

Established in 1996 especially for Pakuranga, Howick and Botany residents



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Our AGM and General Meeting,

Friday 6 October

at 10.00am (Coffee 9.45am)

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

This month we will hold the AGM (very quickly), followed by our speaker from **Watercare** who will talk about the **Central Interceptor project** which is being built to improve the health of local waterways and reduce overflows in central Auckland. This waterway crosses the Manukau Harbour 15 metres under the seabed. At a cost of \$1.2 billion, this undertaking places a large burden on Auckland ratepayers.

If time allows, we will then be able to have a presentation on apps from our Kate.

OCTOBER HELP DAYS

Tues	3 October	10am
Wed	11 October	1pm
Thurs	19 October	10am
Wed	25 October	1pm
Tues	31 October	10am



As I write this there is still time to nominate a member for election to our committee. The Secretary tells me that already the minimum number required has been reached. So roll on the 6th October where we will have a guest speaker from Watercare talking about the major tunnelling project to correct 100 years plus of mixed storm and waste water and the frequent overflows that resulted from heavy rain events. Of course. in those days that appeared minor alongside the daily discharge into the outgoing tide from the holding tanks that later became Kelly Tarleton's aquarium. To juggle our time between our guest, the AGM and Kate's App Chat I've asked Kate for some flexibility.

Following on from Keith's talk on ChatGPT 3.5 I found a new app offering even more, AI4Chat but limits the user to one session a day unless you subscribe. But it does have promise. I asked it to provide me the code in Visual Basic to address a "mailto" email and it responded in 3 seconds. (Visual Basic is a background programming language that is used in providing flexible features in Microsoft Office applications)

I intended to go to the final meeting of Papakura SeniorNet, but a family member was not able to travel. They have had numbers approaching 800 members in their heyday and were well accommodated in the historic Court House near the railway station. They provided a 5 day drop in for coffee and help service had two training rooms and a lounge. Their closure follows a pattern of falling numbers in members, tutors and committee. We have asked for a mailing list so that we might canvass current members, however the 25Km distance and road congestion can be off-putting. There is the option of joining another SeniorNet remotely and participating in SeniorHangouts and we may be able to offer remote help as we did during Covid lockdowns.

I trust we will have a good meeting turnout. Don't let the thought of an AGM turn you off as we usually move through the agenda quickly. We are assembling online documents that will be emailed to members so that you can be informed beforehand.

Ramblings

Spring is here, blossoms are out, my garden is delighting me with some beautiful irises I planted a year or two ago showing big fat buds ready to burst into all their glory. Can't wait. I have gorgeous stocks with exquisite perfume. And, all that is in spite of me being a terrible gardener. Wonders will never cease.

I had a very sore shoulder and after xrays, ultrasound and physio, I had to have a cortisone injection. That had me worried sick and I was almost in tears by the time I had to lay on the bed at the clinic. The nurse asked me what I had to do in afternoon. I said I had a SeniorNet meeting to attend and would I be able to drive. The doctor said "Yes, and you can go now, it's all over." Then I cried with relief and amazement. After all I had put myself through and it was no more 'hurty' than the Covid jabs we have become so familiar with. What a silly old woman I am.

Take great care of yourselves, pamper yourself at every opportunity and smile all the time. It makes people wonder what you have been up to.

Dawn Howarth

The diet fork



Do you like the picture of my newest slimming aid?

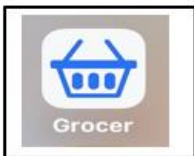
Apps to help us with our shopping and make the household budget go a little further



Amazon Echo Dot

At our September meeting we continued to look at the Echo Dot capabilities. For a comprehensive overview, type **“Learn what Alexa can do”** into Google. This will take you to the Amazon webpage. Scroll down to find a compendium of Alexa features. YouTube is another great resource to demonstrate Alexa functionality. For those of you who are interested in the privacy and security implications of these speakers, type **“5 Alexa Settings You Should Turn Off right now”** into the YouTube search panel. This video gives step by step advice on the privacy and security settings you may like to facilitate.

A Senior Net member pointed out that the App no longer appears to carry “categories” in the shopping list section. However, this can be overcome by instructing Alexa to create specific lists. E.g. **“Alexa, create a vegetable list”**, **“Alexa, create a meat list”** or **“Alexa, create a bakery list”**, etc . Once the lists have been created for each aisle of the supermarket you can add items to a particular list. E.g. **“Alexa, add tomatoes and carrots to vegetable list”**, **“Alexa, add chops and sausages to meat list”** and **“Alex, add bread to bakery list”**.



The **Grocer** is another app to help you with the weekly shop. It allows you to select the various supermarkets you visit, create a shopping list and compare prices between the stores. Items can be added to the shopping list by scanning the bar code or by typing the required product into the search box.

Fig.1 shows the various supermarkets and their locations. On this page four stores were selected. Fig.2 shows OXO as a scanned item and the price of the product at the four selected stores . The best available prices are highlighted in red. By tapping the + this item and its price will be added to shopping list in Fig. 3

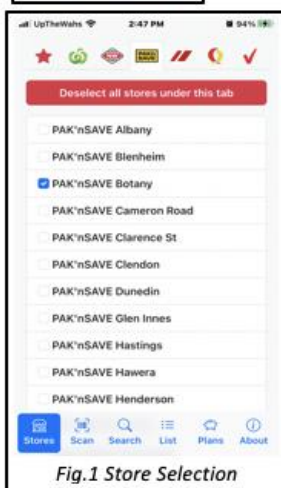


Fig.1 Store Selection

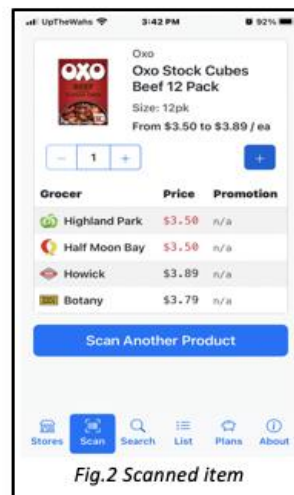


Fig.2 Scanned item

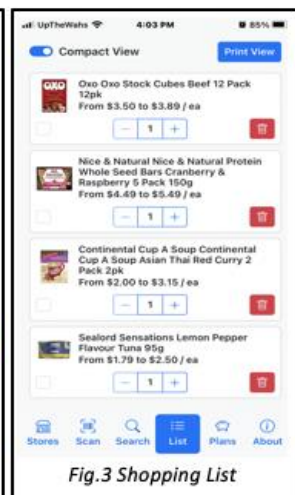


Fig.3 Shopping List

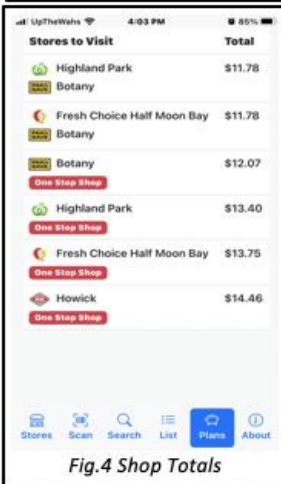


Fig.4 Shop Totals

Fig. 4 shows the total price of the shopping list at the four selected shops. The \$11.78 noted in the top two rows is the price you would pay if you decided to do your shopping in just two of the designated shops. It is important to note that the shopping list total will only include branded items and sizes that are available at **all** the shops. By typing “1kg Edam Cheese” into search,

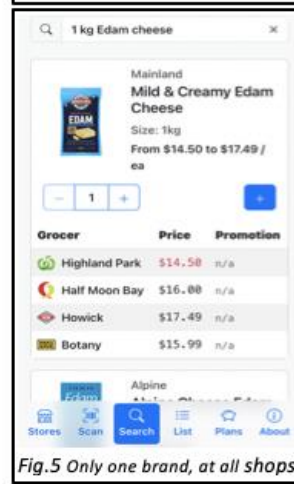


Fig.5 Only one brand, at all shops

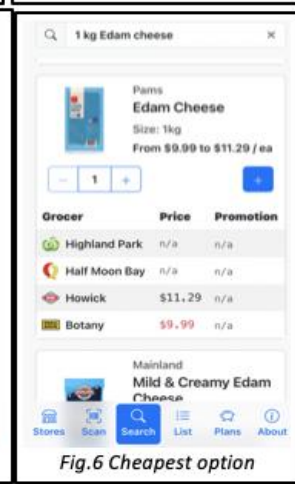


Fig.6 Cheapest option

five options were offered but only one brand, at 1Kg, was available at all four shops as shown in Fig.5. By adding the least expensive, Fig.6, Pak n Save’s “Pams” cheese to the list, the “Shop Total” page will advise that one item is unavailable at Fresh Choice and Countdown.

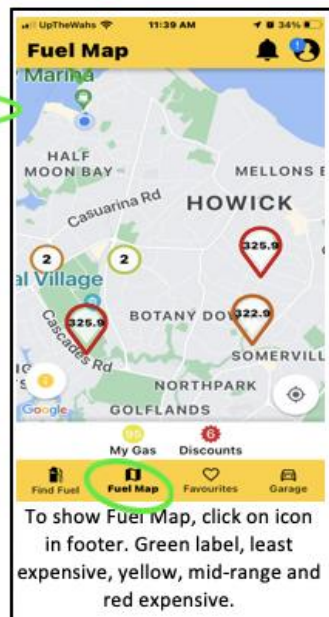
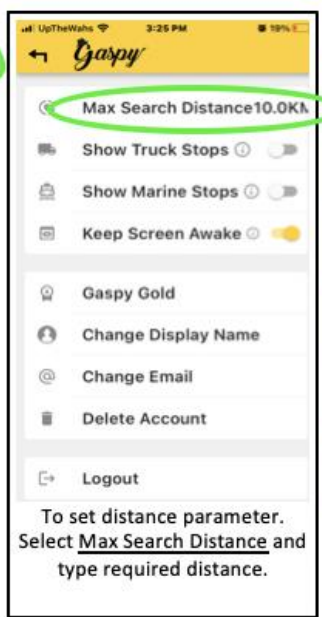
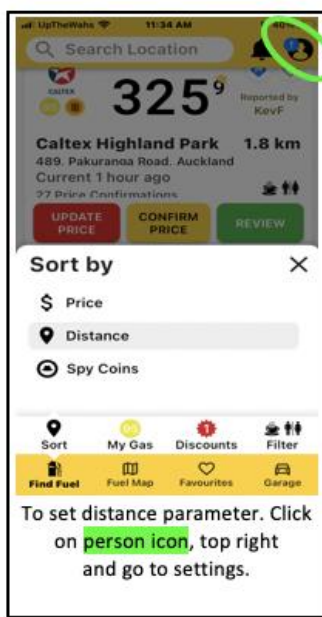
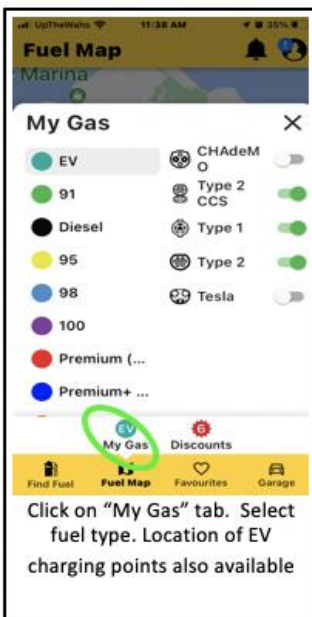
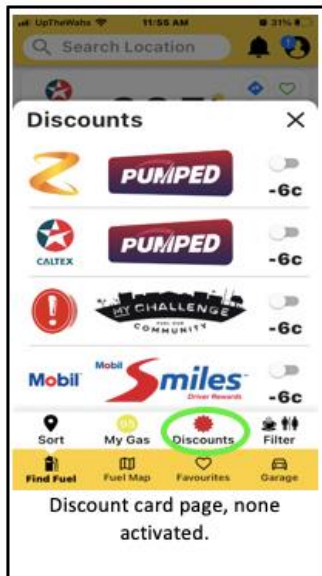
K Senner Sep 2023

Kate's Take continued ...

Another App to save you money



GASPY is a fuel finding app. It is free but there is also a paid version which removes the advertisements. To find the cheapest fuel, type a district into "Search Location" in the header bar, select the type of fuel required and select the "sort" mode. If you have a loyalty card the prices will be adjusted accordingly as long as the card(s) have been activated on the discount page. Information supplied is determined by the sort selection. The sort page (\$) gives options to sort, in terms of price or distance from specified location.



This app relies on users to keep it up to date. If you spot an error there is opportunity within the platform to update the information. It is recommended that you refresh the app each time you use it so that the latest prices can be updated. You can also become a contributor. Read the code book located on the [person icon page](#) and you can learn how to become a "Gas Spy". Happy motoring!!

K Senner Sept 2023

Kate's Take continued ...

Artificial Intelligence (AI), a force to reckon with.



A big thankyou to Keith Erikson for introducing us to ChatGPT. It was interesting to see him using it as an app on his mobile. I had always used the program on my computer, directly from the website, so I thought I would investigate and download the free 21 MB, GPT-3.5 mobile phone version. This version carries information up to 2021.

Below is the information from the front page. It is rather disconcerting. However, I suspect we would find similar warnings in other apps if we were to read the small print hidden elsewhere.

"Welcome to ChatGPT"

- **ChatGPT can be inaccurate**
ChatGPT may provide inaccurate information about people, places or facts.
- **Don't share sensitive info**
Chats may be reviewed by our AI trainers to improve our system.
- **Control your chat history**
Decide whether new chats on this device will appear in your history and be used to improve our systems.

I asked ChatGPT three questions.

1) What is ChatGPT?

Answer - *ChatGPT is a language model developed by OpenAI. It is part of the GPT (Generative Pre-trained Transformer) family of models. ChatGPT is designed to generate human-like text responses based on the input it receives. It can be used for a wide range of natural language processing tasks, including answering questions, generating text, providing explanations, offering recommendations, and engaging in conversations. ChatGPT is trained on a vast corpus of text data from the internet, which allows it to have a broad understanding of human language and context. It uses deep learning techniques to process and generate text, making it capable of producing coherent and contextually relevant responses.*

2) Is it best to use ChatGPT on my home computer within range of WiFi?

Answer - *Whether it's best to use ChatGPT on your computer at home or away from a WiFi connection depends on your specific needs and circumstances. Here are some factors to consider when deciding where to use ChatGPT:*

Internet Access: *ChatGPT requires an internet connection to function because it relies on cloud-based servers for processing. If you're in an area with a stable and reliable WiFi or data connection, you can use ChatGPT from virtually anywhere.*

Latency: *(The delay for information to arrive at your computer from the internet) Using ChatGPT on a computer with a good internet connection typically results in lower latency, meaning that the responses are generated more quickly. If low latency is crucial for your application, using it on a computer with a reliable internet connection is preferable.*

Privacy and Security: *If you have concerns about privacy or the confidentiality of your conversations, using ChatGPT on your home computer might be more secure because you have more control over the device and network. However, it's important to note that OpenAI takes privacy seriously and has implemented measures to protect user data.*

Portability: *If you need to use ChatGPT on the go, away from home, or in situations where a WiFi connection might not be available, you can use it on a mobile device or laptop with a cellular data connection. In this case, you may experience slightly higher latency due to the reliance on mobile data.*

Device Performance: *Consider the performance capabilities of your computer or mobile device. ChatGPT can be resource-intensive, so using it on a device with sufficient processing power and memory will result in a smoother experience.*

Kate's Take continued ...

3) To create a 300-word answer, how much mobile data would a ChatGPT response use?

Answer-The amount of mobile data used for a text-based response like this one depends on several factors, including the length of the response, the formatting, and the complexity of the content. However, text data is generally very lightweight compared to multimedia content like images or videos. Here's a rough estimate of the data usage for a 300-word text response:

Text Size: The average English word is about 5 characters long. So, a 300-word response would be approximately 1,500 characters.

Text Data: Text data is very efficient. Each character typically requires 1 byte of data. Therefore, a 300-word response would be approximately 1,500 bytes, which is equivalent to about 1.46 kilobytes (KB).

Overhead: When data is transmitted over the internet, there is some overhead due to the communication protocol, headers, and other metadata. This overhead is relatively small for text data but can vary depending on the specific method of transmission. For simplicity, let's assume an additional 10% overhead.

So, the total data usage for a 300-word text response would be approximately:

$1.46 \text{ KB (for the text data)} + 0.146 \text{ KB (10\% overhead)} = 1.606 \text{ KB}$

So, a 300-word text response like this one would use roughly 1.6 kilobytes of mobile data. This is a very small amount of data, and it's unlikely to have a significant impact on your mobile data plan unless you're sending and receiving a large volume of text-based messages or responses. Keep in mind that this estimate may vary slightly depending on the specific text encoding and communication protocols used by your device and network.

To finish off I set ChatGPT a creative challenge.

Write a poem about living in Auckland.

Here is the result.

*In the City of Sails, where rainbows take flight,
And people say "bro" from morning till night,
The weather's confused, four seasons a day,
Umbrellas and sunblock, both on display.*

*Aucklanders love to brunch, it's a grand affair,
With avocados, flat whites, and a dash of flair,
Cafés galore, where the baristas are kings,
They'll craft you a mocha that sprouts fairy wings.*

*The traffic's a puzzle, a daily game,
It's the slowest of races, fame by name,
We sit in our cars, weaving through lanes,
"Will I make it on time?" is the commuter's refrain.*

*And let's not forget about the Sky Tower high,
With a jump off the top, you might touch the sky,
Or dine in a restaurant, spinning with grace,
With Auckland's night lights, a smile on your face.*

*Now rugby's the passion, it's a national sport,
With the All Blacks, our pride, a fearsome cohort,
But even if we lose, we'll still raise a toast,
For in Auckland, good humour is what matters the most.*

*So, here's to this city, quirky and grand,
In Auckland, you see, life's never bland,
With laughter and beauty, from sea to sea,
It's a place where you'll find endless glee!*

A ChatGPT creation Sep 2023

It probably won't go down in the annals as a great literary work but with a music track generated by another AI engine it might even give the Finn brothers a run for their money. 😊 So, folks if you have a letter, a speech or even a newsletter to write, give ChatGPT a try.

K Senner & ChatGPT Sep 2023

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Thought from the greatest living Scottish thinker, -- Billy Connolly:

"If women are so bloody perfect at multitasking, how come they can't have a headache and sex at the same time?"

FOR SALE

FREE YORKSHIRE TERRIER

8 years old,
Hateful little bastard.
Bites!

FREE PUPPIES

1/2 Cocker Spaniel, 1/2 sneaky
neighbour's dog.

FREE PUPPIES

Mother is a Kennel Club registered
German Shepherd.
Father is a Super Dog, able to leap
tall fences in a single bound.

COWS, CALVES: NEVER BRED

Also 1 gay bull for sale.

WEDDING DRESS FOR SALE

Worn once by mistake.
Call Stephanie

FOR SALE BY OWNER

Complete set of Encyclopaedia
Britannica, 45 volumes. Excellent
condition, £200 or best offer.
No longer needed, got married,
wife knows everything.

JOINING NUDIST COLONY!

Must sell washer and dryer £100.

COURSE TIMETABLES, HELP DAYS AND COURSE BOOKING INFORMATION

To view all SeniorNet courses and timetable, click here

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

OCTOBER HELP DAYS

Tues	3 October	10am
Wed	11 October	1pm
Thurs	19 October	10am
Wed	25 October	1pm
Tues	31 October	10am

NO APPOINTMENT NECESSARY



I wanted to go jogging, but it looks like rain

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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