

COMMITTEE MEMBERS CONTACT DETAILS

NAME	PHONE/ MOBILE	EMAIL
CHAIRMAN SOCIAL EVENTS ORGANISER DIANE SMITH		
SECRETARY DAVE SUTTON		
TREASURER FRANCES BARBOUR		
SPEAKER ORGANISER JEANETTE PARMINTER		
MEMBERSHIP SECRETARY NEWSLETTER EDITOR VICE CHAIRMAN JAN DOWDALL		
GROUPS COORDINATOR LINDA BOSE		

FOR ENQUIRIES PLEASE RING THE ABOVE BETWEEN 9AM-6PM MONDAY TO FRIDAY ONLY. THANK YOU.
www.u3asites.org.uk/canvey-thameside



CYBER CRIME

A talk by NINA STRATTON



We welcomed Nina Stratton from Sainsbury's SOC team to talk about this issue we have all faced more and more recently. Sainsbury's Security Operations team check all internet traffic (activity) to prevent it getting through and infecting their systems and those of their customers.

Phishing is the sending of emails (and texts) which look like they come from reputable dealers and sites that have cyberlinks often to click on designed so you give the criminals your bank details and personal information. They are expert at manipulating you to catch you off your guard. (Hackers are different. They work for companies to look for and repair vulnerabilities in their systems.)

We then had a side competition to see how many dodgy emails Sainsburys stop every day. We were all brilliant and guessed higher than the suggestions, with the total at 6160 daily. It is estimated there are 3.4 billion phishing emails daily (I must have had most of them!). Surprisingly, 30% are opened (which explains why the cybercriminals send them) and 91% of global infections start with just one email that spreads maliciously over the internet. Obviously phishing and data leaks cause reputations of companies to suffer, which is why they want to stop them, though they don't always succeed. Fines are the least of the company's problems if they fall victim, as customers desert companies they think are insecure. Talktalk lost many customers in 2015, but they are not alone with security breaches, and many are flagged on news bulletins

Cybercriminals want us to abandon that approach and act impulsively and irrationally. We were shown a video explaining this technique, which makes us vulnerable to them. They basically trigger rapid responses from us by scaring us (if you don't do this now etc etc.....), telling us it is a great offer but you have to act now and other techniques designed to make you trust them. It struck me as similar to many hard-selling sales techniques. In nearly all cases, these emails (and texts and phone calls) will be out of the blue and worrying. If you just laugh, shout you bleep bleep bleep scammers and delate, it wouldn't be much of a con. If you do do this, well done!

When you get emails (texts and calls) think who is it from? If you hover the cursor over the email address (and any hyperlinks), it will give you the real address, not what it says it is. Look for slight name variations in the addresses. As soon as it asks for any personal, bank etc details, then certainly a scam, as no reputable company would do this. If you are not sure, you can always always close down the email, and check on the proper website for real web addresses, phone numbers etc.

If you get a fake email (and not all spam filters on your email account send them to junk, and sometimes real emails are sent there or stopped altogether), just opening them shouldn't be a problem (though again I wouldn't). Clicking on the links is where the problems start as it hasn't taken you to Amazon or some

IMPORTANT INFORMATION

Your newsletters contain the private contact details of many of your fellow members and we must ask you to ensure that when you have finished with your newsletter you dispose of it thoughtfully. Where possible please shred pages containing private contact details. While these members are happy to share their details with you, they might not be so happy to receive contact from anyone who has obtained their details from a thoughtlessly discarded newsletter. Many thanks.

CHANGE OF PERSONAL DETAILS

I would be grateful if you could please let me know of any changes you have made to your:

HOME ADDRESS
EMAIL ADDRESS
TELEPHONE NUMBER/S
I.C.E. CONTACT/S

as soon as possible so that I can update my records.

Many thanks, Jan

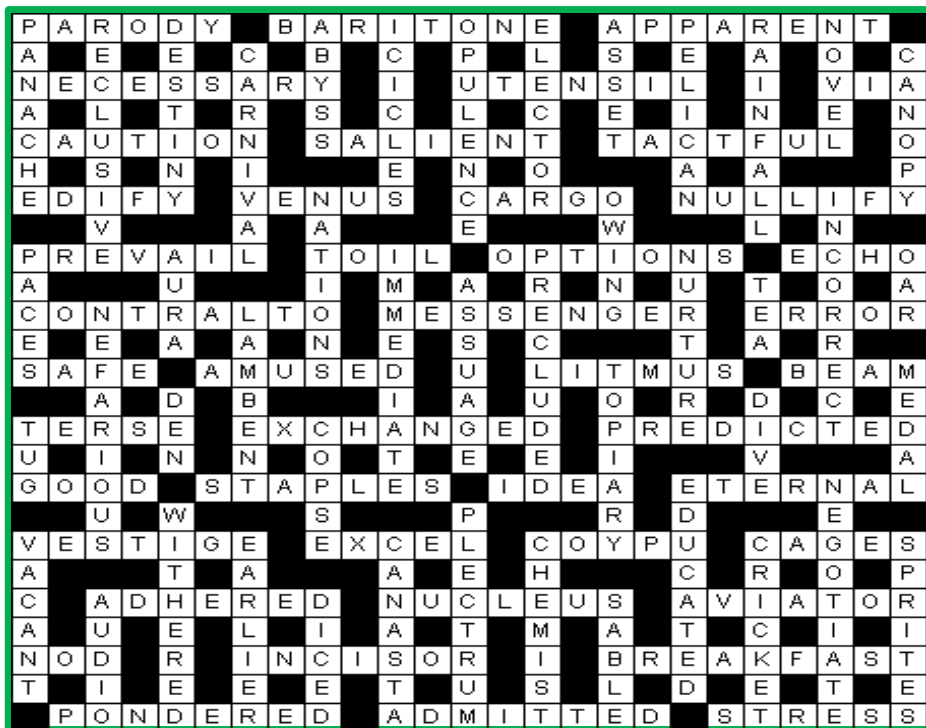
CERTIFICATES AND LICENCES

Details of our U3A Insurance, our PPL Licence and our MPLC Umbrella Certificate can be found on our website www.u3asites.org.uk/canvey-thameside under the 'INFO' tab.

A PPL licence is required when recorded music, including radio and TV, is played in public.

An MPLC Umbrella Certificate allows us to show films and TV shows



GIANT CROSSWORD SOLUTION



CATCH-WORDS SOLUTION



BRAIN TEASERS SOLUTIONS

1. Tree 
2. 3 = (grandfather + his son + his grandson)
3. The doctor is a woman.
4. 3 

3
legitimate site but a fake one. (Be wary of emails that quote your password. Many email providers, in my case Sky Yahoo were hacked, and email addresses and passwords stolen. Obviously, if you get one of these, go on the proper email account page and change your password). You can send suspicious emails to report@phishing.co.uk. Many companies have facilities to report emails directly to them as well. Common failings in fake emails is to not address you by name, fake addresses, spelling and grammar errors and the emotionally manipulative language. We were shown emails from DHL, Paypal etc. and asked which we thought were real.

Looking for https (secure) and the padlock means verified. (Most anti-virus software will check and warn you if there is something suspicious about the site, such as an out-of-date licence).

Nina reminded us of the 5 flags that should put doubt in our minds:

- The tone of urgency, fear, you need help and other emotional language.
- Do you know the sender or were expecting it?
- External links outside the email.
- Poor spelling and grammar, not addressed to you.
- Hover over the email address and link to see if they really are who they say.

So, always slow down and think. Remember the flags. If in doubt, forward it on. Verify it as genuine or a scam. If allegedly from Amazon or whatever, come out of the email and load the genuine site on your device.

If, despite this, you make a mistake....and we all know someone who has fallen for a scam who you thought never would.....if you click on one of these phishing links....don't panic, obviously don't fill in any details about yourself. Disconnect from the internet. Back up any files or photos. (if you have an icloud facility, this will happen anyway). Change passwords. Your computer anti-virus software should be able to scan for any malicious programmes on your computer and remove them. Ensure windows, ios and other operating systems are up to date, as they have security features built in, and updates give you the latest protection. If you are still worried, there are many computer firms on the island that will check your devices.

Nina told us of many anti-cybercrime online resources and sites to see if your email addresses and other details have been stolen. Having used one of these sites, my expectations of widespread abuse were confirmed. She suggested, obviously, avoiding easy to guess passwords, and suggested pass phrases. Writing these down is fine, as long as you trust everyone in your house (?), but there are programmes that store passwords. I wonder how many people still use one password for every site. Nina took questions about the security of online banking and apps. Sticking to the correct procedures ensures they are safe. If you stick to correct procedures, your money is protected anyway. Companies are good at protecting you. They have to be or you would go elsewhere.

We thanked Nina for a very helpful and interesting talk, which enhanced our ability to spot scams and protect ourselves from them.
Paul.

PS We are still selling blocking cards and pouches that stop credit cards etc being read. Keep car keys, passports and other important things in similar pouches.

GROUPS



ART



The Art Group hold their meetings at
The Jubilee Hall at the rear of
Waterside Farm Sports Centre on
alternate Thursdays from 10am – 12pm



CINEMA



Some of the cinema group members met on Thursday 12th January to see Whitney Houston film "I Wanna Dance with Somebody" at Moviestar, Eastern Esplanade. We all enjoyed the film, great acting and singing.

Group meets once a month.
New members are very welcome.

For details of future cinema visits please contact Georgia

CANVEY THAMESIDE U3A

QUIZ NIGHT

on
FRIDAY 17th FEBRUARY 2023
at
SMALLGAINS HALL,
CREEK ROAD

£4

YOU CAN PUT YOUR NAME DOWN AND PAY FOR
THE EVENINGS ENTERTAINMENT AT OUR
JANUARY AND FEBRUARY FRIDAY MEETINGS

DON'T DELAY - FIRST COME FIRST SERVED!

DOORS OPEN 7.30pm

PLEASE BRING YOUR OWN FOOD.
THERE IS A BAR FOR LIQUID REFRESHMENTS



Birthdays
of the Month



MARCH

2nd Barbara O'Connor

2nd Kay Geoghegan

3rd Doreen Martin

4th Sue Sturdy

4th Sylvia Barden

5th Pat Petty

11th Jean Purvis

14th Geraldine Denmark

20th Paul Senior

22nd Val Senior

23rd Roy Smith

23rd Sandra Jones

24th Lynn Foreman

26th John Purvis

28th Eileen Harris

28th Lesley Arnold



HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY

HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY

If your name is not shown here your birth date was omitted from your membership form.
Please let Jan know your birthday to add to our records.

CANASTA

AND PERHAPS WHY YOU SHOULD THINK OF JOINING THE GROUP

Canasta – what on earth is Canasta? Isn't it the Spanish word for basket? Is it a card game? Is it easy to learn and fun to play?

Perhaps as you flicked through the pages of the monthly newsletter or as you noticed the group information slips on Linda's desk at the monthly meeting, a passing thought may have been "I wonder what Canasta is"? Then you have flicked the page over or continued on passed the table and dismissed the thought of Canasta and joining the Canasta group.

Or, perhaps you lingered a while on that page or paused to look at the Canasta Group information slip and thought of finding out a bit more about the game and the group.

What is Canasta?

Canasta is an easy to learn card game which is played by four or 6 players in two teams with two standard decks of cards and wild cards. Each card has a score value and the object of the game is for each team to score points and one team to reach 5000 points before the opposing team.

To score points players in each team together attempt to make canastas. A canasta is a group of seven cards of the same numerical rank. A team "goes out" by one of the team playing all the cards in his hand. The points are then counted and a new game begins again until one team reaches 5000 points.

Then you may have asked yourself:

- If I am interested in joining this group, is the group a friendly one?
- Do they welcome new group members with open arms?
- Do they help new group members learn the game?
- Does that help continue until the new member is comfortable with the game?
- Would it be a way of pleasantly passing an afternoon, learning new card skills with a group of friendly group members, some of whom I may currently know, or other members I will get to know and become friends with?
- Will playing help keep my brain active with a gentle workout?
- Does the alternate Tuesdays and Wednesdays timetable fit in my schedule without a commitment?
- Do the playing times of 2pm to 5pm suit me?
- Would I be able to play just occasionally if other commitments crop up?
- Does playing in the Morrison's community room have its attractions because it's free and convenient to pick up some shopping before or after the game?



On the other hand, if you have played Canasta in the past, you may be thinking whether you would enjoy getting reacquainted with the game. Perhaps you play occasionally with other non-u3a groups already and you may be thinking it would be good to meet and play with new players. You probably then are asking yourself the same questions a member with no Canasta knowledge has.

Well, there is just one answer to those questions and that answer is YES.

So why not join our friendly group and enjoy a relaxing game of cards in great company while keeping your mind active and giving your brain a gentle workout at the same time.



(The group meets on alternate Tuesdays and Wednesdays between 2pm and 5pm in The Morrison's Community room).



CRAFT



GROUP NOW FULL

We meet every 4 weeks.
We provide everything.
The cost is £4 per session.
You take home your masterpieces!
Refreshments can be bought instore or bring your own.

**WE MEET IN THE COMMUNITY ROOM,
MORRISONS STORE, NORTHWICK ROAD**

FROM 13.30 TO 15.30

CRIBBAGE

The crib group is full as we meet at people's houses and 8 is our maximum. Perhaps if anyone else wants to play a new group could be formed?

We aim to meet about every two weeks but this will depend on people's other commitments.

Jan



FRIDAY MEMBERS MEETING SPEAKERS LIST

FEBRUARY TO APRIL 2023

FEBRUARY 20th MICHAEL FARLEY
His talk is titled 'Good King Hal'

Michael Farley is Good King Hal and the UK's number 1 Henry 8th look alike and interpreter. With his booming voice and uncanny resemblance to Holkeins' paintings Michael is guaranteed to keep audiences riveted.

-oOo-

MARCH 17th LINDSAY BURRELL
Her talk is on Burlesque Dancing!

Lindsay talks about burlesque with a demonstration and, if time permits, members can join in.

All of her proceeds go towards charity.

-oOo-

APRIL 21st IAN NICHOLSON
His talk is titled 'Wills, the unspeakable conversation'.

MONTHLY MEETINGS 2023

These are the 2023 Friday monthly meeting dates for your diary

To be held at St. Nicholas' Church Hall,
Long Road, Canvey Island
Once a month on Fridays
between 9.45am – 12pm

17 th MARCH	18 th AUGUST
21 st APRIL	15 th SEPTEMBER
19 th MAY	20 th OCTOBER
16 th JUNE	24 th NOVEMBER
21 st JULY	15 th DECEMBER

DOORS WILL OPEN at 9.45

We aim to be seated by 10am ready for notices to be read, etc.

We would ask that our members do not arrive at the car park until after 9.30 please

CROCHET & KNITTING



This group meets on 1st and 3rd Wednesdays of every month

DINING CLUB



**WATCH THIS SPACE FOR
DETAILS OF FUTURE
DINING BOOKINGS**

INDOOR GAMES

The Indoor Games group meets every other Wednesday at the Jubilee Hall from 1.45pm till 3.45pm.

We play a variety of games - mostly board and card games.

We are full at the moment but if you would like to start a second indoor games group please contact Linda, our Groups Co-ordinator.

Regards, Jan & Den



KEEP FIT

Our Keep Fit Group meetings
are held:

EVERY TUESDAY
(2 morning sessions)

At: **THE JUBILEE HALL**

at the rear of Waterside Farm Sports Centre

The sessions are run by Karen Lawrie



NEWS & INFORMATION

CANVEY THAMESIDE U3A COMMITTEE VACANCIES

We are looking for a member to take over the management of our u3a website.

The site is already up and running and needs regular updating.

We also need a new Membership Secretary.

This post covers the annual membership renewal and upkeep of our members records. Issuing new member applications with membership application forms, updating our records with their details and providing the new members with a membership cards.

It also includes the upkeep of the U3A national magazine members mailing list.

Jan has been the Website Editor and Membership Secretary for eight years and would now like to retire from these posts.



ARE YOU SITTING COMFORTABLY?



Actual Complaints Received By "Thomas Cook Vacations" From Dissatisfied Customers

1. "On my holiday to Goa in India, I was disgusted to find that almost every restaurant served curry. I don't like spicy food."
2. "They should not allow topless sunbathing on the beach. It was very distracting for my husband who just wanted to relax."
3. "We went on holiday to Spain and had a problem with the taxi drivers as they were all Spanish."
4. "We booked an excursion to a water park but no-one told us we had to bring our own swimsuits and towels. We assumed it would be included in the price."
5. "The beach was too sandy. We had to clean everything when we returned to our room."
6. "We found the sand was not like the sand in the brochure. Your brochure shows the sand as white but it was more yellow."
7. "It's lazy of the local shopkeepers to siesta in the afternoons. I often needed to buy things during 'siesta time.' This should be banned."
8. "No-one told us there would be fish in the water. The children were scared."
9. "Although the brochure said that there was a fully equipped kitchen, there was no egg-slicer in the drawers."
10. "I think it should be explained in the brochure that the local convenience store does not sell proper biscuits like custard creams or ginger nuts."



PC/LAPTOPS & PHOTOGRAPHY



The PC/Laptop and Photographic groups meet regularly every two weeks, from 1.30–3.30pm, at B.O.P.H, Charfleets Close.



If anyone has old photos they wish repaired or transferred to disc, we are willing to do this.

A small donation would be welcome for this service, if possible.

MINION MOMENTS

<p>Since there only one of me... Does that make me Endangered or a limited edition?</p>	<p>No matter how old I am If I see this I'm Gonna pop the bubbles.</p>	<p>I HATE IT WHEN IM SINGING A SONG AND THE ARTIST GETS THE WORDS WRONG.</p>
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AUNTY ACIDS ANECDOTES

<p>I have PMS and GPS... Which means I'm a BITCH and I WILL FIND YOU.</p> <p>aunty acid</p>	<p>If gas prices get any higher, I'm cutting out the floor and 'Flintstoning' around town</p> <p>aunty acid</p>	<p>A husband is someone who, after emptying the bin, gives the impression he just cleaned the entire house.</p> <p>aunty acid</p>
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SOCIAL, FAMILY & LOCAL HISTORY



WE MEET AT THE CAFE/BAR IN SANDY BAY, THORNEY BAY ROAD

(The bar is left past the entrance, near the pool)

AFTER 18th OCTOBER WE WILL MEET EVERY 4th TUESDAY FROM 10AM

7th March: members show and tell. We used to do this regularly, but the last was pre-Covid. Every member selects a photo, document, census return, object, anything really, related to one of your ancestors (or maybe your early life) and tells us about it for about 10 minutes. Can be anything, but this is a good chance to tell us if anything new has emerged from the 1921 census. Tragic, heroic, scandalous, criminal, sad, unusual, anything at all.

4th April: it is 70 years this year since the Great Flood. I thought, therefore another look back at why it happened, how awful it was and the new flood defences seemed opportune. You may have noticed they are doing improvement and repair work on the sea defences at the moment. Again, if anyone has any pictures or accounts, please bring them in (i appreciate it won't be you, but might be relatives. I am not suggesting anyone is old enough to be part of it, though I went to a do recently at my old school. The old ladies from the nursing home were talking about evacuation, when one turned to me and asked what I did in the war. Not long after, a young lady on the Tube offered me her seat. Clearly I am on my way to the old folks home.)

Meetings are then 2nd May, 30th May, 27th June, 25th July, 22nd August, 19th Sept., 17th Oct., 14th November, 12th December. If you have a talk you want to do or for me to do on one of these slots let me know, as i have nothing yet after April. You probably saw in the newsletter one of the regular speakers from the Local History Group is coming to give one of the Friday St Nick's talks.

Paul

ACROSS



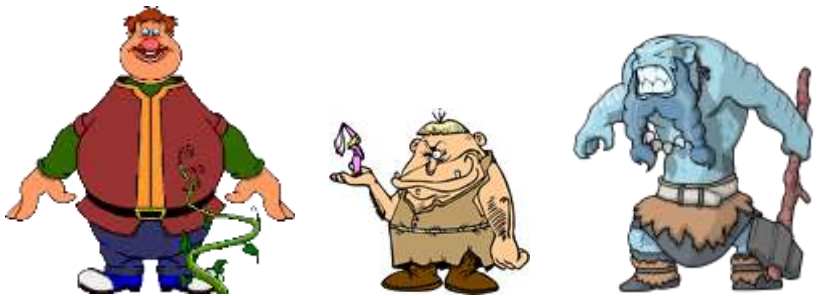
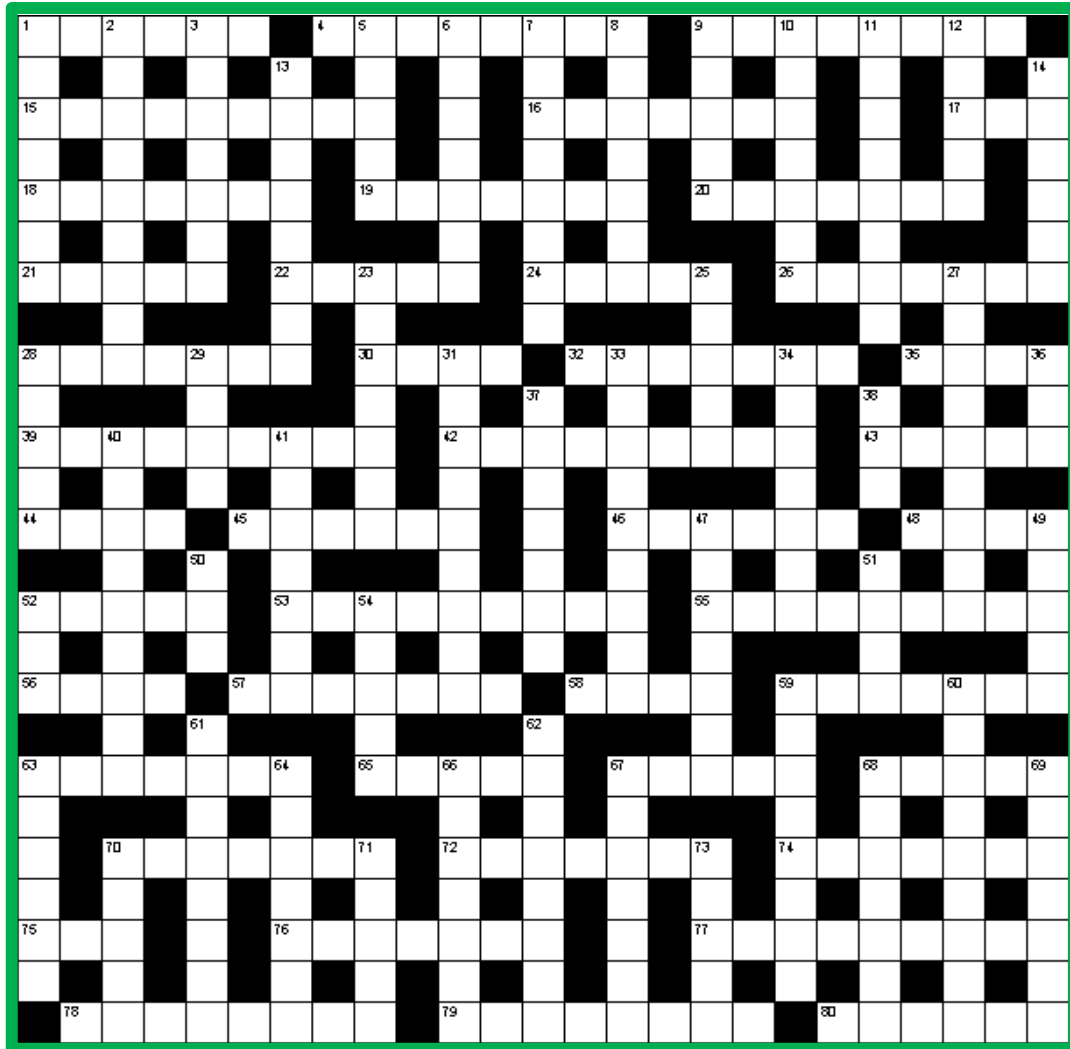
- | | | |
|------------------------|------------------------------|-------------------------------|
| 1. Lampoon (6) | 30. Work hard (4) | 57. Metal fasteners (7) |
| 4. Singing voice (8) | 32. Choices (7) | 58. Notion (4) |
| 9. Evident (8) | 35. Reverberation (4) | 59. Everlasting (7) |
| 15. Essential (9) | 39. Female singing voice (9) | 63. Trace (7) |
| 16. Implement (7) | 42. Courier (9) | 65. Surpass (5) |
| 17. By way of (3) | 43. Mistake (5) | 67. South American rodent (5) |
| 18. Circumspection (7) | 44. Secure (4) | 68. Enclosures (5) |
| 19. Prominent (7) | 45. Entertained (6) | 70. Stuck (7) |
| 20. Considerate (7) | 46. Turns red for acid (6) | 72. Core (7) |
| 21. Enlighten (5) | 48. Ray (4) | 74. Pilot (7) |
| 22. Planet (5) | 52. Laconic (5) | 75. Sign of assent (3) |
| 24. Freight (5) | 53. Swapped (9) | 76. Tooth (7) |
| 26. Invalidate (7) | 55. Prognosticated (9) | 77. Morning repast (9) |
| 28. Predominate (7) | 56. Beneficial (4) | 78. Contemplated (8) |
| | | 79. Let in (8) |
| | | 80. Emphasis (6) |



DOWN

- | | | |
|-------------------------------|-----------------------------------|---------------------------|
| 1. Stylish elegance (7) | 28. Steps (5) | 54. Thicket (5) |
| 2. Cloistered (9) | 29. Halo (4) | 59. Schooled (8) |
| 3. Fate (7) | 31. Straight away (9) | 60. Talk terms (9) |
| 5. Bottomless pit (5) | 33. Forestalled (9) | 61. Sere (8) |
| 6. Spears of frozen water (7) | 34. Foster (7) | 62. Guitar pick (8) |
| 7. Luxury (8) | 36. Paddle (3) | 63. Empty (6) |
| 8. Voter (7) | 37. Appease (7) | 64. Before (7) |
| 9. Valuable quality (5) | 38. Beverage (3) | 66. Card game (7) |
| 10. Seabird (7) | 40. Villainous (9) | 67. Pharmacist (7) |
| 11. Precipitation (8) | 41. Glowing (7) | 68. Field sport (7) |
| 12. New (5) | 47. Garden with shaped shrubs (7) | 69. Fairies (7) |
| 13. Festival (8) | 49. Decoration (5) | 70. Sound (5) |
| 14. Part of a parachute (6) | 50. Lair (3) | 71. Cut into cubes (5) |
| 23. Countries (7) | 51. Plunge (4) | 73. Fur of the marten (5) |
| 25. Outstanding (5) | 52. Pull (3) | |
| 27. Wrong (9) | | |

GIANT CROSSWORD



SOLUTION PAGE 22

SUNDAY GROUP

ARE YOU AT A LOOSE END/ WOULD LIKE COMPANY AT THE WEEKEND?

JOIN THE SUNDAY GROUP.

WE HOPE TO MEET ONCE A MONTH, MOSTLY ON SUNDAY, TO HAVE LUNCHES, VISIT PLACES OF INTEREST, ETC.

SUGGESTIONS ARE MOST WELCOME.



THEATRE

PLEASE CONTACT THE CONVENORS FOR DETAILS OF FUTURE THEATRE EVENTS





WALKING



We intend to walk once a month, keeping the walks easy and as local as possible and will increase the frequency, walk length and travel further afield in the Spring.

Strong shoes/trainers or walking boots are recommended.

Please contact Sue and Dave for details of their next walk.

BRAIN TEASERS

1. Which four letter word goes **after** the words on the left, **and before** the words on the right?

SHOE TEA MUG FROG HOUSE TOP

2. Two fathers and two sons go hunting. Each shoot one rabbit.

Question : How many rabbits were shot?



3. A doctor in Paris has a brother in Toronto who is a lawyer. The lawyer does not have a brother who is a doctor in Paris.

Question: How is this possible?

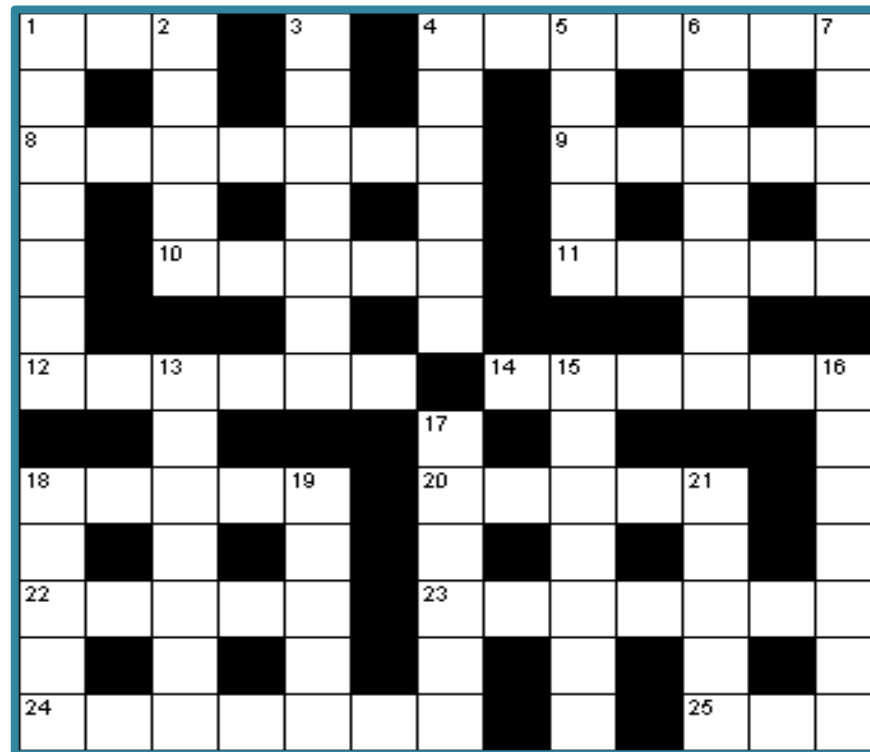
4. Two ducks in front of a duck, two ducks behind a duck, one duck in the middle.

Question : How many ducks are there?



FUN STUFF

CATCH-WORDS



ACROSS

1. The Ryder ___ (3)
4. ___ is the spice of life (7)
8. Louisiana, the ___ State (7)
9. ___ light show (5)
10. Lesser of two ___ (5)
11. The ___ of time (5)
12. ___ said than done (6)
14. ___ and liabilities (6)
18. Great minds think ___ (5)
20. A drop in the ___ (5)
22. ___ on the cake (5)
23. Caught ___ (7)
24. Short ___ (7)
25. Original ___ (3)



DOWN

1. A ___ audience (7)
2. A finger on the ___ (5)
3. It is better to give than ___ (7)
4. ___ into thin air (6)
5. ___ and regulations (5)
6. Time is of the ___ (7)
7. Inches, feet and ___ (5)
13. Plain ___ (7)
15. Church and ___ (7)
16. Riding ___ (7)
17. ___ a phrase (6)
18. ___, the ram (5)
19. Pieces of ___ (5)
21. Hard as ___ (5)

