

## General Meeting Tuesday 10<sup>th</sup> March

### Municipal Gardens By Peter Mathers

Peter caught the speaker's bug almost by accident when, many years ago, he started to write and deliver training sessions to the staff of Barclays Bank where he used to work. After a mid-life career change, he now works in the railway industry. Peter qualified as a National Speaker for the National Association of Flower Arrangement Societies in 2023. Peter's talk will be describing the history, development and uncertain future of the public, civic park right back from its Victorian beginnings to the present day. Including such places as the Valley Garden in Harrogate and Pearson Park in Hull but starting with the world's first public park – the location of which may be something of a surprise!

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

All contacts can made through our Contacts or Groups pages



### Kirbymisperton Village Hall

Refreshments from 9.45 am

Speaker from 10.30 am

£2.50 admin charge - cash or card

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**Books** 3 for £2  
 100s to choose from

**Jigsaws** Just £2 each

**Members Table**  
 For news, updates, info, or a chat



## Coffee Mornings

Our coffee mornings are proving extremely popular.

Please pop along to one or more 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

The Kingfisher was buzzing with sixteen people for coffee. There were four potential members and two new members. Our Meeters and Greeters could hardly keep up!



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## Do you feel comfortable at a computer?

We need someone, with a little computer knowledge, to be my backup as Website manager. You don't need to have previously worked on websites, but that would obviously be an advantage. There is a training course, which you work through in your own time. I managed it in about two weeks, but you could take longer. There is little work involved on the maintenance of the site. It was set up about eighteen months ago, so the only job is to keep everything up to date, re groups, talks, contacts, etc.

Presently I am the only person who has completed the training and am solely responsible for the site. This is never a good thing in any organisation. The site is hosted by Siteworks and uses a bespoke version of WordPress. It really isn't rocket science!

Please contact me, Anita, at [newsletter@ryedaleu3a.org.uk](mailto:newsletter@ryedaleu3a.org.uk)

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## A note about the Riviera Travel article last month

A member contacted us to say they had booked a holiday with Riviera Travel without knowing about the donation scheme. They contacted Riviera to ask about their booking and were told the donation cannot be given afterwards, only at the time of booking.

So please, if booking with Riviera Travel be sure to mention the u3a donation scheme and be sure to mention Ryedale!

<https://www.u3a.org.uk/about/our-partners/riviera-travel>

[rivieratravel.co.uk/u3a](http://rivieratravel.co.uk/u3a)

## February's talk – rescued by Dr Stephen Lonsdale

We had multiple problems at our February general meeting. Our advertised speaker, Sue Woodcock, contacted us less than a week before to tell us she was unwell and would not be able to do the talk we were all looking forward to. She will be back, however, as soon as we can arrange it. In her stead, Dr Stephen Lonsdale was available at short notice to step in. That is when the next problem arose. The technical equipment just wouldn't play the game. After many attempts to solve the problem, we had to admit defeat. This meant that Stephen would have to give us his talk without the aid of the slides he had so carefully prepared.

Stephen entertained us with numerous stories about his life around the world. Born into a Quaker family, his first training was that of an engineer, but he was longing to go into medicine, which he did aged 24. He worked as a hospital Porter and then a lab technician before qualifying as a doctor, establishing his GP practice in Cornwall.

Stephen then obtained various contracts with WHO and this led to him travelling the world. His main brief was to run courses for doctors and trainers in various facets of medicine, and in particular the use, and overuse, of various drugs. Stephen spent time in Malawi, Australia, Somalia, Pakistan, Iran, Gaza, India and various Russian states. His courses brought modern medical practice to many countries and led to better use of drugs.

It was noted at the end by our chairperson that the applause given was possibly the longest ever received at one of our meetings and, given the technical issues which meant there was no visual background, it was to Stephen's credit that he delivered a thoroughly professional presentation. What a star!



Judi tries to fix the problem

*I have not failed. I've just found 10,000 ways that won't work*

*Thomas Edison*

Welcome to new members:

Ian & Helen N, Malton  
Laura S, Kirkbymoorside  
Line L and Robert P, Sheriff Hutton  
Graham S, Pickering  
Susan E, Pickering  
Susan M, Helmsley  
John C, Thornton le Clay  
Jane J, Pickering  
Rachel M, Pickering  
Julia L, Pickering  
John B, Marton  
Betty T, Kirkbymoorside  
Mary J, Kirkbymoorside  
Jean M, Pickering  
Chrissie W, Kirkbymoorside  
Kathryn & Simon L, Marton

**Available from pick-up points  
usually by the end of each month**

Please remember - printing is expensive

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

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### **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 Janet

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 March**

Angie T and Ann H

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

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### **Discounts available**

There are 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 book and gift shop, is offering 10% discount. This excludes events, book tokens and gift vouchers.

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

In addition, **Steam and Moorland Garden Centre** offers a discount in their **café** if you join their loyalty scheme. Just ask for a form in the café.

*Newsletter*



# u3a Festival 26

## Book your place at u3a Festival 26

Join us for u3a Festival 26, taking place at the **University of York** between 1-3 July, for a three-day celebration of fun, learning and the community that makes u3a so special.

Explore an existing interest or take the leap and try something completely new in member-led workshops and sessions. Surrounded by other members, you will have opportunities to move your body, be creative and explore new ideas.

The University of York has a beautiful campus with green spaces and a lake, fantastic sports facilities, lecture halls, and workshop rooms – the perfect backdrop for three days of inspiration and learning. There's on-site accommodation available too so you can go straight from breakfast to your first workshop.

Here's a little bit of what you can expect at the Festival:

Talks on a wide range of subjects

Hands-on crafts and art workshops

Fitness workshops

Sports tournaments

Live performances by u3a musical groups

The opportunity to make music yourself

Tickets cost £18 a day, or £50 for a three-day ticket. The festival starts at 11am on Wednesday 1 July and ends at 3pm on Friday 3 July.

We can't wait to welcome you.

Book your Festival tickets

Book on-site accommodation at the University of York

If you'd like to be involved in volunteering at the Festival by leading a workshop or being a steward, please get in touch by emailing

[festival@u3a.org.uk](mailto:festival@u3a.org.uk)

All information can be found at <https://www.u3a.org.uk/what-we-do/events/festival-2026>





# Ryedale Group News

Details of all groups can be found on our website [ryedale.u3asite.uk/groups](http://ryedale.u3asite.uk/groups)

## Groups Coordinator Liz

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### Family History **Monica**

We have agreed to hold an extra meeting in July which will be on 17<sup>th</sup> in the Quaker Meeting Room at 1.15pm. Please add this to your diaries.

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### Psychology **Rosie**

A cold, dark, rainy January didn't put off Psychology group members holding a vibrant discussion around the topic of Guilt and Shame. Were they the same thing or were they different? Could we define it? When understood as a collection of basic emotions, guilt is composed of self-directed anger, sadness for the victim, anxiety and fear. Guilt is closely related to the concepts of remorse, regret, and shame. Shame is a feeling of embarrassment or humiliation that arises from the perception of having done something dishonourable, immoral or improper. While shame is a negative emotion its origins play a part in our survival as a species. Without shame we might not feel the need to adhere to cultural norms, follow laws, or behave in a way that allows us to exist as social beings. Everyone had a view on what the subject meant to them. The group discussion roamed widely across the effects of religion, cultural orientation, a loss or moral code, education and finally, world and local politics. Do politicians feel shame? Was the impact of guilt and shame serving to change our liberal society? The group felt that we/society had become negative in our view of life (fuelled by the media) rather than seeing the joy in small 'wins' such as a tasty cup of coffee, spring bulbs, the fact that the UK had some excellent businesses and creativity. A positive note on which we ended the meeting!

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### Italian Conversation **Mary**

The Italian class have enjoyed welcoming some new members recently. We are pleased to see them at our meetings. The Italian restaurant in Pickering is now run by some veneziani and some of the group had a lovely meal there in December. Our meetings continue at the Forest and Vale on a Thursday afternoon.

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### Cycling **David**

Both December and January rides were cancelled due to unacceptable weather. It should be fun and enjoyable when we go out, and this winter (so far) has not been kind to cyclists!

We hope for better conditions for our rides from February onwards. For optimism, one just has to remember the long hot summer we had in 2025!



## Circle Dancing Marion



The group started in January and is going well. We agreed to meet weekly on Mondays, 2-3.30pm, at Pickering Quaker Meeting House, Pickering, taking things gently with plenty of repetition. We've numbered 10 or 11 members each week and there is space for more, so please get in touch if you'd like to try it.

The website [circledancegrapevine.co.uk](http://circledancegrapevine.co.uk) gives more information about circle dancing.



## Literature Jean

We had an interesting meeting at the end of January when we became more familiar with the Bildungsroman genre (novels written about the formative years and development of the main character). The philosophy of Goethe was the stimulus for this way of thinking.

We have changed the order of our programme and so on Monday February 23<sup>rd</sup> our theme is an author we would like to meet, past or present.

Monday March 30<sup>th</sup> at 2pm Scottish Novelists.



## Pins and Needles Susan

The newly renamed group, formerly known as Sewing Bee, met as is usual at St Leonard's Church hall in Malton. We were pleased to welcome two new u3a members who came along to join us.

As always, there was a variety of different sewing/knitting projects taking place.

If you enjoy sewing or knitting, in whatever form you are most welcome to come along to our next meeting which will be on Thursday 12<sup>th</sup> March.





### **Line Dancing / Seated dancing Liz**

In February the **seated line dancing** enjoyed the rhythm of the salsa in addition to our more usual range of familiar tunes from the sixties and seventies interspersed with the odd country track, sea shanty or Irish ballad. In March we hope to take on a seated version of the Bhangra - watch this space!

Seated line dancing is almost full, please contact Liz before coming along to try.

**Beginner and Improver line dancing** continue on Wednesday mornings in the Middleton and Aislaby Village Hall. Both groups are now full and the Improvers group has a waiting list.

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### **Art Appreciation Liz**

In January we looked at the work of Caravaggio, enjoying his incredibly human, realistic depiction of his subjects and his dramatic use of light and shadow to emphasise emotions. We could well believe that he always used live models to ensure that even 400 years later we could still relate easily to his subjects. Definitely an interesting painter....

At the end of February the group are looking at graphic art.

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### **Photography Paul**

The Photo Group's latest meeting took place on 12 February in Marton. We started by viewing images from the Group's most recent photo challenge - black & white photographs. The range and the quality of images presented were impressive, especially given the recent weather. We then had a quick quiz on photogenic locations around Ryedale, before delving into the technique of Intentional Camera Movement, a means of producing artistic, abstract and impressionistic images. This technique forms the basis of our next photo challenge with photographs to be presented at our next meeting on 12 March.

Eric's black and white photo was the popular choice.





## Birdwatching

RSPB Saltholme, near Middlesbrough, is one of the Group's favourite reserves comprising lakes and grassland in the midst of a heavy industrial landscape. The reserve has many hides, a good Visitor Centre and always provides excellent birdwatching, particularly in winter. The cold and wet weather of this month's visit did not deter our hardy group of birdwatchers, as seen in the photograph! Despite the weather, RSPB Saltholme, as ever, provided some excellent sightings, not only of many winter visitors, but also the welcome, early sighting of a summer visitor, an Avocet.



## History

Linda

Our first meeting of the year was well attended by members who greatly enjoyed a virtual tour of historical Pickering. The fascinating presentation was given by John Kinghorn from Beck Isle Museum. Through the use of a drone camera, and a very large- screened TV we were able to see aspects of Pickering we would never otherwise be aware of. John's excellent use of old pictures and photographs blended beautifully in his knowledgeable and extremely interesting talk of Pickering's varied history and many of the colourful characters who lived and worked there. His name has been forwarded for consideration for a talk at one of our monthly meetings. There are two which we thought members would particularly enjoy, based on Customs and Excise and local smugglers.

In February, Dave Durham gave the group an excellent presentation on the boy soldiers of WW1. It was a sense of patriotism, a guaranteed adventure for many and the luxury of 3 meals a day, a uniform and money in their pockets that drove young men and their friends in their early teens to volunteer to fight in a war that everyone, in August 1914, said would be 'over by Christmas'. Recruits often gave false information in order to join up and recruitment officers and medical personnel over emphasised the boys' ages. This was done in order to claim the 2/6d paid to each for every recruit. This equates to £12.58 in today's money. Many were turned down because of bad teeth, rheumatism, heart murmurs and poor eyesight but too many underage slipped through the net! Just one example was John Parr who was 14 years old when he joined up. He was placed in the Bicycle Reconnaissance Unit spotting German positions. He was killed on 23 August 1916 – the youngest 'soldier' to be killed. He was later buried opposite the last soldier to be killed in November 1918. There were many other touching and tragic stories of boy combatants whose loss of life diminished the young men of a whole nation.



## Walking Groups

<b>Strollers</b>	<b>Linda</b>
<b>Short walks</b>	<b>Susan</b>
<b>Medium walks</b>	<b>Peter</b>
<b>Long walks</b>	<b>Eric</b>
<b>10-12 milers</b>	<b>Simon</b>

*For specific details of walks contact the named walk leader*



### Strollers

Due to very inclement weather in January and February the newly formed Strollers' Group have renamed themselves The Strollers Luncheon group until the Spring weather arrives. In the meantime, we have enjoyed the excellent Senior Citizens' menu of the Royal Oak Public House in Old Malton. Watch this space for developments!

### February's short walk

Last month we met up at Coneysthorpe to walk up to the Mausoleum at Castle Howard. Mike had chosen a walk which was mainly on paths after the non-stop rain we have experienced for the last month!

There were 11 of us, and two dogs! It was a very enjoyable walk followed by soup and sandwiches at the Crown and Cushion in Welburn to warm ourselves up afterwards.

Our next walk is planned for **Wednesday 11<sup>th</sup> March** when we are planning to visit Derwentio Roman Fort. Details will be sent out at the start of March.



## Medium Walk

Date **Tuesday 3rd March**  
Time 10 am  
Start just north of Hawnby  
Distance 6.6 miles  
Contact Peter

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## Long Walk

Date **Tuesday 17<sup>th</sup> March**  
Time 10 am  
Start Glebe Farm lay-by, West side of the A169 at the bottom of Saltergate bank  
Route Grid ref: SE SE 8516 9433 w3w///sampled.remarking.clarifies  
Newtondale, Needle Point, Killing Nab Scar, Newtondale Halt and Levisham Moor  
Distance 7 miles approx  
Contact Liz and Simon  
or Eric

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## 10-12 miler

Date **Tuesday 24<sup>th</sup> March**  
Time 9.30 am  
Start West end of Main Street in Whitwell-on-the-Hill, where a path leads off to the North in front of the entrance to Whitwell hall  
Grid ref: SE 7212 6584 w3w///stops.briefing.precluded  
Distance 10 miles approx  
Led by Jane  
Contact Simon

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Will it be  
'Walking in the rain' by The Ronettes  
or  
'I can see clearly now the rain has gone' by Johnny Nash?

Answers to February Quiz

*Four; Fluidly; Satisfied;  
Fawn; First; Surfeit; Friend;  
Foundation; Portfolio;  
Facilitate; Traffic; Fluent;  
Definitive; Proof; Artificial;  
Preference; Often;  
Profound; Transform;  
Uniform; Careful; Forum;  
Formula; Offensive;  
Breakfast.*

Worthy winners this month were David & Judy H, Team S, & Judy C (25); closely followed by Jean L, Team K, & Team P (24) and Sandie & Andrew (23).

None were put off by my giving the wrong number of letters for nbr 7 so included it in the scoring as everyone got it right!

Thank you all for sending them in.

Send in your entries to

Judi

by 15<sup>th</sup> March



# March Quiz

**All answers contain at least two of the letters X, Y, Z**

1	A group of stars (6)	
2	We breathe this (6)	
3	A contradictory figure of speech (8)	
4	A substitute (5)	
5	Rust is an example of this (9)	
6	Make big (8)	
7	Tail bone (6)	
8	Voice box (6)	
9	Great comfort or elegance (6)	
10	Structure of statements (6)	
11	Cavity behind the mouth (7)	
12	Working people are these (9)	
13	Level of poison (8)	
14	Usual retirement age range (8)	
15	Bendiness (11)	
16	Suffocation (8)	
17	Quick (5)	
18	One of the dwarfs (6)	
19	Protein is an example (6)	
20	Mad (5)	
21	Full of flavour or energy (5)	
22	A coming to an end (6)	
23	Blurry (5)	
24	Sleepy (6)	
25	Very exciting or appealing (4)	