A Monthly CUPFUL for South Bay Apple Mac User Group Members

Apple Adds Medical Records Feature for iPhone, by Natasha Singer

In the latest indication of Apple's growing ambitions in the digital health market, the tech giant on Wednesday unveiled a new feature that would allow users to automatically download and see parts of their medical records on their iPhones.

The feature is to become part of Apple's popular Health app. It will enable users to transfer clinical data — like cholesterol levels and lists of medications prescribed by their doctors — directly from their medical providers to their iPhones, potentially streamlining how Americans gain access to some health information.

A dozen medical institutions across the United States — including Johns Hopkins Medicine in Baltimore and Cedars-Sinai in Los Angeles — have agreed to participate in the beta version of the new feature. Apple said it will not see consumers' medical data, which is encrypted and stored locally on the iPhone, unless the user chooses to share it with the company.

In addition to the iPhone Health app, Apple has developed ResearchKit, software to help researchers develop iPhone apps to conduct health studies, and HealthKit, a platform that allows consumers to share health data on their iPhone or Apple Watch with health and fitness apps. Apple is also sponsoring clinical research, called the Apple Heart Study, at Stanford University to determine whether an app for the Apple Watch can detect irregular heart rhythms.

Apple's personal medical record feature is hardly a new idea. With much fanfare about a decade ago, both Google

Feb 28 Meeting
Mac OS High Sierra

Jim Pernal will discuss the latest Mac Operating System, High Sierra (10.13) The presentation will include the requirements for using this system, how to upgrade, why you should upgrade, and finally a few of the new features in the system with some demos. Some of the new features are the APFS file system, HEVC and HEIF codecs, and VR support.

After the beginners' Q&A, but before the main presentation, Tom Thorpe will dig into WiFi (in)Security.

Don't miss the meeting! See page 2 for details.

Donations
Thanks to Joan King for her donation of a 24" iMac and to Arnold Silver for his donation of three printers. They will be delivered to the Girls & Boys Club: bgclaharbor.org
If you have computing equipment to donate, contact me: pjmyerz@gmail.com

IN THIS ISSUE

Welcome to the SBAMUG
South Bay Apple Mac User Group

Members,friends and colleagues are invited to attend our monthly meetings (usually the last Wed of the month). The $35 annual membership dues entitle you to receive this monthly newsletter by mail or online, plus many more benefits (page 8). To become a member or get more info please check
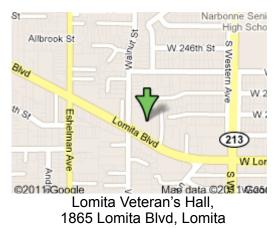
Meetings: Lomita Veteran's Hall,
1865 Lomita Blvd, Lomita
Mail: PO Box 432, Redondo Beach, CA
90277-0432
Phone: (310) 644-3315
Email: info@sbamug.com

Lomita Veteran's Hall,
1865 Lomita Blvd, Lomita

SBAMUG Meeting Format:
6:30—7:30 p.m. Questions & Answers and Sharing: *Everyone* is welcome, beginners encouraged
7:30—7:50 p.m. 'iSocial' – shoot the Mac breeze with others over a cookie*
7:50—8:00 p.m. Announcements
8:00—9:00 p.m Program
Refreshments provided; donations appreciated!
Submit suggestions for topics or speakers, or articles, ideas & original artwork for this newsletter to pjmyerz@gmail.com by the last Wednesday of each month. Articles may be edited to fit space.

SBAMUG Monthly Calendar
Feb 28: Mac OS High Sierra
Mar 28: TBD

Other Meetings:
•1st Wed each month – SBAMUG Core Group, 7:30 pm. Join Google+ SBAMUG community, or email: info@sbamug.com.
• 2nd Sat. each month - SMOG, 9AM in Costa Mesa, ocmug.org
•Last Sat. each month - Northrop Grumman-Ham Radio & Computer Swap Meet, 7--11:30 a.m. Meet at SE corner of Marine/Aviation Blvd, Redondo Beach
•Los Angeles Portable Users Group: Mac OS X, iPhone, iPod, MacBook, etc., .lapug.org/
• Find more: http://www.apple.com/usergroups/

Officers & Volunteers:
President: Kent McDonald
VP: open
Secretary: Wayne Inman
Treasurer: CW Mitchell
Directors at Large: Dave Nathanson, Arnold Silver, George Wilde, Joan King, Pete Myers
PD Disk Editor: Jim Pernal
Membership: CW Mitchell
Member Development: Pete Myers
Programming: Kent McDonald
Greeter: open
Server Director: Dave Nathanson
Newsletter: Pete Myers, Bill Berks
USPS Liaison: CW Mitchell
Refreshments: Arnold Silver/Andy Paroczai

Membership Report – 97 members!
Please wear membership card as your name tag - you may notice your first name is in larger letters on your card - so it can be used as a name tag at the meetings.:)
Welcome New Members:
Thank You Member Renewals: Bill Berks, Don Burt, Judith Edgingtion, John Kells, Joan Beth King, C.D. Knauer, Joan Kraus, John Spearman, Walt Fierberg, Ray Chikahisa, C.W. Mitchell, Louise Polsky, Gordon Hughes, Bob Lay, Richard Goo, Don Baggett.
If your name is not spelled right or your expiration date is wrong, contact cwmitchell@sbamug.com for correction. Or contact CW for everything membership, dues and benefits.
Please watch for your renewal letter, then sign and date it and return it with $35 check (in enclosed self-addressed envelope) or bring letter with payment to meeting.

SBAMUG February 2018 Shareware

This is the February shareware article. Five items this month. Conditional pricing does raise itself on one item. Just remember it is subject to change.

FileZilla 3.30.0: A file uploading utility ported from windows. Intuitive interface. Free. Intel OS X 10.9+ https://filezilla-project.org

MacFamilyTree 8.2.8 Genealogy program. All forms of reports and charts. Intel, 64-bit processor OS X 10.10 or later. $59.99 App Store.

NeoOffice 2017.6 Office productivity suite. iCloud support. Word processing, spreadsheet, presentation, database and more. Bug fixes with this version. $29.99 OSX 10.12+ Intel 64 bit App Store.

Printopia 3.0.6 A utility on your mac to allow you to share printers with iPhone, iPad, or iPod touch. Have not tried it, my brother printer has a IOS app that allows some IOS apps to print. If you don't have that app choice from your printers website, this program will allow you to print. Intel, 64-bit processor OS X 10.7 or later. $19.99 with conditional priced upgrades if you have an earlier purchased version. https://www.decisivetactics.com/products/printopia/

Typinator 7.4 : With Typinator, you can store commonly used text and images in quick keywords and abbreviations. Intel, 64-bit processor OS X 10.6 or later (fully compatible with macOS 10.13 High Sierra) per the vendor. Shareware $31.00 http://www.ergonis.com/products/typinator/

See you at the February meeting.
Jim Pernal PD Editor

HomePod Smart Speaker

Brian X. Chen says Apple's speaker is certainly an impressive piece of hardware. Audiophiles will appreciate that it has a woofer with a custom amplifier and seven tweeters. The result is a speaker with a deep bass and rich treble that is loud enough to fill a large room with superb sound. HomePod makes the Amazon Echo and Google's Home sound muffled and tinny in comparison.

But Siri on HomePod is embarrassingly inadequate, even though that is the primary way you interact with it. Siri is sorely lacking in capabilities compared with Amazon's Alexa and Google's Assistant. Siri doesn't even work as well on HomePod as it does on the iPhone.

At $349, it costs nearly three times as much as its competitors. Read the full review at

https://www.nytimes.com/2018/02/06/technology/personaltech/apple-homepod-review.html

Wyze Cam for Home Security

Allison bought a $150 D-Link Omna Cam but has been disappointed in its performance, particularly the company's failure to issue a patch for the KRACK vulnerability: https://www.podfeet.com/blog/2018/01/d-link-security-krack/#more-14243

She has recently fallen in love with the $20 Wyze Cam. It has a sharp image with a 110 degree field of view, a motion detector, a sound detector, night vision and the ability to send alerts if it detects energy at frequencies output by common smoke and CO sensors. There are several patches available, but as yet nothing for KRACK. Allison says "for some reason I was more forgiving to a small outfit with a $20 camera than I was to D-Link with a massive staff, tons of products and who have been in the business of protecting our wireless traffic for decades." Read her complete review at: https://www.podfeet.com/blog/2018/01/wyzecam/

Airplay iPhone – What Is It All About

If you're an iPhone user then you must already be familiar with AirPlay. However, if you're not then you can consider it as a simply wireless network that is used for sharing different media. When it comes to digital music, for instance, it is possible for you to airplay iPhone and get your favorite songs streamed all over your home with the help of various AirPlay devices. This will allow you to use your iOS device to play music in every room of your house with the help of speakers that are compatible with AirPlay. You can also use Apple TV for listening to music as well as viewing cover art, song title, artist name and other such details on your Apple TV.

How To Enable AirPlay iPhone To Listen To Digital Audio

If you want to airplay iPhone, you will also need to have AirPlay receiver to make it work. For this you can use some third-party speaker system that is AirPlay compatible or you can opt for compatible Apple TV, Airport Express hub, etc. If you have all the necessary components, here are the steps that you will have to follow in order to enable airplay iPhone feature on your device.

1. Power both your iPhone as well as the AirPlay receiver and make sure that they're connected to same wireless connection.

2. On your iPhone home screen, tap on Music app for running it. An alternate is to use

and Microsoft introduced free services — called [Google Health](#) and [Microsoft HealthVault](#) — that helped consumers centralize their personal health data.

But the concept of the personal medical record did not generate widespread adoption in that era, which predated the popularization of the iPhone and mobile apps. Google [shut down Google Health](#) in 2011. Microsoft still offers its [HealthVault service](#).

https://www.nytimes.com/2018/01/24/technology/Apple-iPhone-medical-records.html

your Safari browser for setting up AirPlay as well.

3. Tap on AirPlay icon. When using Music app, the icon is available near play controls.

4. The next screen will show you all the AirPlay devices available. Here you will be able to see the icon for a TV or speaker right in front of every device mentioned on the list. This is, basically, to denote the type of media that will be streamed. Just click 'AirPlay device' to start using it.

The Concept Of AirPlay Mirroring

The AirPlay technology from Apple remains to be quite a useful and interesting feature and you can use it for streaming music on your iPhone over Wi-Fi. It didn't only prove to be helpful in creating your wireless audio system at home but also liberated your music collection from your iOS device. In fact, you can even airplay iPhone when at your friends' place and can use their speakers for the same.

However, with simple airplay concept, you could only stream audio music. This type of video streaming was made possible with the introduction of AirPlay Mirroring. Apple introduced this concept with the release of iOS 5 and since then it is available across all the iOS devices. So, if you're running a later version of iOS, you can display all your stuff from iPhone screen on HDTV.

AirPlay Mirroring isn't just about streaming content. Rather, it allows you to share the iPhone screen to let everyone else see what you're browsing on the web or the photos you have on your iPhone. In fact, you can even play a video game and let everyone else see how

you are performing.

Requirements For AirPlay Mirroring

If you want to airplay iPhone and take advantage of Mirroring, there are several requirements for that. Here they are:

• iPhone 4S or iPad 2 or iPad Mini or iPod tough 5th generation at least

• iOS 5 or later

• 2nd-gen Apple TV with tvOS 4.4 at least

• Apple VGA Adapter or Digital AV or

• Working Wi-Fi connection

How You Can Use AirPlay Mirroring

If you want to use AirPlay Mirroring, here are the steps that you need to follow.

1. Connect your device and Apple TV to same Wi-Fi connection to start the mirroring process.

2. As soon as the connection is established, swipe and reveal the Control Center

3. Find the AirPlay button towards right side of your Control Center screen located somewhere around center of this panel

4. Tap on AirPlay Mirroring button. Tap Apple TV when the devices' list shows up

5. If you're running iOS 7-9 then you'll have to move the slider to green. However, in iOS 10 your iPhone starts mirroring right after you tap that button in step 4.

6. Tap Done (you won't need it on your iOS 10 device).

Congratulations, you have successfully connected your device to Apple TV and it has started mirroring.

Some Important Points To Consider

Before you begin AirPlay and move to mirroring, there are a few things that you should keep in mind:

• Some short delays might occur between what happens on your iPhone screen and it appearing on your Apple TV.

• In case of significant delays, this might be due to Wi-Fi signal interference or that the connection you're using may not be fast enough. If that's the case, ensure that other devices aren't connected to your Apple TV, make sure no one else is using the network or at least reduce

the usage, and make sure that you've turned off the Bluetooth on your mirroring device.

• Depending on the content being mirrored and the Apple TV you are using, the image being mirrored might not fill entire screen of your TV and you may be able to see square image having black bars around. It usually happens because of the resolution difference of the screen of your device that you're mirroring, the content they're showing, and your TV itself.

How To Turn Off AirPlay Mirroring

Either disconnect the device being mirrored from Wi-Fi network or simply follow the same steps that you followed while turning it on. Finally, tap Done.

iPhone Battery Replacement, by Brian X. Chen

Late last year, Apple said a software feature was slowing down iPhones that had aged batteries, immediately drawing accusations that the company was trying to force people to upgrade to its newest iPhones. In response, Apple said customers could get their iPhone batteries replaced at its stores for a discounted price of $29, down from $79. However, Apple Stores are currently swamped by the demand for battery replacements. Wait times as long as four months have been reported.

Here are three workarounds: finding a reputable third-party repair shop, using a battery pack or replacing the battery on your own.

• Third-party repairs are a decent — but imperfect — solution. One drawback is that they vary in quality; some repair shops buy lower-quality batteries that don't last. So to find a good shop, rely on word of mouth and reviews on the web, similar to how you might seek out a good car mechanic. Another issue is that if you service your phone with a third-party battery and later take your device in to Apple for repair, the company could refuse to service your phone. So if you go the third-party route, chances are you will have to stick with third-party repair shops through the end of your phone's life.

There's a less risky route here. On Apple's support webpage, you can look up third-party repair shops that are authorized by Apple as service providers.

• You can always replace an iPhone battery by yourself. The pros: You can choose the best components for repairs and minimize costs. The cons: Learning repairs can be

time consuming, and if you mess up, you have no one to blame but yourself. And again, Apple stores could refuse to service your phone if it sees you have repaired it with third-party parts. A good place to start for D.I.Y. repairs is iFixit, a company that provides instruction manuals and components for repairing devices. It is offering discounts on battery replacement kits for older iPhones, which cost $17 to $29. Each kit includes a new battery and the tools for disassembling iPhones.

Installing a phone battery can be intimidating. Replacing an iPhone 7 battery, for example, requires eight tools and 28 steps. Kyle Wiens, the chief executive of iFixit, said some customers also opted to buy a battery from iFixit and then take it to a local repair shop for installation.

• A better temporary solution is to invest in a battery pack that you can carry around until replacement batteries arrive at an Apple store. Wirecutter, a New York Times company that reviews products, has tested hundreds of battery packs to recommend a few. My favorite is the Anker PowerCore 20100, which can charge a smartphone every day for a week.

Read the full article at https://www.nytimes.com/2018/01/31/technology/personaltech/iphone-battery-slowing-down.html?

Security Medium – `steal.password,` by Bart Busschots

Security researcher Felix Krause has published research describing a potentially highly effective new phishing attach against iOS users – fake iCloud password popups.

Because iOS has us all well trained to enter that bloody password over and over again, if a website or app puts up a very convincing copy of that interface, many of us are likely to unthinkingly enter our passwords.

The threat is real – if someone tried an attack like this for real they would almost certainly get a lot of usernames and passwords from iOS users. Apple definitely need to take note of this research and figure out ways of tweaking iOS's behaviour to mitigate against this threat.

But, before you set your hair on fire, remember that this is not reporting on actual real-world attacks, but a proof of concept to draw attention to a potential future problem. As a result, we as users are forewarned and hence forearmed, and so is Apple.

As users, the most critical question for us is whether or not there is a way to tell the difference between a real dialogue

box and a fake one? Thankfully, the answer is a resounding YES!

Fake dialogue boxes are confined within a single app or web page, if you switch apps or pages, the dialogues will vanish. Only true system-level dialogues can persist as you move between apps, or, back to the home screen. The advice from Krause is very simple – just hit the home button, if the dialogue vanishes, it was fake; if it stays, it's real!

Now, let's address the elephant in the room here – the App Store. At first glance you might imagine it would be impossible to get a malicious app like this into the app store. The real world is much greyer than that. Firstly, the app reviewers are all humans, and they have a finite amount of time to check every app, they simply cannot find everything. Secondly, if a developer wanted to be really sneaky they could write their code such that the phishing only activates after a certain date, or, when a certain file on a certain web server gets a certain value, or, if the iOS device is within a given IP range, or even, a given geographic area. The App Store is a hurdle to malware, but it is not insurmountable, and never will be. Like a seat belt, it makes us safer, but like a seat belt, it won't save everyone all the time.

What the App Store will always give Apple is the ability to respond and blunt the damage done by a malicious app that manages to sneak in. Apple have the power to pull the app's cert, and hence, kill it dead in its tracks. They also have the registration details of the developer who published the app, so they know where to send the police to start their investigations too!

Finally, just to say that this is yet another situation where 2FA provides a useful extra layer of protection. If you're tricked into entering your password into a dialogue box like this, it's of infinitely less use to an attacker if your account has 2FA enabled, because it still leaves them one factor short! However, if you re-use that password anywhere else where you don't have 2FA, then you're vulnerable. And, what is to stop a more determined attacker putting up another fake dialogue for your 2FA code? They would need to use that code in real-time to attack you there and then, but it's not technically impossible. Again, having 2FA is much better than not having it, but it's not a panacea – nothing is!

Links

- The original article from Felix Krause — krausefx.com/…
- Can apps steal your passwords? What you need to know! — www.imore.com/…
- Beware of sketchy iOS popups that want your Apple ID — arstechnica.com/…

GETTING IT - The Beginner's Guide to IFTTT, by Michael Franco

If you think back to your high school geometry class, you might remember that "If/Then" statements were used in solving mathematical proofs. But even if math wasn't your thing, you actually use If/Then statements every day: "If it's raining outside, then I will bring an umbrella." Or, "If I eat this donut, then I will be very guilt- um, happy."

Taking the logic of the If/Then statement to its place in today's hyper-connected world is the website IFTTT. It's pronounced to rhyme with "gift," and it stands for "If This, Then That." Through the IFTTT website and accompanying app, users are able to create logic statements that help them pair up Internet-enabled services and devices in ways that can make life easier—or more entertaining.

Here's what you need to know to "get it." (Note: For the purpose of this article, we will be referring to the browser-based version of IFTTT, but nearly all of the information can be applied to the app, as well.)

Getting Started

Like pretty much all other Internet-based services, IFTTT requires you to create an account to begin using it. Signing up is extremely straightforward and, because the service is completely free, there is no need to provide a credit card. Simply visit the website and use your email address or Google or Facebook accounts to sign up.

Applets

Everything IFTTT can do is accomplished through applets. These are tiny programs that you can create which use triggers (the "If's") to execute actions (the "Then That's"). For example one applet might be: "Every time the *New York Times* publishes a new article in its science section (If), send me an email (Then That)."

It's important to realize that only companies that have linked up with IFTTT will be available to access via applets. For example, you'll be able to access applets that control the Nest thermostat (as well as several others), but if you have a Vivint thermostat, you'll be out of luck because the company hasn't made its services available through IFTTT.

Because IFTTT has been around since 2011, there are a lot of pre-made applets you can choose from that already have triggers and actions linked, so chances are good that you'll be able to find what you need without having to create your own applet. First we'll tell you how to do that, then we'll show you how to start from scratch.

Finding A Pre-Made Applet

IFTTT allows users to search for applets in several ways. If you know what you're looking for, simply click on the search text in the upper left corner of the screen, enter your topic in the search bar and hit enter. For example, if you're looking for an applet that can automatically turn your Philips Hue lightbulbs on at sunset, enter "Hue" in the search bar. You'll be taken to a page that will first list services that can used to build an applet and, beneath that, you'll see a list of pre-existing applets. In this case, the one we want shows up at the start of the list, so all you have to do is click on it, and then click the "Turn On" slider.

This will take you to another page that explains which services need to be activated to make the applet work. In this example, it's Weather Underground and Philips Hue. Click the OK button, and you'll be walked through the steps necessary to activate the services needed for your applet. For this example, you need to tell Weather Underground where you live and then log in to your Philips Hue account.

Once you've completed the steps needed, your applet will be activated and you can begin enjoying a new level of interconnectivity.

Browsing

Another way to find IFTTT applets is to click on the "Discover" link at the top of the screen. This will provide you a list of suggested applets based on those you've already activated. Alternatively, you'll notice that when you click on "Search" at the top of the screen, you'll see a convenient grid showing you a variety of categories. Click on a category, and you'll be taken to a page showing you applets grouped by genre.

Click "Connected Car" for example, and you'll find applets that do everything from tracking your car trips in a Google spreadsheet to helping you remember where you parked your car. Under the "Weather" category, you can get a notice when the local surf is surging or if it's going to rain tomorrow. The "Social Networks" category, meanwhile, lets you try out some clever cross linking, such as saving photos in which you're tagged on Facebook to Google Photos.

Creating an applet from scratch

If you can't find a pre-existing applet that suits your needs, you can create one as long as the company you want to access has an arrangement with IFTTT. To begin, click on "My Applets" at the top of the screen, then click the "New Applet" button in the upper right.

You'll then be taken to a screen that features the words "if +this then that." Somewhat counterintuitively, you'll need to click on the blue "+this" section of the text.

In this case, we'll create a simple applet with a daily trigger. To set it up, click on Date and Time and you'll be taken screen that describes the service. Choose when you'd like your trigger to activate (hourly, daily, weekly, etc) and click on "Create trigger."

Once your service is connected, you'll then be taken back to the screen showing the large text version of "if this then that," only this time, the "+this" section will be replaced by a graphic of the trigger you just chose.

Next, it's time to select the action you want to have activated by your trigger. To do that, click on "+that," which will now be blue. In this simple example, choose SMS, then click on the green box that says "Send me an SMS." You can then customize the applet to send you a message at the interval you specified in your trigger. Click "create action" and your applet will be created. If you want IFTTT to send you a message every time your applet runs, you can click the slider next to "Receive notifications when this Applet runs." Then, click "Finish" and you'll be all set.

Turning applets on and off

Once you've activated one or more applets, you can turn them on and off as needed. Simply click on the "My Applets" text at the top of the screen, click onto the applet you're interested in controlling, and click the "On" button to turn it to "off." On these screens, you can also make changes to any applets you've created. To do so, click the gear icon in the upper-right corner of the applet box and you'll see the options you have for applet customization. At any time, click the IFTTT logo in the upper-left corner of the screen to be taken back to the main page.

You'll soon see that you can create applets for everything from getting yourself out of an awkward situation to finding out when the International Space Station passes overhead. But be warned: You might want to create an applet that kicks you off the IFTTT site if you spend too much time there because all this IFTTTing can get pretty addictive!

https://lifehacker.com/the-beginners-guide-to-ifttt-1819624556

SOUTH BAY APPLE MAC USER GROUP
P.O. BOX 432
REDONDO BEACH
CA 90277-0432

*Join, Renew or Give a Gift of a
SBAMUG Membership!*

For only $35/year you get:

- Monthly meeting program
- Get help from our experts via our Email Group
- Monthly newsletter (We publish 11 issues per year!)
- Use our Wiki
- Free web space & e-mail on our server
- Build your own website
- Create your own blog
- Special merchant discounts $$$
- Occasional swaps, free software, raffles

http://www.sbamug.com/join.html
Or, contact Membership Chair
CW Mitchell at cwmitchell@sbamug.com

SBAMUG Membership Application

South Bay Apple Macintosh User Group provides you with a local source of shared knowledge & experience through monthly meetings, trainings & monthly newsletter.

Individual & family membership: $35/year payable to SBAMUG

☐ **New Member**   ☐ **Member Renewal**

Name:_____

Address:_____

City:_____

State:_____ Zip:_____

Phone: (_____)_____

Email Address:_____

What are your computer interests?

_____

Devices you use most:_____

Current level of Mac expertise
_____ Beginner   _____ Intermediate   ____ Advanced

How did you hear about SBAMUG?

_____

I would like to help with the club. Please contact me at:

_____

Comments:_____

_____

_____

Signature:_____

Date: _____

***Bring your Application and Fee to our General Meeting at Lomita Veteran's Hall
or Mail to our PO Box (see page 2 for our address)***