



SENIORS CARD

TechnoSENIORS

www.seniorscard.nsw.gov.au

#12 WINTER 04



2 Contacts for your closest computer club within NSW



3 Your chance to win three nights at Rafferty's Resort Lake Macquarie



5 Tips for sharing your memories online

Can the spam

New legislation has just been put into effect in Australia, enacting the Spam Act 2003, where it is now "illegal to send, or cause to be sent, 'unsolicited commercial electronic messages' that have an Australian link".

While legislation will not cure the problem, there are certain measures you can take to try to minimise the amount of spam – otherwise known as junk mail – from clogging your email inbox.

There are three main ways to keep spam at bay:

1. Protect your email address

Don't give out your email address willy-nilly. This includes something as seemingly harmless as filling out a form online. Have a generic email address, such as info@youraddress.com.au rather than your personal address. If you do get spam, whatever you do, don't respond to it, even if it has a link in it supposedly allowing you to unsubscribe. If you do this, it tells the spammer at the other end that yours is a live email account and they will continue to spam you as well as on-sell your email address to other spammers.

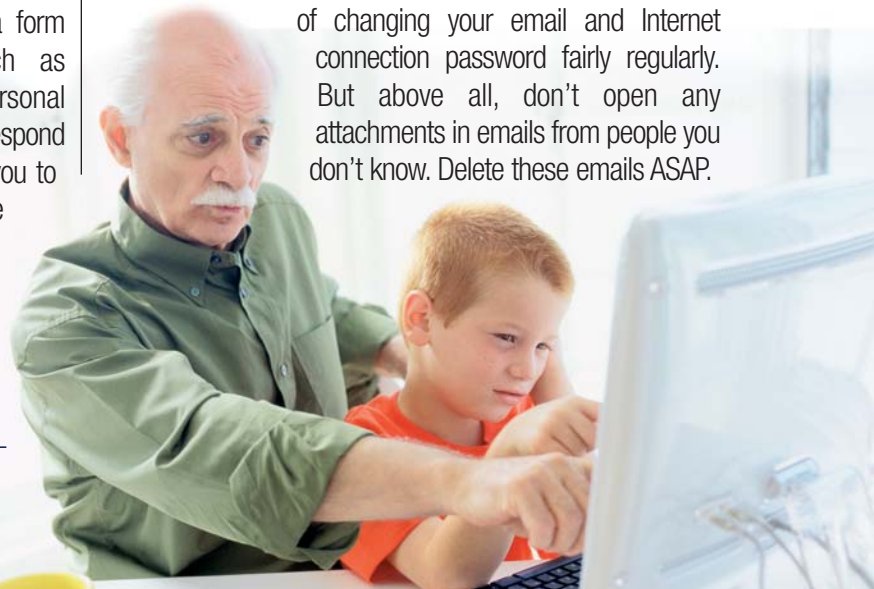
For more information on spam, visit www.aca.gov.au/consumer_info/frequently_asked_questions/spam.htm#consumer, which is an excellent source of information and tips such as those above in more detail.

2. Use filters

Most of the modern email browsers these days have an email filter built in which tries to identify spam and either delete it or move it to a separate folder. They are not 100 per cent effective, and can sometimes remove emails that genuinely aren't spam. However, most are designed to give you the option of whether to remove or keep an email identified as spam. Your Internet service provider (ISP) might also offer spam filtering services, sometimes for free, sometimes at an extra cost. Find out more about filters by visiting the Internet Industry Association security website at www.security.iaa.net.au.

3. Don't be an 'accidental spammer'

A spammer can take control of your email address and use your computer to spam others without your knowledge. To avoid this, make sure you are up to date with the latest anti-virus software. Also enquire about the latest firewall software, which effectively places a barrier between your computer and the cyberworld. And try and get into the habit of changing your email and Internet connection password fairly regularly. But above all, don't open any attachments in emails from people you don't know. Delete these emails ASAP.



**NOT A SUBSCRIBER?
GET YOUR FREE
EMAIL NEWSLETTER.**

If you are not already a subscriber please contact Seniors Card on 1300 364 758 (for the cost of a local phone call) or visit www.seniorscard.nsw.gov.au and click on the "Publications" and then "Email newsletter" links.

Learning locally

In the previous issue, *TechnoSeniors* introduced Nan Bosler, president of the Australian Seniors Computer Clubs Association (ASCCA).

Nan commented that no senior should ever feel daunted by computers, and that it's never too late to learn. And with more than 50 clubs currently in NSW, there's no shortage of seniors willing to learn.

Take a look at the list below of NSW clubs, and find one that's closest to you, or visit the Seniors Card website www.seniorscard.nsw.gov.au for information on these clubs and other computer courses for seniors.

Armidale – D K Latham (02) 6772 6508

Avalon – Derrick Davey (02) 9918 6572

Bankstown – Patricia Collins (02) 9773 6851

Bathurst – Evan Priest (02) 6332 4866

Blacktown – Ellen Long (02) 9266 1055

Blaxland – Lauren Harris (02) 4739 1164

Bowral – Ron Butler (02) 4862 2352

Byron Bay – Jenny Robinson (02) 6684 2087

Camden – Les Langston (02) 4655 1187

Campbelltown – Frank Bent (02) 4625 2977

Caringbah – Joy Greig (02) 9576 2028

Castle Hill – Anglican Retirement Village Computer Club (for residents only)

Castle Hill – John S Roberts (02) 9489 2600

Collaroy Plateau – Danny McCarthy (02) 9982 2229

Concord – Roslyn Miller (02) 9744 2440

Coolah – Rob Burdack (02) 6377 1675

Cooranbong – Annette Stuckey (02) 4975 3360

Davistown – Ed Raftery (02) 4363 2245

Dee Why – Elizabeth Hillton (02) 9451 5451

Earlwood – David Humphrey (02) 9709 3763

East Lindfield – Ron Bray (02) 9416 5633

Epping – Lynton Bradford (02) 9630 3870

Forestville – Archie MacNaughton (02) 9938 1971

Galston – Lindsay McIntyre (02) 9654 9448

Greenwich – Shirley Rumble (02) 9419 5473

Hornsby – Margaret Rocher (02) 9869 8939

Hunters Hill – Betty Benjamin (02) 9817 2606

Hurstville – George Thompson (02) 9150 9377

Katoomba – Angela Hobbis (02) 4754 3269

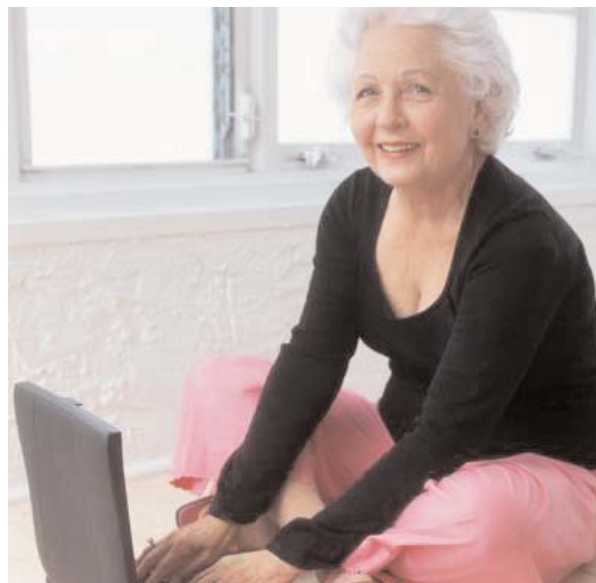
Kensington – Shirley Smith (02) 9399 9514

Kincumber – John Cardwell (02) 4341 7349

Kogarah – Norma Thorburn (02) 9588 3401

Lane Cove – David Diprose 0500 555 035

Leumeah – Graham Atkin (02) 8850 6465



Long Jetty – Carolyn Smith (02) 4389 4063

Manly – Kathe Buchan (02) 9948 3982

Marrickville – Patricia Will (02) 9569 7526

Matraville – Don McDonald (02) 9693 5485

Merrylands – Maurice Mason (02) 9721 0106

Mudgee – Graham Draper (02) 6372 7192

Narrabeen – Mickey O'Neill (02) 9919 9889

Neutral Bay – Barbara Anderson (02) 9975 3717

Newcastle – Carole Cornish (02) 4925 2925

Paddington – Mark Joffe (02) 9130 1638

Penrith – Robert Ryan (02) 4739 3542

Richmond – Joan Vallotto (02) 4578 5625

Rooty Hill – Pat Bartlett (02) 9622 6842

Rozelle – Valerie Joy (02) 9367 9043

Springwood – Beverley Fry (02) 4751 3033

Strathfield – Fred Haddon (02) 9746 9500

Sydney City COTA – Diane Brentnall (02) 9286 3860

Sydney City U3A – John Webb (02) 9252 2033

Tamworth – Neville Hall (02) 6761 5899

Terrey Hills – Barbara Borrow (02) 9452 1402

Toukley – W Ardu (02) 4396 6872

Turrumurra – Margaret Ball (02) 9487 2679

Unanderra – Robert Parsons (02) 4285 5598

Wentworthville – Wendy Nordfeldt (02) 9636 1669

West Ryde – Gordon West (02) 9858 4927

Wodonga – Sue Le Maistre (02) 6024 1800

COUNCIL ON THE AGING  **The Council on the Ageing (COTA) also has a computer club in Sydney.**

Phone (02) 9286 3860, email training@cotansw.com.au or visit www.cotansw.com.au

LETTERS FROM CYBERWORLD

Seniors Card's e-newsletter is a wonderful way to keep abreast of issues relating to seniors using computers and the Internet.

Delivered free every month, the benefits of the e-newsletter mean you keep up to date with not only the latest offers and events from Seniors Card, but with the computer technology world in general.

Each month the newsletter informs you about the latest business partners to come on board with Seniors Card to offer you great savings on things like food, transport, exhibitions, accommodation ... you name it.

There are also competitions with great prizes available only to people with a Seniors Card. All you need to do is answer a simple question.

The e-newsletter will also carry the torch lit by the *TechnoSeniors* newsletter and will continue to provide you with useful information on computers, the Internet and handy tips.

Once you subscribe, you can have a say in the publication and contribute with your stories, tips and even articles if you're a budding writer. We also would like to hear about your favourite websites and feedback suggesting an issue we should be examining or about which you would like more information. The best of these will be published in each e-newsletter.

New courses from Greypath

Did you enjoy the recent Greypath Online Creative Writer's Course? Greypath is now offering a \$25 Family History Course.

Course content includes:

1. Introduction – Why write such a history?
2. Style Selection – Who is it for? Is it an autobiography or a biography? To be written in first person or third person? Is it on general events or club history perhaps? Where to start, with whom, or what event.
3. Definitions – Know the meaning of words like sibling, ascendants, nee banns and more.
4. Data Sources – Such as checklists, Internet links, births, deaths and marriages, family photo swap parties, oral history and interviews.
5. Getting Started – How to get started easily – a pro forma approach.
6. Top Tips – How to make it more interesting for your readers.
7. Copyright and Layouts – Useful letters. Page layouts that are useful and attractive.
8. Editing and Getting the Book Printed – Printing options and book preparation.
9. Technical – Page set-ups, handling images, free image software, fonts, covers, likely costs, and more.

Visit www.greypath.com.au for further details.

Australian Seniors Choice – computer handbooks

CLOSING DOWN SALE – SAVE 50%

Thousands of Australian senior computer users and those wishing to learn how to use their computer have benefited from *The Easy Illustrated Computer Handbook* guides published by Magic Publications.

Due to ill health, Australian Seniors Choice will be closing down in November. To clear remaining stock they are offering a special Seniors Start Up Pack of books 1, 2 and 3. Normally \$60 (including postage and handling), these three computer guides for seniors are for a limited time only \$29.95. That's a saving of 50%.

To order or for more information, call (02) 4976 2446, visit www.seniorcard.nsw.gov.au/specialoffers/specialoffers.asp#choice or post to PO Box 44 Budgewoi NSW 2262.

Sign up and you could win

All Seniors Card e-newsletter subscribers will go into a draw to win three nights accommodation in a two-bedroom cottage (sleeps four people), at the beautiful Rafferty's Resort at Lake Macquarie. Prize includes breakfast for two adults on two mornings, picnic lunch hamper, coffee and cake voucher, complimentary bottle of wine when dining in Rafferty's Restaurant, plus full use of resort facilities. To enter, subscribe to Seniors Card e-newsletter before 29 July 2004. This prize will be drawn on 30 July 2004, and the winner will be contacted by Seniors Card. www.raffertysresort.com.au



Surf's up



It seems fitting in our last issue of *TechnoSeniors* to provide you with a shortlist of websites devoted to all things senior. So check some of these out and bookmark them for future reference. Or you might find them a great place to launch into your next Net surfing safari.

www. aboutseniors.com.au

Similar to our favourite seniors website, www.seniorscard.nsw.gov.au, this site offers the latest information about seniors issues and services, except with perhaps a more commercial flavour. But in addition to links relating to community service groups, aged care and retirement housing information, seniors lifestyle, computing, health, finance, hobbies, sport, and travel, the site also points seniors towards Australian Federal and State government departments as well as national and state associations. Use this website along with the Seniors Card one, and you'll never miss out on any special deal available to seniors.

www. greypath.com

This website calls itself 'the Internet Gateway and 3D Village Community for Retirees and Seniors', and it lives up to its claims. Spanning across topics such as entertainment, science and philosophy, finance, legal, health, education, art and culture to name a few, the site provides information relevant to the senior's perspective as well as putting you in touch with other useful external websites you might need for additional information. In that sense, it really is a gateway to the rest of the Internet, but one that has filtered out the junk that is irrelevant to seniors.

www. seniorscard.nsw.gov.au

The NSW Seniors Card website was developed to help keep seniors informed about helpful services available to them. The site gives you up-to-date information about seniors services across NSW and includes information on how to obtain a Seniors Card, plus details on discounts for seniors, competitions, short-term offers and a comprehensive list of links to other seniors' sites, both within Australia and overseas.

www. members.aol.com/shobansen3/

This is a basic, no-frills website without fancy buttons or flashing icons. But when you're just getting familiar with computers, this sort of simplicity is exactly what you need. This website is designed to try to get people over 50 acquainted with computers by walking them through the various skills needed to make the computer do what they want. Things like highlighting, cutting, copying and pasting text, re-sizing windows, installing software, downloading from the Internet, or creating shortcuts. And most inspiring of all – the site was set up by a senior who until six years ago had never used a computer.

Tips

Sharing your memories

Online search engine yahoo.com offers a useful online tool that enables you to upload your favourite digital pictures into your own personal online storage space, which you can then make available to any person at your discretion.

It's called 'Yahoo! Photos', and is available to anyone who has set themselves up on a free Yahoo! email account.

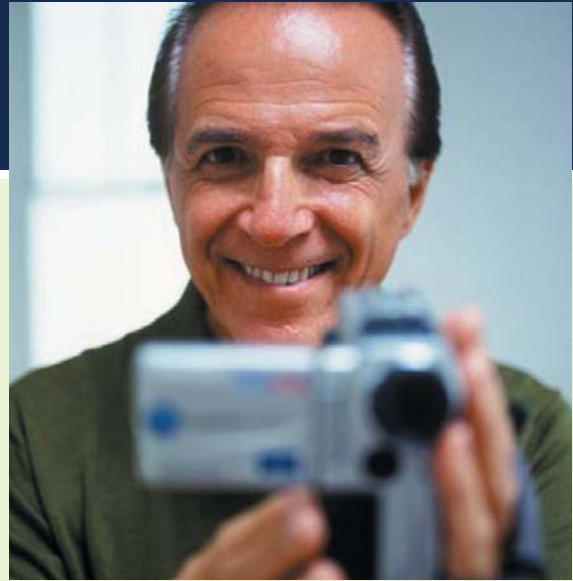
If you haven't yet set up a free email account with Yahoo!, follow the steps below before proceeding to the tips about using Yahoo! Photos. Otherwise, skip ahead to the Using Yahoo! Photos tips.

Setting up your Yahoo! email account:

1. Point your browser to www.yahoo.com.
2. At the top of the page next to the Yahoo! title, click on the 'mail' icon.
3. Now click on the link 'Get Yahoo! mail now'.
4. If you have time, read the 'Terms of Service', which states rules of use, privacy policy, disclaimers etc. Then click on the 'I accept' button.
5. Fill in the online form and hit the 'Submit' button.
6. If the ID you've chosen has already been used by another person, the next screen will ask you to re-enter your Yahoo! ID/email address, with a suggested modification that is unique.
7. Once your information is completed and accepted, a screen will appear welcoming you to Yahoo!

Using Yahoo! Photos:

1. Go to www.yahoo.com and click on the link 'Photos', which is listed in 'Organize' category.
2. Enter your Yahoo! ID (the part that comes before the '@yahoo.com' in your Yahoo! email account name) and password, then click on 'Sign In'.



3. Click on the 'Create New Album' icon.
4. Name the album. You can use the suggested name from Yahoo, which is the date the album is created. Click on 'Continue'.
5. To upload a photo, click on the first 'Browse' button, locate the file you want on your hard drive, and click 'open' or 'choose' (depending on your system and browser). Note, the photo must be in a JPEG format, which is usually appended with the '.jpg' suffix.
6. Repeat this process for up to 10 pictures, then click on the yellow 'Add now' buttons.
7. When the upload is complete, you have two options. You can view your album – 'View album'. Or you can invite a friend or family member by email to view your uploaded pictures online – 'Share album'.
8. When you click 'Share album', you will have three options of how you would like to share them. The first, using an email, is the simplest and is recommended for when you are just starting out. In this option, you compose an email from within Yahoo! which sends an email to your friend, including the picture.
9. If you're a bit more Internet savvy, and if you already use Yahoo!'s Messenger software (available for free download at messenger.yahoo.com) you can choose to allow others to view your photos through Messenger, or on your personal website space granted by Yahoo!

Farewell, but not goodbye

Sadly, this is the last issue of *TecnoSeniors*. But if you stay in touch with the Seniors Card web site and its e-newsletter, you won't miss a thing.

Seniors Card thanks you all for your fantastic support of the *TecnoSeniors* newsletter over the last few years as well as for your valued feedback. We certainly hope it has been useful in helping you with computers.

To continue to help you, Seniors Card will provide information about using computers in its free monthly e-newsletter. There will be one practical computer-oriented article in each month's e-newsletter.

Life after *TecnoSeniors*

The Seniors Card e-newsletter is free to all members and is delivered direct to your email inbox. The newsletter features monthly updates on Seniors Card events, new and updated discounts, competitions and community activities.

But after you've digested the newsletter, keep making regular visits to seniorscard.nsw.gov.au. Our website is updated daily and includes links to computer clubs and training courses for seniors wanting to learn more as well as information on special offers to Seniors Card holders, upcoming events in NSW, and of course, back issues of *TecnoSeniors* available for download.

And there are plenty of third party organisations and publications we can point you towards. A new annual publication, *Netguide for Seniors* is planned for launch. This will provide you with computer tips and useful

SENIORS CARD MARCH 2004

Hi Seniors Card Member,

I hope you had the opportunity to enjoy activities in Seniors Week. Seniors Card staff look forward to meeting you at Seniors Card Days at the Royal Easter Show on April 6 & 7 at Sydney Olympic Park. The entertainment program has been finalised - [click here for details](#). We will also be exhibiting at the Caravan, Camping, 4WD and Holiday Supershow from 17 - 25 April at the Rosehill Racecourse and the Camden Show on 26 & 27 March. Hope you enjoy this month's news.

Writing competition for the over 55s

Fancy putting a pen to paper and telling a tale or two? Lismore City Council is once again running a short story writing competition with winners being published in a book. You must live in the Lismore, Richmond Valley, Clarence Valley, Byron, Ballina or Kyogle local government areas to enter.

[Click here to READ MORE](#)

Classic Cooking with Margaret Fulton

To coincide with Margaret's 80th year, her family and friends have published the Margaret Fulton Cookbook; a totally revised and updated edition of her 1968 classic. The Margaret Fulton Cookbook is available to Seniors Card holders autographed and with a personalised dedication for \$59.95. Contact Margaret Fultons Kitchen on (02) 9567 0666, or go to [Click here to READ MORE](#)

information for those of you wanting to learn more about computers and technology. So watch the website for more details about *Netguide*.

We also recommend that you attend a low-cost computer course at your local ASCCA club, COTA or other course provider that caters for seniors.

A final request: don't forget to advise Seniors Card if you change email address. Call 1300 364 758.

ABOUT TECHNOSENIORS

TecnoSeniors was funded as part of the NSW Government's three year Seniors Online strategy, developed in 2001, which aimed to encourage seniors to use computers and the Internet.

D A T E S T O R E M E M B E R

23-25 July	Retirement and Lifestyle Show	Rosehill Racecourse Event Centre
25 August	Central Coast Seniors Expo	Central Coast Leagues Club
2-5 September	ABC Gardening Australia LIVE NSW	Sydney Showground, Sydney Olympic Park
4 November	Port Macquarie Expo	Panthers Leagues Club

For more information on upcoming events go to www.seniorscard.nsw.gov.au

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