

This issue:

- ◆ Next meeting
- ◆ **Bits and Bytes**
- ◆ How to install Zoom
- ◆ Dawn's Ravings
- ◆ Your Committee
- ◆ Help Day info
- ◆ A few smiles throughout

Our next Meeting,

and AGM

Friday 1st October

at 10.00am

ON ZOOM

Visitors welcome



OCTOBER HELP DAYS

Please see Page 5 for details.

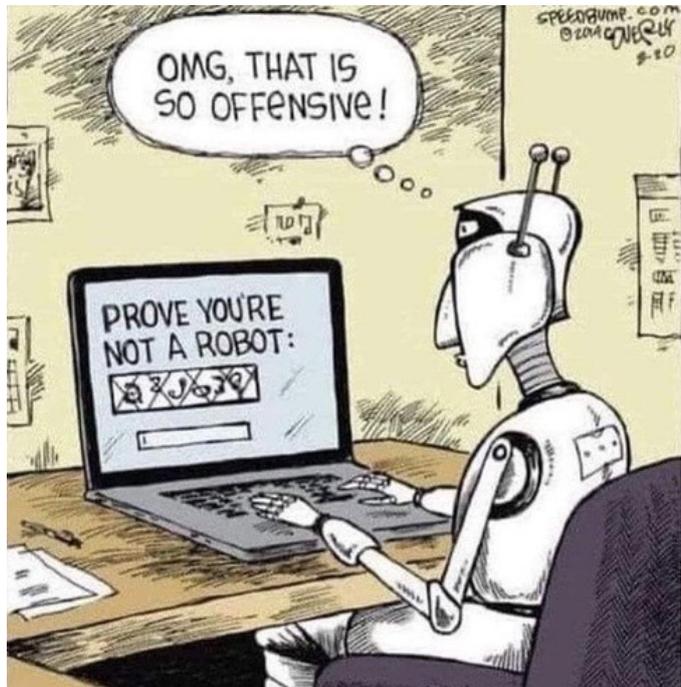
This meeting will include a very fast AGM followed by our guest speaker from Netsafe who will advise on how to protect yourself from scammers and hackers and other nasties.

Maggie Burrill, who does a wonderful job securing speakers for us, wants to thank all those who responded to Graeme's notice regarding the speaker from Netsafe. It was very helpful in suggesting to Netsafe, the topics you want discussed next week.

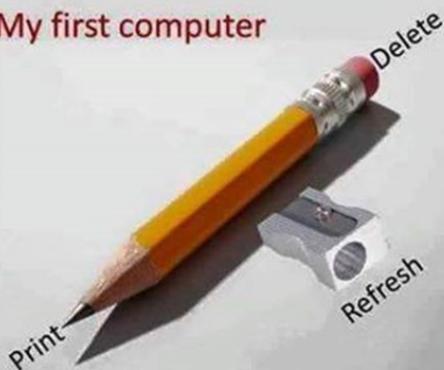
2 NEW MEMBERS



Fran Davies
Mark Davies



My first computer



BITS & BYTES

Brian Erikson

Our October meeting commences with the AGM followed by a NetSafe presentation.

It will of necessity be conducted using ZOOM. [Click here](#) for instructions on how to install Zoom on PC, tablet or Smartphone and the basic controls and how to when joining a meeting.

If you haven't used Zoom before read this first, install it before the AGM and practice a bit.

There is also a YouTube video which you may find helpful, [Click here](#)

The Zoom invitation, agenda and relevant minutes and reports will be sent to members next week.

If you wish to submit an apology because you are unable to join the meeting please email secretary@senpak.nz

If you have an item to be included in general business please forward a summary to secretary@senpak.nz

Actually, it is our second Zoom AGM and as previously, voting will be by show of hands.

Nominations are still open and its disappointing to note that only one fresh face has been nominated. So please take a moment to think about your situation. Could you do a stint on the committee and help spread the tasks?



Oh dear, lock down is more difficult this year. I hope you are all getting through with no problem. I'm finding it much harder this time.

I watched a lot of the Paralympics and I'm blown away by the skill, the training and perseverance those people must have put in to achieve the truly incredible performances they have given. It makes me embarrassed to think of the miniscule things I complain about (like no happy hour) when those competitors have overcome so much. They were unfailingly happy, especially if they win a medal, and they brought great joy to me just watching them.

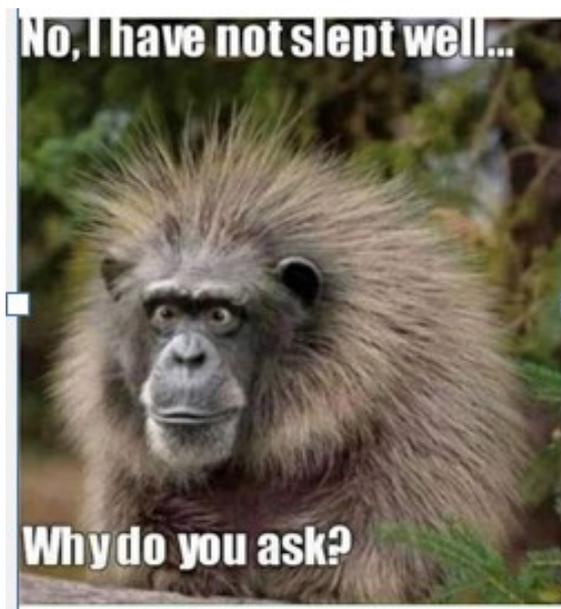
We had a Zoom SeniorNet General meeting earlier this month which brightened my day. I think most of you slept in or forgot, because about 80 members were missing. I hope you make it next month. (1st October). We will have to Zoom it again and it will include our AGM. Please wake up a little earlier and join us — AND keep those nomination forms coming to me—yeah right. I think you have forgotten to do that small thing, but there is still time.

The meeting was really good with StJohn giving a great presentation about some of the services it provides. They certainly are a wonderful asset to our city, especially here in Pakuranga and Howick where they have a new vehicle to provide a shuttle service for those who need it. It was nice to hear a special mention given to Maggie and Bill Burrill and to Doug and Jan White for their generosity to StJohn. Aren't we lucky to have them in our group.

- Laura from StJohn gave an excellent demonstration on the use of defibrillators. So much easier than I imagined.
- John followed up with advice for using their Health Shuttle service—a boon to those with no car or nearby relatives.
- Fran showed us the home medical alarm we are all familiar with, and a new mobile medical alarm for use when you aren't at home. A giant step forward for alarm users.
- This was followed up by Suzana telling us of their fund raising efforts (this is where Maggie and Doug had an honourable mention). You can make a Support Subscription to StJohn each year which entitles you to free ambulance services should you require it. You can now gift a Support Subscription as well. A great gift idea really, for those in our age group especially. You can also donate through your Will. Look at their website for more info on these gifting suggestions and the costs for alarms, etc.

You can also look on You Tube to see the Zoom meeting, see the StJohn demonstrations and hear their life saving advice, it is well worth it. <https://www.youtube.com/watch?v=YfwNoNk6pLM>

Take care people, **and I look forward to seeing you at our zoom meeting on 1 October.**



COMMITTEE

- Chairman** Brian Erikson 534 4798
brian@senpak.nz
- Treasurer** Mervyn Coward 576 8737
mervyn@senpak.nz
- Secretary** Dawn Howarth 576 6798
dawn@senpak.nz
- Membership Secretary**
Robyn Carter 534 4525
robyn@senpak.nz
- Systems Manager**
Graeme FitzGerald 272 9271
graeme@senpak.nz
- Publicity** Warren Taylor 534 3482
warren@senpak.nz
- Course Co-ordinator**
Mike Empson 535 8506
mike@senpak.nz
- Guest Speaker Co-Ordinator**
Maggie Burrill 533 5440
maggie@senpak.nz
- Asst Guest Speaker Co-Ordinator**
Fay Mullins 021 527 762
fay@senpak.nz

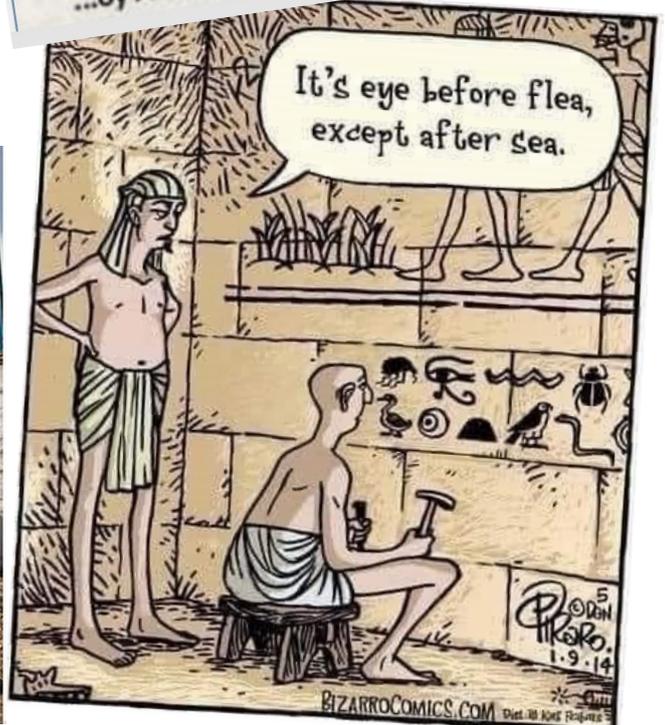
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COURSE TIMETABLES, HELP DAYS AND COURSE BOOKING INFORMATION

OCTOBER HELP DAYS

Until we get to level 1, it is unlikely we will be able to hold Help Sessions in our Learning Centre.

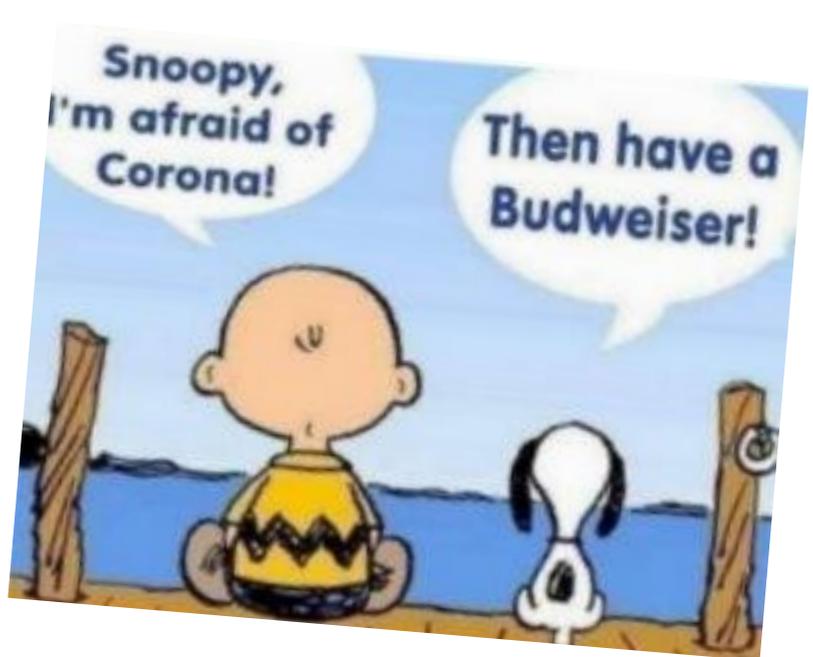
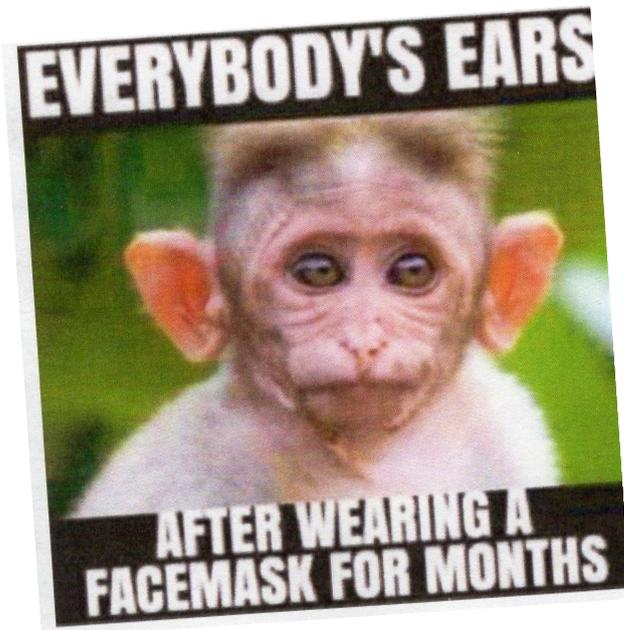
Therefore if you Need Help During Lockdown

Send a request to help@senpak.nz describing the problem, best you can, and we will get one of the tutors to contact you to help resolve the problem!

It is recommended that you download AnyDesk to the device so that the tutor can look over your shoulder and if necessary make the changes to fix the issue.

To learn how to load AnyDesk onto your Windows Computer [Click Here](#)

To learn how to load AnyDesk onto your Android Phone [Click Here](#)



2019: AVOID NEGATIVE PEOPLE
2020: AVOID POSITIVE PEOPLE
2021: AVOID PEOPLE BECAUSE YOU DON'T KNOW IF THEY ARE POSITIVE OR NEGATIVE

• TO ALL THE LADIES WHO WERE PRAYING FOR THEIR HUSBANDS TO SPEND MORE TIME WITH THEM — HOW ARE YOU DOING? 🙄

PEOPLE KEEP ASKING
"IS COVID 19 REALLY THAT SERIOUS?"

LISTEN UP

CASINOS AND CHURCHES ARE CLOSED

WHEN HEAVEN AND HELL
AGREE ON THE SAME THING

IT'S PROBABLY PRETTY SERIOUS



To all the grandparents
who are missing their
grandchildren.

When this is over you can
have them for a month.

Promise.



I've moved on from Be Kind,
Be Calm and Be Safe to
Grow Up, Shut Up and Mask
Up.

BREAKING NEWS

Wearing a mask 🤔
inside your home is now
highly recommended.
Not so much to prevent
Covid-19 but to stop eating.