

March/April 2019



# Gizmoe

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This is the second edition of *Gizmoe* in 2019.

*Gizmoe* will also be posted on [www.seniornet.co.nz](http://www.seniornet.co.nz) from 18<sup>th</sup> March 2019

Very pleased to announce that our new partner Ryman HealthCare have agreed to host presentations at 10 of their villages in 2019. I will be conducting the presentations and talking about how SeniorNet can help people enjoy using technology in their everyday lives. The 10 villages I will be presenting at are; Bob Scott, Charles Fleming, Rita Angus, Shona McFarlane, Bert Sutcliffe, Logan Campbell, Edmund Hillary, Evelyn Page, Kiri Te Kanawa, Charles Upham. Hopefully as the year progresses there will be others.

The SeniorNet website [www.seniornet.co.nz](http://www.seniornet.co.nz) has been rebuilt and is now live. The new features allow the site to self adjust in accordance with the type of device visiting the site. Many people now use small screen devices such as smartphones, which means if the website they are visiting is not device enabled, navigation of the site is troublesome, so we decided to spend time and money to make the changes which were not insignificant!!! Also, the site allows for authorised people from each Learning Centre to update contact details themselves along with adding content relating to their Centre. We would like more success stories to publish on the site - accounts of positive outcomes for people that have attended SeniorNet learning sessions. So, if you have a great story to tell from attending sessions at our centres I would be pleased to hear from you; [grant@seniornet.co.nz](mailto:grant@seniornet.co.nz) . We are also looking for some great photos of people enjoying learning at the centres, so get snapping and send them to me as well.

All our Learning Centres need more volunteer helpers. If you can help with running learning sessions or with administration work at a Centre then we would love to hear from you. Please keep in mind our Centres can only operate successfully if volunteers come forward to help.

Enjoy the read and.....  
Learn something new every day!  
Grant Sidaway Executive Officer



## Are you password smart?

These days, we access and share some of our most important information online—about ourselves, our family and our finances. Keeping in touch via email and social media, and managing more of our finances online, does make life easier but it can also open us up to cyber attacks.

# Get password smart!

Get **Cyber Smart** // //



What's a cyber attack?

Imagine if someone accessed your bank account and helped themselves to your retirement fund, or pretended to be you and sent messages to your friends and family via Facebook or email asking for money. These are examples of a cyber attack, where an attacker has found out how to login to your email, bank or social media account.

These types of attack are happening more often, and as they can happen to anyone with online accounts, it's important to improve your cyber security and protect your information. This sounds scary, and it can feel overwhelming thinking about how to secure yourself online, but it doesn't need to. The easiest thing to do is to get password smart.

Being password smart is simple. It's about having strong, unique and secure passwords for each of your accounts. This makes it difficult for attackers to guess passwords and access all of your accounts. Here's what to do:

### 1. **Create strong passwords**

Long passwords are strong passwords.

Use four or more words to make up your passwords. Not only will this be easier to remember, it's as strong as a password that uses a mix of numbers, letters, and symbols. Use a sentence or fun phrase that is unique to you. For example, *popcornwithbutterisbest*

### 2. **Use unique passwords**

This means using a different password for each of your online accounts.

That way, if an attacker gets hold of one of your passwords, they won't get access to all of your accounts. Start creating new passwords for your most important accounts first—like your email, banking and social media accounts.

### 3. **Keep your passwords a secret.**

Store your passwords somewhere safe.

We all struggle to remember multiple passwords. It's OK to write them down—just make sure you keep them somewhere safe, separate from your computer and mobile phone. A [password manager](#) is another option as you'll only need to remember one password for all of your online accounts.

### **Protect yourself, your family and your finances—get password smart.**





For more information, visit [www.cert.govt.nz/password-smart](http://www.cert.govt.nz/password-smart)

*CERT NZ is here to improve cyber security in New Zealand. CERT NZ works alongside other government agencies and organisations — both locally and internationally — to help New Zealand better understand and stay resilient to cyber security threats.*

### **The Mycroft Project.**

Article by Peter Andersen (Lower Hutt SeniorNet)

The recent Gizmoe article about search engines reminded me of a service I use.

The Mycroft Project, a service I've used for years, is a collection of over 24,000 OpenSearch & Sherlock Search Engine Plugins for internet browsers. OpenSearch is supported by  [Firefox](#),  [IE](#) and  [Chrome](#). Sherlock is supported by  [Firefox](#), and other Mozilla based browsers. I have used these only with Firefox.

(For the literary minded, Mycroft was the fictional detective Sherlock Holmes' smarter (but lethargic) brother.)

When I enter a search term in the browser search box in my Firefox browser (but not the omnibox where you type web addresses) I'm presented with a number of options that I can click on to search. Here is my current search box, and the searches I can make right from my browser, with just a mouse click.

Firstly of course, Google. Then in order,

Google images, Google maps, YouTube,

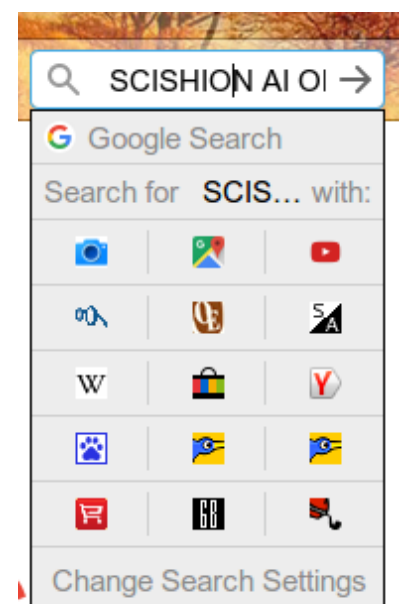
The free Dictionary, Etymology Dictionary and Synonyms.

Wikipedia, eBay US, Yandex (Russian search).

Baidu search (Chinese search), TradeMe for sale and TradeMe sold items.

AliExpress and Gearbest, the two overseas suppliers I use. And finally, Mycroft Project to enable me to add more items should I wish.

I can easily change the order, add more or delete items I no longer need.



In this example I'm searching for SCISHION AI ONE smart TV Box (I purchased one recently for around \$104 to make my dumb TV smart). It gives me the ability to view the Google search as well as pictures, YouTube videos (there are several) and the two overseas suppliers I buy from. I can also check to see if there is this item on TradeMe (there wasn't). All by just typing the search term once.

I find that by using the add-ons available from the Mycroft Project my searches are supercharged. If you use one of the supported browsers, I would recommend you try this service to enhance your searches.

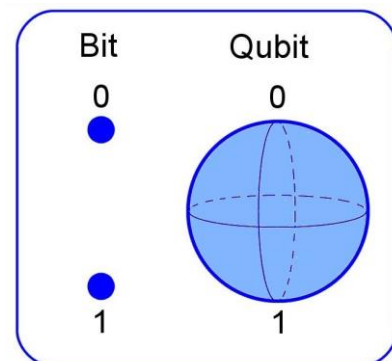
### **What is Quantum Computing?**

In the world of discoveries Quantum Computing sits high on the list of amazing advances of our time. To be fair it's not the easiest to explain in lay terms – here's an attempt, I apologise in advance if the scientists in our midst feel my descriptions are a little too imprecise!

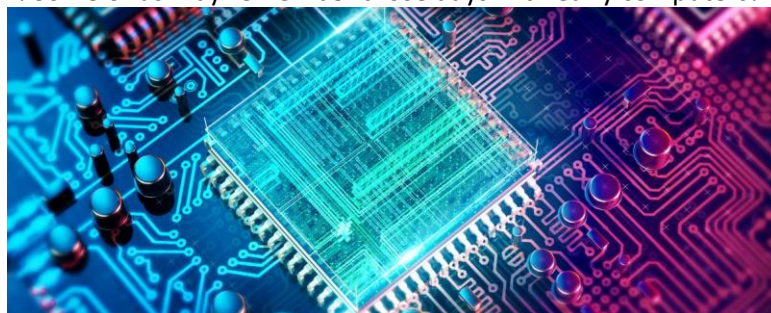
Quantum computers are set to outdo most of today's—and tomorrow' computers and supercomputers. They won't entirely wipe out conventional computers, though. Using a conventional device will still be the easiest and most economical solution for solving most problems. But quantum computers promise to power huge advances in a number of fields, such as materials science and pharmaceuticals research, meaning we could all benefit.

The secret to a quantum computer's power lies in its ability to create and use quantum bits, or qubits. Today's computers use bits—1s or 0s. Everything from e-mails to iTunes songs and YouTube videos are long strings of 1s or 0s (binary digits). Quantum computers use qubits. Qubits are subatomic particles such as electrons or photons. Generating and managing qubits is a real challenge.

Qubits have some interesting properties that mean a connected group of them can provide significantly higher processing power than the same number of binary bits. These properties are known as superposition and entanglement. Qubits can represent numerous possible combinations of 1 and 0 at the same time. This ability to simultaneously be in multiple states is called superposition, which is significantly different to conventional computers which operate only with 1s or 0s or a yes or not but not maybe!



In a conventional computer, doubling the number of bits (1s or 0s) doubles its processing power. But thanks to entanglement, adding extra qubits to a quantum machine produces an exponential increase in its number-crunching ability – thus making it incredibly faster at performing calculations. The problem is quantum computers are very fragile, the slightest vibration or change in temperature causes them to fail! Some of us may remember those days with early computers!



One of the most hopeful uses of quantum computers is for simulating the behaviour of matter right down to the molecular level. Car manufacturers are using quantum computers to simulate the chemical composition of electrical-vehicle batteries to help find new ways to improve their performance. Pharmaceutical companies are using them to create a range of new drugs. They can “crunch” through a vast number of solutions extremely fast. Airbus, for instance, is using them to help calculate fuel efficiency. Some researchers also think the machines could be used to accelerate artificial intelligence.

It’s likely to take several years for quantum computers to achieve their potential. It seems the universities working on them are facing a shortage of skilled researchers, regardless, if these new computers live up to their promise, they could transform entire industries and speed-up innovation throughout the world.

Here is a link to a TED talks video I found that helps to explain quantum computing.

<https://www.youtube.com/watch?v=QuR969uMICM>

It goes without saying SeniorNet will not be running workshops on “How to use your quantum computer” anytime soon! Well at least I think so!

### ***What do those symbols mean?***

In an effort to save space (I guess that is the reason) many notices and notifications now appear as symbols. This is very evident in the technology world and amplified in the world of smartphones. I’ve picked just a few to explain relating to connection to the mobile phone network. For the most part I have related it to Android devices, though many of the symbols will relate to other systems.

At the top of your phone's screen, you will see all sorts of symbols, some you don't recognise. They're trying to help you, by giving you some information on the status of your phone. But if you don't recognise the symbol, they won't be of help at all.



The radar-like symbol means you’re connected to Wi-Fi. Normally found in your house, at work or now in lots of public places. It’s fast and great for all types of internet activities, but only works when you’re in range of a Wi-Fi connection.



G is the slowest and oldest form of internet connection speed. It stands for GPRS (General Packet Radio Service), and because of the slow transfer rate it’s only useful for sending messages.



E is a little faster than G, but still too slow to successfully view websites or stream music effectively. It stands for EDGE (Enhanced Data Rates for GSM Evolution).



**3G**

With 3G internet loads fairly quickly and music streaming is possible, although it's not really fast enough for successful video streaming or downloading.



**H**

H is a faster form of 3G. H Speeds make music streaming more reliable, but still not suitable for downloading a movie. H is short for HSDPA, which stands for High-Speed Downlink Packet Access.



**H+**

H+ is the next step up from H, but still not as fast as a 4G connection by a significant margin. Video streaming is much more reliable with H+. Reception for H+ seems to be more widely spread than 4G, though the phone companies may argue differently! H+ is short for HSDPA+.



**4G/LTE**

4G, or Long-Term Evolution, is by far the fastest connection, and is almost as fast as the Wi-Fi connection at your home. It's suitable for all internet activities like video streaming and movie downloading, video calls and so on. Remember that downloading over 4G will be quick, but will use up your data quicker.



On a lot of phones, you'll now see this symbol. These flash when your phone's using an internet connection, it's a handy indicator that the connection is working properly (both arrows should flash in that case). The arrows will also let you know if an app is using the internet in the background.



**R**

When you see this symbol it, it means your phone is connected to a network that isn't its regular one. Without roaming you won't be able to use mobile internet while out of the country. It can be turned on and off in your phone's network settings. Just be aware that using the internet when you see this symbol could generate big bills, before leaving home check with your provider.



On older Android phones, you might see a triangle next to your signal bars. This shows that your phone's roaming, in the same way the 'R' symbol above does.



The star symbol shows that Priority Mode is active. When turned on, you will not get any notifications, unless you've added select contacts to your priority list in the settings.



This symbol shows that you have NFC (Near Field Communication) turned on. NFC lets you tap your phone to another device to instantly connect to it or transfer data.



This symbol shows that Android Beam is turned on. It works with NFC to transfer files from one Android phone to another wirelessly and quickly.



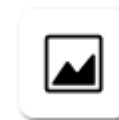
An upside-down teardrop at the top of your phone's screen shows that your GPS/location services are turned on. You only need this on if you want to use the phone for navigation, otherwise it's just a drain on your battery.



The no entry sign means you don't have a data or cellular connection. According to the phone network companies this is very rare! (have they not travelled the country!)



You will see this if you're using a Chromecast, which plugs into your TV, letting you beam videos and photos from your Android smartphone to the big screen. It may also appear if you're using a smart TV to do the same thing.



This image tells you that you've taken a screenshot on an Android smartphone. If you've taken a shot of your screen by accident, you'll find the image in your gallery, which you can delete if you want.

To take a screen shot you have to hold the power button and home button at the same time. Once the screen flashes, or makes a camera's shutter noise, you know it's been successful.



If you're using a Samsung smartphone, you might have seen this symbol. It's for a function called Smart Stay. If you have Smart Stay turned on, the screen will not automatically power-off while you're looking at it. If you don't want this feature, you can disable it by going to your settings menu.

### **Regular eye health examinations are key to saving sight**

Known as the "silent" eye disease, glaucoma is the number one preventable cause of blindness in New Zealand and the second leading cause of blindness in the world. It's estimated 115,000 New Zealander's over the age of 40 have glaucoma, but only half of them know it. That leaves 57,000 people who could potentially lose their eyesight.

#### **What is glaucoma?**

Glaucoma is the collective name given to a group of related diseases that damage the eye's optic nerve. The nerve fibres progressively die, taking away the peripheral or side vision first. Therefore, visual loss goes undetected until it is quite advanced. You can be legally blind before you notice symptoms. Glaucoma has a profound effect of people's quality of life, as they are at higher risk of falls with an increased loss of independence and confidence.

The most common form of glaucoma is open-angle glaucoma, which is hereditary. A family history of glaucoma can increase your risk of the disease tenfold.

### **How do I know if I'm affected?**

As there are no symptoms in the early stages, having a regular full eye health test with your optometrist is the only way to detect glaucoma.

Glaucoma New Zealand recommends people have an eye examination by the age of 45 then every five years after that until age 60. After 60, examinations are recommended every two to three years.

However, if you notice a change in your eyesight you should have an eye examination immediately or if you have a risk factor such as a family history of glaucoma, then you should get your eyes tested more frequently.

### **About Glaucoma New Zealand**

Glaucoma New Zealand is a charitable trust with a mission is to eliminate blindness from glaucoma by promoting early detection and awareness, supporting people with glaucoma, educating the health sector, and promoting vital research. For more information please go to [www.glaucoma.org.nz](http://www.glaucoma.org.nz) or phone 0800 452 826.



Representatives from The Glaucoma Trust have offered to visit our Learning Centres and speak at members days so if your Centre would like to have a speaker please make direct contact with them via their site [www.glaucoma.org.nz](http://www.glaucoma.org.nz)

### **Federation 2019 AGM/Symposium**

Invitations have been sent to all Learning Centres, so if you intend coming please complete the form and return it to the Federation Office.

We have a great line-up for the Symposium including the following:

- Minister for Seniors (Hon Tracey Martin)
- Privacy Commission (Technology and your privacy)
- CERT NZ (Cyber Security)
- Vodafone NZ (Gadget demonstration)
- DeadVault (Your last wishes recorded)
- Ryman Healthcare (Positive retirement)
- Massey University (Research – older use of internet and shopping online)
- Nelson SeniorNet (The switch to shorter sessions)
- Open Forum (Being relevant in the community)



As advised previously the event is being held at The Coachman Hotel, Palmerston North on the 8<sup>th</sup> and 9<sup>th</sup> May. The venue is limited to 120 people so please register early.

AGM documents are being finalised and will be dispatched to Learning Centres as soon as possible.

### **Taking photos on Smartphones in poor light**

Cameras on smartphones are great! Its revolutionised the way we capture those “must capture moments”. Research tells us that on average we took about 2 trillion photos last year using a smartphone and that typically we each have around 600 photos stored on our smartphones – a far cry from the Box Brownie days! The problem is taking photos with smartphones in poor light often means poor results. The reason is due to their compactness and in particular the smallness of their sensors (The bigger the sensor, the better the camera can perform in poor light). Also, you cannot adjust the aperture on a smartphone – it’s the aperture that adjusts the size of the opening through which light passes to the image sensor.

Here’s a few simple tips.

1. Get some light on the subject!

If you are indoors open curtains, turn on lights or even consider using a torch to shine light onto the subject. You can of course turn on the flash setting but sometimes that makes the light a little too harsh.

2. Stand still!

A camera takes longer to take a photo when the light is low, so it's very important you stay as still as possible when taking the shot. To help you stay still lean your phone against something solid, a small cheap tripod could be a good investment also.

3. Maybe an App will help?

There have been some great advances in smartphone photography with improvements to the camera software including **Night Sight** (Google) and **Night Mode** (Huawei) both significantly improve the quality of images when taken in low light.

Another option to try is a camera app such as **Camera FV-5 Lite** (Android) or **Pro Camera** (Apple) which let you manually adjust settings such as the sensitivity to allow more light on the sensor.



Remember to back-up those precious shots and delete the not so precious!