



milton keynes

university of the third age



March
2019



MKU3A 2019 AGM

All members are invited to attend

2.30 p.m. Wednesday 27 March 2019

**Oak Tree Centre
Wallinger Drive
Shenley Brook End
MK 5 7GZ**

We are pleased to announce that members from our Choir and Line Dancing Group will be performing during the meeting and other groups will be providing displays of their work.

Proxy Voting and Committee Nomination Forms are available in the Members Area of the website.

Afternoon Tea will be served after the meeting.

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New Members Induction Session

18th March 2019

The next session will be on Monday 18th March, starting at 2pm, and will be held in the Great Linford Parish Office meeting room, next to the Co-op in the Great Linford local centre at 1 St Leger Court, MK14 5HA.

The session will outline the background to the U3A movement, explain, how to get the best out of your membership with MKU3A, and show you how to use the website and join groups.

If you are a new member - just come along – any queries to Claire Naismith on membersec@mku3a.org or 07425 620167.

Transport Topics Group

Our Transport Topics programme of monthly talks or visits for 2019 commenced in February with a presentation on the 'History of Luton Airport'.

The remainder of the year will include talks on an Alaskan Railway, bus journeys in Java and the history of public transport in the Milton Keynes Area, with planned visits including the De Havilland Aircraft Museum and the Coventry Transport Museum.

Full details of the 2019 programme can be seen on our website, or we can be contacted at transport@mku3a.org.

Anyone for Croquet?!!

Have you always wanted to try Croquet – maybe this could be the Group for you!

- Wednesday mornings for beginners of 2 hours duration (10am to 12noon)
- Stony Stratford Croquet Club (where there is a clubhouse and all the equipment provided).
- The group would have the use of 3 lawns with all the tuition necessary to enjoy the game with refreshments included in the cost of £4 per session.
- The usual season lasts from April to October.



If you are interested, please contact Shirley Dewar. Groups Co-ordinator, on groups@mku3a.org

Biology handover

The Group is now firmly based, with a draft programme planned for each month up to July.

This includes a potential group outing in the Summer, to visit the small Biology Museum near Euston Square.

It was also agreed that the Group wished to expand its title to “Biology and related Sciences”. This better reflects its actual coverage. In practice we have found that it is difficult to find any aspect of any science that does not relate to Biology in some way.

The Group still has vacancies for new members. We meet in Furzton on the first Thursday each month at 10.30 am.

I am sure that with Suzanne Miles’ leadership it will continue to grow and inform members about many aspects of biology, human and all living species.

Christina Lay

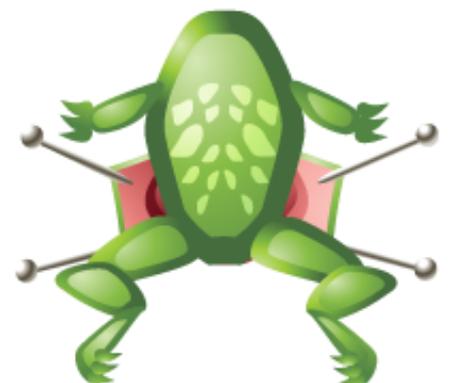
Biology and related sciences

What links fish scales and our teeth? Your Biology and Related Sciences Group!

We are a small but enthusiastic group of people eager to learn more about life and the biological processes involved.

We meet monthly on the first Thursday to learn and discuss a limitless range of biological subjects from Whales to Ears!

In March the subject will be Penguins, in April Truffles and in May Thunderstorms (not good for the Penguins or Truffles!). Other topics are in the planning stage. We are also considering a summer outing to a museum.



We have some vacancies and extend an invitation to you to join us soon. You do not need to have a scientific background, just be interested in how creatures 'tick', what makes them like or different from us humans.

The observant among you will have noticed a change in our title.

After a long time seeing that many other science disciplines are involved in biology (for example, fluid physics in the buoyancy of whales or the action of chemicals and light in producing iridescence in bird feathers) we have agreed to include other sciences in our remit, where they have an important bearing on our main subject. So we will now be the Biology and Related Sciences Group.

Finally, I must give a big Thank You to Christina Lay who has worked so hard for the group over a number of years. As she steps back, not down, I hope she can enjoy just being a member again. Thank You Christina.

(Real answer to question: the genes governing tooth development in mammals share a common ancestry with those involved in the development of fish scales.)

Contact **Suzanne Miles** biology@mku3a.org.

Music for All

Following the success of the 2018 Summer and Autumn Music Lectures series, I am delighted to confirm the programme of 2019 lectures as follows:

Spring 2019 Lecture Programme

Music At The Crossroads: In this course we explore some of the exciting developments in music at the turn of the Nineteenth to Twentieth Century.

Session One: FRANCE (6 March 2019)

Faure, Saint Saens, Debussy, Ravel

Session Two: CENTRAL AND NORTHERN EUROPE (3 April 2019)

Strauss, Mahler, Sibelius

Session Three: RUSSIA (1 May 2019)

Rimsky Korsakov, Rachmaninoff, Stravinsky.

The venue is The Oak Tree Centre on Shenley Brook End. We are required to raise sufficient to cover costs of the hall and the lecturer for each series of lectures. As we have good numbers for this Spring 2019 series, the cost for sessions is as follows: £5 for one session, £10 for two or £12 for all three sessions.

More details of the music lectures can be found on the MKU3A Interest Groups page under Music Lectures or contact Tina Two at vicechairmku3a@gmail.com.

Autumn 2019 and Spring 2020

There will be good Twentieth Century material for at least the next two series. Adrian will cover the big names (Bartok, Prokofiev, Shostakovich, etc), a session on the Americans (Gershwin, Copland, Bernstein) and a couple of sessions on the English composers (Vaughan Williams, Holst, Delius, Finzi, Walton, Britten, etc).

A session on British 'light' orchestral music may well be included (things like Addinsell Warsaw Concerto and Eric Coates Dambusters), and if people want, Adrian can explore more popular strains - jazz, ragtime, blues, swing, the big band era, and developments in popular song/ music theatre (Cole Porter, Jerome Kern, Rodgers and Hammerstein, Sondheim, Lloyd Webber, etc).

Exact details to be confirmed closer to the time but much for us to enjoy.



Creative Writing – Short Course

VENUE: Kingston Offices of MK3UA

Thursday Morning 10.00 – 12.00 May 9th – June 27th inclusive

Writing Yourself – adventure into creative writing

by Kathy Mansfield

Places are limited so please book early by contacting Shirley Dewar groups@MKU3A.org

The programme will consist of eight sessions during May and June 2019. The plan is that each session will be approximately 2 hours long and that each will be stimulating and fun!

The Aim of the Programme is to provide a safe space for those new, or not so new, to creative writing, to generate pieces of writing in the sessions. I will use different methods of inspiration to encourage the creative juices and we will use a gentle technique to critique and help each other to consider the work produced.

We will use a workshop approach to encourage writing and sharing - always asking the essential questions: what is my piece of writing trying to do and how does it do it?



Some of the technical areas we will cover include:

The essentials of a good story – what are these?

Inspirations – what can you use? – what do you use?

1st person/3rd person – whose voice?

Dialogue – how do your characters speak? How does speech move the story along? Do they sound authentic?

The plot – what keeps a reader turning the page?

What do you need to bring? It is an entirely personal choice. Some people (me included) can only write using a pen and notebook. Others use a laptop. Bring whatever makes you feel the most comfortable.

Exploring World Faith looks at Humanism

On 6th February the Exploring World Faiths Group attended a talk on Humanism at Great Linford Parish Council offices. The talk was given by Sue Guiver and Mike Flood from MK Humanists.

They explained that Humanism is a secular ideology based on reason and science. It embraces a positive attitude towards life and believes that we can find meaning and purpose in life through things like family, friends, work, hobbies and curiosity about the world and ourselves in it.

Humanism rejects belief in God and life after death. Although it supports the principle of freedom from religion, it also accepts that of freedom of religion. It recognises that religion has made an important contribution to civilisation through, for example, architecture and patronage of the arts.

However, it also believes that religion has contributed to world conflict and disapproves of the way in which religious dogma is often presented as absolute truth.

Moreover, Humanism believes that it is possible to be good without God through practising things like fairness and tolerance and claims that we alone are capable of achieving the well-being of ourselves, animals, the planet

and future generations.

Sue and Mike gave us plenty to think about, as was shown from the often very perceptive and analytical questions raised by group members throughout their talk.

They especially challenged us to question some of the beliefs and practices in religion and wider society which some people might not have had an opportunity to do previously.

We thank them for giving up their time to prepare and deliver an excellent, thought-provoking presentation.

Elaine Holmes-Neeld

Third Age Players

Ever wondered why there are ravens in the Tower of London and why they are so carefully looked after?

All will be revealed in the Third Age Players latest production: *The Raven Conspiracy* written by Tashika Cecchetti.

This amusing approach to history also echoes today's political scene and gives the Players a chance to wear period costumes, become spies, royalty and yes, even ravens.

Performance dates are August 29th/30th and 31st at the Chrysalis Theatre.

It is not too late to become involved – on stage, backstage, front of house so don't be shy, come and us meet you, we would love to see you.

Weekly meetings are held on a Tuesday morning in Bradville – contact Barbara on tap@mku3a.org.



OUTINGS GROUP - 2018 PROGRAMME SUMMARY

Meetings are held on the SECOND Thursday of the month at 2pm

2019 – 14 March, 11 April, 9 May, 13 June, 11 July, 8 Aug, 12 Sept, 10 Oct, 14 Nov, 12 Dec.

Venue: Age UK Milton Keynes, Peartree Centre, 1 Chadds Lane, Milton Keynes MK6 3EB.

A committee comprising of Christine Behrendt, Jackie Berry, Ray Cockram, Czesia Eales-Johnson, Anne Davis, Brian Munday, has been formed to run the Group. Ideas for future excursions from our members are always welcome.

A short description of outings is listed below, please ensure you see the full details given in the

Information flyer included with the booking form so you are fully aware of any mobility or safety issues.

Once we have paid for the coach and venue (just after the booking date) we are sorry that we cannot refund you unless a replacement booking is made for the excursion in question.

SADBURY HALL AND NATIONAL TRUST MUSEUM OF CHILDHOOD

Thursday 16 May 2019

Pick Up Point: 8.30am The Coachway MK MK16 0AA Close to Bus Stop point 5 (near the entrance to the waiting room, café)

Coach Company: Marshalls Coaches of Leighton Buzzard

Arrive: 10.30am Sudbury Hall - dependent on traffic

Depart: 4.00pm Sudbury Hall

Arrive: 6.00pm Coachway MK dependent on traffic

Cost: National Trust Members: **£18.00** *please remember to bring your NT members card*

All others: **£34.50**

(Includes entry to both the Hall and N.T. Museum of Childhood, Gardens and drivers tip. All food and drink on the day at own cost)

Cheques for Outings to be payable to MKU3A PAY BY 26 April 2019

Contact on day of Outing: Chris Behrendt 07766 026357

ALL Outings Bookings Contact:

Czesia Eales-Johnson, 2 Selby Grove, Shenley Church End, Milton Keynes MK5 6BW

Tel 01908 506706 Email: outings@mku3a.org

Cheques for Outings to be made payable to: MKU3A

2019 Outings – Please note that these excursions are in the process of being arranged and will be confirmed nearer the date. (Dates are Thursdays unless stated otherwise)

27 June British Ironworks and Cruise

5 July Bedford River trip & lunch



THAMES VALLEY NETWORK



Events Day

HISTORY ON FILM

Harlots or Heroines? Women in the 18th Century

on Film and TV

Yolande Paterson Theatre, St Helen's & St Katherine's school, Faringdon Road Abingdon OX14 1BE

Tuesday 28th May 2019

The aim of the course is to examine the value of the four films as works of history. Attention will be given to the screenplay, visual effects, music and so on to demonstrate that realism and a large budget is not always the best way to either stimulate interest or enhance understanding.

Justin Hardy is the country's leading maker of historical films who has spent his working life developing historical film as a medium to both entertain and instruct. He is best known for

37 Days: The Countdown to World War 1, the British TV mini-series shown on BBC in March 2014. He has made numerous films about the period 1660-1820, including *A Harlot's Progress*.

Laurence Brockliss is emeritus professor of Early-Modern French History at the University of Oxford who is a specialist on eighteenth-century Britain and Europe.

Provisional Programme:

10.00 – 10.30 Registration and coffee

10.30 – 10.40 Welcome, intro and housekeeping

10.40 – 11.40 The Empress: Catherine the Great of Russia

Film: Catherine the Great (1996). Dir. Marvin J Chomsky and John Goldsmith

11.40 – 11.50 Comfort break

11.55 – 13.00 The Queen: Marie Antoinette

Film: Marie Antoinette (2007). Dir. Sofia Coppola

13.00 – 14.00 Lunch

14.05 – 15.00 The Kept Woman: Emma Hamilton

Film: Bequest to the Nation (1973). Dir. James Cellan Jones

15.00 – 15.45 The Prostitute: Hogarth's Harlot

Film: A Harlot's Progress (2006) Dir. Justin Hardy

15.45 – 16.00 Roundup

PLEASE NOTE: Disabled parking is available. Please ensure you use the gate to the general car park, not Deliveries.

The Events Day Fee is £12 TVN U3A members, £14 for non-TVAU3Amembers, which includes participation in the full programme, tea/Coffee at registration and a cold buffet.

Please inform Fay of any dietary requirements. Directions will be detailed in Joining Instructions, which will be circulated one month

Ahead of the actual event. All enquiries to Fay Sinai (fay.sinai@icloud.com) Phone 07773 635261/ 01235 537677.

Harlots or Heroines? Women in the Eighteenth Century on Film and TV

In eighteenth-century Britain and Europe men and women had separate and clearly defined roles.

If women were never confined to the household, as they were in some parts of the world, they were subjected to a much stricter code of morality than men and were not expected to have any involvement in public life: the ideal wife in all levels of society was loyal, supportive and self-effacing, even if she had to contribute to the family income.

The reality, however, could be very different, and many eighteenth-century women lived lives that their contemporaries, male and female, found shocking.

Such women have long attracted the attention of historical biographers, and the interest since the 1970s and the birth of the women's movement has only



grown.

Film makers have been just as keen to transfer the lives of these unconventional women to the screen, and the catalogue of movies about feisty queens and scheming mistresses stretches back to the silent era.

Film is an extremely powerful medium, and a biopic, once seen, can permanently inform our understanding of an individual's life and achievements.

For this reason, a well-researched and sensitive biopic can make a positive contribution to the study of the past.



Thames Valley Network Event

HISTORY ON FILM

BOOKING FORM (one per person please)

Yolande Paterson Theatre, St Helen's & St Katherine's school,
Faringdon Road Abingdon OX14 1BE
Tuesday 28th May 2019

I WOULD LIKE TO ATTEND THIS EVENT:
Full name:
Address:
.....
Telephone:
Email:
Your U3A:
<p>The cost for the day is £12 per person for TVN U3A members, (Members of U3As not affiliated to the Thames Valley Network are welcome at an additional fee of £2 per person.) This includes participation in the full programme, tea/coffee and a cold buffet lunch . Places will be allocated on a first come first served basis and confirmation will be issued only on receipt of a valid application, including email address or sae and payment. Full joining instructions will be sent one month prior to the event.</p>
<p>I enclose a cheque for £..... made payable to U3A Thames Valley Network and confirm my membership of U3A as indicated above. (Please note that payment can only be accepted by cheque or cash – electronic transfer is not available at present.)</p> <p>Signed Date</p> <p>I would like to receive details of future TVN events by email YES / NO (New data protection regulations require you to consent to your email address being held by TVN. Without it, we cannot retain it or send you information for any event other than this one.)</p>
<p>Please return your completed form with your cheque to: Mrs Fay Sinai 18 Mill Stream Court Abingdon OX14 5XA</p>

Miss Sylvia Poole

Milton Keynes Membership 1989 – 2017

Sylvia joined Milton Keynes U3A in 1989 when we were in our infancy and continued with her membership until her death in 2017. She was awarded Life Membership in 2015.

This summer, much to our surprise, we received the news that MKU3A together with other local charities including Willen Hospice had been left a legacy in her will.

We are now in receipt of this legacy and are considering how best to use this money for the benefit of the membership and the future security of MKU3A's infrastructure, whether this be updating our technology or other ways of providing a stable financial structure to MKU3A for the foreseeable future.

Photographer recommendation

We would like to recommend neil@nt-design.co.uk. We used him for photographs with our grandchildren, very accommodating providing excellent photographs at a reasonable cost.

Mike Sparkes and Barbara Hahn

MK U3A - OPEN MEETINGS 2019

22 MAY – Anonymous Heroes – John Timmins

John Timmins' enquiring mind wanted to know what his father did during WWII – from the time that he enlisted in March 1941 until the time he was de-mobbed in July 1945 and arrived back to his native Canada. During his research John was to discover that his father had surreptitiously become one of the original members of a special band of brothers who were paramount to the success of Operation Overlord.

The author will be available to sign copies of his book after his talk.

26 JUNE – Dogs for Good – name of speaker to be confirmed

This month we will gain an insight into the fascinating work of the charity *Dogs for Good*.

These dogs are trained to help people with disabilities to make their life easier, including:

- Opening and closing doors
- Helping with dressing and undressing
- Retrieving items such as mobile telephones or dropped articles like keys or a bag
- Loading and emptying the washing machine
- Pressing a pedestrian crossing button
- Reaching up to shop-counters with items such as a wallet



The exact structure of the talk will be confirmed once we know if there are dogs available to visit us.

24 JULY – Photography as Art - Karen Thurmanovich

Karen will explore how movements in the photographic world mirrored movements in the art world in general, especially starting in the 1920s. This will be followed by a discussion about photography as art and the role that photographic art plays in social change.

25 SEPTEMBER – The Amber Room – Mike Bartlett

Dubbed the “Eighth Wonder of the World,” the Amber Room was one of the great treasures of Russian culture, Russian history and Russian heritage – until Hitler decided he wanted it for himself – and stole it, stone by stone.

When, in late 1943, it was decided to dismantle the Amber Room and crate it away, it vanished, never to be found again... or did it?

23 OCTOBER – James Gillray: First Ever Political Cartoonist - Ian Keable

Who doesn't love a spot of political satire? But did you know that James Gillray succeeded William Hogarth as the primary satirist of the 18th century, not only taking caricaturing to new heights but also refining the format of the cartoon to one that we are now familiar with? He is now generally accepted as the first, and the greatest, political cartoonist, still revered today by modern cartoonists.

27 NOVEMBER – Moments, Memories and Magic - Vic Bottrill

Do you forget other people's names? Find yourself in one part of the house and wonder why you are there. Put it down to age. Forget it. It happens to young and old alike – but not to everyone. Some mysteries of the brain are revealed. It's truly magic.

Open Meeting - IT Help Desk

There will be opportunities both before and after the Open Meetings to seek assistance with IT problems and using the MK U3A website, including setting up your login and password and updating your personal profile.

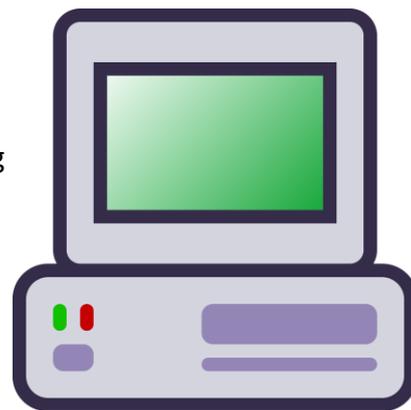
Help will be available before the meeting from 2pm and after the meeting until 4.15pm

Free Wi-Fi is available at the venue.

Support is available for:

- Windows PCs
- Apple/Android tablets and phones.

NOTE: Please ensure your device is fully charged or bring your charger with you.



MK U3A - Making Changes to your Personal Details

1. Open the MK U3A website (mku3a.org)
2. Login to the site. (If you haven't set your login password yet please see the instructions on the LOGIN page.)
3. Once you are logged in 'click' on the Control Panel icon top right of screen



4. This will open a page showing the following icon. 'Click' on the icon



My Profile

Amend and view your personal details

5. You will now open a page showing your personal profile. This is where you can change your contact details and add an emergency contact. **This is extremely important in cases of accident or emergency.** Make any changes necessary and 'click' **Save Changes** top or bottom right of profile screen.

 Save Changes

6. You now have two options – Returning to the Website or to Logout. Top right of screen. Select the appropriate icon.

 Website

 Logout

Hazard Alley Needs You!

The Safety Centre at Kiln Farm in NW Milton Keynes, or Hazard Alley, as it's much better known, is a charity looking for some new volunteers.

We need more people to become tour guides and take small groups of primary school children through our interactive safety village. On the tours children are encouraged to look for risks and hazards in everyday situations and think of ways of behaving differently as well as having the chance to learn some emergency first aid and make a practice 999 call from our phone box.

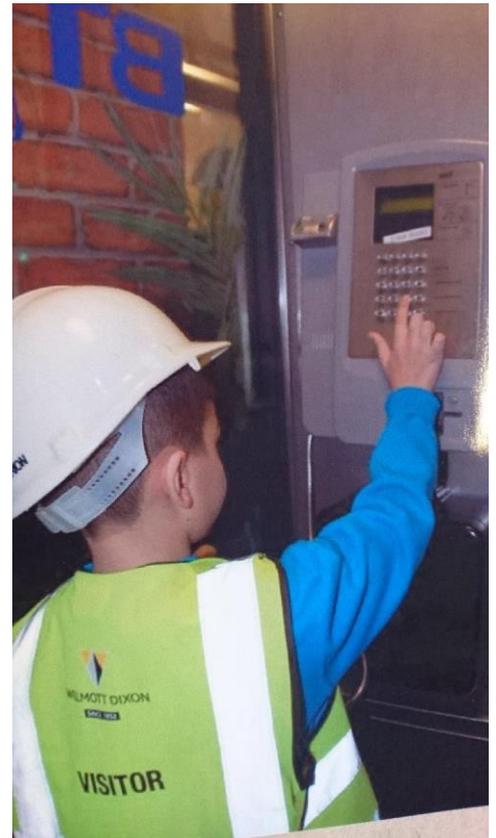
Some local media production students made a film to help us explain what we do:

<https://www.youtube.com/watch?v=ySTIYM59-UQ>

We have a caring and enthusiastic team, mostly retired but very active, who enjoy helping the next generation to learn invaluable life skills and who enjoy the social aspects of belonging to a group. Our current volunteers have come from industry as well as education. Please don't think you have to be a retired teacher or teaching assistant to join us.

We only ask for a minimum time commitment of 4 hours a month and there's lots of flexibility about when you give us your time. Full training is provided, expenses offered and social activities organised for you. We really appreciate our volunteers and we try very hard to make sure they know it.

If this sounds interesting, please contact Val Williams, Volunteer Co-ordinator, on 01908 263009 or email ValW@safetycentre.co.uk to chat, to arrange a visit or to come and shadow a tour.



Volunteer Roles Available at Oxfam's Online Shop, Wymbush, Milton Keynes

Calling all would-be fashion writers, photography buffs, treasure spotters and customer fulfilment wizards! Oxfam have several volunteer opportunities for you at our online warehouse in Wymbush, Milton Keynes, where we prepare items of quality donated clothing for sale on our online shop at www.oxfam.org.uk/shop. Available volunteer roles include

- **Selection Specialists:** Our selection specialists help identify the more valuable – and therefore most sellable – items from all the donations we receive. An eye for detail and for current fashion trends is useful, and knowledge of vintage items a real bonus. Full training for the role will be given.
- **Product Listers:** Listers write short, appealing and accurate descriptions for each product we sell. This includes detailing the type, material, style and features of each item, before uploading the relevant photos so that the item is ready for sale online. Confident writing ability and good computer skills are helpful; full training for the role will be given.
- **Photographers:** This role involves attractively arranging each item to be sold, then taking the required photos before editing the resulting images on-screen. All equipment is located on-site, and full training for the role will be given.
- **Dispatch Staff:** Dispatch staff locate and package sold items for delivery to customers; full training for the role will be given.



By working as one of Oxfam's online volunteers, you not only get the satisfaction of helping a renowned international charity, you learn valuable job skills and get experience of working in a real commercial set-up. What's more, we offer a supportive, friendly and inclusive working environment, as well as use of a large staff room with comfortable seating, a kitchen area with fridge and microwave, and free tea and coffee.

We offer flexible working hours, Monday–Friday, 8.30–3.30, but ask a minimum of 4 hours per week, per shift. Our site is near the routes for buses 6, 14, 30, 31, 80, 89, 301 and 606. Contact us (details below) for further info. There's also plentiful on-site parking.

*** Please note that our department is located on the mezzanine level, which can be reached only by means of a staircase; please contact us (details below) if you have mobility problems. ***

For further info, please ring 01908 305411, or email us on oxfamshopf8090@oxfam.org.uk.

Music and Mysticism - Milton Keynes Chorale

Saturday 23 March 2019 at 7.30pm

St Peter and St Paul Church, Olney

Conductor: Mark Jordan

Piano/Organ: Alex Aitken

In this, a varied and exciting programme exploring some musical and spiritual aspects of life, Milton Keynes Chorale presents a variety of music to both calm and rouse the soul.

The concert features two well-known works by Ralph Vaughan Williams; *Five Mystical Songs* and *Serenade to Music*.

Five Mystical Songs, for baritone solo and choir are settings of text by 16th Century metaphysical poet George Herbert, while *Serenade to Music* explores discussions about music and the music of the spheres, with text from *The Merchant of Venice* by William Shakespeare.

We complete the concert with music by John Tavener's *Song for Athene*, heard at the funeral of Diana, Princess of Wales; Hubert Parry's *Blest Pair of Sirens*, a setting of John Milton's 'At a solemn Musick', performed at the wedding of the Duke and Duchess of Cambridge; and Gerald Finzi's triumphant *God is Gone Up* (words by the metaphysical poet Edward Taylor) and meditative *Eclogue* – the exquisite slow movement of his unfinished piano concerto.

Newport Pagnell Singers in Harmony

Saturday 23 March, Springtime in Harmony, a concert presented by the Newport Pagnell Singers. All funds raised are in aid of the Friends of Willen Hospice.

The concert will be held at 7.30pm in St Peter and St Paul's Parish Church, Newport Pagnell High Street.

Tickets are available from Cambourne Travel, High Street, Newport Pagnell and C.J. Wilson's Hardware Store, Olney High Street.

Bletchley Evening WI

Why not join a friendly group of ladies who meet on the first Thursday of each month, 7.30 pm, at St Andrews Church, St Andrews Road, Bletchley.

Our speaker on 4th April will be a volunteer from the 'Emergency Rider Service' (also known as Blood Bikers).

Carol Jeffery

Craft at the WI

Bow Brickhill Women's Institute meet on the fourth Thursday of each month at 7.30 pm at the Pavilion in Rushmere Close in Bow Brickhill.

Our next meeting on 28th March is a Craft meeting and lead by our members Yvonne and Julia.

Ladies are invited and are welcome to participate. Materials and refreshments will be provided. A contribution of £4 will cover materials, hall hire and refreshments.

Please contact Stephanie Warren on 01908 671394 for further details.

Community Cars

Do you want to help the community?

Do you need help from the community?

Why not get involved with community cars. They offer an alternative to buses and taxis for healthcare and other essential appointments.

All drivers are DBS checked and have received appropriate training.

Alternatively you might want to volunteer to become a driver, offering a friendly caring volunteer to drive people to those appointments.

You will require a DBS check and need a full UK driving licence for the role but will be given full training.

To book a car contact sarah.thurstans@volunteeringmatters.org.uk or phone 01908 670309

To volunteer as a driver contact heather.oddy@volunteeringmatters.org.uk or phone 01908 870764 or 07823 413241.

Password Security - A New Approach

Do you find passwords difficult to create/remember? Are your passwords secure enough?

Bill Burr from the US National Institute of Standards and Technology, the creator of the previous 'complicated' and indeed impractical password guidelines, has since retracted his 2003 advice saying: "Much of what I did, I now regret".

There are three generic methods used for cracking your passwords:

1. Social Engineering - trial and error based on your personal data (eg. your son's, daughters', pet's name, etc.).
2. Dictionary Attacks - words out of a standard dictionary (generally a subset of more common words).
3. Brute Force - every possible combination of letters, numbers and special characters (computer generated).

There are approximately 93 printable characters that can be used in a password [A-Z (26), a-z (26), 0-9 (10), special characters (31)]. More recent thinking has been that the **key to strength is length** - because every additional character increases the hacking effort by around 93 fold. A longer password does not need to be more complex; and using the strategy below your passwords will be easier for you to remember, but far more difficult for hackers to crack.

Special Characters

!	"	#	\$	%	&	'	()	*	+	,	-	.	:	
;	<	=	>	?	@	[\]	^	_	`	{		}	~

So how can you "Develop a Consistent Strategy"?

This strategy tries to use a relatively simple structure while satisfying the requirements enforced by many sites.

- You should aim for a total length of at least 16 characters.
- Choose a short phrase **known only to you** [say 'I hate passwords'].
- Choose a separator symbol where you would normally use a space in your phrase [say '+'] - spaces are not normally allowed.
- Capitalise every first letter only - including single character words [eg. 'I Hate Passwords']
- Add a single number [say '8']

This creates a prefix **I+Hate+Passwords+8**, which can be used as the basis of every password you create - adding a site name then makes it site specific:

I+Hate+Passwords+8+Mku3a
I+Hate+Passwords+8+Facebook

You now have a very secure, easy to remember password, which will normally satisfy most sites' rules.

NOTE: Some sites may limit the number of characters allowed, so you may need to use an alternative shortened phrase. Some sites may limit the range of accepted special characters so it's probably best to choose one of the more common ones.

Examples: using the password tester <https://password.kaspersky.com/in/>

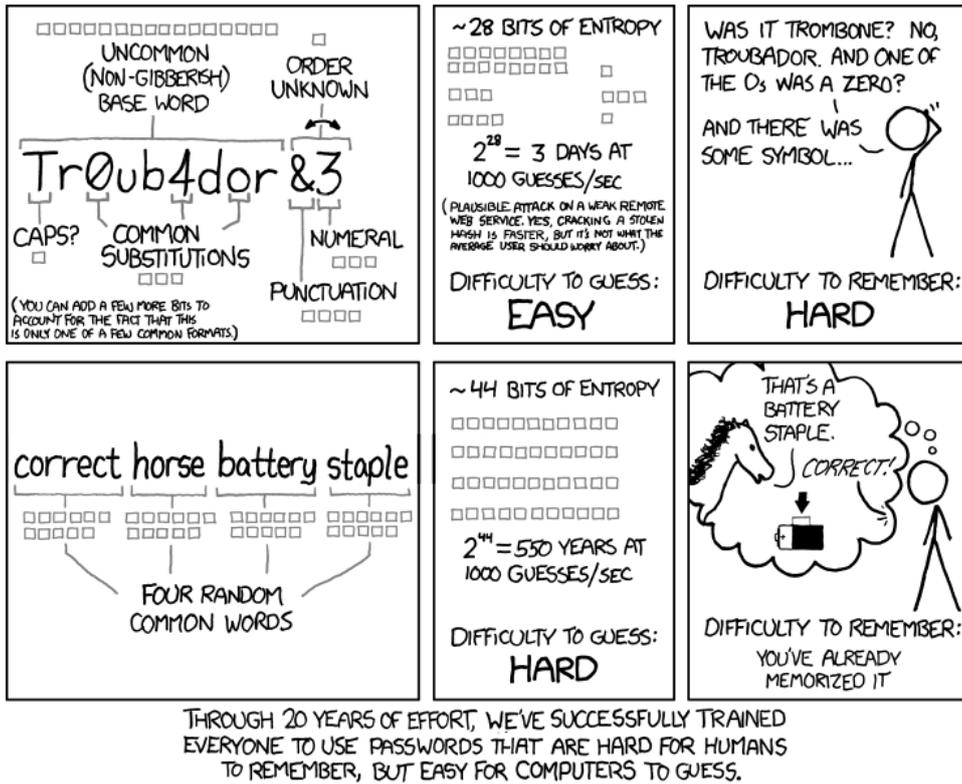
This shows the approximate time your password will be 'brute forced' using an average home computer.

Password	Approximate Time
password+password	12 days (one of the most commonly used)
Password+Password	12 days (capitalising made no difference!)
Tr0ub4dor&3	33 years (Bill Burr's method - see Infographic)
I+Hate+Passwords+8	1,000 years
I+Hate+Passwords+8+Mku3a	Greater than 1,000,000 years
I+Hate+Passwords+8+Facebook	Greater than 1,000,000 years

If you're consistent, this method is self-documenting and you will only need to record passwords, in a limited number of situations, when the sites' rules prevent use of this new strategy.

NOTE: It may be beneficial to use a different short phrase for more important sites eg. banking.

Infographic of the latest advice upon which my suggestions are based.



Len Barrows (Assistant Webmaster)

Fraud and scams

The Metropolitan Police Service FALCON unit (Fraud and Linked Crime Online) have created resources which are freely available to the public to assist in raising awareness about Scams and Fraud.

Available for download for free are:

- [Little Book of Big Scams](#)
- [Little Book of Cyber Scams](#)
- [Little Leaflet of Cyber Mistakes](#)

There are also 5 short animated videos to help raise awareness with regards to defending yourself against online crime:

- [Passwords](#)
- [Phishing](#)
- [Wifi](#)
- [Online ID](#)
- [Updates](#)

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