

SeniorNet (Pakuranga) Inc
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OCTOBER 2025

Established in 1996 especially for Pakuranga, Howick and Botany residents



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OCTOBER HELP DAYS

Thursday	2nd	10AM
Monday	6th	1PM
Tuesday	14th	10AM
Wednesday	22nd	10AM
Thursday	30th	10AM



Our next Meeting **and AGM**,

Friday 3 October

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

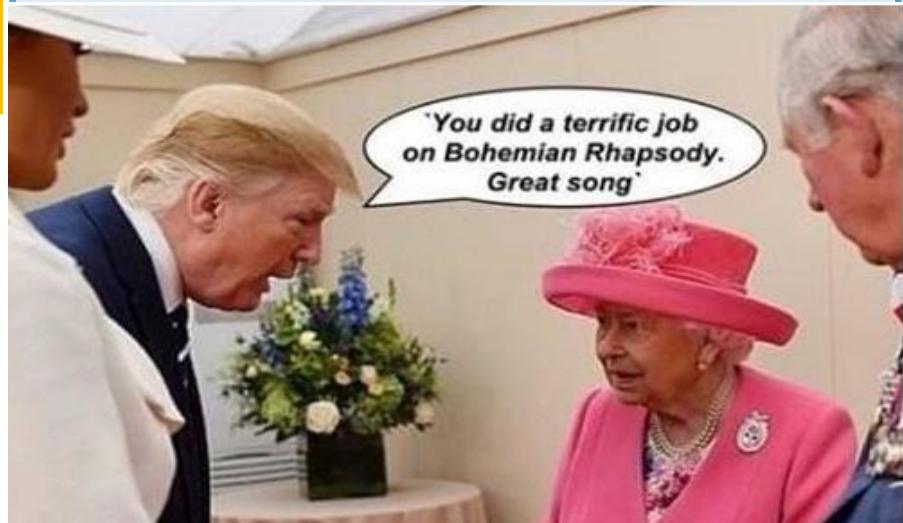
Because we will have our AGM at the next meeting, Kate will be able to have the day off and relax.

The main speaker will be Linda Vagana from Duffy Books. These are reading books designed for primary school children.



6 NEW MEMBERS

Anne McLean	John Turner
Bill Mann	Rex Russell
Shirley Eyre	John Soffe



Welcome to AGM 2025. This will be the early feature of our meeting. Don't be put off coming as it's usually finished by the time refreshments are due.

In the August Bits and Bytes I covered the 1 year extended support Microsoft is offering for about \$50. We were looking at taking out 5 support agreements for our All in One HP computers in the Learning Centre as they cannot be upgraded to Windows 11 with the normal inbuilt settings

By chance I came across a podcast about a tool called "Fly Out Of the Box Experience", or FlyOobe. It's so popular its being, downloaded 10,000 times a day. As a result we now have 3 of our 23 inch PCs on Windows 11 and one laptop that was struggling on Windows 10 seems to have a new lease of life. No files or applications were lost but the usual cautions are to back up before you upgrade. The remaining 2 will come after a settling in period unless if tutors say they still want Windows 10 to refer too when a member comes for help. This will save us \$1500 per PC.

FlyOobe takes care of upgrades to Windows 11 for some Windows 10 installations which are not accepted by the standard Microsoft upgrade tool in Windows Update. I say some because it still requires that the PC is set to UEFI boot rather than legacy BIOS, the CPU must of a type that handles code for POPCNT and SSE4.2. It also takes care of the correct settings and licensing for your PC provided it wasn't a pirated copy of Windows.

The next stage gets a bit technical and if you have a laptop you could bring it to a Help Day to get it checked out

To check for UEFI

- Press Windows + R to open the Run dialog.
- Type msinfo32 and press Enter.
- In the System Summary, look for **BIOS Mode**:
 - If it says **UEFI**, your PC is using UEFI boot.
 - If it says **Legacy**, it's using the older BIOS system, (UEFI may be selectable but this can be a bit tricky to get into the BIOS settings, so don't take action until B checks out positive).

For POPCNT and SEE4.2 go to Settings>System> About and view the specifications.

Device specifications

Device name	Brian
Processor	11th Gen Intel(R) Core(TM) i7-1165G7 @ 2.80GHz (2.70 GHz)
Installed RAM	16.0 GB (15.7 GB usable)

You should have at least 8GB RAM and copy the processor name into Co-pilot in the Edge browser as part of a question:

"Does "xyz" processor handle POPCNT and SSE4.2?"

If you get the green light from the above but felt this was as technical as you are prepared to go, I suggest you contact Rein van deVusse email pchelpathome.co.nz@gmail.com and see if he is willing as I have given him my notes.

If you want to go further yourself, contact me at brian@senpak.nz for detailed notes and you tube video. The biggest hassle is the number of hours, like all night, that the download of Windows 11 takes from Microsoft.

Ramblings

Talk about winter out like a lion, I think Spring has arrived with a roar. I'm sure I haven't seen as much wind and as strong as it is. Too hard to think about going out, a hot cuppa and staying inside is perfect for me just now.

Last week I had two jigsaw puzzles given to me so I have been engrossed with them and it is perfect weather for that. He indoors is missing all the attention he received because I can't stop "jigsawing".

I must go out to fetch and fill the tui feeder I have in a tree just outside our dining room window. I can easily spend hours sitting and watching tuis, silver eyes and sparrows squabbling over the nectar. I have noticed however, that in September almost all the birds rarely visit because they are busy building their nests. It won't be until Christmas before they are back in force to keep me entertained. Now I see them pulling strands of airplant out of the tree and long pieces of grass to take to their nests. Isn't nature wonderful.

Keep positive, smiling and warm. See you at the AGM.

Dawn Howarth



THIS IS A TEXT MESSAGE TO A NEIGHBOUR:

Hi Max,

This is Richard, next door. I've been riddled with guilt for a few months and have been trying to get up the courage to tell you face-to-face.

When you're not around, I've been sharing your wife, day and night, probably much more than you.

I haven't been getting it at home recently. I know that's no excuse. The temptation was just too great. I can't live with the guilt & hope you'll accept my sincere apology and forgive me.

Please suggest a fee for usage and I'll pay you. - Richard

Max, feeling enraged and betrayed, grabbed his gun, went next door, and shot Richard dead. He returned home, shot his wife, poured himself a stiff drink and sat down on the sofa. Max then looked at his phone and discovered a second text message from Richard.

SECOND TEXT MESSAGE:

Hi Max, Richard here again.

Sorry about the typo on my last text. I assume you figured it out and noticed that the darned Spell-Check had changed "wi-fi" to "wife." Technology, huh? It'll be the death of us all.



NotebookLM – An amazing piece of software

Do you remember the moment when you created your first document using Microsoft Office? I bet you said, "WOW". No more cover ups with "Liquid Paper". No more restarting that important letter from scratch. Deleting and re-writing could be done in an instant. Suddenly, it didn't matter that we were not expert typists. It was a revelation. The Microsoft Office suite of programs, released in 1989, changed our lives.

I predict that AI and Google's AI-driven suite of programs in particular, will have a similar impact in the 21st Century. In the past, we were limited by our education, intelligence and our resources. Today, an infinite amount of information is at our fingertips, but no matter how complex it is, Google's NotebookLM provides the tools to make it accessible. It has revolutionised how we manage and understand information.

On a day-to-day basis, how can this be of value to us seniors? Here are just a few examples.

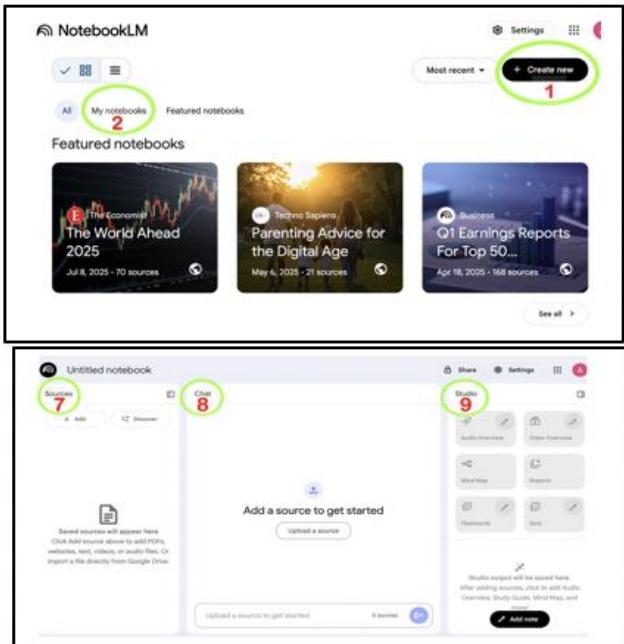
- **Medical Consultations.** Your doctor sends you to a specialist. You record the consultation on your phone. The consultant writes letters to you and your doctor outlining new medications, treatments and the prognosis. Full of medical jargon, it's confusing. Place all this information into a dedicated notebook in NotebookLM and it will be explained in clear, everyday language. You can also ask follow-up questions. In the Chat Panel, (Start Typing Box), ask NotebookLM to search the web for the side effects of the medications. Ask for alternatives? Equipped with this knowledge you can have a more informed talk with your doctor.
- **Insurance.** You have been researching new house Insurance and have compared the websites of three companies. Ask NotebookLM to analyse the "Terms and Conditions" so you can see which is best for your circumstances and discover what might be hidden in the small print.
- **Newsletters.** You receive monthly newsletters from several organisations. Create a dedicated notebook for each one. Upload the newsletters as sources and when you want to find the speaker from the May meeting or a particular article from earlier in the year, NotebookLM will locate it for you instantly.
- **Meetings.** You are asked to take the minutes at a meeting. Record the meeting on your phone, upload the audio file into a new notebook and in the Studio section select "Reports", then "Briefing Document". In moments, the meeting will be summarised for you.
- **Travel.** Your travel agent has prepared an itinerary for your European holiday. Upload all the documentation into a dedicated notebook. You can then ask questions without sorting through piles of paper. For example, where will we be staying on June 26th. Does the hotel have a swimming pool?
- **Car Manuals.** You have bought a new car. Create a dedicated notebook and upload the user manual directly from the internet into the NotebookLM Sources. When an ominous red light flashes on the dashboard, simply ask NotebookLM to explain what it means.
- **Finances.** You can monitor your finances. Download your bank statements as PDFs into the NotebookLM Sources. Now you can ask about your accounts. When are bills due? What subscriptions am I paying for? Which month of the year is the most expensive?
- **Learning.** Perhaps the most exciting use of NotebookLM is in education. Nothing is too difficult. Upload original research papers and NotebookLM will convert them into simplified prose, generate mind maps, create customised flashcards and quizzes of varying difficulty, create a podcast on one or all of your sources or a video overview. The Report tab in the Studio section can generate a Briefing Document, Study Guide, Concept Explainer, Debate Outline or a customised report with your own chosen structure, style and tone.
- **Podcasts with interaction.** Once a podcast has been created, you can interrupt the speakers and ask them a question. The answer will be incorporated directly into the podcast.

NB. Over the past two months, there have been numerous updates to NotebookLM, so this article only represents an approximation of its current capabilities.

Getting started - Create a Gmail, email account.

Enter notebooklm.google.com into the search bar. The opening page shows several example notebooks.

Kate's Take continued ...



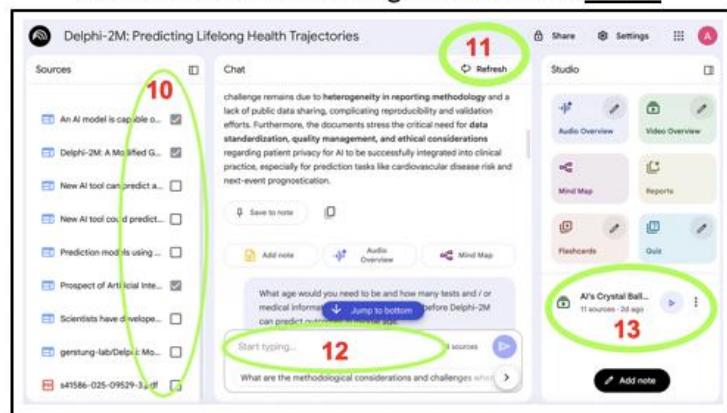
To create a new notebook, click on (1). To see all of your notebooks click on (2). The second page allows for the addition of resources(3). These can be retrieved from files within your device (4) or from other sources shown in (5). Clicking on 6 will open the “Untitled notebook” page.



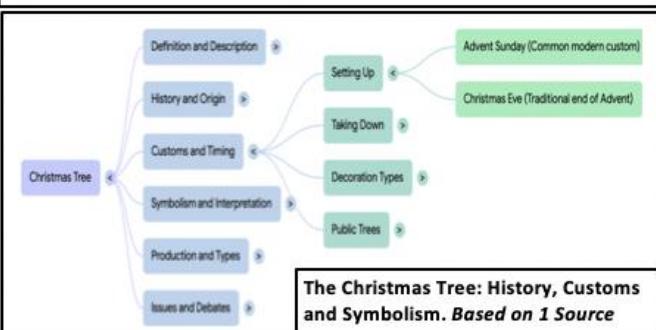
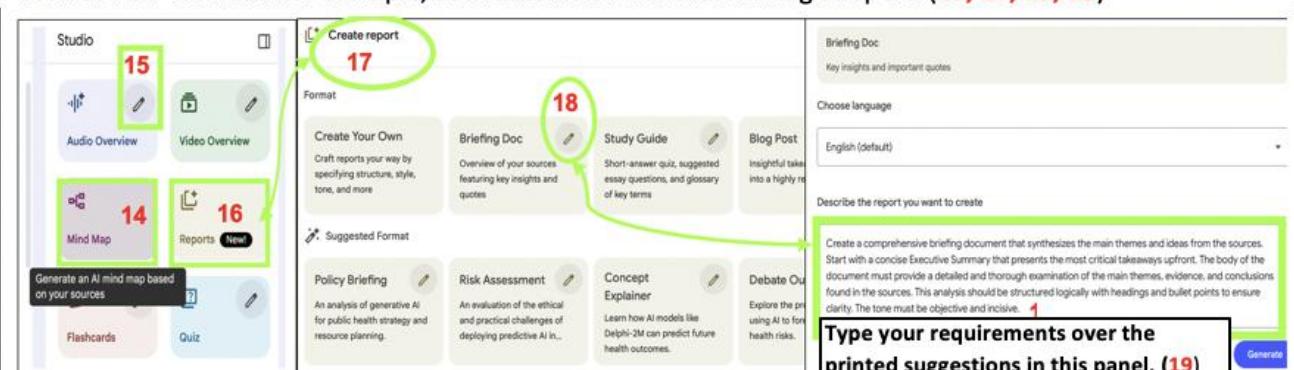
This page is divided into three sections, **Sources**, (7), **Chat**, (8) and **Studio**,(9). Sources will be downloaded as shown in (10). Untick or tick the resources you wish to reference when creating material in the **Studio**

An overview of all the resources will immediately appear in the **Chat Panel**, and a title will be created for the **Notebook**. This overview can be saved as a note and stored in the note section of the **Studio Panel**, (13).

By selecting one or more of the sources, then requesting a synopsis in (12), another summary will appear beneath the first. This too, can be saved as a note. To remove any unwanted summaries, click “Refresh”,(11) this will leave, the original overview.



At this moment, there are six coloured panels in the **Studio** section. By clicking the pencil icon (15) in any panel a new menu appears giving options for customizing and refining the material that will generate the various new formats. For example, see route below for customizing a report. (16, 17, 18, 19)



The **Mind map** (14) in the **Studio** panel is activated by a click but its complexity is related to the number of sources that are active in the **Sources Panel**. The **Mind Map** generated to the left was created from a single source. Clicking on any one of the branches will give an overview that appears in the **Chat** panel. This overview can be transferred to either the **Source Panel** or retained as a note in the **Studio Panel**.

K Senner Sep 2025

Kate's Take continued ...

CONTROLLING INVASIVE EXOTIC CAULERPA



Matthew McArthur

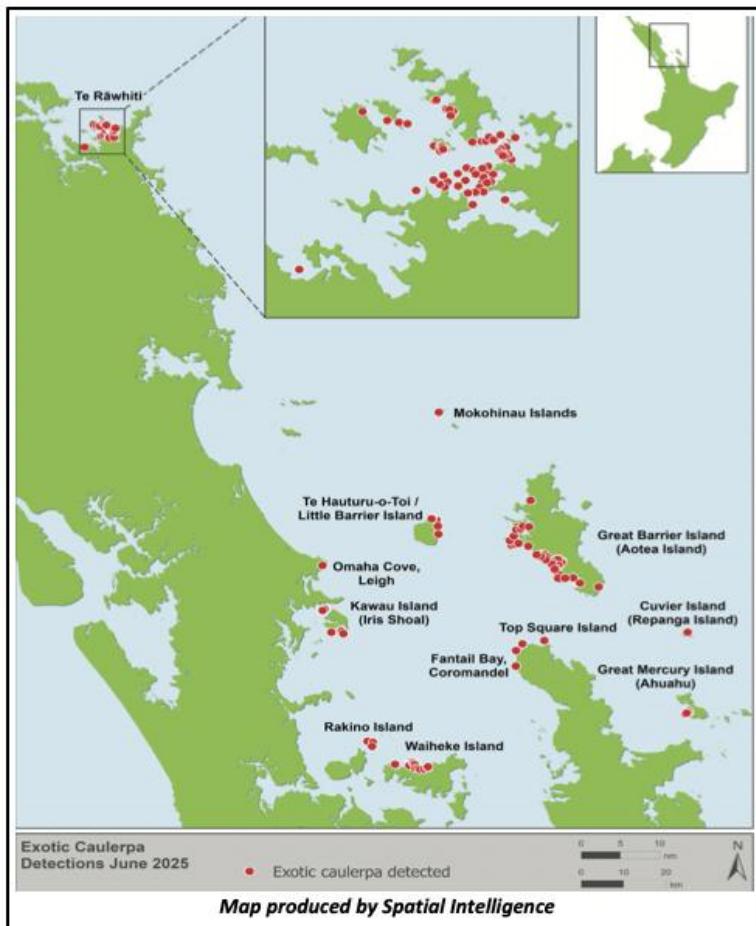
A big thank you to the Ministry for Primary Industries (MPI) Senior Advisor, Matthew McArthur, for his fascinating talk on the exotic seaweed *Caulerpa*. This invasive genus is establishing itself around the coast of northern New Zealand. In fact, there are two species (*Caulerpa brachypus* and *Caulerpa parvifolia*). They appear identical and can only be distinguished through genetic analysis. The term "exotic caulerpa" covers both species. These seaweeds are bright green with oar-shaped fronds. Exotic caulerpa poses a serious threat to New Zealand's marine ecosystems. It spreads rapidly, forming vast, dense mats by sending out runners. It's found below the tideline to depths of 46m on most substrates. It can also spread from small fragments broken off during storms or through human activities such as boating, diving, and fishing, when pieces become attached to equipment.

It is not known when exotic caulerpa first entered New Zealand waters. It is thought to have arrived on a vessel travelling from Australia or the Pacific.

These two fast-growing seaweeds alter the habitat of the seabed by smothering the native bottom-dwelling flora and fauna. Exotic caulerpa now covers more than 1,500 hectares (August 2024) of the upper North Island seabed. Density ranges from thick carpets in some areas to sparsely distributed plants in others. Biosecurity New Zealand has been working closely with partners, including mana whenua at affected sites, local councils, and communities, to slow its spread and find or develop potential ways to manage it.



Exotic Caulerpa sp – Photo NIWA



Globally, there are no effective methods of control for *Caulerpa*, but education and extensive research are being undertaken in New Zealand in an attempt to restrict its spread. When out at sea, recreational sailors and fishers need to check their vessel's anchor, anchor chain, and any other equipment that may have collected seaweed. Any seaweed should be bagged and taken ashore for disposal in landfill. *Caulerpa* dies in fresh water. Since 2021, nearly \$25 million has been spent on research and efforts to control *Caulerpa*. Several organizations are involved: the University of Auckland is working with Ngāti Manuhiri on the impact of *Caulerpa*; the National Institute of Water and Atmospheric Research (NIWA) is focusing on biomass reduction and using AI with a ROV to determine the extent of the seaweed; and Ngāti Paoa are experimenting with wool mats in an attempt to smother it.

Kate's Take continued ...

In August 2024, \$10 million was allocated, to three removal technology projects:-

- A UV - C light array to irradiate *Caulerpa*.
- An enclosure to concentrate a chlorine treatment over the *Caulerpa* beds.
- A submersible dredge planer designed to dredge the seaweed in a single pass.



Divers manoeuvring the UV light array into place

The 'Rehabitat' chlorine enclosure was developed by Commercial Dive Specialists and builds on a known effective treatment—applying chlorine under benthic mats (essentially mats placed on the seafloor with chlorine underneath).

The innovative device is a large 75-square-metre inflatable unit that uses negative pressure to suction onto the seabed, containing chlorine in the area under treatment. Separate modules can be tethered together to quickly treat very large areas of dense exotic *Caulerpa*.

Advanced Aquarium Technologies Ltd developed and is trialling a cost-effective option to treat invasive exotic *Caulerpa* without needing to deploy SCUBA divers.

Taking a lab-proven method of using UV-C light to irradiate exotic *Caulerpa*, the team has scaled it up to destroy large areas of the seaweed pest in the field.

As of August 2025, field trials are largely complete and a report on the effectiveness is due soon.



"Rehabitat" chlorine treatment enclosure under testing



Barge with suction head and 2 large trommels to separate the Caulerpa as it's sucked from the seabed

At Omakiwi Cove in the Bay of Islands, the Northland Regional Council and mana whenua (funded by MPI) carried out a flagship project to develop a large suction dredge to remove exotic *Caulerpa* in bulk from the seafloor.

The project achieved significant advances, including creating equipment to remove sand from the dredged exotic *Caulerpa*. Further work is required to achieve faster and more effective removal. At the Iris Shoal off Kawau Island, a partnership between Ngāti Manuhiri and NIWA used a smaller-scale suction technique where

divers hand-controlled a portable vacuum device. The team successfully removed exotic *Caulerpa* from 1.27 hectares of seabed and safely disposed of the material at a local landfill.

Educating the general public about exotic *Caulerpa* can significantly help monitor and prevent its spread in New Zealand waters. Controlled Area Notices (CANs) are currently in place for five regions: Great Barrier Island, Great Mercury Island, Te Rāwhiti Inlet in the Bay of Islands, Waiheke Island, and Little Barrier Island. These locations have restrictions on anchoring and fishing activities.

The MPI asks the public to watch for exotic *Caulerpa* species and report any suspected sightings. If possible, take a photograph and note the location, then contact MPI on freephone 0800 809 966 or complete the online form at, report.mpi.govt.nz.

COMMITTEE

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Asst Guest Speaker Co-Ordinator	Fay Mullins fay@senpak.nz

Impress her with something expensive



WHAT DO YOU
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IRISHMAN
—
RICK O'SHEA

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

Thursday	2nd	10AM
Monday	6th	1PM
Tuesday	14th	10AM
Wednesday	22nd	10AM
Thursday	30th	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.
- * 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.**

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