

SeniorNet Hawke's Bay Inc.

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Your Committee have been discussing our presentation of courses available.

On page 3 you will find changes have been made and later in the year we will be continuing this re-vamp by introducing lessons designed for you in a user-friendly way. Watch this space

We are fortunate in having dedicated Tutors, Assistants and Committee with your needs at heart. We thank everyone who is having an input into these changes.

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Jock Laidlaw, President

Over halfway through our first term and apart from our numbers being slightly down all is well and we are still pretty busy. There have been a few changes in the organisation. Both our Course Coordinators, Betty Porter and Bill Morgan have decided to move on to greener pastures and as well, Carol Major has resigned from Commit-

tee. I would like to take this opportunity to thank them all for the work they carried out during their time with SeniorNet. As a result of these resignations, we have decided to make alterations to simplify our course arrangements - see page 3. I will act as Convenor for the new Course Coordinators who are Val Fear and Gaynor Maxted. Any enquiries or questions regarding courses can be directed to any one of us.

Jock 877 5650
Val 873 8445
Gaynor 877 4138

The format for course applications has been changed.

We are running this as a trial. We feel that now you can see Times, Dates, Costs, etc, for all courses, you have a much clearer picture of the coming term to help you make your choices.

If all goes well, we will use this format in the future.

We also have plans to alter some of our longer courses into shorter modules, so if you are unable to commit to a full 8 week course, possibly two x 4 week sessions at different intervals could be more.

It has been a busy time for all concerned—long may it last. Slainte Mhath.

Jock

“Be kinder than necessary—for everyone you meet is fighting some sort of battle” Anon

Saturday Practice for enrolled Beginners

You need to ring in to the Learning Centre or one of the Course Coordinating team by mid-day on the previous Friday at the latest, if you wish to come. We are then able to procure a Tutor to help—otherwise there may not be anyone there to help you. Leave your name and phone number and state your course details Thank you.

Learning Centre	877 2157
Jock	877 5650
Val	873 8445
Gaynor	877 4138

Disclaimer:

Advice given to members with computer problems, or on purchasing new machines imposes no liability on those giving advice, or on SeniorNet HB Inc.

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Quality Web Design & Digital Promotion Services at Affordable Prices

Tony Rosoman
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Web: top4value.com
Email: tony@top4value.com

Wel come new members

- Janet Davidson
- Mary Rolls
- Ray Comber
- Lynn Walch
- Janis Mills
- Chris Truman
- Judy Clarkson
- Yvonne Hunt
- June Gay
- Vivienne Wilson
- Pauline Gordon
- Barbara Bird
- Heather Holdsworth
- Pat Money
- Shirley Brown
- Dick Nieuwland
- Kenneth Johnson
- Elaine Morrison
- Dick Hawea
- Ian Tantrum
- Ewing Robertson
- Owen McMillan
- Valerie McMillan
- Dougal French
- Pamela Gray
- Athol Buckland
- Cynthia Buckland
- Betty Sturmer
- Margaret Hussey
- Pam Wilton
- Margaret Robinson
- Valerie Rouse-Shaw
- Robyn Gray
- Suzi Bennett-Mandy
- John Taylor
- Nancy Hollyman
- Annie Belk
- Janet van Hooijdonk
- Jos van Hooijdonk
- Alasdair Shaw
- Jenny Shaw
- Veska Ginchev
- Jim Newbiggin
- Brian Frost
- Shirley Holm
- David Mills
- Jane McElroy
- Julia Bell
- Jan Logan
- Jocelyn Williams
- Cynthia Collins
- Bruce Wilson
- Amos Leeks
- Jane McElroy
- Bill Lawrence
- Margaret Lawrence
- Elizabeth Ward
- Margaret Wood
- Lorraine Dean
- Colin Blakesley

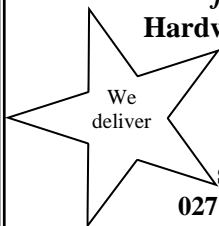
Hastings District Council Volunteer Awards

Congratulations to Dougal French and others on receiving an award at the ceremony held recently to acknowledge outstanding volunteer work carried out over a long period.

Well done

We recommend

Herbert Harrison & Associates
for all your computer
Hardware | Software | Support



Phone (06) 870 4330

sales@hha.co.nz

027 683 8778 Jeremy@hha.co.nz

Join Grey Power

The active organization for older people

Contact Marie 877 8409

for more information

Management Team

Jock Laidlaw	President	877 5650	jampam1@xtra.co.nz
Buster Evenson ...	Vice-President	878 5939	b.evenson@xtra.co.nz
Norm. Richardson..	Treasurer	877 0948	normaner@xtra.co.nz
Betty Carding.....	Secretary	877 4803	cebekar@xtra.co.nz

and Newsletter Editor

Gil Cooper.....	844 3162	gilpat@clear.net.nz
Val Fear.....	873 8445	val@inhb.co.nz
Gaynor Maxted...	877 4138	

Course	Day	Time	Level	Weeks	Start/Finish	Cost
Word 2003	Mon	9.00--11.00	Level 1	9	27 April—22 June	\$55
	Wed	11.30--1.30	Level 1	9	29 April--24 June	\$55
Word 2003	Wed	2.00—4.00	Level 2	8	29 April--17 June	\$55
Word 2007	Mon	2.00—4.00	Beginners	9	27 April-- 22 June	\$55
	Wed	9.00-11.00	Beginners	9	29 April—24 June	\$55
Word 2007	Mon	11.30--1.30	Intermediate	8	27 April—15 June	\$55
Excel 2003	Tues	9.00—11.00		8	28 April—16 June	\$55
Tips &Tweaks 2007	Tues	11.30—1.30		4	28 April—19 May	\$30
Tips &Tweaks 2003	Tues	11.30—1.30		4	26 May—16 June	\$30
Fun With Photos	Tues	2.00—4.00		8	28 April—16 June	\$55
Power Point	Thurs	9.00— 11.00		4	28 May— 18 June	\$30
Digi Cams	Fri	11.30—1.30		4	26 May—16 June	\$30
Email	Fri	9.00—11.00		3	1 May—15 May	\$25
Internet	Fri	9.00—11.00		3	29 May—12 June	\$25
Workshops						
Cards & Calendars	Thurs	9.00-11.00		2	30 April—7 May	\$10
File Management	Thurs	9.00—11.00		2	14 May—21 May	\$15
Trade Me	Thurs	11.30--1.30		1	30 April	\$5
Trade Me	Fri	11.30—1.30		1	29 May	\$5
Skype	Fri	11.30—1.30		1	5 June	\$5
Burning to CDs	Fri	11.30—1.30		1	12 June	\$5

Please cut here

Course / Workshop Application Form			
Name-----SeniorNet Member: Yes / No			
Address-----			
Phone-----		Email-----	
Title	Time	Start/Finish Dates	Cost
			\$
			\$
			\$
			\$
*SeniorNet Membership Single \$25 Couple \$45			\$
Payment enclosed (cash/or chq payable to SeniorNet HB) send to:			\$
Course Co-ordination, SeniorNet Hawke's Bay Inc, PO Box 8101 Havelock North.			

Here is some information about the courses and Workshops advertised for April / June 2009



Microsoft Word 2003 word processing

classes. Levels 1, 2 are the basics of all computer programs. In Level 1 you will learn about scrolling, highlighting, Cut, Copy and Pasting and much more.

In level 2 those same skills will be revisited and new skills added, working with several windows at the same time, setting up paragraphs and indenting.

Microsoft Word 2007 for beginners and 2007 Intermediate

word processing classes will be working with the new **Ribbon** concept which is replacing menu bars. This is a very visual concept for word processing.

Each of these word processing courses runs for two hours a week for eight weeks.



Digital Camera Program

This program looks at and discusses loading your pictures on to the computer in different ways. Then make a video with your camera and make a movie by using **Microsoft Movie Maker** which is part of the Windows operating program already on your computer. You can also add music and a narration and finally burn it all to a CD or DVD

This is a four week course.



Excel. Microsoft Spreadsheet program

In this program you can organize home accounts, budgeting, charts, calculations and much more.

This is an eight week course.

Email / Internet



This course is intended for those people who have basic word processing skills who wish to learn to send emails using Outlook Express or Windows mail. It is a three

week course and may be followed by **Internet** for those wishing to learn how to search the internet and, to buy goods and download information safely. It is a three week course.

Fun with Photos

Paint Shop Pro ultimate PhotoX2 is used and with it you can learn scanning, resizing, cloning and altering photos so that you won't believe any photos you see in the future. This is an eight week course.

Power Point



Power Point is a Microsoft program which allows you to build a professional presentation of trips, weddings, garden shows or what ever you imagine. Add text, animation, sounds and burn to a CD.

Workshops

Skype- you will need to have **Broadband** to have Skype work well for you.

Burning and copying CDs

Tips and tweaks 2007.

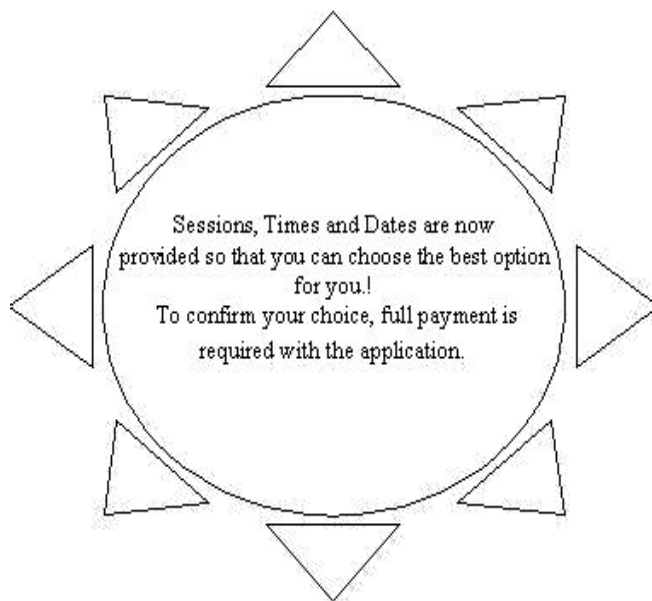
Tips and Tweaks in 2003

Cards and Calendars using Microsoft Publisher.

Trade Me.

File Management. A Workshop to help you organize, save and manage your computer information

A new approach to applying for Courses and Workshops



For more information about other courses and workshops at SeniorNet Hawke's Bay please refer to our Web site or Contact either Val Fear Ph 873 8445
Gaynor Maxted Ph 877 4138

Tips and Tweaks

With Norman Richardson

This edition's tip is one for those of us running Windows XP on our computers and it looks at the **View** tab of Windows Explorer, My Documents, My Music and My Pictures.

The **View** drop down menu gives five choices for displaying folders or files. Of these the **Details** choice is the one of interest to us as when it is clicked its window opens and shows not only the name of files but their size and the date they were last modified. But wait, there is more. MS Office files can also show the author's name, document title, subject, comments and number of pages. Music files can show duration, bit rate of recording and often artist and album, while

picture files can show image dimensions, and for digi-cam pictures the camera type and when the picture was taken. To make these possible choices click on the **Choose Details** button or right click any column header in the **Details** view and then in the window that opens tick the boxes you want. Note, you can also rearrange the order of the boxes in the column and thus the columns in the window to suit yourself.

That's all for now and I hope this is of some use.

Regards. Norman



Kan tabs for Kidney Kids

The money collected from the sale of this scrap ALUMINIUM will help pay for a child who needs dialysis treatment.

1 tab = 1 second treatment on a dialysis machine

Bring them to the Learning Centre and deposit them in the KAN provided (on the table opposite the photocopier)

This is a continuing collection and the Lions Club and Starship Hospital are very appreciative of our involvement.

Keep up the good work.

Thank you Betty Carding

GOD, THE DEVIL & FAT

In the beginning God covered the earth with broccoli, cauliflower and spinach, with green, yellow and red vegetables of all kinds so Man and Woman would live long and healthy lives.

Then using God's bountiful gifts, Satan created Dairy Ice Cream and Magnums. And Satan said, 'You want hot fudge with that?' And Man said, 'Yes!' And Woman said, 'I'll have one too with chocolate chips'. And lo they gained 10 pounds.

And God created the healthy yoghurt that woman might keep the figure that man found so fair.

And Satan brought forth white flour from the wheat and sugar from the cane and combined them. And Woman went from size 12 to size 16.

So God said, 'Try my fresh green salad'. And Satan presented Blue

Cheese dressing and garlic croutons on the side. And Man and Woman unfastened their belts following the repast.

God then said 'I have sent you healthy vegetables and olive oil in which to cook them'.

And Satan brought forth deep fried coconut king prawns, butter-dipped lobster chunks and chicken fried steak, so big it needed its own platter, and Man's cholesterol went through the roof.

Then God brought forth the potato; naturally low in fat and brimming with potassium and good nutrition.

Then Satan peeled off the healthy skin and sliced the starchy centre into chips and deep-fried them in animal fats adding copious quantities of salt. And Man put on more pounds. God then brought forth running shoes so that his Children might lose those extra pounds.

And Satan came forth with a cable TV with remote control so Man would not have to toil changing the channels. And Man and Woman laughed and cried before the flickering light and started wearing stretch jogging suits.

Then God gave lean beef so that Man might consume fewer calories and still satisfy his appetite.

And Satan created McDonalds and the 99p double cheeseburger. Then Satan said 'You want fries with that?' and Man replied, 'Yes, and super size 'em'. And Satan said, 'It is good.' And Man and Woman went into cardiac arrest.

God sighedAnd created quadruple by-pass surgery.

Satan chuckled.....And created the NHS.

Anon

THE FINAL WORD ON NUTRITION

After an exhaustive review of the research literature, here's the final word on nutrition and health.:

1. Japanese eat very little fat and suffer fewer heart attacks than us.
2. Mexicans eat a lot of fat and suffer fewer heart attacks than us.

3. Chinese drink very little red wine and suffer fewer heart attacks than us.

4. Italians drink excessive amounts of red wine and suffer fewer heart attacks than us.

5. Germans drink beer and eat lots of sausages and fats and suffer fewer heart attacks than us.

6. The French eat foie-Gras, full fat cheese and drink red wine and suffer fewer heart attacks than us

CONCLUSION: Eat and drink what you like. -
Speaking English is apparently what kills you. Anon

The Last Word : (MSN money email)

Brain Test for Dementia 5 questions

No peeking at the answers

No paper/pencil or calculator.

Ready?

Q1. You are participating in a race.
You overtake the second person. What
position are you in?

Q2. If you overtake the last person,
then you are.....?

Q3. This must be done in your head -

Take 1000 and add 40 to it. Now add
another 1000. Next add 30. Add an-
other 1000. Now add 20.. Now add
another 1000, Now add 10.

What is the total?

Q4. Mary's father has five daughters:

1.Nana, 2 Nene, 3. Nini, 4 Nono.

What is the name of the fifth daughter?

Q.4. Did you answer Nunu? No, of
course it isn't. Her name is Mary.

Q.3. 4100 is the correct answer
last person?
wrong. How can you overtake the

Q2.Did you answer second to last, -
place, you are second.
the second person and you take his

Answers: Q1.If you answered that
you are first, - wrong. If you overtake
the second person and you take his

Keep safe till next time. Betty