

Active Lifestyles

Active Mind, Body and Spirit

Your Monthly Newsletter - May 2022

WELCOME!



by Andrene McDonald

Dear Members,

We had an international approach at our club on 8 April 2021 and had a lovely talk from the Cultural Ambassadors, who have Polish, French, and German Jewish heritage; also, a visit from Nicola Diadamo, from Italy, (Julie's dad). There were also the young people from the Saturday Club and three police officers giving out safety information, so we were very blessed that day. On behalf of the Active Lifestyles, I would like to thank them all for attending our club, taking part in our activities, and sharing a meal with us.

I would like to apologise that we had to cancel club visits in April and May due to funerals hence both months will only have one club visit at the venue. However, we will be celebrating the Queen's Platinum Jubilee hopefully with a picnic in Clarence Park on 10 June 2022 so do come along and join in with the celebrations; then it is back to our regular

venue where we hope to have the start of regular keep fit activities. We also hope to be joined by our Watford ladies soon and wish Phyllis and Comfort well as they recuperate.

Active Lifestyles is back at the Townsend Tennis and Bowling Club, Waverly Road, St Albans venue and we will continue to meet twice in a month. Please watch out for notices of any changes and dates of lunch club in the newsletters or on our website

www.activelifestyles.org.uk

- Due to fire precautions everyone who attends the club needs to sign in at the front desk as you enter where you will also need to pay for your teas/coffees or luncheon if eating a meal. Kumaree, Brenda and Stella will be happy to advise you.
- Our year starts in March 2022 and renewal of membership will be due. The annual membership fee has increased from £10 to £12, Tea/Coffee with biscuits/cake is now £2, a two course meal is £5.50 for members and £6 for non-members and take away (with an initial meal) £3.50.

Dates for your diary: **20 May 2022 speaker: Councillor Sandy Walkington**, Liberal Democrats, Vice –Chair Overview and Scrutiny.

10 June 2022: Picnic in the Park in celebration of **Queen's Platinum Jubilee**.

24 June 2022: Possibly Keep Fit sessions - TBA

Please be aware that when Active Lifestyle takes photos these are displayed, put on our website, www.activelifestyles.org.uk or in our newsletter. Please inform us if you are not happy for your photo to be taken and displayed.

You can help to keep this newsletter going by sending in your comments, poems, information etc. in fact anything you feel might be helpful and would like to share with

each other. **Please send your contribution by 20th of each month to ensure it gets into the following month's edition.** You can tell myself or one of the committee members you are in contact with, what you want to put in the newsletter, (**Adele, Angie, Henrietta, Kumaree, Leynoe, Marjie, Mrs Rollins or Zaitun**).

Blessings, Andrene

Happy May Birthday Celebrations!



Zaitun Sadikali
Ian Gent
Arti Kumar

Upcoming Events this month:

St Albans Queen's Platinum Jubilee Celebrations

Do please come along and celebrate the Queen's Platinum Jubilee at a street festival on **St Peter's Street, St Albans on Thursday 2 June 3pm-10pm**. There will be stalls selling food and drink, with plenty of seating for you to enjoy the occasion with friends and family. There will be live music and entertainment all day from groups such as The Maida Vales, Bollywood Dancers, steel pan-player Ian Beccles, The Swanvesta Social Club and reggae band Silverrock! There will also be children's craft activities and roving performers, face-painters and henna artists.

At 9.15pm a beacon will be lit on the balcony of the Museum to tie in with beacons being lit in commemoration all over the UK.

Peggy Sharp Community Engagement Officer,
St Albans District Council

Congratulations Councillor Jenni Murray (nee Roper)

Written by Andrene

Active Lifestyles extends its warm congratulations to Jenni Murray who was elected a Liberal Democrat councillor on Friday 6 May 2022. Local girl Jenni born in St Albans of Jamaican and Nevis parentage who I believe to be the first Caribbean heritage councillor elected in St Albans for the past 30 years and not least the first woman of Caribbean heritage elected in St Albans; If I am not correct, I am sure someone will let me know.

Jenni's election should definitely be celebrated because it shows you can aim for and succeed when you put your mind to it. This should be a beacon for more people, particularly young people of African and Caribbean heritage, to see that they can be a part of their local and national political system to help make changes in their local community.

Many of you know her mother Pastor Pearl Roper who runs the New Testament Church of God in St Albans based at Fleetville Community Centre which most of you including myself have attended at one time or another. Jenni is a strong community activist who regularly organises fundraising events across St Albans and District for various issues including for Prostate Cancer with an

exhibit displayed in St Albans Museum on behalf of her late father Cyril Roper.

Jenni attended Garden Fields School and later Townsend School not then realising that she will go on to work in schools in varied roles for 20 years and is now currently a student support officer.



Well done Jenni and good luck in your new role.

Eid marks the end of Ramadan as the Islamic calendar moves into the next month.

submitted by Zaitun Sadikali

Eid ul-Fitr, is one of the most important dates in the Islamic calendar every year.

The name of the festival means the festival of breaking the fast as it signifies the end of daily fasting undertaken by Muslims during the month of Ramzan.

Eid al-Fitr is celebrated on a different date every year. This year, Eid will be celebrated on Monday, May 2 to Tuesday, May 3. Ramadan will end the day before on Sunday, May 1. However, the timings and dates also change from country to country.

Also known as Lesser Eid or Smaller Eid, the start of the festival is calculated according to the sighting of the new moon, usually, by the Saudi Arabia moon-sighting committee.

Every year, the Islamic Lunar calendar is shorter than the Solar calendar by 10-12 days, with Eid and Ramadan rotating and being celebrated in different seasons of the year.

Cultural Ambassadors Visit



Following a Cultural Ambassador course, three visitors gave short presentations about their backgrounds and also brought food from their cultures for us to sample. Aneta Wujek from Poland talked about the special wellingtons she and her siblings wore as children to ferment the sauerkraut, Valerie Brossier from France recalled happy summers spent in her parents' gingerbread factory and her daughter's Hindu wedding, and Helen Singer talked about her parents' German Jewish background and her mix of cultural heritage. Helen, Aneta and Valerie said they loved meeting the group and would like to

thank you all for the warm welcome and delicious lunch.



Aneta and Helen have also sent information on a new training course on how to be a Cultural Ambassador that they are running online next month. Please see the poster and contact details in this newsletter if you want to take part.



DICA
Digital Cultural Ambassador

Free online training to be a cultural ambassador

Learn how to share your culture with others

This training will help develop your:

- digital & writing skills
- confidence & presentation skills
- creativity & entrepreneurship

**Join us online 6-8 pm
on 7,14,21,28 June and 4 July**

**For more information and to sign up, contact
aneta@communityactiondacorum.org.uk**

Community Action Dacorum

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Poetry Moment: May, you have reason to be really proud

by Marinela Reka

Marvellous delicate petals flying in the air
Amazing colourful flowers here and there
Yellow bright sun makes the cold disappear

May, you have reason to be really proud
Among your time, beautiful birds sing so loud
Young children playing games in a big crowd

Most enjoyable month of the long year
Alive is our heart in this atmosphere
Yes, I do not want you to ever disappear

Minister's Corner

by Minister Urla Rollins

Dear Members, Family, Relatives, Friends,
Colleagues and Associates,

Grace and Peace be multiplied unto you
through the Knowledge of God, and of Jesus
Our Lord. Greetings!

“Why seek ye the Living among the Dead?
He is Not Here but is Risen. (Luke 24:5b, 6a) If
in this Life only we have Hope in Christ, we
are of all men most miserable.
But now is Christ Risen from the dead, and
become the First fruits of them that slept.”
(1 Corinthians 15:19-20, KJV, Holy Bible)

Grace be with you all. Every Blessing!

THIS MONTH'S
NOTICEBOARD



HEALTH & WELLBEING

◆ **It's Never Too Late to be Active.** This campaign is back to inspire older adults to get more active, leading to healthier, happier and more fulfilling lives.

The campaign offers a free 7 day activity pass to a local leisure centre, ongoing support to help find the right activity and the opportunity to win £150 sports voucher and other prizes. .

Just 20 minutes of physical activity a day provides enormous benefits to physical and mental health, both now and in the future.

You can sign up via this link:

<https://www.hertfordshire.gov.uk/services/health-in-herts/keep-active/never-too-late/never-too-late.aspx>



Alternatively people can call 01992 555627 or drop-in to a local library.

Quiz

Question Time! Any Answers?

1. What's the birthstone of May - it represents love and success?
2. What are the two zodiac signs for the

month of May?

3. Who did Queen guitarist Brian May marry in November 2000?
4. What is the more common name for the Mayflower shrub?
5. Theresa May was born in which town?

Answers:
1. Emerald
2. Taurus (until May 20) and Gemini (May 21 onwards)
3. Anita Dobson
4. Hawthorn
5. Eastbourne

May is Mental Health Awareness Month

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NATURE
FRIENDS
EXERCISE
NAMI
GRATITUDE
CREATIVITY
MUSIC
STRUCTURE
MEDITATION
SOBRIETY
MEDICATION
ROUTINE
SUPPORT
BALANCED EATING
GROUPS
LEARNING
ART
SLEEP
CRAFTS

