



# The *MacWest Memo*

*The Newsletter of the MacWest Computer Society*  
A Macintosh™ User Group

Volume 24 Number 6



## Time Machine

## June 17th



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**NO MEETING ON JUNE 10TH**  
**JUNE 17TH: ONLY MEETING IN JUNE**

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## PDF Version

*You can now get a copy of the Latest Newsletter from our web site. You can also get back issues there. If you would like to receive the newsletter as a PDF only and not get the printed copy, please let Robert Scales know. Sometimes the PDF version has a few more pages in it, so be sure to have a look at it.*

### Newsletter Copy and Advertising deadlines.

- June 2009: May 21st, mailed June 4th
- July 2009: June 18th, mailed July 2nd
- August 2009: July 23rd mailed August 6th
- September 2009: August 20th, mailed September 3rd
- October 2009: September 24th, mailed October 8th
- November 2009: October 22nd, mailed November 5th

**Web site address:**  
**www.macwest.org**

### Mailing Address:

MacWest Computer Society  
Box 55537, Impact Plaza Postal Outlet,  
15280-101 Ave., Unit 119,  
Surrey, BC, V3R 0J7

**Membership fees are:**  
**\$35.00 for 1 year,**  
**\$65.00 for 2 years,**  
**\$95.00 for 3 years.**

## How to Reach Us

- E-mail: clubinfo@macwest.org
- If your e-mail or address changes, please inform Robert Scales, rscales@shaw.ca
- Also if you would like to receive the clubs Recipient E-Mail newsletter, let Robert Scales know as well.



*Most of this newsletter is printed on recycled paper.*



### Acknowledgements

The MacWest Memo is produced on an Intel iMac (from Discount Mac Club), using Adobe InDesign, Photoshop 5.0, (Donated by Adobe) and printed on an Apple Laser-Writer 8500.

.....and the fine print

Because this newsletter is intended to describe and comment on various activities, as well as hardware and software products, it is important we clear the air on certain matters. In cases where we refer to products identified by trade names, most, if not all, such products are claimed by companies using them as legally protected trademarks by the companies that make the products. It is not our intent to use any of these names generically, and the reader is cautioned to investigate a claimed trademark before using it for any purpose except to refer to the product to which it is attached.

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## JUNE 17TH Time Machine

For the presentation part of the evening Phil will be leading us through a demonstration of "Time Machine". "Time Machine" is included in Leopard. Apple says

"Time Machine is the breakthrough automatic backup that's built right into Mac OS X. It keeps an up-to-date copy of everything on your Mac — digital photos, music, movies, TV shows, and documents. Now, if you ever have the need, you can easily go back in time to recover anything."

Come and see how it is done!

Last month in the second part of the First Byte meeting we broke into interest groups and got together to solve problems. There was good

## MACWEST RAFFLE Draw at Meeting

response to this and so for the time being we will include this feature in our First Byte meetings. Please feel free to bring you laptops etc. We do have internet available so you can follow right along with the meeting and connect to the links mentioned at the meeting right away. If you have any questions you may want to email them to [rebeccakozol@gmail.com](mailto:rebeccakozol@gmail.com) so that we are prepared to answer them.

The June 17th meeting highlight will be the draw for the AppleTV, Nikon camera, and Canon Printer.

Good Luck everyone.

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## Summer Meetings - July 8th 2009 & August 12th 2009

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There is only one meeting a month in the summer. The July 8th meeting will be a First Byte type meeting. Set August 19th aside for our annual MacWest BBQ. Traditionally we have always had it at the site, but we are looking for a new location this year. We will keep you posted.

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Meetings:  
Surrey Conference Centre  
140th St. and 92nd Ave., Surrey BC  
Starting @ 7:30 pm

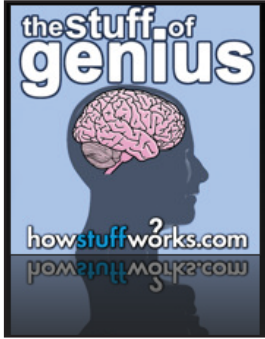
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# PODCAST REVIEW FOR JUNE/09

by Phil Beall  
MacWest Memo Editor

Podcasts June 09

## The Stuff of Genius

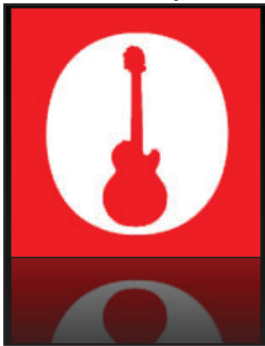


Have you ever had an idea that seemed crazy, maybe crazy enough to work? Every invention starts out as an idea, and it only takes a bit a genius to make it reality. See how some of the greatest inventions were brought to life in

'The Stuff of Genius' from howstuffworks.com

<http://itunes.apple.com/WebObjects/MZStore.woa/wa/viewPodcast?id=314830351>

## Guitar Theory Videos, Songs and Tab



Learn the theory to your favorite songs with guitar tab. Guitar scales, chords, chord progressions, modes and more in popular music and on the guitar fretboard. Guitar lessons include playing riffs and solos with

pentatonic and major scale patterns, cord inversions and arpeggio patterns with the CAGED system.

There are 51 free lessons so far, they say they are for intermediate and advanced guitarists, but if you go through the free lesson from Apple first, I think you will get a lot from these.

<http://itunes.apple.com/WebObjects/MZStore.woa/wa/viewPodcast?id=307518700>



PodCast

## The iPhone App Show



The iPhone App show has a look at some of the great app's you can get for the iPhone and iPod Touch. There are 22 so far and growing fast.

<http://itunes.apple.com/WebObjects/MZStore.woa/wa>

[viewPodcast?id=315637448](http://viewPodcast?id=315637448)



## Stuff You should Know



How exactly does propaganda work? Why do we blush? Why is stuff you should know such an awesome podcast? Get answers to these questions and many, many more, by checking out this podcast from How StuffWorks.com.

There are 116 different shows here.

<http://itunes.apple.com/WebObjects/MZStore.woa/wa/viewPodcast?id=278981407>

Quirks & Quarks Complete Show from CBC Radio

CBC Radio's Quirks and Quarks covers the quirks of the expanding universe to the quarks within a single atom, and everything in between. There are 5 almost one hour shows so far, with 5 star ratings.



<http://itunes.apple.com/WebObjects/MZStore.woa/wa>

[viewPodcast?id=151485804](http://viewPodcast?id=151485804)

## TEDTALKS



Each year, the TED (Technology, Entertainment, Design) conference hosts some of the world's most fascinating people. Trusted voices and convention breaking mavericks, icons and geniuses. These podcasts,

(also available in audio format) capture the most extraordinary presentations delivered from the TED stage. There are 301 podcasts here.

<http://itunes.apple.com/WebObjects/MZStore.woa/wa/viewPodcast?id=160892972>

## The History of Podcasting from Wikipedia

Podcasting began to catch hold in late 2004, though the ability to distribute audio and video files easily has been around since before the dawn of the Internet. Many individuals and groups contributed to the emergence and popularity of podcasts.

The first audio file format used was MP3. Nowadays (2009) it is still widely used while better (smaller files with same sound quality) formats exist (ie. Ogg Vorbis)

# MACWEST MEETING

May 13th, 2009

May 13<sup>th</sup> GarageBand/BEAN meeting

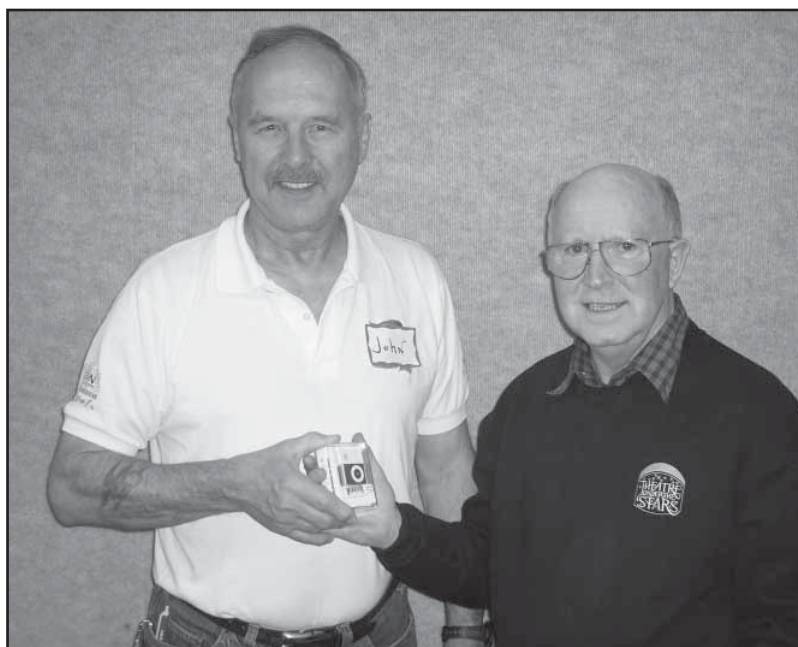
Glen Moore and Keith Richardson lead this meeting sharing with us their knowledge of Garage Band. Glen Moore is a member of a local band. The band members each record their parts separately and Glen then uses Garage Band to do the mixing. Glen played one of the songs that they have record and shared some of the process. Keith and Glen then showed us something on creating your own song in Garage Band. Keith then shared with us another application of Garage Band, a Remembrance day production that he had produce.

In the second half of the meeting Keith Richardson shared 'Bean' with us. This is a simple word processor but with lots of features. While there's no comparing Bean with Pages or Microsoft Word (anymore than comparing free" with "you get what you pay for"), Bean is useful for folks whose word processing needs are quite basic, who want to be able to add some graphics to their documents, and who are looking for better than a "bare bones" application. Keith compared it with TextEdit and other word processing programs. In Bean you can work in Layout view or not, you can hide the ruler & format bar, the open size can be set in preferences, there are more menus which offer better editing, formatting, Find and Style options, allows highlighting. it has a customizable Toolbar, can show text formatting(invisibles), Has a Pages-like inspector which assists in text formatting,permits drag and drop graphics plus easy resizing and permits 10 file format saving options. Keith also pointed out a couple of features of both Bean and Text Edit that many people miss.

1. Option drag lets you select a column of text, then copy and paste it.
2. Highlight text you want to emphasize.(Easier with Bean's Inspector)
3. Auto Complete a partial word by pressing command esc key, Good for hard to spell words
4. Command F enables you to find all the incidences of a word or phrase in your document.

Thanks Glen and Keith for an informative evening.

Becki shared some of the results of the MacWest Member's Survey that had 68 members participate in. John Boileau was the winner of the iPod Shuffle(the prize for completing the survey)



Roger Smith presenting John Boileau with iPod shuffle.

# FIRST BYTE

May 20th, 2009

24 Members Present

Meeting Start 7:30

Phil started the meeting with a video of Allen King in Las Vegas with a routine on "survived by his wife" with cooperation of the audience. It was enjoyed by all present.

We had a review on "Bean" which was presented at the last meeting. Bean is a word processing program for O SX that is free.

Phil addressed several Questions on iPhoto, One member had difficulty transferring her pictures for her camera and several questions on photos to E Mail. These were referred to the group discussion on iPhoto with Becki in the next session.

Next question was on how to get pictures from mail to burn on a disc, The suggestion was to put the pictures into a burn folder.

mylife.com was shown as a program to find people, it is Americas #1 people search. Be careful of information given as the site is not secure.

BREAK AT 8:10

After the break we broke into groups, Terry helped a member with her Lap Top.

Becki had a group on iPhoto. Notes from this session were distributed by email. If you would like a copy contact Becki

Phil did a program on Version Tracker and Bean.

DRAW

Mac Life - Bev Gordon

Mac World - Colleen Ford

RAFFLE

Card Game - Bev Gordon

I Photo 09 - Robert Scales

Adjourn 9:30

by Brooks Gowanlock,  
MacWest member

## Macintosh OS X

Mail	Address Book
iTunes	iPhoto iMovie
iDVD	iCal Preview
Appleworks	iWork
Garage Band	



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# BEING A NANA

*Kids and Computers*  
by Rebecca Kozol

Last month I gave the instructions for setting up a desktop for your little ones. Now it is time to set up some programs for them to work with. I will share with you some of my grandchildren's favourites. One of my all time favourites for babies, toddlers or children with learning disabilities is a program called AlphaBaby.

You can download AlphaBaby at <http://alphababy.sourceforge.net/>

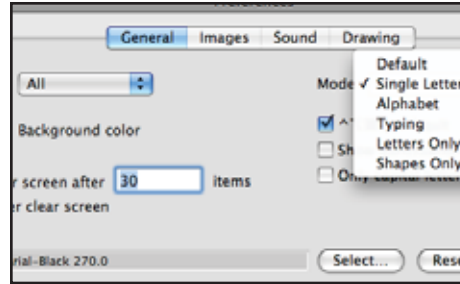
The designer created the program for his kids. "My kids love to play with the computer. Unfortunately, they also have the habit of renaming my hard drive to "axlfkaj". So, I wrote AlphaBaby so they could safely use the Mac without inflicting too much damage! AlphaBaby lets even infants and toddlers have fun playing with the computer. Every time a key is pressed or the mouse is clicked, a letter or shape is drawn. Sounds can be played every time something is drawn. Your own sounds and pictures can also be used. AlphaBaby helps kids to learn letters, plus provides a safe environment for kids to have fun "typing" on the keyboard!"

I discovered this program when my nieces were young and liked going on the computer. It fills the whole screen so the children cannot get to the desktop. In order to quit the program or go to the preferences you need to press 4 keys, so the children are not likely to find them by accident. The program can be used to entertain babies and it will grow with your child by changing the preferences.

To start with I leave the default settings on. With these settings when children press the letter keys the letter is displayed randomly on the screen and spoken. When the number keys are pressed the number is displayed and spoken. If the spacebar or any other key is pressed a shape is displayed in various colours with the shape name and colour spoken. As your child grows you can change the preferences to suit your child.

Some of the preferences that you may want to explore are:

### General Preferences



Default – displays letters, shapes and pictures randomly

Single Letter – displays 1 letter at a time in the middle of the screen

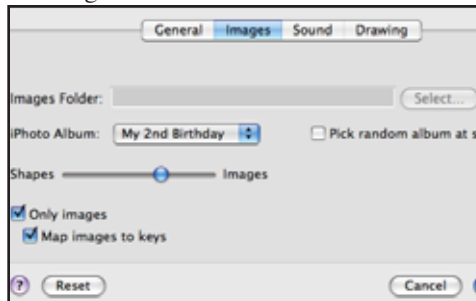
Alphabet – displays the alphabet in order no matter which key is pressed

Typing – displays the letters in order across the screen as you would in word processing

Letters only – only letters are displayed

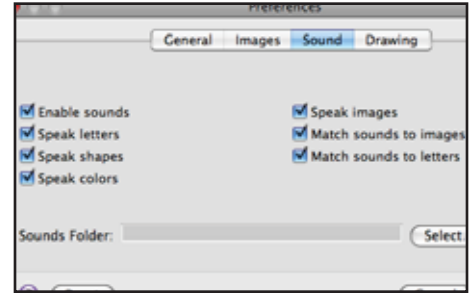
Shapes only – only shapes are displayed.

### Images Preferences



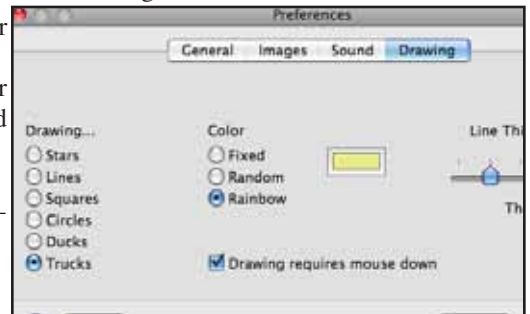
You can choose or create an iPhoto album that you would like displayed or you can create your own image folder. When working with special needs children at school I created folders that were specific for certain children. If children needed help with vocabulary I would have pictures that the children were learning and when they pressed the keys the pictures would appear and the word would be spoken. In order for the name to be spoken you must name your picture (whatever label you have given your picture). The option "Map images to keys" will assign a certain picture to a certain key so that everytime that key is pressed the same picture will be displayed.

### Sound Preferences



I usually enable all the sounds options, but you may want to restrict them when the children are very young and depressing keys quickly as the sound will overlap.

### Drawing Preference



The drawing is fun. It is a good way to get children using the mouse. To start with I deselect "Drawing requires mouse down" and as the children grow I select the option so that they can practice clicking and dragging.

Remember to play with the options as the children are playing with the program.

For Kindergarten/Grade 1 and Pre Schoolers I love "Starfall" <http://www.starfall.com/>

Starfall has something for everyone. It is interactive, repetitive and progressive. It has a variety of levels and the activities are engaging. There is a link for educators and parents and some printable materials that children can work with.

Have fun with your children, grandchildren or great grandchildren.

# ASK TERRY

by Terry Lawrence,  
Periwinkle Consulting

## Resetting the Display Preferences

Question: I don't know what I did, but all of a sudden, everything is huge on my screen. Any idea how to get it back to normal?

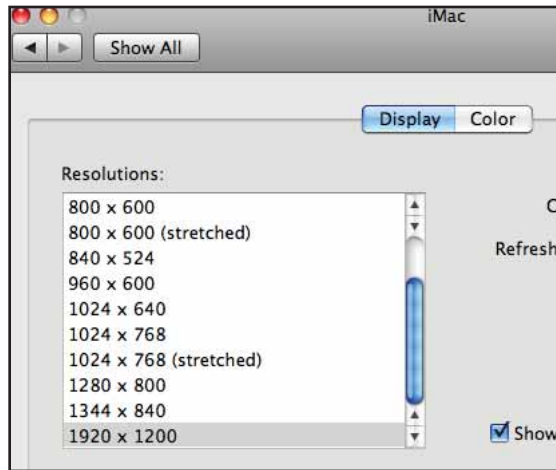
Answer: You probably reset the Display Preferences to a lower resolution, which has the effect of making the items displayed on the screen appear larger, but of course, you only see part of them. Kind of like holding a magnifying glass in front of something.

To reset it back to a more useful resolution, open the System Preferences from the Apple Menu and choose Displays. Choose a suitable resolution that you are comfortable with. Note that the native (highest) resolution will give you the sharpest picture, and that stretched resolutions will distort the display.

Some lower resolutions will render a fuzzy display as the computer interpolates font sizes and graphics

to make the native size of the display appear larger, which means it is using say, 8 pixels to display something that would use, say, 5 pixels at it's native size. So it has to guess where to insert the extra pixels for each item or character it is displaying.

Terry



## Setting Network Proxies in OS 10.

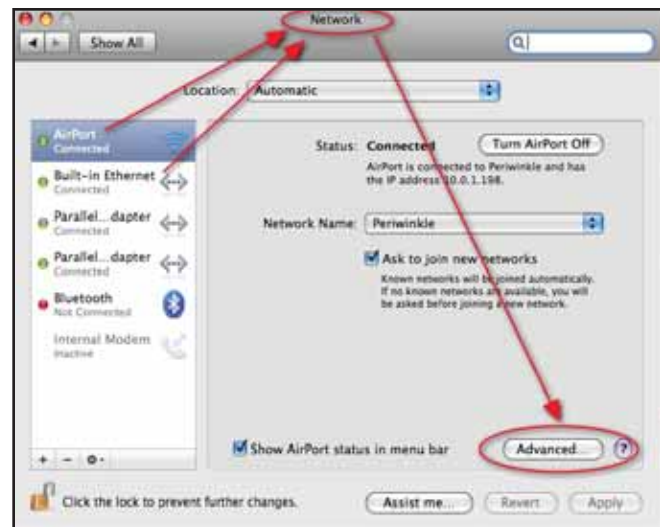
Question: Greetings from China. I am here for ten weeks at a school, about an hour and a half northwest of Shanghai.

Wondering if your computer

experience can help with a problem I'm having. I brought my IBook. The other teachers on my team brought PCs. They have had the tech people at the school show them how to use their laptops to go online. This had been quite a problem and the local version of Shaw and Telus were no help at all, and even temporarily screwed up their PCs. The school was able to solve the problem for the PCs quite quickly.

What has worked for them is to move the Internet feed from a computer in the school, attach it to their laptop, and then in Tools menu, in LAN, clicking something like bypass Proxies or something like that. When they are finished, they just reattach the Internet cord to the computer in the classroom. Whatever they did, I can't seem to do the same with my Mac. I think I mentioned to you once that there are no Mac computers in China that I have ever seen, though there are iPods. If you have a suggestion as to what menus and settings I could use to get online with my Mac, I'd appreciate it.

Answer: In Mac OS 10, the options to deal with proxies are under the Network System Preferences. The button to click is a bit different in various versions of OS 10, but you are looking for an Advanced



Advanced Network System Preferences

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**Terry Lawrence**  
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Product Professional

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Settings button or tab in your particular connection method, which would usually be Ethernet or Airport. See example screenshot for OS 10.5x, the Leopard system. You would go to the Apple Menu and choose System Preferences, and then Network. Next select your connection method, such as Airport, Ethernet, or Internal Modem, and click on the Advanced button. In

the Advanced Network options, select the Proxies tab, choose Configure Manually, and enter the desired settings as provided by your host network administrator.

Terry

# FROM OUR WEBMASTER

New MacWest Blog

New MacWest Blog starts this month.

A New Blog for all Mac users was launched today (June 1 2009) by our webmaster Dale Marcell. This blog will feature Mac Products, Apple News, System updates and Mac Support questions. Focusing on up to date news articles that MacWest members may find interesting, MacWest-Support.net will be updated daily with new items for you to review.

Don't forget to visit the MacWest Site for your PDF version of the newsletter and meeting updates



Advanced options

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# SURVEY RESULTS

With 68 responses to the survey the executive has a good idea of what the membership wants and has already been working on the ideas presented by the membership. The top priorities for our membership are Photography, Internet, backup and Mac Tips and Tricks. The suggestion was made that we have break out groups at the meetings and we have already had a successful meeting using the new system. Mac Tips and Tricks are included in each newsletter (more in the PDF version, and we have made contact with a presenter for the September meeting who has been using a Mac for his photography for many years now. Thanks again everyone for your participation.



# MACWEST RAFFLE

## Don't Forget to get your Raffle Tickets!

It's time for our main fundraiser of the year. We have great prizes and a great chance to win.

Tickets are \$2.00 each, 3 for \$5.00, 7 for \$10.00 or 20 for \$20.00.

- 1st Apple TV ( from Simply Computing)
  - 2nd Nikon Camera (donated by Simply Computing)
  - 3rd Canon Colour printer (donated by DMac)
- If you sell 20 tickets you get 3 free tickets, so start selling!!

## DRAW DATE JUNE 17TH

(The only meeting in June)



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How did you find out about MacWest? \_\_\_\_\_

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## MacWest Gift membership:

Given by: \_\_\_\_\_ \$35.00 for one year

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## EDITOR'S NOTE

I would like to thank everyone for all the support you have given me this month. It has been wonderful getting such supportive and encouraging email and comments. I would like to keep making the newsletter as informative and interesting as possible, so please feel free to send in any information or articles that you may have. Due to the limited amount of space in this newsletter I have not been able to include some email messages that I have received with member ideas and problems, but they are included in the PDF version so be sure to visit the website regularly for any updates. As stated in the Newsletter we now have a Blog page. A blog is a contraction for Web Log. It will be great for keeping us up to date in the Mac world.

I have been so busy in the past couple of weeks that I somehow missed that iTunes Canada now has the TV shows from some of the major networks in the US so good luck in the Raffle because if you win the AppleTV there is now a lot more programs available.

Rebecca Kozol  
MacWest Memo Editor  
rebeccakozol@gmail.com



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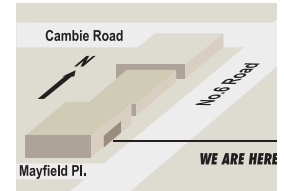
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