

ESSENCE

SENIORNET NORTH SHORE (SNNS) NEWSLETTER

September 2020

No. 288

Ian Parkes, Branch Manager Perpetual Guardian, Takapuna

Topic : 'Estate Planning – the Basics'

Followed by Glen Plaistowe focusing on the series of more years, 1951—1953

Followed by Peter Patten with "Things my mother never taught me"

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CLASSES: Learning Centre, Suite 3, St John Ambulance Building, 2 Shea Terrace, Takapuna.
MEETINGS: 2nd Sunday of each month, 10am in the Hall, St John, 2 Shea Terrace, Takapuna.
CONTACT: The Secretary, SeniorNet North Shore Inc. PO Box 65357 Mairangi Bay, Auckland 0754

COMMITTEE 2019 - 2020

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lois.kay@xtra.co.nz

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September Newsletter – Chair Report

Many years ago we started to use the term Groundhog Day – we knew roughly what it meant but when we had the opportunity to watch the movie - we did so – for about 30 minutes from memory. It would have to rate in the top 3 of tedious movies – even acknowledging the theme. Does this seem like Groundhog Day all over again? – so fortunate now to have our computers, the internet, online library resources and all the other innovations that make lockdown almost bearable. (Have just checked and the movie was released in 1993 – not as far back as I thought).

For August we had two extra sessions programmed. These have been transferred to September – first of all pdf's and all the things you need to do – meantime if you go to our website and under Knowledge then the drop down box offers PDF – this provides a complete rundown on types and how to handle them. Ian Handricks has included a very comprehensive "exposé".



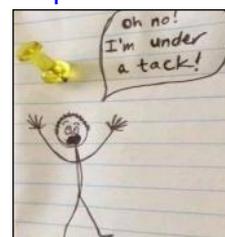
Second, again thanks to Ian, a session on creating a website with WIX. This is an extremely easy to operate programme a little like making a Power Point such as drag and drop, text boxes and copy and paste functions. Ian will start at the beginning but also introduce the latest innovations from WIX. You can build your own website with ease.

On Sunday 8 August we held our AGM which was well attended and details of the new committee are in this newsletter. We welcome Kate Ellis and Stef Billing onto the Committee and I know they have a lot to offer our club in knowledge and experience. Thanks to Shirley Hansen and her team of helpers for a grand morning tea and all extremely well organised. Thanks also to Doreen Hall and John Ovens for their work and involvement in the past on our committee. For the other seven committee members it is Groundhog Day – but more pleasurable.

It would be appreciated if you would help with tidying up after the sessions so it is not left to our Tutors to put chairs away and tidy. Offers of help with this would be appreciated by the Tutors I am sure.

Lois Kay

News Flash 3pm 24 August: We should be able to continue with our September programme – the only proviso is that First Friday Genealogy may have to be split into two sessions but Barbara Anderson will contact the group next week.



Advanced Windows : 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

Ask Me How : Toby Malcolm

Expand your knowledge of all types of technology. Come along to this ask anything session and submit your questions – whether it be about Windows, Macs, the internet, smartphones, tablets (Apple or Android) or some other topic. Each session will be different depending on the questions asked.

Special topic this month (30 minutes or so):

Zoom – how to download the free app, what you need and how to work the programme so you can online chat through a cloud-based peer-to-peer software platform and also use it for teleconferencing, distance education, and social relations. Best to be prepared in case we go back into lockdown! A comparison will be drawn between Zoom and Skype.

Ask a Tutor : Barbara Anderson, Glen Plaistowe**MUST BOOK**

For this class, you will be booked with a tutor to help you solve your problem. One hour is sufficient for concentrated work. Bring with you :

Your device, plus power leads and mouse (remember to charge it beforehand).

A list of the problems you are having. The user name and passwords you need. If it is an Apple device you may need your passwords and your user name - also, if you are working on email you need that password. If it is Google you may need your Google Account or Microsoft Account for Microsoft. You may not need to use them but be a good scout and Be Prepared.

You will need paper and pen to record the steps you take so that you can fix it should it happen again.

If you have a PC or your laptop or device is too heavy for you to carry you will work on a Club computer.

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.

Booking is essential so we know how many will be in the room. There will only be room for 4 perhaps 5 people to attend. Select the most important items that you need help with so that they can be dealt with as quickly as possible.

Card Playing Group : Campbell Stanford

What a fun time cards can be! For raw beginners and card-sharps alike. We'll explore various relatively short, simple games like Euchre,



Cribbage and 500. Great camaraderie and team spirit, as well as one-on-one games. Come and try it. Beats Solitaire any day!

1st Friday Genealogy : Barbara Anderson

For our next session we will again be looking at treasures then, seeing as we have in been lockdown once again, let's have a round table discussion on how things went this time and what we achieved or still need help with. I think we will keep it a fairly open session so if you have something you want to contribute let me know. As we will just be out of the lockdown situation, people may want more of a chat session than a structured one. So its a pretty open format this time and we may fit in some searching if time permits. Perhaps we could discuss your favourite sites to help those who are just starting out and I think a nice morning tea will help. More of a coffee and chat session this time. I am booking Jan Gow in for her usual December slot this year again.

Genealogy Workshop : Lois Kay

A little mystery – what is Beryl Parker's New Zealand-born husband's connection with Greece. Beryl will reveal all. Every day in every way what is available to us online is increasing exponentially. Now I just looked up that word to make sure I had spelled it correctly and it said:

In mathematics, an **exponential** function is a function of the form where b is a positive real number, and in which the argument x occurs as an exponent. For real numbers c and d , a function of the form is also an **exponential** function, as it can be rewritten as.

Not sure if that is really what I meant, so let's say there is more and more available all the time.

iPad and iPhone : 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. A great opportunity to get answers to your questions.

Photobooks : 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.

All You Need to Know About PDF's plus How to save a Web Page as PDF from Google Chrome. :
Ian Handricks

PDF stands for "portable document format". Essentially, the format is used when you need to save files that cannot be modified but still need to be easily shared and printed. Today almost everyone has a version of Adobe Reader or other program on their computer that can read a PDF file, however many of us want to know how to make, edit, modify, store, share and use PDF's – Ian will run a tutorial on the basics of PDF, how to use them, understand them, create them, convert them and modify them – the tutorial will explain this very useful file format in simple step-by-step processes.



Photography : Rex Oddy

Photography tutorials will include practical instruction on aspects of photography and the discussion of members' 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.

For the technical part of the September session we will look at photography using mobile phones.

The image display theme for September will be photographs taken with your mobile phone. Good ones and ones that didn't work so well. We will attempt to work out why. As always, the set topic isn't compulsory. You may bring along any photos that you would like to display. Images limited to ten per person.

Travel Memories : Glen Plaistowe

Covid is keeping us home so we are now sharing our trips in New Zealand and planning our trips around our beautiful country.

Tips and Tricks : 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.

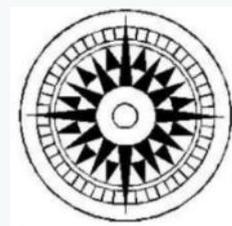
WIX intro and update : Ian Handricks

Last year Ian introduced us to WIX and taught us how we can make our own websites. WIX is a powerful, yet easy to learn and use website creation package. Many of our members have now mastered the art of making a website using this platform. Ian will run a tutorial on WIX – how it works and what's new in the system since last year. WIX continues to add some really useful and clever functions to the package and this session will be interesting for experience and those that want to discover how to make websites for themselves. No previous experience is required to attend the session.



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

Zoom Alternatives

Best Free Services for Group Video Chatting During the Pandemic. Zoom Meetings has been the breakout hit for connecting while quarantined, but not everyone can or should use it. Fortunately, there are plenty of excellent choices for group video chats—for both work and play. Zoom Meetings is a wildly popular videoconferencing solution that was previously mainly known by those who frequent board rooms and business-huddle rooms. Thanks to the social distancing that has become the norm during the coronavirus COVID-19 pandemic, Zoom has entered the national consciousness. With all the prohibitions against in-person gatherings, most business and education has moved online, and as a consequence Zoom's users have grown from about 10 million daily to over 200 million, according to the company's blog. And it's not just businesses, either. A free version lets any group create video rooms for people to socialize in. People are using it to stay in touch with families, hold book club meetings, and even host virtual parties.

<https://www.pcmag.com/products/zoom-alternatives-best-free-services-for-group-video-chatting-during-the>

10 Hidden Modes in Windows and How to Use Them

Did you know that Windows has lots of extra modes that enable extra functionality, help you troubleshoot, or enhance performance for certain tasks? Some of these are hidden, while you may have heard about others but never tried them yourself.

<https://www.makeuseof.com/tag/hidden-modes-windows/>

How to Make a Flyer in Microsoft Word

Microsoft Word has other uses that you might not be aware of. One of which is the ability to create flyers. Here's how. While Microsoft Word is better known as a word processor, built to write lines and lines of text, it has other uses that you might not be aware of. For instance, if you're looking to make flyers, you can do this in Word. There are plenty of document templates available, allowing you create the perfect flyer with minimal fuss. If you want to make a flyer in Microsoft Word, here's what you'll need to do.

<https://www.groovypost.com/howto/make-a-flyer-in-microsoft-word>

Top 5 CCleaner Alternatives for Maintaining Your PC!

These are the Top 5 best disk cleaners for your computer. For many years, CCleaner has been one of the most trusted PC cleanup tools. That all changed last year when Piriform, the maker of CCleaner, was acquired by the security giant Avast. Since then, it's suffered a serious malware attack by hackers compromising more than 2 million users. And more recently there have been privacy concerns regarding their data collection policies. In this video, I will show you the Top 5 system cleaning tools for your PC, that are the best alternatives to CCleaner.

<https://www.youtube.com/watch?v=zcONS8AeH7I>

**NEW AND INTERESTING TUTOR SESSIONS**

September, 2020

Session	Description	Tutor	Date	Time
Ask Me How	Special Topic - Zoom and Skype . Toby will draw a comparison between the two and illustrate how to download and use these apps and what equipment you will need. If we go back into lockdown you will be better prepared to keep in contact with family and friends.	Toby Malcolm	22 September 2020	10.00am
Pdf's	All you need to know about handling pdf files. How to convert, how to alter, how to reduce in size. Very versatile programme and invaluable. At some stage we all need to deal with pdf files.	Ian Handricks	1 September 2020	1:00pm
Ask A Tutor	These are run twice a month with several Tutors available for one on one assistance. Please refer to our schedule for contact information. Must Book \$5.	Organisers: Barbara Anderson & Glen Plaistowe	See Schedule - Thursday 10 and Wednesday 16 September.	1.00pm
WIX - website	For Beginners and those already familiar with this great website making tool. Some recent advances and special features.	Ian Handricks	21 September 2020	1.00pm
Card Group	New Session - our second month - come and join us. Don't forget to register with Campbell Stanford. For beginners as well as card sharps. Must Book \$5.	Campbell Stanford	24 September 2020	1.00pm

HOW TO BOOK A CLASS

Read through the Tutors' Pages and select something that appeals to you. Then look at the Schedule and see whether it is a Tutorial or Discussion Group.

Follow the procedure for what you have selected from the next column

FREE REFRESHMENTS

at all Discussion Groups, Tutorials, and Monthly Sunday Meetings

T = TUTORIALS
FIRST email or phone
tutor
BOOK at least a week
ahead
Pay at the door

D = DISCUSSION
GROUPS
All welcome

SENIORNET tel 486 2163
TIMES AM = 10.00 to 12.00
PM = 1.00 to 3.00

NAME TAGS

Please wear your name tag to all sessions to put a face with a name.

MONTHLY MEETINGS HELD IN THE HALL

10am 2nd Sunday of the month
 Come along and listen to some interesting speakers

Gold coin donation appreciated
EVERYONE WELCOME

Schedule - September 2020								
Day	Date	Time	Session	Tutor	Phone	Email	D/T	Cost
Tue	1	am	Advanced Windows	Bill Howell	478-5530	howell.trust@xtra.co.nz	D	\$3
Tue	1	pm						
Wed	2	am						
Wed	2	pm	PDF's - How to use/convert	Ian Handricks	029 477 4491	ianhandricks@gmail.com	D	\$3
Thu	3	am						
Thu	3	pm						
Fri	4	am	First Friday Genealogy	Barbara Anderson	479-6242	b.c.anderson@xtra.co.nz	D	\$3
Fri	4	pm						
Sat	5	am	Tips & Tricks	Ian Handricks	029 477 4491	ianhandricks@gmail.com	D	\$3
Sat	5	pm						
Mon	7	am						
Mon	7	pm						
Tue	8	am	Photography	Rex Oddy	479-3105	rex.oddy@xtra.co.nz	D	\$3
Tue	8	pm	Committee Meeting					
Wed	9	am						
Wed	9	pm						
Thu	10	am						
Thu	10	pm	Ask a Tutor (Must Book)	Barbara Anderson	479-6242	b.c.anderson@xtra.co.nz	T	\$5
Fri	11	am						
Fri	11	pm						
Sun	13	am	Monthly Meeting	10am in hall		All Members Welcome		
Sun	13	pm						
Mon	14	am	Photo books	Bernice Hyde	483-5825	bernice52@xtra.co.nz	D	\$3
Mon	14	pm						
Tue	15	am	Advanced Windows	Bill Howell	478-5530	howell.trust@xtra.co.nz	D	\$3
Tue	15	pm						
Wed	16	am						
Wed	16	pm	Ask a Tutor (Must Book)	Glen Plaistowe	027 541 2241	glenp19925@gmail.com	T	\$5
Thu	17	am						
Thu	17	pm						
Fri	18	am	Genealogy Workshop	Lois Kay	478-3587	lois.kay@xtra.co.nz	D	\$3
Fri	18	pm						
Sat	19	am	iPhone and iPad	Ian Handricks	029 477 4491	ianhandricks@gmail.com	D	\$3
Sat	19	pm						
Mon	21	am						
Mon	21	pm	WIX Website	Ian Handricks	029 477 4491	ianhandricks@gmail.com	D	\$3
Tue	22	am	Ask me How	Toby Malcolm	021 148 1834	toby@techtutors.nz	T	\$5
Tue	22	pm						
Wed	23	am						
Wed	23	pm						
Thu	24	am	Travel Memories	Glen Plaistowe	027 541 2241	glenp19925@gmail.com	D	\$3
Thu	24	pm	Card Playing Group	Campbell Stanford	021 717 008	camstan69@gmail.com	T	\$5
Fri	25	am						
Fri	25	pm						

It is my pleasure to report on the year ending 30 June 2020 for SeniorNet North Shore Inc.

Membership

The previous financial year was unusual in our changing membership needs but nothing prepared us for the early part of 2020 and the upheavals we were about to experience. However I am pleased to report that membership has remained steady with a regular inflow of members so our numbers remain similar.

Our Learning Programme

For 10 or 11 weeks we were unable to offer in house tutorials for reasons known to us all – however to overcome the “shutout” Ian Handricks devised a method of providing our members with a constant flow of information and entertainment via the Keeping In Touch links on our website – all 55 “days”..... These links will remain on our website and can be referred to at any time. Use them, they provide a massive amount of informative material and entertainment ideas - enough to cover a further lockdown!

Newsletter

Roger Willoughby, our very enduring Editor, always comes up with new ideas and articles and we enjoy his pithy introductory emails. Roger, our thanks for your care in producing an excellent and informative epistle. Roger is looking for two new advertisers, the cost is very reasonable and the exposure very good. We also thank him for the excellent speakers he provides for our Sunday Meetings.

Website

Our Webmaster Ian Handricks is constantly developing our site which has a plethora of information. He is assisted by Ian Robinson who keeps the blogsite fed with recent developments and Campbell Stanford who is now in charge of updating our Sunday Meeting information.

Technical Aspects

Thanks to Melson Lee who is our behind the scenes “tech man”. Whatever we ask of him Melson finds a solution which at times includes forays into the ceiling with loads of cabling.

Tutors

No Tutors – no club. It is that simple. We are grateful to them for the time and effort they put into their sessions. We ask that you support them before and after sessions with tidying up, washing dishes etc.

Finance

Your committee is confident we can maintain the current annual subscription fees at \$35 single and \$50 double with session fees remaining the same despite the loss of income during the isolation. Our Treasurer Norma Olliver is adept with our account system but tells me by June 2021 she will have completed 5 years in the position and so we will need a replacement Treasurer. Please think about it – otherwise our Auditor will be out of a job too.

Acknowledgement of Supporters

We receive advertising support for our newsletter from Melson Lee of Tekzone, Rowan Cammell and Advanced Computers. We have recently lost two advertisers no doubt due to business decline so ask that you support those who do advertise with us. We have recently also had support from Bayside Audio, Lakeside Specialist Centre and the WDHb in that they authorised us to use their parking spaces at the weekends. Bayside and Lakeside are respected medical practices and as for the WDHb – well I am sure we all support them at various stages in our lives.

Our Volunteers (continued on next page)

The smooth running of our club is reliant on a bevy of club members. Apart from the Committee. Shirley Hansen is adept at organising our Sunday morning teas and the in-house cleaning. Our thanks also to Val



Val with her Gift from the Club

Sutcliffe who has been our providore for 3 years, a task recently taken on by Bret Bestic who will probably organise it like a minor military operation. I also want to thank those who bring their home-made goodies for our meetings.



Bret and Val

Our Volunteers - Continued

Our Auditor Bernard Layburn is extremely long suffering in accepting all the paperwork required for the Audit and thanks this year to Peter Patten for putting all the figures in the right place so we had a Balance Sheet to present for Bernard’s inspection. Peter is also adept at calculating depreciation on our equipment and fine tuning our Constitution as necessary.

In addition to those already mentioned I want to thank the Committee for their support and involvement. We do appreciate the 2 years Doreen Hall gave to the position of Secretary, Doreen stepped out of her comfort zone and took on the task. Also thanks to John Ovens for your “keeping in touch with Tutors” newsletters and being in charge of security – John was at risk of being called out during the night if Chubb discovered a break-in.

We have a wide variety of skills available to us and our meetings are lively and helpful. So far we have had no necessity to send anyone to the corner for unbecoming behaviour. Seriously, your Committee I believe represent you well and give their time with goodwill.

The Future

We have expanded our sessions with the inclusion of Travel and the Card Group plus some terrific one off sessions. Our survey will be released shortly and this is where you can help to make your club relevant to all members. We are ready to implement new ideas but we need to know what you want.

Essentially we are a computer club – simultaneously we are a group of people who care about other people and so the social side is an integral part of our function. This was obvious when we returned to “normal functioning” and observed the pleasure of members mingling again after lockdown. However do not leave the work to a few, please be prepared to help where possible. Thank you for your membership and involvement and we wish you good health and fun computing.

On behalf of your Committee:

Lois Kay

Another Sunday Meeting Morning Tea disappears.
Thanks Shirley, and her Merry Band of Helpers





Next Sunday Meeting 13 September 10 am

Our Speaker will be Ian Parkes, Branch Manager Perpetual Guardian, Takapuna
Topic : ‘Estate Planning – the Basics’

The topic will cover the importance of having current Will and Enduring Powers of Attorney. We can also cover the relevance of trusts and the impact of the upcoming changes to the Trustee Act. The presentation is around 30 -35 minutes and then Ian will take any questions from the floor which usually takes up another 20 minutes or so.



Followed by Tutor Glen Plaistowe who will present some more of her famous “YEAR” series. This time the years will be 1951 - 1953. Ah, I remember them well. Frankie Laine, Johnnie Ray, the Coronation on the new fangled Telly which we watched through a bumper sized magnifying glass attached to the front.

Followed by our own Peter Patten who will take the last 15 minutes and will cover a variety of topics including “Things my mother never taught me” . Sounds very interesting.

This site (*above title is live*) is currently being advertised on television. If you open it, you will find links to these eight topics. I think the Scamwatch is particularly valuable, well written. Find the site and give it a try. A scam or a fraud is any scheme designed to con you out of money or steal your personal information. If someone contacts you unexpectedly – whether over the phone, through the post, by email, on a website, in person or on social media – always consider the possibility that it may be a scam.

Scammers target lots of people, often for small amounts of money. Most scams come from overseas but they may pretend to be locally based — from a reputable company, bank or government agency, or even from your friends on social media if your account has been hacked. It is very difficult to get your money back once it is sent

A scam or a fraud is any scheme designed to con you out of money or steal your personal information. If someone contacts you unexpectedly – whether over the phone, through the post, by email, on a website, in person or on social media – always consider the possibility that it may be a scam.



These four links are live

[Identify a scam](#)

How to tell if you or someone you know is being scammed, what to do...

[Scammed? Take action](#)

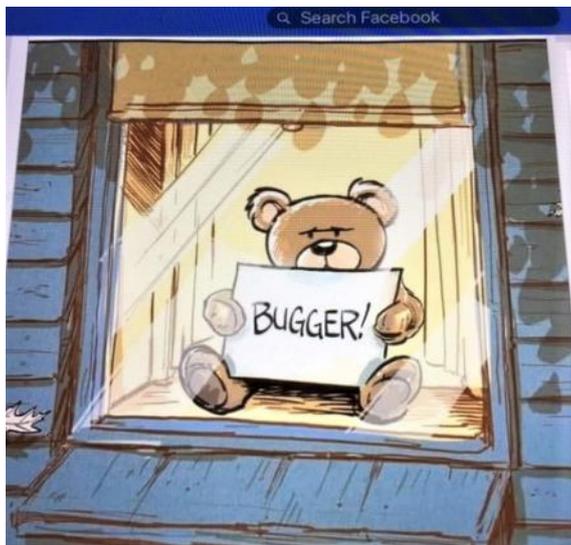
Advice for people caught in a scam and information about who can help.

[How to avoid scams](#)

Protect yourself with tips on how to reduce your risk and avoid being caught in...

[Report a scam](#)

Report a scam for access to specialist advice and to prevent other people being caught...



Husband and I went grocery shopping with masks, got home, took off masks, brought home wrong husband! Stay alert people!



BREAKING NEWS... swimming pools to re-open from the 4th July, but due to continued social distancing regulations there will be no water in lanes 1, 3 and 5.....

A PRIVATE EQUITY FIRM JUST BOUGHT THE LARGEST CONSUMER DNA DATABASE

Changing Hands

The consumer DNA testing company Ancestry just sold for \$4.7 billion dollars. (August 5, 2020)

Its new owners? The private equity firm Blackstone, which is now the new majority owner of the largest consumer database of human genetic and genealogical information in the world. Companies are bought and sold all the time, but this acquisition reveals just how little control people who took DNA tests have over their own intimate data.

Big Data

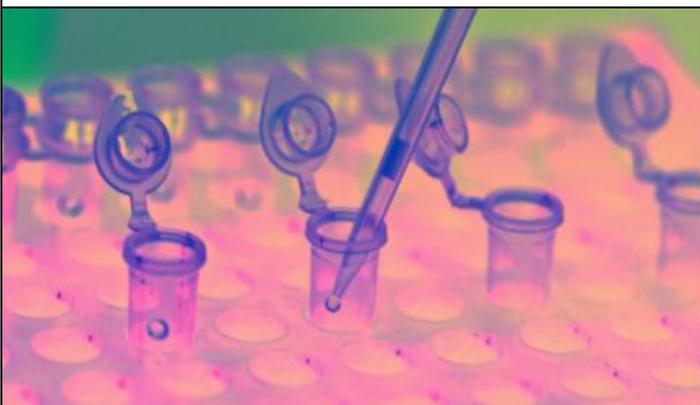
According to a Blackstone press release, Ancestry pulls in about \$1 billion every year — from new tests, but also its \$50 per month subscription service that lets users build and analyze a genetic family tree. It's not surprising, then, that private equity would want to get in on that recurring revenue.

"Ancestry's large network of highly engaged users, unique content, and scaled technology platform have made it a market leader," Blackstone managing director Sachin Bavishi said in the release. "We look forward to contributing Blackstone's resources and leveraging our strong expertise in digital content to further accelerate Ancestry's growth."

Buyer Beware

Sales like these can be jarring for customers who took a DNA test and uploaded their results. When that data starts being bought and sold over the years, those customers become increasingly removed from what can be done with their genetic information.

For example, those who just wanted to learn where their ancestors came from could find that cops were poking around in their personal data. Or, more tangibly, they might suddenly face workplace discrimination based on their DNA.



Editor speak : I recently visited the churchyard of St Paul's in Papanui, Christchurch, to see headstones of family members. A friendly Church gardener pointed them out to me and also said that I must see the stone of the most famous man buried there. It was double Victoria Cross winner :

Captain Charles Hazlitt Upham V.C. and Bar.



Editor speak : From a hero to a President. Sorry Trump fans but I just couldn't resist this.

KUALA LUMPUR, Aug 7 — US President Donald Trump put his diction skills on the map after he mistakenly pronounced Thailand as "Thigh-land."

The self-declared stable genius and world leader dropped a clanger at a campaign event where he spoke about unfair trade, one of the US President's many pet peeves.

"Foreign competitors shifting production to Thigh-land," Trump said in his speech before proceeding to correct himself in the next sentence.

Them bones, them bones, them Thai bones. Tell me, is Thighland near to Lapland?

This virus is not a living organism.

It is a protein molecule (RNA or DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular (eyes), nasal (nose) or buccal mucosa (mouth), changes their genetic code (mutates) and converts into aggressor and multiplier cells.

- * Since the virus is not a living organism, but is a protein molecule, it cannot be killed. It has to decay on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.
- * The virus is very fragile, the only thing that protects it is a thin outer layer of fat and that is the reason why soap or detergent is the best weapon. The foam CUTS THE FAT (that is why you have to scrub for 20 seconds or more, to create lots of foam). By dissolving the fat layer, the protein molecule disperses and breaks down.
- * HEAT melts fat, this is why it is necessary to use water above 77 degrees for hand washing, laundry and cleaning surfaces. In addition, hot water makes more foam, making it more effective.
- * Alcohol or any mixture with alcohol over 65% DISSOLVES ALL FAT, especially the external lipid layer of the virus.
- * Any solution with 1 part bleach and 5 parts water directly dissolves the protein, breaking it down from the inside.
- * Oxygenated water increases the effectiveness of soap, alcohol and chlorine, because peroxide dissolves the virus protein. However, because you have to use it in its pure form, it can damage your skin.
- * NO BACTERICIDE OR ANTIBIOTIC WILL WORK because the virus is not a living organism like bacteria, antibodies cannot kill what is not alive.
- * The virus molecules remain very stable at colder temperatures, including air conditioning in houses and cars. They also need moisture and darkness to stay stable. Therefore, dehumidified, dry, warm and bright environments will degrade the virus faster.
- * UV LIGHT on any object that may contain the virus breaks down the protein. Be careful, it also breaks down collagen (which is protein) in the skin. * The virus CANNOT go through healthy skin.
- * Vinegar is NOT useful because it does not break down the protective layer of fat.
- * NO SPIRITS, NOR VODKA, serve. The strongest vodka is only 40% alcohol, and you need a minimum of 65%. * LISTERINE is 65% alcohol.
- * The more confined the space, the higher the concentration of the virus there can be. The more open or naturally ventilated, the less.
- * You have to wash your hands before and after touching any commonly used surfaces such as: mouth area, food, locks, knobs, switches, remotes, cell phones, watches, computers, desks etc. and don't forget when you use the bathroom.
- * You have to MOISTURIZE YOUR HANDS due to frequent washing. Dry hands have cracks and the molecules can hide in the micro cracks. The thicker the moisturizer the better. * Also keep your NAILS SHORT so that the virus doesn't hide there.



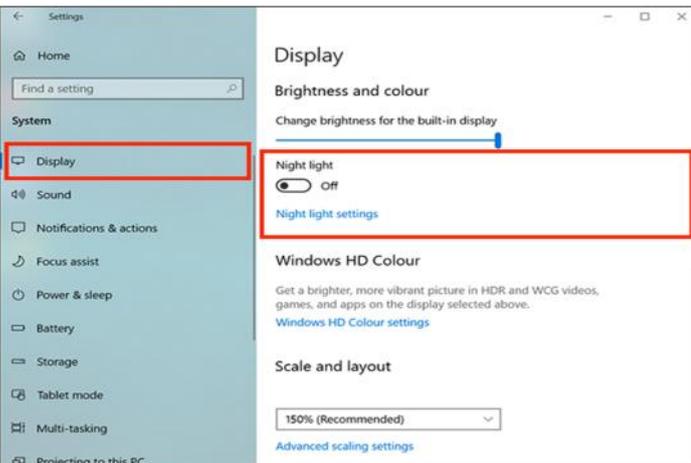
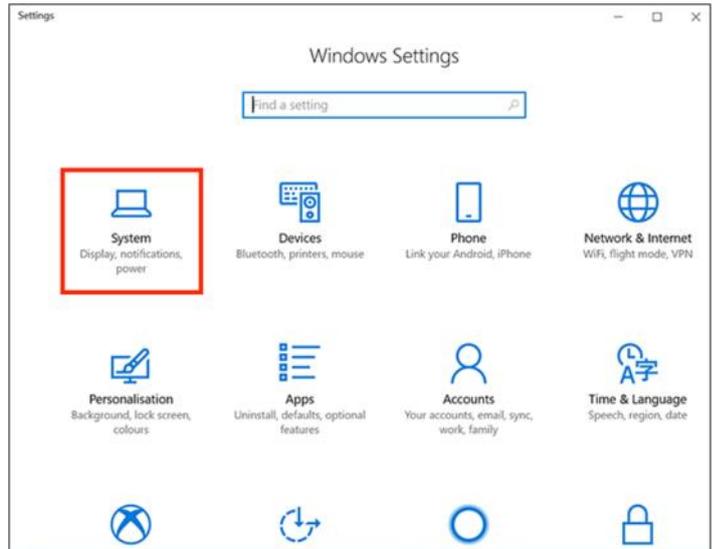
The blue light that makes your screen more easily visible during the day may contribute to poor sleep when used late into the evening. The Windows Nightlight feature reduces blue light and increases the warmer, redder colours. This month, we would like to share with you how to set up Windows 10 night light.

Activating Night light

To activate this feature;

1. Open the **Settings** app by pressing the **Windows logo key** + **I** on the keyboard.

2. In the **Settings** app, select '**System**'.



- On the **System** settings screen, select '**Display**' in the left-hand column.
- On the right of the screen, click or tap the On/Off toggle switch underneath '**Night light**'.

By default, '**Night light**' is scheduled to be active from sunset to sunrise. You can change this and other settings by clicking the link titled '**Night light settings**'.

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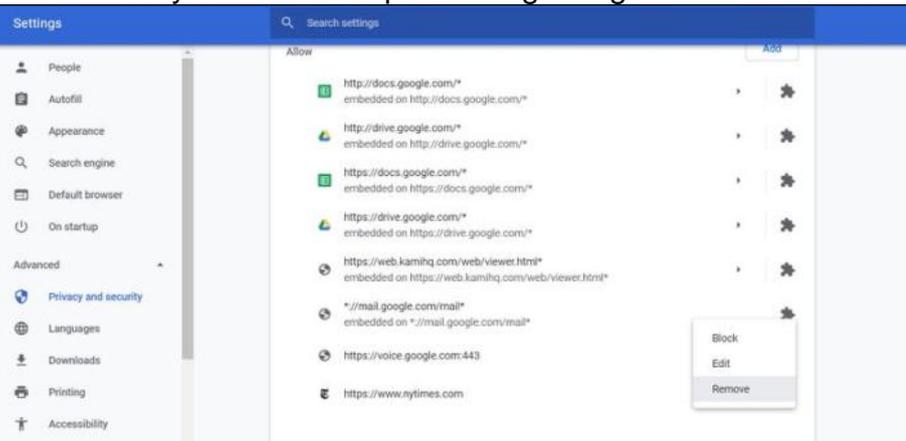
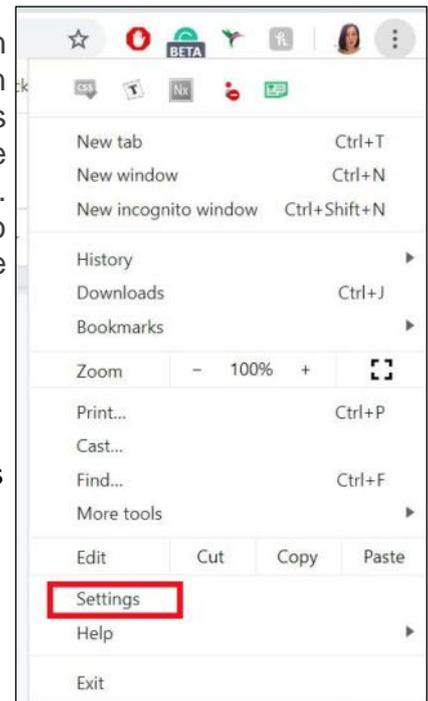
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Desktop notifications are one of the best features of modern browsers. They show previews of email, football scores or even instant messages, letting you to take a quick glance at updates without leaving the work you're doing. But this can get a little overwhelming, particularly when it includes spam and advertisements. If too many sites have begun to send notifications, or if you need to shut out all the noise, you should disable Google Chrome notifications.

Here's how to stop notifications from Google Chrome.

1. Open Google Chrome and click the three horizontally stacked dots in the upper right-hand corner of your screen to reveal a list of menu options. Click "Settings."
2. In the left panel click "Privacy and Security".
3. Scroll down on the right-hand side panel and click on "Notifications"
4. Under "Privacy and security," click "Site Settings."
5. under "Allow," look for the site you wish to remove notifications for and click the three horizontal dots to the right and click on them.
6. Click "Remove." The notifications for that site will stop. You can repeat this process for any sites or services you wish to stop receiving Google Chrome notifications for.



This method gets rid of desktop notifications from any websites. But an app or extension can still send notifications, I will show you how to disable that in the next article.

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