



South Bay Apple MUG Macintosh

vol 23, issue 6/7 **June/July 2023**

A Monthly CUPFUL for South Bay Apple Mac User Group Members

Please Note:

New Start Time for our meetings is 7:00 PM beginning Wed., July 26

At our July 26 SBMUG meeting on Zoom, Club President Kent McDonald will give a presentation titled "Should We be Worried About AI?" By now, almost everyone has been amazed at the complex and useful responses from Chat Bots, and we expect them to get even better as time elapses. Several of the people in charge of AI development have admitted that there is a possibility of great harm from a runaway AI computer complex. The presentation will be an overview of the current concern. Join us tonight!

BIG NEWS!

Our Treasurer and Membership Positions Have Been Filled!

I am happy to announce that **SBAMUG Club Member Margaret Webhi** has graciously agreed to serve as **Treasurer and Membership Chair**.

Please welcome her!

Mark your Calendar!

Our SBAMUG Summer Picnic will be held Wednesday, August 30 at 5:00 PM at Polliwog Park in MB. Club Will Provide Food & Drinks! Details to follow...

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Welcome to the SBAMUG!

(South Bay Apple Mac User Group)



Members, friends and colleagues are invited to attend our monthly meetings, usually held the last Wednesday of the month. Annual membership entitles you to receive this online monthly newsletter, plus more benefits (see website). Visit sbamug.com to join the Club. *Annual membership fee of \$35 waived in 2023.* Meetings held virtually via Zoom.

SBAMUG Virtual Meeting Format:

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

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

Club Officers & Other Volunteers:

President: Kent McDonald

Vice President: Jim Pernal

Treasurer: Margaret Webhi

Secretary: Nancie Silver

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

PD Disk Editor: Jim Pernal

Membership: Margaret Webhi

Member Development: Nancie Silver
(publicity). Jim Pernal (website updates)

Programming: Kent McDonald

Server Director: Dave Nathanson

Newsletter: Nancie Silver

Basic Club Information:

Virtual Meetings: Online via Zoom

Phone: (310) 544-9665

Mailing Address: 28110 Ridgeforest Court
Rancho Palos Verdes, CA 90275

Email: info@sbamug.com

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

Follow us on Twitter @sbamug

Membership Information & Questions:

Leave a message at 310-544-9665
- if you have questions or need more information about club membership, dues, and benefits
- if your name is misspelled or the expiration date is incorrect on your membership card

It's EASY To Renew!

Look for your renewal letter in the mail. Sign and date the form and return it with payment* using the enclosed self-addressed envelope.

**Club fees waived for 2023*

Other Meetings of Interest:

- Tuesday (6 days after last Wednesday) - SBAMUG Core Group, 7:30 p.m. on Zoom. Leave a message at 310-544-9665 if you need the zoom invite for the Core Group meeting.
- 3rd Thursday every other month - InDesign User Group, 7:00 p.m. at various locations in LA area, 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 to see if swap meet is cancelled due to Covid)
- Los Angeles Portable Users Group: Mac OS X, iPhone, iPod, MacBook, etc. at lapug.org/
- Find more: <http://www.apple.com/usergroups/>

June & July 2023 Shareware

Summer is here! Six items for June and seven items for July.

Alfred 5.1.1: Quick launcher for apps. Search for files online or on your mac. Hotkeys to launch apps. Mac OS 10.14+ Free. <https://www.alfredapp.com>

Debit & Credit 6.1.4: Personal finance manager. Generates reports to help you understand your finances. Unlimited transactions. Free, however for more than two accounts in the app there is an in-app purchase. Mac OS 10.14.5+ Mac App store

GPXSee 13.2: GPXSee is a GPS log file viewer and analyzer that supports all common GPS log file formats. Handles online and offline maps. Free. Mac OS 10.10+ <https://www.gpxsee.org>

Mellel 5.1.4: A word processor for scholars, writers, and long document writing. Handles bi-directional writing. Auto titles, outlines, table of contents are just a few of the features. Mac OS 10.9+ \$49.00 <https://www.mellel.com>

Pine Player 3.1.18: Plays almost all digital audio formats. MP3, FLAC, APE, AAC, M4A, WAV, AIFF, OGG, WMA, DSD, etc. Upconversion of MP3 files. Free. Mac OS 10.11+ Mac App store.

TM Error Logger 7.4: Time machine error reporting program. Shows what file or folder caused the time machine errors you see. Free Mac OS 10.12+ https://carnationsoftware.com/TM_Error_Log_WebPage.html

Audio Hijack 4.2.2: Record and enhance audio from any application. Get the audio from applications that won't normally let you do that. You can stream audio out. Mac OS 10.15+ \$64.00 <https://www.rogueamoeba.com/audiohijack/>

Breakin' 1.08: Menubar App to periodically remind you to take breaks. You can end breaks before the official end. Mac OS 11+ Free.

<https://www.widgetworx.com/v2/#projects> (mouse over to see names of this and other programs)

coconutBattery 3.9.12: Displays info on your laptop battery. You get info on things like charge cycles, Max capacity now vs new, etc. Save values so you can look back and compare to now. Mac OS 10.12+ Free (Pro version available for purchase) <https://www.coconut-flavour.com/coconutbattery/>

Growly Groceries 1.6.1: Grocery list manager. Has categories, assign them to stores you shop at. Free Mac OS 10.10+ <https://www.growlybird.com/groceries/index.html>

iMazing 2.17.5: IOS device manager. Lots of fixes and support for IOS 17 beta in this version. Mac OS 10.10+ \$39.99 <https://imazing.com>

iStats 2.8.26: App to monitor your MacOS system. CPU, memory usage, sensor temps etc. Free Mac OS 10.14+ <https://github.com/exelban/stats>

VinylStudio 13.1.0: Digitize vinyl records and cassette tapes to CD, MP3, and other formats. Split tracks. Sound cleaning filters. Will require a mac with analog sound input or a hardware audio to USB converter box. \$29.95 Mac OS 10.12+ <https://www.alpinesoft.co.uk>

See you at the July meeting on Zoom.

Jim Pernal, PD Editor

Two-Factor Authentication, Two-Step Verification, and 1Password

In “[LastPass Publishes More Details about Its Data Breaches](#)” (3 March 2023), I talked about how I decided to move my two-factor authentication (2FA) codes from [Authy](#) to [1Password](#) and how the process was fussy and time-consuming. However, it was worth the bother of migrating: having 1Password auto-fill time-based one-time password (TOTP) codes is much easier than opening Authy, finding the entry, copying the generated code, and pasting it into the browser.

I dislike putting all my security eggs in one basket, and having 1Password contain both kinds of secrets—account passwords and TOTP codes—has given me some pause. I’m pretty confident in my 1Password setup and in 1Password’s integrity and security, but the fact remains that if someone were to gain control of my 1Password account, two-factor authentication wouldn’t restrict access to my most important accounts. Does having 1Password generate TOTP codes even qualify as two-factor authentication? Thanks to a recent [blog post](#) by 1Password’s Megan Barker, I now know it does not meet the definition.

In a slight departure from Barker’s post (her “verification” is another example of authentication), there are two aspects to creating and logging into an account:

1. **Identity:** The first question is, “Who are you?” and the answer is an *identifier*. It’s generally an email address, often coupled with a username. In the real world, an identifier might be a driver’s license or passport. You can have multiple identities, even within the same system.
2. **Authentication:** How do you prove that you are who you say you are? That’s the job of *authentication*, the

process of confirming your identity by entering a secret shared with the service. Exactly what that entails can vary. When setting up an account, authentication often involves clicking a link in an email sent to the address you provided. After initial setup, the shared secret is most commonly a password, but it could also be a [magic link](#), which apps like Slack offer. Risk-based authentication might ask for more information, such as how Apple devices sometimes ask for passcodes or passwords from other devices in your trusted set. For high-value accounts, authentication might involve showing a government-issued ID, and on occasion, I’ve even had to do online video identity checks.

Passwords can be guessed or stolen, so many sites allow multifactor authentication for additional security. There are three common types of online authentication factors:

- **Something you know**, like a password or a PIN
- **Something you have**, like an iPhone, Apple Watch, or hardware security key
- **Something you are**, generally biometric recognition of your face or fingerprint

For multifactor authentication, you need at least two of these. (While providing three authentication factors may seem like overkill, it offers higher security and is required in some specialized fields and parts of government.) Here’s the catch: *Each factor must be separate and distinct to be valid.* Implemented correctly—which Apple has—biometrics are always separate and distinct.

Without requiring biometrics, it’s not so simple.

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Using 1Password to auto-fill your username and password provides one authentication factor, but if you also have 1Password on the same device auto-fill the TOTP code, it's not separate and distinct, and thus the TOTP code doesn't represent a true second factor. Instead, it's something called *two-step verification* (2SV). If you remember this term, it's because Apple responded to [the 2014 scandal that revealed personal iCloud photos](#) by deploying an early two-step verification system even though iCloud wasn't hacked (the breaches were likely identity-based password guessing).

Two-step verification is a significant improvement over plain password-based authentication because it presents an additional hurdle to anyone attempting to log in to your accounts. But as long as that TOTP code is delivered on the same device and in the same pathway—you unlock 1Password for passwords and TOTPs using the same method—it's not two-factor authentication. That's the case if the TOTP code comes from 1Password, Authy, or some other authentication app running on the same device you unlock using a password, Touch ID, or Face ID. However, logging in on your Mac and looking up the TOTP code in Authy on your iPhone would be true two-factor authentication.

Given how many platforms it runs on, it would seem that 1Password could implement true two-factor authentication. I'm sure there are subtleties involved, but at a base level, all requests for a TOTP code could generate a push notification on another of the user's devices that would have to be acknowledged before the login would proceed. Attempt to log in on a Mac, and you'd get a push notification requesting confirmation on your iPhone and Apple Watch. Log in from an iPhone, and you'd get the notification on your Mac and Apple Watch.

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How Did We Fill Our In-Between Time Before Smartphones?

At The Atlantic, [Ian Bogost asks \(and answers\)](#) the question, "How did we occupy ourselves during bits of extra time before we had smartphones?"

Before smartphones, people didn't invest their in-between time into forging social bonds or doing self-improvement. They mostly suffered through constant, endless boredom. So let us not lament or malign the time we waste on smartphones, at least not so much. It is bad to be seduced into argument or conspiracism, to shop or lust or doomscroll, to bring one's job into the dentist's chair or the living-room recliner. But it was also bad to suffer the terror of monotony. Now there is too much happening, but before, ugh, nothing ever happened.

There's no question that smartphones outcompete nearly everything else around for our attention, sometimes problematically. But I don't disagree with Bogost's claim that we used to squander much of our in-between time on pointless activity. I'm constitutionally incapable of ignoring text within my sight, so I remember reading cereal boxes at breakfast, magazine covers in checkout lines, display ads on public transit, out-of-date magazines in doctors' offices, in-flight Skymall catalogs, and posted signs (however irrelevant) of all types. And no, I didn't generally strike up conversations with strangers, practice mindfulness, or draft articles in my head. How about you?

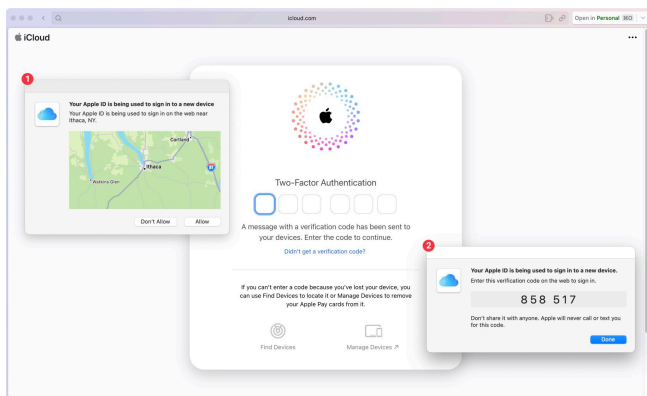
[Read original article](#)

Article by Adam Engst on July 24, 2023

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I'm uncertain if [Apple's approach to two-factor authentication](#) for logins to Apple websites counts or if it's really a form of two-step verification. For instance, when you log in to iCloud.com, Apple first presents a dialog asking if you want to allow the login to proceed. If you agree to that, it gives you the TOTP code. As you can see in the screenshot below, that's all happening on the same device, so it wouldn't seem to be true two-factor authentication. (More problematic is how Apple lets you fall back on an SMS text message to a trusted phone number; SMS can be compromised without physical access.)



Apple's answer is that I've designated my Mac as a trusted device and logged in. Because I have the device *and* can unlock it, it's safe to provide the TOTP code. (Of course, the two-factor authentication prompts triggered by adding a trusted device to your set—as opposed to logging in to an Apple website—appear only on other devices.)

I'm not sure I buy Apple's answer—if someone were to steal my Mac and guess my login password, they could accept two-factor authentication prompts just as in the iPhone passcode theft scenario we wrote about earlier this year (see "[How a Thief with Your iPhone Passcode Can Ruin Your Digital Life](#)," 26 February 2023, and "[How a Passcode Thief Can Lock You Out of Your iCloud Account, Possibly Permanently](#)," 20 April 2023). Maybe it's more like 1.5-factor authentication: not as weak as a password

but not as strong as a TOTP code generated on a separate device.

Regardless of the technicalities, two-step verification increases security significantly. 1Password users should enable it whenever possible, allowing it to auto-fill for ease of use. If you need an even higher level of security, Apple now supports hardware security keys for true two-factor authentication; see "[Apple Releases iOS 16.3, iPadOS 16.3, and macOS 13.2 Ventura with Hardware Security Key Support](#)" (23 January 2023). For the vast majority of users, though, such hardware keys are overkill.

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Instructions on using Zoom...

1) A Zoom meeting invitation will be sent to everyone who is signed up on the club 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.

Something to consider as you prepare your estate planning documents...

Legacy Contacts for Your Apple Account

A Legacy Contact is a person you choose to access the data in your Apple account after you die. Learn about the information that's shared with your Legacy Contact, how to add one or more Legacy Contacts, and how to request access to an apple account as a Legacy Contact.

Read about how to add a Legacy Contact for your Apple ID:

<https://support.apple.com/en-us/HT212360>

Read about what information may be shared with your Legacy Contact:

<https://support.apple.com/en-us/HT212362>

Read about how to request access to an Apple account if you are named as a Legacy Contact:

<https://support.apple.com/en-us/HT212361>

Apple Releases 24-Jul-2023 Security Updates for All Active Operating Systems

Apple has once again updated all its active operating systems to address numerous security vulnerabilities, two of which have been exploited in the wild. One of those is the WebKit vulnerability previously discussed in "[Rapid Security Responses for iOS/iPadOS 16.5.1 \(c\) and macOS Ventura 13.4.1 \(c\)](#)" (13 July 2023), and the other is a kernel vulnerability that Apple says may have been exploited against versions of iOS before iOS 15.7.1. Consider that if you're still using an iOS device that can't update to iOS 15.

The number of vulnerabilities ranges from 8 (tvOS) to 29 (macOS), and most are shared by all the operating systems. The details linked below don't matter much; we advise installing these updates soon so you're protected.

The affected operating systems include:

- [iOS 16.6 and iPadOS 16.6](#)
- [iOS 15.7.8 and iPadOS 15.7.8](#)
- [macOS Ventura 13.5](#)
- [macOS Monterey 12.6.8](#)
- [macOS Big Sur 11.7.9](#)
- [watchOS 9.6](#)
- [tvOS 16.6](#)
- [HomePod Software 16.6](#)

The only functional change Apple mentions is the addition of Siri support for Hebrew in Israel to tvOS 16.6.

Article by Adam Engst on July 24, 2023

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

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

Member Benefits for \$35 per year*:

- ❖ Monthly meeting presentations
- ❖ Get help from our experts via our Email Group
- ❖ Monthly newsletter (11 issues per year)
- ❖ 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

<https://www.sbamug.com/join-sbamug/>

*(**\$35 membership fee waived in 2023**)

SBAMUG Membership Application

Individual & Family Memberships: \$35 per year* New Member(s) Member Renewal
(*membership fee is waived for 2023)

Mail this Application to our mailing address (see page 2).

Member Information

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Home Phone: (____) _____ Cell: (____) _____
Email: _____
Computer interests: _____
Devices you use most: _____
Current level of Mac expertise: _____ Beginner _____ Intermediate _____ Advanced
How did you hear about SBAMUG? _____
I would like to help with the club. Please contact me at: _____
Comments: _____

Spouse/Partner Information

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Home Phone: (____) _____ Cell: (____) _____
Email: _____
Computer interests: _____
Devices you use most: _____
Current level of Mac expertise: _____ Beginner _____ Intermediate _____ Advanced