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Circulation ∞

KENT ACT IV

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 firework that never went off,
think of it as a rocket that went up your leg by accident!”*

Aramis Scribe (Editor. The Kent Active)

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No. Seventy-Seven

The Covid-19 Vaccine

(AZD1222 SARS-CoV-2 Vaccine)

Update

Good News! It might have felt like a long time, but actually its barely been a year since the outbreak of Covid-19 taking hold in the UK, until a vaccine breakthrough (with over a 90% effectiveness against infection,) will be slowly rolled out around Christmas time, and then throughout the whole of next year.

Below is a link to the 'Joint Committee on Vaccinations & Immunisation' (JCVI).

<https://www.gov.uk/government/publications/priority-groups-for-coronavirus-covid-19-vaccination-advice-from-the-jcvi-25-september-2020/jcvi-updated-interim-advice-on-priority-groups-for-covid-19-vaccination>

Specifically, this link will take you to the, '...Advice on Priority Groups for Covid-19 Vaccination' page.

Here is a summary, of the order in which people will get the vaccine.

1. Older adults' resident in a care home and care home workers ¹
2. All those 80 years of age and over and health and social care workers ¹
3. All those 75 years of age and over
4. All those 70 years of age and over
5. All those 65 years of age and over
6. High-risk adults under 65 years of age
7. Moderate-risk adults under 65 years of age
8. All those 60 years of age and over
9. All those 55 years of age and over
10. All those 50 years of age and over
11. The rest of the population (priority to be determined) ²

1. *The final decision on the prioritisation for health and social care workers will be dependent on vaccine characteristics and the epidemiology at the start of any programme.*
2. *A risk-benefit assessment would likely be undertaken in advising on vaccination in group 11.*

However, do be aware that:

- Two vaccinations are required to give the best immunity.
- These two vaccinations will need to be given, between 21 to 28 days apart.
- After each vaccination, it will take 14 days (2 weeks) before each individual immunisation takes full effect...
- And, only after your second vaccination, followed by another 14 days (2 weeks), will you have the greatest total protection against Covid-19
- This means the total process, from the time of your first vaccination until your second vaccination, could be up to 28 days, with an additional 14 days after your second vaccination, for both vaccinations to have their full effect.

This equals to a total length of time of 42 days, (or 6 weeks) from the time of your first vaccination to the last, before it would be at all sensible to relax your guard.

Example:

If you were 80, and received your first vaccination on the Monday 1st February 2021, broadly, it would not be until Monday 15th March 2021 (42 Days + 1 later), that you would have the full benefit from both of your immunisations.

If you would like to dig deeper, you might enjoy the link below:

<https://www.precisionvaccinations.com/vaccines/azd1222-sars-cov-2-vaccine>

SO . . .

**DON'T BE THE FAMOUS HORSE
THAT FALLS AT THE LAST FENCE!**



**AND
DON'T BE THE FAMOUS HORSE
THAT SLIPPED JUST BEFORE THE
FINISH LINE EITHER!**



**'KEEP CLEAR OF COVID
THIS CHRISTMAS & NEW YEAR!'**



One Big Honeymoon in Lockdown



Bob and I have been members of Beara (Bearsted) for a number of years, and are both on the committee. We have been asked the question “What have you done this year?” – this is our reply.



In late February, we went to New Zealand for a coach tour of both Islands, and afterwards travelled to Sydney Australia. We made many friends on the trip, and Gina (our travel director), was a great source of information. On the 28th Feb we were informed of the travel plans for the next day, and reminded that it was a leap year. On the 29th, we crossed from the North, to the South Island by ferry. As we boarded the coach to leave the ferry, I decided on the spur of the moment to ask Bob if he would marry me. So, I asked Gina if I could use the coach microphone, and asked the big question. Amid much cheering and clapping, Bob gave me the thumbs up, and said Yes! Some partying went on that night!

The next day Gina said, “You know you can get married by special licence here in NZ?” We both agreed, and Gina became our wedding planner. She was excited to be arranging her first coach wedding. Everything was arranged for the 6th March in the Rose Garden of Queenstown. The sun shone, and our fellow travellers were the guests, Gina was Matron of Honour, and the coach driver was the photographer. The day was rounded off by a gala dinner on a homestead across Lake Wakatipu where many toasts were drunk. Two days later we all parted company, and went to Sydney just as New Zealand started lockdown restrictions.

We had a very good time in Sydney, flew home, and arrived back on the 20th March when the UK lockdown started.

So, 2020 will be remembered by us for more than Covid-19!

Joan's Jottings



A Pre-Christmas Message from the KentARA Chairlady Joan Rhodes

Dear All,

How are you?

I hope you are all well as can be, and keeping safe in these difficult times.

I feel we have learnt a great deal from the first lockdown, which I hope is helping us cope with the second perhaps a little better; the fact we may have an end in sight on 2nd December seems to be making it easier for all.

Thank you for your support that you have given both me, and KentARA, it is greatly appreciated.

It was a little sad that the Covid-19 restrictions coincided with a beautiful summer, however we have all become better gardeners because of it, and our gardens have rewarded us with their beauty as the pay back for the extra care that many of us have given them.

In June we had a committee meeting, (all under the strictest Covid rules,) in my garden. We welcomed Gerry Waters as our new Treasurer, and Lin Martin as our new Membership Officer to the committee. It was a lovely day and we sat in the garden to get to know one another, and socialised at a distance.

We are very grateful to both Gerry, and Lin for taking on these two important positions, and they have already put in much hard work, and effort - a big thank you to both of you.

The committee are doing its best to be part of 21st century. Evidence of this is that we had an internet 'Zoom' meeting earlier in November with our 'Area Representatives'. It was a way that both the Committee, and our Area Reps could communicate on how their Clubs are getting on.

It was nice to hear so many Clubs coming up with ways to keep their members happy, and most importantly, in touch with one another.

There are Quizzes, jokes, and the sharing of important pieces of helpful information.

I feel this has been a great success, thank you so much, I am very proud of you all.

I would like to thank 'Aramis Scribe' our editor for all his hard work in producing the KENT ACTIVE online, you have put so much of your time into this.

From December the KENT ACTIVE will be in a slimmed down Newsletter format, as understandably we have run out of enough Club content to produce anything larger due to Covid.

The KentARA Newsletter will be under the new editorial stewardship of Mr. Wishy Washy'.

The news on our cruise booked for May 2021, is that it is going ahead. Do read Fred Olsen's memo regarding Deposits that is in this Kent Active on page 56.

Many events have been rebooked for next year, Halls, Entertainers, and Caterers; we sincerely hope these will materialize.

The 2020 postponed Thanksgiving Service, has been transferred to next year-2021, but this is dependent on Rochester Cathedral. The Thanksgiving Service should hopefully take place once we have all been vaccinated, and the worst of Covid-19 has passed. This might then allow it to go ahead; we do hope so!

I feel the news of a vaccine on the horizon has given most people a lift, even the gloomy TV Newsreaders. I am sure we are all cautiously optimistic.

Ours Clubs desperately need to get back together again, to rub shoulders with old friends, and to see friendly faces again, this is what our KentARA Clubs are all about. I do hope with all my heart it may happen soon.

As if to confirm that our age groups, have done our very best to comply with the rules, and regulations laid out for this pandemic, I can report that to date, out of a membership of some 12,000 members, that we have lost just three members to this virus. It is a low figure which may surprise a few.

We of course do not want to lose anybody but, this I feel is down to your common sense, and determination to stick to the rules.

It makes me very proud of you all !

Keep it up!

I WISH YOU ALL AS HAPPY A CHRISTMAS AS YOU CAN HAVE, AND I WISH YOU A HEALTHY NEW YEAR THAT SEES MORE HAPPINESS, AND BRINGS BACK MORE LAUGHTER INTO ALL OUR LIVES.

**Yours truly, and best wishes,
Joan.**

Call me anytime on,

01732 844953

Mobile 0777 623 6341

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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.

*** MY TIME AS A TILLER GIRL ***

I was born Rosemary in the early 1950's in the West Country. After moving to Kent, I started dancing lessons at the age of ten. Once I had stepped onto the dance floor I was hooked. I enjoyed every minute, especially ballet, and tap, and knew it was what I wanted to do in the future.



Rose Wilshire – Hempstara

Having auditioned for, and being accepted as a Tiller Girl in 1967 (still only sixteen), I worked summer and winter seasons in variety shows up and down the country.

I have worked on shows with many celebrities, including Frankie Vaughan, Jimmy Tarbuck, Bruce Forsyth, Lionel Ritchie, Shirley Bassey, and Minnie Moore.

During my first show in Glasgow, four of us were stuck on a bridge that should have been lowered for the opening of the show. Not the best of starts, and we were stuck there until the intermission!!



Other mishaps that have occurred, included my shoe strap breaking, with the shoe flying off, and hitting a member of the orchestra.

One girl's (not me thank goodness), top came undone, but luckily the girls either side hung on to it, until the end of the routine.

Oh yes, and one time when the orchestra had been celebrating too much, they thought it funny to play the music at double speed!!



Although I had a great time, it was hard work, and not always glamorous (some of the digs we stayed in were not 5 star), and between contracts I had to go on the dole.

I left the Tillers at the beginning of the 1970's to be married.

A chance meeting in 1999 put me in touch with one of the 'girls' - we're still called girls even now! She said the Tillers had reformed, and did charity shows, and would I like to re-join them. Would I? Of course I would! It was wonderful to see many of my old friends again, and meet some new ones.

We have danced many times for the Royal family, including the Duke of Edinburgh's 80th birthday, and the Queen's Golden Jubilee. We appeared on the Paul O'Grady show in 2008, and finally Vera Lynn's 93rd birthday bash.



Vera Lynn

We now attend the Royal Variety Show every year, in costume, to hand out programmes, and have photos taken with the public. Meeting the 'girls' each year recalls all the lovely memories of my time as a Tiller Girl.



Rose Wilshire – Hempstara

The Bard of BradAra – Linda Baynes



'The Crown of the Year' Poem

Harsh is the countryside, cold in the winter.
Feeble the sun-prick diluted by cloud.
When is the saving grace of the warm springtime?
So long in coming, and needed right now.

High on the hills, I can see gathering rain clouds.
Low in the valleys, the mists huddle close.
We're changing from snow cover, ice to green pastures,
Though oh so slowly, we move from the cold.

Winter is leaving and springtime approaches.
Soon the grey storm clouds will blow far away.
March winds will see to their final dispersal.
Winter's iced mantle will have had its day.

Heavy the branches when laden with blossom,
Promising fruit at the crown of the year.
Verges, and borders are filling as leaves thrust
Out through the wet sod into the fresh air.

By then, we'll have daffodils, crocuses, tulips –
Spring blooms to gladden – with luck, there'll be sun.
Oh, winter's cold beauty is truly breath-taking
But I like it best when, at last, it moves on.

2020

as it should have been...

JANUARY

**The KentAra Winter Olympiad at Snowdown
(near Shepherdswell)
'One Way to get a New Hip'**



FEBRUARY

KentARA Singles 'Nite'
*Speed dating event, with optional 'Sleep-Over' at the
'You'll Be Lucky!' Motel, Leysdown.*



(Route) **MARCH**

'The KentARA Walk' from Erith to Dungeness
*At Dungeness walkers can plug themselves into the Power Station,
before walking back again.*



APRIL

KentARA Residential 'April Fool' Cooking Course
How to make a 'Custard Pie', and lick a 'Gypsy Tart.'



MAY

Maypole Dancing Weekend with Morris

Twist your ankle with May, and get your knuckles wrapped by Morris.



JUNE

KentARA Banger Racing at Lydden

A novel way to scrap your old car.



No.715 Marvin from MardenAra in his 'Cut 'n' Shut' Triumph Dolomite, 'Go Marv!'

JULY

KentARA 'Mixed' Cricket Competition
At the 'Howsatt' Ground, Challocks.



AUGUST

Amusement Arcade Afternoon

KentARA books an *Amusement Arcade* at Herne Bay,
'Mods & Rockers' reunion. (Stick on Quiffs optional)



SEPTEMBER

**Point to Point Racing on Bearsted Green
Watch KentARA gelding '*Nutless*' run in the Maiden States.**



Before



After



KentAra's '*Nutless*' resting after the race – finishing unplaced.

OCTOBER
Bingo at the Cathedral
With numbers called by 'Archie Bishop'



NOVEMBER
KentAra 'Fireworks & Bonfire Night' at Ditton
with Barbecue by *'Pie 'n' Mash'* Outside Cattery,
Dancing to 60's Band *'Guy Forks & The Sparklers'*



DECEMBER
New Year's Eve Party
Dancing to Punk Band, 'Ventilator'
'With free booster vaccine at Midnight'



2021
Here We
Come!

Tongue Twister: Surely the sun will shine soon?

Provisional

DATES FOR THE DIARY 2021

- **'KentARA Quiz' at Ditton 1pm – 5pm
Wednesday 17th March 2021**
- **'Tea Dance' at Ditton 1pm - 5pm
Friday 7th May 2021**
- **KentARA 7 Night Cruise Norway
Saturday 22nd May 2021**
- **KentARA AGM at Ditton
10am Coffee / 11am Start
Thursday 10th June 2021**
- **'Bowls' 8.30am – 4.30pm
Thursday 12th August 2021**
- **Rochester Cathedral
KentARA Thanksgiving Service 11am
Thursday 28th October 2021
(details to be confirmed)**
- **'Tea Dance' at Ditton 1pm - 5pm
Friday 12th November 2020**
- **'Racing'
Monday 22nd November 2021**
- **Afternoon Tea (details to be confirmed)**
- **KentARA Christmas Concert
(details to be confirmed)
Friday 10th December**

Editorial

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



First it was the Rats, then it was the Birds, then the Swine, followed by the Bats and now it's the Fur Coats - the Mink.

The solution, outside of understanding the entire mechanisms of viruses, and breaking their functional processes, is perhaps not to industrially farm animals on such an environmentally unhygienic scale.

If we must whack them on the head, and eat them, we should at least do us both a favour, and give them some quality of life before we take it.

Until then, these 'Zoonomic' cross species viral jumps are likely to continue. In the background, protein is being created in the 'Lab' which within 50 years will result in real meat being frowned upon, much as smoking is now.

Unfortunately, fake wood, in the form of plastic has not been able to save the Amazon, but that should have an equal environmental priority, as the excessive consummation of animals.

I don't want to turn you off your Christmas dinner, and I certainly won't be eating a 'Nut Roast' myself - but there has to be a fair 'trade-off' for the animal, about to be consumed. A life with decent space, a bit of quality social interaction with its own kind, shelter, health care, and a stress free despatch, don't seem unreasonable, when balanced against the realities of living in the wild, and its general predations.

Of course you could start to live on an imaginative vegetarian diet of various Cheese sandwiches. I recommend Cheese, Honey and Onion Sandwiches – once tasted there is no turning back!

Aramis Scribe

STRICTLY- An article from Tina Cann

I have been an avid spectator of “Strictly Come Dancing” since it began. Maybe it’s the glitter and the sophistication. No it’s not that!

I do wallow in the clothes, the characterisation, the sheer dramatization, but it’s the dancing for me, it is magic.



Even if someone appears gauche there is something underlying that you intuitively know that, *“they have it”!!*

If I am invited out, and it is easily declined, I opt for ‘Strictly’. I know I can record it, but it just isn’t the same.

So when I had an invitation to “Behind the Seams” I was quite excited! You know though, it can be let down, with a big build up, then ‘whoosh’ a quick drop. Not on this occasion. I was fascinated from start to finish. The guide was expressive, entertaining, and certainly very knowledgeable, with 20 years of experience. We got a glass of Prosecco, which was unexpected bonus.



The backstage scene became alive. We had the opportunity to try the dresses on, and even the shoes - I didn't. I just didn't feel I had the right image!



From the inception, and design, the cutting out, the delicate work - all by hand, with each one of the team fulfilling their particular skilled job, to finally the scene that gives us joy on the night.

DSI not only design and provide for 'Strictly', but for other companies too. From a small beginning look at them now.

I shall now look at those clothes with even greater admiration.



Another wonderful creation

Tina Cann

President's Notes



During this terrible time of lockdown, probably like yourselves, we have been thinking about our Club, and how we miss the friends we have made over the years through KentARA.

It will be good to get back to normal monthly meetings, and catch up on the news from our committees, and restart our activities, outings, holidays, and the events arranged by our committee members, which I am sure we all miss.

On looking back through the years our generation has seen so many disasters, wars and now this virus all of which we have taken in our stride, as we are a strong generation. If we all pull together, stick to the rules, and take care of ourselves, it will be just another incident to look back on.

I am looking to the future when we can get back to enjoying each other's company as normal, I am sure we will.

Wishing you a good Christmas and a happy New Year.


With Best Wishes,

Shirley Skinner.

President KentAra

A Message from the National Trading Standards 'Scams Team'

Welcome to the National Trading Standards (NTS) Scam Marshal Newsletter: *August 2020*
Total number of Scam Marshal in the UK: 1,611



NATIONAL TRADING STANDARDS
Scams Team

**FREEPOST
NTSST
MAIL MARSHALS**


Andrew Judd
Police Station
Tufton Street, Ashford
Kent
TN23 1BT

Romance Fraud

Action Fraud have seen a **significant increase in romance fraud** during 2020 compared with 2019. A romance fraud is when a criminal creates a fake profile on an online dating or social media platform and targets individuals in an attempt to gain their trust. This eventually leads to requests of money for medical bills, investments, legal fees, travel, or other reasons. The Coronavirus outbreak in the UK has led to more and more people trying to find love online. This is a great way of finding people to share experiences with, so we are spreading awareness of the potential dangers to keep an eye out for. If you are new to this type of social interaction, there are some standard checks and red flags that you should be aware with.

Please share these with your family, friends and neighbours:

- The person contacting you states that they have a career that they can't talk much about and involves a large amount of travelling such as military, NATO, Greenpeace etc;
- The person will try and move you away from the dating or social media's messaging service in order to execute their scam, such as WhatsApp or Google Hangouts;
- They claim to have poor internet in their location which can lead to them asking you for money as they can't access online banking;
- Plans to meet you in person keep on getting postponed due to travel cancellations or work commitments (COVID-19 has played a huge part in forming a legitimate reason);
- They may have a too good to be true investment opportunity that needs to be invested in straight away in order to maximise returns and need you to move some money around for them. This can be backed up by false documents.



If you think that you have been contacted by someone like this, please report it directly to the website that you are using. If you think that you have been scammed by this type of fraud, report it straight to your bank and Action Fraud. These crimes not only cause financial loss but can have a devastating effect on the individual. The internet is a great tool during these strange times but please remain vigilant, if you see anything suspicious please talk to a someone you trust for help.

Have you been helped by the Scam Marshal scheme?
The team are keen to hear from Scam Marshals who have benefited from the scheme in order to create case studies to showcase the work that they do. If you were a victim of scams and would like to talk about your experiences, please write to us at **NTSST, FREEPOST, MAIL MARSHALS** or email **friendsagainstscams@surreycc.gov.uk**. All personal details will be anonymised.

This item has to be as depressing as Covid-19 itself. Perhaps the best guide to avoid being deceived in love, is using Shakespeare's measure of it, when he wrote,

"Love is not love
Which alters when it alteration finds,
Or bends with the remover to remove.
O no, it is an ever-fixed mark
That looks on tempests, and is never shaken;
It is the star to every wand'ring bark,
Whose worth's unknown, although his height be taken." Sonnet 116

Or put another way "Love was not Love, if alteration finds it changed." Ed.

EDNAS PANTRY

Matured Christmas Pudding



Large Sainsbury's Christmas Pudding

You must realise that I am not recommending eating 'Out of Date' food, however it is defined, by 'Best Before', or 'Use By' date stamps.

Many of us do not have the stout constitutions to stand the risk, although many of my friends who remember the rationing of WW2, cannot bear wasting food, and frankly who would not cut a bit of mould off a cheese, rather than throw the whole lot into the bin.

I remain to be convinced that any sensible person throws any food away, even bread crusts. Has the young generation forgotten a soft boiled egg, and 'soldiers'? The answer is - in the main, yes they have.

You will see from the photograph above that this Christmas Pudding was already 'Matured,' as on the box it states, 'Cognac Laced Matured Christmas Pudding'.

This particular vintage of Christmas Pudding was so amazing, that I went back just after Christmas with the empty box, and bought a large quantity of the surplus Christmas Puddings which they were selling off for around £1 each.

A number of years later we keep on enjoying them, and have 3 more to go.

Christmas Puddings are very similar to Mince Pies, insomuch some years are good, while others are very average. Occasionally there is a sensational year. For example, the Morrison's Mince Pies of 2016 were superb. It's such a shame that the recipe has been shelved somewhere, as they could surely have sold increasing numbers of them every year, and eventually converted many customers to shopping there permanently, all because of a supreme Mince Pie.

Lost recipes are culinary tragedies.

The Tesco Custard Tart lost its way somewhere, and something very odd has happened to Crumpets across the board - they just don't want to toast; they either burn, or they are limp, and a limp Crumpet is no good to anyone.

Anyway back to the Christmas Pudding.

Always use full proof spirit (min 40% abv) to ignite your Christmas Pudding. Cheaper shop branded labels at 36%, and lower, risk not lighting at all, or going out prematurely. Sherry will never ignite!

Brandy is the traditional liquor of choice, but if you want a proper flame, a 40% volume Whisky, or Vodka are my recommendations.

Whisky is less subtle than Brandy, but packs a punch (which I prefer) in keeping with the richness of the Christmas Pudding, but Vodka has the advantage of imparting no additional flavour.



If at all possible I would recommend an over proof, Scottish single malt. A 57% alcohol, or 100 proof cask strength single malt will do a spectacular job. You should consider using at least one quarter of a bottle to pour over a large Christmas Pudding, and perhaps ladling more, until your guests start screaming at the inferno in front of them.

Those dinners who roll out the old cliché of, “it’s a waste of good whisky”, are only displaying the spirit of Scrooge, and deserve to be prickled with a sprig of holly from the last Ghost.



There is little fun in seeing the ‘Head of the House’, meanly dribbling out some weak spirit over the Christmas pudding, worse still, spooning in out with a teaspoon, or any spoon for that matter! A huge silver ladle might pass as acceptable, but really the spirit needs to be decanted, or dispensed from a jug, or uncouthly glugged direct from the neck of a new bottle.

Make the most of the glug noise! Play with it. Stop just before the glug becomes a pour, and repeat the process until your guests are on the edges of their seats, and howling with expectation. Then pour the liquor out until the howls become shouts at the flood of spirit cascading over the top of the Christmas Pudding, and forming a moat around the base of it. A very large moat of course!



Naturally you will need a suitable pie dish (not a small plate) in which to form a suitable moat of spirit which can surround the circumference of your Christmas Pudding.

I would suggest a gap between the side of the Christmas Pudding, and the raised edge of the pie dish, of at least 1 inches all round, preferably 2 inches.

The height of the liquor should be no more than 1 cm up the side of the Christmas Pudding, but no lower than 5mm. 8mm is an ideal.

This will mean that you use more spirit, but it ensures a flame for the duration of the presentation, and serving of your Christmas Pudding. The serving of each portion, should be placed in front of your guests aflame, so they can enjoy the glorious spectacle of the Christmas experience in front of them.

Lighting the Christmas Pudding with a smoker's lighter, or a plastic gas filled hob lighter is always a bit ugly, and a candle taper risks wax.

I use two long barbecue matches, which struck simultaneously always raises the stakes for disaster at the dinner table (especially if you rattle the box of matches - recommended), as it is guaranteed to keep your guests awake.

I do not recommend a sprig of holly in the top of your Christmas Pudding though, as its removal can be an oversight before ignition, and makes combustion more of an issue than it should be.

Comments that the Christmas Pudding will be burnt, are another form of 'Scroogeism', but the knack in serving the Christmas Pudding is breaking it open with a long spoon (preferably with two long handled basting spoons),



and taking a small portion from the middle of the Pudding with one basting spoon, and adding a full spoon of flaming liquor with the other.

Christmas Puddings have primarily lost their luster in recent times for five reasons.

Firstly, because by the time the Christmas Pudding arrives everyone is gut busted, and the host always serves up too much. I serve up a teaspoon sized serving, which unfailingly is always a relief to the guest, and they can come back immediately if they want, or later if they choose.

There should never be the intention to finish off the Christmas Pudding in one sitting – that is madness. Everyone knows a Christmas Pudding improves with age, and that it is lovely cold.

Secondly, there is rarely enough custard. You can never have too much custard.

Thirdly, there is seldom anywhere near enough single or double cream to hand, and when there is, there is barely enough to satisfy a cup of coffee, to

say nothing of being remotely adequate to drench any pudding, and because of its scarcity, everyone looks at everyone else from the corner of their eye as they pour it over their pudding.

You can never have too much Single, and Double Cream – both are essentials.



Basically you need a Churn of Cream, and a Cow 'on tap' to make enough custard.



Funny Cow

A Christmas Pudding is rich, and dense, with the appearance of moistness coming from the sugars, but actually it eats quite dryly. Therefore, custard, and especially creams are essential.

Brandy butters are in my opinion, one sugar too far. I only give them a small nod on the Christmas table, just in case someone fancies the excitement of dodging a brush with a diabetic coma over Christmas.

Fourth, everyone seems scared of putting a small coin in the Christmas Pudding, in case someone chokes on it, breaks a tooth on it, or is poisoned by it. As for the 'choke hazard' don't be so mean as to put the smallest coin you can find in the Christmas Pudding - like a .5p piece. Push the boat out, and make it at least a £2 coin, better still a £5 coin – eight different ones were minted in 2020 alone, most banks, or Post Offices will carry them.

If you secretly don't harbour a plan to poison one of your relatives over Christmas, then simply wash, and boil the coin in water for 3 minutes.

The best way to serve the coin, is to place the money on the dish before you place the Christmas Pudding on top of it. That way you can serve the coin with the pudding on top of it, to your favourite more discretely. For bad losers, have some chocolate coins available to quell any dissent – remember, ‘Every Party has a Pooper’, so be ready for them.

Fifthly, because a little ‘flambe’ flame is now considered a sure fire precursor to an inferno; the fetish for ‘Tick Boxes’, combined with ‘Risk Assessment’ mania, and ‘Health and Safety’ paranoia, has extinguished the light.

The obvious option, (outside of Sand Buckets, properly rated, and serviced Fire Extinguishers, and Fire Blankets to the appropriate standards,) is a large jug of water; which probably will be on the table anyway.

In case one of your guests gets overheated with the excitement of a large naked flame, the remedy is to pick up the jug of water, and pour it over their head.

Enjoy Your Christmas in spite of it all!



Edna

Upchurch Active Retirement Association (UpARA)
With a little help from our friends...a brief history

It was the enthusiasm of the members that created UpARA in 2014, and which has sustained it, as we go from strength to strength.

To achieve this, it has been necessary to be fairly hard-nosed at times, with an ethos that each of our activities is self-supporting.

Some of the things we have introduced could not have happened with just our enthusiasm, and our own funds.

Rather than sit on our hands we looked at options to expand our activities.

In this we were very lucky to discover that Swale Borough Council ran a funding scheme for Sports & Physical Activity with annual grants of up to £1000 for each successful application. Our first bid was in 2015 for the purchase of Table Tennis tables and associated equipment.



There was the added challenge of securing suitable storage space in the village hall. As we all know storage is always at a premium, but we prevailed. Clearly nobody gives you money for nothing, and it was necessary to complete a range of forms and provide costings. It is essential that you make the case for your “need”. It was important to carefully read and understand the questions. It was a challenging exercise, but we won through.

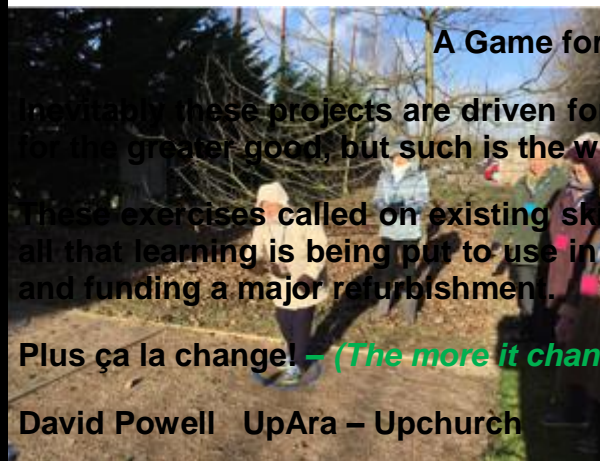
In 2017 we went back again for help in building a pitch to play Petanque. Again we had to go through the mill to secure funding to buy quite a lot of building material.

The argument for funding was slightly easier as Upchurch is twinned with Ferques in France, and exchange trips have involved Petanque

challenges. The application may also have been more favourably looked upon, because we demonstrated a very high degree of self-reliance as an organisation.



Calling in a few favours from locals with big yellow construction equipment, saved a lot of sweat! There was competition to operate the “Wacker” plate!



A Game for All Seasons!

Inevitably these projects are driven forward by a very small group of members for the greater good, but such is the way of Clubs like ours.

These exercises called on existing skills, but a lot more had to be learnt. Now all that learning is being put to use in helping the Hall Trustees with planning, and funding a major refurbishment.

Plus ça change! – *(The more it changes, the more it is the same!)*

David Powell UpAra – Upchurch



UpARA – UpCrunch

February through March – a running commentary of a KentAra Club through the Covid-19 Pandemic.

Hello everyone, February seems to have thrown everything possible at us, gales, fools and Coronavirus.

People checking their holiday arrangements, can they afford an extra 2 weeks isolation?

So far the floods seem to have spared the South East, and having spent holidays over the years in the Severn area, I feel an empathy for those who have been suffering.

Lives are never the same after a flood.

We suffered to a much lesser extent when our ground floor was completely gutted by fire, and we lived out of a suitcase for 3 months, before returning home.

On a much lighter note, despite the weather, UpARA have been busy as usual, we were entertained at our Friday meeting by Sally Ironmonger, a local born singer, and songwriter, who reminded all the locals how the Medway Towns were when the Dockyard was in full swing! With songs and anecdotes of the characters around at that time.

That same evening we celebrated Valentine's Day with a live band.

The floor was pulsating throughout the evening from 7.45 pm until 10.45 pm.

A fantastic evening, resulting in raising £1,000 towards the Village Hall Charity.

I would like to thank a couple of members for sponsoring the band.

Thank you for your generosity.

The event was so popular we have been asked to run a similar one in the autumn.

At our open Coffee Morning we used the Pancake Day theme to raise more funds for our charity, the numbers caught John Tutt out, as he had to send out for extra supplies!

The total raised for Charity was £101, a great effort by everyone.

It softened the blow as when the Quiz answers were revealed, we realised how few underground stations we actually knew!

Bryn cracked it once again with his London walk, 35 of his hardy walkers enjoyed his trip into the Bloomsbury Set!

I'm looking forward to the photographs on the big screen at the next monthly meeting.

Our next London walk is likely to be around Soho, possibly in April.

We'll also be planning some other summer walks around Kent.

John Wishart. Chairman UpARA

UpARA – Upchurch

Hi All,

Please don't think just because we are no longer having our normal activities, that your Committee has shut up shop! Quite the reverse.

I dread to think of the number of hours and phone calls Malcolm and Brenda have made over the last weeks. Those of you who received their emails will appreciate that fact.

Organizing the Trips themselves is a most thankless task, but Malcolm has the knack of coming up trumps every time, so watch this space.

I must admit when I wrote last month's Newsletter, I was not expecting the circumstances we are all under this month.

I can only imagine the numbers of Members that are "self-isolating" due to the age thing!

A number of my friends already thought my living down by the river, that I had already "self-isolated!"

At least one small bonus is we have just reached the first day of spring, and the weather at the moment is reflecting that, despite everything else that is going on around us.

Throughout the year we had planned so many UpARA extra activities, including our 6th Birthday Bash, VE Day Celebrations, which appears a little hollow in view of present circumstances.

I'm sure our parents would have been disgusted with the present attitude of shoppers, after all the years of rationing they endured in the Forties!

We have a data base of at least 160 members, which can be used as an extra asset: it's a link/helpline between members, and the Committee, so don't be afraid to contact us on www.upara.club, or the usual phone numbers.

You will notice obviously that the format of the Newsletter has changed, as Bryn, and Roger have been trying some bibs and bobs to add to your enjoyment, please bear with us, and we will be using and improving the Newsletter over the next few months, to keep UpARA in the local and wider audience!

If you know or are aware of a member who is not on the internet, please keep them in the picture, we will be printing extra Newsletters as usual, it's just a matter of working out the logistics to get copies where they are needed.

Keep up that Dunkirk Spirit!

Stay safe and healthy.

Janetta has been working to record a short Pilate's session to share on the internet - free of charge. She will share a link and password after it has been edited and put online.

Tracy, our Art Teacher is going to send out homework for members of the Art Club, which will be forwarded in due course. Perhaps members not in the Art club could have a go too.

Laughter is the Best Medicine.

Why are there no pain killers in the jungle? Because the parrots ate 'em all!

Did you hear that John Travolta has tested negative for the coronavirus?
It turns out it was just Saturday Night Fever!

Martian1: So how did all the Earthlings die?

Martian 2: They used so much toilet paper they wiped themselves out!

John Wishart – Chairman
UpARA – Upchurch

This is so inspiring. Ed.

NEW WORD

Bryn: *To volunteer someone without their knowledge, permission, or agreement for a role, or task that they have no knowledge of. To be 'Bryned'. To be 'de-bryned' – reversing the status of an unwitting 'volunteer', to be one of being 'un-volunteered', after being co-opted without their knowledge, permission, or agreement to perform a role, or task.*

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 them, but they are included, so that 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.

All historic articles have now been exhausted by this November Instalment 5, thereafter the digital 'Kent Active' will take a smaller 'Newsletter Format', under the new Editorial leadership of Mr. Wishy Washy, while I turn my hand to the future. Aramis Scribe.

Walderslade

WaldARA Walks

This morning I led Waldara's walking group on a walk of just under 4 miles from the Keepers Cottage, Cuxton Woods,



down Lime Walk, and up to the High Speed Rail track,



then back up across the golf course.



We were so lucky with the weather just *perfick*.



The Welcome Bench



An Interesting Field



High Speed Rail on Right



Leafy Walk



The Path to Leeds Castle



One Knight, Three Maidens



Leeds Castle through the 'Trees'



Leeds Castle from the Lake

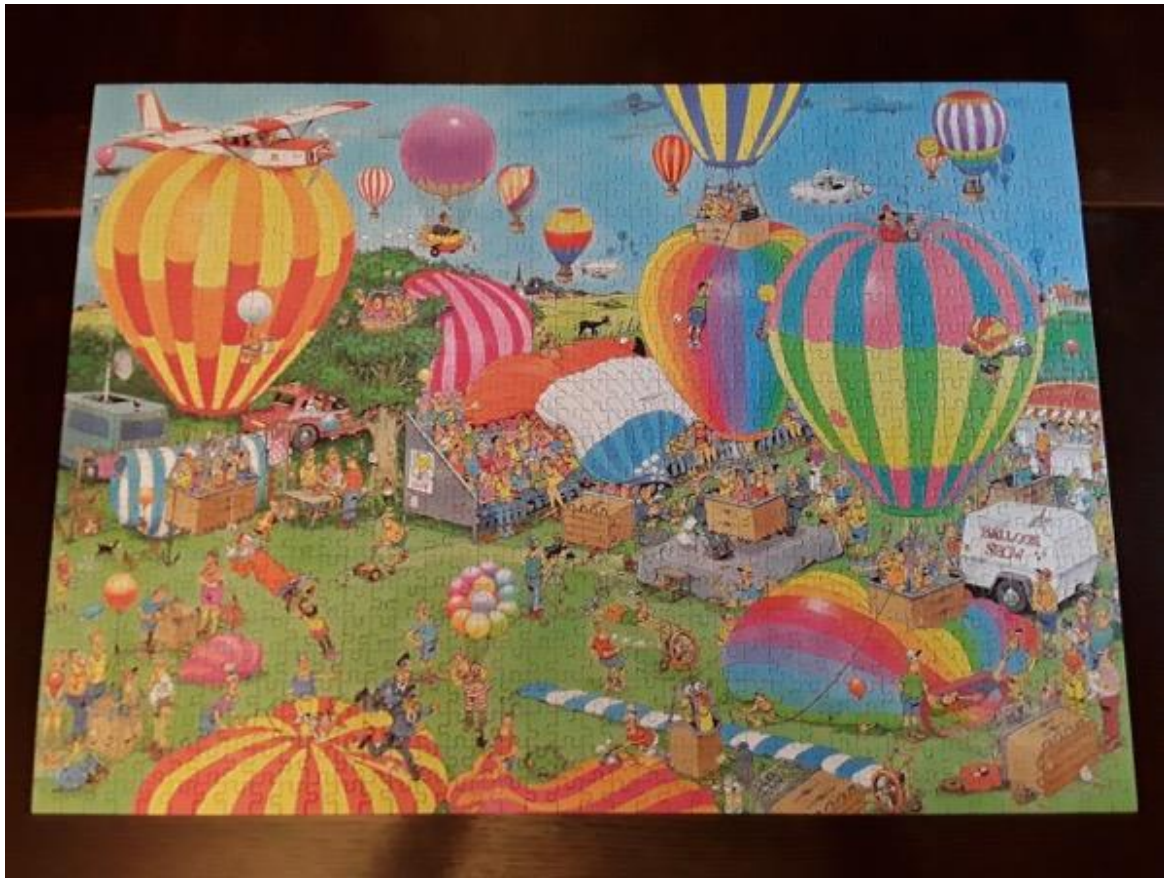
Regards, Len Beadle. Chairman WaldARA

Jigsaw Mayhem

Ethel's Jigsaw Mountain



OMG Ethel! Ed.



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



**THINK TWICE ABOUT WHO YOU PULL
YOUR CRACKERS WITH THIS
CHRISTMAS!**

IS IT REALLY WORTH THE RISK?

MAKE YOUR NEW YEARS RESOLUTION:

TO DRAW YOUR PENSION

FOREVER!

The Real problem with Face Masks

– *The Truth set Free!*

- Messes up the make up!
- Has you gasping like a Chain Smoker
 - Ruinous for the Hairdo
 - Steams up the glasses
 - Makes Lipstick pointless
- Makes talking on your mobile phone a shouting match
 - Renders Foundation & Blusher a waste of time
- Makes Eating & Drinking on the move like a 'hipster', impossible
- Makes you look ridiculous in your Red Mercedes Convertible
 - Mask Stench



Solution - wear a Face Shield Visor!

- Makes you look 20 years younger – *honest*
 - Gives your complexion a glossy shine
 - Gets you admiring glances
- Makes your Red Fiat 126 look like a Ferrai GT0

- **Wolf Whistles**
- **Proposals of Marriage**
- **Unsolicited Modelling Opportunities**

Available from *Jeff Bezos*

Prickly Nuts

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



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



Members Pet

'Maggie' from 'Hunton'



One bone, and 2 two Tesco 'Mince Pies for Dogs' later...zzz

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

The Answer is:

“Shall I Compare Thee To A Summers Day”

From Shakespeare's Sonnet 18

Shall I compare thee to a summer's day?
Thou art more lovely and more temperate.
Rough winds do shake the darling buds of May,
And summer's lease hath all too short a date.
Sometime too hot the eye of heaven shines,
And often is his gold complexion dimmed;
And every fair from fair sometime declines,
By chance, or nature's changing course, untrimmed;
But thy eternal summer shall not fade,
Nor lose possession of that fair thou ow'st,
Nor shall death brag thou wand'rest in his shade,
When in eternal lines to Time thou grow'st.

So long as men can breathe, or eyes can see,
So long lives this, and this gives life to thee.

The Winners of the Kent Active Anagram Phrase are:

TERRY NUNN from HALARA

Answers to Crossword No.19 Sunauttwint 2020

	R			S		M		H		S		T		
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	E		L		C		A		B		N		R	
A	S	S	I	S	T		T	W	E	E	D			
	T		S				E		L		W		W	
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Winning Entry Prize £25

**The Winner of the Kent Active
Crossword No.19 is:**

THELMA MULLINGER
From EdenARA

**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.



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

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AREA 8:

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'Lockdown Again?' Kiss My Ass!

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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or email: groups@rivieratravel.co.uk & arariviera.co.uk

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Email: info@trips-out.co.uk

Website: trips-out.co.uk

Joke Page

- In Scotland they call it '*Loch Doune*'.
- What do you call panic-buying of sausage and cheese in Germany? The wurst-kase scenario.
- The grocery stores in France look like a tornado hit them. All that's left is de Brie.
- When in Ireland, what's the best way to avoid touching your face? A pint of Guinness in each hand.
- What's the difference between COVID-19 and Romeo and Juliet? One's the coronavirus, and the other is a Verona crisis.
- Finland just closed its borders. You know what that means. No one will be crossing the finish line.
- So many coronavirus jokes out there, it's a pundemic.
- 30 days hath September, April, June, except November, which was infinite.

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

FRED OLSEN Plain Sailing Guarantee

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.

N.B.

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

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 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>
- Also the BBC have an excellent webpage which has detailed postcode information, using a search function, to find out how your area is affected, and how it compares nationally.
<https://www.bbc.co.uk/news/uk-51768274>

and finally, something for the willing. I have been asked to include the link below which is a 'Test & Trace' system run by the NHS with King's College London. <https://covid.joinzoe.com/>

Pssst...

DON'T MENTION...



**THE
BLOODY
MINKS!**