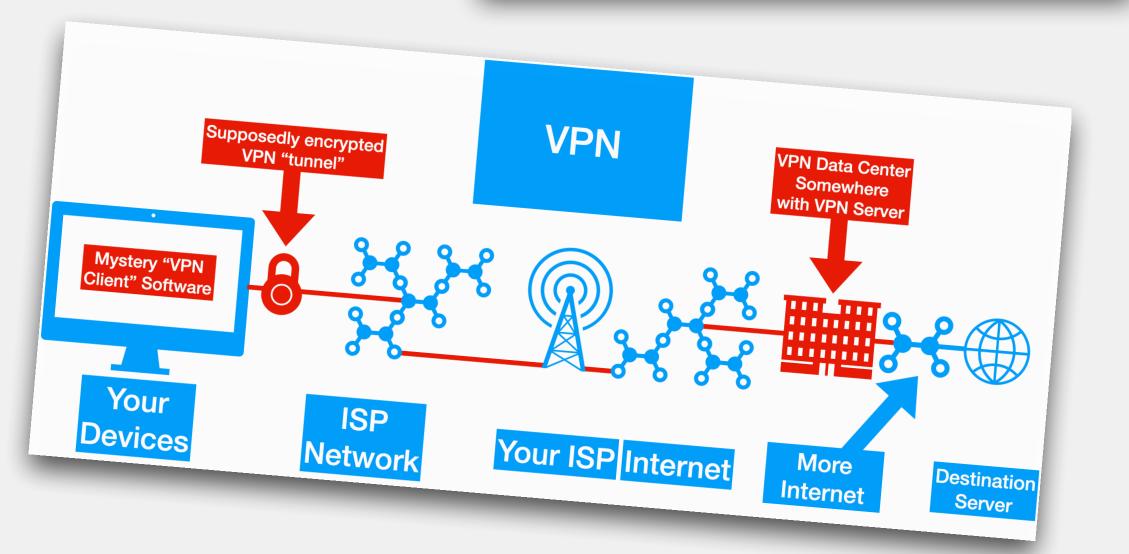


Vep it's viral. April 9 . Q Tagdanomie.com If you think you If you think you If you think you Start with	ur english is good enge you to any word any word C and end with E
	b waheed zarmach

Kitchen Fun With My 3 Sons May 15 at 7:30 PM · 🕥

PICKY EATER TEST 1 point for every item you would <u>NOT</u> eat

LETTUCE	CABBAGE	TOMATOES
BRUSSEL SPROUTS	ZUCCHINI	CAULIFLOWER
CUCUMBER	ASPARAGUS	COCONUT
EGGS	TEA	WHITE CHOCOLATE
LIVER	CELERY	MUSHROOMS
PICKLES	EGG PLANT	BEANS
AVOCADO	PEAS	STRAWBERRIES
ORANGES	WATERMELON	BANANAS
APPLES	PINEAPPLE	GRAPEFRUIT
WHEAT BREAD	MILK	RAISINS
YOGURT	BEETS	OLIVES
KETCHUP	MUSTARD	MAYONNAISE
RANCH DRESSING	VINEGAR	SOY SAUCE
BLUE CHEESE	RAW FISH	COOKED FISH
CANNED TUNA	OYSTERS	SNAILS
CRAB	SHRIMP	CHICKEN
GRAPES	SOURDOUGH BREAD	COFFEE
PEANUT BUTTER	NUTELLA	BEEF



Cove Apple Club

May 25, 2021

\$1,500

\$1,250

\$1,000

\$750

\$500

 \equiv

look what i found ... 😂 https://4q.lc/9X53WzBM

YOU

c|net

Popular VPN service NordVPN confirms data center breach

Hackers in 2018 accessed a lone server in Finland.



Oscar Gonzalez, Rae Hodge Oct. 22, 2019 12:57 p.m. PT

. .

YouTube youtube.com



Even virtual private networks can get hacked. James Martin/CNET

NordVPN, a popular virtual private network, said



• Welcome back!

- Welcome back!
- Donations & new projector

- Welcome back!
- Donations & new projector
- Why You Don't Need or Want a VPN

- Welcome back!
- Donations & new projector
- Why You Don't Need or Want a VPN
- Four Quick Tips to Stay Safe Online

Remember!

Remember!

• The presentation of tonight's meeting will soon be available to download from our Archives website, in both Keynote and PDF format

Remember!

- The presentation of tonight's meeting will soon be Keynote and PDF format
- Visit CoveAppleClubArchives.com

available to download from our Archives website, in both

If You're Joining Us Via Zoom

If You're Joining Us Via Zoom

• Please keep your microphone muted throughout the meeting

If You're Joining Us Via Zoom

- Please keep your microphone muted throughout the meeting
- You can have your video on or off

After the meeting

After the meeting

can all chat as if we were back at Cheeks!

• We'll keep the connection open until 8:30pm ET, so we

After the meeting

- can all chat as if we were back at Cheeks!
- the meeting!

• We'll keep the connection open until 8:30pm ET, so we

• Grab an adult beverage and yak it up – virtually – after

Donations update!

Please Support the Cove Apple Club

• The Club has expenses of about \$550/year

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• \$15/month for Zoom Business

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 - \$15/month for Zoom Business
 - \$9/month for MailChimp paid plan

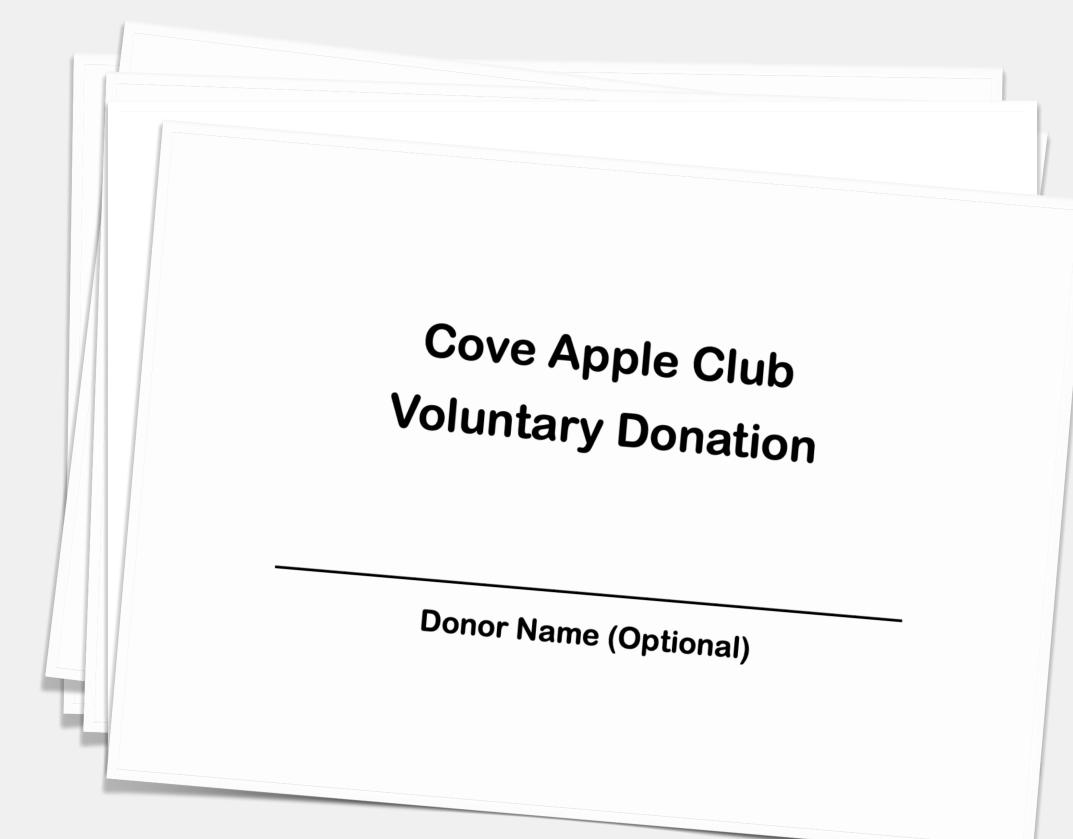
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 - \$170/year for Wix: main website, including hosting

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 - \$15/month for Zoom Business
 - \$9/month for MailChimp paid plan
 - \$170/year for Wix: main website, including hosting
 - \$80/year for domain registrations and hosting of CoveAppleClubArchives.com

If you think the Cove Apple Club is worth your support, we encourage you to donate to help keep it going

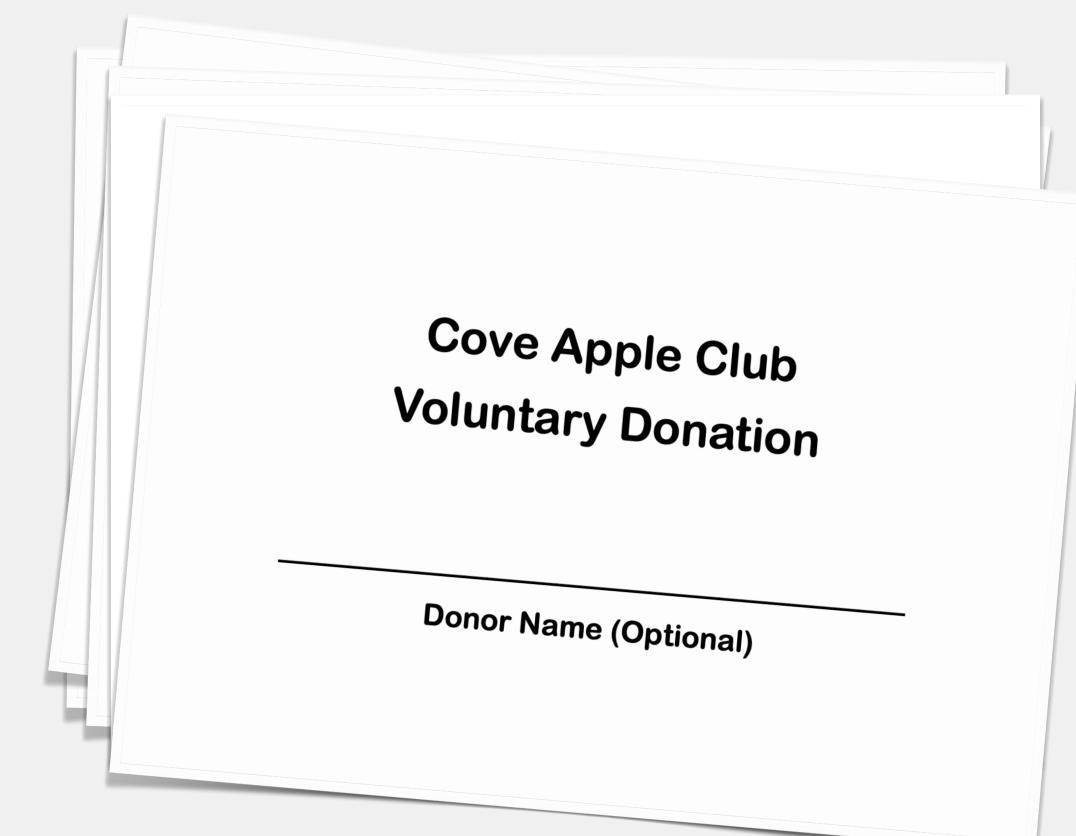
"If you love something...help it grow."

"Give until it feels good!"



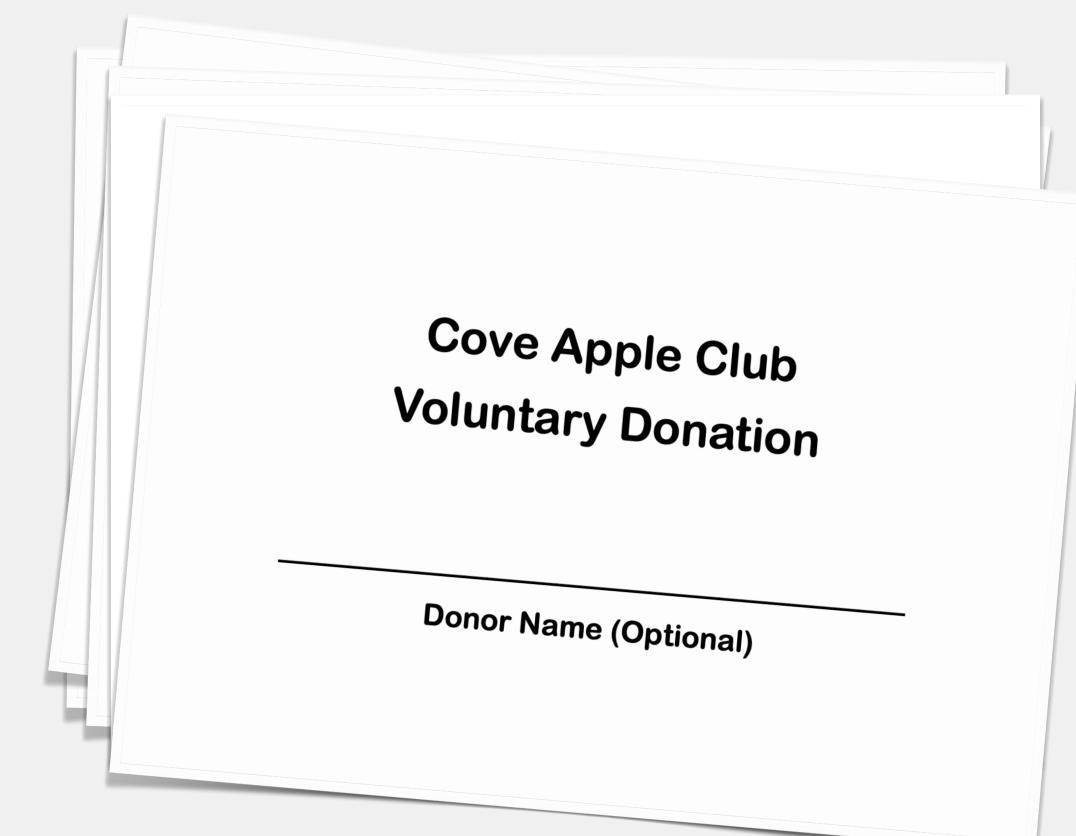


• Donation envelopes & a drop box placed by the door at every meeting



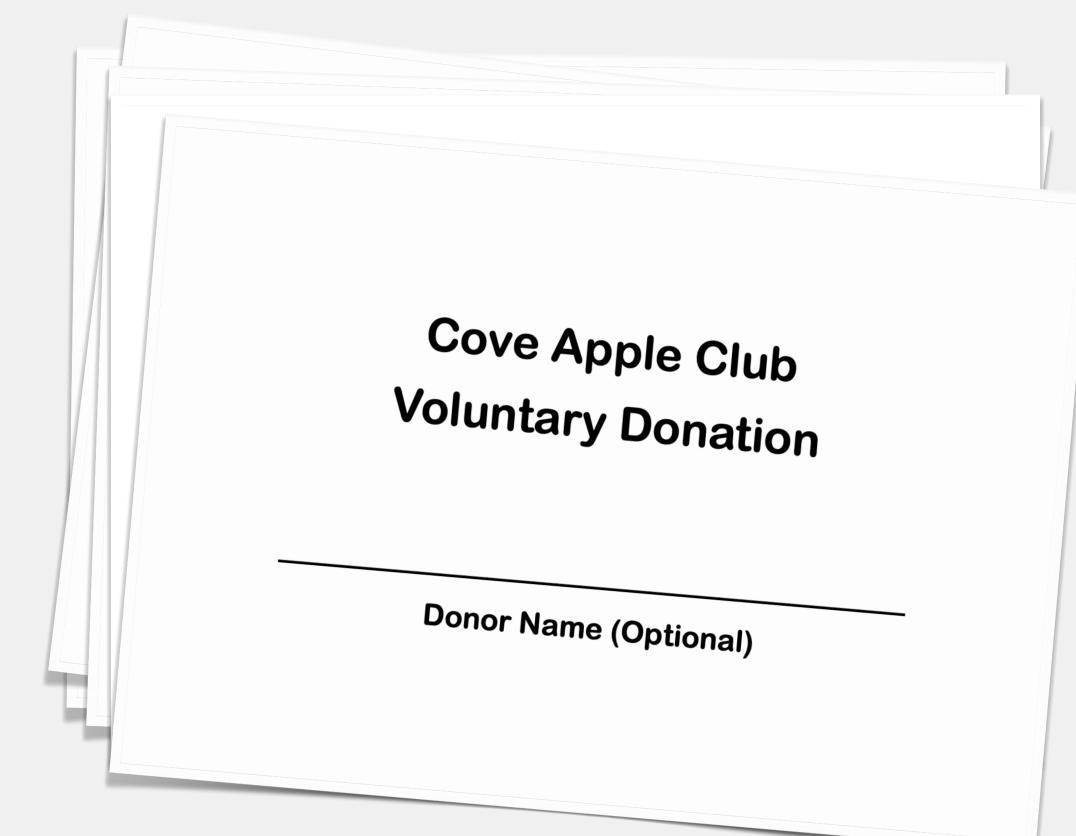


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- Envelopes have a space for the Donor's name





- Donation envelopes & a drop box placed by the door at every meeting
- Envelopes have a space for the Donor's name
- Donations tracked and reported at every meeting





Donating: In person, online





Donating: In person, online

• Before in-person Club meetings, we will show this QR code linking to our website's donations page during the walk-in slideshow





Donating: In person, online

- Before in-person Club meetings, we will show this QR code linking to our website's donations page during the walk-in slideshow
- You can point your iPhone or iPad camera at this QR code, load the page, and donate in just a few seconds while you wait for the meeting to start!





 All Club emails have a donation appeal at the bottom of each message

You Can Help Keep Our Club Fun and Healthy

Our club is **100% donor-funded** by those who enjoy the Cove Apple Club and want to keep the fun going. If that sounds like you, we'd really appreciate your support -- in any amount, anytime, and by any method -- to help us pay the bills and keep the Club fun and hassle-free.

YOUR donation -- as little or as much as you're comfy with -- keeps the Club fun and healthy for everyone, and if everyone just gives a little bit a few times a year, our money needs will be easily under control.

To make donating easy and safe, we've set up *secure*, easy ways for you to donate online, right from your Mac or iPhone, using Zelle, PayPal or Venmo.

See complete details and step-by-step instructions for each method on the Donate page on the Club website. Or just hop on over to CoveAppleClub.com/donate. If you'd rather mail a check, email info@coveappleclub.com for instructions on how you can do that.



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- There's also a big, beautiful Donations page on the Club website

••• < > 🗉 🔘 🔹 为 I 😈 🗊 🚍

COVE APPLE CLUB

DONATE

MEETINGS EMAIL LIST

ARCHIVES

DONATE

The Cove Apple Club runs exclusively on donations, freely offered by members and friends who wish to support and grow the Club.

The Club doesn't charge dues, and we have no other outside funding.

Everyone who enjoys the Cove Apple Club is encouraged to donate, as often as they like, in any amount they like, and in any way they like.

HOME

DONATE IN PERSON

At Cove Apple Club meetings, you'll find a donation jar and a stack of donation envelopes near the door.

If you want to receive credit for your donation on our "Donor Scoreboard," write your name (or a pseudonym, if you like!) on the donation envelope and place your donation inside, then deposit the envelope.

To donate anonymously, drop cash directly into the donation jar, or place it inside a blank envelope.

DONATE ONLINE

You can donate securely and quickly online using several trusted methods. If you would like your donation to be recorded as "Anonymous" or under a pseudonym, please include your instructions with your donations.

ZELLE: Zelle is a secure, instant bank-to-bank transfer that is supported by **almost all US-based banks** and credit unions. There is no fee to sender or recipient, and no account information is ever sent to the recipient.

- On your iPhone:
 - Open the mobile app for your bank or credit union, then look for "Transfer / Zelle" in the app. Choose "Send or Receive money with Zelle," then follow the prompts to send money to banking@coveappleclub.com.
- On your Mac:
- Visit your bank website, then click the link for "Transfer / Zelle." Follow the prompts to send money to banking@coveappleclub.com.

PAYPAL: PayPal is the internet's original instant money transfer service. PayPal is secure, safe and used by millions to pay for goods and services every day. There is no fee to send money to the Cove Apple Club when funded by a bank account linked to your PayPal account.

- On your iPhone with the PayPal app installed:
 - Open the PayPal app on your iPhone and login, then tap "Send." In the "Name, @username, email, ..." field, enter @coveappleclub, then follow the prompts to send your donation.
- On your Mac:
 - Click this link to go to the Cove Apple Club page on PayPal.com. Enter a donation amount and click Next, then login to your account and send your donation, or:
 - Login to your PayPal account at <u>https://www.paypal.com</u>, then click on "Send & Request." Click "Send," then enter @coveappleclub in the "Name, @username, email, ..." field," enter the amount you wish to donate, then choose "Sending to a friend," then review and complete your donation on the next screen.

VENMO: Venmo offers free money transfers to other Venmo users when you use funds from your bank checking account or debit card. Venmo works exclusively through their free iPhone app, which you can **download from the App Store**.

- On your iPhone with the Venmo app installed, tap this link to open Venmo, then follow the prompts to complete your donation; or,
- Open the Venmo app on your iPhone, then tap "Pay or Request." In the "Name, @username, phone, or email field," enter @Cove-Apple-Club, then follow the prompts to complete your donation.

CONTACT

The Cove Apple Club meets at <u>Cypress Cove Nudist Resort</u> Kissimmee, Florida 34746 - USA

.

Email: info@coveappleclub.com

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 All Rights Reserved
 Just in case it's not obvious, the Cove Apple Club is not associatated with Apple, Inc. in any way.





amazon.com

Final Details for Order #002-3656095-7595455 Print this page for your records.

Order Placed: March 12, 2015 Amazon.com order number: 002-3656095-7595455 Order Total: \$588.49

Shipped on March 13, 2015

Items Ordered

Price 1 of: Epson EX7230 Pro, WXGA Widescreen HD, 3000 Lumens Color Brightness, 3000 \$549.99 Lumens White Brightness, 3LCD Projector Sold by: Amazon.com LLC

Condition: New

Shipping Address:

Mike Sullivan 4421 Cypress Mill Road Kissimmee, FL 34746 United States

Item(s) Subtotal: \$549.99 Shipping & Handling: \$0.00 ____ Total before tax: \$549.99

Sales Tax: \$38.50 ----

Total for This Shipment: \$588.49

Shipping Speed: Two-Day Shipping

Payment information

Payment Method: Visa | Last digits: 8715

Billing address

Mike Sullivan 4421 Cypress Mill Road Kissimmee, FL 34746 United States

Item(s) Subtotal: \$549.99 Shipping & Handling: \$0.00 ----Total before tax: \$549.99 Estimated tax to be collected: \$38.50

Grand Total: \$588.49

To view the status of your order, return to Order Summary.

Please note: This is not a VAT invoice.

Conditions of Use | Privacy Notice © 1996-2015, Amazon.com, Inc. or its affiliates

Our Old 2015 Beater





Epson PowerLite EX7230

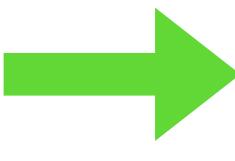
General Projector Specifications

Type of display

Resolution

Lens

Color reproduction Brightness



- Poly-silicon TFT active matrix
- 1280 × 800 pixels (WXGA)
 - F=1.58 to 1.72
 - Focal length: 16.9 to 20.28 mm
 - Full color, up to 1 billion colors
 - Normal Power Consumption mode:
 - White light output 3000 lumens (ISO 21118 standard)
 - Color light output 3000 lumens
 - ECO Power Consumption mode:
 - White light output 2100 lumens (ISO 21118 standard)



Epson PowerLite EX7230

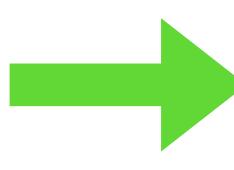
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Epson PowerLite L400U WUXGA 3LCD Laser Projector



Bright, vivid color 4,500 lumens color/white brightness¹.



500" support



Virtually maintenance-free operation no lamps

(+)

Full HD, widescreen images up to

WUXGA resolution (1920 x 1200); Full HD 1080p



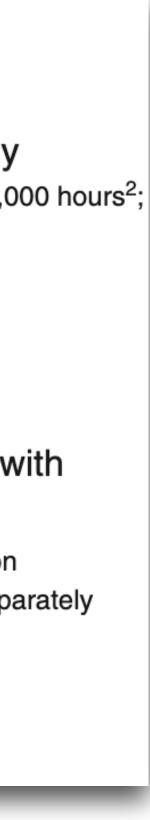
Breakthrough laser technology features a laser light source of up to 20,000 hours²; plus, Instant ON/OFF

Extraordinary sharpness and detail up to 2,500,000:1 Dynamic contrast ratio



Optional wireless networking with enterprise-level security

plus wireless content sharing with Epson iProjection^{™3}; wireless module sold separately

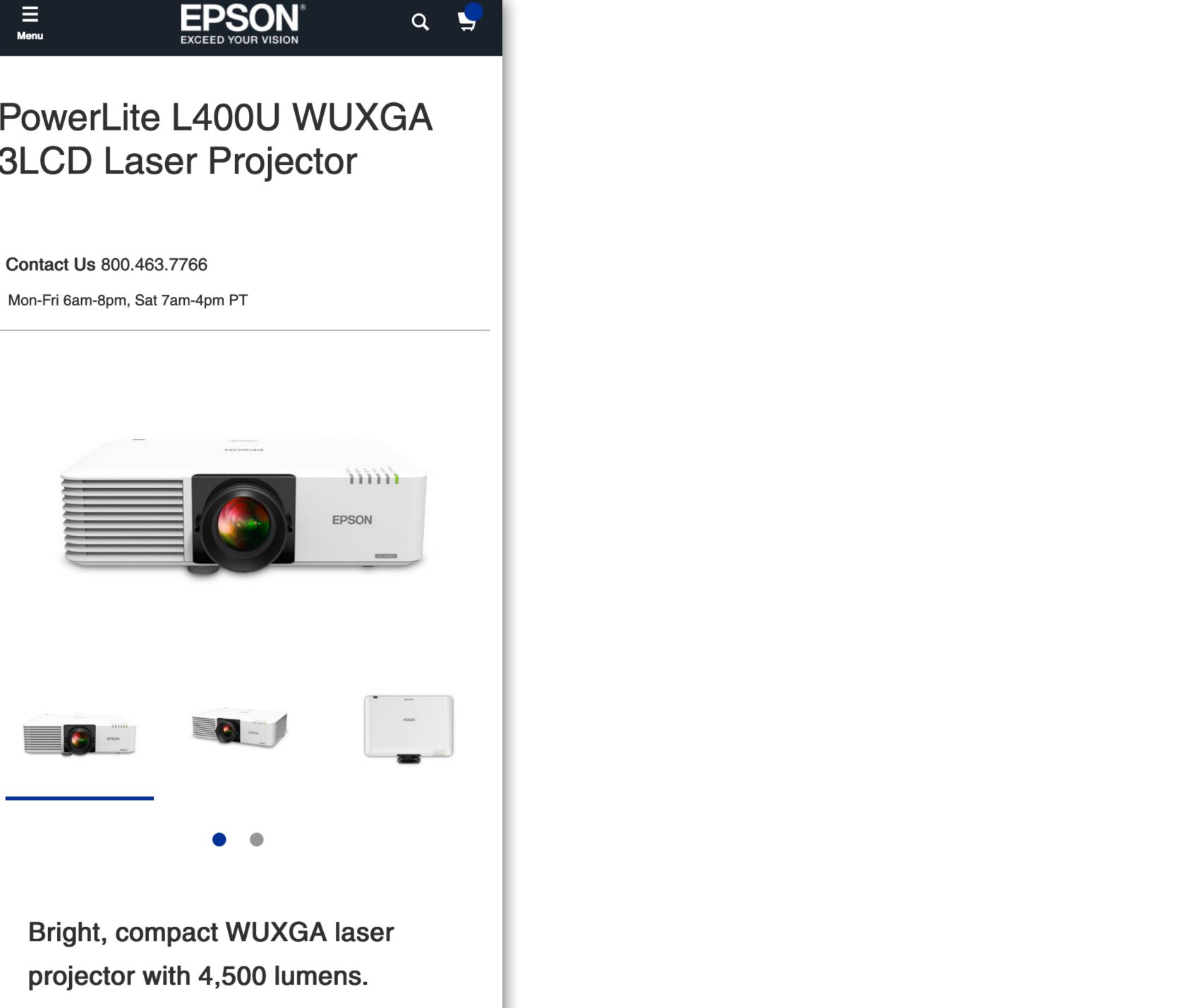






PowerLite L400U WUXGA **3LCD Laser Projector**





Joe Schmo

Bright, compact WUXGA laser projector with 4,500 lumens.

IPSON IPSON

EPSON

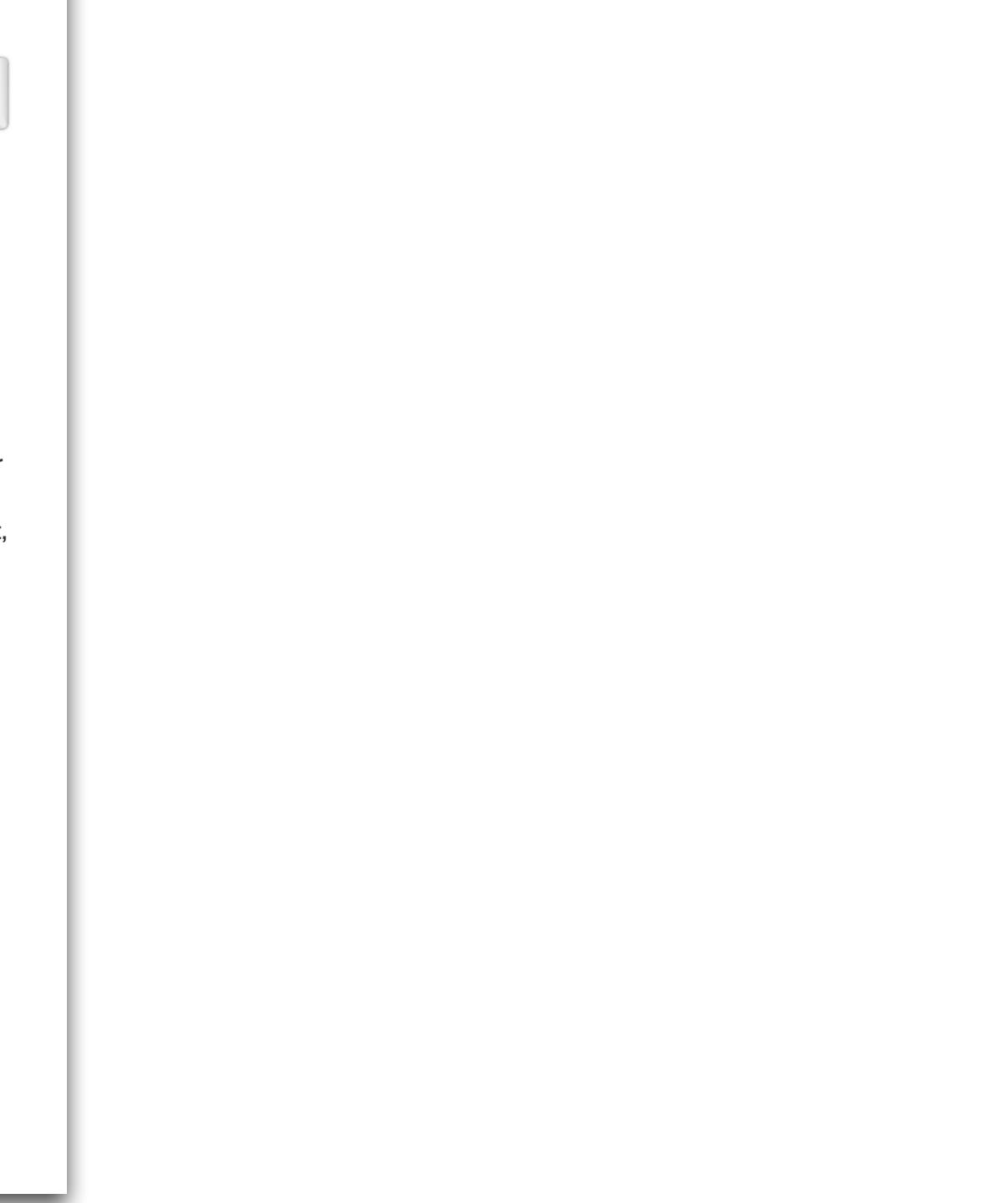
The compact, affordable PowerLite L400U laser projector delivers powerful performance for education and business applications. Get bright, vivid images with 4,500 lumens color/white brightness¹. This robust projector also offers WUXGA resolution and Full HD support. Featuring breakthrough laser technology, it delivers a laser light source of up to 20,000 hours². And, it offers virtually maintenance-free with no lamps. Plus, it features a Dynamic contrast ratio up to 2,500,000:1. It also features advanced installation features and enterpriselevel wireless security support (module sold separately).

Model: V11H907020

OUR PRICE :

\$2,499.00

Mail-in Rebate: Free Projector



Joe Schmo

Bright, compact WUXGA laser projector with 4,500 lumens.

R9504

EPSON

The compact, affordable PowerLite L400U laser projector delivers powerful performance for education and business applications. Get bright, vivid images with 4,500 lumens color/white brightness¹. This robust projector also offers WUXGA resolution and Full HD support. Featuring breakthrough laser technology, it delivers a laser light source of up to 20,000 hours². And, it offers virtually maintenance-free with no lamps. Plus, it features a Dynamic contrast ratio up to 2,500,000:1. It also features advanced installation features and enterpriselevel wireless security support (module sold separately).

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OUR PRICE :

\$2,499.00

Mail-in Rebate: Free Projector

EPSON[°]

Contact Us 800.463.7766

Mon-Fri 6am-8pm, Sat 7am-4pm PT



projector with 4,500 lumens.

Mike





Joe Schmo

Bright, compact WUXGA laser projector with 4,500 lumens.

IPSON IPSON

EPSON

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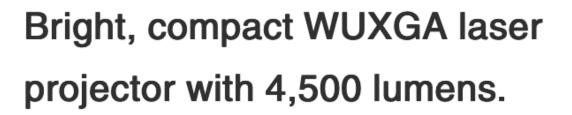
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Mike

Model: V11H907020

OUR PRICE:

\$2,499.00

AFTER 46% SAVINGS: \$1,340.19

- Employee discount
- Mail-in Rebate: Free Projector





• \$1,500 for the new hotness

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- At the end of our 4/8/20 meeting, we had \$345

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- A Cove Apple Club member couple came forward with a very generous matching donation challenge: Match every donation dollar-for-dollar up to \$50 per donation, through end of April, 2020!

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- A Cove Apple Club member couple came forward with a very generous matching donation challenge: Match every donation dollar-for-dollar up to \$50 per donation, through end of April, 2020!
- The bucks started rolling in!

22 Generous Cove Apple Club members have donated

\$1,153.25 in cash, checks, PayPal, Zelle & Apple Pay Cash

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- We didn't need all of the \$808.25 to hit our \$1,500 goal

- 22 Generous Cove Apple Club members have donated
 \$1,153.25 in cash, checks, PayPal, Zelle & Apple Pay Cash
- \$808.25 (70%) of that came during the Match Challenge period!
- We didn't need all of the \$808.25 to hit our \$1,500 goal
 - Only \$577.50 was needed to be matched to reach our \$1,500 goal

Thanking Our Match Challenge Donors

Thanking Our Match Challenge Donors Thanks to their generosity, and everyone else who donated, we far exceeded our goal

Thanking Our Match Challenge Donors Thanks to their generosity, and everyone else who donated, we far exceeded our goal

- the new unit

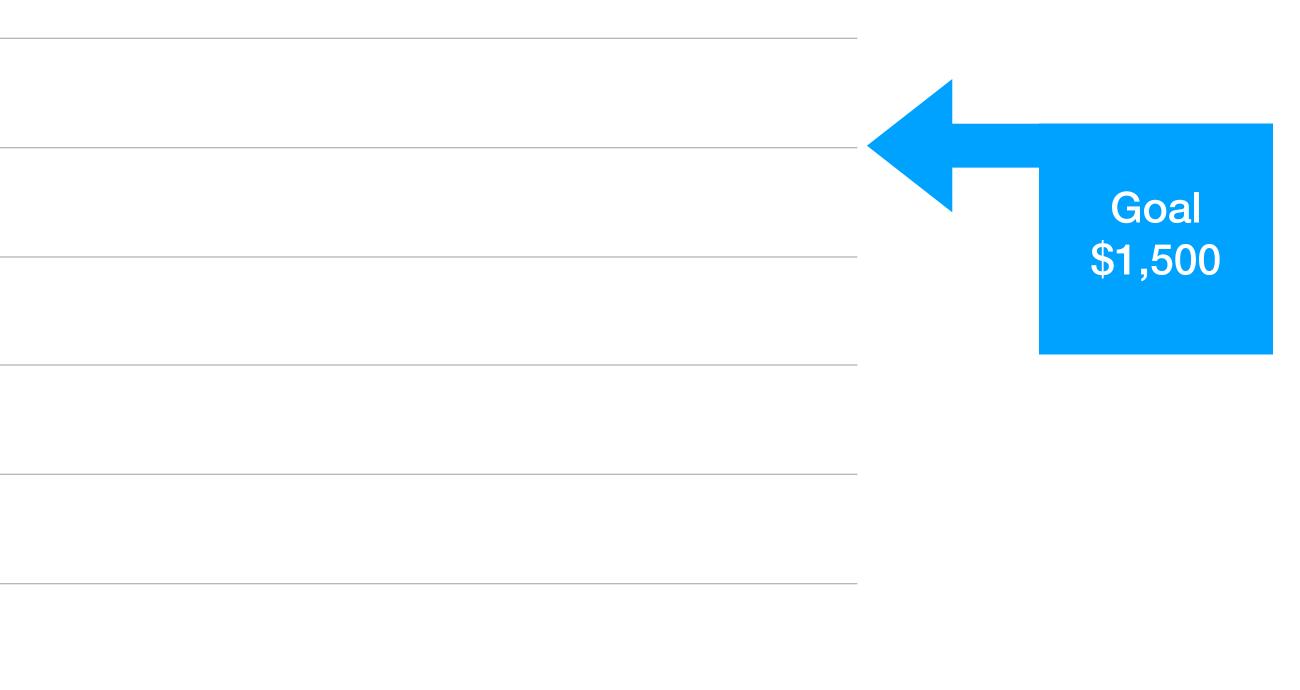
 We will not ask our Match Challenge donors to match anything above our goal of \$1,500, so they wound up contributing \$577.50, or 39% of the total needed for

Goal \$1,500





0 February	March	Apr 8	Apr 18
250			
500			
750			
1000			
1250			
1500			
1750			
2000			



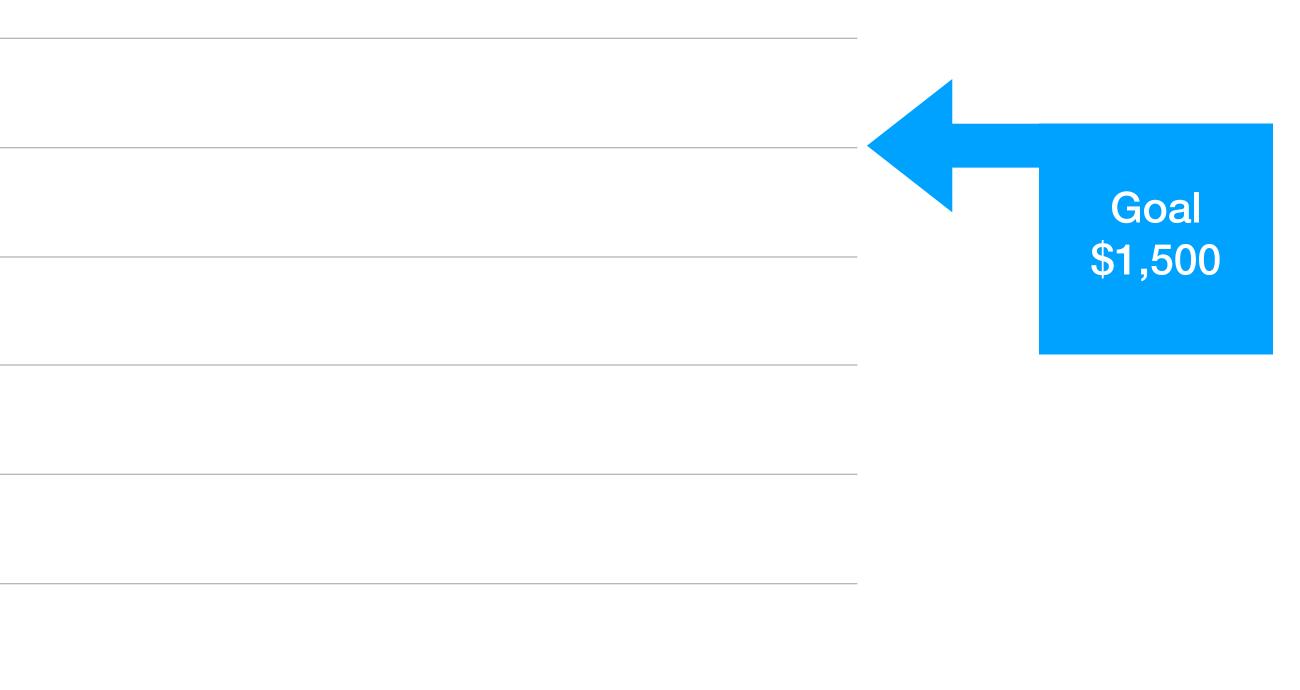
5

Apr 19

Apr 24



C <mark>\$90</mark> February		
250		
500		
750		
1000		
1250		
1500		
1750		
2000		

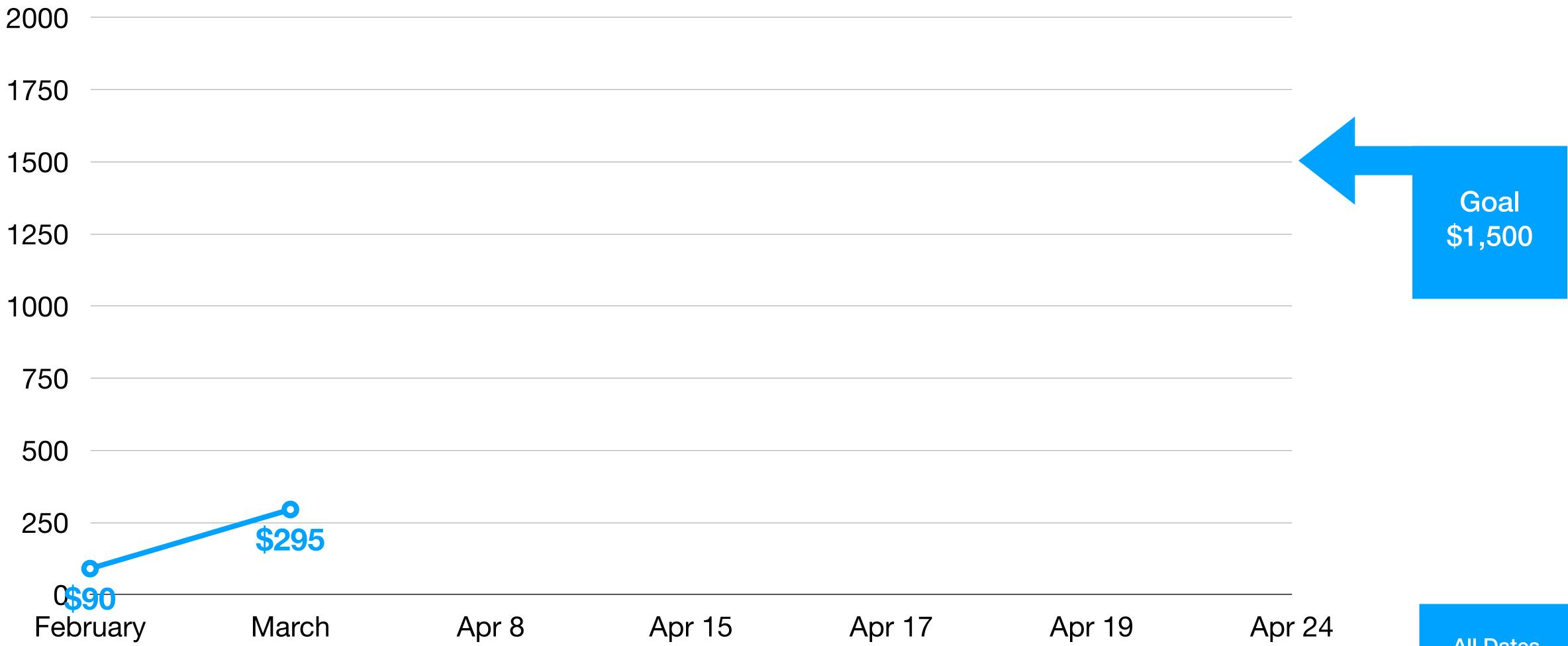


5

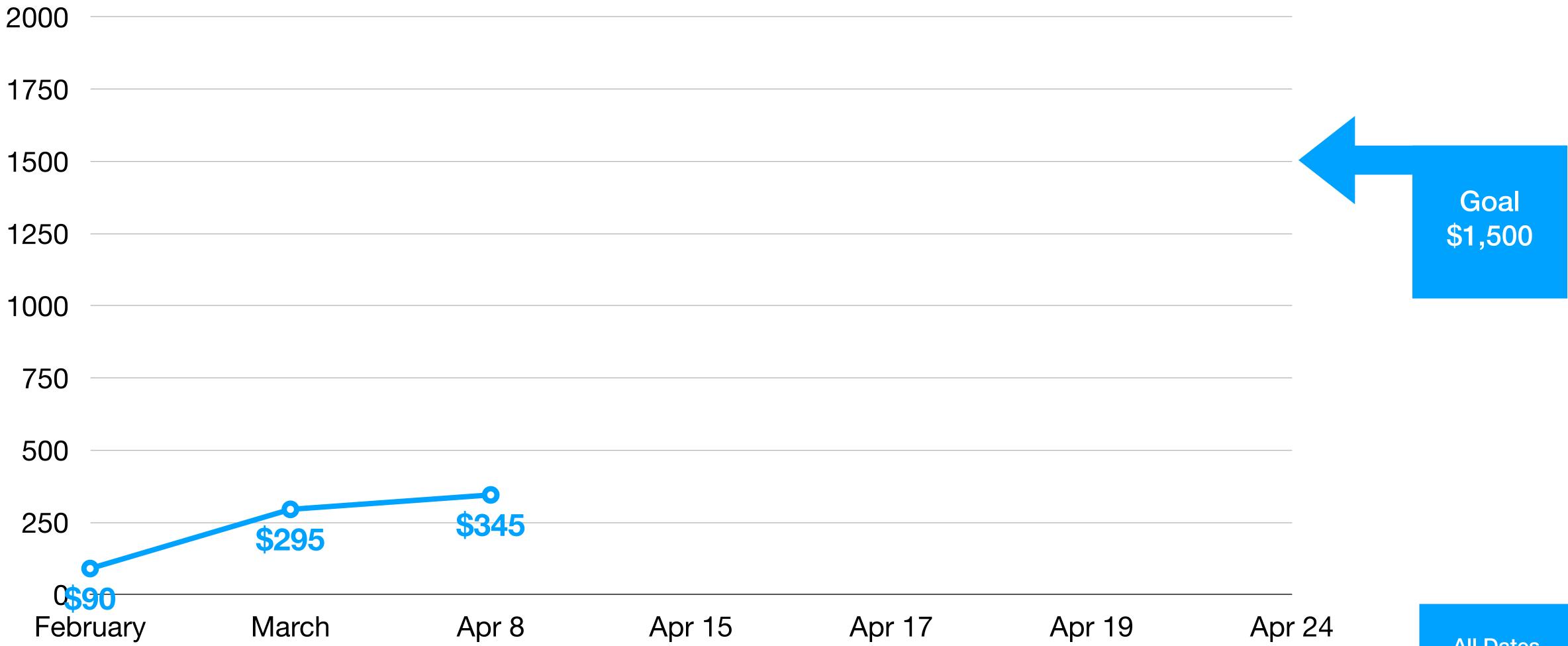
Apr 19

Apr 24

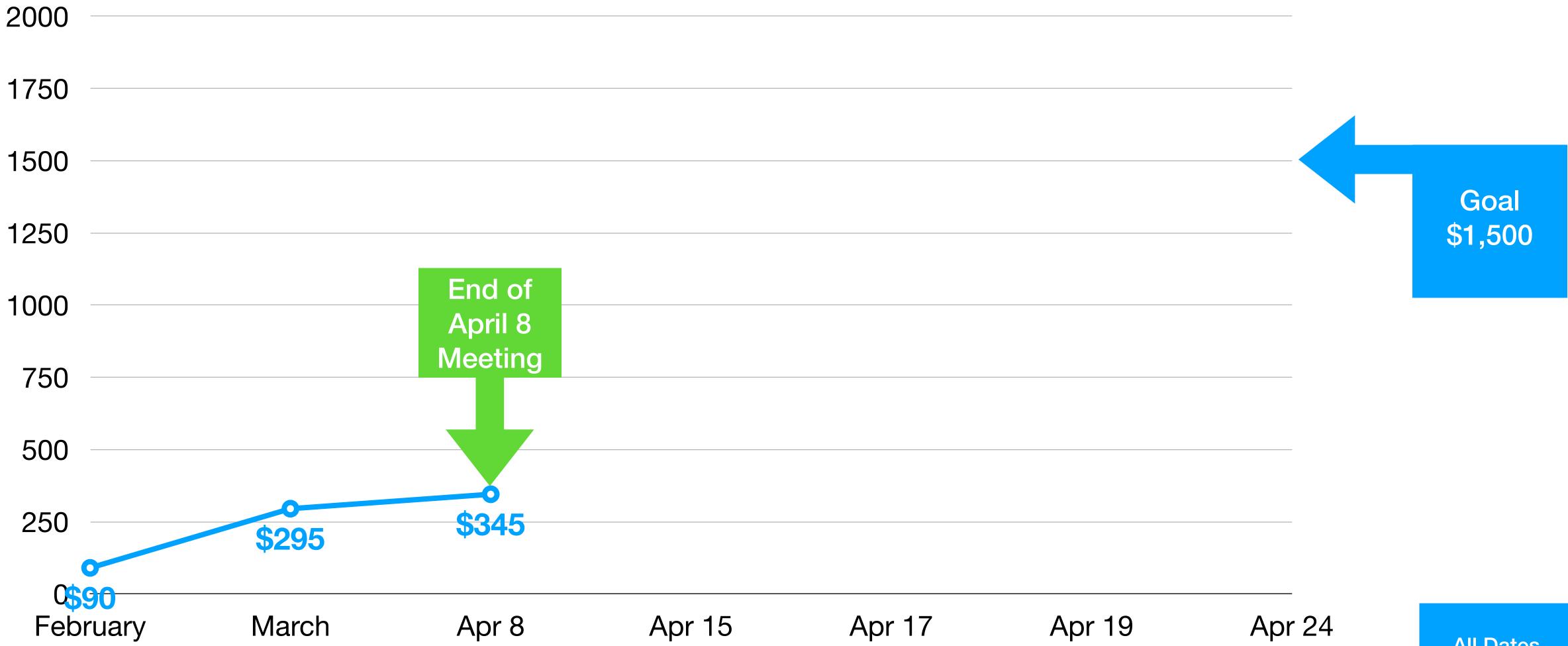




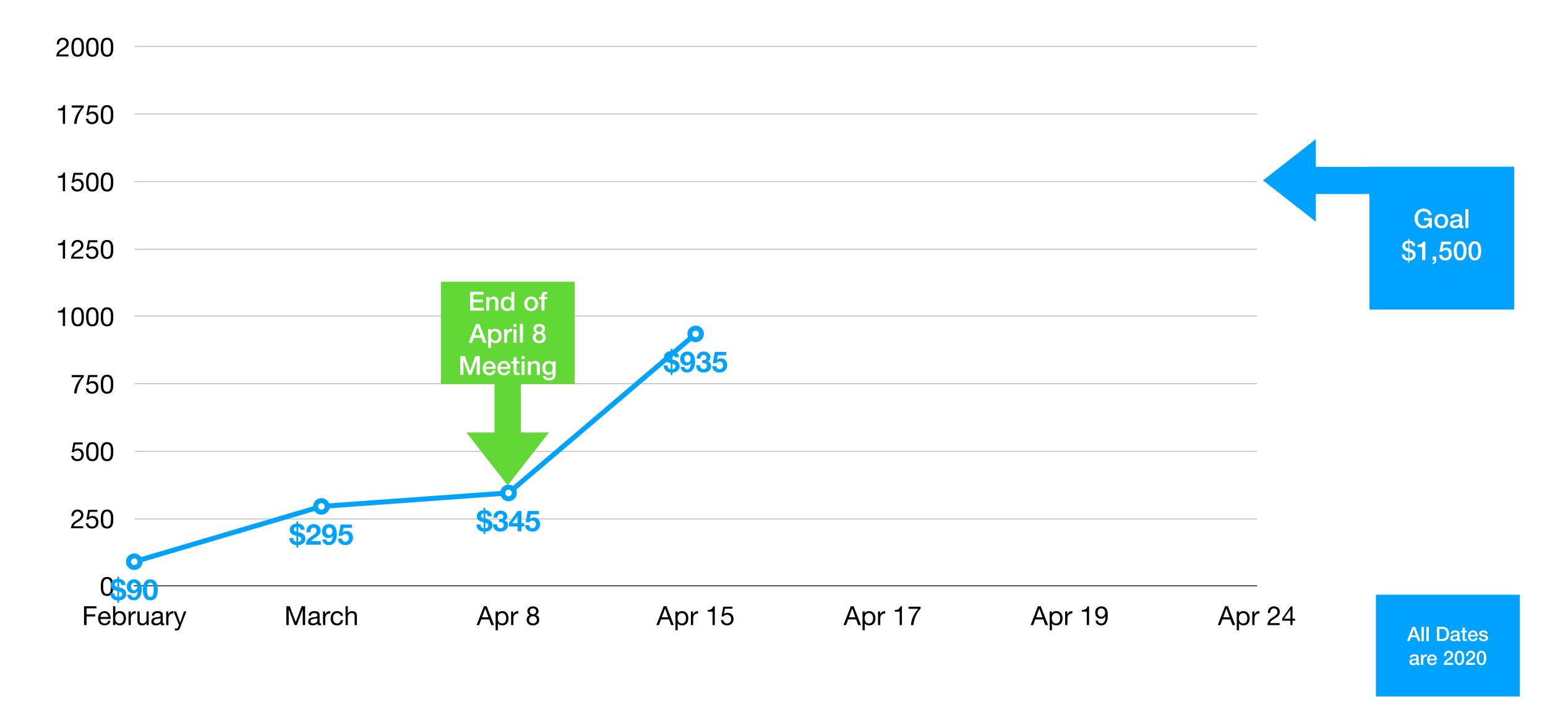


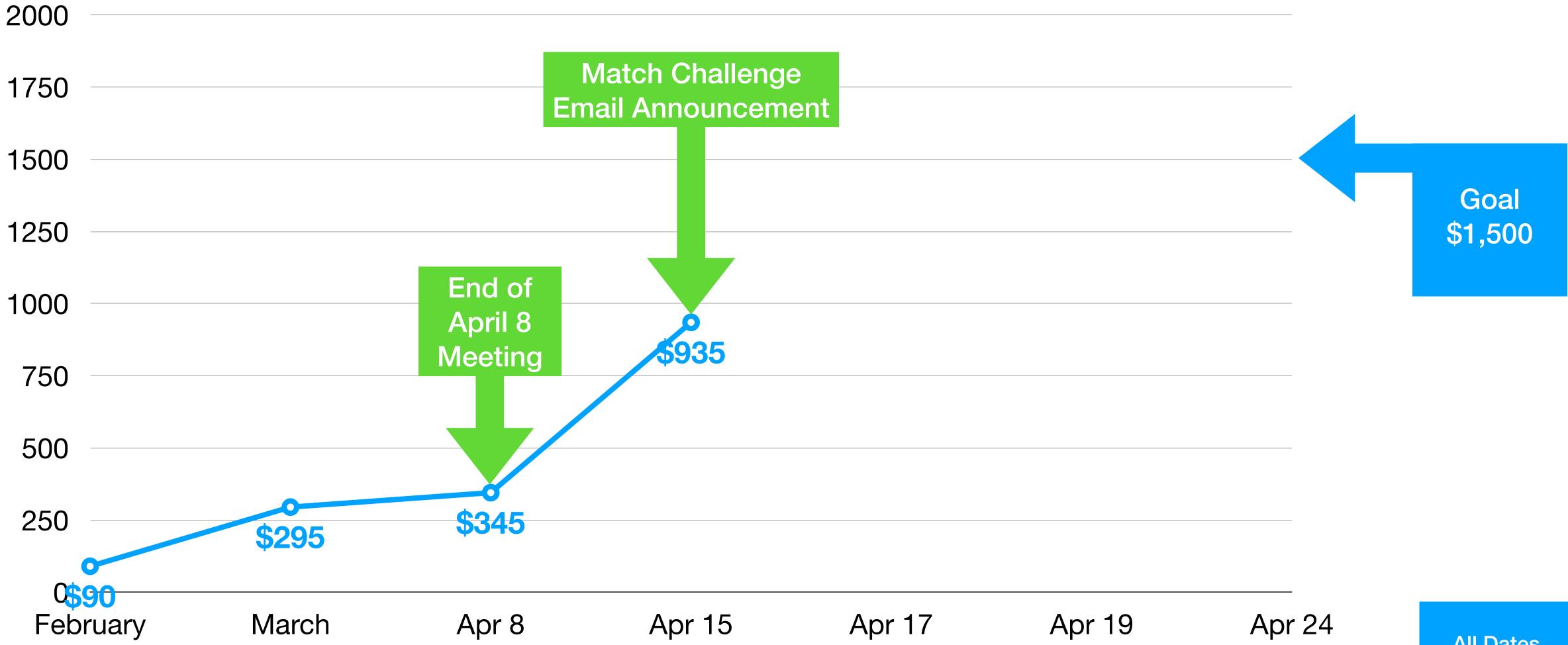




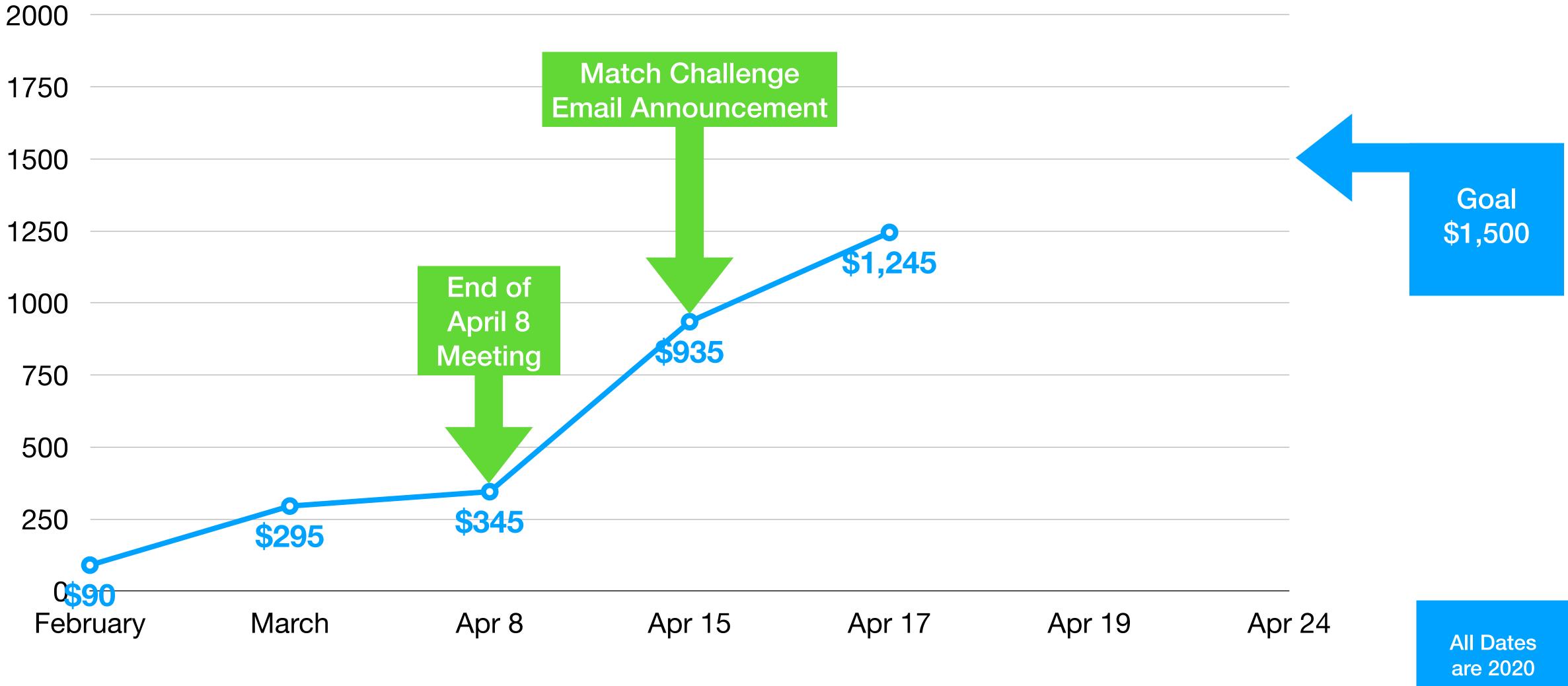


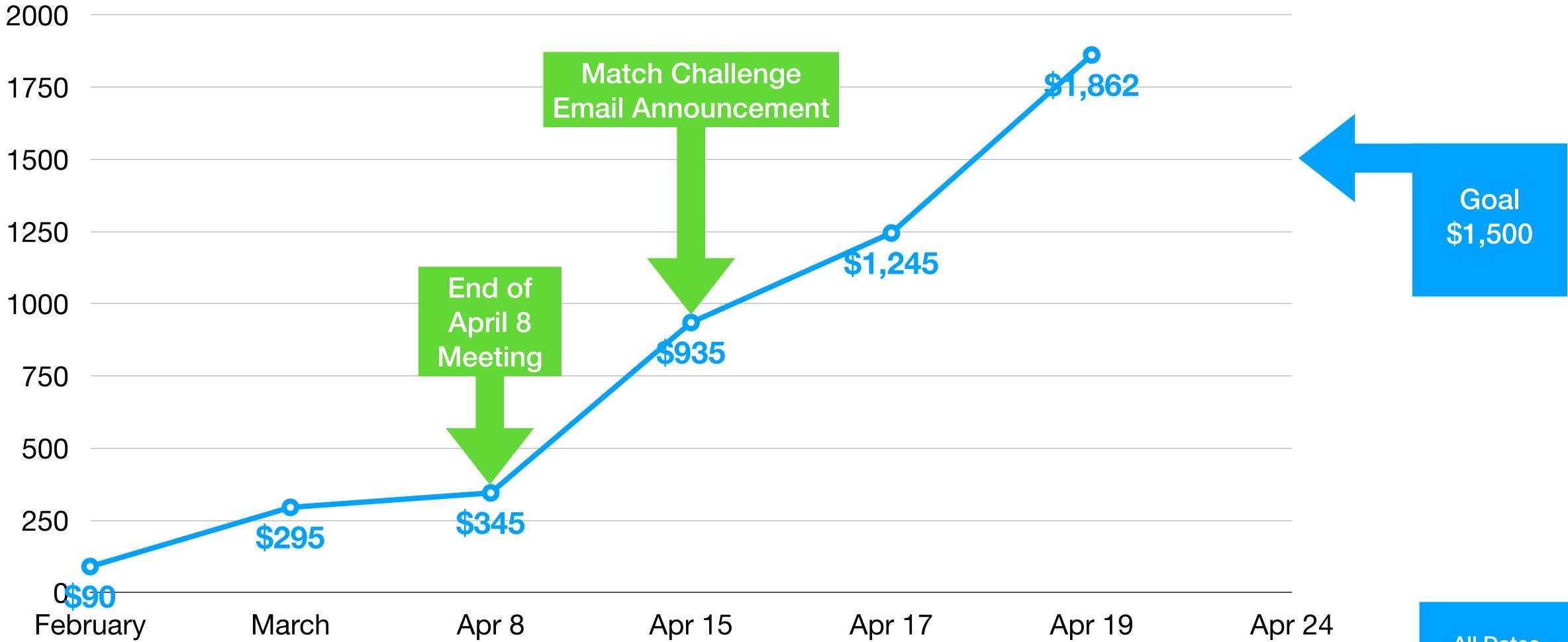






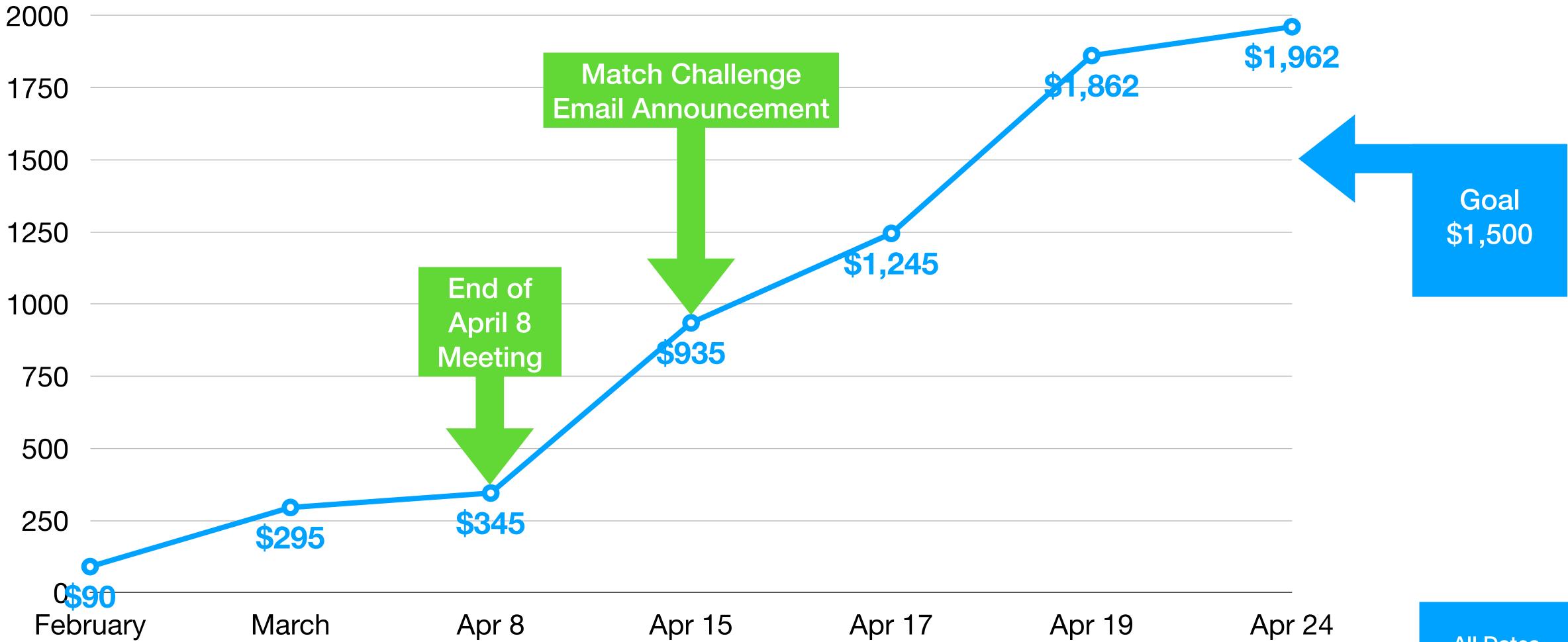






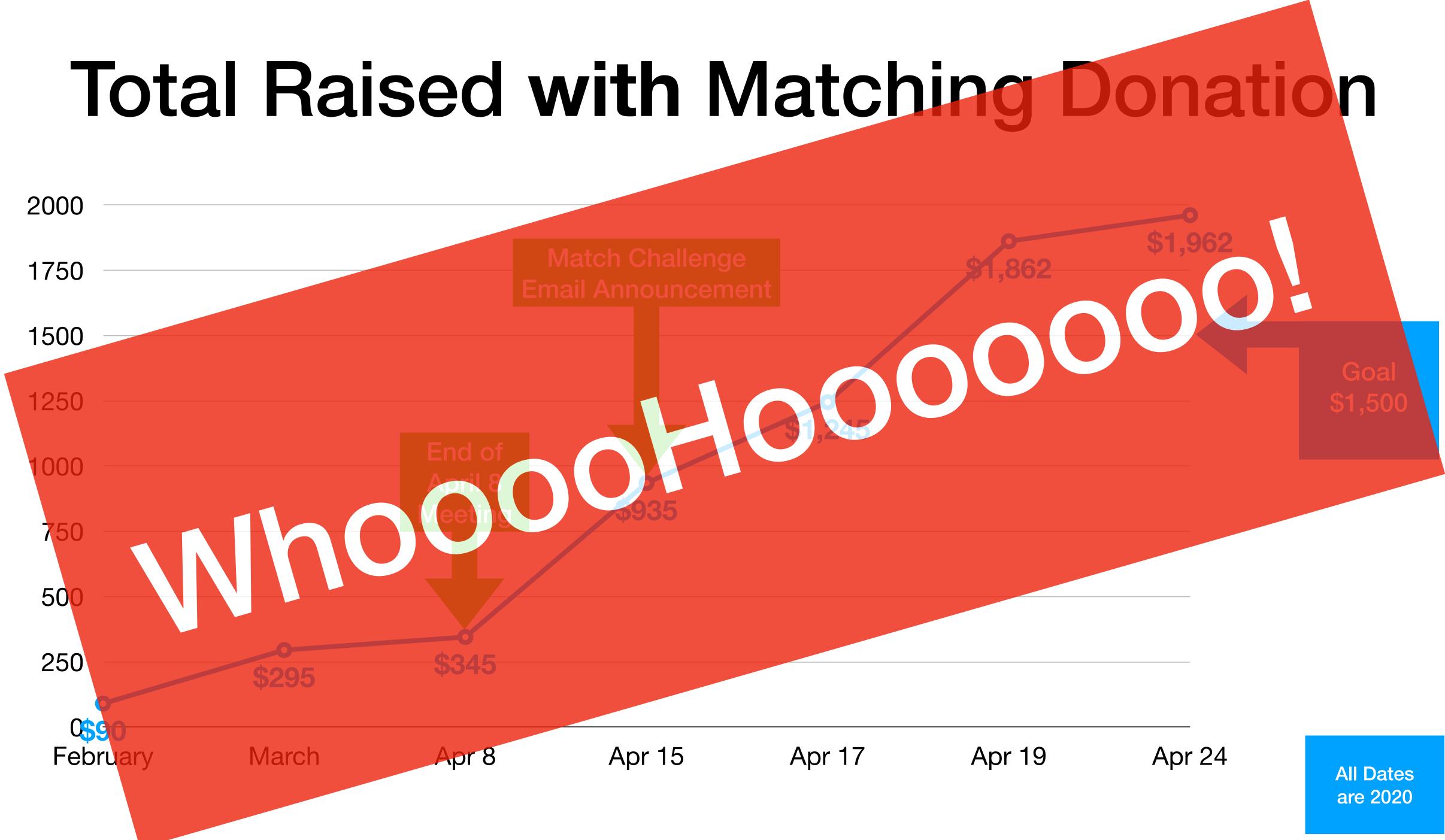


Total Raised with Matching Donation



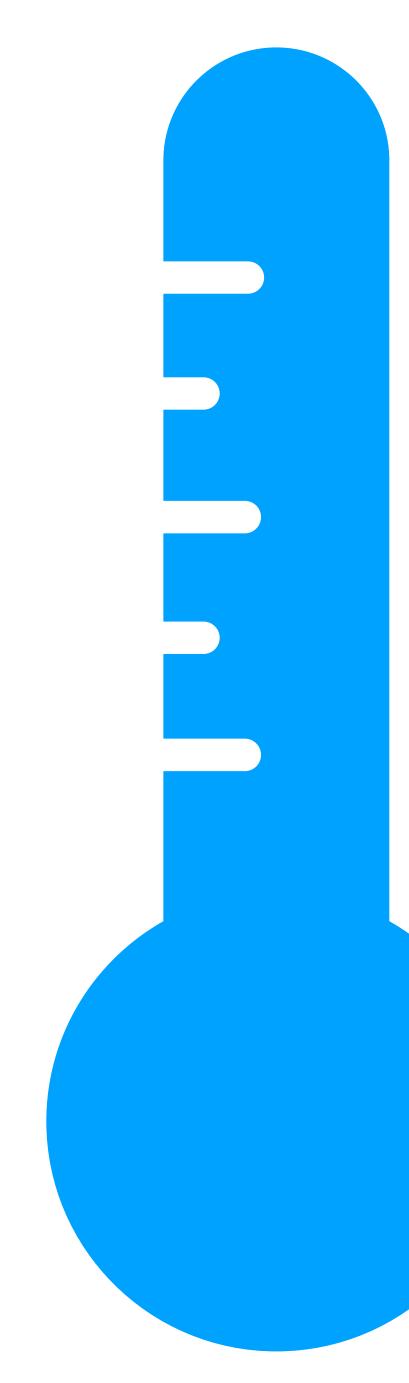
All Dates are 2020





Thank you, everyone!

Thank you, everyone!





Thank you, everyone!



\$1,500

Thank you, everyone!

\$1,500 \$1,250



Thank you, everyone!

\$1,500 \$1,250 \$1,000



Thank you, everyone!

\$1,500 \$1,250 \$1,000 \$750



Thank you, everyone!

\$1,500 \$1,250 \$1,000 \$750 \$500



Thank you, everyone!

\$1,500 \$1,250 \$1,000 \$750 \$500



Thank you, everyone!

\$1,500 \$1,250 \$1,000 \$750 \$500



Thank you, everyone!

\$1,500 \$1,250 \$1,000 \$750 \$500

\$1,730.75!











2021 YTD Donations Update

2021 YTD Donations Update

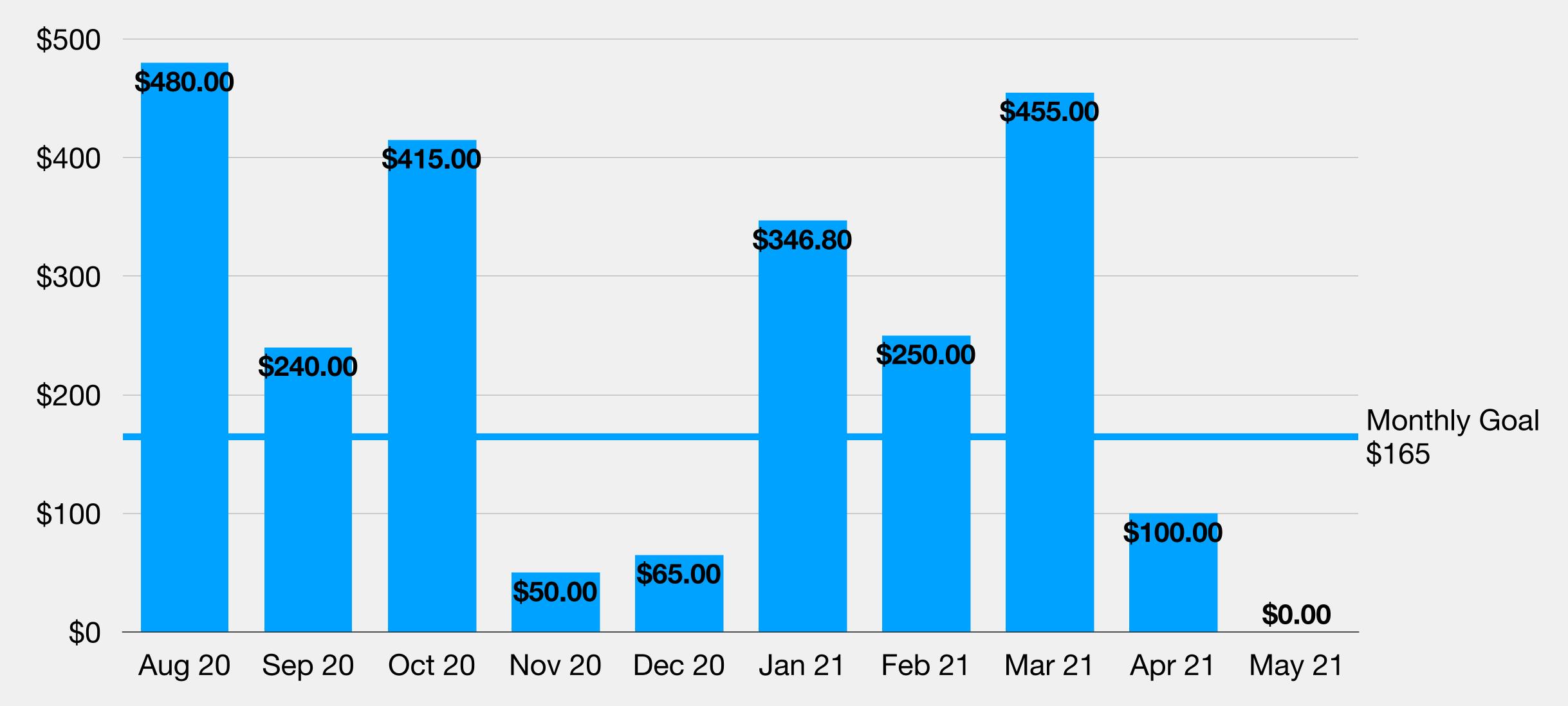
• Twenty-four donations received to date from 13 different donors

2021 YTD Donations Update

- Total donations: \$1,166.80

• Twenty-four donations received to date from 13 different donors

Donations by Month



Support the Club with your donations!



SCAN ME NOW!



Thank you for your support!

This Club depends on **YOU**!



Why you don't



• A VPN – Virtual Private Network – is a way to connect your device to a if you had a dedicated wire connecting you to that server

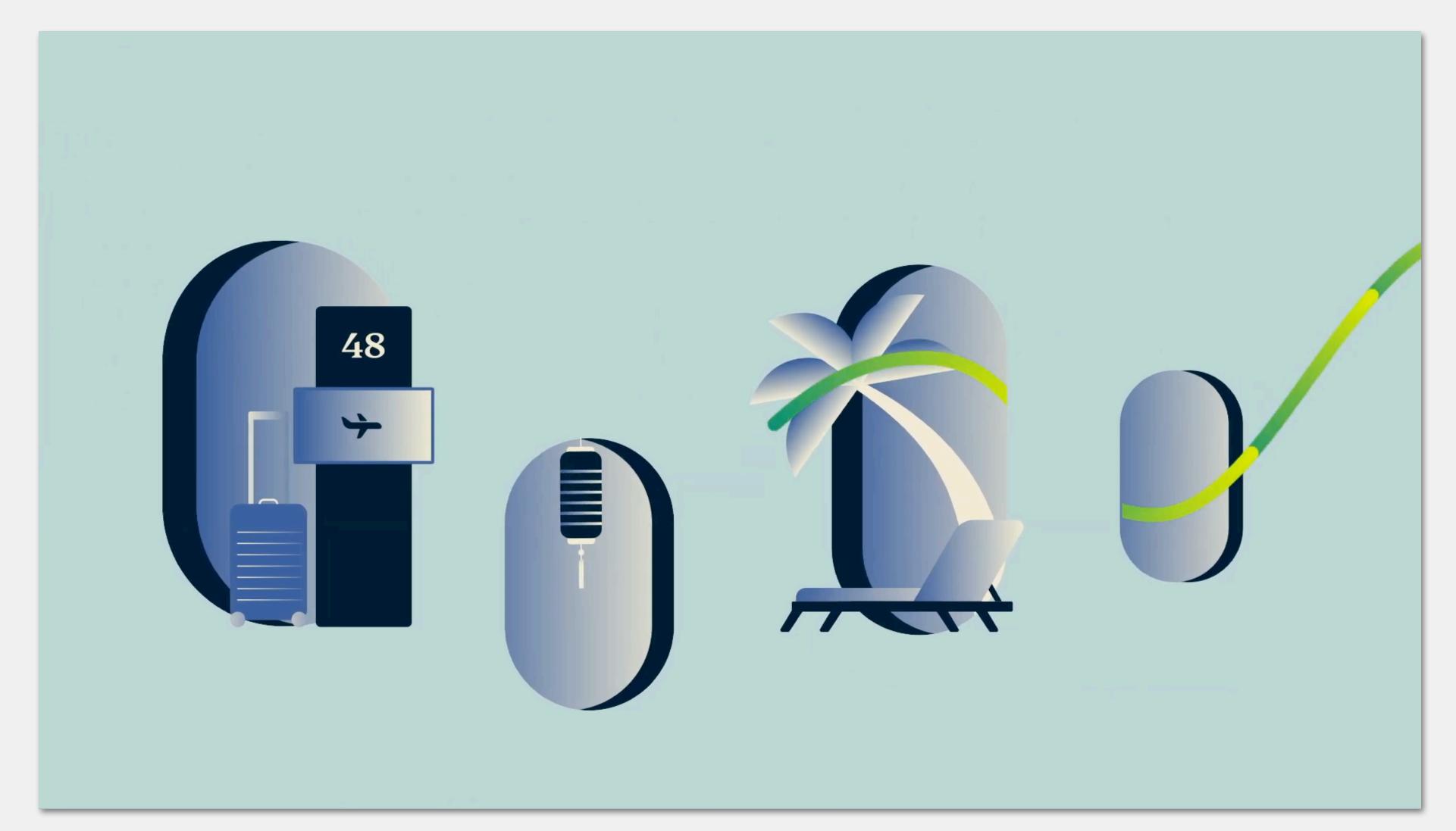
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- A VPN Virtual Private Network is a way to connect your device to a remote server using a special kind of encrypted protocol called a "tunnel," as if you had a dedicated wire connecting you to that server
- They were invented initially to let remote office workers connect securely to the corporate networks or mainframes back at HQ, without the expense of a "dedicated T1" line

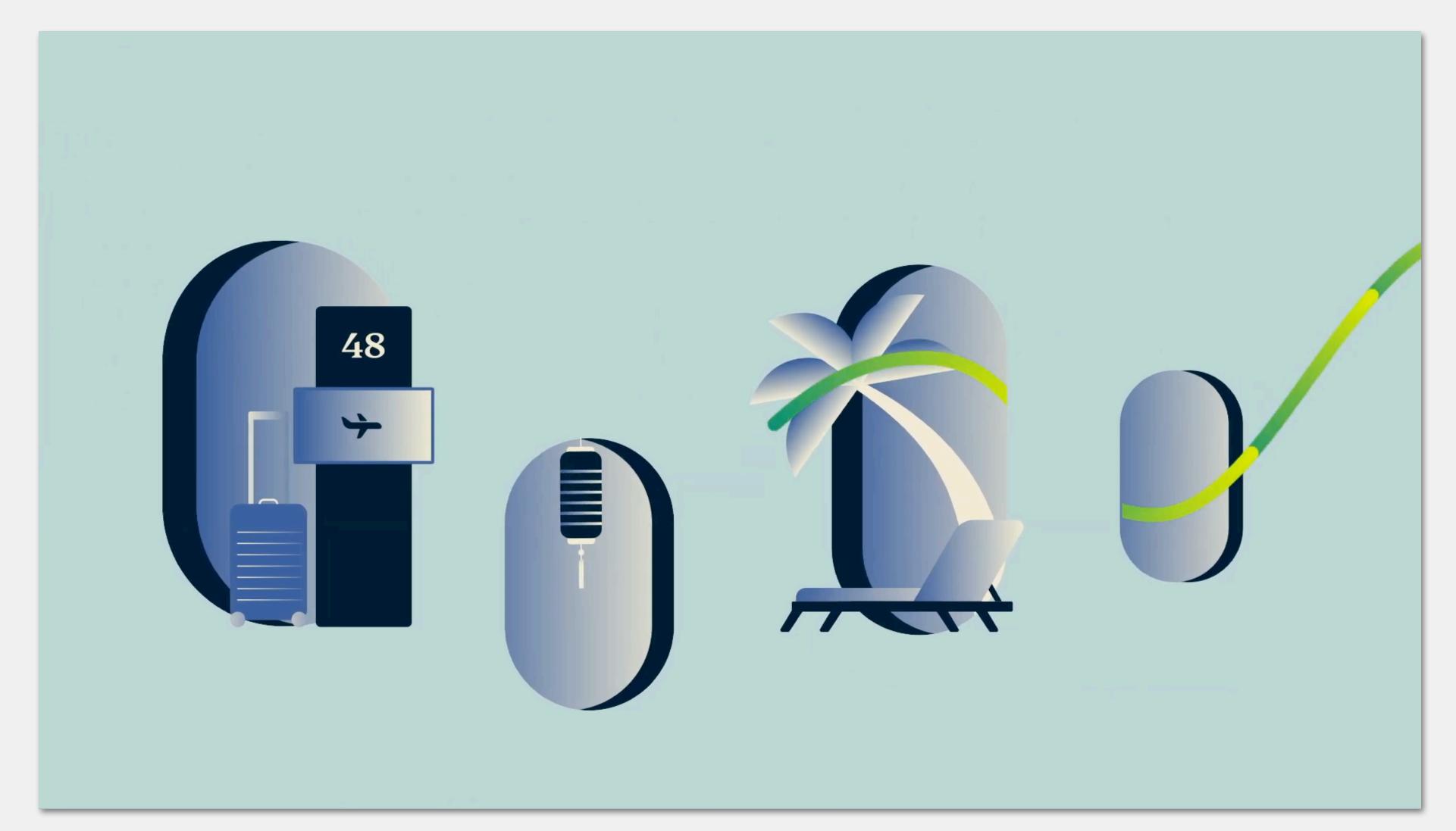
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- Now they are touted as "must-have private" by hundreds of firms

• Now they are touted as "must-haves" to "keep you secure and your browsing

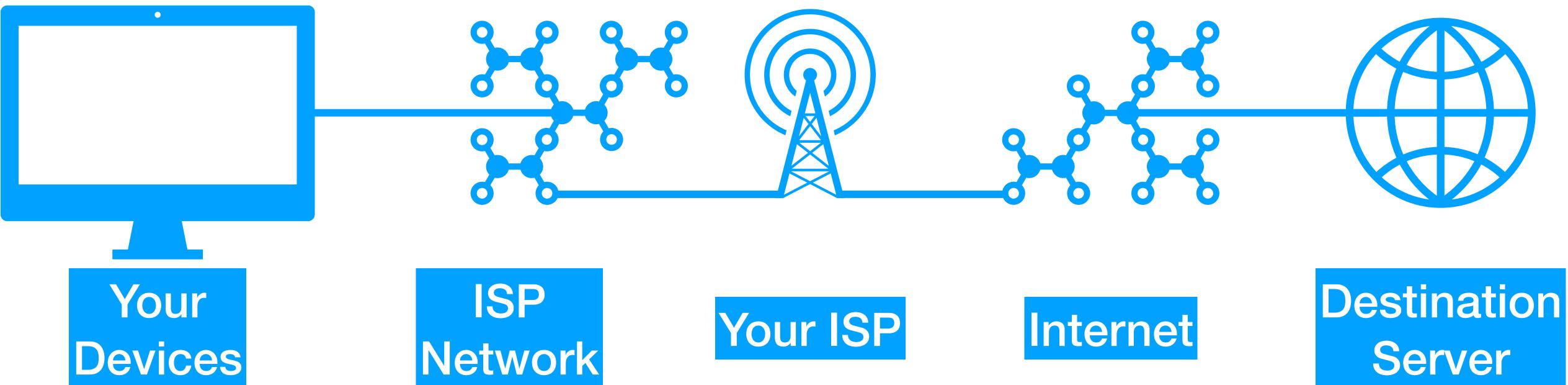
What is a VPN and why do they exist? According to Express VPN



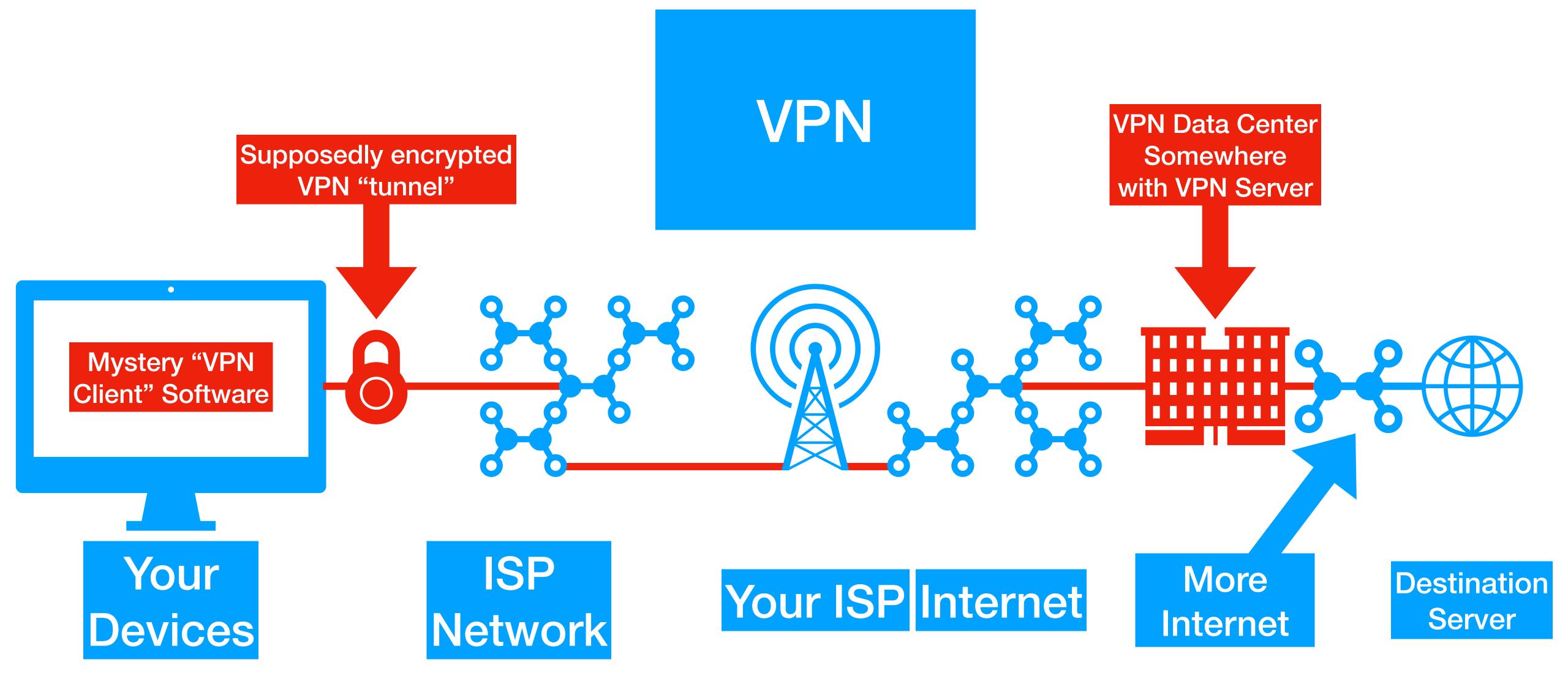
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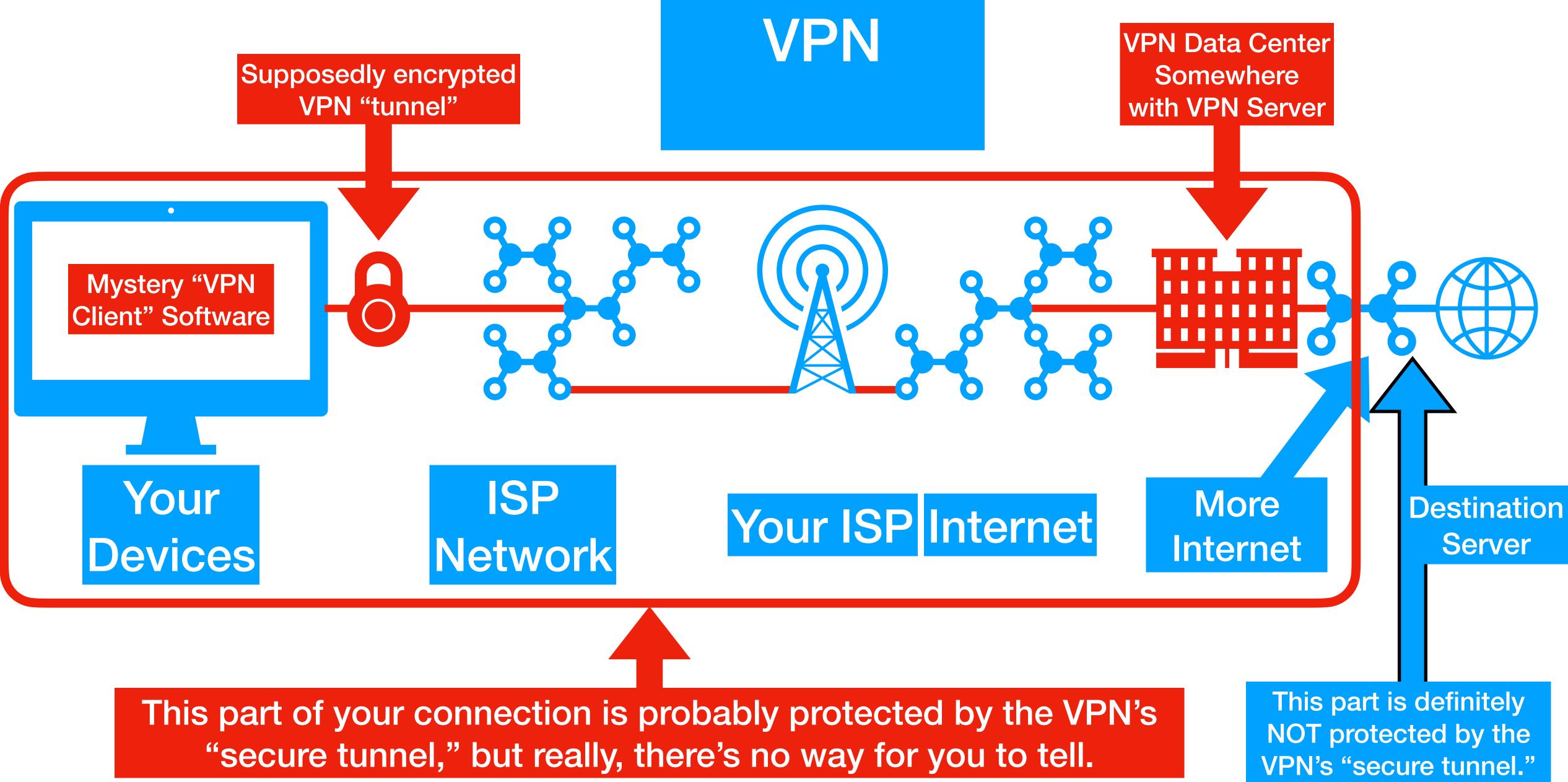






No VPN







Claim	

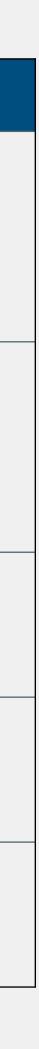


Claim	Fact	



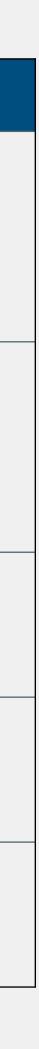
Claim	Fact	

Comment



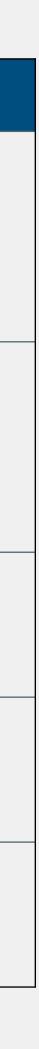
Claim	Fact	
Secures your connection on public Wi- Fi networks		

Comment



Claim	Fact	
Secures your connection on public Wi- Fi networks	Maybe	

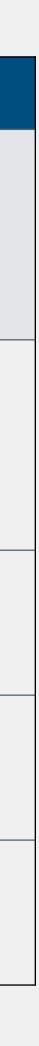
Comment



Claim	Fact	
Secures your connection on public Wi- Fi networks	Maybe	N 1 b

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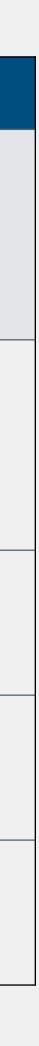
Moot, as >99% of all web traffic is encrypted by default, and 100% of sensitive traffic is always encrypted (finance, health, banking, shopping, social networks, etc.)



Claim	Fact	
Secures your connection on public Wi- Fi networks	Maybe	N 1 b
Keeps you safe from hackers & identity theft		

Comment

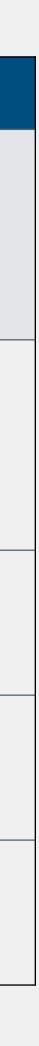
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Claim	Fact	
Secures your connection on public Wi- Fi networks	Maybe	N 10 b
Keeps you safe from hackers & identity theft	False	

Comment

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Claim	Fact	
Secures your connection on public Wi- Fi networks	Maybe	M 10 ba
Keeps you safe from hackers & identity theft	False	V OI SI

Comment

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/PN has nothing to do with password hacking, security breaches or ID theft prevention, and in fact, a VPN is an additional attack surface for all of those threats & more



Claim	Fact	
Secures your connection on public Wi- Fi networks	Maybe	M 10 ba
Keeps you safe from hackers & identity theft	False	V OI SI
Hides your internet traffic		

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Claim	Fact	
Secures your connection on public Wi- Fi networks	Maybe	M 1(ba
Keeps you safe from hackers & identity theft	False	V OI SI
Hides your internet traffic	Maybe	H u1
"No logging" claims to protect your privacy		

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One of the only "legitimate" uses for VPNs, and essential for hose in conflict areas & regimes with unfree speech



VPN providers are pretty bad at security Just sayin'...

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cnet

Popular VPN service NordVPN confirms data center breach

Hackers in 2018 accessed a lone server in Finland.



Oscar Gonzalez, Rae Hodge Oct. 22, 2019 12:57 p.m. PT





Even virtual private networks can get hacked. James Martin/CNET

NordVPN, a popular virtual private network, said Monday it was the victim of a data breach in 2018. The company said that so far the impact from the hack was minor, but it plans on upping its security efforts.



Just sayin'...

Another top VPN is reportedly being used to spread SolarWinds hack

By Mayank Sharma 29 days ago

New attack strategy circumvents the current mitigations





cnet

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New attack strates mitigations

stolen

By Mayank Sharma 3 months ago



Databases of three top Android VPN tools were left exposed with default authentication information



1010100 0000101 10100101 10100101 1110101 1010010101 01010101 01010101 1110101 0100000 0100000 1001 0110000 0100000 1001000 10101 0000101 0100100 111010 111010 1110101 0100100 10101 1110101 101011 010100 0101010 0 0101010	100100 10 00 0100	10 10100 10 00 0100 10 100 100
	0001 010 01 01 00 001 00 001 00 00 001 001001	

cnet

Millions of VPN users have personal details

r VPN service **PN confirms data** breach

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	0001 010 01 01 00 001 00 001 00 00 001 001001	

cnet

Millions of VPN users \equiv The Indian EXPRESS









Seven VPNs leak 1.2TB of personal user data: Is your VPN one of them?

According to the latest report coming from vpnMentor, seven VPN (Virtual Private Network) in total have leaked 1.2TB user information. Here are the details.

By: Tech Desk | New Delhi | Updated: July 21, 2020 1:12:28 pm





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This major Chinese VPN provider has been hacked

By Anthony Spadafora about 1 year ago

The DarkHotel hacking group has reportedly struck again







cinet

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The DarkHotel hacking group has report By Mayank Sharma 21 days ago again



Security experts link attacks to Chinese statesponsored threat actors







cinet

New attack strate Millions of VPN users \equiv The Indian EXPRESS

Seven VPNs leak 1.2TB of personal user Pulse Secure says it has fixed VPN issue that PN one of them?

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lhi | 1:12:28 pm



You get more

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- Installing their VPN software onto your Mac or iOS device adds a whole new world of unknown threats – "larger attack surface"
- A VPN is another piece of software you must keep updated
- No independent way to verify that they do what they say they do



servers in dozens of foreign countries

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 - https://, TLS, WPA2, etc.

programs on the Web or streaming services blocked in the US

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- You want to watch an in-market sports event which is blacked out for local viewers
 - Most streaming apps & sites detect & block VPNs, so good luck

need to communicate freely

• You're in a conflict zone or under the rule of an unfree speech regime, and

- need to communicate freely
- infosec purposes

• You're in a conflict zone or under the rule of an unfree speech regime, and

• You're a whistleblower or are supplying anonymous tips or info to a news organization and need to obscure your location & ISP connection for

• Choose a VPN rated & reviewed by a prominent tech publication you've actually HEARD of, not from the site of a top hit on a Google search

- - MANY of the claimed features by VPN providers

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- So really, it's a crapshoot.



New York Times The Wirecutter

thewirecutter.com

Wirecutter

Wirecutter is reader-supported. When you buy through links on our site, we may earn an affiliate commission. Learn more



Photo: Michael Murtaugh

SOFTWARE & APPS > NETWORKING

The Best VPN Service

UPDATED MAY 18, 2021

 \equiv

We've added details about completed and upcoming security audits to the <u>What to</u> <u>look forward to section</u>. The picks have not changed, and no new testing has been done since July 2020.



New York Times The Wirecutter

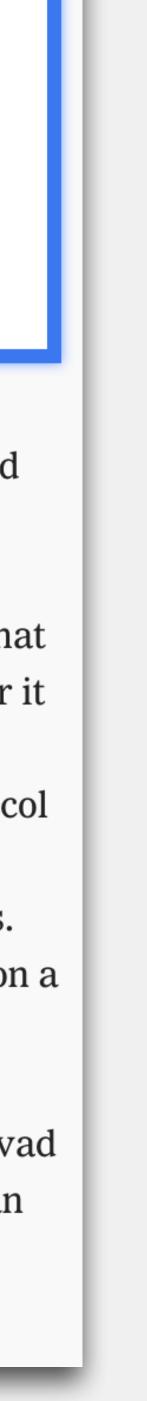
thewirecutter.com



connections and is easy to use on laptops, phones, and tablets.

Buy from Mullvad (\$5.50 per month)

Mullvad collects minimal user data and engages in comprehensive and transparent privacy practices. It meets our security standards with a publicly available third-party security audit. Though anonymity guarantees are nearly impossible for any company to make, we like that Mullvad allows you to pay in cash simply by using an account number it generates (you can also pay with more common payment types, including credit card and PayPal). Mullvad offers a speedy new protocol called WireGuard, which is <u>lightweight</u>, <u>quick</u>, <u>and easy to set up</u> compared with IPsec and OpenVPN, the previous tunneling protocols. Mullvad's desktop and phone apps make it simple to set the VPN up on a variety of devices even if you have little technical knowledge, and the service's kill switch helps protect your privacy by automatically disconnecting your device if the VPN connection fails. Although Mullvad doesn't offer a free trial, it does have a money-back guarantee. You can also set up many types of routers to connect with Mullvad's servers.



New York Times The Wirecutter

thewirecutter.com

UPDATED MAY 18, 2021

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Your guide

Yael Grauer



As more people's work and personal lives go digital, online privacy and security become increasingly important. A virtual private network, or VPN, can be a useful part of your security toolkit. But the industry is riddled with false promises and shady businesses. After sorting through dozens of VPNs and reviewing six security audits, we think the best option for most people is **Mullvad**, an open-source VPN that is not only trustworthy and transparent but also fast and reliable.

Our pick



• June 9, 2021 – 7pm

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• In-person meeting in the Clubhouse & on Zoom!

June 9, 2021 – 7pm *In-person meeting in the Clubhouse & on Zoom!*June 24, 2021 – 7pm

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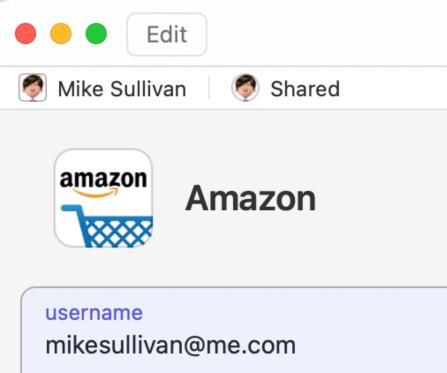
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- June 9, 2021 7pm • In-person meeting in the Clubhouse & on Zoom! • June 24, 2021 – 7pm • In-person meeting in the Clubhouse & on Zoom!
- No meetings in July or on August 11 ROAD TRIP!!

Four simple tips to stay safe online

Spend With Pennies ✓
May 6 at 1:11 AM · ♦

You can choose ONE item to be calorie free... what'll it be?



password

• • • • • • • • • • •

one-time password 7 5 1 = 8 1 2 = 21

website https://www.amazon.com

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Copy ~ Very Good 🔾	System Roots	Name .token.0 .token.1 @ 10.0.1.4 @ 192.168.100.1 (admin) @ 192.168.100.1 (admin) 	 Kind application password application password Internet password Internet password Internet password application password 	
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April 9 . 🕤



99% of online security threats can be stopped with these 4 best practices

And each of them are easy to do, and use features already on your Mac, iPhone and iPad

#1 - Use a password manager to create, store, encrypt and backup all of your logins





• 1Password: the first and still the best



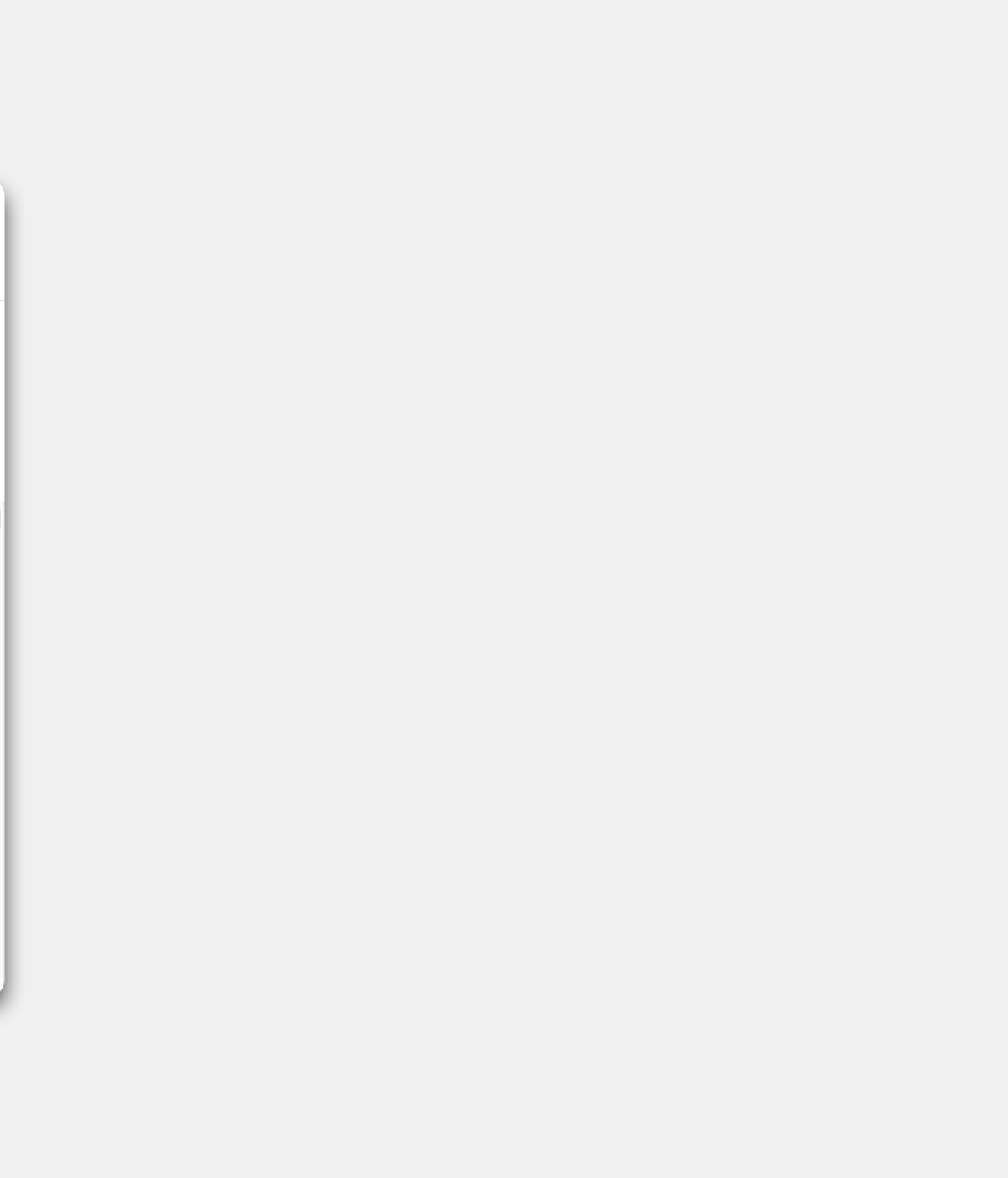
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- Easily pays for itself in time saved, security improved, frustration avoided
- 1password.com



Default Keychains	All Items Passwords	Secure Notes My Certificates Key	s Certificates
🗗 login	Amazon (Chime Session Token	
📤 iCloud	Kind: application password		
		ession_token	
System Keychains	Where: Amazon Chime Session Token		
🔒 System	Modified: Feb 22, 2017 at 10:54:55 AM		
System Roots	Name	^ Kind	Date Modified
	.token.0	application password	Feb 20, 2017 at 7:57:19 AM
	/ .token.1	application password	Feb 20, 2017 at 7:57:19 AN
	@ 10.0.1.4	Internet password	Apr 10, 2016 at 11:13:22
	@ 192.168.100.1 (adm	in) Internet password	Jul 16, 2016 at 10:49:39
	@ 192.168.100.1 (adm	in) Internet password	Aug 9, 2016 at 8:00:10 AM
	846696065732:*	application password	Mar 18, 2020 at 10:05:13
	/ Amazon Chime Ses	sion Token application password	Feb 22, 2017 at 10:54:55
	@ aperture.www.smu	gmug.com Internet password	Dec 21, 2015 at 10:43:40
	/ api.textexpander.co	om application password	d Oct 10, 2018 at 11:11:39 A.
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	/ api.textexpander.co	om application password	d Today, 8:13 AM
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	/ Apple ID Authentic	ation application password	d Oct 16, 2015 at 3:38:18 PM
	🛴 Apple Persistent St	ate Encryption application password	Yesterday, 8:00 AM
	/ BeaconStore	application password	d Oct 10, 2019 at 4:24:35 PN
	Brave Safe Storage	application password	Dec 12, 2020 at 4:45:55
	Call History User D	ata Key application password	d Oct 22, 2015 at 11:23:57



• • •	Keychain Access	(i) Q Search	
Default Keychains	All Items Passwords Secure Note	es My Certificates Keys	Certificates
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	Kind: application pass Account: session_toke		
System Keychains	Where: Amazon Chime	Session Token	
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• If your needs are simple, use the built-in iCloud Keychain service on macOS or iOS



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- Creates, stores, encrypts and fills-in website logins



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	,token.1	application password	Feb 20, 2017 at 7:57:19 AN
	@ 10.0.1.4	Internet password	Apr 10, 2016 at 11:13:22
	@ 192.168.100.1 (admin)	Internet password	Jul 16, 2016 at 10:49:39
	@ 192.168.100.1 (admin)	Internet password	Aug 9, 2016 at 8:00:10 AM
	846696065732: *	application password	Mar 18, 2020 at 10:05:13
	/ Amazon Chime Session Token	application password	Feb 22, 2017 at 10:54:55
	@ aperture.www.smugmug.com	Internet password	Dec 21, 2015 at 10:43:40
	api.textexpander.com	application password	Oct 10, 2018 at 11:11:39 A
	api.textexpander.com	application password	Dec 15, 2020 at 10:38:30
	api.textexpander.com	application password	Today, 8:13 AM
	api.textexpander.com	application password	Today, 11:59 AM
	/ Apple ID Authentication	application password	Oct 16, 2015 at 3:38:18 PN
	Apple Persistent State Encrypti	ion application password	Yesterday, 8:00 AM
	BeaconStore	application password	Oct 10, 2019 at 4:24:35 PN
	Brave Safe Storage	application password	Dec 12, 2020 at 4:45:55
	Call History User Data Key	application password	Oct 22, 2015 at 11:23:57

- If your needs are simple, use the built-in iCloud Keychain service on macOS or iOS
- Creates, stores, encrypts and fills-in website logins
- Free!



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Q Search

Use iCloud Keychain to keep information safe on Mac

iCloud Keychain keeps the website login information and credit card information that you use with autofill in Safari, and your Wi-Fi network information up to date across all your Mac computers (OS X 10.9 or later), iOS devices (iOS 7.0.3 or later), and iPadOS devices.

iCloud Keychain also stores account settings, so your social media accounts can be added automatically to another Mac when you sign in with your Apple ID on that Mac. For example, Exchange, Google, and other internet accounts you use with Mail, Contacts, Calendar, Reminders, Notes, and Messages can be added automatically.

Everything stored in iCloud Keychain is secure—it's protected by industry-standard encryption. Your iCloud Keychain can't be set up on another Mac or iOS or iPadOS device unless you approve it.

- If your needs are simple, use the built-in iCloud Keychain service on macOS or iOS
- Creates, stores, encrypts and fills-in website logins
- Free!
- Search for "Keychain" in Help on Mac, or "Keychain" in Apple Support app on iOS





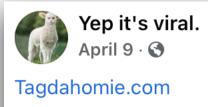
passwords, and will alert you if you have any reused passwords

• If you're using a password manager like 1Password, it won't let you re-use

- passwords, and will alert you if you have any reused passwords
- The danger of a re-used password:

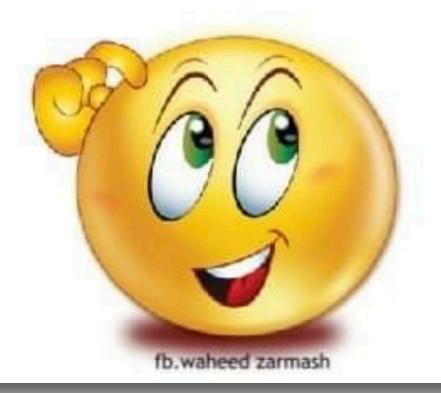
• If you're using a password manager like 1Password, it won't let you re-use

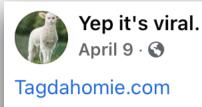
- If you're using a password manager like 1Password, it won't let you re-use passwords, and will alert you if you have any reused passwords
- The danger of a re-used password:
 - Hackers break into Site A and get your login credentials
 - They then immediately try those credentials on thousands of other sites
 - And that's one reason your Facebook Messenger was hacked last week



If you think your english is good I challenge you to write any word start with C and end with E

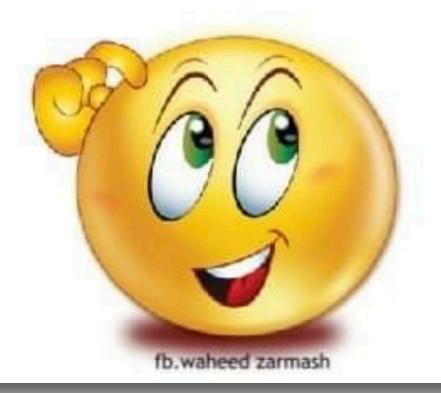
...





If you think your english is good I challenge you to write any word start with C and end with E

...



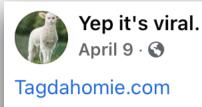


You've been kidnapped.

The characters from the last TV show or movie you watched are in charge of the rescue.

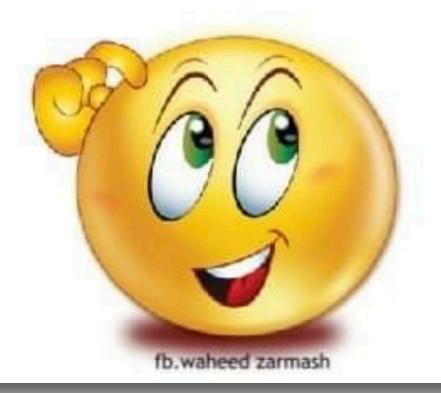
Who is coming to save you?





If you think your english is good I challenge you to write any word start with C and end with E

...





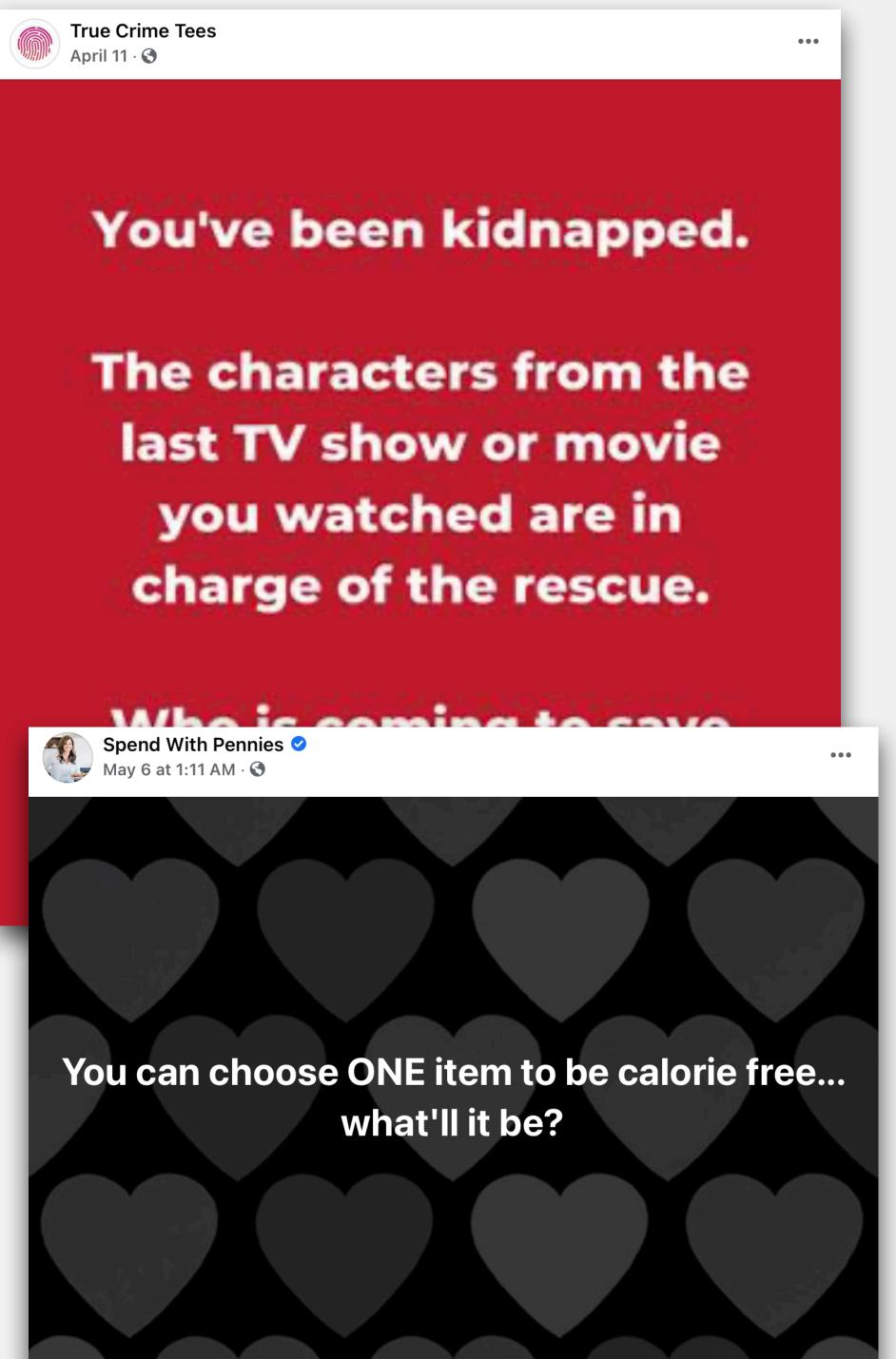
You've been kidnapped.

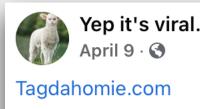
The characters from the last TV show or movie you watched are in charge of the rescue.



Spend With Pennies ダ 🎽 🚽 May 6 at 1:11 AM · 🕄

You can choose ONE item to be calorie free... what'll it be?

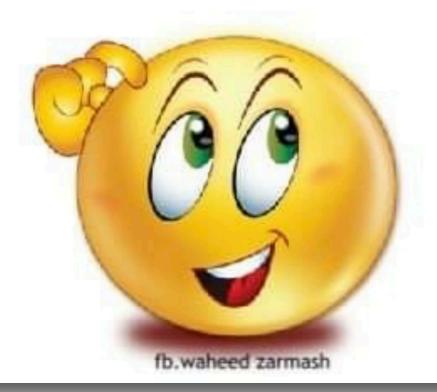




🙈 African girls killing it ...

n.com/AfricanGirlsKillingit

If you think your english is good I challenge you to write any word start with C and end with E







True Crime Tees April 11 · 🚱

You've been kidnapped.

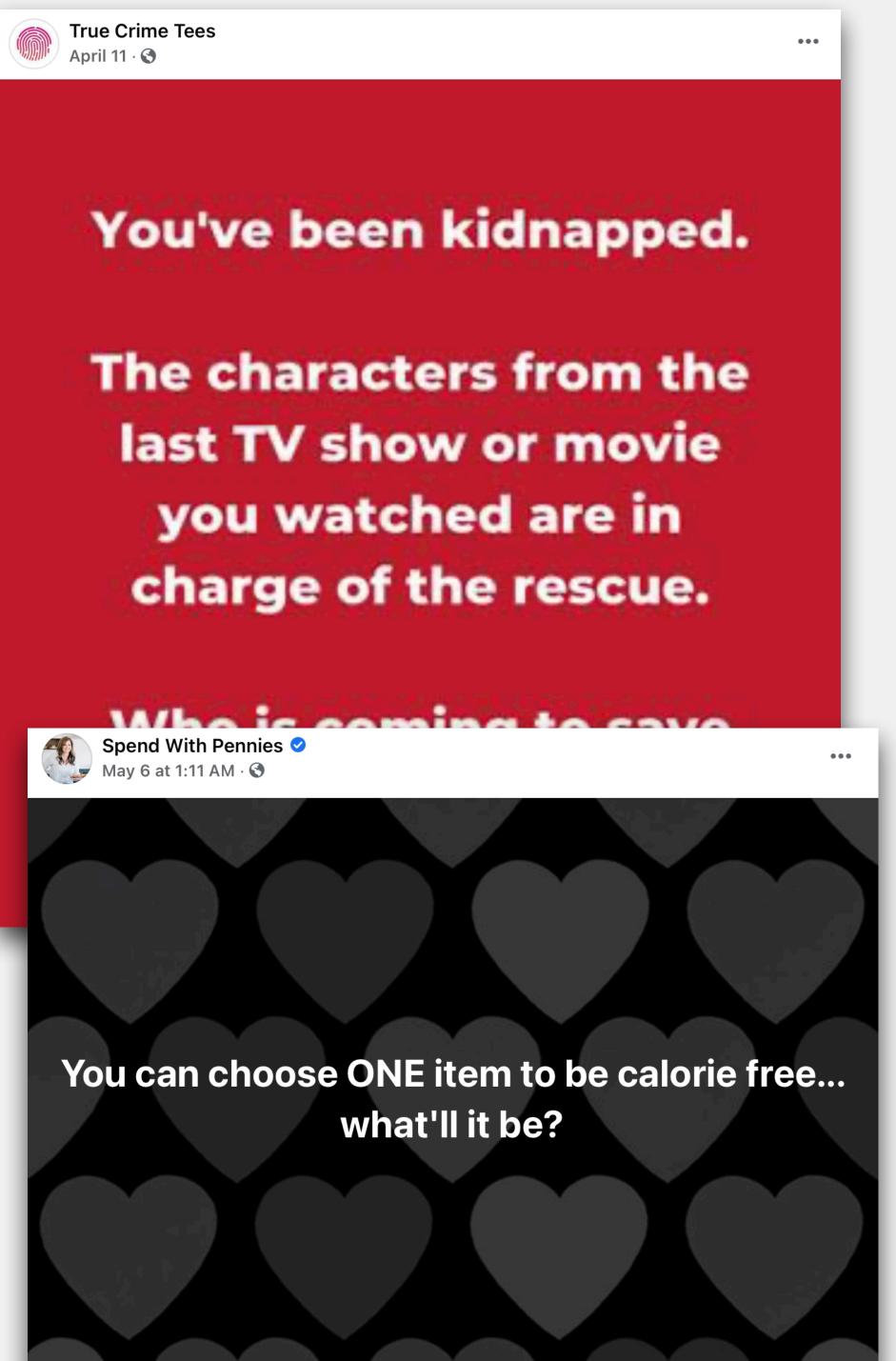
The characters from the last TV show or movie you watched are in charge of the rescue.

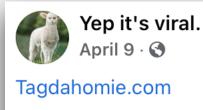
the is coming to se



Spend With Pennies 🤣 🎽 🖌 May 6 at 1:11 AM · 🕄

You can choose ONE item to be calorie free... what'll it be?





🙈 African girls killing it ... n.com/AfricanGirlsKillingit

If you think your english is good I challenge you to

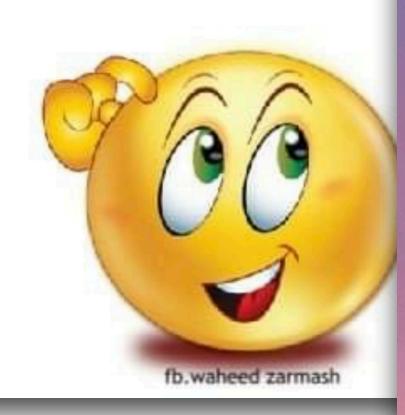
Write any WOI May 18 at 8:00 AM · C start with C and en



December has Christmas. January has New Year. February has Valentine's Day. Your birth month has







ices 😳 (when u get it

Positive Healthy Inspiration Whitney Gordon-Mead.com



True Crime Tees April 11 · 🕥

You've been kidnapped.

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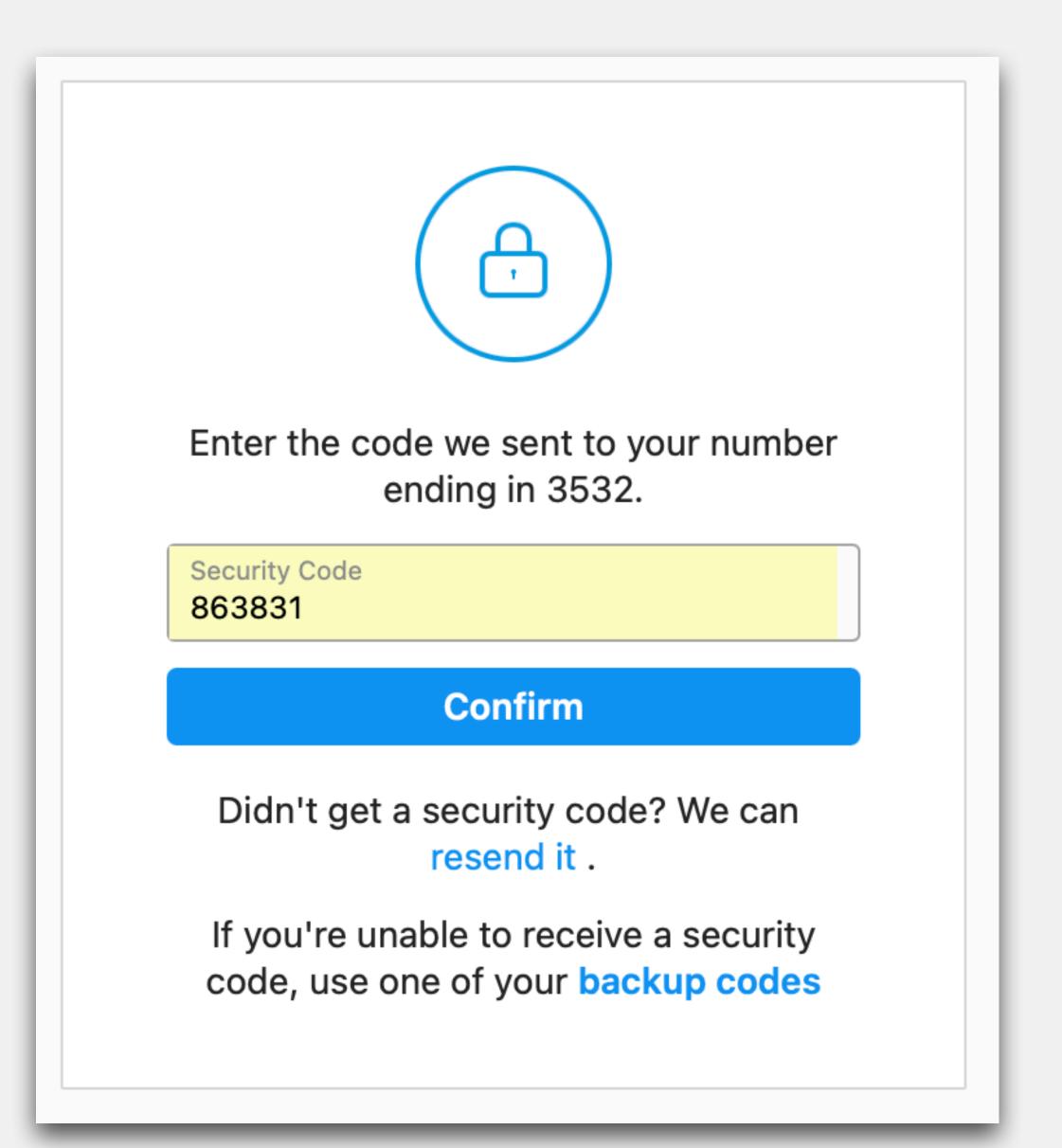
an is coming to

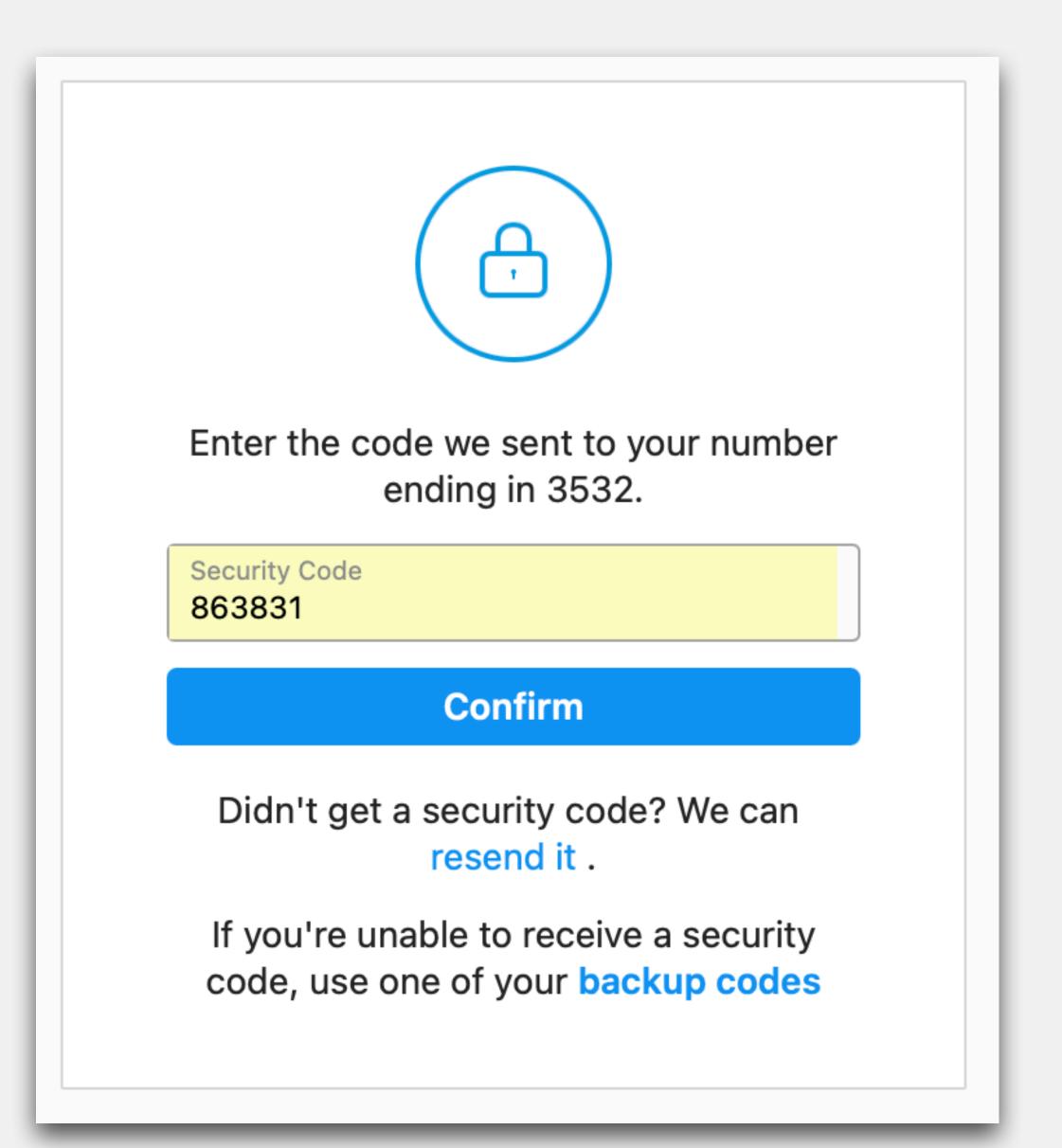
Spend With Pennies 오 🦢 🖌 May 6 at 1:11 AM · 🕄

You can choose ONE item to be calorie free... what'll it be?

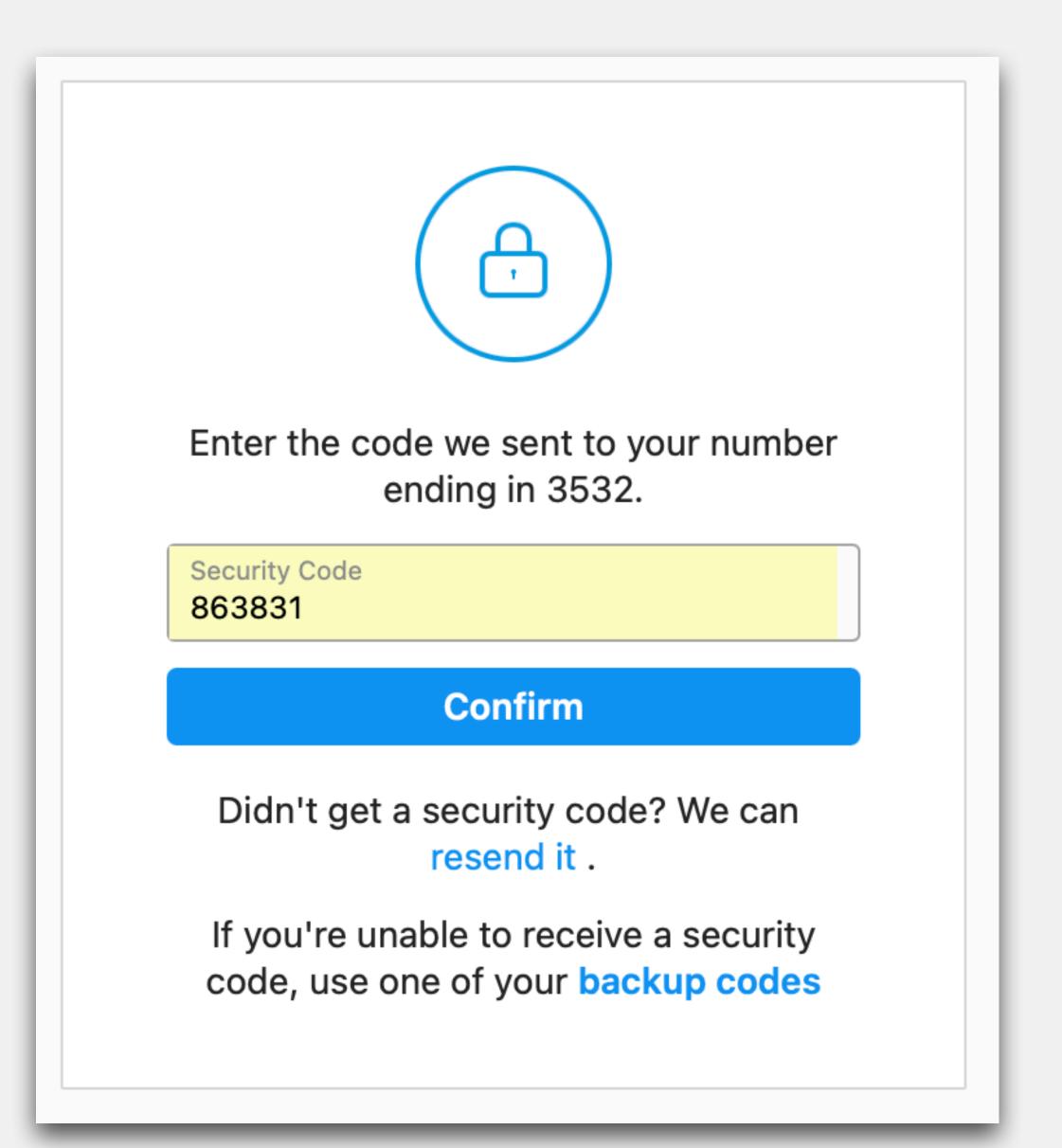


#3 - Use 2-Factor Authentication when available

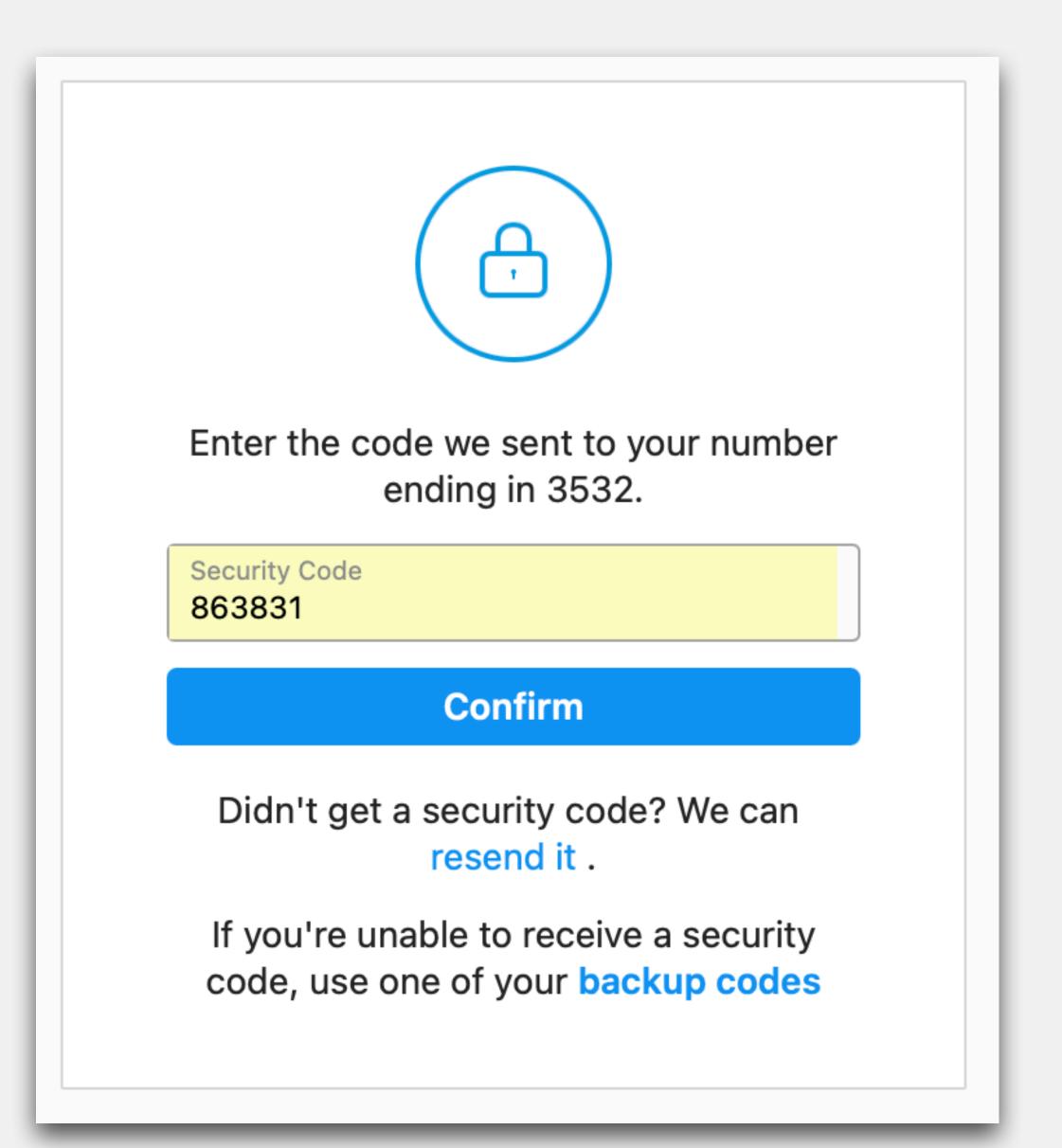




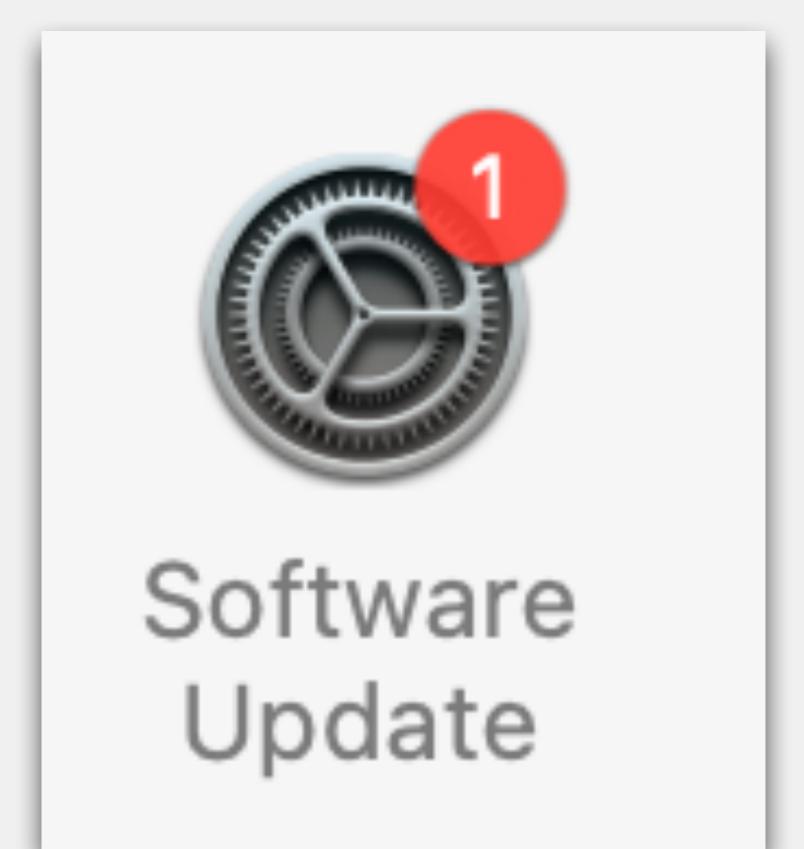
 Most top apps, websites & service providers offer twofactor authentication on their apps & websites



- Most top apps, websites & service providers offer twofactor authentication on their apps & websites
- Requires a password plus a second, out-of-band verification method, provided in 1Password or Safari by SMS text message

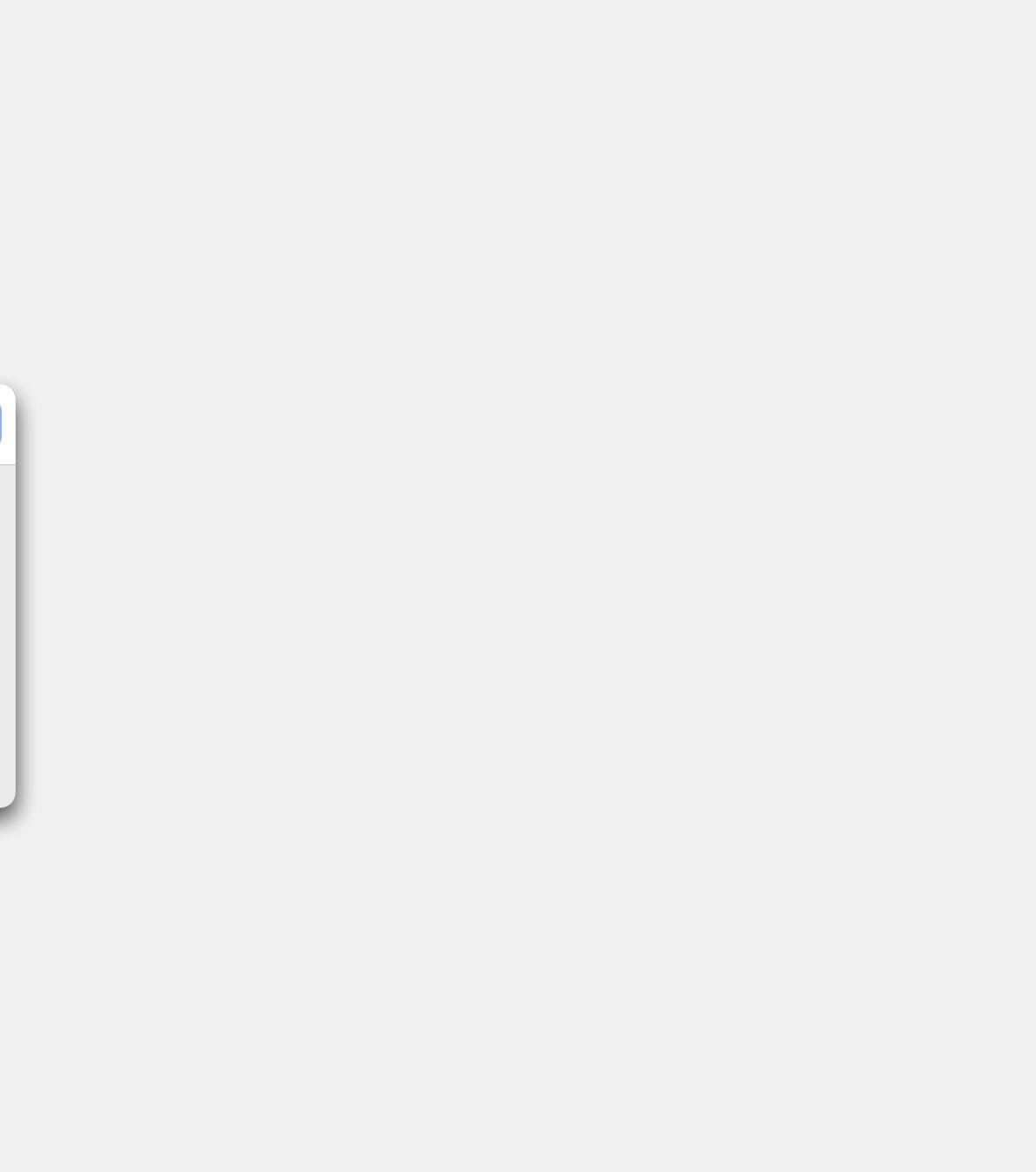


- Most top apps, websites & service providers offer twofactor authentication on their apps & websites
- Requires a password plus a second, out-of-band verification method, provided in 1Password or Safari by SMS text message
- Not perfect, but MUCH better than a password alone



#4 - Keep your devices updated with the latest software

Software Update Image: Software Update Image: Software Update An update is available for your Mac Image: Image: Update Image: Image: Image: Image: Image: Update Image: Im



Software Update Q Search An update is available for your Mac Update Now macOS Big Sur 11.4 Your Mac will try to update later tonight and will automatically restart. More Info... Use of this software is subject to the original license agreement that Software Update accompanied the software being updated. Automatically keep my Mac up to date Advanced... ?

• Apple has hundreds of engineers working full-time to improve the security of their devices and software





Software Update Q Search An update is available for your Mac Update Now macOS Big Sur 11.4 Your Mac will try to update later tonight and will automatically restart. More Info... Use of this software is subject to the original license agreement that Software Update accompanied the software being updated. Automatically keep my Mac up to date Advanced... ?

- Apple has hundreds of engineers working full-time to improve the security of their devices and software
- They are brilliant, and macOS and iOS are the most secure consumer platforms in the world, but they can't do it all!







- Apple has hundreds of engineers working full-time to improve the security of their devices and software
- They are brilliant, and macOS and iOS are the most secure consumer platforms in the world, but they can't do it all!
- Turn on Automatic Updates on iOS and macOS to stay safe





Schmooze Session!

Online Schmooze Session

Online Schmooze Session

all chat as if we were back at Cheeks!



• We'll keep the connection open until 9pm ET, so we can

Online Schmooze Session

- all chat as if we were back at Cheeks!
- Grab a cold one and yak it up virtually!



• We'll keep the connection open until 9pm ET, so we can

