

# The South Bay Mug

# MAGINTOSH

A Monthly Cupful For South Bay Apple Mac User Group Members, Apr. 2007

## MACHinations

A personal view from Bob

### Me and My Mac

Everybody does email and surfs the web, but the Mac is capable of so much more. Here's some of the things I do and productivity software I use.

**Web page authoring** is a major activity. I manage several web sites, including our club's site, each directed to a different audience. A web site is where people can *pull* information, not *push* it as email. I make a lot of information available without forcing it on you. I like to put photo galleries on the web. Instead of a printed Christmas letter, I have a personal web site where I continually update my activities and include more material than I could in a printed letter, while saving paper, ink and postage. I use Adobe GoLive and BBEdit but recently started using Freeway.

**Photos and graphics.** I have photos everywhere — web sites, presentations and slide shows — and use a collection of photo and graphic apps and utilities.

- iPhoto and iPhoto Buddy to store and organize my photo collections.
- Photoshop and GraphicConverter to edit images.
- Galerie to create photo slide shows from various events that I post to the web.

**My Life Story:** Off and on (mostly off) I'm writing my life story as a web site with photos and maps. I can put it a CD to be viewed with a web browser. I use SBook, a free database, to sort and document various life events as I plow through boxes of old material.

**iMovie and iDVD:** I show the best photos from my activities as a slide show in iPhoto and use iDVD to burn a DVD. I often "film" an event with my digital video camera and then edit and put it on a DVD using iMovie and iDVD.

### Finance

- Quicken for bank, credit cards and investments.
- TurboTax to prepare my tax return.
- Excel to manipulate lots of data.

### Music

- iTunes to store, play and create music CDs.
- Audio Hijack Pro to capture music from the Internet.
- SoundStudio for audio recording and editing.
- Finale to produce good-looking sheet music.
- Barfly to play and manipulate ABC music notation files.

### Text and Print

- Tex-Edit to clean up and manipulate text.
- BBEdit for HTML text.
- Appleworks and Pages for page layout and print documents.
- Keynote for presentations.
- Microsoft Word for Word files I get from others.

### Database and data storage

- Filemaker Pro and Appleworks to maintain medical, inventory, auto and house repair and recipes. I even use the Appleworks database to print "social" cards.
- Entourage and Address Book for my contacts.
- SBook for quick addresses and misc info.
- Yojimbo and Journier for storing snippets.
- Remember? for birthdays and anniversaries.
- Now Up-to-Date for my calendar appointments.
- Reunion is my genealogy database.

Skype is for telephony. I can call Macs, PCs and regular telephones. iChat is nicer, but it's Mac-to-Mac only.

I'd love to hear what you do.

	<b>Bob Brooks</b> Helping Beginners 310-545-8060 SBAMUG@gmail.com
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## Welcome to South Bay Apple Mac User Group

You and your friends are invited to attend our next meeting. Our membership dues are only \$35 per year, entitling you to this newsletter each month and many more benefits. If you would like to become a member or get more info on SBAMUG, feel free to check out our web site at: [www.sbamug.com](http://www.sbamug.com)

P. O. Box 432  
Redondo Beach, CA  
90277-0432

310-644-3315  
Email: [info@sbamug.com](mailto:info@sbamug.com)

### Meetings are held at the

Redondo Beach Community Center  
320 Knob Hill, Redondo Beach  
(see map & directions on page 11)

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### Officers & Volunteers:

President:.....Glen Terry  
Vice President:.....John Bernardo  
Secretary:.....Wayne Inman  
Treasurer:.....CW Mitchell  
Directors at Large:.....Dave Nathanson,  
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Newsletter Editor:.....Dorothy Weeks  
Raffle Chairman:.....George Griffiths  
Refreshment Coordinator:..Louise Polsky

### Membership Report:

(You may notice your name is in larger letters on your card. That is so it can be used as a name tag at the meetings.

Your Membership Cards are in the mail!)

**Current Membership - 173**

#### Welcome New Members -

Ginger Clark, Bob Freeman, Sandy Friedfield, Zoann McFarland, Margaret Wehbi.

#### Thank You Member Renewals -

Tim Desmond, Jim Gamble, Victor Kosuda, Jim McGreevy, Chuck Morris, Herbert Epp, Frank Scholz.

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### MONTHLY CALENDAR

**1st Sat - SBAMUG Core Group Mtg @ announced locations, 10 am**

**1st Thur - LB Mug @ Emerson School, Palo Verde & Willow, Long Beach, 7 pm**

**1st Sat - Orange Apple UG, Orange Coast College, Chem Bldg, Costa Mesa, 8am-1pm**

**3rd Sat - Adobe Tech Exchange Toyota Bldg on Grammercy near 190th, 9 am; \$10**

**Last Wed - SBAMUG Monthly Meeting**

**Last Tues - WOCMUG @ Emerson School, Palo Verde & Willow, Long Beach, 7 pm**

**Last Sat - TRW / Northrop Ham Radio & Computer Swap Meet, 7 am - 11:30 am**

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**Members are invited and encouraged to submit articles and original artwork for publication. Newsletter deadline is the last Wednesday of the month. Articles may be edited to fit in available space.**

Please send to: [dhweeks@sbamug.com](mailto:dhweeks@sbamug.com)

## SBAMUG APRIL 2007 PD CD

Full deck of 8 for this month:

**CocktailTE.dmg** This is the "Tiger edition" for OSX 10.4. System cleaner/Tweaker/ Maintenance tools utility program. Tweak hidden settings on mail and safari too.

**dvdpedia.dmg** A DVD cataloging program. Pulls DVD info from the internet. OS X 10.2.6 or better.

**eMorse.zip** A utility to convert text to Morse code (dots and dashes) or visa-versa. Plays the Morse code, too!  
SBAMUG is .../-..././-/-/..-/-/ OSX 10.4.

**InstantShot 2.4.dmg** Simple screen capture utility. Places an item in the menu bar. Click on it, make your choices and capture all or part of the screen. Saves as JPG, PNG or tif. OSX 10.4

**KIT\_1.3.2.dmg** KIT is "Keep it Together"; a scrapbook application. Saves text, documents, images, sounds, Web pages and bookmarks. Can color code these objects or use the "smart" groups automatically. Requires OSX 10.4 PPC/Intel

**PetRock.wdgt.zip** A widget so 10.4. Displays your pet rock in three moods, happy, sad, or mad. If you remember the pet rock fad, you'll find this virtual one does exactly like the real one did: nothing!

**TerraVista\_0.4.4.dmg** This displays the current night and day on the earth and can get the real time cloud information. Requires either 10.3.9 or 10.4 PPC/Intel. Preferences to adjust the transparency.

**ThumbPrinter150.zip** This utility will print thumbnail size photos on a contact sheet. Scans folders and will show the file name, size, and path. Requires either 10.3.9 or 10.4 PPC/Intel.

CD for this month will be at the April meeting as the March-April 2007 CD.  
Catch you at the April meeting.  
Jim Pernal *PD Editor*

## Using the Scroll Wheel on Your Mouse to Zoom In On the Screen

You can do this in Tiger with any mouse with a scroll wheel (or scroll pea if you have a Mighty Mouse). Hold down the control key on the keyboard then push the scroll wheel away from you. The screen zooms to wherever the cursor is. Scroll the other way and it zooms back out. This trick is great for those emails that have the really small text or websites that also have small text. You could even use it to examine photos close up for some fine-tuning.

*Small Dog tip alert courtesy of Glen Terry*

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## A Router Alternative

*By Christopher Breen, Mac 911 Tip of the Week*

Reader Celia Mendez seeks a simpler networking path. She writes: "I have two computers: a PowerBook G4 and a new Mac Pro tower. What is the easiest, cheapest, and best way to connect them up into one cable modem so they can both access the Internet? I was told that a router was the answer, so I bought a Logitech router and discovered that it doesn't work on a Mac. All the Apple Store products are for wireless, which I don't need, and they all seem very expensive. I am just one person freelancing so I don't need a huge network or anything fancy. Do I even need a router at all?"

If you have AirPort cards in each Mac, no. You can simply jack the cable modem into the Mac Pro's Ethernet port, share the Internet connection on the Mac Pro, and your PowerBook can jump on the Mac Pro's connection. Specifically, you set up the latest version of OS X this way:

*Continued on p.8*

## How to Become a Literate Mac User, Part V

By John Martellaro  
[j.martellaro@comcast.net](mailto:j.martellaro@comcast.net)

In the last installment of this series, we looked at OS operations. In order to understand how to best handle Mac OS X, we have to understand how Apple combined a UNIX operating system with a GUI that anyone can use. That integration has few visible artifacts, but it does create certain operational considerations that we have to understand in order to keep from going astray. Being knowledgeable and efficient about these operations is the road to Mac literacy.

In this segment, we'll talk about applications. An application, sometimes just called an "app," is a software program that performs a coherent collection of tasks, for example, a word processor or a Web browser.

In the old days, an application was a single executable file. You'd type its name on the UNIX command line, and it would launch. The operating system would take care of positioning the application somewhere in free memory, protect it from being stepped on by other applications, and would manage the input and output to the user.

In UNIX, in contrast to user applications, there are some background programs that handle system tasks, such as time keeping, networking, activity logging and so on. They are *faceless* because they have no traditional user interface. They are called *daemons*. Note that this term is an ancient Greek word related to our concept of a guardian angel. It has nothing to do with a demon.

Nowadays, applications are much more complicated. They require an entire UNIX directory (the same as a Mac OS X *folder*) to contain all the files, such as, a manual, help files, property lists, icons, audio files, localization files for other languages, and finally, a binary executable. Since everything the application needs can be located in this directory, Apple

decided to do something very elegant in the design of Mac OS X and make the directory's icon appear to be a simple file -- one that can be dragged, copied, and double-clicked. Also, every application ends with the file extension, appropriately enough, .app. You'll see this if you elect to show file extensions as we described last time.

It's the responsibility of Mac OS X to dig into this directory when it's double clicked and, using protocol, find the executable and launch it. If you'd like to see the structure and content of one of these applications, do this. Navigate to the root of your hard disk in the Finder. You'll see a directory called Applications. Open it and select (highlight) the application called Chess. Now either right click it -- if you have a multi-button mouse -- or hold down the CTRL key as you click on the icon. You see what's called a contextual menu. Select the menu item called "Show Package Contents." You can further explore the directory structure by opening the directory called MacOS. You'll see a file called Chess. That is the true, naked binary. You could even double click that file to launch the application yourself. (As opposed to double-clicking the directory icon we first looked at.)

In general, you should never, ever change or delete one of these files inside the application directory. The developer placed them there, and the application will probably fail to run correctly if you disturb these support files.

### Operations with Applications

When you bought your Macintosh, Apple pre-populated the Applications Directory with a lot of fun and useful Applications such as the Address Book, Calculator, Mail, Safari, and a text editor. There may also be a few applications such as the iLife suite or the Microsoft Office suite that you can try out and then pay for. In time, you may purchase software that instructs you to copy an application folder into the Applications directory.

The best kind of application is a single folder that is simply dragged to the Applications folder. That is, if you have sufficient system privileges.

One of the operational features of a UNIX OS that comes to bear here is whether you are the administrator of your own computer or whether the Mac has been provided to you, say in the workplace, and you are an unprivileged user. Only a Mac OS X administrator can copy applications into the system's Application directory. However, unprivileged Mac OS X users can have their own Application directory in the root of their home directory -- if there isn't one there already. Just navigate to your home folder and use the Finder's File menu to create a New Folder. Rename it "Applications". It will automagically inherit the cool ruler, pencil and brush icon.

In some cases, applications require files to be placed in other places in the Mac's directory structure. The system's or your home folder's Library directory is a candidate. These files may be license files or supplemental code that adds some kind of functionality in support of the application. Rather than have the user drag these files to where they belong, the developer provides what's called an installer package. It will look like a small box/package and have the extension .pkg. For the curious, this is really another directory that contains all the files required to install and a Perl script to move all the files where they belong.

Mac OS X, as part of its security protocols, protects these Library directories from non-administrators. As such, the installer package may ask you for an administrator password. You either defined this when you first configured your Mac out of the box, or you'll need to ask the owner/administrator to enter it for you. (Note: they may politely decline.) What you need to know is that once this administrator password is entered, the installer package can pretty much have its way with your Mac. (Almost.)

As a literate Mac user, we want to be very careful about this. Only give that password to an installer package that you trust. That is, software that you bought from a reputable vendor or shareware developer. If in doubt about shareware, go to [Version Tracker](#), look it up, look at the number of downloads, and read the

feedback to get a feel for the popularity, robustness, and reputation of this software. If in doubt, don't install it.

### **Apple Applications**

To wrap up this part, let's look at some of the Apple supplied applications that you should be familiar with.

**Address Book.** The Mac OS X address book doesn't stand alone. It can feed information to the Apple Mail and Calendar (iCal) applications. It can also display phone numbers in large type so that you can practically dial from across the room. It can print out highly customizable address book lists. It's a great application.

**Calculator.** Apple's OS calculator was a bit of a joke for many years because it was so limited. The Mac OS X calculator launches as something resembling a simple four-function calculator, but is, in fact, very capable. Go to the Calculator's View menu and select View -> Scientific. For those of you who love the old Hewlett-Packard RPN scientific calculators, you can select an RPN option.

**iTunes.** This is a legendary application. There is really nothing else like it. Whole books have been written about it, so I won't go into detail. Just be sure that if you have an older Mac that it supports the [hardware requirements](#) for iTunes 7 -- which is very graphic intensive.

**Mail.** In Mac OS X, you get a fairly nice e-mail program called, simply, Mail.app. It's good enough for individuals and robust enough for all but the most severe business environments. You can select an option to have it auto-complete addressees from the Address Book. You may elect to use another e-mail program such as Eudora or Thunderbird, but it's a good idea for beginners to Mac OS X to stick with the Mail.app for awhile. You're guaranteed that the maker of your computer is also the one looking out for your e-mail life's safety and security -- including automatic updates.

**Preview.** Preview is an easily overlooked application. It is a very capable viewer for all

kinds of graphics files, including Adobe PDF, and JPG, TIF and PNG image files. And it will even convert from one file type to another. Add this one to your dock along with all the others mentioned here. Use it to view just about any kind of file in Mac OS X.

**Safari.** The most important applications on your Mac are probably e-mail and your Web browser. Apple's Web browser, Safari, is very good and well integrated into the security infrastructure of Mac OS X. There is little reason to use a different browser unless you have difficulties with certain Web sites that you really need -- such as banking sites. In that case, try [Firefox](#) for Mac OS X. In general, however, stick with Safari as a beginner until you have enough experience to select another browser with good reason.

There are many more useful applications for Mac OS X, and a discussion could fill a book. Basically, you want to remember the cautions about assessing and installing applications and keeping them organized in just your system and/or personal application directories.

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<<http://www.applelinks.com/index.php/category/C55/>  
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## Creating iMovies and iDVDs

*Courtesy of Hector Ayala from our eGroup*

**I**n the time you spent (hours) trying to export into iMovie, you could have been finished an iMovie project. When you started, Did you put all the pictures to be put in the slideshow in a folder? If you did, it would take no effort to fire up iMovie and drag in the entire picture folder into the timeline of iMovie. An iDVD slideshow is "Quick and Dirty" in other words, you don't do much. The program does it all for you. All you do is choose the theme, choose the Intro picture, choose the ONE piece of music,

choose the limited transitions, press Burn, and Voila!

In iMovie, you have the full control of each individual picture. You decide the length of View, you decide the behavior of the Ken Burns effect. You decide on whatever Titles or Credits you wish to insert into the timeline. You decide on the Track or Tracks of Music you will use. You decide where to Fade in or out the Music track. You choose the volume of the music wherever you want in the timeline. You choose whatever sound effects (if any) you want to insert. You can even narrate the Slideshow as the pictures flow (on the second Audio Track).

In other words, spend the time and enjoy making your magnificent project. You will be proud of your presentation. Your friends and family will be so impressed. When you are done in iMovie, go to 'Share' and choose iDVD. iDVD will fire up, choose a theme, choose an opening sequence for the presentation, choose a song to drop in the Sound Well, and click "Burn."

Before you press "Burn," I would strongly recommend that you NOT Press Burn!!! If you press "Burn," you will Burn ONE DVD. Depending on the intricacy of your Slideshow, it may take a very long time for your project to finish Rendering, then Burned. When it is done, you will be asked if you wish to burn another one. If you do, go for it. These next few will not take anywhere near as long as the first one, as things have already been rendered. The problem here is that you must plan ahead and decide how many you wish to burn. Also, when you are finished with the project, iDVD will close. Let's say that you did not make enough copies of your DVD, and now you wish to Burn another few copies. If you did NOT remove the project from your hard drive because of Memory limitations, you would open up your project and start from the "Burn" Point. You are now in for another very long wait, and again plan on how many copies you will burn. You must also physically be at your computer to press the Burn button!

This is my recommendation:  
Instead of pressing "Burn," go to the File menu,

and click "Burn to Disc Image." Follow the prompts, and let it do its thing. Go to bed, or just go do your thing. You do not have to be there. When it is done, you have an exact Image of your DVD slideshow. You will NOT have Burned a playable DVD. But you now have the ability to Burn as many playable DVDs anytime you want. The Image will burn a DVD in only a few short minutes at the most! You now also have the choice of trashing your DVD project so that you may conserve memory. It is a Hog!

To burn a DVD from your Image file:

- \* Double click the Image File
- \* You should see a Mounted Icon of your image on your desktop
- \* Whatever folder opens up, close it
- \* Open up Disk Utility
- \* On the left listing, you will see your mounted hard drives, then a line. Below the line, you will see your Image File
- \* Click the Image File Icon Once to highlight it
- \* On the top of the pane, you will see the "Burn" icon. Press it, insert a DVD disk, and in only a few short minutes, you have a playable DVD! Burn as many or as few as you want. The Disc Image of your slideshow will always be there for you if you ever want to burn again.

If anyone out there has any questions on iMovie or iDVD, it would be a pleasure to give you a helping hand.

Hector  
310.326.3416

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## Installing System Updates

*By Jimmy@smalldog.com*

Apple recently released the 10.4.9 update to OS X Tiger. You can view this link for details about the fixes/changes in the update:

<http://docs.info.apple.com/article.html?artnum=304821>

Installing these system updates or any updates that come in through the Software Update

application is quite simple! Of course there are a few tips I would like to offer.

If you have very important files, documents, music, anything, I would recommend backing that stuff up before you install any updates. It may sound like a pain but it can really be worth it sometimes. If you really want to go above and beyond that you could clone your hard drive (<http://www.shirt-pocket.com/SuperDuper/SuperDuperDescription.html>) so that in case the update goes bad you can just restore your drive and it will be just as it was before. You should not only back up when you install updates though, backing up your data should be part of your normal computer using routine!

If you ever have issues with installing system updates there are a few things you can check over. First make sure that you have enough disk space for the update. When you launch Software Update it will check with Apple services to see if there are any available updates. If there are, it will display the name of the update and the size of the download. You can check the amount of space you have left on your hard drive by right clicking on your Macintosh HD icon located on your desktop and clicking on Get Info from the menu that pops up, alternatively you can click on the Macintosh HD icon on your desktop and press Command+I. This will bring up a little window with details about your hard drive. In the General section you can see the format of your drive (usually Mac OS Extended), the capacity, amount of space available and how much space you've used. Obviously, check out the amount of free space. If you don't have enough free space, you will need to delete some of your files, or better yet, move them to another disk.

If you have issues with installing the updates it would be wise to run Disk Utility (found in Applications >> Utilities) and then repair the disk permissions. It's also a good idea to run this tool every month or so. Keeps your system running smooth  
Should the Software Update application crash, or if you happen to loose power, or if something

happens in the middle of install system updates that prevents it from finishing, it's possible that your system will not boot or will boot up but will act odd. If this happens you should probably do an archive and install. This will reinstall the system but save all your files and documents. You can do this by using the Software Restore disks that came with your Macintosh.

The last tip I want to provide is waiting. Software Update is set to run weekly and check for updates. If it finds anything it'll let you know. I usually wait about a week from when that Software Update window comes up until I actually install the update. The only reason I do this is because it's possible that the update itself might have an issue and within that week Apple has time to fix the issue(s), if there are any. Issues could be things like fixing one issue, but this could stop some application or function from working correctly. Although it's usually unlikely for this to happen because Apple puts these patches through some tests, it is possible.

I've never had any issues with installing system updates, but I've heard of a few people who have, so I think it's pretty safe to say that you won't have issues with install updates. If you do, hopefully you can refer to this article on troubleshooting software updates!

Resources:

<http://docs.info.apple.com/article.html?artnum=106692>

<http://docs.info.apple.com/article.html?artnum=106695>

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## **A Router Alternative-**

*Continued from p.3*

Your cable modem will be plugged into your Mac Pro's Ethernet port. Configure the Mac Pro to access the Internet via the cable modem. Open System Preferences, click Sharing, and then click the Internet tab. Choose Built-in Ethernet from the Share Your Connection From pop-up menu

and enable the AirPort option in the To Computers Using list. If you want to password-protect the wireless network you're about to create, click AirPort Options, enable the Enable Encryption (Using WEP) option in the sheet that appears, enter and confirm a password for your network, and click OK to dismiss the sheet.

Click Start. (If you've turned on the firewall in the Firewall area of this same system preference, you'll need to enable Personal Web Sharing in the Firewall so any connected computers can share the Mac Pro's Internet connection.)

If you've enabled the AirPort icon in the menu bar (which you do via the Show AirPort Status in Menu Bar option that appears within the AirPort area of the Network system preference), your AirPort icon will show an arrow pointing up.

Move to the PowerBook and, from its AirPort menu bar menu, choose the Mac Pro. Your PowerBook is now connected to the Internet via the Mac Pro's Ethernet connection to the cable modem.

However, if your Macs don't have AirPort cards, adding them isn't cheap. You can't simply add an AirPort card to a Mac Pro -- an Apple authorized service provider must provide and add the proprietary part. And if your PowerBook G4 requires the original AirPort card, you'll find that Apple no longer sells them. They're available from third-party vendors for around \$79.

In this case, a router is the way to go. If you don't need wireless, a wired router from a company such as Linksys or D-Link will set you back around \$30 to \$40. Setup isn't as breezy as it is with Apple's AirPort gear, but, in this case of ease-of-use, you get what you pay for.

.....  
Check out this website and learn a lot!

<http://computer.howstuffworks.com/>



## Dr. Dave's Thoughts on Backups

*From the SBAMUG eGroup*

What do I do for Backups? I'm glad you asked!  
(You were about to ask weren't you?)

I realized that I needed to follow the advice I was giving my clients about safely backing up. I don't ever want to be the well-meaning hypocrite with a terrible data loss story to tell.

I used to back up weekly to an \$850 scsi DAT tape drive, but that got old when I moved from Mac OS 9 to Mac OSX, and the Adaptec scsi card didn't work anymore and I had to get an ATTO scsi card (not cheap!) And still those tapes only held a little over 20 gigs per. Plus it was s l o w . A 6 tape back up could easily take all weekend. And I don't want to be down that long if I have to restore from tape. By the way, I have a perfectly good Sony 9000 DAT available if anyone is interested.

IMHO DVD-R discs are not reliable enough, and if you're using Retrospect BackUp, you'll quickly learn that Retrospect is VERY picky about what discs it will write to. What a pain. Possible to do, but expect a lot of aborted DVD disks.

So I got an external FireWire HD, and started using SuperDuper nightly. It worked great! :-)  
But the downside is that it only is a clone of my current HD picture, and no data is archived. So if I accidentally delete something, I've just got until that night to retrieve it from the external HD Backup, or it's overwritten. Not optimal, but in any "insurance" situation, you need to decide what perils you are trying to defend against.  
<<http://www.shirt-pocket.com/>> \$28

External FireWire HD; the blue Neptune "Value" series from OWC  
<<http://eshop.macsales.com/shop/firewire/owc-neptune-drives/>> \$120 for 250 gigs.

After some thought, I decided that I'm most interested in guarding against catastrophic loss, such as a desktop computer theft, or hardware failure. But I'm also interested in preventing loss

in the case of a fire or other major incident at the computer's location.

So my solution for the first peril; theft or major hardware failure; is the external Hard Drive, cloned by SuperDuper nightly. To improve my chances against a break in and theft, I used large through bolts to mount a sturdy lockbox under my desk. It was formerly a hotel room safe, but a smallish gun safe would fit well, too. After drilling holes in the back, the External Firewire Hard Drive goes in there. The cable runs out & to my Mac on top of the desk. So a thief would have to not only notice the lockbox bolted through the desk, but take the time to attach it sufficiently to obtain that Hard Drive, and I'm betting he/she won't.  
<<http://www.handgunsafe.com/safes.htm>>

To reduce the change of power related problems, I have UPS battery backups on everything, including this external Firewire hard drive, and even my cordless phone. And because I'm the way I am, I unplug the power cord to that external HD most of the time, remembering to plug it in for the nightly backup. Saves wear and tear, while ensuring that nothing can happen to that data when it's not plugged in.

I also got a little application called SMARTReporter from Julian Mayer - it checks the hard drive self-tests every 20 minutes, and alerts me if there is an imminent disk failure.  
<<http://homepage.mac.com/julianmayer/>> Free or donation.

Ok, so what about a fire, flood, hurricane or destructive burglar with time to hammer on my lockbox? Here comes Back Up Plan #2, the suspenders to hold up the belt.

I use Retrospect 6.1 for Mac which, among other advanced features, allows backing up to a FTP server.  
<<http://www.emcinsignia.com/products/homeandoffice/retroformacintosh/>> Retrospect Express for Mac (free with many external hard drives) can do most of the same stuff, it's just less configurable.

PC users could use "Acronis True Image 10 Home" which can also backup, including via FTP (but not encrypted).

<<http://www.acronis.com/homecomputing/products/trueimage/>> \$50

I configured Retrospect to incrementally and unattended, backup my most crucial folders (encrypted, compressed then via FTP) to a non-web available FTP server at Dreamhost.com.

They give me 200+ gigs of storage there to use however I want to for about \$8/month. This method will also preserve old versions of my data weekly until/unless I manually reset the backup and start over with it. Dreamhost is having a sale! 20% off with this link (also gives me something or other).

<<http://www.dreamhost.com/r.cgi?250640/hosting.html>>

In addition to all this, I also back up certain things, like my 2 gigs of email to DVD-R occasionally, and I try to remember to export my email address book, saving it into the Documents folder so it will get backed up by all these means. Retrospect automatically prompts me to insert a DVD-R weekly to backup my web server, too.

AND... I sync my Palm-phone (Kyocera 7135) to the desktop computer daily, so that is an effective back up of my calendar and phone list. I use a great little application for Palm OS & Mac OS called PasswordWallet in which I keep several hundred passwords and bits of sensitive information synchronized between my desktop and phone. Since this data is all encrypted, I'm spared the trauma of ever needing to tell my clients, friends or family that I've been careless with their alarm codes or passwords, because I'm not.

<<http://www.selznick.com/products/passwordwallet/>>

AND... I bought a great little Palm OS program; BackUpMan that will, unattended and on schedule, make a complete backup of my Palm Phone to a SD card daily. It just works. So that is covered too, and I very occasionally swap in a different SD memory card so I have a complete

back up at home, in case the phone got lost or stolen.

<<http://palmsource.palmgear.com/index.cfm?fuseaction=software.showsoftware&prodid=46552>>

I feel strongly that reliable backups need to be automated so they happen on schedule. Let machines do what they are good at.

So there you have it. Simple really. Hope this helps.

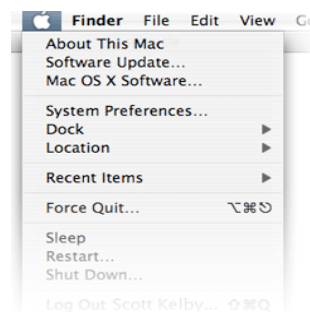
Best, Dave Nathanson *Mac Medix*

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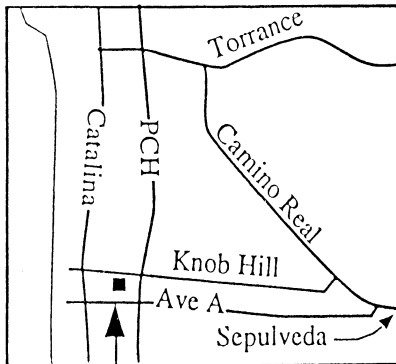
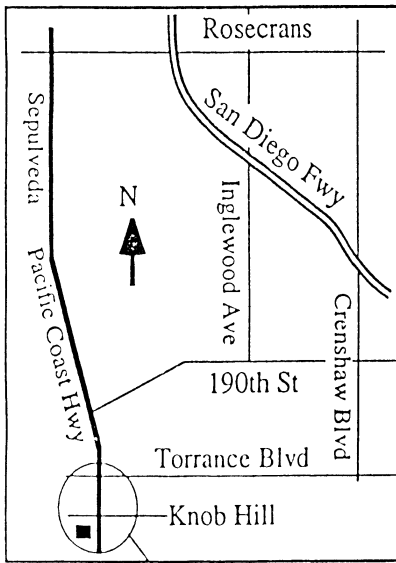
## Become the Ultimate Menu Master

**W**ant to really speed things up? How about jumping right to the Apple menu without even clicking the mouse? Just press Control-F2, press Return, and the Apple menu pops down (if you're using a MacBook, press Function-Control-F2). Oh, but there's more! Now that you're in the Apple menu, press the Right Arrow key on your keyboard to move to the other menus (Finder, File, Edit, View, etc.) and the Left Arrow to move back.

Once you get to the menu you want, press Return, then type the first letter of the command you want in the menu and it jumps right there. Now press Return again to choose that command (and you did it all without ever touching the mouse).



*Courtesy of apple.com*



We're at 320 Knob Hill at  
PCH • Free Parking

## THIS MONTH'S MEETING

**Wednesday April 25th, 2007 7:30PM**

320 Knob Hill, Redondo Beach  
(see map at left for directions)

### Mac Efficiency by Deb Shadovitz

On April 25th, Deborah Shadovitz will be back to share her tips about a variety of things--getting organized, tricking out your Dock, Sidebar and Toolbar, or whatever may be of interest to our SBAMUG. Check out her website to get an idea of topics to pursue.

<http://macefficiency.com/>

#### *And Of Course:*

*Come early (6:30) for Beginners Q & A Sessions! We now have two: one in the main hall hosted by Bob Brooks & Jim Pernal and the other in the kitchen area hosted by LJ Palmer*

#### May 30th Meeting Details:

Our own Glen Terry will present on the iPod and iTunes!  
There's a lot to learn, and Glen will clear it all up for you.

***GREAT RAFFLE PRIZES TOO, TICKETS ONLY \$1 EACH!***

#### Note from the Editor

Would you like to help keep our SBAMUG going? There are many ways, from occasional to ongoing, that you can help out. If you can, please contact--Glen Terry at: [geterry@earthlink.net](mailto:geterry@earthlink.net) or other board members.

Any comments or ideas for future meetings? Write it down and drop it in our Suggestion Box at our monthly meetings!

Don't forget we have internet access at our meetings. Bring your wifi capable laptop with you when you show up for our next meeting!



# SBAMUG Membership Application

South Bay Apple Mac User Group provides Mac owners and users with a local source of shared knowledge and experience through monthly meetings, training seminars and our monthly newsletter.

Individual and family membership is \$35 per year payable to SBAMUG.

New Member       Member Renewal

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Special Computer Interest: \_\_\_\_\_

Model of Macintosh You Use Most: \_\_\_\_\_

How did you hear about SBAMUG?: \_\_\_\_\_

Comments: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Bring Application & Fees to Meetings or Mail to:

SBAMUG

P.O. Box 432

Redondo Beach, CA 90277

## PERIODICALS

**South Bay Apple Mac User Group**  
P. O. Box 432  
Redondo Beach,  
CA 90277-0432

