

THE GIGABYTE GAZETTE

The Monthly Newsletter
of the
***SUN CITY SUMMERLIN
COMPUTER CLUB***

<https://www.scscclub>

June, 2022

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President's Message

Summer Update

by Jeff Wilkinson

As usual, our Monthly General Meetings will be dark during June, July and August although our lab and classroom will remain active. Consult the [club site](#) home page for the schedule of events which is updated weekly.

Our Monthly General Meetings will resume Thursday, September 1 at Desert Vista, Room 5 at 2 PM. We are planning an in-person meeting where we can reacquaint ourselves with our fellow members, enjoy some light refreshments and view a presentation on "Cutting the Cord, UPDATE".

Jeff Wilkinson, President

(702) 527-4056 pres.scsc@gmail.com

General Membership Meeting

There will be no General Meetings in June, July and August.

For Club information: go to www.scsccl.com, contact Jeff Wilkinson, President at (702) 527-4056 or email him at pres.scsccl@gmail.com.

SCSCC Board of Directors Actions

The Computer Club Board of Directors took the following actions on May 11, 2022

Chuck Wolff made a motion that the **minutes of the April 13, 2022 Board Meeting be approved as submitted**. The motion was seconded by Neal Gronich and unanimously approved by the Board.

George Lobue made a **motion** that the **meeting adjourn**. Jeff Wilkinson **seconded** the motion, and it was unanimously **approved** by the Board. The meeting was adjourned at 10:03 AM.

June 2022 Printable Calendars

To view this month's classroom and lab calendars, click the following hyperlink:

https://www.scsccl.com/Calendars/scsccl_calendar_2022-06Jun.pdf

Submissions Welcome

We are always looking for new information to share with our club members. If you have computer or technical information you would like to share with members of the club, send your articles to editor **Tom Burt** at tomburt89134@cox.net. Thank you to everyone for your contributions.

Welcome New Members

The following new 2022 members have joined the Computer Club
from March 29th to May 27th.

Philip Avello
Phyllis Brodsky
Arthur Doggett
Judy Doggett
Sharon Euliano
Wanda Fennell
James Gribb

Kay Groff
Yong Kim
Linda Lafleur
Glenn Miller
Janet Reeves-Kelley
Elaine Siegel
Linda Walters

As of May 28th the club has 464 paid memberships for 2022.

As of December 31, 2021, the club had 618 paid memberships for 2021.
Of those, 17 were new memberships for 2022.

Special Interest Groups and Kaffee Klatches

Special Interest Groups (SIGs) provide a forum for general discussion on a specific computer related subject. Admission to all SIGs is on a first-come, first-seated basis and is subject to the maximum allowed by fire code regulations. <W>, <L>, <M> or <H> indicate whether a SIG would be of interest to a Windows, Linux, MacOS or Hand-held Device user.

Apple SIG<M/H> Live in the Classroom and via Zoom

Gail Weiss (702-355-6220)

Third Monday, 10 a.m. monthly

*Next meeting: Monday, June 20 **CANCELED***

Gail will presenting her regular SIG, featuring a theme topic, followed by group Q&A. The SIG covers Apple iPhones, iPads, Macs and popular iOS or MacOS apps.

Repair SIG <W/L/M> Live in the Classroom

Chuck Wolff (702-233-6634) and Chuck Hagen (702-418-2614)

Every Tuesday, 12:30 p.m. to 3:30 p.m.

The Repair Lab provides **CLUB MEMBERS ONLY** with no-cost assistance for those having upgrades and / or hardware and software problems with their computers. Bring in only your PC tower, your Mac or your laptop and your problems. Our TECH team will give you our best effort. ***Be sure to mark your cables so you can re-connect when you get home.***

Internet Investing <W/M/H> via Zoom

Tom Burt (702-341-7095)

3rd Thursday, 9:00 a.m. monthly

Next meeting: Thursday, June 16th

The Internet Investing SIG provides a forum for members interested in using Internet resources for researching and managing investments to meet, discuss, and learn more about the topic. The SIG's target audience is members with intermediate computer skills and investment experience, but all members are welcome.

Kaffee Klatch <W/M/H> via Zoom

Jeff Wilkinson (702-527-4056)

Every Tuesday, 8:30 a.m.

This Kaffee Klatch is an open, free-form discussion group for all users, from beginning to advanced. KK discussions are not restricted to any one subject, computer platform or computer-knowledge level but should be computer or technology related. We will try to answer your questions, help you keep your systems updated and provide some useful “tips and tricks.”

Windows 10 SIG Live in the Classroom

Bill Wilkinson (702-233-4977)

First and Third Saturdays at 9:30 a.m.

If you are a novice or near-beginner computer user, or if you just want some refresher information together with a refreshing cup of coffee, then jump-start or recharge your computing knowledge by attending these Win 10 SIG / Q&A sessions. At each session, attendees will explore several topics of interest to beginners and near-beginners. The topics are always announced a couple of days in advance via e-mail to SCSCC members who have subscribed to the club’s SCSCCNews mailing list. Each topic is presented in a step-by-step manner and is supported by “how to” notes that can be easily and conveniently downloaded from the SCSCCBKK.org web page. Following each “up front” presentation of one or more topics (approximately 60 minutes in duration), an informal open-ended Question and Answer period takes place for those who wish to participate, listen, reflect, or inquire.

Seminar and Q&A Offerings

The club's Seminars, SIGs, Q&As and Kaffee Klatches are being conducted either as Zoom webcasts, live in-person or a hybrid of the two. Check the weekly calendar on the website to see which mode the session is using. Unless explicitly stated, advance registration is not required for Seminar sessions.



Apple iPhone / iPad Hands-on Lab

Wednesday, June 1st 9 AM Live

Moderator: Zane Clark

Location: Classroom *Live*

We are back! We are going to have an iPhone/iPad lab on Wednesday April 13th from 1-3pm. It will be the usual format, one-on-one help with your questions. Come anytime, leave anytime.

It will be great to see old friends again!



Tom Burt – MediaMonkey Tour

Thursday, June 30th 10:00 AM – 11:30 AM *via Zoom*

Presenter: Tom Burt

Location: Zoom Webcast

MediaMonkey is an excellent free Media Player and Organizer. I've been using it for some time in place of iTunes and have been very happy with its performance managing and playing my collection of over 5000 audio tracks.

In this session, we'll take a tour of MediaMonkey's many features, including ripping audio CDs, tagging sets of files, creating playlists and, of course, playing music, podcasts and Internet radio stations. MediaMonkey's look and feel is very customizable. I have it set up to closely resemble my iTunes setup.

Look for the presentation notes about April 20th at <https://www.scsccl.com>.

This session will be recorded and posted to the club's website.



Tom's Tech-Notes

Personal Computer Databases An Overview

Originally Published May 2018

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 contains 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 simplest 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 various columns to display only a subset of the data. There's also a search that can 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 data, but “sum up”, count, average or perhaps show minimum and maximum values.

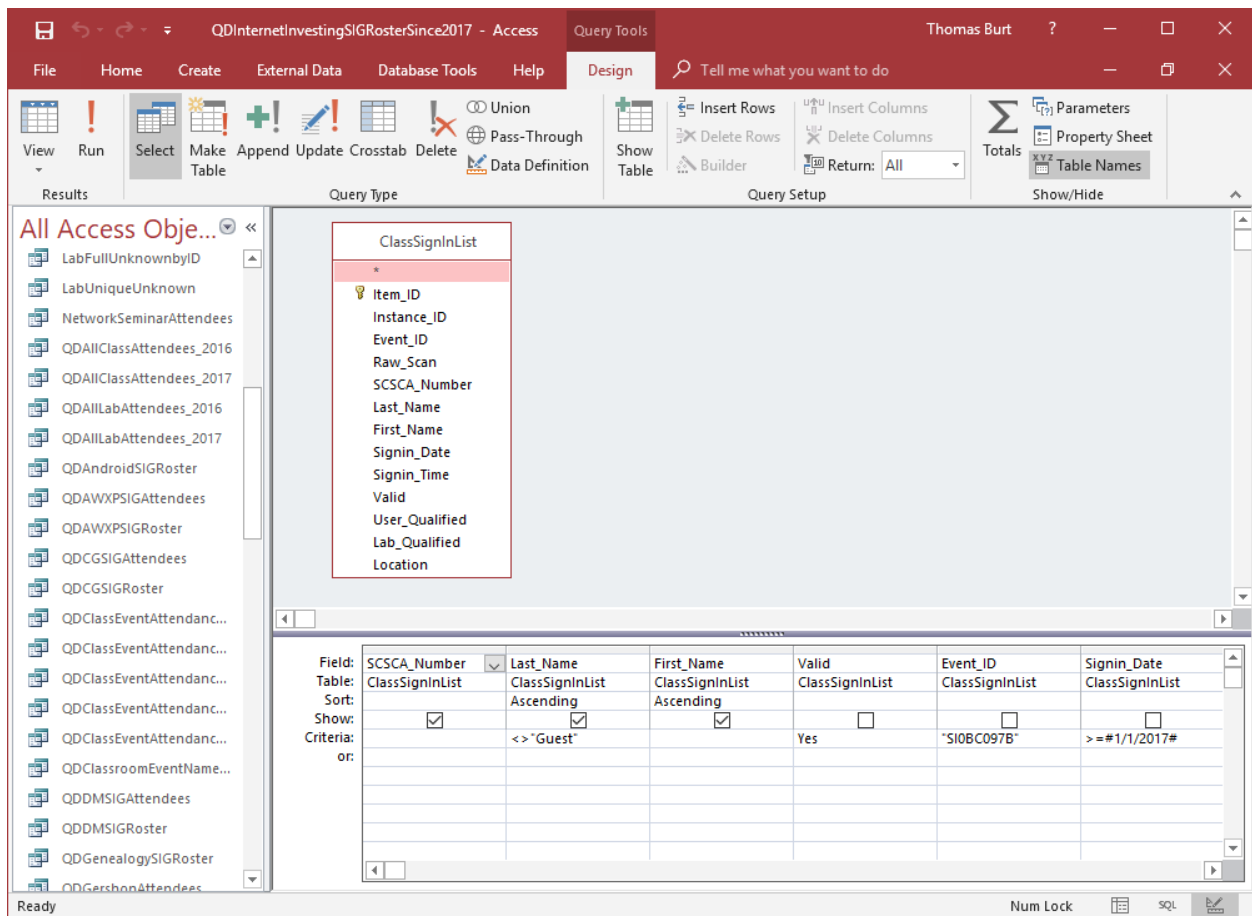
Spreadsheets are great for things like contact lists, asset tracking, inventories and catalogs. However, they don’t easily support relationships between records in different tables and there’s no SQL support.

“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 be used to 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.

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

The screen shot 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.



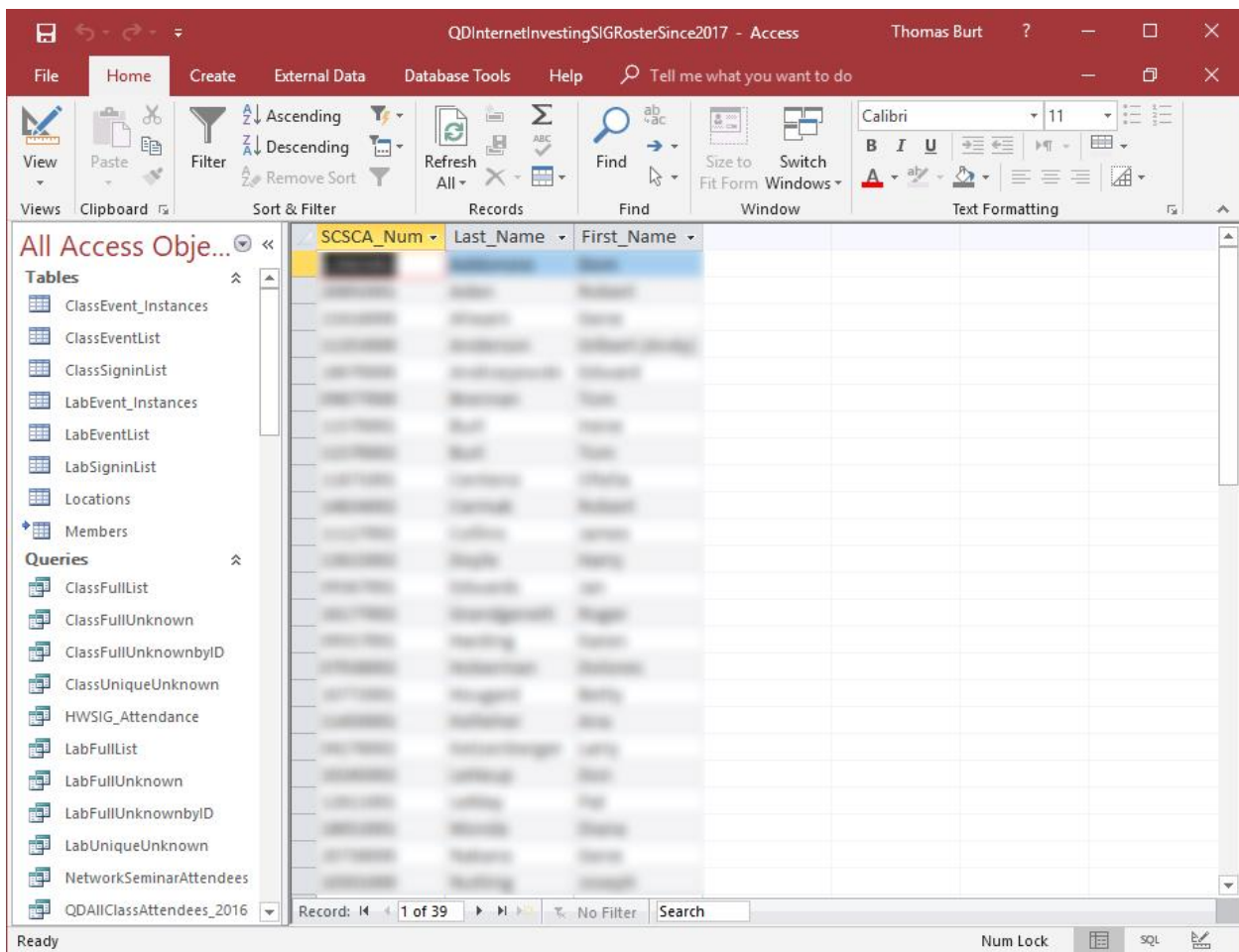
MS Access Visual Query Designer

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 there are various selection criteria defined so that we only get the set of rows that 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 to only 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.



MS Access Results Display
Members who attended a session of the Investing SIG since 1-1-2017

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 and it has worked very well in those contexts.

A good **free alternative** to the 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 been recently looking at a few free full-featured database server products that run 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 databases. 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 also very 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. 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 to 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 spend time on learning their features, including getting a working knowledge of the Structured Query Language.

If you're interested in a class on one or more of the database tools I discussed here, send me an e-mail at: tomburt89134@cox.net.

Tom Burt



Kretchmar's Korner

Blocking Unwanted Email (Spam)

David Kretchmar, Hardware Technician

Sooner or later this happens to most of us; We are bombarded with unwanted emails, (spam) from an individual or organization. Legitimate organizations usually have an Unsubscribe button within their message, which enables you to be dropped from their email list. If you attempt to unsubscribe from a less-than-legitimate mailer you are only confirming that your email address is good, and even more spam will come your way.

Some individuals or organizations will not respect your request to stop sending (often forwarding) you useless or offensive messages; more charitably individuals might lack the knowledge to be able to remove you from their mail distribution list.

Unwanted emails can be more than just bothersome or offensive. Some contain viruses or other malware that can render your computer useless or make your data inaccessible. Some users have had to abandon email addresses after being flooded with countless unwanted emails every day.



Fortunately, email programs have a feature that will allow you to block all emails from specific email addresses. I'm going to describe the email blocking procedures for three popular Web-based email

applications: Yahoo Mail, Outlook, and Gmail. If you are using another email provider, the described procedures should at least point you in the right direction.

Each of these programs allows you to use a list of blocked senders from whom you don't want to receive messages.

Yahoo Mail

Yahoo Mail can block all mail from up to 500 email addresses. All mail from these senders will be automatically deleted before you see it.



To have Yahoo! Mail delete all mail from a particular address automatically:

Open Yahoo Mail then left click (hereafter I'll just say click if it's left) the settings gear in the upper right corner of the Yahoo Mail page.

Click on "More Settings" from the drop-down menu that has appeared.

Click "Filters" on the left side of the page" then click on "+ Add new filters". Then you can name the filter if you like and specify the sender addresses you want to block

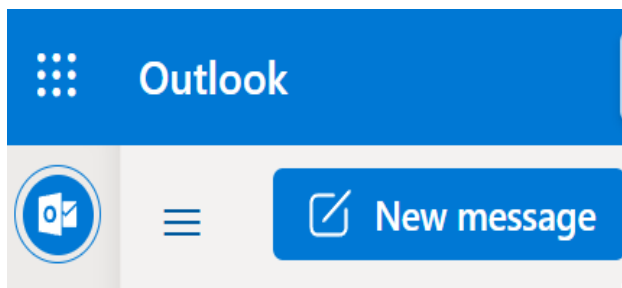
Enter the unwanted email address under "Add an address:" and choose where you want the unwanted email to go, i.e., "Trash". Click on "Save" and you are done.

Your updated list of blocked senders will be saved automatically.

You can also block a sender by first opening the unwanted email, click on the 3 horizontal dots above the top of the message, and then click on "Filter messages like this...". Then enter the name of the folder emails from that sender will go. Click on "Save" and you are done.

Outlook

Open Outlook and click on the gear that appears near the upper right corner of the Outlook mail window.



Click on "View all Outlook Settings". Mail will be highlighted on the left side of that window.

Click on "Junk email". You will see a list of all blocked senders and domains (if any).

Click on "+ Add" (in blue).

Enter the unwanted email address in the rectangle that now appears and enter the address you want to block. Hit Enter

Your updated list of blocked senders will be saved automatically.

Alternatively, you can open an undesired email in Outlook, click on the 3 horizontal dots on the Outlook command line near the top of the page. Then click on "Create rule" in the drop-down menu that appears and select the folder to which email from the identified sender will go (usually "Deleted items").

Gmail



Open Gmail and click on the gear icon that appears near the upper right corner of the Gmail window and click on "See all settings" in blue. Near the top of the next window click on "Filters and Blocked Addresses". Here you can see all your blocked senders. At the bottom of the page click on "Create a new filter" in blue. There you can enter the information for the address you want to block

Alternatively, you can open an undesired email, click on the 3 vertical dots near the top of the page, then in the new window click on "Filter messages like these". In the next window you can enter the criteria for the messages you want to block.

Strangely, Gmail, unlike other mail applications, does not bring forward the address of the undesired email from which you started the process, so you will have to enter or paste it manually.

Conclusions and Recommendations

The above techniques will protect you from unwanted email from known senders. If you receive spam in your inbox, never reply to or unsubscribe from it; it just alerts the sender that it has a good email address. When you get a spam message, in addition to the blocking techniques discussed above, click on your program's "Spam" or "Send to Spam" or "Report as spam" button to help your email provider learn to block messages from that server.

Even though email providers have active programs to help stop spam, it still comes. What winds up in your inbox is just a small fraction of the trash that is sent your way every day. Spammers are constantly changing techniques to defeat any filters.

An effective technique spammers use to avoid filters is to constantly change (spoofer) their sending email address. You can work around the problem by creating and maintaining a "junk" or "throw down" email address that will be mostly spam. When you are required to provide an email address to a site that you think might possibly be questionable, provide the junk address, and avoid spam in your "good" inboxes.

[APCUG Guest Article](#)

Gave Up My Mouse Long Ago and I'm Happy I Did

If You Hate Your Mouse, Try a Trackball Instead.

By Kurt Jefferson, Editor, CKCS Newsletter October 2022 Issue

<https://ckcs.org/> lextown2 (at) gmail.com



The article in Gizmodo doesn't mince words with the headline: "With its big roly-poly ball and huge hand rest, the venerable trackball mouse looks like a holdover from 1996. Or maybe 1946 – that's the first time a trackball was used as an input device in a computer," writes Alex Cranz in his 2017 article.

He asserts the waning popularity of the lowly trackball after more of us began using the mouse and then the trackpad. Cranz adds, "But here's the thing: The

trackball is still good. Not just good—the trackball is great. So great that Logitech is introducing its first trackball in many years is a cause for celebration—even if I have some issues with my new favorite input device."

So, in 2017, Switzerland-based Logitech introduced its first new trackball in years. Guess what? The MX Ergo was a major hit. And sales are still climbing. Last fall, Logitech reported a 26% increase in mice and trackball sales. (Logitech sells plenty of mice – but it's also discovering many people insist on trackballs instead.)

Then, last October, Logitech introduced yet another trackball: the Ergo M575. The user can connect to a desktop or laptop, Mac or PC via a USB interface with a small transceiver or Bluetooth. It will also connect to an iPad using the Bluetooth option.

As more of us began working and teaching school from home in 2020 because of the pandemic, more of us are actively ditching our mice. (Plenty of us are still working and teaching from home via Zoom and other software.)

Make Tech Easier [explains](#) why trackballs are better for you: *"More workers are aware of the health risks and problems associated with long periods of sitting daily. It's supremely unhealthy, and many companies have made a serious effort to help modern office workers reduce the risks of desk-bound work."*

While standing up will help your health, more ergonomic input devices can protect you from an RSI or repetitive strain injury.

These injuries are caused by repeatedly straining your body in the same way, over and over again. These injuries can cause numbness, tingling, and pain, and they won't go away until you stop the stressor.

Trackball mice can be a blessing for workers suffering from a wrist-based RSI or carpal tunnel. The benefit comes from the trackball's stable position. While you move your wrist and arm to manipulate a traditional mouse, you only need to move your fingers to use a trackball. If you use a wrist rest with your trackball, your wrist will be at a healthier angle. This frees it from the strain associated with sliding your mouse around. Because your hand stays in one place, your arm and wrist won't be strained by the constant back and forth movement of a mouse."

As *Popular Mechanics* [wrote](#) in June, "A trackball mouse is a great way to make endless mouse movement less strenuous." It's proven that trackballs reduce wrist stress and grip fatigue.

While the best-selling Logitech trackballs are thumb-operated, Kensington, which might be called the "king of trackballs," sells at least seven trackballs on its website, on Amazon, Newegg, and other online sellers.

Because of growing demand, Kensington has released several new trackballs in recent years, including the:

- Expert Mouse Wireless Trackball
- Pro Fit® Ergo Vertical Wireless Trackball (White & Black)
- Orbit® Fusion Wireless Trackball
- Wired Orbit® Trackball with Scroll Ring
- Orbit® Optical Trackball.

The popular Expert Mouse Wireless Trackball often tops the ratings when reviewers put trackballs through their paces. The [Wirecutter](#) (a review website purchased by The New York Times), trackballmouse.org, gadgetreviews.com, and [iMore](#) all praise that finger-operated device.

A Japanese trackball maker, Elecom, has also earned a steady but growing market share in the States. Elecom currently makes the only trackball especially designed for left-handed users. It's the Elecom M-XT4DRBK model. (Read about it here at amazon.com).

Popular Mechanic's [website](#) tells what to look for as you decide whether or not to opt for the benefits of a trackball.

Lab Monitor Schedule

The Open Lab session is held once per week: 9 am to noon on Saturdays.

June	Monitor Schedule
Jeff Southwell Jim Mahoney	Saturday 6/4/2022
Fred Cohen Ann Warhaftig	Saturday 6/11/2022
John Zuzich Raymond Pun	Saturday 6/18/2022
Linda Muench Gail Weiss	Saturday 6/25/2022