

The Warm & Toasty Newsletter

Issue 7 February 2021



A Warm & Toasty Welcome

Welcome to the February issue of the Warm and Toasty Newsletter, this publication is a way of keeping connected with our members during these periods of isolation brought about by the Covid-19 outbreak.

With memories, jokes, quizzes and photos to keep people uplifted and entertained during this continued difficult time.

We would love to hear from you if you would like to contribute a piece to the newsletter.

You can share a story, a memory, jokes, old photos or anything else to share with our community.

Please contact Johnno via email at thewarmandtoastyclub@gmail.com or call 07594154709.

How are you getting on? If any of our guests are feeling lonely and isolated or could just do with talking to someone, Johnno is available on the phone most weekdays after Midday on 07594154709, you could also let us know your number and we can call you if you'd prefer.

And did you know that we have an **Online Memory Afternoon** chat show that goes out live on the internet, on our Facebook page every Friday at 1pm?

It's a joyful break from the lockdown to keep you entertained and connected. With live singers and fun features such as the **Memory of the Week**, the

Retro Raffle quiz, Vintage TV Show of The Week, Jeanette's Poem of The Week and general silliness and laughter

"It's the best show you can't get on the TV"

www.facebook.com/thewarmandtoastyclub

Do join us if you can!

Special thanks for the contributors to this newsletter –

Editor – Johnno

Main Contributor - Deborah

Contributors – Mary, Don, Johnno, Iris, Toni, Jeanette and Dave

Typesetting and graphic design – Steve Brady

Your Warm and Toasty Club team - Johnno, Jeanette, Tom, and Dave!



The Warm and Toasty Club are proud to be funded by
The National Lottery Community Fund
Thank You

Toy Memories with Deborah

One of Don's early memories is of playing with his wind-up Hornby train-set before the war. With the outbreak of World War Two, toy-making came to a standstill. Toy makers were required to help in the war effort, so their factories and materials were used to make weapons, aircraft parts and military uniforms. There was therefore a shortage of new toys, though they were



needed to distract children during long nights spent in shelters. So children tended to play with toys handed down from older children, or ones made locally or by themselves. Don can remember receiving a wooden train engine made by a local carpenter. Wartime-themed toys became popular, boys playing with planes, tanks and battleships, and girls playing house with miniature irons, brooms and baby dolls. Mary can remember getting a miniature searchlight that would light up, and a Kewpie doll.

Don used to collect the sets of picture cards given free in boxes of cigarettes with the help of Doris in the corner shop looking through packs for the ones that he needed! He would play "flicks" with his school friends with spares, trying to knock down the cards propped up against the playground wall. He was quite a champion!

An interesting fact for all you dissectologists out there (I must confess to becoming one myself in 2020!) in the 1930s jigsaws were made from wood and presented in a bag with no image. When Victory started putting the finished image on their puzzle boxes, many considered it cheating! With the outbreak of war, jigsaws were made from cardboard, which proved cheaper. Toys were made out of card and paper when possible, such as paper dressing dolls and board games like Ludo, Snakes and Ladders, and draughts.

Children tended to make up their own games. Mary's friends would run around playing Kiss-chase, but she was told by her father not to play as Neville Hutchinson had TB! Other street games she recalls include hopscotch and skipping games, using a long rope stretched across the street. She can also remember climbing upstairs in a bomb-damaged house with friends and balancing over the ceiling rafters. Don wasn't evacuated during the war and can remember playing war games amongst the bomb sites in Great Yarmouth, and collecting shrapnel and used shells left by soldiers training for street fighting in readiness for D-Day.

Listening to my parents' tales, I feel fortunate that they survived their childhood!

After the war, as new technology and plastics for toy manufacture became available, there was a move away from producing combat toys, encouraging children to play with construction sets such as Meccano and Bayko, and the 1950s saw the development of Lego bricks. Barbie became the first doll to mimic the glamorous stars such as Elizabeth Taylor and Marilyn Monroe.



Die-cast metal cars continued to be popular, with Dinky being joined by Matchbox and Corgi. Dressing-up clothes were popular, such as nurse uniforms, and cowboy costumes inspired by the westerns popular at the time: The Lone Ranger, Laramie and Rawhide. Boys played with penknives, catapults and toy guns. I can remember my brother playing with cap guns, with paper spirals of gunpowder dots - when you pulled the trigger it would bang with a puff of smoke and the smell of fireworks. I also remember being pelted with potato bullets from his spud gun. Do let us know your memories!

Cake of the Month

Lemon Drizzle Vs Carrot Cake

Which one would be your cake of the month?

The average Brit eats three slices of cake a week and bakes an impressive four times a month.

In true British fashion, 77% of people agree that *"there's not much that can't be sorted with a cup of tea and slice of cake."*

Lemon Drizzle

- Voted Number 1 cake in the UK (40% voted for it) - according to the poll of 2,000 people by Protein World.
- The exact origin of lemon cake is unknown. It is probably derived from the pound cake, which was first baked in England around 1700. A pound of each ingredient was used to make a simple, heavy cake to feed large groups of people.
- Drizzle cake, according to the Oxford English Dictionary, was first recorded as being used in America in 1969, but the idea of icing, hot or cold, being drizzled over the cake was already well-established.



Carrot Cake

- Voted Number 2 cake in the UK (37% voted for it)
- The origins of carrot cake are disputed... Many food historians believe carrot cake originated from such carrot puddings eaten by Europeans in the Middle Ages, when sugar and sweeteners were expensive and many people used carrots as a substitute for sugar
- Carrots and carrot cake helped to defeat Germany in WW2. The British ministry of Food ran a campaign for eating carrots in the 40's telling the public that they would really improve eyesight so you could see in the dark.



Shrub End Social Centre

by Toni Plowright



I moved to Shrub End in 1963, my husband worked for British Rail.

At the time, we had a 3-year-old daughter Julie.

On land opposite The Leather Bottle was a wooden hut that served as a village hall.

It was where the W.I. met on a Thursday evening once a month, also there was a whist drive on Tuesday afternoons.

I understand the wooden hut had been there since WW 1.

As my husband worked on the railways he knew local councillor Len Woodrow, and another councillor Frank Wilkin.

It was decided the only way to get enough money to build a new hall was to go around the local houses in Shrub End, Prettygate and Lexden to get households to sign up to a weekly donation.

I was asked if I would like a little job of collecting 10p a week for a raffle, first prize was £10.

I did this until there was enough money in the kitty for a new hut.

The Social Centre as it was now called opened in June 1971 by the Mayor of Colchester councillor Richard Wheeler.





Answers on back page
(no peeking)

1. Rigby's cat is named after which city in the show Rising Damp?

- a. London
- b. Vienna
- c. Prague
- d. Paris

2. The BBC program, 'Allo 'Allo! is set during which war?

- a. Cold War
- b. World War 2
- c. Vietnam War
- d. World War 1



3. The town of Chigwell is the setting for which British sitcom series?

- a. Birds of a Feather
- b. Bread
- c. Only Fools and Horses
- d. Butterflies

4. Denise, Dave and Baby David can be found in which comedy TV series?

- a. Are You Being Served
- b. The Royle Family
- c. Only Fools and Horses
- d. Absolutely Fabulous



5. Geraldine Grainger is the name of the lead character in which sitcom?

- a. Yes Minister
- b. Fawlty Towers
- c. The Vicar of Dibley
- d. Dad's Army



6. Green Green Grass is a spin-off of which sitcom?

- a. The Vicar of Dibley
- b. Dad's Army
- c. Blackadder
- d. Only Fools and Horses

7. In which city is the sitcom "The Liver Birds" set?

- a. London
- b. Manchester
- c. Liverpool
- d. Glasgow

8. John Sullivan was the writer of which of the following British sitcoms?

- a. Bread
- b. Butterflies
- c. Just Good Friends
- d. Til Death Do Us Part

9. The fictional street Oil Drum Lane is the setting of which British sitcom?

- a. Men Behaving Badly
- b. Steptoe and Son
- c. The Office
- d. Last of the Summer Wine

10. Sid and Jena Abbot were the featured couple in which British sitcom?

- a. Bless This House
- b. Ideal
- c. On The Buses
- d. Sykes



Member Of The Month

Where did you grow up and what brought you to Colchester?

I grew up in a little village called Kingsbury, Middlesex NW9.

And it was a titchy little village, we lived in a four-storey house and we rented the top floor, and the nearest toilet was out in the garden (so that was lot of good eh, laughs).

I can remember going down to the corner shop that was the Express Dairy and helping clean the horses when I was about 3 or 4, I'd do the bottom half and my brother did the top half.

And what brought me to Colchester was when my second wife died in 2016 and I moved to Colchester to be with my family.

The best job you've ever had?

Marshall's amplification, I used to make speakers and amplifiers for pop groups. They would put the cabinet on the table and we used to go and pick up the speakers to fit them in and wire it all up, put transformers in and then put the back on. And the actual amplifiers were made in the shop alongside us and we used to go and pick up whatever amp it was (50 or 100 watt or what have you) and fit it in the box, line it all up, line all the knobs up, make sure it was all correct and then wire it, seal it and test it. And to test them, believe it or not we had to wear earphones to test it, because it was a done by vibrations and a machine would tell us whether it was right or not and if it wasn't right we had to take it all apart and do it all again.

Marshall amps are still going now, I was there in the 1960's and we saw a hell of a lot of stars, like The Tremeloes who took their name from Marshall's because Marshall's made this new guitar pedal and the boss said to the band – if you call yourself The Tremeloes you can have all the gear for nothing, and they did and they supplied them with all the gear the band needed. We had Cliff Richard in, Roy Orbison, The Who, The Herd, they all came into our place and checked out the amplifiers.

The worst ones we had in were The Who because they used to throw all their equipment down the stairs, they couldn't be bothered to carry it down the stairs, they just threw it, and it lasted though, never broke.

It was a great job and I was there for about 6 years, best working time of my life.

The boss Jim Marshall, he had a great relationship with everyone and he said to us – upstairs we are going to turn it into a restaurant and you can have disco night every Saturday and you can all come along and enjoy it. He even went out and bought a van, and I used to pick up the workers and drop them home on a Saturday

night, that's the sort of boss he was, he was really brilliant, I loved it.



Favourite singers?

Roy Orbison, why? Well there was nobody who could reproduce his voice and what he used to do. He used to go from low to high in seconds and it was unbelievable. And my favourite song was Roy Orbison's Only The Lonely because it was the first song I got to sing properly myself.

What hobbies have you enjoyed?

Darts and Ten Pin Bowling

Darts – it was with The Plough in Clacton and I got to the quarter finals of the News Of The World tournament and Eric Bristow beat me, the swine. I thoroughly enjoy that and I can still play now if I had a dart board. The friends you made in a team was unbelievable, we used to go out for nights out and it really was fantastic

Ten pin bowling was with my second wife and we joined what was called a novice group with Top Gear bowling, it was the lowest of the lowest leagues but in 7 years we won everything there was to win in that league. Add for the very last game we had already decided that we were not going to play anymore, we came 1st in that too. We went out on a high

Your favourite places?

My favourite places? Oh my goodness gracious me, I'd say Skegness was the best because my second wife and I used to go there every chance we had.

Skegness was the very first holiday we had together, and it was for a fortnight and it rained every single day, but we didn't care, we went out and enjoyed ourselves, playing crazy golf in torrential rain – people actually stopped and watched us play in the downpour (laughs). It was great, we had some fun.

Also, when we were working in Clacton, if we had a long weekend we went to Great Yarmouth and spent the weekend there and that's where we started playing ten pin bowling.

What were the best years of your life?

Being with my second wife - from 1995 to April 2016 were the best years of my life. With my first wife, it was hello and goodbye, I love my kids to bits but it was really living with my second wife, well she brought out the best of me, or in some cases the worst out of me (laughs).

She was as mad as I was, it was absolutely great.

Some Interesting Facts About... Jeanette

It might surprise you to know...

...that I've been helping Johnno with The Warm & Toasty Club for quite a few years. I started helping with the 'behind the scenes' set-up at Colchester Arts Centre for the showcase events, as well as making the toast and distributing the sweets and biscuits, and this lead on to helping Johnno with his shows at various retirement establishments, in and around Colchester.

I was a regular helper on Friday afternoons at Enoch House and would sometimes host the events in Johnno's absence and have always been happy to sing and play guitar when required. My enthusiasm far outweighs my talent but nobody seems to mind. ☺

I have been co-hosting the online shows with Johnno since they started last March and it's the highlight of my week, bringing fun and laughter to these strange times we're in.

During the rest of the week, I run my own business, working from home before it was fashionable, helping small companies with their administration, marketing and accounts. I live with my lovely sister, Lorraine, and I am the enormously proud mum of Neave, she is 21 years old and at university in London, and my heart absolutely soars when I think of her. ♥



'3 interesting facts about me'...

1. Throughout the 1980s, I was a photographic and fashion model, with catwalk assignments in London, Paris, Athens & Dusseldorf.
2. In the late 1980s and early 1990s, I used to have dinner with Donny Osmond when he visited the UK.
3. During the last 20 years, I have appeared in a few films and recorded voiceovers for film and radio.

Remember when...

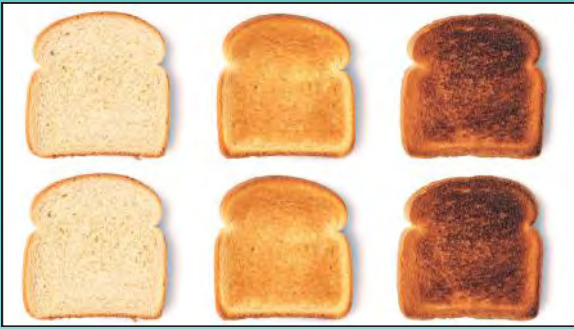
To make a cup of tea you warmed the teapot first, scooped in a teaspoon per person of loose tea leaves (and an extra one for the pot), poured on the boiling water then put a tea cosy over the pot while it brewed. And of course you needed a tea strainer!



Beds had top sheets, then blankets, feather-filled eiderdowns and candlewick bedspreads. Can you remember when you got your first 'continental quilt'?

If you wanted to make a phone call you walked to the phone-box with a pocket full of change. Then of course getting a phone installed at home, you couldn't walk about and talk, and you could only make and receive calls on it (no texting, internet or camera.)

Toast Quiz



1. When was the first toaster invented?

- a) 30 years ago
- b) 50 years ago
- c) 80 years ago
- d) Over 100 years ago

2. Bread is the most widely consumed food in the world.

True or false?

3. In the Netherlands, what is the most popular toast topping?

- a) Mushy peas
- b) Gravy
- c) Butter and sprinkles
- d) Jelly and cream



4. What is the world record for the fastest time to eat a slice of toast?

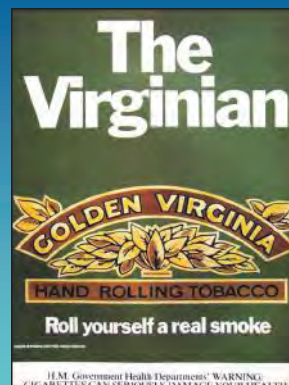
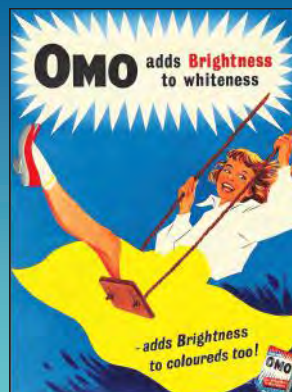
- a) 3.57 seconds
- b) 4.78 seconds
- c) 6.42 seconds
- d) 8.47 seconds



5. French toast is French.

True or false?

Do You Remember?





Mary's Joke Corner

A man was walking along when he spotted a sign on a garden gate: "Talking dog for sale, only £10".

He was intrigued, so knocked on the house door to enquire.

The owner led him round to the back garden, where he saw a large dog sitting beside a kennel. "Hello," the man said, "I understand that you can talk?"

"Oh yes," said the dog, "do you want to hear about my life?"

"I used to pull a dog-sled team in Alaska, and won lots of trophies.

"I then went to work for Mountain Rescue and saved the lives of many men.

"The Army heard about me and I went out to Afghanistan, where I became a sniffer dog..."

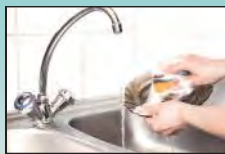
The man was amazed and said to the owner, "I can't understand why you don't want to keep such an amazing dog." The owner replied, "Well, he's such a bloomin' liar!"



Remember When?

- Cars had 3 forward gears, no reverse lights or seat-belts. And you needed a road map for long journeys.

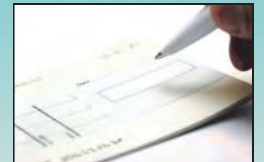
- A dishwasher was a person.



- We all listened to the same radio programmes, and then when television arrived we all watched the same pro-

grammes as there were only two channels.

- We paid for things with cash and cheques, not a rectangular piece of plastic.



- Twitter was only something birds did.

Warm & Toasty Links & Friends

Website: www.thewarmandtoastyclub.weebly.com/

Facebook: www.facebook.com/thewarmandtoastyclub

Twitter: www.twitter.com/WarmToastyClub

Friends and Supporters

National Lottery Community Fund; Colchester Arts Centre; Colchester Borough Homes; Shrub End Social Centre; Colchester Recalled Oral History Group; Fresh On The Net Music Blog; Essex Sound and Video Archive; FaNs; Age Concern Colchester

Didn't we have a lovely time, the day we went to...

Harwich

(Pre-Lockdown of course)

Hello, this is your roving reporter Johnno reporting, I say roving – I tend to rove from the living room to the kitchen these days, yesterday I went upstairs just for the hell of it! I stood in my bedroom for a good 3 minutes, but I couldn't remember what I had come up there for, so went back downstairs slightly confused and vaguely disappointed.

Any road up, I thought I'd share with you a few local days out I've had in recent years with my lovely wife, starting with Harwich.



I have found over the years that life is much more agreeable with short wonderful bursts of loveliness in it (indoors or out) –

it could be popping to the coast of Essex from Colchester for a saunter around,

it could be dancing in the kitchen doing a soft shoe shuffle in your socks to some hip cats on the stereo gram,

or if we were feeling really adventurous we might have popped out to a local garden centre, pretended to look at some plants for a bit, and then rushed to the in-house restaurant for lunch.

And if I was feeling extra wild and carefree I might have ordered an extra serving of coleslaw with my meal (even though I had a coleslaw garnish already on my plate!)

I know right! Wild and free!

Here's some facts about Harwich that you undoubtedly need in your life.

Harwich is best known for its role in the story of America, as the place where the Mayflower was built and the port from which the Mayflower was launched and registered (along with three business partners, the ship was purchased by the man who became its captain).

It then sailed to Plymouth before departing on its voyage across the Atlantic to the New World in 1620.



Not only is it the UK's second busiest passenger ferry port, but it's harbour – which is the largest between the Humber and the Thames – was created by a storm surge in the 1100's, a quirk of fate that gave rise to the area's fascinating seafaring history.



The attractive old town was built on a grid pattern, in the 13th century, by the Earl of Norfolk, to exploit its strategic position at the mouth of the Stour/Orwell estuary.



Above – an art piece made by locals for the Harwich Festival.



The Electric Palace cinema, Harwich, is one of the oldest purpose-built cinemas to survive complete with its silent screen, original projection room and ornamental frontage still intact. It was designed by the architect Harold Ridley Hooper of Ipswich, Suffolk and opened on 29 November 1911.

I like Harwich because of the views and the juxtaposition of calm sea and busy industrial port, both of which have always appealed to me.

Being by the sea always makes me feel well, it soothes my soul and the bustle of the industry adds a nice interest to a day out. I like watching the containers being unloaded and moved around - off in the distance, a horizon of colourful Lego pieces, ever changing, ever evolving.

Harwich is a really lovely place to visit with a variety of things to see and do and when all of our situation changes for the better (as I know it will) I'd recommend spending some time there.

Days out will return, people will get back together and socialise, a change is always just around the corner.

My good deed for the day by Iris

Over 40 years ago I was working at Harrods of London.

One day I was popping out of the shop for a break when I saw two men coming to the door just as I was going out. The men were wearing white overalls and I saw that there was another man waiting in the van for them, they all looked the part for doing the job.

I could see that they were moving a grand piano, so wanting to be helpful I held the door open for them as they took the piano out and put it in the van.

Moments after they had loaded the piano a shop manager came running out shouting – Wait! Stop! Stop! They are stealing the piano! And he went running after the van, but it was too late, they were gone.

And to think I had held the door open for them!

Two or three years later my husband and I were on holiday in Portugal and waiting in a queue for something. We heard a man behind us repeatedly saying “I wouldn’t trust her” again and again. After a while I turned around to see who it was, and it was Bill the floor manager from Harrods having a joke about me opening the door for the piano thieves.

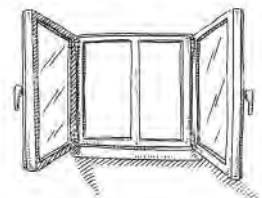
I just said it was my good deed for the day which went wrong and we all went and had a coffee together, laughing as we went.



Wellbeing Tips



- Doing puzzles or crosswords can help you practise using your cognitive skills and is a fun way to do something different.
- Making phone calls helps someone else as much as it does you, and helps us keep connected. Talk about the weather, what you are having for your tea, it doesn't matter, it's just good to talk (and a problem shared is a problem halved)
- Reading a book or a magazine is a great way to get lost in a story or article to take you somewhere different.
- Drinking water energizes your muscles and increases mental awareness. Relieves fatigue, putting you in a more positive mood
- Fresh air, if you can go for a walk that is really good for you (even a short one), but if you can't get out, try opening windows to refresh the air or stand outside your front door or on your balcony and breath in the fresh air for a bit.



Johnno's Words Of Wisdom

A tip for joy - take a minute to reminisce about the desserts you loved as a child - some of mine were coca-float (Coca Cola and Ice cream) and a Knickerbocker Glory at the Wimpy. What were yours?

To feel good and have a laugh - dress up in your finest glad rags once a week and prance and dance around the house

Singing with gusto in the bath or the shower is an essential activity for inner (and outer) happiness



Toast Quiz Answers

1. Over 100 years ago!

The first electric bread toaster was invented by Alan MacMasters in Edinburgh, Scotland in 1893.

2. True!

It is inexpensive to make and there are so many variations of bread (bagels, pretzels, toast, sourdough, wheat, baguette, focaccia, rye, corn, sliced, buns, pitta, naan...we could go on) that it is unsurprising that it is eaten across the world.



3. Butter and sprinkles!

The Dutch eat this yummy-sounding combo on both toasted and untoasted sliced bread. Yum!

4. 8.47 seconds

The fastest time to eat a slice of toast (dry, with no toppings) is 8.47 seconds and was achieved by Anthony Falzon in Malta, on 30th August 2014.

5. False!

Also known as eggy bread, Bombay toast or German toast, French toast is believed to have been invented long before France became a country. 'Pain perdu' is what the French call French toast today.

TV Sitcom Quiz Answers

1. b. Vienna
2. b. World War 2
3. b. Birds of a Feather
4. b. The Royle Family
5. c. The Vicar of Dibley
6. d. Only Fools and Horses
7. c. Liverpool
8. c. Just Good Friends
9. b. Steptoe and Son
10. b. Bless This House

Keep In Touch With Friends

Please send us your telephone number or email address if you are trying to reach a friend from the club and we will do our best to link you up.

Contact us

Telephone - 07594154709

Email - thewarmandtoastyclub@gmail.com

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