

# ESSENCE

## SENIORNET NORTH SHORE NEWSLETTER

MARCH 2022

No. 305

### BEGINNERS' GENEALOGY

#### WHAT'S IT ALL ABOUT?



In this newsletter there are details of this exciting series of three 2½ hour sessions. Our learning style at SeniorNet North Shore adopts a comfortable, friendly atmosphere, with an essential dose of humour. This course presents many concepts of why and how we begin our journeys into Genealogy (family history) and an array of tools to use. You will benefit from the insights of very experienced genealogists and ways to search for information from many countries, utilising a wide range of sources including websites. A complete set of course notes will be made available in digital form to each person who has registered and paid.

### MARCH SPEAKER

#### PETER PEDERSEN

Our guest speaker is Senior Sergeant Peter Pedersen, Officer in Charge Police Dog Section. Peter has been with the Police Service for 38 years and was New Zealand Champion Police Dog Handler in 1995 and Australasian Police Dog Champion in 1996. Peter will be bringing along Police dog, Jango.



### FOOD FOR THOUGHT

#### WHAT CAN YOU DO FOR YOUR SENIORNET CLUB?

All clubs rely upon their members taking part in what the club has to offer and stepping up from time to time to contribute to the functioning of the club. Our SeniorNet group is no different. Our Constitution calls for annual elections for Chair Person and Committee members – yet no one has put up their hand to be Chairperson for more than 4 years which has meant that Lois has had to continue in the role which she has executed wonderfully. It would be nice to see some of our members' volunteer to take a more active part in the running of the club. There are so many interesting things that you could do to contribute – help with the newsletter, take a tutorial on your favourite subject, host new visitors to the club, help with the Sunday meeting, help organize the day-to-day activities, attend sessions you might otherwise not come to, help promote our club to others, contribute an article to the newsletter or website, put yourself forward for the committee (yes, it is fun and it's not a lot of work!) – to paraphrase John F Kennedy – “Ask not what your club can do for you, ask what can you do for your club”



### CRAFTED CARDS

#### CARDS DESIGNED AND MADE BY PATRICIA LOUGH

This month we are highlighting another of our talented members, Patricia Lough, who designs and makes hand-made greeting cards. Hopefully Patricia will agree to run sessions on how we can all do this. No pressure! 😊

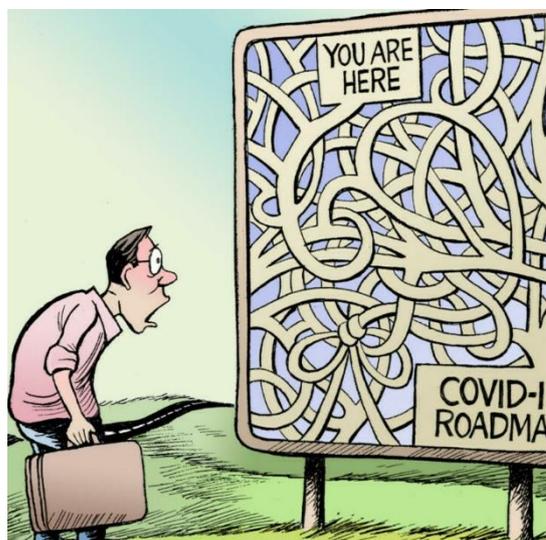


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## SENIORNET NORTH SHORE NEWSLETTER

### CLUB DIRECTORY

|           |  |
|-----------|--|
| WEBSITE   | www.seniornetns.com  |
| EMAIL     | snetns@xtra.co.nz  |
| TELEPHONE | 486 2163   |
| CLASSES   | Learning Centre, Suite 3, St John Ambulance Building, 2 Shea Terrace, Takapuna |
| MEETINGS  | 2nd Sunday of each month, 10 am in the Hall, St John, 2 Shea Terrace, Takapuna |
| CONTACT   | The Secretary, SeniorNet NS Inc. snets@xtra.co.nz                              |



### COMMITTEE & SUPPORT TEAMS

2021 - 22

|                  |                           |                                |              |
|------------------|---------------------------|--------------------------------|--------------|
| CHAIRPERSON      | Lois Kay                  | lois.kay@xtra.co.nz            | 478 3587     |
| SECRETARY        | June McCullough           | june.apollo@gmail.com          | 021 885 117  |
| TREASURER        | Norma Olliver             | norma.olliver@outlook.com      | 443 6233     |
| MINUTE SECRETARY | Patricia Lough            | loughie@outlook.co.nz          | 021 268 8677 |
| MEMBERSHIP       | Patricia Lough            | loughie@outlook.co.nz          | 413 6322     |
| WEBMASTER        | Ian Handricks             | ianhandricks@gmail.com         | 029 477 4491 |
| TECHNICAL        | Rex Oddy                  | rex.oddy@xtra.co.nz            | 021 758 851  |
| SPECIAL PROJECTS | Campbell Stanford         | camstan69@gmail.com            | 021 717 008  |
| SUPERVISOR       | Sue Fowler                | srfowler13@gmail.com           | 021 270 5977 |
| PROVIDORE        | Jeanne-Anne Jacob         | Jacob-jeanneanne@xtra.co.nz    | 410 9106     |
| AUDITOR          | Bernard Layburn           |                                |              |
| PROOF READER     | Val Sutcliffe             |                                |              |
| NEWSLETTER       | Ian Handricks             | seniornet.newsletter@gmail.com | 029 477 4491 |
| CONSTITUTION     | Peter Patten              |                                |              |
| REFRESHMENTS     | Sue Fowler and volunteers |                                |              |
|                  |                           |                                |              |



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### CHAIR REPORT

MARCH 2022



Facebook may not be your choice for communicating with family and friends but there is no denying it has a huge following with many benefits – provided you are careful how you use it. We are really pleased to be able to offer a session in March on “All you Want to Know” about Facebook – so diarise that for 1pm on Wednesday 16 March and your mentor will be an absolutely delightful woman, namely Chantele. There are a lot of “waste” items on Facebook but you can fine tune your version to suit how you want it to perform for you. This is a great opportunity and Chantele is very kindly donating her time and experience.

Currently we do not have a member using Android phones and devices who is available to take a session on Androids. If any Member would be prepared to do so please let me know. You don't have to be an expert – don't forget we are Members helping Members and we can help with preparation of notes, Power Point or suchlike if needed. It can be conducted as just random question time.

We have devised a page for Members to indicate what additional hobbies and pastimes they would like to see included in our schedule of monthly events. Please do seek out the form (there will be some by the check-in diary) and tell us what more we could do to add interest to our club.

Our sympathy to Jurgen Schubert on the loss of his wife, Deidre, in February. Many of you will remember Deidre who attended our Sunday Meetings and our Christmas Luncheons during the years prior to the onset of ill health.

Two of our very long term members had operations in February so our Best Wishes to Shirley Hansen and Brian Cudby for their speedy recovery.



I want to recommend to you again about making use of our Website. There are hundreds of great links taking you to helpful and informative websites – so don't forget: [www.seniornetns.com](http://www.seniornetns.com)



In March, as you will see from the front page and inside this newsletter, we have rescheduled the Genealogy for Beginners 3 course sessions commencing 7 March. Contact Campbell Stanford as soon as possible for inclusion.

Well it has been great to be operating again and it is obvious our Members have appreciated the chance to meet and enjoy our sessions once more.

*Lois Kay*

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## CALENDAR

MARCH 2022

Select a class, discussion group or tutorial that appeals from the tutor notes on pages 6 to 8.

This calendar details date, time and venue for activities, including type, cost and whether it is necessary to book (if booking is required please contact the tutor). Pay at door. All welcome.

Monthly meetings are held in the hall 10am – 12:00 noon on the 2nd Sunday of each month. Come along and listen to some interesting speakers. Gold coin donation appreciated. Everyone welcome.

Please wear your name tag to all sessions to put a face with a name. Free refreshments are provided at all Discussion Groups, Tutorials, and Monthly Sunday Meetings. **NOTE: Some sessions may be cancelled or postponed due to COVID**



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T = TUTORIALS

D = DISCUSSION GROUPS

TIMES AM = 10.00 to 12.00

PM = 1.00 to 3.00

| Schedule - March 2022 |      |      |  |                                   |               |                          |     |      |
|-----------------------|------|------|--|-----------------------------------|---------------|--------------------------|-----|------|
| Day                   | Date | Time | Session  | Tutor                             | Phone         | Email                    | D/T | Cost |
| Tue                   | 1    | am   | Advanced Windows                                   | Bill Howell                       | 478-5530      | howell.trust@xtra.co.nz  | D   | \$3  |
| Tue                   | 1    | pm   |  |                                   |               |                          |     |      |
| Wed                   | 2    | am   |  |                                   |               |                          |     |      |
| Wed                   | 2    | pm   |  |                                   |               |                          |     |      |
| Thu                   | 3    | am   |  |                                   |               |                          |     |      |
| Thu                   | 3    | pm   |  |                                   |               |                          |     |      |
| Fri                   | 4    | am   | First Friday Genealogy                             | Barbara Anderson                  | 479-6242      | b.c.anderson@xtra.co.nz  | D   | \$3  |
| Fri                   | 4    | pm   |  |                                   |               |                          |     |      |
| Sat                   | 5    | am   | Tips & Tricks                                      | Ian Handricks                     | 029 477 4491  | ianhandricks@gmail.com   | D   | \$3  |
| Sat                   | 5    | pm   |  |                                   |               |                          |     |      |
| Sun                   | 6    | am   |  |                                   |               |                          |     |      |
| Sun                   | 6    | pm   |  |                                   |               |                          |     |      |
| Mon                   | 7    | am   | Genealogy for Beginners - 10am to 12:30 (NEW)      | Campbell Stanford & Ian Handricks | 021 717 008   | camstan69@gmail.com      | T   | \$7  |
| Mon                   | 7    | pm   |  |                                   |               |                          |     |      |
| Tue                   | 8    | am   | Photography  | Rex Oddy                          | 479-3105      | rex.oddy@xtra.co.nz      | D   | \$3  |
| Tue                   | 8    | pm   | Committee Meeting                                  | (12:30)                           |               |                          |     |      |
| Wed                   | 9    | am   |  |                                   |               |                          |     |      |
| Wed                   | 9    | pm   |  |                                   |               |                          |     |      |
| Thu                   | 10   | am   |  |                                   |               |                          |     |      |
| Thu                   | 10   | pm   | Card Playing Group (12:45)                         | Campbell Stanford                 | 021 717 008   | camstan69@gmail.com      | D   | \$3  |
| Fri                   | 11   | am   |  |                                   |               |                          |     |      |
| Fri                   | 11   | pm   |  |                                   |               |                          |     |      |
| Sat                   | 12   | am   |  |                                   |               |                          |     |      |
| Sat                   | 12   | pm   |  |                                   |               |                          |     |      |
| Sun                   | 13   | am   | Monthly Meeting                                    | 10am in hall                      |               | All Members Welcome      |     |      |
| Sun                   | 13   | pm   |  |                                   |               |                          |     |      |
| Mon                   | 14   | am   | Genealogy for Beginners - 10am to 12:30 (NEW)      | Campbell Stanford & Ian Handricks | 021 717 008   | camstan69@gmail.com      | T   | \$7  |
| Mon                   | 14   | pm   |  |                                   |               |                          |     |      |
| Tue                   | 15   | am   | Advanced Windows                                   | Bill Howell                       | 478-5530      | howell.trust@xtra.co.nz  | D   | \$3  |
| Tue                   | 15   | pm   |  |                                   |               |                          |     |      |
| Wed                   | 16   | am   | Handcraft & Stitching (Must email to secure a kit) | Cherry Parker                     | 027 391 3810  | cherry.parker@xtra.co.nz | D   | \$3  |
| Wed                   | 16   | pm   | Facebook (NEW)                                     | Chantele Siedle                   | 022 352 9491  |                          | D   | \$3  |
| Thu                   | 17   | am   |  |                                   |               |                          |     |      |
| Thu                   | 17   | pm   |  |                                   |               |                          |     |      |
| Fri                   | 18   | am   | Genealogy Workshop                                 | Lois Kay                          | 478-3587      | lois.kay@xtra.co.nz      | D   | \$3  |
| Fri                   | 18   | pm   |  |                                   |               |                          |     |      |
| Sat                   | 19   | am   | iPhone and iPad                                    | Ian Handricks                     | 029 477 4491  | ianhandricks@gmail.com   | D   | \$3  |
| Sat                   | 19   | pm   |  |                                   |               |                          |     |      |
| Sun                   | 20   | am   |  |                                   |               |                          |     |      |
| Sun                   | 20   | pm   |  |                                   |               |                          |     |      |
| Mon                   | 21   | am   | Genealogy for Beginners - 10am to 12:30 (NEW)      | Campbell Stanford & Ian Handricks | 021 717 008   | camstan69@gmail.com      | T   | \$7  |
| Mon                   | 21   | pm   | Nostalgia  | Host varies                       |               |                          | D   | \$3  |
| Tue                   | 22   | am   |  |                                   |               |                          |     |      |
| Tue                   | 22   | pm   |  |                                   |               |                          |     |      |
| Wed                   | 23   | am   |  |                                   |               |                          |     |      |
| Wed                   | 23   | pm   |  |                                   |               |                          |     |      |
| Thu                   | 24   | am   | Our World  | Glen Plaistowe                    | 027 541 2241  | glenp19925@gmail.com     | D   | \$3  |
| Thu                   | 24   | pm   | Card Playing Group (12:45)                         | Campbell Stanford                 | 021 717 008   | camstan69@gmail.com      | D   | \$3  |
| Fri                   | 25   | am   | Book Ends (NEW!)                                   | Patricia Lough                    | 413-6322      | loughie@outlook.co.nz    | D   | \$3  |
| Fri                   | 25   | pm   |  |                                   |               |                          |     |      |
| Mon                   | 28   | am   | Painting Group                                     | Doreen Hall                       | 021 0222 1814 | doreenorms69@gmail.com   | D   | \$3  |



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### TUTOR NOTES 1

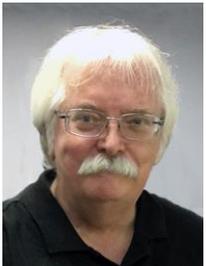
#### MARCH 2022



#### GENEALOGY WORKSHOP

Tutor: Lois Kay

There is a continual stream of Genealogy websites – some helpful some obscure but we endeavour to find new and interesting aspects to our research. You may have some stories to share, if so let me know or you may want some help with your research, again let me know and in advance if possible so we are prepared. Likewise, if you have any thoughts on the “evolution” of our Workshop sessions I am always pleased to use new ideas.



#### iPHONE & iPAD

Tutor: Ian Handricks

This forum is for anyone using Apple’s iPad and/or iPhone. Ian will cover everything from first time iPad and iPhone users’ problems, issues and knowledge right through to experienced users. He will talk about exciting developments, new apps, tips and tricks. You will learn how to manage and run your iPad/iPhone and at each session Ian will introduce new information on how the devices can be used effectively.



#### PHOTOGRAPHY

Tutor: Rex Oddy

Photography tutorials will include practical instruction on aspects of photography and the discussion of members’ photographic work. Each month members are invited to bring along digital images or videos for review, that are either based on a set subject or are general interest images or both. Images limited to ten per person



#### 1<sup>ST</sup> FRIDAY GENEALOGY

Tutor: Barbara Anderson

We will start with treasures and sharing. as usual and I have some odds and ends genealogy-wise to show. If you have looked into the 2021 Census please bring your finds to share and discuss. Also if you have queries about things, please ask, the group’s shared knowledge is wide and varied and you may get several avenues to explore. We can search Scotland’s people and Ancestry if there is a need and even deal with Family Tree Maker queries or perhaps Legacy or also Rootsweb ones also. So come prepared and we shall see how the session unfolds.



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### TUTOR NOTES 2

MARCH 2022



#### ADVANCED WINDOWS

Tutor: Bill Howell

This covers WinXP onwards to Win10 on the 1st and 3rd Tuesday mornings each month and features a lively discussion group. You ask the questions and we all participate in trying to solve the problems. We will also cover some aspects of recently released Windows 11.

#### CARD PLAYING GROUP

Tutor: Campbell Stanford



Great camaraderie in a friendly group that is much more than just card playing. Learning and developing strategies combined with luck and great humour alleviates stress and keeps your mind sharp and active. What a fun time we have in our twice-monthly sessions! For raw beginners and card-sharps alike. Currently we play 500 and Euchre and have now played our second session of "Oh Hell" which went down well with all players. Come and try it. 😊



#### PHOTO BOOKS

Tutor: Bernice Hyde

No photobook session for a couple of months but I will be available to discuss on a 1-1 basis  
Or could be reconsidered for April if enough requests



#### OUR WORLD

Tutor: Glen Plaistowe

Our World is where we share and explore topics of interest about Our World. It can be a country, place or event. Each session is interactive and can encompass the geography, cultural, social, environmental and geopolitical events. If you have wondered why a situation or event exists then Our World offers an opportunity to hear, discuss and consider. In January we looked at India, Pakistan and Bangladesh and uncovered how historical events have contributed to current events. On the 4th Tuesday in February we will look at Argentina and will then try to better understand the Russian military build-up on the border of Ukraine.



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### TUTOR NOTES 3

MARCH 2022



#### TIPS'N'TRICKS

Tutor: Ian Handricks

A tutorial and discussion forum where you can ask questions and get answers and also learn tips and tricks for a wide range of computer/ipad/iphone/laptop situations. Ian will endeavour to provide solutions for your questions and will introduce you to a bevy of useful tips, shortcuts, hidden features, useful tools, actions and ways to achieve results on your computer and technology devices. Each session, Ian will provide you with a hot list of new ideas, tips and tricks to explore and use.



#### BETWEEN THE BOOKENDS

Tutor: Patricia Lough

This is not a 'Book Club'. We will discuss all sorts of things to do with books, complete with trips down memory lane with short cuts and detours. Give some thought to books you've read and enjoyed and those which you read and thought "Well that was a waste of time" but couldn't quite stop reading in case it improved. It isn't necessary to book (excuse the pun). Just come along with your Q code app and vaccine pass. Those who know me, will know what to expect and those who don't – well take a chance.



#### HANDCRAFT & STITCHING

Tutor: Cherry Parker

A fun, hand stitching group with no experience needed. Bring needles, thread and general sewing items. A friendly class with a new stitchy project each month. To see what I design and stitch, go to [www.cherryparker.co.nz](http://www.cherryparker.co.nz) as similar items will be part of some classes.

Must book for each class. Please email Cherry at [cherry.parker@xtra.co.nz](mailto:cherry.parker@xtra.co.nz)

*To allow for supply purchases, the session fee is \$5*



#### PAINTING GROUP

Tutor: Doreen Hall

Omicron willing, am looking forward to our next session with painting enthusiasts- 4th Monday morning in the month- use the medium of your choice.



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### TUTOR NOTES 4

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**GENEALOGY FOR BEGINNERS** Tutors: Campbell Stanford & Ian Handricks

The three 2½ -hour sessions, each 10am to 12:30pm, are on the following days:

- Monday 7 March 2022
- Monday 14 March 2022
- Monday 21 March 2022



#### WHAT'S IT ALL ABOUT? WHY WOULD I FOLLOW IT? HOW DO I START? HOW DO I RESEARCH?

Find out from two of our very experienced Genealogists who have each encouraged and mentored enthusiasts many times. Genealogy is one of the most rapidly expanding interests worldwide. This is reflected in the considerable attendance we have at genealogy sessions at Seniornet North Shore. What better way to gain new knowledge and exercise your brain than learning and sharing experiences in our fun, relaxed atmosphere. Follow-up sessions will be considered as required

Early registration is essential. Email Campbell Stanford [camstan69@gmail.com](mailto:camstan69@gmail.com) or phone 021 717 008 before Thursday 3 March 2022. Campbell welcomes any further queries. The course fee is \$7 per session (which includes digital hand-outs) – payable as a lump sum in advance for the first three sessions – i.e. \$21. This will be payable before the first session on 7 March 2022 to our club account: ASB Bank 12-3050-0359226-00. Please include your name and “GenBeg” as the reference.

#### INVITE A FRIEND

For this course only, we wish to encourage all interested people, members or not, to join with us. Feel free to invite a friend.



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### . LAST SUNDAY MEETING

FEBRUARY 2022

**KERRY DELL** – on how to put your own body into balance and get results.

We had two great Sunday Speakers in February – I for one certainly picked up some valuable tips on staying healthy and well.

Kerry through her own experiences decided she needed to get her body into balance. She had studied nutrition but went on to look at the impact that toxins have on our bodies and determined that if our organs are not healthy they operate slowly in addition our emotions can also affect the frequency speed, so emotions play a big part. Our brain, also an organ, will respond as do all our organs. Nutrition plays a massive role so our diet needs to be “alive” and full of nutrients - it is not about a losing weight diet but eliminating the “dead” food otherwise known as processed food – read biscuits and all those foods that are so enticingly packaged. So the mantra is “put living food into the living body”.

Throughout our lives we pick up pathogens such as viruses, bacteria, fungi or parasites which cause diseases and if we feed these pathogens with dead food they will multiply. We have good and bad micro-organisms in our bodies but we need to control the pathogens. Autoimmune diseases have a huge overload of pathogens. In our gut area we also have good and bad bacteria and the bad can seep out into the body and cause problems. This is known as Leaky Gut Syndrome which is a digestive condition that affects the lining of the intestines. In LGS, gaps in the intestinal walls allow bacteria and other toxins to pass into the bloodstream. The good news is we can get our bodies back in balance as every day we get new stem cells and they have an opportunity to get stronger. The more in balance we are the quicker we heal and turn an acidic constitution into an alkaline one. There will always be plagues and viruses and our body’s response is determined by our underlying health. The big issues for our bodies are:



- **Dehydration:** We need 3-4 litres a day to flush out toxins – yes at first you will make more bath-room stops but given time your body will accept the fluid into the cells. Your brain is 90% water so hydration is vital.
- **Fatty Liver:** Your liver is an important organ as it gets hit with toxins, emotions etc and is responsible for the cholesterol - plus if you have sweet food at night when your body is supposed to be resting and repairing it is so busy getting rid of toxins it ups the insulin. A little tip here when you have fruit have it on an empty stomach as it digests quickly - otherwise it sits on top of other food and ferments and acts like alcohol and becomes highly acidic. A word on Statins which are regularly prescribed for cholesterol – they dry out the arteries and cause memory loss. Kerry’s suggestion - a tablespoon of olive oil with a tablespoon of lemon juice daily – instead.
- **Movement:** Our lymphatic system does not have a pump. We need to move to get rid of toxins – the exercise also makes us feel good.



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So drink more water, eat “live” i.e. colourful, natural foods and move more. A question about our daily glass of wine! Not the end of the world but go for organic wine as it is smoother and pesticide free. However pure alcohol such as whisky, vodka etc is better than wine and beer although it depends what you put with the pure alcohol. Carbonated water – not good as we should try to get carbon out of our bodies.

Contact: [www.kepshealth.com](http://www.kepshealth.com)

**CATHARINA FLISIJN** - from fit20

After morning tea we heard from Catharina who was a nurse and an Educational Psychologist who decided to follow her passion of exercise. She emigrated to New Zealand from the Netherlands in 2011 and this gave her the opportunity to change tack and pursue her passion with a programme called Fit20 which is a Dutch franchise method.

As we know from our contemporaries, falls can become an issue and indeed Catharina quoted statistics that the number one cause of death for the 70 plus age group is the outcome from falls. So the answer is to have your own personal goal or expectation and from that, establish how to keep healthy to achieve that goal.

At any age progress is possible. We lose 1% per year of muscle from about age 40. We can slow the rate of decline by keeping active and keeping our muscles toned. Our muscles consist of four different muscle fibres. Walking uses one, speed walking uses more and so on with high intensity using all four muscle fibres. If we stress our muscles the hormones go into our body and trigger processes. The lymphatic system needs exercise to pump toxins out and a quick hit of exercise boosts your brain power. Our body needs to use energy from food in the most economical way.

The Fit20 programme is based on training once a week for 20 minutes – short, quick but intense. The focus is on living better each day and the whole body will respond through high intensity. The plan is based on a weekly workout with the body needing 5 – 7 days to recover - the reason - far less injuries than training 3 times a week. Their regime promotes flexibility and improves posture so the benefits are extensive. At fit20 you train in your daily clothes and because you do not sweat, showering and changing are not necessary. It is a unique method aimed to harness the strength that resides within all of us. By moving slowly with minimal momentum and an appropriate level of resistance, we are able to activate each and every muscle fibre type, even the muscle fibres we don't use on a daily basis!

Oh heaven – not hours and hours of exercises. Just listening to these two dedicated and passionate women improved my fitness and health extensively. 😊 Lois Kay.

[www.fit20.co.nz](http://www.fit20.co.nz)



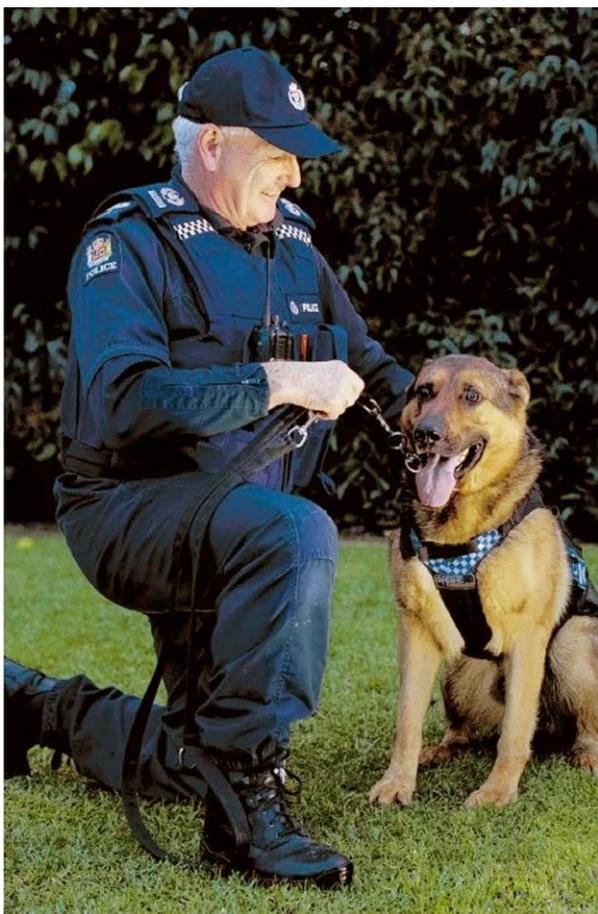
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### SUNDAY MEETING

NEXT MEETING – MARCH 2022

#### SENIOR SERGEANT PETER PEDERSEN



Our guest speaker is Senior Sergeant Peter Pedersen, Officer in Charge Police Dog Section. Peter has been with the Police Service for 38 years and was New Zealand Champion Police Dog Handler in 1995 and Australasian Police Dog Champion in 1996. Peter will be bringing along Police dog, Jango.

Peter joined NZ Police in 1983 and became a Police Dog Handler in 1987. After becoming New Zealand Champion Police Dog Handler in 1995 with Police Dog “Jedi” and Australasian Police Dog Champion in 1996, Peter was promoted to Sergeant in Charge – Police Dog Training; in 1997.

He has been a member Auckland Armed Offender Squad 14 years. In 1998 Peter was awarded Commissioners Silver Merit Award for Services to the Community. In 2005 he was promoted to Senior Sergeant (Regional Police Dog Coordinator).

Accompanying Peter will be Police Dog ‘Jango’. Born at the Police Dog Training Centre as part of ‘J’ litter, he began his police career at eight weeks of age – validated as ‘operational’ at 20 months of age.

Originally trained in Bay of Plenty and transferred to Auckland five years ago. Jango has been Peter’s allocated police dog since his arrival in Auckland. He is now off the front line due to his age (eight years) .



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## BEWARE!

### SCAM ALERT HTTP:// AND HTTPS://

#### Spot the Difference?

[maybank2u.com](http://maybank2u.com) is not the same as [maybank2u.com](https://maybank2u.com)

[citibank.com](http://citibank.com) is not the same as [citibank.com](https://citibank.com)  
(the first one is correct, the second one is from hackers)

The "a" in the later url is a cyrillic alphabet.

An average internet user can easily fall for this. Be careful for every mail requiring you to click on a link.

Please Stay Alert

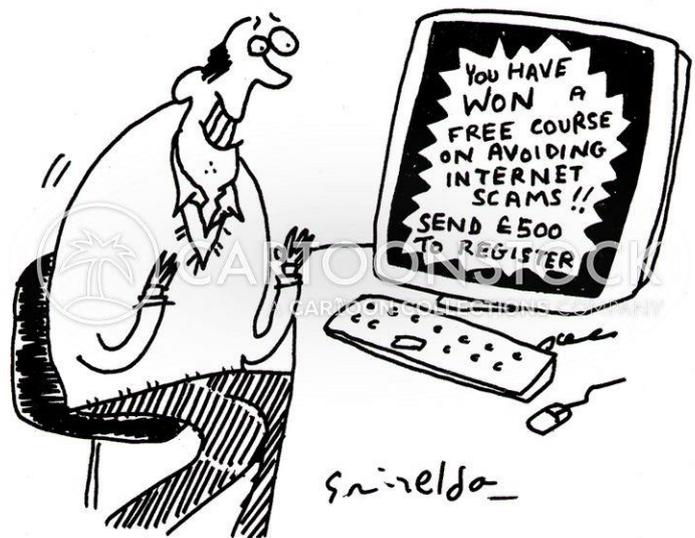
Keep this in mind!! Especially those of you who order online. This is how hackers get your information. Do you know what is the difference between <http://> and <https://>? I don't know how many of you are aware of the difference, but it is worth sending to anyone who does not.

The main difference between <http://> and <https://> is it's all about keeping you secure. HTTP stands for Hyper Text Transfer Protocol. The "S" stands for "secure". If you visit a website or web page and look at the address in the web browser, it will likely begin with the following: <http://>

This means that the website is talking to your browser using the regular "unsecured" language. In other words, it is possible for someone to "eavesdrop" on your computer's conversation with the website. If you fill out a form on the website, someone might see the information you send to that site. This is why you never ever enter your credit card number in an <http://> website!

But if the web address begins with <https://>, that basically means your computer is talking to the website in a secure code that no one can eavesdrop. If a website ever asks you to enter your credit card information, you should automatically look to see if the web address begins with <https://>.

If it doesn't, you should NEVER enter sensitive information such as a credit card number, SS #, etc. PASS IT ON . . . . .  
. You may save someone a lot of grief!



# ESSENCE

## SENIORNET NORTH SHORE NEWSLETTER

### GENEALOGY STORY CHALLENGE

FROM ST AGNES TO CITY OF LONDON by Shirley McIntyre



William Lawrence was born at St Agnes, Cornwall on 4th February 1789 eldest Son of Thomas Lawrence, a Carpenter, and his wife Mary nee Tonkin.

Over the course of years he followed his father's profession and in 1808, at the age of 19 he left St Agnes with two guineas and his tools and with a couple of young friends, also carpenters, they worked their way to Plymouth, where they boarded a ship for London. Their first important job payed them five pounds each with a second engagement which was taken by William but not his friends, he then engaged a couple of men and this was the start of his career in the City of London.

From this small start he made rapid progress and at the age of 24 he set himself up as a master builder at 20 Pitfield Street Hoxton and two years later at 31 Bread Street at the same time he became a Freeman of the Carpenters Company. In September 1817 William married Jane Clarke at St Mildred, Bread Street. They went on to have eleven children but only seven reached adulthood.

The business was originally called Lawrence and Cover but when his brother Rueben joined him it became Lawrence Brothers but changed to Lawrence and Co. when the partnership was dissolved.

William became interested in political and social matters and from the first an advocate of reforms. Despite friendly warnings of the danger of serious injury to his business prospects, his independence and consistency soon won him the respect of opponents, nor did his interests in any way suffer. In 1832 he was elected to the Court of Common Council. A powerful speaker, able to cope with any amount of opposition or disorder, and one of the very few men who could make themselves heard amid acoustic difficulties of the Guildhall, he was in constant request as chairman of meetings, or as sponsor for Parliamentary candidates both for the City and the Tower Hamlets.

His public services were not restricted to politics. As guardian of the poor in St Leonard's parish, Shoreditch; as commissioner of land and assessed taxes for the City and the Tower Hamlets; and on the managing committee of the Holburn, Finsbury and Tower Hamlets division of sewers he rendered services of high importance. When the Royal Exchange was destroyed by fire in 1838, he was appointed on the Gresham Committee entrusted with the plan and arrangements for the erection of the present building. He was also chairman of the Board of Directors of the Legal and Commercial Assurance Company.



In 1942 he went into partnership with his two eldest sons and the business became known as William Lawrence and Sons. 1848 saw him becoming a member of the Court and Master of Carpenters' Company and on 15 April 1848 he was unanimously elected Alderman of the City of London for Bread Street Ward an Honour which he held till his death. Between 1849 and 1850 he was Sheriff of the City of London representing Bread Street Ward.



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William maintained a solid reputation as a man of intellectual perception, foresight and rectitude of principle; his distinguishing characteristics are described as moral courage, decision and energy. Happy in his domestic life, his children became his friends, held his entire confidence, and were ever a united family. William died at his home 94 Westbourne Terrace after a long illness on the 25th November 1855 and was buried at Kensal Green Cemetery.

Of his children his two eldest sons followed him in their endeavours, they were also Freeman and Liverymen of the Carpenters' Company, Aldermen of their respective Wards and Sheriffs but they were also elected as Lord Mayors of London, William Jnr in 1863 to 1864, and James in 1868 to 1869. James was created a Baronet in December 1869 and William received the honour of a knighthood in August 1887. They both entered Parliament in 1865 both as members of the Liberal Party. On 30 December 1879 they and their younger brother Edwin retired from business and transferred it to nine members of their senior staff but not the large amount of property that had been bought over the years. Their brother Edwin was also a Baronet and a Member of Parliament



# ESSENCE

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### QR

#### THE HISTORY AND USES OF QR CODES



A QR code (Quick Response code) is a type of matrix barcode (or two-dimensional barcode) invented in 1994 by the Japanese automotive company Denso Wave. A barcode is a machine-readable optical label that can contain information about the item to which it is attached. In practice, QR codes often contain data for a locator, identifier, or tracker that points to a website or application. A QR code uses four standardized encoding modes (numeric, alphanumeric, byte/binary, and kanji) to store data efficiently; extensions may also be used.

The Quick Response system became popular outside the automotive industry due to its fast readability and greater storage capacity compared to standard UPC barcodes. Applications include product tracking, item identification, time tracking, document management, and general marketing.

A QR code consists of black squares arranged in a square grid on a white background, which can be read by an imaging device such as a camera, and processed using Reed–

Solomon error correction until the image can be appropriately interpreted. The required data is then extracted from patterns that are present in both horizontal and vertical components of the image.

The QR code system was invented in 1994 by Masahiro Hara from the Japanese company Denso Wave. The initial design was influenced by the black and white pieces on a Go board. Its purpose was to track vehicles during manufacturing; it was designed to allow high-speed component scanning.

QR codes are now used in a much broader context, including both commercial tracking applications and convenience-oriented applications aimed at mobile-phone users (termed mobile tagging). QR codes may be used to display text to the user, to open a webpage on the user's device, to add a vCard contact to the user's device, to open a Uniform Resource Identifier (URI), to connect to a wireless network, or to compose an email or text message. There are a great many QR code generators available as software or as online tools that are either free, or require a paid subscription. The QR code has become one of the most-used types of two-dimensional code.

During the month of June 2011, 14 million American mobile users scanned a QR code or a barcode. Some 58% of those users scanned a QR or barcode from their homes, while 39% scanned from retail stores; 53% of the 14 million users were men between the ages of 18 and 34. A September 2020 survey found that 18.8 percent of consumers in the United States and United Kingdom strongly agreed that they had noticed an increase of QR code use since the begin of COVID-19 related shelter-in-place orders in March 2020. Some facts:

- QR codes don't have to be black and white
- Scanning grew 1200% during the last quarter of 2010.
- The largest QR code on record was created by Audi, which measures a whopping 159 square meters
- The iPhone is the most popular scanning device for QR codes.
- Two-thirds of all QR codes are scanned by women.
- Print media accounts for only 1% of all scanned QR codes.
- Over one-fourth of all scanned QR codes were scanned by 35-44-year-old consumers.
- Excluding Japan, the United States has the highest QR code usage rate than any other country.



# ESSENCE

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### ADVANCED COMPUTERS

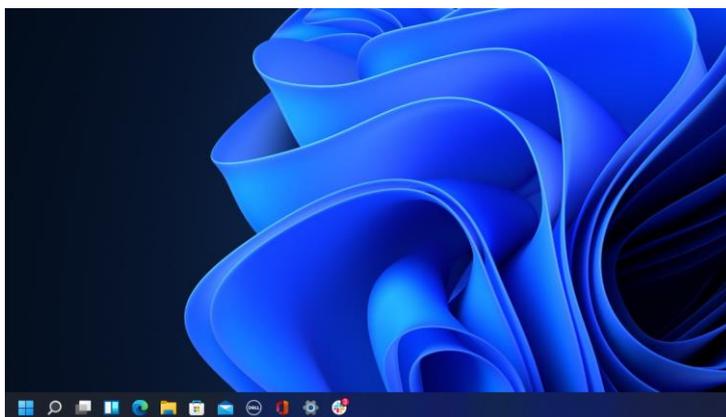
#### THE BEST WINDOWS 10 TIPS AND TRICKS

Note: This is the first page of a 15-page article – to read the full article go to our website by clicking on the following link [https://www.seniornetns.com/files/ugd/a0f8d2\\_e36bcc2657e74dcfba91e62277bcb672.pdf](https://www.seniornetns.com/files/ugd/a0f8d2_e36bcc2657e74dcfba91e62277bcb672.pdf)

or scanning the QR code



Windows 11, the latest iteration of Microsoft's long-running operating system, is available. If you take the leap, you'll notice a slick redesign, with a Chrome OS-like centered taskbar and rounded corners on apps. Under the hood, it's largely the same OS, but there are some new features you should know how to use. These tips will help ease the transition from Windows 10 to Windows 11.



**Realign the Start Button:** The first thing that will jump out at you is the placement of the Start button. Long located in the lower-left corner of the screen, it's now centered with the rest of the icons on the taskbar. But don't worry, you can change it back. Right-click the taskbar and open Taskbar Settings. Select the Taskbar behaviours drop-down and change Taskbar alignment to Left. This will move all your taskbar icons to the left and put the Start button back where it belongs.

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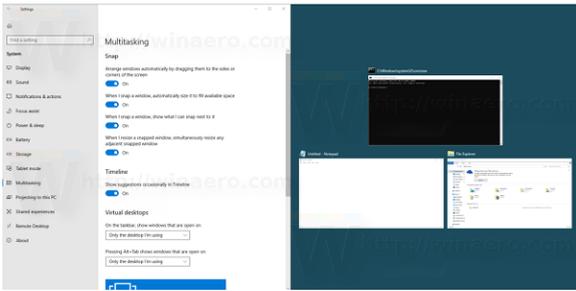


# ESSENCE

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### TEKZONE TIPS

#### HOW TO SNAP WINDOWS USING KEYBOARD SHORTCUTS IN WINDOWS 10



As you may know, Snap is a windows management feature that allows you to arrange open windows, including maximizing and resizing, just by dragging and dropping a window to different edges of the screen. When a window is dragged to the correct position, a ripple effect will emanate from the cursor, and you'll see an animated transparent outline of the window instantly appear in its new position. As soon as you release the mouse button, the window will snap to that position.

More specifically, you can maximize a window by clicking and dragging its title bar to the top of the screen. To restore a maximized window, just click and drag the title bar towards the middle of the screen. To position a window on half of the screen, just click and drag the title bar towards the left or right side of the screen. (The further to the right or left side of the title bar that you click and drag, the quicker the snap occurs.) To stretch a window that's in the middle of the screen so that it spans from the top to the bottom, just click the bottom or top edge and drag towards the bottom or top of the screen. You can also use the Windows key to Snap windows as shown in the table to the right.

| Keystroke               | Operation   |
|-------------------------|---|
| [Windows]+[Left Arrow]  | Position a window on the left half of the screen  |
| [Windows]+[Right Arrow] | Position a window on the right half of the screen |
| [Windows]+[Up Arrow]    | Maximize a window                                 |
| [Windows]+[Down Arrow]  | Minimize a window                                 |

You can snap a window in seven different ways in Windows 10. Any state or size you can snap it to, to the right, can also be snapped to on the left. Likewise, any size the window is snapped to, to the top, it can be snapped to the bottom.

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## CLUB PHOTOGRAPHY

### MACRO (Close Up) PHOTOGRAPHY

North Shore Senior Net photographer Gary Martelli records his garden during lockdown

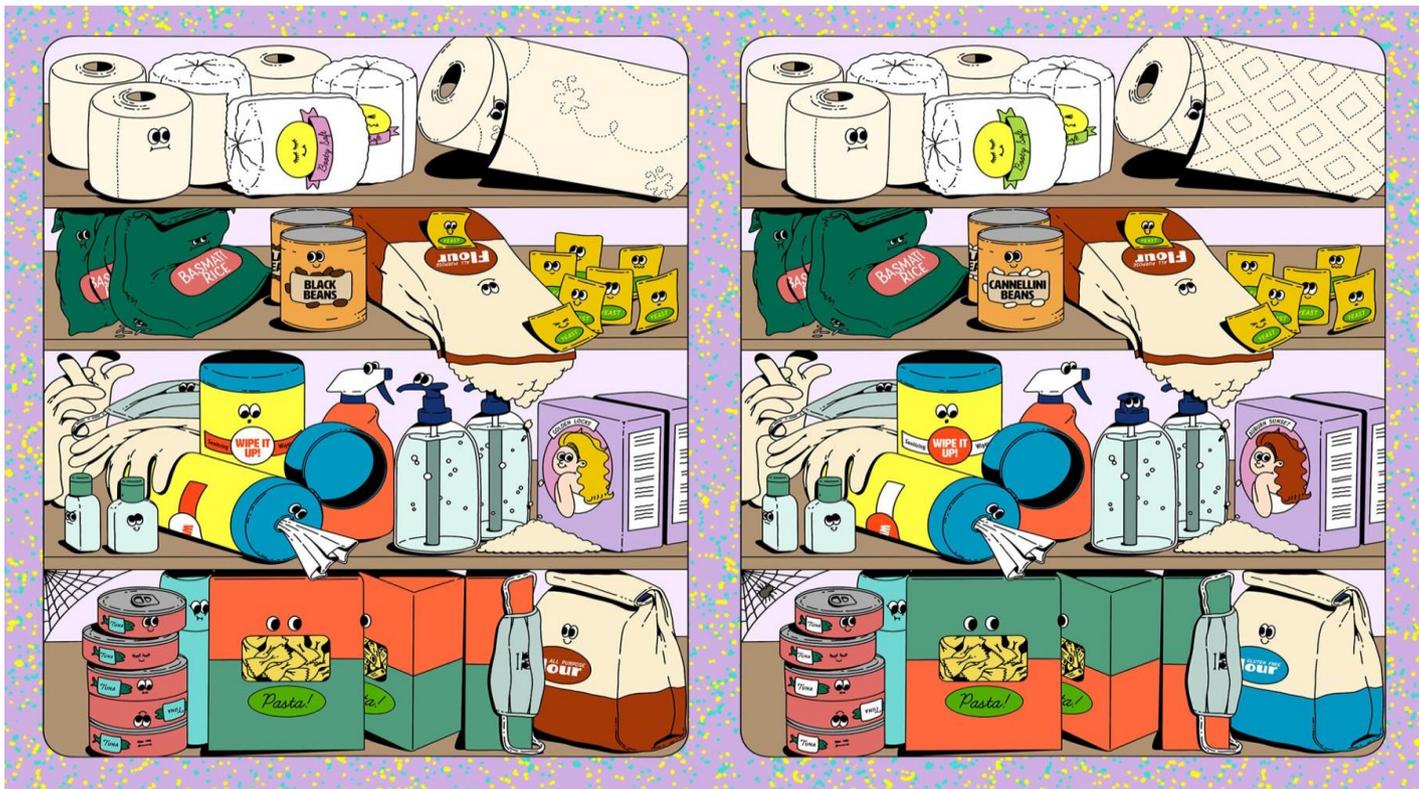


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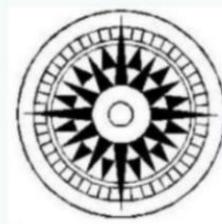
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SPOT THE DIFFERENCE IN OUR COLLECTION OF LOCKDOWN ESSENTIALS



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- Sorting files and photos, and organising an appropriate backup procedure to protect your data files



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