

# The South Bay Mug

# MAGINTOSH

A Monthly Cupful For South Bay Apple Mac User Group Members, June 2008

## Welcome to LJ's World

A Letter From the SBAMUG President, LJ Palmer

As you know if you attended our May meeting or you belong to the SBAMUG's e-mail group, our Mac User Group's new wiki is up and running. When you first click the link \* Wiki \*, don't feel intimidated. You can read any information posted there without a user name and password, but the wiki format is designed to enable anyone who has a user name and password to access it to contribute or modify content by using a simplified markup language.

In case you haven't heard, the SBAMUG website is now hosted at Dream Host, a commercial level server where we have a free account because of our non-profit status. Special thanks go to Dr. Dave Nathanson who has hosted our server for many years.

Our SBAMUG website is still at our same address: [www.sbamug.com](http://www.sbamug.com). As a paid member, you will still have the privileges of an SBAMUG email address and a chance to create your own web page. But now there will be more space and bandwidth to support new capabilities. You can post photos in the new gallery. You can request your own WordPress blog, hosted by us. You even have the chance to use and contribute to the wiki. The wiki is the easiest way possible to post your passions or interests on the internet.

As for learning to use the wiki, Margaret Wehbi and Jim Pernal presented basic instruction at the May meeting that is posted on our website at the wiki. (Our monthly topics are enhanced by large screen presentations for the benefit of all those in attendance. Attendees can easily see the laptop screens of our presenters.) We will continue to answer questions at future meetings as well. So far I have hosted two small group workshops, and if there is interest, I'll schedule some more. Just let me know, even if it's only for one or two people. Pour yourself a glass of your favorite beverage and prepare to "play" for 15 minutes or so. All will become clear as you become familiar with the links. More help files are appearing every day.

Ward Cunningham, developer of the first wiki software, WikiWikiWeb, originally described it as "the simplest online database that could possibly work." The idea was derived from his use of HyperCard, for those old time Mac users. Incidentally, in case you didn't know, the word *wiki* is Hawaiian for quick. After

the fact, people suggested that wiki comes from the first letters of the following phrase: What I Know Is. The latter is a good description because a wiki is a community creation where you put in an incomplete beginning and the rest of the group helps expand on it.

Wikipedia.org is the best known wiki, but all wikis are technically a collection of web pages designed for users to share. For those of us "en-gen-eers," a wiki is another form of link list. Remember those? However, you English majors out there should have no trouble using the simple interface that requires no special software. All you need is any browser. Safari, Firefox, or even Internet Explorer will work great. I like using this example: Say I have a favorite chocolate chip cookie recipe that I want to share with all of you, but I want you to share your favorite recipes with me, too. The wiki is the perfect place to do it. If you click on all the links at the wiki, you are going to be surprised how much information has already been placed there. Add to it or comment on it. There is even a random page selection in the left side bar.

The Wiki usage directions are there along with help for the gallery, too. Jump in and see what others are doing and how they did it. First assignment is to check it out. The second assignment is to join in on the fun and create your own account. I guarantee that once you take time to accustom yourself to the wiki and become part of the community, you are going to be very pleased.

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### Editors Note:

If you are not particularly tech oriented and want to know more about wikis in general and how to edit them, you may be interested in these links from Web Trends on About.com.

#### A Beginner's Guide to the World of Wiki

[http://webtrends.about.com/od/wiki/a/guide\\_to\\_wikis.htm](http://webtrends.about.com/od/wiki/a/guide_to_wikis.htm)

#### Wikis in a Nutshell

[http://webtrends.about.com/od/wiki/p/wiki\\_nutshell.htm](http://webtrends.about.com/od/wiki/p/wiki_nutshell.htm)

#### How to Get Started Editing Wikis

[http://webtrends.about.com/od/wiki/a/edit\\_wiki\\_gs.htm](http://webtrends.about.com/od/wiki/a/edit_wiki_gs.htm)

#### A Comprehensive Wiki List in Categories

[http://webtrends.about.com/od/wikilists/tp/list\\_of\\_wiki\\_sites.htm](http://webtrends.about.com/od/wikilists/tp/list_of_wiki_sites.htm)



# Welcome to South Bay Apple Mac User Group

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

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

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

## Meetings are held at the

Redondo Beach Community Center  
320 Knob Hill, Redondo Beach  
(see map & directions on page 6)

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### Officers & Volunteers:

President:.....LJ Palmer  
Vice President:.....Jim Pernal  
Secretary:.....Wayne Inman  
Treasurer:.....CW Mitchell  
Directors at Large:.....Dave Nathanson,  
George Kiefer, Dorothy Weeks, Louise Polsky,  
Chuck Mulvey, Jayne Palmer  
Membership Director:.....CW Mitchell  
WebMaster & User Group Ambassador:  
.....Bob Brooks  
Server Director:.....Dave Nathanson  
USPS Liaison:.....Don Myers  
PD Disk Editor:.....Jim Pernal  
Program Director:.....George Kiefer  
Newsletter Editor:.....Fran Pullara  
Raffle Chairman:.....George Griffiths  
Raffle Director:.....Chuck Mulvey  
RefreshmentCoordinator:..Louise Polsky, Taffy Rath

### Membership Report:

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

*Your Membership Cards are in the mail!)*

**Current Membership - 160**

#### Welcome New Members -

Eileen Rossick, Jade Neely, Marvin Abrams

#### Thank You Member Renewals -

Jim McGreevy, Joe Lacascio

Remember, if your name is not spelled right or  
your expiration date is wrong, contact  
[cwmitchell@sbamug.com](mailto:cwmitchell@sbamug.com) for correction.

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### MONTHLY CALENDAR

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

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

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

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

**Last Wed - SBAMUG Monthly Meeting**

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

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

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

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

# MACHinations

## A personal view from Bob Easy Web Design with Freeway 5

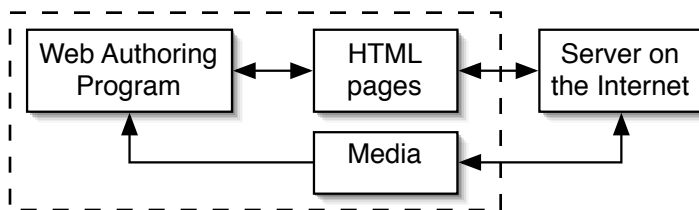
**Freeway 5** is the latest version of the website layout program for the Mac from [softpress.com](http://softpress.com). It is very easy to use, creates compact code (for fast-loading pages) and yet is rich in features. It works like a page layout program. You don't have to know HTML (hypertext markup language), CSS (cascading style sheets) or Javascript.

**Background:** A web page is nothing more than a text file with an html extension, e.g. page.html, and individual media files — graphics, PDF, SVG, movies, audio and flash. A web site is a collection of linked pages. All you need to create a web page is a text editor. The HTML pages contain the text that's displayed plus tags that tell a web browser how to display it. A simple HTML example:

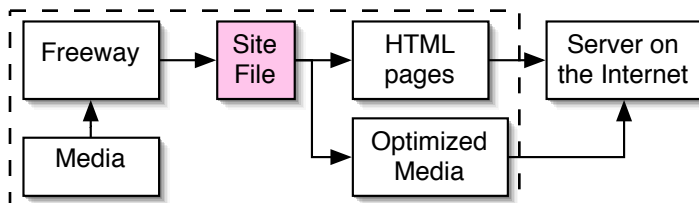
```
<b>bold text</b> appears as bold text where  
<b> and </b> are the bold tags.
```

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

**Traditional Web Authoring:** Web authoring programs, like Adobe GoLive or 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 accessed 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.



The downside is that it's a one-way street. It's not suited to collaboration and you can't tweak or hand code the HTML. If you're the only person editing the site, this may not be a serious limitation.

**Freeway eliminates the pain.** Open a new Freeway site from a collection of templates or as a blank page and lay out your pages as in a page layout program. Freeway creates the code for you. Drag an HTML text box and start typing. Link text boxes and the text flows between them. Drag a graphic box and type in it using any typeface and style. The text is converted to a graphic so it displays as intended. 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.

**Managing a site is easy.** All master and site pages appear in a sidebar. Click a page to open it in the editing window. Master pages let you create layouts with common elements on which you can base web pages. 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.

Softpress continues to enhance the program. The latest update (5.1.1) adds RSS feed generation (see May 08 newsletter), personalized Blogger templates, Google and script.aculo.us Actions. Softpress has a lively user forum for tips, tricks and user-contributed Actions (javascripts). It comes with a 500 page PDF reference guide. You can order a printed copy.

I've used Adobe GoLive for years and still use it for our MUG since we have several people modifying the site. For my personal sites I'm switching to Freeway. It's much easier to use, yet seems to have the power of GoLive. To show how easy it is to use Freeway I created, in about 45 minutes, the complete SBAMUG home page.

Freeway comes in two flavors, Express (\$79) and Pro (\$249). Senior, education and user group discounts are available. The Express and Pro versions are compared on the [softpress.com](http://softpress.com) website, but I expect many of our members will find that Freeway Express meets their needs. If not, you can always upgrade. Demo versions are also available.

**Bob Brooks** Helping Beginners  
310-545-8060 • [DrBob@SBAMUG.com](mailto:DrBob@SBAMUG.com)

## **PUBLIC DOMAIN CD (PD CD)**

By Jim Pernal, PD Editor

In case you didn't know, I research and write the PD CD column in the newsletter each month. I also make the physical CD that you can purchase at the back table at our monthly meetings. The CD's cost \$5 each (except the archive CD that costs \$20).

Published every other month, these discs contain the shareware, freeware, and public domain (PD) programs reviewed monthly in the club's newsletter.

**Shareware** is defined as programs you can try out, and if you like them, pay the developer the shareware fee. Often features may be limited until you pay the fee and get the registration code. **Freeware** is defined as free programs, but retain copyright control by the developer. Public domain is defined as free programs that don't have copyright control.

My columns are also on the club's new wiki. Go to the main page and click on PD CD. You can read the articles in the notebooks to determine the system requirements for each program. Generally OS X is required for the past several years.

I'd like to thank Fran Pullara for taking over as newsletter editor. This article will have a place to go! There are eight items this month.

**Cyberduck-3.0.1.dmg** This program is a favorite of LJ. It allows uploading via FTP or SFTP your web contents on your local computer to websites. Has a drag and drop interface. OSX 10.4 -10.5 PPC/Intel

**File Extensions.wdgt.zip** Freeware widget that lets you look up file extensions. OSX 10.4 -10.5

**JobTimer\_0231.app.zip** Aimed especially for freelancers, but tool is for anyone who

needs to keep track of work time. Uses simple mouse clicks to start and stop the time span. Has Rich Text Format (RTF) export so you can place the results into other programs. OSX 10.4 - 10.5 PPC/Intel

**MacDive\_1.3.4.dmg** Maybe too specialized, but this is a good example of showing the depth of Macintosh shareware. Lets you log dive profiles obtained from a Suunto Dive computer to your Mac! Transfer is via a USB cable OSX 10.5 only

**SpamSieve-2.7.dmg** Spam filter for most e-mail programs. POP IMAP Hotmail and AOL types are supported. Has Bayesian logic to more effectively filter out spam. Been a while since I've featured this program. OSX 10.4 to 10.5

**Syncman\_1.0.zip** A utility program that will sync your address book with Gmail. Requires OSX 10.4-10.5 and a Gmail account. Three types of syncing are possible. 1) Sync Address Book with Gmail Contacts 2) Replace Gmail Contacts with Address Book or 3 ) Replace Address Book with Gmail Contacts. OSX 10.5

**Tech Terms.wdgt.zip** Another freeware widget. This widget will go and look up technical terms from the techterms.com website. OSX 10.4 to 10.5

**Transmit 3.6.6.zip** Another FTP/SFTP iDisk/WebDAV utility for moving your contents to a website. 10.3.9 to 10.5

The CD for this month will be for sale at the June meeting as the May-June 2008 CD.

Catch you at the June meeting. Be sure to click on our new wiki; you'll be amazed what you are going to find.

## This and That

By Fran Pullara, Newsletter Editor

Hi, I'm Fran, your new newsletter editor. First of all, thanks so much to Dorothy Weeks who has been a stellar editor for the past two years and whose guidance has been invaluable as I prepare to get up and running.

Though I joined SBAMUG in December 2007, I'll admit that I had attended a few meetings in 2000. At that point, even though I had used computers since the late 1970s and Macs since 1990, I felt like everyone was speaking French and I didn't know the language. When I returned, I was determined to learn to speak and understand French. I have learned so much in the past six months because I was ready and the presentations and beginners groups have been so helpful. Now it's time to give back to the SBAMUG community. This is a volunteer organization and we all need to pitch in to make it the best MUG it can be.

To do my newsletter job well, however, I need your help because I don't have tech expertise—and I want to make sure we are bringing you the kinds of news you want. We have our monthly writers Bob Brooks and Jim Pernal, (thanks, guys) but do you want to contribute to the newsletter, too? Do you have ideas for articles? E-mail me anytime at [redondowriter@sbamug.com](mailto:redondowriter@sbamug.com) and we'll make the newsletter a team effort.

### In a Nutshell

- **Become a member.** It's only \$35 a year and your membership is tax-deductible because we are a non-profit organization. LJ talks about the benefits of membership on page 1 today.
- **Bring Your Laptop to meetings.** If you have a wi-fi capable laptop, bring it to the meetings as we have free Internet access. I find the presentations easier to follow if I can immediately click to the links being demonstrated.
- **Volunteer to help in whatever way you can.** Can you host a Core Group or Special Interest Group (SIG) meeting? Though we don't have any at the

moment, we may be having one soon on iMovie. We always need people to bring refreshments, set up and clean up to name but a few.

- **We're All In This Together.** Do you have any comments or ideas for future meetings? Write them down and drop them in our Suggestion Box on the refreshment table at our monthly meeting, or speak to a Core Group member. We welcome your input.



## Let's Hear It For Margaret Wehbi

Congratulations to our own SBAMUG member, Margaret Wehbi. She won \$100 from the Typical Mac User Podcast. After listening to episode # 127, 'A Day At The iMovies', Margaret learned how to make a movie in iMovie '08. As incentive to his listeners, host Victor Cajiao challenged them to make a movie showcasing what they learned and at the same time, "Pimp the Typical Mac User Podcast."

Margaret took the challenge and in a random drawing was declared the winner. Here is a link to the winning entry: <http://www.youtube.com/watch?v=dldRM-Yapic>. Since winning, Margaret has really taken to iMovie '08. Her first 'post Victor contest' movie involved 410 photos (exposure altered when needed), 3 minutes of video clip and 16 songs (all trimmed with proper fade in/out). She would have never have been able to accomplish this without the excellent podcast tutorial. Check out the tutorial for yourself at: <http://typicalmacuser.com/wordpress/2008/04/29/tmup-127-a-day-at-the-imovies/>.

Margaret is interested in forming an iMovie Special Interest Group. Are you interested? E-mail her at [mawehbi@gmail.com](mailto:mawehbi@gmail.com).

**Used our Gallery yet at [www.sbamug.com](http://www.sbamug.com)?** Margaret Wehbi and several others have. Check the SBAMUG gallery on our website to view her photos taken at Cal Earth in Hesperia during a day of memory for architect Nadar Khalili.

## Explore Pages '08 With Pages '08 – Downloadable PDF

*From the Mug Center – The Mac User Group  
Resource Center*

Hartley Jim Jackson of the [Northern Vermont Macintosh User Group](http://www.iver.net/~nvmug) (<http://www.iver.net/~nvmug>) has authored an impressive 125-page e-book called Exploring Pages '08 with Pages '08. Hartley has given permission to the Mug Center for Mac User Group leaders and members to access for free. You can download this 8+ mg download free at: <http://www.mugcenter.com/>.

The book covers all aspects of Pages, from word processing to page layout and beyond, including working with images, drawing, tables, charts and graphs and much more.

The complete table of contents includes:

- Explore Pages '08 with Pages '08 using projects.
- A Base for Exploring Pages '08
- My Version of History
- Pages Basics
- Word Processing in Pages '08
- Write a letter
- Create an Envelope Using a Template
- Working with Images
- Objects and Drawing
- Tables
- Charts and Graphs
- Word Processing Layout
- Using Templates
- Creating Templates
- Document Packaging
- Page Layout in Pages '08
- New in Pages '08 Page Layout
- Creating a Newsletter

**From Your Editor:** Because I am attempting to learn Pages for the newsletter, I downloaded Hartley Jim Jackson's PDF tutorial. It has been so helpful. The Apple site has various print and video tutorials, as well as a PDF of the full Pages manual. A few of us have been talking about having a special interest group to learn Pages '08.

## Do You Sometimes Have a Hot Mac Laptop?

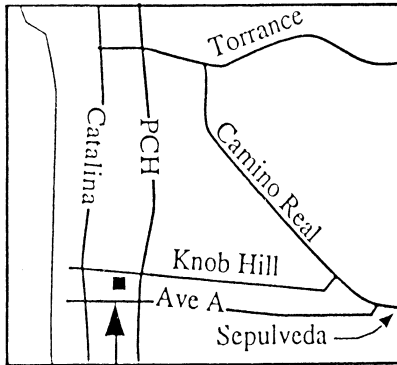
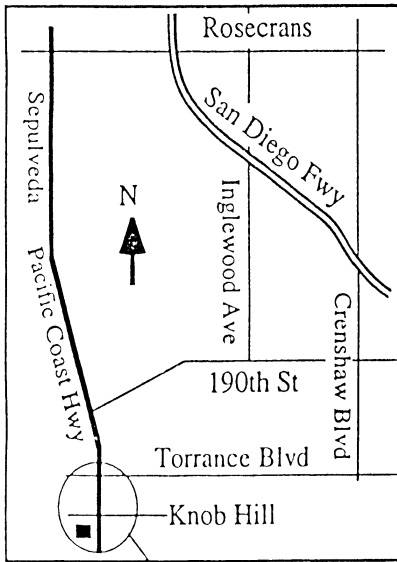
I just love my MacBook and I take it almost everywhere with me. But, not knowing that the temp of Mac laptops has long been a source of irritation for Mac users, I was pleased to find a helpful and humorous article by Dave Morgenstern at his blog on ZDNet (<http://blogs.zdnet.com/Apple/?p=1810>) explaining this phenomena. Check out the full article, but I've excerpted some tips by Jason O'Grady to deal with the warmth.

He reports that the actual temperature depends on what you're doing. If you're rendering effects or doing some serious crunching, or you've just plugged your machine into AC power after running on the battery, the bottom of your laptop will get very, very warm. Hot.

In his office, he puts his portable on a metal holder that raises the screen off of the desk and lets air circulate underneath it. If he's propped up in bed, he uses a wooden tray called the Bed Desk ([http://www.thebeddesk.com/My\\_Homepage\\_Files/Page1.html](http://www.thebeddesk.com/My_Homepage_Files/Page1.html)) It was made to read books, but by turning it around, lowering the lid and using the adjustable ledge as a backstop, he works down into the MacBook. This leaves a gap under part of the case near the fan grids and the left-side power supply promotes air circulation. A few felt stickers here and there prevents scratching.

-- Fran Pullara





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

## **THIS MONTH'S MEETING**

**Wednesday, June 25, 7:30 p.m.**

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

### **Attention Beginners**

At 6:30 p.m., prior to the main meeting, SBAMUG always offers two beginners Q & A sessions! One is hosted by Bob Brooks and Jim Pernal in the main hall. The second group is in the kitchen, hosted by L.J. Palmer.

June 25

### **Virtual Reality Software**

**Tim Petros, photographer**

You will learn how to take multiple pictures of an object or space and stitch them together in a format that enables a 360 degree tour of a room, building or landscape on a TV or computer screen.

July 30

### **Freeway Express and Freeway Pro**

**Ian Schray, US Marketing Manager,  
Softpress Systems Ltd**

Freeway provides WYSIWYG html generator for web design. See Bob Brooks article about Freeway on page 3 or check the wiki under meetings for more detailed information

Thanks, Refreshment Committee, for all your hard work every month. All goodie donations are deeply appreciated.

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

***A LITTLE HUMOR, I HOPE***



***Attention All South Bay Surfers!***  
*Used with permission of funny-potato.com*

# PERIODICALS

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



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

New Member       Member Renewal

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

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

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

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

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

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

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

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

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

Bring Application & Fees to Meetings or Mail to:  
SBAMUG  
P.O. Box 432  
Redondo Beach, CA 90277