

Just the Basics CD contents

Presented by the Sequim PC Users group

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This **CD** has full courseware material for the **Just the Basics** class. All programs are Freeware or Open Source. Documents from past presentations are in separate folders according to the type of document. All programs updated to the latest versions as of this update. All programs come with a description or a user manual. **Note: Programs with an * are exceptional.**

Note: These are all 32 bit programs, though most will work with 64 bit.

Folder contents:

Just the Basics Lesson 1 thru Lesson 6 in Adobe **PDF** file format.

Lesson 1: Desktop and Control Panel

Lesson 2: Windows Explorer (file manager)

Lesson 3: Using WordPad, Paint and Printing.

Lesson 4: The Browser (Internet Explorer 7)

Lesson 5: Basic E-Mail Web Interface (using Gmail)

Lesson 6: Digital camera downloads and CD burning

SpyWare & Malware Removers

CCleaner v2.33.1184

Malwarebytes v 1.46

Anti-Virus:

MS Security Essentials for WinXP, Vista & Windows 7 (32 & 64 bit), (Very Good!) *****

Avira AntiVir Personal Free v 10.0.0.567

SuperAntiSpyware Portable Scanner (standalone) just click to run

McAfee Stinger v10.0.1.995 (standalone) just click to run

Applications:

Foxit **PDF** reader v 4.1.1.0805 Better than Adobe reader (**PDF Reader** for tutorials)

Music Related: Audacity v 1.3.12 Beta (with Manual) *

DeepRipper v1.1 (convert music from audio CD's)

Foobar 2000 v 1.1 Beta 3 (an advanced audio player)

Open Office 3.2.1 (with manual) *

To Do List (with manual)

Windows 7 in a Box (The Ultimate Desk Top Tool)

Portable Apps Updater v1.5 (very good and very easy to use)

Browsers:

Firefox 3.6.8 (Latest and very good browser) *

Opera 10.61 (this is also a good browser & e-mail program)

Image Viewers:

Irfan View v 4.27 (this viewer is the one used in Lesson 6)

IrfanView Plugins & QuickTime Lite 3.2.2 (movies)

Restoration v2.5.14 (for lost or deleted pictures on flash drive)

Image Manipulation

Gimp v2.6.10 (very nice)*** (similar to photoshop)

Video Players:

VLC Media Player v1.1.1 (very nice) *

CD_DVD Burners:

CD Burner XP v 4.3.7.2356 (very good and simple to use) (My Choice) **

InfraRecorder v0.51.0 (similar to above)

Tutorials and Past Presentations:

Document formats below:

Docs (documents)

Excel (spreadsheets)

PDF (portable document format)

PPT (power point presentation)

Tutorials (in PDF format)

Home Networking Tutorials covering WinXP, Vista and 7 (New)

MS WinXP Updates and Run Times for additional programs.

MS Outlook Backup Tool (Backs up all folders in Outlook)

MS Private Folder (encrypted folder)

MS PowerToys (additional control panel options)

Visual Basic Run Times (required for some free software)

Utilities:**Advanced Troubleshooting Tools Folder**

TeamViewer 5.0 (remote access software with manual)

RegCleaner 4.3: registry cleaner (more advanced) XP and below.

RegScrubVistaXP v1.6 (more advanced) XP and above

Virtual Clone Drive v 5.4.4.0 (more advanced) mount an ISO file

Glary Utilities v2.27.0.982 (numerous powerful and easy-to-use system tools)

Crystal Disk Info Portable v3.6.0 (check status of your hard drives)

MS Processor Explorer v 12.03

Autoruns v10.02

IP Scanner

SoftKey Revealer v2.2.4 (find all MS keys for programs)

ProduKey v1.40 (32 & 64 bit) (good product key finder)

Belarc Adviser v 8.1k (make a copy of your hardware and software info)

Recuva (recover deleted files)

Backup: Karen's Replicator v 3.6.8 (good backup software) *

Compression: **7zip** v 9.15 (will uncompress: 7z, ZIP, GZIP, BZIP2, TAR, RAR, CAB, ISO, ARJ, LZH)

CPU-Z: (what Processor and how much memory do you have?)

Encryption: TrueCrypt 7.0 (easy to use).

: Safe Calculator v 5.10 (really nice for keeping passwords safe)

Keyboard Test: test your keyboard keys.

KeyScrambler: encrypt your keystrokes to thwart keyloggers (a type of Trojan virus)

Memory testers & memory scanner: test your new memory.

Speccy: advanced System Information tool

PC Decrapifier v 2.2.4: remove all that "crapware" Dell, HP, Emachines, Compaq and others install on new machines or your old machine.

System Restore Point for XP: easily set a restore point with one click.

Note:

Open Office 3.2 will open all the documents on this CD.

Visual Basic Runtime 6.0 (vbrun60) for Karen's Replicator.

<http://www.spcug.net/>

Sequim PC Users group web site. (Sequim, WA.)

spcug1@gmail.com

Club's primary e-mail address.

<http://www.freewarefiles.com/>

for **free** and interesting programs.

<http://portableapps.com/>

Portable Apps for USB drive (free)

<http://www.openoffice.org/>

Open Office; similar to MS Office in function (free)

<http://sourceforge.net/>

All open source programs (free)

http://support.microsoft.com/gp/cp_fixit_main (MS fixit Solution Center)

<http://sequimtech.blogspot.com/> Our local Blog