

# Wavelength

Welcome to the April newsletter

Well, well, well, how our world has changed in such a short time?

Little did we realise back when we were enjoying a lovely summer just how differently we would be interacting come March/April.

Whilst we may not be meeting together in 'real time' anytime soon, on behalf of the committee I would like to reassure you all that Marlborough Sounds SeniorNet will still be available to support and encourage you all through a variety of online tools. We are keen to provide an 'online learning platform' or even just a group chat.

In this newsletter there are ideas of how to stay in contact with each other via the Internet. If you have an urgent need to sort a computer problem, please do contact Brian Cameron to see how we can help.

The committee have already met via a Zoom meeting – there is information on just how to do that with your family and friends – or you can use FaceTime, Skype or Whats App.

DIG (aka camera group) braved the new world of Zoom and shared our photos. The process was fun, interactive and above all safe. We will do this again next month. Our topic is photographs portraying - Emotions: How are we all coping and keeping ourselves occupied. Feel free to join in.

For any Mac users out there, the Motueka SeniorNet are having a zoom meeting for the Mac User Interest Group on 24 March. Contact me with your email address if you are interested in joining in, and I will send it to Clive so you can receive an invite.

This is a great time to tackle all those 'roundtuit' tasks. Have a look at the bubble activities for ideas further into this newsletter. Send us in some examples of what you are doing to keep yourselves engaged and occupied.

Above all, stay safe and sane as we work through these most unprecedented challenges.

See you online – in cyberspace.

Cheers

Liana



From Heather's Desk (Federation Officer) 6 April 2020

Support for Digital Inclusion Alliance Aotearoa is teaming up with local libraries to offer Skinny Jump. Skinny Jump (previously Spark Jump) is designed for households at risk of digital exclusion and who don't have a broadband connection, participants receive a free Wi-Fi modem and 30 GB of data for \$5 on the pre-pay service with no fixed contract. You could recommend this opportunity to prospective members. Eligibility includes seniors. Digital Inclusion Alliance (which we are associated with) received funding from the Office For Seniors to provide this programme.

Our friends at Spark have offered us some guidance on security and scam protection while working from home. Please share this with your members. They provide some general advice on security and also include a Scam Fact sheet. <https://www.spark.co.nz/help/covid-19/working-from-home/> Net safe has also made contact and asked that we share their safety tips with our members and friends. online safety tips and advice for older people.

Here are other links.

– Ross Taylor ([seniornetcantrep@outlook.com](mailto:seniornetcantrep@outlook.com)) - Ross has provided some Zoom links - <https://www.youtube.com/watch?v=PCPlh6oeuSQ>

<https://www.spark.co.nz/help/covid-19/working-from-home/>

<https://www.netsafe.org.nz/olderpeople/>

Regards, Heather



## Covid-19

Some thoughts from your committee on their ways to stay occupied within your bubble during our shut-down phases.

Use up old wool by knitting/crocheting peggy squares. Make a rug. Donate to hospice etc

Skype your young Grandchildren every day and read them a story or two, it will help give mum a rest!

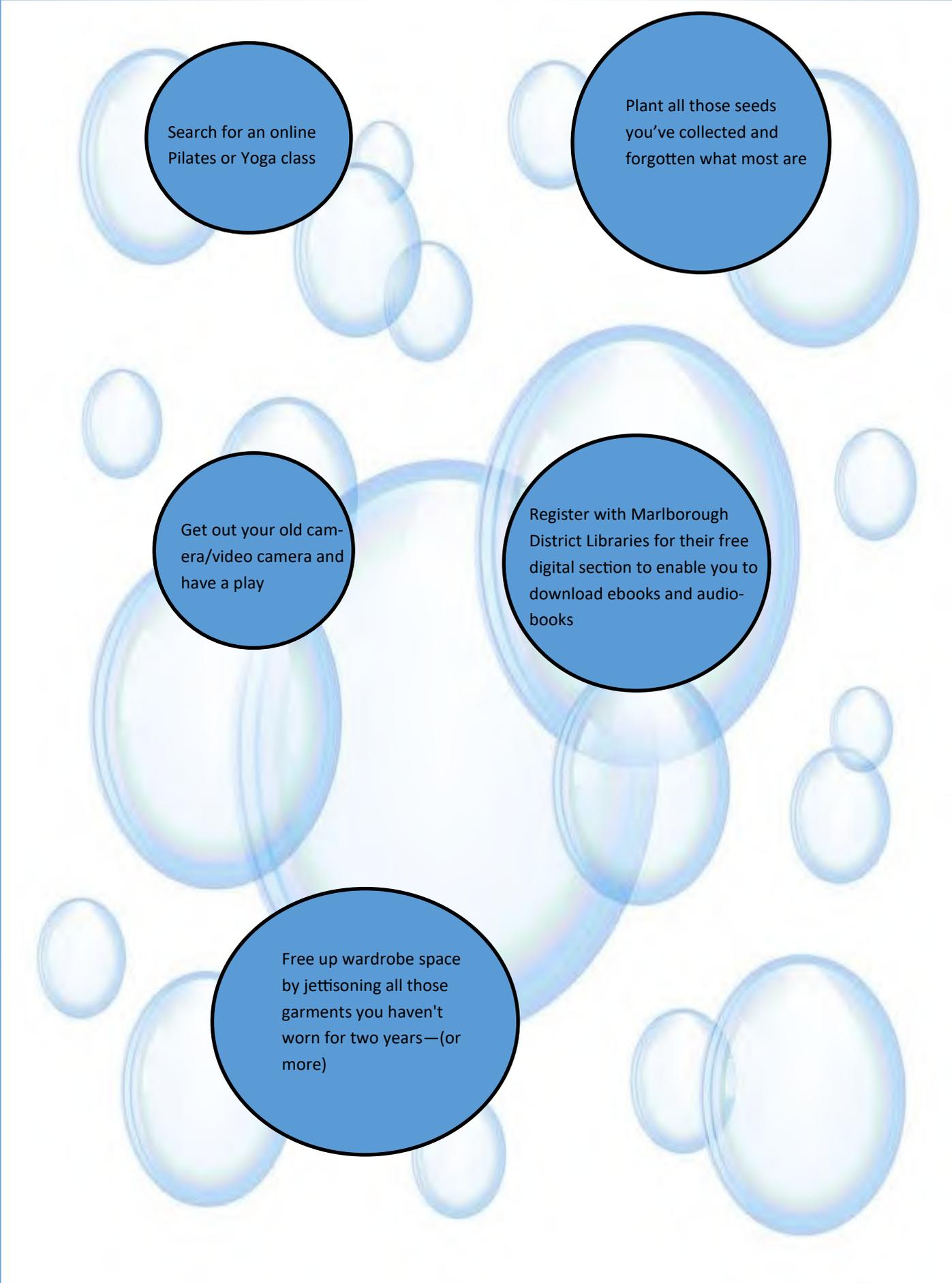
Try something new, perhaps drawing or painting.

Memorising bible verses - a good one to learn is Philip-pians 4:6 Do not be anxious about anything but in every situation, through prayer and petition, with thanks-giving, present your re-quests to God.

Learn something new on the computer, lots of scope there.

I use is the miracle 3mile app which takes 3/4 hr and you just walk but the tutor keeps you motivated and varies the type of walking and throws in a few manageable extras. There is also a miracle 1 mile app as well.

Try writing a list of what you want to accomplish that day (be realistic and kind to your-self) keeps you on track and able to achieve more.



Search for an online Pilates or Yoga class

Plant all those seeds you've collected and forgotten what most are

Get out your old camera/video camera and have a play

Register with Marlborough District Libraries for their free digital section to enable you to download ebooks and audiobooks

Free up wardrobe space by jettisoning all those garments you haven't worn for two years—(or more)

# Tip of the month

## When in doubt, Google it

Interested in learning more about an event or company online? You don't need to know their web address – you can use Google to search for it. [Google](#) is the most-used search engine that provides safe and trusted answers to any question you may have online. It can help you order groceries, look up the latest news, and troubleshoot any technical issues you may face during your online experience.

I will teach you in a room  
I will teach you now on Zoom  
I will teach you in a house  
I will teach you with my mouse  
I will teach you here or there  
I will teach because I care ❤️

We all want to keep our students safe, and we will get through this together.



# Digital imaging Group

**DIG Updates – March/April 2020 – Marlborough Sounds Senior Net Newsletter/website**

## **DIG 6<sup>th</sup> March meeting**

Little did we know back in 6<sup>th</sup> March that this would be our last face-to-face group meeting for a month or two. At that meeting, we had 7 participants including two new members. The topic was Leading lines, and the archive topic was Campsites. These photos were displayed in the last newsletter thanks to Marie Joyce and Robert Boren.

We decided that there would be an Annual Project: Repetition over the 4 seasons based on “The Photo Argus” challenge for 2020. The idea is to choose several subjects or locations to photograph four times each over the 4 seasons of the year. At the end of the year we will have some interesting images that show the passage of time or the effect of weather. Maybe we can build a DIG resource we can proudly show off to celebrate another year in our photographic learning. I encourage you all to play along with as many subjects or locations as you can manage.

We agreed that our 2020 DIG topics would again be based on techniques. Each month’s topic has been decided to fit within the broad techniques outlined below:

### **Composition – Lighting – Shutter Speed – Depth of Field – Concepts - HDR**

For example, April was Composition – and Fill the Frame was the technique so we were photographing animals, flowers and insects, with the intention of ‘filling the frame’.

The Archive topic was transport.

Then within 2 weeks, the world changed for us all as we went into Covid 19 Alert Level 4 LOCKDOWN. We decided to try out Zoom to have our April meeting.

### **DIG by Zoom meeting – 3rd April 2020**

Four members braved the new world of Zoom and shared our photos. These will be available to view on the website.

The whole process was fun, interactive and safe. We will do this again next month. The topics will be:

**Emotions:** “How are we all coping and keeping ourselves occupied”

**Archives:** Gates/letterboxes will be the archive topic.

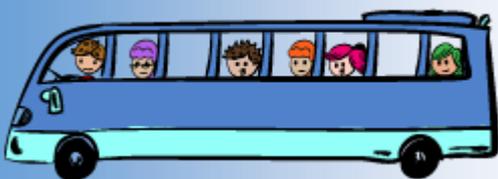
Members were keen to explore their cameras – let me know what cameras/models you have and I will put some ideas together to help each other out with that via email and/or Zoom?

I hope to see you all on Zoom on 1 May – remember to email me if you need help getting this set up. Instructions are also in this newsletter. Look out for the invite email so you can click on the link and join in. If our government can use Zoom to meet then so can we.

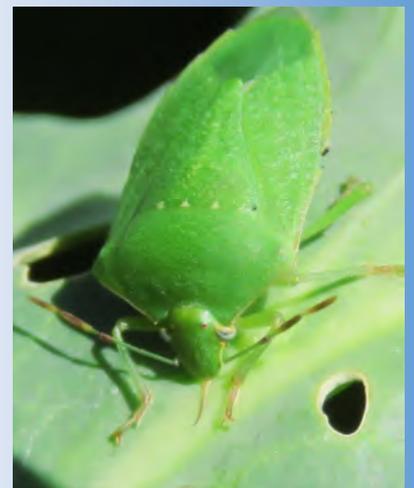
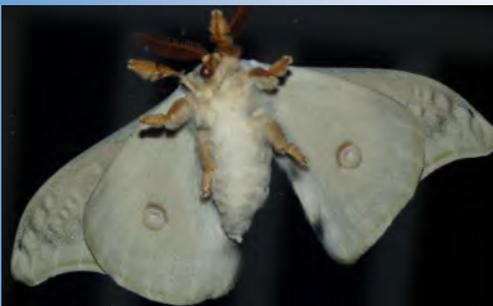
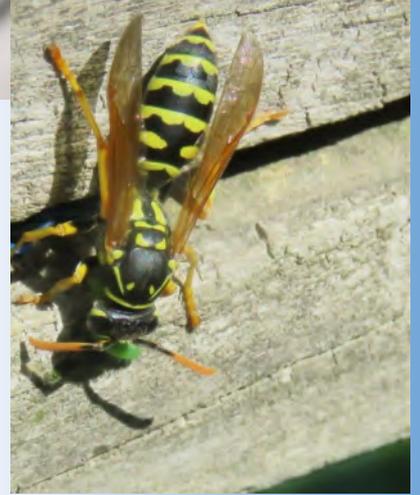
Enjoy your photography in lockdown. Stay safe and keep clicking everyone.

# Digital Imaging Group

## TRANSPORT



FILL THE FRAME—



## Update from our Committee cConsultant Donald McIver

Greetings,

My treatment has been increased in intensity and shortened in length. It will now end on April 8 and I will be flying back to Nelson on April 9. The treatment care goes well with a very supportive team of therapists as well as great assistance from the staff and volunteers at Daffodil House. I cannot speak highly enough of these wonderful people. You might be interested to know that there are four treatment machines and ten minutes treatment for each patient. A little simple maths will give you an idea of how many patients are treated daily.

I am feeling the effects of treatment as expected such as lacking in energy and some discomfort. Hopefully this will fade in the fortnight after treatment ends. Shopping is well attended to by volunteers and they regularly check on progress, order taxis and drop off goodies provided by the Diamond Bay support group.

I have been making good use of "Whats App". text messages, phone calls and video links. (no toll charges or other costs) This morning was rather special and we had a video link with my son and his wife in Dunedin, my daughter in Nelson and my grand daughter and her family in Tauranga. Great to be able to see and hear them all together. I commend this as a great way to keep in touch with family members.

Please forward this to all my SeniorNet friends. I hope it won't be too long before I can once again enjoy your company.

Kind regards

Don-  
ald  
On

Have you noticed a shortage of flour, yeast and baking powder in the supermarket lately???

Here is one option

### **BEER BREAD**

1 400ml can any beer

3 cups flour

3 tbsp Baking Powder

1 tsp salt

Add beer to dry ingredients. Mixture should be sticky (add water if too dry)

Cook hot oven 200 deg

1/2 hour small tin

1 hour large tin



3/04/2020, at 4:45 PM, Glyn Walters - 8727 <Glyn.Walters@marlborough.govt.nz> wrote:

Hi everyone,

We have just launched our new Council newsletter, Marlborough Matters! Please sign up here <https://www.marlborough.govt.nz/your-council/council-enewsletter>

