



Newsletter May 2010

Data Back ups:

What happens when your hard drive dies, data goes corrupt, your computer gets stolen or fire burns your home or business? Too many time people worry about this after the fact. Some facts for you

What should you backup on?

- Portable hard drive,
 - o Not power dependant, which means you don't need an external power source and great for backup on the move, like on holidays
 - o Small and easy to store in language or in a safe.
 - o USB or Firewire connectivity.

- Backup Drives
 - o These require 240v.
 - o They have a greater storage capacity.
 - o USB, Firewire and Network connectivity.

- CD
 - o Has low storage capability of 700Mb
 - o Idea for permanent storage.
 - o Idea for posting data like photos.
 - o Must be stored safely as not to get scratched

- DVD
 - o Holds up to 4.3Gb of data for single layer and 8.6Gb for double layer
 - o Idea for permanent storage.
 - o Idea for posting data like photos.
 - o Must be stored safely as not to get scratched

- Memory Sticks
 - o Variety of sizes
 - o Small so storage is easy.
 - o Good for temporary back up and transport of data.
 - o **Not recommended for long term storage as their life reliability is not good, this can be from incorrect ejection from your computer, physical damage, washing machines and getting lost.**
- Online
 - o No restriction of size
 - o Secure
 - o Backup anywhere there is an internet connection.
 - o You can select what you want backup

Storing your data after backing it up,

Store your data off site, you can leave with families or friend, in a sheds, safety deposit box or a fire safe. If the house or place of work burns down or gets burgled you may lose you data any way.

Power Backup

UPS (Uninterrupted Power Supply)

Another thing you should consider to BACKUP is you your power. This is achieved by use a UPS (Uninterrupted Power Supply) it is like a battery for your computer, giving you power for a period of time so you can shut down your computer manually, some models will do it automatically. A small investment for the safety of your computer safe from drop outs, surges, spikes. This is more important if you live in an area with unreliable power. The larger the UPS the longer you have power to your computer or TV.

Backup Generators

If you are a business that realise on computer up time a backup generator would be an answer you need to know about. You don't know what the heat or a car will cause a black out, and stop you from working or even miss the grand final.

What's in an E-mails name?

What does your email say about you, is it part of your business or someone else's like Bigpond, Optus, or hotmail. They may give you emails, But is it the professional image you want for your business . Also you may be missing out on good internet deals because you are tied to your ISP emails? It doesn't take much to have an email that is *your business name*. NERD MAN can setup Email host for \$60 per year, this gives you 5 email address

Bill@yourbusinessname.com.au it's easy as calling me to take care of it.

For the home have your family name, so every person in your family can have there own.

Advertising



The advertisement is contained within a rectangular border. On the left, there is a light blue-tinted image of two people in business attire receiving a massage. Overlaid on this image is the text "Time for a Break" in a large, elegant script font, and below it, "make it a Massage Break" in a smaller script font. To the right of the image is a black-bordered box. At the top left of this box is a circular logo with the words "Body", "Mind", "Heart", and "Soul" around the perimeter and "touch to heal" in the center. To the right of the logo is the text "Your staff are the essence of your business" in a script font. Below this is a black horizontal bar with the text "Make an onsite Massage Break part of their week" in a white script font. At the bottom of the box is a white horizontal bar with the URL "www.touchtoheal.com.au/massagebreak" in a black sans-serif font.

www.touchtoheal.com.au/massagebreak

Would you like to promote your business to nerd man's clients