

JUNE 2021

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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- ◆ Next meeting
- ◆ June Help days
- ◆ New members
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- ◆ Kate's Take
- ◆ Your Committee
- ◆ How to join a course

Our next Meeting,

Friday 4 June

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.



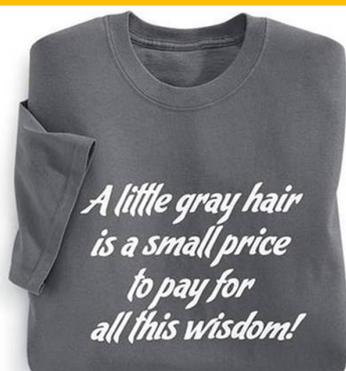
Visitors welcome

The early speaker will cover options available as an alternative to WORD, EXCEL, POWERPOINT, etc.

The main speaker will be Bill Buckley talking about the America's Cup and his company's part in it.

**May/JUNE
HELP DAYS**

Mon	31 May	10am
Wed	9 June	10am
Thurs	17 June	1pm
Wed	23 June	10am



TEE SHIRT FOR SENIORS

WOW 10 NEW MEMBERS



Alison O'Sullivan
Heidi van Beelen
Naomi Thoms
David Bates
Colleen Cassin
Pat Osborne
Bruce Mattison
Annette Mattison
Riet Van Lieshout
James Mackie

Lance is an uncommon name these days, but in medieval times people were called Lance a lot .

These notes cover our Welcome Letter which in recent years went to all new members. Or it should have but a change to Mail Chimp, the very effective application we use for email notifications to members, has meant that it did not happen.

We have rectified this for future new members and a copy of the letter follows to bring everyone up to date.

WELCOME

I am pleased to welcome you to SeniorNet Pakuranga. As a new or returning member we want to ensure you get the most out of joining in our Monthly Meetings, Training Courses, Pop-Up Workshops and Help Days.

This welcome email describes how we keep in touch with you, how you can use our website for information and keep in touch with us.

We look forward to making a positive experience!

Chairman - Brian Erikson



Our Mission

With rapidly advancing technology, our mission is to provide suitable education to enable people aged 50 + to become computer literate, in a friendly and enjoyable way. Experience shows this will enhance their lives by facilitating communication with friends and family, enabling them to share their knowledge and wisdom.

Throughout the developed world SeniorNet has established Learning Centres where classes are offered on a wide variety of computer topics. Voluntary peer teachers are in the same age group, allowing members to learn the necessary computer skills at their own pace.

Tell your friends about us, as word of mouth is always a reliable way of spreading the word.

SeniorNet Pakuranga Inc:

SeniorNet Pakuranga covers the areas of Howick, Pakuranga and Botany. However, members are welcome from wherever they live. SeniorNet is managed by an independent committee, who organise the premises, equipment, classes, and funding.

We are an affiliate Learning Centre of the Federation of New Zealand SeniorNet Societies Inc.

Learning Centre

The learning centre is within the Cascades Storage facility at 12 Ben Lomond Crescent, Pakuranga. It is equipped with a number of computers, desk space for tablets, laptop computers, and UFB (ultra-fast broadband) internet. Air conditioning has also been installed for members comfort.

Continued ...

Keeping in Touch

Newsletters:

Members receive a monthly newsletter keeping them up to date with General Meeting Speakers and topics, course and workshop schedules, Help Sessions, times and dates, notices etc. The newsletter is delivered by email and is in a pdf format. You will need to have a pdf reader installed on your computer, tablet or mobile phone, though in most cases it's there by default.

Mail Outs:

Regular emails are sent to all members advising of all Courses, Meetings and Help Sessions coming up.

Where bookings are required then can be made by pressing the [Click Here to Enrol](#) button on the email. This will automatically generate an email addressed to the Tutor with all your details required to make a booking. The email can be edited before it is sent. In the unlikely event of not receiving confirmation of your booking from the Tutor within 48 hours, you should phone them on the number listed on the email.

Our Website

Members can keep up to date with club activities. Click MENU to reach these pages;

- **Home page** which provides some details of what we do and a weekly diary of upcoming events for the current and next week.
- **Course's page** provides in-depth Course, Popup and Help information including a timetable of courses over the next 2 months. All course descriptions can be viewed by clicking the + symbol on each of the block of eight course categories. New members usually start with Taking the Plunge and Smartphone Beginners.
- **Notice's page** which lists our current and previous Newsletters and the SeniorNet Federation Gizmoe. The Speaker Notes are from some previous monthly meetings.
- **About page** containing our mission statement and many other details. Contact details for your committee members are listed on this page.
- **Join Now page** describes the ways you can join including internet banking instruction.
- **Contact page** shows our telephone number, the addresses and maps for our monthly meeting and Learning Centre. There is an enquiry form that is referred to committee members for attention. To stop its use by robots you must put the answer to the addition of two numbers in the adjacent block.

[Click to explore our website](#)

Wish to discuss any aspect of our service? Please come to the next Help session and one of your fellow members will help you. If you are unable to open a newsletter, come along on a Help day and learn about installing a pdf reader.

Kate's Take

Garnet Tregonning, a retired Orthopaedic Surgeon, gave us a very amusing and illuminating talk on the process of aging in relation to our major joints (knees, hips and ankles) and he explained how osteoarthritis can develop as we age.



The ends of our bones, in these joints are covered by cartilage. This is an incredibly smooth material with no blood supply or nerves and is made up of 80% water. These joints are kept within in the articular capsule which is lined by the synovial membrane. In a healthy joint, this membrane produces a tiny amount of fluid that lubricates the movement between the cartilage covered ends (or end and socket) of the two articulating bones. If the cartilage is damaged it never heals to the way it was.

Damaged by injury or infection the cartilage becomes rough and can gradually deteriorate to a point that bone is rubbing against bone. This will lead to pain. It is at this stage that an artificial joint may be considered. However, the use of a stick can relieve some of the discomfort but it is important to always use the stick in the opposite hand to the painful hip.

An accident or sporting injury when we are young, an infection, perhaps associated with diabetes or just carrying too much weight can all be precursors to osteoarthritis and the ultimate need for a joint replacement.

Modern hip replacements can last for upwards of 20years. Modern ultra-high molecular weight polyethylene plastics used for the ball and socket liner do not break down and modern cements keep the socket secure. For younger patients who need a hip replacement a “rough” socket has been invented which actually allows the bone to grow into it. This is very expensive but worthwhile for younger patients.

It is probably too late for most of us, as the initial damage will have been already done from that sport we played or that accident we had in our youth and so we cannot avoid osteoarthritis. However, the less weight that we carry will reduce the stress on our joints. Consequently, the message that came from the talk was to maintain a regimen of regular exercise and aim to achieve and maintain the weight that is recommended for you, by your Doctor. This will reduce the stress on our ageing joints and the likelihood of developing Type 2 diabetes.

A fascinating talk, many thanks Garnet.

A big thankyou to Brian for introducing us to “**Senior Hangouts**” and the App “**Anydesk**”.

We all sympathized with Brian as he was tormented with those computer gremlins that have had us all pulling out our hair over the years.

It's a rather unfortunate time to introduce newcomers to **Senior Hangouts** as this month it has started to update its platform and the new format doesn't come on line until June 1st so we will give you all the appropriate new links in next month's Newsletter. You will still be getting the SeniorNet Hangouts information from our club as the meetings occur.

AnyDesk is software that allows computers and other mobile devices to be remotely controlled.

Great for when you get stuck with something on one of your devices and you have a grandchild in the South Island or the UK who is a computer whizz. You both will have to download the free App “Anydesk” and then they can help you out by controlling your computer from their end. They will be able to see the screen of your device and control the cursor or touch screen of your device from their computer or phone.

The software is compatible with all the common operating systems and can be downloaded from the following link

[AnyDesk: The Fast Remote Desktop Application](#)

There is also an excellent user manual that can be downloaded on the link below

[User Manual - AnyDesk Help Center](#)

The App itself is very secure but only use it with people you trust. Don't be persuaded to download the App and supply your passcode to people you do not know or trust.

Another TEE SHIRT for Seniors



COMMITTEE

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Hmmmmmm..... So Bill Gates is single 😏



The Diet Fork



Available in Fine Stores Everywhere!

Ramblings

Dawn Howarth

It was nice to see new members and visitors join us for that meeting. I hope they enjoyed it and will be back keen to meet up and learn more. I see we have Mac classes on our schedule now. A whole new world opening up, and maybe some of the 10 new members this month are from the Mac community. You are more than welcome.

What a lesson we had learning about our hips and knees. Renewed my resolve to reduce my weight and take more care of myself.

Congrats to Paul Tindill on winning a USB stick at the lucky draw.

The weather seems to be cooling considerably and it is easy to stay home and warm at night. I hope you are all enjoying warm houses and maybe even a hot toddy now and then.

COURSE TIMETABLES, HELP DAYS AND COURSE BOOKING INFORMATION

To view all SeniorNet courses and timetable, click here

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

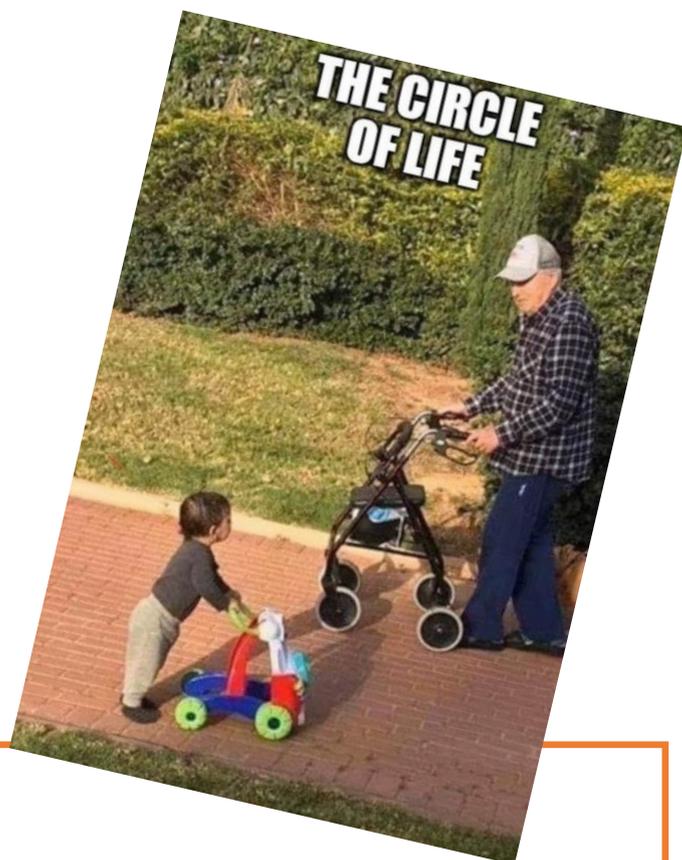
JUNE HELP DAYS

Wed 9 June 10am

Thurs 17 June 1pm

Wed 23 June 10am

NO APPOINTMENT NECESSARY



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 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.