



# mbug-pc newsletter

Established 1983 / Incorporated 1988

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Can you e-mail  
your doctor?  
Should you?



**Gabe Goldberg**

APCUG Advisor and  
Columnist for AARP's  
Computer and Technology  
Web Site gives us some  
advice. See page 7.

## MBUG-PC Meets eBay

"What's eBay?" you ask? Founded in September 1995, eBay is the world's most successful online marketplace. Our guest speaker, **Ms Sirie Thongchua**, will present an overview of eBay's website and global community.



Sirie's interest in eBay began in 2000. Initially she became an avid buyer, and in 2002 she started selling odds and ends. Then as a Board Member of **Meals on Wheels of the Monterey Peninsula (MOW)** she wanted to raise money and draw attention to MOW's **Active Living Programs** by giving workshops that would attract the general public. Naturally, she thought eBay workshops would be interesting, and by gosh she was right!

In August 2004 Sirie earned her certification as an **eBay Education Specialist**. Currently she teaches eBay Basic Selling Workshops at **MOW/Sally Griffin Center** and the **Salinas Adult School** that are extremely popular. She was also selected to be eBay's Local Media Contact during the 2004 holiday season. As a result of her teaching success, she now offers personalized eBay coaching and consulting to individuals, groups, businesses and non-profit agencies.

Sirie will cover not only the basics of buying, selling and becoming a recognized seller, but security aspects as well. She will explain how to spot scams and protect yourself while having fun and maybe even making some money!

Sirie says that "*my eBay hobby has blossomed into a fun, rewarding (\$), and creative business. It's quite a departure from my former career as a stockbroker. I look forward to introducing MBUG to eBay!*"

You really don't want to miss this one! Come along and bring a new, potential MBUG member too. Questions? Call Sirie at (831) 658-0211 or e-mail [sirie@yahoo.com](mailto:sirie@yahoo.com). ♦

**FRIDAY, FEBRUARY 4, 2005 at 7pm**  
**Pacific Grove Adult Education Center**  
**1025 Lighthouse Avenue, Pacific Grove**  
**FREE! Open to MBUG-PC Members & the General Public!**

## VOLUNTEER POSITIONS AVAILABLE: MBUG-PC NEEDS YOU!

### Program Chair

Incumbent Jim Hinwood has to give up the duties of finding our First Friday General Meeting Guest Speaker. Can you spare a few hours every month to undertake this critical job?

### Publicity Chair

Incumbent Carolyn Lake is now our President: we need someone who can spare a few hours a month doing her former job, publicizing MBUG in local publications and to members on the Listserv.

### Workshop Leaders

We need people willing to share their computer knowledge and skills to run regular workshops. If you'd like to create and lead a workshop monthly, every other month or quarterly, call us!

### Meeting Reviewers

If you regularly attend the first Friday General Meeting (or any other ongoing workshops) can you help by writing 500-word-or-less reviews for the Newsletter?

### We would appreciate additional Meeting Facilitators!

Can you help out a few times a month to set up/fold down chairs and generally get MBUG meeting rooms ready? The current team does a great job, but they can always use extra hands.

### INTERESTED? E-mail or call Vice-President Don Slaiter

at [slaiter@pacbell.net](mailto:slaiter@pacbell.net) ☎ (831) 655-4443 and 657-4154

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**MBUG-PC benefits: Computer Help, the Newsletter and 15 - 20% Discount on Computer Books at Borders with MBUG-PC Membership card (see Don Slaiter for card).**

# CAROLYN'S VIEWPOINT

Carolyn Lake  
President



photo: Bill Hylar, MBUG-PC

## THE SPRING LINE-UP OF BEAUTIFUL NEW GENERAL MEETINGS

If you haven't been out to an MBUG General Meeting for a while, now is the time to plan ahead and come join us to hear some new and different topics.

This month we have a new speaker, **Sirie Thongchua**, who will give us a view into the workings of **e-Bay**. We've covered a lot of Internet topics that have to do with security, viruses, spybots, spamming, etc., and now here is a topic about fun and (maybe) profit on the Internet.

In March, our own **Joe Asling** will share his expertise and experience in using camcorders and **Adobe Premiere** to demonstrate how to make movies with the computer.

And in April, we will have a return appearance by **Byte Technology**, but with a new speaker, **Scott Low**, who will talk about website design for the home and small business user.

Also in April, we have a special bonus meeting planned on April 15, with a presentation on getting the most out of **Smart Computing Magazine** and utilizing all the benefits available to subscribers. See **Jack Lewtschuk's** article on page 10 for details.

### ANYONE FOR SIGS?

The SIG (Special Interest Group) is not a new concept in the computer user's glossary. I believe I first heard the term about 20 years ago, and I'm sure it goes back earlier than that. I'm told that MBUG has had them in the past, with variable results. So what is a SIG? Basically it's an on-going group that focuses on a selected topic and meets regularly.

Usually SIGs are sub-groups of a larger computer users group, and they are governed by the rules of that group, much like our workshops. The difference is that our

workshops have a variety of topics throughout the year, and while some may have two or three sessions, or rotate with other workshops, they don't meet on a regular ongoing schedule, for example on a monthly basis.

The idea of having MBUG-sponsored SIGs came up again recently, so I thought I would check to see if anyone out there is interested. The starting point is a few people interested in a specific computer related topic, application, or process, and at least one person who is willing to be the responsible leader.

Examples of possible focus topics are:

- designing personal or small business websites
- using the computer to make movies
- graphics with Adobe Illustrator

Anyone interested in exploring the possibilities of a SIG on these or other topics can contact me.

### "THIS IS mBUG" TAPES

OK, so Murphy was in the room at the last general meeting and technical difficulties abounded. However, those who caught the show on **Public Access Channel 24** during the next week were very pleased with the overall quality, including the sound, of *This is mBUG*, our first video offering.

We are able to make the show available to members on VHS tape, for personal use only, for a small donation. If you would like one or more copies, make a check out to MBUG-PC for the total amount at the cost of \$5.00 per tape. Give or mail checks to **Tom Streeter**, MBUG Treasurer — and **note our new address** while you're at it:

Monterey Bay Users Group  
PO Box 51611  
Pacific Grove CA 93950

Checks may also be handed in to Vice President **Don Slaiter**. The donation will somewhat defray the cost of production, and contributes to support of our MBUG educational programs.

Arrangements can be made to pick up tapes at a future general meeting or workshop, or through other arrangement with Joe Asling, [jasling@pacbell.net](mailto:jasling@pacbell.net). The nominal cost does not allow us to mail tapes to you. ♦ [lakelyn@ix.netcom.com](mailto:lakelyn@ix.netcom.com)



## WI-FI UPDATE

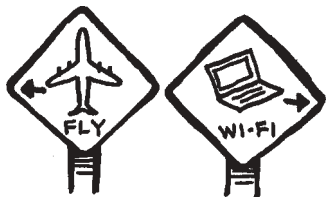
**John  
Rowe**  
Columnist  
&  
Workshop  
Leader



photos: Bill Hyler, MBUG-PC

### Free Wi-Fi at Las Vegas Airport

It looks like free Wi-Fi service is the trend these days. More and more companies, shops and restaurants are offering free Wi-Fi service as a kind of complimentary condiment.



On January 4, public areas at **Las Vegas' McCarran International Airport** started to be covered by the new wireless local area network (LAN), which comprises switches and access points from **Aruba Wireless Networks Inc.** According to airport officials, eventually 90 percent of the airport will be covered *by this service.*

*"This is a little bit uncharacteristic for us, providing something for free,"* said **Randall Walker, Director of Aviation for Clark County, Nevada.** *"Maybe someday when the market matures and becomes more the business model for cell phones, we might start [charging a fee for Wi-Fi]. But right now, we're offering it for free because we didn't like the business models that were available."* For more on this, go to: [www.eweek.com/article2/0,1759,1746290,00.asp](http://www.eweek.com/article2/0,1759,1746290,00.asp).

## LEARN VIDEO PRODUCTION WITH MBUG & AMP

**Joe Asling**  
MBUG Video Project  
Coordinator



Your **MBUG-PC Video Team, Joyce Elisha, Carolyn Lake, David Lake** and myself (trained by **Access Monterey Peninsula (AMP)**), as well as **MBUG Vice President and Pt. Pinos Docent, Don Slaiter**, are in the process of filming the **Pt. Pinos Lighthouse** for its upcoming **150th Anniversary Celebration.** This consists of the docents donning 19th Century dress and doing readings in front of a mural of the lighthouse. The light at Pt. Pinos was first turned on on February 1, 1855. Although this may seem to be purely an AMP project, it

*does* involve MBUG because the Team was formed through our computer club connections, and we have been trained in the use of computer-based techniques and equipment.

As mentioned last month, **computer editing** is becoming the main way that both amateurs and professionals make videos. If you're interested, AMP is still offering introductory classes all Spring (M/W/F - 3 hours per class, and some Saturday classes), and it's all free! Contact me if you want to know more.

The MBUG Video Team does plan to tape **Eileen Begley's Digital Art & Photography** workshops starting in March and April. Meanwhile, we've started working on a presentation for the March General Meeting. The working title is tentatively *"The ABCs of Computer Video"*, until we come up with something better! ♦  
[jasling@pacbell.net](mailto:jasling@pacbell.net)

Any chances of **Monterey Peninsula Airport** following suit? That would sure take the boredom off the preflight waiting time!

### Free Wi-Fi at EZ Lube

Down in Southern California you can get free Wi-Fi service while having your oil changed! EZ Lube Service Centers are offering it to their customers while they wait for their cars to be serviced.

### Free Wi-Fi in our own Monterey Bay Area

And once again we repeat, Wi-Fi service is available for free at **The Wharf's General Store** (owned by **MBUG Photographer Bill Hyler**).

Free Wi-Fi service has been available at the harbors near this and many other shops and restaurants on **Fisherman's Wharf #2, on the Coast Guard Pier, Portola Plaza, Heritage Harbor** and many other public spaces nearby.

So get out there and get connected! ♦

[johnr@tolt.com](mailto:johnr@tolt.com)

*John Rowe, a Systems Engineer at Tolt Technologies ([www.tolt.com](http://www.tolt.com)), is an expert on installing wireless computer systems and periodically runs MBUG Wi-Fi Update Workshops.*

# THINGS, THINGLETS & THINGASSOS

S. Jack Lewtschuk  
MBUG-PC  
Columnist



photo: R. Binsacca, MBUG-PC

## SO, YOU BOUGHT A NEW COMPUTER?

Boy is it fast, compared with the old box!

Fasten your seatbelt — we collectively bought an even faster computer, did you know that? **Big Blue** was asked to build a new computer for the **Department of Defence**, to be installed at the **Naval Oceanographic Office Major Shared Resource Center** in Mississippi, according to **IBM**. How much is this machine going to cost us? I'm not sure, but it will be in the tens of millions of dollars.

Actually, that "box" will consist of 368 powerful computers connected together with a total of about 3,000 64-bit microprocessors made by IBM. The supercomputer will run on IBM's **Unix** operating system, the **AIX**. The system will perform at a peak speed of 20 teraflops (flops, not floppies), or 20 trillion mathematical operations per second. That means the supercomputer will be able to accomplish in just one second what it would take a person with a calculator 1.2 million years.

OK, that's enough of that, now get a cup of coffee and play with your puny new Pentium 4. If it doesn't seem fast enough for you, call the F1 Team for help.

(PS: Is China going to build this for us?)

## A 25-GIGABYTE DVD?

The format for a new generation of discs is said to be able to store five times the data of DVDs at the same cost — enough to put a full season of *"The Sopranos"* on one disc.

A group called the **Blu-ray Disc Founders** said it has approved version 1.0 of the BD-ROM format (yes, that's "B" not "C" in the brand new term BD-ROM), and made it available to disc manufacturers.

Blu-ray, so named because the standard requires a blue laser instead of the red one used for DVD reading and recording, is designed to store 25 gigabytes of data on a single-layered disc. It is aimed at recording and storing high-definition video, which studios, video renters and retailers see as a major growth opportunity for the home video market in coming years.

The founders' group has 13 members comprised of leading names in consumer electronics and computing, among them **Sony Corporation** (news websites), **Royal Philips Electronics**, **Thomson**, **Dell Inc.**, **Hewlett-Packard Company**, **Walt Disney Company** and **20<sup>th</sup> Century Fox** among others.

The Blu-ray format this group is backing is expected to compete with another blue-laser standard, HD DVD, backed by NEC and Toshiba Corporations.

Players, computer drives and software compatible with the Blu-ray format are expected on the market by the end of 2005. **Microsoft** said last month that the next generation of its **Windows Operating System** will be compatible with HD DVD. At the time, it did not commit one way or another on Blu-ray.

## NOVICE CORNER

*"Can I run more than one anti-virus program on my computer?"*

You can certainly do it, but I would not recommend it. Anti-virus programs are very intrusive and tend to not play nicely with one another. The real issue is that many people simply will not install any anti-virus protection at all, even a free program such as **AVG Anti-Virus** ([www.grisoft.com](http://www.grisoft.com)). If everyone used anti-virus protection, we would not have the virus problem we have now in the world.

This cannot be repeated often enough: as far as anti-virus protection is concerned, we **are** our brothers' keepers!◆

[blacklion@royal.net](mailto:blacklion@royal.net)



**Bill Bowles**  
MBUG-PC  
Columnist



photo: Bill Bowles, MBUG-PC

## Under the Hood of Microsoft Products

### PART II: CUSTOMIZING MACROS

*In Part I we covered what a macro is and how to create one. To review Part I, go to [www.bowles.com/mbug](http://www.bowles.com/mbug) and choose article #4. In this part of the series, we cover how to customize macros. Customizing a macro involves adding instructions to an existing macro. This will allow you to make more powerful macros and tailor them to your exact needs.*

We will continue to use **Microsoft Word** as an example product. In our first case, we will create a macro that will open a pre-configured document in a specific directory. This will allow you to very easily create specific documents in specific directories.

#### Why not use templates?

Templates do not allow you to change directories or copy documents that we will be doing to make our work easier. For example, you may want to store 'Family' documents in one directory and 'Fax' forms in a different directory. The result of the macro that we will create will be to jump to the directory we want and automatically open a pre-formatted document. Once the document is completed, you can just hit F12 (Save As), and you will see that you are already in the directory where you want to store the document. In fact, if you have some file name sequence (e.g., Mom1.doc, Mom2.doc, Brother1.doc) you can just click on the name closest to what you want and change the number and press Enter.

#### So, how do we create such a macro?

First, (if you don't already have one) create a directory where you want to store a particular type of document (e.g., C:\MyDocs\Family). Next, open a new WORD document or form and fill in all the information that is unique to the document or form that will reside in the directory you created.

It may be a complete form (e.g., a fax form) or it may simply be a document set to a particular font with the header filled in and a 'Dear Mom,' line. Once you have the basic document formatted and configured, save it in the directory you created above with the name Template.doc. This is your master document. And, you can change it as time goes by to meet new needs.

Now, we will create the macro that will automatically go to that directory and open a copy of the master document. To do this press Alt-F8 or:

1. Click 'Tools' on the menu bar;
2. Click 'Macro' selection;
3. Click 'Macros'

Now enter the name you want for the macro (e.g., LettersToMom) and click 'Create'. This will open a Visual Basic editor with the cursor in the middle of the subroutine with the name you assigned. Enter the following exactly as you see it. (You can copy/paste it in from [bowles.com/mbug](http://bowles.com/mbug), clicking on item 5a, do a 'Ctrl-a' to select all and a 'Ctrl-c' to copy.)

- ChDrive "C:\MyDocs\Family"
- ChDir "C:\MyDocs\Family"
- FileCopy "Template.doc", "Temp.doc" ' Copy source to target (the ' indicates a comment).
- Documents.Open FileName:="Temp.doc"

After entering the above (or pasting it in), do a 'Ctrl-s' to save it and 'X' out of everything. Then, launch WORD, do a 'Alt-F8' and double-click on the name you assigned. This should jump to your designated directory, create a copy of the Template.doc you created and open it preformatted and ready for input. In this way, you can create many directories, each with its own preformatted document and, with the click of a button, jump to any and start typing.

#### Now for a much more robust macro

Have you ever wanted to get rid of those annoying >>> that precede short lines of an e-mail dialog? Now you can. Create a new macro following the above instructions except name it 'ReformatEmail' and, instead of entering the above code, copy and paste all the contents of item 5b at <http://bowles.com/mbug>. You can test this routine by clicking on item 5c and [bowles.com/mbug](http://bowles.com/mbug) then copy/paste the contents into a new word document and run the 'ReformatEmail' macro. Check it out!

The next article in this series will cover "Building Your Own Macros". ♦ [B@bowles.com](mailto:B@bowles.com)

# Can You E-mail Your Doctor? Should You?

by **Gabe Goldberg**

*APCUG Advisor, Region 2 and  
Columnist for AARP's  
Computer and Technology Web Site*

**W**e rarely think about how the Internet and e-mail have changed society and our lives in just ten years. For finding information, conducting personal and professional affairs, and simply doing business, it's hard to remember or imagine doing without them. No other technology achieved such wide use so fast.

But e-mail acceptance and use isn't universal, and some areas are slower to adopt it.

While I routinely exchange e-mail with my stock broker, accountant, car dealer, veterinarian, realtor and nearly all my service providers, my healthcare professionals are much less uniformly available electronically. In fact, there's no uniformity of opinion among patients, doctors, ethicists, insurance companies, the medical establishment, and government about how this new-fangled technology should be handled and regulated.

My primary care doc, an internist emphasizing cardiac health, gave me the idea for this article by being available via e-mail starting about two years ago. He finds it — as I do — great for direct, simple communications, and reports that e-mail decreases phone calls and phone tag, achieving office efficiency and economy. I've asked simple questions such as how often it's advisable to give blood and what kind of blood pressure monitor to purchase. He makes e-mail contact available to all his patients with the understanding that if specific therapies are required after e-mail contact, an office visit is needed. Before any e-mailing, he ensures that a patient is using a private home computer, rather than a workplace system. And he considers e-mail conversations to be informal, not necessarily entering patient records, with

**DEAR DOC: IT HURTS  
WHEN I DO THIS.  
WHAT DO YOU  
ADVISE? GABE.**



any recommendations requiring specific therapeutic intervention warranting a carefully documented office visit.

It's clear that there aren't yet standards for high-tech medical communications, and healthcare providers are individually exploring and defining opportunities. Some doctors use e-mail for administrative matters only, such as booking appointments and handling prescription refills. Some respond to e-mail with telephone calls. Still others won't accept or send any patient e-mail, citing concerns about privacy and security, or e-mail's cold ("low touch") nature as inappropriate for something as important and personal as healthcare.

There are valid technical concerns: e-mail is not private or secure, or even completely reliable: e-mail can be forged, sender and receiver are usually not authenticated, e-mail containing a warning or diagnosis can be delayed in transit, etc. And risks such as incomplete recordkeeping, misunderstandings and miscommunications — even a patient denying that a note was received — add to the already sadly high risk of litigation.

**DEAR GABE: STOP  
DOING THAT. TAKE  
2 ASPIRIN AND  
E-MAIL ME IN THE  
MORNING? DOC.**

An ethics expert draws a sharp line, commenting that he's "*been around this issue in several professional settings*". He continued, "*The legal profession has OKed e-mail for confidential communications IF the client requests/approves it and if the system is secure.*"



*Work computers are often monitored, so it is not reasonable to regard them as secure. I'd say the same standards apply to doctors.*"

And he identifies an additional risk; "*Unlike with lawyers, simply communicating with an oncologist (for example) gives information with confidential overtones.*" He suggests that doctors avoid e-mail communications with patients, patients avoid communication with doctors from work, and patients avoid research from work on medical Web sites.

The **American Medical Association** (AMA) offers resources describing advantages and risks of healthcare-related e-mail. Guidelines for Physician-Patient Electronic Communications [www.ama-assn.org/ama/pub/category/](http://www.ama-assn.org/ama/pub/category/)

[2386.html](#) notes that “E-mail has taken on increased significance as a mode of communication that is readily available to patients and health care professionals” and strongly recommends that e-mail must never replace crucial interpersonal contacts. And it provides a number of clear, specific and mutual guidelines for patient/doctor e-mail.

Ethical Guidelines for Use of Electronic Mail Between Patients and Physicians [www.bioethics.net/journal/infocus.php?vol=3&issue=3&articleID=120](http://www.bioethics.net/journal/infocus.php?vol=3&issue=3&articleID=120) includes a longer discussion of e-mail issues, including a brief history of doctor/patient communications from the 17th century. Perhaps its most crucial recommendation is that e-mail “*should not be used to establish a patient-physician relationship, but rather to supplement personal encounters*”.

The government endorses use of e-mail; **William Pierce, Deputy Assistant Secretary of HHS**, said that the HHS Secretary encourages use of information technology for efficiency and to improve health. He notes that under **HIPAA**’s new healthcare privacy rules, use of e-mail is permitted, with informed patient consent and control, and responsible patient usage.

Another issue may be more challenging than deciding whether and how to e-mail: working out a way for doctors to be paid for added value services such as access-by-e-mail. In the era of managed care, my doc notes, many patients feel entitled to administrative services — faxing referrals and prescription refills, copying records, filling out forms for handicapped parking and travel insurance, etc. — because they have health insurance.

Since insurers don’t presently reimburse those services, some medical practices have tried to establish fee structures to cover their costs. Of course, new fees aren’t popular with patients or insurance companies. So a new administrative services package may emerge, including e-mailing, faxing, form completion, etc. for a modest annual fee. And the AMA has defined temporary codes “*for identifying emerging technology, services and procedures*”, such as online medical evaluations.

A middle ground is outlined by **Jim Harper**, Editor of **Privacilla.org**, a web-based project that seeks to capture “privacy” as a public policy issue: “A physician should

*(continued on page 11)*

## MBUG-PC among Winners in APCUG Region 10 Group Winners 2005 Annual Conference

In the Association of Personal Computer Users Group Annual Awards, the **Amador Computer Users Group** won 3rd place in the **Jerry Awards** contest – New Project-Combined What and How Categories. They were instrumental in getting wireless installed in their local senior center and, with the generosity of **Communications Advantage**, they will receive it for free. The \$500 prize will go toward their scholarship program.

**Amador** was also a winner in the Newsletter Contest – Small Group category. They won Second Place (four way tie). They also received an Honorable Mention in the Website Contest ([goldrush.com/~acug](http://goldrush.com/~acug)).



**Monterey Bay Users Group-PC** won Third Place in the Newsletter Contest – Medium Group category ([www.mbug.org](http://www.mbug.org)).

**Diablo Valley PC Users Group** won an Honorable Mention – Medium Groups in the Newsletter Contest and won First Place in the Medium Group category of the Website Contest ([www.dvpc.org](http://www.dvpc.org)).

**Fresno Personal Computer Users Group** won Honorable Mention in the Website Contest ([fresnocomputerusers.org](http://fresnocomputerusers.org)).

All of the contest winners can be found at [apcug.net/Events/Fall2004/contest\\_05winners.htm](http://apcug.net/Events/Fall2004/contest_05winners.htm). ♦

*Judy Tylour, APCUG News February 2005*  
[scvjudy@usa.net](mailto:scvjudy@usa.net)

# CONVENTION REPORT

**Jerry Abbanat**  
MBUG Member  
Number 582



photo: J. Abbanat, MBUG-PC

## Personal Computer Group Convention

**Lee Keely** (MBUG APCUG Representative) and I attended the **APCUG 2005 Conference** during the first week of January at the **Las Vegas Stardust Hotel** just prior to the **Consumer Electronics Show (CES)**. APCUG is the **Association of Personal Computer Users Groups** whose mission statement is to facilitate communication among computer user groups, the community and the technology industry ([www.apcug.org](http://www.apcug.org)). Here's a brief journal of our trip:

### ADOBE PHOTOSHOP AND PREMIERE ELEMENTS

We arrived after a long drive from Monterey, in time to attend a very nice dinner sponsored by **Adobe**. Naturally we got a presentation on various new Adobe products — **Adobe Premiere Elements** and **Adobe Photoshop Elements**. My take on Premiere Elements is that it is a good video production tool, retaining quite a few of the features of their flagship product **Adobe Premiere** but at a fraction of the cost (\$80 versus \$449). Photoshop Elements contains a number of important features of **Adobe Photoshop** along with the ability to sort and store photos. It sells for \$85. The newest version 3.0, just released, combines Photoshop Elements and **Photoshop Album** into one product. Both Lee and I were very impressed with the power of both products.

### MICROSOFT POWERPOINT

We also went to a great seminar on "*Effective PowerPoint Presentations*". If anyone is interested, I have three handouts by the seminar leader **Cheryl Wester** (consisting of a **Multimedia PowerPoint**, **Making a PowerPoint Photo Album** and **PowerPoint Tips**). E-mail me at [jerry@abbanat.com](mailto:jerry@abbanat.com) and I will forward copies of her presentation. Cheryl took us step-by-step through the first two items.

### INTEL MEDIA CENTER

At lunch we had a presentation by **Intel** on their **Intel Media Center**. We were impressed by their commitment to combining functions of computers with television and audio equipment.

### THE HEALTHY PC

In the afternoon we attended a seminar "*The Healthy PC*" by **Carey Holzman**, who has written a book with the same title. Carey recommended a couple of websites that we thought should be brought to MBUG members' attention: [protonic.com](http://protonic.com), which gives free tech support and [housecall.trendmicro.com](http://housecall.trendmicro.com), which gives a free virus scan of your computer. Carey recommends the Housecall scan even if you already have anti-virus software on your computer. He said that the four most important things you can do to secure your computer are:

- get the latest Windows updates
- scan for spyware
- keep your anti-virus program updated
- use a firewall (*hmmmm ... where have we heard that advice before? Clive? Jack?*)

Later that afternoon, Lee and I attended a Vendor Faire.

### NEW TRENDS IN CONSUMER ELECTRONICS

On Thursday, the **Consumer Electronics Show** started, so Lee and I attended this massive circus all day. Over 100,000 people from all over the world came to this year's annual show! I am sure all of you have read about many of the new products by now. We noticed that the newest technologies emphasize the integration of computers and audio/visual components, ranging from the massive (102-inch plasma television sets), to the miniature (512MB flash drives smaller than your little fingernail). That day we attended a lunch sponsored by **Microsoft** which featured several of their new products along with their **WindowsXP Media Center** operating system.

Thanks MBUG! We enjoyed representing you at this year's APCUG Conference. ♦ [jerry@abbanat.com](mailto:jerry@abbanat.com)



*No, Lee Keely did NOT ride his Segway from Monterey to LasVegas!*



# SMART COMPUTING REVISITED

*“Smart Computing magazine made a one-year subscription available to us. It will be raffled off. Why you ask? Because when five of you subscribed to the magazine you did not forget to use 8181 as the “source code”. Every five subscription (using the 8181 “source code”) nets us another year’s subscription. Subscription form is available in the left bottom corner of the MBUG-PC web site.”*

I wrote that back in the September 2002 **President’s Column** of MBUG-PC Newsletter. It’s time again to remind you that MBUG-PC is not the only beneficiary of a Smart Computing subscription. If you’ve never read it, buy a copy, borrow one or look for it in the library. If you are interested in computers to any degree, I guarantee you will find very useful information between its covers. Smart Computing uses plain English (a boon for beginners) and has very little advertising stuck between its 100+ pages.

**Should you decide to subscribe, make sure you use 8181 as the source code number.** You will find additional benefits to subscribing other than the low price-per-issue — you will receive one e-mail per month with useful, up-to-date computer information, you will have full access to all the information on the [www.smartcomputing.com](http://www.smartcomputing.com), website, and in addition you will have access to all Smart Computing archives (full access is reserved for subscribers only).

On top of this, technical support is available on the website to help you search the Smart Computing database. Surf [www.smartcomputing.com](http://www.smartcomputing.com) and see what you think! ♦

**S. Jack Lewtschuk** [blacklion@royal.net](mailto:blacklion@royal.net)

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## MBUG MAILBAG

**NEW  
COLUMN**

This is a new column. In it we welcome readers' comments about the MBUG Newsletter, Workshops, Management or computer-related matters in general.

The Editor reserves the right to edit for the sake of space.

*Dear MBUG-PC:*

*Actually, I am an i-Mac user with OS 10.3.6, but I enjoy receiving your emails and especially appreciate the virus alerts. I don't often attend meetings but I do enjoy digital photography and similar subjects.*

*Keep up the good work. ♦*

**Bob Sayre** [SayreBigSur@aol.com](mailto:SayreBigSur@aol.com)

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## MY FAVORITE WEBSITES

NEW COLUMN

This is a new column. In it we welcome readers' reviews about good websites to share.

### FREE NEWSLETTERS

For my favorite, I have found this website to be very informative: go to the Internet and enter [kamando.com](http://kamando.com) and click on the link "Free Newsletters". From there you can subscribe to **Kim Komando's** Newsletter (she is the host of the nation's largest talk-radio show about computers and the Internet, heard on more than 400 stations in the United States), the Tip of the Day or Daily Cool Site of the Day.

### FREE CLIPART

I also like [office.microsoft.com/clipart](http://office.microsoft.com/clipart) for free clip art. At this website you can select from a collection of 140,000 graphics and download them for free.

### FREE STUFF

And check out [freewarefiles.com](http://freewarefiles.com) for lots of different stuff ... for free! ♦

**Don Slaiter** [slaiter@pacbell.net](mailto:slaiter@pacbell.net)

### O'Reilly Discounts for MBUG-PC Members

MBUG members get a 20% discount on O'Reilly publications. Just use code **DSUG** when ordering. Group purchases with better discounts are available.

Let me know if you are interested and I can put you in touch with their sales department.

O'Reilly catalogues available at general meetings.

**S. Jack Lewtschuk**  
[blacklion@royal.net](mailto:blacklion@royal.net)

### CAN YOU E-MAIL YOUR DOCTOR? (from page 7)

*strike the balance carefully between the security risks involved in e-mailing and the importance of quick, effective communication. E-mail is fine for ordinary treatment information about conditions that carry no stigma. More sensitive conditions, or diagnoses and so on, probably deserve better than e-mail".*

He notes that the relatively new HIPAA law may have lawyers advising doctors to avoid using e-mail with patients. If this happens, he feels that this "probably needlessly degrades communication with patients who would benefit from getting written information quickly".

And a bit of practical reality comes from my doc, who notes that "This is the 21st century. If patients want my time (which unfortunately is finite) they have to get it any way that works for me". So taking appropriate cautions and precautions, requiring

informed patient consent regarding e-mail's tradeoffs and limitations, and recognizing the potential need to pay for the enhanced service, e-mail complements other technologies — telegraph, telephone, and fax. These, after all, were new in their time and not accepted without reservations by both patients and physicians, but are now routine rather than threatening. ♦

**Gabe Goldberg**

*This article appeared originally on AARP's Computers and Technology Web site, <[www.aarp.org/computers](http://www.aarp.org/computers)>. (c) AARP 2004. Permission is granted for reprinting and distribution by non-profit organizations with text reproduced unchanged and this paragraph included.*

*There is no restriction against any non-profit group using this article as long as it is kept in context with proper credit given the author. The Editorial Committee of the Association of Personal Computer User Groups (APCUG), an international organization of which this group is a member, brings this article to you.*

### ARE YOU A REGISTERED MBUG LISTSERV MEMBER YET?

Our private e-mail service lets you send out messages to all other MBUG Members and have other Members reach you.

- **It's secure** (monitored by MBUG's Webmaster who ensures that messages are computer-related, virus-free and are passed on by Members only — no spammers allowed!)
- **Get current MBUG announcements** (changes, cancellations).
  - **Get warnings** (viruses, worms, scams, etc.)
  - **Ask and answer computer-related questions** (immediate help for problems or obscure questions).
- **Make computer-related announcements** (stuff to buy or sell)

Register at [www.mbug.org](http://www.mbug.org) or go to <http://listserv.redshift.com/mailman/listinfo/mbug>.  
Questions? Call on any veteran MBUG-PC Member.

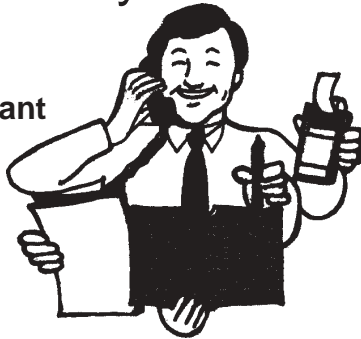


# MBUG-PC SUPPORTERS

James W. Anway

Retired IBMer  
Computer Consultant

Phone: 831 625-5618  
Fax: Call first



Richard Pryor, Owner

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Cell: 831-521-6676  
E-mail: simbacli@pacbell.net

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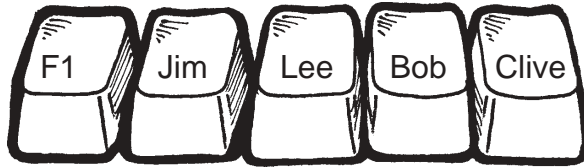
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## Computer Help is Just a Click or Call Away with MBUG F1



You know you push the "F1" button on your computer when you need help. But do you also know that you can call or e-mail **MBUG-PC "F1 for Help"** with your computer questions?

**Our expert team of helpful volunteers** is willing and able to share experience on software and hardware. And if they don't know the answer, they'll direct you to someone who does. To get computer help:

- (1) Contact any of the people listed below; or
- (2) Ask questions during any MBUG-PC meeting break or Q&A session; or
- (3) Leave a message with Vice President Don Slaiter (831) 655-4443/657-4154 ; or
- (4) Broadcast a message to all members through the MBUG-PC Listserv ([mbug@listserv.redshift.com](mailto:mbug@listserv.redshift.com)) **in plain text only** (NO html, please)!

### Services are free of charge

(with the understanding that MBUG-PC, its Board of Directors, and the F1 Volunteers themselves are in no way responsible or liable for the accuracy or the outcome of any advice or suggestions).

#### ■ Jim Anway

STRICTLY Wednesdays & Fridays  
from 2pm to 5pm at 625-5618

#### ■ Lee Keely

Prefers e-mail at [Lee@leekeely.com](mailto:Lee@leekeely.com)  
or call 626-8033

#### ■ Bob Stephan

e-mail to [bob@bobstephan.net](mailto:bob@bobstephan.net)  
or call only between 9am-5pm  
646-1373

#### ■ Clive Sanders

e-mail to [simbacli@pacbell.net](mailto:simbacli@pacbell.net)  
or call only between 1pm to 9pm  
cellphone (831) 375-5376 ◆

## VOLUNTEER COMPUTER COACHES/TEACHERS NEEDED

### Sally Griffin Senior Center in Pacific Grove

is in need of additional "computer coaches"  
and instructors for their

### Technology Access Program for Seniors.

The center provides older adults an opportunity to learn and practice their technical skills in a small lab, working one-on-one and in a small class format with a volunteer computer coaches and instructors.

If you have the time, ability and patience to tutor beginners in a relaxed setting, contact **Kimberle Herring** at the Sally Griffin Senior Center at (831) 375-4454 or e-mail [kherring@mowmp.org](mailto:kherring@mowmp.org)

## Pacific Grove

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See PGAEC catalog & web pages for  
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<http://www.pgusd.org>



## WINDOWS XP

photo: Bill Hyler, MBUG-PC



**Jim Anway**  
*Workshop Leader*

**Wednesday**  
**February 9**  
7:00 to 9:00pm  
**Hilltop Park Center**  
**Monterey**

We'll delve into more of Windows XP's idiosyncrasies and hidden treasures. I will have some demonstrations and tips, and Q&A time. Presentation/discussion depend on attendees and what is hot at the moment. [AnwayJ@comcast.net](mailto:AnwayJ@comcast.net) ♦

## TUNE-UP YOUR COMPUTER

**Michael Stewart**  
*Workshop Leader*

**Friday**  
**February 11**  
7:00 to 9:00pm  
**Adult Education Center**  
**Pacific Grove**

Keep your computer running efficiently: learn about driver updates, routine maintenance, defragging vs hard drive optimization, cleaning temp files and dealing with system slowdowns. Questions? E-mail [backonline@comcast.net](mailto:backonline@comcast.net) ♦



## DIGITAL vs FILM CAMERAS

**Bill Hyler**  
*Workshop Leader*

**Wednesday,**  
**February 23**  
7:00 to 9:00pm  
**Hilltop Park Center**  
**Monterey**

Compare digital to conventional film cameras, learn to move images from camera to computer and use editing programs. Bring your camera! Questions to [hylar@comcast.net](mailto:hylar@comcast.net). ♦



photo: Ann Mack, MBUG-PC



Note that effective immediately, for all correspondence and membership subscriptions, MBUG-PC has moved to:

**PO Box 51611,**  
**Pacific Grove CA 93950**

## COMING in MARCH:

### WINDOWS OFFICE XP Microsoft Word

photo: Bill Hyler, MBUG-PC



**Bob McGonigal**  
*Guest Speaker*

**Wednesday,**  
**March 9**  
7:00 to 9:00pm  
**Hilltop Park Center**  
**Monterey**

One of our most popular speakers from The Spot Computer Training will tell us more tips and tricks about Word. Questions? (831) 768-1825 [www.thespotinc.com](http://www.thespotinc.com). ♦

### DIGITAL ART & PHOTOGRAPHY

**Eileen Begley**  
*Workshop Leader*

**Wednesday,**  
**March 23**  
7:00 to 9:00pm  
**Hilltop Park Center**  
**Monterey**

Eileen always has something useful to teach us about manipulating digital images and turning ordinary photos into art. Questions? (831) 655-4884 [eb@spyderbytes.com](mailto:eb@spyderbytes.com). ♦

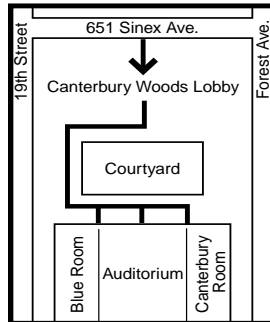


photo: Eileen Begley, MBUG-PC

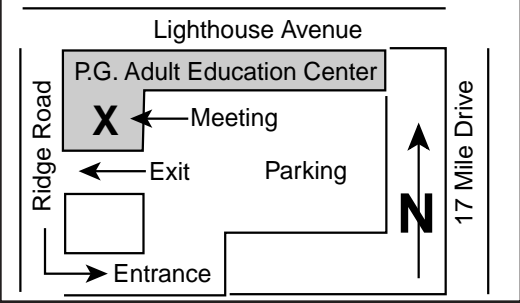
# MBUG - PC Calendar of Events - February 2005

| Sunday    | Monday                              | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  |
|-----------|-------------------------------------|---|---|-----------|--|-----------|
|           |                                     | <b>1</b><br><i>DIRECTORS' MEETING</i><br>Canterbury Woods PG<br>Begins at 7pm<br><i>Everyone Welcome!</i> | <b>2</b>  | <b>3</b>  | <b>4</b><br>General Meeting<br>"e-Bay Overview"<br>Adult Ed Center PG<br>7:00 - 9:00pm<br><i>Sirie Thongchua</i> | <b>5</b>  |
| <b>6</b>  | <b>7</b>                            | <b>8</b>  | <b>9</b><br><i>Windows XP</i><br>Hilltop Park Monterey<br>7:00 to 9:00pm<br><i>Jim Anway</i>        | <b>10</b> | <b>11</b><br><i>Tune Up Your Computer</i><br>Adult Ed Center, PG<br>7:00 to 9:00pm<br><i>Michael Stewart</i>     | <b>12</b> |
| <b>13</b> | <b>14</b><br>St. Valentine's<br>Day | <b>15</b>   | <b>16</b>   | <b>17</b> | <b>18</b>  | <b>19</b> |
| <b>20</b> | <b>21</b><br>President's<br>Day     | <b>22</b>   | <b>23</b><br><i>Digital Cameras</i><br>Hilltop Park Monterey<br>7:00 to 9:00pm<br><i>Bill Hyler</i> | <b>24</b> | <b>25</b>  | <b>26</b> |
| <b>27</b> | <b>28</b>                           |   |   |           |  |           |

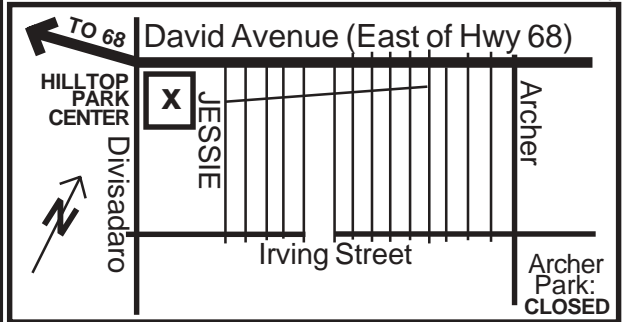
**Canterbury Woods**  
 651 Sinex Avenue  
 Pacific Grove



General Meeting Location  
**Adult Education Center, PG**  
 1025 Lighthouse Avenue, Pacific Grove



**Hilltop Park Center**  
 871 Jessie Street  
 Monterey



## Tentative Calendar March 2005 *Please Check the March Newsletter for Final Dates & Times*

| Sunday              | Monday    | Tuesday  | Wednesday   | Thursday                          | Friday   | Saturday  |
|---------------------|-----------|--|---|-----------------------------------|--|-----------|
|                     |           | <b>1</b><br><i>DIRECTORS' MEETING</i><br>Canterbury Woods PG<br>Begins at 7pm<br><i>Everyone Welcome!</i>  | <b>2</b>  | <b>3</b>                          | <b>4</b><br>General Meeting<br>"Computer Video"<br>Adult Ed Center, PG<br>7:00 - 9:00pm<br><i>Joe Asling</i> | <b>5</b>  |
| <b>6</b>            | <b>7</b>  | <b>8</b>   | <b>9</b><br><i>Windows Office XP:</i><br>Microsoft Word<br>Hilltop Park, Monterey<br>7:00 to 9:00pm<br><i>Bob McGonigal</i> | <b>10</b>                         | <b>11</b>  | <b>12</b> |
| <b>13</b>           | <b>14</b> | <b>15</b>  | <b>16</b>   | <b>17</b><br>St. Patrick's<br>Day | <b>18</b>  | <b>19</b> |
| <b>20</b>           | <b>21</b> | <b>22</b>  | <b>23</b><br><i>Digital Art/Photography</i><br>Hilltop Park, Monterey<br>7:00 to 9:00pm<br><i>Eileen Begley</i>             | <b>24</b>                         | <b>25</b>  | <b>26</b> |
| <b>27</b><br>Easter | <b>28</b> | <b>29</b><br><i>DIRECTORS' MEETING</i><br>Canterbury Woods PG<br>Begins at 7pm<br><i>Everyone Welcome!</i> | <b>30</b>   | <b>31</b>                         |  |           |

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## MEMBERSHIP REPORT



**Don Slaiter**  
Vice President,  
Assistant  
Treasurer &  
Membership  
Chair

### WELCOME NEW MEMBERS

- James Emery ..... 1259
- Andrew Kennedy ..... 1262
- Bob Davis ..... 1260
- Donald Wunsch ..... 1261

### THANK YOU FOR RENEWING

- Richard Binsacca ..... 673
- Mary Kay Crockett ..... 274
- Glen Grossman ..... 1197
- Harry Hamilton ..... 819
- John Meagher ..... 1239
- William Walden ..... 1145
- Bruce Henderson ..... 1085
- Jeanne McAndrew ..... 1019
- Randall Morris ..... 1082
- John & Lee Ann Harris ..... 950

### OUR GENEROUS DONORS

- Anonymous
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- John & Lee Ann Harris ..... 950
- Charlie Mehlert ..... 1211

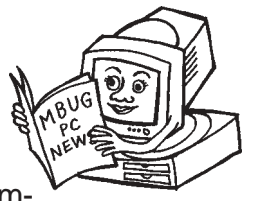
## Check your (upside down) label.

Does it say "Exp: February / 2005"?

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## INK CARTRIDGE UPDATE

**Carolyn Lake**  
*Publicity Chair*



photo: Bill Hyster, MBUG-PC

### SELECTED BRANDS ONLY

The company that reimburses MBUG for empty ink cartridges has become more selective about brands they will accept. **HP, Sharp, Xerox, Dell, Canon** and **Lexmark** cartridges are all accepted for reimbursement. We will continue to collect original equipment, name brands, but not generic brands! Lexmark cartridges actually yield a

slightly higher reimbursement, so they are extra welcome. **However, Brother or Epson cartridges are no longer accepted (sorry)!**

Drop empty printer ink cartridges in the brown box at general meetings and workshops, or hand them to any Board member for collection.

### MORE THAN YOU CARE TO KNOW DEPARTMENT

Cartridges such as HP10, are also used with a print head. If you are replacing both cartridge and print head, we would like to collect both (please bundle them together). This configuration usually applies to higher end or business printers. ♦ [lakelyn@ix.netcom.com](mailto:lakelyn@ix.netcom.com)