

	<h2>SeniorNet Kapiti Inc.</h2>	
<p>39 Hinemoa Street Paraparaumu</p> <p>Phone 298 9388 email: <a href="mailto:seniornet.kapiti@xtra.co.nz">seniornet.kapiti@xtra.co.nz</a> <a href="http://kapseniors.orcron.net.nz">http://kapseniors.orcron.net.nz</a></p>		

March 2006

**From The Chairman's Desk**

HELLO MEMBERS.

I hope you have enjoyed the summer weather and are all in good health. We had an open day with very good results with over twenty enrolments. This was due to our advertising in the local papers and word of mouth from our members so keep it up.

PC Challenge upgraded our system at the Learning Centre to keep up with the technology, thanks to Peter and Pat who were on hand.

As you might know there could be a change in our funding from Aoraki ,as the government are cutting funds to Polytechnics which includes Aoraki.

We wrote to the Ministers whose Portfolios included Seniors and Education. Up to the present the only replies we have received are from our Otaki member of Parliament, and the deputy Prime Minister Dr Cullen Most of our new members after doing "Introduction to Computers" have taken the next step which is "Introduction to Windows XP Part 1" and then we hope they will go on to "Windows XP Part 2".As some of our members want to do E Mail and Web Browsing, we recommend that they take the above courses before proceeding.

We do not offer courses in Windows 98 as Microsoft, we believe, will no longer support Windows 98 after June. For any members who still have 98 we will try to assist them.

On 23 March we are hosting the Wellington Regional meeting. This is a good time for us to meet the other SeniorNet and discuss how we can assist each other.

Remember courses do not finish at E mail. There are other classes of interest so do not forget to ask. Jim Heron

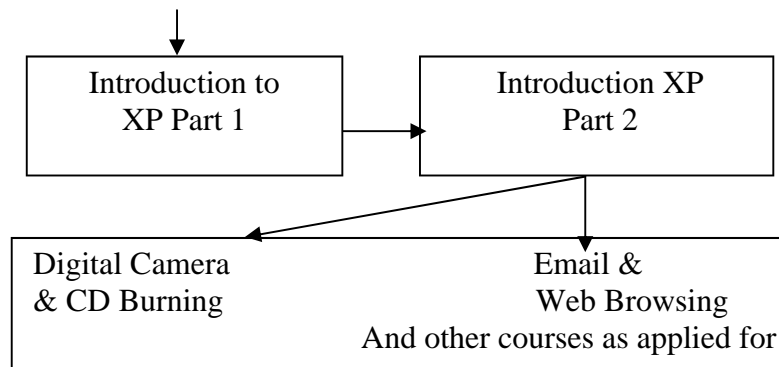
NOTE. Aoraki help desk Ph is 0508-736-467 between 9am & 4 pm

**WELCOME TO NEW MEMBERS**

Alan Betty Andrew Mc Phail Barbara Gray Bert McGarry Bev Lang  
Bruce Lang Chris Charlesworth Claude Manning Constance Siddal  
Dawn Feldwick Diane Bain Earl Hall Greg Hutchings Gwyn Donaldson  
Hugh Hunter Hugh Parsons Jan Lucas Jen Hutchings Jocelyn Hall  
John Kennedy John Mumford Joy Pawson Maureen Brooking Maureen  
O Sullivan Michael Bannon Noelene Rust Oniwa Law Pamela Clarke  
Peggy Vietch Shirley Dimond Susan Andrews Suzanne Lancashire  
Vernon Neville Wally Brendon Wyn Healy Donald MacLachlan Rosemary  
Kooy Willem Kooy .Jan McLeod .Vincent Lowe Delia Milson  
Kathleen McCartain.. Linda Noyce

**The Road To Good Emailing**

**Introduction  
To Computers**



**SUBSCRIPTIONS**

**Subscriptions for membership for 2006/2007 are now due.  
Prompt payment would be appreciated.  
Thanks to members who have paid in advance.  
Members who have joined since January 2006-  
their membership is paid to March 2007.**

## **Welcome To A Virus Free Mail System**

Well I thought that this was what I had. After keeping my anti-virus program up to date, running a weekly check of all the programmes and files on my computer for nasties, having installed Ad-aware, Spybot and activated Windows XP's firewall, I thought I was well protected.

But I wasn't. I let the Zafi-B worm into my computer. It killed Norton's Anti-virus, upset all my Microsoft Office programs, my scanning software, and some of the basic functions in Windows. And it was all my fault. I overrode one of the basic rules of safe computing. I opened an infected e-mail attachment.

The e-mail came from a cousin. I had checked that it was from his address, and knowing he was a keen SeniorNet member thought he had sent me something interesting as an attachment.

Well it was interesting alright, but not in the way I expected. If I had picked up the phone and checked it was genuine all it would have cost was a quick phone call. It cost me a phone call anyway to tell him what happened. - He was truly apologetic. He had just got home to find that a hacker had used his computer and his address book to send the worm to all of his e-mail contacts.

I now have the worm out of my computer, but its legacy is still around. It has altered settings deep in Windows Registry. If all else fails I will have to re-format my hard drive, do a fresh install of Windows, Office and every other program I use. It is not something I want to do.

So learn from my foolishness, and DON'T open any attachment until you are absolutely certain it is genuine.

As for me, well I am very tempted to go back to the only 100% Virus free mail system that I know -New Zealand Post.

## CLASSES FOR 2nd PERIOD TERM 1 2006

Time Day	9-30AM—12NOON	12 NOON –2PM	2PM – 4-30PM
<b>MON</b>	Introduction to XP Part 1	Introduction to Computers Beginners	Introduction to XP Part 1
<b>TUES</b>	Digital Photography CD Burning	Introduction to Computers Beginners	
<b>WED</b>	Creative Graphics	Tags	Introduction to XP Part 1
<b>THURS</b>	Q&A 3 <sup>rd</sup> Thursday	Photo Imaging	Introduction to XP Part 1
<b>FRI</b>	Introduction to XP Part 2	Introduction to Computers Beginners	Advanced Graphics

### From the Course Co-ordinator

The New Year has started well with 4 classes of beginners from the Open Day we had, the most successful Open Day that we have had to date. My thanks to all those who helped run it.

The Classes charts are a guide only. If we have a lot of applications for a class that is not scheduled, we can cut one out that has no applications. We need at least three (3) applicants to hold a class. Hope you are all enjoying computing with SeniorNet.

Any queries about classes please ring Lois Goodsell 904 7558 or

e-mail [goodsell@paradise.net.nz](mailto:goodsell@paradise.net.nz)

Lois Goodsell

## **DIARY 2006**

Thursday 9th March Exec Meeting 9.30am

Friday 10th March 1st period term 1 ends

Monday 13th March 2nd period term 1 starts

Thursday 16th March Q & A at Centre 9.30am to 11.30am

Friday 7th April 2nd period term 1 ends

April 8th to 30th April Break

Monday 1st May 1st period term 2 starts

Thursday 11th May Exec Meeting 9.30am

Thursday 18th May Q & A meeting at centre 9.30am

Friday 26th May 1st period term 2 ends

Monday 29th May 2nd period term 2 starts

Monday 5th June Queens Birthday

Thursday 8th June Exec meeting 9.30 am

Thursday 15th June Q & A meeting Centre 9.30am

Friday 23rd June 2nd period term 2 ends

June 26th to July 16th break

To Enrol for a course Please follow the instructions on the enrolment form. Courses in the current schedule are subject to availability of Tutors and students.

**SENIORNET KAPITI**  
**COURSE APPLICATIONS - TERMS 2006**  
**Forward with fee's to:**

**The Secretary,  
 Seniornet Kapiti,  
 P.O. Box 522,  
 Paraparaumu 6450.**

**Please indicate below the COURSES you wish to attend.**

P	Course	\$	AM PM	DAY
	<b>Introduction to Computers</b> 2@ 2 Hrs	<b>Free</b>		
	<b>Introduction To Windows XP part 1</b> 4@ 2½ Hrs	<b>35</b>		
	<b>Introduction To Windows XP part 2</b> 4@ 2½ Hrs	<b>35</b>		
	<b>Word</b> 4@ 2½ Hrs	<b>35</b>		
	<b>E Mail and Web Browsing</b> 4@ 2½ Hrs	<b>35</b>		
	<b>Digital Camera with C D Burning</b> 4@ 2½ Hrs	<b>35</b>		
	<b>Microsoft Paint</b> 4@ 2½ Hrs	<b>35</b>		
	<b>Microsoft Publisher</b> 4@ 2½ Hrs	<b>35</b>		
	<b>Photo Imaging and Editing</b> 4 @ 2½ Hrs	<b>35</b>		
	<b>Power Point ( Slide Show )</b> 4 @ 2½ Hrs	<b>35</b>		
	<b>Scanning and Retouching</b> 4 @ 2½ Hrs	<b>35</b>		
	<b>Microsoft Data Base</b> 8 @ 2 Hrs	<b>60</b>		
	<b>Microsoft Spread Sheet</b> 8 @ 2 Hrs	<b>60</b>		
	<b>Intermediate Word Processor</b> 8 @ 2 Hrs	<b>60</b>		
	<b>Creative Graphics</b> 8 @ 2 Hrs	<b>60</b>		

**Short Courses –Gift Tags-Scanner-Zipping And Unzipping**

**ALL FEES PAYABLE WITH YOUR APPLICATION**  
**FIGURES ARE WEEKS DURATION OF COURSE**

**SeniorNet Kapiti Inc.  
Application for Membership**

Name\_\_\_\_\_

Address\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Telephone No\_\_\_\_\_

E-mail address\_\_\_\_\_

Please find enclosed my cheque for \$20 for my membership for the year ending 31 March 2007.

Please complete the form and return it to:

The Secretary  
SeniorNet Kapiti Inc.  
P.O. Box 522  
Paraparaumu

**CLASSES FOR 1<sup>st</sup> & 2nd PERIODS TERM 2 2006**  
**1<sup>st</sup> Period Term 2 2006**

<b>Time</b> <b>Day</b>	<b>9-30am-12Noon</b>	<b>12Noon-2pm</b>	<b>2pm-4-30pm</b>
<b>MON</b>	Introduction To XP Part 1	Intermediate word	Introduction to XP Part 2
<b>TUES</b>	Introduction to XP Part 2	Introduction to Computers Beginners	Introduction to XP Part 2
<b>WED</b>	Creative Graphics	Photo & Image Editing	Introduction to XP Part 1
<b>THURS</b>	Q&A 3 <sup>rd</sup> Thursday	Scanning Workshop	Digital Cameras/ CD Burning
<b>FRI</b>	Introduction to XP Part 2	Power Point or Excel	Advanced Graphics

<b>Time</b> <b>Day</b>	<b>9-30am-12noon</b>	<b>12noon-2pm</b>	<b>2pm-4-30pm</b>
<b>MON</b>	Introduction to XP Part 1	Intermediate Word cont/d	Introduction to XP Part 1
<b>TUES</b>	Word	Introduction to computers Beginners	Introduction to XP Part 1
<b>WED</b>	Creative Graphics	Introduction to computers Beginners	Introduction To XP Part 1
<b>THURS</b>	Q&A 3 <sup>rd</sup> Thursday	Paint	Digital Cameras/ CD Burning
<b>FRI</b>	Introduction to XP Part 2	Free Or Excel	Advanced Graphics

## WAIVER

From time to time some of our members voluntarily give help and advice to other members on matters relating to computers and associated equipment. This help or advice given in good faith, is taken solely at the recipients risk and imposes no responsibility or liability of any kind, either on those providing such help or advice, or on Senior-net Kapiti Inc.

<b>Committee</b>			
<b>Jim Heron</b>	<b>Chairman</b>	<b>sparkyj@paradise.net.nz</b>	<b>9021763</b>
<b>John Penny</b>	<b>Treasurer</b>	<b>jepkapiti@paradise.net.nz</b>	<b>9050483</b>
<b>Georgie Lowe</b>	<b>Secretary</b>	<b>gallow@paradise.net.nz</b>	<b>9021377</b>
<b>Lois Goodsell</b>	<b>Committee</b>	<b>goodsell@paradise.net.nz</b>	<b>9047558</b>
<b>Reg Platt</b>	“	<b>mexborough@paradise.net.nz</b>	<b>9023123</b>
<b>Peter Thompson</b>	“	<b>peter_t@paradise.net.nz</b>	<b>9023483</b>
<b>Gordon Wykes</b>	“	<b>wykes@xtra.co.nz</b>	<b>2983935</b>
<b>Colin Watkinson</b>	“	<b>colinmyra@xtra.co.nz</b>	<b>2987951</b>
<b>Lois Brinck</b>	“	<b>jandl.brinck@paradise.net.nz</b>	<b>9029295</b>
<b>Pat Stephens</b>	“	<b>patrizio@paradise.net.nz</b>	<b>9058678</b>
<b>Fred Van Soest</b>	“	<b>fmvs@paradise.net.nz</b>	<b>9059591</b>

### DISCLAIMER

This newsletter is published for SeniorNet Members. It's contents are offered in good faith. However no liability can be accepted for any errors or inaccuracies that it may contain.

**BILL GATES dies and goes to heaven, where Saint Peter gives him a smart six-bedroom house with a pretty garden and a tennis court.**

**Pleased with his lot, Bill quickly settles into the after life. One day he is out walking when he bumps into a man wearing a fine tailored suit".**

**That's really nice," says Bill. "Where did you get it?**

**Actually." says the man, "I was given 50 of these, plus two mansions, a yacht, a golf course and four Rolls- Royce's."**

**Were you a pope or a doctor healing the sick?" asks Bill.**

**No, I was captain of the Titanic," the man replies.**

**Gates storms off to see Saint Peter and asks, "How come the captain of a liner that sank gets all that while I, the inventor of the Windows operating system, get a crummy little house We use Windows" says Saint Peter. and the Titanic only crashed once."**

## **Kapiti Coast *Grey Power* Association**

PO Box 479  
Paraparaumu 6450  
Phone (04) 902 5680  
email:kapitigreypower@paradise.net.n



**The Active Organisation protecting the rights  
of senior citizens and others over 50 years.**

Pop into our offices, at the Community Services Centre, Coastlands Shoppingtown, and find out what we have to offer.

Find out about our Shoppers Discount guide and the Odd Job scheme - obtain literature - and while you are there have a cuppa and chat with our friendly staff.

Our office hours are **Monday to Friday 10.00am to 4.00pm.**

## **PC Challenge**

Wishes a happy Easter to all Senionet members



New computers, Upgrades,  
Repairs, Peripherals, Servers,  
Networks, Structured Cabling,  
Web Designs.



**For all your computing needs**

Call Ian Phone: (04) 902 9360

Margaret Road  
Raumati Beach  
Kapiti Coast



When my father enlisted, he left his church in the capable hands of my mother. Nevertheless, one member of his flock took it upon herself to put Dad's mind at ease.

"Pastor, the church is doing well," she wrote. "Your wife is carrying on with the deacons".

### **LUCKY TO BE ALIVE!**

**We seem, these days, to have an over supply of rule makers, risk avoiders, fun stoppers safety freaks and wet blankets. Oh, I'm not complaining about "sensible precautions" -but some of these experts don't know where to stop. If even HALF of what they say is true, those of us who were kids back in the 50s and 60s are extremely lucky to be alive.**

**I mean, we were driven home from the maternity ward in the front seat in our mother's arms-not in a government- approved, legally-installed, crash tested car-seat. Our cots were decorated with bright coloured lead-based paint-which we promptly gummed, gnawed and cut our teeth on. Medicine bottles had no childproof lids, kitchen cupboards had no childproof latches, power-points weren't plugged, and swimming pools weren't fenced. As children, we played in dirt, drank water from taps, went barefoot in winter, let dogs lick our faces, had a bath once a week-and, in spite of all this, stayed healthy. We rode our bikes without helmets, doubled friends down steep hills, towed home-made trolleys behind us, cycled seven-abreast to school-and were hardly ever run-over. We shared each other's gob-stoppers, sampled each other's ice creams, sucked from each other's fizz-bottles, and swapped spit and germs-and none of us actually died. We ate sandwiches sprinkled with sugar, cream buns smeared with jam, bread and butter pudding and pints of milk-and we didn't get fat because we ran around so much. We didn't sit all day in front of TV watching orthopaedic take risks-we went and took risks of our own. No, we didn't have videos, Play Stations or computer games-but we had FRIENDS, and they were always waiting for us outside.**

### **Thank You To Our Sponsors**

**Telecom NZ. Microsoft NZ. Print Room For their continued support  
Lottery Seniors. Dick Smith. Lions Foundation. Aoraki Polytechnic**

### **Photo Imaging & Lots of Graphics**

There is more to computers than just word processing and email. Try your hand at a graphics programme, there are so many variations in program types, many are free, but the best may cost you a few \$.

Don't let this put you off because if you buy a monkey you will get peanuts. The best and most effective graphics program we teach is "Paint Shop Pro" and this month the supplier of this program has put out a special offer.

**Version 8 of PSP** is on sale at a warehouse price of only **\$50**. This includes a CD with all the software on it (it automatically downloads onto your PC) and a very comprehensive **437page manual**.

To purchase this offer go to [kathleen@comm-unique.co.nz](mailto:kathleen@comm-unique.co.nz) and say you are a member of Kapiti SeniorNet or a pupil of Reg Platt (the graphics tutor), Kathleen will post or courier you a copy for the price of only \$50 + postage. The normal retail price is \$ 250 **beat that**.

### **Introduction to Computers Beginners**

In this Course you will learn a little about the history of SeniorNet, discover the importance of Microsoft, learn about the key parts of a computer, the keyboard and mouse. Learn how to use the Help & Support utility, as well as some fun things to do. We also include a WinTutor tutorial disk for you to practise at home.

### **Introduction to Windows XP Part 1.**

This course is required before attempting any other SeniorNet courses listed. This course takes you through the basic features of the Windows XP Operating System. Learn about the desktop features, how to access the menus, how to find Help and Support and use the built-in Windows programmes.

### **COMPUTER SWALLOWED GRANDMA**

The computer swallowed grandma.  
Yes, honestly its true..  
She pressed 'Control' and 'Enter'  
And disappeared from view.  
It devoured her completely,

The thought just makes me squirm.  
She must have caught a virus  
Or been eaten by a worm.  
I've searched through the recycle bin  
And files of every kind;

I've even used the Internet,  
But nothing did I find. ..' .  
In desperation, I asked Jeeves  
My searches to refine.

The reply from him was negative,  
Not a thing was found 'online.'  
So, if inside your 'Inbox,'  
My Grandma you should see,  
Please 'Copy', 'Scan' and 'Paste' her  
And send her back to me!

### **Browsing the Web.**

Learn how to use Internet Explorer, Microsoft's web browser, and 'Surf the Web'. Learn how to access the incredible storehouse of information and entertainment available on the Internet. You can find the latest news, gardening cooking, philately, sports and much much more. Great for genealogy searches.

### **News Letter Delivery**

At the last Committee meeting we noted keeping members in touch with their learning centre by snail mail, was a little out of date and we should bring ourselves up to date by receiving our News Letter electronically. This could be achieved two ways. First by adding an attachment to an Email to your address, or by logging on to our own internet site. Both of these systems would be so much more convenient and cheaper for your learning centre. let us look at the cost.

- Cost of postage and envelope for 275 members + printing x by 4 deliveries per year= \$ 1500 Approx..
- We have 260 members, of whom 148 have registered their email address with your learning centre. This would leave 112, to register their email address with us. For people who do not want to send us their email address, they can log onto our web site, address <http://www.kapseniors.orcon.net.nz>
- Can you please let me have your comments. My email
- address is [colinmyra@xtra.co.nz](mailto:colinmyra@xtra.co.nz)
- For those who still feel uncomfortable about logging on to the internet we can run a gold coin workshops to allay your-fears.

**Colin Watkinson**  
**News Letter Editor**

### **Introduction to Windows XP Part 2.**

This course is required before attempting any other SeniorNet courses listed. It is the continuation of the Windows XP Part 1 course, and teaches you about Windows Explorer, the Windows file manager. It teaches you how to create folders and save your documents in the computer for easy retrieval at a later date. You will learn how to move and rename your documents.

You will be introduced to Internet Explorer, Microsoft's web browser, and we will show you how to keep your computer software up to date and free of viruses.

### **E-mail with Outlook Express and Browsing the Web.**

You will need to have completed the Introduction to Windows XP Parts 1 and 2 before taking this course.

### **Outlook Express**

There is so much more to learn than just sending and receiving e-mails. Learn how to use this programme efficiently, to keep in touch with family and friends. Use it to send greetings, pictures, graphics and heaps more.

### **Photo Image & Editing (Short Course)**

You will need to have completed Introduction to Windows XP Parts 1 and 2 before attempting this course. This course allows you to obtain photos from scanners, files, CD's or digital cameras. We then teach you how to remove blemishes or unwanted spots, even cut things out and put things in, change colours and lots more. This is a really fun programme. We use the programme Serif Photo plus 5.5 which is available free. This is a really fun course to do. If you find you are really interested in this type of things you could go onto Creative Graphics