

Instalment No.4

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 a toothache.
Think of it as dentures.”*

Aramis Scribe (Editor. The Kent Active)

Volume Seven

Summer/Autumn 2020

No. Seventy Seven

Joan's Jottings

A Message from the KentARA Chairlady Joan Rhodes

Dear Members,

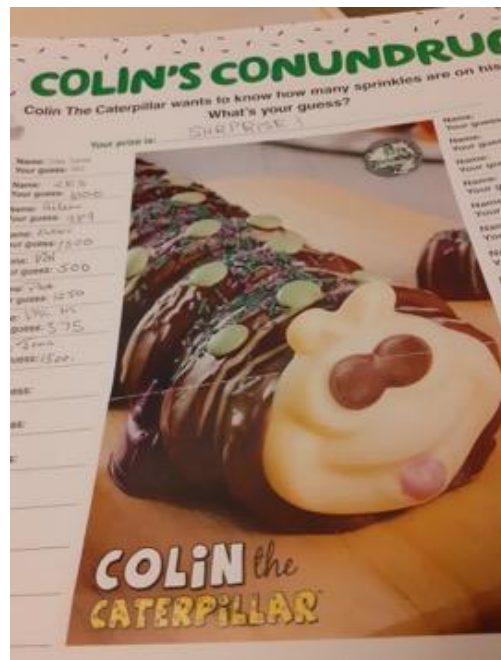
I hope you are all keeping both safe, and well.

Here is the 4th instalment of 2020 digital Kent Active – do enjoy it!

We are still wearing our masks, and distancing, washing our hands, and hoping we do not have another lock down!!



We had a Macmillan nurse's coffee morning, at our house, with lots of cakes, and lots of laughs, and guessing how many hundreds and thousands on the back of 'Colin the Caterpillar'.



We raised £100, with only 5 friends, and other contributions.

Brunhilda, raising 20 lbs single handed



– an uplifting experience.

Thank you all for the amazing amount of donations.

Our granddaughter ‘Maisie’ was twenty-one, so my husband and I took her out to dinner to celebrate – there was just four of us. We had a lovely Indian meal, and evening with birthday cake as well.



Some clubs are enjoying Walks, Pentanque, Line Dancing, and Short Mat Bowling, all with care, and prescribed social distancing.

Waldara had a great walk with exercises along the way; do send photos to Aramis Scribe our editor kentactive@post.com

Fred Olsen have hopefully sent all who are going on the Cruise next year, a new confirmation form.



Message in 'The Bolette'.

For new ship 'The Bolette', you will receive a new flyer shortly, it really does look fantastic!

Do let us have any photos of your outdoor activities, and any other activities you are doing.

Take care hope to see you soon.

Best Wishes,

Joan Rhodes

Chairlady KentAra

01732 844 953

rhodjo@aol.com

RamARA – Ramsgate

RamARAs Easter tea party was a little quieter than previous years!!!

But all members have been contacted by our committee members by phone, and a great many have received weekly newsletters, and club information via email.



One article posted to the members informed them that 130 Easter eggs had been purchased for the party - that had to be cancelled, and with little hope of a meeting in the coming weeks, it was agreed that they would be presented to the local hospital on Easter Sunday for the staff on duty. This was duly done, and gratefully received.

What did we find to do during the Lockdown, that's a good question?

Some redecorated with home, others took up baking, and showing everyone what cooks they really are. But the one activity that overtook the rest was decluttering. Unfortunately, however once decluttered, you couldn't take it anywhere, but it was a good exercise.

Committee members have undertaken to share the members names out, and to ring them on a regular basis to ensure that all is well. The good news is that all our members are said to be well.

At Ramara we have a knight in shining armour, his name is Ray Burdaky, he has, for the past 18 weeks produced a Bulletin for all the members to read via email, and for those without email they have been delivered by hand.

The Bulletin is full of very interesting local information about Buildings, Statues, War Time Recipes, (which some of us have tried out and were surprised that the outcome tasted so good), with input from members, and jokes to make us laugh, peppered with anecdotes relating to some very interesting facts.

I think he has covered most subjects in our area in great detail.

On the reverse side of the Bulletin he has put Crosswords, Teasers and Sudoku, together with more jokes.

Everyone has commented on what a good job he has done, and how they look forward to receiving their copy each week.

Well done Ray we really appreciate what you have done in our hour of need!

Also, some of our Ladies are knitting squares, and we are sewing them up to make Blankets for the Homeless, which will enable them to keep really warm in the winter months.



Some Ladies, in a small group, are doing Line Dancing in a member's garden while keeping to social distancing, and we understand our 'Bat and Trap' session will start on the 10th August, weather permitting.

Of course those members who had hoped to go on holiday, to the Theatre and on Day Trips, have been disappointed (like many others), that this is not possible.

However, two of our holidays have been put forward to next year 2021, so they have got that to look forward to, together, of course, with the KentAra Fred Olsen Fjord Cruise, but we have been unable to acquire a refund from The Orchard Theatre at Dartford for a Play which was cancelled at the present time, although they have said that they are dealing with our letters.

We could not have our Easter Tea this year, but what we have said is that the first meeting when we get back, we will have a FREE "Party" to make up for it.

Blanket Exchange



Happy Salvation Army Jacqueline Freston, Community Programme Co-ordinator (right), receiving two sacks of your much needed knitted blankets from our secretary Janet Oxenham (centre), and Cyndy Beedell (left).

From Jan Oxenham Secretary, Ray Oxenham, with Frank Stocks - Chairman



Chatham Salvation Army 'Songsters' Choir at Ramsgate Salvation Army

FRED OLSEN Plain Sailing Guarantee

Version 8
14th October 2020

Small ships, not small print

Our new Plain Sailing Guarantee is designed to give you every reassurance about your booking with us during these unusual times. And it comes completely without clauses or caveats. This will cover guests sailing with us in 2021.

No risk deposits

NEW: We know the world feels a little uncertain at the moment. That's why if you make a new booking now for a 2021 cruise and change your mind about travelling nearer the time, we will either move the deposit you have paid to an alternative cruise with no admin fees or refund it to you in full. Just let us know no later than when your final payment is due (or your interim payment for a longer cruise) and our team will take care of the rest.

Transfer on your terms

NEW: We will also transfer your cruise or give you a sailing credit if you cannot travel due to testing positive for Coronavirus. There will be no administration fees and you can choose any cruise within 12 months of your original sailing date.

No quibble refunds

If we have to cancel your cruise for any reason, whilst we would love it if you transferred to another, you can of course have a full refund with no quibbles, at any time.

Fred. Olsen's unique Enjoyment Promise

We want you to book your cruise with us with complete confidence.

That's why Fred. Olsen Jnr himself insists each and every booking is covered with his Enjoyment Promise. It means that if within 48 hours of sailing, you are not enjoying your ocean cruise, we will arrange to take you home at our expense and give you a full refund.

As the world is changing constantly, it may also be necessary for our Plain Sailing Guarantee to change without notice. You will always be able to see our latest version on our website (fredolsencruises.com/travel-confidence). The benefits above replace our standard transfer policy detailed in our Booking Conditions.

We've kept things beautifully simple and straightforward, just like the family-run business we are. We look forward to welcoming you on board when the time is right for us all.

DICK'S 'SCONES'



Dick Oxenham is the first RamARA member to openly admit he's followed one of the wartime recipes. Dick baked a batch of potato scones.

They look great, (see *photo*).

We wonder if they go well with sweet or savoury fillings, or deep fried, then sprinkled with salt and vinegar?

I hear they also made a good substitute for a Cricket ball, but apparently the recipe remains a classified state secret until 2050, but we have a man onto it. Ed. See p39.

N.B. Nota Bene / Note Well.

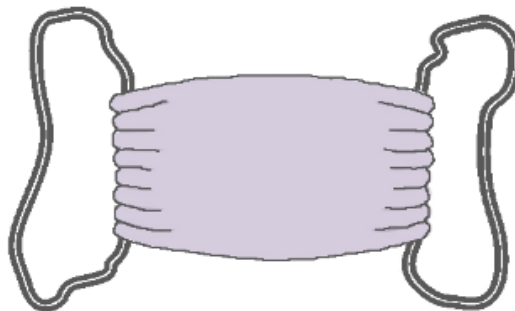
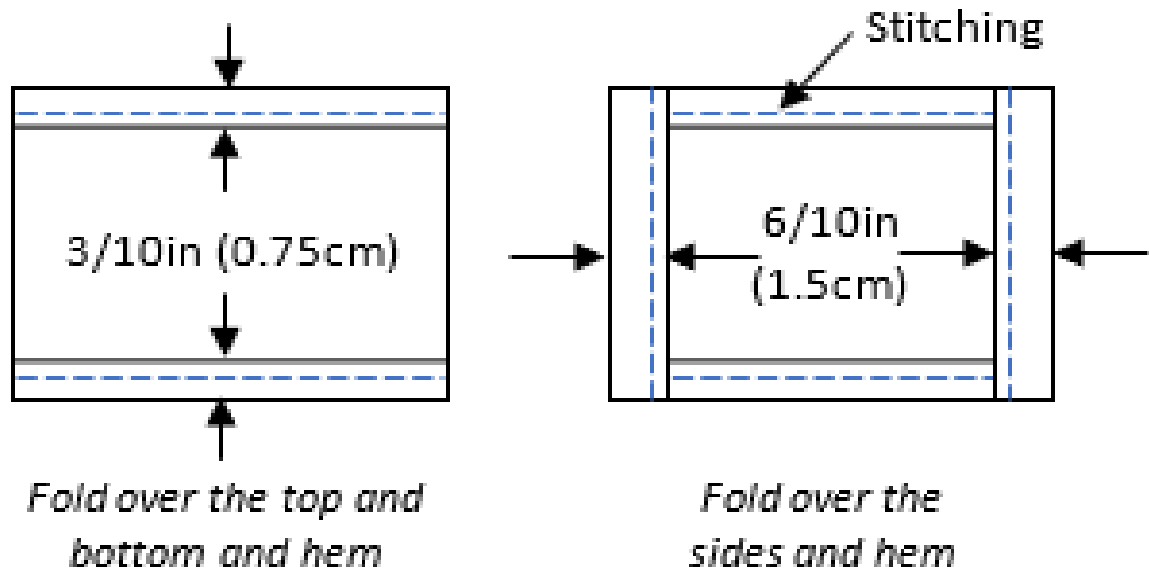
Most of the articles have been submitted before the first Lockdown, and refer to pre Covid-19 activities in 2019.

More recent Instalments of the 'Kent Active' have some pictures of activities during the brief spell of the easing from the first Lockdown, but before the 'Rule of Six', or the beginning of the second lockdown, and now the new 'Tiered System'. *All these systems have now ended in Tears...*

Other articles also have cobwebs on, but they are included so the effort in submitting them was not wasted, and also because one day when this all passes, we may be able to pick up where we left off.

Most historic articles will have been exhausted by the next November Instalment 5, thereafter the digital 'Kent Active' will take a smaller 'Newsletter Format'. Aramis Scribe. Editor: Kent Active.

GOING HOPPING?



Finished item, knots tucked in, with cloth slightly gathered

GET MASKED-UP

We all must wear a face covering when going into a shop now, or any place where social distancing cannot be achieved.

You may have already prepared coverings for yourselves, but just in case you have not, here is a simple guide to making a face covering as advised by the government. Note: Dimensions are not exact.

***Remember a cloth face covering should cover your mouth, and nose while allowing you to breathe comfortably.
N.B. This Item should not be used for 'hold-ups'.***

To make a simple face covering you will need:

- Two or three 10in x 10in (25cm x 25cm) pieces of cotton fabric
- Two 8in (20cm) pieces of elastic (or string or cloth strips)
- Needle and Fred
- Scissors

Step 1:

Cut out two or three 10in x 10in (25cm x 25cm) squares of cotton fabric.
Stack them on top of each other.

Step 2:

Fold over one side by 3/10in (0.75cm) and hem, then repeat on the opposite side.
Make 2 channels by folding the double layer of fabric over 6/10in (1.5cm) along each side and stitching this down.

Step 3:

Run an 8in (20cm) length of elastic (or string or cloth strip) through the wider hem on each side of the face covering. These will be the ear loops.
Use a large needle to thread it through. Tie the ends tightly.

Step 4:

Gently pull on the elastic so that the knots are tucked inside the hem.
Gather the sides of the covering on the elastic, and adjust so the covering fits your face. Then securely stitch the elastic in place to keep it from slipping.
These elastic loops fit over the ears.

Love from, 'Big Ears'.

***'Pick 'n' Mix Slogans from the KentAra Brains Trust
headed by Dot Cumin.***

Don't Sneeze or Wheeze if you Please!

**A Beard is as good as a Masky,
If you're Playing a Fool in a Farcey.**

**If You're In My Space,
Feel My Hand Round Your Face.**

Submit your own slogan to kentactive@post.com

The KentAra 2021 Thanksgiving Service
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!

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

P.S. You may like to know that the current social distancing provisions are limiting seating in the Cathedral to a maximum of 120 people in total.

Naturally this may change between now and October 2021, but seeing how we rammed Canterbury Cathedral full at the last 'Thanksgiving Service', it may well mean that numbers already provisionally allocated for the 2021 Rochester Cathedral Thanksgiving Service, will have to be pared back, so all Clubs can have seats who wish to attend.

Based on the current restrictions of a maximum of 120 people in the Cathedral per Service, we are already over-subscribed, but our priority will be that all Clubs wishing to attend will be represented in some proportionate way.

Fashion with *May Maskell*



If you require any of these items, and would like to be pointed in the right direction to get them, then email Aramis Scribe at kentactive@post.com

Donations made payable to 'Kentara' please, and sent to the Treasurer, Mr Gerry Waters, 11, Tintern Road, Allington, Maidstone, Kent ME16 0RT

From the KentAra 'Artificial Intelligence' Unit, headed by Mr. Algie Rhythm, our team of boffins, using our most up to date, state of the art, crypto, optimised super computer, predict the outcome of the next general election.



+ Covid-19²

X



=



BJ + Covid19² x DC = ^sKS

An Article from Pat Cox the KentAra Website Manager



As a volunteer administrator for a local food bank, I have been asked to give a brief overview, as well as a word on my own experiences
A few years ago, there were soup kitchens for the destitute, and occasionally you would hear of a food supply at a Salvation Army depot or of one run by WRVS.

However, things have changed, with job losses due to coronavirus, and other problems, so that now it seems that there is one Food bank in nearly every town, some are conglomerates like the Trussell Trust, <https://www.trusselltrust.org/get-involved/ways-to-give/donate-food/> and the Family Trusts, whilst others are small independent ones run by local organisations.

The one I volunteer with is a small one run by volunteers belonging to the Larkfield Community Church, <https://larkfieldcommunitychurch.co.uk/> and we will help anyone no matter who they are, or where they come from, regardless of circumstances.

The foodbank is held in a building donated to us from a school in Larkfield, it used to be used by the school as an emergency classroom, and as a uniform exchange – called the Dorcas Centre. It suits us for the foodbank and other activities, including a breakfast club and a lunch club for senior citizens. <https://larkfieldcommunitychurch.co.uk/sidebar/food-bank-at-larkfield-community-church/>

People are either recommended to us by other foodbanks, because they are out of their area, or by Community Wardens, and people can also refer themselves after looking at the KCC list of Food Banks,

<https://www.kent.gov.uk/social-care-and-health/care-and-support/benefits/home-essentials-in-a-crisis/find-a-foodbank>

or by our posts on Facebook.

We don't ask many questions, but we do need to know how many are in the household, and many are queries are from families who have more than 2 children, as Universal Credit is limited to 2 children – unfortunate if you have just lost your job.

Food stuffs are donated by members of the public, and collections made in supermarkets, and of course church members who prefer to donate cash, as the Food bank are unable to collect, and you cannot hand over goods via Zoom!



Two ladies pack different size parcels each week, singles, two plus, four plus and six or more, so that when a request comes in, one of the list of volunteers takes up the request to deliver the correct size parcel. This is an example of the parcel for 2.

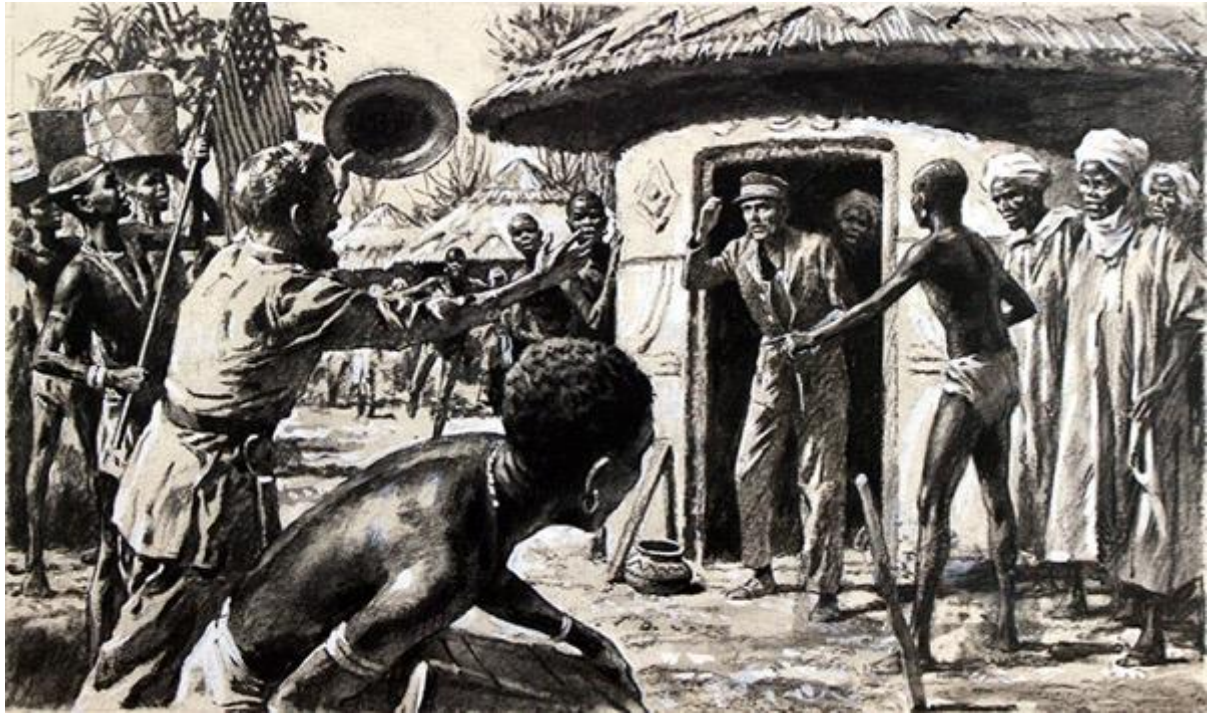
Due to the fact that we are in school grounds, it is preferable that we deliver, and only people who are 'official' representatives come to collect any number of parcels.

When we started it may have been one or two requests a month, but now it is at least 6 per week!

To reach us email: foodbank@larkfieldcommunitychurch.co.uk

Pat Cox

The KentAra Website Manager



Stanley Tracks Down His Doctor for an Appointment.

President's Notes



Please Note this is our President.

Shirley Skinner.

President KentAra

News from KentAra Champion Jockey, Frank Stocks

Recently the sum of £500 has been sent to Macmillan in donations from members of our Club for the Coffee Morning which RAMARA were unable to do. Thanks also go to Diana Olby, and Vera Ball for their efforts of sales of cards, and jewellery.

Also £1,200 was donated by the RAMARA Club to Thanet Riding for the Disabled, which also included monies from Diana Olby from the sale of her hand made cards throughout the year. The photo shows our Chairman, Frank Stocks, delivering the cheque.

Jan Oxenham Secretary RAMARA



Franks Stocks, Chairman of RamAra,
handing over a white carrot to the owner of Shergar, before the horse ate it. *Ed.*

RoffAra – Rochester

An intrepid group of RoffAraites walked up Rochester High Street after dark, and passing Weatherspoon's unscathed - and other hot-spots, managed to get into Rochester Cathedral, (after paying £2 each), to see the illuminated Blue Moon suspended from the middle of the Nave.



One of our members started howling an impersonation of the 1954 Elvis Presley song 'Blue Moon', claiming that the reverb offered by the acoustics of the Cathedral's vaulted ceiling were too good an opportunity to miss.

Suitably jumped on by our other members, (before the Verger could identify from where the noise was emanating), we proceeded to meander around looking up at the ceiling, and nonchalantly whistling with crooked neck's to avoid suspicion.

Unfortunately, this lunatic then started to sing 'Blue Moon of Kentucky'.

Luckily he only got to sing 'Blue Moon of Kent...', before, unable to get to the final syllable '..ucky', out), he was successful muzzled, and ejected by us in the direction of the 'Coopers Arms' pub along St Margaret's Street.

A little wine later, and lacking another £2, he was unable to regain entry into the Cathedral, and has subsequently been excommunicated by RoffAra.

In the meantime however, another member equipped with a pair of binoculars, was trying to locate the spot where the US 'Stars and Stripes' flag had been planted in the 'Sea of Tranquillity' by the Apollo 11 crew in 1969.



Much to his alarm he could not find it, which sparked a heated debate as to whether the Moon landing had ever happened at all, or whether it was just a giant conspiracy.

We agreed to disagree, with the consensus being that the flag had probably fallen off the Cathedral Moon, landed on the floor of the nave, and had been picked up by some passing tourist, and 'trouserred'; to be lost forever.

At this point Ted (one of our more energetic Octogenarians), spotting a large step ladder leaning against a nearby pillar, swayed diagonally across the Cathedral with it, and erected it underneath the Moon.



Reckoning that even at his full height, and at the top of the ladder, he would still remain a few feet short of reaching the 'Sea of Tranquillity', he managed to convince an unnamed companion to provide him with the shoulders he needed to climb on, to gain the required height, and they proceeded to ascend the step ladder.

The hitherto unspoken plan, was to insert a cocktail stick with a tiny paper flag on it which read, 'NASA', into the supposed hole where the 'Stars and Stripes' should have been - had it not fallen out.



As Ted and friend were 'sectioned' by the local Constabulary, it was brought to their attention by the accompanying Social Worker that in spite of what they thought, their replacement flag did not read 'NASA' but instead spelt 'ASDA'.

ASDA

This is a work of fiction. Incidents are the products of the author's imagination, and used in a fictitious manner. Any resemblance to actual persons, living or dead, or actual events is purely coincidental.

'ZOOM' YOURSELF HAPPY with an ELASTIXS session



*The gentle way to stay fit and healthy
in body and mind - for longer!*

Sunshine For Seniors

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.

JIGSAW MAYHEM



Thank you to Ethel of Nuthatch (NutAra), for sharing your latest completed jigsaw puzzle.

Darts 'Trick Shot'



From Shirley Knot of (Knockholt) KnockAra

SHARA-Shepway

As winter rages towards its end in a maelstrom of storms, gales, torrential downpours and floods, it becomes a pleasant task to look back over a varied and successful programme of events throughout the winter.

As October days drew in and the wind whipped the leaves from the trees, SHARA enjoyed an entertaining talk from Mel Rees- always a favourite speaker. Mel informed us that he intends to retire in a year's time, so any groups wishing to book him up need to make contact soon, as I am sure he will not be short of bookings.

As well as the regular monthly lunches, members enjoyed the annual Fish and Chip dinner at Folkestone Bowls Club: this was necessary to build up strength for Ten Pin Bowling, Petanque, and our monthly ramble.

A visit from our local Ukulele group, all decked out in their club finery, gave us a chance to tune up our voices before the round of Christmas Carol services, Pantomimes, and concerts began.

We had to make an early start on this 'warm-up' before we set off on our Holly and Mistletoe trip to Llandudno on the 13th November. Despite the long journey (we had the inevitable motorway holdups), we arrived in good spirits at our very comfortable hotel, to be met at the door by a snowstorm and Father Christmas.

Five days of excellent food, with very interesting trips to Liverpool City and Docklands, and the Chester Christmas Market, really got us all in the mood for the festivities.



Barbara Hills with Cilla Black

We also have the video to prove it, courtesy of our own movie-maker Henry Hills.



Margaret Short outside Paul McCartney's family home

There was no speaker at our November meeting as this was our AGM.

After a rather worrying time when we thought we were going to be left with no Chairman, and no Secretary, some last minute arrangements enabled us to move on into another year.

Our outgoing Chairman, Mr Norman Newton, has been an excellent Chair, and will be a hard act to follow. Luckily our new Chair, Mr Alan Saunders, is a longstanding member, and knows the ropes well.

We have no shortage of members but, as is always the case, only a small number are willing to put themselves forward for the Committee. I know we share this problem with many other clubs.

The highlight of November was our trip to Southend to the 'Christmas Cracker Lunch and Show', both of which proved excellent. The food was very good, there was lots of it for those with hearty appetites, and the waitresses were swift, and really pleasant.

The show itself was professional and fun, and we are already looking for a date when we can go again. Plaudits must also go to our coach driver who brought us home on a shocking night for heavy traffic, and torrential rain. We were nearly washed away at the Dartford crossing!

The December talk was given by Mary Smith-Jones, and was thoroughly enjoyed by our members. For those of you who have not yet discovered Mary, and her tale of "A Schoolgirl's War".

I can guarantee it will bring back so many forgotten memories to those of you old enough to remember the war, and be just as fascinating for those of you who aren't.

It was a real journey of discovery, and sleuthing for Mary herself, and she is an eloquent speaker.

Our December Coffee Morning was enlivened by another Christmas visit from the singalong music of 'Bob T', before we all 'broke up' for the Christmas holiday.

January, and a New Year, saw a splendid celebration lunch at 'Sotirio's' in Folkestone.

Shara was able to take over the whole restaurant which was rather nice.

For our general meeting, those members unable to undertake the trip to Llandudno had the opportunity to see the video of the holiday; followed by a short talk from two of our members on the work they do knitting for the premature baby unit at William Harvey Hospital.

I understand they now have some more helpers for this worthwhile cause.

The Coffee Morning continued the baby theme when we all dug out old photos of ourselves as babies, or young children; to build a quiz board of "Who Do You Think This Could Be"?

Some members will never look the same to me again!

Finally, our February speaker was Melanie Gibson-Barton, who returned by popular demand.

A year ago Melanie spoke to us about teddy bears, but this time we were presented with a mystery called 'Three Women, One Man'.

This was another excellent talk that I can't tell you anything about, as we are all sworn to secrecy in case another group wishes to book the same talk.

We can recommend it.

Sue Philpott for SHARA



Norman Newton and Tony Short at Penny Lane, Liverpool L18

Editorial

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



The 'Kent Active' will be going into a 'Newsletter' format from December onwards. The editor of the 'Kent Active' newsletter will be 'Lancelot Wishart', while I will be pastured out as 'Editor in Chief'. There is also a small team of sub-editors in the background who desire no credit for themselves, but to whom we are most grateful, including the poof reeder, Mrs. Dee S. Lexia

All those Secretary's, and Chairman who produce their own Newsletters for their own KentAra Clubs are welcome to forward them to kentactive@post.com so a consolidated 'Kent Active' Newsletter can be produced for the enjoyment of all our members across our organisation.

Remember if you have a talent, then do let us know, so it can be put to good use.

With Every Good Wish,

Aramis Scribe

Shorne - ShornARA (50+ Club for Men & Women)

ShornARA has been going 19 years.

We have enjoyed another successful year packed with activities.



Inspecting Ramsgate Tunnel

Our Meetings are on the last Tuesday of every month – **Hard Hats provided? Ed.**



Giant Mouse Bangs Bass Drum (Back Right)

We enjoyed a lovely Cream Tea at our June meeting, and at our October meeting we had another afternoon tea.

Every month we have speakers and entertainers, and we would like to thank Jackie Waters, who has arranged our speakers, and entertainers for many years, and who has now handed over the role to Janet Bennington, our Secretary.



Bucklers Hard and Boat Trip

**We are a very friendly group of semi-retired, and retired people.
Within our Club we have a gentleman who is 91, and this year a lady who is 90.**



We enjoy Ten Pin Bowling every other week on a Friday afternoon at Rochester, except during school holidays, but closed our Short Mat Bowls because of a lack of interest in 2019.

We have days out which include meals, and several times a year we go to various pubs and enjoy good lunches.



In December 2019 we saw the Christmas Lights in London, and then went on to have Fish & Chips.



Oxford Street Christmas Lights 2019



Oxford Street Angels Christmas Lights 2019

We have also been to several Shows in London, and had some super holidays!

In May 2019 we went to Guernsey, and in September went up to Cumbria.

ShornAra's charitable work saw us raise money £32 for Cancer Research.

We also used the idea of donating £1 each, in place of exchanging a Christmas Card with another member.

We raised £409.39 by the end of the year for SSAFA (Soldiers, Sailors, Airman & Families Association).

This year we will raise money Demelza House Children's Hospice.

Maureen Horsham. Chairman - ShornARA

Autumn Leaves

By Official KentAra Photographer
Mr Graham (*Snap*) Pover



Thank you Graham. Graham can be contacted at
gpoverphotography@btinternet.com

EDNAS PANTRY

Pumpkin Pie Recipe

Serves 4



- $\frac{3}{4}$ cup brown sugar
- $\frac{3}{4}$ teaspoon ground ginger
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon ground nutmeg
- 1 dash ground allspice
- 1 dash ground cloves
- $1\frac{3}{4}$ cups mashed cooked pumpkin
- 2 large eggs, beaten
- $1\frac{1}{2}$ cups warm 2% evaporated milk
- 1 (9 inch) prepared pie crust

Directions

- **Step 1**
Preheat oven to 350 degrees F (175 degrees C).
- **Step 2**
Mix brown sugar, ground ginger, salt, cinnamon, nutmeg, allspice, and cloves together in a large bowl; add pumpkin and eggs. Beat the pumpkin mixture until smooth. Stir evaporated milk into the pumpkin mixture; pour into the pie crust.
- **Step 3**
Bake in preheated oven until the pie is set in the middle, 35 to 40 minutes. Cool to room temperature before serving.

Always put your own magic into any recipe, and make it your own. Edna.

The Anagram Phrase is as follows:

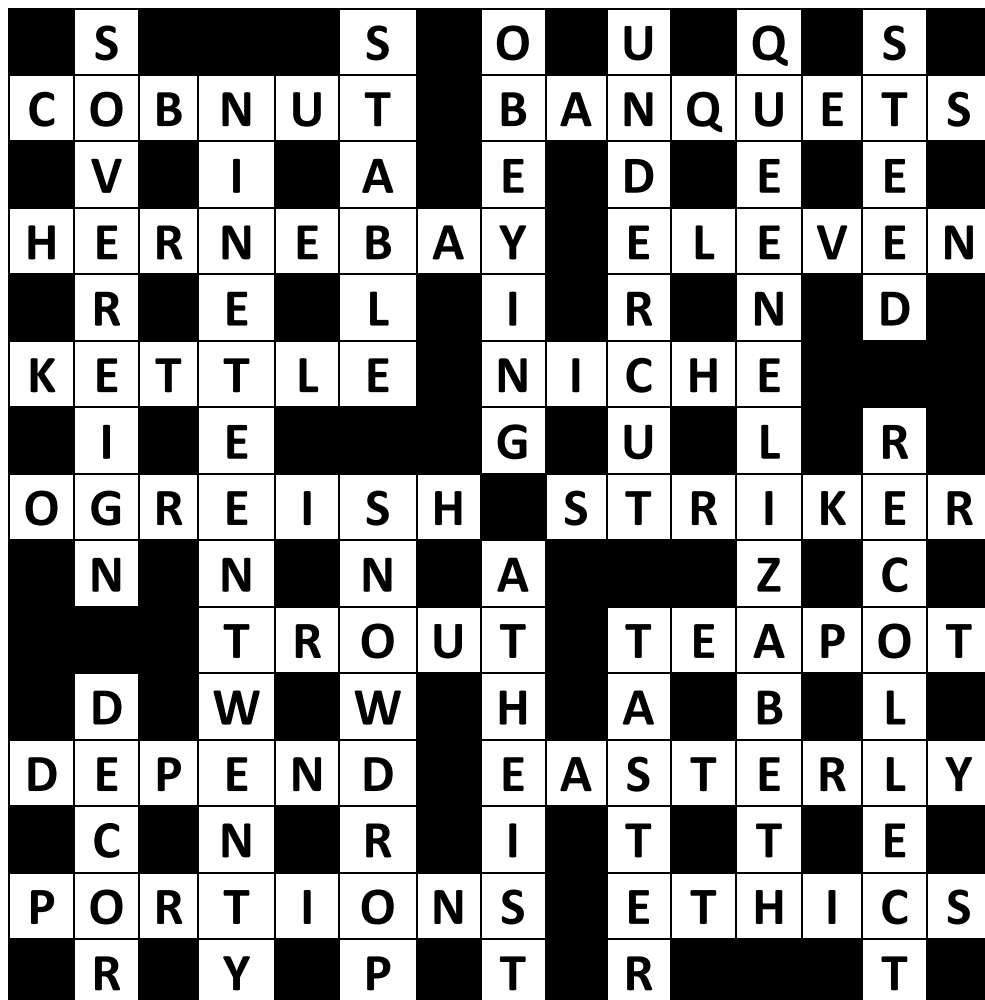
Adolphe Asymmetrical Housemaster

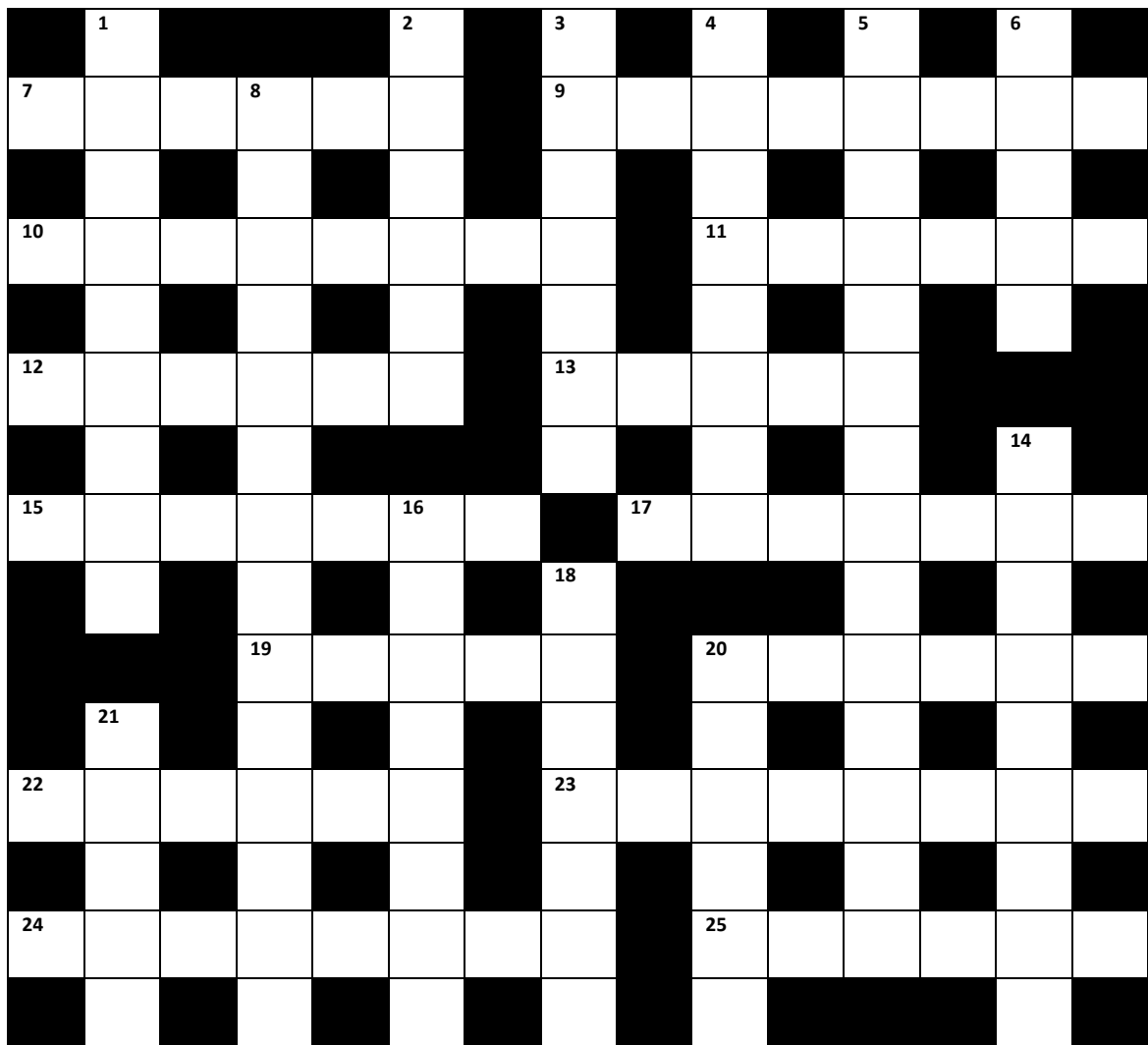
From the original phrase, with the word lengths:

5 -1 -7 -4 -2 -1 -7 -3

Prize: £25

Answers to Crossword No.18 Spring 2020





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. Breakfast Wheat (8)
- 25. Covering on Unwashed Teeth (6)

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

GOOD LUCK!

**All Winners will be announced in the
'Kent Active' November Edition**

Have you still not had your flu jab?

If you're 65 or over or you have a long-term health condition, flu can be serious.

That's why you're eligible for a free flu jab.

Don't put it off. Get your flu jab straight away.

**STAY WELL
THIS WINTER**

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nhs.uk/staywell



Cheryl Sowell, Nurse

***Ring your local Chemist or Pharmacy and book your appointment!
Ed.***

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Two Silly Asses

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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Joke Page

- I suspect you have tried the wines called ‘Pino Grigio’, ‘Pino Noir’, and perhaps even ‘Pino Blanco’, but there is now a new hybrid grape, with anti-diuretic effects called, ‘Pino More’!
- My wife says that I’m tight with money, so to prove her wrong, I’m taking her out for tea and biscuits today. It should be quite exciting as she’s never given blood before.
- I told my wife she drew her eyebrows too high. She seemed surprised.
- Why do blind people hate skydiving?
It scares the hell out of their dogs.
- How does a penguin build its house?
Igloos it together.
- What do you call a fat psychic? A four chin teller.
- I Love jokes about eyes. The Cornea the better.
- Ran out of toilet paper, and started on lettuce leaves. Today was the tip of the iceberg. *This was a crap joke. Ed*

If you can do better than these, then do send your jokes to:
crapjokesthatkeepyougoing@thatsastinker.com
or alternatively email kentactive@post.com

'The Lockdown Look'

Pictures from the portfolio of Shaggy o'Toole,
the KentAra Mobile Hairdresser



Fred from SwanscombeAra (Kentish Man)



Tom from SouthKentAra (Man of Kent)

God knows what they looked like before they had their haircuts! Ed.

N.B.

Most of the articles have been submitted before the first Lockdown, and refer to activities pre Covid-19 in 2019.

More recent Installments of the 'Kent Active' have some pictures of activities during the brief spell of the easing from the first Lockdown, but before the 'Rule of Six', or the beginning of the second Lockdown.

In the meantime, due to the rapidity of events, further, and newer restrictions, with guidance may have been issued by the Government, before you may have read this 'Kent Active'.

For the most up to date guidance, and information you may like to visit these government sites.

- Covid-19 Guidance GOV.UK
<https://www.gov.uk/coronavirus>
- Covid-19 Interactive Map
<https://coronavirus-staging.data.gov.uk/details/interactive-map>
- Covid-19 Data
<https://coronavirus.data.gov.uk/>
- Covid-19 Cases by local Area in England (Interactive Map)
<https://coronavirus-staging.data.gov.uk/details/interactive-map>

Classified Top Secret Recipe

WARTIME RECIPE – POTATO SCONES 6 oz Flour. 4 oz Mashed potato. 1 tsp baking powder. ½ tsp salt. 1 oz fat. 4-5 tbsp milk. Mix the flour and salt. Add the baking powder and work into the mashed potato. Rub in the fat. Blend to a soft dough with milk. Roll out to ¼ inch thickness. Cut into rounds. Brush the tops with milk. Bake on greased baking sheets for 15 minutes in a hot oven. For a sweet scone add 1 oz sugar.
Courtesy of Agent: Yar '007' Ykadrub. Ramsgate Section

An Article from the insomniac Pen of ‘Aramis Scribe’

The Hum of the Scientific Mind

Sunday 8th March 2020 03:51

Can you hear it? The Hum of the sum total of humanities scientific minds, eroding the mysteries, and intricacies of the COVID-19 virus away. Chipping, grinding, bombing and burning. Freezing, flaying, analysing, and theorising - meditating its mysteries away.

COVID-19 is being subjected to such a bombardment of intelligent enquiring thought, and endeavour, that it does not stand a chance. The individual scientific minds of humanity have come together, and are forming a super computer, and COVID-19 is being taken apart in front of our eyes, if we could see it, or imagine it, or like me hear, and feel it. Even the amateur scientists are at it – and God loves an amateur.

It is the first all-out World War where the whole of scientific humanity has united in peace to defeat a common enemy. It is an historic, and ground breaking first, and a great moment to be alive, and witness the very first moment when all of humanity through technology, unite against a common enemy that is not another human. It is a great symphony to listen to.

I don't give COVID-19 more than 8 months to live-if that. From the time of writing this little piece, it probably has only 90-120 days to live before a breakthrough is attained, with the logistics, and physical delivery of that breakthrough taking far longer.

Let me tell you what I hear. It is like a ‘buzz’, but it is not, it is similar to a vibration, but it is more sophisticated than either. It is more like an energy, or force. There is a beam, but that beam is also a field, and that field is energetic, and moves like a tide, and engulfs, and ebbs, and flows, and surrounds, and rises, and quivers. It speaks in a youthful tenor voice, it almost sings, between excitement and joy, but is short of euphoria, it bounces, but is short of levitation, it floats but is short of flight. It bounds but is not punctured, it comes back for more, it thrills when it finds resistance, and craves to understand that which gets in its way. It is insatiable in its desire to know; it never gives up. It is a mistake to cross the path of the human scientific mind, because as it grasps for knowledge, it rings the neck of mystery. Just as it was when the metaphorical apple in the garden was toothed, we remain partial to nibbling on unknown articles of interest.

‘Aramis Scribe’.

Editor. Kent Active