

Deadline for January entries: 15th December 2025

Ryedale u3a website

[https://
ryedale.u3asite.uk](https://ryedale.u3asite.uk)

General meeting Tuesday 9th December

Col. Alfred Wintle MC by Rob Thompson

A cartoonist's respectful portrayal of Col Alfred Wintle MC,
Royal Dragoons, one of England's most colourful soldiers



This is a free meeting

Enjoy a mince pie with your cuppa



Please note:

All contact information has been removed in the interest of Data Protection

All contacts can be made through our Contacts or Groups pages

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Kirby Misperton Village Hall

Refreshments from 9.45 am

Speaker from 10.30 am

£2.50 admin charge - cash or card

Books 3 for £1

100s to choose from

Jigsaws Just £1 each

Members Table

For news, updates, info, or a chat



Coffee Mornings

Our coffee mornings are proving extremely popular. So much so that we are trialling an additional one, in Kirkbymoorside. Our Chair, David E, will host on the last Thursday of the month.

Please pop in to one or both of our coffee mornings for a cuppa and a chat.

Malton Coffee Morning Drop-in

Kingfisher Café, Saville Street, Malton First Thursday of month 10am-12

Pickering Coffee Morning Drop-in

Forest and Vale Hotel, Pickering Third Thursday of month 10am-12

Kirkbymoorside Coffee Morning Drop-in

Ginger Hall Café, Piercy End, Kirkbymoorside

Last Thursday of the month 10am-12



Dates are a little disrupted over the festive season

Please note the following changes:

27 Nov Kirkbymoorside, Ginger Hall, Piercey End 10am-12

04 Dec Malton, Kingfisher cafe, Saville Street 10am-12

18 Dec Pickering CANCELLED due to hotel holding lunches

25 Dec Kirkbymoorside CANCELLED. Happy Christmas!

01 Jan Malton CANCELLED. Happy New Year!

08 Jan Malton, Kingfisher cafe, Saville Street 10am-12

15 Jan Pickering, Forest & Vale Hotel 10am-12

29 Jan Kirkbymoorside, Ginger Hall, Piercey End 10am-12



Welcome to new members:

Judith F, Middleton

Brenda F, Middleton

Alice T, Middleton

Hazel P, Middleton

Jenny H, Middleton

Sylvia E, Pickering

Alison L, Pickering

Stayin' Alive!

Oh, what a night! Dancing the night away! Yes sir, I can boogie! All right, I'll stop now.

The first, and hopefully now annual, u3a disco was a huge success. We had a good turn out and some wonderful outfits. I must locate something sparkly for next year. We were not shy to get up on the dancefloor and there were some serious moves out there. On the way in, some of my husband's cricket lads asked him if he was 'going in there to stir up the oldies'. If they had bothered to look what we were up to they would have been extremely surprised. I think we put the youngsters to shame. It was also good exercise. My smart watch informed me I did over 10,000 steps on the dancefloor.



Daz, the DJ, had asked for some of our choices and had compiled an excellent playlist. Most of us were singing along all night long. Liz and the gang took over the floor with a display of line dancing to YMCA, which I have to say we performed beautifully.

Of the songs submitted beforehand, congratulations go to Linda McC for picking the song that got most people up and dancing – Dancing Queen of course. Enjoy the bubbly Linda.



DISCO

Report by Anita

Music is what feelings sound like
Unknown

Available from pick-up points

usually by the end of each month

Please remember - printing is expensive

Newsletter

Malton area	Malton Library, St Michaels Street
Norton area	Norton Hive Community Library, Commercial St
Pickering area	Pickering Memorial Hall, Potter Hill <i>(Please ensure you only pick up your personally named copy)</i>
Kirkbymoorside	Kirkbymoorside Library, High Market Place

If you can pick up one or two for members who live near you, it would be much appreciated

If you are unable to get to a pick-up point: please contact Judi

To receive your newsletter by post: send a book of 2nd class stamps to:

Judi Watkinson

Refreshment Rota Coordinator / Chairs Rota

Please consider joining the rota, or maybe just be called on at short notice if a named person cannot attend.

Contact

We also need volunteers to help put out the chairs for the meeting. If you are able to join this rota please contact Martin via

Refreshments volunteers for December

Dan and Dee

(Please bring your own cup/mug if you do not like the paper cups)



Remember to carry your membership card

Currently we have two places offering a **discount** to u3a members, **on production of a u3a membership card.**

Kemp's General Store, Market Place, Malton, which is a wonderful little bookshop, is offering 10% discount. This excludes events, book tokens and gift vouchers.

Cornercopia Café, 8 Castlegate, Helmsley, also 10% discount.





Details of all groups can be found on our website ryedale.u3asite.uk/groups

Amended entry from previous newsletter



*** New Group ***



FAMILY HISTORY

Ryedale Group News

Groups Coordinator Liz

Ryedale is YOUR u3a. If you are interested in something for which we do not have a group, please let us know. The chances are that others may also be keen and it may be possible to start a new group. If you have any suggestions, please contact Liz.

Do you enjoy singing? Would you like to try singing in a group? We are hoping that there is enough interest to start up a Ryedale u3a singing group. For further information, please contact Liz.

Circle Dancing Marion

I am keen to see if we can form a Circle Dancing for Beginners group. Circle dance is a form of social dancing. No partner is needed, just a willingness to hold hands with others. It draws on traditional dances from different countries and also incorporates dances recently created to a variety of music. Some dances are lively, others meditative, some very simple, others more complex. They often relate to nature and to the sense of community, harmony and peace that dancing together can create.

I suggest we start on Monday, 12th January 2026, at the Quaker Meeting House, behind 19 Castlegate in Pickering, at 2pm. We'll finish at 3.30pm, having had a tea break in the middle of the session. Please contact me for enquiries or to let me know you are attending.

Family History Monica

During this year the Family History Group have looked for ancestors in 1851, 1901 and 1911 censuses, in the 1939 Register and also unusual occupations. We found relatives who were commemorated or buried using the Commonwealth War Graves websites and the migration of relatives within the UK.

The dates for 2026 are as follows:

16 January

20 February

20 March

17 April

22 May

19 June

No meetings in July and August

18 September

16 October

20 November

No meeting in December

The meetings will be held in the Quakers Meeting Room Pickering at 1315



Chair Dancing Liz

The seated dancing group continues to meet on Thursday mornings from 10 to 11. The Christmas dance (with coffee and cake) will be held on Thursday 11 December from 10 to 12 o'clock.



Welcome to our newest recruit Keith, joining us for the first time, and outdoing us! I know we don't mention age but in this case it is really encouraging. Keith is a sprightly 94.



Line Dancing Liz

Beginners' line dancing continues on Wednesday mornings from 9 to 10.15. Our Christmas session will be held, jointly with the improvers' group, on Wednesday 10 December from **10 to 12 o'clock** (see below).

Line dancing for improvers is held on Wednesday mornings from 10.30 to 12. There are a few changes over the next two months:

Wednesday 10 December 10.00-12.00: joint Christmas celebration

Wednesday 17 December 10.15-11.30: line dancing (note time change!)

Wednesday 7 January: **no line dancing**

Wednesday 14 January: **no line dancing**



Pickleball Group Nigel

The Pickleball group meet every Wednesday at 14:00 at Terrington village hall. It's great fun - played with bats and a plastic ball across a net - a sort of mix of tennis, badminton and table tennis! Come and give it a try. Contact Nigel for more details.



Art Appreciation Liz

Our October meeting saw us at Andrea's house where Anita gave a short presentation on her visit to the Banksy Museum in Barcelona. We then discussed other street art including the Northern Ireland murals and learning that there is a street art museum in Amsterdam.

The next meeting will be looking at the impressionists.



Mahjong Sue

As the 2nd wed of the month will fall on Xmas Eve this year, we will likely bring it forward to 17th Dec.

Our post Xmas meal will be at the Fox and Rabbit on 14th January at 1 o/c.



Literature Jean

The annual Walter Scott prize for Historical Fiction is one of the UK's most prestigious awards with the winner receiving £25,000. The recipient this year was Andrew Miller for his novel *The Land in Winter*, set in a remote community during the hard Winter of 1962/63.

Our meeting at the end of October discussing the diverse examples of Historical Fiction was, as usual, very enjoyable and insightful.

We next meet on 24th November to look at the attraction of Book Covers.

Monday 26th January. Bildungsroman

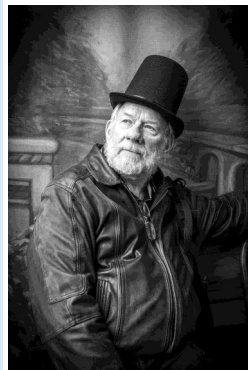
Monday 23rd February. Contrasting styles of two Crime Fiction writers.



Photography Paul

Anita

On 21 October, members of the Photo Group gathered at the Ryedale Folk Museum for a couple of hours of challenging low-light photography in a variety of historic buildings. Images from the day were shared at our November meeting, so the group could learn from what went well, and what perhaps didn't!



At that meeting, we also shared some images that were important to each of us, had a discussion on camera metering modes, and were delighted to welcome several new members. We next plan a photographic outing to the Yorkshire Arboretum, and the last meeting of the year will be on 11 December, but now **meeting in Marton Mission Room**.

This photo of Bob, our secretary, was taken by Anita in the 'photography studio' at the museum.



Cryptic Crossword

Although few in number at the last get together we had fun decoding some very tricky clues. For those of you interested in cryptic clues, I have been advised of a daily minute cryptic - an app for your phone - which is a good starter for the day. Try out

https://play.google.com/store/apps/details?id=com.minutecryptic.app&pcampaignid=web_share

The first one I did was very clever but really tested the brain cells: 'Water-deprived pharaoh dies after mixing up directions to Eden' (8)

The crossword group will be meeting this month on 11th December.



Psychology

Our October meeting was a lively event welcoming two new members and holding a discussion around Compliance and Conformity.

Compliance is the most superficial level of psychological and behavioural acquiescence and has four key elements:

Nature: Responding to an explicit command or request

Motivation: To gain rewards or avoid punishment; to appear helpful

Public vs Private: Behaviour changes publicly, but private beliefs remain unchanged

Duration: Often temporary and stops once the request or authority figure is gone

A simple example might be keeping to speed limits.

Conforming is responding to peer or group pressure, or doing something when you don't feel like it. Conformity under the four key elements can be described as:

Nature: Adjusting one's behaviour to align with a group's norms or unspoken rules

Motivation: To be like and accepted, and to fit in with the group

Public vs Private: Can be shallow (public) or deep (private beliefs also change) depending on the type of conformity

Duration: Can be short-term compliance or long term internalisation

An example might be laughing at a joke you don't find funny just because everyone else is.

The group discussion brushed (!) with some examples from current politics at home and abroad but also whether as individuals we could swing between conformity and compliance and non conformity and non compliance. As a nation were we inherently compliant or becoming less so and how did that compare to other nations.

Birdwatching

Our November visit was to the coast at Scarborough. We met at Sea Life car park and studied the rocky shoreline from there and from the cliffs around to Scalby Ness Sands. On the sea and rocks there were plenty of Wigeon and Oystercatchers and on the sands a good number of Ringed Plover. Looking inland, the lucky few watched a Kingfisher flying along Scalby Beck and most of us had good views of a Bullfinch. A trip up to Scarborough harbour yielded little, the conditions being far too calm for birds to need the shelter it offers.





Cycling David

November is a great 'change of the seasons' month, when cyclists go into longs from shorts and start wearing thermals. Nicely captured in a poem by Thomas Hood, written in the early 1800's;

*No sun — no moon!
No morn — no noon —
No dawn — no dusk — no proper time of day.*

*No warmth, no cheerfulness, no healthful ease,
No comfortable feel in any member —
No shade, no shine, no butterflies, no bees,
No fruits, no flowers, no leaves, no birds! —
November!*



Book Group 3 Sue

We will be meeting as usual on the 3rd Fri, ie 19th Dec, location to be confirmed, discussing Bonjour Tristesse by Francoise Sagan.

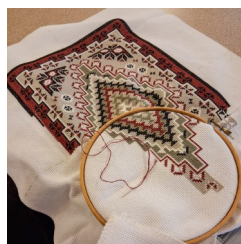
Our post Xmas meal , to include all 3 Book Groups, will be at the Forest and Vale on 7th Jan at 12.30 for 1pm, when we will be discussing Orbital by Samantha Harvey.



Sewing Bee Susan

We had a good turnout for our final Sewing Bee meeting for the Autumn Term. As is always the case, we had a variety of sewing and knitting projects taking place. It is always fun to meet up with fellow enthusiasts, whilst sharing tips and projects and enjoying a couple of hours of uninterrupted creating!

Our next meeting will be on Thursday 8th January at St Leonard's Church Hall at 2pm. If you would like to come and join us you will be most welcome. For further details please contact Susan.



History Linda

Unfortunately the last meeting had to be cancelled due to the weather. Our last meeting of 2025 will be at 12 noon, on Wednesday 17th December, when we sit down together for lunch at the Forest and Vale, Pickering, for our Christmas get together. Good food and good company with a visit from the Christmas Fairy – what more could you want? Those attending will be receiving the menu soon so that you can pre-order your meal.

Our meetings for 2026 are being planned. Until April we will be holding our meetings at Kirby Misperton Village Hall on 2nd Friday of the month. There are some fascinating subjects lined up – so stay tuned!

Walking Groups

Short walks Susan

Medium walks Sheila

Long walks &

10-12 milers Jennifer

For specific details of walks contact the named walk leader

See also Strollers Group - page 11

Report on November short walk by Susan

Twenty one short walkers enjoyed a circular walk starting in Welburn, and heading towards Castle Howard. It was a bit wet underfoot but the rain held off allowing us to enjoy this very pleasant walk up the hill where you are rewarded with a wonderful view of Castle Howard and then back down the hill into Welburn.

We finished the morning off at the Crown and Cushion where we retired for late morning coffee and tea.

Our next walk takes place on Wednesday 10th December when we will be meeting in Hovingham. More details about this walk (parking, route and timings) will be sent out to members of the group at the start of December.



December short walk

Date **Wednesday 10th December**

Meeting in Hovingham - details to follow

Contact Susan



Strollers Linda

This is one of our latest groups to be formed and it is aimed at those of us who like a wander at a gentle pace over a friendly surface! Our first outing took us from Thornton-le-Dale, via Ellerburn and then light refreshments at Baldersons in Thornton-le-Dale.

Our next stroll will be on Friday 19th December and it will be a mystery tour around Old Malton ending up at The Royal Oak for lunch at midday.

Membership of the Strollers Club has been agreed at 14 people. If you would like to be included on the waiting list please contact Linda



December Christmas Lunch walk

Date **Tuesday 2nd December**

Time 10 am

Start Kirkbymoorside Golf Club

Distance 5.5 miles can be shortened if inclement weather

Return in plenty of time to attend the Christmas lunch

Contact



January medium walk

Date **Tuesday January 6th**

Time 10 am

Start Appleton le Moors ref 735881 [///torn.yield.informer](http://torn.yield.informer)

Distance 5.2 miles - an easy (if muddy) start to the year

Contact Peter

December long walk

Date **Tuesday 16th December**

Time 10 am

Start Small parking area 700m west of Rievaulx Bridge on minor road from Rievaulx to Scawton OS 564845 [/// Scrolled.Amplified.Sleep](http://Scrolled.Amplified.Sleep)

Distance 8.3 miles

Contact Nigel

Answers to November Quiz:

One is one and all alone, A Brace; Sides of a Triangle; Horsemen of the Apocalypse; Gold Rings; Feet in one Fathom; Colours of the Rainbow; Pints in a Gallon; One Over the Eight; Green Bottles Hanging on the Wall; A Football Team; Inches in One Foot; Baker's Dozen; Pounds in One Stone; Rugby Union Football Team; Sweet Sixteen and Never Been Kissed; Learner Driver; Voting Age; Prime Number; One Score; Key of the Door.

Top scores for Judy C, and Sandie E & Andrew C, (21/21), followed by David & Judy H, (20/21), Jean L, and Team P (19/21) and Robert & Daphne E (18/21)

I found this quite difficult - glad you all enjoyed. Many thanks to Alan K for supplying the quiz.

Send in your entries to Judi Watkinson,

Answer to crossword group clue:

Paradise



December Quiz

The answers to this month's quiz are all Palindromes from our guest contributor Gauss

1	The first woman (3)	
2	Character from M*A*S*H (5)	
3	He brings you back from the dead (7)	
4	Spinner (7)	
5	A good citizen has duty (5)	
6	Flat (5)	
7	It is not a canoe (5)	
8	Lewis Hamilton drives one (4,3)	
9	Formal woman (5)	
10	Look it up (5)	
11	Twelve o'clock (4)	
12	A quick glance (4)	
13	A document (4)	
14	Branch of maths (5)	
15	Waterloo (4)	
16	Mistake (4)	
17	Lionesses goalkeeper (6)	
18	Grandfather (3)	
19	Suburb of Adelaide (7)	
20	A joke (3)	
21	The BBC (4)	
22.	Principle (5)	
23.	NHS staff rushing (6,3)	
24.	Conceived the Eden Project (3,4)	
25.	Long lasting battle between the (5)	
	Bonus:	
	It wasn't a dog (3,2,1,3,1,3)	