



**At Pizza Schmizza**

**Apple Blossom Computer Club Chows Down**

The July meeting of the Apple Blossom Computer Club had very little to do with learning about computers and a lot to do with learning about each other. The club sponsored a pizza party at a local restaurant for members, family, and friends. The main topic of discussion was “How are you doing nowadays?” Everybody seemed to enjoy the time together and there were only two slices of pizza left on the tables to pack home in a to go box. (More photos by the Coopers elsewhere in this issue...)



**Next Meeting**

**Thursday, August 17,  
5:30~7:30 P.M.**

The Apple Blossom Computer Club will meet at 6993 Oakhill, in Roseburg, Oregon, for it’s monthly meeting.

**Agenda**

1. Meeting starts at 5:30 P.M.
2. Introduction of members & guests.
3. Questions and Answers.
4. Tour Stan’s video production facility!

*Bernie Fox  
ABCC President*

**July Financial Statement**

Beginning Balance	\$2,019.77
INCOME	
Dues	\$45.00
Interest	\$0.82
EXPENSES	
Postage	\$39.00
Newsletter	\$30.04
Ending Balance	\$1,988.32

*Jim McClellan  
ABCC Treasurer  
(emailed from Utah)*

**From Ambassador Terry Cooper**

**WHAT IS RAINCOAST?**

Raincoast is an annual Conference dedicated to computer users. This year the breakout sessions will be of interest to users of Windows, Macintosh, and Linux, and cover general information topics, as well. Leaders and experts in the computer field will offer their knowledge to attendees, including question and answer sessions to solve specific and individual problems.



*from www.raincoast.info*

Come and hear how local and national vendors, including Microsoft and CompUSA, plan to improve your computing future. Visit with them at the Saturday night Vendor Fair—one on one with knowledgeable representatives for software, hardware, and merchandise. There will be many opportunities to network with computer users in the Hospitality Suite. In addition, there will be a separate wireless networking area for attendee’s use.

Your paid registration entitles you to meals on Saturday and Sunday, attendance at breakout sessions, Conference coupons, vendor promos, and enrolls you in the merchandise giveaways on Saturday night as well as the computer giveaway on Sunday—you must be present to win the computer.

*Continued on page 7...*



## Computer Work Can Hurt Your Back

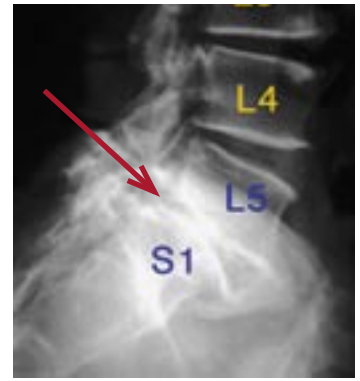
### Avoid Herniating A Spinal Disc

Jan Ozer, writing in the April 2006 edition of *Event DV* magazine <[www.eventdv.net](http://www.eventdv.net)>, reports how his 12-hour video editing stints while sitting on a “\$50 Wal-Mart chair” probably contributed to the destruction of a disc in his back. He then goes on to say that this condition is common in workers who sit in substandard chairs for long hours without getting up to stretch.



[www.backdesigns.com](http://www.backdesigns.com)

A herniated disk causes great pain and can pinch a nerve to the point that it will cause permanent muscle weakness and numbness! So don't let your computer hobby injure you. Jan's physicians recommended that he get an ergonomically correct chair rated for the number of hours you plan to sit in it. (Chairs rated for hourly use—who knew?) If you do stretching or Pilates, make sure you do it correctly. (Most people do not!) Take a break every thirty minutes or so, stretching backwards to correct your tendency to lean forward towards the computer monitor. If you drive a lot, too, take a stretch break no less than every hour. Some people may need to seek relief by using a “standing desk.” And, of course, no lifting heavy weights over your head or while twisting your back around!



*Bad disc between L5~S1  
from meded.ucsc.edu*

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[www.thegourmetdepotco.com/store/](http://www.thegourmetdepotco.com/store/)

### Fix Your Blender Yourself

By Philip Bowser

Ah, summer! Higher temperatures made bearable thanks to cool drinks created from ice and your family blender. But wait - what's wrong with the blender?

Well, there shouldn't be anything wrong with the blender! That's why you spent megabucks on the fancy schmancy Kitchenaid model. But there it sits making motor noises without any blade movement. Yuk!

It turns out that the powerful Kitchenaid electric motor in the blender base connects to the whirling blades on the blender jar via a small, hard rubber coupling. Every time you turn on the blender, rubber prongs slam into a metal bar that is solidly connected to the blender blades. This is what makes the magic. However, every time the blades chop ice, the metal bar puts pressure on the rubber prongs. Every time you lift the jar while the motor is still spinning, the rubber and the metal clash once again. Over time, the rubber dries out and all the pounding causes it to crumble away.

If you call the company, they will ask you to ship the blender to their (usually remote) repair facility at your expense. Technicians will make the fix using specialized tools in an Underwriter's Laboratory certified shop and ship it back with a small warranty. But it's spendy. A quick browsing of online discussions shows that some people think that the cost of a factory repair is exorbitant, thus turning their beloved blender into a “paperweight.”

So, why not search the web for sources of repair parts? It didn't take long to find *The Gourmet Depot Company* <  
*Continued on page 7...*



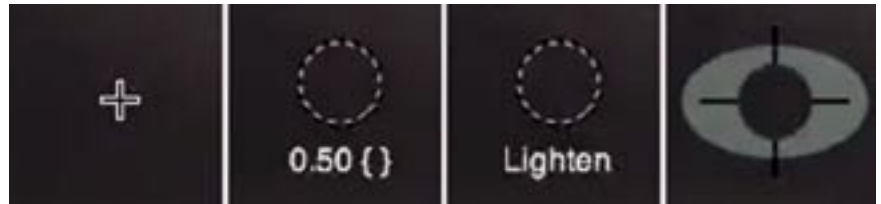
*Here's the culprit!  
[www.gourmetdepotco.com](http://www.gourmetdepotco.com)*

## Secret iPhoto 6 Retouching Tools

A fellow named Charlie Rock discovered some secret retouching tools in iPhoto version 6. He posted them to [www.macintoshhints.com](http://www.macintoshhints.com) (with some help from robg) and they are summarized here.

The first step is to select an image and enter the editing mode. Then click on the *Retouch* or the *Red Eye* tool. Now you will need to ready three different fingers. First press down and hold down the *Control* key. Then add the *Caps Lock* key, holding down two keys now, and finally press down the number 9 key. Release them all at once. Then press the *Tab* key to cycle the tool.

If you started from the *Retouch* tool, your cursor will become a dotted circle with “0.50 {}” just beneath it. Hit the *Tab* key a second time and then you can change the intensity of the retouching by pressing “{” or “}”. Value 1 is the strongest; value .10 is the weakest.



If you started from the *Red Eye* tool, the little cross hair cursors will turn into an oval. At this point you can press the “[” or the “]” keys to change the area covered by the brush. Be certain you previously selected one of those two edit tools to start with, or else the secret tools will not be activated.

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## Apple Introduces \$899 Education Configuration for 17-inch iMac

Apple® recently introduced a new \$899 configuration of the 17-inch iMac® designed specifically for education customers featuring a 1.83 GHz Intel Core Duo processor, a built-in iSight™ video camera and iLife® ‘06, the next generation of Apple’s award-winning suite of digital lifestyle applications. The 17-inch iMac for education is available immediately and will replace the eMac®, Apple’s last CRT based computer, providing students and teachers everything they need to learn and create in today’s digital classroom, all in the ultra-efficient iMac design.

The iMac for education includes a Combo drive for burning CDs and reading DVDs, 512MB of 667 MHz DDR2 SDRAM memory expandable up to 2GB and hard drive storage capacity up to 160GB. Every iMac also includes a built-in iSight video camera for video conferencing out-of-the-box using Apple’s award-winning iChat AV, or recording a video podcast or iMovie® using iLife ‘06. Providing the latest in high-performance connectivity



options, computer includes built-in 10/100/1000 BASE-T Gigabit Ethernet for high-speed networking, built-in AirPort® Extreme 802.11g WiFi for up to 54 Mbps fast wireless networking\*, a total of five USB ports (three USB 2.0) and two FireWire® 400 ports.

### Pricing & Availability

The 17-inch iMac for education is available immediately for education customers through the Apple Store for Education ([www.apple.com/education/store](http://www.apple.com/education/store)) or by calling an Apple education sales representative at 800-800-APPL. The eMac will no longer be in production and is available for purchase while supplies last through the Apple Store for Education ([www.apple.com/education/store](http://www.apple.com/education/store)) or by calling an Apple education sales representative at 800-800-APPL.

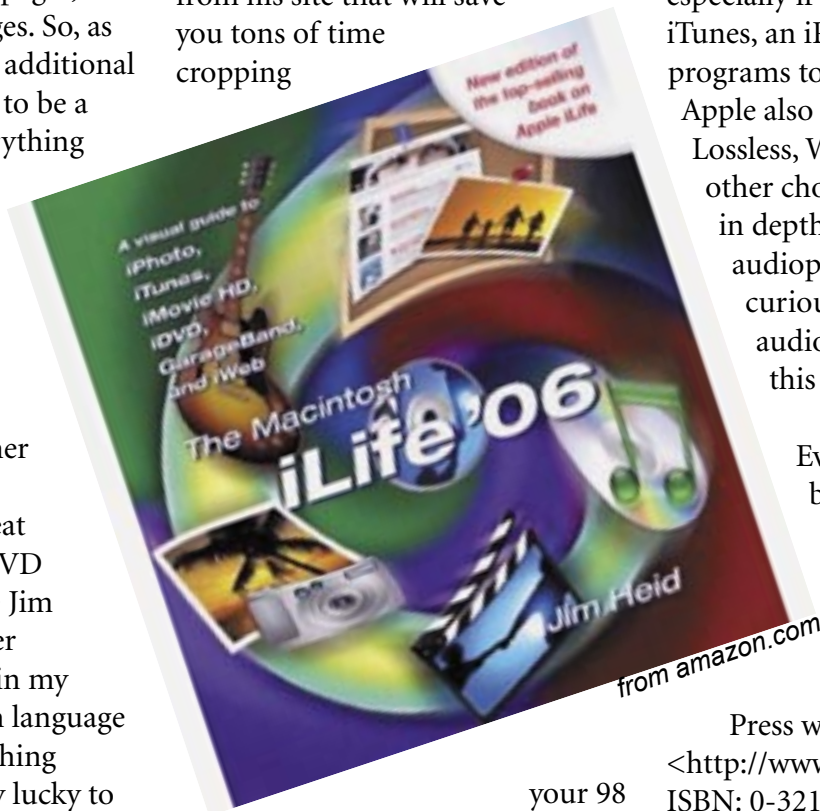
## Book Review

# The Macintosh iLife '06 by Jim Heid

Jim Heid's latest edition of The Macintosh iLife '06 has grown to a whopping 385 pages. He has been writing about Apple's iLife suite since its appearance in the Mac community. When I bought the iLife '04 book it had 259 pages, and iLife '05 had 323 pages. So, as iLife keeps growing with additional applications, it is getting to be a HUGE task to cover everything in one book. I was surprised that the book did not include its customary training DVD, but can totally understand the decision to exclude it now that iLife has added yet another application to the suite. However, it would be great to make one and sell a DVD to sell separately because Jim Heid is the master teacher for The Macintosh iLife in my opinion. He is facile with language and insightful in his teaching techniques. We were very lucky to have had the benefit of a DVD in previous editions, especially for visual learners.

Jim Heid does not stop at getting you up to speed on each iLife application; he includes loads of tips, tricks, and supplemental plug-ins, plus Automator actions he and others have created for each of the applications in the iLife suite. This year iLife added iWeb, because why have beautiful media if you can't share it with the world?

My favorite iPhoto tip in the book for is how to make and order a large collage of 98 of your favorite photos into a 20" by 30" poster. He gives away his secret on p. 210. Before I read about it, I did it the hard way from the original creator, which included cropping each of the 98 photos. Now there is an Automator action downloadable from his site that will save you tons of time cropping



your 98 photos. What a treasure. The posters are beautiful. Make sure you choose photos with lots of colors and contrasts; otherwise the poster will look dull. I noticed that photos with lots of white look especially good.

I created an iWeb complete with a QuickTime movie clip using his instructions in the book. The book contains wonderful color graphics of the windows to help guide you along the way. It couldn't have been easier.

I also learned a lot re-reading the iTunes section of the book. With every upgrade of iTunes, Apple makes improvements, some so subtle they are overlooked by the user. When importing music the better audio compression for saving disc space and retaining quality is AAC (the default in iTunes), especially if you're using only iTunes, an iPod, and the other iLife programs to play music. However, Apple also offers MP3, Apple Lossless, WAV, and AIFF as other choices. The book offers in depth explanations for the audiophiles or for just the curious. I learned a lot about audio compressions reading this chapter.

Even without a DVD, this book belongs with the collection of reference books in your personal library.

Publisher: Peachpit

Press [www.peachpitpress.com](http://www.peachpitpress.com)

<<http://www.peachpitpress.com>>

ISBN: 0-321-42654-1

Price: \$34.99

Media: Book without DVD

Level: All users of iLife

Rating: 4 out of 5 apples

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[Editor's Note: as this newsletter went to print, this book was available for a 37% discount at [www.amazon.com/gp/product/0321426541/ref=nosim/102-0590725-7875349?redirect=true](http://www.amazon.com/gp/product/0321426541/ref=nosim/102-0590725-7875349?redirect=true)]

## pimpmysafari.com/about/ **What is “Pimp My Safari?”**

It was started by Jon Hicks and Neil Lee as a reaction to the sites cataloguing Firefox extensions. Many excellent plugins for Safari have been developed, but because Safari doesn't have an official 'extension architecture', many don't know of these extensions. Jon & Neil filter out a lot of the junk. They consider the 3 essential extensions are *Saft*, *PithHelmet* and *Stand*.

### **Saft Lite 3.0**

**License:** Freeware

**Requires:** 10.4+ Safari 2.0+

Saft Lite is a free plug-in for Safari 2.0 (412) from Hao LI, the developer of Saft, to protect you by warning about auto-installing Dashboard widgets. This vulnerability is called as extremely critical Mac OS X zero-day exploit. Saft Lite 3.0.0 is released to work around the problem. The suggestion on the net to turn off “Open saft files after downloading” does not work well, since once you open the file manually, it can still do damages to your mac. Saft fixes it by checking the download file's MIME types and in case it is executable for MIME types of image, audio, text, video and message, Saft will try to turn the executable flag off and warn you about it. Once Saft turns the executable flag of the file off, open the file in Finder won't trigger Terminal to run it.

This is only WORK-AROUND for Safari. The problem is in

the MacOSX, and if the file is downloaded via Mail or other browsers, it still can damage your system when you double-click to “open” it.



### **Pith Helmet 2.6.6**

**License:** Shareware - \$10

**Requires:** 10.4+ Safari 2.0+ (older versions available for Panther)

Very powerful ad blocking SIMBL plug in, with the ability to set rules for adverts, animations and scripts per-site (as in Omniweb 5). It also has the ability to apply custom CSS and javascript to individual sites.



### **SafariStand 2.0b14**

**License:** Freeware

**Requires:** 10.4+ Safari 2.0+ (older versions available for Panther)

An InputManager plug-in that adds various useful functionality, such as bookmark/history searching, thumbnail tab sidebar, view related

cookies/css/images for a site. Features (VERY partial list):

- \* Source view:
  - syntax colouring
  - editable HTML source (this allows you to alter the HTML source and redisplay the result)
  - change keyboard shortcut for View Source back to “cmd+opt+v” in Safari 1.3
- \* Omniweb style thumbnail tabs (!!!!) – choose between 2 sizes of tab. – reorder tabs by drag and drop. – open link in new tab by drag and drop. – each tab has property called “Mark”. toggle mark, “Close Unmarked Tabs”, “Close Marked Tabs” from context menu. – create new tab by double click blank space. – context menu has alternative item. (press option key while tracking) – Toggle the sidebar with either the toolbar button (add via ‘customize toolbar’) or via menu item in “Stand” menu.
- \* Context menu items:
  - Copy Image URL
  - Copy Link HTML Tag
  - Reload/Reload Frame
  - Move to Trash
  - Go Back
  - Go Forward
  - “Go Back” changes “Go Back in New Tab” when press option key



...*"Raincoast"* from page 1

## WHO SHOULD ATTEND?

Computer users seeking more advanced training, members of associated computer users groups, individuals seeking information about User Groups, students in colleges, universities, and technical colleges who are interested in computer applications & technology, and computer hobbyists and high school students interested in furthering their knowledge of computer uses. This Conference offers you the opportunity to contact other individuals of various levels of expertise to meet your needs, and to experience personal leadership growth. Also, Raincoast has provided these unique networking opportunities for a decade and now you can be a part of it all!

Registration Fee: \$60 per person  
Only 150 registrations will be accepted!

For more information or to registration online go to [www.raincoast.info](http://www.raincoast.info). Contact the conference hotel directly for your rooming:

LaQuinta Inn & Suites & Conference Center

1425 E. 27th Street

Tacoma WA 98421-0146

1-800-531-5900/253 383-2200

(Mention 'Raincoast' for these discounted rates)

Room: \$95 King Size Bed

\$85 - 2 Full Size Beds

Room rates good until September 20th!

...*"Blender"* from page 3

[www.thegourmetdepoco.com](http://www.thegourmetdepoco.com)>. They carry thousands of parts for all kinds of appliances. It turns out the rubber part I needed cost \$6.95 plus a couple of bucks shipping. Instructions are included.

Remove the old part by using a large screwdriver to pry it off. The motor shaft is high grade steel and the coupling is rubber with a thin bottom made of soft aluminum. Apparently it doesn't hurt the motor to pull of the old part. (I'm guessing the Kitchenaid tech have a special tool that holds the motor shaft so the piece can be twisted off.) The only tricky part about the whole repair is that the replacement part has a "reverse thread". Instead of spinning it on clockwise to tighten, you twist it in a counter-clockwise manner. The part tightens as it is used, so hand tight is fine.

The whole fix took about five minutes, and my wife did it all by herself. (Well, I did locate a big screwdriver for her.) The next time your appliance goes on the fritz, try going online for parts and instructions!

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[www.43folders.com/2004/09/03/introducing-the-hipster-pda/](http://www.43folders.com/2004/09/03/introducing-the-hipster-pda/)

## Making The Hipster PDA

San Francisco resident, Merlin Mann, recently got tired of relying on his Palm Personal Digital Assistant (PDA). So he developed a much cheaper and simpler way to write down needed bits of information. He called it the "Hipster PDA." If you can't afford an electronic PDA, maybe this will do for you!

### Building Your PDA

1. Get some 3"x5" cards.
2. Keep them together with a proper-sized binder clip in the hip pocket of your jeans.
3. There is no step three!

### Using Your PDA

1. Get a Fisher Space Pen (Bullet model recommended.) It writes upside down, under water, etc.
2. Use a separate card for each general area in which you have to tasks to do (at the computer, at home, on the telephone, in the car, etc.)
3. As information you want to remember and important ideas occur to you, write them on the appropriate index card.
4. The next time you find yourself in a task location with a few moments to spare, reach into your back pocket and pull out your cards. Refer to the card that matches your current location. You'll see a list of tasks that need to be done, so just go ahead and *DO* one or more of them!
5. Put a line through the task when you have accomplished it.



## The Macintosh User Group Store

You are eligible to get good deals on new and refurbished Macs because you belong to the Apple Blossom Computer Club! Here's how to save yourself some money and help your club a little bit at the same time:

- 1) Go to <http://www.applemugstore.com>
- 2) Log in using the following ID and password (which changes occasionally)

Good through 7/31/06

**User ID:** ipod

**Password:** video

- 3) Be sure to mention ABCC's group number, 45. This ensures we get points for all the purchases that our members make.

BTW-if you go to <http://homepage.mac.com/ugab/offers/vendorcodes.htm>, and use the password "ugvencor" you will find a page of links to a wide variety of discounts available only to Mac user group members!

## Write For Your Newsletter!

Most of this newsletter comes from articles written by members of other computer clubs. (The clubs all agree to share newsletter content.) That's fine, as far as it goes, but your Editor believes this letter would be even more interesting and valuable if we would publish stories written by ABCC club members. Of course, that means YOU, gentle reader, will need to take pen in hand occasionally and send in a story! Send them to Philip Bowser (see masthead for address) and receive the grateful thanks of multitudes!



The banner features the O'Reilly logo on the left, followed by the text "USER GROUP MEMBERS SAVE" and a large "30%" discount symbol. To the right, it says "On All Titles Use Discount Code DSUG". On the far right is a small image of an owl.

## 30% DISCOUNT!

As a user group member, you are entitled to a 30% discount any time you order directly from O'Reilly. When ordering, be sure to include the user group discount code: DSUG. There are several ways to order:

- Order online at [www.oreilly.com](http://www.oreilly.com). Enter the DSUG code where indicated.
- Order by phone at 800-998-9938. Ask for customer service and provide the representative with the DSUG code.
- Order by FAX at 707-829-0104
- Order by email at [order@oreilly.com](mailto:order@oreilly.com). Be sure to check out [ug.oreilly.com](http://ug.oreilly.com) for lots of information and other features, such as blogging!

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## Free Advertising for ABCC Members!

Members of the Apple Blossom Computer Club can advertise their goods and services in this newsletter for free. Contact the Editor to arrange YOUR advertisement! Keep in mind this is a small newsletter, so there will be space limitations.

### FOR SALE

#### OLYMPUS STYLUS 500 5

#### Megapixel All Weather Digital Camera Outfit

Just over 18 months old, in Mint Condition w/Original Packaging. Many Great Features including 2.5 inch LCD Viewing Screen, shirt pocket size.

#### Outfit Includes:

- 2 256 MB xD Picture Cards
- 1 32 MB xD Picture Card
- 2 Lithium Batteries
- 1 Battery Charger
- 1 Olympus Camedia Card Reader/Writer MAUSB-10 for xD, Smart Media
- 1 Camera Case

PLUS - All original software, CD's, Cables & Manuals and a downloaded and printed Advanced Users Manual. Original Cost was over \$ 500 - -Price Negotiable

For Info Contact:  
Dick Bolz at 679-2883