Confirmed meeting dates

2026

Mar 28

:: ::
Hybrid
Board Room
in person
OR Zoom
:: ::
Check
website for
dates and
meeting info
:: ::

**!!!! NEW !!!
Mailing
address:**

**CAEUG
P.O. Box 153
South Elgin,
IL 60177
:: ::**

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PER GLENSIDE Library (Masks are optional)

INFORMATION for Saturday March 28 start time in person at Library Board Room is 9:30am or at home Zoom is 10:00am. There will be a meeting invitation e-mail Thursday evening before the Saturday meeting.

World Backup Day March 31st
Presentation will be various videos on
Backups

NEW MAIL ADDRESS!!!   NEW MAIL ADDRESS!!!

**CAEUG,
P.O. Box 153
South Elgin, IL 60177**
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*Thank you! to all who paid the
low $20.00 dues for 2026!
Your support helps pay for our
APCUG membership and CAEUG website*

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Join CAEUG meeting in Library or from Home,
Stay Safe! Update information on our website at
https://www.CAEUG.net

The Glenside Public Library address is at 25 E Fullerton Avenue, Glendale Heights, Illinois. The meeting(s) are not library sponsored Individuals with disabilities who plan to attend this program and who require certain accommodations in order to observe and / or participate in the program are requested to contact CAEUG president, at least five (5) days prior to the program, so that reasonable accommodation can be made.

Members Helpline

Any member can volunteer to be on the Members Helpline.
Hardware problems, Win 7, Win 10, Linux and Virus Removal

 - John Spizzirri

Lamp Post 288
March 2026
by John Spizzirri

The Decorah bald eagles are flourishing. This year both the north **(1)** and the south **(2)** nests have residents. The north nest has one egg while the south nest has two. The eggs will hatch within the next two to three weeks. The geese are out of luck this year. There is still time to check for the Northern Lights. There was a sun storm that lit up Earth's sky the night I was writing this. Check the Aurora cam sites while the sky is dark. The Northern Lights (Aurora Borealis) cam at Churchill, Manitoba, Canada **(3)** is in the Central Time zone as is the polar bear site **(4)**. If you stay up really late or get up early, try the Alaska Borealis cams **(5)**. Two places to try offer various cams from around the world **(6, 7)**. To check on the space weather (for aurora forecasts) try here **(8)** and NASA **(9)**.

1)   **https://is.gd/0YqTVG**
2)   **https://is.gd/YAuMF0**
3)   **https://is.gd/3RjcRQ**
4)   **https://is.gd/7PDEvO**
5)   **https://auroranotify.com/aurora-links/**
6)   **https://seetheaurora.com/webcams**
7)   **https://lightsoverlapland.com/?p=79**
8)   **https://www.spaceweather.com/**
9)   **https://www.swpc.noaa.gov/**

Malwarebytes **(1)** blog revealed that the Russians **(2)** on the Dark Web **(**

3) are offering Personally Identifiable Information (PII) involving tax information so that income tax forms can be filed in a taxpayers name so that a refund can be claimed before the taxpayer files. This is done on Russian language forums however this information is for U.S, citizens and is also sold to English speaking bad actors as well as others. The PII is stolen from companies that prepare tax forms for U.S. taxpayers and have financial data as well as PII which is much more valuable. This may sound complicated. It is. These sites also sell "fraud-as-a-service" tools with step-by-step tutorials. As the PII ages it gets cheaper. So a criminal can take a chance on old data being still usable at a lower price or use newer data that will will probably work at a higher price. After reading the article I would like to speculate that the Russian government is involved in this criminal enterprise. If the Russians help train the cybertheives steal the original documents, the government can profit from the theft of refunds from Americans as well as selling the data unsuspecting criminals around the world. They could also profit from training criminals on how to steal from American. You should read the article **(4)** and make up your own mind.

1) **https://www.malwarebytes.com/**
2) **https://en.wikipedia.org/wiki/Russia**
3) **https://en.wikipedia.org/wiki/Dark_web**
4) **https://www.malwarebytes.com/?p=388328**

Wired Magazine **(1)** had an interesting article about how medicine and medical devices can be used against those who use that prescribed health care. Those data are called biometrics. Included in biometrics are not only health care but DNA **(2)**, facial recognition **(3)**, and just about anything you expel (breath, urine, poop, skin cells, hair). The government has figured out that computers can be used to monitor the populous more effectively than ever before using fewer watchers. New laws make make living in this 'free country' more perilous every day. The article **(4)** explained about women who had spontaneous miscarriages have been prosecuted for 'illegal abortion' due to monitoring devices. It also explained that facial recognition is by no means accurate on white men and even less accurate on women and people of color. Tim Roth had a television series called Lie To Me **(5)** in 2009. In it Roth portrayed a researcher that claimed micro facial expressions and body language could predict lying. It was nonsense just like facial recognition. The danger of DNA recognition is that relatives that have revealed their DNA may implicate someone in their family tree in a crime. That may sound like a good thing but the Constitution was written to prevent inadvertent finger pointing i.e. the police must have evidence before they look for a particular suspect (no fishing expeditions).

1) **https://www.wired.com/**
2) **https://en.wikipedia.org/wiki/DNA**
3) **https://en.wikipedia.org/wiki/Facial_recognition_system**

4) **https://is.gd/eZkbpO**
5) **https://www.imdb.com/title/tt1235099/?ref_=nm_flmg_job_1_accord_2_cdt_t_43**

World Back Up Day is March 31st **(1)**. Our meeting will be videos exploring on why and how to back up your data.

1) **https://www.worldbackupday.com/en**

Between you, me and the LampPost, that's all for now.

Use Your Computer to Write a Memoir
By Keith Connes, Member, The Computer Club, FL
September 2018 issue, The Journal of The Computer Club, Inc.
www.scccomputerclub.org/
diane (at) scccomputerclub.org

Here's a way to use your computer to create a legacy: Write a memoir. It doesn't matter whether you are a beginning writer or a seasoned pro – or even if you don't consider yourself to be a writer at all. Write a memoir to present the gift of your inner self to your family, friends, and perhaps a wider audience. You might find that you've acquired a new hobby!

A memoir can give your loved ones a greater insight into who you are and how you got to become the person you are – your thoughts, your feelings, your adventures through life, and the things you learned along the way.

Let me be clear as to what I mean by "memoir." Some people may think of that word "memoir" as meaning an autobiography. Well, yes, an autobiography is a very extensive memoir, taking in the entire life of the subject, but a memoir can also be just a small nugget of that person's existence – a series of reminiscences, or even a single recollection. So, it's not that daunting a task.

Even so, would your memoir really be that valuable to others? Well, think of somebody who is important to you, be it a spouse, relative, or friend – and even though you've known that person for years, you sense that there are aspects of her or his life that you don't know about and wish you did. Not necessarily skeletons in the closet, but – well, wouldn't it be fun to know that Mom always wanted to be a trapeze artist, but somehow never got around to it?

My best friend since high school was, for most of his adult life, a sales executive whose high-powered drive enabled him to start up and run several insurance companies. I thought I knew him pretty well, but I was astonished when he sent me a book of sensitive and lovely poetry that he had written! I saw an aspect of Frank I had never suspected, and my respect and admiration for him became even greater.

Well, you may not be a secret poet, or even a wannabe trapeze artist, but aren't there some unrevealed parts of you that you wouldn't mind sharing, but you haven't gotten around to it, or maybe you're just a little shy about it?

Write it down. Write your memoir. One of the easiest ways to get it done is to use speech recognition software (some of it is free) and possibly a compatible recorder. The software automatically converts your spoken words into a text file, such as Microsoft Word or Google Docs.

Here are a few basics about getting comfortable with the dictation process: Just start talking and don't worry about grammar or punctuation – you can fix it later. If it would help get the thoughts flowing, sit down with someone you feel relaxed with and record the conversation as you chat about a topic for your memoir.

Regardless of where your memoir begins, it can take on a life of its own – because it is, after all, the life of your own.

Write your memoir. Do it for the ones you love, for yourself, and maybe for some great-great-grandchildren you will never know. But through your memoir, they will get to know you.

Little of This and That
By Kurt Jefferson, Editor, Central Kentucky Computer Society
https://newsite.ckcs.org/   lextown2 (at) gmail.com

Unplug Your Laptop. The Battery Will Thank You. Unplug your laptop. Stop plugging it into the wall. You are killing your battery. That's the Cliff Notes version of an article published by Gizmodo. This also applies to iPads and smartphones. These devices were made to run on batteries.

Here's how Gizmodo explains it. "Do you want to be chained to an outlet for the rest of your life? Of course not. That's why you got a laptop in the first place. Somewhere down the line, many of us got the idea that our laptops should always be plugged in to improve their performance. This is a myth that's slowly killing your laptop. Once your laptop is charged, you need to unplug it, or you might be tethered to the wall forever."

If your tech devices are constantly plugged into the wall, the batteries will die much faster than if you unplug and use battery power. Gizmodo spoke to Kent Griffith, an assistant professor at the University of San Diego in California. Here's his warning: "When your laptop battery is sitting in this worst condition – 100% charge – for weeks or months at a time, that can be pretty damaging to it…So when you take it off and expect it to last for 8 or 10 hours, it might only give you half of what you expect because it degraded a lot during that time."

The article notes that Apple's newest M3 MacBooks sport 18-hour battery lives. But if you keep them plugged in constantly, the battery life in those laptops will be cut in

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half in only a few short years.

Save Your Apple Watch Battery Courtesy: Apple Inc.

Got an Apple Watch? Tom's Guide recommends you start by using a setting engineered by Apple to make its smartwatch batteries last longer. It's called Optimized Charging and helps keep your Apple Watch battery healthy. Plenty of us are overcharging the batteries by leaving the watch plugged in after the batteries are fully charged.

You can switch to Optimized Charging to protect your Apple Watch battery on all models running watchOS 7 and later. On a new Apple Watch, Optimized Charging is automatically turned on. But if you have an older Apple Watch or it's turned off, here's how to activate it, according to Tom's Guide:

• Open Settings
• Open the battery settings menu
• Select battery health
• Use the green slider to turn on Optimized Battery Charging. If you own an Apple

Watch Ultra, you can use Optimized Charge Limit instead, which stops, instead of pauses, the charging of your watch.

Here's how Apple explains Optimized Battery Charging. "When the feature is turned on, your watch delays charging past 80% in certain situations. The watch's battery level remains between 75% and 80% in these situations.

Your watch uses on-device machine learning to learn your daily charging routine, so Optimized Battery Charging activates only when your watch predicts it will be connected to a charger for an extended period of time. The algorithm aims to ensure that your Apple Watch is still fully charged when you remove it from the charger.

Spring Cleaning: Organize Your Desk

PCMag offers several tips for organizing your work area and desk. Spring cleaning is underway, and this doesn't just apply to your yard or closet. It's time to tackle your desk, too.

First, PCMag recommends buying anything you might need for your workspace, whether a laptop or a new keyboard.

Next, clear all objects off your desk. This includes any cables plugged into a wall outlet or surge protector, lamps, coasters, mugs, and everything else. Then, use a micro-fiber cloth that is slightly damp with water. You can use other products, but don't spray your computer monitor or desk with chemicals containing ammonia or other harsh cleaners. PCMag recommends getting out the vacuum if you need to clean off your desk chair.

PCMag notes you should start placing your items back on the desk, but don't plug in any items yet. Check to make sure the feel is right, your monitor is at the right level, and you're practicing good ergonomics.

Once you are ready, get your cables under control. Use Velcro cable ties or some other method to contain all of those excess cables.