

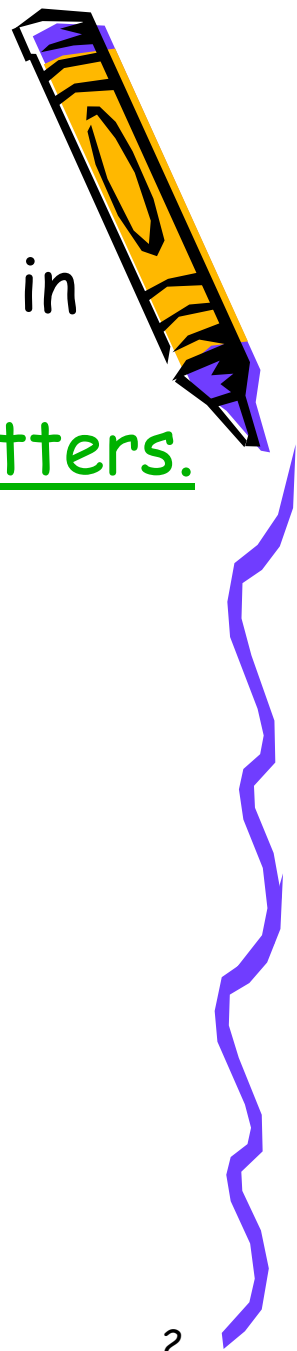
RAM Tip

- 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.



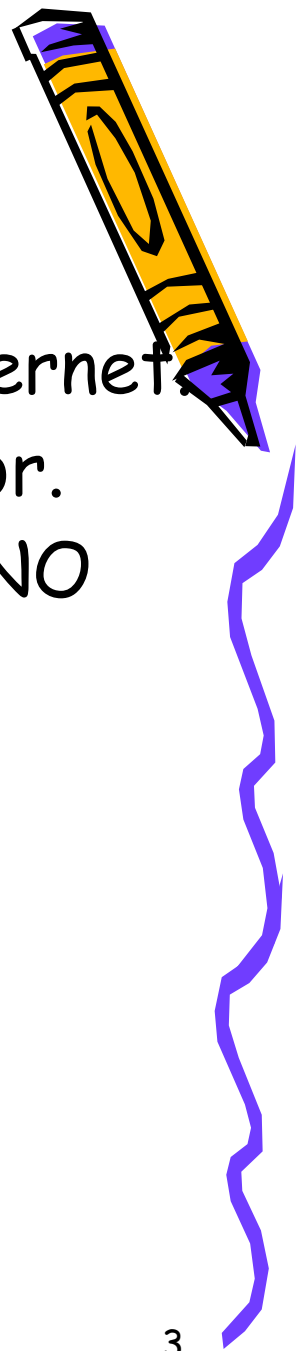
Presidents Report: Newsletter

- You can get your Copy of the Newsletter in Colour off our website at <http://www.forestcompals.org.au/newsletters.htm>
- September is waiting for you now!



Presidents Report: New Service to Members

- For those who can't find files I've recommended you download from the internet.
- Programs like Windows 7 Upgrade Advisor.
- Email Colin asking for specific program (NO Games).



Presidents Report: Direct from Microsoft.



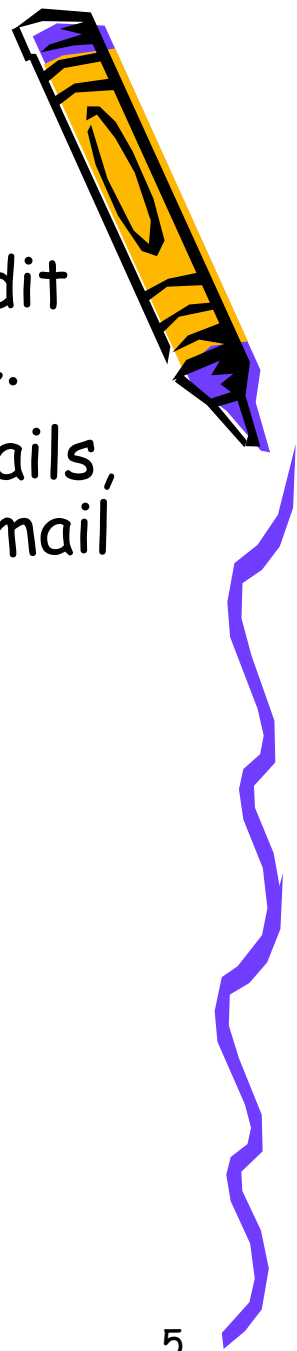
- To download and install Windows 7 Upgrade advisor go to:
- <http://www.microsoft.com/windows/windows-7/get/upgrade-advisor.aspx>
- Click the large blue Download button in middle of page.
- Click the Download button on next page.
- Click Save in the little window that opens. Pick folder to save in.
- Click Open Folder on Completion.
- Double Click Program installer and follow onscreen instructions.

● [Demo](#)

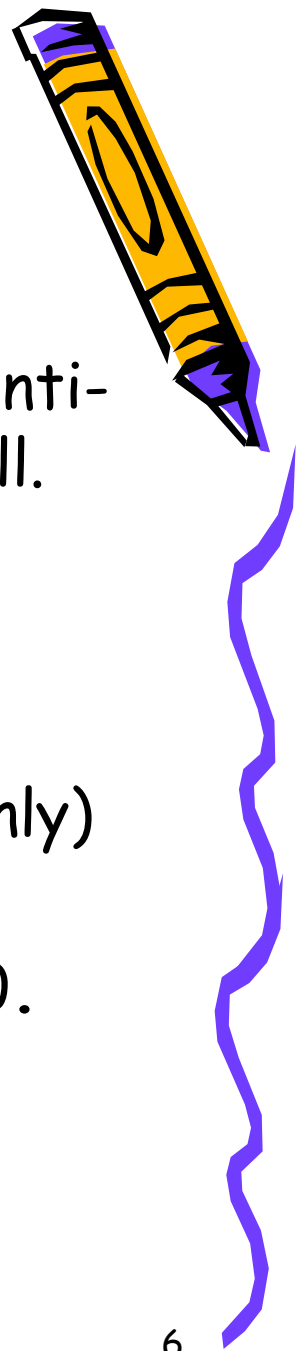


Presidents Report: Fraud

- 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.



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.



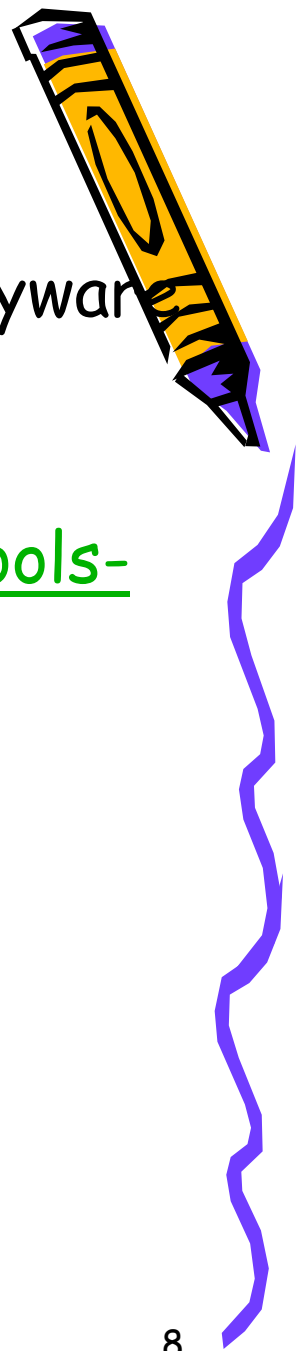
Presidents Report: Windows Updates

- It is essential you regularly update your computer.
- Start -All Programs - Windows Update.
- Follow onscreen instructions.
- Here is a very usefull one. Cnet Techtracker
- [http://www.cnet.com/techtracker/?](http://www.cnet.com/techtracker/)
- Sign up Download and
- Install
- Scan your Computer.
- Dead Simple.



Presidents Report: Health Check

- Online Scan on your Computer Anti Virus Spyware and Malware.
- http://www.f-secure.com/en_AU/security/security-lab/tools-and-services/online-scanner/



Presidents Report:

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

