

SeniorNet (Pakuranga) Inc
12 Ben Lomond Crescent, Pakuranga Auckland 2010
Telephone 09 576 4500

Established in 1996 especially for Pakuranga, Howick and Botany residents



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- ◆ Your Committee
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FEBRUARY HELP DAYS

Monday	3FEB	1pm
Tuesday	11FEB	10am
Wednesday	19FEB	1pm
Thursday	27FEB	10am



Our next Meeting,

**Friday
7th February**

at 10.00am

St Andrews Church Centre
Cnr 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

Is your PC functioning? May be you need AnyDesk to sort it. The early speaker this month will be Brian Erikson talking about the ANY DESK app which our Help Session staff and tutors are able to use to assist in sorting your computer problems, particularly if you are unable to bring your device to the learning centre.

The main speaker will be Kate, using experiences from her professional life, "Studying freshwater creeping crawlies as water quality indicators".

**The guy
at the furniture
store told me the sofa
would seat 5 people
without any problems.**

**Then it occurred to me,
I don't think I know 5
people without
any problems.**

HELPERS WANTED FOR HELP SESSIONS

Robin Tuckey

Are you looking for a way to make a positive impact, connect with others, and maybe learn something new along the way? We invite you to join the team of Helpers at our weekly Help Sessions!

These sessions are all about supporting each other, and we're looking for people who can help others feel comfortable and motivated, even if you don't consider yourself an expert.

You don't need exceptional knowledge or experience – just a friendly attitude and a willingness to lend a hand.

Each session has a group of Helpers on board, so you'll always have 2-3 other team members by your side to tackle any tricky questions together. It's a great opportunity to learn collaboratively while assisting others. You'll find a welcoming environment where everyone's input is valued, and we're all learning and growing as a team.

Whether you're looking to give back, gain new insights, or just meet new people in a supportive setting, these sessions are a wonderful place to start. So, if you're ready to make a difference and help create a positive experience for everyone involved, we'd love to have you join us as a Helper. Come along to any Help session and introduce yourself – your help could make a world of difference!

Any questions? Please contact : Robin Tuckey
Phone: 021 2588573
email: tuckeyrobin@gmail.com

Apparently there's a third option between burial and cremation.



**My wife took up gardening...
I wonder what she's going to plant**



Welcome to 2025

It is sad to note that Kevin Browne has died. Kevin was our Treasurer for many years. We were near neighbours before they moved to Bucklands Beach and then the Selwyn Apartment. I had the occasional meeting with Kevin and Judy in the years since he withdrew from the committee. Our sympathies are with Judy.

At last we are ready to take another step forward with our new constitution. We have circulated drafts and got feedback which has been incorporated into the document. I propose to make it an agenda item for our March 7th meeting. I will send out the final document with a notice of motion in time for you to read it prior to the March meeting.

Kate has said that she has a need of a break from app talks so we start the year with my presentation of AnyDesk . A back catalogue of Kate's apps can be viewed on our website at senpak.nz, Notices, Newsletters

June: Using Google Maps to track your walking distances. Also, what3words a navigation app that locates you in one 3 metre by 3metre square which has a unique three word code.

July: Living and working with artificial intelligence and the Mymind app.

August: The Merlin app by Cornell Lab of Ornithonology for bird identification and iNature by the National Geographic Society and Californium Academy of Science to record identify and share plants, animals and other organisms.

September: Google Art and Culture. Virtual museum tours, art works and collections in augmented reality.

October Using your phone and the Co-Pilot app for many different tasks.

December Otter. A transcription app to convert speech to text and using smart speakers

AnyDesk

This App is free for non-commercial use and we have had some experience with it over the Covid lock-downs. It has the capability of remotely linking another device to your screen and mouse. The remote device can be another Windows PC or an Android phone, iPhone , macOS device, Linus or Raspberry Pie and using that remote access you can receive help with problems. For security reasons you as the remote owner, have to approve each session and we discourage any action that required a password to be visible. The free version does not provide "in App" voice to the remote connection but you can use the hands free "WhatsApp" on a smartphone to achieve this.

We see AnyDesk as a way you can support another member of your family and we are looking at introducing it for Help Days to reach members who cannot come to Help or are too distant or have say a desktop PC that's not easily portable. We have 'how to" notes from the Covid lock down and these need an update as AnyDesk has advanced in recent years.

Ramblings

Dawn Howarth

Welcome back—here we go again. I hope our silly season was kind to you with only lovely surprises. Another new year for Governments around the world to mess up even more. Let's keep our fingers crossed that Israel and Gaza start mending.

We had a happy, over-eating but quiet festive season. We stayed at home although visitors were frequent necessitating lots of wine. I'm not complaining at all—smiling in fact.

I hope you will be at our first meeting for the year—and I especially hope you will read Robin's plea for assistants/assistance in the training centre and offer to help them out for an hour or two occasionally, or as often as you like. He needs you.

Take care and keep hugging.

20-YEAR MEMBERS



Back Row Dick Harris, Membership No. 850, joined 2001;
 Maggie Burrill, Membership No. 1108, joined 2002;
 Cecilie McIntyre, Membership No. 951, joined 2002;
 Gary Renwick, Membership No. 1124, joined 2004;
Front Row Bill Burrill, Membership No. 1109, joined 2002;
 Mervyn Coward, Membership No. 1418, joined 2004; and
 Ron Harrison, Membership No. 358, joined 1998.

Early in December SeniorNet treated all the tutors and helpers to lunch at the Bucklands Beach Yacht Club. This year all members who have 20 years or more continuous membership were also invited. These seven senior members accepted their invitation and what a delight they were. They entertained us with all sorts of stories about SeniorNet and how they remembered it. We honour you and thank you for your support.

Mervyn is on our committee and kept busy as our Treasurer. Maggie is also on our committee and finds our amazing guest speakers. Although Maggie and Bill joined in 2002, they were visitors to our SeniorNet at TeTuhi from 1997. Dick is a tutor, looks after our training centre, the website and the sound system at the church, among other things. A very busy man indeed.

Boosting Memory and Brain Health



Gillian Eadie

A big thank you to Gillian Eadie for her fascinating talk on boosting memory and how to keep our brains in good health. Gillian emphasized the importance of engaging in challenging activities to boost brain health and memory. She pointed out that we all have memory lapses, such as forgetting where we put the keys or questioning our motivation for entering a room. However, she assured us that this was not an indicator that we were heading along the road to dementia. She informed us that dementia affects only 1.49% of New Zealand's population over 65. She encouraged us to stay active and organised and outlined practical exercises to support cognitive function. Gillian has written the book called "7-Day Brain Boost Plan".

This outlines how exercise, the correct food, mental stimulation, good sleep routines and social interaction are important elements in sustaining a healthy brain.

At one time it was thought that we were born with a set number of neurons but research now suggests that we are growing in the region of 1400 neurons a day replacing the ones that have been damaged and destroyed amid the 100 billion neurons that make up our brain.

Gillian explained the concept of neuroplasticity, where the brain can grow new neurons and synapses if you keep it exercised with challenging activities. There are activities like sudoku, crossword puzzles, wordle and jigsaws which challenge the mind but she also suggested learning new skills and researching topics that you have never explored before. Persevere with activities that challenge your mind. Avoid saying I am too old to remember things, as it can lead to a self-fulfilling prophecy.

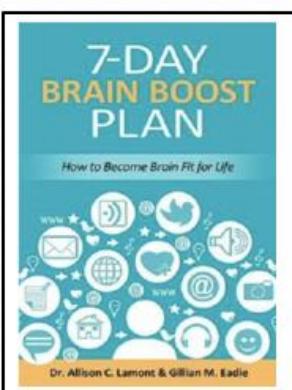
Information is bombarding our brains constantly but most of it is inconsequential so you have to engage your brain to create a memory. About seven items can be retained in the short term memory but this will require two to three seconds of concentration. As new items are retained others will drop out to be replaced with new memories as the time progresses. It can take as long as seven seconds to commit something into long term memory.

So how can we improve our memory? Pay attention and deliberately concentrate. Try to eliminate distractions. Create a story around the item, event or information you want to remember. Do you find it difficult to recall the name of someone you have just met? When being introduced try to associate their name with something about them. It may be their profession, hobby or their style of clothes. I often look for a personal characteristic. E.g. It appears Graham has brown hair, but is it dyed? I remember him as Grey-haired, "Greyham".

You are staying with friends. You have to leave your car keys in an unfamiliar place. Use your non-dominant hand and pass it across in front of your body, as you place the keys on say, the sideboard. Take a mental photo/or a digital photo of their location and say to yourself, "I have placed my keys on the sideboard". Don't be afraid to use modern digital aids. Set reminders and alarms on your smart speaker or mobile phone. This is especially useful when having to remember to take your medication.

In the late 1800's, the German Hermann Ebbinghaus worked in memory research. He found repetition and rehearsal improved memory retention. E.g. He established rehearsing a subject five times initially, returning to it the following day, then again in a week, then two weeks, then a month later formed the strongest memories. He described how memory decays over time but rehearsal can counteract this decline.

Sisters, Dr Allison Lamont and Gillian Eadie have run the [BrainFit](#) organisation in New Zealand for 16 years but they have now handed over the day to day running to Ina Meeten and Jude Walter. To receive the regular newsletter with lots of brain challenging puzzles and information on [BrainFit](#) courses enter hello@brainfit.nz into your search bar.



Donald Jong-Un and Kim J. Trump
Hair swap improves both of them



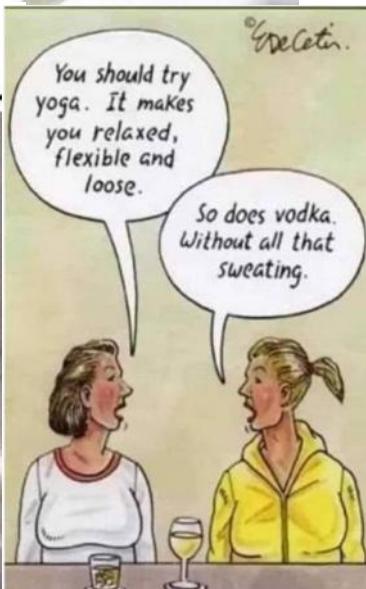
COMMITTEE

Chairman	Brian Erikson brian@senpak.nz
Treasurer	Mervyn Coward mervyn@senpak.nz
Secretary	Dawn Howarth dawn@senpak.nz
Membership Secretary	Robyn Carter robyn@senpak.nz
Systems Manager	Graeme FitzGerald graeme@senpak.nz
Publicity	Warren Taylor warren@senpak.nz
Course Co-ordinator	Mike Empson mike@senpak.nz
Website Assistant	Keith Erikson keith@senpak.nz
Guest Speaker Co-Ordinator	Maggie Burrill maggie@senpak.nz
Asst Guest Speaker Co-Ordinator	Fay Mullins fay@senpak.nz
Newsletter Editor	Dawn Howarth

I could swear he is doing it wrong,
but since I dont own a boat, Im
going to keep my opinion to myself!
😊😊😊



**Always make sure your
loved ones are buckled up.**



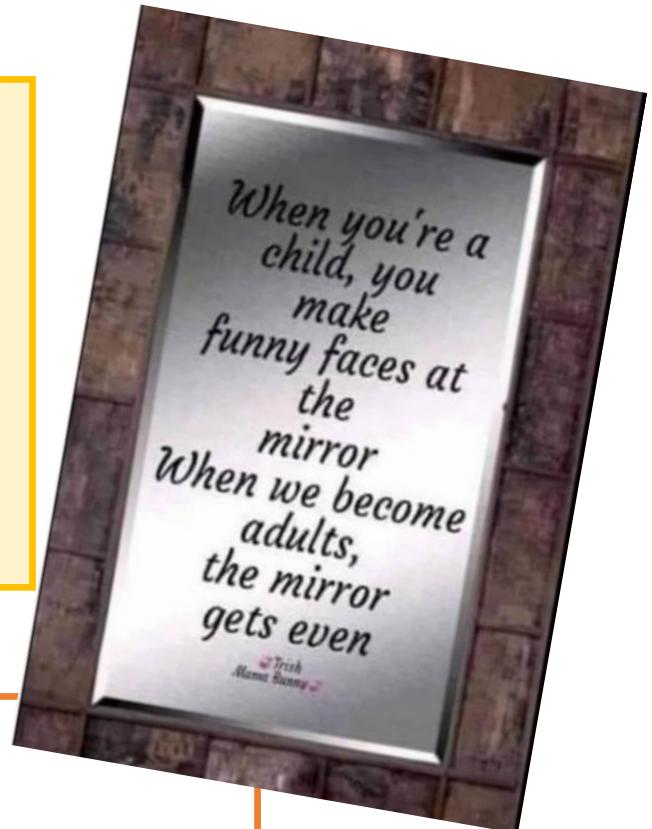
COURSE TIMETABLES, HELP DAYS AND COURSE BOOKING INFORMATION

To view all SeniorNet courses and timetable, click here
<http://www.senpak.nz/courses/>

FEBRUARY HELP DAYS

Monday	3FEB	1pm
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Wednesday	19FEB	1pm
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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 (not available Monday or Thursday mornings) it is important that you park on the left, next to the gym. You can printout the parking advice from our website (under the Courses tab) or write your own and leave on the dashboard of your car.**

