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## **JUNE MEMBERSHIP MEETING**

June 17, 2008

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

Meeting begins at 10:00 AM

### **PROGRAM**

#### **ARE YOU READY?**

**Do you know what to do if it's necessary to down size?  
Are you prepared if a sudden and unexpected life- style  
change happens?**

**You don't want to think about it?**

**Do you have an "it won't happen to me attitude"?**

**Come anyway and someday the information might be  
valuable, if not for you then maybe you can pass it on  
to someone else. None of us will be around forever.**

**Mike and Mindy Garner from ElderMove Alliance will  
give an overview of some of the options and services  
available to Seniors facing these challenges.**

**Your spouse/partner or children are invited to attend,  
so give them a nudge and bring them along with you.**

### **Phantom Lake Elementary Walk-a-thon**

Rabecca Larson, PTA Co-President

We're still working on final numbers, but the Walkathon went very well. We had a great turnout, the weather cooperated, and a good time was had by all. We know we raised more than last year, but I don't have the full details yet. I was pleased to see the kids walk/run so many laps that they needed to add numbers to their cards, which only went to 20. We were joined by "Pedbee," the bee mascot from the city of Bellevue, who encourages us to walk to school to save energy and reduce congestion at drop-off times. The pre-schoolers had special Walkathon events of their own, both morning and afternoon sessions. They all enjoyed having the field to themselves and walking with their friends and Pedbee. They were awarded participation

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ribbons and Pedbee key chains. Students from 2nd and 5th grade came out to cheer them on, hold signs and encourage them.

Overall, it was a great day for our students and community. We've raised money which will help purchase supplies for our staff and go toward the field trip fund. We so appreciate SeniorNet's generous donation! Thank you on behalf of the PTA and all of our walking Eagles!

**Note from Merrilee George: I'm happy to report that we donated \$1000 to the Phantom Lake PTA for the Walk-a-thon!!! \$810 was donated at our meeting and in the classroom, and the board raised that amount to an even \$1000.00. Great work everyone.**

### **VIST OUR WEBSITE**

[www.seniornetps.org](http://www.seniornetps.org)

Get information on our all-volunteer SeniorNet Computer Learning Center of Puget Sound.

Find information on COURSES /SCHEDULES.

See photos of our classroom and volunteers.



## Words To Live By, Part 1

Please respect everyone's privacy by following the advice below!

A friend who is a computer expert received the following directly from a system administrator for a corporate system. It is an excellent message that **ABSOLUTELY** applies to ALL of us who send e-mails. Please read the short letter below, even if you're sure you already follow proper procedures.

Do you really know **how** to forward e-mails? 50% of us do; 50% DO NOT.

**Do you wonder why you get viruses or junk mail?** Do you hate it? Every time you forward an e-mail there is information left over from the people who got the message before you, namely their e-mail addresses and names. As the messages get forwarded along, the list of addresses builds, and builds, and builds, and all it takes is for some poor sap to get a virus, and his or her computer can send that virus to every e-mail address that has come across his computer. Or, someone can take all of those addresses and sell them or send junk mail to them in the hopes that you will go to the site and he will make five cents for each hit. That's right, all of that inconvenience over a nickel! How do you stop it? Well, there are several easy steps.

Try the following if you haven't done it before:

(1) **When you forward an e-mail, DELETE all of the other addresses that appear in the body of the mes-**

**sage (at the top).** That's right, DELETE them. Highlight them and delete them, or backspace them, cut them, whatever it is you know how to do. It only takes a second. You **MUST click the 'Forward' button first** and then you will have full editing capabilities against the body and headers of the message. If you don't click on 'Forward' first, you won't be able to edit the message at all.

(2) Whenever you send an e-mail to more than one person, do NOT use the To: or Cc: fields for adding e-mail addresses. **Always use the BCC: (blind carbon copy) field for listing the e-mail addresses.** This is the way the people you send to will only see their own e-mail address. If you don't see your BCC option, click on where it says To and your address list will appear. Highlight the address and choose BCC; and that's it, it's that easy. When you send to BCC, your message will automatically say 'Undisclosed Recipients in the 'TO:' field of the people who receive it.

(3) Remove any 'FW :' in the subject line. You can re-name the subject if you wish or even fix spelling.

(4) **ALWAYS hit your Forward button from the actual e-mail you are reading .. Ever get those e-mails that you have to open 10 pages to read the one page with the information on it?** By Forwarding from the actual page you wish someone to view, you stop them from having to open many e-mails just to see what you sent.

## E-Mail Delivery Failure Messages

Hal Mozer

Be aware of and on the lookout for a new form of email spam that may elude many spam filters. These just started showing up in my in basket around May 5. The messages look like typical email failure notices that appear to be sent from "Postmaster" or "Mail Delivery System" or "Mail Delivery Subsystem" or "MAILER-DAEMON" or similar addresses. But if you read the notice and it is not an email address you recognize or you have not sent anything to that address in the last two days, DO NOT open any attachments. Just close the email message, delete the email and

empty your "Deleted Items" folder. It is considered dangerous to open the attachment and read the contents to see if they might be legitimate. A couple that I received were legitimate, but I could detect that because the message referred to a message I had actually sent. That is why the form of the messages are so hard for spam filters to separate the good from the bad. These messages may be more annoying than dangerous, UNLESS you respond to them in any way.

Here is a more complete description of the problem from this web site: [http://www.shelbycs.org/techtips/virus\\_failed\\_delivery\\_notices.html](http://www.shelbycs.org/techtips/virus_failed_delivery_notices.html)

## Quick Tip

### Deleting Temporary Internet Files

**If your computer appears sluggish and Web pages seem slow to load**, you could see some improvement after deleting the "Temporary Internet Files" stored on your hard drive.

**Temporary Internet Files download to your computer with each Web page you visit.** This creates a *cached* version of the images, scripts, style sheets, and HTML code associated with a Web page. The next time you visit the page, it will load more quickly because only changed or updated content needs to be downloaded. That's the good news.

The bad news is that **if you visit a lot of sites, or sites with a large volume of downloadable content, the Temporary Internet Files folder can start to get pretty large, draining your computer's resources.** (This would be similar to retaining every piece of information you'd ever learned.)

**To clear your cache of Temporary Internet Files, open your browser and go to Tools >> Internet Options >>** then follow the prompts for deleting temporary files (the steps can differ slightly depending on your browser version). Other options such as deleting "cookies" and your browser's history of sites you've visited can be found here as well.

## Digital TV

We are being advised that early next year we will all go digital re our TV's. Although there have been numerous articles and announcements about what this will mean, there are still a lot of unanswered questions. Next month we will try to answer any specific questions that you might have. Questions that apply to you; not just everybody. ie I have three TV's in my house on cable. Will I have to buy three digital boxes and will I be able to install them? We'll submit your questions to Bob Balsley and let him do his best to answer them for us. Try to get your questions in to Nancy at [nbharsh@comcast.net](mailto:nbharsh@comcast.net) by June 13<sup>th</sup>.

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](mailto: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](mailto:pugetsnet6@qwest.net)

If you wish to contribute articles, news items or comments to the newsletter, please contact Nancy Harsh at [nbharsh@comcast.net](mailto: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.

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