

DONCASTER



Registered Charity No. 11074577



June - July 2018

From the Chair



This is the last edition of the newsletter before the Annual General Meeting, when I must stand down as Chair after my statutory two years in office. I have enjoyed the experience, and hope that I have been able to contribute positively towards the ongoing activities and interests of our members. It must be said that I have been part of a team that has worked together in looking after your interests. We are only one of 1000+ U3As in the UK, each one having their own constitution and interest groups etc. and each one registered as an individual charity. We are registered with the Third Age Trust, which is our parent body, which produces the Third Age Matters magazine, and which generally looks after the interests of all U3As, including keeping things legal with the Charity Commission. There have been several changes required of us this year, and I have been grateful for the way that our committee members have come together to implement them with as little change as possible for our members and Group Leaders.

I have to thank our officers **Wendy, Beryl** (retiring), and **John** for their help in the successful updating of some of our working practices including the implementation of the new Beacon database and the restructuring of our finances. Our two Group Co-ordinators **Diane and John**, as new committee members, have had a difficult introduction to their new roles, and I thank them for their industrious approach. We are also indebted to our Membership Secretary, **Jill**, who is our frontline contact with members old and new. Her industry seems endless. **Mark** has beavered away publicising our organisation throughout the town, and his efforts are bearing fruit. As I write these notes, our membership this year has just exceeded our target of 400. New members attending the monthly General Meetings are greeted by **Mike** (retiring) and his team as we endeavour to make them welcome and introduce them to our membership. I must not forget **Carole** who was looking after welfare issues until she herself became the victim of an illness that has restricted her availability. We wish her well. **Bridget** (retiring) may be the last committee member mentioned here, but her gathering of information, and contributions as Newsletter editor, are seen every time it is published.

Thanks to you all. You have enabled me to see my two years through much more smoothly than I envisaged.

Wendy, the current Vice Chair, is the one unchallenged candidate for Chair for the next two years. I trust that you will all unanimously approve her nomination at the AGM, and support her over her term of office. I have every confidence that she will lead us forward successfully into the 2020s.

George Kirk.

DU3A Committee Vacancies 2018-19

At the 2018 AGM on Monday 21st May nominations are required for positions to include Chair, Vice Chair, Secretary, and four other executive committee members. There are still some vacancies. According to our constitution under para 6(v) the attending members at the AGM can be asked for permission to ask for nominations from the floor to fill any other vacancies.

This June/July edition includes details of nominations already received by March 1st for vacancies on the executive committee.

DU3A General Meetings

Start Time 1.30 pm

These meetings will continue to be held on the 3rd Monday of the month at the Trades Club in the Frenchgate Centre in the Concert Room on the 3rd Floor.

Last year a number of our members confirmed that a 1.30 p.m. start enabled a finish in good time to avoid a busy journey home on buses that become crowded in the after-school period.

The room is hired until 3.30 p.m. so if there are any members who like to stay and chat, please be aware that there is no need to leave in a hurry. It is also an ideal time to contact committee members if you feel we can be of service.

Annual Subscriptions Reminder

At the E.G.M. meeting on 16th October 2017 the members voted to reduce subscriptions for 2018 -19. The new membership fees were due by 1st April and are **£14 per member, £24 joint membership** (single address). An additional £4 will enable members to receive the 6 published newsletters by post. Cheques are preferable though not essential, and should be made out to **DU3A**.

Your current Membership Number will be the same for as long as you remain a DU3A member. The colour on the newly designed card this year is Yellow.

If you wish to pay your subscription by post, please remember to include a **Stamped Addressed Envelope** when you send it to:

DU3A Membership Secretary, at the address on page 26

George Kirk



A warm welcome to our new members:

Joy Belk, Graham Brierley, Judith Britten,
Roberta Chalmers, Paul Dougan, Janet Feris, Roy Feris, Anna Gibbs,
Richard Gibbs, Brian Goodhead, Sue Hodge, Tony Hodge,
Jackie Humphries, Catherine Lawson, Julia Potter, Jackie Scrivener,
Lillian Smith, Linda Smith, Patricia Walters,

GROUPS - UPDATES/NOTICES

◆◆◆◆ HISTORY ◆◆◆◆

Jean Graville-King would like to inform members of DU3A that the History group is full to capacity and cannot accommodate any further people at present.

◆◆◆◆ DINING OUT ◆◆◆◆

The next meeting of the Dining out group will take place at **Vivo Italian restaurant** on Bennetthorpe on **Tuesday 19th June** at 6.30 p.m. for 7.00 p.m. Menus are available online or can be seen at the drop-in session on Saturdays between 11 a.m. and 1 p.m. where Joan will be in attendance. Please send your menu choices with a cheque made payable to DU3A to Joan by Saturday 2nd of June at the latest. Any queries can be dealt with by Joan (see contact number inside the back page). Please do not contact Carole due to her continuing ill health.

Thankyou.

Carole and Joan

◆◆◆◆ LOOKING AT ART ◆◆◆◆

The Looking at Art group will NOT meet at Priory Place Chapel on the 6th July. Instead, the group will visit an art gallery, venue to be decided. There will be no meeting in August.

Janet Gleadall

◆◆◆◆ LOCAL HISTORY ◆◆◆◆

There will be NO meeting in May as it is a Bank Holiday.

The next meeting on **25th June**, will be at the **Junior Library** opposite The Central Library. The venue for the July meeting is being negotiated.

Janet Gleadall

◆◆◆◆ TRAVEL ◆◆◆◆

The Travel Group have organised a day out to **Lincoln** on **Tuesday 5 June** departing at 10 a.m. from the bus station and arriving back by 6 pm. Final cost will depend on numbers but expected to be in the region of £10 a head. Please contact Wendy Hattrell to reserve a place.

On **3 July** it's time to go to the seaside. Same departure and arrival times for a trip to **Bridlington**. Again, please let Wendy know if you would like to come along.

Preference will be given to Travel Group members for both outings.

◆◆◆◆ APPLIED CRIMINOLOGY ◆◆◆◆

Due to distressing circumstances, as notified to members via email, it is with great regret that the current programme of meetings of the Applied Criminology group has been cancelled. Peter may start up the group again in the future. Please check your emails and the DU3A website for details.

The proposed trip to Ripon on 6th June has also been cancelled.

◆◆◆◆ CRIMINOLOGY COURSE ◆◆◆◆

For those of you who were inspired by the presentation by Sue, from 'Think Forensic', you may like to look at a **short, free course**, offered by the Open University. It is called 'Forensic Science and Fingerprints' and can be found using your search engine by entering 'Forensic Science and Fingerprints Open Learn'.

If you have any queries please come back to me.

Peter Gospel

Forthcoming General Meetings

- 18 June 2018: Speaker: Ann Featherstone:
Topic: Music Hall: singers & dancers
- 16 July 2018: Speaker: Maureen Taylor:
Topic: Bess of Hardwick a woman of many parts
- 17th September Speaker: John Stirling:
Topic: Theatre to actors & much more

Sunday Lunch

THE EARL OF DONCASTER - 24th June 2018 at 1.00 p.m.

Prices are: £14.95 for 2 courses:
£16.95 for 3 courses
Tea/Coffee extra

Menu available from Monday 11th until Monday 18th June. Please contact me to make your choice from the menu. Let me know if you are unable to attend this lunch.

GEORGIAN TEAROOMS - 15th July 2018 at 1.00 p.m.

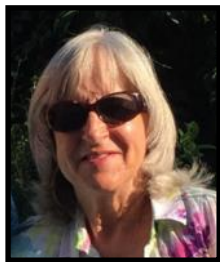
Prices are: 2 courses: £14.95
3 courses: £17.95
Tea/Coffee included

Please contact me to make your choice from the menu, available from Monday 2nd until Monday 9th July, or to let me know if you are unable to attend this lunch.

Eileen Dickson

DU3A Committee Nominees

Wendy Hattrell



It is many years since I joined Doncaster U3A – and I have enjoyed every one of them. I spent a number of years as Newsletter Editor and after that as Group Co-ordinator. Latterly I have been Vice Chairman and responsible for Beacon (database) administration. I have been a member of the committee since 2012. I am group leader for 4 groups. I am married and live in Tickhill. So far I have 4 small grandchildren – all boys – one more for a five-a-side football team!

It is with pleasure that I have allowed myself to be nominated for the position of Chairman. We have been fortunate to have had so many skilled and caring people as Chair of this important organisation in the past and I hope I will be able to continue to keep us moving forward with increased membership and more interest groups should I be elected.

We are entering uncharted waters in many ways – a new Third Age Trust Chief Executive has meant changes to the administration and this coupled with changing government legislation means we will have to make adjustments to the way some things are run. However, I'm sure you will continue to give your full support to the committee/trustees as we put changes in place.

Nominated by: Chris Woolven Seconded by: Diane Woolven

George Kirk

I have been a member of Doncaster U3A for about eight years. It seemed fitting that about five years ago I upheld my background as a Scotsman living in Yorkshire, by being elected to look after members' financial interests in the capacity of Treasurer. I held this post for three years before being asked to stand as Chairman, a position I have enjoyed for the last two years. During that time it has been my privilege to work with a very able and willing band of committee members who have all contributed towards being part of a successful and forward-looking administration, pulling together as volunteers on behalf of the membership. We have all been members of various interest groups. I myself have been encouraged by my wife Carol to enjoy my experiences with Travel, Bridge, Applied Criminology, Dining Out, Smartphones, Ten Pin Bowling, Scottish Country Dancing, and I have recently set up a Crown Green Bowling group.



Our constitution demands that after a two-year period, committee members must retire or offer themselves for re-election. I am happy to be nominated as a committee member for a further two years.

Nominated by: Denise McNeilis Seconded by: Hilary Anderson

Jill Laming



I am the present Membership Secretary. I have been a member of DU3A since 2011, first as a member and then I joined the committee in 2012 and became Membership Secretary. I enjoy my job as it is interesting to talk to members and prospective new ones. I hope that I will be able to serve two more years as our numbers continue to increase. We have now reached 400.

Nominated by: Hazel Lee Seconded by: Iris Speight

Vanessa Whaley

Hi, I'm Vanessa, wife, mum and more importantly, Nanna.

I've been an enthusiastic member of the DU3A for four years and totally embrace the philosophy that life is for living, learning, experiencing and loving.

My lifestyle includes adventure holidays, the theatre, the great outdoors, learning to play the saxophone, a fair amount of childcare and a general celebration of life. I volunteer at Potteric Carr, Yorkshire Wildlife Trust, helping the education officer in the 'Inspiring Young People' project. Included in 'other interest' are the W. I., learning to sew and running the Love of Nature group here for the DU3A.

My career started in the NHS and concluded there. I was a team worker and team leader, working within in-patient units, community services (in various roles) and specialist clinics. I worked in partnership with another charity, Macmillan Cancer Relief to develop and manage one of the specialist clinics in Specialist Palliative Care.

I would like to offer my skills and knowledge to support the committee in strengthening and cultivating our DU3A, raising awareness of and promoting our organisation as well as helping to develop guidelines to ensure our organisation is safe for groups and group leaders.

Nominated by: Diane Woolven Seconded by: Jane Page



David Smith

My late mother being a member of a Scottish branch of the U3A gave me a great incentive to join the DU3A when I retired to Doncaster. Having had a busy life with various commitments, the DU3A seemed a good opportunity to continue with joining various groups. Having left the Army with skills in Desk Top Publishing, I felt these could be offered as one contribution. Having attended one of the Committee Meetings as a visitor has confirmed my ambition as a way forward with the DU3A.



Nominated by: John Hope Seconded by: Barry Edge

Looking at Art

April 2018:

During this session the group discussed the artist Paul Cezanne. He was born in Aix-en-Provence, France in January 1839. His father was a rich banker and, unlike many artists of the time, Cezanne had a lifetime of financial security. When he was a young teenager he met Emile Zola, the French writer, and they became lifelong friends. He studied drawing for six years under the tutorage of a Spanish monk, Joseph Gilbert. During his early life he also met the artist Pissarro who also became his friend and mentor, encouraging artistic talent. Cezanne was 14 when he began seriously painting through his 67 years of life. He used many techniques and painted a wide variety of topics.

May 2018:

The Sistine Madonna

The model for 'The Sistine Madonna' is assumed to be Marguerite Luti, the daughter of a baker, and Raphael's mistress for the last twelve years of his life. She sat for at least ten paintings for Raphael, six of which were 'Madonnas'. The painting underwent restoration in 2000, and a series of X-rays revealed that she was originally painted wearing a large ruby ring, likely to be a betrothal ring. The background was filled with branches of myrtle and quince, sacred to the Greek Goddess Venus, symbolizing love, erotic desire, fertility and fidelity. These details, hidden for over 500 years, had been painted over, probably by one of Raphael's assistants, shortly after his death.



The Transfiguration

'The Transfiguration' is the last picture painted by Raphael. He worked on it for four years, from 1516 to the year he died in 1520. It is a very large painting (410 cm. by 279 cm.). It was commissioned by Pope Clement VII as an altar piece for the Cathedral of Narbonne, of which he was also the Archbishop. It was left unfinished by Raphael because he died in 1520. The painting was completed by his assistants Giuliani Romano and Giovanni Penni. However, the Cardinal kept the painting in Rome and on his accession to the Papacy in 1523 he gifted it to the church of San Pietro, in Montorio, Rome. In 1774 the new Pope Pius VI had a copy of it made out of mosaics and installed it in St Peters Basilica.



The painting illustrates the dual human and divine nature of Christ. The upper part portrays the transfiguration of Christ flanked by Moses and Elijah on Mount Tabor, south east of Nazareth - as recorded in St Marks Gospel in the New Testament.

Later the painting itself was looted by Napoleon in 1797 and taken to Paris, from where it was repatriated in 1815.

As a results of major restoration in 1977 by artistic experts, the full colour of the painting is fully visible and has regained its former colourful splendour. The painting now hangs in the Vatican museum.

Jean Graville-King

For the Love of Nature

DAWN CHORUS

Our dawn chorus event was feared a wash-out following the unspring like weather recently but we were, thankfully, very pleasantly surprised. It was cold, ground frost cold, but bright and fresh and tingly when we set out at 5.30, yes 5.30 a.m. to witness what we glibly call the dawn chorus when actually it was well past dawn. With the promise of the kitchen opening early for us at Potteric Carr we strode forth around the reserve listening out for the early bird. Andy, our leader for the event, had already been out onto the reserve and was aware of which birds were up and about busy building nests and defending territories.

We were introduced to the chirrupings and chirpings of quite a few types of warblers (Cetti's, Sedge and Reed) around the reed beds. Andy's hearing being very acute was tuned, obviously, to the sounds of all birds difficult to spot and identify.

Very knowledgeable and passionate, as regards the life cycles of the birds and of conservation, Andy explained, as we were exploring, the reasons why the reserve is managed in certain ways for the different species already living on the reserve and the ones the rangers are trying to encourage.

Moving out of the reed beds into the grasslands we heard the 'flutey' (Andy's description, not mine) tune of the blackcap, sometimes mistaken for the blackbird, but Andy informed us we had missed the blackbirds – they were up first and had done their singing and were now feeding frenziedly.

Vanessa Whaley

Tenpin Bowling

"Fix ! Fix !" That was the cry at the end of the March bowling session. Group leader Linda and husband Rod took the trophies, so well done to them. They'll be up for some competition in May.



Come along to our next session on 17th July at 3.00 p.m. at the Doncaster Bowl - and a bite to eat at the Cheswold if you fancy that. We look forward to seeing you

Mike Bowser

CROWN GREEN BOWLS



Easter is supposed to see the start of the fair weather outdoor sports. Well, we have started, but still with the need to wear warm clothing, as the photo suggests. Our regular group numbers vary from three to six or seven each week at Haslam Park, and the standard of the beginners is beginning to impress the two or three seasoned bowlers. We are a merry bunch who enjoy the exercise every Thursday afternoon if we are not on a cruise, or on a caravan break, or visiting relatives, or child minding. Merging with the Probus group who also arrive for a 2 o'clock start we have had some very entertaining moments, including taking on our more experienced

opponents and winning the odd game.

We would like our regular numbers to increase this year, so any DU3A members who would like some jovial outdoor exercise in a social setting, please come along. You don't need to have any previous knowledge of how these bowls just cannot seem to stay on a straight line when you aim them at a static object ball. You don't even have to bring any with you - there is a supply for you to choose from.

If you are interested, you can contact me via email (see page 26) or click on the Blue Bird on the Crown Green Bowling page of the Doncaster U3A website.

Tell you what - just turn up, we'll be glad to see you, especially if you bring the sun with you.

George Kirk

SCOTTISH COUNTRY DANCING

Members of the DU3A Scottish Dancing group clearly enjoying themselves. There is plenty of room for new members. Just come along for the fun. Every Friday morning at the Methodist church opposite St Peter in Chains,"

Chris Woolven



STROLLERS - ARKSEY WALK

It did not look very promising for the start of our April walk. We had gathered at the Teapot in Arksey and were pre-ordering our lunch for later, when we had a heavy shower. Reluctantly we left the shelter of the café and headed out of the village towards the railway crossing leading to the Bentley Community



Woodland. Luckily the rain began to ease and the sun came out. After carefully negotiating the crossing we enjoyed a short but pleasant walk, past the lake and up to a high point with good views of Doncaster. Back again into Arksey village, we walked past the old church and almshouses. We had a brief stop for a photo call before heading back to the Teapot where a long table had been reserved for us all to enjoy lunch together.

Allen and Brenda Whittaker

FIRST AID AWARENESS COURSE

Thirteen members of DU3A attended a two and a half hour awareness course led by Don Buxton who is a Community Education Trainer working for the Yorkshire Ambulance Service. The course featured how to recognize a heart attack and cardiac arrest and actions to be taken. Using the initials "FAST" he explained the correct procedures to follow in the two situations.

He demonstrated the use of CPR in resuscitation and how to put a person into recovery. Hands on experience gave us the opportunity to have a go at CPR using his demonstration dummies

Don then demonstrated how a defibrillator worked and how these are so valuable in making the difference between life and death, so much so that Parish councils and other organisations are beginning to recognize their worth and are purchasing them, but they are quite expensive. My own P/C have just had one installed and we await the training.

Choking was also covered and Don demonstrated what to do.

The course was very well presented with Don throwing in a good few anecdotes and quips.

Jill Laming



Kefir - Not Just For The Archers!

Tom and Helen Archer have needed help selling their kefir they needed me! I am utterly convinced about its ability to repopulate the human gut with good biotics. After six years of lanzoprazole, sleeping almost upright, frequent bad reflux difficulties and bottles of Gaviscon, I decided I should seek an alternative. I bought a book called 'The Clever Guts Diet' by Dr. Michael Mosley (Short Books 2017) where I found a discussion about kefir. I admit it was the connection to The Archers that first attracted me, but after lots of research it was clear there was something to this stuff.

I bought grains online - they look like little cauliflowers and feel like rubber and cost a pound per gram. Twenty grams delivers 500ml, of kefir. Kefir takes very little equipment and makes itself! It is a fermented milk drink made from cow's or goat's whole unfiltered milk - but tastes nothing like milk at all and in the process it eats all the lactose, meaning that lactose intolerant people can drink it, with a slow phased introduction. It is



extremely easy to make and as it grows by ten per cent a day there is plenty to give away. It tastes tart, slightly fizzy as it ages, rather like drinking yogurt - but far better for you! It has amazing properties, which I cannot go into here as space does not allow, but it contains more than four times the pro- and pre-biotics found in live yogurt, with multiple strains of live, friendly bacteria that restore and replenish the gut. It is especially important to restore order to a gut subjected to antibiotics, which destroy good as well as bad biomes. The research that has been done into its properties says it is one of the most probiotic foods available on the planet.

A serious word of caution here - kefir is rich in vitamin K, which destabilises warfarin so must not be drunk by people taking that medication. The recommended dose per adult per day is 171ml, a wine glass, first thing in the morning, an hour before eating so it has a chance to do its work.

Homemade kefir is easy and far more powerful than any you buy in shops - even in Ambridge! The word means 'good feeling' and I can tell you that I stopped taking medication when I started drinking kefir. After a couple of weeks there was a noticeable improvement and I had acid burn far less frequently. I still slept upright but on the whole everything was much better. I have now been drinking it daily for three months and I very seldom have any hint of acid. I lie down to sleep with one pillow and can't remember when I last used Gaviscon! I am careful not to eat after eight in the evening and I avoid the few things that I know will be a problem (mainly pastry). I also make all our bread and bread products - perhaps I can bore you about sourdough another time?

Read about kefir online and, if you are as impressed as I was and want to let it into your life, contact me for further information regarding using and obtaining kefir grains (email address can be found inside the back page).

Paula Harmer

NATIONAL U3A

Shared learning and research

Coming soon on Sources Online will be updates on research news from the Wales Coast and Borders project, Chorleywood U3A and London Region of U3As.... as well as the latest stories from our National Subject Advisers including Play Reading.

For more, please visit
sources.u3a.org.uk

National summer schools

There are still places available on some of our residential courses this year. Cryptic Crosswords, France, Garden History, Literature/Philosophy, Mathematics, Opera, Play Ukulele and Spanish History still have spaces at **Harper Adams University** in Shropshire -
Mon 23rd to Thurs 26th July.

Or book now for Music, Drama, Latin, Musicals and Singing at the **Royal Agricultural University** in Cirencester -
Tues 11th to Fri 14th September.

To book a place go to
summer-schools.u3a.org.uk

DU3A Calendar 2019

The Digital Photography group are currently compiling the DU3A calendar for 2019.

We would be grateful if group leaders would submit a photo of their group for inclusion in the calendar. Please check that everyone has given permission to have their picture included.

Chris Woolven

Membership renewal 2018/19

Full Name/s:

Address:

Please tick the appropriate box:

Single membership: £14.00

For couples living at the same address:

Joint membership: £24.00

Please make cheques payable to Doncaster U3A .

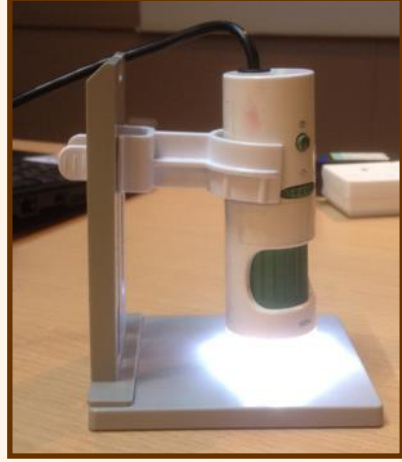
Single membership with posted Newsletter: £18.00

Joint membership with posted Newsletter: £28.00

This slip should be returned with your payment to: The DU3A Membership Secretary, (see page 26 for the address) or handed over at a General Meeting. If posted please remember to include an SAE for the return of your Membership card.

Membership Renewal slip: see previous page

(New members - please contact the Membership Secretary
for a New Members form)



Visit by Forensic Scientists

As Group Leader for the Applied Criminology Group I have to confess I have made a mistake.

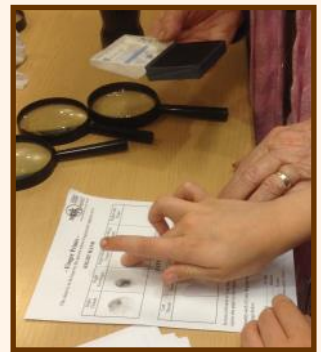
Sue Proctor, from a company called **Think Forensic**, offered to visit the group on 26th March. I chose the date not realising it was in the Easter School Holidays. As many members have 'grand parenting duties' at this time, one member, not wishing to miss the presentation, asked if she could bring her 10-year old grandson to the event. We were therefore joined by 'Alfie', ten years old, bright as a button and enthralled, as were the rest of the group, with the excellent and practical demonstrations. Sue, the scientist, really got Alfie and the rest of the group involved in a variety of Forensic Skills. We were taking, after instruction, each other's fingerprints (no-one was revealed as being 'Wanted'). We were shown how scientists take casts of foot and tyre prints. It does not take too much guesswork to work out who was selected to have a cast of their footmark taken. Alfie took home a memorable present at the end of the day.

It must have been a challenge for Sue as the audience varied between Alfie and a retired Detective Superintendent. She really kept everyone involved and told us how various cases had been solved by this technique. Certainly before the advent of DNA testing.

The event concluded with a demonstration of a new technique called ESLA – Electro Status Lifting Apparatus. This can be used to examine footprints on carpets and other rough surfaces such as concrete.

On behalf of the group, I would like to express my sincere thanks to Sue for her time and sharing her expertise.

Peter Gospel



Go to the Applied Criminology page on the DU3A website to see more pictures.

Memory

*Memories are made of this, that and the other
Some fond, some bad, some of father and mother.*

*Memory plays tricks and alters the fact
Reminiscence, nostalgia and joy re-enact.*

*Now I remember to forget and forget to remember
Remind me mine's short and dies like an ember.*

*Life long ago, however, remains clear and distinct
Why aren't the two inextricably linked?*

*Lose it or use it with recalling a name
Finding my keys is my daily game!*

*Amnesia, Alzheimer's and dementia abound
My memory, I'm losing it, will it ever be found?*

*Lynne Harrison
Writers group*

Dining Out

The latest meeting of the Dining Out group was held at El Toro Tapas restaurant in Nether Hall Road on Tuesday 10th April. The staff were charming and efficient and the food varied, plentiful and delicious and our vegetarian member was very well catered for. Indeed the food was so plentiful that none of our group had room for a dessert. We all agreed it certainly merited a return visit. So for anyone who has not visited yet, it is well worth a try.

Carole and Joan

Mistle Thrush



In the three winters I have been north I have seen the Mistle Thrush digging for worms and snails in the open space at the back of my bungalow. This spring I have had the pleasure of seeing this couple build a nest in the tree close to my front room window and successfully rearing a brood of four babies. I watched, sitting on my settee, with my

binoculars. The parents were very attentive chasing off any other birds that landed in the tree. The birds brooded frequently as the weather was quite cool at times and they sheltered the babies when it was raining. I took quite a few pictures, again from my front room, camera pressed up against the window. It was good to see them progress from balls of fluff into feathered birds. Later they started the wing flapping and I thought they would soon be leaving the nest. One morning I came out to look and the nest was empty. They had flown. I just hope that they all survived. It was a lovely experience for me to witness.



Anne Windle

Since sending in the above article, I have seen today the thrush is back sitting on the nest for the second brood !!! *Anne*

YAHR: REGIONAL WORKSHOP **Art Appreciation and Art History**

Supporting our Group Leaders and Improving our Interest Groups

10.30 a.m. **Friday 8th June 2018**

at Church House, 17-19 York Place, Leeds, LS1 2EX

Aimed at Group Leaders of Art Appreciation and Art History.

The day should be very interactive with plenty of opportunities to share ideas. We will also discuss the possibility of establishing a 'Network' for the Leaders across the region. Ideally we would like every such group in the region to be represented, so if your Group's Leader is unable attend, please nominate a substitute to represent the group

The event is Free to attend. It is to be funded by the Third Age Trust

To Apply - either:- 1) Go to yahrU3A.co.uk and use our online form; OR
2) email our secretary via secretary@yahru3a.co.uk

The CLOSING DATE for applications is **25th May 2018** More information at::

<https://yahru3a.co.uk/wp-content/uploads/2018/03/2018-ARTAP-Programme.pdf>

PUZZLE PAGE

Make two five-letter words from the following letters:

L A G O E H E R S G → +

Make two six-letter words from each of the following sets of letters:

H T I G I E T R K P N A → +

U R O S T E N E R U M P → +

R O E O I W P T N U A D → +

.....

Place the groups of letters in the correct order to make well-known proverbs:

1. AKE RTS AKE SAL ITT RLD TOM LSO AWO

Proverb 1:

2. THE ROW DER ABS HEA

FON ENC KES RTG EMA

Proverb 2:

Solution to April/May's puzzle

	A	B	C	D	E
1	T	tangle	angle	lane	G
2	H	shaped	spade	sped	A
3	E	alpine	plain	pain	L
4	T	litter	litre	tire	L
5	A	leased	Leeds	sled	E
6	T	trance	crane	cane	R
7	E	prayer	parry	parr	Y



Welcome to the June/July culture page

Just a few ideas for up and coming things you may like to do.

Cast

Saturday 14th July- **Some Guys have all the luck – Rod Stewart story**

Friday 20th July to Saturday 21st July – **The Magic of Motown**

Call 01302 303959 or visit

<https://www.castindoncaster.com/Pages/Events/Category/whats-on>

Hall Cross Lower School

SIMPLY VOICES present their two hour **Summer Concert**

We are a large choir who Sing for fun whilst raising lots of money for local charities

Wednesday 11th July. Doors open 7.15 p.m. £6.00 per ticket

Contact Jess for further details – 01302 539628

Sheffield Lyceum

Wednesday 11th to Saturday 14th July – **The Dusty Springfield Musical**

Monday 30th July to Saturday 4th August – **The Play that goes Wrong**
(comedy)

Call 0114 2496000 or visit <https://www.sheffieldtheatres.co.uk/whats-on>

Doncaster Minster

Friday July 13th – **Minster Summer Dinner**

A 3-course meal for £37.50 pp – all profits to the restoration fund

Email louisebrien@doncasterminster.org.uk or call 01302 323748

Hope you find something to enjoy.

Jess Parkinson



Photography Competition

The DU3A Digital Photography group announce a photography competition:

- 1 The theme of the competition is "**Summer**";
- 2 All work must be the author's own work;
- 3 Your entry must show on the reverse side:
Your name, address and DU3A membership number;
- 4 Two winners will be chosen, one by the Digital Photography group and one by public vote (DU3A members) on the day and one prize will be issued for each winning entry;
- 5 The closing date for receiving your entry is **17th September 2018** - deliver to the Trades Club at the Frenchgate Centre (at the General Meeting);
- 6 The competition is open only to Doncaster U3A members;
- 7 Entries may be in colour or black and white;
- 8 The maximum number of entries per person is one, printed to a maximum size of A4;
- 9 Results and photos will be displayed at the General Meeting at the Trades Club on **15th October 2018**;
- 10 DU3A may use the pictures in their publications and/or displays/exhibition;
- 11 If faces of people are shown, please ensure you have their consent to publish/show the image;
- 12 Photos can be collected after the exhibition on 15th October and must be collected at the latest, by November 19th (General Meeting at the Trades Club).

Terry Gunnill

If you have any queries/questions please email me.



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 - VERSION 4

<https://www.met.police.uk/globalassets/downloads/fraud/the-little-book-of-big-scams.pdf>

- Wi-Fi hotspots
- Online Shopping and Auction sites
- Computer Software Service fraud
- Romance and Dating Fraud
- Recruitment Fraud
- Holiday Fraud
- Ticketing Fraud
- Online Banking and Card Fraud
- Identity Fraud
- Courier Fraud
- Door to Door Fraud
- Investment Fraud
- Scam Mail

LITTLE BOOK OF CYBER SCAMS

<https://www.met.police.uk/globalassets/downloads/fraud/little-book-of-cyberscams.pdf>

- Current Cyber fraud trends
- Business Risks
 - Cyber dependent crimes
 - Protection from Hacking
 - Protection from DDos Attacks
 - Malware
 - Cyber enabled crimes
 - Protecting yourself from social engineering attacks
 - Protecting yourself from data leakage
 - Wi-Fi hotspots

LITTLE LEAFLET OF CYBER MISTAKES

<https://www.met.police.uk/globalassets/downloads/fraud/little-leaflet-of-cyber-mistakes.pdf>

- Mistakes
- Having a weak password
 - Not having antivirus
 - Not updating software
 - Not backing up data
 - Clicking on Links and Attachments
 - Sharing everything on Social Media
 - Transferring money without checking first

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

Passwords https://www.youtube.com/watch?v=3aY_EPgi0VU&utm

Online ID <https://www.youtube.com/watch?v=H8ZlbA4HiYA&utm>

Phishing <https://www.youtube.com/watch?v=AsUNFVhdfao&utm>

Updates https://www.youtube.com/watch?v=0Dh5ORx1F_s&utm

Wi-Fi <https://www.youtube.com/watch?v=hJ5-3vDOsAA>

(Stop each video clip at the end or it plays another, related video - but not by the Metropolitan Police)

In the next few weeks, more videos will be released including: Computer Software Fraud, Payment Fraud and Romance Fraud and Money.



Information on legal changes affecting DU3A

There can't be any member left who is unaware of the legal changes through the General Data Protection Regulation taking place on May 25th! The committee have been looking at how these affect DU3A and this article is to try and make clear what the situation is. Sorry it's lengthy but that's the nature of these things.

Centrally held DU3A data

We need to tell you what data we hold – The data we hold is name, address, phone numbers and email addresses. In addition we keep a financial record of subs paid, a record of group membership and any linked memberships. By this we mean people living at the same address so that only one newsletter – national or local is sent.

We need to tell you how we keep this information secure – The membership records are held on Beacon, which is used by many U3As, and endorsed by the Third Age Trust. This is a cloud based system secured by passwords. This means it can be accessed by many people and updated as appropriate using internet access rather than sending information using email. I am the system administrator and have access to the whole system and control who has access to which parts. Group Leaders have access to their own group records and can add and delete members as necessary and email directly from Beacon.

We need to tell you what we do with this information – We use the information to send emails of information which we think will be of interest to our members and admin emails e.g. Your subs are now due, or a change of date for an event. We also pass name and address information to the Third Age Trust – they use this to distribute the national magazines e.g. Third Age Matters. We **NEVER** pass any information onto an unrelated third party.

Information held by Groups

Most group leaders use Beacon to keep a record of their group membership and many use the Beacon email system. There are some group leaders who do not have internet access and who keep paper records and some that keep information on a personal laptop. Most groups keep a paper record of attendance and subs paid at each meeting. In addition some groups keep lists of email addresses either on paper or on their own computer/phone.

Everyone has an obligation to keep information safe by ensuring paper lists are not left in rooms after meetings and are kept securely at home and that any electronic systems used are protected by paid for, up-to-date computer security systems e.g. AVG, Norton and are scanned regularly. All group leaders and others should avoid sharing email addresses or personal information via email without permission. Anyone using public computers e.g. the library should ensure windows are closed and they are logged off before leaving the computer.

We can pass on this advice, but suggest that ***each group member should be aware of how those involved in the admin of the group use their data*** and

agree amongst yourselves any changes you feel would be helpful – we are all volunteers after all. Some groups, particularly those involving strenuous exercise, may ask for emergency contact details for those taking part. As these names and contact details could include people outside U3A who have not given permission for us to hold their data, any list should be shredded after each activity.

All electronic devices with members' information – whether in contacts, or lists elsewhere – need to have a password, code or fingerprint to log on. Otherwise if the device is lost or stolen the information could be accessed by a third party.

Consent

The current membership application form has the wording:-

“Your personal details will be held on a secure database and will be used solely for the purposes of administration and the communication of U3A matters. They will never be supplied to an outside agency or party other than for you to receive Third Age Matters directly mailed from the Third Age Trust.”

The same wording was used on membership renewal forms that were signed by members 2 years ago. This means we have the positive consent required by the act to use your data as described above – thankfully. The membership secretary has these forms in ring binders at her house.

Photographs

It is clear that we now have to obtain specific permission for the use of a photograph of an individual to be published. This is why you will be asked to give permission for photographs of you to be included in U3A publications. This might include DU3A publicity material and local, national and regional U3A websites, emails and magazines. I have created a new marker on the Beacon membership record to record this permission – so hopefully you won't be asked too many times.

Where group photographs are being taken it is sufficient to ask anyone who does not want their photo published to move away – that advice is taken from the national guidance.

Trips

Where trips are organised using a travel organisation that asks for personal data you will now need to give permission for the organiser to pass on your details. This will require a signature.

Keep us up-to-date

The Membership Secretary, Jill Laming, is the person you should inform of any change of personal details. Her contact details are at the end of the newsletter.

How long do we keep your Information?

Beacon keeps membership information for 7 years. All membership records

contain financial information (subs) and we could be asked by the Charity Commission for that information (unlikely, but you never know). In the case of anyone claiming gift aid it is a requirement that we keep that information for 7 years.

At the end of the membership year (31st March) there is a grace period of two months after which, if a member has not renewed, their membership record is marked as lapsed and removed from the current list – although their data will remain on Beacon for 7 years as explained above. They will no longer receive emails etc. We have been using Beacon for under 3 years and so we haven't reached the 7 year point yet. Prior to Beacon, the records were held on an individual U3A laptop. This is broken and is not now used.

Subject Access Requests

Every member has the right to request to see the information we hold. Should anyone wish to see their Beacon record they should ask me or Jill Laming. Should they wish to see the information held by a group leader they should ask the group leader. We are required to say the timescale for response to a request so I am going to say the information will be available within one calendar month from the acknowledgement of the request.

Wendy Hattrell, April 2018 – Written on behalf of the DU3A Trustees

Striders

The latest Striders walk was from Low Bradfield to Strines Inn following the shore of Dale Dike reservoir on the return. The building that now houses the Strines Inn was originally a manor house built in 1275. Over the years it was extended and eventually converted into an inn in 1771. The word 'strine' is an Old English term for the meeting of water, which is appropriate as the inn overlooks the nearby Strines Reservoir.

Wendy Hattrell



Sprotbrough to Conisbrough



Low Bradfield to Strines

WHAT'S ON - IN AND AROUND DONCASTER

Dragon Boat Challenge 2018

LAKESIDE LAKE - 7th July 2018

<http://www.visitdoncaster.com/whats-on/dragon-boat-challenge-2018>

DN Festival Summer

SIR NIGEL GRESLEY SQUARE - 27th - 28th Jul 2018

<http://www.visitdoncaster.com/whats-on/dn-festival-summer>

Doncaster Ramblers Festival

VARIOUS - 26th May - 3rd Jun 2018

25 walks over 9 days Distances vary from 2.5 miles up to 16 miles

<http://www.visitdoncaster.com/whats-on/doncaster-ramblers-festival>

Doncaster Cycle Festival

DONCASTER TOWN CENTRE - 10th June 2018

<http://www.visitdoncaster.com/whats-on/doncaster-cycle-festival-2018>

Romans to Racing Walk (June/July)

DONCASTER MINSTER OF ST GEORGE - 17th June 2018 & 18th July 2018

<http://www.visitdoncaster.com/whats-on/romans-to-racing-walk-june>

Doncaster 5K Race for Life

TOWN FIELDS - 24th June 2018

<http://www.visitdoncaster.com/whats-on/doncaster-5k-race-for-life>

Conisbrough Music Festival '18

CONISBROUGH TOURIST TRAIL - 7th July 2018

<http://www.visitdoncaster.com/whats-on/conisbrough-music-festival-18>

The Doncaster Minster Summer Dinner

DONCASTER MINSTER OF ST GEORGE - 13th July 2018

<http://www.visitdoncaster.com/whats-on/the-doncaster-minster-summer-dinner>

Guided Walk: Annual Bat Walk

HYDE PARK CEMETERY - 11th August 2018

<http://www.visitdoncaster.com/whats-on/guided-walk-annual-bat-walk>

For all the above and much more go to:

<http://www.visitdoncaster.com/whats-on>

Exhibitions:

Janet Buckle: A Retrospective

DONCASTER MUSEUM & ART GALLERY: 21st April – 1st July

Doncaster Art Club Annual Exhibition

DONCASTER MUSEUM & ART GALLERY: 14th July - 9th September

<http://www.doncaster.gov.uk/services/culture-leisure-tourism/what-s-on-at-doncaster-museum-and-art-gallery>

Membership Renewal

The membership renewal slip on page 13 should be returned with your payment to: The DU3A Membership Secretary. DU3A members can find the address in their posted or emailed newsletter. Alternatively you can return the slip and make your payment at a General Meeting. If you post your renewal please remember to **include an SAE** for the return of your membership card.

KEFIR: Page 12 For further information on Kefir and to contact Paula Harmer - please send a message via the Newsletter Editor on the Contacts page of the Doncaster U3A website. Your message will then be forwarded to Paula.

<https://u3asites.org.uk/doncaster/contact>

CONTACTING GROUP LEADERS AND COMMITTEE MEMBERS

Most Group Leaders can be contacted by clicking on the Blue Bird on their group page on the DU3A website. Go to: <https://u3asites.org.uk/doncaster> then click on the 'GROUP' tab. Go to the bottom of the group page and click on the group that you require. Click on the Blue Bird in the top right-hand corner and a form will open for you to write your message. For groups with no Blue Bird - please contact the Group Co-ordinator on the Contacts page.

Committee members can also be contacted via the DU3A website by opening the 'Contact' page and then selecting the appropriate member.

Contact Numbers

DU3A Committee Members

Chair	George Kirk
Vice chair	Wendy Hattrell
Treasurer :	John Parkinson
Membership	Jill Laming
Secretary:	
Group Co-ordinators	Diane Williams
	John Wheeler
Welfare:	Carole Lewis
Publicity:	Mark Frost

Some of the above roles and positions may change after the AGM, and some new members may be elected to the committee at the AGM. See pages 6 & 7 for DU3A Committee nominees.

Other Contacts

Newsletter Editor & Website Manager	Bridget Thompson	du3anewsletterbmt@btinternet.com
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Prego Café

We would like to thank our friends at the Prego Café for their help over the past years. Not only is the tea, coffee and food excellent, but the free use of the upstairs room for meetings has been a great help to many of our groups. If you haven't been there yet, give it a try!

Monks Printers

We are grateful to Monks the Printers for their help in printing this newsletter.

DU3A Website

<https://u3asites.org.uk/doncaster>

Visit the DU3A website for information about all the current interest groups, latest news/notices, membership information, meetings, social events, monthly calendars and newsletters, help/advice links, links to regional and national u3a and more.....

Help the environment and save money by receiving the email version of the DU3A newsletters.

Deadline

Thank-you to all the members who have sent articles for this issue. Articles for the August-September newsletter need to be received by

Monday 2nd July.

Please send news of group activities, articles, photographs, etc. to
du3anewsletterbmt@btinternet.com



