



# mbug-pc newsletter

Established 1983 / Incorporated 1988

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**Abbott and  
Costello  
ask, "Who's on ...  
the Computer?"**



Whether you remember Bud and Lou or not, The Frugal Computerist presents a great retelling of their classic routine on page 6, that is sure to amuse!

## Present your Photos with MAGIX Xtreme PhotoStory

**Debbie Jones, MBUG Board** member and professional computer trainer, returns to demonstrate **MAGIX Xtreme PhotoStory** presentation software at our General Meeting on September 4.

Most of us are familiar with **MS PowerPoint**, which has always been a favorite with Debbie, and remains so for some things, but she believes the tools and customization available with **PhotoStory** just cannot be beat. She will demonstrate inserting photos, changing their appearance, editing and sharpening, using special effects, and transitioning between photos. She will also show how easy PhotoStory is to use for attaching music and narration to slideshows and for changing and customizing these effects and more.

PhotoStory is a great program for displaying photos and creating shows to view on TV, on your PC, or on the Internet. It requires only a few steps to transform your pictures into breathtaking slideshows and bring your memories to life. Even large photo collections can be presented in a captivating way. This program not only gives great flexibility for presenting photo shows, it is inexpensive and has a variety of special effects and controls that are easy to understand and use, including a great audio section that you have much more control over than in many other programs.

Debbie will give tips for designing slideshows in your own style with dynamic special effects, such as camera pans, zooms, rotations, and neat decorations, and for using PhotoStory to fix your pictures, change their shape, or make a collage. Come check out this new and fascinating way to bring your photos to life and share them with family and friends!

Debbie is the owner of **Anything Is Possible** in Monterey; with more than 20 years experience, she conducts group training both around the country and abroad. Questions in advance? Contact Debbie at (831) 402-1810 or e-mail [debbie@debeteaches.com](mailto:debbie@debeteaches.com). ♦

**FRIDAY September 4, 2009**

**7:30 to 9:30 pm**

**Pacific Grove Adult Education Center**

**1025 Lighthouse Avenue, Pacific Grove**

**FREE to MBUG Members and the General Public.**

# Open Volunteer Positions Available Now at MBUG !

## Workshop /SIG Leaders

Run workshops or Special Interest Groups monthly/bi-monthly/quarterly.

## Assistant to a Board Director

Back up or assist Programs/Publicity, Newsletter, Hospitality, Membership, etc.

## Association of Personal Computer User Groups Representative

More about APCUG at [www.apcug.org](http://www.apcug.org) or e-mail [Tom223@pacbell.net](mailto:Tom223@pacbell.net).

## Meeting Reviewers and Columnists

Attend General Meetings/any ongoing workshops; write 500-word-or-less reviews or write a regular column on hardware or software review, favorite website, etc.

E-mail or call President **Jack Lewtschuk** at [blacklion@royal.net](mailto:blacklion@royal.net)

☎ (831) 757-0123

## MBUG-PC BOARD OF DIRECTORS

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**SUBSCRIPTION:** See back cover for rates.

**NEWSLETTER AD RATES:** Special rate for local business card ads (approximately 1/10 page) is \$30.00 for 6 issues or \$50.00 for 12 issues. Full and partial page ad rates are available upon request.

MBUG will publish at no charge classified ads for individual subscribers who have computer hardware or software for private sale. For advertising information contact Regina at [ReginaDoyle@aol.com](mailto:ReginaDoyle@aol.com).



**Benefits of MBUG-PC Membership:**  
**Free Computer Help (see page 11 for details),**  
**Monthly MBUG-PC Newsletter,**  
**and a 15 to 20% Discount on**  
**Computer Books at Borders and**  
**Waldenbooks with MBUG-PC Membership**  
**Card (see Don Slaiter for a card).**

# THINGS, THINGLETS & THINGASSOS

**S. Jack Lewtschuk**  
MBUG-PC  
Columnist



photo: Bill Hyley, MBUG-PC

## PRESIDENT'S MUMBLINGS

### How Your Subscription to Smart Computing Can Benefit MBUG

Without a doubt Smart Computing is an excellent computer magazine—just ask any subscriber. I know many MBUG members are current subscribers, but I also know that not every MBUG subscriber renews their subscription via the MBUG website.

#### Why is it important to use our website to subscribe?

For every five subscriptions or renewals made via our website, MBUG earns a free subscription which we use as raffle prizes, and the raffle money helps us keep our educational programs going.

Anybody, not just MBUG members, can participate and help MBUG earn free subscriptions:

1. Go to the MBUG website at [www.mbug.org](http://www.mbug.org).
2. At the bottom left of the page, click on the “Smart Computing” logo.
3. Again on the left in the blue area, click on “User Groups.”
4. In the yellow area, click on “Subscribe or Renew Today!”
5. Choose the publication you want (any will do) and type of subscription (“new” or “renewal”).
6. Fill out the form and, this is the important part for MBUG, under “Give your group credit for your order,” scroll to and click on “Monterey Bay Users Group - PC, Pacific Grove CA.”
7. Complete the form and click “Send.”

MBUG thanks you, and if you enter the next raffle, you might be the lucky winner of a free Smart Computing subscription, which you can use to renew your subscription for an additional year.

# THINGS, THINGLETS & THINGASSOS

## The Importance of BCC (Blind Carbon Copies)

This subject appeared in the MBUG Newsletter before; however, it looks like it bears repeating and updating. When you address a message to multiple correspondents, you should place all addresses in the “Bcc:” text box.

“Bcc:” originally stood for “Blind carbon copy.” In the days of typewriting, typists would use carbon paper to produce multiple copies of a document. If they didn’t want recipients to see the names of the other recipients, they would add the names in a second step to each copy without carbon paper,

or set the ribbon to not strike the paper (leaving names off the top copy). This rendered each recipient’s copy “blind,” or hid the names of others who received a copy of the document.



#### Why should you do this with e-mail?

Because when you put everyone’s addresses in “Bcc:,” each correspondent will receive the message with only their own address showing, which:

- Protects recipients’ privacy by preventing the e-mail addresses of all recipients from being available to the others—addresses should not be made “public” without the owner’s prior permission
- Relieves recipients from having to read all addresses that have nothing to do with them (especially if the mailing list is very long)
- Gives spammers less of a chance to “harvest” multiple e-mail addresses from any one person to whom you have sent the message
- Lets the message be transmitted quicker and cheaper (because it occupies less bandwidth and bandwidth = cost).

As an illustration of this problem, a recent Question &



Answer session in Smart Computing said:

**Q:** *“I am receiving e-mail from myself I did not send. It is coming from a third party. It appears to be spam. My e-mail is with AOL. This happened once before with Yahoo! and Yahoo! canceled my account after accusing me of spamming.”*

**A:** *“Somewhere along the line of people forwarding e-mail without stripping previous senders and also not using “Bcc:” when they sent to others, an address book was copied from an infected computer and your e-mail address is being used from that address book to send spam.*

*It takes a couple of weeks for the spammer to switch to a different address and then your box won't be seeing any more of these things. In the meantime, it might not hurt to contact AOL and see what they can do to help.”*

The only times you should place multiple addresses in “To:” and “Cc:” text boxes are when it's important for all the recipients to know who else received the message.

If you don't have a “Bcc:” line in your e-mail message header:

**In Microsoft Outlook** - On your message tool bar, click on “Views,” then click on “Bcc.”

**In Microsoft Outlook Express** - On your message tool bar, click View,” and click “All Headers.”

**In AOL** - Enclose the addresses in your “Send To:” or “Copy To:” textbox with parentheses, for example: (ScreenName1, ScreenName2, ScreenName3, Person@domain.com, Person@domain.net) Note: If you send the e-mail to yourself in AOL, the “Bcc:” addresses won't be hidden. This is so you can confirm to whom you sent it.

**In Thunderbird** - Type the addresses in the “To:” or the “Cc:” textbox, then click on that and change it to “Bcc:.”

## Are You Spamming Your Friends?

I certainly hope not on purpose! You may have registered on a site using your name and e-mail address. Some sites often offer “referral services”—they invite your friends to use the site with you.



They purport to do this to make the site “more rewarding,” but are also often used as a tool to market your friends. The site doesn't want you to know about this. They work by getting access to your e-mail contact list (which you “give” them when you provide your e-mail address and password). This only works in Webmail, Gmail, Yahoo, Hotmail, and a few other services.

Once the site has access to your account it scans your contacts. Anyone not already a member of their site can be sent an e-mail invitation. However, you can choose

## Write a Hardware, Software, Service, or Website Review

**Do you have a computer-related experience, good or bad, to share with MBUG?**

Your hardware or software experiences with a favorite or most-hated website, program, OS, piece of peripheral equipment, cellphone, digital camera, or “toy” are welcome.

Contact **Regina Doyle**,  
Editor MBUG Newsletter  
at [ReginaDoyle@aol.com](mailto:ReginaDoyle@aol.com).

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**Subscribe to Smart Computing to benefit MBUG-PC:** use source code **8181** when ordering. For every five subscriptions, MBUG gets one free to fund educational activities.

**12 issues for \$29.00 / 24 issues for \$48.00  
36 issues for \$64.00**

which addresses **or not** to include in such e-mailing. Often the default setting is set at “all contacts,” but such referral offers are never required. You can skip them entirely, but sites don’t make it easy for you to understand this as the “skip” or “opt out” option is often hidden.

We’ve all been trained to mindlessly fill out forms, which referral offers often play into. The option often appears as just another step in the sign-up process, and if you’re not paying attention, you could fill it out absentmindedly. Sites do this legally but unethically. It’s just another thing to be aware of when using social-networking sites.

## Internet Data Heads For 5,000,000,000 Gigabytes

The world’s store of digital content is now the equivalent of one full top-of-the-range **iPod** for every two people on the planet, following the explosion of social networking sites, Internet-enabled mobile phones and government surveillance.

At 487 billion (bn) gigabytes (GB), if the world’s rapidly expanding digital content were printed and bound into books it would form a stack that stretches from Earth to Pluto 10 times. As more people join the digital tribe—increasingly through Internet-enabled mobile phones—the world’s digital output is increasing at such a rate that those stacks of books are rising quicker than **NASA’s** fastest space rocket.

The large files from digital cameras and the world’s burgeoning army of surveillance cameras account for a significant proportion of the digital universe. The rapid increase in so-called machine-to-machine communications has seen the number of individual digital creation events balloon despite the economic recession. This includes pocket-sized contactless “smart cards,” with embedded integrated circuits which can process and store data, and are touched on a reader or satellite navigation system with information requests about their locations.

The digital universe is expected to double in size over the next 18 months, according to the latest research from technology consultancy **IDC** and sponsored by IT firm **EMC Consulting**, fuelled by a rise in the number of mobile phones. At the time of their first **Digital Universe**

We are sorry to report that MBUG recently lost long-time member **Joseph William “Billy” Post, III.**

Billy, 88, whose ancestors were among the first pioneers in Big Sur in the 1860s, passed away on July 26, 2009. Our condolences to Billy’s family and his very many friends.

report in 2007, the pair reckoned the world’s total digital content was 161bn GB.

About 70 percent of the information in the digital universe is created by individuals and includes phone calls, e-mail, photos, online banking transactions, or postings on social networking sites, including **Twitter**. “*Devices such as camera phones and web 2.0 services like social networking sites have created a nation of digital hoarders,*” according to **Mike Altendorf**, Managing Director of EMC Consulting.

But the responsibility for protecting and hosting the vast majority of this content lies with corporations and organizations. More than 30 percent of the information created today, from patient care records to personal financial information, already requires high standards of protection and IDC/EMC reckon that will grow to roughly 45 percent by 2012.

Companies are seeing digital storage needs increase as a result of tightening regulation following the financial meltdown last year. The amount of information that must be retained to comply with rules and regulations is expected to grow from 25 percent of the digital universe last year to 35 percent in 2012.

## Safely Removing Hardware

I am sure by now that you know that removing any USB device from your computer without going through the appropriate procedure may damage its content. Clicking on the “Safely Remove Hardware” icon in your system tray and then on the appropriate device name will make the removal safe.

Or, you can download a free program at <http://quick.mixnmojo.com/usb-disk-ejector>, which will make the process even simpler. Note, I have not tried **USB Disk Ejector** yet, so please e-mail me if you have an opinion on this product. ♦

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



# THE FRUGAL COMPUTERIST

photo: Bill Hyler, MBUG-PC



by Bob  
"I Don't Do  
Windows"  
Stephan

*Dear Reader: I hope you are having a pleasant summer. Mine has been hindered by shoulder surgery which has limited my driving, typing, and some other abilities, but it is healing nicely and I am regaining function in that arm. My better half and I will be taking a short, late summer vacation to get out and about now that I have some mobility. This will be a pleasant break from feeling cooped up for a couple of months.*

*In the meantime, I am presenting the below sketch, which was sent to me by my sister. Did I ever tell you about my sister? She is a lovely lady who has a black belt in Tae Kwon Do and teaches it. She also paints and does other handcrafts and teaches swimming, and I don't remember what else, but she is just a whirlwind of action. Don't know where she got those genes, but mine just turned me into a procrastinator.*

*You have to be old enough to remember Abbott and Costello, and too old to REALLY understand computers, to fully appreciate this. For those of us who sometimes get flustered by our computers, please read on ...*

If **Bud Abbott** and **Lou Costello** were alive today, their infamous "**Who's on First?**" sketch, (see [www.youtube.com/watch?v=sShMA85pv8M](http://www.youtube.com/watch?v=sShMA85pv8M)) might have turned out something like this:

## Costello Calls To Buy a Computer from Abbott

ABBOTT: Super Duper computer store. Can I help you?

COSTELLO: Thanks. I'm setting up an office

in my den and I'm thinking about buying a computer.

ABBOTT: Mac?

COSTELLO: No, the name's Lou.

ABBOTT: Your computer?

COSTELLO: I don't own a computer. I want to buy one.

ABBOTT: Mac?

COSTELLO: I told you, my name's Lou.

ABBOTT: What about Windows?

COSTELLO: Why? Will it get stuffy in here?

ABBOTT: Do you want a computer with Windows?

COSTELLO: I don't know. What will I see when I look at the windows?

ABBOTT: Wallpaper.

COSTELLO: Never mind the windows. I need a computer and software.

ABBOTT: Software for Windows?

COSTELLO: No. On the computer! I need something I can use to write proposals, track expenses and run my business. What do you have?

ABBOTT: Office.

COSTELLO: Yeah, for my office. Can you recommend anything?

ABBOTT: I just did.

COSTELLO: You just did what?

ABBOTT: Recommend something.

COSTELLO: You recommended something?

ABBOTT: Yes.

COSTELLO: For my office?

ABBOTT: Yes.

COSTELLO: OK, what did you recommend for my office?

ABBOTT: Office.

COSTELLO: Yes, for my office!

ABBOTT: I recommend Office with Windows.

COSTELLO: I already have an office with windows! OK, let's just say I'm sitting at my computer and I want to type a proposal.



What do I need?  
 ABBOTT: Word.  
 COSTELLO: What word?  
 ABBOTT: Word in Office.  
 COSTELLO: The only word in office is office.  
 ABBOTT: The Word in Office for Windows.  
 COSTELLO: Which word in office for windows?  
 ABBOTT: The Word you get when you click the blue "W".  
 COSTELLO: I'm going to click your blue "W" if you don't start with some straight answers.. What about financial bookkeeping? You have anything I can track my money with?  
 ABBOTT: Money.  
 COSTELLO: That's right. What do you have?  
 ABBOTT: Money.  
 COSTELLO: I need money to track my money?  
 ABBOTT: It comes bundled with your computer.  
 COSTELLO: What's bundled with my computer?  
 ABBOTT: Money.  
 COSTELLO: Money comes with my computer?  
 ABBOTT: Yes. No extra charge.  
 COSTELLO: I get a bundle of money with my computer? How much?  
 ABBOTT: One copy.  
 COSTELLO: Isn't it illegal to copy money?

ABBOTT: Microsoft gave us a license to copy Money.  
 COSTELLO: They can give you a license to copy money?  
 ABBOTT: Why not? THEY OWN IT!

### A Few Days Later ...

ABBOTT: Super Duper computer store. Can I help you?  
 COSTELLO: How do I turn my computer off?  
 ABBOTT: Click on "START" ...

*Bob "I don't do Windows" Stephan has over 40 years of computing experience. He welcomes comments and questions that The Frugal Computerist can respond to by email to [stephan.bob@gmail.com](mailto:stephan.bob@gmail.com).*

*Bob's home page is at [www.redshift.com/~bstephan](http://www.redshift.com/~bstephan).*

## raffle & silent auction September 19

As you know, MBUG is having a **Potluck BBQ on September 19th at Canterbury Woods** (see page 14). Part of the program will be a raffle and a silent auction as a means of enriching our operating fund. Before the event, if you have anything you wish to donate (working hardware and/or recent software with manuals, installation instructions, and license agreements,\* or any other computer-related items), please:

- **Bring items to MBUG's next board meeting**, September 1st, 7pm, Canterbury Woods (see page 15)
- **Bring items to MBUG's next general meeting**, September 4th, 7:30pm, Pacific Grove Adult Education Center (see page 1)
- **Contact Don Slaiter** at 655-4443 or [slaiter@pacbell.net](mailto:slaiter@pacbell.net).  
We appreciate your help! ♦  
[blacklion@royal.net](mailto:blacklion@royal.net)

*\*If manuals, etc., are not available, a brief description and system requirements for installation would be very useful.*

## MBUG LISTSERV: FREE & USEFUL

If you are an MBUG Member, you are entitled to **JOIN MBUG'S LISTSERV**.

This allows you to:

- **Send messages to all MBUG Members on Listserv** (guaranteed to be secure, computer-related, and virus-free)
- **Receive current MBUG notices, virus and scam warnings**
- **Ask computer-related questions**
- **Make computer-related announcements** (regarding donations of or requests for computer-related items)

Register at [www.mbug.org](http://www.mbug.org)  
 or go to  
<http://listserv.redshift.com/mailman/listinfo/mbug>.



# MEETING REVIEW

photo: Nelson French, MBUG-PC



**Carolyn Lake**  
Program & Publicity  
Chairperson

**Get Started  
With Blogging  
with Dan  
Shafer**

Thought bubble: MBUGers: let's Blog!



“Blog” is one of those made-up terms, derived from “web log,” an on-line record or journal, and “to blog” has come to mean maintaining a record of our real-life actions and thought. Origins of blogging may go back to NYC student **Justin Hall** in 1994, but with impetus along the way from **Dave Winer** (creator of computerized outlining) and **Jerry Pournelle** (of science fiction fame), blogging really started to take off in the 1999-2001 period when estimated users went from 10,000 to a million in just two years.

With this bit of history, **Dan Shafer** (photo at right by Bill Hyler) of **Shafer Media**, enlightened us at our August meeting on the why’s, wherefore’s and how to’s of the current Internet blogging phenomenon. Why are millions so interested in going on-line to reveal their thoughts, activities, photos, ideas, and lunch menu? Dan says that many just want to share with an audience, ranging from family and friends to the whole world.



Other bloggers may be motivated by work-related objectives: professional writers seeking an audience, authors or product developers promoting their works, those directly selling products, or corporations messaging to employees, customers, or the public.

Whatever your motivation, a blog is actually a type of website, or page on someone else’s website, and needs a host like any other website. A simple starting point is to get into a dedicated hosting service, such as [blogger.com](http://blogger.com) (owned by **Google**), which will put your blog on one of its servers somewhere. A hosting service has the hardware and networking to carry your website.

Also, for a small fee, you can get access to blog creation software such as **LiveJournal** or **TypePad**, which runs on a hosted server. **WordPress** is another popular blogging software that is available on some ISP’s, who then act as the host. One of the best and easiest tools is **Blogger**, available through Google, and it is free. (Hint: Go to [www.google.com](http://www.google.com), click on “More” and select “Blogger” from the list of programs—the quick tour and video demo are easy to follow.)

Dan provided a handout listing resources for blogging, for example, **Blog Oh Blog** ([www.blogohblog.com](http://www.blogohblog.com)). Check the MBUG website ([www.mbug.org](http://www.mbug.org)) for a copy of the handout, which also has a (very long) URL for Dan’s slides on **GoogleDocs**.  
*lakelyn@comcast.net*

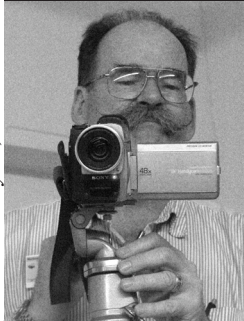
Many thanks, Dan, for an informative and insightful presentation. ♦

photos at left: Nelson French, MBUG-PC



# MBUG VIDEO PROJECT UPDATE

photo: Bill Hyler, MBUG-PC



**Joseph Asling**  
Columnist &  
SIG Leader

## The Past and Future of MBUG's Video Project

Five years ago, **Carolyn Lake** came up with the idea of making a video to promote MBUG on local television. Several of us attended an **AMP (Access Monterey Peninsula) TV** station video course and produced *This is MBUG*, a 30-minute program on who we are and what we do.

Subsequently, we produced a video featuring **Eileen Begley** on scanning and fixing old photographs. The video group also produced a one-hour program to celebrate the **Pacific Grove Lighthouse's** 150th anniversary. All of these videos aired on **Comcast Channel 24 (AMP)**, and two of the videos are available for a nominal price through MBUG.

### Shall We Continue On?

But we haven't done much since the above flurry of activity, and the MBUG Board wonders if there is any point in continuing with the video section. So we'd like to put the question to you, the membership: **how much interest is there in computer video, and what—if anything—would you like to do with it?**

### What's New on the Video Horizon?

Just as the Internet was the "killer app" of the 1990's, so audio and video media have been the "killer app" of the current decade. This is largely because of the ability of computers and hard drives to keep up with the high rates of data transfer which video requires, plus improvements in digitization and compression of source material. The two newest things on the media horizon are **High Definition** and **Mobile Video**. In a way, they are opposite poles of the media spectrum.

High definition video comes in various "flavors," but all of them require several times the file size and transfer rate of standard definition video. This requires high-

end computer equipment in terms of hard disc speed and size, CPU speed, and **Blu-Ray DVD** burners. The problem of mobile and internet video is to compress the material enough to produce a watchable picture, with files small enough to fit in a **BlackBerry** or **iPod** or transmit over a DSL connection. Additionally, there is connectivity between computers and televisions, which is just now becoming practical and in the next few years may become your primary TV source. All these are potential subjects for MBUG, hence the question about how active the membership is in audio and video.

### Do You Have Media Expertise?

The subject is varied enough that no single MBUG member has the knowledge to cover it all. I would be totally lost if I were asked to do a presentation on video for mobile devices, or downloading tunes for an iPod. So if you have abilities in any aspect of video/audio media, MBUG would like to hear about it.

### Anybody Interested in a Media SIG?

Also, let us hear from you if you would be interested in having a Media SIG (see below) with various, media-related topics and speakers.

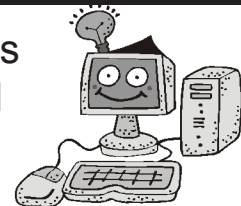
If we "hear" the sound of deafening silence, we'll know we have completed our task and can disband the MBUG Video Team!

Please e-mail your comments or suggestions to Carolyn Lake ([lakelyn@comcast.net](mailto:lakelyn@comcast.net)) or myself. ♦

[jhasling@comcast.net](mailto:jhasling@comcast.net)

## \*RUN YOUR OWN SIG!

2nd and 4th Wednesdays  
are available for **Special  
Interest Groups (SIGs)**.



*Present topics, conduct discussions, or introduce speakers of your choice and interest in the format of your choice: lectures, demonstrations, tutorials, or discussion of general computer-related topics.*

Contact **Jack Lewtschuk**, [blacklion@royal.net](mailto:blacklion@royal.net)  
or **Carolyn Lake**, [lakelyn@comcast.net](mailto:lakelyn@comcast.net).

We'd love to hear from you! ♦



# MBUG-PC SUPPORTERS

**James W. Anway**

Computer Consultant  
Retired IBMer

Phone: 831 625-5618  
Fax: Call first

Windows XP & Vista  
Trouble shooting, tuning,  
& training

Adobe Photoshop & Premiere  
Tuning & training



**Bob Weisensee**  
Production Supervisor  
bob@ctimls.com

**CREATIVE TECHNOLOGY**  
of Sarasota, Inc.  
5969 Palmer Boulevard  
Sarasota FL 34232-2841

*Printer of the MBUG-PC Newsletter*

(941) 371-2743 / 1-800-533-1031  
FAX (941) 379-2933



**Star Reierson**

star@computerpowerstar.com

1173 Ninth Street  
Monterey CA 93940

Phone: (831) 373-3919  
Fax: (831) 373-0671



**Carolyn S. Lake**

798 Lighthouse Ave, #194  
Monterey, California 93940

phone: 831-643-2023  
email: lakelyn@comcast.net

### **In-home Computer Coaching**

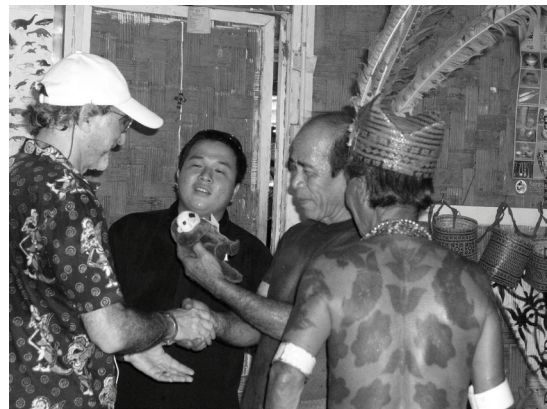
- Practical guidance to make your computer work for you
- Sessions geared to the older adult (beginner/intermediate)
- Special projects: document preparation, graphics
- Learn the basics of popular Microsoft programs and more

Word	Outlook	PowerPoint	Internet	Scanning
Excel	Publisher	WordPad	E-mail	CD Burning

# FourWinds Travel



Where the good times begin <sup>SM</sup>



*Dan Presser in Borneo discussing conservation awareness with a local Headman.*

■ **Dan Presser, Owner**

**26080 Carmel Rancho Blvd., Suite 103**  
**Carmel CA 93923-8757 ■ (831) 622-0800**

**Fax (831) 622-9467 ■ CST #1000683-40**

[info@fourwindstravel.com](mailto:info@fourwindstravel.com)

## *raffle items wanted*

**Cleaning House? Reorganizing? Getting A New PC?**

**Donate** new or nearly-new computer-related items (books, hardware, or software)\*

Call **Don Slaiter** (655-4443) or bring items

to any MBUG function. **Contact**, or tell us about, suitable vendors from whom MBUG might get raffle items. **Save** your money and buy lots of tickets at raffles!

All proceeds benefit our educational activities.

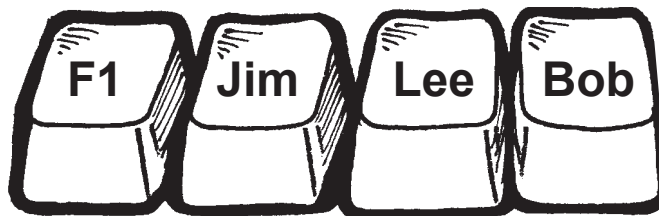
*\*Items will be sorted for the raffle, the "freebies" shelf, or responsible recycling*

## Computer Help - 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 F1 Volunteers** will share their experience on software and hardware. To get computer help:

- (1) Contact any of the people listed;
- (2) Ask questions during any MBUG-PC meeting break or Q&A session;
- (3) Leave a message for **Don Slaiter** (831) 655-4443 (voicemail) or call 657-4154;
- (4) Send 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!)



### ■ 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 233-6995

### ■ Bob Stephan

e-mail to [stephan.bob@gmail.com](mailto:stephan.bob@gmail.com)  
or call only between 9am-5pm  
646-1373◆

### 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).*

## Computer Classes - 2009



1025 Lighthouse Avenue  
Pacific Grove CA 93950  
(831) 646-6580  
Fax (831) 646-6578

We offer classes and workshops that are designed for the busy adult learner: Dreamweaver, MS Access, Excel 1 & 2, Photoshop Elements, Selling on eBay, Genealogy Online, InDesign, Picasa, Windows Vista, and more.  
Online registration available now:  
[www.pgusd.org](http://www.pgusd.org)



## Browse Your Way to BETTER HEALTH

compiled by Kris Glaser,  
illustrated by Lori Garris

*This article is from Smart Computing Magazine, Find It Online, Plugged In, July 2009 Vol.20 Issue 7 pp46-47, and reprinted with permission. Smart Computing invites you to visit [www.smartcomputing.com/groups](http://www.smartcomputing.com/groups) to learn what Smart Computing can do for you and MBUG-PC.*

### Gyminee

[www.gyminee.com](http://www.gyminee.com)

Signing up for this site gives you tools to help you meet your diet and exercise goals. From the “My Locker Room” dashboard, you can track your weight, nutrition, and workouts; set goals; make journal entries; and record your overall progress. Click the “Workouts” tab at the top of the page to find a workout program or create your own. You can invite your friends to be your “GymBuddies” and challenge one another to meet your health goals. Once you become a member, you can upgrade your account to the **Gyminee Pro** version for an annual fee of \$45, which offers additional tracking and statistics features and bonus workout programs. While you’re logged in, simply click the “Try An Annual Pro Account” link found above the Gyminee logo.

### EatingWell

[www.eatingwell.com](http://www.eatingwell.com)

This site will help you make your diet healthier. Click the “Recipes” tab at the top of the page to browse highlighted recipes or use the

Search bar to find a specific dish. The “Health” section offers tips for healthy cooking and features the latest food-related news. In the Health section, you’ll also find a “Nutrient Library” that outlines what foods your body needs most, why they’re important, and how much you should be eating. The “Shop” section features additional cookbooks for purchase, as well as cooking utensils and appliances.

### KidsHealth

[www.kidshealth.org](http://www.kidshealth.org)

The “Kids” portion of the **KidsHealth** website is perfect for teaching younger members of your family how to eat and live healthy. Kids can browse many topics, including “Staying Safe,” “Feelings,” and “Staying Healthy.” Click “How The Body Works” at the top of the main page to learn about the human body through movies, quizzes, articles, and activities such as a word find. The “Kids’ Dictionary of Medical Words,” found on the left menu, can help kids learn more about illnesses and health conditions.

### NIHSeniorHealth

[www.nihseniorhealth.gov](http://www.nihseniorhealth.gov)

This site features health and wellness information especially for seniors. Search for information about a particular topic by clicking a letter of the alphabet on the main page or choose from one of the listed categories. For example, the “E” section features helpful information about eating well as you get older and offers exercising tips for older adults. From the main page, you can

click “Exercise Stories” and read about the progress other seniors are making with their health goals. There is also a “Health Videos” section full of useful information and inspiring stories about older adults who are happily coping with tough health concerns.

### Centers For Disease Control and Prevention

[www.cdc.gov](http://www.cdc.gov)

One of the best ways to live a healthy life is to be educated. This site offers a limitless amount of information about preventing illness by adding healthy activities to your schedule. On the main page, click the

“Healthy Living” section to browse topics about aging, nutrition, sleep, and more. This site also features sections called “Emergency Preparedness & Response,” “Environmental Health,” and “Workplace Safety & Health.” The “Injury, Violence & Safety” section offers statistics and treatment information for various injuries and situations.

### Pets For The Environment

[www.petsfortheenvironment.org](http://www.petsfortheenvironment.org)

It’s important to discover ways for your pet to live a healthier life, too. This site, written by a pooch named Eddie, features various pet health topics and offers tips and advice on making your pet’s life as toxin- and chemical-free as possible. Start by reading “Eddie’s Healthy Pet Tips” under the “Take Action” section. “Eddie’s Blog” highlights other health issues such as treat-shopping tips. When you’re



finished learning how to make your pet's life healthier, add a picture of your best friend to "Eddie's Wall Of Cute," also found in the "Take Action" section.

## Healthy Indulgences

[www.healthyindulgences.blogspot.com](http://www.healthyindulgences.blogspot.com)

Eating good-for-you food doesn't mean you have to sacrifice taste or forego all your favorite treats. This blog features recipes for delicious-looking sweets that are gluten-free, sugar-free, and all-natural. The blog's creator personally bakes each recipe and includes directions and photos of each treat.

## Love To Eat, Hate To Exercise

[www.lovetoeathatetoexercise.blogspot.com](http://www.lovetoeathatetoexercise.blogspot.com)

The road to healthier living can sometimes be long, but as this blog's creator shows, perseverance harvests results. The posts on this blog share the successes of a personal journey to lose weight and live healthy. You'll find lots of advice, tips, and recipes, as well as an inspiring atmosphere that might just give you the motivation you need to start living healthy.

## Nutrinote

[www.nutrinote.com](http://www.nutrinote.com)

Work your way to better health by using **Nutrinote** software to monitor your food intake and exercise activities.

If you're looking for a better way to organize and manage your diet and exercise routines, this software might do the trick. Start by creating your own personal food diary and setting specific goals, such as weight loss or gain, weight maintenance, or simply eating healthier.

# Anway does Windows 7 November 6

**Microsoft Windows 7 is scheduled for release October 22, 2009.** The new operating system will have "tons of little refinements—and a few big ones," according to [www.microsoft.com](http://www.microsoft.com).

**What will this mean for you?** Can you upgrade from XP? From Vista? Do you need to upgrade your computer? Should you buy it right away or wait a while? Will it work well with your other programs? Is it hard to learn to use?

**Find out at Jim Anway's November 6 MBUG General Meeting.** Come listen to and ask questions of MBUG-PC's own workshop leader, retired computer expert (after a 31-year career with IBM), and active computer consultant.

Following his excellent March workshop (he presented his findings after testing the Beta version for Microsoft), Jim will give us his professional opinion and advice about Windows 7, discuss the pertinent issues, and answer your questions.

**Mark your calendars!** Questions or suggestions in advance? E-mail Jim at [AnwayJ@comcast.net](mailto:AnwayJ@comcast.net). ♦

Keep track of the foods you eat and what types of nutrients they offer. A pie chart shows you the percentages of carbohydrates, fats, and protein you consume. If you're concerned about a particular food type, such as carbs or fat, you can set a stoplight that alerts you when you've gone over a limit that you choose.

A healthy living plan isn't complete without exercise. In addition to monitoring your food intake, you can also manage your physical activities, from sports such as swimming or running to daily activities such as vacuuming or gardening.

For an even more specific log of your diet and exercise habits, you can write notes in your food diary and record your mood. And with the ability to add multiple profiles,

you and your family members can grow healthier together.

To download the free trial, visit the site and choose "Download Free Trial" at the top of the page. The next page explains that you can download the Nutrinote software to your hard drive or to a USB flash drive so you can take your food diary with you wherever you go.

Click "Download" under the "For Private Users" box and save the file to your preferred location. When the download completes, double-click the file to start the installation. If you want to buy the software, simply click the "Buy Now" option at the top of the home page, choose which edition you'd like (\$39.95 for Standard and \$49.95 for Premium), and follow the on-screen directions to place your order. ♦



**SEPTEMBER**

**FACEBOOK:**

**BEYOND THE BASICS**



photo: Bill Hyler, MBUG-PC

**Nicole Gustas**

*Guest Speaker*

**Wednesday, 23 Sept**

7:00 to 9:00pm

Canterbury Woods PG

Nicole, website and marketing manager for the **Monterey County Convention and Visitors**

**Bureau**, introduced **Facebook, Twitter, MySpace, Flickr, LinkedIn** and other sites in June. She returns to do a sort of "Facebook Part Two: Beyond the Basics." You need not have attended her previous presentation to learn something very useful! Questions in advance? Contact Nicole at [ngustas@gmail.com](mailto:ngustas@gmail.com). ♦

**COMING in DECEMBER**

**THE VIRTUAL**

**DESKTOP**

**Michael Nall**

*Guest Speaker*

**Friday, 4 December**

7:30 to 9:30pm

Adult Education Center, PG



**Michael Nall**, from **Your New Desktop, Inc.**, will discuss virtualization, a newer computer technology especially useful for small businesses but also with advantages for the home user. Michael will discuss what virtuality is, pros and cons of use, applicable operating systems, and hardware and software requirements. Here's a chance to hear about a new type of networking now being used in business and education and to see what it may mean to you. Questions in advance? Contact Michael at [Michael@yournewdesktop.com](mailto:Michael@yournewdesktop.com). ♦

**MBUG-PC POTLUCK BBQ**

*Saturday 19 September 2009 from Noon to 3 pm*

**MBUG is having a Potluck BBQ!**

Mark your calendars! We've missed this event for a couple of years, but now it's back. Again we will gather at the Canterbury Woods Auditorium, 651 Sinex Avenue (between Forest and 19th) in Pacific Grove for a few hours of fun and food.



**What We Supply, What You Bring**

The burgers with all the fixin's for the BBQ and the beverages are supplied by MBUG. You bring your favorite picnic dish: appetizer, salad, dessert, or whatever it is you want to share. MBUG will run a raffle and computer quiz.

There will be a small donation of \$5.00 per person over 12 years of age in advance to defray costs (\$7.00 per person the day of the event).

**This Could Be the Social Event of the Year**

Don't hear about the fun later; come and enjoy fun, food, laughter, and great conversation.

**Family and Friends Welcome!**

This is a great time to get to know the faces of your fellow club members (instead of just the backs of their heads at the meetings).

MBUG members, friends, and family and MAC Club members, friends, and family are all invited. How do you sign up? Use the on-line survey sent to members to RSVP; payment instructions and dish sign-up are included.

**Volunteers Always Needed!**

We need help to call members, set up, shop, take photos, clean up, and other light duties.

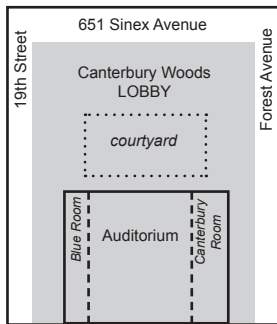
*Ideas? Want to Volunteer? Questions?*

Contact **Debbie Jones** at [Debbie@debbteaches.com](mailto:Debbie@debbteaches.com). ♦

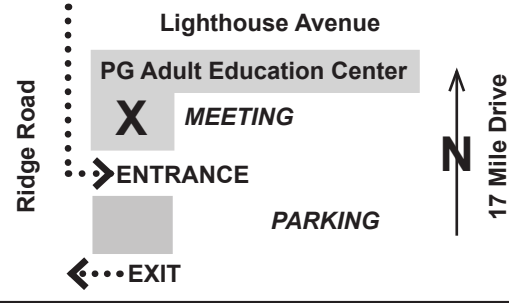
# MBUG-PC Calendar of Events - September 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <i>DIRECTORS MEETING</i> Canterbury Woods PG Begins at 7pm <i>Everyone Welcome!</i>	2	3	4 <i>"MAGIX Xtreme PhotoStory"</i> Adult Ed Center PG 7:30 to 9:30pm <i>Debbie Jones</i>	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19 <i>MBUG POTLUCK BBQ</i> Canterbury Woods PG 12 noon to 3pm <i>See details page 14!</i>
20	21	22	23 <i>"Facebook: Beyond the Basics" SIG *</i> CBW 7-9pm <i>Nicole Gustas</i>	24	25	26
27	28	29 <i>DIRECTORS MEETING</i> Canterbury Woods PG Begins at 7pm <i>Everyone Welcome!</i>	30			

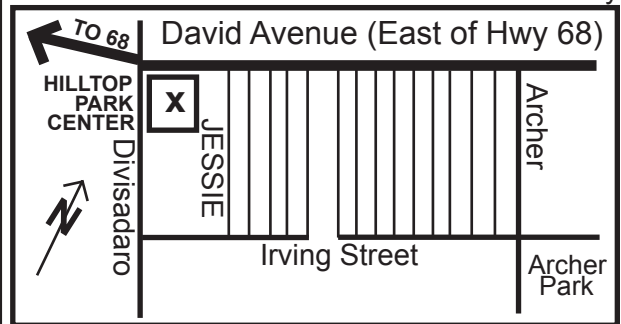
**Canterbury Woods**  
651 Sinex Avenue  
Pacific Grove



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



**Hilltop Park Center**  
871 Jessie Street  
Monterey



## Tentative Calendar October 2009 Check the October Newsletter for Final Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*2nd and 4th Wednesdays open for <b>Special Interest Groups (SIGs)</b> . Your choice of topics, speakers, meeting style on anything computer-related. Contact <b>Jack</b> <a href="mailto:blacklion@royal.net">blacklion@royal.net</a> or <b>Carolyn</b> <a href="mailto:lakelyn@comcast.net">lakelyn@comcast.net</a> .				1	2 <i>"All About Google"</i> Adult Ed Center PG 7:30 to 9:30pm <i>Krystlyn Giedt</i>	3
4	5	6	7	8	9	10
11	12	13	14 <i>This date is available for a SIG * at CBW 7-9pm</i>	15	16	17
18	19	20	21	22	23	24
25	26	27	28 <i>This date is available for a SIG * at CBW 7-9pm</i>	29	30	31



# mbug-pc newsletter

Vol 28, No 9, September 2009  
 PO Box 51611 / Pacific Grove  
 California 93950  
 info@mbug.com



Check your Membership expiration date above.  
 Does it say "Exp: September 30, 2009"?

If so, renew your subscription today!

Enjoy the many benefits of MBUG membership and don't miss an issue of this fine, locally-produced publication. Membership and Newsletter: Electronic \$20, US Mail \$25, both \$35.

Additional tax-deductible donations welcome! Send your name, address, phone number, e-mail address and check to:  
**Monterey Bay Users Group-PC,**  
 PO Box 51611, Pacific Grove CA 93950

## MEMBERSHIP REPORT

photo: Bill Hylar, MBUG



**Don Slaiter**  
 Membership  
 Chairman



### A HEARTY WELCOME TO OUR NEWEST MBUG MEMBER

name	member number
Carol Mikkelsen .....	1324

### THANK YOU FOR RENEWING: WE VALUE YOUR CONTINUED MEMBERSHIP

Jack Beigle .....	1307
Phil Butler .....	1233
Norma Cocklin .....	1063
Regina Doyle .....	1103
Glen Grossman .....	1197
Joanie Hylar .....	1205
Emil Kissel .....	1309
Bob Shanteau .....	1263
Tom Streeter .....	1062
Alberta Sullivan .....	6
Terry Williams .....	489
Brian G. Wilson .....	1123

### THANKS TO OUR GENEROUS DONORS: YOUR ADDITIONAL GIFT IS ALWAYS APPRECIATED

name	member number
Norma Cocklin .....	1063
Glen Grossman .....	1197
Carol Mikkelsen .....	1324
Tom Streeter .....	1062
Alberta Sullivan .....	6