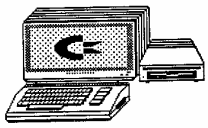
SOUTHERN DISTRICTS COMPUTER USERS CLUB INC.



July 2009

Club Web Site http://videocam.net.au/sdcuci/indexhtml

Editor Jim Greenfield

MEETINGS are held on the third Wednesday of the Month, at Christ Church O'Halloran Hill 1708 Main South Road O'Halloran Hill at 7.30pm
Visitors most welcome.
Cost $2 per person, which includes the Newsletter plus coffee/tea and biscuits.
Subscriptions for twelve months Single $18
Family membership $24
Novice and experienced computer users will be warmly welcomed

Southern Districts Computer Users Club Inc.
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Joan Jones	9th July
Val Greenfield	9th July

Help !!!!!!

I have done something to my Computer , now it will not work properly.

Can you fix it?

Every time you download or install a new game, application, or software update, you make changes to your computer. Sometimes that change may make your system unstable.

Have you ever wanted to go back to the way it was? With System Restore, you can.

System Restore works a lot like the Undo command in Microsoft Word. You can use System Restore to remove any system changes that were made since the last time you remember your computer was working correctly. System Restore does not affect your personal data files (such as Microsoft Word documents, browsing history, drawings, favorites, or email) so you won't lose changes made to these files.

How does System restore work?

Windows XP periodically records a snapshot of your computer. These snapshots are called restore points. Windows XP also creates restore points at the time of significant system events (such as when an application or driver is installed) or you can create and name your own restore points at any time. If you have installed a program that has made your computer unstable, you can open system restore, choose a restore point, and return your computer to its previous stable state.

When you run System Restore, a calendar is displayed to help you find restore points. If you don't use your computer every day, some days might not have any restore points. If you use your computer frequently, you might have restore points almost every day, and some days might have several restore points.

Use System Restore to undo changes you have made to your computer

Before you open the System Restore console, you may want to save your work and close all programs since System Restore requires you to restart your computer.

Follow the instructions on the wizard.

Through the All Programs menu:.
Click **Start**.

Point to **All Programs**.

Point to **Accessories**.

Point to **System Tools**.

Click **System Restore**.

Follow the instructions on the wizard.

Creating a restore point can be useful any time you anticipate making changes to your computer that are risky or might make your computer unstable. If something goes wrong, you select the restore point you just created and Windows XP undoes any system changes made since that time.

On this Day
July 15th 1995
Online retailer Amazon.com opened for business

OUTLOOK EXPRESS,
Security and housekeeping tips

Preview Pane: if you use the default setting that includes the preview pane under the messages list in your Inbox, there is a risk of some virus or Spyware infection. Turn it off:

- Open Outlook Express, (offline ok)
- Left click on the "View" tab above the toolbar
- From the drop-down menu, choose "Layout"
- On the Layout Panel, untick the box "show preview pane"
- Click on the "Apply" button and then OK

Close Layout panel, preview message will not be downloaded and displayed next time you access your mail inbox.

When the preview pane is open, the mail message has to be opened. Some viruses or Spyware can exploit this feature.

Deleted Items: When you clean up your Inbox and other folders, you use the "Delete" Button on the toolbar, (red cross). This action simply transfers the mail into the "Deleted Items" folder. Unless you empty this folder on a regular basis, the files will still be there taking up drive space. You can set Outlook Express to automatically delete these files on exiting the program:

Open Outlook Express,
Left click the "Tools" tab above the toolbar
On the drop-down menu, select "Option" right at the bottom
From the Options Panel, choose the "maintenance" tab
On the "Cleaning up messages" panel, tick the box against "*Empty Messages from 'Deleted Items Folder" on exit"*
Note the other options for future reference.
Click "OK" and the files will now be deleted when you exit Outlook Express.

This feature will permanently delete the messages so be sure before you send any mail to the "deleted items" folder.

Receipts: Outlook can be set up to ask for a receipt to be sent from a recipients PC. You might also get messages that ask for a receipt too. To control this function:

- Open Outlook Express
- Left click the "tools" tab and again select "Options" at the bottom of the drop-down menu
- Select the "Receipts" tab

Choose the option that you would like from the panel. Tick the box to request a receipt or untick not to request. Select the referred Radio Button at the lower pane to decide how you deal with receipt requests. I prefer the "Notify Me…." Option. Again, click on "Apply" and "OK" to finish.

While you have the "Options" menu open, have a look under the other tabs for Security, Connections, and Signatures etc; to learn a little more about Outlook Express.

Colin Campbell, July 09

What is an UPS ?

An **uninterruptible power supply** (**UPS**), also known as a **battery back-up**, provides emergency power and, depending on the topology, line regulation as well to connected equipment by supplying power from a separate source when utility power is not available. It differs from an auxiliary or emergency power system or standby generator, which does not provide instant protection from a momentary power interruption. A UPS, however, can be used to provide uninterrupted power to equipment, typically for 5–15 minutes until an auxiliary power supply can be turned on, utility power restored, or equipment safely shut down.

While not limited to safeguarding any particular type of equipment, a UPS is typically used to protect computers, data centers, telecommunication equipment or other electrical equipment where an unexpected power disruption could cause injuries, fatalities, serious business disruption or data loss. UPS units come in sizes ranging from units which will back up a single computer without monitor (around 200 VA) to units which will power entire data centers or buildings (several megawatts).

Opinions expressed in this newsletter do not necessarily represent those of the Southern Districts Computer Users Club Inc. nor does publication of an advertisement imply endorsement by the Southern Districts Computer Users Club Inc.

While every attempt has been made to verify that the information in this newsletter is correct, the Southern Districts Computer Users Club Inc accept no responsibility for any inaccuracies.

Likewise no member of the committee or member of the Southern Districts Computer Users Club will accept any liability for any damage occurring to a computer, to any computer system and/or data from following instructions given in this newsletter.

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Small Business Awards

Computer Industry Association MEMBER South Australia Incorporated

VoIP, A Cheaper Phone System

VoIP got a mention at one of our recent meetings, I thought that a short rundown on what it is would be useful for those of you who still subscribe to the **P**lain **O**ld **T**elephone and continue to pay big TELSTRA bills. The following is an extract from a Government Communications information site, (http://www.accc.gov.au/content/index.phtml/itemId/815399). (Why reinvent the wheel?)

What is VoIP?

VoIP (Voice over Internet Protocol) is a relatively new technology that allows you to use your computer's network connection as a telephone service.

VoIP technology is growing in popularity. Calls using this technology are cheaper than those on the normal phone network, particularly for long distance and international numbers. As broadband Internet access becomes more widespread, VoIP is also becoming an increasingly easy and convenient way to communicate.

You need a computer to use almost all VoIP services. Some may require special software and equipment, such as microphones.

Some services may offer features such as conference and video calls, but might not be able to offer some traditional phone services.

So, VoIP is an incredibly useful tool to add to your PC infrastructure. Fist though, some advice. VoIP works best with higher speed broadband. Wireless broadband is not that successful due to fluctuations in the typical (eg Next G) Wireless Broadband service. Dial-up? Forget it!
So, if you have a good ADSL or ADSL2 Broadband, you aught to consider getting the phone addition. To use VoIP, you need to subscribe with one of the dozens of VoIP providers; Google for these in Australia and you will find quite a list. I use MyNetFone, just one of many, (www. mynetfone.com.au) for my provision of calls. Typical costs are as low as 100-national/local calls a month for just $9.95 per month. International calls are as low as 2.9 cents/minute to the UK with no flag-fall or time limits. Mobile calls are just 20c, again, no flag-fall. 9Better, no contracts!)
Most providers require that you have an Analogue-to-Analogue (ATA) adapter to connect to your broadband modem and most telephone handsets will work plugged into the device. Best of all, unlike Skype application, you don't have to have the PC on to use the system, just the modem connected. Seeing as you probably have the modem on all the time anyway, you will be connected.
Broadband download usage is small, about 60kb/ talk-minute someone worked out; you can use the phone and the Internet at the same time. With the system from MyNetFone, you can get a DID number, (telephone number) for calls

So, have a look at the prospect of using VoIP, we will have a demonstration one night soon.

Colin Campbell, July 09

Have you recently acquired, or do you just want to learn more about operating, your computer?

The Club conducts classes on a wide range of subjects, at a very moderate charge.

The maximum number in class is five.

(Our aim is to conduct the classes in a friendly non-threatening atmosphere)

Some of the classes that are available:-

1. Basic Computing (Stage One and / or Stage Two)
2. Advanced Word
3. Internet workshops
4. Digital Cameras

For more information contact a committee member.

South Australia History

1902

Breaker Morant and Peter Hancock executed on 27 February.

1903

First crematorium in Australia opened at West Terrace.
RAA formed on 30 September

1904

First community-run hotel in the British Empire established at Renmark.
School opened at Innamincka.
South Australia first State to make road laws for cars. They must carry a disc with name of owner and make of car.

1905

First Kindergarten in South Australia opened.
John Rymill, farmer and polar explorer, born.

1906

One third of all hotels in Port Adelaide lost their liquor licence.
First driving licence issued in Adelaide, an Australian first, to Dr William Hargreaves.
Uranium discovered at Radium Hill by Arthur Smith.

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MEETING RULES

NO SMOKING NO DRINKING NO SWEARING

We are allowed to use the facilities at Christ Church, O'Halloran Hill in return of a small fee plus respect for their property. We ask for your co-operation in respect to the above. While we can not control what our members do away from our club meetings, Piracy of copyright material can not be condoned at our meetings.

E-Tax, a new way of doing things.

It's that time of year again and most of us are busy thinking of how we can get all our tax back from the government coffers. If you have been paid an income, via wages, super scheme income stream and/or Interest, the Government might be looking to get something from you. If you have to fill in a tax return, have you considered **E-Tax?**

E-Tax is an electronic methodology of doing your tax return via your PC and the Internet. It is a self-guided and simple process providing that you have all of the usual information that the old forms needed. Also, I think that it is so simple I don't understand why people with everyday incomes pay someone else to do their returns.

First, to use E-Tax, you need a basic PC to run the free software, MAC will not work without Windows emulation.. Go to the Australian Taxation web site, look for E-Tax and view the system requirements. (http://www.ato.gov.au/) on this page there is a link to the site for the programme and a description of system requirements, some jargon and assurances that if you use E-Tax, and if you make mistakes, the ATO will not penalise you for getting it wrong, (not declaring income? Maybe not!)

You will need to download the 2009 version of E-Tax, last years version is closed off and will not be suitable. 2009 version is up-to-date. You will also need a recent (2008) tax assessment notice for verification. You can view your tax return in the electronic format or the traditional layout for printing. Business returns are easy for small business earning/ losses. All worksheets are there for helping to calculate net earnings and the worksheets don't get sent to the tax office.
A good thing about the E-Tax form is that you can view a summary of your return and an estimated tax return/payment before submitting it. You can test affects of claiming deductions and earnings before sending too if you have any queries. There are links to a great Help file built in, information about all aspects of the return and most useful, built in calculators. In my experience, E-Tax returns are paid very quick and to the cent of what the tax summary tells you.

If anyone would like to try E-Tax for the first time, here is an offer of free help as long as you realise that it will entail some personal data being viewed. Confidentiality assured though.

Colin Campbell, July 09

Want to know what is going on around SA, Nationally? planning a trip? Want to miss big events in a city/location to visit? Then have a look at this link to the ABC, the Big Diary, with a good search engine.

http://www.abc.net.au/thebigdiary/default.htm

SPICY APPLE CRUNCH

A DELICIOUS WINTER DESSERT

INGREDIENTS

1 Large can of Pie Apple or home cooked apples
1 teaspoon powdered ginger
½ cup sultanas
¼ cup sugar
1 cup rolled oats
90g melted butter or marg.
½ cup coconut
¼ cup chopped walnuts
½ cup brown sugar
1 teaspoon cinnamon or nutmeg (or allspice)
Extra 1 teaspoon powdered ginger

METHOD

COMBINE the pie apple, ginger, sultanas and sugar in a bowl and place in a greased ovenproof dish.
MIX the rolled oats, melted butter, coconut, walnuts, brown sugar, cinnamon and ginger together and sprinkle over the top.
BAKE in a mod oven for 15 – 20 minutes.
SERVE warm with custard or cream

From the Editor. This recipe from Kay Martin
I hope Kay supplies this at our next committee meeting!!

CMOS Battery

The memory and real-time clock are generally powered by a CR2032 lithium coin cell. These cells last two to ten years, depending on the type of motherboard, ambient temperature and the time that the system is powered off, while other common cell types can last significantly longer or shorter periods, such as the CR2016 which will generally last about 40% as long. Higher temperatures and longer power-off time will shorten cell life. When replacing the cell, the system time and CMOS BIOS settings may revert to default values. This may be avoided by replacing the cell with the power supply master switch on. On ATX motherboards, this will supply 5V standby power to the motherboard even if it is apparently "switched off", and keep the CMOS memory energised.

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Your Notes