



SENIORS CARD

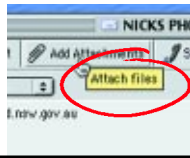
TechnoSENIORS

www.seniorscard.nsw.gov.au

#9 WINTER 03



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Col power!

When you retire, you're expected to ease back and take it easy. But someone forgot to tell Col Gibson!

Col has proven the adage 'You're never too old', and has piled one achievement upon another in business and in the sporting arena since retiring in 1983.

An accountant and educator, 76-year-old Col divides his time between overseeing projects throughout the Asia-Pacific region, and in taking on gruelling sporting challenges.

Col lives near Newcastle and is a volunteer member of AusAid-funded Australian Executive Service Overseas Program (AESOP) that provides nations in the Pacific and South-East Asia with technological assistance.

"The projects have varied from installing accounting packages in local businesses and training local staff to operate them, to designing and teaching business courses in universities," Col says.

Since joining the organisation in 1992, such projects have taken Col to Papua New Guinea, Kiribas Islands, Cook Islands, Fiji, Tonga and Vanuatu.

He has the advantage of having used computers in the workplace, while his experience as a teacher at tertiary



Col Gibson teaching Pacific Islanders

level makes him a natural when it comes to passing on computer skills.

"It always amazes me that people in traditional societies which have barely changed over thousands of years are now using computers quite happily," Col says.

Throughout the Pacific, the use of computers in the home is rare. But in the workplace, this technology is being used in even the remotest areas.

Installing software involves more than just hitting the "install" button and walking away, he says. "It's a case of selecting an accounting program, then teaching the employees how to use it."

Being older has also been a significant advantage, says Col. "It makes a difference, especially in Pacific and Asian cultures where grey hair (or none at all) is still respected."

When Col is between volunteer projects, he trains for sporting events such as the Masters games in swimming, athletics, cycling and canoeing. He has ridden in a 100 mile pennyfarthing race on a bike he built himself.

“ Being older has been a significant advantage ”

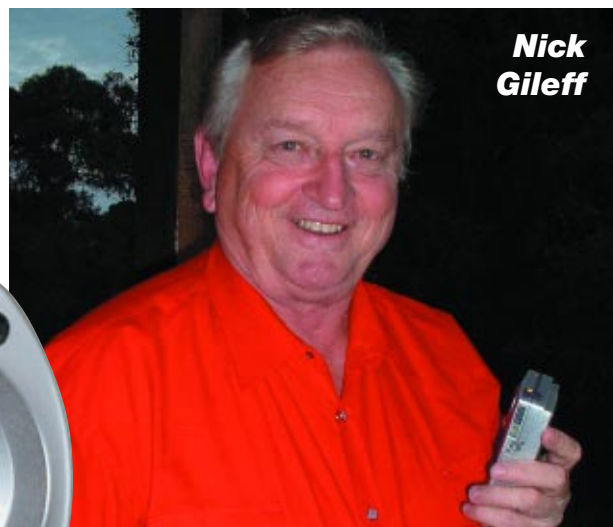
Tell us what you think of the new *TechnoSeniors* newsletter. Email: marketing@seniorscard.nsw.gov.au and have your say on what technology or tips you think we should cover.

GET YOUR FREE TECHNOSENIORS SUBSCRIPTION

Stay connected to all the issues relating to seniors using computers and the Internet by subscribing to *TechnoSeniors* for FREE. Call 1300 364 758 (have your Seniors Card number handy) or email your Seniors Card number to marketing@seniorscard.nsw.gov.au

How to improve yo

Forget film processing – the new era of digital cameras is making the future of photos clear.



Taking photos can be a delicate process. You have to worry about things like light levels, aperture speed, loading and unloading a film correctly, and even the dreaded 'red-eye' if you're using a flash. If any one of these things is not quite right, it can ruin a photograph you were counting on to be perfect.

But since cameras went digital, the whole concept of photography has been turned on its head.

Rather than having to wait days to see the final results after taking a snap, the digital process makes this experience instant. Just point your camera, push the button and your picture will appear in the viewfinder faster than it takes to say 'cheese'!

And if you're not satisfied with a picture, just keep taking it until you are happy. And whereas a conventional film is only good for 24 or 36 snaps, your digital memory can hold more than 100 snaps, depending on your camera's capabilities.

And no need to be nervous about wasting film on bad pics ever again. You can be as snap-happy as the paparazzi without having to worry about processing costs.

Chances are that if you are reading this newsletter you are already familiar with the Internet. Sending your digital snaps by email is so quick and easy, your friends or family on the other side of town – or the world – could be looking at your pictures within 10 minutes of your taking them.

But aren't digital cameras expensive? David Bermeister, director of digitalcameras.com.au (see Surf's up!, page 4), which sells digital cameras exclusively online, says you should first be aware of what you want to get out of the camera before you buy one.

"The prices of digital cameras are determined by resolution, whether the camera has an optical zoom or not, what sort of power set-up the camera has, what sort of batteries they take and what sort of special lenses they have," he says.

He adds that if you only wanted to be able to take snaps for emailing or looking at on-screen, you would be looking to spend around \$200 to \$300.

But if you wanted to be able to print pictures and wanted to maintain a reasonable quality, you are probably looking at a camera with a resolution of at least 3.1 megapixels, costing around \$600. According to Bermeister, Sony and Kodak make good entry-level digital cameras suited to seniors because they keep them relatively uncomplicated.

Nick Gileff is one senior who has never looked back since picking up a digital camera.

"I have been on using digital for almost four years," he says. "I have four Nikons [non-digital film cameras] but rarely use them now. I can print digital photos, but mainly store them on the computer or CD."

The 62 year old from Kareela, Sydney, says he had no trouble adapting to the digital process, especially since he was already familiar with computers.

“ just keep taking it until you're happy ”

our image



Your best shot

By following these very simple guidelines you can ensure you always give it your best shot.

1 See the light: natural light will always give better results than a flash, which tends to bleach colours. When outdoors, make sure the sun is coming from the side, if possible.

2 The eyes have it: to get the best focus when taking a portrait, a good guide is to make sure the eyes of the person (or animal!) you are photographing are in clear focus.

3 Up close and personal: one of the most common mistakes when taking photos is to stand too far away. Get closer, for the best shot.

4 Red herring: red eyes, caused by using a flash, need not ruin your photographs. Your photo-editing software on your PC may even have a tool to remove it.

5 Be ruthless: don't be afraid to trash photos that are out of focus or in bad light. Whether on your computer or in the memory of your camera, bad photos take up valuable storage space.

6 What's in a name: the quickest way to find a picture in your photo collection on your PC is by a meaningful name rather than by a number. When downloading pics onto your computer from your camera, right click on the filename and choose 'Rename' to make it something memorable.

7 Burn baby, burn: remember, every picture you load onto your PC is taking up more space. Eventually, your poor PC will run out of room. Save space by burning your images onto a CD.

Net news

A wide world of opportunity

The Australian Seniors Computer Club Association (ASCCA) is dedicated to helping seniors become computer literate and the 5th annual ASCCA Seminar is planned to introduce seniors to more of the opportunities available via the Internet.

The Seminar will be held on the 10th and 11th September 2003 at Hornsby RSL Club and will cost Seniors Card members \$50 for one day or \$80 for two days. Speakers will talk about Shopping Safely Online, Using a Webcam to Communicate, Family History on the Internet, Creative Emails, Anti Virus Protection, and lots more.

Morning tea and lunch will be provided and there will be lucky door prizes each day and a welcome bag for each participant. For more details contact ASCCA on (02) 9286 3871 or visit www.seniorcomputing.org

E-newsletters make it E-sier to keep up

Don't miss out on your latest membership discounts and special offers by registering for the Seniors Card free monthly e-news bulletin.

You will be kept up to date about special events and a variety of promotions – some with offers of additional Seniors Card discounts.

Find out about educational courses and 'seniors only' functions available to Seniors Card members.

Just click on 'email newsletter' in the top right hand corner of the Seniors Card homepage, or type in 'www.seniorscard.nsw.gov.au/secure/subscriptions/subscribe.asp' to go to the page directly, and enter your name, Seniors Card number and email address to register for monthly e-newsletters.

Internet for beginners course

This COTA course for seniors beginning in October offers instruction in basic Internet literacy as well as emails made easy. The World Wide Web is simplified so learners can find their way around the Internet.

You don't even have to own your own computer – Computer Club members can use the Council's Open Access to surf the Net. For more information contact: Tel:(02) 9286 3860, email: training@cotansw.com.au

Surfs up

Your digital directions

There's a host of sites on the Internet to make every step of digital photography easy. From comparisons between products, to how-to-guides, to where to shop online to buy your next digital camera. Here's some to get you started.



[www. dpreview.com](http://www.dpreview.com)

This site is useful whether you've already bought your digital camera or are looking around to see what's out there. If you've already got one, check out the news on the latest technology and reviews of the latest cameras and accessories, as well as a number of sample images. There's also a forum where you can discuss camera techniques and pick up hints from other digital photographers. And if you're thinking of buying a camera, the buyers guide link, complete with an online form to help you decide what sort of camera suits your needs, is about as good as having a store assistant helping you choose in your own home.

[www. digitalcameras.com.au](http://www.digitalcameras.com.au)

This site is on a smaller scale to dpreview.com, except with an Australian perspective. Digitalcameras.com.au is one of the few sites set up to sell digital cameras exclusively online. The business runs out of Adelaide, but the shipping of cameras in stock is guaranteed for delivery the next business day throughout Australia. The company apparently does a lot of business for people in rural areas who find it difficult accessing local retail outlets for digital cameras. The stocks range from entry-level cameras, suitable especially for first time buyers because of their simplicity, right up to top-of-the-range cameras for the pros.

[www. kodak.com.au](http://www.kodak.com.au)

It's worthwhile visiting all the major digital camera brands' sites if you want to see how they compare. But the kodak.com.au has an interesting feature, called Print@Kodak enabling you to send your digital pics online to a Kodak outlet to be printed out professionally on photographic paper. To use this service, you need to download free software from the Kodak site that enables you to attach your images and upload them to a Kodak service outlet. To pay for them (\$0.80 per standard photo), either pay when you pick them up, or by credit card using the Print@Kodak software and receive them by mail (snail mail, that is). Please note: this software is not yet available for Macs, but Kodak says they're working on it.

[www. howstuffworks.com](http://www.howstuffworks.com)

The name of this website says it all. If you're the sort of person who likes finding out exactly how and why things are what they are, then take a look at the section on digital cameras on this site. You'll see that the site is divided into different sections: computers, cars, electronics, science, homewares, entertainment, money, travel and people. For digital cameras, click on ElectronicStuff, then look for the link to Digital Cameras in the Gadgets section, halfway down the page. Definitely one to bookmark for the curious-minded.

Tips

Attaching images

The beauty of taking digital pictures is that you can easily attach them to an email and send them off to your friends.

Here's how you do it:

1 Download your picture to your computer from your digital camera, or select the picture from your photo-library on your PC. Make sure you know the filepath the photo has been saved to (e.g. My Computer/My Photos/Family/My Pic).

2 Open your email browser and start a new email, usually by clicking on a button on the left on your toolbar called 'New'.

3 Type in your recipient's email address, type in a subject and type your message in the message area.

4 When you've finished typing your message, look for a paper clip symbol on your email toolbar and click it once. If you can't find this, or your browser doesn't have such a button, select the 'Message' menu, and there should be an option to 'Attach file' or 'Add attachment'. (See figure 1)

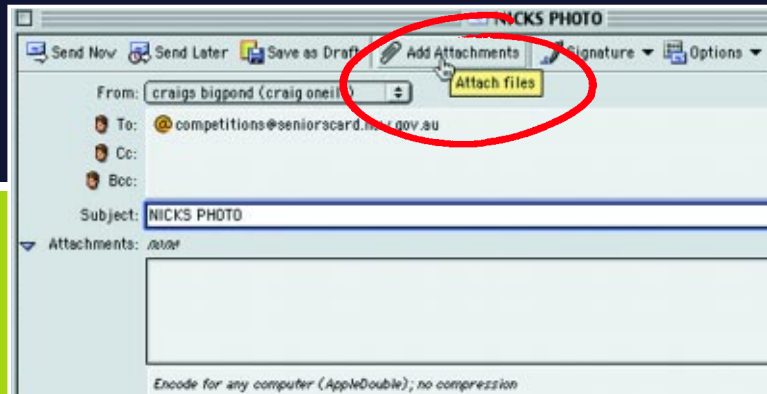


Figure 1. Look for the paper clip symbol on your email toolbar

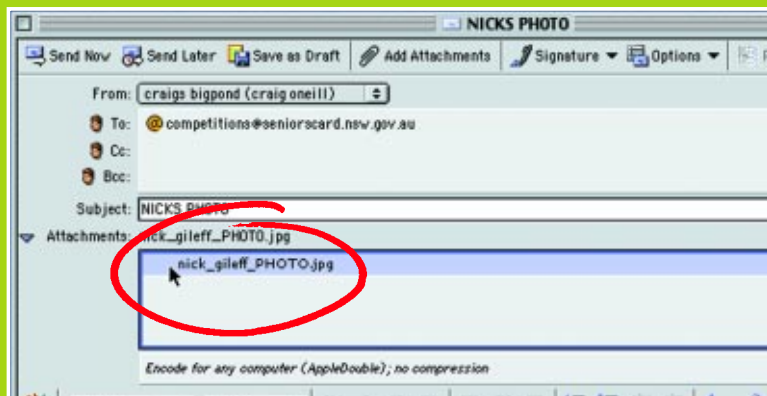


Figure 2. The file name appears in the attachments window

5 Once you hit the 'Attach' button or have made the 'Attach' command in the 'Message' menu, your browser will open a dialog box asking you to select the file to attach. You will need to trawl through your folders until you find the right folder with the right file (the picture you want to send). In the example filepath given above, you would first have to select or double-click the 'My Computer' folder, followed by the 'My Photos' folder and so on, until you arrive at the image in question. Click 'Attach', 'Select' or 'Choose' (depending on your program and computer), to attach your picture to your email.

6 You should see an indication of your file having been

attached to the email – either as an icon at the end of the email message, or as a filename in a list of attachments. (See figure 2)

7 Hit the 'Send' button. If the picture you are sending is a large one in terms of the disk space it uses (especially if it is high-resolution), then it may take a while for the email to be sent. It will take longer again if you have a dial-up Internet connection rather than a cable or ISDN one.

8 Make sure your email has been sent before you close your email browser. If it is still in the process of being sent, the email will be in the 'Outbox' folder. Only when your email appears in the 'Sent Items' folder has your email been wholly dispatched.

Special offers and discounts

NET GUIDE MAGAZINE



NetGuide, Australia's number one selling Internet magazine, is jam-packed with easy to understand tips for computer and Internet use.

Every month NetGuide shows you how to get the best from the Internet. What's more, it now comes with a free CD to show you the easy way to search for the latest and greatest websites. As a Seniors Card member you can **save \$5** on a one-year subscription to NetGuide (normally \$40).

Visit: www.netguide.com.au/seniors and quote 'seniors 03' or call: 13 61 16. You can also subscribe by sending a cheque for \$35 made out to ACP Publishing, to: Australian NetGuide Magazine, Reply Paid 4967, Sydney NSW 2001.

COUNTRY CONNECTION

Community Technology Centres (CTCs) are springing up around



New South Wales in a Government funded initiative to provide information and communications technology to rural areas of the state.

Every day, people are being connected, to friends, family and also to online resources. Two CTCs which are currently business partners with Seniors Card and providing discounts to seniors are at Grenfell and Khancoban.

CTC@Grenfell: Seniors can get **10 per cent discounts** on all products and services. Tel: 02 6343 1720, or email: ctc_grenfell@tpg.com.au

CTC@Khancoban: Seniors are entitled to **20 per cent off** all beginners courses. Tel: 02 6076 9170 or email: khanctc@simplex.net.au

PADDLE PRIZE Five lucky readers have the opportunity to win a Layback Tour for two people

from Bundeena Sea Kayaks. Neighbouring the Royal National Park, the company offers guided river tours and un-guided kayak hire on the beautiful Port Hacking. The Layback Tour, which is an easy 2 1/2 hour ride, is valued at \$88 pp and includes morning tea, it explores the river and visits many idyllic locations. No paddling experience is necessary, however you must be a competent swimmer and moderate fitness is recommended. To enter, answer the following question and email it to: competitions@seniorscard.nsw.gov.au

What does Bundeena mean? For a clue, visit <http://www.ourshire.com.au/suburbs/default.htm>

Find out more about these and many other Seniors Card discounts at www.seniorscard.nsw.gov.au

Dates to remember

SEPTEMBER

7 Fathers Day
Try www.mygiftshop.com.au/seasonal

10-11 The Australian Seniors Computer Club Seminar
See page 3 for details. Call: (02) 9286 3871 or visit www.seniorcomputing.org.au

12-14 9th Annual Wagga Wagga Jazz Festival
Great jazz at various venues to be announced. Call: George Ceely: (02) 6922 5227; Jean Haste: (02) 6926 3521. Or visit: www.waggajazz.org.au

26 - 6 October: Bowral Tulip Time
Southern Highlands Bowral Tulip Time Festival. More information, visit: www.tuliptime.hinet.net.au

OCTOBER

17-20 Griffith Festival of Flowers
Visit the NSW town of Griffith for their Festival of Flowers. Contact Griffith Visitors' Centre on: (02) 6962 4145.

30 - 16 November: Sculptures by the Sea
This is Australia's largest outdoor sculpture exhibition and is free to the public. Staged along Sydney's dramatic Bondi to Tamarama coastal walk, attracts more than 30,000 visitors.

31 - 9 November: Healthpact 9th Australian Masters Games
Held in Canberra ACT, you can be a spectator and cheer them on - or be a competitor!

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

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