

# ESSENCE

SENIORNET NORTH SHORE (SNNS) NEWSLETTER

November 2019

No. 277

**Next Sunday Meeting 10 November 10 am**

**Speaker is Tom Spratt, head of Information and Communications Technology  
Auckland War Memorial Museum.**

**Topic: Auckland Museum - On site, Off site and Online**

**WEBSITE:** [www.seniornetns.com](http://www.seniornetns.com) **TELEPHONE:** 486 2163 **EMAIL:** [snetns@xtra.co.nz](mailto:snetns@xtra.co.nz)  
**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 2018-2019

### CHAIRPERSON

Lois Kay 478 3587  
[lois.kay@xtra.co.nz](mailto:lois.kay@xtra.co.nz)

### SECRETARY

Doreen Hall 021 02221814  
[doreenorms69@gmail.com](mailto:doreenorms69@gmail.com)

### SUPERVISOR

Shirley Hansen 444 6946  
[ray.shirley@xtra.co.nz](mailto:ray.shirley@xtra.co.nz)

### TREASURER

Norma Oliver 443 6233  
[norma.oliver@outlook.com](mailto:norma.oliver@outlook.com)

### MEMBERSHIP SECRETARY

Patricia Lough 021 268 8677  
[loughie@outlook.co.nz](mailto:loughie@outlook.co.nz) 413 6322

### TECHNICAL OFFICER

Allan White 441 9344  
[moele@xtra.co.nz](mailto:moele@xtra.co.nz)

### TUTOR LIAISON

John Ovens 410 5265  
[jovens@orcon.net.nz](mailto:jovens@orcon.net.nz)

### WEBMASTER

Ian Handricks 029 477 4491  
[www.seniornetns.com](http://www.seniornetns.com)

### PROMOTIONS OFFICER

Campbell Stanford 09 600 1569  
[camstan69@gmail.com](mailto:camstan69@gmail.com)

**AUDITOR** Bernard Layburn

### MONTHLY REFRESHMENTS

Shirley Hansen, Pam Shaw and volunteers

### NEWSLETTER EDITOR

Roger Willoughby 479 2528  
[seniornet.newsletter@gmail.com](mailto:seniornet.newsletter@gmail.com)

## November Newsletter – Chair Report

In October we look towards warmer weather which we are still waiting for but the weather has not put off members making the most of what your Club has to offer. The best solution for wet, windy and cold days – just join likeminded members at some great sessions.

We have a steady flow of new members so please make them welcome – you can recognise them by the gold star on their membership badges.

We welcome new members Paul Ricou, Sarah Rothwell and Lyndsey Nutley

The “Ask a Tutor” days are working well and last week we had a first time member showing another first time member how to use Trade Me. How good is that!

We plan to switch the placing of computer 1 with Windows 10 (nearest the wall) and computer 8 which has Windows 7. Windows 10 seems to be the most used version now so it will save tutors inadvertently hiding behind the monitors.

Monday the 21<sup>st</sup> was spring clean day and we had eight volunteers dusting, polishing, vacuuming and generally getting rid of unnecessary items.

During the month I travelled to Te Awamutu for the day (I didn't fly and I couldn't walk or bike that far) but it was a reminder of how beautiful the Waikato is at this time of the year – the Paulownias were superb. Our Travel Group includes experiences within New Zealand and how great it is to travel locally – no foreign languages, no currency issues, no visas, no passports.



November is the start of our new Music group. More information inside. We also have the follow up to Cherry Parker's – making a poster, calendar, greeting card, etc, and the second in the series of making a Power Point with Campbell Stanford. Both great fun and useful facets to add to your computer-based repertoire.

Oh – Christmas Lunch is 4 December at Valentines – details and invite inside.

*Lois Kay*



Oops - fell at the post

**Advanced Windows : Bill Howell**

This covers WinXP onwards to Win10 on the 1<sup>st</sup> and 3<sup>rd</sup> 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**

Do you want to expand your understanding of technology? Do you want to know the meaning of some tech jargon? 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, so each month you can learn something new.

Special topic: Our special topic in November will be about free services you can use to keep in touch with friends and family over the holiday period, and some benefits and drawbacks e.g. Whatsapp, Messenger, Skype, Facetime, etc. This topic is particularly relevant if you plan to travel abroad as roaming charges can be significant.

**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 need to book in with the tutor prior to the class as only 3 or 4 tutors are available to help.**

+++++

A man walks into a bar with a roll of tarmac under his arm and says: "Pint please, and one for the road."

A dyslexic man walks into a bar.

A sandwich walks into a bar. The barman says "Sorry we don't serve food in here."

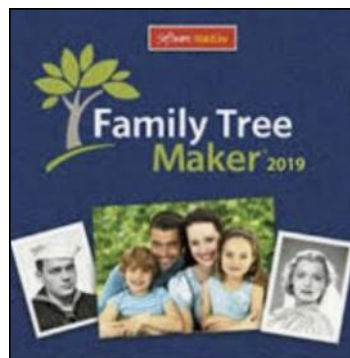
A jump lead walks into a bar. The barman says "I'll serve you, but don't start anything."

**Canva Follow Up : Cherry Parker**

The second session is on Wednesday 6 November at 10am. Design your own posters, cards, leaflets, family history charts (ideal for transferring into a website or power point presentation) or into that book you are writing. This is the second in the series and Cherry is offering two prizes for the best two posters. The cost of producing a poster A3 size can be as little as \$3. Develop your own creation, bring along a printed copy to the December Genealogy Session, and Cherry will be the judge. If you missed the first session no harm – you will easily catch up with the "know how".

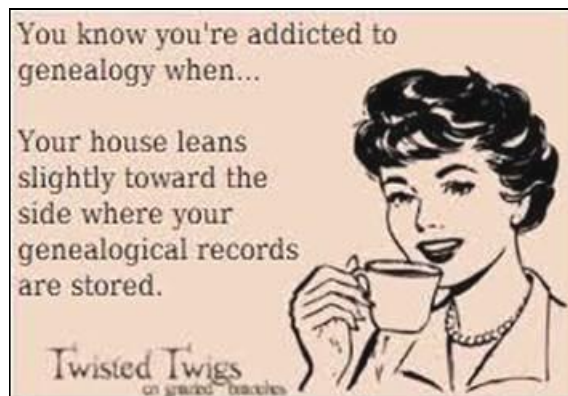
**Family Tree Maker 2019 : Bernice Hyde**

The last session of the year and the club has purchased the NEW version 2019, so we will be discussing this.

**1st Friday Genealogy : Barbara Anderson**

Remember to bring along your treasures and problems as usual.

We have Findmypast, scotlandspeople and Ancestry to try out for people you are looking for. If you have an interesting ancestor or problem you would like to talk about let me hear that too. Also, let me know if you would like something specific shown. If you are trying to track down people don't forget about looking in the papers past websites, electoral rolls and also search for obituaries and cemetery records to fill out your research even more.



(Picture from FamNet Newsletter, October.)

**Genealogy Workshop : Lois Kay**

Time to do a revision of some of the great websites and the new benefits they offer. We will also have a look at Family Pedia – not always an easy site to negotiate but really has some amazing information – and photographs.

**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.

**Music and Computers : Ian Handricks**

Computers, iPads and phones can provide many ways of enjoying, editing, storing, collecting and appreciating music. This session will explore the various methods of finding and listening to music by using your computer, the ways music can be created on your device, options for storing and editing your music collections. The session will also show how sheet music can be turned into playable music and there will be time to appreciate, discuss and exchange ideas on all genres of music.

**Photobooks : Bernice Hyde**

I demonstrate using preferred websites to teach how to create a Photobook to keep those memories in a convenient way. The session can go through the process to help with problems and discuss what else is needed with the group.

**Photography (Incorporating Digi Photos and Photography for Beginners) : 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.

The technical part of the November session will cover the difficulty of photography in bright light conditions.

The image display theme will be Long Bay Beach and surrounding area. There has been a lot of building work going on over recent years. Worth a look as the new road link to the middle of the beach is now open.

As always the set topic isn't compulsory you may bring along any photos that you would like to display.

**PowerPoint Hands-On : Campbell Stanford**

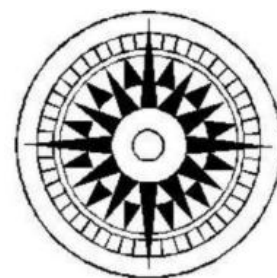
Following on from our last successful and very interactive PowerPoint Tips & Tricks session, this will be an entirely hands-on workshop. We will cover some fuller explanation of the techniques demonstrated last time and development of your own ideas will be welcomed. This might include family stories, holidays, biographies, genealogy, or any technical or commercial presentations.

Aside from some text and lots of pictures, your final productions might include music, videos, sound and lots of animation.

New attendees are most welcome. Remember to bring your laptops and/or USB flash-drives loaded with the folders previously copied.

**Hands-on help for your PC**

- 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 out 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 have continued to support SeniorNet North Shore members since 2000.

Standard rates \$60/hr. Discounted rate \$55/hr to [current](#) SeniorNet North Shore members

**Rowan Cammell, Personal Computer Service, Ph 027 266 8941 [rapid.start@xtra.co.nz](mailto:rapid.start@xtra.co.nz)**

**Recording Your Stories : Glen Plaistowe**

We will continue with the theme of community aspects not covered last time. Is the basis of community the same or different in the present time? Also, we will look at the differences between the way our grandparents managed in their latter years as compared with now - how did the community and family support them then and now.

**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.

**Travel Tips : Glen Plaistowe**

For anyone interested in travelling or seeing and hearing about other people's different travels both within New Zealand and overseas. We will share advice, tips to make you a more savvy traveller and, through sharing one another's photos and stories, learn about different places, their cultures, history and customs.

**Word Processing : Glen Plaistowe**

The second of three sessions with tips and tricks to help you maximise your skill in using either MS or Open Office. Bring your own laptop if you have one, so your learning matches your software version or use one of our computers.



Some members like to read the newsletter online and some prefer to print and have a hard copy on hand. You may want to print all pages or just one page, i.e. the session schedule.

Here is the method:

Open the Newsletter, choose print at the top of the pdf, you can then either print the entire newsletter or choose just the page you want. If it is page 5, insert that in the box, choose colour or B & W then print.

You can also print from our website as follows: Go to our SeniorNet website, click on News and you will get a dropdown box entitled Newsletters, click on that. You will then see a coloured panel that says "click on here to see newsletters" that will introduce the latest newsletter.

To print, double click somewhere on the front page and you will get the print option.

Again you can choose the full newsletter or choose the page you wish to print.



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## 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** 2<sup>nd</sup> Sunday of the month  
 Come along and listen to some interesting speakers

**Gold coin donation appreciated**  
**EVERYONE WELCOME**

5

Schedule - November 2019								
Day	Date	Time	Session	Tutor	Phone	E-mail Address	D/T	Cost
Fri	1	am	First Friday Genealogy	Barbara Anderson	479-6242	b.c.anderson@xtra.co.nz	D	\$3
Fri	1	pm						
Sat	2	am	Tips & Tricks	Ian Handricks	029 477 4491	ianhandricks@gmail.com	D	\$3
Mon	4	am						
Mon	4	pm						
Tue	5	am	Advanced Windows	Bill Howell	478-5530	howell.trust@xtra.co.nz	D	\$3
Tue	5	pm	Committee Meeting					
Wed	6	am	Canva Follow Up	Cherry Parker		cherry.parker@xtra.co.nz	D	\$3
Wed	6	pm						
Thu	7	am	Word Processing	Glen Plaistowe	027 541 2241	glenp19925@gmail.com	D	\$3
Thu	7	pm						
Fri	8	am						
Fri	8	pm						
Sat	9	am	Music - Explore Ideas	Ian Handricks	029 477 4491	ianhandricks@gmail.com	D	\$3
Sun	10	am	Monthly Meeting	10am in hall		All Members Welcome		
Sun	10	pm						
Mon	11	am	Photo books	Bernice Hyde	483-5825	bernice52@xtra.co.nz	D	\$3
Mon	11	pm						
Tue	12	am	Photography	Rex Oddy	479-3105	rex.oddy@xtra.co.nz	D	\$3
Tue	12	pm						
Wed	13	am						
Wed	13	pm						
Thu	14	am						
Thu	14	pm	Ask a Tutor (Must Book)	Several Tutors	479-6242	b.c.anderson@xtra.co.nz	T	\$5
Fri	15	am	Genealogy Workshop	Lois Kay	478-3587	lois.kay@xtra.co.nz	D	\$3
Fri	15	pm						
Sat	16	am	iPhone and iPad	Ian Handricks	029 477 4491	ianhandricks@gmail.com	D	\$3
Mon	18	am	PowerPoint Hands-On	Campbell Stanford	021 717 008	camstan69@gmail.com	D	\$3
Mon	18	pm						
Tue	19	am	Advanced Windows	Bill Howell	478-5530	howell.trust@xtra.co.nz	D	\$3
Tue	19	pm						
Wed	20	am	Recording your Stories	Glen Plaistowe	027 541 2241	glenp19925@gmail.com	D	\$3
Wed	20	pm	Ask a Tutor (Must Book)	Glen Plaistowe	027 541 2241	glenp19925@gmail.com	T	\$5
Thu	21	am						
Thu	21	pm						
Fri	22	am	FamilyTree Maker	Bernice Hyde	483-5825	bernice52@xtra.co.nz	D	\$3
Fri	22	pm						
Sat	23	am						
Mon	25	am						
Mon	25	pm						
Tue	26	am	Ask me How	Toby Malcolm	021 148 1834	toby@triplesweet.co.nz	T	\$5
Tue	26	pm						
Wed	27	am						
Wed	27	pm						
Thu	28	am	Travel Advice	Glen Plaistowe	027 541 2241	glenp19925@gmail.com	D	\$3
Thu	28	pm						
Fri	29	am						
Fri	29	pm						
Sat	30	am						



I/We .....

Accept with pleasure the invitation to Lunch at Valentines on 4 December 2019

Paid by:

Internet banking: ASB 12 3050 0359226 00 - Name and Xmas as reference

Email confirmation to [loughie@outlook.co.nz](mailto:loughie@outlook.co.nz) or phone 413 6322

or

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# FREE! ACTIVE AGEING EXPO

**FRIDAY 8TH NOV 10AM-2PM**

**TAKAPUNA SENIOR CITIZENS HALL,  
5 THE STRAND, TAKAPUNA**

Come and find out about groups and clubs in your area; meet the people who run them and have a go at a variety of activities. From exercise and special interest groups to crafts and computers. We've got something for everyone.

FOR MORE INFORMATION OR TO BOOK A STALL, CONTACT SARAH ON 09 486 2098 OR EMAIL [OFFICE@TAKAPUNATRUST.ORG.NZ](mailto:OFFICE@TAKAPUNATRUST.ORG.NZ)



**SeniorNet North Shore will again have a stall at this well attended expo.**

Come and support your team and show prospective new members how exciting our club is!.

Visit other stalls to see what Active Ageing is all about.

We look forward to seeing you there.

## Parking:

Requires meter payment if parking nearby or you can park free for three hours at the Mall.

## Buses:

Stop on Lake Road near the Mall – short walk to venue....much less hassle than trying to find a park!!

## NEW TUTOR SESSIONS. ENJOY

### NEW AND INTERESTING TUTOR SESSIONS

NOVEMBER  
2019

Session	Description	Tutor	Date	Time
Travel Advice	Share advice, tips to make you a more savvy traveller and, through sharing one another's photos and stories, learn about different places, their cultures, history and customs.	Glen Plaistowe	28-Nov-19	10.00am
Music and Computers	Exploring the various methods of finding and listening to music by using your computer, the ways music can be created on your device, options for storing and editing your music collections	Ian Handricks	9-Nov-19	10:00am
Word Processing	Tips and Tricks to help you maximise your skill in using either MS or Open Office	Glen Plaistowe	7-Nov-19	10.00am
Powerpoint	How to make stunning presentations	Campbell Stanford	18-Nov-19	10.00am
Photoshoot	Long Bay Beach - Photography Group	Rex Oddy	(29 Oct 2019)	10.00am

**Speaker is Tom Spratt, head of Information and Communications Technology (ICT)  
Auckland War Memorial Museum.**

**Topic: Auckland Museum - On site, Off site and Online**

Tom says : General topics will be:

- Our digital transformation strategy
- Getting it out there
- Technology in galleries and exhibitions
- Emerging technology in the Museum business
- Our Documentary Heritage services (including ancestry)
- Questions

I will be the speaker representing a number of contributors, primarily for our Documentary Heritage team.



*Editor speak : Could be something good here for our Genealogists*

#### HOW TO JOIN SENIORNET NORTH SHORE

Members, if you know of anyone who would like to join SeniorNet North Shore, firstly advise them to view our website to get some idea of what is offered.

[www.seniornetns.com](http://www.seniornetns.com)

Then contact Patricia Lough our MEMBERSHIP SECRETARY on 021 268 8677 and 413 6322, who will forward an Information Package that includes a Membership Application Form, which should be filled out and then returned to SeniorNet North Shore, PO Box 65357, Mairangi Bay, 0754. Annual fee is \$35 single or \$50 double. When the subscription has been received, Patricia will forward an acknowledgement together with a name tag that should be worn at all sessions. Our financial year is from 1 July to 30 June with the AGM held at the monthly meeting in August.



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**Commission for**  
**Financial Capability –**  
 information kindly  
 supplied by their  
 Fraud Education  
 Manager, Bronwyn  
 Groot who agreed to  
 their report being  
 published in our  
 Newsletter.



The Commission for Financial Capability (CFFC) is an independent government-funded organisation helping people to get ahead financially. We work to ensure the retirees of today and tomorrow are equipped with the financial knowledge, skills and confidence to make good financial decisions at every stage of their lives and reach retirement in good financial health.

### How the Story develops:

*Cecilie and Graham Dyer are no longer stressed about answering their phone thanks to a trueCall device supplied by the CFFC.*

A call-blocking device that prevents scammers and unwanted callers from harassing landline owners will be trialled by the CFFC, which is calling for volunteers.

The trueCall device has proved so successful in Britain that the British Government has allocated £500,000 to install trueCall devices in the homes of elderly and vulnerable people. British Telecom also supplies units for free. The machines block all recorded messages, silent calls and calls from numbers not pre-identified by the homeowner.

The CFFC's Fraud Education Manager, Bronwyn Groot, trialled the first unit she brought into New Zealand with a couple in Nelson, Graham and Cecilie Dyer. The Dyers, aged 85 and 83 respectively, were at their wits' end after dozens of late night calls, many from overseas numbers and potentially from scammers.

After Groot hooked up their landline to a trueCall unit, all unwanted calls stopped immediately. The Dyers initially thought the scammers had simply moved on to other numbers, until Groot showed them the data from the unit's software interface. Over a four month period it showed nearly 500 calls had been blocked, from countries as diverse as the UK, Turkey, Australia and Tunisia.

"Mrs Dyer broke down in tears," recalls Groot. "She and Graham said the device had literally changed their lives. They had gone from being stressed to the point of being unwell, to feeling like they could answer their phone in confidence again."

Many people, particularly the elderly, need to retain their landlines because they may have medical devices connected to them, it is how they connect to their social network and healthcare providers, and they do not feel confident in using digital phones. Unfortunately, scams and nuisance calls made through landlines have increased markedly in recent years, causing acute stress to those who feel invaded in their homes by unwanted callers.

The CFFC has now bought 25 trueCall units, valued at \$170 each, to trial for three months. Data will be compiled and a cost-benefit analysis completed to assess their effectiveness. British trials have shown that for every £1 spent on a trueCall unit, £36 are saved in funds potentially lost to scammers. Added to this is the relief of mental stress, which can lead to physical ill-health.

We are now looking for participants from throughout New Zealand to take part in our trial. They need to have a landline, have received numerous nuisance calls, and be prepared to take part in pre and post-trial interviews.

Potential participants can email [office@cffc.org.nz](mailto:office@cffc.org.nz) to express their interest.

Bronwyn Groot says she hopes to start the trial as soon as possible. "Ultimately we would love for a telephone company or the government to back the technology and supply units to vulnerable consumers, as has happened in Britain." FFC gave us permission to use any of their online information and requested that we acknowledge their involvement. They cover a wide range of Financial subjects including Retirement Villages and are well worth investigating. Their website is:

<https://www.cffc.org.nz/>

*Editor speak. These 19 tips will not fit onto one page therefore they will be spread over 2 or 3 consecutive months.*

If your PC is running slow, use these tips to help speed up and increase the performance of Windows 10. This month, we will walk you through 19 different ways you can try to speed up, optimize, and improve the performance of your device whether it's using older or modern hardware.

### 1. Disable startup apps

Many of the apps installed on your computer can configure themselves to launch automatically during startup and continue to run in the background.

However, if you don't use those apps on a daily basis, or you don't have a powerful device, they can waste valuable system resources, which can significantly slow down the experience.

Once you complete the steps, your device should now start faster than before. Of course, levels of improvements will vary depending on the applications you're disabling and your hardware configuration.

### 2. Disable relaunch apps on startup

Windows 10 also includes a feature that can restart the apps from your last session after a reboot even before you sign in to your account.

While this feature has been designed to speed up the process to quickly return to your apps, it can also impact the system performance.

After you complete the steps, apps you're currently running will no longer reopen during restart speeding up the overall system performance.

### 3. Disable background apps

Alongside the ability for apps to run at startup, certain apps can continue to perform a number of task in the background even if you're not using them.

If you want to increase the performance of Windows 10 as much as possible, you can disable the apps that you don't want to work in the background, or you can disable the feature entirely.

Once you complete the steps, apps will not waste system resources when you're not actively using them to improve performance.

Using the Settings app, you can only manage Microsoft Store apps. If you have traditional desktop apps running in the background, you'll need to adjust the settings in those programs.

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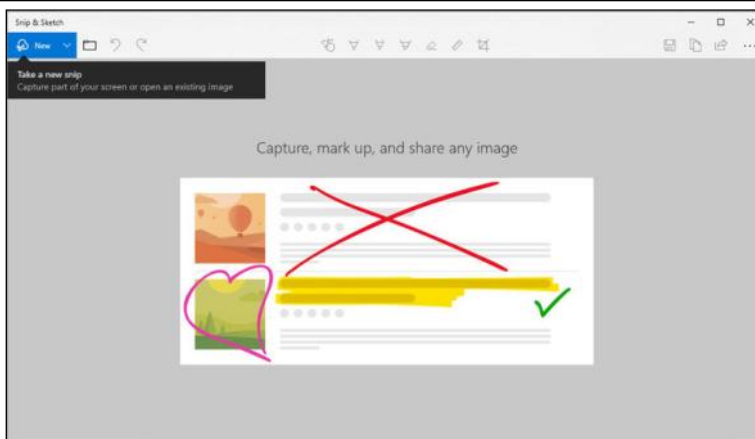
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With Windows 10's Snip & Sketch tool, you can create, annotate, save, and share screenshots. Here's a step-by-step guide for using Snip & Sketch to its full potential.

Since Win 7 you've been able to take and save screenshots using the Snipping tool, but with the Windows 10 October 2018 Update, there's a new screenshot tool. Known as **Snip & Sketch**, this app can take a shot of the entire screen, a rectangular section, or a freeform area that you draw. You can take an immediate screenshot or set it to snap via a timer. You can modify your screenshot by cropping, highlighting, writing on, or drawing on the image. When you're done, you can save, copy, and share the final image.



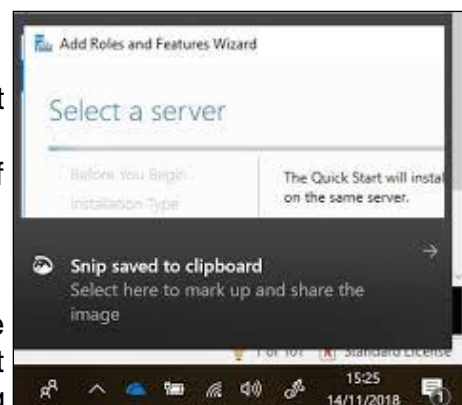
To start, click the Start button, scroll down the Apps list, and select the **Snip & Sketch** shortcut. To access Snip & Sketch more quickly, click the Action Centre icon and select the action for Screen Snip. Alternatively, you can press "**Window Key+Shift+S**" to start take a screenshot.

The Snipping menu pops up with three options.



- Click the first icon and draw a rectangle around the content you want to capture.
- Click the second icon and draw freeform around the part of the screen you want to capture.
- Click the third icon to capture the entire screen.

Once captured - a notification window pops up telling you that the snip was saved to the clipboard. Click anywhere in that window it will open **Snip & Sketch** program — which give you basic editing tools to crop, add, and save. It also allows you to share the picture by Win10 Apps such as Skype, Mail & Twitter.



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**Megan Brice** of Integrity Solutions proved to us that it doesn't matter what age you are the skills of being a great coach are invaluable in our everyday lives and particularly in relation to family/grandkids.

Megan provided us with Behaviour Charts which we individually completed to recognise what category we fitted into i.e. Talker, Doer, Controller or Supporter as our strongest characteristic and at what point we “fringed” into another sector. Some of us were a little surprised!

Understanding the way we “function” enables us to recognise what motivates others and how we can better relate to people and so assist with encouraging them to achieve. Megan emphasised the importance of mind-set and how this at times needs changing to enable development of self-worth and expansion of our belief system as our inner beliefs control all outcomes.

To portray the Coaching Process she illustrated with diagrams the five steps of the process:

Ask - Listen - Coach - Praise - Challenge

So prepare by Asking Questions, Listen without distraction, Coach by discovering constraints and gaining agreement, Praise with sincerity and expressing potential you see and Challenge with specific goals with time frames and follow up (I look forward to hearing how you get on).

We heard from 5 or 6 members who had experienced watershed moments in their careers and from some who had through work related or life coaching undergone a related process. Brian Cudby acknowledged that throughout his career with the NZ Army he had used methods of this type.

There was so much more to the morning but seemingly all of our members bought into the philosophy – enjoyed finding out “what sort of person we emulate” and were duly intrigued with the findings.

We did stop for a grand morning tea – thanks to members who brought along food – it was so good we did not need the chocolate bikkies this month.

*Megan has added this : “I had a few people talk to me about communication issues they had with family members and I would be very happy to help in a complementary way.”*

*For those who are interested, here is Megan's business card.*

