



The Apple Core

14801 N. 103rd Avenue, Sun City, AZ, 85351-1906. 623-933-5300



Next Meeting
March 9, 2019

SunMacs General Business Meeting at 9:00 a.m. in the Sundial West Hall. Come early to get a seat up close!



**MARK YOUR CALENDAR:
LIBRARY USE ON YOUR
COMPUTER/IPAD,
IPHONE**

Brianna King, Branch Manager of the Sun City Library will talk about the library's digital resources such as ebooks, streaming movies and music, digital access to financial publications and answer your questions about the library.

GENEALOGY

At the February Business Meeting a program was presented by Mary Funck of the SunMac's Genealogy Club.



Mary states:

"I have been doing genealogy for the past 36 years. I started my research when the only resources available were libraries, genealogical societies, cemeteries and The Church of the Latter Day Saints. It's hard to believe that today most of my research is done on the internet without ever leaving my home. I have specialized in genealogical documentation, even at a time

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when documentation wasn't particularly a requirement of genealogy. In 2014 I received a request to participate in a DNA study on Crohn's Disease sponsored by a pharmaceutical company. My interest in DNA research was born and I have since used DNA to further my paper documentation of various ancestors stretching back to the Pilgrims and Puritans in New England and ancestors from Germany. In 2015 I began donating my time to helping adoptees locate their biological parents and continue to do that to the present. I also head the DNA group at the Mac Club and facilitate the Genealogy SIGs (Special Interest Groups) when Diane Kilian is not available."

Mary said there are Amateurs and Professionals doing genealogy. The professionals charge money!!!

She quoted Marcus Garvey: "A people without the knowledge of their past history, origin and culture is like a tree without roots."

The most popular hobby in the US is gardening. The second is genealogy.

Men can track their maternal DNA but women cannot.

Genetics control the way you as an individual think.

This topic was very informative in learning our family history.

President's Letter



What a time to live in the Valley of the Sun. The weather is warming up and it's a great time for outdoor activities. Baseball spring training is in full swing. Baseball fans from all across the country flock down to see their favorite teams get ready for the 2019 Baseball season. March is also spring break time bringing in even more visitors. It's the most crowded time of the year. Traffic along Bell Road can be a nightmare at times.

Your club is also in full swing with a full class sched-

ule. A variety of classes are presented to help with learning how to operate your Apple devices.

A full class schedule is made possible by the Club members volunteering to fill the positions as Instructors and Monitors. Last year's loss of club members still has an effect on the operation of your club. If you are interested to volunteer as an Instructor see Pat Alway. If you are interested in helping out as a monitor see Barbara Craft.

Our committee members also need help in fulfilling their duties.

Judy Edmond, Luanne Hanks and Colonel Dilmore are responsible for putting together and printing out the club's newsletter (The Apple Core).

Pat Dilmore, Marlene Buck and Marilyn Burns coordinate our social classes, provide snacks at our General Meeting and procure and set-up a location for our Annual Christmas Breakfast.

Gary Burks maintains and updates our club's website www.sunmacs.org. This web site has loads of information about your club's class schedule and other information about Apple news and products.

The Apple Watch (Series 4) is my latest addition to

my Apple devices. Up until now I saw no reason for me to have a smart watch from Apple. The Apple Watch (Series 4) now ships with an electrical heart rate sensor which along with the ECG app allows you to take an electrocardiogram. With my past heart issues with Flutter and Atrial Fibrillation (A-Fib) I felt that the watch would help monitor or show when I felt an irregular heart beat.

Setting up and pairing the new watch involves the Apple Watch App on your iPhone and the Apple Watch. Place the two near each other and turn on the Apple watch by pressing and holding the side button until the Apple logo appears. The Apple pairing screen will appear on your phone. The watch will show a "cloud of fine dots". Use the phone to view this "Cloud" within the watch pairing screen. The pairing process takes over to setup your Watch.

My first program that I explored was the ECG App. All apps for the Apple Watch are loaded from the Watch Apps store inside the Apple Watch App on the iPhone. After loading and installing the ECG App. In order to take an ECG, launch the ECG on your watch, hold your finger

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Apple Macintosh Computer Club Sundial Recreation Center

Monday	Tuesday	Wednesday	Thursday	Friday
42094	42095	42096	42097	1
Class Descriptions are on the back!	Pre-Registration is required for the Laptop Basics or Expand Your Vision Classes. Sign-up sheet is in the classroom.	There is no charge for SunMacs classes.	Yearly Dues: \$20 single \$30 - 2 at same address.	9:00 MAINTENANCE/WALK IN HELP C. Dilmore P Dilmore
4	5	6	7	8
9:00 WALK IN HELP L. Hockenbery 1:00 VoiceOver L. Hallman N&FStynen/Fredrick	9:00 GENEALOGY SIG M. Funck 1:00 iPhone RT I Bonifas K Skelding/P Thomas	9:00 iOS - 1 I. Bonifas 1:00 Social <i>P. Dilmore</i> <i>S. Helin/M Hansen</i>	9:00 iOS - 2 I. Bonifas 1:00 Board Meeting K McClean/Board	Please Note: Membership General Meeting March 9 AT 9 A M Sundial Auditorium West Hall
11	12	13	14	15
9:00 iOS - 3 I. Bonifas 1:00 iPhone RT C. Clopton JWright/Kronenberg	9:00 iOS - 4 I. Bonifas 1:00 WALK-IN HELP L. Hockenbery G. Burks/C. Copeland	9:00 iOS -5 I. Bonifas 1:00 SAFE SURFING I. Bonifas B. Craft/C McDermott	9:00 ANCESTRY M. Funck 1:00 Coaching for leading Round Tables P. Always T Keeley/B Swintek	CLOSED
18	19	20	21	22
9:00 TURBO TAX R. Granum 1:00 Desktop Basics1 J & P. Always J Burns/C Gray	9:00 Walk In Help I. Bonifas 1:00 Desktop Basics2 J & P. Always H Rasmussen/B Thome	9:00 IPHONE/IPAD: EXPAND YOUR VISION L. Hallman 1:00 Desktop Basics3 J & P. Always J Edmond/M Hansen	9:00 GENEALOGY DNA M. Funck 1:00 Desktop Basics4 J & P. Always P. Dilmore/R Blaess	1:00 Desktop Basics5 J & P. Always ?????
25	26	27	28	29
9:00 Apple Watch L. Hanks 1:00 iPad RT C. Clopton A Christie/Calascibett	9:00 Social <i>P. Dilmore</i> 1:00 NEW MEMBER ORIENTATION & MONITOR TRAINING B. CRAFT P. Dilmore/S. Fredrick	9:00 Walk In Help L. Hockenbery 1:00 Assisting at classes P. Always S. Starr/B Thome	9:00 GENEALOGY DNA M. Funck 1:00 GENEALOGY RT <i>G. Marshall</i> <i>??/ L Hanks</i>	Closed - - To learn more about your club- Attend our General Meeting.

General Membership Meeting - Saturday 9 a.m.- March 9-Sundial West Hall

March 2019 Class Descriptions

Ancestry.com One-on-One: Need individual help with research on Ancestry.com? Sign Up in clubroom. Limit 2 persons (30 minute each) Mary Funck will assist you.

Apple WATCH: get some tips about using your watch more effectively with more of its ability.

Assisting at classes: learn some basics of assisting at a class, and helping basic learning.

Board Meeting: The Board Members meet at this time.

Coaching for leading Round Tables: Ideas about how to lead a Round Table on a subject of interest.

Genealogy-DNA: Using DNA information to aid your genealogy. Where to search for relatives.

Genealogy SIG: For those interested in studying their roots and exchanging ideas & research techniques.

iOS BASICS: This five (5) day Class is designed for the iPad (some of the settings will apply to the iPhone and the iPod Touch if they are using iOS10):
Day One will cover iPad Setup.
Day Two will cover the App Store and iCloud.
Day Three will cover working with Mail and Safari:

Day Four will cover Calendar and Contacts.

Day Five will cover the Camera and Photos App.
Come & always bring your devices.
The iOS 10 classes are one hour long for five (5) days.

iPad & iPHONE: EXPAND YOUR VISION: Learn about accessibility features: zoom, magnifier, display accommodations, large text, bold text, voiceover and more!
Bring your computer glasses if applicable. Bring your iPad and or iPhone. No more squinting! Learn to use tools geared towards your unique needs.

iPad Round Table: Come & bring your iPad. Let's share what we know about this computer tablet. Non-iPad owners are welcome..

iPhone Round Table: Bring your iPhone and talk with others about what's good, bad & ugly. If you don't have an iPhone, come & see what it's all about.

🍏 Mac Basics: Purpose: (1) To learn the basic functions of the Macintosh computer using OSX; (2) To provide hands on experiences to practice these functions; and (3) To promote a desire to learn more about the many features of the Mac desktop computer.
You must pre-register for all sessions. Sign up sheet is in the clubroom. The classes are

one hour long for five sessions.

Maintenance/Walk In Help: Bring your computer woes to this session and Colonel will help you with your problems.

New Member Orientation & Monitor Training: All new members are encouraged to attend this orientation session. Learn about your new club and the classes and activities available.

Monitor Training discussion will also be included. It is important for all members to give back to their club. Serving as a monitor is one way to do that.

Safe Surfing the Internet: Protect your personal and financial information while online.

Social: Club members get together, talk and exchange ideas over coffee & goodies.

Turbo Tax: One of the best programs for doing your own state and federal taxes.

Using Ancestry.com: Walk-In Help: A club member will be available to help with problems.

VoiceOver: lets you hear what's happening on your screen with finger touch.

on the digital crown, and wait for the recording to start. The recording takes 30 seconds. Tap Save to save the recording. To find the ECG readouts as well, you need to launch the Health App on your iPhone. The Health App home page shows a summary of all the tracked activities of the Apple watch. To find your ECG select any of the Heart icons to launch a new window. Scroll down to find and select the Electrocardiogram Icon. A new window appears with the ECG's readings that were saved. Pick one of the scans to launch a closer look on the reading. This window will allow you to export a PDF of the scan for your Doctor.

I was able to use the ECG app to record an episode of irregular heart beats that I felt that maybe my A-Fib was returning. My condition got worse the next day and a trip to the ER and an overnight observation stay. It was determined that I had APC's (Atrial Premature Complexes.) The condition is usually not dangerous. (My heart went into Sinus Rhythm overnight). A conference with my Cardiologist that morning made him impressed with the scan and encouraged me to send him any scans that cause me concern.

IMPORTANT: the ECG app will not detect heart attacks, blood clots or a stroke. Never use the App's result of "Sinus Rhythm" to overrule the feeling of not feeling well or classic conditions indicating a possible heart attack (chest pain, pressure, tightness or what you think is a heart attack and call emergency services immediately.) With my history of dealing with A-Fib I was pretty sure it was not serious. I still went to the ER when I could not contact my Doctor.

I am now exploring my daily exercise and sleep habits. More on my Watch experiences in later Apple Cores.

Isaac Bonifas

Monitors Needed

Why should you consider serving as a monitor? The Recreation Centers Chartered Club Board Policy states "All clubs are required to have club monitors..in the event a club monitor is not present during club scheduled activities, the club will be closed." In order to comply with these rules, we need all members to participate.

Also:

- . It is not a difficult job
- . We are an all volunteer club
- . Easy way to give back to your club

. Only takes two hours of your time once a month

Wonderful way to meet other members of the club

. Opportunity to sit in on a class you might not ordinarily attend

Don't need to be a computer expert

There will be a Monitor Training session on **Tuesday, March 26, 2019.**

The session will begin at 1:00 PM. If you have never served as a monitor, or it has been a while, this is an excellent opportunity for you. This monitor training session is part of the New Member Orientation class starting at 1:00 PM.

APPLE 3 WATCH FOR SALE



This watch has GPS but not cellular and is the 42 (large one)

Like new! If interested call Luanne Hanks at 623-238-0160.

Please send articles for AppleCore to: jedmond6@cox.net

Apple Macintosh Computer
Club of Sun City
Sundial Recreation Center
14801 N. 103rd Ave.
Sun City, AZ. 85351

PRSRT STD
U. S. POSTAGE PAID
SUN CITY, AZ
PERMIT NO. 237

Or Current Resident

Macintosh Computer Club of Sun City 2019 - DUES PAYMENT FORM

For SunMacs Use Only
Treasurer's Deposit Date:

Make Check Payable to: SunMacs • Give to Room Monitor or Mail to: SunMacs Computer, 14801 N. 103rd Av. Sun City AZ

Dues are \$20.00 per person / \$30.00 for 2 persons at the same address.

Please Check one: I am a NEW Member I am RENEWING

Member #1 - Name Rec. Card No. Email Address

Member #2 - Name Rec. Card No. Email Address

Street Address

Phone Number ZIP Code

Emergency Phone Contact (Name & Phone Number)

Amount Paid: \$ _____

CHECK No. _____

If CASH check box

Monitor's FULL Name
Payment Received in FULL

Member Initials Dues are NON-Refundable