



March 2024

Our Monthly General Meetings

Kirby Misperton Village Hall 2nd Tuesday of the month

Refreshments from 9.45 am Speaker from 10.30 am

£2.50 admin charge - cash or card payment

Happy to see members earlier if you have the time and energy - to help us set up!

The next meeting is on

Tuesday 12th March

Around the Flower Shows by Roger Burnett



**Newsletter
Deadline**

Submissions for the April edition,
please send to

newsletter@ryedaleu3a.org.uk

by 15th March

A warm welcome to new members:

Joyce Bateman, Rillington
Linda Baughan, Bossall
Dorothy Chambers, Broughton
Delyth Chappell, Pickering
Jean & Peter Conwell, Malton
Jackie & Barry May, Pickering
Patricia Thompson, Pickering
Sue Tolley, Norton
Pam Walls, Malton
Alec Ward, Kirby Misperton



Books

100s to choose from

3 for £1

Jigsaws

Just £1 each

Members Table

For news, updates, info, or a chat



In this edition

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Newsletter

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

Malton area

Malton Library, St Michaels Street

Norton area

Norton Hive Community Library,
Commercial St

Pickering area

Pickering Memorial Hall, Potter Hill

Thornton-le-Dale

Hand delivered by member Jean Leggott

Kirkbymoorside

Kirkbymoorside Library, High Market Place

Unfortunately we do not have a central point for Helmsley pick-ups.
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 on 07966 156944

If you would like to receive it by post:

please send a book of 2nd class stamps to Judi Watkinson,
13 Woodlands Avenue, Norton, Malton YO17 9DB

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 liz_durkin@hotmail.com

If you are able to volunteer to help put out the chairs for the meeting please contact **Martin Sleeman** via membership@ryedaleu3a.org.uk

Refreshments volunteers for March

Margaret Lukey and Susan Craven

u3a coffee morning

It was a delight to return to the Kingfisher Café after such a long break - mainly due to necessary boiler repairs – we are made so welcome and the buzz of conversation is really enjoyable. Many thanks to Chris Hudson for being available and keeping members up to date with the meeting place for December and January.

Committee News

Committee approved the appointment of two new committee members: Pauline Hukin and Janet Cook.

A successful NYC grant application has allowed the purchase of a new laptop and projector. Other than at General Meetings, Interest Group Leaders may use these facilities for their groups if needed.

A lucky draw win from the Smile Foundation of £250 is to be put towards subsidising an outing to RHS Bridgewater on 13th June - see Page 10.

Encyclopedia Nonsensica

The porcupine is so called because it tastes like a mixture of bacon and Christmas trees.

Transphobia is the dislike of train lookalikes.



Kingfisher Café Coffee Morning Drop-in

Kingfisher Café
Saville Street, Malton
First Thursday of month
10 - 12 am

Review of last meeting

The DDR Revisited—Malcolm Brooke

We were happy to welcome back Malcolm—think this will have been his fifth visit and his talk on the DDR was just as captivating as his others have been. Malcolm describes himself as a ‘geek’, which results in a fascinating insight into changes that happen over time. His presentation retraced his journey around East Germany (DDR) which he first made in 1990 just after the Berlin Wall came down. Malcolm’s ability to overlay pictures of how it was in 1945, then in 1990 and what it is like now, gave the talk greater depth and interest. Particularly striking were the pictures of Dresden - now one of the most welcoming and friendly cities Malcolm has visited in Germany, where if you stop and look at something you will always be approached by a citizen eager to talk to you. It was incredible to view pictures of the ruins - which had remained untouched since the end of WWII as a symbol against war and a memorial for those killed - until the fall of the Berlin Wall. Restoration took place after reunification and the city’s Frauenkirche church, together with other sights and monuments, now dominates the skyline of Dresden again.



1945



2022

On a more practical level Malcolm also warned of the dangers of driving in Germany - with seemingly contradictory speed signs and instructions that can change within yards - confusing unwary drivers but not the speed cameras, which are so sophisticated they can understand all the rules, even when they change for different times of the day.

What happens in March?

- 1st International Wheelchair Day
- 3rd World Hearing Day
- 8th International Women’s Day
- 16th Disabled Access Day
- 21st World Down Syndrome Day
- 23rd-24th Purim
- 25th Holi
- 29th Good Friday
- 31st Easter Sunday
- 31st International Transgender Day of Visibility

What a wonderfully diverse and accepting world we live in.



March

March’s ‘Worm’ Moon is brightest on the morning of Monday 25th—look for it in the evening of the 24th just as the moon appears above the horizon!

Ryedale Group News

Groups Coordinator

This role is jointly held by Liz Durkin and Mary Mortonson. They are there to help with the running of an existing group or to help with the setting up of a new group. Please get in touch with any queries.

Liz Durkin ryedaleinterestgroups@gmail.com 07562 587069

Mary Mortonson mpmortonson@gmail.com 01751 474677

Group Updates

New group reminder

1st get together of those interested in the

Sewing Bee Susan Dawidek smstark29@yahoo.com 07922 093028

The first meeting of the Sewing Bee will be held in Settrington on **Thursday 14 March at 2pm.** to discuss how this might work.

Anyone interested - even if you cannot make it on the day - please contact Susan

Garden Group Judith O'Donnell judithod@hotmail.co.uk
01751 473101

The next gardening group outing will be a visit to Winn Baldwin's Spring Garden at Friars Hill, Sinnington. The cost is £3 per person including refreshments.

All u3a members welcome. Please contact Judith regarding numbers, transport and directions.

French conversation group (2) Hilary Kernohan / Michael Leighton
hakernohan@gmail.com / leightonmichael@gmail.com

Now up and running - all abilities welcome

Meetings held on 1st and 3rd Mondays at the Talbot Hotel, Malton at 10.00 am

Literature Jean Leggott jeanleggott@gmail.com 01751 475093

We had an enlightening discussion around the theme of Slavery in literature for our last meeting. It came in many guises from all around the world, and is still with us today as Modern Slavery, a very troubling phenomenon.

For our next meeting on Monday February 26th at 2 p.m. the subject is J.B. Priestley and in March we are looking at literature covering the theme of the Sea.

If you are interested in looking at Literature without having necessarily having to read a complete novel please get in touch on the above email or phone number.

East Book Group Sue Myers / Liz Durkin

15th March 2 pm at Allerston

Discussing: "We Are All Completely Beside Ourselves" by Karen Fowler

Contact sue.myers2@btinternet.com 07876 571940



*Bonjour,
mes amis*



Group Updates

Canasta Heather Allen 01751 477602 /Jean Scaling 07939 931265
tom49jean@gmail.com

Do you enjoy playing card games? If so you will enjoy playing Canasta. We are a friendly group meeting on a Monday afternoon (except Bank Holidays) from 1.45 to 4.00 pm at the Forest and Vale Hotel, Pickering.

Newcomers will be made very welcome. One-to-one tuition is given to both new players to the game and to players who used to play and wish to refresh the rules and order of play.

For more information please contact by calling either of the above numbers or email or simply come along on a Monday afternoon.

Psychology Group Barbara Dransfield 07841 261026
barbara.dransfield23@gmail.com

This new group now has 8 members, holding its second meeting in February where we discussed the development of Psychology as an academic subject from the mid-C19 to the present day.

The 5 pillars of Psychology (*behavioural, cognitive, developmental, social and personality*) will provide the framework of our areas of study. Our group are tending towards social and applied aspects of psychology - using psychological theories to understand social issues and solutions to social problems.

Our next meeting is on Tuesday March 20th at 2pm in Thornton Dale and our topic will be 'The 5 senses' exploring the basic processes we use to gather information from our surroundings for our brains to 'administer'.

Cycling David Holmes 07713 520569 dhholmes956@gmail.com

A great ride out to Coxwold in February .

The next ride will be on 29th March - route to be decided - hopefully pausing for hot cross buns on the way!



Group Updates

NEW GROUP

Monthly Whist Drive - start up meeting

A get together to discuss plans with interested members will take place on Tuesday 5 March

Contact Pauline on paulinehukin1@gmail.com

Birdwatching Group Diana and Terry Smith dvandtw95@gmail.com

In February we visited RSPB Saltholme and part of the Natural England Teesmouth site. Together they comprise marshes, lakes, an estuary and Seal Sands Bay. Although all are surrounded by heavy industry they provide a haven for overwintering wetland birds.

It was a memorable day. Highlights were many, but included excellent views of a hovering Kestrel, close-up views of the beautiful breeding plumage of Teal and sitting in the visitor's centre cafe watching a Kingfisher fishing.

TAIJI Christine Roberts Holland 01653 695099

crobertsholland@gmail.com

The Taiji class resumes on Monday 4th March at 9.30 am in the Memorial Hall Old Malton and will run for 4 weeks until Easter.

The summer term will begin after Easter on the 8th April.

New members are always welcome. Please contact me for more information on the above number or email.

Line Dancing Liz Durkin ryedaleinterestgroups@gmail.com

The group meets every Wednesday morning at 10 o'clock in Pickering, for an hour and a half of social line dancing. Newcomers of all levels are always very welcome.

"There were twelve of us at our last session - we were so busy dancing, laughing and enjoying ourselves I forgot to take a photo!"

Liz

Pickleball Nigel Fenton fenton.hallgarth@gmail.com

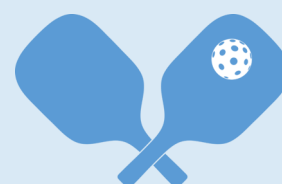
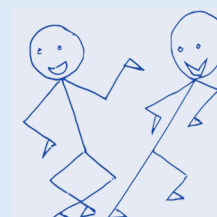
(New venue!)

07775250925

The Pickleball group now meets from 2 to 3 pm on Wednesdays at Kirkbymoorside Memorial Hall. New members are very welcome. The game combines elements of doubles tennis, badminton and table tennis. It is played on a badminton court with a light plastic ball and uses paddles rather than rackets. It is a really fun sport. There are paddles to borrow If you are interested in coming along for a go, please contact me.



Photos by Ron Pickering



Online Events

FUTURE LIVES GROUP online events

The FLG Group are delighted that we have been able to arrange another talk by Sir Muir Grey (his earlier talk is available on the u3a website under the “Our impact” tab) - this will be on **Tuesday 19th March** at 14:00 via Zoom - the talk will be on preventing dementia.

We will also be hosting an online talk on the “Joy of Ageing” by George Lee from Newcastle University on **Tuesday 16 April at 14:00**

For further information on this Group please contact Judi Watkinson
secretary@ryedaleu3a.org.uk

u3a members can join a wide range of online talks (via Zoom), workshops and courses for free with their membership!

All of these events can be booked via Eventbrite events@u3a.org.uk or by going onto the u3a website u3a.org.uk and clicking onto the Events tab at the top.

Current events are:

- Aviation Network Meeting: Time is money, Concorde was Prestige— Capt John Hutchinson shares his 15 yrs experience as a BA Concorde Captain. **Tuesday 5 March** at 10:00 hrs.
- Artificial Intelligence News: Are you interested in learning about Ai? This session is hosted by Barry Claydon, u3a Ai Subject Advisor. **Thursday 7 March** at 15:30 hrs.
- Exploring World Faiths: Women in Faith - International Women’s Day occurs on March 8th. This session explores the roles of women in different faiths. Hosted by Dr Peter Rookes on **Monday 11 March** at 10:00 hrs.
- Laughter Yoga with Judith of Edinburgh u3a for monthly Laughter Yoga sessions (January to June). Next session **Wednesday 13 March** at 10:00 hrs.
- Introductory session for u3a members who would like to have more of an influence in their community and take part in social action. **Wednesday 13 March** at 10:00 hrs.
- From Pleasure Gardens to Theme Parks—Moira MacQuade of Guildford u3a looks at the history of pleasure gardens from the 18th century until the present day **Friday 5 April** 14:00 hrs.
- The Climate Crisis - and some solutions: Brenda Ainsley returns to deliver her popular talk on the science behind the climate crisis. **Friday 19 April** at 10:30 hrs.



Walking Groups

Short walks Susan Dawidek 07922 093028 smstark29@yahoo.co.uk

Medium walks Sheila Barnes 07741 493360 sab.greenlands@gmail.com

Long walks & 10-12 milers Jennifer Robinson 07886 869281

jar.doha@gmail.com

For specific details of walks contact the named walk leader

Short Walking Group

February's walk was not only the muddiest ever, but we were the largest group of walkers we have ever had, with 16 walkers. We were delighted to be joined by 6 new members, who we hope will join us again in the future.

We parked at Newbridge, near to the NYMR level crossing, just to the north of Pickering. We headed up into Lowther Wood where we got a very good view of the Royal Scot locomotive which was running into Pickering to haul a special excursion to Grosmont.

We crossed the railway line and headed up the hill towards West Farm. There may well be good views from here, but with the mist it wasn't possible to see much! We headed off on a new track back to Newbridge only to find that the path was just too muddy to continue, so we headed back to the road we had just walked up and returned by a track adjacent to the railway line to make our way back to Newbridge. Not quite the circular route we had planned, but a good 3.5 mile walk nonetheless. We retired to the Steam and Moorland Garden Centre where we enjoyed a well-earned coffee.

Our next walk will be on Wednesday 13th March when we will be walking to Skelton Tower from Levisham. There are great views of the NYMR railway and the North Yorkshire Moors.



March short walk

Date Wednesday 13 March 9.45 for a prompt 10 am start
Start Levisham Village, (near the public house) - to Skelton Tower
Distance 4.5 miles
Contact Susan Dawidek 07922 093028 smstark29@yahoo.co.uk

The Medium Walk Group (has vacancies!)

Please contact Sheila sab.greenlands@gmail.com 07741 493360

March medium walk

Date Tuesday 5th March 10 am
Start Toilet block, Helmsley main car park
Distance 7 miles Beckdale and Ashdale
Contact Michael 01751 477131 or Sheila 07741493360 if unable to come

April medium walk

Date Tuesday 2nd April 10 am
Start Lowna. SE686910
Distance approx. 5.75 miles Farndale Daffodil Walk
Contact Ken 07733004074 or Sheila 07741493360 if unable to come

March long walk

Date Tuesday 19th March 10 am
Start Church Street, Nunnington OS666794
Distance 7.8 miles
Contact Nigel Fenton 07775 250925 fenton.hallgarth@gmail.com

March 10-12 miler

Date Tuesday 26th March 9.30 am
Start Park on left side of the Bransdale Road from Fadmoor to Spout House (Bransdale) Grid ref: East 462959/North
Distance 10 miles
Contact Simon Durkin 07562 587069 liz.durkin@hotmail.com
There are vacancies in this group, anyone interested in joining please contact Jennifer jar.doha@gmail.com 07886 869281



OUTINGS

SPECIAL OFFER—a subsidised trip to RHS Bridgewater 13th June

Last year some members of the committee took part in a survey run by the Smile Foundation who support community development work, in particular combatting loneliness and isolation. This entitled us to be entered into a draw for taking part and surprisingly we won a monetary prize! The money is to be used for outside activities and the committee have decided that the best way to fulfil this would be to put the money towards the cost of an outing, open to all, on a first come first served basis, to RHS Bridgewater. We have worked out that we could do this for a cost of around £30.00 per person. We cannot say exactly the amount until we know how many would like to go, so we are initially asking for expressions of interest. We have provisionally arranged this trip with the coach company for 13th June 2024. A booking form is attached to the newsletter - to be returned to David Holmes by 31 March 2024.

Beamish Museum

Driffild & Wolds u3a are arranging a trip to Beamish Museum on **Tuesday 16 April** and have opened the offer to Ryedale u3a members. The cost is £35 per person. Pick up points are not yet confirmed. If interested contact Maureen Blackwell (from Driffild & Wolds u3a) on 01377 253183

(NB Fletchers are also offering this trip from Malton on 12 May at £35 per person)

SCAMPSTON Hall and Gardens

Saturday 20 April/ Sunday 21 April - Residents' Community Weekend

Walled Garden, Scampston Hall, Outdoor Event, Families

FREE visit for all Ryedale Residents!

Fletchers Coaches

Book online at fletcherscoaches.com or phone 01653 697034

Members may also be interested in outings run by local companies. Fletchers run many of these and they are willing to set aside some seats to be taken up by u3a members. Just give Megan Fletcher a call - mention you are from Ryedale u3a. In cases where several members are interested in the same trip it would be useful to have one person make a group booking.

Yorkgate Garden - Leeds Thursday 16 May Book direct: mention u3a

Day trip: Tour of the Garden - Lunch is included

Price: £39.50



Do you enjoy being a member of Ryedale u3a?



If you like meeting people, have basic IT skills and are organised an opportunity has arisen to become more involved and to contribute to Ryedale u3a's continued success.

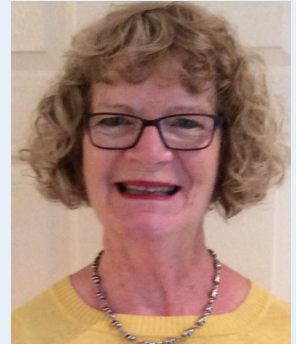
Judy Sleeman is stepping down in July of this year and so the role of Membership Secretary is available.

A description of what it entails is as follows:

1. Attend monthly meetings whenever possible to :-
 - a) set out the membership table with membership forms, details of speakers, interest groups, upcoming events etc.
 - b) welcome and chat to new members as they arrive and introduce them to existing members
2. Respond to enquiries about the u3a and membership to prospective new members
3. When the treasurer has recorded details of new members and confirmed their payment of subscriptions, send an email of welcome (or occasionally a letter) and prepare membership cards for new members
4. Generally take the opportunity as it arises to spread the word about the u3a and explain all about it to encourage new members
5. Join the committee and whenever possible attend the monthly committee meetings.
6. Oversee the monthly coffee morning held at the Kingfisher Cafe in Malton - this is optional as there is a friendly group who regularly go

Judy says " I have very much enjoyed my time as membership secretary. It is an easy, straightforward and interesting role. I have learnt much about the u3a and made new friends. I commend it to you"

Judy is happy to support anyone interested in trying out this role.



STARTING AN INTEREST GROUP

Are you interested in starting a new group but don't know what it entails?

Basically the "Group Leader" is a facilitator - getting people together and setting up communication channels. You don't have to be an "expert" - the whole aim of the u3a is for members to learn from each other.

When first meeting the Group agree a framework - the idea is for members to share the responsibilities of running the group rather than asking one person to take on everything.

The u3a is a co-operative and mutually supportive organisation, not a service provider. An 'expert' is of course a huge asset but the ethos of co-operation should still be foremost.

First meeting discussions could cover the following:

- **What would we like to do?** - range, content, nature of subject, the time scale
- **How can we achieve this?** What common knowledge do we have already? What resources can people contribute? Who will do what?
- **What study/learning methods can we use?**

Books, Powerpoint presentations, YouTube, online courses, etc.

Volunteer experts, demonstrations, trips/events

People may not concentrate fully on a topic for more than about 30 mins if the same method of delivery is used. Build in changes in delivery and learning/study techniques.

- **Where and how often shall we meet?** Ryedale is quite a vast area—locations could be moved on a rota basis or held at a central point. The important thing is to agree about the location.
- **Communication** - the Beacon Administrator can set up a group on the system so that Leaders can contact members to inform them of meeting dates etc. —this is a secure and safe method of communication.
- **Types of study** - there are various types of study - aim for a good mixture of them:
 - **Teamwork:** - a small team of members share the delivery and facilitate the study
 - **Convenor led:** - The convenor acts as leader to facilitate the planning of the learning activities. Once the programme has been determined individual members take responsibility for the various elements of the programme/ administration. The convenor continues to lead sessions.
 - **Teacher led:** Here the member with the necessary expertise leads sessions. Other members take on the necessary administration
 - **Resource Centre led:** - Enthusiastic members, keen to pursue an interest but without expertise amongst them, join together and contact the Resource Centre to supply them with the non-book materials they need.



Apologies for my absence

For this March newsletter I have left you in the capable hands of Judi to fill in the details and finish it off, while I am away with my husband visiting family in Australia. Therein lies a story.

Marrying an Australian comes with several challenges but I never expected one of them to be a language barrier. Let's start with dinner. He likes snags and chook, sausages and chicken. When going on a picnic we carry food in an Esky, a cool box. On a day out we stop at a Servo to get petrol, listen to music by Acca Dacca, AC/DC, 'chuck a uey' if we find ourselves on the wrong road, and then get strange looks on the beach when he asks me where my thongs are – not scanty underwear but a pair of flip-flops.

At home, our bed has a doona not a duvet, our bins are emptied by a garbo – short for garbologist, and if he says he will do something this arvo I know it will happen this afternoon. A word I particularly like is shonky, when something is crooked or just not very good. And finally, the phrase that left me looking blankly at him 'don't come the raw prawn with me', meaning don't try to mislead me.

On our trip to WA we will definitely be visiting Freo, one of my favourite places. You may know it as Fremantle, Perth's port. We will also be taking the ferry to Rotto, the island just off the coast, Rottnest if you look for it on a map. In fact, shortening a word and changing the ending to 'o' seems to be a very common Australian habit.

I'll be back for the April newsletter but meanwhile keep warm in the cold. I'm in a much warmer place!

Anita

Comment

I love learning new words - if not new technology! I was recently asked to complete a YouGov survey - as you know I like giving my opinion

The survey started off okay asking about technology products I have bought in the last x number of months/years - not many in my case - and then it started asking about my Wearables. "Wearables" I thought - that's a new one on me - no good looking in my obviously out-of-date dictionary, so Google it had to be.

Well, it appears that "Wearables" refers to *wearable technology*—which is any technology that is designed to be used while *worn* (well I never). Common types include smartwatches and smartglasses. Google says "wearable electronic devices are often close to or on the surface of the skin where they can detect, analyse and transmit information such as vital signs and/or ambient data and which allow in some cases immediate biofeedback to the wearer" - oh no, not another new word.

I am reliably informed that not all the items in my picture are real - that does not include the smart ring strangely enough, patented in 2013, - it can pay with bitcoin, unlock other devices transfer personal identifying information and other features.

So next month perhaps, a feature on Biofeedback or where to get a smart ring?

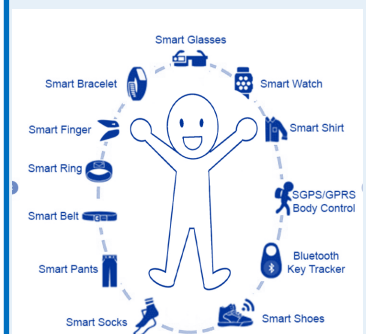
JW



A roo and her joey

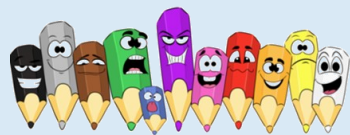
"Don't worry about the world coming to an end today. It is already tomorrow in Australia."

Charles M. Schulz



"The trouble with having an open mind, of course, is that people will insist on coming along and trying to put things in it."

Terry Pratchett



Answers to the February Body Parts Quiz:

Neck, Tongue in cheek, Hearty, Patella, Atrium, Trapezius, Spare Tyre, Pupil, Forehead, Eyebrows, Windpipe, Diaphragm, Temple, Gluteous Maximus, Adams Apple, Cell, Head Start, Skeleton key, Tight fisted, Lip, Stomach, Hand to Mouth, Facelift, Brainwave, Toe the Line Skinfint, Leg, Ulna, Delivers, Shoulder.

Great entries from - David & Judy Holmes and Jean Leggott (30), Judy Catterall, Alan & Chris Kirkwood & Robert & Daphne Evans (all 29).

Send entries to:
Judi Watkinson,
13 Woodlands Avenue, Norton,
Malton YO17 9DB
judiwatkinson@gmail.com



QUIZ TIME - BIRDS

kindly submitted by a member

Each answer contains the name of a bird (some may occur more than once)

1	Designed St Paul's Cathedral (3,11,4)	
2	Nurse in the Crimean War (8, 11)	
3	Singer & Partner of Jerry Lewis (4,6)	
4	Arthur Ransome wrote this (8,3,7)	
5	A film of the novel by Ken Kesey (3,4,4,3,7,4)	
6	Poet and Librarian at Hull University (6,6)	
7	She is a wealthy American singer songwriter (6,5)	
8	An ex-president of the USA - sounds like a bird (3,6)	
9	A novel by David Mitchell (5,4,5)	
10	New Zealander who starred in Gladiator (7,5)	
11	US tv host with a large collection of cars/motorcycles (3,4)	
12	Much loved Jill Tomlinson book (3,3,3,3,6,2,3,4)	
13	Singer in Berkeley Square (11)	
14	Main female character in Silence of the Lambs (7,8)	
15	Henry James novel made into a film (3,5,2,3,4)	
16	A short single movement by Vaughan Williams (3,4,9)	
17	Anglo-Irish satirist who wrote Gullivers Travels (8,5)	
18	2011 Booker Prize winner also wrote this (9,6)	
19	Retired umpire (6,4)	
20	Flies away in July (3,6)	
21	Nickname of Edith Piaf (3,6,7)	
22.	To which bird group does the puffin belong? (3)	
23.	Crested Australian bird (8)	
24.	Wild northern fowl (8,5)	
25.	A bird of prey from the family Acciptridae (4)	
26.	A person of low morals (6,5)	
27.	A person excessively interested in the arts (7,7)	
28.	People searching for artefacts on the foreshore (8)	