

From the Chair, Chris Atkins:

Our last monthly meeting was well attended and interesting despite the day being set fair for an afternoon in the garden. 'A Potted History of Quakerism in England' was illustrated with slides both of prominent figures in the movement and some interesting meeting houses. Our next Speaker is Megan Haldane speaking about Cybercrime a topic which all of us who use our local Co-op will be especially aware of. We are also extremely excited to be launching our Writing Group Book, Blackney Swans, and Other Troublesome Creatures at the June meeting. We are thrilled not only for Larry Jeram-Croft who is such an excellent leader but also for the whole group who have co-written it together with Larry. We think it is the first book that any u3a has written, so it is very special. Larry will give a short presentation and copies of the book will be available to buy.

Our prospective singing group is still looking for a leader and there are members wanting to be a part of it. Please contact Felicity, the Groups Secretary, if you could lead this group. I always say and I really do firmly believe that our Group Leaders are the core of our u3a, and we all appreciate the effort they put in to make their groups work. Having led groups, I know that it is a great way to make friends and have fun getting any group up and running. Then once it is workable watching it grow. So, if you are looking for a worthwhile challenge and have always wanted to learn something new then dive in and with the help of like-minded members start a new group. Felicity is always on hand to help, answer questions and support all leaders so no one should feel alone.

Our u3a has brought such a lot of positivity to Martock and District and the input of the team who founded it should never be underestimated. Please make sure it continues and volunteer to take over as the Chair this coming October, when I stand down. All you need are basic computer skills, the desire to help your u3a evolve and of course a wicked sense of humour. Come on you could do it standing on your head!

June Meeting on Wednesday 11 June, 2.15 for 2.30 start**Megan Haldane 'Cybercrime'****Followed by the launch of the book written by our Writing Group**

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

Future Meetings currently arranged

9 July — Peter Isaacson 'Medical Detection Dogs'

August — no meeting

10 September — Fergus Dowding 'Industry in Martock'

8 October — Annual General Meeting with Prize Raffle and Quiz

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



Welcome to our new members:

Sue Mayes, Robert and Ann Hickman,
Margaret and Paull Robathan

*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:**

Christine O'Brien, John Buckhurst, Gill Cole,
Richard Talley, Jan Kemp, Sally Oberthur, Jill
Luffman, Michael Plummer, Peggy Redman,
Karen Browne, Gaye Thorne, 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)
Do you have a special birthday or anniversary
coming up? Please let us know so we can give you
good wishes.*

Dates for Your June Diary

- | | |
|--------------------------|---|
| Tuesday 3 June | Meet at 09.50am, Lighthouse Café, Stoke-sub-Hamdon —
Stoke Health Walk (5-6 miles with option of pub lunch) |
| Monday 9 June | Meet at 10.00am, Lighthouse Café, Stoke-sub-Hamdon —
Montacute/Stoke Health Walk (3-4 miles, 1.5 hours) |
| Tuesday 10 June | Meet at 10.30am, Martock Recreation Ground — Martock
Health Walk (1 mile round recreation ground at gentle pace) |
| Wednesday 11 June | <u>2.15pm for 2.30pm start</u> , Martock Parish Hall — Martock &
District u3a monthly meeting |
| Saturday 14 June | 10.00am-1.00pm, Moorlands Shopping Centre, Martock —
Farmer's Market |
| Tuesday 23 June | Meet as above on 9 June — Montacute/Stoke Health Walk |
| Friday 27 June | Meet at 10.30am, Moorlands Shopping Centre — Martock
Health Walk (30-45 mins. level walking) |
| Friday 27 June | 10.00am-12.00pm, Martock Parish Hall — Come 4 Coffee |

Martock & District Accounts Update

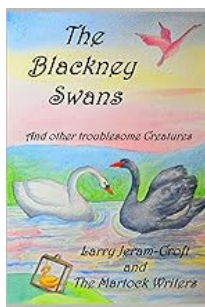
The final figures for April 2025 show Income of £426.63, Expenditure of £1,072 with a total balance of £3,044.41. The raffle raised £45 for our funds. Please email the Treasurer, Adrian Sutton, on treasmaru3@gmail.com if you would like more detail about the accounts.

An Introduction to Megan Haldane the speaker on 11 June

Megan is part of the Cyber Team in the Serious and Organised Crime Investigations Team of Avon and Somerset Police. As we're aware from the television and other media, cybercrime is a huge problem on an individual and international scale and this is a very important subject for everyone. We can be affected by cybercrime individually (200,000 cases between June 2022 and May 2023) with an average loss of £4,500. But we can also be affected when businesses and charities that we have electronic contact with are affected by cybercrime.

Megan will talk about how we can help protect ourselves from being the victim of cybercrime, whether you use a mobile, computer or both.

Launch of the Writing Group Book



A tale of swans, local myths and mayhem. A year in the life of the not always sleepy Somerset village of Blackney Foloren.

The four stories are each concerned with one of the four pagan festivals, Beltane, Midsummer Eve, Halloween and Midwinter.

Larry Jeram-Croft, who is the Leader of our Writing Group will explain more! And he will have copies of the book for sale.

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.

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 earlier, 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

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	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	Book Group 2— every 6 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

Chess Group?

A visitor to the Open Day asked about a Chess Group. Would you be able to Lead a new Group?



Please contact the Groups Secretary if you're interested in such a Group.

Canasta Group

Do you like playing Canasta? Are you interested in joining and/or leading a Canasta Group? If so, please contact the Groups Secretary



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.

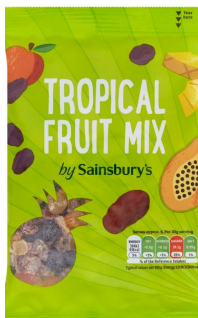
Thank you.

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.

Specifically items such as 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

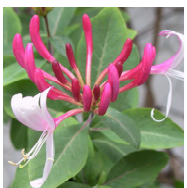
The Committee welcomes feedback from members, by email to the Chair or the Secretary or through your Group Leader

DISCLAIMER:

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

June Facts and Legends ...

There are multiple theories as to what June was named after. One theory is that it was named after the Roman goddess of marriage, Juno. Another theory is that its name originates from the Latin word *iuniores*, which translates into 'younger ones'. Another possibility is that June was named after Lucius Junius Brutus, the founder of the Roman Republic. The Anglo-Saxons called the month 'Sera Monath' - dry month.



The June flowers are Honeysuckle and Roses. The birthstones are alexandrite, moonstone and pearl.



June is thought to be a good month to get married. One piece of lore is:

*'Married in the month of roses — June
Life will be one long honeymoon!'*

There is also a lot of weather lore associated with June.

'A calm June puts the farmer in tune'

'June damp and warm, does the farmer no harm'.

In previous days, many villages and communities had well dressing events, particularly in Derbyshire. Well dressing is the art of decorating wells, springs and other water sources with pictures of growing things.

It is believed to date back to the Celts or even earlier.

The longest day in the UK this year is 20 June, midsummer day. The summer solstice will be at 03.41 on Saturday 21 June 2025.

June events include:

- On 2 June 1953, on a wet rainy day Queen Elizabeth II was crowned at Westminster Abbey
- Gruffydd ap Llewellyn, Welsh King of Gwynedd and Powys, defeated an English attack on 4 June 1039
- 6 June 1944, saw the D-Day invasion of Normandy by 1 million allied troops to liberate Western Europe from German occupation
- The first ever Oxford and Cambridge University boat race was won by Oxford on 10 June 1829
- On 13 June 1944, the first V1 flying bomb, or 'doodle bug' was dropped on London
- King John signed the Magna Carta on 15 June 1215 at Runnymede in Surrey, removing total authority from the monarchy forever
- On 18 June 1815, British and Prussian forces led by the Duke of Wellington and Gebhard von Blücher defeated Napoleon at the Battle of Waterloo, in Belgium
- William Penn, the English Quaker, signed a treaty with chiefs of the Lenape Tribe on 23 June 1683 in an attempt to ensure peace in his new American colony