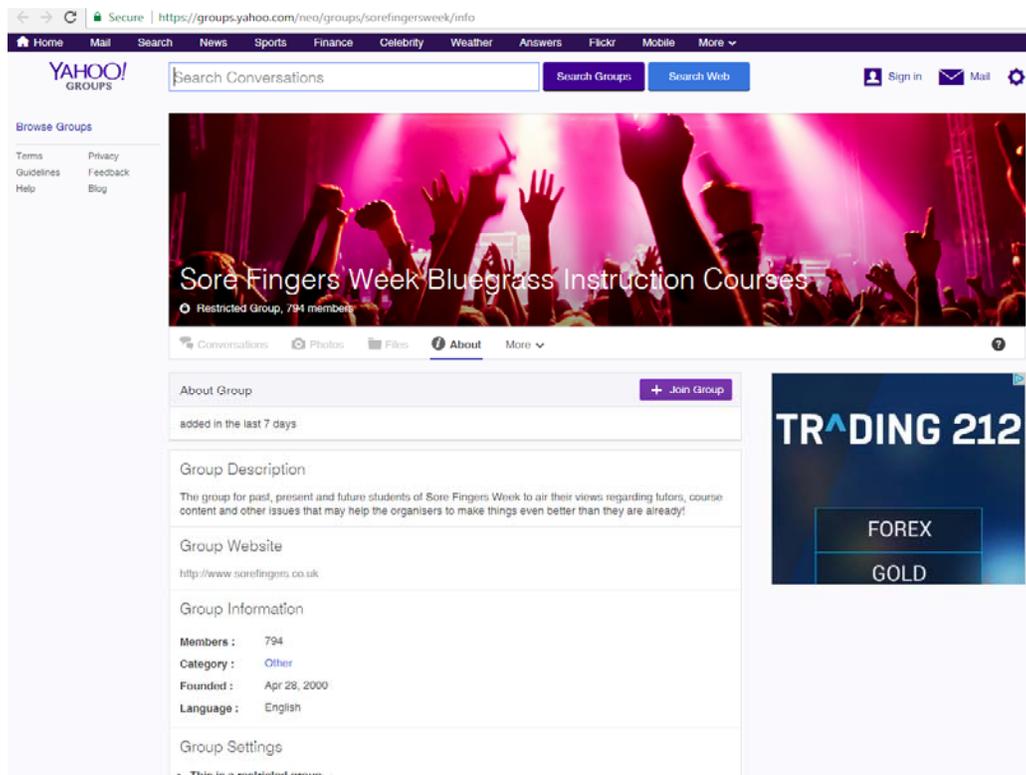


INSTRUCTIONS ON HOW TO JOIN THE SORE FINGERS FORUM AND CREATE A YAHOO ACCOUNT

To get to the sore Fingers Forum, you can follow the link on the website or just enter this web address into your browser:

www.groups.yahoo.com/neo/groups/sorefingersweek

To join, click on the "+ Join Group" button just below the picture.



If you don't already have a yahoo account, you will be prompted to create one. Don't worry, it's of no real consequence. It's merely a requirement before you can join Yahoo Groups.

The "Sign Up" screen will pop up and it looks like the one below. This example is already filled in and the important option is to choose to use your existing email account and not create a new yahoo email address.

Click the text in blue to toggle this option. Please enter your full name, date of birth and your gender (this is optional). Please note we don't see any of that information.

The screenshot shows a 'Sign up' form with the following fields and options:

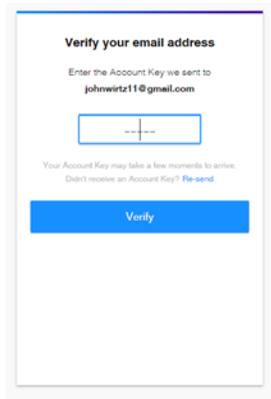
- First name: John
- Last name: Wirtz
- Email address: johnwirtz11@gmail.com
- Link: [I'd rather create a new Yahoo email address](#)
- Password: masked with seven dots
- Month: January
- Day: 12
- Year: 1955
- Gender: Male
- Continue button
- Link: [Already have an account? Sign in](#)
- Link: [I agree to the Yahoo Terms and Privacy](#)

Click "continue" and the "Verify your email address" screen will pop up.

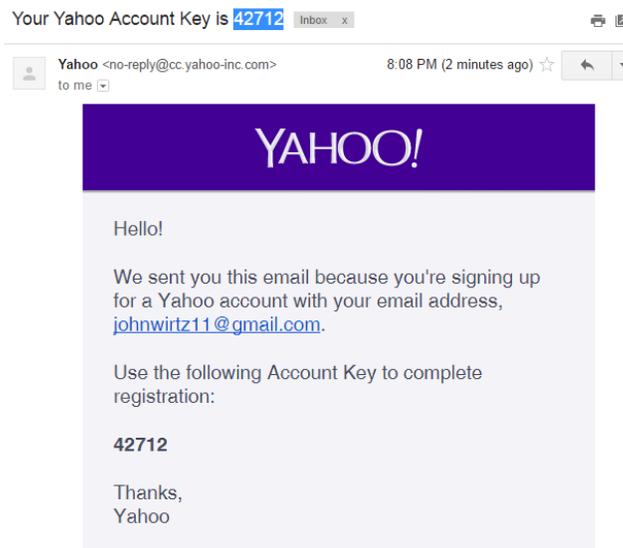
The screenshot shows the 'Verify your email address' screen with the following content:

- Header: **Verify your email address**
- Email address: johnwirtz11@gmail.com
- Text: We will send you an Account Key to verify you're the owner of this email.
- Send me an Account Key button

Click on "send me an account key" and the next screen will pop up with a box where you can enter your account key. The account key is sent by email to your inbox. Go to your email inbox, open the email and copy and paste the code into the box as shown below.



This is a typical email with the code:



Replies sent to this email cannot be answered.

Once you have pasted the code into the box, click "verify" and Yahoo will display the following screen. You must make a few changes to this form before proceeding to the send request

1. Make sure you change the "Yahoo Alias" to your email address
2. Make sure you also change the Email Address to your own address

PLEASE NOTE: The email address is different in this example to the one shown on previous screens. This is an anomaly and all the email addresses should be the same. I copied two screens from different sessions!

Join Group (sorefingersweek) ✕

This is a restricted group.

Display Name : ✕

Yahoo! Alias :
 vofjv2qpkjomr4kyvep5fllzk3xxupzgywecsfnm
 john@sorefingers.co.uk

Email Address :
 vofjv2qpkjomr4kyvep5fllzk3xxupzgywecsfnm@yahoo.com
 john@sorefingers.co.uk

Message Delivery :
 Individual Email
 Daily Digest
 Special Notices
 No Email

[Visual code](#) | [Audio code](#) | [Help](#)



Type the code shown [Try a new code](#)

Comment to Owner :

The message delivery options work as follows:

- **Individual emails:** messages are delivered direct to your email inbox as for all your other emails. This is the best option as you will get the messages as they are sent to the group.
- **Daily digest:** You will get one email per day with all the messages sent to the group on that day. If there are no postings, no email will be issued. This option is O.K. but experience tells us that this format is confusing and topics can get mixed up and make a thread hard to follow.
- **Special Notices:** You are only sent special notices. This option isn't of much use really!
- **No email:** this option means you have to log onto the forum website to view messages. Like the last option, this defeats the idea of a forum.

Just type the security code in as seen on screen and add a short note to indicate your interest in the forum.

Finally, hit "Send Request" and we will then receive a notification that you wish to join the group. And that's about it!