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Tech Savvy or Dinosaur?

Sunday, January 10, 2016

Two things prompted this introspective blog this morning.

- 1) Yesterday I was describing my virtual treks around the world to my friends at the gym. We're all retired. I will be 69 in June. A few people said they couldn't do that. They don't even have email.
- 2) This morning Spark Guy's Ultimate Challenge email described his daily planning spreadsheet. Very impressive! I love this challenge extending spark principles to other areas of life.

High Tech, Low Tech, No Tech - Hmm
Where am I on this spectrum?

High Tech:

I maintain 2 websites:

A personal one of my professional history, family genealogy and our travels.

The USS Philadelphia, my Dad's WWII ship (The history, artifacts and personal photos and memories of Dad and the crew who have held annual reunions for over 50 years)

Spreadsheets:

Training running times & distances & my race results.

Language study (Slovak) vocabulary, grammar etc.

Financial data: only on a computer without Internet access.

Hardware:

Laptop, 2 different size tablets & a smart phone. All replaced regularly not to have "the latest and greatest" but when new technology offers something that appeals to me that my current hardware does not support. Virus protection kept up to date absolutely!

Low Tech:

SPAT (Spat Activity Tracker): counts steps, translates anything greater than 10 min at a time to exercise, estimates mileage & calories, uploads to Spark. No heart rate, sleep monitoring or anything else fancy.

Worldwalking.org website which plots my mileage on a virtual route somewhere in the world. I enter the data manually. I only count workout mileage, not all daily steps. I'm on my way to Machu Pichu!

Digital scale: Displays my weight to a tenth of a pound. No body fat % or any other data and nothing uploaded.

No Tech:

My daily planner: I write my daily task plan in a notebook and cross items off as I accomplish them

My daily weight: I record this on a paper calendar.

My current weight? The lowest number I've seen all week LOL

No debit card, not even an ATM card. I pay my bills by check. This is probably because of all my years as

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a technology coordinator when one of my responsibilities was keeping our network secure from outside hackers and our very own high school students. I do not miss that part of my job.

A common phrase on Spark is that we are all "an experiment of one." The goal is to use the resources and find our own way to success.

We want information and synthesize it to fit our individual needs. That's how I have always viewed technology. It should serve my needs, but I want information. I want to learn about it and what it can do. Then it's up to me to decide how it fits into my life.

When I would introduce new technology to our teachers, administrators and staff, I would present it as an opportunity to model what we wanted our students to be - "life-long learners." We should adopt or not adopt new ideas and technology from a position of knowledge and strength, not fear or ignorance. I think this applies to our journey to a healthy lifestyle as well.

"In times of change learners inherit the earth while the learned are perfectly prepared for a world that no longer exists" Eric Hoffer

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SUNNYCALIGIRL

You are tech savvy, and obviously have a foot in all 3 tech doors, from high to low to none.



1967 days ago



CD4114015

Yep I'm in total agreement here too! But I could not live without my cards...ATM etc. Otherwise



we are not so different!

1969 days ago



LYNDALOVES2HIKE

I love your blogs!

1970 days ago



KRISSY82

It sounds as if you have a nice balance of technology "helpers" and trusted standbys. I have a Fit Bit, laptop, Ipad and smartphone, but I still prefer to use a paper planner to organize. We have to find what works best for us, right? My parents are 63, and they won't even get track phones, which drives me crazy because I think it's a safety issue. However, I understand the hesitancy toward technology, and I see it often in my work at a community college with traditional and adult students!



Thanks for the Spark Goodie!

1972 days ago



LEXIPEDIA79

I agree that we all strike our own harmony between the old and new. I also value being a life long learner. Nice quote at the end'

1973 days ago



BBEGAN

Great closing quote! I'm much less high tech than you, though 18 years younger. I don't have kids, and I think they help us stay on top of innovations. I use a computer, well and constantly. I have an iPad which I use, well, really just for Sparking and email sitting in front of the woodstove! I have a Kobo reader though I prefer real books, because it's so much easier to bring half a dozen books travelling with the e-reader. I don't have a cell phone because I don't want to be accessible 24/7. I don't use social media, but do a lot of online banking. I keep a ton of work-related stuff in the cloud, yet am content with an 11 yr old iPod for music. I see no need to track my exercise electronically, except by recording minutes here on SP. Funny how we all mix high and low tech to suit our needs! Fun blog topic!



1976 days ago

**ONEKIDSMOM**

A lot of my adoption of "new tech" has to do with how busy I am dealing with life at the moment. Holiday weekends and taper week in training plans are usually when "new stuff" enters



my life!

1976 days ago

**LIVEDAILY**

I am somewhere in between. I have a smartphone and a computer, but I don't know how to Skype. I don't do Twitter or Facebook - I do SparkPeople! I have an analog wrist watch and a cuckoo clock. I keep a calendar, and hand make a calendar for my sister.



1977 days ago

**DOVESEYES**

Great blog I think I fall into the middle maybe towards the dinosaur as without help from Hubby and DS I'd definitely be a dinosaur!!!

1977 days ago

**PHOENIX1949**

Well Said! THANK YOU! I SP

1977 days ago

**SUBMOM2**

Great post. I'm all over the spectrum...online banking, yes. Smartphone, no. I am currently taking some classes at our adult school to improve my computer skills (quickbooks, excel). I don't think technology should completely take over our lives but it is essential to at least try to keep up with it.

1977 days ago

**A_NEW_JAN**

Nice to know that I'm not the only one who keeps all financial info off the internet. I say this with tongue in cheek because I realize that my bank, my utility companies & everyone else puts my info "out there" whether I want it or not.

I pay bills you check, I have, but do not use, a debit card (it was given to me when I opened the account). I balance my checkbook with Quicken 4 (yes! Back when all it did was balance your checkbook!) on a computer that has no internet connection.

I do own one very old PC (with Quicken on it), a laptop that I use mainly for correspondence, an iPad & a iPhone 3GS (it makes/receives phone calls & I can play Blitz).

DH & I used to own the very first IP in our area (1995-2005), & the one thing we know for sure is that the Internet is vulnerable & completely insecure, no matter what anyone tells you!

1978 days ago

**WILSONWR**

You have a very good attitude about the use of technology. In some areas, it is great, but in other areas, there is nothing more secure or "user-friendly" than the low-tech approach.

1978 days ago

**MJZHERE**

37 years ago, I was picked to learn the computer at work. It was the size of an entire wall and input was by cardboard cards that had holes in them. We've come a long way.

1978 days ago

**CD13354694**

Well Said!

1978 days ago

**TORTOISE110**

I am 'in' in most of the ways you are. I am concerned about spending too much of my waking hours engaged this way and am exploring a balance that works for me. I woke up this morning and wrote in a journal and read before hopping onto the Internet. I feel more grounded starting that way. Maybe just the way my odd little brain works! But staying connected is key, I think. We face timed with grandchildren we could not be with at Christmas this year. Pretty darned wonderful.

1978 days ago

**NUMD97**

Interesting, as always, B_B. I discovered years ago when working on applications that technology and the advancement thereof, was not just some whimsical desire, but an absolute necessity. Pre-my-own-computer: My sister in MA was doing the "mail merge". My cousin in New Jersey offered to allow me to use her computer and store the data on her hard drive (generous offer, but not a good idea). Meanwhile, I was researching the programs at the local library in NY. Then I realized that this was all insane, and I had to bite the bullet, like it or not, and start researching what I needed in terms of a desktop. That was a learning curve in itself!



My aunt, who passed away last April at 97, just shy of her 98th birthday, kept abreast, via The New York Times of all technological advancements. And this was a woman, who in her lifetime, saw the development of air travel (space travel, too), and car travel (they came to the US in 1921 where her brother, my father, would chase the horse-drawn buggy milk wagon in their hometown of Csap, Hungary). She loved Skyping with her grandnephew and his family, attended a wedding via Skype of another grandnephew, and just embraced all the latest in technology, marveling at man's capacity to stretch his limits. Not bad at all.

So, bottom line, we embrace what enhances our own lives, and the rest we leave behind. But boy oh boy when it all crashes, it is truly humbling how dependent we have become on all these advances.

Thanks for the post, as ever,

Nu
1978 days ago



KELLIEBEAN

I love your thought-provoking blogs.



I like the idea of being life-long learning. The only thing you can count on in life is change so it's important to learn and adjust as we go.

Well Said!

1978 days ago



CD14815535

I always think I'm high tech until I talk with the kids. But I know I'm higher tech than my husband (but lower tech than his 83 year old mother, d'oh!). And some of the tech (SM stuff like instagram, twitter, and the new tablets, debit cards) just don't fit my needs.



1978 days ago



PHEBESS

I suspect we all use technology to the extent that it's useful for us. If it's too complicated (to learn to use, or to use), most of us don't bother.



I was impressed when my dad, at age 80, asked one of the secretaries in his department at the university to teach him how to use a computer and email. He often sent me questions on how to do things, but he loved his email and following our blog. I figure if he can switch to a computerized world, any of us can!

1978 days ago



HOLLYM48

Interesting. I am somewhere in between and have to get help from my daughters if I want to do something new but I do like to learn new things and new ways! Have a great Sunday! Spark on.



1978 days ago



NUTRON3

1978 days ago



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