



# **AWAKEN ONLINE**

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

**Number 3: April 2020**

## **A Word from the Chair**



Another front cover under the same circumstances. I am afraid the news is not much better than last time, but maybe the next newsletter will be more hopeful. In March the committee decided to close down the AWAKE U3A until May and then it would be assessed again. Having listened to the government we think we should wait until the beginning of July before we assess the situation again. We

will keep this on-line newsletter going while this emergency is still with us. Please keep sending news and stories to Steve Roberts.

I do hope you find the newsletter interesting, amusing and informative, while keeping you in touch with your groups. Please let others know about it.

By now we must all have the cleanest houses and immaculate gardens with so much time on our hands. The trouble is now what do we do next? Do we read the print off the newspapers or try to climb the walls?

It is good that we have television and so many channels to watch which help to pass the time. Also a chat on the phone to our friends, which usually start as chats but end up as marathons.

If you want a chat or have any questions please get in touch with me or any of the committee and we will try to help.

Until next time, take care and keep safe.

Sue McPhee

## **Note from the Editor**

**THANK YOU** for all of your contributions for Issue 1,2&3 Please keep them coming for Issue 4

Please note, Chris Moody has introduced a Room 101 section to the Website. I made the first contribution (Peter Levy!) but to date we have had no further additions, come on who will be second to send YOUR pet hate into Room 101, please send to Chris Moody or to myself Steve Roberts

Please use the 'Bird' link on the website to pass on any information

Also Don't forget to check out the rest of the U3A website! Several of our Groups have added extra material to their Group pages to keep you entertained and amused. So when you have finished reading this excellent Newsletter, use the 'Back button' at the top left of your screen to return to the main Awake website. All the information and links to your site's extra 'lockdown' content can be found on the 'Welcome page' - so, click on the 'Welcome' tab at the top of your screen and start to explore all the little extras that members have been adding."

### ***Latest News/Events***

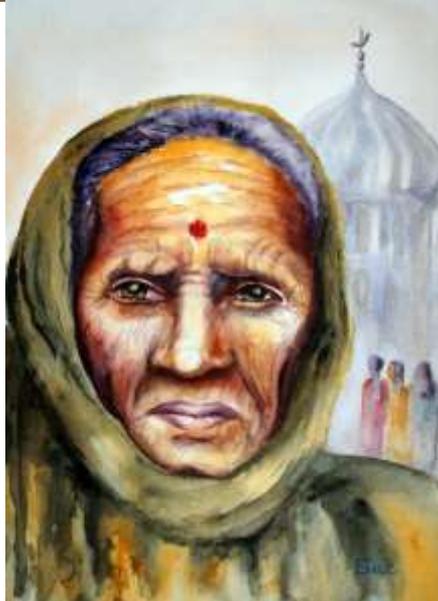
#### **Message from Chris Coates, our Membership Secretary**

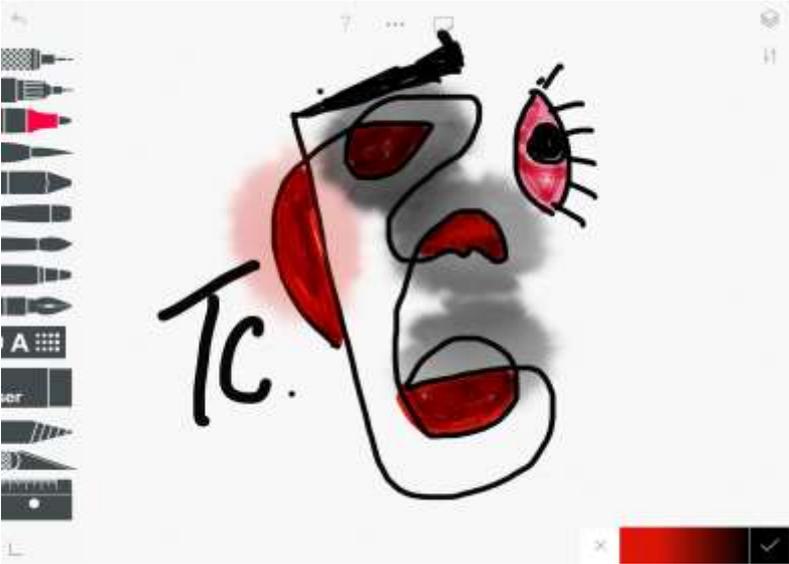
A big thank you to all members who have sent in their membership re-joining forms, Chris is busy processing them BUT to all those who have not sent them in PLEASE DO SO at your earliest convenience.

## Interest Group News

### Proposed Portrait Painting/Drawing Group

We have started to receive some of your Portrait art work.  
The first two are from Steve Clarkson





**A self portrait from Tony (Picasso) Chappell**



**Vickie by Michael Ebeling**

**Crafts**  
**Leslie Reader after self isolation!**



## Digital Photography

Our first Lockdown photo entry from Phil Atkin entitled Spring in his Step!



Stewart Mawer asks where to put the Comma?



He got quite attached to it, it wouldn't let him go

**Some beautiful Spring shots from Ann Burt**





## **Flex and Stretch**

Hope you are doing your exercises every morning!! There seems to be plenty of people coming out of the woodwork and giving classes on you-tube. Even the U3A head office have enlisted Mr Motivator to motivate us of a certain age, starting Monday 20<sup>th</sup> April. I was talking to a member on the phone and she had been watching the Green Goddess doing a mirror image of the exercises we do in our class. Can't be bad.

Sue

## **NaturWatch**

Hello all,

Hopefully everyone is fit and well, “enjoying” the social distancing, queuing and keeping at home. With enforced home attendance our home has been vacuumed and windows cleaned to within an inch of their lives!, and some of the old food tins have finally been put to use in homemade curries, hotpots and Mark’s surprise soups. Outside the trimming of the shrubs has come to a stop with observing Long tail tits, dunnocks, robins , wren and blackbirds all nestbuilding within the garden, and hopefully great and blue tits finding the various bird boxes. The Male blackcap disappeared 2 weeks ago. We have started to feed the koi fish and have observed peacock butterflies on the warmer days for the past 3 weeks and today the first Hollyblue came into the garden.

On a serious note if you are stuck for shopping or need to talk then I am available for the odd bit of shopping and Celia will enjoy a good old natter, a newsletter from Awake will be forth coming soon, see below, and if you have any decent photos from any of our trips then please submit them for show.

## **Pudding Club**

### **More recipes, the first one from Pauline Maddocks for a crustless Quiche**

#### Ingredients

125g ham, chopped  
1 small onion, finely chopped  
1 1/2 cups (180g) grated cheese  
1/3 cup (50g) self-raising flour  
Salt and freshly ground pepper, to season  
4 eggs  
1 1/2 cups (375ml) milk

#### Optional suggestions:

2 peeled washed grated potatoes  
Handful chopped parsley  
Leftover cooked mixed veggies  
Replace ham with cooked chopped bacon or chicken  
Finely chopped spinach 1 cup  
Asparagus spears  
Tomato slices for garnishing before cooking.

#### Method

1. Preheat oven to 200°C. Grease a 6 cup quiche dish
2. Combine ham, onion, cheese, flour, salt and pepper in a medium bowl.
3. Scatter over base of dish (or other optional ingredients). You can place sliced tomato on top before cooking.
4. Whisk eggs and milk together in a large jug and pour over mixture. Cook 30- 40 minutes or until puffed and golden. Serve warm or cold.

## **From Joan Greenley**

This is an amazing recipe I recently found online. [LEMONADE SCONES](#). Only 3 ingredients needed.

450g self raising flour  
175ml cream  
175ml lemonade

Heat oven to 220C/425F/gas 7 and put a baking tray into the oven to heat up.

Put flour into a large bowl.

Add cream and lemonade and cut and stir gently with a metal spoon until it comes together.

Knead lightly, cover with tea towel and rest for 10 minutes.

Cut into eight using a 3-inch cutter. Press down firmly. Do not twist.

Flour hot baking tray and put scones on fairly close together and bake for 10 minutes.

This should make about 8 scones using 3-inch cutter.

I have just made these and I couldn't believe how much they had risen. I didn't have the cream but I was desperate to try them so I just used milk. They are very nice eaten straight from the oven with butter and jam, but I found the texture quite bread like. They were still lovely and soft the next day and I think they will make a nice bread substitute.



**Some more recipes from Bob Jackson, get kneading!**

Seeing as we are all still under lock down, I thought I'd pass on these very simple bread recipes. I do understand that the thought of making bread for some of you will be quite daunting. But just have a go at these. You'll be surprised just how easy and tasty these are!

The first recipe was devised in the 1940s and only need a quick knead of about a minute.

This recipe makes about easy blend yeast 3 loaves, but don't worry because they stay moist for several days, or you can freeze a couple, or failing that cut the recipe in half!

You will need:-

105kg (3lb) strong bread flour. (I used wholemeal)

1tbs salt

1tbs easy blend yeast (I used 1 sachet of the dried)

1.2ltrs (2pts) warm water

1tbs muscovado sugar (or whatever you have available)

Grease 3 loaf tins ready and set aside.

Sprinkle the yeast onto 1/4pt of the water and leave for a couple of minutes, then add the sugar and leave for about 10 minutes till frothy.

Mix all the dry ingredients together then add the yeast mixture. Work the flour from the sides of your bowl and knead together for about a minute, or until all the flour is incorporated.

Divide the dough between the prepared tins and cover with a damp cloth and place into a warm place for about 1/2 hour or until the dough has risen by about 1/3

Bake in a preheated oven, gas 6/200c/400f for around 40 minutes. there done when they sound hollow when tapped.

Cool on a rack.

And that's it!

### **Easy soda bread, again quite simple recipe.**

You will need:-

500g wholemeal flour

2tsp salt

1tsp Bicarb.

400ml buttermilk

2tsp honey

(If you don't have buttermilk all you need to do is to take

400ml of whole milk, it has to be whole milk for it to work add to it the juice of 1 lemon. If you haven't got a lemon 1tbs vinegar will do. Let it stand for a minute or two and it magically turns into butter milk, then add the honey

Mix all the dry ingredients and then the buttermilk.

At this stage you can flavour it however you want. You are only limited by your imagination!

In the past I've put in cold chopped bacon and onion, cheese, poppy seeds dried fruits and spices, the combinations are endless.

Mix together with a knife until the whole thing comes together into a sticky dough.

Tip onto a floured surface and work it into a ball

Place the ball onto a floured baking tray. At this stage you can cut a deep cross on the top.

Bake for about 40mins.

### **10 minute ice cream**

1 tin of readymade toffee (usually next to the Carnation evaporated milk!)

1x300ml double cream.

Put the toffee sauce into a mixing bowl and whisk it until it becomes soft.

Put the cream into another bowl and whisk until it thickens – but not too much!

Then mix them both together well and put into the freezer. And let it freeze.

When you want to serve it, take it out of the freezer about 20/30 minutes to soften and serve it with whatever you want!

That's it!

## Beginners Ukulele Group

The Beginners group are now also using the zoom app to practice and their repertoire of songs is now up to 10! and they will be ready for our 5<sup>th</sup> Ukulele Anniversary party currently scheduled for May15th but inevitably will be postponed to a later date.



## Sunshine Strummers Ukulele group

The Sunshine Strummers Ukulele Band celebrated Easter with a special Easter Monday themed Strum Along on the Zoom platform. Many Easter Bonnets were on parade at the same time as band members playing and singing a specially selected Easter themed set list, including some of the following:

Run Rabbit, Easter Parade, April Showers, Morning Has Broken, Tiptoe Through the Tulips, Make You Feel My Love, Tulips From Amsterdam, Bring Me Sunshine. Hope you like the Bonnets!!



## Barely Awake Ukulele group

Still practicing via the zoom app and enjoying keeping in touch

# Garry & Hazel Hughes



## Singing for Fun

When will I see you again? From a distance, Maybe baby, In the summertime, when We're all going on a Summer holiday, Any dream will do, but Please don't tease, I believe, You're telling lies sweet little lies, it may as well rain until September, when it's Blowing in the wind, and Autumn leaves start to fall, but No matter what, I've got this feeling, I'll see a Picture of you, Rocking around the Christmas tree, and Dancing the night away. Hopefully it will be soon.

Sue

## Quiz Time, Folks, First of all, the answers from Issue 2)

## Isolation General Knowledge Quiz from David Newman

1. Who famously said "I want to be alone" in the 1932 film 'Grand Hotel'? - **Greta Garbo**
2. Which 1960's TV spy was played by a 'Magnificent Seven' actor - **Napoleon Solo (played by Robert Vaughan)**
3. What is the only one-word anagram of SOLITARY? - **Royalist**
4. In 1966-67, who made the then fastest solo circumnavigation of the world? And what was the full name of the yacht? - **Francis Chichester in Gypsy moth IV**
5. In question 4, the journey took 226 days. What is the current record - 186 days, 79 days or 42 days? - **42 days by Francois Gabart in 2017**
6. Who wandered lonely as a cloud?- **William Wordsworth**
7. In which musical was 'You'll Never Walk Alone' originally sung? - **Carousel**
8. Which fictional hero was played on TV by Clayton Moore and in a 2013 film by Arnie Hammer? - **The Lone Ranger**

9. Who sang 'If you were the only Girl in the World' with Gordon MacRae in her 1953 film 'By the Light of the Silvery Moon'? - **Doris Day**
10. What Is the only one-word anagram of ISOLATED? - **Diastole**
11. Who had UK chart hits with the following songs:- a) 'Lonely this Christmas' (1974) - **Mud** b) 'Only the Lonely' (1960) - **Roy Orbison** c) 'So Lonely' (1978) - **The Police** d) 'All by Myself' (1975) - **Eric Carmen** e) 'Single Girl' (1966) - Sandy Posey f) 'Solitaire' (1973 - no. 4 in charts) - **Andy Williams and (1975 - no. 32) - The Carpenters**
12. What is the nickname of the state of Texas? - **The Lone Star State**
13. What misfortune happened to Kevin McCallister twice in films? **Home Alone**
14. Which Willerby music cafe sounds like it serves single people only? **Solo's**

## Answer to Holmes and Watson's Poser From Issue 2

A		B	
C	D <b>Bike 1</b> 	E	F
G		H <b>Bike 2</b> 	I

Which bicycle appears in the most rectangles in the drawing?

**Answer is Bicycle 1 (appears in 13 rectangles)**

**Bicycle 2 appears in 10 rectangles**

## Lockdown General Knowledge Quiz from David Newman

The answers all contain the word LOCK or DOWN within them, often as part of a longer word.

1. What was the first ever programme shown on Channel 4?
2. What was the name of Ian Dury's backing band?
3. Which market town in the Fens is 11 miles south of King's Lynn.
4. On TV, where did a dog named Isis live?
5. Which train station lies between Arram and Hutton Cranswick?
6. Which Tony Hatch song was a no. 2 hit for Petula Clark in 1964?
7. In the nursery rhyme, who lost her pocket?
8. Where does the First Lord of the Treasury live?
9. Which 1998 Guy Ritchie film starred footballer Vinnie Jones?
10. What is the brace called which attaches an oar to a boat?
11. Which Shakespeare character demanded a pound of flesh?
12. Which famous fictional character first appeared in "A Study in Scarlet"?
13. What is the title of Status Quo's only UK number one single?

14. Which 1953 fraud involved the discovery of bone fragments presented as the fossilised remains of a previously unknown early human?
15. Which 1986 John Cleese film included scenes shot in the AWAKE U3A area?
16. Which site in Cornwall was once the largest Satellite Earth Station in the world?
17. Which Austrian manufacturer has made polymer handguns since the early 1980's?
18. Where, according to the spiritual song, will I lay down my sword and shield?
19. On the 21st December 1988, where did Pan Am Flight 103 tragically end?
20. Which move scores six points in American Football?

## **Holmes & Watson Poser No. 3**

### **The Whole Truth**

Dr Porkies runs a home for people who always tell lies. None of the people in his care ever make a statement that is true. Four residents - Charlotte, Donald, Simon and Vanessa - have spent the afternoon in different areas of the doctor's large house. One person was in the garage, one was in the greenhouse, one in the kitchen and one in the study. Dr Porkies asks the four people where they have been. One says, 'Donald was in the greenhouse.' The second speaker says, 'Donald, Charlotte and Vanessa were in the garage.' The third says, 'I was in the kitchen but I am not called Charlotte.' A fourth chips in to announce that, 'Donald was in the kitchen.'

From the statements made, Dr Porkies can place where everyone has been. **Can you?**

### **All Answers in Issue 4**

## Your funny Articles & photos

A blonde teenager, wanting to earn some money for the summer, decided to hire herself out as a 'handy woman' She started canvassing a nearby well-to-do neighbourhood, went to the front door of the first house and asked the owner if he had any odd jobs for her to do. "Well, I guess I could use somebody to paint my porch," he said. "How much will you charge me?" Delighted, the girl quickly responded - "How about £50?" The man agreed and told her the paint and brushes, etc. were in the garage. His wife, on hearing the conversation, said to him - "Does she realise our porch goes all round the house?" Later that day, the teenager came to the door to collect her money. "You've finished already" he said. "Yes" she said. " I even had some paint over so I gave it two coats" Impressed, the man gave her the £50 plus a £10 tip. "By the way" she said "It's not a porch, it's a Lexus". !!!!

**Renee Bell**

## A couple of contributions from Robert Keld



## ***MEDICAL ADVICE (I Love This!)***

*Whilst we are all in 'lockdown' it is very important that we continue to exercise and keep fit. This is important for both body and mind.*

*Here is the exercise for the week.*

*An Orthopaedic Surgeon has provided the following helpful advice.....This will boggle your mind and you will keep trying over and over again to see if you can outsmart your foot, but you can't.*

*It's pre-programmed in your Brain!*

*1. WITHOUT anyone watching you and while sitting where you are at your desk in front of your computer, lift your right foot off the floor and make clockwise circles.*

*2. Now, while doing this, draw the number "6" in the air with your right hand.  
Your foot will change direction.*

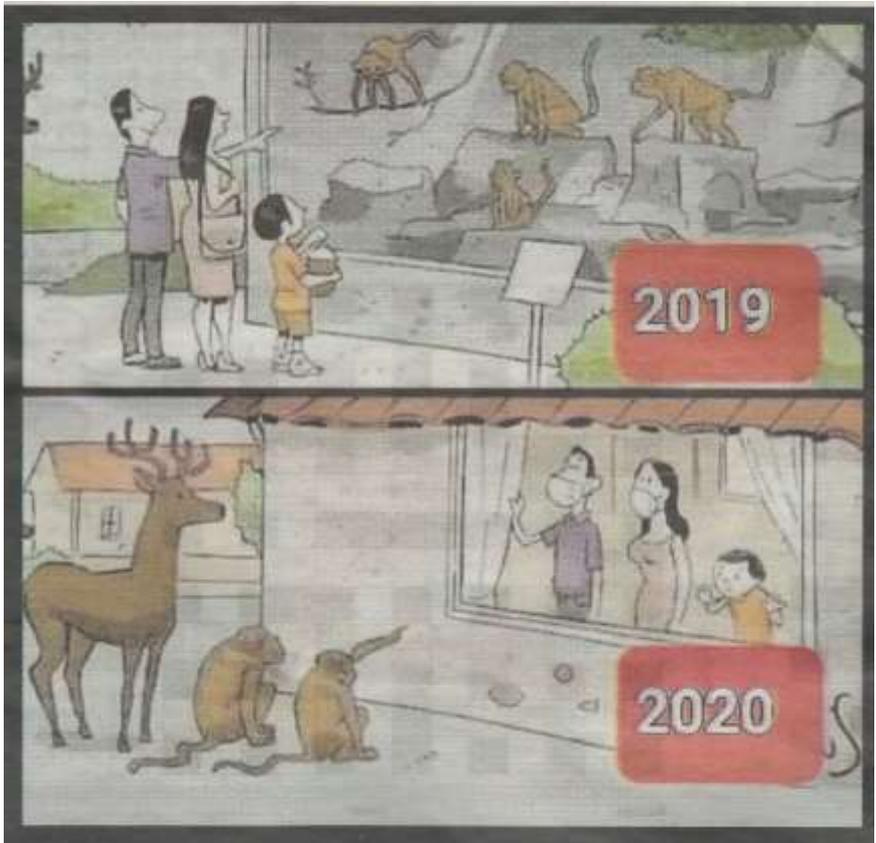
*And there's nothing you can do about it!*

## **Now it is Dave Carlton's turn to amuse us**

Some more funnies for you to consider although it is sad to report the loss of a few local businesses as a result of COVID-19.

- A local bra manufacturer has gone bust
- A submarine company has gone under
- A manufacturer of food blenders has gone into liquidation
- A dog kennel has had to call in the retrievers
- A company supplying paper for origami enthusiasts has folded
- Interflora is pruning its business
- Dynorod has gone down the drain.

**Les McPhee gets in on the act and how true this is!**



## POETS CORNER

### Bridge Evening

We sit at tables small and square  
East to West, North, you know where  
While Paul and Angela guide our cards  
Henry concentrates real hard  
And Mike ponders what to play  
Maybe diamonds / hearts today  
Conrad, Gwyneth, Rosemarie  
keen players all three.  
Welcome to our latest two  
Alan, Miriam that's you  
8.00 o'clock time for tea  
Yummy biscuits there from me,  
9.00 o'clock lights off,  
close the door, off I go

Anita Coupland

A Pam Ayres Pertinent Poem purloined by Pauline  
Maddocks  
And passed on by Sue Stimpson

I'm normally a social girl  
I love to meet my mates  
But lately with the virus here  
We can't go out the gates.

You see, we are the 'oldies' now  
We need to stay inside  
If they haven't seen us for a while  
They'll think we've upped and died.

They'll never know the things we did  
Before we got this old  
There wasn't any Facebook

So not everything was told.

We may seem sweet old ladies  
Who would never be uncouth  
But we grew up in the 60s -  
If you only knew the truth!

There was sex and drugs and rock 'n roll  
The pill and miniskirts  
We smoked, we drank, we partied  
And were quite outrageous flirts.

Then we settled down, got married  
And turned into someone's mum,  
Somebody's wife, then nana,  
Who on earth did we become?

We didn't mind the change of pace  
Because our lives were full  
But to bury us before we're dead  
Is like a red rag to a bull!

So here you find me stuck inside  
For 4 weeks, maybe more  
I finally found myself again  
Then I had to close the door!

It didn't really bother me  
I'd while away the hour  
I'd bake for all the family  
But I've got no bloody flour!

Now Netflix is just wonderful  
I like a gutsy thriller  
I'm swooning over Idris  
Or some random sexy killer.

At least I've got a stash of booze  
For when I'm being idle  
There's wine and whiskey, even gin  
If I'm feeling suicidal!

So let's all drink to lockdown  
To recovery and health  
And hope this bloody virus  
Doesn't decimate our wealth.

We'll all get through the crisis  
And be back to join our mates  
Just hoping I'm not far too wide  
To fit through the flaming gates

## **Safety at Sea**

### **A sea shanty Ditty from Steve Clarkson**

They were sailing club lovers  
Amongst the ropes and boat covers  
On the ocean their congress was wrought.  
He was a handsome square rigger  
With a mast so much bigger  
Than was ever allowed into port.

With her rig fore and aft  
Such a bountiful craft  
She'd hail him to come alongside.  
As he moored up to starboard  
Lewd thoughts he had harboured  
Bout' the cut of her beam, full and wide.

Now here is a warning  
To those who'd go fawning  
Their lover, when out in a gale.  
Don't creep up astern  
When she's taking a turn  
At peering down over the rail.

The shock was too much  
With a grab and a clutch  
She tumbled down into the foam.  
He watched her aquiver  
One hand on his tiller  
For the rest of his life, left forlorn

## **A Day in Isolation (another from Sue McPhee)**

Looking out my window at the birds flying free  
I sit and think why can't it be me  
Here in isolation till who knows when  
We await for the signal to go out again  
I've read all the papers and magazines  
Till my brain's in a whirl at what I've seen  
All different stories of what you should do  
To stay home and keep safe to help us pull through  
Exercise for a while and walk for an hour  
Go in the garden to find a weed or a flower  
Back in my chair I wave to people passing  
I'm usually the one outside doing the gassing  
They leave my shopping in the middle of the path  
And walk away quickly, Oh what a laugh  
Well another day over and crossed off the list  
I may have a drink tonight and really get drunk (doesn't rhyme  
with list!)

## **Final Thoughts from the Editor**

**If you're coughing and you know it,  
wash your hands!**

**It's just like being 16 again  
Petrol's cheap  
I can't buy a drink in a pub  
AND I am GROUNDED!**