

# SeniorNet®

Puget Sound Computer Learning Center

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

April 1, 2006, Vol. 7; Issue #4; Mail: PMB 705, 15600 NE 8<sup>th</sup>, Suite B-1, Bellevue, WA 98008-3958  
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For detailed Information, Class Schedules: <http://www.seniornetps.org/>  
PHIL SCHEIER, Editor

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## ***NATIONAL OFFICIAL HAILS GROWTH HERE LOIS FARRIS NEW SENIORNET PRESIDENT; MERRILEE GEORGE ELECTED VICE PRES.***

It was a hand-me-down computer she had inherited which led *Lois Farris* in 1999 to seek out SeniorNet here so she could learn to properly operate and enjoy the fascinating gadget. Seven years later, on March 21, 2006, she was elected president of the all-volunteer SeniorNet Computer Learning Center of Puget Sound, one of the largest such centers in the country, succeeding *Pres. Delores Davis*.

Elected vice president at the organization's meeting was *Volunteer Coordinator Merrilee George*, succeeding *Patty Nelson*.. *Treas. Joe Hesketh* was re-elected treasurer for another two-year term; *Harry Shedd* was elected Member-at-Large, and *Secy. Martha Simon* re-elected to another term. The annual meeting, presided over by Davis, was held at New Hope Ministries Church, Bellevue.

The slate of officers for the coming two years was presented by *Former Pres. Adella Granger*, chair of the Nominating Committee. A continental breakfast was served starting at 9:15 am for early arrivals.

Davis opened the meeting, welcoming some 50 members and guests. She described the past year as one of transitions. "Our classroom was moved from the 1<sup>st</sup> floor of Phantom Lake School to the 2<sup>nd</sup> floor. We changed the registration procedure by handing out both a number for registration as well as an approximate time to return. We changed presidents in August when Adella Granger stepped down due to medical reasons, and the long time Principal of Phantom Lake *Jill Mcleod* retired, and we were introduced to the new principal, *Tracy Maury*."

Annual reports were given by all the Committee Heads who gave everyone an insight into the expanding activities of SeniorNet.

Guest speaker was *Ron Rankins*, Western Regional Consultant, who reported on "What is Happening at SeniorNet – An Update". SeniorNet Puget Sound is one of two top learning centers in the US with nearly 600 members. "SeniorNet of Puget Sound is alive, healthy and still growing," he said. (*For a close-up look at our new officers, see related articles in this issue.*)

## WE AREN'T DONE LEARNING YET, FOLKS! CHECK OUT THESE UPCOMING SPECIAL CLASSES

By LOUISE FLORA  
(Registrar)

While many of our classes are full, there are still a few openings and the opportunity to sharpen your computer skills.

Have you ever wondered "Where's My Stuff?" Then register for the one remaining spot in the class, File-3, running once- weekly from Tuesdays, Apr. 18 through May 9, from 1:15pm – 3:15pm. Cost \$20.00

Need help with your finances – Let Quicken do the work! Finance-1 will be taught April 17 through May 15 – 10:00 – 12:00. Cost \$20.00. With a clear picture of your finances, you can take the Travel Planning Class and learn about tricks and tips for your future traveling. April 19 through May 3 - 10:00 – 12:00. The class fee is \$20.00

New offerings announced at the Annual Meeting include two workshops.

*Instructor Gordon Young* will be demonstrating a Utilities Class – Utilities-1 on Thursday, Apr. 6 from 9:00am until noon. It will include programs that can be downloaded from the Internet. Students in this class will not be using the computers. The class fee is \$10.00

The first two days of June (Thursday, June 1, and Friday, June 2) a team of four instructors will offer a class in Digital Cameras – DC-1., with students invited to bring their own digital cameras. This class is for students with digital cameras and will be oriented toward the newer user directed toward using, not buying a camera. The students will not be using the computers. Cost is \$10.00

You can register by sending your check to: SeniorNet PMB 705, 15600 NE 8<sup>th</sup> St., Suite B-1, Bellevue, WA 98008. Call the voice mail 206-232-5892 to register

## PAST PRESIDENT LOOKS BACK, AHEAD A BUSY YEAR OF GROWTH, TRANSITION; MORE CLASSES, INSTRUCTORS NEEDED

*(Immediate Past Pres. Delores Davis who turned over leadership to the incoming slate of officers at the Mar. 21 annual meeting, was asked to summarize the past year's activities of our growing SeniorNet Computer Learning Center, along with a look at future needs of this expanding learning center with almost 600 members. Her report.)*

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This past year has been one of transitions. We changed membership and registration locations, changed our classroom locations, our long-time principal and supporter Jill McLeod retired from her position as Principal of the Phantom Lake Elementary School. Eight months ago, after a sudden illness, our previous president, Adella Granger, stepped down from the presidency at our Aug, 17th membership meeting, and I officially became the President until the rest of her term, Mar. 22, 2006. One of my first opportunities was to increase our volunteer participation. The membership was cooperative and willing and almost immediately we filled all our open positions, and changed volunteers in others. However, we are not increasing our instructor's pool as rapidly. We have had many public relations activities, had successful registrations, had several visitors to our site and put on a very successful first Regional Conference.

One of the goals, I hope we would consider is to expand our curriculum. Our main focus is to help seniors learn and understand computers and what can be done with them. We have been assisting seniors for years to understand and use their computers and keep them safe. Many current and former students enjoy our way of teaching and want to stay in touch and gain more skills and I hope we will create new skills and courses for them. We could consider having a couple of "student only" focus groups to find out what our students would like us to teach. We could expand our instructor group, encouraging more of our current assistants to become instructors. Hopefully, we could develop a greater diversity of courses and instructors to teach them.

Also, courses geared toward more fun and maybe more practical uses on the computer. (Our instructors and focus student groups could tell us). In that vein, I hope that our group continues the open policy of the past by welcoming newcomers and encouraging members to assist and learn through participating in the classes.

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## SENIORNET VOLUNTEER STILL NOT TOO BUSY TO AID INTERFAITH GROUP GET COMPUTERS

Reflecting the community service goals of the all-volunteer SeniorNet Computer Learning Center here, one of our very active instructors is expanding his activities by helping the Kirkland Interfaith Transitions in Housing, (KITH ) transform old donated computers into working equipment for those seeking to develop job skills..

*Ross Roberts* is working closely with *Ron Hutchinson*, KITH director and a retired Kirkland Congregational minister for 25 years, to upgrade 18 donated "very used PCs" and get them operating. At the same time, Roberts cited the need for more modern computers at KITH. "This interfaith group could really use any surplus PCs that are less than six years old. I could facilitate any PC transfer by moving files, cleaning the hard drive, reinstalling software from original CDs, installing free security software."

The used computers were donated by an area company. Roberts stressed one of the computers will be upgraded to replace an aged office computer at KITH. He will inventory the computers and propose to the organization that the most serviceable be kept for improvements. When the work is completed, the computers will be used by clients to help them learn to access the Internet, write resumes or practice office skills, he said. "I will install

free software (antivirus, firewall, anti-spyware.) The first goal is to replace a very old PC (Gateway Pentium 111, 450 Mhz) now in use in their office."

Note: If anyone has a use for 10 HP E-Vectra (information/user guide etc, is available on the internet) 733 Mhz, Pentium 111, 128 Mb Ram, 8 Gb Hard drive, Windows 2000 Pro installed, 2 USB, Ethernet connection, no modem, contact Ron Hutchinson, 425-576-9531, Ext 104.

## PRESS HIGHLIGHTS COMPUTER CLASSES AS AID TO SENIORS REACHING OUT TO WIDE WORLD

For seniors, the ability to learn how to operate computers, particularly using the Internet and email, helps them extend their reach to the entire world, maintain friendships and stay in touch with family and friends just by tapping on the computer keys, an article in the Mar. 10<sup>th</sup> issue of the Mercer Island Reporter stressed.

The article by reporter *Ruth Longoria* described her visit to the SeniorNet classroom at the Phantom Lake Elementary School in Bellevue, where seniors are mastering various computer skills in hands-on learning sessions by volunteer instructors.

**Quoted in the article is the instructor, Pres. Delores Davis, who was teaching life stories. The article noted in part: "As the group of about a dozen gray-haired students sat at Bellevue's Phantom Lake Elementary School computer desks Friday morning and listened attentively, Davis went on to demonstrate how technology could benefit this determined group of seniors....I know being able to use a computer is helpful," she said. "I started out 12 years ago as a volunteer and was later thrilled when I was asked to become a teacher. Since then I've written four books for my kids, I did my will on the computer, and I sell Avon so I put all that on the computer. I even pay my bills on the computer."**

Continuing, the article reported: "*Helen Hesketh*, a past president of Senior Net said there are more than 80 Mercer Islanders involved in Senior Net, as students or volunteers. I see a real need to show seniors how being computer literate can enhance their lives," she said. "Having a computer helps them to communicate with their families, through e-mails, and it makes it not so lonely at home. I think there's a lot of seniors who don't want to sit down and write a regular letter, but if they get an e-mail they can just answer right back. It's so much simpler." Hesketh said there are more than 80 Mercer Islanders involved in Senior Net, as students or volunteers

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### GETTING TO KNOW YOU: PRES. FARRIS

"I have been a member of our group since 1999.

The reason I sought out SeniorNet was that I had inherited a hand-me-down computer with Windows 95 and I did not know how to operate it. I took a few basic classes and eventually realized that I needed to move up to XP and took a class or two and then volunteered to be an assistant. Nothing like hearing something a time or two to reinforce the things I should have learned the first go round. I also found that different

instructors emphasize different things so I was learning more and more. I have assisted in most of our classes.

"In 2005 I was asked to take over the Instructor/Assistant coordinator position. I was to help organize the assistants, guide them through an orientation and get them off to the right start in assisting. I have coordinated the training for all assistants with a once a month training session. I have helped with the Brown Bag for 4 years. I am a Seattle native, graduated from the University of Washington with a degree in education and was a teacher in the Lake Washington School District. I have three wonderful children and four lively grandchildren who are very computer literate!!! I am looking forward to being president for the next two years. My hobbies are gardening, socializing and computers!!!!"

## **GETTING TO KNOW YOU: VICE PRES. GEORGE**

"I've always dabbled in various craft projects. (I always have to keep busy!) I'd been saving all those projects for when I 'got old'. Now that I'm.....older, my priorities have changed – and I discovered the computer! Anyone need some needlepoint or flower arranging supplies? I've worked a multitude of jobs – mostly part time –throughout the years as our 2 children grew up. Once they graduated from college, I quit my accountant/activities secretary job at Interlake High School and started taking computer classes at BCC. I even ended up editing the teacher's textbook (coming at it from a beginner's standpoint!).

"I saw an ad in the newspaper for SeniorNet and remembered meeting those nice folks up at a Crossroads Mall Fair several years ago. I signed up for some classes with SeniorNet, and then I was hooked. I was so impressed with the classes and the people that I knew this group was for me! I've enjoyed being an assistant in various classes – always learning as I go. I am currently the volunteer coordinator and ready to add on the job of being Vice President. My husband, Don, and I love to travel. We also have a lot of fun with our five young grandchildren. We're lucky because they live in the area, so we quite often have all of them over for a sleepover. Besides attending all of their various sports and activities, I'm also on the board of directors of three other groups. Life won't pass me by, I'm too enthusiastically busy!"

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**IF SENIORNET VOLUNTEERS WERE PAID BASIC RATE:** With a total of 5,937 volunteers hours put in by SeniorNet members these past five months on various class and school projects, such as Granpals which help young students at our host Phantom Lake Elementary School, this runs into heavy work. According to *Otis Roley* who keeps track of volunteer hours, if you multiplied those hours with the minimum wage of \$7.63 per hour, this adds up to an impressive \$45,299.31.

**THAT OLD COMPUTER MAGIC ENLARGES TYPE:** Here's a very useful technique when trying to read small print on your computer monitor, (especially in the early hours). Just enlarge it the easy way. Ready? Hold down the Control key on your keyboard. Then turn the small wheel in the middle of your mouse away or towards you. Look carefully now: The print size will change, either getting larger or smaller, depending on which way you turn the wheel. Your editor didn't believe it either—until he tried it on the Word program, and

also on his email. It works especially well for Internet pages in your web browser. Yup, it works. (Thanks to Ken Crandall, Gordon Young and Delores Davis)

## REMINDER--LOTS OF GREAT TIPS ON NATIONAL SENIORNET

**SITE:** All those with membership in National SeniorNet, required for those taking local classes here, can find many interesting news items on senior activities etc., at its web site at <http://www.seniornet.org/php/default.php?PageID=6880>.

**HOW TO MUNCH ON COMPUTER COOKIE PROBLEM:** They're called "computer cookies." But don't go looking for any tasty recipes. The trick is to decide between the helpful cookies, and the bad cookies that are loaded onto your computer when you download programs. They create a marker, or guidepost the next time you download a page or whatever. It also gives those trying to reach you more easily to sell or advertise stuff, an opened door. Our own Hal Mozer recommends the following URL (Internet address) for those wishing more information and guidance on handling the cookie problem:  
[http://askbobrankin.com/eat\\_your\\_cookies.html](http://askbobrankin.com/eat_your_cookies.html)

## NOT ABOUT COMPUTERS, BUT ABOUT RECOGNIZING

**STROKES:** Because quickly getting medical attention for stroke victims helps lessen the danger of permanent damage, it is important to learn to quickly spot suspected signs of an attack and calling for emergency help. Sometimes symptoms of a stroke are difficult to identify. The stroke victim may suffer brain damage when people nearby fail to recognize these signs. Now doctors say a bystander can recognize a stroke by asking three simple questions: 1. \*Ask the individual to SMILE. 2. \*Ask him or her to RAISE BOTH ARMS. 3. \*Ask the person to SPEAK A SIMPLE SENTENCE (Coherently) (i.e. . . It is sunny out today) If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher. Fast recognition and fast action are the keys.

## YOUR SENIORNET DATE BOOK FOR APRIL:

*Tuesday, April 4<sup>th</sup>, at 11:30 am*

No-Host Kaffee Klatch, Meet, Make New Friends  
Crossroads-Bellevue Mall Food Circus, 156<sup>th</sup> Ave. NE, at NE 8<sup>th</sup>, Bellevue

*Tuesday, , April 18<sup>th</sup>, at 10 am*

Monthly Membership Meeting  
New Hope Ministries Church, 15760- NE 4<sup>th</sup> St., Bellevue  
Followed by Kaffee Klatch at Crossroads Mall

*Tuesdays, April 25<sup>th</sup>, at 9:30 -12 Noon*

(Only one session this month)

Free Computer Help Lab-All Welcome, Members or Not  
Phantom Lake Elementary School, SeniorNet Classroom  
Instructors will sit with you at a computer to help solve problems

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NOTE: Those submitting news items for consideration are asked to keep them brief, and email them before the 25<sup>th</sup> of the month. All material subject to editing. Please send to [b26flyer@comcast.net](mailto:b26flyer@comcast.net)

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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). 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)

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President: Lois Farris; Vice Pres. Merrilee George; Treasurer: Joe Hesketh; Secretary: Martha Simon; Registrar: Louise Flora; Curriculum Coordinator: Bob Balsley; Facilities Coordinator: Ken Crandall; Public Relations Coordinator: Helen Hesketh; Immediate Past President: Adella Granger; Member-at-Large: Harry Shedd; Granpals Coordinator: Nancy Harsh; Online Newsletter Circulation: Bob Balsley; Online Newsletter Editor: Phil Scheier

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