

Established in 1996 especially for Pakuranga, Howick and Botany residents

Telephone 09 576 4500

SeniorNet (Pakuranga) Inc
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DEC/JAN HELP DAYS

Tuesday, Dec 3rd, 10:00am
Tuesday Dec 17th, 1:00pm

Tuesday, Jan 21st, 10:00am
Thursday Jan 30th, 1:00pm

**NO APPOINTMENT
NECESSARY**

**To view all SeniorNet courses
and timetable, click here**
<http://www.senpak.nz/courses/>

Our next Meeting,
Friday 6 December
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

Firstly we will have various short presentations from a variety of our members. Jan and Doug White are gifting us another beautiful Christmas morning tea. The main speaker will be Gaye Stratton, Community Liaison Educator, Macular Degeneration NZ, giving us an insight to this vision issue. *See page 4 of this newsletter.*



3 NEW MEMBERS

Anne Davidson
Ken McIntyre
Janelle Middleton

SENIORNET EXECUTIVE OFFICER

You will be aware that Grant Sidaway will retire from SeniorNet Federation at the end of the year. Sad for us but happy for Grant.

Federation has advised us that **Heather Newell, (MComms, CFRE, FFINZ)** has been appointed Executive Officer with effect from 1 January 2020.

Heather will visit us as soon as she can in the New Year when we will be able to welcome her to the best SeniorNet in the country.

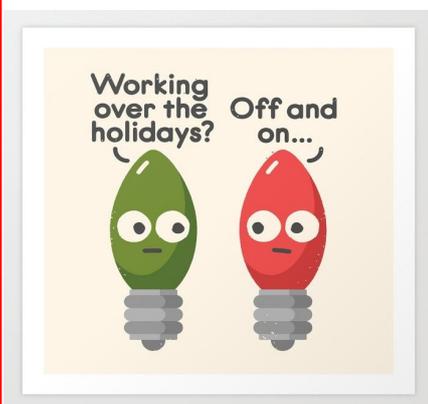
Welcome to the final newsletter for 2019. We take a break from various activities, the last being a Help session on the 17th. We do not publish a newsletter until February 2020 so keep an eye out for course booking invitations in your inbox. I noticed a car number plate 20-20 a few days ago and wondered if it belonged to an optician.

For the December meeting Jan and Doug White have generously catered for our Christmas morning and we will let it linger on so that you can chat longer over some scrumptious fare.

The meeting will feature multiple SeniorNet speakers presenting a range of short topics and with Gaye Stratton, Community Liaison Educator, Macular Degeneration New Zealand giving us an insight to this vision issue. A concern has been that the increasing exposure to “blue” light from LED screens and LED lights as more people are using these devices may be linked to Macular Degeneration. There is however no conclusive evidence that this is the case. Among other questions we can ask Gaye the options for a prudent approach.

My personal thanks to the many who have contributed to running our SeniorNet in the past year, be they committee members with their speciality focus, tutors, Help day helpers, website curators, technology maintenance, refreshments and management software.

Merry Christmas and Happy New Year wishes to you all.



Notes from November Meeting

Dawn Howarth



Yet another successful meeting with 6 new members welcomed to our merry band of computer-using-enthusiasts.

Marie Jardine then told us all about *swallowing*, emphasizing that ageing is not the cause of swallowing problems, but a side effect of something else. Marie was doing a Doctorate at Auckland University and her thesis is on swallowing, comparing all age groups in the hope that one day swallowing difficulty can be remedied instead of being called 'age-related' and not treated.

After our tea break **Mikey Wu from Rocket Lab** gave us an amazing talk about the rockets they build in their premises on Waipuna Road, transport them to Mahia peninsular then launch sending satellites into orbit around the earth. He compared satellites and rockets from 20 years ago to nowadays showing the incredible differences, especially in size, cost and capability. The advances they had yet to make were the stuff of dreams —catching part of the rocket casing before it crashed into the sea and reusing it. Where would we be without all those satellites sending our communications, telling us of upcoming weather, even the GPS in our cars. I don't think we could live without them anymore. The founder of Rocket Lab, Peter Beck, must be lauded for his efforts in starting this company, his tenacity in raising funds to get it going and for the amazing success it has enjoyed.

Thank you organisers for another outstanding meeting. May I extend merry Christmas wishes to all our members and especially to those who do all the behind the scenes work. May you have a joyous festive season and I look forward to seeing you all again at our February meeting.



Last Month, They said what ?

By Tony Kendall

Our Mini Speaker was **Marie Jardine** from the University of Auckland who has been doing study and research on **Age Related Swallowing Changes**.

Marie began as a speech language therapist, came across this subject and is pursuing it as a Doctorate thesis. She has attended and presented at International symposiums and has been awarded recognition for her work on the subject already.

As part of her presentation to us, she showed us a fluoroscopy video (or moving x-ray) of a person chewing, masticating and swallowing. Watching those jaws masticate and then black globules sliding down the throat was not a pleasant view or even thought! Do not view this video at night or alone. Watching it was a challenge! And we all look like that when eating!!!!

We learned new words: bolus, comorbidities, pharyngeal (throat). Her presentation was excellent.

Her message to us is that swallowing difficulties are a symptom of something else and are NOT age related!! Don't accept that! Seek medical help and advice if you have difficulty in swallowing.

Marie is looking for people without swallowing problems or reflux to volunteer for testing for further research into this affliction. Marie needs "healthy" people to provide her basis for analysis of others not so fortunate. If you are in the 80 and 90 age bracket, she would welcome your support. Contact her through the University of Auckland.

After morning tea, we were introduced to **Mikey Wu**, a manufacturing engineer from **Rocket Lab** who specialise in small satellites with payloads up to 150kg for earth observation, GPS, atmospheric observation and for services in the future such as self-drive cars.



Rocket Lab NZ is a wholly owned subsidiary of **Rocket Lab USA** and was founded in 2006 by Peter Beck.

Mikey showed us how computers, phones, space rockets and satellites have miniaturised to today. This has opened the way for **Rocket Lab** to enter the market with smaller, less expensive space launches, aiming at 1 launch per week. Mikey told us that they have had a 9 out of 9 success rate launch to date. That is 100%.



Rocket Lab have 2 launch sites, the first on Mahia Peninsula in Poverty Bay, the other on Wallops Island, Virginia, USA. A marvel of our modern communications is that the control systems for launching at both sites all takes place from their building on Waipuna Road. At Mahia, they have the only privately owned and battery-powered rocket launch pad in the world.

Rocket Lab use a mixture of liquid hydrogen and kerosene as their fuel. All manufactured items are freighted by road to Mahia

Of interest is **Rocket Lab's** plans to recover their first stage rocket systems by using a specially designed parachute and drogue with a special grappling device suspended from a helicopter. This will allow them to reuse that part of the rocket. The components that travel further into space as part of the rocket propulsion system will eventually return to earth due to gravity, but as they reach closer to earth, they burn up and disintegrate completely.

The outer casings of the various stage systems of the rocket are all made from carbon fibre, are manufactured at their Waipuna facility utilising specialists from the Team New Zealand boat manufacturing.

Mikey told us that there approximately 480,000 particles floating in our outer space perimeter, but that this space is so vast that chances of collision are very remote. Hard to believe?

At question time, there were so many very interesting questions that obviously this subject proved very popular with members. Maybe another talk next year?



Have a tree-mendous Christmas



Macular Degeneration
Free Seminar

Learn about the impact of Macular Degeneration, medical research, treatments and resources available

Macular Degeneration is the leading cause of blindness in New Zealand, affecting 1 in 7 people over the age of 50.

Local Ophthalmologist, Dr Dianne Sharp, will share the latest information on treatments and the management of Macular Degeneration.

Bring your friends and family to this free educational seminar.

DATE: Saturday 30 November 2019
TIME: 10.00 am - 11.30 am
VENUE: Quality Hotel Parnell
Endeavour Room
10-20 Gladstone Road
Parnell, Auckland

To register call **0800 MACULA** (622 852) or email info@mdnz.org.nz



MACULAR DEGENERATION NEW ZEALAND

www.mdnz.org.nz

Dear Brian

Macular Degeneration NZ is hosting a **free Awareness & Education Seminar on the eye disease, Macular Degeneration, in Auckland on *Saturday 30 November, 10.00am – 11.30am* at the Quality Hotel, Parnell, 10-20 Gladstone Road, Parnell.** The aim of the seminar is to share the latest information on research and treatments and the management and impact of living with macular degeneration. The seminar will be led by local ophthalmologist, Dr Dianne Sharp and we hope to have low vision aids and equipment available for the public to view.

Macular Degeneration (MD) is a progressive eye disease that is the major cause of blindness in New Zealand, with 1 in 7 New Zealanders over the age of 50 showing some evidence of the disease, while 1 person in 4 over 80 will have some vision loss, affecting quality of life and independence. Increasing awareness of this age-related eye disease is therefore a very important aim of these seminars.

We hope to promote our Auckland event to as many local residents as possible and would appreciate it if you would kindly put the attached flyer on your noticeboard for your Club members.

For planning purposes it would be helpful to us if people wishing to attend could let us know by phoning 0800 622 852 or emailing info@mdnz.org.nz.

Kaye Buckingham

Kaye Buckingham | Client Services | **Macular Degeneration New Zealand**
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Awhina House, 4 Maunsell Road, Parnell 1052 | www.mdnz.org.nz



Comments, Queries, Suggestions, Free Advertising

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COURSE TIMETABLES, HELP DAYS AND COURSE BOOKING INFORMATION

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DEC/JANUARY HELP DAYS

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Course 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.
- * 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.
- * 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.

I am one bottle of shower gel away from being able to open my own Christmas gift shop in my shower.

WAIVER: Some of our members voluntarily and willingly give help and advice to other members on matters relating to computers, associated equipment and software. This includes information contained in the columns of this newsletter and other publications including our SeniorNet Website. This help or advice is taken solely at the recipient's risk and imposes no responsibility or liability of any kind, either on those providing such help or advice, or the newsletter Editors or SeniorNet (Pakuranga) Inc.