

ESSENCE

SENIORNET NORTH SHORE NEWSLETTER

APRIL 2022

No. 306

NEW SESSION – CARD MAKING HANDCRAFTED MESSAGES

Have fun making some lovely handmade cards using stamps, inks and other crafting tools. Angela will show step by step what to do. No experience needed and she will bring everything you need. You will be able to take home two wonderful handmade cards that you can give your friends and family for birthdays or other occasions. They will be impressed when you say you made the card yourself!



Website:

<https://www.stampwithangela.CO.NZ>

[Read more page 10](#)

You must book for this session!

APRIL SPEAKER JUDE WALTER

Local Brainfit Coach, Jude Walter has seen first-hand the devastating effects of stress, age and disease on the brain and memory. As a practiced communicator, presenter and capability trainer, Jude is now putting her skills to good use, helping adult New Zealanders to understand that getting older doesn't have to go hand in hand with memory loss and that the sooner you start strengthening your brain, the better.

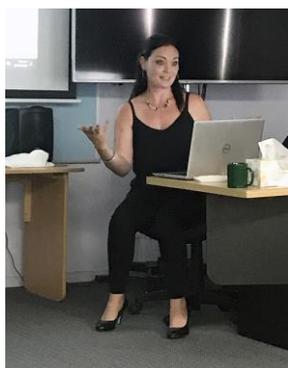
Jude will talk about how we can have with healthy brain strategies for everyday life, regardless of age



FACEBOOK SESSION

CHANTELE PRESENTS SOCIAL MEDIA

We had a very successful new session on facebook. Chantele Siedle, an account manager from Harper Digital, provided us all with a great insight into the workings of facebook, how we can protect ourselves and how we can get the best out of the service. One of members got benefit from learning how Netsafe can help users of facebook if issues arise.



FOR SALE

THE CLUB IS SELLING ITS APPLE MAC

We are interested in anyone who would like to become the proud owner of our working Apple Mac 2006 computer. Best offer will be accepted. Email your offer to snetns@xtra.co.nz



GREAT COFFEE

PROVIDING NOURISHMENT FOR OUR MEMBERS

Many of our members take the opportunity to enjoy coffee and food from Bar Italia, the café across the road. COVID has been tough for many café's and our support is warmly welcomed.



ASSESSMENT AND HELP

A NEW SERVICE FOR OUR MEMBERS

On behalf of our club, Ian Handricks has offered to assist you with your computer issues. This is an appointment based session so it is necessary to book a time with Ian (ianhandricks@gmail.com) and you will need to be a club member (you must join before getting help). There is a \$20 consultation fee.



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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	TBA		
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		
SUNDAY MEETING TEA	Jeanne-Anne Jacob and volunteers		

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CHAIR REPORT

APRIL 2022

We held a Forum (seems to be the current in word) at our March Sunday Meeting on the direction our club should take in meeting the needs of members including providing a sociable side. As you know we recently introduced Handcraft, Painting, Card Playing and in April we will have Card Making with Angela – see page 10 for more details. All of our activities still have a computer based ingredient.

Our aim is to expand the variety of what we offer. Some of the ideas that came from discussions were: Social Events such as Theatre groups, Walking groups, Music appreciation, Art History, Recipe Sharing, Indoor Plants, Scrabble, Bridge, also Experiences such as visits to MOTAT, Eden Park, Escape Rooms, Eden Gardens, Day Trips such as Silverdale Village Museum, Driving Creek Railway, Gibb sculptures and perhaps – wait for it - we could teach Gaming! Of course we are aware that the main functions of computing stay as the core of what we do.

This club has a history of which to be proud of including the foresight of the foundation members. It has a chronicle of people helping people and it continues to do so with the valuable time and effort put in by our Tutors and our Volunteers – not forgetting your Committee.

The club started in 1996 so 26 years of helping those age 55 plus (now 50) to enhance their knowledge of the IT world, thus providing enjoyment and assistance in managing in the digital age, particularly now that the world has seen fit to move institutions like bank branches into the realm of fantasy.



In 1996 subscription fees were \$35 single and \$50 double – these remain the same today and we will hold them for as long as we can. During the last 2 years of shutdowns we have had to manage our funds carefully as income became a trickle and so have used some of our reserves. Hopefully we are through those major disruptions.

Other ideas that came from our questionnaire were gardening, knitting and crochet (perhaps for Charity). There is a request for instruction in matters to make life easier such as coping with Flight Schedules, what you need for Travel under COVID

– although that changes weekly, accessing the Companies Register, YouTube or as Peter Patten always says “Things My Mother Didn’t Teach Me”.

So if you have a hankering to share your knowledge or organise functions don’t hide your talents just email me on lois.kay@xtra.co.nz



Lois Kay



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CALENDAR

APRIL 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 - April 2022							
Day	Date	Time	Session	Tutor	Phone	Email	D/T Cost
Fri	1	am	First Friday Genealogy	Barbara Anderson	479-6242	b.c.anderson@xtra.co.nz	D \$3
Fri	1	pm					
Sat	2	am	Tips & Tricks	Ian Handricks	029 477 4491	ianhandricks@gmail.com	D \$3
Sat	2	pm					
Sun	3	am					
Sun	3	pm					
Mon	4	am					
Mon	4	pm					
Tue	5	am	Advanced Windows	Bill Howell	478-5530	howell.trust@xtra.co.nz	D \$3
Tue	5	pm	Committee Meeting	(12:30)			
Wed	6	am					
Wed	6	pm					
Thu	7	am	Card Making Group (NEW)	Angela	email Patricia for bookings - loughie@outlook.co.nz		T \$15
Thu	7	pm					
Fri	8	am					
Fri	8	pm					
Sat	9	am					
Sat	9	pm					
Sun	10	am	Monthly Meeting	10am in hall		All Members Welcome	
Sun	10	pm					
Mon	11	am					
Mon	11	pm					
Tue	12	am	Photography	Rex Oddy	479-3105	rex.oddy@xtra.co.nz	D \$3
Tue	12	pm					
Wed	13	am					
Wed	13	pm					
Thu	14	am					
Thu	14	pm	Card Playing Group(12:45)	Campbell Stanford	021 717 008	camstan69@gmail.com	D \$3
Fri	15	am	Genealogy Workshop	Lois Kay	478-3587	lois.kay@xtra.co.nz	D \$3
Fri	15	pm	Good Friday				
Sat	16	am					
Sat	16	pm					
Sun	17	am					
Sun	17	pm					
Mon	18	am	Easter Monday				
Mon	18	pm	Nostalgia	Host varies			D \$3
Tue	19	am	Advanced Windows	Bill Howell	478-5530	howell.trust@xtra.co.nz	D \$3
Tue	19	pm					
Wed	20	am	Handcraft & Stitching (Must email to secure a kit)	Cherry Parker	027 391 3810	cherry.parker@xtra.co.nz	D \$3
Wed	20	pm					
Thu	21	am					
Thu	21	pm					
Fri	22	am	Book Ends	Patricia Lough	021 268 8677	loughie@outlook.co.nz	D \$3
Fri	22	pm					
Sat	23	am					
Sat	23	pm					
Sun	24	am					
Sun	24	pm					
Mon	25	am	Anzac Day				
Mon	25	pm					
Tue	26	am					
Tue	26	pm					
Wed	27	am					
Wed	27	pm					
Thu	28	am	Our World	Glen Plaistowe	027 541 2241	glenp19925@gmail.com	D \$3
Thu	28	pm	Card Playing Group(12:45)	Campbell Stanford	021 717 008	camstan69@gmail.com	D \$3
Fri	29	am					
Fri	29	pm					
Sat	30	am					
Sat	30	pm					

This month's NOSTALGIA session is all about "NEWS"




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TUTOR NOTES 1

APRIL 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. **No session in April due to Ian having cataract surgery on both eyes**



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



1ST FRIDAY GENEALOGY

Tutor: Barbara Anderson

For April we will have the usual treasures and sharing and then Bernice will speak of further discoveries/websites she has found since our last meeting. I also have had a new DNA possible brick wall solving discovery to show. Bring along any queries you have on your genealogy lines and share them with us. As usual we have a few other things genealogical to look at also.



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TUTOR NOTES 2

APRIL 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. Players decide what games we play including 500, Euchre and "Oh Hell" (which has gone 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 May if enough requests



OUR WORLD

Tutor: Glen Plaistowe

In February we looked at Ukraine, the country, history - including the past link to the USSR which ended in 1991, culture and economic resources. We then identified the thirty NATO countries and their geographic relationship to Russia and the possible motivations as to why Russia attacked Ukraine in 2014 and annexed three regions and seems to be planning another attack on this sovereign nation. Some topics prepared for April are a presentation on Great Barrier Island, a look at the country of Armenia and the British Overseas Territory of Gibraltar. All members interested in Our World are welcome.



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TUTOR NOTES 3

APRIL 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). 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 stichy project each month. To see what I design and stitch, go to 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

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



PAINTING GROUP

Tutor: Doreen Hall

Suspended for April due to ANZAC Day



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TUTOR NOTES 4

APRIL 2022



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~~ Completed
- ~~Monday 14 March 2022~~ Completed
- Monday 28 March 2022 – Revised date due to storm



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

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.



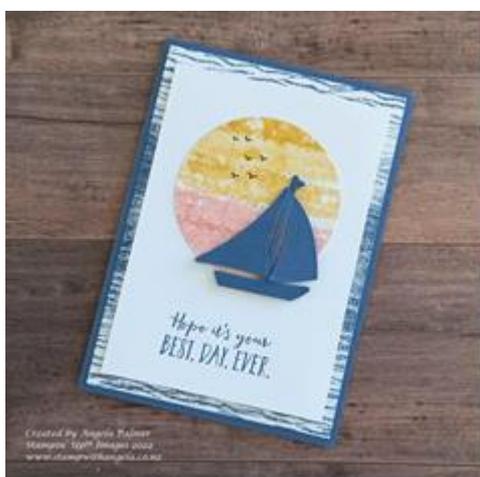
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CARD MAKING NEW CRAFT SESSION

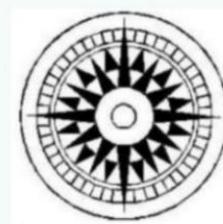
Have fun making some lovely handmade cards using stamps, inks and other crafting tools. Angela will show step by step what to do. No experience needed and she will bring everything you need. You will be able to take home two wonderful handmade cards that you can give your friends and family for birthdays or other occasions. They will be impressed when you say you made the card yourself! The cost is \$15 which includes all the materials you will need (supplied by Angela) - \$10 is for Angela's time and materials, the other \$5 goes to our club.

You must book for this session! – Book by contacting Patricia by email: loughie@outlook.co.nz or Ph 413 6322



Tech Home Help

- Independent pre-purchase technical advice
- Installing and configuring your new PC, printer or device
- Transferring data over to your new PC & clearing out your old one
- Help getting photos/scans off your camera, scanner or phone
- Email, email accounts and setting email up on your mobile device
- PC 'housekeeping' to reduce program-clog and unwanted pop-up messages
- Checking your security against Viruses Spyware is current & working correctly
- Sorting files and photos, and organising an appropriate backup procedure to protect your data files



I am a former PC Direct & Gateway service technician and trainer, covering the greater Auckland area, and supporting SeniorNet North Shore members since 2000.

Standard rates \$65/hr Discounted rate \$60/hr to current SeniorNet North Shore members
Rowan Cammell, Personal Computer Service, Ph 027 266 8941 rapid.start@xtra.co.nz



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. LAST SUNDAY MEETING

MARCH 2022

SENIOR SERGEANT PETER PEDERSEN

Our guest Speaker was Senior Sergeant Peter Pedersen the Officer in charge of our New Zealand Police Dog Section and he brought his wonderful 7-year-old Jango who is now semi-retired.

We learned that the Police Dog Division started here in 1956 with German Shepherds from England. At that time there were only 3 police cars working out of Auckland and if a dog was required for a callout the car had to first pick up a dog before going to the scene. The cars were not at the time designed for animals and so they were transported in the back seat of the vehicle which did not always please the “Detectives” because generally they were more elegantly dressed and did not want dog hair all over their suits.



The dogs they use now usually stem from eastern European countries with imported semen used at times as they need to refresh the blood lines with most bred here now in Trentham. One of their newly imported female dogs has just produced a litter of 11 little puppies. He emphasised that careful breeding has helped to minimise the congenital hip and other health issues they can have but like all dogs some still can get lower back spine problems. However, most dogs work until they are 8 ½ years old.

They start training the puppies at 8 weeks in puppy pre-school then assign them to a handler around 7 – 10 months and by 18 - 20 months they are operational. Training practices have changed considerably but as they are fast and agile they are mainly used for tracking and are capable of running at 65kms an hour.

More questions and Peter was asked about female dog handlers and he assured us there were two excellent women in Auckland alone.

He was asked about the use of Labradors but told us they are used more for narcotics and in locating explosives (such as controlling terrorism) and particularly drug detection where there is a greatly increased need – we advised him we had sent the word out to our members about drug use just in case.



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Peter spoke for 10 or 15 minutes about his experiences but then spent the next hour answering the multitude of varied questions our members had for him. We had many funny moments with Peter – if ever he gave up police work he could easily slot into an entertainment role. His dog Jango was a beautiful obviously intelligent creature, was very smoochy and obviously adored his handler. He only barked when instructed for demonstration purposes.



Peter was asked about the truth of the common belief that dogs can smell fear. In fact apparently what they pick up is the odour that humans give out when they are stressed, so the adrenaline produced by a human (who is perhaps being chased) allows the dog to pick up the scent to pursue. We were fascinated to hear of the “smelling” ability of the dogs and how they utilise that ability to track, through their olfactory senses. He said you will sometimes see a dog stop when he is tracking – he is resetting his “smelling memory”. When his dog is on the scent Peter can tell because the dog’s nose makes little popping noises. So beware.....

Jango had on his working uniform which incorporates metal pads inside the jacket – his body armour and the type of jacket can be ramped up in permeability for more dangerous situations. The dog’s jacket has two handles so the handler can pick up his dog if necessary – Peter illustrated how but Jango was not impressed – he lost all his dignity. We were told there was a drink holding device on the side of the jacket but I am not sure if Peter was perhaps pulling one of our two legs.

Peter’s talk was delivered with great good humour and at times he threw one liners at us which added to the fun. He was asked about gun carrying and he explained yes normally he would have a Glock and pepper spray but thought he would be reasonably safe amongst SeniorNet Members.

There was a brief moment when I foolishly reached out to hand a thank you card to Peter and Jango was on the alert. Fortunately, Peter had a tight hold on his charge.

The only reward they accepted in return for their visit was a bowl of water which Jango gratefully lapped up with enthusiasm. Doreen Hall was the provider of the water and obviously the signs were all okay because he did not hesitate to accept. We had a wonderful morning full of insights and I only wish I could remember more to convey to those members who could not attend.

Lois Kay



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SUNDAY MEETING

NEXT MEETING – APRIL 2022

JUDE WALTER

Are memory lapses getting you down? Are you worried about your brain health? Are you Looking for some tips to improve your memory?

Research now shows that the human brain is growing and changing throughout our lives and the more you do, the better when it comes to brain health.

Local Brainfit Coach, Jude Walter has seen first-hand the devastating effects of stress, age and disease on the brain and memory. As a practiced communicator, presenter and capability trainer, Jude is now putting her skills to good use, helping adult New Zealanders to understand that getting older doesn't have to go hand in hand with memory loss and that the sooner you start strengthening your brain, the better.

As a practiced communicator, presenter and capability trainer, Jude is now putting her skills to good use, helping adult New Zealanders to understand that stress and getting older don't have to go hand in hand with memory loss - the sooner you start to strengthen your brain, the better.



Did you know you can control 3 of the 4 factors that contribute to brain aging? Memory loss is not inevitable and a little bit done often is the key. The sooner you start the better.



Brainfit for Life TM is a training programme that gives people strategies to help build and strengthen their brains regardless of age, so they can lead a brain fit healthy lifestyle every day.

Jude is highly regarded as an energetic and engaging presenter who has an important message to share. Jude runs Brainfit classes throughout Auckland

At the Sunday meeting on April 10th Jude will share some of the latest exciting memory research and provide you with some simple tips and advice on how live a brain-healthy lifestyle every day.



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MAKING A DIFFERENCE

JAN KNIGHT THE GARDENER



A group of gardeners at Greenwich Gardens Village are delighting residents with fresh produce. The process is a cycle: seeds are sown, crops harvested, residents donate a gold coin to purchase which is then used to buy more plants.

The idea was kick started by resident and keen gardener Jan Knight who has launched a range of conservation initiatives at the village, introducing individual and community gardens, worm farms, composting and stream regeneration.

Jan says she just loves gardening, it is what she does and feels she may as well use her 30 years of experience to benefit all residents. The community gardens began with Jan posting a notice on the village noticeboard which attracted ten residents. The group now helps on a weekly basis to sow, harvest and sell the crops. With experience in conservation work future thinking is at the forefront of the work Jan is doing. There is a measure of climate change and Jan says what you would put in five years ago you have to rethink because you need crops that aren't going to need as much water.

The harvesting happens once a week, Jan emails her group the day and time, the group pick the plants and produce that is ready for harvest and they are bundled up ready for sale. The bundles include highly popular salad bags featuring greens and herbs which are in turn offered for sale to the community. That money then goes towards further plants and the cycle continues.

People are very appreciative of the produce because they know that when it goes on sale it was only picked an hour or so ago. Word gets around and the bundles are snapped up promptly because it is so fresh and of course unsprayed, handpicked and looked after by residents from start to finish.

We don't see Jan too often in our club – she is so busy gardening and I believe she loves travelling but has been a member since 2017.



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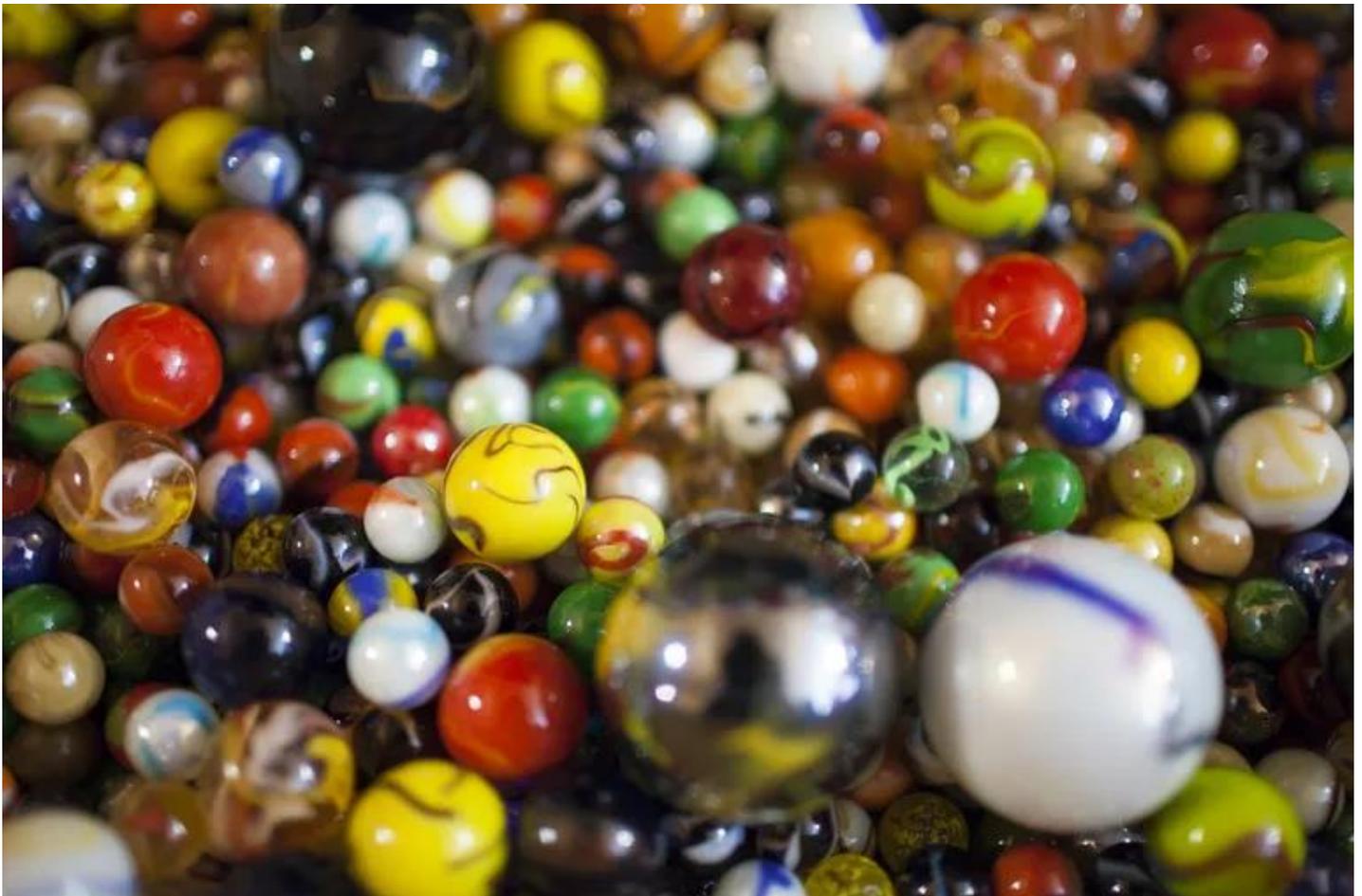
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NOSTALGIA

MARBLES WITH IAN FRASER

(with some information from Google)

I was about ten years old when marbles were played at school by the boys in my class during our lunch break. We would draw a circle on a piece of ground, then make a mark from where to toss our marble then it was all on. We all had our favourite marbles, some which went into the circle and our lucky one which was used to knock the other marbles out of the circle. It was good fun until one boy who didn't have any marbles brought a steel ball bearing to use as his marble. Oh the outrage, as our marbles became chipped because of the ball bearing.



Nobody knows where marbles originated. They have been found in the ashes of Pompeii and in the tombs of ancient Egyptians. Even Native American tribes played marbles. The earliest examples were simply stones that had been polished smooth by a running river, but for centuries artisans made them by hand from clay, stone or glass.

Mass production became possible in 1884. Sam Dyke of Akron, Ohio, manufactured marbles using clay balls. He employed 350 people who produced about one million marbles a day. In 1915, mass production of glass marbles began.



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To the layman, a marble is just a marble. Marbles usually earn their nickname based upon what they look like, what they are used for, or the material used to make them. For example, “aggies” are made from agate. An “alley” can be made from alabaster.

Many marble phrases have made it into everyday language. For example, “knuckle down” means to put your hand in a position to shoot your marble, keeping at least one knuckle on the ground. “Fudging” means you crossed the line where you shoot from, a minor form of cheating. Other expressions are “dead duck” and playing “for keeps”. Oddly, the origin of the phrase “losing your marbles” cannot be traced back to the game of marbles.

Collecting vintage marbles is a very popular hobby in some countries such as America, England and Czechoslovakia. The ones that bring top dollar are handmade and machine made glass marbles. Handmade are more sought after, simply because they are scarce.

Size and condition are important, but the main thing a collector looks for is the beauty of the design. Some of the more popular styles are onionskins, corkscrews, Joseph’s Coat and several more. The more colours and the more delicate the artistry the more you will pay for a marble.

Some vintage marbles will glow under black light, because they were made with a small amount of Uranium. Perfectly safe to handle because the Uranium is enclosed inside the glass. Perfectly safe, of course, until that bloke with the big ball bearing smashes it!!



Good condition marbles do not come cheap. An average “aggie” can run anywhere from \$10 to a few hundred dollars. Shooters usually start in the \$50 range, often selling for hundreds or even thousands of dollars. Single marbles have sold, one for \$5,700, one for \$7,800 and one for \$10,800. In 2010 one marble sold for \$27,730.

So ring up your grandkids and tell them you want to borrow their marbles for a few days. They may have a fortune tucked away in their marble bag.



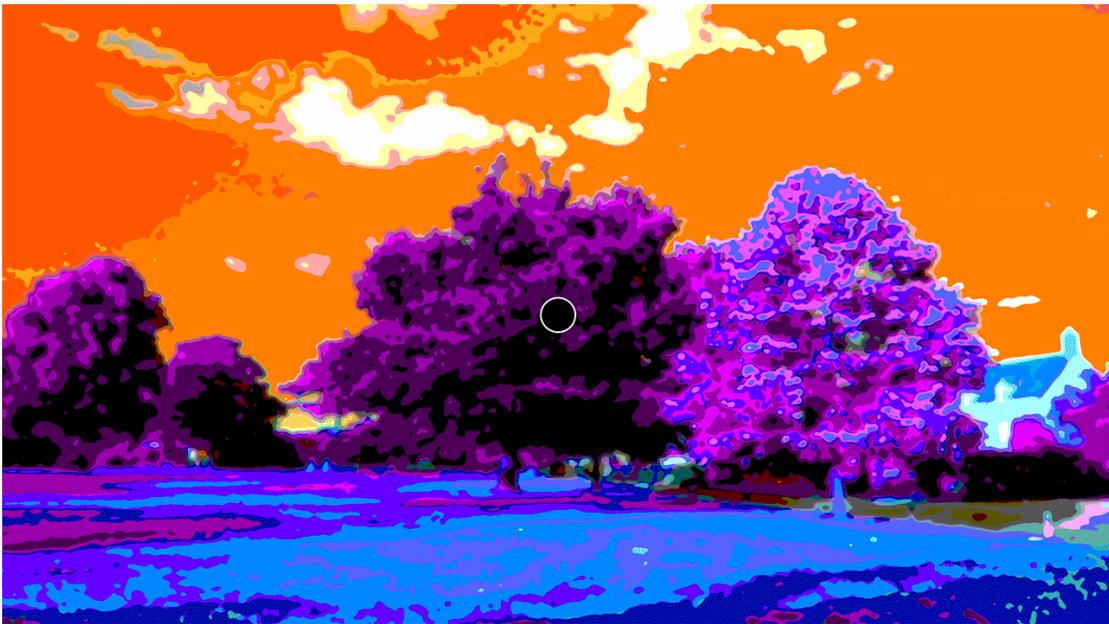
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ILLUSIONS

DON'T BLINK!

Focus on that dot on the top image and hold your gaze there. Don't look away. Then stare at the dot in the bottom image and you should see the image in colour:



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ADVANCED COMPUTERS MICROSOFT DEFENDER

Microsoft Defender is amongst the best anti-viruses for Windows 10 and Windows 11. Windows Defender, which comes pre-installed on Windows 10 and Windows 11, is amongst the best antiviruses in 2021. That's according to AV-TEST, which is an independent IT security institute that performs various tests to rank antivirus programs based on performance, security and other factors. Germany based AV-TEST institute has released its best antivirus programs assessment report for the month of October 2021. It's worth pointing out that the result is for Windows 10 Home users and the security institute tested 21 security programs from various vendors, including Norton, Kaspersky and Microsoft.

<https://www.windowslatest.com/2021/11/27/microsoft-defender-is-amongst-the-best-antiviruses-for-windows>

According to the report, AV-TEST tested Windows Defender, Avira, McAfee, Avast, AVG, and several other antivirus apps against various security aspects. For example, the organization tested these antivirus solutions against zero-day malware, cyberattacks, infected emails, and more.

"We always used the most current publicly-available version of all products for the testing. They were allowed to update themselves at any time and query their in-the-cloud services," the security report reads.

AV-Test has a rigorous testing procedure and Windows Defender on Windows 10 has received perfect scores in all Protection, Performance and Usability. Other security solutions from vendors like McAfee and Avast have also received full marks, but Windows Defender is the only free antivirus solution.

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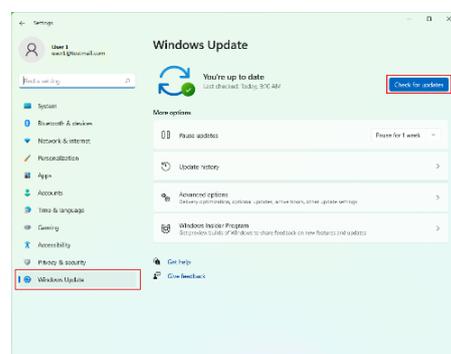
TEKZONE TIPS

HOW TO CHECK WINDOWS UPDATE

Have you ever considered how something as simple as a Windows update could help with the overall network security of your home computers? Malicious software, as well as other common issues and bugs, can create computer vulnerabilities. Windows devices that aren't connected to the internet for up to six hours at a time are "very unlikely" to successfully update fully and properly, as a recent Microsoft investigation revealed. So if you turn off your pc once you finished using it every day, it's very likely it might have a latest update installed. It is important that you check the update manually from time to time to make it all updates are installed.

Check for and Install Updates in Windows 11

In Windows 11, Windows Update is found in Settings. Right-click the Start menu and choose Settings, or search for it from the search bar. Once it opens, select Windows Update from the left side. To check for Windows 11 updates, select Check for updates. Windows 11 checks for updates to the OS after selecting that button, but will also do so automatically. Depending on the options you have set up, your PC will reboot to apply some updates either while you're using your computer or sometime during an off time.



Check for and Install Updates in Windows 10

In Windows 10, Windows Update is found within Settings. To get there, select the Start menu, followed by the gear/settings icon to the left. In there, choose Update & Security and then Windows Update on the left. Check for new Windows 10 updates by choosing Check for updates. In Windows 10, downloading and installing updates is automatic and will happen immediately after checking or, with some updates, at a time when you're not using your computer.

Check for and Install Updates in Windows 8, 7, and Vista

In Windows 8, Windows 7, and Windows Vista, the best way to access Windows Update is via the Control Panel. In these versions of Windows, Windows Update is included as an applet in Control Panel, complete with configuration options, update history, and lots more. Just open Control Panel and then choose Windows Update. Select Check for updates to check for new, uninstalled updates. Installation sometimes happens automatically, or it might need to be done by you via the Install updates button, depending on what version of Windows you're using and how you have Windows Update configured.

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CLUB PHOTOGRAPHY

PHOTO ARCHIVES

North Shore Senior Net photographer Rex Oddy dives into his photographic archives to remember a 1987 trip on the Wanganui River



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SPECIAL DAY OUT

EXCITING APRIL EVENT FOR ALL CLUB MEMBERS

We are planning a special day out on Friday 1st April for club members to have some fun participating in some invigorating experiences. We plan to start the day at the clubrooms where we will be met by members of the local motorcycle club who have offered to take us as pillion passengers on their Harley Davidson bikes to the first event of the day – a bungee jump off the Sky Tower! (for the brave ones amongst us, you have the option of jumping without a rope!).

After that the Fijian Cultural Association have offered to give us all the opportunity to walk barefoot on hot coals followed by a Kava drinking competition (the last person to black out will be the winner!).

It's then off to Red Balloon to go swimming with sharks – if you feel claustrophobic inside a steel cage you may wish to experience the encounter up close and free of the confinement of the cage. The organisers have assured us that the sharks will not have been fed for at least 5 days before we get there giving us the opportunity to see how they eat first hand (and the other hand if they are hungry!)



Following that, we are booked to go rock climbing in the Mt Wellington Quarry. The organisers have assured

us that everyone will have the chance to try free climbing (without safety ropes) and once we've reach the top we will all have the exhilaration of hanging on by our fingertips and zooming down the zip-line flying fox.

Then it's time for lunch – The Auckland Exotic Dining Club are putting on a special spread of Huhu bugs in a delicate sauce, seaweed dumplings, fennel and possum pie and other native tastes for our consumption.

Following lunch, we will hosted by the Auckland Magic Circle where we will have the opportunity to be a Magician's Assistant – for the ladies you will experience what it feels like to be sawn in half (we have been told that this will be the first time the magicians have attempted this trick!) and for the men – you will be strapped to a spinning wheel where the magician will throw razor-sharp knives at you!

Finally, we are scheduled to meet at the City Wrestling Gym where we will all be paired up against a professional wrestler and then try our skills for 15 rounds in the ring against our allocated opponent. The professional wrestlers have promised not to go "easy" on us!

You **must book** for this event and ensure that your life insurance is current and you must bring your medications. We recommend that you advise your doctor (and funeral director) that you are planning to take part. For bookings please contact June McCullough 021 885 117

