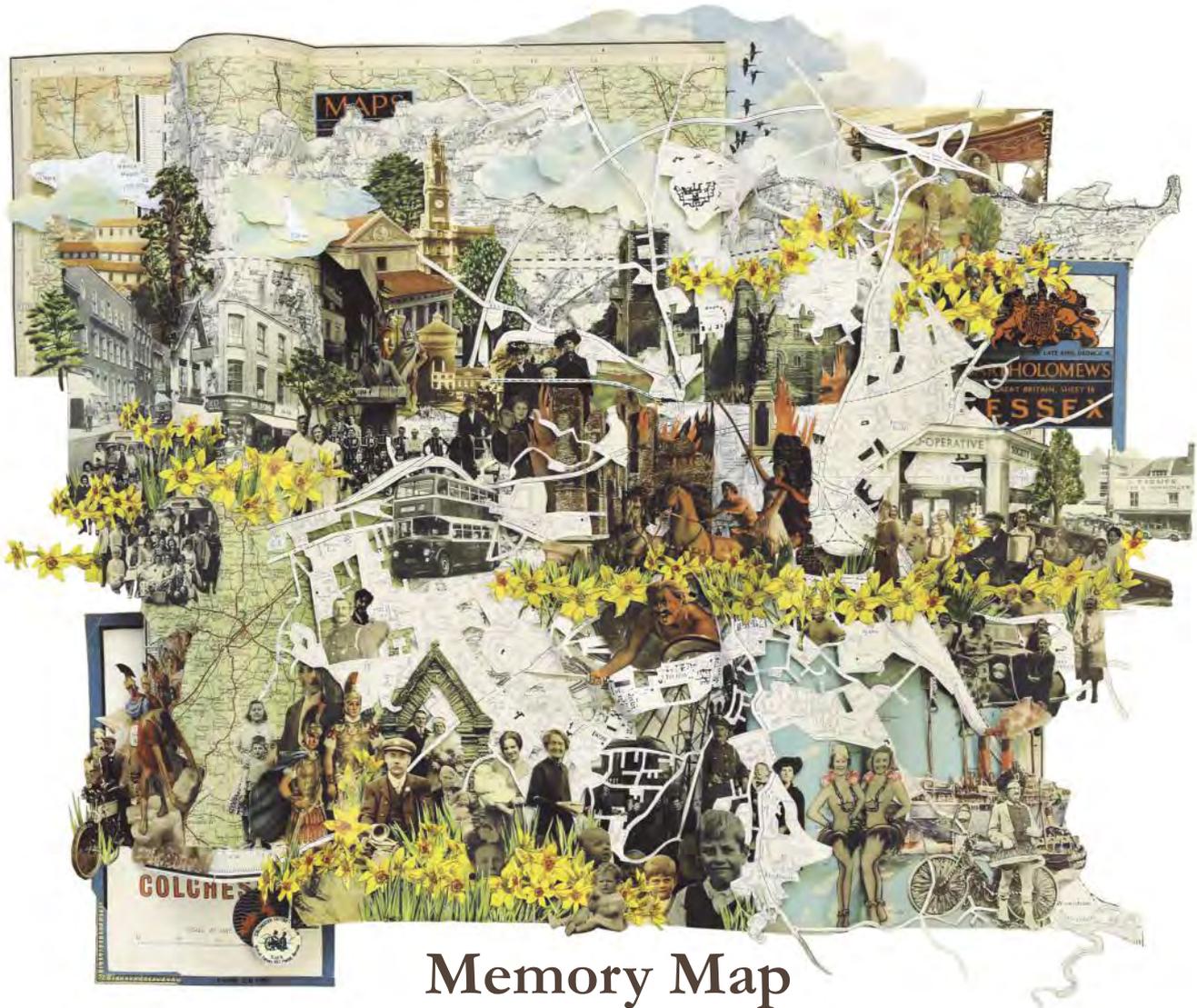


The Warm & Toasty Newsletter

Issue 8 March 2021



Memory Map

by Alison Stockmarr

The Warm and Toasty Club commissioned the artist Alison Stockmarr to make this 'Memory Map' for their project Colchester Memory Afternoons.

Alison attended the club's Memory Afternoons at three Colchester retirement establishments to hear people's positive memories of their younger days, which armed her with plenty of material to weave a collaged journey of participant's cultural memories using (their own) old photos, maps and cultural landmarks.

Alison created this unique heritage piece of and for Colchester people and places, and in doing so she has charted Colchester's journey from the early 1900's, through the Second World War and onwards into the 1950's and 1960's during times of great change for Britain.

There's a lot of love in this piece, thanks Alison.

This Warm and Toasty Club artwork was funded by Arts Council England and The National Lottery Community Fund in partnership with Colchester Arts Centre.

A Warm & Toasty Welcome

Welcome to the March 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 Comedian 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, Will, Gill, Paddy, Sandie and Viv, Natalie, Jeanette, Dave, Johnno

Typesetting and graphic design – Steve Brady

Photos – Tom Hardy and Andre Kimche

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

School Day Memories by Deborah

During the war, Great Yarmouth was a target for bombing, so most children in the town were evacuated to Retford. Don didn't go as his mum was at home with a new-born baby. Shortly after, the authorities realised that there were children running around the town not attending school, so they brought back two teachers and re-opened the Priory School with a class for boys and another for girls. Don didn't see many of his friends again until several years later when the war ended and children were allowed home. He can remember that the school grounds in Hickling were required to grow vegetables for the war effort. Mary can remember air raids when at school in Cheltenham and going into an underground shelter in her playground, then coming out to find all the mums gathered anxiously to collect their children after the raid.

School dinners and milk were provided in all schools to all pupils just before the end of the Second World War. However, food rationing continued for several years after the war ended and this was reflected in school dinners. Tinned meats were popular because of their longevity. The cost of providing free school meals soon became apparent, so parents were soon required to pay, with some reprieve for families on low incomes. There was never a choice of meals - at home or school you ate what you were given, no room for fussiness or food allergies. The dinner ladies kept an eye on you to make sure you cleared your plate. What are your school dinner memories? I can remember not liking spam fritters and liver, and I still have an aversion to mashed swede, but I loved the puddings, roly-poly pudding and custard, semolina pudding with a blob of jam (which we all stirred in to make it pink) and my favourite, "frogspawn" or tapioca pudding.



Johnno remembers at his junior school (Holy Trinity School, Dalston, London) trying school dinners for the first time, but they were so terrible he finished them quickly (or merely had a taste and left the rest), then ran home and his Mum made him something lovely for lunch instead, and he never had school dinners again!

School milk was delivered in small bottles holding a third of a pint. I used to enjoy being milk monitor, piercing the foil tops with the straws. Mary and Don can remember when the milk tops were cardboard, with a push-out hole for the straw. They used to collect the tops to use for making pompoms! Gill remembers how on winter mornings the milk would often be frozen, so the crates would be left to warm up against the radiator, and the lukewarm milk would make her feel sick! When Margaret Thatcher was Secretary of State she withdrew free milk for over-7s, and was famously called "*Thatcher, Thatcher, Milk Snatcher!*"



Punishment. Gill can remember in her infant school, the whole class having to sit in silence with their fingers over their lips as punishment for being too noisy. Then in the juniors anyone disruptive had to stand facing the corner or in the corridor. Children also developed quick reflexes to lift their desk lids to avoid board rubbers thrown by the teacher! Paddy can remember naughty boys would have to go up to the front to have their hands smacked with a ruler or to bend over for the cane. On one occasion the teacher was so angry he hit so hard that the cane shattered into pieces. Ouch - hope that wasn't you, Paddy!

Health Checks. Don can remember the mobile dentist arriving with a towed caravan in the school playground, and children queuing up to be checked. This reminded me of queuing up to see the "nit-nurse".

What can you remember from your school days?

Thanks to Gill, Paddy, Don, Mary and Johnno.

Toast Topping of the Month

Jam Vs Marmalade

Which one would be your Toast Topping of the month?

Jam

- Jam sandwiches are thought to have originated at around the 19th century in the United Kingdom
- During World War II food was in short supply and heavily rationed, meaning that Brits had to get creative with their food supplies. The Women's Institute were therefore given £1,400 (around £75,000 in today's money!) to buy sugar to make jam in order to keep the country fed. Volunteers preserved 5,300 tonnes of fruit between 1940 and 1945, which were kept in over 5,000 'preservation centres', such as village halls, farm kitchens and even sheds! Of all the facts about jam, you won't find one more British than this...
- In Ian Fleming's novel "From Russia to Love" (1957) **James Bond's breakfast was a toast with jam.**
- The internet asks - What does it mean "You're the jam to my toast" and "You're the jam on my toast"? It's the same with 'you are the butter to my bread'. It means two people are very in need of each other or they match really well. For example, I can say to my friend " you are the jam to my bread."



Marmalade

- Marmalade has been a core part of our national life since the 18th century, it was first put into commercial production in 1790 after a Spanish ship carrying a haul of rotting Seville oranges was washed ashore at Dundee harbour during a storm. The cargo was sold off cheaply to a local merchant named James Keiller whose wife turned the rapidly decomposing citrus slurry into a tangy preserve.
- These early marmalades weren't actually made from oranges at all – the word marmalade comes from the Portuguese marmelo, a type of quince paste. It was a gooey sweet preserve, sweetened with honey, that the Romans were partial to and was served cut into squares, like Turkish Delight.
- Sir Edmund Hillary took a jar up Everest in 1953 and Captain Scott packed some for the Antarctic in 1910. Many years later a solitary jar was found buried in the ice.
- Paddington bear loves it



Toast Quiz!

(answers on back page)

1. Incredibly, a crude version of toast was around in the Stone Age, and in order to make it, two types of grain were mixed together with a little water, before then being set on top of a hot fire. Which two grains helped make this early version of toast?

- a). Wheat and barley
- b). Flaxseed and wheat
- c). Popcorn and buckwheat
- d). Rye and Quinoa

2. Around 3000 B.C. the Egyptians were believed to have toasted bread for a reason, other than because they enjoyed eating it. Indeed food historians have long claimed that the Egyptians were trying to slow down which inevitable, natural process?

- a). Fermentation
- b). Shrinking
- c). Freezing
- d). The growing of mould

3. The Romans also toasted their bread, using it to reduce the acidity of which beverage?

- a). Beer
- b). Tea
- c). Wine
- d). Coffee

4. Keeping in mind the subject of the quiz, what was a medieval trencher?

- a). A hunk of stale or toasted bread used as a makeshift dish or bowl to hold food
- b). A type of weapon
- c). A soldier responsible for digging trenches
- d). A baker

5. Boiled eggs and toast has long been a popular breakfast with all ages. In the UK, what name is used for the strips of toast used to dip the egg?

- a). Cavaliers
- b). Soldiers
- c). Magicians
- d). Majors

It Might Surprise You to Know - by Deborah

Some interesting facts about Deborah:

I grew up in Gorleston-on-sea near Great Yarmouth, the youngest of four children, with my parents Mary and Don, our collie dog Shep and a succession of hamsters and budgies. It was a great place to grow up, with a lot of freedom to play in the countryside and at the seaside. This explains why my favourite place in Essex is Frinton. I love walking my dog Evie on the sandy beach and along Walton pier. Whenever I see the sea I have to paddle, regardless of the weather. I've lived in Coggeshall for 24 years, moving here to follow my husband's work, and it has been a lovely place to bring up my two children - Daniel, now a meteorologist in the Highlands of Scotland, and Eleanor, a poet and artist still living at home. My parents moved here two years ago, but found it hard to make friends after living in Norfolk for all their married life. I spotted a leaflet in Colchester Library about the Warm and Toasty afternoons, and they soon became the highlight of the week - Mum and Dad enjoying being with like-minded people, sharing memories, and hearing music from their era - and I would stay, finding the recollections fascinating and enjoying seeing my parents having such a good time.



When lockdown started, Johnno emailed everyone with the idea of keeping in touch with a newsletter and I was very enthusiastic in my response and suggestions, so he asked me to help. I have thoroughly enjoyed being a part of it, collecting memories and articles, and learning about the past. It has helped me to keep positive during these strange times.

Three more interesting facts about me:

- My first job was on Saturdays at a poodle parlour, shampooing dogs (I would have to get into the bath with the bigger dogs!) and drying them ready for trimming - I still love the smell of wet dog! I had a rewarding career as a speech therapist. I got my degree in Edinburgh and worked with special needs children in East Yorkshire, Warwickshire and Essex. More recently I had a part-time job baking scones at the local National Trust's Paycockes House.
- I have a vegetable patch and am looking forward to the growing cycle starting again in spring. I like to make jams and chutneys with my produce.
- During lockdown I have been researching my family tree. I have discovered a Hepzibah and a Hezekiah, and to my delight I have found that my maternal great grandmother's maiden name was Daft, so I can officially say that I am a little bit Daft!



A Warm and Toasty Interview with....

Biography

- Born at Whittington Hospital, Highgate 2nd June 1962 (58)
- Lived in Tottenham Until 1973
- Moved to the Liverpool area in 73 to live near my mother's family
- I currently live near Cromer in North Norfolk
- Tottenham Hotspur Supporter (Not fanatical)
- Professional Entertainer (Cliff As If)
- Trained in fitness coaching
- Bachelor's Degree in Theology
- Married to the lovely Claire
- A daughter Hattie
- Stepson Jude
- Love music, keeping fit, holidays, playing chess and riding my motorcycle
- Favourite food – Curry
- Favourite drink - Red Bush Tea
- I miss my friends.



1. How did you first get into music?

I do not recall exactly when but I do know that I was greatly influenced by my elder siblings of which there were three, and quite a big age gap between them and me. They were all 50's kids and I was born in the 60's. Their musical tastes were varied and I can recall being given a music education as each one took a turn to look after me while my Dad was working and my Mum running the house. The Beatles, Pink Floyd, Jimi Hendrix, The Kinks, were just some of acts that were being

played into my ears on the gramophone.

My Mum also took time to play her favourite records when she had the chance. Her musical tastes were more middle of the road playing songs by Frank Ifield, Eden Kane and Cliff Richard. In the early 1970's I started to find my own way and really got into, which is known now as 'Glam Rock'. I really loved The Sweet and Marc Bolan. A bit later ELO became my obsession and I was swept away by their blend of Pop and Classical. I had an enormous record collection in those days and the stylus needle on my record player was constantly being changed. If you rummaged through you'd find all manner of artists and it wouldn't take you long to find a record by Cliff Richard. It wasn't cool in those days for an adolescent boy to be into Cliff so it was a secret from all my family and friends.

2. What's your favourite song to sing and why?

This is a question I often get asked and it is never easy to answer because it could be one of a dozen. Of course it always feels good to sing a song that causes a stir in an audience. Summer Holiday is right up there, not just because it's a well known song but also because it is much loved. It was released in 1963 and even though it's 58 years old the song is recognised across generations and people love to sing along. Another 1960's classic that I like to sing is 'I could easily fall in love with you.' It is a song I can have a great deal of fun with. We Don't Talk Anymore from 1979 is a wonderful song to sing although the high notes can be a challenge if I have to perform this early on in a set. I try always to leave it until near the very end of

a gig when my voice is completely warmed up. My favourite ballad is 'Ocean Deep' from 1983. There are really lots that spring to mind. I don't just sing Cliff Richard songs as I get plenty of opportunity to perform songs of others like Elvis, The Beatles, Frank Sinatra, The Eagles, etc.



3. Do you have a favourite childhood memory?

The early part of my life was growing up in Tottenham, North London. My Dad was hardly ever at home Monday to Saturday as he had his own motor trade business in Highbury. He'd work all the hours he could so we never really saw much of him at all except for Sundays, which was his day off. When the weather was good Dad would take me on my bicycle to a local park with a section that was just for kiddies on bikes. It was like a real road network system but in miniature. It had roads with lines in the middle, traffic lights, zebra crossings and all manner of things to make you feel that it was like being on a proper road. Parents would let their children go off on their journeys around the place while they walked the pavements. I really enjoyed those moments. I did have a few spills but nothing that a plaster and a chocolate milkshake couldn't put right.

...Will Chandler aka *Cliff As If*

(Continued from page 6)

4. What/who makes you laugh?

I adore comedy, usually the 'quick fire gag' type if you know what I mean. I have friends who are comedians and if I can I'll get along to see their shows. Local to where I live is a man called Pat Neary who is also known as The Norfolk Nut. He's been in comedy for a very long time and knows how to deliver a good gag. I carry CDs of his in my car and if I need a good giggle I'll put one on while I'm driving. I know the jokes so well but never tire of hearing Pat tell them. Laughing does me the world of good. One of my favourite radio programs in recent years has been the Radio 4 show 'Claire In The Community.' It is very well written and wonderfully played out.



5. You perform as Cliff As If - an excellent Cliff Richard tribute act that our audience love - when did you first realise your alter ego was Cliff Richard?

Being able to perform a Cliff Richard Tribute Act is great fun but also an honour. I've known about Cliff for as long as I can remember but it was only in 1987 that I became aware that my peers regarded me as someone who resembled Cliff and sounded a bit like him too. It was at the time that 'Stars In Their Eyes' was a big hit on ITV and I was being persistently badgered to enter. I didn't do it because I was not confident enough to ap-

ply. However, I began to develop my own act out of sight and ear-shot of everyone. I was living alone at the time and no one had any idea that I was working on building up my own style and after a short while I got the opportunity to perform the act in public, which worked well for me. I've been content to keep it that way. I've not wanted for any kind of notoriety because it's been a joy working at the level I do. I've had numerous opportunities to go on talent shows and TV over the years but turned them all down.



6. What's the best part of being 'Cliff'?

There have been many highlights over the years but I never tire of people mistaking me for the real Sir Cliff Richard. It's happened at airports, railway stations, supermarkets, petrol stations, hotels, etc. I like it because it usually always makes people smile. I've had some very interesting incidents take place in regards to how I am mistaken for Cliff but that might come in the form of a book someday.



7. What's your funniest on-stage moment(s)?

I was doing my show at a club in Villa Martin on the Costa Blanca on my birthday. Little did I know that the club owner had organised a birthday surprise for me. When I got around to singing the Cliff hit 'Congratulations' He ran through the audience and climbed on the stage with a birthday cake. He was dressed up as Cliff Richard's ex girlfriend Sue Barker and looked a complete mess. It was hilarious and I broke down in tears of laughter. He was a 20 stone bald fella wearing a blonde wig, a tennis skirt and balloons stuck down his top. He took the microphone from me and began to sing Happy Birthday in a very seductive voice. The audience were screaming with delight. I just lost the plot completely and it took me a while to recover much to the amusement of everyone there.



8. What are your favourite toast toppings?

Beans on toast is the best. I like melted strong cheddar too and have been known to treat myself to Marmite.



Members Of The Month

Sisters Sandie and Viv

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

Sandie

I was born in Colchester and lived with my family of 5 sisters and 2 brothers in Shrub End. My Dad was a crane driver at Paxmans. Mum had a part time job at a grammar school as a cook assistant.

Viv

I have lived in Colchester all my life with Mum, Dad, 2 brothers and 4 sisters.

→The best job you've ever had?

Sandie

I was a shop assistant at Tesco's until I got married in 1965. I enjoyed working there as the people were very friendly. I was also a Pre-school assistant, which I enjoyed very much.

Viv

I only had 3 jobs I liked. The best was when I worked for Essex County Council as a home help and carer for older people. I went around to them on my bike, it was hard work but rewarding

→Favourite singers?

Sandie

I like Cliff Richard, also The Beatles who I saw live in Ipswich when I was 17. I also saw Cliff Richard a few times when I was older.

Viv

Cliff Richard and Elvis Presley



→What hobbies have you enjoyed?

Sandie

I like reading and enjoy collecting pocket dragons which I have lots of.

Viv

I like cooking, I cook lots of things. I enjoy reading and going for walks. And I enjoy going out with my husband when we can for meals.

→Your favourite places?

Sandie

Well I lived in Hong Kong for 2 years as my hubby was a soldier and stationed there.

I enjoyed living out there, I had my daughter out there.

I also like our local beaches at Clacton and Walton.

Viv

I like going to lots of places, though I haven't really got a favourite place.

→What were/are the best years of your life?

Sandie

Living in Hong Kong was great, and also having our 5 daughters kept us busy. They have now all grown up and we have been blessed with 11 grandchildren.

Viv

In the 60's going out clubbing with my mates, dancing the jive and a lot of rock 'n roll. I also liked going to see shows and films. And going to the beach.

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

Name the Musical

I bet you remember these songs, but do you remember the musicals they came from? Singing aloud is essential! Answers on the back cover.

1. Getting To Know You (1951)
2. Don't Cry For Me Argentina (1986)
3. Music Of The Night (1986)
4. Any Dream Will Do (1968)
5. Money Makes The World Go Around (1972)
6. I Dream A Dream (1985)
7. Can You Feel The Love Tonight? (1994)
8. I Could Have Danced All Night (1964)
9. Hushabye Mountain (1968)
10. You've Got To Pick A Pocket Or Two (1968)



Mary's Joke Corner

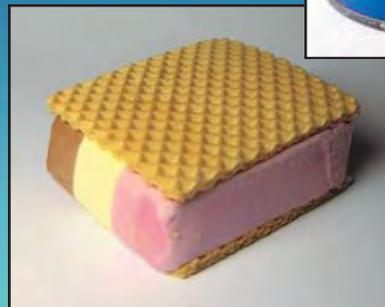
Wally, a rail enthusiast, had recently got married and bought two rail-way carriages with a disused stretch of track to live on.

When his friends came to visit the newly-weds, they found Wally all of a sweat pushing the carriages along the stretch of track, then running to the other end and pushing them back again.

"What on earth are you doing?" called one of his friends.

"Hang on a minute," shouted Wally, *"the wife's on the toilet!"*

Do You Remember?



Remember when...

Smoking was cool! It was acceptable to smoke indoors and out, on trains, on buses, in cars, in cinemas, in restaurants, actors smoked in films and on the telly - it was what adults did. My parents didn't smoke, but had an ashtray for when visitors came. And children roleplayed smoking with packets of sweet cigarettes and sweet tobacco. I can remember being sent on an errand with my big sister to the sweet shop --(betting newspaper) and we weren't asked for proof of age!

Home hairdressing. You might have had to resort to trimming your own hair during this year of lockdowns, but can you remember when home hairdressing was the norm? We have lots of childhood photos as evidence, with extremely short fringes! And then when everyone was trying out home perms, as for some reason we all wanted to look like Kevin Keegan!

It was cheaper to make your own clothes. When I was young, no one could afford to buy all their clothes. Having two older sisters I looked forward to when their clothes were handed down to me. My mum had a Singer sewing machine and was always making dresses (see photo below of Mary and her daughters wearing her homemade spotty dresses) and she knitted our school jumpers and cardigans and even clothes for our dolls, unwinding unwanted garments to knit into new ones. But now it is cheaper to buy ready-made clothes and mass-produced knitwear imported from abroad. Knitting and dressmaking are becoming more popular again, but new wool and fabrics can be pricey.



We didn't have information at our fingertips. Remember when you needed to find out facts by looking them up in a dictionary, atlas, encyclopaedia, or visiting a library!

Poem of the month

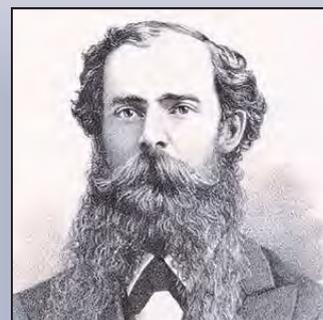
As selected by
Jeanette

“The Days When We Were Young” by Henry Clay Work

Sister! Sister! don't you remember
The days when we were young?
The long long days, with a light and a shade,
Like the pearls of a necklace strung,
Like the pearls of a necklace strung?
They are gone, with all our yesterdays,
We seek their like in vain;
But we will shed no tears for them
While the bright todays remain,
While the bright todays remain.

Sister! Sister! don't you remember
The days when we were young?
The homely house in the far, far away
Where the love of our childhood clung,
Where the love of our childhood clung?
There is naught to mark that sacred spot
Save now that beaten loam;
Yet distant altars have we rear'd
In the blessed name of home,
In the blessed name of home.

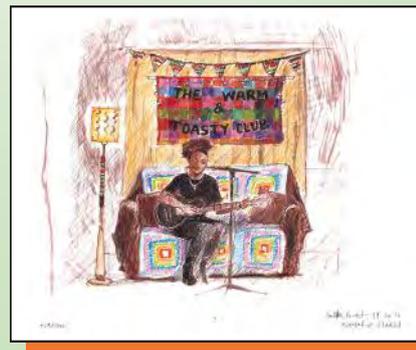
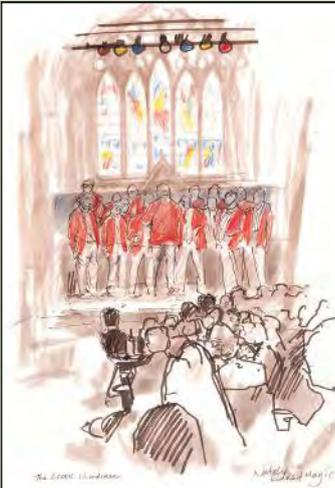
Sister! Sister! don't you remember
The days when we were young?
The mates of childhood, the friends of our youth
We companion'd and loved among,
We companion'd and loved among.
Some are wand'ring far and some in death
Have closed their weary eyes;
But we rejoice in new found friends
While we weep for broken ties,
While we weep for broken ties.



Live Drawing by Natalie

These drawings were drawn live by the artist Natalie Eldred at our Warm and Toasty Club variety shows at Colchester Arts Centre and retirement establishments in Colchester.

<https://natalieeldred.uk/>



Johnno's Words Of Wisdom

The more you weigh, the harder you are to kidnap...
Stay Safe - Eat Cake!

Just spent 45 minutes on the treadmill. Tomorrow my goal is to turn it on.

Carry hope with you always, it will always be of use at some point.

Musical Answers

- | | |
|--|----------------------------|
| 1. The King and I | 6. Les Miserables |
| 2. Evita | 7. The Lion King |
| 3. Phantom Of The Opera | 8. My Fair Lady |
| 4. Joseph and The Amazing Technicolour Dreamcoat | 9. Chitty Chitty Bang Bang |
| 5. Cabaret | 10. Oliver! |



Toast Quiz Answers

- a). Wheat and barley
- d). The growing of mould
- c). Wine
- d). A hunk of stale or toasted bread used as a makeshift dish or bowl to hold food
- e). Soldiers

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

Facebook - www.facebook.com/thewarmandtoastyclub

