



Contents

- My Life as Santa by ssshhhhh..... 1
- Merry Christmas 1
- Introducing Sharon Gill Our New Secretary..... 2
- The Piggy Bank..... 3
- How Times Have Changed. 4
- The Conversion..... 5
- Sudoku..... 5
- Some Favourite Smartphone Apps 6
- The "G" Letter Explained 7
- How Can We Improve Support/ Engagement with Members? 8
- Just For Laughs..... 9
- SeniorNet Hutt City Info:..... 10
- Contact Details:..... 10
- Sponsors..... 10



Merry Christmas

As I pull the Christmas tree down from the attic I glance upon a container full of old music CDs and wonder do I still have something that can play them? I listen to all my music now through Spotify or some other online service. My laptop doesn't have a CD/DVD player and neither does my desktop. I watch all my films and videos through streaming services like Netflix so I don't even have a DVD player anymore. Then I remember the gaming console connected to the TV can take CDs and DVDs so that should work. I knew I bought that for a good reason. Alas nothing shall stand between me and my favourite Christmas CD. Next year I will have to convert some of my CDs to MP3s so I can keep and play them on the computer. Sounds

like that might be my first class for SeniorNet 2025. What do you want to learn?

The publishing of this edition of the newsletter pretty much wraps up another year of SeniorNet. Big thanks to Barry for writing most of the material for this edition and thanks to others who have contributed. But most importantly, thanks to all our members for coming along with us for the journey this year and I hope we will see you all again next year. November 29th is the last official day of SeniorNet until we are back on February 3rd 2025. We wish you and all your loved ones a wonderful, merry and safe Christmas.

Geoff Allan

My Life as Santa by ssshhhhh

It's early December on a Saturday morning; you're driving along the Old Hutt Road and out on the crossing steps this guy! The kids can't believe their eyes, they want to stop but you press on. Wow!!! What's going on? Has he lost his sleigh? Have the reindeer escaped? Has he muddled up the days? Where oh where are the longed for presents????? So many questions, though he does give a cheery wave and a few well-rounded Ho-Ho-Hos.

Well, if you, the driver are surprised, that's nothing compared to the guy in the music shop across the road. There he was doing his usual retail stuff when this bloke he's never seen before, comes in with this cock and bull story about he was Santa for a kids' party at a venue across the road and he had to change into his uniform somewhere where the kids wouldn't

see him. Did he have a back room where he could change? Despite the shock, he pulled himself together long enough to ask a few questions, like, "If you're Santa where are the presents?" (the organizer of the event has them all named and ready in sacks waiting for Santa to pick up and distribute) "What have you done with the reindeer?" (they don't come out till Christmas Eve) before thinking it might be true, especially since the guy spoke with a funny accent. Santa changes, leaves, does his stuff and is back 40 mins later to reverse the process. Then he's gone, though he did leave with another cheery Ho-Ho-Ho and a "you've been a very good helpful boy".

Things are looking up for a good Christmas.



Introducing Sharon Gill Our New Secretary

A wonderful series of events; Chris spoke at a Probus meeting and after his talk he cheekily asked if anyone there would like to take us on as secretary. Marvelously Sharon said to herself 'why not?'. Said yes and Chris quickly snaffled her up for us – a very good catch. You'll be hearing more from Sharon but in the meantime here's a glimpse of her from an 'interview'.

Q What's your favorite technology now?

A My Android smartphone. I always have it to hand. Not that I'm an obsessive user like a teenager.

Q What old technology do you still use?

A My singer treadle sewing machine. Am just going to start using it for embroidery

Q What was the 1st piece of technology you ever used?

A Typewriter, but I use Word now on my laptop.

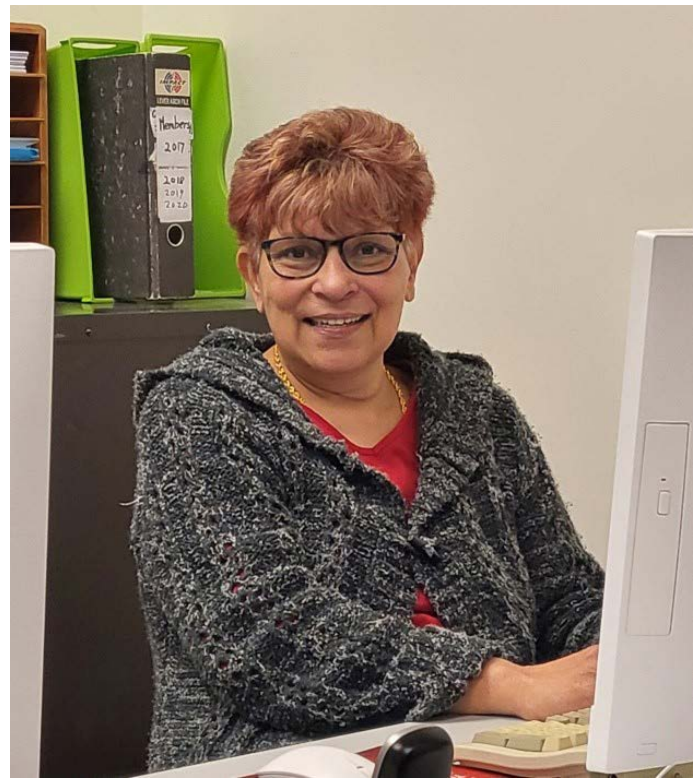
Q So how would you describe your use of technology?

A Just an experienced user. I still need help at times from my tech support (daughter), though now I'll have more immediate help from SeniorNet tutors!

Q What's your favourite tech 'trick'?

A Adding contacts to my phone. So very useful.

Q What was your latest technology purchase?



Our new secretary, Sharon Gill.

A A Samsung tablet to play games on when I'm on holiday.

Q Do you have a pet?

A No.

Q What keeps you busy?

A I help with refugees every afternoon, teach them English and crafts for the mums. (That's why I can't do afternoon meetings).

Q What do you like doing in your spare time?

A I love cooking for my daughter's workplace once a month. I also make brooches, Christmas wreaths etc out of ribbons (see photo of recent brooch below). I also like reading.

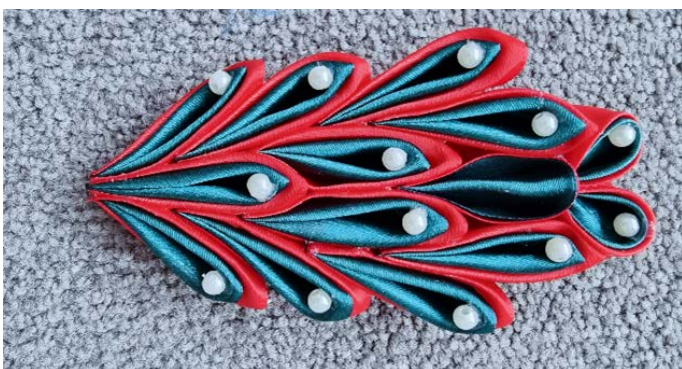
Q Who's your favourite author?

A Norah Jones.

Q What's one piece of advice you'd give to someone who's a bit intimidated by technology?

A Sit down and don't panic. Ask questions.

Thanks. I hope you enjoy your time with SeniorNet.



Recent brooch made by Sharon.

Windows 10 End of Life

Support for **Windows 10** will end **October 14th 2025**. After this date you can continue to use Windows 10 however Microsoft will no longer provide free updates, technical assistance, or security fixes. You might like to upgrade to Windows 11 or perhaps you're comfortable continuing with Windows 10. Feel free to come along to one of our HELP sessions to discuss your options.

The Piggy Bank.

For more years than I care to remember, the rather ugly china pig had sat on our dressing table. I don't remember where it was purchased or how much it cost. It was just a handy receptacle for loose change which would otherwise have weighed down the owner's pockets.

Over the years, it was emptied from time to time, but was never allowed to reach it's full capacity before it was taken to the bank, so we were unaware of the true value of it's contents, when holding the maximum supply of cash. And of course it depended on what coins had been deposited.

Over the past three and a half years of his life, when it's owner, Peter my husband, was battling terminal cancer, he paid less attention to the pig, and the money just went in, with no attempt to empty it in the interim.

He would often joke about what he would be leaving me, referring to it as "your inheritance!" He drew up his own will, using information gained from Google, and when he was quite satisfied with the wording of the contents, took it over to our neighbours to witness, and to initial each page. I knew that I would be provided for, to the best of his ability.

After he had passed away, I had the task of dealing with his affairs of course, and that ready sense of humour, made the task so much easier for me, with the piggy bank playing an important role.

I went to lift it off the dressing table one day, in order to dust the top, and could hardly move it. It was then that I realised that the pig was absolutely full. I didn't even know the denomination of the coins inside, so I removed the stopper from the bottom and found that it con-



tained ten and twenty cent pieces, only.

Clearly it was time for "Piggy" to take a much needed trip to the bank, but I knew that I would have to split the coins into several bags in order to make them more manageable. I took the first bag in, and the kindly teller talked me through the procedure for using the automatic money counting machine. We both watched in fascination as the coins raced through, and the total increased on the screen before our eyes. It was unbelievable from such low denominational ones, the final tally was \$69.40, and there were still two bags at home!

I returned the following week, and cashed in the remaining amount. Thankfully, I had remembered what to do, but that didn't stop one of the other tellers from wandering over to keep an eye on the proceedings. She too, became fascinated as the amount grew, and the machine stopped finally at \$105.80! That meant a grand total of \$175.20. A real windfall indeed, and one that was to supply and indeed is still supplying, many unexpected treats over the next few weeks; a pedicure, something tasty for lunch, a couple of times, and a trip to the movies, so far.

Peter would never have imagined what pleasure that part of "my inheritance" would have given me, but I like to think that he was looking down laughing, when he saw the look of sheer disbelief on my face.

By Glenda Andersen.



How Times Have Changed.

It's not only technology that moves fast making yesterday's wonder device today's brick. Do you remember in the 50s and 60s all those little life tips you received? You know, treat burns with butter, sweat a cold out, brush your hair 100 times for strong hair? Well, it turns out according to the latest medical knowledge they weren't the best thing to do after all. The recent announcement of PEACE¹ for treating injuries now saying don't put ice on injuries, got me wondering how many other 'tips' (even that word is obsolete, now called 'hacks') are now invalid. So, I asked ChatGPT, and it gave me these:



1. **Butter on Burns:** Once a common household remedy, butter is now discouraged for burns. It can trap heat, increasing damage. Instead, cool running water is recommended to reduce pain and swelling.
2. **Chicken Soup for Colds:** While grandma swore by its comforting warmth, chicken soup's effectiveness against colds remains unproven. Modern science leans towards rest, hydration, and over-the-counter medications for relief.
3. **Smoking for Relaxation:** Decades ago, doctors even recommended certain brands for relaxation and stress relief. Today, smoking is widely known as a major cause of cancer, heart disease, and lung issues.
4. **X-Rays for Sizing Feet in Shoe Stores:** Shoe-fitting fluoroscopes were once common in shoe stores to find the perfect fit. Today, we understand that radiation exposure, especially for children, is risky and unnecessary for shoe sizing.
5. **Mercurochrome and Iodine for Cuts:** While these antiseptics were popular for their bright colour and quick action, modern medicine suggests avoiding mercury-based compounds like Mercurochrome. Alcohol-free antiseptics and simple soap and water are now preferred for wound care.
6. **Bloodletting for Illness:** Even into the 1950s, the idea of "bleeding" to balance the body was still considered in some circles. Science has since shown that bloodletting weakens rather than strengthens patients.
7. **Tanning for Health:** Sunbathing was encouraged as beneficial for skin health. Today, we know that excessive UV exposure can cause skin cancer and advocate for sunscreen use instead.
8. **Sleeping with a Cold:** The old advice to "sweat it out" under heavy blankets is outdated. A cool, humidified room promotes better breathing and faster recovery from colds.

¹ PEACE is an acronym that stands for a protocol to manage acute soft tissue injuries in the early days:

- P: Protect the injured area by stopping activity and avoiding re-injury
- E: Elevate the injured limb above your heart to reduce swelling
- A: Avoid anti-inflammatories, such as ibuprofen, Nurofen, and Voltaren, which can inhibit the healing process
- C: Compress the injured area with a bandage or tape to reduce swelling and bleeding
- E: Educate yourself about the injury

The PEACE protocol is the first part of a comprehensive approach to injury management that also includes the LOVE protocol. The LOVE protocol focuses on longer-term recovery and includes:

- L: Load
- O: Optimism
- V: Vascularisation
- E: Exercise

The PEACE and LOVE protocol is a more effective approach than the previous RICE (rest, ice, compression, elevation) protocol. Rest is important in the first 24-48 hours after an injury, but prolonged rest can lead to stiffness, weakness, and re-injury.

continued on page 5

- Hair Growth Myths: From brushing 100 strokes a day to egg yolks and mayonnaise, many home remedies were touted for hair growth. Scientifically, a balanced diet, gentle hair care, and avoiding tight hairstyles are more effective.

Remember, medical knowledge is constantly evolving. Consult your doctor for personalized advice and to stay informed about the latest health recommendations.

The Conversion

“But I like to read a real book - to hold it and turn real paper pages. Why would I want an e-reader?” How often do you hear that? That was me in my pre-Kindle days too. But hubby persisted and gave me a Kindle Paperwhite for my birthday. I feigned an appropriately enthusiastic response, inwardly groaning. It was clear I'd have to give it a go to keep him happy, then I could go back to real books.

However, the inevitable happened - I got hooked. I now have over 500 books which I can re-read, take with me on holiday, and buy another wherever I am. I can read in bed without turning on the light, adjust the font size to suit my aging eyes and buy a new book at least half the cost of a paperback. By pressing on an unfamiliar word, I can discover its meaning without having to hunt for the dictionary. (I find myself trying this in a hardcopy book now, with little result!)

By putting the kindle app on my phone, I can read without taking my e-reader. The phone app can tell which page I'm reading and vice versa. I now have 2nd e-reader which enables me to borrow from the local library (you need a Kobo for that).

Despite my conversion, I have to admit to loving a



browse in a good bookshop and feeling a bit guilty for not supporting them more other than buying for presents. However, there is no way I would ever have bought even 10% of the number of books I now have in my library. So, thanks to hubby who read me like a book!

By Barbara Langford

Sudoku

Solutions: See page 8

Difficulty: Easy

			6		1	5	2	
	5				4		9	
1	2						3	
	4	1	7		2		5	
3	7			8			6	1
	9	5		4	3			2
2	1	7	8			3	4	5
			4	1		2		
9				3		6	1	7

Difficulty: Medium

2				3		8	1	
				9	1			3
		7		4			2	
	4	2	5	8	9		6	1
		1			6	4		
		6	7	1		2		
		3			2	1	9	
				6		7	4	5
		4		5	8			

Some Favourite Smartphone Apps

PayMyPark: is a convenient app for managing parking payments. It allows users to find and pay for parking spaces on their phone without the need for coins or using cards. It may be pouring down, but you can pay for your park sitting in your car in the dry! Users can start, stop, and extend their parking sessions remotely, and receive alerts when their paid parking is about to expire so you can extend. The app is available for Hutt City Council parking. Confusingly, some venues in Wellington use ParkMate which is similar.



iNaturalist: You're out in the countryside and come across this interesting fungi or plant. What is it? Is it a native plant? Is it edible? That's where iNaturalist springs to your aid. It helps you identify plants and animals. You take a photo of the item, and it gives you suggestions of what it is.



Spark: allows you to manage your Spark mobile, broadband, and wearable plans all in one place. You can easily top up, pay bills, add data and minutes, and change plans wherever you are. The app also provides features like tracking data usage and viewing usage history.

Metlink: When is the next bus arriving at this stop? I need to get somewhere on public transport tomorrow. What bus / train can I get to arrive at the required time? Metlink answers all of these and more. It offers real-time information on where your bus is, how long to wait and it can create clear journey plans including fares.



Geonet NZ: Wow!! That was a big shake. How big was it? Where was it? With Geonet you can get notified within a few minutes of the details of quakes. You can also report your experience of a shake.



Live Transcribe: is an accessibility app developed by Google that provides real-time transcriptions of spoken words and sounds. It supports over 120 languages and dialects, making conversations more accessible for people who are deaf or hard of hearing. The app can also notify users about important sounds like smoke alarms or baby cries.

Libby: 'I can't get into the library to get a book or return a finished one. I'm finding lugging books around too heavy these days. I'm on holiday but my book is

due back, I'm going to incur a fine.' eBooks solve these problems. With Libby you can download and read books or magazines from Hutt Library wherever you are. You can 'borrow' books, browse the library's shelves, request books and return books. Great for those bus or train journeys or taking books on holidays without the bulk & weight of physical books. Android, iPhone, iPad, PC.



WhatsApp: gives you free, group chat, voice and video calling to anyone anywhere in the world, you just need internet connection. The only downside is that the people you want to talk to need to be using WhatsApp as well. It can be run on Android, Apple or PC/laptop.



Banking: the app from your bank for internet banking.

Wordle: Is a free game where you have 6 tries at working out what today's 5 letter word is and to share your success/failure with others. It's quite addictive. My wife can't start the day without completing her Wordle.

Calendar: All smartphones have a calendar app which does all you'd expect of an online diary. An online calendar can be shared with others. My wife & my calendars show each other's entries. So, we can see what each is doing to avoid scheduling conflicts, but each can only update their own calendar.

Stuff or NZ Herald or Guardian news: Up-to-date news whenever you want it. They can also alert you to breaking news. Very handy for those down moments – waiting for buses, appointments etc. and when travelling.

TVNZ+: Watch TV 1 & 2 programmes when you want to. These can be the current programme or past ones, episodes, films, news etc. Also available for TV3 and Maori TV. So, if you go out at a time your favourite programme is being broadcast, you don't have to miss it. You can watch when you get home or later.



What3Words: You're in a strange or foreign place, don't know where you are but need help. How do you identify accurately where you are (not 'oh I think I'm about 10 mins north of Eketahuna')? Well, What3Words is the answer. It is a unique location app that divides the world into 3-meter squares, each identified by a unique combination of three words which are easily remembered.



This system allows users to find, share, and navigate to precise locations easily. It is particularly useful for emergency services, logistics, and outdoor activities, providing an accurate and easy way to communicate location. The SeniorNet centre is "club.abacus.husband"

Obsidian: - a very powerful note taking app for Android or iPhone. There's bit of a learning curve if you've never used markdown before but Geoff Allan loves it! Also available for PC.



AntennaPod: great for listening to podcasts but is Android only.

Security Camera App: if you have security cameras, they will have an app that enables you to view what the cameras are showing, who's at the door etc. Did that courier really leave a parcel there?

These are all available for download from either Google Play or Apple Apps Store depending on your device. If you'd like help with getting started on using them, then come along to one of our HELP sessions.

The "G" Letter Explained

Wi-Fi

This is usually transparent to the casual user but can be used by experts to optimise connections in some situations.

The G stands for GigaHertz (GHz). Hertz is named after Heinrich Rudolf Hertz (1857–1894), the first person to provide conclusive proof of the existence of electromagnetic waves. The hertz (symbol: Hz) is the unit of frequency in the International System of Units (SI), often described as being equivalent to one event (or cycle) per second. The Giga prefix is shorthand for one thousand million.

When Wi-Fi started, it used a collection of frequencies in the 2.4 gigahertz band. Due to being a high (relatively speaking) frequency and low power signal, it had a limited range of up to 50 metres depending on the surroundings.

This band is also used by cordless phones, radio-controlled toys and many other domestic devices. To help avoid congestion, the 5.0 gigahertz band was later introduced. This has good and bad points. The 5GHz band being higher in frequency than the 2.4GHz band has a shorter range but can send and receive data faster.

Modern Wi-Fi routers can operate on both the 2.4GHz band and the 5GHz band and will generally select the band that best matches the surrounding congestion and the capability of the device to which it is connecting.

Memory

The second use of the G letter is related to the storage

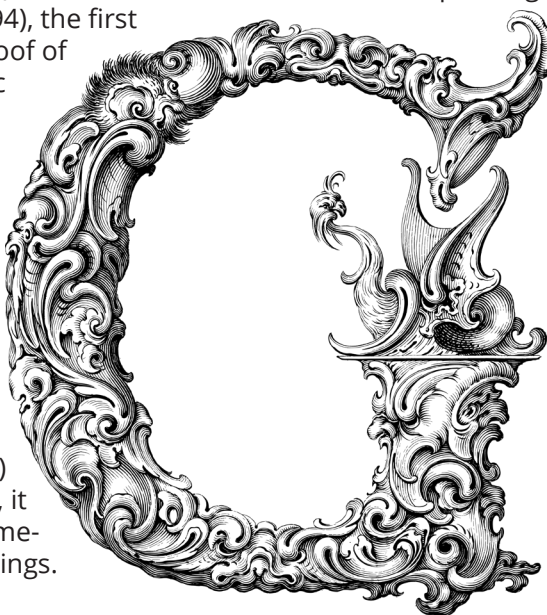
of data. In this usage, the term is usually GigaBytes (GBs). There are two types of memory used in modern devices, volatile and non-volatile. Volatile memory is also called RAM (random access memory) or sometimes scratchpad memory. It is a lot faster to access RAM, but being volatile, all data stored therein is lost when the power goes off. Non-volatile memory (for example the hard disk (mechanical), Solid State Drive (SSD – no moving parts), Memory Stick) is used for storing data that needs to be preserved when the power is removed.

RAM is usually 8GB or 16GB, non-volatile memory usually starts at 128GB and can go up to several TeraBytes (TBs: 1TB = 1000GB).

Cellphones

The letter G as used in cellphone terminology is short for Generation. This refers to improvements in communications technology over time. Currently in New Zealand 3rd generation (3G) technology is being gradually retired. This means that older phones that are only capable of using this technology will eventually stop working. Later versions (4G and 5G) are currently in use but may also be retired in the future as improvements are made. The improvements are generally in the scope of data speed, encryption, range etc, and will usually but not always be agreed internationally in published standards which means that a phone bought in New Zealand will likely be capable of working in most overseas regions.

In general, progression through generations is slow because of the high cost of the hardware to provide reasonable nationwide coverage.



How Can We Improve Support/Engagement with Members?

Your committee recently considered the different kinds of members we have and how we supported them. The table shows what we identified. In general, we felt that the members like what we do but as you can always do better, we decided that we can improve by:

- Structuring our course offerings to the seasons with more 'marketing'
e.g. no point offering calendar making in March. Aim it at Oct/Nov.
- Helping our new secretary to reintroduce the kind of support that Glenda Smith gave
 - Weekly and monthly e-mails with course info and a bit of 'fireside chat'
 - Connecting callers with a particular problem to appropriate tutor – to know which tutor does what.
- Developing marketing to new groups of users.
- Issue SurveyMonkey online questionnaire to members in the new year on what they might like us to emphasis or do anew.

Type of member	How does SeniorNet support the member	Why do they stay or come to SeniorNet
Solve a problem (experienced user but no longer has workplace Tech Support on hand)	<ul style="list-style-type: none"> • Phone call to a tutor • 1 on 1 at centre • Call to member's home • Help sessions at centre 	Helped by someone who is not only knowledgeable but patient and sympathetic to needs and learning style of seniors
Family got me a device – I want to know how to use	<ul style="list-style-type: none"> • Get started with entry level course at centre • Help sessions at centre • 1 on 1 at centre 	
Further improve Knowledge – also socialise with like minds	<ul style="list-style-type: none"> • Course at centre • Help sessions at centre • Call a mate 	
Single problem (we may see them only that once)	<ul style="list-style-type: none"> • Help sessions at centre • 1 on 1 at centre 	
Public spirit/support what we're doing	<ul style="list-style-type: none"> • If I need to know something they're there to help • Enjoy helping / meeting 	
Experienced user with strong technical knowledge and experience of a particular sphere (PC/Mac, Android/iPhone, Office, Smartphone Apps etc)	<ul style="list-style-type: none"> • Become a tutor/committee 	The satisfaction that comes from feeling that they're helping other seniors to get more out of life by using technology. Socialising with like minds.
Married to a geek – see him more	<ul style="list-style-type: none"> • All of the above! 	

Sudoku Solution

Solutions for the puzzles on page 5

4	3	9	6	7	1	5	2	8
7	5	8	3	2	4	1	9	6
1	2	6	9	5	8	7	3	4
8	4	1	7	6	2	9	5	3
3	7	2	5	8	9	4	6	1
6	9	5	1	4	3	8	7	2
2	1	7	8	9	6	3	4	5
5	6	3	4	1	7	2	8	9
9	8	4	2	3	5	6	1	7

2	9	5	6	3	7	8	1	4
4	6	8	2	9	1	5	7	3
3	1	7	8	4	5	9	2	6
7	4	2	5	8	9	3	6	1
9	8	1	3	2	6	4	5	7
5	3	6	7	1	4	2	8	9
6	5	3	4	7	2	1	9	8
8	2	9	1	6	3	7	4	5
1	7	4	9	5	8	6	3	2

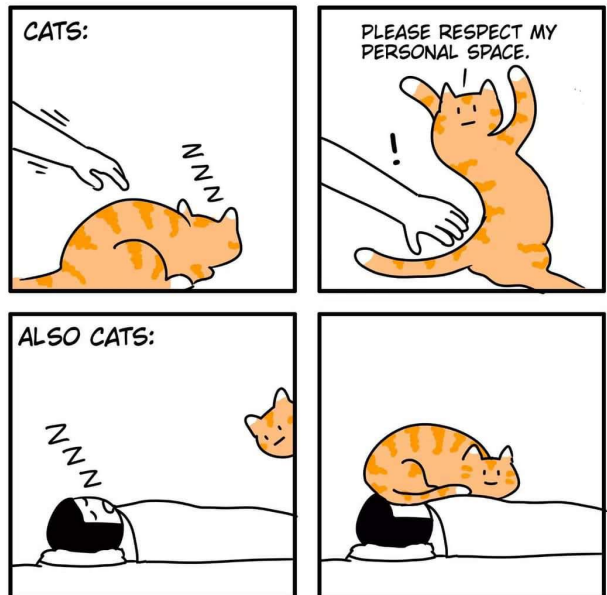
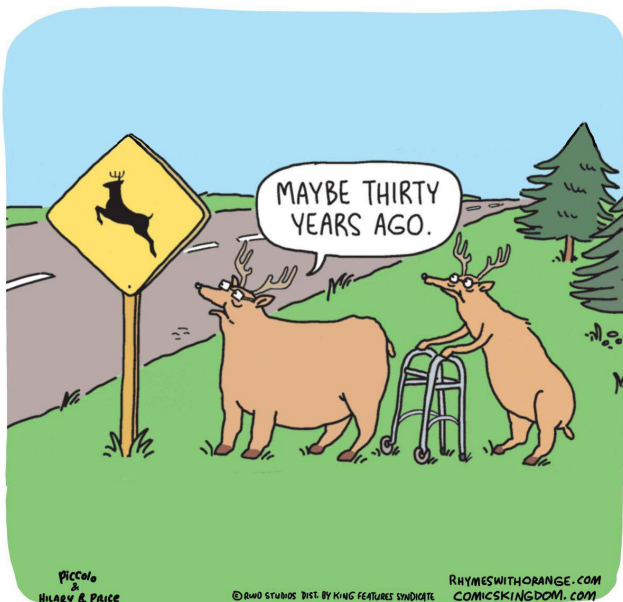
Just For Laughs



THIS ONE DOESN'T HAVE A LIST.
HE JUST WANTS TO SIT ON YOUR LAP.



TWONKS



seebangnow

SeniorNet Hutt City Info:

Subscriptions

People have been asking about renewing their subscriptions - your current membership subscription ends on March 31st unless you joined after November 1st, in which case it stays current till the following year. Accounts and reminders are sent in due course.

Has your email address changed?

To ensure you get your emails from SeniorNet Hutt City, please make sure we have your correct email address. Send an email from anywhere to this address:

huttcity@seniornet.nz .

Use the same address if you are going away and want to be temporarily removed from the mailing list.

Don't forget to email again to tell us to resume on your return. Your records will be updated

Receiving newsletters

Weekly emails and the quarterly newsletter are only sent to email

addresses. If you have not been receiving regular email from SeniorNet or have changed your email address recently, please advise us of your correct email address. You can send an email from anywhere to:

huttcity@seniornet.nz

Enrolling on a course

Read the Student Schedules carefully and contact the tutor whose name and phone number will be included in this. In SeniorNet Hutt City the secretary is the usual person to send out the emails to the entire membership of about 260 but she is not the person who will be running the course so it is best to phone the tutor direct and then you are also able to hear of any special requirements or can ask any relevant questions.

Disclaimer

Members voluntarily give help and advice to other members on matters relating to computers,

associated equipment and software. This help or advice is taken at the recipients' risk and imposes no responsibility or liability of any kind either on those providing such help or advice or on SeniorNet Hutt City Inc. This includes all information provided in whatever fashion including emails, newsletters or programs provided. All SeniorNet Hutt City produced Courses are copyright to it, not to the individual authors, or to the copyright holder as noted.

Personal items, including Laptops, Digital Cameras, Cell Phones, Flash Drives and the like are brought to the Centre at your own risk. SeniorNet Hutt City and any of its members cannot be held responsible for any loss or damage.

We would urge all members contemplating removing items such as Laptops from their home to carefully check their Insurance Policy or with their Insurance Company to ensure the item is fully covered.

Contact Details:

SeniorNet Hutt City Inc.

Phone: 560 3160
Email: huttcity@seniornet.nz
Web: www.seniornet-huttcity.org.nz

Premises: 1st floor, Gibson Sheat Building,
 Entrance 81 Queens Drive, Lift on the right,
 Lower Hutt 5010



Hutt City

Sponsors

