

## Issue 1 - January 2017

### In This Issue

Editors Message; Chairman's Report - iPhone turns 10, - Voice Assistants Strides Ahead - Mobile Malware threat on the rise; Installing Summer; Lucky Dip URL's; Musings from the Serviceman Who Tells; SeniorNet Wellington Has A New Website; More learning activities- Tutorials, Workshops, Short Courses; SeniorNet Dates To Remember; SeniorNet Wellington Visitors Session 26 January; Supervised practice session; Volunteer Forum – 2 February; Clinic Session; Majority Struggle With Tech; Siestas Could Be The Secret To A More Active Older Brain; Some great contributions from our members – lots of information; problems; Keep up to date with our events; COG Magazine Notes for Dec 2016 - Jan 2017 (attached); The Reverse Bucket List (attached);

#### Editors

#### Message

#### By

Natalie

### Welcome to the 2017 New Year & the January SeniorNet Wellington Newsletter

I hope you all had an enjoyable holiday period despite the somewhat disappointing and erratic summer weather. This is our first newsletter for 2017. There are a number of visual changes to the newsletter, some of which are in response to feedback from members.

- Underneath the letterhead you will find that each newsletter will now have an Issue number followed by the month and year of publication
- Pages of the newsletter will now be numbered

For This Issue Only: As the Chairman's column is quite lengthy for this newsletter the Editors Message will appear first.

Thank you to the members who have already kicked off New Year by donating content, of jokes, stories or computer related articles for the newsletter. The next newsletter will be early April 2017. Please don't be shy about contributing. Let's hear from you. Once again thank you!

Natalie Thornton – Email: [natalies.oe@gmail.com](mailto:natalies.oe@gmail.com)

## Chairman's Report

**Greetings all SeniorNet members, we're into a new year! 2017! I wish everyone a Happy New Year!**

Our Executive is due to meet for our first meeting of the year on Wednesday 25<sup>th</sup> Jan, so I don't have anything to report on SeniorNet matters as yet.

So I thought I'd make some observations since I last wrote in our newsletter. One-observation leads me to believe Santa has been good to our Seniors. I came across a couple of members who showed me their new iPad mini and iPhone, I wonder how many more have new or upgraded devices - lots I hope.

The other observation concerns the Technology page I was reading in the Dom Post last Wednesday – A headline on the front stating that the iPhone is 10 years old peaked my interest.

There were 3 main articles on the page- [iPhone turns 10](#), - [Voice Assistants Strides ahead](#) and [Mobile Malware threat on the rise](#).

### iPhone turns 10

Steve Jobs took to the stage in San Francisco on January 9, 2007. Saying "Every once in a while, a revolutionary product comes along that changes the world. Today Apple is going to reinvent the phone."

Jobs turned out to be right. The iPhone was the device that "conditioned us to expect to be connected to the global network every moment of the day"

But 10 years later, after Apple has sold more than a billion iPhones, and became Apple's largest source of revenue, its 10th anniversary comes at a time when the iPhone itself is no longer a status symbol. To the untrained eye, an iPhone, a Samsung Galaxy or another Android-based phone look much the same, especially in protection cases.

I can really relate to this, as I sit at the station waiting for my train and watch just about everyone there – including my self – with their smartphone out and I cannot tell at first glance if it's an iPhone or not.

"Each device matters less and less," said Bob O'Donnell, President and Chief Analyst of TECHanalysis Research. "We've passed peak smartphone." That has hit Apple. In 2016, iPhone sales slumped, leading the company to cut 15 per cent from the pay of Tim Cook, its Chief Executive, for missing performance goals.

The smartphone market may be saturated, with people holding on to their old ones longer. What matters more are the services. The devices themselves have become more like vessels than status symbols.

## Voice Assistants Strides ahead

According to Hayley Tsulayma there has been no killer gadget at this year's international CES technology show. Instead, something more subtle has emerged as the keystone of the tech world.

I'm talking about the smart, central voice assistant. Yes, even that may sound a bit old hat for those who've been paying attention. Techies have been talking about connected gadgets and the potential centralising power of artificial intelligence for years now.

The difference is that at this year's Consumer Electronics Show we're seeing so many high-quality gadgets that actually live up to that promise. We're out of the prototype stage and on to the practical. Rather than having to do a lot of research about what will work with your particular voice assistant, you'll be spoiled for choice. In fact, you almost can't turn a corner without seeing a product that features Alexa. Amazon's voice assistant jumped to an early lead in the market at the show. Whether Alexa can keep that lead, however, is debatable. Virtual assistants can now understand what you say and even interpret the many ways you may say it.

Shawn DuBravac, an economist for the Consumer Technology Association, said that machines now have the same word error rate – that is, the batting average of understanding what we've actually said – as humans. That's a change from a 23 per cent error rate in 2013, meaning that the tech is getting better, and quickly. That fact has made the dreams of a Star Trek-like computer come closer to reality.

The hope is that these assistants will move even beyond our sci-fi dreams and learn our habits and needs well enough to anticipate them. At the show, voice assistants were being shown off in cars, refrigerators, nightstand clocks – they were just in everything.

So, for me, we now have, Apple Siri, Microsoft Cortana, Google Voice, and now Amazon Alexa all vying to be our Voice assistant. We just have to learn and be comfortable at using our voice to control our apps and devices instead of tapping on a keyboard.

## Mobile malware threat on the rise.

This article started with a devastating story of someone named Cath whose phone had been hacked and locked except for a spinning penguin. Her phone was locked and trapped inside was a year's worth of irreplaceable photos, messages, appointments and contacts.

For Cath this was devastating: "I thought I had everything saved to the SIM, but that had been completely stripped of all information, photos, contacts, and texts. The photos in particular were the hardest loss to bear."

Sending her phone to her telco proved fruitless – they were unable to fix it. It wasn't a hardware failure. The only option that made any sense was malware, malicious software that is used to disrupt devices.

Mobile malware is becoming more commonplace both in New Zealand and overseas.

Mark Gorrie, Symantec's Australasian manager, said ransomware attacks (which sees PCs smartphones and other devices encrypted and locked until a fee gets paid) has increased by 163 per cent in the past 12 months.

Our part of the world is the third-most targeted region for ransomware attacks.

According to Symantec, cybercrime is also growing. Identity thefts happen on average every two seconds. Cybercrime affected 668 million people from 21 countries this year. Phishing attacks and other cyber-fraud cost US\$126 billion (\$180b) globally last year.

Phones are increasingly targeted by cyber criminals as more people use them for online shopping. The trouble is, it can be difficult to tell if a website is genuine with a mobile browser and it can be easy to click an innocent-looking link or advert that then installs malware on your phone.

Vodafone offers six tips to avoid malware.

1. Only install applications from official app stores: If you own an Android device, you can set it to only allow authorised apps to be downloaded from the Google Play store. Apple devices only allow apps from its store.
2. Do not jailbreak/root your device as this exposes it to threats.
3. Do not use the same username/ passwords across all your apps or sites.
4. Ensure your device has a password or PIN enabled. If it has a fingerprint scanner, use it.
5. Keep the operating system up to date. Doing so ensures your device gets protected against any current vulnerability that could be exploited by malware.
6. Install a mobile security app (it'll detect and block malware) as well as a cloud-based photo app which will back up photos so they're not lost should your phone be stolen/ broken or hacked.

The link below is a site for some antivirus apps for Android based smartphone

<http://www.tomsguide.com/us/best-antivirus-review-2588-7.html>

Allan Chee – Chairman

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Summer weather  
'bomb' moves in

## INSTALLING SUMMER in New Zealand .....

44% DONE.

Installation failed. 404 error: Season not found.

Please try again next year.



### **Lucky Dip URL's – supplied by John Cook –** [jcook@paradise.net.nz](mailto:jcook@paradise.net.nz)

**A classic song and dance routine.** This one will be enjoyed by all you not-so-young folk (like me!) who can remember the good old days at their local cinema. A classic song and dance routine by James Cagney and Bob Hope – to be found at <http://videos2view.net/Hope-Cagney.htm>

**A nice Christmas commercial from the USA.** Millions of kids mail their Christmas list to Santa at the North Pole each year and this keeps Santa incredibly busy trying to fulfil all the requests. Every once in a while a kid will mail a letter to Mrs. Claus with a special request which she passes onto Santa, except on Christmas Eve. Mrs. Claus saves these requests to take care of herself as Santa can't have all the fun making a kids Christmas wish come true. [www.youtube.com/embed/V5QPXhStb5I](http://www.youtube.com/embed/V5QPXhStb5I)

**Italy in Miniatur Wonderland.** Fans of things small and tiny will enjoy seeing what Miniature Italy looks like in this video from the Miniatur Wunderland in Hamburg, Germany. The attention to detail and work that goes into creating these small scale models is incredible. [www.youtube.com/embed/4RKdBPvII Mc](http://www.youtube.com/embed/4RKdBPvII Mc)



### 'Musings from 'The serviceman Who Tells' – Trevor King

#### Episode 69

##### Retrospective

One of the questions I have been asked, over the years, is "what are your qualifications" or "where did you get to know all about this stuff".

It is a long tale, stretching back to 1949 when I left school and went for a season to the CWS Longburn Freezing Works whilst waiting for placement at the New Zealand Broadcasting Service as a Technical Trainee. At Longburn the electricians workshop had several non-functioning radio receivers belonging to the workers stacked up awaiting repair. When it became known I had worked, after school, in Howard Rowland's radio shop, I was given the task of repairing them. I came back, on overtime, to do my official job at the Works.

In 1950 I got to 2ZA, "The Voice of the Manawatu" where I passed the First Class Certificate in Radio Technology in three months - I was still only 16 years old. That station broadcast weekdays from early morning but closed down at morning tea time. We came back on the air for the evening. Some of us had part time jobs fixing radios for the local retailers.

I started writing "The Serviceman Who Tells" for the magazine "NZ Radio and Electronics" a bit later. They paid quite well but needed to be reminded from time to time to do so. It was a parallel to a columnist in a similar Australian magazine "Radio and Hobbies".

I skip now, before you nod off, to the 1970's where my career had brought me after successive appointments in the then Industries and Commerce Department (where I was once Secretary of the Consumers Institute Technical Committee), to the Department of Internal Affairs.

Internal Affairs have always been the Department that does everything nobody else either wishes or can do. So I found myself appointed as "Senior Investigating Officer" for the Electricity Distribution Commission. I went everywhere gathering information and subsequently preparing reports. Occasionally I was challenged, "What are your qualifications- to be evaluating what we do here?" My B A in English Literature apparently did not cut the

mustard. This eventually got up my nose, so in April 1973 I obtained Registration, in Electrical Engineering, from The Engineering Associates Registration Board. I still pay for an annual registration, my "shingle" answers questions from folks that want their computer fixed but wonder what my credentials are.

### How Did I Get to SeniorNet

In 1991 I relinquished my position with the N Z Lotteries Commission after having retired from Internal Affairs in 1987. I did a couple of years as President of the N Z Association of Radio Transmitters, and around that time Ray Dixie of SeniorNet Wellington, shoulder tapped me. "SeniorNet requires a bit of technical help", he said. Subsequently, when our fledgling Newsletter needed copy, I resuscitated "The Serviceman Who Tells", this time with a computer focus.

### What Now

There are now computer fixers everywhere so the work no longer rolls in. Here are a couple of photos of what my current activities encompass. As a Registered Electrician I am able to service such equipment (and there is no competition in the neighbourhood either).

That's all for now, folks. Regards from Trevor [tc.koenig@xtra.co.nz](mailto:tc.koenig@xtra.co.nz)



This is my latest Amateur Radio machine. It really consists of a dedicated computer containing a shortwave transmitter and receiver.



The second is a photo of a recycled Quay Computer case containing the 13.8 Volt 20 Ampere power supply for the transceiver.

## SeniorNet Wellington has a New Website



Maureen Pratchett took over the responsibility for the SeniorNet Wellington website after our hard working webmaster Alan Royal retired last year.

Maureen has been working away behind the scenes for the last couple of months developing the new website which has been tested.

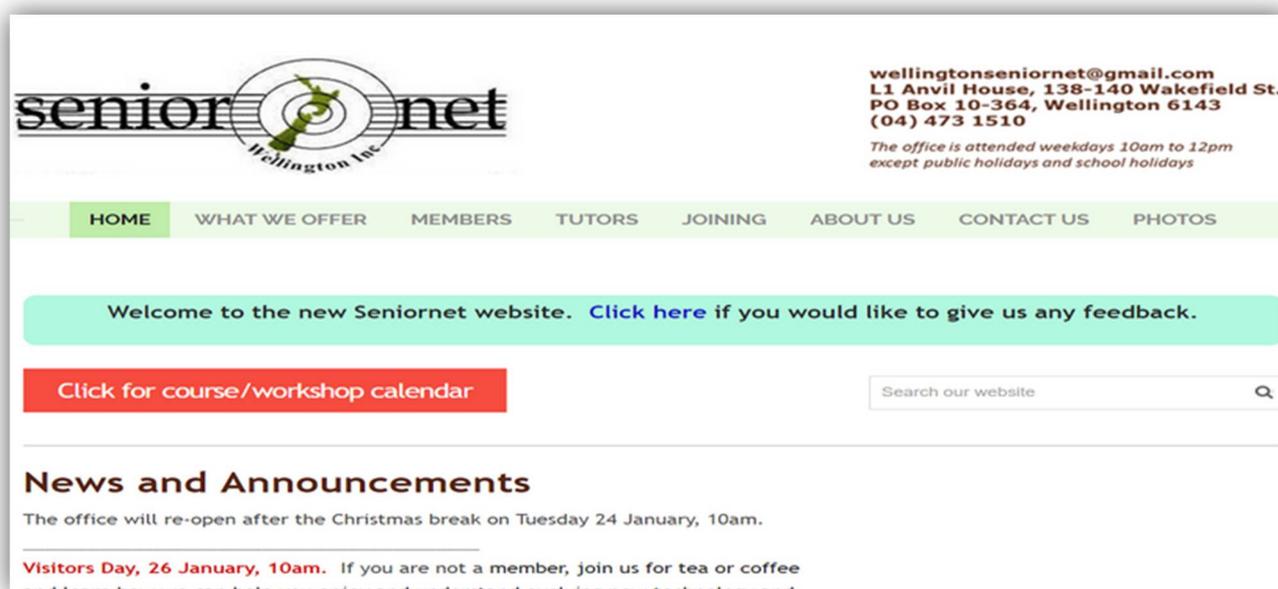
Our new internet website address is:

<http://www.wellingtonseniornet.co.nz>

The website went "live" on January 17. There is a re-direct notice on the old website address from the 18<sup>th</sup> January so if you click on an old web link or type in the old address you will see the link to the new website. It is expected that it will take some time for word to get around about the new website. After you open up the new website PLEASE SAVE IT IN YOUR BROWSER FAVOURITES.

- Please take the time to have a good look around the new website. Below is a breakdown of the home page which you will see a photo of on the next page. Click or hover on all the main menu sections

HOME WHAT WE OFFER MEMBERS TUTORS JOINING ABOUT US CONTACT US PHOTOS



- Wherever you see Blue text, this indicates that it is a hyperlink. Clicking on it will perform some action. The most common hyperlinks are to download a document (see the Newsletters page under the Member tab), send an email (see "click here" in the picture above) or sometimes to go to open a different web page.
- You will find News and Announcements on the main page of the website so check regularly – these may relate to office closures/opening dates, Visitor Dates, Volunteer Forums, etc
- There will be an announcement about latest newsletter releases so if you haven't received your copy of the newsletter by email please contact the Newsletter Editor or the Office.
- There will be Upcoming Courses and Workshops listed (with course name, date, time, place, cost if any, and the person to contact for registering for the course or workshop. Beside this will be a blue details button you can click for details.
- If you find any issues or problems with the website there is a link to click at the bottom of the page and we encourage you to contact Maureen if you encounter any issues.
- Please visit the website and have a good look around.

On a final note please do not hesitate to offer feedback. Please contact Maureen Pratchett Webmaster.

## MORE LEARNING ACTIVITIES

Please check our website <http://www.wellingtonseniornet.co.nz> for activities as they arise. Emails will be regularly sent to members in advance of activities.

**Tutorials:- 10am-12Noon** Tutorial or Interest groups as some people know them are a great opportunity to learn something new, learn from other experiences, share knowledge and enjoy fellowship while doing so. All members are welcome to attend these tutorials. There is no attendance fee for tutorials. The next in the monthly series are: -

COG; Wednesday, 8 February, 8 March

Digital Camera; Thursday, 9 February, 9 March

Android; Tuesday, 28 February, 28 March

Writing & Publishing; Wednesday, 22 February, 22 March

Apple Mac; Monday, 20 February, 20 March

Questions & Answers; Thursday, 23 February, 23 March

**Workshops: - 10am-12Noon** Special workshops on particular topics. Attendance Fee \$5

Facebook For Seniors; Tuesday 7 February

Smartphones; Friday 10 February

Japanese Trip on an iPhone; Tuesday 21 February

Your Settings for Windows 10; Monday 27 February

Skype; Wednesday 1 March

Google Tools, Tuesday 7 March

Win the Security War; Thursday 16 March

What's New in Internet Banking; Tuesday 21 March

**Please remember to register for Workshops you wish to attend. Register with the person running the Workshop not the office.**

The planning for the February to May SeniorNet Workshops is has been completed with one or two workshops to be confirmed so please check out the SeniorNet website <http://www.wellingtonseniornet.co.nz> for upcoming events and don't forget our online Calendar at <http://bit.ly/seniornetcalendar> *Hint: Click on the calendar item you are interested in and there may be more details about the course or clinic or workshop, etc.*

### **Short Courses** –

Introduction To Computers-

When : Every Mon, 2017, 10am – 12pm

Where: L1 Anvil House, Room 11 ([map](#))

Description: If you are a new computer user, this course will get you started. *Students can take 1 or more sessions depending on needs and prior experience.*

Topics will be tailored to students needs and may include:

- Use of mouse and trackpad
- accessing the desktop and menus
- Using your computer for everyday tasks (email, browsing the internet, games and applications)
- Switching between open applications
- Searching and finding files on your computer
- Personalising your desktop or home page

The cost: for each session is \$10 payable on the day. If you wish to take this tutorial please contact Lewis Rivers at [lewis.rivers@actrix.co.nz](mailto:lewis.rivers@actrix.co.nz) or txt Lewis at 0272962370.

**Please Note: Lewis will be running this course every Monday unless he is unavailable or it is a Public Holiday so please contact Lewis to let him know you wish to attend.**

Keep checking the website and online calendar for courses as it is still early in the year. Keep an eye on emails.

## SeniorNet Dates To Remember

### **Dates to Remember** –

SeniorNet Office Opening Date for 2017 – 24 January 2017

SeniorNet Executive – 1<sup>st</sup> yearly meeting – 25 January 2017

SeniorNet Visitors Day – 26 January 2017

SeniorNet Volunteers Meeting – 2 February 2017





## SeniorNet Wellington Visitors Session

We are holding another Visitor's Session soon. Do you know someone who you think might like meet people or who struggles a little or a lot with technology? Why not bring them along to our Visitors Session. All welcome Maybe it's a chance for you give a friend a gift voucher for one year of membership at present \$25.

When: Thursday 26 January From: 10am to 12 noon  
Level 1, Anvil House, 138 -140 Wakefield Street

Join us for tea or coffee and learn how we can help you enjoy and understand evolving new technology, and manage your computers, tablets, iPhones smart phones, and apps, for best results and benefits.

We share knowledge, learn together, meet friendly people, and have fun.

Annual subscriptions and course, tutorial, and workshop fees are modest.

For more information or to register, please contact:

John Nimmo, Phone 476 8771, email [john.nimmo@xtra.co.nz](mailto:john.nimmo@xtra.co.nz) or

Franci Stapleton, Phone 972 1990, email [fes@paradise.net.nz](mailto:fes@paradise.net.nz)

**Regardless of how much you know, there'll be something here for you.**



## Supervised Practice Session

**The 1st session for 2017 is 30 January**

*Out of practice, forgotten something – consider coming to a Supervised Practice Session –*

**Mondays 12.30pm – 2.30pm (except public holidays)  
Rooms 11 & 12**

For SeniorNet members to use the machines for practice and revision. Tutors will be available to help anyone who may have attended a lesson or workshop and feel they need a little more help. We encourage you to bring your own machines if possible.

Please remember that some programs may need a password to open, so bring your passwords. The cost is \$10.

Although no appointments are necessary, it would be appreciated if you could contact Ngaire Jackson at: [ngairej@gmail.com](mailto:ngairej@gmail.com) or phone 3892629 in advance, so as to ensure individual attention.

**Why not join the team of helpers** – it's a great way to rekindle your own learning and help others

## Dates To Remember

## Volunteers Forum – 2 February 2017

The first meeting of the year begins at 10:00am but come along to meet with your fellow volunteers for a cuppa at 9:30am. Marjorie will send an email closer to the date to remind our known volunteers but we welcome anyone who would like to come along and hear what volunteering at SeniorNet is all about. No obligation.



## Clinic Session: -

**Do you need help with your device?**

**The 1st session for 2017 is 30 January**

**When:** Every Monday during term (except on Public Holidays) from 12.30pm to 2.30pm.

**Where:** Anvil House, Level 1, Meeting Room 2, 138-140 Wakefield Street

**What:** Get help with your computer -related problems. Bring your laptop, tablet, or phone - and all associated cables, discs, manuals, power connection and so on. Don't forget your mouse.

Come at 12.30pm and see if we can help. We don't offer guarantees, but we may be able to assist. If we cannot assist, we may refer you to undertake a relevant SeniorNet course or workshop, or to seek professional assistance.

Investment is \$10, payable on the day. Correct change if possible please.

## Some Great Contributions From Our Members – really good Information

### Majority Struggle With Tech (by BLAYNE SLABBERT - published in The Dominion Post - 14 Dec 2016 )

If you struggle with smartphones and computers, you are not alone – about 70 per cent of people find technology difficult.

A recent study of OECD countries placed people into five categories: can't use computers, terrible, poor, medium and strong.

Only 5 per cent were rated at strong, with everyone else facing some type of confusion when using gadgets.

The study involved 215,942 people across 33 countries from 2011-2015 and included those aged from 16-65 to test job-related tech skills.

About 40 per cent of people struggled with simple tasks such as deleting an email.

These statistics paint a sad picture for people in the world already immersed in technology and digital skills will only become more important.

Anyone without tech skills is going to be left behind, whether it's socially or at work.

It is in the workplace that these figures are the most frightening.

Anyone without tech skills is going to be left behind, whether it's socially or at work.

I know 7-year-olds who are called on to provide tech support for teachers at school.

Ask any IT helpdesk worker about how competent people are and you'll get hours of depressing (and funny) stories about people's appalling tech knowledge.

This lack of tech skills has been exacerbated by a culture of "tech is too hard" in many companies. Anyone who works with a computer, tablet or phone should have a good understanding of how it works and how to fix it.

If a builder didn't know how to use a circular saw and refused to learn, they'd probably lose their job.

However, these stats should also be required reading for tech companies. Too many are over complicated.

If you are one of the 70 per cent, then it's time to upskill. Learning about technology is pretty simple, mainly due to Google. Every problem you have with tech has been encountered before and an answer provided online.

Also, take the time to learn the terminology and each time you learn something, make a note for next time.

Finally, don't blame the computer/internet/software/ gadget for what goes wrong. Usually, it's user error so learn from your mistakes and become one of the 5 per cent.

*This article was supplied by Alan Royal*

## Siestas could be the secret to a more active older brain

Sunday Star-Times · 8 Jan 2017 · B10 · The Times

An hour's siesta can prevent your brain ageing by five years when it comes to memory and thinking scientists say.

According to the study, a 60-minute sleep was the optimum amount of time, with a shorter or longer period not producing the same result.

Scientists analysed 3000 Chinese people over the age of 65, 60 percent of whom said they had a nap after lunch, ranging between 30 and 90 minutes with an average of 63 minutes.

They were asked a series of simple questions about dates and seasons. After submitting their responses, the pensioners were given a basic maths problem and asked to memorise words and copy simple geometric figures.

The study, which was carried out by the Health in Ageing Foundation and published in Journal of the American Geriatrics Society, concluded that the people who took an hour-long nap after lunch performed better in mental tests than the people who did not nap.

Those who slept for about an hour also did better than people who took shorter or longer rests.

People who took no naps, short naps or longer naps experienced decreases in their mental ability that were between four and six times greater than the people who took hour-long naps.

Junxin Li, lead author of the study, said: "These people also experienced about the same decline in their mental abilities that a five-year increase in age would be expected to cause.

"Cognitive function was significantly associated with napping. Between group comparisons showed that



moderate nappers had better overall cognition than non-nappers or extended nappers.

"Non-nappers also had significantly poorer cognition than short nappers. Moderate napping was significantly associated with better cognition than non- and extended napping, after controlling for demographic characteristics, body mass index, depression, instrumental activities of daily living, social activities, and night time sleep duration."

David Reynolds, chief scientific officer at Alzheimer's Research UK, said: "This study adds to growing evidence that sleep has a beneficial impact on learning and memory, and it's positive to see that this holds true in a study of older adults."

"Sleep disturbances are common in Alzheimer's, and while there are studies investigating the role of sleep in the disease, this study has not looked at whether afternoon naps may protect against Alzheimer's or other dementias."

Last year scientists found that a long afternoon nap could help to boost the brain power of men, and that women benefited from a longer night's sleep.

Researchers from the Max Planck Institute in Munich believe that the differences between how sleep affects the sexes could be because of the way that men's and women's brains are structured as well as how hormonal changes affect the body during the day.

*This article was supplied by Alan Royal*



Stupid computer  
keeps saying  
"you got mail"



### On A Final Lighter Note

Cartoons  
submitted by

John Cook  
and Trevor  
King

### Keep up to date with our events – access our online calendar

<http://bit.ly/seniornetcalendar> To create a desktop shortcut just -

- right click on the desktop; select New/Shortcut; paste the link <http://bit.ly/seniornetcalendar> into the url box; click Next; name the shortcut SeniorNet Calendar; click Finish
- The shortcut will appear on your desktop with the name given.

**Waiver** From time to time, some of our members voluntarily give help and advice to other members on matters that relate to computers and associated equipment. This help or advice is taken solely at the recipient's risk and imposes no responsibility or liability of any kind, either on those providing such help or advice, or on SeniorNet Wellington.