



67 Henderson Valley Road
Auckland City 0612
Ph: 09 8377600
Email: snwestakl@gmail.com
www.seniornet-west-auckland.org.nz



Newsletter - September/October, 2017

From the Chair

Hi Everyone

We have just attended a Festival of Learning Day at the Te Atatu Community Centre. It was much better than last year's despite the heavy rain first thing, with more people attending. It is good advertising for SeniorNet.

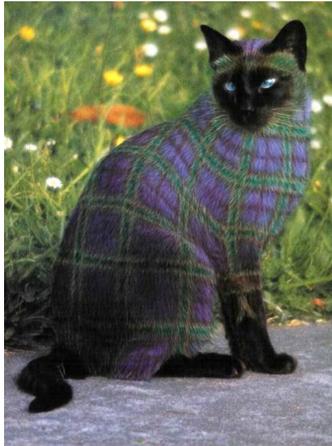
There is another event on 29 September at the Kelston Community Centre for the International Day of the Older Persons and we will be taking part. So if you have friends who would like to know more of what we do please let them know it's on from 9.30 until 12 noon. There will be guest speakers, demonstrations and free morning tea.

We have just received funding through the ASB for the purchase of Apple Mac laptops. This will now enable the Apple Girls (Joan and Janet) to run classes without having to use their own devices. So please ring Pam if you want to attend classes.

At our next meeting at Kelston on 19 September our guest speaker will be Grant Stevens, an IT Consultant who has a wealth of knowledge to share and is always good fun. Many of you will remember his visit a few months ago. For the meeting in October Steve Green will be coming along to talk on Google amongst other things.

So enjoy the Spring season, I'm sure it must stop raining soon.

Kind Regards
June Lay
Chairperson



Greetings from the Tartan Tatler



Once the fourth largest lake in the world

Janice Chandler was the interesting speaker at our August monthly meeting in Kelston. She is an anthropologist who has travelled widely in Central Asia and who brought along many artefacts and articles of clothing she collected on her travels. The clothes were mostly made of silk and cotton and embellished with precious stones. Here's a photo of her with our David looking very wealthy in a nobleman's finery of a velvet coat and hat embroidered with gold thread.

She mentioned the Aral Sea, once the fourth largest lake in the world which had gradually shrunk to a fraction of its size. I remember reading in a National Geographic article three or four years ago that the Aral Sea once had a surface area of 67,300 kilometres.

In the 1960s the Soviet government decided to build a network of badly-designed and inefficient canals, dams and reservoirs to irrigate the cotton and wheat fields of Kazakhstan and Uzbekistan, with disastrous results. Once fed by two of Central Asia's mighty rivers, the Amu Darya and the Syr Darya, its eastern side, caused by irrigation and recent droughts, has completely dried up for the first time in 600 years.



Monthly Meeting

Remember our monthly meetings at Kelston Community Centre are held on the **3rd Tuesday of every month at 10 a.m.** Circle the days on your calendar; put it in your 2017 diary now!

The next meetings will be on Tuesday, **19 September, 2017** (Guest Speaker: Grant Stevens and Tuesday **17 October, 2017** (Guest Speaker: Steve Green)



New Members as at end August, 2017

A Warm Westie Welcome to the following new members:

Beryl Overall	June Aickman	Marilyn Harris
Lorraine Ellis	John Roger	Rita Meares
Shirley Wyatt	Carol Riley	Michael Riley
Anna Bass	Nigel Bass	Gill Goldham
Verendra Gupta	Vera Cope	Alison Wadams

A message from the Apple Girls

Good news if you wish to take part in our Mac training courses. We now have new MacBook Pros for you to use if you can't or don't want to bring your own Mac.

Janet and Joan will be doing our *Intro to Mac* course again, which has been very popular, at the end of September.

We are also looking at a *Photos* class. We will show you how to import photos from your phone and camera plus editing and touching up your photos, creating albums, storing photos in iCloud and more. We may also do a class on *Pages* which is the Apple word processing App.

(The purchase was made possible through the generous gift of funds from the ASB Foundation which enabled us to buy three new MacBook Pros. Thanks. And thanks also to our Treasurer, Carol Sinkinson for applying for the funds on our behalf. *Ed*)

Some wee Mac tricks for you

You'll probably learn these and more when you enrol in a Mac class with Janet and Joan.

To use the Spotlight Search click on the magnifying glass, top right corner

- Start typing, e.g. 12 feet; gives you the conversion to meters
- Or try a dollar amount \$10 NZ, converts to £5.55 sterling
- Select a word in a piece of prose, then press Control + Command "D" to get the dictionary
- Select a word, right click on it, press "Look Up" for more info

Mnemonic verse of Monarchs of England

[Willie](#), [Willie](#), [Harry](#),^{[a][b]} [Steve](#),^[c]
[Harry](#), [Dick](#), [John](#), [Harry three](#);
[One](#), [two](#), [three](#) Neds, [Richard two](#)^[d]
[Harrys four](#), [five](#), [six](#)... then who?
Edwards [four](#), [five](#), [Dick the bad](#),
Harrys twain ^{VII} ^{VIII}^[e] and [Ned the Lad](#);^[f]
^[g][Mary](#), [Bessie](#),^[h] [James the Vain](#),^[i]
[Charlie](#),^[j] [Charlie](#), [James again](#)...
[William](#)^[k] and [Mary](#), [Anna Gloria](#),^[l]
Four Georges ^I ^{II} ^{III} ^{IV}, [William](#) and [Victoria](#);^[m]
[Edward seven](#) next, and then
[George the fifth](#) in 1910;
[Ned the eighth](#) soon abdicated
Then [George the sixth](#) was coronated;
After which [Elizabeth](#)
And that's the end until her death.^[n]

(Thanks to Glenys for sharing this. Have fun learning it. *Ed*)

This skill can protect against dementia

Learning another language has many proven health benefits. Studies from the University of Montreal have found that the ability to speak more than one language protects against dementia and other age-related

conditions causing cognitive decline. They found that the bilinguals used less brain power to complete given tasks, suggesting their brains are more efficient than people who can only speak one language. Here are some ways you can learn a new language.

- **Online** – many websites and apps offering language courses

Duolingo is the world's most popular way to learn a language. It's 100% free, fun and science-based. Practise your speaking, reading, listening and writing skills while playing a game! You'll improve your vocabulary and grammar skills by answering questions and completing lessons. Start with basic verbs, phrases, and sentences, and learn new words daily. Download the apps from:

<https://play.google.com/store/apps/details?id=com.duolingo&hl=en>

<https://itunes.apple.com/us/app/duolingo-learn-spanish-french-and-more/id570060128?mt=8>

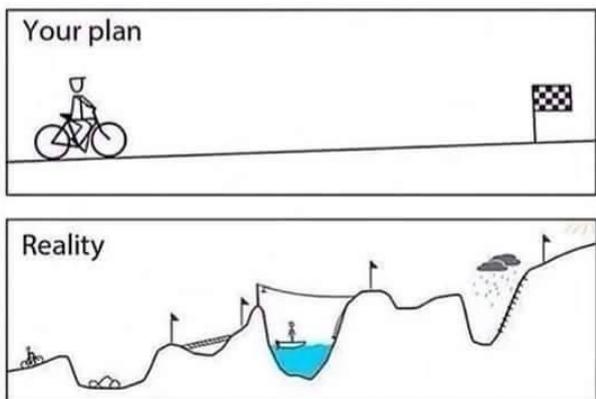
<http://www.bbcactivelanguages.com/>

- **In person** – The University of the Third Age (U3A) has branches all across the country, offering a variety of language courses (and many other subjects) for a small annual fee. Alliance Française and similar organisations also offer affordable, comprehensive classes.

If you have previously learned a language but find yourself a bit rusty look for books in the library or watch some movies or listen to music in the language you want to refresh.

If you are already bilingual you have a head start!

NEVER LOSE HOPE



Are any of these familiar?

Have you received emails from: Bunnings, all using different domain names, offering you vouchers; AirNZ, offering deals, but not using their domain name; Petrol Surprise, offering petrol vouchers from different

domain names; Qantas offering blank boarding passes for you to fill in with your choice of destination, all using different domain names; K Mart, JB HIFI, IRD, Kiwibank, Westpac, BNZ, Boots the Chemist, Spark . . .? and the list goes on. **Do not click on any links in these emails.**

After the huge breach of Adobe's customer accounts, Microsoft's Troy Hunt, an expert in web security created a site called Have I been Pwned? <https://haveibeenpwned.com>

This is a free resource where you can quickly assess if your online accounts have been compromised. Sites, with the number of impacted accounts in brackets, such as Yahoo (1 billion); LinkedIn (over 1 million); Adobe (150 billion); Dropbox (68 million) are just some of the sites which have been hacked. So what is pwned, you ask? It is a term which originated from internet users and is an intentional miss-spelling of the word *owned*. It means to totally defeat or dominate someone.



"I wish whoever hacked my site would let me know what my password is."

computers.

Check your Firewall

A firewall is software or hardware that checks information coming from the Internet or a network, and then either blocks it or allows it to pass through to your computer, depending on your firewall settings.

A firewall can help prevent hackers from gaining access to your computer through a network or the Internet. A firewall can also help stop your computer from sending malicious software to other

You might think it's a complicated process, but making sure your computer is safe is actually really easy. To see if your computer needs a patch, just follow these simple steps:

1. Open Control Panel and click "System and Security."
2. Under "Action Center," click "Review your computer's status and resolve issues."
3. Look for red alerts to tell you where the most serious issues are.

4. Search your computer for antivirus software so you can address the issue.
5. If you don't have any, Windows will give you the option to "Find a program online"

Junk Mail

On your email go to the Junk icon, then click on the wee triangle underneath it. There you will find choices for managing what you don't want to come into your email box. Click on an email, click on Junk and choose whether you want to block it, or add it to a safe sender list. Scroll down to Safety Options and open each tab and read what they are for. Make sure you have "Phishing" ticked. That says "Protect my inbox from messages with potential Phishing links". Also tick "Permanently delete suspected junk mail instead of moving it to the junk Email folder." Read the tab "Security" tab and decide which boxes you want to tick.

Festival of Learning Day

June accepted a certificate of Commendation from Miss New Zealand in recognition of the SeniorNet Committee members who gave up their very wet Saturday to tell the community about the great work SeniorNet West Auckland does, for a very modest cost to members. Thank you all.



West Auckland Committee Members 2017

Position	Name	Phone	Email
Chairperson	June Lay	833 8186	junelay@outlook.co.nz
Secretary	Glenys Yates	827 2336	gmyates39@gmail.com
Tutor Co-ordinator	Lorraine Bartley	827 1181	lrrbart@gmail.com
Course Co-ordinator	Pam Smith	827 2156	melajoy@xtra.co.nz
Hospitality	Terry Massey	838 6206	t.massey@xtra.co.nz
Membership Secretary	Michaela Baxter	416 4173	michaela.baxter@xtra.co.nz
Treasurer & Speakers	Carol Sinkinson	817 9647	sinkys@xtra.co.nz
Newsletter	Cathie Macleod	813 1001	catmac15@xtra.co.nz
Committee member	David Elwood	836 0445	dgelwood@xtra.co.nz
Committee member	Joan Stroud	836 8770	joanlemming@xtra.co.nz
Committee member	Allan Browning	832 2006	acbelect@xtra.co.nz
Committee member	Ruth Eichler	827 5529	ruth.eichler@orcon.net.nz
Web Master	Peter Culpan	834 5124	culp@paradise.net.nz
Office Administrator	Sarah Wayman	818 8472	

Disclaimer:

Some of our Club members who have specialised computer knowledge voluntarily give help to those with computer problems and may also give advice about purchasing computers etc.

It is essential that members of SeniorNet are aware that such help and advice imposes no responsibility or liability either on those members who provide such help and assistance or on SeniorNet West Auckland Inc.

Acknowledgement:

We acknowledge the support of the major sponsor of our Learning Centre: **The Trusts Community Foundation (TTCF)**. Our main benefactor, assisting their local community.

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20% off labour to SeniorNet members

Chris Ormandy is SNWA's new sponsor and technical support.