

Active Lifestyles

Active Mind, Body and Spirit

Your Monthly Newsletter - October 2021

Greetings as we approach Black History Month



by Andrene McDonald

Dear Members,

The newsletter is once again full of exciting events, photos and activities; I would like to thank those of you who have provided information to include; please continue to do so as it helps to keep it going.

We met at our club venue on 17 September 2021 at Townsend Tennis and Bowling club for the first time in 19 months and it seems we were all happy to meet up and get back into routine after such a long time, "I had a wonderful day. Very happy we are back in Action" The day was well attended,

(approximately 30 people) and everyone socialised, caught up with friends and welcomed new ones. We spoke about how we would continue attending the club as winter approaches by being indoors whilst keeping safe. People gave positive suggestions, therefore the club will be meeting every two weeks until the Christmas Party in December 2021 and then attendance will be reviewed again. I will be submitting future dates for November and December shortly.

Dates coming up are 8th October 2021 with speaker on community engagement, **Inspector Andy Wiseman – St Albans division** and on the **22nd October 2021**, **Lionel Wallace, Hertfordshire High Sheriff**, will be speaking so please do come along and join us for fun activities and a tasty lunch. **Please remember to wear your cultural attire or bring cultural flags, items etc.**

Active Lifestyles in collaboration with Leeanna's Wish are supporting a Saturday Club programme, which is a community space in St Albans for young people. This was launched at a local school on the 11th of September 2021. The aim is to engage and empower our young people through various activities and promoting social interaction and friendships across all cultures and generations. Several of our members volunteer their time and take part in activities with the young people, sharing the learning. We hope to see some of them taking part in our club days.

In previous years, our first day back with the club in September after a summer break was to meet at Angie and Peter's house to view their lovely garden, have lunch and take home some plants or cuttings and hope that they grow as big and as well as they do in Angie's garden. As we have been unable to meet in the last couple of years, I recently popped around to Angie's and took some *photos and as you can see they are both working hard to keep their garden looking beautiful.

Please be aware that when Active Lifestyles takes photos, they are displayed and 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.

Do not forget to phone and book your invitation from the Lord-Lieutenant of Hertfordshire, Robert Voss CBE CStJ to **Evensong Service of Remembrance for Road Traffic Victims** at St Albans Cathedral, Sumpter Yard, St Albans AL1 1BY on Saturday the 16th of October 2021 at 4pm. Please RSVP to Ann Davies by email: annd@rvtrust.co.uk or phone: 01234 843345. Please be seated by 3.45pm ready for the service to commence at 4.00pm

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 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.

I hope to see you on the 8th October 2021!

Blessings, Andrene



Angie's & Peter's beautiful garden



Happy October Birthday
Celebrations!

Catherine Abrahams
Henrietta Richardson

St Albans Museum Events Black History month:

What's Colour Go to Do With It Anyway.....A conversation with Lionel Wallace High Sheriff of Hertfordshire on 5 October 2021 at 7.30pm.

Tickets will be £10 and £5 from each ticket will be donated to Phase Hitchin, a local charity that works alongside young people to promote their wellbeing and resilience.

<https://www.stalbansmuseums.org.uk/whats-on/what-has-colour-got-to-do-it-anyway>

Three videos are being created which will be freely available for schools (and anyone else interested)

1. A Black merchant seaman who busked in St Albans in the early 1800s
2. Shelley Hayles and Julie Diadamo film in conversation with Pauline Stapleton
3. Lionel Wallace's time growing up in St Albans and being the first Black High Sheriff of Hertfordshire.

Celebrate the rich history of Africans in Medieval Britain - Africans are etched into the fabric of Englishness. But they are often excluded from our emotional memory of England's distant past. Dr Nubia's talk will

explain why this is and offer alternative perspectives for seeing the middle ages.

Dr Oneyka Nubia has been invited back again to talk about diversity in Medieval Britain as part of our Chroniclers of History exhibition series. 7pm on 27 October 2021. Tickets £10 each - £8 online Please see link for further information.

<https://www.stalbansmuseums.org.uk/whats-on/blacks-britain>

Other Upcoming Events this month:

Building the Future – Making the Change
Watford African Caribbean Association –
Black History Month,
virtual launch at 7 pm on 1 st October 2021

Citizens Advice St Albans District AGM Invitation 2021

You are invited to join us at our Annual General Meeting on
Tuesday 5th October from 7:00-9:00pm.
Venue: Rothamsted Enterprises, West Common, Harpenden, Hertfordshire, AL5 2JQ.

Special Guest Speaker, Nicole Sadd CEO Rothamsted Enterprises. Nicole joined Rothamsted Enterprises as CEO in 2018 with the challenges of developing income streams for agriculture research and reinvesting profits into research for food sustainability. Her achievements were recently recognised winning the Corporate Leader of the Year Award in the National Business Women's Awards.

Alongside her full time CEO role, Nicole sits as a Non-Executive Director for both Probus Housing and Venues of Excellence as she believes in the ethos, values and approach of both organisations.

Step Up 2021

Sunday 10 October 2021, Vicarage Road Stadium.

Registration fee required- to sign up go to:
www.shapeupherts.activetrainingworld.com/fc-events/step-up/

For further information, email Rhys:
rhys.ratcliffe@watfordfc.com



3FOX
PRESENTS...

Bespoke events and
productions for
selected partners.

Monday 11 October 10:00-12:00

3Fox Presents Hertfordshire Fire and Rescue Service - Black History Month: Proud To Be

This Black History Month, South-East Region Fire Service colleagues are coming together to celebrate the accomplishments and contributions of Black British people. Hear from fire service colleagues and key community figures who will be sharing what they are #ProudToBe and celebrating the individual contributions they have made at work, within our communities and personally. This event will be interactive and aims to inspire and motivate others to achieve their goals and to make history in their own way.

Hosted with support from:



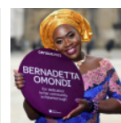
Speakers:



Chris Bigland
Chief Fire Officer,
Hertfordshire



Wayne Brown
Deputy Chief Fire Officer,
West Midlands



Bernadette Omondi
Community Hero Award winner,
Peterborough



Winston Rollock
Firefighter, Essex Fire and Rescue Service



Lionel Wallace
High Sheriff of Hertfordshire

[REGISTER >](#)

Nominations open for the 2022 Commonwealth Youth Awards

Shared by Lionel C. Wallace DL, High Sheriff of Hertfordshire

Dear Colleagues,

I would like to draw your attention to the Commonwealth Youth Awards 2022 via the link below. Nominations close on 17th October 2021. It would be amazing if we could find any qualifying Hertfordshire Young People to be nominated for what will be a very prestigious award in a historical year (Platinum Jubilee). Please feel free to spread the word as far and wide as you feel appropriate.



Within the Lieutenancy, I have the honour of Chairing the Commonwealth Panel and we would be delighted to know if you submit a nomination.

[Nominations open for the 2022 Commonwealth Youth Awards | The Commonwealth](#)

Poetry Moment: My Lips

by Comfort Tetsola (I love you-u-u-u adaptation by Milli Wallace)

My lips are made to be gracious not gossip
My lips are made to praise
My Lips are made to be thankful
My lips are made for smiling
My lips are made to make people happy joyful
and do things that will make people laugh
My lips are made for kissing not hissing
My lips will not do Chinese whisper but
whisper Chinese loving songs

My lips and soul will protect, share
experiences and share blessings

My lips will make my
heart sing I love you you you you you you

Computer Error?

Submitted by Zaitun Sadikali

I had a problem with my computer yesterday,
so I called Rohan, the 11 year old next door,
whose bedroom looks like Mission Control
and asked him to come over.

Rohan clicked a couple of buttons and solved
the problem. As he was walking away, I called
after him,

'So, what was wrong?

He replied, 'It was an ID ten T error.'

I didn't want to appear stupid, but
nonetheless inquired,

'An, ID ten T error? What's that? In case I
need to fix it again.'

Rohan grinned ...'Haven't you ever heard of an
ID ten T error before?

'No,' I replied.

'Write it down,' he said, 'and I think you'll
figure it out.'

So I wrote down:..... ID10T
I used to like Rohan, now I don't.

Minister's Corner

by Minister Urla Rollins

Dear Friends
Greetings!

"Grace and Peace be yours in abundance through the knowledge of God and of Jesus our Lord.

Because God wanted to make the unchanging nature of His purpose very clear to the Heirs of what was promised, He confirmed it with an oath.

God did this so that, by two unchangeable things in which it is impossible for God to lie, we who have fled to take hold of the Hope offered to us may be greatly encouraged. We have this Hope as an anchor for the Soul, Firm and Secure."
(Hebrews 6:17-19A).

Blessings!

THIS MONTH'S NOTICEBOARD

SAD NEWS

Our condolences go out to the Anderson, Allen, McDonald and Thomas family on the loss of a beloved Aunt Rachel Cameron, (Aunt Oney) and Uncle Radcliff Anderson, (Andy). Also in memory of a loving mother and wife Emma McDonald, (Florrie). All three were very close as sisters and brother in law, all born in the month of April, (different years) and all passed in the month of September, 2017 and 2021, may their souls rest in peace.

On behalf of the Rollins family in memory of a loving husband and father, Pastor Wilkinson Rollins, September 2018.

HEALTH & WELLBEING

- **Citizens Advice St Albans District - Help with Energy Costs**

Their qualified advisers can help with matters relating to household energy supply, including finding the best energy tariff and identifying eligibility for benefits claims.

To find out more, call Citizens Advice St Albans on 01727 811118 or email energy@castad.org.uk and leave your contact details for the Energy Champ

- **Compassionate Community Connector Programme**

If you're in an at risk group or having to isolate, and need help or support with shopping, prescription collection, pet sitting, or urgent supplies or tech support, you can contact us.

Email: help@communities1st.org.uk. Phone: 020 8207 5115.

- **Hertfordshire Health Walks Update**

Hertfordshire County Council have increased their walk numbers to 20 (i.e. 15 walkers and up to 5 volunteers) as their new Autumn Health Walks programme begins. All walks are FREE and are graded between 20-30 minutes (First Steps) and 90 minutes (Grade 4) unless otherwise stated.

To book your Health Walks please call us on 01992 555888, Monday-Friday, 9am-3pm.

QUIZ

Question Time! Any Answers?

1. What is Nubian Jak?
2. Where did the term the 'Real McCoy' come from?
3. Who was Mary Seacole, and where was she born?

Answers:
A1. A board game invented in 1994 by Caribbean Jak Beula a social worker for Islington Council.
A2. African American inventor and engineer, known for quality and good function inventions A3. She was a Jamaican born nurse who cared for soldiers during the Crimea War.

