

The meeting on Monday 13th June
2017 will be at 7pm the
Sir John Balcombe

(formerly The Hobgoblin, nee The Wood)

21 Balcombe Street, London NW1 6HE



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LMUG welcomes Mac Users from London and beyond to a free screening of Apple's WWDC keynote address on June 5. Apple is expected to unveil the latest version of all their Operations from the watch to the Mac. They are rumoured to release a new iPad and Siri speaker.

We will be screening the live event from 6pm in the basement of the St. John Balcombe, 21 Balcombe Street, London, NW1 6HE. We will raffle a star prize based on the evening announcements, we are hoping to see a SIRI speaker this year. As usual we will run a Keynote bingo.

Join us again on June 12 from 7pm for Special Interest Groups. it's time to deep dive into questions, issues and skills that matter to our members.

We kick off the meeting with our regular Newsbyte before joining a group:

iPad 101

Mac 101

Technical Corner - talk about apps, complex issues and iOS development

Our Raffle Prize this month will be an astonishing 200GB wireless USB stick. Save photos from your iPhone and stream back videos and files saved from your camera.



Members Only Special Offers

Current special offers

- Disk Drill PRO: 30% Discount
- Teams ID, a Password Manager for Teams: 33% Discount
- Eltima Software: Up to 60% Off OS X Apps
- EverWeb by RAGE Software: 50% Discount
- Take Control Books: 30% Discount on all eBooks
- Opus][Complete Collection: 25% Discount
- Joe On Tech Guides: 20% Discount on All Books
- AgileBits 1Password 5 and more: 25% Discount
- Eltima Software multimedia products: 20% Discount
- From the makers of TechTool Pro: 20% Discount
- Noteboom Tutorials: 33% Off Annual Memberships
- O'Reilly: 40-50% Discount
- Prosoft Engineering: 25% Off
- Que Publishing Products: 35-45% Discount
- SlideShark iPad PowerPoint Viewer: Free App plus Offer.

New watch straps at Apple stores



4 Things to Consider Before Enabling iCloud Photo Library

The ability to take beautiful photographs — and look at them immediately — on a device that fits in your pocket has removed much of the friction surrounding storing, organizing, and sharing your personal works of art.

But this sea change in photography has created new issues, such as:

Pictures are easier to take and retain. Your iPhone doesn't swell like an overstuffed photo album if you keep all those blurry photos that would be better off consigned to the dustbin of history.

Camera capabilities have improved steadily over time, radically increasing storage requirements. Did you ever think you'd be able to shoot high-definition video on something like an iPhone?

Thanks to the increased space requirements of photos and videos, our iPhones and iPads, not to mention some Macs, can't handle the size of our photo libraries.

We want to access our photos and videos from any of our devices, at any time, and have any edits we make reflected everywhere.

iCloud Photo Library is Apple's solution to these issues. There are competing options, such as Google Photos, Lightroom mobile, Mylio, and Amazon Prime Photos (all explained in Jeff Carlson's "Take Control of Your Digital Photos on a Mac"), but the idea behind all of them is basically the same:

Provide more space to store our photos and videos in the cloud
Allow us to access these photos and videos from any of our devices

This cloud-based approach has a couple of welcome byproducts. Although it shouldn't be seen as the backup, a cloud-based photo library certainly does provide another copy of everything in a location that's safe from fire, flood, or theft. Also, sharing photos with family and friends becomes a bit easier.

If you decide to use iCloud Photo Library, here are four things to think about before you flip that switch and turn it on.

Cull Photos First... Or Not -- Many of the features of Apple's Photos app — automatic albums like Selfies and Screenshots, facial recognition, Memories, and searching for photos by generic categories like Mountains or Snow — eliminate much of the tedium of organizing photos and help us avoid throwing things away.

After all, why toss any photos when Photos can organize most of them automatically for later reference? It's much more fun to keep shooting

than to engage in the chore of trashing photos that, upon further review, you'd be ashamed to admit you took.

How does this apply to iCloud Photo Library? If you have time now, you might want to delete unnecessary photos like the eight nearly identical photos I apparently just took of my sleeping cat (who, like most sleeping cats, didn't move the entire time). That will reduce the upload and download times for iCloud.

On the other hand, if you're thinking that it would be way more fun to clean up your photo collection while lounging on the couch with your iPad in the future, just leave all the cruft in place for now — you can always trash it later.

Start with the Host with the Most -- It may take quite a bit of time to upload all your photos and videos to your iCloud Photo Library: days or even weeks, depending on your upstream Internet speed and how many photos and videos you have.

In my case, the vast majority of my several thousand photos and videos were stored on my Mac. Many were duplicated on my iPad and iPhone because I had manually synced them there at some point in the past. So I started with the Mac, and even with the library culling that I performed, it still took several days to finish.

But there are plenty of people who have all or most of their photos on an iPhone or iPad, or maybe don't even own a Mac. If you're in that situation, start from the device that contains most of your photos and videos. Once that first upload is done, you can repeat the process with your other devices.

Happily, to make sure you don't chew through your monthly data limit uploading photos, iOS devices won't upload to the iCloud Photo Library using a cellular connection, just via Wi-Fi.

If you find your Mac or iOS device is getting bogged down, or your Internet connection has slowed considerably as a result of all the uploading, you can pause the upload. It will resume automatically after a day, or you can start it again manually before bed. On the Mac the Pause button is in Photos > Preferences > iCloud; in iOS look for it in Settings > Photos & Camera.

Optimize Photos Where Appropriate -- iCloud Photo Library always stores your photos and videos in the cloud at their original full resolutions.

But you likely don't have enough space on your iPhone or iPad, or even possibly on a MacBook Air, to store all that data. That's why

to read the full article go to www.tidbits.com/136915May2017

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Apple Watch: Health monitoring is the new killer application

After a rather slow start the Apple Watch is now moving into the mainstream.

Traditional watch makers are undoubtedly feeling the pinch, but it is not the Swiss luxury brands that are mainly affected; it is more the middle market, such as Fossil, which this week announced a dramatic fall in profits, presumably as a result of competition from smart watches.



The Apple Watch is just so useful. It serves its purpose well as a watch, with a multitude of attractive features to choose from, but it goes much deeper than that. For me, the main attraction of the Apple Watch is its health-monitoring capabilities allied with its integration into the Apple eco-system. I believe this is Apple's new killer device (no pun intended) and will drag ever more iPhone users into the Watch arena.

I've explained some of the health benefits in previous posts and have alluded to the wide-open opportunities for serious continuous monitoring to supplement expensive and infrequent hospital checkups. Pulse monitoring is just one of the areas where health monitoring is already proving vital. Electrocardiogram equipment has improved of late but it will never be as portable as an Apple Watch (Image Wiki Commons)



Arrhythmia, an irregular heart beat (or where the heart beats too slowly or rapidly), is one of those frustrating conditions which are difficult to pin down.

For most people, myself included, it is an intermittent condition which is hard to diagnose. Initially, I remember, I was told to rush to the consultant's office as soon as I noticed symptoms. I had had many investigations without conclusive proof. It wasn't until I grabbed a taxi at the onset of symptoms and managed to get an instant ECG that I was diagnosed; otherwise I could have wasted a lot of time.

Arrhythmia, particularly atrial fibrillation, can be dangerous largely because of its intermittent nature. During episodes blood clots can form and when the heart goes back into normal rhythm, as it usually does after a time, there is an increased stroke risk. I should stress that I am not a medical person and every individual differs. If you think you have an irregular heartbeat you should seek professional help.

Fortunately, my symptoms have been controlled and I have been in remission since a surgical ablation procedure some five years ago. But this doesn't mean I don't have to keep tabs on what's happening. Every year I have a checkup, including ECG and stress test on the treadmill, despite the annoying likelihood that any remarkable symptoms will not be present on that snapshot occasion.

This is where the Apple Watch comes in. A recent study by the University of California shows



the potential for Apple Watch health monitoring. The study was conducted in association with a Watch App called Cardiogram and it shows

All the articles on this page come from Michael Evans www.macfilos.com. These and many others are well worth reading.

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that the wrist device is ultimately capable of identifying atrial fibrillation with 97% accuracy. That's a major breakthrough. While an ECG is still the gold standard for diagnosis, you can't carry one around with you 24 hours a day. Even a Holter monitor, a portable pulse recorder, provides only a 24-or 48-hour monitor. The Apple Watch, however, can monitor you for 23 hours a day, every day of every year (it takes about an hour to charge, during which time it isn't on your wrist).

The Holter monitor allows heart rhythm to be monitored over a specific period, normally 24 or 48 hours. But it still isn't something you'd be happy to wear for ever — even if you could afford the rental and the expense of transcribing the results.

This is particularly interesting to me because I have been one of the 6,158 guinepigs who signed up to share their heart-rate readings with Cardiogram. While I wasn't selected as one of the control group of 200, my readings were used for comparison purposes. Members of the control group had already been diagnosed with paroxysmal atrial fibrillation. They used a mobile electrocardiogram once a day or more often if they noticed symptoms. The results were used to calculate the algorithm which could then be compared with the heart rate data collected from the Apple Watch.

While this is a specific task, it suitably illustrates the potential for the Apple Watch (and other similar devices) in constant monitoring and in flagging up potential problems at an early stage. There are many other goals, including the

monitoring of blood sugar levels to help with managing diabetes, which will come in the future. It will never replace the ECG, which is regarded as the gold standard, but its benefit is that it is a method of monitoring that is constantly at work.

"The Apple Watch is just so useful. It serves its purpose well as a watch, with a multitude of attractive faces to choose from, but it goes much deeper than that"

For the moment, though, I now regard my Apple Watch as indispensable. I've previously highlighted my sorrow that I no longer have use for my IWC Pilot Chronograph — my pride and joy until the Apple Watch came along. But I now see no future for the IWC. It's a pity, but the Apple Watch does so much more than tell the time. It also looks slick and is virtually classless. It is neither a cheapo watch nor a Swiss masterpiece, but it is something you can wear with pride and without any sense of deprivation.

Oh, and you can also use it to pay for your coffee at Starbucks. What more could you ask?

