



West Auckland Inc.

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February/ March 2010

NEWSLETTER



*Greetings and a very Happy New Year to all our members. I trust that you all have had a good time with family members or friends over the holiday period and are now feeling recharged and ready to tackle another year of learning.*

Classes will be starting in early February, so those of you that haven't yet thought about the subjects that you would like to know more about, now is the time to do it. For more detailed information contact Joan Stroud, Ph 8368770.

We haven't any new committee members this year, in fact we are one member down from last year as Tom McKeown has resigned his position on the committee. He will, though, be carrying on as the Office Co-ordinator. I thank Tom for all the work that he puts into keeping the office running smoothly.

Although not a great deal as been happening at the club over the last couple of months, we know that we have a challenging year (from a financial view) ahead of us, with the level of sponsorship support from the Waitakere Trusts being halved from previous years. Also the introduction of new computer operating systems that seems to be forever coming on to the market. Our big concern at the present time is which is the best way to introduce Windows 7 into the club. We are very aware that members that have bought new computers during the last few months will have this latest system installed on their machines and will be seeking advice on how the system operates. I am sure that a satisfactory solution will be found, as a lot of effort is being put into it.

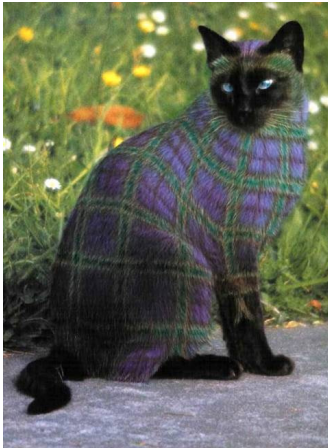
If any of you feel that you would like to join the Tutoring Staff, or, if you know anyone that would give an interesting talk at one of the Kelston meetings, in fact any other matter that you feel may be beneficial for the club, please mention it to a committee member.

That's all for now, I look forward to meeting most of you and working with some of you over the coming months.

*Alan Jennings* Chairman



## Greetings from the Tartan Tatler



Have you all decided what to call this new decade? There appear to be several points of view about this momentous decision! The most logical argument I've heard is for it to be 'twenty-ten', as previous centuries have been nineteen-ten', 'eighteen-ten' and so on. Que sera, sera!

I hope you've let your cat sleep on your mouse over the holidays and taken some time out for yourself, in the fresh air and sunshine, to play hopscotch. We called the game 'peeivies' where I come from, and we each had a tin of unusual stones we picked up on the machair by the shore and we would decide before starting the game which one we would use on that particular day.



A new year brings challenges for us all and my wish is that you, our members, will be challenged to learn more about the fascinating world of computers and join us as we plan to make your New Year's computing resolutions come to fruition.

I've been busy catching up with relations, especially those who have found the joys of emailing and digital photography. I just love receiving lots of photos that I would probably not have received in hard copy and then I can choose which to keep in my family file. Sometimes I have to crop or edit them before saving them, (or just delete) but it's worth it. And those who are snowed in, in Northern Ireland as well as in Scotland, are finding time to sit and write because it is still too dangerous to venture out. My cousins in Canada, who are usually the first with season's greetings, were last over this season! Those in San Jose and the Sunshine Coast are like us, basking in fine weather.

Never be afraid to try something new. Remember that a lone amateur built the Ark. A large group of professionals built the Titanic.

## SeniorNet – the organisation

SeniorNet's mission is to provide for older adults education and access to computer technologies to enhance their lives and enable them to share their knowledge and wisdom.

SeniorNet grew out of a research project funded by the Markle Foundation in 1986 to determine if computers and telecommunications could enhance the lives of older adults.

The organisation has benefited millions of seniors since its founding in 1986 and supports learning centres all over the world. SeniorNet also operates an educational web site and sustains a thriving community at <http://www.seniornet.org>. Individuals 50 and older, and others who are interested in SeniorNet's information and activities, can learn and share information and support using their articles and resources.

SeniorNet members learn and teach others to use computers and communications technologies to accomplish a variety of tasks. They learn to touch up photos and send and receive them in email, to desktop publish documents, write their autobiographies, manage personal and financial records, communicate with others across the country and the world and serve their communities.

### 2010 Classes

Please note that classes will commence from 3<sup>rd</sup> February.  
As previously Classes will be held on Mondays, Wednesdays, Thursdays and Fridays, 10 am - 12 noon and 1pm – 3pm.

### Changes to Class Coordination

For all Word Processing Courses please contact:  
Shirley Wakelin – 817 0540  
For all other Courses please contact:  
Joan Stroud – 836 8770

If you are waiting for any courses please contact one of the above – if you feel you need a refresher on any Word Processing Course please contact Shirley and she will arrange it.

We look forward to seeing you soon.

Joan Stroud & Shirley Wakelin  
Course Co-ordinators

(Alan mentioned the Windows 7 operating system in his letter. When you start a course your tutor will very likely ask which **operating system** you have on your computer.

What they want to know is do you use Windows XP, Vista, Windows 7, Mac, or whatever. If you are not sure, the logo on your screen as your computer starts up will tell you which operating system is installed. Ed.)

### Help for people with disabilities

Do you or someone you know, have a disability that makes it difficult to use a computer? Adaptive Technology Solutions may be able to help if you have a visual impairment, arthritic hands, or some other impairment that frustrates you. Have a look at their website, [www.adaptivetech.co.nz](http://www.adaptivetech.co.nz) for more information.

### Creating strong passwords

As we learn to use the internet more and more, especially for online banking, buying books and CDs (my downfall!), and so on, we need to think about our Internet safety. The following may give you food for thought.

#### **Keys to password strength: length and complexity**

An ideal password is long and has letters, punctuation, symbols, and numbers.

- Whenever possible, use at least 14 characters or more.
- The greater the variety of characters in your password, the better.
- Use the entire keyboard, not just the letters and characters you use or see most often.

#### **Create a strong password you can remember**

There are many ways to create a long, complex password. Here is one way that may make remembering it easier:

What to do	Suggestion	Example
Start with a sentence or two (about 10 words total).	Think of something meaningful to you.	Long and complex passwords are safest. I keep mine secret. (10 words)
Turn your sentences into a row of letters.	Use the first letter of each word.	laccpasikms (10 characters)
Add complexity.	Make only the letters in the first half of the	IACpAsIKMs (10 characters)

	alphabet uppercase.	
Add length with numbers.	Put two numbers that are meaningful to you between the two sentences.	IACpAs56IKMs (12 characters)
Add length with punctuation.	Put a punctuation mark at the beginning.	?IACpAs56IKMs (13 characters)
Add length with symbols.	Put a symbol at the end.	?IACpAs56IKMs" (14 characters)

### ***Test your password with a password checker***

A password checker evaluates your password's strength automatically. [Try our secure password checker.](#)

### ***Protect your passwords from prying eyes***

- **The easiest way to "remember" passwords is to write them down.** It is okay to write passwords down, but keep them secure. See [5 tips to keep your passwords secret.](#)

### ***Common password pitfalls to avoid***

Cyber criminals use sophisticated tools that can rapidly decipher passwords.

#### **Avoid creating passwords using:**

- **Dictionary words in any language.**  
Words in all languages are vulnerable.
- **Words spelled backwards, common misspellings, and abbreviations.**  
Words in all languages are vulnerable.
- **Sequences or repeated characters.**  
Examples: 12345678, 222222, abcdefg, or adjacent letters on your keyboard (qwerty).
- **Personal information.**  
Your name, birthday, driver's license, passport number, or similar information.

You know you're getting old when you stoop to tie your shoes and wonder what else you can do while you're down there.

### **Blind Carbon Copy**

Have you been receiving all sorts of funny/amusing/annoying emails from friends who are on holiday and have time to read emails that have been

forwarded to them promising all sorts of goodies? And have you noticed that some of them come with lists and lists of other people's email addresses?

In our Internet Course we teach the use of Blind Carbon Copy, Bcc. It's in your email address field. When you want to pass on a really funny story/email to a friend send it in the Bcc field, then only the recipient will see your email address. That way you have helped to stop e-mail trackers from contacting you and your friends, or sending you 'spam'. If I want to pass an email I think friends may appreciate, or I just want to send the same information to a few, I always put my own name in the From field, so friends can open or delete anything I send, and I put all their emails addresses in the Bcc field.

If you want to determine whether information received via email is truth or fiction have a look at these sites: [www.Snopes.com](http://www.Snopes.com) and/or [www.Truthorfiction.com](http://www.Truthorfiction.com)

And while we are still thinking of emails, why not delete all your 2009 emails, well at least the first ten month's worth? And then delete them from the Deleted Items and send them all to the Recycle Bin... and then empty out your Recycle Bin to make room for this year's 'stuff'! Nothing like starting off the New Year with good intentions, is there?

#### Genealogy

**Genealogy Interest Group** meets 4<sup>th</sup> Tuesday of every month in the foyer of the Henderson Library 10am to 12 noon all welcome. Contact Ken Newland, Phone 626 7196 for further information.

#### Monthly Meeting

Remember, our monthly meetings at Kelston Community Centre are held on the **3<sup>rd</sup> Tuesday** of every month at **10 am**. Write it on your calendar; put it in your diary, **NOW**.

Next meeting will be on **February 16, 2010**, and the speaker will be Jeremy Hubbard from MOTAT.

When you've reached a certain age and think that a face-lift or a trendy way of dressing will make you feel twenty years younger, remember – nothing can fool a flight of stairs.

SeniorNet West Auckland Committee Members 2010

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<b>Position</b>	<b>Name</b>	<b>Phone</b>	<b>Email</b>
Chairman	<b>Alan Jennings</b>	<b>810 9301</b>	<a href="mailto:twojens@clear.net.nz">twojens@clear.net.nz</a>
Deputy Chairman	<b>Don Waters</b>	<b>833 7276</b>	<a href="mailto:dbwaters@slingshot.co.nz">dbwaters@slingshot.co.nz</a>
Membership Secretary	<b>Jose McKelvey.</b>	<b>836 4644</b>	<a href="mailto:normanjo@xtra.co.nz">normanjo@xtra.co.nz</a>
Secretary	<b>Joan Holt.</b>	<b>814 1904</b>	<a href="mailto:joanray@ihug.co.nz">joanray@ihug.co.nz</a>
Treasurer	<b>Elaine Woodward</b>	<b>832 4248</b>	<a href="mailto:dwoodward@xtra.co.nz">dwoodward@xtra.co.nz</a>
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	<b>Shirley Wakelin</b>	<b>817 0540</b>	<a href="mailto:wakelinz@ww.co.nz">wakelinz@ww.co.nz</a>
Newsletter	<b>Cathie Macleod</b>	<b>813 1001</b>	<a href="mailto:catmac15@xtra.co.nz">catmac15@xtra.co.nz</a>
Speakers & Fund Raising	<b>Carol Sinkinson</b>	<b>817-9647</b>	<a href="mailto:sinkys@xtra.co.nz">sinkys@xtra.co.nz</a>
Hospitality	<b>Lydia Nabney</b>	<b>838 5616</b>	<a href="mailto:nabbers@clear.net.nz">nabbers@clear.net.nz</a>
Computer Maintenance	<b>John Mihaljevic</b>	<b>836 1504</b>	<a href="mailto:jmjm@ihug.co.nz">jmjm@ihug.co.nz</a>
General Committee	<b>John Poole</b>	<b>8347386</b>	<a href="mailto:johnlennz@xtra.co.nz">johnlennz@xtra.co.nz</a>
Web Master	<b>Peter Culpan.</b>	<b>834 5124</b>	<a href="mailto:culp@paradise.net.nz">culp@paradise.net.nz</a>



**Mark Argent**  
We specialise in coming to you for computer service & repair .Upgrades, repairs,  
Internet, networking, new PCs etc. For anything computer, talk to you Computer Troubleshooter.

**Phone: workshop 835-0479, mobile 027 284-0479**  
**Remember - 20% off all labour charges on presentation of current**  
**SeniorNet West Auckland membership card. (Applies to Waitakere City residents only)**

### **Disclaimer**

Some of our Club members who have specialised computer knowledge voluntarily give help to those with computer problems and also give advice about purchasing computers, etc.

It is essential that members of SeniorNet are aware that such help and advice imposes no responsibility or liability either on those members who provide such help and assistance or on SeniorNet West Auckland Inc.

**We acknowledge the Support of the Major sponsors of our club: -**  
**PORTAGE LICENSING TRUST & WAITAKERE LICENSING TRUST**  
**Our main benefactors assisting their local Community**

The cardiologist's diet – if it tastes good, spit it out.

When you are old your body creaks and your knees knock and your teeth fall out.

(Adrian, aged 10)

I don't let old age bother me. There are three signs of old age. Loss of memory. . . I forget the other two. . .