Gizmoe

This is the second edition of **Gizmoe** in 2014.

Gizmoe will also be posted on www.seniornet.co.nz from May 15th.

A Successful AGM and Symposium

The Federation held its Annual General meeting and Symposium in Lincoln on the 14th and 15th April.

The AGM had 72 people attend from 29 Learning Centres. We were most fortunate to have Hon Jo Goodhew, minister for Senior Citizens, attend the dinner and present the MVV (most Valued Volunteer) awards. Lorraine Burke from Kaikohe was the runner-up and the 2014 MVV was awarded to Ray McDonald from the Eden-Roskill Learning Centre, Ray is also the current Chairman of the Federation.

The Symposium was opened by the Mayor of Selwyn District, Mr Kelvin Coe with 132 people in attendance. Motivating presentations by Westpac Bank, Vodafone and Steve Green (Federation Northern Representative) were enthusiastically received in the morning session. The afternoon was dedicated to an open forum where the main theme and interest centred on the future shape of SeniorNet and how best to accommodate the fast changing environment we operate in.

Feedback from delegates to date has been very positive, giving the Federation encouragement to plan a similar event in 2015.

Our grateful thanks to the Selwyn District Council for providing the Events Centre Venue to the Federation at no cost. A special thanks to Lisa Larkin (Community Development Advisor) for all her hard work behind the scenes.

The minutes from the AGM and presentations made at the Symposium are now available on the SeniorNet website www.seniornet.co.nz – click onto the AGM banner which can be found on the homepage. In addition, Ken Cashin, Dargaville, kindly recorded all the sessions, thanks Ken you're a star! The files are too big to host on our website but if your Learning Centre would like an audio copy on a DVD please email grant@seniornet.co.nz , postage and handling fee of $10.00 (incl. GST) will apply.

Grant Sidaway – Executive Officer SeniorNet Federation

"My battery is about to die"

If you use an iPhone you will know how powerful and fun they are to use. Of course fun comes with a price: battery use, and with the latest operating system iOS7 comes greater demand for more juice!

There are lots of ways to save iPhone battery life, many of them involve turning off services and features. It therefore makes it a choice between all the terrific things that the iPhone can do and having enough power to run them.

Here's a few ways to save battery power in an iPhone to extend battery life. Similar savings can be made with Android phones so Android users follow the themes below and have a delve into your settings too!

1. Turn on Auto-Brightness

The iPhone has an ambient light sensor, it alters the brightness of the screen based on the light around it (darker in dark places, brighter when there's more light) to save battery and make it easier to see. Turn Auto-Brightness on and you'll save battery because your screen will need to use less power in dark places.

Settings app -> Brightness & Wallpaper -> Auto-Brightness On

2. Stop Motion (iOS 7)
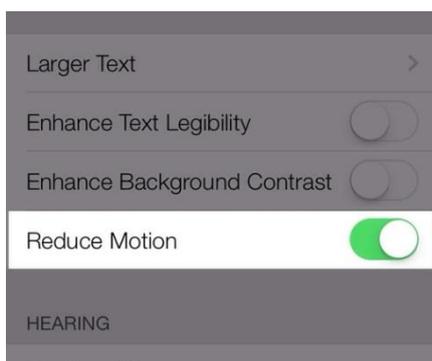
One great feature of iOS 7 is called Background Motion. It's intelligent, if you move your iPhone and watch the app icons and background image, you'll see them move slightly independently of each other.This is called a parallax effect. It's fun, but it also drains battery. Consider turning it off.

Settings -> General -> Accessibility -> Reduce Motion -> move slider to green/on

3. Turn Bluetooth Off

Bluetooth wireless networking is especially useful for cell phone users with wireless headsets or earpieces. But transmitting data wirelessly takes battery and leaving Bluetooth on to accept incoming data at all times requires even more juice. Turn off Bluetooth except when you're using it, to squeeze more juice from your battery.

Find it in Settings -> Bluetooth -> Slide to Off

4. Keep Wi-Fi Off

Wi-Fi turned on at all times is a sure way to drain your battery life. So, unless you're using it keep Wi-Fi turned off. If you don't, your phone will be always trying to locate a WiFi network for you to connect too, handy but not necessary.

Find it in Settings -> WiFi -> Slide to Off

5. Turn Off Location Services

One feature of the iPhone is its built-in GPS. This allows your phone to know where you are and for example give you exact driving directions. However, like any service that sends data over a network, it needs battery power to make it work. If you're not using Location Services, and don't plan to right away, turn them off and save some power.

Find it in Settings -> Privacy -> Location Services -> Slide to Off

6. Prevent Background App Refresh (iOS 7)

There are a few new features in iOS 7 intended to make your iPhone a bit smarter and more ready for you when you need it. One such feature is Background App Refresh. This feature looks at the apps you use most often, the time of day that you use them, and then automatically updates them for you so that the next time you open the app, the latest information is waiting for you. Useful as it may be, it does drain the battery.

Find it in Settings -> General -> Background App Refresh -> Either disable the feature entirely or for specific apps

7. Turn Data Push Off

The iPhone can be set to automatically fetch email and other data to it or, for some kinds of accounts, have data pushed out to it whenever new data becomes available. Turning data push off, will reduce the number of times your phone connects to the network, it will therefore extend your battery life. However with push off, you'll need to set your email to check periodically or do it manually. That could be a bit of a pain.

Find it in Settings -> Mail, Contacts, Calendar -> Fetch New Data -> Slide to Off

8. Don't Automatically Update Apps (iOS 7)

If you've got iOS 7, there's a new feature that automatically updates them for you when new versions are released. Useful, but also it's a drain on your battery. To only update apps when you want to, and therefore manage your battery better turn this off.

**Settings -> iTunes & App Store -> Updates -> move slider to off/white**

Have you got "Text Neck"

There is a fair chance are you're reading this while leaning over a table or sagging back in a chair. Your head is tilted forward; your shoulders are bent.

If you're on a mobile device, your arms are bent by your side and your back hunch is even more intense.

The position you're in is causing you pain, whether you're aware of it yet or not. This is called "Text Neck."

Text Neck is not just a texting problem. It's a gaming problem, it's an e-mailing problem, and it's a browsing problem too.
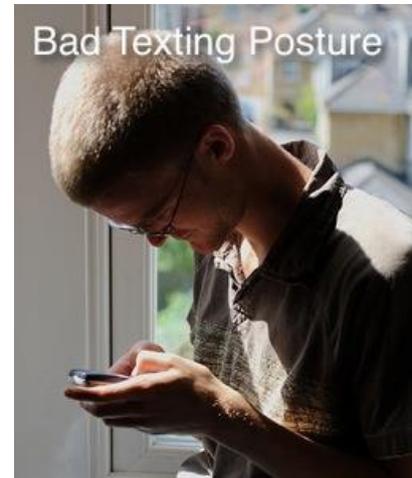
The average human head weighs 4.5 kilograms in a neutral position (when your ears are over your shoulders). For every 25 mm you tilt your head forward, the pressure on your spine doubles. So if you're looking at a smartphone in your lap, your neck is holding up what feels like 9 kilograms.

That extra pressure puts a strain on your spine and can pull it out of alignment. Dr. Tom DiAngelis, president of the American Physical Therapy Association's Private Practice Section, compares it to bending your finger back all the way and holding it there for an hour – ouch!

Staying in what experts call the "forward head posture" can lead to muscle strain, disc herniation's and pinched nerves. Over time, it can even flatten or reverse the natural curve of your neck.

 Be careful or it might stay like that.

Not only does forward head posture cause nerve pain, experts also say it can create metabolic problems.

Try taking a deep breath in a slumped position. Now sit up straight and try again. Slouching can reduce the capacity of your lungs by as much as 30%!

A lack of oxygenated blood flowing through the body can potentially lead to vascular disease. And gastrointestinal problems can be caused by pressure placed on the organs in a bad posture.

So what's an iPad-cradling, smartphone-texting, laptop modern new age person supposed to do?

- Be aware of your body.
- Keep your feet flat on the floor,
- Roll your shoulders back and keep your ears directly over them so your head isn't tilted forward.
- Use a docking station and or wrist guards to support the weight of a mobile device.
- Buy a headset.

In line with the popular cliché "isn't there an app for that?" the answer is yes, but of course!

A mobile app to help you remember to avoid forward head posture is now available for Android users, that's not to say iPhone or Apple users are less prone to Text neck it's just that the app isn't available (yet) on iTunes.

When your Android phone is held at a safe viewing angle, a green light shines in the top left corner. When you're at risk of *Text Neck*, a red light appears. Optional vibrations or beeps can be added as a warning.

Physical therapists agree, taking frequent breaks while using any mobile or desktop device is best. So… about every 20 minutes, stand up, roll your shoulders and neck or go for a short walk to improve blood flow.

SeniorNet members discount price for Laser Printers.

PrinterHQ specialises in supplying refurbished Ex Lease Laser Printers and consumables.

The company has been in operation since 1995. Each laser printer purchased from Printer HQ is backed by a multi-point pre-purchase check, refurbished to near new condition and receives a 120 day hassle free warranty.

Purchasers of these printers receive substantial savings over the cost of purchasing a new printer and secure many years of sustainable and cost effective printing as well. Most of the printers sold have done a very low page count, are usually only 3 years or less old, and are sold for about 10-15% of the original price.

Go to www.printerHQ.co.nz and view the range of Laser Printers available. Prices include GST.

Or call free on 0800 225 505.

SeniorNet members will also receive a 10% discount on any purchase of a Laser Printer. Sorry, this discount does not apply to Toners and Inkjet consumables. These prices are already very low.

'SeniorNet Scan and Save' Summer Competition!

SeniorNet & Vodafone New Zealand Ltd.

Great news! SeniorNet members, for March and April 2014 you can scan your current Landline and Broadband bill (it does not have to be a Vodafone bill, other providers' are welcomed) and send it to Vodafone for a no obligation review of your bill. The Vodafone team will then be in touch to provide a recommendation of ways you can save money!

You will also automatically enter in a draw to win a Samsung Galaxy Ace 3 smartphone (worth $349).

Vodafone can also organise training session on how to use the smartphone at the local store.

Please scan through your latest Landline and Internet bill at home or at your local learning centre, email through to **Senior.NetEnquiries@vodafone.com** along with:

1. your name
2. contact phone number(s)
3. name of your local Learning Centre (e.g. SeniorNet Glenfield)

And you will enter the draw automatically!

The competition will start on the 12 March 2014 at 12am, and close on the 13 May 2014 at 12am.

Enter the draw to **WIN** a Samsung Galaxy Ace 3!

4G Samsung Galaxy Ace 3

- A great value 4G handset
- 5MP camera, auto focus, LED flash
- Large 4" screen
- 1GHz Dual Core Processor
- 8GB internal memory

Click here:
www.vodafone.co.nz/galaxy-ace-3

4G use requires 4G coverage.
Find out more at www.vodafone.co.nz/4g

SeniorNet
Learning technology together.

Noel Leeming extra discount offer not to be missed

Our partner Noel Leeming has a **one week only special offer** for Seniornet Members, don't miss out!

As you know SeniorNet members enjoy an on-going/regular cost plus 12% discount at all Noel Leeming stores in the country, this has been in place for three years.

Last year Noel Leeming offered a one week only extra special discount beyond the fabulous discount they already provide us. They are doing it again for us in May, with even greater savings this time.

To make it easy for the sales staff at Noel Leeming you will need to go to our website, print the flyer and take it with you to the store when making a purchase.

Here is the direct link to the page for you to print the flyer:

http://www.seniornet.co.nz/specials-noelleeming.asp

This extra discount only applies from Monday 19th May – Sunday 25th May

The end of Smartphones? - A Computer Screen on A Contact Lens!

Belgium scientists have taken a key step toward building screens into contact lenses. Jelle De Smet and a team of researchers at Ghent University built an LCD screen in a curved contact lens.

The Ghent contact lens is a primitive prototype of what's to come.

Ghent researchers imagine that in the near future, lenses like they one they've built will be able to change the colour of the wearer's eye, work as sunglasses, or serve a medical purpose like protecting a damaged iris from bright light.

Further in time, De Smet and his team believe the lenses could superimposing an image onto the user's normal view.

Eventually this kind of screen-on-the-eye technology could displace the smartphone as the leading way people access the Internet and connect to each other.

Computers have been getting smaller and closer to our eyeballs since their beginning. First they took up whole rooms. Then they moved to desks. Then they were in our laps. Now, they're in our palms.

Google, Microsoft, and Apple are currently developing computer screens that can be built into a pair of glasses. Google Glass is perhaps the most known of the varieties currently being worked on.

Just as there are millions of smartphone apps now, you can imagine millions of applications for a computer as close to our brains as a contact lens, uses could be:

- on the road, providing turn-by-turn directions with unobtrusive coloration.
- virtual name tags affixed to everyone's shirt at a business networking event.
- lyrics floating above the stage at a concert.
- subtitles to a live conversation with the foreigner in front of you.
- voice-powered, hands free Google search and note-taking that expands your memory and information recall.

This brings a new meaning to the phrase "the eyes have it" or is that the Ayes?

Learn something new everyday

I try to learn something new with the software I have most days. Microsoft Word has become my main "go to application" so finding hidden features is always good.

Like me 80% of Microsoft Word users make use of only 20% of its features. At a only about 0.1% of Word users use the handy calculator built right into the program.

For sure Windows comes with a more advanced calculator built in, but if you are like me and spend your days working in Word, nothing beats having a calculator right there in front of your nose at all times.

Because Microsoft has buried the calculator so thoroughly, you'll need to resurrect it before putting it to use. That means sticking it on a toolbar. Here's how:

- Right-click the Quick Access toolbar and select Customize Quick Access Toolbar from the pop-up menu.
- Make sure "For All Documents" is selected in the Customize Quick Access Toolbar drop-down box.
- In the Choose Commands From drop-down box, select Commands "Not In The Ribbon". Locate Calculate in the list and double-click it to add it to the list of Quick Access commands, then click OK.

In Word XP/2003, you will need to do this:

- Right-click any of your toolbars and choose Customize from the pop-up menu.
- Click the Commands tab in the Customize dialog.
- In the Categories list click Tools and in the Commands list scroll to Tools Calculate.

- Click and drag the Tools Calculate command onto any of your toolbars.

With the Calculator now on a toolbar, you're ready to give it a go.

The calculator handles addition, subtraction, multiplication, division, percentages, exponentiation and roots. It takes six operators:

Addition: +, Subtraction: – or place the number to be subtracted in parentheses, ( )

Multiplication *, Division /, Percentages: %, Exponentiation and roots: ^

If you omit the operator, the calculator assumes you want to add the numbers. So you can write:

235 79 9412 17.95 432.82

then select the numbers and click the Calculator button. The result (10176.77) is displayed, briefly, in Word's status bar. The result is also stored on the clipboard, so you can press Ctrl+V to paste it into your Word document or copy it into another program.

Unlike formula fields, the calculator works anywhere, including in paragraphs containing intervening text.

So if you use the calculator on the following sentence just highlight the sentence and click the calculator button: At the dinner there were 15 men, 27 women, 12 kids and 147 pets. the total number at the dinner will be calculated. NB. if your text includes characters such as =, – or * you'll confuse the calculator.

End of May 2014 Gizmoe