



# Newsletter

## April 2026

email: [newsletter@ryedaleu3a.org.uk](mailto:newsletter@ryedaleu3a.org.uk)  
Entries for May edition by 15<sup>th</sup> March

### General Meeting Tuesday 14<sup>th</sup> April

#### The Fate of the Chagos Archipelago and its People by Andrew Price

Professor Andrew Price is a marine biologist, environmental consultant and writer. His experience over five decades has covered all three oceans, particularly the Indian Ocean. For his contribution to damage and reparations assessments after the 1991 Gulf War oil spill, Andrew Price received the 'British Consultant of the Year Award' (open to entries from industry and academia).



#### Kirbymisperton Village Hall

Refreshments from 9.45 am

Speaker from 10.30 am

£2.50 admin charge - cash or card

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

**Jigsaws** Just £2 each

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



In this edition:

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- 4 Coffee mornings  
Try Bowls!  
Report of March meeting
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## Interest Group Leaders' Meeting: 6 March

A general get together for Interest Group leaders and co-ordinators took place on 6 March. Attendees enjoyed a generous supply of coffee, tea, and cake, which helped set a positive tone for the discussions to follow.

### Recognition of Group Leaders

David E, the Chair, expressed gratitude to the Group Leaders for their dedication and hard work. He emphasised that Group Leaders, alongside the management committee, form the lifeblood of any u3a. Their enthusiasm and commitment often go unrecognised, so this meeting was an opportunity to acknowledge their invaluable contributions.

### Discussion Topics

The group explored several common issues. These included:

- Groups that are at full capacity and others that require additional members
- Strategies for publicising group activities, such as featuring a monthly interest group profile in the newsletter
- Methods for managing challenges that may arise within the groups
- Handling administrative and financial tasks, with the suggestion that Group Leaders and Co-ordinators do not need to undertake everything themselves. Other group members can be recruited to assist with administration and finance.

### Communication and Data Protection

The meeting moved on to consider how interest group members are contacted regarding events and meetings. It was noted that some communication methods currently in use do not comply with Data Protection regulations. To address this, the use of the u3a's membership database, Beacon, was recommended. Judi W, the admin support, provided a brief demonstration of Beacon.

### About Beacon

Beacon is a user-friendly online membership database designed specifically by and for u3as. It offers a straightforward interface for managing members, groups, and finances. No advanced IT skills are required to use Beacon, making it accessible to all u3as in the UK. Each u3a can only access their own member information, and this data is not available to other u3a organisations. The hope is that all Group Leaders will eventually recognise the benefits of adopting Beacon for group management.



## Key Features of Beacon

- Enables u3as to communicate with members easily and efficiently, without revealing email addresses
- Significantly reduces time spent managing membership and group information
- **Ensures compliance with all Data Privacy legal requirements**
- Supports Group Leaders in membership management
- **Support and Further Assistance**

To book a one-to-one session with Judi, please email her at [info@ryedaleu3a.org.uk](mailto:info@ryedaleu3a.org.uk)

Select	Group	Active	Address	When	Where	Leaders	Members	Max	Waiting
Operations at bottom of page									
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z									
<input type="checkbox"/>	Art Appreciation	Y		3rd Thursday at 1:00pm	The Feelgood Centre	Mary Accountant Jane Administrator Isaac Asimov	15	12	3
<input type="checkbox"/>	Bridge	Y		Fortnightly on Wednesdays at 2:00pm	Private House	David Barrett Browning	1	12	
<input type="checkbox"/>	Coffee and Cake	Y		1st Thursday at 10:30am	Costa High St	Mary Hawthorn	1	10	
<input type="checkbox"/>	Computing For Beginners	Y		1st Weds and 3rd Thurs at midday	Library	Eric Morecombe	9	10	
<input type="checkbox"/>	Family History	Y		2nd and 4th Mondays at 2:00pm	The Feelgood Centre	Dot Cotton	9	8	1
<input type="checkbox"/>	Folk Dancing	Y		Every Tuesday at 10:00am	St Saviours Hall	Percy Wainwright	1	24	
<input type="checkbox"/>	Map Reading	Y		2nd Wednesday at 9:00am	No Fixed Venue	Sylvia Tolkein	1	40	
<input type="checkbox"/>	Photography Digital	Y		2nd and 4th Thursdays at 10:00am	Library	Simone de Beauvoir	8	6	2
<input checked="" type="checkbox"/>	Railways and Canals	Y		1st Monday at 2:00pm	Private House	Mike Young	1	8	
<input checked="" type="checkbox"/>	Spanish	Y		1st and 3rd Fridays at 2:30pm	Com Exchange	Attila Theeman	1	8	
<input type="checkbox"/>	Wine Tasting	Y		4th Wednesday at 7:00pm	Com Exchange	Nicholas Hawkmoor	1	12	

Personalise this e-mail using tokens. Click one to insert.

Member #MEMNO membership number

#EMAIL #TELEPHONE #TELEPHONE4 last 4 digits #MOBILE #MOBILE4 last 4 digits #EMERGENCY emergency contact #AFFILIATION home u3a #RENEW renewal date #LASTRENEW renewal date #FEE renewal fee

From: Jane Administrator <jane.admin@demotown.com>  
 To: Jane Administrator <info@ryedaleu3a.org.uk>  
 Dorothy Cotton <dot.cotton@demotown.com>  
 Simone de Beauvoir <robert.barron@demotown.com>  
 Attila Theeman <attila.theeman@demotown.com>  
 Sylvia Tolkein <sylvia.testlady@demotown.com>  
 Percy Wainwright <percy.wainwright@demotown.com>  
 Mike Young <mike.young@demotown.com>  
 6 addressees

Subject: A message from Demotown USA

Hello #FORENAME  
 Welcome to Demotown USA. You have joined the Circle Dancing Group and the Art Appreciation.  
 Please check the following information that we hold about you and let us know of any changes:  
 Name: #TITLE #FORENAME #SURNAME  
 Known as: #FAM  
 Address: #ADDRESSH  
 E-mail: as delivered  
 Telephone: #TELEPHONE  
 Mobile: #MOBILE  
 Emergency Contact number: #EMERGENCY

## Do you, or did you, play a brass instrument?

Swinton Band have a New Project that starts on **Wednesday 15th April** that might be of interest to some of you. It's a Daytime Brass Project aimed at offering Adults who wished they'd had the opportunity to learn to play a musical instrument when they were younger, or those wanting to return after a long break.

It is a Free 10 week course and we will have 15 places available.

Please reply to Tracey Popham ( [membership@swinton-band.com](mailto:membership@swinton-band.com) )  
 Phone: 07874 746589



### 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 along to one or more 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



## An Offer from Ryedale Bowls Club

### Bowling Open Afternoon - Save The Date

The Bowls Club in Norton is arranging an Open Afternoon for u3a members to try bowls. This is scheduled for 10 May at 13.45 h.

Further details will follow in the May newsletter



### March Meeting      Municipal Gardens by Peter Mathers

Our March meeting, held on March 10th, featured Peter Mathers, who shared the history and development of public parks. Growing up in Bradford without a garden, Peter cherished his local park, where friendly keepers raked autumn leaves into piles, but not necessarily for the benefit of children!

The first municipal park was established in Birkenhead in 1847, designed by Joseph Paxton, a place for the people of a heavily industrial town to enjoy.

Its success inspired Frederick Law Olmsted, using ideas from his design of Central Park in New York. Paxton went on to create the Crystal Palace for the 1851 Great Exhibition.

Peter gave a quick overview of notable gardens in Yorkshire, such as Museum Gardens in York, Burnby Hall Gardens in Pocklington, Pearson Park in Hull, Sewerby Park in Bridlington, and Valley Gardens in Harrogate, all of which I highly recommend.

His talk was a fascinating blend of history, architecture, and gardening, showcasing many beautiful park flowers. Many thanks to Peter for an engaging presentation.



Welcome to new members:

Sarah C, Kirkbymoorside  
Carole P, Helmsley  
Meryl S, Kirkbymoorside  
Judy W, Pickering  
Heather C, Pickering  
Paul B, Pickering  
Katie D, Birdsall  
Christina H, Malton  
Erica & Richard D, Rillington  
Sally S, Kirkbymoorside  
Thelma D, Pickering

**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
	<i>(Please ensure you only pick up your personally named copy)</i>
<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

To receive your newsletter by post: send a book of 2nd class stamps to:  
Judi Watkinson, 13 Woodlands Avenue, Norton, Malton YO17 9DB

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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 [janetcu3a@gmail.com](mailto:janetcu3a@gmail.com)

We also need volunteers to help put out the chairs for the meeting. If you are able to join this rota please talk to 'the person wielding the trolley' at the end one of the meetings to see what is involved.

### **Refreshments volunteers for the next meeting**

Diane L and Serena W

(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*





# 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 [ryedaleinterestgroups@gmail.com](mailto:ryedaleinterestgroups@gmail.com)

## Featured Group – Taiji



We are very fortunate in our u3a to have Christine Roberts Holland, a fully qualified Taiji teacher of many years' standing, to teach our Taiji group. So what is Taiji??

Taiji is an ancient Chinese fighting art, that has been passed down from master to student through the years. The Chinese believe that practising it will result in longevity and improved suppleness and balance. All movements are completely natural and unforced, developed from the ground up and are performed in a controlled, slow fashion.

Here in Ryedale, however, Taiji is practised as a form of exercise, going through sequences of movements slowly with intense focus on every detail. Christine believes that Taiji is within everybody's capability, but she admits that it does take a long time to learn to do each movement perfectly. On the upside, she points out that the long-term benefits of learning Taiji are well worth the effort: improved posture, improved balance, and consequently mobility. And, because everybody focuses on their own movements, beginners and experts can exercise in a session together.



Taiji sessions are held most Monday mornings from 9.30 to 10.30 in the Memorial Hall in Old Malton. For further information, please contact Christine

[crobertsholland@gmail.com](mailto:crobertsholland@gmail.com)

**01653 695099**



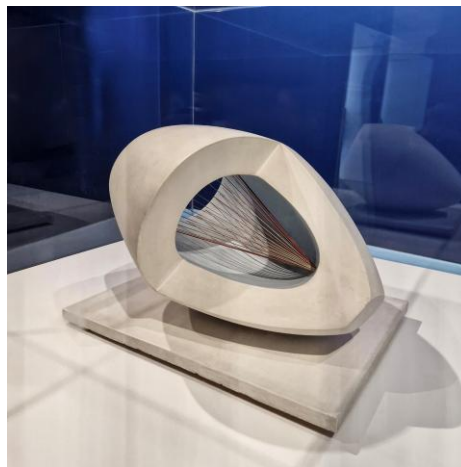
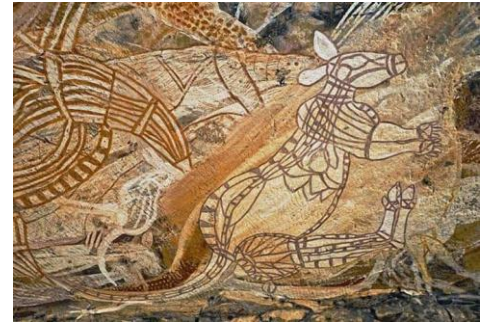
The Taiji group will resume after Easter on Monday 13th April and continue with gaps for Bank Holidays until Monday 6th July. New members are always welcome, contact me for information and encouragement.



## Art Appreciation

Liz [ryedaleinterestgroups@gmail.com](mailto:ryedaleinterestgroups@gmail.com)

Last meeting we had a lively discussion about the definition of graphic design, finally agreeing on the 'practice of crafting visual content to influence, inform and engage the target audience'. After that, examples came fast and furious, ranging from 28,000 year old cave art to 20th century book covers, the opening sequence of David Suchet's Poirot, LNER adverts from the twenties and the (dreary) adverts in the Sunday Times magazine. We are surrounded by graphic art...



In early March we had an excursion to the Hepworth Gallery in Wakefield. Eight members attended and it was a pleasant drive in two cars thanks to Simon and Anita. After a refreshing coffee we explored some of the galleries before meeting our guide for a pre-arranged tour. He spoke of the history of the gallery and of many of the pieces of art displayed, with particular emphasis on Barbara Hepworth. Time for a gourmet lunch in their café before we explored the rest of the building and the garden. A thoroughly enjoyable day, even survived 'Toddler Tuesday', a wonderful idea we felt. A big thank you to Dona for organising.

Our next meeting is on Friday 27<sup>th</sup> March when we will be discussing 'the spiritual in art'.

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## Spanish Conversation Sue

[suestyles18@gmail.com](mailto:suestyles18@gmail.com)

In February the group discussed the universal topic of the weather, 'el tiempo', in the context of places we had, or were about to have, visited. These included such far-flung locations as Russia (years ago!), Finland, Madrid, Tierra del Fuego and La Gomera, showing just what a well-travelled bunch we are. We also discussed the usefulness of the verb 'volver', and the ease of learning how to pronounce Spanish words, compared with English (pity the foreigner trying to get to grips with sentences such as:

'Lying on the **heath** in the **heather** I **breathed** a deep **breath**, enjoying the good **weather**')!





**Literature**      **Jean**    [jeanleggott@gmail.com](mailto:jeanleggott@gmail.com)

Our meeting in February, about authors we would like to meet past or present, provided a surprising selection of different genres and reasons for choice. These included George Orwell, George Sand, Enid Blyton, Lionel Shriver, Agatha Christie, Anne Bronte, and Alan Bennett. They had made an impression on members during certain stages of their lives from childhood onwards. As usual we had an entertaining afternoon.

We meet on the last Monday of the month at 2 pm. At the moment we are at capacity but have an open waiting list. Please get in touch if you are interested. A second group would be a possibility.

**Future meetings:**

- March 30th      Scottish Novelists
- April 27th      Publishers
- May 25th        Sylvia Plath
- June 22<sup>nd</sup>        Animals in Literature



**Photography**              **Paul**    [styles.pablo@hotmail.com](mailto:styles.pablo@hotmail.com)      **07784 166253**

The latest challenge for the Photo Group was to create images with Intentional Camera Movement, which, as it dispenses with keeping the camera steady, is the antithesis of usual photography. The photos shared at our meeting on 12 March were nonetheless impressive. As were the photos of the complementary challenge of 'doors & windows'. Next month sees the group tackling still life photographs and their interpretations of 'Spring', images of which will be shared at our next meeting on 9 April.



Photo of the month by Anita



**Line Dancing / Seated dancing**    **Liz**    [ryedaleinterestgroups@gmail.com](mailto:ryedaleinterestgroups@gmail.com)

**Beginner line dancing** meets in Middleton Village Hall on Wednesdays from 9 to 10.15. Newcomers are welcome. The intermediate class is full.

After focusing on a Bollywood styled routine in March, **seated line dancing** will be returning to Sixties music in April. Now meeting in the larger Middleton and Aislaby Village Hall, as we outgrew the smaller one, on Thursday mornings from 10 to 11. New members welcome.

*"We should consider every day lost on which we have not danced at least once."*

*Friedrich Wilhelm Nietzsche*



### Birdwatching

Diana and Terry

[dvandtw95@gmail.com](mailto:dvandtw95@gmail.com)

Finally we had good weather for a birdwatching outing! This month we enjoyed a very good visit to YWT Nosterfield Reserve and Nosterfield Quarry (near Masham), recording a good selection of birds on the water, in the hedgerows and in the air. The best sightings from each of these habitats, respectively, were probably Great Crested Grebes displaying, a Chiffchaff singing and 2 large flocks of Whooper Swans flying to their Arctic and sub-Arctic breeding grounds. We have recently been able to welcome some new members to the Group, but there is still a waiting list to join.



### Rummikub

Dee and Dan

[dan.dee.dwyer@outlook.com](mailto:dan.dee.dwyer@outlook.com)

At the moment, the Rummikub group is full. Anyone wanting to join the waiting list should contact Dan or Dee.



### Psychology Rosie

[rosieklouda@icloud.com](mailto:rosieklouda@icloud.com)

We held an interesting meeting hearing about and discussing a wide range of issues around the subject of twins.

Twins experience a profound, lifelong, and often complex bond, balancing extreme closeness with the need for individual development. They navigate unique dynamics of intense companionship, rivalry, and, particularly for identical twins, shared emotions. Healthy development requires nurturing their separate identities and managing intense, often competitive, attachment. This unique relationship offers a foundational tool in behavioural genetics providing unique high value insights into the 'nature vs nurture' debate by comparing identical twins (monozygotic 100% shared DNA) and fraternal twins (dizygotic 50% shared DNA).

Such studies are crucial for estimating the heritability of traits, diseases, and behaviours allowing researchers to disentangle genetic factors from environmental influences. Fields of research impact pharmaceuticals, dental science, economics, and medicine and human science where comparators are identified around talent, cognitive ability, personality, social attitudes, and substance dependence.

See the case of 'The Jim Twins' for an extraordinary story of separated twins reunited after 40 years!



### Cycling David [treasurer@ryedaleu3a.org.uk](mailto:treasurer@ryedaleu3a.org.uk) 07713 520569

Hooray, we actually got out riding on 27th February, to Helmsley No. 12 cafe near the castle. 10 members enjoyed a longish ride (nearly 40 miles for most), but with a westerly tail wind on the homeward leg.

*"Ride as much or as little, or as long or as short as you feel. But ride."*

*"Don't buy upgrades; ride up grades!"*

*Both by Eddy Merckx*



**Racketball** Sue E [sue.everington@btopenworld.com](mailto:sue.everington@btopenworld.com) 07723 737132

I have taken over from Jennifer as the racketball co-ordinator.

We would like to thank Jennifer for all her hard work establishing our group and keeping us in order, which is not the easiest of roles.

We meet every Thursday 1000-1130 hrs at Malton Rackets Club and welcome new players.

Please do not hesitate to contact me, by phone or email.

Many thanks again Jennifer we will all miss you.



**History** Linda [lindaculloden@outlook.com](mailto:lindaculloden@outlook.com) 07899 309273

The March meeting of the History Group featured a lively 'Show and Tell' session, with members presenting a fascinating array of objects. Highlights included a 1953 Coronation mug, aviation memorabilia linked to jet fighter development, military relics from World War I, unique Chinese lacquerware, and an assortment of items from pubs, farms, and local history.



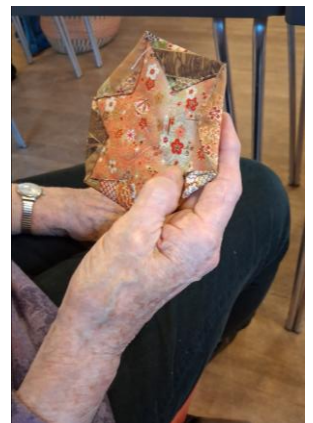
Personal stories accompanied each artefact, ranging from wartime anecdotes to tales of family history and ingenious recycling. The meeting concluded with admiration for treasured pieces from Prague and Murano, reflecting the group's appreciation for both historical significance and beauty.



**Pins and Needles** Susan [smstark29@yahoo.co.uk](mailto:smstark29@yahoo.co.uk) 07922 093028

The Pins and Needles group met on Thursday 12th March.

We had a busy time at St Leonard's Church Hall. As usual there were many different sewing, embroidery, crochet, hat making and knitting projects taking place. Our next meeting is on Thursday 9th April at 2pm.



## Walking Groups

<b>Strollers</b>	<b>Linda</b>	<b>07899 309273</b>	<a href="mailto:lindaculloden@outlook.com">lindaculloden@outlook.com</a>
<b>Short walks</b>	<b>Susan</b>	<b>07922 093028</b>	<a href="mailto:smstark29@yahoo.co.uk">smstark29@yahoo.co.uk</a>
<b>Medium walks</b>	<b>Peter</b>	<b>07711 256311</b>	<a href="mailto:peterneville47@gmail.com">peterneville47@gmail.com</a>
<b>Long walks</b>	<b>Eric</b>	<b>07845 979578</b>	<a href="mailto:ericwesson1@gmail.com">ericwesson1@gmail.com</a>
<b>10-12 milers</b>	<b>Simon</b>	<b>07857 044062</b>	<a href="mailto:simon.s.durkin@me.com">simon.s.durkin@me.com</a>

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

### March Short Walk

There was a good turn out for the short walk from Wentworth to Derventio Brigantum which is a Roman fort and settlement located beneath the modern town of Malton.

Our next walk will be on **Wednesday 8th April** to see the daffodils in Farndale. Details to be sent out at the start of April.

### Medium Walk                      Tuesday                      7<sup>th</sup> April

Time	10 am
Start	Farndale daffodil walk – details to follow
Distance	6 miles
Contact	Peter <a href="mailto:peterneville47@gmail.com">peterneville47@gmail.com</a> 07711 256311

### April Long Walk                      Tuesday                      21st April

Time	10 am
Start	Fridaythorpe near pond/church Grid Ref SE875592
Route	to be confirmed
Distance	8 miles

### 10-12 miler

The February 10-12 mile walk took us across the Wolds, walking through fields and woods, along Britain's most northerly chalk stream and over rolling hills with wonderful views. The weather cooperated and we lunched in the sun by a country graveyard. Thanks to Deborah for organising.

### April's walk                      Tuesday                      28<sup>th</sup> April

Time	9.30 am
Start	Meet at the Top of Chimney Bank (above Rosedale) Grid ref: SE 720 946                      w3w/// resonated.conceals.shopping
Distance	10.8 miles (17 km) approx
Led by	Eric
Contact	Eric <a href="mailto:ericwesson1@gmail.com">ericwesson1@gmail.com</a>



Answers to March XYZ Quiz

*galaxy, oxygen, oxymoron, proxy, oxidization, maximize, coccyx, larynx, luxury, syntax, pharynx, taxpayers, toxicity, sixtyish, flexibility, asphyxia, zippy, sneezy, enzyme, crazy, zesty, expiry, fuzzy, snoozy, sexy.*

I have counted as correct all answers to Q5 as the number of letters given was incorrect.

Top marks to both Team K and Laura + Cats (25/25), with Team P and Josie H (24/25), Team S, David & Diana F, David & Judy H, all 23/25, and Angela C 22/25.

Always a pleasure to receive your entries – thank you.

Send in your entries by email or post to:

Judi Watkinson  
13 Woodlands Avenue  
Norton  
Malton YO17 9DB

[judiwatkinson@gmail.com](mailto:judiwatkinson@gmail.com)

by 15<sup>th</sup> April



# April Quiz

## MISSING LINKS

All answers start with the letter 'A'

1	Band Hearing Worker	
2	<i>Fatal</i> Main Tourist	
3	Bitter Oil Sugared	
4	Kingdom Rights Wild	
5	Calendar Carol Sunday	
6	Book System Tape	
7	Ever Noon Taste	
8	Athletics Boxing Dramatics	
9	Open Present Race	
10	Con Make-up Performance	
11	Football Housing Word	
12	Bomb Clock Number	
13	Ant Mac Smith	
14	Advertising Detective Travel	
15	Acute Grinder Right	
16	Arch Dust Fish	
17	Chain Sock Sprained	
18	Hope Reckless Ship	
19	Battle Pick Pole	
20	General Line Rooms	
21	Cardiac Citizens Under	
22	Grey Local Picnic	
23	Bells Clock False	
24	Definite Foreign Finished	
25	Age Batting Out	