

ESSENCE

SENIORNET NORTH SHORE NEWSLETTER

APRIL 2025

No. 342

See Page 20 for information on our April visit to the Fish Market.

RECYCLING E-WASTE REDUCING ELECTRONIC WASTE



Recycling computer equipment, including laptops, desktops, and cell phones, is essential for reducing electronic waste (e-waste) and conserving valuable materials. These devices contain a variety of reusable substances, including precious metals, plastics, and hazardous materials that require proper handling.

When old computers and cell phones are recycled, they are first dismantled. Usable components, such as circuit boards, memory chips, and batteries, are recovered for refurbishment or resale. Metals such as gold, silver, platinum, and copper are extracted from circuit boards and wiring. These precious metals can be refined and reused in new electronic components, reducing the need for mining.

Plastics from casings and keyboards are also recovered and processed into raw materials for new products. Glass from screens and display panels can be recycled into new glass products. Additionally, lithium, nickel, and cobalt from batteries are retrieved and used in new battery production.

Recycling also helps prevent hazardous substances, such as lead, mercury, and cadmium, from contaminating the environment. Proper e-waste recycling reduces pollution and conserves resources by reintroducing valuable materials into manufacturing. Consumers are encouraged to recycle old devices through certified e-waste recycling programs to ensure ethical and environmentally friendly disposal.

Our local recycling places are (1) Massey University Car Park 29th March 9:00am to 3:00pm, (2) Computer Recycling NZ and (3) Abilities Group – 91 Hillside Road

NOSTALGIA SESSIONS DIGGING INTO THE PAST!

Every month, our SeniorNet Nostalgia sessions take us on a joyful trip down memory lane. We've chuckled over tales of school days, swapped stories of long-ago holidays, shared our hobbies, and even compared notes on past jobs. This month, we're getting our hands dirty as we explore the wonderful world of gardens and gardening! Whether you grew prize-winning roses, planted veges for the family, or battled rebellious weeds, we want to hear all about it. Come along, share your green-thumbed glory or gardening disasters, and enjoy a blooming good time. You might even pick up a handy tip or two! Laughter, stories, and memories await—don't miss out!

THIS MONTH'S SPEAKERS STEFAN SAGEMAN & ROD BELL

Stefan Sageman is a transformative hypnotherapist dedicated to empowering individuals to unlock happiness and achieve lasting success through the power of the subconscious mind.



Our second speaker this month is Rod Bell from Blue Light, a registered charity working alongside the Police to offer youth programs promoting positive lifestyle choices, reducing crime, and fostering stronger community relations. Don't miss this insightful talk!"



VAL SUTCLIFFE HAPPY 90TH BIRTHDAY

Val joined SeniorNet North Shore on 14 February 2011 so a loyal and helpful member for the past 14 years. From February 2021 until July 2024 Val was our newsletter proof-reader, no mean task as the newsletter increased in volume. However long before that date Val offered her help in a number of capacities such as purchasing supplies, helping at our Sunday Meetings and of course her involvement in attending many of our sessions – Val really comes into her own at our twice monthly card playing sessions

where her sense of fun and humour contribute to entertaining and enjoyable afternoons

Our club is eternally grateful for her contribution to the running of our group and no you would never guess she is having her 90th birthday.



Let our membership secretary know if you have changed your email address and/or phone numbers so we can update our records

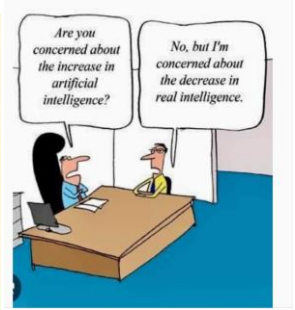
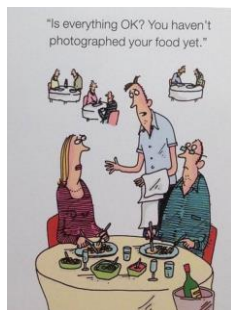


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CLUB DIRECTORY

WEBSITE	www.seniornetns.com	FACEBOOK	www.facebook.com/profile.php?id=61562462001329
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. snetns@xtra.co.nz		



COMMITTEE & SUPPORT TEAMS

2024 – 25

CHAIRPERSON	Ruth Healy	ruthhealy54@gmail.com	027 291 1489
VICE CHAIRPERSON	Jurgen Schubert	jschubert@outlook.co.nz	021 257 8814
TREASURER	June McCullough	june.apollo@gmail.com	021 885 117
SECRETARY	Marina Sanderson	marinasanderson@gmail.com	021 02789790
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
COMMITTEE	Lois Kay	lois.kay@xtra.co.nz	027 2710154
COMMITTEE	Debbie Seekup	d.seekup@xtra.co.nz	021 429 039
AUDITOR	Glen Plaistowe		
PROOF READER	Patricia Lough	loughie@outlook.co.nz	413 6322
NEWSLETTER	Ian Handricks & Lois Kay	seniornet.newsletter@gmail.com	029 477 4491
PROVIDORE	Jeanne-Anne Jacob	jacob-jeanneanne@xtra.co.nz	027 279 2854
SUNDAY MEETING TEA			
SPEAKER ORGANISER	Jurgen Schubert	seniornet.newsletter@gmail.com	021 257 8814



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CHAIR REPORT MARCH 2025

Sunday morning and here I am creating my Monthly Chair Report. It's been 6 months now and I am really loving being part of Senior Net North Shore, and proud to be its Chair.

March was traditionally the last month of the Financial Year - remember the days of filling in the Tax Returns and hoping for a Refund. Now all is electronic which makes our group very important. As the world goes on more and more of our lives involve Technology. And it is Everchanging Technology, which sometimes seems so daunting and hard to come to terms within our aging brains.



We just have to adapt as best we can, and we can do so easily as a group. Its great to have someone to ask those silly questions of. And I for one always seem to have a silly question to ask.

My hubby is not good at Computer Stuff. He has no patience, so I am left to pick up and finish what he sometimes starts. This week we upgraded our car. Nowadays all the change of Ownership etc can be done online. Not hard if you know how. (hubby did not know how), and paying for it on the spot and providing proof of payment. Again, easy if you know how. So, for all of you that have things you want to do on the computer, don't be afraid to ask, someone will know the answer to help you.

We are starting a new Q & A session in the afternoon on April 1st. Android Phones. And a Smart TV Tutorial later in the month.



Going forward we need to all learn new things. Ian is Teaching AI which is great, and his Saturday morning Q & A sessions. Melson talks us through various things at his monthly session as well. But I am sure there is more we need to know that we don't know we need to know. So, if you have anything you would like to learn about or get more confident in please ask. You can type into your computer what you have in the fridge and come up with a recipe. And that is just the beginning of what is possible.



As Melson said at his last session, banking through an App on your phone or tablet is safer than using the Web. We just need to understand all this stuff and learn to use it. So, what would you like to learn. Let me know and I will see what can be organised. Our committee are amazing so between us all we will come up with something for you.

We want to help you learn what you want/need to know and would like you to let us know.

Ruth Healy

Chairperson SeniorNet North Shore



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CALENDAR MARCH 2025

Select a class, discussion group or tutorial that appeals from the tutors notes on pages 6 to 9. 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 name to a face. Free refreshments are provided at all Discussion Groups, Tutorials, and Monthly Sunday Meetings.



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TUTORIALS

D = DISCUSSION GROUPS

TIMES: AM = 10.00 to 12.00

PM = 1.00 to 3.00

Schedule - April 2025								
Day	Date	Time	Session	Tutor	Phone	Email	D/T	Cost
Tue	1	am	Photography for Beginners	Rex Oddy	021 758 851	rex.oddy@xtra.co.nz	D	\$3
Tue	1	pm	Android Phones	Paul van Beusekom			D	\$3
Wed	2	am						
Wed	2	pm	Film Appreciation (1:30pm)	Marina Sanderson	021 02789790	marinasanderson@gmail.com	D	\$3
Thu	3	am	Cryptic Crosswords and Sudoku	Bridget Taylerson	09 410 8309	taylersonb@gmail.com	D	\$3
Thu	3	pm						
Fri	4	am	First Friday Genealogy	Ian Handricks	029 477 4491	ianhandricks@gmail.com	D	\$3
Fri	4	pm						
Sat	5	am	Tips N Tricks incl iPad and iPhone	Ian Handricks	029 477 4491	ianhandricks@gmail.com	D	\$3
Sat	5	pm						
Sun	6	am						
Sun	6	pm						
Mon	7	am	Painting Group		027 541 2241	glenp19925@gmail.com	D	\$3
Mon	7	pm	Committee Meeting					
Tue	8	am	Photography	Rex Oddy	021 758 851	rex.oddy@xtra.co.nz	D	\$3
Tue	8	pm						
Wed	9	am						
Wed	9	pm	AI (Chat GPT etc)	Ian Handricks	029 477 4491	ianhandricks@gmail.com	D	\$3
Thu	10	am	Handcrafts	June McCullough	021 885 117	june.apollo@gmail.com	D	\$3
Thu	10	pm	Card Playing Group(12:45)	Campbell Stanford	021 717 008	camstan69@gmail.com	D	\$3
Fri	11	am	Visit to Fish Market	Jurgen Schbert	021 257 8814	jschubert@outlook.co.nz	TBA	
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						
Mon	14	am						
Tue	15	am	Computer Chat Group	Melson Lee			D	\$3
Tue	15	pm						
Wed	16	am	Family Tree Maker Q & A	Bernice Hyde	483-5825	bernice52@xtra.co.nz	D	\$3
Wed	16	pm	Cooking Chat	Marina Sanderson	021 02789790	marinasanderson@gmail.com	D	\$3
Thu	17	am	Cryptic Crosswords and Sudoku	Bridget Taylerson	09 410 8309	taylersonb@gmail.com	D	\$3
Thu	17	pm						
Fri	18	am	Good Friday					
Fri	18	pm						
Mon	21	am	Painting Group	Glen Plaistowe	027 541 2241	glenp19925@gmail.com	D	\$3
Mon	21	pm	Nostalgia	Host varies			D	\$3
Tue	22	am	Photoshoot - email Rex for location details	Rex Oddy	021 758 851	rex.oddy@xtra.co.nz		
Tue	22	pm						
Wed	23	am	Smart TV Tutorial	Advanced Computers			D	\$3
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	Patricia Lough	021 268 8677	loughie@outlook.co.nz	D	\$3
Fri	25	pm	Anzac Day					
Mon	28	am						
Mon	28	pm						
Tue	29	am						
Tue	29	pm						
Wed	30	am						
Wed	30	pm						



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TUTOR NOTES

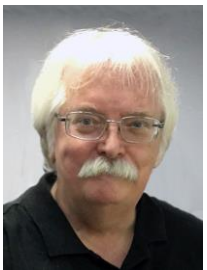
APRIL 2025



GENEALOGY WORKSHOP

Tutor: Lois Kay

Please continue to bring any treasures to our Genealogy Workshop – we have had many items in the past that have had wonderful stories attached to them and they add colour and significance to our life stories. We will continue with worthy websites and although many of our group are already skilled at researching we always run into the odd “brick wall” scenario which is where others can assist.

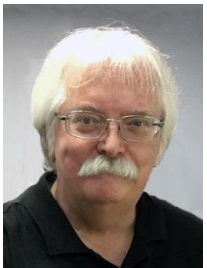


TIPS'N'TRICKS including iPHONE & iPAD

Tutor: Ian Handricks

ideas, tips and tricks to explore and use.

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. We 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, we will provide you with a hot list of new



1ST FRIDAY GENEALOGY

Tutor: Ian Handricks

Ian will talk about new research sites, search techniques, AI solutions for genealogy and a collection of tips and tricks. Maybe you have solved some brick walls or found new information over the break, or found a new site, if so, bring it along. It will be good to see you all again. We will enjoy helping you.



PHOTOGRAPHY FOR BEGINNERS

Tutor: Rex Oddy

Most years we run a beginners course in photography. We cover getting the best from your mobile phone, or that old camera you have in the cupboard or that new camera you bought that turned out to be a bit more complicated than you thought it would be. We cover still photos, video and whatever you need to know, give or take a bit. To make whatever you need to know happen please register with Rex Oddy.

Email rex.oddy@xtra.co.nz



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CARD PLAYING GROUP

Tutor: Campbell Stanford

What a fun time playing cards can be! For raw beginners and cardsharps alike. Beginners are appreciating the comfortable pace at which they can learn and hone their skills. Great camaraderie in a very 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. Currently our most popular game is "Oh Hell" which goes down well with all players with winners switching around from session to session. Depending on the number of participants, we also play 500 and Euchre and have dabbled with cribbage, one of the best games for as little as 2 players. We have sessions twice a month on the 2nd and 4th Thursdays between 12:45 and 2:45pm. Please come and try it. You are also most welcome to bring a guest with you for a free session.



OUR WORLD

Tutor: Glen Plaistowe

Our World is a mix of current affairs, a sharing of places we have visited, events that have been part of our lives or what we have explored - people and places that are of interest. You do not have to have skills in PowerPoint. You just need to have an interest in our world and world events and are happy to share any insights or experiences you have.



NOSTALGIA

Host: Ian Robinson

This session will allow us to remember the good, crazy and unusual. Join us for thought-provoking conversations, fun memories, and interesting insights. You'll have the opportunity to share your own experiences and hear from others in a friendly and welcoming atmosphere. This month's topic is Gardens and Gardening



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.



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FILM APPRECIATION

Host: Marina Sanderson

Experience the magic of cinema at SeniorNet North Shore's newest session, "Film Appreciation." Join us in the cosy clubrooms as we transport you through time with a curated selection of timeless classics and contemporary masterpieces. Dive into the world of storytelling, cinematography, and emotion as we explore the art of filmmaking together. Discover the rich history of cinema and share your thoughts and insights with fellow film enthusiasts. Whether you're a cinephile or just looking for a delightful movie, this session promises to be a "reel" treat for all.



COMPUTER CHAT GROUP

Tutor: Melson Lee

Melson will be available to have your computer questions answered and discussed – and with luck – resolved! What a great opportunity for us all! We have great attendance at these sessions (up to 20 people) and benefit from Melson's extensive knowledge.



CRYPTIC CROSS WORDS & SUDOKU

Tutor: Bridget Taylerson

Bridget will be hosting another session on cryptic crosswords & sudoku. The last session enabled participants to develop skills and techniques to solve these mysteries.



PHOTOGRAPHY

Tutor: Rex Oddy

Each month photography group members are invited to bring along digital images or videos that are either based on the theme for the month or are of a personal interest. We have a theme each month, because having a theme can create a challenge and meeting that challenge helps us to improve our photography. Above all, photography like all hobbies and art forms is a personal activity. We take photos for ourselves, it doesn't matter if other people don't quite get the point, it's whether we like them or not that matters most and being part of a group helps us to learn and improve. Most months in addition to our workshop there is a photoshoot, a photographic fieldtrip. Everyone is welcome to join the photoshoot but the location is not decided until just before the date of the outing. The date of the photoshoot is on the monthly schedule but for time and location details email rex.oddy@xtra.co.nz.



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MARCH SUNDAY MEETING

A MONTH IN THE LIFE OF A MINISTER OF PARLIAMENT

HONOURABLE ERICA STANFORD

Honourable Erica Stanford Minister of Education, Minister of Immigration, and the Lead Coordination Minister for the Government's Response to the Royal Commission's Report into Historical Abuse in State Care and in the Care of Faith-based Institutions was our guest speaker at the March Sunday meeting.

Erica shared her journey from attending Rangitoto College to earning a Bachelor of Arts with first-class honours from Auckland University. Her political involvement began while assisting Murray McCully, the MP for East Coast Bays, and later surpassing his majority in her first term as MP. She also chaired the Browns Bay Business Association and demonstrated exceptional project management skills throughout her career.

During her talk, Erica described the demanding life of a Minister. Each Friday evening, her VIP driver delivers a suitcase containing 10–12 hours of reading material, including decision papers, briefing notes, cabinet papers,



speeches, social media plans, and government messages for the week. She emphasized the importance of thorough preparation, especially for cabinet meetings held on Mondays.

Erica outlined her staff structure, distinguishing between political staff (advisers, press secretary, researchers) and ministry staff from various departments such as Education, Immigration, and the Royal Commission. Every Monday begins with strategy meetings with her team to align messaging and plans for the week.

Cabinet meetings are held in a secure, bug-free room where major decisions are made collectively. The rest of

the week is filled with meetings with officials, policy discussions, and Question Time, which requires substantial preparation. Erica's talk offered fascinating insights into the intensity, dedication, and organizational skills required to be an effective Minister of Parliament. Grateful Thanks to Erica for taking time from her one family day to visit our club.



MARCH SUNDAY MEETING

OUR CLUB WEBSITE

IAN HANDRICKS



At the March 2025 Sunday meeting of SeniorNet North Shore, our webmaster Ian Handricks delivered an engaging and informative presentation titled “Discovering the Hidden Gems of Our Club Website.”

Ian’s talk was a fascinating deep dive into our club’s website. He began by sharing the origins of the site and his ongoing commitment to making it a valuable tool for learning, research, and staying connected. His passion for technology and education shone through as he highlighted various features of the website, many of which even long-time members had not yet discovered.

A major highlight of Ian’s presentation was the Member Resources section, where he showcased the expansive library of tutorials, guides, and videos available on the site. These resources, covering everything from beginner-friendly how-tos to advanced topics, are accessible to members anytime and serve as a valuable learning aid.

He also demonstrated the usefulness of the Event Calendar, emphasizing how it helps members stay informed about upcoming workshops, tutorials, and guest speaker events. Ian stressed how easy it is to access and use the calendar, ensuring members never miss an opportunity to enhance their knowledge.

Another exciting aspect of Ian’s presentation was his focus on the Research Tools available on the website. He explained how these tools can be used for a variety of purposes, such as genealogy research or exploring new technology topics, providing members with a reliable starting point for their learning journeys.

The real eye-opener came when Ian unveiled some of the website’s “hidden gems.” He revealed tips and tricks for efficient navigation and pointed out lesser-known but incredibly useful features that members might otherwise overlook.

Finally, he highlighted the interactive sections of the site, including forums and discussion boards that encourage members to connect, ask questions, and share valuable insights with one another.

Ian’s presentation was well-received and left members eager to explore the website more thoroughly. It was a valuable session that reminded everyone of the incredible resources available at their fingertips.



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APRIL SUNDAY MEETING SPEAKER PROFILES

STEFAN SAGEMAN

Discover the Power of Your Subconscious Mind with Stefan Sageman

We are excited to welcome Stefan Sageman as our Sunday speaker in April! Stefan is a dedicated and transformative hypnotherapist who has spent years helping countless individuals unlock happiness, overcome obstacles, and achieve lasting success. His mission is to empower people to live the life they truly deserve through the incredible power of the subconscious mind.

During his 45-minute talk, Stefan will reveal practical tips and insights about how your mind truly works. With engaging live demonstrations, he will show how we often pre-program ourselves without even realizing it. He will also challenge the common belief that we only use 10% of our brains—what if we could unlock the remaining 90%?

Stefan's approach is built on collaboration, not control. Through the gentle process of hypnosis, he helps individuals relax both mentally and physically, creating a calm and receptive state where positive change can take place. Rather than commanding his clients, Stefan offers suggestions as invitations, guiding them towards unlocking their potential.



Hypnotherapy, as Stefan will explain, is about focus, openness, and the ability to disassociate from negative emotions and past traumas. By encouraging the mind to be open to possibilities, he helps individuals amplify real and lasting change.

This talk promises to be enlightening and inspiring. If you've ever been curious about hypnotherapy or are seeking effective ways to improve your life, this is an opportunity you won't want to miss!

Join us this Sunday for an unforgettable journey into the power of the mind with Stefan Sageman.



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MARCH SUNDAY MEETING SPEAKER PROFILE

ROD BELL

We are delighted to announce that our second guest speaker is Rod Bell from Blue Light, a registered charity dedicated to supporting youth through positive lifestyle programs. Working in close partnership with the New Zealand Police, Blue Light delivers a broad range of initiatives designed to reduce the likelihood of young people becoming offenders or victims of crime.

Blue Light's approach focuses on encouraging constructive relationships between the Police, young people, their families, and the wider community. Through their many programs, they aim to build trust, foster communication, and provide young people with positive alternatives and strategies to avoid negative influences.

The charity offers various activities and initiatives that are both enjoyable and empowering. These include life and leadership skills camps, youth driver training, mentoring services, trust-building and problem-solving programs, and Duke of Edinburgh's Hillary Awards. All these activities are designed to help young people overcome challenges, develop essential skills, and build confidence in their abilities.

Blue Light's efforts also play a significant role in assisting the Police to achieve their youth and community objectives by providing proactive and preventative programs that reach at-risk individuals. The impact of Blue Light's work is profound, with countless young people benefiting from their programs, learning essential life skills, and building brighter futures.



We look forward to Rod Bell's presentation and learning more about Blue Light's inspiring work and how it contributes positively to our community. Be sure to join us for this fascinating and motivating session!



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PETER WHARTON
STORM CHASERS TOURS

Great Price. Great Adventures. Great People.

Just a few seats left for 2025.

From just \$2,050 for 7 days, or \$2,900 for 10 days,
including your hotels, join us storm chasing on the Plains

Take the experience of a lifetime in 2025!

StormGroup
Chasers

Peter Wharton spoke at our Sunday Meeting in February on storm chasing and it was an excellent presentation.

For details of the tours see

www.stormgroupchasers.com/tours



"Don't get excited. It's not about storm chasers."



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SUNO

MAKE ORIGINAL MUSIC WITH AI

Suno AI is an innovative platform that leverages artificial intelligence to make music, enabling users to generate original songs effortlessly. Founded by Michael Shulman, Georg Kucsko, Martin Camacho, and Keenan Freyberg—all alumni of AI startup Kensho—Suno AI aims to make songwriting as intuitive as capturing a photograph.



Launched in December 2023, Suno AI introduced a web application that allowed users to create music by inputting text prompts describing the desired genre, mood, or theme. The AI then generates a complete song, including melody, chords, beats, instruments, and vocals, based on the provided description. This approach opened new avenues for both amateur and professional musicians to explore creativity without the need for extensive musical training.

In March 2024, Suno released version 3 (v3) of its model, enhancing the quality and diversity of generated music. This update introduced the ability to create longer compositions, up to four minutes, and improved adherence to user prompts, resulting in more coherent and polished outputs. Subsequent updates, including v3.5 in May 2024 and v4 in November 2024, further refined audio quality, expanded genre options, and incorporated features like personalized lyrics and remastering capabilities.



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Suno AI (www.suno.com) offers a user-friendly interface accessible via web browsers and mobile applications for iOS and Android devices. Users can start with a free plan that provides 50 daily credits, allowing the creation of up to 10 songs per day. For those seeking more extensive use, subscription options are available, including the Pro Plan at \$10 per month and the Premier Plan at \$30 per month, offering increased daily song generation limits and additional features.

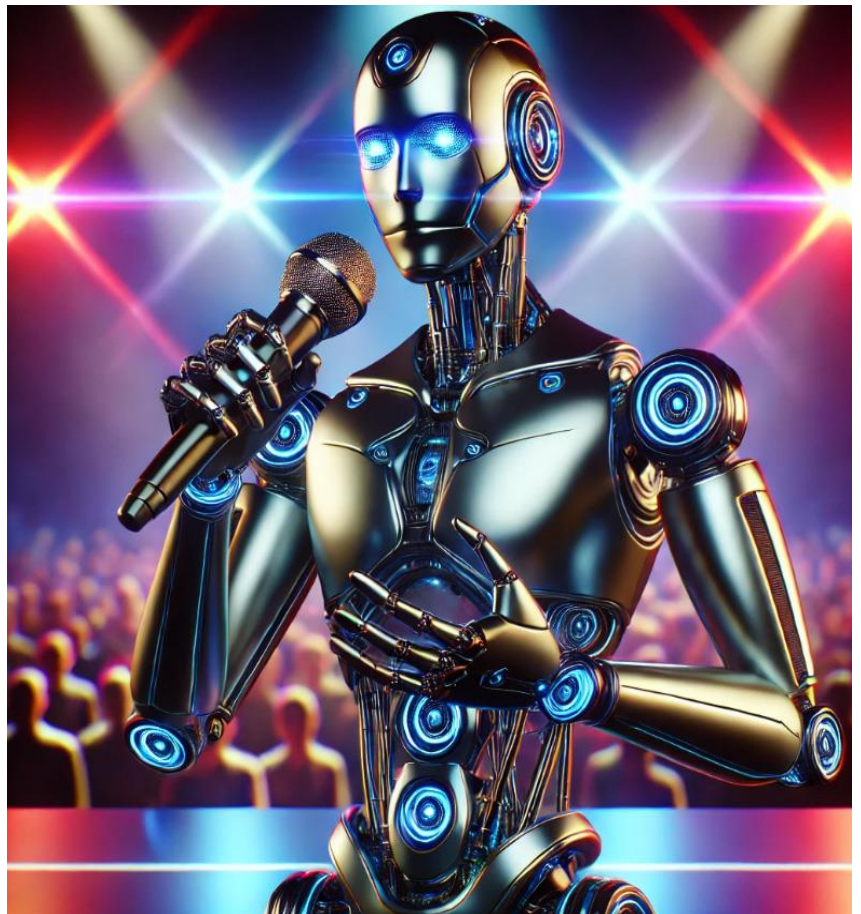
The platform's versatility is evident in its wide range of applications. Hobbyists can create music for personal enjoyment, while professional musicians can use Suno AI to generate ideas, demos, or background tracks. Content creators, such as filmmakers and video producers, can craft original soundtracks tailored to their projects. Additionally, educators and students can utilize Suno AI as a teaching tool to explore different musical genres and structures.

Despite its advancements, Suno AI has faced legal challenges. In June 2024, the Recording Industry Association of America filed a lawsuit alleging copyright infringement, claiming that Suno's AI model was trained on copyrighted sound recordings without proper authorization. This lawsuit highlights the ongoing debate surrounding the use of copyrighted material in training AI models and raises questions about the ethical and legal implications of AI-generated content.

Moreover, in January 2025, CEO Michael Shulman faced criticism for stating on the 20VC podcast that "the majority of people don't enjoy the majority of the time they spend making music." This comment sparked discussions about the role of AI in creative processes and the balance between technological assistance and human artistry.

Suno AI represents a significant step forward in the integration of artificial intelligence within the music industry. By providing tools that simplify music creation, it opens up new possibilities for individuals to express themselves musically. However, as with many AI-driven innovations, it also prompts important conversations about originality, copyright, and the future relationship between technology and human creativity.

For those interested in exploring Suno AI, the platform is accessible through its official website and offers various resources to guide new users in their musical endeavours.



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LOOKING FOR A BUILDER?

MEET JEFF BELL

Jeff Bell, a licensed builder with over 30 years of experience, leads Urban & Lifestyle Homes, a trusted Auckland-based company offering design, construction, landscaping, and home styling services. Holding a Site S1 Certification, Jeff ensures top-quality craftsmanship in every project. His team includes a qualified horticulturalist and home stylist, allowing them to provide a comprehensive "one-stop shop" for clients.

Urban & Lifestyle Homes specializes in new builds, renovations, project management, and alternative energy solutions. They also design small, relocatable buildings up to 30 square meters that don't require consent, perfect for home offices, leisure spaces, or retail units, all built to NZ Building Code 3604 standards.

Jeff's dedication to quality and customer satisfaction shines through glowing testimonials, highlighting his integrity, adherence to timelines, and excellent workmanship. Thanks to our chairperson, Ruth Healy, for introducing Jeff to our SeniorNet club—his expertise is an asset to our community.



**LICENSED
BUILDER**

for Big and Small Projects

Concept Design Drawing - Minor Dwellings - Project Management

Renovations - Repairs - Interiors - Exteriors

JEFF BELL

P: 0274 545274 E: bachhomes@xtra.co.nz W: www.urbanbuild.co.nz

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VISIT TO THE MARITIME MUSEUM

14 FEBRUARY 2025

Ten of our members met on 14th February for a guided tour of the Maritime Museum. Martin, our guide, was a treasure trove of knowledge and started with an introduction to Polynesian navigation, which was overshadowed for a long time by European exploits.



Between about 3000 and 1000 BC speakers of Austronesian languages spread through the islands of Southeast Asia – most likely starting out from Taiwan, as tribes whose natives thought to have previously arrived from mainland South China about 8000 years ago.



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Polynesian navigation or wayfinding relies heavily on constant observation, memorization and oral traditions, and was used for thousands of years. The sun was the main guide for navigators because they could follow its exact points as it rose and set. Once the sun had set they would use the rising and setting points of the stars, observing birds, ocean swells, wind patterns and clouds to enable the long voyages across thousands of kilometres of the open Pacific Ocean, using outrigger canoes or double-hulled canoes. There is no evidence of historic Polynesian navigators using navigational devices on board their crafts.

With none of the resources available to Europeans such as metal, canvas and an abundance of timber, Polynesians used the sparse materials their islands provided. They made sails from finely woven mats and rope from rolled coconut fibres sails and their achievements are only now fully appreciated.



Move on to the 15th century when European explorers set out to find new trade routes and seek fame and fortune. In 1494, Pope Alexander VI divided the newly discovered world, bestowing the western portion on Spain, and the eastern on Portugal. Navigators on powerful and armed ships had charts and navigational equipment at their disposal. Other nations such as Italy, the Netherlands, England and France joined in the race to claim their share in the conquest.

Finally to New Zealand with its vast coast line and a largely impenetrable interior. Maori used waka for coastal transportation and warfare. With the absence of roads, European settlers made extensive use of sailing boats along the coast and going into inlets and inland waterways. The flat bottomed scow was ideal to carry cargo, having the advantage for navigating shallow water or small harbours. We heard, at the end of each inlet was a jetty and a pub. Travellers would arrive by boat, stay overnight in the pub and continue next day by horse.

Our tour of one hour ended with displays of boating for pleasure and competitive sport, be it rowing or sailing in which New Zealand has a long history with notable successes.

From there we proceeded each on our own or in groups to view a range of exhibits of interest. Examples were the over 30 years quest by John Harrison for an accurate chronometer to determine latitude, the interior of an early immigrant ship, how lighthouses create a beam of light by using a special lens called a Fresnel lens, or artists reimagining Shackleton's Antarctic.

Altogether a most informative visit followed by a relaxing lunch.



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LUNCH AT THE AUCKLAND FISH MARKET

FRIDAY 11 APRIL 2025

Lunch at the Auckland Fish Market - Cnr Daldy and Jellicoe Streets, Wynyard Quarter - <https://afm.co.nz/>

Started by Albert Sanford in 1904 the Auckland Fish Market has been the beating heart of New Zealand seafood for well over 100 years. Now rebooted, reenergised and rebuilt, the Auckland Fish Market is a temple to the senses filled with the most passionate fishmongers and chefs that the New Zealand food scene has to offer. An international standard with a local focus. With 100's of fish species and dishes on offer curiosity will be rewarded.

The Auckland Fish Market is managed and stocked by Sanford who prioritise sustainability and longevity in the way they fish. Respect the ocean. Care for the ocean. Share the ocean.

The idea for the lunch came up during the first Cooking Chat session in February. Besides several restaurants there, fresh fish can be purchased and cooked for you on the premises.

Date and Time: Friday 11th April, at 12:30pm. (There are no activities at SN.)



Travel:

1. Per car sharing meeting at 12 noon in the car park of the Events Centre off Porana Road. A public car park is next to the Fish Market and fees are \$2/hr.
2. Using public transport. Good connections exist per Northern Express or from Birkenhead to Fanshawe Street with a walk to the Market. For those coming on the Ferry, the Red City Link bus goes every 7 to 8 minutes, stops at lower Queen St outside the 'Prada' store and goes to Wynyard Quarter.

Proposal: We meet at 12:30 pm at the Fish Market for lunch, (I am looking forward to crispy fish and chips). Some might want to stock up and if there is an interest and weather permitting, a little walk along Wynyard Quarter may appeal.

Booking: No need to make a booking, but let me know by Tuesday 8th April or earlier of your interest. Any family member or friends are welcome as always.

Please respond only to my email address as below and not to 'snetns' and let me know your mobile phone number.

Jürgen
jschubert@outlook.co.nz
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ADVANCED COMPUTERS FAKE SELLER SCAMS

'Tis the season for scams. Shopping online always comes with risks, but the holiday season is an especially lucrative time for scammers. Shoppers don't always pay attention to details during the holidays, especially when they can take advantage of a deep discount for a limited time.

In 2021, the FBI's Internet Crime Complaint Centre reported that credit card fraud schemes cost people around \$173 million. Scams where people failed to receive payment for items they sold or never received the items they bought online accounted for more than \$337 million in losses.



The Fake Seller Scam

Recently, the FBI released a guide for avoiding common internet shopping scams during the holidays. The included tips are excellent, but the final sentence of the guide is the most important bit, in my opinion. It reads: "If it seems too good to be true, it probably is." A collaborative study by RedFlagDeals.com and AutoGuide.com highlights a new trend catching shoppers unaware. Researchers call it the "fake seller scam," and as the name implies, it involves criminals setting up phony storefronts on legitimate retail websites that allow third-party selling, such as Amazon.com and Walmart.com.

Here's how the scam works:



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1. The scammer creates listings for popular brand-name products on a major retailer's website.
2. The scammer sets the prices for their non-existent products far lower than the market value.
3. The retail website's algorithm boosts the fake listings because the prices are lower than those of the (presumably) legitimate products on the site.
4. Scammers generate fake, positive reviews on the retail site to grant legitimacy to their phony product listing.
5. A buyer sees the product they want at a deeply discounted price with plenty of positive reviews and buys the fake product.
6. The buyer fails to receive the product, or they get a different or defective item from the seller.
7. By the time the buyer figures out that they've been duped, the listing for the product has disappeared.

Scammers may go as far as providing a fake delivery tracking number to the buyer. These tactics work because they encourage the buyer to wait a while before realizing they've been scammed, leaving a negative review, contacting law enforcement, or filing a report with their credit card company. The longer it takes a shopper to realize they've been fooled, the more time a scammer has to lure in more victims.



How to Spot Fake Seller Scams in Action

The report from RedFlagDeals.com and AutoGuide.com found four themes related to the fake seller scam while researching Black Friday deals last month. Keep these in mind when shopping online:

- Prices are too good to be true. The easiest way for most people to spot a potential scam is to do comparison shopping. If the item is listed for a price far below what other sellers are charging for the same product, you should be suspicious.
- Fake brands rule the marketplace. Look at the "ships from/sold by" information in the product description. If the brand listed there doesn't match the brand in the listing title, don't buy it immediately. If you're using Amazon, navigate to the seller's profile page. Is there any information about the company? Does the seller's name seem fake? Does the company name look like someone smashed the keyboard with their face? It's probably a fake company.
- Learn from feedback. On a seller's About Page on Amazon, you can view feedback from other buyers. Look at how the feedback trends over time. Avoid that seller if it's mostly negative or the history doesn't go back for at least a year.



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- Read reviews like a critic. Check to see if the reviews on the product listing are real by reading them carefully. I suggest reading a five-star review, a three-star review, and a one-star review, all for contrast. Fake listings may only have five-star reviews or reviews that clearly describe experiences with other products. You can also let AI be the judge and install a browser extension such as the one from Fakespot, which scans reviews on shopping websites to determine whether the product reviews are reliable or not.

Shop Smarter

Shopping sites use algorithmic data to promote low-priced and popular products, but don't appear to do any extensive vetting to ensure the products and sellers on their platforms are legitimate. It's an ideal environment for scamming while having no immediate negative effect on the big retailer's bottom line. It's dangerous for customers, but we're often the last consideration in these situations.

Stay safe by staying vigilant. Closely examine third-party listings on major retailer websites and don't buy anything from a seller you know nothing about. Safely shopping online is more time-consuming these days, but you can avoid getting duped by learning about the products you're buying and the people selling them.



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TEKZONE TIPS

CHROME AI



GOOGLE LENS - Search what you see

Google Lens in Chrome lets you search for things you can't describe in words, track down that cool sweater a character on a show is wearing, ask for pros and cons when you're deciding between items, and even translate road signs in photos.

TAB ORGANIZER - Smartly organize your tabs

With Tab Organizer, Chrome will automatically suggest and create groups based on your open tabs. Multitaskers, this one's for you — it's particularly useful if you're working on several projects in Chrome at the same time, like planning a trip, researching a topic, and shopping.

GENERATIVE THEMES - Express yourself with generative themes

Quickly generate custom themes based on a subject, mood, visual style and colour that you choose — no need to become an AI prompt expert! Imagine scenes like an "aurora borealis" that's "illustrated" with a "serene" mood, and see what Chrome comes up with.



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GEMINI SHORTCUT - Get more creative with Gemini

It's easy to start a chat with Gemini right from the desktop address bar. You can get help with creative and complex tasks, like planning a trip, learning more about a new topic, or writing a job-winning cover letter.

HELP ME WRITE - Write with confidence

Writing on the web doesn't have to be daunting. We've made it easier to put your thoughts into words, whether you want to leave a review, craft a friendly RSVP, or make an inquiry about an apartment rental.



Customise Chrome themes with AI

Create your own theme for Chrome through generative AI. You can choose a subject, style, mood and colour based on your preferences with the Create themes with AI feature under 'Customise Chrome'.

Requirements:

To use this feature, make sure that you:

- Are located in the US and are at least 18 years old
- Are signed in to your Google Account



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Create themes with AI

- On your computer, open Chrome.
- At the bottom right of a New tab page, select Customise Chrome .
- Select Change theme Create themes with AI.
- Under 'Create themes with AI':
 - Choose a subject: Choose from a list of popular subjects.
 - Under 'Add optional details':
 - Select a style: Select a style that you prefer. The styles in the list have a thumbnail image to give you an insight on what they may look like.
 - Select a mood: Choose a mood from the list.
 - Select a colour: Choose a colour from the options provided. For more options, use custom colour.
 - Create your AI theme:
 - Select Create.
 - A set of themes are generated by AI based on your selections
- Select a theme to apply to the New tab page.

Tip: Creation may take up to 10 seconds

How your data is used for Create themes with AI

When you use Create themes with AI, your inputs such as your selected options, feedback and theme usage are collected. As described in our Google Privacy Policy, this information is used to improve this feature, which includes generative model research and machine learning technologies. For example, Google uses your feedback to increase the effectiveness of safety policies or to help address some of the challenges built into image generation models. To improve Create themes with AI, Chrome has a review process, which includes human review of data, to help us understand the types of problems that occur.

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GENEALOGY NEWS

EXPLORING THE LATEST ADVANCES IN GENEALOGY RESEARCH

Genealogy research continues to evolve rapidly, making it an exciting time for those of us passionate about uncovering our family history. As technology advances, so do the resources and tools available to researchers. From enhanced DNA testing options to powerful AI-driven platforms, there's never been a better time to dive into genealogy. Let's take a look at some of the latest developments and tools worth exploring.



DNA Testing – Getting Even More Precise

While DNA testing is not new, the technology behind it has become increasingly sophisticated. Companies like AncestryDNA, 23andMe, and MyHeritage continue to refine their algorithms, providing more accurate ethnicity estimates and breaking down results into even more specific regional groups. Additionally, new tools allow users to map their ancestors' migrations over generations, offering fresh insights into family history.

AncestryDNA recently launched its "SideView" technology, which can differentiate which parts of your DNA come from each parent, even if your parents haven't taken the test. This advance opens up exciting possibilities for pinpointing connections on maternal or paternal lines more accurately.

The Rise of Artificial Intelligence in Genealogy

AI technology is now playing a significant role in genealogy research. For example, MyHeritage has launched AI Time Machine, which uses deep learning to enhance old family photos, colorizing them with impressive accuracy. The same company's Deep Nostalgia tool, which animates photos, has captivated the world and added a fascinating, emotional dimension to family history research.

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Another noteworthy development is the increasing use of AI-assisted transcription tools. Websites like Transkribus have become invaluable for researchers trying to decode handwritten historical documents. The platform's machine learning capabilities can decipher handwriting from various time periods and regions, dramatically speeding up the process of transcribing old manuscripts and letters.

New Genealogy Resources Worth Checking Out

In addition to technological advances, several new resources and tools are now available for genealogy enthusiasts:

- TheGenealogist – A UK-focused site that has expanded its records to include new census data, historical maps, and tithe records. Its Map Explorer tool allows users to overlay historic maps on current ones, helping you visualize where ancestors lived.
- FamilySearch – This free resource, maintained by The Church of Jesus Christ of Latter-day Saints, continues to add millions of records every year. Its latest feature, Family Tree Finder, helps you find connections in your family tree you may have overlooked.
- Newspapers.com – Recently updated its archive to include more historical newspapers, making it easier to track down obituaries, marriage notices, and other valuable records.
- Findmypast – This site has launched new search tools that allow users to refine their searches with greater precision. It is particularly useful for those researching UK and Irish ancestry.

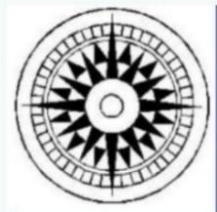
The Future of Genealogy Research

The rapid advancement of technology and the availability of new tools make genealogy more accessible than ever. Whether you're just starting your family history journey or you're a seasoned researcher, these innovations can help you break through brick walls and uncover stories long forgotten.

As we continue to explore our roots, it's clear that genealogy is no longer just about dusty books and handwritten charts. It's an evolving field that merges history, technology, and personal discovery in fascinating ways.

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