

Bramhall U3A
Learn, laugh, live

MAY 2020

Upbeat Magazine





Your magazine is Upbeat



Margaret Locke



Eileen Elliott



Eileen Elliott



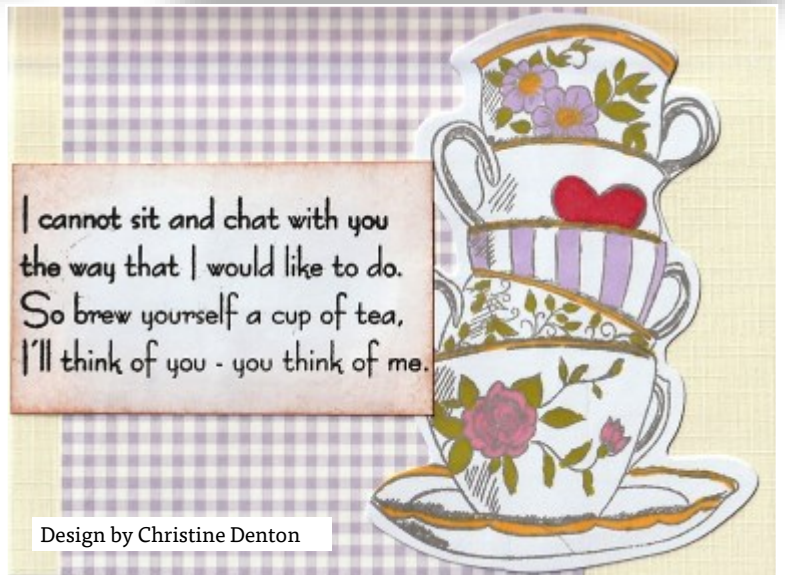
Margaret Locke

GUESS WHO?

Who is this youthful Committee Member ?



The answer will be revealed in next month's Magazine.
Last month's 'Young' Committee Member was ...
 Bob Dumbarton



I cannot sit and chat with you
 the way that I would like to do.
 So brew yourself a cup of tea,
 I'll think of you - you think of me.

Design by Christine Denton

Be a 'buddy' to someone

A warm welcome to you all

Six weeks in isolation with no time off for good behaviour! It's a good job our generation is made of sterner stuff. As someone used to say few years ago on the wireless, "When I was in Sidi Barrani." Well, I haven't been there, but I could say when I was in quite a few places such as, *Khorramshahr*. I spent a couple of years there. Who knows where that is?

I should have been just back from Japan a few days ago, but that was stopped with the ban on foreign travel. However, I got my money back and there's always next year. Portugal and Jordan also got put on hold but I'm hopeful that I'll get away for Christmas and the New Year. Last week, however, they were talking about social distancing going on till the end of the year so, who knows? Whilst it might be a nuisance, we're the age group which takes all in our stride.

In the meantime, I've been amused by all the coronavirus jokes going the rounds and other funnies as well. It's amazing what's to be found on WhatsApp and Facebook etc. If you haven't tried, it's all available on your tablet, phone or computer.

I hope everyone is well and in good spirits – no, I don't mean Gin!

Take care and keep safe.

Alaister Macrae

It's always worth sharing **Upbeat**

We all feel it is important to keep in touch with one another, but not everyone has or can use internet or email. If you can read the U3A magazine online and have a friend or 'buddy' who cannot, then you can always phone them to chat about it.

You could also, if you wish, print parts of it yourself and post it to them.

Stay Safe - Stay in Touch.



Cottages on Bramhall Lane South - This cottage was the Police station which had previously been in a timber framed cottage at Bramhall Green. We think the taller building was damaged by the bomb which fell nearby on Holland Road and was later demolished, but the old 'Cheshire Constabulary' still stands. At some time, either during or after police occupation, the building was extensively altered. It is now one dwelling, with a central porch, wooden shutters to the windows and a second gable. It is in the BLS Conservation area. Anyone have any more information?

Val Murray

The U3A Mapping Bramhall Group enjoy finding old pictures of Bramhall on the *Stockport Image Archive* and identifying their location and current survival.

If you have any information about this cottage please contact :

magazine@bramhallu3a.org.uk

All messages will be passed on to Val Murray



Your Committee

Chair: Alaister Macrae **Vice-chair:** Peter Webster **Treasurer:** Alistair Gardner **Groups:** Chris Stubbs
Membership: Kay Witham **Speakers:** Doreen Neil **Along with:** Edward Haynes; Meg Rowell; Bob Dumbarton;
Christine Hollingsworth; Frances Bell; Jill Rickman and Joy Armstrong.

Your website: www.bramhallu3a.org.uk

Email contacts: Groups: groups@bramhallu3a.org.uk

General Enquiries: enquiries@bramhallu3a.org.uk

NEW - Charity items: charities@bramhallu3a.org.uk

NEW - Upbeat Magazine articles: magazine@bramhallu3a.org.uk

A Garden Birdwatch to join in with ...

Organised by the British Trust For Ornithology



This Birdwatch enables you to enter weekly counts of the birds seen in your garden.

You normally have to pay a

subscription to belong. This includes forms for manual submission of sightings and a quarterly magazine. These postings have been suspended for the time being, but you can join the scheme for free at bto.org.uk. Don't worry if you feel unsure about identifying the birds in your garden. There are charts of common birds. There are also several birdwatchers in our U3A, so any one can take a photo and send it to me or to **Robert Mantle**, the leader of the birdwatching group and we can help. Email via: magazine@bramhallu3a.org.uk

For the walkers among us the Ordnance Survey has some quizzes and origami activity on its website.

Heather James

We're all practising 'social distancing' now. Mrs Beamish, in Richard Stilgoe's song from way back when, was a gal ahead of her time. Hilarious!
<https://www.youtube.com/watch?v=Uc80G6Yzu04>

A link to the lyrics for the above:

<https://www.songtexte.com/songtext/stilgoe-and-skellern/mrs-beamish-35d3557.html>

Also, on YouTube, Joe Wicks, the body coach, has workouts for children (and seniors who are up for it!).

https://www.youtube.com/results?search_query=joe+wicks+kids+workout

... he also does workouts specifically for seniors:

https://www.youtube.com/results?search_query=joe+wicks+seniors+workout

Finally, a poem which reminds us that we certainly do have time at present to 'stand and stare'. There are lots of other poems available through this link:

http://www.yourdaily-poem.com/listpoem.jsp?poem_id=100

Coleen Worrall

Leisure

by

William Henry Davies

What is this life if, full of care,
We have no time to stand and stare.
No time to stand beneath the boughs
And stare as long as sheep or cows.
No time to see, when woods we pass,
Where squirrels hide their nuts in grass.
No time to see, in broad daylight,
Streams full of stars, like skies at night.
No time to turn at Beauty's glance,
And watch her feet, how they can dance.
No time to wait till her mouth can
Enrich that smile her eyes began.
A poor life this if, full of care,
We have no time to stand and stare.

Quiz Time ...

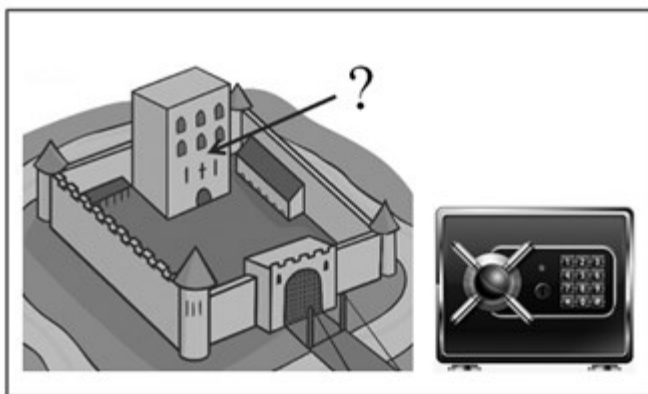
All answers to Questions 1-5 are on the back page, but no cheating ...

1. **Five friends** – Anne, Bev, Chris, Dave and Ed buy a bag containing 40 marbles. They divide them equally and begin to play. At the end of the game...
Ann has as many as Bev and Ed put together
Bev has as many as Chris and Ed put together
For every one that Dave has, Chris has two
Ed has one less than Dave.
Who has the same number that they started with?

2. **A gender neutral puzzle** A parent is three times as old as the child.
Five years ago, he/she was four times as old as the child.
How old will the parent be when he/she is twice as old as the child?

3. **A Dingbat with an appropriate message**

What is that message?



4. **A Science quiz (with a difference)**

The **Ig-Nobel Prizes** are a parody of the actual Nobel prizes and “first make people laugh and then make them think”. The prizes celebrate and honour the unusual and imaginative and aim to spur people’s interest in science, medicine, and technology.

Every September, in a gala ceremony in Harvard University, 1100 splendidly eccentric spectators watch the new winners step forward to accept their Prizes. These are handed out by slightly bemused, actual Nobel Laureates.

For each question, which do you think was an actual award winner? (these are all genuine research paper titles)

4.1. The 1999 Ig-Nobel prize for Physics

- A. The perfect way to dunk a biscuit (Len Fisher – British)
- B. Correlation between cooking oil temperature and the crispness of chips (Nicolas Peeters – Belgium)
- C. On the stretchability of spaghetti and the ambient temperature (Enrico Sistini – Italy)

4.2. The 1999 Ig-Nobel prize for Sociology

- A. Correlation between the divorce rate in Maine and the per capita consumption of margarine (Jason Frankhauser - USA)
- B. The frequency of the use of “g’day” as a measure of the closeness of family ties (Stella O’Donnell - Australia)
- C. People’s use of Canadian donut shops (Steve Penfold - Canada)

4.3. The 2017 Ig-Nobel prize for Fluid Dynamics

- A. The diameter of whirlpools in relation to distance from the equator (Ito Kobayashi – Japan)
- B. How to carry a cup of coffee when walking backwards to avoid spillage (Jiwan Han - South Korea)
- C. How to maximise the distance that children’s water pistols shoot (Aidan Murphy - Eire)

5. **Sweet Tooth** - Can you guess the sweet or chocolate bar?

- | | |
|----------------------------|------------------------------|
| A. Sly Giggles | F. Sweet tooth cleaner |
| B. High Class Thoroughfare | G. Seaside stone |
| C. Money making royalty | H. Little diamonds |
| D. Mother's local | I. Arrange marriage partners |
| E. Noisy insects | J. Reward |

As mentioned at the start, all answers to Questions 1-5 are on back page, but no cheating ... More quizzes next month.

A small request ...

Our new **Upbeat Magazine** puts a lot of pressure on the small team of volunteers putting it all together. If you feel that you can help out in any way, especially with the IT side of things, or that you feel that you could collect and collate items for inclusion in the next few issues then please contact: **Peter Webster** or **Bob Dumbarton (Editorial)** or **Charlie Barker (Website design)** via magazine@bramhallu3a.org.uk

Your support would be much appreciated as it benefits all of us at this time.

What keeps you busy at home ?



Bob & Brenda Dumbarton have just finished a puzzle sent from Bob's brother in Canada with no picture and 2 pieces missing!

The Picture is from Arches National Park, Utah.

What are YOU doing that is a bit different during this interesting time?

If you wish to share your pastimes with others then email the editorial team:

magazine@bramhallu3a.org.uk

and we will be happy to print it.

Photos would be good too.

Cooking up lots of ideas ...

All Members are invited to contribute ideas for the magazine that we can circulate to everyone ...

- # **New recipes** for others to try, using the kind of ingredients from the store-cupboard, or that you can still find available on supermarket shelves! Or just simple meal ideas.
- # **Be part of a telephone chat-line team** - calling members who may be very lonely now that they can't attend their group meetings or monthly meeting.
- # **We need members** to get a little team together **to compile a puzzle page** which we can publish for members on a regular basis.
- # **Jokes ...** good, bad, but clean, please! **Your favourite jokes** to: magazine@bramhallu3a.org.uk
- # **Photos: send your best photos to:** magazine@bramhallu3a.org.uk

Keeping a Diary ...

When lockdown began I thought 'all groups suspended' meant being bored and losing touch with people, little did I know how enterprising our coordinators are at keeping things going until we can all get back to normal. *This was my week in group lockdown.*

Monday - Pilates

Got out of bed and donned my Pilates gear ready to tune into 'Virtual Vikki' on Vikki Radford's 'Shape Yourself' Facebook page. She's running the group live but the good news is that although we can see her, and she can speak to us, she can't see us - which is great as I don't need to hide at the back of the class!

For a small fee a month (less than my Pilates class monthly) I can now join any of the classes she is doing live on Facebook; Fitness and Flexibility, Kettlebells and Pilates. If you would like to join in any these sessions email groups@bramhallu3a.org.uk and Vikki will be in touch.

Tuesday - Cafe Book Group

A new challenge to keep the brain cells multiplying. Download and use 'Zoom', the online app that lets you see and talk to an entire group at a time. Once the app is downloaded one person hosts and sets a time for the others to log in. We tried it today with one of our members offering to host and we all managed to use it. So very proud of ourselves! It was good to see and chat to everyone, and hear about the books we had been reading.

If you are running out of books to read, did you know that if you have a library card (you will need your number) you can download 'Borrowbox'? This app makes it easy to browse, borrow and read, or listen to your library's eBooks and eAudiobooks. Simply open the app store on your device, search for 'BorrowBox' and download.

If you have an Apple device you also have an app called 'Books' in the App store, this gives you access to free books as well as ones to buy.

Wednesday - Art Group

I'm feeling guilty!

I haven't been doing my daily art challenge set up in a new Facebook group named 'Cheeky Creative Challenge' by Mel, our art tutor. There is a different challenge daily for a month, so 30 in all. Anything we'd like to share we can post in the group. I look at some of the completed work and realise I have little or no imagination! I need to

finish my jigsaw, clear the dining room table and get out my paints, inks and pastels and get to work.

I also want to paint along with Grayson Perry. If you feel like an artistic streak coming on, tune into the tv, CH4, on a Thursday night at 8pm and join in his art class.

Thursday - Theatre

I start the day by joining Vikki for another Pilates class, I'm loving being able to join any of her classes when I feel like it.

Looking forward to tonight's screening from the National Theatre. Last week it was Treasure Island, the week before Jayne Eyre and this week it's Shakespeare's 'Twelfth Night'. I've really enjoyed them all and hope they continue next month. If you haven't seen the shows they are available on YouTube for up to a week, just search for 'National Theatre.'

Friday - Bridge

Can't wait for this afternoon and my game of Bridge. Normally I play several times a week so I've had to find some way to continue. Several sites were suggested to me but in the end I've settled for Bridge Base Online (or BBO) which lets me play with my usual partner and against two friends. If you are without a partner you can choose to play against other people who are online, or a robot. All you need to do is Google 'Bridge Base Online' and then register. It is completely free and good fun. I would advise however downloading some instructions if you intend playing with others who haven't used the site before. Here is a link that will take you to some that have been posted: www.maccinfo.com/bbo.html

I look back on my week and wonder where the time has gone. Then I remember that as well as my group activities I've been walking 3-4 miles a day for exercise, gardening, reading, cooking new recipes and keeping in touch with family and friends via Facetime, Houseparty, Zoom and WhatsApp. Until recently I didn't know what these things were!

I haven't yet started on clearing cupboards and wardrobes - maybe next week.

If you would like to share your week in Lockdown email: magazine@bramhallu3a.org.uk

Keep safe and stay busy.

Chris Stubbs

More Spring Pictures



*I love spring anywhere, but if I could choose,
I would always greet it in a garden.*

Ruth Stout
Gardener/Author



Bramhall U3A Photography Group

Golda Gibson responded to a challenge from the national U3A organisation to all members to submit photos on the theme of "Yellow".

Golda chose to make a collage of some of her photos taken of the beautiful and richly coloured spring-flowering daffodils in her garden.

This required some close-up photography getting down and dirty among the flowers. She had some problems initially getting the correct depth of focus but persevered. She was fully rewarded and delighted to learn that her collage has been selected by the national organisation to adorn one of its webpages.

Golda's collage is reproduced here and can be found alongside the other selected photos at:



<https://www.u3a.org.uk/component/content/article/197-covid-19/585-u3a-eye-2?Itemid=490>

Thanks for brightening up the U3A website and our Magazine, Golda.

Community stuff

There is loads of information available for you on the **Community Information page on the Bramhall U3A website**

<http://bramhallu3a.org.uk/other/community.html>

To keep up to date, use these official websites

The Government or NHS111 page on Coronavirus.

<https://111.nhs.uk/covid-19>

The Stockport Council website.

<https://www.stockport.gov.uk/> for up to date local information.



Hello again from your U3A card makers

Jill

Chris D

Chris W

Avril

We would like to offer you a service, as we are staying at home as much as possible and many shops are closed. **If you would like a hand-made card** or need more than one, we would make a card of your choice and deliver it to your home for you to send out. We can bring you a selection to choose from in a bag left on your doorstep. We would wait in the car; you can then leave any money in the bag and take your cards. Alternatively we would make, sign and post your card for you. It's your choice.

ALL our proceeds go directly to **The Wellspring** and with your help, we would like to keep this going as much as we can, so please give me a ring if you need our services.

I hope you like our idea and if anyone can give any suggestions as to what they would like us to try, either ring me or email me at charities@bramhallu3a.org.uk

My phone number is in the Newsletter.

Keep safe and I look forward to hearing from you. **Jill Rickman**

JOKE "My grandmother started walking five miles a day when she was 60. She's now 97 and we've no idea where she is"

The Backpage

Quiz Time - the answers

- 1 **Five Friends** Chris with 8
2 **Gender Neutral** 2.32
3 **Dingbat** Keep Safe

4 **Ig-Nobel Science - The winning papers were ...**

4.1 **A The perfect way to dunk a biscuit (Len Fisher - British)**

A biscuit consists of starch granules held together with sugar and fat. When placed in a hot drink, the liquid penetrates the matrix dissolving the sugar and fat and causing the starch granules to swell. Eventually the biscuit collapses under its own weight. If you float the biscuit on the liquid's surface it will take about four times as long until collapse, as liquid only penetrates from one surface and the rate of penetration is proportional to the square of the distance.
(www.firstscience.com/SITE/ARTICLES/dunking.asp)

4.2 **C People's use of Canadian donut shops (Steve Penfold - Canada)**

Canadians eat more doughnuts per capita than any other country. They developed as Canada grew, with links to sugar and wheat production and the growth of the use of cars. Going to Tim Horton's doughnut shops are to participate in a populist community ritual.
(<https://journals.lib.unb.ca/index.php/MCR/article/view/18170/19569>)

4.3 **B How to carry a cup of coffee when walking backwards to avoid spillage (Jiwan Han - South Korea)**

When walking with a cup of coffee the motion of the body induces motion in the liquid, which can result in resonance and consequently spillage. By walking backwards, as we are not used to doing that, our motion becomes irregular. Also, holding the cup in a claw-like hold reduces motion of the cup.
(www.sciencedirect.com/science/article/pii/S2078152015300377)

5 **Sweet Tooth**

- A. Snickers B. Quality Street C. Mint Imperials D. Mars Bar E. Humbugs
F. Candy Floss G. Blackpool Rock H. Midget Gems I. Matchmakers J. Bounty

Our charities still need our support

A thought to ponder: Bramhall U3A member **Gillian Rowe** has been thinking about the loss to our charities of the money collected at the monthly meetings, the card stall and Helen's books for **St Ann's Hospice** and collections of items for **The Wellspring**. There would also have been a lot raised through the Easter items from the **Knitting and Card groups**.

She suggests that we each put aside the meeting entry fee, plus any spare coins and put them into a money box or tin to save for a time when everything is normal again. I don't think things will be quite the same! We're not spending money on our usual outings, holidays and meals out, so put it in a box to help others. **Stay Safe**

A message from your **Upbeat** magazine team - Peter Webster & Bob Dumbarton:-

We hope that you have enjoyed reading the May edition of your **Upbeat** Magazine. We would like to thank all contributors for their input.

The next edition will be available on the first Friday in June and we would really welcome your articles, pictures, quizzes and jokes (clean please).

Send them to: magazine@bramhallu3a.org

