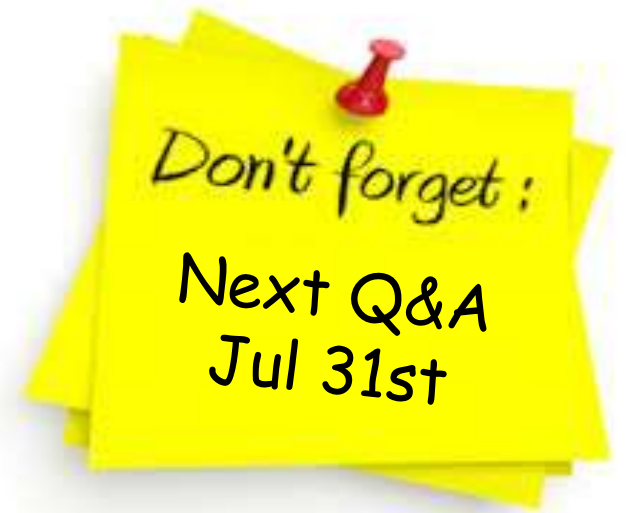




Alan German & Chris Taylor

Ottawa PC Users' Group

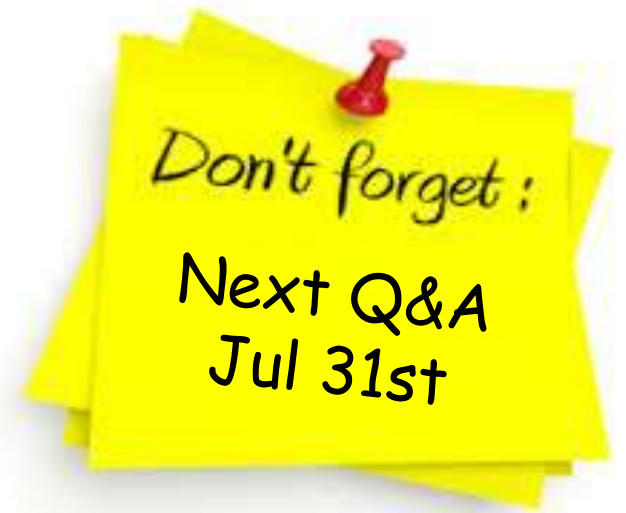
July 24, 2024



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

SuggestionBox@opcug.ca

** Questions, comments, and shares can be anonymous if requested*



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

SuggestionBox@opcug.ca

** Questions, comments, and shares can be anonymous if requested*

Participant Attribution

- Should we attach names to questions and answers?
- Does this encourage or discourage individuals to participate in providing Q&A material?
- We conducted an ad-hoc “survey” of individuals who recently submitted questions and answers
- There was a 50-50 split between those who were happy to have their names used and those who preferred to have their names omitted
- The plan going forward – give due attribution to individuals asking questions and providing answers **unless** they indicate a desire to remain anonymous

Share

YouTube Health



Our Mission

People all over the world use YouTube to find answers to their health questions, and experts are helping us to make high-quality health information available to everyone



- Make it as easy as possible for people to find authoritative and credible health information on YouTube.
- Work with local health partners to raise up authoritative health information, and to remove content that is misleading or can cause real-world harm.
- Expanded to licensed Canadian doctors, nurses, psychologists and health organizations in Dec 2022 to ensure that evidence-based authoritative sources and content are easily available to Canadians.

Share

On the Canadian front

- YouTube granted large Canadian organizations accreditation and access to health features, but are also working with them to develop original health information content.
- 92% of Canadian users say they use YouTube to gather information and knowledge.
- Partners include the Ottawa Hospital, which was approached by YouTube to produce 36 videos in French and English.
- “We knew just from looking at our website analytics that the demand for health information among our French audiences is very high.” (Melanie Gruer, Ottawa Hospital). A web-based article produced in 2021 about Type 2 diabetes has over 780,000 views, and is still being read.

Source: Medical Post article,
July 6, 2024

Information can help drive health outcomes.
In fact, information is a determinant of health. Video is an incredibly effective format for sharing health information in engaging, digestible and emotionally supportive ways....

Garth Graham, MD
Director,



Overall Health Content

Total global uploads

9.5 Million

Health Conditions

Total global views

110 Billion

Total global uploads

7 Million

Mental Health Conditions

Total global views

25 Billion

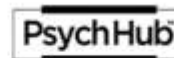
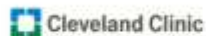
Total global uploads

3 Million

*Based on 2021 data

Share

YouTube Health partners



<http://health.youtube/>

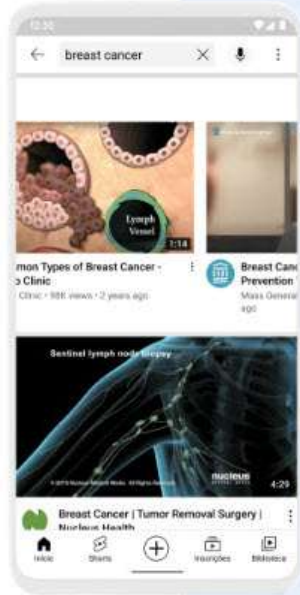
Share

Criteria for health professionals

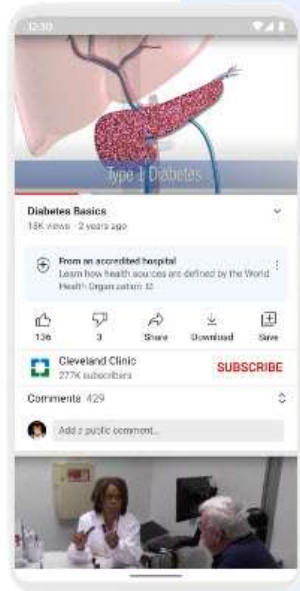
- You are licensed as a doctor, nurse, or mental health professional
- You must attest to the [CMSS/NAM/WHO information sharing standards](#)
- YouTube channel has a minimum of 1,500 public watch hours on the channel in the last 12 months or 1.5 million valid public shorts views in the past 90 days
- YouTube channel is primarily focused on health information
- YouTube channel has no active Community Guidelines strikes
- YouTube channel is not operated by a pharmaceutical company, health insurer, or medical device company
- Application form (with full details on eligibility requirements) can be found [here](#).

Share

How it works



Video shelf that highlights content from credible sources in search results



Information panel that provides context on health sources

YouTube highlights content from authorized channels in search results to help people identify credible sources when search for health topics.



NEJM Group

@NEJMgroup · 151K subscribers · 973 videos

NEJM Group creates high-quality medical resources for research, learning, practice, and ...more

nejm.org and 4 more links

Subscribe

[Home](#) [Videos](#) [Shorts](#) [Podcasts](#) [Playlists](#) [Community](#)

For you



AI and the Evolution of Medical Thought with Dr. Adam Rodman

376 views · 3 weeks ago



Alzheimer's Disease — Managing Stages of Dementia | NEJM

15K views · 3 months ago



Atrial Fibrillation and Catheter Ablation | NEJM

173K views · 1 year ago



AI Frontiers with James Zou: The Modal AI in Medicine

506 views · 4 months ago

Share

Does it work?

Search: diabetes control

Filters



What Does Dr. Saunders Recommend?

Sponsored · Barton Publishing Webinars

Stop Type II at the source and lower blood sugar naturally

Watch now



Diabetes Foods to Eat | Diabetes Control Tips | Type 2 Diabetes Diet | Type 1 diabetes

1.2M views · 1 year ago



Diabetes Foods to Eat | Diabetes Control Tips | Type 2 Diabetes Diet | Type 1 diabetes A diet loaded with fresh vegetables, fibrous ...



12 chapters Intro | Whole Grains | Green Leafy Vegetables | MARKER FOR LONG TERM BLOOD SUGAR CONTROL | ...



5 Best Foods for Diabetes Control | Best Diet Tips | Dr. Hansaji Yogendra

2.9M views · 3 years ago



Learn how to manage your diabetes and your blood glucose levels with these 5 best foods. Supercharge your meal plan and ...

Subtitles

Search: Heart disease prevention



Get things moving with Dr. Sam's simple way to help the gut and digestion

Sponsored · Reset Digestion

Top doctor's simple way to improve digestive health

Watch more 



Heart Disease Prevention: Food for Heart

5.5K views · 1 year ago

 Stanford Health Care

According to the American Heart Association, nearly half of all Americans have cardiovascular disease. One of the biggest factors

From health sources



#TomorrowsDiscoveries: Preventing Cardiovascular Disease – Erin Michos, M.D.

 Johns Hopkins Medicine

26K views · 7 years ago

Subtitles



10 Rules to Prevent Heart Attack (No one thinks of the Last One)

Doctor Mike Hansen 

449K views · 1 year ago

4K



Seven simple steps to prevent heart disease and stroke

 American Heart Association

20K views · 2 years ago

Subtitles

Search: Vaccination information



Ontario Medical Association

We lead you to better health - See how Ontario's Doctors go above and beyond for Ontarians.

Sponsored · <https://www.oma.org/>



Faculty of Health Sciences
Excellence in research, education and service
Advancing the health of the world

COVID-19 VACCINATION INFORMATION LIVE STREAM

28 JANUARY 2021
16:00

COVID-19 Vaccination Information

2.8K views · Streamed 3 years ago



Faculty of Health Sciences - University of Pretoria

With the COVID-19 vaccines rolling out across the world it is important to stay informed on how and why they work. Join our ...



14 chapters · Introduction | Is the vaccine safe | Side effects | Is it safe | Approved vaccines | Can the vaccine give...

From health sources



Types of vaccines for children | NHS

NHS

36K views · 1 year ago

Subtitles



Vaccination Information for Natives by Natives
| PSA | NPAIHB VacciNative

NPAIHB

405 views · 1 year ago

ATP

Partnering the Hepatitis B Vaccination Campaign

Already vaccinated



Other than providing a vaccine, hepatitis B vaccination also includes providing information and counseling to help people understand the importance of getting vaccinated and the benefits of vaccination.



Hepatitis B Vaccination Information

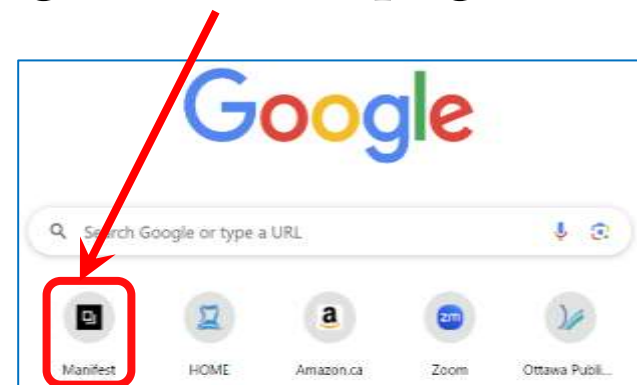
Cuyahoga Community College (Tri-C)

2.4K views · 5 years ago

Share

Manifest browser note taker

- Way cool method to keep ad-hoc notes
- Free and open source
- Access like any website — works in any web browser
- Notes automatically saved
 - everything saved locally
 - nothing sent to other sites/computers
- Can set as your *Home* page for added convenience
 - options: bookmark, bookmark bar, Google *new tab* page, etc



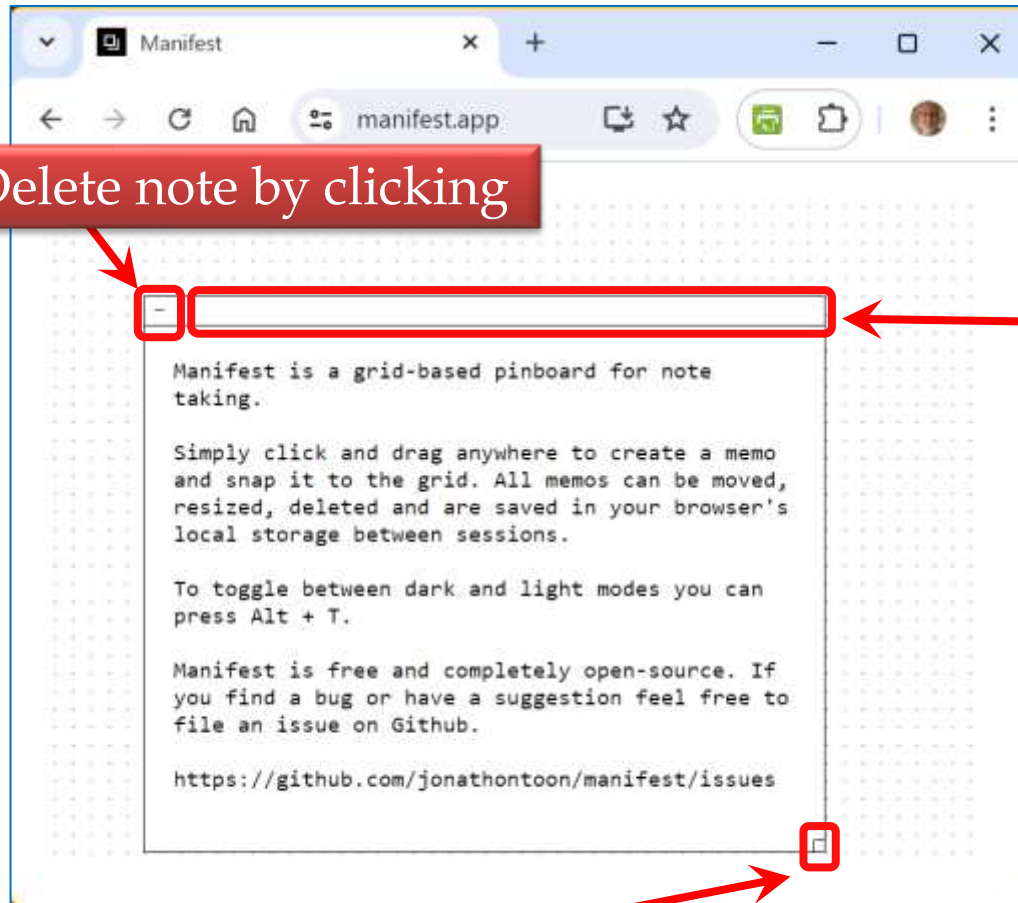
Share

Set as home page

- Google Chrome
 - kebab menu > Settings > Appearance > Show home button > set to **<https://www.manifest.app/>**
- Microsoft Edge
 - meatball menu > Settings > Appearance > Select which buttons to show on the toolbar: > Home button > set to **<https://www.manifest.app/>**
- Firefox
 - hamburger menu > Settings > Home > Homepage and new windows > set to **<https://www.manifest.app/>**
- Brave
 - hamburger menu > Settings > Appearance > Toolbar > Show Home button > set to **<https://www.manifest.app/>**
- Opera
 - O menu (top-left) > Settings > Basic > Appearance > Show bookmarks bar
 - right-click Bookmarks bar > Add site > add **<https://www.manifest.app/>**

Share

Using Manifest



Delete note by clicking

If you have no notes

- instructions note appears

Move notes by
clicking/dragging title bar

Dark/light mode

- Default: OS setting
- Toggle with

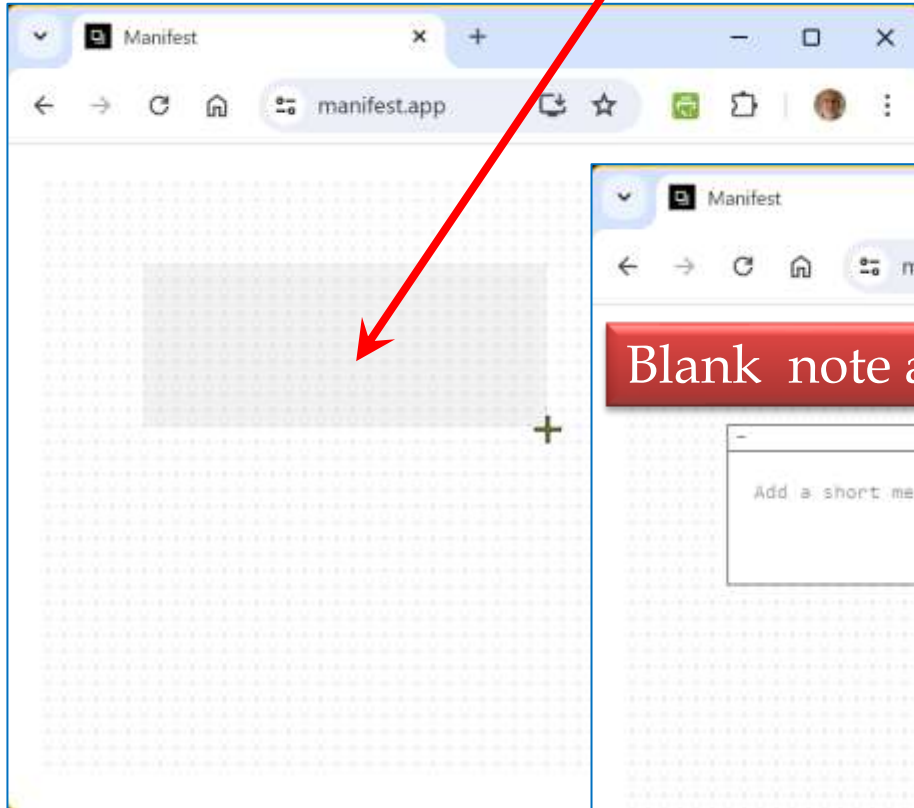


Resize note by
clicking/dragging

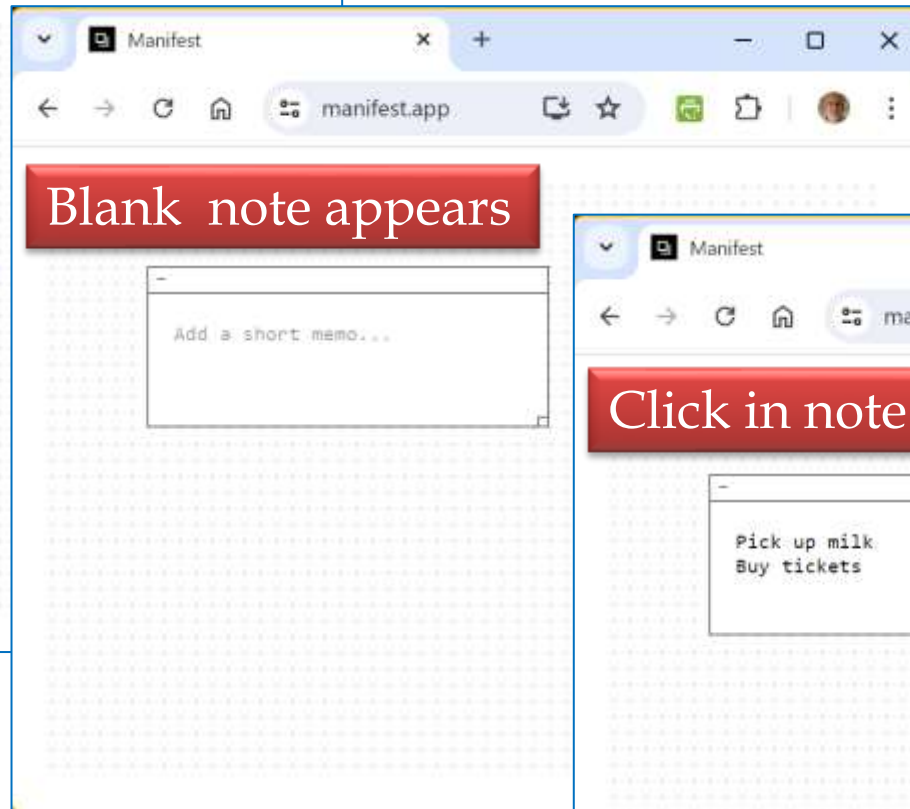
Share

Using Manifest

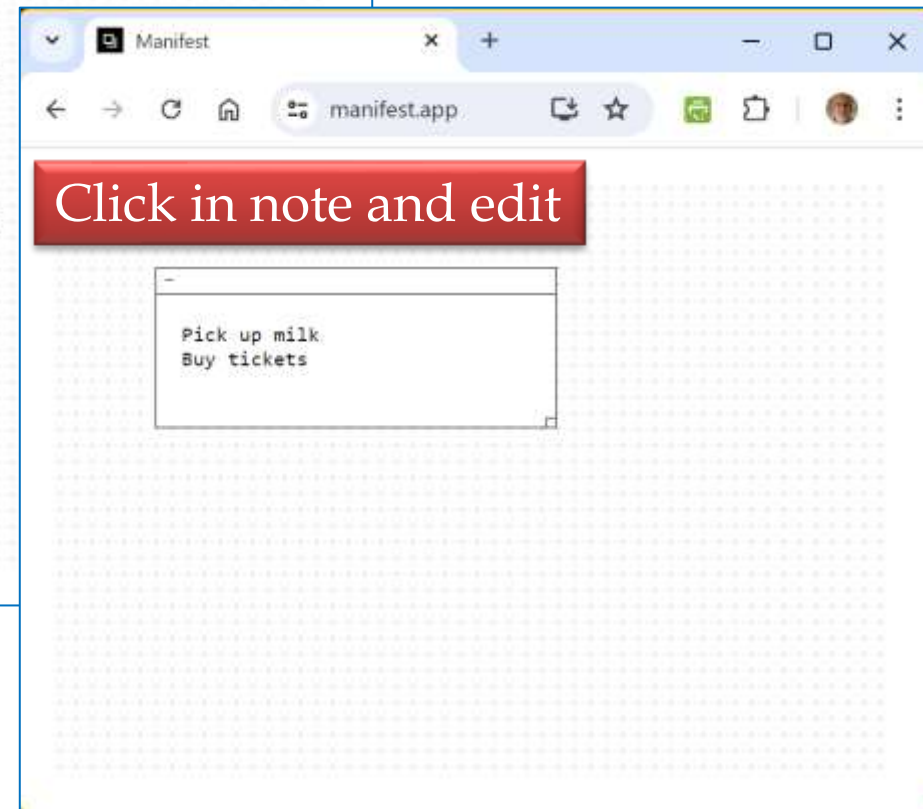
Create new note by clicking/ dragging anywhere on grid



Blank note appears

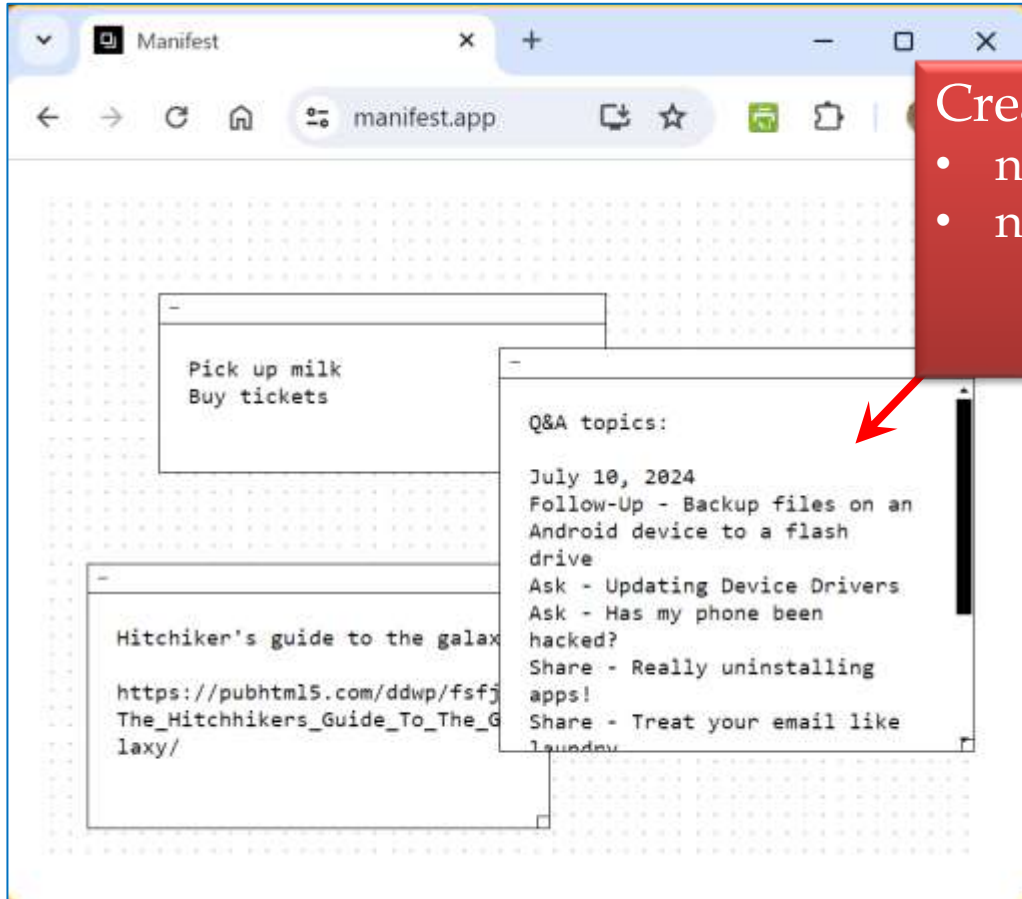


Click in note and edit



Share

Using Manifest



Create additional notes

- notes automatically get scroll bar if needed
- notes can be dragged to overlap
 - if notes overlap, clicking any note brings it to foreground

Share

Things to watch out for

- Smallest note you can create is 9x9
- If you reduce size of browser window after creating notes, some notes may not be visible
 - temporarily resize browser window, move notes
or
 -   to zoom out, move notes,   to zoom back in

IMPORTANT

Notes are saved as a cookie in browser

If you clear all cookies, you lose your notes

- cookies not saved elsewhere
- cookies cannot be (easily) transferred to other devices

Share

Known issues

- No rich-text (bold, underline, coloured text, tabs, etc.)
- No way to backup/transfer notes
 - developer thinking about it (4½ years ago...2020-02-21)
 - <https://github.com/jonathontoon/manifest/issues/126>
- Can't scroll window to fit more than one screen's worth
 - no response to suggestion to add (2020-11-10)
 - <https://github.com/jonathontoon/manifest/issues/219>
- Additional info on GitHub repository
 - <https://github.com/jonathontoon/manifest>

Share

Navigating a PC Slowdown

My Recent Encounter



OPCUG



*Users helping users
for over 40 years*

Share

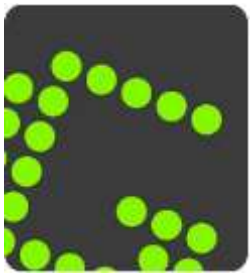


The goal is to share the steps that I took
this *not* an Instructional Guide

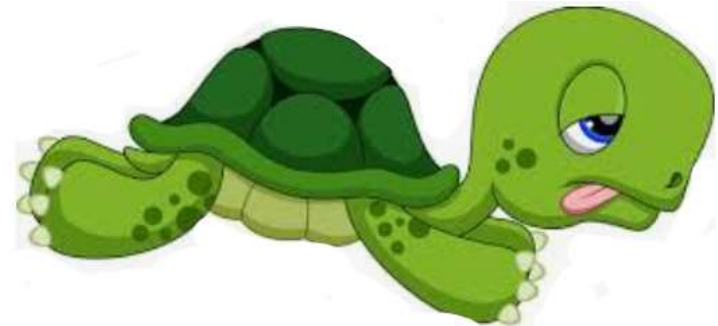


On Tuesday, July 16th, I noticed my **Windows 11 Desktop PC** was running very slow...

Large programs were very slow to open, and even light applications, like **GREENSHOT** were painfully sluggish.



GREENSHOT



System Overview

Dell XPS 8940

(Purchased Sept 2020)

Processor: Intel
Core i7 2.90 Hz

64-bit operating system

RAM: 32 GB

Windows 11 Home



C Drive SSD 497 GB
291 GB Used 60 %



D Drive HDD 901GB
773 GB Used 85%



I tried a few reboots but no success...

After that,
I Opened Task Manager...



Two days later...

On **Thursday**, July 18th, while the issue wasn't any worse... but it **was intolerable**.

I tried another
reboot..
No Luck...



I tried multiple reboots
with no success



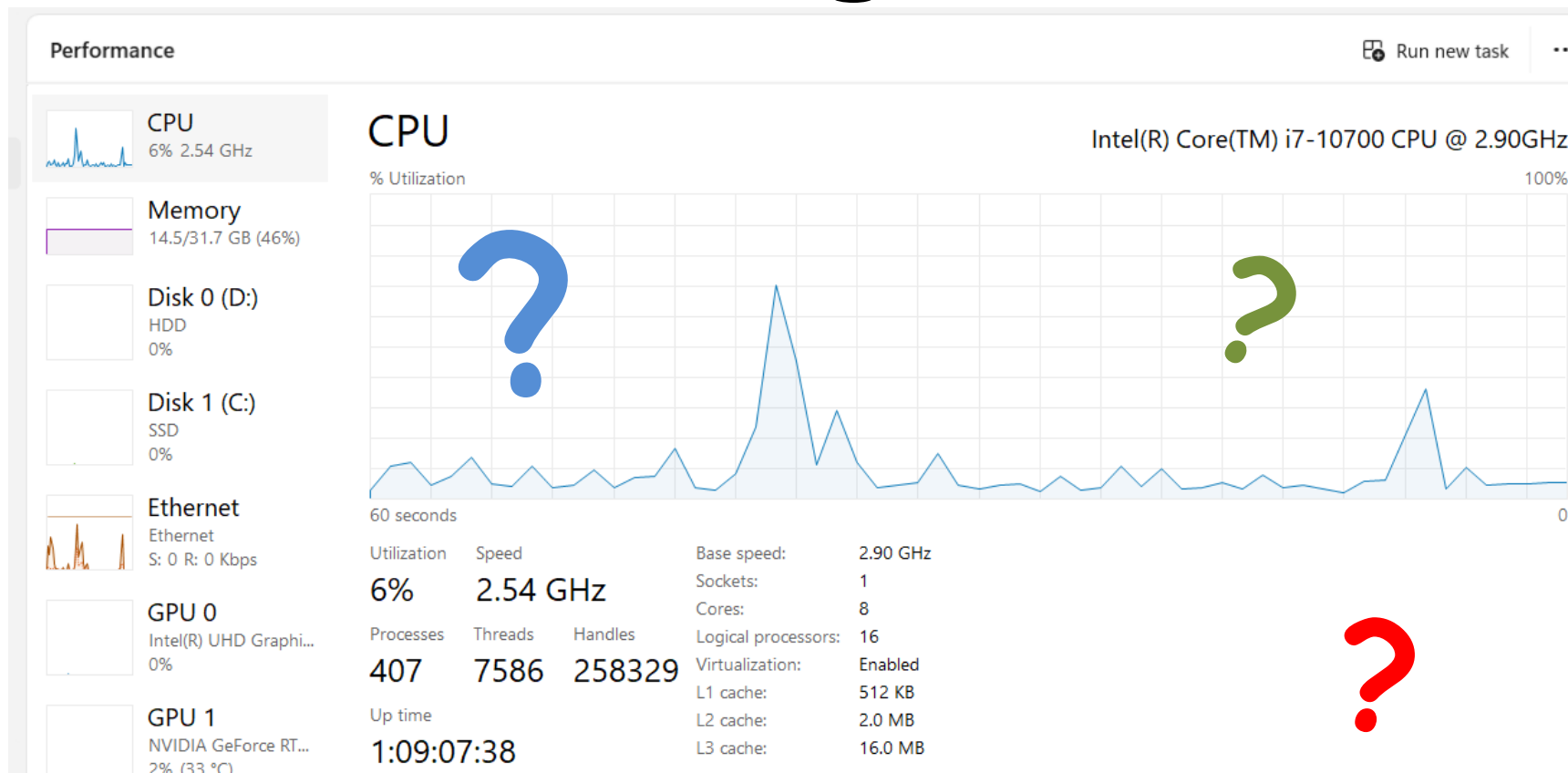
I “opened” Task Manager...

Task Manager



I wasn't able to understand what Task Manager it was indicating...

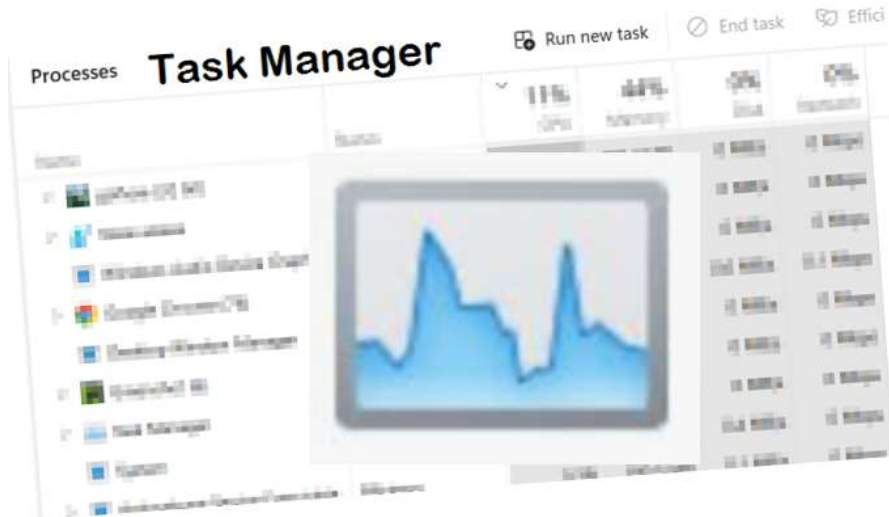
Task Manager



There are *many* ways to open **Task Manager**...

Right-click on an empty area of the taskbar, then select Task manager from the menu.

Press **Ctrl+Shift+Esc** on your keyboard.



Task Manager



At this point, I decided to try

System Restore



System Restore takes your computer back to a previous date and setting.

It does **Not** affect your personal files.

To use

System Restore



Open the Start Menu
and search for:

Restore or **Recovery**

I was able to find a date that was about one week earlier...

Windows Update



It turns out “this date” was prior to last. Windows update.



System Restore in Progress...



System Restore

Restoring files...



Success!



Everything worked perfectly

Share

In this instance,
I certainly wasn't very smart
I was just Lucky

I'd be interested to learn...

How would you have handled this issue?

**What do you do, when your
PC gets very slow?**



Share

Crowdstrike Shutdown



CrowdStrike outage sparks global chaos with airline, bank and other disruptions

By [Nadine El-Bawab](#), [Josh Margolin](#), and [Jon Haworth](#)

July 19, 2024, 4:00 PM

A wave of IT outages swept across the globe Friday morning, causing thousands of flight cancellations and stalling internal and external systems across a variety of industries including hospitals, banks, stock exchanges and other institutions, as some Microsoft-based computers ceased to work.

<https://abcnews.go.com/US/american-airlines-issues-global-ground-stop-flights/story?id=112092372>

Who was affected and what happened?

- Business customers running CrowdStrike security software under Windows
- CrowdStrike updated their software
- Flaw in Channel File 291 (C-000000291*.sys), a “sensor configuration” item, specific to Windows, and required for Windows to boot
- Update caused kernel to crash and go into recovery mode (blue screen)
- Estimated 8.5 million Windows devices affected
- Recovery required individual computers to be started in safe mode and the problem file removed

Dave Plummer on CrowdStrike Outage



<https://www.youtube.com/@DavesGarage/videos>

GOOGLE GROUPS HOW-TO

HOW TO SIGN UP FOR OPCUG GOOGLE GROUPS

OPCUG-Member-Forum – a forum for any member of the OPCUG to read and post anything of general interest to other members. Only members of the OPCUG will be authorized to access the group.

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

JOIN OR RENEW MEMBERSHIP

Annual membership dues for the Ottawa PC Users' Group are \$20.00. You may pay using PayPal (with your credit card) or by cheque.

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



YouTubeTech

What if my computer won't boot?



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

Hiren's BootCD PE

- Download and create bootable USB drive
- Early versions contained proprietary software!
- Completely revised in 2018 to use Windows Preinstallation Environment (Windows PE)
- Access disk drives (data recovery)
- Multiple browsers (Chrome, Firefox...)
- Memory/hard drive diagnostics and tools
- Multiple anti-virus scanners (offline scans)
- Utilities and system tools (7-Zip, Command Prompt, Sysinternals Suite...)
- More...

Hiren's BootCD PE

<https://www.hirensbootcd.org>

Follow Up Rogers Update



- Spoke at Q&A before about my experience with Rogers pricing and loyalty bonuses
- Early 2020 got services from three suppliers
 - Bell phone
 - Teck Savvy cable Internet
 - which uses Rogers infrastructure
 - Rogers cable TV
- Summer 2020 switched everything to Rogers Ignite
- Interesting experiences with Rogers since then!

July, 2020

- **Bell** phone \$61.12
 - no long distance
- **Tech Savy** Internet \$56.44
 - 30 mbps
- **Rogers cable** TV \$54.44
 - PVR
- **Monthly bill \$172.00**

August, 2020 **Rogers Ignite**

- Home phone
 - Canada-wide calling
- Internet
 - 150 mbps
- TV with cloud PVR
- \$25/month loyalty bonus (one year)
- **Monthly bill \$118.64**

August, 2021 **Rogers Ignite**

- loyalty bonus increased to \$30/month (for one year)
- **monthly bill \$112.99**

August, 2022 **Rogers Ignite**

- no more Canada-wide calling
- loyalty bonus increased to \$55/month (for two years)
- **Total monthly bill \$96.04**

July, 2024 **Rogers Ignite**

- big price increase
- *flex 10* instead of *flex 5* for TV
- loyalty bonus increased to \$80/month (for two years)
- **Total monthly bill \$96.04**

Follow Up Take-aways



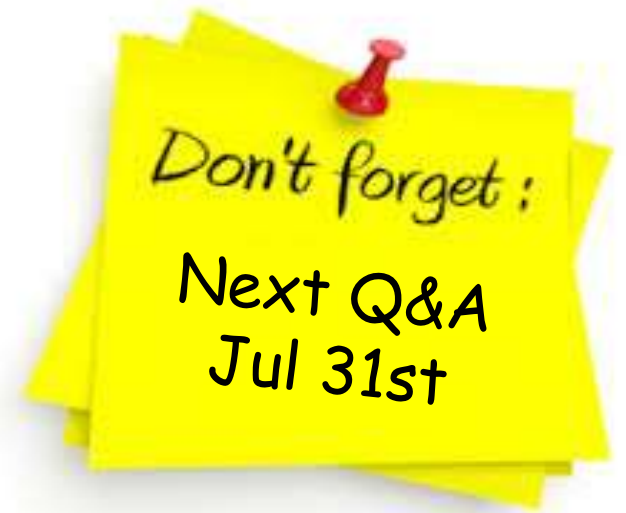
- Bundling services with one provider can save lots
- If a long-term customer
 - ask to speak with their *Loyalty Department*
 - Rogers seems to no longer have a dedicated *Loyalty Department*
 - worth asking for anyways
 - lets them know you are expecting to be treated special
- Be polite
 - happy with service, not looking to switch supplier
 - would like price break
- If you don't get a price you like, call back another day
 - called 2024-07-04: best offer \$10/month increase for same service
 - called 2024-07-22: my price stayed the same for same service
- Base price is going up — *way up*
 - if loyalty bonus goes away, it will be a major price hike!
 - \$165/month + tax=\$186.45
 - for now, big savings
 - \$90.41/month (\$2,169.84 over the two-year agreement)

Follow Up Call to action

- Do you use a product or service that you think fellow members should know about?
 - exceptionally good? 
 - exceptionally bad? 
- You too can do a “share” to pass on your valuable knowledge
- Email SuggestionBox@opcug.ca



**Any other:
Questions
Comments
Shares?**



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

SuggestionBox@opcug.ca

** Questions, comments, and shares can be anonymous if requested*