

# Wavelength

## Chairman's Report

*It's a bit late to wish everyone a Happy New Year except that at SeniorNet Marlborough Sounds we will be starting this year in March.*

*The reason for this, as I have probably mentioned before, is because we need to move our Learning Centre to Linkwater Hall. We have spent many happy years in the lounge of St Lukes Church but as the Church is now for sale we thought it better to jump before we were pushed.*

*The move entails buying some new machinery and setting things up at the hall in such a way that we have the minimum impact on the other activities which take place there.*

*The second thing to bring to your attention is a change of names. Until now we have had a presentation once a month on a Saturday afternoon and called it a workshop. Strictly speaking a 'workshop' is a situation where the people in the group help each other and share the knowledge that they have.*

*So this year we will still be running the Saturday afternoon presentations and we will also be running workshops. **One of the first will be about Android Smartphones and Tablets.***

*We look forward to seeing you at the **Annual General Meeting**. It's at the Linkwater Hall at **7.30 pm on Wednesday 2nd March**.*

*SeniorNet, not just our branch, relies on volunteers to operate. This year we have had 4 members of the committee resign for a variety of reasons. Those of us left would really appreciate it if some of the members came forward to join the committee. The tasks are not especially onerous and you would be most welcome to join us and help to run SeniorNet Marlborough Sounds.*

*Bryan*



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## Special points of interest:

- Contact our Course Organisers for info on upcoming courses.
- Current Committee is listed on back page. Please contact any member with comments or suggestions.

**Newsletter inputs are due to John Wright;**  
**johnbp.wright@gmail.com**  
**by the 15th of each month.**

## Digital Imaging Group



Night by Margaret



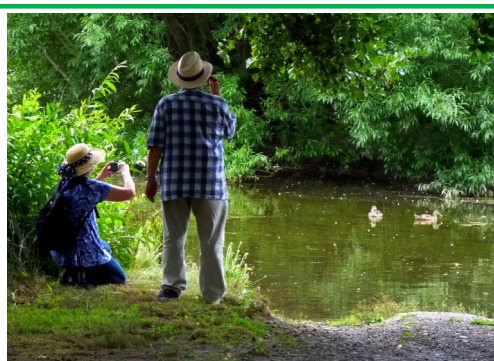
Twilight by Sigrid

Congratulations to Margaret and Sigrid on the two top photographs taken for the December competition.

"This photo shows a couple of our keen photographers, Sigrid and John, on a recent trip to Taylor's Dam. A beautiful spot for some great photos. Some of the best photos of the trip and the latest set work will be in the next newsletter.

A most enjoyable hobby and a great group to join. Interested?

**Phone June 574 1311."**



### Reasons Why You Should Take a SeniorNet Class.

1. Save time. SeniorNet tutors have spent time exploring how to get the best out of any piece of software and know how it ticks and all the tricks.
2. Avoid the frustration of trying to find out how things work on your own.
3. You get a manual/notes written specially for our age group. This has been designed by someone with knowledge of the subject plus teaching skills and has been revised in the light of experience. The author will belong to any of the eighty plus SeniorNets in NZ.
4. A tutor can quickly point you in the right direction if you have problems with particular skills or concepts.
5. You get instant feedback from a real person rather than waiting for a response from a web site that doesn't know you or see your problem.
6. Learn in a pleasant environment in the company of others with similar interests and a tutor who is sympathetic, understanding and will bend over backwards to help.

7. There are no tests and students have nothing to prove.
8. You are in one of these categories: In the prime of life or upwards: Any ethnicity: Handicapped.
9. Fees are low because tutors are volunteers.

### **Types of Courses run by SeniorNet Marlborough Sounds**

#### **Tutorial Courses.**

These consist in the main of a single lesson lasting between two and five hours.

1. The length is indicated in a course descriptor along with details of what skills you can expect to learn.
2. There will always be a minimum of two tutors, and never less than one tutor for every two students.
3. Fees will range from \$15 for up to three hours and \$25 for up to five hours. (Fees may be reviewed from time to time)
4. Five hour courses have a built in lunch break.

#### **Workshops**

1. A small group of people with a special interest gather with a tutor and an assistant to share concepts and skills on a single subject.
2. The tutor will lead the discussion but all members may contribute and ask questions.
3. Examples of workshops: Windows 10: Android operating system: Trade Me:
4. More informal than tutorials.
5. Small groups with no more than four or five students.
6. Fees are \$10 for members and \$15 for non-members.

#### **Presentations**

These are monthly meetings where SeniorNet events are publicised and questions on technology asked. Afternoon tea is available and there is a speaker on a selected topic of general interest to members.

#### **Interest Groups**

1. These are groups of members who meet to exchange ideas, practice skills and share what they are working at.
2. Meetings are held regularly somewhere between five and ten times a year.
3. Membership is open to all financial members.
4. A small donation of two or three dollars is asked for to cover costs.
5. Existing examples are the Camera Group (DIG) and the genealogy group (GIG).
6. Other groups may be formed where an interest is shown and a facilitator available.

#### **Picton Healthcare Pharmacy**

6 High Street,  
Picton

Ph 573 6420

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email: [pharmacy@pictonhealthcare.co.nz](mailto:pharmacy@pictonhealthcare.co.nz)

*Now also with our new branch .....*

#### **Picton Medical Centre Pharmacy**

conveniently located in the Medical Centre  
114 High Street,  
Picton.

Phone 928 4265

Fax 573 7904

email [health@medcentrepharmacy.co.nz](mailto:health@medcentrepharmacy.co.nz)

## Protecting Your Files

At the risk of seeming to beat the same old drum, this is all about **Backing Up**.

*"If it's only in one place it's not backed up"*

A salutary tale !

On Friday 15<sup>th</sup> Jan there was a bush fire immediately above our house. It came within 2 meters of our boundary which was as close as I would ever want.

It was pretty obvious that we would have to evacuate but the question was: "What to take"? At times like that it is hard to think straight and my first reaction was 'the computer'. (Actually it was my second reaction – the first was my wife!) Now my computer is a PC so there was no way I was going to unplug all those leads and carry the beast out to the car. Luckily a few weeks before I had downloaded a free back-up program and had everything on an external hard-drive so that was grabbed along with a few other bits and pieces, but later the thought occurred "what if we had not been home and the wind had been in the NW?" We would have returned to a pile of ash which would of course have included the external hard-drive!

There are several possible answers to that question. The easiest is to backup to a DVD or Flashdrive. If your 'essential' files are small enough to fit, then send that backup, off site, to a trusted friend or relative for safe keeping. This will need a bit of organising as you would need to repeat the exercise at least once a month.

Another choice is "Cloud" storage. There are many companies offering this and the choice is a bit bewildering, however some people have endeavoured to simplify the process. Have a look at <http://www.moneysavingexpert.com/shopping/free-online-storage> (Excellent information.)

That will give you an idea of what is available free. The probability is that your total file store is larger than any one 'cloud' will accommodate for nothing whereupon you have more choices.

1. Pay for storage or 2. Distribute your files around a number of 'clouds'. The latter, of course, means setting a timetable and remembering which goes where.

I have my photos (a big file) on Google Drive, my Family History database and my CD catalogue database, both small files, on Dropbox. I'm still working out how to break up and distribute the rest.

There is a new website, cloudHQ, which claims to manage it all for you for US\$9.99 a month but I'm still looking into that.

[https://www.cloudhq.net/office\\_365](https://www.cloudhq.net/office_365)

**So, where to go from here?**

First step.

Copy everything of value onto a DVD or Flashdrive and send it to the son/daughter/lawyer/accountant/ whoever every month.

Second step.

Buy an external hard-drive. You should be able to get a good 500Gb USB connected one for around \$100.00. Only connect it when you are backing up. You don't want your back-up infected if a 'nasty' gets past your computer's defences!

A good back-up program will allow you to do a comprehensive back-up to start with and then back up any changes you have made to the original as and when you decide.

Third step.

Investigate and start backing up to the 'cloud'.

<http://pcsupport.about.com/od/backup/tp/free-backup-software.htm>

It reviews 34 different back-up programs.

I use **"EaseUS ToDo"**. It's free and it does what it says on the tin!

Good Luck and may the bush fires stay well away from your door.



## The Bathtub Test

During a visit to my doctor, I asked him: "How do you determine whether an older person should be put in an old age home?"

"Well," he said, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the person to empty the bathtub."

"Oh, I understand," I said. "A normal person would use the bucket because it is bigger than the spoon or the teacup."

"No," he said. "A normal person would pull the plug. Do you want a bed near the window?"

## Dog for sale

A guy is driving around the back woods of Montana and he sees a sign in front of a broken down shanty-style house: 'Talking Dog For Sale'. He rings the bell and the owner appears and tells him the dog is in the backyard.

The guy goes into the backyard and sees a nice looking Labrador retriever sitting there. 'You talk?' he asks.

'Yep,' the Lab replies.

After the guy recovers from the shock of hearing a dog talk, he says 'So, what's your story?'

The Lab looks up and says,

'Well, I discovered that I could talk when I was pretty young. I wanted to help the government, so... I told the CIA.

In no time at all they had me jetting from country to country, sitting in rooms with spies and world leaders, because no one figured a dog would be eavesdropping.'

'I was one of their most valuable spies for eight years running... But the jetting around really tired me out, and I knew I wasn't getting any younger so I decided to settle down. I signed up for a job at the airport to do some undercover security, wandering near suspicious characters and listening in.

I uncovered some incredible dealings and was awarded a batch of medals.

"I got married, had a mess of puppies, and now I'm just retired."

The guy is amazed. He goes back in and asks the owner what he wants for the dog. 'Ten dollars,' the guy says. 'Ten dollars? This dog is amazing! Why on earth are you selling him so cheap?

"Because he's a Bullshitter. He's never been out of the yard.'

## Heart Attack

1. Let's say it's 7:25pm and you're going home (alone of course) after an unusually hard day on the job.

2. You're really tired, upset and frustrated.

3. Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up into your jaw.

You are only about five km from the hospital nearest your home.

4. Unfortunately you don't know if you'll be able to make it that far.

5. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

6. HOW TO SURVIVE A HEART ATTACK WHEN ALONE?

Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has

only about 10 seconds left before losing consciousness.

7. However, these victims can help themselves by coughing repeatedly and very vigorously.

A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

8. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain a normal rhythm. In this way, heart attack victims can get help or to a hospital.

9. Tell as many other people as possible about this. It could save their lives! (from email)

## SeniorNet Committee:

The following people are your SeniorNet officers and committee. Please contact any one of them if you have any comments or questions.

Chairperson:	Bryan Strong	574 1311
Deputy :	Donald McIver	574 2326
Secretary:	Ian Cameron	574 2558
Treasurer:	Faye Daken	574 2663
Committee:	Robert Boren	574 2333
	Brian Cameron	574 2267
	Gary Graham	574 2548
	Peter Radcliffe	574 1488
	June Strong	574 1311
Editor:	John Wright	574 2799

### Course Organisers:

Bryan & June Strong	574 1311
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