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Telephone 09 576 4500

**MAY 2024**

Established in 1996 especially for Pakuranga, Howick and Botany residents



Our next Meeting,  
**Friday 3rd May**  
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.



This issue:

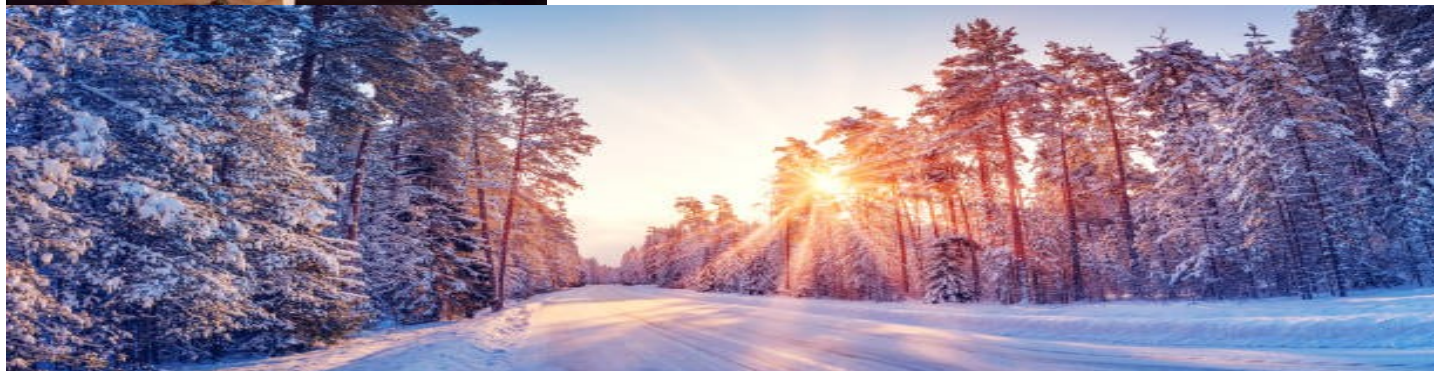
- ◆ Next meeting
- ◆ May Help days
- ◆ Bits and Bytes
- ◆ Dawn's Ramblings
- ◆ Password Management
- ◆ Kate's Take
- ◆ Your Committee
- ◆ How to join a course

*Visitors welcome*

Kate will return to speaking duties and will be followed by Gill Gillanders from the ASB who will give a presentation on Staying Safe Online. Gill will also highlight some of the latest scams for you to be aware of.

## **MAY HELP DAYS**

Thurs	2 May	10am
Tues	7 May	10am
Wed	15 May	1pm
Mon	20 May	1pm
Tues	28 May	10am



AI in the news again

LastPass (a password manager provider) revealed this week that threat actors targeted one of its employees in a voice attack, using deepfake audio to impersonate Karim Toubba, the company's Chief Executive Officer.

"As the attempted communication was outside of normal business communication channels and due to the employee's suspicion regarding the presence of many of the hallmarks of a social engineering attempt (such as forced urgency), our employee rightly ignored the messages and reported the incident to our internal security team so that we could take steps to both mitigate the threat and raise awareness of the tactic both internally and externally."

Kosak added the attack failed and had no impact on LastPass. However, the company still chose to share details of the incident to warn other companies that AI-generated deepfakes are already being used in executive impersonation fraud campaigns.

The deepfake audio used in this attack was likely generated using deepfake audio models trained on publicly available audio recordings of LastPass' CEO, likely [this one](#) available on YouTube.

The FBI also cautioning that deepfakes—including AI-generated or manipulated audio, text, images, or video—were becoming increasingly sophisticated and would likely be widely employed by hackers in "cyber and foreign influence operations."

Additionally, Europol [warned](#) in April 2022 that deepfakes may soon become a tool that cybercriminal groups routinely use in CEO fraud, evidence tampering.

Now the good news

Microsoft has imported AI into Windows 11 Photo App. In the first application you wipe your pointer over an unwanted feature in a digital photo and provided the background is reasonable the feature is removed and infilled with appropriate parts of the background

## *Ramblings*

*Dawn Howarth*

Well little rain for weeks but today the wind is making its presence felt. I was up at 1am this morning tying my garden gate closed, it was banging away. I thought it was neighbours but it did sound close so I watched my gate for a while, and sure enough, it blew open, then slammed shut with a loud bang. With luck someone will come today and fix it properly — my ribbon and bow really look nice but not on a garden gate.

It is sad to hear we are going to lose such a lot of great programmes on TV. I love the news. Fair Go and Sunday do a really good job. I hope the Herald doesn't follow suit. Maybe they will hire all the journos and make the paper even better. I start my day with an hour or two reading the Herald and feel cheated when I can't do that. A neighbour usually calls in for coffee at 7.30am so we moan about the latest headlines and put the world to right. Then tomorrow morning we do it all again. Isn't that what being old is all about.

Hang in there people, and keep smiling.

*There's always a lot to be thankful for if you take time to look for it.  
For example, I am sitting here thinking how nice it is that wrinkles don't hurt.*

## Password Management

Brian Erikson

There are some passwords or pin numbers you just need to remember for convenience. Bank cards, Screen locks on phones and computers, digital door locks etc.

To use online accounts, the site www address, your username and password are required. Your username is often your email address but on occasions an account number is provided. Again the choice of password is usually up to you however some sites provide a default password to get you started and its up to you to change it at the first opportunity.

Your choice of password may have to follow the particular site rules such as minimum length, a the mix of capital lower case letters, a minimum number of digits and selection of the special characters like #\${%}{}

My observation is that many members use a notebook in a handbag as a record of more complicated passwords. This works as well as the security of your handbag. Also *there may well be a condition of use for the online site that you don't write down the password* or share it with others. In bank card rules you are not to know the pin number of your partners additional card on your joint account!

To make written passwords more secure you can create a two-part password in an action called **peppering**. You write down a portion of the password and remember say 4 extra characters which you add at the beginning, end or partway through the actual password.

More and more online sites are offering or insisting on a second stage of verification known as **Two Factor Verification**. It may be an answer to some questions you initially created on the site, it may be a code sent via a 2<sup>nd</sup> device such as a phone text or it could be a stand-alone digital key that has a code that is matched to the site. I have noticed some financial checks being made on higher value credit card purchase where an initial \$1 (or close) is charged and you have to enter your credit card account and report what the amount was in order to complete the deal.

**Software passport managers Apps** come either preinstalled or are independent managers you download.

A software password manager mean you need to remember one strong password and the app does the rest. The strong password can take the form of a passphrase built up from words that have meaning to you with little relevance to others, interspersed with capitals and numbers.

An example being: The source is Fowlie 1907 Balater Gordon 691,  
Being my mother in laws maiden name, year and place of birth, clan and childhood street number  
This is modified to be a passphrase FowliE7091BalateRGordoN691

You have access to these preinstalled password managers:

- Google password manager on Chrome browser

- Windows password manager on Edge browser

- Samsung Pass on Galaxy phones in the Knox security App for use with Samsung browser

- Apple iCloud password manager for Apple devices.

These managers store your passwords on their site with the benefit of portability between multiple devices you possess. In addition, they can report to you on any suspicious use of your username and password originating from an unknown device.

There are many independent password managers. Just ask a browser question to report on the 10 best password managers. The talk covered just two.

**S10 Vault**. Free. This resides entirely on your device and can even be set upon a memory stick and moved between your devices. You can have printed backup of the contents.

**Robo Forms**. This is free for one device and paid versions for multiple devices. Backup and the provision for a trusted 3<sup>rd</sup> party to access you records if you are incapacitated.

If you want "how to " notes for any of the above password managers please email [brian@senpak.nz](mailto:brian@senpak.nz) and I will reply with the details. Alternatively if you have found a different App and you would like clear instructions to use it try Co-Pilot on the Microsoft Edge browser and ask "how do I use xyz"

If you are still stuck, come to a Help Day, however there is one caveat: our Tutors don't want to see your passwords.

## Exploring the waterways of France with Tony Kendall



Tony Kendall

A big thank you to Tony Kendall for sharing, with us, his adventures on the inland waterways of France. In 2001 some friends of Tony and his wife, Peggy suggested that they join them on a ten-day canal trip to France. They jumped at the idea. And what a trip it turned out to be. They had so much fun that within a few weeks of their return to New Zealand the friends were suggesting an even more ambitious trip. This was a 550Km circuit on another part of the French Canal System, a journey their friends estimated would take a month. After this second trip Tony and Peggy had certainly fallen in love with the French culture, countryside and of course the food and wine so they set themselves a challenge to explore the twelve distinct navigable river and canal systems of France.

Being a proud kiwi, Tony was determined to fly the flag for New Zealand but this proved to be more difficult than you would imagine. After attending many an international sporting event he soon discovered that the Australian flag and the New Zealand flag were often confused. It is hardly surprising with both flags donning a Union Jack in the corner and all those stars floating on a blue background. The similarities of the two flags for the other "boaties" on those French canals was far too challenging. Undaunted, Tony hoisted his own flag from the jack staff. With a big fat black kiwi on his flag he soon had the "rugby mad" French waving and cheering the Captain from the land of the "All Blacks". But some days he was called a Corsican as that Kiwi looked too much like the head of the Moor that appears on the Corsican flag.



New Zealand



Tony's Flag



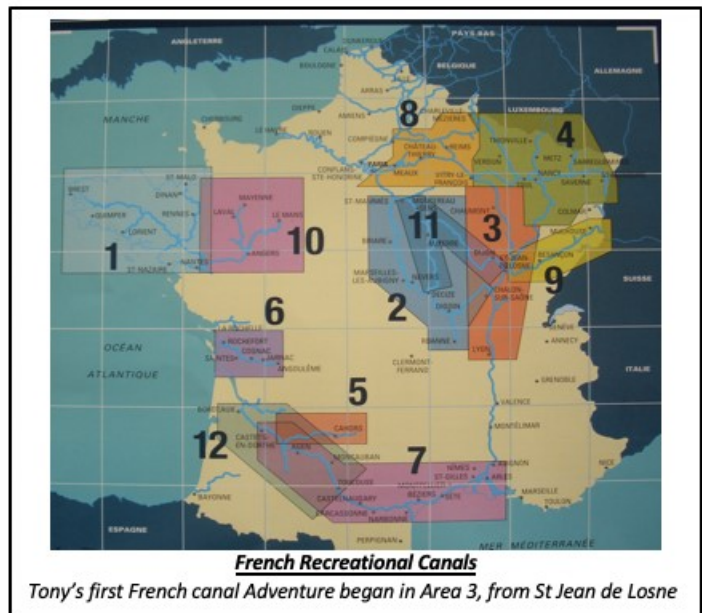
Australia



Corsica

Once the wind caught Tony's flag there were cheers for the "All Blacks" and no more confusion

French canal boats are nothing like the 6 foot wide narrow boats of the British Isles. Tony and their friends did have one trip to the UK. Tony described many of the British canals as being hardly more than a ditch. On the narrow boats the passengers were up the front of the boat and Tony was relegated to the back to control the steering using a tiller which was no more sophisticated than a bent galvanised pipe. Everyone wanted to be the "Captain" but after they had tried they all soon handed back the job to Tony. The narrow boats travelled about 4 km per hour.



French Recreational Canals

Tony's first French canal Adventure began in Area 3, from St Jean de Losne

As a rule, our intrepid explorers would fly into Paris and then head to the region where they would pick up their canal boat. Often the boats are hired for just a week but Tony and Peggy found that a fortnight or longer worked better as it allowed time to get into the daily rhythm of living on the water. At the end of each boat trip they would hire a car and explore the region thoroughly. Over a period of four years they explored the whole of the Normandy coastline and nearly all of the museums. They learnt what an amazing feat of planning had taken place over three years to undertake the Normandy invasion.



## Kate's Take continued ...



**Pontcysyllte Aqueduct**, carrying Llangollen Canal, crossing the River Dee

One of the highlights of their British trip was motoring across the Pontcysyllte Aqueduct, part of the Llangollen Canal. This aqueduct crossed the River Dee. The bridge is 307 m long, 3.7 m wide and 1.60 m deep. It consists of a cast iron trough supported 38m above the river on iron arched ribs carried on eighteen hollow masonry pillars. Looking over the side from the boat was rather scary so the passengers decided to get off and walk along the path. The trough was only about 15 cm wider than the boat so Tony didn't have to do too much steering.

Canal boats in France are not like the narrow boats found in the UK. French Canal boats are launches. They are driven by 50 horse power diesel engines and are allowed to travel at a speed of 10km per hour. In bad weather the Captain is protected from the elements and on a good day the roof could be slid back to enjoy meals al fresco.

The boats were very manoeuvrable and could spin on their own axes. At the start of each cruise they would hire bicycles that they lashed onto the roof of their vessel. When they moored



**Tony at the helm (left)**  
**With the roof of the launch slid back it's time to enjoy an evening meal. (above)**

they would use the bicycles to explore the locality. On the smaller waterways the crafts were predominately pleasure launches but on many of the larger rivers and canals there were commercial vessels carrying goods around the country. They transported a variety of products from wheat and corn to a range of building materials. Tony soon found it was best to steer clear of these large vessels. They generated a powerful bow wave that made the handling of their little launch quite challenging. In addition to the cargo barges there were large passenger ships that that would be carrying several hundred people for a week's cruise. There were also many moored house boats



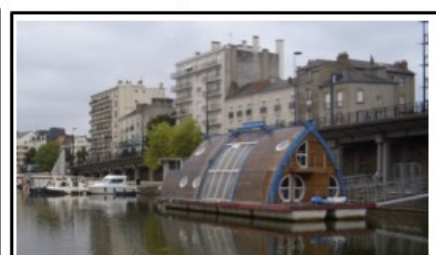
**Bicycles lashed to the roof**



**Cargo barge**



**Passenger cruiser from Eastern Europe**



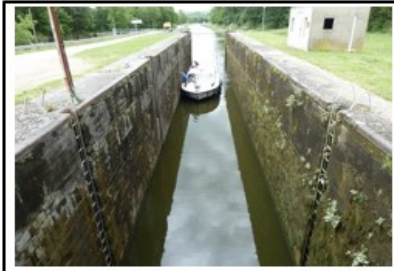
**House boat, Nantes, south Brittany**

Over the years our voyagers travelled through hundreds of locks on the canal network. They were really impressed by how beautifully the areas around many of these locks were maintained.

Below shows their vessel entering one of the typical locks on their journey. Note the ladders that are counter sunk into the lock walls. This allows access to and from the boat after closing and opening the lock gates. It looks like hard work but at least it was an opportunity to work off some of that fabulous French Cuisine.



## Kate's Take continued ...



Entering the lock



Water filling the lock



Opening the lock gates

Motoring inside the 3.3kilometre long tunnel on the Canal de Bourgogne was another memorable experience. The tunnel is only wide enough for one boat. They were supplied with a handheld radio to enable communication with both ends of the tunnel. Life jackets and a spotlight were also required.



Green light showing tunnel is clear



End of tunnel just a dot in the distance

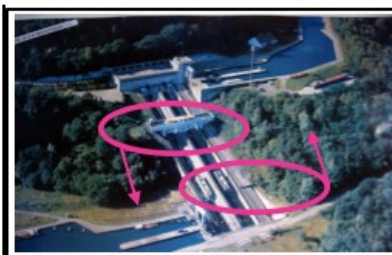


Tunnel end. Note the radio on the shelf.

Another piece of incredible engineering is the Saint-Louis-Arzviller inclined plane on the Marne-Rhine Canal where it crosses the Vosges Mountains. Before it was built there were 17 locks to negotiate and the journey would take a whole day. Boats motor into a trough either at the top or bottom. They displace the equivalent weight of water so the trough always weighs the same. The weight is equal to the blocks on the slope.



Boats entering trough



Trough moving down, weights moving up



Trough about to pass over weights



The French seemed to love bizarre sporting events from the ancient tradition of water jousting from a canoe in Cognac, to the crazy, three wheeled, two pedalling race held in Beanne. Teams of eight competed over 24hours.



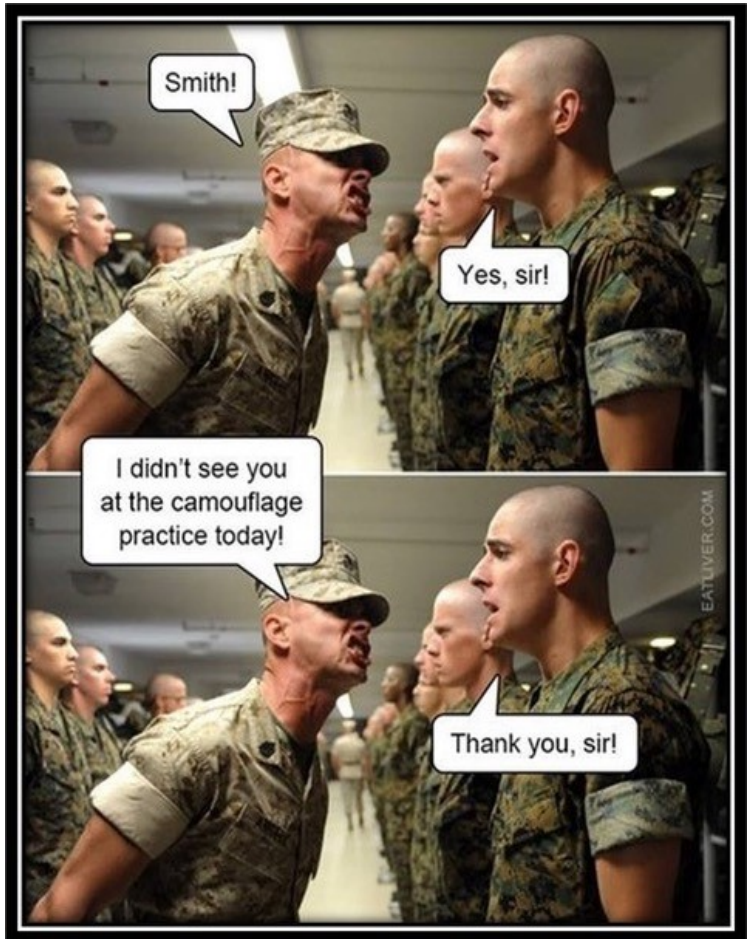
The food shops all over France created magnificent displays for their produce. The sweet delights at the patisserie were difficult to resist.

By 2016, Tony and Peggy had explored the whole canal network of France. Many thanks again to Tony for sharing his enthusiasm for France and Peggy's wonderful photos that illustrated their story so well.

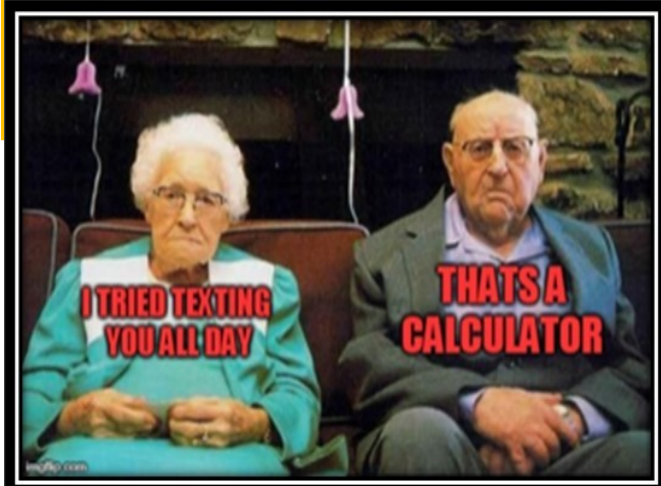
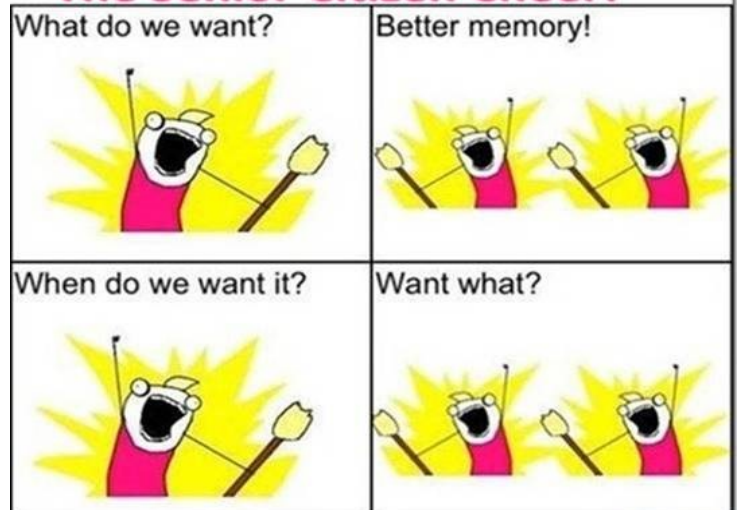
*K.Senner April 2024*

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**The Senior Citizen Cheer!**



## COURSE TIMETABLES, HELP DAYS AND COURSE BOOKING INFORMATION

To view all SeniorNet courses and timetable, click here

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

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Thurs	2 May	10am
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**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.
- \* 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.
- \* Our Courses are all held at our Learning Centre at  
**12 Ben Lomond Crescent, Pakuranga.**
- \* Please park on the road or in the Gym carpark across the road as no parking is permitted on site. **If you use the gym parking it is important that you park on the left, next to the gym. You can printout the parking advice from our website or write your own and leave on the dashboard of your car.**

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