

Official Newsletter of SeniorNet Mac Inc. Christchurch

Telephone 03 365 1979 <http://seniormac.org.nz>



Snow White

had a
special
Apple





From the President

—Barbara Blowes

I can't believe how fast this year is going and the change in weather is very noticeable too. I quite like the colder months as you have to stay inside, so I seem to get a lot more done.

I get emails from various Apple sources and as each new update comes through, there is always something new available.

In the new update iOS16.4 for the iPhone, you can use a setting that cuts out background noises when you are talking on the phone but you have to activate this setting while you are talking.

I have had heaps of tomatoes and cucumbers this year, so we have a community pantry at the St Albans Centre (our Learning Center); it's rather nice when I can take my extras along to share with others. I don't like wasting produce from the garden so this is a nice way to share. Others take things along too, so it's rather interesting to see what others share.

—Barbara Blowes, *President*

Welcome to New Members



Gail Riddell, Pam May, Carole-Ann & Rod Lewis





SeniorNet Mac Inc. PO Box 475
1049 Colombo Street, St Albans, Christchurch

Web: <http://seniormac.org.nz/>

Morning Sessions

Monday, Wednesday and Friday
10.00 am to 12 noon

Pop in and have a cuppa in the learning centre.
You can get answers to computer problems, ask questions and get advice.

If you need to bring in your computer please ring:

0204 031 5480

and leave a message

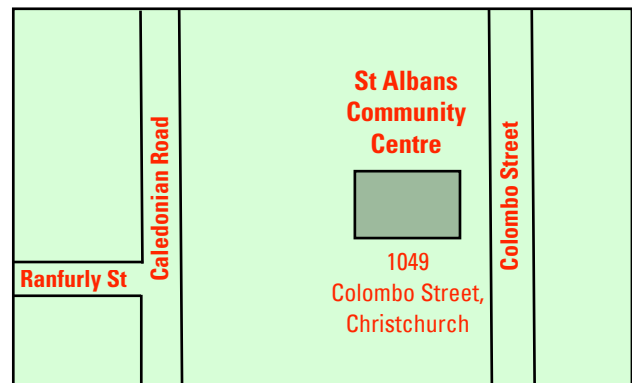
Items that can be solved quickly will be \$5 but problems requiring significant time will attract up to \$20 workshop charge.

The SeniorNet Mac *Apple NEWS* is distributed bimonthly on 12th April, June, August, October, December and February. You will be kept updated on important matters with a Mini Newsletter by email every week, in between times.

The Learning Centre



In the History Room



SeniorNet Mac Executive and Committee

John Hampton *Patron*

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From the Editor

—Ross Beach

Just over 8 weeks to go and we will be into the 6th month of 2023, and the world is still in a state of chaos. Politically, Disasters, Weather and Earthquakes. The Contents of this issue of Apple NEWS are, The usual regulars—*Cookin' with Apple*, *Tips from across the Ditch* and *Brian say...* plus five Apple Press Releases, a Review of the *New MacBook plus and MacMini*, *Hello Yellow—the iPhone 14 and iPhone 14 Plus*, the Social and Luncheon Reports for February and March, the guest Speakers for May (NB. there are 2 Socials in May due to Anzac Day). The Black Caps cricket has been exciting and interesting of late, The Crusaders have had a topsy-turvey start to their season, but seem to have settled down. The Tactix are having a much better season. There is a new Telephone number for contacting SeniorNet Mac—see page 3; well that seems to be it for this issue—so take care be kind and stay healthy—*tofa*.

—Ross Beach, Editor



DEADLINE

Deadline for June/July Apple NEWS

28th May 2023

Please have your copy for the next Apple NEWS to me by the above date.

Copy can be either typed straight into an email, as a Word file or as Rich Text Format.

Digital images need to be at least 220dpi or higher (72dpi will not reproduce well)

Please no hard returns except at the end of a paragraph.

Our Sponsors



Also in association with:
The Federation of NZ SeniorNet Societies



SeniorNet Mac Inc. Christchurch Learning Centre

OUR PRIVACY POLICY

- We collect information for lawful purposes so we can communicate with our members. We collect information so we can ensure we are providing you with relevant courses, news about technology and invitations to events.
- We also provide demographic information to our funders, sponsors and to government agencies but this information does not include personal identification. While we appreciate this demographic information, it is not compulsory to provide it.
- We may share your contact information with our national body, The Federation of New Zealand SeniorNet Societies Inc, so that in the event of the closure of our Learning Centre, for any reason, we can keep in touch.
- We will be happy to show you whatever information we have about you on our membership files and we will endeavour to keep that information up to date at your request.

IMPORTANT INTERNET BANKING

Our Direct banking number is 020816-0376043-00 PLEASE when paying monies to SeniorNet Mac, include as reference either your Name or Membership Card number. We are receiving credits from time to time from unknown members. We have no way of telling who they are from. Your Membership Number is a unique number and has 4 digits beginning with the figure 4
Elizabeth Chesney
Treasurer@seniormac.org.nz



Apple User Group

Canterbury Apple Users

is a subgroup of Christchurch SeniorNet Mac Inc. and meets on the last Wednesday of each month at
**7.30 - 9.30pm in the SeniorNet Mac Rooms,
1049 Colombo Street, St Albans, Christchurch.**
A heated room with all conveniences, tea/coffee and bikkies.
FREE to SNM members. General public \$4.00
Meetings will discuss users' problems and review recent announcements and news relating to Apple products. All welcome. 🍏

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SeniorNet Mac

Learning Centre

The History Room

St Albans Community Centre

1049 Colombo Street, Christchurch



Cookin' with



Rhubarb and Apple pie

300 g Plain flour (Main)

2 Tbsp Caster sugar

180 g Butter, cold, cut into cubes

1 Egg

1 Tbsp Water, or 2 if needed

4 Granny Smith apples, peeled, cored and sliced

1 bunch Rhubarb, (or 5 stalks) rhubarb, washed and sliced

25 g Butter

$\frac{3}{4}$ cup Caster sugar

$\frac{1}{4}$ tsp Cinnamon

1 tsp Orange, zest

1. Place the flour, sugar and butter in a kitchen whizz and blitz until it resembles fine breadcrumbs.
2. Add the egg, and blend to form a soft dough. Add water if needed. Wrap in cling film. Refrigerate for 30 minutes.
3. Preheat the oven to 180C.
4. To make the filling, melt the butter in a saucepan, add the apples and stir over medium heat for 3 or 4 minutes. Add the rhubarb and stir for 3 or 4 minutes until starting to soften. Add sugar, cinnamon and zest. Stir until the sugar has dissolved. Set aside to cool until needed.
5. Roll two-thirds of the pastry to 3mm thick, and line a 22cm pie tin. Bake blind for 15 minutes or until the pastry is almost completely cooked. Remove from the oven.
6. Place the cooled rhubarb and apple in the tin. Roll the remaining pastry into a square and cut 1cm strips. Arrange on top in a lattice.
7. Return to the oven for 20 minutes, till the pastry is golden. Serve with cream or custard.



Review

Newshub 9/2/2023

Apple's MacBook Pro 2023 and new Mac Mini make small steps after a huge leap

Daniel Rutledge



A 2023 MacBook Pro. Photo credit: Newshub.

A lot about this year's 14 and 16-inch MacBook Pros are the same as [the 2021 models](#), especially on the outside.

But on the inside, there is one major difference—using M2 chips instead of M1 - and a few other little improvements I'll get to shortly.

Along with the latest Apple laptops, new desktops from the company have also been released featuring M2 chips in the new Mac Minis.

I've been using a 16-inch M2 Max MacBook Pro along with an M2 Pro Mac Mini for around two weeks and have found the new devices represent a small step forward following the huge leap we had from Intel-based MacBooks to Apple's own silicon with the M1.

As far as the advantages of the M2 chips make, it's actually difficult for me to test that. I know M2 is more powerful, but to put it to the test I'd really need to get into some hugely demanding 3D animation, or editing a bunch of 8K video tracks at the same time—the sort of stuff I don't do.

Apple says M2 brings 20 percent better CPU performance and 30 percent better GPU performance on the MacBook Pros compared to the M1 equivalents, despite being priced around the same level. Keep in mind those M1 machines were way, way faster than the Intel-based predecessors and much more powerful than most other laptops on the market, too.

For what I've done with the M2 Max MacBook Pro, I've never waited at all and the battery life lasts for well over a day.

I ran CPU testing tool Geekbench on it and got a single core score of 2064 and a multi core score of 15265:

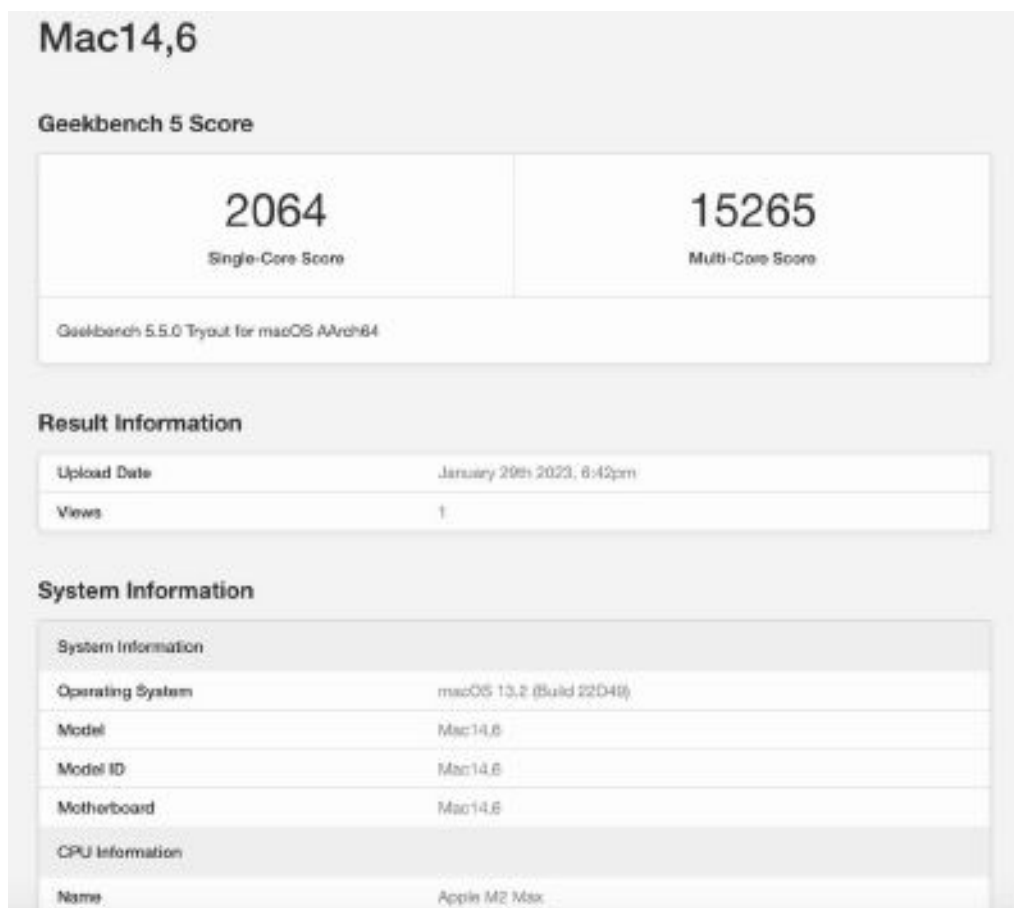


Photo credit: Geekbench / Newshub.



One thing I was able to check was gaming and running *Resident Evil Village* on this thing was super smooth and awesome. It's easy to connect an Xbox or PlayStation controller to it and wow, this is a cool way to play.

The Liquid Retina XDR display is a gorgeous way to showcase images, whether they be from high-end games or 4K video content—I watched a couple of episodes of *The Last of Us* in 4K on this and it was just astounding how good it looked.

Beyond the power bump, there are three other major advantages compared to the M1 Pros:

HDMI 2.1

This was weirdly missing on the last edition of the MacBook Pro, but has been rectified. Now you can output 8K at 60fps from one cable, if you have an 8K monitor or TV you can output that too.

Wi-Fi 6E

Although this version of Wi-Fi is fairly rare, it's very, very cool for those lucky enough to have it. If you already have a 6E setup at your home or office, or are looking to upgrade to one soon, rest assured these devices capitalise on it well and give lightning fast internet speeds.

Bluetooth 5.3

I was unable to test how this is different from previous versions of Bluetooth - but had no issues with Bluetooth connections. It's again probably a good future-proofing feature for when more 5.3 enabled devices are out and about.

As for the new M2 Mac Mini, this is basically like the MacBook Pros but with no screen and no inbuilt keyboard.



A 2023 Mac Mini with a Logitech mouse. Photo credit: Newshub.

If you already have a display, keyboard and mouse—whether they be Apple products or from a third-party like Logitech—this is a brilliant option and comes surprisingly cheap, all things considered.

The M2 Pro version offers four Thunderbolt ports as well as HDMI 2.1 and is benchmark testing better than even the M1 Max on CPU - it's a nice step up.

If you want a super powerful new Apple computer and don't need the portability of a laptop, the Mac Mini is something you should seriously consider. They start at \$1099, whereas the M2 MacBook Pros start at \$3699.

You could buy a really great monitor, keyboard and mouse combo for what you'd save going for a Mac Mini instead.



The 2023 16-inch MacBook Pro and Mac Mini. Photo credit: Newshub.

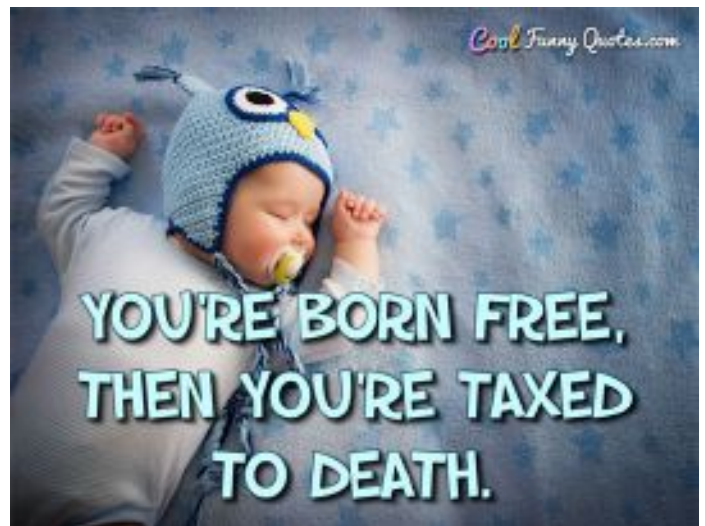
In summary, the M2 range of Pro and Mini devices Apple has just released offer incremental power bumps over the M1 range, along with a few other improvements that will be minor to most users.

It's difficult to recommend shelling out for one if you bought an Apple silicon powered device within the last two years.

But if you're upgrading from an older device, getting M2 over M1 is a no-brainer. It's a great way to future-proof your computer and compared to an Intel-powered Apple device, these things will absolutely blow you away with how fast they are, the demanding tasks they can handle with ease and the number of hours of battery life you get from them.

Even though they're not as huge a leap forward as the models that came before them, the latest MacBook Pro and Mac Mini devices provide a pleasing step forward for what was already an incredible set of computers. 🍏

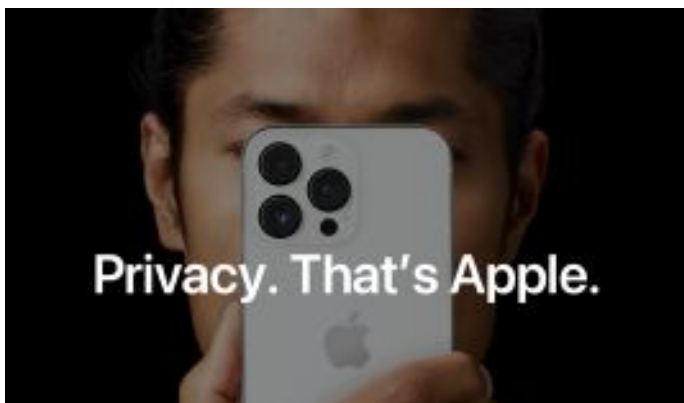
Newshub was supplied a 16-inch M2 Max MacBook Pro and M2 Pro Mac Mini for this review



Apple Press Release

PRESS RELEASE January 24, 2023

Apple builds on privacy commitment by unveiling new education and awareness efforts on Data Privacy Day



CUPERTINO, CALIFORNIA — In celebration of Data Privacy Day, Apple today unveiled a new set of educational resources designed to help users take control of their data.

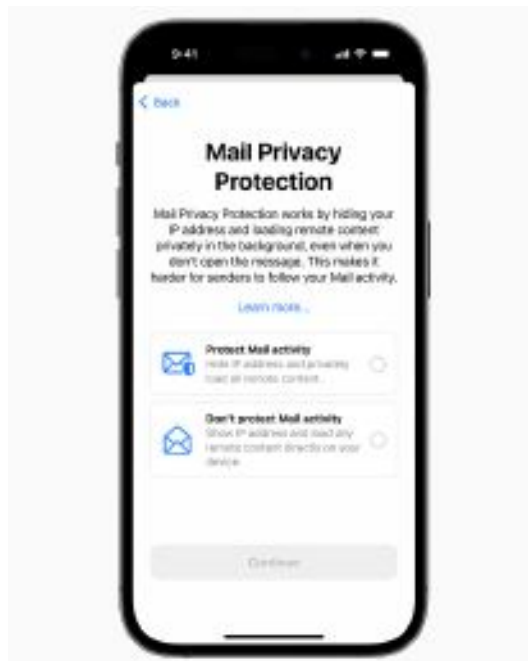
As threats to the privacy and security of personal information are on the rise, a new Today at Apple session will educate users on how they can safeguard their data. And to drive awareness about the importance of data privacy, Apple has also partnered with Apple TV+ Ted Lasso star Nick Mohammed in “A Day in the Life of an Average Person’s Data.”

These education efforts build on Apple’s long track record as a privacy leader, with innovations that give people more insight into how their data is used — and more tools to protect it. As a company that believes privacy is a fundamental human right, Apple designs features like App Tracking Transparency and Privacy Nutrition Labels, which put users in the driver’s seat when it comes to their data.

Protecting Users’ Privacy with Today at Apple.

Beginning Saturday, January 28, a new Today at Apple session, “Taking Charge of Your Privacy on iPhone,” will explore features including Mail Privacy Protection, Safety Check, Location Services, and passkeys. In this session, attendees will learn how they can customize each feature based on their individual privacy preferences.

Today at Apple offers free creative sessions to help customers get the most out of their Apple products. This new 30-minute session will be available at all Apple Store locations around the world, and customers can now also sign up for Group Bookings and schedule a session for their group, organization, or class. Anyone—regardless of experience level—can sign up for Today at Apple sessions at their local Apple Store by registering at apple.co/skills-privacy.



In the new Today at Apple session, customers will learn the basics of some of Apple’s key built-in privacy features like Mail Privacy

“We created Today at Apple to spark creativity and enable our customers to get the most out of their Apple products and features,” said Tracey Hannelly, Apple’s senior director of Retail Engagement and Marketing. “we’re thrilled to offer this new Today at Apple session to help our customers learn more about our industry-leading privacy features as we celebrate Data Privacy Day.”



Today at Apple offers free, creative sessions to help customers get the most out of their Apple products. Starting January 28, a new session, “Taking Charge of Your Privacy with iPhone,” will help users better understand Apple’s privacy features and learn more about protecting their data.

Building in Privacy from the Ground Up

Privacy is built into all of Apple’s products and services from the ground up, from the moment users open their devices to every time they use an app. Apple products and features include innovative privacy technologies designed to minimize how much user data anyone can access.

This is why Safari throws trackers off the trail. It’s why the Health app keeps user records under wraps, and why Siri learns what the user needs rather than who they are. These are just





some of the dozens of privacy features that Apple has built into the foundation of every product and every service it creates. Apple believes that every user should have clear insights into how their data is used, and tools to decide when to share their data and who to share it with.

The whimsical short film “A Day in the Life of an Average Person’s Data” invites users to follow Apple TV+ Ted Lasso star Nick Mohammed through his average day, explaining how bad actors misuse data—and how Apple works to keep his personal information safe.

“At Apple, we’re focused on designing devices, features, and services that keep users in control of their personal data,” said Erik Neuenchwander, Apple’s director of User Privacy. “Over the years we have integrated powerful privacy controls into our operating systems. This film and our new Today at Apple sessions will show users how they can take advantage of some of the features we offer, and understand how privacy is at the center of everything we do.”

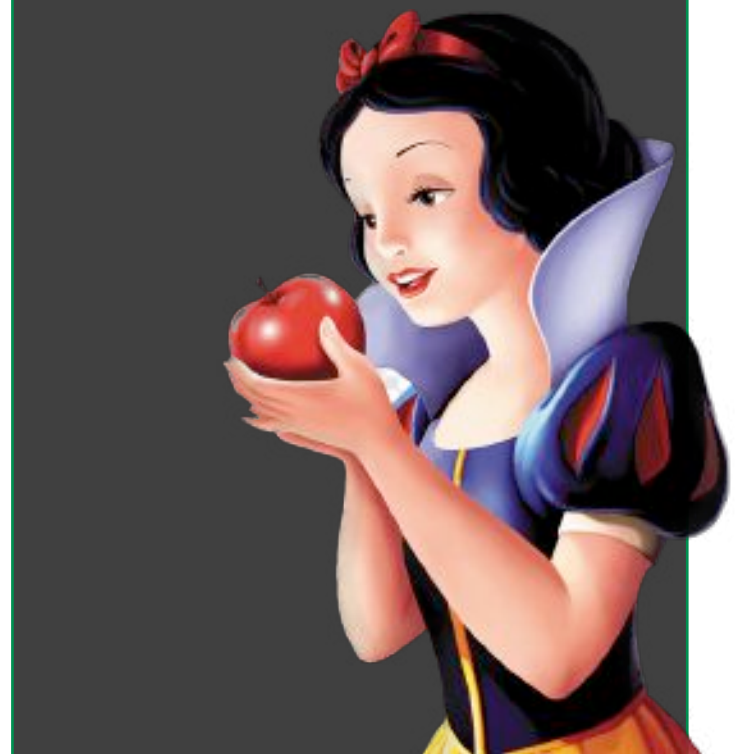
This commitment to transparency and control—and to privacy-protecting innovations across its technology—gives Apple users more choice and more control over their personal information. On Data Privacy Day and every day, teams across Apple are pushing this work forward. Learn more about Apple’s privacy features by visiting apple.com/privacy. 🍏



Queen: And because you’ve been so good to poor old granny, I’ll share a secret with you. This is no ordinary apple. It’s a magic wishing apple.

Snow White: A wishing apple?

Queen: Yes! One bite and all your dreams will come true.



Apple Press Release

UPDATE February 21, 2023

With Apple Watch, researchers explore new frontiers in heart health



In a single day, the heart of an average, healthy adult beats more than 100,000 times. Beat by beat, day by day, a picture begins to emerge—an image that goes largely unseen. Apple Watch can help make the invisible, visible.

With heart health features—including high and low heart rate notifications, Cardio Fitness, irregular rhythm notifications, the ECG app, and AFib History—Apple gives users an ever-developing view of their health with actionable insights.

The same advanced technology that provides insights to help users better understand their health also has the potential to open the door to discovery for the research and medical communities. Since Apple launched ResearchKit and CareKit in 2015, researchers, clinicians, and developers have found innovative new ways to study, track, and treat a broad range of conditions.

To further drive discoveries that improve health at scale, Apple launched the [Investigator Support Program](#).

Through this program, Apple provides researchers with Apple Watch devices, enabling them to break new ground in health research, including the scientific understanding of the heart. Apple is spotlighting the cutting-edge work of health researchers around the world who are using Apple Watch to study the heart like never before.

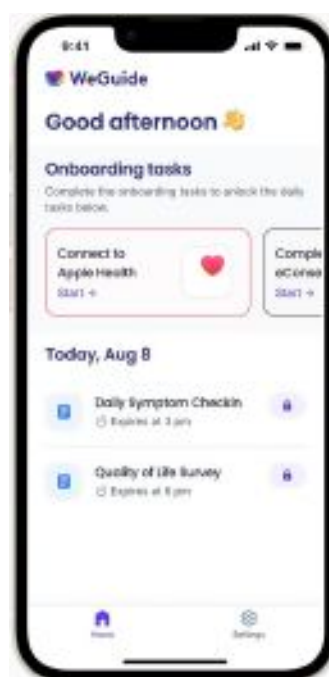


On Apple Watch Series 4 or later, the ECG app can record heartbeat and rhythm using the electrical heart sensor. The ECG waveform stored in the Health app can be shared as a PDF.

Associate professor Rachel Conyers and Dr. Claudia Toro are senior pediatric oncologists from Melbourne, Australia, primarily spending their days caring for children in a tertiary pediatric oncology clinic and researching toxicities related to children's cancer therapies within the [Murdoch Children's Research Institute](#). Together they are looking at how treatment can impact heart rhythm and are trying to identify innovative ways to intervene. The inspiration for their work comes from their patients—both success stories and heartbreak.

Toxicities in cancer treatment can lead to heart rhythm disturbances, such as prolonged QT syndrome, which can be potentially life-threatening. Prolonged QT creates an irregular heart rhythm, increasing the time needed for blood to flow through the heart.

Because of their susceptibility to long QT, children receiving cancer treatment are routinely screened at least once per week with a 12-lead electrocardiogram, according to Dr. Conyers. However, outpatients still need access to monitoring.



ECGs from Apple Watch are securely shared with researchers using an app developed by WeGuide in collaboration with the research team at the Murdoch Children's Research Institute.

"I read about the Apple Heart Study and I thought this could be important for pediatrics," said Dr. Conyers. "We used to think of cardiac toxicity as something that happened 10 years after treatment. But now we know that new cancer therapies (like specific inhibitors or immune therapy) can cause arrhythmias within 48 hours of medication—so there's a big gap in terms of what we know about the toxicities at the moment."

In the coming months, [Dr. Conyers and her team](#) at the Murdoch Children's Research Institute will begin with researching the sensitivity of the Apple Watch ECG app in 40 children and adolescent patients.¹ From there, the team will look for ways for patients to take their ECGs wherever they are, whenever they're able. With those insights, the team hopes to better understand the reality of cardiac toxicity and identify potential opportunities for intervention.

¹ The ECG app is cleared for use in adult patients. Pediatric use is limited to investigational use only.





Researchers at Texas A&M and Stanford Medicine will review a number of data types from study participants enabled by Apple Watch, including heart rate and rhythm, blood oxygen, activity, and more.

Every Bay Area resident remembers the day the sky turned orange. It happened September 9, 2020. Dr. So-Min Cheong, an associate professor in the Public Service & Administration Department at the Bush School, Texas A&M University, was in Palo Alto, California. "I still have photos of that day on my iPhone," said Dr. Cheong.

California experienced a series of devastating wildfires in 2020 and 2021. Dr. Cheong, who researches the social and health consequences of environmental disasters and climate change, saw an opportunity to study the personal impact of wildfire smoke on cardiac health in firefighters. "General health recommendations or off-the-shelf interventions weren't good enough for me," Dr. Cheong explains. "People are unique. Each individual is different when it concerns their health, and I wanted to learn more."

Through her connections in the research community, Dr. Cheong learned that Apple Watch could help capture the kind of health data she needed. "A colleague of mine at Stanford had shared their experience using Apple Watch, and it's known for its heart rate accuracy," she adds. "I had always wanted to be able to do more noninvasive, sensor-based analysis on individuals to get at more precise health measurements."

Next month, Dr. Cheong at Texas A&M University and Drs. Brian Kim and Marco Perez at Stanford Medicine will begin equipping firefighters with Apple Watch to study the impact of wildfire smoke on heart health. Wildfire season begins in spring in Texas and summer in California, and up to 200 firefighters in these locations will join the study.

From Apple Watch, the study plans to monitor heart rate and rhythm, sleep, blood oxygen, activity data, and more. Firefighters will also wear an air quality monitor and complete surveys related to sleep, activity, and wildfire smoke-related symptoms.



Users can enable high and low heart rate notifications from Apple Watch.

"Firefighters are bound to benefit from the study," Dr. Cheong shares. "We know wildfire smoke directly affects their health and with a study like this, they'll be able to see their results in real time."

But she doesn't want to generalize what the study's potential findings are at this point, particularly when the core focus of the research is looking at the kind of individualized and precision health data that Apple Watch can provide.

"Studies like this one haven't been done before, so it's not a matter of proving or disproving a hypothesis," said Dr. Cheong. "It's more exploratory and the outcomes will help us understand the accuracy of an analysis like this to generate tailored interventions. I also think a study of this nature could help us understand high risk groups better."

At the Cardiology Centers of the Netherlands, researchers are exploring ways to detect AFib earlier in a randomized control study using Apple Watch features, including irregular rhythm notifications.



According to epidemiology experts in Europe, the estimated rate of atrial fibrillation (AFib) in the European Union is expected to double by 2060. AFib is a common heart arrhythmia that can have serious impacts—such as a higher risk of stroke or heart failure—if left untreated.

At the Amsterdam University Medical Centers, Dr. Sebastiaan Blok, director of eHealth at the Cardiology Centers of the Netherlands, and his colleagues are exploring ways to detect AFib earlier. The researchers have developed a randomized controlled study as part of a larger initiative called HartWacht, the first reimbursable eHealth concept.

In the Netherlands, "There are about 300,000 people who have been diagnosed with atrial fibrillation," said Dr. Nicole van Steijn, an investigator on the research team. "But there's also an estimated 100,000 people who have it but don't know, likely because they haven't experienced symptoms."

As part of their study, they plan to enroll more than 300 patients over the age of 65 who meet a risk threshold for AFib. Half of the participants—the intervention group—will wear Apple Watch for at least 12 hours per day.


"Apple Watch is such a widely used, reliable consumer wearable that we thought it would be a great device for us to integrate into our research to better understand how we could potentially integrate it into the larger health system," Dr. Blok shares.

As part of the group's study design, participants are expected to take an ECG once every three weeks, or if they begin feeling symptoms. If the participant receives an irregular rhythm notification, the researchers will connect with the participant and instruct them to take an ECG and share the results.

Within three weeks of the study, researchers were able to identify a participant with AFib in the intervention group who wasn't experiencing any symptoms.



This study marks the beginning of what they hope to understand using Apple Watch. In the future, they plan to explore ways to identify possible opportunities to use the ECG app to monitor patients from home, as certain medications can alter a heart rhythm. They're also considering how Apple Watch could possibly be used to monitor heart failure patients from home, given it's a costly disease, and identify predictive biomarkers for exacerbations.

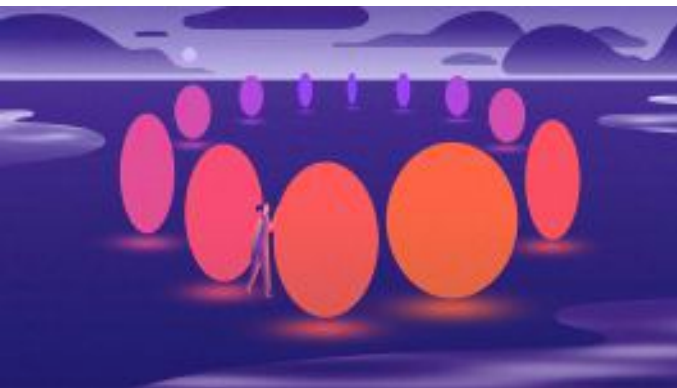
"We are continuing to grow and innovate with new opportunities, based in science and technology," said Dr. Blok. 

Apple Press Release

UPDATE March 2, 2023

Preliminary findings from the Apple Women's Health Study help advance the conversation and science around menstrual cycles

Moving menstrual health forward with iPhone and Apple Watch



Ahead of International Women's Day, new preliminary findings from the Apple Women's Health Study underscore the importance of paying attention to menstrual cycles and their connection to overall health.

Many physicians consider periods a vital sign, but this area of health is notably under-researched. The Apple Women's Health Study is a first-of-its-kind research study conducted with the Harvard T.H. Chan School of Public Health and the National Institute of Environmental Health Sciences (NIEHS) that aims to advance the understanding of menstrual cycles and how they relate to various health conditions such as polycystic ovary syndrome (PCOS), infertility, and menopausal transition. The study is significant in its scope and scale because it invites anyone who has ever menstruated across the US to contribute to this research simply by using their iPhone.

New Preliminary Findings

Harvard Chan School researchers used survey data from the Apple Women's Health Study to advance the scientific understanding around the relationship between persistently abnormal periods, PCOS, and endometrial hyperplasia and cancer. Looking at a preliminary analysis cohort of over 50,000 study participants, the study team found:

These updates are a first step for helping people understand risk factors for these diseases, and encouraging people to have conversations with their healthcare providers about cycle irregularity earlier.

"More awareness on menstrual cycle physiology and the impact of irregular periods and PCOS on uterine health is needed," said Dr. Shruthi Mahalingaiah, MS, Harvard Chan School's assistant professor of Environmental Reproductive and Women's Health and co-principal investigator of the Apple Women's Health Study. "This analysis highlights the importance of talking to a healthcare provider when menstruators are experiencing persistent changes to their period that span many months. Over time, we hope our research can lead to new strategies to reduce disease risk and improve health across the lifespan."

The study team will conduct further analysis on this preliminary data for scientific publication.



Cycle Tracking on Apple Watch and in the Health app on iPhone can help users have more informed conversations with their providers.

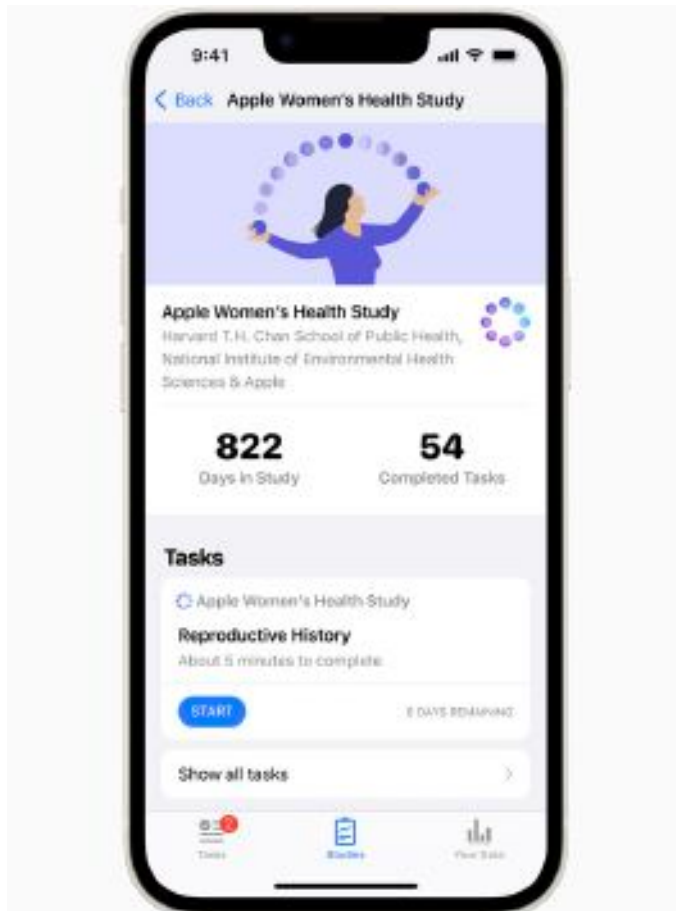
Previous Interim Updates

The Apple Women's Health Study team has previously shared a number of other interim research updates that highlight how large-scale, longitudinal research on menstruation can help advance the science around this topic.

The Apple Women's Health Study invites anyone who has ever menstruated across the US to contribute to scientific research by enrolling via the Apple Research app. The study enables participants to share their cycle tracking data, along with other



health data from iPhone, and Apple Watch if they have one. Participants can also provide a more well-rounded set of information about their personal and family history and lifestyle through occasional surveys. The Research app helps the study reach individuals across various stages of their life, varying races, and across the US. Participants control the data types shared with the study, with transparency into how the data will be used for the purposes of the study.

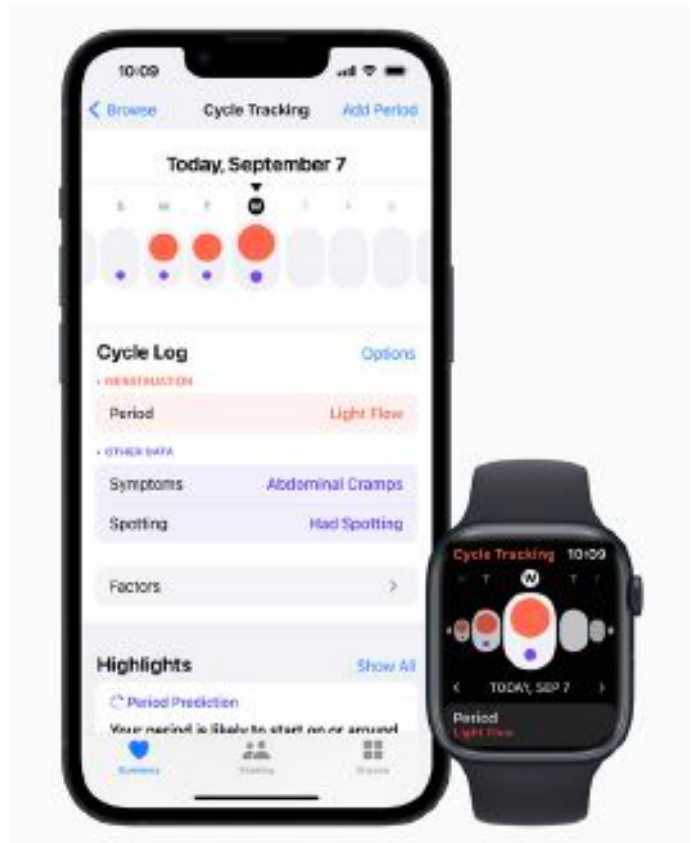


Anyone who has ever menstruated across the US can download the Apple Research app to enroll in the Apple Women's Health Study, which helps the study reach individuals across various stages of their life, of varying races, and in multiple locations.

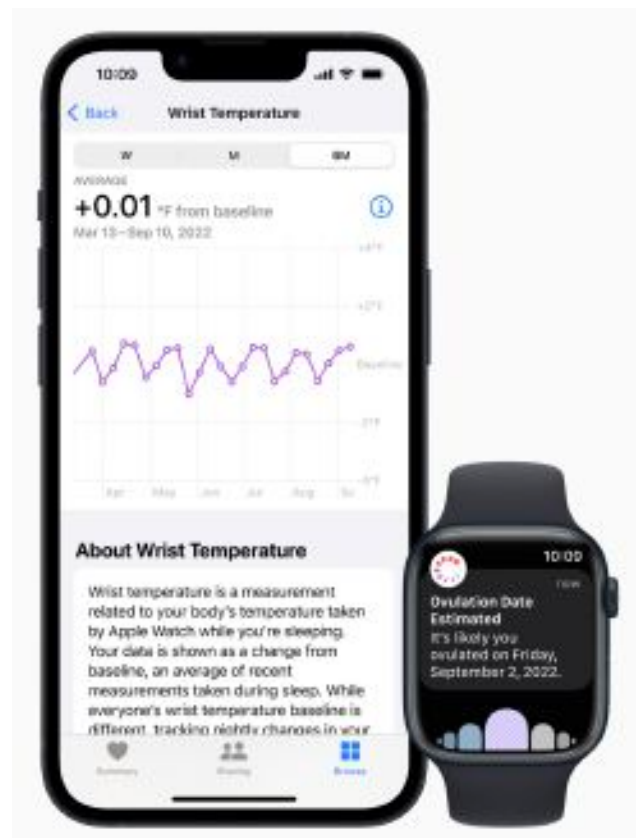
Cycle Tracking on iPhone and Apple Watch

Cycle Tracking is available in the Health app on iPhone or the Cycle Tracking app on Apple Watch, allowing users to track their menstrual cycle along with details like symptoms or ovulation test results. Cycle Tracking uses information users have logged for previous periods and cycle length, plus heart rate data from Apple Watch, to offer period and fertile window predictions. Users can turn on notifications to tell them when their next period or fertile window is approaching.

With iOS 16 and watchOS 9, Cycle Tracking can inform users if their logged cycle history from the previous six months shows a pattern of irregular periods, infrequent periods, prolonged periods, or persistent spotting. It's important to know when these patterns occur, as they may be a sign of an underlying health condition. Users are also able to learn about the Cycle Deviation detected, and export the last 12 months of their cycle history as a PDF to share with their provider.



Cycle Tracking — available in the Health app on iPhone and in the Cycle Tracking app on Apple Watch — allows users to conveniently track their menstrual cycle and receive period and fertile window predictions, with the same strong privacy protections as with all other health data.



New temperature sensors in Apple Watch Series 8 and Apple Watch Ultra gather overnight wrist temperature data that can be used to estimate the likely day of ovulation after it has occurred, which can be helpful for family planning.



Additionally, the new temperature-sensing capabilities in Apple Watch Series 8 and Apple Watch Ultra allow users to receive retrospective ovulation estimates. New sensors gather overnight wrist temperature data that can be used to estimate the likely day of ovulation after it has occurred and improve period predictions. Knowing when ovulation has occurred can be helpful for family planning, and users can view these estimates in the Health app.

Privacy is fundamental in the design and development across all of Apple's features. When a user's iPhone is locked with a passcode, Touch ID, or Face ID, all of their health and fitness data in the Health app—other than Medical ID—is encrypted. Any Health data backed up to iCloud is encrypted both in transit and on Apple servers.

When using iOS and watchOS with the default two-factor authentication and a passcode, Health app data synced to iCloud is encrypted end-to-end, meaning that Apple does not have the key to decrypt the data and therefore cannot read it. 🍏

Apple Press Release

PRESS RELEASE March 12, 2023

Apple TV+ wins Academy Award for Best Animated Short Film *The Boy, the Mole, the Fox and the Horse*

Academy of Motion Picture Arts and Sciences recognizes Apple Original film that honors the strength of our shared humanity



LOS ANGELES, CALIFORNIA This evening, the Academy of Motion Picture Arts and Sciences honors Apple Original Film *The Boy, the Mole, the Fox and the Horse* with the Oscar for Best Animated Short Film, at the 95th Annual Academy Awards ceremony in Los Angeles. "We are so proud of Charlie and the brilliant team who brought *The Boy, the Mole, the Fox and the Horse* to the screen and we sincerely thank the Academy for tonight's recognition," said Zack Van Amburg, Apple's head of



Worldwide Video. "This powerful story has deeply affected audiences around the world and has shown that no matter what age you are or where you live, it's never too late to spread more compassion, empathy, and kindness in our daily lives. Congratulations to everyone involved, including our teams across the globe. We are all celebrating with you tonight."

"*The Boy, the Mole, the Fox and the Horse* shines a light on the magic of discovering connection in unexpected places, and we are honored that the Academy has awarded this beautifully moving film tonight," said Jamie Erlicht, Apple's head of Worldwide Video. "Bringing Charlie's visually stunning world to such vibrant animated life, this short film reinforces the strength that can be found in our common humanity and we toast the entire creative team on this uplifting cinematic achievement." Oscar winner *The Boy, the Mole, the Fox and the Horse*, based on the beloved book by Charlie Mackesy, has been hailed as a "deep and stunning work of art" (Collider) "translating the exquisite illustrations into hand-drawn animation" (IndieWire), while telling a poignant "tale of love and hope" that is "half an hour of unmitigated joy" (The Independent). The acclaimed film was also recently honored with a BAFTA Film Award win, four Annie Awards including Best Special Production, and an NAACP Image Awards nomination for Outstanding Short Form (Animated) film.

Apple made history in 2022, landing three Academy Awards from the Academy of Motion Picture Arts and Sciences for *CODA*, with the first-ever win by a streamer for Best Picture, alongside awards for Best Supporting Actor for Troy Kotsur, and Best Adapted Screenplay for Siân Heder. *CODA* was also the first motion picture starring a predominantly Deaf cast in leading roles to win Best Picture; Troy Kotsur, the first Deaf male actor to win Best Supporting Actor; and writer-director Siân Heder landed her first-ever Academy Award for Best Adapted Screenplay.

To date, Apple Original films, documentaries, and series have earned 345 wins and 1,421 award nominations and counting, including multi-Emmy Award-winning comedy *Ted Lasso* and Oscar Best Picture winner *CODA*.

The Boy, the Mole, the Fox and the Horse

The poignant journey follows the unlikely friendship of a boy, a mole, a fox, and a horse traveling together in the boy's search for home. The film, featuring Mackesy's distinctive illustrations brought to life in full color with beautiful hand-drawn animation, stars Tom Hollander as The Mole, Idris Elba as The Fox, Gabriel Byrne as The Horse, and newcomer Jude Coward Nicoll as The Boy.

The Charlie Mackesy film is produced by Matthew Freud, Academy Award nominee Cara Speller (*Pear Cider and Cigarettes*) of NoneMore Productions, and J.J. Abrams and Hannah Minghella of Bad Robot Productions. Directed by Peter Baynton (*The Tiger Who Came to Tea*) and Mackesy, the film is adapted from the original book in collaboration with Jon Croker (*Paddington 2*). The film is executive produced by Jony Ive and Academy Award nominee Woody Harrelson (*Three Billboards Outside Ebbing, Missouri*). Original score is by composer Isobel Waller-Bridge, performed by the BBC Concert Orchestra and conducted by Geoff Alexander. The film is presented in partnership with the BBC.



The Boy, the Mole, the Fox and the Horse is currently streaming on Apple TV+.

Apple TV+ offers premium, compelling drama and comedy series, feature films, groundbreaking documentaries, and kids and family entertainment, and is available to watch across everyone's favorite

screens. After its launch on November 1, 2019, Apple TV+ became the first all-original streaming service to launch around the world, and has premiered more original hits and received more award recognitions faster than any other streaming service in its debut. 🍏

SeniorHangouts are Coming Back



Background

SeniorHangouts were conceived during the COVID lockdown as a kind of Virtual Seniornet, fostering community as well as providing mechanisms for sharing information on a wide range of topics. It relied heavily on the resources of one full-time person and when the funding of his position ran out, the cost of sustaining it was beyond what the Seniornet Federation could afford. So it ground to a halt.

Hangouts Version 2

Close scrutiny of the costs behind the implementation and substituting key components with lower cost near-equivalents, it was shown that it was possible to bring its cost to an more affordable amount and the Federation allowed a small group of enthusiasts to proceed with the development of a new platform. This is Version 2.

Features

A key feature of Version 2 is that it is limited to only Seniornet members. That means that Learning Centres are central to its administration and will have an influence over its direction.



Other features include:

- A Calendar showing all future sessions,
- A Forum where you can ask question and discuss issues,
- A Library where you can access past sessions.

Timeline

It is expected that this new version of SeniorHangouts will be formally announced at the Federation AGM in early May.

Note: Don't try to get early access—you'll only get an "Under Construction" page. 🍏



Apple Press Release

PRESS RELEASE March 28, 2023

Apple Music Classical is here

The ultimate classical music streaming experience is available to Apple Music subscribers at no additional cost; download it now on the App Store

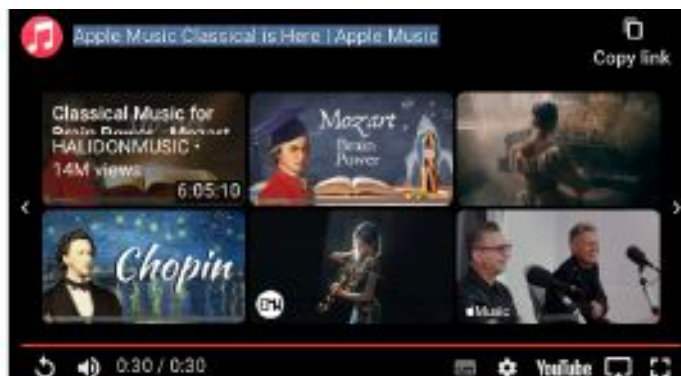


Apple Music Classical — a brand-new standalone music streaming app designed to deliver the listening experience classical music lovers deserve

CUPERTINO, CALIFORNIA Apple today launched Apple Music Classical, a brand-new standalone music streaming app designed to deliver the listening experience classical music lovers deserve. With Apple Music Classical, Apple Music subscribers can easily find any recording in the world's largest classical music catalog with fully optimized search; enjoy the highest audio quality available and experience many classical favorites in a whole new way with immersive Spatial Audio; browse expertly curated playlists, insightful composer biographies, and descriptions of thousands of works; and so much more.

Apple Music Classical is available on the App Store beginning today and is included at no extra cost with nearly all Apple Music subscriptions. The combination of Apple Music Classical and Apple Music provides a complete music experience for everyone, from longtime classical fans to first-time listeners, and everyone in between.

"We love music—that's really what we're all about—and classical music is foundational to music of all genres," said Oliver Schusser, Apple's vice president of Apple Music and Beats. "Apple Music Classical is a dedicated app that is great for classical experts as well as anyone who is new to classical, with the largest classical music selection in the world, the very best search and browse capabilities, the most premium sound experience with Spatial Audio, and thousands of exclusive recordings. We believe this is the very best classical music streaming experience available anywhere, and for us, this is just the beginning."



Apple Music Classical is included at no extra cost with nearly all Apple Music subscriptions.

The World's Largest Classical Music Catalog

With over 5 million tracks, Apple Music Classical is home to the world's largest classical music catalog, covering the whole spectrum from celebrated recordings to forgotten gems. For beginners, the hand-picked Editor's Choice curation is a great place to start. And for those more familiar with a particular work, the app's list of popular recordings provides the perfect next step—and an enjoyable chance to compare and contrast. Apple Music Classical also features thousands of exclusive albums, including recordings by world-famous orchestras.

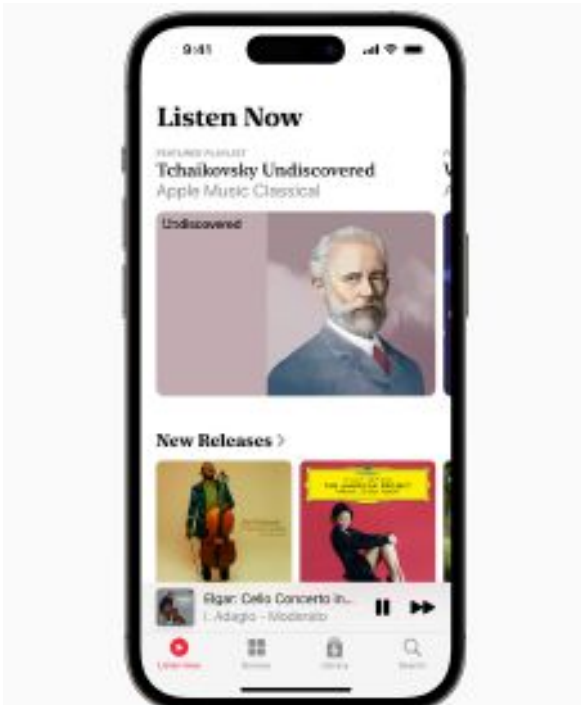


Apple Music Classical redesigned search with the complexities of classical music in mind.

Search Built for Classical Music

Classical works have multiple movements and tracks; famous pieces have hundreds of recordings with different orchestras, conductors, and soloists; and many composers have their own special catalog classifications, from Bach's BWV to Mozart's K. With these complexities in mind, Apple Music Classical has redesigned search to instantly deliver exactly what users are looking for using all combinations of keywords, from composer and work, to opus number, conductor, artist, or instrument, and even a work's nickname. Looking up a work reveals all its recordings, plus an Editor's Choice performance. And searching for a composer displays all available works.





Apple Music Classical redesigned search with the complexities of classical music in mind.

Apple Music Classical's interface lays out each work's name, orchestra, conductor, contributing artists, and year of recording.

An Interface Designed for Classical

The Apple Music Classical interface ensures listeners always know who and what they're hearing, with everything laid out at a glance: work name, orchestra, conductor, contributing artists, and even year of recording. And when it comes to curating a personal library, Apple Music Classical lets listeners add more than just albums, tracks, playlists, and artists—it also supports uniquely classical categories such as works, composers, and recordings.

The Highest Audio Quality

Apple Music Classical features lossless audio of up to 24 bit/192 kHz throughout the service so listeners can experience the nuances of every performance. In Hi-Res Lossless mode, sound is so astoundingly crisp and clear that each note feels close enough to touch. And thanks to revolutionary Spatial Audio with Dolby Atmos, listeners can enjoy thousands of recordings from the best seat in the concert hall, immersed in a 360-degree soundscape where music comes from every direction, including above. Apple Music Classical's Spatial Audio catalog adds new albums every week as legendary recordings are remastered and contemporary performances are captured in Spatial Audio.

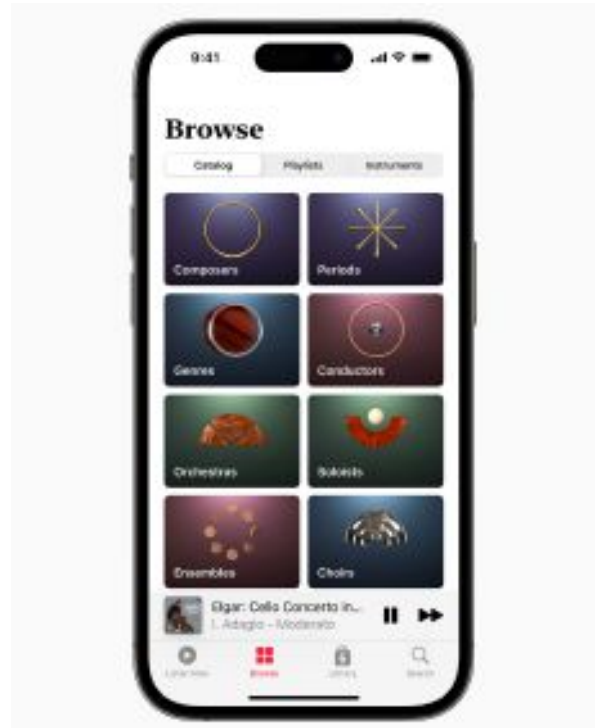
Expert Recommendations and Classical Insights

Apple Music Classical's editors have created over 700 playlists to guide listeners through 800 years of music, and more will be added. Beginners can start with The Story of Classical audio guides, which blend expert commentary and selected works to introduce key composers, periods, instruments, and classical terminology. For devotees, there's the chance to go behind the scenes of selected recordings as leading classical artists offer track-by-track audio commentary. Plus, every week, Apple Music Classical's hand-picked Hidden Gems highlight a

selection of lesser-known works, while Composer Undiscovered playlists bring a new perspective to famous names.

Exploration Made Easy

Apple Music Classical's Browse tab helps listeners explore the largest classical catalog in the world, guided by their interests, from composers, instruments, and periods, to conductors, orchestras, and choirs, as well as classical genres such as chamber music and stage works. With so many ways to explore, there are limitless possibilities for finding new favorites.



The Browse tab in Apple Music Classical encourages listeners to explore and find new favorites.

Exclusive New Artwork

Apple Music Classical listeners will also enjoy exclusive brand-new artwork, including hundreds of playlist covers, as well as unique, high-resolution digital portraits for many of the world's greatest composers. Commissioned from a diverse group of artists, each image blends historical research with color palettes and artistic references from the relevant classical period. With the majority of these new works designed on Mac and iPad, the results display an attention to detail, bringing listeners face to face with leading classical figures like Bach, Beethoven, Hildegard von Bingen, Chopin, John Dowland, Fanny Mendelssohn, Shostakovich, Tchaikovsky, Vivaldi, and so many others unlike ever before.



Apple Music Classical features exclusive brand-new artwork, including unique, high-resolution digital portraits for many of the world's greatest composers.



Additionally, Apple Music has partnered with many of the greatest classical institutions in the world—including the Berlin Philharmonic, Carnegie Hall, the Chicago Symphony Orchestra, the London Symphony Orchestra, the Metropolitan Opera, the New York Philharmonic, Opéra national de Paris, the Royal Concertgebouw Orchestra, the San Francisco Symphony, and the Vienna Philharmonic—to bring Apple Music Classical listeners new, unique, and exclusive content and recordings at launch and beyond. Apple Music Classical will also host several live performances featuring a few of these incredible partners at Apple Store locations around the world as part of the Today at Apple programming beginning in March 2023. To sign up for Today at Apple events, visit apple.com/today.

Apple Music is also working closely with some of today's most renowned classical composers, artists, and musicians to ensure that the app is empowering artists and engaging classical music lovers all over the world. Cellist Yo-Yo Ma was involved in early conversations about the need for such an app, and is delighted that listeners will have new ways to access and explore the world of classical music. "Classical music—and all of culture—is fundamentally about connection, about forging bonds of understanding across time and space," said Yo-Yo Ma. "It's innovations like this that make that connection possible, that give us space for our curiosity to run, to rediscover the familiar, and to rejoice in the unexpected."

"I'm thrilled that Apple Music is taking the initiative to set a new standard for classical music in the streaming age," said Hilary Hahn. "I know that I can trust Apple Music's natively high-quality uncompressed audio to convey the subtleties of my performance, my instrument, and the space in which it's played. And even a solo classical recording is a deeply collaborative process; Apple Music Classical's extensive metadata ensures that everyone—composers, arrangers, conductors, musicians, producers, publishers, and more—gets the credit they deserve." "I've been working with Apple to help solve the problems of classical music streaming," said Jonny Greenwood. "They've come up with a really elegant set of solutions to the unique problems that hinder the search for—and collection of—digital classical music. Put simply, there's only one recording of Joni Mitchell's 'Blue,' but thousands of 'Rhapsody in Blue.' This first kind of search, in someone newly interested in classical music, can be so off-putting and bewildering, so I'm very excited for everyone to finally have a way into this remarkable universe of music, which is welcoming to new (and old) classical fans, and which rewards enthusiasm for music with music, directly and intuitively." "Music is the focus of my life, and as a composer and supporter, I have long believed it is essential to our humanity," said Gordon P. Getty. "The advent of Apple Music Classical is an extraordinary moment in our profession. It is an exceptional streaming service that celebrates diverse artists, embraces legendary recordings, and inspires curiosity in all of us. Apple has created a unique experience worthy of our passion, and I am confident it will advance the cause of music for generations to come."

Availability


Beginning today, [Apple Music Classical](https://apple.com/classical) is available for download on the App Store everywhere Apple Music is offered,

excluding China, Japan, Russia, South Korea, Taiwan, and Türkiye.

Existing Apple Music subscribers can immediately enjoy Apple Music Classical at no additional cost. Apple Music Classical is available for all iPhone models running iOS 15.4 or later.

Apple Music Classical for Android is coming soon.

To listen to music on Apple Music Classical, users must have an internet connection.

For more information, visit apple.com/music and follow [@appleclassical](https://twitter.com/appleclassical) on Twitter. 

Quotes from the great Composers

Wagner: "Don't look at the trombones. It only encourages them." "I write music with an exclamation point!" "Whatever my passions demand of me, I become for the time being— musician, poet, director, author, lecturer or anything else."

Beethoven: "Music should strike fire from the heart of man, and bring tears from the eyes of woman." "What you are, you are by accident of birth; what I am, I am by myself. There are and will be a thousand princes; there is only one Beethoven." "Tones sound, and roar and storm about me until I have set them down in notes."

Rossini: "Wagner has lovely moments but awful quarter hours." "Give me a laundry-list and I will set it to music." "Eating, loving, singing and digesting are, in truth, the four acts of the comic opera known as life, and they pass like bubbles of a bottle of champagne. Whoever lets them break without having enjoyed them is a complete fool."

Stravinsky: "Lesser artists borrow, great artists steal." "Harpists spend 90 percent of their lives tuning their harps and 10 percent playing out of tune." "The trouble with music appreciation in general is that people are taught to have too much respect for music. They should be taught to love it instead."

Puccini: "Inspiration is an awakening, a quickening of all man's faculties, and it is manifested in all high artistic achievements." "Art is a kind of illness." "Who has sent you to me? God?" In a letter to Liszt. When first hearing Caruso sing.

Liszt: "Without any assistance whatever, I founded a school in Weimar in 10 years. Only I could perform certain works with the scanty means that I dared not ask anyone else to work with." "It is my fervent wish and greatest ambition to leave a work with a few useful instructions for the pianists after me." "In Hungary, all native music, in its origin, is divided naturally into melody destined for song or melody for the dance."





iPhone 14 and iPhone 14 Plus

Hello Yellow.

From NZ\$1,599.

Available from 14th March 2023



Wonderfull.



iPhone 14 and iPhone 14 Plus

Big and bigger.



iPhone 14 Plus has 21% more screen, making it supersized but surprisingly lightweight.

Both models have a vibrant **Super Retina XDR display**. And **OLED technology** for bright whites and true blacks.



High resolution and colour accuracy make everything look **sharp and true to life**.

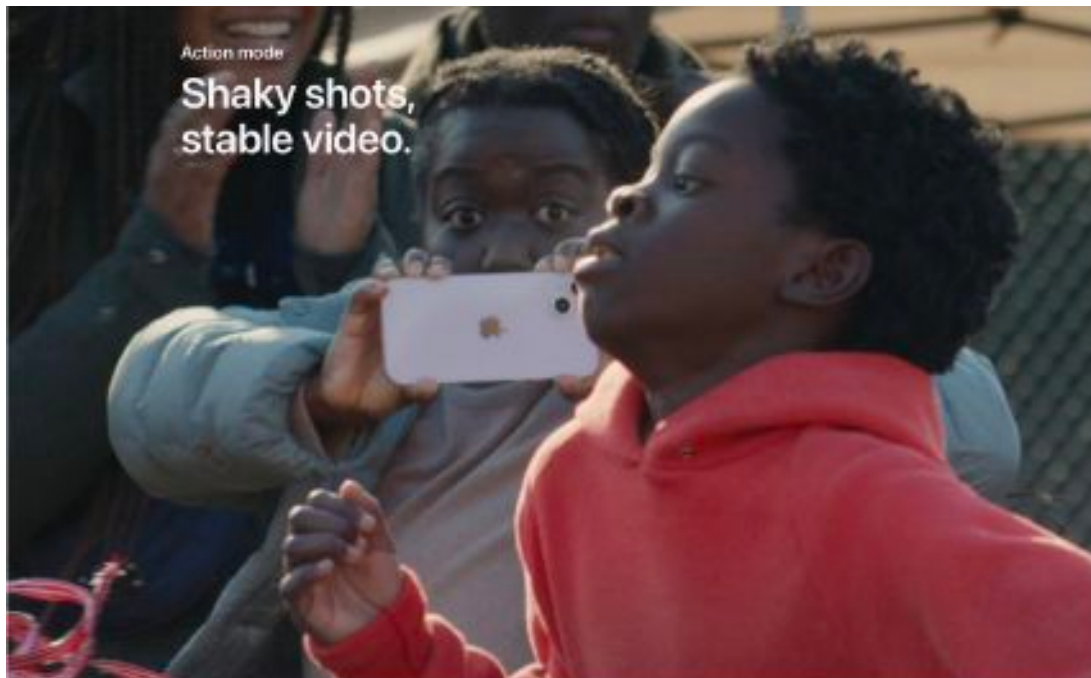


Ceramic Shield

Tougher than any smartphone glass.

Nano-ceramic crystals — which are harder than most metals — are fused into glass for far greater durability.

Our dual ion-exchange process also protects against nicks, scratches, and everyday wear and tear.





Whether you're filming while hiking up a rocky track or chasing your kids through the park, try Action mode for smooth hand-held videos.

Just turn it on before you shoot to automatically get steady shots.



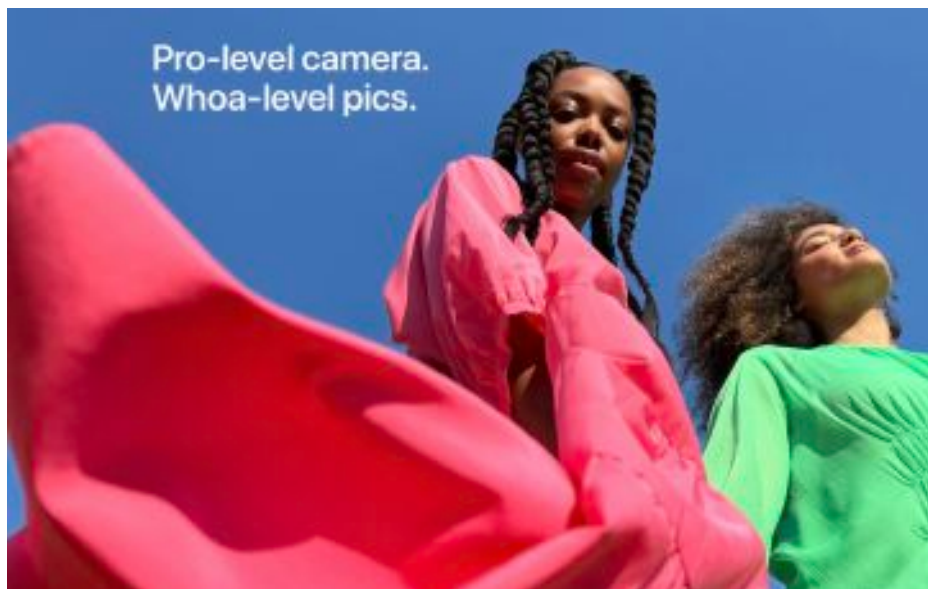


iPhone 14 has the same incredible chip that's in iPhone 13 Pro.

An updated internal design delivers better thermal efficiency, so you can stay in the action longer.

A15 Bionic, with a 5-core GPU, powers all the latest features and makes graphically intense games and AR apps feel incredibly fluid.

The Secure Enclave in A15 Bionic protects personal information like your Face ID data, contacts and more.



New Pro-level Main camera with improved image processing for even more sensational shots in all kinds of light — especially low light.



Up to
2.5x better
low-light photos
on the Main camera

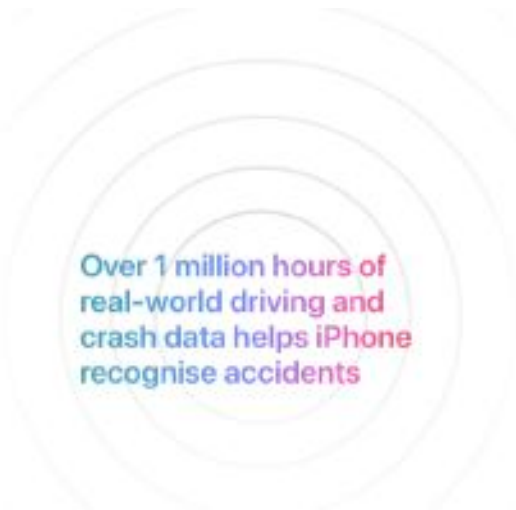


Up to
2x better
low-light photos
on the Ultra Wide camera



iPhone 14 can detect a severe car crash, then call 111 and notify your emergency contacts.

Hardware sensors and advanced motion algorithms identify signs of a crash — including sudden changes in speed, direction and cabin pressure.



Your photo.
Your font.
Your widgets.
Your iPhone.



iOS 16 lets you customise your Lock Screen in all kinds of fun ways.



Layer a photo to make it pop. Track your Activity rings. And see live updates from your favourite apps.



Sharper, smarter,
snappier selfies.



Take your clearest, most
colourful close-ups and
group shots, thanks to a
new TrueDepth front
camera with autofocus
and a larger aperture.





Up to
2x better
low-light photos

It can also **automatically**
focus on **multiple subjects**
at once, so all your selfies
look their sharpest.



Designed to make a difference.



Recycling, re-imagined.

See how iPhone reuses materials to conserve resources >



Privacy. That's iPhone.

Check out the latest privacy features for iPhone >



iPhone for all.

Discover helpful accessibility features like VoiceOver >



AUTUMN LEAVES

**I'm but an autumn leaf upon the ground,
A remnant of all summers past,
The ember sun above me shines,
To warm me on my bed of grass,
My golden skin,
Now Paper thin,
Moves in rhythm with the wind,
And though I have no place to call my home,
I still belong to where the seasons roam,
Be it summer, winter, spring or fall,
Regardless of the time of day,
Oh how I dance amongst a sea of souls,
Unafraid of 'change that comes my way,
And though the years may differ each time around,
I'll forever be an autumn leaf upon the ground.**



Social & Luncheon



28 FEBRUARY 2022

The Borough—Richmond Working Mens Club.

Laura Organ

*Moving Well Manager / Arvida Good Friends
at Park Lane.*

Topic: Use it or lose it: Exercise Needs

We knew we would not be able to listen to this talk passively in our chairs when Erika introduced Laura Organ, Moving Well Manager at Arvida Good Friends, Park Lane, off Whiteleigh Road in Addington. where she had a team of five to run the gym, the 30°C swimming pool, and a spa pool for relaxation. Her theme was: "Use it or Lose it: Exercise Needs as we Age". She began by speaking about her employment:

Arvida, one of the country's largest retirement and aged care companies, had 38 villages and rest level care homes nationwide, of which ten were in Christchurch. An unusual feature of Laura's gym and pool was that access was not restricted to residents, as members of the community could pay to use these facilities. Living Well was the basic plan, and more facilities could be added with memberships of Moving Well, then further services such as help and even care at home for independence where community living did not suit. The Park Lane facility also included the Natter Café. The SeniorNet Mac audience all received a pen and fliers in which we learned there was also a walking group to Riccarton House grounds. Pool activities included aquarobics and aquablast classes and other classes were adapted yoga, line dancing, and tai chi among others. The gym is equipped with equipment designed by the Helsinki University Research Group with aging in mind. Events are run every month. Arvida is a CSO sponsor and the orchestra plays in the big events hall three times a year.

I think we were all surprised to learn how early strength (40+) and balance (30+) started to fail. Lung capacity also decreased, perhaps a little later. Laura gave us all an exercise which involved standing up from a sitting position as many times as possible. With some chagrin, I saw on her following slide that my age group averaged 12-17 times, but I had only done 8! Laura observed that as a nation we did not move a lot. Our cars were over-used.

She then discussed balance. it had a threefold combination of factors: eyesight, inner ear condition, and sensory elements such as joints, muscles, and ligaments. We were given a 4 stage test on balance, the first in the most stable "at ease" soldier's position with feet planted apart. Position 2 had the heel of one foot adjacent to the big toe of the other. Laura said that post-stroke people often could only go this far. Position 3 had one foot in front of the other and 4 was just one foot. Some wobble was inevitable and normal. We were advised to have some firm object within reach of our grasp just in case.

The good news was that better balance and some strength could be restored. Mental capacity was also important, so the "social club" aspect was integral to the experience. Laura had worked with older people for fifteen years. The aim was to feel a bit better. Improvements from eleven weeks structured training were obvious. Tangible results were visible.

Some general exercise guidelines were given. 150 minutes per week was suggested, or about 30 minutes a day. Hiking and jogging were examples suggested, Breathlessness could actually be a sign of adequate exercise, but safety was paramount.

There were some questions from the floor. In answer to one, Laura said that the Alexander Technique was not employed.

It was clear many members present had been much interested in Laura's talk. 🍏

Website: <www.goodfriends.co.nz>

Report courtesy of SeniorNet Mac member Lachlan Hunter.

RAFFLE RESULTS

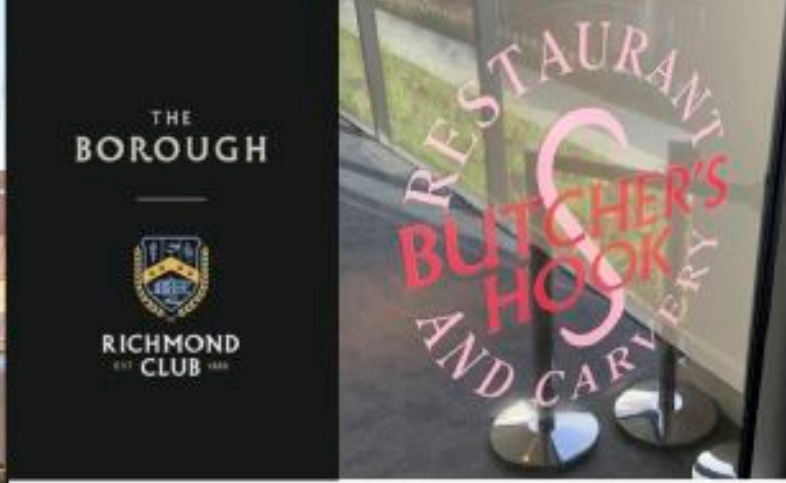
28 February

1st. Brian Kelly

2nd. Cathy McPherson



Social & Luncheon



28 MARCH 2022

The Borough—Richmond Working Mens Club.

David Eddy and Elizabeth Chesney

"From Mother Nature to Mathematics" (a Fractal Journey).

After Annual General Meeting concluded David Eddy and Elizabeth Chesney introduced their topic - "From Mother Nature to Mathematics" (a Fractal Journey).

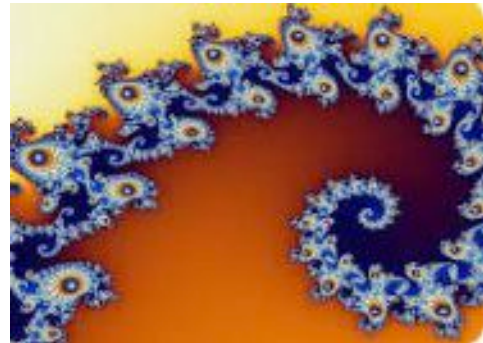
In the beginning there were only spirals encouraged by Mother Nature, until the 17th century when mathematicians began to notice recursion fractals. A term much later coined by the Polish mathematician Benoit Mandelbrot in 1975, where fractal is a rough or fragmented geometric shape that which can be split into parts, each of which is (at least approximately) a reduced-size copy of the whole.

Before that in 1872 Karl Weierstrass presented the first definition of a function with a graph and today it would be considered a fractal. Georg Cantor (1883) published examples of subsets of the real line known as Cantor sets. Next came Koch extended the ideas of Poincare to eventually come up with the Koch snowflake.

By 1918, two French mathematicians, one of whom was Gaston Julia, subsequently deriving a Julia set which is a fractal related to the Mandelbrot set.

Later Mandelbrot in 1958 joined IBM and later worked on the Chaos Theory along with Dr Barnsley that Fractals when magnified 1,000,000 times were bigger than the universe, in fact, infinity. 🍏

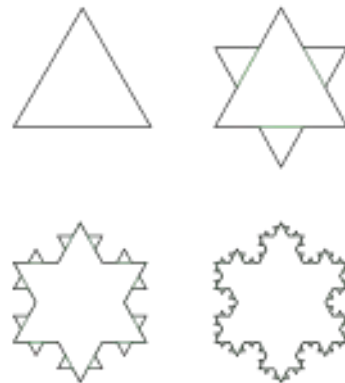
Report courtesy of SeniorNet Mac member Brian Henderson.



Fractal



Fractal Flame



Koch Snowflake

RAFFLE RESULTS

28 March

- 1st. Alison Fox
- 2nd Quoylene Hansen

Further images on next page





Ancient carving



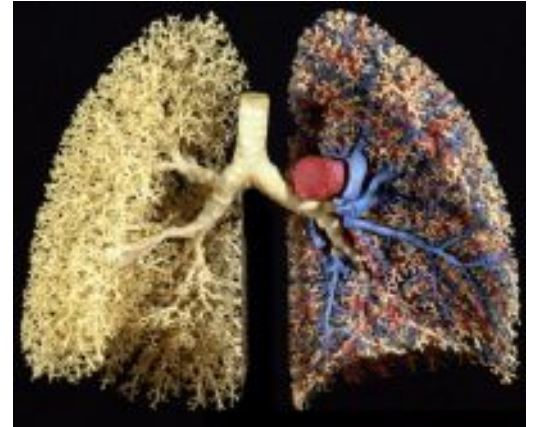
Broccoli



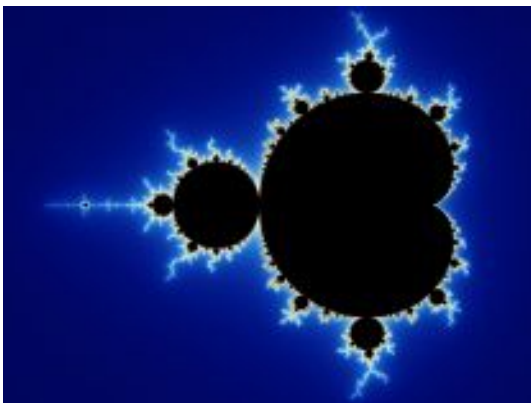
Kandariya Mahadeva Temple



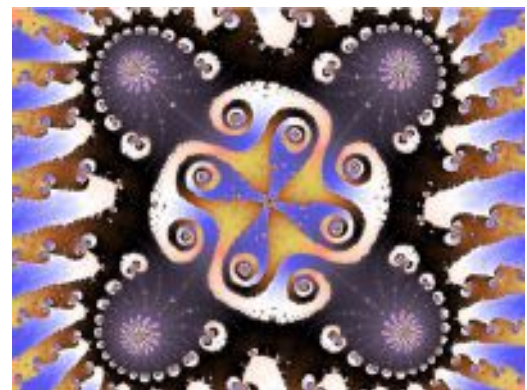
Fern



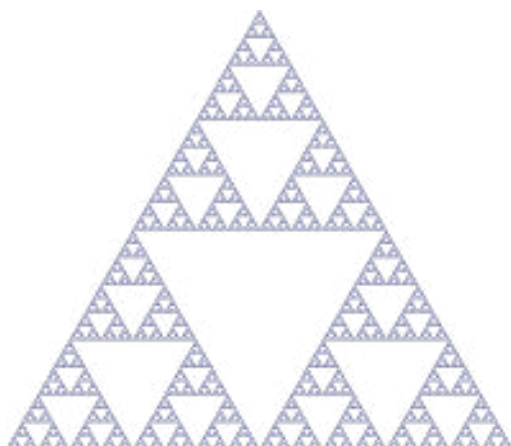
Lungs



Mandelbrot set

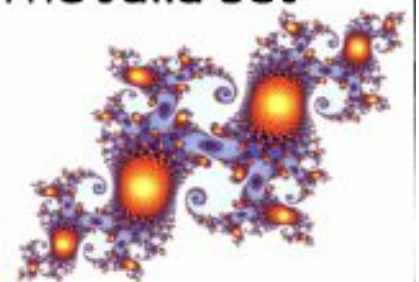


Mandelbrot 2



Sierpinski triangle

The Julia Set



$$Z_{n+1} = Z_n^2 + C$$

Z and C are both Complex Numbers





2 May 2023



Mike Ryan
SNMac member

Topic: Alaska

Mike will speak in particular, of some of the memories from a trip there in recent years, and some Alaskan history he became aware of during that trip.

BIO: Mike had previously worked for some time with the Asian Development Bank, an international organization providing support to developing countries in Asia and the Pacific. This involved interesting times for Mike and family living in Manila, Jakarta and Port Vila. After retirement and return to Christchurch, came the opportunity for Mike and wife Patricia, to visit other parts of the world - including Alaska

30 May 2023



Dr Matthew Hobbs



Dr Lukas Marek

Working together, **Dr Matthew Hobbs** (*Senior Lecturer Above the Bar and Co-Director of the GeoHealth Laboratory*) and **Dr Lukas Marek** (*Spatial Data Scientist*) at the University of Canterbury investigate how:

"Environment is related to our Behaviour and Health"

They will present some of their work which

"Air Pollution is related to our Physical and Mental Health".

They will also share a new online course in:

"Geographic Information Systems (GIS)"

which intends to take users from no experience towards being able to make their first map. You can learn more about our new online course GIS for Mapping by watching this video: <https://www.youtube.com/watch?v=OPY549Kgw8>



Tips from across the Ditch

—helpful tips for iMac, iPad, iPhone and Macbook users .

*courtesy— Pam Doughty,
Editor AUSOM*

iOS

Torch – iPhone or iPad

The LED flash on your iPhone or iPad Pro doubles as a torch (flashlight), so you can get extra light when you need it.

A few ways you can turn your torch on or off:

- You can ask Siri,
- you can use Control Centre, or
- you can tap the torch icon on the Lock Screen of an iPhone.

Using Siri — examples:

- "Hey Siri, turn on my torch."
- "Hey Siri, turn off my torch."

Control Centre—brightness of the torch Press and hold the torch icon then drag the slider up or down.

Using the torch icon on the Lock Screen:

- long pressing on this toggle once turns on the torch, and
- long pressing again turns it off.

ALSO, iOS has a gesture that can help you toggle it off instantly. With the torch turned on, perform a drag a little bit from the right edge of the screen, and it will turn off the flashlight. Don't swipe all the way, as that will open the Camera. 🍏

iOS

Make Siri listen longer

Those who use Siri regularly will like this improvement. Adjusting the pause time will make the digital assistant wait longer before responding to your request.

It's ideal for anyone with impaired speech, but equally useful if you find it difficult or have to remember to hurry to complete a Siri command before the assistant leaps into action.

- Go to Settings.

- Tap Accessibility.
- Tap Siri.
- Select your choice from the options offered under Siri Pause Time. 🍏



iOS

Add a Calendar Attachment

Add an attachment to an event so that you have everything you need in one place.:

1. Open the **Calendar** app, tap on an event, and tap **Edit**.
2. Select **Add attachment**.
3. If you want to attach a file or document you have recently downloaded on your iPhone, you will find it in the **Recents** tab within your Files app.
4. To add an attachment from another folder in Files, go to the **Browse** tab and find your file.
5. Tap **Add attachment** again to add multiple documents.
6. Press **Done**.

You can tap on an attachment anytime to view it.

I have added PDFs, Keynote documents, screenshots and spreadsheets without issues.

To delete an attachment, all you have to do is swipe left on it and press **Remove**. 🍏



iOS

Live Text from videos

Live Text—the iOS feature that lets you pull text out of photos to copy into other documents — is available in at least some videos.

The video has to be paused, and in my tests, I didn't see the usual live text icon on the screen but I found that fairly prominent text can be selected.

Once selected, the usual live text action buttons are available. Words in other languages get a Translate button. Currencies get a conversion button. And phone numbers, website URLs and physical addresses have buttons of their own for calling, browsing, and looking up on Maps. 🍏

iOS

Recover Deleted Conversations in Messages

If you delete* a conversation in the Message app and require it at a later point in time, you can recover the deleted messages with iOS 16.

The deleted messages are moved to the Recently Deleted folder in the Message app itself.

How to access the Recently Deleted folder

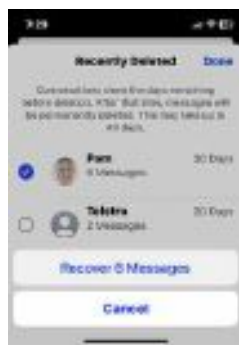
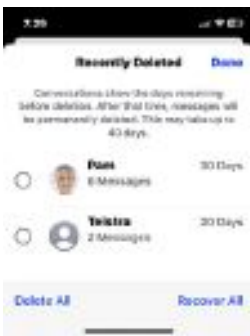
Open the Messages app.

Tap the Edit button at the top left.



Select the **Recently Deleted**.

Select the conversation you want to recover.



Follow the prompts to recover the messages then tap Done.

Note: According to Apple deleted messages will be available in the Recently Deleted folder for 30 days, after which the messages will be deleted permanently. As you can see my iPhone suggests they might remain for up to 40 days.



I could have deleted a single message by 'touch and hold' the message bubble. Tap More and tap the delete icon after the messages I want to delete have been selected. Individual messages can be recovered.

* NOTE: For this article I deleted the entire conversation by swiping left. 🍏

iOS

Your iPhone has a Scientific Calculator



In addition to basic calculations using your iPhone, you can calculate square or cube roots and more. All you need to do is rotate your iPhone to landscape orientation.



If you cannot obtain landscape orientation, check that you have disabled Portrait Orientation Lock in the Control Centre.

If you need to know how to use the iPhone Calculator Apple's support document is at

<https://support.apple.com/en-au/guide/iphone/iph1ac0b5cc/ios> 🍏

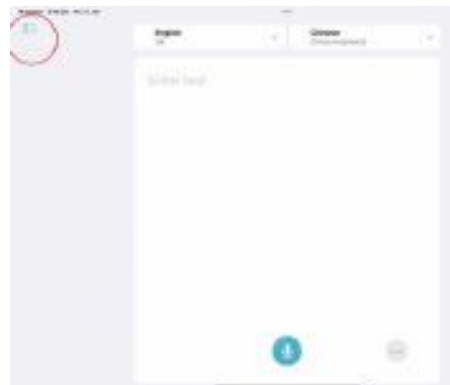
iPadOS

Translate

There are many options to use translation with your iPad

With iOS16 you are no longer limited to translating text in the Photo app or in the Camera app. iOS 16s—there is an app for that!

When you first open Translate it may appear that you can only translate text that you enter by typing or speaking. The translate app has additional functions allowing translations when you use the camera or have a conversation with another person.



Tap the icon near the top right to see additional options.





The first is 'camera' allowing you to take pictures from within the app.



The next icon allows you to use the app to have a conversation with another person. Each of you will have access to your own microphone icon. This option comes by tapping the microphone icon near the foot of the screen.



You may leave this setting at 'Side by Side' if it is possible for you and your friend to sit side by side while having your conversation. Face to Face would be more useful if you were sitting at a table with the iPad between you while having your conversation.



I suggest you try the Translate app to see what it is able to do. Also compare it with the translate features available when you select text within many of the apps on your iPad. 🍏

MacOS/iOS Emojis

If you want to locate large emojis to copy and paste or wish to identify an emoji the following links might assist you.



If you want a list of emoji names you could type the emoji and ask your computer to speak or look at this website <https://www.freecodecamp.org/news/all-emojisemoji-list-for-copy-and-paste/> 🍏

MacOS

Read an eBook from a library

on your web browser or Mac

Reading on an iPhone or iPad is an easier process and there are apps available in the App Store. Libby, by OverDrive is suggested for a book from OverDrive and BorrowBox Library is the app for

NOTE: My local library offers OverDrive or BorrowBox. Other libraries may offer different services to allow you to borrow eBooks—your library website will describe the procedures needed to borrow digital content.



1. Go to the login page for the collection on the OverDrive website or the BorrowBox website and log in using your library membership number and PIN.
2. Locate the book you would like to read and click 'borrow'.
3. Select 'read now in browser' if you are using Overdrive, or 'read online' if you are using BorrowBox.

If you are happy to continue reading your book in your browser you do not need to go any further.

If you want to download the eBook to your Mac you may need to go to the Adobe website to perform steps 1 and 2 below.

1. Install Adobe Digital Editions from the Adobe website
2. Create an Adobe ID.
3. Open Adobe Digital Editions and select 'Help, Authorize computer'.



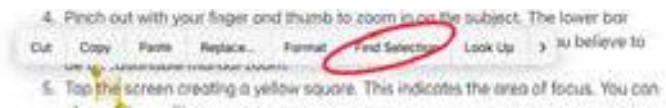
The screenshot shows 'Adobe ID' in place and at this point, you enter your Adobe ID and password.

4. Return to your web browser and the OverDrive or BorrowBox area where you have selected the eBook you want to download
5. Follow the online prompts to download and open the eBook file in Adobe Digital Editions. 🍏

iOS

Find and Replace: Notes iPad or iPhone

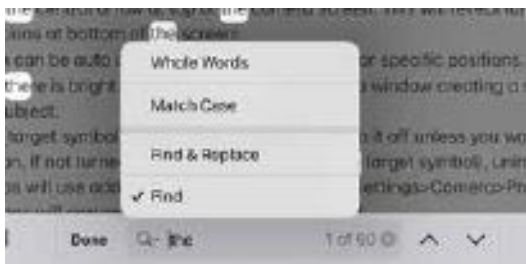
Double-tap the word you want to locate and when it is selected tap Find Selection.



This will find and highlight each occurrence of the word and the on-screen keyboard will appear.



Tap the magnifying glass icon and select Find & Replace. Type a replacement word.



Use the arrows to the right of the replace field to move forward or back between highlighted words.

When the word you want to replace is highlighted in yellow tap Replace. 🍏



iOS

Show Wi-Fi password on iPhone or iPad

NOTE: Take care when displaying any of your passwords

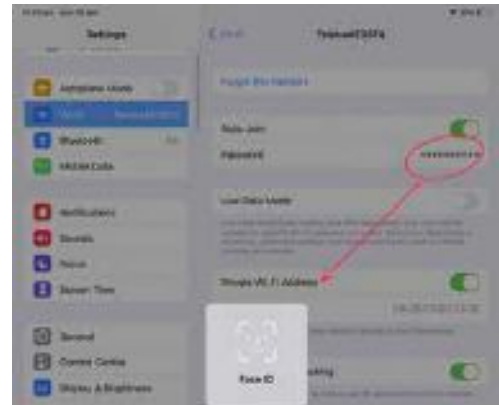
In iOS 16, iPadOS 16.1 and later, you can use Face ID or Touch ID to see, speak and copy Wi-Fi passwords within Settings.

In the Settings app, tap Wi-Fi.

Find the Wi-Fi network that you want to see the password for, then tap the Info button.



Tap on the hidden password.



Use Face ID or Touch ID to unlock and reveal the password. 🍏



iOS

Remove Background from Multiple Photos

It is possible to remove the background from a group of photos.

Use the Files app rather than the Photos app

The first step is to copy the photos you wish to work with to the Files app. Once in Files select the photos.



Tap the More icon (lower right in the screenshot).



From the popup select Remove Background.



New files, with the background removed, will be added to the same folder and your original photos will not be altered. 🍏

"Are you part of the problem, part of the solution, part of the problem with the solution or part of the solution to the problem with the solution?"





Brian says...

How2

—Brian Henderson

HOW2 Stay Under Your 15Gb of Free Google Storage

When you sign up for a Google account, you get 15 GB of cloud storage space for free, spread over **Gmail**, **Google Drive**, and **Google Photos**. Once you exceed that limit, you will be enticed to sign up for a Google storage plan starting at \$1.99 per month for 100 GB.

However, if you don't have masses of files or images that need storing in the cloud, you can stay within free 15 GB allocation of space. The steps may vary according to your particular needs. Visit each Google product and sign into your account.

You are notified when you're about to exceed your free 15 GB storage limit. The files won't suddenly disappear, you just won't be able to add new ones or receive emails in Gmail. Therefore you need to either free up some space, or pay for a **Google One** plan to start adding files again.

Gmail

Email messages don't take up much room, but if you've had your Gmail account for years, they might be starting to add up.

One way is to look for and wipe older emails. Typically type "older_than:1y" into the search box at the top of Gmail and look for messages older than a year or any number of months if you wish, "older_than:6m". When "older than" emails appears, **click the selection box above the list on the left** to select all of them, then click the **Select all** conversations that match this search option (this may, or may not appear). Click the **Delete button** (trash can icon) and the selected emails are erased—or sent to the **Trash** folder and then erased after 30 days.

Emails with large attachments take up a lot of room in your Gmail inbox. You can specify in the search box by typing "has:attachment larger:10m" to find messages with attachments bigger than 10 megabytes, for example. As before, click the selection box to the top left to select all the emails that are found, then click **Delete**.

Labels are another way to get rid of messages you don't need any more—assuming that you've been labelling your emails as they come in to indicate their importance. If you want to rely on Google's algorithms to decide what isn't important in your inbox, search for "label:unimportant" to see newsletters, emails from contacts you don't interact with very often, marketing messages, and so on.

Spam messages still count toward storage quota. Such emails get wiped automatically after 30 days. However if you've accumulated a number in the past 30 days, they can

continued on next page





Brian says...

How2

—Brian Henderson

effect your cloud storage. Click **Spam** on the left of the Gmail interface, then **Delete all spam messages now** to clear the folder.

Google Drive

From the main [Google Drive](#) interface on the web, click the **Storage** link on the left and you should see all the files in your account, with the largest at the top. (If not, **click the Storage used** link in the top right.) You might be surprised at just how much room some of your files are taking up, particularly large documents and videos.

To delete a file, just select it and click the **Remove** button in the top right corner (the trash can) to send it to the Trash folder. It will stay there for 30 days before getting removed permanently, but you can speed up the process by clicking **Trash** on the left of the main interface and then **Empty trash**.

You can **select** more than one file at a time by holding down **Command** on a Mac while you click, which is very useful for speeding up the clearing-out process. Otherwise, just go through your Google Drive folder and delete folder and files that are no longer needed.

Questions to ask yourself:

1. Are these files and folders needed to be accessed anymore?
2. Are there any duplicates of files stored somewhere else?
3. If syncing your **Google Drive** files to your computer, it may be easier to browse through your data from macOS rather than the web.

Google Photos

Most keen photographers have a lot of photo files and if those files (photos) are in their original resolutions, then [Google Photos can compress them](#). This helps to cut down on the number of unnecessary files taking up space on your storage account. Most of the key tools aren't on the web—to see them you need to open up **Google Photos** on your mobile.

Within your mobile apps, tap **Library** and **Utilities**, and you should see a few suggestions for clearing out pictures that are blurred or otherwise of low quality—you can still review these and make a decision on them before they're wiped. You can also tap **Search** and scroll down to see some automatically generated image categories, like **Screenshots**, (which are no longer appropriate or you want to delete).

1. Open **Google Photos** on the web.
2. Click **Settings** cog (top right), then **Recover storage**. Google will compress all your images to a maximum of 16 MP and all your videos to a maximum of 1080p,

continued on next page





Brian says...

How2

—Brian Henderson

saving a lot of room. NB You can no longer access your photos and videos in their original resolution.

3 Use the search facilities in **Google Photos**. Look for old dates like "March 2000" which will bring up pictures/clips you can assess, **click** on an image or video and **Delete** to erase it from your account.

TIP: Google Photos won't allow duplicate files, neither mobile nor web apps allow the uploading of duplicates.

HOW2 Fix 'Gmail storage full' issue

The storage for **Drive** files, emails, **WhatsApp** backups and having an Android phone, filling the 15GB is very easy.

1. Delete files by size in Google Drive

- * From a desktop computer link into <https://drive.google.com/#quota>.
- * Log in to your **Gmail account**.
- * Lists all your files in descending order, in terms of space occupied.
- * **Permanently delete** the files you do not require anymore.

2. Delete mails

- * Open **Gmail.com** and log in to your **Google account**.
- * In the **Search bar**, type "has:attachment larger:10M"
- * This will bring up all emails with attachments of over 10MB in size.
- * Select emails you do not need and tap on the delete button.
- * **Trash** and tap on the empty trash button to free up space in your a account.
- * Now head over to the **Spam folder** (from the left navigation bar).
- * Now click on the '**Delete all spam messages now**', confirm.

3. Google Photos

- * Open <https://photos.google.com/settings> on a computer.
- * Log in to your **Google account**.
- * Change the upload quality from Original to High Quality.
- * **Google** will ask you if you want to recover your storage, which will convert your earlier uploads to **High Quality** and help you save up on space.

NB: Images and videos stored in Google Photos in the 'High Quality' setting, won't effect your cloud storage.

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Brian says...

How2

—Brian Henderson

Tips to free up storage space on your Google account

The steps below will help you find the files that take up the most Google storage space.

Delete data you no longer need and adjust two settings to reduce the storage space used by photos and documents you upload.

1. Check your Google storage summary

Open the **browser**. Go to <https://www.google.com/settings/storage>. **Login** to your Google account to see how much storage you use on **Google Drive**, **Gmail**, and **Google Photos**.

2. Find large files on Google Drive

Go to <https://drive.google.com/#quota> in your browser. Google Drive will display a list of files, starting with the largest ones at the top. Choose files you no longer need, move them to the **trash**. **Empty the trash**.

3. Find large attachments in Gmail

Go to Gmail on your computer. In the search box, type the following to search for large attachments: `size:15mb` Change the number, depending on the number of emails you see (e.g., `size:20mb` or `size:5mb`, and so on). Delete emails with large attachments that you no longer need. Empty the trash in Gmail to remove these items permanently.

4. Store photos that use no storage allocation

You may be able to reduce the storage space of photos and videos by going to <https://photos.google.com/settings> in your browser and choosing "High Quality", thereby allowing Google to reduce the file storage size of photos.

NB. On a mobile device, open the Google Photos app and tap the three line menu in the upper left and choose **Settings**, then **Backup & sync**. Look for the "Upload size" setting. Tap it, then select "High Quality (free unlimited storage)."

5. Store files that use no storage allocation

Converting files you store on Google Drive to native Google Docs formats which don't count toward the limit, save significant space. In Docs for instance, Sheets, Slides, Drawings, or Forms, don't count toward your storage total on Google Drive.

Another way to save space, choose to convert files to a Google Drive format by default when you upload a file to Google Drive. Go to <https://drive.google.com>, choose the sprocket below your account image on the right side of the screen, then select "Settings." Make sure the box to the left of "Convert uploaded files to Google Docs editor format" is checked.

Who needs more storage?

As an individual Google user you can buy more storage at any time. A tip, buy more storage than you currently need, because this will save you from running out of storage for the next year or two. Note, businesses with unlimited storage, may never need to remove files, delete emails with large attachments, or compress photos again. 🍏

