

**FEBRUARY 2020**

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

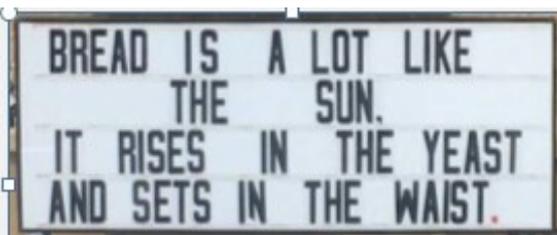
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- ◆ February Help days
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## **FEBRUARY HELP DAYS**

Monday, 3<sup>rd</sup>, 1.00PM  
Wednesday 12<sup>th</sup>, 10:00AM  
Thursday 20<sup>th</sup>, 10:00AM  
Thursday, 27<sup>th</sup>, 10:00AM

**NO APPOINTMENT NECESSARY**

**To view all SeniorNet courses  
and timetable, click here**

<http://www.senpak.nz/courses/>

Our next Meeting,  
**Friday 7 February**  
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 base-  
ment entrance.



*Visitors welcome*

The early speaker will be **Brian** talking about the **Importance of Storage**.

The main speaker will be **Hilary Arrowsmith, Senior Librarian, Programmes and Events, Auckland Libraries** who will address us on the e-resources Auckland Public Library has to offer.

### **BEWARE—Be warned:**

We know that parking in BenLomond Crescent is awful at the best of times and frequently involves quite a long walk to get to our training room. We are sorry about that—there is really nothing we can do to improve this.

Last week one of our committee members was fined \$200 for parking too close to a driveway. The rule is, there must be 1 metre clear between your car and a driveway.

**The Road Code says “You must not park in front of, or closer than 1 metre to, a vehicle entrance.”**



## **5 NEW MEMBERS**

Grant Bennett  
John Wilson  
Alan Sheath  
Leonie Manson  
Sue McKay

On his final day as the SeniorNet Federation's Executive Officer **Grant Sidaway** was named in the New Year Honours, as a *Member of the New Zealand Order of Merit*. The award acknowledges Grant's contribution to 'seniors and ICT education'. I know that you will join me in offering Grant our sincere congratulations. This award is a worthy tribute, recognising years of meritorious service to SeniorNet.

Heather Newell is our newly appointed Executive Officer. Heather is very excited about meeting as many of us as possible in the New Year. Heather has had previous experience in how technology can be used in the community sector, having been chair of Wellington ICT and on the committee of the Wellington 2020 Communications Trust for many years. Heather is a specialist in fundraising, and we are looking forward to her sharing her knowledge to ensure the sustainability of the SeniorNet movement. Outside of working hours Heather is a city councillor in Upper Hutt and enjoys owning three horses with her son.



Courses underway at our Learning Centre and the perennial difficulty of parking is evident as business activity in Cascades Road continues. Be aware on the roadside parking bylaws which require a 1 metre gap between a driveway and a parked vehicle (front or rear). There are one or two tempting spots where it looks like you could fit but the Parking Warden thinks otherwise. An infringement is a \$200 fine.

Now that some of you have had one two or more years of training with us please consider the possibility of sharing that by helping in a course. You may feel a bit exposed to start with but you will find other members are very understanding and grateful for your efforts. Talk to any tutor, Mike Empson, myself or email [pc9@senpak.nz](mailto:pc9@senpak.nz) to discuss options.

## *Notes from December Meeting*

*Dawn Howarth*

Welcome to another year. I hope Christmas and the New Year's Eve festivities were memorable in the happiest way and that none of you were near White Island. My memory of our last meeting is a little hazy now, although I vividly remember our delicious morning tea. Thank you again Doug and Jan.

I recall that Grant Bennett joined our jolly band and that Maureen Keys (**Membership No. 89**) retired from tutoring Word but will continue to be a member of our SeniorNet. Thank you Maureen for all the years you have spent teaching us Word. We have appreciated your efforts.

Tony Haack told us about **S10 Password Vault**, and recommends we check it out. Read all about it at <http://www.s10soft.com/passwordvault.htm>.

Jim Currie talked to us about Google Drive and how easy it is to use this online storage system and Brian told us about various eReaders. These are wonderful for downloading library books (Libby) however the Kindle readers only accept books purchased from Amazon. I have Libby on my phone and on my iPad. These sync with each other so I can continue to read on either device at the right page every time.

The main feature of the day was Gay Stratton talking to us about Macular Degeneration, (not Masculine Degeneration in case you are hard of hearing). Gay told us to regularly check our vision using the fridge sticker she gave us and immediately you notice a change, see an optometrist or ophthalmologist for expert advice. Early intervention and a healthy diet including green veges and fish which is high in Omega3 like salmon,, sardines, anchovies, can work miracles.

# Last Month, They said what ?

By Tony Kendall

We were privileged to have 3 of our members talk to us today on some interesting help aids for us.

First, we had **Tony Haack** talk to us about Password Manager, a method to beat the system of recording all our User Names, Passwords and Pin Numbers etc applying to our current world.

**Tony** talked to us about **s10 Password Vault**, a free single installation Password Manager. Check out [www.s10soft.com](http://www.s10soft.com). The Encryption has a system that is astronomically more secure than what has ever been cracked. It has a single password file, a clipboard is automatically emptied after a minute, has a password generator and has linked passwords .

Tony explained that the programme is easy to use, simple and intuitive, customizable and is safe and secure. Go have a look!

Then we had **President Brian** talking to us about his attempts to obtain something more versatile than a Kindle reader. He spoke about Galaxy 80. It has access to over 300,000 books and contains up to 34 books at any one time and can include access to Kindle and Kobo as well. Brian recommends a cover for ease of handling. The screen can be squeezed or pinched for font sizing.

Jim Currie talked to us about Google Drive with what should be called an “on line storage system”, rather than “the cloud”. To access Drive, go online to Google and click on the 9 pin square on the top right hand side of your screen. You will get “My Driver”. Create New Folder and you have access to name or upload pictures, folders or documents. Have a look at this too.

For our main speaker, we had two people from **Macular Degeneration New Zealand**, a charitable organisation relying on donations to operate. The main aim is to support people affected by **Macular Degeneration** of the eyesight.



**Phillippa Pitcher** attended with **Gaye Stratton** who did the presentation.

1 in 7 people over the age of 50 have **Macular Degeneration** with central vision loss by blurring. This is an age-related eye disease, with smoking increasing the risk by fourfold and getting MD up to 10 years earlier. There is a 50% chance through family history.

Diet is important in providing Lutein (a pigment) with leafy green vegetables. Kale is especially recommended as it is high in Lutein.

Special injections into the eyes can be a major help in reducing the blurring enabling reading of fine print and driving. There are two forms of MD, dry eyes that is slow moving and wet eyes that can deteriorate as much as 50% vision loss in 6 months.

Consider good lighting, magnification of fine print for easier reading and contrast of light.

Tests at a vision clinic on a regular basis is strongly recommended to assist in early detection and treatment.



**Comments, Queries,  
Suggestions,  
Free Advertising**

## **COMMITTEE**

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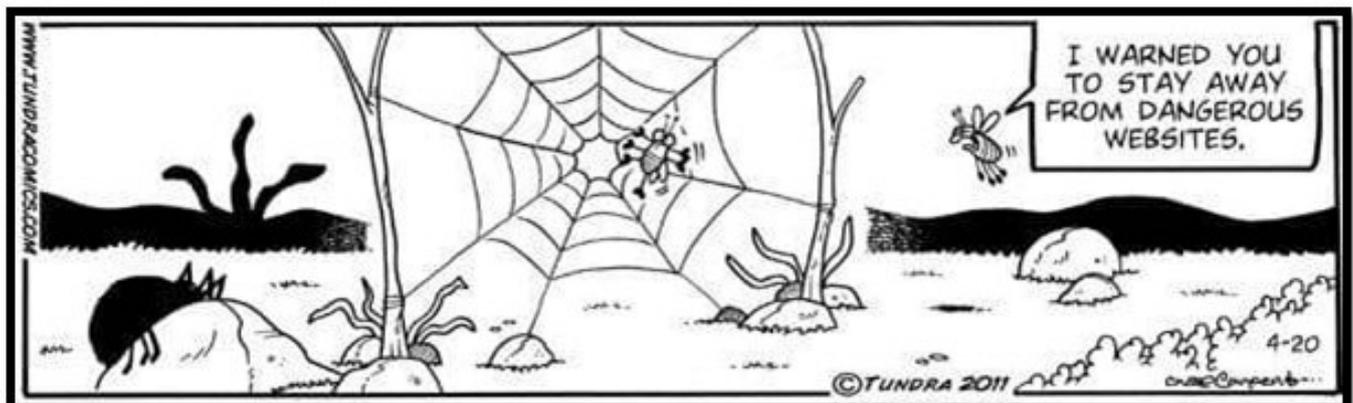
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**NURSE CAME IN AND  
SAID DOC, THERE'S A  
MAN IN THE WAITING  
ROOM WHO THINKS  
HE'S INVISIBLE, WHAT  
SHOULD I TELL HIM?  
THE DOCTOR SAID TELL  
HIM I CAN'T SEE HIM  
TODAY.**

**Apparently you  
can't use  
'beefstew' as a  
password.**

**It's not stroganoff.**



## COURSE TIMETABLES, HELP DAYS AND COURSE BOOKING INFORMATION

To view all SeniorNet courses and timetable, click here

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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.

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.