

From the Chair, Chris Atkins:

Our last monthly meeting drew a large gathering to hear Joe Bleasdale give an in depth talk on the art of beekeeping. It was interesting to find out just how these amazing insects make the beeswax for the combs and so much more.

Unfortunately we were beaten by the clock when it came to questions and I apologise for that but over £40 was given to Joe to pass on to his chosen charity of Pancreatic Cancer, so grateful thanks go to all those who made that possible. Our next talk on 10 July concerns both breast and prostate cancer & will be given by Claire Wainwright from Cancer Research UK. I do hope many members will be available to attend what promises to be a most informative and interesting talk. We have good news concerning the sound system in the hall, thanks to the Parish Council for repairing the broken equipment. I know how frustrating it has been for some of you to manage to hear some of the monthly speakers and I am thankful for your patience and understanding.

We need a new Groups Secretary at the October AGM and if anyone could volunteer for this or any other position I would love to hear from you.

Finally, can I ask anyone who wishes to attend the Westonbirt trip (**see page 5**) and has not yet been able to give the deposit to Elizabeth Kirtley to contact either her or me to arrange deposit collection. This should be a glorious trip to the National Arboretum taking place on 23 October when the autumn colours ought to be spectacular and although we cannot control the weather, we are hoping for a great day.

July Meeting on Wednesday 10 July, 2.15 for 2.30 start

Claire Wainwright, Cancer Research 'Breast and Prostate Cancer'

(See page 4 for an introduction to Claire Wainwright & important information about parking)

Future Meetings currently arranged

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

Please contact the Publicity & Events Secretary if you have ideas for Speakers



Welcome to our new members:

Judith Lewis, Stephen Levrant, Anita Caine

We look forward to speaking to you at a meeting, please make yourself known to a committee member when you attend.

Dates for Your July and August Diary

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|---------------------------|---|
| Thursday 4 July | 7.00am-10.00pm. Election day! |
| Tuesday 9 July | Meet at 10.30am, Martock Recreation Ground —
Martock Health Walk (1 mile round recreation ground at gentle pace) |
| Wednesday 10 July | 2.15pm for 2.30pm start, Martock Parish Hall —
Martock & District u3a monthly meeting |
| Saturday 13 July | 10.00am-1.00pm, Moorlands Shopping Centre,
Martock — Farmer's Market |
| Friday 26 July | Meet at 10.30am, Moorlands Shopping Centre —
Martock Health Walk (30-45mins. level walking) |
| Friday 26 July | 10.00am-12.00pm, Martock Parish Hall — Come4Coffee
<i>(No u3a Monthly Meeting in August)</i> |
| Saturday 10 August | 10.00am-1.00pm, Moorlands Shopping Centre,
Martock — Farmer's Market |
| Tuesday 14 August | Meet at 10.30am, Martock Recreation Ground —
Martock Health Walk (1 mile round recreation ground at gentle pace) |
| Friday 23 August | Meet at 10.30am, Moorlands Shopping Centre —
Martock Health Walk (30-45mins. level walking) |
| Friday 30 August | 10.00am-12.00pm, Martock Parish Hall — Come4Coffee |

EMERGENCY CONTACT FORMS

Please help us to help you in an emergency by completing an Emergency Contact Form, if you have not already done so. Thank you. The Membership Secretary has forms at the monthly meetings, or contact her for a form by email martocku3amembership@gmail.com or phone 07555033027

Introducing your Committee members

Hi, I am Mary and I have been privileged to be the Groups Secretary for three years, which means that, constitutionally, I will have to step back for at least a year. I will miss it. I have been a u3a member for quite a while – my member number is 12! I will continue to facilitate two groups – Science & Philosophy – which I really enjoy, and might consider attempting to recreate one more group, and facilitate it (at least short term) as my committee duties end.

My life story, which started in Somerset and Dorset and remains there, is made up of various careers, mainly those that allowed me to bring up my children single-handed, though, as a mature student, I was able to do a short spell of nurse training. But issues beyond my control forced me to break my training, and they only invited me back when I had moved on. It was only in middle age that I was able to go back to academe, with the OU, which allowed me to continue to earn, and I graduated in 1998 in a real humdinger of a thunderstorm in Newcastle. I have worked in the private sector for several companies in the past, then

went on to work over 30 years in the NHS, and only left when well past its retirement age and attitudes from, mainly, patients relatives, meant I had to leave, in the same year my wonderful husband died. I had lost the mental strength to put up with it.

I also spent an interesting time as an active member of a political party, as well as taking up roles and duties with my trade union.

Interesting times!

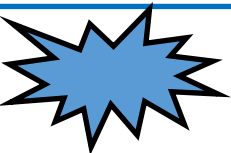
I became editor of the Leveller, now Pinnacle, as Sally Stewart stepped back. I had attempted getting my writing efforts published over quite a period of time some years ago. As this was unsuccessful, I started collecting and editing other people's efforts for the Pinnacle, which I do enjoy.

My hobbies are gardening (a fanatic), reading



and crafts, though crafting and needlecrafts, have not been undertaken for a while, and when I attended our Sewing Group, I still

failed to thread up my sewing machine properly, and have not been brave enough to have another go!



Celebration Corner

Happy Birthday to the following members in July and August:

Lorna Wood, Pamela Tutton, Pat Trunkfield, Liz Thompson, Christine Robinson, Janet Littlefield, Malcolm Uhlhorn, Kathleen Mountjoy, Robert Warren, Paul Reilly, Barry Allen, Mona Mace, Elaine Payne, Peter Ledger, Emma Grayson, Beatrice Fox-Collins, Jan Hawes, Anne Pask, Geoffrey Mountjoy, Susan Rumsey.

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)

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

The George Coffee Shop, Martock

Wednesday 9am – 1.30pm;

Thursday and Friday 10am – 4.30pm;

Saturday 9.30am – 1pm

Martock & District Accounts Update

The Accounts for May 2024 show income of £204.71, Expenditure of £674.60 with a total balance of £1,665.54. Please email the Treasurer on treasmaru3@gmail.com if you would like more detail about the accounts.

The raffle at the May monthly meeting raised over £40. This was donated by the speaker to Wikipedia.

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 Claire Wainwright

— the speaker at the meeting on 10 July

Claire is a highly experienced fundraiser with over 25 years in both national and international not-for-profit sector working both in the UK and in Australia.

Throughout her career she has worked with a wide variety of stakeholders from legacy makers, high profile sponsors and donors, trusts and foundations and corporates to volunteers and community groups. Claire has worked for a wide variety of organisations covering health care, the environment and welfare, but her interest has always been with those dealing with oncology and cancer care. This interest was fuelled by studying Human Biology at University and writing her dissertation on 'Quality of Life in Paediatric Oncology'. She has been with Cancer Research UK for 2 years and is very proud to be working with an organisation at the heart of changing survival rates for cancer and the forefront of some of the world's best scientific research and breakthroughs.

Somerset Sight

Somerset Sight is a registered charity that provides life-long support to people with sight loss, to help them remain independent and live as healthy and active a life as they are able to, making use of their remaining sight. It has a Mobile Advisory Service van which travels throughout Somerset and has regular visits to various places.

The mobile service van will be at:

Martock Precinct car park — Tuesday 9 July, Thursday 5 September, 10.30am-3.30pm

South Petherton Hospital—Tuesday 16 July, Thursday 12 September, 10.30am-12.30pm

Stoke sub Hamdon car park — Tuesday 16 July, Thursday 12 September, 1.30pm-3.30pm

Call 01823 333818 during office hours for information and advice

Now Open

Saskia's Coffee Shop, Martock Recreation Ground

10.00am-4.00pm, Monday to Sunday except Tuesday

(Tuesday opening coming soon)

Drinks, snacks and cakes—gluten free and dairy free options available

Current and Proposed Groups

Various members are interested in setting up Groups to consider **Lecan's Development of Freud's Thinking, Cribbage** and **Family History**. Are you interested in joining any of these Groups? Please contact the Groups Secretary on martocku3agroupssec2@gmail.com or contact a member of the Committee (see page 6) if you are.

The current Groups are shown below. The relevant monthly date is given if relevant — eg. 3rd is 3rd week in month on that day.

If you wish to join a Group, please contact the Groups Secretary by email (as above) or ring the Chair on 07572 647523.

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
Scrabble — every week	Art — 1st and 3rd Sewing — 2nd Art Appreciation — 4th Cycling — monthly	Philosophy — 1st Science — 4th	Beginners' Bridge — 2nd and 4th	Bridge — every week
Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
Dance Group — 2nd and 4th Spanish — alternate weeks MahJong — 2nd Play Reading Drama — 4th	Recorders — 1st and 3rd Recorder Consort — alternate weeks Recorded Music— 1st Modellers — 2nd Flower Arranging — 3rd Modern Board Games — monthly Ukelele —alternate Tuesday and Wednesday	Writing — 2nd Ukelele —alternate Tuesday and Wednesday Paper Crafting — 4th	German Beginners — every week German Improvers — alternate weeks French Conversation— 1st French Improvers — 2nd and last Book Group— 4th	

Other Groups that meet at times and venue agreed by the Members: Lunch Club; Theatre Club; Try A Craft; Mindfulness; Garden Visiting



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

£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. **Open to all members and accompanying guests**



Martock & District u3a 2023-24 Committee

Chair – Chris Atkins martocku3achair24@gmail.com **Please note new email address**

Vice Chair –

Treasurer – Sue Roberts treasmaru3a@gmail.com

Secretary – Pat Brett commaru3a@gmail.com

Web Manager – Alison Bleasdale webmaru3a@gmail.com

Groups Secretary – Mary Marshall martocku3agroupssec1@gmail.com

Membership Secretary – Alison Sutton martocku3amembership@gmail.com or for information about membership please ring 07555 033027

Publicity & Events Secretary – Adrian Sutton pubmaru3a@gmail.com

Committee Member – Carol Youngson comm4maru3a@gmail.com

Committee Member – Philip Booth comm5maru3a@gmail.com

President and Email Contact for Groups — Sue MacLean martocku3agroupssec2@gmail.com

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

DISCLAIMER:

The Committee reserves the right to edit submissions, if required.

July and August Facts and Legends ...

July is named in honour of Julius Caesar who was born on 12 July.

July birthstone is the ruby, symbolising contentment, passion and love. The birth flower is Larkspur.

St Swithin's Day is 15 July. By tradition, whatever the weather is on this day will continue for 40 days.

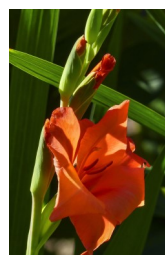


The census of swans — Swan Upping — happens every July when swans are counted and marked on a 70 mile 5 day journey up the River Thames

Other events for July include:

- 999 emergency service introduced on 1 July 1937
- On 2 July 1928, equal voting rights were granted to women in Britain
- Apollo 11 landed on the moon 21 July 1969 and Neil Armstrong was the first man on the moon
- 28 July 1901, fingerprints were first used for identification

August is named in honour of Roman emperor Augustus Caesar, as many important events in his life happened at this time of year.



The birth flower is Gladiolus and the birthstone is agate.

Anglo Saxons called it Weod Monath, which meant Weed Month, because weeds and other plants grow so rapidly at this time — something well known to gardeners!

The Edinburgh Festival, the National Eisteddfod and Notting Hill Carnival all happen in August.

Other events for August include:

- Oxygen discovered on 1 August 1774 by Joseph Priestley
- The Great Train Robbery took place on 8 August 1963
- Daily flights between London & Paris started the first international air service on 25 August 1919
- Martin Luther King made his famous 'I have a dream' speech on 28 August 1963