

Just the Basics CD contents

Presented by the Sequim PC Users group

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June 30, 2008

Updated: November 29, 2009

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: These are all 32 bit programs, though they may 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 v2.26.1050

Mawarebytes v 1.41

Spybot Search and Destroy v1.6.3.51

MS Security Essentials for WinXP, Vista & Windows 7 (32 & 64 bit)

Anti-Virus:

AVG Free 9.0.707a.1765 (with Manual)

Avira AntiVir Personal Free 9.0.0.415 (with Manual)

Applications:

Foxit **PDF** reader v 3.1.3.1030 Better than Adobe reader (**PDF Reader** for tutorials)

Music Related: Audacity v 1.3.9 Beta (with Manual)

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

foobar 2000 v 1.0 Beta2a (an advanced audio player)

Open Office 3.1.1 Final (with manual)

To Do List (with manual)

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

Portable Apps Updater v1.4 (very good and very easy to use)

Browsers:

FireFox 3.5.5 (Latest and very good browser)

Opera 10.10 (this is also a good browser & e-mail program)

Google Toolbar Installer

Image Viewers:

Irfan View v 4.25 (this viewer is the one used in Lesson 6)

IrfanView Plugins and Quick Time Alternative v 2.9.2 (movies)

Paint.net v 3.51 with link to tutorials. (very nice)

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

Video Players:

VLC Media Player v1.03 (very nice)

QuickTime Alternative 3.0.1 (a nice alternative to Apple's QuickTime and free too)

CD_DVD Burners:

CD Burner XP v 4.2.7.1801 (very good and simple to use)

Tutorials and Past Presentations:

Document formats below:

Docs (documents)

Excel (spreadsheets)

PDF (portable document format)

PPT (power point presentation)

Tutorials (in PDF format)

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

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

RegScrubVistaXP v1.6 (more advanced) XP and above

Virtual Clone Drive v 5.4.3.2: mount an ISO file (more advanced)

Glary Utilities v2.17.0.776 (numerous powerful and easy-to-use system tools)

SysInternals Suite v 11.03.09

Process Explorer

IP Scanner

Magical Jelly Bean Keyfinder v2.0.6 (find all MS keys for programs)

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

Belarc Adviser v 8.1b (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: WinZip 8.1 (shareware for compressing or decompressing Zip files)

: 7zip v 4.65 (will uncompress: 7z, ZIP, GZIP, BZIP2, TAR, RAR, CAB, ISO,

ARJ, LZH)

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

Defraggers: Defragmentation software (Auslogics Disk & Registry Defrag)

Encryption: PGP 8.0 for WinXP (best free encryption software available)

: TrueCrypt 6.3a 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: test your new memory.

PC Decrapifier v 2.0.0: remove all that "crapware" Dell, HP, Emachines, Compaq and others install on new machines.

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

Java for Windows Version 6 update 17

Note:

Open Office 3.1 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 more **free** and interesting programs.

<http://portableapps.com/>

Portable Apps for USB drive (free)

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

Open Office (free) similar to MS Office in function

<http://sourceforge.net/>

All open source programs (free)

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