

General Meeting Tuesday 8th September

This will be our AGM followed by

Elizabeth the Feisty Feminist by Mary Holmes

Mary's talk is drawn from the research for her book in which she outlines how Elizabeth Wolstenholme Elmy led the way in early women's rights and fighting for the vote.



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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2026 AGM
Tuesday 8th September at 10.30 am
Kirby Misperton Hall

The AGM part of the meeting is usually quite short and will be followed by our monthly speaker.

Our AGM gives all our members the chance to hear summaries of the past year and discuss any new ideas or suggestions for the year to come.

We will also elect our new committee and officers, to guide our u3a through the next 12 months.

Please do come and make your views known, we are here to represent you and develop Ryedale u3a in ways that you agree with. If you don't use this chance to give us your ideas, then the committee has to decide for you.

You will see our financial records and discuss our financial budget for the year coming. Please do come and join in the discussion.

As ever, we do need your help to run Ryedale u3a. We need members to stand up and volunteer to join the committee and take on various roles. Running our u3a does take quite a bit of effort, but if it is split across several people then it does spread the load.

Please talk to any committee member if you feel you can help in any way.

AGM papers have already been sent to you, please do read them in advance and come with your questions or comments prepared!

Membership

Please remember that our membership year runs from August 1st through to July 2027.

If you have not yet renewed your membership, please do so as soon as possible.

If you would like to renew at the AGM, please arrive in good time to let us process all your forms and payments via cash or card before the meeting starts.

Membership renewal is also available via the details on the website

<https://ryedale.u3asite.uk/membership/>

Welcome to new members
since June Newsletter:-

Peggy S, Pickering
Kathleen D, Pickering
Janet P, Thornton le Dale
Evelyn C, Thornton le Clay
Jenny P, Pickering
Margy S, Allerston
Barry H, Pickering
Philip A, Pickering
Jill H, Norton
Susan A, West Heslerton
Teresa T, Norton
Kathryn O, Pickering
Jill M, Rillington
Jean & Paul H, Pickering
Martin F, Scarborough
Dianne G, Malton
Timothy & Sandra B,
Pickering
Carol Anne C, Pickering
Patricia H, Malton
Ken & Sharron V, Pickering
Katherine & Robert H,
Pickering

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

The presentation by our guest speaker Chris Forse was the perfect example of words and pictures in total harmony. Every word, and his impressive and atmospheric photographs, covering the history, geology and the uniqueness of the wonderful place, which is The Lake District, evoked wonder and appreciation of nature's beauty in its scenic waters, its imposing crags and forbidding peaks.

We heard about the influence of such luminaries as Wordsworth, Ruskin, Potter and Wainwright and the less credited, but by no means less relevant Canon Hardwick Rawnsley who were all powerful advocates of the preservation of the Lake District. The actions of the National Trust, regarding the area's future, had led to conflict with Melvyn Bragg as had its adoption by UNESCO as a World Heritage Site.



Lovers of the Lakes, such as Simon Reeve, on his televised series, remain determined to campaign for a Lake District which is tranquil, rich in cultural heritage and environmentally healthy. Despite the threats created by global warming resulting in flooding and droughts; action is being taken to return rivers to their natural courses, rewilding has seen the return of the osprey along with indigenous trees and butterflies. We were urged to visit when the wind is in the north, during the season of newborn lambs and daffodils and to admire the rust-coloured foliage of autumn. Chris's message was: 'See it while you can'.

Discounts available

These offers are currently available to u3a members, **on production of a u3a membership card**.

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

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. This offer is available to all.

Report on June Talk

by Linda McC



**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

Please note - if you get your hard copy newsletter delivered to Pickering Memorial Hall or Malton Library and **do not** pick it up, we will **remove your request** for a hard copy from the list. Printing is expensive and time consuming, it is also quite disheartening for the volunteer labelling each one and delivering them to pick-up points only to have them still waiting for collection the following month.

A large amount of paper, ink, time and effort is binned every month.

Newsletters are always available for collection by the end of each month (July and December excepted).

Refreshment Rota Coordinator

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

Contact

Refreshments volunteers for the next meeting

Not available at this time – Janet will be in touch

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

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.

Newsletter



Coffee Mornings

Our coffee mornings in Malton and Pickering are extremely popular.

Please pop along to one or both 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

Please note this coffee morning has been suspended due to low attendances.



Are you ready to book your next holiday?

There is information about various opportunities for travel on the main u3a site

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

Some of these offer discounts for u3a members

Are you booking with Riviera Travel?

If so, please remember to mention Ryedale u3a



Book a holiday or cruise with Riviera Travel, and mention your u3a to have 10% of the cost donated to the Third Age Trust for the benefit of your local u3a.



Ryedale Group News

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

Groups Coordinator Liz *Apologies for any omissions this time*



Line dancing

Seated dancing Liz **Line dancing** will resume on Wednesday 16 September in the Middleton and Aislaby Village Hall. The beginners' group will be from 9 to 10, the improvers' group from 10.10 to 11.10 and the most experienced group from 11.15 to 12.30.

Seated dancing will resume on Thursday 17 September in the Middleton and Aislaby Village Hall between 10 and 11.

If you are interested in either, please contact Liz



Birdwatching Diana and Terry

Our last visit of the year was our annual summer trip to see nesting seabirds on the North Yorkshire cliffs. This year, on a beautiful sunny day, we went to Flamborough North Landing and were greeted by the sound of hundreds of Kittiwakes and the sight of many nesting birds, including Guillemots, Razorbills, Kittiwakes and, of course, Puffins. Many of these nests still had young chicks visible. Together with Gannets flying past, it made this last trip of the year rather special.



In September we will begin our new programme of monthly visits. The Group is full and we have a considerable waiting list.

Taiji Christine

The taiji group will resume on Monday 21st September at 9.30am in the Memorial Hall Old Malton. We are starting a little later because I am away on holiday at the beginning of September. New members are always welcome so you can just turn up and try a class or contact me for information and encouragement.





Circle dancing beginners Marion

Circle Dancing has had a summer break. We will start again on Monday, 7th September, usually meeting weekly, at the Quaker Meeting House, Pickering, 2-3.30pm. For those who have never heard of this kind of dancing, it is based on folk dance from a variety of countries but also includes dances created to pop and classical music.

We have 12 members regularly attending and still have room for more, so please contact Marion if you would like to try a dance session that has been described by newcomers as fun, meditative and therapeutic!



Cryptic Crosswords Judi

We re-start our sessions on Thursday 17 September. We will be discussing the day we hold our meeting as some members now find Thursdays difficult - hopefully we can settle on a mutually agreed plan. I have been attempting a variety of cryptics over the past couple of months - mostly unsuccessfully - I'm blaming the heatwaves! Anyway I have now gone back to basics, looking through my notes on solving, hoping that will get the brain cell neurons switched back on. One fairly easy but pleasing clue recently was "No longer cheeky to the specialist" (6) - I like anything that makes me smile.

Pins and Needles Susan

The August Meeting of Pins and Needles took place on Thursday 13th August. We take a break from meeting at our usual venue - St Leonard's Church Hall in Malton - in August's and meet at a member's house. This year, at short notice, Christine H kindly offered to host the meeting which I am told was a most enjoyable meeting. Thank you very much Christine.

We return to our normal venue on Thursday 10th September at 2pm. If you would like to join us please do not hesitate to contact me.



Cycling David H

A good summer so far for the Cycling Group. Reliable warm days are great for cyclists, who have perhaps been inspired by the Tour de France professionals. We have averaged eight riders this year, and about 30 miles distance with the all-important cafe stop in the middle.

Ryedale roads do seem to be busier with traffic of late, with an increasing number of impatient drivers who seem unwilling to wait, even a few seconds, to ensure safe overtaking.

*Editor's note:
David tells me he often forgets to take photos as he is too busy eating cake! I thought cycling was a healthy exercise.*





Psychology Rosie

An animated meeting was held in July on the topic of The Psychology of Religion. The discussion explored how the psychology of religion and spirituality examines the ways in which the human mind creates, experiences and shares transcendent beliefs and practices. This field considers the cognitive, emotional and social functions of faith, and includes themes such as conversion, ritual, prayer, and the impact of religious and spiritual experience on mental health and well-being.

The conversation began with individual reflections on why people may need religion. Some participants felt that religion helps people make sense of life's larger questions, while others viewed it as a means of social control. A wide range of thoughtful perspectives was shared across the group, contributing to a lively and engaging discussion.

For those who would like to explore the subject in greater depth, several related films and discussions are available on YouTube, including an AI-led debate between a believer and an atheist.



Bucket List David E

Our new group has moved on to the stage that we are actively planning events.

Before our Summer break, we published a long list of 31 activities ranging from Abseiling to Zip Wire. We have now narrowed that down to a much shorter list but still welcome your suggestions.

Detailed plans are now being put together for these activities :-

Skid Pan driving – probably at Tockwith airfield where there is a specially prepared skid pan. Initial training, a fifteen-minute drive, updated briefing, another fifteen-minute drive and then final comments and prize giving are planned. You will be relieved to know you don't need to drive your own car!

Flight Simulation – we are hoping to visit and experience using a flight simulator, possibly at Leeds Bradford Airport. We're also aware of a gliding flight simulator at Sutton Bank, or of course you could experience the real thing!

We plan to visit the British Library at Boston Spa, which is where the vast majority of the books and publications held by the library are stored.

Another planned visit is to the Tramway Museum at Crich in Derbyshire. We hope to have a tour, including an opportunity to learn to drive a tram. How hard can it be?

Please be aware that spaces on these trips will first be open to members of the Bucket List group but will then be opened out to our whole membership.

Please join us at our next meeting on Wednesday 23rd September, 2pm at the Forest and Vale in Pickering.

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



Short walk Susan

The u3a Short Walkers met for their August walk at the Village Hall in Terrington on Wednesday 12th August. The circular walk is an old favourite of the short walkers, but with a little twist - we did the walk the wrong way round! We didn't walk backwards of course, but started at our normal finishing point! It was a fabulous walk through the wonderful countryside around Terrington. The views are always amazing but at the peak of harvest it was particularly scenic. The walk was followed by a coffee at the village stores, which is to be recommended if ever you are passing by.

Our next walk will take place on **Wednesday 9th September** when the plan is to walk around Thornton le Dale. **Please meet in the car park at around 9.45am for a prompt 10am start.** If you are planning to come on the walk and are not a member of the group please contact me so that we can keep an eye on the numbers of walkers wishing to attend.



Medium walk Peter

September 1st, walk around Crosscliffe, approx 5 miles, easy terrain. As usual I will send details closer to the date.

Long walk Eric

Sept 15 th	10 am
Start	Old quarry on WEST side of Farndale Road Grid ref SE675927
Route	Figure of 8 walk: Harland, Penny Holme, Boonhill. Moor, woods and fields, tracks, a small stretch of road, mostly good paths; livestock in one field.
Distance	7.5 miles
Contact	Eric

For **Strollers** or **10-12 milers** please contact the person named above

Answers to June Quizzes:

Song Titles:

Help, Jolene, Imagine,
Anticipation, Satisfaction,
Heroes, Moonlighting,
Hallelujah, Jerusalem,
Daniel, Massachusetts,
Albatross, Aquarius,
Babushka, Misty, She,
Yesterday, Waterloo, Jet,
Crying, Tragedy, Xanadu,
Words, Nikita, Seventeen.

Song titles: David F
(25/25), David & Judy H
(24/25) Team P, Judy C,
Jean L (23/25) Alan & Chris
K (22/25), Laura S (21/25).

Countries:

Argentina, Bahamas,
Ukraine (or Bahrain),
Bangladesh, Bermuda,
Botswana, Bulgaria,
Cameroon, Costa Rica,
Indonesia, Kiribati,
Liechtenstein, Malawi,
Nicaragua, Paraguay,
Philippines, Portugal,
Rwanda, Singapore,
Slovenia, Suriname,
Uruguay, Thailand,
Sweden, Moldova.

Countries: Laura S, Dan D,
David F (25/25), David &
Judy H, Jean L, Alan & Chris
K, Team P (24/25).

Send in your entries to

Judi

by 15th September



September Quiz

Professions and Occupations

1	Rod is giving thanks for coffee maker (7)	
2	Ian found sign for books right before him (9)	
3	Specialist in block courses? (10)	
4	Lilah and Lewis somehow resist cake (3,7)	
5	Ants are sometimes classed as these (6,7)	
6	Tables per Cretan redesigned (9)	
7	Cleverly plan the desired outcome (8)	
8	He cites tins strangely to test his theory (9)	
9	In favour of museum boss becoming a law agent (10)	
10	Saintly revs from six cars (6)	
11	Leading women seniors are those who join (7)	
12	Assistant's hidden retreat is about right (9)	
13	Represented by a disguised licit piano (10)	
14	A crew cut can be produced within a rusty listening device (7)	
15	He has something for you to get your teeth into (7)	
16	I'm one involved with cost (9)	
17	Softwood needs splitting here (7)	
18	Bean counter (10)	
19	Will provide a plug for a nice new article (11)	
20	Recommend lawyer (8)	
21	He came within an inch of smashing my car (8)	
22	His ego runs away from him in the theatre (7)	
23	Artist swindles the board (9)	
24	Does he come from far Mercia? (6)	
25	Space traveler becomes a star on tour (9)	