



THE COMPUTER CONNECTION  
SAUK COMPUTER USER GROUP

JULY 2009

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MINUTES: SCUG CLUB MEETING  
JUNE 13, 2009

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There were 32 members and one guest, Jane Lopez, at the meeting which started with a short talk by Terry, followed by the question and answer period led by Art.

After a short break, the business meeting started with the minutes of the last meeting being approved as published.

In the absence of a club treasurer, Neal read the report, which was approved as read. Nominations were taken for a new treasurer.

There were two people nominated: Myron Kliment and David Drane. A secret ballot was taken and the votes were counted by Tom and Angela. Myron was

the winner. So we have a new SCUG treasurer.

A vote was also held to pick a new name for our newsletter and the one submitted by Terry **MacLennan of "The Computer Connection" won out** over three others.

Unique Computers has offered to provide a big screen television for the power point presentation on the club at the mall promotion show.

A motion was made and passed to close the business meeting and this was followed by the raffle drawing.

Joe informed the members that Goodwill will recycle used computer equipment.

Tom then presented an interesting program on You-tube.

Respectfully submitted by  
Angela V. Rester, club secretary

Club Information

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Joe Fornero

JULY RAFFLE

You voted and our newsletter now has a name:

The Computer Connection

I would like to thank everyone who entered a name and Terry MacLennan for entering the winning name. He will receive 5 entries in the July drawing and 5 extra entries in my Santa Joe give-away in December. Maybe this will **change his luck and his numbers won't** be drawn?

We are working on having a booth at the mall on October 3rd to promote the club. We are putting a number of things together, but will need help, I hope some of you will volunteer.

Joe Fornero— Asst. Editor

The main prize for this month's raffle will be an internal DVD drive.

Although not in a box, it is a new drive, bulk purchased from one of my favorite stores, Micro Center.

Samsung model SH-S222 Super Writemaster with the following specs:

- DVD+/-R/RW and DVD-RAM Drive is a new innovative product which provides powerful data storage
- Double Layer DVD+R 12x, DVD-R 12x
- Buffer Under Run Free Technology
- Data Transfer Rate Read CD: 7.2 MB/sec (48x); DVD: 21.6 MB/sec (16x)
- Data Transfer Rate Write on DVD-R: 22x; DVD+R: 20x; DVD-RW: 6x; DVD+RW: 8x

And of course you can still burn a standard CD also. Sorry, but it's is not a Light Scribe unit.

Neal

BOARD MEETING MINUTES

June 16, 2009

The meeting came to order at 7:30 with Joe Fornero, Dane Niederman, Neal Shipley, Myron Kliment, Terry MacLennan, Don Haag and Angela Rester present.

Office; John Miller will do a program in October; and the November one will be by Angela on making cards and calendars.

passed to close the meeting by Joe and seconded by Myron.

The August meeting presentation will be done by Betty Beatty on Ubuntu , Sept. will be by Terry MacLennan on Open

Discussion was held on the July picnic and raffles, which will start at noon, and on how to handle the mall show.

Respectfully submitted by Angela V. Rester, club secretary

Motion was made and

## JULY 11, 2009 COOK OUT NEWS

Our Annual July Cookout will start at noon. The Club will be providing the burgers, buns, cheese for the burgers and plates. Art will be bringing the condiments and drinks.

Please Bring a Dish to pass, Betty will have some Boca (yuk) burgers for our vegetarian friends.

Be sure to Invite your spouse or a friend, we always have a great time!! There will no program, just short business meeting if needed and a question and answer time.



Joe tries doing a fancy flip of a burger, another burger for his pups. Fortunately for the **pups it wasn't a Boca burger!**

We will be ordering new SCUG shirts. So if you never had one, your old one is getting a little worn or you would like another color we will be taking orders at the cookout.

# ONLINE

## TRY OUT TWITTER

*by Alan Phelps*

We hear about politicians who use Twitter, celebrities who use Twitter, and maybe more **than a few friends. What's the big deal?**

Twitter ([www.twitter.com](http://www.twitter.com)) is a simple tool. You type a description of what you are up to, right at that moment, using 140 characters or less. Twitter sends that information to all of your friends, family, and co-workers who sign up to follow your updates. (They generally see your Twitters on a special Web page.) This bare-bones idea seems to have captured the imagination of the Internet.

Twitter relies on cell phones for much of its spontaneity. **That's where the 140-character rule comes from—it's close to the typical mobile phone text message limit. You can send your "tweets" to Twitter via text messaging on your cell phone or by filling in a form at the Twitter Web page. Third-party sites can also feed Twitter by email.**

The goal is to make it easy for you to update your Twitter status anywhere, anytime. **You've never been so well-informed about what your friends do all day. What's more, you can get those updates wherever you go. You can view other users' updates via text messages that are delivered to your phone; you can read them at the Twitter Web**

site; or you can view them through a variety of other applications.

Not all users update constantly about mundane goings-on. Some users send out periodic witticisms or use Twitter as a short-form entertaining blog. **Many people don't understand the point of Twitter, and that's OK.** It probably depends on whether other people you know use Twitter. It can be a fun way to keep in touch with a close-knit bunch of family members or friends.

### ■ Twitter Time

Try out Twitter for yourself by heading to the site and clicking the Get Started Now button to sign up. Enter your name and email address and choose a user ID and password. The next page will search Twitter for the contacts stored in your email account, if you are comfortable with handing your email password over to Twitter. If not, you can skip that step and locate friends one at a time.

Next, the site suggests some actual Twitter users you could begin following (automatically receiving tweets from them) to get in to the swing of things. Often, these are famous folks you probably do not know personally.

Just as you can follow other Twitter users, celebrity or otherwise, Twitter users can become

your followers. Generally, you only see tweets from people you follow, and only your own followers see what you send. To start following friends, click Find People near the top of the Twitter page. Here, you can locate people already on Twitter or send emails inviting others to try Twitter.

**Once you're set up, go to the main page and type out your first update. Even if you don't have any followers, it will show up on the Everyone tab along with, well, everyone else's tweets.**

### ■ Focused Conversation

Along with the standard tweet blasts, Twitter lets you send other types of messages. You can send a reply to someone by beginning your message with **"@username," where "username" is a Twitter ID.** Maybe your friend Bob sent out a tweet complaining about the rain. You might respond with **"@bob I agree!"** Your message can be read by all of your followers, and it will show up on **Bob's main page, as well as his @replies tab.** You can send @replies to someone who does not follow you.

A more private type of communication is the direct message. Start a message using the format **"d+space+username"** (for example: **"d bob where are**

CAPS LOCK ALARM  
BY TERRY MACLENNAN

you?"), and only that user will be able to see the message. Unlike @replies, you can send direct messages only to your followers.

Twitter is popular enough that it attracts some spam-like posts. We added some of **Twitter's suggested users** to our lineup and quickly found ourselves "followed" by several advertisers. You can protect your tweets by requiring your approval before anyone is allowed to follow you. Just click the Settings link and look toward the bottom of the Account tab for the checkbox. **It's a good way to keep track of who's keeping track of you.**

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I just hate it when I accidentally hit the Caps Lock button AND END UP TYPING A WHOLE SENTENCE IN CAPITALS BEFORE REALIZING IT. You can set up your computer to both beep and screen flash as a warning.

The first thing we'll do is have the computer beep when you hit the Caps Lock key.

Open the **Control Panel** then click the **Accessibility Options** icon.

On the **Keyboard tab**, click the "Use Toggle Keys" checkbox.

After applying, you will now hear a tone when you press the Caps Lock, Num Lock or Scroll Lock.

If you just wish to have the tone without the screen flash, simply stop here. But in case you have your speakers turned off and want a visual flash to also help remind you then follow along to the next step. From the Accessibility

Options screen, click the **Sound tab** and check the "Use Sound Sentry" checkbox.

Next click the Settings button and select "Flash active window" from the "Warning for windowed programs" drop down box.

That's it.

**P.S.** If you don't have an Accessibility Options icon in your Control Panel, you may not have it installed.

To install, hit your **Start button, Settings, Control Panel**. Open the **Add / Remove** programs icon and click the Windows Setup tab. You'll be able to add components from there. Keep in mind that to do this you will need your Windows installation CD,

# Tech Motivators

## Gear That Gets You Going

I will eat healthier. I will exercise more. I will feel better.

**This has been my New Year's resolution for the past five years, and I know I'm not alone.** Every January, I see new members joining my gym, and for the **first few months, it's hard to find an open treadmill.** By May, the crowd thins out, and yoga class attendance is down. I am as guilty as the rest of them.

I have one major distraction when it comes to reaching my fitness goals: I simply get bored. Excuses, excuses. But, I need to mix up my routine to stay interested. **So, I've started integrating tech devices into some of my workouts.** iPod tunes certainly help jumpstart my workout sessions, **but I've found other fun ways that inspire during that last lap.** If you, too, need a little motivation, here are a few ideas that might help give you that extra push.

**ThinQ.** If you enjoy walking, a pedometer really motivates you to take those extra steps. Each pedometer is a little different in the way you wear it and the information it measures, but all are designed to track steps and distance. **I like Sportline's ThinQ** (\$29.99; [www.sportline.com](http://www.sportline.com)). About the size of a credit card,

**it's designed to fit in your pocket rather than clip to your waistband.** I like this concept **because I know it's there, but no one else does.** The ThinQ tracks steps, distance, and **calories burned.** **If you've never worn one, I encourage you to try a pedometer—you might be surprised at the number of miles you're putting on every day.**

**Nike + iPod.** **I'm counting on the Nike + iPod Sport Kit** (\$29; [www.apple.com](http://www.apple.com)) to help me complete my first half-marathon this spring—and so far, **I'm not disappointed.** **Compatible with all iPod nanos and the iPod touch (second generation),** the kit includes a sensor that you place in the sole of a Nike + shoe (shoes sold separately). The sensor communicates with a receiver attached to your nano (the 2G iPod touch has built-in support, so no receiver is needed). You select from a list of workouts and receive audible feedback of your distance, pace, time, and calories burned. Once a workout is completed, you connect your nano or touch to your computer, which will sync with iTunes and send your workout information to NikePlus.com where you cre-

ate an account to set your goals and track your progress. Overall, this kit is a great motivator; **plus, it's a great excuse to buy a new pair of kicks.**

**Wii Fit.** My roommate is the proud owner of a Nintendo Wii (\$250; [www.nintendo.com](http://www.nintendo.com)), and Wii Fit (\$89.99) was one of the first accessories we agreed to add. Wii Fit includes a wireless balance board on which you perform exercises, and there are more than 40 activities to choose from. It features four training modes: yoga, strength, aerobics, and balance. To begin, you create a virtual character and take the Body Test to measure your **body's performance level.** You can then log your workouts and chart your progress. Those who have never tried it might falsely label Wii Fit as just another game, **but it's a fun way for people of all ages, including families, to work toward healthy lifestyles.**

**Web sites.** **I've come across a few Web sites that offer handy tools to set goals and track progress, personalize diet plans, view workout demos, and connect with others who share similar goals.**

**(Continued on Page 9)**

# ADD "MY COMPUTER" TO YOUR VISTA TASKBAR

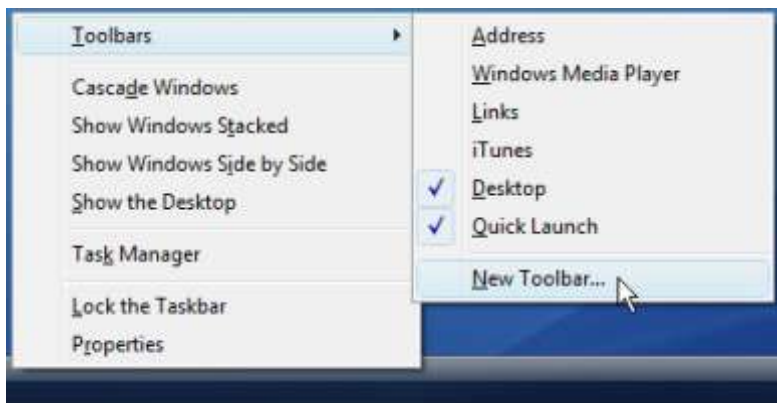
## FROM "THE HOW-TO GEEK"

I like to have the quickest access possible to folders on my desktop, which usually means putting something onto the taskbar if possible. You can add the Computer menu as a folder on the taskbar for the easiest access to your drives. You could also use this tip for any folder you want.

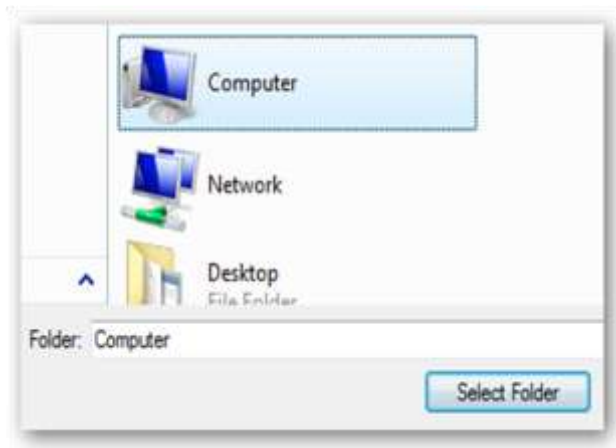
To add a folder to the taskbar, just right-click on the taskbar and choose the Toolbars menu, and then click on New Toolbar.



I always add the Desktop to the toolbar as well.



Just find the folder that you want... in this instance we'll select the Computer icon and then click on Select Folder.



Now you can see the Computer folder right there on the taskbar. If you click the little arrows it will pop up and let you browse through all your drives.



## Another Oldie

The following is actual dialog of a former WordPerfect Customer Support employee:

"Ridge Hall computer assistant; may I help you?"  
 "Yes, well, I'm having trouble with WordPerfect."  
 "What sort of trouble?"  
 "Well, I was just typing along, and all of a sudden the words went away.",  
 "Went away?"  
 "They disappeared."  
 "Hmm. So what does your screen look like now?"  
 "Nothing."  
 "Nothing?"  
 "It's blank; it won't accept anything when I type."  
 "Are you still in WordPerfect, or did you get out?"  
 "How do I tell?"  
 "Can you see the C:\ prompt on the screen?"  
 "What's a sea-prompt?"  
 "Never mind. Can you move the cursor around on the screen?"  
 "There isn't any cursor: I told you, it won't accept anything I type."  
 "Does your monitor have a power indicator?"  
 "What's a monitor?"  
 "It's the thing with the screen on it that looks like a TV. Does

it have a little light that tells you when it's on?"  
 "I don't know."  
 "Well, then look on the back of the monitor and find where the power cord goes into it. Can you see that?"  
 "Yes, I think so."  
 "Great! Follow the cord to the plug, and tell me if it's plugged into the wall."  
 "Yes, it is."  
 "When you were behind the monitor, did you notice that there were two cables plugged into the back of it, not just one?"  
 "No."  
 "Well, there are. I need you to look back there again and find the other cable."  
 "Okay, here it is."  
 "Follow it for me, and tell me if it's plugged securely into the back of your computer."  
 "I can't reach."  
 "Uh huh. Well, can you see if it is?"  
 "No."  
 "Even if you maybe put your knee on something and lean way over?"  
 "Oh, it's not because I don't have the right angle-it's because it's dark."  
 "Dark?"  
 "Yes-the office light is off,

and the only light I have is coming in from the window."  
 "Well, turn on the office light then."  
 "I can't."  
 "No? Why not?"  
 "Because there's a power outage."  
 "A power ... A power outage? Aha! Okay, we've got it licked now.  
 Do you still have the boxes and manuals and packing stuff your computer came in?"  
 "Well, yes, I keep them in the closet."  
 "Good! Go get them, and unplug your system and pack it up just like it was when you got it. Then take it back to the store you bought it from."  
 "Really? Is it that bad?"  
 "Yes, I'm afraid it is."  
 "Well, all right then, I suppose. What do I tell them?"  
 "Tell them you're too stupid to own a computer."

SparkPeople ([www.sparkpeople.com](http://www.sparkpeople.com)), Gyminee ([www.gyminee.com](http://www.gyminee.com)), American Heart Association ([www.americanheart.org](http://www.americanheart.org)), and traineo ([www.traineo.com](http://www.traineo.com)). And, if you own an **Apple iPhone, it's worth looking into some** of the many health and fitness apps available from the Apple App Store ([www.apple.com/iphone/appstore](http://www.apple.com/iphone/appstore)).

These fitness tools have elevated the intensity level of my workouts and boosted my self-improvement goals, but my

- **Cut Down On Wrist Strain:** If you find that after an extended session working at your computer that your wrists are tired and achy, consider investing in wrist rests. For not much money, you can get models for both your mouse and your keyboard to help ease the strain put on your wrists while you type and manipulate your mouse. Rests come in a variety of shapes and are made out of different materials, so you're sure to find one to suit your needs.

- **Power-Saver:** Note that even when their power switch is in the off position, some electronic components aren't actually turned completely off. Instead, they continue to draw a small amount of current, sometimes referred to as vampire power. If a component has an LED display that's

collection just barely scratches the surface. With the help of this gear, maybe next year my resolution will **finally change. I wonder if there's a** tech gadget to help with compulsive shopping habits.

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always on, or if it spends its downtime in standby mode, ready to receive a signal from a remote control, then it's continually sipping electricity. To keep these devices from using electricity, it is often necessary to unplug them completely.

- **Know Your Callers:** If you frequently receive phone calls from the same people on your cell phone, try assigning your friends and family different, distinctive ring tones. Not only will this help you identify who's trying to get a hold of you, but you can quickly determine whether or not a call is worth picking up right away.

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There will be a Question & Answer Session after the business meeting. Bring any questions you have about your computer or problems you may be having. It will be conducted by:  
**Neal Shipley & Art Bendick**



### Notice

The next meeting of the Sauk Computer User Group will be

**July 11, 2009**

Cook out: 12:00 PM

Business: 1:30 PM

Q & A: 2:00 PM

Place: Whiteside Senior Center  
207 West 9th Street  
Sterling, IL 61081

**JULY'S MEETING THEME: COOKOUT**