

**AUGUST 2018**

*Established in 1996 especially for Pakuranga, Howick and Botany residents*

Telephone 09 576 4500

**SeniorNet (Pakuranga) Inc**  
PO Box 82-306 Highland Park, Auckland 2143



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- ◆ August Help days
- ◆ New members
- ◆ **Bits and Bytes**
- ◆ Notes on August meeting
- ◆ August Speakers' Summary
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- ◆ August/September Classes
- ◆ How to join a course

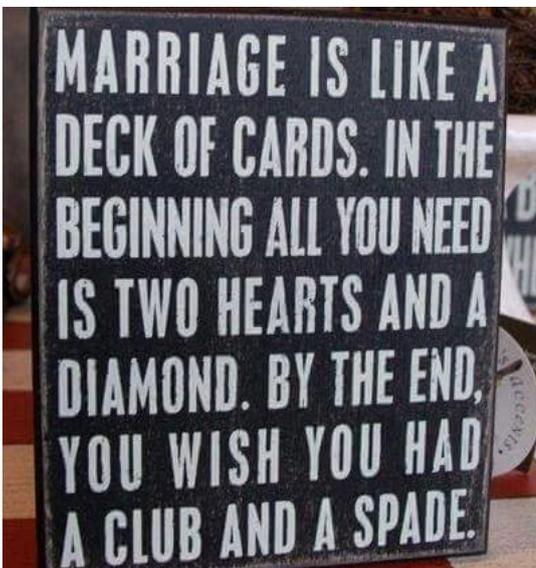
Our next Meeting,  
**Friday 3rd August**  
at 10.00am

St Andrews Church Centre  
Corner Ridge Rd and Vincent St  
The main entrance is in Vincent Street with  
parking in the grounds and disabled parking  
near the basement entrance.

*Visitors welcome*

The early speaker is Jim Currie to present on **Keyboard Shortcuts** and their universal usage over many programs.

Our main speaker is Grant Sidaway from the NZ Federation.  
His presentation is titled **"The Technology Race – Spectator, Passenger or Driver?"** and he will cover such things as  
-The Age of Distance Learning – how webinars help bridge the gap;  
-Virtual Reality – starting to take off in the digital world;  
-Smart Speakers and the Automated Home;  
-Digital Applications for all aspects of everyday life.



**6 NEW MEMBERS**

Frederick Tooley  
Cameron Cosford  
Paula Mason  
Mary Holt  
Kerry Taylor  
Wynnis Schmahl

**August  
HELP  
DAYS**

Tues 7 Aug 10am  
Thur 16 Aug 1pm  
Tues 21 Aug 10am  
Tues 28 Aug 10am

We welcome Grant Sidaway, SeniorNet Federation CEO, to our August meeting. Grant is an eagerly awaited speaker who covers many new innovations in technology and discusses how they are likely to impact us in the future.

Grant has been able to update the Noel Leeming discount provisions for SeniorNet members by arranging a barcode and number that will be recognised in all Noel Leeming outlets. This will be printed on the reverse side of your membership card when next issued to identify that you are a member. For those who have some months before your card is reissued we will provide adhesive labels that you can place on the back.

***We have a request*** from Samantha Chan, a first-year PhD student in Bioengineering (Human-Computer Interactions) at Auckland Bioengineering Institute, University of Auckland. She is supervised by Prof. Suranga Nanayakkara and Prof. Lynette Tippett PhD.

Samantha's work is looking at how can we improve and support everyday memory through digital tools. Maintaining memory is essential for daily activities and independent living, especially as we age.

She has developed a smartphone application to improve memory and would like us to evaluate it. She is looking for participants (aged 50-80) interested in taking part in a user study.

***User Study:*** *To evaluate usage of the app in everyday life for either 8 or 15 days.* (Participants can install the app and use it at home.) The study involves:

- 1) Attending two separate 90 minute sessions for two memory tests and a questionnaire,
- 2) Using a smartphone app for either 8 or 15 days,
- 3) Completion of daily memory diary and simple, prompted tasks such as replying to an email.

We are looking for participants who are:

- 1) Aged 50 to 80 years old
- 2) Living independently (able to conduct daily activities without significant help from others)
- 3) Native English speakers or fluent in English
- 4) Familiar with computers and smartphones / tablets
- 5) Currently using an Android phone or tablet**

Target dates: between **3 Aug to 31 Aug 2018.**

Interested members can email me at [PC9@senpak.nz](mailto:PC9@senpak.nz) and I will forward it to Samantha.

## **Notes from July Meeting**

**Dawn Howarth**

It is great to see our membership steadily increasing. Brian advised we had six new members this month. I wonder what we can do to get these people to come to our meetings each month. Imagine the queues for coffee if everyone showed up. Perhaps least said soonest mended.

Brian again explained the simple ways of joining a course. If you see a course listed on our website that you would like to attend, email the tutor who will acknowledge your request. Alternatively, when you receive an email advising of an upcoming course, you can press '*click here to enrol*' then press '*send*'.

How good was it hear all that StJohn do for us. Hopefully we will all continue our membership with them at the same time hoping we never need their services. I used their medicalarm service to call an ambulance and also used their private ambulance hire to bring my mum home from hospital. When we arrived home the ambulance officers carried her up our stairs and helped her into bed. They were more than wonderful and I can't recommend them highly enough for your donation dollars. They also recommended that we look at installing the StJohn CPR/AED app and the Defib app on our phones — a good idea.

Thank you Mervyn for another excellent meeting.

**Brian Erickson** provided the first talk of the morning on **Smart Phone/Cameras**.

Brian demonstrated his Samsung Galaxy J5 which cost about \$300.00. He bought this to replace the camera he ran over with his car. This new camera can do: Still and Video; it has a Front lens for selfies, Rear lens for normal photos. Some new phones have twin lenses that will merge black and white and colour combined for more intense photos.

A tip! Make sure that the phone/camera lens is kept clean as the lens is very tiny by comparison to an ordinary camera and any small particle will be magnified.

Check the optical sensor which can be any where between 13mp to 24mp. Pixels can be up to 13 million on high density units. Depends on your preference and pocket.

Photo size settings can be 4:3 for normal photo size paper size and old TV screens, or, 16:9 for phone screens and modern TV's.

Storage potential can be from 8 to 256gb. 1gb will give you about 5 minutes of recording a video, or 300 still photos.

Extra micro SD cards will give you from 8 to 400gb but check that the SD card is compatible with your camera before you buy.

When operating your camera, tap the button and release to make it work (Saves any tremor)

Google Photo gives an incredible photo storage and transfers from your gallery to Google Photo.

Oh to be able to keep up with all these technical goodies and advances!

After morning tea, we had a presentation from members of **StJohn** covering their services in the community, frontline services, medical alarms and defibrillators. St Johns (a charity) receives about 60% Government funding, the balance from donations and fundraising.

**Nissy Concison** explained the services from Friends of StJohn with volunteers in the hospital Emergency Departments to help, comfort and support patients who are on their own. They provide a friendly telephone caring call service to lonely people. They also provide a shuttle service to medical appointments. This is free and open to anyone, but StJohn require 24 hours notice for this service.

**Laura Risbrook** spoke about the extensive defibrillator service in the region and it's availability. Defibs increase the chance of recovery from a heart attack by about 60%, whereas CPR on its own gives only about 8%. We received a demonstration on how to use a unit and the steps to be taken when needed.

**Gaye Hill** then spoke about medical alarms in the home working through copper connections (being replaced), fibre optic or 4G WiFi and later, a GPS facility. The current units have a 3-day function from a battery should there be a power cut. The units are especially suitable for people who live alone.

Pricing: For Income tested people within the WINZ structure - \$13.95 per week. Rental for over the threshold, \$19.95 per week. You may also be eligible for the government subsidy to cover the rental cost.

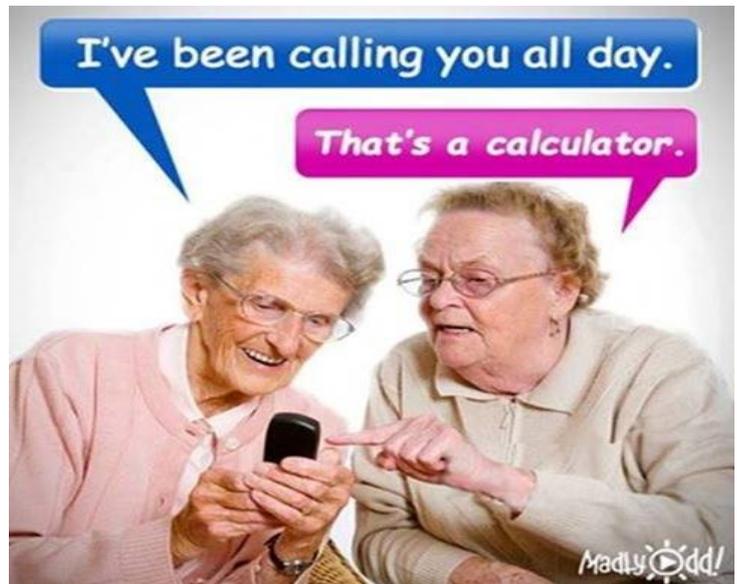
The presentation gave a valuable insight into the wonderful service that **St John** provides in the community, one that deserves our support and participation.



## Comments, Queries, Suggestions, Free Advertising

### COMMITTEE

|                                       |  |          |
|---------------------------------------|--|----------|
| <b>Chairman, Training Room</b>        | Brian Erikson  | 534 4798 |
|                                       | <a href="mailto:brian@erikson.net.nz">brian@erikson.net.nz</a>         |          |
| <b>Secretary</b>                      | Dawn Howarth   | 576 6798 |
|                                       | <a href="mailto:dawn@orcon.net.nz">dawn@orcon.net.nz</a>               |          |
| <b>Treasurer</b>                      | Kevin Browne   | 534 4499 |
|                                       | <a href="mailto:kjbrowne@xtra.co.nz">kjbrowne@xtra.co.nz</a>           |          |
| <b>Asst Treasurer</b>                 | Mervyn Coward  | 576 8737 |
|                                       | <a href="mailto:4merv.c@gmail.com">4merv.c@gmail.com</a>               |          |
| <b>Membership Secretary</b>           | Robyn Carter   | 534 4525 |
|                                       | <a href="mailto:robynandtc@gmail.com">robynandtc@gmail.com</a>         |          |
| <b>Course Co-ordinator</b>            | Graeme FitzGerald  | 272 9271 |
|                                       | <a href="mailto:g.fitzg14@gmail.com">g.fitzg14@gmail.com</a>           |          |
| <b>Course Co-ordination Assistant</b> | John Bate  | 570 5468 |
|                                       | <a href="mailto:john.jean@xtra.co.nz">john.jean@xtra.co.nz</a>         |          |
| <b>Publicity</b>                      | Warren Taylor  | 534 3482 |
|                                       | <a href="mailto:alicewarrentay@gmail.com">alicewarrentay@gmail.com</a> |          |
| <b>Guest Speaker Co-Ordinator</b>     | Mervyn Coward  | 576 8737 |
|                                       | <a href="mailto:4merv.c@gmail.com">4merv.c@gmail.com</a>               |          |
| <b>Newsletter Editor</b>              | Dawn Howarth   | 576 6798 |
|                                       | <a href="mailto:dawn@orcon.net.nz">dawn@orcon.net.nz</a>               |          |



### WE STILL NEED HELP

*If you have even a little expertise in a computer program and would like to become an Assistant Tutor, (a non-speaking role) contact Brian Erikson and discuss it with him -please. We really need help in the training centre.*

*We also really need help locating speakers for our meeting each month. Please talk to Merv Coward or anyone on the committee if you can recommend a speaker or help in this direction.*

*Please email your comments, suggestions or ads to [dawn@orcon.net.nz](mailto:dawn@orcon.net.nz) by the 15th of the month for inclusion in next SeniorNet newsletter.*



# AUGUST Courses, Workshops

## ***Advanced Word Processing***

Tutor/Organiser: **Maureen Keys**

Follows on from Word Power using Word 2007/10 and covers advanced features of Word.

Phone No: **271 5553**

Email: **advancedword@senpak.nz**

Fee: **\$15.00**

### Session Times

**1:00 PM Monday, 10 September 2018**    **3 Sessions: 10/Sep, 17/Sep, 24/Sep, 2 hours each**

## ***Apple iPads & iPhones***

Tutor/Organiser: **Dick Harris**

Bring your own iPad or iPhone and learn what it can do.

Phone No: **576 9483**

Email: **ipads@senpak.nz**

Fee: **\$5.00**

### Session Times

**1:00 PM Wednesday, 29 August 2018**    **1 session of 2 hours**

**1:00 PM Wednesday, 26 September 2018** **1 session of 2 hours**

## ***CD/DVD Burning & Flashdrives***

Tutor/Organiser: **Brian Erikson**

Come along and learn how to save your videos and files to a CD or DVD using a free download of Ashampoo software.

Phone No: **534 4798**

Email: **cdflashdrives@senpak.nz**

Fee: **\$5.00**

### Session Times

**10:00 AM Monday, 24 September 2018**    **1 session of 2 hours**

## ***Genealogy - Getting Started***

Tutor/Organiser: **Graeme FitzGerald**

Come and learn how to record your family history for the next generations using RootsMagic.

Phone No: **272 9271**

Email: **genealogy@senpak.nz**

Fee: **\$10.00**

### Session Times

**10:00 AM Wednesday, 5 September 2018**    **2 Sessions: 05/Sep, 12/Sep, 2 hours each**

## ***Genealogy Research***

Tutor/Organiser: **Graeme FitzGerald**

This course focuses on how to carry out genealogy research using the internet and local resources.

Phone No: **272 9271**

Email: **research@senpak.nz**

Fee: **\$5.00**

### Session Times

**10:00 AM Tuesday, 14 August 2018**    **1 session of 2 hours**

# AUGUST Courses, Workshops, continued

## Google Gmail

Tutor/Organiser: **Jim Currie**

This Workshop explores Google's Gmail, Google Contacts and Google Drive.

Phone No: **533 4221**

Email: **emails@senpak.nz**

Fee: **\$5.00**

### Session Times

**9:30 AM Wednesday, 8 August 2018**      **1 session of 2 hours**

## Help Session

Tutor/Organiser: **Michael Empson**

Bring your problems to a help session where one of your fellow SeniorNet members will help you.  
(NO BOOKING REQUIRED)

Phone No: **535 8506**

Email: **help@senpak.nz**

Donation: **Gold Coin**

### Session Times

**10:00 AM Tuesday, 7 August 2018**      **1 session of 2 hours**  
**1:00 PM Thursday, 16 August 2018**      **1 session of 2 hours**  
**10:00 AM Tuesday, 21 August 2018**      **1 session of 2 hours**  
**10:00 AM Tuesday, 28 August 2018**      **1 session of 2 hours**  
**10:00 AM Tuesday, 4 September 2018**      **1 session of 2 hours**  
**1:00 PM Wednesday, 12 September 2018**      **1 session of 2 hours**  
**10:00 AM Wednesday, 19 September 2018**      **1 session of 2 hours**  
**10:00 AM Tuesday, 25 September 2018**      **1 session of 2 hours**

## Picasa (Digital Photography.)

Tutor/Organiser: **Brian Erikson**

Learn how to Transfer images from camera to computer then Edit, add text, and make a slide show, plus more.

Phone No: **5344798**

Email: **picasa@senpak.nz**

Fee: **\$10.00**

### Session Times

**10:00 AM Thursday, 2 August 2018**      **2 Sessions: 02/Aug, 06/Aug, 2 hours each**

## Smart Phones/Tablets (Advanced)

Tutor/Organiser: **Brian Erikson**

Bring your Android Smartphone and tablets to this workshop and learn about its advanced features.

Phone No: **534 4798**

Email: **smartphones@senpak.nz**

Fee: **\$5.00**

### Session Times

**10:00 AM Monday, 13 August 2018**      **1 session of 2 hours**  
**10:00 AM Monday, 10 September 2018**      **1 session of 2 hours**

## Smart Phones/Tablets (Beginners)

Tutor/Organiser: **Brian Erikson**

Bring your Android Smartphone and tablets to this workshop and learn what they can do.

Phone No: **534 4798**

Email: **smartphones@senpak.nz**

Fee: **\$5.00**

### Session Times

**10:00 AM Monday, 20 August 2018**      **1 session of 2 hours**  
**10:00 AM Monday, 17 September 2018**      **1 session of 2 hours**

# AUGUST Courses, Workshops, continued

## ***Taking the Plunge***

Tutor/Organiser: **Brian Erikson**

It is suggested that this course should be taken by every beginner.

Phone No: **534 4798**

Email: **ttp@senpak.nz**

Fee: **\$15.00**

### Session Times

**10:00 AM Thursday, 9 August 2018**

**3 Sessions: 09/Aug, 16/Aug, 23/Aug, 2 hours each**

**10:00 AM Thursday, 6 September 2018**

**3 Sessions: 06/Sep, 13/Sep, 20/Sep, 2 hours each**

## ***Windows 10***

Tutor/Organiser: **Dick Harris**

An introduction to windows 10. Learn about the new features in this operating system.

Phone No: **576 9483**

Email: **windows10@senpak.nz**

Fee: **\$10.00**

### Session Times

**1:00 PM Thursday, 30 August 2018**

**2 Sessions: 30/Aug, 06/Sep, 2 hours each**

**1:00 PM Thursday, 27 September 2018**

**2 Sessions: 27/Sep, 04/Oct, 2 hours each**

## ***Word Power***

Tutor/Organiser: **Jim Currie**

Learn how to Type up a document using Microsoft Office Word.

Phone No: **533 4221**

Email: **wordpower@senpak.nz**

Fee: **\$10.00**

### Session Times

**9:30 AM Wednesday, 15 August 2018**

**2 Sessions: 15/Aug, 22/Aug, 2 hours each**

### Booking Information

- You need to be a member of SeniorNet to take part in our classes.
- If you need assistance in deciding on a course, please contact the Tutor who will answer any questions and also take your booking.
- Note: We require you to pay a course fee to cover the cost of notes and other expenses. Please bring the correct cash or cheque to the first session.
- Our Courses are all held at our Learning Centre at **12 Ben Lomond Crescent, Pakuranga**. Please park on the road as no parking is permitted on site.