

DONCASTER

u3a

Registered Charity No. 1074577



August - September 2021

From the Chair



By now I hope all of you will have realised that our plans for a return to normality have yet again been thwarted. The general meeting we were to have held in June had to be cancelled and the committee have reluctantly decided to elect the new committee by postal/text/online voting as we did last year. I expect you to receive this newsletter before the published AGM date of 19th July so that members are given the opportunity to express a view if they wish to. Details are given on page 3 of this newsletter. Monks, the printers have also kindly included necessary AGM documents for those of you who receive the newsletter by post. The documentation is also available on our website. There will be two committee members standing this year. Diane Williams, who has just completed a two-year stint on the committee and David Bryan, who you may recall was co-opted earlier this year.

Some of you will be aware that there was a national “U3A Day” on 2nd of June. As our part in the celebrations, we engaged in two activities.

One was the walking cricket tournament which we hosted at our usual venue “Goals 5-a-side” pitches in Doncaster. It was an all-day event attended by about 80 people with teams from around the county. Our Mayor, Ros Jones, was in attendance and was happy to present the Shield to the winning team, Barnsley. Full details are given in this newsletter.

The second event was the adoption of a flower bed by us in Regents Square. Three intrepid gardeners, Wendy Hattrell, Peter Hermes, and Diane Woolven spent some time preparing the ground and planting flowers donated by members. There is to be a sign with our details on it which we hope will attract new members. Again, the details are in this newsletter.

I hope you all enjoy a good holiday over the summer. Most U3A groups traditionally close during August, so please check with group leaders to ascertain whether your groups will be running.

With luck we may be able to meet again at a general meeting on September 20th, by which time normality may have returned.

Chris Woolven

October - November 2021 Newsletter

Articles for the October - November newsletter need to be received by
Wednesday 1st September.

Please send news of group activities, articles, photographs, etc. to
du3newsletterbmt@btinternet.com

Cover photo: Skylark at Low Newton by B Thompson - Digital Photography Group

WELCOME

A warm welcome to our new members

**Jean Allen, David Dainty, Mary Harrington, Dawn Hobson,
John King, Mary King, Alan Love, Noreen Love,
Richard Matchett, Michael O'Hagan, Sushil Pounj,
Magdalene Rech, Ann Slee, Vivien West, Gillian Weston.**

AGM Poll

Members will be aware that we have been unable to hold our face-to-face AGM again this year. The committee has decided to conduct necessary business as we did last year using online, text and postal voting.

If you are unable to complete the polling online then please refer to the documents enclosed with this newsletter.

Procedures for Mobile Phone Text Voting.

To vote by text please follow the instructions below. The voting papers are included in the envelope with this newsletter.

If you wish to approve all the motions then the text may be constructed as follows:

DU3A 2021

AGM POLL

(Your name and membership number)

(Then either for all proposals "FOR" or against all proposals "AGAINST" or ABSTAIN)

So the text might read something like:

**DU3A 2021, AGM POLL
ELIZA DOOLITTLE, 4321,
FOR.**

and send to Diane Woolven's mobile.

If you wish to vote 'against' any of the motions but 'for' others you would need to detail that in your text message.

Texts sent should arrive by midnight on 18th July and will then be included in our final poll result. Texts received after that time will not be counted.

If you are unable to text or email and would like a postal vote please contact the secretary and a form will be sent to you.

Diane Woolven, Secretary, Doncaster U3A

GROUPS - UPDATES / NOTICES

GENERAL MEETINGS

19th July Possibly a Zoom meeting. Keep an eye open for an email.
August: No meeting
20th September t.b.a.

INTEREST GROUPS

Contact group leaders before attending a meeting for the first time. Many groups are now resuming face-to-face meetings but the details below (given by group leaders) could change at any time due to changes in Government guidelines/rules.

ART ON ZOOM: Postponed until September. At that point I hope I can find us a home where we can meet up face-to-face. It won't be a Sunday at that point.

BASIC FRENCH: Meeting at Prego, every 2 weeks. We have members at various levels of speaking French - from complete starters, to those willing to talk to a French person, as long as they don't talk back! Space available for a few new members.

BRASS BAND: Probably looking at the end of August for a resumption of face-to-face meetings. Would band members who haven't been in touch with or haven't heard from Steve please give him a ring (tel. no. in back pages).

BRIDGE: Face-to-face meetings will restart in September: 1st and 4th Wednesdays at 2.00 p.m.

CANASTA: We have not started Canasta yet, I am not sure as to when we are going to start because of the closeness we sit together - possibly September time.

CARD MAKING: Possibly a September start. I need to find a venue.

COFFEE QUIZ: Whilst there is still interest, Quiz will continue on Zoom. Next review will be after July 19th. Possibly October for face-to-face meetings.

CROWN GREEN BOWLS: Face-to-face meetings resumed - Thursday afternoons. See page 11.

DIGITAL PHOTOGRAPHY: The group meets fortnightly, alternating between Zoom meetings and outdoor photo shoots at different venues. The group size for outdoor shoots is 6 or less.

DINING OUT: Lalezar Turkish Restaurant in East Laith Gate has been provisionally booked for August 17th. Due to them having a very extensive menu which is not available online (they only have a takeaway menu online) I really need to see people in person for them to select from the menu in the hope that on 19th July restrictions on the number of people meeting inside is lifted. I am currently meeting friends at Yates' pub on Wednesdays 11 a.m. - 1 p.m. and I will have the menu with me if anyone would like to come to see it. If the meal could go ahead as planned I would need an order and a cheque made out to DU3A by Saturday 31st July at the

latest as the restaurant needs a list and deposit in advance. Looking forward to seeing all my current members again and of course any new members will be very welcome.

DISCUSSION: Meetings postponed at present. Face-to-face meetings will restart in September, in Yates.

EASIER FRENCH: Meeting at Prego every 2 weeks. The group is currently at capacity.

ENJOYING POETRY: The first face-to-face meeting at cafe Prego has been booked for September 21st at 10.30 a.m. I have also booked October 19th. All being well, we can then continue to meet as usual: the third Tuesday of the month 10.30 to 12.00. There will be some admin for me to organise with members regarding risk assessments and so forth.

FAMILY HISTORY: Zoom meetings are continuing on a fortnightly basis. It is our intention to resume meetings at Prego from the 29th September and return to one meeting a month on the last Wednesday providing of course it is safe to do so for all concerned.

FILM GROUP: When all restrictions are off I intend to invite the group, which is of 7 people and myself, to meet to discuss finding new premises (difficult and expensive, requiring some equipment). Although we might be nearing the end of restrictions for meetings, we may still need to consider distancing and maybe masks, perhaps for some time to come.

GARDENING: Zoom meetings are continuing every 2 weeks on a Wednesday at 4.30 p.m. We hope to start face-to-face meetings in September.

GERMAN: As we are just a small group, face-to-face meetings have resumed at Prego at 12.45 p.m. on the second, third and fourth Wednesdays in the month.

HISTORY: Zoom meetings are continuing on a fortnightly basis but there will be no meetings in August. The face-to-face group will meet in September if covid rules allow

IMPROVERS FRENCH: French groups 1 and 2 have amalgamated and are now called Improvers French. For the last two sessions we have met at the Harewood, where we can sit outside. Once places have opened up, we will meet at either the Point or the new library.

JAZZ APPRECIATION: At the moment I have no date for restarting and should the group restart then a new venue will be needed.

LITERATURE: For the time being meetings are via Zoom. If restrictions ease on 19th July, we should be going back to face-to-face meetings in August.

LIVING HISTORY: Meetings postponed - probably until September.

LOCAL HISTORY: We are hoping for a restart on the first Monday in September at Prego.

LOVE OF NATURE: Zoom meetings discontinued. Face-to-face meetings will be held at various venues - See page 9.

PHILOSOPHY: This group is now back to meeting monthly - at Prego for now. In June, we discussed the ethics of compulsory covid jabs. In July, we will look at the ideas of Immanuel Kant. We have space for a few more members.

PINS & NEEDLES: Face-to-face meetings have resumed at Prego. We will continue to meet on the second and fourth weeks at 10.30 a.m. The next meetings are on Tuesday July 13th and 27th.

PLAYREADING: Meetings postponed at present. The libraries/Cast who supply the books are still not resuming work - so probably our group will not restart until at least September.

SCATTERGORIES: We plan to continue with fortnightly Zoom sessions on a Thursday. There will be no sessions throughout August.

SCOTTISH COUNTRY DANCING: Venue: Baptist Church, Chequer Road. The socially-distanced version of dancing is going well despite all our safety precautions. July 28th will be our 10th session since we restarted on May 21st. We can also fit in one or two new members.

STRETCHERS: Walks at various outdoor venues - 2nd Tuesday of the month. Start at 10.00 a.m.

STROLLERS: A one-off walk has been arranged at Sandall Beat Wood on 22nd July starting at 10.30 a.m. This will be led by Wendy Hattrell. No further walks have been organised yet as the group is seeking a new leader.

SUNDAY LUNCH: At present no decision has been made about restarting.

TENPIN BOWLING: The next review will be after 19th July. Possibly a September or October restart.

TRAVEL: Restart in September. First Tuesday in the month, Priory Place, 12.45 p.m.

TRIPS: Once the Travel group has restarted, trips will be discussed.

WALKING CRICKET: Outdoors sessions resumed: on Thursday one week followed by Friday the following week.

WRITERS: We have a new venue: Priory Place. The day and time are the same, Thursday at 10.30 a.m. and, as before, we'll be meeting every other week once we get started. We're now looking at 22nd July for our first meeting if restrictions are lifted on July 19th.

Visit Yorkshire and the Humber Region website for information about YAHR U3As, Summer school, events, resources, networks, and U3A news. Go to:

<https://yahru3a.co.uk>

To receive emailed news from YAHR sign up at:

<https://yahru3a.co.uk/news-signup>



STRETCHERS

8th June 2021



The June walk was a circular route around Tickhill. We met at 10.00 a.m. by the Millpond. I was castigated by a local for referring to it as the “Duckpond” and from there proceeded through Lindrick, crossed Worksop Road, and continued past Tickhill Juniors’ Football Club. We then crossed fields via Stump Cross Lane (some were meadows with a profusion of buttercups

and other wild flowers including orchids). From there we turned right onto Sandbeck Lane passing Barn Dried Logs. Following a short break in the woods we turned left onto a footpath, crossed Maltby Lane to Limekiln Lane, passing the Miners’ Memorial which was erected to commemorate the deaths of 27 men killed in an explosion at Maltby Colliery on 28th July 1923. Twenty five of the miners are still entombed in the old Barnsley workings approximately 800 yards below the surface.

We turned right onto a footpath which passed Quarryfield Alpacas, turning left by the farm to view the alpacas at close quarters, attractive animals in a range of colours. Some had young which are called cria. We returned, by a footpath, to Tickhill where some members continued on to the Royal Oak for lunch.

An enjoyable and interesting walk, well led by Wendy.

Irene Chapman



’Friends’

Photograph taken during Wendy Hattrell’s walk just north of Winster, near Matlock, Derbyshire.

The meadows are beautiful at the moment, full of buttercups, clover and other plants.

GARDENING

The Happy Gardeners

This year May has been even wetter than last year, and there is only one way to describe the weather this month of May, two thousand and twenty one and that is by borrowing the name of the group called, "Wet Wet Wet".

Because of the bad weather, very little gardening has been done. However, we in the U3A gardening group have made up for the lack of hands-on gardening by talking about our gardens at Zoom meetings.

During our working lives many of us do not have the time and energy for any serious gardening but, once retired, lots of us blossom into serious gardeners. We begin to read gardening magazines, watch the garden programs on the television and visit the gardens of the many grand houses in the area.

We also make friends with like-minded people in the garden group. Members of the group pass on the names of suppliers and all things to do with gardens, such as fencing, garden huts, garden furniture, tools, and plants and also inform fellow members if those suppliers are reliable or not.



As written above, we talk to each other and we learn from each other. We also have specialist talks about the very diverse aspects of growing things, such as the science of the soil in which plants grow and garden pests. There is always someone in the group who has specialist knowledge and experience of some kind.

The garden group was originally formed by Joan Robinson. Joan unfortunately passed away and it was then led by Brenda and Allen Whitaker who had, for reasons of health, after a number of years, to resign as the Garden group leaders. This then led the way for our present group leaders Diane Woolven and Valerie Grant, whose scientific knowledge is backed up by their vast experience of practical gardening.

We do have what people call 'Jollies'. That is, we have group trips to garden centres and to places of interest to gardeners. Most important of all is that those in the group with knowledge pass it on to others who, like me, know very little about gardening but do like pottering around and looking as if we know what we are doing. Gardeners, I have discovered, are an extremely kind and helpful group of people and are generous with their time, advice and friendship.

Betty Alexander

LOVE OF NATURE

The world is changing around us, and it's all change in the Love of Nature group too. Vanessa Whaley, who led the group on many countryside expeditions over recent years, is now heading off with her husband on some expeditions of their own. We wish them well on their travels.

With Vanessa off gallivanting, someone had to step into her walking boots. This is such a nice group, and members are looking forward to doing nice things again. However, no one person felt able to commit to sole leadership, so we've decided to team up and spread the load. I agreed to have my name added as Group Leader, along with experienced members Julia (Jools) Hunt and Tony Hodge.

Goodness knows I'll need all the help I can get. While I'm not new to the U3A movement, I am new to this area, and I'm not yet familiar with all the nature reserves and outdoor spaces within reach of Doncaster. However, I'm quickly discovering that there are plenty of them, and they are wonderfully diverse. I'm really looking forward to exploring them in the company of Love of Nature group members in the months ahead.

While still under Vanessa's maternal wing, and soon after COVID-19 restrictions eased in April, the group resumed its 1st Tuesday of the month meetings. In May we met up at a soggy Hatfield Moor, and in June we gathered on our drier home turf at Potteric Carr. By the time this newsletter comes out, we should have held our July meeting at Idle Valley Nature Reserve, Retford. Future meetings are at the planning stage, and all will be revealed as soon as we have a clue what we're doing next.

Now we're able to get out and about again as a group (assuming that Boris doesn't scupper our plans entirely!), Love of Nature Zoom meetings have been discontinued. Online meetings kept many groups like ours going through the difficult months, but now's our chance to do the real thing again, and it will take more than COVID-19 to keep us indoors!

Lesley Bassett

Doncaster
Free Press

Some online articles you may be interested in:

Walking cricket helping Doncaster pensioners keep active and beat loneliness

It may not be Lord's. by David Kessen Sunday, 6th June 2021, 6:00 a.m.

<https://www.doncasterfreepress.co.uk/news/people/walking-cricket-helping-doncaster-pensioners-keep-active-and-beat-loneliness-3261317>

Activities group for retired people in Doncaster takes step toward re-opening

by David Kessen Wednesday, 3rd March 2021, 9:45 a.m.

<https://www.doncasterfreepress.co.uk/news/people/activities-group-for-retired-people-in-doncaster-takes-step-toward-re-opening-3151559>

In the Search of the Otters

It's long been a dream of mine to encounter otters out in the wild in England and this tantalising sign just to the right of a campsite on the River Breamish made my heart flutter.

The river Breamish wiggles through the camp site we visit, idling its way through a large wooded area, with a football pitch size lake to the top end of it.

Adjacent to the site is a large but private, accessible nature reserve with numerous types of habitats; wetland, woodland and grassland with the river meandering around the edges.

At the opposite end of the campsite and across the entry road runs the river, down the valley, and through the countryside and rolling hills. It's a haven for fishermen and otters. Plenty of salmon and trout!

We visited this site last year, between lockdowns in September and no, I didn't see the otters last year but my fellow travellers did!!!!!! What we did witness last year were squadrons of Canada and greylag geese flying low over our supper table and around the campsite, finally settling on the lakes in the nature reserve. We also saw the fabulous sequence dancing of the lapwings and listened to the constant haunting call of the oystercatchers. Plus, there was an abundance of different patterned ducks, safe on the water.

This year, in late springtime, we were expecting chicks, goslings and ducklings aplenty. What an anti-climax. Just a few goslings, one nesting oystercatcher, an odd lapwing in the sky. What a disappointment! Some compensation was a lone widgeon with her chicks on the lake in the camp site.

That's the thing about nature, expect the unexpected. Like this little creature, warming in the morning sunshine. Very difficult to spot whilst it's still because it manages to disguise itself to look like a dog deposit (of which there are plenty on the verges in the countryside sadly). The adder, our only venomous snake, that prefers the quiet of woodland areas, hunting small lizards and mammals along with ground nesting birds.



And what about this cute thing?

This was in the roadway and nearly eaten by the pooch. Thinking it was dead I tried to move it out of the pooch's way only to then realise it was still very much alive. A young pipistrelle bat, probably exhausted and not managed to return to its night time abode. We gently picked it up and 'hung' it in the bushes. We checked it later and it was still holding on. It was bright sunlight so we didn't expect it to fly away but by morning hopefully it had recovered as it was no longer there.

Startled by this little fellow (the stoat, a small predator that can easily kill an adult rabbit) the 'pooch' nearly lost his nose. My quick thinking fellow traveller happened to capture this image. We presumed there were some kits in the undergrowth because its behaviour was particularly aggressive.



Although we looked long and hard for signs and tracks of the otter, (we found some possible paw tracks and maybe some spraint under the bridge, but not sure how much that was wishful thinking !!!) we didn't manage a sighting. The otter is a protected mammal and although I have been assured they are around and numbers are increasing I've still yet to see them in England and I won't stop searching.

Vanessa Whaley

CROWN GREEN BOWLS



Our trusty band of bowlers has been very fortunate to be able to enjoy the fresh air and exercise at Haslam Park during most of the Pandemic. We have had to follow local and national instructions, and have only recently been able to use the pavilion. That has made it more convenient (excuse the pun) for us, and Wendy, secretary of Haslam Park Bowling Club, has kept us up-to-date throughout and has supported us in our quest to play regularly on a Thursday afternoon.

If any members, male or female, feel that they would like to join us, please contact me on my mobile, as we are still currently restricted to a maximum of 12 on the green, but that should hopefully change after July 19th.

We are a friendly group with plenty of humorous banter between deliveries, with improving personal performances all the time.

Come and give it a try.

George Kirk

'**SOURCES**' is a U3A blog. It includes a range of articles, opinions, features – all from the membership. To find out what is going on in the U3A around the UK go to:

<http://sources.u3a.org.uk>

To receive emailed copies of the U3A **NATIONAL NEWSLETTER** sign up at:

<https://www.u3a.org.uk/newsletter>

Out and about with my camera



Photos by - David Bryan Digital Photography group

WALKING CRICKET

A Walk in the Park

Five U3A walking cricket teams descended upon Doncaster in June as part of the National U3A Day celebrations.

Barnsley, Doncaster, Rotherham, Sheffield and Wakefield had all been invited to attend and compete for the Yorkshire U3A Walking Cricket Shield, which was set up last year and funded by The Yorkshire Cricket Foundation.

Our friends at "Goals" kindly donated the free use of two of their pitches for the day and helped by laying out the buffet lunch which had been organised by the Doncaster team.



The weather was perfect for the games, and apart from a few lost balls and minor injuries, the day went without a hitch. All the teams played three matches each, with Doncaster winning two out of our three. We were not quite good enough to make the final but did put up a very creditable performance.

The final was between Barnsley and Wakefield. It was a close-run match with Barnsley just out-playing their opponents to win the tournament.

It was a wonderful day and we were delighted to have met our fellow walking cricketers, from around Yorkshire. Several friendly matches have subsequently been arranged between the teams and we fully expect that some other U3As will be joining us by next year.

Thanks go to the U3A Cricket co-ordinator Mac McKechnie for his efforts in organising such an enjoyable event.

***"What's the difference between Cinderella and a bad batsman?
..... Cinderella knows when to leave the ball!"***

Chris Woolven



STOP PRESS: On Tuesday 29th June our walking cricket team played Rotherham away and we beat them by 4 runs. A full report in the next newsletter.

See page 19 for 'The Ins and Outs of Cricket'



GENERAL MEETINGS

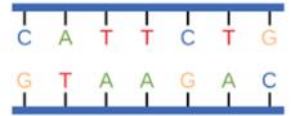
17th MAY: Zoom Meeting

DNA and Criminology

DNA. Where to start? I have to say I am not a little daunted by the subject matter of this article, which is about the talk given by Diane and Chris Woolven, of Doncaster U3A, about DNA. The subject is fascinating, intricate, and beautiful too, in that the very intricacies of DNA makes beautiful designs. My favourite is the design of the Molecule. And the words are beautiful too. (Deoxyribonucleic). That is a serious word to get one's tongue around, and it takes a lot of effort and a great deal of technical and scientific research to make the above subject interesting and understandable to such a divers audience as we in the U3A are. In their recent talk, Diane and Chris did make it interesting, and understandable by the way they explained how DNA works. Who would have thought, with such words as Mitochondria, Cytosine, Guanine, Adenine, and Thymine, that it could be understood as well as interesting.

The imagination boggles at the clever way the DNA is used in nature to build all the varied living things that exist, perhaps not only on earth, but could be in the universe as well. I think? Perhaps the scientist's do know if there is DNA or not, on the moon, for example, and the information has passed me by. Nothing is certain in science, everything is open to prove, or disprove.

The talk on DNA was so popular that Diane and Chris have been asked to repeat it. The subject of DNA is very encompassing, listening to the talk, or perhaps I should say lecture, again, will certainly help me to digest all the involved implications of such a universal part of nature. Maybe the fact that so much information is contained in DNA, but unused, means there is an option for using this unused part of DNA information in the future, in ways we cannot, at the present time, imagine.



That the talk, which was so scientific, but still enabled someone such as I, who is very unscientific, to listen and understand, and enjoy, makes for a very good talk indeed. As an added bonus the lecture fired the imagination, and awakened a desire to better understand this subject. I think that is what a successful talk/lecture should be all about. And in that it succeeded.

Betty Alexander

21st JUNE: Zoom Meeting

Laughter is the Best Medicine



At very short notice, due to the cancellation of the face-to-face AGM following the government extension of Covid restrictions, Alan Swann from Barnsley U3A came to the rescue. He started by quoting Patch Adams:

"The American Journal of America has found out that laughter increases secretion of catecholamine and endorphins which in turn increases oxygenation of the blood, relaxes the arteries, speeds up the heart, decreases blood pressure which has a positive effect on all cardiovascular and respiratory as well as overall increasing the immune system response".

He went on to show many humorous images. Topics

included • animals • children • babies • exams • children and maths • house repair claims • road signs • doctor's medical notes • newspaper headlines, adverts, corrections and articles • church notices • notes left for the milkman • instructions • lawyers gaffes • and insurance claims.

An hour of laughter was a tonic. A big thank-you to Alan for standing in at the last minute. A very uplifting Zoom session.

Bridget Thompson



The morning after the Wildlife Park party



Please be aware that you could become a target for scammers. It's estimated that over five million people in the UK are currently at risk of pension fraud. Don't be that person that falls for a pension scam.

Unsolicited phone calls, texts or emails are just some ways that fraud can occur. Some members have also reported scammers coming to their home pretending to be from the Pension Scheme company.

Please be aware that pension schemes would never send officers to your home out of the blue or contact you in any way to ask you for your personal information or bank details. That applies to Banks and all Utility companies.

Look after yourself – if you are in any doubt about the validity of any communication from your pension provider (whether online, over the telephone or in person) please check directly with your scheme.

Banks and Pension Schemes now send you an online 'access code' if you wish to check your records. Protect your login details and don't share these with anyone.

If you are ever unsure, phone a member of the family or friend before you give any personal details. Recent scammers are from BCSSS, Amazon, Utility companies, HMR&C, etc.

Be safe.

Anona Phillips

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To avoid becoming a victim of online crime you don't need to be a computer expert. The **METROPOLITAN POLICE** have created the Little series of books and videos to explain some of the most common scams and give advice on how to avoid falling victim to them. You can find them at:

<https://www.met.police.uk/littlemedia>

The little book of **BIG** Scams Edition 5

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

Continued on page 21

Lets think about food

Most people are familiar with UNESCO World Heritage Sites - but did you know that the United Nations also recognises 'intangible culture' as something to celebrate and safeguard?

Cultural elements that lack a physical form but are instead expressed through knowledge, skill or ritual are equally important to shaping living culture. These include artistic performances, festivals, social practices, oral heritage, craftsmanship - and of course, gastronomic traditions.

Food and culture are interwoven. The processes involved in preparing, serving and sharing certain foods and drinks might appear simple, but they often carry important social and cultural significance. Recipes and dietary practices can be used to transmit knowledge from one generation to the next.

Making and eating certain foods as part of a celebration can solidify social bonds. For travellers, getting to know the local food scene and joining in with culinary traditions is one of the best ways to deepen your knowledge and enrich your experience.

As of January 2021, UNESCO recognises 23 food and drink-related traditions as part of its Representative List of the Intangible Cultural Heritage of Humanity. Sadly, the 23 gastronomic heritage items do not have one from UKmy husband David says fish and chips, pies and Handos should be there! Food is clearly an important part of culture. It also operates as an expression of cultural identity. Immigrants bring the food of their countries with them wherever they go and cooking traditional food is a way of preserving their culture when they move to new places. When it comes to world cuisine, the Italians reign supreme. Italy has the best food in the world, according to data from the 2016 Best Countries rankings. In a survey of 24 countries, pizza and pasta take the top spot – closely followed by Chinese and Japanese cuisine. An international YouGov study of more than 25,000 people in 24 countries finds that pizza and pasta are among the most popular foods in the world, as Italian cuisine beats all comers.

Humans may be omnivores, but we're very picky omnivores. One nation's succulent horse fillet is another's scandalous counterfeit beef.

All over the world different cultures have different food traditions, but there's more to it than geography! While terrain, climate, flora, fauna and religion have influenced traditional cuisines, individual cultures also develop unique preferences and aversions. Nomadic peoples who do not farm and can eat only what nature has to offer are as finicky as the next person. The Mbuti pygmies in Angola understandably find the idea of eating leopards a bit gross, because leopards eat humans and primates resemble people too much to be appetising. Kalahari bushmen know about 100 desert plants are edible, but only 14 varieties are considered desirable. They hunt giraffe, warthog and antelope, but think ostrich tastes bad, and zebra meat is dismissed as smelly.

Culinary peculiarities also exist among different ancient tribes who live side by side. In Kenya, the Masai drink plenty of cow's milk and blood, whereas the neighbouring Akikuyu people are all about potatoes and cereals.

Along with environmental and cultural factors affecting our food choices, there is evidence that genetic makeup influences how we experience taste. The basic tastes

of sweet, sour, salty, bitter and umami are detected when chemicals that produce those tastes bind with certain receptors on our tongues. We all have different amounts of these various receptors, depending on our DNA, and research has shown that sensitivity to one particular bitter compound (which is easy to measure, and a marker of overall taste sensitivity) varies wildly between different countries. In some parts of Asia, South America and Africa, as much as 85% of native populations are highly sensitive tasters. Ethnic Europeans sit at the lower end of the scale. We British are not overly keen on sour tastes.

Most of our food loves and hates are learned. Unborn babies and breastfed babies can taste what their mothers eat, and have been shown to develop early affinities to certain tastes in their mothers' diets.

In the west, because we associate vanilla with sweet foods, it has come to enhance our perception of sweetness – our brains automatically do this. In east Asia, vanilla doesn't make food taste sweeter because it is predominantly used in savoury dishes. So cultural cuisines don't only differ in dominant ingredients (such as curry spices, parmesan cheese or chillies), they also have conflicting opinions of what goes with what. Traditional European gastronomy is all about pairing foods that share flavours, but a 2011 study found that Asian cooking does the opposite and avoids combining similar flavours.

As the world shrinks, regional preferences will surely be subject to increasing dilution, but this is happening slower than you might think. On the one hand, you'll see Italian teens shunning their local vino in favour of American-style beer. And while coffee and crisps were "almost unknown" in China a decade ago, they're now rapidly growing markets there.

On the other hand, multinational companies alter their products for each market. In China, KFC's headline product is a chicken burger, and both McDonald's and KFC have much more visible salad content in recognition of the three food groups necessary in every meal: grains, protein and vegetables, and rice remains more common than fries.

Even Nescafé gets regional adjustments. In the UK, Gold Blend has a very low content of robusta and is very smooth and rich in flavour, while in the Philippines Nescafé has a much greater robusta content and a stronger, more full bodied taste. The degree of roasting and the way that the coffee is processed will be adjusted, too.

A Malaysian view of Dinner in Britain is how confusing we all are!

In 2019 a Malaysian article said "Dinner may not be the dinner that you and I know (assuming you're a Malaysian reading this). Depending on which part you are visiting in England, the term "dinner" can refer to the afternoon meal, or lunch as some of us know it. What we know as dinner is sometimes called tea or supper, depending on how late it is consumed. Supper is generally a lighter meal taken later in the evening.

In some parts, the term "dinner" is used for the biggest and most important meal of the day, whether afternoon or evening, and the distinction does not matter.

So if your British counterpart invites you out for dinner, make sure to ask what time of the day that means!"

Cake, anyone?

Paula Harmer *Culture Page editor*

Doncaster Garden Project

U3A day took place on June 2nd this year. All over the country U3As planned a variety of different activities to celebrate and promote the U3A as an organisation.



In Doncaster we hosted a Walking Cricket tournament and many of you will have seen the write-up in the Free Press. In addition the gardening group decided they would like to plant a flower bed in the town. Wendy Hattrell walked around looking - no beds in St Sepulchre Gate, Baxter Gate or the Marketplace. A call to DMBC later and we decided Regent Square, off South Parade (behind the Regent Hotel) might be the best place.

That bit was easy! Then came the form filling. Thankfully the wait for the go ahead didn't take too long so on two very warm mornings in early June Wendy, Diane

Woolven and I set about establishing the garden in Regent Square.

The first morning involved agreeing the shape and extent of the plot, removing the top layer of grass and digging over in preparation for planting on the second day. A number of large roots needed removing but armed with a mattock and some heavy duty loppers we soon had their measure. We were lucky that Wendy knew someone with a property just off the Square and they allowed us to fill their green wheelie bin with our unwanted turf, roots and weeds.



On the second morning Wendy arrived with a car load of plants that had been kindly donated by U3A members, as well as some compost. Diane provided some farmyard manure and we did our best to enrich the very dry and dusty soil before filling the bed with the plants. Several people using the park stopped by to admire our work. Most thought we were from the Council. Wendy's wheelie bin buddy kindly allowed us to take water from their

outside tap to enable us to water the plants in.

So far, we have planted several hostas, geraniums, a sea holly and a day lily amongst others with more contributions due from members soon. We have ordered a plaque, referencing Doncaster U3A and its work, to be placed in the centre of the plot.

Many thanks to the members that donated plants and also those who have offered monetary donations to support the development and upkeep of the garden.

Please take time to visit our plot if you are in the locality – it's only a stone's throw away from the Prego Coffee Shop for those of you who meet there for U3A events.

Peter Hermes

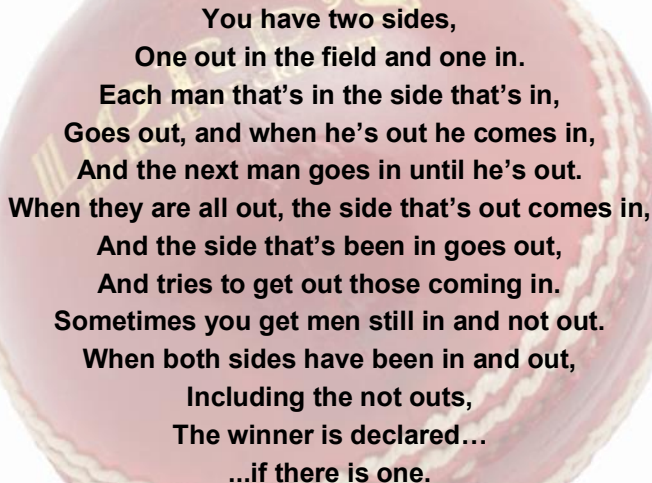
Congratulations to Anona Hermes. Her painting 'Kiera' was included in the U3A National Newsletter (June).

See Learning News: 'Paint or Draw' initiative - a monthly challenge.



My painting of Kiera, who belongs to our daughter, was inspired by the loss of her labrador Charlie, who sadly passed away this year. I wanted to gift a painting of Kiera to our daughter to support her well being.

The Ins and Outs of Cricket



**You have two sides,
One out in the field and one in.
Each man that's in the side that's in,
Goes out, and when he's out he comes in,
And the next man goes in until he's out.
When they are all out, the side that's out comes in,
And the side that's been in goes out,
And tries to get out those coming in.
Sometimes you get men still in and not out.
When both sides have been in and out,
Including the not outs,
The winner is declared...
...if there is one.**

Submitted by B Thompson

PUZZLE PAGE

SUMMER QUIZ

1. 'The First Day of Summer' is an annual public holiday celebrated in April in which European country?
2. Who was credited with saving 77 lives during seven summers working as a lifeguard at Lowell Park, Illinois, starting in 1926?
3. Who met and fell in love with Marge Bouvier in a 1974 summer camp?
4. The "dog days of summer" are named after the Dog Star; what is the better known name of this star?
5. 'Shall I compare thee to a summer's day' is the first line of which William Shakespeare sonnet?
6. The summer solstice occurs in the Southern Hemisphere during which month?
7. 'In the Summertime' was a debut single and big hit for which British rock band?
8. By what other name is the character Puck also known in the play 'A Midsummer Night's Dream'?
9. London has hosted the Summer Olympic Games three times, Name the years?
10. Name the cities which hosted the following Summer Olympics: (a)1952, (b)1960, (c)1972, and (d)1988?
11. What is the Italian word for Summer?
12. The Summer Palace is a vast ensemble of palaces, gardens and lakes in which world city?
13. In the famous nursery rhyme what did the Queen of Hearts make 'all on a summer's day'?
14. What are the summer signs of the Zodiac? (three answers needed)
15. In the UK, which feast day falls on July 15th every year?
16. What term is often given to a period of dry hot weather that occurs in the autumn?
17. What was the first name of Clegg in the sitcom 'Last of the Summer Wine'?
18. Which institution, introduced by Harold Wilson, consists of TV and radio lectures and summer schools?
19. In which capital city in the Northern Hemisphere, the name of which is a local tribe, has almost 19 hours of daylight during the summer solstice?
20. The song 'Summertime' is attributed to which brothers?
21. The tiny Summer Isles are a few miles northwest of which Scottish port?
22. Which summertime smell is said to elicit happy memories in humans?
23. What is the traditional birthstone for August?
24. What do goats climb every June in Morocco?
25. Which tower grows in the heat of summer?
26. The first modern Olympic Games were held in the summer of which year?
27. When does the summer begin according to Chinese astronomy?

Solutions for June - July puzzle

Start D	E	C	A	D	E	N	T	E	D	I	O
S	W	A	B	E	D	A	U	B	U	G	U
U	E	Q	U	I	V	A	L	E	N	R	S
O	V	O	U	T	H	F	U	L	T	A	E
M	I	Y	E	T	I	R	E	A	E	N	V
R	T	A	R	H	Y	M	M	C	A	D	E
O	C	C	E	G	S	N	E	U	R	E	R
N	N	E	V	U	O	T	N	N	E	E	E
E	I	D	O	R	E	G	N	A	M	N	U
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A	S	I	D	N	E	T	X	E	N	I	H
R	O	B	A	L	E	M	C	A	I	R	O

WHAT'S ON IN DONCASTER

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

<https://www.doncasterfreepress.co.uk/whats-on>

<https://www.eventbrite.co.uk/d/united-kingdom--doncaster/events>

<https://www.dclt.co.uk/whats-on>

D31 ART GALLERY

WHAT: TOGETHERNESS EXHIBITION

WHEN: CLOSES 20TH JULY

WHERE: 13 SCOT LANE DONCASTER DN1 1EW

TIME: 10 - 5:30PM MON TO SAT,
10 - 4PM SUNDAY



INFO@D31ARTGALLERY.COM

WWW.D31ARTGALLERY.COM

CONTACT: 01302 367181

A new art gallery has opened in Doncaster featuring work by many local artists.

D31 Photography Prize 2021.

Exhibition of the Finalists opened in the gallery - 27th June.

Exhibition Closes - 20th July.

Continued from page 15

The little book of **CYBER** Scams 2.0

<https://www.met.police.uk/SysSiteAssets/media/downloads/central/advice/fraud/met/little-book-of-cyber-scams-2.0.pdf>

The little leaflet of **CYBER** advice

<https://www.met.police.uk/SysSiteAssets/media/downloads/central/advice/fraud/met/little-leaflet-cyber-advice.pdf>

The little booklet of **PHONE** scams

<https://www.met.police.uk/SysSiteAssets/media/downloads/central/advice/fraud/met/little-booklet-of-phone-scams.pdf>

The little leaflet of **COVID** scams

<https://www.met.police.uk/SysSiteAssets/media/downloads/central/advice/fraud/met/little-leaflet-covid-scams.pdf>

Group Leaders: can be contacted by telephone (see below) or 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 to select 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.

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	Chris Woolven
Vice Chair	Jane Page
Secretary	Diane Woolven
Treasurer	Derek Marriott
Membership Secretary	Christine Curtis
Group Co-ordinator	Diane Williams
Publicity	Jane Page
Beacon Administrator	Wendy Hattrell
Welfare	Jill Laming
Committee	Paula Harmer
Committee	David Bryan

Activity Groups & Other: Contacts

Contact Group leaders - see printed Newsletter for telephone numbers, or DU3A Website

Newsletter Editor & Website Manager	Bridget Thompson	bthompsonu3a@btinternet.com
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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 October/November newsletter need to be received by

Wednesday 1st September

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

Monks Printers

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

Prego Café

We would like to thank our friends at the Prego Café for their help over the past years. We wish them the best during this difficult time and look forward to having our meetings there again in the future.

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.....



