. Had a cruise along Loch Ness - no sign of Nessie - stopped to feed some heilen coos (highland cows) before heading to Fort Augustus for the night. Next day headed to Fort William to catch the Jacobite out to Malaig. Typical



Scottish weather cold, wet and windy but had great fun on the train meeting a fun group of people. Passed through the village of Glenco where members of the MacDonald clan were murdered by Campbells and to this day no Campbell is welcomed in this village. While in Edinburgh of course we visited the castle and were lucky enough to see the changing of the guard twice while we were there. All the time you were getting a history lesson and of course it does not all sink in at the time and it is so hard to believe how old everything is - standing since the 1500 and 1600.

Off to York. Visited York Minster with Sue, Ted and Jim walking to the top (275 very narrow steep steps) of the Central Tower. Very impressive building - beneath to building they are carrying out some excavation work and found parts of an old Roman building. Walked around York and took a guided tour with again lots of history.

Well now it was to be our next adventure, our trip on a narrow boat down the canals. Picked up our boat (70ft. long, 6 berth - named TYR) at Ellesmere, received about five minutes instruction and they took it out of their marina to where we were to commence our trip. To cut a long story short there was much stopping and starting to get us on our way and Robyn thought she was not going to survive this adventure. Anyway eventually with a combined effort we got the hang of



it and all turned out well. Went through two locks quite easily with a lot of help from other boaters, over Chirk aqueduct, two tunnels Chirk 459 yards and Whitechurch 191 yards (very dark and narrow and had to have all lights on). Our destination was Pontcysyllte Aqueduct 127 foot above ground, 1000 foot long, iron trough supported by 18 stone piers and we reached it. Over the four days we moored at a village and had dinner at the local pubs. Jim was skipper, Robyn engineer (Mel did half a day), Sharron navigator with Ted using barge pole when necessary to keep us off the bank and also jumping off with the main rope for mooring, then Mel & Sharron

jumping off to hold the other two ropes until the boys could tie all. Sue was not well during this trip so helped out when she felt well enough. Handed over boat and then off to London.

Did all the usual tourist things in London. Harrods, Hyde Park, on off bus tour, Kensington Palace, Buckingham Palace, Princess Diana's Memorial. The boys saw changing of the guard at Buckingham Palace while the girls went off to have a better look at Kensington Palace. Again you cannot believe how old the buildings are and you are actually seeing them in the flesh so to speak.

Our next little adventure was through "Shakespeare's England", some of Wales and Cambridge University. First stop Stratford on Avon and spent a lot of time looking at Shakespeare's house, his daughter's house and Holy Trinity Church where he is buried. Headed off cross country to see a world heritage site of Ironbridge which has the world's first ever iron bridge. From here we travelled to the historic medieval town of Chester. Next day into the heart of North Wales to see medieval castle at Conwy built by Edward 1st in the late 13th century; through Snowdonia National Park and the Pass at Llanberis in the shadow of Snowdon which is Wales highest peak. Day 3 saw us pass through the village of Winsford - just a little village with no sight of anything out of the ordinary - but underneath the village is a working salt mine with the big trucks running etc. Also under this village are kept important documents because of the temperature and dryness so they will be kept in perfect condition. Scenic route to Castleton then in the afternoon visited the Chatsworth House, home of the Cavendish family, Duke of Devonshire. This house (mansion) has the finest collections of furniture, priceless paintings, Old Master drawings and classical sculpture, then on to Lincoln. Last day of our tour was to Lincoln (whose history goes back to the Romans) where we toured the Cathedral and castle. In Lincoln Cathedral we met a Monsignor who was very friendly and he gave us a bit of history about the Cathedral. He also told us a joke. There was a crooked spire on a church and asked us did we know how it would be straightened. Our answer was no. He then said - excuse me ladies - when a virgin gets married in the church, the conclusion being never. He was quite a card. On our way back to London we had some time in the University City of Cambridge, and generally getting the feel of the City.



Our next part of our trip was to catch the Eurostar to Paris. At our arrival at the Paris Gard du Nord station we were picked up and taken to our Paris apartment where we were met by our hostess Carol and owner of our 300 year old apartment. We were on the 3rd floor and with no lift it was up 70 steps with girls taking the backpacks and the boys the suitcases. Carol was to get us breakfast each morning and then we were on our own. Had a wander around the local area, dinner where she had booked us in and she was going to confirm our tour for the next day. Bit of a hiccup but all turned out in the end and it was going to be a very early start as we were off to the Somme battlefields which was going to be a very full day. There were 9 people on this tour - all Aussies - and Nicole our guide was absolutely fantastic, very knowledgeable and interesting who gave us a lot of background history of the war. First stop was at Villers Bretonneux and the Adelaide Cemetery. The Tomb of the Unknown Soldier in the War Memorial in Canberra came from this cemetery.



960 headstones - a lot of them unknown. 400 of the 900 Commonwealth Cemeteries are on the Somme. Rudyard Kipling's son Jack is buried in this cemetery. There is a book and film called My Boy Jack which was recommended by our guide. Of course Villers Bretonneux is well known to Australians as we were instrumental in saving their village. We saw a lot of cemeteries that day - too many to mention but all of them are kept in immaculate condition. It is very moving and emotional when you wander through these cemeteries and see row upon row of white headstones and the ages of these men and boys who gave so much. One other to mention was the Canada, French, Newfoundland, Y Ridge, Hawthorn Ridge and Hunters Battlefield where some of it has been preserved and it is consecrated ground as there are bodies still buried there and fourteen sets of brothers were killed here. We were able to walk through one of the original trenches but you could see lots of trenches, machinery etc. A

wonderful and unforgettable experience. Our next day was a little less hectic. We toured the city on a hop on hop off bus seeing the major sites - Notre Dame, Eiffel Tower, Arc de Triumphe, Le Louvre, and drove up the Champs Elysee. Stayed on bus for all the tour which took all morning.

Our next day we were off for a guided tour of the Palace of Versailles - about a 45 minute ride out of Paris. Very very crowded with about 40,000 people going through each day. We did not have to line up with the masses but once inside it was wall to wall people. We had never seen such opulence. Saw Louis' bedrooms, Marie Antoinette's bedroom - she decorated it but never saw it as she was beheaded before taking up residence. The Hall of Mirrors was an eye opener - full of mirrors with chandeliers all along the hall. This took most of morning and then we had to be back at tour office for dinner at the Eiffel Tower at Restaurant 58. Again once in a lifetime experience. After dinner it was a boat cruise down the Seine for about an hour.



Back to the train station for our next ride to Amsterdam to pick up our ship for a cruise from Amsterdam to Basel. Our ship was the Emerald Dawn which was new and embarking on its maiden voyage with passengers. This was the luxury part of our trip. Had a coach and walking tour of Amsterdam. Saw a windmill, strolled through a floating flower market - can you believe each adult is allowed 5 cannabis plants. There were also shops selling everything from food to clothing etc. Our guide also took us through a door to a hidden square where there was a church and this was where nuns and women who needed shelter lived in years gone by. Amsterdam was built on marsh and wooden foundations and as with everywhere we have visited everything is so old and has so much history. Mostly we sailed through the night and our next stop was Cologne, again with a guided tour. Next Koblenz, a 2000 year old town at the confluence of the Rhine and Moselle Rivers. Interesting thing here was a plague hole at a church. This was during a plague and those who had it were locked outside the gate but on Sunday they were allowed in (but not inside the Church) and through the plague hole



were given communion and then once church was over they were sent outside the gates which were then closed. That night we had some entertainment with Florina singing. Her forte was opera but she sang other songs as well. Next stop was Rudesheim and once again another morning tour. One of the places we visited was the Siegfried's Mechanical Music Museum where they have a collection of very old self playing instruments. You really have to see them to appreciate the past. After our visit was finished we then had free time and just along the way was the Christmas Shop which is well known. We had a ball in there and bought gifts. After dinner that night the crew put on a show - absolutely fabulous with lots of laughter and must have taken hours of practise for one particular part of the show. Next stop was at Mannheim to let some of the passengers go on a trip to Heidelberg and would re-join the ship at Germersheim. Ship then headed to Breisach. This day was to bring a tour through the Black Forest. Saw Germany's largest cuckoo clock - bit of a disappointment. Beautiful scenery and countryside with vines, fruit trees and again lots of history. All had lunch at a hotel - food was OK but staff a little overwhelmed by having to serve all these people (they did know we were coming). Had a demonstration on how to make a black forest gateau which we had for dessert. Next was Vogtsbauhof Museum which is an open air exhibition of 16th century life, featuring a number of reconstructed black forest farms. Life was very hard for these farmers and their families and the wives died quite young because of the smoke inhaled in their kitchens. This was our last night on the ship and we had been invited to dine at the Captain's table. What a way to top off an absolute wonderful 8 days aboard the Emerald Dawn. We met some great people.

On bus to Zurich Airport which took longer than normal because of an accident on the main road - at times it was snail's pace. From Airport we then had to find a train to take us to Zurich Central. On train about 15 minutes and we were at Zurich HB and we thought we had one more stop to our destination. We asked a lady and she said we were supposed to get off as we were at the end of the line. She very kindly kept pressing the button for the doors to stay open while we rushed around madly to get our cases off. It was raining and as our accommodation was supposed to be quite close we decided to walk. Sue, Ted and Jim did a little recon to find where we had to catch our train to Italy and for our tour the next day. Our tour took us to Lake Zurich and then through the exclusive shopping avenue Bahnhofstrasse, university quarter, guild houses, churches etc. We went into Fraumunster Church and saw the Chagall windows. The church had an



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excavation going on next to it which had been a 400 year old cemetery and it was very interesting to stand and watch the archaeologists working. Eventually we all arrived back at the bus and headed to Adliswil for an aerial cable ride. After getting off at the top we had to walk down to the sightseeing platform - magnificent views and well worth the visit. After this it was off through the Golden Coast with lots of villages and then onto the ferry for a ten minute ride across the lake. Underneath the Zurich train station there is a myriad of shops so we had a good look around made some purchases and had coffee. Next day was our train trip from Zurich to Como in Italy. We passed through the most beautiful Swiss countryside and noticed in a lot of our travels that a lot of the grapevines, fruit trees and vegetable gardens are on the sides of the hills. They are very neat, very straight rows but steep and very picturesque - glad we don't have farms like that, although the farmers must be very fit.

Arrived in Como about three hours later and got a taxi to our accommodation where we were to pick up our tour. We had a quick walk to our restaurant for a welcome dinner and to meet and greet our fellow travellers. Only spent one night in Como and then off next day for a two night stay in Venice. Our tour guide Sara and bus driver Ethel (pronounced Ettel as there is no 'th' in Italian. She was lucky to reach 5 ft. but handled the bus like it was a mini car). On our way to Venice we stopped at Verona, had a leisurely stroll past well-preserved Roman Arena, stood beneath the balcony in the courtyard of Juliet's house, supposed to be location of the famous love scene, strolled around shops then onto bus and headed for Venice. Next day we travelled to Guidecca Island learnt about how a gondola is constructed and the history. We then went into the Murano factory - saw a master artisan showing us how some of the items are made and it is quite a long process to the finished product, so you see how it is quite expensive to buy. Had a lesson on how they arrive at the different colours in the vases, glasses etc - oldest colour and original was amethyst. Of course we made purchases - well you were there! Then cruising back from the island we passed saw and had a history lesson on La Serenissima, St. Mark's Basilica, Doges Palace and the Bridge of Sighs, bit of free time and then had to be ready for our gondola ride around lunchtime. It was so peaceful going up and down canals, although we did have a singing gondolier and we joined in if we knew the song. The gondolas have to be balanced because of the gondolier paddling at the back standing up. Quite a few comments were made when Jim and Robyn got into the gondola by the relatives. After that we headed off to Burano which is well known for its lace making. Unfortunately it started to rain quite heavily while we were having our late lunch but you soldier on. Lots of small shops,



demonstrations of lace making and more purchases. Next day we were off to Florence for another two night stay. Our first stop was Pisa, short trolley ride to the main area, walked through lots of souvenir markets, and then through an archway and what a sight. There it was the Leaning Tower of Pisa, Cathedral and Baptistry. Again we looked at each other and could not believe that we were actually seeing this in person and not in a book. Spent quite a bit of time here and then it was off again heading for Florence. Next morning it was off for a tour of historic town centre. We were supposed to see the original Michelangelo's statue of David but would you believe it, the staff at the Academy Museum decided to have a strike on that day so we could not get in. Saw a replica of the statue in Signoria Square - same



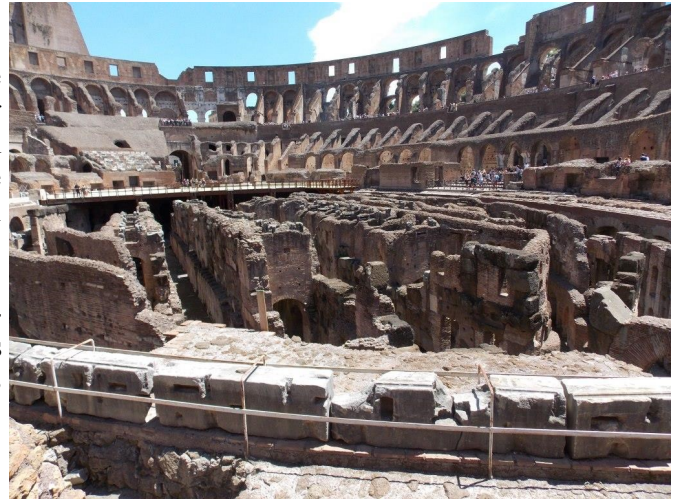
height etc., marble clad Cathedral and Baptistry and the recreated Gates of Paradise, the originals were damaged by a big flood and now are in a museum. Onto a leather shop/factory, talk on the goods made at the factory from belts, coats, handbags, luggage - you name it. We then had a wine tasting - 3 wines with cheese, bread, etc. In the afternoon we went to San Gimignano, a medieval hillside town which has remained intact since the 14th century and is listed as a UNESCO world heritage site. It's an unbelievable island and if you get a chance to go see it you should. Beautiful scenery and lots of history. Tomorrow we travel through the vineyards of Chianti region and head for Assisi. Tour guide gave us the history of St. Francis and we visited his tomb, and the Great Basilica. The frescoes in the Basilica have to be seen to be appreciated and we were lucky enough to be able to have three hours so plenty of time to look around. Back on the bus and off to Rome. Last day of our Italian journey and it was going to be a huge one. First off we went to the Vatican and into



the Vatican Museums, again we had a tour guide. These museums hold a vast collection of ancient and Renaissance art, viewing of the Bramante Staircase, and then into the Sistine Chapel where we had time to look and admire Michelangelo's famous painted ceiling. Photos are allowed in the museums but not in the Sistine Chapel and they are very strict about this. There is also supposed to be complete silence. Next into St. Peter's Basilica to see one of Michelangelo's early works, the Pieta and the dome which was completed after his death. Last on this day was a visit to the mighty Colosseum which was the epicentre of the Roman Empire. Again has to be seen to be believed as you can't quite grasp the enormity of being at the actual site of this which you have only heard and read about.

Quite an end to our holiday. As we did not leave until late the next day and had not seen the Trevi Fountain we made it our business to find it. It was being cleaned and restored and even though it had clear fencing around you could still see it, so we threw money over as you are supposed to do meaning you will return.

Flew out of Rome's Fiumicino Leonardo de Vinci Airport, stop-over in Dubai before heading home. All in all a great time was had by all and was the trip of a lifetime for us. Of course there is much more in Robyn's diary.



Entertainment At the Club

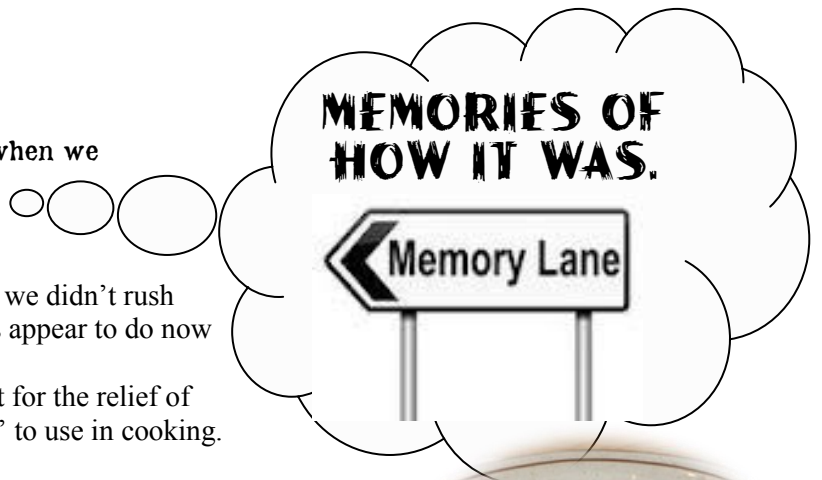
Our Club was fortunate this year to present for members' entertainment two very good sets of entertainers. In August we had Blue Grass band "Long Gone Daddies" followed in September by Country Music duo "Heartbeat". On both occasions the entertainment was followed by morning or afternoon tea.



A Walk Down Memory Lane!

Do you remember when....

Here are a few gentle reminders of how it was when we were young.



Food in the glorious fifties

A time when everything moved at a slower pace and we didn't rush around eating fast food all the time, as so many of us appear to do now

Olive oil was something kept in the medicine cabinet for the relief of blocked ear canals. It was considered 'much too oily' to use in cooking. Instead we used home-made beef dripping or lard.

There was a Sunday roast during the year, (there was always a roast on Sundays), usually contained either beef, lamb or occasionally pork and included any three combinations of potatoes, peas, carrots and cabbage – Mum wouldn't dream of serving up a meal with four vegetables in it, it was always meat and three veg.



The only crisps available in those days, (sometimes known as 'chips' here in Australia), were made by Smith's and they came in only one flavour, what we would now know as 'plain'. They also contained, inside the pack, a little sachet of salt so that you could add your own, to taste, or leave it out altogether. Crisps were about the only 'fast food' available in the fifties, apart from the ubiquitous fish and chips, which had to be wrapped in old newspaper or else it wouldn't taste right.

As for having a savoury meal served with rice! Well, whoever heard of such a silly thing; rice was something you cooked with milk and sugar to serve as pudding after the meal. By the way, you'll notice the final dish was called 'pudding', nobody had thought of the word 'dessert' in those days.



Microwaves, mini ovens, toasters, liquidizers and food processors had either not been invented yet, except in science fiction, or were much too expensive for the ordinary household, as were electric irons, electric kettles and dish-washing machines. Even a refrigerator was something not found in many homes. I remember my mother kept food fresh by storing it in a small wooden cabinet with wire mesh on all four sides, over which she draped a damp towel so that it cooled the air inside by the simple use of evaporation.



Milk was purchased from the dairy up the road. The milkman, who also owned the business, had the milk delivered to him in large milk-churns and he then ladled it, by hand, into bottles which he capped with special cardboard discs. If Mum ever ran out of milk, (normally delivered to our doorstep every day), she could send me up to his place with sixpence in my hand, and he would fill a bottle for me, on the spot! Leaving the bottle to stand for a while resulted in the top third turning to glorious

cream that my mother could skim off for separate use, if she wished.

No one would have recognised seaweed as a food, nor would they know what you meant if you mentioned 'kebab', 'chicken korma', 'egg foo yung', 'sushi' or 'barbecue'. Add to these, such concepts as 'boil-in-the-bag' or 'oven chips' or 'croissants', and you have some idea of the simple lives we used to live in the fifties.



A 1950s Kitchen

Computer Hints & Tips



YouTube downloads and your limit

Could watching YouTube videos be the reason you are exceeding your monthly download limit? The answer is yes, but what can you do about it?

If you are stumped by the word 'bandwidth', you are not alone. Don't be turned off by the jargon, bandwidth simply describes the passage that files use to pass from your Internet Server Provider (ISP) to your PC. Whenever you watch YouTube videos, browse web pages, send emails or upload to Facebook, data is transferred between your computer and the internet via the bandwidth. Even though you may not be saving or downloading those files to your computer, you are basically temporarily downloading the videos you are watching. It also makes a difference what time of the day you are downloading or streaming. If you frequently download or stream files between the hours of 4pm to midnight – i.e. peak period, your bandwidth slows down and your usage is higher. So this is a good time to avoid.

If you have unlimited downloads, you do not have to worry about monitoring downloads, but if you have a limited download allowance, it is a good idea to talk to your ISP about ways in which that you can monitor your internet usage.

Here are some of our tips for monitoring your download usage:

See if there is a way which you can monitor your internet usage statistics through your ISP. Most ISP's allow you to regularly view your usage through your online account.

Internet Explorer lets you view the files which you have temporarily downloaded or viewed. To do this, go to TOOLS > INTERNET OPTIONS (under the browsing section) SETTINGS > VIEW FILES. This will provide you with a folder containing a list of temporary internet files you have viewed in date order so that you can add up your month's usage.

Mozilla Firefox has a similar feature. To access your download history, simply go to TOOLS > DOWNLOADS to view your most recently viewed files.

Estimating your monthly average usage is a great way to see how much of your download allowance you actually use. This is an easy way to determine if you are on the right plan.

Download allowance usage:

Activity type	Typical usage
Sending an email	4KB
Downloading or uploading a digital photo	1MB
Streaming 30 minutes of video at a rate of 800KB (for example watching YouTube videos)	175MB
Streaming 30 minutes of audio at a rate of 128KB	29MB

Telstra and Optus have opted to offer capped plans for home internet usage meaning that once you go over your download limit, your usage is cut off or your service slows considerably to help customers avoid large unexpected bills. Not all ISPs offer capped services so make sure you know the full details of your plan before you sign up. Most will also provide you with the option to receive an email notification when you are approaching your download limit. Please note that mobile internet usage has no restrictions

 **Internet Links 4U2 Try**  [Click on links below](#)

VIRTUAL MUSEUMS

Explore art museums around the world with the Google Art Project. This is an amazing site for those interested in all aspects of the arts. <http://www.googleartproject.com/> Art lovers will truly enjoy this site - the many works online bring the art to you without needing to travel to each museum. :)

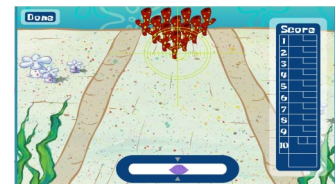
The site can be explored with Google's Street View technology (choose Explore the museum from the menu) and using the Artwork view (choose View Artwork from the menu). You can also create your own collections.

I guarantee that you won't be able to play this just once!!

It will drive you nuts! Have fun

Click on the following:

[UNDER WATER BOWLING](#)



A spectacle not possible any other place on Earth. This is an extraordinary video. <http://jo.my/sbl5de>

Sending pictures from your smartphone poses a serious privacy risk. This brief video shows how you can easily eliminate that risk before sending a picture <http://tinyurl.com/46qwp34>

Try to guess what this ad's for before the brief video clip ends <http://tinyurl.com/3ofv22y>

The kleptomaniac <http://tinyurl.com/493r2dz>

All you Louis Armstrong/Danny Kaye aficionados – how good is this? <http://tinyurl.com/673hxb>



The Crows Joke Page

A **minister** parked his car in a no-parking zone in a large city because he was short of time and couldn't find a space with a meter.

Then he put a note under the windshield wiper that read: "I have circled the block 10 times. If I don't park here, I'll miss my appointment. Forgive us our trespasses."

When he returned, he found a citation from a police officer along with this note "I've circled this block for 10 years. If I don't give you a ticket I'll lose my job. Lead us not into temptation."



The death of Reilly

A group of Irishmen play cards at McLenehan's house. Reilly isn't having a good night. Trying to make good, he puts a huge bet on one hand and loses £500. He clutches his chest and dies of a heart attack. The others are shocked. To show their respect, they play the rest of the game standing up. Late in the evening, McLenehan says, "Now, boys, one of us will need to go see Reilly's wife to let her know".

In unison, they all turn and look at O'Malley. He seems a bit doubtful at first but then says, "Oh, all right, I'll do it. Tact and discretion are my middle names!"

O'Malley walks up to the house in the dark and knocks. Marie Reilly opens the door and says, "Daniel! Good t' see you. What brings you here at this hour?"

"Oh Marie," he responds, "I've come to tell you Reilly lost £500 in a game of cards..."

Not surprisingly, she is as mad as hell. "Well then, Daniel O'Malley, you can go tell him to drop dead!"

"All right, Marie, I'll do that!"

Wife: Honey, did you notice? I bought a new toilet brush.

Husband: Yes, I did. But I still prefer the paper.



Thumb Sucking

A little girl loved sucking her thumb very much... Even though she was now five years old, she hadn't stopped the bad habit.

In an effort to break the habit, her mother lied to her, and told her that her stomach would swell and eventually burst if she didn't stop sucking her thumb. The lie scared the little girl so much that she stopped sucking her thumb immediately.

A month later, an old friend of the family's, who was pregnant, stopped by for a visit. When the little girl walked into the room to greet her she stopped suddenly and stared at the woman's belly. After some hesitation she greeted the old friend.

The lady noticed the little girl's hesitation and said, "Hi! I guess you are wondering where I've been, aren't you?"

The little girl answered, "Not exactly, I know what you've been doing and you better stop it fast."



Joe had asked Bob to help him out with some home deck repair after work, so when the clock struck 5 PM Bob left his office and went straight over to Joe's place. When they got to the door, Joe went straight to his wife, gave her a hug and told her how beautiful she was and how much he had missed her at work. When it was time for supper, Joe complimented his wife on her cooking, kissed her again, and told her how much he loved her.

When they returned to working on the deck, Bob told Joe that he was surprised that he fussed so much over his wife. Joe said that he'd started this about 6 months ago, and it had revived their marriage and things couldn't be better.

Bob thought he'd give it a go. When he got home, he gave his wife a massive hug, kissed her and told her that he loved her. His wife burst into tears. Bob became confused and asked why she was crying.

"This is the worst day of my life," she replied.

"First, little Billy fell off his bike and twisted his ankle. Then, the washing machine broke and flooded the basement. And now, to top it all off, you come home drunk!"



Jumping to Conclusions

TEACHER: Ellen, give me a sentence starting with "I".

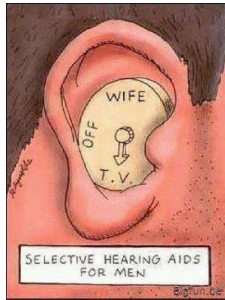
ELLEN: I is...

TEACHER: No, Ellen. Always say, "I am."

ELLEN: I am the ninth letter of the alphabet.

Bits And Pieces

Why is the third hand on the watch called the second hand?



Experience
Experience is what you've got when you are too old to get a job.

Imagination is a poor substitute for experience.

Experience is what you get when you failed to get what you wanted.

Experience is something you don't get until you need it.

Experience is that thing that enables you to recognise a mistake when you make it again.

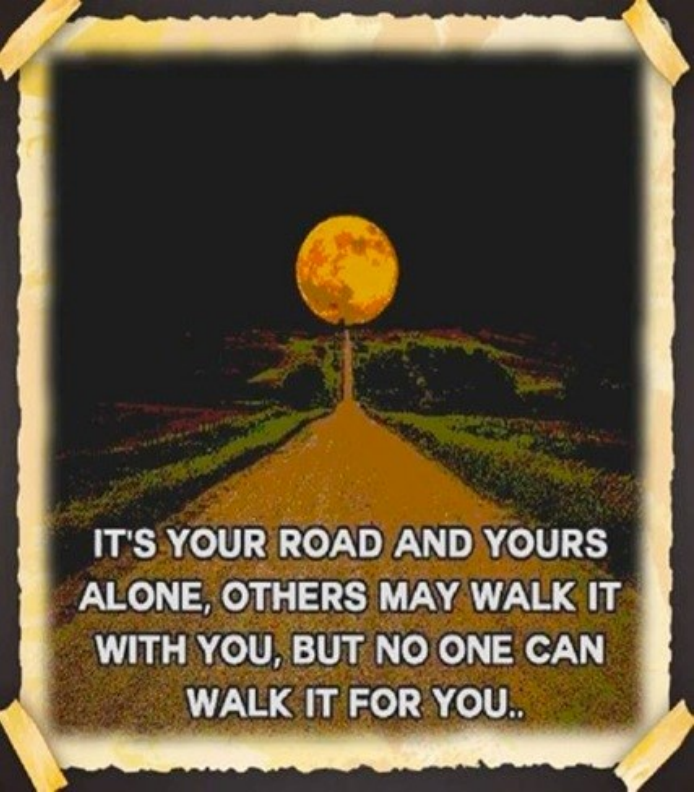
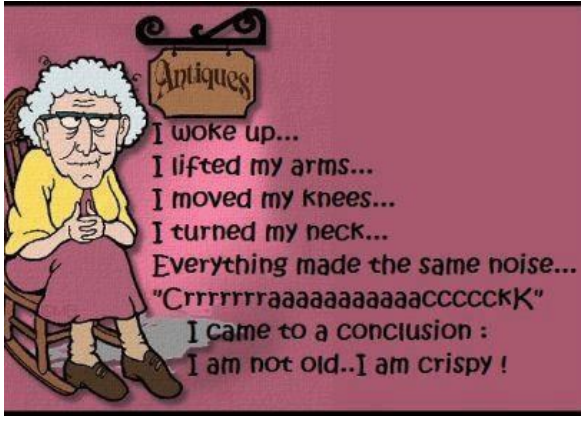
Experience is not what happens to you, it is what you do with what happens to you.

Good judgement comes from experience, but experience come from bad judgement.

POOR, BUT BLESSED IN THE OLD DAYS

We met and we married a long time ago,
We worked for long hours when wages were low,
No TV, no wireless, no bath, times were hard,
Just a cold water tap and a walk in the yard.
No holiday abroad, no carpets on floors,
We had coal on the fire and we didn't lock doors.
Our children arrived, no pill in those days,
And we brought them up without any state aid.
They were safe going out to play in the park
Any old folks could go for a walk in the dark.
No Valium, no drugs; and no L.S.D.,
We cured most our ills with a good cup of tea.
No vandals, no muggings, there was nothing to rob,
We felt we were rich with a couple of bob.
People were happy in those far off days,
Kinder and caring in so many ways.
Milkman and paper boy would whistle and sing,
A night at the pictures was our one mad fling.
We all got our share of troubles and strife,
We just had to face it – that's the pattern of life.
Now I'm alone and look back through the years
I don't think of the bad times, trouble and tears.
I remember the blessings, our home and our love,
And that we shared them together, I thank God above.

(Author unknown)



RABBIT-DUCK

The figure below can be imagined as either a duck facing left or a rabbit facing right, take a good look. Once you have realized both aspects, you may 'flip' back and forth between them pretty quickly, but psychologists say that we can never see both exactly at the same time.

