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**Next Meeting**  
**Wednesday 1st March**  
**2006**  
**Beginners & Problems 7**  
**PM**  
**Guest Speaker 8 PM**  
**Paul French**

### Newstream Articles

Deadline : 10 Days before Meeting

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### Membership

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### RON'S RAMBLINGS

This month's Meeting will have Paul French from Tasmanian Printer Cartridge company as our guest speaker.

If you haven't heard him previously make it a point to come along this month and hear his talk.

Noel is always good value! He is Informative, entertaining and his information is up to date.

If you have a printer (or are considering purchasing one) this talk is a must.

**Please Note:** All members of OPEN are members of LCG and are entitled to attend the Monthly Meeting of LCG. So make this your initial attendance. You will not be disappointed.

Other Speakers planned for the year include Brian Stallard of Stallard's Camera House. Another interesting and informative speaker.

Julie Hjort will show us how to transfer tapes and records to CD at a later Meeting.

If you know of an interesting speaker on computer related subjects or there is a subject you would like us to get a speaker to tell us about let Judy Hall LCG President know.

Microsoft are getting closer to releasing "Vista" the next version of Windows.

As editor of this newsletter I was given an invitation to trial the latest Beta Version.

I am awaiting the delivery of the CD by "Snail Mail".

All I need now is to upgrade my "box" to be able to run it.

**Ron Baker**

## OPEN NEWSLETTER – MARCH 2006

### What's Happening at OPEN Next Monthly Meeting (AGM) March 1st at 1.00 pm

#### FROM THE ASSISTANT EDITOR

By the time you read this several of our members will have commenced the E-Learn course which OPEN conducts in partnership with TAFE Tasmania. I haven't seen the course material yet but I'd assume that topics will have been added to take into account the changes in technology over the past couple of years. For those members who may feel that they're not yet ready to tackle E-Learn, I'd suggest that they continue to work on the 'basics' of computing and consider enrolling for the second E-Learn course which will commence in mid-August this year.

#### THE TUTORS GO BACK TO SCHOOL!

Have you ever wondered how a video store keeps track of all its movies, who has borrowed them, when they are due to be returned, and how much the hires charges are? Chances are that they use a **database**, a program that is able to store and inter-relate all that information. **Microsoft Access** is a powerful database program but before we can begin to teach it to our members our tutors have to be brought 'up to speed'. That's why one Wednesday afternoon for each of the next few months will be a tutors only session – to acquire the skills necessary to teach you.

### ANNUAL GENERAL MEETING OPEN COMPUTING

Members are advised that the **Annual General Meeting** of OPEN Computing will be held on Wednesday, March 1st, 2006, at 1.00 pm.

This meeting will include the election of committee members to help administer affairs that are specific to OPEN, and we would welcome anyone who feels that they can help with the many tasks that are part and parcel of our daily operations.

Nomination forms are available at the clubroom. If you intend standing for the committee please fill in a form and return it to OPEN by 1.00 pm on Wednesday, March 1, 2006.

## NEW CLASSES

### PAINT SHOP PRO 7 FOR BEGINNERS

Wednesday March 29 9 am – 12 noon

A class for new members to learn the basics of graphics and photo enhancement.

#### 'ON-LINE COURSES'

Wednesday, March 8 and 15, 9 am – 12

This course explores some of the options available once you are on the 'Net. Check out E-Bay, the on-line auction site, or perhaps see what the seniors' site Greypath has to offer.

The OPEN Newsletter is part of the Launceston Computer Group's publication "Newstream".

"Newstream" is distributed by E-mail each month, or alternatively can be viewed or downloaded as a PDF file from the LCG Web-site— [www.lcg.org.au](http://www.lcg.org.au).

### VENUE TELEPHONE NUMBER

Members can be contacted at the clubrooms **during class hours** by telephoning the number shown below.

Monday to Thursday 10am – 3pm

Friday 10am - noon

**0413 698 610**

### FAMILY HISTORY ON-LINE

Back to the usual two sessions this month.

**March 8th 1 pm to 3.30 pm**

**March 22nd 9 am to 12 noon**

Use the Internet, our in-house collection of Programs and CD-based information, and various contacts to pursue your own family history project.

New members are welcome but please book your place – each session is limited to 8 people.

Additional places may be available in these classes from April as more of our tutors become acquainted with the software used for Family History research.

## OPEN NEWSLETTER – MARCH 2006

### *Launceston Computer Group* **SOFTWARE LIBRARY**

Dated 1<sup>st</sup> March 2006

#### DISK 2000 - Your Library on Disk



Disk 2000 is now available. The change from a floppy disk to a CD has enabled us to include much more in the way of games, information and utilities. Existing members can upgrade to the new CD version for just \$1.50. Ask at the club or contact Julie on 6344 5686. This disk is free of charge to all new members.

#### DISK COPY PRICES - CLUB MEMBERS \$1.00 per disk

**Disk Prices - Box of 25 = \$12.00** Members Only

**CD Prices – Box of 10 = \$10.00** Members Only

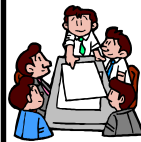
Games CDs #2 and #3 are also available featuring games that are suited to Windows 98 and later.

### **AVAILABILITY OF LIBRARY**

**The Shareware Library is available in between meetings from the following person. Please telephone first to arrange a suitable time.**

The library is also available at the venue - Studioworks most Wednesdays 9am to 3pm. Email: [opencomputingtas@hotmail.com](mailto:opencomputingtas@hotmail.com)

### *Launceston Computer Group* **Monthly Meeting Wednesday** **March 1**



TO KNOW ABOUT PRINTERS COME AND ATTEND GUEST SPEAKER AT 8.00 PM WILL BE PAUL FRENCH FROM THE TASMANIANPRINTER CARTRIDGE CO. IF THERE IS ANYTHING YOU WISH PAUL'S INFORMATIVE SESSION.

#### \*\*\* FOR SALE \*\*\*

Are you looking for a cheap 'starter' machine to begin your computing adventures?

OPEN still has a few basic systems available at prices ranging from \$50 to \$100. All have Windows 98SE, floppy drive and CD-ROM and (at least) 4-Gigabyte hard-disks as standard.

We also have a few surplus monitors available.

Contact Dennis or Judy at the club for details.

#### **“EMBROIDERY GROUP”**

The Friday afternoon Embroidery Group's first session for 2006 will be on March 10, 2006, and after that on the 2nd and 4th Fridays of each month. Contact Eleanor Horder for details.

### **Email Listing**

If you have provided your E-Mail address to OPEN or LCG we can use that information to send you the LCG/OPEN newsletter. **If you do not want your E-mail address listed please advise the club and we will remove it from our records.**

### **SUBSCRIPTIONS**

Members are reminded that annual subscriptions for 2006 are now due.

**Single Membership \$10**  
**Couples \$15**

Although we'd like all our members to continue their association with OPEN and LCG, please advise us if you do not wish to renew your membership.

Would you also please notify the club of any changes to your home or e-mail addresses, so that our membership list is kept up to date.



### **NORTHERN TASMANIAN CAMERA CLUB**

The next meeting of the Camera Club will be held at the OPEN clubroom on **Saturday, March 11, 2006, from 9am to 12 noon.**

If you are interested in learning more about digital cameras and related subjects contact Kai Johnson on 6326 2358.

## OPEN Session Times

At Studioworks, 1 Pipeworks Rd, L'ton

**Standard Sessions \$4.00**

**[Some special tutorial materials may incur additional charges]**

## OPEN NEWSLETTER – MARCH 2006

### SPECIAL WEDNESDAY SESSIONS

Please register on the sheets – numbers may be limited

Monday	10 am – 12	prE-Learn & Beginners
	1 pm – 3 pm	Basics and Beyond
Tuesday	10 am – 12	PC & Mac Support for Beginners
	1 pm – 3 pm	prE-Learn & Beginners
Wednesday		Special sessions or Meetings
		As for mornings (see rosters)
Thursday	10 am – 12	prE-Learn & Beginners [all day]
	1 pm – 3 pm	Mac [afternoon]
Friday	10 am – 12	prE-Learn & Beginners
2nd, 4th Friday	1 pm – 3 pm	Embroidery Group
2nd Saturday	10 am – 12	Camera Club

Date	Time	Topic	Details
March 1	10 am – 12	Tutors' Meeting	Discussion of matters relating to classes.
	1 pm onwards	<b>OPEN Annual General Meeting</b>	<b>Election of committee and general discussion on matters affecting OPEN.</b>
	7.00 pm onwards	Launceston Computer Group Meeting	Monthly Workshop. Guest Speaker will be Paul French of Tas. Printer Cartridge Co.
March 8	9 am – 12 noon	On-line Courses	'Greypath' and 'U3A' are two web-sites that provide on-line learning opportunities for seniors.
	1 pm – 3.30	Family History Online	Research your family history using the Internet and other resources provided by OPEN.
March 15	9 am – 12 noon	On-line Courses	Explore more on-line learning opportunities, or find out how the auction site E-Bay works.
	1 pm – 3.30	Advanced Graphics	Continuation of the Advanced classes. Judy has prepared new tutorials for 2006
March 22	9 am – 12 noon	Family History Online	Research your family history using the Internet and other resources provided by OPEN.
	1 pm – 3.30	MS Access Database	Tutors Only
March 29	9 am – 12	Beginners Graphics Paint Shop Pro 7	A new class for beginners to learn the basics of photo enhancement.
	1 pm – 3.30	Easter Greeting Cards	Use Print Artist to create personalised Easter cards for family and friends

## OPEN NEWSLETTER – MARCH 2006

### “COOKING AND IRONING ”

I have a confession to make ... the first time I ever ironed a shirt was when I was 38 years old! And my first venture into cooking for myself was just a few months prior to that. That's what happens when you've been living at home with a loving mother for almost all of your life to that point.

My first efforts were hopeless, and I had to devise methods and recipes to help me make a half-decent job of those domestic tasks.

Computing is a lot like that. It might all seem a bit much the first time you tackle a new procedure but if you have a 'recipe' to work from your subsequent efforts should be a bit easier.

With the subject of down-loading and re-sizing photos from E-mail being the subject of our "Freebie Of The Month" column, let's concoct a 'recipe' to handle the work.

1. Create a folder on your hard-drive where the down-loaded photos will be stored.
2. Open the E-mail, click the attachment icon (i.e. the paper clip) and copy the photo-files to your newly-created folder.
3. 'Process' the photos using a graphics program such as IrfanView or Pix Converter – the process will vary depending on your ultimate goal e.g. you might want to print some of the photos, or you may wish to E-mail them to someone else.
4. Carry out your final desired action.
5. Sit back and think how much time and effort this job might have taken without a computer!

### “FREEBIE OF THE MONTH ”

One of the bugbears for people who receive digital photos as E-mail attachments is finding that they probably need a 50-inch monitor to be able to see the complete image. That's because high-quality photos are, by definition, large files.

If your monitor is set to display 800 by 600 pixels, a photo that measures 2400 by 1800 pixels would theoretically 'fill up' nine screens.

Ideally, what the sender should do is re-size the image or images before sending the E-mail. Our old friend IrfanView can do the job but the user needs to manually re-size each image and then save them under new file-names. That be can quite time-consuming and possibly quite confusing for inexperienced computer users.

“Coffee Cup Pix Converter” is a free program that has an option to enable a batch (or folder) of digital photos to be re-sized and converted to a format that is more suitable for E-mailing. You can also give the folder and photos more meaningful names (not just the date and image numbers) or even create a new folder if you don't want the original high-quality photos to be replaced.

Re-sizing photos for e-mailing is a must for people using dial-up connections, because it will take much less time to transmit or receive the images. Re-sizing and converting an image to a lower-quality format can reduce the size of the photo-file by as much as 95%, but it will still be suitable for sending as an E-mail attachment. *Dennis Murray*

### “VICTOR”

Has your computer picked up a virus? Do you need help installing a new program? Has your computer ground to a virtual halt?

The Volunteer ICT OutReach program (VICTOR) is available to assist members who may require assistance with computer difficulties at home.

For a small hourly fee one of our volunteers can visit your house and help solve your problems.

Contact VICTOR's Co-ordinator Rob Tierney on 0417 555 398 for details.

### 'TALES FROM THE VICTOR VAULT'

A lot of interest this month has been focussed on viruses and other nasties, with great necessity. Most times with viruses software companies have already found a solution, and a computer user with some knowledge can easily remove the problem.

The past month however, there has come up a piece of **malware** (i.e. MALicious softWARE) designed to destroy, aggravate, wreak havoc, hide potentially incriminating information, and/or disrupt and damage computer systems.

The one that I have come across that lives up to the malware reputation is **spyfalcon v2.0**. It sounds like something out of a science fiction movie but is very real!

It takes over your computer and says that if you buy **spyfalcon** you can remove all unwanted viruses. It claims that your real anti-virus and anti-spyware programs are actually infected but this is not true.

**DO NOT TRY TO REMOVE THIS ON YOUR OWN!!!**

The **spyfalcon v2.0** program embeds itself deep within your computer – **uninstalling it does not work** – it will recreate itself. There is a way of removing it but it needs someone who knows a lot about virus removal to do it.

*Robert Tierney*

## Family History News March 2006

By Judy Hall

### BRITISH CHURCHES ALBUM

This wonderful site contains beautiful digital photographs of church from all over Britain with descriptions and interior shots as well. There are also many postcards from Sussex and Kent.

This site contains many graphics and can be very slow to load but is well worth the wait.

Move the mouse to the left side of the screen and find the church or select a county from the bottom left first. Click on the graphic below the name to display the photographs and descriptions.

<http://www.roughwood.net/ChurchAlbum/ChurchFrames.htm>

### British Navy Websites

Here are a few websites I have recently found to be extremely helpful in the search for my husbands grandfathers seaman's records and photographs of the ships he was on.

Also information on how to obtain a service records for your English ancestor.

[www.veteransagency.mod.uk/service\\_recs/service\\_recs.htm](http://www.veteransagency.mod.uk/service_recs/service_recs.htm)

**Index to the Royal Navy Cemetery, Portland, Dorset** A great site for information about seaman, includes so much information I don't know where to start. Covers 18<sup>th</sup>, 19<sup>th</sup> and early 20<sup>th</sup> century and includes many photographs.

<http://freepages.genealogy.rootsweb.com/~pptyc/MIs/G-M.html>

**Search Index to Royal Marine 1802-1894.** This site took a lot of finding but it included a reference to one of my ancestors who was listed as a Chelsea Pensioner and another who was a Greenwich pensioner. Also a great site on how to find relevant records.

<http://www.nationalarchives.gov.uk/catalogue/displaycataloguedetails.asp>

*OLD BAILEY ONLINE - Has been updated and is now a very interesting site. 1674- 1834*

<http://www.oldbaileyonline.org/search/name/#operators>

India Office Records: Family History Sources

<http://www.bl.uk/collections/oiofamilyhistory/familymilitary.html>

### Don't Mess with Grandma!!

This is a true story

An elderly Florida lady did her shopping and , on returning to her car ,found four males in the act of leaving with her vehicle .

She dropped her shopping bags and drew a handgun from her shoulder bag , screaming at the top of her voice , " I? have a gun and? I know how to use it? !? Get out of the car "

The four men didn't wait for a second invitation , they got out and ran like mad . The elderly lady , somewhat shaken , then proceeded to load her shopping bags into the back of the car and got into the drivers seat .

She was still shaking and could not get her key into the ignition . She tried and tried , and then it dawned on her why , she could see her own car parked four spaces down in the same row

The elderly lady then loaded her shopping bags into her own car and drove to the nearest Police Station . The desk Sergeant that she told the story to couldn't stop laughing . He pointed to the other end of the counter where four very pale men were reporting a car jacking by a mad , elderly lady . Their description of her had been? -" elderly , white , less than five feet tall , glasses , curly white hair , and carrying a large gun " .

No charges were filed

If you are going to have a " Senior Moment " , make it memorable

## ***Photoshop Blending Modes Cookbook***

*George Carrington*

I have been taking pictures for nearly sixty years now, but it wasn't until I acquired my own darkroom some forty-five years ago that I really started to appreciate photography. Like any enthusiast in his (or her) teens or twenties, I read everything I could lay my hands on about the topic, and got really all steamed up about pictorialism, and similar fads of fashion in photography.

Having a darkroom meant that I was no longer restricted to simply reading about how some of the effects being praised and/or demonised were achieved, I could actually try them out for myself and make up my own

mind about their value. In the long run I concluded that most of it was a lot of noise about very little; the "arty look" that a lot of people championed was simply too artificial for me, instead I learnt to use these "arty tricks" to produce better images. Mind you, all this was done with black and white images and materials, colour was simply out of my reach both economically and technically, though I could see that with four basic printing colours the options to produce some really startling stuff expanded exponentially.

I had two major problems with all this experimentation – I could only do it rarely, as time and materials permitted, and more often than not, by the time I got round to doing "it" again, I had forgotten how I managed to achieve a particular effect last time. Mind you, I had all the best of intentions, I always had paper and pen to hand to make notes, but ...

Quite recently, more with the aim of showing others how it could be done than with any real desire to revisit those old achievements, I decided to see if I couldn't do much the same, though this time in colour, without messy chemicals and expensive paper, digitally in Photoshop.

And I had a hugely enjoyable time, except that, even though I had all the best of intentions, and plenty of paper and a pen to hand, I didn't record what I had done to get a certain effect – with the consequence that I would spend valuable time in trial and error, getting there (or almost there) most of the time. With the usual sequel – fancy effects joined a long list of other interesting things that I was going to get around to "one of these days".

And then, completely by chance, I got a slim booklet from "me friends" at O'Reilly – John Beadsworth's *Photoshop Blending Modes Cookbook for Digital Photographers*, O'Reilly, 175pp, ISBN 0-596-10020-5, \$55.00 at Dymocks. And what a cookbook it is. Each recipe follows the same pattern – the initial image forms the background layer, is copied – sometimes several times – and each copy is manipulated to a certain, very specific and precise, extent, and this then produces a final effect. What's more, providing you follow the book, the results are identical every time you repeat the experiment.

The book is divided into three parts – ***An Introduction to Blending***

***Modes, Blending Modes in Detail***, and ***Recipes***. The ***Introduction*** is simple enough for anybody to follow – just don't get distracted by the pictures. ***Blending Modes in Detail*** takes you through the various settings

in Photoshop that you need to use to achieve a certain effect. I would strongly recommend you read these in chunks and experiment with the recipes that illustrate them. Although I feel that

it is the recipes that are the strength of this cookbook, I personally found the detailed procedures much more fascinating. Whether you like the results or not is another matter. Some I rejected out of hand initially, only to come back to using them eventually in a significantly modified form. And this is where the whole strength of this book lies – like any good cookbook, it's just for starters. There's nothing to stop you from modifying any one recipe, sometimes by doing little more than changing the order in which you put the layers. And having the basic recipes to hand, it's remarkably easy to remember how and where I modified what to achieve MY result!

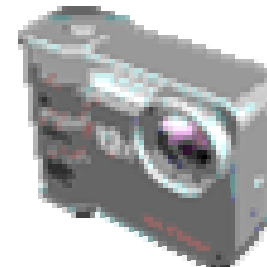
Unlike with film, paper and chemicals photography, one of the nicest things about digital photography is that there is no waste (that is, if you don't count your time!) and no evidence of your failures. There is nothing to stop you from having not only the original photo, as it came out of the camera, several versions, with or without modifications, that you created for a specific purpose (the fact that you can no longer remember why is irrelevant, the only thing going to waste is a bit of hard disk space) as well as any number of purely experimental shots, and they can all be created without sacrificing a single tree. This is possibly one of the hardest lessons that us "old time" photographers have to unlearn. And this book is well on the way to leading some of us towards this desirable state.

All of this of course assumes that you know what I mean when I talk about manipulating images to achieve a pictorial effect. Most photographers, of either kind, never venture into this field, most are content to fiddle around the edges of their photos to achieve some marginal improvements. Well, here's your chance to find out what some of us photo-geeks have been up to in our darkrooms. And, with digital manipulation, there is not only no wasted material, there is also no concrete evidence of all the far too many (speaking from experience) failures.

Unfortunately the book reached me too late to include a review of it in the December newsletter, but then it's always Christmas amongst photographers, and what this book has to teach you will work just as well at any time of the year. So, if you have someone who is genuinely interested in digital photography, beyond simply taking snapshots, this may well be an unexpected yet most welcome present. As for my copy? Well, it's going as a late Christmas present to a granddaughter who is studying to become a graphic artist.

*From*

*AppleACT February 2006*



## THE 'PATENT' UPDATE FOR OFFICE

(You'll find lots of missing information in this article - we have asked many questions of Microsoft on this matter and received only short, ambiguous and incomplete responses.)

Back in June 2005 Microsoft lost one part of a jury trial on a patent case involving the way Excel and Access communicate with each other.

Only one of nine issues was accepted by the jury and as a result Microsoft was ordered to pay damages of around US\$9M.

That amount is trivial to Microsoft and was subject to adjustment on the inevitable appeals.

The problem arises because Microsoft had to remove that technology from both Excel & Access 2002 (XP) plus Excel & Access 2003.

This was done in Office 2003 Service Pack 2 and in a small update to Access 2002 released last October.

For some reason, unexplained by Microsoft, this has now become more important and they are now saying that new installations of these products must include the updated versions

(ie the ones without the disputed technology).

The public explanations from Microsoft aren't very clear at all and leave many questions unanswered.

We've already received hundreds of questions from Office customers about this and will continue to pursue Microsoft - who would be best served by full disclosure.

But these facts we've been able to establish:

- This demand comes from Microsoft not the patent holder.
- It applies only to NEW installations of the affected products - existing versions of Office XP / Office 2003 can remain as is.
- Microsoft is implying that only multi-license customers are affected - though at what point a license holder has enough copies of Office to be affected has not been disclosed.
- There's no specific deadline for the changeover.

The Microsoft license requires a change 'immediately'.

Microsoft is saying, as usual, that only a 'small percentage' of customers are affected.

That may be true, but that fraction of corporate customers probably represents many thousands of individual computers.

What's also not stated is that the update removes an important feature for many Excel and Access users - this is not a minor technical or legalistic change.

Before complying with Microsoft's demand you need to check the effect on your existing systems.

## MORE PATENT PROBLEMS

Microsoft continues to bury their head about the forced upgrades of Office being mandated after Redmond lost part of a patent trial.

Details in last week's Office Watch <http://office-watch/office/archives/>

Microsoft has said that a 'small number' of customers are affected but that clearly isn't the case and they are saying different things to the media and their customers.

Office Watch readers have been sending us copies of what Microsoft or their licensing retailers are telling them - and there's a big difference between that and the media statements.

In their short public statements, Microsoft says that only new installations of Office XP and 2003 were involved but in their direct communications to clients the company is saying something quite different.

Microsoft is 'requesting' that ALL current Office 2003 or XP installations be patched for the sake of keeping all the software in an organization consistent.

Many companies have such a policy but a 'request' from Microsoft is a different matter.

This difference between the public statements and the direct communications with clients means a major change in the workload for IT companies.

Instead of just ensuring that new computers go out with the new version, now they have to decide whether to update all their versions of Office.

That can be a major job especially since the patch stops some interaction between Excel and Access from working as it has until now.

And why make that 'request'? Is that truly just a suggestion or will there be license consequences for organizations that don't go along with this expensive extra?

It's easy for Microsoft to throw in such 'requests' when they don't have to pay the costs of deployment.



## Stress management help

Just in case you've had a rough day, here's a stress management technique recommended in all the latest psychological texts.

The funny thing is that it really works.

1. Picture yourself near a stream.
2. Birds are softly chirping in the cool mountain air.
3. No one but you knows your secret place.
4. You are in total seclusion from the hectic place called "the world,"
5. The soothing sound of a gentle waterfall fills the air with a cascade of serenity.
6. The water is crystal clear.
7. You can easily make out the face of the person you're holding underwater.

See, you're smiling already.

## @ THE THIEF WHO CHECKED HIS EMAIL

There's something about stories featuring dumb criminals that appeals and there's some lessons to be had as well ...

At first this thief is creepy, instead of making a quick raid of the premises, he makes himself at home. He makes coffee and a meal, tries on clothes and watches TV, leaving valuables mostly untouched.

The intruder also makes use of the home computer to check his email – and here's where it goes from creepy to silly.

Not only does he check his email but he leaves webmail account (apparently with Yahoo) open so it's easy for the police to get a line on his identity!

This story that went out from Associated Press last week, there's a copy available at <http://abclocal.go.com/ktrk/story?section=bizarre&id=3894804> and there's some points of interest for email users.

- It's possible the webmail account is in a false name, though it's possible that the nature or content of the email messages could help in working out the identity of the thief even if the name on the account is wrong.
- Leaving the Yahoo mail account open in the browser was very silly for the thief. It's worth remembering if you're in an Internet café or other computer that you should always logoff from any web pages before leaving the computer.
- That's not a complete guarantee of privacy. In the case of the home thief, police could have checked the browser history for details of where he surfed to – even if he'd had the sense to close his webmail windows. While they could not have accessed his email account (since the password isn't exposed in the cache), they might have picked up some hints about his identity.
  - Any thief could look through your email and documents if you're not careful. Remembering to logout from your computer is a good idea but hard to remember when you're busy. Thankfully Windows has an option to help you. You can tweak the screen saver so you have to reenter your password to get control of the computer again after you've left it idle.
- To do that right-click on the desktop and choose Properties | Screen Saver. Check the option 'On resume, password protect' and select the waiting time you'd like before the screen saver operates.
- Of course you need to select a screen saver to make this work properly. I'm a fan of the 'My Pictures Slideshow' which brings up a random selection of my travel photos

## Digital camera tips...Improving your image Why are my pictures not always sharp?

Tim Newbery *From Apple Sauce February 2006*

**T**here are three reasons why you may get unsharp pictures: camera shake, poor focus, poor quality or dirty lens, or the subject moving too fast. Most people just use their camera as a sort of 'point and shoot' camera and hope it all goes well. For most situations outside in sunlight this works quite well. However, for poorly lit areas and inside this often doesn't give the photos we want.

**Camera shake** This will give you an unsharp picture and nearly always nothing will be sharp anywhere in the picture. The reason is a shutter speed slower than you can hand hold your camera. How slow a shutter speed can I use you ask? Well its not as simple as that.

Many cameras only work on Programme mode or Fully Automatic mode so you never know what shutter speed the camera is going to use. With these cameras then it's always safer to use flash when the light gets low, and for indoors. If your camera allows you to select shutter speeds either through a Manual or Shutter Priority mode then you have some hope.

As a guide, the slowest shutter speed you can use without putting the camera on a tripod is what is called the reciprocal of the longest focal length on your camera. In other words if you have a zoom lens that goes from 20 – 80 mm then you shouldn't use a shutter speed of less than 1/80th second (80 being the longest focal length)

**Incorrect focus** Most camera now have automatic focus. This can be a blessing, or it can cause all sorts of problems. You need to dive into your camera manual and check the system used. In most of the cheaper cameras the system focuses on a central

area which you can't define in the viewfinder. When you part press the shutter release button the camera focuses on whatever is in that central area, and providing you keep your finger on the release button it will retain that focus. So if you want to ensure that Aunt Mary is sharp you first point the camera at her, making sure she is in the middle of the viewfinder, part press the release button, and then keeping your finger on the release button, you can then recompose your picture to perhaps improve the composition by having Aunt Mary on one side of the picture. If however, you remove your finger and move the camera it will now refocus on whatever is now in the middle of the viewfinder. This may well mean that Aunt Mary is now out of focus.

**Poor quality or dirty lens** Some really cheap cameras have lenses that will never give a sharp picture, and there are actually cameras around that deliberately give unsharp pictures. However do check that your camera lens is clean. Kid's sticky fingers and dog's tongues do all sorts of wonderful things to camera lenses. Camera lenses also have this annoying habit of attracting dust and this can accumulate. I have seen some really dirty lenses, with the owner saying 'There is something wrong with your printing. My camera always takes clear pictures but when I get my prints from you they are not sharp.'

**Subject moving too fast** Again, if you have no control over shutter speeds in your camera that racing greyhound will probably not be sharp unless you are a fair way away. What is worth trying is to move the camera at the same speed as the greyhound. This is called 'panning' and is a great application for those who can set shutter speeds as well. They can use a relatively slow shutter speed and pan the camera with the subject so creating a blurred background. For those who can set a shutter speed it depends on the speed at which your your subject is moving, the focal length of your lens and how far away they are. As a very rough guide people walking need about 1/60 sec; people running, 1/125 – 1/250 sec; birds flying, 1/500 sec; insects in flight, 1/40000 sec.

## JUST WHEN YOU THOUGHT YOU KNEW EVERYTHING?

- A cat has 32 muscles in each ear.
- A crocodile cannot stick out its tongue.
- A dragonfly has a life span of 24 hours.
- A goldfish has a memory span of three seconds.
- A "jiffy" is an actual unit of time for 1/100th of a second.
- A shark is the only fish that can blink with both eyes.
- A snail can sleep for three years.
- Al Capone's business card said he was a used furniture dealer.
- Almonds are a member of the peach family.
- An ostrich's eye is bigger than its brain.
- Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.
- Butterflies taste with their feet.
- Cats have over one hundred vocal sounds. Dogs only have about 10.
- "Dreamt" is the only English word that ends in the letters "mt".
- February 1865 is the only month in recorded history not to have a full moon.
- In the last 4,000 years, no new animals have been domesticated.
- If the population of China walked past you, in single file, the line would never end because of the rate of reproduction.
- It's impossible to sneeze with your eyes open.
- Leonardo Da Vinci invented the scissors.
- No word in the English language rhymes with month, orange, silver, or purple.
- On a Canadian two dollar bill, the flag flying over the Parliament building is an American flag.
- Our eyes are always the same size from birth, but our nose and ears never stop growing.
- Peanuts are one of the ingredients of dynamite.

- Rubber bands last longer when refrigerated.
  - "Stewardesses" is the longest word typed with only the left hand and "lollipop" with your right.
  - The average person's left hand does 56% of the typing.
  - The cruise liner, QE2, moves only six inches for each gallon of diesel that it burns.
  - The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.
  - The sentence: "The quick brown fox jumps over the lazy dog" uses every letter of the alphabet.
  - The winter of 1932 was so cold that Niagara Falls froze completely solid.
  - The words 'racecar,' 'kayak' and 'level' are the same whether they are read left to right or right to left (palindromes).
  - There are 293 ways to make change for a dollar.
  - There are more chickens than people in the world.
  - There are only four words in the English language which end in "dous" - tremendous, horrendous, stupendous, and hazardous.
  - There are two words in the English language that have all five vowels in order: "abstemious" and "facetious."
  - There's no Betty Rubble in the Flintstones Chewables Vitamins.
  - Tigers have striped skin, not just striped fur.
  - TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.
  - Winston Churchill was born in a ladies' room during a dance.
  - Women blink nearly twice as much as men.
  - Your stomach has to produce a new layer of mucus every two weeks; otherwise it will digest itself.
- ... Now you know everything

## Commentary...

'Apple deserves 100 per cent of the credit...'

## Vista vs Tiger

Tom Yager

**A**lthough consistent, Windows' user interface reflects a die-hard business philosophy: If one is enjoying one's work, then one must be goofing off on company time. Windows is flat, uninspiring, motionless and utterly unlike actual life. And until about five years ago, the world was OK with that.

Then Apple disturbed the peace with OS X, an operating-system-cum-application-environment with a pervasive presentation layer so gorgeous, fluid and brilliant that it ruined any chance of OS X being

taken seriously by most not already familiar with the Mac. With its seeming aesthetic overkill — which, on closer examination, turns out to be entirely purposeful

— Apple's user-centric, rather than applicationcentric GUI approach goes against the grain in the best ways.

Now, though, the grain is aligning with Apple. Microsoft's Windows Vista, the OS that was once dubbed Longhorn, marks Microsoft's first step toward acknowledging that a boring desktop user interface might not be in everyone's best interest.

Apple deserves 100 per cent of the credit for proving that if an operating system incorporates an integrated set of graphics, text, media, HTML and animation services, developers will exploit them. Not only that, but all classes of apps—from starched collar database clients and management consoles, to Office, to exotic satellite trajectory mappers, too

hundreds of native OS X freeware and shareware apps—have put GUI services to practical use. Apple makes this easy with free tools and documentation that, with the release of OS X 10.4 (Tiger), rose in quality from acceptable to exemplary; so much so that those unfamiliar with Xcode and its associated toolset can't believe it costs nothing.

Apple would have a huge head start if Tiger were a first-generation OS. But Tiger is not only Apple's fourth major generation of its OS technology, it's also updated substantially on a quarterly basis, if not more frequently. Five years of OS X leaves Microsoft and its developers with a lot of catching up to do.

Frankly, there isn't a lot to drool over in Windows Vista, except the knowledge that Microsoft has finally put Windows' graphics rendering where it belongs, on the PC's GPU (graphics processing unit). If that's all Windows Vista will accomplish — and there is significantly more to it than that — offloading to the GPU is a huge first step. Apple learned that the road to delighting Mac users was to make the technologies developed for its niche markets — such as video production, advertising graphics, publishing, animation and scientific visualisation — available to every application.

In Microsoft's case, the niche technology surfacing in Windows Vista is DirectX, the accelerated graphics framework created for video game developers.

Microsoft's trek toward a smooth, aesthetic, engaging user experience couldn't have a stronger start than that.

So there's more than a glimmer of hope for Windows. Perhaps Microsoft dug into its collective memory and remembered high school, a time when the subjects that catch students' imaginations tend to be taught by energetic, emotionally devoted, or eccentric teachers. Bored students don't learn, and

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**bored users of desktop and notebook computers suffer the same kinds of problems with recall, attention span, and focus.**

**Microsoft may be spectacularly late in deciding a human face might not be such a bad idea after all, but now that the choice has been made, Vista could well mark the beginning of an authentic struggle over users' hearts and minds. From *Information Age*, magazine of the Australian Computer Society, December 2005/January 2006, p 23**

***From Apple Sauce February 2006 (A Mac Publication of course)***

**Finally, now that OS X is in its fourth version, the beta release of Vista shows that Microsoft realises it needs to catch Up**

**Vista vs Tiger**

**7 Momentum 7**

**4 Agility 9**

**8 Installed base 2**

**5 Value 8**

**6 Innovation 10**



## Free "Windows Defender"

Microsoft Antispyware is slowly evolving. At long last, beta 1 is finally ending for real, and some users already are being phased over to beta 2 via the autoupdate process. But you don't have to wait; you can grab the newer version right now.

Microsoft Antispyware has been renamed "Windows Defender" and the interface has changed. It's still pretty much the same software at its core, but cleaned up, streamlined, and improved. You can read about the changes here:

<http://microsoft.com/athome/security/spyware/software/about/overview.mspx> , which also features a link to the new download; or, you can get there via the Windows Defender home page: <http://microsoft.com/athome/security/spyware/software/default.mspx>

Microsoft also has laid out its larger plans for Windows Defender and several related products, such as "Live Safety Center," "One Care Live," and so on, at: <http://tinyurl.com/ahfh4> . Interestingly, two of the five listed services appear to be heading towards fee-based operation. But Windows Defender, Windows Live Safety Center and the Malicious Software Removal Tool will remain free; a good thing.

If you're still running beta 1, I suggest you uninstall it and then install beta 2. It's not the only security tool you'll need, but it's pretty good at what it does; and the price sure is right! <g>

# Microsoft

## Newbie Club Tutorials

Article ... "What Exactly IS Blogging" By Joe Robson

<http://newbieclub.com>

Blogging is a method of sharing information over the Internet for work, pleasure or both. 'Blogs' are often described as an online diary, with dated posts displayed chronologically. 'Blogging' is the action of posting a message on a blog. A 'blogger' is the person posting the message. Many blogs also allow you to post pictures and receive comments from readers.

Blogs can be about anything. They are usually based on a particular topic or an individual's personal thoughts and opinions. They often contain links to other related sites and are commonly free to operate. They require little knowledge to set up and are simple to update.

----- Who uses a Blog?

Who DOESN'T use a blog? Teenagers have blogs, celebrity clubs have blogs, news agencies have blogs, businesses have blogs - even your aunt Sophie could have a blog.

The wonderful thing about blogs is that there are virtually no restraints on what it could be used for. This means that while it's an easy way to share news among family members and post the latest baby pictures, it's equally well suited for a business to post updates and data to inform the public, employees or other interested parties.

----- Is a Blog good for my business??

If you want to develop a rapport with your customers, make regular postings about your business and gain interest from other media outlets or potential customers you would certainly benefit from starting a blog.

Because blogs by nature are considered a source of information rather than a commercial advertisement it makes perfect sense for a business to use blogs as a means of establishing a reputation in their market.

Posting information about their industry or field will create a sense of community involvement that potential customers will appreciate. Using links to your business page will create traffic from search engines and blog readers. You can even add a subscription form to your blog so that interested readers can immediately be emailed when you make a post.

----- How do I start a Blog?

You can create a blog for nothing. There are many blog hosting sites you can locate by searching for 'blog' in a search engine. Blogger.com is a popular one.

Blogs are the simplest form of creating an online presence. You do not need any experience in website design as most blog hosts will provide you with pre-made

templates. They also provide easy to understand instructions for creating your posts along with options such as allowing comments from readers or uploading photos.

Whether you want to post your personal thoughts on a world crisis, share your poems with appreciative readers or start an online business, your blog could be set up and people could be hearing what you have to say - today.

Tutorial ... "Outlook Express Tips"

In your Outlook Express Folders panel ...

----- Outbox Folder

This is where your 'sent' emails are held awaiting delivery. Open this to see if any emails you thought you had sent are still in there. If there's something in there after a while, double click on it to open it and read it.

If it's 'stuck' you may have made a mistake somewhere. Check the 'To' box and see if it's a valid email address - especially if you have pasted it in.

For example it may read [jean@jean@yourmail.com](mailto:jean@jean@yourmail.com)

----- Sent Folder

To check over an email you have sent previously, open the folder and scan down. Click on an email to open it.

To delete a sent email RIGHT click on it and click Delete.

To delete ALL sent emails, click on Sent folder and click on

Edit in top toolbar

Select All

Delete.

They're not permanently deleted of course, because they've been sent to your Deleted Items folder.

----- Deleted Items Folder

To empty your deleted Items folder automatically when you close Outlook Express

...

Click Tools

Options

Maintenance Tab

Select "Empty Messages from the Deleted Items Folder on Exit"

Click OK.

Done.

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Tutorial... "How To Test Your Monitor"

It's amazing how many monitors are being used by Newbies that are either difficult to read coz the icons and fonts are too small. Or they are too large. Or the colors are garish and hard on the eyes. I can spot a new PC user when I see someone wearing sun glasses:-)

Check your settings ...

Click on Start

My Computer. Control Panel Display Settings.

Your Screen setting should be on 1024x768 or maybe 800x600 unless you use your PC for graphics creation or other commercial use.

There are many other settings you can use, but for 'normal' people like you and me, any settings higher or lower than those above are not recommended. Mess about a bit by sliding the settings pointer across and click OK. You'll be prompted for confirmation, and your computer will blink for a second or so.

Now view a Website with your new setting and see if it's more comfortable. If not try another setting.

Don't worry, it's very easy to restore your original settings just by repeating the process.

I personally use 1024 X 768, but you may feel differently.

Tutorial ... "How To Check Your Monitor Settings"

How do you know that your monitor is set correctly?

If you've never changed it's settings since it came out of the box, then perhaps you should see what it CAN look like.

I've seen some absolutely awful colors and distorted pictures on monitors that were badly adjusted.

You'll find the setting buttons on the front of your monitor. Every make is different, so I can't give precise directions. Look at your manufacturer's handbook for instructions.

Adjust the contrast and brightness to 100% maximum. This reduces eye strain by making everything crisp and bright.

Black should be black and not gray for instance. Then adjust back to suit your own preferences.

If you monitor allows it, tweak the picture for horizontal and vertical settings so that it's perfectly central and fills the screen.

Then throw away those sunglasses:-)

**BECAUSE I AM A MAN** Because I'm a man, when I lock my keys in the car I will fiddle with a wire long after hypothermia, or heat stroke, has set in. The RACT is not an option. I will win.

Because I'm a man, when the car isn't running very well, I will pop the hood and stare at the engine as if I know what I'm looking at. If another man shows up, one of us will say to the other, "I used to be able to fix these things, but now with all these computers and everything, I wouldn't know where to start." We will then drink beer and break wind as a form of Holy Communion.

Because I'm a man, when I catch a cold, I need someone to bring me soup and take care of me while I lie in bed and moan. You're a woman. You never get as sick as I do, so for you this isn't a problem.

Because I'm a man, I can be relied upon to purchase basic groceries at the store, like milk or bread. I cannot be expected to find exotic items like "cumin" or "tofu." For all I know, these are the same thing. And never, under any circumstances, expect me to pick up anything for which "feminine hygiene product" is a euphemism. (F.Y.I. "cumin" is a spice and not a bodily function)

Because I'm a man, when one of our appliances stops working, I will insist on taking it apart, despite evidence that this will just cost me twice as much, once the repair person gets here and has to put it back together.

Because I'm a man, I must hold the television remote control in my hand while I watch TV. If the thing has been misplaced, I may miss an entire show looking for it (though one time I was able to survive by holding a calculator)...applies to engineers mainly.

Because I'm a man, there is no need to ask me what I'm thinking about. The answer is always either sex, cars or football. I have to make up something else when you ask, so don't ask.

Because I'm a man, I do not want to visit your mother, or have your mother come visit us, or talk to her when she calls, or think about her any more than I have to. Whatever you got her for Mother's Day is okay; I don't need to see it. And don't forget to pick up something for my mother too.

Because I'm a man, you don't have to ask me if I liked the movie. Chances are, if you're crying at the end of it, I didn't. and if you are feeling amorous

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afterwards...then I will certainly at least remember the name and recommend it to others.

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Because I'm a man, I think what you're wearing is fine. I thought what you were wearing five minutes ago was fine, too. Either pair of shoes is fine. With the belt or without it, looks fine. Your hair is fine. You look fine. Can we just go now?

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Because I'm a man, and this is, after all, the year 2006, I will share equally in the housework. You just do the laundry, the cooking, the cleaning, the vacuuming, and the dishes, and I'll do the rest...like looking for my socks, or like wandering around in the garden with a beer wondering what to do.

Tutorial ... "Why Zip Files?"

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Sometimes it's easier for a publisher to Zip several files together into a single 'package' to download instead of asking you to download several files individually.

The Zipping process also compresses the data within the files to make the file 'smaller'. Thus it's quicker to download over the Internet.

Any file you download with the extension

.zip is a zipped file. For instance

mybook.zip is a zipped file.

However, after it's landed onto your PC it has to be UNzipped and UNcompressed before you can read it. And for that you need an Unzipping program.

No other type of program will read a Zipped file!

Normally, when you click on a Zipped file, your Unzipping program immediately takes over and unzips it for you, asking where you wish to save it to.

The most popular program for this task is WinZip and you can get a 30 day trial at [www.winzip.com](http://www.winzip.com)

If you download a zip file and you don't have an Unzip program installed, sometimes a totally unsuitable program like Adobe or Excel will try to open it and then tell you that it can't.

That's like trying to open a tin of beans with a pencil.

*Editors Note The reference to a 30 day trial refers to Winzip 10 previous versions are free*

*From Newbie Club Insider*

Tutorial... "How Your Computer Works - By Joe Robson

<http://newbieclub.com>

This article contains a lot of technical terms and may seem complicated at first glance. However, all the abbreviations and techie terms have been translated into Newbie Speak. So persevere and you will find the information to be of great help some day. It will help you considerably if you print it out.

The average computer user doesn't think about what happens inside a computer once the power is turned on. As long as their version of MS Windows pops up within a few seconds, most people are quite content to continue on with what they want to do on their computer. I have written many times in my Copywriting Tutorials .. 'You do not need to learn German to drive a Mercedes' but a working knowledge of your computer's innards could be of help when it starts acting up.

A computer goes through many processes from the moment the power is turned on before its operating system (ex. Windows, Linux) is fully loaded and takes over. The operating system is stored on the hard disk of a computer. It is stored on the hard disk because this type of storage is much less expensive and an operating system requires a large amount of storage space. So, in order to make computers more economical, they are designed to use a combination of ROM, DRAM, and hard disks. An explanation of each follows.

Once the power switch is turned on, the "boot-up" process begins. To "boot-up" a computer simply means to start it. Electricity then flows through all of the chips and their circuits. The instructions for what the computer is supposed to do next are found in the Read Only Memory, Basic Input/Output System (ROM BIOS). ROM is memory that can only be read from and has information that is permanently burned into it. It is non-volatile and will not be lost or disappear once the power is turned off.

ROM BIOS or just BIOS, is designed to begin giving commands as soon as it receives power. The BIOS contains an entire set of instructions, in effect a computer program written into the chip that manages the boot-up process. Without the BIOS, the computer would not know what to do next.

The first task that BIOS completes is to make sure that all of the hardware components are working properly (for example: disk drives, external buses, the mouse, the printer). This is called a power-on self-test (POST). After the POST is complete, the BIOS activates other chips on different cards installed in the computer (SCSI and graphics cards) and provides a set of low-level routines that the operating system uses to interface to different hardware devices such as the keyboard, mouse, printer, etc.

Once the POST is complete, the BIOS hands the next stage in the boot-up process

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over to the central processing unit (CPU). The CPU is a one chip processor or microprocessor that has two distinct capabilities:

1. The CPU carries out all of the mathematical and logical operations including basic math and comparisons of two or more numbers.
2. The CPU has the ability to intelligently manage the flow of instructions and data going into and out of its circuits.

The last instruction that the ROM sends to the CPU is to go to a specific location or address to find its next instruction. An address is a string of numbers that gives directions to where something can be found, much like an address on an envelope. Computers use addresses to keep track of information much the same way as the post office uses them to find residences and businesses. The bigger the number in an address the more locations it can refer to. Most current computers use a 32-bit address space for memory, which means that there can be over four billion separate locations to hold information.

The instruction that the ROM BIOS wants the CPU to carry out is sent through a chip on a bus (a set of wires) to the address specified. The data bus is able to carry information into and out of the chip within the CPU. The information is not available within the CPU so it has to look elsewhere. The CPU then sends the address on another bus called an address bus. When the CPU does this, it is called a fetch. The address bus is "fetching" information from elsewhere within the computer. The address bus is only able to carry instructions out of the CPU.

The address bus fetches information from the computer's memory. Memory is a type of silicon chip that can hold instructions or data. This type of memory can be read from or written to by the CPU, but this type of memory or Dynamic Random Access Memory (DRAM) is volatile. Once the power is turned off, the DRAM loses its memory or information. Since the DRAM is basically a blank slate, the CPU has within, a set of sequential instructions as to where to look for the required information.

Before the address bus can get to memory, it has to pass through a set of chips called a chipset. The chipset refers to a group of chips that provide an intelligent interface for the core components of a computer - CPU, memory, graphics, I/O system, described as core logic or glue logic. If the information that the chipset requires is not in memory, the chipset then sends or redirects it to the Input/Output (I/O) bus.

The I/O bus connects the chipset to other places where the information is stored, such as the hard disk. The hard disk allows the CPU to read from it and to write to it. The hard disk is non-volatile so it retains its data or information once the power is turned off. A hard disk is much slower at retrieving data from than memory but memory is much more expensive.

After the hard disk receives the address (via the I/O bus and chipset), it retrieves the information and sends it back through the chipset and then puts it on the address bus back into the CPU. The chipset functions as a bridge for the two buses; the I/O bus and the address bus.

The CPU uses a four step sequence: fetch, decode, execute, and store. Since the CPU does not retain its memory, it has to obtain its information or fetch the information from elsewhere within the computer. To help with the speed of the process of fetching, the CPU has a pre-fetch area to make the information available more quickly.

Now the information has to be decoded. Part of the decoding process of the CPU is to decide which circuits are appropriate to use for executing the instructions. Once that decision has been made, the CPU begins to execute the instructions. The part of the CPU where the actual execution of instructions takes place is called the Arithmetic Logical Unit (ALU). The ALU includes groups of transistors, known as logic gates, which are organized to carry out basic mathematical and logical operations. Logic gates are grouped into electrical circuits that execute the CPU's instructions such as "add" two numbers or "compare" two numbers.

The final step of the CPU is to store the information. This final step takes place after the ALU completes its calculations. The results of the calculations are stored on a chip that has an area called a register. Registers can be accessed more quickly than any other kind of memory but are only for temporary holding (storage) of information.

The CPU also has a clock within it to keep the timing of all of the flow of information and processes of the computer. This clock is vital to the synchronization of all of the processes of the computer. This CPU clock controls all of the operations on its chip. The processes of the CPU can also be interrupted by an external interrupt controller chip which is part of the chipset.

The chipset contains a small database of interrupt vector (numerical table). When an interrupt signal comes onto the chip, the CPU saves what it is doing and goes to the interrupt vector to find the address of the instruction that the interrupt is telling it to execute instead.

Once it is finished with the interrupt, it goes back to what it was doing. The CPU finds what it was doing in a register called a stack. If interrupts were not possible, the CPU would have to complete one task before it could start another causing the speed to be greatly reduced. Now that the CPU has found the operating system, loaded it into memory, the operating system takes over and the computer is now ready to be used by its owner. The user can now check email, play a game, or do whatever they wanted to do when they started the computer.

## Article ... "6 Easy Ways To Avid Viruses" By Joe Robson

<http://newbieclub.com/security>

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These simple to apply tips will help you - but not guarantee - to stay virus and spyware free, even if you're connected to the Internet 24 hours a day.

### 1. Protect Yourself

Good protection on the Internet these days consists of 3 components: anti-virus software, anti-spyware software and a firewall.

Good virus protection does NOT need to cost you a fortune. You can get the excellent no-cost anti-virus software I have used for years at

<http://www.grisoft.com>

Even the professional version of their software is very affordable.

For spyware protection, go to <http://www.lavasoft.de> and download Ad-Aware SE Personal, also no-cost. This will zap the most common spyware and adware found on the Internet.

If you have a Firewall installed make sure it is always enabled. Alternatively you can visit a site like <http://www.download.com> and search for Zone Alarm, which has an excellent no-cost version.

The most important thing to keep in mind is that you need to keep your anti-virus software up to date. An anti-virus program that uses definitions that are months old is just about useless, so update your anti-virus and anti-spyware software at least once a week.

### 2. Stop Opening Every Attachment You Receive.

Most of the devastating worms and viruses of recent times were distributed via email. These viruses feed on the curiosity and also the ignorance of a huge number of email users. People will get an email from falsename@falsenamedomain.com and they'll just open whatever file is attached to it.

If you don't know the sender, don't open the attachment - just delete it. It doesn't matter if the subject addresses you by name and promises you'll see Joe Robson on his head on the kitchen table, just delete it. Well you would anyway I suppose :-)

If the email is from someone you know, always scan attachments first with your anti-virus software before opening them.

If every email user in the world followed these simple guidelines the distribution of viruses via email will grind to a halt.

### 3. Stay Clear Of P\*\*n\*graphic And Illegal Software Sites

If you want to pick up viruses and spyware quickly, visit some porno web sites. One wrong click on a subtle little pop-up or security warning window which you'll run into often on these type of sites ( so I'm told:-) and you'll have infested yourself with trojan horses, spyware, dialers and other unfavorable software that could leave your computer wide open to further attacks.

The same goes for web sites distributing software, serial codes and cracks illegally (warez).

Simply put - keep out of the dark side of the web and the odds of keeping your computer clean shifts decidedly in your favor.

### 4. Be VERY Careful What You Download

Spyware is embedded in a lot of software on the Internet - especially those related to ripping, converting and playing music and videos. That free MP3 player or DVD Ripper you just downloaded may have installed a bunch of harmful spyware without you even knowing about it.

### 5. Keep Yourself Informed And Up To Date

Major anti-virus software developers like Symantec and Grisoft update their sites regularly with the latest virus alerts. Visit these sites frequently to keep yourself aware of what threats are doing the rounds and how to avoid them.

### 6. ALWAYS Back Up Your Data.

ALWAYS back up your data frequently. A system crash caused by a worm or virus is not only a massive inconvenience but years of irreplaceable information could be lost forever unless you have backups of your most precious data. Use CD's to copy it at least weekly, but most people forget and allow it to lapse. An easier and inexpensive way is to purchase reputable and proven Backup Software like WinBackup. <http://tncinfo.com/speedup.htm>

Summary;

Using these simple tips and software is not rocket science. Just stay alert, use some common sense and you too can stay bug free while still enjoying your Internet experience.

## Article . "Warning - That Freebie Could Be Expensive" By Joe Robson

<http://newbieclub.com/security>

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There are a great number of "so-called-free" things available on the Internet.

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Some of the offers are real and some aren't.

There are legitimate reasons for these offers. Sellers give away samples, for instance. That's why there are wine-tasting rooms, test-drives for cars and the opportunity to try on shoes before you buy them! Sellers want you to buy their products and are willing to let you try them out to some extent to convince you to buy. And so there are promotions of various types out there, which can be a good deal for the participants. But tread carefully! There ARE nuggets to be found, but all that glitters is not necessarily gold!

For example, a search on "free anti-virus" at [www.google.com](http://www.google.com), yields millions of results. They run the usual spectrum of most offers, from genuine giveaways to outright "sucker traps" that just want your address so they can drown you in spam!

They can be categorized as 1.Genuine, 2.No-cost but donation requested, 3.Time Based, 4.No-cost but paid for by others, 5. Complimentary Sample, 6.Marketing key word tricks and 7.Bait and Switch address thieves. Let's look at each of these categories.

1. Genuine. For anti-virus software there are some programs out there that are really no-cost, just for the downloading. Some perform very well against the well known annual fee offerings, even beating them in various ways.

When picking out your anti-virus solution...first of all you want to make sure you get an anti-virus program from a trusted source. Doing a little research on the internet will help you identify who the trusted providers of anti virus software are. Always find multiple sources of information, that way you are more than likely to find a software product you can get help with and that won't be filled with spyware and adware.

2. No-cost but donation requested. In other words they ask you to make voluntary donations. Also in this category are those that give a limited capacity version, such as do Note Tab (text manager) and Zone Alarm (firewalls), then try to get you to upgrade to the paid version. These are legitimate marketing ploys, and maybe the no-cost version will be all you really need.

3. Time Based. Try for 30 days, \$30.00 if you decide to keep it! Not unreasonable. Like a test drive. Many software products use this approach. Some will just not work after the trial period; others will periodically degrade their capacities, encouraging you to buy. Or some will still work but will 'Nag' you to buy every time you use it with a popup 'Nag Screen'.

4. No-cost but paid for by others. Paid by advertising (like yahoo mail and hotmail) is legit. Like commercials on TV. Somebody's got to pay the cost of providing the service! Spyware and adware are not O.K. Their purpose is to track your Internet movements for marketing survey purposes or deliver pop-up ads to

you at random unexpected times. If you download any program of which you are at all suspicious, run your anti-spyware program(s) after using them.

5. No-cost Sample. Fair enough if it is legit, but remember the fisherman offers the fish free worms! In anti-virus and anti-spyware programs, many vendors offer a no-cost online checkout of your system to see if it has viruses or spyware on it. Most are honest. Some will "plant" a few of what they are supposed to protect you against, and then "find" them, to great fanfare, just to prove that THEY are finding things that your current program can't!

6. Marketing key word tricks. The word "Free" sells! Marketers know this and place the word in their headings and where search engines will look. So when you search on "free anti-virus download" a software marketer's offer will match on two words, free and download. The majority of hits on your search will probably be from this type of word trick site.

7. Bait and Switch address thieves. The Internet is cracking down on spam. Pushy salesmen are getting desperate for email addresses to which they can "legitimately" mail offers. To get addresses they offer all sorts of outrageous (and some almost reasonable) offers. "Congratulations you have just won a Sony laptop computer!", followed by a request for your home and email address so they can send it to you (sounds reasonable enough, to get your Sony laptop). This is followed by requests to answer a "survey", then questions about your interests, occupation, etc. etc.

What is really happening is that they are getting a profile of you to help them sell your address to their customers! Finally, it turns out that to "finish qualifying" for your gift, you have to buy something, then something else, etc. The complimentary laptop (the bait) has been switched to being required to buy junk you don't need that ends up costing you more than it would to go out and buy the laptop!

And the next day there are 40 or 50 new emails in your inbox offering things that they claim that YOU asked about!

Summary;

With a little research you can find worthwhile no-cost items on the Internet. Using common sense you can avoid most of the problems. Ask yourself, what's in this for the seller? How can he give it to me for nothing? And remember, that if it sounds too good to be true, it probably IS too good to be true. Even a fish wouldn't get caught if he looked, and avoided worms that had a line going from them up to the surface!

Otherwise, use caution and enjoy the many GOOD freebies that are out there!