

From the Chair, Chris Atkins:

Our last monthly meeting before the August break was led by Peter Isaacson, with impressive attendance. Peter delivered a moving talk on medical dogs, explaining how these specially trained animals can detect certain diseases, alert their owners in times of crisis and provide essential comfort and confidence to those they support. The profound impact of these dogs on people's lives was clear and many found the presentation quite emotional. Afterwards, we were delighted to donate £55 to Peter's charity.

We also collected donations for the children's lunch box project, which were delivered to Transforming Lives at The George the following day. The generosity of our members is always appreciated and both the Committee and The George extend their thanks for the essential snacks and supplies provided to help families during the summer break.

Exploring new group activities is a priority. While out walking my dog, I noticed the tennis courts in the recreation area now have markings for Pickle or Paddle Ball—a fun sport known by both names. If anyone is interested in helping to establish this as a new group, please let us know; it could be a wonderful way to stay active. Additionally, Book Group 2 is seeking new members. If you'd like to join the Group or help start the Pickle/Paddle Ball group, please contact Felicity, our Groups Secretary.

We hosted a Group Leaders tea in July to thank the dedicated individuals who make our u3a groups possible. Their hard work and commitment are the backbone of our organisation and we were pleased to have the chance to show our gratitude. Special thanks also go to Felicity Renshaw, our Groups Secretary, for organising the event.

We look forward to seeing many of you at the next monthly meeting on 10 September, where the popular speaker Fergus Dowding will present on 'Industry in Martock'. The meeting will be held at Martock Parish Hall at 2.30 pm.

I hope everyone has enjoyed the summer and I look forward to seeing you in September.

September Meeting on Wednesday 10 September, 2.15 for 2.30 start**Fergus Dowding 'Industry in Martock'**

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

Future Meetings currently arranged

8 October — Annual General Meeting with Prize Raffle and Quiz

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

10 December — Christmas Party

14 January 2026 — Brimsmore Gold Club 'Slightly Naughty Plants'

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



Welcome to our new members:

Diana Blackmore, Helen Frances,
Tracey Ford

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



Celebration Corner **Happy Birthday to:**

Mitchell Philp, Sandra Fairhead, Mandy Lee, Barbara
Summers, Patricia Homer, Chris Atkins, Debra
Stringer, Mary Taylor, Patricia Elliott, Anne Brunton,
Peter Brunton, Sue Mayes, Heather Woodward,
Lynne Reece

*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.*

Dates for Your September Diary

Tuesday 2 Sept	Meet at 09.50am, Lighthouse Café, Stoke-sub-Hamdon — Stoke Health Walk (5-6 miles with option of pub lunch)
Monday 8 Sept	Meet at 10.00am, Lighthouse Café, Stoke-sub-Hamdon — Montacute/Stoke Health Walk (3-4 miles, 1.5 hours)
Tuesday 9 Sept	Meet at 10.30am, Martock Recreation Ground — Martock Health Walk (1 mile round recreation ground at gentle pace)
Wednesday 10 Sept	<u>2.15pm for 2.30pm start</u> , Martock Parish Hall — Martock & District u3a monthly meeting
Saturday 13 Sept	10.00am-1.00pm, Moorlands Shopping Centre, Martock — Farmer's Market
Tuesday 23 Sept	Meet as above on 9 June — Montacute/Stoke Health Walk
Friday 26 Sept	Meet at 10.30am, Moorlands Shopping Centre — Martock Health Walk (30-45 mins. level walking)
Friday 26 Sept	10.00am-12.00pm, Martock Parish Hall — Come 4 Coffee
Sunday 28 Sept	10.30am-1.00pm, The David Hall, South Petherton — Jazz Cafe

Martock & District Accounts Update

The final figures for July 2025 show Income of £238, Expenditure of £320.67 with a total balance of £2,333.66. The raffle raised £55 for the speaker's charity Medical Detection Dogs. Please email the Treasurer, Adrian Sutton, on treasmaru3@gmail.com if you would like more detail about the accounts.

An Introduction to Fergus Dowding the speaker on 10 September

In 2004 Fergus and Will Aslett started the History Group in Martock (www.martockhistory.co.uk). The next meeting is on 23 September with a talk by the charismatic and elusive John Smith who will give a dramatic and action packed description of the Battle of Britain over Somerset 85 years ago. Fergus is also chair of the Somerset Vernacular Buildings Research Group (www.svbrg.org.uk). This Group is a voluntary organisation founded in 1979 to record and study the traditional houses and buildings of the historic county of Somerset. New members are welcome.

In 2004 Fergus started the Farmers Market and he has been Show Secretary of the Flower Show since 1999.

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.

A thank you from our July speaker Peter Isaacson

Peter emailed to say thank you to our members for the welcome we gave him. He hopes that it was evident how much he enjoys spreading the Medical Detection Dogs (MDD) story. He also thanked us for the members generosity in donations and buying raffle tickets and merchandise. Peter does not like mentioning MDD's financial state but needs must. He assured us that every penny goes directly to MDD HQ and really is appreciated.

The MDD website at medicaldetectiondogs.org.uk has loads of information and all the past copies of the SNIFF magazine are available to read free of charge, just click on 'NEWS' then 'SNIFF MAGAZINE'.

Driving when you are over 70

There are some news reports at present suggesting that there will be changes to how you renew a driving licence once you reach 70 years old.

This may happen but there are no changes to the law yet — just suggestions for the future.

Currently, once you reach 70 you have to renew your driving licence every 3 years by declaring that you meet the eyesight requirement and that you do not have specific medical conditions that could impact your ability to drive safely.

The easiest way to renew your licence is online at www.gov.uk/renew-driving-licence-at-70 or use the paper form that you will be sent.

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

Timetable for Martock & District Groups

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
Scrabble — every week	Art — 1st and 3rd Art Appreciation — 4th Cycling — monthly Sewing — 2nd	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 MahJong — 2nd Play Reading Drama — 4th Spanish — alternate weeks Book Group 2 — 3rd	Flower Arranging — 3rd Modern Board Games — 1st and 3rd Recorders — 1st and 3rd Recorder Consort — alternate weeks Recorded Music— 1st Ukelele —alternate Tuesday & Wednesday Writing – Tuesday or Wednesday	Paper Crafting — 4th Ukelele —alternate Tuesday & Wednesday Writing – Tuesday or Wednesday	Book Group 1— 4th German Beginners — every week German Improvers — alternate weeks	

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

Grants for Groups

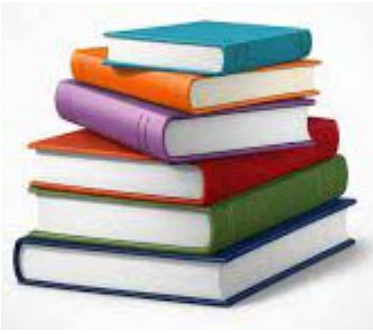
Grants are available for Groups to buy equipment for their activity.

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

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

Book Group 2



Book Group 2 is looking for new members.

It now meets on the third Monday afternoon 2-4 pm.

Are you interested? If so contact the Groups Secretary —
details on page 4

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.

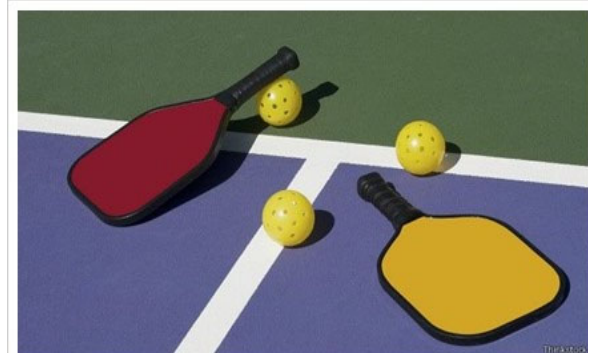
Thank you.

Fancy a Game of Pickle or Paddle Ball?

**Are you willing to help set up a new
u3a Group?**

**If so please contact the Chair on
martocku3achair24@gmail.com or the
Groups Secretary on
martocku3agroupssec1@gmail.com**

Have fun and get active!



Theatre Group Trip

One theatre ticket has been bought by a member who is now unable to come. Would you be interested in having a ticket to hear Mary Beard at Westlands Entertainment Centre on Wednesday 8 October at 7.30?

It is a very good ticket, bought quite some time ago. The show is nearly sold out. The tickets are £38.50. If you are interested, please contact Alison on alisonrbleasdale@gmail.com concerning payment. There is an optional pre-show meal at Westlands.

Step into the world of Ancient Rome with renowned historian Mary Beard as she uncovers the stories that history forgot. In this captivating live event, Mary Beard takes you beyond the well-worn paths of emperors and battles, revealing the rich and complex lives of those often left out of the history books. From the gritty reality of a gladiator's life in the arena to the tumultuous final days of the Roman Republic, Mary rewrites popular narratives, casting fresh light on what we think we know. Mary draws thought-provoking connections between Roman politics and today's world.



Martock & District u3a 2024-25 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.

September Facts and Legends ...

September was named by the Romans after 'septem', as it was the seventh month in the original calendar. The month is associated with Vulcan, the Roman god of fire. The Anglo-Saxons called the month 'Gerst Monath' - barley month, as the crop was harvested at this time of year and a special drink was made from it. It was also known as 'Haefest Monarht' or harvest month.



*The September flowers are aster and morning glory'
The birthstone is sapphire.*



The full harvest moon in September is known as the Corn Moon

Weather folk lore for September includes:

Heavy September rain brings drought.

Fair on 1 September, fair for the month.

September dries up ditches or breaks down bridges.

September begins on the same day of the week as December, but no other month.

The autumn equinox is on 22 September this year at 6.20 pm GMT. This is when there is almost equal amounts of daylight and dark at all latitudes.

September events include:

- On 1 September 1939, Germany under Hitler invaded Poland, starting the second world war
- The great fire of London started in Pudding Lane on 2 September 1666
- 8 September 1944 the first V2 flying bombs kill 3 people in London
- Harry Jackson became the first person to be convicted based on fingerprint evidence 13 September 1902
- The US Constitution was adopted on 17 September 1787
- On 19 September 1356, The Black Prince, eldest son of Edward III, led the English to victory over the French at the Battle of Poitiers
- Britain's first Prime Minister, Sir Robert Walpole moved in to 10 Downing Street on 22 September 1735
- The first transfusion of human blood was performed at Guy's Hospital, London on 25 September 1818
- On 28 September 1745, 'God Save the King' was sung for the first time at London's Drury Lane Theatre
- After meeting Hitler in Munich, British Prime Minister Neville Chamberlain said, 'I believe it is peace for our time' on 30 September 1939.