

Bramhall

U3A
Learn, laugh, live

October 2020

Upbeat Magazine

Lyme Hall

The estate was granted to Sir Thomas Danyers in 1346 and passed to the Leghs of Lyme by marriage in 1388. It remained in the possession of the Legh family until 1946 when it was given to the National Trust.

Photograph courtesy of Alistair Gardner

Stay Safe - Stay in Touch



Photo-montage courtesy of Bramhall U3A Photography Group

in October is always colourful

Did you know?

October is the tenth month of the year and has 31 days. It was originally the eighth month of the Roman calendar until 153 BC when it became the tenth month of the year when the months of January and February were added.

The name October is derived from *octo*, which means *eight* in Latin. It dates back more than 2000 years to the ancient Roman calendar, which was replaced by the Julian calendar in 45BC

October's birth flower is the calendula (Marigold). The birthstone for October is the opal and it is said that the opal will crack if worn by someone who is not born in October.

The end of a Pilates era. Wendy Litchfield is retiring

After 10 years as a Pilates instructor, Wendy Litchfield has brought forward her retirement and will no longer be taking our Thursday Group.

Those of us in her class know her as a very conscientious, hardworking tutor who cares about our health and bodies, as well as our fitness. We'll all miss her and are very sorry to lose her.

I'm sure I speak for all those members lucky enough to have taken her classes when I wish her a wonderful retirement, and on behalf of the Committee thank her for all she has done for Bramhall U3A.

Chris Stubbs - Groups Organiser

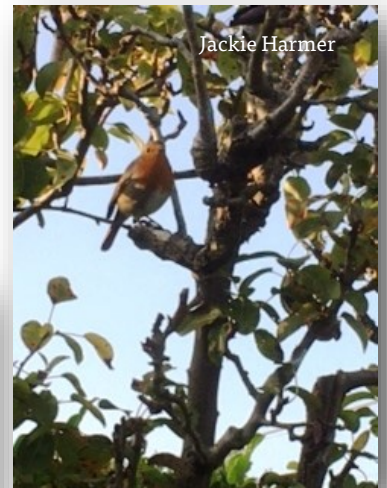


Styal Mill garden

Hubert Worrall



Hubert Worrall



Jackie Harmer



Hubert Worrall

Autumn.

In Greek mythology, autumn began when Persephone was abducted by Hades to be the Queen of the Underworld. In distress Persephone's mother, Demeter (the goddess of the harvest), caused all the crops on Earth to die until her daughter was allowed to return, marking spring.

Our groups - an update

What a month of conflicting guidance and advice this has been for our groups! I started the month by hoping to be able to reopen some groups in community venues in October. Now we are at the month's end a new local lockdown has been enforced, which makes the opening of any groups impossible.

The committee is keeping a close eye on government rulings and advice from the National U3A. As soon as we feel it is safe for our members to return to their groups we will endeavour for them to do so. Meanwhile thank you to all those coordinators using Zoom and other social media as a way to keep their groups running.

Chris Stubbs - Groups Organiser

A warm October welcome to you all ...

A big thank you to all of those who took the trouble to vote in our electronic and postal AGM. The committee will finalise everything shortly and we will publish the results in November. That'll be it for 2020, but if things don't change by next March, we may have to do it this way all over again. Let's hope not.

In the meantime, a big thank you to Wendy Litchfield who has put many of us through our paces in Pilates for the last ten years. We're very grateful, Wendy.

So far, it seems we are all getting on with this new way of living, which shows how resilient our age group are. We can show those youngsters! Until next month, stay safe and keep it up.

Alister Macrae

Bramhall U3A

Contact information for your U3A

Our website address, for everything you need to know about your U3A: www.bramhallu3a.org.uk

Group enquiries: groups@bramhallu3a.org.uk **General enquiries:** enquiries@bramhallu3a.org.uk

Charity items: charities@bramhallu3a.org.uk **Upbeat Magazine articles:** magazine@bramhallu3a.org.uk

Your 2019/2020 Committee



Alister Macrae
Chairman



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*****

<https://www.stockport.gov.uk/find-your-collection-day>

Please put your bins out by 7am

GREEN Every 2 weeks.

BROWN Every 4 weeks.

BLUE Every 2 weeks

BLACK Every 2 weeks

All information taken from the SMBC waste collection website

Bramhall and Cheadle Libraries have reopened.

You can obtain books via their Order and Collect service. For full library details and information, please see:

<https://www.stockport.gov.uk/topic/libraries>

And , if you wish to reserve an item ... <https://www.stockport.gov.uk/topic/look-for-reserve-renew-an-item>

You need to take your Library card when you collect your books.

Volunteers needed to help find a vaccine for COVID-19

There are a number of vaccines being identified and safety-tested at the moment, but only large scale studies can give researchers the information needed about how effective they are.

The National Institute for Health Research is working with the **NHS** and aims to recruit half a million people onto a registry by October 2020, which will allow people to be put in touch with the vaccine studies in the coming months.

Researchers are looking for people from all backgrounds, ages and parts of the UK, including both people with or without existing health conditions, to take part in vaccine studies, to make sure that any vaccines developed will work for everyone.

The registry is available to anyone aged 18 or over, living in the UK. There is no obligation to join in any study, if you are contacted. But by taking part, you could help researchers find vaccines to protect us all more quickly, which in turn could help the **NHS** and save lives.

You can sign up by going to www.nhs.uk/researchcontact

A leaflet giving further information is at <http://bramhallu3a.org.uk/other/community.html#covidvacc>

Mike Hollingsworth

U3A Tuesday talks

The committee for the North West Region of the U3A has initiated a series of monthly talks, similar to our monthly meetings, using Zoom. The talks will be held on the second Tuesday of the month starting at 10.30 am. The program to date is:

13th Oct Memory and identity

Tony Clarke of Lymm & Thelwall U3A will lead us through 'who we think we are'

10th Nov Grandma flew Spitfires

Tim Young of Newmarket U3A will explore the roles of the women who supported the air defence of Britain

8th Dec Winter warmer with Fool's Gold Acoustic musicians

Join our winter celebrations led by Carol and Steve Robson, with music and tales

U3A members from the North West can register for the talks by going to:

www.u3asites.org.uk/north-west/events.

There is probably a limit on numbers so all places may have been taken by the time our Magazine is circulated.

Mike Hollingsworth

Red sky at night . . . ?

Weather folklore has been used for centuries to predict the changeable British weather, but despite our love of the daily weather forecasts on TV, with the sophisticated technology available to meteorologists today, it turns out that many of us still rely on traditional forecasting.

Recent research found that three quarters of UK adults say they use folklore such as "red sky at night, shepherd's delight," to predict the weather. The survey of over 2,000 people also found that 58% of UK adults think that these methods are fairly accurate. However, nearly half said that the old sayings turned out to be unreliable! So, should we continue to believe these proverbs? We'll have a look at the five most popular weather sayings, according to the Met Office, and the science behind them. Here is the first and most used:

1. Red sky at night, shepherd's delight

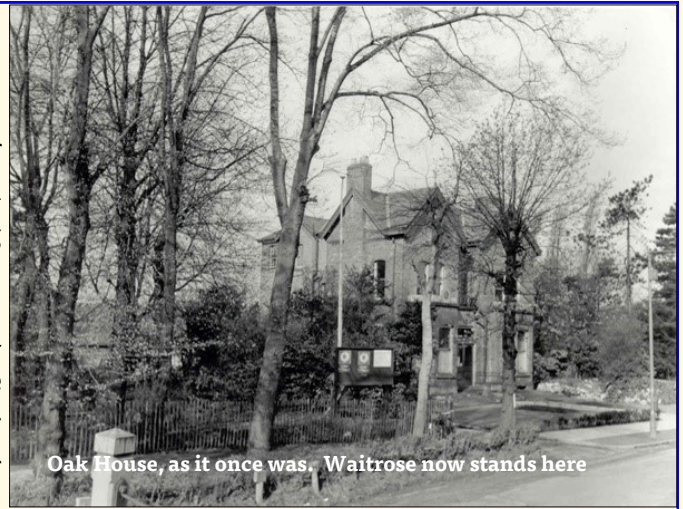
This saying is often used at sunrise and sunset to signify the changing sky and was originally known to help the shepherds prepare for the day ahead. The research found that 83% of us believe it to be true and according to the Met Office, there is scientific evidence for it. This is because high pressure tends to bring good weather. High pressure traps dust and dirt in the air, which scatters blue light, only leaving the red light remaining – which gives the sky its reddish appearance. One up to the old ways! More next month . . .

Oak House - A Family History

(Previous piece titled 'The World before Waitrose' by Helen Webster in August edition)

Inspired by Helen's memories of Oak House in the post-war years, I have been finding out who lived there when it was an elegant private dwelling. It turned out to be a fascinating journey through the online family history resources.

Miss Elizabeth Swindells was living in Oak House with a housekeeper-companion, a cook and a housemaid until she died in 1943 at the age of 93, leaving the equivalent of over £2million in today's money. The source of her wealth was her father, Peter Swindells, who died in 1915 aged 85. As his wife had died in 1912 his entire estate was left to Elizabeth, his only child. It is good to know that in her will she left gifts and annuities to many individuals and establishments including Manchester Royal Eye Hospital and the Christie.



Down the years, Peter gave his occupation variously as a calico printer's agent, a bookkeeper, a builder, an estate agent and an accountant. He also owned a number of properties. He married Mary Travis Bertenshaw in

No.	When Married.	Name and Surname.	Age.	Condition.	Rank or Profession.	Residence at the Time of Marriage.	Father's Name and Residence.	Rank or Profession of Father.
488	January 9 th 1850	Peter Swindells Mary Travis Bertenshaw	20 20	Bachelor Spinster	Gentleman Dresser	Hooley Hill Dulme		

Married in the St. Michael's Church according to the Rites and Ceremonies of the Established Church, by George Smith or other Minister of the Gospel by no.

This Marriage was solemnized between us, Peter Swindells in the Presence of us, George Smith Minister of the Gospel

Manchester Cathedral on 8 January 1850 when they were both 20, and with immaculate timing Elizabeth was born on 8 October the same year. They began married life in Hooley Hill, a hamlet near Ashton-under-Lyne where they had both been brought up, later moving to Ardwick before coming to Cheadle Hulme in the 1860s.

Their home was originally called Oak Cottage but at some point was elevated to Oak House by either a makeover or a new build. The three of them enjoyed a well-to-do Victorian existence in spite of an unpromising start in life for Peter and Mary, as they were both illegitimate children.

Mary was the daughter of Betsy Bertenshaw and grew up in the home of her grandmother, also called Mary, an innkeeper. They must all have remained close, as young Elizabeth Swindells used to go and stay with her grandma and great-grandma after Betsy married Samuel Bramall and moved to Hulme.

In his childhood Peter lived with John and Martha Swindells but they were not his parents. John Swindells' will revealed that Peter was his grandson: Peter's mother Eliza, born in 1811, was one of the three "reputed daughters" John declared in his will. The others were Mary, born 1805 and Elizabeth, born 1816. There is no record that John was married to any of their mothers but he accepted responsibility for the daughters and left them generous legacies. He emphasized that the money was for their own personal use, not to be interfered with by their husbands who were all executors of the will!

In 1832 John finally got married, to Martha Ridgway, 13 years his senior, who had been married twice before. She had about 9 children, two of whom also benefited from John's will - Frederick Ridgway and Sarah Adshead. In a happy conjunction Frederick married John's daughter Elizabeth five years after his mother married her father! All four of them are buried in St Michael and All Angels' graveyard in Ashton-under-Lyne, but Peter, Mary and their Elizabeth lie under a horizontal pink granite cross in All Saints graveyard, Cheadle Hulme.

What an intriguing and complicated family. I spent many happy hours tracking down their records and would be pleased to share them online with anyone who is interested.

Mary Hambleton - Family History - B

You are never too old to achieve your goals. Experience is a fine thing and its never too late to see the world in new and different ways. Just take a look at these senior stories of inspiration:

George Burns won his first Oscar at the age of 80; Mary Wesley, who wrote 'The Camomile Lawn', had her first novel published at the age of 70 and Michaelangelo was 71 when he painted the Sistine Chapel ... Just a thought

Quiz Time ...

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

OUTINGS REMEMBERED - Match the **Cryptic clue** with the **Outing**

With thanks to Mike and Chris Hollingsworth

	Cryptic clue
1	An arresting visit (January 2018)
2	Turkey on water (December 2019)
3	Goldfinger (November 2019)
4	Golden arch (June 2018)
5	Not East and West but other directions were written (February 2018)
6	Not war in Yorkshire (October 2018)
7	Clay but not from the River Mersey (May 2018)
8	A large hole in the ground (September 2019)
9	If books could tell a story (February 2019)
10	Grade 1 and Hitler's favourite (January 2019)

	Outing
A	Christmas lunch on the Shropshire Union canal
B	Elizabeth Gaskell house
C	Bodnant Garden
D	Police Museum, Manchester
E	Rochdale Town Hall
F	The Piece Hall, Halifax
G	Birmingham Jewellery Quarter
H	Terracotta Warriors, World Museum, Liverpool
I	Chetham's Library
J	National Coal Mining Museum, Wakefield

CONNECTIONS

With acknowledgement to Instant Quizzes

- Which member of The Goons called Prince Charles "a little grovelling bxxxxxd," after being presented with a letter from him on receiving a Lifetime Achievement Comedy Award?
- Which brother and sister musical duo had the first names Karen and Richard?
- Following the end of his football career, who appeared on I'm A Celebrity...Get Me Out Of Here, Celebrity Big Brother and Celebrity Wife Swap?
- What was the stage name of Ernest Evans, the man who popularised The Twist in the early 1960s?
- From 2000 to 2003 he was the captain of the South African cricket team, becoming Wisden Cricketer of the Year in 2003?
- In the 1910s, a partnership that formed between a peddler, a jeweller and an attorney resulted in which scouring pad company?
- In which method of communication might five dashes mean zero and five dots mean five?
- Which American singer's hit singles include Georgia On My Mind, Hit The Road Jack and I Can't Stop Loving You?
- Which insect's English name is derived from the Spanish word for it, "cucaracha" (Pronounced Coo-Ca-Ratcher)
- What is the connection between all answers, or part of each answer?

The 1980's

- Which RAF base in Berkshire was home to a Women's Peace camp from September 1981?
- Who did John Hinckley attempt to assassinate in 1981?
- What was the name of the WPC killed outside the Libyan embassy in 1984?
- Which town in California elected Clint Eastwood mayor in 1986?
- Where were the 1980 Winter Olympics held?
- Which British comedian suffered a heart attack and died live on TV in 1984?
- Which former pop star was elected mayor of Palm Springs in April 1988?
- In which year of the 1980s did the wearing of seatbelts for drivers and front seat passengers become law in the UK?
- What was the real name of "The Yorkshire Ripper" who was convicted of 13 counts of murder in 1981?
- Who, in 1985, purchased Harrods department store?

On a lighter note ...

I told my suitcases that there will be no vacation this year. Now I'm dealing with emotional baggage.

Paranoia has reached absurd stages...

I sneezed in front of my laptop and the anti-virus started a scan on its own

The official flag of 2020.



"Why is my sister's name Paris?"
 "Because we conceived her in Paris"
 "Thanks Dad"
 "No problem, Quarantine"

MY HANDS ARE CONSUMING MORE ALCOHOL THAN MY MOUTH



CHRISTMAS IS NOW GONNA BE MID-JANUARY. DUE TO SANTA HAVING TO QUARANTINE FOR 14 DAYS WHEN HE ARRIVES IN THE COUNTRY.

Alternative Dictionary Meanings ...

Latte

(noun)

Italian for "you paid too much for that coffee"

Teacher

(noun)

A person who helps you solve problems you'd never have without them.

Synonym

(noun)

A word used in place of the one you can't spell.

Calories

(noun)

Tiny creatures that live in your closet and sew your clothes a little bit tighter every night.

Pets

(noun)

The only members of your family you actually like.

Laziness

(noun)

Risking dropping everything you carry rather than walking twice.

Feet

(noun)

A device used for finding Lego in the dark.

Amusing signs ...



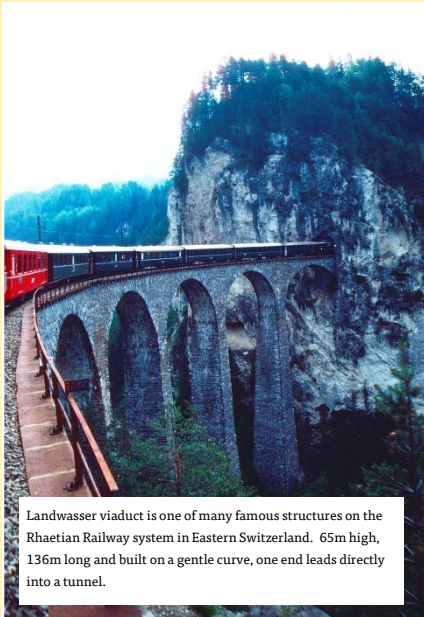
Transports of Delight Group

Whilst all the U3A groups were impacted by the COVID-19 lockdown, back in late May I could see that the Transport of Delight group was one that would continue to be affected for some time. All the places we would consider visiting were closed and even travelling by ordinary train was actively discouraged. In order to keep the group ticking over during the Lockdown period, I offered to give some presentations using Zoom.

My main transport interest is railways, and I already had around 400 photographs based on my travels around the world between 1984 and 2017 set up as a couple of shows to present to a railway society.

Because of this it was going to be an easy task for me to juggle these around to give 4 shows of around 1½ to 2 hours, each generally having one significant trip plus a number of others. I also added in some other forms of transport, and even included a few bits of culture along the way. Some of the photos are also shown here.

The shows were easily given to group members using the facilities of Zoom.



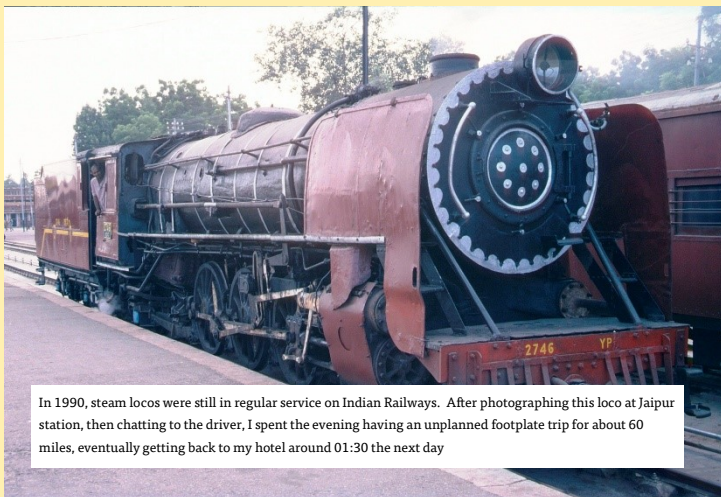
Landwasser viaduct is one of many famous structures on the Rhaetian Railway system in Eastern Switzerland. 65m high, 136m long and built on a gentle curve, one end leads directly into a tunnel.

It was also possible to record the shows and

upload to the Zoom Cloud so that some who were unable to see the original show could catch up at their leisure. After each show, I was able to email additional information on topics or queries raised during the show.

Having a fairly small number of participants made it possible for everyone to stay connected through audio and video, so questions and comments were raised at any time, just like being in the same room. I would encourage any group to consider using Zoom or something similar to keep in touch until the situation improves and we can start looking forward to having new adventures rather than reliving old ones.

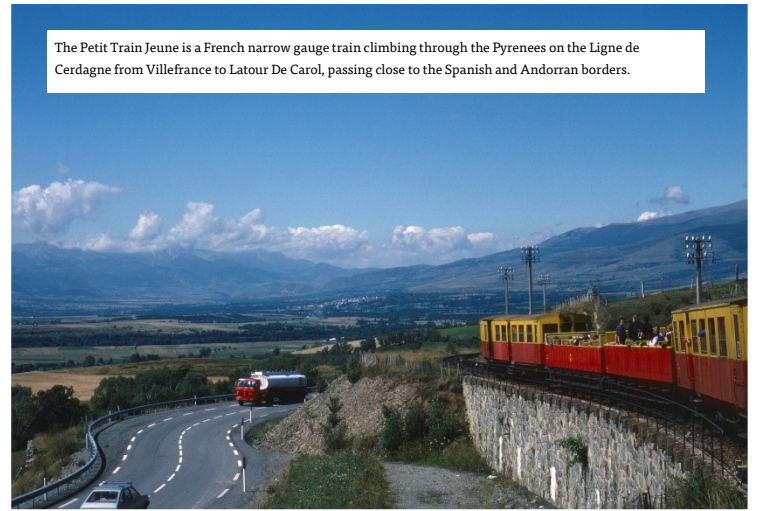
Bryan Johnson (Member - Transports of Delight Group)



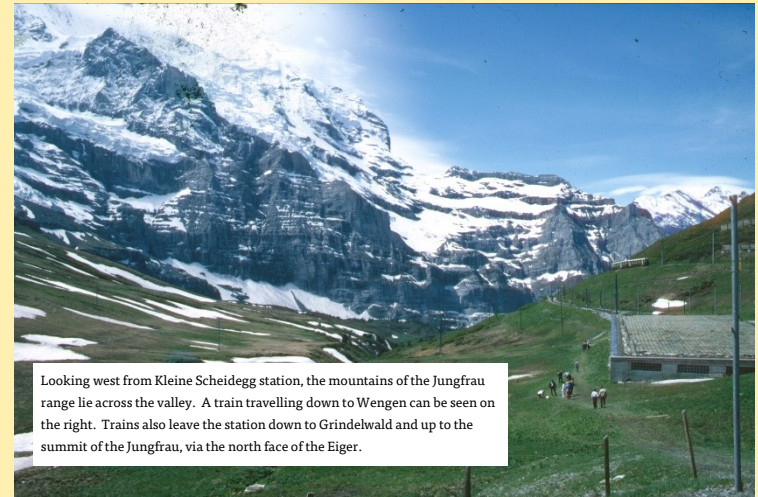
In 1990, steam locos were still in regular service on Indian Railways. After photographing this loco at Jaipur station, then chatting to the driver, I spent the evening having an unplanned footplate trip for about 60 miles, eventually getting back to my hotel around 01:30 the next day



In the 1960's, my summer holidays were spent at my grandmother's cottage on the Isle of Arran. My uncle was Chief Engineer on the Paddle Steamer Caledonia, so we used to go 'Doon the watter' on most of the trips it made that included a stop in Brodick.



The Petit Train Jaune is a French narrow gauge train climbing through the Pyrenees on the Ligne de Cerdagne from Villefrance to Latour De Carol, passing close to the Spanish and Andorran borders.



Looking west from Kleine Scheidegg station, the mountains of the Jungfrau range lie across the valley. A train travelling down to Wengen can be seen on the right. Trains also leave the station down to Grindelwald and up to the summit of the Jungfrau, via the north face of the Eiger.

Who Knew - Part 2

(Pt. 1 was in the June edition)

We stand at least two metres apart
Our faces have masks which is only the start
Of wearing gloves all of the time
To tap out our pin in a grotesque mime.

Sometimes we forget and stand too close
Then jump apart and look morose
This coronavirus we know our station
A palpable fear stalks the global nation.

Euro News is not to be seen
On a full stomach, it will turn you green!
The total of deaths increases in the dailies
Who will be next? We reach for the Baileys.

This is one way of coping, I suppose
Alcohol, chocolate, cake, I can't see my toes!
Staying home is jolly good
I'm happy as the proverbial pig in mud!

Up to now, this pensioner is not furloughed
Neither was, the 80% payment forbode
So, if I can only keep my head
Hopefully then I won't end up dead.

Mikel lives at the end of the street
In his summer seat he looks pretty neat
I smuggle him Tunnocks whenever I can
After all I'm his biggest fan!

3 months lockdown until the middle of June
The government warns - Don't come out too soon!
We look up to Boris and hope he is right
A survivor himself, he's lucky to win his fight

With Covid 19! Anyone! Anywhere can catch it
Any day of the week! Any age or gender, taciturn or wit
Any country of this world, the US of A and Russia too
This coronavirus pandemic harvest, anybody at all will do.

And then the NHS. swoop in and tries to alleviate the pain
A battle of survival to beat the grim reaper at his game
England's National Heroes Service finest, alert on the front line
Every Thursday for ten weeks, we applaud them, one hour before nine.

Fundraisers do help, whilst we wait, and pray for the horror to end
Listen to Boris, gen up on his knowledge, our leader and possible friend
Wear the masks! Wash the hands! Don't make plans over six!
Stand apart! Oh, have a heart! From the ravers and naysayers mix!

It is now September, and maybe in time, if we are still here
We can chat and mingle and laugh, and drink a lot of beer!
As we used to do, in the days of yore
Which seems years ago now, and are sadly no more.

But who knows? This came from nowhere, and could disappear too
What do the experts say? Everything helpful, we will do.
I'm at a loss to figure things out. How to keep my family alive
Just have to endure, a little more, and hopefully they will thrive.
For no man is an island, at least that's what John Donne had to say,
Remember the rules, be positive, keep faith and trust, to live another day.

LesleyAnn Keefe

Did you know?

The original days of the week we named by the Romans and between the 1st and 3rd centuries, were Sun, Moon, Ares, Hermes, Zeus, Aphrodite, and Cronos.

So, why did the Romans name the days of the week after their gods' names for the planets? It was because they saw a connection between their gods and the changing face of the night time sky.

Sunday

The first day of the week was named after the sun – **dies Solis** – day of the sun in Latin and later **Sunnon-dagaz** in old Germanic. It's easy to see where the English word Sunday comes from here.

Monday

It's similarly easy to see where this weekday name originates too. Monday is the moon day – **dies Lunae** in Latin, becoming **Mon(an)dæg** in Old English.

Tuesday

Whereas most English days of the week retain their associations with the Roman gods, some were substituted for the names of the equivalent Germanic gods, because English is a Germanic language.

Tuesday was named for the Roman god of war, **Mars**, so in Latin was known as **dies Martis**. However, it seems that the Germanic god of war was known as Tiu and the English day of the week is derived from this Germanic god's name instead, first known as **Tiwsday** and eventually Tuesday.

Wednesday

Similarly, the Germanic equivalent of the Roman god Mercury was the equally swift **Woden**. And so this day, which started out in Latin as **dies Mercurii** became **Woden's day** in old Germanic, eventually becoming Wednesday in English.

Thursday

Jupiter, also known as Jove, is the supreme Roman god and patron of the Roman state. He is the god that created thunder and lightning. Thor is the Norse god of thunder, often shown riding through the sky in a chariot. And it's from this Norse god that we see the Latin **dies Jovis** (day of Jupiter) become **Thor's day** and eventually Thursday.

Friday

Venus is the Roman goddess of love and beauty, and in Latin her day was known as **dies Veneris**. We get the English name for Venus' day from **Frigg**, the Norse goddess of love and the heavens, and possibly Fria, the Teutonic goddess of love and beauty. In Germanic we have **Frije-dagaz**, later becoming Friday in English.

Saturday

We end with an easy one. Saturn is the Roman god of agriculture, known in Ancient Greece as Cronos. In Latin we have **Dies Saturni** and it's not hard to see that Saturday today is still very much **Saturn's day**.

So there you have it. We still follow the original Roman Calendar and Roman days of the week with quite a bit of ancient Norse and Germanic thrown in.
Every day is a school day.

We have 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**.**

Please 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.
Stay Safe - Stay in Touch

Hello from the Card Group

We hope you like the cards on view this month. Our new little elephant is adorable for any little one, he can also be made into a "Get well" card too by adding a bandage to his trunk. Our tennis playing birds are also a treat, not to mention the little space alien with expandable arms and legs.

Sport themes are also a favourite with our U3A members, our new racing car design will be a winner I am sure. Do contact us for any visit with cards, we can drop bags at your doorstep for you to look at your leisure.

With kind regards from all your U3A card makers.

Chris D, Jill, Avril, Chris W



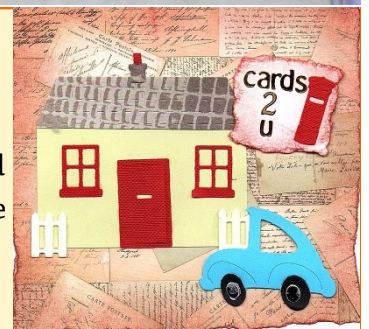
Our delivery card service is a great success.

We are so grateful to all those who have ordered cards from us, as it means we can continue to support our nominated 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



It was the persistent knocking on my bedroom window that woke me. The curtains were open and I groggily focused on the outline of a man perched on a ladder, a man who reminded me vaguely of Peter Kay.

'The window cleaner!' I sat up. 'He wants paying!' And with that I jumped from my bed, quickly realising as I did so that I had no clothes on. Not that I usually go to sleep pyjamas-less, but it had been so hot and humid, and I had been struggling to get to sleep. I covered my embarrassment with the duvet and stumbled from the room, dropping the bed clothes on the landing and grabbing my dressing gown from the bathroom in the process.

I tripped and stumbled to the bottom of the stairs and having found the key on its appropriate hook, opened the front door. No one was there! I poked my head round the door to see if Peter Kay was perhaps still up the ladder. No ladder! No window cleaner! 'He must have gone round the back,' I thought and I raced to the backdoor. No sign of a window cleaner or any ladders or any sign of life for that matter!

As I re-entered the house, my eye caught a glimpse of a clock. It had just turned 5 am! The penny dropped! 'Would a window cleaner actually be working this early in the morning,' I reasoned with myself, 'and would he bang repeatedly on my window?' I sighed in frustration as I locked the door and made my way back to bed ponderously climbing the stairs, heart still pounding with all my exertions, and a little disappointed that Peter Kay was not there.

I have an unfortunate history of nightmares and sleep walking. In fact, my dreams are notorious. A friend who shared a hotel room with me on a visit to the Normandy beaches regularly tells the story of being forcibly shaken by me in the middle of the night in a state of panic. 'Quick! We have got to get out of here! The Germans are coming!' Luckily I have patient and long suffering friends who do not react aggressively to these strange assertions at two o'clock in the morning!

On another occasion, a skiing trip in France, I was again sharing a bedroom and this time we were in bunk beds. I was on the top bunk. I wasn't a complete novice at skiing but I wasn't overly confident either and the weather had not been particularly favourable that day. We had been caught in snow blizzards and the skiing trails had been masked by the snow. A group of us had gingerly descended the mountain with me at the back, trying desperately to keep up with the others. Later that night, after some wine and a hot toddy, I managed confidently to descend from my bunk as well as expertly navigate round the pitch black apartment shouting the name of my companion over and over. 'Elaine. Elaine, where are you? Don't leave me alone!' In my head, I was on the mountain and obviously terrified of being stranded. Needless to say, I was repaid with a barrage of insults from my fellow skiers.

My family is used to me subjecting them to tirades in the middle of the night. There is always an emergency. The house is on fire or there is someone breaking in or the dog has gone missing. When abroad and in hotel rooms on the upper floors, chairs would be put beside the balcony windows to ensure I didn't go climbing in the middle of the night. I have never done myself any harm or damaged anything but I have been known to open the front door, a door that automatically locks. I have also peered out of hotel rooms, having been convinced someone had knocked, and potentially, I suppose, could have let the door slam and lock. 'What would I do,' I have often wondered, 'if I was stranded outside the house or in a hotel corridor - with no clothes on?'

Lockdown has encouraged and stimulated my dreams. In the latest episode, there was a naked man in my bedroom. I didn't recognise him. He was small, clean-shaven, and insignificant looking and initially he had his back to me. I sat bolt upright and was about to scream when he turned and put his finger to his lips, suggesting I be quiet as he manoeuvred himself through a wardrobe door and disappeared!
Just one more sleepy adventure; another nightmare!

It's always worth sharing your Upbeat

If you can read the U3A magazine online and have a friend or 'buddy' who cannot, then please contact them to chat about it. You could also, if you can, print parts of it yourself and post it or give it to them.

The Back Page

Outings Remembered

Answers

Clue	Outing
1	D
2	A
3	G
4	C
5	B
6	F
7	H
8	J
9	I
10	E

1980 ANSWERS

- 1 Greenham Common.
- 2 President Reagan.
- 3 Yvonne Fletcher.
- 4 Carmel.
- 5 Lake Placid, USA.
- 6 Tommy Cooper.
- 7 Sonny Bono
[of Sonny & Cher fame].
- 8 1983
- 9 Peter Sutcliffe.
- 10 Mohammed Al Fayed.

Connections

Answers

- 1 **Spike** Milligan
- 2 The **Carpenters**
- 3 Neil 'Razor' **Ruddock**
- 4 **Chubby** Checker
- 5 Shaun **Pollock**
- 6 **Brillo** Pads
- 7 Morse **Code**
- 8 **Ray** Charles
- 9 **Cock**roach
- 10 **Fish**



Unusual Shaped Vegetables
Wonky Purple Carrots by Hubert Worrall

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 **OCTOBER** 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 NOVEMBER 6**

We would really welcome your articles, pictures, quizzes, jokes and, of course, feedback.

Please submit all items for the November magazine by OCTOBER 23