

Wavelength



Greetings,

I almost wrote "Christmas Greetings" but, although it really is too early for Christmas just yet, this will be the last newsletter this year so I won't have the opportunity to wish you

A MERRY CHRISTMAS

AND

A HAPPY NEW YEAR.

I have to say that Senior Net Marlborough Sounds is beginning to struggle. The only two groups that are really functioning well are the Camera Club and the Drop-In sessions. Others like the Family History section and the Smart Phone workshops have seen the numbers drop. And it's a long while since we ran a course on a specific subject.

It seems a shame that after all the effort and planning that your committee put together to make some sense of the ever changing technology that we live with, no one seems to want to learn. I can only assume that you all know everything that you want to know.

Perhaps your committee needs refreshing. I certainly feel that I do. It's time for others, and that means younger others, to come to the party and help run Senior Net. You don't need to be a tech wizard. What is much more important is the ability to manage an organisation. The tech side of the operation is currently taken care of. Come and join us, we don't bite and to the best of my remembrance we don't bark either.

To end on a happier note, the Seminar day we had on the 10th November was a real success. The subject matter was wide ranging from 3D printing through DNA to what to do with all your "stuff" when you are no longer around. Andrew Holding flew in from Auckland to tell us about "Deed Vault", how to secure your digital assets and to make sure that your will is safe and will be properly executed. Helen Gowling along with friends from Senior Net Nelson brought us up to date with Facebook.

Let's hope that 2019 brings better things for all of us.

Bryan Strong

"Any sufficiently advanced technology is indistinguishable from magic."
Arthur C Clarke

SeniorNet Marlborough Sounds

Schedule for December

Date and time	Event	Venue
7 Dec 1.30pm	DIG (camera club)	Linkwater

At our recent seminar several members were nominated for honorary membership. Robert Boren's contributions have been very much appreciated especially his willingness to pop over in emergencies to "fix" things, and his ongoing support at seminars and workshops.

Also Bryan and June Strong were awarded honorary membership for their many contributions both in time and knowledge to SeniorNet Marlborough Sounds. Their support has covered many years and this was acknowledged by all present.



OTHER SEMINAR NEWS

Bryan Strong enlightened us about Snap which is an app supported by Police to help secure your physical assets. For further information www.snap.org.nz

Deed Vault Andrew Holding explained how Deedvault is a secure online “vault” that helps you organise and store all the vital information that would be required should something happen to you Assets could include wills, properties/funeral insurances, bank acc, loans, media accounts, family letters, wishes for pets, funeral plan, family tree. In fact anything you wish to be accessible to your family. www.deedvault.com



Helen Gowland Staying safe on Facebook. Helen talked about getting started with FB; and how to keep your site safe.

Some suggestions.

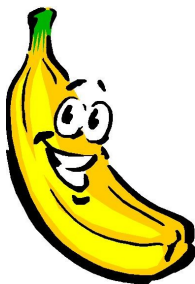
- Don't keep sharing (can let in Spam),
- Block contacts (prevent person theft)
- Don't use Facebook to log into anything else.

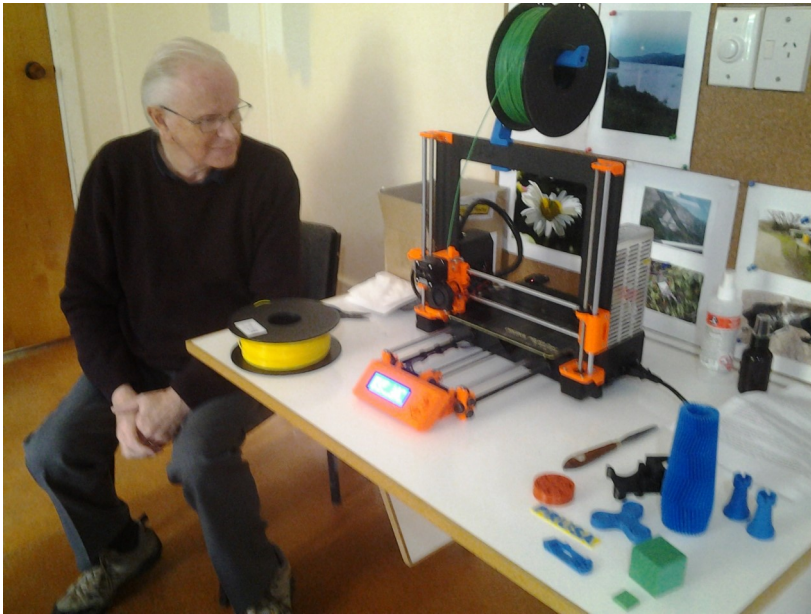
Brian Cameron again opened up the possibilities both now and in future with Windows 10 eg sharing across devices, some fancy writing tools, being able to edit snipping tool. February next year -look out for updates.

Bryan Strong reminded us how clever our smart phones can be. Some apps include Maps GPS, Gaspy (cheap fuel near you) Language translator, dash cam, internet radio, Picture this (identifying plants) and many more

Donald McIver shared his passion for Family History and DNA testing. He began by giving us a definition and a background to DNA testing. He suggested one should try other avenues first before testing, and offered us several sites for tracing family members.

He also reminded us that 60% of our DNA is the same as a banana!!





Phillip Middlemiss Phillip brought along his 3D printer and demonstrated some of the amazing “printouts “ he has already achieved. He also managed an on the spot demo of a personalised name tag. Such a clever machine, but not as easy to run as one had imagined. We were all suitably impressed.

Blue light and how it affects us,

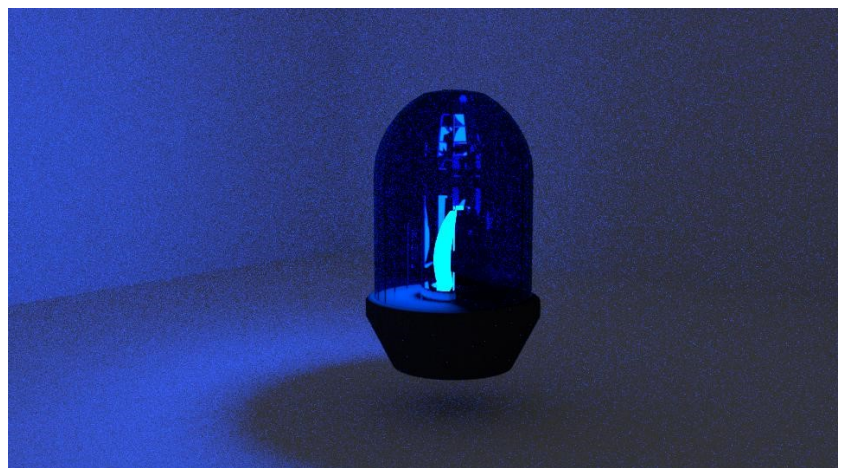
Recently I discovered a setting on my smart phone to reduce blue light emissions. This led me to search to find out why I might want to do this. It appears that exposure to blue light can disrupt our body clock and make us feel that we are experiencing perpetual jet lag.

Blue light is part of daylight and peaks around midday. Some artificial light and screens give off differing amounts of blue light. This can fool our body clock into adjusting to what it thinks is a different time zone.

It can disrupt our sleep and affect our health, increasing the risk of obesity, depression and some types of cancer. This can also affect digestion and cell renewal.

I guess this is worth remembering if you work at your computer during the evening. Just check to see if the above is affecting you. If you don't have a setting to reduce blue light on your computer screen, tablet or smart phone then just try reducing the brightness of your screen when using these

Thanks to Donald McIver



SeniorNet Marlborough Sounds

Digital Imaging Group:: photos from “Shoes, Sneakers & Boots”



SeniorNet Marlborough Sounds



Merry Christmas and a Happy and Peaceful New Year



From the committee of SeniorNet Marlborough Sounds



SeniorNet Marlborough Sounds

SENIOR NET 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 to be filled

Secretary: Ian Cameron 574 2558

Treasurer: Brian Cameron 574 2267

Committee:

June Strong 574 1311

Diane Payton 574 1029

Yvonne Blakey 574 1068

Donald McIver 574 232

Editor Marie Joyce 5737389

Banking details for SeniorNet Marlborough Sounds.

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Use this space....

Buy, sell, exchange

Contact editor with details

WHEN TO SELL YOUR PROPERTY?

The standard response when you're thinking about selling your home but are not sure when, is "sell in spring". And there's plenty of truth in that as warmer, drier weather and post-winter itchy feet drive potential buyers out to open homes.

For a Free, No Obligation Confidential Appraisal of your property –

Contact either Brenda Davey,

Ash Davey, Carolyn Burn or Grant Douglas

Ph 03 573 6699, 36 High Street, Picton

enquiries.picton@harcourts.co.nz

Harcourts

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hitting
'escape,'
but I'm
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