



**Issue No.14 Post Pandemic Newsletter July 1st 2023**

Hello everyone and welcome to Newsletter no. 14



Studley Royal Water Gardens at Fountains Abbey, North Yorkshire, photo courtesy of Roger Jennings, Photography Group Leader

**From the Chair.**

Hello all.

I'm enclosing a copy of our meeting dates and locations for 2023/2024.

**Please note that we are back at the Curlew Centre.**

Thanks to Frank Heinrich-Tiller for negotiating our return. The meeting dates all occur on the first Tuesday of each month. I hope the chart below is helpful.

<u>General meeting location</u>	<u>General meeting date</u>	<u>Month</u>
<u>MARKET HOUSE</u>	<u>04/07/2023</u>	<u>JULY</u>
<u>MARKET HOUSE</u>	<u>01/08/2023</u>	<u>AUGUST</u>
<u>MARKET HOUSE</u>	<u>05/09/2023</u>	<u>SEPTEMBER</u>
<u>CURLEW CENTRE</u>	<u>03/10/2023</u>	<u>OCTOBER</u>
<u>MARKET HOUSE</u>	<u>07/11/2023</u>	<u>NOVEMBER</u>
<u>CURLEW CENTRE</u>	<u>05/12/2023</u>	<u>DECEMBER</u>
<u>MARKET HOUSE</u>	<u>02/01/2024</u>	<u>JANUARY</u>
<u>CURLEW CENTRE</u>	<u>06/02/2024</u>	<u>FEBRUARY</u>
<u>MARKET HOUSE</u>	<u>05/03/2024</u>	<u>MARCH</u>
<u>CURLEW CENTRE</u>	<u>02/04/2024</u>	<u>APRIL</u>
<u>MARKET HOUSE</u>	<u>07/05/2024</u>	<u>MAY</u>
<u>ALL MEETINGS START AT 2.00PM UNTIL 4.00PM, please arrive beforehand to allow us time to book you in.</u>		

**Other news** - the AGM is fast approaching! September sees the Annual General Meeting. This normally takes up about 20minutes of our general meeting and also involves the election of a new committee. Some members will, no doubt be offering to stand again but **this year we need your support more than ever to fill a lot of the vacant positions.**

Our current committee, Paul Reeve – **Chairman**, Maureen Sinclair Currie – **Secretary**, Frank Heinrich-Tiller – **Publicity Secretary**, Anne Laing – **Minutes Secretary**, Sheila Palmer – **Social Secretary**, Michael Roberts – **Membership Secretary**, Lesley Ford – **Treasurer**, Mabel Bodle – **Assistant membership secretary**, Jim Stalley – **Speaker Secretary**, Mike Nunn and Tony Dyer, **Web site administration.**

**Please help us and volunteer to join your u3a committee!**

Best wishes,

Paul

### Interest Group News



**SWIG May 2023 Report**



SWIG 1 Newsletter Report for meeting Friday 2<sup>nd</sup> June 2023

Firstly a big thank you to Frank and Jim. Frank for hosting and putting on very nice cheese accompaniments to go with the wine and secondly Jim for allowing Frank the use of his house again.

Frank decided to make the evening a blind event meaning that all the bottles were covered and we had to try and decide on the grape, the country of origin, price etc

We began with a White Oyster Bay, Pinot Gris 2022 from New Zealand. This was well liked and scored an overall 7/10. It was from Asda at £9.99 and had a 12.5% alcohol level. This had us guessing as it was tricky to tell where it came from and no one guessed New Zealand!!

Next came a Spanish Blend Wild Valley white with an alcohol content of 10.5%. This was met with mixed reviews and scored a 6/10. At £3.39 from Sainsburys everyone agreed it would make a good summer afternoon in the garden drink!

Our third tasting came from France and was a very nice St Emillion Merlot which the group had more success on. It scored a very respectable 8/10. This came from Sainsburys at £10 and was 13%. There is a definite pattern arising of the higher the alcohol content the more we seemed to like it!!

Lastly the “piste de la résistance” and Frank's favourite red winner. Now, Jim knew what Frank's favourite is and was at a distinct advantage at the guessing game here!! It was a delicious French Crozes Hermitage from the Syrah grape. Bought from Majestic at £19.99 this did not disappoint and even scored a 10 from one SWIGGER. Overall it scored 8/10.

This months quiz was incorporated within the blind tasting and I think it's fair to say it was not the scoring success that Frank had hoped for, sorry Frank.( Jim won of course).

Just to remind everyone that the next meeting is on Friday June 30<sup>th</sup> again at Jim's house and he will be hosting the event.

Sheila Palmer

### **The Dining Group**

Seven members of the dining group enjoyed lunch and dessert at The Nelson Clenchwarton.

We last dined there in January 2020 when it was known as The Partridge.

It is now under new ownership hence the change of name. We were given a warm welcome by the very friendly and efficient staff who were attentive but not obtrusive, allowing us to enjoy our meal and chat.

The menu was varied and reasonably priced. We all agreed the food was up to a high standard and so another venue on our list to visit again.

Forgot to take photos!

Maureen Sinclair-Currie, Group Leader

### **The Baking Group**

It was my turn so I hosted our June Baking Group meeting.

It was such a lovely day that we ate in the garden with “seconds” safely inside the kitchen away from flies.

One of our members was unable to make the meeting but we look forward to her joining us at our next meeting.

Normally, the member hosting provides a cake or tart, savoury or sweet and we discuss methodology, equipment, personal likes etc. This time, a summertime meeting, we had

decided to have an afternoon tea with all members present contributing, so we enjoyed:

A selection of sandwiches

Quiche Lorraine

Cheese scones

Sausage rolls

Fruity flapjacks

Lemon drizzle traybake

Mixed fruit chunks with cream



All this was enjoyed with a cup of tea and then we went on to finish with a glass of Pimms. Roll on Christmas when we hope to have another celebratory tea.

Diane Scott, Group Leader.

### **The Beer, Wine & Bus Pass Group**

On Friday June 16<sup>th</sup> I persuaded a band of 6 individuals to join me on what I hope will become a new and additional Interest Group, Xtreme Beer, Wine & Bus Pass.

The objective of the day out was to prove, mainly to myself, that the transport system in our area was not as bad as some believe and indeed offers scope for some adventures.

The plan was that a small group of us would catch our favourite Bus, the 505, from Holbeach/Long Sutton/Sutton Bridge and arrive at the West Lynn Ferry Terminal and take the Ferry to King's Lynn.

This may appear to be reasonably straight forward, however I had to factor in that not all the 505's go to the Ferry Terminal, in fact it is only one every hour. The Kings Lynn Ferry crosses the river Great Ouse on the hour and on the half hour.

Putting all this together was not too difficult but there is always the risk that a bus does not turn up when it should do for a variety of reasons.

On this occasion it all worked fairly well. Wendy and I got on the 505, which arrived a few minutes behind schedule, at The Ship Inn, and met our fellow team members and sure enough we arrived at The Ferry Terminal just in time to have missed the 1.00pm Ferry.

Wendy got on the Bus wearing her face mask and brandishing a walking stick so the driver gave her all his takings and said that she could sit where she liked!



The Ferry was really comfortable, and we crossed to our destination, The Ferry Lane Social Club, which is pictured below in the top right hand corner with the tables and yellow Parasols on the veranda. Our hostess at this Members only Club, Tracey, was very kind to accommodate us non members. The Club serves Real Ales, Wines, Tea, Coffee and a home cooked lunch which was lovely, the weather was so hot you could not touch the hand rails on the veranda; fortunately I had opted for inside seating.



The return journey was perfect, our Ferry crossing was on time and against the tidal flow, it is amazing just how quickly the tide moves!

The steps getting on to and off of the Ferry would be a challenge for some, see photo below, but this was the only obstacle and there was plenty of help available to those that needed assistance.

Our return Bus was on time, though finding the Bus stop was a challenge. It was noted on the Bus stop on the other side of the road that the one stop served Buses going in both directions, a new one on me!



If you are interested in this new challenge then please contact me via the General Meeting information board or email/phone me.

Please note that Xtreme BW&BP, if it attracts sufficient interest, will be additional to the regular BW&BP Interest Group, where we shall continue to meet on the last Friday of each month and we still have a few vacant seats on the Bus - you know it makes sense!

## SWIG 2 15<sup>th</sup> June 2023 Wine List

### GREECE

#### 1. ApostolosThymiopolous White:

*12.0% ABV. Xinomavro and Malagousia.Majestic. £10.99*

Both variety of grapes are fermented separately, with the Xinomavrojuice kept separate from the skins to avoid any red colour. It's fresh and floral with aromas of white flowers, citrus and peach. It's wonderful crisp acidity makes it an ideal match for fish dishes.

#### 2. Athlon Assyrtiko:

*12.0% ABV. Assyrtiko.Aldi. £6.99*

A dry white wine from vineyards in north west Greece. Notes of lemon zest pear and stone fruits deliver refreshing acidity on the palate. It's balanced with floral notes and hints of tropical fruits. Pairs with salads, sushi and chicken.

### 3. KretikosBoutari:

*12.0% ABV. Kotsifali and Mandilaria. The Greek Shop, Athens £9.60*

Kretikos means originating from Crete, the southernmost and biggest island of Greece in the Mediterranean. Having selected the grapes from the indigenous red varieties Kotsifali and Mandilaria a balanced wine is produced with brilliant purple colour, pleasant aromas of red fruits, smooth tannins and a lingering finish. Enjoy with pasta, roasts and sharp cheeses.

### 4. ThymiopoulosXinomavro:

*13.0% ABV. Xinomavro. Majestic. £11.99*

Described as a delicious cross between Barbaresco and Pinot Grigio this example is produced by a man who's widely recognised as an expert in the art of crafting great Xinomavro. It's medium-bodied and complex with notes of red and black fruit, a vibrant acidity and a long finish. Serve with lamb shank!

## The History Group

It is with real disappointment that I have to tell you all that Lesley Ford is giving up the Group Leadership of the History Group.

At the end of the pandemic Lesley picked up the reins of The Local History Group, as it was called then, and with the help of a supporting team that went "above and beyond" transformed and reinvigorated this group. On behalf of the supporting team we would like to thank Lesley for her tireless efforts and leadership.

The group changed its name to The History Group reflecting the plans to broaden its remit to more than local history. The venue in Luton was not accessible travel-wise for the u3a Members and so it is now in The Market House in Long Sutton and has now 35 members.

And now there is another change for the better. The group will continue to meet on the 4<sup>th</sup> Monday of the month but one hour earlier. The Yoga Group that met at The Market House on the same day has disbanded and The History Group has taken advantage of that and will now and in the future start their meetings at 10.00am and finish at 12.00 noon.

The History Group Support Team will continue to implement what Lesley has started and if you would like to join this merry band you know what to do.

The next meeting of the History Group will be at The Market House in Long Sutton at 10.00am and our guest Speaker will be Diane Calton-Smith who is a well known local, widely published, Author; her tales are set in the Fenlands so lots of local interest there! Diane's presentation is "The Leper House, Wisbech". The meeting will finish at 12.00 noon and then we can all go home and have lunch. Luckily I have a short memory so Diane's topic will not spoil my appetite!!

We are anticipating a good turnout so please arrive early to get a good seat!

### **The Table Tennis Group**

Even if you have never played Table Tennis before this is a great activity for a mini work-out and loads of laughs.

Because I have had a recent back operation I was unable to actively participate in the last few meetings of John Blake's Table Tennis Group so I took along my camera instead.

I really missed not being able to play but I was mightily entertained by the "skills" of those playing.



If you would like to have a go, no previous experience necessary and all equipment supplied, just contact John Blake. Like all of the Interest Groups 50% of the benefit to us is the social interaction and this has it in spades!



## **Keeping safe from Scammers!**

I am sure that those of us on line have in the past received emails from Banks supposedly based in Nigeria announcing that one of their clients has died and left a small fortune that is looking for a home and that you are the lucky one to benefit from some poor chaps demise with the help of a bank insider.

I thought that these had all gone away, but no they are back with a new twist. I received a letter in the post, yes, in the post because I had an “unusual surname”, the letter is below.

The Bank exists. The Bank has a Wealth Management Team. But there fact stops and fiction takes over.

I Googled the Bank’s website and immediately adjacent to it is a string of warnings from others with “unusual” surnames who have all been recipients of the same letter so be warned, the address of the Scammer that was in Nigeria is now in China - has only moved house!

Tel: +852 8191 1427  
Email: fulinjakob@gmail.com  
8th June 2023

Mr Christopher Livesey  
22 Park Road  
Long Sutton  
Spalding  
PE12 9DJ

Dear Mr Livesey,

I am writing to you in regards to an investment portfolio managed by Bank of Overseas Chinese on behalf of Mr Edward Livesey seven years ago. As the Head of Wealth Management at Bank of Overseas Chinese, I was assigned as Mr Livesey's portfolio manager. I am currently on a 4-day official visit for Bank of Overseas Chinese AG, the Chinese financial conglomerate, and I am contacting you from the United Kingdom.

I respectfully request that you keep the contents of this letter confidential. In 2012, Mr Livesey invested \$9,000,000 with our bank, which we strategically invested in equity and equity-related securities. This yielded over \$3.37 million United States Dollars in profits and dividends.

In mid-2016, Mr Livesey requested that the investments be liquidated and deposited at Gaoteng Asset Management, a holding company in Hong Kong. However, Mr Livesey passed away in 2017, and the funds remain unclaimed with Gaoteng Asset Management Company.

As we have been unable to locate any next of kin, I have access to the deposit details of US\$ 12,370,000.00 and exclusive information regarding the portfolio. Given the uniqueness of your last name, I can arrange for you to become the beneficiary to the portfolio. This would allow us to instruct Gaoteng Asset Management Company in Hong Kong to release the funds to you as the rightful next of kin of Edward's estate.

If you are interested in proceeding with this proposal, we can further discuss the details based on good interaction and knowledgeable input.

Please contact me via the details provided at the top of this letter. I eagerly await your response.

Sincerely,  
Jakob Fulin

Meanwhile, our local Scam Marshal has sent me an update on the latest skulduggery that is doing the rounds.

# Scam Marshal Newsletter

June 2023

Total Scam Marshals across the UK: 2,455



**NATIONAL  
TRADING  
STANDARDS**

Scams Team

## THE RISE OF THE ECO SCAMS

Since the start of the year the National Trading Standards (NTS) Scams Team are seeing a growing trend of so called 'green deal' scams. With the huge rise in gas and electricity prices the criminals are preying on our worries and concerns and are claiming to be able to provide a solution to these concerns.

It starts with a phone call out of the blue from 'your local energy adviser' or something similar stating that you are entitled to a **government grant** for energy saving products like loft insulation or solar panels and that you could save thousands of pounds by having them installed. Once they have you hooked, they then ask for a small administration fee to process the application. All they are after is your personal and financial information so they can take money from your bank. Once they have this, you won't hear from them again and the **money is gone**.

If you have received one of these calls, you should report it to Action Fraud and if you have had money stolen you should **contact your bank immediately**.

**Scam Marshals!** When sending in your scam mail, please remember to keep the letter/s in their original envelope and write the date it was received as it can help with our investigations! Thank You!

### **URGENT SCAM TEXT WARNING THAT COULD DRAIN YOUR BANK ACCOUNT**

Police Scotland have this week issued a fresh warning about a scam that sends a text message with a new number asking you to contact it as soon as possible.

The text claims to be from a family member or friend and asks the recipient to text a number because their phone is 'broken', telling them it's urgent and to text them as soon as they see the message.

Example: "Hello mum, I had an incident today my phone is fully broken. I'm using a friend's phone to text you now. Pls text my new number [number here] asap, it's important x".

It will progress to asking for money. You should try to confirm via other means (by calling the proper phone number for your family/friend) if it is genuine, and never make payments to unknown accounts or sources.

If you think someone is calling to trick you into giving them money or your personal details, hang up and report it to Action Fraud or Police Scotland (if you live in Scotland)

### **DIET PILL SCAM: BEWARE OF EMAILS AND SOCIAL MEDIA POSTS**

Criminals are sending emails and creating social media posts promising life-changing results to people who purchase 'clinically proven' diet pills and using fake Dragons' Den endorsements to trick unsuspecting people into parting with their bank details.

This scam starts with an email from a seemingly random address, with the subject line 'Summer is almost here, jump start your weight loss now'. The email includes 'before' and 'after' images of women, alongside fake images, and unrealistic claims of losing '15-20 pounds in a month'.

The message states you must 'hurry before we sell out' - a common tactic used by criminals to rush victims into making purchases without doing their due diligence.

You should always be careful when you receive contact out of the blue or when using social media. If you receive a suspicious email, forward it to **report@phishing.gov.uk**

If you have entered your bank details, inform your bank immediately using the phone number on its website or the back of your card. You should also report the scam to Action Fraud.

**Action Fraud – 0300 123 2040 – [www.Actionfraud.police.uk](http://www.Actionfraud.police.uk)**

**Police Scotland – 101 (from within Scotland) - [www.scotland.police.uk](http://www.scotland.police.uk)**

**Citizens Advice – 0808 223 1133 – [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)**

**Citizens Advice Scotland - 0800 028 1456 - [www.cas.org.uk](http://www.cas.org.uk)**

**[www.FriendsAgainstScams.org.uk](http://www.FriendsAgainstScams.org.uk)**

If you have any comments, suggestions or stories that you would like to air or share then please send them to me, the Newsletter Editor, my contact details are at the head of the first page. Best wishes, Chris Livesey.