

THE POSH PAPER



A LOOK AT LONDON

IT'S DOUBLE THE FUN IN THE BIG SMOKE WITH OUR ELEPHANT AND HACKNEY CREWS TEAMING UP TO SHARE LOCKDOWN GOSSIP AND SCANDAL FROM THE CAPITAL

DRAMATIC DISH TOWEL DELIVERY DANCE OFF...



Taking dis-dance to a whole new level, The Posh Club doorstep delivery team struck a pose from afar with surprised recipient Merlyn Seivright.

Dropping off one of our gorgeous new super-absorbent and super-fly tea towels with panache and grace were South London glamour puss, Rhys's Pieces and some of the staff and volunteers who make The Posh Club possible.

The stunt is part of the club's efforts to stay in touch with isolated elders stuck at home alone under lockdown. Spreading nothing but cheer and joy as they make their way around London, giving gifts and giggles to unsuspecting senior citizens...

full story inside



DID YOU SEE POSH CLUB TELEVISION?

It's not too late to watch our internet TV shows PC*TV.

Four live shows recorded in Hastings, London, Brighton and Crawley.

Hosted by our resident pretty boy in a bow tie, Dicky from Duckie.

Go to theposhclub.co.uk on your computer, phone or tablet to catchup.

AZARA & POSH T'S WELCOMING WORDS

How on earth are you all Posh Clubbers?

We can't tell you how much we've missed seeing your warm and smiling faces. These past few months have been a real challenge, haven't they? We know that many of you have been 'shielding' and may only be stepping out of your front door now. We may not be clapping eyes on you, but here in Posh Club land, we're holding you in our hearts. The Posh Club spirit is strong and the Posh show must go on!

We are delighted to bring to you a special edition of The Posh Paper, put together by the Posh teams from Elephant and Hackney. It's one way for us to stay connected with your lovely selves. It's packed with Elephant and Hackney Posh features, interviews and entertainment from the people you know and love - about the people you know and love.

Queen of the Kitchen, Lorraine, is not only a dab hand with the egg mayo, she's also turned her hand to interviewing our very own Posh Club heart throb and top notch rock 'n' roll warbler, Black Elvis.

Our guests are the main stars of this show - Diane and Bernice sharing fond memories of their Nans, our most dapper Posh gents recommending their Posh Top 30 hits, and our Eunice sharing how she's been caring for folks on the NHS front-line.

And this is only the tip of the Posh iceberg my friends.

We hope you'll enjoy reading our Posh Paper as much as we've enjoyed putting it together. It's brought back so many happy Posh Club memories and reminded us how strong the love is in the Posh Club family. May the Posh Club spirit be alive and well in your hearts.

Loads of Posh love
from Azara and Posh T xxx

You can contact the Hackney team by phone on **07938 985 644**, by email on tracey@theposhclub.co.uk, or by post to The Posh Club c/o 13 Brenchley Gardens, SE23 3RD

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PUSSY GALORE

MEET NINA CAMILLERI

I got my cat about two years ago from cat rescue when she was a couple of months old. She's a mix of brown, orange and white. I went to Mitcham and brought her back in a taxi. When I first got her, I couldn't find her anywhere. I'd look and look and then I'd see the basket moving across the floor, upside down. She learned to turn it over.

She's the sixth cat I've had but I've never bought one. It's always others trying to get rid of them or they follow me home. The Pied Piper of cats, that's me. Even on holiday, they know I'm a cat woman. I lived in Malta for a while and my friend gave me two kittens. In Australia, one followed me home. 'Follow her! She's an old girl on her own, maybe she'll give us some food!' They must know. They zoom in on it.

She's been very hot in this heat - stretched out on the floor, flapping around! I've just wiped her down with a damp cloth. And she's completely scatty, my pussy. The maddest cat I've ever had. She sleeps on the bed with me on a special sheet. I go in there, come out, go back in - and my knickers and bras are all over the floor, like I've been burgled. I thought I'd had a cat burglar - but it was the pussy burglar.

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★
DUCKIE

PHOTOS BY CAITLIN MENZIES, ELSABET YONAS & PETER ROBERTSHAW



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THE KING & I

by Lorraine

I'm Lorraine, Queen of The Posh Club Hackney's kitchen, and maker of all of those lovely sandwiches.

Today I had the pleasure of interviewing a Posh Club legend - Black Elvis, AKA Colbert Hamilton. We had a good old catch up – so good to see you again Colbert, looking forward to seeing you back on the stage one day soon!

Born in Birmingham in 1963, Colbert learnt to sing from his favourite artist Elvis' records from the age of 13. Amazingly, Colbert is musically self-taught, having had no singing lessons, or musical tuition. I asked him if he played any instruments. He replied that his voice was an instrument in itself, and I would have to agree.

When Elvis passed in 1977 Colbert became greatly inspired by his music, along with the work of Tom Jones and Bruce Springsteen. Colbert's confidence in singing went from strength to strength and he went on to form a Rockabilly Band. Following on from this success, Black Elvis was created about 18 years ago.

I went on to ask him how he stayed slim; did he go to a gym? "Oh no!" he said, "My workout is being on stage."

So what's it like being on stage as Black Elvis I asked? "There's the crazy side, and the build-up. It's a buzz, a good gig, a good performance. I love what I do. And there's the joy that I can give to other people. You can't buy the feeling of applause. It's a powerful thing."

Due to the lockdown, Colbert sadly has no gigs at the moment. He has performed online, livestreaming from Streatham and also with Birmingham University as a thank you to the NHS, singing the popular Elvis song, Can't Help Falling in Love. You can find it on YouTube; search for Black Elvis (Colbert Hamilton) – Can't Help Falling in Love.

Black Elvis sends peace and love to all The Posh Club guests, staff and volunteers and can't wait to return to The Posh Club dance floor soon.

blackelvis.co.uk



WEAR A MASK!

Glamourpuss Posh Club volunteer Caitlin Menzies shares her recipe for a different kind of face mask for perfect pandemic panache.

WICKADO FACE MASK

The Wickado face mask - to make your skin soft, smooth and supple #noriffraff.

To create this homemade face mask, you will need: ½ a ripe avocado, 1 tsp. plain yoghurt, 1 tsp. of honey, a bowl, a fork and a face cloth.

Firstly, mash your ½ a ripe avocado with a fork in the bowl until it becomes creamy and soft, add 1 tsp. of plain yoghurt and 1 tsp. of honey. Mix all the in-gredients until smooth (don't worry if there are any small lumps).

Over the bathroom sink, scoop the Wickado mask onto the face and spread an even layer avoiding the eyes, lips, nostrils. Give it a taste and lick your fingers and wash your hands.

Take a seat for 10 mins and do some pelvic floor exercises.

While your mask cooks, let me tell you about the benefits of this delicious face mask.

Avocado is perfect for reducing inflammation of the skin and adding moisture to the face, making your skin feel as soft as a baby's bum.

Honey contains anti oxidants and antibacterial properties, keep those germs away darlings. Honey is also great for hydration of the skin - positively moist.

Plain yoghurt is the fountain of youth, increasing the elasticity to the skin providing a free face lift.

Now it has been 10 minutes, with a warm face cloth wipe away the face mask and your skin will feel fabulous!

ANIMAL MAGIC

MEET DOREEN BARCLAY AKA DOREEN PETSHOP

I'm an 83-year-old who's more like a 33-year-old, that's what they tell me. I'm in this old house on Cassland Road in Hackney where I've lived almost all my life, since I was four. They say, 'How long have you lived here?' I tell them 79 years. They say, 'You're not 79!' I say, 'No, I'm 83!' My nan kept chickens. I used to be down Brick Lane every Sunday with my dad and his horse and cart. I remember the Italian prisoner-of-war camp in Victoria Park.

I sold Paul O'Grady his first dog. My family had a pet shop, used to be a scrap-metal yard. We had Palomino mares, a couple of monkeys, you name it. I used to walk a pig down the street, that was the most famous. When they did the Big Breakfast on Channel 4, with Chris Evans and Paula Yates, they were always on the phone cos I could get them monkeys, pumas, 16-foot pythons. Lily Savage was on it too – that's Paul O'Grady before anyone knew who he was. Lily told me, 'I'm doing well, I'm moving to Butler's Wharf now, I can get a dog'. Later, this chap in his 30s comes in wearing a smart camel coat, hair done nicely. I thought, 'he's nice, I'll serve him'. He said, 'Where's my fucking dog, Doreen?' Paul O'Grady!

I love my boxing. My friend John Oliver first trained Anthony Joshua. I'd go to the annual shows at the Pedro Club in Chatsworth Road and the monthly meeting at Old Street with the old-time boxers. We'd have talks. I'm a man's woman – I'm round talking to this one

and that one, sitting on their laps. Then I get the bus home on my own. I've been on my own 30 years. After three husbands, I gave up. Like I tell them all, I look better dressed than undressed, let's not spoil the image.

What's kept me going in lockdown is my front garden. People come round and take pictures. They admire the flowers I grow in toilets. They say, 'That's beautiful'. I say, 'It's a gazunda. You know what that is? A piss pot!' (Cos it 'gazunda' the bed.) It's my social life out there now. I've had lots of fun and I don't intend on giving up.



ELSA'S ELIXIR

Hey Posh friends,

Its Elsa here, coming at you with not one, but TWO immune boosting concoctions to help you stay VITALISED and DANCING on The Posh Club floor.

HOT DRINK: GOLDEN HOUR

What you will need:

- Thumb size piece of ginger
- Thumb size piece of turmeric
- 2 oranges
- 1 lemon
- 1 cinnamon stick (or cinnamon powder)

Optional: garlic, pepper

Method

1. Grate the ginger and turmeric in to a pot.
2. Wash and chop up the oranges and lemons. Remove the pips and squeeze the juice in to the pot. Then drop the orange and lemon peel into the pot.
3. Add cinnamon to your liking.
4. Add water and bring to a boil. Then reduce the heat and leave to simmer for 15 mins.
5. Pour in to your favourite mug and enjoy!

SMOOTHIE: DELICIOUS DUSK

What you will need:

- 1 cup of blueberries (fresh or frozen)
- 1 cup of kale/spinach (fresh or frozen)
- 1 cup of dairy-free milk or water
- 1/2 a lime
- Thumb size piece of ginger
- Sweetener: a tablespoon of maple syrup or 2 soft dates.

Optional: seeds, nuts -feel free to use whatever berries you have to hand.

Method

1. Add washed berries and greens to a smoothie maker or blender.
2. Peel and chop the ginger, adding it to the mix.
3. Add the juice of half a lime.
4. Add a cup of milk or water and finish with sweetener of choice.
5. Blitz it all up until smooth. Pour in to your favourite glass and enjoy!

Benefits:

- Immune Boosting
- Anti-oxidants
- Anti-inflammatory
- Anti-bacterial
- High in Vitamin C

If you make these, take a selfie for us and send it over to Azara@theposhclub.co.uk for a chance to feature in our next paper!

Look after yourselves & see you on the dance floor.

DOORSTEP DIVA

Disco Diva Aminita Francis delights Posh Clubbers with delectable doorstep visits. Here she is with Gerard Ennis, Fred and Marge in their back-garden sanctuary, Posh Club Legend Lorna, her neighbour Mary and Queen Athena the dog.



NOT ALL HEROES WEAR CAPES

by Posh Tracey

Eunice Whyte is a regular and very elegant guest at The Posh Club Hackney. When she's not sipping tea and daintily nibbling sandwiches, she works as an NHS health care professional - most recently on a COVID-19 respiratory ward at Homerton Hospital. Eunice talks to Posh T about her life and work.

Posh T: Eunice, how did you begin working in the NHS?

Eunice: I didn't start out planning to work in health care. I actually wanted to be a teacher. Back in Jamaica my Auntie used to run a private school, a summer school, and I used to help to teach there.

I came from Jamaica to the UK in 1965 with my parents, first to the Midlands, then Manchester. I would have liked to go to college, but my parents were not in a position financially to send me.

I was married at 18 and had my first (of 3 children) at 19. We were close in age, so it was like we grew up together. I raised them with the values my parents taught me, and strong 'church' values. I moved to London in 1975 and in 1980 I started my NHS career working on a general ward in the old Hackney Hospital.

Posh T: What was it like working in a general hospital in London back in the 1980s?

Eunice: The work was physically hard, but I've always been used to hard work. The camaraderie of the team was wonderful. I had a Black manager and Black colleagues from all over the world, so there was a lot of support. There were not really chances for promotion then, particularly as a Black nurse.

Posh T: What was your experience like as a Black nurse?

Eunice: There was a lot of racism from patients back then in the 80s. I was always referred to by patients as "the nurse in the yellow dress"; the patients never referred to me by my name. One day, a patient called out to me, "Eunice, can you get me a jug of water please?". This was the first time a patient had referred to me by my name. I felt seen for the first time in my workplace, recognised and respected for who I was.

In 1992, I moved to Homerton Hospital.

The racism was more underlying then. As a Black member of staff, you'd be dragged into the office and reprimanded for things that your white colleagues would never be told off for. Now, things are better, there are more Black managers and senior nurses.

Posh T: What do you enjoy about your work; what makes it worthwhile?

Eunice: I work on a respiratory ward. We have a lot of patients who return to the ward regularly. It's so reassuring that they know me and the regular staff team. They say, "Eunice, I'm so glad you're here. Now I've seen a familiar face - I'll be able to relax and go to sleep."

Sometimes I'm out in the shops, or at the market, I'll hear someone call out to me, "You looked after my mum at The Homerton. Thank you so much, you did a wonderful job." This kind of thing makes my job feel worthwhile.

Posh T: You were working on a respiratory COVID-19 ward during the pandemic. What was that like?

Eunice: I was scared, my colleagues were scared, for our own health. We got through it together, myself and my colleagues, by talking and supporting each other.

Posh T: Have you considered retirement?

Eunice: I did retire actually, in 2014. I thought, what am I going to do with myself? I've always worked, since my children were small - I just didn't know what to do with myself. My colleagues suggested I ask my manager about coming back to work part-time, and so after 3 months, that's what I did. I went back to work part-time, 2 days a week, and 6 years later, I'm still working.

I'm thinking of slowing down, but it's my colleagues who convince me to stay. They don't want me to leave. I have colleagues from all over the world - Nigeria, Ghana, Italy, the Philippines. They are wonderful; we're a family. They call me 'Mama Eunice'.

Posh T: You are doing a very demanding job, Eunice, at a time of life when many people your age are enjoying their rest

and relaxation. What is the secret to your health and wellbeing?

Eunice: I think hard work is the secret; I've always worked hard, since the age of 16. I also like to keep fit. Usually I go to the gym twice a week, and to keep fit class. I eat well; I cook fresh food, not anything out of a packet, although I get fed up with cooking. I think that going to church keeps me well too, and being involved with my community.

Posh T: What would you say, looking back over the 40 years since you started working in the NHS?

Eunice: Sometimes I wish I'd had the opportunity to do something else, train in a different profession, but I have done well, made the best of the opportunity I had, while caring for my children as well. I have also studied for three counselling diplomas, and I'm a union rep. I have 3 children, 6 grandchildren and 3 great-grandchildren. I keep busy.

On behalf of all at The Posh Club, we extend our heartfelt thanks and respect to Eunice Whyte, and other people who have been working in health and social care and essential services, keeping our communities running during the Covid-19 pandemic.



BUS BOY



Phil Vine our fabulous kitchen assistant talks to Ben Walters about his time working for London transport.

I started my life on the buses in 1980. You had to do a 'skid pan test' to show you can stop safely if the bus goes into a spin. The day I did it, another instructor ended up in hospital. I passed first time though.

One of my favourite routes was the 22 to Putney Common. My conductor was a character. He ended up getting sacked when he left the bus for an hour to go shopping on the King's Road.

We had plenty of funnies. I've had shopping go flying all over the road. A young couple making love on the top deck – 'best ride ever', they said. A drunk who managed to get his willy stuck in the front grill – he held onto the windscreen wipers while the fire brigade cut him loose.



You'd find some odd things. Once a colleague found a steering wheel in the car park – I always wondered what happened to the bus with no steering wheel! On the number 30, someone left a bag full of £20 notes – eventually the police turned up with the man that left it. He was a courier. I told him, 'You're incredibly lucky! A lot of people would walk off with that.'

We had first aid training, of course. I delivered a baby boy on the 277 to Victoria Park. I said, 'Don't call him Philip!' I was driving a number 30 past Harrods when the bomb went off outside in 1983. Many were hurt, including myself. My conductor was very badly injured. I helped the driver of a number 73 – the paramedics said I saved his life. And once, on a late shift on the 26 towards Shoreditch, I saw flames coming out of a building and two young children hanging out of a window. We opened the back window of the bus and I was able to reach them. Their mum was out. No one was hurt, it was amazing.

My favourite one was driving to Waterloo on a ridiculously hot day in 2002. At the station, I shouted 'Last stop, all change' and checked the bus for lost property. Coming down the stairs, I saw a leg, stocking and shoe! Artificial, of course. My controller told me to keep it on my dashboard – it would be dangerous inside the cab, might get stuck under the pedals. I opened the doors at my first stop and a lady fainted – then a second – then a third! After they recovered, I set off over Waterloo Bridge and saw a young lady hopping. I pulled up. I said, 'What's wrong, love?' She said, 'I just lost my new artificial leg!' I said, 'Hop on – no pun intended – I've got it here!'

PETER'S TEA TIME QUIZ

While unable to welcome guests at the door in Hackney, Posh Peter has been busy setting quizzes for family and friends. Here's one to tickle the taste buds of The Posh Club family.

1. What is the price of the cheapest afternoon tea at The Ritz?

- a. £34.99
- b. £45.00
- c. £53.50

2. Which country produces the most tea?

- a. India
- b. China
- c. Sri Lanka

3. Who makes "exceedingly good cakes"?

4. What is the filling of Marks & Spencer's top selling sandwich?

- a. Cheddar cheese
- b. Ham
- c. Prawn & Mayonnaise

5. How many cups of coffee are drunk per day in the UK?

- a. 70 million
- b. 95 million
- c. 102 million

6. Champagne comes from France. Prosecco comes from Italy. Where does The Posh Club fizz come from?

- a. Aldi
- b. Lidl
- c. Wherever has a special offer

7. Devon and Cornwall disagree on the order of proper scone spreading. In which county do they put cream on the bottom and strawberry jam on the top?

- a. Devon
- b. Cornwall

8. What booze is in a Caribbean Black Cake?

9. Does Britain drink more coffee or tea?

10. In which English county do you find the towns of Ham and Sandwich?

- a. Kent
- b. Devon
- c. Yorkshire

11. What is added to champagne to make a Buck's Fizz?

12. What is the UK's top selling brand of tea?

- a. Twinings
- b. PG Tips
- c. Yorkshire

BOMB THE BASS

MEET SEYMOUR GRANT

With lockdown, I'm taking it easy. I stay away from the crowd - have my herbal tea - read history books - go through my notes on the computer. There's an old proverb that "a little bit of ginger is good for us sometimes" - it means a change wakes you up, helps you think about yourself and about life more generally. I think lockdown has been a bit of ginger: people seem to take a bit more care for others and appreciate others more. It helps them save money as well!

I played bass in an all-style band - calypso, rock 'n' roll, blues, funk and soul. It was the bass player of the Vagabonds influenced me to play music. One night in 1966, they were at the Marquee Club and they put everything into the show! I told my friends, 'We must play music', and we formed a band. We played all over England, air bases, the Flamingo Club, the Whiskey-A-Go-Go. We were played on Jimmy Young, went to Germany and St Lucia. Sometimes my wife got vexed with me. I don't really play anymore but I've just got my bass fixed so I'm going to have a knock about. It's soothing to the soul.

I used to work as a driver for the Jamaican embassy too. The main driver went on holidays and I went along in my traditional tie and wore my Jamaica badge and the commissioner said, 'At least we have somebody who wears a suit'. I'm a person who dresses in a suit and tie. And it set a trend for them. When the main driver came back, he went and bought a pinstripe shirt.

Sometimes people say, 'Why do you wear a suit all the time?' I have them, so I wear them. My grandfather had different suits for different occasions. My father and my uncle and my son come the same way. When my son's friends see me, they say, 'That's where it's from!'

What's my favourite suit? Well, I like my silver suit. I bought two the same and you'll search far and wide for another like it. It was a sample, a lighter shade of silver with a shiny stripe in the material. I like unusual things so my suits are different. When I go to The Posh Club, ladies get excited. I get the most hugs and kisses. Are they for me or the suit? For both!



It is with heavy hearts that we say a final Posh farewell to our Pinky, aka Nanny Joan, aka Joan Huxtable. Pinky passed away peacefully in August in Homerton Hospital, having had several strokes.

Pinky shone with a colourful, life-loving spirit and brought sparkle and celebration to The Posh Club. She lit up the room with her sequins, her walking stick with flashing fairy lights, her dance moves, and her warm and joyful personality.

Pinky was loved and cherished as a mum, nan, great grandma and great great grandma.

Each evening, Pinky's great grandchildren would video call her to tell her what colour she should wear the next day. We love you Pinky and miss you already, from everyone at The Posh Club Hackney xxx

From Joan's daughter Janet Veira:

Mum, Joan 'Pinky' Huxtable, was born in India and arrived in the UK when she was 18. Joan was a wonderful, individual soul, she seemed to grow younger and funkier with age and always lit up any room she entered - proving to be the life and soul of any party.

Mum touched the hearts of many. Always willing to help those less fortunate than herself. Mum just wanted to please everyone and loved to see people smile and laugh!! She spoke fondly of the posh club and enjoyed the friendly staff and wonderful friends she made there.

She will be missed by many but most of all by her 6 children, 18 grandchildren, 19 great grandchildren and one great, great grandchild. x



FATHER NIALL'S SMILES

(it's the way he tell's 'em)

A neighbour looked over the fence and suggested I put horse manure on my strawberries. TRIED IT.
I'm going back to whipped cream

Q: What do you get if you cross a cricket bat and a tin of beans?
Wind in the willows

Q: What do long-distance desert travellers drink?
A: Camel-mile tea

Coronavirus Coronavirus

By Owen Duckett - The Posh Club, Hackney

Coronavirus, coronavirus,
from where did you come to divide us?
You have travelled the world,
and create such enormous fuss
You came with such frown,
you have closed people down
Virus, o virus - you despicable clown
You have beautiful faces hiding behind gowns
You have been a disgrace to the human race,
and no one ever seen your face
Your presence has caused lockdown, isolation,
and destroy human celebration
Even make government rule with confusion
You have human dying in a rush and the world
living with this enormous fuss.
In time, we will have a vaccine, that shall wipe
you clean
and again, there will be congratulations, and
celebrations, at your elimination
Virus, virus never again shall you return to fame



LOCKDOWN LIFE

The Posh Club Hackney volunteer Richie Howell is most often found in his marigolds, shooting the breeze with Lorraine and Phil in the kitchen. Here he interviews fellow Posh Club volunteer Vanessa Gallagher to find out what she's been up to in lockdown.

Name: Vanessa

Day job: Flight Service Manager,

Virgin Atlantic

(senior Trolley Dolly)

R. How are you?

V: I'm good, although in self-isolation as I went to Spain the week before last, so consigned to barracks for 4 more days!

R. How have you been keeping busy and sane since March?

V: I had so much time off from my flying job, I contacted my local hospital, Queen Elizabeth in Woolwich to see if they needed any volunteers. Initially they said no, but they not long after contacted me to help with admin. Very quickly the hospital was inundated with donations from restaurants, cafes and department stores, so I also became in charge of coordinating the distribution of the meals, drinks, Easter eggs and gifts to the NHS staff. I was also involved with Project Wingman at the hospital. This was a scheme where crew from UK airlines staffed a rest-room or lounge, in uniform, for hospital staff to unwind during or after a shift. Essentially tea, cake and sympathy and a friendly chat with some added glamour!

R. What have you enjoyed about volunteering at the Hospital?

V: It was just simply being helpful, giving something back and cheering up the over-worked staff who were going through so much with Covid-19. Quite like Posh Club!

R. What did you learn from your time there?

V: I didn't mind doing any job! I was happy to get stuck in with any task that needed doing, e.g. phoning patients or wheeling the trolleys around the wards. I learnt I do enjoy meeting new people and how important it is to talk and listen, especially to the staff's stories and problems. Just so important to keep spirits up in a crisis.

R. What does the future hold for you?

V: I plan to continue volunteering at the hospital (if they still want me!) even when I take to the skies again, hopefully in September.

R. Any message to the Posh club folk?

V: Missing everyone terribly and I cannot wait to see you all again.



- After spending lockdown alone, hosts Azara and Rhys have been caught posh "bubbling" together in the hall in Hackney!



POSH T's STAR SIGNS

Genuine mystic Posh T is also the landlady at The Posh Club, Hackney in her spare time

Aries

20 March-20 April



Jupiter, that delicious planet of excess, is racing through Aries right now. What's that got to do with the price of chips? Well, this means you can't sit still, lest you turn into a sack of couch potatoes. Given the choice between a sweaty workout and reclining in front of Bargain Hunt with a box of Family Circle, I'd know where I'd be? Up to me armpits in custard creams. But don't listen to me. I know that motivation can be tricky right now, so why not phone a friend, pop on your leotard and get your Mr Motivator on?

Cancer

21 June-23 July



Life is due to take a brighter and more enjoyable turn for cancerians. You can relax into your routine and find some fun things to do to. I'm not being funny, but, how can I say this, you've let yourself go a teeny weeny bit. You've withdrawn into that shell, and it's time to come out. I know, you've been busy scurrying around, busying yourself with important matters, but guess what, we like that gentle side of you. We want to see a little more of that silky soft underside. And I promise, we'll be gentle with you.

Libra

23 September-23 October



I do envy you Libra and your quest for balance. I'm an all or nothing kinda gal me, the one who eats all her sandwiches as soon as she gets on the coach. Sometimes though dear Libra, you can't sit endlessly on the fence pontificating, while the race of life passes you by. Sometimes you've just got a make a blinking decision. And stick to it. So no more half rice, half chips, know what I'm saying? Trust and honour your heart, and your decisions won't go far wrong.

Capricorn

22 December-20 January



Capricorn, you are, hands down, the best Zodiac sign. You are often depicted as boring, ugly, unadventurous and generally unworthy of goodness. I take offence at such rudeness. Your wisdom, compassion, intelligence, creativity and beauty are unrivalled. And this has nothing at all to do with the fact that I am a Capricorn obviously. I won't have a word said against Capricorns, and if anyone tries it, well, just try it, and you'll have me to deal with, Posh T, genuine mystic and Posh Club Landlady. That is all.

Taurus

20 April-21 May



Taurus, what are you like? You feel you've got a thousand things to do before the end of the day and you won't rest till they're all done. We can't keep up with ya. If you're out and about, please don't take out your frustrations on the innocent shop assistant. It's not their fault. Take a deep breath, and remember, patience. A handy investment might be a pair of boxing gloves to take out your frustrations, on a cushion dear, on a cushion.

Leo

23 July-23 August



Easy Leo, calm and steady is the order of the day. Put a cold flannel on your fiery brow. We love your passionate self, but sometimes you're a bit too much, a bit extra, know what I mean? Can I make a suggestion? Turn that ferocious, passionate energy on to yourself. Even a fiery lion needs self-care; we know you're a pussy cat deep down. Do us all a favour, pour yourself a soothing cup of camomile tea, put your feet up and let the golden rays of the sun warm the cockles of your heart.

Scorpio

23 October-22 November



I'll let you into a little secret; many moons ago, under a starry summer sky, I lost my virginity to a Scorpio, under Southend pier on the pebbly beach. I wouldn't say it hurt exactly, but it did pinch a bit. But enough of my saucy seaside past. What I will say Scorpio is that you've got an undeserved reputation for having a sting in your tail. I know you've got a passionate and loyal heart. My advice to you, phone a friend and let them know how much they mean to you. Sharing that passionate Scorpio warmth will make the world a better place.

Aquarius

20 January-18 February



One good thing I'll say about Aquarius is that you closely follow Capricorn, so some of their brilliance probably rubs off on you as a result. Having said that, you do have some good qualities of your own. I bet you've been ever so creative during this lockdown, haven't you? Have you tried making facemasks out of your old knickers? While I know you love to keep busy and have a project, it's really important to take time for rest and relaxation. Go on, put your feet up, open the window and listen to the birds sing!

Gemini

21 May-21 June



A little Posh birdie tells me that you are looking for a makeover girlfriend. Your imagination is on fire, so how to bring your inspiration down to earth? Struggling to make a decision, in two minds? That's Gemini all over isn't it dear. What I say to you is trust yourself, and your steaming cauldron of creativity. Then make a decision and stick to it. You can't go wrong. Fling the high street magazines aside and let your imagination guide you. Think bold. Leopard print leg-warmers and a sequin hoodie? Get in!

Virgo

23 August-23 September



Virgo, you don't fool us dear. You can drop that "Perfect Petinia, I'm so organised I've got my knickers colour-coded for every day of the week" image. I bet that the insides of your drawers are just as messy as the next gal's. I'll let you into a secret; we want to see you let your hair down. Mix up that knicker drawer, I dare you. Wear Friday's knickers on Monday! Even better, wear no knickers at all, and secretly enjoy the wind kissing those uptight Virgo cheeks.

Sagittarius

22 November-22 December



Sagi-agi-ttarius, your self-assurance is impressive. Sometimes though, how can I put it nicely, it can teeter on arrogance. Your confident air of authority is a boon when complaining at The Posh Club that your pot of tea is cold, but in friendship, your unwavering self-belief can be overbearing. My mystic wisdom is here to help, not harm, so sometimes dear I have to be cruel to be kind. Take a tip from me, I'm a great listener. Next time you speak to a friend, try asking them questions about them for a change, cock your head to one side and nod sagely; it works a treat and looks like you really care.

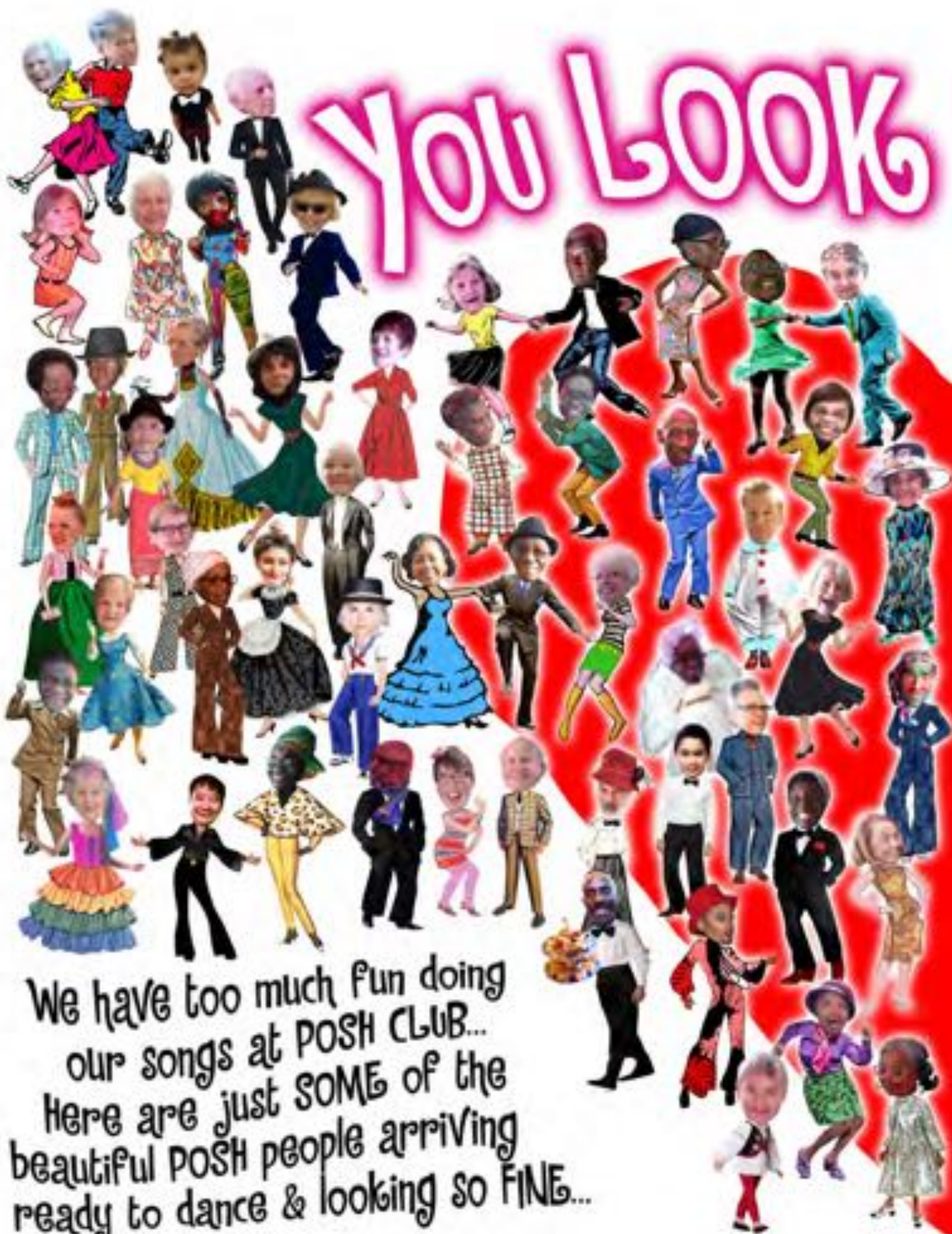
Pisces

18 February-20 March



A little fishy tells me that you are secretly a deep romantic at heart. That's all good if you have a sweetheart, but what if you haven't? How much of this lockdown have you spent swiping left, swiping right on those dating apps eh? Take it from Posh T dear, the one who deserves your love the most is yourself. Be sure to look in the mirror today and tell yourself how wonderful you are, how nice you look, what a lovely smile you have. If you're feeling flush, why not buy yourself a little pressie - because you're worth it.

You Look



We have too much fun doing
our songs at POSH CLUB...
Here are just SOME of the
beautiful POSH people arriving
ready to dance & looking so FINE...

FABULOUS

Till the next time...
Why not get dolled up
in your GLAD RAGS
& dance & prance about
at your window?
Show your neighbours
how it's done!

Love,
Kevin & Andrew xx



Wrench and Franks

SORTED FOR TEAS & FIZZ

by Peter Robertshaw

Forget bad knees and hip replacements
Scandalous Windrush generation displacements
Ignore BREXIT and other scandals
Slip on slingbacks, your pumps or sandals
In wheelchairs, brogues, in 6 inch heels
We've got no time for meals on wheels

So leave your woes and snoring spouses
Powder your nose; put on smart trousers
My lovely friends don't dwell on lockdown
Push up your boobs and pull your frock down

At Brighton, Elephant, and Craw-lee
Hastings too and naughty Hacknee
Emmy grafts to get the funding
It buys the tarts, it gets buns in

Azara, Claud, DJ Magoo
Posh T Tracey, we love you
Lorraine and Phil, Kevin and Andrew
Duckie's Dicky, Simon and our Lou
Peter and the Volunteers
Share laughter, smiles and sometimes tears
The power of cakes, dancing and love
Aprons, bow ties and rubber gloves
Our finest hats, glamour and pearls
The dudes and queers and golden girls
Lesbos, Asbos, Those in between
Soul boys, drag kings, and pearly queens

Each week we meet at hip St Pauls
And grab this life, tight by the balls
The queue starts for an hour before
It's often mayhem at the door
Then rushing for your favourite seat
"I'll keep my coat; I've friends to meet."
Then cake dance time to Seafood Mama
For sandwiches there's such a clamour
More tuna. Cheese. Brown bread for me.
Another pot of 'erbal tea.

DJ Magoo supplies the tunes
And buys the chips in Wetherspoons
Reggae, pop and rock and roll
Disco, ska and funk and soul
When Whitney hits that special note
I feel a lump rise in my throat

Be quiet; sit down it's now show time
Three varied acts all in their prime
From avant garde to quite traditional
Simon's bills are juxtapositional

We've Elvises galore to spare
Burlesque boobs, and asses bare
Put down your phone; switch off computers
We've crooners, troupers, hula hoopers

A glass of fizz, a raffle ticket
Please Azara. Can you pick it?
Shower gel, a snazzy brolley
This week's star prize – a shopping trolley

Azara teaches, and I've tried
But I'm rubbish at – Electric Slide

There's no such thing as old aged folk
We are The Posh – and we're no joke
A tribe of dreamers, renegades and chancers
Lovers, friends - amazing dancers
New memories are made now week by week
We'll show the world we've still to peak

R. E. S. P. E. C. T.
A slice of cake; a cup of tea
We knock down walls now, stone by stone
We can change the world, fruit scone by scone

So grab YOUR coat, it's time to end
We'll say farewell to our Posh friends
They're energised. They're now survivors
... and what's the price? It's just a fiver.



S	B	L	F	D	L	L	O	R	S	S	I	W	S
Q	T	U	N	A	E	W	H	O	L	E	Y	M	S
W	O	R	G	C	M	G	K	C	O	R	G	E	O
E	I	M	A	J	O	L	I	X	R	E	H	A	E
X	C	N	N	W	N	U	Q	E	S	T	J	L	H
D	V	O	G	Y	B	T	B	W	I	U	A	A	T
S	G	G	E	U	Z	E	N	U	A	T	M	P	E
C	R	T	L	A	U	N	R	X	O	I	T	H	L
O	A	P	V	L	C	F	O	R	M	N	A	C	Z
N	P	H	B	U	W	E	R	Q	I	P	R	R	Z
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S	S	B	Z	J	C	H	E	E	S	E	S	A	R
G	U	M	A	Y	O	N	N	A	I	S	E	M	D
R	E	B	M	U	C	U	C	T	O	M	A	T	O

FOOD WORD SEARCH

LEMON - DRIZZLE

GRAPES - MAYONNAISE

TUNA - TOMATO

SCONES - FRUIT

CARROT - WHOLE

MEAL - ANGEL

CHEESE - CREAM

BLUEBERRY - GLUTEN

STRAWBERRIES - EGGS

JAM TART - JAM

ROCK - SWISS ROLL

CUCUMBER

POSH CLUB TV



While the doors to The Posh Club are closed, the team have been exploring different ways to stay connected, including 'courtyard' and 'doorstep' versions of the Club, gifts in the post and of course your own Posh Paper.

Now you can also turn on and tune in to Posh Club TV – a new series of four shows broad-cast live from the Club's regular venues and available to watch afterwards on The Posh Club's website.

Internet whizz Kirsten will be on hand to make sure anyone who wants to get online to watch can do so.

There will be one show from each Club, co-hosted by Dicky Eton from Duckie and local compères, each with a special local guest star.

In Crawley, the ever-glamorous Annie is joined by guest star Rod Stewart (or someone who looks and sounds just the same – or better). In Hastings, Spaghetti Oops & Beans on Toast are joined by jazz musician Liane Carroll. In Brighton, Coco DeVille and Becca are joined by local legend Chris from Seaford. And in Hackney, co-hosts Rhys's Pieces and Azara are joined by guest star Black Elvis, who'll be whisked all the way from Brixton in a stretched limo to avoid being mobbed by fans on the tube.

The shows will be filmed inside each Club's regular home, hopefully offering a little reminder of the classic Posh Club get-togethers even though they remain off the table for now.

In each Posh Club TV show, local Clubs will provide their own televisual twist on a range of programming ideas.

For instance, each show will also feature a specially created musical lip-sync number. In Hackney, Rhys and Lorraine will share a very special choreographed and socially dis-tanced version of 'Summer Nights' from the musical Grease.

Every episode will include a singing vicar delivering some personal favourites, ranging from music hall in Hastings, where Father David has a personal connection to Marie Lloyd, to indie pop in Crawley.

There will also be a 'local quiz for local people', with teasers related to the history of each town where the Posh Club takes place, and keep-fit routines from each Club's regulars.

Other bespoke features will include a round of Posh Bingo – have you cards at the ready – and another gameshow format – watch out for Twerk Pong in Hackney!

Some Posh Club TV stars will contribute to all four programmes. There will be cookery tips from Fanny Cradock – better known to Hackney regulars as Tracey.

And the Pink Suits will beam in spectacular dance routines from around the beaches, kitchens and warehouses of Margate. Some bits might get quite steamy – which won't come as a surprise to those who saw Pink Suits member Lennie doing his legendary ballet routine on stage.

Each venue will also have its own unique material. In Crawley, for example, superstar hair and make-up artist Darren Evans will be coiffing local volunteers' hair with an audience phone-in vote to decide the best 'do'.

Producers also promise some cutting-edge avant-garde experimental arty content, possibly involving live potato-peeling. They promise it must be seen to be believed.

And what TV format would be complete without an Andrew Marr-style newspaper review? Only this time, they'll be reviewing what's in your very own Posh Paper. Perhaps they'll even tell you what they think of this article!

All four posh club TV shows can be viewed online at theposhclub.co.uk

HOW TO WATCH PC★TV POSH CLUB TELEVISION



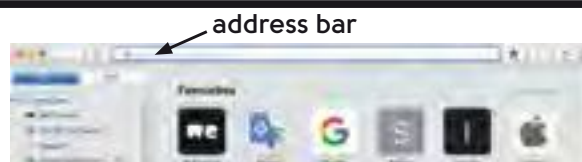
Kirsten

On your ipad, tablet, phone or computer, click on one of these symbols.



2

Click your mouse or tap your finger in the address bar at the top of the window.



address bar

3

Using the keyboard buttons, type www.theposhclub.co.uk

4

Press the return/enter key. This key can look different depending on the device or keyboard, look for the button with the words Return, Enter or the arrow symbol printed on it.

5

The Posh Club website will open as shown. Click on the button where it says "CLICK HERE TO WATCH PC★TV" and it will play the show.



CLICK HERE TO
WATCH PC★TV

Still having trouble?

Call our help line and speak to Kirsten on: **07305 351 797**

PC*DC TOUR

By Tracey Smith, Posh T

PC*DC are The Posh Club Hackney's pride and joy. Formed from a mutual love of dancing, they have grown from a small band of Posh Club guests that took to the stage in 2016 to a touring contemporary dance company that stormed London and the South East in 2019.

In deepest, darkest December 2019, the dancers from Hackney Posh Club Dance Club (PC*DC) took to the road to take their unique brand of joyous performance on tour.

I began by asking Haitch - How on earth was the idea of taking Hackney PC*DC on tour born?

H: I like the question, 'how on earth', cos it suggests a kind of 'unhingedness' that I fully embrace. It was an idea that was always around. There were the other Posh Clubs to go to and it felt like we needed to bridge those gaps. We couldn't think of a more fun thing than going on tour with the dancers.

T: It's a pretty adventurous idea. How did it go down with the group?

H: The group has always been open to crazy ideas, like, "Yes, we'll do that!". That openness enables things like this to happen. If Emmy (who raises the funds and develops our programmes) or Lou (who produces our work) had questioned the sanity of it, it would have made it much more difficult. The dancers probably did have some reservations and fears, but they never really showed it. They're so gungho.



T: How many PC*DC dancers went on tour? How old was your oldest dancer?

H: There were eight dancers on the tour, who I refer to as The Ladies: Barbara Layne, June Power, Mabelyn Dick, Donald Hutera (who is very happy to be an honorary 'lady'), Daphne Wells, Jeannie McAffrey, Dahlia Douglas and Olivia McDonald-Smith. The oldest dancer was over 80.

The touring crew included Lou, Azara and me and Kathleen Bryson, a researcher who was making a film about the PC*DC tour and my 3 year old daughter Sula.

T: It was an intense schedule, visiting all The Posh Clubs. How did the group find it performing in 5 very different venues?

H: Each venue came with its own pleasures and challenges, particularly regarding the stage set up, the size and shape of the stage. The group were absolutely brilliant in adapting to each circumstance. A couple of the stages were really quite small, and others were not very easy to get up onto, and The Ladies were so professional, much less fussy than actual professionals. We had to change the dances to fit the stage conditions, and the performers were outstanding in their ability to take on board whatever we threw their way.

T: Where did you stay on tour?

H: It was the Travelodge all the way baby! It was fine, people were comfortable, happy, and it was warm. It was around Christmas, so it was pretty nippy, but they were troupers. Hanging out at the hotels was great. It was really important that the group was held by this experience and that they felt rested so they were really able to enjoy themselves and relax into it. We spent three nights out of London and by the last night in Hastings, our rooms were all on the same corridor, and everyone was going in and out of each other's rooms. It was really cute. I remember June having

quite a few ladies in her room till late into the night one night!

T: What was it like, being out of town together?

H: We visited three towns outside London - Crawley, Brighton and Hastings. There was an ambassador from The Posh Club in each town to take us on a little tour and then we'd go for dinner together, the night before the performance. We had a ritual where we'd meet in my bedroom to make these hot toddies in flasks and then we'd congregate in the foyer to have our drinks before setting off on our winter walks, nice and warm inside. Olivia brought hot water bottles as well for anyone who wanted one and made covers for them all, which was so sweet.

We had a fabulous time on these little excursions the evening before the shows. In Hastings, we ended up in the amusement arcade on the seafront. Azara handed out £2 each in 2ps and off we went to the slots, frittering our money away. It was great fun - everyone came out with some sort of keyring.

In Brighton, we went for a walk along the seafront, had fish and chips and Olivia learnt a new hot pepper sauce recipe. In Crawley Annie took us on a haunted tour around an old hotel, we visited an old church and finished the night with an Italian meal accompanied by two local Posh Club guests.

The social things we put in place were important. They helped to make it more of an experience about being together and enjoying where we were going. I didn't want it to be a just a transactional thing, where we'd rock up, do the show, and leave. Meeting some people from the

hosting club the night before we performed helped the group settle in and feel a sense of each new place. These rituals were one of the ways in which the project helped to build friendship links and created bonds between the older people from different towns and backgrounds, and supported them to inspire

THE PERFORMERS WERE OUTSTANDING IN THEIR ABILITY TO TAKE ON BOARD WHATEVER WE THREW THEIR WAY.

each other. Now guests and volunteers from The Posh Club Hastings have started a dance group, inspired by PC*DC called the St Leonards Dance Troupe, which is wonderful.

T: How did PC*DC develop through the touring experience?

H: It was such a positive experience. I think Dahlia said there was something about going out of town, out on the road together, that gave a shot of excitement to the work, like a shot of adrenaline. Donald said the performance exploded with a burst of energy, and engendered a wild and raucous energy in the audience saying “It’s good to see older people being so full-on”. In Hastings in particular, there was this fervour in the atmosphere, and a real visceral response to the performers from the audience. It was gratifying and buzzy and exciting. Barbara spoke of the realisation that PC*DC really does have something to offer, and that they have the ability to entertain different groups from different areas, which was a marvellous feeling.

T: What were the highlights of the tour?

H: The amusement arcade and our final performance in Hastings, where the audience really responded to the dances by throwing our imaginary balls back at the performers on the stage. There was this kind

THE AUDIENCE CAME IN ON THE JOKE OF THE PERFORMANCE.

of transformation where the audience came in on the joke of the performance. I don’t know whether that was because the group had evolved, or because it was the last show before Christmas, but it was really special and absolutely delighted us all.

T: Would you like to tour again? What are plans for future projects?

H: Touring, yes, the Highlands and Islands, Caribbean islands of course. I can’t think of any people I’d rather be sipping a rum punch in Barbados with than The Ladies, after a PC*DC show on the beach.

Seriously though, we do have plans. Before the pesky pandemic, we were going to do a PC*DC Summer School, with Posh Club turns/artists teaching the dancers skills

like hula hoops and burlesque, and then we’d make a show after that. Hopefully we’ll do that in the future.

We will have a glitzy red-carpet film premiere at some point, for the PC*DC film that Kathleen and Azara have been making.

We are going to do a new socially-distanced project, PC*DC in the House, which hopefully will happen over the winter. People will create short dances in their homes, which will be recorded and edited into Tik Tok-like online offerings. One of the themes for this will be a flock of Flamingos that’s had to break up, but will come back together again when the time is right.

We’re also going to be launching PC*DC Elephant with the PC*DC in the House project with Azara as creative director, and setting up PC*DC as an independent company, me as creative director of PC*DC Hackney, Azara as creative director of PC*DC Elephant, and Lou as producer.

We’re gonna dream big and look far and wide for funding for the next collaborative project, like going on tour with Stormzy and performing between his songs. Yes, definitely watch out for us touring with Stormzy.

Haitch ended the interview by expressing her deepest gratitude to the PC*DC dancers, PC*DC champion Emmy, touring crew Azara and Lou, and to film-maker Kathleen. Thank you for your dazzling talents and for making 2019 an extraordinary year! Watch this space Posh Clubbers! PC*DC have just begun!



SPICE OF LIFE

MEET JUNE POWER

Hello! I’m just making some guacamole. Growing up back home in Barbados, we’d pick avocados from the tree and make things with it. Now it’s a posh thing! We’d plant lots of things and see them grow. Sweet potatoes, yams, coconuts, okras, cabbage. Spinach grows wild everywhere. Mangoes? Just pick them and eat them, so many different kinds.

I learned to cook by watching my mother. We started early. As the first daughter, I had to learn things – to cook and wash, how to do fish and meat, how to season things. Then at secondary school the teachers showed us how to prepare things for when you get married.

When I came here 41 years ago, I couldn’t believe it. Oh my God, everything was potatoes! And back home, we season all the food. Here it was just salt and pepper after you cooked the meal. I wanted to go back home, I couldn’t understand it. But then I do remember going to Faulkners on Kingsland Road for fish and chips – my husband’s English. I liked that, it was nice. People used to come from everywhere.

At the YWCA I went to classes and started baking and icing cakes. I love baking. Then I went to college for three years and became professional.

My other favourite is fishcakes. It’s different to the British fishcakes. It’s codfish. You mix it and drop in balls as big as a golf ball off the spoon, cook it slowly with herbs and flour and spring onion. People like them. Even the Mayor of Hackney had my fishcakes at St Paul’s and he said, ‘These are nice!’

I love fish myself. A nice salmon salad, or salmon in the oven, nice and moist with nice veg and potatoes. I’d sit in the garden and enjoy that. I don’t drink, really. If I have a little glass of wine, I just sit and fall asleep and that’s a waste of drink, isn’t it?

I never stop cooking because I cook for people. Sometimes neighbours who aren’t well or people who are older. I fit it into my daily life. I have this guacamole to deliver in half an hour. That’s another favourite of mine. That’s why they ordered it – because they’ve had it before!



NAN NOSTALGIA!

Azara and Claud Palazzo met up with The Posh Club Hackney guest Bernice O'Garro for a bit of Nan Nostalgia. Here Bernice talks about her Grandmother, who she always called Mama.

Azara: Is this a picture of your Mama?

Bernice: Yes, I'm from Montserrat and she is Montserratian.

Azara: Montserratian? Where is Montserrat?

Bernice: Montserrat, it's next door to Antigua. There's no straight flight from here to there. So, you go to Antigua and take one of those little planes that flies just over water - or you take the boat. So, that's where Montserrat is - It's lovely, it's hilly and it's where the volcano erupted.

Azara: A volcano?

Bernice: It erupted about 20 years ago. And that's why there are so many Montserratian people here, because England is Montserrat's 'Motherland'. So, when you hear the names that my Grandmother gave to her children, you'll see. She had 4 girl children - Anne Elizabeth, Mary Francis, Caroline Elizabeth and Alberta Beatrice. I'm the oldest of 17 grandchildren and I don't want to count how many great grandchildren there is now.



Ah Mama was lovely. She was BLACK and BEAUTIFUL. She always had her head tied, like those Karrell women. I would always try to get my head to tie like that, but I could never do it. But she was tall and regal. Whenever she went into town, she'd dress up with her lipstick and all.

I said 'Mama' - we called her Mama, not Grandma or anything, just Mama - "Mama where you going?" She said "I must look my best when I'm going out, you don't know who you're going to meet" and then she'll puff up her shoulders and she would go out. She would have her umbrella as her walking stick so that if it rains or if the sun is too hot she would have shade.

Mama passed on maybe 25 years ago now and I read her Eulogy. She looked like she was just sleeping. Beautiful lady.

Azara: What did your Mama do? What was her occupation?

Bernice: My Mama did everything. As I said, Montserrat was of the Motherland, so whatever England wanted Montserrat would ship them. I remember helping my Mama picking cotton and cleaning it. You had to clean it before you could bag it up. There were always caterpillars in it, or worms or silkworms. I'd help her and we would sit down and she would talk. Another season, I remember her getting delivered boulders of stone. And she had to *acting out hammering the boulders* break it down to send over here.

Claud: To make what? gravel?

Bernice: Pavement. I don't know what they did with it, but it would go in a sack someone would come and pick them up and ship them away. Anything that was going to make money, she would be there helping out.

Claud: Sounds like she had some good biceps!

Bernice: *laughs* Yeah she was strong. Mama was also a great cook.

Azara: What was her best dish?

Bernice: She used to cook saltfish and fried dumpling. Saltfish and... oh, I couldn't drink the cocoa tea. It was too strong and too oily. But that saltfish, it was done so nicely. Those dumplings...

Azara: Crispy and fluffy?

Bernice: *chuckles* They were great, just lovely. And my Grandfather built her a stone oven. You know the ones where they bake the pizzas in? He made her one of those. And she would bake cassava bread. It was made in a circle.

Claud: Is it ground up?

Bernice: You grate it.

Azara: Is it like you're making bammy?

Bernice: Yes, the Jamaicans call it bammy, they make it small. Hers is already made flat and round and *sigh*. That would be nice with your Ovaltine or your drinking chocolate, yeah.

Azara: Was it sweet or savoury?

Bernice: No, it was in between. If you get a good batch of cassava, it comes out really nice! She could bake as well, not just cassava bread, but cakes and rolls. I missed her for that. There was a cousin that knew her the best. She would be able to tell you all about her. She says "The legacy that our Mama left behind was, generosity, understanding and love."

Thanks so much for telling us about your wonderful Mama, Bernice.





On a summer's day in July, The Posh Club Elephant Landlady Azara met up with Posh Guest Diane Williamson to shoot the breeze about family, ancestry, party girls and rogues of the past. We met in a Diane's garden just off the Walworth Road in Elephant and Castle, to sip cool lemonade and sort through a biscuit tin of memories.

Diane: Look! This is my auntie – she was riddled with arthritis - she was a right hum'bird. I can't remember doing too much with her actually, all I remember is going



around to her house, 'cause we all lived together y'know in the street - all my Mum's cousins and sister and Nan. In those days, you all did.

We lived in one room and a landing. Me, my Mum, Dad and brother. And we didn't even have running water - we had to go through the chap downstairs to go to the toilet - although there was a slop bucket on the landing. We used to go over to my Nan and Grandad's for a bath, because they had one fitted in their house.

I remember being about 11 having a big trip out to my Nan and Grandad's house with my cousin. We'd get on the tube to Stockwell Station and get the bus up to Tulse Hill to where they lived. She would always give us some cakes to bring home, although she couldn't do very much for us really as she was not even able to go shopping on her own. Now my Dad's mum on the other hand...

that's totally different story. She was a party girl. This is what she looked like when she dressed up. She was tall and sometimes she looked like a man as she was just like my Dad. But do you see her fox fur? She's the one with the cigarette... showing more leg...

Azara: What is she drinking?

Diane: It looks like Guinness. You could never rely on her. She would always let you down.

Azara: She was too much of a party girl?

Diane: Yeah! She would be working somewhere that had a children's party, and she would say "Oh, I'll come get ya!", but she never would. She was a drinker, as well. I remember her saying "look Di, I'm not drinking. I'm on milk. All I got is milk. You tell your Dad all I'm drinking is milk!" Then when he went out the room, you would see her delve in her bag and put a drop of something in it!

Azara: Vodka and milk - white Russian!

Diane: Yeah! I remember going to a few parties she had with my Dad, his friends and their wives. I remember once my Nan and another woman running around putting sanitary towels over their ears as earrings! She always had new blokes on the go as well.

So, that's my Grandparents - one very homely, baking you cakes and everything, and the other one, always letting you down and y'know... *laughs*

Diane: Actually, I have been trying to do some research on my ancestry and found out that my Great Grandfather ran off to New Zealand. When he was there, he married a 16-year old who died in child birth and then went on to marry a Maori woman and have 14 children. So, it seems that he was bit of a rogue as well! I actually found one of his children in New Zealand, we had our DNA done and his and mine don't match so I'm not even sure he really was my Great Grandfather after all.





DAPPER CHARTS



This Posh Club Top 30 was recommended by some of our most dapper gents. Len Leslie, Seymour Grant, Milton Smith, Mike Elvis and Peter Harewood let us in on their top tunes for a posh-tastic lockdown. We're looking forward to seeing you on a dance floor soon chaps!

Len Leslie - Hackney:

At Last, Etta James, 1960
A Change is Gonna Come, Sam Cooke, 1964
One Love, Bob Marley, 1977
Caribbean Queen, Billy Ocean, 1984
Mysterious Girl, Peter Andre, 1996

Seymour Grant - Hackney:

If You're Ready (Come Go with Me), The Staple Singers, 1973
Dream Lover, Bobby Darin, 1959
I Can See Clearly Now, Johnny Nash, 1972
Bad Card, Bob Marley, 1980
Simmer Down, Owen Grey, 1981

Milton Smith - Hackney:

A Message From Maria, Joe Simon, 1968
People Are Doing It Every Day, Terry and Jerry, 1965
Maybe, The Chantels, 1958
What Made Maggie Run, The Dell Vikings, 1957
Bewildered, Mickey and Sylvia, 1958

Mike Elvis - The Posh Club, Hackney:

Thinking Out Loud, Ed Sheeran, 2015
I Am I Said, Mikey Spice, 2014
Here Comes Trouble, Chronixx, 2013
Tempted to Touch, Beres Hammond, 2003
Keeping it Real, Beres Hammond

Peter Harewood - Elephant & Castle:

Boat Ride, Red Plastic Bag
Ragga, ragga, Red Plastic Bag, 2002
Something Happening, Red Plastic Bag, 2009
Tiny Winey, Byron Lee & the Dragonaires, 1984
Stand By Me, Ben E. King, 1961
Save the Last Dance for Me, Ben E. King and The Drifters, 1960
Under the Boardwalk, The Drifters, 1964
Pump Me Up, Krossfyah, 2001
Feeling Hot Hot Hot, The Merryman, 1987
Margarita, Mighty Sparrow, 1983

Did you know these Posh facts about some of our Top 30 featured artists?

Bob Marley was a palm reader before he was a global music artist. Bob Marley started reading his neighbours' palms when he was just 4 years old. He kept it up through his teenage years, with his service in high demand. Then, turning to music, he quit. "I'm not reading no more hands," he told his neighbours. "I'm singing now."

Billy Ocean, aka Leslie Sebastian Charles, was born in Fyzabad, Trinidad and Tobago. He moved to Romford in Essex when he was ten years old in 1960. During his teenage years, he sang regularly in London clubs, while also working as a tailor in London's Savile Row. Ocean was appointed MBE in the 2020 New Year Honours for services to music. Apparently, Billy Ocean has three lungs. Maybe that's why he sings so good!

The Staple Singers are one of the most successful groups ever to crossover from Gospel to pop. Roebuck Staples (1915-2000), known as "Pops", was the

American gospel singer who headed the family group, featuring his children Mavis Staples (b. 1939), Cleotha Staples (1934-2013), Pervis Staples (b. 1935), and Yvonne Staples (1937-2018). Based in Chicago, the gospel group performed in local churches before breaking into the secular market after signing with Stax Records in 1968.

Conversely, former R&R preacher, Joe Simon is solely a preacher now. Joe doesn't sing soul any longer. He saves souls instead. As associate minister of the Cathedral of Joy Church in south suburban Flossmoor, Joe Simon now limits his vocal activities to praising the Lord.

As a young person, popstar Ed Sheeran experienced stuttering. Sheeran believes his stuttering stemmed from a procedure affecting his nervous system. "I had a birthmark on my face that I got lasered off when I was very young and they forgot to put the anaesthetic on - ever since then, I had a stutter," he said. In spite of his early life challenges, Ed Sheeran has gone on to become the UK's Official Number 1 Artist of the Decade with 12 number one singles and albums between 2010 and 2019.

Soca artist extraordinaire Red Plastic Bag, also known as RPB or merely Bag, real name Stedson Wiltshire. He is a Calypsonian from Barbados, who started performing back in 1979. He has won the Barbadian Calypso Monarch Competition a record 10 times. Hailing from the eastern, rural Barbadian parish of Saint Philip, RPG is now celebrated as one of the country's 4 cultural ambassadors.



After complaining to Father Niall about the lack of raffle prizes due to Covid induced panic buying and empty shelves..... Phil is going to extreme lengths to find the posh star prize! Busted!

LIP TIPS

Glamourpuss Posh Club volunteer Caitlin Menzies shares her top tips for lips for perfect pandemic panache.

LUSTY EDIBLE LIP SCRUB

This lusty edible lip scrub will leave your lips kiss ready #noriffraff. For this product, you will need - coconut oil, brown sugar, a small bowl and if you're feeling adventurous, peppermint essence.

Start by putting 1 tsp. of coconut oil into your small bowl with 1 tbsp. of brown sugar, mix the 2 ingredients together until you create a paste texture.

For those wanting to add a minty surprise, add 1-2 drop of peppermint essence to the mixture and it will give it a sparkle of freshness.

Now that you have your mixture, proceed to apply to the lips and gently rub to exfoliate leaving them in the perfect condition for a peck.

To remove the product, you simply lick your lips clean.

The best thing about this scrub is that it is edible! It will taste sweet and coconutty.

After licking off the lip scrub grab a dash of clean coconut oil and put on the lips to keep them hydrated.

Top Tip: coconut oil is a great body, lip and hair moisturiser, it's got many wonderful uses!

A LITTLE HANKY PANKY

What could be posher than a monogrammed handkerchief? Our P.O.S.H initialled hankies are soft and strong and get the job done!

Reg O'Donoghue showing off his exclusive Posh Club hankie – delivered by our Doorstep Diva crew, who were out-and-about in Elephant & Castle making Posh visits in their usual interminable style.



I'S PIE!*

AZARA'S MUM'S TASTY TUMS STEAK AND KIDNEY PIE

500g diced beef fresh or left over.
200g diced kidneys (lamb or beef)
1 onion chopped
2 cloves garlic chopped
Pinch mixed herbs or sprig of thyme
Pint of beef stock
1 tbsp. seasoned flour
1 tbsp. oil
Short crust pastry (ready made)
Puff pastry (ready made)
1 Beaten egg

METHOD

1. Spice up your flour with a *Twist and Shout* of salt and a *Steamy Grind* of pepper. Then roll your hips while you coat your beef and kidneys in the flour.
2. Put some garlic and onions together and *Stir It Up* gently like John Holt until they are soft and limber.
3. Before they are close to the end *Electric Slide* them from pan and set aside.
4. *Shake, Rattle and Roll* and fry the coated steak and kidney in the same pan, you may need a little more oil.
5. When all the meat is *Signed, Sealed* and coated with oil and the blessing of Stevie Wonder. Add Anita Baker's *Sweet Lovely* onions and garlic.
6. Mix together. Then whilst listening to Herbie Hancock add herbs and beef stock.
7. Bring to the boil, cover and *Simmer Down* like the Wailing Wailers until the meat is cooked and tender.
8. *Tease Me* like Chaka Demus and Pliers by turning on the oven to 160/170 Gas mark 3/4.
9. Then Line-dance in your kitchen like the Elephant's naughty table, as you line a pie dish with the shortcrust pastry and bake for 15 minutes.
10. Start to sing *All This Love That I'm Giving* by Gwen McCrae as you fill the pie crust with cooked meat and gravy.
11. Cover the pie with puff pastry not *Puff the Magic Dragon* and brush with a beaten egg, if its bruised it can't be used.
12. Bake the pie until the pastry is well risen and *Golden Brown* with a *Texture Like Sun*.
13. The last thing to do is *Celebrate Good Times, Come On!* And enjoy your tasty tums, saucy steak and kidney pie.

(editors note) *I know Azara's mum is called Lorna, which starts with an L not an I, but I'm pretending it's a lower case L for this excellent headline.



SPORTS PAGE



TWERK PONG

It's the game that's sweeping the nation, part dance craze, part raw display of athletic power and part booty shake. Rumoured to be the next guest sport at the Olympics, Twerk Pong is the sport on everyone's lips and on everyone's buttocks.

Back in the day we called it a good ol' booty shake! Now it's a twerk and a riotous new game coming to a Posh Club near you! Just twerk (or booty shake) the fastest to win! This Poshtastic workout puts your booty poppin' skills to the test.

There are just a few simple rules:

1. Fill your box up with the ping pong balls provided,
2. Tie the box round your waist, then by twerking, race to see who can empty the box quickest.
3. Rack up the tunes and let the players shake their booties to the music.
4. No touching the box with your hands or getting help from others.
5. Don't take yourself too seriously because its guaranteed laughs, simply hilarious!
6. Move it, Work it, Shake it, Twerk it!

WHEN THE TWERK PONG GOES WRONG

It's not all fun and games! More instances of twerk strain and pong face reported in the twerk pong community

A word of warning Posh Clubbers, Twerk Pong is a serious business – if your twitch gets a hitch, your thang gets a twang, y'all might go so low, low, low that you pong your way to ruin. Here's Fanny Cradock from PC*TV (AKA Posh T) with a bad case of pong face and full hip fatigue as she is defeated by our very own twerk master Dicky from Duckie.

