

Our next meeting is Tuesday 9th June

The Lake District: a celebration and a warning by Chris Forse

Chris Forse is a retired teacher and administrator who spent 33 years in Hong Kong where he was also a sometime columnist and radio panel guest.



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



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Summary of May talk

Curiosities of the North Yorkshire Moors by Jane Ellis

Jane Ellis introduced members to many of the curiosities she has discovered during her walks across the North Yorkshire Moors. On and underneath the quiet tranquillity of this glorious scenery lies evidence of the many industries which were prevalent in the 19th century.

We were familiar with Kilburn's White Horse but didn't know that it was the idea of a local teacher and that six tons of lime were needed in its creation and once finished that 100 gallons of beer and two roasted bullocks were consumed by the workers. Unknown details such as the sundial, at St. Gregory's Minster near Kirby Misperton, is Anglo-Saxon and pre-dates the Battle of Hastings in 1066. Jane showed us images of caves at Mulgrave and Danby.

Henry VIII courted Catherine Parr at Danby - none of us knew that. We saw Roxby where the local blacksmith created a horseshoe shaped entrance to his home, Rievaulx Abbey and the temples built there later to serve tea to family guests.

We were shown the criss-cross of railways and walkways across the moors where iron stone and soft jet had been mined, and then transported to the railway stations, and the flat stones laid to enable man and beast to carry goods to outlying farms.

There were so many other wondrous things both natural and man-made which Jane had discovered on her walks across such a beautiful landscape. A really fascinating talk.

Linda McC



Coffee Mornings

Our coffee mornings are proving extremely popular. So much so that we now have three.

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



Welcome to new members:

Clare H, Spaunton
Barbara S, Norton
Jan L, Pickering
Sandra W, Lockton
Ann A, Malton
Margaret C, Malton
Rosamund T, Ebberston

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

Please remember - printing is expensive

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

Judy W and Kathy A

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

Discounts available

There are currently three 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.

Forest and Vale, Pickering gives 10% discount on evening meals, food only.

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 2026

If you are unable to go the u3a Festival in York, there is still the opportunity to take part in the **u3a Festival Fringe** - a selection of online events curated to complement the in-person event.

These online events are free to attend.

The programme includes a mixture of talks and interactive activities, giving all u3a members a chance to be part of our celebration of learning and fun.

Events are from 25th June to 10th July

Here is a selection of what is on offer



The role of wind energy in the UK's electricity system

Join Chris Vogel to learn about the UK's wind resource and the engineering involved as wind energy's growing importance to UK's electricity mix.

Tuesday 30 June at 11am

Free – online via Zoom

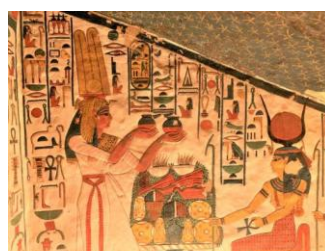


Mrs. Charles Dickens tells her story

A powerful reimagining of the silenced voice of Catherine Dickens, revealing the truth of Charles Dickens' marriage.

Thursday 2 July at 2pm

Free – online via Zoom



The role of women in ancient Egypt

Join Neil Stevenson, Subject Adviser for Egyptology, to explore the status of women in Ancient Egypt.

Friday 10 July at 2pm

Free – online via Zoom



The history of shoes

Robin Taylor takes us on a journey of shoes, from historical styles to modern trends, sharing insights from his career as a shoe designer.

Wednesday 8 July at 2pm

Free – online via Zoom



The technology built in to modern cars and trucks

John Butler from the *u3a Let's Talk Tech* team explores the technologies of modern vehicles, live from the u3a Festival in York.

Wednesday 1 July at 11.30am

Free – online via Zoom



Artemisia- vengeance or vision?

Join us for a presentation where we delve into the artistry of one of history's most amazing female painters.

Thursday 9 July at 2pm

Free – online via Zoom

For more information go to

<https://www.u3a.org.uk/what-we-do/events/festival-2026>



Are you unable to join a group because it is full?

You could always start a new group: another book discussion or lunch group or something entirely new like astronomy or square dancing?

Other group leaders are always happy to support with advice and suggestions, and Liz is a mine of knowledge. Interested - please contact Liz



Ryedale Group News

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

Groups Coordinator Liz



Circle Dancing

Marion

What is Circle Dancing? So many people ask that question and it's a difficult one to answer fully. To correct a popular misconception: it is not spinning around on the spot! It is a sociable form of dancing with participants holding hands and forming a circle (hence the name) or sometimes a line.

It has been described as World Dance for Well-being because it draws on dances and music from around the world.

To give a flavour of the experience of Circle Dancing, here are some comments from those who joined the group when it started in January:

"I hadn't a clue before I tried it. It's social, focusing, satisfying, meditative and soothing."

"I find it gentle – it keeps you moving in a gentle way and involves interesting patterns and repeated sequences."

"It's good for the brain and the memory, for mental health and well-being."

"I find it a cultural experience, doing dances and hearing music from many different places."

"It reminds me of Zorba the Greek – that kind of connection through dancing."

"The venue feels just right for it."

If you like the sound of this, please come and give it a try. We meet at Pickering Quaker Meeting House, 2-3.30pm most Mondays. Check with Marion for dates and/or to get more info.



Bucket List David

Our new Bucket list group had its first meeting in May and has been established with 8 members, led by u3a Chair David. The whole idea of the group is to identify the things that many of us wish we could have done, before life and work got in the way. We then look into the ways such dreams could be realised and try to make them happen. Our first meeting was a wide-ranging discussion of our ideas, and here's our first list:-

Abseiling	Fly in a biplane
Weightlessness	Indoor climbing
Fly in a Helicopter	Weightlifting (Diana will demonstrate)
Tractor driving	Skid Pan driving
Tram or Train Driving	Via Ferrata (I had to look it up)
Learning new languages	Learning Bridge
Flight Simulator	Yorkshire Dialect
Pottery	Art / Painting
Ballroom Dancing	Zip Wire

Visits to :

York Regimental Museum	Orkneys
Bluebell walk	Crich Tramway Museum
Nuclear Power Station	Factory Visits
Trooping of the Colour	Beating the Retreat
Puffins at Flamborough	Brewery / Distillery
British Library at Boston Spa	Fylingdales
Oxford May Day at Magdalene College	

That's quite a list to get started on – but if you can think of anymore, or would like to join in, please come along to our next meeting at the Forest and Vale at 2pm on Wednesday 3rd June.



Cryptic Crosswords Judi

The cryptic crossworders have been meeting without a leader lately but back to 'normal' in June - next meeting will be 25th June. Newcomers always welcome if known in advance!



Taiji Christine

The Taiji group continues until July, last class on Monday 6th July. We resume in September, the exact date later. We meet at 9.30am in the Memorial Hall Old Malton. For more information and encouragement contact me



Theatre from Page to Stage

While the very enjoyable Playreading Group is having a break, I wondered if anybody would like to join me in exploring what goes into making a play. We would start with a short piece of script and recreate how a team might stage it. We could look at the contribution of the writer, the director, the designers, the actors, the musicians, the casting director, the technicians and, most importantly, the audience. We could dip into the history of theatre over the last 2,000 years. We might even form our own theatre company! If you are interested, do let me know. I'd aim to start in September and meet once a fortnight.



Psychology Rosie

Our April subject for discussion was around Anxiety. The word 'anxious' originates from the Latin word 'anxius', meaning troubled, concerned or uneasy. It further derives from the Latin verb 'angere', meaning to choke, strangle or squeeze. The group acknowledged that anxiety is caused by many different situations and life experiences - how anxiety affects us, and how we deal with it, is very personal. If you asked 100 people what it means to them, you'd probably get 100 different answers. Everyone's anxiety levels are different. Some people find more situations stressful and experience more challenges in life than others, and they get more anxious as a result. The discussion identified several possible causes of anxiety that included our upbringing, our environment, things that happen to us and our temperament. Social media and twenty-four-hour news was also acknowledged to be a huge influence on anxiety levels particularly in the young. We summarised that "Anxiety thrives in empty time" - food for thought!



Literature Jeanette

The Literature group met on 27th March in Settrington. The subject discussed was Publishers. We started our research in 1584! Who would have thought it!? The big publishers all seemed to evolve between 1843 and 1884. We discussed small publishers, and how they functioned. The number of rejections some budding (now famous) authors had to contend with, and the popularity of certain genre. Top of the list was Contemporary Romance, followed by Thrillers and Mystery.

The next meeting is on May 25th at Jeanette Anness's house in Settrington, at 2pm. The subject is Sylvia Plath.

We now have some vacancies. If you are interested in joining us, please contact Jeanette.



Family History Monica

Please note that we carry on into July. Meeting on 17th.

History Group Trip to the Calderdale Industrial Museum and the Piece Hall at Halifax



On a breezy Friday morning the History group assembled at the village hall for our outing. Our driver Claire drove with great skill around the road works in Halifax and also gave us a scenic tour avoiding the atrocious traffic jam on the M25/A64 on our return. We had a wonderful time being shown around the museum by the volunteers, whose knowledge brought to life the design and functions of the machines on display – some of which are unique to the museum. Thanks to one of our members, Peter Conwell, whose involvement in the site had helped to save it from demolition, we had the place to ourselves. They laid on an excellent lunch of local pork pie and peas which members enjoyed so much that every plate was cleared. After, we left to have a wander around the Piece Hall, which is a grade 1 listed building. The hall is really impressive and from its original purpose as a market place for handloom weavers to sell their 'pieces' of cloth it has been transformed into a cultural and commercial hub with bistros and unique shops. If you haven't been to either place – then please go. You won't be disappointed.



Line Dancing

Liz

Line dancing is held on Wednesday mornings in the Middleton and Aislaby village hall. There will be no dancing in July and August: sessions will resume mid September. For all further information please contact Liz.



Seated Dancing

Liz

Seated dancing is held on Thursday mornings in the Middleton and Aislaby village hall and newcomers are always welcome. There will be no seated dancing in July and August: sessions will resume mid September. For all further information please contact Liz.



Rummikub

Dee and Dan

Rummikub will continue until 22nd June. We will then take a summer break, returning to the Talbot on Monday 14th September. We are still operating on 2nd and 4th Mondays of the month, starting at 10 am and finishing at 12 noon.

At the moment our group is full due to limited space, but we have a waiting list of people wishing to join us.





Photography

Paul

At our meeting of 14 May, we welcomed new member, Jenny. We then proceeded with presentation of the group's images of cloudscapes and shadows, before delving into the arcane world of the photographic histogram. The next photo challenge will require images of 'reflections, with or without water', to be presented in our June meeting. Plans were also laid for some outings to local photogenic sites, which will enable us to enjoy the health benefits of photography. In the words of a recently published UCL study : "Regularly taking part in arts activities (*such as photography*) may slow the pace of biological ageing." Photography not only looks good, it also does you good!

This month's photo is by Paul



Birdwatching

Diana and Terry

Sedge warbler



The main aim of the May Meeting was to listen for the songs of some recently arrived summer visitors, such as warblers, and our visit to Staveley Nature Reserve (Yorkshire Wildlife Trust), near Boroughbridge, was very successful in this regard. As well as listening to a number of different warblers, we also had good sightings of several, including Chiffchaff, Whitethroat and Sedge Warbler. Other summer visitors present were plenty of Swallows and Swifts and some nesting Common Terns.

In June we are planning to visit a farm that is re-wilding as much as possible while still operating on a commercial basis. In July, we will be visiting the coastal cliffs to look for nesting Guillemots, Razorbills, Kittiwakes and, of course, Puffins.

"Birds are, perhaps, the most eloquent expression of reality." — **Roger Tory Peterson**



Canasta

Jean

Canasta group continues to grow and thrive, some members returning after being absent for various reasons, lovely to see them back and rekindling old friendships.

For those members wanting to play Canasta through the summer months we will be playing every week on a Monday afternoon at the Forest and Vale in Pickering, 1:45 start as normal.

Anyone who would like to join our group you would be most welcome whether you have played before or you have never even heard of Canasta we can help with one-to-one tuition.



Cycling

David

We were very pleased to have acceptable weather and be able to go out for the April ride to Cedar Barn, Pickering. Nine of us were out in April and group numbers have been between 7 and 9 over the last year or so with a high of 10 for the February ride.

We see from Facebook that Nunnington Old Yard cafe has recently reopened under new management, after the retirement of the previous two ladies. We look forward to exploring the new setup during this coming summer. Yum!

There was a letter in the most recent 'u3a Matters' magazine from a member down south criticising cyclist's behaviour. We feel we could similarly write to the editor to criticise motorist's behaviour, so it just goes to show what an intolerant nation of road users we are in this country. A clear example of where the u3a's 'learn, laugh and live' could do some good.



Spanish Conversation Sue

This month we covered a wide range of topics: zoo animals, radical-changing verbs, how to eat your fill in Spain ('ponerse las botas'), describing a café scene, and an apt quote from Chilean poet Pablo Neruda: "Si no escalas la montaña, jamás podrás disfrutar el paisaje".

In the context of our class, and as our textbook says, by climbing the mountain a few steps every day in your language learning journey, you can look back and see how far you've progressed and enjoy the opportunities and experiences that knowledge of another language brings.



Mahjong

Sue

We continue through the summer on the 2nd and 4th Wednesdays of the month. Our summer lunch will be on Wednesday 24th June at The Blacksmith's Arms in Lastingham at 1pm.



Book Group 3

Sue

We will continue through the summer on the 3rd Friday of the month. Book choices and location to be confirmed.

Walking Groups

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

For specific details of walks contact the named walk leader



Strollers Linda

The April get together saw us disappear into the depths of Dalby Forest on a 2 mile walk in glorious weather. The birds sang, dappled sunlight shone through the new spring leaves and our group chatted away as we strolled along the Haygate Path. It was delightful. Then we retired to the Fox and Rabbit hostelry for a warm welcome and an excellent lunch. Perfick as Dell Boy would say.

For future strolls please contact Linda



Short walks Susan

Information on the short walks has been unavailable.

Please contact Susan for information.



"All truly great thoughts are conceived while walking." — Friedrich Nietzsche

"Walking is man's best medicine." — Hippocrates

"The sum of the whole is this: walk and be happy; walk and be healthy." — Charles Dickens

Medium walks Peter

Details to group members nearer to date, as usual

June 2nd	Circular walk in Dalby Forest
Start	Bungalow Farm, South Moor near Lockton
Distance	5.5 miles approx
July 7th	10 am
Start	Castle Howard
Distance	7 miles over mixed but easy terrain
August 18th	10 am
Start	Car Park at foot of Kilburn White Horse (£2.50 charge)
Route	Cleveland Way and return via Lake Gormire
Distance	7.5 miles spacing/lamppost/cracker Grid Ref SE514815

Long walks Eric

June 16th	10 am
Start	Square Corner (6.5 miles northwest from Hawnby towards Osmotherly) Grid ref SE479959 w3w ///inflating.tripled.pills
Route	Cleveland way, Kepwick Moor, Kepwick village, Honeykiln Farm, Nether Stilton
Distance	8.7 miles
Contact	Nigel or Eric
July 21st	10 am
Start	Newton-on-Rawcliffe near White Swan Grid ref SE812905 w3w /// sandwich.deeds.tweezers
Route	Newton, Tabular Hills Walk to Cawthorne, Saintoft Grange, West Dike Road, Newton
Distance	8.5 miles
Contact	Eric

The 10 milers Simon

June 23rd	9.30 am
Start	Park in the layby on the Bilsdale (Stokesley) road in front of St. John’s church Fangdale Beck Grid ref SE 699 865 w3w ///sang.chain.regularly
Distance	10 miles approx
Led by	Simon
July 28th	9.30 am
Start	Children’s play area, Old Road Kirkbymoorside Grid ref SE 699 865 w3w ///september.woven.outlawing
Distance	10 miles approx
Led by	Jennifer

Answers to May Towns and Cities quiz:

Aylesbury, Northallerton, Watchet, Felixstowe, Runcorn, Scarborough, Ripon, Selby, Tynemouth, Nuneaton, Huddersfield, Andover, Worcester, Reading, Exeter, Taunton, Matlock, Fleetwood, Hawes, Nailsea, Bolton, Windermere, Ramsgate, Redditch

Not as many entries this month! It was quite a tricky one – thank you as ever for your entries.

Team P came top with 25/25, followed by David & Diana F with 24/25 and Jean L and Judy C both on 23/25

Send in your entries to

Judi

by 15th August



June Quiz
By Gauss

All answers are one word song titles

1	SOS (4)	
2	Dolly's nemesis (6)	
3	Picture this (7)	
4	Looking forward to this (12)	
5	I enjoyed that (12)	
6	Brave chocolates (6)	
7	A dodgy second job (12)	
8	Praise the Lord (10)	
9	WI & England Cricket (9)	
10	In the lion's den (6)	
11	US state (13)	
12	Big bird (9)	
13	Star sign (8)	
14	Russian grandmother (8)	
15	A bit foggy (5)	
16	Her (3)	
17	The day before (9)	
18	A battle (8)	
19	An aeroplane (3)	
20	Tears in my eyes (6)	
21	A crying shame (7)	
22	A luxurious place (6)	
23	Found in a dictionary (5)	
24	Russian leader (6)	
25	Learner driver (9)	

The answer to each question is a country.

The clue defines a word which is contained within the country.

The letter given is the first letter of the contained word and the number is the number of letters in the answer.

Examples:

The opposite of woman (M,7)
answer **Germany**

An item of clothing (B,6)
answer **Brazil**

Anyone solving this is a genius
(Or as mad as Gauss!)

Send in your entries to

Judi

by 15th August



Bonus Quiz

By Gauss

All answers are countries

This one is rather complicated to explain – see panel on left

1	Short for Gentleman (G,9)	
2	Meat from pigs (H,7)	
3	Wet weather (R,7)	
4	A young boy (L,10)	
5	Dirty stuff (M,7)	
6	A big bird (S,8)	
7	A song or tune (A,8)	
8	Australian animal (R,8)	
9	Heavenly body (S,5,4)	
10	Finished (D,9)	
11	A bone (R,8)	
12	Number of fingers (T,13)	
13	Set of rules (L,6)	
14	Vehicle (C,9)	
15	Cleaning cloth (R,8)	
16	Body part (L,11)	
17	To pull (T,8)	
18	Harry potter used one (W,6)	
19	A space (G,9)	
20	Strong passion (L,8)	
21	Your handle (N,8)	
22	Type of mat (R,7)	
23	Solid rain (H,8)	
24	Get married (W,6)	
25	Not new (O,7)	