

Wavelength

Greetings,



Welcome to Winter.

If you can't do the garden because of the frost then it's time to upskill some technology.

Very soon we shall be putting out the timetable for the courses we have to offer. We have already started with Internet Banking. The first course on the 24th May was full (only 4 people per course) as is the second towards the end of June so if you need to learn that skill, now is the time. It cannot have escaped your knowledge that Westpac are the only bank left in Picton and how long they plan to stay is something that even the manager does not know.

Shane Neal, the manager of Westpac will be taking the courses with one of Senior Net Marlborough Sounds members as his assistant and the best part is that the courses are **FREE** to everyone, not just Senior Net members. Tell your friends. Maybe those Picton residents who bank with BNZ ! The course is not a selling job for Westpac but a beginners experience on how internet banking works and, as for a variety of reasons, I use 4 different banks online facilities, I can assure you that the differences are far outweighed by the similarities.

Three of your committee attended the Senior Net New Zealand Federation AGM and Symposium in Nelson recently and came away having learned a good deal about what is available to us as a Learning Centre as well as making and renewing contacts with other Learning centres across the country. Interestingly, the way we have structured our "Technology Update" was taken up by some of the others as a different and more effective way of having an Open Day so the process can be two way even if we are one of the smallest Learning centres in New Zealand and, as we made sure everyone understood, one with the largest catchment area.

Stay safe especially on the internet. If an email arrives from someone you don't know, or even someone you do but weren't expecting, (you can always phone them to check) get rid of it. The "DELETE" button can be your best friend. And it seems that Marlborough is the target of scammers at the moment. Remember: Microsoft, Spark, Vodafone etc will not call you. Don't engage in a conversation and become the recipient of foul language as some people have been. One way is to just put the phone aside and leave it for 10 minutes or so. After all they are paying for the call. You can then hang up.

Keep warm

Bryan

"Computers are good at following instructions, but not at reading your mind."

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Marlborough Sounds
SeniorNet
 Learning technology together.

CLEAN UP YOUR FACEBOOK CLUTTER

Are you aware of FB Purity ? ... FB Purity lets you hide the Suggested Posts / Related Posts / Sponsored Posts / Sponsored Stories / Upcoming Events / Games your Friends are playing / Games You May Like / Similar To / Related Articles / More Like / More From / Trending Topics etc and so much more. FB Purity is compatible with the following web browsers: Firefox, Google Chrome, Edge, Safari, Opera and Maxthon, running on Windows, Mac or Linux. Please note that FB Purity will not run on Mobile / Tablet browsers on iPhone or Android, or the iPad / iPad2 / iPad3 / IOS etc as they are not compatible. When you have installed it you wonder how people use Facebook without FB Purity. SeniorNet member Gary Laird finds it a godsend on his computers. You can check it out at ... <http://www.fbpurity.com/>

From Motueka SeniorNet newsletter



The Biggest Risk to Your Privacy Part 2

Governments and government agencies

You may think I'm including this because I'm concerned your government is spying on you.

I'm not.

Oh, it's certainly possible, and in some countries even plausible, depending on your own behavior and "value" to whomever might be watching. Once again, however, I believe strongly that most of us, in most countries, simply aren't that interesting (or worth the effort) for individual government surveillance. It's just not that big of an individual risk.

No, what makes government in general one of the largest threats to our privacy are the laws and policies they enact *or fail to enact*. Weak government policy and enforcement around individual rights and privacy makes it easier for others – in the government *and elsewhere* – to access and possibly misuse our personal information.

Most people never pay attention to this unless they're already living under an oppressive regime, in which case it could be considered too late. I strongly suggest that *paying attention and working within your system to ensure personal privacy rights* is an important responsibility.

Employees, technicians, and policy makers

Many people are concerned about big business and corporations collecting and using our personal information.

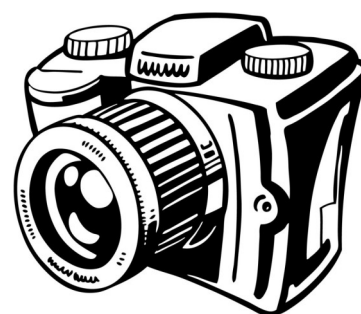
I'm generally not. Excepting the previous point about making sure that government regulations are in place to protect my information, and corporate policies that similarly ensure my privacy – whether a legal requirement or not – I'm actually not that concerned about the information I'm certain is out there about me. With one exception: when those companies get hacked or otherwise compromised.

That generally comes back to the people involved. I believe the majority of breeches boil down to individual people making individual errors.

One example might be the software engineer with little to no security experience placed in charge of the security of my data. All the good intentions in the world won't make up for the inevitable oversight (which is probably more common than we suspect). Software developers and policy makers operate under a "features first, security later" approach that often pushes service development – and with it our personal information – beyond acceptable risk. Then, once a vulnerability is discovered, the hackers mentioned earlier swoop in to take advantage of the unintentional access to our information.

The most important thing you can do to secure yourself against these types of oversights is to know who you're dealing with and hold them responsible and accountable for the security of your information. Do business with companies that have a proven track record. If you find you can't – if you find you need the services of an unproven entity – be particularly wary of the information you choose to share.

from "Ask Leo" the blog of Leo Notenboom – 9th Apr 2017



HIDDEN DIGITAL PHOTOS

Remember the days when, finally, you took the last photo on a film cassette or roll, rewound it, extracted it from the camera and then took it to the chemist to be developed. When the prints came back they were poured over by family and friends, some mounted for display and the rest carefully fixed in an album with time, date, location, etc. carefully printed below. Some of these photos have survived and provide photographic memories frozen in time for family histories. I have some well over 100 years old. Had they been in a computer would they have survived and who could access them? In those days we took fewer photos but valued them more.

What steps have you taken to preserve important photographic milestones in your family? Parents are often too busy to do this so it often falls to grandparents. Your SeniorNet run a course on this very topic (Saving, Filing and Archiving Photos). That aside, how often do milestone photos remain locked in cell phones or lap tops and rarely see the light of day? There is a place for photos of important family events, grand children growing up etc. to be printed and displayed. Basic plastic mounts are available cheaply and photos can be slipped in and out easily. These can then be viewed and warm memories and associations kept alive.

Have you ever tried to print a photo from a smart phone, or even a photo attached to a text message? A lot of time can be wasted working out how to do this. For Android smart phone users SeniorNet have developed a workshop supported by a set of straightforward notes showing you how this is done. It's really dead easy. Interested? Phone Bryan 574 1311 or Donald 574 2326or mciver@hotmail.co.nz

TIME TO SMILE

If you understand English, press 1. If you do not understand English, press 2.

**Nothing is hard once you
learn how to do it**

SeniorNet Marlborough Sounds

When using a computer SeniorNet has always advised breaking computer sessions with a five minute break every twenty minutes or so. This is to avoid eye strain and adopt good screening practice.

New advice sets out a rule that is easy to remember. 20-20-20. Twenty minutes at your computer--fix your eyes on an object twenty feet away --look at it for twenty seconds before returning to your computer. Good advice for our young family members too!

More self portraits



A reminder to all members **subscriptions are now due.** Prompt payment would be appreciated. The account for on line payments is shown on the last page.

Gadgets?

Last month I asked if there were any members who had gadgets that they found particularly useful. Demonstrating these could form a segment of one of our future meetings. The results indicated that no one has any useful gadgets! Really? Let's try again. If you have a useful gadget (electronic or otherwise)

please contact Donald 574 2326

Doesn't have to be James Bond type gadgets. Just every day stuff.

SeniorNet Marlborough Sounds

Digital Imaging Group—DIG—Camera Club

Self Portraits from the Camera Club
The exercise set for the month was titled "Self Portraits". This meant setting up cameras to operate on time delay and then get into the frame quickly before the shutter clicked. This proved a fun activity and some of the most popular photos are included here. This interest group meets once a month with a project set for members. Challenging but great fun. You would be welcome to join us. Interested? Phone June 574 1311 for details.



If you receive an unexpected phone call from someone who tells you they are from "Windows", then this is a scam. Deal with it as you would any other scam call.

Do not engage with the person; they are skilled at persuasion, so the best method is to end the call. Typically when you answer one of these calls you hear a significant period of silence, followed by a click, then the caller announces themselves as being from Windows. These are indications you have received a scam call, so get out of there fast!

SeniorNet Marlborough Sounds members have received several of these calls recently after quite a time without them, so there may be a targeted campaign for our area.

The dangers of engaging with these callers include the remote installation of malware on your computer which could render your machine useless as well as causing it to affect other computers, not to mention the financial cost charged by the scammers for their "services"!

SeniorNet Marlborough Sounds



For Sale

Epson stylus colour printer/
scanner. Plus users guide and
CD. Goes well. \$40.00

Phone Marie 03 5737389

Picton Healthcare Pharmacy

6 High Street,

Picton

Ph 573 6420

Fax 573 8942

email: pharmacy@pictonhealthcare.co.nz

Now also with our new branch

.....

Picton Medical Centre Pharmacy

conveniently located in the Medical Centre
114 High Street,

Picton.

Phone 928 4265

Fax 573 7904

email health@medcentreparmacy.co.nz

"Getting your news from Twitter is like asking a cat for directions.- Andy Borowitz"

SeniorNet open Day

Technology update timetable: Linkwater Hall

May 27: A SeniorNet sponsored event

For a list of speakers and events see the timetable below

SeniorNet Members free.....Non members \$10

10:30 a.m. startShared

Lunch mid day

Guest and Local SpeakersWide ranging topics

Conclude 3:00p.m.

10:30 a.m.	Morning tea	Meet and Greet
11:00 a.m.	Philip Middlemiss	Raspberry Pi
11:15 a.m.	Ian Grant	What's Ap
11:30 a.m.	Brian Cameron/Robert Boren	Windows 10
11:45 a.m.	Ian Grant	Google Structure
Mid-day	Shared Lunch	
1:00 p.m.	Ian Grant	Chromecast
1:15 p.m.	Philip Middlemiss	Build your own weather station
1:30 p.m.	Brian Cameron/Robert Boren	Windows 10
2:00 p.m.	Ian Grant	Google – Translate, Maps etc.
2:15 p.m.	Question Time	
2:30 p.m.	Bryan Strong	Internet Security
2:45 p.m.	Ian Grant	Network For Learning (N4L)

SeniorNet Marlborough Sounds

SeniorNet Committee:

Please contact any one of them if you have any comments or questions.

Chairperson: Bryan Strong 574 1311

Deputy : Donald McIvor 574 2326

Secretary: Ian Cameron 574 2558

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Banking details for SeniorNet Marlborough Sounds.

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SeniorNet Cellphone

020 40 69 1226

Subscriptions for 2017 are \$20 for a single person and \$30 for a couple. These are now due and may be paid to the account number above circled in green.

WHEN TO SELL YOUR PROPERTY?

The standard response when you're thinking about selling your home but are not sure when, is "sell in spring". And there's plenty of truth in that as warmer, drier weather and post-winter itchy feet drive potential buyers out to open homes.

For a Free, No Obligation Confidential Appraisal of your property –

Contact either Brenda Davey, Ash Davey, Carolyn Burn or Grant Douglas

Ph 03 573 6699, 36 High Street, Picton

Harcourts



Committee Members 2017

Back row: Doanld McIvor, Bryan Strong, Brian Cameron, Ian Cameron

Front row: Marie Joyce, June Strong, Sari Lewis, Shirley Mears



Neuroscience and the internet

The leaders of Internet companies face an interesting, if morally questionable, imperative: either they hijack neuroscience to gain market share and make large profits, or they let competitors do that and run away with the market. In the Internet Age, more and more companies live by the mantra "create an obsession, then exploit it." Gaming companies talk openly about creating a "compulsion loop," which works roughly as follows: the player plays the game; the player achieves the goal; the player is awarded new content; which causes the player to want to continue playing with the new content and reenter the loop. Compulsion loops result in obsessions, and the goal of other applications is the same: to create the compulsion to gather thousands of friends on Facebook, thousands of followers on Twitter, or be pleasantly surprised to discover from Foursquare that a friend you haven't seen for years is nearby. By the time Web 2.0 rolled around, the key to success was to create obsessions. Thanks to neuroscience, we're beginning to understand that achieving a goal or anticipating the reward of new content for completing a task can excite the neurons in the ventral tegmental area of the midbrain, which releases the neurotransmitter dopamine into the brain's pleasure centers. This causes the experience to be perceived as pleasurable. As a result, some people can become obsessed with these pleasure-seeking experiences and engage in compulsive behavior such as a need to keep playing a game, constantly check email, or compulsively gamble online. In the 1990s, concern over obsessive-compulsive behavior associated with computer games and the Internet began to grow. Until roughly 2000, compulsive behavior remained a side effect -- not an intentional element of game design and other Internet applications. Before long, people were referring to their BlackBerries as CrackBerries, and parents were beginning to worry about the number of hours their kids spent on video games. We now believe that the compulsion to continually check email, stock prices, and sporting scores on smartphones is driven in some cases by dopamine releases that occur in anticipation of receiving good news. We have grown so addicted to our smartphones that we now experience "phantom smartphone buzzing," which tricks our brains into thinking our phone is vibrating when it isn't. By some estimates around 2 to 4 percent of serious gamblers are addicted, and some 10 percent (it may be less or more since most people under-report addiction) of Internet users have become so obsessed with the Internet that its use is undermining their social relationships, their family life and marriage, and their effectiveness at work. As the performance of Internet-connected devices improves, and as companies learn how to use neuroscience to make virtual environments more appealing, that number will undoubtedly increase. Many Internet companies are learning what the tobacco industry has long known -- addiction is good for business. There is little doubt that by applying current neuroscience techniques we will be able to create ever-more-compelling obsessions in the virtual world. There is no simple solution to this problem. The answer starts with recognizing that our virtual environment has very real consequences. For my own part, I create physical walls around my virtual environment. I will read books and newspapers anywhere in my home on my iPad, but I answer emails only in my office. When I am talking with my wife, listening to my daughters discuss the challenges they face in raising their children, or playing and laughing with my grandsons, I not only shut off my iPhone, I put it out of reach. I'm learning that to function effectively and happily in an increasingly virtual world, I have to commit a significant amount of time to living without it. Extracts from The Atlantic · Bill Davidow · Jul 18, 2012

Word Tips Ribbon

Word Tips is a free service, part of the Tips.Net network, and has thousands of tips for using Word. There is also ExcelTips. The ExcelTips newsletter includes great tips and techniques for using Microsoft Excel. Subscriptions to ExcelTips are free. You can find full information at the right side of any page on this site:

<http://excelribbon.tips.net>

Saving your phones battery

Fed up with charging your phone every night? We offer some simple tips to make your phone's battery last longer. Better battery technology simply hasn't arrived yet, which means it's down to software and settings to eke out the limited power for as long as possible. You're never going to get a week's use out of a Smartphone because of those big, bright screens along with Wi-Fi, Bluetooth, GPS, 3G and 4G. However, by following advice and making a few changes to your phone's settings you should be able to extend its battery life by a good chunk. These days there's a huge choice of portable USB power banks, which you can use to charge your phone on the go. Also note that it's worth rebooting your phone from time to time, rather than leaving it in sleep mode all the time. This can sometimes cure otherwise inexplicable battery draining problems.

1. Dim the screen brightness or use auto brightness You love your Smartphone's large, colourful display, but it's the battery's mortal enemy. More than any other component of your phone, the display consumes battery life at a devastating pace. Most phones include an auto-brightness feature that automatically adjusts the screen's brightness to suit ambient lighting levels. This mode uses less power than constantly running your screen at full brightness would, of course, but you'll get even better results by turning your screen's brightness down to the lowest setting that you can tolerate and leaving it there. Even if you do nothing else we suggest, following this one tip will extend the life of your battery dramatically.
2. Keep the screen timeout short Under your phone's display settings menu, you should find an option labelled 'Screen Timeout' or something similar. (On an iPhone, look for Auto-Lock in the General settings menu.) This setting controls how long your phone's screen stays lit after receiving input, such as a tap. Every second counts here, so set your timeout to the shortest available time. On most Android phones, the minimum is 15 seconds.
3. Turn off Bluetooth No matter how much you love using Bluetooth with your hands-free headset, your wireless speaker or activity tracker, the extra radio is constantly listening for signals from the outside world. When you aren't in your car, or when you aren't playing music wirelessly, turn off Bluetooth radio. This way, you can add an hour or more to your phone's battery life.
4. Turn off Wi-Fi As with Bluetooth, your phone's Wi-Fi radio is a serious battery drainer. While you will at times need to use your home or office Wi-Fi connection rather than 3G or 4G for internet and data services, there's little point in leaving the Wi-Fi radio on when you're out and about. Toggle it off when you go out the door, turn back on only when you plan to use data services within range of your Wi-Fi network. The exception to this rule is for location services, since Wi-Fi can help your phone to obtain a GPS fix using less power.

ANOTHER WAY TO LOOK AT HACKING



A "life hack" refers to any trick, shortcut, skill, or novelty way of increasing productivity and efficiency in life. Other than meaning 'illegally breaking into a website or server' The term 'hack' was mainly used by computer experts for methods they found that could accelerate their workflow. It was later extended to 'life hack', in reference to a solution to a problem unrelated to computers that might occur in a programmer's everyday life. Examples of these types of life hacks might include ways to synchronise files, track tasks, remind oneself of events, and even clean or organise day-to-day things.

Interestingly, the American Dialect Society voted 'lifehack' (one word) as the runner-up for "most useful word of 2005" behind 'podcast'. The word was also added to the Oxford Dictionaries Online in 2011.

The original definition of the term 'hack' is, of course, "to cut with rough or heavy blows." This is fitting because life hacks are often effective but inelegant solutions that involve things like toilet rolls, paper clips and bread bag tags.

The internet absolutely abounds with life hacks and some of the ideas you'll find are so simple yet so ingenious, that you'll wonder why you didn't think of them yourself. So in this article we present a short collection of some of the best or most interesting life hack websites we could all be using more often.

Lifehack

Of course the first place we should look is Lifehack.Org, "your source for tips to help improve all aspects of your life". Lifehack is widely recognised as one of the premier productivity and life-style blogs on the web and has been endorsed by many major newspapers, magazines and online publications. It is frequently updated with articles by a team of contributors that "just want to make your life as friction-free as possible".

The site's home page features a list of articles on a wide range of topics, but if you hover over 'Blog' in the main menu, you can click through to the various subcategories, which include Motivation, Lifestyle, Health, Productivity, Work and more.

If you just want to get down to the nitty-gritty and toilet rolls, Lifehack provides a great page of 100 life hacks that make life easier – and it's all in pictures so the hacks are easy to digest and understand quickly. I bet you'll find something useful here. Offerings include how to: build an iPad holder out of a toilet roll; remove strawberry stems; keep your wrapping paper rolled; protect your car door from the garage wall; and much, much more.

Lifehack also has a Facebook page you may want to follow.

Lifehacker

Lifehacker.com.au is quite similar to Lifehack. It's an Australian version of its sister US and UK sites, and it filters out all the stuff that isn't so relevant Downunder. It has the usual blog posts about how to improve your motivation or productivity, or what to do when you're caught lying, but it also has a number of simple life hacks arranged under various categories. Just hover your mouse over the main menu items of Life, Work and IT Pro.