

Wingman

User Manual - Windows & macOS

The ultimate studio for curing writer's block.

Version 1.0 - 2026

Copyright © 2026 Foolscape

Contents

1. Windows installation and Ollama setup
2. macOS installation and Ollama setup
3. First launch and song folder
4. Interface tour
5. Writing songs
6. Context Mode
7. Generate Song
8. Assistant collaboration
9. Import and export
10. Tags, themes, and profile
11. Keyboard shortcut reference
12. Troubleshooting and safe use

Windows installation and Ollama setup

Download from the Foolscape website

Choose **Downloads** on the Foolscape website. The site redirects to the official public release page: github.com/MushroomMsc/foolscape-downloads/releases/latest.

Under Assets, download **Wingman-1.0.0-setup-windows-x64.7z** for Wingman. Do not choose either macOS archive for a Windows PC.

Extract and install

- 1 Open the downloaded **.7z** archive with 7-Zip or another compatible archive utility.
- 2 Extract the archive, then run **Wingman-Setup.exe** from the extracted folder.
- 3 Complete the setup wizard. You may choose the installation directory and desktop shortcut options.
- 4 Launch Wingman from the Start menu or desktop shortcut.

What Ollama does

Ollama runs language models locally on your Windows PC. StoryWorld and Wingman connect to its local service at **http://127.0.0.1:11434**. Your writing is sent to the selected model on your own computer unless you deliberately use another service outside these apps.

Windows requirements

- Windows 10 22H2 or newer.
- At least 4 GB free for Ollama itself, plus additional model storage. Models commonly require several gigabytes.
- Current NVIDIA or AMD graphics drivers are recommended when using a supported GPU. CPU-only generation is possible but slower.

Install Ollama

- 1 Visit ollama.com/download/windows and download **OllamaSetup.exe**.
- 2 Run the installer. The normal per-user installation does not require administrator rights.
- 3 Start Ollama from the Windows Start menu. It runs in the notification area and exposes the local API.
- 4 Open PowerShell and confirm that Ollama is available:

```
ollama --version
```

Download and test a model

Choose a model that fits your hardware. Small models respond faster and use less memory; larger models generally provide stronger prose and reasoning but take longer to load and generate.

```
ollama pull llama3.2:3b ollama run llama3.2:3b
```

- Use **ollama ls** to list installed models.
- Use **ollama ps** to see models currently loaded in memory.
- Use **ollama stop MODEL** to unload a model.
- Browse model names and sizes at ollama.com/library.
- For lower-memory PCs, begin with a 1B-4B model. For stronger writing on capable hardware, try a 7B-12B model before moving larger.

If Ollama is not detected

- Start Ollama from the Start menu, then reopen the app.
- Open Settings and confirm the host is **http://127.0.0.1:11434**.
- Run **ollama ls** in a new PowerShell window.
- Check **%LOCALAPPDATA%\Ollama\server.log** for server errors.
- If model storage is limited, set the user environment variable **OLLAMA_MODELS**, quit Ollama, and relaunch it.

Official references: <https://docs.ollama.com/windows> | <https://docs.ollama.com/cli> | <https://ollama.com/library>

macOS installation and Ollama setup

Download from the Foolscape website

Choose **Downloads** on the Foolscape website. The site redirects to the official public release page: github.com/MushroomMsc/foolscape-downloads/releases/latest.

Choose the correct download

- Download **Wingman-1.0.0-setup-mac-arm64.7z** for Wingman on an Apple Silicon Mac (M1, M2, M3, M4, and newer Apple chips).
- Download **Wingman-1.0.0-setup-mac-x64.7z** for Wingman on an Intel Mac. Choose Apple menu > About This Mac if you are unsure which processor it uses.
- Do not download the Windows x64 archive for a Mac.

Install the application

- 1 Extract the downloaded **.7z** archive with Keka, The Unarchiver, or another 7z-compatible utility.
- 2 Open the extracted Wingman **.dmg** file.
- 3 Drag the application into the **Applications** folder shown in the DMG window.
- 4 Eject the mounted disk image in Finder after copying is complete.
- 5 Open the app from Finder > Applications or Launchpad.

Required first-launch approval

These independent builds are ad-hoc signed but are not Apple Developer ID notarized. macOS will normally block the first launch because it cannot verify the developer. This does not mean installation failed.

- 1 Attempt to open the application once, then dismiss the warning.
- 2 Choose Apple menu > **System Settings** > **Privacy & Security**.
- 3 Scroll to Security and click **Open Anyway** beside the blocked application. Apple makes this button available for about one hour after the launch attempt.
- 4 Enter your Mac login password or use Touch ID if requested, then confirm **Open**.
- 5 After approval, launch the app normally from Applications. A newly downloaded future version may require approval again.

Only override Gatekeeper for a copy downloaded from the official Foolscape website or another source you trust. Official Apple instructions: support.apple.com/guide/mac-help/mh40616/mac

What Ollama does

Ollama runs language models locally on your Mac. StoryWorld and Wingman connect to its local service at **`http://127.0.0.1:11434`**. Your writing is processed on your computer unless you deliberately configure another service.

Ollama requirements

- macOS 14 Sonoma or newer.
- Apple M-series Macs use CPU and Metal GPU acceleration. Intel Macs use CPU generation and will generally be slower. Allow several gigabytes per model; large models may require substantial unified memory.

Install Ollama

- 1 Visit ollama.com/download/mac and download the macOS DMG.
- 2 Open the DMG and drag **Ollama** into Applications.
- 3 Launch Ollama. If prompted, allow it to create the command-line link in **`/usr/local/bin`**.
- 4 Open Terminal and confirm the installation:

```
ollama --version
```

Download and test a model

Begin with a smaller instruction model for faster startup and autocomplete. Move to a larger model only if the Mac has enough memory and the response speed remains comfortable.

```
ollama pull llama3.2:3b ollama run llama3.2:3b
```

- Use **`ollama ls`** to list installed models.
- Use **`ollama stop MODEL`** to unload a model.
- Browse models at ollama.com/library.
- For Context Mode, a 1B-4B model usually gives the quickest suggestions.

If Ollama is not detected

- Launch Ollama from Applications, wait for its menu-bar icon, and reopen StoryWorld or Wingman.
- Open Settings in the app and confirm the host is **`http://127.0.0.1:11434`**.
- Run **`ollama ls`** in Terminal.
- Review the server log with **`cat ~/.ollama/logs/server.log`**. Models and configuration are stored under **`~/.ollama`**.

Official references: <https://docs.ollama.com/macOS> | <https://docs.ollama.com/cli> | <https://ollama.com/library>

First launch and song folder

Wingman stores songs as ordinary files in a folder you control on Windows or macOS.

- 1** Complete the installation steps for your operating system, then launch Wingman.
- 2** When Settings opens, choose a song-library folder.
- 3** Wingman stores songs as Markdown files in that folder.
- 4** If you later change the folder, choose whether to move existing songs.
- 5** Install and select an Ollama model before using AI features.

New songs are intentionally blank. Wingman does not force Verse or Chorus sections into your draft.

Interface tour

- Songs sidebar: flat list of songs and file actions.
- Title and tag bar: rename and categorize the current song.
- Writing toolbar: Context Mode, status, essential formatting, and Generate Song.
- Editable lyric canvas: the only writing surface; there is no separate Markdown view.
- Assistant panel: model selection and full-song chat context.
- Profile and Settings: themes, personalization, AI behavior, Ollama host, and song folder.

Writing songs

- 1** Press Ctrl+T (Windows) or Command+T (macOS) or click + New song.
- 2** Enter a title. The page begins blank below the title.
- 3** Write directly in the lyric canvas.
- 4** Use bold, italic, strike, and section headings sparingly where useful.
- 5** Add tags for genre, mood, status, collaborator, or collection.
- 6** Wingman autosaves into the selected song folder.

Use Ctrl+Z (Windows) or Command+Z (macOS) and Ctrl+Shift+Z (Windows) or Command+Shift+Z (macOS) for undo and redo within the editor. Ctrl+A (Windows) or Command+A (macOS) selects the song content rather than the window title.

Context Mode

Context Mode is fast local autocomplete, not a full chat response.

- 1 Choose an Ollama model in the Assistant panel.
- 2 Place the caret at the end of a lyric line.
- 3 Enable Context Mode in the writing toolbar.
- 4 Pause briefly after typing. Muted gray ghost text appears at the caret as tokens stream.
- 5 Press Tab to accept, or keep typing/move the caret to dismiss it.

How suggestions adapt

- After existing text, Wingman requests only the missing words for the current line.
- On a blank line, it requests one or two new lyric lines.
- It uses recent lyrics, nearby section names, and a small context window for speed.
- Stale requests are cancelled as soon as typing resumes.

Improve speed

- Use a 1B-4B instruction model for autocomplete.
- Keep Ollama running before opening Wingman.
- Avoid running multiple large models simultaneously.
- GPU acceleration and sufficient RAM/VRAM materially improve response time.

Generate Song

- 1** Press Ctrl+Shift+T (Windows) or Command+Shift+T (macOS) or click Generate song.
- 2** Optionally describe the topic.
- 3** Set genre, mood, structure, and custom style notes.
- 4** Click Generate draft and wait for the local model.
- 5** Review and rewrite the result. Generated lyrics are a starting point, not a finished authorship decision.

Assistant collaboration

- 1** Open Assistant with Ctrl+J (Windows) or Command+J (macOS).
- 2** Select a model.
- 3** Leave Include current song enabled for document-aware help.
- 4** Ask for rhyme alternatives, stronger imagery, structural critique, meter checks, hooks, or revision ideas.
- 5** Insert only material you have reviewed.

The input is disabled and shows Loading while the local service/model is unavailable. Wingman never requires Context Mode for normal assistant chat.

Import and export

Open existing lyrics

File > Open lyrics supports .md, .txt, and .docx. Wingman reads the content and creates a song in the selected library; the original file remains unchanged.

Export

File > Export lyrics saves the active song as Markdown, plain text, or a Word document. Markdown preserves headings; text is suitable for simple sharing; DOCX creates real Word heading paragraphs.

Recommended workflow

- Keep the Wingman Markdown library as the editable source of truth.
- Export a copy when sharing or submitting lyrics.
- Keep independent backups of your song-library folder.

Tags, themes, and profile

Enter a tag in the tag bar and press Enter or comma. Click a tag to search all songs; click X to remove it.

Profile stores your name, pronouns, and standing AI instructions. Themes include preset palettes plus custom accent/background controls. Settings contains the Ollama host and song-library location.

Keyboard shortcut reference

Windows

Shortcut		Action
	Ctrl+T	New blank song
	Ctrl+Shift+T	Generate song
	Ctrl+S	Save current song
	Ctrl+P	Open the Windows print dialog
	Ctrl+J	Toggle Assistant
	Ctrl+O	Toggle Songs sidebar
	Ctrl+= / Ctrl++	Choose/change song folder
	Tab	Accept Context Mode ghost text
	Ctrl+Z	Undo
	Ctrl+Shift+Z	Redo
	Ctrl+B / Ctrl+I	Bold / italic

macOS

Shortcut		Action
	Command+T	New blank song
	Command+Shift +T	Generate song
	Command+S	Save current song
	Command+P	Open the macOS print dialog
	Command+J	Toggle Assistant
	Command+O	Toggle Songs sidebar
	Command+= / Command++	Choose/change song folder
	Tab	Accept Context Mode ghost text
	Command+Z	Undo
	Command+Shift +Z	Redo
	Command+B / Command+I	Bold / italic

Troubleshooting and safe use

Local-model output is a suggestion, not an authority. Review generated text before saving or publishing it. Keep independent backups of irreplaceable work.

- macOS blocks first launch: attempt to open Wingman once, then choose System Settings > Privacy & Security > Open Anyway.
- Context Mode shows Choose model: open Assistant and select an installed model.
- No suggestion appears: place the caret after at least a short lyric fragment, confirm Context Mode is enabled, and wait for the status to change from Thinking to Suggesting.
- Suggestions are slow: use a smaller model and verify GPU drivers.
- Assistant stays unavailable: restart Ollama and confirm the host in Settings.
- Imported DOCX looks plain: Wingman imports lyric text and basic headings, not complex Word page layout.
- A song is missing: verify the song-library folder in Settings and press F5/restart after external file changes.

Support information to collect

- Operating-system version, processor type, and application version.
- Selected Ollama model and output of ollama ls.
- A short description of the action that failed.
- Whether the issue persists after restarting Ollama and the application.
- Windows Ollama log: %LOCALAPPDATA%\Ollama\server.log.
- macOS Ollama log: ~/.ollama/logs/server.log.