

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

NOVEMBER 2022

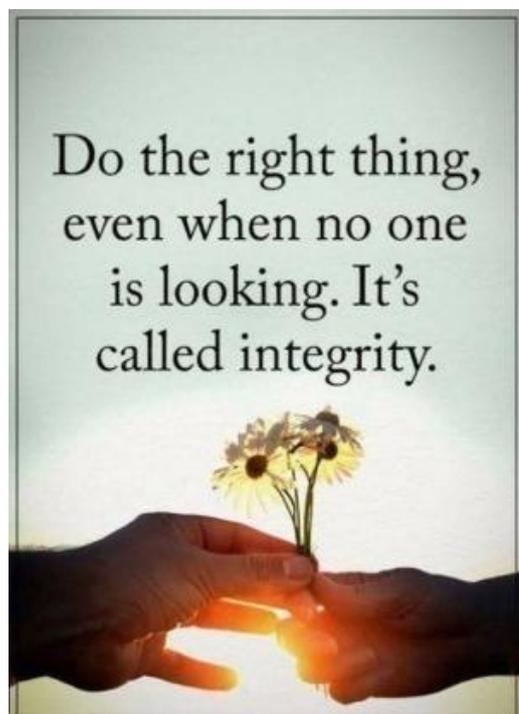
Telephone 09 576 4500

Established in 1996 especially for Pakuranga, Howick and Botany residents



This issue:

- ◆ Next meeting
- ◆ November Help days
- ◆ **Bits and Bytes**
- ◆ Dawn's Ravings
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- ◆ Your Committee
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Do the right thing,
even when no one
is looking. It's
called integrity.

Our next Meeting,

10am Friday 4 NOVEMBER

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
Masks optional

The early speaker will of course be Kate. We are hopeful
that Robert Finley will be able to tell us how to store and
find photos in our computers/phones, etc.

*Did you try to email an apology for the AGM that wouldn't
work? Graeme has some advice that may fix that problem.*

If you are not able to send an email from a website email
address link, it is usually because you have not got your
email client set up in your settings. Below is a link to a
YouTube video which shows you how to do it;

[Change default email client on Windows 10 - YouTube](#)

This describes how to make the change in Windows 10.

It is the same in Windows 11. Click on Settings in the
apps menu and follow the YouTube instructions.

NOVEMBER HELP DAYS

Tues	1 Nov	10am
Thurs	10 Nov	1pm
Tues	15 Nov	10am
Thurs	24 Nov	1pm
Wed	30 Nov	10am

While getting my thoughts together for the November Bits and Bytes, it occurred to me I should be using the App Otter. I've never had touch typing training and I'm finding some fingers are getting fast and others fingers slower. This results in certain words turn out with characters reversed For instance from becomes form and the becomes teh. I'd hope that Auto correct and spell check can pick up would correct these problems but not always as some malformed words are valid.

I'm trying Otter (browse for Otter.ai or use smartphone stores) for the first time using the free version which enables 300 minutes of voice per month with a maximum of 30min per session. Otter paid versions increase this significantly from UD\$9 A month. Its available for iPhones and Android phones as well as an addon to Chrome browser on a PC. I find the phone a very good option for dictation. Just tap the microphone icon to start or use pause to have a break to think.

The Otter app can even join a Zoom or Teams or Google Meet conference as a participant and transcribe the whole meeting while distinguishing between all the speakers. It also offers to be “you” in a meeting if you have double to triple booked your time.

It records and transcribed voice in real time then provides a download that you can share shortly after the meeting is finished.

This transcript was generated by <https://otter.ai>

If you are new to this way of working you don't necessarily dictate an outcome as well as one would write. So the text file gives you the option to go back and do a good edit job before you share a final file. But the above part took me two minutes, (200 words per minute) which using a keyboard typing would have taken me much longer.

I've got more to learn but the transcribed text file is .txt format which you open in Word or its equivalent, do your editing, as I have in parts of the above, and save as one of the standard word processor files.

I was curious about translation. It only handles English but adapts to regional accents and foreign speakers using English. A special project has been to have simultaneous English and Japanese transcribed text showing on large meeting screens

Ramblings

Dawn Howarth

At the time of writing this, we have both Auckland City Council elections, and of course our AGM and super committee elections coming up, so I thought the Golfer's Story was timely. Although by the time you read this both elections will be history, I thought it was a good story though and I hope you enjoy it. A reminder to us all, be aware, listen carefully, vote, then cross your fingers and hope.

A new scam. Last week I received an email from Spark advising I had paid my invoice twice, and to “click here” for a refund. Great service *if I had an account with them—but I don't.*

I have just come home from our October AGM and meeting. It wasn't too onerous but good to be behind us. Wasn't Kate great—maybe saving a life in the process. I am going to install and study the Red Cross APP. It sounded like a real lifesaver. I may also invest in a Blood Pressure monitor. I had one and gave it to a relative who needed it more.

Brian's presentation on Scams was enlightening too and I was super impressed with Graeme telling us about [FamilySearch Research Wiki](#). If you are a genealogist, or even curious about your family history, check this out. It looks amazing.

Sunday afternoon and I'm delighted our houseguests have gone, peace and quiet reigns and I love it. I'm off to make a G&T to celebrate. Take care and keep smiling.

A Matter of Life or Death

A matter of life or death sounds like a very melodramatic title for a talk at SeniorNet, but the plan was to draw attention to the **importance of monitoring our blood pressure.**

High blood pressure is the **leading cause of stroke.** The older you are the more likely you are to have a stroke.

Chance of having a stroke **doubles every 10 years** after the age of 55.

Approximately, **54% of strokes** and **47% of coronary heart disease**, world-wide can be **attributed to high blood pressure.**

High blood pressure or **hypertension**, as it is often called, **does not make you feel unwell.** This is one of the reasons why it is so important to take responsibility for monitoring your own blood pressure even when you consider yourself to be very fit.

Between your annual medical check-ups there can be considerable change in your blood pressure.

If your blood pressure is taken just a couple of hours after taking your medication it will be at its lowest but what is your blood pressure just prior to taking your medication? That one reading at the doctors may well not be a true reflection of your blood pressure over 24 hours.

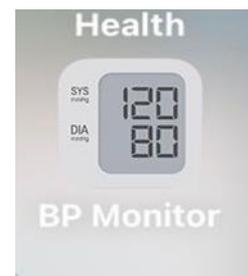
The nurse at your own doctor's surgery will take your blood pressure but many make a charge in the region of \$15. Most pharmacies have a blood pressure monitoring service. Some charge \$5 while others, like the Unichem Pharmacy in Picton Street, Howick, will do it for free.



Of course, you can purchase your own monitor. They range in price. At the time of writing, the one pictured on the left cost \$72.99 from The Chemist Warehouse.

Once you get into the habit of taking your blood pressure on a regular basis it's a good idea to download an app to record the measurements.

There are many apps **FREE** to download.



Type "Blood Pressure" into the search bar of your app provider. There are many apps to choose from. The one with the icon illustrated above "Health BP Monitor" is free, has no "in app purchases" and it allows historical measurements to be entered that may have been previously recorded on paper. The value of such an app is that the data is illustrated on graphs. It is easy for you and your doctor to monitor trends. The graphs are colour coded indicating whether your blood pressure is high, normal or low. A table of your blood pressure is also created which can be emailed to your doctor if needs be.



CPR Tempo

Supplies audio and visual cues to time CPR compressions

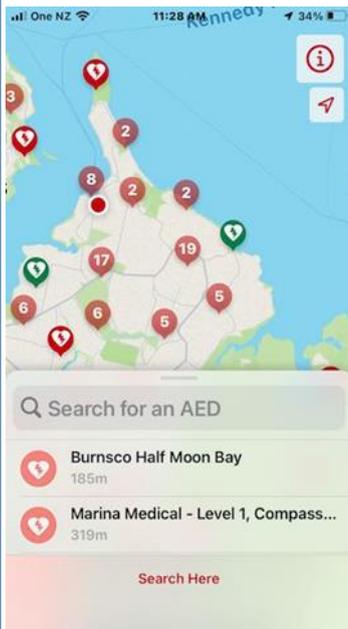
High blood pressure can often be a precursor of a heart attack. If you are ever in the company of someone whose heart has stopped beating you must commence **Cardio Pulmonary Resuscitation (CPR)** without delay. However, always check you are not putting your own life in danger. The app on the left **CPR Tempo** will help you carry out the procedure by giving audible and visual signals to help you time the compressions. Administering CPR is an exhausting process. If you are not alone you can ask someone to fetch the nearest



AED locator app. This locates defibrillating machine close to where you are.

Automated External Defibrillator (AED) using the app (above right) to find its location. The locations of the closest AEDs appear first and the addresses are supplied.

Kate's Take continued



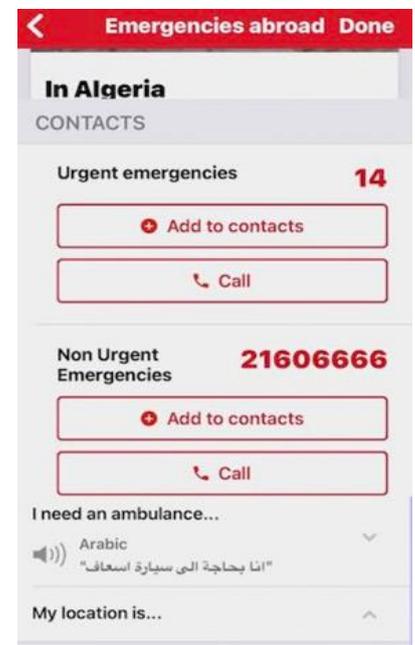
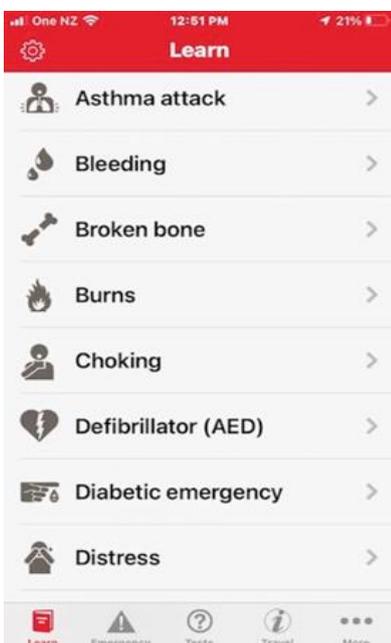
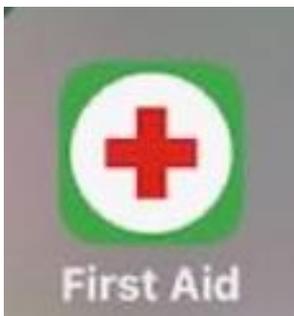
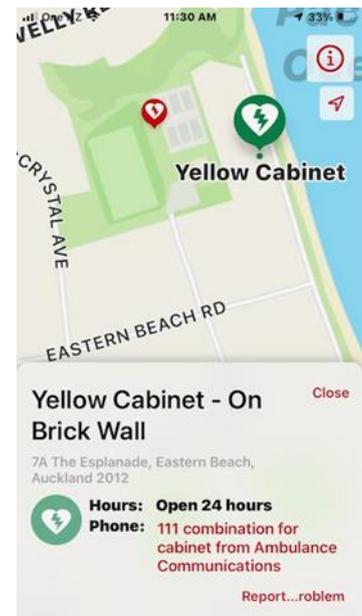
At beaches or other isolated locations, the green symbol will indicate the position of the nearest device. These are often attached to walls and are always locked.

The code to open the cabinet is supplied when the emergency services are contacted.

When the AED unit is opened a recording is activated explaining how to attach and activate the device. It also monitors the patient's heart activity so it will not let you activate the device if a heartbeat is detected.

A heart attack is not the only incident that may require quick, first aid intervention.

The **Red Cross** NZ Apps supply excellent, comprehensive information on first aid and how to prepare for natural disasters. The **Red Cross First Aid** app opens on the "Learn" page. By scrolling down, you can access a list of 28 conditions. Select any one to recognise and treat that particular medical event. There are animations that explain the condition, how to use the patient's own medications and when to call 111. As you scroll further down, there is a FAQs section and at the bottom of the page you can access a test to assess your knowledge.



On touching the emergency (!) on the bottom menu bar further information is supplied outlining the treatment of the condition but in an emergency situation. Many of these tutorials demonstrate the first aid procedures with a video.

You can test your knowledge by touching the (?) in the centre of the bottom menu. This gives you access to all the tests for all the listed conditions.

Kate's Take continued

The travel icon (📍) gives access to a list of over 100 countries. In the example above Algeria was selected activating the screen shown (*above right*). Here the emergency numbers used in Algeria are supplied. By selecting “call” the emergency services will be contacted. “I need an ambulance” can be spoken in Arabic when the speaker icon is activated. However, not all the countries have a spoken element.



Red Cross Hazard App

opens on the **Prepare** Screen. (*see left*). Here the **Floods** Icon has been activated. (*see right*)



On the **Floods** page there is a short preamble stating how flooding is New Zealand's number one hazard in terms of frequency, losses and declared civil defence emergencies. Floods can cause loss of life, damage to property and infrastructure, loss of stock and contamination of water and land.

Scrolling down the page (*see right*) allows you to access further pages which will help you with all the stages of a flooding event. It outlines the preparation that you can do **BEFORE** to ensure the best outcomes **DURING** and **AFTER** the flooding event.



The format for all the hazards, that appear on the opening page (*top left*), is similar. This app is an essential guide for keeping you and your family safe. It supplies invaluable information.

- It lists items you need for a getaway kit and how to assemble survival items with quantities required for each person.
- It supplies guidelines on creating a household emergency plan.
- It gives advice on protecting your home from an impending hazardous event.
- It allows you to set up an alert system for multiple locations around the country.
- It allows your phone to work as flashlight, strobe light and to emit an audible alarm.
- It allows you to set up text messages to inform friends and family you are safe.

Undoubtedly, in preparing for and surviving a natural disaster these two **RED CROSS APPS** are equivalent to having a digital swiss army knife in your pocket. You will be ready for any emergency.

The fact that we live on the Pacific Ring of Fire and with Global Warming making hazardous weather events a regular occurrence, I recommend that you download these Apps.

They are free but there are opportunities to enrol in the first aid courses, buy medical kits and even donate as the Red Cross certainly deserves support for the work that they do around the world.

So, **A Matter of Life or Death** was not as melodramatic as it first appeared. Having read, these pages I expect you will agree that any one of the Apps discussed here could be a life saver.

I recommend that you download all of the apps, familiarise yourselves with their content so that you are fully prepared for that life endangering emergency when it arises.

Kate Senner Oct 22

Security on the Net by Brian Erikson

A big thank you to Brian for keeping us up to date on the latest computer scams and ways to protect ourselves.

Romance isn't like it used to be. Brian directed us to the Peter Gower documentary that aired on 27th September 2022, on TV3. It's available on On Demand. It relates to a woman who thought she was in a meaningful relationship with a man that she met on line. When he told her, he was stuck in Singapore and asked her to help him out with funds, she was happy to oblige. Fortunately, the bank detected the transaction and informed her that it was a scam. She was in disbelief but eventually she was convinced and the money transfer did not proceed.

In the Listener issue, 10th Sept -16th Sept, there was also a comprehensive article on the scamming underworld. These scamming entities are now set up like legitimate businesses. They trade information between one another, have hundreds of employees and run huge bit coin accounts.

Brian also introduced us to the web site



No, this isn't a spelling mistake. This is a site that can detect if your email details have been accessed when large companies who have collected information about you, such as Adobe, LinkedIn and Dropbox, have had their own data bases hacked.

Also, beware of random text messages that say "a parcel is being held for you". More than likely this is a scam.

Apparently, there is a legitimate company in Wellington called "Utilities Disputes" which resolves complaints about electricity, gas, water and broadband installation on shared property. Their service is free. However, people have been contacted by someone who claims to be from this company and they request all sorts of information about accounts and passwords. Be warned, this company will not make "cold calls" and they will never ask for that kind of information.

Brian recommends that you regularly check the "Netsafe" web site where you can learn about the latest scams. If you are Windows user have your Firewall and Antivirus turned on.

Passwords are an issue for us all. Everything needs a password so you can use a Password Manager. However, you still have to remember the password to access the Password Manager. It is suggested that you use a phrase that is of significance to you. For example:

In1959,@SmithSt,WeHad6Fish&2Dogs

In a password such as this there are uppercase, lowercase, numbers and symbols.

For extra advice on security have a word with one of our computer gurus at the Learning Centre.

Golfer's Story

While walking down the street one day, a corrupt Senator (that may be redundant) was tragically hit by a car and died.

His soul arrived in heaven and was met by St. Peter at the entrance.

"Welcome to heaven," said St. Peter. "Before you settle in, it seems there is a problem. We seldom see a high official around these parts, you see, so we're not sure what to do with you."

"No problem, just let me in," said the Senator.

"Well, I'd like to, but I have orders from the higher ups. What we'll do is have you spend one day in hell and one in heaven. Then you can choose where to spend eternity."

"Really? I've made up my mind. I want to be in heaven," said the Senator.

"I'm sorry, but we have our rules."

And with that, St. Peter escorted him to the elevator and he went down, down, down to hell.

The doors opened and he found himself in the middle of a green golf course. In the distance was a clubhouse and standing in front of it were all his friends and other politicians who had worked with him.

Everyone was very happy and in evening dress. They ran to greet him, shake his hand, and reminisce about the good times they had while getting rich at the expense of the people. They played a friendly game of golf and then dined on lobster, caviar, and the finest champagne. Also present was the devil, who really was a very friendly guy having a good time dancing and telling jokes.

They were all having such a good time that before the Senator realized it, it was time to go. Everyone gave him a hearty farewell and waved while the elevator rose.

The elevator went up, up, up and the door reopened in heaven where St. Peter was waiting for him, "Now it's time to visit heaven..."

So, 24 hours passed with the Senator joining a group of contented souls moving from cloud to cloud, playing the harp and singing. They had a good time and before he realized it, the 24 hours passed and St. Peter returned.

"Well, then, you've spent a day in hell and another in heaven. Now choose your eternity."

The Senator reflected for a minute, then he answered:

"Well, I would never have said it before, I mean heaven has been delightful, but I think I would be better off in hell."

So St. Peter escorted him to the elevator and he went down, down, down to hell...

The doors of the elevator opened and he was in the middle of a barren land covered with waste and garbage. He saw all his friends, dressed in rags, picking up the trash and putting it in black bags as more trash fell to the ground.

The devil came over to him and put his arm around his shoulders.

"I don't understand," stammered the Senator. "Yesterday I was here and there was a golf course and clubhouse, and we ate lobster and caviar, drank champagne, and danced and had a great time. Now there's just a wasteland full of garbage and my friends look miserable. What happened?"

The devil smiled at him and said, "Yesterday we were campaigning. Today, you voted."

COMMITTEE

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A lovely message

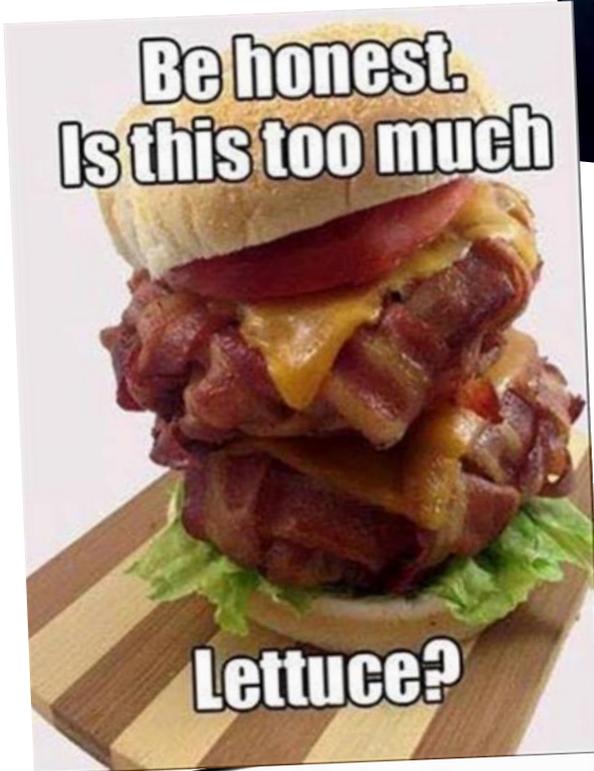
Once upon a time! When Window was just a square hole in a room and Application was something written on a paper. When Keyboard was a Piano and Mouse just an animal. When File was an important office material and Hard Drive just an uncomfortable road trip. When Cut was done with knife and Paste with glue. When Web was a spider's home and Virus was flu. When Apple and Blackberry were just fruits - that's when we had a lot of time for family and friends.



I have just been backing up my computer (and It didn't work) when I found these old but great funnies. I couldn't thrown them away without repeating them. Enjoy and smile with me.



**Old Himalayan cure
for constipation**



**Be honest.
Is this too much**

Lettuce?



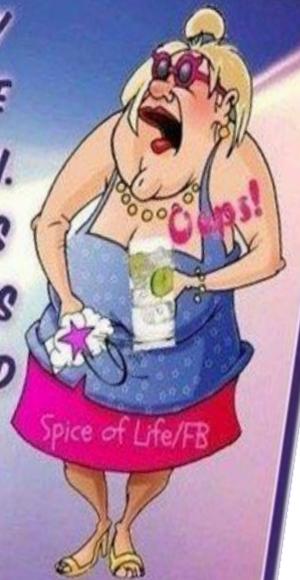
**This is a set of signs at an
eye doctor's office...**



**"Why don't you buy a proper set
of headphones?"**



**IT'S NOT MY
FAULT I HAVE
A DOUBLE CHIN.
WHEN GOD WAS
GIVING OUT CHINS
I THOUGHT HE SAID
GIN SO I SAID I'LL
HAVE A DOUBLE.**



COURSE TIMETABLES, HELP DAYS AND COURSE BOOKING INFORMATION

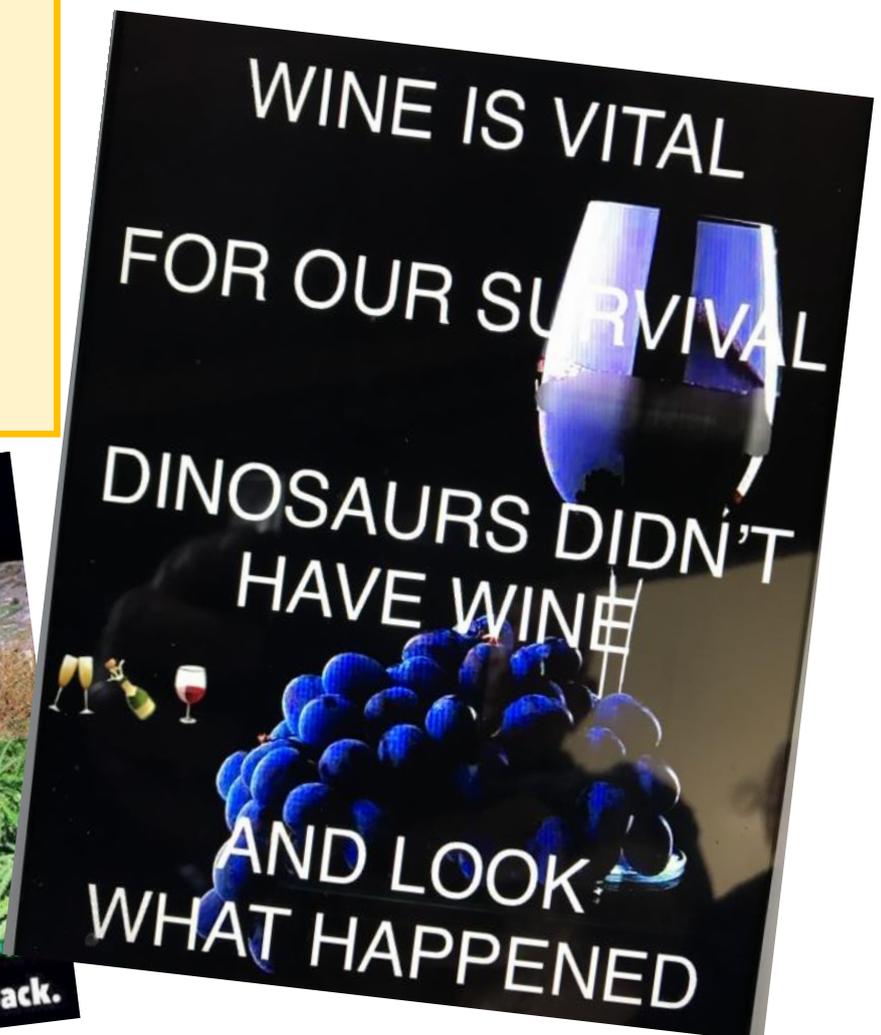
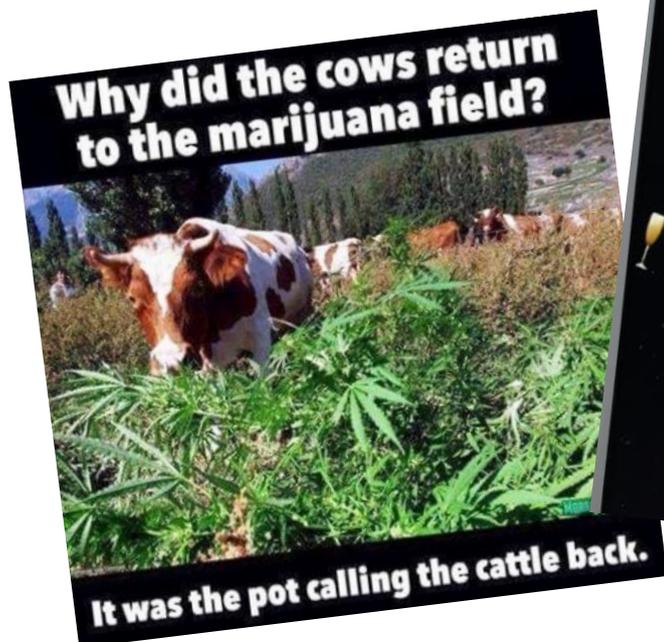
To view all SeniorNet courses and timetable, click here

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

NOVEMBER HELP DAYS

Tues	1 Nov	10am
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Tues	15 Nov	10am
Thurs	24 Nov	1pm
Wed	30 Nov	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.