

THE GIGABYTE GAZETTE

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

<https://www.scscclub.com>

October, 2022

Table of Contents

President’s Message	3
General Membership Meeting	4
SCSCC Board of Directors Actions	4
October 2022 Printable Calendars	4
Submissions Welcome	5
Welcome New Members	5
Special Interest Groups and Kaffee Klatches	6
Seminar and Q&A Offerings	8
Tom’s Tech-Notes	9
Kretchmar’s Korner.....	12
APCUG Guest Article	14
Lab Monitor Schedule.....	17

Issue Contributors

Tom Burt

Peggy Cushman

Kathy Kirby

David Kretchmar

Jeff Wilkinson

Dorothy Fitch



President's Message

Autumn Upon us by Jeff Wilkinson

Fall is here with cooler weather and shorter days. We have resumed our monthly general meetings and will meet on **October 6, at 2 PM in room five at Desert Vista**. A presentation by the *Las Vegas Valley Water District* should prove interesting given our current water situation. In anticipation of a good turnout, reservations will be required to attend in person. A link to the **Zoom** presentation will be posted on our website's home page: <https://www.scsccl.com>. Reservations for in-person attendance can be made by clicking this link: [Eventbrite](#).

We are also continuing our classes and seminars with monthly Windows sessions on Saturday mornings and iPhone/iPad one on one support monthly. In addition, we continue with the popular *Investment SIG*, a class on "*Managing Your Digital Photos*", a class on "*Photoshop Elements 2022*" and a class titled "*A Tour of Windows 11*". Check the "Seminar and Q&A" section of this issue for details. Of course, we are always open to suggested classes and welcome members wishing to share their knowledge or spark a discussion on a particular computer related subject or application.

Our "no such thing as a FREE lunch" volunteer luncheon is scheduled for Friday, November 4 for all the generous members who help keep this organization running. This event is by invitation only.

Our club is an important part of the Sun City Summerlin community helping residents make use of the amazing technology due today and is successful because of our active members.

Jeff Wilkinson, President
(702) 527-4056 pres.scsccl@gmail.com

General Membership Meeting

The September General Meeting will be held at 2 PM on Thursday, October 6 live in Desert Vista Room 5 and also via Zoom webcast. The program will be a presentation by the Las Vegas Valley Water District followed by a social with refreshments.

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

SCSCC Board of Directors Actions

The Computer Club Board of Directors took the following actions on September 14, 2022

Chuck Hagen made a motion that the **minutes of the August 10, 2022 Board Meeting be approved as submitted**. The motion was seconded by Tom Burt and unanimously approved by the Board.

Jeff Wilkinson made a motion that the **budget for the volunteer luncheon be increased by \$600** to cover increased per-meal costs and a larger number of attendees. Tom Burt seconded the motion. It was unanimously approved by the Board.

Neil Gronich made a **motion** that the **meeting adjourn**. Chuck Hagen **seconded** the motion, and it was unanimously **approved** by the Board. The meeting was adjourned at 10:05 AM.

October 2022 Printable Calendars

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

https://www.scscclub.com/Calendars/scscclub_calendar_2022-10Oct.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 August 28th to September 28th.

Silvia Basurto
Patricia Busselle
Lois Feld
Yvonne Hart
Julie Pemberton

Michael Salomon
Robert Sargis
Allen Simmering
Maryam Tahmasebi

As of September 28th, the club has 509 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 iPhone / iPad Lab <M/H> *Live in the Classroom*

Zane Clark 702-332-5747

First Wednesday, 9 a.m. monthly

Next meeting: Wednesday, October 5

The lab sessions will be the usual format, one-on-one help with your questions. Come anytime, leave anytime.

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

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, October 20th

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> *Live in the Classroom and 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 these sessions.



Managing Your Digital Photos

Monday, October 24th from 9 AM to 11 AM

Presenter: Gail Weiss

Location: Classroom Live and Zoom

Chances are, you have too many digital photos on your computer or phone and the thought of managing, or even organizing them, seems daunting to impossible. Let me share some easy tips and tricks for managing and organizing them with Google Photos.

Come and explore this application with me. This class will be held in the club classroom. Feel free to bring your own laptops or mobile devices if you want to follow along. For more information about this class or if you have any questions or ideas for future classes, please email me at gmweiss5@gmail.com.



A Tour of Quicken Deluxe

Thursday, October 27th from 10:00 AM to 11:30 AM via Zoom

Presenter: Tom Burt

Location: Zoom Webcast

As we move toward the end of the year, it's a good time to think about getting your finances and record keeping organized for the coming year and for the annual tax filings. For eons at Casa de Burt, we have used the Quicken bookkeeping system to handle these chores.

This 1½ hour session will introduce you to Quicken and the basics of using it for your financial record keeping. If you connect Quicken to your financial and brokerage accounts, it can automatically download almost your financial transactions. It can also automatically track all your investment portfolio transactions and assets.

The presentation handout will be available about October 20th at:

<http://www.scscclb.club/smnr>.



Tom's Tech-Notes

Weekly Meal Planner and Shopping List

This month I want to share a simple tool my wife and I use to plan each week's meals and set up the supporting grocery shopping list. We're getting on in years and eat most of our meals at home. The Word document we use makes it easy to get the job done.

Here's a screen shot of a recent edition ...

MENUS:		GROCERY SHOPPING LIST:			
Friday 9/23/22	Shrimp in soft tacos w lettuce, tomato, cheese, avocado, fruit	Meat: Lunchmeat Frozen Swai fillets Pork loin chops VP .97 lb Gr beef 85% VP 3.47 lb Eckrich ham 4.99 lb AFU	St	Dairy / Deli: Eggs Yoplait yogurt Lucerne cheese 1.47 ea Butter 2.97 ea Cottage cheese 1.79 ea AFU	St
Saturday 09/24/22	PGA, Xfinity 12:30 PM Frozen pizza, side salad, fruit.				
Sunday 09/25/22	David, NFL, PGA, Nascar 12:30 PM Pork chops, sauerkraut, potato salad, fruit, pie chips & guac				
Monday 09/26/22	MNF Chicken breast Piccata, rice, salad, fruit (Dredge & sauté chicken with lemon juice, capers, white wine)				
Tuesday 09/27/22	KK 8:30 AM Grilled tuna & cheese sandwich, pickles, fruit				
Wednesday 09/28/22	Carry-in (TBD) or frozen dinners, fruit				
Thursday 09/29/22	Steak, sauteed mushrooms, tater tots, side salad, fruit,				
Beef: steak (10), hamburger (6), meatballs (0), roasts (1 3.5lb) Chicken: breasts (6), thighs (6), legs (3), whole (0) Pork: chops (10), Fillets (1), country ribs (1), ham chunks (1) Other: sausage (4), shrimp (2), pepperoni (2), Fr. cod fillets (4) Canned: salmon (1), tuna (4), spam (1), frozen dinners (5)		Produce: Apples Red Del .99 lb Pears, Peaches Bananas (6) Grapes Blueberries 6 oz 1.99 AFU Mandarins 3 lb 2.99 Avocados .33 ea Mushrooms 8 oz Salad mix (1) Bell pepper Potatoes reds, russets Cucumber Onion .59 ea Roma Tomatoes Radishes Yellow squash 1.49 lb	St	Canned / Bottled: Dried Italian seasoning Canned fruit Lime juice Campbell's soup 2.59 ea AFU Progresso soup 1.49 ea Canned veggies \$1 ea	St
		Dry / Frozen / Misc.: Kellogg's Cereal 2.49 ea AFU White rice Oroweat bread 2.77 ea Thomas bagels 3.99 ea AFU German chocolate cake Flowers	St	Costco: Gas Bread Nuts Bagels	St

The layout is two columns: the left hand is each day's meal plan; the right hand is the shopping list. Because we shop for the groceries online on Wednesday and take delivery Thursday morning, it makes sense (to us) to start the meal week on Friday and go through to the following Thursday.

At the bottom of the meal plan side is a listing of what proteins are currently in the refrigerator or the chest freezer. The counts shown are for meals. So, for example, hamburger (6) means 6 1-lb meals. This makes it easier to make the daily meal choices and also to plan what items to buy. Having a freezer allows us to “buy when it’s on sale”. It also offsets some of the recent inflation in grocery prices and it provides a cushion against supply shortages.

Each Tuesday, I copy the previous week’s meal plan document, rename the copy to have the current date (e.g. Menus_Groceries_2022-09-28.docx), and then edit it. I update the dates, note any key events for that week and update the protein inventory. Next, I look at the online ads for our two major local Las Vegas grocery stores. We favor the local Albertson’s store because we have a prepaid delivery plan there, but occasionally the Smith’s store has enough bargains to make a [free] pickup trip worthwhile.

The right side of the sheet above shows the shopping list after reviewing our local grocery store’s online weekly ad. I review the ad on Tuesday and note any specials and coupon items that we’re interested in. Any sale prices are noted.

The page is designed to be folded in the center and torn into two parts. After we’re done shopping online, the meal plan side goes under a magnet on the refrigerator.

With all the above done, it’s time to focus on the actual meal plans. We have our “main” meal about 1 PM and a light meal or snack early in the evening. The meal plans shown above just focus on the mid-day meal.

For each meal my basic formula is a protein, a starch, a vegetable and fruit with a nominal calorie count of about 800. Proteins include chicken, beef, pork and canned or frozen fish. Starches include potatoes, white or wild rice, yams, pasta and canned beans. Vegetables include fresh salad mix, tomatoes, cucumbers, broccoli, cauliflower, celery and onions. The knack comes in putting together a series of meals that have variety, are easy to prepare, portion out well for two people and, most importantly, are a pleasure to eat.

As an example, let’s look at Monday’s meal plan item.

Monday	MNF
09/26/22	Chicken breast Piccata, rice, salad, fruit (Dredge & sauté chicken with lemon juice, capers, white wine)

The **MNF** reminds that Monday Night Football is on. The meal is chicken breast dredged and sauteed with a sauce of white wine, capers and lemon juice, served with white rice, a salad and fruit. A check of the Monday menu the evening before reminds us to get a chicken breast out of the freezer and put in the refrigerator to thaw. On shopping day, we also checked to make sure we have lemon juice and capers on hand (seldom a problem; these are staples).

During the cooler months, I often plan a soup or stew meal that will leave leftovers for a second day. An example might be spaghetti with meat sauce. It uses ground beef, onions, celery, zucchini, mushrooms, diced tomatoes, tomato sauce, red wine, parsley, oregano and basil. The sauce can go over angel hair pasta for one meal and macaroni or penne for a second.

For one meal a week (usually Wednesday) we like to do carry-in, eat out or have a canned soup or frozen dinner meal. Alas, since the COVID pandemic, eating out has been less attractive.

Sundays, our son David comes by for dinner. That meal plan has to feed three of us, so it's a bit larger in scale. Here's a typical example:

Sunday	David, NFL, PGA, Nascar 12:30 PM
09/25/22	Pork chops, sauerkraut, potato salad, fruit, pie chips & guac (Sauté chops, add sauerkraut to pan, simmer on low)

The potato salad and pie are store-bought, and the sauerkraut is canned. Preparation is easy and can tolerate some time variation; our son lives about 15 miles away so his arrival time varies.

If you're interested in trying out my meal and shopping planner, you can download an example Word document from:

<https://www.scscclab.com/Gigabyte/Tom-Burt-Menus-Shopping-Example.docx>.

My approach to meal planning and shopping may be too structured for some folks, and not everyone likes to cook as much as we do. But we find it make things easier and it helps to keep down our food costs. I spend about an hour on Tuesdays to review the grocery store ads and then set up the meal plan and shopping list. Wednesday mornings we do the actual online shopping, which takes an hour to an hour and half.

We used this same approach years ago when my wife would shop the actual grocery stores. It's been no problem to switch over to online shopping.



Kretchmar's Korner

A Cautionary Tale

David Kretchmar, Computer Hardware Specialist

Recently I helped a club member regain control of their Yahoo Mail account after they had been



hacked by possibly one of the most sophisticated computer intrusions I have seen to date. The user became aware they had been compromised when people whose names were in their Yahoo Mail personal contact list reported receiving suspicious emails purportedly from the hacked individual's Yahoo account. No doubt those emails contained a link to malware that would have planted itself on any computer on which the infected link was opened.

The user immediately did the correct thing; they changed their Yahoo password. Subsequently the user was unable to log into their Yahoo mail account, instead getting a message that their account was locked and they would have to wait a period of time (the countdown "clock" appeared to start at one hour), before attempting to unlock it. The user encountered this lock and countdown every time they attempted to access their account. The timer was an interesting clue, since Yahoo's advertised lockout period for a user's repeated incorrect password attempts is either 12 or 24 hours, not one hour. There is a countdown clock available for Yahoo and Google advertisers that could be set to run for one hour, or any preselected time.

A Google Chrome issue?

This user was attempting to accessing their Yahoo Mail via their favorite browser, Google Chrome. On a hunch, I attempted to access the Yahoo account using Microsoft's native internet browser, Microsoft Edge. The user manually entered their Yahoo username and new password, and they got into their account with no problem! Yet the Yahoo account contained virtually no recent email. I then downloaded and installed the Mozilla Firefox web browser with the same results.



My suspicions turned to the Google Chrome internet browser installed on their computer. I checked the area in Chrome where browser infections are known to attack and reside: Extensions (Settings, More tools, Extensions). I turned

off or deleted all potentially problematic Extensions, yet the problem persisted. I then reviewed each application installed on the system and did not see anything suspicious.

Chrome seemed to be operating fine except for the Yahoo Mail issue. This begged the question, "Why does Chrome present problems with Yahoo, while 2 other browsers worked?" The problem HAD to be with Chrome. I reset the Chrome browser and deleted any cached data, but the problem persisted.

I deleted the Chrome browser, restarted the computer, then downloaded and reinstalled Chrome. The same problem persisted. That pesky timer seemed to continue its countdown, and since I had been working on the issue for almost an hour, the lockout appeared to be about to expire. When the countdown clock dropped to less than a minute, I continued to attempt to login continuously, finally getting Yahoo to accept the user's login and new password, and the problem was solved. Apparently, I had hit the program at the precise moment the lockout ended, but before the hacker, or hacking program could kick in.

Even after accessing the Yahoo Mail account the inbox was empty. I sent an email from that Yahoo account to that same account, and it seemed to send OK but never appeared in the inbox. Yet it appeared as sent mail. I checked to filter settings on Yahoo Mail and saw that any mail containing the Yahoo email address of the affected account, which of course would include every email going into that account, was being diverted to Trash. Removing that filter was an easy fix for the rest of the problem.

Conclusions and Recommendations

The malware that caused the problem was probably accessed via a link in an email, received from a trusted friend. This is how most malware is spread. Remember, friends of the club member received email from the club member than no doubt contained the same malicious link.

To prevent email account lockouts, a user should limit the number of times they try to enter a password. If an account holder gets a "bad username or password" message 2 or 3 times, they should use the "Forgot Password" feature to reset the password. The password is virtually always the problem with email accounts, since we keep the same username (email address) all our lives.

Consider using a password manager like the good one is built into Google Chrome. This will make it easier to use strong passwords that are almost impossible to hack, as well as making your life easier when you log in to sites. Also, a "keyboard logger" that records keystrokes will not be able to capture passwords.

Don't count on antivirus software to protect you from hacks. The hacked user discussed in this article was running Malwarebytes Pro and Windows Security, two of the best PC defenses available today.

APCUG Guest Article

Logic Game Apps for Android and iPhones

By Dorothy Fitch, Editor, Green Bytes
GVR Computer Club

<https://www.ccgvaz.org/>

I seem to have become addicted to logic games on my Kindle (and sometimes my phone). I guess of all the possible addictions, this one would rank low in being troubling. However, these games can be time-consuming when I should be doing more productive things. So, I figure it might let me know if my mental faculties start to wane - if I happen to notice.

How do I choose a logic game? I look for free games and read reviews. After downloading a game, I see how easy it is to learn to play it, whether it has a tutorial, and if there are either no ads or non-intrusive ones. These three games passed those tests. Beware, they can be addictive, and you may (as I did in one case) spend a tiny amount of cash to get more levels. However, because they are logic puzzles, you can generally play the same puzzle multiple times because you won't remember the layout or solution.

Here are my favorite three:



Thermometer Puzzles

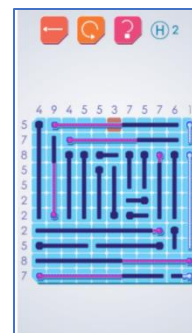
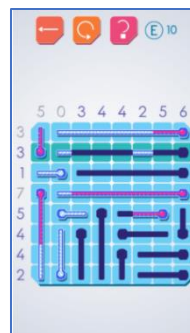
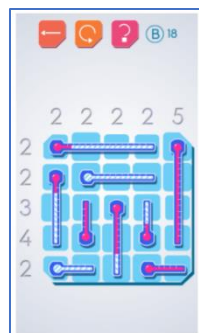
[Download to your Kindle from Amazon.](#)

[Download a version for your phone at the Play Store.](#)

[Download a version for your iPhone.](#)

This puzzle comes with 260 games, but I'll confess to spending \$5.99 for another 900 games. Nevertheless, it offers a good tutorial and a handy "undo" option.

The object is to fill the thermometers with mercury to have the correct number of red squares as indicated by the labels at the top and left sides. Unfortunately, the mercury starts at the "bulb" end of a "tube" and can't reappear after an empty cell. The difficulty ranges from grid sizes of 4x4 to 11x11 (or 13x13 if you purchase all the levels).





The puzzles are untimed, and you can get unlimited hints. A row or column highlighted in green shows where you can make a move (but doesn't tell you what to do). An orange box indicates an error.

The phone version for [Android](#) or [iPhones](#) is from the same manufacturer but is slightly different. For example, it sometimes omits numbers that tell you how much mercury you need, which is an interesting twist. However, it has loud and long ads to wait through. So I use it in a pinch.

Real Einstein's Riddle



[Download from the Google Play Store to a Kindle or phone.](#)

[Learn how to play \(video\).](#)

[Download from the Apple Store.](#)

This puzzle comes with 5000 puzzles and 15 daily challenges, all for free.

The goal is to follow clues, eliminate the impossible combinations (shown in brown), and keep the good ones (in green) by tapping icons in the grid at the lower left. Although the text clues are initially helpful (it is fun to play the game in a foreign language!), you will eventually use the background colors of the boxes as your guide.

The "How to Play" tutorial is excellent, and the video (link above) is good, although it doesn't show that you can hold down (long press) on an image to remove all other occurrences of it in that row. Start with the easy levels, and you'll soon want to try the larger grids. You can save your position and later restore the puzzle to that point if you had to guess (which does happen in larger grids), and the path you initially took didn't work out.





Sudoku

[Download to your Kindle from Amazon.](#)

[Download to your Android phone at the Google Play Store.](#)

[Download to your iPhone from the Apple Store.](#)

I probably don't have to introduce you to Sudoku. Although you put numbers into the grid (a different number from 1 to 9 in each row, column, and section), there is no math involved, just logic.

I like this particular version of Sudoku because there are no ads, there are unlimited puzzles, and many difficulty levels. In addition, you can add multiple numbers to each cell to aid in solving the more challenging ones. You can also save a game and complete it later.



I also use this version on my Android phone.

I recently read that the man credited with creating Sukodu and introducing it to the world has died. [His story is here.](#)

I hope you enjoy some of these puzzles as much as I do!

Lab Monitor Schedule

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

October	Monitor Schedule
Jeff Southwell Jim Mahoney	Saturday 10/1/2022
Fred Cohen Linda Muench	Saturday 10/8/2022
Ann Warhaftig Raymond Pun	Saturday 10/15/2022
Linda Muench	Saturday 10/22/2022
Linda Muench Gail Weiss	Saturday 10/29/2022