



Uppbeat June

Bramhall u3a learn
laugh
live

Photograph courtesy of Louise Pennie



Did you know?

The Latin name for June is Junius.

Ovid offers multiple etymologies for the name in the *Fasti*, a poem about the Roman calendar. The first is that the month is named after the Roman goddess Juno, the goddess of marriage and the wife of the supreme deity Jupiter; the second is that the name comes from the Latin word *iuniores*, meaning "younger ones", as opposed to *maiores* ("elders") for which the preceding month May (*Maius*) may be named. Another source claims June is named after Lucius Junius Brutus, founder of the Roman Republic and ancestor of the Roman family group, Junia. In ancient Rome, the period from mid-May through mid-June was considered inauspicious for marriage. Ovid says that he consulted the Flaminica Dialis, the high priestess of Jupiter, about setting a date for his daughter's wedding, and was advised to wait till after June 15. Plutarch, however, implies that the entire month of June was more favourable for weddings than May.

Certain **meteor showers** take place in June. The **Arietids** takes place May 22 to July 2 each year, and peaks on June 7. The **Beta Taurids** June 5 to July 18. The June **Bootids** take place roughly between 26 June and 2 July each year

June's birth flower is the rose or the honeysuckle.

The birthstones for June are the pearl, the moonstone, and the Alexandrite which all symbolize health and longevity.

June greetings from your re-elected Chairman

Well, we've survived the worst of it but we're not quite out of the woods yet. Roll on the announcement in late June which will hopefully let us have even greater freedom to live life more like we did before this pandemic threw a spanner in our works.

So far, I've had a trip to Edinburgh with my brother and seen my newly born great-niece. I hope you have been able to see some friends and family again also. Till next month, take care.

Our U3A requires a quorum of 80 to keep the recent AGM legal and we had 141 responses, 20 by post and 121 by email. A very big thank you to the 141 who took the trouble to take part. In response to the individual voting questions, the returns have been reviewed and are listed below:-

AGM 2021 - The Results

Accept the Minutes of 2020 AGM as a true record YES = 134, NO = 0, ABSTAIN = 7

Do you approve the Chairman's Report YES = 137, NO = 0, ABSTAIN = 4

Do you approve the Treasurer's Report YES = 138, NO = 0, ABSTAIN = 3

The proposed members of the Committee were all accepted with a minimum of:

YES = 35, NO = 0. a maximum of Abstain = 6

Alaister Macrae

Bramhall u3a 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



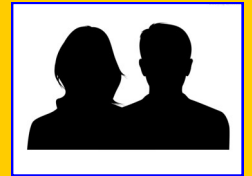
Dudley Newall
Outings



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

Be Part of the Team – This is your u3a

Contact information

Our website address, for everything u3a you need to know: www.bramhallu3a.org.uk

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

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

The annual subscription for 2021 is still only £10.

If you wish to join or have not yet paid, contact Kay Witham. Email: enquiries@bramhallu3a.org.uk

Stockport Council website:

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 being collected every week****

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 Groups and other u3a things

Groups Update

I am happy to report that two more groups have managed to meet up again this month. Now that certain restrictions have been lifted and outdoor sports are allowed the Crown Green Bowling group met for the first time since lockdown.

New Indoor Sports regulations mean that Pilates has now been able to resume face-to-face classes although these are smaller than before owing to capacity restrictions and social distancing.

Important Pilates News

For those members previously doing Pilates on a Monday with Vikki and a Thursday with Wendy.

As group members know Wendy retired during lockdown and it was hoped that Vikki would find time to take her classes. This is not now going to be possible as Vikki has had to take another job to supplement her earnings during the Pandemic.

She does however have a few spaces at present for her 11.30 am Monday class at the Bramhall Village Club. The fee for this is £30 per calendar month, which gives 4 or 5 face-to-face lessons and access to unlimited classes to do at home online on her business website. She is willing to take beginners.

If you wish to join this class, **email:** groups@bramhallu3a.org.uk

Vikki is hoping that in September she may be able to offer a Thursday lunchtime class as well so watch this space!

Remember to check the website to see which groups are active.

Chris Stubbs Groups Organiser

Walking Group

If things go according to plan, we intend to resume our walks from July, albeit with a couple of modifications. All of those on our mailing list will soon receive an email with the details but in the meantime, do clean your boots and root out your walking poles!

Viv Grimshaw & Tricia Canning

Cycling Group

The cycling group has resumed activities after a frustratingly long lay-off and we have already managed 3 outings this year, albeit with restricted numbers. With the further easing of Covid rules, we are in a position to welcome any new members. We meet every second Tuesday morning and generally travel around 20 miles, usually starting from Bramhall, but occasionally carrying the bikes slightly further afield by car. We always aim to stop for a coffee break en route.

If anyone would like any more information, please contact me via groups@bramhallu3a.org.uk

Ian Pennie

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

All submissions to magazine@bramhallu3a.org.uk by JUNE 21

The Upbeat Magazine team producing it every month ...

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

The next edition will be available early July.

Send us any articles, pictures, quizzes, jokes and, of course, feedback.

Bramhall u3a UPBEAT magazine is published monthly. Free to members.

UPBEAT is printed by: PRINTON, Lawnhurst Trading Estate, Unit 2 Ashurst Dr, Bird Hall Ln, Cheadle SK3 0SD

Science for All Group

Future plans are:

July/August No meetings

Wednesday September 1 2pm Managing flood risk and responses to incidents
Gwen Scott, Senior Advisor, Area Incident Team, Environment Agency

Wednesday October 6 2pm COVID-19: What just happened?
Professors Pamela Valley & Paul Klapper, Medical Virology, Manchester University

Like to join the Group? Then please email groups@bramhallu3a.org.uk with Science for All in the Subject line.

Mike Hollingsworth



Garden Visits Group

Jill Rickman recently invited our group to visit her garden. We were lucky with the weather, since it was the first warm, sunny day for quite a while. We all enjoyed the social gathering, not to mention Jill's tea and cakes.

From the sale of the Cardmaking Group's cards and our Group's donated plants, a total of £45.70 was raised for the Millstream Animal Centre, Droylsden.

Glenys Steedman

Community Information - Research project

If you had COVID-19, you can join the GenOMMIC COVID-19 study, which analyses the genes of people who have had the virus to discover why some people experienced no or mild symptoms, while others became extremely ill.

The study already has 15,000 volunteers who were seriously ill. They now need people who had milder symptoms to match and are particularly looking for people from ethnic minorities, are older or are male.

For details of the study, including some short videos and an online registration, go to:

<https://covid.genomicc.org/about-us>

Mike Hollingsworth

Events from u3a National Office

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

- | | | |
|-------------------------|----------------|---|
| Monday 7 June | 10.30am | Marine Wildlife
by Hampshire & Isle of Wight Wildlife Trust |
| Tuesday 8 June | 10am | u3a Chess Network meeting
by David Castle (u3a Subject Adviser for Chess) |
| Tuesday 8 June | 2pm | Genealogy for Beginners - an 8 week course
by Anne Garroway (Oundle & District u3a) |
| Thursday 10 June | 10am | Yoga for balance
by Peter Burton (u3a Subject Adviser for Yoga) |
| Friday 11 June | 10.30am | An introduction to Climate Change
by Brenda Ainsley (Cotgrave & District u3a) |

More events may be added during the month.

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

Mike Hollingsworth

Quiz Time

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

British Trees Leaf Quiz by Colleen Worrall

Match the leaves with the correct tree name:



A



B



C



D



E



F



G



H



I



J

Choose from:

pine, sycamore, poplar, oak, rowan, beech, alder, beech, horse chestnut, willow

Reds & Blues

Courtesy of freepubquiz.weebly.com

1. In nature, what is a red admiral?
2. What classic movie features a character called 'Scarlett O Hara'?
3. Where did the Red Army undertake 'The Long March' in 1934?
4. Who had a Xmas No 1 hit in the UK with 'Lily the Pink' in 1968?
5. Baton Rouge is in which US state?
6. Which Italian policeman was murdered by the Red Brigade in 1978?
7. Which fictional character rescued French aristocrats during the French revolution?
8. What is the red line on the London Underground map?
9. What colour is formed when you mix red and blue?
10. In 6 nations rugby, which team won the 2012 Grand Slam trophy?
11. What colour was Prince's beret in his song?
12. On which annual London march would supporters wear a pink ribbon or pink triangle?
13. Which region of France produces claret wines?
14. Who sang about 99 red balloons?
15. Who played Sapphire in the TV series 'Sapphire and Steel'?

Not Long Now



Supporting our nominated charities

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

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



<https://www.sah.org.uk/get-involved/birthday/>

St Ann's is 50! Thanks to the fantastic support of our local communities we are one of the oldest hospices in the UK. We're incredibly proud of everything your support has enabled us to achieve over the last half a century. Our birthday was 17th May 2021. Please join us throughout the year in celebrating this magnificent milestone by helping us to raise as much money as possible.

A (very) brief history of St Anns Hospice

1967 saw the creation of the UK's first modern hospice: St Christopher's Hospice in London.

Around the same time, it was recognised that a hospice was needed in Manchester. Dr Moya Cole, from The Christie Hospital, informally approached the Bishop of Manchester, the Right Reverend Dr William Greer, asking if local churches would join together to set up a hospice.

An appeal for £250,000 was launched and Manchester's community took the cause to its heart.

St Ann's Hospice in Heald Green received its first patients on 17 May 1971. Her Majesty Queen Elizabeth, The Queen Mother, officially opened the hospice in June 1971.

The Card Group



Hello everyone

The good news for all our card makers is we are able to meet up again for the first time in a long time, so on May 24th we had a group meeting to discuss our new ideas & I was so looking forward to it.

This month our card selection is mixed once again.

I have selected a beautiful Art Deco card, always popular with our members at U3A. We also have a fun card with chillies sporting wobbly eyes and last, but not least, a very lovely card of flowers in gorgeous colours of mauve and blue. We hope you like them. Looking forward to seeing you all soon.



The card girls **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.

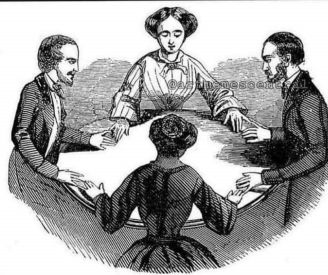
Many thanks to you all. **Jill Rickman - Card Making** charities@bramhallu3a.org.uk



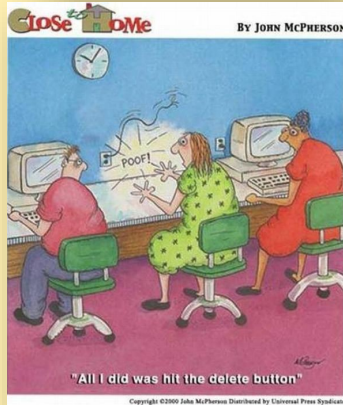
On a lighter note ...



Zoom meetings are just modern seances



"There's someone who wants to join us."
"Elizabeth, are you there?"
"We can't hear you."
"Can you hear us?"



A Round Tuit
At long last we have a sufficient quantity for each of you to have your own. These Tuits have been hard to come by, especially the round ones. This is an indispensable item. It will help you become a much more efficient worker. For years we have heard people say; "I'll do this as soon as I get a round Tuit". Now that you have a round Tuit of your own, many things that have been needing to be accomplished will get done....

What sits at the bottom of the sea and twitches?

A nervous wreck.

Did you hear about the claustrophobic astronaut?

He just needed a little space.

What do you call a pony with a cough?

A little horse

What do you call a parade of rabbits hopping backwards?

A receding hare-line.

Why did the frog take the bus to work today?

His car got toad away

How does Moses make tea?

He brews

Why did the gym close down?

It just didn't work out!

Impress your friends and family . . .

a malapertness of pedlars
a spring of teals
a gang of elk
a murmuration of starlings
a suit of sails
a wilderness of monkeys
a doping of sheldrake
a clutch of eggs
a coven of witches
a staff of servants
a field of runners
a sheaf of arrows
a chattering of choughs
a cete of badgers
a bench of bishops
a murder of crows
a bundle of rags
a barren of mules

a pontification of priests
a rag of colts
a walk of snipe
an exaltation of larks
a muster of peacocks
a desert of lapwing
a drift of swine
a stud of mares
a parliament of rooks & owls
a glozing of taverners
a covey of ptarmigan
a business of ferrets
a drunkship of cobblers
a sounder of wild boar
a nye of pheasants
a fall of woodcock
a sege of herons
a herd of curlews

October 10th

Just toast for breakfast today, maybe some celebrations later. October 10th, the tenth of the tenth. How very decimal. And the anniversary of her move to this house.

She had lived in Walnut Road for so many years, busy years of balancing work and children, trying to be all things to all people. Somehow during those years, she and John had fallen apart. There was nothing acrimonious, no bitter recriminations, just the growing awareness that the little they had in common when they were in their teens and twenties, mostly based on shared friends, was not a firm foundation for later life together. He had drifted into a comfortable relationship with a work colleague and Sue had done little to prevent it. He moved in with her, leaving Sue feeling rather relieved.

The most disturbing event of recent years had been the decision to leave their slightly dilapidated Victorian semi. Walnut Road was home, containing all the stored memories of those years. It had sold easily, being on such a desirable road, and Sue had embarked on the laborious process of clearing out the accumulated possessions of those decades.

Choosing her next home had been surprisingly easy. Her demands were simple: a small house with a small garden, just that. A neat little property presented itself right on cue and she bought it outright.

Moving day was as chaotic as every moving day is. Her daughter and son-in-law had taken the day off to help and when they departed after a fish and chip supper eaten round a packing case, she had an armchair to sit on, a bed made up and waiting for her and some necessities unpacked and placed in scrubbed kitchen cupboards. There is always that disorientated feeling that you are in quite the wrong place and would deeply appreciate the opportunity to turn the clock back and return to your true home, but over the next few days, when the tiredness receded, she started to feel differently. As her belongings settled around her and familiarity set in, she realised that she was going to be completely contented here.

The toast and coffee consumed, she looked around her. A bright, cheerful kitchen and a view of the autumn garden seemed to fulfil most simple desires.

A faint sound caught her attention. It seemed to be coming from the door, a scratch, a whimper? She opened the door, letting cold air into the cosy room. Cowering on the step was a young cat, no more than a kitten. Its fur was spiky with damp and its shoulder bones protruded through black fur. Knowing that she might regret it, but unable to leave the miserable creature there, she stooped and lifted it up. Green eyes turned to hers in mute appeal and her heart was lost.

Ten minutes later, with the contents of a tin of tuna demolished before her eyes, the young cat settled down in her lap and purred gently. This lovely animal must belong to someone; maybe some children were grieving for its loss. With little hesitation she resolved to take it to the local vet, an old friend of hers in the village. He would know what to do. She found a suitable box and, apologising pointlessly to her new charge, she placed it in the back of the car.

Luke, her veterinary friend greeted her cheerfully and, as soon as he was available, took her into his surgery. He examined the cat gently and declared the little female, as she turned out to be, as sound in wind and limb. He also told her the story of the last few days. This young animal was the third such to be presented to him this week. He could only surmise that some unscrupulous person, not wanting to keep a whole litter of kittens, had just dumped them in various places around the village.

Luke looked at her quizzically. The next question was obvious: 'Would you like to keep her?' The answer was equally obvious. Her heart had been stolen and the thief would be her new friend.

Sue duly purchased all the food and other items which now seemed to be vital for the keeping of a pet, made appointments for injections and further checks, then set out for home. Luke had asked her what she would call this appealing little companion. Sue had one answer already in her head: Dixie.

She explained carefully to the slightly bemused kitten that before the American Civil War, the Citizens' Bank of New Orleans issued ten-dollar notes with 'dix', French for 'ten', written on one side, thereby conferring on that part of the world the common name of 'Dixieland'. Dixie, the kitten, had arrived on the tenth of the tenth and his house would undoubtedly become Dixieland, as she gradually took over, as cats do.

That evening sitting on the settee, with Dixie beside her, completely abandoned to sleep as only kittens can be, Sue felt a warm content creep over her. A new chapter was starting.

Helen Webster

The Meaning of Life

It was a warm summer evening and the sun beamed into the house through the lounge window.

"Maybe I'll go for a walk later", I mused, but meanwhile I was in what I regard as one of my 'thinking' days.

Sometimes I find myself thinking about how the vastness of the universe was formed, how subsequently life on Earth began, and what it all means. About fifteen billion years ago all the matter and energy in space was contained in one position. Then there was an explosion known as the Big Bang, causing the Universe to violently expand. Astronomers now claim that if a five-penny piece is held up to the sky seventy-five feet away from someone looking at it, the coin will have hidden from view 10,000 of the billions of galaxies which form the universe. Carl Sagan, who presented the cosmos television series called 'A Personal Voyage' in 1980, once stated that "the number of stars in the universe is greater than all the grains of sand on all the beaches of planet Earth". That number has been estimated as 50,000 billion billion stars. Statistics such as these are mind-bending.

Much later in time, within our own galaxy which we call "The Milky Way", our own planet settled, established itself and then cooled down. Life began to appear. Charles Darwin was able to prove that life began in the seas, and then spread onto the land through evolution and natural selection. But why did all this happen? What was its purpose? Was there a creator who started the whole process, and then caused the Big Bang explosion which transformed the universe? Did this same creator, on a much smaller scale, begin the process of evolution on planet Earth, which eventually resulted in the birth of mankind? If such a creator exists why were human emotions necessary? Why do we have colour and music on our planet? Indeed, why does this creator allow humans to slaughter each other and to seriously endanger the planet itself through global warming without interfering in some way?

My thoughts were suddenly interrupted by a familiar voice calling my name, a voice I recognised instantly. It was Tom Sayers, a professor of philosophy at Magdalen College, Oxford. Tom specialised in metaphysics, a branch of philosophy concerned with explaining the fundamental nature of being and of the world. He had often spoken to me about his work during the times we spent together.

"Come on, Fido," he shouted encouragingly, "Let's go for a walk before dinner. I've been lecturing all day and I need to clear my head".

He grabbed my lead from the peg next to the front door. I wagged my tail, barked in agreement and followed my master out of his quarters and down towards Triangular Meadow. The meadow is to the east of the college and the River Cherwell. It's a lovely area where we often went for walks.

Generally, whilst talking about his day, Tom would espy a small stick. He would pick it up and toss it ahead of him, accompanied by the call "Fetch". I sometimes wonder if he's actually talking to himself, and "fetch" is the only word he thinks I understand.

Keith Wright

June Quotes & Sayings

If a June night could talk, it would probably boast it invented romance.

Bernard Williams

It is the month of June, The month of leaves and roses, When pleasant sights salute the eyes and pleasant scents the noses.

Nathaniel Parker Willis

In early June the world of leaf and blade and flowers explodes, and every sunset is different.

John Steinbeck

It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside.

Maud Hart Lovelace

A cold in the head in June is an immoral thing.

L.M. Montgomery

Green was the silence, wet was the light, the month of June trembled like a butterfly.

Pablo Neruda

Cherry Clafoutis by Colleen Worrall

Ingredients:

2 eggs
75 g caster sugar, plus extra for dusting
40 g plain or self-raising flour
100 ml double cream or crème fraîche
100 ml milk
Butter, for greasing
225 g cherries (stoned, if preferred)



Method:

Preheat the oven to 180c/gas 4.
Place the eggs and sugar in a large bowl and whisk together.
Sift over the flour and whisk well, then stir in cream or crème fraîche and milk. Leave to rest for 10 minutes.
Lightly butter a large baking dish and sprinkle with sugar to coat.
Scatter the cherries in the dish and gently pour over the clafoutis batter.
Bake for 20-25 minutes or until the batter is just firm to the touch. If it is too soft in the centre, bake for a further five minutes.
Remove from the oven and allow to cool a little before serving with cream or crème fraîche.

* You can make the clafoutis with any summer fruit.

No one who cooks, cooks alone. Even at her most solitary, a cook in the kitchen is surrounded by generations of cooks past, the advice and menus of cooks present, the wisdom of cookbook writers.

Laurie Colwin

The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found.

Calvin Trillin

My two rules of cooking: keep it fresh and keep it simple.

Michael Isabella



Hubert Worrall



Hubert Worrall

Food for Thought by Wendy Greig Deron

If you have food in the refrigerator, clothes on your back, a roof overhead, a place to sleep - then you are richer than 75 per cent of people in this world.

If you have money in the bank, some change in a dish & some in your wallet then you are amongst the top 8 per cent of the world's wealthy.

If you have never experienced the fear of battle, the loneliness of imprisonment, the agony of torture or pangs of starvation, then you are more fortunate than 700 million people in our world...

Be thankful

The Back Page

British tree - leaf quiz

- A - Oak
- B - Rowan
- C - Willow
- D - Horse Chestnut
- E - Silver Birch
- F - Pine
- G - Beech
- H - Sycamore
- I - Alder
- J - Poplar

Reds & Blues Quiz

- | | |
|--------------------------|---------------------|
| 1. Butterfly | 9. Purple |
| 2. Gone with the wind | 10. Wales |
| 3. China | 11. Raspberry |
| 4. Scaffold | 12. Gay pride/Pride |
| 5. Louisiana | 13. Bordeaux |
| 6. Aldo Moro | 14. Nena |
| 7. The Scarlet Pimpernel | 15. Joanna Lumley |
| 8. Central Line | |

And finally, remember these?

Sweet Cigarettes Cork popguns Party lines on your telephone Newsreels before the feature film
 The television test card that came on at night after the last programme The white dot on the TV screen
 When there was only one TV channel - The BBC Your first Television, with a tiny screen ITV starting
 Pea-shooters 45 rpm records 78 rpm records Hi-fi records 33 1/3 rpm A 'quarter' of sweets
 Metal ice trays with a lever Blue flashbulbs Twin tubs Wash tub wringers A mangle
 Fuseboxes 405 or 625 lines on you TV Radiograms Trouser presses 8 track cassettes

