



South Bay Apple MUG Macintosh

May/June 2013

Monthly CUPFUL for South Bay Apple Mac User Group Members

Easy Web Design with Freeway 6

By Bob Brooks, SBAMUG member

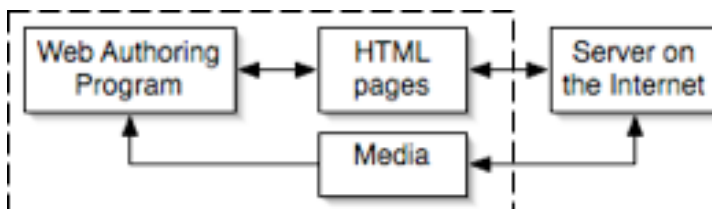
As a member of SBAMUG you're entitled to free, non-commercial web space on our server. Upload your own web site for the world to see. It can be a personal site or for an affinity group.

Freeway 6 is an inexpensive web design and layout program for the Mac from softpress.com that I've used for years. It's feature-rich, flexible, yet easy to use. It creates compact code for fast-loading. It works like a page-layout program. What you see is what you get. You don't have to know HTML (hypertext markup language), CSS (cascading style sheets) or Javascript.

Background. A web page is nothing more than a text file and media files — graphics, PDF, SVG, movies, audio and flash. A web site is a collection of pages linked together for easy navigation. The HTML pages contain your text with tags that tell a web browser how to display it and the media files.

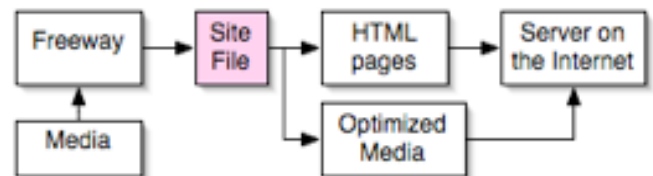
Writing HTML code in a text editor, called hand coding, is something a few professionals do, but most of us would like to avoid. Web authoring programs, like Freeway, provide a friendly, page layout view, and hide the HTML code.

Traditional Web Authoring. Web authoring programs, like Adobe Dreamweaver, work as shown below. The program creates the HTML pages which, along with the media files, are uploaded to a server that can be viewed on the Internet.



Freeway works differently. A web site created in Freeway is stored in a "Site File". When you upload the site, Freeway creates optimized HTML pages and graphics. Each time you publish it, any changes to the site are saved to the site file and the pages are re-optimized. No more patched pages or bloated code.

With Freeway you can't tweak, hand code it or import an existing web site. Collaboration requires access to files, but this can be easily done using a Dropbox shared folder.



Freeway eliminates the pain. Open a new Freeway site from a collection of templates, that you can modify, or create your pages from scratch. You're not locked into a rigid template like some template-based design programs. If you've worked with a page layout program, like Pages, you'll feel right at home. Add text and graphic boxes and position them as you like. Create links between pages or to external pages. Freeway creates all the code for you. Drag an HTML text box and start typing. Link text boxes and the text flows between them. Convert text to a graphic by creating a graphic box and typing in it using any typeface and style. *Continued on page 4.*

Next SBAMUG Meeting:
May 29:
IOS / Apple Mobile Devices

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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>

Welcome to the SBAMUG South Bay Apple Mac User Group

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

May 29: IOS / Apple Mobile Devices – Jim Pernal and Arnold Silver

June 26: Googleverse

****Read this newsletter online (active hyperlinks!) at <http://www.sbamug.com/newsletter.html>****

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. each month – SBAMUG Core Group, 10 a.m.
Join Google+ SBAMUG community, or email:
info@sbamug.com.
- Special interest groups (SIGs): Ask at the meetings or
email: info@sbamug.com
- Last Sat. each month - 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/>

Officers & Volunteers:

President: Arnold Silver VP: Vacant
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Directors at Large: Dave Nathanson, Margaret Wehbi,
Pam Townsend, LJ Palmer
PD Disk Editor: Jim Pernal Membership: CW Mitchell
Programming: Bob Goodman Greeter: Vacant
Server Director: Dave Nathanson
Newsletter: Pam Townsend, Pete Myers, Bill Berks
USPS Liaison: Don Myers
Refreshments: Member contributions

Membership Report –126 members

Please wear membership card as your name tag

Thank You Member Renewals: Bruce Brown, Jay
Ankeney, Ed Dietz, Mike Pauls, Raul Rey, Dick & Taffy
Rath, Dave Nathanson.

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 MAY 2013 - PUBLIC DOMAIN CD

Eight or nine items this month. It depends on how you want to count two versions of VLC.

ClamXav_2.3.6.dmg This is the latest version of this free (donations accepted) virus checking program. Has updates to the core engine and bug fixes. OS X 10.5 or higher Intel/PPC

CocktailMLE.dmg A utility program to tweak, clean, and repair OSX 10.8 Mountain Lion. Shareware \$14.00

Cyberduck-4.3.1.zip FTP and SFTP program. Use this to transfer files to and from your website. Freeware. OSX 10.5 or better.

excentrolite198.dmg This is an interesting program to generate Guilloche patterns. Shareware \$25. OSX 10.6 to 10.8.

MacFamilyTree 6.3.8.dmg Genealogy program to create and explore your family tree. Stability updates and bug fixes for this version. OSX 10.5 or higher Intel. Shareware \$59.95

Mactracker_7.1.2.zip Database with all the specifications on every Apple product ever made. Macs, iPads, iPods, Monitors, keyboards etc. Free Intel OSX 10.6.8 or better.

PostView-1.9.1.dmg Image viewer program that handles Postscript, PDFs, and several image formats. Shareware. \$9.95 Intel OSX 10.5 or higher.

vlc-2.0.6.dmg and vlc-2.0.6-powerpc.dmg Two versions of this free media player. This 2.0.6 version adds an additional file format it can decode. Requires Intel and OSX 10.6 for first version listed, the PPC second listed version requires OSX 10.5.8.

CD for this month will be at the June 2013 meeting, labeled as the May-June CD. See you at the May meeting.

Jim Pernal PD Editor

App of the Month

CloudClipboard for Mac Review

By Steve Paris, 4/29/13 Mac Life

The Mac clipboard is ubiquitous for copying and pasting content between apps on one device, but of course it only remembers one thing at a time. CloudClipboard remembers everything you copy, and lets you paste it to any Mac or iOS device through iCloud syncing.

To send something from your default clipboard into the Cloud, just click the CloudClipboard icon or window. There's also an option to auto-paste, in the background, everything you copy into CloudClipboard. Once in CloudClipboard, your information is divided into categories: Text, Webclips, Links, and Photos. You can title items, edit text and URL entries, preview photos, and launch the URLs of all your Webclips. The only things missing are a search field and the ability to reorder items.

You can use CloudClipboard on a single Mac, but it truly shines when you use iCloud syncing. Copy something on one Mac, and it's available from other Macs and iOS devices (using the \$4.99 universal iPhone/iPad app) within seconds. This is even faster than using Dropbox, since you don't need to create or save a file before the sync happens. All your copied info is just there.

The bottom line. If you work between multiple Macs and iOS devices, you can't beat the sheer convenience of CloudClipboard to sync information between your machines. Stores anything you can copy. Organizes by category. Some types are editable. Seamless iCloud integration and syncing.

Negatives. No search field or reordering. iCloud requires at least OS X 10.7, and the App Store requires 10.8.

www.lightroomapps.com \$9.99 OS X 10.8 or later
http://www.maclife.com/article/reviews/cloudclipboard_mac_review

When should you upgrade your operating system?

By Lisa Poisso — 11/7/12, *Digital Trends*

For casual computer users, keeping in step the fast-moving computing world can be a frustrating conundrum. When does added convenience outweigh the price of an upgrade, and the burden of readjusting to a new environment?

If you've been humming along just fine with an old OS despite the arrival of Mountain Lion for Macs this summer or Windows 8 for PCs this fall, you may feel like an upgrade is pointless. But at some point, the age of your computer's operating system is going to start blocking you off from the rest of the world. Your files and programs won't be compatible with what they're using at the office anymore. You'll find yourself envious of the speed, new features and slick look of friends' updated computers. What factors should you consider when deciding when to move on?

Cost, security, and the march of time

Security makes the most compelling reason to upgrade your operating system right now. If you're still stubbornly clomping along on an OS that's three versions or more behind the time, you're missing out on years of important security updates for your system.

Cost can present a barrier, but the most recent OS upgrades from Microsoft and Apple have kept it to a minimum. Mountain Lion's \$19.99 price tag makes the upgrade a reasonable move for most Mac owners at any point. Updating a PC is usually more costly, but if your PC can comfortably run Windows 8, upgrading early can save you money. You can snag a Windows 8 upgrade for a mere \$40 through the end of January 2013, and as low as \$15, if recently bought a new Windows 7 laptop.

Another must-update situation exists if your OS version is so old that the manufacturer no longer sells or supports it. Somewhere around the five-year mark, you'll fall off the back of the update cycle, and your system will be too old to handle further upgrades.

With this summer's upgrade to Mountain Lion, Apple has committed to an annual upgrade cycle that mirrors what it is already doing with the iPad and iPhone. Older machines (think mid-2006 or earlier) that can't keep up with the most recent versions no longer receive updates. Despite the Apple Software Update messages assuring you that your software is up to date, you've entered the dead zone.

With updates hitting about every three years, Windows fall behind the curve in just a couple of versions. PC users still relying on Windows 95, Windows Millennium, or Windows 2000 have definitely slipped into left-behind territory, and Windows XP is also getting precariously old and cranky .

Questions to ask

- Beyond those essential points, ask yourself what you expect to get from an OS upgrade.
- Is a hardware update what you really need?
- Would a good tuneup give you the performance boost you're looking for?
- Is your computer powerful enough to run a newer version of your operating system?
- Is the rest of the software you use compatible? Will updating your operating system set off a cascade of other software updates?
- If you ever work from home, is the new version compatible with systems at work?
- Do you actually need or want the features a new OS version offers?

Ultimately, your operating system needs to be able to keep up with ongoing security updates and compatibility with current software. An OS released within the past five years should be up to the task. But if your computer can handle it and the price is right, the hop to the most recent release may be the smartest bet.

Read more:

<http://www.digitaltrends.com/computing/when-should-you-upgrade-your-operating-system/#ixzz2SLhn0Yma>

Freeway, continued from page 1

The text is converted to a graphic so it displays any way you want. Import graphics directly from an iPhoto library or drag them from the Finder. Scale, crop and rotate images. Add drop shadows and borders. Open and edit images directly from within Freeway using your favorite image editor. Freeway supports Facebook, Twitter, Paypal and Google maps.

Managing a site is easy. Master pages give your site a uniform look with common elements. All master and site pages appear in a sidebar. Click a page to display it in the editing window. To link pages select the text or graphic to be linked and drag the linked page from the sidebar to the link box. External links are handled by clicking the link box and entering a URL or email address.

Freeway comes in two versions, Express (\$50) and Pro (\$150). Pro has many more advanced features. Both are compared on the softpress.com website. The programs are easy to use and you can get up and running in no time. The Pro version can create professional web sites with gobs of advanced features, but expect a learning curve to master these. Many of our members may find that Freeway Express meets their needs. You can still buy the older Freeway Pro 5.6 for \$80 on Apple's App Store. It's quite good, but doesn't support HTML5, the latest web standard.

Softpress has a lively [user forum](#) for tips, tricks and user-contributed Actions (javascripts). There's also a User guide and a 500 page PDF reference guide (Ver. 5) and many tutorial videos.

Now Hear This! Most People Stink at Listening

Editor's Note: Condensed from article in Scientific American, May 3, 2013 by Bob Sullivan and Hugh Thompson, From [The Plateau Effect: Getting from Stuck to Success](#) © 2013

Ralph Nichols, a professor of rhetoric at the University of Minnesota, had a haunting feeling: His students weren't listening. So he did what any good researcher would do: He studied students' listening skills.

It was a simple test. With the help of school teachers in Minnesota, he had teachers stop what they were doing in midclass and ask kids to describe what the teachers were talking about.

Surprisingly, 90 percent of first- and second-graders gave the right answer. But as kids got older, results plummeted. By junior high, only 44 percent answered correctly; about one in four high school kids succeeded. Clearly, they had better things to think about.

The truth is, the older people get, the more their listening comprehension sinks. Making matters worse, studies show that people wildly overestimate how good they are at listening. Now, do I have your attention?

Here's the problem: The human brain has the capacity to digest as much as 400 words per minute of information. But even a speaker from New York City talks at around 125 words per minute. That means three-quarters of your brain could very well be doing something else while someone is speaking to you.

This helps explain why little children are—or can be, anyway—better listeners than adults. Their brains are less developed, so they are much more likely to be completely engrossed in a topic. Adults, with all that extra brain power, are much more easily distracted.

We wanted to go even deeper into this question of listening comprehension and distraction, so we partnered with Carnegie Mellon University to develop a distraction and listening test that was designed to be painstakingly scientific. More narrow in scope, but more convincing in its results, the test conducted by professor Alessandro Acquisti and researcher Dr. Eyal Peer is remarkable, eye-opening, and hopeful. We asked a simple question: Does the mere presence of a cell phone or any other “interruptive” gadget on your body decrease your basic cognitive skills, such as comprehension?

To simulate the magnetic pull of an expected cell phone call, we had subjects sit in a lab and perform a standard cognitive skill test. Precisely 136 subjects in three groups were asked to read a short passage and answer questions about it. One merely completed the test. The other two were told they “might be contacted for further instructions” via instant message.

During an initial test, the second and third groups were interrupted twice. Then, a second test was administered, but this time, only the second group was interrupted. The third group awaited an interruption that never came. Let's call the three groups Control, Interrupted, and On High Alert.

Remarkable finding no. 1: Both Interrupted and On High Alert groups answered correctly 20 percent less often on the first test, showing the kind of brain drain that distraction takes on our everyday tasks.

Remarkable finding no. 2: During the second test, the Control group performed equally well. But here's the twist: Both Interrupted and On High Alert improved dramatically the second time around. Interrupted improved by 14 percent, scoring almost as well as the Control group. But even more stunning, On High Alert—which was warned but not interrupted—actually improved its results by 43 percent, far outperforming even the Control test takers. This unexpected, counterintuitive finding, which will be the subject of an upcoming paper published by Carnegie Mellon, requires further research, but Peer thinks there's a simple explanation that could lead to some powerful, practical tips for working in a distracting environment. Participants learned from their experience, and their brains adapted.

“[The first test] may have caused participants to pay more attention and invest more cognitive resources in the second task,” he said. “[On High Alert] recruited more cognitive resources in order to overcome the expected interruption and when that did not come, they had more resources to devote to the actual task.”

In other words, warnings about, and experience with, interruptions can help people marshal more brain resources and do better, perhaps the way athletes sometime perform better when they are angry. Interruptions, it's clear from this test, can cause a dramatic decline in ability, but they don't have to.

<http://news.yahoo.com/now-hear-most-people-stink-listening-excerpt-140000117.html>

A Few iPhone Tips

P. Townsend, Editor

At times it would be convenient to forward my phone calls to another number. On the iPhone 5, go to Settings, Phone, Call Forwarding. Simple as that.

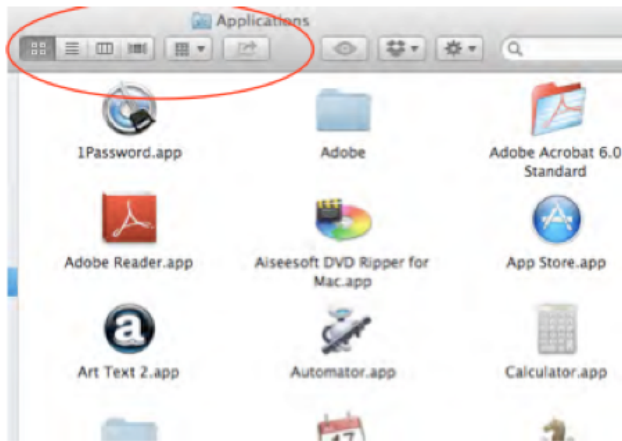
On my Mac, the FaceTime icon shows up in the dock. It's on the desktop on my iPad. I picked up my iPhone -- but FaceTime was nowhere to be found. Ah ha: Go to Contacts, click on a contact, and you will see the FaceTime bar.

More Stuff

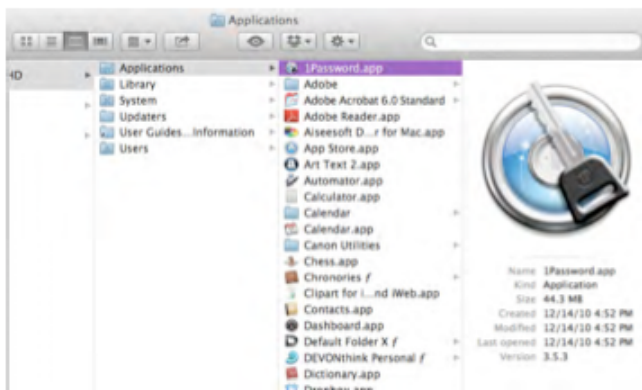
By Terri Anderson, Corvallis MUG Member

There is a great little video at MacMost by Gary Rosenzweig on using column view in the finder. <<http://macmost.com/finder-column-view.html>>.

Please watch it and I'd like to add a couple of ways to use column view to your best advantage. You can click on the different icon at the top of the folder to switch views:



Click to select view - currently icon view



Column View

You can also switch using the keyboard by clicking command-1 for icon view, command-2 for list view, command-3 for column view, command-4 for cover flow.

Did you know that Apple was founded as a partnership on April Fool's Day 1976 by three people who originally worked at Atari: Steven Gary Wozniak, Steven Paul Jobs, and Ronald Gerald Wayne? Apple was incorporated on January 3, 1977, without Wayne, who sold his shares back for \$800. Ron Wayne wrote the Apple I manual, drafted the partnership agreement, and drew the first Apple logo, which was a pen- and-ink drawing of Sir Isaac Newton leaning against an apple tree with a portion of a William Wordsworth poem: "Newton A mind forever voyaging though strange seas of thought . . . alone." Jobs thought the logo was "too cerebral" and a single apple was chosen with a bite (byte), partly to prevent it from looking like a cherry tomato.

So Long, Microsoft Office

By Rick Calicura, Diablo Valley MUG

If you agree that a subscription scheme for everyday software is anathema, especially for the home user, then there are certainly alternatives to going along with Microsoft—and some good ones, too.

Apple's own Pages is a pretty nice (and easy) word processor. It's accompanied in the iWork package by Numbers and Keynote; each segment is \$19.99 from the App Store. A full older version is available at Amazon.com for \$32.99. Either way, you would have pretty nice software at a much lower price. Pages will save and read documents compatible with Microsoft Office, and doubles as a pretty decent and versatile word processor, but also as an easy page-layout application that, while not as sophisticated as InDesign or even the old PageMaker, is very useful. Jumsoft (<http://www.jumsoft.com/>) is a company that has created innumerable templates for Pages and Keynote, ranging from newsletters to invitations, as well as clip art and other "visuals" to liven up your documents. You might want to learn a bit about some of their offerings.

Open Office is a FREE suite of applications contained in one package. Many of you may recall the Star word processor from the 1980s. Ultimately it was purchased by Sun, which developed it as Star Office until about the year 2000, when they changed the name to Open Office. Sun continued to sponsor its development, and it has now become an open-source project. There are reportedly over 100 million users worldwide. It will run on both Windows and Mac and is compatible with Microsoft Office. It may be downloaded at no charge and used on as many machines as you wish.

Open Office comes complete with Writer, a word processor; Calc, a spreadsheet tool that can calculate, analyze and present your data AND with graphics; Impress, a fast and powerful presentation manager that handles multimedia; Draw, an illustrator that can do diagrams up to and including 3D illustrations; Base, a database tool that allows you to create databases; and Math, an equation editor with a graphic user interface. Get your free copy at www.openoffice.org/download/index.html. But Wait! There's More!

LibreOffice is another open-source office suite that is 100% free. LibreOffice includes Writer, Calc, Impress, Base, Math and Draw, much like Open Office. It will run in Mac OS, Windows, and Linux (various flavors) and is rock solid. It can read Microsoft's latest Word files (.docx) and create them as well. Get your copy at www.libreoffice.org/download.

Even if you aren't especially motivated to drop Microsoft right now, you might want to try one of the above and at least familiarize yourself with it.

<http://www.dvmug.org/>

Tap a Word in a Sentence Three Times and It's Yours

By KIT EATON, April 24, 2013, *The New York Times*

Philtrum. Salubriousness. Thaumaturge. These are three of my favorite words, but they're not common ones. So you may be reaching for a dictionary right now.

But before your fingers close on that printed book and flick through its alphabetically indexed pages, consider this: There are many dictionary apps that could help you do the job more speedily. They may also have features that will teach you new words. And they might even be fun.

Dictionary.com Dictionary and Thesaurus is a [free iOS](#) and [Android](#) app that comes from one of the best-known dictionary Web sites. Unlike the Web site, the app has the advantage that many of its features work offline. This app's home page is colorful with icons and is topped by a search bar where you enter words you want to look up. As soon as you begin to type in this bar, the app begins to suggest words that may match, so you don't always have to type in the whole word. If you're unsure of a word's spelling, you can tap on the microphone icon and speak your word instead.

When you see the word you're looking for in the search list, a single tap takes you to its main dictionary entry. Here you'll find the usual definitions in a paper dictionary, including a guide to pronunciation, word origin description, various meanings and related word forms. You can hear the word spoken aloud by tapping on the loudspeaker icon, or add the word to a favorites list. The app also has a built-in thesaurus, which you can get to via a tab in the search bar. On the iPhone, the app can translate a word into several languages.

The app also has entertaining extras. It can show you which words people are searching for most right now, for example, and even what people near you are searching for.

The app is visually cluttered, though, and some features, like voice recognition and pronunciation guides, work only online. I got the feeling I was being nagged to buy add-ons, like the ability to see example sentences. Also, the free version's on-screen ads can get annoying if you don't make a \$2.99 in-app purchase to banish them.

The Android version has a slightly different interface of a simpler design than the iOS version. There is also an attractively designed free edition [for Windows Phone](#), though it seems trickier to switch between the dictionary and the thesaurus in that one.

Merriam-Webster has released several dictionary apps with different functions to cater to certain users or devices. For example, some apps incorporate a thesaurus function alongside the main dictionary; others don't. The basic Merriam-Webster app is free for [iOS](#) and [Android](#) devices and is supported by on-screen ads. Its design is simpler than the Dictionary.com app's. The home page consists of a logo, a control bar at the bottom that provides access to the app's various functions and a prominent search bar at the top.

Set Up Your Mac the Right Way

Spring is a time for cleaning out the old ways. The article by the title above, by Shelby Cass, provides an ergonomic refresher on sitting and using your desktop Mac, laptops on a desk, laptops on a lap, iOS, and Apple's ergonomic report card (an overall B). To your health!

<http://www.techradar.com/us/news/computing/apple/computer-ergonomics-how-to-set-up-your-pc-or-mac-the-right-way-1147183>

Like the Dictionary.com app, Merriam-Webster's version suggests word matches as you type in the search bar. It can also take voice input instead of typed text. When you tap on a word in the list of suggestions, the app shows the relevant dictionary entry, which is easy to read, with a clear layout and large text. The entry also uses the word in an example and offers a list of synonyms and antonyms. Tap on the red speaker icons to hear the word pronounced.

But the basic app's database is limited and it knows only two of my favorite three words. It's possible that the Collegiate edition would know all three: it costs a little less than \$25 on iOS and Android to get more definitions as well as the ability to modify menus and a "pen reader" system for recognizing handwriting in many languages. A [\\$3.99 Windows Phone](#) edition of the Merriam-Webster app says it includes "all" the definitions from the Collegiate dictionary.

English Dictionary — Offline, [free on Android](#), is the simplest of the apps mentioned here but is still powerful. Its interface is basic: a search box at the top and space below for word definitions to appear. Tap icons to share words to other apps, flag words as favorites or perform other actions like viewing your search history. Dictionary entries are based on the Wiktionary database, which the makers say includes about 159,000 words. You can click on individual words on an entry page to navigate to that word, and the app will speak the word aloud for you. It's free and handy for looking up definitions. But it falls short if you're curious about how a word came into use.

As for "philtrum," it's that little vertical groove in your upper lip beneath your nose.

<http://www.nytimes.com/2013/04/25/technology/personaltech/dictionary-apps-for-smartphones-and->

PERIODICALS

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<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 you with a local source of shared knowledge & experience through monthly meetings, trainings & monthly newsletter.

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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
at Lomita Veteran's Hall, 1865 Lomita Blvd., Lomita.
Or Mail to: SBAMUG, PO Box 432, Redondo Beach, CA 90277-0432**