



The Internet What's all the fuss about?

If you believe everything you read the Net will either make you an instant millionaire or spread evil viruses that steal your credit card details. But when you manage to separate fact from fiction you'll discover that the internet is a gateway to a whole new world of convenience.

The internet is a fantastic new way to communicate with people.

Email allows you to send messages anywhere in the world within seconds. Connecting to the internet means connecting to people. You can find hundreds of organisations with people sharing similar interests to yours.

Long distances, health, a lack of mobility or finances should never prevent you from staying in touch with the people you care about.

INFORMATION

Whether you want to find out the latest news and weather, stocks and share prices, or where to get that book you've been looking for, you can invariably find this and other information online. A large range of search engines will help you find exactly what you are looking for in seconds.

SHOPPING

You can buy just about anything over the internet these days: groceries, clothes, books, CDs, shares, airline tickets - you name it. You can do your bargain hunting and your shopping from your home and have the goods delivered to your door. And the best news is, these days it's secure - you can use your credit card to buy over the internet with confidence.

SERVICES

You can now do your banking and pay bills online. In fact it's becoming common for organisations like telecommunications and energy companies to discount your bills if you choose to pay over the internet. And you won't have to leave home, join any queues or walk around the streets carrying large amounts of cash.

TRAVEL

Airlines and hotels now offer discounts for bookings made online. You can also book train and bus trips and whole tour packages over the internet. The great thing about the internet is you can shop around for the best deal and access information you previously needed a travel agent to find.

WELCOME TO FIRST EDITION OF TECHNOSENIORS



TechnoSeniors is a newsletter from Seniors Card.

A communication to keep you

informed and up to date with information about the latest technology, and tips to help you get online.

We've discovered that a huge number of our members are keen to learn more about what's going on in the information age. Some of you have been exposed to the excitement and fun of the internet at work, but it's much harder to keep up to date now that you've retired, and the computers that you had easy access to, are no longer around.

TechnoSeniors will help you find a good computer - we'll help you source out some great deals, then we'll help get you online, you'll be surfing the net, and e-mailing friends and relatives in no time. We hope that TechnoSeniors will be a Seniors Card publication, that you look forward to receiving every few months.

Don't miss out on our next issue!

To receive the next issue of TechnoSeniors register your details by calling 1300 364 758 or send us an email at seniors.card@add.nsw.gov.au

Seniors card is proudly
sponsored by



TechnoSeniors is produced for Seniors Card NSW by Mahlab Cramb Media. Ph (02) 9818 8896

GOING Digital

So where do you start if you want to get connected to the Internet? This might begin with buying a computer. But if you've never used one, how do you know what to look for?

A FEW POINTERS MAC OR PC?

To begin with, if you're going to be buying a home computer, you'll need to decide between a PC or a Mac (ie. Macintosh, manufactured by Apple).

The difference between the two is that PCs run the popular Microsoft Windows system and are more common. But on the other hand, Macs cope with 'reading' PC files (such as documents or images) a lot better than PCs cope with Mac files.

A good rule of thumb about deciding between a Mac or a PC: choose the one that your family and/or friends use, as these will be the people you are most likely going to share files with.

FINDING A COMPUTER THAT IS INTERNET READY.

Generally, any brand new computer will be capable of getting onto the Internet. They usually come with at least 64 megabytes of RAM (Random Access Memory), which is about double the minimum of what is required to connect to the Internet. A computer will also come with a CD-ROM drive (which reads CDs with programs or large files), a monitor (or screen), a mouse to move the pointer on the screen, a keyboard to type on, and often may come with an in-built modem.

If you want to get onto the Internet, you'll need a modem. Make sure you end up with a modem capable of transmitting at least 28.8 bps (bits per second), but preferably 56 bps.

SO HOW MUCH IS THIS GOING TO COST?

Around \$1500 dollars will get you a computer with more than the minimum capabilities of connecting to the Internet and performing typical home-computer tasks (such as word processing).

It's a good idea to shop around, not only for the best prices, but for the best service. If you don't feel comfortable with a salesperson, or if they try to bamboozle you with hi-tech jargon, then don't bother with them. It's best to feel comfortable with a salesperson who you feel has made an effort to understand your reasons for buying a computer.

If you have any friends or family who have already gone digital, use their experience to translate some of the jargon.

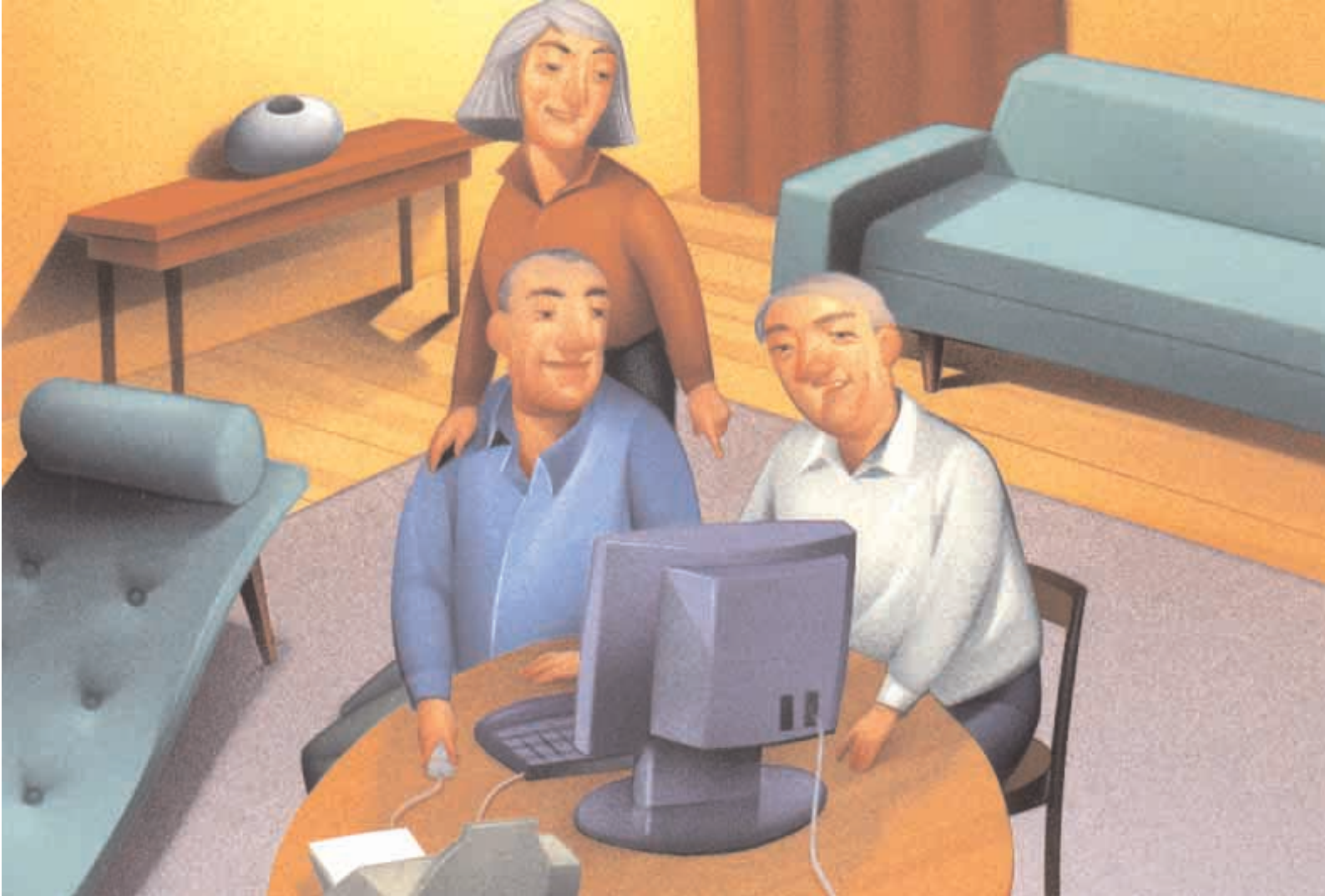
IS THERE AN EASIER WAY?

There is a way to bypass the stress and confusion that could arise from buying a home computer.

Virtual Communities Limited is an Australian company which has tried to break down some of the barriers to getting online. The idea behind the service is to provide a one step scheme to buying a computer, having it delivered and installed and set up for the Internet, and importantly, being provided with affordable education and training in the form of books, CD-ROMs, and 24-hour technical support, seven days a week.

And if it makes more sense to your personal finances not to splash out right now, you can pay off the computer over three and a half years at a fixed rate of interest.

The good news is special rates apply for Seniors Card members. An IBM Aptiva PC with 64 megabytes of RAM; an internal



56K modem; word processing, spreadsheet and Internet software; training booklet and CD; plus Internet access with 16 hours of free Internet time per month (20 hours bonus in the first month) - all this is covered by a

weekly payment of \$11.51.

Or, you might like the sound of all the extra service and support and decide to buy the computer listed above outright, which would mean paying \$1830.

Remembering how invaluable

support can be when you start something new, this could be a very attractive option.

For more details, ring 131 789. Or if you already have Internet access, have a look at their web site www.virtualcommunities.com.au

Telstra helping seniors make the leap on line

Telstra BigPond* is proud to sponsor TechnoSeniors for the second year running.

As Australia's leading Internet Service Provider, Telstra BigPond* is committed to meeting the needs of senior surfers by helping them get online and enjoy the Internet.

In recognition of the growing demand for the Internet amongst the over 55 age group, Telstra has joined forces with Australian Seniors Computer Club Association (ComputerPals) to develop a series of hands-on workshops for the internet. Participants will learn how to get online, surf the Internet and help them to discover how online activities can simplify everyday activities, such as shopping and banking on-line & communicating with friends and family.

The workshops will also focus on new technologies that make it even easier to surf the net. In particular, Broadband presents the future of the online world and the Telstra workshop will explain a number of Broadband solutions which offer superfast access to the Internet that's always on.

Telstra is committed to helping all communities throughout Australia get on line and enjoy world technology and telecommunications.

*Trade mark of Telstra Corporation Limited ABN 33 051 775 556





Surf's up!

Here's a list of websites which you might find useful or interesting. Happy surfing!

www.seniorlink.com.au

With a mix of computing, news, health, and travel information, combined with an extensive, searchable retirement accommodation database and a members' chat room, this site is probably one of the most professional and useful sites on the Internet for seniors in Australia.



www.nicri.org.au

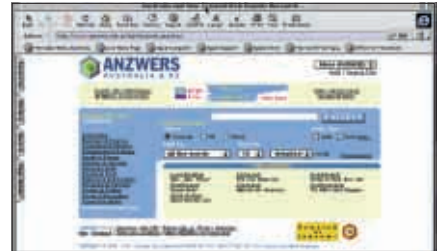
The National Information Centre on Retirement Investments (NICRI) is a free, independent, confidential service which aims to improve the level and quality of investment information provided to people with modest savings who are investing for retirement or facing redundancy. Plenty of information on just about any investment style available.

www.seniorcomputing.org

An invaluable link for seniors new to computing, the Australian Seniors Computer Clubs Association organises seminars and other activities while also seeking out discounts for members. Its aims are to encourage, empower and assist seniors to explore the advantages of using computer technology.

www.anzwers.com.au

This site might not look like much, but it's definitely worth bookmarking for future use. If ever you're at a loss of where to search for something Australian on the Internet but don't want to have to search the whole world wide web, enter the topic keywords and let answers perform an Australian-only search for your topics.



www.nt.gov.au/ocsat/getting_online.htm

Interested in learning more about computers and getting online? The pamphlets available at this site have been designed impartial information for seniors to assist you to learn more about computers and the internet. The six pamphlets cover information on hardware and software, the world wide web Internet Service Providers and more.

Quick Tips

Learning keyboard shortcuts

If you use a word processing program regularly (such as Microsoft Word), you might find it useful to learn the keyboard equivalent of performing a task that you would normally use the pull-down menus for. The most common shortcuts in Word are:

To save, hold down control and type "S".

To copy selected text, hold down control and type "C".

To paste selected text, hold down control and type "V".

To cut selected text, hold down control and type "X".

If you're using an Apple Mac, it is the same as the above except use the command key (with the picture of the apple on it) instead of the control key.

The best way to enjoy your computer is to "learn to type".

If you're new to computers, give yourself a great start and learn to type properly before you get into the bad habit of typing with two fingers. Anybody can learn - any age, any size hands!

Learning to type will break down your fear of the technology, build your confidence and increase your enjoyment of your PC. You'll be able to type letters with ease, maintain your finances, trace your family history, or just save money chatting on the Internet.

You can learn to touch type on your own PC quickly and easily with TYPEQUICK LEARN TO TYPE software. TYPEQUICK has earned the reputation of being the fastest course with the highest success rate and has more than two million users worldwide.



TYPEQUICK IS AN ALL AUSTRALIAN COMPANY AND SENIORS CARD MEMBERS CAN PURCHASE TYPEQUICK FOR \$95 (INCL GST), THAT'S A 20% DISCOUNT, BY CALLING FREECALL 1 800 808 078.