

April 2021



Welcome to the IT Club Newsheet!

Spring is definitely here and its starting to feel warmer. We can meet 6 people outside and on May 17, we will be able to meet our friends and family inside. This is subject to continuing improvements in infections and vaccinations, of course.

Here is a link to the roadmap: <https://www.gov.uk/government/publications/covid-19-response-spring-2021/covid-19-response-spring-2021-summary>

A reminder of our breath-taking Mount Snowdon Challenge. This event is done under the starlit sky and participants get to watch a beautiful sunrise before their descent. This event is on August 8th-9th 2021.

Details here:

<https://ageconcernepsom.org.uk/get-involved/fundraise/fundraising-events/snowdon-at-night-trek/>

There is quite a lot of information here, if you want more detail on any topic, or would like a new topic covered, just let me know at steven.p.dow@me.com.

We have requests to send this newsheet to other people so you can either send their email address to me or you can simply email them this pdf.

Information

Our website is here : <https://ageconcernepsom.org.uk>

The coronavirus update is here:

<https://ageconcernepsom.org.uk/about-us/coronavirus/coronavirus-update/>

If you have IT problems you can still get telephone help by ringing our office on **01372 732456** between the hours of 9.30 – 1.00, Monday to Friday. An IT volunteer will then ring you back and hopefully solve your problem.

To keep up to date with Age Concern Epsom & Ewell's news and events please sign up to our charity newsletter. <https://ageconcernepsom.us11.list-manage.com/subscribe>

All the previous newsheets have been put on the Epsom and Ewell Age Concern website and can be accessed here:

<https://ageconcernepsom.org.uk/about-us/newsletters/it-newsletters/>

Useful Links

Government advice: <https://www.gov.uk/coronavirus>

Age UK: <https://www.ageuk.org.uk/information-advice/coronavirus/>

The NHS has lots of information: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

111 phone line website: <https://111.nhs.uk>

Livi information: <https://www.livi.co.uk>

Birds

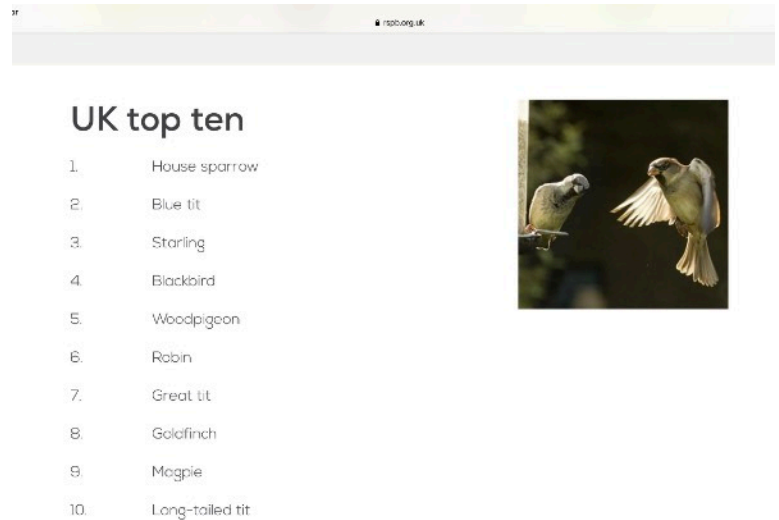
It is Spring and the birds have been in particularly fine voice. Sometimes a bit too noisy perhaps, especially the Parakeets!

So here is a section about birds:

RSPB Birdwatch

The January Birdwatch results have been released and here they are:

Here is an interesting and entertaining video about the birdwatch:
<https://youtu.be/PJhrkow4xUY>



The screenshot shows the RSPB website with the 'UK top ten' birdwatch results for January. The list is as follows:

Rank	Bird
1.	House sparrow
2.	Blue tit
3.	Starling
4.	Blackbird
5.	Woodpigeon
6.	Robin
7.	Great tit
8.	Goldfinch
9.	Magpie
10.	Long-tailed tit

To the right of the list is a photograph of two birds, likely House sparrows, perched on a branch.

Here is a link to the full RSPB web page:
<https://www.rspb.org.uk/get-involved/activities/birdwatch/results/>

Feeding Birds

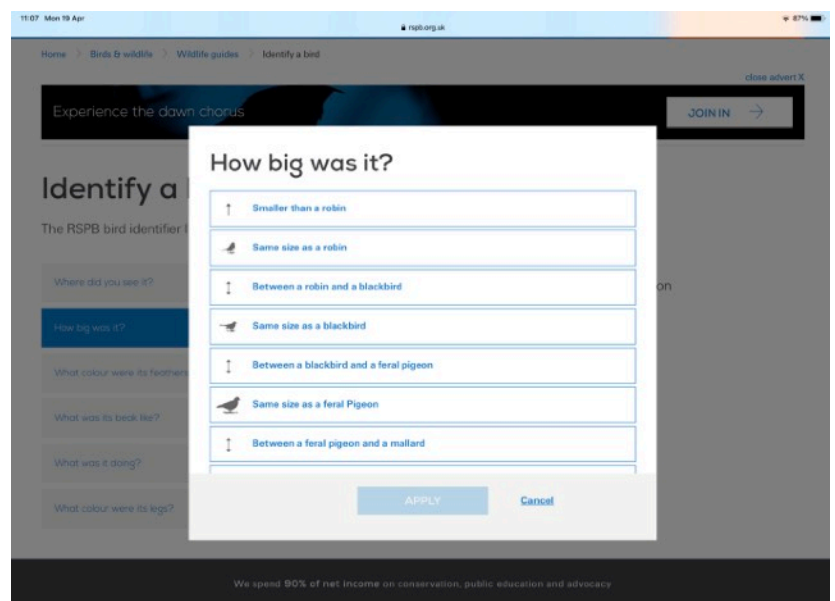
The RSPB has excellent information about feeding birds, of course, but so does the Wildlife Trust which you can find here:

<https://www.wildlifetrusts.org/actions/how-feed-birds-your-garden>

Identifying Birds - website

The RSPB has a good website for identifying birds:

<https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird/>



The screenshot shows the RSPB 'Identify a bird' website. The 'How big was it?' section is highlighted, showing a list of size comparisons with corresponding bird icons:

- ☐ Smaller than a robin
- ☐ Same size as a robin
- ☐ Between a robin and a blackbird
- ☐ Same size as a blackbird
- ☐ Between a blackbird and a feral pigeon
- ☐ Same size as a feral Pigeon
- ☐ Between a feral pigeon and a mallard

At the bottom of the selection area are 'APPLY' and 'Cancel' buttons. The website footer states: 'We spend 90% of net income on conservation, public education and advocacy'.

Identifying Birds - Apps

Bird apps are very good at identifying and improving all the time. 1 year ago we looked at Birds of Britain which is basically a text book on your phone. Apps on your phone or iPad can accompany you on walks, of course.



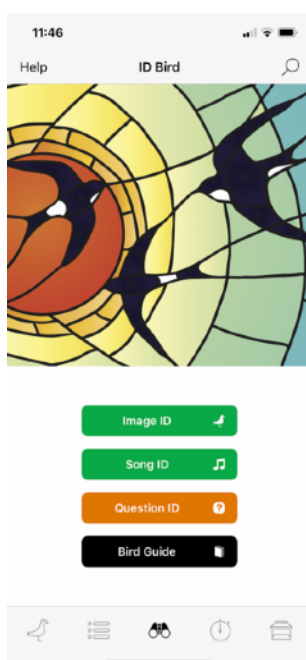
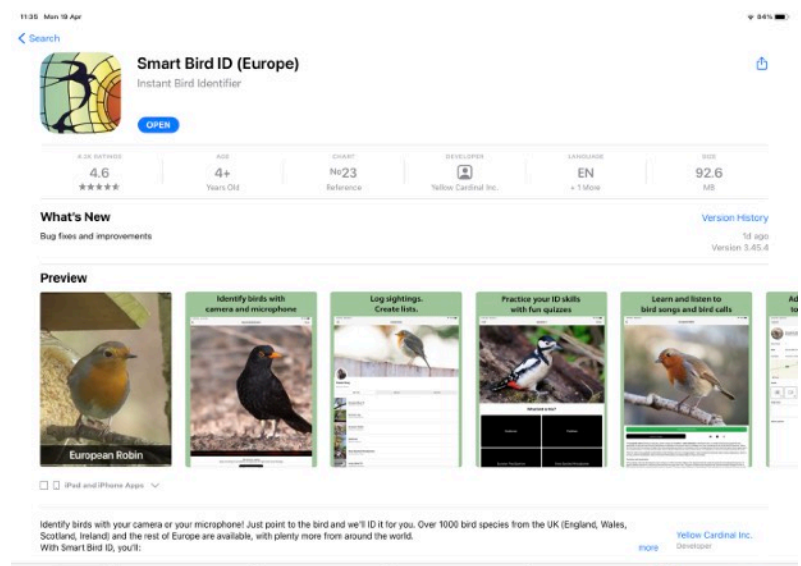
We also looked at Chirpomatic which identifies birdsong.

Smart Bird ID (Europe)

This year a new app has appeared which has very high rating of 4.6 (4.9 in Googleplay) which is extraordinary for what it does.

It will attempt to identify birds from pictures and sounds, and is really quite good at it.

It also has a question section and a comprehensive reference sections.

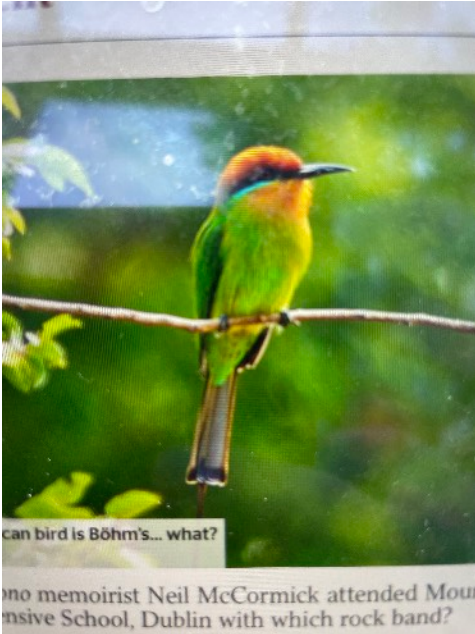


To identify a bird by its song you simply start it recording. It "listens" for a time then it will present a picture of bird with the best match.

This is the result of trying it quickly in the garden:

It did identify the Robin correctly.





To identify a bird by image you use the camera on your Tablet, iPad or iPhone. However you have to get a good picture of the bird, which means getting close.

I used the app to identify the bird on the left from a picture in a newspaper and it correctly identified it as a bee eater.

However when I tried it with another photo it identified a peregrine falcon as a sparrow hawk, so it is not foolproof.

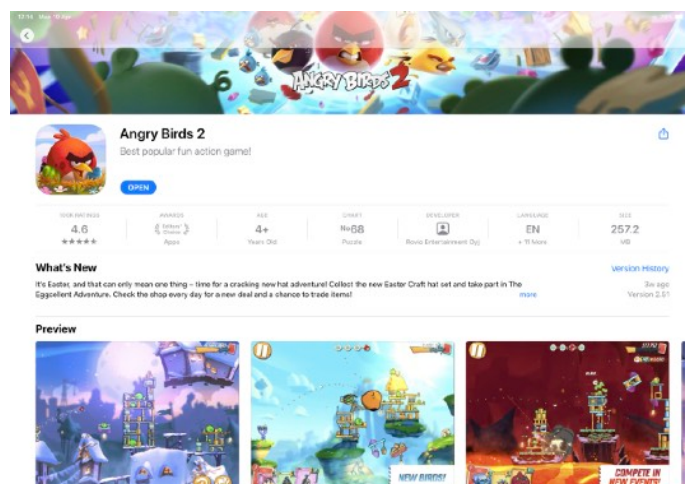
This app is available for all tablets and phones from Apple Store and Google Play. It is free but it has advertisements which popup occasionally and force you to watch for a few seconds (in the same way that YouTube does). For a small fee you can remove the advertisements.

It is well worth a try.

Angry Birds Game

Angry birds is a ridiculous game which took the gaming world by storm about 10 years ago. However it can be addictive. You simply catapult birds at pigs. It is not surprising that the birds are angry! More details about this gaming phenomenon is here: [https://en.wikipedia.org/wiki/Angry_Birds_\(video_game\)](https://en.wikipedia.org/wiki/Angry_Birds_(video_game))

It is free but can be addictive.



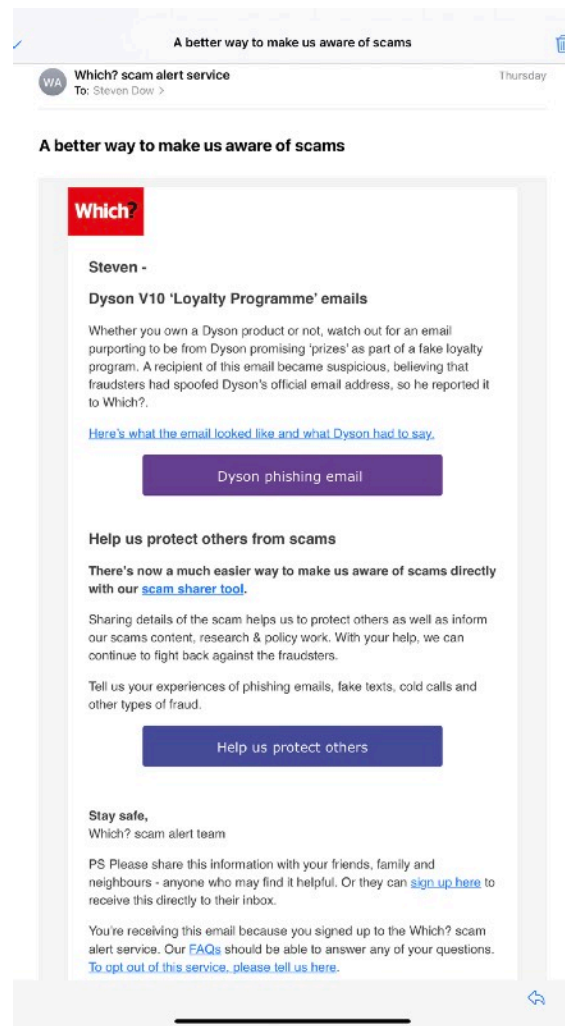
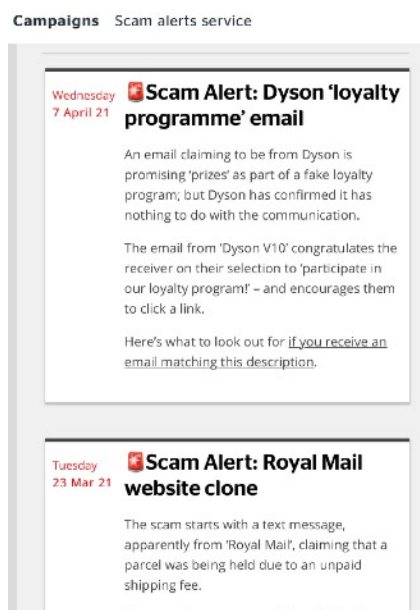
Scams

Last month we mentioned the Which? Scam Alert Service which we signed up to and, having had a month's worth of emails, it does seem to be worthwhile.

Every week an email is sent to you with the latest scam news, with links to the Which? website.

From what we have seen it is well worth signing up to this service from Which? and you can do that here:

<https://campaigns.which.co.uk/scam-alert-service>



This month I have received the usual selection of scams including this text message purporting to come from the Royal Mail. I often have a delivery due and it would be easy to click on the link without thinking about it.

Here is a story about a man who did just that and lost more than £1.99:
<https://www.bbc.co.uk/news/uk-england-cumbria-56660334>

Text Message
Sunday 06:06

Royal Mail: Your package is waiting for delivery. Please confirm the settlement of £1.99 on the following link: <https://rm-uk-parcel3789.com/>

Here is one supposedly from the DVLA. Again they just want you to click on the blue link. Don't!

Here is a scam received by one of our group last week:

McAfee is a respected and legitimate company which supplies anti virus products for Windows PCs (how ironic!). However this is not from them.

It is suspicious because

- The recipient is not named, just "customer"
- Grammar, eg "chossing"
- Email address it came from was siuf090@gmail.com which is NOT a corporate address.
- Lack of corporate branding.

McAfee

Dear customer,

Thank you for chossing McAfee Secure.

Your 'Total McAfee Secure' subscription will expire in the next 24 hours and the subscription will be auto-renewed, we hope you are happy with our services.

The subscription is auto-renewal so \$199.87 will be deducted from your account automatically unless you cancel the auto-renewal subscription.

If you do not authorize this charge you have 24 hours from the date of transaction to open a dispute or claim for refund.

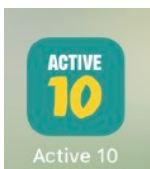
Please contact us immediately on our helpline number [+1\(828\) 549-2781](tel:+1(828)549-2781) for immediate support.

Thank You
Team McAfee
(Accounts)

This was probably sent from a person somewhere in the world who had set up a premium telephone number in the USA, got hold of a list of email addresses and then sent out thousands or millions of emails designed to scare people into ringing the number and thus incurring an exorbitant telephone charge. It was probably a morning's work to set up!

Health and Fitness - Recording your steps

Most of us need to walk more and recording your steps with a pedometer or phone can really motivate you to increase your exercise, as I have witnessed from people I know.



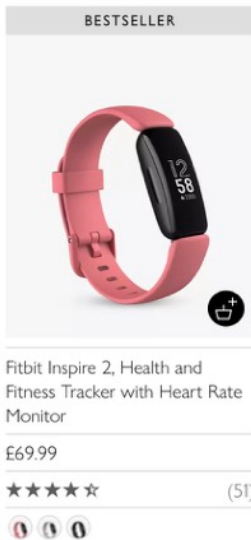
Last month we looked at the Active 10 iPhone app which records how far you have walked and rewards you for 10 minutes of brisk walk. However it does not record how far you have walked.

Pedometer

These can be bought quite cheaply from many retail outlets. You simply take them with you and they quite accurately record your steps. They cost about from about £20



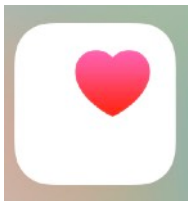
Fitbits and bands



Fitbit is the company which has pioneered and popularised sports bands. Not only do they record your steps and distance but they monitor your heart rate as well.

At John Lewis they start to 69.99. Other makes are cheaper.

Phone Apps



If you have a smart phone (eg iPhone, Galaxy) then you probably have a built in step recorder. The Health App is standard on every iPhone.

It records every step you make (it must be with you of course!) and the distance you have covered.

It also records active energy which is an estimate of calories burnt.

This is my record over the last week:

Its not very impressive but in my defence I get exercise from the the gym, garden and exercise at home when I do not carry my iPhone!



The Good Old Days

Here are some advertisements from the past which probably would not be allowed now!

Remember the magic of asbestos?

How about radiation to improve your skin?



ARTES radium cream


Obtainable from the Laboratories of:
ARTES RADIUM CREAM LTD.
Dept. 4, 28 New Bond Street, London, W.1
Phone: MAYfair 2667.
and most leading stores.

WRITE OR CALL FOR FREE BOOKLET

RADIATE YOUTH & BEAUTY

In Artes Radium Cream you have the means for complete rejuvenation of the skin. The active Radium which forms the basis of Artes Cream clears the skin in a magical way, and the complexion grows lighter, smoother and more refined of texture under its steady, all-stimulating action.

price 12/6 per jar post free containing seven months' treatment.



Let this magic mineral, **ASBESTOS**, protect the buildings on your farm!

JM PRUDEN

Asbestos! The magic mineral of the Middle Ages. Today, still a "magic" mineral; fireproof, rot-proof, and practically indestructible. When combined with portland cement it is manufactured into products which are especially important on the farm, because they provide permanent protection against fire, weather, and wear. Read this folder. Learn how to put this magic mineral to work on your farm.

And smoking is positively good for you!



NOW...Scientific Evidence on Effects of Smoking!

A MEDICAL SPECIALIST in making regular bi-monthly examinations of a group of people from various walks of life, 41 percent of this group have smoked Chesterfield for an average of over ten years.

After ten months, the medical specialist reports that he observed...

an adverse effect on the nose, throat and sinuses of the group from smoking Chesterfield.

MUCH Milder CHESTERFIELD IS BEST FOR YOU

First and Only Premium Quality Cigarette in Both Regular and King-Size

APRIL 1962



He's one of the basic reasons why... While his doctor says (after three years) that he actually has lost 24 hours a day.

The doctor is a statistician, a diplomat, and a friendly veterinarian. He's been bringing all his own, no matter how long and hard his schedule.

According to a recent Nationwide survey:

MORE DOCTORS SMOKE CAMEL THAN ANY OTHER CIGARETTE

DOCTORS in every branch of medicine—115,000 in all—were asked in this nationwide study to indicate their preference for one cigarette or another. The results were surprising. They found that more doctors smoke Camel than any other cigarette.

The brand named after an eagle!

The rich, full flavor and smoothness of Camel's superb blend of superior tobaccos were no more the result of the smoking of Camel than the result of other smokers. If you are a Camel smoker, this preference among doctors will hardly surprise you. If you're not a Camel smoker, try Camels now.

CAMELS Camel Cigarettes

This link will take you to many more examples of how times have changed for the better. Look out for the advertisement for **medicinal tape worms**!

<https://www.pocket-lint.com/apps/news/154559-some-of-the-craziest-adverts-you-re-ever-likely-to-see>

Finally

For those of you who are feeling a bit lethargic:



If you have any ideas, comments, suggestions please email them to me at steven.p.dow@me.com

See you next month!