

From the Chair, Chris Atkins:

Megan Haldane, our speaker for June, was informative and enthusiastic. Her delivery was polished, and her anecdotes were entertaining. However, her message was deadly serious: online fraud is becoming harder to spot and we must be ever watchful. Megan works with Avon and Somerset Police and if I were ever a victim of cybercrime, I would have no hesitation in contacting her; I suspect that most of the audience felt the same way. Her chosen charity was for Retired Police Dogs, a charity that she set up, so I was even more delighted to donate on your behalf, just over £57 for her charity.

We also launched our own u3a's Writing Group book 'Blackney Swans and other Troublesome Creatures'. Author and leader of the Group, Larry Jeram-Croft, gave a short presentation detailing the considerable amount of work that went into getting it published. It was interesting to hear about how the book was conceived and it is a tribute to the Group that all the copies brought to the meeting sold. If you did not manage to obtain one, then it is for sale on Amazon. It is a good read, one of those books you curl up with either outside in summer or by the fire in winter. It is truly, in more ways than one, a book for all seasons.

The speaker for this month's meeting on 9 July is Peter Isaacson, who will talk to us about Medical Detection Dogs. This will I am sure, be a very interesting insight into how and what these trained medical dogs can detect. I hope to see as many of you there as possible.

Please don't forget we are collecting food and drinks to help families cope with lunches for the children over the summer holidays. More about this on page 5.

Lastly, we are still looking for a new Chair. If no one steps up, then we will be forced to end our u3a journey and all the work that has gone into making it such a strong, vibrant, and caring community will be over. Please help us by contacting me by email on martocku3achair24@gmail.com or any of the other committee members listed on the back of the newsletter.

July Meeting on Wednesday 9 July, 2.15 for 2.30 start

Peter Isaacson 'Medical Detection Dogs'

(See page 3 for information about the speaker & about parking)

Future Meetings currently arranged

August — no meeting

10 September — Fergus Dowding 'Industry in Martock'

8 October — Annual General Meeting with Prize Raffle and Quiz

12 November—Andy Day, The Commonwealth War Graves Commission—Gardening the world'

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



Welcome to our new members:

Hugh Pearce, Sadie Lloyd, Lorraine Turton, Katie Guyton, Lynne Reece

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

Tuesday 1 July	Meet at 09.50am, Lighthouse Café, Stoke-sub-Hamdon — Stoke Health Walk (5-6 miles with option of pub lunch)
Tuesday 8 July	Meet at 10.30am, Martock Recreation Ground — Martock Well-being Walk (1 mile round recreation ground)
Wednesday 9 July	<u>2.15pm for 2.30pm start</u> , Martock Parish Hall — Martock & District u3a monthly meeting
Saturday 12 July	10.00am-1.00pm, Moorlands Shopping Centre, Martock — Farmer's Market
Monday 14 July	Meet at 10.00am, Lighthouse Café, Stoke-sub-Hamdon — Montacute/Stoke Health Walk (3-4 miles, 1.5 hours)
Tuesday 22 July	Meet as above on 1 July — Montacute/Stoke Health Walk
Friday 25 July	Meet at 10.30am, Moorlands Shopping Centre — Martock Well-being Walk (30-45 mins. level walking)
Friday 25 July	10.00am-12.00pm, Martock Parish Hall — Come 4 Coffee
Tuesday 5 August	Meet at 09.50am, Lighthouse Café, Stoke-sub-Hamdon — Stoke Health Walk (5-6 miles with option of pub lunch)
Saturday 9 August	10.00am-1.00pm, Moorlands Shopping Centre, Martock — Farmer's Market
Monday 11 August	Meet as above on 14 July — Montacute/Stoke Health Walk
Tuesday 12 August	Meet at 10.30am, Martock Recreation Ground — Martock Well-being Walk (1 mile round recreation ground)
Tuesday 19 August	Meet as above on 5 August — Montacute/Stoke Health Walk
Friday 29 August	Meet at 10.30am, Moorlands Shopping Centre — Martock Well-being Walk (30-45 mins. level walking)
Friday 29 August	10.00am-12.00pm, Martock Parish Hall — Come 4 Coffee

An Introduction to Peter Isaacson the speaker on 9 July

Peter was born a long time ago on the Isle of Wight in a family that always had a pet dog. Once married he had a Labrador/German Shepherd Dog (GSD) cross called Bruce who was a cheeky delinquent, loved by everybody. Peter then had to wait, because of work involvement, until he retired to realise a dream and have his very own GSD. Lucy became the second lady in his life, he has to say second in case you ever meet his wife!!!

In retirement Peter lived in Crete for many years; then came Covid, old age and aching bones so he returned to the U.K. He could not take on another dog.

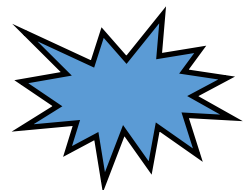
Five years ago Peter happened across an advertisement from the charity Medical Detection Dogs wanting Volunteer Speakers to spread the word in the South West. His application was successful and the rest, as they say, is history. We are all aware of guard dogs/sniffer dogs/guide dogs etc, but little is generally known about Medical detection Dogs. More importantly little is known about the charity, which is totally reliant on donations despite the important work that they do, quite literally changing lives and saving lives.

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. Please car share as much as possible as there is limited space in the car park.

Thank you.

Celebration Corner



Happy Birthday to the following members in July:

Miles Perkins, Lorna Wood, Pat Trunkfield, Liz Thompson, Janet Littlefield, Julia O'Dowd, Phil Stringer, Jacky Fowler, Barry Allen, Kathleen Mountjoy, Martin Bradbrooke, Robert Warren, Julie Reilly

And in August:

Elaine Payne, Greg Atkins, Beatrice Fox-Collins, Jan Hawes, Geoffrey Mountjoy, Susan Rumsey, Mona Mace

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 us know so we can give you good wishes.

Martock & District Accounts Update

The final figures for May 2025 show Income of £479.10, Expenditure of £990.72 with a total balance of £2,531.19. There was no raffle at the May meeting. Please email the Treasurer, Adrian Sutton, on treasmaru3@gmail.com if you would like more detail about the accounts.

Joining the Committee.....

Do you have the time and energy to join the Committee and be part of the future of Martock & District u3a?

As our Chair explained previously, she will be retiring from the Committee in October. The Chair is one of the Officers of our organisation, a role which is required by law and the u3a cannot continue without members joining the Committee to take on this role and other roles in due course.

So if you are computer literate, enjoy being involved and with time to attend one Committee meeting a month, please consider joining the Committee and contact Chris Atkins for more details.

Advertising our u3a

Do you live outside Martock? Could you put up posters to advertise our meetings where you live? If so, please contact Adrian on pubmaru3a@gmail.com

No printing needed, hard copy posters will be provided, laminated if necessary

Grants for Groups

Grants are available for Groups to buy equipment for their activity.

Also, if you have an idea for a Group but don't have what's needed to start a Group, you could get a grant to start up.

Contact the Chair on martocku3achair24@gmail.com to discuss your Group's needs or your ideas

Stop Press

If you are a Group Leader and have not yet replied to Felicity about the Group Leaders' Tea, please will you do so. This is our chance to say 'thank you' to you!

For all Group matters, whether to arrange a taster session or to join a Group, please email Felicity Renshaw on martocku3agroupssec1@gmail.com

THEATRE GROUP

Martock & District u3a is affiliated with the Castle Gardens Group Gold Club, so we are eligible to go to their annual summer party.

This is held at 'The Sherborne' art gallery and includes a performance of Gilbert & Sullivan's HMS Pinafore by the outdoor theatre company 'Illyria' with a limited cast playing lots of parts.

There are nibbles, a glass of Pimms on arrival and a little time to explore the house and gardens that the Gardens Group team planted last year.

It is on **Wednesday 30 July, doors open 6.15. Tickets are £25.** This is an exclusive event for members of groups affiliated with the Gold Club. Contact Alison on alisonrbleasdale@gmail.com if you would like to attend.

Can you help?

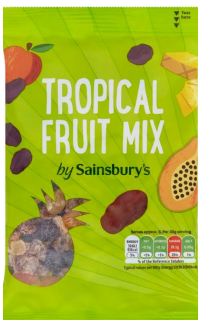
A lady living in Vincent Way, Martock would like to join our u3a. However she would need a lift to meetings.

If you can help, please contact the Membership Secretary on 07555 033027.

Thank you.

Transforming Lives — Martock Food Bank

The summer holidays can be a time of fun and family for many. However, for those with school age children the holidays can be a time of stress as the children are not having school lunches. Transforming Lives need donations to help families with lunches in the summer holidays.



Specifically items such as boxed drinks, crisps, biscuits, cakes, small bags/boxes of dried fruit, pitta breads, packed lunch nibbles such as snack cheeses etc are needed.

If you can help, please bring donations to the July monthly meeting and put them in the box for donations. Thank you.



Martock & District u3a 2023-24 Committee

Chair – Chris Atkins martocku3achair24@gmail.com

Vice Chair – Stewart Seery

Treasurer – Adrian Sutton treasmaru3@gmail.com

Secretary – Pat Brett commaru3a@gmail.com

Web Manager – Alison Bleasdale webmaru3a@gmail.com

Groups Secretary – Felicity Renshaw 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

Co-opted Member—Iain Houston

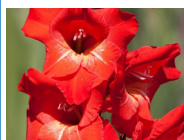
The Committee welcomes feedback from members, by email to the Chair or the Secretary or through your Group Leader

DISCLAIMER:

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

July and August Facts and Legends ...

Previously known as Quintilius, July was renamed in honour of Julius Caesar who was born on 12 July. The Anglo-Saxons called the month 'Heymonath' or 'Maed Monath' - referring to haymaking and the flowering of meadows. In similar vein, August was renamed from Sextilis in honour of Augustus Caesar. And it was known as 'Weod Monath' by the Anglo-Saxons because weeds and other plants grow so rapidly.



Flowers are Larkspur for July and Gladiolus for August. And the birthstones are ruby



for July and agate for August.

It is said that if it rains on St Swithin's Day, 15 July, it will rain for the next 40 days. However, weather lore for August says that if the first week of August is warm, the winter will be white and long — and these were both part of weather lore long before climate change!

Swan Upping, the census of swans on the River Thames, takes place in July every year. Swans are counted and marked in a 70 mile 5-day journey up the River Thames. Hopefully the annual Henley Royal Regatta in the first week in July does not stop the

swans being counted.

July and August events include:

- On 1 August 1774, Joseph Priestley discovered oxygen in the laboratory at Bowood House
- Equal voting rights were granted to women in Britain on 2 July 1928
- On 4 August 1914, the First World War started
- The Great Train Robbery took place on 8 August 1963
- The British parliament passed a law on 13 July 1923 banning the sale of alcohol to anyone under the age of 18
- On 14 August 1945, the Second World war ended
- The Spanish Armada of 130 warships set sail from Corunna on 20 July 1588, a day later than expected due to a storm
- On 21 July 1969, the Eagle module from Apollo 11 landed on the moon and Neil Armstrong became the first person to walk on the moon
- Mount Vesuvius erupted near Pompeii on 24 August AD79. Although about half the population managed to escape, over 2,000 people were buried under 7 feet of lava, ash and pumice
- On 28 July 1586, the first potatoes arrived here from Columbia
- England won the football World Cup on 30 July 1966