



KENT ACTIVE

THE NEWSLETTER OF THE KENT ACTIVE RETIREMENT ASSOCIATIONS

“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

Volume 4

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Number 56

THE HARDIMAN SHORT MAT BOWLS 2014

What a great day's bowling for the Annual KentARA Short Mat Bowls competition. This time it was held at the New Line Learning Academy at Loose, Maidstone and some 38 teams took part.

The photograph on the left below shows the winning team of, Daphne McDonald, Ray McDonald & Paul Browning, from Whitstable-WigARA receiving their trophies and Cup from the KentARA President Peter Nicholls.

The photograph on the right below shows the runners-up who were the Lenham 'B' team of Joan Giles, Terry Giles and Jim Henderson also receiving their trophies from Peter Nicholls.



LARA GOES TO YPRES

On 26/27 August 54 LARA members went to Ypres. Anglia Battlefield Tours organised everything for us, including two extremely knowledgeable guides who brought the history of the Ypres Salient conflict to life for us.

The highlight of the trip was the moving ceremony at the Menin Gate when 2 wreaths were laid by our members - Ken Matthews (LARA Chairman), Bryan Sharp, Bob Parsons, Eddie Walker, Pam Ayrton and Ted Dain. All six had



their own special reasons for wanting to take part in the ceremony which takes place every evening and which in this Centenary year attracts over 1,000 each day. The Menin Gate memorial holds the names of 54,000 officers and men of the United Kingdom and Commonwealth Forces who died in the Ypres Salient before 16th August 1917 and who have no known grave.

The whole trip was extremely interesting, enlightening and poignant and without hesitation we'd recommend it to our Association friends. *Ann Tutte.*

Picture Left—Right: Bryan Sharp, Ken Matthews and Bob Parsons,

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KentARA

Dates for your diary: 2014/15

KentARA Xmas Concert: Saturday
22nd November, at the Mote Hall, Mote
Park Leisure Centre, Maidstone.

2015

KentARA Quiz: On the 25th
March. East Kent at Ditton and
West Kent at Birching ton.

KentARA Tea Dance:

Ditton Community Centre
Friday 22nd May

KentARA Short Mat Bowls:
Thursday 6th August
New Line Learning Academy,
Loose, Maidstone.

KentARA Race Night:

23rd October at Ditton C.C.

KentARA Tea Dance:
Ditton Community Centre
Friday 20th November

**All copy/letters for Kent Active
should be addressed to:-**

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**Final copy dates for the next
Four issue are:**

Thursday 15th January 2015

Thursday 16th April 2015

Thursday 16th July 2015

Thursday 15th October 2015

Please remember any photos sent in
must be of a high quality to enable
good quality reproduction.

It is best if they are sent as an
attachment to an Email. I cannot get a
good reproduction from a letter.

**My apologies for having to omit
and edit some of the reports due
to lack of space.**

Chairlady's Corner: Wow! What a lovely Jamboree we all had. The weather was wonderful which made it extra special. All the coach outings were well attended especially the full day to Dartmouth. A trip on the round robin railway steam train brought back a lot of memories for the train enthusiasts amongst us. Then across on the ferry to Dartmouth where we had an hour to please ourselves before embarking upon an hour long scenic cruise along the river Dart. The captain was comical with his commentary.

Back to land for another short break before returning to the coaches which whisked us to our hotel. We washed, changed and had another chance to enjoy a choice of exemplary meals provided by TLH Hotels. I wonder how many of us, as we read this, are heavier as a result?

The evening entertainment was extremely varied, the magician was amazing, a selection of vocalists catered for all music lovers, most notably the Bingo of which several members managed to leave with more pennies than they entered with. Nice trick if you can do it! I am pleased to have received many positive reports on the trip. Everyone had a good time.

More locally the Bowls event in August was a great success with 38 teams competing in Loose near Maidstone. How wonderful! Whilst many of you took part in the bowls challenge we also catered for an enormous number of punters who came to our Race Night at Ditton on 24th October. The Tea dance was also well attended on 14th November.

These events were great and we hope 2015 will provide opportunities for everyone to get together, have some fun and make a few new friends. We always need volunteers at events and any suggestions on future activities you wish to see would be gratefully received by either myself or any member of the Executive Committee. This only leaves me to say I hope you all have a wonderful Christmas, Happy and Healthy New Year. *Anne Whitehead.*

A VERY, VERY, VERY HAPPY BIRTHDAY TO

WINN JACKSON

Of the Northfleet Club

Who will be 100 years old on the 24th December.

Congratulations from all of KentARA.

Well done Winn (can you give us your secret!)

DINGBATS - DINGBATS - DINGBATS - DINGBATS - DINGBATS

CLEVER CLE
CLEVER

KNOCKOUT

G
L
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D

P VIA
U

The answers to the last Dingbats are below, and a row of new ones for your entertainment are above for you.

Down in the dumps

TIP
LANDFILL

Open the flood gates

TH A MES
BARRIER

Turn over a new leaf

Turn
bud

On plain sight

spitfire

Special congratulations to the following members who have celebrated their wedding anniversaries.

**TONY & MARALYN
MULCUCK**

Who celebrated their Golden anniversary in September

Members of Ditton & Malling-DamARA

JUNE & BRIAN GOUGE

Who celebrated their Diamond Wedding and

**JENNY & LEN
DICKS**

who have celebrated their Platinum Wedding
Both couples are members of Sittingbourne-SiARA.

**KENTARA LINE
DANCING**

Larkfield Village Hall,
New Hythe Lane
Every Monday

1st Easy class - 12.45 pm-2.00 pm
£3.00.

2nd Advance class - 2.00 pm - 4.00 pm
£3.50.

(non-members 50p extra)

Contact Gerald Benham on:

01732-870715 or

Email: geraldbeh-
ham@blueyonder.co.uk

**We invite beginners to join us at
12.00 noon.**

Association Reports:

Ashford-AARA: The proposed programme for 2015 is as follows.

May a horse drawn narrow boat trip from Godalming along the river Wey. June will be a day trip to Margate, including a visit to the Turner Gallery, and the Shell Grotto. July will possibly see a visit to the Poppy Factory at Richmond with a pub lunch of your choice which will be paid for on the day. August then will be an evening out at the Dog Racing in Sittingbourne together with a meal, very good value this one.

September looks like a Mystery half-day tour that will include a nice fish and chip dinner. October and it's a visit to the Brick Lane Music Hall for an afternoon entertainment.

Hextable-HexARA: Summer passed in a flash, especially as there were plenty of events in the diary. In July several members made their way to Potters Holiday Resort and once again dived in to all the activities and with good weather the "Pimms" on the lawn was of course compulsory! The coach outing that month also had a punch and a kick to it! With a visit to Suffolk and the home of the wonderful Suffolk Punch workhorse stud. With cart rides around the paddocks and fields, a museum housing old farming equipment and of course stables housing some of these lovely horses, it was a day out with a difference.

In August members celebrated HexARA's Tenth Anniversary with an evening packed with entertainment including a quiz, race horsing, dancing and a summer supper provided by the ladies of the committee. It was an excellent event and enjoyed by everyone. A day trip to Broadstairs was also enjoyed celebrating the Folk week and several members also ventured "up north" with an overnight stop enabling a visit to Salford Quays and the Coronation Street Studios. The Peak District was this year's walking break venue for September, with non-walkers making the most of this lovely area by visiting memorable towns and places, including Chatsworth House. A tour of Essex Villages was a memorable day out with thatched cottages and picturesque scenery enjoyed by a full coach of members. Speakers have been exceptionally interesting with talks on theatre management from Chris Hare and "Behind the Scenes of TV's Golden Years" from Wilf Lower. Lots of summer sports were undertaken, including bat & trap, petanque, outdoor bowls and the monthly walks, lunches and short mat bowls. How do we fit it all in!! *Wendy Ratcliffe.*

Kemsley-KemARA: A busy summer for our club, a trip on the train from Tenterden was very enjoyable with a very big cream tea. A shared trip with SamARA to the secret Gardens of Sandwich, Southend was our next trip which meant a trip on a train to the end of the pier. At our August meeting we all enjoyed a fish and chip lunch followed by a quiz with some very tricky questions composed by Gill. In September we went to the Dog and Duck at Plucks Gutter where we were made very welcome and the meal was very good, we really enjoyed the entertainment and are arranging another visit next year. We are now looking forward to our holiday to Torquay.

Pat & Derek Carnell.

Hempstead-HempARA

We would like to thank all those people who attended our Coffee Morning on the 26th September that was run in aid of Macmillan Cancer and for their kind donations.

We have, so far, collected the sum of £420.00

Association Reports:

Lenham-LenARA: Our year so far has been fairly busy with various trips and outings. In January a group of members went to the Brighton Ice Show, while in February we celebrated the club's 10th anniversary with a dance featuring Chicory Tip, they were brilliant, also that month a group went to Greenwich. Then in March a visit to Chatham Dockyard was very interesting. LenARA hosted the annual KentARA Quiz where our club came joint 3rd from the 15 teams that entered.

Evita came in April and in May our very popular Lingfield Race day was well attended. June took us over the water to Boulogne where we had a leisurely day which was very enjoyable. In August we went to Eastbourne Air Show which brought us wonderful aerobatic displays, they were amazing to see. Also in August 4 teams took part in the KentARA short mat bowls competition where one of our team came 2nd, well done team. Then in September a group of members went to Cap Gris Nez for the annual French Meal. *Sue Gooda.*

Maidstone-MaidARA: The highlight for this quarter was our 5 days in Torquay. We visited Dartmoor, Princetown and Tavistock; and Buckfast Abbey and Exeter. Most of spent our free day in Torquay, riding on the Land-train, shopping or visiting the Torre Abbey, others went further afield on the free bus.

We had a very busy time with entertainment each evening including a show in Babbington and fitting in Brian's Quiz. Many thanks to Brian & Jill for such an enjoyable 5 days. Our 'Days Out' have included Camden Market, Sonning Mill and Theatre; and a Garden Safari. Thank you Jean, Sheila & Pam for organising these events All were most enjoyable. *Irene Hales.*

Ramsgate-RamARA: We recently held our Summer Charity Fair and together with donations from members who were unable to attend we managed to raise the sum of £1,000 for our Charity for the year, The Local Stroke Association, a wonderful result and a big thank you to all the helpers and those who spent their pennies on the day. We have also recently enjoyed a trip to Teapot Island (with a stop off for shoppers at Notcutts) and with lovely weather and an excellent cream tea the afternoon was enjoyed by all.

We are now eagerly awaiting our trip to the West End to see Jersey Boys. The sequence and line dancing are going well as is the Table Tennis, Gentle Exercise and the Bat & Trap. When the weather changes we shall replace Bat & Trap with a monthly Quiz with an optional lunch. In the pipeline we have a Halloween Dance booked with mixed dancing to Live Music and fish & chips, a Barn Dance also with fish & chips and we have booked the Hall and Music for our usual New Years Eve Party. This of course will be after we have worn ourselves out with a Mistletoe & Mountain trip to Scotland. We are also hoping to get up a coach to the KentARA Tea dance. No wonder our families think we are never at home! *Shirley Hingley.*

Shepway-ShARA:

ShARA members have been making the most of the lovely weather with Rambles, Croquet and Sunday lunches in the country. Our July meeting saw the return of the ever popular Frankie Janes, our local writer of monologues, always a fun speaker, followed by the rector of St Martins who regaled us with his memories of Romania at our Coffee Morning.

In August it was the turn of John Rees to tell us about his childhood in Wales. Remarkably this was not dissimilar to some of our childhoods in rural Kent at the time. My husband grew up in a house in the country not that far from Folkestone with no electricity, no gas, no running water and no well, just rainwater collected from the roof, yet people imagine the South east had all mod cons. The August Coffee Morning was a musical challenge prepared and played by our very own Ron Kenny.

At the September meeting we received an update on "The Changing Face of Samphire Hoe" our most recent addition to the landscape of the British Isles, although it is now some time since this was created from the spoils of the Channel Tunnel. It is quite amazing how well nature has colonised the area with a little help from the White Hills Countryside Project. During the Coffee Morning we learned a lot about looking after our feet from two charming podiatrists, so we should all be fit and eager now to join in the monthly rambles.

Members enjoyed trips further afield as well, with outings to Hidden London in July (beautiful weather) and a trip on the Regent's Canal, Eastbourne in August (again beautiful weather and a chance to spend the holiday money), and a Celebratory Cream Tea in the Channel Suite of the Leas Cliff Hall for our 21st Birthday party on the 6th August. We now all have some good memories to carry us through the winter months.

Sittingbourne-SiARA: After 20 years our monthly meetings in the Wyvern Hall ended in June when our local authority decided to convert the hall to a fitness centre. From our July A.G.M. we have been meeting in the U.K. Paper Leisure Club, slightly smaller but ample room for our needs.

During the year there have been a variety of outings; Broadstairs with the additional bonus of a good meal at the local College, exploration of the Sheppey Heritage Trail, Windsor and the Savill Gardens with a river trip have been enjoyed by day trippers and longer holidays at Sandown on the Isle of Wight and at Great Yarmouth have been fortunate in having good weather. Theatre outings are always popular and a booking to see War Horse in November with a visit to a museum in the morning is over-subscribed.

A 5 day river cruise to Holland is being organised for April 2015 which will include visits to Amsterdam, Volendam and Edam and a coach trip to the Keukenhof Gardens.

Snodland Town-StARA:

Pat Newman, a founder member of StARA, has retired as Membership Secretary after many years but will continue on the committee. Here she is pictured (left) receiving a bouquet from Chair, Bridget Cork.



Swanley-SwanARA: We have had a good summer programme of trips, a holiday and two very good speakers. The holiday was to Newquay, Cornwall and was greatly enjoyed. The trips included a Thames Cruise with a three-course lunch on the Thames Cruise ship "Symphony". We went from the Embankment Pier nearly as far as Canary Wharf on one of the hottest days of July. In August we returned to Southwold - one of our favourite east coast destinations. On the way to Southwold we stopped for coffee and biscuits in Dedham - at the Marlborough Arms.

In September a party of members went to Clarksons Vintage Music Hall at the Walpole Bay Hotel in Cliftonville. Our speakers have been John Beckham on Birds seen in Parks, Gardens and Woodlands and Lesley Broster on The Origin of Strange London Street Names. Our very own Frances Atkins presented a brainteaser of a Quiz in September. *Jim Jones.*

Wilmington-WilmARA: This month we celebrate another A.G.M. and it reminds me of how we started out at that first initial meeting, a very mixed group of people all interested in seeing what might be on offer in this proposed new club. There was Gerald Benham and members of surrounding A.R.As to explain what could be possible, after a while Gerald asked for volunteers to help get the club started and I said that I would be happy to help with the tea making, a member from one of the other ARAs who knew me said my past secretarial knowledge would make me a candidate for the Secretary and so that's how I got "volunteered".

Alf Hill gathered a group of similarly "press ganged" souls together and off we went into the unknown to make, at that time and unnamed club, into what is WilmARA. It was hard at the start, we were feeling our way, a rookie committee and a membership not quite sure what to expect, but eventually we all got the hang of things and the last 11 years have been quite a ride. We have had holidays at home and abroad, this past year in the far north, Scotland, in the middle, Lincolnshire and on the South coast at Weymouth. In the past we have Kept Fit, we have Line Danced and Tai Chi'd and now we enjoy a different variety of sporting activities.

Outings have been prolific and diverse, just last month doing a walking tour of Chilham village, lunch at the Woolpack and the afternoon taken up with a tour of the Castle, followed by afternoon tea and biscuits served by the Chatelaine! The standard of our speakers have been equally high, many so informative proving that you are never too old to learn something new, our last one was a very petite lady who looked as if she should be on the catwalk not pursuing a career as a *stunt lady!* We have all taken something from WilmARA, great fun, sometimes great sadness too when we lose a friend, making lasting friendships, enjoying a good natter over a cuppa for the lonely, but the main thing is we all look forward to the third Friday when we meet up with our friends and see what is on offer for us all.

How glad I am that I volunteered to make the tea 11 years ago *Patricia K. Stevens.*

It is with regret that we learn that the Faversham-FavARA club is to close on the 17th December. The club has been active for some 25 years and will be holding a farewell lunch on Wednesday 28th January 2015.

Several sections (Badminton & Dancing) are hoping to carry on as independent clubs.

Another club that unfortunately has had to close is the Sevenoaks-SevARA club. Due to lack of funds they closed on the 17th November. It is so sad that some clubs, for whatever reason, have to close after giving to so many members many years of happy and sociable service.

The 2014 'John Hardiman' short mat bowls competition was another tremendous success, with a record 38 teams taking part. It was a very long day with some excellent bowling taking place, the only upset was that there were no catering facilities available, although we had been promised them. It may be that in 2015 we will have to bring our own lunch, I will let you know about this.

It was very kind of Jan Davey, a member of the Kent Short Mat Association Committee who organises the booking of the centre for me, to take the time to arrange and purchase some refreshments for the day, many thanks Jan. Our President Peter Nicholls presented the trophies at the end of the competition.

I hope everyone enjoyed themselves and were pleased with the new venue, I moved to this site so that I did not have to refuse any teams a place in the competition, I can if you wish take about 48 teams which would be great. If you are new to this sport please do try and take part if your club has a short mat section or join your local club and get some experience at this sport which is very enjoyable and sociable, as well as being a competitive sport.

Many thanks to you all for taking part, I look forward to seeing you all again in 2015

CLUB	SHOTS	+/- SHOTS	ENDS WON	POINTS	PLACING
WHITSTABLE 'A'	32	+15	18	7	1
LENHAM 'B'	6	+27	17	6	2
BEXLEY	31	+25	18	6	3
EDENBRIDGE 'B'	36	+23	19	6	4
LENHAM 'A'	36	+23	18	6	5
MALLING 'C'	41	+19	14	6	6
MALLING 'B'	31	+18	19	6	7
LENHAM 'D'	33	+15	17	6	8
RAINHAM	37	+14	16	6	9
MALLING 'A'	31	+12	17	6	10
JOYDENS WOOD 'B'	32	=11	17	6	11
WIGMORE 'B'	38	+9	16	6	12
PADDOCK WOOD 'A'	30	+5	18	6	13
2ND HARTLEY & DISTRICT	29	+2	18	6	14
SNODLAND TOWN	29	+9	14	5	15
2ND JOYDENS WOOD 'B'	27	-1	16	-1	16
NEW ASH GREEN	19	-7	12	5	17
LEYBOURNE 'B'	26	+12	18	4	18
JOYDENS WOOD 'A'	31	+10	18	4	19
SOUTH EAST MAIDSTONE 'B'	24	+5	16	4	20
JOYDENS WOOD 'C'	23	+1	18	4	21
HARTLEY & DISTRICT 'A'	22	+1	16	4	22
SHORNE 'A'	22	+1	16	4	22
2ND HARTLEY & DISTRICT	33	---	14	4	24
SHORNE 'B'	28	-3	18	4	25
ST. MARY ISLAND 'B'	24	-3	12	4	26
SOUTH EAST MAIDSTONE 'A'	19	-9	12	4	27
WALDESLADE 'B'	23	-17	13	4	28
EDENBRIDGE 'A'	31	-7	13	3	29
LEYBOURNE 'A'	17	-9	14	3	30
LENHAM 'C'	20	-9	11	3	31
2ND JOYDENS WOOD 'A'	28	-10	15	3	32
WIGMORE 'A'	20	-12	11	3	33
WALDESLADE 'A'	12	-26	7	2	34
ST. MARY ISLAND	21	-11	10	0	35
WIGMORE 'C'	16	-25	9	0	36
COXHEATH & LOOSE	14	-26	14	0	37
COXHEATH & LOOSE	17	-26	9	0	38

THE ASSOCIATION

President: Mr. Peter Nicholls Tel: 01892 835773

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Chairman: Mrs. Anne Whitehead, Bourne Oast Farm, Sevenoaks, Kent TN15 0RE

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Email: owen.kentara@hotmail.co.uk

Alterations and Additions to KentARA & Club Officers, Entertainers & Speakers,

Ditton & Malling-DamARA: New Chairman: Mrs M. Mulcuck, 9a Bradbourne Lane, Ditton, Aylesford ME20 6PA Tel: 01732-844195.

Hythe-HARA: New Secretary: Mr. Brian Tomkins, 21 Moncrieff Gardens, Hythe, CT21 6FJ

Tel: 01303 261515 Email: briantomkins@hotmail.com

Romney Marsh-MarshARA: New Chairman: Mr Nigel Ward, Marshsie, 53 Seaway Crescent, St. Mary's Bay,

Romney Marsh TN29 0RZ Tel: 01303 873766 Email: nigelbay60@yahoo.co.uk

New Holiday Company: Alpha Holidays: Contact: Rosina, Euxton Lane, Euxton, Chorley Tel: 08451 304666.

THE NEW EDITOR OF THE KENTARA WEBSITE

Hello, I have been asked to introduce myself and explain my connection to KentARA. I have just taken over the KentARA website and am very keen to get the members involved in the site. You can find the site at <http://kentara.weebly.com> and I would appreciate your feedback on the site.



There is a page for your club to advertise your activities, for example you may have a coach trip and would like to fill the vacant seats or are holding a dance or quiz and would like other clubs to join in. All you have to do is e-mail me and I would be happy to advertise it for you. Why not give your members the address of the site.

I also run a simple course on how to get the best out of your computer and it has become quite popular with DAMARA members and I would like to see members from other clubs come along to these classes - its not like a class room! Send me an e-mail for more details. I have put some hints and tips from the course on line and you will find them at <http://kentactiveretirementassn.wordpress.com> I hope you find them useful.

Just to let you know, I also have two websites of my own: <http://madkentdragon.wordpress.com> is a mixture of some of the quirkier history of Kent, comments on the world today and other bits. I also write short stories, I have had one or two published, but they are all there for you to read free of charge at <http://madkentdragonstories.wordpress.com>

If you want any further information or would like to make a comment, my e-mail address is on the Contacts page on the KentARA web site. Thanks, *Pat Cox*

THE KENTARA HOLIDAY SHOW

If you have never visited the KentARA Holiday Show then you don't know what you have missed, especially if you are in charge of organising day trips and holidays for your members. There were a variety of Coach, Holiday and other recreational companies in attendance ... not only was admission free there was free tea/ coffee and biscuits on offer from KentARA, one way to get your 40p worth.



A goodly number of committee officials and members attended but there was a very apparent lack of people who organise for their members. Two very up-to date coaches were displayed in the car park and one stand had some very pretty looking tea cakes on offer, (*I managed to resist temptation*). I sat with two members from the Leybourne club who were visiting for the first time and they were amazed at how much information they obtained for future trips etc.