

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/>

PHIL SCHEIER, Editor

---AND ANOTHER BUSY LEARNING YEAR STARTS

By LOUISE FLORA
(Registrar)

Another highly successful season of learning with many full computer classes for SeniorNet students is underway at the Phantom Lake Elementary School classroom in Bellevue. While many of the core classes are full, some openings remain in other classes.

The Fall 2006 session began Monday, Aug. 21, with filled classes in Basic Basics and Computer Fundamentals. Facilities Coordinator Gordon Young and his crew of skilled techies spent many hours the past summer tuning up the high-speed desktop computers for hands-on learning. When classes opened for the eager students, the computers were all set for the effective training programs.

Instructor Bob Morrison was ready for them. Many of the students in the morning Basic class were also enrolled in the Computer Fundamentals in the afternoon. Encouraged with a full day of computing knowledge, they went home to practice their newly-learned skills. Six other classes began that first week and we were well on our way to a great year in the classroom.

There is still time for you to enroll in Scanning Basics in September and December. Then you will want to take your scanning abilities to Photo Editing in October or November. Of course you will also want to learn how to save these photos onto a handy compact disk and the Burning CD's class in November. Just two spaces remain in Tracking Your Investments using Quicken beginning Oct. 31. Delores Davis can help you write your Life Story in her class, Friday Oct. 6. Tired of winter rains and cold, join Joe Hesketh on Nov. 30 and plan that "getaway from it all" in his Travel Planning class. There is always a lot to learn and SeniorNet is waiting for you. Call the voice mail 206-232-5892 for information.

GALA BROWN BAG PICNIC DRAWS THRONGS

By ADELLA GRANGER
(Brown Bag Coordinator)

The annual SeniorNet Computer Learning Center summertime Brown Bag picnic and many computer class demonstrations at the host Phantom Lake Elementary School in Bellevue, was a tremendous success. More than 125 members and guests attended this year's event. To quote Harry Shedd, "It took many people and many hours to once again put on a great Brown

Bag. My hat is off to all of you. What a great team effort.” The hats worn by Shedd and Joe Hesketh as they accepted the contributions to the Marge Langley Memorial School Fund were terrific. Our contribution to the school this year will be \$500.

Tracy Maury, principal of the school that provides space for our classroom, gave an all-inspiring message describing the all-volunteer SeniorNet, and its Granpals program. The program provides mentors working with students in the classrooms to aid in learning reading and other subjects, along with other help. She also emphasized how the program helps provide needy students with school supplies, even shoes and clothes. Her enthusiasm was an inspiration to all of us.

There were several people who were introduced to SeniorNet by this event. Registrar Louise Flora also signed up about a dozen people for fall classes. She declared, “everything really went smoothly, almost unbelievably so.”

The workshop schedule arranged by Curriculum Coordinator Bob Balsley was terrific. By scheduling three sessions, and repeating each one twice, it gave everyone the opportunity to really enjoy a SeniorNet learning experience. Balsley, Hal Mozer and John Wise and were the instructors.

THE SHEER JOY OF HELPING KIDS IN CLASS

**By NANCY B. HARSH
(Granpals Coordinator)**

The exciting fall school term is upon us. This is when we traditionally start our volunteer activities, particularly our widely-hailed Granpals program to work with kids right in the classroom. So right now is a very good time to think seriously about dedicating an hour or more a week to the students of our own SeniorNet classroom host, the Phantom Lake Elementary School. You don't have to be a former teacher to qualify.

What you need is a willingness to help the teacher in any way that you can. Some teachers need you to listen to and help a child learn to read. Others may need you to hand out equipment if it is a science class, or help a child find the right crayon for a construction project. And most of the time it is really fun and a refreshing activity.

All new Granpals first attend an orientation class put on by the Bellevue School District. This gives you a general idea of what is expected of you in the classroom. Unsure or nervous being on your own in the classroom, even with the regular teacher there? No problem. A SeniorNet mentor can be assigned so that for several weeks you can watch another Granpal operate in the classroom during regular class sessions. When you feel comfortable (which is usually almost instantly), you can step in. You just can't help yourself because it feels so right.

As the Granpal coordinator I would be delighted to hear from any of you wanting to know more about the program. Please feel free to email me at nbharsh@msn.com so you can quickly join in the great satisfying and helpful task of helping young students, all within an ongoing class, and usually sitting together in a quiet corner of the room.

TEEN USES COMPUTER TO CHECK WITH MOM

It happened here in Seattle the other week. A 16-year-old from Massachusetts was visiting grandma and grandpa here with her dad, while mom had to remain on the East Coast for business reasons. It was a meaningful visit since the young lady, with close ties to this writer, was leaving the end of August to spend her junior high school year in Italy. Shoes, but a very special brand and style of shoe was one of her must shopping items. She found them here, right size, right colors. Unsure she could find them in Italy, she bought three pairs. But first—naturally-- she had to check with mom, 3,000 miles away. Hey, what would dad know about women's shoes? No problem. With her digital camera the teenager photographed the three pairs of shoes, fed the photos into her new laptop computer, with a description and price of the shoes, and clicked the Send button. Within seconds, Mom had the photos and information on her computer monitor. A clarifying phone discussion, some urging by the teen, and yup, mom decided , well, she liked the shoes. Transaction approval completed.

BOOSTING YOUR MEMORY---THE EASY WAY

Sure, working all these years with the standard, adequate 512 Megs of memory was never a problem. With a half-decent Pentium chip, this writer's old desktop chugged away in good enough fashion. So what if it froze, now and then? But when a visiting knowledgeable friend used the computer one day, he commented a senior of a certain age shouldn't spend all that time waiting for a computer to do stuff. He said it needed a memory fix.

He pointed out also that memory prices were very, very low. A good thought, this writer thought. An online check of the memory companies helped get the exact specs for the computer. Then, a quick trip to the nearest computer shop to pick it up, and a quick installation. Finally, the big moment to see what happened with one big Gig of memory to work with. No surprise. Zoom zoom! Life in the fast lane now. The computer now was a jumping, catch-up operation as programs zipped opened, or closed with lightning speed. And for this usually impatient senior, no more wasting time waiting and waiting for the computer to come alive.

This increased memory also requires some slight adjustment by the operator in moving a bit faster, if the operator wants to take full advantage of the higher speed. And for those with high-speed, broadband connections, such as Comcast or DSL, the download time is reduced as the web pages more quickly come into view. Of course, at peak usage times, with everybody online, the speed could be a bit slower until the traffic load eases. In any case, a very interesting experience.

SPOTTING A STROKE—AND GETTING HELP

Fast action in recognizing and getting needed medical help when a person suffers a stroke can help avert a "THREE" steps, STR to recognize the danger signs. The stroke victim could suffer severe brain damage if he or she does not recognize a stroke by asking three simple questions: S* Ask the individual to Smile; T* Ask the person to Toss or Tighten Both Arms. Any hesitancy by the subject requires an immediate call for medical help. *(Thanks to Hal M...)*

CLASSES, SCHEDULES ALL ON OUR WEB SITE

Make use of the information on our all-volunteer SeniorNet Computer Learning Center of Puget Sound. This includes all Courses, schedules and photos of the classroom and instructors at the Phantom Lake Elementary School in Bellevue. Go to:

www.seniornetps.org

YOUR SENIORNET DATE BOOK FOR SEPTEMBER:

Tuesdays, Sept. 12 and Sept. 26, from 9:30 am –Noon

**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**

Tuesday, , Sept. 19th at 10 am

**Monthly Membership Meeting
New Hope Ministries Church, 15760- NE 4th St., Bellevue**

Tuesday, Sept. 19th at 11:30 am

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

CONSUMER REPORTS' TIPS ON COMPUTERS

The September issue of *Consumer Reports* has a series of very good articles about computers. When two of our very knowledgeable members urge Seniornetters to check the current issue for computer information, it makes sense to listen. Ross Roberts writes, "Consumer Reports has a big article on PC security. It rates programs in many areas. One interesting recommendation is Trend Micro Anti-Spam v 3.52 at www.trendmicro.com/form/anti-spam/download.asp. This is a free download. There is one version for Outlook and another version for Outlook Express." Joe Pontecorvo in a separate email to this editor, writes: "The September issue of *Consumer Reports* has a series of very good articles about computers which include: Best tools to stop Viruses, Spam & Spyware; 7 must-do moves to stay safe online; 10 Simple systems that backup valuable data; Review of Back up Drives; Review of Laptops."

TAKE A STRETCH BREAK AT THE KEYBOARD

Although most seniors rarely work all day long at their computers, it's a good idea to avoid repetitive strain injuries or eye strain among other problems by taking regular stretch breaks. The familiar *About* online program features a two-minute break program covering the eyes and body. "Ideally," Chris Adams writes, "you should take a 10- minute break every hour of work. You should get up, walk around and stretch. Most likely you'll be running off to another task. So here is a set of 10 essential stretches that you can do during your elevator ride, on the way to the parking lot, or any time you can find two minutes." Full details at:
<http://ergonomics.about.com/od/treatmentprevention/ss/essentstretches.htm>

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NOTE: Those submitting news items for consideration are asked to keep them brief, and email them before the 20th of the month. All material is subject to editing. Please send to 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: Gordon Young; 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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