Southern Districts Computer Users Club Inc

Supporting inexperienced users with local expertise

Be Connected

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https://beconnected.esafety.gov.au/

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The Yardbroom Report

Travel seems to be a recurring favourite subject whenever people get the chance to sit and talk. In recent months we have discussed communication aids and apps in fairly great detail and the ways and means of getting to and from destinations. All useful stuff.

We recently had an example of practical modern communication and navigation. We played host to a couple of German backpackers for 10 days and were able to observe at first hand how they communicated and found their way around in unfamiliar surroundings.

A small laptop was used to store all the photographs they took and if a Wi-Fi signal was available maybe surf the net. However, the principal device they used was the mighty smart phone. They did EVERYTHING on the phone. This included video conversations with family in Germany, checking the weather, banking, translating German/English and navigation. They did it very well because: they knew the capabilities of their phones: they had the knowledge of how to use the phones.

Maybe there is a lesson to be learned here. Know what your device (whatever it is) can do and learn how to make the device do what you want it to do. Simple. Easier said than done I think. Maybe some of the answers to the questions tonight will clarify a few issues. Enjoy the evening.

SIX TIPS TO HELP SAVE YOURSELF FROM POOR COMPUTER POSTURE
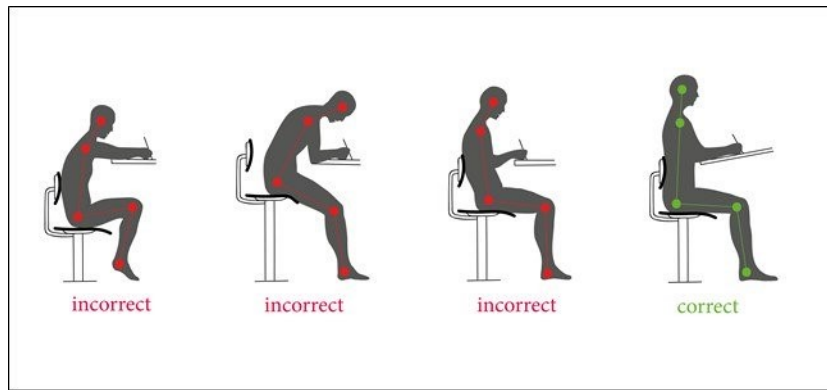
Sitting is killing you. Sitting on its own isn't inherently bad, but if you work at a computer, sitting for hours every day is ultimately hard on your body. Here are some simple tips you can do to help, though.

While sitting all the time is considered underline generally bad for your health, one of the first things to go is your posture. Sitting all the time decreases core strength, which in turn makes you slouch. That's terrible for your back, shoulders, and neck, causing pain and generally making you more unhealthy. And as you lose that core strength, the slouching gets even worse. Fortunately, this isn't irreversible, and there are things you can start doing today to make things better.

SET YOUR MONITOR HEIGHT CORRECTLY (AND AT THE PROPER DISTANCE)

This may come as a shocker, but having your monitor too low is *awful* for your posture—yeah, we're talking to you, full-time laptop users. The top of your monitor should be level with your eyes (when you're sitting up straight), so you're always looking forward and never down. With the top of the monitor at eye level, you can keep your head straight and use your eyes to see the rest of the screen.

But if you're using a laptop, you're probably always looking down. On a short term basis, this isn't necessarily doing any damage. But if you're a full time laptop user, this can be terrible for your posture—especially your neck. It can cause constant neck and back pain, headaches, and more.

So if you're a laptop-all-the-time kind of user, we highly recommend getting an external monitor when using your laptop at a desk.

And on the subject of monitors, the distance between you and your display is also important. Generally, if you sit in your regular typing position, you should be able to stretch your hand out and just touch your monitor without stretching too much. Somewhere around 20-24 inches is pretty good. Further away and you're not only straining your eyes, you're more likely to incline your head forward to see well.

SIX TIPS TO HELP SAVE YOURSELF FROM POOR COMPUTER POSTURE

UNCROSS YOUR LEGS

Proper posture suggests that your feet should be planted firmly on the floor—both of them. That means sitting with your legs crossed, while comfortable for some people, is ultimately hurting your posture.

So uncross those legs, plant those feet firmly on the floor (or get a stool for under your desk if you need one), and start to make a difference in your overall posture. It may take some getting used to, and there's nothing saying you can't cross your legs occasionally—just remember to keep them uncrossed more often than not.

ROLL YOUR SHOULDERS BACK

When you slouch, your head ultimately moves forward, sort of in front of your body. The thing is, though, that heads are heavy. Even a modest forward inclination puts a lot of stress on the muscles in your neck. Not a big deal for the short term, but when it's a day-long posture, it can cause problems.

This isn't the body's natural position—it's one that's "learned" over time. Your head should, in fact, be aligned with your body.

To correct it, there's a simple trick. Shrug your shoulders straight up toward your ears, roll them back, and then relax them. To put this into perspective, your ears should be aligned with your shoulders. And do this gently. It shouldn't be feel like you're straining or cause you any real discomfort. It's just a way to get your alignment right.

DO YOGA OR PILATES

The key to good posture is a strong core. I'm not talking about six-pack abs here, just generally good core strength. To get a strong, reliable core, you don't have to do sit up or leg lifts—you can get a nice, strong core by doing Yoga or Pilates. Both focus heavily on flexibility and body control, which not only naturally strengthen your core, but also work on many other key areas of the body. A flexible body is a strong body, and both Yoga and Pilates are great ways to achieve that.

DO DESK EXERCISES

This may seem like a silly suggestion, but there are exercises you can do at your desk to improve your posture (and general health on a long enough timeline).

STAND UP

If at all possible, you could just eliminate the sitting aspect of computer work altogether by switching to a standing desk. These have become more and more popular over the last few years, with many affordable and practical options available now.

Not only is standing better than sitting, but it makes it so much easier to keep moving. You can easily stretch your legs or step away from the computer for a second to re-align your focus. As an added bonus, standing desks have also been shown to improve productivity.

Just note that if you want to switch to a standing desk, you'll also want to get a good anti-fatigue mat—and keep in mind that you can't simply switch from sitting to standing all at once. It'll take the body some time to get acclimated to standing for upwards of eight hours a day, so don't throw that chair away just yet.

And some people find that switching between sitting and standing works better than doing either exclusively. Whatever works for you.

Google Photos now has a Favourites feature

By Chris Welch@chriswelch   May 21, 2018,

I know a lot of people love Google Photos, but sometimes you realize that the service is missing some elementary stuff. For example, there hasn't been a Favourites feature until now. Google has announced that, over the next week, it's rolling out that functionality. You'll be able to tap a star at the upper right of any photo in your library, and it'll automatically show up in Favourites.

A Favourites album is created as soon as you begin starring images. And that's pretty much it! Nothing fancy. If you don't see the option to star a photo, you don't have Favourites just yet. The wait shouldn't be more than a few days, though. It's OK to play favorites. Rolling out this week, tap the ☆ button t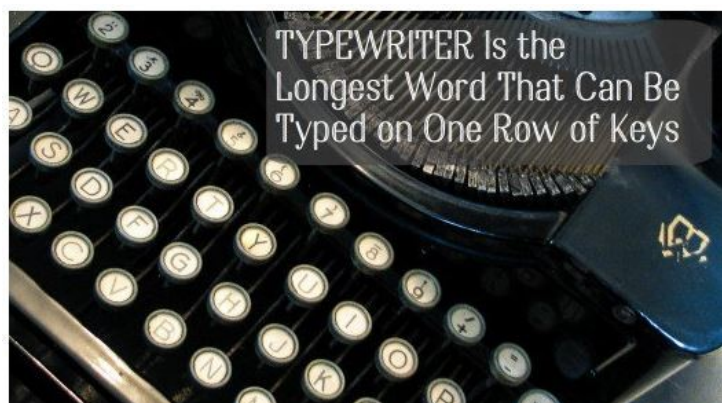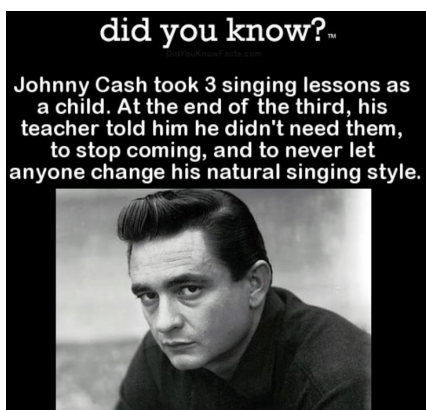o mark a photo as a favorite. Head to the Albums tab and view all your favorites in one place. pic.twitter.com/eWnSMDKQ72

Photos will also soon let users heart photos that have been shared with them, making things feel a little more social and Instagram-like. At I/O earlier this month, Google announced other new Photos features that include AI-suggested quick edits to improve photos, colour pop, and the ability to colourise old images. The first two of those new capabilities have already rolled out to users.

Coming soon, you can give some love to the photos your friend just shared. Look out for the ♥ icon when viewing a shared album or photo. pic.twitter.com/C2OVsyX3fO

did you know?™

Johnny Cash took 3 singing lessons as a child. At the end of the third, his teacher told him he didn't need them, to stop coming, and to never let anyone change his natural singing style.

TYPEWRITER Is the Longest Word That Can Be Typed on One Row of Keys

The horrible name that Google was ALMOST called & how they came up with Google instead

Google is a large tech company headquartered in Mountain View, California. Their primary product is the world's most popular search engine. You can access the Google search engine by typing in "google.com."

Ha! You didn't REALLY think I was going to be defining Google, did you?

No, I trust that you have been on the Internet once or twice in the past decade and are aware of the Google.

What I wanted to talk about today is how Google got its name. You know, that silly made up word that has now taken its rightful place in the Oxford English Dictionary, right after goog (Australian slang for an egg).

Turns out that Google is a misspelling of a real-life mathematical term, googol.

Back sometime in the late 90's Larry Page and Sergey Brin were two graduate students at Stanford. They had been working on a search engine and had given it the name **BackRub**. You know, because their search engine searched through backlinks…right.

Fortunately, they were smart enough to realize that **BackRub** was the worst tech company name in the history of tech companies, and that they needed to find something a little more appropriate.

During yet another name brainstorming session, their friend Sean, a fellow graduate student, suggested the word googolplex.

Googolplex is the name for 10 to the power of googol. Googol is the name used by mathematicians to reference 10 to the power of 100, or:

10,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000,-000

That's 1 plus 100 zeros.

The name googol and googolplex were originally coined by Milton Sirotta, nephew of Edward Kasner a famous American mathematician. As Milton put it, googolplex was shorthand for a number that was otherwise so large you would have to write "one, followed by writing zeroes until you get tired." Of course, his uncle found this definition to not be quite specific enough, after-all "different people get tired at different times and it would never do to have Carnera [a famous boxer of the time] be a better mathematician than Dr. Einstein, simply because he had more endurance and could write for longer!" So he gave googolplex the official definition of being 10 to the power of googol, or 10 to the power of 10 to the power of 100.

When Sean suggested googolplex, Larry responded that he liked the smaller term googol, but felt like the term in general was a great fit for what they were trying to do: index an unfathomable number of Internet web pages.

Sean, not realizing googol was spelled with an ol at the end, searched the Internet to see if the domain google.com was available.

Larry liked the new word Sean had accidentally come up with, and voila! Google was named.

Google Photos Companion App free

Available in the Apple App and Google Play Stores, this Microsoft app allows you to transfer photos from your phone to your PC.

Your computer requires Windows 10 and needs to be on the same Wi-Fi network. Once app is installed and your photos have been selected, your computer will display a QR code. Scan it with your phone (you will need a bar code scanner on your smart phone or tablet . . e.g. QR & Barcode Scanner) and the transfer of photos will take place.

Transferring photos on your tablet should also work using this method.

Do you run a full scan?
Reference: Bob Rankin

I know a lot of people use free anti virus programs as opposed to paying for total internet security packages. So Bob Rankin's "How to run a deep scan for Malware" was interesting reading.

Bob mentions that many anti virus programs offer, and have as a recommended or default setting, a quick scan. A quick scan examines only the most common spyware hiding places. i.e. Windows system folders, your documents and settings.

A deep antivirus scan on the other hand, includes scanning your start-up programs and Windows registry for traces of malware.

What's recommended? The experts recommend using the quick scan on a daily basis and using real time malware detection. Then run a deep scan on a monthly basis.

A full scan will take around two hours but depends on how many files you have on your computer. The more files, the longer it takes. A full scan looks at every file on all drives.

If you suspect your computer has malware? Run a full scan.

Should you have malware on your computer and it doesn't start, try Windows Defender Offline (WDO) which runs from a bootable CD or USB flash drive.
https://support.microsoft.com/en-gb/
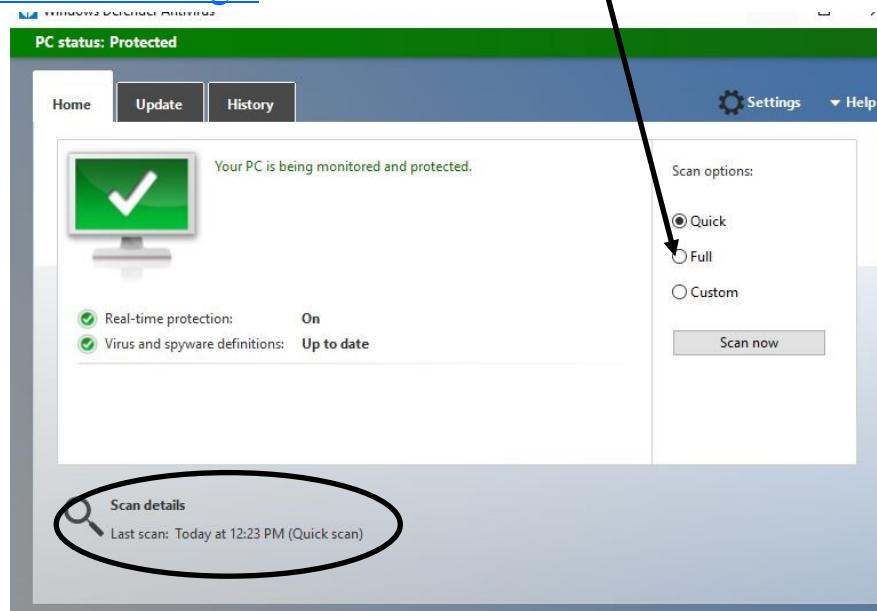
BUYING A NEW IPAD?

SDCUCI recently purchased an iPad to broaden our knowledge into the Apple type systems. We are learning about how to use this and will endeavour to enable member with Apple devices to gain additional assistance as needed. It is currently being looked at by the committee members but will be available for members to investigate themselves.
Here are a few tips for those interested.

Some tips to consider; **Purchase a hard protective cover for your iPad** This will help prevent a cracked screen or jammed buttons .
Don't use chemicals on your iPad screen Its best to use a spectacle cleaning cloth to wipe finger smudges off. Some chemicals alter the surface of the screen preventing you from tapping open apps .
Examine and turn off features that use battery Features like brightness of the screen, leaving your Wi-Fi on when you use apps that don't require Wi-Fi, Bluetooth. They all use battery .
Use the Passcode feature If you leave your iPad somewhere or it is stolen, the data will be erased after 10 attempts to crack the code .
Practice hand and finger gestures regularly .
Called the tap, the swipe and the pinch, view this link to see how they operate .
https://www.youtube.com/watch? time_continue=24&v=zq3B7oS7oQA
Bring up all the apps Locate home button along one of the edges of the screen and press it twice .
Apps will appear in one continuous line .
Use your finger to scroll through them .
Scroll faster when searching the internet
Using Safari when you scroll down web pages you can get back to the top of the page by a tap on the part of the screen that displays the time .
Create icons for favourite websites You don't have to go into safari every time you want to visit your favourite websites. Create a short cut icon . To Do This—Search for your favourite website. When it has loaded, tap the symbol of an upwards pointing arrow in a square at the top of screen by the address bar. A list of options appear .
Tap add to home screen .
Use an App store/iTunes voucher cards to purchase apps etc from App store
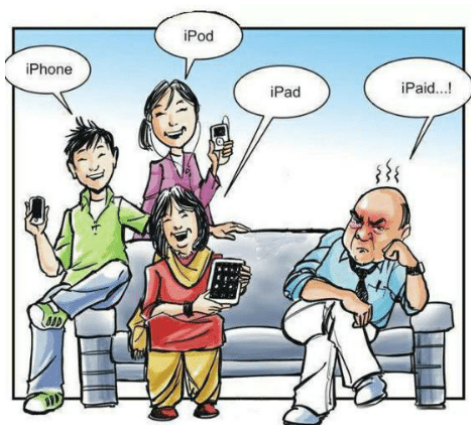
What Year ?

Committee Members.
Can you name the members and the year?

On This day 20th June 1840

1840: Samuel F.B. Morse receives a U.S. patent for his dot-dash telegraphy signals, known to the world as Morse code.

The code Morse devised in partnership with Alfred Vail uses a system of dots and dashes to represent letters and numbers. It went into practical use in 1844, after he and Vail produced a working electromagnetic telegraph transmitter. Vail worked on various refinements to the transmitter before leaving the business altogether in 1848, feeling that he was being lowballed on his salary.

Some scholars argue that it was Vail, not Morse, who actually came up with the dot-dash system. He did hold a small piece of Morse's patent but didn't get rich from it.

Regardless of who devised it, the original code was a little different than the one in use today. What we recognize as Morse code is actually an international variation of the original, or "American," code. The American code contained not only dots and dashes, but also spaces in five letters: *C, O,*

Foolish Predictions

Who was Steve Ballmer

He eventually became President of Microsoft 1998, and replaced Gates as CEO in 2000. ... On February 4, 2014, **Ballmer** retired as CEO and was succeeded by Satya Nadella; **Ballmer** resigned from the Board of Directors on August 19, 2014

Steve Ballmer on the iPhone's failure

"[Apple's iPhone] is the most expensive phone in the world and it doesn't appeal to business customers because it doesn't have a keyboard which makes it not a very good e-mail machine…"

Steve Ballmer, Microsoft's CEO, uttered this famous quote in 2007. Needless to say, he missed the mark entirely; today, Apple is the top smartphone vendor in the world Business customers are buying it and using it for e-mail among many, many other things.

Apple's famous touch screen also became one of the biggest selling points of the phone, proving Mr. Ballmer wrong yet again.

How to Take Good Silhouette Photos

by **Harry Guinness** on June 5th, 2018
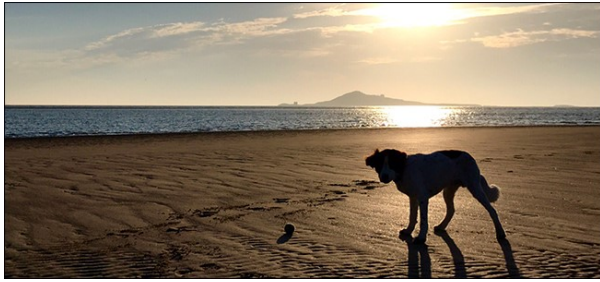
Digital cameras struggle when you have a scene with both very bright and very dark things in it—in photography terms, a wide dynamic range. One option is to use flashes to try and brighten up the dark areas; the other, and often better option, is just to embrace it and shoot a silhouette. Let's look at how.

How to Take a Silhouette Photo

Silhouette photos aren't hard to take, but they're only possible in certain circumstances. You need a subject that is backlit by a bright light source, and that source must also be in the image.

The simplest time to take silhouette photos is in the hour or two after sunrise or before sunset on a clear day. With the sun sitting low in the sky, it's easy to position your subject so it's silhouetted. It doesn't even need to be directly in front of the sun since that whole horizon will also be very bright—like it is in this photo I took of my dog on the beach this morning an hour after sunrise. I'm going to use it as my example for this article.

One quick note. While I'm going to focus on using the sun as your light source, you can take silhouettes with any bright light. The sun is just the brightest thing available to most people.

When you're shooting a silhouette, you'll find it easier if you use manual or aperture priority mode. Underexpose the photo by a stop or two from what your camera's meter recommends. You need to be careful not to blow out the highlights as you want a lot of colour in the sky but it's also a good idea to leave some texture in your subject; you can always turn it completely black in post production.

RELATED: *Get Out of Auto: How to Use Your Camera's Shooting Modes for Better Photos*

I've possibly overexposed this image a little. I note the histogram that I've got has some pure white in the centre of the sun, however, I have the texture I want in my dog so I'm pretty happy with it.

If you leave your camera in automatic mode, it will most likely swap between underexposing and overexposing the scene. If you're lucky, you'll get a good shot, but you won't have a lot of control and it will take a few tries. Even if you're using your phone, you should use an app that lets you have some control over the exposure.

While the autofocus on a modern camera or smartphone shouldn't have too much difficulty with a silhouette, if it's kicking up a fuss, swap to manual focus mode and focus on your subject. As long as you use an aperture of f/8 or narrower, you will have no problem keeping everything acceptably in focus.

Tonight's Topic
QUESTIONS AND ANSWERS FROM MEMBERS