



August 2009

NEWSLETTER

www.peelseniors.net.

or contact us on

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Christine Jackson President

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Home of Peel Seniornet

GENERAL MEETING FOR PEEL SENIORNET Assoc. Monday 27th July 2009

WELCOME : President Christine Jackson opened our monthly meeting and welcomed everyone and new members Blue & Eddie Pantall, Hugh & Joyce Thompson and Marjorie Evans.



Relaxed and participating at the meeting .

CLUB NEWS :

We have received several invitations via the ASCCA recently. Nan Bosler has invited us to a computer conference to be held next month in Sydney. We have passed this onto members but I think the cost of travelling is a problem. Plus we've been asked to participate in a survey on the social enterprise sector, which we've declined. Doesn't seem to fit us ! Also a reminder about the ASCCA competitions, we have contributed some poetry, our newsletter, the web site and we're considering a video.

Dorothy Soper also from ASCCA, passed on to us a message about a proposed workshop to cater for the physically handicapped. Dr Scott Hollier of Media Access Australia has recently sent Peel Seniornet Association information about this. He has been told that a Lottery/West grant application was rejected by him and he asked for our help. We spoke to Kerrie the Coordinator at Ac-cent Mandurah because we felt the use of the hall and of course all the facilities would be needed for this but after numerous inquiries we found that to proceed, we would also need to apply for a Grant. Unfortunately we weren't able to go ahead as there is not much chance for us as we've recently received a grant and that puts us to the bottom the list.

Whilst still on that, there is another piece of news. We have purchased a new up to date laptop for the PSN mail – with the help of a small grant of \$550. (cut back from \$2,000) We have put in the balance from PSN. This was very necessary as the old one we've had since the year dot and it was playing up! Arthur by the way has now taken over the mailing responsibility for the group. The new address is psn_mail@dodo.com.au

Our group now has a small spot in the Mandurah mail newspaper and the day of the General meeting each month, can be found in the 'Dear Diary' section. Plus any other relevant information.

This is interesting!
 The Mandurah Senior College Year 11 Student Volunteers have invited any of our members who would like to join them on Tuesday's from 4th August – to 8th September for 2 hours each week at the College, (10.45 am – 12.30pm). They will teach how to use a mobile phone, Digital Camera and Computer – there is no cost . Ph 9583 7326

Group information :- The PSN Constitution is now included on our Website.

Training : Tom
Reminder – Computer lessons are held on the 1st & 3rd Wednesdays of each month in the computer room at Ac-cent Mandurah.
 Tom's present training course has finished and a repeat will start at the beginning of August. Interested members please contact him on pentom@iinet.net.au for inclusion on the list. The schedule is shown on this web site and also there is a print out on the display shelves by the front door at Ac-cent Mandurah.
 John MacMahon will be doing home training courses shortly also for MS Excel 2003 and MS Word 2003 . These are on 100 short video lessons. We have passed the details on to members and several have taken up the offer. You can contact him on mac@jarrahbark.com

Usefull information

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David Templeman MLA has sent us some interesting information on the changes to the Public Trustee. If any of our members have Wills lodged with the Public Trustee, there have been some changes to the fee structure and the establishment of WA Will bank. There is a phone number, address and website that you may like to note.

Email ptocustomerservices@justice.wa.gov.au or telephone 1300746116 .

The Social Functions

(Organized by Alvin.)

A good time was had by all including the animals at Peel Zoo, more pictures are on the Web



**Tuesday August 11th,
12 noon.**

**Anniversary Lunch at the Atrium.
Congratulations members
We are 10 years old !!!!**



Rob in charge of the PSN Library at the General Meeting, where members can borrow books and tapes to expand their knowledge, free of charge.

Question time.

This month's questions asked by members were. Is 'tadaust' as an ISP recommended? The answer came from the floor that yes it is and has 12 gigabytes download and is very reasonable in cost, \$30 a month and the Government pays three times a year. For further information it is best to go on line. Then a question about Picasa problems. A member is having problems editing several photos onto an album page. Arthur our meeting projectionist then showed on screen the actual Picasa disk from our library, of the instruction workshop and advised the member to borrow it. Photo Story 3.1 upgrade seems to be causing some difficulties too and the advice was to contact Microsoft for further information. Then, is it possible to record a voice and music onto a CD? Yes the program Audacity is the way to go !

**THE JULY SPEAKER WAS
RHONDA BARRETT-SMITH
FROM 'STAY ON YOUR FEET'
ORGANIZATION**



Rhonda commenced her talk by remarking on
The enthusiasm of our group!

She then explained the importance to stay on your feet, asking firstly if anyone had a recent fall ? This prompted a couple of replies. Joan said she had fallen in a bed of begonias in her garden and trying to save herself, broke a wrist. Then Merv, who is a 'Docker' supporter described how he had missed his footing in the team bus. Luckily not causing too much damage.

Rhonda said one in three people have a fall each year when over the age of 60yrs. and falling can be caused by many things though as we get older. Environment for example or medication.

She emphasized that it is very important to enjoy life. Get outside, walk the dog, participate in an activity to keep you on your toes !

She gave out some useful information which included a couple of check lists. Manage you health and medicines, eat well, foot care, balance and of course be active.

The two things that are compromised after a fall are mobility and independence. To reduce falls, it is essential to do 30mins a day exercise.

Keep your doctor informed and use the check sheet to make sure your health is in order.

We were then treated to a DVD illustrating hazards that may make us trip and if necessary report them to the local council. Falling it was described can be caused by blood pressure or medications. Keep a list of all medications, ask questions. Review medications regularly. Check eyesight regularly. Eat properly to promote good energy and activity. Enjoy a wide variety of food , fruit and vegetables in particular. A regular trip to the podiatrist is very necessary plus sensible shoes of course.

Test your balance with a physiotherapist and participate or Tai Chi, swimming , dancing or playing golf. Movement and staying active should be seen as an opportunity rather than a hassle. Keep muscle strength up. Reducing activity as we age, is not the way to go !

We were encouraged us to write medications down on a list or in a booklet. Check with your doctor if you think you've been on a certain medication too long.

There is also a medication review obtainable from your doctor on request.

Rhonda concluded by telling us that there are a number of organizations in the community that can help you choose an activity that suits your individual needs . The Seniors Recreation Council is a good place to start Ph 9492 9773

We all agreed that Rhonda's presentation was inspiring and we presented her with a Certificate of Appreciation.

Rhonda then kindly drew the raffle and the winner was Lillian Burdon, congratulations !

Reminder – Next General Meeting is on Monday 24th August

Tip of the month.

Have you recently started using Windows Vista? If so, are you having a little trouble navigating your way through the new setup of the operating system? At first, it can be quite confusing. Everything you were familiar with in Windows XP has been changed or moved to another location and that makes it really hard to get your work done, doesn't it? Well, lucky for all of us, there are a few things you can do to change everything back to the way it used to be. Read on for all the details!

As I'm sure you already know, along with Vista came a whole new Start menu. And I'm guessing some of you don't care too much for it. If that's the case, you can switch it back to the way it looked in XP. To do so, just right click on the **Start button** and choose **Properties**. Make sure you're under the **Start Menu** tab and check the option for **Classic Start menu**. Click **OK** and then check out your new Start menu. Now, doesn't that feel better?!

Once you switch back to the old Start menu, you can also customize it. Hit the **Customize** button and you'll see all the choices you have. You can add or remove items from your Start menu list, you can sort your items and so on and so forth. There's even a checklist of different options you can choose from. For example, you can choose to display your favorites, display the Run command, expand the Control Panel, use the personalized menus, etc. There are so many choices. When you're done, click **OK** twice and you'll be all set!

Cheers Christine

