South Bay Apple MUG
Macintosh

August 2016

A Monthly CUPFUL for South Bay Apple Mac User Group Members

Two-Factor Authorization by podfeet

Allison Sheridan's first take on two-factor authentication was summed up by the title of her post "Google Two-Factor Authentication – Not as Painless as I'd Hoped". http://www.podfeet.com/blog/2016/05/two-factor-authentication/

She explains how 2FA works for email addresses: "Today we log into those services (GMail, or Apple Mail, or...) with our email address and a password. Because we're brilliant, we use password managers like 1Password and LastPass and we've chosen long, complex passwords. Two-factor authentication adds one more step. The first time you authenticate to a service from a new device, you have to have your username and password but also a token to prove you're you. The token is a one-time six-digit code. I have multiple Macs and iPads and iPhones because of the podcast and the screencasting work I do for ScreenCasts Online, so at last count, between Steve and me, we had triggered a two-factor authentication code TWENTY SEVEN TIMES. I'm sure we'll still get some more over time.
So 27 times...and that's just *one* email address."

Her next post on this subject was titled :Two-Factor Authorization Not as Bad as I Thought". Here is that post:

After a couple of weeks with Apple and Google two-factor authentication running, I thought I should give you an update. After the initial huge pain from Google, and the very mild pain from adding two-factor authentication from Apple, they both settled down and I haven't been challenged for an authorization code in the last couple of weeks. Now that I'm over the hump, I have to admit that

July 27 Meeting
Mac Backups

Everyone agrees that computer backups are a good idea, but not everyone does them. You have to decide what kind of backup or backups you want to do, which software to use, and what kind of hardware to use for the backups. My presentation will explain the different types of backups—clones, simple data, and versioned data. We'll look at 3 software apps as well as various types of hardware to use. Hopefully when I am done those who aren't doing backups will feel comfortable to get started doing them.

Joan King

Don't miss the meeting! See page 2 for details.

20 % Off
A coupon for a discount on MacScan and SecurityScan, as described by Nicholas Raba at our June meeting, is yours if you email CW: cwmitchell@sbamug.com

IN THIS ISSUE

Welcome to the SBAMUG
South Bay Apple Mac User Group

Members, friends and colleagues are invited to attend our monthly meetings (usually the last Wed of the month). 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 websiite.

Lomita Veteran's Hall,
1865 Lomita Blvd, Lomita

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/wp

SBAMUG Monthly Calendar
Jul 27: Mac Backups
Aug 24: TBD
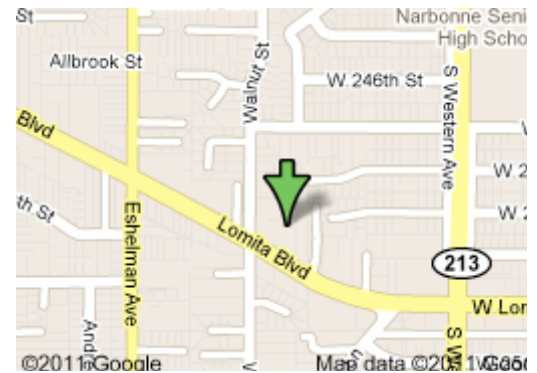
SBAMUG Meeting Format:
6:30—7:30 p.m. Questions & Answers and Sharing: *Everyone* is welcome, beginners encouraged
7:30—7:50 p.m. 'iSocial' – shoot the Mac breeze with others over a cookie*
7:50—8:00 p.m. Announcements
7:50—9:00 p.m Program
Refreshments provided; donations appreciated!
Submit suggestions for topics or speakers, or articles, ideas & original artwork for this newsletter to pjmyerz@gmail.com by the last Wednesday of each month. Articles may be edited to fit space.

Other Meetings:
•1st Wed each month – SBAMUG Core Group, 7:30 pm. Join Google+ SBAMUG community, or email: info@sbamug.com.
•Special interest groups (SIGs): Feb 16 on iPhone; contact Glen Terry: gterry@me.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/
• Find more: http://www.apple.com/usergroups/

Membership Report – 107 members!
Please wear membership card as your name tag

Welcome New Members: Rose Aldape
Renewals: Pam Townsend
If your name is not spelled right or your expiration date is wrong, contact cwmitchell@sbamug.com for correction. Or contact CW for everything membership, dues and benefits. Please watch for your renewal letter, then sign and date it and return it with $35 check (in enclosed self-addressed envelope) or bring letter with payment to meeting.

Officers & Volunteers:
President: Kent McDonald   VP: open
Secretary: Wayne Inman   Treasurer: CW Mitchell
Directors at Large: Dave Nathanson, Margaret Wehbi, Arnold Silver, George Wilde, Joan King, Clarence Baisdon, Pete Myers
PD Disk Editor: Jim Pernal
Membership: CW Mitchell
Member Development: Pete Myers
Programming: Kent McDonald
Greeter: open
Server Director: Dave Nathanson
Newsletter: Pete Myers, Bill Berks
USPS Liaison: CW Mitchell
Refreshments: Arnold Silver/member

SBAMUG July 2016 PD CD

This is the July CD article. Seven items this month. Some good programs with updates and new to me items

calibre-2.59.0.dmg A free ebook library manager. Add tags to each entry, search, etc. Can convert ebook file formats. 10.7.2+ Intel 64 bit.

ccc-4.1.9.4365.zip An good backup app which I have mentioned here before. This version update has bug fixes for the most part. OSX 10.8+ Intel Shareware. $39.99.

FoxitReader.2.0.0625.enu.Setup.pkg A PDF viewer program that can print and also do PDF markups. If the supplied preview program on your Mac is not cutting it, and you don't like Adobe reader; this is an alternative. Free, 10.9+.

MacFamilyTree 8.0.3 Demo.dmg Genealogy program. This latest version has several improvements and bug fixes. Research, generate reports and charts a just a few of the things it will do. Shareware, $59.99. Intel 10.10+.

MBAM-Mac-1.2.4.584.dmg Malwarebytes anti-malware for the Mac. Formally known as Adware Medic. Can locate and remove malware and adware for your Mac. OS X 10.8+. Free.

NZBDrop.dmg Usenet groups on the internet predate the Graphical HTTP websites we have today. They are fading and often filled with spam, but folks still use them, and if you have several binaries (movies, pictures, etc) they are now often using the .NBZ format as the download mechanism. This program will download and uncompress the files. $18.00, Shareware. OSX 10.7+.

sloth.zip A graphical interface to the Unix list command. Will give you a list of all open files and sockets. Has search capabilities. OSX 10.8+. Free.

See you at the July meeting. PD CD will be the combined July-August
one, available at the August meeting.

Jim Pernal PD Editor

Chat Room

NASA's mobile apps have always been popular for people interested in space technology and astronomy because of the vast amount of information, archive images, video and live news they offer.

Now the **NASA** app for Apple TV has arrived, and safe to say the latest Mars panoramas look much more impressive on your living room's big screen than on your phone. There is also the option to view live, high-resolution video from the International Space Station, making your TV a window into space. The app is free through the Apple TV App Store.

Tech Vocabulary

haptic - The science of recreating the sense of touch by applying forces, vibrations, or motions to the user. One of Apple's latest innovations is the Taptic Engine. Relying on a technique pioneered in research labs 20 years ago, it uses an electromagnetic motor to trick your fingers into feeling things that aren't actually there. The motor's precisely tuned oscillation makes it feel like you're depressing a mechanical button, when you're really just mashing your finger against a stationary piece of glass.

native - A native application (native app) is an application program that has been developed for use on a particular platform or device.

Because native apps are written for a specific platform, they can interact with and take advantage of operating system features and other software that is typically installed on that platform. Because a native app is built for a particular device and its operating system, it has the ability to use device-specific hardware and software, meaning that native apps can take advantage of the latest technology available on mobile devices such as a global positioning system (GPS) and camera. This can be construed as an advantage for native apps over Web apps or mobile cloud apps.

meme - An Internet meme is an activity, concept, catchphrase or piece of media which spreads, often as mimicry, from person to person via the Internet. Some notable examples include posting a photo of people lying down in public places (called "planking") and uploading a short video of people dancing to the Harlem Shake.

Getting Over Stage Fright With the Help of Your Smartphone, *by KitEaton*

FOR some people, public speaking comes naturally. But if you are like me, you may um and ah too much, spurred by the worry that nerves may get the best of you, that you might speak too fast or mess up in some way. So I have been practicing my public speaking with the help of some apps.

One of those is a new app called **Ummo**. With Ummo, you take a prepared speech, tap the microphone icon, wait for the countdown, and then talk. As you speak, the app listens and automatically logs the words, the number of pauses and the use of pesky filler words like ... you know, like, right?

Ummo can show a transcript of what you have said on the screen. To improve, you can tell the app to beep when you use a filler word and edit the list of filler words to include ones you know you overuse.

Ummo can then give data like how many words were spoken and how often words were reused. It also displays your pace in words per minute, how loud you were, whether your volume was consistent and so on. The data is presented in easy-to-read graphs, and if you tap on a point in the graph, you can see the words in the speech transcript at that moment. The idea is to learn when in the speech you faltered so you can practice and fix mistakes.

Sometimes Ummo misunderstands the words that were said (though admittedly this American-made app may have had an issue with my British accent), and I wish it kept a log of speech data to track whether there was improvement with practice. But Ummo is easy to use. It costs $2 and is available only on iOS.

Part of the terror of public speaking is standing in front of a group of people who are paying attention to you. This is a problem that the app **Public Speaking** by Virtual Speech may help alleviate.

Public Speaking, which is a virtual reality app, delivers an immersive 3-D video that moves as you look around. The videos make you feel as if you are standing in different public speaking venues, like a podium in a small boardroom or a theater, sometimes with video of people listening to you. The idea is to get someone accustomed to what it feels like to be presenting to a crowd, and thus prepare for the same situation in real life.Because Public

Speaking is a V.R. app that shows the room as you look around, you need extra hardware to see the video — specifically Google Cardboard, a simple device that fits around your smartphone and costs $15 and up.

The app has a few extras like background noise simulation and the option to load in your own speech slides to the teleprompterlike display seen in various scenes. Though the app cannot deliver the thrill of a real public speech, virtual reality experiences can be convincing and help conquer stage fright. The app is free and available for iOS and Android.

Keeping on time when making a presentation is easiest if you rehearse several times, and using an app like **Amber Light Speech Timer** can help. This app works like the traffic light system that some public speaking venues use, showing a green display when you are in the middle of a talk, amber as you near the end and red at the close.

This is not as simple as it sounds, and Amber Light gets it right with clear controls and custom timers. People can choose the different color alert times and the option to have the phone buzz if they prefer a physical rather than a visual alert.

The app is $2 on iOS. On Android, an app that works in a similar way is**Toastmaster Timer**, which is free.

Prompts can also be very helpful when making a speech or a presentation.

While there are apps like **Teleprompter Lite** (free on iOS) and **A Prompter** (free on Android), I find that simpler apps like **Microsoft**PowerPoint (free on iOS and Android) work just as well — you just need to make a presentation with a few cue words per slide and glance at the phone screen as you talk.

Lastly, don't forget the smartphone's camera app. Making a video of yourself speaking can be a powerful way to spot mistakes — assuming you can get over the sometimes icky feeling of watching yourself on camera.

http://www.nytimes.com/2016/06/09/technology/personaltech/getting-over-stage-fright-with-the-help-of-your-smartphone.html?em_pos=small&emc=edit_ct_20160609&nl=technology&nl_art=3&nlid=50624548&ref=headline&te=1&_r=0

Bart was right when he said once you have it set up, it doesn't bother you very often at all.

Bart also explained something (about 12 times till I grokked it) that helped me understand one vital piece.

Remember I kept saying that I didn't understand how some devices (like my MacBook) were allowed to get into the tools even though I had only authorized my iPhone? I kept thinking that the device that was receiving the codes was the authorized device. Bart explained that the devices receiving the codes…are just receiving codes! They're not authorized at all. Once you log in on a new device (after receiving the code from your phone) the new device is the one that got authorized.

That sounds so obvious and some larger percentage of you are laughing at me for not getting it, but I figure there's a few out there that would be confused as I was. Now that I understand this, it all makes a lot more sense.

I was emboldened enough by the lack of prompting by Apple and Google, that I I decided to turn on two-factor authentication with my two banks. In both cases I am ALWAYS challenged to enter a code when I log into the sites, even on what I've told it are my trusted computers. You'll be surprised to hear me say that I'm glad about that. This isn't my email I'm protecting, or my Facebook credentials, it's my MONEY. Since I have all of my devices set to receive text messages directed at my phone number, I can be on any device and ask to log in and I'll see the SMS with the code to enter the gates. It's a wonderful thing. And I feel quite silly for not having done it sooner.

I hope I didn't talk any of you out of doing two-factor authentication because of how annoying it was to enable it. I knew at the time that sharing my experience could dissuade some of you from doing the right thing to protect yourselves, but I couldn't bring myself to either not tell you how I felt about it, or worse yet, claim it wasn't that bad. Google WAS that bad, Apple was pretty easy considering how many devices I have, and my banks were no trouble at all.

So if you've been putting this off, set aside some time and jump in and do two-factor authentication on the things you really care about on line.

Illustrating Your Thoughts in iOS Notes, *by J D Biersdorfer*

Q. *How do you draw with the iOS Notes app?*
A. To use the drawing function in Apple's built-in Notes app, your device needs to be running at least iOS 9, which was released last fall. Although iOS 9 itself runs on older models, Apple's notes on Notes say the sketching feature is available only on the iPhone 5 and later, sixth-generation iPod Touch, iPad models released from fall 2012 and beyond, and the 2013 iPad Mini 2 and later. (The Notes app works with the Apple Pencil and other compatible stylus tools for iOS gadgets.)
If your Apple hardware meets the system requirements but you have not updated your device to the iOS 9 software, you need to do so if you want the most current version of the Notes app. In addition to drawing tools, the app now lets you add web links, maps, photos and videos to notes; create checklists; and format text.

http://www.nytimes.com/2016/06/23/technology/personaltech/illustrating-your-thoughts-in-ios-notes.html?ribbon-ad-idx=5&rref=technology&module=Ribbon&version=origin&region=Header&action=click&contentCollection=Technology&pgtype=article

Keeping an iPhone Online When the Signal Is Weak, *by J D Biersdorfer*

Q. *Can you tell me how Wi-Fi Assist works and does it use my iPhone data?*
A. Apple's Wi-Fi Assist feature is designed to keep your iPhone or cellular-model iPad connected to the internet even when the device's connection to a wireless network is weak or unstable. To keep the connection, the Wi-Fi Assist function (available on the iPhone 5 and later) automatically switches to your device's cellular connection. So, yes, the feature does consume part of the monthly data allowance you receive from your phone carrier.
Wi-Fi Assist does not use the backup connection from your cellular plan for everything. It does not kick in for apps that stream or download large files, and it does not enable itself automatically if you are traveling and data-roaming on other carriers' networks. Wi-Fi Assist is supposed to

GarageBand for Non-Musicians, from CMUG demo

GarageBand iOS and GarageBand Mac OS are examples of how Apple has taken a powerful App and created a comparable version in iOS, taking advantage of the unique touch interface: iPad "becomes" the instrument. One cannot strum the screen of their iMac. GB on Mac uses its large hard drive and powerful processors to its advantage in editing the instruments, applying effects, etc. Tracks created in GB iOS can be used in GB for Mac. If you have an iPad 2 or newer, download GarageBand and have some fun!

GarageBand is 2 apps in one - Music creation and audio/sound recording/editor, both parts of which mesh together to form a truly exciting way to play with sound. GB accepts all kinds of sound files. AIFF, WAV, AAC except protected AAC files), Apple Lossless, MP3. Access via the Media Browser or Drag the file into GB and it creates a track for itself, and off you go.

Listen to this podcast for weekly power tips for those a little more experienced and comfortable with their Mac. In podcast #174 https://www.relay.fm/mpu/174 Chris Breen joins Katie Floyd and David Sparks as they discuss GB. Beginning first third of podcast was centered around GB for non-musicians. Great examples of ideas and ways to use the editing side of GB with voice. Do listen to the whole podcast!!

GB can be a great tool for sound/voice editing. Start simple and gradually learn more as you become more experienced. Go ahead, you can't break it, it's a Mac! Don't forget to get GB for iOS for your iPad or even iPhone. If anything, it's fun to play around with and if you use your headphones, no one will hear your racket, er.... your musical creations!

Create a ringtone tutorial by Chris Breen at MacWorld.com: (as mentioned in podcast) http://www.macworld.com/article/2084920/creating-ringtones-with-garageband.html

Chris Breen's series of articles in MacWorld Magazine on GarageBand for OS X in order of appearance:

http://www.macworld.com/article/2083402/getting-started-with-garageband.html

http://www.macworld.com/article/2084920/creating-ringtones-with-garageband.html

http://www.macworld.com/article/2087321/get-your-groove-on-with-garageband-loops.html

http://www.macworld.com/article/2090130/how-to-play-garageband.html

http://www.macworld.com/article/2092270/garageband-for-guitar-players.html

http://www.macworld.com/article/2094842/garageband-the-finer-and-final-points.html

GarageBand Help at apple.com: http://help.apple.com/garageband/mac/10.0/

GarageBand in iOS Help at apple.com: http://help.apple.com/garageband/ipad/2.0/

Ringtones in iOS: http://www.macworld.com/article/2079194/how-to-create-ios-ringtones.html

lynda.com: Cool tutorials in GarageBand and many, many other apps by the pros.

youtube.com: video demos, tutorials and reviews of GarageBand, search 'garageband 10'

R2-D2 (StarWars Robot) Sounds: http://starwars.com/play/online-activities/soundboards/#/?theme=09

Theremin sounds: http://www.femurdesign.com/theremin/

Members Photo Gallery

A members gallery has been added to the SBAMUG web page. It will allow members to put names to faces and vice versa. **Now what we need is more photos!** Please send a photo to Pete Myers: pjmyerz@gmail.com, along with the year you first joined up (or your MUG ID #). You can also send some biographical information - tell us where you grew up, your hobbies, your history with the Mac, etc.

work for apps actively running, not programs that may periodically download new content in the background. When iOS 9 was released last fall, Wi-Fi Assist was turned on by default and caused much dismay from users with limited data plans whose monthly allowances were chewed up when the device automatically switched to the cellular signal for extended periods. If you are worried about conserving the data allowance doled out by your cellular carrier, you can turn off Wi-Fi Assist and other bandwidth-hogging apps in the iPhone's settings.

To do that, open the iPhone's Settings icon from the Home screen, select Cellular and scroll down to the bottom of the page until you see Wi-Fi Assist. Tap the button next to it to disable the feature. In iOS 9.3 and later, the Wi-Fi Assist setting shows how much cellular data it has used, which can be helpful if you want to use the feature to stay online but want to keep an eye on the data meter.

http://www.nytimes.com/2016/06/14/technology/personaltech/keeping-an-iphone-online-when-the-signal-is-weak.html?hpw&rref=technology&action=click&pgtype=Homepage&mod

Down with the Kids, from a Daily Mail article by Danah Boyd

Down with the kids: The state of being on the same wave length as members of a younger generation.

You may think that you are "down with the kids", but how much text speak do you really know? If you've only even gotten as far as OMG (oh my god) and LOL (laugh out loud) then you need to GWI (get with it.) Others include JK (just kidding), FOMO (fear of missing out, DK (I don't know) and LN last night).

To the simple question WRUD? (what are you doing?), teenage text speak provides an array of replies, such as FB (on Facebook), EAK (eating at the keyboard) and NMJCU? (nothing much, just chilling, you?). POS is parent over shoulder, AITR is adult in the room, CWYL is chat with you later and 5 means wait a few minutes, a parent is in the room.

A few more: ONNA - oh no, not again, TLDR - too long, didn't read, MIMO - multiple input, multiple output, DIKY - do I know you?, HBU - how about you?, SMH - shaking my head, LMAO - laughing my ass off, BTD - bored to death, NTTAWWT - not that there's anything wrong with that, TYCLO - turn your caps lock off, DYAC - damn you auto correct, NTW - not to worry, NITL - not in this lifetime, SIT - stay in touch, LY - love you, TAFN - that's all for now.

Forget Amazon's Echo: Lexi lets you speak to Alexa through your phone

If you've debating building a DIY prototype of the Echo so you don't have to pay a hefty $180 for the convenience to use Amazon's voice assistant Alexa, Lexi might just be the app you've been looking for.

Available for iOS, Lexi lets you speak to Alexa straight through your phone – and without the need for any third-party gadgets like the Echo or Triby.

What's particularly nifty about Lexi is that the app supports a wide range of the Echo's functionalities like placing orders, remotely controlling your smart home devices as well as install and turn skills from the Alexa App.

Additionally, Lexi also allows users to ask Alexa for information about the the latest news, weather, movies or directions to the closest hospital, for instance.

Lexi requires an Amazon account in order to sync.

Unfortunately, for now Lexi does not support integration with Alexa's music or book services, so you'll still have to get the Echo if you want to stream media from Amazon Prime Music.

At present, the app hasn't rolled out for Android, but it is available on the App Store for $4.99.

While Lexi does indeed offer a much cheaper alternative to the pricey Echo, it is certainly not the only (or the cheapest) app out there that supports integration with Amazon's voice assistant.

Akin to Lexi, the Roger App lets you connect your phone to Alexa using only your Amazon account and without the need of any other auxiliary devices.

However, the Roger – unlike Lexi – is free and also available for Android (as well as iOS).

http://thenextweb.com/apple/2016/05/06/forget-echo-lexi-lets-speak-alexa-phone/

SOUTH BAY APPLE MAC USER GROUP
P.O. BOX 432
REDONDO BEACH
CA 90277-0432

Join, Renew or Give a Gift of a
SBAMUG Membership!

For only $35/year you get:
• Monthly meeting program
• E-mail group help
• Monthly newsletter (We publish 11 issues per year!)
• Use our Wiki
• Free web space & e-mail on our server
• Build your own website
• Create your own blog
• Special merchant discounts
• $$$
• 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 you with a local source of shared knowledge & experience through monthly meetings, trainings & monthly newsletter.

Individual & family membership: $35/year payable to SBAMUG
☐ **New Member**   ☐ **Member Renewal**

Name:_____

Address:_____

City:_____ State:_____
Zip:_____
Phone: (_____)_____
Email
Address:_____
Special
interest:_____
Devices 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