

From the Chair, Mark Ballard:

I hope that you have all enjoyed the Summer and survived what at times was quite exceptional heat. With the evenings starting to draw in and a coolness now each morning, it is beginning to feel that we are starting that transition into autumn. That said, there's always the promise of a late surge to the warmth that seems to coincide with the schools returning. The farming community are working hard to gather in this year's harvest so we wish them well in their labours.

There have been a lot of activities across Martock and the adjoining parishes during July & August and I hope that you have taken the time to enjoy these, whether they were showcasing our stunning landscape, our amazingly talented population or just simply having fun at the various fetes and community events.

I would like to thank my committee members for hosting a stall at the Martock Bean'O Summer Fete to represent the u3a. It was a very hot day but it was lovely to be able to talk to the visitors we had, about all that we have to offer. Thank you to those who dropped by to just say hello.

Our next meeting will be on Wednesday 9 September, so please arrive from 2.15 as usual, for a 2.30 start. The venue as usual, is the Martock Parish Hall. Our speaker is going to be Jeannette Hampstead from The Hazelbury Bryan Hedgehog Rescue Centre. I look forward to seeing many of you there.



September 2026 Meeting on Wednesday 9 September 2.15 for 2.30 start
Jeannette Hampstead 'The Hazelbury Bryan Hedgehog Rescue Centre'

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

Future Meetings currently arranged

14 October — Annual General Meeting, Quiz and Prize Draw

11 November — Larry Jeram-Croft 'The Story of a Royal Navy Battle of Britain Pilot'

9 December — Christmas Party

13 January 2027 — Brimsmore 'Gardening Folklore, part 2'

10 February — Caroline Newark 'Looking for a Husband: the 700-year search for Prince Charming'

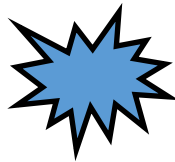
***Please contact the Publicity & Events Secretary if you have ideas for Speakers
on pubmaru3a@gmail.com***



Welcome to our new members:

Mandy Kuhn, Jean Hardie, Robin Collyer, Annabel Caple

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:

Sandra Fairhead, Mandy Lee, Barbara Summers, Patricia Homer, Chris Atkins, Debra Stringer, Patricia Elliott, Anne Brunton, Peter Brunton, Heather Woodward, Lynne Reece, Martin Brown, Vicky Wiggins

If you would like your name mentioned, please let the Membership Secretary know your birth month (contact details on last page)

Dates for September Diary

- Tuesday 1 Sept** 9.50am, Lighthouse Café, Stoke-sub-Hamdon — Stoke Long Health Walk (Ring Sue on 07792 311736 for details)
- Wed 9 Sept** 2.15pm for 2.30pm start, Martock Parish Hall — Martock & District u3a monthly meeting
- Saturday 12 Sept** 10.00am-1.00pm, Moorlands Shopping Centre, Martock — Farmer's Market
- Monday 14 Sept** 9.30am, Lighthouse Café — Montacute/ Stoke Short Health Walk, as above. 9.50am — Medium Walk, as above
- Tuesday 8 Sept** 10.30am, Martock Recreation Ground — Martock Health Walk (1 mile round recreation ground at gentle pace)
- Friday 25 Sept** Meet at 10.30am, Moorlands Shopping Centre — Martock Health Walk (30-45 mins. level walking)
- Monday 28 Sept** Montacute/Stoke Health Walks, as above
- Friday 25 Sept** 10.00am-12.00pm, Martock Parish Hall — Come for Coffee
- Saturday 26 Sept** 7.00pm for 7.30pm start, Martock Parish Hall — Film Night 'Rose of Nevada'

Martock & District Accounts Update

The final figures for July 2026 show Income of £167.20, Expenditure of £98.93 with a total balance of £1,805.25. If you would like more detail about the accounts, please email the Treasurer, Adrian Sutton, on treasmaru3@gmail.com



An Introduction to Jeannette Hampstead the speaker on 9 September

Jeannette is a retired nurse and thought her life of leisure would begin at retirement. Then she found a small sick hedgehog in her garden. Having tried to get it help from local rescues, she took it to the vet.

On returning from the vet with medication for the hedgehog whom Jeannette called Erica, she googled how to give your hedgehog medication. She found a mentor and did a couple of courses. Jeannette went to conferences and then started her own rescue. Her favourite job is caring for the urchins. They are a constant joy when they are in the rescue, even though it's hard work and Jeannette gets very little sleep.

A few years down the line, Jeannette takes in nearly 300 hedgehogs a year and has an 83% success rate. She has a band of volunteers to whom she is ever grateful and a committee who keep Jeannette on the straight and narrow. She could not do any of it without the help of her lovely husband, Graham.

Long Sutton Quaker Meeting House, Langport Road, Long Sutton, TA10 9NE

As part of Heritage Open Days, the Meeting House is open to everyone on Saturday 19th September 2026 from 11am to 4 pm.

People from the Meeting will be there to answer questions about the Meeting House and Quakers.

Drinks and cakes will be available.

Every September, thousands of volunteers across England organise events to celebrate England's history and culture. It's a chance for people to see hidden places and try out new experiences – all of which are free to explore. See www.heritageopendays.org.uk for more information.

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.

Charity Status — Our Registered Charity Number is 1217106 and we can be found on The Charity Commission website <https://www.gov.uk/government/organisations/charity-commission>

New Website — The new site is <https://martock.u3asite.uk/>. If you go to the old website, you will be redirected. Please email the Chair at martocku3achair24@gmail.com with any comments, suggestions or ideas for items in the Notices section.

Can You Help Your u3a?

We now have members willing to be elected as Treasurer, Membership Secretary and Website Manager at the October AGM.

However, we still need a member to take on the Publicity and Events role in October. Most of next year's speakers have been arranged, so the member taking on this role in October will have time to learn without pressure.

Are you willing to come onto the Committee as Publicity and Events Secretary? To learn more about the role contact the Chair or email the current role holder (email addresses on page 6)

Our u3a cannot continue unless we have committee members — please consider volunteering for the Committee



***Want to Sing — But Not Join a Choir?
Come along to your local Goldies Session
for a good old Singalong.***

Martock Parish Hall

First Friday of every month

2.15-3.15

£3 donation

EVERYONE WELCOME!

www.golden-oldies.org.uk

01761 470006



Free online talks, workshops and courses

u3a members can access a wide range of free online talks, workshops and courses through

their membership. Most sessions are led by fellow members, sharing their expertise, with additional talks from notable speakers and organisations.

All events are bookable via Eventbrite.

Please ensure you can attend when booking and cancel if you're unable to make it so others can participate.

Events are exclusively for u3a members. Sign up to get our monthly online events straight to your inbox.

<https://www.u3a.org.uk/what-we-do/events/educational-events>

The Memory Café at All Saints Church, Martock is on Tuesday 1 September
10-11.30.

This a place for people with dementia and their carers to meet in a relaxed
and friendly setting.

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

Interest Groups

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

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



ART NEWS

Are you interested in the Art Group?

Are you willing to be the Co-ordinator for the Group? This role is needed for the Group to continue.

If you are able to help, please get in touch with Felicity Renshaw, the Groups Secretary, on martocku3agroupssec1@gmail.com

Raffle Prizes

Do you have something nice that you could donate as a small raffle prize?

Or maybe you have produce from your garden?

Please bring items to a monthly meeting or email the Chair on martocku3achair24@gmail.com to discuss your donation



Martock & District u3a 2025-26 Committee

Registered Charity no. 1217106

Chair – Mark Ballard martocku3achair24@gmail.com

Vice Chair – Stewart Seery

Treasurer – Adrian Sutton treasmaru3@gmail.com

Secretary – Mary Marshall commaru3a@gmail.com

Web Manager –

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 – pubmaru3a@gmail.com

Outreach Co-ordinator — Cassy Treasure martocku3aoutreach@gmail.com

Committee member — Trudy Ballard Martockdistrictu3acommittee@gmail.com

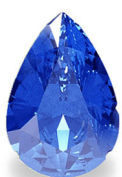
The Committee welcomes feedback from members, by email to the Chair or the Secretary or through your Group Leader

DISCLAIMER:

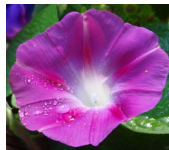
The Committee reserves the right to edit submissions, if required.

September Facts and Legends ...

September comes from the Latin 'septem' meaning seven, as it was originally the seventh month. It is associated with Vulcan, the Roman God of fire. The Anglo-Saxons called September barley month "gerst monath" or harvest month "haefest monath".



The birthstone is the sapphire, linked to the wisdom of the gods, purity and trust and once thought to guard against evil and



poisoning. The birth flowers are the aster for love and morning glory for affection.

September 2026 full moon will peak on Saturday, 26 September at 5:49 pm. It is traditionally known as the Corn Moon or the Harvest Moon because it is the full moon closest to the autumn equinox.

Weather lore for September includes: Fair on 1 September, fair for the month; If the north wind blows on Michaelmas Day (29 September), the month of October is sunny and gay.

1 September is on the day of the week as only one other month, December. But it does not end on the same day as any other month!

The astronomical autumn equinox in 2026 takes

place on Wednesday, 23 September at 1:05 am. At this precise moment, day and night are of roughly equal length as the sun crosses the celestial equator. September events include—

- On 1 September 1159, the only English Pope Adrian IV (Nicholas Breakspere) died.
- Britain's first Women's Institute opened in Wales on 11 September 1915.
- On 14 September 1741, George Frederick Handel finished composing the Messiah after working on it nonstop for 23 days.
- New Zealand became the first country to grant women the right to vote on 19 September 1893.
- On 23 September 1848, chewing gum was produced commercially for the first time.
- Spanish explorer Vasco Nunez de Balboa first sighted the Pacific Ocean after crossing the Isthmus of Panama on 25 September 1513.
- On 28 September 1066 - The Norman conquest of England began as Duke William of Normandy landed at Pevensey, Sussex.
- Britain's "bobbies" made their first public appearance on 29 September 1829. Greater London's Metropolitan Police force was established at the request of Home Secretary, Sir Robert Peel, after whom they were nicknamed.