

WOODSIDE U3A NEWSLETTER FOR JULY 2021
MEETING ONLINE UNTIL FURTHER NOTICE

<https://u3asites.org.uk/woodside>

Charity Reg.: 1182140



Hi Everyone

Welcome to our July newsletter.

I hope you are all keeping well. No doubt you are all looking forward to 19 July which has been nicknamed Freedom Day. Until that date we continue to wear our masks, socially distance and restrict our numbers when we meet or celebrate together.

Our June General Meeting via Zoom featured Chris Thorne from Ayletts Garden Centre who gave us a fascinating talk on Sustainable Gardening. This was a very interactive session with Chris answering a variety of questions on gardening. The recording can be found on the Woodside Facebook page.

This month, our IT support, Andrew Cummings, logged in to a Zoom call on Cyber Fraud arranged by the East of England Region. Andrew has written an article for this newsletter. We have also arranged for a speaker on Cyber Fraud to give us a talk at the General Meeting on 16 November.

This month, our group project is on Portugal. Please send a paragraph about our September visit to Japan to Val May who is co-ordinating this group project.

We hope to see many of you at our July Zoom General Meeting on Tuesday. Our speaker will be Bob Jones and the subject is British Comedy Greats. As every year, we will have a summer break in August (although I will be attending the National AGM in August) and re-convene in September. The September Meeting will be our AGM so there will be no guest speaker.

Take care

Barbara Elman
Chair

General Meeting on 20 July at 10am

Our July speaker is Bob Jones with a light hearted talk entitled 'British Comedy Greats'
An affectionate laughter-packed stroll down British Comedy's Memory Lane.
Audio Clips, Projected Images, Catchphrases and 'Virtual Zoom' prizes.

You can join the meeting by clicking on the link in Lesley's email sent on Saturday or by entering the following meeting ID and passcode into Zoom: Meeting ID: 835 0366 1424 Passcode: 678695

Cybercrime Presentation

I recently joined a Cybercrime presentation given on Zoom by Barry Linton of Thorpe Bay u3a. The meeting was coordinated by the East of England Region of u3as and supported by Essex police.

During lockdown there has been a significant increase in online and telephone scams. Some of these are particularly targeted at older people.

The main points given in the presentation were:

- A lot of scams target the user, that is you. So, you should always be very careful when responding to any unsolicited emails, texts, or WhatsApp messages.
- Always keep your virus and computer software up to date.

Unsolicited Messages

Scam messages may appear to be from your bank or building society or a delivery company or a government department. However, there are several things that help you to identify scam messages.

Things to watch out for with unsolicited messages:

- It does not contain your name.
- There is a need for speed in response. They try to get you to act quickly. Always take a few moments to consider the content of the message before responding or deleting.
- If possible, check the link is to the bank or company it claims to be. Often the name will be like the actual company name.
- It may offer an inducement, such as a refund.
- The English may not be quite correct.
- A message from your bank will only contain links to information. They will never ask you to login or for any personal information.

If you are suspicious of a text, it can be forwarded to 7726. You will receive a reply from your mobile phone company asking for the number the text was sent from. So do not delete it just yet.

A suspicious email should be forwarded to report@phishing.gov.uk.

Sources of Information About Scams

The following are a list of sites that contain information related to scams.

- National Cyber Security Centre www.ncsc.gov.uk
- National Fraud & Cyber Reporting Centre - www.actionfraud.police.uk
- Visit www.haveibeenpwned.com to check whether your personal data has been compromised by data breaches.
- Fraud alert list maintained by Barry [Thorpe Bay U3A: Fraud alerts \(u3asites.org.uk\)](http://Thorpe Bay U3A: Fraud alerts (u3asites.org.uk)). This is updated with information from Essex police weekly.

Other Points Raised in the Presentation

- Free Wi-Fi, be very careful when using free Wi-Fi. There could be someone monitoring your signals.
- If you get a phone call out of the blue claiming there is something wrong with your computer cancel the call as this is a scam.
- It is possible to spoof telephone numbers so that they appear to be from a reputable company, such as your bank. Never call back on the telephone number given in a message. Always check an alternative source for the number, such as your bank card.

Andrew Cummings

See below for examples of such crime:

The Third Age Trust wants to share with you information about the latest scams. Below are two experiences from u3a members who contacted us to share with other u3as.

A u3a member got in touch with us to tell us she had received a phishing email supposedly from Norton, an anti virus software company, about payment to renew an account she does not have. It says that they will deduct over £220 unless she cancels within 48 hours. If you receive an email like this, please don't click on the links and please take independent advice before paying any unexpected requests for money.

A u3a member told us about a company who had taken extra money out of her bank account without her knowledge. The company involved specialises in products aimed at older adults. She contacted the bank who stopped any further charges on the card from the company and gave advice on what to do next, eventually the company paid back the money.

Please check your bank accounts regularly and immediately report any suspicious debits that you do not recognise. Most banks are able to put a stop to any charges and give advice on how to get refunds where appropriate.

Another good practice is to search for reviews and credit ratings before buying from a new company.

Rickmansworth u3a

They have a trip going to Austria on the 25th September until the 1st October 2021 and have a couple of double rooms available. The cost is £959 p.p.

For further details please contact Jean Margaret Paddick <j.paddick@ntlworld.com>

Line dancing returns

The line dancing sessions will be re-starting on 6 September; 1st session at 10.00am and the 2nd at 11.15am. Please bring the exact money (£3) as Judy does not want to handle cash or give change. Contact Judy on 01923 893368 for more details.

Note to gardeners: Please remember that caterpillars are baby butterflies (or moths) before killing them. A few holes in plants are better than destroying next year's butterflies.

Virtual tour of the World

Hope you all enjoyed the 'craic' of Ireland, a pint or two of the dark stuff and the company of very friendly folk.

Go raibh maith agat ireland as do fháilteachas.

Welcome to Lisbon arrivals lounge; the sun is shining and the sea is sparkly and warm. Have a great time meandering through the wonders of this pretty country.

Lots to see and enjoy, thank you to everyone who has sent in articles.

Ben vindo a Portugal.

Val



Catherine de Braganza, Princess of Portugal.

Catherine was born in the Ducal palace of Vila Vicosa. She was the third child and second surviving daughter of John, 8th Duke of Braganza.

After the Portuguese restoration war in 1640 her father became King John IV of Portugal.

Catherine's father was now one of Europe's most important Monarchs as Portugal had a widespread Colonial empire. Thus Catherine became a very desirable potential wife for European royalty. She was proposed as a bride for John of Austria, Francois De Vendome, duc De Beaufort, Lois XIV and Charles II. Charles was a favoured choice as an alliance with England was seen as advantageous.

Catherine had a happy childhood in Lisbon. She was well educated under the watchful eye of her devoted Mother, Luisa de Guzman. She had a very sheltered upbringing spending most of her time in a convent close by the Royal palace.

Catherine de Braganza

Catherine married Charles II in May 1662. They had two ceremonies - a Catholic one conducted in secret - followed by a public Anglican service.

Catherine became pregnant and miscarried at least three times. It now seemed more and more likely that the Queen would be unable to provide an heir to the throne. The King's Royal advisers urged him to divorce Catherine, hoping that a new wife would be fertile and a Protestant. Charles firmly dismissed the idea. He had children with his mistresses, but always insisted that Catherine should be treated with deep respect.

Catherine was not a popular choice of Queen since she was a Roman Catholic. She initially faced hardships due to the language barrier, the King's infidelities and the political conflict between Catholics and Anglicans.

Over time, her quiet decorum, loyalty and genuine affection for Charles changed the public's perception of her. As time went on her rigidly formal manner mellowed and she began to enjoy the pleasures of the court. She liked to play cards, and shocked the Protestants by playing on a Sunday. She enjoyed dancing and took great delight in organising masques. She also had a great love of the countryside, picnics, fishing and archery. She did not involve herself in English politics; instead she always kept an active interest in Portuguese affairs.



Charles II

Catherine fainted when Charles's official mistress, Barbara Palmer, was presented to her. Charles insisted on making Barbara Catherine's lady of the bedchamber. Catherine withdrew from spending time with the King saying she would prefer to return to Portugal rather than accept this arrangement. Charles then dismissed almost all of Catherine's retinue, after which she stopped resisting but participated very little in court life. As the highest ranking Catholic in England, Catherine was an obvious target for Protestant extremists. The Popish plot of 1678, threatened her position. However Charles spoke to the House of Lords saying ' She could never do anything wicked, and it would be a horrible thing to abandon her.' Most of the Lords knew and liked Catherine and refused to impeach her.

After this Charles and Catherine became closer and his visits to her apartments became longer and more frequent.

In 1685 Charles died after suffering a stroke.

In 1692 Catherine returned to Portugal where, in 1701 and 1704 - 05, she acted as Regent on behalf of her brother King Peter II. Catherine died on 31st December 1705 and was buried in the Pantheon of the House of Braganza.

Jan - History Group

Portuguese Monarchs

Portugal holds the record for the shortest and longest-reigning monarchs. Henrique of Portugal was the king of Portugal for more than 73 years. Luis Filipe, on the other hand, was king for only 20 minutes. On 1 February 1908, Luís Filipe and his family were returning to Lisbon from Vila Viçosa Palace. Alfredo Luís da Costa and Manuel Buiça, two members of a revolutionary society called the Carbonária, shot at all the royal family, hitting his father King Carlos, Luís Filipe, and his younger brother Infante Manuel, Duke of Beja. Carlos I died immediately, while Luís Filipe lived for another twenty minutes. So, he was assassinated - he died 20 minutes after his father died.

Barbara - Chair

The Portuguese language - how similar is it to Spanish?

We are learning Spanish - but would we be understood in Portugal?

Portuguese is very similar to Spanish

Languages can be divided in families. In Europe the biggest families are the Romance, Germanic and Slavic languages. As Spanish and Portuguese are both Romance languages they share similarities with the other Romance languages like French and Italian. They all have their origins in Latin and kept the main basic characteristics as well as the use of genders for the common nouns (a nightmare for some of us as we try to learn!!).

However of all these Romance languages, Spanish is the closest to Portuguese, with the common terms being mostly the same. However there are enough differences to make them different languages; one of them being pronunciation. Portuguese has a lot of slurred sounds, as it is a very fluid language, as opposed to Spanish, where the words are more deliberate.

To conclude, although Spanish is similar to Portuguese, practise and study is needed for Spanish speakers to reach a good level of Portuguese and speak it correctly.

At present the members of Spanish group 1 - Sue, Carol, Penny, Robin and Tom have decided to stick with the challenges of Spanish.

Sue - Spanish Group 1

Portuguese quiz

How much do you know about Portugal? This month's Quiz from Sue on behalf of the Quiz Group. Have Fun. Questions

1. What is the capital of Portugal?
2. What year was the earthquake that destroyed downtown Lisbon?
a) 1755 b) 1855 c) 2001 d) 1955
3. Is Roman Catholicism the dominant religion in Portugal? True or False?
4. What is the Portuguese political system?
a) Democratic republic b) Constitutional monarchy c) Dictatorship
5. What is the most famous wine from Portugal?
a) Red wine b) White wine c) Port
6. Which popular tourist destination is found on Portugal's southern coast?
7. Which country does Portugal have borders with? Together they form the Iberian Peninsula.
8. Which is the most popular sport in Portugal?
a) Tennis b) Volleyball c) Water Polo d) Soccer
9. Did Portugal host the Olympic Games in 2004? True or False.

10. Which Portuguese colony was the largest?

a) Angola b) Brazil c) Cape Verde d) Mozambique

11. When was the monarchy abolished in Portugal?

a) 1822 b) 1876 c) 1910 d) 1945

12. Portuguese born Catherine of Braganza became Queen of England in 1662 when she married Charles 11. What drinking habit did she bring to England and introduce to the British upper class

13. Which of the following universities is in Portugal?

a) University of Coimbra b) Louvain University c) Sorbonne University

14. Portugal joined the European Union the same year as Spain True or False?

15. Here's an example of the Portuguese language - What does "Estás Bem" mean?

a) Are you fine? b) Are you sick? c) Are you ready? d) Are you late?

Boa sorte Good luck

National flower of Portugal

National flower of Portugal is Lavender which comes from the Latin word, Lavare which means to wash and the oils from Lavender are put into soap and bath products as well as aromatherapy products. Flower Festivals are popular and



symbolise renewal, hope and transformation. In Madeira's Botanical Gardens grow the famous Bird of Paradise plant and the other attractions within the Gardens are a Bird Park, Natural History Museum and a Glass House. There are beautiful views of the Sea also. Teresa - Garden Group



Answers to the Portuguese Quiz

1. Lisbon

2. a) 1755

3. True

4. a) Democratic republic

5. c) Port

6. Algarve

7. Spain

8. d) Soccer

9. False - they hosted Soccer European Championship in 2004

10. b) Brazil

11. c) 1910

12. Tea

13. a) University of Coimbra

14. True

15. a) Are you fine?

So hope you did well - Sue xx

Famous Portuguese Painters

Like most painters in Europe, the style of painting in Portugal followed the 'trends' of the period. In the 16th century, painters such as Vasco and Goncalvers were influenced by Italian and Flemish artists; their work was very detailed and depicted mainly religious scenes and the nobility. This influence continued into the next century when Gaspar Dias studied in Rome under Raphael and Michelangelo, before returning to Lisbon to devote himself to church pictures.

Sadly many works by Andre Goncalvers were destroyed by the Lisbon earthquake of 1755. His commissions were for large scale paintings for palaces and cathedrals. By the 19th century Manet and the impressionist movement were influencing many artists such as Henrique Pousao with his naturalistic work; later Pineiro specialised in realism and portraits of high society and culture.



Gaspar Dias
Lamentation

In recent times Picasso influenced many painters such as Almada Negreiros who had a reputation of distorting the figures in his paintings so they became abstract patterns. Vierra de Silva trained in Paris before returning to Portugal and followed the trends of cubism, futurism and constructivism.

A few years later Joaquim Rodrigo took on the style of Pop Art in the 1960s with symbolic and abstract style as seen in picture on the left. Today many Portuguese artists are turning to mixed media; using video, sculpture and photography to create dark and surrealistic paintings.



Jo - Art Group



Self portrait - Almada Negreiros

Well fellow travellers we have come to the end of our European leg of our virtual tour of the world, ending in the beautiful Portugal. Thank you again for all your most enjoyable contributions; it's been great learning all these facts.

During August we are taking the opportunity to tidy out our suitcase and restock our toiletries bag, before heading off to Japan in September. They are currently busy with the challenges of hosting the Olympic Games and consequently giving us plenty of opportunity to discover the country and it's customs and history.

Have a great summer everyone; we are currently enjoying some very high temperatures and blue skies; not everywhere has been so lucky . Hopefully we won't have anywhere near the same. No doubt August will bring its

usual heavy rain showers. Enjoy the garden, days out and gradually meeting up with those much missed friends and family.

See you in September in the departure lounge ready to embark to Tokyo.

日本で楽しい時間を過ごしましょう

Nihon de tanoshī jikan o sugoshimas

Val May

Our programme for our general meetings for the rest of 2021

Date 2021	Speaker	Topic
20 July	Bob Jones	British Comedy Great
August – No meeting	None	-
September - AGM	None	-
19 October	Valerie Calderbank	Myths and Legends of the Stars
16 November	Jake Hume	Cybercrime/ Fraud Prevention

As we do not have a general meeting in August, the next newsletter will be in September. All those groups that are meeting, please send me articles and/or pictures for the next issue.

WANTED: NEWS & PHOTOGRAPHS

suitable for publication please send to The Webmaster, Andrew Cummings at andrew.cummingsu3a@btinternet.com

AND FOR THE NEWSLETTER

The newsletter is available online at <https://u3asites.org.uk/woodside>

Copy date for the September Issue is 1st September

Send to Jo Bromwich, 01923 443758 or email jo.bromwich@ntlworld.com

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