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Newsletter December 2021

From the Chair



We are almost at the end of another 'interesting' year. Life gets stranger as we wait at the stop sign for the transition from Alert Levels to Traffic Lights. SeniorNet Wellington has cautiously moved back to holding face-to-face meetings with limited numbers and registration for Special Interest Groups, as well as for the Help Centre.

Several planned courses and workshops have been postponed during these uncertain times, but we were able to help several members set up their My Health Account and access their Covid-19 vaccination and test records. We plan to return to offering a range of courses and workshops in the New Year. If there is a particular course or workshop that you would like to see offered please email us at wellingtonseniornet@gmail.com.

As part of our effort to increase awareness of, and interest in, joining SeniorNet, a small group of tutors, led by Allan Chee, ran an information and help session at Island Bay Community Centre during Seniors' Week. We also held a Visitors' Session during the week with a smaller response than usual, but not surprising given the Alert Level 2 requirements. In October, we made a joint submission with the Federation of SeniorNets on the Government's discussion document Towards a Digital Strategy for Aotearoa, which is quite light on digital inclusion, despite it being one of the three themes of the strategic framework (trust, inclusion and growth).

SeniorNet Wellington can only provide the services that it does because of the amazing volunteers who keep the place running. Tutors are most visible, but the unsung heroes are the office volunteers, who work in the background to field enquiries and ensure that messages get out on time,

CONTENTS	
From the Chair	1
Our Tutors	2
Windows 11	4
Exercise – A New Year's Resolution?	6
It takes a village	7
Telephone and Internet connection	7

courses run smoothly, records are up to date, and there is always a supply of tea and coffee.

Many current volunteers have been staffing the office 10am-12pm Monday to Friday for several years and some have finally decided that it is time for a change. We will be actively recruiting office volunteers in the New Year. The work is interesting with a mix of basic administration, answering the phone and maintaining the membership database. New recruits are given as much orientation time with an experienced team member as they need. Please consider supporting your SeniorNet by joining the office volunteer team. For more information contact Celia Simpson, ph 476-3830

Wishing you a very happy and restful Christmas and New Year.

Pam Fletcher

Introducing our tutors

We thought that you might like to know more about the volunteers that do such a great job of running SeniorNet Wellington and have asked them to introduce themselves. This edition we have three tutors.

Allan Chee - Chairperson of SeniorNet Wellington's Education Committee

I became motivated to teach back in 1974 when I was still with Telecom and taught the annual compulsory CPR course. I was an examiner for the Telephone Technician Transmission paper at that time, when a former colleague at Wellington Polytech, said to me "why don't you come and teach the paper instead of marking it", so I did, in August 1977.

I really became interested in technology after seeing a BBC documentary around 1980 called the "Chips are Down" which foretold how the microprocessor would change the way we work and live. It showed how a legal secretary manipulated paragraphs using a Word processor, and I immediately saw how that would make my life easier in producing labs, tests, student hand-outs and exams.

I also discovered that you learn more of something if you are required to teach it, but what I enjoy most is the interaction with my students, and the "light" or "ding" on their face when something I'm trying to get across "clicks" – to me it's "priceless"!

In terms of my qualifications, I gained my tertiary qualification of NZCE in Telecommunication, became a Registered Engineer Associate, and gained a Practising Certificate from the NZ Teachers Council. I gained vocational qualifications from Microsoft and the Cisco Networking Academy, including their instructors certificate.

I began teaching computers at evening classes around 1985. In 1988, as PCs took off, I developed a full-time TEC certificate course and in 1992 TEC approved my PC Servicing Certificate, which I later enhanced in 1999 to an Advanced PC Servicing Certificate to incorporate the Cisco Networking subjects. So that's what I did full-time from 1992–2005 and part-time till 2010. I retired in July 2005, and formally from all paid teaching in 2010.

Now I enjoy volunteer tutoring at SeniorNet Wellington, and I'm still learning new technology!!

Jill Allen - Help Centre

I became interested in technology when my husband started a new career after 30 odd years with expert assistants. He needed someone, me, to do his computer work. I was keen to learn so off I went to SeniorNet, as the need to get up to speed was paramount. Without this help I wouldn't have been able to produce what was needed.

It is one of the best things I've done. The business flourished; without SeniorNet this wouldn't have happened. I've been a volunteer tutor for about 10 years. It's great to be able to give back by volunteering.

Alan Royal - Help Centre, courses and convenor of monthly Q&A session

I'm motivated to be a tutor by the pleasure I get when I have been able to help a member solve a problem and the fact that it gets me out of bed each day knowing there are challenges ahead!

My interest in technology comes from learning about new things all the time and being able to stimulate others about the benefits of technology e.g. Google and You Tube.

I taught at Polytech and University but my other interest in technology and tutoring is to encourage recognition of issues around accessibility. We tend to think only of the visible issues such as sight, hearing and mobility. They are the tip of the iceberg. The major issues relate (especially in our generation) to cognitive and learning difficulties.

Windows 11

by Ricky Berg

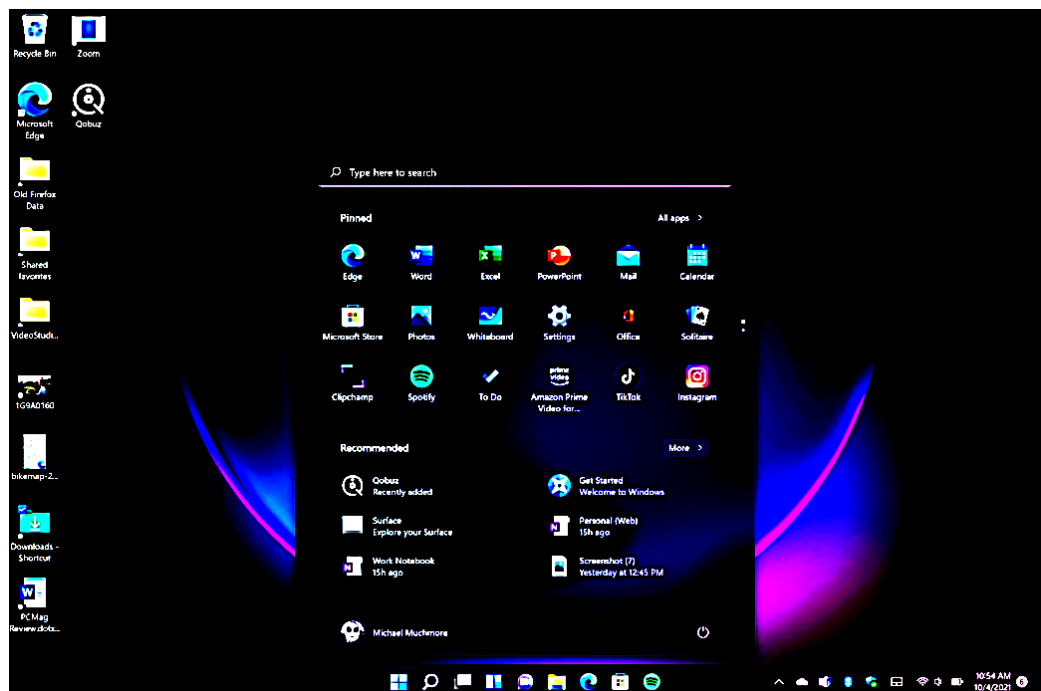


There has been a lot of talk recently about the newest version of the Windows Operating System. Essentially, Windows 11 is the successor to Windows 10, which has been around since 2015. The new package was released to the public on October 5, 2021.

Windows 11 features some major changes to the Windows interface including:

- a redesigned Start Menu
- the replacement of "live tiles" with a separate "Widgets" panel on the Taskbar
- the ability to create tiled sets of windows that can be minimized and restored from the Taskbar as a group
- Microsoft Teams (Skype replacement) being integrated into the Taskbar
- new gaming technologies inherited from Microsoft's Xbox hardware
- Internet Explorer browser (IE) replaced by Microsoft Edge.

The new desktop looks like this:



On the technical side, there are increased hardware requirements compared to Windows 10, with Microsoft only supporting the new operating system with updates on devices using an eighth-generation Intel Core CPU or newer (with some exceptions), AMD Ryzen CPU based on Zen+ microarchitecture or newer, or Qualcomm Snapdragon 850 ARM system-on-chip or newer. Windows 11 is built for UEFI secure boot and Trusted Platform Module (TPM) 2.0 support. Additionally, Windows 11 no longer supports 32-bit x86 architecture, or systems using BIOS firmware.

What all this technical jargon means is that if your computer is more than four years old, it is unlikely to be automatically 'offered' the upgrade, or even be capable of running Windows 11. There are, of course, some 'work arounds' to install Windows 11 on older machines (such as downloading the ISO version and performing a clean install), but there is no guarantee that everything will work as it did, or that your earlier Product Key and Activation will be recognised.

For many people who want to be on the cutting edge, a new computer is the answer, but with currently more than one billion active Windows 10 devices in the world, one suspects that corporates, organisations, and even small to medium-sized businesses will not be financially rushing in for new hardware just to get Windows 11

It is therefore worth noting that your Windows 10 computer will continue to be fully supported by Microsoft until October 2025.

If you would like to assess your own computer for Windows 11, use [THIS](#) web site, which provides both a description of the minimum requirements and a download link for Microsoft's PC Health Check tool.

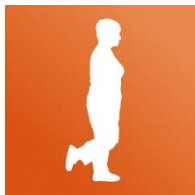
Technical and hardware requirements aside, Windows 11 has been described by many reviewers thus – “ *... The design is beautiful, albeit clearly inspired by the sleek rounded edges of Apple's macOS and iOS. It's a welcome change. Gone are the Windows 10 icons that haven't changed since Windows 95. On Windows 11, every interface has been touched up to appeal to modern eyes*”.

And – “*Despite its drastically new look, Windows 11 remains nearly functionally identical to Windows 10, with some new features and conveniences added in*”.

Exercise – a New Year’s resolution?

by Mary Newman

A [UK report has shown a marked decline in physical activity](#) in older people during the pandemic with resulting health problems. Summer is here and things are opening up now, but if you are finding that you are still not exercising as much as you used to, or are thinking of making it a New Year's resolution, you might like to try the internationally acclaimed Otago Exercise Programme.

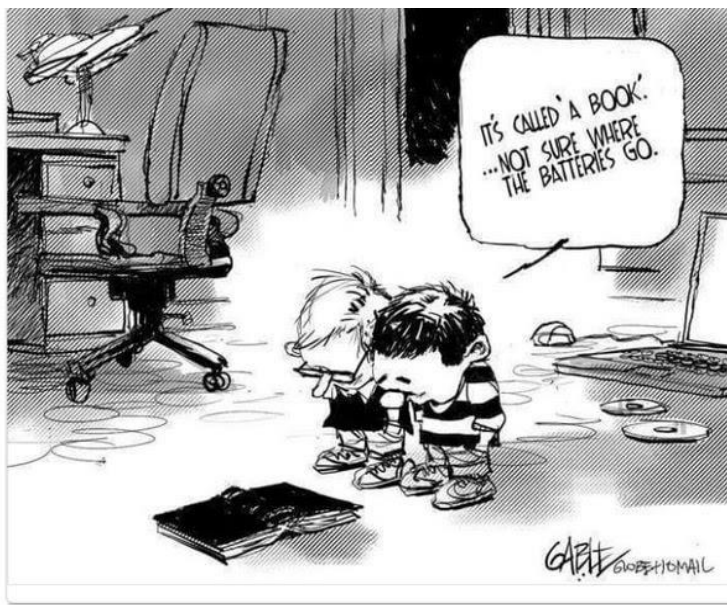


The programme was developed from University of Otago research: [Otago Exercise Programme to prevent falls in older adults](#). It includes strength and balance exercises and walking.

If you are confined to home there are several videos on YouTube you can watch, or if you like the idea of a personalised training programme, you can download the app to your phone or tablet from the Play Store or Apple Apps Store for \$10.58.

If group activities are more your thing, Age Concern runs [Steady as You Go \(SAYGO\)](#) falls prevention classes at several locations around Wellington. SAYGO is based on the Otago Exercise Programme. Age Concern also has some videos on YouTube and there is a 38 minute video on their website.

With thanks to Alan Royal for contributing to this article.



It takes a village to raise a child



If there's one thing everyone has learnt the hard way, it's the toll that isolation and loneliness can have. GrandFriends is an organisation that connects older people with families to combat such feelings. It is an invaluable way of benefitting both families that lack wider support, and older people

who might be in need of some more connection. GrandFriends has many families signed up, but are in need of more older people to join. If you're interested in being a 'surrogate grandparent' to families in need, read about GrandFriends and contact them via their [website](#) or phone Jo Hayes on 09 947 5815.

Telephone and internet connection plans

by Ricky Berg

At the moment, all of New Zealand's copper-wired telephone land lines are quickly being replaced in favour of fully internet-based systems. Some of you may have already been visited by Chorus technicians and had a fibre connection attached to your home (it's free).

Because of this, a large number of SeniorNet members will be, or have been, approached by their internet service provider to switch from telephone line connections (DSL, ADSL) to that of fibre optic broadband. Accordingly, I think it is also a very good time to re-assess your internet plan, for two main reasons –

Firstly, there are now some very good deals to be had for internet access, due to competition in the telecommunication business, and it really pays to 'shop around'. Unlike the 'old days' of just one telephone company, there are now many internet suppliers in New Zealand catering to an array of customer requirements. There are a number of very good web sites to assist with assessing internet suppliers and cost, such as [Glimp](#), [TopReviews](#), and [BroadbandCompare](#), which include cable, fibre, and mobile broadband (4G/5G) options. Finite term contracts (usually 12 or 24 months) often come with significant discounts. Secondly, if you are already on a contract with your internet provider, DO KEEP AN EYE ON WHEN THE CONTRACT TERMINATES!

I say this because internet providers are very slack at reminding customers when their contracts expire, *and will simply start billing you at their higher, standard rates* after the term expires.

So, take your time to consider your options, and remember that your internet connection can now be from any supplier using the new connection to your home, meaning that you do not have to use or stay with any single one of them. Further, your internet and telephone needs may not even need a 'wired connection', and you may be happy with just a mobile phone and/or a mobile internet access.



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