

**From the Chair, Chris Atkins:**

It was good to see so many members at our May meeting with Caroline Brown. She discussed the positions and workings of complex areas of our brain. It was fascinating and delivered in a way which I think left many of us wanting to learn more about this incredible part of our being. We collected over £40 for her chosen charity Wikipedia.

As always, the refreshments were delicious. On that note our tea ladies reluctantly have had to make a minor increase of £1 to the price of purchasing teas. They freely give their time, ingredients & expertise, so from the next meeting tea & cake will be £3, which I hope you agree is a small price to pay for such delicious fare.

Our u3a Gold Club event at Brimsmore included a talk by the truly knowledgeable Liam who spoke with passion about the plants he had chosen to review, followed by the chance to buy many items at 25% discount. Our thanks to Brimsmore & Elizabeth Kirtley who organised it. Various groups meet in people's homes so space is limited and waiting lists may need to be opened or larger venues found. I have been asked to remind group participants, particularly of smaller groups, to please try and reply to Group Leaders' emails, especially if you cannot attend a meeting, though this is not necessary for the monthly open meetings. It is no fun for a small group Leader, even if exceedingly rare, to wait and only 1 person arrives. It is better to reschedule so that the whole group stays together & repetition of content is unnecessary. We hope to see as many of you as possible at the June meeting which promises to be an insightful and interesting topic.

**June Meeting on Wednesday 12 June, 2.15 for 2.30 start**

**Joe Bleasdale 'Keep Bees Without Fuss or Chemicals. 45 years of experience  
beekeeping in Hampshire and Somerset'**

(See page 3 for an introduction to Joe Bleasdale and important information about parking)

**Future Meetings currently arranged**

10 July — Claire Wainwright, Cancer Research UK 'Breast and Prostate Cancer'

*No meeting in August*

11 September — Fergus Dowding 'The History of Martock'

9 October — Greg Atkins 'How To Catch Flu'

13 November — David Sutcliffe 'Cecil Sharp, folk music collector, his life and work'

11 December — Christmas Party

8 January 2025 — Brimsmore Gold Club 'Gardening Folklore'

## Celebration Corner



### Happy Birthday to:

Christine O'Brien, Sarah Atkins, John Buckhurst, Gill Cole, Richard Talley, Jan Kemp, Jill Luffman, Peggy Redman, Alyson Allen

*If you would like your name mentioned, please let the Membership Secretary know your birth month if you haven't done so already (phone 07555 033027 or email [martocku3amembership@gmail.com](mailto:martocku3amembership@gmail.com))*

*Do you have a special birthday or anniversary coming up? Please let the Membership Secretary know so we can give you good wishes.*

### Dates for Your June Diary

- Thursday 30 May –** Ilminster Literary Festival — for details of events go to <https://ilminsterliteraryfestival.org/> — something for everyone, poetry, history, play reading, music and much more!
- Thursday 6 June**
- Saturday 8 June** 10.00am-1.00pm, Moorlands Shopping Centre, Martock — Farmer's Market
- Wednesday 12 June** 2.15pm for 2.30pm start, Martock Parish Hall — Martock & District u3a monthly meeting
- Friday 21 June** Meet at 9.30am, Moorlands Shopping Centre — Martock Health Walk
- Friday 28 June** 10.00am-12.00pm, Martock Parish Hall — Come 4 Coffee

### RED LEAF HUNTING TRIP TO WESTONBIRT ARBORETUM

WEDNESDAY 23 OCTOBER

Coach – departs 08.30 from Martock, returns 18.00.

Cost – £32 per person, includes coach and entrance to Arboretum

**For more details, email Elizabeth Kirtley on [eak1208@yahoo.co.uk](mailto:eak1208@yahoo.co.uk)**

**£10 deposit required to book a place** – non-refundable unless trip cancelled, medical reason or agreement from Committee. **Final date to sign-up – 18 September** when full payment is required. **All members & guests welcome**

### SOS... For a member with experience setting up/updating websites using WordPress

Would you be able to help the Committee to enhance the Martock & District u3a website?

Please contact Chris Atkins on [martocku3achair24@gmail.com](mailto:martocku3achair24@gmail.com) or 07572 647523

(This would be a short-term project rather than coming on the Committee)

## **Introducing your Committee members**

Hi, I'm Alison, the Membership Secretary and I'm married to Adrian the Publicity & Events Secretary.

Having decided I wanted to be a nurse aged 5, I started training in 1974 and continued as a nurse for 38 years. I specialised in operating theatre and recovery nursing, then becoming a specialist nurse in HIV & sexual health, before returning to recovery nursing. In 2012, I had an accident to my hand at home and had to retire from nursing. After 6 months rehabilitation I was very bored! However, although I drop things frequently and there are things I cannot do, I can use a computer. So the rest of my working career was in local government as a parish clerk to 3 parishes in Herefordshire, as I am one of

those strange people who actually loves administration!

We retired in 2022 and moved to Martock to be closer to our daughter and grandson and joined Martock & District u3a a month after moving. After 18 months living here, we feel at home and I enjoy being on the u3a committee using my skills and experience. You may see us walking around the village with the 'grand-dog' Pippin —our grandson's mad Springer Spaniel — who we look after 3



days a week while our daughter works locally.

Apart from that, I am a voracious reader and Adrian spends a lot of time keeping my Kindle supplied with books, as I cannot hold a book.

### **Parking in The George Car Park for u3a Monthly Meetings**

**We are allowed to use this carpark without charge for most meetings. But please put your u3a Membership Card on your dashboard when parking for these meetings. Thank you.**

### **An Introduction to Joe Bleasdale**

#### **— the speaker at the meeting on 12 June**

Joe Bleasdale is a retired systems engineer and has kept bees over 40 years in the counties of Hampshire and Somerset. He is married, with a daughter who teaches Yoga and a son who owns an orchard in Wales and sells cider and apple trees.

After retiring, Joe worked as a volunteer gardener for the National Trust at Stourhead and with a fellow volunteer, established its apiary there. In 2015 he cared for the hives at The Newt in Somerset as a member of the Bee Team. In 2023, with his stepdaughter he restored the apiary at the Tintinhull National Trust Garden.

Joe is a member of the Somerset branch of the British Beekeeping Association. From 2000, he was a pioneer in ceasing the treatment of hives against the varroa pest by chemicals and other medication, arguing that bees in the wild were already evolving their own defences. He wrote several books describing his approach to beekeeping, published by Northern Bee Books:

1. Keep Bees without Fuss or Chemicals
2. Care of Bees in Warré and Top Bar Hives
3. Honey without Harm.



## **Martock & District Accounts Update**

The final figures for April 2024 show Income of £318.40, Expenditure of £1,262.80 with a total balance of £1,897.43. The Newsletter accounts update shows the last complete month's figures. Please email the Treasurer on [treasmaru3@gmail.com](mailto:treasmaru3@gmail.com) if you would like more detail about the accounts.

The raffle at the April monthly meeting raised £40. This was donated by the speaker to various organisations.

## **Martock & District Groups Update**

If you wish to be or are a member of a Martock & District Group, **please note the following:**

1. To comply with the u3a Insurance Policy which covers Martock & District u3a, **all** members must be allocated to a Group by the Groups Secretary. Please do not approach a Group Leader directly; and
2. The u3a insurance does not provide personal accident cover and physically active group activities are undertaken at members' own risk.

## **Reports from various Groups .....**

### **Recorded Music Group**

The first listen-to-some-music meeting was held successfully on 7 May, the first Tuesday afternoon of the month. There were 7 members and the music took about an hour and a quarter and was followed by tea, biscuits and chat about the music. The programme included excerpts from the 17th to 21st centuries, with a Maori song among the classical works — an interesting and varied programme.

If you would like to join this Group please email [martocku3agroupssec2@gmail.com](mailto:martocku3agroupssec2@gmail.com) to be added to the list of group members. As this is a small group meeting in members' houses, it is important that contact is made this way and not directly with the Group Leaders.

### **Philosophy Group**

The Philosophy Group meets on the first Wednesday of the month, 10 am - noon, presently in a member's house. Recently the group has studied two Ancient Greek Philosophers and the next meeting will consider one from the Enlightenment. Later the group will be looking at issues like Justice or Equality, as well as looking at very modern philosophers. No one is judged and no opinion is right or wrong (there is no right or wrong in Philosophy!) and rarely are any absolute solutions found to important issues, just some improvements that might be made, if only the members had that sort of power!

Please contact the Groups Secretary, as above, if you think you would like to join and enjoy this group.

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### **Helpful Hints ... For your household**

- Keep your linen cupboard & each linen set together by taking 1 pillowcase of a set & placing the folded sheet(s), duvet cover & the rest of the pillow cases into the first pillow case
- Clean the window on your log burner quickly and easily by scrunching up some newspaper, then dampen it with water. Dip this into some of the wood ash in your stove & rub the smoked or burnt areas on the glass. Finish off with some clean paper
- Make a stiff paste of cream of tartar with water & spread over a rust stain on fabrics or floors. Leave for a while & rinse off. Also works for red ochre if working with natural pigments.

### **Mobile Banking Services in Martock and South Petherton — alternate Thursdays 2.45–3.30 pm**

#### **South Petherton (St James Square)**

6 & 20 June 2024; 4 & 18 July; 1, 15 & 29 August; 12 & 26 September; 10 & 24 October; 7 & 21 November; 5 & 19 December

#### **Martock (Shopping Precinct Car Park)**

13 & 27 June; 11 & 25 July; 8 & 22 August; 5 & 19 September; 3, 17 & 31 October; 14 & 28 November; 12 December

#### **The George Coffee Shop, Martock**

Wednesday 9am — 1.30pm;  
Thursday and Friday 10am — 4.30pm;  
Saturday 9.30am — 1pm

## **Reports from various Groups ..... Continued**

### **Science Group**

The Science Group meets on the fourth Wednesday of the month, 10 am - noon, presently at a member's house. The range of subjects being discussed, or to come, are very varied. Last month was the Hydrogen Economy, this month gender issues, both from a scientific (biological) and a sociological perspective. Next month the topic is Neurodiversity and there is a small list of topics from this month's meeting yet to programme in. Some of the group members are of scientific backgrounds, others are not — though modern life makes scientists of everyone to some degree. Meetings are very loosely chaired, if at all and all contributions are welcomed.

The group has capacity for more members, so if you like non-judgemental deep discussions about all sorts of issues, tightly or loosely based in science, do get in touch. No previous knowledge required!

As before, if you would like to join this Group please email the Groups Secretary on [martocku3agroupssec2@gmail.com](mailto:martocku3agroupssec2@gmail.com) to be added to the list of group members. As this is a small group meeting in members' houses, it is important that contact is made this way and not directly with the Group Leader.

**And finally ...**Is anyone interested in leading a **Family History Group** so it can get going again? If so please email the Groups Secretary.





## Martock & District u3a 2023-24 Committee

Chair – Chris Atkins [martocku3achair24@gmail.com](mailto:martocku3achair24@gmail.com) **Please note new email address**

Vice Chair –

Treasurer – Sue Roberts [treasmaru3a@gmail.com](mailto:treasmaru3a@gmail.com)

Secretary – Pat Brett [commaru3a@gmail.com](mailto:commaru3a@gmail.com)

Web Manager – Alison Bleasdale [webmaru3a@gmail.com](mailto:webmaru3a@gmail.com)

Groups Secretary – Mary Marshall [martocku3agroupssec1@gmail.com](mailto:martocku3agroupssec1@gmail.com)

Membership Secretary – Alison Sutton [martocku3amembership@gmail.com](mailto:martocku3amembership@gmail.com) or for information about membership please ring 07555 033027

Publicity & Events Secretary – Adrian Sutton [pubmaru3a@gmail.com](mailto:pubmaru3a@gmail.com)

Committee Member – Carol Youngson [comm4maru3a@gmail.com](mailto:comm4maru3a@gmail.com)

Committee Member – Philip Booth [comm5maru3a@gmail.com](mailto:comm5maru3a@gmail.com)

President and email support for Groups — Sue MacLean [martocku3agroupssec2@gmail.com](mailto:martocku3agroupssec2@gmail.com)

**The Committee welcomes feedback from members, by email to the Chair or the Secretary or through your Group Leader**

### June Facts and Legends ...

June is the month with the longest daylight hours of the year in the Northern Hemisphere, conversely June has the shortest daylight hours of the year in the Southern Hemisphere.

*The name June came from the Roman goddess Juno who was the goddess of marriage, childbirth & love. The Anglo-Saxons called June "sera monath" (dry month).*

In any year, no month begins on the same day of the week as June.



*June has two birthstones — Pearl and Moonstone.*

*The birth flower is the*



*rose. A rose, in general, indicates love or desire. Specific roses may relay other messages. For example, a white rose may mean silence or new beginnings, while a yellow rose signifies jealousy. A second birth flower for June is honeysuckle.*

Che Guevara, Anne Frank, Jean-Paul Sartre, George H.W. Bush, George Orwell, and Marilyn Monroe were all born in June.

*For tennis lovers, Wimbledon the most prestigious tennis tournament in the sport, occurs in June. It is the oldest Grand Slam competition and was established in 1877, the US Open followed in 1881.*

The full moon in June is known as the Strawberry Full Moon and has its own name because of the plentiful fruit harvest that occurs during this time of year — very important for strawberries and cream at Wimbledon!

*The next summer solstice for the Northern Hemisphere will occur on 20 June this year and the next summer solstice for the Southern Hemisphere will occur on 21 December. The summer solstice marks the official start of astronomical summer and the longest day of the year.*

Stonehenge is at the top for summer solstice celebrations in the UK. The iconic stone circle in Wiltshire is open to the public for free on summer solstice day, when people gather to watch the sunrise.

*Midsummer Day occurs a few days later than the solstice. The name 'midsummer' was known in Old English as midsumor & refers to the time around the summer solstice. Traditionally, in northern Europe, the solstice & midsummer was reckoned as the night of 23–24 June, with summer beginning on May Day.*