

# Bramhall

**U3A**  
Learn, laugh, live

November 2020

'In November, the earth is growing quiet. It is making its bed, a winter bed for flowers and small creatures. The bed is white and silent, and much life can hide beneath its blankets'

Cynthia Rylant

# Upbeat Magazine



**REMEMBRANCE DAY**

*Lest We Forget*

Picture courtesy of Charlie Barker

**Stay Safe - Stay in Touch**



in November. 'The season of mists and mellow fruitfulness'

# Did you know?

**November** is the eleventh month of the year in the Julian and Gregorian Calendars and is the fourth and the last of four months to have a length of 30 days. **November** was the ninth month of the calendar of Romulus c.750 BC. November retained its name, from the Latin 'Novem' meaning "nine", when January and February were added to the Roman calendar. November is a month of late spring in the Southern Hemisphere and late autumn in the Northern Hemisphere. Therefore, November in the Southern Hemisphere is the seasonal equivalent of May in the Northern Hemisphere and vice versa.

### November Gemstones: Topaz and Citrine

The Topaz comes in many colours: yellow, pink, purple, orange and a variety of blues and is believed to bring the wearer strength and intellect. The Citrine, known as a "healing quartz," is this month's other birthstone. It's believed to bring vitality and health to the wearer, as well as hope, energy and warmth.

**November Flower:** Chrysanthemum - A chrysanthemum's meaning changes depending on its colour: red means 'I love you', while white stands for innocence, purity and pure love.

**November Trees:** Walnut, Chestnut and Ash



Seahouses - Colleen Worrall



Hubert Worrall



Great Spotted Woodpecker  
Hubert Worrall



Harry Besnar



Fungi in Bramhall Park  
Colleen Worrall

### Bramhall U3A subscriptions for 2021

You will be pleased to hear that the Committee have unanimously agreed that the annual subscription for 2021 will remain at £10 and it will not be required until the end of March 2021.

**The membership fee has remained at £10 since Bramhall U3A started in 2010.**

# A warm November welcome to you all ...

**Our virtual AGM worked well** and we've learned a thing or two if we have to do it again next March.

We needed a quorum of 80 to keep it legal and we had 135 responses, 18 by post and 117 by email. A very big thank you to the 135 who took the trouble to take part.

In response to the individual voting questions, they all accepted as a true record the minutes of the last AGM. They also accepted the Chairman's and the Treasurer's reports. They approved the new committee by 134 votes to 1.

**The new committee has two new members, Dudley Newell and Helen Webster. Welcome to both.**

Dudley has taken over Outings, although when we'll be able to have some, is a bit of an unknown quantity at present. Helen has taken over from Doreen Neil as Speaker Secretary. Our thanks to Doreen who did so well for the past few years. Helen has made some provisional bookings for next year but it all depends on the virus. Christine Hollingsworth, aided and abetted by Mike, has moved to Holidays but again, when they'll be able to arrange any, is anyone's guess.

In the meantime, Christmas is on the horizon. Have you bought your cards yet? It's going to be different somehow this year. It's said that Santa Clause will have to go into isolation for a fortnight when he arrives, so no presents until the 6<sup>th</sup> of January!

Keep your spirits up and stay safe.

**Alaister Macrae**

## Community stuff

### Talks from U3A National Office

**U3A National Office have organised several free talks, delivered via Zoom.**

These talks relate to U3A Groups and include:

**Bridge** (2 levels; 10 week courses)      **Mesoamerican civilisations** (4-week course)      **Poetry reading**  
**Maths** problems and puzzles      **What philosophers say about happiness**      **Crown Green Bowling** a discussion  
**Watercolour painting** (5 sessions)      **Artemisia:** Artist, icon, entrepreneur (from the National Gallery: £6.50)  
**Living History**, writing your life story      **Japan**      **More talks will be added at a later date.**

See [www.u3a.org.uk/events/educational-events](http://www.u3a.org.uk/events/educational-events) for details and to register.

**Mike Hollingsworth**

### North West U3A Tuesday talks

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 10.30am. The program to date is:

**10<sup>th</sup> Nov "Grandma flew spitfires"**

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

**8<sup>th</sup> 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 by going to [www.u3asites.org.uk/north-west/events](http://www.u3asites.org.uk/north-west/events).

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

**Mike Hollingsworth**

### **\*Bramhall U3A\***

### **\*Contact information for your U3A\***

**Our website address, for everything you need to know about your U3A:** [www.bramhallu3a.org.uk](http://www.bramhallu3a.org.uk)

**Group enquiries:** [groups@bramhallu3a.org.uk](mailto:groups@bramhallu3a.org.uk)      **General enquiries:** [enquiries@bramhallu3a.org.uk](mailto:enquiries@bramhallu3a.org.uk)

**Charity items:** [charities@bramhallu3a.org.uk](mailto:charities@bramhallu3a.org.uk)      **Upbeat Magazine articles:** [magazine@bramhallu3a.org.uk](mailto:magazine@bramhallu3a.org.uk)

## Your 2020/2021 Committee



**Alaiister 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

**Along with:** **Helen Webster** - Speakers; **Dudley Newall** - Outings; **Kay Witham** - Membership; **Edward Haynes** - Community; **Frances Bell** - Theatre; **Jill Rickman** and **Vera Moore**

**Vacancies:**

**Business Secretary**

**Groups Accommodation Secretary**

# Community stuff



**STOCKPORT**  
METROPOLITAN BOROUGH COUNCIL

## **Do you know someone who can't get online?**

If you know someone who would like to learn but doesn't know how to get started, there's a special **DigiKnow Helpline in Stockport** to help them take those first steps.

If they don't have access to a smartphone, tablet or computer there are free-to-borrow devices and data, and all come with support from community 'Digital Champions' to get online and stay safe online.

## **Get help doing things online**

There are free virtual events for Get Online week to help anyone who isn't very confident online to improve their digital skills and make the most of the internet. They are being organised by local 'DigiKnow' organisations who are committed to helping Stockport residents to gain digital skills and confidence.

If you or someone you know is interested in borrowing a device, please call the DigiKnow Helpline on :

**07537 127095.**

Don't worry if you can't join in this week as there are 6 free DigiKnow online group classes every week.

Want to video call your family or friends? Need help ordering your groceries online? There's lots of support to get you set up and help you join in.

**To find out more call the 'DigiKnow' Helpline on: 07537 127095**

## **Travelling by Metrolink**

Just a word of caution when you travel by tram. When you start and end your journey, you have to tap your bus/tram pass on the smart reader situated on the platform. Please take great care NOT to have your debit/credit card near the smart reader as it could charge the cost of your journey to your credit/debit card and not your passcard.

Your **Bramhall U3A** website .

[www.bramhallu3a.org.uk/](http://www.bramhallu3a.org.uk/)

**Stockport MBC** website.

[www.stockport.gov.uk/](http://www.stockport.gov.uk/)

**\*\*\*Check your bin collection days\*\*\***

**Please check the sheet recently distributed by Stockport MBC**

**Or go to ...**

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

**Please put your bins out by 7am**

# 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 or give them your copy. If you can, please print parts of it yourself and post it or give it to them.

# A jolly good read and other things

**The Bramhall U3A Reading Group** has not been able to get together since March, although we have had one Zoom meeting, and are looking forward to another in November. Recently, we shared some of our favourite reads from the last five months or so. Here's what we think!

The series of books which got the most mentions were the **C.J. Sansom** series featuring the hunchbacked Tudor detective and lawyer, Matthew Shardlake. At one time, Shardlake was full of enthusiasm for the religious changes enacted by Thomas Cromwell, but is now seeing how Henry VIII's despotic power can be used to hurt innocent citizens in the midst of the religious turmoil of the time. "His '**Dark Fire**' has me completely hooked," said one member of the group.

"Apart from being great crime novels, Sansom depicts the atmosphere, smells, costumes and cruelty of Tudor London."

"I have really enjoyed all the Shardlake books. Always a disappointment when I finish one as I do not want to leave his world," wrote Susan.

Other favourites:

'**The Passengers**' by **John Mars**. It's about driverless cars which are then taken over by unknown people who very much have control.

'**In the Far Pashmina Mountains**' by **Janet Mcleod Trotter**.

Anything by **Faith Martin**-the detective **Hilary Green series** particularly. (Probably best read in order.)

**The Railway Detective series** by **Edward Marsdon**, and **Andrew Martin's Railway books**.

**Griff Rhys Jones Autobiography: 'Semi Detached'**. "As I was born in the same year as Mr Jones, I particularly enjoyed the book."

'**Agent Running in the Field**', by **John Le Carre**. A slightly different take on his usual novels, with a couple of quirky characters and a surprising outcome. "Not what I was expecting at all. It's also a less convoluted story, and therefore a lot easier to read, than most of his previous spy stories. A good page-turner, and only about 260 pages."

Any of **Susie Steiner's police procedural thrillers**, featuring DI Manon Bradshaw, are entertaining. The first one, '**Missing Presumed**' is set in and around London, '**Persons Unknown**' is set in Cambridgeshire where she has moved for a less stressful, more peaceful family life, (which doesn't happen!)

Her most recent book, '**Remain Silent**,' in which she is still juggling work versus family, is also set mainly in Cambridgeshire. "The language can be a bit ripe, but humorous. Excellent style of writing. Lots of humour."

And finally, '**Munich**,' by **Robert Harris**. A spy story set around the events of 1938/1939 and the meetings between Neville Chamberlain and Adolf Hitler.

**Dudley Newell**

## **Bramhall U3A - Groups update**

Once again, any thoughts of opening more groups face-to-face have been put on hold because of the new restrictions.

However we have been looking at all current guidelines and, thanks to Peter Webster's hard work, we now have the necessary documentation in place ready for when we do open groups in outside venues.

Meanwhile more groups are beginning to use 'Zoom' successfully e.g. the Science group's meeting this month had over 40 members watching and listening to very good presentations from two speakers.

**Chris Stubbs - Groups Organiser**

## **Art Appreciation Group**

The Art Appreciation Group will be starting a series of monthly Zoom talks on November 11<sup>th</sup> at 2pm with the first talk being titled "The Sixties". The talks will be given by Frank Vigon who spoke very entertainingly last year, and will be held on the second Wednesday of the month until next March.

Hopefully, by then we may be able to organise the trip to the Yorkshire Sculpture Park, which was cancelled.

For further information please contact [groups@bramhallu3a.org.uk](mailto:groups@bramhallu3a.org.uk)

**Kay Witham**

# Quiz Time ...

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

## A Radio Times Quiz

1. What is the capital city of Australia?
2. Which US state was Donald Trump born in?
3. If you completed the Three Peaks challenge, which three UK mountains would you have climbed?
4. Which UK city is situated further west –  
**Bristol or Edinburgh?**
5. How many countries are there in the region of Europe?  
**(Recognised by the United Nations)**
6. What is the capital of Finland?
7. What is the currency of Vietnam?
8. What language is spoken in Brazil?
9. What do the French call the English Channel?
10. How many permanent members are there on the UN Security Council?

## Can you name the Biscuit?



## November by Alice Cary

The leaves are fading and falling,  
The winds are rough and wild,  
The birds have ceased their calling,  
But let me tell you, my child,

Though day by day, as it closes,  
Doth darker and colder grow,  
The roots of the bright red roses  
Will keep alive in the snow.

And when the Winter is over,  
The boughs will get new leaves,  
The quail come back to the clover,  
And the swallow back to the eaves.

The robin will wear on his bosom  
A vest that is bright and new,  
And the loveliest way-side blossom  
Will shine with the sun and dew.

The leaves to-day are whirling,  
The brooks are all dry and dumb,  
But let me tell you, my darling,  
The Spring will be sure to come.

There must be rough, cold weather,  
And winds and rains so wild;  
Not all good things together  
Come to us here, my child.

So, when some dear joy loses  
Its beauteous summer glow,  
Think how the roots of the roses  
Are kept alive in the snow.

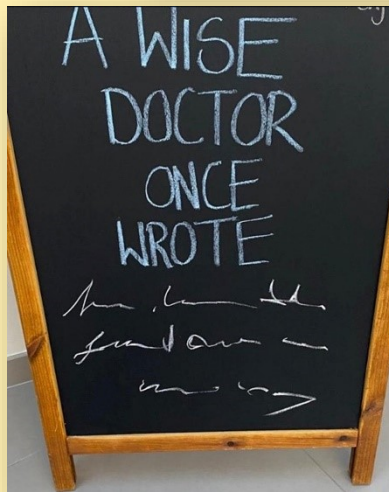
A few perks of old age:  
things I buy won't wear out; I enjoy  
hearing arguments about pensions;  
my secrets are safe with my friends  
because I can't remember them  
either.'

**Felicity Muir**

'We are obsessed with age. Numbers  
are always and pointlessly attached  
to every name that's printed in a  
newspaper: Joe Creamer, 43, and his  
daughter Tiffany-Anne, 10, were  
merrily chasing a pet bunny, 2, when  
Tiffany-Anne tripped over the root of  
a tree, 106.'

**Joan Rivers, Comedian**

# On a lighter note ...



Corona beer changes their name to avoid association with the Coronavirus outbreak



## Gertrude Powicke



Thursday 8<sup>th</sup> March 2018, International Women's Day finally brought about recognition for four formidable women, all born in and around Stockport, or influential in the development of our town. A new square, connecting Princes Street to Redrock, contains four benches bearing plaques to commemorate them. The square has been given the name 'Suffragette Square', though not all the women honoured there were actually suffragettes.

These wonderful women have been all but forgotten, but here is the story of one of them.

**Gertrude Mary Powicke** was born in

1887 at Powicke House in Hatherlow, on the outskirts of Romiley. Her father was a congregational minister and the family as a whole was very religious and very scholarly. Her brother, Maurice, grew up to be an eminent professor of medieval history. Gertrude was actually educated at Miles Mount College in Kent, but returned to home territory to study modern languages at Victoria University of Manchester, where she became one of the first women graduates in 1911. She used her qualifications to become a foreign language teacher at Manchester High School for Girls, where she worked for two years. Manchester had always been in the vanguard of political reform, especially in the matter of votes for women. The Manchester Society for Women's Suffrage was actually founded in 1867, but by the beginning of the twentieth century it had become the North of England Society for Women's Suffrage, a cause which Gertrude, not surprisingly, embraced wholeheartedly. She co-founded the Romiley branch of the society and acted as its treasurer, taking on the role of public speaker for the cause, canvassing support and interest in the whole area.



It would not be unreasonable to suggest that Gertrude would have been influenced by that local firebrand, Emmeline Pankhurst, though Emmeline was some thirty years her senior. At the outbreak of World War One, Emmeline and her daughter Christabel established a truce with the government, formerly their avowed enemies, and effectively joined the war effort.

Gertrude was likewise keen to get involved, on a characteristically practical level, initially in charge of the refugee clothes store at Manchester High School, learning first aid in the process. It wasn't long before she became involved with the Friends' War Victims Relief Committee and had signed up to volunteer with the Quaker nurses in France.

This redoubtable lady worked close to the front line, using her language skills to help the nurses with translating and, indeed, the treatment of refugees, while taking on administrative responsibility for the accounts of the refugee centre. She had learned to drive at Cockshoots garage in Manchester, so was able to help with the re-settlement of refugees returning to their homeland, even driving across a newly liberated front to assist villagers stranded north of the front line.

In the aftermath of the war, Gertrude continued her humanitarian work, travelling to Poland in 1919 to help treat an outbreak of typhus, an epidemic caused by the

sudden surge of refugees returning to their farmland. Her untiring work with the thousands of victims sadly led to her contracting the disease herself, while on a tour to inspect the availability of hospital facilities. This was after travelling through the most war-ravaged areas of Europe and working in towns incessantly exposed to aerial bombardment. She died the day after her thirty-first birthday.

It is to her credit that she is honoured on the University of Manchester war memorial near Whitworth Hall and on the Heaton Moor memorial, the only woman named on any war memorial in Stockport.

By **Helen Webster**



Gertrude Mary Powicke who died of typhus at Warsaw. 20 xii 19.



## Personal fraud and how to prevent it

Fraud is when a person lies to you, or 'scams' you, to gain an advantage, such as taking your money or learning private information about you. This could be via email, text, phone or in person, either on the street or on your doorstep.

Some adults may be especially vulnerable to fraud and financial abuse. If you're concerned about someone you know, contact your local social services and ask for Adult Social Care.

With a little knowledge you can protect yourself from fraudsters too.

For more information and help and to report fraud, go to [Action Fraud](#), the UK's national fraud and cybercrime reporting centre.

## Ten golden rules to prevent fraud

**Remember these ten golden rules to help you prevent fraud and beat the scammers.**

1. **Be suspicious** of all 'too good to be true' offers and deals. There are no guaranteed get-rich-quick schemes.
2. **Don't agree to offers or deals immediately.** Insist on time to get independent or legal advice before making a decision.
3. **Don't hand over money or sign anything** until you've checked someone's credentials and their company's.
4. **Never send money to anyone you don't know** or trust, whether in the UK or abroad, or use methods of payment you're not comfortable with.
5. **Never give banking or personal details to anyone you don't know** or trust. This information is valuable so make sure you protect it.
6. **Always log on to a website directly** rather than clicking on links in an email.
7. **Don't just rely on glowing testimonials.** Find solid, independent evidence of a company's success.
8. **Always get independent or legal advice** if an offer involves money, time or commitment.
9. **If you spot a scam or have been scammed, report it** and get help.  
Contact Action Fraud on [0300 123 2040](tel:03001232040) or at [Action Fraud](#). Call us on [101](tel:101) if you know the suspect or they're still in the area. If you're deaf or hard of hearing, use our textphone service on [18001 101](tel:18001101).
10. **Don't be embarrassed about reporting a scam.** Because the scammers are cunning and clever there's no shame in being deceived. By reporting it, you'll make it more difficult for them to deceive others.

## Get help or report a scam

If you think you've uncovered a scam, been targeted by a scam or fallen victim to fraudsters, [report fraud here](#).

Reporting crime, including fraud, is important. If you don't tell the authorities, how do they know it's happened and how can they do anything about it?

Remember that if you're a victim of a scam or an attempted scam, however minor, there may be hundreds or thousands of others in a similar position. Your information may form part of one big jigsaw and be vital to completing the picture

All information above taken from: <https://www.gmp.police.uk/advice/advice-and-information/fa/fraud/personal-fraud/prevent-personal-fraud/>

### **Please - If in Doubt ... DON'T**

Remember to report fraud and/or get help contact Action Fraud on [0300 123 2040](tel:03001232040) or at [Action Fraud](#).

Call us on [101](tel:101) if you know they're still in the area.

If you're deaf or hard of hearing, use our textphone service on [18001 101](tel:18001101).

## Go on - indulge yourself . . .

Oats are among the healthiest grains on earth. They're a gluten-free whole grain and a great source of important vitamins, minerals, fibre and antioxidants. They can have many health benefits, including weight loss, lower blood sugar levels and reduced risk of heart disease.

Well, that was the healthy bit, now for the fun. No guarantee of weight loss . . . This a quick and delicious slight variation on an all-time favourite: **Apple Flapjacks**

### Ingredients:

You need about three medium sized apples, peeled, cored and grated (or chop them finely in a food processor)

200g oats

70 ml golden syrup (now lick the spoon)

150g butter

40g sugar

Pinch of salt

Ground ginger or cinnamon or mixed spice to taste, about half a teaspoon.



### Method:

Simmer the apple gently in a covered pan with the sugar until it becomes soft.

Add the butter and golden syrup and bring to a gentle simmer. Simmer until the mixture has reduced a little.

Gently stir in the oats, salt and chosen spice, coating the grains thoroughly with the apple mix.

Pour the mix into a buttered 8 inch cake tin or suitable brownie tin.

Bake in the oven at 180C for 30 minutes.

Allow to cool a little before cutting into wedges or squares, then properly cool before turning out.

The flapjacks can be stored in an air-tight tin for up to four days.

**Enjoy with a cup of tea or coffee on a chilly November day.**

# Traditional Weather Sayings - No. 2

## St Swithins day

*If thou dost rain, for 40 days it will remain,*

*St Swithin's day if thou be fair, for 40 days 'twill rain nae mare*

*But is this actually true?*

The saying is that if it rains on 15 July, it's supposed to rain for the next 40 days.

Swithin (or Swithun) was a man born in or around the year 800 who became Bishop of Winchester. He died around AD 862 and unlike other religious figures, he requested that his remains be interred among the common people outside the church, not in a prominent place within Winchester Cathedral. He chose to be interred outside in a simple tomb "where the sweet rain of heaven may fall upon my grave".

However in 971, after he had been made patron saint of Winchester Cathedral, his body was dug up and moved to a new indoor shrine.

Legend has it that this action displeased God and caused the heavens to open, raining continuously for 40 days.

But since records began, there has never been a 40-day drought in the UK during the summer months, and there has been not one instance at any time of the year of 40 consecutive days of rainfall.

Even if it sometimes feels like it.



St. Swithin - from an old manuscript



Winchester Cathedral

**So is it true?**

**Perhaps not.**

# Supporting our nominated charities

**Bramhall U3A** has two nominated charities. **St Ann's Hospice** and **The Wellspring**.

Apart from putting aside the meeting entry fee and spare coins, below are some ideas from fellow members in the Card and Knitting Groups, to support them both. They are also excellent ideas for presents for friends and family

**The Knitting Group** are hoping to support **St. Ann's Hospice** once more this Christmas.

If you would like to help, we are selling knitted novelties again this year, but mostly without the chocolate.

You can add your own contents.

**The covers for chocolate oranges will be £2.50**

**The covers for Smartie tubes will be £1.50**

**Hanging bags and stockings will be £1.50**

**Ferrero Rocher covers including chocolate will be £1.00**

If you would like to buy any please contact Sheila Porter via [charities@bramhallu3a.org.uk](mailto:charities@bramhallu3a.org.uk)

St Ann's will be very grateful.

**Sheila Porter**



**Hello from the Card Group ...**

**This month we have added a cat book mark for you to make at home.**

You will need: a sheet of coloured card, a pencil, a ruler, a pair of scissors, cord or course thread and 2 buttons.

- 1 Make a mark 2 inches across & cut down to about 6 inches. This should give you the basic shape of your book mark.
- 2 Make a dot 1 inch in and 1 inch down. Then cut from the corner at the top of the dot. Do the same from the other corner. This should give you your cat's ears.
- 3 Just down from the dot you made, put the eyes on either side using either jewels or buttons.
- 4 Just a little bit further down from the eyes set with a jewel, take three pieces of cord & glue under the jewel to make the nose & whiskers.
- 5 Using a black felt tip pen, draw a short line down and curl up a little mark on each side to make the mouth.
- 6 A little below that draw in two black paws with claws, then cut the paws in a U-shape, so that the paws stand out. It is these paws that go over the page in your book.

You can make these with your grandchildren or for you to give with a book for Christmas.

Hope you have an enjoyable time making these. Anyone receiving a book would love a personal book mark. You can even put their name on it.

**The Card Girls.**



**Our card delivery 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**

[charities@bramhallu3a.org.uk](mailto:charities@bramhallu3a.org.uk)



# The Back Page

## Can you name the biscuit?

### The Radio Times Quiz

1. Canberra
2. New York
3. Ben Nevis, Snowdon, Scafell Pike
4. Edinburgh
5. 44
6. Helsinki
7. Vietnamese dong
8. Portuguese
9. La Manche
10. Five: China, France, Russian Federation, United Kingdom, United States

1. Chocolate digestive
2. Party ring
3. Hob Nob
4. Ginger nut/snap
5. Garibaldi
6. Viennese whirl
7. Fig rolls
8. Shortbread
9. Malted Milk
10. Custard Cream
11. Bourbon
12. Rich Tea

### Fancy a bit of effortless winter gardening?

If you have a small empty space in the garden or a medium-sized pot, try growing garlic. It's a culinary essential and great for warding off those pesky vampires. . .

Break a bulb of garlic into separate cloves. Push them into the soil or growing medium to about the depth of a finger, 4-5 inches apart.

They may start to show shoots quite soon, but just leave them till around next June. By then, they will have long, stringy leaves which are starting to die off. Dig up the nicely formed garlic bulbs (yes, that's what they do!), tie the leaves together, or, if you're feeling artistic, plait them. Hang in a cool dry place and use them as you need them. They keep well for months.

Save one of the bulbs for planting next autumn.

Garlic likes to be frosted in the ground, so let's have some crisp, blue winter days.

## 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](mailto: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 Production team ...

**Bob Dumbarton** (Content Editor); **Peter Webster** (Layout & Graphics) & **Helen Webster** (Production Assistant)

We hope that you have enjoyed reading the **NOVEMBER** 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 DECEMBER 4**

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

**\*Please submit all items for the December magazine by NOVEMBER 23\***