
Weekly Update for 30th September 2024

1 message

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Sun, Sep 29, 2024 at 10:56 AM

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**Weekly Newsletter for the 30th September 2024****Our Purpose - To Sustain or Enhance Members' Mental Health and Wellbeing.**

Tuesday Talk Oct 1st**Pinball machines with Grant Sewell**

Grant will share with you a journey back in time with a passion for old Arcade machines. Especially Pinball. Come and hear about their worldwide revival and the largest private collection in NZ. You'll also have an invitation to come out and play them. If you have a favorite machine from your youth, you'll probably find it here.

Artificial Intelligence Has Entered the Shed !



Further to an introductory talk about the capabilities of AI several members proceeded to try it out this week

Douglas Ormrod **wanted to see if a giraffe could drive an Austin 7**, so he got AI to produce a picture.



Another **researched a medical condition** and discovered things his doctor hadn't told him.

Another realized he could **edit and polish his autobiography** with anecdotes from his life on the farm.

And yet another wanted to know if some prospective new members **could read numbers correctly**. Is this a 6 or 9 ? AI generated a copyright-free unique picture to help him assess their intelligence.



If you want to have a go just search **"Chat GPT"** in Google, register, and ask a question.
Just like you were talking to someone in the shed.

Conservation Crew Hard at Work



Members of our "All-Star" Conservation Crew in the Barn, Phil O'Flaherty and David Cope, were seen busily fulfilling an order for 12 Ruru (Morepork or Ow) boxes and 10 Weta Condos to go to DOC Whanganui . We are getting well known for our quality and consistency.

Alan Minson is chasing a 100-piece order for Weta Condos. The team has also just finished 30 custom-made rat Traps for the Kaipatiki Project in Grafton.

Lots happening in the barn despite the media reporting a cutback in National spending on Conservation.

Wellness Group

Members met last week and had a great discussion. If you want to join the group talk to Peter Montgomery or Bob Lawton.

Hato Hone St Johns Mental Health First Aid Course

The Mental Health First Aid course will teach you the skills and knowledge to recognize and respond to someone experiencing mental health concerns.

Go [HERE](#) for more details.

Watch out for these Scams

A member bought a **Yale lock at the recent home show**. When he got home he scanned the QR code in the sealed pack for installation instructions and was asked for a \$59 fee which he paid. **Turned out to be a scam!** Even though it was in a sealed pack!

Terry Moore had a friend in Stonefields have his email hacked. An email was sent to Terry asking hm to buy an iTunes card because his friend was too busy to do it himself. Terry bought one but before sending off he rang his friend to confirm the request and **discovered the scam**. Luckily he didn't send the iTunes card. Something to be aware of.

[Next BBQ Tuesday, October 8.](#)

**Daylight Saving is now here.
Have you put your clock forward an Hour?**

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Latest Kaipatiki Project Newsletter [HERE](#)

Latest Orakei Local Board Newsletter [HERE](#)



Mal's Corner

How did the magician cut the sea in half – he used a sea saw

We travel not to escape – but for Life not to escape us

The astronaut developed claustrophobia – he needed some space

Ronnie and Ronnie in the Pub.

Reminds me of some conversations in the shed :-))

Just click the image.



ENJOY YOUR WEEK!

Kevin H

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