

July

Bramhall u3a learn
laugh
live

Upbeat



Photograph of the Kelpies by Alistair Gardner

Falkirk in Scotland is home to The Kelpies, the largest equine sculpture in the world.

A kelpie is a shape-changing aquatic spirit of Scottish legend.



Did you know?

July is named after Roman Emperor, Julius Caesar (100 B.C. to 44 B.C.). It was Caesar who developed the precursor to the Gregorian calendar we use today.

July - Just for Fun Days

July 8: International Town Criers Day; **July 17:** World Emoji Day; **Jul 20-28:** National Moth Week

Astronomy Highlight - July 5 is the time of aphelion, when Earth is the farthest it will get from the Sun for the entire year. That means we will be 94,510,886 miles away from our bright star!

Folklore for the Season

Ne'er trust a July sky. As July, so next January. Whatever July and August do not boil, September can not fry.

July Birth Flower

July's birth flowers are the larkspur and water lily.

The larkspur, especially white forms, generally indicates light-heartedness; pink, fickleness; purple, first love.

The water lily symbolizes purity of heart.

July Birthstone

The July birthstone is the ruby, which is believed to protect its wearer from evil. Ruby is derived from the Latin rubeus, which means red. The gem was once thought to protect warriors if worn on their armour or embedded in their skin. Considered the king of gems, the ruby symbolizes love, passion, energy, and success.

July greetings to you

I've been looking forward to telling you what things we could do from late June onwards but I've been stymied, as have we all, for another four weeks. Fortunately, our age group is used to all sorts from our longevity, so another month won't affect us as much as it will the youngsters who seem to lack patience these days.

I hope you've been able to take advantage of all the fine weather we had for the first half of June. It's been good to get out in the fresh air and all except the farmers and the gardeners will have been happy. Have you booked your staycation yet as we won't be going abroad for a bit it seems? Luckily, there's a lot to see and do in the UK even if it is dearer than the Costas or the Greek Islands. Have a good time in July.

Alaister Macrae

Our website is still in safe hands

I'm sure all our members will be pleased to hear that our website, bramhallu3a.org.uk has been saved, thanks to Barrie Roberts and Brian Preece who have agreed to take over from Charlie Barker. Charlie has given us stalwart service for the past ten years or so, especially during the Covid lockdown when we had to have two AGMs on line. We couldn't have managed that without a lot of extra work by him. A look at many other U3A websites shows ours to be among the best and we owe a great deal of thanks to Charlie and his former colleagues for their efforts over the years. Thank you very much indeed, Charlie.

A big warm welcome, and thanks, to Barrie and Brian for volunteering. It's volunteers who make our U3A what it is. If you want to congratulate them, you can at webupdate@bramhallu3a.org.uk. I'm sure we'll keep them busy as soon we know what's happening henceforward.

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



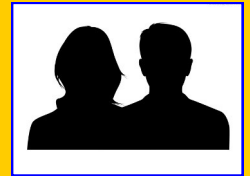
Dudley Newall
Outings



Edward Haynes
Community



Frances Bell
Theatre



Your names



Along with:

Kay Witham *Membership*

Jill Rickman *Almoner*

Bramhall u3a – This is Your 2021 Committee

However ... there are still two vitally important vacancies:

Equipment Manager and **Groups Accommodation organiser**

We need your help.

Contact: Alister Macrae:

chairman@bramhallu3a.org.uk

Remember, this is your u3a – help us to help you

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

This month I was very excited to go back to face-to-face Pilates. It was lovely to see people and be part of a class again, although a little strange keeping my place on a circle on the floor!

The walking group is meeting for the first time this July, so our groups are gradually beginning to meet up again.

However, we have to wait another month until restrictions are lifted, now that June 21 has come and passed with no change, and our indoor groups can think about going back to live meetings.

Poetry Group

A big thank you goes to Lynn Whyte who has been the coordinator of the Poetry Group for many years but has now decided to step down. Val Greenwood has agreed to take her place with help from Peter Kennedy, so we wish them well and thank them for their help.

Chris Stubbs - Groups Organiser

Outings

Just a reminder that we have arranged a trip to the **Yorkshire Sculpture Park** on **September 14 2021**. Full details are available on the Outings section of the website.

Kay Witham

Science for All Group

Our 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 Vallely & 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

The Mapping Bramhall group

We have been meeting on Zoom, but finally met up in person to do a local walk together. This was planned by Tony who has done this every year since we started eleven years ago. Amazingly he has always found new paths for us to explore. Now sadly he is leaving us for pastures new and we shall miss him. We are hoping to hold regular meetings from now on (regs allowing). Over the last year we have done projects which have involved everyone and we plan to continue this format for the time being. One very interesting project was exploring what happens at the boundaries of Bramhall - supposing you can identify them (on the west at least)! Coming up are individual memories of living in Bramhall, personal maps of what Bramhall means to each of us and each 'adopting' a footpath to investigate. Anyone who is interested is welcome to join us.

Val Murray

Quotes for July

When the sun is shining, I can do anything; no mountain is too high, no trouble too difficult to overcome.

Wilma Rudolph

Let a man walk ten miles steadily on a hot summer's day along a dusty English road, and he will soon discover why beer was invented.

Gilbert K. Chesterton

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawnmower is broken.

James Dent

You are just what we need



**Bramhall
u3a
YOUR u3a**

Interested? Then please contact Alaister Macrae:

chairman@bramhallu3a.org.uk

As soon as possible

We need someone like you to take on one of these roles to ensure the smooth running of our u3a.

Accommodation Organiser – Responsible for assisting Group Coordinators by either suggesting or assisting with their hire of venues. On receipt of the related invoices from these venues, you would be required to check with the Group Coordinators the accuracy of the invoice before passing it to the Treasurer for payment. This role only involves a few hours a month.

Zoom Gatekeeper – This involves setting up Zoom Meetings and sending a copy of the invitation to the Group Coordinators to enable them to communicate with their members. Most Zoom meetings are recurring and, therefore, this role probably involves less than an hour per month.

Equipment Officer – The point of contact for Bramhall u3a Equipment and responsible for liaising with the Committee and Group Coordinators regarding their equipment needs and arranging for their removal and return to the Store. The majority of equipment is light, although assistance is always available for any larger requirements from the Store. Involves only a few hours a week at the most.

None of these is particularly onerous.

Events from u3a National Office

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

Tuesday 6 July	10.30am	Discovering Japan by Hilary Jones
Friday 9 July	2pm	What philosophers say about life and how to live it well This is a 4-week course by Shri Sharma (u3a Subject adviser for Science)
Monday 12 July	2pm	How to crochet a flower by Chris Winner (u3a Trustee for Wales)

More events may be added during the month.

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

Mike Hollingsworth

SCONE, SCONE, SCONE - one word, 3 pronunciations

Recently I visited Scone in Perthshire (pronounced *Scoon*), the site where Scots Kings were crowned. There's a lovely spacious palace there too, ornamented to look like a castle.

Edible scones, with jam and or cream according to taste, are variously pronounced "*Scowns*" or "*Sconnes*".

Of course, if scones are dropped, without messing the floor, they are *Dropped scones* alternatively known as *Pancakes*. Enjoy.

Edward Haynes

Quiz Time

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

FOOD FOR THOUGHT

Quiz devised by Judith Litherland & Diana Aron of North London u3a; Stella Burton of Upminster u3a and Chris Wright of Madeley & District u3a

Do You Know These Cakes?

1. What the old queen used in the bath? (8,6)
2. Citrus rain. (5,7)
3. What happens if these European folk slip on mountains? (5,4)
4. Young guides. (8)
5. Sailor after a kerfuffle. (8)
6. Do you eat this to fake a smile? (10)
7. To be found in an alfresco new members' tea party. (5)
8. Are they crazy about money? (9)
9. As eaten by Titania? (5,5)
10. For a muddled IRA dame. (7,4)
11. Colourful material. (3,6)
12. Eaten by a comma or admiral? (9, 5)
13. Spirit loses its temper (6,5)
14. Baked dough not for tall people? (10)
15. Not to be eaten with coffee? (7)
16. Mountbatten's ancestor (10)



Can you guess these desserts?

17. A down to earth dessert. (5,3,6,7)
18. Eaten at no. 10? (7,7)
19. Can speak when confused. (8)
20. Sweet dancer. (7)
21. Is it made at Windsor..... (6,7)
22.perhaps by this royal? (5, 2, 8)
23. A cooked state? (5,6)
24. Just a small thing from Jerez. (6,6)
25. Did Adam get some of this in the Garden of Eden? (4,7)
26. Richard has measles (7, 4)
27. Shambles at a posh school (4, 4)
28. An idiot born under the bush (10, 4)
29. Schism in crazy 3rd World Republic (6, 5)
30. Talk nonsense and fall to pieces (7, 7)



Will you eat your vegetables?

31. Pot oooooooo! Nothing counts (8)
32. You don't want the sound of this in a boat. (5)
33. Competitors in the vegetable marathon. (6,5)
34. A Scandinavian vegetable? (5)
35. Nearly a sheepdog's bloom (11)
36. What old vehicles suffer from (6)
37. Popeye's energy giver (7)
38. Arthur says he's suffocating (9)
39. 'eaps like little green things (5)
40. Can be cut on average (8)
41. How b..... old's this taxi? (7)
42. Sounds like Jewish priest is mining (8)



On a lighter note ...

Losing those lockdown pounds...

Remember that calories leak out of damaged or broken food. Broken biscuits and chocolate bars are calorie-free.

Food licked off the spoon, such as cake mix, while you are cooking, contains no calories.

Athletes have a diet high in carbohydrate. A brisk walk round the dining table should use up the calories included in a roast dinner with Yorkshire pudding. To burn off a bar of chocolate, you may have to consider a stroll round the garden.

Foods of the same colour contain the same number of calories: vanilla ice cream, white chocolate and mushrooms; lettuce and crème de menthe; diet lemonade and gin and tonic.

Have a sugar-free drink with your Kit-Kat. The diet drink cancels the calories in the Kit Kat.

If no-one sees you eating something, it contains no calories.

You may allow yourself certain foods for medicinal purposes: toast and marmalade to fortify you for the day; a large sherry to give you the strength to cook the dinner; chocolate to reward yourself after tough day.

Make sure the people you're with eat more than you do. That way, your calories don't count. This also leads to the advantage that everybody round you looks fatter than you do.

Always remember: a little of what you fancy does you good. A lot of what you fancy is twice as good.

Helen Webster

A Canadian park ranger is giving some ramblers a warning about bears: "Brown bears are usually harmless. They avoid contact with humans so we suggest you attach small bells to your rucksacks and give the bears time to get out of your way. However, grizzly bears are extremely dangerous. If you see any grizzly-bear droppings leave the area immediately."

"So how do we know if they're grizzly-bear droppings?" asks one of the ramblers.

"It's easy," replies the ranger. "They're full of small bells."

I was visiting my daughter last night when I asked if I could borrow a newspaper. "This is the 21st century" she said. "We don't waste money on newspapers. Here use my iPad." I can tell you this... that fly never knew what hit him. ...



Yes officer, I did see the 'speed limit' sign, I just didn't see you.



During labor, the pain is so great that a woman... can almost imagine what a man feels like when he has a cold.



Impress your family and friends

by Barrie Roberts

(However, if anything in the list below that even remotely resembles the truth is purely co-incidental)

An exaggeration of estate agents

A doubt of archaeologists

A crop of farmers

A thicket of astrologers

A chat of hairdressers

A solution of actuaries

A flourish of artists

An extrapolation of scientists

A culture of biologists

A spout of ministers

A "heard" of speech therapists

(better read than said for this last one)

Supporting our nominated charities

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

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



Join our BIG Birthday year!

Join us in our birthday year and help to ensure we're able to care for patients for another 50 years and beyond. Here are a few ideas from our 50 ways to support St Ann's pack to get you started...

Visit www.sah.org.uk/birthday for more information and to download our free birthday fundraising resources to help get you started.

Buy a balloon

Join our virtual balloon race this July with your own personalised balloon in our eco-friendly, virtual balloon race. www.sah.org.uk/balloonrace

3

Pop on a pin

Buy and wear one of our exclusive 50th pins to show your support to us. Visit your local shop or buy them online. www.sah.org.uk/shop-online

8

38

Buy a forget-me-not
Join our virtual balloon race this July with your own personalised balloon in our eco-friendly, virtual balloon race. www.sah.org.uk/balloonrace

Join #TeamStAnns in the Great Manchester Run
Pound the streets of Manchester in the city's greatest race. Be part of it now! www.sah.org.uk/gmr

41

Join #TeamStAnns for

- 27th June**
Forget-me-not services
- 18th September**
Climb Snowdon
- 26th September**
Great Manchester Run
- 2nd September**
Golf day

Stockport's Gigantic Leap

21 giant frogs will create a unique outdoor art trail this Summer in Stockport. Hop along from July to September, in aid of St Ann's. www.stockportsgiganticleap.co.uk



A Slice of History

Join our birthday celebrations and come to see St Ann's art installation at the Trafford Centre from 16th - 30th June. www.sah.org.uk/events

For more information about our events, please visit www.sah.org.uk/events, or contact us on 0161 498 3631 or email events@sah.org.uk

The Card Group

Hi everyone

I hope you are all enjoying the summer; it's so good to feel warm again. Your card makers have been working hard to make new designs for you all, as you will see below with Chris D.'s new anniversary cards. I think they are great, just so different. We welcome a new member to our group. I hope you enjoy working with us, Sheena. Sheena is an experienced card maker, so she will have lots of new ideas. Watch this space.....

I can tell you are all going out more to the shops as our sales have gone down, but please remember our charity The Wellspring who needs our support. They have been suffering during lock down but U3A card group have kept supporting them during this time. Up to this point, we have managed to send them donations of £600. I think this is really good and I would like to be able to keep it up. So please think of us when you need cards and give us a ring. We are delighted to pop round with a bag full of cards for you to choose from.



Look forward to seeing you all soon.

from the card girls **Chris D, Avril, Sheena, Jill & Chris**

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



With age comes wisdom . . .

Respect old people. They achieved their education without Google or Wikipedia.

You know you're getting old when everything hurts. And what doesn't hurt, doesn't work.

I can't wait to tell my grandchildren I was born before the internet.

'The secret of staying young is to live honestly, eat slowly and lie about your age.' (Lucille Ball)

As we grow older, our bodies get shorter and our anecdotes longer.

People say that age is just a state of mind. Actually, it's more about the state of your body.

For the first half of your life, people tell you what you should do; for the second half they tell you what you should have done.

It's weird being the same age as old people.

'You know you're getting old when you stoop to tie your shoelaces and look around to see what else you can do while you're down there.' (George Burns)

'You can live to be a hundred if you give up all the things that make you want to live to be a hundred.' (Woody Allen)

'You are only young once, but you can stay immature indefinitely.' (Ogden Nash)

'You can't help getting older, but you don't have to get old.' (George Burns)

Today is the oldest you've ever been and the youngest you'll ever be again.

Old age is always fifteen years older than you are at the moment.

'Old age is like everything else. To make a success of it you've got to start young.' (Theodore Roosevelt)

'Age is an issue of mind over matter. If you don't mind, it doesn't matter.' (Mark Twain)

Helen Webster

Some Photos of the Recently Opened RHS Bridgewater taken by Hubert Worrall

(More next month)



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

All submissions to magazine@bramhallu3a.org.uk by July 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 August.

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

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Bramhall and its Beginnings

Bramhall Village with its precinct is an historically modern settlement which only came into being following the sale in 1877 of the Davenport family home, Bramall Hall, and its surrounding land. In 1070, the Hall and estate were granted by William the Conqueror to Hamon de Massey who later became the first Baron Dunham Massey. From the late 14th century it was owned by the Davenports who built the present house. They were Lords of the Manor for the next 500 years or so.



In 1887 the Davenports duly sold the Hall and its estate of nearly 2,000 acres to the Manchester Freeholder's Company. They wanted the land for building but sold the Hall and a surrounding 70 acres to a successful industrialist, Charles Neville.



The Davenports had no gables or chimneys on the Hall but Neville added some as well as doing a great deal of restoration. He also installed gas lamps to give light by night and cast a shadow by day.

The new chimneys certainly added a bit more style to the South face. He re-routed the drive and installed terraces and formal gardens as well. To protect all this work he added an impressive lodge at the east end of his drive.



Neville eventually moved in 1926 and the Hall and its park were acquired by Hazel Grove and Bramhall Urban District Council in 1935. It's open to the public and popular with visitors.

The 18th century Jolly Sailor Inn marked the Northern boundary of the Bramhall area which the Manchester Freeholders' Company kept for development. Its 19th century successor, still on Bramhall Lane, is now in Davenport as the land north of the Midland Railway line was ceded to Stockport in 1901.



The estate workers originally lived at Bramhall Green. That was the nearest thing there was to a village centre but only a few shops remain today. A new centre sprang up at the Southern end of Bramhall Lane when the London and North Western Railway built a station there.



The library is one of the busiest in the county. There is also the war memorial "Lest We Forget."

The two Benja Fold cottages date back centuries. In what has become modern Bramhall, they stand apart from the rest of the estate workers' homes at the



Green. The Leah family has occupied one of them for generations.

If someone from the past looked down Moss Lane towards the village and the Victoria Hotel at its centre,



the houses on the left would look much the same but the old Victoria Hotel has become something quite different.



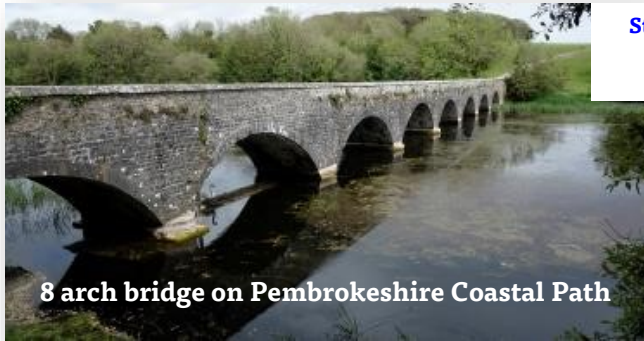
The post office was moved to the corner of Lumb Lane opposite the Church. Lumb Lane led to Lumb Farm before it became a block of flats for the elderly. (I wonder if there are any vacancies?)

Alaister Macrae



The road to Woodford takes one to the old smithy but it's a good job the horse has gone as the only metal dealt with here today is coinage.

By 1904 Bramhall lane was widened and a Wesleyan Methodist Church was built on the site of the old post office.



Staycation Photographs
Louise Pennie



8 arch bridge on Pembrokeshire Coastal Path

Tenby beach

Hugging !

Remember, A hug is the one present that's always worth giving.



Hugging is practically perfect ...

It helps the body's immune system.

It cures depression.

It reduces stress.

It's rejuvenating.

It has no unpleasant side effects.

It is all natural and contains no chemicals, or artificial ingredients, or preservatives!

There are no parts to break down, no monthly payments, is non-taxable, non-polluting, and best of all it's fully returnable!

In case you need a refresher course on how to give and receive hugs, take a look at the pictures.

George Carroll



The Back Page

FOOD FOR THOUGHT

The answers

Do You Know These Cakes?

1. Victoria sponge
2. Lemon drizzle
3. Swiss roll
4. Brownies
5. Flapjack
6. Cheesecake
7. Scone
8. Doughnuts
9. Fairy cakes
10. Madeira cake
11. Red velvet
12. Butterfly cakes
13. Brandy snaps
14. Shortbread
15. Teacake
16. Battenburg

Can you guess these desserts?

17. Bread and butter pudding
18. Cabinet pudding
19. Pancakes
20. Pavlova
21. Castle pudding
22. Queen of puddings
23. Baked Alaska
24. Sherry trifle
25. Eve's pudding
26. Spotted Dick
27. Eton mess
28. Gooseberry fool
29. Banana split
30. Rhubarb crumble

Will you eat your vegetables?

31. Potatoes
32. Leeks
33. Runner
34. Swede
35. Cauliflower
36. Carrot
37. Spinach
38. Artichoke
39. Peas
40. Parsnip
41. Cabbage
42. Kohlrabi

And finally, remember these TV shows?

