



OMUG



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

News

Vol. 15, No. 8

Olympia Microcomputer Users Group

August 2007

Fun in the Sun...or the Rain!

By Shirley Bellinghausen
OMUG President

Have you been to Priest Point Park? If you have, you know how beautiful and peaceful it is. Some of the trees are older than WE are! Our annual OMUG picnic will be held at shelter #3 this year. I am told it is the nicest spot in the park.

We won't have the old standard picnic 3-legged race or potato sack races this year. But card games, cribbage games and Jarts sound good. Jarts is like horse shoes but with no pit. Uses ring and weighted darts. Bob, my husband, likes to think he is unbeatable at Jarts so do plan to give him some competition!

If you have some other fun things to play please bring them to share. Just sitting, relaxing and visiting are good too. You might want to bring a folding chair. Pictures from last years picnic are on our webpage at <http://www.oly mug.org>

I have put in a request for the rain to stop by the August 11. Anyway there is a nice roof to keep off the rain OR the sun. What a great chance to meet the person face-to-face you have only talked to on the phone or put a face with the person you have helped on the reflector.

Our Vice President Jim Wiest has volunteered to cook. OMUG is providing hamburgers and hot dogs with trimmings, and drinks. Will you bring a dish of something you like to go with them? Let's plan to arrive



around 11 am (or 10 if you want to help set up!) and start cooking about Noon. We can play as late as 4 pm. See you Saturday, August 11!

Another thing we should chat about is the upcoming Rest Stop project. It's not a difficult event but does take a lot of participation. Our scheduled time to hand free coffee and cookies to weary travelers is 2 AM on Saturday September 15 to 2 PM on Sepetember17.

Glenda has set up a schedule in 4 - hour increments with at least 2 people per shift and 3 during busy times. You may have seen it on the Reflector. You can also email or call Glenda to sign up: 705-8958 or [olyreed\(at\)comcast.net](mailto:olyreed(at)comcast.net). I know it's a ways off but if you sign up early you can get the shift you like best!

We are very fortunate to have this as our main moneymaker as it is difficult to get on the list with the State to work these weekend rest stops. There is a waiting list. OMUG got started when a member heard of a spot that some organization had to give up and was able to sign us up in their place. We are also extremely lucky to have Sandy Pishner (Max's daughter) who is willing to go in person to the Tacoma DOT office the first day of the month we hope to get signed

Annual Picnic

We hope to see you on Saturday August 11, Priest Point Park, Shelter #3.

We plan to eat around Noon, but feel free to come anytime after 10:00 a.m. and enjoy visiting or help with any setup.

Be sure to bring a favorite potluck dish to share!

August Program

Program Chair Jim Wiest reports that for our August 9 General Meeting program the Best Buys Geek Squad will talk about their services. Don't miss it! ☞

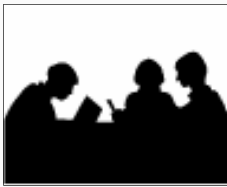
up—the *only* way to get on the list. OMUG has been doing this for a while and has the operation well planned.

There are 3 divisions that need to be filled for the event to run smoothly.

1. One responsible for the food
2. One for the signing up personnel
3. One taking care of the counting, picking up the money and depositing. (The treasurer will be out of town, but will arrange for this.)

We have discovered handing out HOMEMADE cookies increases our donations substantially. That is why we ask those who like to bake to donate as many cookies as possible. We gave out about 300 dozen cookies last year.

If you are willing to handle one of these sections of the project it would be a great service. Instructions, information, help and encouragement from those who have done it in the past are available! And we'll have a sign up sheet at the picnic. ☞



EXECUTIVE BOARD

President: Shirley Bellinghausen
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Vice-President: Jim Wiest
 vicepresident@olymug.org 357-9001
Secretary: Larry Jensen
 secretary@olymug.org 456-3555
Treasurer: Gary Bigger
 treasurer@olymug.org 426-7055
Newsletter Editor: Sr. Dorothy Robinson
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 Omgudirector1@comcast.net 455-0180
Director at Large: Marilyn Hanna
 director2@olymug.org
Director at Large: Phil Vogel
 director3@olymug.org 480-5383

KEY MEMBERS

APCUG Representative:
 John Gerecht (see page 6 for email)
Audit Committee Chair:
 Wim Verhoef
Database Manager:
 Gary Bigger 426-7055
Elections Chair:
 Bob Steinberg
Historian:
 David Belles
Membership Chair: Open
Newsletter Distribution Coordinator:
 Joanne Homolka
Nominating Committee Chair:
 Arlene Kapner (see page 6 for phone)
Public Relations Chair:
 Vivian Forrester
Scholarship Committee Chair:
 Bob Wing
SIG Coordinator: Open
Special Activities Coordinator:
 Glenda Reed 705-8958
Visitors Coordinator:
 Joanne Homolka

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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August 2007

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Minimizing Your Risk of Identity Theft

By Larry Jensen
 OMUG Secretary

President Shirley Bellinghausen opened the General Meeting at 7 p.m. July 12. There were about 30 present.

Shirley announced that Microsoft had furnished us a copy of Publisher. If someone would like to try the program, critique it and make a presentation to the club about it, they would be able to keep the program. Anyone interested was asked to see Shirley after the meeting.

Shirley also announced that as yet we have no one to host the picnic/potluck at Priest Point, on August 11, 10 a.m. in shelter number three. The host should have a grill and be prepared to buy the food (club is paying). Anyone interested was asked to see Glenda after the meeting.

John Marshall announced that the Hot Topics Excel SIG would be delayed because presenter John Acocks would not be able to do it until September. It was suggested that a hot Topics workshop on I-Pod would be helpful. John Gerecht said he could lead one. It would be after the Excel series.

Jim Wiest, vice president, presented John Gerecht with a certificate of appreciation for his program on

digital photography at the last general meeting.

Phil Vogel and Jim Wiest are working on a survey of members' interests. They passed out papers asking for suggestions, to be collected at the end of the meeting.

Jim introduced the speaker for the evening; Thurston County sheriff's deputy Jim Dunn. Deputy Dunn discussed identity theft. He said it is very prevalent; his department gets 8 to 10 reports of fraud, a day.

There are many ways of getting the information to steal identity. One of the most common is by stealing mail. Danger from this can be minimized by picking up mail as soon as possible, and by using only the blue post office boxes for sending mail. (This applies if you don't have a secure mailbox). Deputy Dunn, listed many common vulnerabilities and what can be done to minimize the risk.

You should never let your credit card out of your sight when paying for something, and be aware of anyone close by when using an ATM machine. Skimmers are able to get the information from your credit card in an instant. Shred any papers that have your social security number, bank account number, drivers' license number or other important information. Check your bank account statements carefully and question any strange entries, no matter how small. Make sure you have up to date virus

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Thanks for Renewing!

**Bernadine & Robert
 Sullivan**

Walter Jorgensen

Ann Mataczynski

John Gerecht

**Welcome, New &
 Returning Members!**

Sharon Storino

Betty Hall

Ready for Fun & Food? Annual Picnic on 8/11!

By Larry Jensen
OMUG Secretary

President Shirley Bellinghausen called the OMUG business meeting to order at 7:05 p.m. Also present: Vice President Jim Wiest, Secretary Larry Jensen, Treasurer Gary Bigger, Newsletter Editor Sister Dorothy Robinson, Webmaster Pat Sonnenstuhl, Director at large #1 Arlene Kapner, Director at large #2 Marilyn Hanna, and Director at large #3 Phil Vogel. No guests were present.

Jim hopes to have the August program finalized soon. It is expected to be on a program called ID Vault. It is a program which purports to protect your online accounts.

The June board minutes and July general meeting minutes were approved.

Gary reported the total income in June was \$304.70; expenses were \$497.68. Net income was -\$192.98. At the end of June there were 190 primary members, (2 more than last year), and 96 associate members (6 less than last year). Total membership is 260 (4 less than last year).

Pat said not all of the POP 3 accounts are set up yet for officers' email addresses. By next year it will be mandatory that all board members have POP 3 addresses. Pat also reported on the website events calendar, which she updates regularly. The calendar will also be in the newsletter.

As the head of the nominating committee, Arlene plans to have a training session for the people who will be soliciting candidates next year. Also, she will print certificates for speakers. Jim will notify her who the speaker is to be so she can have the certificate ready for the meeting.

Phil reported that he and Jim Wiest had each developed a draft of a questionnaire to be sent out to members. The purpose of the questionnaires is to find out what people's interests are, what they like about the club, and what they feel can be improved. It would also ask for suggestions about programs, SIGS, the reflector, etc. After much discussion, board members expressed that the questionnaires are a very good start. They could be combined to accomplish the goals we had set. Phil and Jim will continue to collaborate to develop a final version, which would be presented to the club.

There is no word on scholarship applicants. Since Bob Wing hasn't received a bill from The Evergreen State College yet, apparently the scholarships have not been awarded. Gary will check with Bob Wing.

There was much discussion about the number of 'moving parts' in the process of getting the newsletter ready to mail.



One of the problems is getting the labels printed and to the folding party. Phil volunteered to print next months' labels on his laser printer. He will query Noral on the possibility of using mail merge to print the addresses directly on the newsletter.

Plans for the picnic at Priest Point Park will go ahead as scheduled. Phil will bring a grill and Jim Wiest has volunteered to do the cooking.

We need volunteers to make cookies for the September Rest Stop event. Last year we went through 300 dozen cookies—can you believe it?! A sign-up sheet went out on the Reflector for shifts at the rest stop. We still need somebody to coordinate this event.

The organizational chart made by Larry and updated by Marilyn, was accepted without further changes.

Masterworks Choral Society is having an auction in December. It was proposed that we offer two OMUG memberships for auction. It would cost us nothing and we would gain two new members and publicity. The board agreed to accept this proposal.

Meeting adjourned at 9:00PM. ☞

OMUG Income & Expenses June 2007



Income: \$305

(Membership Dues- \$300, Bank Interest \$5)

Expenses: \$498

(Senior Center Donation \$50, Gifts to Presenters \$7, Treasurer \$41, Newsletter \$193, Membership \$82, Equipment \$87 & Super Saturday supplies \$38)

Net Decrease \$145

OMUG Treasury as of 7/19/07

Savings Account Balance:	\$2,523
Scholarship Account Balance:	\$3,044
Checking Account Balance:	\$256
To Be Deposited:	\$140
Treasury Total:	\$5,963

INSERT: The Inside Security Recovery Toolkit

By **Dick Maybach**, Member, Brookdale Computer User Group, NJ www.bcug.com [N2nd\(at\)att.net](mailto:N2nd(at)att.net)
Obtained from APCUG with the author's permission for publication by APCUG member groups.

this you can clean up any infections before you restart Windows.

Most of us use an OEM (original equipment manufacturer) version of Windows supplied by the vendor who built our PC. Although we often receive a Windows CD-ROM, it is not the same as the disk included with the retail version of Windows. In particular, we must go to our PC hardware vendor for Windows support, rather than to Microsoft, and we can't use the OEM CD-ROM to install Windows on a new computer or to repair an existing installation. Instead, we can only restore the software to the state it was in the first time we turned on the PC. This will delete all our data, as well as any applications we've installed. While XP is usually quite stable, problems such as virus infections, operator errors, and hardware and software failures can cripple a PC to the extent that it won't even run. This means that without a good recent backup or good recovery software, all of our data will be lost.

A particularly powerful recovery tool is INSERT, a version of Linux designed to correct problems in Windows, Linux, and the latest Macintosh PCs. INSERT is a "live CD", which means it does not use the hard disk at all, but runs directly from the CD-ROM drive; as a result, it can run even on a PC with an inoperable hard disk. It has a graphical user interface and many useful maintenance

applications, including those for file-system repair, data recovery, virus scanning, network analysis, and Internet browsing. In this short article I'll just introduce INSERT; you can download a tutorial on it from What's New section of the BCUG Web site, www.bcug.com, and this includes instructions on how to obtain the software for free.

After any serious problem, your first action should be to copy all your data to an external (usually a USB) drive. Especially if the problem is a failing hard disk, you have no time for experimenting; just copy everything in My Documents. INSERT has file managers that let you do this graphically, much as you would with Windows Explorer. However, Linux is not Windows, and you should get some experience with INSERT before the next PC disaster. In particular, Linux uses different designations for hard disks than does Windows. The first ATA hard disk is hda and its first partition is hda1. (On most PCs, hda1 is c: in Windows.) If this disk has a second partition, it is hda2 (usually d: in Windows). If you have a second ATA drive, it is hdb in Linux. SATA, SCSI, and USB drives are designated sda, sdb, sdc, etc. Before you can access the information on a storage device, you must mount it. Fortunately, INSERT has a graphical mounting tool that lets you mount a device with a mouse click; see the tutorial for more information.

When INSERT is running, neither Windows nor any of its programs are running. This means that any viruses are dead and hence are easier to deal with, since they cannot hide themselves. INSERT has the clam virus scanner – a Linux program that looks for Windows viruses. With

INSERT has tools to manipulate entire partitions. These allow you to change partition sizes and create new ones. You can also move your entire file system to a new disk – handy if you are replacing your c: drive with a new and larger one. If you are selling an old PC, there are tools to wipe your hard disk completely clean, which avoids giving the new owner your passwords, checkbook files, tax returns, etc. It also has tools to recover damaged files. Finally, it is possible to damage a hard disk's master boot record (mbr) or a partition boot record, which prevents Windows from booting, even though none of its files are damaged. The retail version of Windows has the tools fixmbr and fixboot to repair such problems, but these aren't present in the OEM version. INSERT allows you to repair damaged mbrs and boot sectors.

With INSERT you can also reset Windows passwords and edit its registry (if you are sufficiently courageous or desperate). You can edit boot.ini; this is a text file, which if corrupted, will prevent Windows from booting. There are also programs to explore the hardware, view files, and look at any connected networks. All in all, INSERT is an especially valuable maintenance tool, especially if you are responsible for maintaining several PCs. Other maintenance programs are available, in particular the Ultimate Boot CD and the System Rescue CD, but I've found that INSERT is the easiest to use and has the most complete set of tools. ☐

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Continued from page 2 **General Meeting**

and spyware protection on your computer. Never open attachments or photos from unknown sources.

Deputy Dunn listed many other things to be careful of. All this information is available from the Federal Trade Commission website at www.consumer.gov/idtheft or at 877-438-4338. ☐

VOIP Made Easy with Skype

By Sharon Walbran,

Twin Cities PC Users Group, MN

www.tcpc.com

[sqwalbran\(at\)yahoo.com](mailto:sqwalbran(at)yahoo.com)

VOIP, Voice Over Internet Protocol, using your Internet connection to make phone calls, has become very popular with the major bell companies offering programs with unlimited calling for one price per month, usually around \$30 per month. But Skype (rhymes with “type”), a free VOIP program, offers free computer-to-computer calls anywhere in the world if both computers have Skype installed. For calls from a computer with Skype to standard phones and cell phones in the U.S. and Canada, Skype.com offers unlimited free calling with an annual charge of \$29.95 a year. The real advantage of using Skype is if you make frequent international calls that can run your phone bill up. Calls to phone numbers across the world cost much less using Skype. A list of rates is available at <http://www.skype.com>.

In order to use Skype, you will need to install the program, of course, and you will need an Internet connection, preferably high-speed for best quality, and a microphone or headset with microphone.

Recently, USB Skype phones have come on the market. The one I purchased was the IPEVO Free-1 Skype USB phone from Microcenter. It is both Windows- and Mac-compatible, but requires Windows XP. It cost \$34.00, but there were others with more features for up to \$100. The IPEVO phone is small, just 1.5 inches wide by 6 inches long and has a generous 8 foot long cord. The phone comes with a CD with the USB driver and the Skype program. Installation was speedy. The Skype interface is simple with tabbed pages for holding your con-

tacts’ Skype addresses on one page and phone numbers on the other. To call a Skype computer requires point-and-click on the contact in the list. Calling a phone number involves adding your credit card information and setting up a credit account of at least \$10 to start, then clicking an on-screen dial pad to input the number. The sound is as good or better than a land-line connection.

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Try it out. You can install Skype and do a test call to see how it works. The test involves you speaking for 10 seconds, then Skype plays that back to you so you can hear the results. Better yet, get one of your friends in Paris or Rio to download the Skype program to their computer and talk for free for as long as you like. ☞

Familiar Faces:

Max Whipps

A profile of someone you’ve seen around OMUG meetings but may not know much about. —Editor



I joined OMUG in 1995...I figured I could learn something about computers—and I have. I’m pretty much interested in everything that

a computer can be useful for. I use all of the MS Office applications (except PowerPoint) on a daily basis for business requirements (volunteer work). I also use my computer for transcribing music and am learning web site creation and maintenance. I experiment with my personal website orfm.net but don’t have much time to spend on it.

From April 1996-April 1997 I was newsletter editor, and treasurer from April 1997-April 2007. I’m the member renewal coordinator, responsible for sending out renewal reminders as memberships near their expiration dates and I print, laminate, and mail out the membership cards. Further, I’ve been the Windows SIG Leader for the last several years. I do a lot of other things for OMUG on an as needed basis, but what takes the most time is making house calls for members. I make 2-3 house calls each week to assist members on an infinite number of issues ranging from locating the “on” button to troubleshooting all sorts of mysterious maladies.

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The only paid work I do currently (part-time) is as webmaster for the Central European Teaching Program (www.cetp.info). I retired from the U.S. Army on November 1st, 1977 as a Chief Warrant Officer W3. My first 11 years were on tanks of various models. My last 11 years were in Military Intelligence as an Order of Battle Technician. My job was to keep track of the organization and disposition of foreign forces and to determine their most likely course of action in the event of hostilities.

I am the secretary of the 14th Cavalry Association. As such, I am responsible for all the normal functions of an organization's secretary besides maintaining the database and website (www.14cav.org). I also maintain a number of cavalry sabers and pairs of spurs for presentation to the next of kin at memorial services or funerals when one of our troopers falls. I visit our wounded at Madigan Army Hospital or wherever they may be when in the local area.

My primary hobbies are movies and music. I have an extensive collection of nearly 700 movies ranging from 1919 to 2006. I have more music/dance films than any other category. I love dance and have season tickets to the Pacific Northwest Ballet in Seattle and the Oregon Ballet Theater in Portland. My favorite music is classical.

I have two former wives and three daughters, two of whom are retired Air Force Senior Master Sergeants—one located in Virginia and the other in Olympia. My oldest daughter is a registered nurse in Spokane. I also have 11 grandchildren and 4 $\frac{1}{3}$ great-grandchildren.

OMUG Supporters

We are thankful for the many people, organizations and businesses who support OMUG.

Below is a list of a few who have given back to the community by assisting OMUG in its mission to help computer users help computer users and their community.

Our supporters provide services and discounts, give of their time, provide space for OMUG activities, introduce OMUG members to new products, share knowledge and expertise, provide OMUG with software and hardware, or provide educational opportunities. All of them are appreciated.

Senior Services for South Sound
Olympia Computer Central
IPMA
Adobe
Microsoft
PowerQuest
Jasc Software
Cartridge Care, Inc

**Idea for a new SIG?
Tell any OMUG board member!**



MEETING LOCATIONS

Capital High School:

2707 Conger Ave NW in Olympia. Follow the signs to the computer lab from the lower parking lot.

El Sarape Restaurant:

1200 Cooper Point Road in West Olympia near Staples and the Post Office.

The Olympia Center:

222 Columbia Street NW in Olympia.

Note: The computer lab at the Olympia Senior Center is on the second floor behind the boutique.

