


# NEWS

No 134  
June/July 2023

Official Newsletter of SeniorNet Mac Inc. Christchurch

Telephone 0204 031 5480 <http://seniormac.org.nz>



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# From the President

—Barbara Blowes

Looks like Winter has arrived here. We have had some frosts, so I've been busy covering up some of my precious plants.

Once again we seem to be getting more spam, especially emails that say your 'iCloud storage is full' when it's not. We have had members come into our rooms rather worried about this, but when I show them how to check this they are relieved to see they have plenty of storage. It never ceases to amaze me as how clever these spam emails are becoming and they seem so legitimate; but it does pay to check anything you are not sure of, even if it seems a good deal. I don't use Facebook at all when you read how many times people are fooled with Market Place; so be very careful if you do use this to purchase goods and be aware that some could cause problems .

I love internet shopping and do buy some things, but I definitely check everything and take screen shots of my purchase and any payment that I have made just to be on the safe side. 🍏

—Barbara Blowes, *President*

## Welcome to New Members



Sandie & Cyril Murray, Jane Ross





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**

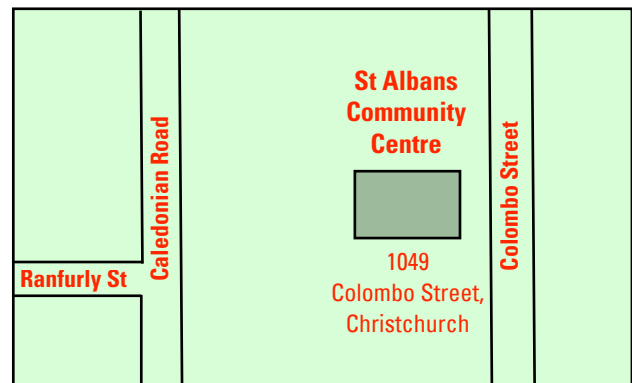
Items that can be solved quickly will be \$5 but problems requiring significant time will attract up to \$20 workshop charge.

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*

### Committee Members for 2022/23 are:

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# From the Editor

—Ross Beach

**A**t the time of writing, temperatures have plummeted and Winter has arrived. What a disastrous first 6 months of 2023—Storms, Cyclones, fatal fires etc. On the Sporting front, the NZRU has at long last pulled their finger out and appointed the All Blacks Coach that they should have appointed 3 years ago. The Crusaders have had a rocky season so far, hopefully they will settle down for the remainder of the season. The Warriors are having a better season. The Tactix had a much better season. Lydia Ko (now married) has struggled recently, Ryan Fox has been up and down like a Yo-Yo. *Apple NEWS* for June/July is a much smaller edition than of late, the contents are the regulars—Cook'n with Apple, Tips from across the Ditch, Brian says... plus Apple Press Releases—*Apple announces major progress toward climate goals ahead of Earth Day, Apple and Google lead initiative for an industry specification to address unwanted tracking, a Review: Apple's Emergency SOS via satellite now available to iPhone 14 users in New Zealand, Hangouts version 2, Guest speakers for August/September and Social and Luncheon Reports for April and May. Apple's WWDC for 2023 is taking place on the 5th June, so Apple NEWS August/September issue will contain the announcements and new products for 2023. That seems to be all for now, take care, be kind and keep warm and healthy. Hyvästi* 🍏

—Ross Beach, Editor





# DEADLINE

Deadline for August/September Apple NEWS

28th July 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



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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. 🍏

### Disclaimer

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**SeniorNet Mac**

# Learning Centre

The History Room

St Albans Community Centre

1049 Colombo Street, Christchurch






# Cookin' with



## APPLE BLUEBERRY MUFFINS

2 Cups All-Purpose Flour  
Cup Brown Sugar Packed  
Cup Granulated Sugar  
2 teaspoon Baking Powder  
1 teaspoon Cinnamon  
1/2 teaspoon Salt  
2 Large Eggs Lightly beaten

Cup Milk  
Cup Butter Melted and cooled  
1 teaspoon Vanilla Extract  
1 Large Apple  
1 Cup Fresh or frozen Blueberries

1. Preheat oven to 375 F. Line 12 muffin cups with liners, or spray with baking spray.
2. In a large bowl, combine flour, sugars, baking powder, cinnamon, and salt. Make a well in center of flour mixture; set aside.
3. In another bowl, combine eggs, milk, melted butter, and vanilla. Peel and grate the apple; add grated apple to this wet mix.
4. Add mixture all at once to the flour mixture, along with the blueberries. Stir just until moistened (batter should be lumpy.) Divide batter between 12 prepared muffin cups, filling each to almost full.
5. Bake in a 375 degree F oven for 18 to 20 minutes or until golden and a wooden toothpick inserted in centers comes out clean.
6. Cool in muffin cups on a wire rack for 5 minutes. Remove from muffin cups; serve warm. 





# Apple Press Release

Press Release April 19, 2023

## Apple announces major progress toward climate goals ahead of Earth Day



*This Earth Day, customers can visit Apple Store locations for special Today at Apple sessions, and explore curated collections across Apple services designed to educate and inspire action to protect the planet.*

Customers are invited to celebrate by learning more about climate change and taking action with Apple Ahead of Earth Day, Apple is announcing progress toward its ambitious goal to make every product carbon neutral by 2030, including a new framework for sharing the reduced climate impact of new models of iPhone, iPad, MacBook Air, and Apple Watch. The company is also announcing new partnerships for innovating climate solutions and engaging communities, and inviting customers to learn and take action with new curated collections and tailored activities across Apple platforms.

Already carbon neutral for its global corporate operations, Apple has decreased its comprehensive carbon footprint by over 45 percent since 2015, even as the company's revenue has grown by over 68 percent during that same period. In total last year, the company's extensive environmental efforts—including expanding renewable energy across its global supply chain, and building products with recycled and other low-carbon materials—avoided more than 28 million metric tons of carbon.

"We are closer than ever to achieving our vision of Apple 2030—our ambitious goal to make every product carbon neutral by 2030—and we are thrilled to celebrate the tremendous progress with our customers this Earth Day," said Lisa Jackson, Apple's vice president of Environment, Policy, and Social Initiatives. "Our customers can use their Apple devices knowing they are made with the environment in mind—that means more clean energy, more industry-leading durability, even greater efficiency, and more recycled and low-carbon materials than ever before." Detailing this progress, the [2023 Environmental Progress Report](#) released today highlights the company's continued work with

recycling innovation, stewardship of natural resources, and clean energy initiatives. Additionally, Apple released its annual [People and Environment in Our Supply Chain Report](#).

### Apple 2030: Proof in the Products

Today, Apple released a new framework to share how its environmental efforts around renewable energy, efficiency, and materials innovation are already significantly reducing the climate impact of Apple products. To showcase this progress clearly for customers, Apple also released updated [Product Environment Reports](#) for iPhone 14 and iPhone 14 Plus, iPad (10th generation), MacBook Air with the M2 chip, and Apple Watch Series 8.

The company conducted in-depth analyses to determine the percentage of manufacturing powered by clean energy for each of these products and how the expanded use of recycled materials is lowering each device's climate impact. For example, Apple has reduced the emissions of MacBook Air with M2 by 38 percent. This significant reduction was largely driven by the use of 40 percent total recycled and renewable content in the device. For Apple Watch Series 8, the company's actions—including the use of 40 percent renewable electricity for manufacturing—have reduced the device's climate impact by 26 percent. Apple plans to share this detailed level of progress in future Product Environment Reports, building on the company's long-standing commitment to transparency, and inviting customers to follow along on the journey to carbon neutral products.



*Apple's suppliers source renewable energy for over 25 percent of the electricity used to manufacture iPhone 14.*

### Partnering to Innovate Solutions and Engage Communities Around theWorld

As Apple accelerates progress toward its 2030 goal, the company remains committed to prioritizing communities disproportionately affected by the impacts of climate change and partnering with organizations innovating for the future. Today, Apple announced new partnerships and support for global efforts to engage communities in environmental solutions, including work aligned with Apple's Racial Equity and Justice Initiative.

In Latin America, Apple will work with Conservation International to support leadership in Afro-descendant communities with economic opportunities that deliver outcomes for addressing



the climate and biodiversity crises. In addition, the partnership will support the Afro-InterAmerican Forum on Climate Change (AIFCC)—a first-of-its-kind collective effort to elevate the perspectives and experiences of Afro-descendant populations in addressing and mitigating climate change in the Americas. In partnership with the Society of Entrepreneurs and Ecology Foundation, Apple is supporting the development of a certified methodology for blue carbon in China. Blue carbon refers to the carbon dioxide pulled from the atmosphere and stored deep within oceans and coastal ecosystems, including mangrove forests. Apple supports blue carbon projects in Colombia and India that serve as a model for creating alternative, sustainable economies around the preservation of mangroves. The partnership in China will build on that work, offering new ways for local communities to participate in the conservation and restoration of mangrove ecosystems.

Apple is also partnering with World Wildlife Fund (WWF) on a new initiative called the Nature-Based Solutions (NbS) Origination Platform, which aims to showcase a new model of scaling up, aligning, and mobilizing public and private investments for high-quality nature-based solutions under an integrated landscape approach. Under the platform, WWF will leverage its global reach and partnerships, and the momentum behind climate and nature commitments, to showcase interventions in priority landscapes that address systemic threats, and generate impacts for climate, biodiversity, and sustainable development.

In the U.S., Apple has partnered with Beyond Benign to bring green chemistry and sustainable science programming to minority-serving institutions across the country, and expand the talent pool of Black, Hispanic, and Native American scientists trained in sustainability for global high-value companies. Apple is also supporting local organizations promoting environmental justice for their communities, including City Blossoms in Washington, D.C.; Environmental Health Coalition in California and Tijuana, Mexico; and Little Village Environmental Justice Organization in Chicago.



*Apple supports blue carbon projects in Colombia and India that serve as a model for creating alternative, sustainable economies around the preservation of mangroves. Through a new partnership with the SEE Foundation, the company is supporting the development of a certified methodology for blue carbon in China.*

## Celebrate and Take Action with Apple

In celebration of Earth Day, Apple is offering a series of ways to help customers learn about and connect with the environment, and take action to reduce their impact on the planet.

One easy way customers can help the planet—on Earth Day or any day—is by bringing their old devices back to Apple. The company offers trade-in services and free recycling that make it easy to recycle devices, divert electronic waste from landfills, and save precious materials in the quest to take less from the earth. This Earth Day, Apple is introducing a [new Apple Trade In landing page](#) for customers in the U.S., the U.K., and Canada that estimates the value of a trade-in device to help users get started on their recycling journey and help give their products new life.



*Apple's iPhone disassembly robot, Daisy, is one of many innovations advancing progress toward the company's goal of using only recycled and renewable materials in its products.*

Apple is also encouraging customers to visit an Apple Store location and get involved through exclusive [Today at Apple](#) programming. Global sessions include an activity where kids can create one-of-a-kind comics inspired by planet Earth on iPad with Apple Pencil, blending creativity and education, and some locations will also include programming that explores the power of recycled plastic.

Select stores will host powerful conversations, art, and poetry curated by Indigenous artist Tomás Karmelo Amaya and the Native Wellness Institute's Shalene Joseph.

On the App Store, users can learn how to take actionable steps to protect the planet, starting with their closets. An Earth Day collection titled "[The Future of Fashion Is Sustainable](#)" features apps such as [eBay](#), [Good On You](#), and [Drest](#), which champion secondhand shopping experiences, boost ethical and sustainable fashion, and promote cyclical shopping behaviors through virtual wardrobes and experiences.

Apple TV+ celebrates Earth Day with a slate of new and award-winning programming for the whole family, including the mission-driven series *Jane*, inspired by the work of legendary conservationist Dr. Jane Goodall; nature docuseries *Big Beasts*, narrated by Tom Hiddleston; and a family-friendly *Sago Mini Friends* special. Subscribers can also enjoy favorites that illuminate the spectacular wonders of the planet, and the importance of protecting it, with *Prehistoric Planet*, *Earth at*







On the App Store, users can learn how to take actionable steps to protect the planet, starting with their closets.



Apple TV+ celebrates Earth Day with a slate of new and award-winning programming for the whole family.

Night in Color, The Elephant Queen, Here We Are: Notes for Living on Planet Earth, Tiny World, The Year Earth Changed, and more.

Additionally, on the Apple TV app, viewers can explore a range of collections inspired by the mantra “The Future Is Up to Us.” The three main focus areas—reduce and reuse, rethink, and reconnect—will showcase individuals and communities who are committed to fighting climate change through innovative, everyday actions. This space will also feature guest curation by Scott Z. Burns, creator of the Apple Original series Extrapolations, who highlights some of his favorite environmental films and cinematic recommendations for any day, not just Earth Day. In a special episode host Shumita Basu spoke with Burns and actor Sienna Miller about the Hollywood star power that came together to make Extrapolations, and what it will take to make real progress in the fight against climate change. Apple News will also feature a special curated collection that celebrates natural wonders; explores climate science, service, and solutions; and highlights the remarkable people and communities fighting for a greener world.



Apple News features a special collection celebrating natural wonders; exploring climate science, service, and solutions; and highlighting the remarkable people and communities fighting for a greener world.

Beginning April 21, Apple Music will showcase exclusive nature-inspired content, with new music and soundscapes from Apple TV+, including a “Mixtape for Mother Earth” takeover with Extrapolations talent Ben Harper.

In Apple Fitness+, a new Time to Run episode takes inspiration from Joshua Tree National Park.



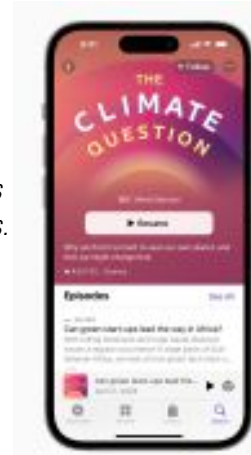
Apple Fitness+ offers thousands of workouts and meditations that can be done anytime, anywhere, including outside. To celebrate Earth Day, Fitness+ users can enjoy themed workouts and a new meditation that reflects on the planet’s resilience through the seasons. In a new Time to Run episode, trainer Scott Carvin takes inspiration from Joshua Tree National Park, featuring an energetic rock playlist that can help motivate users to get outside. On April 22, Apple Watch users can earn a limited-edition award for Earth Day by completing any workout of 30 minutes or more.



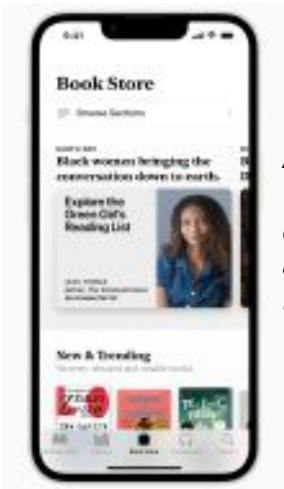
Apple Watch users can earn a limited-edition award for Earth Day by completing any workout of 30 minutes or more on April 22.

Users interested in learning more about the climate crisis and exploring new ways to take action can tap into the “Revitalizing Our Home” collection on Apple Podcasts, featuring a wide variety of voices from the scientific community, including Indigenous conservationists. The conversations and stories featured within this collection offer an opportunity for listeners to better understand their impact on the planet, and what it will take to undo the damage that is being done.

In Apple Podcasts, the “Revitalizing Our Home” collection features conversations and stories from a wide variety of voices.

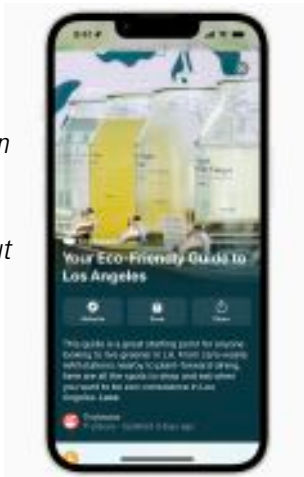


Apple Books will feature new and popular books and audiobooks that explore environmental issues and actions customers can take to do their part. Apple Books has also invited Leah Thomas, author of *The Intersectional Environmentalist*, to curate a collection of titles that broaden the lens for Earth Day.



*Apple Books features "Explore the Green Girl's Reading List," a new collection curated by Leah Thomas, author of *The Intersectional Environmentalist*.*

Apple Maps introduces new Guides curated by Tinybeans for users to discover sustainable shops like zero-waste refill stations and waste-free takeout spots in [Chicago](#), [Los Angeles](#), and other cities across the U.S., and learn more about the zero-waste shopping movement. Users can also explore how the [Smithsonian Institution](#) is working to preserve biological heritage across the world within the Maps app, from the Smithsonian's National Zoo and Conservation Biology Institute in Washington, D.C., all the way to Moukalaba-Doudou National Park in Gabon.



*Curated by Tinybeans, new Guides in Apple Maps invite users to discover sustainable shops like zero-waste refill stations and waste-free takeout spots in cities across the country.*

For more information about Apple's environmental efforts, visit [apple.com/environment](http://apple.com/environment).



Code new worlds. 6–10 June

**Apple's Worldwide Developers Conference June, 2023**

Any relevant details and announcements will be in the August/September *Apple NEWS*.





# SOS on iPhone 14

Newshub 15/5/23

## Apple's Emergency SOS via satellite now available to iPhone 14 users in New Zealand

Daniel Rutledge



Apple's Emergency SOS via satellite was launched first in North America in November, 2022. Credits: Video - supplied/Apple; Photo - Newshub.

New Zealand iPhone 14 users are now able to contact emergency services and loved ones via a satellite when no cellular or Wi-Fi coverage is available.

It could be a crucial tool for Kiwis who get into serious trouble in remote locations while tramping, fishing or hunting, or in areas that have been cut off during a disaster like Cyclone Gabrielle.

The technology has been described as 'game-changing' and has already been credited with saving lives in other countries since it was launched late last year. On Monday, Aotearoa and Australia became the 13th and 14th nations it has been rolled out to.

Apple's Emergency SOS via satellite will prompt a user to launch it if they attempt to call 111 in an area of no coverage. That'll trigger a short questionnaire that asks the most important questions emergency services need answered before guiding the user to make a connection with a satellite by pointing the iPhone in the right direction.

Their questionnaire responses along with their medical ID, iPhone battery level, GPS coordinates and altitude will then be sent to an Apple relay centre. Further questions can be asked via a subsequent text conversation—if the user is able to continue texting—to gather more information about the situation before the specialist at the relay centre then sends the message on to emergency services.



Photo credit: supplied/Apple

If the iPhone user has emergency contacts set up, they can opt for those contacts to also receive the messages sent to the relay centre.

It's an easy interface to use and to try it out a demo has been added to iPhone 14s that will show users how to connect to a satellite, but in demo mode doesn't actually contact emergency services.

For Kiwis out in the wop-wops who aren't in an emergency but want to keep their loved ones on top of where they are, the satellite technology can be used to manually share their location via the Find My app, too.



Photo credit: supplied/Apple

Both One NZ and 2degrees recently announced plans to introduce satellite-boosted cellular coverage that is promised to end blackspots in Aotearoa, which Callum Gillespie of Coastguard NZ said could mean "a life-saving difference".

"Issues of people being able to get in touch when they're in need of assistance should become a thing of the past," Gillespie told Newshub. However, satellite-boosted cellular coverage is planned to be activated at some point next year at the earliest. Apple's satellite technology is available from today.

### How does Emergency SOS via Satellite work?

The iPhone is far from the first device able to connect to satellites for communication and location sharing, but it's the first common mobile phone able to do so.

"Previously, connecting to a satellite required a dedicated device which was really catered to users who are willing to pay for them and invest the time and effort into learning how they worked," Ronak Shah, Apple's director of platform product marketing, told Newshub.



"And you had to be willing to carry a secondary device. For most people—like casual weekend hikers—a dedicated satellite device doesn't make a ton of sense."



Photo credit: Newshub.

Achieving a reliable connection between an iPhone and a satellite took a combination of software and hardware development, including getting multiple antennas inside the phone working together simultaneously.

"Existing satellite phones and devices rely on huge antennas, often protruding out of the device," Arun Mathias, Apple's vice-president of wireless technologies and ecosystem, told Newshub.

"We had to invent something different to communicate with these satellites and that started with finding frequencies that worked with the iPhone and also with the satellites out there. "Connecting an iPhone to a satellite that is flying over 1300km above and moving at a speed of about 25,000km/h is quite a challenge and very different from connecting to stationary cell towers.

"On the hardware side, we introduced custom components to optimise the receive and transmit parts for satellite communication. On the software side, we built a whole new communication stack to handle the wireless communications with the satellite, which includes a whole new waveform and all the layers, including custom link and network layers."



What the person sending the emergency SOS messages sees (L) and the copy sent in real-time to their emergency contacts (R). Photo credit: Newshub.

Establishing the connection was a major challenge, but then sending information across that connection was another hurdle to jump.

"We had to build a solution that worked in the extremely limited amount of bandwidth that's available," said Mathias.

"Since we knew that this is for text messages for communication with emergency services, we trained the compression algorithm using words that are commonly used in such interactions. We were able to reduce the average size of a message to a third with this compression, which means the messages take a third of the time to send."

Apple partnered with satellite provider Globalstar for the service, a company founded in 1991 that was already using frequencies approved for use between satellites and mobile devices and frequencies that overlapped with terrestrial cellular bands already in the iPhone.

But in addition to the hardware and software work carried out on the iPhone 14 range, the satellites also had to be optimised. "We worked with Globalstar to change how their satellites operated by adding a new high power mode that maximises the transmission power to the ground within regulatory requirements," Mike Trela, Apple's seniordirector of satellite connectivity group, told Newshub.

"A customised radio protocol was developed from the ground up and optimised the link between the iPhone 14 and satellites. This unique radio protocol is enabled by software on the iPhone and an Apple proprietary system developed in Globalstar's ground stations."

Of course, all the back-end work that went into getting iPhones to use satellites to communicate with emergency services would be useless if it was too difficult to be used by everyday people. The best way to see the work that went into the user interface is to try it out.



Photo credit: supplied/Apple

To use the demo of the Emergency SOS via satellite on an iPhone 14, you need to be outside with a clear view of the sky, running iOS 16.4 or later and have location services turned on before doing the following:

- 1 Open settings
- 2 Tap 'Emergency SOS'
- 3 Under Emergency SOS via satellite, tap 'Try Demo'.

Another safety feature launched in the iPhone 14 range was car crash detection and this can work in conjunction with the satellite functionality. If your phone detects you've had a serious car crash outside of cellular or Wi-Fi coverage and you're unresponsive, it can automatically use a satellite to alert emergency services and





# Apple Press Release

May 2, 2023

## Apple and Google lead initiative for an industry specification to address unwanted tracking

Companies welcome input from industry participants and advocacy groups on a draft specification to alert users in the event of suspected unwanted tracking.



Location-tracking devices help users find personal items like their keys, purse, luggage, and more through crowd-sourced finding networks. However, they can also be misused for unwanted tracking of individuals. Today Apple and Google jointly submitted a proposed industry specification to help combat the misuse of Bluetooth location-tracking devices for unwanted tracking. The first-of-its-kind specification will allow Bluetooth location-tracking devices to be compatible with unauthorized tracking detection and alerts across iOS and Android platforms. Samsung, Tile, Chipolo, eufy Security, and Pebblebee have expressed support for the draft specification, which offers best practices and instructions for manufacturers, should they choose to build these capabilities into their products.

"Apple launched AirTag to give users the peace of mind knowing where to find their most important items," said Ron Huang, Apple's vice president of Sensing and Connectivity. "We built AirTag and the Find My network with a set of proactive features to discourage unwanted tracking—a first in the industry—and we continue to make improvements to help ensure the technology is being used as intended. This new industry specification builds upon the AirTag protections, and through collaboration with Google, results in a critical step forward to help combat unwanted tracking across iOS and Android." "Bluetooth trackers have created tremendous user benefits, but they also bring the potential of unwanted tracking, which requires industrywide action to solve," said Dave Burke, Google's vice president of Engineering for Android. "Android has an unwavering commitment to protecting users, and will continue to develop strong safeguards and collaborate with the industry to help combat the misuse of Bluetooth tracking devices."

In addition to incorporating feedback from device manufacturers, input from various safety and advocacy groups has been integrated into the development of the specification.

"The National Network to End Domestic Violence has been advocating for universal standards to protect survivors — and all people — from the misuse of Bluetooth tracking devices. This collaboration and the resulting standards are a significant step forward. NNEDV is encouraged by this progress," said Erica Olsen, the National Network to End Domestic Violence's senior director,

share your location, Apple said. Since its initial launch in North America in late 2022, there have been multiple accounts of Emergency SOS via satellite being used to help people in distress. Among those stories is a man who used it to be rescued after getting stranded in snow in Alaska and two women in British Columbia using it after also getting stuck in a snowstorm.

In April a group of three students canyoning in Utah credited the technology with saving their lives after they got stuck.

They began to suffer symptoms of hypothermia while trapped in a "deep pool" located around 150m deep under "sheer, rock walls" which meant they had no cellular coverage, but also meant satellite connectivity was particularly difficult.

"About every 20 minutes a satellite would line up where we were in the canyon and by holding the phone up we could get a signal where we could text 911 to Emery County and that definitely saved our butts," one of them told local news outlet KUTV.

A dramatic helicopter rescue in California was captured on camera after a couple drove off the road in a huge forest and plunged 90m down a cliff. One of them had an iPhone 14 that detected the crash, then they were able to use the satellite SOS service to contact authorities.

The Montrose Search and Rescue Team said Apple's relay centre was able to give it "an accurate latitude and longitude for the victims".

"Air Rescue 5 was able to locate the victims and insert a paramedic. The paramedic learned the patients, a male and female in their 20s, had mild to moderate injuries. The helicopter was able to hoist the victims out of the canyon and transport them to a local area hospital."

Mathias told Newshub seeing these stories has been "incredibly satisfying". "It makes it all worth it—all the effort that we put into enabling this, seeing it actually save people's lives," he told Newshub. "It's a different kind of feature in that we hope the volume of people who use it is actually low. But for the few people that need it, it's there, and we've been able to save lives by getting them help. That is incredibly rewarding." Using the satellite features will be free for two years from today for existing users of any of the iPhone 14 range in New Zealand, or for two years from the date of activation of any iPhone 14 bought from now on. Apple hasn't announced what the cost will be after that point, but if they do make it a paid service, said people will be able to opt out if they choose.

Both the Emergency SOS and Find My actions that communicate with satellites require the iPhone 14 to be running iOS 16.4 or later. For an emergency contact to see a live transcript of the satellite-powered conversation with emergency services as well as the location, they'll need to be running iOS 16.4 or later as well as iMessage. Emergency contacts using a different type of mobile or an iPhone with an older iOS will still see the location and type of emergency, just not the live transcript. New Zealand and Australia getting access to the service today means they join a list of countries also including Austria, Belgium, Canada, France, Germany, Ireland, Italy, Luxembourg, the Netherlands, Portugal, the UK and the US that already have it. Apple plans to continue rolling it out to further countries in the future. 🍏



of its Safety Net Project. "These new standards will minimize opportunities for abuse of this technology and decrease the burden on survivors in detecting unwanted trackers. We are grateful for these efforts and look forward to continuing to work together to address unwanted tracking and misuse."

"Today's release of a draft specification is a welcome step to confront harmful misuses of Bluetooth location trackers," said Alexandra Reeve Givens, the Center for Democracy & Technology's president and CEO. "CDT continues to focus on ways to make these devices more detectable and reduce the likelihood that they will be used to track people. A key element to reducing misuse is a universal, OS-level solution that is able to detect trackers made by different companies on the variety of smartphones that people use every day. We commend Apple

and Google for their partnership and dedication to developing a uniform solution to improve detectability. We look forward to the specification moving through the standardization process and to further engagement on ways to reduce the risk of Bluetooth location trackers being misused."

The [specification](#) has been submitted as an Internet-Draft via the [Internet Engineering Task Force](#) (IETF), a leading standards development organization. Interested parties are invited and encouraged to review and comment over the next three months. Following the comment period, Apple and Google will partner to address feedback, and will release a production implementation of the specification for unwanted tracking alerts by the end of 2023 that will then be supported in future versions of iOS and Android. 🍏



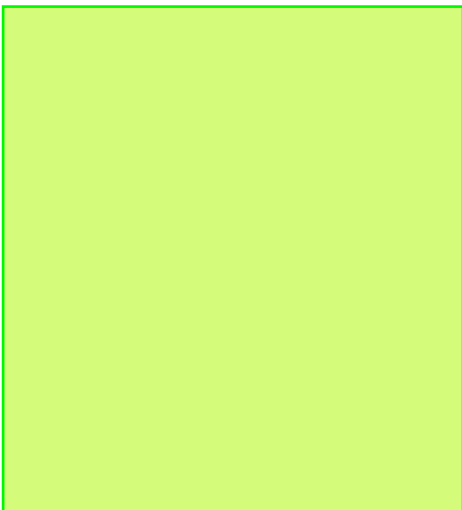
Senior Hangouts version 2 is available for SeniorNet Mac members.

To apply to join please contact by email either:

Elizabeth Chesney  
[secretary@seniormac.org.nz](mailto:secretary@seniormac.org.nz)

or

Robin Harrington  
[funds@seniormac.org.nz](mailto:funds@seniormac.org.nz)



# seniorhangouts

Where seniors hangout with technology



**VERSION 2**  
seniorhangouts.nz

- > Join our **LIVE** learning sessions
- > Search the **LIBRARY** for recorded sessions
- > Learn something **NEW**
- > Keep up to date with **TECHNOLOGY**
- > Learn from people just like **YOU**

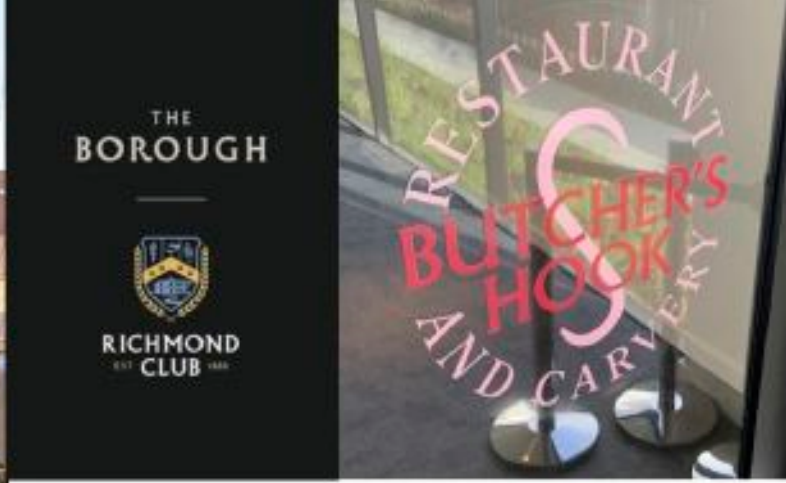
COMING TO YOU IN MAY 2023

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## Social & Luncheon



**2 MAY 2023**

**The Borough—Richmond Working Mens Club.**



**Mike Ryan**

*SeniorNet Mac member*

### ALASKA

The end of the month Social was postponed until the following week because it clashed with the Public Holiday being ANZAC Day. That was the first occasion that ANZAC Day impinged on our social. The next clash will be in 2056.

Mike and his wife Alice went on a five day cruise to Alaska and thoroughly enjoyed their time away.

Alaska is the largest state covering one fifth of the area of USA. By comparison, it is 6.4 times bigger than New Zealand. However the population of New Zealand's is greater by probably 6.4 times.

Captain James Cook on his 3rd voyage to New Zealand in 1778 was given the task of looking for the North-West passage from the Pacific, and whether it was doable. Previously, most attempts were made from the eastern side of Canada and the USA.

Anyway, he discovered "Cook Inlet". At the top end, where Mike and Alice disembarked, is Anchorage which serves as a deep water port for fuel, freight, containers, liquid/dry bulk and servicing cruise ships.

Mike mentioned that Alaska dates back to the Upper Paleolithic period (around 14,000 BC) when foraging groups crossed the Bering land bridge (which was largely made up of ice) into what is now western Alaska. At that time coastal migrants from Asia crossed the Bering land bridge and many settled in the interior of what is now Canada. By 1800 three quarters of Russian and American sea-otter skins were coming from the Sitka Sound area. Later Sitka became the first capital of Alaskan Territory. For 1600 years there were no humans and about 1000 years ago the Vikings made landfall in the USA and establish a settlement in the east before returning home.

Incidentally the USA purchased Alaska from the Russians in 1867, prior to that date the Siberians had access to the Bering land bridge to Alaska which they periodically used.

With the discovery of gold, Yukon Territory in the 1890s became a much desired place for miners and settlers alike.

However it wasn't until 1912 that Alaska was granted territorial status by USA and statehood on 3rd January 1959.

The Ryan's sailed further down the Alexander Archipelago past Prince William Sound arriving at the port of Sitka and then over land to Juneau, the present capital city, nestled alongside British Columbia.

Incidentally, Alaska has 100,000 glaciers ranging from tiny cirque glaciers to huge valley glaciers, the largest of which is Malaspina Glacier which is 850 square miles.

Common misconceptions about Alaska are concerning the weather, the road conditions and the prices. 🍏

*Report courtesy of SeniorNet Mac member Brian Henderson.*



### RAFFLE RESULTS

**2 May**

1st. Erika White

2nd. Elizabeth Chesney





## Social & Luncheon



**30 MAY 2023**

**The Borough—Richmond Working Mens Club.**



**Dr Lukas Marek**

*Spatial Data Scientist at the University of Canterbury*

**"Environment is related to our Behaviour and Health"**

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

**"Geographic Information Systems (GIS)**

Dr Lukas Marek (formerly from Czechoslovakia) is a Spatial Data Scientist at the University of Canterbury. Although he is not a medical doctor his research is health based. He was drawn to New Zealand with the promise of an outdoors life which fitted in with his studies.

More than 50 years ago the Dunedin Study began studying humans from birth onwards to adulthood in two year intervals. The study was a first.

In 2005 the Ministry of Health provided the means for Christchurch City Council to study the difference between districts or areas, comparing genetics of people in general and their food choices. For example, the difference between people living in Cashmere and New Brighton. The latter were forced into a situation whereby the majority could not afford a balanced diet, whereas those in Cashmere could by and large. For example Auckland have the largest number of defibrillators, but they also have the largest number of cardiac arrests.

Since the earliest times, humans have needed to be sensitive to their surroundings to survive, which means that we have an innate awareness of our environment and seek out environments with certain qualities.

First of all, humans have a strong need for safety and security

and look for those attributes in their environment. We also look for physical comfort, such as an environment with the right temperature. In addition, we seek an environment that is psychologically comfortable: for example, environments that are familiar, but offer the right amount of stimulus.



Retailers and the hospitality industry know very well and try to provide an atmosphere that creates a positive customer experience. Offering; three important attributes: comfort, safety, and entertainment. These attributes are equally important in healthcare as well. Such an environment invites people space with comfortable chairs and privacy and can encourage a family to stay for a longer period. Such an environment not only influences people's behaviour and motivation but also balances the personal stress against the environmental stress.

The environment influence health has on related behaviour in a number of specific environmental issues and can impede human health and wellness. These issues include chemical pollution, air pollution, climate change, disease-causing microbes, lack of access to health care, poor infrastructure, and poor water quality.

The environment can not only facilitate or discourage interactions among people (and the subsequent benefits of social support). For example, an inviting space with comfortable chairs and privacy can encourage a family to stay and visit with a patient. The environment can influence peoples' behaviour and motivation to act.

Research increasingly illustrates the impact and effect of dirty air on mental illness.

Studies often show that even brief, temporary air pollution exposure, may be linked to an increased risk for mental disorders such as depression and schizophrenia, with the damage starting as early as childhood.



Air pollution affects mental and physical health, with past research having associated air pollution with higher levels of stress, psychological distress, increased risk of dementia and Alzheimer's and depression. While other research has linked short term exposure to peaks in air pollution with an increased risk of death among people with serious mental illness.

Air pollution affects both personal health short term and long term. Exposure to air pollution can lead to a wide range of diseases, including stroke, chronic obstructive pulmonary disease, trachea, bronchus and lung cancers, aggravated asthma and lower respiratory infections.

**A number of Projects lead to:**

- Oral Health—Fluoridation of the water Rationale Children benefit (rich areas—less poor areas more)
- Immunisation / Vaccinations - pre-covid (had a choice) Findings very poor and basically not realising that disease is non-discriminating.
- Crime and Mental Health
- Vaping around schools  
30% of vape outlets are within walking distance of schools or 800 metre away. The poorest areas of any city in New Zealand have more vape stores available. Vape stores are the “new thing”, whereas in the past it was cigarettes and nicotine.

**Geographic Information Systems (GIS)**

Tends 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 video:

[https://www.youtube.com/watch?v=\\_OPY549Kgw8](https://www.youtube.com/watch?v=_OPY549Kgw8)



Report courtesy of SeniorNet Mac member Brian Henderson.

**RAFFLE RESULTS**

**30 May**

1st. Janet Chambers

2nd Betty Mapp







**27 June**



**25 July**



**Anna MacMillan**

*Audiologist, Bay Audiology Clinic, Papanui.*



**Valda Thornley**

*Ex Customs Officer.*

**"The reasons a Customs Officer loves their work".**

Anna McMillan has been an Audiologist for the past 20 years! She gained her Master of Audiology (Hons) at Auckland University in 2003. She is a Christchurch local and has also worked in London from 2005-2009, including 3 years at Great Ormond Street Children's Hospital. She has been involved in Audiology research and spoke about 'mild hearing loss' at the World Symposium of Audiology in Brisbane in 2014 as well as at several New Zealand Audiological Society Conferences. She believes that educating people about hearing loss and the impact that it has on us socially, mentally, emotionally and physically, is really important, both for the health of us as individuals and also as a community. She is passionate about helping people to get the most out of their hearing aids and helping them to get connected to their mobile phones and other devices.

Valda was a Customs Officer for seventeen and a half years before retiring from the Service. She worked at the Christchurch International Airport during that time and was also the health and Safety Officer for 12 of those years. We cleared ships, cargo, aircraft and passengers inward and outward as well as Antarctic personnel.

Prior to joining the Customs service she had a variety of jobs, starting out from school at the IRD (23 years in Otahuhu, Auckland, Christchurch and Dunedin Offices and was their Legal Officer). When living in Kaikoura, she drove trucks and a 3yard Caterpillar 950 wheel loader at a crushing plant. She held a Hotel managers licence and was the Civil Defence Welfare manager for the Waimakariri for 13 Years. Her interests and achievements include racing cars, stock cars, jet boats and flying aircraft (in which she won the Fitton Rosebowl for the best all round lady pilot in 1984).





# Tips from across the Ditch

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

*courtesy— Pam Doughty,  
Editor AUSOM*

## General Interest

### File/Folder Names

In an earlier article, I suggested you might like to use Emojis to highlight special files or folders.

This is NOT a good idea if you plan to share the files or folders with others who might be using other operating systems. Using Emojis and other special characters in file names should be avoided if you are using Dropbox or similar services.

There may be some I have forgotten so to be safe keep your file names short and as simple as possible and AVOID the following when sharing files.

/ (forward slash)

\ (back slash)

: (colon)

" (double quote)

? (question mark)

\* (asterisk)

< (less than)

> (greater than)

| (vertical bar)

and don't have a space at the end of the file name e.g. don't use the name "Pam .png". 🍏

## MacOS

### Creative Frames and Borders

It is possible to add creative borders or frames around text or images using applications such as Pages, Numbers and Keynote. In Pages I suggest you use Page Layout mode — File > Convert to Page Layout. This avoids text pushing images out of place.

The border on this page consists of a shape and a piece of text.



The shape is a rectangle with rounded corners, no fill and a line border.



(Fill > No Fill, Border > Line)

The piece of text (the flower in one corner of the border) is an Emoji (96 pt).




(Add Text box, Edit > Emoji & Symbols, Text > Font 96 pt, With the text box selected, re-size it then Style > Fill > Colour Fill > White).

**Add text within the border...**

After you have the border the size you require, click within the shape and type your message. Additional images may be added to other corners.



NOTE: Text boxes can be flipped if necessary. 



## iOS


### Undo/Redo Edits...

...in Photos — iPhone or iPad



Tap circled button to undo your last edit



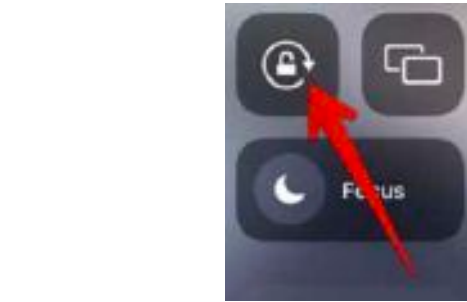
Tap circled button to redo your last edit 

## iOS

### Control Centre Icons: Part Two



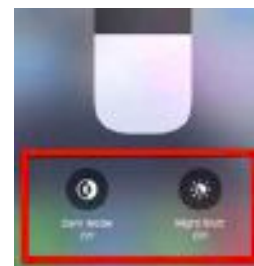
The icon that may say 'Not Playing' lets you control what's playing on your device from the Apple Music app or third-party apps. You can pause, play, and skip between the songs. Long touch the icon to view the full playback controls.



Generally, if you rotate your iPhone/iPad, its orientation will automatically change from portrait to landscape mode. But if you want to restrict the device so that it doesn't rotate automatically, you must enable the orientation lock. You can do it by pressing this icon in Control Centre. The icon will turn red when the orientation lock is turned on. Tap on it again to allow your phone to rotate.



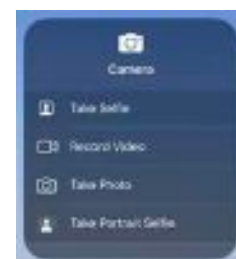
Swipe up or down on the brightness slider to increase or decrease the screen brightness.




Long touch the brightness slider to access Dark mode and Nightshift. Tap on these icons to enable or disable them.



Move the volume slider up or down to adjust the media volume.

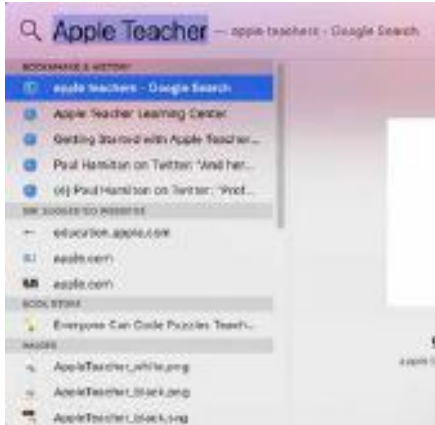


Press the camera icon once to open the Camera app. Long-press the icon for more options. 



## MacOS

### Spotlight searches the Web



I often find it quicker and more convenient to use Spotlight to locate something on the Internet. If I search within a browser such as Safari, I will see many pages of suggestions—all related to websites.

The image here shows Bookmarks & History plus Siri suggestions. However, there is more.

The search shows related items in the Book Store, Images on my Mac, Folders, PDF Documents ... the list goes on.

If you want to search more widely—try entering a few words into Spotlight—the magnifying glass near the top-right of your Mac. 🍏

## iOS

### iPhone Side button

Whenever you make or receive a call on your iPhone, you can press the Side button on your handset at any time to end the call. This can be either a convenient method of hanging up or if you're prone to pressing it by accident, an embarrassing way of bringing the conversation to an unintentional and abrupt end.

In iOS 16 Apple has included an option to disable the end call functionality of the Side button.

It works on iPhone 11 models and later and requires you to make a change in Settings.

- Launch the Settings app on your iPhone.
- Scroll down and tap Accessibility.
- Under "Physical and Motor," tap Touch.
- Toggle the switch next to Prevent Lock to End Call\* to ON.

With this setting if you accidentally press the Side button during a call, it won't hang up the call. Bear in mind however that with Prevent Lock to End Call enabled, you'll no longer be able to decline an incoming call by pressing the Side button—you will need to tap the on-screen software button.

\*Warning about strange wording: This feature is 'Lock to End Call' so calling the switch 'PreventLock to End Call' means you need to slide it to GREEN (or ON).

Read the name of the switch carefully — if it is called 'Lock to End Call' you probably need to slide it to OFF. 🍏

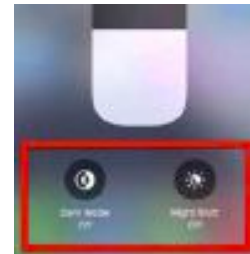
## iOS

### Control Centre Icons: Part Three

In Part Two I described the Brightness Slider as follows.



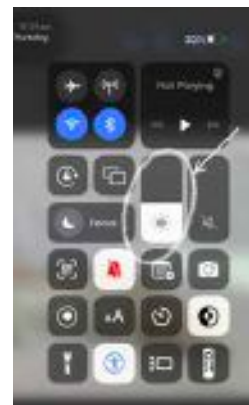
Swipe up or down on the brightness slider to increase or decrease the screen brightness.



Long touch the brightness slider to access Dark mode and Nightshift. Tap on these icons to enable or disable them.

### Something might have been missing!

On some iPhone and iPad you will see an additional icon. Thanks to Bill who was showing me some tips he had for adjusting colours in photos taken with his iPhone. Long touch the brightness slider to access ...



...Dark mode, Nightshift and True Tone icons.



All these controls are used when adjusting the screen brightness and colour. Useful when you are reading a book on your iPad. 🍏





## macOS and iOS

### What is an Ellipsis?

Have you ever come across an ellipsis in a sentence and wondered what it means? An ellipsis is a series of three consecutive dots used to show that a word, sentence, or section has been omitted from a text without altering its original meaning.

If you're wondering how to type an ellipsis on your Mac, press Option+;. On an iPad or iPhone, you can tap and hold the . key and slide up to select ...

*NOTE: You can press Option+; by pressing and holding down the option key and then pressing ;*



As for whether to put a space before and after an ellipsis, that's up to you to decide. The rule that is more commonly accepted is "don't use a full stop, comma or semicolon after an ellipsis". 🍏

## iOS

### Live Photos

Before you decide to turn off Live Photos on your iPad or iPhone, consider using them to create a short video. This is a great way to capture action-packed moments like birthday parties, zoo visits, or other similar events. For the best results, take your photos in landscape mode, and set the aspect ratio to 16 x 9 if your iPhone camera app allows for it—this is even better for video than the 4 x 3 on the iPad.

#### In Photos

Create a new album and add the live photos you would like to include in your video.

Once in the album, you can move them around so that they appear in the order you would like. Mixing portrait and landscape photos is possible. In my experience if the first photo is portrait then the entire video will be 'portrait' and you will have no control over how the landscape photos are cropped.

When you are happy with the sequence select all the photos and tap the three dots icon and select Save as Video.



NOTE: Save as Video was available from share in earlier versions of iPad. Minor edits can be carried out while in Photos.



If you want to add titles, replace the sound with music or voice etc. the video can be edited using iMovie.

Give Live Photos a try and see what you can create! It might convince you to look again at Live Photo. 🍏

## iOS

### Creative use for flower photos

Have you taken many photos of flowers trying to obtain that perfect shot?

Maybe there is another use for all the other images.

If you used your iPad or iPhone to take the shots you can probably lift an individual flower from the photo.

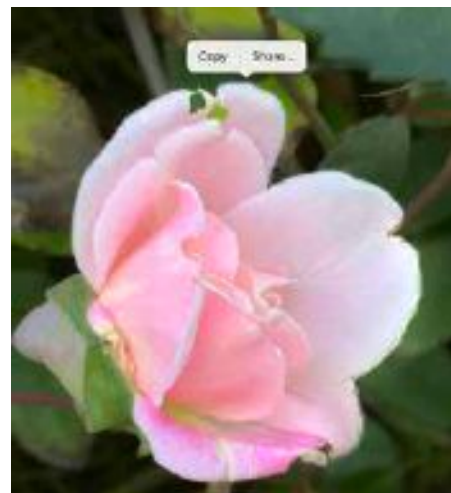
#### In the Photos app

Touch and briefly hold the individual flower. When it's outlined ...



... tap Copy.

The flower is available to paste into a Keynote document.



You could open Keynote and Photos in Split view and when your flow is outlined drag it into the Keynote document.



## In Keynote

To use your flowers, start with some text. A single large bold letter. Lock the text/letter. Arrange your flowers over the letter.



The images on this page were created from 3 photos of roses. Once you have your flowers in Keynote you can duplicate, resize, rotate or flip them to cover the letter. Once complete the letter can be deleted.



If there are any annoying gaps copy and paste a few tiny flowers to fill the spaces.

Your floral letter might be too late for Mother's Day but I am sure you could keep it for a birthday or another special occasion.

## Further ideas

I started with a letter — I might have started with a circle or rectangle and created an attractive border.

Any of the shapes available in Pages, Numbers and Keynote etc. could be your starting point. 🍏

## iOS

### Safari Tab Tips

When using an iPhone or iPad to access the internet, you will need to use a web browser app.

There are many different web browsers including Safari and Chrome. Safari is used by most people on an iPad or iPhone. When you tap on a link in an email or PDF, Safari will open the link in a tab.

You can also open a new tab by tapping the + (newtab icon) near the top right.



Share, New tab and Tabs icons

Type something where it says Search or enter website name. E.g. Type ausom.net.au to locate AUSOM's website.

If you do this a few times Safari will have opened a few websites each in its tab. To navigate between tabs, simply tap the name of the tab you want to view. Be careful not to tap the x to the left of the name or you will close the tab.

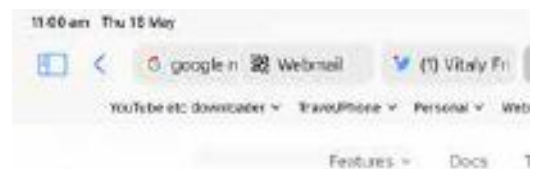
If you keep opening new tabs they will start disappearing off your screen to the left. You can run your finger along to move them apart or tap the tabs icon (next to the +) to display them all. There are times when the top of your screen no longer displays your tabs. Generally, all that is needed is to tap near the date and time.



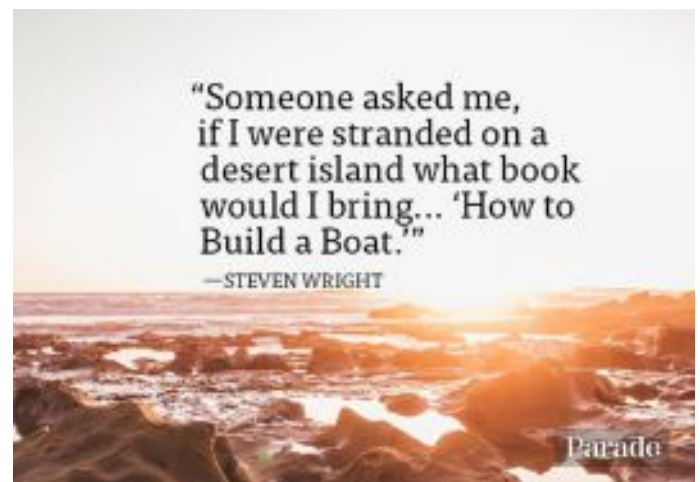
On my iPad, the bookmarks bar and the Tab bar have appeared. NOTE: The bookmarks that appear are those that I have marked as Favourites.



If your tabs are displayed as below...



...you may have this option selected in settings.







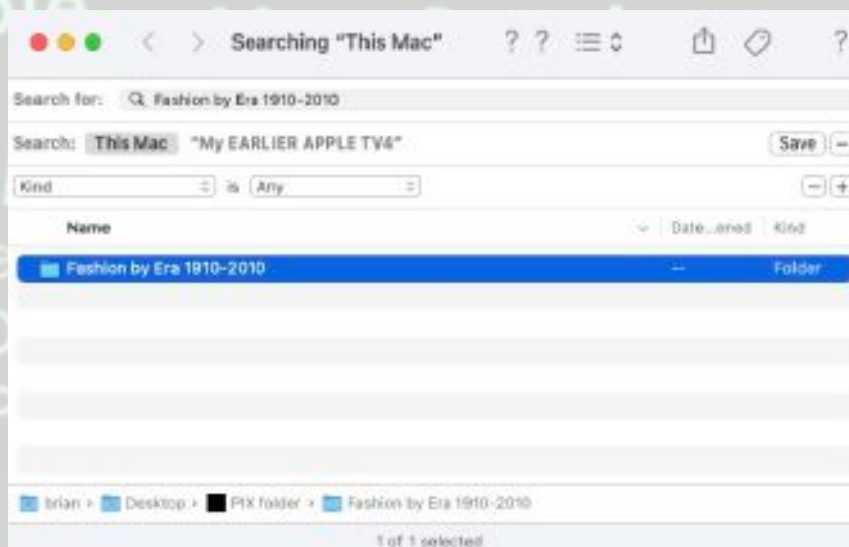
*Brian says...*

*How2*

—Brian Henderson

## HOW2 Show a File Path on Mac

1. Open **Finder** 
2. It is normally in the Dock, alternatively, touch anywhere on the Desktop and the Finder will appear in the top Menu bar alongside the Apple symbol.
3. Be **“ORGANISED”**
4. Name every file and date it. When dating use the American way of filing - year, month, day.
5. If your file has a common theme, put it in a folder and name and date the folder.
6. One method of searching is to press the **Command** key and the **F** key at the same time. Alternatively go to the magnifying glass to the left in the Menu bar.
7. Then put in details of the file you wish to find.
8. The resultant “search” will uncover where the file/folder is, and give a pathway to finding the file/folder. 







Brian says...

How2

—Brian Henderson

## HOW2 Upgrade RAM in a Mac

You can prolong the life of your Mac by adding more RAM thus providing a significant boost to performance while allowing your Mac to run demanding software in the future. On older models this is a very simple process if you use third-party RAM from a local company such as < [www.upgradeable.co.nz](http://www.upgradeable.co.nz) > The cost is quite affordable.

Recent Macs are a different story, some of these are pitfalls removing the screen.

### Questions whether to update the RAM?

Definition: Random Access Memory (RAM) is a temporary storage medium used by your Mac's CPU. It's a short-storage space where data is processed and can be accessed through the RAM by the CPU far faster than info held on your hard drive.

#### 1. Do you really need to **upgrade** your RAM?

The tools for some older Macs all you'll need is a small screwdriver.

If your Mac is a newer model, there may be no way to upgrade the RAM It might be theoretically possible, but risky.

Some later model Macs will need at least a suction device to remove the screen and the cost of the exercise would be too much - it may be cheaper to get a later model.

**N.B. A RAM upgrade may void your warranty.**

Laptops and Minis present another set of problems.

#### 2. How long do you intend to keep your Mac?

This may depend on the age of your computer. Usually Apple support all products for 5 years.

However some Macs run for ten or more years and still going strong - *does what it's supposed to - why change it?* Getting suitable replacement parts for older Macs is an on-going problem.

#### 3. Can your Budget afford an upgrade Mac?

Currently Macs ship with no less than 8GB RAM, in some cases 16GB RAM is standard.

#### 4. To Find How much RAM do you have?

- Click on the **Apple** in **Menu** at the top of your screen.
- Click on **About This Mac**.
- Click on **System Report**.
- Click In the *Hardware Overview* look for the **Memory** section. It will tell you how much you have.
- For more info click on **Memory** in the column on the left. 