



"Seniors helping seniors use computers and the internet"

**SeniorNet  
Association Inc.**

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

## President's View

### On Other Pages

[Training Programme](#) page 2

[Tech Talk](#) page 5

[Potty History](#) page 7

[Humour](#) page 7

[Further Information](#) page 8

### Social Events



### Lunches

#### March

Brothers Leagues Club (Raceview)  
Friday 15<sup>th</sup> at 12 noon. Seniors  
meals \$13

#### April

Jets Leagues Club (North Ipswich)  
Friday 19<sup>th</sup> at 12 noon. Members  
meals from \$15.90

It was encouraging to see a good rollup to the Annual General Meeting on Friday 16<sup>th</sup> February and the social lunch afterwards.

We welcome Judith to the Secretary position and Gabrielle to be Social Coordinator while all other positions remain as before ([see page 4](#)).

It is pleasing to see so many new faces at Workshops following our very successful recruiting drive. We have signed up some 20 members for ratification at our Committee Meeting early in March

Next month, as a trial, Family History workshops will be conducted on the morning of our monthly lunches; hopefully neither will run at the expense of the other.

The website is currently being reconstructed and consequently the current site is under review and may not be up to date with some information.

John Mc Veigh, President (07 3281 8548)

*The Newsletter Editor intends that the current website will be kept up to date; and is running the hidden new site in parallel.*

*The intention of the redesign is twofold: to cut back on aspects that duplicate our Facebook pages and to make website maintenance simpler by using a more modern and user-friendly program.*

### Sunday 31<sup>st</sup> March

#### Gold Coast Broadwater Cruise

Travel around Broadwater attractions and enjoy a light lunch catered by Donna. All inclusive cost \$65.  
Pickup 8.00 Redbank Plaza

### Just Friends Social Group Sunday 10th March

Lunch at Springfield Garden Restaurant. Lunch specials from \$13

#### Sunday 28th April

##### Coach trip to Mt Gravatt Markets

Visit the markets in the morning and have lunch at Brisbane Sikh Temple. Coach fare \$50. Pickup 8.00 Redbank Plaza

#### Sunday 17th March

Lunch at Parkview Club, Goodna. Members lunches \$14

#### Sunday 24th March

Lunch at Little M Coffee Club, Goodna. Lunches from \$18.

*Just Friends is not affiliated to SeniorNet. The Editor organises group activities. Ring on 3389 2950 for information*

**SeniorNet Workshop Programme: March—April 2024**

Norths Leagues Club, 29 Pelican Street, North Ipswich

Workshop Times 9-11am; however the clubroom is booked for the whole morning and this allows continued use of the facility if subject matter or participant interest requires it

**Summaries of the workshop topics start on the next page**

Monday	Wednesday	Thursday	Friday
<b>26<sup>th</sup> February</b> Family History: Review of 2023 <i>Esmae Mander</i>	<b>28<sup>th</sup> February</b>	<b>29<sup>th</sup> February</b> Intro to Computing 4: Research Internet <i>John McVeigh</i>	<b>1<sup>st</sup> March</b> Coffee and Chat  <i>TBA</i>
<b>4<sup>th</sup> March</b>	<b>6<sup>th</sup> March</b> Android: Apps <i>Ken Curwen</i>	<b>7<sup>th</sup> March</b> Intro to Computing 5: All About Emails <i>John McVeigh</i>	<b>8<sup>th</sup> March</b>
<b>11<sup>th</sup> March</b>	<b>13<sup>th</sup> March</b> iPad/iPhone: Icons and Basics <i>Joan McKenzie</i>	<b>14<sup>th</sup> March</b> Intro to Computing 6: <i>John McVeigh</i>	<b>15<sup>th</sup> March</b> Family History: Who, Why and When <i>Esmae Mander</i>
<b>18<sup>th</sup> March</b>	<b>20<sup>th</sup> March</b> Android: Photo Editing <i>Ken Curwen</i>	<b>21<sup>st</sup> March</b> Intro to Computing 7: <i>John McVeigh</i>	<b>22<sup>nd</sup> March</b>
<b>25<sup>th</sup> March</b>	<b>27<sup>th</sup> March</b>	<b>28<sup>th</sup> March</b> Intro to Computing 8: <i>John McVeigh</i>	<b>29<sup>th</sup> March</b>
<b>1<sup>st</sup> April</b>	<b>3<sup>rd</sup> April</b> Android: Google Maps and Calen- dar <i>Ken Curwen</i>	<b>4<sup>th</sup> April</b>	<b>5<sup>th</sup> April</b> Coffee and Chat  <i>TBA</i>
<b>8<sup>th</sup> April</b>	<b>10<sup>th</sup> April</b>	<b>11<sup>th</sup> April</b>	<b>12<sup>th</sup> April</b>
<b>15<sup>th</sup> April</b>	<b>17<sup>th</sup> April</b> Android: Cloud Storage <i>Ken Curwen</i>	<b>18<sup>th</sup> April</b>	<b>19<sup>th</sup> April</b> Family History: Immi- gration and Shipping <i>Esmae Mander</i>
<b>22<sup>nd</sup> April</b>	<b>24<sup>th</sup> April</b>	<b>25<sup>th</sup> April</b>	<b>26<sup>th</sup> April</b> Trove: Searching old newspapers <i>Bette Fritz</i>
<b>29<sup>th</sup> April</b>			

NOTE: All Workshops are subject to change if Trainers are unavailable due to illness or other commitments. If possible changes will be listed on the SeniorNet Website or you can contact John McVeigh—Training Coordinator – ph 07 3281 8548 – email [training@seniornet.com.au](mailto:training@seniornet.com.au) to confirm workshops are as listed. It is not necessary to make bookings for Workshops.

Please bring your USB drive with you as it is helpful in many lessons.

\* For courses and workshops involving mobile devices (iPads and Androids) please make sure your device is charged and that you have your cable with you

## Workshop Topics Described

### Android: Apps

This workshop extends our journey through the land of Android apps, stopping at interesting ones, loading them up and having a play. You can then decide whether to keep them or remove them from your Android tablet or phone.

### Android: Cloud Storage

Find out about the Cloud at this workshop. You can share files among your various devices, and / or back them up, using the Internet. You will need to have a Gmail (Google) account to take part in this workshop. Most Android users probably already have a Google account, but if you do not yet have one, please set one up beforehand.

### Android: Google Maps and Calendar

Google Maps is about the best app for finding your way to a new destination; but you can also check the travel time, not just now, but in advance. Find out the ways to get the best from this app  
Learn how to use the Google Calendar: how to synchronise it with all your devices, the varieties of activities now supported, how to colour code them, repetition of activities and suggestions for creating a family-wide calendar. The presenter will demonstrate his own approaches to the app.

### Android: Photo Editing

This workshop will introduce the free editing app Snapseed. Snapseed is a complete and professional photo editor developed by Google. Learn how to download and use it for a range of photos.

### DNA Interest Group

Have you done a DNA test or considering doing one and don't know where to go next? Come along!! Through sharing what we know and listening to others I'm sure we will make our journeys much more enjoyable and a lot less frustrating. The field of DNA is HUGE and needs to be tackled the same way as eating an elephant.....one bite at a time! There is so much more to DNA than the ethnicity that is promoted to entice you in.

### Family History: Review of 2023

Have your family investigations revealed some exciting finds? Maybe you demolished that brick wall with a simple search of Australian digitised newspapers.

Could State Archives, State Library, plus other internet sites reveal any information.

**New to 2024:** Workshops will be structured as personalised help with tracing your family online both locally and abroad. You do not need Ancestry or any other paid site for searching and in many instances, as many have proven, information on sites is not always correct. We can help; just one name is enough to begin.

### Family History: Immigration and Shipping

Today we will be investigating 'Departure ports, Passenger Lists, Shipping, Voyages & Arrival'. Learn to find your ancestor's name on Qld Govt data portal and shipping lists. NSW shipping lists are not searched the same as Qld's. There will be a practical session to acquaint yourself with both. A 'How to Search' handout will be available along with more internet sites available for searching.

### Family History: Who, Why and When

How much do you really know about your ancestors? Were they reluctant or willing emigrants?

Were they - Assisted, Unassisted, Bounty, Nominated or Remittance passengers?

Convict? – most convicts are well documented.

Crew? – fewer records of crew were recorded on shipping lists.

Military? – lists may include officers but few of lower rank were recorded.

Australia needed more migrants, Governments offered free/subsidised fare or even 'land orders' (eg fare paid by the passengers) to those of suitable age and skills.

Enjoy a practical session and discussion.

### Introduction to Computers 4

Learn how to research the internet using web browsers and then how to store your results

*(Continued on page 4)*

## Introduction to Computers 5

Learn how to use email and about managing the emails once you have read them

## Introduction to Computers 6 and 7

Revision of sessions 1 – 5

## Introduction to Computers 8

Review of the Series - Questions and Answers

## iPad/iPhone : Icons and Basics

In this workshop we will look at basic topics such as what the various icons on your iPad/iPhone stand for, how to make your iPad/iPhone easier to use, and how to solve some common issues. Don't forget to have your Apple ID username and password in case you need it

## TROVE: Searching Old Newspapers

Thanks to the National Library of Australia digitising a vast number of newspapers, gazettes, magazines, maps and more, we are able to access these for free online, much to the envy of the rest of the world as in most countries they have to pay for such a wonderful resource. We can show you how to get the best results when searching these old newspapers, up until approximately 1954, and what you can do with that information once you have found it.

## SeniorNet 2024 Committee

Position	Name
President & Training Coordinator	John McVEIGH
Vice-President	Graham PARSONS
Treasurer	Desley BADRICK
Secretary	Judith BEITZEL
Newsletter Editor & Webmaster	Ken CURWEN
Equipment Officer	Barry GARTSIDE
Membership Officer	Margaret-anne JENSEN
Social Coordinator	Gabrielle VIETH



Back row: Barry, John, Graham, Desley, Ken

Front row: Margaret-anne, Gabrielle, Judith

## Tech Talk

### The Value of Backups

Some time back I had a hard drive failure and discovered that my backup regime was a little off when it came to recovery. I learned my lesson and have since improved my ways and discovered the value of have proper backups the other weekend.

As part of my backup routine, I create a system image of my main drive each week (the drive where Windows and all my programs live). This is automated with a commercial program called Acronis. I then use File History (which is built into Windows) to backup my personal data. This runs each hour and backs up anything that has changed.

My computer had been operating normally but one morning I found I could not open the Opera web browser. It would appear to start but nothing appeared on the screen. Task Manager told me it was running but there was nothing showing. Then I discovered I could not open any of the Microsoft Office 365 applications (Word, Excel, etc). Each time I got an error message that the program encountered errors and needed to be repaired. Trying the repair process did not help. I could live without Opera but not being able to open Word and Excel was a real problem. After fiddling around for most of the day, I was no closer to a resolution. One option was just to reinstall Windows and then all my applications but that is a significant amount of work.

Since I had a system image from earlier in the week, that seemed an easier path to take. A system image is like a snapshot or photocopy of the drive as it was at that point of time. I opened Acronis and started the restore process. This does take some time so I left it and went to bed. Next morning my computer had been restored to its previous state and everything was working normally again and has continued to operate normally since.

I still do not know what happened to cause the problem. Some sort of corruption in Windows is most likely but it is strange it only impacted those select programs. Anyway I now have a new appreciation for the value of a system image backup which saved me a lot of time and aggravation.

Phil Buchanan

### What sort of backup?

Keeping it simple, there are two different forms of backup. One is a system image and the other is a file or data backup. In an ideal world you should do both but what is the difference?

A system image creates a complete copy of your hard drive: *Windows*, all programs and data (including hidden data you may not be aware of). If it is on your hard drive it is backed up with a system image. The purpose of a system image is to restore your drive to the state when the image was created. This is invaluable when you have suffered a hard drive failure, significant Windows or program corruption or malware attack. Run the restore function from your system image software and your drive/computer will be restored to working condition (assuming it was working correctly when the image was created).

In order to create a system image you will need software. Some of this software is commercial (such as *Acronis TrueImage*) and some is free (such as *AOMEI Backupper* or *Hasleo Backup Suite*). The software creates the image in a proprietary file format so you will need the same software to recover the image. Some of the free options do not provide an 'explore' function to enable you to open the image file and just recover a few files. You must restore the complete image which is cumbersome and impractical when you may just need to recover one file you have accidentally deleted. Some image software will allow you to create a file or data backup but this function is sometimes missing from free versions and still requires the program to be able to open the proprietary file.



The other common backup form is a file or data backup. In its simplest form this is simply a copy of your personal data stored on a different medium or device. For example, the contents of your **Documents, Pictures, Music**, etc copied to an external hard drive, USB or cloud storage such as **OneDrive** or **Google Drive**. This can be done manually just by copying the relevant folders to external media. The most difficult thing with a manual backup such as this is remembering to do it.

One simple, automated method of doing a data backup is to use *File History* which is built into Windows. In Windows 10 you will find it in **Settings→Update & Security→Backup**. In Windows 11, Microsoft have made it a little more difficult to find. Type *file history* into the Search box on the Taskbar. Click on the **File History Control Panel** result. In both cases, if you have a suitable external hard drive connected, simply turn on File History and it will begin to backup your personal data.

File History will run perfectly well if you leave everything at its defaults but there are some things I prefer to tweak. In Windows 10, click on **More options**. The default for backing up is 1 hour. That will be fine but you can change it to whatever you think appropriate. The default period to Keep backups is **Forever**. That is probably excessive and will result in your external drive eventually filling. I change it to either **Until space is needed** or **6 months**. There is also a section where you can add folders to File History. The default folders should be fine for most people but if you have personal data stored in a folder not listed, add it here. Click the **Backup now** button to start the first backup.

In Windows 11, click **Advanced settings** in the control panel to change the regularity of backups and the length of time to keep. Click **Save changes**. Unfortunately there is no straightforward way to add folders in Windows 11.

**CyberCPU Tech** on YouTube has a good video on File History in both Windows 10 and 11 (including how to add folders in Windows 11). The name of the video is *How to Backup Windows 10 & 11 For Free!!* Search for it or use the link: <https://www.youtube.com/watch?v=uY5uAren2yk>

Phil Buchanan

## Nagging from MalwareBytes

I have recommended MalwareBytes as a second line of defence with whatever other security software you may be running. Unlike a lot of other products, it generally plays nice with other security software and often finds things they miss. I do use the paid version on my main computers but the free version is generally adequate for many people, provided they remember to run it regularly.

Recently MalwareBytes has been popping up some 'nag' screens a little more often than usual. These are encouragements to purchase the premium version or to get some other add-ons. This has been happening on both the free and premium versions. If you find these nag pop-ups annoying, there is a setting you can change which should minimise them. Open MalwareBytes and click on the little gear icon in the top right to open **Settings**. Click on **Notifications** and turn the slider under **Marketing preferences** to **off**.

## Potty History

### Modern Slavery?

*My Potty History this month is a bit more serious than usual – I have had to argue with people who do not understand recent changes in industrial relations in Australia and I would like to put my spin on it all.*

The relationship between ‘employer’ and ‘employee’ has gone through several phases – slavery, serfdom, regulated employment and now, for some, the gig economy and ‘always on call’ labour.

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Slavery, perhaps the most egregious form of exploitation in human history, epitomizes the darkest depths of labour exploitation. It was a system built on the premise of ownership, where individuals were treated as property, devoid of basic human rights and dignity. (but contrary to popular belief the Egyptians who built the pyramids were no more slaves than modern outback miners – not all ‘slaves’ met the preceding criteria).

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Serfdom, on the other hand, typically emerged within feudal societies where peasants were bound to the land they worked. Although serfs were not owned as property, they were still subject to the authority of feudal lords, obligated to provide labour, pay rents, and adhere to various restrictions imposed upon them. Unlike slaves, serfs possessed some limited rights, such as the right to marry or own property, albeit often heavily circumscribed. In fact, this kind of relationship continues to this day, even if the ‘lord’ is now the State.

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This century has seen the advent of the gig economy—a paradigm shift in labour relations characterized by flexibility and independence. Platforms like Uber and fast-food chains have revolutionized how people work and consume services. The workers are considered to be independent contractors. However, beneath the veneer of autonomy lies a complex web of precariousness. Gig workers often lack job security, benefits, and adequate protections, reminiscent of the vulnerability experienced by slaves. And the platforms can and do convert well paying gigs into borderline positions by over-recruitment of workers, which drives down wages and opportunities.

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The right to disconnect represents a modern-day response to the relentless encroachment of work into every facet of life. In an era where smartphones blur the boundaries between work and personal time, this concept advocates for the freedom to disengage from work-related communications outside of designated hours. It seeks to restore balance and protect mental well-being in an increasingly connected world. But contrary to some reports the proposed right does not apply to casual or shift workers, who need to be contacted to notify them of changing rosters.

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Technology in our lifetime has transformed how work is performed – and will continue to change as more routine work can be handled by artificial intelligence and robots. Maybe humans can gain extra leisure time at the robots’ expense. But above all labour should be treated with respect, equity and human dignity.

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Ken Curwen with assistance from Chat GPT

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*An interesting aside – the West Australian newspaper recently ran a weeklong campaign of front-page articles criticising the Right to Disconnect bill. It then emerged that the enterprise bargain with their own journalists included...wait for it...a right to disconnect clause.*

*My personal reaction to engagement is to reverse the onus – if I identify a quandary in a work project while working from home, I send a message about it to my superior. I can then forget all about it until the superior takes notice – that can take weeks 😊*

## Humour

*Continuing in a more serious mood this month, I have made a selection of Winston Churchill's best quotations*

Diplomacy is the art of telling people to go to hell in such a way that they ask for directions

Success consists of going from failure to failure without loss of enthusiasm

A good speech should be like a woman's skirt: long enough to cover the subject and short enough to create interest

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty

One man with conviction will overwhelm a hundred who have only opinions

I'd rather argue against a hundred idiots than have one agree with me

In the course of my life, I have often had to eat my words, and I must confess that I have always found it a wholesome diet

Life is fraught with opportunities to keep your mouth shut

An appeaser is one who feeds a crocodile, hoping it will eat him last



**The irony for mankind is that a computer program asks a human to prove that they're not a robot.**

**WHY DO EGGS COME IN FLIMSY STYROFOAM CARTONS AND BATTERIES COME IN A PACKAGE ONLY A CHAINSAW CAN OPEN?**

### Further Information

#### SeniorNet Committee

The listing of the 2024 committee can be found [here](#).

#### Computer Repairs

A listing of repairers who our members have found satisfactory can be found [here](#).

**Disclaimer:** While we have made every effort to give accurate information and tips in this Newsletter, we cannot guarantee that their use will provide the desired results in all circumstances. In no event will the Editor or SeniorNet be liable for direct, indirect, special, incidental or consequential damages arising out of the use of URLs and tips given in this newsletter. *We recommend members verify details before acting on information or suggestions contained herein.* The Editor would appreciate being informed of any erroneous information so that it may be corrected.

Ken Curwen. Newsletter Editor.