



AWAKEN (ASLEEP!) ONLINE

***The Online Newsletter of Anlaby, Willerby and Kirk Ella
U3A PRODUCED IN A TIME OF NATIONAL CRISIS!***

Number 1: March 2020

A Word from the Chair

Hi Everyone,



Under these strange circumstances which most of us have not experienced before, we are trying to keep you in the circle by making this online newsletter. Any information, stories or news you may have, get in touch with Steve Roberts our editor and he will

feature it in the newsletter for the website.

As we are all not able to go far, only in the garden, we should have a competition later in the year to see who has the best garden. This is only a suggestion.

If you are keeping in touch with your friends please pass this message on about the website.

Listen to Boris and keep safe. See you all hopefully in about 3 months time when we will be able to resume our activities again.

Sue McPhee

Note from the Editor

We are living in very strange times at the moment and with no U3A activities to occupy our time and minds we thought it might be a good idea to produce an online newsletter to help keep our members occupied, informed and maybe even entertained!

Normally the Newsletter keeps all members up to date with what has happened and what is happening in the near future all within the confines of 16, A5 pages HOWEVER as NOTHING U3A wise is happening at the moment and with as many A4 pages as we like to use this becomes an opportunity to pass on information and articles we normally do not have the space for. It is the intention to post the Awaken Online on the U3A AWAKE website but initially we will send it to ALL Interest Group leaders and ask them to pass it on to their members who they have email addresses for, we need to spread the word that the place for information is our AWAKE website, so please feel free to send in anything you think may be of interest to our members for future online editions.

Steve Roberts

On hearing ill rumour that Londoners may soon be urged into their lodgings by Her Majesty's men, I looked upon the street to see a gaggle of striplings making fair merry, and no doubt spreading the plague well about.

Not a care had these rogues for the health of their elders!

Samuel Pepys Diaries – London 1664

356 years have passed and not a thing has changed

Latest News/Events

Message from Chris Coates, our Membership Secretary

A big thank you to all members who have sent in their membership re-joining forms, she is busy processing them BUT to all those who have not sent them in PLEASE DO SO at your earliest convenience.

Some good advice from Pauline Park's pregnant Granddaughter on how best to structure your days in Lockdown

My pregnant granddaughter, self-isolated, was given some helpful advice that I've adopted. Divide the day into hourly sessions and do something different each hour to give the day structure.

I made some lists to employ:

- things that I enjoy doing,
- routine jobs that need to be done,
- those that I put off because I don't like doing them,
- skills/hobbies/some half finished, that I've let fall by the way side,
- new skills that I'd like to try
- people I want to contact
- a bit of exercise

It works well and I even feel chuffed that it's given me the incentive to tackle some of the 'don't like' chores

Extraordinary General Meeting

Please Note: Hopefully this will take place at our next General Meeting (whenever that may be!!)

Interest Group News

Proposed Portrait Painting/Drawing Group

Let's kick off Michael Ebeling's proposed new Interest Group with the following challenge: **Paint or draw a portrait, email it to me & it can go in the Website Rogues Gallery**

Bridge Group

All keeping well and hopefully reading our notes and practicing our bridge online so by the time this isolation is over we'll be ace players. Take care and keep well. Anita.

CARAVAN News

(Trips & Journeys, no Caravan required!)

The AWAKE trips and journeys programme for all members.

Leamington for Birmingham, Stratford, Coventry & Warwick

Sadly cancelled **but good news**, The Premier Inn Hotel are refunding full payment and we are told the Rail tickets will eventually also be fully refunded. When this is completed Roger will reimburse the participants Hurrah!

Narrowboat Also postponed but rebooked for a date in October.

Roger Coates 657105

Flex & Stretch Group

Hi all you ladies and Geoff who love the flex and stretch group try and keep your exercises up. Put some music on and start by walking on the spot, you know the routine. Remember the chair exercises, have an exercise session but don't forget to close the curtains. You don't want the neighbours watching. See you all when we start again.

Sue

Pudding Club

Joan Greenley has come up with a couple of recipes you could make with some of the ingredients you just might still have in cupboards.

Here's something I make all the time. I make it in a rectangular tin 11x7. It freezes well and can be put into a warm oven to defrost and warm up.

225g butter, softened

225g caster sugar

4 large eggs

225g self- raising flour

1 tablespoon of milk

Preheat the oven to 180c/350f/gas 4

Beat butter with wooden spoon or electric mixer until very smooth.

Gradually beat in the sugar and keep on beating for 3-4 mins.

Beat the eggs lightly with a fork and add to the creamed mixture.

Gently fold in the flour.

Pour into greased and lined tin and bake for 20-25 minutes.

Remove from oven and leave to cool.

Cut into 8 or 10 slices. It can be frozen now and defrosted a piece or two at a time. I take a couple of pieces out at a time for my Grandchildren,(or used to) and serve with custard.

This can be made into a chocolate cake by replacing 30g flour with cocoa powder.

If you have some bananas that are a little past their best.

Banana loaf.

140g butter, softened

140g caster sugar

2 large eggs beaten

140g self raising flour

1teaspoon baking powder

2 very ripe bananas, mashed

50g icing sugar

Heat oven to 180c/160c fan/gas 4

Butter and line a 2lb loaf tin with baking parchment.

Cream butter and sugar until fluffy, slowly add eggs with a little of the flour.

Fold in the remaining flour with baking powder and bananas.

Pour into tin and bake for 30 minutes until a skewer comes out clean.

Cool. Mix 50g icing sugar with 2-3 teaspoons water and drizzle across the top of the cake.

Singing for Fun

Sorry but all our singing visits are cancelled for the time being, hopefully we will be asked again when all this is over. Anyway, you can all be word perfect for when the group starts again. Why not sing in the bath or shower but don't get your song sheets wet Les can't print any more. Sue

**Here is a pertinent poem from our very own
Laureate & would be Edward Lear**

I'm Staying at Home Today

I'm staying at home today,
I heard Mick the monkey say,
I'm going bananas
In my pyjamas,
But I'm staying at home today.

I'm staying at home today,
I heard Carl the camel say,
I've sat on my rump
And I'm getting the hump,
But I'm staying at home today.

I'm staying at home today,
I heard Tim the tiger say,
I'm smelling a bit ripe
But I'm earning my stripes,
By staying at home today.

I'm staying at home today,
I heard Sean the sheepdog say,
It's been pretty tough
And I'm feeling quite ruff,
But I'm staying at home today.

I'm staying at home today,
I heard Pete the panda say,
By taking good care
I know I can bear
Staying at home today.

I'm staying at home today,
I heard Kat the kitten say,

I may winge and whine
But I'm feline quite fine,
And I'm staying at home today.

I'm staying at home today,
I heard all my neighbours say,
We're helping a bit
By keeping ourselves fit
And staying at home today.

DAVID NEWMAN

Writing Group

No restriction on length in an online Newsletter so put the kettle on, sit back, relax and enjoy the recollections of Liz Parkers first trip to the Diabetic Awareness Course, It could become a serial!

It may be nothing but....

I am sure that man has just raised his fist to that young woman who appeared very scared. From where I am sitting just inside the doorway of the meeting house, I could see the two women walking towards the entrance and watched as the man caught them up. The older lady continued into the porchway, while the younger woman was forced into conversation with the aggressive young man. The controlled entry door stopped them in their tracks and the man continued his animated rant at the young woman before being loudly chastised by her companion. Eventually the door was opened and, on realising he was being watched, the man beat a hasty retreat and the ladies entered the building.

Bright and breezy Jill bounced into the reception area and introduced herself to us all.

She informed us that she was a diabetic dietician and would be facilitating the Diabetes Awareness course, which, she promised would be just "fun, fun, fun" for us all, with lots of vital information along the way.

I'll be the judge of that, I thought, mentally picturing Victoria Wood as Jill in the hit comedy series that I was currently penning in my head. As all seven participants had arrived, she told us we would begin the session in about ten minutes and suggested we

"just relax" until she called us through.

The young woman we had observed being threatened, began to pace the floor and was clearly agitated. I tentatively asked if she was alright and received a curt "yeah" for my troubles. She continued to pace, thumping her arms and muttering to herself. A few moments later, she stormed out of the building and her female companion explained that she had been waiting for the chemist to open to get her Methodone treatment and was "wound up".

Jill flounced in again and invited us to go through to the meeting room.

As we entered the room, I noticed a large central table surrounded by seven chairs. Unfortunately, as three attenders had chosen to bring along a friend, there were not enough chairs for everyone, so Jill and her two mute co-workers began a chair hunt in neighbouring rooms. This immediately created chaos, throwing Jill's seating plan into disarray.

The table was covered in pieces of brightly coloured plastic resembling fruit, vegetables and various food items. We were invited to sit down next to our favourite food item and thereby solving the seating plan dilemma.

I sat in the nearest chair to me, and Jill commented that I had "quickly chosen an onion". By now, I had enough material for the third episode of the comedy series.

Beryl explained that her daughter had gone to the chemists but would be back very soon.

Ann explained that she had brought her husband as she needed his assistance with her walking frame and when she needed to go to the toilet.

Brenda said her fella had come along as he thought he might be getting diabetes too' so came just in case.

The next riveting challenge was to speak to our neighbour, introduce ourselves, say when we were diagnosed with diabetes and what other medical problems we had.

Sadly, my partner John, had been diagnosed sixteen years ago and had an extensive list of other ailments. Still, as we were only given ten minutes for this exciting exercise, it meant I didn't have to speak at all. Unfortunately, it also meant that he had nothing to contribute when we were asked to introduce our partners to everyone else. Fortunately this didn't faze him and he rattled on

about his ailments undaunted.

Jill's fluster was rising.

At this point, David informed us that he had no intention of participating in group work and left the room. We never saw him again.

We were then asked to write our name on a sticky label and attach them to our clothing. John asked me to write his as he was partially sighted, couldn't spell and was allergic to felt tip pens.

Jill's reassurance did nothing for me. "we're all here to have a fun time" she cheerily declared in an effort to reunite the group following David's departure. A show of hands demonstrated that I was the only one unconvinced and, indeed, the only one attending reluctantly.

Three hours were spent playing with plastic food, sieves, table tennis balls and straws, interspersed with riveting questions, chiefly from John.

To alleviate the boredom, I began mentally scoring the questions. The dafter they were, the higher the score from one to ten. Most of them easily reached the eleven score, the highlight being "

"Why do I need tablets for diabetes when I am already taking tablets for arthritis "

After tea break (with Jill's recommended sweeteners), and the smokers dash for the car park, we moved on to more difficult challenges.

Beryl's mobile phone rang and she needed to take the call.

Ann took the opportunity to move everyone in order to shuffle past with walking frame, husband and two large carrier bags in order to visit the loo.

Brenda asked Jill if she could just check if her fella had "a bit of diabetes" and John spilt his tea, prompting another comment about his inability to grip small things. Judging by the stale aroma, he clearly manages to hold on to bottles.

Jill continued bravely on, with the next task.

She produced twelve pieces of shiny laminated card with various subjects written on them. We were asked to decide which we could change and which we couldn't. Cue endless debate about whether we could change our waist measurements.

Beryl said she could, by tightening the tape measure.

Brenda's fella said he couldn't as he thought he was getting diabetes and that meant you couldn't have a small waist. By this

point I had had enough. I gathered up the cards, took out three that we couldn't change i.e. ethnicity, age and genetics and placed the others in the "can change " pile.

Jill was mortified that her tasks had been curtailed.

Beryl asked what ethnicity meant and Brenda helpfully told her it was whereabouts you were born in Hull. She raced on to tell us that genetics were if you knew who your mam and dad were and said we probably knew what age meant.

Beryl's phone rang again and she began a loud conversation with her daughter about whether the police would be able to arrest him before he did her some damage.

Ann needed the loo again and we all had to move. I suggested she move to a chair nearer the door but she reassured me she would not need to go again as she only went three times in a morning and she'd been once at home.

Brenda was keen to offer her help as a witness for any police investigation and began reciting her name, address and phone number to Beryl, who struggled to hear above the noise generated by everyone keen to be in on the act, even though they were unsure what the act had been.

Jill attempted to regain control by asking Beryl to continue her conversation outside and by drawing the session to a close.

Fortunately, none of us needed to retain any information we had accrued today as Jill told us we would have a recap next week. Oh joy.

In the meantime, we were given a cliff hanger question to ponder for next time and Jill revealed her flip chart poser.

"How do we keep our feet clean and why" Have a think about this , she told us and we'll all make a chart next week.

Beam me up Scotty.

Quiz Time, Folks (all answers will appear in Issue 2)

First here are 10 questions from Chris Gibbs

1. What does the term Spare mean in ten pin bowling?
2. How many zeros in ten Billion?
3. What colour is the middle layer the German Flag?
4. If your Zodiac sign is a fish which two months of the year could you have been born in?

5. What is Plastic made from?
6. What is Cosa Nostra?
7. How many bones in the Human body?
8. Peter Sellers searches for the Pink Panther in the film of the same name but what IS the Pink Panther?
9. What was Mark David Chapman famous (or infamous) for?
10. Who was the leader of the Baath Party until 2003?

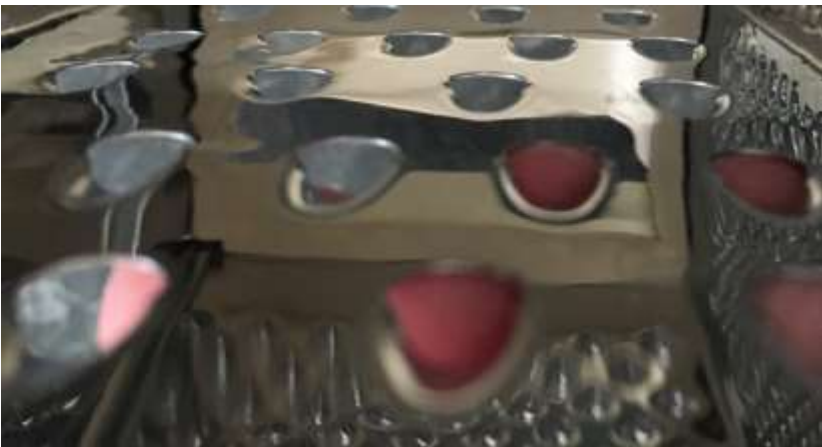
Household Items, What are they?



A



B



C

Holmes and Watson's Poser (that's Les & Chris not Sherlock & John!)

A bank manager has vanished and no one knows the full combination of the locked safe. Individual members of staff, however, can recall pieces of information.

- ❖ The safe number used the digits 1 to 7 and each appeared once
- ❖ No two odd digits are next to each other
- ❖ The difference between adjacent digits is always greater than one
- ❖ The penultimate digit was twice the value of the final digit.

The information is enough for the Inspector to work out the code and open the safe.

What was the code number?

Your funny photos



Jean Quantrill from Art appreciation spotted this in the Telegraph, a parody of a Hopper painting from the Chicago Institute of Art



Chris Gibbs slightly less highbrow contribution!



Chris Gibbs again!



And again!

Willerby Parish Institute History & current use

Most residents of Willerby and the surrounding area (& many U3A members) probably regard the Parish Institute Building situated in Main Street purely as their local library and the place they occasionally visit to vote.

However, the history and use of the building is a very different and involved story.

Parts of the Parish Institute building in Main Street date back to 1790 when it was probably a farm building, it eventually became part of the estate of local Ship Owner and Timber Merchant, Captain Sir Henry Samman when he moved into the Manor House in 1912 (we know the Manor House today as the Willerby Manor Hotel). In 1922 Sir Henry bequeathed the building in Main Street to the people of Willerby (see Hull Daily mail article, Page 12) in order to provide a venue promoting "intellectual, moral and social improvement with facilities for lectures, entertainment, dances and accommodation for a reading room and indoor games room" At that time such facilities were not readily available to the residents of the village of Willerby. An official handing over ceremony was held on the 7th October 1922.

A Board of Trustees was elected who in turn elected a Management Committee to conduct the day to day running of the building and in 1932 the Hall was extended and was then used by the local Food Officer.

In later years further modifications were made to accommodate the Willerby branch of the East Riding Public Library.

The building was then only to SOME extent satisfying the original intentions of Sir Henry with the Library providing the Reading Room facility and an upstairs Snooker Room (with two full sized tables) providing the indoor games.

However, thanks to the efforts of our local Anlaby, Willerby & Kirk Ella (AWAKE) branch of the U3A the meeting room has now taken on a new lease of life!

The Willerby and Kirk Ella Parish Institute now provides the venue for the following U3A activities: Three separate Book clubs, a Bridge group, a Darts, Dominos and Cards group, a Family History investigation group, A Gardening group, a Play Reading Group and two Ukulele groups thus satisfying the original aspirations of the benefactor, Sir Henry Samman in FULL.

WILLERBY AND KIRKELLA INSTITUTE.

SIR HENRY SAMMAN'S SPLENDID GIFT.

Due to the generosity of Sir Henry Samman, Bart., Willerby Manor, in particular, and residents of Willerby, Kirkella, and West Ella in general, who have subscribed handsomely, the little wooden hut at Willerby, which for many years has served a useful purpose as a reading and recreation room, has been replaced by one of the largest and best equipped Parish Institutes in the district.

The main building comprised a ten-roomed house, to which were attached the out-buildings, and the reconstruction and alterations have been carried out by Messrs Eilton, contractors, Hull. The five upper rooms have been converted into a fine concert and dance hall, equipped with stage, piano, and illuminated with gas. It is reached by a wide staircase, and will comfortably accommodate over 200 people. Downstairs are billiard and reading rooms, kitchen, with every convenience for catering, and cloakroom. The opening ceremony, which took place on Saturday night, was performed by Mrs J. H. Fisher, J.P., of Willerby Hall. Mr J. H. Fisher, J.P. (president), occupied the chair, and apologies for inability to be present were read from Sir Henry Samman, Bart., Major Smithson, and Canon Foord (vicar of Kirkella). The President drew attention to the facilities now offered to parishioners by the Institute, and he hoped all would join whole-heartedly in making it a success. He congratulated the Management Committee on the able manner in which the various arrangements had been carried out, and announced, amidst applause, that thanks to Sir Henry Samman's further benevolence, the Institute would be opened free of debt.

Mrs Fisher then declared the Institute open.

Mr E. S. Boulton (chairman of the Management Committee), detailed the manner in which the Institute would be carried on, and the privileges of membership, and asked everyone to do all they could to help it forward, then he saw no reason why it should not prove a success if all residents gave it their support.

M. A. H. Fox (organist, Kirkella Church), accompanied, and an excellent concert, in which quite a musical treat was given by voluntary local artistes, followed.

The Institute is under the management of the following, and over 50 members were enrolled at the opening ceremony:—President, Mr J. H. Fisher, J.P.; vice-presidents, Mr E. S. Wade and Captain C. V. Sykes (West Ella Hall);



The Willerby Parish Institute in 1930



The History of Willerby Information Boards situated in the Parish Institute building provided by Francis Davies from AWAKE U3A

Some of the U3A groups who meet in the Willerby Institute



The U3A Bridge Group



The U3A Darts, Dominos & Cards Group



The U3A Sunshine Strummers practice session



The U3A Family History Group hard at Work



One of the three U3A Book Groups in jovial discussion

Final Thoughts from the Editor

I paid £15 for OXO cubes yesterday, the Stock market has gone crazy!

Don't forget the clocks go back on Sunday, which means we get an extra hour indoors.

& finally

**Where are we going Pooh, asked Piglet
Home Piglet, We're going home, because
that's the best thing to do right now.**