PLANET 401

WHAA RAU MA TAHI

NOEMA

November

@centre401trust

www.centre401.co.nz

NOVEMBER 2024

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Disclaimer:

? Random Riddle: I am easy to lift, but hard to throw. What am I? ???

tahi

rua

WEEKLY WORKSHOPS

TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

Raahina Monday	COUCH TO 5K 9.30AM Departing C401	TE REO RANGATIRA 9:30-11 Training Room	TECH CLUB 11-12 Care Café
Raatu Tuesday	COUCH TO 5K 9.30AM Departing C401	JOBSQUAD 1-2PM Care Café By appointment only	
Raapa Wednesday	COUCH TO 5K 9.30AM Departing C401	WOMEN'S GROUP 10:30-11:30 MADJAM 10 - 12PM Training Room	NGAA TOI 1-3PM Training Room
Raapare Thursday	COUCH TO 5K 9.30AM Departing C401	Depression & Anxiety Support 11:30 - 12:30PM Training Room	STATE OF MIND 1:30-2:30 Training Room
Raamere Friday	WAIATA 9:30-10 Training Room GAMES CLUB 12:30-1:30 Training Room	ART O CLOCK 10:30-12 Training Room	MADJAM 1-3PM Training Room MENS WALK 12-1PM Training Room

We look forward to seeing you :)

MEN'S WALK 2024

TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

Haere mai whakakoi i o taputapu

Every Friday from 27th of September - 29th of November

12 pm Training Room

Come along for a journey of what it means to be a man and how we can support each other. This ten week haerenga focuses on sharpening our tools and developing our brotherhood to be the best we can be for ourselves, our loved ones and future generations. All Tane welcome.

Christmas at C401

Join us on the 12th of December

Fun, Games, Food

You will need to register! Please call reception!

📞 07 838 0199

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Tech talk

BLOCK CHAINS

You've probably heard of Bitcoin or Ethereum, but these are just specific uses of blockchain technology. Right now, one Bitcoin is worth about NZ$100,000 (I really wish I'd started mining it when it first came out!).

So, what exactly is a blockchain? In simple terms, it's a system that keeps a secure, transparent, and unchangeable record of transactions without needing a central authority like a bank or government to oversee it. It works like a chain of blocks, where each block contains details of transactions, a time stamp, and a reference to the previous block. This creates a linked "chain" of blocks that shows the entire transaction history.
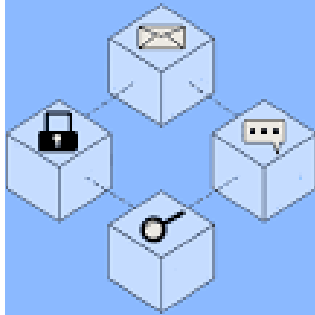
You can think of each block as a single transaction, and every block is connected to the ones before and after it in order. This forms a record (or ledger) of all transactions in the system.

One key feature of blockchain is that it's decentralized, meaning no single person or organization, like a bank, controls it. Once a block is added to the chain, it's almost impossible to change the information inside it, because altering one block would mean you'd have to change all the blocks that follow. The whole transaction history is visible to anyone with access to the blockchain. Even though personal identities can be kept private, the transaction details themselves are open for everyone to see.

Each block is secured with a hash (a special code created by a cryptographic function), and this hash ties it to the previous block. If anyone tried to change a block, it would break the chain, making tampering obvious.

Here's a real-world example: California's DMV (Department of Motor Vehicles) is using blockchain technology to prevent fraud in car sales and title transfers. Since each car title is stored in a block, every change is recorded, making it easy to track the full history of ownership.

Blockchain can also be used in supply chain management, where it helps track products from their origin to their final delivery. This ensures transparency and helps reduce fraud by verifying the journey of goods every step of the way.
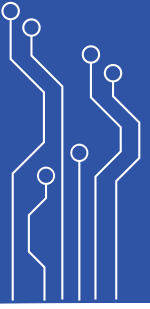
Blockchain

[ˈbläk-ˌchān]

A digital database or ledger that is distributed among the nodes of a peer-to-peer network.

Investopedia

whaa

Tech talk

5 SIMPLE COMPUTER HACKS

1. Lost your computer or phone?

Losing your phone, laptop, or other technology comes when you least expect it – otherwise it wouldn't be lost so easily – so it pays to set up some safeguards while you can. iPhone users can enable Find My iPhone, and Android users should enable the Android Device Manager, which allows you to track your phone if you lose it. Of course, the best solution is making sure it doesn't get stolen in the first place, and making sure all your personal data is locked down. Which brings us to our last tip…

2. Computer maintenance

Computer maintenance has become quite confusing over the years – between defragging, cleaning up temporary files, and other tasks, it's almost like trying to maintain a car. Luckily, it's gotten easier as the years have gone by: you only really need to do one or two things to keep your computer running fast and smooth. Lifehacker have done the hard work for you and have written a guide on Windows maintenance and Mac maintenance.

3. Keep your computer free of crap!

Ever wonder how that Yahoo toolbar got on your system, or why there's just so much junk installed on your machine? Having so much junk on your computer can be a huge problem, but that doesn't mean you have to take it. With the right tools and a little know-how, you can avoid that crap forever: just uninstall the stuff that came with your system, and learn the ways that companies trick you into installing stuff you don't want. Keeping your PC nice and clean.

4. Keep your Computer free from viruses

It's a good idea to learn the difference between viruses, trojans, and other kinds of attacks. Next step, install some good antivirus – we recommend using Bitdefender. You can (and should) even get antivirus for your phone as an extra precaution. But at the end of the day, the best way to avoid viruses is to use common sense: don't click on links that look suspicious, don't install programs from untrusted sources, don't open up attachments that you aren't expecting.

5. Shortcuts make everything faster!

The great thing about computers is that they can do a lot of things much faster than a human. There is an enormous amount of shortcuts that allow you to save time, such as Ctrl+F to find a word, Ctrl+S to save the file you are working on, Ctrl+P to print, or Ctrl+T to open a new tab in your web browser. Learning them might seem like more trouble than it's worth but after you use a shortcut one or two times, you'll wonder why you ever used a mouse.

How do animals help our mental health?

Having a cat or dog is associated with higher psychological well-being. For people with depression, patting or playing with their cat has been shown to reduce symptoms (although this was over a short, two-hour period and can't be extrapolated longer-term). Cats and dogs have lived with humans for thousands of years. And long before cat memes and viral Tik Toks took over the internet, they've been comforting us with their purrs and making us laugh with their weird antics.

But what does the research say — are cats and dogs good for us? Owning a pet is associated with less social isolation. And some cat owners say "providing for a pet" increases their feelings of enjoyment and sense of purpose.

However the benefits of the relationship may depend on how you relate to your cat. People who own — or have owned — a cat have a lower risk of dying from cardiovascular diseases such as stroke or heart disease. This result has been repeated in several studies.

However, a problem with interpreting population studies is they only tell us about an association. This means while people with cats have a lower risk of dying from cardiovascular diseases, we can't say for sure cats are the cause.
Cat ownership has also been associated with some positive changes in the gut microbiota, especially in women, such as improved blood glucose control and reduced inflammation.

Ono

MADPRIDE 2024

80'S vibes

MAD PRIDE 80s – WOW! It was a groovy night and an amazing opportunity for all of our performers. We started off on rocky ground but once we got our boogy on we were ready to see our talented muso's ROCK!

To our performers – YOU GUYS WERE GNARLY!
We wouldn't have been able to hold this event without you. A special mention to our Auckland friends, as per usual you're always supportive and ready to perform your fantastic songs on the drop of a dime. Huge mihi to our decorating superstars who made our venue look fantastic!

IRON SAINT AWARD

IRON FIST AWARD

Whitu
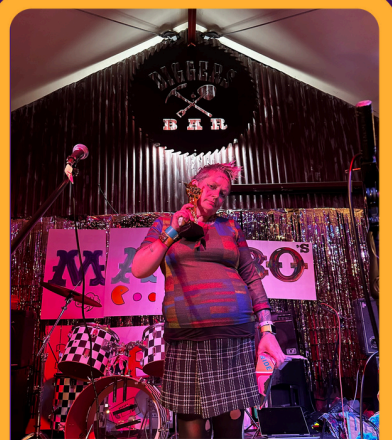
This was awarded to The Incredible Saxophone player. This award is about perseverance, having the ability to inspire others, resilience, never giving up, and sticking to the world. Congratulations to the Iron Saint award winner 2024!

Trophies were awarded on the night in memory of Louisa Talbot. Both trophies reflect her passion and commitment to bringing music and the arts to our C401 whaanau. Trophies kindly donated by Ira Priestly

This was awarded to the Amanda who fully encompasses the passion, energy and commitment to music and the arts that Louisa demonstrated in every aspect of her life. Whether it was through her love of music or her capacity to show kindness; she was always ready to step up and beyond to make the impossible, possible. MH illness does not determine who we are and what we do and louisa role modelled that everyday of her life. Congratulations to our Iron Fist award winner 2024!

MADPRIDE 2024

Tips for
Loneliness

1. Try to do some enjoyable things that will keep you busy. One way of trying to manage loneliness is by keeping busy and doing things we enjoy. This might be a hobby such as a bit of gardening, going to the gym or even sorting out your kitchen cupboards, jigsaws, puzzles or knitting. Small activities can give you energy and positive feelings. It's important these things are fun or fulfilling.

2. Try to do things that stimulate your mind Activities that occupy your mind can help with loneliness. This can include the benefits of taking courses or listening to podcasts on topics from comedy to fitness. This can be stimulating and something as simple as listening to the familiar voice of someone you like can help you feel less lonely.

3. Try to engage with the people you meet in your daily life. It can be hard to talk to others when you're feeling lonely. However, trying to connect with the people you meet as you go about your day can be helpful. Even catching someone's eye and saying "hi" as you walk along can make you feel better. Or it could be about saying hello to the postwomen or postman or going to the shops and talking to the person at the checkout. By sharing a polite greeting – you might find you give someone else a positive lift too.

4. Try to do things that stimulate your mind. Activities that occupy your mind can help with loneliness. This can include the benefits of taking courses or listening to podcasts on topics from comedy to fitness. This can be stimulating and something as simple as listening to the familiar voice of someone you like can help you feel less lonely.

5. Try to use social media in a positive way. Social media can help your mental health. But it can also affect it negatively. The key is to use it in a positive way. Finding digital communities, you share interests and passions with can help. Most importantly be aware of how you feel when you use social media and focus on topics and activities that work best for you.
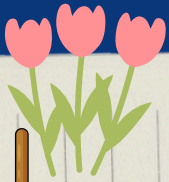
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FUNNY FARM

" QUOTATIONS "

The future belongs to those who believe in the beauty of their dreams.

Eleanor Roosevelt

None but ourselves can free our minds.

Bob Marley

How many lips does a flower have?
Tu-lips!

What did the tired toilet say to the plunger?
Im flushed.

Why was the sand wet?
Because the seaweed.

What did the poop say to the fart?
Wow, you really blow me away!

What are the strongest days of the week?
Saturday and Sunday, all the others are weekdays

Why do people fall asleep in the bathroom?
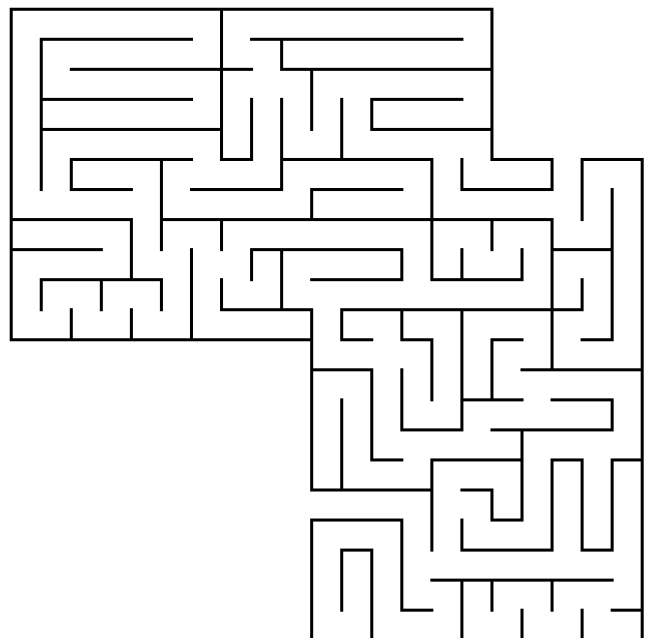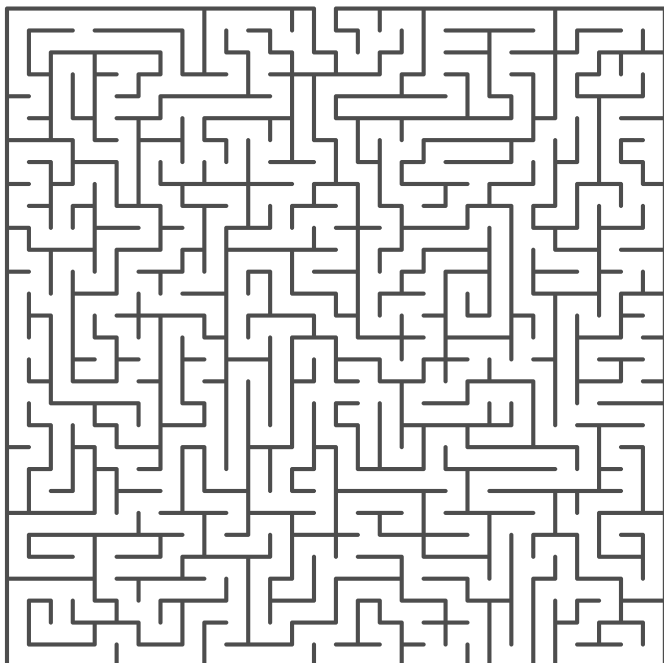Because its also called a restroom!

If you have anything funny that you think may lift some ones mood - email to reception@centre401.co.nz

PUZZLE OF THE MONTH

tekau

PLANET 401

WHAA RAU MA TAHI

WORDFIND

A	O	F	R	I	D	G	E	L	C	H	F	I	P
S	P	B	T	P	B	Y	C	C	L	O	S	E	T
C	A	E	F	L	O	H	M	T	O	S	T	O	C
S	I	D	A	A	T	P	S	U	C	R	P	M	R
I	N	R	R	N	F	O	F	C	K	T	L	B	E
B	T	O	T	T	A	R	S	E	U	S	S	I	T
A	I	O	E	S	N	T	P	U	R	S	E	M	S
T	N	M	P	F	R	A	M	E	F	O	R	K	A
H	G	R	O	O	L	F	R	O	R	R	I	M	O
R	B	U	T	H	T	A	B	H	H	R	C	T	C
O	P	E	N	O	H	P	E	L	E	T	O	S	C
O	S	B	M	A	T	T	R	E	S	S	U	P	L
M	R	L	P	O	M	P	L	A	T	E	C	O	N
O	N	O	I	S	I	V	E	L	E	T	H	O	M

PLANTS
COASTER
TISSUES
BEDROOM
MOP
PURSE
CLOCK
FLOOR

POT
BATHROOM
TELEVISION
FRAME
CLOSET
MATTRESS
TELEPHONE
BATHTUB

MIRROR
FAN
PAINTING
PLATE
TROPHY
COUCH
FORK
FRIDGE

HAVE AN AWESOME NOVEMBER!

Tekau Ma Tahi

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