

#### **Next Sunday Meeting, 14 April 10am**

Our Speakers are Sachin Arulambalam and Nicholas Muir, joint founders of Origin VR. They will take the entire meeting and focus on the topic of Virtual Reality.

WEBSITE
CLASSES:
MEETINGS:
CONTACT:

www.seniornetns.com
TELEPHONE: 486 2163
Learning Centre, Suite 3, St John Ambulance Building, 2 Shea Terrace, Takapuna.

2nd Sunday of each month, 10am in the Hall, St John, 2 Shea Terrace, Takapuna.

The Secretary, SeniorNet North Shore Inc. PO Box 65357 Mairangi Bay, Auckland 0754

#### **COMMITTEE 2018-2019**

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#### April Newsletter – Chair Report

Our March Sunday Speaker told us that 25% of New Zealanders are awesome and 21% are nearly there. (See article in Newsletter). During the discussions it was obvious that our members have a wide range of interests, talents and abilities and so are very instrumental in "raising the bar" on Awesome.

We would love to expand the range of computer-related activities we offer and incorporate the skills of our members but need to know what type of groups you would like to see developed. One subject requested is music and we aim to start a session on aspects of obtaining, editing and using music — all for personal use of course.

#### We are pleased to welcome new member Helga Allegrini.

Do let me or a committee member know what additional subjects you would like developed and if you feel you could assist in developing the group we would be delighted. Potential subjects could be history, travel, card making, online jigsaws, learning mah-jong. There must be dozens of How To subjects we could explore.

Thanks to Peter Patten for volunteering his accountancy skills to calculate our equipment depreciation for our annual accounts in June. That is one hand up – we need three more please – backups to Secretary, Treasurer and Membership Secretary.

Do you like writing? Do you usually come to our Sunday Meetings? Our Newsletter Editor is looking for a member who is willing to write up 3 or 4 paragraphs about our Sunday Speaker each month. If you would like to take over this task each month I would be very pleased — it is not arduous but it would provide a fresh approach. Contact either me or the Newsletter Editor, Roger Willoughby. Contact details on left hand side of this page.

It is timely to thank our Editor who also arranges the Sunday Speakers. I don't know how he induces people to give up their Sunday mornings but he does and he sources a wonderful variety of speakers and subjects.

I hope the month ahead is interesting and rewarding for you.

Lois Kay

#### **Tutors' Notes Page 1**

#### 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 for me to answer - whether it be about Windows, Macs, the internet, smartphones, tablets, or some other topic. Each session will be different depending on the questions asked, so each month you can learn something new.

**April Special**: We will cover features of the Google Chrome web browser and how they can improve your life and online security e.g. secure browsing, managing cookies, saving passwords, using tabs, deleting your browser history, checking to see you have the latest version, private browsing... and any other questions you have.

#### Ask a Tutor: Barbara Anderson 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.

#### Computing Workshop and Help: Allan White

This session is suitable for people wanting to improve their knowledge of computers. If you need any help with the operating system or any programmes, please ask.

One session only this month.

#### Family Tree Maker 2017: Bernice Hyde

We are a smaller group who address any queries on the newest FTM program, so there is no set topic. Come along and ask for help.

#### First Friday Genealogy: Barbara Anderson

We will continue with the showing of treasures and searching for your problem ancestors. Bernice will show how she found something for my tree using the funeral director and the NZ records, so look for a few searching tips here. We will also cover a couple of things missed last session. If you have something you wish to share please bring it along or contact me.

Genealogy for Beginners: Campbell Stanford
With the plethora of information and advice
available nowadays for this addictive pastime of
genealogy, it is easy to be overwhelmed or intimidated.
This interactive programme aims to equip you with an
understanding of the principles, many research and
recording methods and loads of places to explore.

The three-session course will be held over consecutive fortnights. These will be on **Saturday** mornings April 13 and 27 and on May 11.

So far there has been a great response to our request for registration of interest. Pre-registration will be required and a \$15 total fee (plus printing costs for Course Notes). Please record your interest asap with Campbell Stanford at <a href="mailto:camstan69@gmail.com">camstan69@gmail.com</a>.

#### Genealogy Workshop: Lois Kay

Surprisingly (or perhaps not) there seems to be a continuing flow of Genealogy Websites for us to investigate. We have some new links and will continue with the theme of how historic events affected the lives of our ancestors. In addition Ian Handricks will be available to introduce a couple of new ideas and how he "handles" side subjects when writing family stories. He has spoken of this before but will show us "how to do it". The same method can be applied to all types of writing and reporting so very worthwhile.

## Happy Birthday, Internet: The World Wide Web Turns 30

Celebrate the internet's 30th anniversary with live-streamed World Wide Web Foundation events featuring Sir Tim Berners-Lee, contribute to a crowdsourced Twitter timeline, or travel back in time by firing up the original web browser. In March 1989, CERN computer scientist Tim Berners-Lee published a proposal for a "web" of hypertext documents that could be viewed through a "browser." Three decades later, the internet has reshaped the fabric of communication, global access to information, and society at large. How better to celebrate the internet's 30th birthday than with one big globe-spanning virtual party?

https://au.pcmag.com/news/61111/happy-birthday-internet-the-world-wide-web-turns-30

#### **Tutors' Notes Page 2**

Seen and forwarded by SeniorNetter Ian Fraser. Ian says sports journalist Phil Gifford had this story published. I like it.

Steve Hansen is not only a great coach but a top bloke, too. You have to go back to JJ Stewart in the 1970's to find the last All Blacks coach who could make you laugh out loud. JJ's best story? "Your Dad doesn't look very well son," he said to the wee son of great halfback Dave Loveridge at a Taranaki Sunday training. "No, Mr Stewart. He leaned over this morning and all his porridge fell out."

Link for Genealogists from Famnet March Newsletter. Early European Contacts with New Zealand (pre 1846)

Click on database of names

Then click on Search or Surname Index

This will open a site with 30,000 names of Europeans who visited/settled in New Zealand before 1846.

Enjoy

#### STOP PRESS STOP PRESS STOP PRESS

Tutor Bill Howell has just forwarded this. If you have any queries about this update, speak to your favourite Tutor. Thank you Bill.

By Joseph Carey published: Thu, Mar 21, 2019 "WINDOWS 10 is set for a huge Microsoft upgrade that could arrive for your PC very soon.

Windows 10 is Microsoft's computer operating system that typically receives two substantial upgrades every year.

Last year these were dubbed the Windows 10 April 2018 Update and October 2018 Update respectively. Each introduced a wealth of new features for Microsoft fans to get excited about.

The next upgrade for Windows 10 is expected to be called the April 2019 Update."

#### 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 on the iPad/iPhone and the various apps that support them.

#### 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.

## Photo-Editing (using apps to our advantage) : Brian Cudby

This session will be taking us down the track of exploring those photo-editing opportunities now available to us on our various devices. The intent is to reflect the - almost daily - changing nature of the way we use our devices to capture, change, store, repair and use images today. We'll start by discussing and deciding what our needs might be and then getting stuck in to meet them. Practically, we'll also work on the issues of how to move images between our various devices - cell phones, tablets, lap-tops, desk top PCs, etc. That will include the management of these files and the numerous free apps available to help us do this effectively.

#### 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

#### **Tutors' Notes Page 3**

## 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 of general interest images or both.

Technical for April will be panoramas taken with a camera or a mobile telephone. The April image display theme will also be panoramas. Bring your camera and or your phone to the tutorial. With panoramas in mind we are having a photoshoot at MOTAT on the 26<sup>th</sup> of March starting at 10.00 am. Meet at the MOTAT carpark in Meola Road, Westmere. We will travel from there to the main MOTAT area in Great North Road by free tram (SuperGold card required). Unfortunately MOTAT's Aviation Display area adjacent to where we will park our cars will be closed to the public at the time of our visit. As always the set topic isn't compulsory, so you may bring along any photos that you would like to display.



#### Recording Your Stories: Barbara Anderson

We will continue to look at the events we have lived through and record our family stories.

#### 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, lan will provide you with a hot list of new ideas, tips and tricks to explore and use.

#### **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

Then contact Patricia Lough our

MEMBERSHIP SECRETARY on 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.

**SeniorNet North Shore Inc.** makes no warranty, express or implied, nor assumes any legal liability or responsibility for the accuracy, correctness, completeness or use of any information that is available in this newsletter. SN NS Committee



Members of our club who have been to the Cartridge Centre have had good service from Lek Romley. Besides refilling usable cartridges for you, or selling new ones at competitive prices, Lek will happily give advice when needed.

A *bonus* is ample parking on their premisesl

Take me along for a SeniorNet discount.

27 Akoranga Drive, Northcote, Auckland Ph: (09) 486 3008 cartridgecentre@xtra.co.nz

#### **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

Changes after publication will be posted on the club website: <a href="www.seniornetns.com">www.seniornetns.com</a> Information NOT HERE??? Please phone Tutors

Schedule – April 2019								
Day	Date	Time	Session	Tutor	Phone	E-mail Address	D/T	Cost
Mon	1	am						
Mon	1	pm						
Tues	2	am	Advanced Windows	Bill Howell	478-5530	howell.trust@xtra.co.nz	D	\$3.00
Tues	2	pm						
Wed	3	am						
Wed	3	pm	Ask a Tutor (Must Book)	Several Tutors	479-6242	b.c.anderson@xtra.co.nz	Т	\$5.00
Thurs	4	am	Computing Workshop and Help	Allan White	441-9344	moele@xtra.co.nz	D	\$3.00
Thurs	4	pm						
Frid	5	am	First Friday Genealogy	Barbara Anderson	479-6242	b.c.anderson@xtra.co.nz	D	\$3.00
Frid	5	pm						
Sat	6	am	Tips and Tricks	Ian Handricks	029 477 4491	ianhandricks@gmail.com>	D	\$3.00
Mon	8	am	Photo Books	Bernice Hyde	483-5825	bernice52@xtra.co.nz	D	\$3.00
Mon	8	pm						
Tues	9	am	Photography	Rex Oddy	479-3105	rex.oddy@xtra.co.nz	D	\$3.00
Tues	9		Committee Meeting	_				
Wed	10	am						
Wed	10	pm						
Thurs	11	am						
Thurs	11	pm	Ask a Tutor (Must Book)	Several Tutors	479-6242	b.c.anderson@xtra.co.nz	Т	\$5.00
Frid	12	am	Photo Editing	Brian Cudby	480-9438	brian-pat.cudby@xtra.co.nz	D	\$3.00
Frid	12	pm	<u> </u>					T
Sat	13		Genealogy for Beginners	Campbell Stanford	600-1569	camstan69@gmail.com	Т	\$5.00
Sun	14		Monthly Meeting			All Members Welcome		<b>4</b> 0.00
Mon	15	am						
Mon	15	pm						
Tues	16		Advanced Windows	Bill Howell	478-5530	howell.trust@xtra.co.nz	D	\$3.00
Tues	16	pm	7 dvanosa vvii dovo	Diii 1 loweii	170 0000	nowon.trade @xtra.co.riz		ψ0.00
Wed	17		Recording Your Stories	Barbara Anderson	479-6242	b.c.anderson@xtra.co.nz	D	\$3.00
Wed	17	pm	Ask a Tutor (Must Book)	Several Tutors	479-6242	b.c.anderson@xtra.co.nz	T	\$5.00
Thurs	18	am	Field a rater (mast Book)	Covoral Fatoro	11.0.02.12	D.O.G. IGO IGO IGO IND		ψ0.00
Thurs	18	pm						
Frid	19	am	Genealogy Workshop	Lois Kay	478-3587	lois.kay@xtra.co.nz	D	\$3.00
Frid	19	pm	Schediogy Workshop	Lois ray	470 0007	1013.Rdy @ Xtru.co.riz		ψ0.00
Sat	20		iPad and iPhone	Ian Handricks	02947744 91	ianhandricks@gmail.com>	D	\$3.00
Mon	22	am	Easter Monday	Tarriananoks	02347744 31	ianianancio eginani.com>		ψ0.00
Mon	22	pm	Laster Moriaay					
Tues	23	am						
Tues	23	pm						
Wed	24	am						
Wed	24	pm						
Thurs	25	_	ANZAC DAY					
	25	am	ANZAC DA I					
Thurs Frid	25 26	pm	FamilyTrop Maker 2017	Pornico Hudo	102 5025	bernice52@xtra.co.nz	D	\$3.00
Frid		am	FamilyTree Maker 2017	Bernice Hyde	483-5825	Demicesz@xtfa.co.fiz	ען	φ3.00
	26	pm	Canadagy for Basings	Comphall Ctanfard	600 1560	comoton60@cmail.com	_	\$5.00
Sat	27	am	Genealogy for Beginners	Campbell Stanford	600-1569	camstan69@gmail.com	Т	ΦΟ.00
Mon	29	am pm						
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Mon Tues	29 30		Ask Me How	Toby Malcolm	004 440 4004	toby@triplesweet.co.nz	Т	\$5.00

#### **Report on Sunday Meeting of March 10**

Our Sunday Speaker, Phillipa Batts, was well equipped to speak on health with 25 years as a practical registered nurse, degrees in Sport and Recreation and a Diploma in Health Science and currently Operations Manager at Never2old at AUT.

Never2old is a multi-faceted programme targeting NZ Seniors to assist with strength and balance, social connections, education, adventure and challenge and overall wellbeing.

Wellbeing is defined as "the balance point between an individual's resource pool and the challenges faced consisting of a sense of vitality (get up and go), a positive approach, ability to bounce back, a sense of direction, choosing activities that provide fulfilment and independence, good social connections and the ability to take notice of the world around them and embrace new experiences and opportunities to learn".



Phillipa flanked by Tom and Lynn Cotter

**Emotional:** Feelings of satisfaction, optimism, mastery and being in control, a sense of belonging, a positive and realistic view of self and circumstances, being connected and able to manage one's emotional state.

**Social:** Loneliness and social isolation can lead to an increased risk to health and decline in daily activities. Happy people live longer.

**Intellectual:** Engage in mentally stimulating and creative activities, expanding knowledge, learning and discovering and sharing this knowledge. While normal ageing can lead to a slowing of mental processing, actual dementia is statistically relatively uncommon overall.

**Neuroplasticity:** The brain's ability to reorganise itself by forming new neural connections throughout life. This is now a proven fact.

**Spiritual:** Means different things to different people. It could be a walk in the park, it could be prayer or meditation. It may be assessing your values in life or examining and accepting other viewpoints.

**Physical:** Determined by choices we make including physical activity, nutrition, sleep, harmful habits.

#### The Ideal Formula:

- Regular physical activity
- Eating regularly
- Choosing mostly fresh, unprocessed food
- Keeping alcohol intake to a minimum
- Avoiding drug use

Get at least 6 – 8 hours of sleep a night

Well, SeniorNetters, as our Editor likes to call us – your club provides a number of the above opportunities, surely. We know you are already Awesome but perhaps you would like to be "More Awesome".

One interesting comment emerged – as older people and having dealt with the tribulations of life – we are better equipped to handle negative issues so you are - Never2old.



#### **Next Sunday Meeting 14 April 10am**

We are fortunate to have as our Speakers Sachin Arulambalam and Nicholas Muir, joint founders of Origin VR. They will take the entire meeting and focus on the topic of Virtual Reality. Here is a summary of their background.

Sachin studied Sports Science at the University of Otago, with Business and Accounting papers as his electives. In conjunction with this degree, Sachin also completed a Certificate in High Performance Sport through the Otago Graduate Course. Sachin has always had a strong passion for sport and exercise. This stems from his rowing endeavours where, during his studies, he was also Captain of Rowing for the University of Otago, as well as rowing for New Zealand for several years. This offered Sachin the opportunity to race and travel all over the world, such as; racing through the canals of St. Petersburg, Russia to racing down the Olympic course in Beijing, China.

After graduating and moving back up to Auckland, Sachin became involved with and founded Origin VR with Nick. Although a background and passion for high performance sport and exercise, Sachin found starting a business to be an incredible opportunity and, as such, decided to become a part of Origin VR. Having experienced virtual reality first-hand, Sachin has developed a keen passion for this technology, especially regarding the many applications that it has to offer.

In 2018 Nicholas was admitted to the High Court of New Zealand as an enrolled Barrister and Solicitor. Nick decided on a different career path, following his passion and focusing on starting and growing successful enterprises. He is currently employed by an Investment firm based in Papakura. It was here that he discovered the incredible technology of Virtual Reality and founded Origin VR through the firm alongside Sachin Arulambalam.

Nick's current fulltime focus is showcasing Virtual Reality to New Zealand through the start-up Origin VR. His passion for Virtual Reality stems from the countless opportunities this technology has to offer, ranging from gaming to injury rehabilitation.

#### Origin VR

Origin VR is Auckland's new launch pad for virtual reality experiences. We provide an entertaining and immersive experience you'll love. What do we mean by immersive? A total body experience, one that draws you in and focuses all your senses to the task at hand. Origin VR is a virtual reality hub that allows you to not just be entertained but tested, pushed to your limits, challenged to work as a team or immersed in a new way of travel, language or education. At Origin VR, we are passionate about the experience that virtual reality provides. Our goal is to introduce you to this new and emerging technology so that you can get comfortable and jump right into the experience yourself! Located right in the centre of the Auckland CBD and having the best equipment currently available, Origin VR can offer groups of friends, families and corporates the opportunity to experience this technology for themselves in a manner that has never been seen before in New Zealand.

As such, we look forward to the opportunity to speak to you on some of the more interesting facets of virtual reality, such as; virtual reality's countless applications, from gaming, to travel and to being able to help those with phobias or anxieties. As well as how virtual reality may be able to integrate into our everyday lives due to the technology's rapid progression. And what Origin VR is planning to implement in the near future to engage Kiwis and provide them with a more holistic view or virtual reality.



This incredible artist, Nikolaj Arndt, "chalks" drawings on a flat surface in such a manner as to give them three dimensions! He was born in a remote area of Russia in 1975, attended art school, moved to Germany in 2006, and since 2009 participates in street art festivals around the world, applying his special technique of 3D art. Enjoy.

#### 8 Auckland Transport reduced speed limits

#### Information from Auckland Transport

Auckland has a serious problem with people being killed and being seriously injured on our roads. In 2017, 64 people were killed on the region's roads (44% of which were speed related deaths) and 749 people were seriously injured. This represents a 78% increase in road deaths since 2014.

One of the most effective ways of minimising road trauma involves reducing vehicle speeds. That's because speed determines both the likelihood of a crash occurring and the severity of the outcome.

Therefore, we plan to reduce the speed limits of more than 700km of road in areas which pose the greatest safety risk to people.

#### Roads we plan to reduce the speed limits of

Under the Speed Limits Bylaw 2019, we plan to reduce the speed limits of some high-risk rural, urban and residential roads, as well as various town centres and the city centre. The changes would affect approximately 10% of the region's local road network.

#### Why these roads have been selected

The roads have been selected based on a number of criteria, namely their risk of death or serious injury as well as those with large numbers of vulnerable road users like pedestrians. 90% of the roads we plan to reduce the speeds of are rural roads. The remaining are made up of the city centre, town centres and residential roads.

#### Timeline

After reviewing the public feedback, we plan to implement new speed limits under the Speed Limits Bylaw 2019 in August 2019.

See this website for the roads which will be affected. https://at.govt.nz/projects-roadworks/safe-speeds-programme/speed-limit-changes-around-auckland/speed-consultation-searchable-road-list/

#### SeniorNet North Shore website

Editor speak: This is a request for you to respond to. Please indicate your views to Lois.

Some time ago our website was accessible only to club members with a password. We changed this about 4 years ago so that the website is open to anyone.

The issue of password protecting our website (or some aspects of it) has again been raised and your Committee would like your feedback as to the desirability or not of requiring a password for access. Please email me your thoughts or discuss it with a Committee member over the next two weeks.

Also, your committee is looking for a member who could undertake "special projects". This does not mean you have to be on the committee, just able to follow up on certain matters that could crop up from time to time. Again – please contact me if you feel you could help out. Lois Kay on <a href="lois.kay@xtra.co.nz">lois.kay@xtra.co.nz</a>

Auckland Transport planned traffic changes through



Hurstmere
Road –
starting early
2019.
To quote:

"There are

currently 56 car parks on Hurstmere Road. This will be reduced to 28 angled car parks to reduce vehicle dominance on the street. This has been factored into AT's parking strategy for the area. You will be able to drive north but only cycle south. Four mobility parking spaces will be available along the street" I think there are more than that at the moment! Link below provides further information. Start saving for your bicycle. https://at.govt.nz/projects-roadworks/hurstmere-road-

## Ray White.



On Windows 10, Disk Cleanup has been a handy tool for freeing up space after upgrading to a new version and for getting rid of junk files on your hard drive. However, beginning with the October 2018 Update (version 1809), Windows 10 is deprecating the tool in favour of Storage sense, which offers a modern experience with more features. You can continue to use Disk Cleanup, but it's probably time to stop. The reason isn't just because the tool will no longer be maintained, and future updates may break it, but also because concerns of potentially accidental deletion of personal files, and with version 1809, Windows 10 is also introducing a new option that allows you to delete everything within the Downloads folder.

The option isn't new, it was first introduced with Storage sense, but since most people have been using Disk Cleanup for years, and they're used to checking every item in the list without giving it a second look, it's easier to get confused and end up deleting important content alongside temporary files.

If you want to reduce the chance of accidental file deletion within the Downloads folder and other potential problems, it's a good time to start using Storage sense. In

addition, it's also important to start being more alert and remember to save those downloads that you want to keep in a

different location. Here's how to do all that.



on critical files used by Windows Defender Antivirus

Downloads
Files in your Downloads folder.

## How to use Storage sense to

delete temporary files

If you're running out of space, or you want to remove unnecessary files to reclaim disk space on Windows 10, use these steps:

Open Settings, Click on System, Click on **Storage**.

Under "Storage sense," click Multitasking the Free up space now option. Projecting to this PC Select the temporary files you

want to delete. Warning: Do not check the Downloads option, because you can accidentally delete important files.

Click the Remove files button. Once you complete these steps, the temporary files you selected will be deleted from your device making additional space to store more important





# Need help with computers?

#### Tekzone can offer you:

\* Genuine advice on what hardware and software is best for you

8.71 MB

- \* Top quality components from reputable companies
- \* Pick up & set up anywhere in the Auckland metropolitan area
- \* Transfer of files to your new computer

- \* Personal help at your office or home, any time you need it
- \* Broadband, Network & Wireless Setup
- \* Free advice on all related matters
- \* And, we charge only what we quote (no hidden extras)



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**TOTAL I.T. SOLUTIONS PROVIDER** www.tekzone.co.nz

09-4887725 021-838964

#### Tips 1 - 6 last month. Tips 7 - 12 this month

#### 7. Clean out your Registry

Under the Windows hood, the Registry tracks and controls just about everything about the way Windows works and looks. That includes information about where your programs are stored, which DLLs they use and share, what file types should be opened by which



program or just about everything else. But the Registry is a very messy thing. When you uninstall a program, for example, that program's settings don't always get cleaned up in the Registry. So over time, it can get filled with countless outdated settings of all types. And that can lead to system slowdowns.

#### 8. Disable shadows, animations and visual effects

Windows 10 has some nice eye candy -- shadows, animations and visual effects. On fast, newer PCs, these don't usually affect system performance. But on slower and older PCs, they can exact a performance hit.

It's easy to turn them off. In the Windows 10 search box type **sysdm.cpl** and press Enter. That launches the System Properties dialog box. Click the Advanced tab and click "Settings" in the Performance section. That brings you to the Performance Options dialog box. You'll see a varied list of animations and special effects.

#### 9. Launch the Windows troubleshooter

Windows 10 has a very useful, little-known tool that can sniff out performance problems and solve them. To launch it, run Control Panel and select System and Security > Security and Maintenance > Troubleshooting > Run maintenance tasks. A screen titled "Troubleshoot and help prevent computer problems" will appear. Click Next.

The troubleshooter will find files and shortcuts you don't use, identify any performance and other issues on your PC, report them to you and then fix them. Note that you may get a message that says, "Try troubleshooting as an administrator." If you have administrative rights to the PC, click it and the troubleshooter will launch and do its work.

#### 10. Get help from the Performance Monitor

There's a great tool in Windows 10 called the Performance Monitor that can, among other things, create a detailed performance report about your PC, detail any system and performance issues, and suggest fixes.

To get the report, type **perfmon /report** into your search box and press Enter. (Make sure there's a space between "perfmon" and the slash mark.) The Resource and Performance Monitor launches and gathers information about your system. It will say that it will take 60 seconds, but I've found that it takes several minutes. When the Monitor finishes, it will launch an interactive report.

#### 11. Kill bloatware

Sometimes the biggest factor slowing down your PC isn't Windows 10 itself, but bloatware or adware that takes up CPU and system resources. Adware and bloatware are particularly insidious because they may have been installed by your computer's manufacturer. You'd be amazed at how much more quickly your PC can run if you get rid of it.

#### 12. Shut down and restart Windows

Here's one of IT's not-quite-secret weapons for troubleshooting and speeding up a PC: Shut it down and restart it. Doing that clears out any excess use of RAM that otherwise can't be cleared. It also kills processes that you might have set in motion and are no longer needed, but that continue running and slow your system. If your Windows 10 PC has turned sluggish over time for no apparent reason, you may be surprised at how much more quickly it will run when you do this.

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#### This is where your iPhone was born

It is a normal Saturday in Zhengzhou, the capital of central China's Henan province. The sky over the Foxconn factory complex is obscured with a choking smog. Under the hazy sunset, hordes of workers have started to walk out of the production facility. The crowd thins out quickly.

But working conditions inside the world's largest iPhone assembly plant are not normal, as weaker demand for the mobile phones assembled inside the vast 1.4 million square metre (15 million square feet) facility has led to lower salaries and reduced

benefits from Apple's largest supplier.

The Zhengzhou facility, one of Foxconn's 45 factories scattered throughout China, began operations in 2010 and is equipped with its own group of customs officials at the factory gates to speed up the process of transporting finished iPhones to the nearby airport for export.

The special trade zone was created to allow goods from overseas to be imported without paying duties, while manufacturing and trade conducted inside receives exemptions from value added and sales taxes.

More than 100,000 migrant workers live and work inside the special trade zone, which accommodated around 300,000 workers at its height at the end of 2014.

However, the sharp drop in iPhone sales since the middle of last year, much of it due to weaker Chinese demand, has cast a shadow over the manufacturing giant.

Around two dozen workers told the South China Morning Post that their salaries had been cut at the end of last year, an unprecedented step in their experience.

Output from Foxconn factories, including smart phones assembled for Apple and other vendors, had been the biggest contributor to Henan's strong export performance.

Chinese Ministry of Commerce data show Henan's mobile phone exports - most assembled at Foxconn facilities - were valued at 211.6 billion yuan (US\$31.6 billion) in 2018, accounting for 38.4 per cent of the province's exports.

Foxconn's latest shipment data is not available, but information released by Zhengzhou's customs administration show that Henan's mobile phone exports plunged 23.7 per cent in January compared to a year earlier.

Apple CEO Tim Cook announced in January a 5 per cent fall in the company's fourth quarter revenue, attributed to weaker demand for new iPhones in China and fewer phone upgrades in the rest of the world. Apple's share price has dropped around 25 per cent since its October peak.

Foxconn Industrial Internet, Foxconn's smart factory and cloud computing division, was listed on the Shanghai Stock Exchange in 2018, and its prospectus said that 20 per cent to 30 per cent of its current



revenue is from a "well-known US brand", an obvious reference to Apple.

A Foxconn worker, who declined to give his name, told the Post that the peak production season last year lasted only about 20 days, which cut his salary from around 4,000 yuan (US\$598) in October to 3,000 yuan in November.

August is usually the start of the peak season, one month before Apple launches its newest generation of iPhones, and the increase in production usually lasts for four to five months.

"In September, our line supervisor told us that Apple added a new order for three million iPhone 8 Plus [units]. It only took us about 20 days to finish the production because we worked 18 hours a day in two shifts, including weekends. The peak season didn't last long at all," he said.

The basic salary for a worker at the Zhengzhou facility is 2,100 yuan (US\$314) per month, falling to around 1,500 yuan after tax, pensions and other mandatory deductions.

The average salary for a worker in the city of Zhengzhou in 2018 was 6,929 yuan (US\$1,035) per month.

According to Bloomberg, Foxconn plans to slash production costs by 20 billion yuan (US\$3 billion) in 2019 with a "very difficult and competitive" year expected.

Data show Foxconn's expenditure in 2018 was around 46.2 billion yuan (US\$6.9 billion), meaning its budget for 2019 would be cut almost in half.

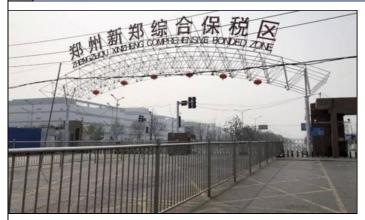
Henan's efforts to lure Foxconn to Zhengzhou were nothing short of Herculean, with official documents showing that as early as 2007, a team led by then mayor Zhao Jiancai was formed with the sole purpose of attracting the company to the province.

The Henan government mobilised all its available resources to accommodate Foxconn, Liu said.

"Foxconn didn't spend a single penny for its employee dormitory - the government got the real estate developer to construct the dorms and workers paid rent. Each city [in Henan] was assigned an allotment of workers that it had to recruit for Foxconn. For example, Zhengzhou was required to find 80,000 workers for the facility," he said.

Continued on next page

#### This is where your iPhone was born (continued)



Zhengzhou's tax subsidy offer - no corporate and value-added taxes payable for the first five years of production, with the normal tax rate then cut in half for the next five years - ultimately convinced Foxconn to locate there.

Followed the signing of a formal agreement in 2010, a new city was built for Foxconn's facility with hospitals, undergrounds, international schools and commercial properties quickly rising from what had previously been farmland.

Foxconn's Zhengzhou factory is located inside a special trade zone created to allow goods from overseas to be imported without paying duties. Photo / Cissy Zhou

Hundreds of thousands of migrant workers from Henan and other provinces flocked to the new city, and in 2011, Zhengzhou broke into the top 20 Chinese cities in terms of gross domestic product for the first time, according to the Dahe Daily, a local newspaper affiliated with the Communist Party-run Henan Daily.

But the good times did not last.

"It's like we put all our eggs in one basket. Henan relies too much on Foxconn for exports. When its orders decreased, both employment and exports were affected," Liu added.

"The government was aware of the risks and has been talking about optimising [the province's] industry structure, but so far we've hardly seen any progress.

"It's been very difficult for Henan to attract high-end industries to [Zhengzhou's] airport economic zone, so it's been difficult for [the province] to fend off economic risks."

Rumours surfaced that Foxconn had axed 50,000 seasonal workers after October, but most workers resigned due to a lack of overtime opportunities, resulting in queues forming every day to complete their exit paperwork.

The turnover rate at the Foxconn plant has always been high, but a dozen workers told the Post that it has been even higher since the end of last year.

Foxconn did not respond when contacted by the Post for comment.

Wang Yuanhong, a worker who joined Foxconn in August 2016, said they would normally have more than 140 workers for each production line during

peak season, but now there are fewer than 30.

He said some workers from the Zhengzhou plant have been forced to relocate to Foxconn's remote Tianyuan facility in Shanxi province, around 400km north, which currently accommodates more than 60,000 workers.

Another worker, who declined to give his name, said that activity on the company app which allows staff to check payroll and job openings had dropped to around 110,000 active users from 150,000 on a typical day a year ago.

Due to the high resignation rate, a Foxconn recruiter told the Post the recruitment unit was required to find 50,000 new workers in the next two months.

Current Foxconn employees are rewarded with a 1,000 yuan (US\$149) bonus for each new worker they recruit.

About two weeks ago, Taiwan Central News Agency - citing Chinese media - reported that the Zhengzhou facility had received orders from Huawei and the facility would recruit 50,000 workers.

Huawei had no comment when contacted by the Post about the report.

But Wang said: "Nobody has confirmed anything to us, but the truth is, my salary is decreasing."

 South China Morning Post, via New Zealand Herald

So who is Foxconn, referred to constantly in this article. This is what Wikipedia says:

# Hon Hai Precision Industry Co., Ltd., trading as Foxconn Technology Group and better known as Foxconn.

is a Taiwanese multinational electronics contract manufacturing company with its headquarters in Tucheng, New Taipei, Taiwan. Today, it is the world's largest contract electronics manufacturer and the fourth-largest information technology company by revenue. The company is the largest private employer in Taiwan and one of the largest employers worldwide. Its founder and chairman is Terry Gou.

Foxconn manufactures electronic products for major American, Canadian, Chinese, Finnish and Japanese companies. Notable products manufactured by Foxconn include the :

BlackBerry, iPad, iPhone, iPod, Kindle, Nintendo 3DS, Nokia devices, Xiaomidevices, PlayStation 3, PlayStation 4, Wii U, Xbox 360, Xbox One, and the TR4 CPU socket on some motherboards.

As of 2012, Foxconn factories manufactured an estimated 40% of all consumer electronics sold worldwide.