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

Volunteers are not paid-not because they are worthless-but because they are priceless!

DECEMBER MEMBERSHIP MEETING

DECEMBER 16, 2008

NEW HOPE MINISTRIES CHURCH
15760 NE 4th STREET BELLEVUE
Meeting begins at 10:00 AM

FOLLOWING THE MEETING:

Holiday Social

Time for us to relax and socialize with some “goodies” and something to “wet your whistle”. After a brief meeting, we will spend some time socializing before we go back to the hecticness of the holidays.

PS Bring a can or two of food for those less fortunate than we are.

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DECEMBER BIRTHDAYS

HAPPY BIRTHDAY TO

Allyn Quynn
Helen Hesketh
Craig Miller
Gordon Young

&

HAPPY HOLIDAYS TO

All SNPS Members

**REGISTRATION
WINTER/SPRING 2009**

**THURSDAY DECEMBER 4, 2008
9:30 AM to 12:00 PM**

**NEW HOPE MINISTRIES CHURCH
BELLEVUE**

REGISTRATION PROMOTION

10,000 Bellevue residents will receive a coupon for a chance to win a Free Senior-Net Class in their ValPak mailing next week. Anyone on the Eastside will also be able to download one at www.valpak.com Tell your friends who have never taken a class. This offer is for new students only.

M.E.M.O.R.I.E.S

The upcoming holidays, with all the emphasis on food, starting me thinking about years -a long time ago- when my children were small.

For years our family had “special” dinners on Sundays. With our family of eight and limited income we shopped at a discount market, a place called “Prairie Market. We would spend up to \$100 a month. If you joined their club, you got an extra can of food free each month. I saved all the “free” food items for use when we went camping. We camped all over Washington, starting Memorial Day until Labor Day. It was a way we could vacation, where the kids could run and scream, my husband could fish and I could lie on the grass and read.



Delores & George

At one of the homes we rented, George had a vegetable garden. I have always been reluctant to get my hands in the dirt; I felt that things were crawling on me. He had to do all the work (including the cleaning the vegetables before I would cook the food!) We had hot cereal every morning and cold cereal only once a week. I cooked three meals a day because George would come home for lunch almost every day. Because my husband would only eat beef and I was allergic to shellfish, I told a friend I knew recipes for 100 ways to fix hamburgers. We had spaghetti and meat balls, rice and hamburger, green pepper stuffed with hamburger, chili and, of course, meat loaf and casseroles. Meat loaf with cheese, meat loaf topped with milk or meat loaf plain! Meat Loaf was the Sunday meal and on the special occasions we had pot roast or a beef sirloin roast. The pot roast was cooked slow and was juicy and tender brown. Then corn bread, salad and dessert; Kool-Aid (grape or cherry), tea and coffee completed the meal. I loved the beef pot roast because I could get several meals off of it. Then, of course, beef stew. We would gather at the table. The tabletop was an old door we had removed during our remodeling. It was the only thing big enough for all the family to be at one table. Sundays were special days for us because it was a much quieter time, more relaxed, lots of family sharing and at the same time active, noisy and interactive times. Remembering this now is so pleasant. However one result of my cooking actions-my oldest son (in fact, I think all my sons) refuse to eat hot cereal, meat loaf, or any casseroles. Wonder why??-(smile).



Kids working at the table

Delores' story may bring back memories of your own. We all read descriptions of life in the “good old days” but they're not personal, like Delores', which is why hers is so much more interesting. We'd love to hear about an incident from your youth. Either write it up for printing or just send the bare outline and we'll do the rest.



SENIORNET LEARNING CENTER OF PUGET SOUND RECOGNIZED

On November 18, 2008 at our regular monthly membership meeting via a telephone conference call from Leslie M. Smith, SeniorNet Board Chairman, Kristin M. Fabos, SeniorNet Executive Director, and other board members, SeniorNet awarded an Exemplary Learning Center Award for 2008 to our center. Ken Crandall, President, presented this award to our members as we all listened in on the call. Ken recognized the many past leadership teams and thanked all of our past presidents who were present, Helen Hesketh, Adella Granger, Delores Davis and Lois Farris for making this award possible.

The following is from the letter sent by SeniorNet national:

"The field of 130 SeniorNet Learning Centers was highly competitive, but Puget Sound was a Center that exceeded our expectations in every category and is to be commended for its outstanding service, dedication and loyalty to the SeniorNet mission.

The staff and Board of Directors of SeniorNet were especially impressed with the organized and dedicated leadership team at the SeniorNet Learning Center of Puget Sound and its high level of professionalism. Your Center has been nationally recognized for its excellence in marketing and public relations to the greater Seattle community and it shows in your consistently high membership numbers. The criteria used in the selection process included the following:

- The Learning Center's contributions to SeniorNet
 - The Center's Volunteer base
 - Overall Center marketing, strength and growth
 - The Learning Center's website appearance/structure
 - Promotion of the SeniorNet brand on the Center's website and at its physical site
- Responsiveness/collaboration with SeniorNet Headquarters and Regional Coordinators

We are honored to present you with this commemorative plaque as a token of our recognition and gratitude for all of the work that you and your amazing team of volunteers are putting forth at the SeniorNet Learning Center of Puget Sound. Congratulations again, and thank you for all that you do to support the SeniorNet mission."

TECHNICAL TIPS

On-line Computer Newsletter

Ken Crandall strongly recommends your signing up for the free newsletter "Windows Secrets". It is a successor to the "Langa List" that he has been recommending for many years.

He has been reading about a new security threat called "clickjacking". There is an article on this threat in the "Windows Secrets" newsletter that you can access by going to <http://windowssecrets.com/search>. Type in *clickjacking* in the Search space.

The following is another article from the "Windows Secrets" newsletter, featured at the suggestion of Bill Bumpus. This is not a

Thanksgiving recipe! It is a concise tutorial on cookies and includes some hints on how to modify your browser to manage them.

Third Party Cookies

Woody Leonhard

First, let me give you a little cookie refresher course.

I probably don't need to tell you that a cookie is a text file written to your computer by a Web site (but I just did). The site puts identifying information inside its cookie, such as the date and time of your last visit, how you like your start page to look, and other "remember me" kinds of stuff.

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These "first-party" cookies serve a useful purpose: they allow a site to personalize the information you see based on the data it retrieves from the cookie it stores on your computer.

In theory, a site can read and change only its own cookies. Of course, nothing ever goes precisely as planned. There have been bugs in the way browsers — Internet Explorer in particular — handle cookies. Rogue sites have at times been able to retrieve information from cookies that were written by other sites.

These and other security problems have evoked much sound and fury among Web users and led to concomitant legislation in many countries. These days, first-party cookies rarely include any interesting information at all. They're used primarily to store innocuous settings and perhaps a randomly generated number that's used to track a customer in the company's database. To a bad guy, the factoids stored in most cookies run from banal to useless.

Tangled in a Web of third-party tracking

Third-party cookies are another story. These are sometimes called "tracking cookies," and they have significant commercial value because they can be used to monitor your Web surfing.

Say ZDNet sells an ad to DoubleClick. When you venture to a ZDNet.com page with a DoubleClick ad on it, both ZDNet and DoubleClick can stick cookies on your computer. ZDNet can retrieve only its cookie and DoubleClick can retrieve only its cookie. Cool. DoubleClick might keep information about your visiting a ZDNet site that talks about, oh, an Android phone.

Now Dealttime sells an ad to DoubleClick. You go to a page on Dealttime.com and both Dealttime and DoubleClick can look at their own cookies. Dealttime might be smart enough to ask DoubleClick whether you've been looking at Android phones and offer you a bargain that's tailored to your recent surfing.

Multiply that little example by ten, a hundred, or a hundred thousand, and you begin to see how

third-party cookies can be used to collect a whole lot of information about you and your surfing habits. There's nothing illegal or immoral about it. Still, some people (present company certainly included) find these cookies disconcerting.

Clobber spying cookies lurking on your PC

Blocking first-party cookies can break many Web-based applications, so it isn't a great idea. Blocking third-party cookies, however, merely dings the coffers of Google (which owns DoubleClick) and other information-gathering companies.

By default, Internet Explorer 7 blocks third-party cookies from companies that don't properly post a particular kind of privacy statement called the [Platform for Privacy Preferences](#) (P3P), an initiative spearheaded by the W3C. That doesn't do much for you, though. P3P has been roundly criticized by privacy advocates and the technical press, so it's largely unenforced and is of questionable value.

If you want to block all third-party cookies in Internet Explorer 7, click Tools, Internet Options, Privacy. Under Settings, choose the Advanced button (not the Advanced tab). Check the Override Automatic Cookie Handling option, and under Third-party Cookies select Block.

In Firefox, it's much simpler: click Tools, Options, Privacy. Uncheck **Accept third-party cookies**.

In the current beta of Chrome, click Tools, Options, Under the Hood. Under Cookie settings, choose **Restrict how third-party cookies can be used**.

Woody Leonhard is a contributor to the newsletter *Windows Secrets*. Bill Bumpus has kindly edited Leonhard's article for our newsletter. The complete text can be found, if you are a subscriber, in *Woody's Windows*,

<http://WindowsSecrets.com/comp/081023>

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www.seniornetps.org

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