

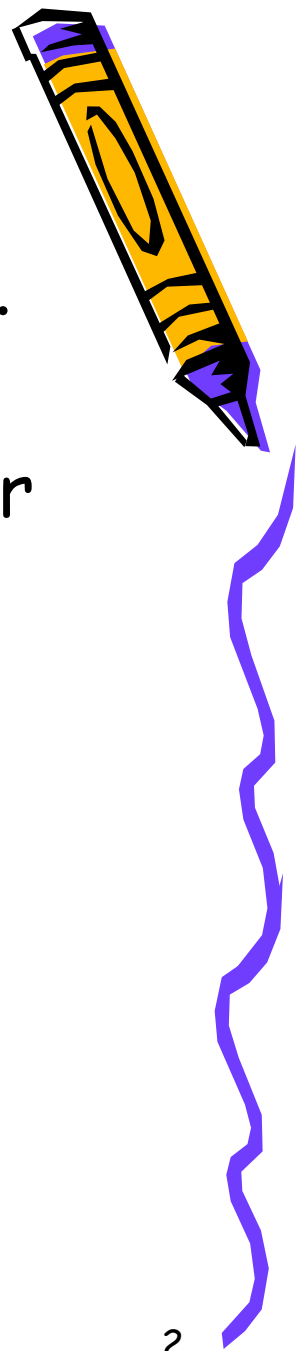
# From Sandra: RAM or

- Why is my computer running slow?
- How Much Memory does your computer have?
- Windows XP Recommended Minimum 1 Gb.
- Windows Vista Recommended Minimum 2 Gb.
- Windows 7 Coming Recommended Minimum 2 Gb.



# President Report: Web Warriors

- ABC 1 Showing how unsafe the internet is.
- If you'd like to watch it.
- You may either watch the DVD at club. Or
- Preferably
- Make copy and take it home to watch.
- Its eye opening.



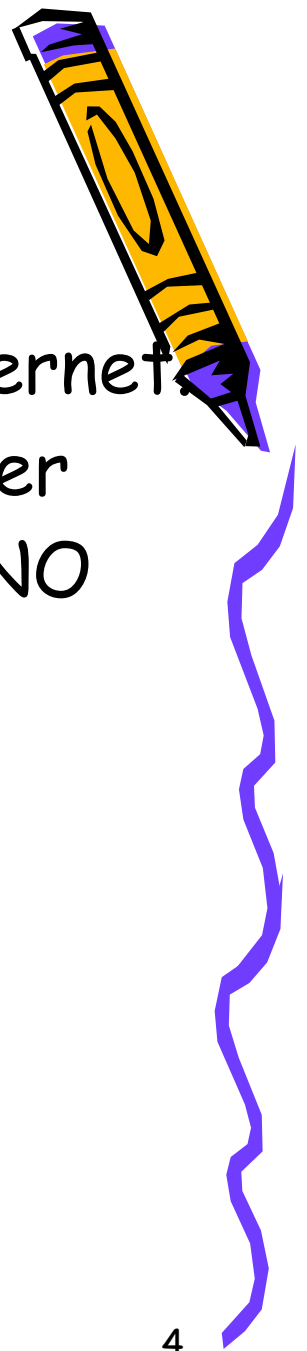
# Presidents Report: Newsletter



- To open Forest News (or any document in pdf format) you need a PDF Reader (Portable Document Format).
- download a free copy of Foxit Reader from [www.foxitsoftware.com](http://www.foxitsoftware.com) click on button "Download for free".
- Any members who would like to get their Newsletter by email please contact either Dick Manuell or Reg.
- If you contact both of them by email it allows us to verify our records.



# Presidents Report: New Service to Members

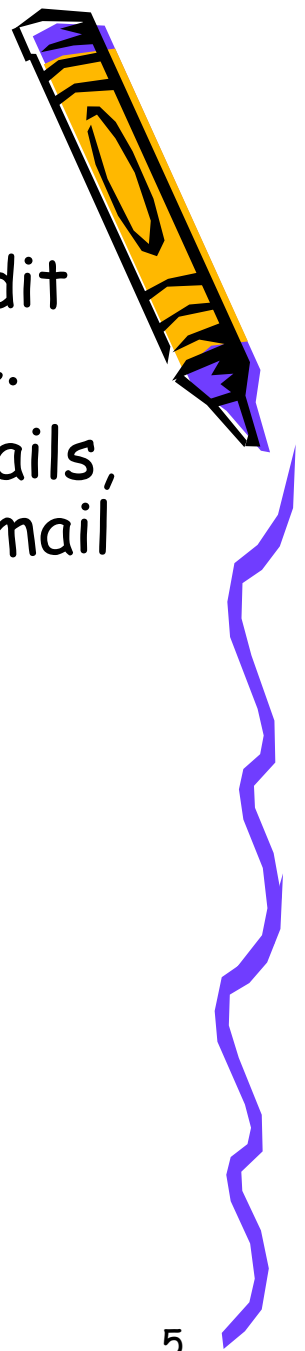


- For those who can't find files I've recommended you download from the internet.
- Programs like Belarc Advisor. Foxit Reader
- Email Colin asking for specific program (NO Games).
- You'll receive a reply email with a link, username & password.
- Click link, put in user name, Click OK.
- put in Password, Click OK.

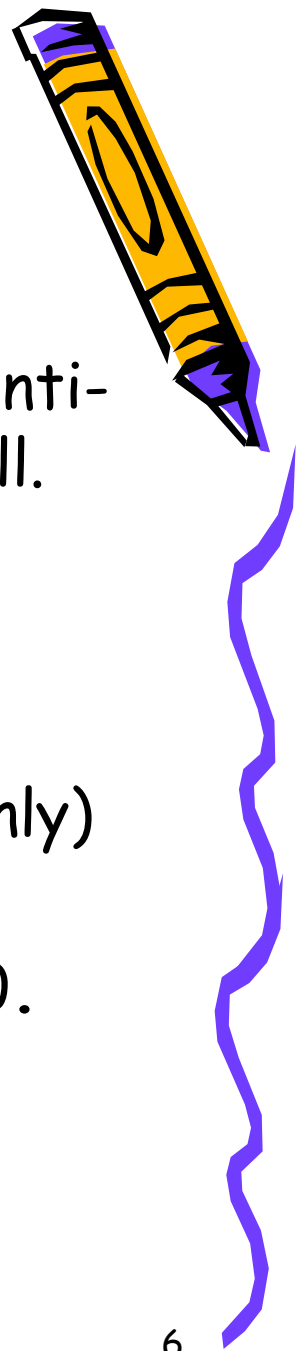


# Presidents Report: Fraud

- Emails that claim to be from your bank, Credit Card Company or some other service you use.
- It usually asks you to send your account details, and sometimes your PIN, either by return email or through a website.
- They don't need your PIN or PASSWORD to deposit to your Account.
- Don't click links etc.
- Don't answer any email links unless you were expecting the email.
- COPY LINK to Browser.



# Presidents Report: All in One



- Kaspersky Internet Suite 2009 All in One.
- McAfee ASAP Monitored Suite: Anti-Virus, Anti-Spyware Anti-Phishing & Site Advisor, Firewall. Installation is through Hi-Speed.
- Trend Micro Suite: Anti-Virus, Anti-Spyware Anti-Phishing & Firewall.
- Comodo 1.0.0.6 Full Suite (Win XP and Vista only) Auto check for new version. Its FREE.
- Bullguard Internet Security Suite. \$US 70.00.



# Presidents Report : Anti-Virus programs

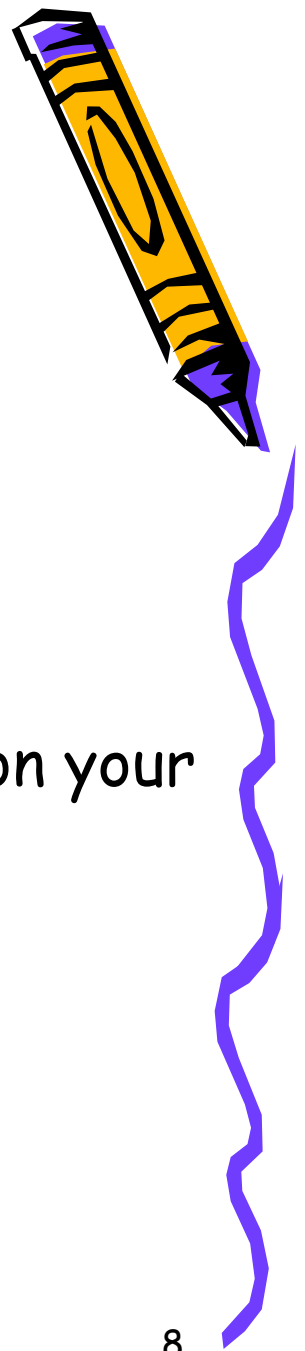
- A must have on any computer.
  - Set it to "Auto Update" and your computer will check when you go online.
  - Please make sure you do it at least Weekly.
  - Avast is free.
  - AVG is free and includes Antispyware
- Pick one Anti-Virus program, use only 1



# Presidents Report :

## Anti-Spyware programs

- Spyware Terminator (Auto update feature).
- Ad-Aware Free - Anniversary Edition
- AVG Anti-Spyware Part of Anti-Virus
- Spy-Bot Search and Destroy
- A-Squared (A<sup>2</sup>).
- CCleaner: Cleans up the junk that accumulates on your hard drive. <http://www.ccleaner.com/>
- All of these should be updated at least weekly



# Presidents Report : Anti-Malware programs



- Malwarebytes Anti-Malware Free version.
- F-Secure online Anti-Virus & Anti-Malware (World Renown)
- <http://support.f-secure.com/enu/home/onlineservices/fshc/front.html>
- Needs Internet Explorer with latest ActiveX components installed first, then the little program installs or updates if you've already installed.
- It runs automatically after download & install. Don't rush it, let it do its job properly.



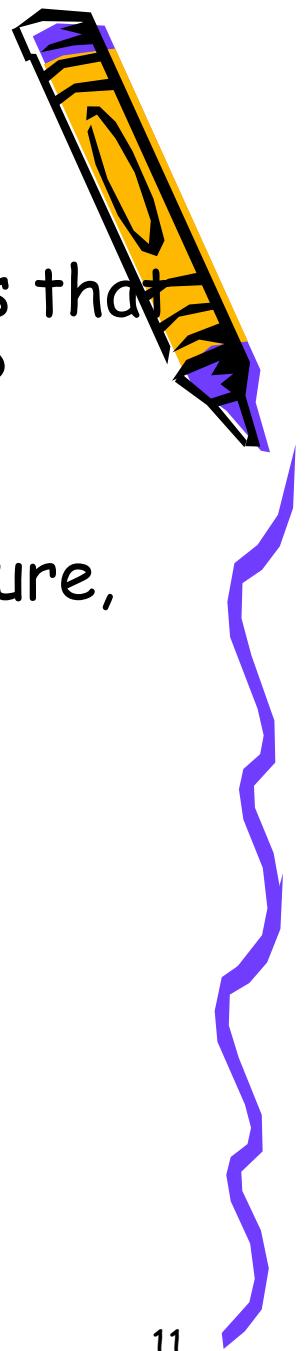
# Presidents Report: Free Firewall Programs

- Zone Alarm (XP - Vista) Auto check for new version. Not recommending at present as its clashing with Windows.
- Pick 1 and use only 1
- Turn off Windows or Remove any other first.

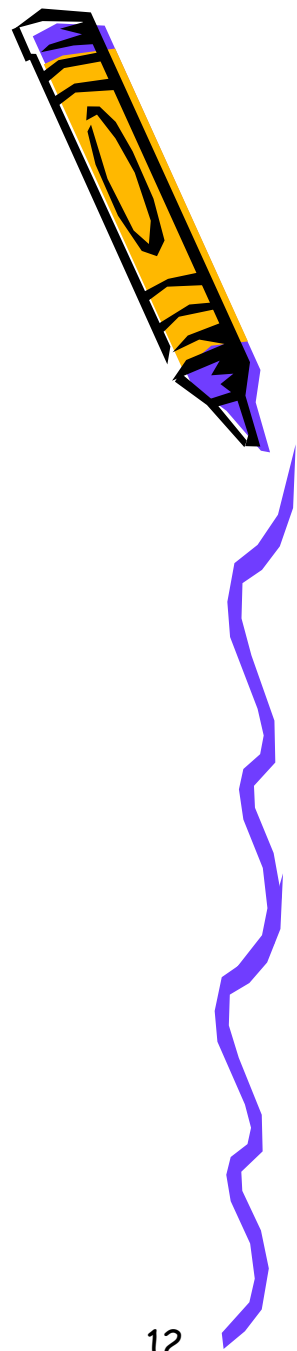


# Presidents Report: Windows Updates

- What happens when Windows update drivers that aren't quite compatible with your computer?
- An upset Computer and user!!\*\*
- Well if you run the Previous program, F-Secure, say monthly, it will tell you what Drivers and software need updating.



# Presidents Report: Health Check



F-SECURE<sup>®</sup>

F-SECURE  
HEALTHCHECK

Creating a report...

**BE  
SURE.**

F-Secure Health Check 1.1

[Learn more about our products](#)

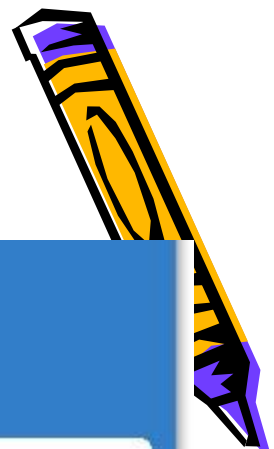
ENABLED BY **F-SECURE**<sup>®</sup>

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ENABLED BY **F-SECURE**<sup>®</sup>



# Presidents Report: Health Check



**F-SECURE**  
**HEALTHCHECK**

**F-Secure Health Check has now checked your computer.**

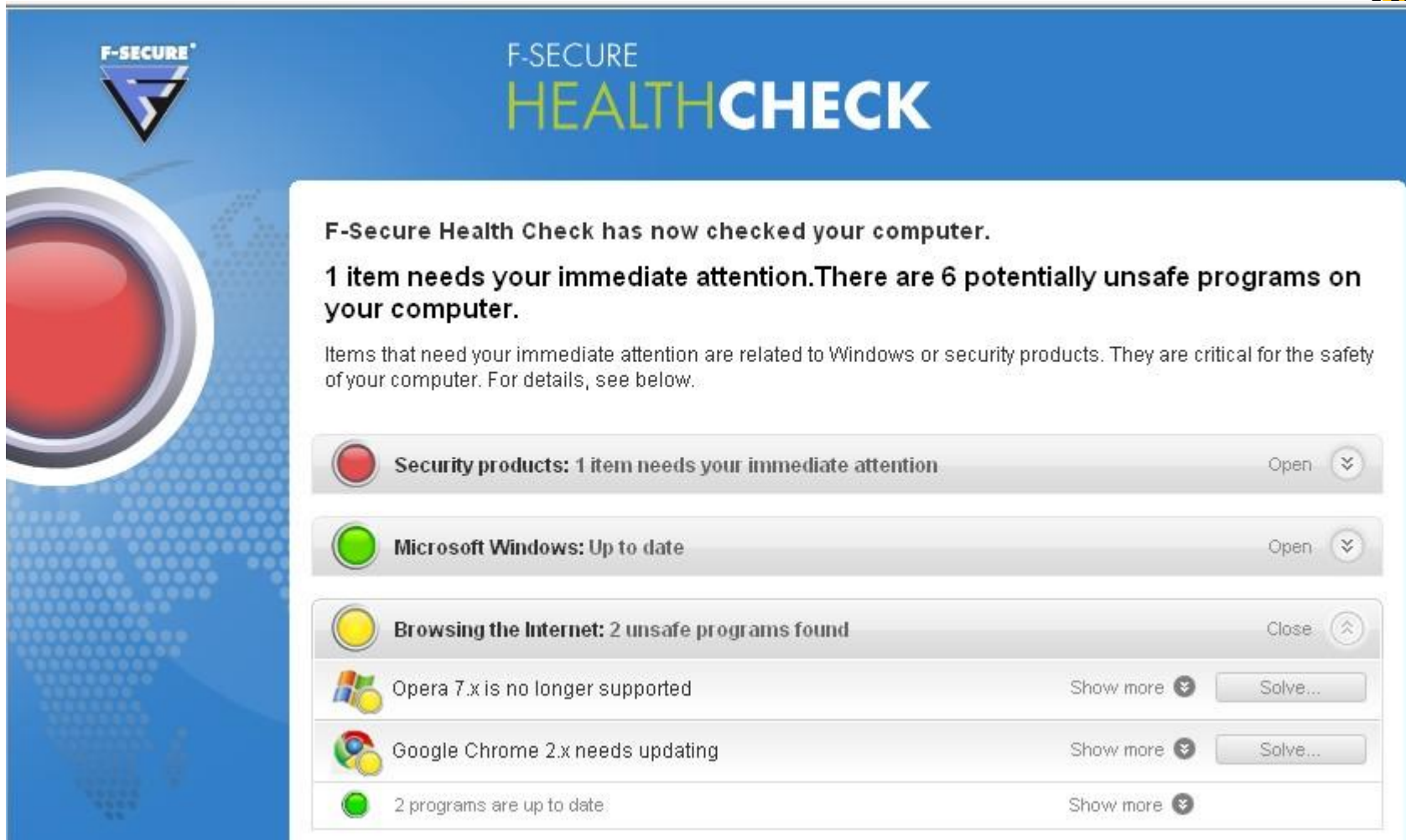
**1 item needs your immediate attention. There are 6 potentially unsafe programs on your computer.**

Items that need your immediate attention are related to Windows or security products. They are critical for the safety of your computer. For details, see below.

- Security products: 1 item needs your immediate attention** Close
- Antispyware: PC Tools Spyware Doctor is off Show more Solve...
- 4 programs are up to date Show more



# Presidents Report: Health Check



The image shows a screenshot of the F-Secure Health Check interface. The title bar is blue with the F-Secure logo and the text 'F-SECURE HEALTHCHECK'. The main content area is white and contains the following text:

**F-Secure Health Check has now checked your computer.**

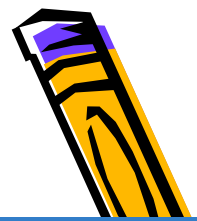
**1 item needs your immediate attention. There are 6 potentially unsafe programs on your computer.**

Items that need your immediate attention are related to Windows or security products. They are critical for the safety of your computer. For details, see below.

The interface displays a list of items with their status and actions:

- Security products: 1 item needs your immediate attention** (Red circle icon) - Open
- Microsoft Windows: Up to date** (Green circle icon) - Open
- Browsing the Internet: 2 unsafe programs found** (Yellow circle icon) - Close
- Opera 7.x is no longer supported** (Opera icon) - Show more, Solve...
- Google Chrome 2.x needs updating** (Chrome icon) - Show more, Solve...
- 2 programs are up to date** (Green circle icon) - Show more

# Presidents Report: Health Check



**F-SECURE HEALTHCHECK**

**F-Secure Health Check has now checked your computer.**  
**1 item needs your immediate attention.** There are 6 potentially unsafe programs on your computer.

Items that need your immediate attention are related to Windows or security products. They are critical for the safety of your computer. For details, see below.

- Security products: 1 item needs your immediate attention** (Red circle) Open
- Microsoft Windows: Up to date** (Green circle) Open
- Browsing the Internet: 2 unsafe programs found** (Yellow circle) Open
- Sending e-mail: All programs are safe** (Green circle) Open
- Chatting: All programs are safe** (Green circle) Open
- Opening multimedia files and documents: 3 unsafe programs found** (Yellow circle) Close
  - Adobe Flash Player 9.x ActiveX needs updating Show more Solve...
  - Microsoft Office PowerPoint Viewer 2007 needs updating Show more Solve...
  - IrfanView Plugin 4.x needs updating Show more Solve...
  - 14 programs are up to date Show more
- Using other programs: 1 unsafe program found** (Yellow circle) Open

To run Health Check regularly, [please bookmark this page.](#) Check Again Close

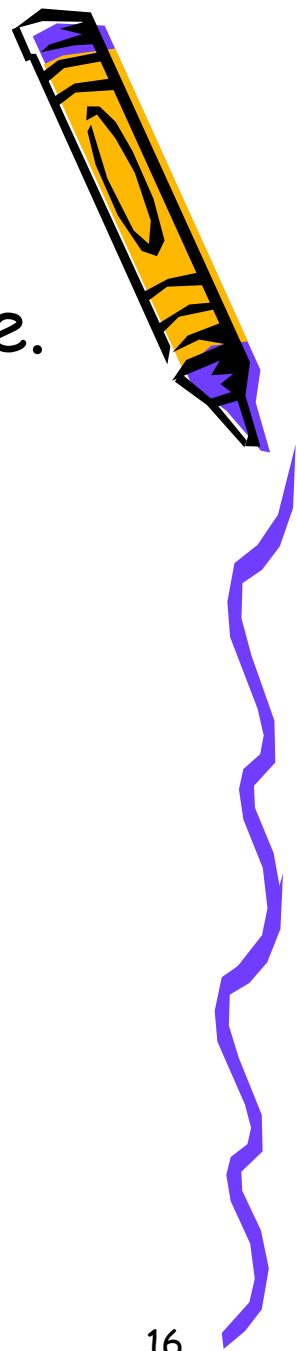
**BE SURE.**

F-Secure Health Check 1.1 [Learn more about our products](#)



# Presidents Report: Windows Updates

- ❖ Windows Vista SP2 is currently available.
- ❖ Only as a Update.
- ❖ Would suggest you wait till Malcolm downloads it.
- ❖ It is about 380 Mb.



# General Business



- Presidents reports
- Club website:  
<http://www.forestcompals.org.au/>
- Go to Presidents Reports
- All Newsletters

