

# MARTOCK & DISTRICT U3A

## NEWSLETTER NO 50, SEPTEMBER 2022

A warm welcome to new members and thank you to all those who came to our Open Afternoon and the members who represented groups.

### Monthly Meetings - 2<sup>nd</sup> Wednesday of each month in Martock Parish Hall

Our next monthly meeting is **Wednesday 12<sup>th</sup> October** Nigel Rousell will talk about Service Dogs UK, a local organisation, the work in training of assistance dogs to work alongside military and blue light veterans suffering with PTSD. How the rescue dogs are sourced and assessed, to placement and training. How the dogs are then trained with the veterans to interrupt anxiety, dissociation and nightmares and much more. How by using rescue dogs they aim to rescue two lives at a time.

The October meeting will also be our **Annual General Meeting** and the aim is to start shortly after 2.30pm so please could you arrive by 2.30pm.

Future talks are:

**9<sup>th</sup> November** - What can we do about Climate Change?

**14<sup>th</sup> December** - Christmas Jamboree

You are also welcome to attend the meetings of other local u3a groups with whom we are linked. Please remember to take your u3a membership card with you so that you can confirm that you are a u3a member.

Crewkerne - Monday 3 October 2pm George Reynolds Centre

"Blue Light Pickles" - Local Community Police introduce their working experiences

Chard & Ilminster - Monday 17 October 2pm The Guildhall

"Silk Road Part 2"

Somerton - Friday 28 October 2022 10.30 Edgar Hall

Magnificent Women and Flying Machines, The First 200 Years of British Women in the Sky

Camelot - Friday 28 October 2.30pm Caryford Hall Ansford

A brief History of Gemstones

If you know of anyone who could give an interesting talk at one of our monthly meetings, please contact one of the members of the Committee (details at the end of this Newsletter).

### Committee News

At the AGM on 12<sup>th</sup> October a new Committee has to be elected. Any member can stand for any Committee post. A full Committee is necessary to keep our u3a strong and growing so that you and all members current and future can enjoy the benefits.

We have volunteers for many of the posts, with some Committee members offering to stand again, and some members volunteering for the vacant posts or to take on a

different role on the Committee. But we do not yet have any volunteers for Publicity Secretary and as a Committee member and if you would like to stand for these jobs or any Committee post, even if there is a candidate, you will be most welcome.

Please let Diana, Chair, know that you are interested in joining the Committee and for which post you are interested by Sunday 2<sup>nd</sup> October. If you are considering standing but would like more information, Diana will be pleased to give you details of any post.

### Committee Posts

Chair  
Vice Chair  
Secretary  
Treasurer  
Membership Secretary  
Groups Secretary  
Publicity Secretary  
Events Secretary  
Web Manager  
Member  
Honorary President

### Committee Volunteers for 2022-3

Greg Atkins candidate  
Chris Atkins candidate  
Penny Whitehouse candidate  
Sue Roberts candidate  
Susie Stakes willing to stand again  
Mary Marshall willing to stand again  
Vacancy  
Mal Nelson-Hedge willing to stand again  
Alison Bleasdale willing to stand again  
Vacancy  
Sue MacLean willing to stand again

## Group News

Our very successful Open Afternoon offered up lots of ideas for some new groups: Music Appreciation, General History, an Outdoor Art Group (also known as, I understand, Planaire), the Danish language, Violin for Beginners, Table Tennis, Basic Car Maintenance and Piano for Beginners. If you are interested in any of these, do please let us know. We can only set these groups up if there is sufficient interest, facilitators and venue availability, but this is the starting point. Get in touch with Mary Marshall, our Groups Secretary, to let us know about your interest in any of the foregoing groups, or if you have any other ideas that we can consider.

If your group needs any equipment there may be funds to help with the cost. So please give the details of what is needed, why it is needed and the cost to a Committee Member and we will be more than happy to discuss this at the next Committee Meeting.

## Spread the Word

If you are a member of your village Facebook or Next Door site, please could you help spread the word about our u3a by adding details of our monthly meetings or events? All the information will be given to you so it would just mean putting a comment on the sites. If you could put up posters in your village that would also help to spread the word. If you could help with either, please contact one of the Committee.

## Computer Problems

Kay Durrant, one of our members, has kindly offered to help if you have computer problems. She will help individually. Kay can help with issues like allowing messages into your Inbox rather than going to spam - which is happening with some of our members with messages from our u3a who are not receiving this Newsletter and other notices sent out by our u3a not reaching their inbox. If you would like Kay's help, please contact Sue Roberts, Secretary.

## You May Like.....

To have information about other local events that you might enjoy:

'Come for Coffee' on the last Friday of each month Friday 30<sup>th</sup> September and Friday 28<sup>th</sup> October, in Martock Parish Hall from 10.00 - 12.00 hours. Cafetière coffee and pots of tea £1 pp, and home-made cakes 50p - £1 will be served, and there will also be a raffle. Profits support local and international charities. All are warmly invited, please bring friends and neighbours and well-behaved dogs on leads are happily admitted.

Keep fit classes at Norton Sub Hamdon village hall - Thursday 10am - 11am (term time) Nicky Barker has been running Keep Fit classes locally for many years for the 'over 50s'! It is a fun class, gentle, no major aerobic exercises. Currently £5 per week. Anyone interested, please contact Diana, Chair.

A new Tai Chi Qigong Shibashi class in South Petherton Wednesday mornings from 10.30-11.30 at the Coke Memorial Methodist Church Hall. Tai Chi is designed to improve health and wellbeing with gentle movements which can help with balance, breathing and mobility. If you are interested please contact Age UK Somerset 01823 345626, email [ageingwell@ageuksomerset.org.uk](mailto:ageingwell@ageuksomerset.org.uk) or visit the website [www.ageuksomerset.org.uk](http://www.ageuksomerset.org.uk)

The Ilminster Thursday Group is holding a series of talks. The talks are at the Warehouse | Theatre, Brewery Lane, Ilminster TA19 9AD. Talks start at 10.15am with tea and coffee from 9.15am.

Thursday 6<sup>th</sup> October - The West Country's Last Line of Defence - The Taunton Stop Line a 50-mile defensive wall spanning Somerset, Devon and Dorset created by 1940 as the threat of invasion grew

Thursday October 13<sup>th</sup> - John Edward Taylor, founder of the Manchester Guardian and born in Ilminster

Thursday October 20<sup>th</sup> - Blood, Earth & Medicine , a study of agricultural labour and farm work in Dorset with anecdotes about farming and working conditions in the 19<sup>th</sup> century.

Thursday October 27<sup>th</sup> - Out of Africa with Nomad (our trusty motorhome), adventures from Tanzania through Kenya, Ethiopia and Sudan

## Finally....

Do you have any ideas for the Newsletter, know of any speakers that you think would be of interest to members, or ideas for our u3a? If you do, please get in touch with one of the Committee.

## Members Birthday

Congratulations and best wishes to these members who have a birthday this month:

- Rod Chinn
- Margaret Davidson
- Laurie Hawes
- Peggy Horwood
- Joy Moy
- Gordon Richings
- Susie Stakes

A quick reminder that if you would like a birthday mention in our Newsletter, please let us know your month of birth (to any of the Committee members mentioned below).

**Contact Details:**

Telephone 01460 240788 email [martocku3amembership@gmail.com](mailto:martocku3amembership@gmail.com), through Facebook Martock & District U3A.

**Committee**

<b>Position</b>	<b>Name</b>	<b>Email</b>
Chair	Diana Davies	<a href="mailto:martocku3achair@gmail.com">martocku3achair@gmail.com</a>
Vice Chair		
Secretary	Sue Roberts	<a href="mailto:martocku3asecretary@gmail.com">martocku3asecretary@gmail.com</a>
Treasurer	Greg Atkins	<a href="mailto:martocku3atreasurer@gmail.com">martocku3atreasurer@gmail.com</a>
Membership Secretary	Susie Stakes	<a href="mailto:martocku3amembership@gmail.com">martocku3amembership@gmail.com</a>
Groups Secretary	Mary Marshall	<a href="mailto:martocku3agroupssec1@gmail.com">martocku3agroupssec1@gmail.com</a>
Events	Mal Nelson-Hedge	<a href="mailto:martocku3aevents1@gmail.com">martocku3aevents1@gmail.com</a>
Publicity Secretary		
Web Manager	Alison Bleasdale	
Committee Member	Barbara Gomm	
President	Sue MacLean	