

May/June 2019



Gizmoe

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

Gizmoe will also be posted on www.seniornet.co.nz from 20th May 2019.

On the 8th and 9th May the Federation held its AGM and Symposium in Palmerston North. It was well attended with a total of 88 people present for the day long Symposium, slightly less for the AGM the day before. Judging by the happy faces at the conclusion of the two days it would seem the event was a success. We do our best to give opportunity for representatives to gain greater knowledge both from each other and from the variety of presenters who we thank tremendously for their time and the sharing of their knowledge.

The AGM was more significant than any previous as three members of the Federation Management Committee were standing down after lengthy service to the organisation. Dorothy Davies the representative for North of Auckland Region had been on the committee for six years whilst both Duncan Fuller, representing the Top of South region, and Ray McDonald, representing the Auckland region had served for twelve years – the entire duration of the Federation. Duncan had been Minute Secretary for all that time and Ray Secretary for six years and Chairman for six years. This has been a huge commitment over a long time and we remind ourselves that they are volunteers. We thank them enormously for their dedication, without their combined help the organisation would not be in the strong position it is today.

Your new committee: Harvey Porteous (Chairman), Pat Van der Mass (Secretary/Treasurer), Jean Roulston (Minute Secretary), Marilyn Goodwin, Rex Fowler, Ross Taylor. At the time of the AGM no nominations had been received for the Auckland or Top of South Regions however subsequently Janet Court from the Mac SeniorNet Auckland Learning Centres has volunteered to represent the region. We welcome them all, you can be assured the new committee will work hard to ensure SeniorNet is there to help our age group participate in the technology age.

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



What happens if.....

In a digital sense perhaps one of the most challenging things that can happen to us is losing our digital content – in simple terms that means our precious files, pictures and music etc. Yes, we are all reminded that backing up all of that is just good housekeeping, though research tells us in this area most of us are poor housekeepers.

Digital Recovery NZ Ltd specialise in recovering the almost irrecoverable, here is their story.

We work in quite an emotive industry where everyone's hard drive HDD is a snapshot of their lives, be it family photos, wedding, birth of a new-born, funeralsyou name it we have seen it. We have assisted in many critical situations, for example a wedding photographer device is corrupted and they are stressing out as the wedding celebration is captured on this device. People have died or passed away and their loved ones want to recover memories (photos) from their personal computer. We have helped professional photographers where wildlife shots were captured and sadly the HDD was dropped, or water damaged - we successfully recovered those moments.

We also have delved into murky stuff where there was a murder case and someone deleted texts etc from a phone and recovered them to prove their innocence. The disgruntled employee that has sabotaged the company computer system - our forensic services rescued that situation. Not to mention we get the odd phone call from a concerned parent about their son being bullied, or concerned that their child is having suicidal thoughts, and the emotional partner that believes hubby is on a date site - we can assist alleviating those fears by searching forensically or recovering all deleted data as well.

A true “backup” is when you have two of something, be it files, folders, photos documents etc, and we emphasise the importance of “copy and paste” opposed to “cut and paste” when transferring those important files.

There are several free backup programmes available at: <https://download.cnet.com/s/backup/> .

To protect computers from Malware “Hitman Pro “ is very useful, they offer a free 30 day trial which flushes out suspicious files (spyware/tracking ware) that may have inadvertently being downloaded. To assist in the device running more efficiently, by cleaning up the computer registry as well as scanning for unwanted /useless files, we recommend you install CCleaner, which is free!

Digital Recovery NZ has been in business for 10 years, we have made pricing for data recovery more attractive as this was primarily the territory of one main provider that would charge several thousand dollars. Our pricing is more reasonable (normally around \$400) plus we have the No data No fee arrangement. In addition, we provide Goldcard and student discount. Our laboratory is situated in Hamilton with most of our jobs couriered to us. We will always provide a quotation first and we only proceed upon receiving the customers emailed confirmation.

Most importantly we only invoice upon successful recovery of data from the device received.

Feel free to call me (Darren) for further information 0800 7777-22



5G mobile networks

There seems to have been a lot of recent talk about 5G mobile networks much of it focused on the possibility of one Chinese supplier of the technology, Huawei, to capture and pass on information to the Masters of their country. That debate will no doubt continue endlessly, but what is 5G anyway? Here's an attempt at a low-tech explanation.

5G stands for "Fifth Generation", is the latest update of international standards that decree how mobile phones should work. Over a fairly short evolution the table below shows the development of mobile networks.

| Generation | Speed | Technology | Key Features |
|--|--|---|---|
| 1G (1970–1980s) | 14.4 Kbps | AMPS,NMT, TACS | Voice only services |
| 2G (1990 to 2000) | 9.6/ 14.4 Kbps | TDMA,CDMA | Voice and Data services |
| 2.5G to 2.75G (2001-2004) | 171.2 Kbps 20-40 Kbps | GPRS | Voice, Data and web mobile internet, low speed streaming services and email services. |
| 3G (2004-2005) | 3.1 Mbps 500- 700 Kbps | CDMA2000 (1xRTT, EVDO) UMTS and EDGE | Voice, Data, Multimedia, support for smart phone applications, faster web browsing, video calling and TV streaming. |
| 3.5G (2006-2010) | 14.4 Mbps 1- 3 Mbps | HSPA | All the services from 3G network with enhanced speed and more mobility. |
| 4G (2010 onwards) | 100-300 Mbps. 3-5 Mbps 100 Mbps (Wi-Fi) | WiMax, LTE and Wi-Fi | High speed, high quality voice over IP, HD multimedia streaming, 3D gaming, HD video conferencing and worldwide roaming. |
| 5G (Expecting at the end of 2019) | 1 to 10 Gbps | LTE advanced schemes, OMA and NOMA | Super fast mobile internet, low latency network for mission critical applications, Internet of Things, security and surveillance, HD multimedia streaming, autonomous driving, smart healthcare applications. |

www.rfpage.com

As you can see most of the advances have been all about speed. Speed of transfer to be precise. 4G connections tend to offer speeds enough to download a HD movie in 30 minutes or so, a 5G connection is expected to operate at speeds fast enough to get the same film in about 25 seconds.

The speed increases of 5G are so large that mobile carriers struggle to show practical examples of just how fast it is. In practice, almost everything you would do with a 5G connection would be instant.

But there is more to 5G than speed, perhaps the real advantages relate to greater capacity, better coverage and a thing called latency.

The latency of a connection is the speed that it takes for a single bit of data to do both legs of a journey. Up until now it's been "second cousin" to bandwidth (how many bits can travel down a connection in a second) but increasingly, latency is becoming the more important factor.

5G connections can lower latencies to just 1ms (1000th of a second) enabling uses that haven't previously been possible. An example of where this would be critical is to remote-control robotics that can safely interact with the real world – cue driverless cars! On older networks with higher latencies the driverless cars would not be able to react quickly enough to situations encountered.

A typical 5G cell tower can handle a hundred times more unique devices than a 4G one could, this means that overloaded base stations should become a thing of the past.

Also, the 5G standard allows for significantly smaller base stations than we have seen in the past - its about the size of a mini fridge - this in turn means that masts can be placed in locations where they would never previously have been possible before



In urban areas, that could mean a mast on virtually every lamp-post. Outside of cities, it could mean avoiding the unsightly masts that make it hard to get permission for new towers.

Spark Ltd announced they are on-track to progressively roll out 5G networks in New Zealand midway through 2020.

Better later life – Government Draft Strategy

We were most fortunate to have Hon Tracey Martin speak at our recent Symposium. Tracey is the Minister for Seniors and her speech gave us great hope that the work she has been doing in Parliament on behalf of seniors will give greater recognition to us all. A lot of work has gone into preparing a draft strategy encompassing the “senior sector”. The Federation provided input to this draft strategy. If you would like to view the draft strategy “Better Later Life” it can be found here:

www.superseniors.msd.govt.nz

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Important Microsoft Update.

Microsoft has released information about an issue in older Windows operating systems which allows attackers to remotely connect to systems and gain control of that system.

Microsoft has released software updates for all affected versions. CERT NZ recommends you update your operating system as soon as possible. Once you have updated your software, you are no longer at risk.

For more information, please find the CERT advisory which has patching information:

<https://www.cert.govt.nz/businesses-and-individuals/recent-threats/serious-issue-with-older-microsoft-windows-systems/>

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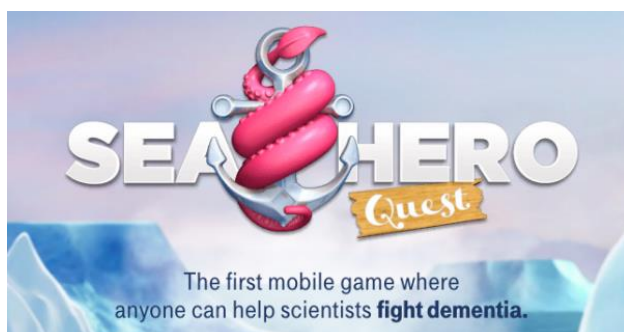
We would love to hear about how SeniorNet has helped you, so please let us know so we can post them on www.seniornet.co.nz. There are a number of wonderful articles on the site already, but we would like to have more. We know we have helped tens of thousands of people over many years and want to continue to do so. In part attracting new people to join SeniorNet is to show them it's far from being a scary place and that they can get the help they need. So, share the experiences with others by sending a short article along with photos to: grant@seniornet.co.nz



Dementia and Gaming

Using a mobile phone game and dementia at first seems like the perfect dichotomy – apparently not!

A specially designed mobile phone game can detect at risk Alzheimer's, this according to new research. The game, which was created by Deutsche Telekom in partnership with Alzheimer's Research UK, the University College London (UCL) the University of East Anglia and game developers help researchers better-understand dementia by seeing how the brain works in relation to spatial navigation.



The game, called Sea Hero Quest, measures how people who are genetically pre-disposed to Alzheimer's disease can be distinguished from those who are not. This game produces findings that are particularly important as standard memory and thinking test could not distinguish between risk and no-risk groups.

Apparently, the data collected by the Sea Hero Quest app is vital as every two minutes spent playing the game is equal to about five hours of lab-based research. Using big data to help improve the early and accurate detection of diseases that cause dementia will no doubt change how research is undertaken and of course treat the condition. More than 4 million people have downloaded the game, maybe you could give it a go and at the same time contribute to the research. Head to your app store to download.

Being a good digital citizen – your role in guiding our Whanau



In the aftermath of the horrible event(s) acted out in Christchurch on 15th March I was reminded of an article I read many years ago relating to being a good digital citizen and in particular respectful use of social media. The article concluded something along the lines of this:

“We need to take responsibility in the part we play when we interact and behave with others online. Being a good digital citizen means having a courteous and respectful attitude and behaviour online. Being demanding on your posts, threatening people if they don’t do as you request, badmouthing a person,

brand or business for the sake of ruining their image are all unacceptable.”

I think what could also be added to that statement is the hideous and unacceptable process of reposting the same as outlined in the last two lines of the above paragraph. Too many people in society have evolved into “keyboard warriors” forgetting the importance of manners and good citizenship.

Let’s play our part in guiding our Whanau in being good digital citizens.

Presentations at the 2019 Symposium

We thank all our presenters who freely gave of their time to share knowledge and experience with us. Thanks also to Hetty Goodwin for taking such fine photographs during the two days and to Mike Lawrence for recording the Hon Tracey Martins speech.

The presentations, photographs and recording have been posted on our site.

Here is the direct link for you: <https://seniornet.co.nz/useful-info/agm/>

Dates to keep in mind for 2020

Your Federation Management Team approved at its first committee meeting that the next 2020 AGM and Symposium will be held in Dunedin on the 6th and 7th May.

The venue has been selected and booked:

Chisholm Park Golf Club, 16 TAHUNA ROAD, SOUTH DUNEDIN. A Google Search will show it’s a short distance from the centre of the city but with ample motel accommodation nearby.

We shall keep you posted with more detail toward the end of this year.

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