

Registered Charity Number 1179738

April 2019

Chair's Chatter

We hope you all enjoyed your free tea, coffee and biscuits at the last meeting. However, after the meeting I noticed a large number of mugs still sitting on the bar area waiting to be washed. Could you please make sure that you return your mugs to the bar area **before** the meeting so that they can be cleared away. It is our job to make sure that everything is left clean and tidy and those members who are helping with the teas leave the area so that they can listen to the Speaker.

We had a New Members meeting last month at the Royal Hotel. There were 17 members who had joined since the last one and they were all invited. Sadly only 5 bothered to reply. Please remember that we are all volunteers who give up our time for the U3A. The majority of the committee turned up and we had a lovely hour meeting the members and discussing what they would like from the U3A. It would have been nice to see more new members, and we would have appreciated an acknowledgement that you were otherwise engaged and therefore not available! Can I also remind you to let Group Leaders know if you can't make a meeting, so that they don't worry that you are ill!

Just a reminder for those new to the Eden Centre – the left-hand side of the hall is fitted with a hearing loop, so if you have hearing aids aim to sit that side. There is disabled access via the rear door. There is a door bell, but please give us time to answer it as we can't always get there straight away.

I hope you will bear with us this month as we have a lot of the committee away and members are filling in for them. Thank you to all those who have offered to help.

I am still looking for someone to help with the newsletter. If you have computer skills and are used to typing and Word, why not give it a go?

Our Speaker this month is Maria Dziedan – A Teller of Tales.

Sylvia

Techno Corner

Why Is It So Important to Use a Different Password on Every Site?

A single strong password isn't enough anymore. You must use *different* strong passwords on every site where you have an account – at least, every important site.

The following scenario is very common. Let's say you have an account at an online service – Service A. In addition, you have accounts with Yahoo!, Facebook, Google because you use Gmail, Microsoft because you have Windows, Amazon, Argos, M&S, and Nationwide because you save with them, and other accounts I haven't listed here. You have lots of accounts and you have a wonderfully strong password because I recommended it last month: 14 completely random characters that you've memorized. And you use that same wonderfully strong password *everywhere*, so you must be safe!

Unfortunately, Service A has rubbish security. Details are stored in their database in plain text, allowing anyone with access to see them. It's easy, it's fast, and they can solve problems quickly. They assume that the database containing your password cannot be hacked, but one day, a hacker breaches site security and steals a copy of the customer database. This contains the following minimum information for every user:- Their log-in ID; The email address associated with the account; and, of course, the Password.

They can now log in to your account on Service A. That may or may not be a big deal, depending on what Service A is, but your single password in the hands of a hacker is bad, since, once they have it, they go hunting. Most people have accounts with the major services and they start trying the information from Service A as if it were the correct information for Gmail, Outlook, Yahoo, Facebook, Twitter, Dropbox, etc. They try your email address and password to log in to the email service that you're using – if they get in they read your mail and steal your address book! They try your log-in ID/email address and password on lots of other services – they have no idea which ones you use but it often works and the hackers gain access to another

account of yours. An account unrelated to the initial security breach, except that you used the same password at both.

If you use the same password everywhere, a single leak of that password puts all your accounts at risk. The fact that Gmail, Outlook, Amazon, and others have excellent security doesn't matter. Service A was at fault. Their information was leaked and your information and password – the password you use everywhere – was revealed.

But the real problem is your use of that single password everywhere. You may already be at risk. Go to <https://haveibeenpwned.com/> (careful with the spelling) and enter your email address to see if it is already hacked. If you have, don't be too alarmed – any data breach takes millions of details so for them to use yours would be really bad luck, but why not change the passwords (using different ones) on all major sites, just in case.

Ten Pin Bowling

This month was not one of our better sessions, but it was good to welcome back Andy and Kate after a year's break. One member is making steady progress and that was Isabel S. with a new Personal best, so that's three PB's in the last four sessions. However, we are all still enjoying ourselves and new members are always welcome to join our happy band.

Dai

Johnson

Singing for Pleasure

We are now perfecting our Spring/Summer programme and have had our first booking for April. Thanks to Lynda for all her hard work with us.

Sylvia

Gardening club

"Early March is still too early for practical work in the garden, although one or two of our group had taken advantage of the exceptionally warm few days at the end of February to weed, set a few vegetables and generally tidy up our gardens. We spent our meeting exchanging information about our favourite seed varieties and vegetable sets and shared between us the seeds we had brought with us. It was agreed that any left-overs could be donated to the next garden produce stall in April. Again, many thanks to Sandy and Chris for leading the group and to Chris and Peter for their generous hospitality. Once again a very pleasant way to spend a cold wintery morning."

Greta Cheshire

Music Appreciation

Our Theme on Thursday 14th March was "Shakespeare". Some of us were surprised by the difficulty in finding items from our collections, but in the end there was a good selection. Plays mentioned in the music included Romeo and Juliette, Henry V, Timon of Athens, Othello, Richard III and the Taming of the Shrew (I.e. Kiss me Kate) and even a broad mention of his sonnets. Performers/composers included Dire Straits, William Walton, Ella Fitzgerald, Duke Ellington, Emma Kirkby and Kiri Te Kanawa.

Our next meeting will be on Thursday 9th May (2:00 to 2:15 pm start). We had "Food" as our theme a few months ago, so May's subject will be "Drink".

Ken Bridges

Book Group

This month we enjoyed the adventures of Harold Fry. "The Unlikely pilgrimage of Harold Fry" by Rachel Joyce. Harold receives a letter from an ex work colleague who is now in a hospice suffering from cancer. He writes her a letter with the purpose of sending his best wishes to her. He sets off to the post box on foot to post the letter but suddenly starts on a 600 mile journey from Devon to Berwick on Tweed without any thought of preparing for the journey, it is purely on impulse without any idea how long this will take or how his wife Maureen will cope. Rachel Joyce takes us on this pilgrimage with the many people he meets on his journey. We enjoyed a wonderful description of Devon but as he continues his journey further north, Rachel seems to not be so keen, which is a pity as both the South and North equally enjoy the most beautiful scenery, which is our only criticism.

Margaret Turnbull

Re-gifting

The re-gifting table raised £30 for Homestart. The cheque has been sent to them so many thanks to all who contributed.

Raffle

The raffle in March raised £44. April's raffle will be themed around Easter.

Coach trip to the Black Country Museum

May 7th – a few seats left so please let us know as soon as you can. The April meeting is the last payment day.

Still a few places left on the trip to Derbyshire on 23rd July. A great day out to a beautiful part of the country.

Short Walks

The March walk has already happened. Just a small group this time, there was a popular outing on at the same time. However, we met at East Carlton County Park in bright sunshine, it was a beautiful morning. We had two dogs, Teddy and Bella who has been staying with us. Teddy found having her around hard work, he was so eager to walk. Brian Coulson took us out of the park, around the top of the village further on through a field of sheep and lambs, so sweet! The views were spectacular all the way. Then, when walking back down into the lower village the cry went up, "I know where we are now, I've been to this pub before, oh yes". I think Janice had a nice time. Then a walk along the Jurassic Way and we ended up seeing the promised reindeer at the end. We had coffee and water for the dogs at the cafe', a good mornings walk. Many thanks again to Brian for leading. Next walk still to be decided, come to the table at next meeting.

Wanda and Bob (and Teddy)

Play Reading

We had the play-read at Ron and Liz's this time as Roz was unavailable, the play was an old favourite 'Charlie's Aunt' with its famous catch line 'where the nuts come from' by Brandon Lewis, probably one of the earliest cross dressing farces, set in slightly dated high society, but greatly enjoyed by our readers of which Ron is still our sole brave male reader. Tea and biscuits at half time completed a very entertaining afternoon.

The next meeting is the 6th May.

Carlene Lee

Travel Group

We had a good session on the Tuscany area of Italy where most of have been on holiday albeit many years ago, We discussed modern changes including the huge influx of visitors from cruise ships even in late October.

The exchange rate is poor at the moment so if you are heading there this year take plenty of Euros and use cards.

However, the cities are still as beautiful. Our next meeting is on Tuesday 16th April.at 2pm.

Geraldine

Spanish

We have had our usual good sessions with Bob and Bill. In our last meeting we had lots of conversation practice which we need badly. As our group has 11 members plus 2 teachers, the group is closed to new members. If you are eager to join, your name will go on a list in case a vacancy arises. We are now all beyond beginner level. Hooray!

Geraldine

Painting for Pleasure

We've had an interesting month with two new members joining us. Catherine came to help us master the art of pencil drawing, we all had a go with some very interesting results, I don't think we had realised that pencil only drawing could be so versatile. She left us with homework for her next visit. Apart from Catherine's teaching visit we had several enjoyable mornings doing our own thing, and are all looking forward to the next month of Painting for Pleasure.

Carlene Lee

Camera Group

Seven of us met to explain how we had eliminated unwanted objects from our photos. The newer 'elements' programs are more successful at this task. Also there is an App on the iPad which is very good at removing lampposts, telephone cables, etc. It was fun to experiment. We followed this with a session on photographing yellow objects and our homework is to develop these in whichever ways we fancy. Our next meeting is on Monday 15th April when the subject is 'Looking from above'.

Jenny Goddard

Medium Walking Group March 2018 Walk Report.

A somewhat depleted group of eight walkers met in the car park of the Hare at Loddington on one of those mornings when in spite of the weak Spring sunshine a wind with a chilly edge was felt.

On leaving the village our leader had opted to get the undulations (known to non-walkers as hills) out of the way first and a sensible decision it was too.

The going underfoot was mainly good due to the recent lack of rain. While going around a field edge path we met an enormous sprayer whose considerate driver stopped spraying while we passed.

Then into Great Cransley past the now closed Three Cranes public house. A sad loss to the village but a sign of the times.

We followed Mawsley Road and had our banana break at the entrance to Cransley Wood. Suitably refreshed we entered the wood where the track never seems to quite dry out. Our passage was brightened by the presence of primroses and celandines, a sure sign that Spring had sprung although on exiting the chilly wind caused many to wish they had worn thicker clothing.

After the wood we soon joined the old ironstone railway which took ore from the quarries at Cransley and Loddington to feed

the hungry blast furnaces at Corby and beyond.

A poignant reminder of Kettering's industrial past which is fast fading from memory.

Next, we crossed some fields populated with frisky cattle and through an extremely muddy gateway back towards the edge of Loddington prior to which some alpacas which seem to have been resident for a number of years caused a pleasant diversion.

On entering the village on Mawsley Road a number of expensive looking houses were passed on the left with the cricket pitch on the right.

Back at the pub we were joined by two non-walkers for an excellent lunch.

Thanks to Bill Joyce for organising and leading a most enjoyable and refreshing walk.

Details of the April walk will be available at the next meeting.

David Hamilton

News from the Groups.

We have now tried twice to have a meeting about the Cinema group and despite the fact that there were about 10 names on the list, only 2 people stayed for the meeting. As soon as there is something worth going to see I will contact you all and try to get the group started. I will need one person though to book the seats and collect the money. If you are able to do that please let me know.

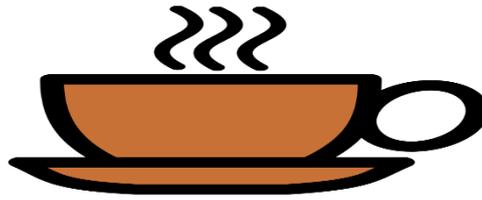
The new Keep Fit Group is going well but there is still room for more people. It caters for all levels and ages so perhaps you might like to give it a try.

The yoga group is going well and also has room for more people. Likewise, the Monday morning swimming group still has room for more members.

We are always looking to start new groups. If you have a hobby or interest that you could share with others please come and talk to us at the Groups table.

Pat Johnson and Rosalind Bridges.

Coffee morning at the Cransley Coffee Shop will be on April 11 and 25th. We meet at 10.30 for about an hour and anyone is welcome.



Emergency Numbers

If you are going on one of our coach trips, please make sure that you have given your emergency contact numbers to the trip team. If you do not want to do this then make sure that the information is with you on the trip.

Should there be an emergency or a reason to contact someone, we must have the means to do so. We are none of us getting any younger and these things can happen. On a recent coach trip with another group, someone had a heart attack. Fortunately, they had details of their medication with them and also contact numbers, but if you don't have that information with you, we would be unable to contact anyone which would be stressful for both you and your family.

Would you like to help the committee?

Members wanted who will be able to cover some of the key jobs on the committee.

Do you have experience in handling accounts?

Would you like to see what is involved in being the Membership Secretary?

If you fancy seeing what is involved then please contact Sylvia 01536 411865

Renewals

We start renewing our membership subscriptions in May. Please be aware that there will be membership forms to sign and the subscriptions will again be £15 or £11.50 for those who belong to another U3A.

However, due to the increased cost of Third Age Matters magazine, we can no longer cover all the costs. If you would like the copies sent to you from the Third Age Trust, then we will have to ask for a payment of £3 for the year. This will only cover part of the cost and Ise Valley will cover the rest.

Don't forget the **Quiz** with fish and chip supper on the 15th April at the Athletic club.

Friends and family are invited to take part. If you just want to come for the quiz then the cost is £2. If you want to enjoy the fish/chicken or sausage and chip supper then the cost is £6. Bring your own cutlery if you can't manage with plastic knives and forks!!!

Tickets available at the Raffle Desk.

Doors open at 7.15pm and the quiz starts at 7.30.

Activity Groups and Leaders

Day/Group	Leader	Telephone	Venue	Frequency	Time
Monday					
Painting for Pleasure	Tessa Bellamy	07854 864632	Mind Centre	Weekly	10-12
Book Club	Margaret Turnbull	01536 511139	Varies	3 rd Monday	2pm
Camera Club (advanced)	Jenny Goddard Pat Johnson	01536 482972 01536 483396	Home	Monday after main meeting	2-4pm
Canasta	Margaret Hall	01536 512215	Kettering Bridge Club	Weekly	2-4pm
Knit and Natter	Sylvia Dale	01536 411865	Members home	fortnightly	2-4pm
Mahjong/Scrabble	Linda Law	01536 659091	B.S Village Hall	2 & 4 th	2-4pm
Play Reading	Rosalind Bridges	01536 741466	Varies	1 st Monday	2-4pm
Swimming	Isabel Collins	01536 520971	K. Swimming Pool	Weekly termtime	9-9.45
Maths for Fun	Chris Crick	07490 591224	Home	2 & 4 th	10-12
Recorder Group	Mary Cooper Sue Hartley	01536 420336 01536 357676	Central Methodist Church School Lane, Kettering	2 nd & 4 th	2.30-3.30
Yoga Group	Annette	01536 513234	St Andrews Church Rooms	Weekly termtime	11.15-12.45
Tuesday					
Walking (medium)	John Sumpter	01536 722198	Varies	Last Tuesday	10am
Ukelele group	Alan Bailey	01933 350147	Home	Fortnightly	10am
Travel	G. Hardwick	01536 481203	Member's home	3 rd	2pm
Camera Club beginners	Julie Bates	01536 745538	Home	2 nd	2pm
Computer Club	Alan Bailey	01933 350147	Members home	Fortnightly	10-12
Wednesday					
Keep Fit	Katie Reynolds		BL Civic Centre	Weekly	9.45-10.30
Country Dancing	Janice Angles	07768 169490	St Andrews Hall	2 nd & 4 th	10.45
Discussion Group	Linda Miller	01536 483773	Home	1 st	2pm
Gardening Club	Chris Ditre S Tecklenberg	01536 723145 01832 733419	Varies	1 st	10am
Thursday					
Short Walks	Wanda Moffatt	01536 483773	Varies	3 rd	10 am
Music Appreciation	Ken Bridges	01536 741455	Home	Varies	2-4pm
Spanish	G Hardwick	01536 481203	Hertford C Centre	1 st & 3 rd	2-4pm
Friday					
Making Music	Alan Bailey	01933 350147	Home	Weekly	2-4pm
Singing for Pleasure	Jill Dee	01536 514054	Fuller Church	Fortnightly	10am
Ballroom Dancing	Pat Johnson	01536 483398	St Edwards Church	Weekly	11.45
Ten Pin Bowling	Dai Johnson	01536 483398	Thunder Bowl	Friday after meeting	10 am

Speakers

This month's Speaker is Maria Dziedan – A Teller of Tales
May 8th Songs from the Shows by Rosemary Leonard

Trips

Day trips June Mason 01536 726654
Theatre Visits Joyce Williams 01536 482566 and Jean Issitt 01536 513218

Timings at the Eden Centre

Main meeting – 2nd Wednesday of the month at the Eden Centre
Doors open – 1.15
Chair's Chatter – 1.55
Speaker – 2.05
Raffle – 3pm
Finish – 3.15

To all members

If you are aware of anything affecting one of our members such as an important birthday, anniversary or illness and feel that a card from the U3A would be appropriate please contact Lynne on 01536 618001



Newsletter Editor:

Please send contributions by 5pm, 30th of the month to sylviadale@live.co.uk If you can get them to us earlier that would be appreciated as the newsletter fills up and it is often a job to get the last contributions in.



Webmaster	Alan Bailey	01933 350147
Safeguarding Officer	Bob Moffatt	01536 659236



Committee – 2018-2019

Chairperson	Sylvia Dale	01536 411865
Vice Chair & Assistant Group		
Co-ordinator	Rosalind Bridges	01536 741455
Treasurer	John Cousens	01933 664602
Secretary & Assistant Speaker		
Secretary	Lynne Franklin	01536 618001
Membership Secretary	Pauline Bailey	01933 350147
Group Co-ordinator	Pat Johnson	01536 483398
General Duties & committee desk	Tony Reed	01536 481733
Speaker Secretary	Helen Checkley	01536 418616
General Duties & raffle	Linda Miller	01536 483773
General Duties & New Members	Jill Burgess	01536 515045
General Duties	Helen Hicks	01536 483109

