



Photo Lea Valley Park Colin Freeman

Colin's Blog

Friday 26th July 2019

Power to the People

Now that most of our children and grandchildren have broken up for the Summer holidays. It's time for many of us to brace ourselves ready for childcare. No doubt, many children who attend private and public schools will

have already started their holidays. The National Grid will be under pressure to increase the power supply to cope with the additional strain put upon it from the use of X Boxes, PS4's, Computers and other electronic gadgets!

If we are looking after children and young people over the next few weeks, why not turn of the power, and, if you can spare some time, introduce them to the wonders around them. We keep being told that exercise is good for our health and well-being, so, get out there, and explore the wonders that we all often take for granted.

Most of us live within easy reach of a playground, park, forest or other natural resource, which is sitting there, waiting to welcome us into the fold. Mind you, I'm sitting at my laptop, looking out of the window and watching a torrential downpour as I type, and thinking about a local 'Walk for Life,' which is due to take place at a local primary school this afternoon. I was always told that 'The sun shines on the righteous, and the devil looks after his own,' obviously something else that has blipped! Many of the old sayings have some sense and meaning, others are utter codswallop! * One of my late mother's favourite sayings was 'Live in hope and die in despair!' I tend to be an optimist and live in hope!

**A frequently given etymology, although widely rejected as a folk etymology, derives it from Hiram Codd, British soft drink maker of the 1870s, known for the eponymous Codd-neck bottle, with the suggestion that codswallop is a derisive term for soft drinks by beer drinkers, from Codd's + wallop ("beer (slang)") "Codd's ...*

With all the problems that they are causing in trying to put their message across, about 'Global Warming,' (which most of us are already aware of the fact that action needs to be taken to address many of the issues, which not only affect our daily lives and will affect future generations), Extinction Rebellion are rapidly losing support through their actions and behaviour, which is disrupting the daily lives of hundreds, if not thousands of people who need to travel to work, or to just go about making the most of their daily lives, shopping, touring or other reasons.



One of the latest incidents is when a man was called by his local hospital and told that he needed to get to the hospital, where his father was seriously ill and only had a very short while to live. He immediately set off to see his father for the last time, which meant that he had to undertake a thirty-minute drive to do so. Sadly, the misguided activists, who had put a boat across the road, and some had glued themselves to it, were blocking his normal route, and the journey took him three hours to complete. He arrived an hour after his father had sadly passed away.

According to press reports, when one of the leading protestors was approached and told about the incident, she shed 'crocodile tears!

Having worked as a police officer then a civilian for a total in excess of thirty-six years, I am appalled that the blatant obstruction of a highway is allowed to go on under the eyes of our hard working police officers, when, for as long as I can remember, it has been what one would term as 'case stated in law, that, a brick in the road is deemed to be an obstruction, therefore, a boat deliberately placed to obstructed the free access of other road users, is most definitely an obstruction.

As much as I support positive legal action and other legal measures to reduce pollution and the carbon footprint, society cannot allow this unlawful behaviour to continue and to disrupt peoples right of access, as they try to go about their legitimate reasons to do so. It is time that these activist and agitators, were brought into line, and, once and for all, this type of illegal protest became '*extinct!*'

Perhaps the new incumbent of Number 10, will restore 'Sense and Sensibility?' Watch this space.....

Well, I'm glad I got that rant off my chest, perhaps there are better times ahead?



"He uses my name as his password.
I told you I'm his favorite."

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Don't let anyone hound you for your passwords

Good advice from: **GET SAFE ONLINE** WEBSITE:
<https://www.getsafeonline.org>

Passwords & Securing Your Accounts

Passwords are like keys to your personal home online. You should do everything you can prevent people from gaining access to your password. You can also further secure your accounts by using additional authentication methods.



Passwords: When creating a password, make sure it is long and strong, with a minimum of eight characters and a mix of upper and lowercase letters, numbers and symbols.

You should also remember not to share your password with others. Make your password unique to your life and not something that is easily guessed. It is

a good idea to have a different password for each online account.



Write down your password and store it in a safe place away from your computer and change your password several times a year.

Other Ways to Secure an Account: Typing a username and password into a website isn't the only way to identify yourself on the web services you use.

- **Multi-factor authentication** uses more than one form of authentication to verify an identity. Some examples are: voice ID, facial recognition, iris recognition and finger scanning.
- **Two-factor authentication** uses a username and password and another form of identification, often times a security code.

Over time, more websites will be adopting multi-factor authentication. In some cases, the services may be available, but are not required.

Many email services offer two-step verification on an opt-in basis. Ask your financial institution and other online services if they offer multi-factor authentication or additional ways to verify your identity.

BULLET POINTS

- **Secure your accounts:** Ask for protection beyond passwords. Many account providers now offer additional ways for you verify who you are before you conduct business on that site.
- **Make passwords long and strong:** Combine capital and lowercase letters with numbers and symbols to create a more secure password.
- **Unique account, unique password:** Separate passwords for every account helps to thwart cybercriminals.
- **REMEMBER to write it down and keep it safe:** Everyone can forget a password. Keep a list that's stored in a safe, secure place away from your computer.



“I’d like to commend you for telling me your password. What is it?”

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DON'T BE FOOLED !

BE FIRE AWARE THIS SUMMER



Photo Harlow Fire Station, Colin Freeman

As the temperatures rise and with dry conditions on roadside verges, items thrown from passing vehicles such as glass bottles, cigarette butts and plastic can spark fires.

As well as having to deal with vehicle and carriageway fires, crews often have to damp down, verges, nearby woods and fields beyond that, highlighting the scale of the problem.

Smoke from roadside fires can drift across motorways posing a hazard to drivers. With the land being so dry, it often only takes a small spark to take hold. We’d urge people to avoid throwing any items from vehicles at any time, but particularly in these hot conditions. **Please take all of your litter home** with you or dispose of it in a proper manner. ***Don't sling it – Bin it!***

With the increase of temperatures during July, It, is highly likely that people will see the country fire services have been dealing with a large number, of grass and

outdoor fires, many of these are easily prevented by people taking extra care in these very dry conditions.

With the hot, dry weather, any glass object has the potential to refract the sun's light and it's so easy for a fire to start from a discarded cigarette.



Keep Britain Tidy - Litter Campaign

Littering at the side of the road is not only illegal, but significantly increases the risk of fire and has the potential to tie up valuable resources that could be used elsewhere which in turn could put people's lives at risk.

While Highways England clears litter, picking it up close to fast-moving traffic puts road workers at risk. It is also unsightly as well as a risk to wildlife and the environment. Both the Highways Agency and the UK Fire Services, urges road users to take their litter home and are working with partners such as Keep Britain Tidy to tackle the problem at source and make littering socially unacceptable.

Every year, Highways England removes about 200,000 sacks of litter from across our motorways. Clearing litter from busy roads such as motorways is a huge challenge costing time and money which could be better spent on other priorities.

Drivers travelling in this heat wave are being advised to: -

- take a bottle of water with them before setting out to ensure they stay hydrated
- plan and leave plenty of time for their journeys
- check the weather forecast for their destination

- check travel conditions before setting out and, where it is safe to do so, during journeys
- ensure their cars are fit for the journey



Barbeque safe this summer

Advice from Essex County Fire & Rescue Service

Now that the warm, light evenings are with us and the summer holidays are fast approaching, barbecues are beginning to sizzle across Essex.

But behind the bangers and burgers, summer fun has a serious side. Essex County Fire and Rescue Service, as part of the Fire Kills campaign, is asking everyone to take extra care when cooking al fresco, especially when lighting barbecues.

Neil Fenwick, Head of Community Safety said:

“It’s natural to want to go outdoors and enjoy the warmer weather with family and friends - many of us can’t wait to get the barbecue lit. We all know how tempting it can be to give stubborn coals a helping hand, but, please be patient and make sure you use the right tools for the job.”

“And if you’ve planned a barbecue and the weather lets you down, don’t take the barbecue indoors or into a tent. In recent years, some people have sadly succumbed to carbon monoxide poisoning as a result, so we are urging everyone to stay safe this summer.”

Following the fire service's top tips, you can ensure your barbecue is a safe, enjoyable event. **Never leave a lit barbecue unattended.**

- **Follow the safety instructions provided with disposable barbecues.**
- **Never use a barbecue indoors.**
- **Make sure your barbecue is well away from sheds, fences, trees, shrubs or garden waste.**
- **Keep children, pets and garden games away from the cooking area.**
- **After cooking, make sure the barbecue is cool before moving it.**
- **Use enough charcoal to cover the base of the barbecue, but not more.**
- **Empty ashes onto bare garden soil, not into dustbins or wheelie bins. If they’re hot, they can melt the plastic and cause a fire.**
- **Enjoy yourself, but don’t drink too much alcohol if you are in charge of the barbecue.**
- **Always keep a bucket of water, sand or a garden hose nearby for emergencies.**
- **NEVER pour petrol onto your bbq.**

Sense and Sensibility



Oh Sun, the planet we adore,

Oh Sun we like to worship more,

Cover up it wisely says or you'll be sore.

Most of us feel uplifted when the sun does shine,

But many forget its power to burn, as many take off

Clothes that protect, their personal safety they tend to forget!

If like me your hair is thin, wear a hat to keep your head from turning or blistering into red.

Those macho men, who remove their shirts, are in danger, unless Sun screen covers what they have exposed, from their top down to their toes.

Ladies who bekinis' wear, risk their bodies as they bathe, in danger of something very grave.

What's he saying they enquire, the answer comes in warning tones, skin cancer can soon take hold, so cover up from head to toe, or off to hospital you could go!

One or more severe, blistering sunburns can increase your risk of melanoma. Excessive ultraviolet (UV) light exposure. Exposure to UV radiation, which comes from the sun and from tanning lights and beds, can increase the **risk** of skin cancer, including **melanoma**.

A Burning Issue

I am often appalled at seeing children and young people, playing outside in the sunshine, especially boys, who think that it is cool to take their off their shirts or tops, often in full view of their parents or guardians, who need to educate the children in respect of keeping safe in the sun!

RoSPA

During the school holidays, and, particularly in hot weather, increasing numbers of children put themselves at risk of drowning. On average 40-50 children drown per year in the UK.

To keep yourself safe, when you are in, on or beside water, always follow the Water Safety Code.

The Water Safety Code - Spot the dangers!

Water may look safe, but it can be dangerous. Learn to spot and keep away from dangers. You may swim well in a warm indoor pool, but that does not mean that you will be able to swim in cold water.

The dangers of water include: -

- it is very cold
- there may be hidden currents
- it can be difficult to get out (steep slimy banks)
- it can be deep
- there may be hidden rubbish, e.g. shopping trolleys, broken glass
- there are no lifeguards
- it is difficult to estimate depth
- it may be polluted and may make you ill (many rivers, lakes and canals may be infected and carry risks, especially if you cuts, grazes, or abrasions.

Weil's disease is a form of a bacterial infection also known as Leptospirosis that is carried by animals, most commonly in rats and cattle. It can be caught by humans through contact with rat or cattle urine, most commonly occurring through contaminated fresh water.

Debris, such as shopping trolleys, bicycles and other metal objects are often dumped or thrown into water by irresponsible people, thus putting others at risk.



Take safety advice!

Special flags and notices may warn you of danger. Know what the signs mean and do what they tell you.

Learn about water safety signs and the flags you should look out for on the beach: -

<https://www.rosopa.com/Leisure-Safety/Water/Advice/Signs.aspx>

Go together! Children should always go with an adult, not by themselves.

An adult can point out dangers or help if somebody gets into trouble.

Learn how to help!

You may be able to help yourself and others if you know what to do in an emergency.

If you see someone in difficulty, tell somebody, preferably a Lifeguard if there is one nearby, or go to the nearest telephone, dial **999**, ask for the Police at inland water sites and the Coastguard at the beach.

Don't Rubbish Essex

In the news on the 18th July.

A man who dumped a mattress, in Harlow, alongside packaging with his own name and address on November 7th last year, was subsequently issued with a fixed penalty notice, which he failed to pay, Chelmsford Magistrates fined him £150 for the offence, £300 to cover the council's legal costs, plus a £30 victims surcharge.

In a different case, rubbish was dumped outside Parndon Wood Nature Reserve in Harlow (a current hotspot for littering and fly tipping offences). He was unaware that the council had installed covert CCTV, which clearly pictured him dumping soil and plant pots on June 17th and, also recorded his vehicle registration number. He received and paid an £80 Fixed Penalty Notice.

Many Councils are now routinely installing covert CCTV cameras at locations which are regularly blighted by fly tippers. Harlow Council offers a bulky waste collection service, with prices starting from £25.50p for up to five items.



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**HELPING COMMUNITIES
TO HELP THEMSELVES**

