workforce, while younger men have specific requirements.

With so much information about technology available, it can be confusing. Seniors tend to be hesitant because they are intimidated by technology. What Robertson tries to do is teach computer skills in simple language.

"Once you understand and learn you're in control of the computer, you feel better about it."

She says the senior will often have their children or grandchildren teach them first, but it usually doesn't work.

"They go too fast; they need someone to be patient and repeat it 10 times if it's needed."

When they get hooked, the over-60 set is amazed by the internet.

"They love the fact they can get information so quickly. It's highly entertaining; they can find out about hobbies and interests. Chat rooms are a world-wide community of like interests."

Because viruses on the computer have been so prevalent recently, she also spends time explaining virus programs and how to update them. She teaches them how to protect themselves from bad e-mail coming in.

In three, two-hour sessions, Robertson says she can usually have the person up and running on e-mail, surfing the web and feeling comfortable with their computer.

Robertson feels her teaching background helps her get through to her clients. "You can break complex topics into bite-size pieces so people can comprehend them."

Learning to use the computer can be a satisfying experience for a senior, says Robertson.

"They don't want to feel left out. Using the computer is a very validating experience."

Her senior group is a growing one. "I get three or four new clients every month."

Right now, Clara has begun searching the web for information about her husband's family. A busy woman who golfs and plays bridge, she admits she hasn't had much time for her computer this summer. "I don't use it much in the good weather."

She's certainly glad she learned, however. "If you want to learn, one-on-one is the way to go. You can have the person as often or as little as you need them."

If you'd like more information about plain english Computer lessons, you can reach Robertson at 395-1100, or e-mail her at mavric@blvl.igs.net.

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> — COMPUTER WHIZ AND SENIOR CITIZEN CLARA
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