

Deadline for February entries: 15th January 2026

Ryedale u3a website

[https://
ryedale.u3a.site.uk](https://ryedale.u3a.site.uk)

General meeting Tuesday 13th January

'You don't look well' by Linda McCarthy

A look at health, illness and remedies in Victorian England – not as gruesome as it could be with lots of amusing information, anecdotes and illustrations.

A talk that makes us appreciative of the development in medical care culminating in the NHS.

This is a change of plan

Our original speaker for January has unfortunately had to postpone
Linda is another of our members who has stepped in to fill the slot at short notice



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

We are still trialling an additional coffee morning, in Kirkbymoorside. Our Chair, David E, hosts on the last Thursday of the month.

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

You do not need to be a member to join in.

Malton Coffee Morning Drop-in First Thursday of month 10am-12

Kingfisher Café, Saville Street, Malton See below*

Pickering Coffee Morning Drop-in Third Thursday of month 10am-12

Forest and Vale Hotel, Pickering

Kirkbymoorside Coffee Morning Drop-in Last Thursday of the month 10am-12

Ginger Hall Café, Piercy End, Kirkbymoorside



See who popped into the Kingfisher to join our coffee morning. Such interesting people! The two potential members were very impressed.

*Please note the **January Kingfisher date** is a week later than normal on **8 January**.

Save the Date



After the success of Festival 24, we're delighted to announce that Festival 26 will be taking place between Wednesday 1 July to Friday 3 July 2026 at the University of York.

u3a member, Margaret Fiddes (from Yorkshire & Humberside region) is part of the team organising the Festival. She says, "We're aiming to make this a bigger and better festival with even more members taking part, bringing us their enthusiasm and knowledge to lead workshops, music groups, talks, sports and performances."

It is expected that bookings for accommodation and tickets will be open early in the New Year.



Welcome to new members:

Dorothy O, Pickering

Angela and Michael C,
Lockton

Anne B, Norton

Elaine and Jon H, Low Dalby

Julie L, Norton

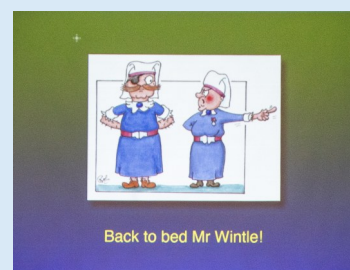
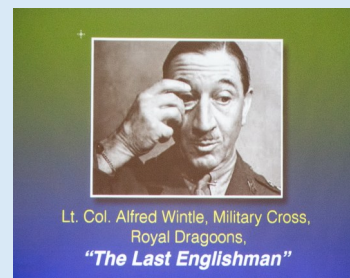
Melanie B, Pickering

Marion C, Helmsley

Report of December meeting

Thanks to the intense and skilled efforts of Anita and Judi the computer system enabled our December talk to be given by Rob Thompson. His subject was Colonel Alfred Wintle MC who was the last officer to be held in the Tower of London and one of the most flamboyant and unconventional figures of the 20th century. This monocle-sporting military man, with a ginger moustache, managed to do the impossible: to be an absolute individualist whilst upholding the most rigid of British conventions. Wintle's fierce sense of personal honour carried him through two world wars, a landmark legal case in the High Court and a series of public battles against bureaucracy and corruption. Wintle died in May 1966. He said 'I have fought against injustices, pomposities and hypocrisies all my life with my glass eye untarnished. I have also fought against clots. No doubt I shall die of one in the end'.

Rob illustrated his talk with his charming and clever cartoons which produced many giggles. If you missed the talk and want to know more about Colonel Wintle just Google his name on your computer.



YAHR Summer School

24th to 27th August 2026

The Hawkhill, Easingwold, YO61 3EG

The aims of the Summer School:

Provide members with new learning opportunities

Enable members to explore a topic their local u3a may not be able to offer

Enable delegates to share time out with other members from across the region and beyond

- ◇ Britain through Literature, Art, Poetry and Speeches of the 1960s
- ◇ Crime Fiction from Sherlock to Vera
- ◇ Drama - Intermediate Improvised Drama
- ◇ Fungi and Lichens
- ◇ An Introduction to Practical Geology
- ◇ Conversational Spanish
- ◇ The Changing English Language
- ◇ Making Sense of Everyday Mathematics
- ◇ Outdoor Painting and Sketching
- ◇ Stained Glass in English Churches, Art, Science Symbolism



and

Costs for 3 night residential Summer School :

Full Board Delegate £495pp

Day Delegate £256pp (inclusive of lunches and dinners)

For more information go to <https://yahruu3a.uk/summer-school/>

Wagner has lovely moments but awful quarters of an hour.

Gioacchino Rossini

I can't listen to that much Wagner. I start getting the urge to conquer Poland.

Woody Allen

Wagner's music is better than it sounds

Edgar Wilson Nye

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

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 S

Refreshments volunteers for January

Margaret L and Gwen L

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



“Then the Grinch thought of something he hadn't before! What if Christmas, he thought, doesn't come from a store. What if Christmas...perhaps...means a little bit more!”
Dr Seuss

Remember to carry your membership card

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

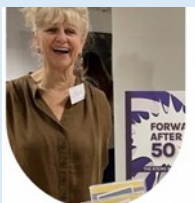
Kemp's General Store, Market Place, Malton, which is a wonderful little bookshop, is offering 10% discount. This excludes events, book tokens and gift vouchers.

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





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



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.

Circle Dancing Marion

(note underscore between first and second name)

I've had a few expressions of interest for a Circle Dancing for Beginners group and am looking forward to us starting in January. 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. More information can be found at www.circledancegrapevine.co.uk

We will 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.

Art Appreciation Liz

In our November meeting we explored Impressionism. As usual we had a glorious mix of contributions.

The main contribution was about the French impressionists, followed by information on women who contributed to Impressionism, which included some Americans. We then learnt about Australian Heidelberg Impressionists.....followed by German Impressionists. Quite an international line up!

The next meeting is on Friday the 30th January 2026 when we will be discussing Caravaggio and the artists who were working during his lifetime, 1571-1610. Venue will be Liz's house.

Future Lives Group Judi

Free Zoom webinars

Simple confidence strategies for over 50s

Rebecca Ronane

Wed 14 Jan 2-3pm

After Alzheimer: Memory, ageing and what comes next

Dr Mike Bender

Tues 3 Feb 2-3pm

More info and booking—www.u3a.org.uk/our-impact/future-lives



Psychology Rosie

Our November meeting was particularly interesting - 'The Power of Consumerism'. The opening definition of advertising being 'the art of persuading people to buy things they don't need with money they don't have' led into an interesting two hours that absolutely flew by! Why do we need to buy anything? What motivates our decision making? What are our practical needs within our age group and how do we choose what to buy? Just a sample of the host of questions asked of the group. We looked at Maslow's Hierarchy of Needs which identifies that as humans we move from physiological needs (basic needs are reasonably important), through safety, love and belonging, self esteem and finally at the top of the hierarchy - self actualisation. We covered aspects including why do supermarkets spend millions on brand advertising? What colours are associated with what products? How many could we name! (The origin behind Cadburys purple - the link to purple being Queen Victoria's favourite colour). When did television advertising start and its effects on purchasing? The origin of Black Friday (the day after Thanksgiving and goes back to the first meal to be held with American Indians) and its arrival in the UK in 2010 through Amazon. Such an interesting topic and we could have gone well beyond our two hours!



Line Dancing Liz

Seated Line Dancing starts again after the Christmas break on Thursday 8th January at 10 o'clock in the Middleton and Aislaby Village Hall. If you are interested, please contact Liz. Please note that newcomers will not be able to attend the first two sessions but are welcome from 22nd January.



Line dancing, beginners and Improvers

Line dancing starts again on Wednesday 21 January. Dates and times are as follows:

Weds 21/1/26: Beginners: 9 - 10.10 h

Improvers: 10.15 - 11.30 h

Weds 28/1/26: Beginners: 9 - 10.15 h Back to our usual time!

Improvers: 10.30 - 12.00 h Back to our usual time!

The Improvers group is full and has a waiting list. Beginners are still very welcome. If you are interested, please contact Liz.



Book Group 3 Sue

The joint Book Groups lunch is on Wednesday 7th Jan at Forest and Vale at 12.30, when we'll be discussing *Orbital* by Samantha Harvey.

Book Group 3 meeting is on Fri 25th January at 1.30 at Madeleine's house in Kirkbymoorside, discussing *The Names* by Florence Knapp.



Canasta Jean



The Canasta group meet every Monday from 13:45 for a 14:00 start to 16:00 at the Forest and Vale in Pickering, it's an enjoyable game to play and we have fun. Any members who enjoy card games are very welcome to join this friendly social group. Usually, each week you will play with a different partner. Card group members are happy to show you how to play or to freshen your memory.

If any members have been before, you are welcome to join us at our Christmas lunch on Monday 12th January at the Forest and Vale from 11.30 for a 12pm lunch. We'll be playing canasta after if you want to join us. Contact Jean for more information and to book your place.

Literature Jean



We concluded 2025 with a discussion about the history of book cover illustrations, their development and relevance today.

One of the first examples of a striking cover illustration being used commercially was by Aubrey Beardsley for a quarterly magazine called the Yellow Book published in the 1890s. However, the real boost came in 1935 when Penguin introduced the paperback.

There are trends in designs, at the moment it is silhouettes and shadows.

Our first meeting of 2026 is on Monday January 26th at 2pm. The theme is Bildungsroman.

February 23rd A comparison of 2 crime fiction writers

March 30th Scottish Novelists

April 27th An author you would like to meet.

Best wishes for 2026 to everyone.

Mahjong Sue



The post Xmas lunch for the Mahjong group follows the first meeting in January, on 14th, at the Fox and Rabbit from 1 o'clock.



Rummikub Dan and Dee

Our little group has grown to nine members, but we could accommodate another three members at the moment should anyone be interested. We play the game at The Talbot Hotel, Malton on the 2nd and 4th Monday mornings of each month 10-12. Rummikub is very similar to the card game of Rummy, but much more challenging. It is quite easy to learn and there is tuition on YouTube. We are not charged for the room, but it is expected that everyone will buy a tea/coffee. Come and give us a try.



Birdwatching Group Diana and Terry



Traditionally, the December meeting comes in 2 parts, first a birdwatching visit to Coneysthorpe and Castle Howard Lake, followed by Christmas lunch at The Royal Oak, Old Malton. This year was no exception.

The more unusual sightings at Castle Howard Lake this year were a large number of feeding

Goosanders, a flock of Fieldfares sitting in a tree and a Great White Egret standing on the bank. There was a cold wind blowing off the lake, so we were happy to retreat to the pub for an excellent and convivial Christmas lunch.



Play reading Alison

Play reading resumes in January. For one month only, our meeting has been rescheduled for the second Friday, January 9th, to avoid the holiday season.

For more information please contact Alison.

"One can never have enough socks," said Dumbledore. "Another Christmas has come and gone and I didn't get a single pair. People will insist on giving me books."

J K Rowling



Photography Paul

The group gathered in Marton Mission Room in December for its monthly meeting. Images were shown of the group's latest photographic challenge on the subjects of 'trees' and/or 'bottles'. This was followed by a quiz testing the group's considerable technical knowledge of photography, which closed the year on a high. We will resume the cycle of meetings and outings with the first gathering of 2026 on 8 January.

Photo taken on our trip to the Arboretum by Bob.



Cycling David

The December ride under normal timing would have been Boxing Day, so has been put back one week to 2nd January and will see us visit Helmsley. Please contact me for more information.

Turkeyed-Out

A poem by Judy Rose

We had it hot, we had it cold,	And little devilled 'turkey bites'
We had it fricassee	(With spicy dip to boot!)
We turned it into curry ...	A tangy turkey salad
Then Malaysian Satay.	And a turkey casserole
But by day six, I must confess	And a festive variation ...
I needed inspiration;	Toad and turkey in the hole
I scanned my gourmet cook books	And as we saw the New Year in
For a turkey-based sensation.	With turkey, it seemed clear
I found the rissoles, soups and quiche,	Why no one ever eats the stuff
The turkey breast en croute	Except for ...
	Once a year.

From the book *Fridge over Troubled Water* published by the Windrush Press Limited 1995

Walking Groups

Strollers	Linda
Short walks	Susan
Medium walks	Peter
Long walks	Eric
10-12 milers	Simon

For specific details of walks contact the named walk leader

Report on November short walk by Susan

Our final walk of 2025 took place on Wednesday 11th December. There were fewer walkers than of late, and quite frankly as we got into the car in the pouring rain to drive to Hovingham, I was rather wishing we could give the walk a miss! However...



The plan was to walk a four mile circular walk around Hovingham. Mike was unwell, and so Murray Stewart stepped up to lead the walk. Murray gave us some very interesting information about Hovingham Hall, the Parish Church, a newly repaired lime kiln and the Hovingham Spa, which is a natural sulphurous and chalybeate spring which is about a mile from the village.

A few miles further, we followed the track of the disused railway. Gervase was able to fill in a few details about the local railway line which was closed down in the 1930s. Interestingly, the local railway station was known as Hovingham Spa.

After all the rain we had encountered on our journey across Ryedale to Hovingham. we were blessed with a lovely sunny morning – and a very enjoyable walk! Our thanks to Murray for taking charge. I'm pleased to report that Mike is now feeling much better.

Our first walk of 2026 will take place on **Wednesday 14th January**, when we will be walking in **Dalby Forest**.

If you would like further details, please do not hesitate to **contact**

Susan

or **Mike**



January medium walk

Date **Tuesday 6th January**

Time 10 am

Start Appleton le Moors

Details will be sent to group members in the New Year

Contact Peter

January long walk

Date **Tuesday 20th January**

Time 10 am

Start Helmsley, junction of Carlton Road and Carlton Lane

Distance 8 miles approx

Contact Eric

November 10-12 mile walk

In November we again focused their attention on the Esk Valley Walk with a loop round Danbydale in wintry conditions with rain, wind and sun. The views from Danby High Moor were superb and Botton cafe provided us with coffee, soup and some very welcome shelter from the rain.

A photo of the intrepid walkers..



January 10-12 miler

Date **Tuesday 27th January**

Time 9.30 am

Start Children's playground on Old Road, Kirkby Moorside

Grid ref SE 6990 8647 [///september.woven.outlawing](http://september.woven.outlawing)

Route Keldholme, Spaunton Quarry, Hutton le Hole, Gillamoor, Kirkby

Distance 10 miles approx, may be shortened if bad weather

Contact Jennifer

"In the old days, it was not called the Holiday Season; the Christians called it 'Christmas' and went to church; the Jews called it 'Hanukkah' and went to synagogue; the atheists went to parties and drank. People passing each other on the street would say 'Merry Christmas!' or 'Happy Hanukkah!' or (to the atheists) 'Look out for the wall!'"

Dave Barry



Answers to December
Palindromes Quiz:

Eve, Radar, Reviver, Rotator,
Civic, Level, Kayak, Race-car,
Madam, Refer, Noon, Peep,
Deed, Stats, Abba, Boob,
Hannah, Pop, Glenelg, Gag,
Beeb, Tenet, Nurses run, Tim
Smit, Sexes.

Bonus: Was it a cat (rat) I saw

Top scorers were Jean L; The
Kirkwoods (26/26); Andrew &
Sandie; & Ron P. Closely on
their heels were David & Judy
H; and Judy C (25/26). Thank
you so much for sending them
in.

Feedback indicates that this
was a popular one - so Gauss
was inspired to send in
another different type!

Send in your entries to

Judi



January Quiz

A quiz for the New Year by Gauss
All answers contain the letters 'new'

1	A long way from Cardiff (3,5,5)	
2	Roosevelt plan (3,4)	
3	This paper started in 1952 (3,7,7)	
4	Huxley novel (5,3,5)	
5	Song by Billy Joel (3,4,5,2,4)	
6	Region in the U.S. (3,7)	
7	Amphibian (4)	
8	Sounds like a young cow in the US (3,6)	
9	South African cricket ground (8)	
10	Are Jersey Royals these? (3,8)	
11	Tony Blair started this (3,6)	
12	Home of jazz (3,7)	
13	Land of Enchantment (3,6)	
14	Howay the lads (9)	
15	The Times or Guardian (9)	
16	Original name of New York (3,9)	
17	Isaac ... mathematician (6)	
18	Good sort of energy (9)	
19	Large dog (12)	
20	This post is not in the mail (5)	
21	Tough fibrous tissue (5)	
22	Recently married (9)	
23	Range of spiritual or religious practices (3,3)	
24	Go shopping here (3,4)	
25	Music genre 1980s (3,4)	