

Welcome

In September I was able to spend two weeks in Devon. The weather was good for the first week but rather windy and rainy for the second. However it did mean I was able to attend the Monthly meeting and the New Members meeting as well as joining in with some of the groups. This edition of the newsletter highlights lots of interesting events and topics to read about so a big thank you to all the contributors. Don't forget if your group has something of interest for us please send me some details. **Brian Webb** newslettereditor@sidmouthu3a.org

Chairman's Message

I'm so happy to inform you all that I now have a Vice Chair. Welcome to Kate Ashby who will be assisting me in the running of this fantastic organisation along with the most incredible committee. I hope you are all as proud as I am of the team making Sidmouth u3a as good as it is, they are truly amazing and now that more people are willing to come forward to help with the running of things it means that each role is easier. We are still looking for another Groups Coordinator to help with the groups and we will be looking for a Newsletter Editor and a new Secretary from March next year. Please consider what you can do to help your u3a. Do have a look at our groups information as we have new groups available for you to join, and if you would like to run a group of your own do get in touch as it's such an enjoyable thing to do. Best wishes Janet Bailey chairman@sidmouthu3a.org.

Forthcoming Events

Tuesday October 10th Meeting, Stowford Rise Community Centre from 1.30–3.30pm. Refreshments served until 2pm.

The Great Fire of London and the Blitz with Neil Morley



Many people remember their history lessons & stories of the devastation wrought by the Great Fire of London and many more have first-hand memories of the horrors of the Blitz. They will also recognise the determination of the survivors to rebuild their lives, homes and businesses. The talk will guide the audience through those times to re-experience the menace and foreboding of the catastrophic events that turned the world upside down. But it will also

highlight the amazing and inspiring spirit of those caught up in these two great destructive events. *Neil Morley is a City of London Guide-Lecturer.*



The National u3a Interest Groups Online Fair.

As a member of our u3a you have the option to participate in any of the national u3a activities. There are many interest groups held online which any member can join. ***During the week of 2nd to 6th October there are taster sessions that you can join to find out what they are like.***

Below is the full list of available groups and further information about them and details of how to join can be found on the national u3a website under 'events'. [Here is the link](#)

Monday 2nd Oct. Early Women Doctors Family History.	Tuesday 3rd Oct. Exploring Classical Music Writing Fiction and Non-Fiction. Concise Talks
Wednesday 4th Oct Laughter Yoga Armchair Archaeology Modern Pop for Third-Agers	Thursday 5th Oct. Science in the News Railways Quotations Quiz
Friday 6th Oct. British Cemeteries Climate Change Intermediate Recorders	

Sorry for the late notification for these events but I am afraid we have only just picked them up. Various activities are listed in the national u3a monthly newsletter ([you can read it here](#)). Then if you wish you can subscribe to your own copy and have it delivered to your inbox every month.

Next Open Meeting 14th November, Stowford Rise Community Centre from 1.30–3.30pm. Refreshments served until 2pm.

Kayaking around the South West with Rupert Kirkwood

Social Events

Social Get together and chat at The Balfour Arms

This is now held on the 3rd Tuesday in the month from 7 – 9 pm on the following dates:-

17th October. It's a very friendly chatty group who would welcome any new members especially if new to u3a. Just come along, no need to book.

Skittles at the Blue Ball

Please note for your diary that the next session is planned for the 1st of December. More details in the next issue.

Pickleball taster later in the year. Watch this space for details.

Gardening trip to France 18th to 22nd June

Our gardening trip next year is to France from 18th to 22nd June. This is a short summary of the trip. The cost will be £1,142pp if travelling alone and £874 if sharing a room with another person.

The trip will include:-

Executive coach travel throughout.

Bed and full buffet breakfast with accommodation on a shared room basis at the Mercure Rouen Centre Champs de Mars 4* hotel or similar.

A full day in Versailles and entrance to the Palace and Gardens of Versailles.

Entrance to Monet's garden with free time in Giverny.



Entrance to the Marmottan Museum in Paris with a river boat cruise and evening meal at a Parisian restaurant.

Visit to Le Jardin Plume, the gardens of Pays d'Auge and a calvados producer.

Includes 4 breakfasts and two evening meals.

The trip will be accompanied by a Floral Tours representative throughout.

If you would like further details and a booking form please contact Janet on chairman@sidmouthu3a.org.



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Nature Walks Group outing

60 mph winds and torrential rain was forecast for September's Nature Walks event with *April Windle*, a professional, self employed lichenologist (lichen expert). We didn't cancel it but we did move the venue indoors as *April* was concerned that not only would it be unpleasant, it would be dangerous amongst the trees. "Indoors" was the beautiful old church at Salcombe Regis. *April* and I thought if the weather managed to clear up for a bit we could go out and see what lichens grew in the churchyard, which is just what happened.



April started off describing what a lichen was, which is a fungus which is joined by an algae, and saying how much she loved lichens and hoped after her talk that some of her enthusiasm for them would rub off on us. We were given a couple of twigs each with lichens on and with the use of a magnifying lens we were told to look for 'wine gums' and 'jam tarts' which we could see quite clearly and with a bit of imagination they did look like wine gums and jam tarts.

And yes the weather did clear up for a bit and we were able to go into the church yard where we were able to look at lichens growing on the memorial stones. Lots of them. Some on limestone, some on granite, some on wood and by standing back you could see which species of lichen favoured which stone. Lichen species are very particular to keep to their own favoured habitat. We also saw some lovely ones on an old cherry tree and *April* was particular to point out that lichens growing on trees were beneficial for the tree's growth and not the other way round as some people believe.

We came away having enjoyed a really interesting morning with an excellent "expert".



Janet Fernley

Groups Galore

Music Appreciation Group

The Group meets at 1.35 for 2.00 pm. start on the 4th Thursday of each month with no December meeting. Venue: *United Reformed Church Hall, Primley Road, Sidmouth*. Easy local parking and a nearby bus stop.

Advance meeting notice 23rd November .

For the final meeting of 2023 we are fortunate to have as guest presenter *Roger Hendy*, whom many of you may already know from his series of orchestral concerts and recitals here in Sidmouth. *Roger is the musical Director of the Exeter based ISCA Ensemble South West* and has generously given us the afternoon from his busy schedule to present a programme on the Music of Benjamin Britten coupled with some insights and anecdotes on his activities as Musical Director.

We have excellent audio quality probably equal to most domestic arrangements and better than many, all promising an informative and entertaining afternoon

This meeting is open to all Sidmouth u3a members as a free taster opportunity. To ensure we can cater for additional numbers it would be appreciated if those wishing to attend would please advise me. Mike Drew Group Leader at mike.drew@uwclub.net

NEW Discussion group:- This House believes! (Zoom only)

This new group is modelled on the Oxford Union Debating Society. The group will have an opportunity to debate current and ethical issues with the meeting ending with a vote of members, after hearing the debate between those for and against "what this house believes".

Our time together will be via Zoom, which will not only accommodate a larger number than an in-person venue, but will also make for more authentic voting and questions. We just need a few more to sign up, then we can arrange a suitable time and day to commence. For more details, please contact Stephen Low at stephen.low@oxfordbrookes.net.

Groups with vacancies.

Please contact the group leader to find out more details. The full groups list is sent out with this newsletter. [Full details can be found here or on the link on the newsletter email.](#)

Out and about with your Newsletter Editor:-

This summer 'Taiko South West' (Japanese drumming) played in several towns around South Devon. In fact they were in Sidmouth early September. We saw them at the Seaton Festival. After their



performance they invited members of the public to come up and have a go. Of course we could not resist! It was so enjoyable that we signed up for a beginners course called 'A Taste of Taiko'. It was held at their drumming centre near Newton Abbot. What a great morning. The instructor 'Lucy' was brilliant so that by the end of the session 20 strangers and all beginners were able to play a 3 minute drum

sequence called 'Shimabayashi', more or less in unison. It was exhilarating, absorbing and tremendous fun. Can't share the video because of data protection (GDPR). [But here is a link to see how it is done properly.](#)

I would love to do it all again. Perhaps the Social committee could look at organising an outing? Brian Webb.



This will be my last column this year as I will only be in Devon for a few days in October and November. After that I shall not be back in the area until April next year. Your u3a does need someone on hand locally to help edit and produce the newsletter. You do not need anything special in the way of computers or a high level of computer skills. Everything is well documented and I am always on hand via the Internet. So there must be someone in our 500+ membership who could help out? So please contact me by email so we can discuss the possibility further.

Thanks Brian Webb, newslettereditor@sidmouthu3a.org

Tech Corner with Tony Warren

PASSWORDS! This answers a question that arose from my first column in September.

We're all so fed up with having to have oodles of passwords for all kinds of things – most internet browsers offer to store your password so that they can automatically enter them for you next time you call up the website. So why don't I like using them? A few



reasons. Anyone who has access to my device has access to those passwords, no further security question or step is needed. Browsers are renowned for occasionally developing vulnerabilities. Would you want a suspect browser storing all your secrets? It isn't simple to access and manage passwords in your browser, they are really designed to enter them into websites when you need them, not give you a general management facility. Each browser, for example, Chrome, Safari, Edge, has to store your passwords – they don't share them unless you manually keep them the same in every browser. Browser password managers are only for passwords and payment cards, not for any other private data you need stored. It's all downsides as far as I'm concerned. Now, password safes (for example, ZoHo, Dashlane, Keeper, Nordpass, LegMeOnce) fill all the gaps and are much safer options. PC Magazine Review rates Dashlane and Zoho as the top two, ZoHo is free for individuals.

Advantages of a Password Safe

You have an account with the password safe supplier, it's a username (usually your email address) and password. All your password information is encrypted, by you, on your device, and sent to the supplier's secure servers as a meaningless string of data, they would never be able to work out what it means. That's not the end of it though because, when you need to access your data, you not only need your email address and password, but you also need a strong encryption key, usually called the "master password". It is that key which your device uses to encrypt the data, and then to decrypt it when it's needed, so nobody can do that except you. With password safes, you can even store other data that you want to keep private. Just like browsers, when you access a secure website, the password safe decrypts your password and puts it in for you, to save you typing it out. For me it's useful because I use a laptop, an iPad and an iPhone. They ALL have encrypted access to my passwords, no matter which browser I am using, and these are served up automatically to any website or application I want to log into. Finally, due to the simple, but very secure master password and decryption system, you aren't exposed to web browser vulnerabilities. **So, my advice is to buy a password safe, or download a free one.** There are loads out there, and turn OFF the browser permissions you allow for storing passwords. *Tony*

Last Word.... Don't forget that whatever internet browser you are using, you must see "https://..." starting the web address at the top. If that "s" isn't there, it is not safe. Exit immediately. And remember – don't believe ANYTHING on-line until you have carefully checked it's genuine. If you would like to suggest a topic for another edition please [click here to put your suggestion on this form](#)

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