

Contents

[Page 2](#)
Next meeting

[Page 3](#)
Cartoons etc..

[Page 4](#)
Classroom
commentary

[Page 5](#)
Notices

[Page 6](#)
Ideas for idle minds

[Page 7](#)
Courses timetable
SeniorNet
Committee

**Hover pointer over text
to connect**

Editor contact

[Editor](#)
@rotoruaseniornet.gen.nz

Website
[www.
rotoruaseniornet.gen.nz](http://www.rotoruaseniornet.gen.nz)

From the Chairman

Hello members

As we get older, health becomes an important issue for many of us, and can be a source of anxiety and uncertainty. We often feel the need to know more about a condition that we have, or about treatments and medications. A few decades ago, we might have consulted a medical dictionary for information. Now we can turn to Google, which is a mine of information on medical matters. For example, if I am prescribed a new drug, I do a search to check out possible side effects. If I or a family member is diagnosed with a medical condition, I seek out more information about it.

However, caution is needed. Among all the good medical information online, there is much that is questionable. I only trust sites from reputable institutions. Some examples are the British NHS, the American NIH and the Mayo Clinic. I resist temptation to self-diagnose and self-medicate. I leave that to qualified medical experts.

A particular problem is the huge amount of alternative health advice and treatments that are offered online. Some may be genuine, but unfortunately, many or perhaps most are simply after our money. For example, if I find a site saying that I cannot get all the nutrients I need through food, I have probably found someone that is trying to sell me food supplements. My understanding is that I can get all the nutrients I need from a healthy and balanced diet. I trust a doctor or nutritionist to tell me if I need a supplement.

There are many websites offering alternative medications to treat various ailments. It can be difficult to judge which are genuine and which are scams. Again, I prefer to trust properly qualified doctors and specialists. So my advice is to use Google as a good source of medical information, but to proceed with caution.

Regards

Regards
Keith Garratt

Rotorua SeniorNet is just one of 75 local groups in the New Zealand Federation. If you would like to know more about what goes on elsewhere, OR what discounts or services are available to members, go to the Federation web site .

www.seniornet.co.nz

Wednesday 12 September at 2 pm

PHOTOBOOKS

John Somerville

How to use your photo collection to produce a photobook to show off a special occasion such as a holiday, a birthday or a family reunion, or maybe to show your own pictorial history.

YOUR DIGITAL LEGACY

Keith Garratt

What should you do with your online assets?

Visitors welcome.

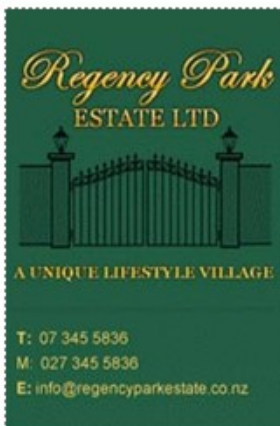
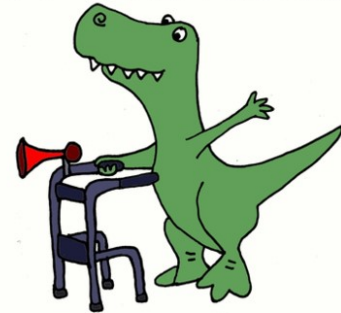
Please make welcome our new members

Robyn Donaldson.

And

Judy Tapsell

Old Age
It's not for sissies



OUR SPONSORS



If you would like to have a copy of this unique icon logo, then either copy to your machine, or request a copy from the editor.



A wrinklies' guide to the modern technology

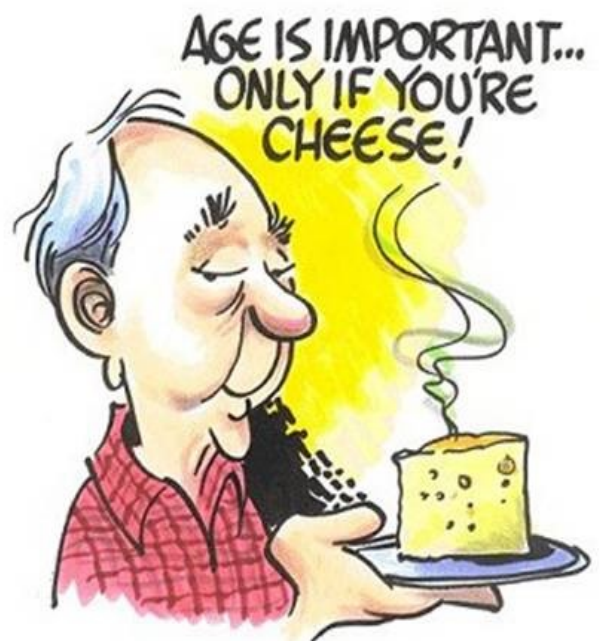
iPad – a portable gramophone crossed with a hearing aid.

Reality TV – home movies of people you have never met.

Email – a marvellous new way of sending messages, but when will they finally invent a stamp that will stick to the computer screen?

Blog – a bit like one of those round – robin letters people send at Christmas – without the interesting bits.

Texting – after one hundred years of telecommunications technology and all those “it’s good to talk,” advertisements, we have finally reached the stage where you can communicate with each other without talking. They call it progress.



Classroom commentary .

It's officially spring as I start to write this but with wind and rain continuing outside I am almost happy to be at my computer.

Much time is being spend by the tutors in exploring other ways of delivering interesting as well as essential class material. I think we can say that the monthly forums delivering our know-how on a vast range of topics has been a success, if only measured by continued high attendance. From what we hear, many SeniorNet groups lack the breadth of knowledge that we can draw upon in Rotorua. Lucky you!

The present series of informative talks will continue but the final session this year will be a quiz!! With a prize! So start paying attention and get your partners sorted out. More on this next month.

Now another plea from me. Please register for a class more than a day in advance! The general rule that we operate to is that if there are no candidates a day beforehand (at the latest) then the class will be cancelled (or deferred). At other times, if there are enough candidates to run a class, you may be lucky and you can be fitted in at the last minute. We have gone to the effort of sending email reminders of forthcoming classes for each week now, so you have no excuse to say you did not know!

It seems that phone registration is the most common practice. That's fine, but do try and use the web route... its designed to give you practice and confidence in this sort of process which is becoming the norm in the real world. And it gives us a written record of your registration whereas I may mishear what is said or lose the bit of paper I have scribbled you name on!

And a reminder that we still have "drop in" days at Regency Park (no preregistration required) as well as the new one at the Library location. These are excellent for sorting out one or more specific problems you may be having. They are not however alternatives to "beginner' classes which we already have on a wide range of topics.

Look forward to seeing you at some of these events.

JAZ



If you would like this unique SeniorNet icon to use on your computer, then take a copy and use it. Its on our classroom computers already

Notices received by the Editor :-

Kia ora Koutou,

This is a reminder of Just Cook 4 Healthy Ageing courses in Rotorua. Please share/circulate amongst your networks.

We are starting with the first course on the 24 September.

The second course starts on the 9 October.

Places for the course are limited and we will be signing people for the course on first-come first-served basis.

The course is free and is open to all elderly who have none or very limited cooking skills and need to spark up their motivation to cook.

The age cut off for participants in this course is 55 and older for the Maori ethnic group and 65 and older for Pakeha.

For more information about the course please contact me at ph 3463299, or mob 0273911633 or by email at Rotorua@nutritionfoundation.org.nz]

I look forward to hearing from our Rotorua's older community

Nga mihi nui

Tatjana Smolic

From peoples' experience when their car or cell phone was stolen:

1. Do not load your home address on your GPS, put in a nearby address like a shop.
2. Hide or take with you your garage remote to prevent easy access for thieves.
3. Cell phones:
 - a) Do not use disclose the relationship between you and people on your contacts list, such as 'hubby', sweetheart, Dad, Mum etc.
 - b) When sensitive information is asked for by text CONFIRM by calling back BEFORE texting a pin or password. I would never, and nor should you.
 - c) When you are texted by family and friends to meet them, phone back to make sure that the message came from them. (Thanks, Ashburton Seniorsnet) .

Member reminder

SeniorNet, with the cooperation and support of the **Library**, will be holding **monthly drop-in sessions** on their premises.

Location—in Haupapa St., corner of library building where the cafe used to be.

Refer to calendar for dates
Members welcome to attend

Ideas for Idle minds

Every year, during the summer break, the tutors get together and make plans for the coming year. New class room topics are planned and discussed to keep the classes relevant with the new technology being developed. It's usually at this time of the year the tutors start to look for the topics to put forward for discussion. This is where input from the members would be helpful.

It should be remembered that the Rotorua group started some years ago with its basic aim being to introduce those members of the public who had never really had experience of Computers into the basic steps of simple computing. Some members may remember the days when the classroom sessions started with a five minute session on how to turn on your computer. It is noted that one member actually brought their new laptop to the classroom session. The laptop was unopened and still in the box!

Our members today, and this includes newer members, are mostly well past the introduction stage. Most newer members have some practical computer knowledge from their more recent time in the workforce.

This increase in skill levels led to lowering attendance for the basic computer courses.

A point of view could have been taken, to wonder if Seniornet had done its work.

Fortunately, A few years ago, the tutors decided to take a leap forward and focus a little more on the newer technology. Smart phones and Tablets. This year the tutors have taken another advance with the introduction of courses on Smart TV's and streaming etc.

Below is a short list of some of the innovations the Tutor group has come up with this year:

- Smart TV—using your TV to browse the internet/watch You tube etc
- Streaming—using your phone and tablet to download and then cast the download to the TV
- Computer Users group — A monthly group that shares problems and ideas for better Computer use
- Phone users group— A monthly group that shares problems and ideas for getting more from your smart phone
- Tablet users group— A monthly group that shares problems and ideas for using your tablet more effectively. Good ideas for App downloads etc suggested by members.
- Desktop publishing— making DTP a simple process limited only by your own imagination
- Website building— Showing just how easy it can be to build and run your own website. You can be online within a couple of hours and the programmes and hosting are free!
- Card making—using free software to make personalized cards. We send less cards nowadays, so let's make them stand out!
- E-books - Imagine carrying 500 books around, on your phone! It's easier than you think.
- E-Audiobooks—an innovation we are running with the Library. Get talking books on your phone or tablet, for free!
- Music streaming—your phone becomes your record player which you can carry around with you!
- You tube—The most wonderful source of free entertainment there is. And you can stream it to watch it on your TV on the big screen.
- iPhone and iPad—the club recently purchased the equipment in order to help the Apple users in our group

It's too easy to think that one course could be too hard or another course requires expensive programmes or equipment. For the most part the investment is limited to the \$5.00 course fee and not being scared to ask questions if you don't follow a point being raised. Please come along to the courses and get the most out of the technology you already have.

Here's the point of this message. The tutors can only guess at what courses to run for the members. Every month, the tutors also get together and plan the calendar for the near future. Speaking as a tutor, it would be really good to hear from any member who has an idea for a course they would like the tutors to run.

If you have any ideas for a course you would like available, please don't hesitate to contact Jaz, the course co-ordinator or approach any of the tutors at the monthly forum.

That's it from me.

Andy the Editor

PS. Thanks to Jaz and the Tutors. It's been a very innovative year.

CLASSES FOR September 2018

Subject	Date	Duration		Tutor	
Drop in - Public event @Library	3/9/2018	9:00 AM	12:00 PM	Keith Garratt	07 357 2020
Phone user group	4/9/2018	10:00 AM	12:00 PM	Keith Garratt	07 357 2020
Drop in - computers	7/9/2018	10:00 AM	12:00 PM	JAZ Zabkiewicz	07 345 9056
Committee meeting	12/9/2018	10:00 AM	12:00 PM		
Monthly Forum	12/9/2018	2:00 PM	4:00 PM		
How do I - use Google maps	13/9/2018	10:00 AM	12:00 PM	Keith Garratt	07 357 2020
Card making	18/9/2018	10:00 AM	12:00 PM	Andy Gilbert	07 333 2079
Tablet users group	25/9/2018	10:00 AM	12:00 PM	John Somerville	O21 181 5193
How do I - use my smart phone camera	25/9/2018	2:00 PM	4:00 PM	John Somerville	O21 181 5193
Tutors meeting	26/9/2018	2:00 PM	4:00 PM		
Drop in - phones and tablets	28/9/2018	10:00 AM	12:00 PM	Denise Weatherall	07 348 9924
Daylight saving starts..clocks forward.	30/9/2018				

All classes \$5 per session

Please register in advance for classes shown in black

Check website for further information

CLASSES FOR October 2018 (provisional)

Subject	Date	Duration		Tutor	
Drop in - Public event @ Library	1/10/2018	9:00 AM	12:00 PM	Keith Garratt	07 357 2020
Phone user group	2/10/2018	10:00 AM	12:00 PM	Keith Garratt	07 357 2020
How do I - get e Books	3/10/2018	10:00 AM	12:00 PM	John Somerville	O21 181 5193
How do I - make a photo book?	3/10/2018	2:00 PM	4:00 PM	John Somerville	O21 181 5193
Gmail	4/10/2018	10:00 AM	12:00 PM	Bert Harris	07 343 7232
Drop in - computers	5/10/2018	10:00 AM	12:00 PM	JAZ Zabkiewicz	07 345 9056
Exploring your family history	8/10/2018	10:00 AM	12:00 PM	Bert Harris	07 343 7232
Power Point	9/10/2018	10:00 AM	12:00 PM	JAZ Zabkiewicz	07 345 9056
Committee meeting	10/10/2018	10:00 AM	12:00 PM		
Monthly forum	10/10/2018	2:00 PM	4:00 PM		
Gmail	11/10/2018	10:00 AM	12:00 PM	Bert Harris	07 343 7232
Introduction to iPad/iPhone	12/10/2018	10:00 AM	12:00 PM	Keith Garratt	07 357 2020
How do I - set up my apps?	17/10/2018	10:00 AM	12:00 PM	John Somerville	O21 181 5193
Gmail	18/10/2018	10:00 AM	12:00 PM	Bert Harris	07 343 7232
Introduction to iPad/iPhone	19/10/2018	10:00 AM	12:00 PM	Keith Garratt	07 357 2020
Labour Day holiday	22/10/2018	2:00 PM	12:00 PM		
Tablet users group	23/10/2018	10:00 AM	12:00 PM	John Somerville	O21 181 5193
Tutor's meeting	24/10/2018	2:00 PM	4:00 PM		
Gmail	25/10/2018	10:00 AM	12:00 PM	Bert Harris	07 343 7232
Drop in - phones & tablets	26/10/2018	10:00 AM	12:00 PM	Denise Weatherall	07 348 9924
Trade me	26/10/2018	2:00 PM	4:00 PM	John Somerville	O21 181 5193
Introduction to Smartphones (Android)	29/10/2018	10:00 AM	12:00 PM	Keith Garratt	07 357 2020