



South Bay MUG

Macintosh

Oct/Nov 2011

A Monthly CUPFUL for South Bay Apple Mac User Group Members

Try a Newsletter in Pages

by Anne Hiler, CMUG Member

It's not too soon to start planning a holiday newsletter. It's easy to do, either with the page layouts provided by Pages or on your own. If you wish, you can add to it every week or so until it's ready to send.

Open Pages and from the File menu, choose "New from Template Chooser".

You will notice that two types of templates are shown: "Word Processing" and "Page Layout". Look at "Page Layout" and click on "Newsletters". Most of these are two or three page templates, while a few are one page, but you can use as many or as few pages as you wish. For this article, I am choosing the one called "Informal Newsletter". You probably don't want those pictures of strangers cluttering your newsletter, so let's replace them with pictures of people dear to us!

Click on the Media button to reach your iPhoto collection: Find the photos you want and drag them from iPhoto to the space where they belong, or paste them in. Because this template uses image placeholders, the picture should fill the assigned space perfectly. (If it doesn't, adjust the size & try again.)

Click on the heading & type "The Smiths" or whatever your name is. Now, double click in the text box & type whatever you want to say. (If you've already written something on another page, you can just highlight it & drag it over!) Your text will replace the meaningless text. You can print this on special paper on your printer or convert it to a pdf and send it by email.

Suppose, though, you're not happy with any of the templates. You can modify a template by removing some of its elements, or you can work without a template. Just type whatever you want to say and type it. Wherever you want to insert a picture, you can do so.

Just type or paste the text you want to use. Then drag a picture over from iPhoto. Drag the lower right hand corner till it becomes the size you want.

In the toolbar at the top of the page, click on "Floating". (this means it can be moved around the page, as opposed to "Inline", in which the image is treated like a letter.) Click on the image to highlight it. Click on Inspector, in the top toolbar. In the new window, click on Wrap Inspector, (the third from the left),

Then click "Object causes wrap" and choose the way the image will be wrapped from the six options.

Click on your image and move it around in the text. You will notice that the text moves as you move the image. When it is properly placed, lock it in place by clicking on it and choosing "Lock" from the Arrange menu or CommandL; this will keep it from "floating" away.

Once you've created a layout on your own, you may wish that it was available as a template in which you could replace pictures and text in the same way you do with the templates in your File menu. The good news is that you can do this, and it is easy.

*"Being the richest man in the cemetery doesn't matter to me ... Going to bed at night saying we've done something wonderful... that's what matters to me."
Steve Jobs [The Wall Street Journal. May 25. 1993]*

**Our next SBAMUG meeting is
October 26 – Lion & Club Officers**

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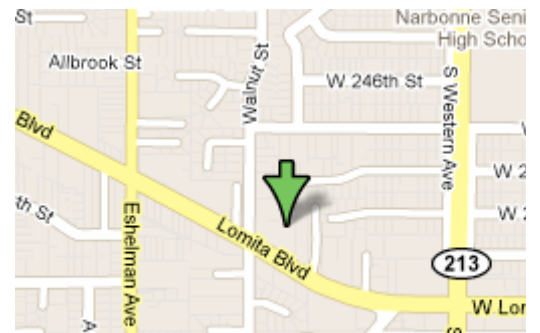
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Welcome to the South Bay Apple Mac User Group (SBAMUG)

Meetings: Lomita Veteran's Hall,
1865 Lomita Blvd, Lomita
Mail: PO Box 432, Redondo Beach, CA
90277-0432
Phone: (310) 644-3315
Email: info@sbamug.com
Website: <http://www.sbamug.com>.

Members, friends and colleagues are invited to attend our monthly meetings. The \$35 annual membership dues entitle you to receive this monthly newsletter by mail or online, plus many more benefits (page 8). To become a member or get more info please check our website.



Lomita Veteran's Hall,
1865 Lomita Blvd, Lomita

SBAMUG Monthly Calendar

OCTOBER 26 – GET READY TO ROAR WITH 'LION'
(get ready, upgrade and use Lion 10.7.2) & CLUB OFFICERS
November 30 – More Lion

SBAMUG Meeting Format:

6:30—7:30 p.m. Questions & answers and Sharing: Everyone is welcome, beginners encouraged

7:30—7:45 p.m. 'iSocial' – shoot the Mac breeze with others over a cookie

7:50—9:00 p.m. Announcements and Program

***Refreshments provided; donations appreciated!*

Submit suggestions for topics or speakers, or articles, ideas & original artwork for this newsletter by the last Wednesday of each month. Articles may be edited to fit space. Submit to: ptownsend@sbamug.com

Other Meetings:

- 1st Sat. Core Group 10 a.m. – Location variable. Ask at the meetings or email: info@sbamug.com
- Special interest groups (SIGs): Ask at the meetings or email: info@sbamug.com
- Last Sat.- Northrop Grumman-Ham Radio & Computer Swap Meet, 7--11:30 a.m. meet at SE corner of Marine/Aviation Blvd, Redondo Beach
- Los Angeles Portable Users Group: Mac OS X, iPhone, iPod, MacBook, etc., <http://www.lapug.org/>
- Find more <http://www.apple.com/usergroups/>

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Refreshments: The Crab Apples

Membership Report –Members: 145

Please wear your membership card as your name tag at our monthly meetings.

Welcome New Members: None

Thank You Member Renewals: Robert Griffith, Joseph Donigan, Eugene Todd, Terri Slaven, Don Whinfrey.

Contact Membership Chair CW Mitchell for any corrections: cwmitchell@sbamug.com. Renew at the meetings or by mail.

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PD-CD JIM PERNAL OCTOBER 2011 PUBLIC DOMAIN CD

Seven items this month. Only one program still supports OSX 10.3.9, and several are for Intel OSX 10.6. The trend away from new Power PC software continues.

1Password-3.8.7.zip This is a password manager program that works with most browsers. Has web form fill-in, and can create passwords for you. This version adds support for the newer Chrome browsers. Shareware \$39.95 OSX 10.6 or better Intel.

Acorn-3.zip This is a layer based bit map image editor. Designed to be simple to use. Shareware \$49.95. OSX 10.6.6 Intel only.

Boinx_Mousepose_3.2.3-10788.dmg Spotlight your mouse movement. Places a spotlight around your mouse pointer. Color and size can be customized. Shareware \$16.95 OSX 10.5.8 or better. PPC/Intel.

jAlbum.dmg Freeware program to create website albums of your digital photos. You can save to a CD-Rom also. OSX 10.4 or better PPC/Intel.

MacGourmet-3.1.3.dmg Create and edit recipes, wine and cooking notes. There are the usual bug fixes in this version. PPC/Intel OSX 10.5 or better. Shareware \$29.00

Meteorologist-1.5.5.dmg This is a menubar application for weather. Will display a particular weather item you set in the menubar. Has a customizable pop up for more weather details. OSX 10.3.9 or better. PPC/Intel Freeware.

PopCharX53-Install.dmg Floating window in this utility will show all available Font characters. Lets you insert special characters, umlauts and foreign letters into any document. Shareware \$40. PPC/Intel OSX 10.4 or better.

CD for this month will be at the October 2011 meeting, labeled as the September-October CD. Catch you at the October meeting. Jim Pernal PD Editor

Have Faith in the Future

“You can’t connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something — your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.” Steve Jobs [Stanford commencement speech, June 2005]

Editor’s Note: With the passing of Steve Jobs comes the inevitable question of how to honor him in our little corner of the universe. His legacy speaks for itself, and so in the Jobs’s tradition of simplicity just a few by now well-known Jobs-isms grace these pages.

Updating Software by P. Townsend, Editor

It seems our computers and devices are prompting us to install software updates almost every time we turn them on. When prompted, selecting ‘Yes’ typically starts the process, by running, saving or downloading the update.

Many updates automatically save to the ‘Applications’ folder. If you are asked where to save the update, select the Applications folder. Sometimes you will be advised the update is being downloaded from the Internet and may not be safe. If you are unsure, make a note of the name and version of the update, and initiate your own online search for the official site (for example, for an iTunes update go to www.apple.com, or type itunes updates, safari updates, adobe updates, etc.) in your browser to find the official site.

Once the update file is downloaded—DO NOT ASSUME THE UPDATE IS NOW INSTALLED. Find the downloaded file in your Downloads (you may notice the Downloads folder bouncing in the Dock) or Applications folder, or perhaps it appears as an icon on your desktop. Click the file or icon to see whether further steps are necessary. In many cases clicking the file will start the actual installation process. The update files may also contain ‘readme’ or other files that will assist you in using the update.

Learn more: <http://www.apple.com/softwareupdate/>

“That’s been one of my mantras — focus and simplicity. Simple can be harder than complex: You have to work hard to get your thinking clean to make it simple. But it’s worth it in the end because once you get there, you can move mountains.” Steve Jobs [BusinessWeek, May 25, 1998]

Rethinking the ‘Never Unsubscribe’ Rule for Spam

by David Pogue, The New York Times

When it comes to junk mail, the rule, for 15 years, has been: Never respond. Don't even try to unsubscribe, even if they give you instructions for doing so. You're just letting the spammer know that your e-mail address is "live," and that you're a dummy who actually opens those messages and reads them. You'll wind up getting put on even more spam lists as a result.

Well, I think it's time to revisit that advice. I use Mac and Windows, but my main carry-around machine is a Mac laptop. Onto it, I've installed an amazing antispam program called SpamSieve. After reading countless glowing reviews, I gave it a try, and found it indispensable. It works with all Mac e-mail programs, and does an astonishing job of putting all spam from all my accounts into the Spam folder. I still have to pore over it, though. Every now and then, a piece of legitimate mail winds up in there.

Now, my e-mail addresses are fairly public. I do have one private address that I never, ever use on the Web. (That's how spammers get your e-mail address, by the way — they scour the Web for e-mail addresses that people type into forms online. Which is why you, too, should have a separate e-mail address that you use only for private correspondence and never use when, for example, ordering products or signing up for things.)

But since my addresses are public, I get added to every mailing and spamming list under the sun. And even with SpamSieve's assistance, it's gotten out of control — the amount of time I have to spend double-checking the spam folder is growing year after year.

So a couple of months ago, I decided to try an experiment: I'd violate the old rule. I'd deliberately try to unsubscribe from every spam list. And I'd report on my findings. First, the good news: it worked. An awful lot of the spam comes from "legitimate" companies. Now, I don't consider spamming O.K., ever, and I think these companies should be ashamed of themselves. But "legitimate" means that they're real companies with real Web sites and names and addresses — and, almost always, real Unsubscribe buttons at the bottom of the spam.

The best Unsubscribe button by far is the one provided by something called [SafeUnsubscribe](#). I don't know much about it, except that it's a service offered by a company called Constant Contact, and it claims to have 370,000 customers — companies who pay to use SafeUnsubscribe.

Bottom line: When you see SafeUnsubscribe at the bottom of the message, click it. You land on a Web page that basically says, "O.K., that's it. We've taken you off ALL mailing lists." One click. These 370,000 companies, clearly, are the ones with a guilty conscience. "We're going to spam you, but gosh, we feel bad about it — at least we'll make it easy for you to get off our lists!"

I like SafeUnsubscribe because it (usually) knows, and fills in, your e-mail address. What really irks me is the other ones: spam with an Unsubscribe button at the bottom — and when you click it, you go to an unsubscribe page when you have to type in your email address! You spammed me, you idiot — you already know my e-mail address!

Those "dumb" unsubscribe buttons mean that I have to go back to my e-mail program and look up which address they spammed, then go back to the Web page and paste it in. When you have 30 of those a day, it's exhausting.

Anyway: after a couple of months of this, I'm happy to report that, as far as I can see, not a single one of these companies has contacted me again. Unsubscribing in 2011 really works. (Note that I'm talking about spam with an Unsubscribe button at the bottom. The ones pitching you Viagra or bigger body parts won't unsubscribe you — and don't pretend that they will.) The corporate spam, in other words, is usually easy to stop.

Now, the bad news: That spam isn't very much of the total volume. I'm still inundated by the less responsible spam:

- All kinds of messages in Russian and Asian languages. (Hint: Dudes, you're wasting your time.)
- A million, zillion e-mails from a firm called Rodman & Renshaw (not sure if it's really them, or someone impersonating them).
- The usual phishing scams — fake e-mails from banks (that I don't even have accounts with), asking me to log in to correct some kind of error.
- A million "I was in the U.K. and I was mugged, old pal! Can you help me out?" scams.
- Variations on the old Nigerian scam: "I've just come into possession of \$50 million, and I need your help getting it out of the country..."
- Invitations to have my product manufactured at a company in China.
- A lot of weird ones where the entire message is a single Web link. Do they think I'm some kind of sucker?

In any case, I think it's time to revise the old "Never respond" rule. It's true that you should never, ever respond to a piece of spam by rewarding it with a purchase. Don't ever click "click here" — you're only encouraging them.

But my experiment (confirmed by my Twitter followers) is that clicking legit-looking Unsubscribe buttons does reduce the spam flow, if only from actual companies. And perhaps best of all, it gives you a fleeting, illusory feeling that you actually have a way to fight back.

Pogue's Posts, 9-1-2011, The New York Times, Technology <http://pogue.blogs.nytimes.com/2011/09/01/rethinking-the-never-unsubscribe-rule-for-spam/>

USB 3.0 vs. Thunderbolt: What's the difference?

It's about more than just speed

by Kingsley Foreman, Tecca | 8/25/2011

Up until now, choosing an external hard drive has been easy! The type of drive you picked up was dictated by the ports on your computer. First, you would determine if you needed a USB 2.0 device or a Firewire device. Then you would begin to address things like space requirements.

Now, there are two new kids on the block: USB 3.0 and Thunderbolt.

USB 3.0: A familiar face

If you have used a computer in the last 5 years, you have almost definitely used a Universal Serial Bus (USB) device. While you most commonly use USB connections to plug in your mouse or keyboard, there are many other types of USB devices. You can also find USB-powered hard drives, sound cards, speakers, and a plethora of other peripheral devices.

The term USB 3.0 represents the third generation of USB technology, which brings a few new things to the party. In addition to reduced power usage and support for more powerful devices, USB 3.0 technology brings users a substantial speed increase — from 480Mbps transfer rates (USB 2.0) to 5Gbps, over 10 times faster. USB 3.0 does have a fair bit of overhead in use, so 4Gbps represents a more usual transfer rate in practice.

The USB 3.0 standard hit the mainstream PC market at the beginning of 2010. USB 3.0 ports support the use of USB 2.0 devices (through backwards compatibility) and multiple devices via a USB hub.

Thunderbolt: The unknown contender

Thunderbolt is the newest kid on the block, supported by two renowned technology companies — Intel and Apple. Thunderbolt is a new design that extends a common internal connection called PCI-Express to an external port. This is the technology that makes many of the components of your computer work, including your network interface card and video card.

The Thunderbolt port shines in its speed tests, providing a massive 10Gbps of data transfer speed. For example, you could transfer a 2-hour movie to a storage device in about a second. These speeds make Thunderbolt an attractive option for connecting to multimedia storage. There are a variety of devices that will potentially be available to work with Thunderbolt — graphics cards, external storage arrays, and high-end audio/video devices — and you'll be able to daisy-chain connections between devices.

Thunderbolt ports are not available on every computer. Currently, Apple's iMac, Mac Mini, MacBook Pro, and MacBook Air feature the new port. While Intel owns the technology, Apple has an exclusive use rights until March 2012. After that, the hardware will be added to mainstream Intel motherboards.

“Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it. And, like any great relationship, it just gets better and better as the years roll on. So keep looking until you find it. Don't settle.” Steve Jobs [Stanford commencement speech, June 2005]

Digital Jukebox

Do you sometimes get nostalgic for the music that was playing on the jukebox when you were in high school (or college, or prison)? Here's the website for you: www.tropicalglen.com. Pick a year from 1950 to 1989 and listen to that year's top 100 hits. There are other genres too: country, jazz, Motown and more. Groovy!

So which one should I use?

If you have the need for speed and a Mac that supports it, there is no reason to pass up a Thunderbolt device — if you can find one in your price range. Currently, very few devices operate through Thunderbolt. You could count yourself lucky to find 10 devices, and the ones you can find have a high purchase point.

USB 3.0 production is also limited; the most common USB 3.0 devices are hard drives such as Western Digital's My Book Essential series. Unlike Thunderbolt, USB 3.0 devices still function through USB 2.0 ports due to backwards compatibility, providing a huge advantage. Some vendors, like Seagate, are also marketing USB 3.0 conversion kits, in case you want to upgrade your existing computer setup. There are still only a select few computers with built-in USB 3.0 interfaces; fortunately, your device will run over USB 2.0 without any problems — just at USB 2.0 speeds.

Who will win?

If I were to buy a device right now, I would tend to lean toward USB 3.0, not necessarily because it is better technology but more because I am wary of any interface that has an exclusive partnership. Once this exclusivity period runs out, I think Thunderbolt will become a much more mainstream interface — one that will eventually be used as a higher-speed interface over USB 3.0. Over the next 2 years, both these interfaces will find their place in the market.

<http://www.tecca.com/basics/usb-3-vs-thunderbolt/>

Procrastination (Or...why you didn't back up, install software, or try SBAMUG tips!)

by David McRaney, October 27, 2010, You're Not So Smart
(*Editor's Note: Is this article off-topic, or is it so on-topic it makes you crazy?*)

The Misconception: You procrastinate because you are lazy and can't manage your time well.

The Truth: Procrastination is fueled by weakness in the face of impulse and a failure to think about thinking.

Netflix reveals something about your own behavior you should have noticed by now, something which keeps getting between you and the things you want to accomplish. If you have Netflix, especially if you stream it to your TV, you tend to gradually accumulate a cache of hundreds of films you think you'll watch one day. This is a bigger deal than you think.

Take a look at your queue. Why are there so damn many documentaries and dramatic epics collecting virtual dust in there? Psychologists actually know the answer to this question, to why you keep adding movies you will never watch to your growing collection of future rentals, and its the same reason you believe you will eventually do what's best for yourself in all the other parts of your life, but rarely do.

A study conducted in 1999 had people pick three movies out of a selection of 24. After picking, the subjects had to watch one movie right away. They then had to watch another in two days and a third two days after that.

Most people picked Schindler's List as one of their three. They knew it was a great movie because all their friends said it was. Most didn't, however, choose to watch it on the first day. Instead, people tended to pick lowbrow movies on the first day, with the majority picking comedies.

The choice of what to watch right now and what to watch later is like candy bars versus carrot sticks. When you are planning ahead, your better angels point to the nourishing choices, but in the moment you go for what tastes good. This is sometimes called present bias-- why you've made the same resolution for the tenth year in a row, but this time you mean it.

You can try to fight it back. You can buy a daily planner or surround yourself with tools to make life more efficient, but these tools alone will not help, because the problem isn't you are a bad manager of your time – you are a bad tactician in the war inside your brain. People able to overcome their desire for short-term reward in favor of a better outcome have a better grasp of how to trick themselves into what is best.

Thinking about thinking, this is the key. In the struggle between should versus want, some people have figured out something crucial – want never goes away. Procrastination is all about choosing want over should because you don't have a plan for those times when you can expect to be tempted.

Where To Buy a Mac

by Pete Myers, Editor

This is a summary of recent conversation of the SBAMUG email group, with some spin of my own.

The Apple Store

Knowledgeable salespeople. Custom options (more RAM, numeric keyboard, etc.) available. List price, but you may qualify for an Educational or SBAMUG discount. It doesn't hurt to ask.

MacMall

Salespeople not as good as at Apple Store, but better prices. MacMall has agreed to provide a discount, so be sure to remind them!

Fry's and Best Buy

I see no reason to shop at either, except perhaps convenience.

Online Retailers

You can buy online at apple.com. They sell refurbished Macs at a discount too. Other online retailers like PC Connection and Powermax have good prices. Don't forget to check possible discounts

Regardless of where you buy, you get 90 days of free tech support via telephone.

"It's really hard to design products by focus groups. A lot of times, people don't know what they want until you show it to them." Steve Jobs [Business Week, May 25, 1998]

You are really bad at predicting your future mental states or choosing between now or later. Later is murky place where anything could go wrong.

The tendency to get more rational when you are forced to wait is called hyperbolic discounting because your dismissal of the better payoff later diminishes over time and makes a nice slope on a graph. Evolutionarily it makes sense to always go for the sure bet now; your ancestors didn't have to think about retirement or heart disease.

One of the best ways to see how bad you are at coping with procrastination is to notice how you deal with deadlines. If you fail to believe you will procrastinate or become idealistic about how awesome you are at working hard and managing your time, you never develop a strategy for outmaneuvering your own weakness.

The trick is to accept that the now-you will not be the person facing those choices, it will be the future you – a person who can't be trusted. Your effort is better spent outsmarting yourself than making empty promises through plugging dates into a calendar or setting deadlines for push ups.

<http://youarenotsosmart.com/2010/10/27/procrastination/>

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I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

PS Form 3526, September 2007 (Page 2 of 3)

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For only \$35/year you get:

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- E-mail group help
- Monthly newsletter
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- Free web space & e-mail on our server
- Build your own website
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- Occasional swaps, free software, raffles

<http://www.sbamug.com/join.html>

Or, contact Membership Chair

CW Mitchell at

cwmitchell@sbamug.com

SBAMUG Membership Application

South Bay Apple Macintosh 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 & family membership: \$35/year payable to SBAMUG

New Member

Member Renewal

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (_____) _____

Email Address: _____

Special interest: _____

Model of Macintosh you use most: _____

How did you hear about SBAMUG: _____

Comments: _____

Signature: _____

Date: _____

**Bring your Application and Fee to our General Meeting or Mail to:
SBAMUG, PO Box 432, Redondo Beach, CA 90277-0432**