



Newsletter

May 2020

PRESIDENT'S POST by Clive Dyson

Hi Folks

It is with great sadness that we learned of the passing of John Hope, one of our beloved members. John was a loyal member of the club and served as our maintenance person on the committee with great enthusiasm. He often shared his knowledge and photos in the Digital Image Group in years gone by. Our love, thoughts and prayers are with Muriel and the family as they mourn the loss of a loved husband, father and grandfather.

It's good to see light at the end of the Covid 19 tunnel and I trust that all of you have been able to cope with the many challenges that the lockdown has presented. It is, and has been the prod that many of us have needed to try new things. I understand that many long awaited jobs have been done, and many rooms and cupboards cleaned out.

For some, it has been an opportunity to experience Zoom and the possibilities that it offers for families to get together in this country, and with members overseas. In SeniorNet we have used it for committee meetings and interest groups which have included members from Nelson and The Sounds Learning Centres.

I don't know how soon we can get back to normal face to face meetings, but you can rest assured that the committee wants to do this as soon as it is allowed and is safe to do so. I guess that is what everyone wants.

Meanwhile let us enjoy the beautiful Motueka weather and the company of friends albeit at a distance of two metres. Till next time, take care

Kind Regards

Clive



:) Flat Earthers fear that 2 metre social distancing may push some people over the edge.

:) A couple in a restaurant explained to the waitress: "We don't eat eggs, meat, fish, dairy or gluten, what do you recommend?"
Waitress: A Taxi

:) Pretty wild how we used to eat cake after someone had blown on it. Good times !



And did you know.....

Here's a link to a fascinating article about the history of quarantine—who knew this about Dubrovnik?

<https://tinyurl.com/yc51a4vd>

"SeniorNet is a community training network that supports and motivates people aged 50+ to enjoy & use technology in their everyday lives"

Notes from the online May Committee Meeting

(held using Zoom remote meeting software).



- The request previously made to the Motueka Ward of the TDC to improve road markings and signs re the one-way traffic system at our Pah Street carpark remains standing, to be resolved after Level 2 resumes.
- After our next month/June 8th committee meeting, it is hoped that our meeting rooms will be readied for resumed use by the membership, following a thorough cleaning and with strict adherence to the use and availability of hand sanitizer and hand soaps, and social distancing.
- Regarding ongoing teaching activity during the closure of our learning centre, there has been mixed interest in the use of Zoom or similar for online courses both by tutors and by the membership. However, our Mac Interest Group has continued to be successful via Zoom. Clive conducted these online meetings with 11 attendees in March and 19 attendees for the April class including some from both the Nelson SeniorNet and Marlborough Sounds SeniorNet groups. Also an online Chromecast workshop was carried out by Bernhard Nobis on April 21st using Zoom. For the 9 folk who enrolled, Bernhard prepared a mix of practical documents (3 units) sent out prior to the online session and followed this with merging them into a user manual at the end of the course.
- An interim email was sent to the membership early in May by Sandra our Course Convener, to keep in touch and to provide further technical tips and reminders about the resources available on our website.

Following on from Sandra's recent Tech Tips email, a reminder about Current Learning (Members only) from Sandra Louise Price, Course Co-Ordinator

An extra area has been created on our SeniorNet Motueka website at www.seniornetmotueka.org.nz - under the **WHATS ON TAB**.

Go to **WHAT'S ON CURRENTLY**.

Once there, you'll see details of tutors to contact if members have queries about certain topics. Also on this page, details of the new arrangements for our virtual Help & Support, and information about online tutorials so members can continue with independent learning if they wish.

As a quick reference, here is a copy of the contacts of both the online or telephone Help and Support tutors and other helpers:

Help & Support Sessions "one-on-one" 3rd and 4th Mondays each month, 09:30–11:30:

Monday May 18th

For Mac - contact CLIVE DYSON on 03 929 8002 / clivedyson.nz@gmail.com

For IOS - JOHN HARRISON on 03 528 7853 / lavoca1@kinect.co.nz

Monday May 25th

For PC - contact DAVE SAMWAYS on 03 528 7257 / dsamways88@gmail.com,

For Android - contact MARY DOWELL on 03 528 8600 / marydowell63@gmail.com

Another way to get help:

There are tutors willing to help members from home. This is a free service. Ring or email them to get started.

Facebook help - ANNIE COSTER 03 540 3301 / ranchocoster@gmail.com

Any **iPad** queries - COLIN HOOKER 03 528 8240 / bandch@extra.co.nz

Gmail or **Google Photos** help - SANDRA PRICE 0212 645 233 / sandra Louiseprice@gmail.com

Help with these topics below - KAY MATHIESON-ADAMS 0211 095902 / pigsmightfly28@me.com

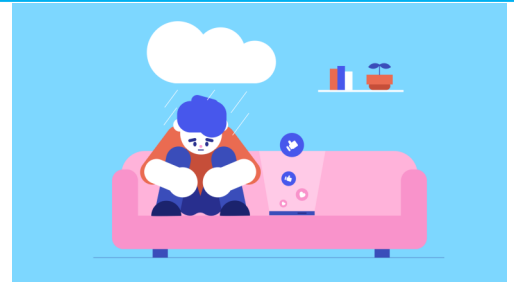
Downloading online library books; FaceTime; Grocery shopping online; Banking online.



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Is Technology Making us Lonely?

Over the past few decades, technology like smartphones and social media, has forever changed the way we interact with one another. But during that same period, studies have found that people have grown more and more lonely, and which is having negative effects on societies around the world.



So, we can't help but wonder: Could technology be responsible?

Everyone feels lonely sometimes. But if that feeling of loneliness persists, it can have dangerous effects on your physical, mental, and emotional health.

Some experts believe loneliness is as physically dangerous as obesity or smoking fifteen cigarettes a day. Studies have shown that it lowers your brain's neuron count and alters some brain function. On top of all that, experts have also found that it affects people across all walks of life, regardless of gender, age, race, or social skills.

Many nations have declared a loneliness epidemic, as it burdens their healthcare systems, lowers productivity, and diminishes overall quality of life. One study reported that 47 percent of Americans feel they don't have any meaningful personal connections. The United Kingdom's loneliness problem has become so prevalent, that they created the Ministry of Loneliness to handle the problem. Other nations like China and Japan are also dealing with widespread social isolation.



So, what's behind the spike in loneliness? Although no one is exactly sure, the widespread use of digital screens likely has something to do with it.

Many experts believe that having constant access to technology, specifically smartphones, can prevent us from making personal connections. For many people, it's become a habit to reach for a smartphone any time they have a free moment, and this behaviour could be making our loneliness worse. Experts also confirmed that too much social media usage can cause emotional harm.

How technology can be a solution

While no one should rely on technology to meet all their social needs, it can be a great starting point that leads to more fulfilling connections. First, balanced social media usage can help combat loneliness, especially in populations that have a hard time meeting people face-to-face, such as the elderly. People can also use technology to meet up with a group that shares their interests, or find a romantic partner on a dating app.

Speaking with someone can be the next best thing to meeting someone in person. For instance, if your good friend lives a thousand miles away, you can give them a call, or voice chat with them while playing a video game or word games or jigsaws together online. Try to maintain a healthy balance between technology and developing personal connections. No matter who you are or where you are from, those connections can make a big difference.

Source: <https://tinyurl.com/y9cm9345>

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Free to a good home:

Clive has the following available if anyone would like them:

Writeable discs....some of two types, Writeable discs as well as Readable and Writeable :

- * CD-RW discs
- * CD-W discs
- * Some CD Cases
- * CD's of digital Clip Art for Windows

If you'd like to procure same, please contact Clive – clivedyson.nz@gmail.com



Mac Interest Group Meeting of 24th April *by Clive Dyson*

We had 19 people present for the meeting via Zoom and were pleased to welcome 5 from Nelson and 2 from the Sounds. The meeting started with a humorous video called Pass the Salt which was a spoof on social distancing, we then watched a video on how it was made.

We then had a session on how to fill in forms and sign them online using Preview. This was followed by a session on making a grid drawing sheets for kids to draw and colour in.

The whole group was divided into four separate groups as we used the Zoom Breakout rooms feature. This enabled members to discuss amongst themselves a couple of questions that were asked. They then reported back to everyone what the groups thought. Our question and answer session then followed.

The next meeting will be a zoom meeting and will be on **22nd May**.

iPPIG meeting in your own bubble, *by Colin Hooker*

Hello everyone

We are still not permitted to hold an iPPIG meeting at SeniorNet, so Peter and I thought you might like to have your own meeting in your bubble. So here are some videos for you to look at.

The first is a sort of Hey Google device specially designed for people our age, the second gives some ideas on new ways to use your iPad and the third is about using FaceTime for group chats. If you have never used FaceTime, give it a try, call a friend- all iPad and iPhone owners already have the app on their devices.

Have fun and keep safe.

<https://youtu.be/RWdBWOKK4M4>

https://youtu.be/YvT_gqs5ETk

<https://youtu.be/BKTrqrr8n8k>

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03 528 6535,**

A wee smiley story, especially for dog fans.

A man sees a sign outside a Scottish farmhouse:

'Talking Dog for Sale'.... He rings the door bell; the farmer appears and tells him the dog can be viewed in the back garden.

The man sees a very nice-looking Springer Spaniel sitting there.

"Can you really talk?" He asks the springer.

"Yes!" The Spaniel replies.

After recovering from the shock of hearing the dog talk, the man asks, "So, tell me your story!"

The Springer looks up and says, "Well, I discovered that I could talk when I was pretty young. I wanted to help the government, so I joined the police.

"In no time at all they had me jetting from country to country, sitting in rooms with spies and world drug lords, because no one imagined that a dog would be eavesdropping.

I was one of their most valuable spies for eight years, But the jetting around really tired me out, and I knew I wasn't getting any younger, so I decided to settle down. I signed up for a job at Heathrow airport to do some undercover security work, wandering near suspicious characters and listening in. I uncovered some incredible dealings and was awarded several medals. I got married, had a few puppies, and now I've just retired!"

The man is amazed. He goes back into the house and asks the farmer how much he wants for the dog.

"Ten quid!" The owner says.

"£10? But this dog is amazing! Why on earth are you selling him so cheaply?"

"Because he's a lying bas***rd. He's never been out of the garden!"



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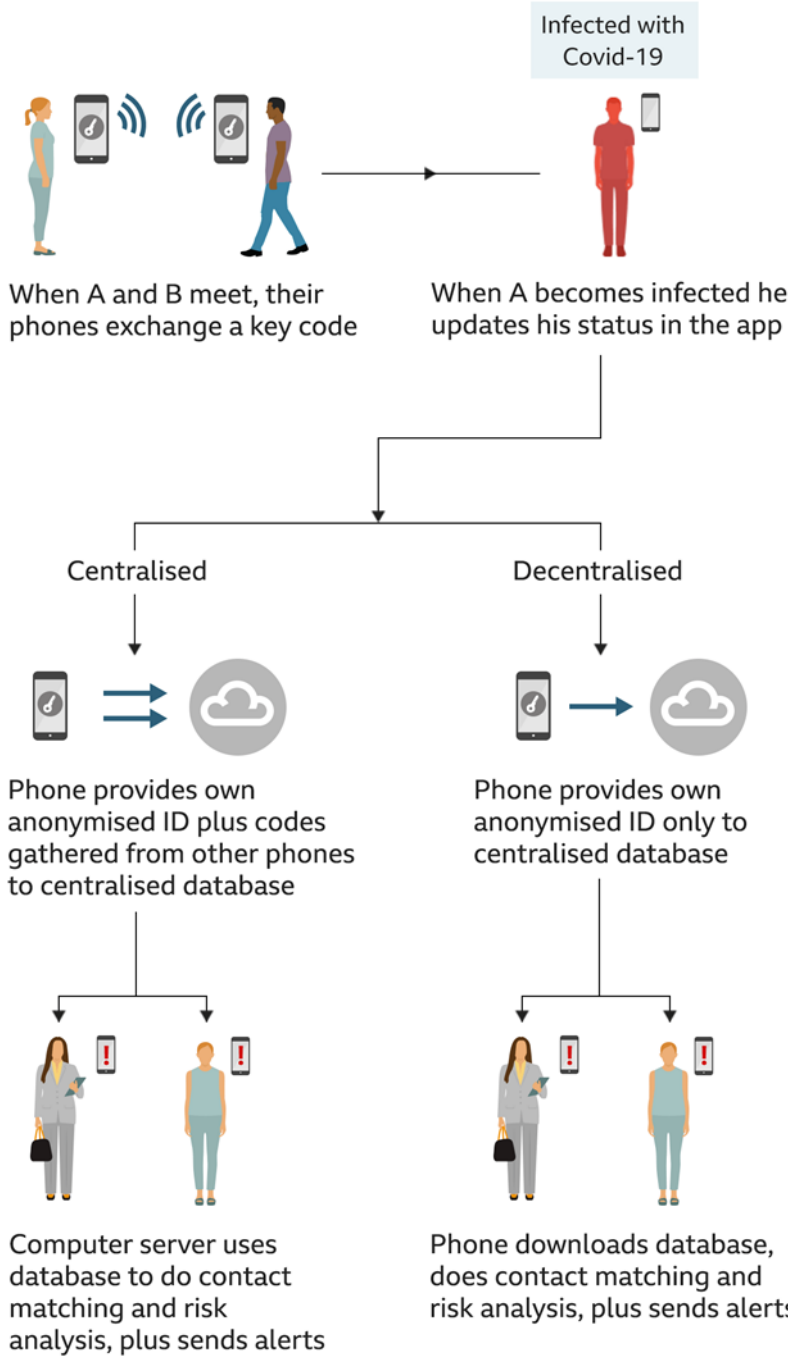
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Coronavirus contact-tracing: World split between two types of app

At the time of writing this newsletter we in New Zealand aren't aware of which type of contact tracing app our government is working on for use here in NZ , but there is some interesting reading to be found at this BBC li : <https://www.bbc.com/news/technology-52355028>

Countries around the world are developing Covid-19 smartphone apps to limit the spread of coronavirus and relax lockdown restrictions. **Apple and Google** aim to carry out contact-matching on devices to limit how much information is shared off-device



It's hoped the information they gather can be used to alert people whether they pose a risk of spreading the contagion and need to isolate. But, over recent weeks, a split has emerged between two different types of app - the so-called centralised and decentralised versions.

Both types use Bluetooth signals to log when smartphone owners are close to each other - so if someone develops Covid-19 symptoms, an alert can be sent to other users they may have infected.

Under the centralised model, the anonymised data gathered is uploaded to a remote server where matches are made with other contacts, should a person start to develop Covid-19 symptoms. This is the method the UK is pursuing.

By contrast, the decentralised model gives users more control over their information by keeping it on the phone. It is there that matches are made with people who may have contracted the virus. This is the model promoted by Google, Apple, and an international consortium.

Both sides have their fans.

Backers of the centralised model say it can give the authorities more insight into the spread of the virus and how well the app is performing. Supporters of the decentralised approach say it offers users a higher degree of privacy, protecting them from hackers or the state itself revealing their social contacts.

There is much more to read, at <https://www.bbc.com/news/technology-52355028>





Pssst—upcoming course alert:

Word on the street is....

Clive may be offering courses (by Zoom), on How to Use/Operate Zoom during May.

And possibly during June, workshops on :

1. Making Colouring-In pages for Children, (or for interested adults, for that matter!).
2. 16 ways to save costs on your own Funeral.

Can you recognise a scam email?

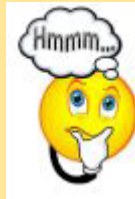
STAY ALERT !

Last week a member received a genuine-looking email from the Inland Revenue.

It carried all the correct and easily recognisable logos of the IR and NZ Government



New Zealand Government



And promised a refund which they had tried but failed to send due to the bank account info on file “being incorrect”.

It went on “....If the recipient would kindly respond and have ready a **DEBIT OR CREDIT CARD** when clicking on the link provided, the refund would be sent right away !”

Wisely—that is what gave the game away.

IGNORE ANY REQUESTS THAT PROMISE YOU MONEY BY ASKING YOU FOR YOUR DEBIT OR CREDIT CARD !

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- Technical, Security, Maintenance:** Dave Samways
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- Librarian:** Ann Bassford
- Housekeeping, Stationery, Photocopier:** Mary Dowell

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