Strictly Comes to Lily Hill Park
From Ian Hallam

On Thursday, 13th December the club had a visit from the Strictly Dancing – It Takes Two team to film a dozen senior player and academy members doing the “Strictly Shimmy”. A BBC production team comprising of 3 camera operators arrived at the club at 4.00pm to start preparations for filming.

Winding back a week, the club had been approached to see if we would be interested in taking part in the It Takes Two show – naturally we said yes to this and then advised the Head Coach! We were told that a professional dancer from the Strictly show would come down and spend a couple of hours putting our players through their paces and then shoot a price for the TV. The assistant producer advised last year’s winner Aliona Vilani would be the lucky girl given the task. Unfortunately after this cause lots of debate and comment on the Players Facebook page she was replaced by Natalie Lowe – still after fitness coach found and posted a picture of her on Facebook, nobody was left disappointed!

So on a freezing cold night, on a frozen pitch 12 keen publicity seeking volunteers turned up to be put their paces. The first hour was spent achieving back ground shots of players doing various rugby drills (appallingly) whilst Natalie Lowe was interviewed around the club house; one female camera operator will certainly remember this as she was wiped out by Matt Surman – watch out for this appearing on a “Best Video” TV show!!

Finally an hour of hilarity ensued, hats off to Natalie and the team - trying to teach 12 left footed rugby players to do a simple dance – not a task you would like to attempt. See the video on the club website “Strictly Shimmy – Take 1” and you will agree.

The end result will be shown this Thursday, December 20th at 6.30pm in the It Takes Two show on BBC2 and you never know a small clip may make BBC1.
Visit to Bracknell RFC

It did occur to me as I drove the short distance to this game, that faced with a chance to make the most of a bit of late summer sun, some might show rather more ambition than taking in a rugby match from the 6th tier of the English system. It’s a place I’ve often fancied visiting out of curiosity, having driven past on many occasions. Indeed, in the winter months, anyone could stand on the Ascot Road and get an almost unimpeded view of a game. Being out in Bracknell’s outer fringes, it’s actually in quite a nice area next to Lily Hill Park, the grounds of an old mansion house. Now rentable office space, this old house was once owned by defence contractor Ferranti. During my time at Ferranti twenty years ago, it was found that highly important paper tape back-ups of software that powered submarine command and control systems were stored at Lily Hill, where someone had rather unwisely stored them in a damp cellar. I don’t know how much we were paid to store them, but I doubt governments around the world would have been too happy to find their back-ups had largely been reduced to mould-infested mush, or nibbled by mice. I’d gone to the game earlier than I needed to, expecting to see fans in the club bar watching Worcester v Gloucester on ESPN. I was a bit surprised then to turn up and see a 0-0 draw between Norwich and West Ham instead being show, to almost total apathy. Total apathy was reserved for the game too, as I could have done if I’d stayed at home. Despite a back-of-large-handwriting depth of knowledge when it comes to rugby, I was a list of 40 participants in an online rugby tipster competition, having winners of all 13 games in the season so far. Slightly embarrassingly, as actually my own website, so as much as I wanted a narrow Gloucester was actually slightly relieved that the draw ended my run in top spot. programme and enjoy the sun, and a Guinness or two. The programme was...
Enjoy Christmas Turkey and avoid SPAM - December 2012

Christmas for many of us is a time to celebrate with friends and families and enjoy giving and receiving, in the world of cyber crime it's also a time for giving and receiving, although the gifts are not always what they seem and the receiving part can often be your financial and personal information.

The cyber criminals obtain this information via unsuspecting emails known as SPAM. And just like turkey after boxing day this is something you may want to avoid.

To reduce the probability of becoming a victim avoid consider the following fifteen points when you receive an unexpected or unusual email:

1. Do I recognize the sender's email?
2. Is the sender's email address from a suspicious domain? (like Microsoft-support.om)
3. Have I received an email that was also sent to an unusual mix of people or a group of people whose last names start with the same letter.
4. Does the email subject line match the contents of the email?
5. Is the email message a reply to something I never sent?
6. Does the email not read easily or have bad grammar or spelling errors?
7. Is the sender asking me to click on a link or open an attachment to avoid a negative consequence, or to gain something of value?
8. Is the sender asking me to click a link or open up an attachment that seems odd?
9. Do I have an uncomfortable gut feeling about the sender's request to open an attachment or click a link?
10. Is the email asking me to look at a compromising or embarrassing picture of myself or someone I know?
11. When I hover my mouse over a hyperlink that's displayed in the email message does it link to an address that is for a different web site (This is a big red flag.)?
12. Does the email only contain a hyperlink with no further information and the rest of the email is completely blank?
13. Does the email contain a hyperlink that is a misspelling of a known web site. For instance, www.bankofamerica.com - the "m" is really two characters - r & n?
14. Has the sender included an email attachment that I was not expecting or that makes no sense in relation to the email message?
15. Can I see an attachment with a possibly dangerous file type (especially zip files)?

Have a safe and secure Christmas from all of us at CS Risk Management

Message From the Editor

The more astute readers may deduce that for this edition I have been struggling to get sufficient content to make up a meaningful November Newsletter. Indeed a December Newsletter issued on 19th. December is not really acceptable (to me anyway). No copy has been received from any of the rugby playing sections. I have largely made up the content of this issue but I am not prepared to (or able to) repeat that every month.

DO YOU WANT A Newsletter. If so please give me something to include. If not I can find better things to do with my time.

Enjoy your Christmas and lets look forward to the New Year