

Established in 1996 especially for Pakuranga, Howick and Botany residents



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APRIL HELP DAYS

Mon	03 April	1pm
Thurs	13 April	10am
Wed	19 April	10am
Mon	24 April	10am
No booking required		

Our next Meeting

Friday 14th April

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

Please note the meeting will be one week later due to Good Friday and the Easter holiday.

Kate will teach us some new apps for us to try out.

This will be followed by our main speaker, Keith from the Miranda Bird Centre (Pukorokoro), speaking about the Godwits that fly thousands of miles to visit us every year.



2 NEW MEMBERS

John Felton
Jim Johnston

Balderdash (n.), a rapidly receding hairline.

Lymph (v.), to walk with a lisp.

Those who jump off a bridge in Paris are in Seine.

A man's home is his castle, in a manor of speaking.

She was engaged to a boyfriend with a wooden leg but broke it off.

A chicken crossing the road is poultry in motion.

A lot of money is tainted - Taint yours and taint mine.

In times past some members will recall we had monthly meetings at Ti Tuhi. Refreshments were served in the back or the auditorium and the tea volunteers were able to listen into the speakers while doing their preparations and cleaning up. Jeannie, my wife and I have done similar work for Forest and Bird meetings and these meetings also let the tea volunteers listen in. I have proposed that we change our timing for tea at St Andrews so that our SeniorNet Volunteers don't miss out on the guest speaker

So starting 14th April (note that this month is slipped by one week due to Easter), Rosemary and Lesley and their helpers will prepare tea/coffee for the period 10 am to 10.15, in fact they may be ready even earlier. There will still be a brief interlude before the guest speaker to allow for set up and comfort.

I had a discussion with my Doctor about health advice on the internet. She said there was only one reliable resource she would recommend and I pass this on:

www.healthnavigator.org.nz or www.hn.org.nz if you prefer to type less. Its New Zealand focused is independent, reliable and quality tested, and will occasionally link to validated international sources.

It offers health topics, medicine fact sheets, self-care tips, video and App library and as the name implies it is quite easy to navigate your way through the site

Additional volunteers for tutors, committee assistants are always welcome but rather rare animals. We are seeking one or two volunteers for a few weeks to send out our course notices and meeting emails from MailChimp. This is already set up and the templates are in place, what is needed is the addition of specific dates and times to a template. If you have a role in emailing members of other organisations you may like to learn what MailChimp can do and have a go with our system. We will arrange the requisite introduction and training. Please contact Brian or Warren.

If volunteers in general are not forthcoming for SeniorNet the results are a backward step of closure. The SeniorNet Federation is in the midst of studying how to operate in the current environment which has found many smaller SeniorNet Societies have had to close. In fact from a peak of 164 we now find that there are 46 groups operating today, principally due to the lack of volunteers to take up the required roles. It places us in the top 8 numerically.

Ramblings

Dawn Howarth

Aren't holidays wonderful—it is just getting to and from them is exhausting. With planning, , packing, airports and the miles of walking at airports, planes, then all again in reverse only to face mountains of laundry when you get home and wonderment at the stupidity of taking too much that was never used. You would think by now I would have learnt—before you leave on holiday, halve your clothes and double your money. Why didn't I do that and make my travel much more simple. Never mind, we're home, safe and sound and have some wonderful memories and some lovely new friends. To see them of course I have to travel and go through that whole circus again.

I did very thoroughly learn, the advantage of having booked wheelchair assistance for my husband at the airports. What an amazing help this facility is. When we arrived in Auckland yesterday the young girls pushing the wheelchairs took them right out to my car. By yesterday I had two wheelchair companions. Earlier this year I met a friend who required their service and they also took her out to my car. Without that incredible free service would not leave the country again.

LOOKING SKYWARD: At our last meeting we had a quick look at two Apps with a space theme. The **AURORA App** and the **NASA App**.



Approximately every 11 years, the sun goes through a period of heightened activity. At these times, sunspots increase and giant flares burst from the sun flooding our solar system with charged particles. These charged particles are concentrated at the earth's magnetic poles where they collide with the atoms of atmospheric gases such as nitrogen and oxygen.

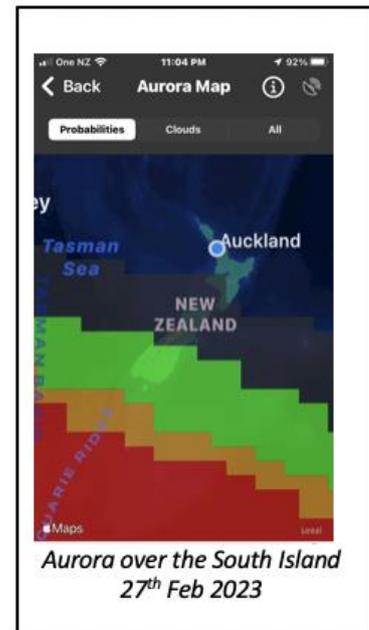
As dislodged electrons collide with ionised particles lights are emitted and its these that cause the spectacular light display associated with the Aurora Borealis and Aurora Australis. Although these lights are most concentrated at the poles they do extend north and south so they can be seen from populated areas.

The mid 2020s is expected to be one of these periods of heightened activity. Already, the lower part of the South Island has had some spectacular aurora. They are easily missed so the Aurora App will help to keep you in touch with the activity of the night sky above you.

Although aurora may not be seen here in the North Island with the naked eye, it is possible for a camera, set on a long exposure, directed into a dark southern sky, unilluminated by street lamps, to pick up an image as a member of SeniorNet showed us at our last meeting.

If you have a Twitter Account- Otago University can give you a direct alert from **VisiblebyEyeAuroraNZ@AuroraAlertNZ2**

Or you can go to **auroraalert.otago.ac.nz** for the latest update.



If you are interested in science and astronomy the NASA App is for you. It keeps you informed of astronomical events, supplies live streams of space craft launches and landings and provides alerts and directions for watching the International Space Station as it passes through our skies.

The App contains over 20,000 amazing images, many of which have been

captured by the new James Webb Telescope (JWT) This telescope uses infra- red technology to find celestial bodies that are invisible to a light telescope. We can see Mars and Venus in our night sky as they are illuminated by the sun's light however many celestial bodies are not illuminated but everything in the universe emits infra-red waves. These waves are detected by the JWT and greyscale images of distance galaxies are transmitted back to earth. Computer algorithms convert these black and white images into coloured pictures showing stars and galaxies 28 billion light years away.

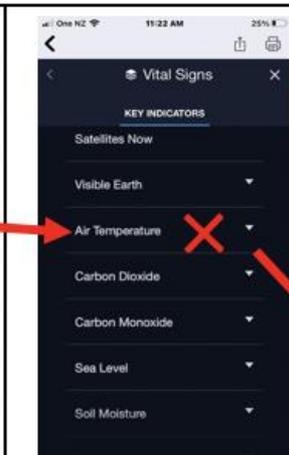
The NASA App also has extensive interactive material on the solar system and images in augmented reality that can be manipulated and explored.



Kate's Take continued



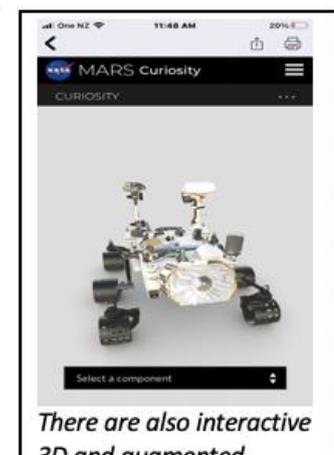
By selecting the "Eyes on the Earth" panel, information collected by hundreds of satellites can be accessed.



From the above, select the parameter to be displayed. The data will be shown in an interactive pictorial form.



The earth can be revolved and the path of the monitoring satellite can be followed.



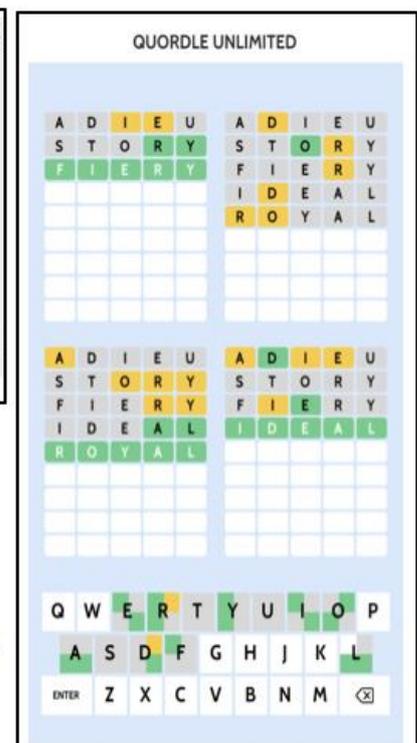
There are also interactive 3D and augmented reality(AR) models of many space vehicles and equipment.

The NASA App is an amazing resource packed with information. Whether you are a space expert or you know very little, there will be something of interest for everyone.

SIMPLE WORD GAMES

WORDLE : No doubt, you will have heard of this daily word puzzle printed in the New York Times. There are 6 chances to guess a 5-letter word. If the correct letter is placed in the correct square, it will be shaded green. A correct letter in the wrong square will be shaded yellow. If the letter is absent from the word, it will be shaded grey. WORDLE only generates a single word each day.

The apps **WORDGUESS** and **QUORDLE** generate similar word puzzles as the WORDLE game but can be played an infinite number of times each day. Both games are free.



Both **WORDGUESS** and **QUORDLE UNLIMITED** can be played in airplane mode if you are out of Wi-Fi range. This stops advertisement interruptions between games and prevents your data allowance being used.

Remember to return to normal mode as the phone will lose all of its phone functionality when in airplane mode.

QUORDLE UNLIMITED is a greater challenge as there are four words to complete in nine attempts.

K.Senner, March 2023

Kate's Take continued



A big thanks to Stephen Robinson who is the Community Partnership Fundraiser for St John, Northern Region.

At our March meeting, he gave us a fascinating talk on the origins of the St John Ambulance Service and the many services they provide to the community today.



The first yellow and green ambulance, August 2013

The Order of the Hospital of St John of Jerusalem was first set up around 1070 when a hospice was established by Benedictine monks in the city to care for the pilgrims who arrived in Jerusalem. By 1113, the Pope had changed the status of the hospice to an independent hospital. Over the next forty years, it became a religious and military order with its brothers and sisters becoming known as the Hospitallers of St John or the Knights Hospitallers providing care for the poor and sick of any faith.

In 1187 the Order was driven out of Jerusalem to initially resettle in Palestine only to move on to Rhodes and then to Cyprus, but in 1530 it became established in Malta where the Order provided health care for the Maltese people establishing a famous school of anatomy and surgery. However, the Order was expelled from Malta in 1798 by Napoleon.

(Original St John Ambulance car logo WW2)



The St John logo incorporates the Amalfi Cross, sometimes known as the Maltese Cross, a symbol with four arms and eight points. These reflect the four cardinal virtues

1. Prudence
2. Justice
3. Temperance
4. Fortitude

and the eight qualities of an effective first aider.

1. Humility
2. Sympathy
3. Gentleness
4. Truth
5. Compassion
6. Unselfishness
7. Peace
8. Endurance

The Order established Pories in Britain in 1184, but these were suppressed by Henry VIII in 1540 and then went through a period of abeyance in Britain but survived in Scotland.

In the early 1800s, at the height of the industrial revolution, it became revitalised in Britain. Queen Victoria recognised the charitable work being carried out and the Order of St John was established which then spread throughout the British Empire. The modern Order of St John now supplies first aid, health care and support services to communities in more than 40 countries.

The New Zealand St John Ambulance Association was established in Christchurch in 1885, and in 1892 the first St John Ambulance Brigade was formed in Dunedin. The first ambulance was the "Ashford Litter", a simple two-wheeled cart pushed along the road by four men. The first horse and cart ambulance appeared around 1887.

In 1999, St John was reorganised with a new governing body called the Grand Council.

The Order today consists of 8 St John national organisations known as Pories, 33 St John national organisations known as Associations and the St John Eye Hospital Group which has its main hospital in Jerusalem.

Kate's Take continued

We are all familiar with the bright yellow/green St John Ambulances staffed by the reassuring paramedics that respond to our 111 calls and the first aiders at every event who are there to come to our assistance with the compression bandage, arm sling or glass of water when our fun day goes awry.

St John has nearly 4,000 paid staff and last year the emergency service supplied 498,605 patients with emergency care, advice and treatment and answered 645,570, "111" calls. This is the visible work of St John, but there are many other ways St John supports the community.

Many of the other services are provided by a force of over 8,500 volunteers. Some of these volunteers operate an extensive shuttle service transporting patients between health facilities and appointments at hospitals and clinics. Each year, in excess of 65,000 health shuttle trips are made around the country. In South Auckland last year over 5,000 trips were made covering over 48,600km.

St John also operates 46 Charity shops around the country that are staffed by approximately 1500 volunteers. In addition to fundraising, these shops also help out in times of emergency supplying a range of household items to those in need.

St John monitors nearly 50,000 medical alarms and now supplies mobile alarms that can be activated away from a home base for people such as farmers. They can also supply a key safe that can be mounted outside of your property so paramedics can access a key to your home should there be a medical emergency.

St John Community Care volunteers give help and reassurance around hospitals and will even make you a cup of tea. There are over a 100 volunteers who make regular welfare phone calls to check on the well-being of people who may be elderly, unwell or socially isolated. An invaluable service during Covid times.

St John also has a cadet programme for young people from the age of 8-18 where they learn first aid and develop self-reliance and leadership skills while working towards badges. There are 784 youth volunteers and 4,197 young people in the programme.

So how can we help the work of St John? There are lots of opportunities to work as a volunteer. By contributing and buying goods at the charity shops we help to generate funds.

Another way of helping St John and ourselves is by purchasing Ambulance Membership via the supporter scheme.

A \$98 callout fee is charged if an ambulance is summoned. By paying an annual fee to the supporter scheme you can insure yourself and your family living at the same address. This annual fee will cover the cost of emergency ambulances called for all who are named in your scheme and living at the same address. For pricing scale, see right insert.

	Standard pricing
 Individual membership fee Covers 1 person	\$55 p.a.
 Joint membership fee Covers 2 people living permanently at the same address	\$75 p.a.
 Household membership fee Covers 3+ people living permanently at the same address	\$90 p.a.
 Ambulance fee The standard fee charged in a medical emergency	\$98 per call out

For further information, on all aspects of St John enter <https://www.stjohn.org.nz> into your search engine.

K.Senner March 2023

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

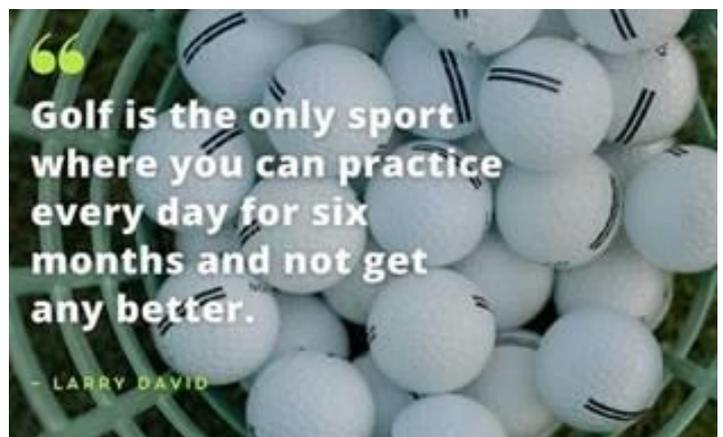
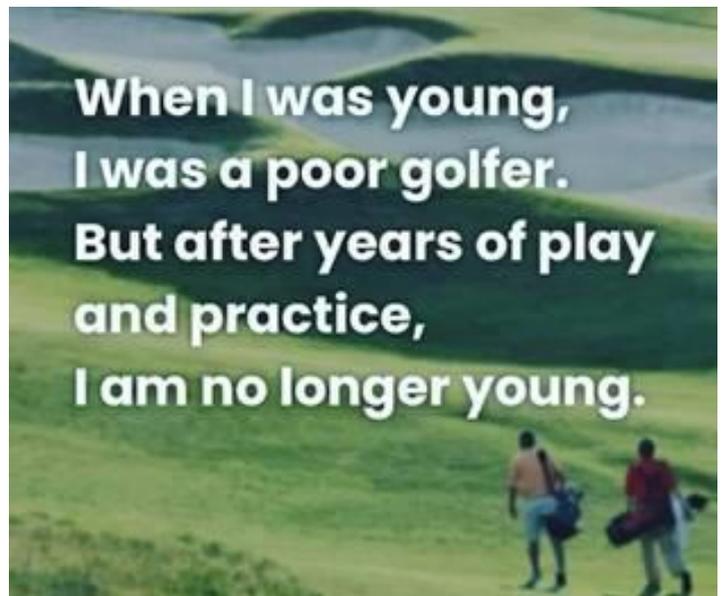
Publicity Warren Taylor 534 3482
warren@senpak.nz

Course Co-ordinator
Mike Empson 535 8506
mike@senpak.nz

Website Assistant
Keith Erikson 022 452 9936
keith@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



Golf girls you see on Instagram vs
golf girls at the course you play



COURSE TIMETABLES, HELP DAYS AND COURSE BOOKING INFORMATION

To view all SeniorNet courses and timetable, click here

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

APRIL HELP DAYS

Mon	03 April	1pm
Thurs	13 April	10am
Wed	19 April	10am
Mon	24 April	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.

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