

u3a Orpington

learn
laugh
live

*Happy
Christmas
to all our
Readers*



Chairman's letter

We are so proud of the range and number of Interest Groups that we offer in Orpington u3a. If you haven't joined at least one yet, do have a look and see what piques your interest: some members go back to a forgotten love from years ago, whilst others try out something new. It's the best way of getting to know others and is, of course, what our organisation is all about.

Our groups would not be possible without the hard work of our dedicated, enthusiastic and talented Group Leaders, who unselfishly give up their time and sometimes their homes so that we can all learn and have fun. Please let them know how grateful you are to them; a few kind words will be greatly appreciated, I know. Also, remember that we are all volunteers and are doing our best – it is easy to criticise, but very few step forward and actively help.

Participate fully in your group: contribute ideas and opinions; offer to lead a meeting; provide refreshments; give a lift to another member; even just wash up. Our Group Leaders are very valuable to us and we would like them to know how much we value them.

Remember that we can ALL contribute in some way – please don't leave it to the few.
Don't be a TUBE (Turn Up Be Entertained) be a RUM (Really Useful Member)!

Chairman

CHANGE TO MONTHLY MEETINGS

Due to the renovation work at the Walnuts our usual time on Mondays for the General Meeting has been given to one of the MyTime groups.

After intense negotiation, our Chairman has secured us a slot on the third Tuesday of the month from 3.30 to 5.30pm starting with the AGM on 21 January 2025.

We are sorry for the disruption and inconvenience this will cause but all other avenues have been explored and we must make the best of the situation until normal service can be resumed.

Please also see the notice on Page 5 for changes to group meetings

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All telephone numbers quoted in the newsletter are as dialled from the Orpington (01689) Exchange

**The last day for receipt of copy for Bulletin No. 9 is Tuesday 17 December 2024
and for Newsletter No. 163 is Wednesday 22 January 2025**

New committee members needed!

For contact details of Committee Members and Group Leaders
Please login with your Username and Password

www.u3aorpington.org.uk



Monthly General Meeting - Crofton Hall (2-4pm)

16 December Christmas - A Festive History - Andy Thomas

In a fascinating, entertaining and uplifting presentation, Andy uncovers the long and intriguing background to the festive season. From the ancient midwinter celebration of light to the marking of the birth of a messiah, mid-December has long been a time for rituals and rejoicing. Yet the history of Christmas has not been straightforward; its celebration was banned in Puritan times and its merry traditions splintered into many guises before the Victorians rehabilitated the festival into what it has become. Andy shows how, for all the commercialisation, we can still find meaning and enjoy Christmas today while keeping the flame of light alive in the winter darkness.

Monthly General Meeting - Crofton Hall (3.30-5.30pm)

21 January AGM - followed by Rain Forests - David Jones

David works at the natural History Museum and lectures at Imperial College. He is an entomologist specialising in rainforest insects and soil ecology. He has done fieldwork in 18 countries including Malaysia, Indonesia, Papua New Guinea Gabon Madagascar and French Guiana. He also did stand-up comedy for five years, which is reflected in his talks.

Monthly u3a Coffee Morning - BR6 Café

There will be no Coffee morning on 17 December

There will be further updates in the next bulletin and newsletter



Solutions to Cryptic Crossword No 96

Across: 1 Droop, 4 Underhand, 9 Charabanc, 10 Fichu, 11 Nailed, 12 Charcoal, 14 Accoutred, 16 Stillb, 17 Inert, 19 Professor, 21 Ama-
retto, 22 Tee-hee, 25 Icier, 26 Octagonal, 27 Nervously, 28 Eland.
Down: 1 Decontamination, 2 Okapi, 3 Plateau, 4 Utah, 5 Decahedron, 6 Reforms, 7 Anchoyias, 8 Double-barrelled,
13 Propitious, 15 Chevalier, 18 Theorbo, 20 Epergne, 23 Henna, 24 Stay.

GROUP REPORTS

NEW GROUPS

Sports Events

A new open group that will arrange tickets and visits to local and possibly national sporting events including, for example: club rugby lower league and non-league football, county cricket, motor sports, tennis, hockey, horse racing, darts etc.

Events will be proposed by the group leader and members. If you are interested in this prospective new group please contact

Award Winning Books

A new book group that will meet monthly at members' houses with a view to reading and discussing a wide variety of books that have either won or been shortlisted for a literary award, for example: Booker, Golden Dagger, Pulitzer, Hugo/Nebula, Costa. If you are interested in this group please contact

Tai Chi

We will only be running one class in the New Year starting 13th January. 11.45-12.45 on Mondays at LGA Dance Studio opposite the Library in Orpington.



New Members' Meetings

The next New Members event will be held on Thursday January 23rd 2025 starting at 10.30am. As a result of changes at Crofton Halls the venue for these meetings will now be at Orpington Methodist Church on Sevenoaks Road in the Wesley meeting room for next year.

The church is well served by public transport – buses 358 and R11 stop outside and it is only a short walk from other bus routes. On street parking is available on the road adjoining the church premises or at the nearby Tesco store (parking free for up to 3 hours). I will be contacting new members with more details about this meeting early in December.

In addition as I am aware there were a number of new members who were unable to make the last event on November 7th you would be very welcome to come to this next one.

If you do decide to come along please let me know as it is useful to know who will be there. I would also like to say thank you to all those members who have joined this year and who I have had the pleasure of meeting. The reasons for you joining are varied but you bring with you your experience, skills and interest which enhances and ensures the continued success of Orpington u3a. Here's to another good year in 2025!

Philosophy

Charles Sanders Peirce - The Father of Pragmatism

In October John Mangold spoke about Charles Peirce (1839-1914), who was a renowned American scientist mathematician, logician, and philosopher, known as the "father of pragmatism".

Born in Cambridge, Massachusetts, Peirce was the son of a Harvard professor and demonstrated an early fascination with logic and reasoning. He suffered from trigeminal neuralgia, which affected his social interactions and later life.

Peirce earned degrees from Harvard and worked at the United States Coast and Geodetic Survey, focusing on geodesy and gravimetry. He also contributed to Harvard's astronomical observatory and developed innovative scientific methods. Despite significant scientific accomplishments, his career was marred by personal difficulties and opposition from influential figures like Simon Newcomb.

Peirce's philosophy encompassed a three-category system, fallibilism, pragmatism, and semiotic logic. He founded philosophical pragmatism and emphasised the scientific method. His work influenced diverse fields, including mathematics, logic, philosophy, statistics, and psychology. Peirce is now celebrated as one of America's greatest thinkers, with a lasting impact on modern philosophy and science.

John Rawls - Justice as Fairness

Michael Eldred introduced the group to John Rawls (1921-2002), an American philosopher known for his work in political and ethical philosophy. His early life was marked by personal tragedy and military service, which profoundly shaped his philosophical outlook, leading him to advocate for a society where the most vulnerable are protected and everyone has equal opportunities.

Rawls' most famous work, 'A Theory of Justice' centres on the idea of justice as fairness. He proposes two principles: the first ensures equal basic liberties for all, and the second allows social and economic inequalities only if they benefit the least advantaged and provide fair equality of opportunity. He introduces the 'original position' a hypothetical scenario where individuals choose principles of justice behind a 'veil of ignorance' unaware of their social status, abilities, or preferences. This leads to impartiality and fairness in the resulting principles.

Integral to his theory of justice is the concept of equality to ensure that *everyone* has the same chance to succeed, regardless of their background: family wealth; ethnicity; education; social status and opportunities available to them.

Rawls was under no illusion that his theory could be completely realised, and towards the end of his life, he recognised that American society was further than ever from such a state. Nevertheless, he believed that his concept could provide a benchmark for attempts to make the world a better place for all.

We are now putting together a programme for 2025. If you would like more information about this group please contact

Line Dancing

Our popular Line Dancing class takes place on the 2nd Tuesday of the month at St Paul's Church, Crofton from 11-12.30 pm. Come along and laugh whilst keeping fit with our teacher, Shirley.

No partner required.



GROUP REPORTS

London Explorers

On a cold winter's day, a group of us visited the Lawn Tennis Wimbledon Museum.

We were warmly greeted by a very enthusiastic guide who had prebooked our visit to the Centre Court for a photo opportunity from exclusive seats overlooking the sacred turf, very impressive.

We then visited the Museum for an extremely interesting display of the evolution of tennis from an idea by Major Walter Clopton Wingfield comprising real tennis, badminton and Sphairistike by codifying the rules for the very first time in 1874, being suitable for playing on a croquet lawn.

The artefacts were amazing from the very first trophy, Victorian dresses and shoes to the evolution of tennis racquets and balls and various memorabilia including Emma Raducanu's US Open trophy.

Some interesting facts: over 54,000 balls are used during the tournament, 38.4 tons of strawberries are consumed and the scoring system evolved from the face of a clock.

An extremely interesting tour made more enjoyable by the very knowledgeable guide. See photo right.

We are proposing to organise a trip to the Wallace Collection end of January, details to follow soon.

Thursday 20 February 2025

The Bank of England and the Temple of Mithras

Can the tooth fairy go cashless? Are cryptoassets money? Who decides how we pay? Money and the way we use it has changed in recent decades. With digital and contactless payments on the rise, the choices we make, as individuals and businesses are having an impact. Future-proofing the economy to meet our needs, now and in the future, is the job of the Bank of England. From digital currencies to the importance of cash in our everyday lives, from sustainability to making sure we have choice and access to different ways to pay, this exhibition responds to questions you have been asking. So, where are we now, and what is the future of money?

See and experience the reconstructed remains of the Temple of Mithras at the Bloomberg building. The temple has been restored to capture the mystery and intrigue of the Roman cult of Mithras, who used to meet on this site. Haze, light and the sound of footsteps, chanting and secret whispers will transport you back to London AD 240. Excavations undertaken between 2012 and 2014 were some of the most extensive ever to have taken place in London, and revealed new evidence of the area's Roman origins. Thousands of artefacts were discovered, sherds of Roman pottery and tonnes of animal bone, providing evidence of trade, consumption, food and industry.

This promises to be a fascinating day out, so put the date in your diary! Further details to follow. For more information contact

Thank you Ann

After leading a London Explorers group for 16 years, Ann Downes has decided to stand down. She organised the London Walks with Kim, whose knowledge and experience helped members enjoy many well organised, interesting and varied experiences. We would like to thank her for her time and dedication to this group.

Wordsmiths

WOULD-BE WRITERS AND PLAYREADERS REQUIRED

Wordsmiths is a writing group which meets monthly. We are looking to extend our membership and include play-reading, as well as writing, in our repertoire. If you are interested in either writing or play-reading or both please contact me for further details.



MOTO 1

This is a friendship group for members who, for whatever reason, do not have a partner and are on their own. We organise a variety of events, eg lunches, coffee mornings, trips to the cinema and theatre, as well as tours (the Poppy Factory is our latest one) and days out. We have a group WhatsApp for members to post events on and one for 'chatting' about a variety of topics. Our membership is currently full but if you would like to join us, please ask to be added to the waiting list.

Recorders

On Saturday 28 September 2024 some members of the Orpington u3a Recorder Group entertained the audience at a concert in celebration of British and Ukrainian friendship.

This was held at Orpington Methodist Church. We had performed at a similar concert held earlier in the year.

Our set included the Ukrainian National Anthem and the audience stood whilst the anthem was being performed.

On Monday 11 November, during our regular Monday morning meeting, 8 of our 10 members, played 'The Last Post' at 11.00 am. Sue Howe joined us for a cup of coffee whilst giving an update on the Orpington branch of the u3a.

Later that afternoon we entertained folk at The Saxon Centre in Orpington. We played 3 part settings - on Descant, Treble and Tenor recorders and included favourites such as: English Country Gardens, Scarborough Fair, Eriskay Love Lilt, Tulips from Amsterdam and Edelweiss. The afternoon included some audience participation and I think was enjoyed by the 40 or so who were present.

The last meeting of our autumn term will include going out for a well-deserved Christmas lunch. Playing the recorder can be thirsty work so a drink - or two - may be the order of the day!



Choir

We would like more members. Come and join us if you like to sing.

We meet in All Saints Church Hall on alternate Thursdays at 11.30.

Contact



GROUP REPORTS



Walks

Walks are on the 3rd Wednesday of the month, starting at 10am unless stated otherwise.

All walkers join the walks at their own risk. New walkers are welcome to join any of the walks - but please telephone us before coming on your first walk.

Please ensure that you wear suitable footwear for the walks. Note that the walk description is only a brief guide, not a complete breakdown of the walk.

Please note that we will not be walking in December.

Wednesday 15 January – To Be Arranged

Details of the January walk will be communicated to group members nearer the time. If you are interested in joining this or future walks please contact Roger to be added to the list.

Family History

A very successful 'Who Do you Think You Are' event was held at the Crofton Halls on November 6th. Talks were given by Mike Weeks and Bill Taylor representing the two u3a family history groups covering how to begin your journey into tracing your ancestors and then some tricks of the trade to help in further investigation.

Some 40 people attended and the helpers representing both the u3a groups and the North West Kent Family History Society were kept very busy answering queries and doing some research on tracing possible ancestors.

Some 13 people indicated that they would be interested in joining such a u3a group so perhaps there will be a Family History 3 sometime soon and it certainly showed how popular this subject still is.

Table Tennis, Short Mat Bowls and Pickleball are Moving

Due to the refurbishment of the Walnuts we will be relocating in the new year.

From 3rd January, Table Tennis & Short Mat Bowls will be relocating to the main hall at Crofton Halls on Fridays from 3pm to 5pm

From 7th January, Pickleball will be relocating to Bromley Lawn Tennis & Squash Club, 72A, Sandford Road, Bromley BR2 9AN on Tuesdays from 12noon to 2pm

New members are welcome to join all of these fun sports.



Science and Technology

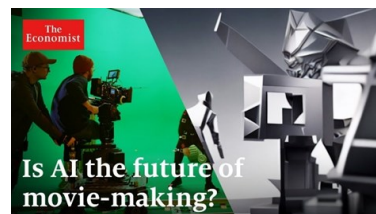
'The Moving Image 2' We all enjoyed John Mangold's presentation in November. It was a thorough overview of the numerous developments in technology for both the small and big screens.

Television emerged in the early 20th century, revolutionising how moving images were transmitted to a wider audience. Beginning with a simple mechanical system which used rotating disks with holes to scan images. In the 1920s electronic TV was developed. Colour TV was introduced in the 1950s then digital TV in the 1990s. More recently high-definition and smart TV have become popular, integrating internet and streaming capabilities.

We were reminded about home video technology, VHS and Betamax, widely used in the 1970s until the 1990s when digital video technology arose. DVDs offer higher storage capacity and better quality than VHS tapes. Blu-ray discs provide even higher definition video and audio quality. However, streaming services are now the dominant method for video consumption.

The world of filmmaking for cinema has also changed dramatically over the past century. Starting with silent films, then the introduction of sound, technicolour, special effects, widescreen, 3D experiences and more. The early 2000s saw a shift from traditional film to digital filmmaking, allowing for more advanced visual effects and easier editing processes. More recently, AI (artificial intelligence) has started to play a role in filmmaking, from scriptwriting and editing to creating realistic CGI (computer generated imagery) characters.

John covered such a lot of ground in this talk, one minute we were reminiscing about Betamax tapes and the next considering how AI is reshaping the filmmaking landscape. There is a short video 'Is AI the future of movie-making?' on YouTube



If you are interested in joining the Science & Technology Group and would like to be put on the emailing list, please contact

FUTURE MEETINGS

- 10 Dec - Christmas Meeting
- 14 Jan - Techniques and Technology used by Vermeer
- 11 Feb - The Human Body in Space
- 11 Mar - Nikola Tesla
- 8 April - Air Traffic Control
- 13 May - Fusion Power

In addition to the main talk, John Stephenson usually presents a selection of fascinating Science News items. Recently we have heard about a zombie fungus that may help to cure cancer, an elusive chimp-gorilla hybrid the koolakamba, and a new drug with the potential for tooth regeneration.

Sharing an Interest

There has been a good response from some members interested in sharing an activity with one other member on the following topics:

- Arranging/cataloguing books
- Gardening
- Improving French conversation
- Improving Spanish conversation
- Improving/playing chess
- Improving Italian conversation
- Playing Board games
- Sharing walking/trips out
- Simple Piano duets

If any of the above activities interest you or for further information, please contact the Group Facilitator by phone or email shown below.

Alternatively, If YOU have an activity or hobby YOU would like to share with another member, please contact the Group Facilitator,

GROUP REPORTS

Concert Group

Two of the recent concerts we attended are described below. If we get sufficient numbers for a concert we can get a discount. The next programme of events will be sent to members of the group before Christmas. If you would like more details please contact



Chineke! Orchestra is Europe's first majority black and ethnically diverse orchestra who began their season at Queen Elizabeth Hall with a programme called Phenomenal Women. Four composers – two American and two British (two still composing and two dead) were featured in the programme. The third selection featured five wind instrumentalists from the orchestra playing, and backed from the orchestra – a flute, oboe, clarinet, bassoon or horn. Each one was a joy to listen to.

After the interval, *Symphony No. 4 in D minor* by Florence Price was featured. This was probably the first time in Britain it had been played in concert. It was worthwhile waiting for. Shades of melancholy in the form of snatches of spirituals, and joyous black social dances. I didn't know whether to cry or dance my way down the stairs of the Queen Elizabeth Hall. A lovely programme.

The Aurora Orchestra at the Queen Elizabeth Hall gave us an exciting evening with an unexpected twist. After a short orchestral piece *Ring of Fire and Love* by Finnish composer Outi Tarkiainen, Alexandre Tharpaud played Ravel's *Piano Concerto in G*, with its echoes of the Jazz age.

The main event was *The Firebird Suite*, Stravinsky's music written for the Ballet Russes in 1910 and based on a Russian fairy tale. The conductor Nicholas Collon gave us a short music lesson demonstrating the structure of the moods evoked in the piece before the orchestra played it straight through from memory. After the initial rapturous applause the orchestra members streamed into the audience and replayed the finale so that we felt something of the players own experience. An amazing end to a wonderful concert.

Proposed future concerts for February to June 2025 at the Royal Festival Hall or the Queen Elizabeth Hall include;

Beethoven & Dvořák;
Gershwin & Bernstein;
Benjamin Appl;
Korngold & Rachmaninov;
Prokofiev & Shostakovich;
Mahler 8;
Price & Tchaikovsky;
Schuman & Mendelssohn.

You choose only the ones you would like.

NEW GROUP Art for Fun

Elaine Clarke is hoping to start an "Art for Fun" group. It will meet at Christ Church hall on a Wednesday, exact frequency and time to be decided when hall availability is known.

If you are interested please contact Elaine for latest details at



The Brandenburg Choral Festival of London

We are currently working with the u3a London Region to present as a special event, one of the Brandenburg Traditional Christmas Concerts.

It is at **St Margaret Patten in the City on Monday 9th December at 2.00**

In addition, due to the generous financial support of a very special lady who loves Brandenburg and u3a equally, we are able to continue offering reduced price (£10 discount) tickets at another concert

Saturday 28th December 7.30pm at Holy Sepulchre (Holborn)

What could be more traditional at Christmas than Handel's Messiah?

Conducted by Bob Porter – we are aiming to raise the roof!

Discount Code is **BETTY28**

And then, as an exciting extra, as you are a music-lover, why not take a look at one of the Brandenburg Choral Cruises – you don't have to participate as a singer. brandenburg.org.uk

Industrial Heritage

Our next meeting will be on the afternoon of Monday 25th November. We'll start with a follow-up to the session we did last February on early developments in aviation and aeronautics. Recent research has reinforced long neglected evidence that the Wright Brothers were not the first to achieve sustained, powered, manned flight in a heavier than air machine. It's on film. Come and see it and judge for yourself.

We'll follow that up with a short film about ways in which working people used their (often scarce) leisure time for entertainment and amusement during the 19th century. This has been held over from our last meeting, centred on the theme of 'Time', when we ran out oftime!

And we'll round off this year with a seasonal item which may (or may not) enthrall you for the coming festivities.

We don't meet in December and our usual New Year lunch will be in late January – details to be circulated next month.

As we are an 'open' group, all members of Orpington u3a are welcome to participate in our meetings and other activities as much or as little as they like. For full information about what we are getting up to – including next Monday's meeting - just ask me to add your email address to our mailing list.



BOOK SALE

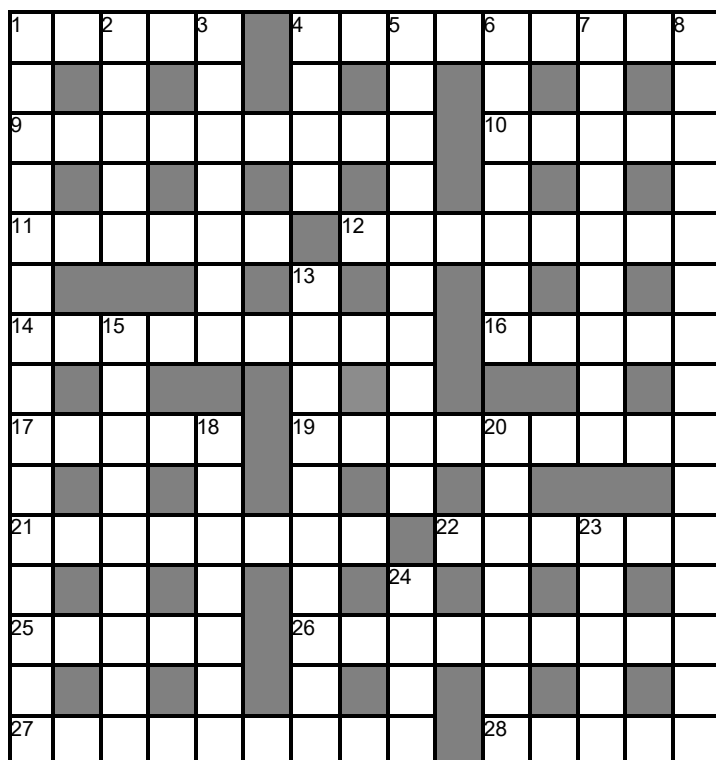
The November book sale made only £33.50 this time which was rather disappointing for the book groups who worked so hard to organise it



PUZZLES

CRYPTIC CROSSWORD no. 96

Submitted by Cryptic Crosswords 1



Across

1. Sink a little copper with poor return (5)
4. Below what one may be dealt to be sly and sneaky (9)
9. See daily embargo on Charlie getting the bus (9)
10. A loose knotted scarf found in terrific hustle and bustle (5)
11. Another way Daniel changed denial to be secured (6)
12. Scorch the surface with one fuel and produce another (8)
14. Courted change of heart after Bill became fully equipped and outfitted (9)
16. Unit of candlepower but at first some thought it lit bulbs as well (5)
17. Incapable of movement in a finer team (5)
19. Affirm openly to having gold for the head of faculty (9)
21. Aquatic mammal a mother rejected to procure an almond liqueur (8)
22. Support he had with energy. What a laugh! (3-3)
25. Very much more frozen when European railway leaders meet Parisian here (5)
26. Designated shape of the lagoon cat maybe (9)
27. Acting in a fidgety manner fitting louvres in an American city (9)
28. There is no good in England to maintain an African native (5)

Down

1. Elimination of harmful substances that may contain diamante (15)
2. Give approval to a private investigator primarily to look for an African native (5)
3. Maybe plate with gold on a long level elevated piece of land (7)
4. Could one build a hut in this state? (4)
5. See the hero danced with a figure of many facets (10)
6. Improvements concerning study groups? (7)
7. Swimmers, that which may be weighed briefly and strives for superiority(9)
8. Heard a twin tub that was in front could be having a posh name perhaps (6-9)
13. Support it with promissory notes presenting favourable circumstances (10)
15. See the unorthodox rich leave a gallant gentleman abroad (9)
18. Her boot played a large lute? (7)
20. Regularly people brag and exclaim seeing a decorative centrepiece (7)
23. Queen returning to hotel perhaps for a dye (5)
24. Affirmative follows a way to hold in abeyance (4)

Solution on page 2

SUDOKU

		1	2	3				5
							6	2
6		3	5		8			7
	4	8	6					2
		5		4				
					3	9		
			1		2		7	
					5	3		1
							6	9

The sun, with all those planets revolving around it and dependent upon it, can still find time to ripen a bunch of grapes as if it had nothing else in the universe to do

Can you make a cup of tea? Do you have a friendly smile?

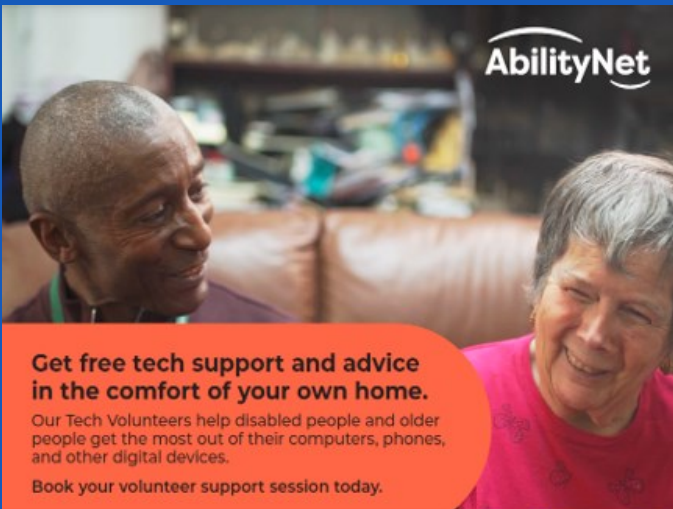
We need help at the monthly General Meetings (3rd Monday of the Month) in Crofton Halls.



We have a rota of volunteers to help with serving refreshments and greeting new members at the door — it's a great way to meet people.

For more information please contact Sue

AbilityNet – Free tech help and assistance



Get free tech support and advice in the comfort of your own home.
Our Tech Volunteers help disabled people and older people get the most out of their computers, phones, and other digital devices.
Book your volunteer support session today.

Get free support from AbilityNet

Our friendly volunteers can help with tech advice and support to boost your confidence and skills.

- Know your chocolate cookie from your computer cookies and why they're important for your privacy?
- Need help with accessing online services, like booking a GP appointment or an online shop?
- Is a slow computer letting you down or do you need your printer setting up?

About our volunteers

- We have more than 350 trusted, security-checked volunteers, who provide help with your technology.
- Volunteers can also offer specialist support for vision, hearing, cognitive or motor impairments, to help make using technology easier.

AbilityNet is a registered Charity in England and Wales No. 1067673 & Scotland No. SC039866.

Mae'r litem hon ar gael yn Gymraeg hefyd / This text is also available in Welsh.

Call 0300 180 0028
enquiries@abilitynet.org.uk
abilitynet.org.uk



As a member of u3a and recently a volunteer with a charity called AbilityNet, I wanted to communicate the many benefits AbilityNet can provide our u3a friends.

AbilityNet is a charity that offers free support for older and disabled people who may have problems with their technology, either through face to face visits or using the many resources available on the AbilityNet website - <https://mcmw.abilitynet.org.uk/>

They have a helpline for advice and information on technology supported by locals who are carefully selected and vetted AbilityNet Tech Volunteers offering support sessions at home or remotely.

Deepak Puri

If you could benefit from the service, please call 0300 180 0028, email enquiries@abilitynet.org.uk or visit www.abilitynet.org.uk

Access to Interest Group Information

There is a full list of existing Interest Groups with group information including times, days, and venues on the website. Group Leader contact details are also available but as these are confidential you will need to Login with your Username and Password to access this information.

The list is updated regularly and is sent to all members, at least 3 times a year, with the Newsletter. All members will have been sent the 'Orpington u3a Interest Groups List' (a paper copy for those without email or Internet access)

Please keep the list safe and contact the Group Leaders directly if you have any questions about their group.

This Newsletter contains personal data

Please do not leave a printed copy in a public place and dispose of it responsibly, preferably by shredding all contact details

Thank you