



Alan German & Chris Taylor
Ottawa PC Users' Group

July 8, 2026

OPCUG



**A part of history
&
you were here!**

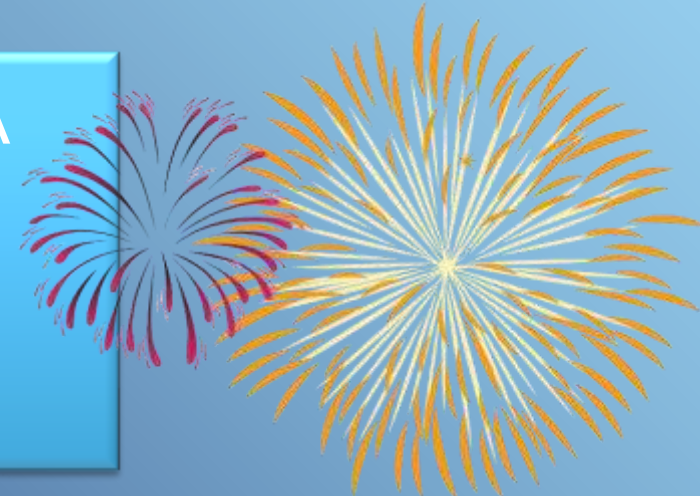
LAST WEEK—JUNE 24TH 2026

**WE PASSED 2,000 TOPICS
IN Q+A SESSIONS HOSTED ON ZOOM**

We've been hosting weekly Q&A
sessions on Zoom

for over 6 years

(we began April 29 2020)



Share

Emergency Preparedness

- Charge devices and back-up power banks before severe weather is expected
- Have power surge bars or unplug specific items in case there's a surge when power is restored.
- Move devices to a safe place, where they are least likely to be affected by flooding, etc.
- Check that flashlights/LED lanterns are working, and place them where they can be easily accessed in the dark.
- Check that you have extra working batteries
- Limit use of charged devices, turn off unnecessary apps, reduce screen brightness, etc., to minimize battery use



I Have Been Pwned – What Now?

- I just got a notice from *Have I Been Pwned* saying that I was pwned in the Madison Square Garden Sports data breach.
- However, I have no affiliation with them.
- I rarely use the affected Gmail address, so I just enabled the available two-factor authentication (2FA) for Gmail.
- Is there anything else I need to do?

!-Pwned



YouTubeTech

Microsoft Proved Linus Torvalds Right - Again



MICROSOFT PROVED LINUS TORVALDS RIGHT – AGAIN



Innovation Uncovered
2.28K subscribers

Subscribe

1.4K |

https://www.youtube.com/watch?v=ziJbI7_MioU

GOOGLE GROUPS HOW-TO

- To subscribe to OPCUG-Announcements, send an email to;
opcug-announcements+subscribe@googlegroups.com
- To subscribe to OPCUG-Newsletter, send an email to;
opcug-newsletter+subscribe@googlegroups.com
- To subscribe to OPCUG-Member-Forum, send an email to;
opcug-member-forum+subscribe@googlegroups.com



<https://opcug.ca/google-groups-how-to/>



Microsoft extends "Extended Security Updates"

Subject: [OPCUG-Member-Forum] Microsoft extends "Extended Security Updates"
Date: Thu, 25 Jun 2026 12:34:08 -0700 (PDT)
From: Chris Taylor <christopher.john.taylor@gmail.com>
Reply-To: opcug-member-forum@googlegroups.com
To: OPCUG-Member-Forum <opcug-member-forum@googlegroups.com>

Great news for Windows 10 users!!!

Microsoft has updated their webpage "Windows 10 Consumer Extended Security Updates (ESU)" -
<https://www.microsoft.com/en-us/windows/extended-security-updates?r=1>

"Both enrollment options provide extended security updates through **October 12, 2027**. You can enroll in ESU any time until the program ends on **October 12, 2027**"

Chris



Microsoft Extended Security Updates for Windows 10

- Support for Windows 10 officially ended
 - October 14, 2025
- Microsoft created the *Windows 10 Consumer Extended Security Updates (ESU) program*
 - security updates for Windows 10 through **October 13, 2026**
- Previous coverage at Q&A
 - https://opcug.ca/qa_recordings/20250716_PowerPoint.pdf
 - https://opcug.ca/qa_recordings/20250723_PowerPoint.pdf
 - https://opcug.ca/qa_recordings/20251001_PowerPoint.pdf
 - https://opcug.ca/qa_recordings/20251015_PowerPoint.pdf
- Personally, I would not want to use an operating system not supported by the vendor from a security point-of-view

Follow Up ESU extended

- Microsoft has extended the extension
- Windows 10 Consumer Extended Security Updates (ESU) program now set to expire October 12, 2027
- Great news for anyone who can't (or doesn't want to) upgrade from Windows 10 to Windows 11





Follow Up SD cards and phones

- Q&A last week
- Discussion on freeing up space on phones
 - idea floated about whether you can
 - move apps from internal storage to an SD card
 - freeing up space on internal storage
- Harvey mentioned he had read it is not a good idea
 - posted more details the next day to the Member Forum

Follow Up



Running apps from SD card not recommended

- Introduces performance & stability trade-offs
-  Drawbacks
 - slower speeds, stability issues & wear, feature loss
-  Best practices
 - use SD card for peripheral data
 - **internal Storage:** apps, keyboards, system-critical applications
 - **on SD Card:** media files, photo, documents
- Choosing the right card
 - if you **must** store apps on an SD card, use high-speed card
- Full posting:
 - <https://groups.google.com/g/opcug-member-forum/c/pxx20QLFW7o/m/C6763fzuAQAJ>
 - you must be a member of the forum to view
 - <https://opcug.ca/google-groups-how-to/>



What about Windows computers?

- Stewart posted reply to Harvey's posting:
 - if you plan on revisiting this topic next Q&A
 - might want to include reference to using an SD card for internal storage in Windows
 - same warnings as used for Android apply here

<https://www.thewindowsclub.com/how-to-use-sd-card-for-internal-storage-on-windows>

Follow Up

High endurance microSD cards

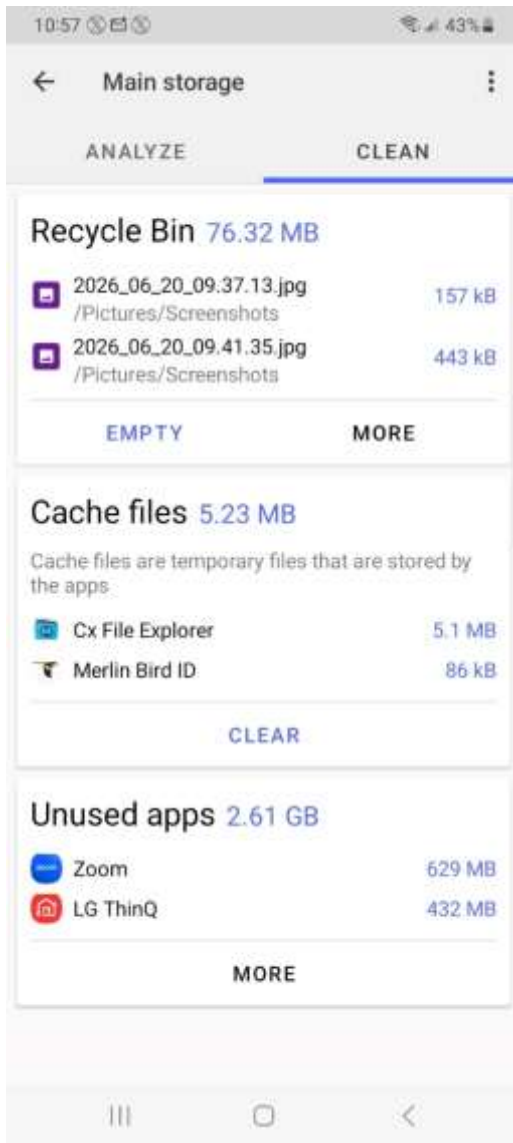
- For what it's worth some μ SD cards are made for dashcams, i.e., continuous writing 4K streams
 - <https://www.amazon.ca/s?k=dashcam+micro+sd+card+high+endurance>



- Soaring Skyway
 - *Look for SD cards with high endurance ratings supporting thousands of hours of continuous recording*
 - e.g. SanDisk 128GB MAX Endurance microSDXC Card
 - *supports up to 60,000 hours of Full HD recording*
 - **that's 6.8 years**
 - *keeping in mind 1 hour is, technically, up to 60,000 hours*
 - <https://soaringskyways.com/best-highendurance-sd-cards/>

Share

Freeing up disk space on an Android phone – Part 2



Used Cx File Explorer to:

1. Empty Recycle Bin
2. Empty (all) cache
3. Review/delete apps not recently used

Manual Methods



Long-press icon
(Select and hold down)

Displays pop-up context
menu with available
options



Remove the icon from being displayed on the page

Uninstall the program from the phone

Settings



Battery and device care

Storage • Memory • Device protection



Apps

Default apps • App settings



General management

Language and keyboard • Date and time



Accessibility

TalkBack • Mono audio • Assistant menu



Software update

Download and install



User manual

Learn more



Remote support

Remote support



About phone

Status • Legal information • Phone name

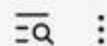


Developer options

Developer options



< Apps



Choose default apps

Choose which apps to use for making calls, sending messages, going to websites, and more.

Samsung app settings

Your apps



Android Auto

103 MB



Android Switch

55.06 MB



Android System Intelligence

246 MB



Android System Key Verifier

17.02 MB



Android System SafetyCore

28.13 MB



Android System WebView

272 MB

< App info



Android Auto
Installed

Privacy

Notifications

Blocked

Permissions

Calendar, Call logs, Contacts, Location, Microphone, Nearby devices, Phone and SMS

Remove permissions if app is unused



Defaults

Set as default

In this app

Usage

Mobile data

No data used

Battery

Used 0% since last full charge



Disable



Force stop



< App info



Merlin Bird ID
Installed

Privacy

Notifications
[Blocked](#)

Permissions
[Location and Microphone](#)

Screen time

Remove permissions if app is unused

Defaults

Set as default
[In this app](#)

Language
System default

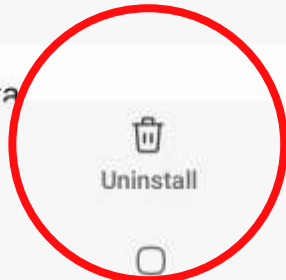
Usage

Mobile data

Open

Uninstall

Force stop



< App info

Defaults

Set as default

[In this app](#)

Language

System default

Usage

Mobile data

91.14 KB used since May 1

Battery

Used 0% since last full charge

Storage

used 1.28 GB in Internal storage

Change system settings

[Not allowed](#)

App details in store

App downloaded from Google Play Store



Open



Uninstall



Force stop



< Storage



Merlin Bird ID
3.12.1

Storage used

Internal shared storage

Change

Space used

App	314 MB
Data	0.91 GB
Cache	49.12 MB
Total	1.28 GB



Clear data



Clear cache

< Storage



Merlin Bird ID
3.12.1

Storage used


Internal shared storage

Change

Space used

App	314 MB
Data	0.91 GB
Cache	49.12 MB
Total	1.28 GB


Clear data


Clear cache



Explore Birds

All offline birds (350 birds)

Search



Cape May Warbler



Cerulean Warbler



Northern Parula



Magnolia Warbler



Bay-breasted Warbler



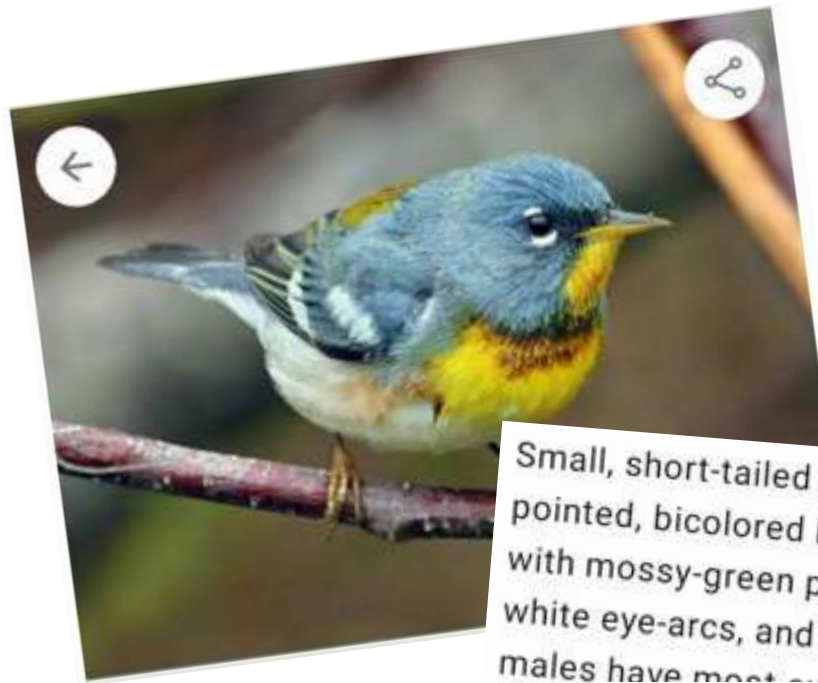
Blackburnian Warbler

Identify

Explore

Life List

Settings



Small, short-tailed warbler with a sharply pointed, bicolored bill. Blue-gray above with mossy-green patch on the back, white eye-arcs, and yellow breast. Adult males have most of the breast and belly yellow.

Range



Song

New York, United States
May 2020



Chip calls

Florida, United States
May 2018

Year-round Migration Breeding Nonbreeding

< Storage



Merlin Bird ID
3.12.1

Storage used

Internal shared storage

Change

Space used

App

314 MB

Data

0.91 GB

Cache

0 B

Total

1.23 GB

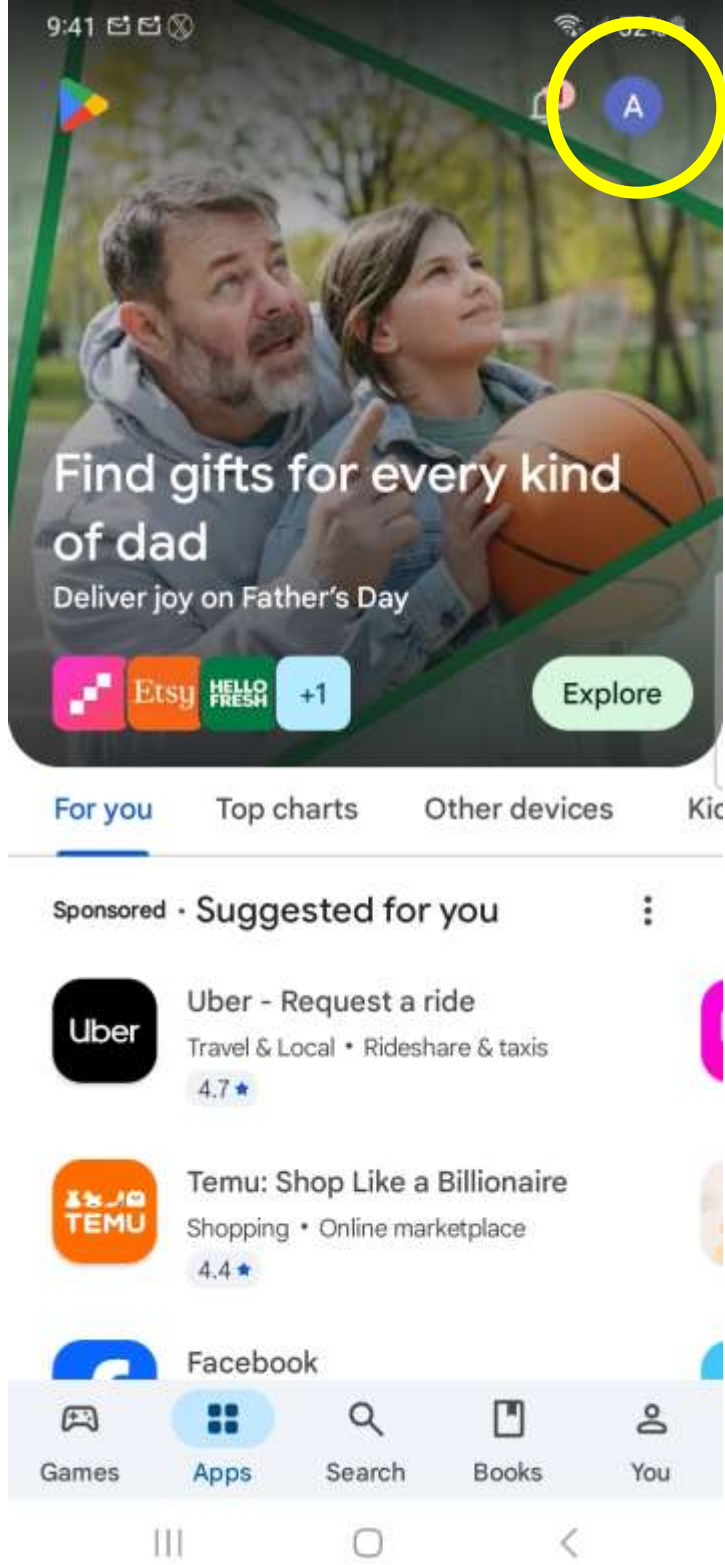


Clear data



Clear cache





← Notifications & offers



Get updates faster

Receive special offers, early access to new features, and updates. Stay informed with notifications and emails.

[Not now](#)

[Get notified](#)



Free up space

We found 12 apps you haven't used in a while. Removing them would give you 1.9 GB of storage space
2 weeks ago



[See unused apps](#)



Hi, Alan!


[Manage your Google Account](#)


Switch account 


More from Google Play

 **JiltedTenure42**
Google Play Games profile 

 **Manage apps & device**

 **Notifications & offers** 1

 **Payments & subscriptions**

 **Play Protect**

 **Library**


 **Play Pass**

 **Personalization in Play** 

← Manage apps & device

Overview

Manage

 No harmful apps found
Play Protect scanned yesterday

 Updates available
6 updates pending


[Update all](#) [See details](#)

 29 GB of 54 GB used



 Sync apps to devices
No devices synced

 Ratings & reviews

 Your contributions









Free up space

29 GB of 54 GB used



Apps (33)


Size


- 
Vivaldi Browser - Fast ...
 2.4 GB
- 
Merlin Bird ID by Cornel...
 1.3 GB • Last used 7 days ago
- 
MapFactor Navigator
 1.2 GB
- 
Google Photos
 770 MB
- 
LG ThinQ
 432 MB
- 
Discord - Talk, Play, Ha...
 330 MB
- 
Seek by iNaturalist
 328 MB
- 
WhatsApp Messenger




× 2 selected • 1.0 GB





 Google Photos
770 MB

 Shutdown (no Root)
224 kB


 Seek by iNaturalist
328 MB

 Shizuku
3.6 MB


 Seeing AI
265 MB

 Screenshot Easy
41 MB

 OldSchool Editor : Text ...
11 MB

 WiFi Analyzer (open-so...
4.3 MB

 LG ThinQ
432 MB

 eBird by Cornell Lab
101 MB

× 2 selected • 1.0 GB



 Google Photos
770 MB

 Shutdown (no Root)
224 kB


 Seek by iNaturalist
328 MB

Uninstall selected apps?

2 apps will be uninstalled from your device.

[Cancel](#) [Uninstall](#)

 OldSchool Editor : Text ...
11 MB

 WiFi Analyzer (open-so...
4.3 MB

 LG ThinQ
432 MB

 eBird by Cornell Lab
101 MB

Kal Somo DPCUC:

- I find that Malwarebytes has an "easy" button for cleaning an Android cell phone.
- I made the plunge with a subscription since they helped with my MAC as well.



Junk Cleaner for Android



<https://www.malwarebytes.com/blog/mobile/2026/06/your-phone-called-it-needs-a-cleanup>

Share

Transcribe audio to text



Vibe

- Free and open source: Windows, macOS, and Linux
 - no special hardware requirement
 - can take advantage of a GPU (NVIDIA, AMD, Apple)
- Transcribe from
 - local audio or video file
 - microphone or speaker input
 - direct from many websites such as YouTube and Facebook
 - uses ytdlp (installed by Vibe) to download from websites

<https://thewh1teagle.github.io/vibe/>

Kevin Stratvert video: https://www.youtube.com/watch?v=FhDf_3K1PFA

Share

How Vibe works



Vibe

- Uses Ollama local AI to transcribe any amount of text
 - installed by Vibe: requires ~2 GB space on your computer
 - nothing ever leaves your computer
 - uses OpenAI's *Whisper* AI model for transcription
- Supports input in 100 languages
- Output in multiple formats
 - including plain text, PDF, Word .docx, html
- Optional
 - translate output to English
 - I had very poor results
 - may be best to use a different tool to translate output
 - detect & label different speakers (slow & resource intensive)
 - summarize: uses Claude AI & requires a Claude API key (\$\$)
 - maybe use any AI to do the summary of output from Vibe for free

Share

Some other options to transcribe audio files

- Webinar: Automating Oral History: Best Tools for Transcribing Audio
 - recording is available for free for the next week
 - <https://familytreewebinars.com/>
- Microsoft 365 subscribers can use Word to transcribe audio files
 - Home tab > Dictate section > Transcribe > Upload audio
 - will upload your audio file to OneDrive to do transcription
- Notebook LM
 - <https://notebooklm.google/>
 - create new notebook > upload files > “transcribe the audio file”



Transfer E-mail contacts from Sympatico to Gmail

- I am moving to Alberta which does not have Bell service
- I will not be able to continue using Sympatico
- I think I should get a Gmail account
- How can I transfer my email addresses before I leave Ontario?



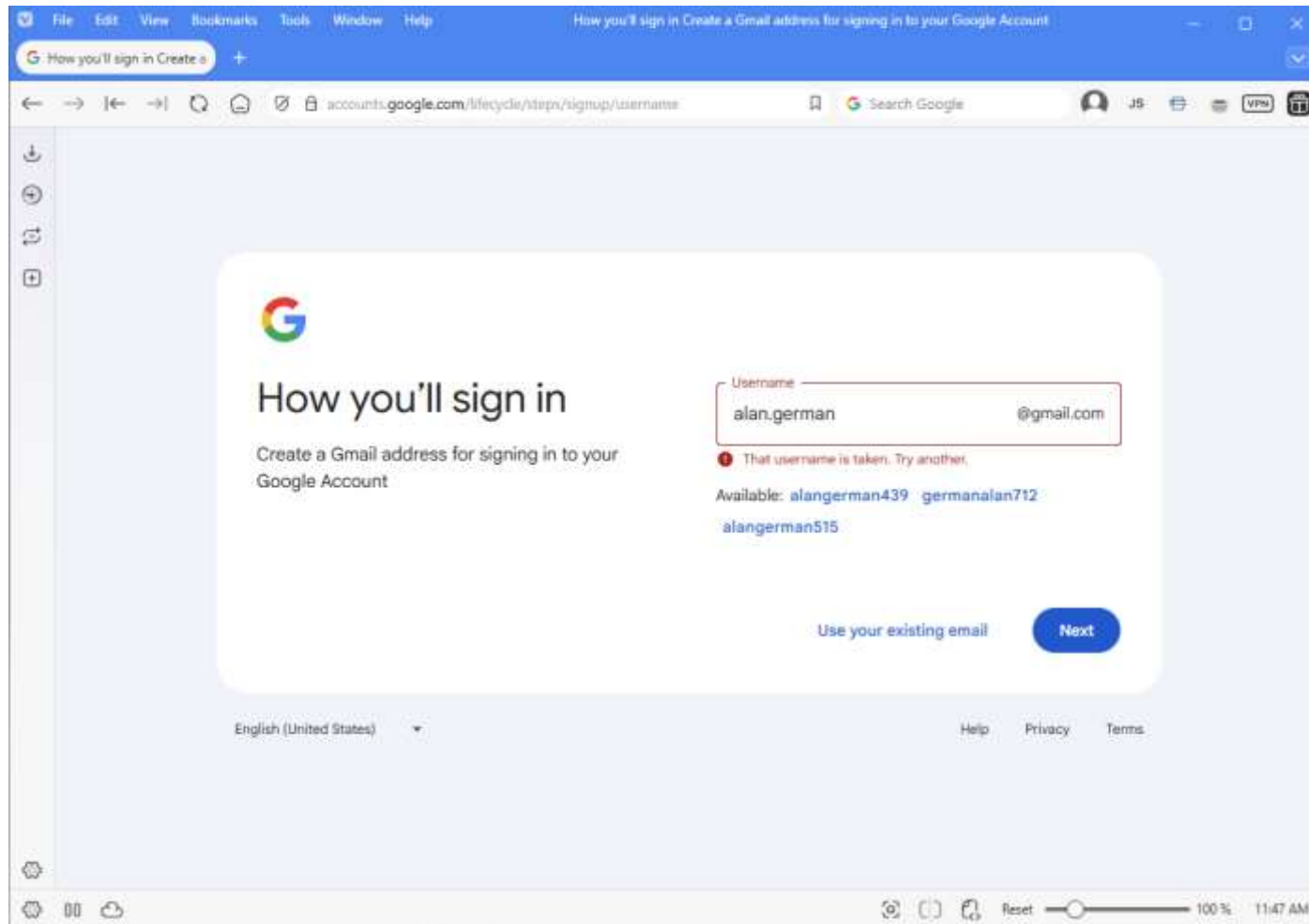


Setup a Gmail account and Export Contacts

- Create a Google account/Gmail address with a unique *username*(@gmail.com) and *password*
- Sympatico addresses are being phased out
- New accounts are at bell.net
- Either system allows Email contacts to be exported
- CSV or vCard file as output
- Import contact file to Gmail



Setup a Gmail account



<https://accounts.google.com/>

- Gmail has been around for a long time
- All the good addresses (and some not so good) have already been taken
- Suggestions from Google usually involve a number; e.g. AlanGerman439, germana515, etc.
- Any unique username may be used so you can be creative, e.g. alanthelinuxguy@gmail.com
- Identify a username(@gmail.com) that makes sense to you (and is available)
- Identify a password to be associated with the username
- Setup a Google account (Gmail address)

File Edit View Bookmarks Tools Window Help Bell Inbox (0)

Bell Bell Inbox (0)

webmail.bell.net/bell/index-rui.jsp Search DuckDuckGo JS

Bell Mail Contacts Calendar Tasks Welcome Alan Help

Search Inbox

Compose Move to More

My account

- Inbox
- Drafts
- Sent
- Junk
- Deleted
- My folders

Inbox

Older

<input type="checkbox"/>	Alan	06/23/2023
<input type="checkbox"/>	Re: Test	

Select an email message to view

Login to Bell/Sympatico's mail server

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8:57 AM

File Edit View Bookmarks Tools Window Help Bell Inbox (0)

Bell Bell Inbox (0) +

webmail.bell.net/bell/index-rui.jsp Search DuckDuckGo JS

Bell Mail **Contacts** Calendar Tasks Welcome Alan ? Help

Search Inbox Compose Move to More

My account

- Inbox
- Drafts
- Sent
- Junk
- Deleted
- My folders

Inbox

Older

<input type="checkbox"/>	Alan	06/23/2023
<input type="checkbox"/>	Re: Test	

Select an email message to view

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8:57 AM

Search contacts + New More

My contacts			Main	↑↓	👤
👤 Main	0	<input type="checkbox"/>	G		
🗑️ Trash	0	<input type="checkbox"/>	German, Alan alan.german@opcug.ca		
📄 Collected addresses	0	<input type="checkbox"/>	T		
		<input type="checkbox"/>	Taylor, Chris chris.taylor@opcug.ca		

Search contacts [magnifying glass] [refresh] + New [dropdown] More [dropdown]

My contacts		2	Main	↑↓	👤
👤 Main	2	G	<input checked="" type="checkbox"/> German, Alan alan.german@opcug.ca		
🗑️ Trash	0	T	<input checked="" type="checkbox"/> Taylor, Chris chris.taylor@opcug.ca		
📄 Collected addresses	0				

Search contacts [magnifying glass icon] + New More

My contacts		2		
Main	2	G		
Trash	0	German, Alan	alan.german@	
Collected addresses	0	T		
		Taylor, Chris	chris.taylor@	

- Send as vCard
- Import contacts
- Export contacts**
- Delete
- Send mail
- Move to
- Print contact

File Edit View Bookmarks Tools Window Help Bell Contacts

Bell Bell Contacts +

webmail.bell.net/bell/index-rui.jsp Search DuckDuckGo JS

Bell Mail

Search contacts

My contacts

- Main
- Trash
- Collected addresses

alan.german@opcug.ca

T

Taylor, Chris
chris.taylor@opcug.ca

2 contacts

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00 100% 8:59 AM

Export contacts

! Are you sure you want to export all the contacts in the address book?

Yes No

File Edit View Bookmarks Tools Window Help Bell Contacts

Bell Bell Contacts +

webmail.bell.net/bell/index-rui.jsp Search DuckDuckGo JS

Export contacts

File name

bell-contacts|

Export type

CSV

vCard

Reset Submit Cancel

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8:59 AM

File Edit View Bookmarks Tools Window Help Bell Contacts

Bell Bell Contacts +

webmail.bell.net/bell/index-rui.jsp Search DuckDuckGo JS

Bell Mail Contact Welcome Alan Help

Search contacts

My contacts

- Main
- Trash
- Collected addresses

Download "bell-contacts.csv"?

File Name: bell-contacts.csv
File Size: 1.68 kB
Host: webmail.bell.net
Location: D:\original

Always Save Files to Default Download Location

Save Save As... Open Cancel

<input checked="" type="checkbox"/>	German, Alan
	alan.german@opcug.ca
	T
<input checked="" type="checkbox"/>	Taylor, Chris
	chris.taylor@opcug.ca

2 contacts

[Privacy](#) | [Legal & Regulatory](#) | [Feedback](#) © Bell Canada, 2026. All rights reserved.

Reset 100% 9:00 AM

Clipboard

Paste

Clipboard icons: Paste, Copy, Cut, Format Painter

Font

Calibri 11

B I U A A

Font icons: Bold, Italic, Underline, Text Color, Background Color

Alignment

Number

Alignment icons: Center, Left, Right, Justify, Indent, Decrease Indent, Increase Indent

Number icon: Percentage

Styles

Conditional Formatting

Format as Table

Cell Styles

Cells

Cells icon: Insert Rows/Columns

Editing

Editing icon: Find & Replace

Add-ins

Add-ins icon: Office Add-ins

F1 Company

	A	B	C	D	E	BF	BG	BH	BI	BJ	BK	BL
1	Title	First Name	Middle Na	Last Name	Suffix	E-mail Add	E-mail Typ	E-mail Dis	E-mail 2 Ac	E-mail 2 Ty	E-mail 2 Di	E-mail 3 Ac
2		Chris		Taylor		chris.taylor@opcug.ca						
3		Alan		German		alan.german@opcug.ca						
4												
5												
6												
7												
8												
9												
10												
11												

Google Account

Login to Google (NOT Gmail !)

- Home
- Wallet & subscriptions
- Personal info
- Security & sign-in
- Google password
- Linked apps
- Data & privacy
- People & sharing**



Alan German
alan.german@opcug.ca

Search Google Account

Only you can see your settings. You might also want to review your settings for Maps, Search, or whichever Google services you use most. Google keeps your data private, safe, and secure. [Learn more](#)

Google Account

Search Google Account






- Home
- Wallet & subscriptions
- Personal info
- Security & sign-in
- Google password
- Linked apps
- Data & privacy
- People & sharing


People & sharing

Contacts

Organize your Google contacts so you can connect with people on Google services, like Gmail

 **Contacts**
No contacts yet, but some contact info saved for autocomplete suggestions 

 **Contact info saved from interactions**
 On

 **Contact info from your devices**
 Off

 **Blocked**
No blocked users

+ Create contact

Contacts

Frequent

Other contacts ⓘ

Fix & manage

Merge & fix

Import

Trash

Labels +

Contacts (0)



No contacts yet

Create contact

Import contacts

Contacts

Search

+ Create contact

Contacts

Frequent

Other contacts

Fix & manage

Merge & fix

Import

Trash

Labels

Import contacts

To get started, select a file.
Use a CSV or vCard format or our [template](#).

Select file

Trying to backup your mobile contacts? [Here is how to sync them.](#)

Cancel Import

Contacts

Search

+ Create contact

Contacts

Frequent

Other contacts

Fix & manage

Merge & fix

Import

Trash

Labels

Import contacts

To get started, select a file.
Use a CSV or vCard format or our [template](#).

✓ bell-contacts.csv ✕

File successfully uploaded. Click Import below to start importing.

Optional: + Label






Cancel Import

+ Create contact

- Contacts 2
- Frequent
- Other contacts ⓘ
- Fix & manage
 - Merge & fix
 - Import
 - Trash
- Labels +

Now that you've imported, would you like to look for duplicates? [Dismiss](#) [Find duplicates](#)

Imported on 7/3 (2)

Name	Email			
 Alan German	alan.german@opcug.ca			
 Chris Taylor	chris.taylor@opcug.ca			

All done ✕

bell-contacts.csv [Undo](#)



Autofilled passwords

- Something is logging me off the Globe and Mail when I leave the site, then logging me back in the next time I go on
- The Globe says it is my browser (Firefox)
- I have unchecked "*Save & autofill user names and passwords*"
- I have and added the Globe to a "*list of managed password exceptions*"
- None of this helps
- I'm concerned because my credit card information is entered in that site as I am billed every month.

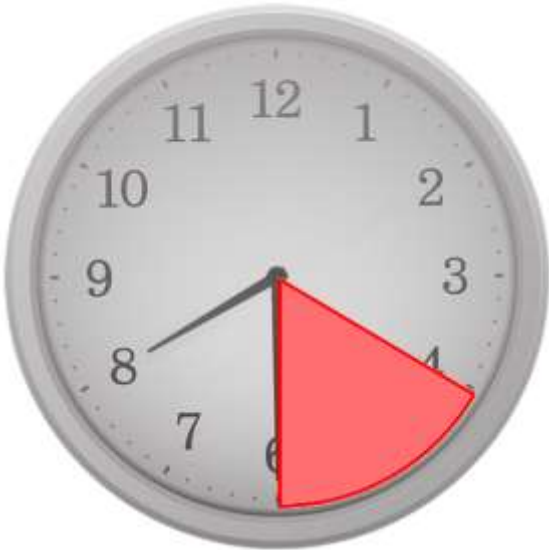


Cached Data

- The logon credentials have likely been cached by Firefox
- The browser is using the stored information even though saving the data for the newspaper has been disabled for the future
- Navigate to *Settings > History > Clear recent history*
- Clear *Cookies and site data*
- Personally, I frequently check all the categories, select *When = Everything*, and press *Clear*. This means that I have to re-establish any userids and passwords that I store for non-critical websites but it gives me a clean sheet to start again.



Any other:
Questions
Comments
Shares?



Armchair Travel: Newfoundland

Lynda Buske

Carlingwood, Monday Jul 13, 2026 at 5:00pm

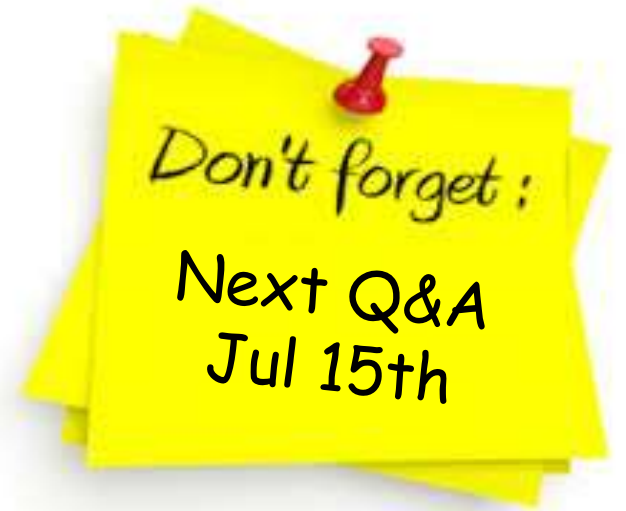
Cancelled due to flooding

Quick PC Tips

Chris Taylor

Carlingwood, Monday Jul 20, 2026 at 6:00pm

<https://booking.biblioottawalibrary.ca/en/program?text=ottawa+pc>



Send your questions,
answers, and topics
you wish to share to:

SuggestionBox@opcug.ca