

Installment No.2

KENT ACTIVE

THE NEWSLETTER OF THE KENT ACTIVE RETIREMENT
ASSOCIATION



*“Do not think of retirement as someone closing a door on a bright, and crowded street.
Think of it as someone opening the door to a beckoning and uncluttered world.”*
John Hardiman (Founder of the Association)

Or...

*“Do not think of retirement as someone closing a door on your foot,
rather think of it as someone opening the door in your face.”*
Aramis Scribe (Editor. Kent Active)

Volume Seven

Summer/Autumn 2020

No. Seventy Seven

Joan's Jottings

A Shortish Message from the KentARA Chairlady Joan Rhodes



Joan with French Marigolds, and matching Orange Sandals

Dear Members,

How are you all? I hope you are keeping fit and well!

As the South of the country continues to very slowly come out of Lockdown, we must take care, as we are all aware that the easing of Lockdown in some parts of the country is stalling.



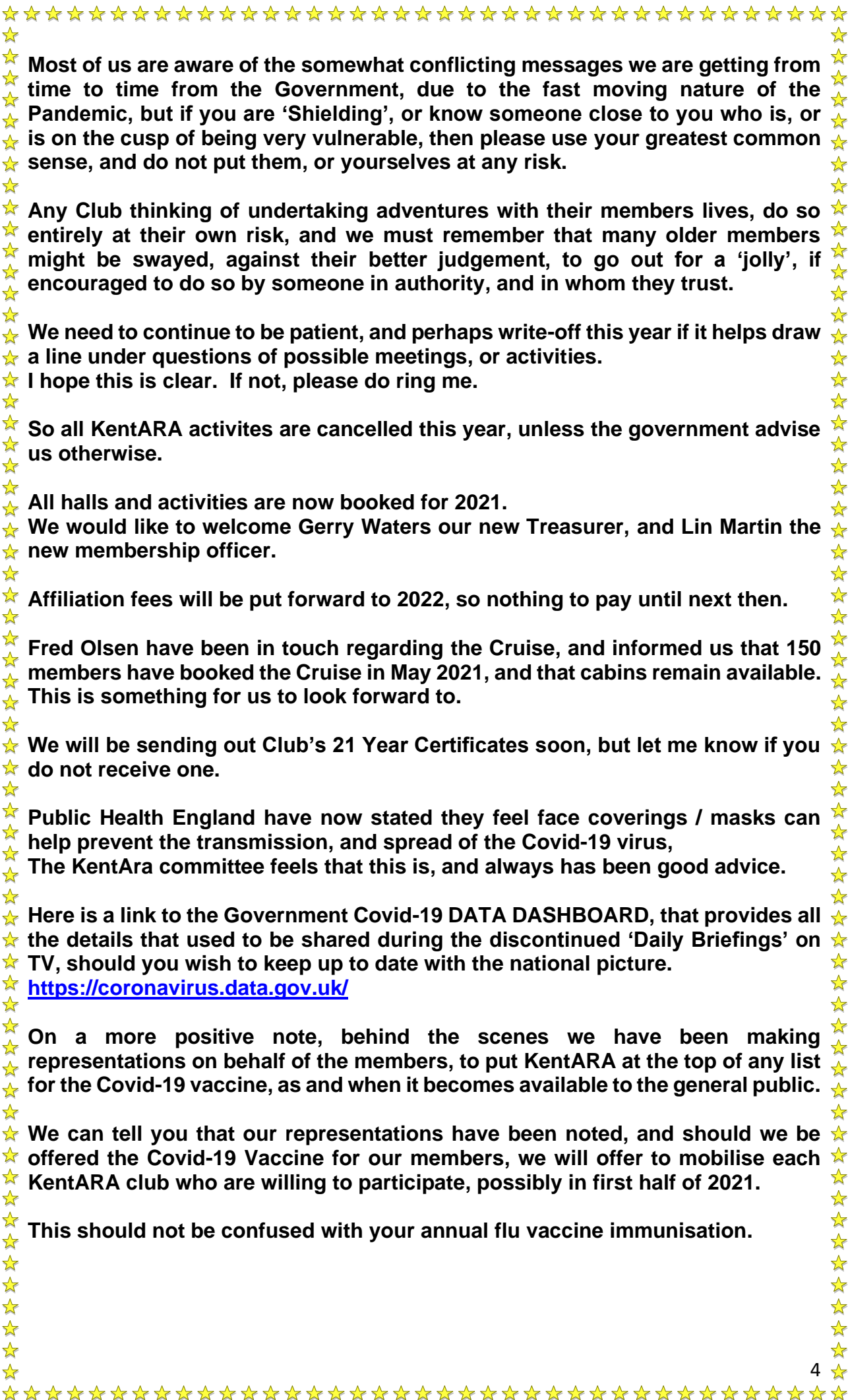
From Les: Head Gardener at Castle Rhodes

A very small handful of Clubs have spoken to me about reopening in some capacity, and all I can do is to sensibly refer them, and any Club, to the Governments Coronavirus website for the most up to date, and detailed information, with guidance; which by the time you have read this may well have changed.

<https://www.gov.uk/coronavirus>



Poppy the Springer Spaniel from next door, who visits twice a day under the fence-for treats.



Most of us are aware of the somewhat conflicting messages we are getting from time to time from the Government, due to the fast moving nature of the Pandemic, but if you are ‘Shielding’, or know someone close to you who is, or is on the cusp of being very vulnerable, then please use your greatest common sense, and do not put them, or yourselves at any risk.

Any Club thinking of undertaking adventures with their members lives, do so entirely at their own risk, and we must remember that many older members might be swayed, against their better judgement, to go out for a ‘jolly’, if encouraged to do so by someone in authority, and in whom they trust.

**We need to continue to be patient, and perhaps write-off this year if it helps draw a line under questions of possible meetings, or activities.
I hope this is clear. If not, please do ring me.**

So all KentARA activites are cancelled this year, unless the government advise us otherwise.

All halls and activities are now booked for 2021.

We would like to welcome Gerry Waters our new Treasurer, and Lin Martin the new membership officer.

Affiliation fees will be put forward to 2022, so nothing to pay until next then.

Fred Olsen have been in touch regarding the Cruise, and informed us that 150 members have booked the Cruise in May 2021, and that cabins remain available. This is something for us to look forward to.

We will be sending out Club’s 21 Year Certificates soon, but let me know if you do not receive one.

**Public Health England have now stated they feel face coverings / masks can help prevent the transmission, and spread of the Covid-19 virus,
The KentAra committee feels that this is, and always has been good advice.**

Here is a link to the Government Covid-19 DATA DASHBOARD, that provides all the details that used to be shared during the discontinued ‘Daily Briefings’ on TV, should you wish to keep up to date with the national picture.

<https://coronavirus.data.gov.uk/>

On a more positive note, behind the scenes we have been making representations on behalf of the members, to put KentARA at the top of any list for the Covid-19 vaccine, as and when it becomes available to the general public.

We can tell you that our representations have been noted, and should we be offered the Covid-19 Vaccine for our members, we will offer to mobilise each KentARA club who are willing to participate, possibly in first half of 2021.

This should not be confused with your annual flu vaccine immunisation.



Petunia, the Gardener's Daughter say's, "Always drink plenty of water in hot weather"!

Do feel free to contact me for any help, or just a chat.

Yours Ever,

Joan Rhodes

KentARA Chairlady

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rhodio@aol.com

The KentAra 2021 Thanksgiving Service
at
Rochester Cathedral
Thursday 28th October 2021
11am



It may seem a long way off, but as we all know time fly's, so start to think about securing your seats for the KentAra Thanksgiving Service NOW!

All the other KentAra Thanksgiving Services have been over-subscribed, to the extent that we even considered having two services, (one after the other), but this has proven to be logistically problematic.

So there will be a single Service which will start at 11am, and be finished at around midday, followed immediately by lunch in the Cathedral Crypt around 12.15-12.30pm, and be closed by 1.45pm / 2pm.





The Buffet Lunch provided in the Cathedral Vault / Crypt, after the service, needs to be booked, and paid for in advance to our Treasurer Gerry Waters.



Various details, about Travel allowances, Parking Maps and the cost of lunch will be forwarded to Club Secretary's nearer the date.

So as soon as you have provisional numbers, please email Brian Griffin the KentAra secretary at kentara@secretary.net with them.

Parking at Rochester is better than it has ever been, with the addition of a new multi-storey Car Park close by, but as ever get to Rochester early, to get parked as near the Cathedral as possible.



We should have a great deal to be thankful for by October 2021!





DOVER. D.A.R.A. (AKA. Don't Age, Remain Active!)

Well, that's another successful year flown by with a slow but steady increase in membership, and still money in the bank.

Our Social Secretary, Mary Pressnell has taken us on a full programme of day trips including the St George's Day show at the Brick Lane Music Hall, Teapot Island, a trip to the Mansion House in London, with lunch and a guided tour of the area, Leonardslee Gardens (where it poured hard all day.) and the inevitable trip to Dungeness for fish and chips at the Pilot.



Mary's Magical Mystery Tour took us up to Staffordshire to the superb National Memorial Arboretum and a three night stay at the Bosworth House Hotel at Market Bosworth in Leicestershire. This was a very nice hotel which is reputed to be haunted by a Grey Lady. She didn't put in an appearance during our stay as she was outclassed by the many lovely grey ladies that we had with us.

We had our pre-Christmas break at Potter's Resort, where as usual the entertainment was excellent and by good fortune our last evening was also the opening night of their Christmas Spectacular and it was "just what it said on the tin." SPECTACULAR!

Mary escaped from us by swanning off to Australia to spend Christmas with her Daughter and family somewhere warm. As we have all seen in the newspapers, she certainly got that right! At the time of writing she hasn't arrived back, so we are waiting to see if she is suntanned or smoke blackened.

Veronica, our Secretary has kept us well entertained with a full programme of speakers and musicians, so all in all, it has been a very successful year.

We at DARA wish you all a happy, healthy and successful 2020.

From Roy Edwards via Veronica Varrall - DARA Secretary



Eynsford - EynsfARA

With a brand-new year – and a new decade – to celebrate, Eynsfara have plenty of good things for members to look forward to. Firstly, let’s look back on what we have done in the last few months. At the beginning of November 2019, we visited the new Biggin Hill Museum, and Downe House, formerly home of Charles Darwin. We went to Crayford Stadium for Greyhound Racing,



and attended a Farningham Guitar Club concert which raised £1700 for the Phab charity, which helps disabled young people. A visit to the Rochester Christmas Market *(Why didn't you contact Roffara-they would have shown you a good time! Ed.)* was followed by a trip to see the Christmas decorations at historical Ightham Mote. We enjoyed Christmas dinner at the lovely Hilltop Restaurant.



The Royal Albert Hall's seasonal jazz concert.



In January we explored the stunning 'Winter Lights Festival' at Canary Wharf. More recently, members went on a coach outing to Greenwich, visiting the old Royal Naval College, and the Maritime Museum, also taking in an afternoon show at the Royal Observatory's planetarium.



Coming up there is plenty more for our members to do. The Simon and Garfunkel Story is a musical being held at the Orchard Theatre, Dartford. A tribute band called the Knights on White Statins, hope to raise money for the RNLI with their concert, which also features a raffle and Fish and Chip supper. For art lovers there are several trips to exhibitions such as, Aubrey Beardsley at Tate Britain, and a visit to the Red House, former home of William Morris. Museums such as the Kelvedon Hatch Nuclear Bunker, the Tiptree Jam Museum, as well as the Mayfair House, home to both composer George Frederick Handel, and pop musician Jimi Hendrix. Finally, there will also be plenty of fine dining, with Sue our dining organiser arranging Sunday lunches at some of our best local pubs and restaurants. Further ahead, we even have some holidays to look forward to, including a train trip to Scotland, and in September, a four day excursion to Vienna! And one last thing, EynsfARA would like to extend a warm welcome to our new treasurer, Liz Rolph. From Anne Marie Fereday Secretary – EynsfARA

N.B. Nota bene (Note Well)

Please note that all the submissions in this special edition of the 'Kent Active' relate to events that took place BEFORE the lockdown. Additionally, any events that were planned to take place later in the year, were planned before the Pandemic was known about, and are now subject to current Government Covid-19 guidance.

Visit: <https://www.gov.uk/coronavirus>

ED.



Easter Egg Hunt from Francis and Peter of RoffAra

LOST THE PLOT

It really isn't very much fun to find your nose just wants to run I
haven't a cold, don't need to sneeze I haven't been out in the cold
breeze.
I look for a tissue but my hands are full.
And then "My God" I start to drool.
I didn't feel it on my chin
My patience is really wearing thin.
And now I need to use the loo
I'm really glad there is no queue.
A few minutes ago I had no need
And now I'm walking at my top speed.
It's time to have a cup of tea
My goodness, it's nearly half past three!
I must have dozed off in my chair.
How long have I been sitting there?
My legs have also gone to sleep
And I've just remembered an appointment to keep.
Bother! I can only find one shoe
And now it's another visit to the loo.
Everything seems to take so long
I just get up and the day is gone
What did I do before getting old?
Well, I remembered the day without being told
I didn't need help to open a jar.
And after parking, could find my car
I rely on a diary to know the date
And set an alarm to avoid being late.
Have I lost the plot? Should I give up the fight?
No! Because tomorrow I may feel alright.
Oh hello Mrs.... er, I've forgotten your name
I was going to the toilet before you came.
I won't be a minute and we'll have some tea.
And then we can go on talking about ME!

June Simpson of HooAra

Thank you June. If you have any more, then please send them in. Ed.
kentactive@post.com

President's Notes



It has been a quiet quarter.

LARA (the ARA I belong to) had a really enjoyable evening starting with a meal at Wetherspoons, then going on to Royal Tunbridge Wells Assembly Halls for an ABBA tribute evening. Thank you Ann Tutt for organising this event.

Sadly, Gerald Benham and Stephen Howard agreed to close the Monday Line Dancing lessons until this terrible Coronavirus ends. They also had to cancel the KentARA Spring Tea Dance for the same reason.

I would like to take this opportunity to wish all KentARA members, and their families well, and hope you keep safe while this terrible virus lasts.

With best wishes,

Shirley Skinner.

President KentAra

An INVITATION from KentARA



If you would like to put yourself forward for any position within the KentARA organisation, or you have a skill, talent, or qualification that you would like to share for the benefit of all our members, then do let any of our Officers, or your Area Representative know.

We often have changes at the KentARA Officer level, and elsewhere within the organisation, due to a number of differing personal circumstances, and we usually have a number of voluntary positions open for individuals to choose from. We can even create a voluntary 'post' for you if you have a relevant vocation.

We also would like to create an 'organised chain of succession' throughout the various structures of KentARA from within our existing membership, so we can keep KentARA 'fresh', and relevant to newer members; while also making it easier for members to step aside (without stress) as needs must.

Please feel free to contact the KentARA Chairlady Joan Rhodes on 01732 844 953.

If it's good enough for
'ER



then
WEAR GLOVES
*when drinking **Pimms** in Pubs*
and visiting other Hoi Polloi Venues.

This was a 'Covid Secure' Message from the KentAra Slogan team headed by Dot Cumin.

HADARA – Hartley & District

Everyone agreed it was a fabulous evening on the 25th October when the ‘Duettes’ sang Abba and Motown. There was a lot of audience participation as the ‘Duettes’ walked around the hall, and everyone joined in the singing, and later in the evening lots of dancing. Although a cheese and biscuit break was billed, there was much, much more, and this was prepared by Linda Verge, and Joy Hamilton.

Four shows at the Orchard Theatre to see ‘The Buddy Holly Story’, and ‘You Win Again’, celebrating the music of the Bee Gees. ‘The Bodyguard’ was a wonderful show starring Alexandra Burke, and also ‘Dial M for Murder’.

Over 100 members attended our AGM where the Chairman, and committee members gave their reports summarising activities undertaken during the year. At the break, instead of afternoon tea, we enjoyed a glass of wine, and nibbles.



Christmas Lunch was held at the Princes Stadium, Dartford. 79 members enjoyed a 3 course meal with a pre-dinner drink of wine, beer or a soft drink. A Lotto lucky dip was attached to name plates on the tables, and several members won a prize.

A visit to the Annual Christmas show at Thursford happens. Without fail a spectacular Performance will be on view, and last year was no exception with dozens of performers, and singers. The highlights were 'Toy Soldiers', the 'Riverdance' routine, the costumes, and the song 'Masquerade' from 'Phantom'. 40 HADARA members travelled by coach to the matinee show in December, and stayed overnight at the splendid Links Country Hotel in Cromer, and enjoyed the festive fayre.

At our December meeting afternoon tea was provided free to all members, and once again was enjoyed by everyone.

Our New Year's Party was held on the 3rd January, and music was provided by Tony Buckland. Another very good evening.



On the 12 January we travelled by coach to the Lyceum Theatre to see 'The Lion King', and then to the President Hotel for dinner after the show.

A super day!
Jean Rumbold.



"Rochester Cathedral! Thursday 28th October 2021. "How many sandwiches"!?"

Hempstead – HEMPSTARA

What a strange year 2020 has turned out to be. Only just a quarter of the way through and it has been full of trauma. We were fortunate enough to have time booked at Potters and what a great week it turned out to be too. It is a favourite of our members, not all of whom are bowlers. Those that aren't bowlers have no need to be bored as there are all sorts of Activities, serious and not so serious, to keep them occupied. The bowlers went with no expectations but did better than last year.



Craft has really come on. Iris Card Making, Glass Etching, Candle making, and



Pottery Painting, just to mention a few, with the class growing to capacity.



We have managed to keep going Pilates, Dance and Senior Elastixs via Zoom, thereby maintaining a certain level of fitness.

As we have all experienced, Activities, Outings, and proposed Theatre trips have been cancelled as well as Quiz's, Dinners, Lunches and local Country and Western.

Hempstara's Facebook encourages contact, and has many an amusing comment or photograph.

Communication is the key, and the friendships that have been made will see us through this difficult time.

The Coronovirus is no respecter of man, women or child so do take care.



Lin Martin – Hempstara

Please Note.

All of the articles have been submitted before the Lockdown, and a lot of forward plans have subsequently been scuppered by Covid-19.

The articles have largely not been edited to reflect this, because it might give the impression that Clubs were less active then they had originally planned to be

No doubt when it is safe to do so, we will all be out on our postponed trips again.

NO!!!

A Sneeze can travel up to 200mph

<https://www.livescience.com/3686-gross-science-cough-sneeze.html>



DON'T GET SNOTTY...

WEAR A MASK AND SAVE OTHERS!

KentARA
'Mascot of the Month'
'Poppy' the Springer Spaniel



If you have a pet you are proud of, then email a jpeg picture of them to the editor of the Kent Active. Aramis Scribe at kentactive@post.com

The winning picture will be published in the next issue of the Kent Active, and a small pet related prize sent to its owner.

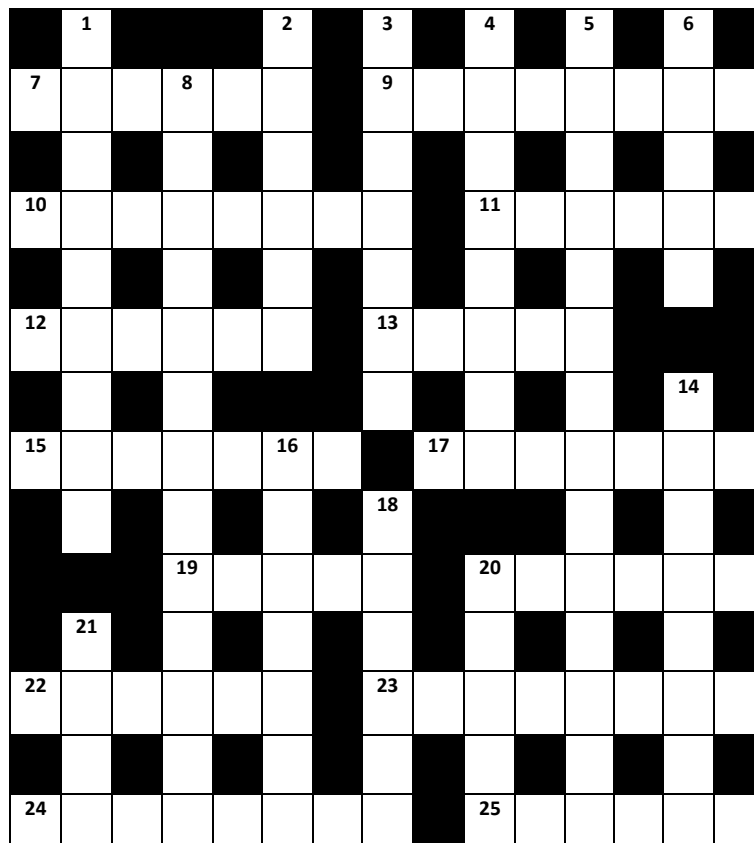
If this proves to be a popular new feature, we will continue with it-so give it a try! Aramis.

Answers to Crossword

No. 18 Spring 2020

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Crossword No. 19 Sumautwint 2020



ACROSS:

- 7. A Tiny Bit of Time (6)
- 9. A University Lecturer (8)
- 10. A Slow Steam Train is Moving Like This (8)
- 11. Calls Up In Mind (6)
- 12. Help (6)
- 13. Rugged Woollen Cloth (5)
- 15. Smelly Gas (7)
- 17. The End (3,4)
- 19. Animal (5)
- 20. What lies between the Isle of Wight, and the Mainland (6)
- 22. Fantasy Land by C.S. Lewis (6)
- 23. Cowboy & Indian Region (4,4)
- 24. A Machine to Destroy Sensitive Paperwork (8)
- 25. Covering on Unwashed Teeth (6)

N.B.

Please note there was a boo-boo with the wrong question being set for 24 across in the last edition. This has now been rectified above. The compiler assures me that their new glasses have arrived in the post.

DOWN:

1. Kent Cathedral Town (9)
2. Severe (6)
3. Kent Seaside Town (7)
4. A Woodland Plant (8)
5. 1939 – 1945 (6,5,3)
6. Hour Glass (5)
8. Local Body of Water (7,7)
14. Day of The Week (9)
16. Famous Landing Region in June '44 (8)
18. Towards the Ocean (7)
20. A Soldier's Greeting (6)
21. Hiding Place (5)

Winning Entry Prize £25

**Please send a completed list of Crossword
'Across' and 'Down' answers to:**

kentactive@post.com

**or post to,
12 Beaulieu Rise, Rochester, Kent ME1 2PQ**

GOO LUC!

Editorial

From 'Aramis Scribe' Editor of the 'Kent Active'.

If you have any jpeg pictures of what you have been doing during the Lockdown- with perhaps a few lines to go with them, then please do send an email to kentactive@post.com and I will include them in the next installment of the Kent Active.

On another matter, I am somewhat bemused that the Government, and 'Scientific' medical advice has done a 180° volte-face from the position that face masks, or face coverings were ineffective.

After having been vigorously promoted as being practically useless, they have suddenly become increasingly compulsory / mandatory items of wear in public, and enclosed spaces - and out of the blue, a raft of research has suddenly appeared establishing them as highly effective in mitigating the transmission of Covid-19.

I am totally not surprised, but it has been like watching a slow motion train crash-agonising.

What happened to the former research which denigrated the use of face masks, and coverings, where are all those vocal amoebas who poo-hoed them and those who wore them, and deterred others from wearing them by their derision?

Those mockers are now probably wearing face masks, and swearing blind that they always advocated them - this is a not uncommon pattern of human behaviour.

Everyone knows there was a PPE (Personal Protective Equipment) crisis, but it would have been far better to have asked the public to create their own face coverings, so the PPE could have been reserved for the NHS and care workers, rather than lead the general public up the garden path with what amounts to false propaganda.

In the early days of the Pandemic it was particularly galling to have been derided, and sneered at in public for wearing a face mask, AND GLOVES!

There is zero consolation in saying to the former naysayers, "I told you so - you needed to wear a face covering of some sort", because it is like shouting in the wind.

I am reminded of Charles Dickens 'A Christmas Carol', where Scrooge is shown two children beneath the robes of the Ghost of Christmas Present, and the Ghost says, "This boy is ignorance...beware this boy, for on his brow I see that written which is Doom...", and the Spirit goes on to say, "Slander those who tell it ye...and make it worse, and abide the end".

For those who care to listen of course, we should all wear gloves when we go out. Disposable ones, you can get them, and throw them away, when you get home. There is a reason why Nurses and Care Workers use them.

This obvious measure has a terrible Face Mask / Coverings déjà vu about it.

The other 'Elephant in the Room'.

When going out we need to wear masks and gloves.

As for the current guidance that those 'Shielding' can now consider going out, as the numbers of infections begin to tick up, and the Schools are planning to reopen, and all before we have had our Flu Jabs, and the Covid-19 vaccine...

All I can say is,

“NOT ON YOUR NELLIE!”

The war will not be over by Christmas, but the vaccine is surely coming soon.

Aramis Scribe.

Editor. Kent Active



Nellie with gloves.

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**THEY SAID A MASK
AND GLOVES WERE
ENOUGH TO GO TO
THE GROCERY STORE**

**THEY LIED,
EVERYBODY ELSE
HAD CLOTHES ON**

The KentAra Sponsors

Our thanks to the following firms, which have kindly agreed to sponsor, for the 'Kent Active' for 2020

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Senior Elastixs is the only exercise programme endorsed by KentARA.

Andrea Ellerby our Vice Chairlady can be contacted on 07703 346 609

or by email: andrea.ellerby@sky.com for details on how to join the KentAra

ZOOM Class session.

Support our KentAra family. Ed.



**KEEP
CALM
AND GET
YOUR
FLU JAB**

**Book yourself in for an appointment at your local Pharmacy.
I've already done it for mid-September.
It saves that long snailing queue outside the Doctors surgery in
unknown weather conditions-and that was before social distancing.
Its free!
*Ed.***