

**St Mary's Church** is the oldest parish church in **Stockport**. It stands in Churchgate overlooking the market place. The church is recorded in the National Heritage List for England as a designated Grade I listed building.

Stay Safe - Stay in Touch



August was named in honour of the Roman Emperor, Caesar Augustus (27BC to AD14).

After Julius Caesar's grandnephew Augustus defeated Marc Antony and Cleopatra, and became emperor of Rome, the Roman Senate decided that he too should have a month named after him. The month Sextillus (sex = six) was chosen.

Not only did the Senate name a month after Augustus, but it decided that since Julius Caesar's month, July, had 31 days, Augustus's month should equal it, as under the Roman, or Julian

calendar, the months alternated evenly between 30 and 31 days (with the exception of February), which made August 30 days long. So, instead of August having a mere 30 days, it was lengthened to 31, preventing anyone

from claiming that Emperor Augustus was saddled with an inferior month.







August is the Sunday of summer I wish we could keep the sun forever I wish that we could stay together but August is the Sunday of summer

#### **Measuring Lockdown**

Nature carries on. Flowers bloom, grass grows, and the slugs and bugs always survive. We've seen and heard more birds this year, everywhere has been so quiet.

Jackie Harmer

I have always grown vegetables. Every year is different, our Spring weather is never the same, but it's the busiest time. The greenhouse is now a forest of tomato and pepper plants. We have been eating cucumbers, peas, lettuces and red onions. We'll have plums and blackberries later and sprouts and kale by Xmas.

The real measure of Lockdown is the potatoes (grown in bags). The first were planted on 24th March, and we started eating them last week (8th July). There are more to come. It's all been very therapeutic.

Perhaps we'll be seeing each other, by the time my harvesting is done. Gillian Rowe

# A warm August welcome to you ...

I remember the old Flanders and Swann song about the weather which had a verse for each month. Those for July and August were respectively:-

"In July the sun is hot. Is it shining? No, it's not!" and

" August, cold and dank and wet, brings more rain than any yet."

What happened to our summer? We can't let that get us down, though. We are made of sterner stuff.

It seems, that although many of our groups are meeting virtually or outdoors, we won't be able to have our usual monthly meetings in the United Reform Church again this year. However, we do have to have an AGM, so we are proposing to do this by email and by post. Everyone will have a chance to read and review our annual reports for last year, to nominate members for positions on the committee and to ask questions before voting. Next month's magazine will contain all the necessary information and voting forms and give time for members to question the committee about any items in the reports.

There will also be a chance for people to volunteer to serve on the committee. It's great fun let me tell you! We have some vacancies. Please email me at <a href="mailto:chairman@bramhallu3a.org.uk">chairman@bramhallu3a.org.uk</a> and let me know if you'd like to help the rest of us volunteers.

In the meantime, keep safe and get used to wearing your masks.

Alaister Macrae

#### **Bramhall U3A website:**

www.bramhallu3a.org.uk

**Group enquiries**: groups@bramhallu3a.org.uk **Charity items:** charities@bramhallu3a.org.uk

**General enquiries**: enquiries@bramhallu3a.org.uk **Upbeat Magazine articles**: magazine@bramhallu3a.org.uk

#### Your 2019/2020 Committee



Alaister Macrae



Peter Webster
Vice-Chair,
Newsletter &
Magazine



Alistair Gardner
Treasurer



Chris Stubbs
Groups



Christine
Hollingsworth
Holidays



**Bob Dumbarton**Events,
Newsletter &
Magazine



Meg Rowell
Minutes
Secretary

Membership: Kay Witham Along with: Doreen Neil; Edward Haynes; Frances Bell; Christine Hollingsworth; Jill Rickman and Joy Armstrong.

# Community stuff

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

http://www.bramhallu3a.org.uk/

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/

#### \*\*\*Check your bin collection day\*\*\*

www.stockport.gov.uk/find-your-collection-day

GREEN Every 2 weeks.

**BROWN** Every 4 weeks.

UNTIL 31 August BLUE every 4 weeks FROM 31 August BLUE every 2 weeks

BLACK Every 2 weeks

# Groups update

**This last month has seen the first of our groups back in action**. Following the government advice for **tennis** the enterprising **Pickleball group** have hired an outside tennis court (instead of the usual indoor badminton one) and are now playing once more with limited numbers at a time. Everyone thoroughly enjoyed their first get together and even a downpour didn't dampen their spirits!

**The Gardening group**, **Garden Visits group** and the **Card group** have also met, with limited numbers and socially distanced of course, and some book groups are planning to do the same either in Bramhall Park or in a member's garden.

Some coordinators are making plans for September when hopefully the legislation will allow limited numbers of members to meet up indoors. Others with larger membership numbers are happy to continue using social media and wait until next year.

In the meantime, keep yourself safe and well.

**Chris Stubbs** 

#### **Music for Pleasure**

Further to last month, I would like to report that the Zoom meeting with the Music For Pleasure Group was rather more successful this month as we had worked out how to feed the music and copy of a playlist through to everyone.

\*\*Jackie Harmer\*\*

#### Theatre 2020

I have just heard from Romiley Operatic that the show (7 Brides for 7 Brothers) which had been postponed from March this year has been rebooked for March 16<sup>th</sup> next year and the existing tickets will be valid.

**Kay Witham** 

## Bramhall U3A Holidays - An update

A decision on whether the holiday **Newcastle - City & Sea, 20**<sup>th</sup> **- 23**<sup>rd</sup> **September 2020** can go ahead will be made at the end of August and will depend on government regulations.

The **6-day**, **5-night holiday Captivating Kent**, due in April 2020 and rearranged for August was cancelled.

The **Bridgewood Manor hotel, Chatham**, has now been provisionally booked for this holiday for **16**<sup>th</sup> - **21**<sup>st</sup> **April 2021.** 

When we are advised by McCarthy Coaches that this holiday can go ahead, U3A members who booked for 2020 will have priority.

Christine & Mike Hollingsworth

# On a lighter note ...

Submitted by Syd & Sheila Williams

A friend who is a volunteer on the Gloucester/Warwickshire Heritage Railway (Broadway-Cheltenham) was on duty on the train as a ticket inspector.

A couple of passengers produced their tickets and he then asked them "Where are the dogs?" They denied having any pets and he pointed out that the tickets they had produced for inspection were Dog Tickets. It turned out that when at the booking office the gentleman had asked for two Rover tickets.

The adjustment in the fare was agreed and all had a good laugh as the young lad in the booking office must have been new!

# It's always worth sharing your Upbeat

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 can, print parts of it yourself and post it or give it to them.

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

Two of these faces are identical - But which two?

















**Submitted by Barrie Roberts** 



## How Well Do You Know Your Musicals? Submitted by Ray Lee

The following are initials of famous musicals.

Can you guess what they are?

1.	TPOTO

11. JATATD

2. SE

12. A

3. E

13. CCBB

4. AOL

14. MP

5. MM

15. SP

6. TSO

16. PYW

TSOM
 AGYG

10. 11 00

8. GAD

17. TKAI

GAD
 MFL

18. FOTR

**ALNM** 

10. WSS

20. TLK

19.

## Dingbats - Say What You See! Submitted by Ray Lee

1. GGES EGSG GEGS SGEG 5. SHEEP SHEEP SHEEP

2. WORLDLYYY

6. HOROBOD

3. **MATTE**HORN PO**P**OC**A**TEPET**L** 

7. Ma**RAT**hon

4. Gibraltar Bagel 8. HARM GOOD

9. Cor**MIH**ner

# On a lighter note ...

Submitted by Alaister Macrae

I saw this advert in a window that said: "Television for sale, £1, volume stuck on full." I thought, "I can't turn that down."

Which knight invented the round table?

Sir Cumference

Q: What kind of lights did Noah use on the Ark?

A: Flood lights!

Did you hear about the crab that went to the seafood disco? He pulled a muscle.

Did you hear about the man who entered a pun contest in a newspaper?

He sent in ten different puns, in the hope that at least one of the puns would win the prize.

Unfortunately, no pun in ten did.

# 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

# Our Travels - Bob & Brenda Dumbarton

#### **Earliest Trip Abroad**

A train journey to Lloret De Mar (NE Spain) in our late teens with some school friends. This was before mass tourism and quite an adventure.

#### Best Hotel

Hilton Hotel in Chongqing, China whilst on a Titan tour. Quite unexpected in a very big industrial city on the Yangtze River, we stayed in a large suite with a TV in every room and a bathroom full of mirrors and a shower that gave an all-over soak.

#### Worst Hotel

A hotel near Lake Maggiore, Italy. The chest of drawers literally collapsed as soon as we opened it. The electrical socket between the twin beds was hanging off the wall with bare wires showing. On complaint, the tour rep. said that was to be expected in Italy!!

#### Best Loo

A coach stop at a service station in China where there were flowers behind a plastic panel as part of the urinal.

#### Best part of air travel

Getting upgraded on a BA flight to Business Class and having flat beds from Shanghai to London.

#### Worst part of air travel

A 9 hour delay in Manchester airport in late January 2019 due to snow.

#### Most relaxing Holiday

A week in the Maldives with nothing to do but walk around the island, read, sunbathe and swim. The waters there were warm and swarming with fish of all colours which swam all around you whilst snorkelling and sometimes had a nip at your ring finger. Somewhat unnerving to see the first reef shark but they were more afraid of you, fortunately.

#### Winter Sun Holiday

This has to be Jamaica with its wonderfully friendly people, beautiful sunsets and the occasional cocktail. . .

#### **Best Country**

Difficult to choose but New Zealand has an amazing variety of countryside, generally quiet roads and an old fashioned (1950s) feel about it. A quaint café with red Formica tables, gingham napkins and a room with 8 or so ladies embroidering eiderdowns comes to mind.

#### Nature Park

Not the biggest or greatest selection of animals, but Addo National Park in South Africa has a superb large herd of elephants which includes a very large bull and a handful of cute baby elephants.

#### Nature at sea

On a trip to the Great Barrier Reef, (which incidentally had very few fish) we encountered a female humpback whale with its baby. I am sure it brought the baby next to the ship to show it off and tried to teach it to dive. However every time the baby tried to dive, it came back up tail first as it was unable to control its flotation bladder.

#### Historic Sites

We are not overly excited about historic sites, but a trip to Pompeii was amazing. The excavation following its burial in volcanic ash in AD79 has provided a great insight into the city of those times.

#### **Religious Sites**

Bangkok is awash with temples and palaces with statues of Buddha at every turn. Most memorable are the large golden Buddha and the reclining Buddha which is 46 metres long and covered in gold leaf.

#### **Biggest Surprise**

Whilst in Antigua Guatemala, we were caught off guard when the local volcano started to rumble. Fortunately it did not erupt.

#### **Effects of Global Warming**

Having visited the Athabasca Glacier, (Alberta, Canada) in 1987, on returning 10 years later we were astonished to find it had receding at a rate of 16 feet a year.

#### Silliest Trip

We booked on a trip up the Swan River in Perth, Australia to a vineyard for wine tasting. However the crew on the boat plied all the passengers with so much wine on the way there, nobody was in any fit state to drink any more. On the return, the Captain drove the boat by using his feet on the wheel!

### Now, if you believe this ...

There was this miserable looking chap at the bar, just staring at his drink. He stayed like that for half an hour. Then, a big bruiser came up to him, took the drink from him, and drank it down. The poor man started crying. The shocked bruiser said, "Come on mate, I was just joking. Here, I'll buy you another drink. I just can't stand to see a grown man cry." "No, it's not that," the man replied, wiping his tears, "This day is the worst of my life. First, I overslept and was late for work. My outraged boss fired me. When I left the building to go to my car, I discovered that it had been stolen. The police say they can do nothing. I got a taxi home but when I got out of it, I realised I'd left my wallet behind. The taxi had driven away. I went into my house where I found my wife in bed with the gardener. I left home, came to this bar and just when I was thinking about putting an end to my life, you show up and drink my poison." Submitted by Alaister Macrae

#### Do you remember Jake Thakray?

He used to compose a weekly topical song for Bernard Braden's consumer magazine programme Braden's Week. Remember that?

He was not immediately popular – his first appearance in late 1968 provoked letters demanding his dismissal, but he eventually won over the audience. After Braden's Week was cancelled in 1972, Thackray took up the same role on its successor show, **That's Life!** with Esther Rantzen, along with Richard Stilgoe.

In nearly thirty years of performing he would make over a thousand radio and TV appearances, including slots on **The David Frost Show.** Here are some links to a few of his humorous songs:

All are on the website. YouTube.

**Submitted by Colleen & Hubert Worrall** 

#### The Cactus song:

https://www.youtube.com/watch?v=kvs5x1t0NCA

#### The Country Bus:

https://www.youtube.com/watch?v=8EVnObn5jms

#### La-Di-Dah:

https://www.youtube.com/watch?v=TK3eaaANVU8

#### The Castleford Ladies' Magic Circle:

https://www.youtube.com/watch?v=eE6HXDkeNAQ

On a lighter note ... One of the advantages of ageing is that you only need 4 hours sleep. True, you need it four times a day, but still.

Denis Norden, Comedian and TV Presenter

I think your whole life shows in your face and you should be proud of that. Lauren Bacall, Actress

Old age is an excellent time for outrage. My goal is to say or do one outrageous thing every week.

Maggie Khun, Activist

# Have a good read in August

#### The Wednesday book group recommends

Meeting for the first time in January, as a new group coordinator, I didn't want to be too formal about a "group read". Life is too short to struggle with a book you are not enjoying

My first recommendation was **Elly Griffiths' Ruth Galloway mysteries**. There are over 12 books in the series, which can be read out of sequence or chronologically. As the characters' lives in the stories are ongoing, one of the ladies wanted to read them in order and subsequently bought the full set. With the books I already had, we have done swaps and the rest of the group are catching up.

Ruth Galloway is a forensic archaeologist who often gets called in to help solve crimes with the local Police, led by DCI Harry Nelson. The stories usually have an archaeological connection or a mystery to solve. The first in the series is 'Crossing Places.'

**Sharon Turner** 

#### Café Book Group 2 recommendations

#### The Puppet Show by M W Craven.

This crime fiction novel is set in Cumbria. A serial killer is burning people alive in the Lake District's prehistoric stone circles and the police are helpless.

Fast-paced story with unique characters, scenic descriptions and plenty of dry humour.

#### Lying In Wait by Liz Nugent.

A psychological crime novel. Lydia Fitzsimons, a woman who seems to have it all: a gorgeous mansion in Dublin, a husband with a widely-respected career as a judge, and a son to whom she is devoted. What could go wrong?

#### The Diary of a Country Parson 1758 - 1802 by James Woodforde.

This is the diary of Rev. James Woodforde the parson of a Norfolk village in the late 18<sup>th</sup> century. News of the fall of the Bastille takes ten days to reach Norfolk; smuggled wine and brandy; fear of highwaymen while travelling; the price of a new wig. It's all in the diary – and lots more. Enjoy.

#### The Librarian by Salley Vickers.

Sylvia is Children's Librarian in a small market town. When she falls in love with a married man, her job and the library are put at risk. But other relationships will also affect her life. The joy of reading and the power of books inspires us is the message.

#### The Children Act by Ian McEwan.

A well-respected High Court judge in London, presiding over cases in family court, faces a morally ambiguous case while her own marriage crumbles. A novel that will keep readers thoroughly enthralled until the last page.

#### The French Lieutenant's Woman by John Fowles.

Charles, an amateur palaeontologist and his fiancé, Ernestina, visit Lyme Regis and see a ghostly figure sitting alone on the Cobb. Charles becomes obsessed with Sarah. There are two different endings to the story. It is a well-written and interesting read.

#### Munich by Robert Harris.

From the internationally best-selling author, a new spy thriller about treason and conscience, loyalty and betrayal, set against the backdrop of the fateful Munich Conference of September, 1938.

Olga Hampson

# Bramha 10th Anniversary



**As** many of you will know, 2020 is Bramhall U3A's 10th Anniversary year. The Committee had planned a party to mark this important event. However, something called COVID-19 intervened and caused the cancellation of all of our celebrations.

Anyway, we have included a few pictures here from our first year, as a reminder of our early days. By the end of 2010, we had 44 Groups. Many more pictures are available to view in the 'Gallery' in the Bramhall U3A website.



**STANDING ROOM ONLY** The packed house at St Michael's Church when the Bramhall U3A held its inaugural meeting in November 2009.













#### 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

Contact: charities@bramhallu3a.org.uk





# The World before Waitrose



Submitted by Helen Webster

It's difficult to imagine, but the site now occupied by Waitrose in Cheadle Hulme was once a very different place. A handsome old house stood there from around the 1830s until its demolition in the 1990s, when it was replaced by an office block, Cobden House, the home of Shell Oil. This in its turn was demolished to give way to Waitrose.

Those of us with long memories will know that Oak House served as a community centre for many years. It was the place we were taken to buy our National Health orange juice after the formation of the NHS in 1947. In those austere years during and after the war, it must have been harder for our mums to ensure we had enough nourishing food, and the orange juice was an excellent source of vitamin C. I remember it being in rectangular glass bottles with a blue cap. It was very sweet, but it was much diluted and, in my opinion, was quite delicious. We were also allowed Delrosa rose-hip syrup, which remained a favourite drink for children for years after.

Many Cheadle Hulmers remember being taken to Oak House for our polio immunisation treatment. The Salk vaccine was actually introduced in 1955, but other later, luckier, groups were given a sugar lump, presumably impregnated with the appropriate medication. Polio was such a frightening condition then; I recently saw a photograph of a polio ward in a hospital with rows of 'iron lungs'. We were so lucky to be given those magic sugar cubes.

A number of people, probably all women, remember ballet classes being held by a Mrs Lloyd in a room at Oak House. The Cheadle Hulme Bridge Club also made use of the rooms for a while, proving what a community hub this was for all ages.

There were two major annual events held at or started from Oak House. The wonderful Whit Walks started there, always with a Rose Queen – what a coveted honour that was! It was the signal for a new outfit to wear in the procession, white, of course, and, in the absence of white shoes (who could afford white shoes?), carefully whitened pumps. As we all know, summers were longer and lovelier then – well, so we remember – and the Whit Walks were the start of it all. The Manchester Evening News published pages of photographs of the walks in districts all over Manchester and surroundings. Just a few 'walks of witness' are held now, but they were a huge event in days gone by.

There was a field adjoining Oak House and many of my personal memories are tied up with the annual Garden Party held there. The ballet class I attended, run by the redoubtable Miss Mellor-Jones in a room on Cheadle Road, put on a show every year. I have a photograph taken one particularly chilly day in June, about 1953/4, I think, in which I appear as a cobweb. Why a cobweb, I have no recollection, but our mothers were instructed to make a tunic in thin grey cotton and there I am, skinny and obviously frozen, with my grey outfit pressed against me by the wind and my long hair in a wind-blown tangle. I can't imagine that the performance would have been very inspiring!

The other highlight of the day was the fancy-dress competition. My mother was a skilled dress-maker with a very imaginative turn of mind. For a number of years, she took great pleasure in creating wonderful outfits. One year I was 'My Garden', with intricately sewn flowers and birds. We certainly won the odd prize, but the excitement of the day was the best part.

The field was also used at one time for an archery club. The son of the resident caretakers of Oak House, a Mr and Mrs Gardner, kept a horse on the field for some time, presumably till somebody noticed . . .

An additional amenity on this site was the British Legion building. In later years, the British Legion transferred to a handsome place on Turves Road, but in those far-off days the place which many of us knew as the 'British Legion hut' was behind Oak House. I remember going to dances there with a friend, which at the age of fourteen or so, was very exciting and very grown-up. I think they were more innocent times.

There seem to be very few photographs of Oak House remaining, so much of this is from my and other people's memories. No doubt there are those who can rightly question some of what we recall. Please feel free to respond if you can add to the picture – there is so much to enjoy in the recollection!



Bramall Hall, one of the most beautiful treasures of England, is of great national importance.

The Hall offers unique insights into the families and servants who lived and worked here. It stands in about 70 acres of parkland, all that remains of the original extensive estate.

Bramall is one of Cheshire's grandest black and white timber-framed buildings. It is a manor house built in the traditional local style with origins dating back hundreds of years.

# We all know our beloved Bramhall Hall so well, but did you know . . .

Before the Norman Conquest in 1066, Bramall was held as two separate manors, owned by two Saxon freemen Brun and Hacun. Around 1070 William the Conqueror subdued the North of England. He gave both parts of the Bramall land to Hamon de Masci, the first Baron of Dunham Massey.

Dating back to Anglo-Saxon England, the manor of Bramall was first described in the *Domesday Book* in 1086, when it was held by the Massey family.

From the late 14th century it was owned by the Davenports who built the present house, and remained lords of the manor for about 500 years before selling the estate of nearly

The fifth William Davenport in 1627

2,000 acres in 1877 to the Manchester Freeholders' Company, a property company formed expressly for the purpose of exploiting the estate's potential for residential building development.

The Hall and a residual park of over 50 acres, though not the lordship of the manor, was sold on by the Freeholders, to the Nevill family of successful industrialists. In 1925 it was purchased by John Henry Davies, and then, in 1935, acquired by the local government authority for the area, Hazel Grove and Bramhall Urban District Council. Following local government reorganisation in 1974, Bramall Hall is now owned by Stockport

Metropolitan Borough Council (SMBC), which describes it as "the most prestigious and historically significant building in the Conservation Area".



A 19th-century interpretation of how the

For 800 years just three families would own the estate;

- the de Bromales
- the de Davenports (who succeeded the de Bromales by marriage)
- the Nevills who were the first owners to purchase the estate. (with acknowledgement to Stockport MBC)

The house framework is constructed with oak timbers,

joined together using mortise and tenon joints and held in place with oak pegs.



A postcard from March 1819 depicting Bramall, with its long gallery. The gallery had probably been taken down by the time the card was used

Wattle and daub (interlaced twigs crudely coated with clay) or lath (thin narrow strops of wood) and plaster were used to fill the spaces between the timbers. This means upkeep of such an important building is ongoing and expensive.

Bramall Hall was recently awarded a £1.6m grant from the Heritage Lottery Fund to transform it into a regional heritage attraction. The overall cost of the project is £2m, which includes funding from the council, and the Friends of Bramall Hall and Park, who have also raised money. The funding was used to restore the highly decorative 16th century Venetian plaster ceiling in the Withdrawing Room.

The Victorian Boiler House has also been repaired, and the repair and conversion of the stable block has provided Bramall Hall with improved visitor facilities including better toilets, a relocated shop and café, and a dedicated education space for school parties.

(With acknowledgement to Wikipedia and the Manchester Evening News)

# The Back Page

The Identical Faces The answer: Numbers 2 and 9 are identical

How Well Do You Know Your Musicals? The answers:							
1.	ТРОТО	The Phantom of the Opera	12.	A	Annie		
2.	SE	Starlight Express	13.	CCBB	Chitty Chitty Bang Bang		
3.	Е	Evita	14.	MP	Mary Poppins		
4.	AOL	Aspects of Love	15.	SP	South Pacific		
5.	MM	Mamma Mia	16.	PYW	Paint Your Wagon		
6.	TSOM	The Sound of Music	17.	TKAI	The King and I		
7.	AGYG	Annie Get your Gun	18.	FOTR	Fiddler on the Roof		
8.	GAD	Guys and Dolls	19.	ALNM	A Little Night Music		
9.	MFL	My Fair Lady	20.	TLK	The Lion King		
10.	WSS	West Side Story					
11.	JATATD	Joseph and The Amazing Technicolour Dreamcoat					

#### **Dingbats - Say What You See!** The answers:

- 1. Scrambled eggs
- 2. Worldly Wise
- 3. Friends in high places
- 4. Rock & roll
- 5. Laughing stock

- 6. Robin Hood
- 7. Join the Rat Race
- 8. More Harm than Good
- 9. Back him into a corner



# Help us keep your Magazine Upbeat

It is likely that we will be producing the Upbeat Magazine for the remainder of this year. To help us to keep creating a quality read for everyone, all Members are invited to contribute ideas to be used in the magazine.

#### Send your submissions to magazine@bramhallu3a.org.uk

**Interesting** holidays or places you have visited and enjoyed.

**New recipes** for members to try, using ingredients from your store cupboard.

**Updates** on what your Group is doing.

**What keeps you busy?** Let us know so that we may share your ideas with others.

**Photos** of anything that would be of interest to all.

**Writing**, poems or items of interest, about local places, people or events.

**We need members** to contribute to a puzzle page.

**Jokes** ... good, bad, but clean, please!

#### A message from the Upbeat magazine editorial team ...

#### Peter Webster, Bob Dumbarton & Helen Webster

We hope that you have enjoyed reading the **AUGUST** 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 **FRIDAY SEPTEMBER 4**, and we would really welcome your articles, pictures, quizzes, jokes and, of course, feedback.

\*Please submit all items for the September magazine by AUGUST 23