Cove Apple Club

 May 23, 2012 Cove Apple Club

Agenda: May 23, 2012

- Apple In The News (5)

- Cove Apple Club Bulletin Board (10)

- "Paperless" video (Book by David Sparks) (10)

- Speeding Up Your Mac (Book by Joe Kissell) (15)

- Cloud Security: SOPHOS SafeGuard (15)

- Dropbox Tutor (10)

- iOS App of the Week: MotionX-Sleep (5)

News

- SCOTutor for Mac is Free

- SCOTutor for iPad is Free

- Stock Ups & Downs & Ups...

- Apple's SpaceShip Lands

Cove Apple Club's Bulletin Board

 May 28, 2012 Cove Apple Club rap

Home Page

- http://coveappleclub.com/bb/
- Need to login with UserID and PW

Cove Apple Club

Have fun & do more with your Mac!

Cove Apple Club

The Cove Apple Club is for everyone who uses a Mac, iPhone, iPad or any other Apple product, and who wants to get more from their product, or anyone who is interested in why Apple gear is so exciting, easy-to-use and powerful.

If you're new to the world of Apple, an old Machead from years back, or even a frustrated Windows user, you will find something interesting and entertaining at each of our meetings. Our meetings are fun and informative, with topics presented covering the range from beginner to advanced.

Cove Apple Club

Meeting Schedule

Past Meeting Archives

Products from our meetings

Shop the Cove Apple Club!

Bulletin Board

Join the Mailing List

Contact Us

1. Ask Quections

- If you have a burning question that can't wait until the next meeting…

- Don't worry if you don't know the correct terms, just ask away.

2. Get Answers

- With any luck, your question will be quickly answered, but it also could start a discussion.

3. Marketplace

- Buy and sell stuff

4. Meeting Archives

- Mike writes everything up for us...

- Download, keep, and read later

- Read if you missed a meeting

Cove Apple Club Bulletin Board

A resource for Cove Apple Club members

Index   Register   Login   **Cove Apple Club home page**

You are not logged in. Please login or register.

Getting Started

Forums	Topics	Posts	Last post
START HERE! Read this post to learn how to get started with the Cove Apple Club Bulletin Board	1	1	Mon, Dec 7, 2009 7:44:42 pm by admin

Total number of registered users: **30**
Newest registered user: **tisrjtisrj!**

Total number of topics: **52**
Total number of posts: **66**

Cove Apple Club Bulletin Board

A resource for Cove Apple Club members

Logged in as **BobProct**.

New posts   Active topics   Unanswered topics

Apple Hardware

Forums	Topics	Posts	Last post
Mac desktops & portables	1	3	Wed, Dec 9, 2009 11:04:36 pm by mike
iPhone & iPod Touch	0	0	Never
AirPort, Wireless & Apple TV	1	5	Wed, Oct 6, 2010 8:02:27 am by adu4
Other Apple Hardware	1	1	Wed, Jan 19, 2011 11:06:45 pm by BobProct

Apple Software

Forums	Topics	Posts	Last post
Core Apps: Mac OS X	1	2	Thu, Feb 25, 2010 11:57:08 am by mike

Meeting Presentation Archives

Forums	Topics	Posts	Last post
2012 Meetings	9	9	Wed, May 9, 2012 10:29:25 pm by mike
Winter 2010 / Spring 2011 Meetings Meeting archives for our meetings from November 2010 through April of 2011.	7	7	Wed, Feb 22, 2012 1:43:01 pm by mike
Summer 2010 Meetings Topic archive and presentation downloads from our Summer 2010 (May through October) meetings.	4	6	Fri, Oct 15, 2010 4:13:20 pm by mike
Winter 2009 / Spring 2010 Meetings	15	15	Fri, Jul 16, 2010 6:32:28 pm by mike
Summer 2009 Meetings	1	1	Thu, Dec 10, 2009 3:53:27 pm by mike

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Cove Apple Club Bulletin Board

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Logged in as **BobProct**.   New posts   Active topics   Unanswered topics

Cove Apple Club Bulletin Board → 2012 Meetings

Pages 1				Post new topic
Topics: 9				RSS forum feed Subscribe
Topics	**Replies**	**Views**	**Last post**	
May 9, 2012 meeting by mike	0	3	Wed, May 9, 2012 10:29:25 pm by mike	
April 26, 2012 Meeting by mike	0	6	Thu, Apr 26, 2012 8:59:16 am by mike	
April 11, 2012 Meeting by mike	0	6	Fri, Apr 13, 2012 7:23:35 pm by mike	
March 28, 2012 Meeting by mike	0	10	Thu, Mar 29, 2012 8:38:53 am by mike	
March 14, 2012 Meeting by mike	0	6	Thu, Mar 15, 2012 10:55:45 am by mike	

Cove Apple Club Bulletin Board
A resource for Cove Apple Club members

Cove Apple Club Bulletin Board → 2012 Meetings → May 9, 2012 meeting

Pages **1**	**Post reply**

Posts: 1   🔊 RSS topic feed   Subscribe

mike
Member

☐ Offline

From: Kissimmee, FL
Registered: Wed, Dec 9, 2009
Posts: 49

Wed, May 9, 2012 10:29:25 pm   1

Topics:

- Apple In The News
- Beaming Photos with iPhoto in iOS
- Wireless Sync & Backup for iOS
- Prepping for Mountain Lion
- The Incredible Miniaturization of the iPhone Innards

Presentation download 6Mb PDF
Wi-Fi Sync Setup Handout 51kb PDF

Website   Email   Report   Quote

Posts: 1

Pages **1**	**Post reply**

Use The Bulletin Board

- Mike made it for us

- Mike puts in lots of time to keep it up

- Add it to your RSS Reader Feeds

- **Please use the Bulletin Board!**

Paperless

 May 28, 2012 Cove Apple Club rap

PAPERLESS

A MacSparky Field Guide™
by David Sparks

Note

- It is only for the iPad. You need an iPad to read it. You can ONLY read it on the iPad

- It's big. 32 Screencasts and 800MB in size.

- It's focused on going Paperless with the Mac and iOS. No Windows, Android…

- It's $4.99

This Talk

- Demonstrates iBook Author for iPad
- Brief Overview of the Paperless Book

iBook Author

- Announced earlier this year: Jan, 2012

- YouTube Video

  http://www.youtube.com/watch?v=hqiqRnLNZuU

Paperless

- Capture
- Process
- Use

Capture

- Scan
  - ScanSnap Scanner
  - Document Feeder
  - Double Sided Scan
  - OCR
- PDF from Mail or Web Sites

Process

- Name
  - TextExpander app
- File
  - Automation with Hazel app
  - Save to a Hierarchical File Structure

Use

- Retrieve from Archives

- View anywhere: iPad, iPhone, Mac, PC…

Demo Video

Speed Up Your Mac

 May 28, 2012 Cove Apple Club RAP

Two Aspects of This Talk

1. Talk about the book and Cover the Knowledge Base contained in the book

2. Briefly cover some points made in the book

The E-Book

- You can borrow a copy if you want

- Joe Kissell allows that but... only one reader at a time!

- You can purchase a copy

The Book

- It's a "Take Control" book by Joe Kissell

- It's an E-Book... read it on your iPad's (Kindle App)

- It's a vast knowledge base with links to resources

- Not something to read cover to cover... (I did!)

- Use as a reference to address specific topics

Knowledge Base

- Joe covers every aspect of Speeding Up in great detail

- Like reading Medical Page which describe symptoms and side effects... Which ones Apply?

- So much stuff it's hard to know what to do first

- Lots of links to web resources

Speed Up

- Three parts of your Mac that effect speed

  1. RAM

  2. CPU

  3. DISC

- All are inter-related and all are important

Myths, Misconceptions, and Half-Truths

- Clearing Caches

- Freeing Up Disk Space

- Repairing Permissions

- Running Apple's Unix Maintenance Scripts

- Eliminating Malware

- Defragmenting your Hard Disk

- Deleting Unused Preference Panes

- Turning Off Unused Mac OS X Features

- Removing Extra Fonts

- Avoiding File Vault 2

Measurements / Benchmarks

- XBench
- Geekbench
  - benchmarks
  - stopwatch
- Activity Monitor: CPU, RAM, Disc
- Disk Utility

Some Quick Fixes

- Restart Your Mac

- Using Safe Mode (Shut down and restart w/ Shift Key)

- Quit Inactive Applications

- Prune Login Items

- Lot Out of Other Accounts

- Upgrade Your Firmware

- Reset the SMC (System Management Controller)

- Update Mac OS X

- Upgrade Your RAM

Best Practices

- Lighten CPU Load (prune startup items)

- Update Software

- Pause Background Applications

- Increase Free RAM

- Reduce Desktop iCons

- Look for Memory Leaks

- Control Spotlight Indexing

- Adjust Backup Software Settings

- Free Up Disc Space

- Find and delete large files

- Delete Duplicate Files

- Uninstall unneeded Applications

- Move iPhoto Library

- Move iTunes Library

- Defragment your Disc

- Speed Up Your Browser

- Have fewer tabs open

- Manage or Disable Flash

- Email speedup

- Network speedup

- Speed Up Booting, Sleeping and Waking

- Speed Up Mouse and Keyboard Input

- Speed Up your Hardware: RAM, Hard Drive, SSD

- Speed Up Peripherals

- Learn about Busses and Ports

Fixing Your
Dropbox Problem
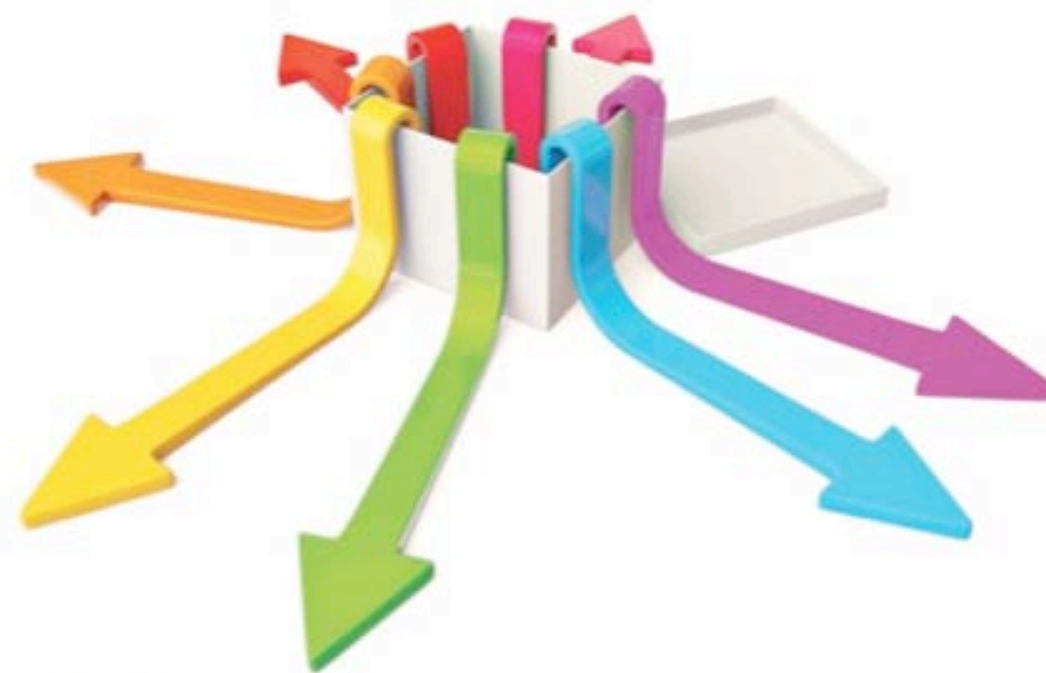
The Cloud

- **What do we mean when we talk about cloud computing and "the cloud"? For the media, the cloud is the latest IT catch-phrase to describe next-generation offsite, virtual storage. For IT, it means a way to capture, contain, redistribute and manage zettabytes of data. For users, the cloud is a benign way to store information for themselves or share information with others who may be external to the company.**

- It's estimated that more than 50 million people have used a cloud storage service such as DROPBOX to share and exchange files

Data Protection

- Today your users are working everywhere, so you need to make sure your data protection works everywhere too. This is especially true at a time when data breaches continue to bring unwanted media coverage to companies of all sizes and in all locations.

- More than 4 million records were breached in 2010 alone, according to the Verizon 2011 Data Breach Investigations Report. And more than 92% of those breaches were the result of external hackers rather than an insider or business partner.

- It's simply never been more important to secure laptops, disk drives, files on your servers, stored in the cloud, or accessed from mobile devices.

- **Develop a strategy to protect your data in the cloud**

To decide what's best for your organization and your users, ask yourself the following questions:

→ Who administers your data?
→ Do you remain in control of your data?
→ What are the consequences of a data breach? → What is the probability of data loss?
→ Can you account for your data's security?

Apply data encryption

- **Automatically encrypt files before they are uploaded to the cloud from any managed endpoint. With password access to encrypted files, users can still access the file from anywhere or any device.**

Simple Solution

You can move files to or from an encrypted disk image as easily as you can from a non-encrypted disk image. Follow these steps to create an encrypted disk image:

1. Open Disk Utility (/Applications/Utilities/).
2. Mac OS X 10.4, 10.5 or later: Click the New Image button, or choose **New** > **Blank Disk Image** from the Disk Utility **File** menu.
   Mac OS X 10.3 through 10.3.9: Choose **New** from the Disk Utility **Image menu**.

3. Enter a name in the Save As field. This name is used for the disk image (.dmg) file.
4. Change the save destination if you wish to.
5. Select a size for the image file from the Volume Size pop-up menu (Size in Mac OS X 10.3) .
6. Choose a volume format if you don't want to use the default Mac OS X Extended (Journaled).
7. Choose an image format. You can use "sparse disk image" for a disk image that only uses as much space as it needs, rather than a set amount of space. If you're not sure, use "read/write disk image" choice.
8. Choose 128-bit AES (and/or 256-bit AES in Mac OS X 10.5 or later) from the Encryption pop-up menu to encrypt the image's contents with a password. If you don't choose an encryption, your new image won't be encrypted.
9. Click the Create button.
10. Enter and verify a good password in the dialog window that appears. This password will be saved in your keychain by default, or you can deselect "Remember password (add to keychain)" if you don't want that. You can store the password in the keychain both for convenience and for reducing risk of password loss.
11. Click OK.

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DropBox Tutor

 May 28, 2012 Cove Apple Club RAP

Get Started

- Use Web Link: http://db.tt/H6upvKH

- Using this link gives me credit for referring you...

Dropbox

Dropbox for iPad

- Bring your files with you when you're on the go

- Add files to your Favorites for fast, offline viewing

- Easily upload photos and videos to Dropbox

- Share freely with family and friends

Download for iPad

The Video Tour

- What is Dropbox?
- Be Anywhere
- Simple Sharing
- Always Safe
- Surprise Yourself

What?

- 2GB Free Cloud Storage

- Safe and Secure Storage

- Expandable storage if needed, for a little $$

Get Started

- Download and install on your Mac (or PC)

- Setup your Free Account with UserID and Password

- Download App for iOS Devices From App Store

What's Next?

- You will see a new folder on Mac: ~/Dropbox/

- Add stuff to this folder.. (Sub-Folders, files...)

- A few minutes it's copied to the Cloud

- Syncs with all your devices

- See your stuff on other Macs or iOS devices

- See your stuff on the Dropbox Web Page:

    https://www.dropbox.com/

Now What?

1. Load Books into Kindle iPad App

2. Sync 1Password Keychain

3. Share Huge Files With Friends

4. Collaborate

5. Sync with iOS devices (iPad, iPhone, iTouch...)

6. Transfer files between your Mac and iOS Device

1.Load Books onto Kindle App

- Here is a web page: http://tinyurl.com/67rt8xa

- Write the book into folder in Dropbox

- Use iOS Dropbox App

- Navigate to book

- Tap "Open With Kindle"

2.Sync 1Password Keychain

- On 1st Mac
  - Move the 1Password keychain into Dropbox folder
- On 2nd Mac
  - Point to the 1Password keychain in Dropbox
- On iOS devices
  - Point to the 1Password keychain in Dropbox
- 1Password web site has detailed instructions

2.Share Huge Files With Friends

- You Write the file

- Your Friend can Read the file

4.Collaborate

- Give Read/Write access to your fiend (for selected files)
- Both can Read, Update and Write files but...

  Need to agree on rules for checkout and update

5.Use to Sync with iOS devices

- Word Processors

  1. iA Writer

  2. PlainText

  3. Notational Velocity

  4. Scrivner

- ToDo

  1. Things

  2. The Hit List

  3. OmniFocus

5.Use to Sync with iOS devices

- Media

  1. iTunes

  2. iPhoto

- Information

  1. Yojimbo

  2. 1Password

6.Transfer Files Between your Macs

- Write file from one Mac (or PC)

- Read file with 2nd Mac (or PC)

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