



Alan German & Chris Taylor
Ottawa PC Users' Group

August 19, 2026

Follow Up Converting VHS to digital

- Asked at 2026-08-12 Q&A
- David showed box of a hardware product
 - Natalie looked up the product online
 - reviews indicated it didn't work with Windows 10
 - David checked box: it works with Windows 8
- David later emailed SuggestionBox@opcug.ca
 - Amazon has a lot of them & pointed to one (only \$11!)
 - <https://www.amazon.ca/Video-Capture-Digital-Converter-Convert/dp/B0GJCZ743Y/>

Thanks to David and Natalie!



Follow Up Ottawa Public Library?

- At the August 12th Q&A
- Mention of OPL Beaverbrook branch's *Digitization Lab*
 - with equipment that could be used to convert VHS to digital
- Unfortunately
 - *The Digitization Lab at the Beaverbrook Branch is currently unavailable until further notice*
- Cumberland branch has
 - VHS conversion station: DVD recorder and VCR
 - can convert VHS to DVD
 - ***Apologies this item is currently out of order***
- By the way...
 - all equipment available at the Ottawa Public Library
 - <https://booking.biblioottawalibrary.ca/en/equipment>



3D Printing

A while ago there was some buzz in our community about 3D printing so here are some online resources I came across:

Printables

Highly moderated library and each file can be verified with a "print it" badge from other users who have actually used the file. About 1.5 million files, all free.

<https://www.printables.com/>

Makerworld

From the Bambu Lab printer manufacturer with no paid tier to access the library.

<https://makerworld.com/en>



3D Printing

Thingiverse

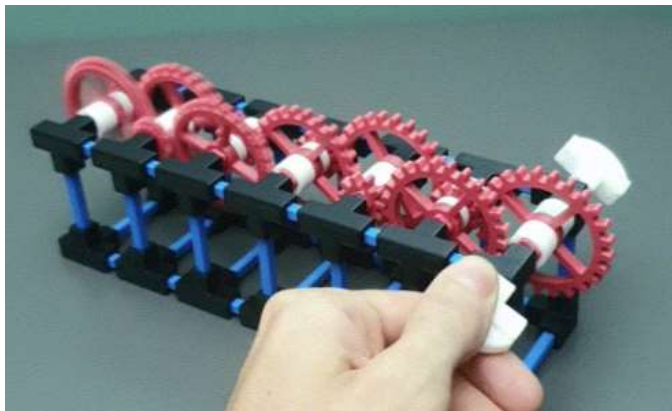
All free, over 6 million files, this is supposed to be the oldest site around. Lots of thingies to print.

<https://www.thingiverse.com/>

Thangs

This site indexes stuff by shape rather than name. Hard to explain. Try it for free.

<https://thangs.com/>



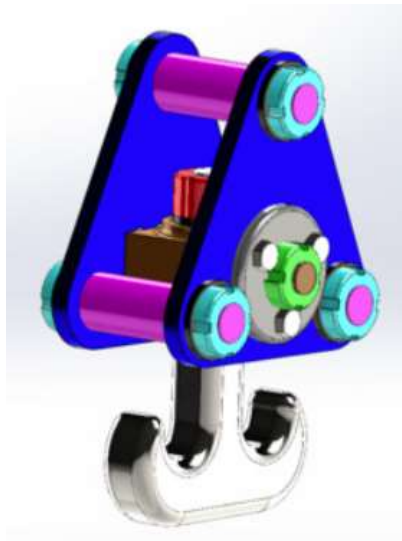


3D Printing

Grabcad

Over 5 million files, started by engineers as a place to store CAD files so the site has remained a tad technical and not beginner friendly. All free tho'. Very useful when you need something to actually work.

<https://grabcad.com/library>



Follow Up

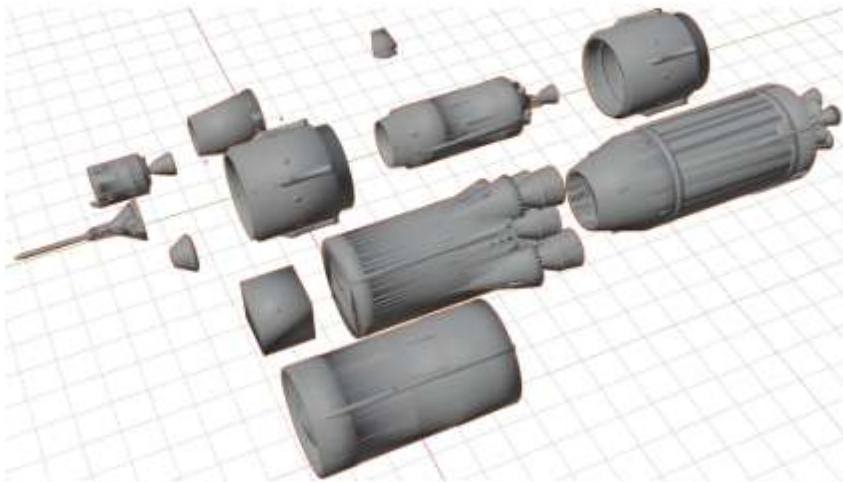
3D Printing

NASA

Nasa's collection of space craft, probes, lunar landing sites and other stuff. All Free!

<https://science.nasa.gov/3d-resources/>

Saturn V Rocket



Advanced Crew Escape Suit





3D Printing

- In addition to the above resources it might be wise to check what sort of filament material you intend to use for anything that may come into contact with skin
- Some folk are printing their own watchbands, hairbands, even things to be used in piercings and there is concern over carcinogenic filament material
- This article is almost an advertisement for Google's non-carcinogenic watchband but it makes the point about being careful selecting what we wear:

<https://mobilesyrup.com/2026/08/14/google-pixel-watch-5-band-carcinogenic-material/>



MailStore Home, lots of email, & exporting

- Q&A 2026-05-27
 - https://opcug.ca/qa_recordings/20260527_PowerPoint.pdf
- Using MailStore Home to
 1. archive emails from multiple sources (email providers)
 2. read, print, search, etc. across entire archive
 3. copy email to a different mail server
 - fantastic means of keeping all your email if you change ISP or email provider
- First two above work great!
- Third...well, there is a wrinkle
 - when you have many thousands of emails to copy to a new server



[Share](#) **MailStore Home**

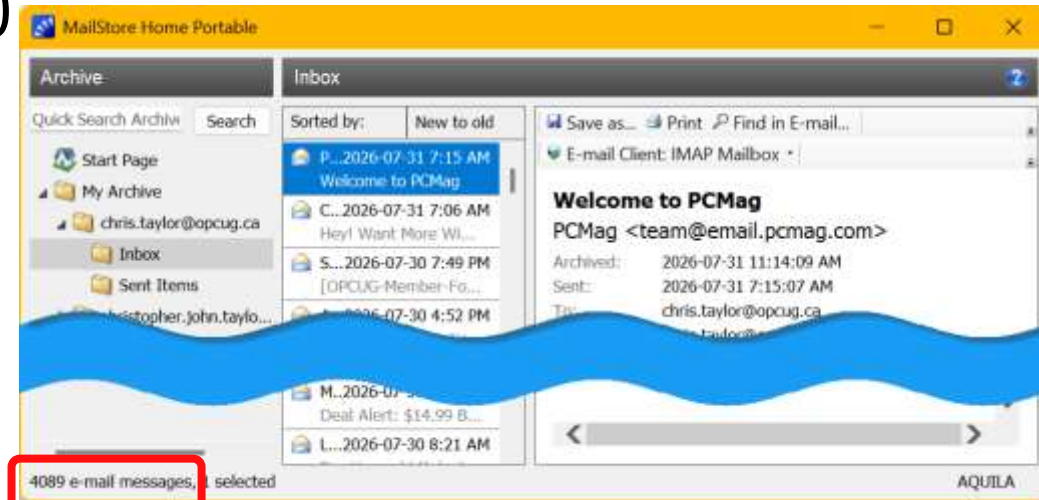
- What if you could ...
 - archive **all** your email from **multiple email providers**?
 - major mail providers directly
 - any mail provider supporting POP or IMAP
 - mail clients Outlook, Thunderbird, & SeaMonkey
 - Exchange Server
 - PST, EML/MSG, & MBOX files
 - access archived emails for reading & printing and access all file attachments just as if you were accessing the live mailbox?
 - search your archived emails across all mailboxes?
 - including wildcards * & ?, exclusions, phrases, and in attachments
 - restore missing or corrupted emails in your original email store from your archive?
 - **easily move email from one email provider to another?**
 - use as a regular installable program or portable app?
- And do it all for free???

<https://www.mailstore.com/en/products/mailstore-home/>



Too many emails

- When exporting emails from a MailStore Home archive
- If total number of emails in selected folder...*and any subfolders*...exceeds ~ 2,000
 - don't know exact number that triggers a failure
- When exporting to a different mail server
 - at some point: “time out” failure that does not recover

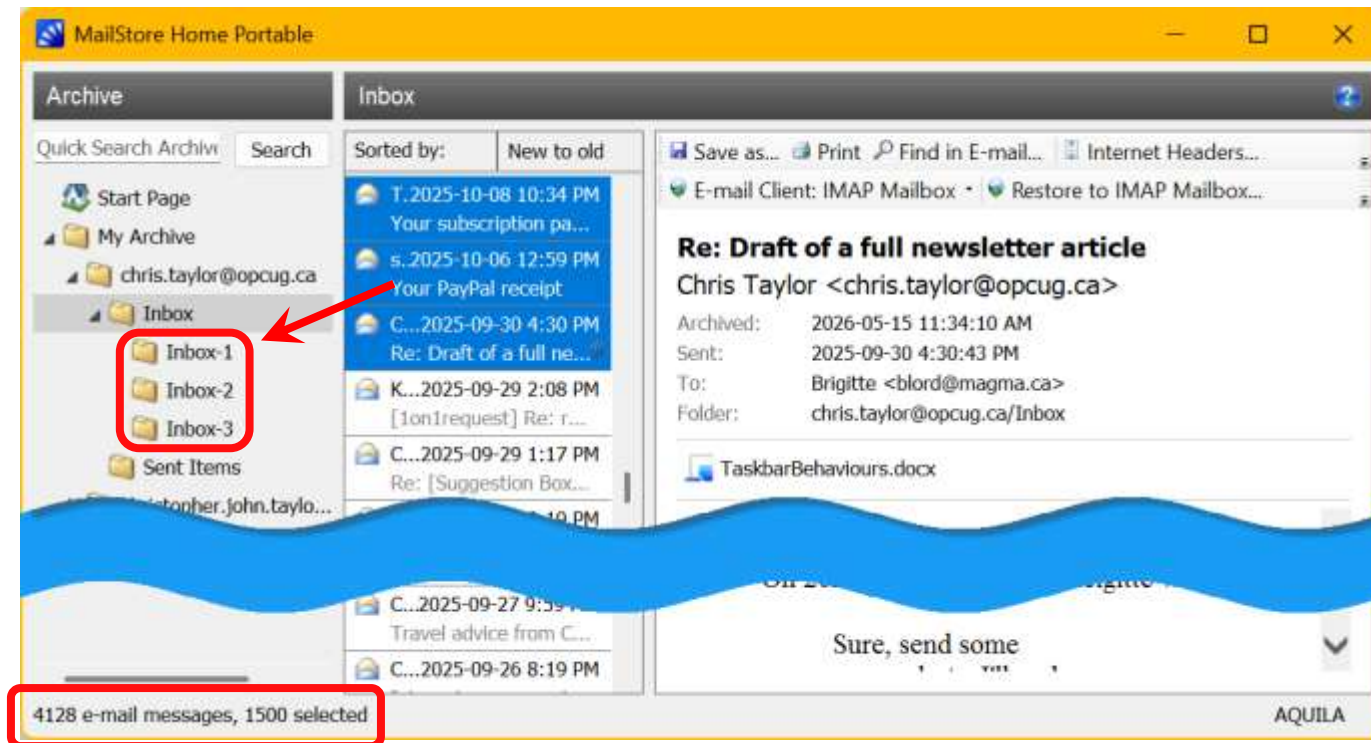




Workaround

step 1: divvy up emails

- Export less than 2,000 emails at a time
 - create temporary empty folders in MailStore archive
 - select batches of less than 2,000 emails
 - drag & drop to move emails to temporary folders
 - rinse & repeat until all emails moved

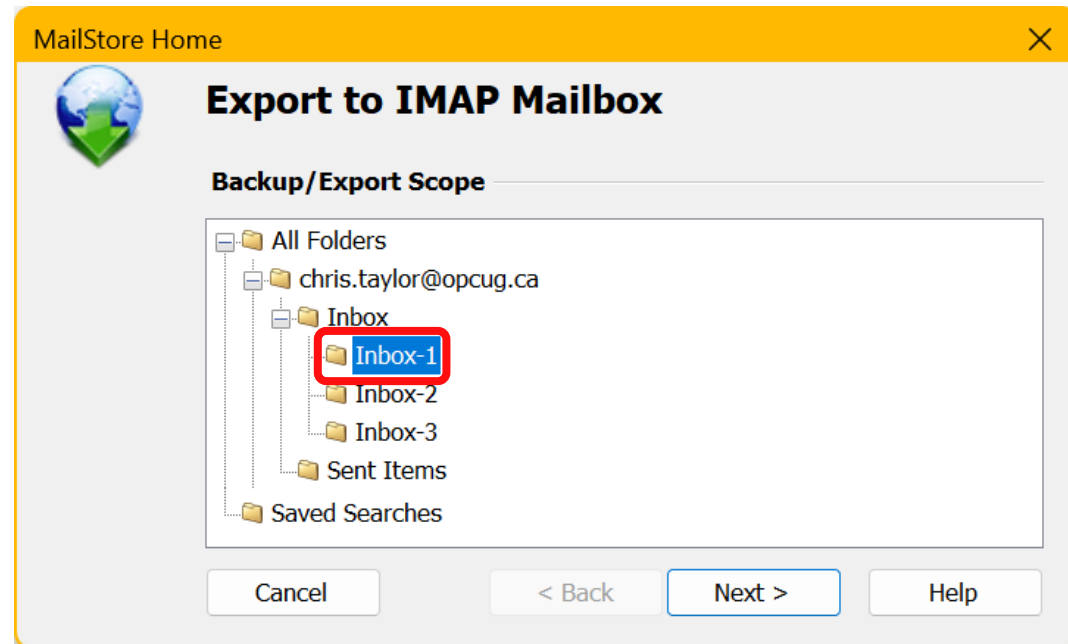




Workaround

step 2: create/run export jobs

- Create an export job and select one folder
 - making sure you have less than 2,000 emails
- Run the export job
 - emails will be copied to mail server
- Edit the export job
 - select the next folder
 - run the export job
 - rinse & repeat
- Once all emails exported
 - optionally move emails back to single folder on destination mail server



UPDATE



Other solutions



- Keep your mailbox at less than 2,000 emails
- Don't bother exporting email to a different mail server
 - just keep the archive in MailStore
 - read, print, search, etc. from there
 - only downsides:
 - you can't reply to emails
 - archive exists on a single computer...although
 - if you use a portable installation of MailStore
 - can copy the entire MailStore folder structure
 - run the program on any computer & access the archive



Loonie Links

Privacy Lawyer



- David Fraser
- Careful comment about digital privacy aspects of federal and provincial parliamentary bills, acts, testimony, etc.
- Public legal education, not legal advice
- *"Award-winning info about Canadian privacy and tech law from Canadian privacy lawyer David Fraser. Seriously, I won a Canadian Law Blog Award (Clawbie!) in 2023 for this channel."*

<https://www.youtube.com/@privacylawyer>

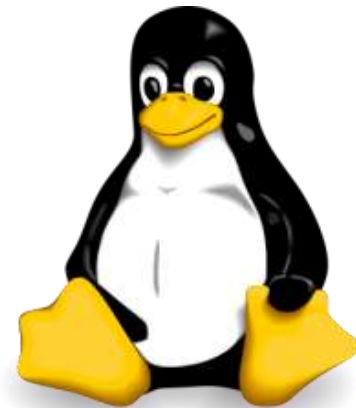
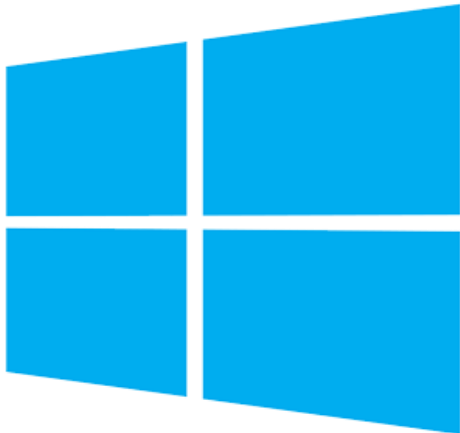
tOM Trottier

Share

Favourite Apps

- Useful apps for PC's, smartphones and tablets
- What is your favourite?

SuggestionBox@opcug.ca



Share

The Sponge



- This app brings gameification to cleaning up your photo gallery. Or, a dating experience. Swipe left, anyone?
- That is how you clean up your gallery
- The free app lets you organize photos by month and the paid version gives more options
- Then it lets you pick the ones you'd like to have dinner with!
- If you can't get through it all, Sponge will remember where you left off whenever you get back to work
- Available for IOS & Android, free & paid (6.99/3 months or 14.99 lifetime)

<https://apps.apple.com/ca/app/sponge-gallery-cleaner/id6738958624>

<https://play.google.com/store/apps/details?id=com.prismtree.sponge>

Stewart Bruce

Share

Inviska Rename

- File renaming utility
- Free and open source
- GPL-2.0
- Mirosław Żylewicz
- June, 2022
- Download from GitHub
- InviskaRename12_x86.7z
- Portable exe file (no installation)



<https://github.com/miroslaw-zylewicz/InviskaRename>

Inviska Rename

File

Navigation

Tags

Bookmarks

Renames

Help

←

→

↑

Computer

Current Name

Windows 10 (C:)

DataDisk (D:)

20GB-NTFS (S:)

Preview

Windows 10 (C:)

DataDisk (D:)

20GB-NTFS (S:)

Name

Extension

Numbering

☐ Replace Name With

Change Case

No Change

☐ Replace The Text

With

☐ Insert The Text

At Position

☐ Insert At Start

☐ Insert At End

☐ Crop At Position

The Next N Characters

☐ Left Crop N Characters

☐ Right Crop N Characters

Rename

☒ Files Only

☐ Folders Only

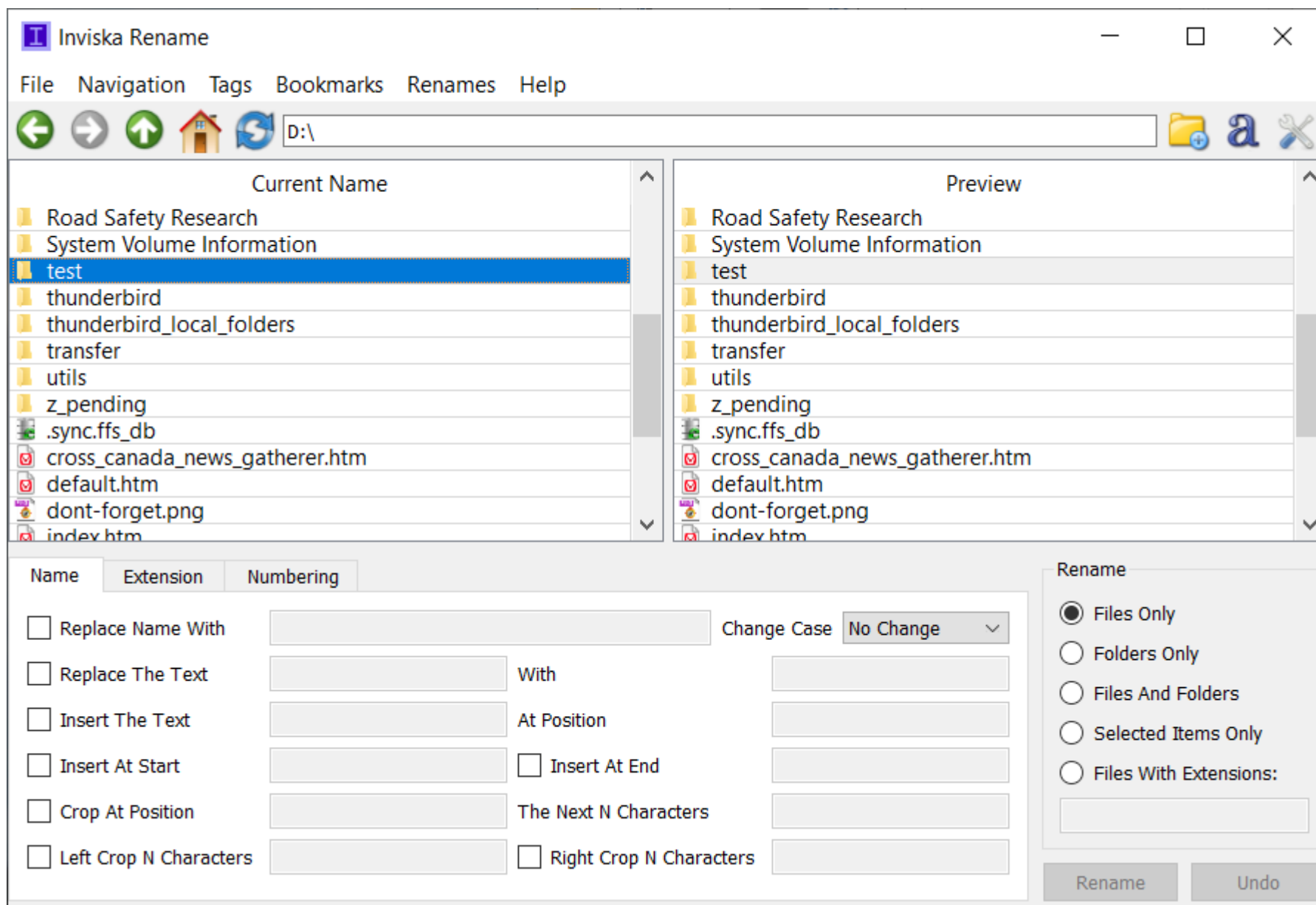
☐ Files And Folders

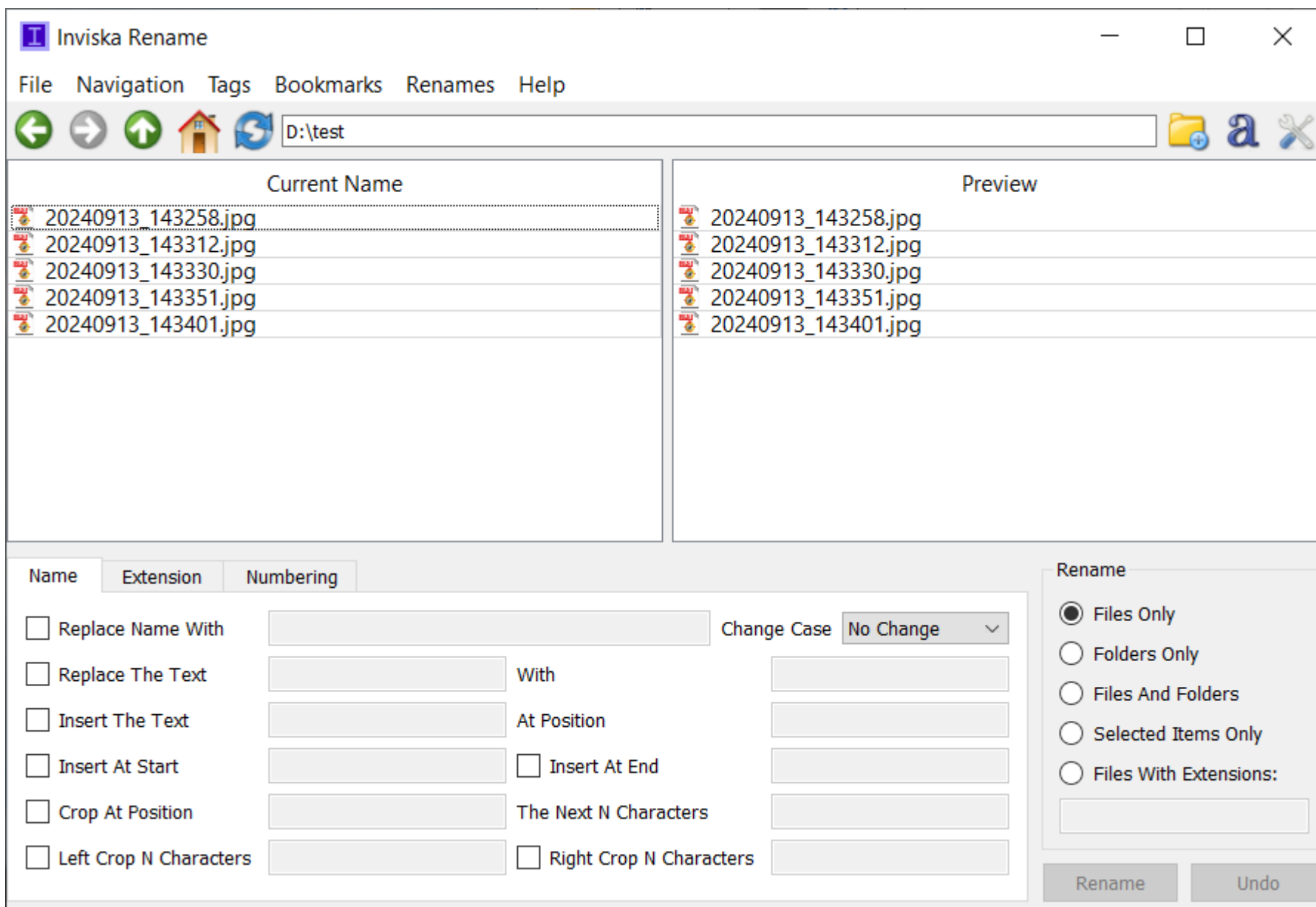
☐ Selected Items Only

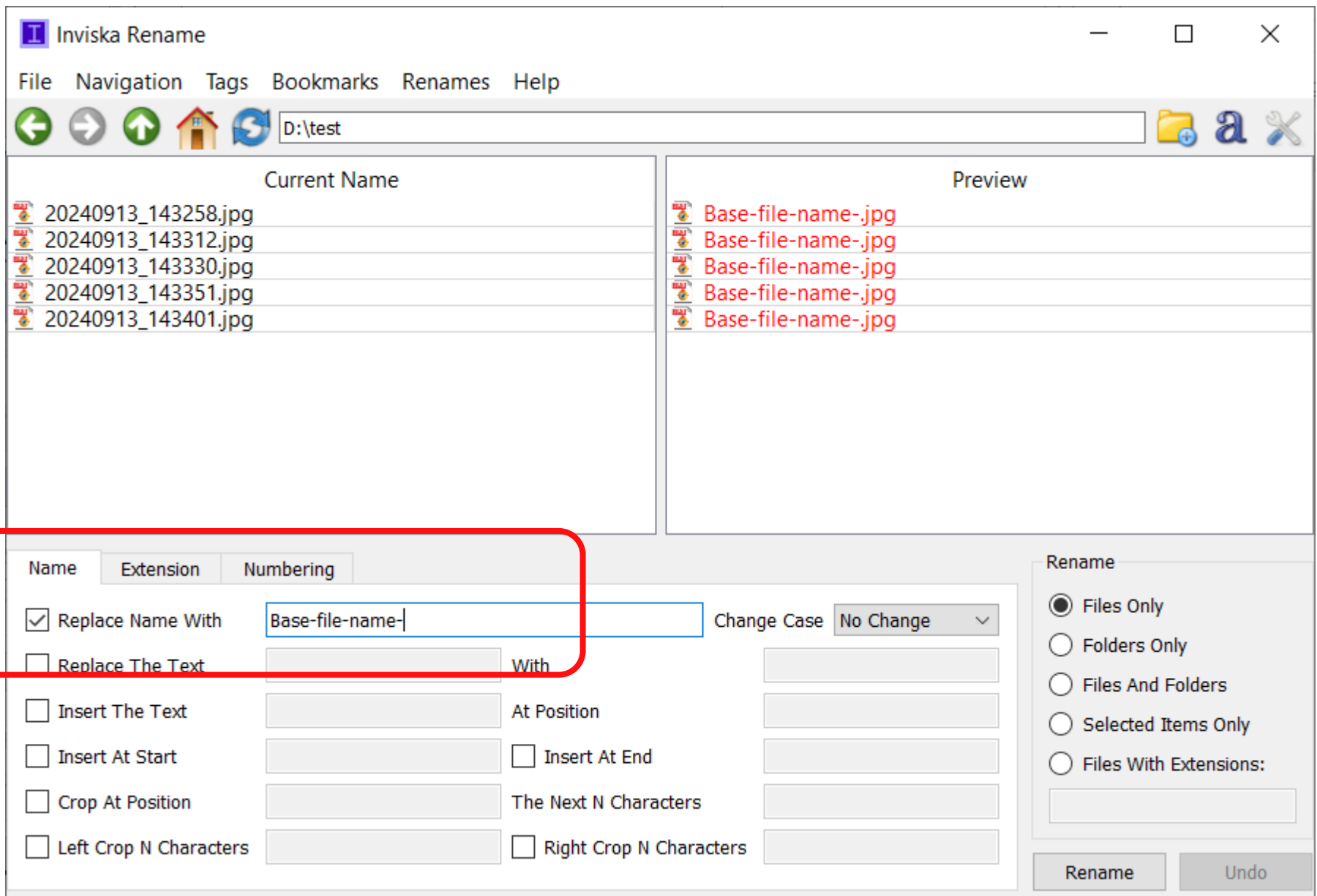
☐ Files With Extensions:

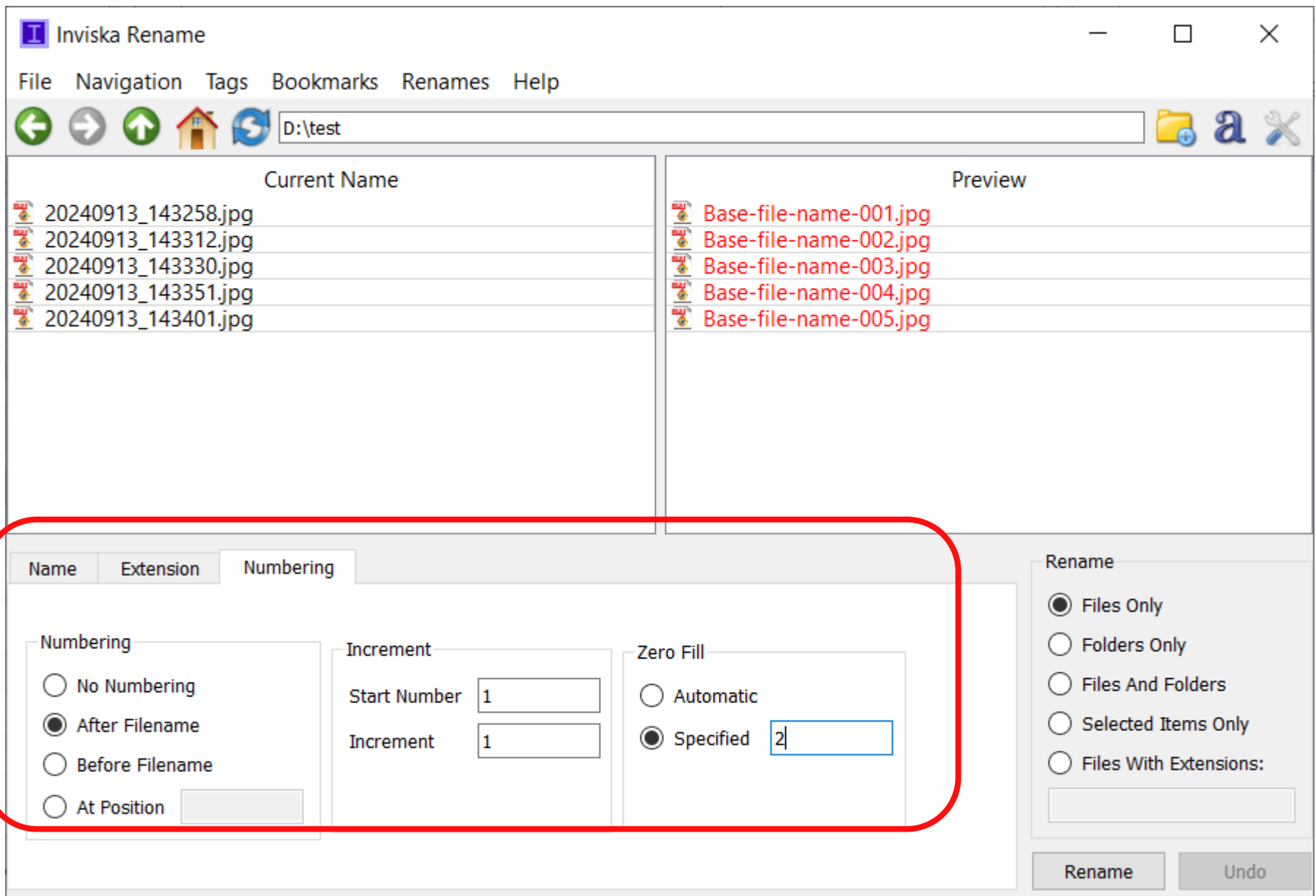
Rename

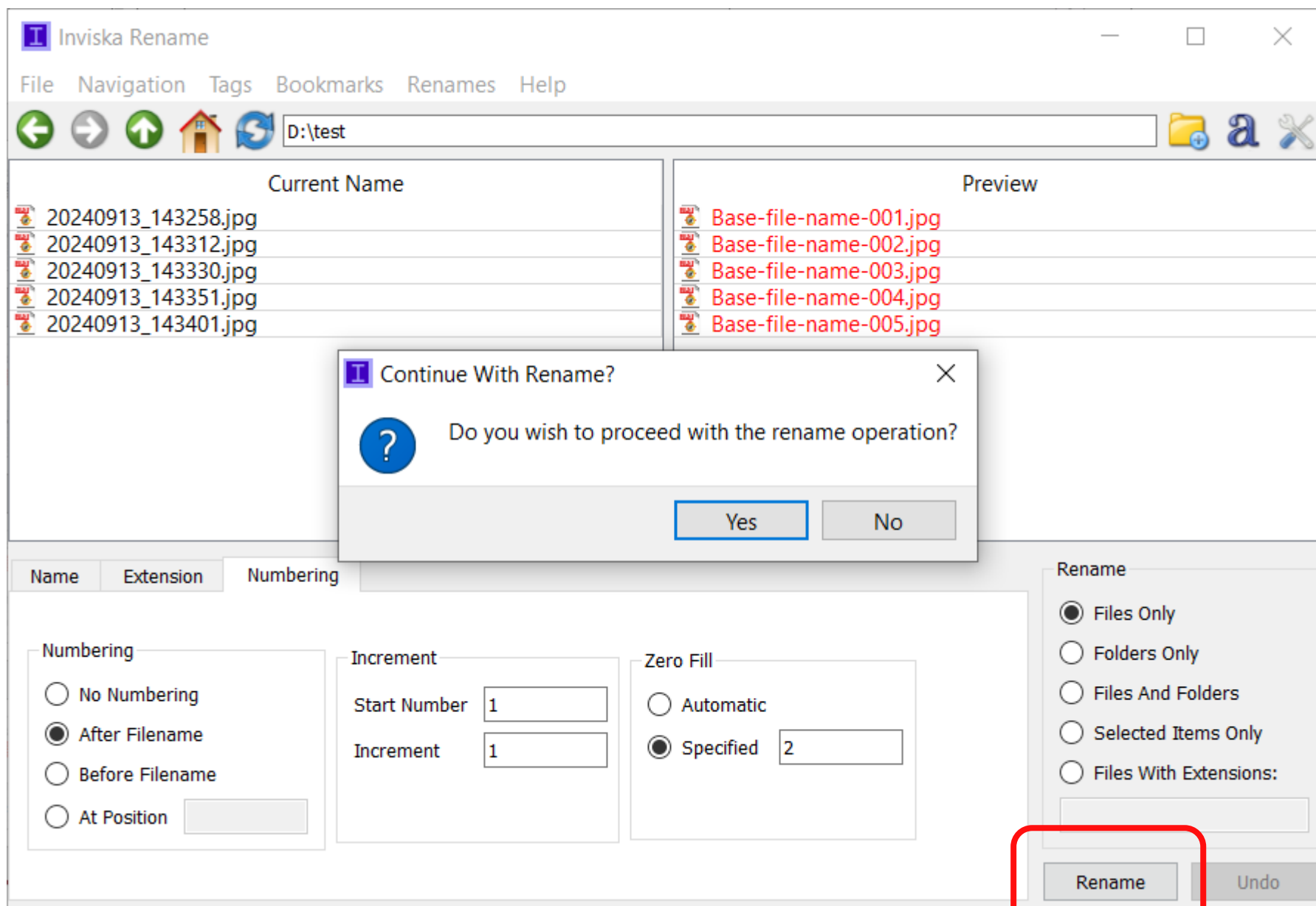
Undo











D:\test

File

Home

Share

View

Pin to Quick access

Copy

Paste

Cut

Copy path

Paste shortcut

Move to

Copy to

Delete

Rename

New folder

Properties

Select all

Select none

Invert selection

Clipboard

Organize

New

Open

Select

←

→

⌵

⬆

This PC > DataDisk (D:) > test

↻

Search test

🔍

presentations

TDW-Ivan

UpdateContacts

Dropbox

OneDrive

OneDrive - Personal

This PC

3D Objects

Desktop

Documents

5 items

Name

Date modified

Size

Base-file-name-001.jpg

2024-09-13 2:32 PM

4,076 KB

Base-file-name-002.jpg

2024-09-13 2:33 PM

3,133 KB

Base-file-name-003.jpg

2024-09-13 2:33 PM

2,977 KB

Base-file-name-004.jpg

2024-09-13 2:33 PM

2,639 KB

Base-file-name-005.jpg

2024-09-13 2:34 PM

2,582 KB

Share

Make AI sound less...AI

- When creating text with AI
 - may sound like *AI slop*
 - low-effort, mass-produced, generic, repetitive, nonsensical, sensational, filled with emotional bait
- Can it be avoided?
- Maybe...



Share

Add instructions to AI prompt

- Pia Szabo on Twitter (@0xPia)
 - a simple prompt that eliminates most signs of AI writing
 - upload it before every conversation
 - or add it to your LLM's instruction file: e.g. Perplexity.AI:
 - click profile > *All settings* > *Personalization* > *Custom instructions*
- *No antithesis. No corrective negation. No paragraph pinning. No parataxis. No summary beats. No rhetorical crutches. No negative parallelisms. No negative anaphoras. No contrasting pairs. No rule of three. No em dashes. No throat-clearing openers. No landing sentences. No setup/payoff constructions. No parallel sentence structures within a paragraph. Vary sentence length unpredictably. No stacked noun phrases. No filler intensifiers (genuinely, really, truly, actually). No corporate-register verbs (leverage, underscore, reflect). No nominalization. No hedging qualifiers. Write for the spoken voice. No performed enthusiasm.*

Share

Other ideas to add to prompt

- If you know a good writer with a large body of work you like
 - *Your response should be in the style of [author]*
- *Adhere to ADS-STE100 Simplified Technical English*
 - controlled form of English for writing clear, consistent, easily translated technical documentation
- *And none of that ai writing nonsense*
- *Avoid all AI-tells*
- *Write it in human voice*

Share

Other ideas

- Tongue in cheek ideas...perhaps
 - you could just write it yourself
 - add *write like Genghis Khan*
 - *No words. No letters. No punctuation. No Altman. No nothing. Just don't.*
- Run AI output through Pangram
 - Pangram claims
 - *An AI detector that actually works*
 - *Detect AI-generated content with 99.98% accuracy*
 - *Trusted by universities, schools, and enterprises worldwide*
 - free accounts:
 - 2,000 words per day
 - 3 images per day
 - <https://www.pangram.com/>

Pangram doesn't give advice on how to make output look less like AI

Share

Pangram text example

Story created by Microsoft Copilot

- *Create a storyline for a children's bedtime story about a handsome prince who saves a fair maiden who has been held by an evil dragon. Both are very strong characters, and they work together to get free.*

The screenshot displays the Pangram web application interface. At the top, the Pangram logo is visible alongside a 'Get \$10' offer and a 'Credits: 15 left' indicator. A 'Unlock Free Trial' button is also present. The main content area shows a story titled 'The Prince, the Maiden, and the Dragon's Tower' with a date of 'August 2 2026' and a word count of '445 words'. The story text is displayed in a light blue font, with some words highlighted in pink. An 'AI Highlight' button is visible next to the text. On the right side, a sidebar shows the 'Overview' tab selected, displaying an 'AI Generated' badge with '445 words scanned' and a statement: 'We believe that this entire text is AI.' Below this, a large orange circular progress indicator shows '100%' with the text 'of this text is AI'. At the bottom of the sidebar, there is a feedback prompt: 'Was this result helpful?' with thumbs up and down icons.

Pangram. + Get \$10 Credits: 15 left Unlock Free Trial Share Private

The Prince, the Maiden, and the Dragon's Tower AI

August 2 2026 · 445 words

AI Highlight

The Prince, the Maiden, and the Dragon's Tower

Long ago, in a kingdom surrounded by silver rivers and golden fields, there stood a mountain so high its peak touched the clouds. At the very top of that mountain was a tower, guarded by a dragon whose scales gleamed like fire and whose eyes glowed like embers. Inside the tower lived Maiden Elara. She was not afraid, for Elara was strong and clever. While the dragon thought her trapped, she spent her days watching, listening, and learning. She

Overview Details Notes

AI Generated Pangram 4.0

445 words scanned

We believe that this entire text is AI.

100% of this text is AI

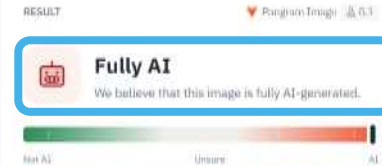
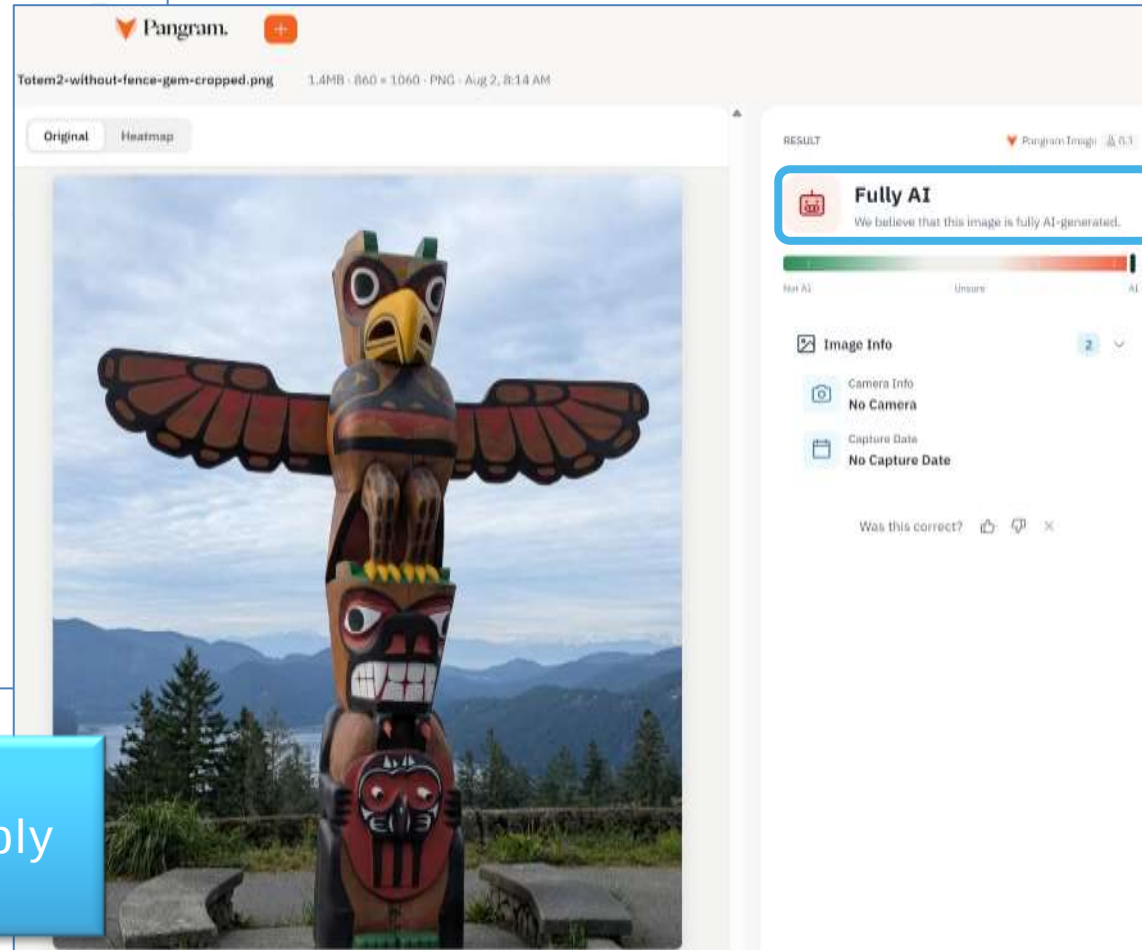
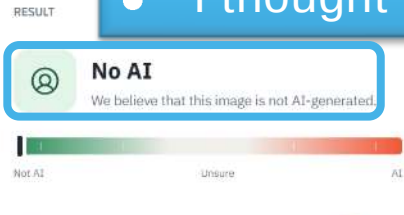
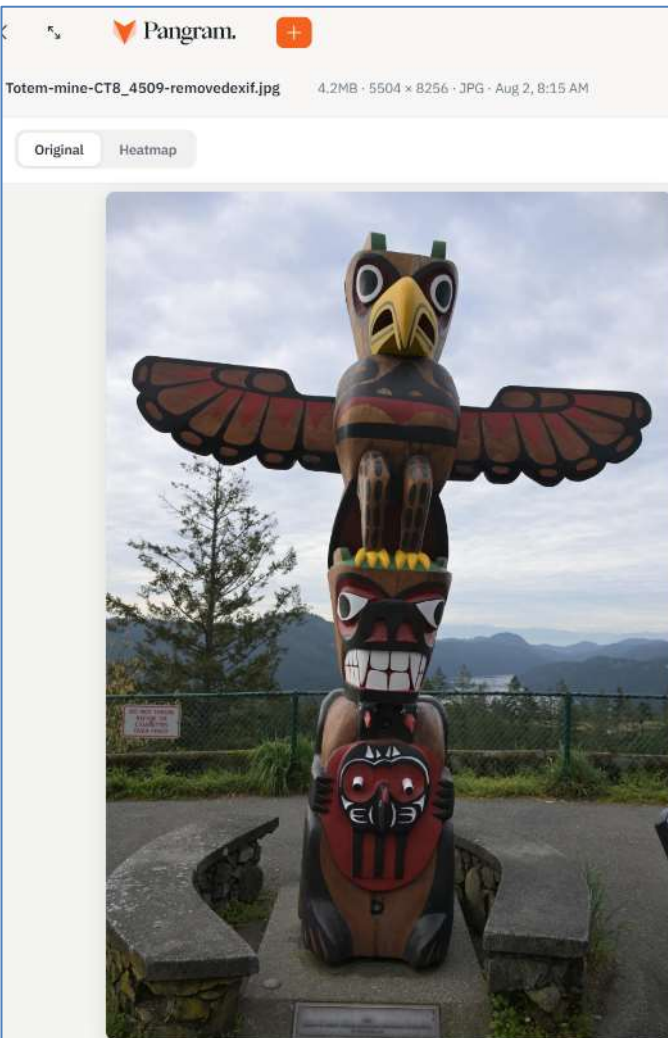
Was this result helpful? 👍 🗨 ✕

Share

Pangram image example

Actual image

- removed EXIF info
- I thought might be an indication of AI generation



Told Gemini: *remove the fence*

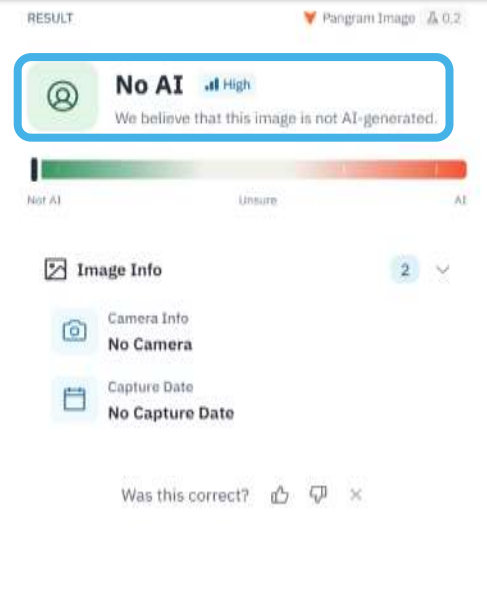
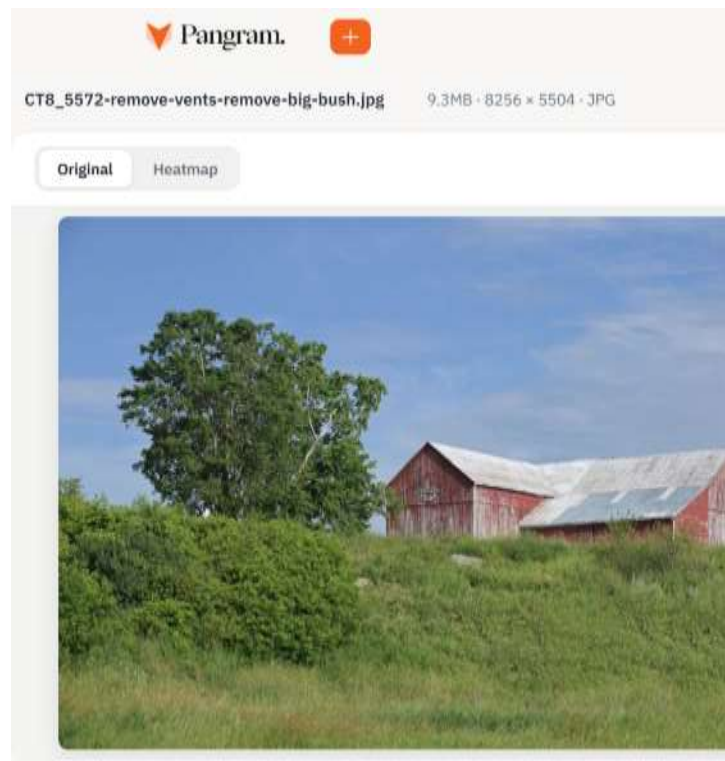
- Gemini changed much more than simply removing the fence

Original image



Image edited in ON1 Photo RAW 2026

- cloned out vents on roof of barn
- content-aware erased large green bush

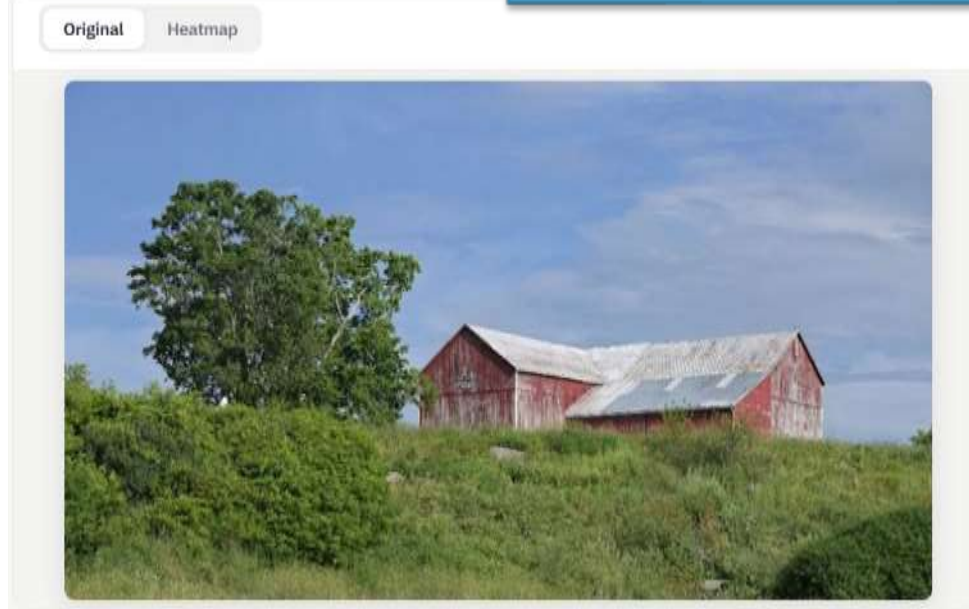


Original image



Image edited by Gemini

- Remove the vents on top of the barn
- Remove the large darker green bush near the center
- took a screenshot (no metadata in image)



RESULT Pangram Image 0.2



Fully AI High

We believe that this image is fully AI-generated.



Image Info

2



Camera Info
No Camera



Capture Date
No Capture Date

Was this correct?

Share

NormCap

PCWorld

TIP

This free app lets you grab text from anywhere on your screen

Use NormCap to extract words from photos, scanned documents, videos, and more.

By Sam Singleton 4 hours ago



<https://www.pcworld.com/article/3199293/cant-copy-that-text-on-your-screen-this-free-app-can-grab-it-for-you.html>

NormCap v0.6.0

OCR-powered screenshot tool to capture text instead of images.

Packages with the **latest changes** for your system:

- **Download for Windows** Installer, x86_64, ~120 MB
- **Download for Windows** Portable, x86_64, ~120 MB
- **Download for Linux (via Flathub)** x86_64, ~350 MB
- **Download for Linux (AppImage)¹** x86_64, ~90 MB
- **Download for macOS** x86_64, ~80 MB
- **Download for macOS (M1)** arm64, ~65 MB

... or install via **AUR** or **PyPi**.

¹ AppImage support is deprecated. Please switch to Flatpak.



<https://dynobo.github.io/normcap/>

Features

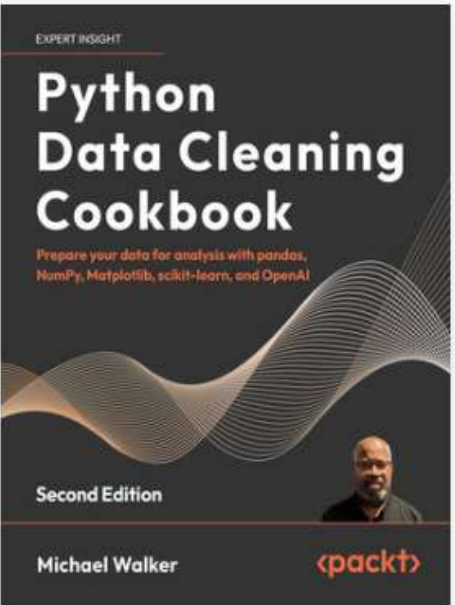
- Free & Open Source
- Cross Platform
- Multi Monitor Support
- QR & Barcodes
- Many Languages
- Rule-based Parsing
- Privacy First





EBOOK

PLACE A HOLD



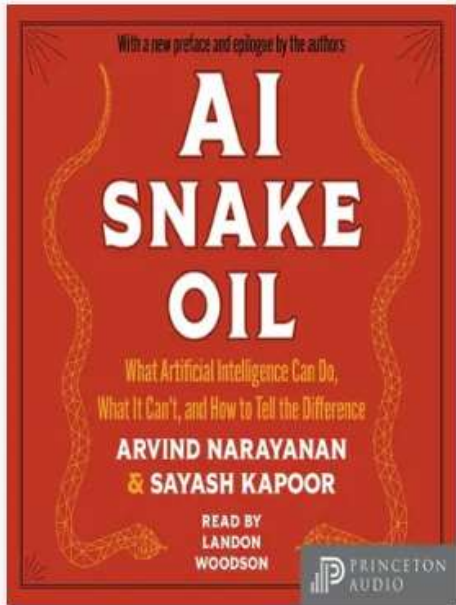
Python Data Cleaning Co...
by [Michael Walker](#)

EBOOK

BORROW

EBOOK

BORROW



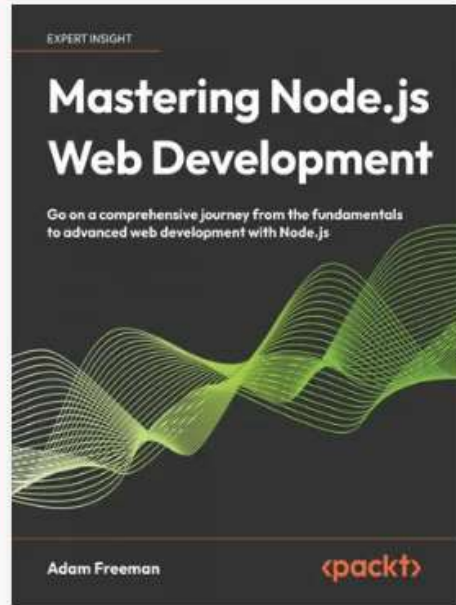
AI Snake Oil
by [Sayash Kapoor](#)

AUDIOBOOK

PLACE A HOLD

EBOOK

PLACE A HOLD



Mastering Node.js Web D...
by [Adam Freeman](#)

EBOOK

PLACE A HOLD

EBOOK

BORROW

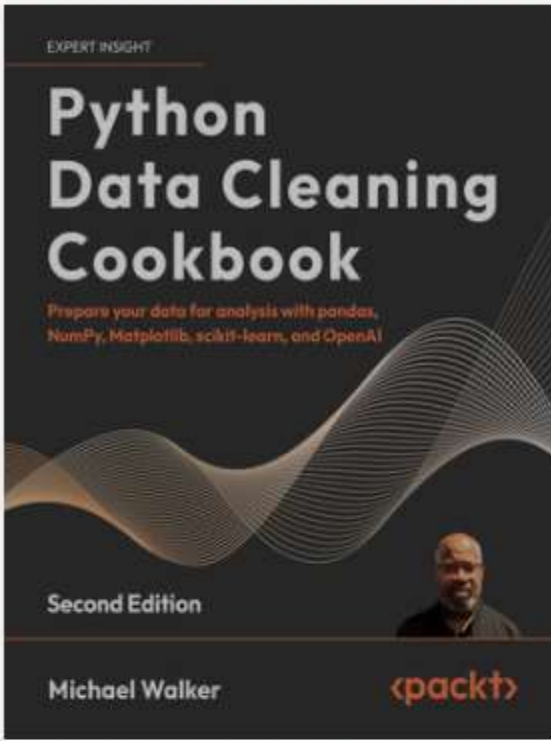
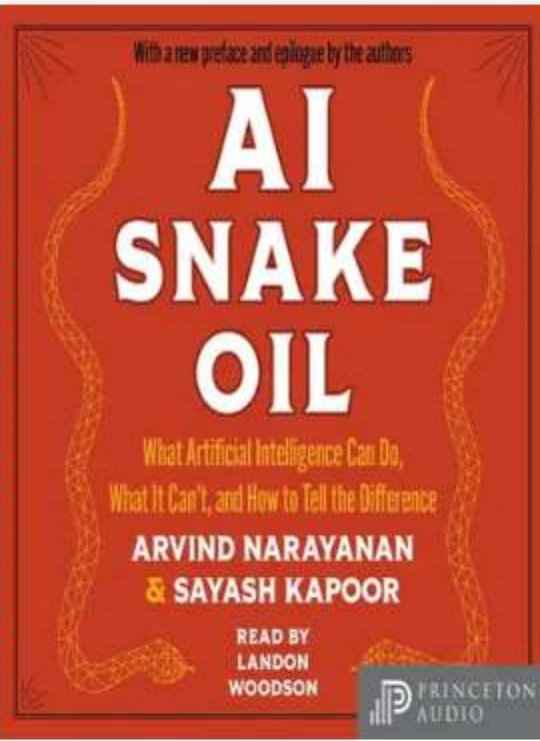


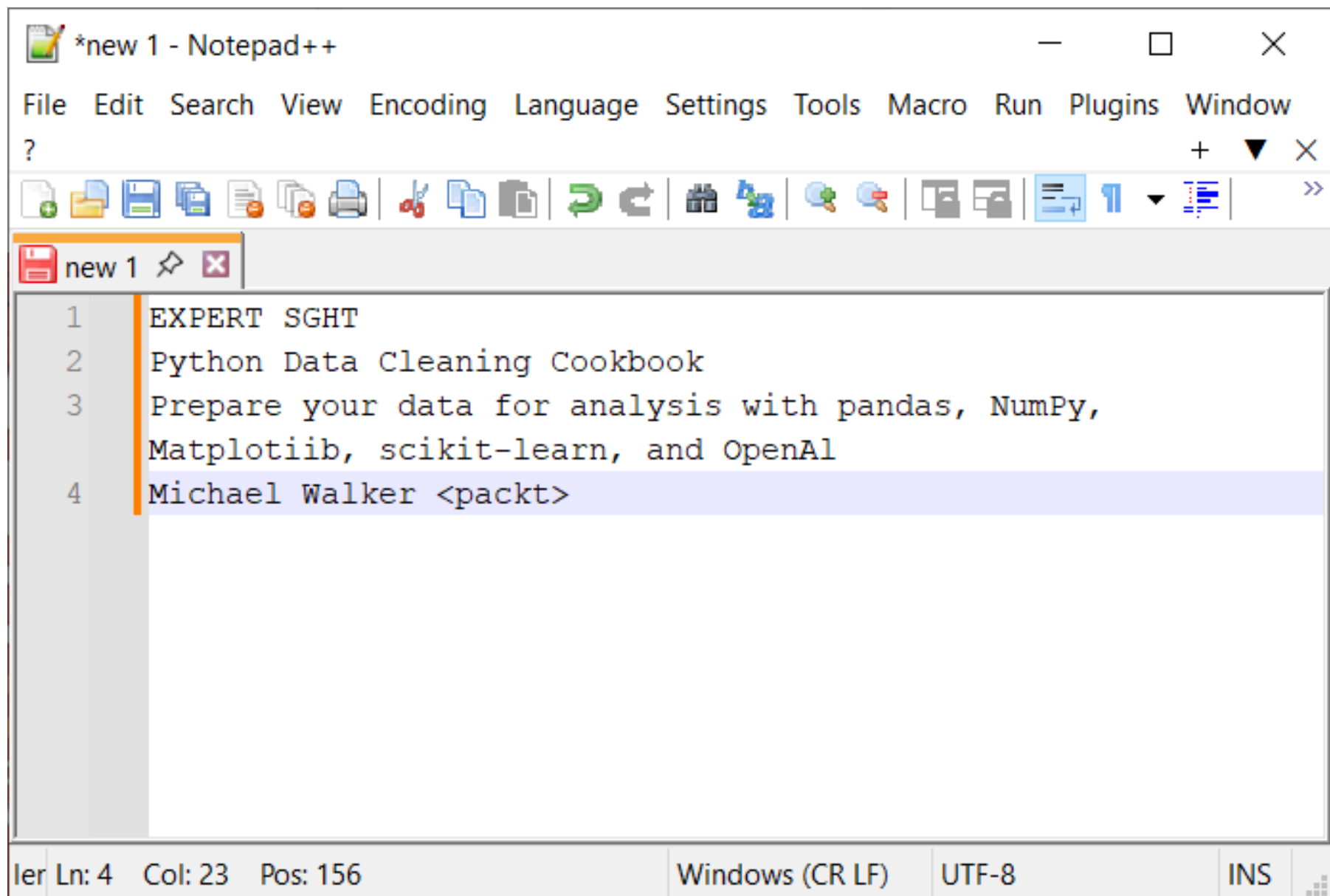
Web App Development M...
by [Rosario Moscatto](#)

EBOOK

BORROW



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Python Data Cleaning Co... by Michael Walker  EBOOK BORROW 	AI Snake Oil by Sayash Kapoor  AUDIOBOOK PLACE A HOLD 	Mastering Node.js We by Adam Freeman  EBOOK PLACE A HOLD 



*new 1 - Notepad++

File Edit Search View Encoding Language Settings Tools Macro Run Plugins Window ?

new 1

```
1 EXPERT SGHT
2 Python Data Cleaning Cookbook
3 Prepare your data for analysis with pandas, NumPy,
  Matplotlib, scikit-learn, and OpenAI
4 Michael Walker <packt>
```

Ln: 4 Col: 23 Pos: 156 Windows (CR LF) UTF-8 INS

EXPERT INSIGHT

Python Data Cleaning Cookbook

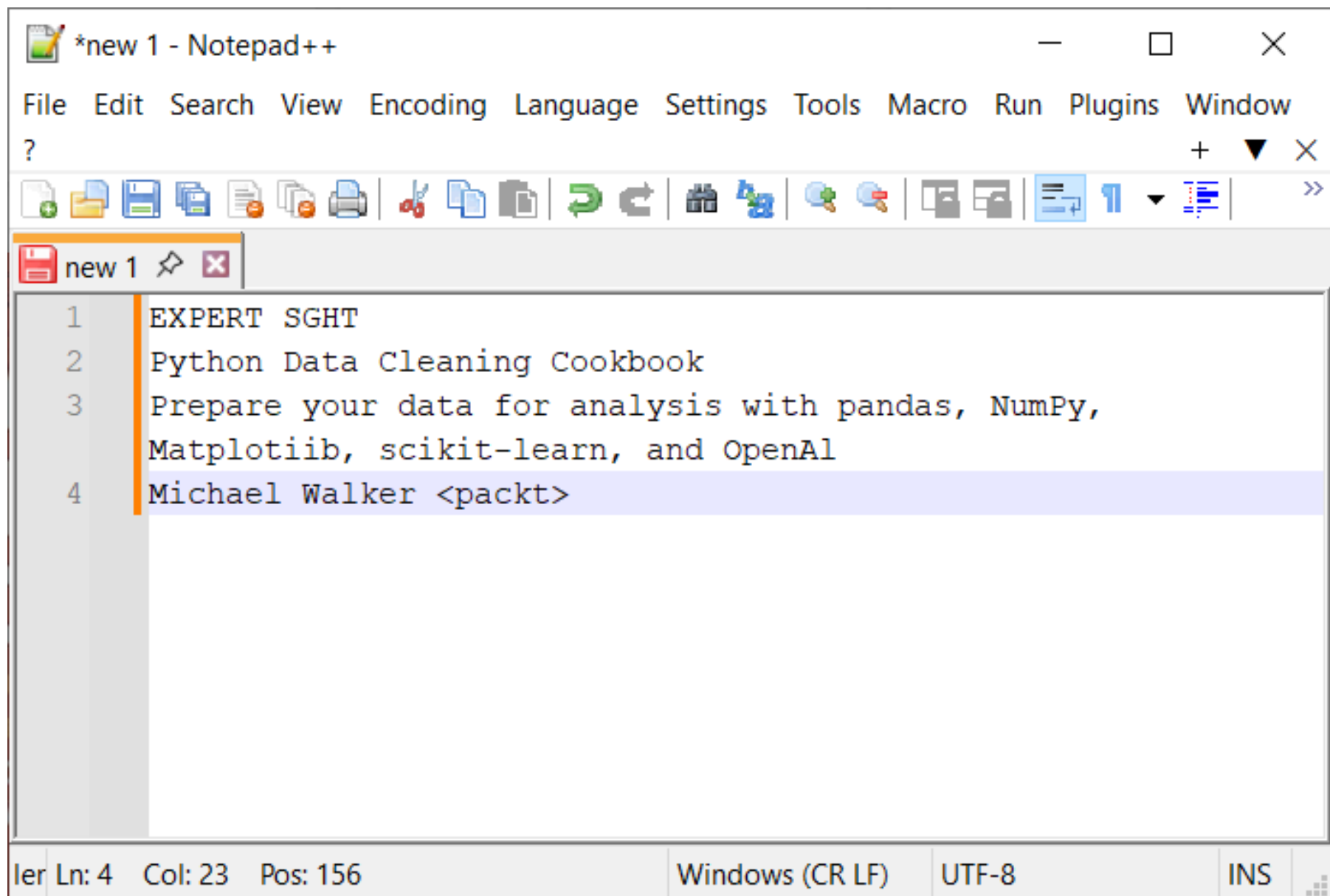
Prepare your data for analysis with pandas,
NumPy, Matplotlib, scikit-learn, and OpenAI

Second Edition



Michael Walker

<packt>



*new 1 - Notepad++

File Edit Search View Encoding Language Settings Tools Macro Run Plugins Window ?

new 1

```
1 EXPERT SGHT
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  Matplotlib, scikit-learn, and OpenAI
4 Michael Walker <packt>
```

Ln: 4 Col: 23 Pos: 156 Windows (CR LF) UTF-8 INS

Taxman 2025 - [Persons]

Editing

Records

Open T1

General

Just Business Forms

Tools

Help

Quit Taxman

Lookup last name?

Invoice

T1-ADJ

Envelope

SIN:000 - 000 - 001

Date of Birth:1982 - 06 - 01

Last Name:EXAMPLE #1

First Name:SINGLE-PARENT

Address:11 MAIN ST

PO Box, RR:

City:CITYVIEW

Prov/terr:ONPostal Code:M4M 1

Home:001-100-2020Cell:

Work:001-200-2121Other:

Email:

	TaxYr	Fee	M	Num	Cor
▶	25				
*					

If you don't know the rules, you can't play the game ...

Taxman Must Knows

The only way to exit is by returning to Persons and pressing 'Quit Taxman' on the top menu (things need to get saved).

You enter a new person by going to 'Records' on the menu and pressing 'New Person/Record'. Don't try to change one of the five example tax returns into your tax return. Start with virgin forms or you'll get into trouble. And the first thing you do is fill in the Worksheet. Then, with last year's tax return as a template, plough through the rest of the return.

Taxman is loaded with hidden features that can be accessed by double-clicking something. Click on a control and the status bar (at the bottom-left of every window) explains what's going on. You will find even more shortcuts if you click 'Help\Active Form' and have a read of my Help file. There's not much there, I wrote it just for you, stop complaining.

You need to get CRA's forms which have more detailed instructions (you'll also need the envelope to mail in your return). Go online (canada.ca/en/revenue-agency/services/forms-publications/before-you-begin.html) or use CRA's automatic phone line (1-855-330-3305).

Data is stored in 25tables.mdb and taxbiz.mdb, back'em up! If you used a past year's Taxman program, on the menu under 'Tools\Data Transfer' press 'Get Basics from past year' to update 25tables.mdb. After Get Basics runs you'll be asked if you want to update taxbiz.mdb, say no because the structure of taxbiz.mdb is unchanged this year and it's best to hide the new taxbiz.mdb and continue using the old taxbiz.mdb (look up 'Data Transfer' in the Help file's index for more).

When in a number-receiving control, remember that the control can function like a mini calculator. And controls that do calculations can be overridden by pressing <F5> (a freedom e-file programs don't allow).

Before mailing your return check the latest list of program bugs and fixes on the Taxman web page: <http://taxman.coolpage.biz/> or <http://taxman.dx.am/>

Good Luck!

☐ Don't show this message again

Close

*new 1 - Notepad++

File Edit Search View Encoding Language Settings Tools Macro Run Plugins Window ?

new 1

```
1 Taxman Must Knows
2 The only way to exit is by returning to Persons and pressing 'Quit Taxman' on the top
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  'Help\Active Form! and have a read of my Help file. There's not much there, I wrote
  it just for you, stop complaining.
5 'You need to get CRA's forms which have more detailed instructions (you'll also need
  the envelope to mail in your return). Go online
  (canada.ca/en/revenue-agency/services/forms-publications/before-you-begin.html) or
  use CRA's automatic phone line (1-855-330-3305).
6 Data is stored in 25tables.mdb and taxbiz.mdb, back'em up! If you used a past year's
  Taxman program, on the menu under 'Tools\Data Transfer' press 'Get Basics from past
  year' to update 25tables.mdb. After Get Basics runs you'll be asked if you want to
  update taxbiz.mdb, say no because the structure of taxbiz.mdb is unchanged this year
  and it's best to hide the new taxbiz.mdb and continue using the old taxbiz.mdb (look
```

length: 1,975 lines: 9 Ln: 9 Col: 11 Pos: 1,976 Windows (CR LF) UTF-8 INS

UPDATE

Space selfie

Email rec'd
2026-08-17

From CrunchLabs <help@crunchlabs.com> @

To chris.taylor@opcug.ca 📧

Subject **Your #SpaceSelfie is ready to view and share!**



Hi there,

The mission was a success, and your Space Selfie is ready to view!

<https://space.crunchlabs.com/selfie/MCWBDkG>

Thank you so much for participating in this project. Please be sure to share your unique landing page with friends and family. Use **#spaceselfie** on the socials.

Share

Space Selfie

2025-06-04 Q&A

- Free service from Mark Rober
 - *I Spent \$5,000,000 So You Can Go To Space For FREE*
- Mark is a YouTuber with over 68 million subscribers
 - Mark's channel:
https://www.youtube.com/channel/UCY1kMZp36lQSyNx_9h4mpCg

To sign up for your own selfie

- <https://space.crunchlabs.com/>

Video of the process Mark went through

- <https://www.youtube.com/watch?v=qr1AvisQcV8>



12 MP image

- 4,000 x 3,159 pixels





Get your own space selfie

HOW IT WORKS

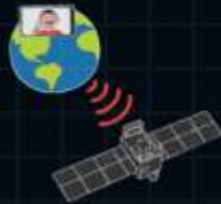
1

Upload your selfie here (it's free)



2

We send your selfie to our satellite, SAT GUS



3

She snaps a photo of your selfie with Earth in the background



4

We beam the final image back to Earth for you to share #SpaceSelfie



To sign up for your own space selfie

- <https://space.crunchlabs.com/>



**Any other:
Questions
Comments
Shares?**



Share Your Knowledge!

We're looking for members to give short presentations on:

- Software and useful apps
- Computer hardware and accessories
- Windows, Linux, macOS, Android, and other operating systems
- Internet safety, privacy, and security
- Digital photography, music, video, and file management
- Tips, techniques, and solutions you have discovered

No professional speaking experience is required. Share a favourite program, demonstrate a useful technique, explain a recent project, or help others solve a common problem.



One-on-One Remote Assistance *

- The overall details of ***One-on-one remote assistance***
 - <https://opcug.ca/one-on-one-remote-assistance/>
- Broad overview
 - you send request for assistance to 1on1request@opcug.ca
 - request gets sent to group of volunteers
 - a volunteer thinks they can help with your problem
 - volunteer connects remotely to your computer
 - can see your screen and
 - (optionally) operate your mouse and keyboard
 - problem is resolved
 - you provide feedback on the process

*** Members-only**

<https://opcug.ca/join-or-renew/>

**Have the desire
to be an author?**

The Editor of
Ottawa PC News
would like to
hear from you...



All computer-related articles welcome!

brigitte lord@opcug.ca

Call for articles

My stack of local articles is very thin. I am seeking articles written by OPCUG members to adorn the pages of our monthly newsletter.

Do you have a topic you'd like to share but are too shy to present at our weekly Q&A sessions?

Although I have access to many APCUG articles, these are not unlimited.

Consider writing an article about any computer related topic (smartphone, tablet, non-Windows OS) and submit your magnum opus to newsletter@opcug.ca.

Thank you.

Brigitte Lord

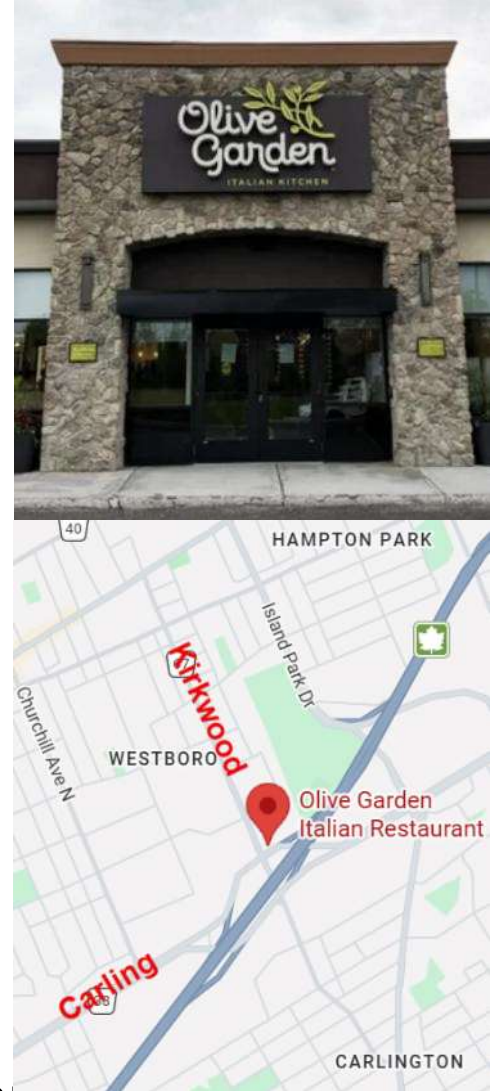


<https://opcug.ca/Articles/2609NEWS.pdf>

Share

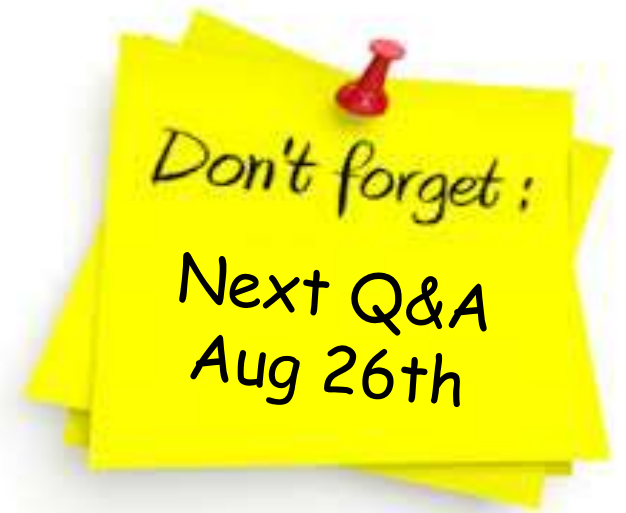
OPCUG Social Get-Together

- Wednesday, October 21st starting at 7:00pm
- Olive Garden Italian Restaurant
 - 675 Kirkwood Ave (Hampton Park Plaza)
 - just off the 417 at Carling Ave
 - lots of free parking
- OPCUG is making the reservation
- All attendees will pay their own tab
- If you hope to attend
 - send an email to OliveGarden@opcug.ca
 - let us know the number of people who will be in your party
- Members and non-members are welcome



- <https://www.olivegarden.ca/en/locations/on/ottawa/675-kirkwood-ave>
- <https://maps.app.goo.gl/4VE2uNNPELnphg1FA>

- pictures may be taken at the restaurant and posted on our website
- if you do not want to be photographed, please step out of the frame



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

SuggestionBox@opcug.ca