

## April 2025, Newsletter from SeniorNet Kāpiti

### From the Chair...

#### *Recent points raised by the Committee*

- Position of Deputy Chair, since the committee meeting we have had one nomination for Sue Connor for the position of Deputy Chair. This nomination is subject to ratification by the committee at the next committee meeting.
- A CPR demonstration is scheduled for the June tutors meeting.
- The Kapiti Coast District Council, have upgraded our fire protection systems, at the Learning Centre.
- In association with Age Concern, SeniorNet Kapiti held two Open Days in March. These were well attended by members and non-members which have resulted in new members. The second of these events was delayed due to the presenter's unavailability, at short notice. I Would like to thank those who worked hard to reschedule this meeting.
- We received a written presentation from Age Concern re Advanced Care Planning (ACP). Following discussion, it was agreed that the benefits of having such a plan in place be brought to the attention of tutors at their next meeting.
- A draft budget has been prepared for this financial year, it currently shows that we will be running a significant deficit. While we currently have the funds to sustain this, it is an issue that the committee are addressing.
- Our draft constitution has survived the membership review process with minimal changes being recommended.

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### Term 2, 2025 - Timetable

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Check out SeniorNet Kāpiti Term 2 timetable. Please check out the [courses](#) or [workshops](#) that you may like to include into your skill set for the future.

Our Tutors have a shared vision of helping our members get the most out of modern technology and keep up to date with new developments. Most importantly, they understand people's frustrations and have the patience to help with practical, easily understood advice.

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### What are you afraid of? - see what Peter Bunkall has to say;

I've been a member of SeniorNet (Kapiti & now also Tauranga) for 15 years and one thing which has never changed is the level of fear that many members have for technology. While I don't share that fear after 33 years working in the IT business, I do understand it and I saw it throughout my working life – it doesn't start at retirement!

I looked up the word "fear" on the internet and these are the definitions I found

**Noun**

*an unpleasant emotion caused by the threat of danger, pain, or harm.*

**Verb**

*be afraid of (someone or something) as likely to be dangerous, painful, or harmful.*

**Similar words:**

*Terror, fright, **fearfulness**, horror, alarm, **panic**, agitation, **trepidation**, **dread**, consternation, dismay, distress, anxiety, worry, angst, unease, uneasiness, **apprehension**, nervousness, nerves, timidity, **disquiet**, unrest, perturbation, foreboding, misgiving, **doubt**, suspicion, the creeps, the willies, the heebie-jeebies, the shakes, **the collywobblers**, jitteriness, twitchiness, butterflies, (in the stomach), aversion, bogey*

I've highlighted some of the emotions I see most when helping our members at SeniorNet. I think that people who are uncomfortable with technology are mostly concerned that they might either "look silly in front of others" and/or "they might break something on their laptop or phone".

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That's where SeniorNet comes in! We're here to create a friendly, welcoming environment where you can learn without fear of criticism and where there are always people who can help you avoid breaking anything.

Very few SeniorNet Tutors are actually IT experts - most of our tutors came to us wanting help themselves and have slowly overcome their fear/doubt/collywobbles by attending courses and workshops. By seeing that a little knowledge here or a quick fix there is often all it takes to resolve a problem, they, along with so many other members, have grown in confidence to the point where they can now confidently help others.

Computers / laptops / phones / tablets are all just modern tools designed to make our lives easier. Sadly, they are not always easy to use but I always come back to the fact that they are "just a tool".

With patience and by attending courses & workshops available at SeniorNet you can learn how to use these powerful tools. It doesn't happen overnight but as you learn, you will find uses for them in your daily life. It might be keeping a **calendar** of all your appointments (*after all, retired people are often busier than working people!!*) or using **WhatsApp** to keep in touch with friends and family around the world or using **Gaspy** for finding the cheapest petrol station to fill up your car or just the **camera** for taking pictures of things that interest you (friends, family, the garden or the beautiful Kapiti Coast – it's your choice!).

Please don't be afraid of your laptop or phone. Embrace it as a tool to make your life easier and come along to SeniorNet where we will help you learn how to get the most out of these magical devices.

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From **Val - Marketing Coordinator**

- Marketing
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- SeniorNet Kapiti will contact Coffee News to get a notice in their “not-for-profit organisations” section.
- We are following up with the Real Estate publications to see if they will include a “What’s on in Kapiti” section in their publication or failing that if one of the real estate agents may see some benefit to them of including this in their ads.
- We are following up with Shoreline in Waikanae who may be able to screen a 15 second promotion using Digital Cinema Package.

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### **Recent events opened opportunities for SeniorNet Kapiti**

- A “How Do I” session was held at Summerset Retirement Village on 9 April. We enjoyed the interesting requests from the attendees who came along.
- The committee considered a request to allow non members to attend SeniorNet Kapiti courses and workshops. The new constitution will give us some flexibility in this area. However, our primary emphasis is to support our members and to ensure that the community is aware of the service that we offer.
- We have always encouraged our members to bring their friends to 1-2 workshops free of charge. This offer has been expanded to allow members of the public to attend courses and workshops. The fee for non-members to attend will typically be twice the fee. This will cover the loss of our SNAP payment from the Federation and other costs that SeniorNet Kapiti incur when running this learning centre.

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## **SeniorHangouts**

- Members are encouraged to sign up for SeniorHangouts. Members can sign up easily by:
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- Sending your name, email address and phone number to SeniorNet Kāpiti.
- By doing the above step, you are confirmed as a SeniorNet Kāpiti member, which helps the process along.

After a few days you should receive an email from SeniorHangouts confirming your registration and asking you to log in and setup a password to access SeniorHangouts.

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*We are a Registered Charity No.CC22420 and your Membership No.*

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