

## Protecting your Digital Life

Our October meeting had us enjoying an on-line presentation by Bob *Gostischa*, IT Security Specialist and Avast Evangelist, his topic covered:

Staying secure and guarding as much of our privacy as possible is a constant challenge. Between phishing, scams, ID theft, ransomware, data collection, and mobile malware, it's never been more important to protect our digital life. Our security and privacy are constantly in danger of being attacked from many sources and Bob explained the importance of guarding our online presence. This presentation covered how we can protect our presence on the web as well as our computers (Windows and Mac), tablets, smartphones, and other smart devices.

As usual the session did not go off without a hitch. Bob was experiencing an echo at his end. At our end we had several minutes of pixelating and loss of sound, and at one point, dropped the connection altogether. It came back after a few seconds and we were able to enjoy the remainder of the PowerPoint slide show.

Informative, enlightening and entertaining presentation. The group especially liked the Q&A opportunity. Bob answered ALL of our questions in language we could all understand.

His explaining the features of the free and paid subscription of AVAST opened a few eyes. Password manager, VPN, ODIN features were all new information for some of us.

Bob ~ Since this could be our last group seminar we would like to express our appreciation for your time and effort in putting these together and sharing your Saturday morning with us. Mahalo Nui Loa.

### NOVEMBER MEETING HAS BEEN CANCELLED.

Of our regular, loyal attendees, 3 will be off island, 2 have community club commitments and 4 will be attending the Military Retiree Seminar at Hickam.

So rather than sit there with only the projector as my companion, the consensus was to cancel the meeting.

Since we won't see you then let us take this opportunity from the Board of Directors to wish you and yours a Happy and Plentiful Thanksgiving.

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Cancelled



***It's about that time of year again when everything turns to pumpkin scented or pumpkin flavored and the thought of turkey and stuffing is filling our thoughts.***

***Families will gather and stuff themselves as they intermittently nap and watch football.*** (For History Buffs, here's an excellent read about how it all happened...<https://tinyurl.com/yysr9la5>.)

***So, how can technology help you survive the hectic Thanksgiving season? Here's an update on some ways that technology can help relieve some of the holiday stress.***

Football and Thanksgiving are as synonymous as pilgrims and pointy shoes, but what if your dinner plans interfere with your football watching plans? *Amazon Fire TV Recast.* (<https://tinyurl.com/yylnwt7k>) This is a great way for you to not miss a single play with the pigskin while you're pigging out.

We all know that the holidays are a time for family, but what if you can't all be physically together? Well, thanks to *Skype* now you can be together. The only thing missing is the smell of home-made pies.

***Digital thermometers-*** (<https://tinyurl.com/y4sk6cfg>) I know that we have all watched a family member take the turkey out of the oven, check the temperature, baste it, put it back, etc., but a digital thermometer can save time and can actually even send you an alert on your phone.

We all know that Mom wakes up at 4 am, cooks the turkey, stuffing, veggies, pies, etc. and Dad swoops in with a knife, carves the turkey and he is the hero...well, how about arming that hero with an *electric carving knife* (<https://tinyurl.com/yx7zykm>). No longer will we have to watch the mutilation as Dad tries to salvage every ounce of turkey.

No Thanksgiving holiday would be complete without Black Friday Shopping! Instead of clawing your way through the lines and crowds, how about doing some shopping in your pajamas? Many sites offer Black Friday Shopping Online with a lot less stress! But, if you insist on touchy-feely shopping, check out the hours here: <https://www.theblackfriday.com/black-friday-2019.php>

And for those really tech-saavy folks here are 10 APPS, yup they even have APPS for Thanksgiving ☐

1. AnyList (Free)
2. Pinterest (Free)
3. Butterball Cookbook Plus (Free)
4. Thanksgiving: A Bon Appetit Manual (Free)
5. Food.com (Free)

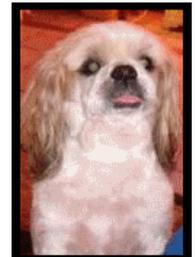
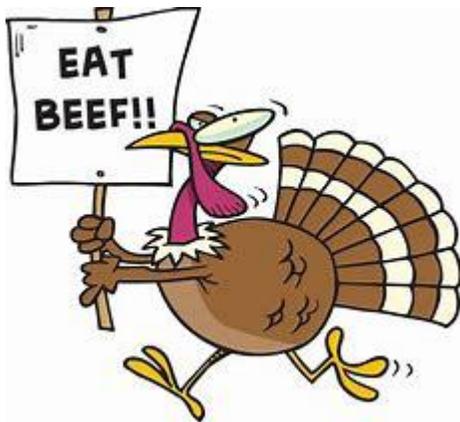
- 6. Cook (Free)
- 7. Paprika Recipe Manager (\$4.99)
- 8. Green Kitchen (\$3.99)
- 9. Pepperplate (Free)
- 10. Cookpad (Free)



For detailed info on each, go to: <https://tinyurl.com/y2rs4aak>

***Finally, however, the best advice that I can give, this Thanksgiving season, is to put down your phones, turn off the TV and spend some quality time with the family!***

***Aloha and a Happy Thanksgiving to all, Lou, and in spirit, Pooky***



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# To Do List ~

As promised, here's what I do each month in preparation for the meetings. I'm not going to list the newsletter because I don't know if anyone wants to take that over. If not, December will be the last one I do.

For starters, after the monthly meeting I make a summary of what we talked about and use that in the next newsletter. This includes links, articles, etc. to give everyone a pretty good idea of what happened.

I then look for something that might be of interest for the next meeting. On occasion, I'll prepare a PowerPoint slide show to use up about an hour of our two-hour allotment.

A good source of topics can be found on YouTube. APCUG has many 1 hour videos available for viewing and the APCUG Speakers Bureau has a running schedule of webinars, like the one we just enjoyed with Bob. So, there are numerous ways to make life easier for whomever takes over. Sadly, as of this date, no one has volunteered.

Somewhere in between meetings I purchase items to be given away as door prizes. Nothing expensive but, hopefully, useful. Walmart and Office Max are the usual locations.

On the day of the meeting I carry the Club owned projector and 12' extension power strip and my personal notebook and external speakers. Once at the site I set up a table and the equipment and wait for the attendees. We start promptly at 9 AM and finish whenever, as long as we don't go past 11 AM. I put the equipment and table back and leave the premises.

Now, this might be a problem. Since moving our meeting to the OVC we've donated a good portion of our membership fees to them. Currently, there are not enough dues paying members to pay for the room, website and purchase door prizes. A substantial membership fee increase would be required—unless we miraculously signed up a couple dozen new members.

All of the current members were asked to recruit at least one new member; we held a month long membership drive via the Nextdoor network and posters at various sites. No luck with any of these. So, I'm not optimistic about a new surge in membership.

But, I'm not a natural born pessimist so there may be someone who steps forward with a terrific sales pitch and has some iron-clad ideas for getting new people involved.

Will it be you? You know how to contact me.

## Genesis of The TUG

Established in 1988 after The Retired Officer's Association (TROA) conference held in Honolulu.

Previous members coordinated all the IT communications, registrations, tours and activities via old IBM and Commodore personal computers; 14KB dial-up modem connections and many working hours to accomplish this unique multi-faceted operation.

