The Rochester Computer Society, Inc.
a computer/tech club open to everyone

M NIT R

* * We are back and meeting in person again * *

Our Club

RCSI is a nonprofit 501(c)(3) group open for membership to anyone interested in computers and new technology. Our aim is to provide an exchange of information between users of digital devices. We are not in any way affiliated with any computer manufacturer or software company, and *we do not sell your data or email address*.

Program Meetings
No admission fee for non-members. Everyone is welcome! Second Tuesday of every month, except September, from 6:30pm – 8:30pm.

Help's Half Hour (Q & A) 6:30pm – 7:00pm. *Members and Guests are welcome to attend and bring their computer related questions with them to get answered*.

7:00 – 7:15, Club Business

7:15 – 8:30+, Main Presentation

Come and join in the fun and enjoy a snack! **You are welcome to bring a guest**.

Become a Member
The club would like to have you as a member and your subscription will help to keep us going. Go to our website, www.rcsi.org, and download a printed form for use by the Post Office mail, **or** enter your info online and pay with a credit card or PayPal, **or** attend a meeting.

November 9, 'Gifts & Gadgets', by Arpad Kovacs
'The New Space Race, 2021', by Tony Dellelo

December 14, 'Windows 11', Francis Chao, via Zoom

In This Issue

TEMPORARY, NEW MEETING PLACE
See details inside newsletter

Blocking Unwanted Email

By David Kretchmar, Computer Technician
Sun City Summerlin Computer Club

Sooner or later this happens to all of us. You continuously receive unwanted emails, (spam) from an individual or organization. Legitimate organizations usually have an Unsubscribe button within their message, which enables you to be dropped from their email list. If you attempt to unsubscribe from a less-than-legitimate mailer you are just confirming that your email address is good and even more spam will come your way.

Some individuals will not respect your request to stop sending (usually forwarding) you useless or offensive messages; more charitably they might lack the knowledge to be able to remove you from their mail distribution list.

Unwanted emails can be more than just bothersome or offensive. Some contain viruses that can render your system useless and destroy your data. Some people have had to abandon email addresses when they received many dozens of unwanted emails every day.

Fortunately, all email programs have a feature that will allow you to block all emails from specific email addresses.

I'm going to describe the email blocking procedures for three popular web-based email programs: **Yahoo Mail, Outlook, and Gmail**. If you are using another email provider, the described procedures can be used to at least point you in the right direction.

Each of these programs allows you to use a list of blocked senders for individual senders whose messages you don't want to receive but can't easily stop.

Yahoo Mail
Yahoo Mail can block all mail from up to 500 email addresses. All mail from these senders will be automatically deleted before you see it. To have Yahoo! Mail automatically delete all mail from a particular address:
- Left mouse click (hereafter I'll just say click if it's left) or just put your cursor on the settings gear in the upper right corner of the Yahoo Mail page.
- Click on "Mail Options" from the pull-down menu that has appeared.
- Click "Blocked Addresses" category under Advanced Options.
- Enter the unwanted email address under "Add an address:".
- Click on "+".

Your updated list of blocked senders will be saved automatically.

Outlook
1. Click on the gear that appears in the upper right corner of the Outlook mail window.
2. Click on "More mail setting".
3. Click on "Safe Senders". and blocked
4. Click on "Blocked senders".
5. Enter the unwanted email address in the "Blocked email address or domain" rectangle.
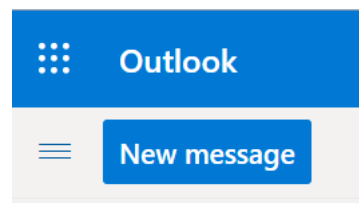
Special Interest Group

Linux Sig

We are back!
Linux Workshop,
**third Saturday of
each month,** Noon-4PM

https://www.meetup.com/
Interlock-Rochester-Hackerspace/
events/psggnqybccbxb/

Because of coronavirus,
we meet online. A link will be sent
by email.

Come and get your questions about
Linux answered. We have experts
on hand to fix problems and
answer questions about Linux and
FOSS (free and open source
software). ***Bring your system in***
so we can help you get the most
out of it. Hope to see you there.

Carl Schmidtmann

Free, **Virtual Technology
Conferences**, ONLINE
presented by APCUG

The 2021 schedule
Saturday:
November 6
from 1 – 4 pm, EST

For Conference Descriptions
& Registration Links, go to
**apcug2.org/category/
virtual-tech-conference**

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6. Click on "Add to list>>".

Your updated list of blocked senders will be saved automatically.

Gmail

1. Click on the   Settings gear that
    appears on the   upper right corner
    of the Gmail   window.
2. Click on "Filters" near the top middle of the page.
3. Click on "Create a new filter" at the bottom of the page.
4. Enter the unwanted email address in the "From" rectangle.
5. Click on "Create filter with this search>>".
6. Click on "Delete it".
7. Click on "Create Filter".

Conclusions and Recommendations

Never reply to or unsubscribe from spam; it just alerts the sender that
it has a good email address. When you get a spam message, click on
your program's "Spam" or "Send to Spam" or "Report as spam" to get rid
of it and help your email provider learn to block messages from that
server.

Even though email providers have active programs to help stop spam,
it still comes. What winds up in your inbox is just a small fraction of the
trash that is sent your way. Spammers are constantly changing
techniques to defeat any filters.

You can work around the problem by creating and maintaining a
"junk" or "throw down" email address that you know will be mostly
spam. When I have to give out an email address to a website that I feel
might be questionable, I provide the junk address and avoid possible
spam in my "good" inboxes.

Reprinted from https://www.scscc.club, dkretch@gmail.com.

Time to Start Encrypting Your Email?

By Bob Rankin, www.askbobrankin.com
a Translator for the Technology Impaired

Interest in secure, encrypted email has skyrocketed since 2013 when
Ed Snowden revealed the NSA's widespread surveillance of electronic
communications. And more recently, there has been an epidemic of data
breaches and ransomware attacks that can expose sensitive data. Here
is the lowdown on email encryption, and some free tools to help you send
and receive secure emails…

How To Encrypt Your Email Messages

Unencrypted email is a sitting duck for eavesdroppers; your message
is sent in plain text that can be read by anyone who intercepts it. Like a
postcard that travels from one post office to another, an email message
bounces from one server to another, often many times, on its way from
sender to receiver. Administrators at any of these relay points can read
any email they choose (although they're usually too busy). Search

warrants or national security letters can force email service providers to open their stored copies of your email to the government.

So encryption is essential if you want any assurance of email privacy. There are three things that need to be encrypted to protect your email fully.

First, the connection between you and your email server should be encrypted. For webmail users (Gmail, Yahoo, Outlook.com, AOL, etc.) this is done for you automatically. When you're logged in, you'll see "https" instead of "http" in your browser's address bar, and a lock icon that indicates you have a secure encrypted connection.

Desktop email clients such as Windows Mail, Apple Mail, Outlook, and Thunderbird can secure connections to email servers using SSL/TLS, too, if the server supports it. Consult your Internet Service Provider or your email program's help files for details on how to enable secure connections.

The Next Step

Second, each email message should be encrypted before it is sent to protect its contents from prying eyes while it resides on other people's servers, including your email service provider. This is important because even though your email travels over a secure, encrypted connection, it's stored in plain (nonencrypted) text once it arrives. If your email service provider (or the recipient's) is served with a court order to give up your mail, with encryption they'll hand over only a file of unreadable gibberish. The email service provider should not have the key that decrypts your encrypted email.

Before you can exchange encrypted email, both sender and receiver must have digital certificates and they must know each other's public encryption keys. Yes, I know that sounds VERY geeky. In the past, setting up email encryption has been a challenge for most users so it wasn't typically done. Now there are services that make email encryption easy.

Virtru provides add-ons and apps that do the heavy lifting of email encryption. It supports Gmail and Microsoft Outlook email clients on desktop browsers, Apple's iOS and Android devices. Once installed, Virtu lets you encrypt any email you choose before it is sent. Virtru never sees your email's contents and your email service provider never gets the key that decrypts your mail. However, recipients do not need the Virtru software or a public key; they just have to verify their identities once by registering with Virtru. Virtru's basic end-to-end email encryption for Gmail and Outlook is free.

ProtonMail goes beyond Virtru to provide email service as well as encryption of email. Like Virtru, ProtonMail cannot decrypt any of its users' email. Better still, ProtonMail provides email servers that are beyond the reach of the NSA and other governments' spies. ProtonMail's servers are in Switzerland, where strong privacy laws keep all governments out of email and other personal electronic data. ProtonMail is available via the Web, and on Android and iOS (iPhone/iPad) mobile devices. Free accounts offer 500MB of message storage, and can send up to 150 messages per day. A ProtonMail Plus account (about $5/month) gives you 5GB of storage, up to 5 email addresses, the ability to use a custom email domain, and 1000 messages per day.

Tidbits of probably useless information

The United States uses more than 325 area codes which are assigned to specific geographic areas and fifteen other area codes that are not assigned to a geographic area. A few states only have one area code such as Alaska, Delaware, Hawaii, Maine, Montana, New Hampshire, North Dakota, Rhode Island, South Dakota, Vermont and Wyoming.

Although area codes are not assigned based upon population, the locations with greater populations have an increased demand for area codes. The states using the most area codes are California (36 area codes), Texas (25), New York (19), and Florida (18).

The non-Geographic area codes used in the United States are 456, 500, 521, 522, 533, 544, 566, 577, 588, 700, 710, 800, 833, 844, 855, 866, 877, 888 and 900.

In many parts of the US, it has long been possible to make local calls with just the seven-digit phone number; the three-digit area code was implicit for calls between numbers using the same area code. Last year, however, the Federal Communications Commission decided to establish 988 as an easy-to-remember three-digit phone number for Americans to use to reach the National Suicide Prevention Lifeline in times of crisis. That hotline is currently accessible at 1-800-273-TALK (8255), and the 988 number will go into effect on 16 July 2022.

Since some areas that use seven-digit dialing also use 988 as the first three digits of the number, the FCC is requiring all carriers to implement ten-digit dialing in those areas, with 24 October 2021 as a cutoff date.

You may have read about the recent incident in which ProtonMail was criticized for providing the IP address of a French activist, who was subsequently arrested. The company doesn't log customer IP addresses unless compelled to do so by a court order under Swiss law. Importantly, the actual contents of emails sent and received via ProtonMail are encrypted, and are not subject to requests from law enforcement.

SendInc is a web-based email service that lets you send and receive emails protected by military-grade encryption. There's no software required for you or your recipients, and you can use your existing email address. Sendinc does not store encryption keys, so only your recipients have the ability to decrypt your messages. If you are a Microsoft Outlook user, there is a Sendinc extension that enables you to send and receive encrypted email.

The free version of Sendinc offers 7-day message retention, with up to 100MB of message storage. You can send encrypted messages to up to 20 recipients per day, with a 10MB max message size. The PRO version offers unlimited message retention, 10GB of message storage, a 200MB max message size, 200 message recipients per day, custom message expiration, and message retraction.

PreVeil offers encrypted email that's compatible with Outlook, Gmail, and Apple Mail. Your messages and attachments are encrypted on your computer before sending, and can only be decrypted by the recipient. PreVeil creates a new set of mailboxes for your encrypted messages. A Web interface allows users to send and receive encrypted email without installing any software. This can be useful when one party is using a work or public computer that doesn't allow software to be installed.

What About Your Locally Stored Email?

Third, email stored on your local device should be encrypted in case the device is lost, stolen, or accessed without your permission. (Remember what I said about ransomware and frequent data breaches?) If you're on a mobile device, Apple iOS has supported device encryption for years, and Android does too.

Bitlocker is an encryption tool built into Windows 10 Pro edition. It's not available to Windows Home edition users, but there's something similar called device encryption for Home users.

FileVault is the Mac OS X equivalent. Windows, Mac and Linux users can encrypt their hard drives using **the free open source VeraCrypt utility**.

Some (perhaps most) users feel that encrypting email is not necessary or just too much trouble. If you feel that way, I'm not trying to change your mind. But for those who feel the need to be more proactive aboutemail privacy, or those who want to send an occasional encrypted message, here are the tools you can use.

# # #

Penguin Platform

By "Free John" Kennedy, Apcug Advisor, Regions 3 and 6/7

HOW TO INSTALL AND RUN FLATPAK APPLICATIONS – Linux offers a range of options for managing packages. Traditionally, these options were confined to only package managers like APT, DNF or YUM. App stores, which are available in major distributions, provided great relief for users who are averse to working on the command-line. They provide a simple graphical interface that allows users to install, update, or remove installed software applications on Linux. Over time, managing software packages in Linux presented a host of complex challenges. Read more at How to Install and Run Flatpak Applications (thebackroomtech.com).

HERE'S WHY SWITCHING TO LINUX MAKES SENSE IN 2021 – Linux does have several benefits over Windows and macOS in certain areas. People are realizing it, and it is slowly gaining popularity in the desktop OS market. Of course, the majority of desktop users still swear by Windows or macOS, but a greater number of users are trying out new Linux distributions to see if they can switch to Linux. They may have heard good things about Linux as a desktop choice, or just want to try something different while confined to their homes. Who knows? Here's Why Switching to Linux Makes Sense in 2021 – It's FOSS News (itsfoss.com).

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* * * New Meeting Place * * *

Our usual meeting place is being renovated, but St John's has set aside another space for us to use. Jennifer Kelley (the recreation director) has found us a new room at Chestnut Court, which is the next building over. The room will be straight back through the lobby (where the sun room is in the other building) and it will have a TV with an HDMI hook up so we won't need a projector.

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* * * * * SOFTWARE and HARDWARE * * * * *

President's Corner

Smart Home, Smarter Home

by Greg Skalka, President
Under the Computer Hood User Group

Everyone wants some control in their lives. Having the ability to control things in our homes can provide added safety, security, and convenience. Technology to enable consumer home automation and control has been around for decades and is constantly improving. It can provide useful assistance to those with disabilities involving hearing or sight loss, or those with reduced mobility. Home automation and smart home technologies can provide benefits as we get older, allowing us to stay in our homes longer. As we spend more of our time at home due to the coronavirus, a smart home can be brilliant.

The desire for home control has been around for a long time. Ever since the early days of TV, when viewers wished they did not have to get up out of their La-Z-Boy recliners to turn the knob on the set to change to the other channel (I was once told by someone that was what children were for), there has been a market for remote control. Remote controls became popular for televisions, entertainment systems, and garage door openers. What many longed for was a remote control for our houses.

One of the first and most popular home automation systems was the X10 line of devices, which was introduced in the late 1970s. They were sold under many names over the years, including X10, Radio Shack, Leviton, Sears, Stanley, Black & Decker, IBM, RCA, GE Homeminder, and Smarthome, and the company passed through many owners. X10 products and systems are still available, mainly through the x10.com website. For more information, look up X10 on Wikipedia.

I was interested in home control and so became an early adopter in the early 1980s. The devices were relatively inexpensive and systems could be pieced together, making it easy to get started in this addicting hobby. I bought many devices and controllers over the years, including alarm systems and computer interfaces, many of which I still have.

X10 is a fairly simple system that works reasonably well. Like the Smart Home Wi-Fi devices popular today, X10 has control devices that

range from plug-in modules that items to be controlled plug into wired-in house switch replacements. There are many types of controllers, from plug-in boxes and timers to computer interfaces and alarm consoles. Almost everything was compatible with everything else; you could have as many controllers as you wanted and could control up to 256 devices in a house.

X10 was easy to use but did have some significant limitations. The control signals were transmitted by modulating digital data onto the house power wiring, so system setup was as easy as plugging things in. The data rates it used were low (20 bits/second), so control messages were very simple (the device address and basic commands like on and off). It did have problems getting messages through reliably, as the 120 kHz carrier frequency it used often received interference from household devices like televisions and computers. It also didn't handle passing signals between the two 120-volt legs in typical home wiring very well. They sell devices to bridge between the two-house circuits, but even then I often had problems transmitting between certain locations in my house.

At my X10 peak, I had about 16 controlled devices, with ten of them wired-in switch modules. Since X10 was constrained to your house wiring, control was limited to immediate control while in your home, or timers. There were wireless remote controls, but these transmitted a short-range RF signal to a plugged-in receiver module, which then transmitted control signals over the house wiring. I did have a phone controller, which consisted of a base module connected to my phone line and a battery-powered transmitter (about the size of a flip phone). I remember using it in the late 1980s to turn on the power to my garage door opener from my work (I had plugged my opener into an X10 module). I had a timer controller shut off my opener power after I left for work, but because the time I returned home was often variable, I used this phone device to turn the opener back on. At the end of my workday, I could call my home phone from work, and then once my answering machine is picked up, use this hand-held transmitter to send audio signals over the phone to the module in my home. It decoded the sounds and sent signals over the power lines to turn on the opener. It may seem crude by today's standards, but it was pretty impressive to be able to do that at the time.

Today, of course, all smart home devices can be controlled from almost anywhere in the world through apps on your smartphone. Most smart home components communicate through Wi-Fi so are not tied to house wiring and have more reliable and sophisticated control (a few devices use Bluetooth or Zigbee and need a hub to connect to Wi-Fi). In addition to your phone, smart speakers

like Amazon's Echo (Alexa) or Google's Home Assistant can be used to control your home.

I started buying Wi-Fi smart home devices soon after getting a smartphone. Once again, I was able to buy gradually, building up my new smart home over time. My first device was a Belkin WeMo smart
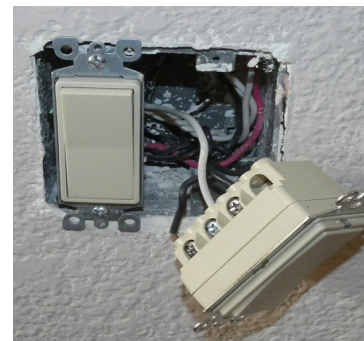
Interesting Internet Finds

By Steve Costello
scostello@sefcug.com

Nearby Share On Android: All You Need To Know
https://joyofandroid.com/nearby-share-on-android/
If you are an Android user and want to know about *Nearby Share*, check out this post. I don't use it myself, but not because of anything in the post.

How To Find Your Public & Local IP Address (Windows & Mac)
https://techviral.net/find-your-ip-address/
There are times you might need to know your IP address. This post explains the difference between public and local IP addresses. This post will also show you how to find your IP address should you need to. I suggest keeping this available somewhere you can find it if you need to know your IP address for some reason.

Q&A: Can You Use The Same USB Thumb Drive With Both Windows PCs And Macs?
https://www.ricksdailytips.com/use-same-usb-drive-with-windows-pc-and-mac/
If you use a PC and know others that use a Mac, this question and answer post will be useful to you. The short answer is yes, but there are special things you need to know to be able to do so. This post explains all that.

Android Eye Comfort Shield
https://cynmackley.com/2021/06/24/android-eye-comfort-shield/
I just read this post and adjusted my Galaxy S21 according to the instructions. It does make my eyes more comfortable. If you use an Android phone give this a try.

plug; a plug-in module I use to control a table lamp. I now have seven devices installed to control lights; these include smart plugs, smart bulbs, and most recently a smart switch. I retired my X10 plugs some time ago; I'm now starting to replace the wired-in switch modules. Even though the X10 stuff still works, the allure of more sophisticated control through Wi-Fi and Alexa will I'm sure have me replace it all eventually.

That's not to say that there no downsides to the new Wi-Fi smart home devices. With X10, almost everything worked with everything else. Different parts from different vendors all played together nicely. With Wi-Fi smart home devices, this is only partially true. My seven smart home devices come from three different vendors (Belkin WeMo plugs, TP-Link smart bulbs, and Feit smart bulbs and plugs). Each vendor requires its own app for control on my phone. Each app is different and some are better than others. The one unifying factor is Alexa; almost all devices are compatible with the three voice-operated assistants (Amazon Alexa, Google, and Apple). This app-happy situation also applies to my smart cameras and smart thermostat, which add another five apps to my phone. Fortunately, Alexa can control my thermostat and two of my four brands of cameras.

Another concern I have about Wi-Fi smart home products is security. In my old X10 smart home, it would be hard to hack my home unless someone physically plugged into a power outlet (kind of like the superior security of wired Ethernet compared to Wi-Fi). It might be possible to send or receive the power line signals in an adjacent house, but unlikely. A bigger concern is that the apps or servers of the many product vendors and Amazon might get hacked. As long as I'm only controlling lights (and not my chipper/shredder), the biggest hack risk is probably to my privacy.

One good reason to phase out my X10 stuff is batteries. All of the X10 wireless remotes use batteries. I've had to throw away many remotes over the years because the batteries in them (AAA, AA, or 9V) had leaked. Almost all my new smart home devices use house power. While cords can be a nuisance, corded devices don't die from leaking batteries.

Smart home technology is beneficial if it makes your life better. A prime task my X10 system used to perform was to make our house look occupied when we were away on a trip. Though we travel much less in COVID times, I can do that with my Wi-Fi smart home devices, though I must set it up using three phone apps.

Recently I've been improving my life through light control in the mornings. I normally get up for work at 4:30 AM, while my wife usually sleeps in until after I've left the house. I try to keep quiet and keep lights off so I don't wake her, but have found it can be dangerous to walk around the house (especially down the stairs) in the dark. I have now set a light in my office to come on about 5 minutes before I would come out of the bedroom, so I have at least a little light to guide me. I've programmed another lamp downstairs to come on a little later so that after I've taken my online COVID health assessment for work and checked my emails, I can go downstairs and see the stairs. I could tell Alexa to shut off the lights behind me, but my wife might hear that. Instead, I use the video screen on my new 5" Amazon Echo Show to silently turn off those lights. I can even turn up the heat on the thermostat a bit so my wife will have it a bit warmer when she gets up,

Around the World

Welcoming United States, China Climate Action Announcements, Secretary-General Says More Worldwide Efforts Needed to Avoid Catastrophic 2.7°C Global Heating

The following statement by UN Secretary-General António Guterres was issued today:

I am encouraged by the important announcements made today at the General Assembly by the leaders of the world's two largest economies regarding their commitment to climate action.

I welcome President [Joseph R.] Biden's announcement that the United States of America will significantly increase its international climate finance to approximately $11.4 billion a year. This increased contribution from the United States will bring developed countries closer to meeting their collective commitment to mobilize $100 billion a year in climate finance.

I also welcome the announcement made by President Xi [Jinping] that China will end all financing of coal fired power plants abroad and redirect its support to green and low-carbon energy. Accelerating the global phase out of coal is the single most important step to keep the 1.5°C goal of the Paris Agreement within reach.

While today's announcements are welcome, we still have a long way to go to make COP26 [twenty-sixth United Nations Conference on Climate Change] a success and ensure that it marks a turning point in our collective efforts to address the climate crisis.

and then set the thermostat back down on my smartphone when I get to work.

With X10, my home over the years may have been smarter than most. Now with these improved smart home devices replacing X10, my home has gotten even smarter. With my smartphone, Amazon Echo, and Echo Show, I can control things away from home, or at home by voice or by touch. With voice control and touch control of my home, what can be next? I wonder if Jeff Bezos is working on Amazon Echo Think.

From the www.uchug.org, president@uchug.org.

Google Voice and Its Many Uses

By Dorothy Fitch
Editor, GVR Computer Club

I recently had a use for an additional phone number. Google Voice to the rescue! It's free (for calls within the U.S.), works nicely, and is easy to use. Here is what I learned in the process.

What is Google Voice? Google Voice is a software tool that allows you to obtain a free phone number. It can't be your only phone number and you need a Google account. You can set up a Gmail account for free if you don't already have one. It doesn't require any hardware or physical phone (other than what you already own).

Why would you want an additional phone number? Here are a few reasons:
- You temporarily want a phone number that you can delete later.
- You want a phone number for a different U.S. city.
- You have a side gig, perhaps selling hand-crafted items, and don't want to use your own phone number for that business.
- You want a phone number for specific people to use, such as family members.

I recently read of two teachers in Maryland who set up a Google Voice phone number for seniors to call if they needed help setting up a Covid vaccination appointment. The possibilities are endless.

How do I sign up? To get started, go here and sign into your Google account. If you are already logged in, click on the grid of nine dots for Google apps at the upper right of the screen. Scroll to the very bottom and click "More from Google". Then scroll down until you see the Google Voice icon and click on it. Here are the icons to click on.

You now see the "dashboard" for your voice account, even though you don't yet have a number. To get your number, click the box at the bottom that prompts you to get a Google Voice number.

* * Jokes Stolen from Everywhere * *

www.bestlifeonline.com

What do rabbits eat for breakfast?
IHOP.

What happens to a toad's car when it breaks down?
It gets **toad away**.

What do cats have for breakfast?
Mice Crispies!

What did one flea say to the other flea when they came out of the movies? "Should we walk home or **take a dog**?!"

What did the buffalo say to his son when he left for college?
Bison!

What do you call a dog magician?
 A **Labracadabrador**!

What do you call an alligator who solves mysteries?
An **investgator**!

Why are cats bad storytellers?
Because they only have **one tale**.

What steps do you take if a tiger is running towards you?
 Big ones!

A pony went to see the doctor, because it couldn't speak. "I know what's wrong," said the doctor. "You're **a little horse**!"

What do you call a chicken at the North Pole?
Lost!

What kind of ties do pigs wear?
Pig sties!

Type in the location where you want the phone number to be based, then choose your new number from a list of available ones. It can be either in your local area or elsewhere in the United States.

   How does it work? Calls to your new number will forward to a number you specify. It might be your cell phone or landline. The number it forwards calls to is your linked number, and you can set up more than one number to ring at the same time. You can also edit the name for the number that will appear on the recipient's caller ID.

   One of the settings lets you see the number that the person dialed, as opposed to the number of the phone it is linked to. That lets you know that they are calling the Google Voice number. Adding that number with an identifying label to your Contact list shows you immediately the number the caller dialed. This allows you to answer the phone with a different greeting if you want.

   You can also create a personalized message that people hear when they leave a voice mail. The default message, designed to eliminate spam and automated calls, asks the caller to speak their name so you get to decide whether or not you want to take the call. When someone leaves a message at the new number, you can listen to it in your account dashboard, where a text version is also stored. You will also receive an email at your Gmail account when someone leaves a message.

   There are dozens of settings you can adjust in the app or your computer dashboard. For example, you can limit the hours that phone calls to the number will ring (a "Do Not Disturb" setting). You can set up more than one phone to ring at the same time if you want. Be sure to have the other phone handy so you can enter the verification code that Voice will send you before it links the device to the number.

   This is the article that convinced me to give Google Voice a try: www.businessinsider.com/what-is-google-voice-how-to-set-up-use
For complete instructions on setting up Google Voice, go here. All in all, it's a very powerful tool and may be just what you need.

   From the March 2021 issue, Green Bytes, https://www.ccgvaz.org/, dmfitch@cox.net.

* * * * * BITS and PIECES in the NEWS * * * * *

> **Editor's Note**: To continue reading the following articles, you may copy the long URL at the end of the article and enter it into a web browser **or** click on the URL in the web version of this newsletter.

## World-First Brain Implant Successfully Treats Resistant Depression in a Patient

JACINTA BOWLER
5 October 2021

Depression can be a frighteningly relentless condition. Luckily, researchers around the world are constantly working on new treatment options, such as a newly designed brain implant for resistant depression.

Odds and Ends

Magnetoelastic Patch Turns Body Motion Into Electricity

October 7th, 2021 [Conn Hastings Materials](#)
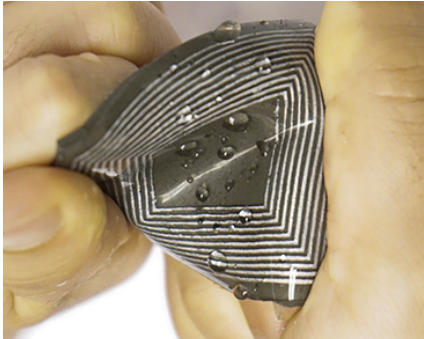
A team of scientists at University of California Los Angeles created a magnetoelastic device that can generate electricity from movements of the body, including the movements caused by the pulse at the wrist. The patch-like device may help to power medical wearables or implantable sensors, and may function as a waterproof heart rate monitor in its own right. The technology is based on the magnetoelastic effect, in which small magnets within the material move closer and farther away from each other as the material flexes. This causes the strength of the magnetic field to change, generating electricity.

Wearable and implantable technologies have significant potential and utility for a host of medical applications. However, two common sticking points for these technologies are their power source and protecting them from the liquids within and on our bodies.

This article was found at https://www.medgadget.com/2021/10/magnetoelastic-patch-turns-body-motion-into-electricity.html.

Altogether, up to a third of people with depression [don't respond or become resistant to treatment](#). No medication or therapy type seems to help. For those with such treatment-resistant depression, the future can look especially bleak.

This is what happened to Sarah, a 36-year-old woman who's had severe and treatment-resistant depression since she was a child. But a new proof-of-concept intervention has provided significant relief for Sarah, and could offer hope for many like her. The only catch? It requires a custom-designed 'brain pacemaker' for each person.

"I was at the end of the line," said Sarah, who asked to be identified by just her first name.

"I was severely depressed. I could not see myself continuing if this was all I'd be able to do, if I could never move beyond this. It was not a life worth living."

Luckily, Sarah was able to participate in a case study with a neuroscience research team at University of California, San Francisco (UCSF); the team's project was to investigate deep brain stimulation methods that could potentially alleviate depression symptoms.

Although the idea of having a [small device implanted in our skulls](#) might sound terrifying to some, deep brain stimulation has had a successful past in other brain disorders such as [Parkinson's disease](#) and [epilepsy](#).

But depression is significantly more complicated than either of those diseases. So far, results on deep brain stimulation for depression that targets particular regions of the brain – such as [Brodmann area 25](#) – have been [mixed](#), and [mostly](#) [underwhelming](#).

However, the UCSF team has made a significant change to this type of therapy.

Finish this article and watch the video at
https://www.sciencealert.com/36-year-old-gets-brain-implant-to-treat-depression-in-world-first.

Smart robots do all the work at Nissan's 'intelligent' plant

by Yuri Kageyama

Nissan's "intelligent factory" hardly has any human workers. The robots do the work, including welding and mounting. They do the paint jobs and **inspect their own paint jobs**.

"Up to now, people had to make production adjustments through experience, but now robots with artificial intelligence, analyzing collected data, are able to do it. The technology has developed to that level," Nissan Executive Vice President Hideyuki Sakamoto said during a tour of the production line for the Ariya sport-utility vehicle at its Tochigi plant Friday.

The factory, on the outskirts of Tokyo, is set to be up and running sometime before April, according to Nissan Motor Co.

Its assembly line is designed so that all three types of models—electric; e-Power, which has both a motor and an engine, and those powered by regular combustion engine—can be built on the same line. Each vehicle is equipped with the right powertrain as it moves along the line.

I copied this news from https://techxplore.com/news/2021-10-smart-robots-nissan-intelligent.html.

* * * * * CLUB and REGIONAL NEWS * * * * *

RCSI

The **planning meetings are held online** the first Tuesday of each month, at 7:00 pm and are open to any member. We use Jitsi, and a link will be emailed to members before our next planning meeting. ANY CLUB MEMBER MAY ATTEND and voice their opinions about club operations.

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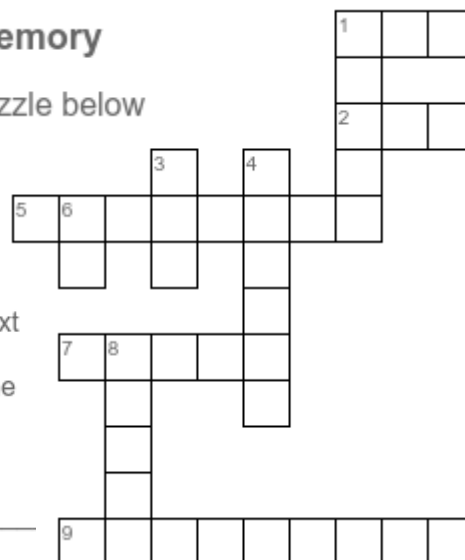
LINUX SIG

Due to Covid, the SIG has been meeting online. Carl sent out a link last year to try an online meeting, using Jitsi. You might not get the total hands on approach, but you can ask questions and share screens during the meeting. The Linux Workshop will take place the **third Saturday of each month**, from Noon-4PM. No, you can't bring your machine in, but you can describe your problem and Carl and the other Linux gurus will try and help you. This is a video conference, so dress appropriately.

If you are not on the Linux emailing list, you can request a link to the workshop by contacting Carl Schmidtmann, at unixgeek@faultline.com.

New Meeting Place
Our Usual Meeting Place is being renovated.
St John's Meadows at Johnsarbor Drive, is on the left, past Clinton Avenue, when going West on Elmwood Avenue. The opening in the white fence is Johnsarbor Drive. At the 'T', turn right. The meeting is in the SECOND building on the left –
Chestnut Court.
Our meeting place can change. Please check our website before each meeting. **www.rcsi.org**

OS and Computer Memory

Complete the crossword puzzle below

Across

1 A type of user interface that is text based
2 It is considered as the brain of the computer
5 It requires power to maintain the stored information
7 RD is a command in cmd that _____ the screen
9 Part of a file name that usually reflects the file format

Down

1 Usually found within the processor, but occasionally it may be another chip also it is divided into levels
3 It assists the operating system and provides temporary storage space.
4 It is the language of computer (1 & 0)
6 A software that manages computer hardware and software resources
8 An operating system that is free and open-source developed by Linus