



The Apple Core

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

sunmacs1@me.com



Next

Meet-

ing

**November 2, 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**

April General Meeting



Isaac Bonifas, the SunMac president, was our speaker on the subject of Mac Apple Watch, Series 4.

Introduction

The new Apple Watch (Series 4) has an improved viewing area that is 30% larger than the Apple watch (Series 3), improved power efficiency, a new S4 chip that is 2 times faster than the previous S3 chip.

Reviewed the location and functions of the Apple Watch controls such as the Display, Digital Crown, Microphone, Side Button, Band Release Button, Electrical Heart Sensor, Speaker/Air vents, and the Optical Heart Sensor.

Reviewed some of the Apple Watch functions:

How to turn on and off the Apple watch. If your Apple Watch is off, press and hold the side button until the Apple logo appears (you might see a black screen for a short time first). The watch face appears when Apple Watch is on. Normally, you'll leave your

Apple Watch on all of the time, but if you need to turn it off, press and hold the side button until the sliders appear, then drag the Power Off slider to the right.

To use your Apple Watch you must pair it with an iPhone 5s or later and running iOS12. Setting up and pairing the new watch involves the Apple Watch App on your iPhone and the Apple Watch. Place the Apple Watch and iPhone 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 process takes over to setup your Watch.

The Watch App allows you to setup various operations on you Apple Watch. Some highlighted settings were changing how the Apple Watch face is displayed, changing the bright-

ness and text size, activate the emergency SOS function. as well as settings for the Health and Heart Apps.

The Health App was also reviewed. The "Today window" section contains a summary of the days data recording provided by the Apple Watch. Review operation and set up on the Health App on the iPhone.

The "Health Data Window" on the top half was divided into four main sections: Activity, Mindfulness, Nutrition and Sleep. The bottom half had Body Measurements, Health records, Heart, reproductive health, results and vitals. The source section shows what apps the Apple Watch is using to collect data. The Medical ID section is where you list important health information that can be accessed from the emergency dialer without unlocking your phone.

The Activity App keeps track of your workout sessions.

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.

To take an ECG, launch the ECG on your watch, make sure the watch is snug on your wrist, then

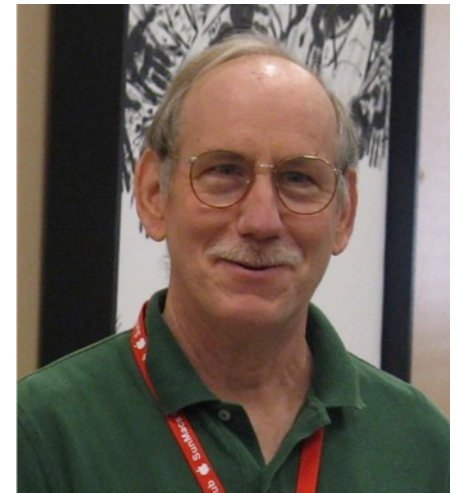
press and hold your finger on the digital crown and wait for the recording to start. The recording takes 30 seconds. Tap Save to save the recording. To find the ECG readouts you will need to launch the Health App on your iPhone. The Health App home page shows a summary of all the tracked activities of 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

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 overlooking classic conditions indicating a possible heart attack (Chest pain, Pressure, Tightness, or what you think is a heart attack. Call emergency services immediately).

Isaac ended the session with Questions and Answer section

Kathy McDermott has volunteered to help Barbara Craft with the Monitoring responsibilities. Thanks, Kathy, for stepping up to help our club out!

President's Letter



This is the last issue of the Apple Core newsletter before our summer break. The busy "Winter Season" is now behind us. This past month the majority of our "Snow Birds" have headed up north for cooler weather. For our full time residents members, the traffic is lighter and getting around town is a little easier.

Your club had a successful winter season despite losing 3 of its officers over the summer of 2017.

Continue to Page 5

Summer Schedule 2019

MAY

Thursday, May 2: IPHONE ROUND TABLE: *C. Clopton*. Come & bring your iPhone. Let's share what we know about this computer device.

Tuesday, May 7: GENEALOGY SIG; *M. Funck*. For those interested in studying their roots and exchanging ideas and research techniques.

Thursday, May 9: INTERNET SECURITY: *I Bonifas*. Protect your personal and financial information while online.

Tuesday May 14: SOCIAL: *P. DILMORE*. Club members get together, talk and exchange ideas over coffee and goodies.

Thursday, May 16: ANCESTRY, *M. Funck*. These sessions will explore the ancestry.com genealogy research program.

Tuesday, May 21: PREVIEW, *C. DILMORE*. Colonel will show things you can do with Preview, including pdfs.

Thursday May 23: SIRI, *L. Hanks*. This class will introduce Siri and will give you some tips on its use and capabilities.

Tuesday May 28: DNA Class, *M. Funck*. Exploring DNA as a tool for genealogical research.

Thursday May 30: WALK IN HELP, *I Bonifas*. A club member will be available to help with problems.

JUNE

Tuesday, June 4: GENEALOGY SIG, *M Funck*. For those interested in studying their roots and exchanging ideas and research techniques.

Thursday, June 6: ICLOUD, *I Bonifas*. This session will explain what iCloud is and how it operates.

Tuesday, June 11: SOCIAL, *P. Dilmore*. Club members get together, talk and exchange ideas over coffee and goodies

Thursday, June 13: ANCESTRY, *M. Funck*. These sessions will explore the ancestry.com genealogy research program.

Tuesday, June 18: INTERNET SECURITY, *I Bonifas*. Protect your personal and financial information while online.

Thursday, June 20: Maps for iPhone, *L. Hanks*. Learn about 3D settings and other elements of the Map app on your iPhone.

Tuesday, June 25: DNA Class, *M. Funck*. Exploring DNA as a tool for genealogical research.

Thursday, June 27: WALK IN HELP, *I Bonifas*. A club member will be available to help with problems.

JULY

Tuesday July 2.: GENEALOGY SIG; *M Funck*. For those interested in studying their roots and exchanging ideas

Tuesday, July 9: ANCESTRY, *M. Funck*, These sessions will explore the ancestry.com genealogy research program

Thursday, July 11: WALK IN HELP, *G. Burks*. A club member will be available to help with problems.

Tuesday, July 16: INTERNET SECURITY, *I Bonifas*. Protect your personal and financial information while online.

Thursday, July 18: ICLOUD, *I Bonifas*. This session will explain what iCloud is and how it operates.

Tuesday, July 23: SOCIAL, *P. Dilmore*. Club members get together, talk and exchange ideas over coffee and goodies

Thursday, July 25: DNA Class, *M. Funck*. Exploring DNA as a tool for genealogical research.

Tuesday, July 30: WALK IN HELP, *G. Burks*. A club member will be available to help with problems.

SEPTEMBER

Tuesday, Sept 17: INTERNET SECURITY, *I Bonifas*. Protect your personal and financial information while online.

Thursday, Sept 19: GENEALOGY SIG; *M Funck*. For those interested in studying their roots and exchanging ideas and research techniques.

Tuesday, Sept 24: DNA Class, *M. Funck*. Exploring DNA as a tool for genealogical research.

Thursday, Sept 26: WALK IN HELP, *I Bonifas*. A club member will be available to help with problems.

OCTOBER

Tuesday, Oct 1: GENEALOGY SIG, *M Funck*. For those interested in studying their roots and exchanging ideas and research techniques.

Thursday, Oct 3: iPad Round Table: *C. CLOPTON*. Come & bring your iPad. Let's share what we know about this computer tablet.

Tuesday, Oct 8: SOCIAL, *P. Dilmore*. Club members get together, talk and exchange ideas over coffee and goodies

Thursday, Oct 10: ANCESTRY, *M. Funck*. These sessions will explore the ancestry.com genealogy research program

Tuesday, Oct 15: WALK IN HELP, *C. Dilmore*. A club member will be available to help with problems.

Thursday, Oct. 17: Q & A ROUND TABLE, *L. Hanks*. Bring your questions and hopefully get answers.

Tuesday, Oct 22: DNA Class, *M. Funck*. Exploring DNA as a tool for genealogical research.

Thursday, Oct 24: ICLOUD, *I Bonifas*. This session will explain what iCloud is and how it operates.

Tuesday, Oct 31: INTERNET SECURITY, *I Bonifas*. Protect your personal and financial information while online.

The club was very fortunate that Agnes Holub filled the position of 1st Vice President, Pat Always filled the 2nd Vice President position and Judy Anne Wright filled the clubs Treasurer position to finish the year. The same group of volunteers continued their positions for 2019. My call for new volunteers to fill the 2020 club officers positions went unanswered. The current officers have agreed to continue their duties for 2020. They are President: Isaac Bonifas; 1st Vice President: Agnes Holub; 2nd Vice President: Pat Always; Secretary: Barbara Swintek; and Treasurer: Judy Anne Wright.

The club did have new volunteers to help assist our long time board members in doing their jobs. With just under 300 members in our club, our yearly membership continues to decline from previous years. The club membership peaked in 2015 with 423 members and has shown a decline every year since then. With the continuing decline in membership, The club has a need for new members to volunteer to help in the club operation.

Your Mac Club started the summer class schedule

that runs from May 1st to Oct 31st. The club room is closed for Summer Break from August 1st to September 13th. The club is now open Tuesday & Thursday mornings from 8:30 am to 10:30 am. See the enclosed club schedule of classes.

While the club meeting times have been reduced, there are plenty of places you can go to find information and training. One place is the Club's website www.Sunmacs.org. Gary Burks and Colonel Dilmore have done a great job setting up and maintaining the website. The home page is full of information. There are links to class schedules and class descriptions. The "Tech" link will bring up a new window with a list of YouTube videos that may be of interest. I encourage all members to take time and explore what our website has to offer.

Another place to check out is the Apple web site at www.Apple.com. From the Apple home pages select the "Support" tab. This will display a new window with links to each product line. Selecting the product line will then display a new window with various helpful ar-

ticles on setting up and operation of the selected device. Here you will find product manuals. Using the Books App you can also "Buy" (No Charge for Apple's user manuals) and Download users manuals for the various Apple products.

You can also ask Google, launch Safari and just type your question. You will be surprised how many people make videos on how to operate your Apple devices. Remember to ask specific questions. Asking "How do I purchase an app on my iPhone 8" will give better results the "How do I purchase an app".

Have a safe great summer!!

Isaac Bonifas



Please send articles for Apple Core to jedmond6@cox.net

The Newsletter of the Apple Macintosh Computer Club of Sun City Arizona

May 2019

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