South Bay Apple MUG
Macintosh

July 2016

A Traveler's Guide to Taking a Smartphone Abroad, by Brian X Cheng

The summer travel season will soon be upon us, with notions of escape, unplugging and faraway lands. But while the idea of disconnecting from technology when abroad seems relaxing, the stress of visiting a foreign country without a smartphone connection can quickly counteract the benefits of a digital detox. After landing in an unfamiliar place, you may realize that an inability to look up mobile maps or places to eat on a phone can be crippling. Relying on a printed tourist guide may feel primitive and immediately inform muggers that you are holding lots of cash.

So what to do? There are two ways to take your cellphone abroad and get data — the frugal way and the pay-full-price way. The inexpensive method involves some tinkering and planning ahead, while the full-price way is easy but requires paying even more money to your carrier.

First, the full-price option. For many years, American wireless customers have been able to pay extra to their carrier for international roaming, or the ability to seamlessly use a foreign network. Among other options, AT&T sells an international package with a modest amount of data (800 megabytes, enough to last about a week) for $120, and Verizon Wireless charges $10 a day for roaming in many countries. And in recent years, T-Mobile USA and Sprint began offering free international roaming, but with a caveat: The data speeds are very slow.

Toni Toikka, chief executive of Alekstra, a research firm that analyzes cellphone bills, said he finally caved in to paying AT&T an extra $120 whenever he traveled abroad

June 29 Meeting
Mac Security

Nicholas Raba is the founder of SecureMac.com, a website devoted to Macintosh Security. The site launched in 1999 and was founded with the goal of offering security solutions for Mac users at a time when the Mac platform was overlooked by the security industry.

Starting with a simple news site, SecureMac.com grew under Nicholas' guidance to offer reviews, guides, and advisories to protect Mac users. SecureMac expanded its team in 2001 to begin development of Mac-centric security software, and released a beta version of MacScan, its flagship product, the same year that Mac OS X made its debut. Nicholas has written extensively about computer security, with articles appearing in both magazines and books, and often gives speeches at security conferences.
Here is the link to his company press kit: http://www.securemac.com/presskit

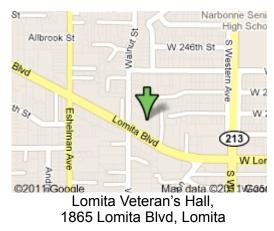Don't miss the meeting! See page 2 for details.

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 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.

Officers & Volunteers:
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Programming: Kent McDonald
Greeter: open
Server Director: Dave Nathanson
Newsletter: Pete Myers, Bill Berks
USPS Liaison: CW Mitchell
Refreshments: Arnold Silver/member

SBAMUG Monthly Calendar
Jun 29: Mac Security
Jul 27: Mac Backups

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 – 104 members!
Please wear membership card as your name tag

Welcome New Members: Richard Curry
Renewals: Dan & Janice Rey, Nancie Silver, Mike Pauls, Rosalie Kincaid, George Wilde, Wayne Inman.
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.

SBAMUG June 2016 PD CD

This is the June CD article. Seven items this month. Still seeing some interesting programs only available at the Mac App Store; which I can't distribute, but here are some of the non-App Store ones this month.

FileZilla_3.17.0.1_macosx-x86.app.tar.bz2 A FTP client ported from windows. "Designed to be intuitive" they say. Free. OSX 10.7+ Intel 64 bit

GrandPerspective-1_7_0.dmg An app to show disc usage in a graphical form. The larger the file, the bigger it is. Great for finding out what is taking up all the space on your hard drive. OSX 10.7+ Intel 64 bit. Free

macrestart.dmg A program to restart you mac at a specified time in the future. Has both soft and hard restart options. One recommended use is to deal with large overnight downloads that require a restart to install. Shareware, $12.00. Intel 10.10+

phoenix-slides-142.dmg Image browsing and slideshow program. Has a full screen option. View EXIF data and jpeg comments. Free. Intel 10.9+

Singer_Song_Reader_v4_3.zip Automatic lyric search and save program. Goes to 16 lyric sites for info. For iTunes and Deeza. OS X 10.5+ (assume Intel only). Free

tscalc.dmg Math calculation for technical fields. Does not have a calculator button interface, you will type in a formula line or lines and get an answer. Shareware, $15.00. OSX 10.10+

vlc-2.2.3.dmg Popular multimedia program This version has bug fixes for the most part. Handles a wide variety of file formats. OSX 10.6. Free

See you at the June meeting. PD CD will be the combined May-June one, available at the June meeting.

Jim Pernal PD Editor

Chat Room

I just completed a class titled *WordPress Websites 101* at the South Bay Adult School taught by Adam Silver. You remember Adam; he made a WordPress presentation to SBAMUG last July. He is a dynamic guy, lots of energy.

SBAMUG provides free WordPress blog and website hosting, so I didn't have to worry about the domain registration and hosting issues that are addressed in this class. I did learn about
- The reasons for WordPress' popularity (80 million users)
  - Free, easy to use
  - Open Source
  - 2000 available themes (layout designs)
- Creating a website using the Headway Theme
  - How to add a calendar
  - How to add links to YouTube videos
  - How to add a Photo Gallery
  - How to use analytics and search engine optimization
  - How to back up my website
- Good vs Bad vs Ugly websites

The class meets once a week for five weeks. The cost is $84. The next session begins the week of June 20: http://www.southbayadult.org/

See Adam's webpage and podcast at: http://kitchensinkwp.com/ or attend his monthly meetup in Hawthorne: http://www.meetup.com/South-Bay-WordPress-Meetup-Group/

New Apple Store Concept (at Union Square in SF)
http://www.nytimes.com/2016/05/20/technology/apple-shifts-from-genius-bars-to-genius-groves-hoping-patrons-linger.html?hpw&rref=technology&action=click&pgtype=Homepage&module=well-region&region=bottom-well&WT.nav=bottom-well

Chrome to Drop Flash
http://www.cnet.com/news/google-to-block-flash-on-chrome-only-10-websites-exempt/

If you do videocasts or just video chat via Skype or FaceTime, you may have noticed that your background looks pretty dreary. Mine certainly does. Softbox lighting will make a world of difference. Watch this YouTube video to see how it's done: https://www.youtube.com/watch?v=AnDzMZogCJo

Apple a Value Stock?
http://www.nytimes.com/2016/05/20/business/buffett-stake-suggests-apple-is-all-grown-up.html?hpw&rref=technology&action=click&pgtype=Homepage&module=well-region&region=bottom-well&WT.nav=bottom-well

MacSparky's Video Field Guide for Hazel, bypodfeet

Pop quiz: would you rather go to the dentist, or scan in that giant pile of papers next to your desk? It's a tough question, right? You bought that fancy pants scanner everyone was talking about a few years ago, and you committed to going paperless, and you probably bought some storage to file away all of the bills and such, but you still dread the actual job of scanning, am I right? Each time you finally go through them all, you *swear* to yourself that this time you'll keep on top of it, this time you'll do it once a week, this time you won't let it stack up. And then three months later there's that giant stack again.

David Sparks, aka Mac Sparky, co-host of the Mac Power Users Podcast, and good friend of mine, has been blathering on and on for years about how he uses Hazel to automate scanning of his documents. I have always meant to go watch some of his videos and read some of his tutorials to figure out how he does it and what's so cool about Hazel, but I figured I'd never find the part about how to get started. I was afraid that going to his site might be like starting in an upper division calculus class when you forgot to take Algebra 1.

I even went as far as to buy Hazel and I figured out how to do a couple of cool things with it, but I still had a four inch stack of papers to scan sitting on my filing cabinet next to me.

This week, David published a [Hazel Video Field Guide](#) and sent me a review copy. This is two and a half hours worth of screencasts that starts with the very first baby steps of using Hazel. Once he gets your feet wet, he adds more and more complexity but does it in a way that's memorable and clear. He hits the main objective pretty quickly and that's how to have Hazel automatically rename your files and put them away in your folders without you lifting a finger, other than gently guiding the documents into your scanner.

Each lesson is relatively short, starts with a problem to be solved, and gives step by step examples of how to solve the problem. I really should have patented that "problem to be solved" idea.

I probably should explain a little bit of what Hazel actually is, and how it works. Hazel is a System Preference pane for the Mac that allows you to automate processes involving files and folders. Hazel 4 costs $32 from [noodlesoft.com](#) and they have family pack licenses

and generous upgrade pricing as well. That turned into a good thing for me since I'd bought it at version 3 and never exercised it.

In the Hazel preference pane you first define a folder that you want Hazel to watch, then you create rules on what you want it to do. In the Hazel Video Field Guide, David shows off one of the powerful new features of Hazel 4, which is the ability to recognize dates inside a PDF. If you scan your documents using an app that applies Optical Character Recognition, or OCR, Hazel will find the date,define a variable using that date, and then rename the document using that date. So instead of scan001.pdf, Hazel will rename it to 2016-05-10 Gas Bill.pdf. David goes on to show not to have Hazel move the file to your gas bill folder.

David builds the rules up a step at a time, shows you how to test the rules and how to diagnose when they go wonky because you made a mistake. If you haven't listened to David before, you'll find that he's clear and concise, but also throws in regular doses of silliness to keep you entertained.

I watched the first hour of David's Video Field Guide on Hazel at the gym one day this week and I was so excited I came home and grabbed that giant stack of paper and got to work making rules. David's instructions were so clear and Hazel is such a good tool that I was able to build them without ever referring back to the video. I can't say I got every rule right the first time, but it was so much fun figuring each one out.

I spent about four hours working on six months worth of papers, but it was 3.5 hours of writing rules and learning and only about a half hour of scanning. The next time there's a bill waiting to be scanned, all I'll have to do is stick it in the scanner and watch it magically get renamed and sent off to the folder on my Drobo. I'm actually pretty excited about doing scanning now, so that sure says something for David's Field Guide.

But David doesn't stop at just renaming and filing scanned documents. He shows you how to get Hazel to tell you that you have overdue bills, he sets up Automator scripts that are called by Hazel to set up a new folder structure, how to have Hazel pull in receipts from your iPhone to be sent to your accountant, how to send music to iTunes and images to Photos, how to have Hazel keep your desktop neat and tidy. He even shows

how to create files that are automatically destroyed after a certain amount of time, using the example of sensitive documents sitting in your Dropbox for too long.

The content is great in David's Field Guide and it's made me a believer in Hazel. When I first downloaded it, it came into Dropbox on my iPad and viewing a video from there doesn't give you access to the chapters. With a video that's over 2 hours long with tons of discrete chapters, that's a problem. If you download the Video Field Guide to your Mac, and import using iTunes to your iPad through a cable like an animal, you can get to the chapters. If you just want to view it on a Mac, QuickTime sees the chapters just fine. Makes it super easy to jump right to a section you want to go over a second time.

I don't think there's an easier or more pleasant way to learn to use Hazel than to let David Sparks spoon feed it to you. The Hazel Video Field Guide is available over at macsparky.com/hazel where you can buy it for $20. After you learn all of his tricks with Hazel, you'll like scanning WAY better than going to the dentist.

Uninstall Anything with AppDelete, from prMac.com

Independent software developer, Reggie Ashworth has announced the release of AppDelete 4.2.4, an update to his very popular application deletion utility for Mac OS X. With a simple Drag & Drop, AppDelete will uninstall anything along with all of the associated items. Mac users will no longer have to hunt through their system to find and delete these items manually. You can drag any item that can be uninstalled onto AppDelete: Applications, Widgets, Preference Panes, Plugins, Screensavers, etc. You can also activate AppDelete in many ways: dragging items onto main window, onto dock icon, selecting in menu, right-clicking using AppDelete workflow, dragging from Launchpad, and throwing items in the trash. When the preview screen appears you can uncheck any items you would like to exclude. You also have several choices: delete, log only, or archive (copy) the items to a .zip file for safekeeping or reinstall at a later date. The items you delete will be moved to the trash and arranged in a folder so that you can see exactly what was deleted and you know exactly where it came from. The items will not be removed from your computer until you empty them from your trash. You can also undo the last delete if you choose.

Version 4 has been 100% redesigned and updated and just one look will show you that this is an entirely new AppDelete. Here are a few of the new features included:
* Optimized for El Capitan (still backwards compatible with Lion/Mountain Lion/Mavericks/Yosemite)
* New refreshed UI and graphics for El Capitan
* New app icon for all OS versions
* Improved and more efficient search algorithm
* Now possible to copy/paste from log
* Fixed issue where menu bar icon wouldn't appear in dark mode (El Capitan)
* Miscellaneous bug-fixes and optimizations throughout
*   And new website...
*   Feature Highlights:
* Search filters to find items for deletion fast (including old PPC apps)
* Find associated items that are invisible or hidden
* Trash monitoring so that simply throwing an app in the trash triggers AppDelete
* Archive/Install from Archive feature for safekeeping and transferring items to another Mac
* Password requested only once if needed instead of multiple requests
* Keep a Log of all activities and has the ability to Undo a deletion
* Move items into an organized deleted package in your trash
* Force Empty Trash for stubborn to remove items

There are various options to make your AppDelete experience complete: Quick search filters to help choose items for deletion, Force Empty Trash, an Orphans feature to search and delete orphaned files, Install from Archive even for another Mac, various options in Preferences, and more. AppDelete is a must-have utility for software tinkerers, beta testers, casual users, and the perfect companion to any Mac fanatic's toolbox.

AppDelete Version 4.2.4 fixes a vulnerability in the Sparkle updater. System Requirements:
* Mac OS X Version 10.7 Lion or later (El Capitan compatible)
* Intel only
* 13.3 MB Hard Drive space

after growing tired of juggling multiple cellphones and SIM cards when in Europe and New York. "After all the frustration, they finally got me," Mr. Toikka said. Paying AT&T or Verizon some extra money is the most convenient option for taking a smartphone abroad, he said.

For frugal travelers, there are some smart alternatives if they are willing to do a bit of homework. To get a good deal, bring an "unlocked" smartphone, which is a phone not restricted to use with one carrier, into a foreign carrier's store, buy a data package and insert its SIM card into the phone. (In wireless industry jargon, these are called prepaid international SIM cards.) Even better, some overseas carriers let you order a SIM card ahead of time so you can get it before your trip or have it delivered to your hotel.

Here is a guide to taking your smartphone abroad on the cheap, including analyses by Alekstra on the costs of mobile services in five popular travel destinations: China, Japan, Britain, France and Spain.

Unlocking Your Smartphone

First and foremost, to use a foreign carrier's SIM card, you usually have to unlock your smartphone or buy a cheap unlocked phone. Typically, when you buy a new smartphone, it comes locked so you can use it with only one carrier. After you have fully paid off the phone, you can ask the carrier unlock it.

Consider an AT&T iPhone 6S: After paying the $650 for the device, you can go to AT&T's website to request an unlock. In my experience with unlocking a used iPhone 6 that I bought from a friend, AT&T's system took a few minutes to process the request and then notified me that the phone was unlocked.

Each carrier's unlocking process can be found online with a web search. Verizon generally does not lock newer smartphones, but you should call customer service to check that yours is unlocked before traveling. Sprint requires requesting the unlock through customer service on its website or over the phone. T-Mobile offers an app for Android users to ask for an unlock; otherwise, you can contact T-Mobile on the phone or through a web chat to request it.

Alternatively, you can buy a cheap unlocked phone. Motorola offers its second-generation Moto G, a well-reviewed cheap Android phone, for about $150 on

Amazon.

Download Apps for Messaging

If you get a foreign SIM card, you will be using a different phone number from your regular one. To simplify taking a smartphone abroad, we recommend ignoring traditional phone and texting services and relying on free communication services that rely purely on data connections.

There are many data-based apps for messaging and calling. WhatsApp, the messaging company acquired by Facebook, is a reliable service that can be used in most countries for placing phone calls or sending messages over a data connection.

In China, the messaging app WeChat is popular. Apple iPhones include iMessage and FaceTime, services for sending messages and placing calls over a data connection. If someone wants to contact you, tell them to use one of those services.

China

Once you have freed your smartphone of carrier restrictions and downloaded a messaging app, it's time to find a service package for wherever you are traveling. Mr. Toikka recommends buying service from well-known carriers in each country because they are more reliable than off-brand carriers.

For China, the big carriers are China Mobile and China Unicom. Both carriers sell a package in their stores that includes one gigabyte of data for $20.40 — enough for a two-week trip. For a longer visit, you might consider the two-gigabyte package offered by both carriers for $24.90.

If you want to buy a SIM card before the trip, on China Unicom's website you can order a SIM card including one gigabyte of data for $25 or two gigabytes for $35 and have it delivered to your hotel.

Japan

In Japan, Mr. Toikka recommended considering the carrier eConnect. It sells a one-gigabyte package that can be used for 15 days for $25.95. For a longer visit, it offers a three-gigabyte package for $40.64 that is valid for 30 days. What's more, you can order the eConnect SIM card ahead of time on the company's website and schedule a delivery date to your hotel.

France

In France, Orange offers a two-gigabyte package in its stores for $33.60. That is its largest data offering, but if you

run out of data, you can always buy another two gigs. If you order online, Orange offers a "holiday" SIM card that includes one gigabyte of data for $44.86.

Spain

In Spain, Vodafone offers three cheap options in its stores. Its one-gigabyte package costs $11.20, the 1.5 gigabyte option costs $16.80, and the two-gigabyte option costs $22.40. Each of the packages works for 30 days. We would recommend the 1.5-gigabyte option for a one-week trip, the two-gigabyte package for a two- to three-week trip and the two-gigabyte option for a four-week visit.

Britain

In Britain, the carrier EE offers a handful of options in its stores, including a two-gigabyte package for $21.75 and a four-gigabyte package for $36.25. Both plans are valid for 30 days.

Bottom Line

We recommend foreign SIM cards with a few caveats. If you are traveling to multiple countries — among Britain, France and Spain, for example — you will need a separate SIM card for each country, and the costs will add up quickly. In that situation, contacting AT&T and Verizon to set up international roaming or tolerating T-Mobile and Sprint's slow data speeds may be better than the extra trouble of juggling multiple SIMs.

Or if you are a business traveler with a good expense account, paying for AT&T's or Verizon's international packages are headache-free options. Verizon also offers its $10-a-day TravelPass for roaming in more than 100 countries — a nice option, though the cost will pile up during a longer trip. Otherwise, you can save a lot of money and get a lot more high-speed data by planning ahead and buying a foreign SIM card.

http://www.nytimes.com/2016/05/26/technology/personaltech/a-travelers-guide-to-taking-a-smartphone-

Mac Recovery/Backups

The difference of opinion is one thing that makes the SBAMUG email group so interesting:

Jim Pernal: Newer Macs with 10.7 or higher can use the recovery partition assuming that it is still functioning. To start your computer from Recovery, restart your Mac and hold down the Command and R keys at startup. You will enter the recovery system and can select to restore from time machine.

Here is an article from Apple on a Internet restore on the latest machines. https://support.apple.com/en-us/HT201314 Apparently even a new totally empty hard drive can have the system restore and then you could use Migration Assistant to bring your file over from your time machine.

This is not fast. Once again this is why I recommend a bootable backup as a much better plan for a recovery type of backup.

Pat Dengler: I'm not sure I would dismiss Time Machine as a form of backup too quickly. The purpose of any backup is to protect your information. When talking about backups in general I recommend a local backup or clone and an off-site backup in case of a disaster (Backblaze or CrashPlan are my current go-to recommendations). Most importantly, have some sort of backup. Time Machine is free, already installed on the Mac and easy to get working. Whatever works to protect and restore a users information works for me. Much better than the sad faces I see with clients who have never set up a backup and their hard drive goes south.

I routinely use Time Machine backups to restore to new computers for my clients when they upgrade. It works quite well and generally starts around 1 hour to restore when there is a small amount of information (2-3 hours when dealing with more info). What I like about it is that it allows me to restore only a user folder and not bring over older system data to a new install of the operating system.

Above all - have some sort of backup! I can't remember where I heard this but: "If there is only one copy of a file, it doesn't really exist".

MicroCell, by Marsha Davis on Nextdoor

Thank you neighbors! Finally, my cell phone reception service problem has been solved! I now have a Cisco MicroCell set up, and instantly went from one bar to five. Yes, AT&T did send the MicroCell for free, However, they at first told me it would be $150.00 ("We don't send them for free anymore"). I knew from your comments, to say no to that. What I did learn in the process, was that if you have an i-Phone 6 or 6s, or SE, you do not need a MicroCell (you can just use your wi-fi-calling). However, if you have a 4, 5 or 5s, you need the MicroCell.

Pricing and Availability: AppDelete 4.2.4 is $7.99 (USD) for a single user license. Upgrades from Version 2/AppDelete Lite are only $3.99 (USD). A full–featured demo is available.

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  Or, contact Membership Chair CW Mitchell at
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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