

Active Lifestyles

Active Mind, Body and Spirit

Your Monthly Newsletter - February 2021

Happy New Year!

Yes we have approached yet another New Year from February 11 2021...Chinese people around the world will be celebrating their New Year...



by Andrene McDonald

Dear Members,

Happy New Year!...Usually Chinese New Year festival period lasts for 16 days, starting from Chinese New Year's eve on 11 February 2021 to the Lantern Festival on 26 February 2021.

The Chinese New Year has enjoyed a history of about 3,500 years. Its exact beginning is not recorded. Some people believe that Chinese New Year originated in the Shang Dynasty (1600–1046 BC), when people held sacrificial ceremonies in honour of gods and ancestors at the beginning or the end of each year.

This is the year of the Ox, starting from February 12th, 2021 (Chinese lunar New Year Day) and lasting until January 30, 2022. It will be a Metal Ox year and the 4 most fortunate Chinese zodiac signs in 2021 are said to be more for men and women born in the year of the Ox, the year of the Snake, the year of the Rooster, and the year of the Rat. Is this your year?

Thank you to those who have contacted me to let me know you think the newsletter is a good idea to keep everyone in touch. 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 the 20th of each month to ensure it gets into the following months edition.

You can tell one of the committee members you are in contact with what you want to put in the newsletter, (Adele, Angie, Henrietta, Kumaree, Sylvia, Mrs Rollins or Zaitun). You can contact me from the contact details in the January 2021 issue.

We hope you will find the newsletter informative, helpful, amusing and comforting.

Blessings, Andrene

Happy February Birthday!

Carolyn Gent
Devi Kularante
Philip Morris
Nigel Rushton
Robert Wallace



Poetry Moment 1: Atop the Stork Pavilion Lookout

by Tang dynasty poet Wang Zhihuan (688 – 742 C.E.), translated by Betty Tseng

登鹤雀楼 Atop the Stork Pavilion Lookout

白日依山尽，黄河入海流。欲穷千里目，更上一层楼。

From the pavilion one sees the sun setting behind the mountains,
Unrelentingly toward the sea the Yellow River flows;
In order to see thousands of miles further afield,
To a higher level one must go.

THIS MONTH'S TOP NEWS



Resident Equality, Diversity and Inclusion Strategy survey

by St Albans City and District Council

St Albans City and District Council is producing a new Equality, Diversity and

Inclusion Strategy for 2021 to replace the current Inclusion Strategy which is now out of date. The Strategy will set out our vision and plan for the next three years to make our district an inclusive, welcoming place where everyone can thrive. We want to make sure the strategy reflects our diverse communities and that everyone gets a chance to have a say on what our priorities should be.

The survey should take around 10 minutes to complete, and will ask you to think about what you would see and do, and how you would feel, in a more inclusive St Albans City and District. This link will take you directly to the survey:

<https://www.surveymonkey.co.uk/r/sadcedisstrategy>

Answers will be reported anonymously, and there is an opportunity to leave your name if you would like to be more involved in shaping the strategy. Please respond by 22 February 2021.

If you have any questions, please contact equality@stalbans.gov.uk. Alternatively, please contact Peggy Sharp, Community Engagement Officer, on 01727 819340 if you would like a paper copy of the survey sent or if you would like her to do the survey over the phone with you.

Minister's Corner

by Minister Urla Rollins

Dear Members & Citizens,
Grace and Peace to you from God our Father and from Jesus Christ.

“Be strong and take heart, all you who hope in the Lord.” (Psalms 31:24)



Poetry Moment 2: The Hill We Climb

by Amanda Gorman - Submitted by Kumaree

This poem was written by Amanda Gorman. She recited this poem so beautifully at Joe Biden Inauguration for President of the US on 20th January. I thought that it was so beautifully written and recited by her. Here are the words:

When day comes we ask ourselves, where can we find light in this never-ending shade? The loss we carry, a sea we must wade. We've braved the belly of the beast, we've learned that quiet isn't always peace and the norms and notions of what just is, isn't always justice. And yet the dawn is ours before we knew it, somehow we do it, somehow we've weathered and witnessed a nation that isn't broken but simply unfinished.

We, the successors of a country and a time where a skinny black girl descended from slaves and raised by a single mother can dream of becoming president only to find herself reciting for one. And, yes, we are far from polished, far from pristine, but that doesn't mean we are striving to form a union that is perfect, we are striving to forge a union with purpose, to compose a country committed to all cultures, colours, characters and conditions of man.

So we lift our gazes not to what stands between us, but what stands before us. We close the divide because we know to put our future first, we must first put our differences aside. We lay down our arms so we can reach out our arms to one another, we seek harm to none and harmony for all.

Let the globe, if nothing else, say this is true: that even as we grieved, we grew, even as we hurt, we hoped, that even as we tired, we tried, that we'll forever be tied together victorious, not because we will never again know defeat but because we will never again sow division.

Scripture tells us to envision that everyone shall sit under their own vine and fig tree and no one should make them afraid. If we're to live up to our own time, then victory won't lie in the blade, but in in all of the bridges we've made.

That is the promise to glade, the hill we climb if only we dare it because being American is more than a pride we inherit, it's the past we step into and how we repair it. We've seen a force that would shatter our nation rather than share it. That would destroy our country if it meant delaying democracy, and this effort very nearly succeeded. But while democracy can periodically be delayed, but it can never be permanently defeated.

In this truth, in this faith, we trust, for while we have our eyes on the future, history has its eyes on us, this is the era of just redemption we feared in its inception we did not feel prepared to be the heirs of such a terrifying hour but within it we found the power to author a new chapter, to offer hope and laughter to ourselves, so while once we asked how can we possibly prevail over catastrophe, now we assert how could catastrophe possibly prevail over us.

We will not march back to what was but move to what shall be, a country that is bruised but whole, benevolent but bold, fierce and free, we will not be turned around or interrupted by intimidation because we know our inaction and inertia will be the inheritance of the next generation, our blunders become their burden. But one thing is certain: if we merge mercy with might and might with right, then love becomes our legacy and changes our children's birthright.

So let us leave behind a country better than the one we were left, with every breath from my bronze, pounded chest, we will raise this wounded world into a wondrous one, we will rise from the golden hills of the West.

We will rise from the windswept Northeast where our forefathers first realized revolution, we will rise from the lake-rimmed cities of the Midwestern states, we will rise from the sunbaked South.

We will rebuild, reconcile, and recover in every known nook of our nation in every corner called our country our people diverse and beautiful will emerge battered and beautiful when the day comes we step out of the shade aflame and unafraid, the new dawn blooms as we free it, for there is always light if only we're brave enough to see it, if only we're brave enough to be it.

Here is the link on Youtube of her recital:
<https://youtu.be/CdKdyemxbew>

THIS MONTH'S NOTICEBOARD

Get Well Soon! - Both Mildred 'Milli' Wallace and Edna Carty are recovering from COVID19, a card was sent to them on behalf of Active Lifestyles wishing them a speedy recovery.

HELP AND ADVICE

- *Reaching Underrepresented Groups Living with Addiction* forum happened on Tuesday 9th February from 2.00pm - 4.00pm / The Brief: to discuss the support we offer people with addictions in St. Albans and how we can ensure that we are helping groups that are underrepresented in treatment. We know that people from minority ethnic backgrounds and people who are part of the LGBTQ+ community don't always get the support they need from addiction services and we want to work with you to fix this in our community. During the online session, they also gave you a peek at the St Albans service and the opportunity to hear from some of their clients about their experiences at The Living Room. Please contact/email SamL@livingroomherts.org for further information.

Easy Logic Puzzles

1. Logic Puzzle: There are two ducks in front of a duck, two ducks behind a duck and a duck in the middle. How many ducks are there?
2. Logic Puzzle: Five people were eating apples, A finished before B, but behind C. D finished before E, but behind B. What was the finishing order?
3. Logic Puzzle: Jack is looking at Anne. Anne is looking at George. Jack is married, George is not, and we don't know if Anne is married. Is a married person looking at an unmarried person?
4. Logic Puzzle: A man has 53 socks in his drawer: 21 identical blue, 15 identical black and 17 identical red. The lights are out and he is completely in the dark. How many socks must he take out to make 100 percent certain he has at least one pair of black socks?

Your Sudoku Puzzles

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Daily SuDoku: Fri 24-Jan-2020

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Daily SuDoku: Sat 23-Jan-2021

medium

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The answers for the Easy Logic Puzzles:
1. Three. Two ducks are in front of the last duck; the first duck has two ducks behind; one duck is between the other two.
2. CABDE. Putting the first three in order, A finished in front of B but behind C, so CAB. Then, we know D finished before B, so CABD. We know E finished after D, so CABDE.
3. Yes. If Anne is married, then she is married and looking at George, who is unmarried. If Anne is unmarried, then Jack, who is married, is looking at her. Either way, the statement is correct.
4. 40 socks. If he takes out 38 socks (adding the two biggest amounts, 21 and 17), although it is very unlikely, it is possible they could all be blue and red. To make 100 percent certain that the also has a pair of black socks he must take out a further two socks.