



# South Bay Apple MUG Macintosh

vol 22, issue 4 **April 2022**

*A Monthly CUPFUL for South Bay Apple Mac User Group Members*

## **Our next SBAMUG Meeting via Zoom: Wednesday, April 27 at 6:30 p.m.**

The April 27 meeting will begin at 6:30 p.m. with a Q & A Session. Everyone is welcome, and any and all questions are encouraged, from beginner to advanced. The main presentation will begin about 7:15 p.m. Jim Pernal will first discuss the Mac OS Sidecar and new Universal Control that will let you use your iPad and/or other Mac computers as additional displays without needing to buy and connect other monitors. Next he will briefly discuss monitor specs and buying decisions. Links to monitor buying guides will be given. Then we will discuss the various types of ports on Macs to connect displays. Finally some example hookups will be shown.  
***Join us for an interesting and informative meeting!***

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## **WE MISS YOU!**

### **JOIN US FOR OUR MONTHLY MEETINGS!**

#### **Instructions on using Zoom...**

- 1) A Zoom meeting invitation will sent to everyone who is signed up on the club's email list (everybody@sbamug.com).
- 2) To be added to the mailing list, follow the instructions at <https://www.sbamug.com/our-sbamug-email-group/>
- 3) When you receive the Zoom invitation email, save the link to your calendar so that on the day of the meeting, you can find it more easily.
- 4) To join the Zoom meeting, click on the link provided in the invitation email. This will allow you to install the free Zoom app. The meeting invitation will also include a meeting ID and password, which you may need.
- 5) **DO YOU NEED HELP WITH ZOOM?** Anyone having trouble logging on to the Zoom meeting online should call CW Mitchell at 310-644-3315 before the next meeting and he will help you get logged on.

*Yes, we know you can't schmooze over ZOOM meetings...but, the **upside** of ZOOM is that other family members can also watch the meeting, you save money on gas, you can have your pet(s) with you, and you can enjoy all the drinks and snacks you want!*

# Welcome to the SBAMUG!

(South Bay Apple Mac User Group)

Members, friends and colleagues are invited to attend our monthly meetings (usually the last Wednesday of the month). Annual membership entitles you to receive this online monthly newsletter, plus many more benefits (see page 8). **The \$35 annual membership dues are waived for 2022.** Visit [sbamug.com](http://sbamug.com) to become a member or to get more information. **Meetings will be held virtually via Zoom until further notice.**



## SBAMUG Virtual Meeting Format:

**6:30-7:15 p.m.** Question & Answer Session  
*Everyone welcome, beginners encouraged!*

**7:15-8:00 p.m.** Announcements & Presentation

## Membership Report:

**71 members (as of 4/8/22)**

### Thank You, Member Renewals!

Steven Barryte, John Baskett, Mike Pauls,  
Ray Chikahisa

### Membership-related Information/Questions:

Contact CW Mitchell at [cwmitchell@sbamug.com](mailto:cwmitchell@sbamug.com)

- for information about membership, dues and benefits
- if your name is misspelled or the expiration date is incorrect on your membership card

**Two EASY Ways To Renew!** Look for renewal letter

- 1 - Sign and date the form and return it with payment\* using the enclosed self-addressed envelope; or
- 2 - Bring form and payment\* to meeting (when in-person meetings resume\*\*)

\*No payment required for 2022 as club fees have been waived

\*\*At in-person meetings, please wear your membership card as a name tag. Your first name is larger so it's easier to read.

**Virtual Meetings:** Online via Zoom

**In-Person Meetings:** Lomita VFW Hall  
1865 Lomita Blvd., Lomita

**Mailing Address:** C.W. Mitchell  
4861 W. 136th St., Hawthorne CA 90250-5631

**Phone:** (310) 644-3315

**Email:** [info@sbamug.com](mailto:info@sbamug.com)

**Website:** <http://www.sbamug.com>

## Officers & Volunteers:

President: Kent McDonald

Vice President: Jim Pernal

Secretary: Nancie Silver

Treasurer: C.W. Mitchell

Directors at Large: Dave Nathanson, Arnold Silver, George Wilde, Joan King

PD Disk Editor: Jim Pernal

Membership: C.W. Mitchell

Member Development: Nancie Silver

(publicity). Jim Pernal (website updates)

Programming: Kent McDonald

Server Director: Dave Nathanson

Newsletter: Nancie Silver

USPS Liaison: C.W. Mitchell

Refreshments: Arnold Silver/Andy Paroczai

## Other Meetings:

- Tuesday (6 days after last Wednesday) - SBAMUG Core Group, 7:30 p.m. on Zoom. Contact CW Mitchell at [cwmitchell@sbamug.com](mailto:cwmitchell@sbamug.com) or send email to [info@sbamug.com](mailto:info@sbamug.com) for core group Zoom meeting invite.
- 3rd Thursday every other month - InDesign User Group, 7:00 p.m. at various locations in LA area, [laidug.com](http://laidug.com)
- Last Saturday each month - Northrop Grumman - Ham Radio & Computer Swap Meet, 7:00-11:30 a.m. Meet at SE corner of Marine/Aviation Blvd, Redondo Beach (visit [w6trw.com](http://w6trw.com) to see if swap meet is cancelled due to Covid-19)
- Los Angeles Portable Users Group: Mac OS X, iPhone, iPod, MacBook, etc. at [lapug.org/](http://lapug.org/)
- Find more: <http://www.apple.com/usergroups/>

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## SBAMUG April 2022 Shareware

Spring is here! Six items this month.

**AirParrot 3.1.3:** Apple's Airplay will not work on before mid-2011 Macs. This utility will allow you to mirror you Mac's display on your Apple TV; much like Airplay does for newer Macs.

OS 10.10+ \$17.99

<https://www.airsquirrels.com/airparrot/download?hsLang=en>

**Carbon Copy Cloner 6.1.1:** This program lets you use backup/clone your hard drive. Bug fixes in this latest version. MacOS 10.15+ \$39.99

<https://bombich.com>

**Downcast 2.11.7:** This program lets you download play and sync podcasts. Variable speed playback. Scheduling. View show notes. Mac OS 10.15+ \$4.99 Mac App Store

**iStat Menus 6.62:** Monitor your Mac from the menubar. CPU, Memory, Network, Temps and more. MacOS 10.11+ \$11.99

<https://bjango.com/mac/istatmenus/>

**Mochi 1.13.8:** Flash Card program to help you study. Spaced repetition. Mac OS 10.10+ Free <https://mochi.cards>

**SeaMonkey 2.53.11:** Alternative Web browser Client. Has Email, Newsgroup, and IRC chat as well as HTML editor. Same base code as Firefox. Mac OS 10.9+ Free

<https://www.seamonkey-project.org>

See you at the April meeting online.

Jim Pernal, PD Editor

## Helpful Links

Four links about the best charging stations:

<https://www.cmd-ltd.com/advice-centre/usb-chargers-and-power-modules/usb-and-power-module-product-help/everything-you-need-to-know-about-wireless-phone-charging/#wireless6>

<https://www.techjunkie.com/charging-station-apple-products/>

<https://www.techradar.com/news/wearables/10-of-the-best-apple-watch-docks-1320648>

<https://www.electronicshub.org/best-3-in-1-apple-charging-station/>

Test internet speed in MacOS:

<https://www.macrumors.com/how-to/test-internet-speed-macos/>

How to scan printed and handwritten notes into the Notes App in iOS 15.4:

<https://www.macrumors.com/how-to/scan-printed-handwritten-notes-app/>

Everything you need to know about the Files app on your iPhone:

<https://www.makeuseof.com/tag/use-ios-files-app-iphone-ipad/>

How to use the Magnifier on iPhone or iPad:

<https://www.imore.com/how-use-magnifier-iphone-and-ipad>

Download Apple's official iPhone repair manuals for free:

<https://9to5mac.com/2022/04/27/download-iphone-repair-manuals/>

*More fun with words...*

## Going Beyond Wordle: Oodles of \*dle Games

<https://tidbits.com/2022/04/20/going-beyond-wordle-oodles-of-dle-games/>

## Five Solutions for Pasting Plain Text on a Mac

Tell me if you've had this problem: you copy some text and paste it into a word processor, a spreadsheet, or any other app that supports stylized text and end up with text that looks different than the rest of your text. It may be a different font, font size, or color. Once it's there, fresh text you add afterward takes on that formatting such that you find yourself fussing with formatting instead of focusing on your writing or editing.

By default, pasting text into many Mac apps brings with it any styling that had been applied. Maintaining text styles is often desirable—particularly when duplicating or moving text around within a document—but it's often an annoying waste of time when you're bringing content into a document from another app. In such situations, it's best if you can paste just the text itself and have it take on the styling of the text around it.

There are numerous ways to solve this problem. Some are free, and others take advantage of a commercial utility that you may already have for another purpose. If the built-in solutions don't work in your particular workflow, turn to one of the alternatives.

### Built-in Solution: Paste and Match Style

Apple has long acknowledged this need with a command in the Edit menu: Paste and Match Style. Many other apps mimic the naming of Apple's command, although you may also see variants like Paste and Match Formatting (Microsoft Word), Paste Text Only (Nisus Writer Pro), Paste without Formatting (Adobe InDesign), and Paste Without Format (Affinity Publisher).

For something as commonplace as pasting, a keyboard shortcut is welcome, and Apple's default is Command-Shift-Option-V. That works in many apps, although the slightly

simpler Command-Shift-V is also frequently used—it's what you'll find in Adobe InDesign, Nisus Writer Pro, and even the Web interface of Google Docs.

For the vast majority of situations, the built-in approach is all you need. Occasionally, however, you'll find yourself in a situation where there seems to be no way to strip styling while pasting. Here are some alternative approaches that should work anywhere.

### Quick and Clunky: Run It through a Plaintext Editor

If you already use a plaintext editor like [BBEdit](#), a simple way to strip that unwanted formatting is to paste the text into a new document, select all, copy again, and paste it in its final destination. This approach works because BBEdit and similar apps pay no attention to text styling—they care only about the characters. It's a fine workaround for infrequent use, but it's slow and inefficient.

### Pure Paste for Monterey

For a smoother and more flexible way of pasting plain text by default, check out [Pure Paste](#). It lives in your menu bar and, by default, strips formatting from your clipboard automatically. You can override it on a per-copy basis, and it allows you to exclude particular apps for which pasted text should always come in with its formatting. Other options let you optionally preserve HTML links and remove tracking parameters from URLs.

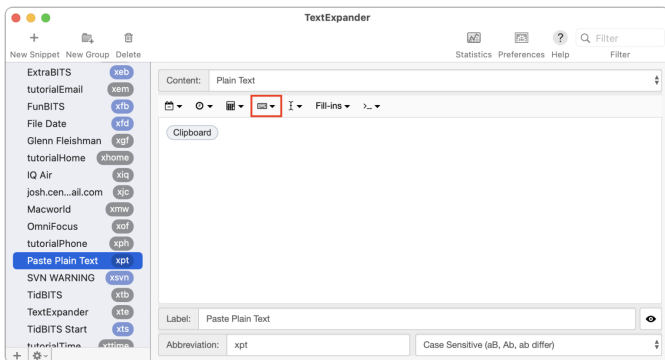
Pure Paste is free, has no ads, collects no personal information, has no network connectivity, and ignores anything copied from a password manager. The only downside is it requires macOS 12.3 Monterey or later.

### TextExpander

[TextExpander](#) enables you type an abbreviation to expand it into a longer word or phrase. For example, I type `xte` instead of

[TextExpander](#). Less well-known is the fact that it can also strip formatting from clipboard text. While I wouldn't recommend subscribing to TextExpander just for this feature, if you already own it, you can create a snippet that pastes the clipboard contents without formatting. Follow these steps:

1. Choose File > New Snippet.
2. Make sure the Content menu is set to Plain Text.
3. From the little keyboard icon, choose Clipboard to insert the Clipboard token into the snippet.
4. In the Label field, give it a name like "Paste Plain Text."
5. In the Abbreviation field, enter the abbreviation you'll type to invoke the paste.



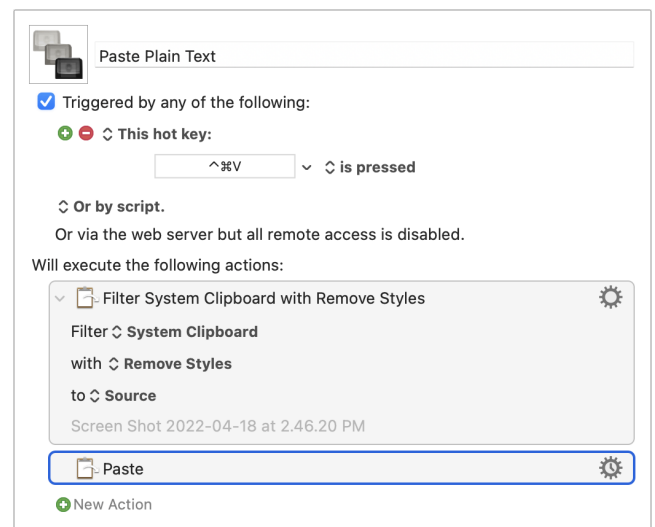
For the abbreviation trigger, I use [xpt](#) since I prefix all of my TextExpander shortcuts with “x” to make them unique and easy to type on both macOS and iOS.

## Keyboard Maestro

If you already use [Keyboard Maestro](#) to automate actions on your Mac, it too offers the capability to strip formatting when pasting text. It takes only a minute to create a Paste Plain Text macro:

1. Choose File > New Macro.
2. Enter “Paste Plain Text” in the name field at the top.

3. Click the New Trigger button, choose Hot Key Trigger, and press Command-Control-V (or whatever you like).
4. Click the New Action button, search for “Filter” in the Actions list, and double-click it to add it to your macro.
5. Leave the Filter pop-up menu set to System Clipboard and the To pop-up menu set to Source, but from the With pop-up menu, choose Remove Styles.
6. Back in the Actions list, search for and add the Paste action.



Then, whenever you press Command-Control-V, Keyboard Maestro looks at whatever is on the clipboard, filters out all the styles, and pastes it in whatever text field contains the insertion point.

## More Than One Way to Skin a Character

I won't pretend this list is anywhere near comprehensive—there are many ways to paste plain text. Glenn Fleishman is a fan of [Pastebot](#) from Tapbots. The Mac App Store also has the [Paste Plain Text](#) menu bar app, though it asks for your email address. And finally, those who use Microsoft Office should also be aware of [the Paste Options button](#), which lets you decide after pasting if you want to keep the formatting of the source



you're pasting, match the formatting of the destination where you're pasting, or just paste plain text.



- ✓ Keep Source Formatting
- Match Destination Formatting
- Keep Text Only

If you have another solution for pasting plain text that you prefer, tell us about it in the comments.

Article written by Josh Centers on April 18, 2022

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

#### **For only \$35 per year\*, you get:**

- Monthly meeting presentations
- Get help from our experts via our Email Group
- 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, opportunity drawings

<http://www.sbamug.com/join.html>

or contact Membership Chair  
CW Mitchell at

[cwmitchell@sbamug.com](mailto:cwmitchell@sbamug.com)

\*( \$35 membership fee waived for 2022)

### **SBAMUG Membership Application**

South Bay Apple Macintosh User Group provides you with a local source of shared knowledge & experience through monthly meetings, trainings and monthly newsletter.

**Individual & Family Memberships: \$35 per year\***  
**(\*membership fee is waived for 2022)**

New Member(s)

Member Renewal

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

Spouse/Partner Name: \_\_\_\_\_

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

City: \_\_\_\_\_

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

Home Phone: (\_\_\_\_) \_\_\_\_\_

Member Cell: (\_\_\_\_) \_\_\_\_\_

Spouse/Partner Cell: (\_\_\_\_) \_\_\_\_\_

Member Email Address: \_\_\_\_\_

Spouse/Partner Email: \_\_\_\_\_

Member computer interests: \_\_\_\_\_

Spouse/Partner computer interests: \_\_\_\_\_

Devices you use most: \_\_\_\_\_

Current level of Mac expertise:

Member: \_\_\_ Beginner \_\_\_ Intermediate \_\_\_ Advanced

Spouse/Partner: \_\_\_ Beginner \_\_\_ Intermediate \_\_\_ Adv.

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

I would like to help with the club. Please contact me at:

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

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

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

**Mail your Application (no check needed for 2022) to our mailing address (see page 2), or bring to our monthly meeting at VFW Hall when in-person meetings resume.**

SOUTH BAY APPLE MAC USER GROUP  
c/o C.W. Mitchell  
4861 136th Street  
Hawthorne, CA 90254-5631

