

SeniorNet®

Puget Sound Computer Learning Center

Where skilled volunteer seniors teach seniors to use, enjoy computers

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President's Annual Report

Lois Farris, President

At our annual membership meeting on March 20th, I presented reports from Board members and committee chairs. In these reports were words such as *believe, expect, intend, will* and *anticipate*. These words reflect the purpose, dedication and commitment of our Board and Committees. Although there were no reports from the following committee chairpersons, I want to acknowledge them and their contributions to our overall success: Sharon Arthur our new Instructor/Assistant training Coordinator, Mary Jane Donaldson our Historian/Scrapbook chair and Juanita and Frank Alexander who are classroom supply chairs. The commitment and efforts of all the Board and Committee members have resulted in continued growth of our organization. A good indicator of our growth is our catalog. A short time ago it consisted of only a few pages, now it is 12 pages. Some of the people who were instructors then are still active in the classroom as instructors/assistants: Ken Crandall, Delores Davis, Hal Mozer, Joe Pontecorvo, Bob Swenson and John Wise. We continue to bring in new students and this year we added 2 new instructors and 10 new assistants.

From comments we hear, we know we are doing a good job. We have opened up a new world to some who may have had limited use of technology, provided a support team to others and helped make life richer and fuller for those learning to keep up with their kids and grandkids. Our instructors and our students, by their example, are teaching the younger generation the importance of being proactive, staying involved and not sitting at home expecting others to take care of them. Students are using what they have learned through our classes to search for medical information, find groups of like-minded people and plan trips. Yes, our organization provides a golden opportunity to enrich our lives and minds.

In June, we celebrated our 20th anniversary with an enjoyable gala at the Newport Shores Club House; the event was conceived and successfully brought about by the Heskeths. Our Brown Bag event in August raised a nice sum for PLE's emergency fund. In October, the Heskeths and I attended national SeniorNet's 20th anniversary conference in Washington, D.C. The Heskeths presented a workshop on marketing at the conference; we all came back with new ideas for our chapter. In December, the weather played havoc with our classes and registration day. The hard work of our instructors and chair people enabled us to make up all the classes and registration.

I started my 2-year term just a year ago last April and it has been a learning experience made easier by all the helpful people that surround me. I look forward to the coming year as we continue to modify and improve all that we do.

Still Not Too Late
Louise Flora, Registrar

With 2 months of classes left in the Winter/Spring 2007 session of SeniorNet of Puget Sound, you still have time to register for:

- Utility-2 Friday morning April 6
At \$10.00 this is a real bargain. Gordon Young has researched many free and useful utility programs. Clean up the carrots (>>) in an email before you forward it and manage fonts, to name two programs. Membership in SeniorNet is not required for this class.
- My Stuff (File Management-3) Tuesday afternoons April 17 thru May 8
Can't find that important file you just created? This is the class for you.
- Intro to XP- 4 Wednesday afternoons April 18 thru May 2
New to computing? This is an introductory course which leads you to the next class.
- Using Windows XP- 4 Friday mornings May 11 thru June 8
Intro and Using - Take them both!
- Burning CD's-2 Friday afternoons April 20 and April 27
A must-take class if you want to create or save a file on a CD.

For these and any other classes, call the voice mail **206-232-5892** or check our web site www.seniornetps.org

[More from Phil Scheier](#)

Last month the newsletter had a greeting from our former editor, Phil Scheier. Here is more of that email to Lois describing his work with a fellow resident at his retirement home.

One of the most interesting projects here is working with a wonderful man who is virtually blind. He has enough vision so he can just about make out the brightly-lit keys on his Apple computer.

One of his sons fixed up a program so this chap can press three keys to greatly increase the size of the type for his documents and email, so he can make it out by scrolling left to right, one letter at a time.

He was wrestling with his email which he found cumbersome. Since it is an Apple, I am completely ignorant, but picked up some skills reading his manual. Was able to work with him to make it easier to bang out his emails in short order, and receive them, via the old drill, drill, drill SeniorNet routine.

I also showed him some of the fun traveling the Internet. Most important, which had him break out in a broad grin of accomplishment when we went through the copy and paste procedures. Not once or twice, but for some 15 minutes. He has it down cold. We also practiced the spell-check etc procedures.

This is a gutsy guy, who just wants to learn, since he does lead a rather isolated life because of his very poor vision. But I got my reward, Lois, the other day, when he sent me an email saying "This is turning into real fun for me." Bingo! All else coming along here fine and dandy, outside of the usual health problems. So I have given up skiing, and no more tap dancing for me.

Best wishes to our wonderful colleagues at SeniorNet. I do a bit of walking thru the Northgate Mall and occasionally run into two other SeniorNet walkers: Chuck Goldstein, now recovering from some medical problems, and from an earlier era when we were all younger SeniorNetters, Gerald Morrow, who played such a key role in helping to grow SeniorNet to what it is today.

All coming along here in good shape, and I am busy with my computer. Best wishes to all and thanks for your kind msg.

PHIL SCHEIER b26flyer@comcast.net

Helpful Hints -- Medical Sites

Here's a list of four of the best medical sites online today:

- 1.) [WebMD](#) - This is one of the best around. It is the main leader in medical reference Web sites; it has thousands of articles that you can read through for advice. You will find an explanation for just about anything on this site, as well as take mini tests that will shed some light on what could be ailing you. This site is good for both men and women.
- 2.) [Mayo Clinic](#) - This name may sound familiar to you. It is similar to WebMD in that it can help you figure out your diagnosis; it even has a lot of information about drugs and supplements that may have been prescribed by your doctor. This site also has an "Ask the Specialist" section where you can ask other doctors to help explain what your doctor couldn't get across to you. It's more of a laid back type situation and you'll probably feel more comfortable asking about it this way.
- 3.) [eMedicineHealth.com](#) - This site is a little different than the first two, but it's an excellent resource, nonetheless. It is geared more for helping with first aid issues. It goes over procedures you should use when dealing with certain emergencies. This site can actually help you figure out what to do before you plan a visit to the doctor.
- 4.) [HealthAtoZ.com](#) - This is another Web site that just has lots of medical suggestions, tips and advice. This is actually a good back up site to check on if none of the other ones have what you're looking for.

[Courtesy of worldstart.com]

YOUR SENIORNET DATE BOOK FOR APRIL, 2007

MONTHLY MEMBERSHIP MEETING

Tuesday April 17, 2007

**New Hope Ministries Church
15760 NE 4th Street Bellevue**

Meeting begins at 10:00 a.m.

Join us for lunch at Crossroads Mall after the meeting

Free Computer Help Lab

Tuesday April 24, 2007 9:30 AM - 12:00 Noon

All Welcome, Members or Not

**Phantom Lake Elementary School, SeniorNet Classroom
Instructors will sit with you at a computer to help solve problems**

VISIT OUR WEB SITE www.seniornetps.org

**Get information on our all-volunteer SeniorNet Computer Learning Center of Puget Sound.
Find information on our COURSES and SCHEDULES; see photos of our classroom and
instructors.**

**Constructed by Hal Mozer, Jay Schlechter and maintained by Hal, Jay, Chuck Goldstein and
Bill Bumpas**

**If you have changed your address, phone number or email address, please notify us of these
changes. Unfortunately a number of our 2007 Winter/Spring catalogs were returned. If you did
not receive a catalog, that might be the reason. Please call the voice mail 206-232-5892 or
email Senior@seniornetps.org and bring us up to date.**

**If you wish to contribute articles, news items or comments, please contact Nancy Harsh at
nbharsh@msn.com.**

**To receive this free monthly newsletter, update your email address or unsubscribe, please
send your full name, phone and email address to pugetsnet6@qwest.net.**

**If you have friends who are online and who may be interested in taking classes to expand
their skills, please forward this newsletter to them. To do so: click Forward when the email
message with the newsletter is displayed; enter the email address of the person to whom you
are sending it in the To box and click Send.**

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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-
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