



The Rochester Computer Society, Inc. a computer/tech club open to everyone

Our Club

RCSI is a nonprofit 501(c)(3) group open for membership to anyone interested in computers and new technology. Established in 1981, our aim is to provide an exchange of information between users of digital devices. We are not in any way affiliated with any computer manufacturer or software company, and ***we do not sell your data or email address.***

Program Meetings

No admission fee for non-members. Everyone is welcome! Second Tuesday of every month, except July and August, from 6:30pm – 8:30pm.

Help's Half Hour (Q & A) 6:30pm – 7:00pm. *Members and Guests are welcome to attend and bring their computer related questions with them to get answered. Yes, you may bring the problem computer with you.*

7:00 – 7:15, Club Business
7:15 – 8:30+, Main Presentation
Come and join in the fun and enjoy a snack! **You are welcome to bring a guest.**



Vol. 42, No.6 web: www.rcsi.org Rochester, NY June 2023

**June 13, 'Potluck Video Night', members bring a 5 to 10 minute video to show
* more details on last page ***

**** July and August, summer hiatus - No Meetings ****

In This Issue

Most of Us Get It Wrong	Kurt Jefferson
Fileless Malware	Bob Rankin
Personal Computer Databases	Tom Burt
Podcasts That Uncover Buried Treasure	Frank Petrie, Jr
Bits and Pieces in the News	RCSI editor
Windows 10 Won't be Receiving Any More Big Updates	
We've Been Connecting Brains to Computers Longer Than You'd Expect	
A New Material Could Enable More Efficient Magnet-Based Computer Memory	
Club and Regional News	

Become a Member
The club would like to have you as a member, and your subscription will help to keep us going. Go to our website, www.rcsi.org, and download a printed form for use by the Post Office mail, **or** enter your info online and pay with a credit card or PayPal, **or** attend a meeting.

Most of Us Get It Wrong: Not Just Teenagers Depend Upon the Internet

By Kurt Jefferson, Editor
Central Kentucky Computer Society

70% of seniors are now online and using technology, reports the World Economic Forum in July 2019. When it comes to the Internet, the website claims it's – No Longer Just For the Young.

“Young people may roll their eyes at older people who can't use technology as fast as they do, but it's wrong to say that older Americans can't use technology. Remember, a baby boomer, Tim Berners-Lee, invented the World Wide Web, so why should we be surprised that they



“Your Computer User Group of the Air”, Saturdays from 12:00 pm to 2:00 pm, with Nick Francesco, Dave Enright, and Steve Rae. Broadcasting on JAZZ 90.1 FM (WGMC) from Rochester, NY. Call 966-JAZZ (585-966-5299) or 800-790-0415, www.jazz901.org
Sound Bytes is the longest running computer call-in show in the known universe.

We have stopped printing the Monitor newsletter. Digital copies can be emailed or obtained from www.rcsi.org or my Pcloud storage at <https://tinyurl.com/tonydelrcsi> (*this link works in PDF version only*). Also includes presentation slides, **past newsletters dating back to 1996** and articles too large for this newsletter.

Some Past Presentations:

- Autonomous Cars and Robots
- Open Source and Free Software
- Protecting Your Identity
- Tablets, the Programs and Uses
- Personal Finance Software
- Amazing Browser Tips
- Linux is Like Cars
- Drones and Their Many Uses
- Gifts and Gadgets for the Holidays
- Cut the Cord, Streaming Services
- 3D Printing, ENABLE project
- Internet Security and Privacy Features, Mac OS X & Windows
- The New Space Race, 2021
- Tech of South America

continue to create, adapt, and use new technology?” reports the World Economic Forum.

In January 2022, Pew Research revealed its latest technology poll results. It discovered: “When it comes to Internet use, virtually all adults ages 18 to 29 now say they use the Internet (99%). A similar share of those 30 to 49 (98%) say the same. And 96% of those 50 to 64 use the Internet, compared with 75% of those 65 and older who report being Internet users.”

So, if you’re over 50 and depend on the Internet, how do you protect yourself against the onslaught of cyber criminals who want your money? Let’s start with good advice from Reviews.org.

First off, don’t share your information online. I’m amazed at the number of folks who scream to the world on Facebook or Instagram that their baby is due on a specific date. Isn’t that an invitation to a burglary? I mean, mom and dad are obviously at the hospital. Who’s at home watching the turf? Just don’t make major personal announcements on social media. You’re visiting New Zealand over the summer? Keep it to yourself. Why in the world would you list your departure and return dates online? Talk about an opportunity for burglars.

Before clicking on a web link, hover your cursor over it. You should see where the link takes you in your browser’s status bar. This prevents you from visiting a rogue website disguised as a legitimate one.

Use only secure public websites and a trusted VPN (virtual public network). Logging onto unsecured Wi-Fi at a motel, restaurant, library, or airport is just crazy. If you must log onto an open wireless network, ensure your VPN is up and running. (I use a VPN even when a Wi-Fi password is required.)

Experts say you should only log onto websites that begin with https:, but this isn’t always possible. For example, if I visit a specific school from the home page of the largest school district in central Kentucky, the page won’t automatically load on my version of Firefox. I have a Firefox add-on installed called HTTPS Everywhere, which blocks the page and tells me it’s not secure.

A button allows me to continue to the http-only site, but the browser add-on is a red flag alerting me to a possible security problem.

There are plenty more basic security tips on the Reviews.org page. Check them out if you want more security suggestions.

Just because you’re over 50 doesn’t mean you have to fall for traps designed to steal your money. Be smart. Be safe. Be vigilant. Scammers are out there, even if you cannot see them.

From an article from <https://ckcs.org/>, lextown2@gmail.com.

Fileless Malware: The Ghost in Your Computer

By Bob Rankin
a Translator for the Technology Impaired
offering Free Tech Support

A clever but pernicious software technique that’s been known for more than a decade is being adopted by today’s malware authors, complicating the work of anti-virus developers and digital forensic

APCUG, An International
Association of Technology and
Computer User Groups

<https://apcug2.org/>

Saturday Safaris

Exploring Technology in Depth

Saturdays:

12 pm – 2 pm EST

<https://apcug2.org/saturday-safaris/>

Tech for Seniors

<https://www.techforsenior.com>

hosted by Ron Brown
and Hewie Poplock

Every Monday from 9-10 AM PT,
(12-1 PM ET)

Broadcast with Zoom

The meeting ID is **526-610-331**
(there is no password) and you'll be
placed in a waiting room and then
admitted.

#

APCUG Website Help

Windows & Android Tips:

<https://apcug2.org/jerestips/>

Apple Tech Tips:

<https://apcug2.org/50-best-mac-tips-tricks-timesavers/>

Penguin Platform (Linux):

<https://apcug2.org/penguin-platform/>

Chromebook Tips And Tricks:

<https://apcug2.org/chromebook-tips-and-tricks/>

analysts. Tracking down so-called “fileless malware” is to detection of regular malware what ghost-hunting is to catching a garden-variety burglar. Read on to learn about this resurgent threat and what you can do to stop it.

What is Fileless Malware?

Traditional malware consists of one or more files stored on a hard disk. At least one of these files must be executable, and the malware cannot do any harm until that file is executed. Fileless malware, in contrast, resides in RAM memory and is never written to your hard drive as a file. Then there is semi-fileless malware, with some seemingly harmless parts written to disk while the main executable portions remain in RAM or even on a remote server.

Files leave traces as they are read or written to disk. A file has a pattern that can be reduced to a static signature that can be compared to known signatures in antivirus databases. These and other traits of files make it easier to figure out where a file-based malware package came from and what it is.

Instead of tricking the user to download and run an executable file, fileless malware uses legitimate, trusted tools that are part of the operating system to do its dirty work. That means there are no “suspicious” programs on the hard drive, or active in memory. Just the “ghost” lurking in system memory space.

Fileless malware is fluid. Like water poured into different jars full of pebbles, it perfectly fits itself into unused gaps in RAM, all linked together by beginning and ending memory addresses. Traditional antivirus software looks in vain for the wrong thing – a signature – and in the wrong place – the hard disk – ignoring what is in main memory.

Fileless attacks are said to be ten times more likely to succeed than file-based attacks. Fileless malware played a role in the devastating Equifax breach that exposed the personal information of over 100 million consumers. But effective anti-malware also detects the shapeshifting ghost of fileless malware. It identifies suspicious areas of RAM by analyzing traffic that flows between them. Having identified the outline of a ghost, the anti-malware zeroes in on that outline to monitor what crosses it. What the ghost does becomes the important thing, not what it is.

Does the ghost call PowerShell? If so, that call may be blocked until the reason PowerShell is called has been discovered and authorized. Does the ghost send data out to the Internet? To whom and why must be known before that is allowed. All of this learning and blocking must be done instantly, lest some suspicious activity slip past. So effective anti-malware, like fileless malware, must reside in RAM. This requirement constrains how much the ghost-hunting function can do, and how adversely the ghost-hunter affects overall system performance.

Digging Deeper

Fileless malware poses many other challenges for the good guys. I hope these examples give you some appreciation for the prowess of anti-malware developers who keep us safe from much of this nasty stuff, if not all of it. MalwareBytes' Vasilios Hioureas covers fileless malware in

RCSI Board Members

President:

Mark S. Lawson . . 544-5377
mslawson51@peoplepc.com

Treasurer:

Jerry Seward
jerry@jerryseward.com

Members-At-Large:

Bob Avery 385-4491
Webmaster
webmaster@rcsi.org, 9/24

Jan Rothfuss 347-6020
Membership & Help's Half Hour
jan_rothfuss@hotmail.com, 9/23

Tony Dellelo 734-6149
Programs & Monitor editor
tonydel@techie.com, 9/25

Got Questions?:

Windows: Arpad Kovacs
podcomputer@gmail.com

Linux & some Mac:
Carl Schmidtman
unixgeek@faultline.com

Planning Meeting

Held on 1st Tuesday of each month at 7 pm, ** ONLINE **. We will be using [Jitsi Meet](#). ANY CLUB MEMBER MAY ATTEND.

Monitor Newsletter

The Monitor is published monthly by members of RCSI. Articles by our members may be reprinted by other user groups or nonprofits, without special permission. A courtesy copy may be emailed to the author or Monitor editor. Limited copies (probably in black and white) will be printed and available at our meetings.

Club Mailing Address

Rochester Computer Society, Inc
PO Box 18516
Rochester, NY 14618

excruciating geekly detail in an ongoing series of articles that begins [here](#).

To be honest, even after reading these highly technical articles, I was still a bit confused about exactly how fileless malware actually sneaks into a computer. Suffice it to say that under the right conditions, some combination of unpatched vulnerabilities, a zero-day exploit, a compromised website, a careless click on an email link, an infected document (or perhaps [a fragment of an underdone potato](#)) can trigger a fileless malware attack. Malicious instructions are then sent to a legitimate program, which dutifully executes the attack.

Traditional anti-virus programs that rely on file-based scanning will not stop these attacks. Avast, Avira and Bitdefender do claim to protect against this threat, but I had to dig deep to find it on their websites. [MalwareBytes](#) has done a lot of research on this type of malware and seems to understand mitigation strategies well.

PC-Matic, my preferred anti-malware tool, differentiates itself by focusing on emerging polymorphic threats and fileless ransomware detection. If you missed it, see my review: [PC Matic 4.0 – My Review](#).

It's important to keep yourself aware of emerging threats and take action where you can to protect yourself, your computer, and your important data. Keeping your operating system, application software and anti-malware defenses updated is an important first step. (See [Here's Why You Must Keep Your Software Updated and how to do it for free](#)).

And since some of these fileless malware attacks rely on Windows PowerShell, I recommend disabling that as well. To do so, follow these steps:

- Type **windows features** in the Windows 10/11 search box, and press ENTER.
- Scroll down to the Windows PowerShell 2.0 line item
- Uncheck the box next to it, and click OK
- Wait for the prompt to restart your computer.

Have you been affected by fileless malware, or has your security tool detected an instance of it? Your thoughts on this topic are welcome.

Reprinted from

https://askbobrankin.com/fileless_malware_the_ghost_in_your_computer.html

Tech for Seniors



Ron Brown, Hewie Poplock, Bob Gostischa, Ray Baxter & Bill James

Tech for Senior, www.techforsenior.com.

Tidbits of probably useless information

Cats can't taste sweet things because of a genetic defect. Cats can jump surprisingly high, slip through the tightest spaces, and seemingly have nine lives. But there's one thing they can't do: taste sweet things. According to a 2007 article in [Scientific American](#), unlike other mammals, felines can't taste sweetness due to the fact that they "lack 247 base pairs of the amino acids that make up the DNA of the *Tas1r2* gene. As a result, it does not code for the proper protein ... and it does not permit cats to taste sweets."

No number from 1 to 999 includes the letter "a" in its word form. Unless you live in the United Kingdom where it's proper to write 101 as "one hundred and one," there is no number from 1 to 999 that includes the letter "a" in its word form. One, two, three, four, five, six... twenty, thirty, forty, fifty, sixty... You can keep going, but you won't find the first letter of the alphabet until you hit "one thousand."

The average adult spends more time on the toilet than they do exercising. According to a 2017 study by [British non-profit UKActive](#), adults spend an average of 3 hours and 9 minutes on the toilet each week, but only spend around 1 hour and 30 minutes being physically active during that same time span. Maybe this somewhat useless, but also motivating fact is what we needed to hear to get to the gym.

* * * * * SOFTWARE and HARDWARE * * * * *

Personal Computer Databases

An Overview

by Tom Burt, Vice President
Sun City Summerlin Computer Club

Introduction

I've spent much of my career in software development, working with various database programs, including a stint at Ashton-Tate / Borland as Director of the dBase development team. For this month's Tech Notes discussion, we'll do an overview of what database technology is available for regular personal computer users. Interestingly, some of the best database programs are free. The tradeoff is that you have to invest some time learning how to use them.

The basic idea of a database is that it's a way to save and organize information so that specific pieces can be quickly retrieved on demand for either display or computational analysis. The most common way this is done is to impose some tabular structure (rows and columns) on the data so that a standardized set of retrieval interfaces can be used. Such databases are referred to as "relational" databases.

A relational database is comprised of one or more data **tables**.

- Each table contains one or more **rows** of data.
- Each row includes one or more **columns**.
- Individual columns have a column name, a size, and a data type such as text, integer, float, date, or Boolean.
- One column is commonly designated the **primary key** and contains a unique value that can be used to identify and refer to that row in the table.

It's possible to link data from one column of a set of rows in a table to the "key" column of a row in another table, creating a relationship between the "master" row in one table and a set of "detail" rows in another. For example: think of the bill for a meal at a restaurant (a row in the Chits table) with the individual itemized entrees, sides, and beverages as details (one or more rows in the Chit_Items table).

To support data retrieval and other operations (e.g., Add, Update, Delete), relational databases use a special language: **Structured Query Language** (SQL for short, often pronounced "sequel"). Many database programs also have a visual front end that makes it easy to design SQL queries that will retrieve specific subsets of the data.

Spreadsheets

The most straightforward database programs are traditional spreadsheet tools like **MS Excel** or the free **LibreOffice Calc**. These have a natural rows and columns structure. It's easy to sort the rows based on values in various columns. You can set filters on multiple columns to display only a subset of the data. A search can also look for specific values in a column or anywhere in the sheet. You can also include computational columns and rows that aren't part of the actual

Windows & Android Tips

Judy Taylour

HOW TO CAT-PROOF YOUR LAPTOP OR COMPUTER: PROTECT YOUR DESK AREA FROM KITTY

– Rebecca Spear absolutely loves her two cats and the various foster kitties we get in our home. Still, there’s no denying that they occasionally sabotage my workspace by stepping on my keyboard, chewing on my cables, knocking things off my desk, or even unwittingly pushing my power button. Since there are always new paws padding around my desk, I’ve been forced to adapt to each feline’s creative new ways of temporarily incapacitating my PC. I’m here today to share the cat-proofing computer knowledge I’ve gained from my experiences. Find the info here

<https://tinyurl.com/46wpp67a>

WHAT TO LOOK FOR IN A VPN SERVICE PROVIDER

– Looking at a VPN service provider’s website can be overwhelming and sometimes misleading. With this guide, you’ll know exactly which features are important and how to navigate the technical jargon and hidden policies on a VPN provider’s website before choosing your VPN service. Find the guide at

<https://tinyurl.com/v8k9ub4>

WINDOWS 10 TASKBAR NOT WORKING? 8 COMMON ISSUES AND FIXES

– Is your Windows 10 taskbar not working? Microsoft gave the humble taskbar new tricks in Windows 10, but this introduced additional frustrating errors. Learn about fixes for the most common issues that plague the taskbar in Windows 10 at

<https://tinyurl.com/ykytvsfb>

data but “sum up,” count, average, or perhaps show minimum and maximum values.

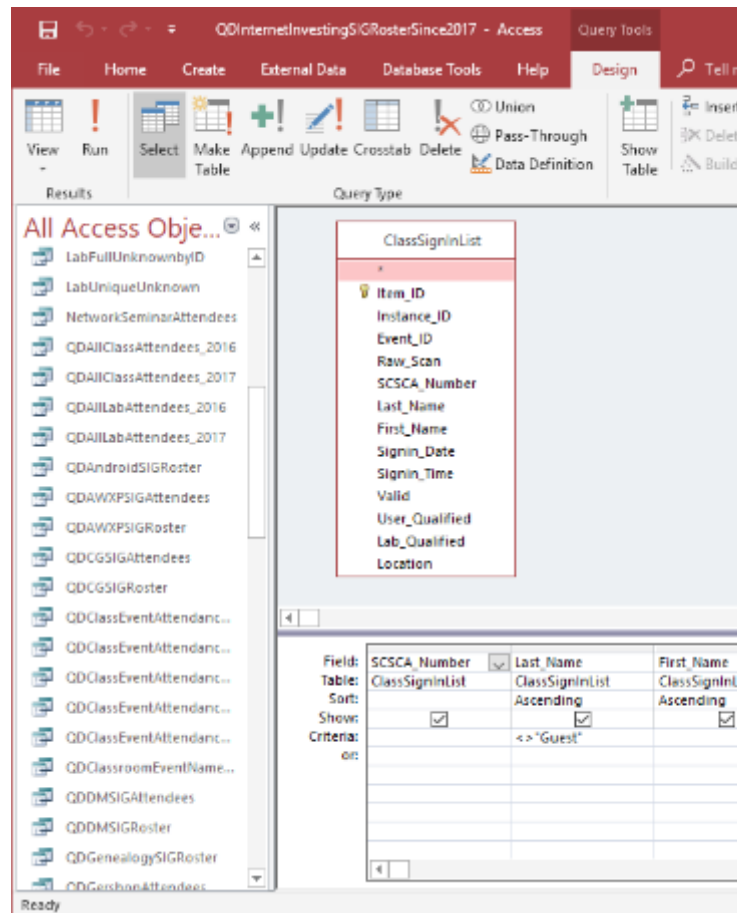
Spreadsheets are great for contact lists, asset tracking, inventories, and catalogs. However, they don’t easily support relationships between records in different tables, and there’s no SQL support.

“Flat File” Database Programs

Commercial database programs like **MS Access**, Word Perfect **Paradox** (formerly a Borland product), and **Apple FileMaker** are more full-featured database tools with true relational support and SQL support. These tools can build relatively sophisticated applications with complex relational data structures, input forms, result viewers, and printable reports. However, these commercial tools aren’t free and take some serious time to learn.

These commercial tools support multiple concurrent users via “file server” locking technology on a local area network. Each user runs their copy of the database “engine” to do reads, inserts, updates, and deletes, which can lead to access contention. Performance can become an issue if more than a few concurrent users access the database file(s).

The screenshot following shows an example of the MS Access visual query designer setting up a query to retrieve a list of club members who attended at least one session of the Internet Investing SIG since January 2017.



Scams

Reported on

<https://www.aarp.org/money/scams-fraud/info-2023/top-scammer-tactics-2023.html>

Free-gift QR code scam

This is a variation on a basic [QR code scam](#) that the FBI warned about: Scammers put fake codes over real ones to exploit the convenience of the barcodes people scan into their phones to see restaurant menus or make payments. Experian's Bruemmer says scammers may call and say they're going to send a QR code to your phone, so you can receive a free \$100 gift card. In reality, the QR code may take you to a malicious website.

How to stay safe: If you receive a QR code out of the blue, contact the person or company that supposedly sent it, to make sure it is for real. Use a phone number you know is authentic.

Fake barcodes on gift cards

Law enforcement agencies warn that nimble-fingered crooks affix fake barcode stickers over the real ones on the back of [gift cards](#) in stores. When you purchase the card, the cashier scans the fake barcode at checkout — directing your money into the scammer's gift card account.

How to stay safe: With some gift cards, you can make sure the number of the barcode matches the number on the packaging. Or feel or gently scratch the barcode on a gift card before buying. Don't purchase if the barcode is on a sticker, or if the package is ripped, wrinkled, bent or looks tampered with.

MS Access Visual Query Designer

Once the query has been set up, you can click the View button in the ribbon to see the results as a data table. Note that various selection criteria are defined so that we only get the set of rows we're interested in.

The equivalent Structured Query Language (SQL) statement would look like this:

```
SELECT DISTINCT SCSCA_Number, Last_Name, First_Name
FROM ClassSignInList
WHERE ((Last_Name<>"Guest") AND (Valid=Yes) AND
(Event_ID="SI0BC097B") AND (Signin_Date>=#1/1/2017#)) ORDER
BY Last_Name, First_Name;
```

The SELECT DISTINCT tells the database engine only to return each unique attendee once, no matter how many times that person attended the SIG. Here's a display of the results of running the SELECT query. I've intentionally blurred the results.

The screenshot shows the Microsoft Access Visual Query Designer interface. The ribbon includes 'File', 'Home', 'Create', 'External Data', 'Database Tools', and 'Help'. The 'Home' ribbon is active, showing options for 'View', 'Paste', 'Filter', 'Sort & Filter', 'Records', 'Find', and 'Window'. The 'Sort & Filter' group is expanded, showing 'Ascending', 'Descending', and 'Remove Sort'. The 'Records' group shows 'Refresh All'. The 'Find' group shows 'Find' and 'Size to Fit Form Wind'. The 'Window' group shows 'Window'. The main area displays a table with columns 'SCSCA_Num', 'Last_Name', and 'First_Name'. The table contains 39 records, with the first record being '14'. The status bar at the bottom indicates 'Record: 14 of 39' and 'No Filter'.

MS Access Results Display

Members who attended a session of the Investing SIG since 1-1-2017

Virtual Tours

Terracotta Army, China

This World Heritage Site isn't a temple, but a mass grave. It's the burial ground for the First Emperor of China and his world renowned Terracotta Army.

No one knows exactly how many terracotta warriors were made. But it's been estimated that more than 8,000 soldiers, 130 chariots with 520 horses and 150 cavalry horses were sculpted. And if that wasn't amazing enough, each soldier has its own distinct facial features and were all built to life-size.

It took around 40 years to 'build' the entire army, and its sole purpose was for protecting the emperor in his afterlife.

You can wander between these soldiers yourselves on this [Terracotta Warrior](#) virtual tour.

[NASA's Goddard Space Flight Center Virtual Tour](#)

NASA's Goddard Space Flight Center in Greenbelt, Maryland, is home to the nation's largest organization of scientists, engineers and technologists who build spacecraft, instruments and new technology to study Earth, the Sun, our solar system and the universe. It is also where John Mather, 2006 Nobel physics laureate, works.

M&M Factory Tour

The Food Network teamed up with candy maker Mars to give M&M fans a virtual tour of one of its factories. During the short YouTube video, viewers can pan around as a tour guide explains how unrefined chocolate is turned into the little candies we know and love. [Visit M&M Candy Factory Tour Now](#)

I use MS Access and its databases (along with the VB.Net programming system) for the Computer Club's membership roster and the event sign-in systems, which has worked very well in those contexts.

A good **free alternative** to commercial programs is **LibreOffice Base**. It also has a nice visual front end. However, the native database engine in Base is fairly limited, so it's best to use Base as a visual front-end to a more sophisticated database engine/server, such as MySQL or PostgreSQL (see below).

Full-Featured FREE Relational Database Servers

I've recently looked at a few free full-featured database server products running on Windows. Of these, Microsoft's **SQL Server Express**, **Oracle's MySQL**, and the open-source **PostgreSQL** all combine high-end server functionality and performance with the ultimate low price (FREE). You can run these on the same PC as your end-user applications, or you can run them on another PC acting as a network database server.

At this point, I'm most familiar with Oracle's **MySQL**, which runs on Windows, Linux, and macOS. I've built an experimental version of the club's sign-in system that uses MySQL databases instead of MS Access. As a true database server engine, its performance on a network is much better than that of MS Access. MySQL is often used as the database engine to support websites. It can scale to retrieve thousands of records per second. Despite this, MySQL was very quick to download and install on my Windows desktop at home. MySQL is accompanied by the **MySQL Workbench** visual front-end, which isn't quite as nice as MS Access but does a decent job. You can get MySQL at: <https://www.mysql.com>.

SQL Server Express is a free download from www.microsoft.com. It is a "light" version of Microsoft's very high-end SQL Server and only runs on Windows. SQL Server Express is high-performance and has an excellent visual front-end for designing and managing databases.

PostgreSQL is a free download from www.postgresql.org. It runs on Windows, Linux, macOS, and Unix. In addition, it has a very rich browser-based visual front-end, **pgAdmin**, for designing and managing databases.

Summary

Depending on your needs and skills, a simple MS Excel or LibreOffice Calc spreadsheet may be the perfect solution for managing your various data collections. Spreadsheets are also easy to back up and share with others.

For more sophisticated users, the flat file database tools may be the way to go – especially if you're running a small business or supporting a non-profit or charity.

The full-featured database server products may be overkill for a home user, but it's hard to beat the price. To use them, you will need to learn their features, including a working knowledge of the Structured Query Language.

From the Newsletter of <https://www.scscclub.com>,
tomburt89134@cox.net.

Interesting Internet Finds

by Steve Costello
scostello@sefcug.com

What To Do If You Forget Your Android Phone's PIN, Pattern, Or Password

<https://www.howtogeek.com/226942/what-to-do-if-you-forget-your-android-phone%E2%80%99s-pin-pattern-or-password/>

It used to be easy to reset things if you forgot this information. Recently it has been becoming much harder. If you have an Android phone, you need to read this post.

Gmail: Send A Group Email

<https://cynmackley.com/2022/09/12/gmail-send-a-group-email/>

I know a lot of user group members use Gmail. But, I also know not everyone knows how to send a group email with Gmail. If you don't know how to do this, read this post to learn how.

How To Create A USB Image To Back Up Your Data

<https://www.maketecheasier.com/create-usb-image-data-backup/>

This is a little bit more advanced than what I usually post. I use this process frequently enough that it has become a habit.

What Is Smishing?

<https://askleo.com/what-is-smishing/>

I am sure you have heard of phishing, but do you know what smishing is? Check out this post to learn about it, what to watch for, and what to do about it.

Peppering Your Passwords

<https://firewallsdontstopdragons.com/password-manager-paranoia/>

In this post are some suggestions for creating and keeping track of your passwords.

Freshly Squeezed Reviews

Podcasts That Uncover Buried Treasure | YMP Now

By Frank Petrie, Jr.

In this review, I want to tell you about three podcasts I have found indispensable. They range in length anywhere from 7 minutes to 15 minutes. However, they have in common one thing: revealing hidden, extremely productive features cloaked in Apple's apps. Features turn what you thought was a basic, mundane, unimaginative app into a tiny, powerful gem.

And that's the reoccurring theme that draws me to all three of these podcasts. You'll find that Apple has quietly "borrowed" features from other third-party apps and incorporated them into their stable of included apps to make them much more valuable. You only have to know where the treasure is buried.

1) ScreenCastsOnline. (DISCLAIMER: I'm a contributor to their monthly magazine.) ScreenCastsOnline has been around forever. Every Tuesday, they produce short tutorials; on Fridays, they produce half-hour deep dives. In addition, ScreenCastsOnline has numerous presenters who will walk you through apps that you never heard of and show you how they could possibly fill a hole in your everyday computing life.

But I would like to focus on the short-length Tuesday episodes. These cover a range of topics. For example, many episodes introduce you to apps you weren't aware of that are included in your Setapp subscription. Once introduced to said app, you're taken through its paces and how it could benefit your daily routine. And when Apple releases a new macOS, they like to point out new features added to some apps as basic as Notes.

(ScreenCastsOnline requires a subscription that avails you of a back catalog of their podcasts and magazines. It also has its own Mac, iOS, and Apple TV apps for consumption.)

2) Macmost. Hosted by Gary Rosenweig, Gary takes this idea and gives it a slight twist. He'll not only show you things you didn't know you could do with something like Number's tables but proposes simple yet innovative ways to incorporate them into your professional or personal workflow.

The fun part is he starts with, "I was wondering if..." He then tells you what he's setting out to achieve, explains his thought process on accomplishing his objective, and finally, the solution he arrived at to make it a reality. Even if you don't wind up using the formula he figured out, it's fascinating to simply watch his process of sussing out the problem. He reminds me of Bill Nye, the Science Guy, only with a keyboard.

3) Proper Honest Tech (YouTube). I stumbled on this channel a month ago but was immediately hooked. So much so that after one episode, I started in with binge-watching. The host uncovers so many buried features in Maps alone; I have watched that episode alone numerous times with my iPhone firmly in hand, learning every uncovered function available.

It's not unusual for me to finish an episode of these podcasts and start

*** * Jokes & Quotes Stolen
from Everywhere * ***

What time does a duck wake up in the morning? At the quack of dawn.

What happens when a duck flies upside down? It quacks up.

What do you call a clever duck?
A wise quacker.

A duck walks in to a bar and says, "Give me a beer". The bartender asks, "How are you going to pay for that?"

The duck says, "Just put in on my bill."

What do ducks eat with cheese? Quackers.

What's a duck's favorite TV show? The feather forecast.

What do you call a duck with a drug problem? A quackhead.

What do ducks like to watch on TV? Duck-umentaries.

A man walks into the doctor's office with a big white duck on his head. The doctor looks up and says, "Yes, sir, can I help you?"

The duck says, "Yeah, can you get this guy off my butt?"

Two ducks are swimming in the pond. The first duck says, "Quack, quack!"

The second duck says, "That's funny, I was just about to say that!"

What do you see when a duck bends over? Its butt quack.

What do you call a duck that steals? A robber ducky.

deleting apps that can be accomplished with Apple's provided apps once you know how to achieve the same outcome you had procured the third-party app for. One less app means more space on your drive and possibly one less thing to irritate your collection of apps or your OS.

Take part of your afternoon and check them out. You won't regret it.

End of Article

The **APCUG Wednesday Workshops (WW)** presentations have received high praise from attendees and presenters. Both have enjoyed the Zoom meeting format instead of the VTC Webinar presentations. With the WWs, cameras are an option for everyone. The presenters like seeing the many people attending the workshop and having more time to answer Chatbox questions since more questions can be answered live without a time limit. WWs have either an in-depth two-hour presentation by a single presenter, a panel of presenters, or two presentations with open mic Q&A following the presentations. Everyone likes the biggest feature where the mics are open for general questions, comments, and sometimes socializing. We have people that attend just about every workshop, even from Australia. We've become a Wednesday family. **9 am PT, 10 am MT, 11 am CT, 12 noon ET** Typically, the 2nd and 4th Wednesdays are for Windows or ??? workshops, and the Linux workshop is the 3rd Wednesday of the month.

*** * * * * BITS and PIECES in the NEWS * * * * ***

Editor's Note: To continue reading the following articles, you may copy the long URL at the end of the article and enter it into a web browser or click on the URL in the PDF or web versions of this newsletter.

Windows 10 Won't be Receiving Any More Big Updates

It will also stop receiving security updates in October 2025.

By [Josh Norem](#)

As of April 2023, most Windows users are still running Windows 10. There are good reasons to be a holdout, too, as it's become a beloved OS that has followed Microsoft's pattern of good/bad releases. It started with Windows 98 to Me, then XP to Vista, 7 to 8, and 10 to 11. However, at this point, Windows 10 is almost eight years old, which is astonishing given its performance and feature set. That is leading Microsoft to start pointing the old girl toward the great pasture in the sky. To that end, it has announced that the current version, 22H2, is the last version it will ever release.

News of Windows 10's semi-imminent demise comes from a client roadmap update to the [Windows blog](#). The blog states that the current version of Windows 10, 22H2, will be the final one. If that's what you currently have, you can no longer expect any changes or new features until it goes bye-bye. That will occur on its End of Service date, Oct. 14, 2025. Until then, the company will continue to support it with monthly

Odds and Ends

Online Predators' Favorite Target? Your Kids' Webcams.

Cybercrime researchers write that, in a study of chatbots programmed to say they were 13-year-old girls, adults tried to entice kids into Whereby video chats.

By Eden Kamar and Christian Jordan Howell

There has been a [tenfold increase in sexual abuse imagery](#) created with webcams and other recording devices worldwide since 2019, according to the Internet Watch Foundation.

Social media sites and chatrooms are the most common methods used to facilitate contact with kids, and abuse occurs both online and offline. Increasingly, predators are using advances in technology [to engage in technology-facilitated sexual abuse](#).

Once having gained access to a child's webcam, a predator can use it to record, produce and distribute child pornography.

You should also monitor your child's Internet activity. The anonymity provided by social media sites and chatrooms facilitates the initial contact that can lead to online sexual abuse. Online strangers are still strangers, so teach your child about stranger danger. More information about online safety is available on our labs' websites: [Evidence-Based Cybersecurity Research Group](#) and [Sarasota Cybersecurity](#).

Help protect kids and continue reading at <https://gizmodo.com/online-predators-kids-webcams-whereby-1850396721>.

security updates. Given this situation, Microsoft "highly encourages" people to update to Windows 11 because Windows 10 is now locked into a death spiral. Microsoft had [previously announced](#) its termination date, so the news here is that there won't be any more feature updates for Windows 10.

From <https://www.extremetech.com/computing/windows-10-wont-be-receiving-any-more-big-updates>.

We've Been Connecting Brains to Computers Longer Than You'd Expect. These 3 companies are leading the way.

[Sam John](#), *The University of Melbourne*

Since it was founded in 2016, Elon Musk's brain-computer interface (BCI) company Neuralink has had its moments in biotech news.

Whether it was the time Musk promised his "link" would let people [communicate telepathically](#), or when the whole company was under investigation for [potentially violating](#) the Animal Welfare Act, the hype around Neuralink means it's often the first mental reference people have for BCI technology.

But BCIs have been kicking around for much longer than you'd expect.

First contact

Developed in the 1970s, the earliest BCIs were relatively straightforward, [used](#) on cats and other animals to develop communication pathways. The first device implanted in a human was developed by Jonathan Wolpaw [in 1991](#), and allowed its user to control a cursor with their brain signals.

1. BrainGate

Founded in 1998 in Massachusetts, the [BrainGate](#) system has been around since the late 1990s. This makes it one of the oldest advanced BCI implant systems.

2. UMC Utrecht

The [University Medical Centre](#) in Utrecht, Netherlands, was the first to achieve fully wireless implanted BCI technology that patients could take home.

3. Synchron (originally SmartStent)

[Synchron](#) was founded in 2016 in Melbourne, Australia. In 2019, it became the first company to be approved for clinical trials in Australia. Then in 2020 it became the first company to receive FDA approval to run clinical trials using a permanently implanted BCI – and finally did this with a [US patient](#) this year.

Read the whole article at <https://modernsciences.org/weve-been-connecting-brains-to-computers-longer-than-you-d-expect-these-3-companies-are-leading-the-way/>.

A New Material Could Enable More Efficient Magnet-Based Computer Memory

By Laura Castañón, May 5, 2023

Engineers have found a metallic compound that could bring more efficient forms of computer memory closer to commercialization, reducing computing's carbon footprint, enabling faster processing, and allowing AI training to happen on individual devices instead of remote servers.

The spin orbit torque magnetoresistive random access memory (SOT-MRAM) has the potential to store data more quickly and efficiently than current methods, which store data using electric charge and require a continuous power input to maintain that data.

"In my opinion, we have already transitioned from the Internet era to the AI era," says [Shan Wang](#), the Leland T. Edwards Professor in the School of Engineering at Stanford University. "We want to enable AI on edge – training locally on your home computer, phone, or smartwatch – for things like heart attack detection or speech recognition. To do that, you need a very fast, non-volatile memory."

Wang and his colleagues recently found a material that could bring a new type of memory closer to commercialization. In a new paper [published](#) in *Nature Materials*, the researchers demonstrated that a thin layer of a metallic compound called magnesium palladium three had the necessary properties to facilitate a form of working memory that stores data in electron spin directions. This method of memory storage, known as spin orbit torque magnetoresistive random access memory or SOT-MRAM, has the potential to store data more quickly and efficiently than current methods, which store data using electric charge and require a continuous power input to maintain that data.

"We've provided a basic building block for future energy-efficient storage elements," Wang says. "It's very foundational, but it's a breakthrough." "We are hitting a wall with the current technology," DC says. "So we have to figure out what other options we have."

Continue reading at <https://news.stanford.edu/2023/05/05/new-material-opens-door-energy-efficient-computing/>.

Club and Regional News

The club is having it's second 'Pot Luck' video night. Just like pot luck dinners, where everyone brings a dish to pass around, each member can bring a 5 to 10 minute video to show. You do not need to explain the video, but just show something that interests you. *The video does not need to be technology or computer related.* You can bring in the video yourself or email it to tonydel@techie.com.

Got Questions?:

Send an email to either person below and they will get back to you. The questions can be related to the OS (Operating System) or hardware related issues. Please give them time for a response, as they do this service on a volunteer basis. Thank you.

Windows OS: Arpad Kovacs, podcomputer@gmail.com

Linux & some Mac: Carl Schmidtman, unixgeek@faultline.com

Our Former Meeting Place has been renovated.
St John's Meadows at Johnsarbor Drive, is on the left, past Clinton Avenue, when going West on Elmwood Avenue. The opening in the white fence is Johnsarbor Drive. At the "T", turn right. The meeting is in the SECOND building on the left – **Chestnut Court.**

Our meeting place can change. Please check our website before each meeting. **www.rcsi.org**