



# Uplbeat

Bramhall u3a learn  
laugh  
live

## May



# Did you know?

**May** (in Latin, *Maius*) was named for the **Greek Goddess Maia**, who was identified with the Roman era goddess of fertility, **Bona Dea**, whose festival was held in May. The Roman poet Ovid provides a second theory, in which he says that the month of May is named for the '**maiores**', Latin for 'elders,' and that the following month (June) is named for the '**iuniores**', or 'young people' (*Fasti VI.88*).

**Mayovka**, in the context of the late Russian Empire, was a picnic in the countryside or in a park in the early days of May, hence the name. Eventually, '**mayovka**' (specifically, "proletarian mayovka") came to mean an illegal celebration of **May 1** by revolutionary public, typically presented as an innocent picnic.

The **Eta Aquariids** meteor shower appears in May. It is visible from about April 21 to about May 20 each year with peak activity on or around May 6. The **Arietids** meteors shower from May 22 to July 2, and peaks on June 7. The **Virginids** meteors also shower at various dates in May.

May's birthstone is the **emerald** which is emblematic of love and success. The May birth flowers are the **Lily of the Valley** and the **Hawthorn**.



## Greetings

I hope you are feeling happy that liberation is getting nearer. Only a couple weeks to go before we can enjoy a meal in company. I forget when I last ate out in the UK.

A big 'thank you' to all who took the trouble to vote in our AGM. We did get more than a quorum and the Committee have finalised everything already. So, we're good to go for another year.

Sadly, we still need volunteers to take over the running of our website. If we were to lose that, it would be a great shame after all the work Charlie Barker and his team have put in over the last ten years. That would also mean that no-one would know about us and all the great things we do. We'd be the only U3A in the country without a website!

As well as that, we need people to assist the Treasurer, to Manage our Accommodation Bookings and to Manage our Equipment and its store.

Will you help us please?

We hope to re-start our monthly meetings as soon as we can. However, as the situation is so changeable at the moment, we will have to bide our time. I'm looking forward to meeting-up again, so make sure you are ready to put the date in your diary and I'll see you there.

Cheers, **Alaister Macrae**

# Bramhallu3a Information



**Alister Macrae**  
Chairman



**Peter Webster**  
Vice-Chair, Newsletter  
& Magazine



**Alistair Gardner**  
Treasurer



**Chris Stubbs**  
Groups



**Mike Hollingsworth**  
Holidays



**Bob Dumbarton**  
Events, Newsletter  
& Magazine



**Meg Rowell**  
Meetings & Business



**Helen Webster**  
Speakers & Charities



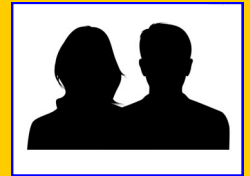
**Dudley Newall**  
Outings



**Edward Haynes**  
Community



**Frances Bell**  
Theatre



**Your names**

Along with:

**Kay Witham** Membership

**Jill Rickman** Almoner



## Bramhall u3a – This is Your 2021 Committee

**BUT ... there are still two important Committee vacancies**

We need an **Equipment Manager** and a **Groups Accommodation** organiser

Contact: Alister Macrae: [chairman@bramhallu3a.org.uk](mailto:chairman@bramhallu3a.org.uk)

# Be Part of the Team – Be Part of your u3a

### \*Contact information\*

Our website address, for everything u3a you need to know: [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: [magazine@bramhallu3a.org.uk](mailto:magazine@bramhallu3a.org.uk)

**Your annual subscription for 2021 is still £10.**

If you have not yet paid, please contact Kay Witham. Email: [enquiries@bramhallu3a.org.uk](mailto:enquiries@bramhallu3a.org.uk)

**Stockport Council website:**

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

or Telephone: **0161 480 4949**

**Coronavirus helpline**

Our dedicated coronavirus helpline is for the most vulnerable people in Stockport:

**0161 217 6046:**

**Monday to Thursday from 9am to 5pm**

**Friday from 9am to 4:30pm**

If you need urgent help when our helpline is closed, you can contact: **0161 718 2118.**

If you're deaf or have difficulty hearing, you can contact us on **07860 022 876.**

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

Please refer to the rota sheet distributed by Stockport MBC

**\*\*Green bins are now being collected every week\*\***

[www.stockport.gov.uk/find-your-collection-day](http://www.stockport.gov.uk/find-your-collection-day)

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

## Please share your Upbeat

If you can, please send your magazine on to a friend or 'buddy' who has not yet seen it. Or contact them to chat about it or give them your copy. If you can, print parts of it yourself and post it or give it to them to enjoy. **Its always worth being UPBEAT with others**

# Our IT team are retiring

The website team is retiring and so we **URGENTLY** need a team of three people to look after the maintenance of the website and all email communication.

Anybody who is familiar with creating or maintaining websites or computer programming should easily be able to assist.

**YOU** will be supporting all of the members

email: [communications@bramhallu3a.org.uk](mailto:communications@bramhallu3a.org.uk)

No Volunteers for the job? Then the website will NOT be kept up to date and the magazines and emails will NOT be sent out to members.

Members rely on the Newsletter, Magazine and communications being sent by email. Without it we will lose that link to those members, and that is what Bramhall U3A is all about.



**Bramhallu3a  
NEEDS  
YOU**

**Bramhall u3a – This is YOUR u3a**

**Help us - Help everyone**

## **Community Information – Research projects**

A well-established research group at Manchester University is seeking volunteers with Parkinson's disease for two research studies:

### **Survey: Music and Parkinson's**

The Group is collaborating with the Royal Northern College of Music and others to explore how people with Parkinson's disease use music to manage their movements and mood. There is a survey to complete, which should take 30-45 minutes. They will ask you to name pieces of music that you listen to for different reasons, so you might like to be close to your music collection, as well ask about your music and dance experience. If interested follow the link, which includes the Participant Information Sheet:

[https://hochschuleluzern.eu.qualtrics.com/jfe/form/SV\\_d05Z6sBNkpZyLNX](https://hochschuleluzern.eu.qualtrics.com/jfe/form/SV_d05Z6sBNkpZyLNX)

### **Control of actions in Parkinson's**

The Group is looking at potential ways to reduce problematic behaviour changes that can occur as a result of Parkinson's medications. These behaviours can include (but are not limited to) gambling, hypersexuality, over-shopping, over-eating, excessive engagement in hobbies and repetitive behaviours such as sorting and categorising objects. The project involves two Zoom meetings with the researchers and a task to be completed at home over 4 weeks on your computer or lap-top.

For details, including the Participant Information Sheet, go to:

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

**Mike Hollingsworth**

# Our Groups and other u3a things

## Groups Update

Given the good weather this month and the lifting of some government restrictions a few groups, by limiting their numbers to 6 and observing social distancing, have been able to meet up again outdoors.

As most group members have now also had their second vaccinations, people are feeling far more confident about getting back to group when possible. Hopefully this coming month, after May 17th, we will see more groups reopen face-to-face when indoor sports are permitted.

**Chris Stubbs**  
Groups Organiser

## Science for All group

The group has met using Zoom since May 2020.

The next two talks are:

- |                         |            |   |
|-------------------------|------------|---|
| <b>Friday May 7</b>     | <b>2pm</b> | <b>The quiet revolution in numerical weather prediction</b>                 |
|                         |            | Sam Hatfield, European Centre for Medium Range Weather Forecasting, Reading |
| <b>Wednesday June 2</b> | <b>2pm</b> | <b>Fusion energy – within our grasp</b>                                     |
|                         |            | Robin Stafford Allen, ex-employee Culham Centre for Fusion Energy, Abingdon |

Like to join the Group? Then please email [groups@bramhallu3a.org.uk](mailto:groups@bramhallu3a.org.uk) with Science for All in the Subject line.

**Mike Hollingsworth**

## Art Group

Several months ago Mel, the tutor of the Art group, set up a competition with four subjects: Family, Nature, Travel and Food. This month the entries were sent to the group members to vote for their favourite and the winners from each category received a prize. All the entries were of a high standard and in some categories the votes were very close. (See Page 11)

**Chris Stubbs**

## Theatres

The **Gilbert and Sullivan Opera Company** will be performing at Buxton this year but seating is limited.

We have tickets reserved for **July 31** when the matinee performance at **2pm** will be **HMS Pinafore**. Tickets will be the same price as last year and there seems to be enough interest to hire a coach. Booking forms will be available on the website very soon, or get in touch using the Theatre e-mail address.

We will be looking at the possibility of booking tickets for Players Theatre as they become available.

**Kay Witham**

## Be Part of the Team – Be Part of your u3a

## Bramhall u3a Holidays

The Bramhall u3a holidays planned to go to Kent (April 2020) and Newcastle (September 2020) had to be cancelled due to the pandemic. We are hoping to do the Kent holiday from Monday 30<sup>th</sup> August to Saturday 4<sup>th</sup> September this year. Members who booked or were on the waiting list for the Kent holiday in 2020 have been contacted. As we have a long waiting list, we will be unable to offer places for anyone who did not book in 2020. Unfortunately we are not able to run the cancelled holiday to Newcastle.

**Mike & Chris Hollingsworth**

# Quiz Time

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

## Food and Drink

Courtesy of the Free Pub Quiz Questions website

1. What TV chef is always having kitchen nightmares?
2. What two toppings would you commonly associate with Margarita Pizza?
3. What 2 spirits would you commonly associate with Margarita Cocktails?
4. What is the name of the Indian restaurant in EastEnders?
5. What flower does the vanilla pod come from?
6. In the UK what game bird cannot be shot and eaten before 'The glorious 12th' of August?
7. 'Love Apple' is an old name for which fruit?
8. UHT on a milk carton stands for what?
9. What name is given to a two-coloured oblong cake usually covered in almond paste?
10. Which cocktail consists of Vodka, Tia Maria and Coke?
11. What are dried plums called?
12. Which brewery supplies the beer to 'The Rovers Return'?
13. What are Manzanilla, Petit Luques and Nyons types of?
14. Who coined the phrase, 'The world is my oyster'?
15. In Crete, what common name is given to the drink 'Tsikoudia'?

## ADVERTS - PAST AND PRESENT

Identify the product from the famous advertising slogan.

Courtesy of Kens Quiz website

1. Splash it all over
2. Making the unmissable, unmissable
3. Fortifies the over forties
4. Made in Scotland, from girders
5. Vorsprung Durch Technik
6. Boom-Boom-Boom-Boom
7. The best a man can get
8. Central heating for kids
9. It does exactly what it says on the tin
10. Refreshes parts other beers can't reach
11. And all because the lady loves .....
12. Finger lickin' good
13. Lick the lid of life
14. Just do it
15. I liked it so much, I bought the company

## Golden Apricot Pudding

Colleen Worrall

### Ingredients:

- 500 grams fresh apricots or a tin of apricots, juice reserved
- 150 ml water
- 50 grams soft brown sugar

### Golden sauce

- 3 egg yolks
- 25 grams caster sugar
- 3 tablespoons apricot juice
- 1 teaspoon lemon juice

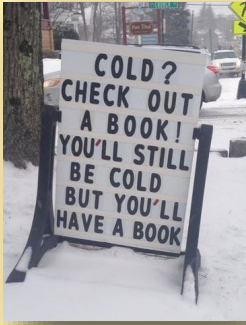
### Topping

- 75 grams butter
- 75 grams caster sugar
- 100 grams self-raising flour
- 4-6 tablespoons milk
- 3 egg whites
- Flaked almonds or chopped nuts to sprinkle on top

### Method:

- Pre-heat the oven to 180-190 degrees C gas mark 4-5
- If using fresh apricots, halve and stone the fruit, cook in water with sugar until just tender.
- Drain fruit, reserving the syrup.
- If using canned apricots, drain the fruit, reserving the juice.
- Put the fruit into a well-greased dish.
- Prepare topping by creaming butter and sugar together until light and fluffy.
- Fold in the sieved flour and milk.
- Whisk egg whites well and gently fold into the creamed mixture. (It is normal for it to look quite lumpy.)
- Spread over fruit, sprinkle with flaked nuts and bake until firm to touch.
- 10 minutes before serving, blend egg yolks and sugar together and slowly stir in 3 tablespoons apricot juice and lemon juice in a basin over simmering water and whisk until light and foamy.
- Serve the pudding with cream and the golden sauce.
- \*Use any other fruit to taste-plums or rhubarb will result in a pink sauce.

# On a lighter note ..



I had a problem with my computer yesterday, so I called Eric, the 11 year old kid next door. Eric clicked a couple of buttons and solved the problem. As he was walking away, I called after him, "So, what was wrong?" He replied, "It was an ID ten T error." I didn't want to appear stupid, but nonetheless asked, "An, ID ten T error? What's that?" Eric grinned... "Haven't you ever heard of an ID ten T error before?" "No," I replied. "Write it down," he said, "and I think you'll figure it out." So I wrote down: "ID10T" And I used to like Eric, the little **\*10%\$!\***



**A woman** was walking down the street when she was accosted by a particularly dirty and shabby-looking homeless woman who asked her for a couple of quid for some food.

The woman took out her wallet, extracted a five pound note and asked, "If I give you this money, won't you buy some wine with it instead of dinner?"

"No," I had to stop drinking years ago, the homeless woman replied. "Will you use it to go shopping instead of buying food?" the woman asked. "No," I don't waste time shopping, the homeless woman said. "I need to spend all my time trying to stay alive."

"Will you spend this on a beauty salon instead of food?" the woman asked. "Are you mad!" replied the homeless woman. "I haven't had my hair done in 20 years!"

"Well," said the woman, I'm not going to give you the money. Instead, I'm going to take you out for dinner with my husband and myself tonight. The homeless woman was astounded. "Won't your husband be furious with you for doing that? I know I'm dirty, and I probably smell pretty disgusting." The woman replied, "That's ok. It's important for him to see what a woman looks like after she has given up shopping, hair appointments and wine."

This lock-down is getting old and frankly I've had enough.

I've discussed the matter over a cup of coffee with the kitchen sink, and we both agree that the experience is draining.

I didn't mention anything to the washing machine as she puts the wrong spin on everything.

Same with the fridge. He only gives cold comfort.

I asked the lamp but she couldn't shed any new light on the situation.

The vacuum was rather rude and told me to suck it up.

The threshold was no better. It suggested I get over it.

The carpet advised me to sweep my feelings under the rug.

But the fan was more upbeat and thought that the crisis would soon blow over.

The toilet looked a bit flushed and didn't offer an opinion.

The wall didn't say a word either, just gave me a blank stare.

The door knob was more forthcoming - told me to get a firm grip on the situation and move on.

The front door declared I was unhinged and so the curtains told me to.... you guessed it - pull myself together.

Then the chair told me to table it, and the table remarked I didn't have a leg to stand on.

When I told the table to break a leg, the mirror said that my comment reflected poorly on my thinking.

# May Quotes & Sayings

Lots of people go mad in January. Not as many as in May, of course. Nor June. But January is your third most common month for madness.  
*Karen Joy Fowler*

Make hay in May for you may never know what June is coming with and you may never know what July will present! When you see May, make hay!  
*Ernest Agyemang*

Tis a month before the month of May, And the spring comes slowly up this way.  
*Samuel Taylor Coleridge*

The world's favourite season is the spring. All things seem possible in May.  
*Edwin Way Teale*

The month of May is the pleasant time; its face is beautiful; the blackbird sings his full song, the living wood is his holding, the cuckoos are singing and ever singing; there is a welcome before the brightness of the summer.  
*Lady Gregory*

## Supporting our nominated charities

**St Anne's Hospice:** <https://www.sah.org.uk>

**The Wellspring:** <https://thewellspring.co.uk>



## The Card Group

### Hello everyone

Hope you have been enjoying the lovely weather we have been having, I know I have.

Well, this month I have chosen three lovely cards for you. Chris D's contemporary flower card is really something different, also a card with a wonderful evening gown for those classy ladies among you and last but not least, a very cute puppy; he really is my cup of tea.

I hope you are all keeping well and that it will not be too long before we can all meet up again.

With our very good wishes to all of you

**Chris D, Avril, Jill, & Chris W**



### Card delivery service.

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**.

This is now a regular service, so that people can still benefit from our hand-made cards.

Many thanks to you all. **Jill Rickman - Card Making** [charities@bramhallu3a.org.uk](mailto:charities@bramhallu3a.org.uk)





## Here are some more of our 2020 Group Reports.

### Garden Visits

2020 started for the Garden Visits Group with a planning meeting held at the Kenilworth hotel in Cheadle Hulme, preceded for 6 of us by lunch there. Everyone else opted just for coffee during the meeting. We included 3 new members.

In late February, 8 of us had a cold visit to Rode Hall, near Congleton, to see their snowdrops. Hot soup, hot drinks and delicious cakes were very welcome after our brisk walk round the extensive gardens.

By March we were into lockdown and no visits were possible. However, when lockdown eased we began to think of visiting each others' gardens. Only 3 people came to see mine, but this was to be expected since most members had already been to my garden twice before and some members were wary of going out. So 3 of us visited Heather James' garden in July and just got round before it started to rain.

More daring later, 7 of us enjoyed a strawberry and scone tea under Rita and Derek White's carport, keeping our distance, of course, after making our rounds of the garden. Derek was too ill to be with us and sadly died a few weeks later. Still later, a permitted 6 of us, including Lesley and Ken, enjoyed a chat round their garden, with tea and cake, marvelling at so much in their small garden.

Alas, after that we were in tier 3 and no more visits were allowed. However, a new member had been introduced to us back in February, John Ainscow, and in October, keeping our distance, my friend Joyce Davy, another new member and I visited his garden to give him advice on what to plant in his large garden.

Since then, it's been quizzes on Zoom, November, December and January, for those of us savvy about computers, very kindly devised and sent to us by Ron and Cathy Butler. They've been extremely difficult, as we've told Ron, but he's not let up and we've kept our terrible scores to ourselves!

**Glenys Steedman**

### Art

We only managed a few sessions of art before Lockdown began. However Mel, our tutor, insisted we kept in touch and stayed busy from that moment on!

April 1st started with 'Cheeky Creative Challenge'. This meant we were given a different word for every day during April and we had to create a short sketch for 10-15 minutes, or we could do a longer project as our interpretation of that word.

May continued with 'Crazy Creative Challenge'. We had five subjects: Wacky Hair, Animals wearing glasses, Animals with antlers (not deer), Vehicles made of food, Something hatching out of an egg, (not a chick).

June was the month we had the challenge of doing a piece of artwork using a favourite poem as a starting point. During this time Mel set up a group on Facebook where we could share our work.

We then heard that the Village Club was reopening and so we spent August getting ready, doing Covid risk assessments etc., in the hope that we could return to class in September. This was not to be, following further restrictions from the government, and so after contacting the group members Mel started to organise using 'Zoom' to tutor us online. This has been very successful and she is now running two groups with members from both Bramhall and Cheadle Hulme U3A.

We have now covered topics such as transferring images and resizing, drawing, shading, breaking images into shapes and we have just finished an introduction to perspective.

**Chris Stubbs**

### Gardening Group

The gardening group has continued to be active throughout lockdown via regular monthly Zoom meetings which are well attended. We discuss a monthly gardening topic as well as monthly garden tasks and share tips and recommendations for suppliers etc. We have an active Whatsapp group where we share photos of specific plants we are growing or our garden in different seasons. We also share advice on current techniques, troubleshooting and best practice, for example, how to best sow sweet pea seeds or how to propagate hydrangeas. Our regular garden visits are currently not allowed so we are looking forward to them resuming.

During the summer I asked all group members to complete a review to gain feedback and see if we can improve the group in any way. I was delighted with the engagement from all members and feedback received. As part of the review I included suggestions for consideration for future activities. As a result we are planning to

start some new initiatives including: Wildflower walks (to start hopefully in late Spring); garden craft practical demos, and a buyers' club to enable bulk orders and therefore economical purchase of garden supplies. We also intend to undertake a couple of community initiatives when we are out of lockdown. **Carol Wilson**

## Cafe Book Group 2

When we realised that we were not going to be able to meet up in person for ages, we started monthly Zoom meetings, and these have been very successful. My husband already had a Zoom account in place, so we were able to use that, and have continued to do so.

We had a good year, reading books on diverse subjects and genres. We started the New Year in Scotland with "The Hunting Party" from where we travelled to Russia for "A Gentleman in Moscow". From Moscow we went to the scorching heat of Australia with "The Dry." After a month in London, we were off to The White House with "Becoming Michelle" Obama. She moaned quite a lot about politics. Strange really, being the wife of the President, we thought. (The book could have been a lot better written than it was). Nice lady, though, and it was interesting to read of her childhood and early years. We were soon on our travels again and found ourselves back in time in "Munich" in 1938 and 1939 - a very interesting read.

The remaining months were British-based again, and we ended the year in war-torn London during the Blitz reading "Dear Mrs. Bird", which was quite a poignant story. **Olga Hampson**

**Events from u3a National Office** u3a National Office have organised a series of **free** online events:

<b>Monday 10 May</b>	<b>10.30am</b>	<b>Live Cookery Demonstration: Vegetarian for Life</b>
<b>Wednesday 12 May</b>	<b>10.30am</b>	<b>Behind the scenes of Dame Mary Quant</b> by Heather Tilbury Phillips (Bury St Edmunds u3a)
<b>Wednesday 12 May</b>	<b>2pm</b>	<b>Fire! A century of the Volunteer Fire Brigade</b> by Jo Livingston
<b>Thursday 13 May</b>	<b>10.30am</b>	<b>Close shaves &amp; lucky escapes with the National Army Museum</b>
<b>Thursday 13 May to Thursday 3 June</b>	<b>10am</b>	<b>What made us human?</b> by Dr Richard Symonds (Thanet u3a) [A 4-week series of talks]
<b>Friday 14 May</b>	<b>10am</b>	<b>Yoga: Everything &amp; anything you need to know about the third age</b> by Peter Burton (Yoga Subject Adviser)
<b>Friday 28 May</b>	<b>2pm</b>	<b>The Big u3a Online Debate - Your chance to watch or take part</b>
<b>Thursday 3 June</b>	<b>2pm</b>	<b>The Geology of the Mesozoic, the era of middle life</b> by Martin Eales (Sutton u3a)

For details and booking, go to <https://www.u3a.org.uk/events/educational-events> **Mike Hollingsworth**

## ORANGE MOUSSE

Ada Lomax

### Ingredients

Tin Mandarins  
Sugar free orange jelly  
7ozs (1/2 litre block) vanilla ice cream

### Method

Drain off mandarin juice and make up to half pint with boiling water and mix in jelly. Add ice cream and whisk well.

Place mandarins in a dish, pour liquid over and allow to set in a fridge. Can be made hours in advance. Suitable for diabetics.

*Alternative. Use a tin of strawberries and strawberry jelly.*



**Art Group** - Mel, the tutor of the Art group, recently set up a competition with four subjects: **Family, Nature, Travel and Food**. These are the winners. All the entries were of a high standard and in some categories the result was very close.

**Subject - Family**



**1st** Monique Jones - 'Swans'

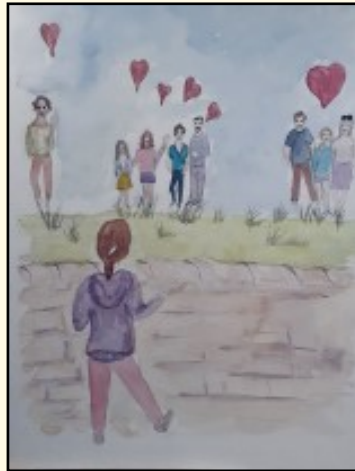
**Subject - Nature**



**1st** Sue Cuffe - 'Porth lago'

**2nd (very close)**

Barbara  
'Family Gathering'



**2nd** Barbara  
'Daffodils'



**Subject - Travel**



**1st** Caroline Redmond - 'Sand dunes'

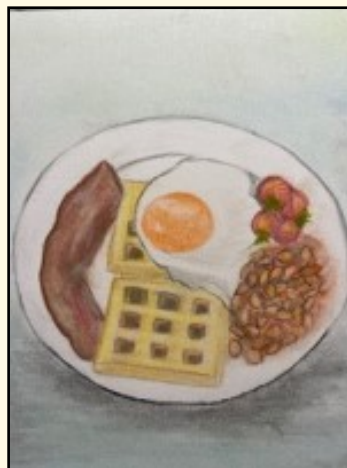
**Subject - Food**



**1st** Kath Penny - 'Supermarket'



**2nd** Sue Cuffe - 'Australia'



**Joint 2nd** Caroline Redmond - 'Tea & Biscuits for two'  
+ Monique Jones - 'Breakfast'



# The Back Page

## Food and Drink

1. Gordon Ramsey
2. Cheese and Tomato
3. Tequila and Cointreau  
(or Triple Sec)
4. The Arjee Bahji
5. Lily
6. Grouse
7. Tomato
8. Ultra Heat Treated
9. Battenberg
10. Black Russian
11. Prunes
12. Newton and Ridley
13. Olive
14. Shakespeare
15. Raki

## Adverts

- 1 BRUT
- 2 BBC iPLAYER
- 3 PHYLLOSAN
- 4 IRON BREW
- 5 AUDI
- 6 ESSO BLUE
- 7 GILLETTE
- 8 READY BREK
- 9 RONSEAL
- 10 HEINEKEN
- 11 MILK TRAY
- 12 KFC
- 13 MULLER YOGURT
- 14 NIKE
- 15 REMINGTON

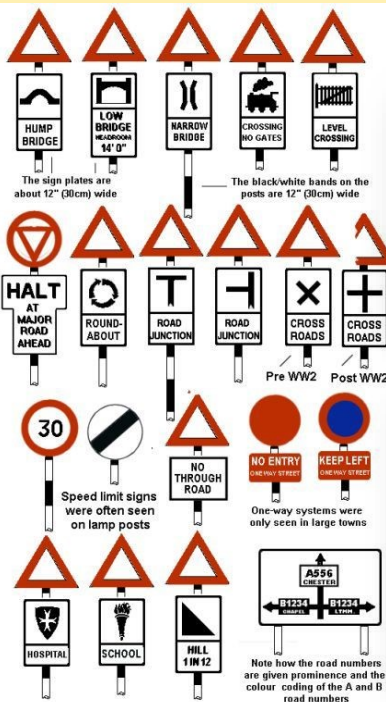
**Smiles** by Colleen Worrall

I long to see a smile,  
Any smile:  
A cheeky smile,  
A playful smile,  
A toothy smile,  
A tentative smile,  
A thin-lipped smile,  
A cat's-got-the-cream smile,  
An ear-to-ear smile,  
A radiant smile,  
Even a rictus grin!

Sadly, they all remain behind a mask.

But, turning my gaze upward,  
I see the crinkling-at-the-corner-of-the-eyes smile,  
Where crow's feet dance a  
Real smile.

## And finally. Remember these?



**This is YOUR magazine. We need articles from everyone to help keep it UPBEAT**

All submissions to [magazine@bramhallu3a.org.uk](mailto:magazine@bramhallu3a.org.uk) by **MAY 21**

The **Upbeat Magazine** team producing it every month ...

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

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