The Personal Computer Club of Toronto

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President's Message

Welcome to our newsletter! Have you tried Zoom our online meetings? They always contain interesting pointers on where to direct our searches and how to use our computer resources more effectively, not to count some jokes and healthy laughter, and you are welcome to add yours!

Our recent association with APCUG, the Association of Personal Computer User Groups, with its virtual technology conferences and general availability to share information, is greatly expanding our horizons. To quote their manifesto: "APCUG is not a part of, nor a representative of any manufacturer, product, reseller, dealer, consultant, or business. The organization does not endorse any product, etc."

Join us to take advantage of their collective wisdom!

Cristina Enrietti-Zoppo
President, PCCT

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PCCT

WINTER 2019

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The Personal Computer Club of Toronto is inviting you to a scheduled Zoom meeting on the third Wednesday of the month at 7:30 p.m.

7:30 pm EST (Toronto)
5:30 pm (Calgary)
4:30 pm (Vancouver)
2:30 am (Tel Aviv) Thursday, - 7:30 pm

ZOOM ALREADY INSTALLED

Open Zoom, Click on Join Meeting, and enter Meeting ID.

ZOOM NOT ALREADY INSTALLED

The Zoom program is FREE for participants. A paid subscription that allows hosting for up to 100 people.
Join from PC, Mac, Linux, iOS or Android. This will install your FREE version of Zoom and should take you to the meeting. I recommend that you click on the link 30 minutes before the meeting, and Zoom will install it on your computer.
If you're having sound problems, you can optionally talk and listen on a conference call and watch the video portion on your computer.
Just dial:
Toronto: 647 558 0588,
Canada: 1 647 558 0588,
US: 1 669 900 6833 (San Jose),
or +1 646 558 8656 (New York), or
Israel: 972 (0) 55 330 1762 or
+972 (0) 3 978 6688
and enter Meeting ID.

Alternatively, you can participate using the teleconference feature only without using your computer.
Most browsers work well with Zoom. If your default browser gives you a problem, consider switching to a different one for our meeting.

Freshly Squeezed Reviews: With An Ever So Light Bias

(By Frank Petrie, YMP Now)

Instead of looking at the sky, friends, or trees, we now spend an inordinate amount of time staring at screens: smartphones, computers, or HDTVs.

As has been known for a while now, this can affect you biologically in a couple of ways. First, the glare of a screen is harsh on your eyes and can lead to eye strain, causing some damage. Another known problem is that we know that the color of light projected by our screens is about the same color temperature as daylight. Staring at a screen at night tricks your mind into believing it is daytime. This results in throwing out of kilter your circadian rhythm. You can't fall asleep easily because your mind doesn't believe it's time to get some rest.

Several apps (like [Flux]) have been released over the years to remedy the later, changing your screen's color temperature to reflect nighttime (eventually Apple incorporated a less feature-rich control into its OS, Night Mode). This way your rhythm is back in sync, enabling you to go to bed at your desired time.

I stumbled across a second issue accidentally. I've been ever so slowly trying to make my studio apartment a bit homier. I was looking to achieve the halo effect behind my HDTV (perhaps in adjustable colors) for night viewing to set a relaxed mood in the room. (I tend to watch TV in bed before I go to sleep. I know they recommend that you don't look at a screen several hours before you go to sleep but then again, when I have I ever done anything healthy?)

I found that this effect was called Bias Lighting. As I started reading how to achieve this, I came across several articles which explained that it wasn't only something nice to look at but there was a substantially beneficial reason for doing this.

You know how your eyes, even with proper color temperature, can become affected when viewing any of your screens at night? This has to do with the surroundings you're viewing your screen in.

If the screen is brighter than the lighting in your environment, this will cause your retinas to dilate, causing eyestrain, burning, and fatigue. Type in your search engine Bias Lighting for a detailed description of what occurs.

So, what is the solution in this instance?

Ironically, Bias Lighting can reduce much of the problem, the same thing I was going to do to add a little class to my apartment. You've no doubt seen this before. Most of the time you see it creating various colored halos around a TV's perimeter. The effect is created by lacing LED strips around the back of the monitor.

But you can reduce your eyestrain even further. I did a bit of research on this and what I learned was that white light (6500K degrees Kelvin) is the most effective way of reducing strain.

I found this an interesting concept and first tried it out by placing my desk lamp behind my iMac while typing one night. I was surprised at how much more comfortable it was working on the computer! Even with using only a desk lamp the impact was immediately noticeable.

▶

Freshly Squeezed cont'd

You can spend an arm and a leg, even buying a high-end TV with Bias Lighting built-in, You can purchase kits with remote controls that will cost you around USD $100., you can purchase IKEA puck lights. or purchase less expensive yet effective DIY kits. Or think outside of the box and design your own solution.

As is usually the case, **Amazon** (https://www.amazon.com) is a good place to start getting a feel for what is out there. I found a company that makes Bias Lighting strips in various lengths that would be powered by my monitor's USB plug. They're called **Luminoodle** (https://powerpractical.com/collections/luminoodle-interior-lighting) from Power Practical. They make exterior lighting as well but what I wanted was interior lighting. The cost was roughly USD $10.00.

Now that I've installed the LEDs on the back of my iMac and pronounced it a resounding success, it's now on to the HDTV and see if that has the same effect. You can power your HDTV's Bias Lighting also via USB port. Or you can get a system that you plug into an outlet.

I recommend that you start small at first. Buy an inexpensive set up for your computer and see if it has the same effect on you. If you're happy with the results, then move on from there.

If you received a desktop computer over the holidays, I would highly recommend that you buy an inexpensive set up and give it a bash. Your eyes will most definitely thank you for it.

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You can contact Frank at TMC-NLC@yahoogroups.com

Monthly Meetings

PCCT is a member of APCUG (Association of PC User Groups).
Our monthly online meeting is the third Wednesday of each month:

We use ***ZOOM*** for our meetings and communications between our members. Past and current PCCT members are welcome to join our meeting as well as our friends. Our meetings include video, sound, instant messaging, and uploading and downloading files — all in real time. And you don't even have to travel to a meeting.
Currently, we have expenses to pay and need your help by purchasing an annual membership fee. The amount is $40, which includes members of your family living with you.

If you have any ideas for next month's meeting, please let me know, and we'll try to use them next month.

Regards,

Lloyd Lindsay, CPA, CA, CMC
Lloyd.l@rogers.com

> **For more information and the particulars of the online meetings contact Lloyd at the email address above**