

Active Lifestyles

Active Mind, Body and Spirit

Your Monthly Newsletter - May 2021
www.activelifestyles.org.uk



by Andrene McDonald

Dear Members,

Welcome to our May newsletter.

As the COVID restrictions lift in England the government plan to tentatively ease lockdown as we approach 21st June 2021, by which time the hope is to see an end to social distancing. Many places will soon be looking to open up face-to-face services again. With this in mind St Albans Townsend Bowls and Tennis Club have informed us that they intend to re-open their clubhouse and to be fully operational again with effect from 21 June and they were looking forward to welcoming Active Lifestyles back. However due to the cost of hiring the venue, preparing the food etc., **the committee would need to ask you, our members, to let us know by 20th May 2021 if you would be happy to attend the club again for activities and luncheon and how often, for example once or twice a month etc. this**

would enable the committee to plan for the future as the club would not be able to open if we only have a few members attending.

If Active Lifestyles re-starts as an activity and luncheon club the committee would work with the Bowls and Tennis Club to ensure that a robust hygiene system is in place for our members so that you can feel safe and comfortable when you attend. **Please contact the committee and let them know your thoughts by 20th May 2021.**

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. For example, how have you coped during the lockdown? If some of you have started gardening a health regime or have read a good book to keep motivated let us know about it and we can share with others.

Please send your contribution by 20th of each month to ensure it gets into the following month's 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 May Birthdays!



Alden McFarlane,
Arti Kumar,
James Burrow,
Zaitum Sadikali.

Poetry Moment: See It Through

by Edgar Guest, submitted by Andrene McDonald

When you're up against a trouble,
Meet it squarely, face to face;
Lift your chin and set your shoulders,
Plant your feet and take a brace.
When it's vain to try to dodge it,
Do the best that you can do;
You may fail, but you may conquer,
See it through!

Black may be the clouds about you
And your future may seem grim,
But don't let your nerve desert you;
Keep yourself in fighting trim.
If the worst is bound to happen,
Spite of all that you can do,
Running from it will not save you,
See it through!

Even hope may seem but futile,
When with troubles you're beset,
But remember you are facing
Just what other men have met.
You may fail, but fall still fighting;
Don't give up, whatever you do;
Eyes front, head high to the finish.
See it through!

THIS MONTH'S
TOP NEWS

La Soufriere Erupts

by Leynoe Stapleton and Naomi Francis

The island of St. Vincent has been suffering a series of volcanic eruptions since 9th April 2021.

The La Soufriere eruptions have been large and devastating to the majority of the island, particularly the North side, affecting the communities at the foot of the volcano.

At least 20,000 people have been evacuated from their homes and are currently living in shelters, hotels and friends and relatives homes. A large portion of people may never be able to return to their homes in the North of the island. The volcano continues to erupt and thick ash has begun to threaten the water system. Neighbouring countries have come to the aid of Vincentian residents by sending water, food, clothes and hygiene packs.

Due to the unpredictable nature of this large volcano, it is impossible to know how long she will erupt for. This is the first time in 42 years that La Soufriere has erupted and the second time it has been as devastating as this. In 1971 and 1979, she erupted and expelled ash over the island. In 1902 she erupted so violently that the ash travelled as far as London and other parts of Europe and Asia.



Kestrel

Vincy Shipping Offer

Buy a barrel for just £30

Send a barrel to your family £40

Text: Barrel Name and Area in London

to Rebecca on : 07889 362444

PLEASE DO NOT CALL



Our Vincentian brothers and sisters need our help and support at this time and every little helps. There are many ways you can help,

including donating to various registered charities and coming together to send barrels with clothes, shoes, and toys.

Thank you for your help and support for St Vincent and the Grenadines during this difficult time.



SUSTFEST21



shared by Zaitun Sadikali

Sustainable Festival 2021 (SustFest21) Over 150 events are planned to take place from Sunday 23 May to Sunday 6 June 2021.

SustFest21 is for anyone, but particularly for residents of St Albans, Harpenden and villages such as Wheathampstead, Sandridge, London Colney, Redbourn or Colney Heath.

Events include guided walks, films, craft sessions, online workshops and talks such as Sustainable housing, saving CO2, solar panels, trees, and many more.

From local trees to hedgehogs, reusable nappies, air source heat pumps to cooking demos there is something for everyone to enjoy whatever your age or interests.

Visit:

<https://sustainablestalbans.org/get-started/sust-festival/>

EID UL-FITR

shared by Musim Aid

This month we are focusing on one festival. The Islamic calendar celebrates two different Eid festivals throughout the year; Eid ul-Fitr and Eid ul-Adha. Both are celebrated for very different reasons. Eid ul-Fitr is a three-day celebration that takes place at the end of the Holy month of Ramadan, at the start of Shawwal, the 10th month of the Islamic calendar; Eid ul-Adha takes place following the annual Hajj pilgrimage on the 10th day of the 12th month, Dhu al-Hijjah.

Eid means “the festival of breaking the fast” and commemorates the end of a month-long fast throughout Ramadan for Muslims in the UK and around the world. The festival is a very important time in Islam and allows families, loved ones and communities to come together and celebrate following a month of abstinence and dedication to Allah (SWT).

This is important because it marks the end of Ramadan, the month in which the Holy Qur’an was first revealed to Prophet Mohammad (PBUH). Throughout Ramadan, Muslims around the world undertake a fast between the hours of sunset and sunrise and spend a lot of time in self-reflection while studying the Qur’an and connecting with Allah (SWT) on a spiritual level. After a full month of sacrifice and dedication, Eid ul-Fitr is a time to come together with family and loved ones to enjoy everyday blessings.



The date when Eid ul-Fitr takes place is subject to the sighting of the moon; however, this must be once the month of Ramadan has concluded. In the UK the Eid 2021 date is anticipated to fall in the evening of Thursday 13th May after Ramadan; however dates will differ as the sighting of the moon varies around the world.

BLACK HISTORY RESEARCH

by Sarah Keeling of St. Albans Museums

Eighteen months after Active Lifestyles featured in our St Albans on Demand display in the museum I got to meet some of you and hear your stories. I wanted to let you know about a research project we are working on; to research black history locally, both looking back using census and parish records but also thinking about how to record the stories of all those residents who moved to St. Albans during the 20th century like a number of the Active Lifestyles members.

As lockdown lifts and libraries and archives become more accessible again, we have offered a range of research projects to our volunteers including one about black history locally. During 2020 we asked local teachers what they wanted from the museums and support in teaching black history was the most frequent request.

We're looking for volunteers to go through parish records to look for evidence of black and minority ethnic histories in St Albans from the last 200+ years. We also want to research more recent stories, like stories about working in the National Health Service, NHS, locally, black owned businesses, experience of coming to a new country and settling down, or any stories I have not mentioned.

If you would be interested in helping us add to the research of black history in St. Albans please email me on sarah.keeling@stalbans.gov.uk and I can give you some more information and include you in our new volunteer research group.

Sarah Keeling,
Curator of Collections
(Post Medieval to Contemporary)
St Albans Museums
Direct: +44 (0)1727 814602 Ext 4602

Minister's Corner

by Minister Urla Rollins

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

"But I will Hope continually, and will yet praise thee more and more." (Psalms 71:14, KJV)

Blessings

THIS MONTH'S
NOTICEBOARD

Health & Advice

- [St Albans and District Foodbank](#)

St Albans and District Foodbank are working with agencies/charities/groups across the district to ensure that all sectors of the community can access emergency food via the St Albans and District foodbank.

We know that the last year has been very challenging for so many people, some of whom have lost their jobs and others who have found themselves needing emergency



accommodation.

We have been very fortunate that the community has kept donating food, we have not had any shortages of food, for which we are so grateful.

There are sectors of the community who may have a need for emergency food but who are not coming forward for help. We want to ensure that the information about the foodbank is readily available.

In the first Instance St Albans Citizens Advice is a good starting point, they can issue e-vouchers and offer support for multiple agencies. 01727 811118
They are looking to re-open shortly so do look at their website:
<https://www.castad.org.uk/>

Emma Dalton is the Foodbank Manager at St Albans and District Foodbank, she can be contacted via:
manager@stalbandsdistrict.foodbank.org.uk
01727 613019 - option 1, 2 and 4
<https://stalbandsdistrict.foodbank.org.uk/>
www.facebook.com/St-Albans-and-District-Foodbank-1477988969120708/
<https://twitter.com/Stalbandsdistfb>

We are able to offer support and the help you may need is only a phone call away, we look forward to hearing from you.

- [Cook Well Eat Well](#)

Join Sam from The Loess Life on this [interactive online course](#) to learn how to cook meals that will help boost your energy, aid mood, and support sleep. Tuesdays 20th April until 25th May 6pm to 8pm.

(https://9a5c94f8-6bf1-41a2-bad6-e0de885e0b4d.filesusr.com/ugd/f7adff_90b797c3d35044a1821cd7871e3dbf82.pdf)

- [Rapid Test Home Kits - Selfie](#)

Campaign

As of 9 April, everyone in England is now able to access twice weekly rapid tests for coronavirus. Twice weekly rapid testing enables us to find asymptomatic cases and prevent the spread of infection.

Getting into the habit of twice weekly testing as part of our everyday lives will help us all to play our part and do what we can to keep each other safe and alongside the vaccine ensure we can continue to ease our way out of lockdown.

Up to one third of coronavirus cases are asymptomatic, meaning you could be carrying the virus and spreading it to your loved ones without realising it.

You can find your nearest collection site or order online to be delivered to your home at: www.hertfordshire.gov.uk/rapidtest

PUZZLES

Logic Puzzle: You're at a fork in the road in which one direction leads to the City of Lies (where everyone always lies) and the other to the City of Truth (where everyone always tells the truth). There's a person at the fork who lives in one of the cities, but you're not sure which one.

What question could you ask the person to find out which road leads to the City of Truth?

Answer: "Which direction do you live?" Someone from the City of Lies will lie and point to the City of Truth; someone from the City of Truth would tell the truth and also point to the City of Truth.

Newsletter Compiled by Sissi A., Japan 2021