

Hello Everyone

We still need a Vice Chairman to continue forward with Sidmouth u3a. As we now have over 650 members, someone could step forward for this position. You just need personality and not to be afraid of public speaking. There is plenty of help available

Be sure to read **Tony's Tech Column** below on how to stay safe online - very important these days.

Welcome to Marilyn Burton as the new M-Z Groups Co-ordinator. Marilyn has previously been a group coordinator so a huge welcome back to her.

A reminder that articles for the newsletter must be received by 23rd of each month.

Group news should be sent via the Group Coordinators in plenty of time:

Thank You and Kind Regards. Francetta Bridle - newslettereditor@sidmouthu3a.org

CHAIRMAN'S MESSAGE

Well, here we are - in autumn. I have my autumn wreath on the front door and a garland in the hall. As the nights draw in, it's good to be busy during the day, when you don't feel like going out at night. Have you thought of joining a new group and trying a different activity?

We have a good collection of speakers at our open meetings from now until Christmas (and after). So come along and join us at Stowford Hall on the second Tuesday in the month from 1.30 onwards.

Again, the committee would be happy to hear from anyone who has a "burning desire" to learn a new skill or interest that is currently not covered in a monthly group (you don't have to run it!).

There are several groups that have just started up, so do keep an eye on our website.

This is part of our ethos after all, so enjoy all that Sidmouth u3a has to offer.

Until next month.....Gail Richmond - chairman@sidmouthu3a.org

MONTHLY MEETINGS

Open Meeting - 14 October 2025: Rick Lockwood, 'The Lower Otter Nature Reserve - how nature is responding post restoration project'

Stowford Rise Community Centre from 1.30-3.30pm. Refreshments served until 2pm.

Open Meeting - 11th November 2025: Chris Woodward, 'Darwin & the Second Voyage of the Beagle'

Stowford Rise Community Centre from 1.30-3.30pm. Refreshments served until 2pm

SOCIAL EVENTS

If you would like to join the social committee please contact Jackie on social.jackie@sidmouthu3a.org

On Wednesday October 15th Sidmouth U3A are hosting the final of the team interquiz, which Sidmouth won last year.

Tea and coffee will be served on arrival, starting at 1.00 pm and also halfway through the afternoon at about 3.00pm. There will be up to 70 people taking part so Rosemary Walker would like 3 volunteers for each session. Please email if you could help. rosemarywalker27@gmail.com
Many thanks Rosemary

Evening Social - A Drink & Chat at The Blue Ball, Sidford

7-9pm, 3rd Tuesday of the month. Any queries contact secretary@sidmouthu3a.org

Save the Date - for our concert trip to **The Bournemouth Symphony Orchestra 'Viva Espana'** on Thursday 15th January 2026.

Details on the Events webpage: sidmouth.u3asite.uk/events

November 19th 2025: Death on the Nile - Agatha Christie.

Torquay Princess Theatre - Matinee performance.

Ticket price - £50 including coach from Sidmouth.

A few places left but be quick as they are selling fast.

Further information from Jackie Cox. 07788255463. social.jackie@sidmouthu3a.org

Save the Date - A trip to the **Shoe Museum at Street** and afternoon shopping at the outlet centre. Tuesday 2nd December 2025.

Details on the Events webpage: sidmouth.u3asite.uk/events

or contact Janet on social.janet@sidmouthu3a.org

Gardening Topics Gardens Tour for 2026.

9th - 13th June 2026 is a visit to the Midlands, staying at Market Bosworth including visits to Hidcote, Kiftsgate, Ryton Organic Garden, Barnsdale Gardens, Stamford House, Castle Bromwich, Kenilworth Castle Gardens and a trip on the Ashby Canal.

Five days, four nights.

Subject to committee approval the trip will be available to book on the website from 12th October and at the open meeting on the 14th October. In the meantime, for more information or to express your initial interest, please contact Janet on social.janet@sidmouthu3a.org

'Revealing life in Sidford in 1939' - A public lecture by Dr. Todd Gray MBE to coincide with the publication of *Devon's Home Front Diaries, 1937 to 1945*. Sidford Village Hall, 2pm, Thursday, 23rd October 2025. Doors open at 1.30pm.

In the opening months of the Second World War, Diana Murray Hill described at length her home village. Scores of evacuees had been sent but few remained after only a few weeks and months. Miss Hill explained the reasons while defining the village and 'heaven's inhabitants'. Eighty-six years later, her remarks on the villagers and evacuees, and notes of their strengths, misdeeds and failings, still have the ability to draw sharp breath.

In 1944, when Miss Hill became a published author, her style was described as 'direct good-humoured realism'. Her writing lifts the lid on the village and its evacuees who one local said had turned Sidmouth into Blackpool.

Miss Hill's account is one of nearly a hundred diaries edited from the collection of Mass Observation, that project started in 1937 in which the British chronicled themselves.

From 24 October, *Devon's Home Front Diaries, 1937 to 1945* will be available from any bookseller or direct from www.stevensbooks.co.uk

Tickets (£6) at the door or book beforehand via: www.stevensbooks.co.uk, email on sales@themintpress.co.uk telephone 079009 154649.

GROUPS NEWS

Please email as usual for A-L groups to Angie at groupsal@sidmouthu3a.org and M-Z groups to Marilyn at groupsmz@sidmouthu3a.org

Now, with many new groups starting, please contact the group leaders directly to find out more details. The full groups list (with group leaders' details) can be accessed here tinyurl.com/ytjpzu4p or full details of all groups, with group leader contact details, can be found on our website: sidmouth.u3asite.uk/groups

[New Group: Exotic Flavours](#)

It's not all about the spice! There are many flavours from around the world that are interesting and delicious, all food doesn't have to be hot and spicy, and that is what we are going to explore in this new group. October will start with the Caribbean, then in November we will move to Southern India, (which is renowned for hot food, but we will be looking at more subtle flavours), then in December we will explore Morocco. We will meet on the 1st Wednesday of the month at noon and share food we have made. With a limit of 10 people. Each month will have a different theme and each member of the group will prepare some food from that country or region to share at lunch with the rest of the group. Each member of the group will take turns to host. For more information please contact Janet on social.janet@sidmouthu3a.org

[New On-Line Bridge Course](#)

My name is Ray Chalmers and I'm a member of u3a Ivybridge and I have just completed the U3A national online Beginners Bridge Course. A new online u3a course is starting soon and is ideal for anyone interested in taking up bridge. Not only is it taught by experienced teachers, it uses the excellent, 'NoFearBridge' teaching resources and the Real Bridge platform supervised coaching and playing sessions. As well as learning bridge to a level that enables me to join my own u3a group and another bridge club, I also had an enjoyable time on the course and friendships formed enable me to continue to play bridge online with fellow course members. I'd certainly recommend the u3a course to anyone wanting to learn bridge. The course details are on the national u3a bridge_group website - www.bridgewebs.com/u3abridgework - to anyone who may be interested in learning bridge.

u3a National Learning offers on-line courses on many varied subjects. Please see the link for details: u3a.org.uk/events/educational-events

[New Group](#)

Doggie meet up at the Donkey Sanctuary Restaurant 11am for coffee. Then the option to join in a dog walk around the sanctuary/ lunch in the restaurant. 1st and 3rd Monday.
Contact Anne Field - annefield2010@yahoo.co.uk

TECH CORNER WITH TONY WARREN



Staying Safe in the Digital Wild West

The internet has become rather like the Wild West – full of opportunity, but crawling with digital bandits! Modern-day highwaymen have upgraded from horses to algorithms, and they're getting craftier by the day.

The Great Email Masquerade

That urgent message from your bank asking you to “verify your account immediately”? It's probably as genuine as a three bob note.

Here's a detective trick: instead of clicking any links, hit "forward" and peek at the sender's real email address. If "Barclays Bank" is actually coming from "dodgydeals247@randomsite.ru", you've caught them red-handed!

Even emails from friends can be trojan horses. Think of suspicious links like unmarked bottles at a village fête – you wouldn't drink from them, would you? Your friend's account might be hijacked, turning them into an unwitting accomplice.

The AI Voice Swindle.

Here's where it gets proper sci-fi: scammers are now using AI to clone voices from just a few seconds of audio. Remember that cheerful voicemail greeting you recorded? It's like giving criminals a key to your vocal cords! They can now phone your relatives, sounding exactly like you, claiming to be in trouble and needing money urgently. If someone calls claiming to be family in distress, hang up and ring back on their usual number. If real emergencies can wait two minutes for verification – fake ones evaporate faster than morning dew.

The Password Predicament.

Using the same password everywhere is like having one key for your house, car, office, and bank vault. Convenient? Yes. Sensible? About as much as leaving your front door wide open with a welcome mat. Instead of wrestling with passwords like "Tr7\$mK9!pLz", try a passphrase. String together random words: "BlueCat27DancingSpoon" is both memorable and strong

The Invisible Ink Trick.

Some emails look perfectly innocent but contain hidden text or use Cyrillic letters that look identical to English ones. It's a digital sleight of hand – the email appears to come from "Microsoft" but actually says "Microsoft" (spot the difference? You wouldn't be able to).

Romance in the Digital Age.

Online romance scammers are smoother than a politician. They'll shower you with attention, claim to be stranded abroad, then ask for money. If your new online sweetheart seems too good to be true and, coincidentally, needs funds, they're probably catfishing you harder than a weekend angler.

The Bottom Line.

Remember: legitimate companies never ask for passwords via email, your bank won't phone demanding immediate action, and if something feels fishy, it probably swims in very murky waters indeed.

Stay curious, stay cautious, and when in doubt, ask a tech-savvy friend or family member. After all, it's better to be a suspicious old trout than a caught fish!

Happy surfing, and may your clicks be ever cautious!
Anthony Warren

CONTACT DETAILS

Contact details for the main committee and social committee can be found on our website:
sidmouth.u3asite.uk/contact