



OMUG

<http://www.oly mug.org>

NEWS



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Olympia Microcomputer Users Group

October 2004

Presentation on malware, viruses now available to members on website

By Bill Gortz
OMUG President

Last month Max Whipps gave an excellent presentation on “Malware: Its causes, curses, and cures.” The slides that Max used in his PowerPoint presentation are available on the OMUG Website - on the main page just click on the link that says “Malware, Spyware and Hoaxes.” If you are on a dial up connection it will take awhile to view all of the slides, but it may be worth it to you.

There have been numerous articles written about this subject and one of the more recent ones was published on September 24, 2004 in the Windows Secrets Newsletter, in the article “The State of the Computing Industry,” which can be found at the following website: <http://windowssecrets.com/040923/>.

This article looks at the extent of the problem of viruses, spam, phishing and adware, has links to its sources and to further information. It also reinforces what Max said about how you can, and must, protect yourself against these threats. For those who have not read this article, I highly recommend that you do so and implement the protections that Max and this article set forth.



After reading and hearing about all the potential “gloom and doom” that computing can bring about, it must be remembered that there are many good things also. One of these for OMUG is the upcoming December meeting which will be a Potluck and Silent Auction.

This has been very successful in the past due to the generous donations of OMUG members and now is the time to be thinking about what can be donated for this year’s event.

Donations do not have to be computer related, but should be something that others could find useful and would be willing to bid on. If you have any questions about a possible donation please contact our vice president and program chair, Shirley Bellinghausen.

Please check the November calendar for meeting changes that were made due to the holidays that month.

October presentation

Our presenter for the October meeting will be Pete Bradshaw, an Account Manager for the Avery Dennison Company and a local Olympia resident. Mr. Bradshaw will talk about products available for the home office. I do not qualify as having a home office for business purposes, but I do use some of these products in the things I do in my normal activities and hopefully Mr. Bradshaw will be able to show us how to better use what his company has to offer. It should be a good meeting and I hope to see you there.

Our presenter:

Pete Bradshaw
Avery Dennison

- Currently resides in Olympia
- Graduated from Pacific Lutheran University

As an Avery Account Manager, he provides training and education to end-users of Avery products. He has presented productivity seminars to a wide variety of organizations. The seminars feature ways to enhance effectiveness in the office using current software and Avery Products.

NOTICE: ENSURE YOU CHECK THE NOVEMBER CALENDAR CAREFULLY, AS THERE HAVE BEEN CHANGES TO MEETING DATES DUE TO THE UPCOMING HOLIDAYS.



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KEY MEMBERS

APCUG Representative: Linda Mae

Budget Committee Chair: Bill Gortz

Database Manager: Max Whipps

Elections Chair: Vacant

Historian: David Belles

Membership Committee Chair:
James Gunnells

Membership Renewal Coordinator:
Max Whipps

Newsletter Distribution Coordinator:
Loren Freeman

Nominating Committee Chair: Vacant

Scholarship Committee Chair:
Bob Wing

SIG Coordinator: Shirley Bellinghausen

Visitors Coordinator: Elizabeth Ross

**SIG Leader names are listed with
their SIG descriptions**

The Olympia Microcomputer Users
Group is a not for profit organization
dedicated to helping computer users
improve their skills with computers.

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Labels key to organization

By Sandy Pishner
OMUG Newsletter Editor

The problem with having a computer is you tend to spend money on all kinds of programs. Some of these programs are intended to increase your productivity, help you maintain records, or simply to entertain yourself.

Spending money on these programs, whatever their purpose may be, tends to leave me feeling like I have a hole in my pocket. Not because they don't meet my needs, but because I don't ever seem to find the time to learn how to use them!

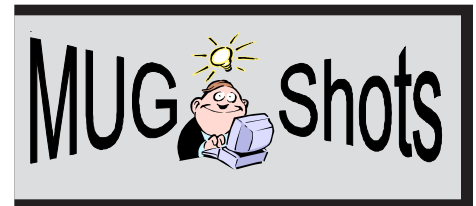
And that's what's so great about the various presentations we receive at OMUG's monthly general membership meetings. We get to see a program in action, we learn some tips and tricks, and we learn how to get the best out of the program to meet our needs.

This month of course, we have a program from Avery Dennison. When you think of Avery, you generally think of labels. Whether at home or at the office, labels can come in handy.

I watch a lot of those home improvement shows like Trading Spaces and Clean Sweep on TLC. In the show Clean Sweep, it's all about getting rid of the clutter and organizing your home in a manner that lends itself to staying clutter free. Labels play a big role on this show as the professional organizers put everything in it's proper place (or create a proper place for everything), and then ensure it's all labeled.

Labeling your various baskets and containers helps you find what you're looking for quickly. And, it helps you put things away properly.

So, come on out to this month's meeting and learn how Avery can help you get organized, whether it's at home or a work. Then, everyone can come to my house to help me clear out the clutter



and label everything else - or not. So, see you at the meeting with your name labels on.

Welcome to our New Members

CYNTHIA COLEMAN
WILL MADDEN

Thanks For Renewing

Dan, Andrea, &
Ashley Curtin
Phyllis & Don Batten
Mimi Maloney
Marie & Otto Erickson
L.D. & Mary Lee McNall
Rita & Dan Sevcik
William & Mary Swaim
Bob Wing
Walt Jorgensen

Volunteer coordinator sought for project

By Vivian Forrester
OMUG Secretary

President Bill Gortz opened the meeting at 7:10 p.m. in the computer room of the Senior Center in the Olympia Center. Other board members present were Shirley Bellinghausen, vice president; Vivian Forrester, secretary; Max Whipps, treasurer; Christie McCormick, librarian; John Marshall, director at large; and Sandy Pishner, newsletter editor.

Minutes of the Aug. 19 meeting were accepted as presented.

John reported the response to the two proposed Hot Topics SIG subjects, Introduction to Digital Cameras or MS Access. After two days on the Reflector, responses were running at six votes for Digital Cameras, one vote for MS Access, and four votes for either. He is preparing for Introduction to Digital Cameras as the next Hot Topics SIG subject, but will wait to see what the final responses are in the next couple of days.

Reporting on the Frankenstein Project, John said five systems were given to low income seniors. Two more machines are nearly complete. There was a discussion regarding potential Hot Topics leader and assistance for the Frankenstein Project. It was moved, seconded and passed to postpone decision-making until the next meeting when we



have more information on potential candidates.

Other board member reports:

Newsletter: Sandy will enter our newsletter in the APCUG contest. The deadline is Oct. 1.

Library: More items have been checked out and some have not been returned.

Upcoming Programs: October – a representative from Avery-Dennison on label making; November – John Acocks on How to Make Movies; December – Silent Auction and Pot Luck; January – A professional computer game programmer.

The possibility of holding OMUG cell groups was discussed. Before more can be developed on this idea, locations to hold cell group meetings must be explored.

The next board meeting will be Oct. 21. The meeting adjourned at 9 p.m.

YOU ARE INVITED

To Attend the Avery Dennison

Business Solutions for Greater Productivity Seminar

Seminar topics include:

- Organization Tips
- Filing Ideas
- Customized Meeting Materials
- Creative Presentations
- Software and Formatting Solutions



DATE: October 14, 2004

TIME: 7 pm

LOCATION: The Olympia Center
222 Columbia Street NW

More Information: <http://www.oly mug.org/>

Discover tools to better organize your work environment, learn tips that save time and money, and see business solutions and materials that leave a powerful, lasting impression. Join us to see how the newest Avery® products can provide easy business solutions for your busy life.

Sponsored by



Free Sample Pack for Each Attendee

Great results begin with Avery!

OMUG Income & Expenses August 2004



Income: \$223

[Mbr Dues-\$220 Interest-\$3]

Expenses: \$362

[Picnic Equipment & Supplies-\$195, Newsletter Copying & Supplies-\$116, Membership Committee Supplies-\$25, SSSS Donation-\$25, Bank Charge-\$2.

Net Deficit: (\$139)

Account Balance: \$3707

9/25/04

To Be Deposited: \$312

Current Treasury: \$4019 (Incl. Scholarship Fund)



StompSoft offers user group discounts

By Bill Gortz
OMUG President

StompSoft, Inc. is new to User Groups and has offered a deep discount on their software, listed below, for user group members. It should be noted that they only ship to the U.S. and Canada. You can visit their site www.stompsoft.com to view details on their software and see the comparison charts between their software and other vendors.

Requests for the discounted software can be sent to:

Mike Moriarty mikem@stompsoft.com and mention user group code UG0504.

When I contacted Mike Moriarty I included our user group name, my phone number, mailing address, and the products I was interested in. He called me a short while later and with the information I gave him we completed the sale quickly over the phone.

Products include:

Spyware X-terminator: part number 03010. Retail \$29.99, our cost \$18.00

Virus X-terminator: part number 03030. Retail \$39.99, our cost \$24.00

Firewall X-treme: Part Number 03050. Retail \$39.99, our cost \$24.00

BackUp MyPC: part number 03004. Retail \$79.99, our cost \$34.00

New in mid-June:

Parental Control X-treme: part number 03040. Retail \$39.99, our cost \$24.00

Span X-terminator: part number 03020. Retail \$29.99, our cost \$18.00

The information above was sent by APCUG as one of their benefits of user group membership.

BackUp MyPC is reviewed in this month's newsletter and Spyware X-terminator will have a review in next month's newsletter.

Gadgets for geeks get better, cheaper

By Sherry Zorzi,
Cajun Clickers Computer Club, La.

They say the only difference between men and boys is the cost of their toys, but the toys for gadget-geeks of any age or gender just keep getting better and, surprisingly, cheaper.

USB Flash Drive: These tiny solid-state devices are quickly replacing diskettes as the cheap and easy method for transporting or backing up data. A 256 megabyte flash drive will hold the equivalent of about 175 diskettes. That's about 3 hours of music or 1000 photographs, or thousands of common business documents – all in a \$40 device the size of a Bic lighter.

Flash Watch: These watches include a built-in flash drive device. Just connect the watch to your USB drive via a built-in cable. Cost: under \$100. Cool-factor: priceless.

Camera Phone: The trend these

days is to go totally cellular. My new Motorola flip-phone (about \$80 after rebate) has a camera, calculator, appointment book, voice recorder, alarm clock, text messaging, wireless web, games, and e-mail. The sleek profile fits in any pocket or bag easily. Cellular coverage is getting better every year and service is becoming increasingly affordable.

Handheld Computer: Pocket PCs and Palms have been around for a long time, but the newest generation of both devices are slicker than ever. More than just a personal information manager, these tiny computers now include word processing and spreadsheet capabilities, play MP3 music files, handle multimedia and Internet connections, in some cases even play full-length movies. You'll pay about \$200 at the low end and over \$1,000 at the high end for a computer more powerful than the desktop of a few years ago that fits in your pocket.

Digital Camera: The novelty has

worn off digital photography now. These cameras have improved so dramatically in quality and have become so affordable that they barely qualify as gadgets. The average digital camera today has 3-4 megapixel quality with 3X-5X optical zoom and will cost under \$300. Mine goes everywhere with me. Within a minute of snapping a shot I can e-mail it to a friend or upload it to my favorite photo-sharing website.

Satellite Radio: There are two flavors – XM Radio and Sirius. I've only tried XM, but all I can say is, "Wow!" Commercial-free music of any genre you desire – any time you want it. A scrolling digital display tell the title and artist of each tune, so no more sleepless nights trying to remember who sang that song that's been rattling around in your head all day. You can install XM Radio in your car and have an optional cradle in the house, making one subscription portable from home to road.

See GADGETS, Page 5

Backup My PC 5 Deluxe does the job

By Gary Bigger
OMUG Member

I have tried many back up programs over the years with mixed success. Since joining the WIN 9X world, the backup results have not been good. When given the opportunity by OMUG to try "Backup My PC 5 Deluxe" by Stomp, I thought it was worth a shot.

The first thing I did was to check the manual (yes the program comes with a real printed manual) to make sure that it could handle backups to an external HD. According to the documentation this was possible.

You can also backup to CD's, DVD's, Zip drives, a second internal HD and a tape drive. If CD's are used care must be taken to insure that the backup will fit on 32 or less disks, as 32 pieces of media is the maximum that can be written. Therefore, on large backups the use of another HD or DVD's would be the best choice.

The first installation was on a desktop with a 40G HD divided into two partitions. I later installed it on a laptop with 40G HD and a single partition. The installation on both systems was straightforward with easy on screen directions. After the program was installed, I performed a complete backup

OMUG Opinion

My evaluation of this program is that it does the job better than any program I have tried since leaving WIN 95.

Bottom Line

There is little doubt that it will perform the job.

to my 80G external HD.

Before starting the backup process I closed all open programs and shut down my Internet connection. The desktop backup and verification of 9G of data took about 2.5 hours. The verification indicated that the job had been accomplished without any errors. This was a surprise to me on the first usage as I normally screw up something the first time.

The backup is the easy part. The question is always will it work when a restore is required. To test this part of the program, I deleted some files from my main partition (after making a copy on CD). Now for the final test. A

restore was started selecting the option to restore only files that did not exist on the HD. It restored the files that I had removed and only those files.

A report can be requested after a restore to list all files that were restored. It will also tell you which files you requested to restore, but could not be successfully restored.

The test on the laptop did not go quite as easily as the desktop. I had to abort and restart once because I did not shut down all my open programs. This caused errors in the backup. When I closed all the open files, the backup worked, as it should.

My evaluation of this program is that it does the job better than any program I have tried since leaving WIN 95. My next test will be to see if it will restore data to a new HD. I have an old computer that I plan on parting out within the next couple of months. At that time I will insert the old HD into my desktop and try to perform a complete restore. There is little doubt that it will perform the job.

The retail prices vary from \$44.49 (SuperDealOnline.com) to \$59.97 (Office Depot).

Note: *PC World Magazine* for September 2004 rates Backup My PC 4* out of a possible 5*.

GADGETS

CONTINUED FROM PAGE 4

Hardware is around \$100.

MP3 Player: These music machines, of which the Apple iPod (\$200-300) is the most recognizable brand, allow you to store many hours of music in a tiny portable device.

GPS: Portable global positioning systems use satellites to pinpoint your location to within one meter. Handheld devices are available or you can buy GPS add-ons to handheld computers. These are popular with hikers and

sailors, but are also fun when traveling by car or to use in hobbies such as geocaching. A decent recreational GPS device can be purchased for \$100-200.

Wireless Laptop: Intel's new *Centrino* technology combines integrated wireless LAN capability, improved battery life, and thinner, lighter design to make laptop computing what I always dreamed it would be. Imagine a laptop computer less than an inch thick and weighing less than 3 pounds. Add to that the ability to connect wirelessly to the Internet from thousands of

"hotspots" around the country, including airports, coffee shops, even downtown Baton Rouge. That's a laptop to love, priced between \$1,000 and \$3,000.

No matter your age, gender, interests, or budget, there's a gadget somewhere for you to drool over. It's never too early to start making your Christmas wish list.

(The Editorial Committee of the Association of Personal Computer User Groups, an international organization of which this group is a member, brings this article to you.)