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Classroom Location: Phantom Lake Elementary School 1050 160th Avenue SE Bellevue, WA 98008

MARCH ANNUAL MEMBERSHIP MEETING

March 18, 2008

**NEW HOPE MINISTRIES CHURCH
15760 NE 4th STREET BELLEVUE**

Refreshments 9:30 AM

Business Meeting: 10:00 AM

**Program: Robert Graham
How to Protect & Strengthen Our Body**



Welcome to Spring

From our President

Lois Farris

With March comes our annual meeting. We will start the meeting at 9:30 with coffee and some sweets. Please come early to socialize with your fellow SeniorNet friends.

We will have our annual business meeting first; we will try to keep the reports short. The program for the day will be Robert Graham, MS Director Athletic Engineering of Olympic Physical therapy. His program will give us some insight on how to protect and strengthen our wonderful bodies. It should be an interesting program.

I would like to take this opportunity to thank Martha Simon and Nancy Harsh for the wonderful new layout of our newsletter. Do hope you all like the new design.

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VIST OUR WEBSITE

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 volunteers.



SNPS PERSONALITY SPOTLIGHT

***** LOUISE FLORA, Registrar *****



Most everybody connected to SeniorNet knows Louise Flora. She has been the Registrar since most of us became members or started taking classes. The job of Registrar is an arduous job as it entails keeping track of hundreds of people and their money. She also keeps track of SeniorNet members updating the roster several times a year and notifying members when someone changes their various addresses.

Louise is a true Pacific North Westerner. Although she was born in Spokane, she was raised in Seattle and received her degree in Sociology from Seattle University. Like so many women of her generation she started her career as a secretary, first at Boeing then at the Continental Can Company. This ended when she married Chuck Flora and began her "real" career as wife and mother. Louise still considers her greatest achievement was raising their two beautiful daughters and a handsome son who have given them eight tremendous grandchildren.

ALERT: Jury Duty Scam

Here's how it works. The caller claims to be a jury coordinator. If you protest that you never received a summons for jury duty, the scammer asks you for your Social Security number and date of birth so he or she can verify the information and cancel the arrest warrant. Give out any of this information and bingo - your identity was just stolen.

The fraud has been reported so far in 11 states, including Oklahoma, Illinois, and Colorado. This (swindle) is particularly insidious because they use intimidation over the phone to try to bully people into giving information

After their last child had entered school, Louise entered the work force again, working part time for an attorney. It was at this point, in 1985, that she was introduced to computers. At some point she read an article about SeniorNet in the Seattle Times, contacted the group and was immediately put to work answering the voice mail for Marilyn Emerson, who was the registrar. Marilyn eventually retired and Louise took her place. And as Louise says, "I seem to be a permanent fixture as Registrar".

Louise can often be seen riding her bicycle to Phantom Lake. She and Chuck have done a lot of bicycling together including three cycling trips in Europe. Traveling without their bicycles is also an important part of their retirement life. Louise has a wonderful garden in the small space behind their condo. And she is happy to share her beautiful dahlias which often grace a SeniorNet table at fall functions. She swims regularly at the community's pool. SeniorNet has enjoyed their club house, thanks to Louise.

by pretending they are with the court system.

The FBI and the federal court system have issued nationwide alerts on their web sites, warning consumers about the fraud. This has been verified by the FBI (their link is also included below).

Check it out here:

http://www.fbi.gov/page2/june06/jury_scams060206.htm

And here: <http://www.snopes>

<http://www.snopes.com/crime/fraud/juryduty.asp>

TECHNICAL TIPS

Secure Your Computer

by Joe Pontecorvo

First, you'll need one anti-virus program such as Grisoft's AVG, ALWIL's avast! or PC Tools Anti-Virus. These programs are free for home users. Do not use more than one antivirus program. I use AVG.

Next, you'll need multiple anti-spyware programs. You won't run into problems with them conflicting. Multiple programs will increase your chances of catching spyware. That's because the programs have different spyware definitions. One program may catch something another program overlooks. Windows Defender, Spybot and Ad-Aware are three possibilities. Download at least two of these programs. I have used all three of these programs.

You also need a firewall. Windows XP includes one, but it is inadequate. It does not stop outbound transmissions, only incoming traffic. If malware gets on your machine, it will be able to phone home. ZoneAlarm is a free firewall that will work with XP and Vista. It blocks both inbound and outbound transmissions. The Firewall included in Vista is also okay as it blocks inbound and outbound traffic. If you're using the Windows firewall, and install a third-party firewall, disable the Windows firewall. **Running multiple firewalls could create conflicts.** I use Zone Alarm.

All of the above programs are free.

There are also several good third party security programs that you can purchase or which may come with a new machine or sometimes as a subscriber to an Internet Service Provider (ISP) such as Comcast. McAfee and Symantec (Norton) are the best known.

If you have changed your address, phone number or email address, please notify us of these changes. Please call the voice mail 206-232-5892 or email Senior@seniornetps.org and bring us up to date.

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

If you wish to contribute articles, news items or comments to the newsletter, please contact Nancy Harsh at nbharsh@comcast.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.

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: Chuck Hurter