

ESSENCE

SENIORNET NORTH SHORE NEWSLETTER

SEPTEMBER 2021

No. 299

NOSTALGIA

THE FOOD WE REMEMBER

Our next Nostalgia session is going to be all about the food we remember – from Greengages to Chicory, Old Mill Coffee to Sherbet Dabs, Junket to Tripe and everything else between. Do come along and enjoy some great conversation and memories!



A NEW BROOM!

SWEEPS CLEAN

We are fortunate to have new member Sue Fowler on our Committee and she has already volunteered to take on some organising aspects – one being building a Cleaning Roster.

As you probably know in order to conserve our finances we self-clean our Learning Centre and Sue will be looking for helpers.

It only requires about one hours work per month so if we receive 12 volunteers it is **one hour, per year**, per volunteer. If you think you could spare that for SeniorNet North Shore then please contact Sue on srfowler13@gmail.com.

I usually team up with another member, start with a cup of coffee, one dusts, one vacuums and empties the rubbish bins and it is all over – From Your Chairperson



PROFILE

ONE OF OUR QUIET “BEHIND THE SCENES” HELPERS

The Club would like to give a “shout out” to Cherie Bell who regularly arrives at various sessions with her homemade muffins and cakes.

Cherie has become quite famous for her great muffins – they are full of fruit and moist and oh so good – when Cherie arrives with her well known “container” we all look forward to morning tea so much more.

Thank you Cherie – you don’t look for acclaim and accolades you just quietly do more than your share of making our Club inviting and successful.



NEXT SUNDAY SPEAKERS

KERRY DELL & CATHARINA FLISIJN



Kerry, a Life Transformational Specialist, will be talking about the accumulation of toxins which impacts the acceleration of aging. Identifying the various toxins and explaining their impact on our health and giving tips to eliminate and reduce toxins at all ages.



Catharina, Managing Director of the Master Franchise fit20 New Zealand, will talk about the value of muscle strength in overall well-being and living a long and healthy life



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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



EVER WONDER WHY THE AMERICAN BALD EAGLE IS ALWAYS PHOTOGRAPHED FROM THE SIDE?



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	srffowler13@gmail.com	021 270 5977
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		
FUTURE GROUP	Lois, Ian, Patricia, Norma, Cherry, Campbell, Jurgen		



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CHAIR REPORT SEPTEMBER 2021

We had a very successful Annual General Meeting on Sunday 8 August and like it or not I was re-elected as Chairperson for the next 12 months – more by default than anything as no-one else was standing. That means a fourth year in that role (and my last) so dear Members the clock is ticking on who you want to be in the Chair from August 2022.

After Allan White and Shirley Hansen's retirement from our committee we are pleased to advise that Sue Fowler and Rex Oddy agreed to sign up and we look forward to working with them – they bring their own special skills into our working group. At the AGM the club recognised the work done by Allan White over 20 odd years both as a committee member and Technical Officer and presented him with a gift voucher. Shirley Hansen has spent the past 6 years as Supervisor which included organising (and often doing) the Learning Centre cleaning, masterminding the Sunday Meeting food and functions and just generally making sure our room was hygienic and clean. In recognition of the care and work Shirley has undertaken the club were pleased to present her with a Life Membership.

Following Allan's retirement a few months ago June McCullough agreed to join the committee and has done some good work for us. June has a background in understanding financial reports and suchlike and while she joined in the role of Secretary she also agreed subsequently to be back-up Treasurer. June has a really good understanding of accounting and has been working with our Treasurer, Norma Olliver, on familiarising herself with our accounting system.

I am looking forward to working with the new team - many thanks to our stalwarts who agreed to continue on the committee, Patricia Lough, Norma Olliver, Campbell Stanford and Ian Handricks - plus of course our new people. I also look forward to another great year hopefully providing you with interesting choices and the chance to mix with some "really great people".

Our Newsletter is a prime method of contacting and conveying information about club activities and while we receive a lot of accolades about its value (and presentation) it is noticeable by questions asked that it could be more widely utilised as it contains a lot of information.

We have just gone into 7 days' lockdown so our amazing website can also provide you with plenty of distractions should our incarceration continue!



Lois Kay



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ANNUAL CHAIR REPORT

SENIORNET NORTH SHORE - YEAR ENDING 30 JUNE 2021



Membership:

First of all, the Committee appreciates your continuing Membership – to misquote Nicolas Monserrat, and only in part “they are us”. The basis of our Membership has changed significantly over the past 5 years – we have the long term dedicated members who have very strong associations, we have Members who join, learn what they want and move on and we now have a newly emerging group who are committed and are making friendships through their association with SeniorNet North Shore and have our club’s best interests at heart.

We have some new groups who while their hands are busy, chat about various matters and develop connections. Personally I have made a number of friends in the club over 14 years and while we may not meet regularly outside the club, whenever we do meet for a coffee we have a mutual interest and an enduring connection.

Committee:

This is an opportunity to thank the Committee. Our Treasurer Norma Olliver, Shirley Hansen our Supervisor, (who regrettably is not standing again) Patricia Lough, Membership Secretary and Minute Secretary, Ian Handricks, Webmaster and co Editor (well he does the work and I put in my 10 cents), Campbell Stanford, Special Projects and our two new members June McCullough back up Treasurer and Secretary and Sue Fowler who only joined 2 months ago but put her hand up straight away. Allan White was our Technical Officer but for health reasons has retired from the committee after many years. I am pleased to advise that Rex Oddy has agreed to put his name forward for the committee. Rex has committee experience and any project he has been involved in has been top shelf so I am hoping you will vote him in. It has taken me 2 years to get him to sign up.

Finance:

While our finances are in good shape we have had more outgoing than incoming money. We are substantially sound and so the Committee is recommending no increase in subscriptions from July 2022. I am pleased to advise that Norma has agreed to another 12 months as Treasurer. The story was told to me that when she arrived at a session she pointed a finger at Bernard, looked him straight in the eye and said “if I can do another 12 months you can too”. Now I have never seen Bernard as meek however I am assured he caved in and agreed.

We thank Bernard Layburn our Auditor who makes sure our accounts are pristine and tolerates reasonably well my high school bookkeeping understanding. I recently commented that our accounts would be given to Bernard with fingers crossed and he assured me he does not cross his fingers when auditing.

Tutors:

Without our Tutors we would not have a Club and we are extremely grateful for the time and effort they put into preparation and presentation. There is a lot of work in presenting a 2 hour programme so thanks to Bernice Hyde, Barbara Anderson, Glen Plaistowe, Cherry Parker, Doreen Hall, Bill Howell, Rex Oddy, Ian Handricks and Campbell Stanford.



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Particular mention also to Barbara and Glen who organise the Ask a Tutor which are our One on One teaching sessions and to the Tutors who help at these sessions – personally I find them a bit harrowing because you never know what you will be faced with and while we do not suggest we know it all we do like to be helpful.

Volunteers:

We have a number of “behind the scenes” helpers – in particular those who help set up and clean up after our Sunday Meetings. I mention Shirley’s team of Jeanne Anne Jacob, Doreen Hall, Pam Shaw and when it comes to drying up Jocelyn and Peter Patten. Now you might find the idea of Peter drying up difficult to envisage but I assure you he does. He also calculates our depreciation and keeps an eye on our Constitution.

Peter also as a retired accountant, assists Norma and me immensely in creating (not creative accounting I assure you) in drawing all of our figures together into a balance sheet.

Also I would like to mention another behind-the-scenes worker, Val Sutcliffe. Val is our proof reader volunteering to take over after our former proof reader Martin Watson had health issues.

Bret Bestic has been our providore but is out of town a great deal and so Jeanne Anne Jacob has agreed to keep us supplied in biscuits, tea, coffee and milk - a very important part of our session breaks. The men particularly like the chocolate biscuits because they are not permitted to have them at home.

Special mention to Jurgen Schubert. Jurgen wanted to contribute to our organisation but for family reasons could not always attend so he volunteered to be our Sunday Speaker Organiser which he can do from home. Jurgen does a fantastic job of sourcing and contacting possible speakers plus his follow up ensuring they have the equipment they need. Jurgen is meticulous in all aspects and supplies our Editor with background information for the newsletter.

During this year we have introduced three new sessions which are still computer based as we source ideas, materials and information from the web. Cherry Parker organises a Handcraft and Stitching group, Doreen Hall introduced us to Watercolour Painting and we have a Nostalgia group. The Nostalgia group is Hosted by a club member who chooses a subject and that becomes the starting point of a “remember when” – the session brings back some great memories.

Supporters:

We receive advertising support for our newsletter from Melson Lee of Tekzone, Rowan Cammell and Advanced Computers and we thank them for their continued support.

The Future:

During the year we formed a Toward the Future Group who came up with new ideas which we implemented and will continue to do so. We also welcome ideas from you so even if you cannot undertake a “formal” role it does not mean you cannot provide us with ideas for advancement. Come on – you have some 60, 70 or 80 years of experience in life – let us all benefit from your experience.

Thank you for your Membership and involvement and we wish you good health and fun computing over the next 12 months – and don’t worry about Windows 11 at this point.

On behalf of your Committee: Lois Kay



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MINUTES OF THE 26TH ANNUAL GENERAL MEETING

SENIORNET (NORTH SHORE) INC

Held at the St John Centre, 2 Shea Terrace, Takapuna

Sunday 8 August 2021 at 10 am.

NOTICE OF MEETING: Published in the SeniorNet (North Shore) Inc Newsletter for August 2021 sent to all members in July.

PRESENT: Members present 39 - list attached to official record.

APOLOGIES: June McCullough, Marina Sanderson

CONFIRMATION OF MINUTES of AGM for year ended 30 June 2020: The minutes of the 25th Annual General Meeting dated 9 August 2020 were taken as read and confirmed: Moved: Peter Patten Seconded: Bernice Hyde Carried

MATTERS ARISING FROM THE MINUTES: Nil.

CHAIRPERSON'S ANNUAL REPORT: (see pages 4 and 5) The Chairperson, Lois Kay, read the Executive Committee's report on the year's events. Moved: Peter Patten Seconded: Campbell Stanford Carried

FINANCIAL REPORT: On behalf of the Treasurer, Norma Olliver, the annual accounts for the 12 months ending 30 June 2021 were presented, copies were available at the meeting and displayed on the screen. Accounts verified by Auditor, Bernard Layburn who found them to be in order. Moved: Patricia Lough Seconded: Julie Green Carried

NOMINATION OF OFFICERS: Under the rules of the Constitution, reappointment of Chairperson for a fourth year needed a 75% approval from members present. Lois Kay advised that she was prepared to continue as Chair for another 12 months. There being no other applicants for the position this was carried unanimously. The following positions were confirmed as follows:

Chairperson: Lois Kay

Secretary: June McCullough

Treasurer: Norma Olliver

Committee: Campbell Stanford, Ian Handricks, Sue Fowler, Patricia Lough, Rex Oddy

That the Committee as nominated be accepted: Moved: Lois Kay Seconded: Peter Patten Carried

The roles of Vice Chair, Membership Secretary, Tutor Liaison, Supervisor and Projects Officer and Technical Officer plus any other will be appointed from the elected committee. Peter Patten advised that a Special General Meeting would be needed to change the Constitution regarding tenure of Chairperson.

APPOINTMENT OF AUDITOR: Bernard Layburn confirmed he would accept the role as Auditor for the coming year.

Moved: Lois Kay Seconded: Norma Olliver Carried

APPROVAL OF SUBSCRIPTIONS RECOMMENDED: The Executive Committee recommended that subscriptions remain the same as previously i.e. \$35 single or \$50 double. New Members joining after 30 December pay \$18.00 single, \$25.00 double.

Moved: Peter Patten Seconded: Dawn Millard Carried

GENERAL BUSINESS: Presentations were made to Allan White and Shirley Hansen who have stepped down from the Committee after 20 years and 6 years respectively. Lois Kay thanked them both on behalf of the Committee and club members for their hard work. Allan was presented with a gift voucher (already a Life Member) and Shirley presented with a Life Member badge. There being no further business, the meeting was declared closed at 10.35 a.m.

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CALENDAR

SEPTEMBER 2021

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 - September 2021								
Day	Date	Time	Session	Tutor	Phone	Email	D/T	Cost
Wed	1	am						
Wed	1	pm						
Thu	2	am						
Thu	2	pm						
Fri	3	am	First Friday Genealogy	Barbara Anderson	479-6242	b.c.anderson@xtra.co.nz	D	\$3.00
Fri	3	pm						
Sat	4	am	Tips & Tricks	Ian Handricks	029 477 4491	ianhandricks@gmail.com	D	\$3.00
Sat	4	pm						
Sun	5	am						
Sun	5	pm						
Mon	6	am						
Mon	6	pm						
Tue	7	am	Advanced Windows	Bill Howell	478-5530	howell.trust@xtra.co.nz	D	\$3.00
Tue	7	pm	Committee Meeting(12:30)					
Wed	8	am						
Wed	8	pm						
Thu	9	am	Ask a Tutor (Must Book)	Several Tutors	479-6242	b.c.anderson@xtra.co.nz	T	\$5.00
Thu	9	pm	Card Playing Group(12:45)	Campbell Stanford	021 717 008	camstan69@gmail.com	D	\$3.00
Fri	10	am						
Fri	10	pm						
Sat	11	am	Genealogy for Beginners	Campbell & Ian	021 717 008	camstan69@gmail.com	T	\$7.00
Sat	11	pm						
Sun	12	am	Monthly Meeting	10am in hall		All Members Welcome		
Sun	12	pm						
Mon	13	am	Photo books	Bernice Hyde	483-5825	bernice52@xtra.co.nz	D	\$3.00
Mon	13	pm						
Tue	14	am	Photography	Rex Oddy	021 758 851	rex.oddy@xtra.co.nz	D	\$3.00
Tue	14	pm						
Wed	15	am	Handcraft & Stitching (Must Book)	Cherry Parker	027 391 3810	cherry.parker@xtra.co.nz	D	\$3.00
Wed	15	pm	Ask a Tutor (Must Book)	Glen Plaistowe	027 541 2241	glenp19925@gmail.com	T	\$5.00
Thu	16	am						
Thu	16	pm						
Fri	17	am	Genealogy Workshop	Lois Kay	478-3587	lois.kay@xtra.co.nz	D	\$3.00
Fri	17	pm						
Sat	18	am	iPhone and iPad	Ian Handricks	029 477 4491	ianhandricks@gmail.com	D	\$3.00
Sat	18	pm						
Sun	19	am						
Sun	19	pm						
Mon	20	am						
Mon	20	pm	Nostalgia	Host varies			D	\$3.00
Tue	21	am	Advanced Windows	Bill Howell	478-5530	howell.trust@xtra.co.nz	D	\$3.00
Tue	21	pm						
Wed	22	am						
Wed	22	pm						
Thu	23	am	Travel Memories	Glen Plaistowe	027 541 2241	glenp19925@gmail.com	D	\$3.00
Thu	23	pm	Card Playing Group(12:45)	Campbell Stanford	021 717 008	camstan69@gmail.com	D	\$3.00
Fri	24	am						
Fri	24	pm						
Mon	27	am	Painting Group	Doreen Hall	021 0222 1814	doreenorms69@gmail.com	D	\$3.00
Mon	27	pm						



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TUTOR NOTES 1

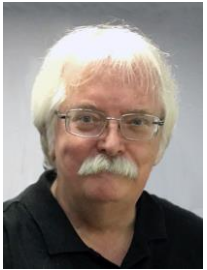
SEPTEMBER 2021



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 member’s 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. For the September session we will be looking at spring growth. New growth, new buds or flowers with an emphasis on close up images. With this in mind there will be a photoshoot at the Eden Gardens in Mount Eden on the 31st August meeting at the gardens at 10.00 am. Everyone is welcome to join. Bring your camera or your mobile phone. At the September session we will look at our Eden Garden photographs.



1ST FRIDAY GENEALOGY

Tutor: Barbara Anderson

Lockdown again so hope it is over by the time First Friday September rolls around. I will keep this simple. We will follow the usual programme of treasures and sharing and searching by Bernice and see what turns up meantime. I am sure we will be find lots of things to cover. In the meantime, get into your genealogy over lockdown and see what you can unearth. We should all have some tales to tell.



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TUTOR NOTES 2

SEPTEMBER 2021



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. If all else fails "AG"! The answer will be revealed to those who attend the sessions

CARD PLAYING GROUP

Tutor: Campbell Stanford



What a fun time cards can be! For raw beginners and card-sharps alike. Beginners are appreciating the comfortable pace at which they can learn and hone their skills. Great camaraderie. Currently we play both 500 and Euchre in each session on the 2nd and 4th Thursday of each month – start time is 12:45pm to avoid 3:00pm traffic. Come and try it. Beats Solitaire any day!



ASK A TUTOR

Tutors: Glen Plaistowe & Barbara Anderson

Book with our tutors to help you solve problems. One hour is sufficient for concentrated work. Bring your device, power leads and mouse (remember to charge it beforehand) and a list of the problems you are having, also the user name and passwords you need. You must book in with the Tutor in the week prior to the class as only 3 or 4 Tutors are available to help and they need time to prepare for your session. **Ask a Tutor**

is always 10am on the second Thursday and 1pm on the third Wednesday



PHOTO BOOKS

Tutor: Bernice Hyde

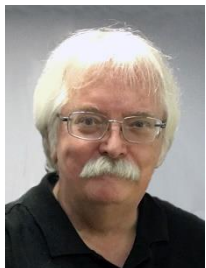
The main website we use is Kroma to create a photobook and now we can access with an iPad, and they have new seamless book options. So come along and join our group for some tips and tricks.

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TUTOR NOTES 3

SEPTEMBER 2021



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.



TRAVEL MEMORIES

Tutor: Glen Plaistowe

With COVID clipping our wings, we are exploring the amazing scenery and activities available in our own country. We also have time for nostalgia viewing the photos of our previous overseas travel.



HANDCRAFT & STITCHING

Tutor: Cherry Parker

A fun, hand stitching group with no experience needed. Bring lots of buttons, dressmakers pins and seed beads if you have them. These will become fun hanging Christmas balls. It is never too early to start getting ready for Christmas! 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



INTRODUCTION TO PAINTING

Tutor: Doreen Hall

Hello fellow painters - We are nearly at our fourth session for this year and have more of an idea of what we want to achieve. Please bring your project choices and preferred painting medium and we will share our experiences



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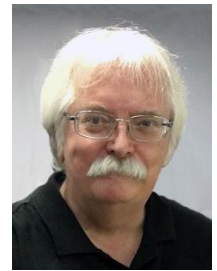
TUTOR NOTES 4

SEPTEMBER 2021



GENEALOGY FOR BEGINNERS Tutors: Campbell Stanford & Ian Handricks

The final in a series of three interactive tutorials that will equip you with basic knowledge of some principles of genealogy, “how-tos” and tips & tricks. The final session in this exciting series happens on Saturday 11 September. By then attendees will have been introduced to a wide range of genealogy subjects to equip them to delve into the addictive world of finding out about their ancestors and how they lived.



LOOKING BACK AGAIN

OUR SEVENTH NOSTALGIA SESSION – MYSTERY TOPIC

We’ve been dancing, discussed the War, looked back on our first job and each time the conversation wanders into lots of nostalgic memories. Everyone who attends finds these sessions fun, informative and reminds us of things long forgotten and triggers fond memories of the past. Our next session topic is a mystery ... when you know, please let us know! Well it was a mystery but as you will see on the front page we now have a Host for the session, and a subject.



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SUNDAY MEETING

REPORT OF MEETING – AUGUST 2021

PETER MARSHALL CNZM



Retired Police Commissioner Peter Marshall took time to provide us with an enlightening and entertaining overview of his life as a New Zealand Police Officer. At age 19 he was catapulted into walking the beat around Queen Street, Karangahape Road and the Gluepot in Ponsonby - fresh out of Trentham. Quite an initiation.

Peter gave us a footprint of the New Zealand Police back to the 1960's – including an overview of the many places around the world including Sydney, Canberra, London, Washington DC, Bangkok, Jakarta, Hong Kong, Bougainville and Solomon Islands, to name but some that are represented. He spent time as Police Liaison Officer in Canberra and Washington DC. It was after 9/11 that New Zealand opened a post in Washington DC.

One of the many interesting aspects was the incidence of Police Forces in other countries. Whereas we have one organisation, the UK has 43, Australia 8 and the USA a massive 17,000 in North America. While he was in North America he lived near Arlington Cemetery and subsequently noticed there were many more commemorations there post 9/11.

In 2006 Peter applied for the role of Police Commissioner and was unsuccessful so opted to go into the Royal Solomon Islands Police Force as Police Commissioner and spent 4 years there. He said it was a fascinating country and up until 1978 was under British Jurisdiction. The Solomons consists of 9 provinces and in 1978 received independence and became self-governing. 1998 saw it go to hell in a handcart for 5 years –

essentially in civil war. Hundreds of people were killed or disappeared with heads on poles at markets.

It was a very concerning situation particularly for Australia because the Solomons are so near the top of Australia and in 2003 their Prime Minister wrote to John Howard asking for assistance. The Regional Assistance Mission to Solomon Islands (RAMSI) was formed, consisting of 15 contributing Pacific countries. RAMSI was in the Solomon Islands from 2003 until 2017.

In 2003 there were hundreds of military personnel engaged to provide high visibility to give a sense of law and order. They had many successes including seizing 3,000 firearms which they burned however it provided escape for the crocodile population which then became an issue – with 18 foot crocs roaming.



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All went well until 2006 and a general election. It was a hot day with loads of people around but the man appointed was not popular and was seen as corrupt. A riot ensued and hundreds of people descended on China Town. Dozens of buildings were burnt, which caused tens of millions of dollars in damages.

Peter arrived in January 2007 about 8 months after the burning down of Chinatown and was seconded into the Solomon Islands Police Force. He was impressed with the people but the people were demoralised and the challenge was to build up their morale. He knew it would take time to build up confidence and there were various methods employed to minimise troubles. During his tenure there were five Prime Ministers.

In 1943 New Zealand troops had arrived in Guadalcanal to assist the Americans and it took 20 years to clear out the ordinances from the Solomons. There are still some hidden items and as it currently stands it will take another 20 years to clear out the remaining unexploded ordinances from Solomon Islands.

During that period Peter decided to apply for the role of Police Commissioner which required several trips back to New Zealand for interviews including an interview with the then Police Minister Judith Collins – a 6 to 7 month process until he was finally appointed.

Moving on and 2 years after retirement Peter was pushing his 12 month old grand-daughter around Mairangi Bay and was called by Minister Murray McCully wanting to talk about going to the Cook Islands which was a political appointment.

The Cook Islands proved to be an enjoyable but a very busy assignment – definitely not a holiday job. All dignitaries that visit from New Zealand want briefing notes, dinners, meetings etc which have to be organised and overseen. So he had visits from Murray McCully, Bill English, Governor General Patsy Reddy and Shane Jones who decided to get married up there and then Prime Minister Jacinda Ardern and her delegation. Each visit created about one month's work.

Peter found the Cook Islands a wonderful place in relation to people and land and a very satisfying assignment.

Our thanks to Peter Marshall for a very interesting morning.



Jorgen and Peter



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SUNDAY MEETING

NEXT MEETING - SEPTEMBER 2021

KERRY DELL



Kerry, a Life Transformational Specialist, will be talking about the accumulation of toxins which impacts the acceleration of aging. Identifying the various toxins and explaining their impact on our health and giving tips to eliminate and reduce toxins at all ages.

Kerry was told by two specialists that she wouldn't be able to conceive children naturally. This started her deep dive into finding natural solutions for herself and she didn't stop until she found ways to heal her body. Kerry has 6 formal qualifications along with numerous certifications, behind her name. She did indeed have her children naturally, who are now teenagers. She has over 20 years' experience assisting people and companies to exceed their performance expectations by ensuring they are healthy and balanced mentally, emotionally and physically. While in South Africa, she received numerous awards, was featured in magazines and newspapers, had a TV show as well as her own radio show. Now in Auckland, New Zealand, Kerry sees clients in her clinic as a Natural Health Practitioner as well as coaches international clients all over the world. In the last year, she has coached over 4000 clients. In 2019, she won International WILDFIT Coach of the Year. From the beginning of 2021, Kerry now trains other health coaches and health practitioners on how to grow their businesses by getting better results for their clients.



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SUNDAY MEETING

NEXT MEETING - SEPTEMBER 2021

CATHARINA FLISIJN

Catharina, Managing Director of the Master Franchise fit20 New Zealand, will talk about The value of muscle strength in overall well-being and living a long and healthy life.

From research we know that muscle strength is the most important factor in living a longer and healthier life. As we age we lose on average 8-10% of our muscle mass per decade. This leads to difficulties with daily activities, chronic diseases and body aches and pains. At any age this can be altered with the correct impulse for the muscles. Fit20's unique training concept is research backed. The oldest client is 96, so there is no age limit!

We always train on appointment, 20 minutes per week, with a personal trainer, no group classes, no changing clothes or showering necessary. We train in a small private studio on machines that are low impact for the joints and adapt to everyone's personal level.

(all people attending this meeting who are interested can get for free 4 at home exercises including instructions)



"Okay, maybe we should count assembling the exercise bike as your first workout."



"If you haven't exercised in a while, you may need to stretch and warm up before you stretch and warm up."

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I DIDN'T KNOW THAT!

IAN HANDRICKS – A BUSY LIFE



Ian was born 6th July 1955 at home, 9 Farringdon St, Glen Innes, Auckland. His parents were aiming for the 4th July because 4-Square Grocers gifted a full years' worth of groceries to any child born on the 4th July, their anniversary. Ian arrived 2 days late and his sister, also planned to arrive 4th July, arrived 2 days earlier – no groceries! Ian's middle name is "Lister" named after a small temporary hospital (a converted brothel) in Gisborne where his father was born.

He went to Glen Innes Primary and Intermediate Schools and then to Selwyn College where he was placed in an accelerated class for five years and where he gained UE, Bursary and a Scholarship for Auckland University. At age 7, Ian started his first job working backstage at His Majesty's Theatre (both his parents were theatricals) – a job he kept for more than 25 years until the theatre was eventually demolished. During his teens, Ian also worked at Triang Pedigree (building pedal cars), Ultimate Echo (making electric frying pans), CRC (turning scrap metal into ingots), Kilssers Farmhouse Bakery (qualifying as a

baker), NZED (working in the Electricity Department's engineering workshops on King's Wharf), Stevens Industries (making de Witts kidney and bladder pills!) and at Edgewater College (teaching music). Ian was also very fortunate to begin working with computers in 1966 because one of his teachers had the vision and enthusiasm to begin teaching the subject at a time when there was only a couple of computers in New Zealand. He used a programming language called "PORTAN" (Portable FORTRAN) where he created punch cards by poking out perforated holes with a pencil!

Ian began more than 48 years ago as a contact lens technician after a period of study towards an engineering degree majoring in mathematics and physics. He concentrated on lens design, mathematics of lens design, developing production and marketing methods for the laboratory and eventually computerisation of the design and production of contact lenses. Ian completed a number of advanced management, sales and marketing courses in New Zealand and the United Kingdom.

He married a farmer's daughter from Dargaville in 1978 and his son, Daniel Logan was born in 1981. When Daniel was just 3 months old, Ian emigrated to the United Kingdom to establish and develop a large research, development and production company that introduced leading edge CNC (Computer Numerically Controlled) machining equipment for contact lens manufacture. He headed both the Computer Development Team and the International Sales and Marketing force. During this period Ian travelled extensively (more than 1 million flying miles!) selling, establishing new businesses and developing and servicing computer-based technology. A number of his inventions for the optical industry were awarded patents, many of his lens constructions are now industry standard designs.

While in the UK, Ian developed Practice Management software for Optometry and designed, built and established a number of pioneering lens production



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laboratories throughout Europe, USA and Asia. While in England the family lived in a small Oxfordshire village called Chalgrove and his two daughters were born in Oxford (Helen Ruby and Eloise Adele). In 1989 Ian returned with his family to New Zealand on an invitation to re-join the Hirstlens group and immediately prepared a business plan for the future of the company. In 1990 he purchased the company expanded it rapidly and began the development of Beyond Imagination, a high technology unit for advancing photo-digital imaging as a business concept. During this period, Ian masterminded a substantial improvement in the marketing and promotion of contact lenses via innovative exhibitions.

In 1993 Ian designed and patented a highly successful bifocal contact lens and was a key member of the engineering team that built the tooling and multi-axis lathing systems to produce the lens. This development attracted international press and television coverage. The bifocal design and subsequent engineering design was awarded a Foundation for Research, Science and Technology grant.



On 18th March 2012 Ian was awarded an Honorary Membership of the Cornea and Contact Lens Society in recognition of outstanding contribution to contact lens practice in New Zealand. It was given for his contribution in original lens design, patents, manufacturing inventions, substantial contributions to the mathematics of optical design, clinical contributions in lens design for astigmatism, keratoconus, post-natal aphakia, bifocal and multifocal contact lenses, production methodology, the development of ground breaking CNC manufacturing optics, surface engineering, materials research, robotics, practice management software and for the introduction of computers into the whole New Zealand optometry market.

In 1994 he began work on innovative software and business model for a photographic restoration system called Photopages. He has managed the engineering, development, sales and marketing teams of this project since its inception. During 1999 Ian developed the franchise in the United Kingdom and completed the franchise package including authoring the manuals and support marketing material. The growth of the photo restoration business was rapid and in 2002 a landmark sales and distribution agreement was signed with Creekside LLC in USA. Ian established large computer studios in New Zealand, China and India using his software and techniques to service the growing market developing in the USA. Walgreens, Walmart, CVS, Albertsons, Best Buy and many other major chains now use this photo restoration service exclusively. Further distribution agreements were completed for Japan, Asia and Europe and PhotoWonder is now the world's largest photo restoration company.

In 2003, Ian began work on Tooth-pix, a professional imaging service providing a comprehensive yet simple method for dental photos to be altered to show predictive outcomes for cosmetic surgery. Ian pioneered the manipulation software and techniques for Tooth-pix and has worked closely with key dentists in NZ to develop a professional on-line interface for all dentistry.



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2004 saw the release of Ian's unique real estate system, Realty-Pix. Similar to Tooth-pix, it provided the opportunity for property buyers to explore the potential of a property prior to investment, encouragement for vendors to better prepare the property for sale and can inexpensively explore make-over options when considering planned home improvements. Ian has worked closely with key people within the real estate industry to advance the use of more effective marketing techniques.

Ian also is actively involved with and collaborates in developing complete business solutions, designing and building comprehensive internet and engineering complex software solutions for a wide range of commercial disciplines. These have included web-sites for publishing houses, software for asset management systems, high profile sites for automotive dealerships and real estate listing sites. In 2009 he developed a complete business plan and infrastructure to support real estate sales by lawyers.



In 2011, Ian was appointed as a foundation director of Alexander & Co.Ltd., a leading surveying company in New Zealand specializing in building enclosures and providing market leading solutions, advice and assistance in all aspects of building surveying, dispute resolution, cladding design, architecture, maintenance planning and building restoration. He is also a consultant with company providing management, training, business development and career development services.

In 2014 Ian established NUON, a boutique innovation group which specialises in providing economic IT, graphics and web solutions. He also provides management, writing and marketing support for a number of financial advisors. Also that year Ian began working with a high profile provincial newspaper supporting business growth and providing editorial and graphic design services. He has also designed and is delivering a marketing plan for a radiology enterprise based at Ascot Central in Auckland.

From 2014 Ian has provided business management training, marketing support and high-level coaching for a number of companies over a diverse scope of disciplines. These include insurance brokers, style and fashion consultants, cartoonists and animators, IT support enterprises, optometrists, dental practices, counsellors and psychotherapists, mortgage brokers, accountants, software support and developers, NLP practitioners, authors and writers, social media experts, restaurateurs, marketing companies and artographers. In supporting these businesses, he has, for them, created a large number of websites and has provided graphics and design services.

For a number of years Ian has been providing comprehensive genealogy research and authoring services. He has researched, written and published a large number of history books for many New Zealand families. Ian now has one of the most comprehensive genealogy databases in New Zealand.



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Ian speaks frequently at conferences, seminars and in the community promoting and discussing developments in digital technology and business and is a regular guest lecturer at the Owen Glenn Business School, University of Auckland where he teaches marketing, personal selling, career development and business concepts. In 2012, his tooth-pix business was selected as the key project for final year marketing students to study for completion of their degree.

Ian provides coaching and teaching modules for both private and business clients and is private tutoring both primary and secondary school in most academic disciplines. Ian is a member of a major consortium developing proposals for the Ministry of Health towards improving leadership in New Zealand's Health and Disability System.

Ian is a keen bridge player (playing now for over 50 years), enjoys reading, music composition and has a significant interest in mathematics, history and genealogy. Ian has been a member of Seniornet North Shore for more than 20 years.



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ADVANCED COMPUTERS NORTON SCAM

Beware of an email scam that's happening regularly – an invoice sent to your email saying that your Norton annual support contract is up for renewal – it's a scam! The emails look like:

From: gavin wri <gavin9747wri@gmail.com>

Date: 24 July 2021 at 4:39:10 AM NZST

To: Nortoncustomer58@gmail.com

Subject: XCRT8898RX1#INVOICE

Hello Customer, Your annual support for NORTON 360 has been successfully renewed & restored. ***The charge amount will be reflected within the next 24 to 48 hrs. on your A/C statement.***

PRODUCT DESCRIPTION

Invoice No. : XCRT8898RX1

Product Name : NORTON 360

Order Date : 23rd July 2021

Expiration Date : 1 Years from the Date of Purchase

Amount : \$212.60 USD

Payment Method : AUTO REPAYMENT

* If you wish to claim a REFUND then please feel free to Contact our Billing Department as soon as Possible.*

You can Reach us on +1 – (205) – (582) – (3372)

Regards, Billing Department

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TEKZONE TIPS

HOW TO CREATE KEYBOARD SHORTCUTS FOR PROGRAMS IN WIN 10!

Any time you open a Windows app by using mouse pointer over to an icon or lift your finger up and tapping on an icon, you're wasting time and putting unnecessary strain on your shoulder. The fastest and least physically way to launch any program is with a keyboard shortcut. Windows 10 allows you to create custom shortcuts for any program, whether it's a traditional "desktop" app, a new-fangled "universal app" or one of Windows 8's "metro apps." Here's how.

Create Program Shortcut Key

1. Open a command prompt window. You can get there by typing "cmd" into the Cortana / Search box and then right clicking on Command Prompt and selecting "Run as administrator."
2. Type "explorer shell:AppsFolder" (without quotes) at the command prompt and hit Enter. A window with a list of all your apps appears.
3. Right click on an app and select Create shortcut. It may be easier to find your app if you change the view setting to "detailed list" so you can see all the icons in a single column.
4. Click Yes when asked if you want the shortcut on the desktop. A new shortcut icon appears on your desktop.
5. Right click on the new shortcut icon and select Properties.
6. Enter a key combination in the Shortcut key field. The combination must be CTRL + ALT + a letter / number. You can also use replace CTRL or ALFT with SHIFT
7. Click OK. That's it. You can create Keyboard Short Cut on your most frequently use program so you don't need to look for it just press combination key you set to start it. Note: Remember not to use the same key combination twice. Also note that some programs use CTRL + ALT + keyboard shortcuts that would also launch if you were in their windows. For example, in Photoshop Elements, CTRL + ALT + I bring up the resize menu.

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- * Transfer of files to your new computer

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- * Broadband, Network & Wireless Setup
- * Free advice on all related matters
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CLUB PHOTOGRAPHY

CENTRAL OTAGO HISTORY

North Shore Senior Net photographer Glen Plaistowe reminds us what a wonderful time of the year it is to visit historic Otago with recent photographs of St Bathans and Naseby



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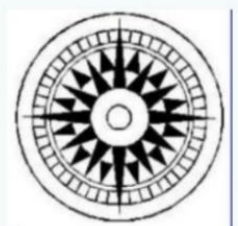
WISDOM

QUOTES ABOUT POLITICS

- We hang petty thieves and appoint the great ones to public office.- *Aesop, Greek slave & fable author*
- Those who are too smart to engage in politics are punished by being governed by those who are dumber.- *Plato, ancient Greek Philosopher*
- Politicians are the same all over: they promise to build a bridge even where there is no river. - *Nikita Khrushchev, Russian Soviet politician*
- When I was a boy I was told that anybody could become President; I'm beginning to believe it. - *Clarence Darrow*
- Politics is the gentle art of getting votes from the poor and campaign funds from the rich, by promising to protect each from the other. - *Oscar Ameringer*
- I offered my opponents a deal: "if they stop telling lies about me, I will stop telling the truth about them". - *Adlai Stevenson, campaign speech,*
- A politician is a fellow who will lay down your life for his country. - *Texas Guinan, 19th century American businessman*
- I have come to the conclusion that politics is too serious a matter to be left to the politicians. - *Charles de Gaulle, French general & president*
- Instead of giving a politician the keys to the city, it might be better to change the locks. - *Doug Larson*
- What happens if a politician drowns in a river? That is pollution. What happens if all of them drown? That is solution !! - *John Adams (1735 - 1826)*
- Suppose you were an idiot. And suppose you were a member of Government. But then I repeat myself.- *Mark Twain (1835- 1910)*
- I don't make jokes. I just watch the Government and report the facts! - *Will Rogers (1879- 1935)*
- I contend that for a nation to try and tax itself into prosperity, is like a man standing in a bucket and trying to lift himself up by the handle. - *Winston Churchill (1874 - 1965)*
- A government which robs Peter to pay Paul, can always depend on the support of Paul ! - *Will Rogers (1879- 1935)*
- The problem we face today is that the people who work for a living are outnumbered by those who vote for a living. - *George Bernard Shaw*
- I don't like political jokes, but a lot of them get elected!

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

