

# SeniorNet®

Puget Sound Computer Learning Center

*Where skilled volunteer seniors teach seniors to use, enjoy computers*

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For detailed Information, Class Schedules: <http://www.seniornetps.org/>

By PHIL SCHEIER, Editor

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## FREE HANDS-ON OPEN LAB SESSIONS A HIT WITH ALL SEEKING HELP WITH PESKY COMPUTER PROBLEMS

It was a typical free SeniorNet lab session, open to members, non-members, walk-ins, seeking to get answers to computer problems from waiting skilled SeniorNet volunteers, and sitting down with them in front of the nearest class computer, to work through the questions.

Oftentimes, they are students asking for help in practicing some of the lessons learned in SeniorNet classes. A familiar sight are those bringing in their own computers, whether a desktop or a laptop, for help in solving some problem. One savvy student wheeled in his desktop, using a small grocery-shopping cart for the short trip from his car to the classroom.

And lots of willing help is there for the 2 ½ hour session on scheduled days (See below) at 9:30 am, continuing to Noon, at the large classroom at the Phantom Lake Elementary School in Bellevue, home of SeniorNet for these many years.

On this day, SENIORNET PRES. ADELLA GRANGER was there to greet the arrivals, along with a number of teachers and other skilled computer users, ready to offer their expert help whether in basic computer

operations, or in any of the many programs taught there.

### YOUR SENIORNET DATE BOOK

#### *Kaffee Klatch Social*

Tuesday, Feb. 1<sup>st</sup> at 11:30 am  
156<sup>th</sup> Ave. NE, 8<sup>th</sup> St., Bellevue  
No-Host social at Food Circus

#### *Free Lab Session*

Tuesday, Feb. 8  
Open to all, 9:30 am-Noon  
SeniorNet Classroom

#### *Membership Meeting*

Tuesday, Feb. 22, at 10 am  
New Hope Ministries Church  
15760 NE 4<sup>th</sup> St., Bellevue,

Because of the wide variety of skills available, and if more help is needed in coming up with the correct answer, there is usually plenty of help right in the classroom.

This writer, wanting to take full advantage of his Microsoft Word 2002 program, sat down with Word expert and

**INSTRUCTOR GORDON YOUNG** at an empty computer. The retired Boeing systems analyst took up each question with a quick demonstration on achieving specific format requests, including printing them out

for later reference. Nothing quite like a one-on-one, hands-on demonstration with the experts to break through those difficult computer problems. .

### ***SCHEDULED FREE COMPUTER LAB CLASSES***

These specially designated free SeniorNet Lab Classes on the following Tuesday mornings, are open to all, members and non-members seeking answers to their computer questions. You can sit down at a computer with one of the volunteer experts, one-on-one, or just come in to practice-with help nearby-- just in case.. Sessions run from 9:30 am to Noon. Labs are held on the following Tuesday mornings in the SeniorNet classroom at the Phantom Lake Elementary School, 1050 160<sup>th</sup> Ave. SE, Bellevue.

**Feb. 8      Mar. 8, 22, 29      April 26      May 10, 24, 31      June 14**

### **KOMO RADIO AIRS SENIORNET ACHIEVEMENTS**

The learning opportunities for seniors offered by the all-volunteer SeniorNet Computer Learning Center, the subject of several major stories, with photos, this past month by Puget Sound newspapers, was again highlighted by KOMO Radio in ITS Jan. 13 broadcast.

**REPORTER BRIAN CALVERT**, whose report was titled, "Seniors Get Wires," visited **INSTRUCTOR HARRY SHEDD'S** computer class at the Phantom Lake Elementary School, Bellevue, and reported, in part:

"Seniors across the country are now getting computer-literate, thanks to programs like Senior Net. Instructor Harry Shedd says they offer 22 different classes on computers, starting with the very basics, to more complicated procedures like word processing." Calvert opened his broadcast, with the comment: "As we rely more and

more on computers, it's becoming clear that we all should know how to use one. That goes for senior citizens as well."

**STUDENT BETTY MICHAEL** proudly commented: "I can now communicate by email quite a bit with my kids, because they live all over the United States."

"I get first-hand communication with instructors, plus this is a beautiful group of people," she added.

"This is challenging for people our age," insists 73-year-old **BOB MASON**, who is learning how to surf The Net. "If you're not able to get on the Internet or sending or receiving email, it's difficult," Mason says.

Reporter Calvert closed the broadcast with a chuckle: "The best part, if you need any help with your Senior Net homework, you can always call the grandkids." *(Thanks to SeniorNet Webmaster Hal Mozer for coming up with the transcript of KOMO Radio broadcast)*

## HOW MONTHLY NEWSLETTER REACHES YOU ON-LINE

It is one thing to write and produce our monthly SeniorNet Online Newsletter to meet a rigid deadline to make sure time-value news reaches you in time. It is another

**FORGOT THE CLASS SCHEDULE?  
CHECKING ON OTHER COURSES?  
GO TO THE SENIORNET WEB SITE!**

Everything you want to know about the many SeniorNet classes, instructors, schedules—and more! Click on:

<http://www.seniornetps.org/>

thing to make sure it is meshed in with SeniorNet's approximately 600 names, which represents current and past students, along with others asking to receive the free publication. This is the difficult job which our CIRCULATION DIRECTOR BOB BALSLEY, who is also an instructor, takes over.

The active SeniorNet instructor and former Air Force pilot, does the mass mailing from our classroom, using lengthy mailing lists.

## CLASS HELPS YOU WRITE YOUR LIFE STORY

How will your kids and grandkids, and their kids know about your interesting life story if you don't write it---now? The SeniorNet Computer Learning Center of Puget Sound, will provide the teaching and help in a special computer class, which still has a few openings at presstime.

The Life Stories by Design class, which starts Feb. 18, taught by VICE PRES. DELORES DAVIS, will continue to April 8, according to REGISTRAR LOUISE FLORA. She urged those interested in

One list is for currently signed students, instructors, aides and staff. Another list is for former students who want to continue receiving the online newsletter with news of activities and current classes. With email users often changing their internet service providers (ISPs), keeping the mailing list updated is a daunting task.

Each month, a number of newsletters are returned because of address problems. While recipients are urged to send in an email update when their email addresses changes, they too often fail to send in a correction. Balsley does his own chasing, via phone, if possible, to get the corrected email address. And like all SeniorNet volunteers, even as he completed the delicate task of getting the newsletter out on deadline, he had one more job to do, as a teacher: He went to the phone and called the incoming group of students who signed up for his then opening class, to remind them of the starting date and time. Just another day in the life of a busy, dedicated SeniorNet volunteer

learning how to mesh the help of the computer with writing, to act quickly before the remaining spots are taken. This course, the first of a two-part series on writing life stories, can aid you in writing your story in an entertaining, creative way, she said.

Part of each class is devoted to the students' writings, sharing and commenting on their stories. An optional workbook (\$19) is available. For more information, contact the voice mail at 206-232-5892.

## **MOURN DEATH OF CLAIR HUGH, CO-EDITOR OF CATALOGUE**

Our long-time SeniorNet friend, volunteer and co-editor of the SeniorNet Catalogue for many years, **CLAIR HUGH**, passed away Jan. 2 following a short illness. He was 80. Clair and his beloved wife of 55 years, **JOSEPHINE**, co-edited the highly acclaimed, twice-yearly catalogue, among many other volunteer activities.

A large delegation of fellow SeniorNet members, led by **PRES. ADELLA GRANGER**, joined mourners at funeral services Jan. 7, at Saint Louise Catholic Church, Bellevue. Clair and Jo made a remarkable husband-wife team in their volunteer work at SeniorNet, always seeking to improve the content and appearance of the catalogue mailed out to hundreds of members, former members and others wanting information on computer classes. Working closely with Hugh family members, and at the suggestion of **PAST PRES.**

**HELEN HESKETH** and **REGISTRAR LOUISE FLORA**, who also are members of the parish, SeniorNet members attending the services brought food, special dishes and dessert for the reception following services. Clair was born in Iowa, attended Drake University, then enrolled in the Army.

He served during World War 11 as a staff sergeant in the Signal Corps in the Burma/India Theater. He was a former educator, teaching math and science in the Belmond, Iowa, High School where he and Jo both taught.

They married in 1950. After receiving his Master's in School Administration, he served as principal of Belmond High School.

In later years, he entered the business world, where he served in executive positions, and was eventually transferred to Seattle.

## ***MEET FELLOW MEMBERS: DID YOU KNOW ----***

**THAT** four days after **JOE HESKETH** in 1954 graduated Providence College in Rhode Island, he married **HELEN**, thus launching the high-powered team of Joe and Helen who are among the long-time active leaders at the SeniorNet Computer Learning Center of Puget Sound. Joe is now treasurer, while Helen is immediate past president, serving an unprecedented three terms in the always growing, all-volunteer SeniorNet organization. However, in true Hesketh style, Helen remains very active, and has taken on the job of Public Relations Coordinator.

During Helen's SeniorNet tenure, Joe was at her side, aiding in whatever job had to be done. This included the intensive years of temporarily moving the classroom from the

Phantom Lake Elementary School in Bellevue to the interim site at the old Bellewood School, during the demolition and construction of a new school at the original site. Then the return to the new building with its larger classroom.

His military service included duty as an Army Publications Officer, writing training manuals, at Ft. Belvoir, VA. He continued in the U.S. Army Reserve, achieving the post of company commander of an amphibious DUKW unit. He was discharged as a captain in 1963. He was a sales executive with McBee Systems, a business forms and systems company, moving to various U.S. posts through the years. Joe completed 41 years with the company in 1997 as district manager in Seattle, before retiring. They

are the parents of eight children, five girls and three boys, and have 33 grandchildren and six great grandchildren.

How did they get involved with computers? "Helen purchased a Commodore 64 early on," recalls Joe. "I watched some of the things she did but did not really get involved. Later on, she upgraded to a PC and soon became active with SeniorNet. I was still working, so it was 'her thing'. Realizing how much she was learning, I took time off from work and enrolled in some SeniorNet Classes. As treasurer of the National Speakers Association group here, I decided to learn the QuickBooks program on my own and automated their bookkeeping procedures." He later taught Quicken classes, and continued expanding his class activities. After serving on the SeniorNet auditing committee for several years, he assumed the treasurer's post when long-time TREASURER BOB SWENSON stepped down.

**THAT** the affection between Phantom Lake students and their SeniorNet Granpals who join them in their classroom to help them polish their reading and other subjects, is the big dividend for seniors. GRANPAL COORDINATOR NANCY B. HARSH wants other seniors to also become Granpals for the once-weekly visit to the classrooms where a warm reception always awaits them. Application forms are available in the rear of the classroom, she says, or she invites you to contact her directly for details to set up class visits, which mesh with your schedule. Her email is: [nbharsh@msn.com](mailto:nbharsh@msn.com).

When Granpals briefly take off in the winter for trips, leaving vacancies, Harsh would welcome short-term fill-ins so students would not lose the continuity of learning. Two Granpals, who recently returned from vacation, brought back special souvenirs for their students. One is PRES. ADELLA GRANGER, who brought each of her third-

grade students in MRS. FRICKEN'S class, a shell magnet from Hawaii. Since the magnets were so small, Adella placed each in a hard plastic sandwich container so they would not get lost. Another Granpal, RITA SCHAAB who vacationed in Puerto Vallarta on a turtle sanctuary, made up a story for her first-grade class about the turtle rush. Visitors at the sanctuary viewed the turtle eggs hatching, with the wee creatures then making for the ocean. Rita told her class the name of her little turtle she headed for the ocean, was Phantom, in honor of the school. She sent the story to MRS. SATTERFIELD'S class, and when she returned was quizzed about Phantom's adventures. So, come join the fun of being a Granpal.

**THAT** there is indeed an exciting life after retirement, even when you held down top administrative positions in the Washington State Health Department, licensing and regulating clinical laboratories which required extensive state-wide travels. SENIORNET SECY. MARTHA SIMON was born in southern Illinois and grew up in western Kentucky. After graduating college, she joined the U.S. Food and Drug Administration in Cincinnati as a chemist, and then moved to Washington, D.C. "I became restless, she said, "and decided to go in a new direction by studying English Literature at Chapel Hill, N.C. A wonderful experience but not a field in which I wanted to make a living. So I continued my search by coming to Seattle with a schoolmate from UNC. Here I found the field that I really enjoyed: medical microbiology." Prior to joining the State Health Department, Simon first worked for the Seattle-King County Health Department. Following her retirement after a total of 30 years work here, with the last 16 years in the state post, she looked around for new challenges.

She joined SeniorNet some four years ago after seeing a story in *The Seattle Times*

about the learning opportunities and other activities offered, including signing up immediately with the Granpals program. Simon had lots of experience with computers in her work, but mostly in word processing, reports and presentations. "This year I decided to spend more time assisting with the SeniorNet computer classes instead of being a Granpal," she said, "but certainly will return to the Granpal program either later this year or next as it is such a rewarding experience." During her three years with Granpal duties, Simon was also busy sharpening her computer skills with classes in Photo Editing; Scanning; Publishing; and Quicken. "I put my new knowledge to work in making the homeowner's association newsletter that I do more interesting and attractive. I have also assisted with classes: Word Processing; Intro to XP; Using XP; and Travel Planning. I will be assisting in classes on Where's My Stuff and Computer Fundamentals and possibly other classes during the Winter/Spring session."

**THAT** for anyone wanting to do some writing, particularly one's life story, writing it on a computer is the only way to go, which is how SUE BINGHAM got involved with SeniorNet a while back. She had joined a writer's club, and after talking with fellow writers, decided "I needed lessons in operating a computer." The group met at the Lake Hills Library where she first learned about SeniorNet. Which made it a natural for her to check it out, sign up for some courses, and begin her exciting learning experiences. "I am so grateful to SeniorNet and the instructors. I love it all," she said. She has already taken a number of courses, and is continuing with SeniorNet classes in writing life stories, a favorite with students.

When she started her SeniorNet lessons, she recalled, her family thought it might be too difficult for her to master the computer. This only spurred her on. "I decided I would learn and I would stick with it." And she certainly has, getting lessons even outside her regular schedule. She was among those at a recent free lab class where teachers and other skilled members, are available for one-on-one work on one of the 18 available computers. On this day, when this writer was there also-to learn, Bingham was busy working at a computer under the guidance of FACILITIES COORDINATOR KEN CRANDALL, to master some operating problems. Her one-on-one session with Crandall ended only when Bingham had conquered the problems, with Crandall's expert help. All smiles at solving those problems, Bingham thanked her instructor, then as she was preparing to leave, whispered to PRES. ADELLA GRANGER: "He really does know everything,!" referring to Crandall. And, yes he does. Just another learning session at SeniorNet operated by skilled volunteers.

**THAT** one of our long-time and very active members, JOE PONTECORVO, is becoming well-known on the lecture and teaching circuit, appearing before various groups to explain the wonders of operating a computer. And he makes sure the listeners hear of the effective training programs for seniors at SeniorNet.

Pontecorvo is always on call at the Kirkland Senior Center, where this writer caught up with him the other Friday morning. He was explaining computer operations, and answering questions, to another rapt audience.

## ***FOR THE CURIOUS: HELPFUL COMPUTER TIPS!***

### **GOOGLE HELPS FIND ADDRESSES, PHONE NUMBERS!**

Enter an individual residential phone number to get a listed address (and map), or

### **FEDERAL WEB SITE OFFERS SENIORS KEY HELP TIPS**

The new Seniors section of the federal government's FirstGov.gov Web site [www.firstgov.gov/Topics/Seniors.shtml](http://www.firstgov.gov/Topics/Seniors.shtml) is a

### **SEE, TALK FACE-TO-FACE WITH FREE IVISIT**

IM (Immediate messaging) allows you to 'chat' (type messages) in realtime with anyone around the world. However, when you can do away with the typing, and actually see and talk with the other person(s), via your webcam, computer monitor and speakers, it becomes more personal and meaningful. A friend who had trouble trying to revive his Microsoft NetMeeting, which had provided the same capabilities, introduced this writer to the free iVisit program. The free iVisit allows you to only do a face-to-face with just one other person.

enter a first name (or initial), last name, and city to get the number, if listed. You can also zero in by adding the area code or zip code as well. Don't have an address? List the last name and a zip code or city and state to get a search result. (PC Week)

center for reliable information on consumer protection, health, retirement, taxes, travel, education, legal rights, etc. of special concern to persons age 50-plus.

The company also sells a more expanded iVisit, which allows you to conference with several others at the same time. The paid program would be useful for families who like to conference, a bunch at a time. This free program downloaded quickly and seamlessly, as it did with others who tried it. Below is the URL for the home site, which includes instructions on downloading, registering and inserting names of others you want to join in. Your amended email address, with numbers, will be emailed to you, to enter into your iVisit address list. Others wishing to join in, must also install the program.

<http://www.ivot.com/help/client/account/account-04.html>

## **VISION PROBLEMS? AN EASIER WAY TO VIEW MONITOR**

*Q. My wife and I are in our 80s. We have a difficult time reading our monitor. We do not have the Accessibility Wizard on our computer, so we cannot magnify the screen. We have tried to download it from Microsoft, but cannot. We are using Windows 98. Can you help us?*

**A. Sure I can. Thanks for writing! I bet there are a lot of folks that I can help with today's tip.**

The Accessibility Wizard apparently is not installed by default. I checked my installation of Windows 98 and it was not present. I guess Microsoft assumes that most people won't use it. (Check later Window programs to see if this service is available).

You do not need to download this from Microsoft. It is present on your Windows 98 disc. To install it:

--Click Start>>Settings>>Control Panel

--Double-click Add/Remove Programs

--Select the Windows Setup tab

--Click Accessibility so it is highlighted, then click Details

--Be sure both boxes are checked. In my case, Accessibility Tools was not checked.

--Click OK

--Click Apply

--You will be prompted to put your Windows 98 disk in the CD drive. Do so, and let Windows 98 install the necessary files.

--When the installation is complete, click OK.

To use the wizard, click Start>>Programs>>Accessories>>Accessibility>>Accessibility Wizard. The wizard gives you two choices for larger type. It then opens the Magnifier, which allows even more choices. (From Kim Komando Show)

## FREE FIREFOX BROWSER A HOT NEW ITEM

Firefox is the hot new free Internet browser you may have heard about, and which our own HAL MOZER has given his own seal of approval. "I have been using it now for about three months," he writes, "and I find it to be most satisfactory. It has many nice features and, most importantly, using Firefox has greatly reduced the amount of spyware and other malware I get on my computer.

"You can read some informed reviews about Firefox at

<http://www.pcworld.com/reviews/article/0,aid,118794,00.asp>

and

[http://www.computeruser.com/articles/2401,4,41\\_1,1,0101,05.html](http://www.computeruser.com/articles/2401,4,41_1,1,0101,05.html)

and

<http://www.computeruser.com/articles/2401,3,6,1,0101,05.html>

"You can download Firefox from [www.mozilla.com](http://www.mozilla.com) If you do install Firefox, you also should install some additional features that Firefox calls 'Extensions.'"

Mozer urges. "Since Firefox is "open source" software, dozens of software developers are writing these Extensions to improve upon the already good browser. If you are interested, contact me at [hal@halmo.com](mailto:hal@halmo.com) and I will send you a list of the ones I find most useful."

# "NEVER RETIRE! YOUR BRAIN NEEDS EXERCISE ...."

*(Of special interest to SeniorNet members, all active and involved, or they wouldn't be attracted to the SeniorNet Computer Learning Center here, with challenging courses, with the desire to learn and expand skills, is the New York Times op-ed column by writer William Safire. A highly respected writer and long-time columnist, is wrapping up his notable career. And like all SeniorNet members, he is not retiring, but taking on new interests. His key advice, which he himself received many years ago, is: "Never retire. Your brain needs exercise or it will atrophy." Below, a few selected paragraphs from one of his final columns, with special emphasis added.)*

**By WILLIAM SAFIRE**  
*THE NEW YORK TIMES*  
Jan 24, 2005

The Nobel laureate James Watson, who started a revolution in science as co-discoverer of the structure of DNA, put it to me straight a couple of years ago: "Never retire. Your brain needs exercise or it will atrophy."

Here's why I'm outta here: In an interview 50 years before, the aging adman Bruce Barton told me something like Watson's advice about the need to *keep trying something new*, which I punched up into *"When you're through changing, you're through."* He gladly adopted the aphorism, which I've been attributing to him ever since.

Combine those two bits of counsel - *never retire, but plan to change your career to keep your synapses snapping - and you can see the path I'm now taking. Readers, too, may want to think about a longevity strategy.*

When you're through changing, learning, working to stay involved - only then are you through. *Never retire.*

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NOTE: While all computer-operating tips come from usually reliable sources, readers are reminded you use them at YOUR OWN RISK. Again, in case you have friends who are online, and may be interested in taking classes to expand their skills, please forward this newsletter to them by clicking Forward when this message is displayed. Then enter their address in the To box, and click Send. We welcome your brief personal news items and article items, suggestions, sent to the editor at [b26flyer@comcast.net](mailto:b26flyer@comcast.net). If you wish to receive this free monthly newsletter, update your email address or unsubscribe, rush your full name, phone and email address to [pugetsnet6@qwest.net](mailto:pugetsnet6@qwest.net).

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