Manage Your Apps and Save Battery with App Tamer, by podfeet

One of the coolest things about being a Mac owner is how long your computer will remain useful. I hear stories about people using Core 2 Duo machines that are 12 years old! I'm not a big fan of recommending letting a Mac that's not able to run a currently supported operating system get on the Internet, but luckily Apple supports machines pretty darn far back. As of right now, macOS High Sierra is still supported with security updates, and you can run High Sierra on Macs back to 2009 or 2010 depending on the model. That means a machine a *decade* old is still a great machine.

I bring this all up because as the demands on our machines increase, we need ways to limit the power required to keep them running well. Sure we can add more RAM and we can throw in an SSD and dramatically increase the speed, but a demanding app can burn through an aging battery pretty quickly.

Even if you have a newer machine, misbehaving apps can burn through a new battery and chew up your processors, bringing your system to a crawl. I'll pick on Chrome here for a moment. I haven't independently verified this by personal testing, but Chrome is known to have memory leaks and not work as efficiently on Macs as Safari which is tailored for Apple-specific hardware. A common answer to questions regarding battery drain on tech support shows is, "are you using Chrome?"

Let's say your apps aren't misbehaving and your hardware is brand-spanking new. There can be times when you'd like to limit an app or a specific process from taking too much CPU because you're doing something else demanding, such as recording or broadcasting video.

March 25 Meeting
Shortcuts on iOS (formerly Workflow) by Rosemary Orchard

Apple's Shortcuts app brings extensive automation capabilities to your iPhone or iPad, using a drag-and-drop, fill-in-the-blanks interface much like Automator on the Mac. It lets you perform sequences of tasks, including ones that span various apps, with just a tap or a voice command—or even automatically when certain conditions are met. Shortcuts can save you time and effort, help you accomplish previously complicated tasks, and let you customize your device to better meet your needs. And with iOS 13/iPadOS 13, Shortcuts has become even more powerful than before.

There are a lot of changes in this greatly improved version of the app, now part of the iOS and iPadOS operating systems. They range from home and personal automation, the addition of many actions to automate common tasks, as well as much broader support for third-party apps.

Rosemary Orchard will share two of her custom shortcuts and show you, step by step, how to build them from scratch. Her presentation will be via a Screencastsonline video.

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 visit our website sbamug.com

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
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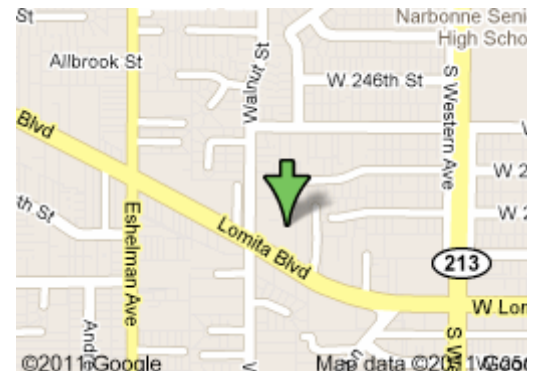
Lomita Veteran's Hall,
1865 Lomita Blvd, Lomita

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
8:00—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.

SBAMUG Monthly Calendar
Mar 25: iOS Shortcuts
Apr 29: TBD

Other Meetings:
- Tue (6 days after last Wed) - SBAMUG Core Group, 7:30 pm. Join FaceTime SBAMUG community, or email: info@sbamug.com.
- 3rd Thu every other month - InDesign User Group, 7pm at various locations in LA area, laidug.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., .lapug.org/

Officers & Volunteers:
President: Kent McDonald
VP: Jim Pernal
Secretary: Nancie Silver
Treasurer: CW Mitchell
Directors at Large: Dave Nathanson, Arnold Silver, George Wilde, Joan King, 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/Andy Paroczai

Membership Report – 78 members!
Please wear membership card as your name tag - you may notice your first name is in larger letters on your card - so it can be used as a name tag at the meetings.:)
Welcome New Members: Hank Folson
Thank You Member Renewals: Treva & Gary Forister, Allan Boodnick, Philip Gruskin, John Kells, CD Knauer, Gregory McCarthy, Paul Curry, Victor Kosuda
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 (cash, check, PayPal) to meeting.

SBAMUG March 2020 Shareware

Some interesting items this month.   We have six items this month.

Audio Hijack 3.6.4: Record and enhance audio from any application. Improved audio capture engine in this version. OSX 10.12+ $59.00 https://www.rogueamoeba.com/audiohijack/

Carbon Copy Cloner 5.1.15: Lets you make bootable backups of your mac. Bug and compatibility updates in this version. Mac OS 10.10+ $39.99 https://bombich.com

ClassicWeather 4.6: Based on the IOS version of this program, it provides full featured weather forecasts. Icons in dock and menu bar for quick access. OSX 10.9+ Free but has in-app purchased for premium features. https://www.demodit.com/index.php?pid=S01cw&sp=en&os=1

Cuppa 1.8.3: One trick pony app for tea drinkers. Use it right from the dock: just right-click or command-click on the little teacup, and select the beverage you wish to brew. App darkens and when done, app teacup icon bounces and makes a sound. OSX 10.9+ Free. https://www.nathanatos.com

TG Pro 2.47: This utility program is for fan control, temperature monitoring, and hardware diagnostics in your Mac. Gives notifications. OS 10.10+ $20.00 https://www.tunabellysoftware.com/tgpro/

Wine Maps 1.8: Wine Maps provides a handy visual reference, for the wine regions in nineteen countries around the world. Europe, USA, Australia, New Zealand etc. You can print the maps. OS X 10.11+ $3.99 http://www.winemapsapp.co.uk/sample-wine-maps/

See you at the March meeting.
Jim Pernal PD Editor

SMH
Acronym for 'shake my head' or 'shaking my head.' Usually used when someone finds something so stupid, **no words** can do it justice. Sometimes it's modified to 'smfh' or 'smmfh' by those that prefer **profanity** in their internet **acronyms**.

Help Wanted
I have been producing the SBAMUG newsletter for over 5 years and now I hope to find another club member to take over the job. June 2020 will be my final newsletter. Here is what goes into the process:
- Collect the content
	Jim Pernal provides the Shareware column and CW Mitchell provides the membership info. The rest of the content is up to you. There is plenty of interesting stuff out there in publications (newspapers and magazines), online articles and blogs. I can help you with suggestions.
- Edit the content
	Some articles need to be cut to fit the space available or to edit out the non-Apple related content. Also, we do not want to include an entire unedited article without permission, so what I do is use part of an article and include a link to the original.
- Attend the monthly SBAMUG Core Group video conference via Group Face Time
	This is where you get information on upcoming meeting topics and other club-related business.
- Do the page layout
	Pages (part of the iWork productivity suite) makes this fairly painless. Or you can use another word processing app if you prefer.
- Send the competed newsletter in pdf form to Bill Berks for proofreading.
- Incorporate Bill's changes (if any) and send the pdf to the printer.

If this interests you and/or if you want to ensure that our newsletter does not become extinct, email me at pjmyerz@gmail.com. I will do all I can to help you get started.

Pete Myers

VSCO
VSCO is a creative channel with advanced photo and video editing tools for creators. It is free from the Apple App Store, with in-app purchases available. There is a free 7 day trial.

But VSCO is better known as the namesake of the cultural phenomenon, the VSCO girl. This is a fashion trend or subculture that became popular among teenagers in the summer of 2019. The fashion choices are relaxed and easy going, and include oversized T-shirts, scrunchies, metal water bottles, Crocs, and beach-related fashion.

Here's the backstory: the VSCO (pronounced "visco") is a photo editing and sharing app (free of likes or commenting) is widely used among tweens and teens.

App Tamer Could Help

I'm a huge fan of metrics as you may have already figured out, and there's nothing more fun than looking at all of the graphs and numbers in the menubar app iStat Menus. You can watch your CPU get chewed up to your heart's content. But there's nothing you can actually *do* about it from within iStat Menus. The information is actionable, but you have to go to another app to take action.

App Tamer from St. Clair Software gives you metrics on CPU usage but it also gives you practical actions you can take to control your apps, e.g. to tame them. App Tamer is a menu bar app and costs $15. There's a free, 15-day trial of App Tamer at stclairsoft.com/…. On first run of App Tamer, like many apps nowadays, it will ask to install a helper app in order to function.

By default, App Tamer shows you an icon in the menu bar and the current percentage of total CPU usage. When you select the icon the app flips down pinned in place. You can tear it off to make it a standalone app and even set it to hover above other apps using the preferences.

The top of the app shows you a graph of your CPU usage as a function of time. I was surprised to see an option on my new Mac that said, "Because your Mac has more than four processor cores, the CPU graph will show more detail when setting to a logarithmic scale." Using a log scale is helpful if you have small values and large values you need to plot on the same graph.

Below the graph is a list of all processes currently using CPU and sorted by that CPU usage. It's a little hard to figure out whether it's sorted by the instantaneous percentage or the average percentage usage because both are displayed but I've seen the top apps have one or the other as the top value. At the bottom of the listing is a button to toggle to see *all* processes, but it can get pretty long and doesn't necessarily provide you with more actionable information.

The magic of App Tamer is that it lets you *limit* how much CPU you want to allow each app to use. For example, how often have you realized that your machine has slowed to a crawl because Spotlight has decided to index? With App Tamer, you can limit that usage to less than 20%.

App Tamer comes pre-configured to automatically reduce the CPU and battery usage of Safari, Firefox, Google Chrome, Spotlight, Time Machine, Photoshop, Illustrator, Word and more. Apparently these are the big offenders!

To add an app to Managed Processes, simply select it in your list of running applications. You'll get a window with detailed controls. The first set of controls tells App Tamer what to do when an app is not in front. You can choose to stop the app completely (which would be great for Chrome when you're not actively using it) or you can choose to slow it down if it's using more than a specified percentage of CPU. You get a little slider or you can type in a value for that percentage. The third checkbox allows you to only stop or slow the app when it's hidden. Back to our Chrome example, if you're actually using Chrome to do something and it's in the foreground you definitely don't want it slowed down.

The second set of options tells App Tamer what to do when an app is idle. You can have the app hidden after a specified number of minutes, or App Tamer can quit the app after so many minutes. Both of these sliders go from 1 to 120 minutes. I can see hiding an app (in fact I may do that with every app I have running because I launch so many apps sometimes, I get to where I can't even find my desktop! Quitting an app after a while is something I may not choose but perhaps you have a use case for it.

App Tamer will ask for permission to send you notifications, and as soon as you say yes, you'll regret it. But don't judge it just yet! I say you'll regret it because invariably some app you're using to be productive will trigger a popdown from the App Tamer menu bar app alerting you to the fact that it's chewing up more than 20% of your CPU.

The good news is that one of the options available right from that menu is "don't warn about" followed by the name of the process. I'm allowing macOS Catalina (in theory) to download my 600GB iCloud Photo Library right now, so App Tamer is warning me that photolibraryd has been using more than its fair share of CPU. The alert asks me what I'd like to do about it. I can choose to let it continue, limit its CPU usage, or I can choose "don't warn about photolibraryd". I used that option quite a bit at the beginning of my App Tamer usage and now even App Tamer is tamed! Finally on that same pop-down menu is the option to change notification settings overall.

Turn Off App Tamer

When I do the live show, I run an awful lot of applications and every single one of them is begging for more CPU. Chrome is capturing video from my webcam, Audio Hijack is capturing my microphone, Loopback is routing that audio to virtual sources, Hindenburg is recording my mic and pulling in audio files, NDI is sending video of Hindenburg over the local network to Steve on mimoLive and of course I'm chatting with the live audience in Discord where I'm piping in the audio of my mic and Hindenburg for playback. Can you even imagine what a fit App Tamer would have during the live show?

But not to worry, App Tamer comes with an on/off toggle. If you choose to turn it off, you then enter the number of minutes you want it to be off. I love that because I could achieve the same thing if I just quit the app but I might forget to turn it back on. When App Tamer is "off" it's not really off. It still runs the graph and it still records the CPU usage, but at a much lower sample rate and it doesn't send any notifications.

Preferences

There's a couple of things I wanted to draw your attention to in the preferences for App Tamer. I mentioned upfront that you can see the CPU usage next to the App Tamer icon and I really like that but you can turn that off. You can also choose to have App Tamer act as a menu bar app OR as a "regular" app, visible in the dock and the app switcher, or you can have it be both.

Because one of the main problems App Tamer is designed to solve is saving your battery, in preferences they allow you to disable stopping and slowing of apps if you're plugged into power. There's also a setting to change when you'll get notified of a problematic app. By default, if an app exceeds 95% of CPU for longer than 30 seconds it will warn you but you can change the time and that percentage.

I mentioned the refresh rate of the statistics slows down if you've turned App Tamer off temporarily. You also have granular control over the update rate inside settings. If you're a dark mode fan, you can enable it in preferences.

Bottom Line

Bottom line is that if you want to maximize battery life on a laptop or control which apps are using your CPU so your important apps get first priority, App Tamer is an excellent choice. It's beautifully designed, it's modestly priced and it does what it says on the tin.

https://www.podfeet.com/blog/2019/12/app-tamer/?amp=1

How to Get the Most Out of Your Digital Wallet, by JD Biersdorfer

So many stores now accept payments from smartphone apps that, in some places, it's almost possible to get through the week and zip through checkouts without fumbling for cash, cards or plastic store-rewards tags. Your phone's digital wallet is also a handy place to store electronic airline boarding passes, event tickets and more.

But there are still many people who haven't tried mobile payments, or don't know how to organize their digital wallets. If you're one of them, this guide is for you.

Step 1: Find Your App

Apple Wallet (which houses Apple Pay), Google Pay and Samsung Pay are three common payment apps, and one of them is most likely on your phone already. Your app store has others, but make sure you pick a trusted platform.

While you can use your payment method for in-app and online purchases, you'll need a mobile device with a near field communication (N.F.C.) chip inside to pay at the terminals in stores. Most recent smartphones are N.F.C.-equipped, and Samsung's system also works with magnetic-stripe and chip-card readers. Some smartwatches also have mobile pay apps.

Step 2: Get Set With Security

You must protect your digital wallet's contents, so make sure your phone's settings are configured to lock the screen with a passcode or a biometric method like a fingerprint, face or iris scan — which you also need to authorize purchases. As for your financial information, payment apps use encryption and other technology to further lock up data; see the Apple, Google and Samsung sites.

Step 3: Add Your Payment Cards

When you first open a payment app, it guides you through adding your credit or debit card. Typically, you just open the app, tap the "Get Started" or "Add Payment Card" button and follow along. You scan or type in your card number, and wait for confirmation and verification from the card's backing financial institution. If you'd rather read up on the setup steps before you plunge in, guides on how to configure Apple Pay, Google Pay and Samsung Pay are on the company support sites.

Beyond credit and debit cards, the apps also walk you through configuring peer-to-peer payments like Apple Cash, Google Pay's funds exchange or Samsung Pay Cash. PayPal accounts can also be linked to Apple Pay, Google Pay and Samsung Pay.

Step 4: Import Loyalty Cards, Tickets and More

Retail-store rewards cards can be imported by entering or scanning the bar code on the physical card with store's own app. To find compatible apps, open Apple Wallet, scroll down to Edit Passes and select Find Apps for Wallet. In Google Pay, open the app and tap the Passes icon, tap the Pass button and select "Loyalty program" or "Gift card." And in Samsung Pay, open the app and tap the Memberships button.

Airline boarding passes, museum memberships and event tickets can also be added to the wallet in various ways, like scanning a QR code or selecting the "add to wallet" button in an email or a text message. When you get to the gate or counter, just tap up the appropriate pass and present it for scanning.

Step 5: Pay Up

When you are ready to pay for purchases in stores that accept mobile money, just open your digital wallet app, hold the phone near the wireless reader at the register and authorize the payment with a body part or passcode. Your phone's screen will confirm the transaction.

Step 6: Manage Your Wallet

Like its physical counterpart, your digital wallet will eventually need pruning when it becomes cluttered with outdated passes, or you want to remove or change a payment card.

With Apple Wallet in iOS 13, you can remove multiple passes by scrolling down to tap the Edit Passes button and deleting the tickets and boarding cards you no longer need.

To delete or edit individual passes and cards open on the screen, tap the icon in the top-right corner to get to the controls. The Wallet & Apple Pay area of the iOS settings also lets you manage your credit and debit cards.

In Google Pay, delete a loyalty card or pass open onscreen by tapping the More icon in the upper-right corner and choose Remove. To delete a payment card, tap the Payment tab and then the More icon.

Samsung Pay uses a similar approach to remove cards: Open the app, tap Menu in the upper-left corner and then Cards (or Membership if you're deleting a rewards card), and choose the one you want to delete. Tap the More button, then Delete Card and follow the instructions onscreen.

Read the full article at https://www.nytimes.com/ 2019/10/09/technology/personaltech/how-to-get-the-most-out-of-your-digital-wallet.html

It allows them to select preset filters to give their images and videos an extra beachy, golden hour vibe. And it's that laid back look — in addition to slew of must-have products — that has spawned a generation-defining trend that can be seen everywhere from the VSCO app to Tik Tok to Instagram to YouTube to Facebook. Just kidding, Gen Zers don't use Facebook! Oh, and you're also going to see it IRL (translation: that's "in real life") at your local mall, your coffee shop and pretty much everywhere else you stop during your day.

Unlike the "Valley girls" of my day, however, being a VSCO girl is far more about your filter and what you're wearing than your location or the way you speak. So, who is a VSCO girl? Well, the majority of the participants land somewhere between middle and high school, with the trend definitely tapering off before college, which makes sense, considering 75% of VSCO's users are Gen Z, according to CEO Joel Flory. A VSCO girl is also environmentally conscious, hence she carries a metal straw at all times (to save the turtles) and avoids plastic water bottles in favor or her beloved Hydroflask (which is covered in Redbubble stickers, FYI).

Facebook's 60-GHz Terragraph Technology Moves From Trials to Commercial Gear,
by Amy Nordrum

For years, Facebook has been developing a technology to improve the way data is organized and routed in wireless networks. Now, that technology is being integrated into commercially available 60-gigahertz small-cell base stations. And if service providers sign on, it could soon help deliver over-the-air Internet to homes and businesses around the world.

The Facebook technology, called Terragraph, provides a way for a cluster of base stations broadcasting at 60 GHz to autonomously manage and distribute traffic among themselves. If one base station goes down, another can take over in an instant—and they can work together to find the most efficient path for information en route.

Half a dozen equipment vendors, including Cambium Networks, Common Networks, Nokia, and Qualcomm, have now pledged to roll out commercial gear that integrates Terragraph. The latest announcements came in February at the MWC Barcelona trade show. If it works as promised, Terragraph should make Internet access faster and more affordable in places where it's deployed.

Increasingly, broadband that was once distributed through expensive fiber-optic cables buried deep underground is being beamed to homes and businesses through the air. To do that, telcos are eyeing high-frequency bands, which have more bandwidth available than crowded lower frequencies that have long been used for consumer electronics.

Of interest to Facebook is the V-band, commonly referred to as simply 60 GHz, though it technically spans from 40 to 75 GHz. This band is unlicensed in many countries, which means it's free for anyone to use. While indoor equipment supporting 60 GHz as a Wi-Fi alternative has been available for years, outdoor gear is just now beginning to appear. Many Internet service providers are considering using 60 GHz to bridge the gap between existing infrastructure and new locations they'd like to reach, or to add capacity to places they already serve. "It's definitely interesting," says Swetank Kumar Saha, a research assistant and Ph.D. candidate in computer science at the University at Buffalo, in New York, who has studied the performance of 60-GHz consumer gear for indoors. "A lot of people have struggled to commercialize 60 GHz. There's been a lot of talk."

One problem is that signals at millimeter-wave frequencies (roughly 30 to 300 GHz) do not travel as far as those at lower frequencies, are readily absorbed by rain and foliage, and cannot pass through windows or walls. To get around these issues, providers typically use fixed wireless networks, in which a base station transmits to a stationary receiver installed on a building's exterior. From there, Ethernet cables distribute service indoors.

Last year, Facebook teamed up with a subsidiary of Deutsche Telekom to test Terragraph in two villages in Hungary. In the first of those trials, technicians connected about 100 households. With Terragraph, residents enjoyed average Internet speeds of 500 megabits per second, as opposed to the 5 to 10 Mb/s they had been getting through DSL. Facebook is now completing trials with operators in Brazil, Greece, Hungary, Indonesia, Malaysia, and the United States.

The technology itself consists of a suite of software based on the IEEE 802.11ay standard and includes features such as time-division multiple access, which dices up a channel into time slots on which multiple base stations can transmit in rapid succession. In the seven-layer Open Systems Interconnection Model, Terragraph works at Layer 3, the slice that has to do with routing information between IP addresses.

With Terragraph, Facebook took its expertise in routing data around its fiber backbone and applied that expertise to wireless networks, says Chetan Hebbalae, a senior director at Cambium. In 2017, the project came full circle when Facebook made the underlying routing software open source. Called Open/R, it was initially designed for Terragraph but is now also used by Facebook to shuttle information around its own data centers.

There are still limits to the technology, however. Each Terragraph-enabled base station can transmit only up to distances of about 250 meters, and all routes must be line-of-sight with no foliage, walls, or other obstacles in the way. Anuj Madan, product manager for Facebook, says the company has tested Terragraph in rain and snow, and that weather "has not presented an issue so far" for performance. But, just in case, Hebbalae says, many 60-GHz base stations are designed to temporarily switch back to standard Wi-Fi frequencies of 5 GHz or 2.4 GHz if there's too much loss.

A spokesperson for Sprint said the company plans to test Terragraph equipment and is exploring the 60-GHz band for its network. A representative of AT&T said it has performed lab tests involving 60 GHz but currently has no plans to incorporate the band into its network. Saha, of the University at Buffalo, is optimistic about Terragraph's chances of breaking out into the world. "These companies will look at the cost at the end of the day, and if the cost is better than going for fiber, then they will definitely go for it," he says. Cambium's Hebbalae says his company's first Terragraph-enabled base station is currently in the "design and development phase" and will likely be available later this year. The company's goal is to offer Terragraph as a software feature that can be easily switched on or reconfigured from afar. "Hopefully, if we talk six months from now, I'll be able to talk about pilots and trial deployments with customers," he says.

https://spectrum.ieee.org

Routers

The March 2020 issue of Consumer Reports has an article on routers. You will have to subscribe or hit the library to read the entire article, but here is a summary.

How Does My Router Work

Once your router is hooked up to the modem provided by your internet service provider (ISP), it directs the internet connection throughout your home, making it wirelessly available to devices like laptops, smart speakers and smart tv's. It serves as a link between the outside world and all of your personal and financial data. That's why it must be a security guard in addition to being efficient and convenient.

Is My Router a Slowpoke?

Take a look at a bill from your ISP to see what level of broadband you're paying for. You'll need at least 25 Mbps to stream Netflix for 4k tv, for example. Run a speed test using a service like speed.com to see what you're actually getting. First, run it with your laptop connected to your router for the best-case scenario. Then move the laptop to different areas of your house and measure the WiFi speed at each location. If your speed is not satisfactory, it may be due to improper placement of the router (it should be near the center of the home), or obstacles in the house (refrigerator, aquarium) that impede the WiFi signal.

Which Router Is Best for Me?

CR recommends an Archer C7 ($70) for a small home, an Asus AC2900 ($160) for a medium-sized home and a TP-Link Deco mesh network ($180) 3-pack for a large home.

Rent vs. Buy

Many consumers simply accept the model provided by their ISP. But you can save money and get more say in the operation and security of your home network by buying your own router. Then you can set up your router to receive automatic firmware updates, establish parental controls or guest networks.

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Devices you use most:_____

Current level of Mac expertise

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***Bring your Application and Fee to our General Meeting at Lomita Veteran's Hall
or Mail to our PO Box (see page 2 for our address)***