

Bramhall U3A
Learn, laugh, live

JULY 2020

Upbeat Magazine



Stay Safe - Stay in Touch

Cover photo courtesy of David Pechey



Photo-montage courtesy of Bramhall U3A Photography Group

is feeling Upbeat in July

Did you know? July was named in honour of Julius Caesar. When Julius Caesar died, Quintilis, which was his birth month, was renamed July. Quintilis means “fifth month” in Latin, which represents where this month originally fell in the early Roman calendar. The ‘left-over’ days were in winter.

Martius – Mars, God of War – 31 days
 Aprilis – Aperire (to open) / Aphrodite – 30 days
 Maius – Maia, Roman goddess – 31 days
 Iunius – Juno, Roman goddess – 30 days
 Quintilis – 5th month – 31 days
 Sextilis – 6th month – 30 days
 September – 7th month – 30 days
 October – 8th month – 31 days
 November – 9th month – 30 days
 December – 10th month – 30 days
 61 “left over” days



Photo courtesy of Hubert Worrell.



Photo courtesy of Hubert Worrell.

July...
 enjoy



Photo courtesy of Pauline Roberts



Photo courtesy of Hubert Worrell.



Photo courtesy of Jackie Harmer

A warm welcome to you all

At the time I write this, in June, it's as clear as mud as to what the rules will be by today. Will I be able to get a haircut and stop looking like a shaggy dog? Will it still be too early to book a holiday and go travelling? Who knows but who cares?

Our Magazine team are doing a great job and are grateful for all the material different groups and individuals have been sending in. Keep it up. We still haven't heard from all of our 50 plus groups, though. One point, mind you, if you want to write an article for the Third Age Trust magazine, please be sure to copy it at the same time to our magazine team at magazine@bramhallu3a.org.uk. That's the address for all you want to send in about you or your group. Please don't write to, or call members of the magazine team direct and bear in mind that they can't publish everything they receive. There just isn't enough space on the website or in print. Be assured, they will acknowledge receipt of all pieces received, however.

In the meantime, take care and don't spend all your money in the shops now that most of them are open.

Alaister Macrae

PS I'm the good-looking one in the committee photographs section!

Bramhall Village by the BU3A Mapping Group

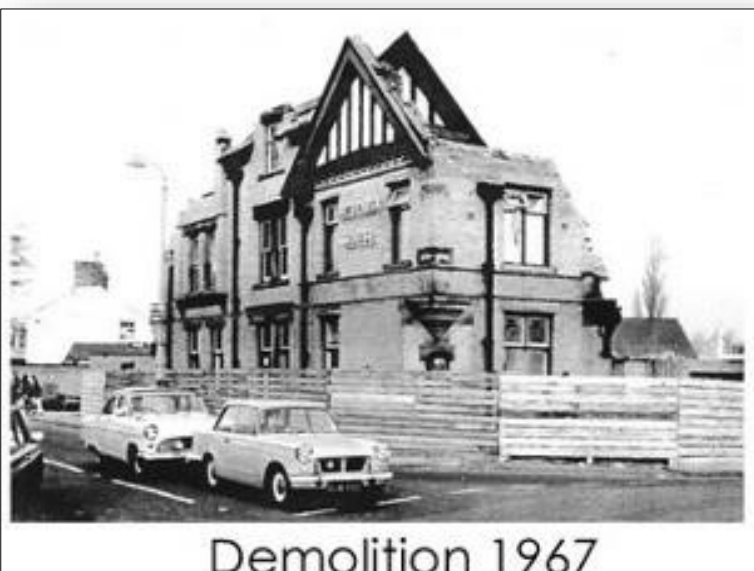
The junction with Ack Lane, Bramhall Lane and Woodford Road



Arable fields. Beer house 1854
became Victoria Public House by 1861



New Victoria Hotel 1905-1967



Demolition 1967



Turquoise 2020

Your website: www.bramhallu3a.org.uk

Email contacts: **Groups:** groups@bramhallu3a.org.uk **General Enquiries:** enquiries@bramhallu3a.org.uk
Charity items: charities@bramhallu3a.org.uk **Upbeat Magazine articles:** magazine@bramhallu3a.org.uk

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.

It has been suggested that not all members can put names to faces of our Committee, so here some of us ...



Alaister Macrae
Chair
Last month's
'Guess Who'



Peter Webster
Vice-Chair,
Newsletter &
Magazine



Alistair Gardner
Treasurer



Chris Stubbs
Groups



Christine Hollingsworth
Holidays



Bob Dumbarton
Events,
Newsletter &
Magazine



Meg Rowell
Minutes
Secretary

Community stuff

There are loads of helpful things available for you on the Bramhall U3A website .

www.bramhallu3a.org.uk/other/community.html

Keep yourself up to date with these official websites ...

The NHS/Coronavirus.

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

Stockport MBC website.

www.stockport.gov.uk/

Can you help with some important research?

Researchers from the Division of Human Communication and Audiology at Manchester University and Division of Neuroscience at Sheffield University are looking for volunteers for a study entitled "COVID-19: Hearing loss and mental health in the UK during social distancing". The study involves an online survey that should take 30-45 minutes to complete with the option of a further short survey 3 months later. Volunteers should be over 70 years and have access to the internet. They need volunteers with and without hearing loss.

For more details go to <http://bramhallu3a.org.uk/other/community.html> and look under Research.

Mike Hollingsworth

Our charities still need our support

Bramhall U3A has been thinking about the loss to our charities of the money collected at the monthly meetings, Jill's card stall and Helen's books for **St Ann's Hospice** and collections of items for **The Wellspring**.

Can we suggest 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. Things might not be the same for a little while, so, as we are not spending money on our usual outings, holidays and meals out, put it in a box to help others.

Stay Safe - Stay in Touch

Quiz Time ... *Answers to all questions are on the back page, but no cheating ...*

HOW WELL DO YOU KNOW BRAMHALL?

Submitted by Pauline Roberts

- 1 You need wellingtons to walk on this road.
- 2 Which English poet leads to the Dairy?
- 3 Where does dawn break in Bramhall?
- 4 Where in Bramhall will you find the original site of the Old Smithy?
- 5 Where can Light, Peace and Love be seen standing together?
- 6 Where would Thomas go to get far from the madding crowd?
- 7 Which primary school would feel at home in the Lake District?
- 8 Where would you find Bramhall Grammar School in 1912?
- 9 Where can you still find evidence of an early form of water supply in Bramhall?
- 10 Where would Remus go to find his twin?

THE BIRDS submitted by Alaister Macrae

***In the following letter are hidden the names of 27 birds. How many can you find?**

Dear Ed,

Starting from Dover, we took it easy and lunched at the Bell Inn, Eton, where we picked up Jack Dawling and Ernest. One chatted on and on, so time passed swiftly, but rain on the motorway was a grave nuisance. I managed to steal an hour's sleep, though awkwardly curled up on the back seat of the car, before reaching Ullswater at midnight in gale force winds.

Our pub in Scotland is in as fine a glen as I have seen, with rushing stream at the bottom of a steep lovers' lane. It is all that is now left of an old mill, but it is now renovated, and very smart inside - no other one for miles around! Excellent food and whisky - which is, I fear, no good for taking off inches from the waist or keeping sober. Nothing is wanting, except perhaps regular kilts and pipers.

Love from all,
Ardelle.

Cooking up lots of ideas ...

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

- # **New recipes** for members to try, using the kind of ingredients from the store-cupboard, or that you can find available on supermarket shelves! Or just your favourite/simple meal ideas.
- # **Start a telephone chat-line team** - call members who may be very lonely now that they can't attend their group meetings or monthly meeting. If you can, get involved and make a difference.
- # **We need members 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.** Please send your best photos to: magazine@bramhallu3a.org.uk
- # **What keeps you busy?** Let us know so that we may share your ideas with others

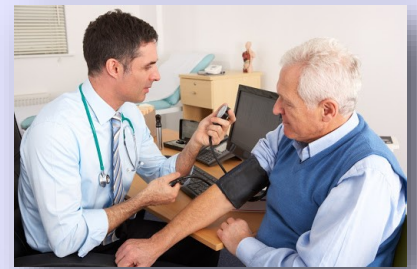
Those Who Care

Bless the **NHS** and all who work for it ...

None of us remembers that first meeting -
tumbling out into a very different world,
Into your receiving hands;
Blinking at the light, we breathed
The strangeness of oxygen
Saw the unfamiliar walls
Of the delivery room,
And the first ceiling we had ever
Looked at and wondered what it was.



That was the first thing
You did for us: welcomed us,
Ushered us into infancy
And childhood, and the years beyond.
We never thanked you
But do so now, rather late,
But with all the feeling
Of the long overdue
Expression of gratitude,
The tardy repayment
Of an ancient debt.



Since then, from time to time,
You have picked us up,
Dusted us down, bandaged
The occasional consequence
Of our failure to look
Where we're going
Or to behave quite as we might;
Tolerant, like all good
Members of your professions,
You said nothing, but did
What was necessary.
And sent us on our way,
Patched up and healed.



Now, quite suddenly, we call on you,
And the call is an urgent one,
You are there, of course, it never
Occurred to you that you would be
Anywhere else than at our side.
Hour after hour, day after day,
You are there, the support
Of those hands that first delivered us
Embracing us once again,
With the same love, the quiet
And gentle care; once again
We spell out our debt, our gratitude,
You say, "It's what we do"
We nod and say, "We always knew."



Alexander McCall Smith, April 2020

Hello Everyone,

Our delivery card service has been a great success. We are so grateful to all those who have ordered cards from us, as it means we can continue to support our charity, The Wellspring.

We have decided to make this a regular service, so that people who do not attend monthly meetings where we have a stall, can still benefit from getting our hand-made cards.

Many thanks to you all.

Jill Rickman - Card Making



If you can, please be a 'buddy' to someone. Someone you know.

A local charity, The **Stockport Talking Newspaper**, <http://www.stockporttalkingnewspaper.org.uk/> has, for over 40 years, provided **free weekly audio local news** for **blind and visually impaired listeners**.

It is recorded by volunteers and downloaded onto a memory stick, received via freepost and can be played on a loaned player, easy to operate and without cost.

A range of other audio pieces feature weekly, including samples from **RNIB audio magazines**, a regular **What's On locally** (in normal times!), relevant **information pieces**, a specially created **monthly audio magazine** with a largely Stockport focus and more.

Anyone registered blind or visually impaired, anywhere in the country, can request the service. Please contact Tina or Paul.

Send your request to receive the talking newspaper, with your name, address (including postcode) and telephone number to: Email: stna@live.co.uk or by post to: The Secretary, Stockport Talking Newspaper, Walthew House, 112 Shaw Heath, Stockport, SK2 6QS.

Please note that in order to qualify as a partially sighted client with the free postage, the applicant's vision should be generally N12 or worse with spectacles. If in doubt, please contact your Ophthalmologist, Doctor or Ophthalmic Optician.

Two poetic views from the Creative Writing Group about our current situation!

COVID 19

by Keith Wright

It only seems like yesterday
That I could wander out and play,
But now I'm cooped up in my home.
When I would much prefer to roam.

"Stay home and safe", our MPs cried.
Usually when they're stood outside.
"Help to save lives, stay inside,
Do your bit, many have died".

A daily shop, a daily walk,
If you need them, but please don't talk.
Captain Tom walked his back yard.
For the NHS we clapped very hard.

Then the bombshell, three more weeks
Lockdown, 'till the virus peaks.....

WHY THE FUSS ABOUT LOCKDOWN?

by Dave Mangnall

Though living here in isolation
I feel no sense of deprivation.
For I find nothing more exciting
Than sitting at my desk and writing.

They say that going out is risky,
But when you're running out of whisky,
It won't do to be ruled by fear.
I need my alcoholic cheer.

And so, I will refuse to whine.
(I even can play bridge online.)
The sun is out, now, beg your pardon,
I'm off, to sit out in my garden.

Did you know ...

Did you know that in the Age of the Dinosaurs a day (and night) lasted less than 23 hours?

Did you know, since it was formed, the Earth's rotation has been very gradually slowing and now does one rotation in 24 hours (approximately)?

Our time is presently calibrated by the very stable oscillations of Atomic clocks which do not take this slowing into account.

In order to synchronize these two measurements LEAP Seconds have been occasionally added. The last time this happened was in 2016. It is likely that another LEAP second will be added on Dec 31st this year. Don't worry, there will be no need to adjust your sundial.

Did you know that Planet Earth has existed for some **4.54 Billion years**. Many milestones have been passed through that time so to put events into some meaningful perspective, imagine this huge timescale condensed into just 24 hours.

Based on that idea, it is believed that Life originated around 04:00. The oldest fossils known being timed at 05:36, although sexual reproduction had to wait until 18:08 ... ? Seaweed and Jellyfish evolved around 20:30, Land plants at 21:52, and Dinosaurs at 22:56.

We humans turned up late to the party ...

a mere 77 seconds before midnight!

And, did you know that the Zebras' stripes act to protect them from horseflies. Researchers painted white stripes on Japanese black cows and dressed horses with black and white coats to prove the point as they attracted fewer flies!



In the UK the accent changes every 25 miles.

6,000 people in Britain suffer serious harm every year because they tripped over their trousers. Some of them fall down the stairs while trying to put their trousers on.

As well as tea, British people like coffee too – and drink 70 million cups every day.

Scotland produces over 250 million litres of whisky each year

The UK covers 93,000 square miles. However, no location in England is further than 75 miles from the sea.

As they say, every day is a school day.

On a lighter note ...

When our lawn mower broke and wouldn't run, my wife kept hinting to me that I should get it fixed. But somehow I always had something else to take care of first, the shed, the boat, making beer. Always more important to me.

Finally she thought of a clever way to make her point, when I arrived home one day, I found her seated in the tall grass, busily snipping away with a tiny pair of sewing scissors. I watched silently for a short time and then went into the house. I was gone only a minute and when I came out again I handed her a toothbrush. I said "When you finish cutting the grass, you might as well sweep the driveway".

The doctors say I will walk again, but I will always have a limp.

Submitted by **Eileen Elliott**

I've reached the point in my life where my brain went from "You probably shouldn't say that" to "What the hell, let's see what happens."

Author Unknown

'When you reach a certain age, something terrible always happens to music'

Steve Race, Broadcaster, Musician and Author

I don't do drink or drugs. These days, I get the same effect just standing up too fast.

Author Unknown

'One of the delights of being a senior citizen is it's easy to annoy young people. Step 1. Get in the car. Step 2. Turn on the indicator Step 3. Leave it on for 50 miles.

David Letterman, Talk Show host

'The only reason I wear glasses is for little things like driving my car, or finding it'

Woody Allen, Director & Screen writer

What keeps you busy at home ?



Vera & Peter McWhirter have recently moved and have spent a lot of their time refurbishing the bungalow.



Vera has been in garden and has made some mosaics. (Can you smell the flowers with a mask on?)



Peter and his son play Pickleball !

Their son, Rob, is discovering how to play the saxophone whilst wearing full PPE!!



Diane Bright and family in their own jigsaw, which was a joy to complete!

'You are never too old to become younger'
Mae West, Actress

It's always worth sharing your 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.

Groups Info.

At the present time there are 14 groups (as shown on the website) still active. Most of these are meeting in Virtual form by using Zoom or Facebook but others are working independently or keeping in touch via email. Now that the Lockdown rules are being relaxed I know members are wondering when 'live' groups will restart. Obviously some groups are more able to distance than others and so will be able to meet earlier. In any event this is unlikely to be before September, as at the moment there is no U3A insurance cover for Coronavirus. The committee is keeping abreast of the changing legislation and we will keep you informed of any new Government Guidelines.

Chris Stubbs - Groups Organiser

The Tuesday café book club



The Tuesday café book club may have been unable to travel far, but we have managed to visit some other parts of the world with our recent choice of books.

Based in Ireland we read *The Heart's Invisible Furies* by John Boyne. This is the story of a young man born to a single mother in Southern Ireland at a time when adoption was the norm. He has an interesting journey before he is reunited with his mother.

Another book where a young woman is given a few clues about the identity of her mother took us to Brazil. *The Seven Sisters* by Lucinda Riley is an enjoyable read moving from Switzerland to Paris and Rio. A good book for a sunny afternoon in the garden.

The Belgian Congo, not an ideal holiday destination, was the setting for our most recent book *The Poisonwood Bible* by Barbara Kingsolver. A Baptist preacher takes his wife and four daughters to live in the Congo on the eve of the civil war. The story is told through the voices of the women who arrive in the country woefully unprepared for their life in the jungle.

Kay Witham, Group Coordinator

Zoom Discussion Group

As we are unable to meet together in each others' houses we have been having our meetings via Zoom.

This has made it possible for us to get together in May and discuss the Government's handling of the Covid-19 crisis.

This month we once again have something topical to get our teeth into: "Racism in sport and the rest of society."

We decide on our monthly topics at the beginning of the year and it's amazing just how relevant they turn out to be when we have our monthly meetings.

The topic for July is "Should we re-adopt the "stiff upper lip' philosophy".

If the current situation prevails, our Discussion Group will no doubt have plenty to say on the subject.

Dina Levy, Group Coordinator

Virtual Science for All group

Mike Hollingsworth, Group Coordinator

Science is back. Thanks to the help and support of David Pechey and my family, the Virtual Science for All group was launched on Wednesday 20th May using Zoom video conferencing. I gave 2 talks that I had given some years ago. Steve Pechey gave a fascinating talk on "The Science of Stupidity" from his home in Bedfordshire with much audience participation and was seen by 36 households. David Das, one of our members, spoke on "The Role of Iron in Health and Disease" and Pete Webb, from New Mills U3A, explained "Earthquakes: Why they happened and how they're measured".

There is a final virtual talk on "The Story of Electro-chemistry" by John Marriage from Lyme Regis U3A on 15th July. Government regulations permitting, we will revert to physical meetings in September but maybe the virtual world with speakers from any part of it is here for a while? The program is on our website at <http://bramhallu3a.org.uk/groups/scienceforall.html>

'Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing is to keep the mind young'
Henry Ford, motor vehicle manufacturer

Music for Pleasure - Jackie Harmer

This group recently had its first Zoom meeting . There were a few teething problems but we all managed to get together for a good chat in the end. Playing music proved to be rather more of a challenge as just playing something in the background didn't really work. However, as I have done choir rehearsals with an accompaniment being fed through perfectly well, I shall be making enquiries and hoping for more success next month. There is space in the group for a couple more members if anyone would like to join us.

Book Group - Dudley Newell

The book group had just taken delivery of a new book from Stockport Library the day before lockdown, so we had the chance to complete **Daphne DuMaurier's 'House of the Strand,'** her last full length novel. Most felt it was well written, but the subject which 'pushed' the novel along, hallucinogenic drugs, appeared very dated now. Oddly enough, with all the reading time now available, many found that they had lost the inclination to read.

These are some of the books that members have enjoyed, with their comments alongside:

'Before the Coffee Gets Cold' by Toshikazu Kawaguchi is a short, magical read linking four stories centred on a Tokyo coffee shop where it is possible to travel back in time. 'Very different and well worth finding time to read; thoroughly enjoyable.'

Hilary Mantel's 'The Mirror and The Light.' 'Enjoyable, but possibly not quite as much as the previous two books. However, it may be my perception because I don't think that my pandemic concentration is as good as it could be.'

'The Italian Wife' by Kate Furnivall 'really got me hooked. It's about Italy before the last war and Mussolini and his blackshirts. It deals with his ideas for improving parts of Italy but you also get the brutal side of his regime.'

'Big Sky' by Kate Atkinson (the latest Jackson Brodie book) was 'full of wonderfully-drawn characters - some of whom we had met in previous books. It was beautifully written, lots of humour, very fast-paced with some good stories, which all came together at the end.'

'The Silent Patient' by Alex Michaelides, a psychological thriller, which had an unexpected ending. 'In fact, I had to re-read the last chapter to make sure I had read it right. It was completely unexpected.'

'Dissolution' by C.J. Sansom, a historical mystery novel. Set in the 16th century during the dissolution of the monasteries. Matthew Shardlake, a lawyer, attempts to solve the murder of one of Thomas Cromwell's commissioners in the monastery in a fictional town of Scarnsea.

'The Salt Path' by Raynor Winn Just days after Raynor learns that Moth, her husband of 32 years, is terminally ill, their home and livelihood is taken away. With nothing left and little time, they make the brave and impulsive decision to walk the 630 miles of the sea-swept South West Coast Path. This is a book that has been widely read and enjoyed.

On a lighter note ...

Absurds Corner

(with apologies to Edmund Clerihew Bentley (1875 - 1956))

A murmuration is a swarm

of starlings roosting where it's warm.

Find out where these places are

It matters, when you park your car.

submitted by Barrie Roberts

A priest, a bishop and a rabbit walk into a bar. The rabbit says, "I'm only here because of predictive text."

Submitted by Avril Davidson

My wife sat down next to me as I was flipping channels.

She asked, "What's on TV?" I said, "Dust."

Submitted by Eileen Elliott

I went for a job interview today and the manager said, "We're looking for someone who is responsible."

"Well, I'm your man." I replied, "In my last job, whenever anything went wrong, they said I was responsible."

Submitted by Alaister Macrae

The Back Page

Answers to the Bramhall Quiz

- | | |
|--|----------------------------------|
| 1. You need wellingtons to walk on this road | Wellington Road |
| 2. Which English poet leads to the Dairy? | Milton |
| 3. Where does dawn break in Bramhall? | Sunrise Residential Home |
| 4. Where in Bramhall will you find the original site of the Old Smithy? | In front of Barclays Bank |
| 5. Where can Light, Peace and Love be seen standing together? | 67, Bramhall Lane South |
| 6. Where would Thomas go to get far from the madding crowd? | Hardy Drive |
| 7. Which primary school would feel at home in the Lake District? | Moss Hey |
| 8. Where would you find Bramhall Grammar School in 1912? | The Library |
| 9. Where can you still find evidence of an early form of water supply in Bramhall? | Benja Fold |
| 10. Where would Remus go to find his twin? | Romulus Restaurant |

Find the Birds - Answers

Dea (**Redstart**) ing from (**Dove**) r, we too (**Kite**) asy and lunched at the Bel (**Linnet**) on, where we picked up (**Jackdaw**) lin (**Gander**) ne (**Stonechat**) ted on and on, so time passed (**Swift**) ly, but rain on the motorway was a g (**Raven**) uisance. I managed to s (**Teal**) an hour's sleep, thoug (**Hawk**) wardly curled up on the back seat of the car, before reachin (**Gull**) swater at mid (**Nightingale**) force winds.

Our pub in Scotland is in as fin (**Eagle**) n as I have seen, wi (**Thrush**) ing stream at the bottom of a stee (**Plover**) s' lane. It is all that is n (**Owl**) eft of an old mill, bu (**Tit**) it is no (**Wren**) ovated, and very s (**Martin**) side - no ot (**Heron**) e for miles around! Excellent food and whisky - which is, I fear, no good for taking of (**Finch**) es from the wai (**Stork**) eeping sober. Nothing i (**Swan**) ting, except perhaps regu (**Lark**) ilt (**Sandpiper**) s. Love fro (**Mallard**) delle.

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

We hope that you have enjoyed reading the JULY edition of your Upbeat Magazine and we would like to thank all contributors for their brilliant input.

The next edition will be available on the first FRIDAY in AUGUST and we would really welcome your articles, pictures, quizzes, jokes and, of course, feedback.

Please submit all items for the August magazine by July 23

Send everything to: magazine@bramhallu3a.org.uk

