

January 2016 Issue #3 Apple Mac Backups: Time Machine

Ahhh, Apple Mac folks have it easy. My prior issue about Windows Backup is about 101 pages long. OK, I exaggerate, it was only 7 pages. This one will be shorter... because of a very sophisticated backup program named "Time Machine"

Before you start: Purchase a backup disk that is at least the same size as your computer's hard disk (double is better). You probably want to get at least a 1TB (one Terabyte) backup disk, 2TB is better.

What backup disk to get: the simplest USB portable hard disk you can find. I recommend the Western Digital "WD Elements" or, the Toshiba "Canvio Basics" hard disk. Both are small, portable USB3 disks that are powered by the USB port on your PC or laptop. No power supply needed. The pricier models come pre-loaded with their own backup or encryption software that I find to be useless. **So don't get the more expensive units with preloaded software...**

Also, do not buy backup disks labeled as "Mac Compatible" or "Apple Compatible". There is nothing about Macs or Apple that is special when it comes to backup disks. So-called "Mac Compatible" disks are pre-formatted for the Mac "XFS" file system and you pay about \$20 more than "PC" disks. Well, guess what? When you use Time Machine, the first thing it does is ask you to reformat the new disk in Mac format anyway, regardless of what disk you use. So don't get the "Made for Mac disks"... there, I just saved you about \$20.



CAUTION: for this and any other backup disks: if using the disk on a laptop, make sure the laptop is plugged into a power supply, don't rely on batteries while making backups.

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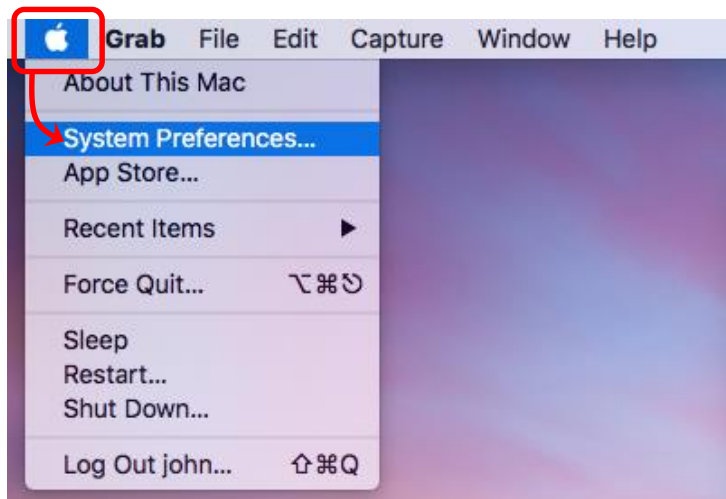
Step1: Plug in the new disk to a USB port

- a. after a brief warm-up period, it will display on your Mac desktop like this:



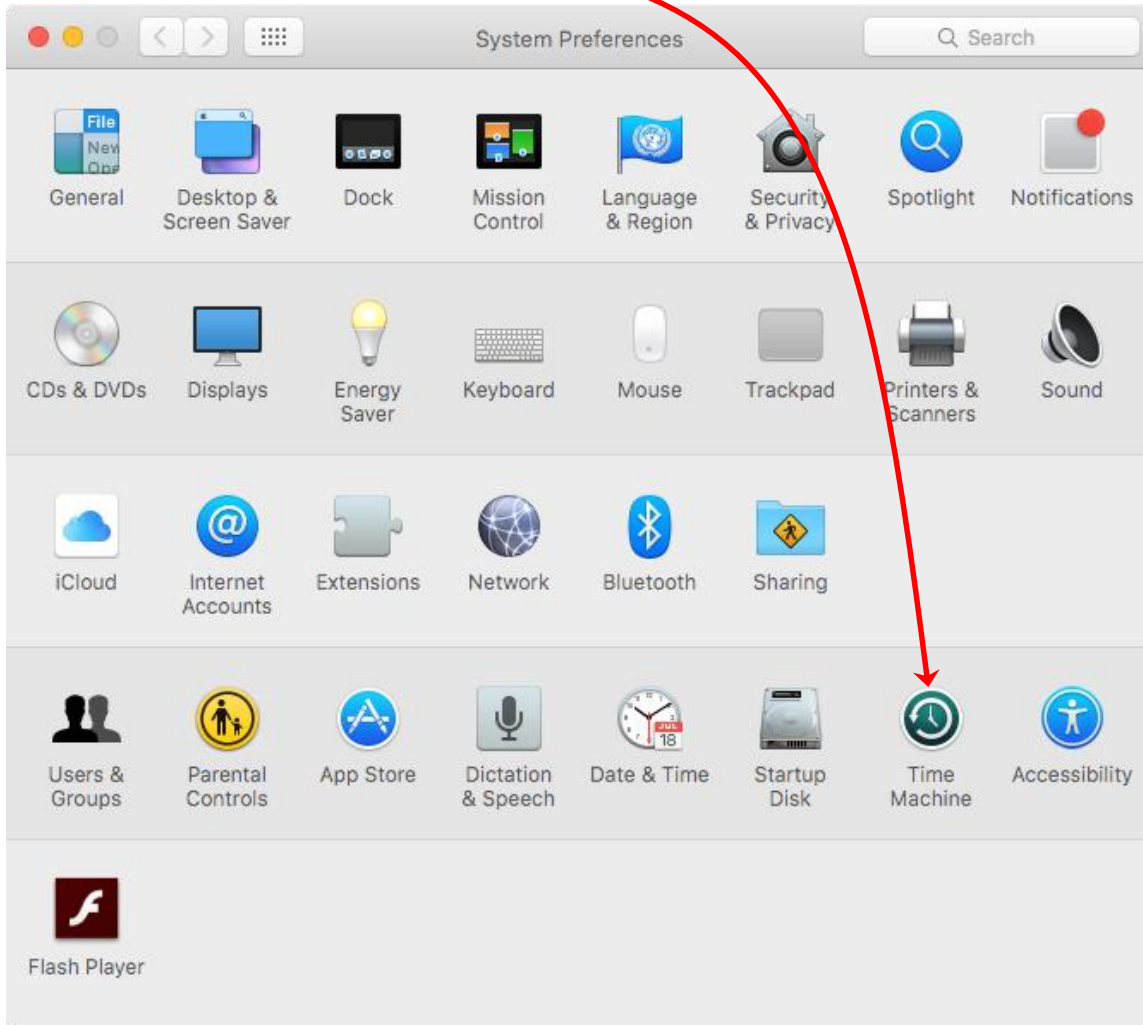
Step 2: Find Time Machine

- a. Click the "Apple" icon at top left of your screen
- b. Click "System Preferences", wait a bit for Preferences to open up



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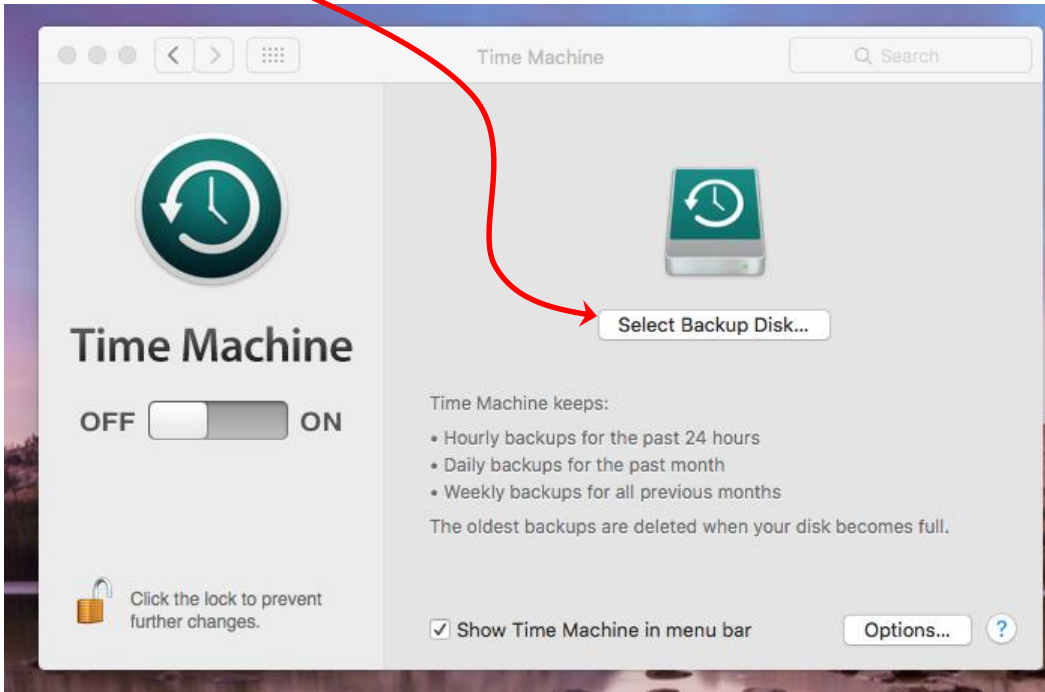
c. Click "Time Machine"



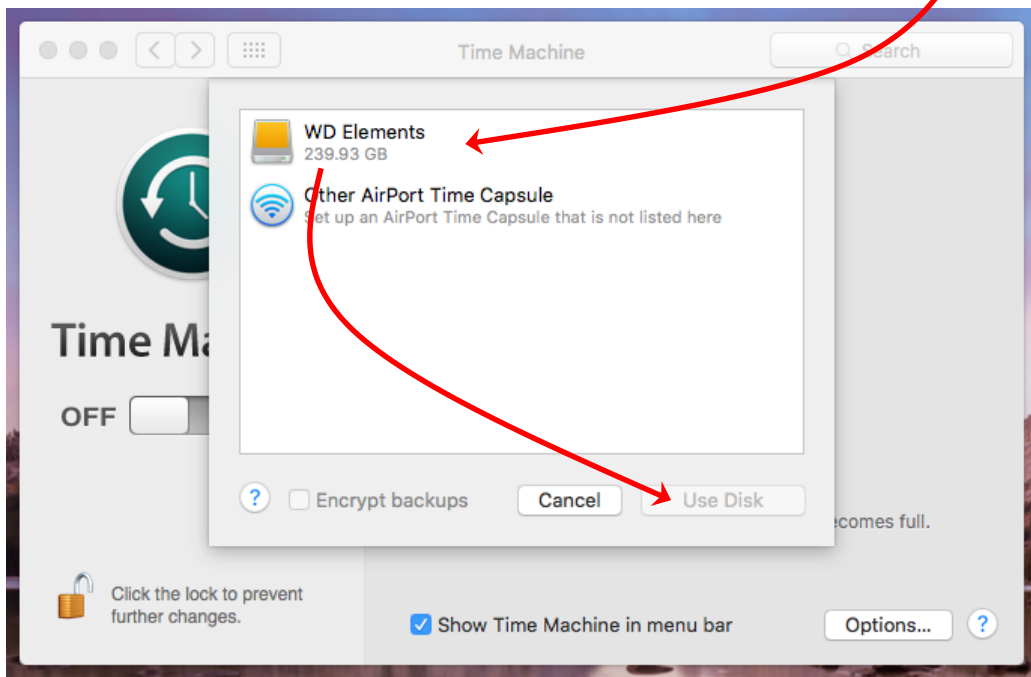
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Step 3: Initialize the new disk into Time Machine

- a. Click [Select Backup Disk]

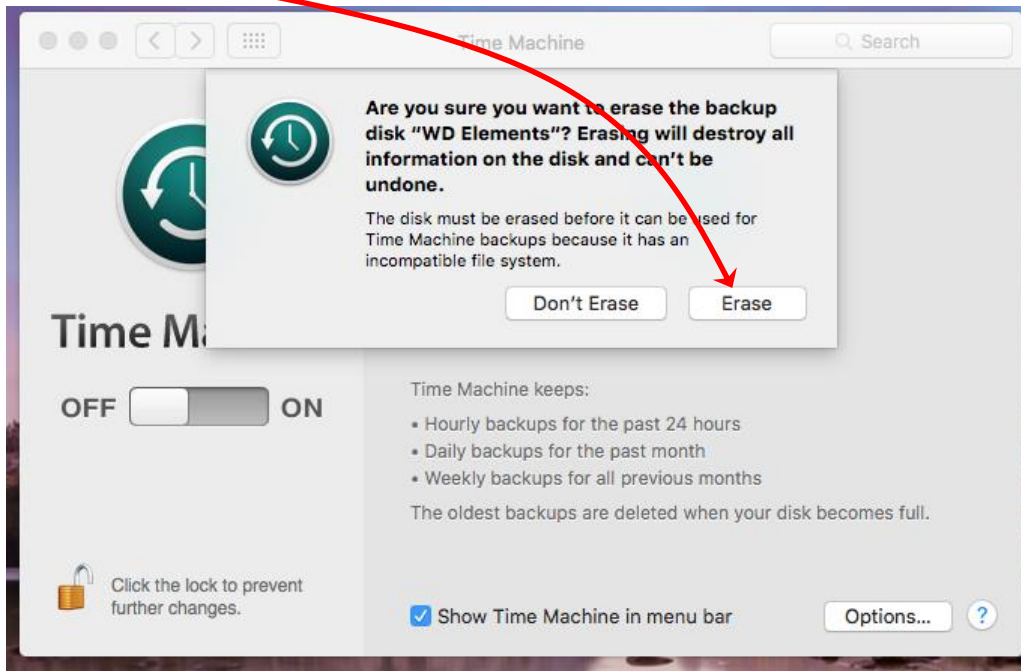


- b. Click to select the New Disk (in this example, the new disk is named "WD Elements")
c. Click [Use Disk]



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- d. As previously stated, Time Machine is going to re-format the disk anyway, so go with the flow...
- e. Click [Erase]

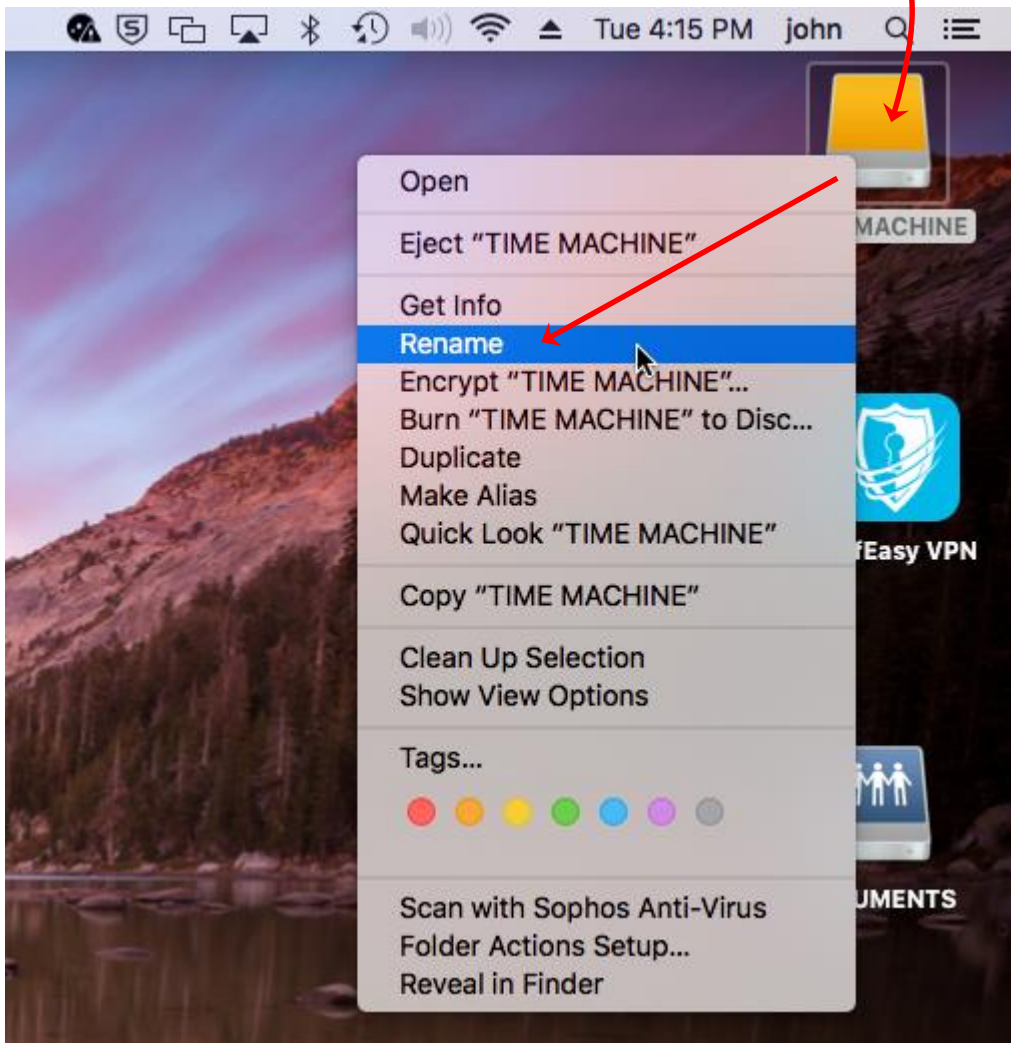


- f. When the disk has completed re-formatting into Time Machine format, you are done!
- g. But, there is one optional step to make life easier for you:

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Step 4: Re-name the disk to "TIME MACHINE"

- Why? So you don't confuse it with anything else, or accidentally try to erase it or whatever...
- Control-Click on the "WD Elements" icon, then select [Rename]
- Rename it to "TIME MACHINE", press [Enter] key to complete



There, now your Mac is set up to have both an Image and File backup all rolled into one program. I have to say the setup is just a bit easier than the Windows Backup, but the result is the same: your data and programs are protected. Now, go to www.carbonite.com and set up your second line of defense: cloud backup.

Final Note: Remember, this backup system is intended for home users. If you are a business, or run business software at home, you probably want to get more sophisticated backup software like [Acronis Backup](#).

-John Becker