

KILOBYTES

The Quarterly Newsletter of the Computer Club of Rossmoor

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Computer Club website <http://carossmoorcomputerclub.com/>

September 2014

PRESIDENT'S MESSAGE

More than 20 years ago this Computer Club was started to enable local residents, seniors, to use and benefit from those new "personal computers". Al Halpern, the Club's first president, saw that this new technology would soon dominate our business and personal lives --and that seniors, and others who ignored these changes, could soon be left behind.

Al and a few others set up this Computer Club to help seniors learn to use computers. It took a lot of time, and a lot of work, before the club was able to offer regular meetings, and teach local seniors to use computers. Step by step the club grew. As membership grew, more classes and more services were offered to local residents. With growth, more space was needed. Acalanes Adult School then came to our rescue, offering dedicated classroom space at the school, right next to Rossmoor's Sierra Room. Acalanes has been very helpful to this club, providing administrative support and even greatly improving the classrooms and office to better meet the needs of our senior students. This club, and Acalanes, continue as partners, working together to enable seniors to use and benefit from personal computers.

While this Computer Club has been very successful helping seniors use computers, there have been some difficulties along the way.

Our most serious difficulty was when our Mac users, without any notice, suddenly walked out of the club and formed a separate "RMUG" (Rossmoor Mac Users Group). They left expensive Mac equipment that this Club had bought, and they also left some very expensive damages and hard feelings.

All our expensive Mac equipment was then donated to the Acalanes school. This club now refers Mac users to RMUG or the school. Computer Club services are now limited to PC

users. (PC's are used by more than 90 percent of all computer users.)

More recently some local Mac users decided they should have Mac services in Rossmoor's Gateway Computer Center. (All the Center's computer equipment, furniture, etc. was purchased by this Computer Club, for club use.) After much discussion, and with the direct involvement of Rossmoor's CEO, we agreed to let RMUG use one Center desk for consultation, one morning a week (or about 10 percent of all the Center time). Now, on Wednesday mornings, there is a Mac representative at that one Center desk, to assist Mac users.

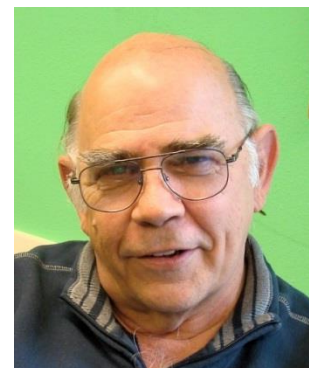
Meanwhile, the Computer Club continues to serve, and help, local PC users at the Computer Center -- computer users who may need information or assistance. Your Computer Club also provides computer classes in our two classrooms at the adjacent Acalanes Adult Education school, using professional computer teachers. There the club has a classroom with Windows-7 computers, and another classroom with the newer Windows-8 computers, all purchased by this Computer Club for use by our students.

Your Computer Club offers a variety of classes, for computer beginners as well as classes on digital cameras, Microsoft Excel and even the popular Apple iPad. There is much that we all can learn, so check our listing of our classes and seminars in the Acalanes Adult Education catalog, page 14. You can get a copy of this school catalog at our classrooms, and at the Computer Center. So come, learn and then get even more pleasure from your computer.

Leonard Krauss,
President

Internet Speed Tests

Bill Hammond



It is a good idea to give your computer an Internet speed test from time to time. A low connection speed can hinder your performance and produce a less than desirable Internet experience. It is also a good idea to verify that you are getting what you pay for from your provider and that the contracted speed is adequate for your needs.

It's important to note that speeds vary when browsing web pages, based on the amount of data needed to load for that page to function. When you request information from a website, that information can only travel as fast as the slowest connection along the way. It goes without saying the more detail (pictures, ads and text) can affect your speed. Just compare the speed in loading the MSN home page with that of Google. As a general rule, Google will load much faster because it doesn't have the bloat of MSN.

An Internet speed test measures the amount of data that can be transferred over your Internet connection at one point in time. The results are usually expressed in Kbps (kilobits per second) or Mbps (megabits per second) Megabits are 1000 times greater than kilobits. This is also referred to as throughput. The results are achieved by calculating the time it takes to download a predefined set of data.

Since many factors can affect your access to individual websites, you should not expect the same connection speed in every online interaction. Speed variations are due to a variety of factors, including network traffic, the number of people conducting the test simultaneously, or any number of hardware and/or software capabilities or limitations of the computer, modem, or router. However, if you consistently receive poor performance, you should think about getting a house call. There are a number of things that we can do to improve your performance.

Numbers that you may see in a speed test are:

The **ping** is the reaction time of your connection—how fast you get a response after you've sent out a request. A fast ping means a more responsive connection. Ping is measured in milliseconds (ms).

The **download speed** is how fast you can pull data from the server to you. Most connections are designed to download much faster than they upload, since the majority of online activity, like loading web pages or streaming videos, consists of downloads. The **upload speed** is how fast you send data from you to others. Uploading is necessary for sending attachments via email, or in using video-chat to talk to someone else online (since you have to send your video feed to them).

Actual speeds may vary based on factors such as line quality, distance from exchange (for DSL), technology used, hardware capabilities, server route, and network congestion.

Here are the recommended connection speeds for many popular Internet activities.

If you are doing multiple things at once online or sharing a connection with multiple computers, then these recommended speeds may not be enough. All speeds are notes as Mbps (megabits per second).

Skype

For voice calls: 0.1 Mbps download / 0.1 Mbps upload

For video calls: 0.5 Mbps download / 0.5 Mbps upload

For HD video calls: 1.5 Mbps download / 1.5 Mbps upload

An important note: these connection speed requirements include downloading and uploading at the same time. Since download and upload tested separately for accuracy, your results will need to be higher than the numbers provided above.

Netflix

Recommended broadband connection speed: 1.5 Mbps download
For HD quality: 5.0 Mbps download

YouTube

Recommended: at least 0.5 Mbps download

YouTube offers several quality levels for videos. The lower numbers (360p) indicate that the video is smaller and uses less bandwidth, but is also less detailed. The more detailed the video (480p, 720p, or 1080p), the more bandwidth it takes to stream. Choose the highest video quality that allows you to stream without repeated stops and starts.

Hulu

Recommended: at least 1.5 Mbps download

Hulu also offers several different quality levels for different connection speeds. You can tell Hulu to auto-select the best quality for your bandwidth.

Online Video Games

Recommended: a low ping (less than 100 ms)
For playing video games online, download and upload don't matter as much as ping, which measures how responsive your connection is. The lower the ping to servers and other players, the less lag you will have in your game. To lower ping, connect your computer to the router using ethernet instead of Wi-Fi, and avoid downloading/uploading files while playing games.

Finding Internet Speed Test

Here are 3 sites to look at and you can find many more by googling **Internet speed test**. The numbers you receive will probably vary somewhat, but that is normal, however they should be close. You should always make sure you get a test from your ISP. I have listed links for both Comcast and AT&T. Then try an unbiased test as well. Make note of the results as a baseline and compare future test results to the baseline. If you see a drop in the numbers, either you are not getting what you pay for or your computer may need a tune-up. You can check with a neighbor to see which one applies.

Comcast: <http://speedtest.comcast.net/>

AT&T: <http://www.att.com/speedtest/>

Unbiased: <http://www.speedtest.net/>

I should conclude by mentioning that apps are available for both phones and tablets.

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www.glasbergen.com



"THE COMPUTER SAYS I NEED TO UPGRADE MY BRAIN
TO BE COMPATIBLE WITH ITS NEW SOFTWARE."

Computer Classes September 2014 through December 2014

#701	Word-1	Mon & Wed	10am-12	Sept 8-24
<p>Use the new Windows-8 software and improve your computer skills. Word-1 has controls to improve convenience, operating efficiency, and much more than in previous versions of Word.</p>				
#702	Digital Photo-1	Mon & Wed	1pm-3	Sept 8-24
<p>Learn how to use your camera and improve your pictures. Then download, store, and share your photos. Bring your digital or manual camera to class.</p>				
#703	Computer-1	Tue & Thur	10am-12	Sept 9-25
<p>Learn basic computer skills using a Windows-7 computer. Learn how to create, save, find files, send and receive emails.</p>				
#704	iPad Basic	Tue & Thur	1pm-3	Sept 11-30
<p>Learn the essentials using your own iPad in this small class. Hands-on and demonstrations.</p>				
#705	Windows-8 Basics	Tue & Thur	10am-12	Sep 30-Oct 14
<p>Learn to use the latest software in this special mini-course.</p>				
#706	Using Apple iPad II	Tue & Thur	1pm-3	Oct 2-16
<p>So you know the essentials of using your iPad. Now bring your iPad and learn even more.</p>				
#707	Computer Lab	Wed	1pm-3	Oct 15 Nov 13
<p>Come to this “drop-in” class to solve problems or to expand your computer knowledge.</p>				
#708	Computer Refresher, Windows-7	Tue & Thur	10am-12	Oct 16-Nov 4
<p>Refresh your computer skills and practice new computer skills</p>				
#709	Excel-8	Tue & Thur	1pm-3	Oct 21-Nov 6
<p>Learn to do spreadsheets and other business documents</p>				

Seminars September 2014 through December 2014

#751	Getting to Know Your iPad	Tue	1pm-3	Sept 9
#752	Get to Know Your Windows-8 Computer	Mon	10am-12	Sept 29
#753	Handling Graphics in Word	Wed	10am-12	Oct 1
#754	You Tube—Learn Anything	Wed	1pm-3	Oct 1
#755	Travelling With Your Tablet	Wed	10am-12	Oct 14
#756	Cooking-Online	Wed	10am-12	Oct 29
#757	The Cloud	Wed	1pm-3	Oct 29
#758	Make Your Own Greeting Cards	Wed	10am-12	Nov 5
#759	Twitter – For You	Wed	1pm-3	Nov 5

Third "Nile" virus is coming

I thought you would want to know about this e-mail virus. Even the most advanced programs from Norton or McAfee cannot take care of this one. It appears to affect those who were born prior to 1960.

Symptoms:

1. Causes you to send the same e-mail twice. (Done that!)
2. Causes you to send a blank e-mail! (That too!)
3. Causes you to send an e-mail to the wrong person. (Yep!)
4. Causes you to send it back to the person who sent it to you. (Ah-ha!)
5. Causes you to forget to attach the attachment. (Done that!)
6. Causes you to hit "SEND" before you've finished. (Oh, no not again!)
7. Causes you to hit "DELETE" instead of "SEND". (Hate that!)
8. Causes you to hit "SEND" when you should "DELETE." (Oh No!)

IT IS CALLED THE "**C-NILE VIRUS**."

Hmmm.....have I sent this to you already?

PLEASE ENROLL ME IN THE FOLLOWING CLASS(ES)

CLASS #	SUBJECT	FEE

(PRINT) YOUR NAME: _____

SIGN: _____

PHONE: _____



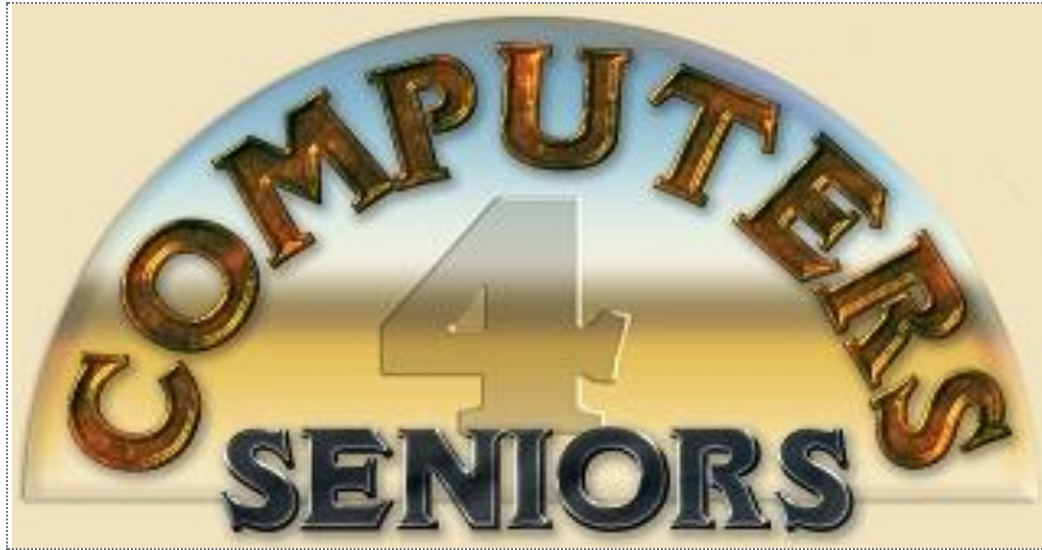
**At least 10 days before class starts,
Mail this form, with your check, to:**



COMPUTER CLUB OF ROSSMOOR
P. O. BOX 2070
WALNUT CREEK, CA 94595

- Classes are held in Computer Rooms A and B at the Acalanes Adult Center, on the lower level.
- Classes are \$45 (\$30 for current Club members). Seminars are \$15 each.
- Class space is limited; send in your reservation **now**.
- Please put class number on your check.
- Call 280-3984 for information or directions.

Please note—there can be NO refunds.



Computer Club of Rossmoor

<p><u>Officers:</u></p> <p>President Leonard Krauss</p> <p>Vice President Teresa Brock</p> <p>Secretary Muriel Wyro</p> <p>Treasurer Jim Bradley</p>	<p><u>Board of Directors:</u></p> <p>Jim Bradley</p> <p>Teresa Brock</p> <p>Joan DeGanahl</p> <p>Monte Hall</p> <p>Bill Hammond</p> <p>Sandy Helmus</p> <p>Jan Hjorth</p> <p>Jo Jones</p> <p>Leonard Krauss</p> <p>Lynn Letteris</p> <p>Muriel Wyro</p>
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