

July/August 2019



# Gizmoe

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

*Gizmoe* will also be posted on [www.seniornet.co.nz](http://www.seniornet.co.nz) from 17<sup>th</sup> July 2019.

After much anticipation, following the presentation by Hon Tracey Martin at our Symposium in May, the 2019 Budget (The Wellbeing Budget) delivered a modicum of hope that the government recognised the value in helping to fund digital literacy training for seniors. A week prior to the budget it was announced \$600,000 would be made available, however as often is the case the devil is in the detail. That figure is spread over five years with \$100,000 available in the first year and a further \$250,000 in each of the two years following with no allocation for years four or five. I have been in touch with the Ministers Office asking what process will be used to distribute the funding – “that decision is yet to be made”. The Federation will keep you posted!

The Federation Management Team have agreed on the role of the person to replace me when I retire at the end of this year. There is a strong desire for the position to remain as a contracted role rather than an employee of the Federation and for it to be more an administrative nature instead of the all-embracing current position. The recruitment process will commence in late August with a new person appointed in time for a smooth hand-over in November/December. It's anticipated the role will require 30 hours per week with flexibility of location. If you know of anybody keen to apply for the position, now is the time to let us know. Simply contact me, [grant@seniornet.co.nz](mailto:grant@seniornet.co.nz) for more details.

If you would like me to visit your Learning Centre and deliver an entertaining and informative presentation, including some to the latest technology trends, before I retire, please ask your Learning Centre team to make contact with me as soon as possible. I will do my best to fit you in!

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



## Rugby World Cup - streaming on internet

I've had a lot of people ask me how they can watch Rugby World Cup games now that Spark, the internet service provider, obtained the rights to broadcast the matches.

Unlike previous years where the games were screened on Prime or Sky TV, this year, the games will be coming to you live and on demand through Spark Sport.



To ensure you have a great viewing experience when September comes around, there are a few things you should sort out well in advance.

First of all, check your internet connection to make sure you are set up with a good broadband connection at home.

There are a few different types of broadband connections in New Zealand, all of which may be capable of playing Spark Sport but depend on a few things like your location and surrounding environment, so speeds vary from household to household.

The easiest way to see if your connection is fit for watching the Rugby World Cup is to get in touch with your Internet Service Provider. The question to ask them is; Do I have the best connection for streaming?

Because Spark Sport is delivered to your home through the internet, you will need a Spark Sport compatible device to watch the Rugby World Cup.

The Rugby World Cup will be available to watch on Android and Apple smartphones, on your computer through [sparksport.co.nz](http://sparksport.co.nz) or on a 2017, 2018 or 2019 Samsung, Sony, LG or Panasonic Smart TV. If you don't have a Smart TV don't worry, there are a range on relatively cheap devices that can plug into your normal TV to turn it into a Smart one. These include Google Chromecast, Apple TV and the Freeview Smart VU.

To check if your TV or chosen device is currently compatible with Spark Sport, visit [help.sparksport.co.nz](http://help.sparksport.co.nz) or head to your local major electronics store to talk through your options.

It's worth noting that all 48 Rugby World Cup 2019 matches will be available on Spark Sport, with 12 of the matches available free-to-air on TVNZ 1 this includes delayed coverage of **all** New Zealand pool matches and the quarter-final, and live coverage of the semi-finals and Rugby World Cup 2019 final.

Your Spark Sport options:

- The Rugby World Cup tournament pass is purchased as a one-off payment and gives viewers access to all 48 matches live and on demand for \$79.99.
- To get access to all other Spark Sport content you can sign up to a monthly subscription for \$19.99/month.

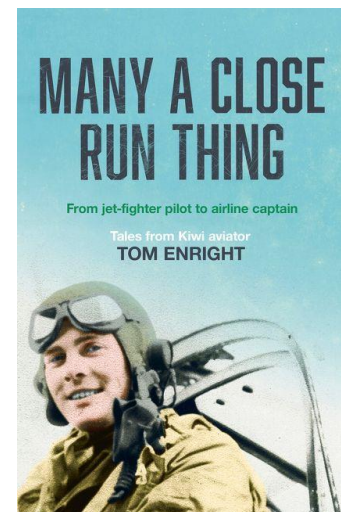
Like it or not sport is big business and in a sport crazy country like New Zealand we can expect, but not necessarily like, for it to be a highly competitive market, which generally means the higher the price paid by companies capable of delivering it to our homes will win the day. On this occasion Spark presented the best deal to the Rugby gods and conventional broadcast television were second cousins. Some may say this is could usher in the end to broadcast television..... forever!

Learning Centres are being encouraged to run workshops on how to stream from computers to televisions it would pay to check when these workshops are being run at your centre.

### **An Author in our Midst**

Many A Close Run Thing is Tom Enright's story of the mishaps, misadventures and high-altitude drama of a 45-year flying career.

Tom Enright is a veteran New Zealand pilot from Central Otago. He joined the Air Training Corps of the Royal New Zealand Air Force when he was in secondary school, and on graduation was recommended for a cadetship with the Royal Air Force College at Cranwell, England. His first 20 years flying was in a variety of military aircraft, mainly in New Zealand and the Pacific theatre. He then spent the next 25 years as an airline pilot. His new book, Many A Close Run Thing (Harper Collins NZ) is the story of Tom's life. From the near-catastrophic opening of Wellington airport to flying Boeing 747s into the world's biggest airports.



TOM THANKS SENIORNET

Author Tom Enright is grateful to SeniorNet for the computer skills he has.

In 1999, swallowing the anchor after 45 years military and commercial flying, Tom knew about specialised aviation computers but little else. Good advice pointed him away from the speedy but impatient grandchildren to Senior Net, where things come at a pace suitable for older folk. Auckland domiciled, he joined the lively bunch at Senior Net Eastern Bays. Though some were physically hampered Tom found ALL members to mentally alert.

From simple beginnings handling files, folders and emails, Tom enjoyed great courses conducted by patient, knowledgeable instructors. PowerPoint, photoshop, greeting cards, computer maintenance, back up, cloud computing, desk top publishing, several Windows (including W10) and more courses made Tom computer literate.

Tom Enright's new book is a great read. I have a few books donated to me to give away to SeniorNet members.

**If you would like to go in the draw to receive a copy of Toms book "Many a Close Run Thing" simply email me [grant@seniornet.co.nz](mailto:grant@seniornet.co.nz) with the subject title in your email " Many a Close Run Thing".**

The draw will close on 12 August 2019.

### **Horny bones in our heads**

In a recent article published apparently mobile devices like smartphones are likely to be responsible for a new horny like bone growth in some younger people.

The new research in biomechanics suggests that young people are developing these hornlike spikes at the back of their skulls - bone spurs caused by the forward slant of the head. This swings weight from the spine to the muscles at the back of the head hence causing bone growth in the connecting tendons and ligaments. Apparently, the weight transfer that causes the build-up is compared to the way the skin thickens into a callus as a response to pressure or abrasion.

The result is a hook or hornlike feature jutting out from the skull, just above the neck.



A couple of researchers at the University of the Sunshine Coast in Queensland, suggest that the prevalence of the bone growth in younger adults points to shifting body posture brought about by the over use of modern technology. They say smartphones and other handheld devices are distorting the human frame, requiring users to bend their heads forward to see what's happening on the small screens.

Health experts caution of "text neck," and many doctors have begun treating "texting thumb," which bears resemblance to carpal tunnel syndrome. However prior research has not connected phone use to bone-deep changes in the body.

The strain required for bone to infiltrate the tendon pointed the researchers to handheld devices that bring the head forward and down, thus requiring the use of muscles at the back of the skull to prevent the head from falling to the chest.

One could argue that such a change is just part of our evolution, others would say it could result in more damaging effects to our bodies – time will tell?

If you want to avoid the risk of growing horns in your head then take a few simple steps to better posture when using such devices as smartphones. It might be a good idea to tell our kids and grandchildren about this and encourage too – good luck with that!

Here's an interesting site with exercises that may help:

<https://backintelligence.com/how-to-fix-forward-head-posture/>



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**TikTok the App Designed for Kids?**

Just recently I learnt of a relatively new smartphone App call TikTok largely designed to kids. Its growth in popularity, mainly with preteens means over 500 million of them now use it.

Apparently only YouTube, Facebook and Instagram claim more users.



The rapid increase of smartphone ownership among preteens has created significant opportunity for the Social Media giants to eye up this relatively uncaptured market.

Many of big players have made recent attempts to capture this young and vulnerable audience.

Snapchat created SnapKidz, then there is YouTube Kids and even Facebook has chimed in with Messenger Kids, all focus on creating a "child-friendly" version of their main app.

Originally TikTok was called Musical.ly marketing itself as a tool for creativity and play rather than a social media platform. In doing so it alleviated parental concerns associated with childrens' use of social media. In fact the app store description states "the worlds largest creative platform"

Research suggest that Childrens' engagement with digital devices is more often driven by their desire for creative expression, entertainment and social interaction.

Cleverly TikTok successfully created playfulness as one as its key features, though its appears its not just a toy for children.

TikTok allows users to follow and interact with "public" profiles. They can follow each other (reciprocity not required), like and comment on videos, and send direct messages to each other.

It would seem that sadly what started as a fun and place of creativity for kids has now developed into a full blown social media look-alike of the big players.

Last year the Indonesian government temporarily banned the app amid accusations it was disseminating pornography and blasphemy.

Likewise this year the India's High court requested both Google and Apple remove TikTok from Indian app stores following similar accusations.

Again, earlier this year the US Federal Trade Commission fined TikTok US\$5.7 million for collecting and storing the personal information of people under the age of 13 without obtaining parental consent (as required by law).

To stay in the digital space TikTok will need to demonstrate they are living up to the promise of networked play and creativity without the sometimes devilish aspects of the adult social media world

As parents and grandparents it might be a good idea to exercise that guiding hand and check-out the apps their kids have and use on their devices.

### **PhotoStick – A new product about to arrive**

Rex Fowler, the Federation Wellington Regional Representative, came back from a trip to Japan buzzing about a new “thing” he had discovered – The PhotoStick, so I thought I would find out more to share with you.

The stick comes with software that automatically searches your computer for videos and pictures. It's easy to use and can identify thousands of pictures in just a few minutes.

Regardless how careful you are with your computer or portable device the simplest of accidents can lead to a catastrophic hard drive failure. You might knock over a glass of water/coffee/tea onto your computer, or you might drop your laptop in transit. Hard drive failures can also occur because of a virus you downloaded or because the hardware on your computer simply decided to clap-out (technical term for kaput). Some viruses can take over your entire operating system and prevent you from accessing your files.

If you have a USB port on your device, you can plug it in and begin backing up all your files. If your system ever fails, you'll have copies of those files. It works best on videos and photos and is compatible with most extensions and formats, but it can also backup music files and documents too. While some reviews I read did claim that it didn't work, most of the Photo Stick reviews I came across were positive.

The simplicity of the product exemplifies that new technology doesn't have to be complicated to use.



Photostick 8GB | 3,500 photos



Photostick 64GB | 30,000 photos



Photostick 128GB | 30,000 photos

I made a few enquiries at Noel Leeming and other similar retailers without success, how cool is it to know about a product before they do!

Yes, you can buy from overseas retailers, but I am sure it won't be long before its available in New Zealand. Maybe something for future gifts – even to yourself!

### **Puzzles, Games and Brain Teasers**

We've heard it mentioned lots of time – “keep your mind active, it helps to stave off dementia”.

I'm no doctor but I love a good puzzle every now and then and with winter nibbling away, inside activities seem more sensible than battling the cold, wind and rain (remember I live in Wellington!)

Of course, there are sites aplenty to choose from but a really good puzzle site, I belong to is:

<https://www.jigidi.com/>

**Jigidi** Solve, create, share and talk about jigsaw puzzles

If you have a favourite puzzle site please let me know so it can be share with other SeniorNetters in a future edition of **Gizmoe**.

### **Microsoft Windows 7 days are numbered.**

On January 14, 2020, Microsoft will stop supporting Windows 7. Mainstream supported ended in 2015, but if you have Windows 7 still installed after that date it has carried on receiving security updates thanks to extended support. When that ends in 2020, Windows 7 will remain as it is.

Businesses will be able to pay Microsoft for continued Windows 7 support. However, this option isn't available to consumers. Which means you'll have to choose between using an unsupported operating system, upgrading to Windows 10, or switching to something else.

There's no need to panic. Windows 7 is still good for now, and it won't suddenly become unusable on January 15, 2020. However, Windows 7 users need to at least start thinking about their options, as Windows 7 will soon be old, outdated, and off Microsoft's radar.

Be aware that Windows 10 isn't perfect, which is why a lot of people have delayed upgrading. However, time is running out, so you should consider upgrading to Windows 10. And if you hate Windows 10, why not consider buying a Chromebook instead, switching to Apple or taking a great leap of faith and installing Linux the favourite free alternative operating system.



Here's a link if you are interested in looking further into free operating systems:

<https://www.makeuseof.com/tag/free-alternatives-to-windows-operating-systems/>

In case you were wondering, and why wouldn't you be! Here is a table showing world users of operating systems.



As of last month figures show that A decade after its release, Windows 7 is still a popular OS with 36% of all PCs in active use still running it, not far behind the 43.6% running Windows 10. That said there is expected to be a flurry of activity with people exiting Windows 7 in the coming months.

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