



# 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 (Founder of KentARA)**

Volume 4

Spring 2019

Number 72

## President's Notes

It has been quite a busy quarter starting with an invitation from Michael Dann, Chairman of WigARA, to join the club for afternoon tea and entertainment. Thank you WigARA for a very pleasant afternoon meeting the members and chatting to them.

The *Thanksgiving for Retirement Service*, combined with the *Centenary* of the end of the *First World War*, held at *Canterbury Cathedral* was a very moving service. The *Military Wives Choir*, Shornecliffe, made it a fitting and memorable event with their choice of music. I would like to thank the committees of Cheriton, Hythe and Shepway for all their hard work in making this such a successful and enjoyable occasion. On their way out, members said how much they had enjoyed the service. So, once again, congratulations to Cheriton, Hythe and Shepway their superb organisational skills.

Tony Mulcuck, Joan Rhodes, Gerald Benham and I attended the *Pensioners Fair* at Snodland. Some of our ARAs had stalls and several members of the public showed interest in joining KentARA. We handed out leaflets and passed on contacts of clubs in their area. It was quite a successful day for us.

The *Christmas Concert*, thanks to Tony Mulcuck's organisation, was a most enjoyable afternoon with *Joy Dey*, *Ashton Harley* and *The Brompton Military Wives Choir* providing the entertainment. Thank you Tony for all your hard work, not only for this, but for all of your efforts over the years during your time on the Executive Committee.

I would like to wish all our members a Happy New Year.

**Shirley Skinner**

## Thanksgiving for Retirement & Remembrance

On 25th October at *Canterbury Cathedral*, a very special Service of *Thanksgiving for Retirement and Remembrance* was held to mark the centenary of the end of the *First World War*. Over 800 members attended the service, together with four dignitaries, Mrs Jane and Mr James Loudon, Deputy Lieutenants and Councillors, Mrs Jeanette and Mr Ian Stockley.

The Vice Dean welcomed the congregation. We were then very privileged to have the *Military Wives Choir*, Shornecliffe perform (*photo aside*). They sang four songs, including the very emotional 'Bring Him Home' and 'In Flanders Fields'. Their Director of Music, Sonia Price, said that performing at the Cathedral was the highlight of their year.

A very moving Address by the Reverend Stephen McCaulay told the story of two Jamaican brothers who had fought in the *First World War*. He said he was honoured to be asked to take part in the service and that he had never preached to such a large congregation. The congregation was blessed by the Vice Dean.



The collection, which raised almost £1,300, was in aid of the *Royal British Legion Poppy Appeal*. Many thanks to all our members who supported this very special service - apparently the queue went out the main gate of the grounds and across the road to Debenhams!

The Service was organised on behalf of KentARA by Sheila Ash, Chairman of Cheriton ARA, and her small group of helpers from Cheriton, Hythe and Shepway ARAs. Our thanks also go to the Event Organisers at the Cathedral, with special thanks to Sheila and her small team of helpers who volunteered to organise this challenging event, ensured its success and who may be called upon again!

## Chairman's Comments

Tony Mulcuck resigned as chairman towards the end of 2018 and I, Joan Rhodes, have taken over as Acting Chair. On behalf of KentARA, I would like to thank Tony for all his dedication and hard work over the many years he has been a member of the Executive Committee, variously as Chairman, Secretary and Kent Active editor, sometimes undertaking all three jobs concurrently. In recognition of that service, the KentARA Executive are offering Tony *Honorary Membership* of Kentara.

The Christmas concert organised by Tony was excellent and everyone enjoyed it very much. The entertainment was first class, a nice build up to Christmas. Keep in touch Tony; we wish you good luck and health for the future and hope to see you at future KentARA events

The Thanksgiving service at Canterbury Cathedral was excellent, very well organised by Sheila Ash from Cheriton and her group of clubs from Hythe and Shepway. Thank you very much. The service was very moving as it included a memorial to World War I as well as thanksgiving for retirement. The Cannon conducted a wonderful service, which produced a few tears when the *Military Wives Choir* sang; so beautiful.

We then had a great Race night, organised by Marian our treasurer and her group consisting of Keith and me, followed by a 10-Pin bowling competition at Rochester. StARA mens' team won and the Istead ladies won their match, with CliffARA winning the mixed competition. Another great success.

We have held some very good events and all is going well for Kentara. We hope to open a new club in Greenhithe in New Year

Wishing you all A Happy & Healthy New Year

Thanks you for all your support

**Joan Rhodes**

**Acting Chairlady**

## Macmillan Cake Break

**The total amount raised for the Macmillan Cake Break in November was £4368.50. A tremendous amount! A special mention to HempstARA for raising £1,400!!**

## 2019 KentARA Short-Mat Bowls Competition

This years' competition will be held at the usual venue of *Ditton Community Centre*, on Thursday 15th August 2019. It will be organized by last years' winning club, BeARA, who hope that all clubs enter as many teams as possible to make it an enjoyable day. We are currently looking at the format used in previous years and welcome suggestions to improve the experience for all players on the day.

Please contact **Bob Abnett**, on 07776 252681; email: [abo44@btinternet.com](mailto:abo44@btinternet.com), or me on **01622 738965**; email: [df006n8702@blueyonder.co.uk](mailto:df006n8702@blueyonder.co.uk).

On behalf of every KentARA short mat bowler, I would like to thank Tony Mulcock for his hard work and commitment over the many years that he has organized this event.

**Dave Finch - Chairman BeARA**



For Sale

Quality Croquet Set in as new Condition £95

Contact Rick Roe 01634 313041 (Saintara )

(Buyer collects)

## ARA ORCHESTRA

**Have you ever played an instrument to a grade 5 standard and above and would like to take up playing again in a friendly and cooperative musical way? Then contact *Marcus Rupert Chambers* at:**

[roffara@groupmail.com](mailto:roffara@groupmail.com)

**Marcus is looking to form a classical quartet or larger ARA ensemble to perform accessible classical music or new compositions suited to players abilities.**

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**KentARA Events**

**Dates for you diary 2019**

Tea Dance 10th May

KentARA AGM 4th April

Short-Mat Bowls 15th August

Race Night 25th October

Tea Dance 15th November

Christmas Show 5th December

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

The Editor-Kent Active,  
 David Ritzema

david.ritzema@icloud.com

Final copy date for the next issue is:

Friday 19th April 2019

Although photos are best if they are sent as an attachment to an Email in either PDF or JPEG format, I can usually manage to produce an acceptable quality image from a photos printed on paper.

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

**The Editor’s Comments:**

*This issue of Kent Active runs to 20 pages and includes:*

- *A report on the October Thanksgiving service;*
- *The results of the KentARA 10-Pin bowling competition;*
- *A very interesting article by Frank Stocks about John Hardiman, who was the driving force behind the founding of the Active Retirement Association movement in Kent;*
- *A poetry corner, which includes the poems highly commended by the Judges in last year’s KentARA poetry competition.*

*Of interest to all club Treasurers is the article at the top of page 16 by Peter Waller, advising on the tightening-up of the legal definition of “auditor” and the potential impact this has on the constitution of member clubs.*

*A plea from me - wherever possible, would contributors kindly send photographs to accompany their respective reports. Those photos provide a welcome contrast by adding colour and interest to pages that would otherwise consist wholly of text. Mobile phone pictures in particular are often spontaneous, very relevant to articles on club activities and are easily slipped into the newsletter. A picture does paint 1,000 words!*

*The gloomy months of January and February see most of us planning days-out to places of interest and holidays in the sun. Let us hope we experience another gloriously sunny summer to add that extra gloss to our retirement in 2019.*

*Best wishes to all*

*David Ritzema  
 Editor Kent Active*

**DINGBATS - DINGBATS - DINGBATS - DINGBATS - DINGBATS**

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Answers to the dingbats in the Summer issue are shown below.

Bagel pummell	M NEW CLEAR T	JUST144 ICE	GOLD SILVER BRONZE
Roll with the punches	Nuclear melt down	A gross injustice	Split second

## Association Reports:

### Ashford ARA

We have again enjoyed a varied programme of outings this year commencing in April with a trip upon the *Romney, Hythe and Dymchurch Railway* from Hythe to Dungeness with an onward coach journey to the renowned *Pilot Inn* for their superb fish and chips. Despite a typically mixed bag of April weather, our merry band of travellers had a very enjoyable day.



Our half-day mystery tour in June enjoyed glorious weather taking in a huge swathe of the High Weald before turning via Tenterden and Rye and crossing Romney Marshes to Camber and on to an absolutely delicious high tea at the *Lathe Barn*, Dymchurch, where the helpings of sandwiches, cakes and scones were of generous proportions.



In August we travelled to Windsor to embark on a 2½ hour river trip with a very substantial ploughman's lunch, enjoying superb Thameside views of the castle upon our return. The coach then took us on to the fascinating model village of *Bekonscot*, both extensive and beautifully kept and where we enjoyed a cream tea. Finally, in early October we made a welcome return to the ever-popular *Brick Lane Music Hall*, where we were regally entertained and dined.

Our speakers and entertainers this year provided a very varied programme, with a very informative visit from the *Citizens Advice Bureau* in February, a fascinating insight into Ashford past and present in May, a somewhat blood chilling account of the Romney Marsh smuggling gangs in June, a great afternoon's entertainment in July by two surviving members of 60's group *Chicory Tip* that had some of our members dancing in the aisles, and a man and wife duo in August with a wide repertoire of songs from the 50s, 60s and 70s. Together with our monthly raffles, a very successful Bring & Buy and our monthly sessions of darts, bowls and games afternoons, there has been plenty to keep our growing membership entertained.

### David Seaman

#### Bearsted ARA

The 20th anniversary celebrations held at the *Tudor Park Hotel* were a great success, which was in no small way due to the event organisers, Barbara Marshall and Bob Abnett. Over 110 members dined and danced to the music of *Abba Chique Tribute Group* until the small hours of the morning. Even some of the hotel staff joined in the celebrations. The photo aside pictures BeARA Chairman, David Finch, the event organisers and *Abba Group* members.



The final, well attended, social meeting of the year was the traditional Reindeer racing, with fortunes made or lost on the roll of the dice, whilst at the main meeting members were entertained with Christmas Hits from *Years Gone By*, led by Ray Spiller.

The sporting and activity groups wound down their year's activities. The final meeting of the 10-pin bowling group saw a number of high scores with Ron Lawrence scoring 168 and Mo Garforth 111. However, the year's winners were Chris Patton, 120, and John Faller, 178. The presentation took place at the first session of 2019.

The Short mat bowling group met for the last time in 2018 on 19 December but restarted on 9 January with the annual singles competition, which was won by Bob Abnett for the second year running after a very keenly fought contest.

The first outing of 2019 was on 10 January when a coach full of members braved the traffic to see the pantomime *Snow White* at the *London Palladium*. Further outings planned for 2019 include a visit to *Greenwich Market*, a walk with Alpaca's at Dymchurch, a mystery tour, a visit to *Kew Gardens*, a river trip along the Medway, a day trip to Hastings and a visit to the *Observatory Science Centre* at Herstmonceux which, together with planned holiday breaks, will keep members active during the year.

### John Faller

## Association Reports contd:

### Broadstairs ARA

BradARA (Broadstairs) was one year old in December. It has been a busy whirlwind of a year, our membership now standing at 131. We kicked off with a *Strictly* themed Christmas launch party. Our monthly speakers have spoken about guitars, health, Japan, Broadstairs Town Shed, St Peter's Village Tour. In November, we hosted a fashion show (*picture aside*) with a group of brilliant volunteer models from our membership.

Our activities have included a lunch club, walking, dancing, a barn dance, theatre outings and the booking of our first group holiday.

Big thanks are due to Frank Stocks for all his support, to our regular helpers, our committee members and all our lovely members.

Onwards and upwards.

**Jacqui Wellbrook**

### Dartford ARA



At our November members' meeting, DartARA acknowledged the continued support of our first Chairman, Fred Furnell, on his 95th birthday with a birthday cake (*photo aside*) presented by Glenys Theobald, Vice Chairman.

Twenty-one years ago, Fred, with support of his wife Gladys, led the new club, DartARA, from strength to strength in its early years. He still regularly attends the monthly meetings, despite the loss of Gladys.

Fred also still enjoys his game of short mat bowls, walking up and down the mat with his walker, and the tea and cake afternoons.

**Maureen Dixon-Jones**

### Ditton & Malling ARA

On the afternoon of Monday 5th December, some 50+ members of the DamARA club descended on the *K2 Club* at Ditton for their Christmas Lunch. The venue used to be the old *Aylesford Paper Mills* clubhouse but was bought out in 2017 and is now the *K2 Sports Club*. The new owners have invested a great deal of money into upgrading the sports facilities here and also in making the club house a much nicer place to book a dinner.

We had a very nice 3-course lunch that included Turkey or Salmon, followed by a nice variety of deserts, in very tastefully decorated surroundings and we would recommend this place to other KentARA clubs. Our thanks to Maralyn for organising the afternoon and to Anne for arranging the very large raffle that had such a large variety of prizes.

**Tony Mulcuck**



### Downswood ARA



In case you didn't know, Downswood is a community on the outskirts of Maidstone.

We hold an annual Kurling Tournament. The 2018 event was won by Bill Payne, one of our oldest members, at the age of 91. In the final he beat our Chairman, who is 20 years younger, proving that age doesn't matter.

The photo (*aside*) shows Ivan Russell, who organised the event, with Bill Payne and Mary Pearce who won the Ladies Cup.

**Marian Harvey**

## Association Reports contd:

### Folkestone ARA

On 11th December, incoming Chairperson, Pam Huggett, welcomed 65 of our members to the Club's Xmas lunch (*photo aside*) at The Banqueting Suite in *The Leas Cliff Hall*. The sun was shining and views over The Channel were superb as we ate a traditional meal. Thanks to our Social organisers, Brenda & Christine for their organisation.



The New Year sees 12-hopefully-interesting speakers at our monthly meetings and our Social events and outings start with our traditional Beetle-Drive in February, a lunch (Brexit or not) at *Moulin Snick* in March, and a 5-Day visit to *Warners-Cricket St. Thomas* in April.

### Bill Newns

#### Hartley & District ARA

In October a social evening was enjoyed by members and a few friends. Entertainment was by *Chris Till* and *Sarah Barker*.

Two club lunches; at the *Duke of Wellington*, Ryarsh, and the *Papermakers*, Hawley. Both are very popular venues. Christmas lunch was held at the *Darenth Valley Golf Club*, Shoreham.



On the 14th November we saw the *Carpenters Story* at the Orchard Theatre, which everyone agreed was very good. Also in November, 45 members travelled to Torquay for a festive weekend. We arrived on "Christmas Eve", had mince pies with tea on "Christmas Day" and had the earliest roast turkey dinner that most of us have ever had on the 10th November. On Sunday we journeyed to Plymouth to attend the Remembrance service at the Hoe, which was very moving, with the 2-minute silence observed by the crowd of over 6,000 people. A wreath was laid by May Park (*photo aside*), our past Chairman, with words written by Joy Hamilton. In the afternoon we made our way to Brixham for lunch. A very enjoyable weekend.

We visited the *Peoples Post Museum* in the City of London on the 22nd November. Morning coffee was served in the *Museum of London's* restaurant, where a *Blue Badge* guide joined us and took us for a short walk, passing many old buildings previously used by the Post Office. After lunch we went to the Postal Museum and had a ride on the mail train beneath the streets of London. A visit thoroughly recommended. The coach then took us on a tour of London to see the Christmas lights, with a stop at *Somerset House* to see the ice rink.

November was a very busy month; our AGM was held on the 28th, when HADARA'S 25th anniversary was celebrated. Cheese, wine and a special cake to mark the occasion were served. Afternoon tea was the theme for our December meeting.

A New Year's Party was held on the 4th January with *Cut Loose* providing the entertainment. Also in January, the club recommenced its Line Dancing Classes, which are held on the 1st, 3rd and 5th Wednesdays of the month from 3 – 4 pm in the Hartley Church Centre, Ash Road, Hartley. Everyone is welcome.

On the 12th January 40 members visited the *London Palladium* to see *Snow White*, which was a spectacular show.

### Jean Rumbold

#### Hextable ARA

The diaries have been well and truly filled for HexARA members with plenty of events and activities – and all usually on a theme of eating and drinking!

In October, we had another jolly Barn Dance with *The Skinners Rats* and a supper of fish or chicken and chips, which proved to be another favourite evening and, towards the end of the month, the "The Peking Garden" in Dartford and "Monroes" in Longfield provided plenty of sustenance with the "Chinese/Carvery" night out. The annual dinner dance held at *Pedham Place* in November was most enjoyable with music provided once again by *Martin Charles* and, of course, it provides an occasion for the men to dress up with their "dicky" bow ties.

Another yearly popular event is the trip to the *Royal Albert Hall* for the *Classical Spectacular* and, again, it certainly lived up to its name.

{Continued on page 7}

## Association Reports contd:

{Continued from page 6} ..... December events naturally have a Christmas theme and, at the beginning of the month, we visited *Hever Castle* for the festive lights display which was a most enjoyable evening. A party night half-way through the month with entertainment from *Paul Cantara* was most popular, with plenty of party nibbles and wine flowing (!) and, in the week before Christmas, another visit to *Thursford* in Norfolk for the “Spectacular” show provided members with a most enjoyable overnight stop to put everyone in a celebratory mood.

There have been local theatre visits to *Erith Playhouse* to see some unusual but extremely well-acted plays. The monthly lunches and the short mat bowls seasonal lunch were all good fun. Monthly quizzes at our local hostelry of *The Lamb Inn* have been well supported, which provided another social afternoon with yet more eating and drinking! Added to that, the weekly short mat bowls, monthly ten-pin bowling and visits to the *Crayford Greyhound Stadium* are also all well supported.

We have had a variety of entertainment at the monthly meetings with an excellent talk from *Chris Wade* on the beauty of *Yellowstone Park* in November; an afternoon of music from *Martin Charles* at the December meeting, accompanied by cheese and wine (naturally). In January, we held our auction of unwanted gifts and items donated by members to raise a considerable sum of money for our charity, namely *Kent Air Ambulance*. So, with new diaries at the ready, we hopefully aim to carry on enjoying ourselves and keep well and “active”.

### **Wendy Ratcliffe**

#### **Kemsley ARA**

In October, we had another *Murder Mystery* afternoon. This was set on a ship with a dashing captain and some very glamorous passengers. It was hard to decide who was the murderer but Chris, a new member of our club, correctly deduced that it was Gill. A donation to *Macmillan* was collected; overall, it was a great afternoon.

In November, a group of us went to Eastbourne on a *Turkey & Tinsel* break. It was a good week with mild weather and two trips out to Portsmouth and Southampton. In that week, we celebrated the birthdays of two of our members, John and Keith.

We are now looking forward to our party in the church hall with the *Baggy Boys* entertaining us. We finally finish our celebrations at the *Dog & Duck*, for Christmas lunch, with entertainment by *Nick*.

### **Pat & Derek Carnell**

#### **Longfield & New Barn ARA**

As an act of remembrance to mark the 100th anniversary of the end of the First World War, twenty-five LANBARA members spent four days in the Somme area of France. With the help of an expert guide, we followed the story the story of the battle of the Somme, one of the bloodiest in our nation’s history. Making our base in Albert, we were able to visit many of the battle sites. As we travelled the lanes and walked the footpaths in the Autumn sunshine, it was hard to imagine the carnage which had taken place here except, of course, for the frequent sight of war cemeteries and poppy strewn memorials in every small village, most of which were completely destroyed during the battle.

We made lunch time stops in three of these villages; at Pozieres where the three Australian divisions fought, losing a third of their troops; at Auchonvillers at the *Ocean View* cafe, so named, after the Tommie’s name for the village and at the *Blighty* cafe in La Boisselle. It was at La Boisselle that we walked the perimeter of the *Lochnagar Crater*, a mine crater measuring 91 metres in diameter and 21 metres deep, just one of the 19 mines detonated on the 1st July 1916, the first day of the battle.

We climbed the farm track to the *Old Pals* memorials, men who had gone to war together from their villages and clubs and who had died together. At *Newfoundland Park*, the impressive memorial of a bronze caribou stands upon a mound looking out towards the German lines. It was here we were able to walk the well preserved trenches and the battle lines. We visited two museums; at *Delville Wood* the South African museum contains wonderful bronze bas-reliefs evoking the battle in which South African soldiers fought. At Thiepval, the new museum has a long gallery depicting the terrible first day of battle; a layout dedicated to the missing soldiers of all nationalities and a life size model of a German fighter plane for those interested in aviation.

There were many poignant moments during our visit; the small *Devonshire* cemetery, just two lines of graves of men buried together were they died; standing beside the graves of V.C. Holders listening to the accounts of their heroic actions and beside the grave of one young soldier as a relative read his letter written in the trenches. Because of its geographical location, Thiepval became an important position during the battle. The stunning memorial designed by *Edwin Lutyens* can be seen for many miles around and, at 45 metres high, it contains the names of 72,205 missing soldiers.

{Continued on page 8}

## Association Reports contd:

{Continued from page 7} ..... It was at the altar of the Thiepval Memorial that we held our short act of remembrance. Members laid crosses naming lost relatives and we laid a wreath in memory of the men from Longfield. We recited the now familiar words from the poem *To The Fallen* and we held a minute's silence. There were quite a lot of other visitors to the memorial and I became aware that they had stopped and kept silence with us; this is so typical of the folk we met on our travels.

Our four days were very full and sometimes tiring but we enjoyed each other's company, good food and wine and we were pleased that we had made the journey to REMEMBER THEM.

**Barbara Darvil**

### Maidstone ARA

On 27th November, in excess of 50 members made their way to Great Yarmouth for a 'Tinsel & Turkey' Holiday. The weather was forecast to be atrocious but, in the event, it was generally quite good. We had a break at Colchester for lunch and then continued to the hotel, where we were greeted by the Staff. Upon arrival there was a sherry and mince pie reception to get the break started in a festive mood. We were all allocated our rooms, some being better than others. We all enjoyed the evening meal followed by entertainment in the form of female vocalist *Kristie* who sang Xmas songs and other favourites. One song she performed brilliantly was a requested song from '*The Greatest Showman*'. Various versions of dancing were displayed by members including *Jiving* and '*Dad dancing*'. As the evening progressed, the doubtful talents of the MaidARA choir were encouraged to perform, much to the amusement of others.

The next day represented Xmas Day and, following breakfast, the coach took us to Norwich, where members sought to discover bargains for purchase and enjoy some lunch. In the afternoon, a quiz was held in the hotel. It was very competitive, but it was agreed the best team won. We all enjoyed our Xmas dinner followed by a visit from Santa, who gave everybody a gift. After a game of bingo, entertainment was provided by *Shelley*, who sang some classics from the past. She did a very good job of getting us all to participate in dancing and, also, getting Terry to accompany her on the tambourine. Later the choir resurfaced under the management of Marian and Terry and did their rendition of *10 Green Bottles*, *There's a Hole in my Bucket* and *We're All Going on a Summer Holiday*.

Thursday morning was free time so some members ventured along the windy sea-front to blow away the cobwebs. The main event on Thursday was '*The Thursford Christmas Spectacular*'. It was generally considered to be one of the best shows ever, covering many aspects of entertainment including carol singing, all types of dancing, comedian, circus artiste and *Wurlitzer* organ. With a lot of members being seated in the front row, or certainly close to the very lovely dancing ladies displaying all their talents, it was considered a good idea that we had taken a defibrillator with us although, in the end, it was not needed.

Friday was home day and we called into Bury St. Edmunds for a lunch stop and a final bit of shopping. We arrived back in Maidstone at about 4.30 p.m., a tired but happy bunch. A sincere thank you Gwen for all the effort you put into organising this lovely '*Tinsel & Turkey*' break which was enjoyed by everybody.

**John & Andrea Emery**

On 3rd December we held another very successful Christmas Kurling morning; nearly 40 people were there to enjoy it. The Kurling was won by Jean Gowing, 2nd was Brian Walker and 3rd Ken Walker. The long mat was won by Dee Hooker, 2nd Lesley Wilson and 3rd Bob Dyson. We then all enjoyed a ploughmans lunch. Ron Harman, who has run Kurling from the beginning has now retired to be replaced by Jean Gowing. It is sad Ron has had to give up; he really will be missed but health must come first. He will still come to the afternoon sessions. Jean thanked him for all he has done over the years and again Thank You Ron. Kurling has been very successful and lets hope it continues to be.

**Jean Gowing**

We had great fun at our Christmas Party on 5th December with afternoon tea prepared by the committee members. We were entertained by *Ray Spiller* presenting Christmas No. 1s from 1952, when the charts began, to the present day with interesting and amusing anecdotes. This proved a nostalgic afternoon with many members showing their dance moves perfected during the previous weeks holiday. Sixty-eight club members enjoyed Christmas Lunch at the *Hilton Hotel* on 19th December. In between courses, fun was had with party poppers, streamers and rocket balloons. The waiting staff had to duck and swerve to avoid these. As always it was a very happy occasion which we will repeat next year. A meal for this many takes a lot of organisation and thanks go to Jean Gowing for arranging the lunch and place cards with our choice of menu.

**Rita Powell**

## Association Reports contd:

### Meopham ARA

At MepARA we now have our own website. Take a look and see the lovely views of our village and our activities – [www.mepara.weebly.com](http://www.mepara.weebly.com). We are of course affiliated to KentARA and their site can be reached through ours.

As usual, we have been enjoying ourselves with both regular activities and special outings; -

Our November outing to *The Theatre Royal*, Drury Lane was well supported and truly memorable for both the opulent surroundings of this Grade 1 listed building and the magnificent staging of *42nd Street*. Players, costumes and stage sets are quite outstanding. The coach made good time on the journey up, affording us the time to look around Covent Garden and enjoy a meal or some pre-Christmas shopping. We enjoyed the luxury of boarding our return coach right outside the Theatre which made the whole experience of a trip to London very enjoyable.

We also visited *Bletchley Park* in November where we enjoyed a guided tour, which included recently renovated areas. A very interesting day out with lots to see and learn about. The demonstration of the workings of the *Enigma* machine proved rather mind boggling to many of us and the complexity of the work of the code breakers truly amazing.

In December we were off to London again to enjoy *Christmas Cracker* played by the Royal *Philharmonic Orchestra* at *Cadogan Hall*. A wonderful evening's entertainment of music and song, full of the Christmas spirit so evidently enjoyed by both the orchestra and the audience, who joined in wholeheartedly singing well known carols. It was so good we have reserved our places for next year.

We now look forward to the New Year activities including organised holidays both at home and abroad.

### Philip Boswell

#### Orpington ARA

We boarded the coach on a sunny but cold morning. I hardly recognised the male members all wearing jackets, shirts and ties. The ladies were looking good as well in their finery. We arrived in good time to board a cruise ship, docked in Tilbury, for our Optara Christmas lunch. The coach would return for us at 4pm. There was the usual banter amongst the members as to who needed to board via the luggage ramp! Spirits were high. Then it began!

We were informed that the ship needed some minor repairs and was going to sail to Dover with us on board. Liz, who had arranged the trip, was furious at the last minute change of plan with no warning. We had a choice; a refund or sail with the ship and arrive at Dover at 8pm to be coached back to Tilbury. We all deliberated and, as our coach had gone on to another job, we decided to sail with the ship but only after Liz made them promise to coach us back to Orpington from Dover and not take us all the way back to Tilbury. After all, another 4 hours didn't seem too long and we had been offered free drinks for the voyage, and a light snack before we disembarked. We all filled in a medical questionnaire and had our identity checked.

The afternoon went well with a five course dinner accompanied by wine and coffee. An excellent Christmas show followed. We then explored the decks with something different to see on each of them. One or two of us even received a text from our network roaming welcoming us to Italy! Strange!

Then the evening started to drag a bit. Land was just a twinkle in the distance and the ship vibrated now and again. An announcement came that we weren't going to arrive until 9pm. Groans! But still upbeat! 9pm arrived and it was now going to be 9.30pm. due to the wind. Time went by and then, after a malfunction with the gang plank, we couldn't get off because of the tide! We all waited around, anxious to get off but now very little information came our way. This was making 600 tired and weary passengers cross and frustrated. We finally disembarked at 11pm.

It was very windy and pouring with rain so we were each helped across the gangplank by one of the crew. We were all glad to get on the coach even though some of us had left things on our original coach. Good, we are heading for home. Oh! no! The M20 is closed for resurfacing, so over to the M2. Oh! no! The M2 is closed for resurfacing as well. Thankfully the driver knew his way around and we eventually arrived at Orpington and I got to my home at 1.30am.

A big thank you to Liz and Geoff for being so positive!

### Maureen Perrin

#### Shorne ARA

During the year we raised £346 on different events. In May we had a Race Night and raised £127 for *Cancer Research*.

*{Continued on page 10}*

## Association Reports contd:

{Continued from page 9} .....

In August we raised £166 towards the training of *Guide Dogs for the Blind*. Then in September, from donations in the last six months, we raised £52 for SSAFA. Also, our Ten-Pin Bowling and Short-Mat Bowls Groups are donating money to our local Hospice, the *Ellenor Foundation*, instead of sending Christmas Cards to each other. We will be continuing to make more donations during the coming year.

### Maureen Horsham

#### Sittingbourne ARA

SIARA are very sad to inform you that Joy Kiley, our holidays and outings organiser for many years, passed away on 6th November. She will be greatly missed by everyone at SIARA.

On a happier note, this is Ernie Slarks (*photo aside*) who, at the age of 95, still regularly attends our Music Appreciation Group. Ernie brings a great selection of music from his extensive collection and is always ready to relate stories about the music or his very eventful life.

On this occasion, after the meeting Ernie entertained us to afternoon tea prepared by himself

### Margaret Clark

#### Thanet ARA

TARA have been busy with celebrations in December. We had a great festive Christmas Tea Party, a little wine, followed by good food, then music and dancing; everyone enjoying themselves. Then, 49 members went off for a "Turkey and Tinsel" break in Shanklin on the Isle of Wight. It was a great time for everyone. The hotel was decorated ready for Christmas with lots of fairy lights and Christmas trees; very pretty. Excellent food and drink...*hic...hic..*, entertainment every night, accompanied by loads of laughter and happy faces, with most members dancing their little feet off. Our day out was fun, even though we had heavy rain and wind. We enjoyed a visit to *Winter Wonderland* and then vineyard, which included a *tipple* Session .

Back home, members had another celebration; this time our annual Christmas meal, at the *Dog & Duck* in Monkton. Members enjoyed themselves consuming more excellent food and drink, followed by more dancing to burn off all those calories. Sure to say, TARA members know how to enjoy themselves.



At January's meeting we invited *Porchlight* and *Air Ambulance* to come and collect cheques, (money raised By TARA members) with both representatives giving a talk on their respective charity. Question & Answer sessions were also held, which made this very interesting for members. In February members will be nominating new charities to benefit from TARA.

The photo aside shows Andrea Gunner, Secretary, presenting cheques to *Porchlight* and *Air Ambulance*, TARA's chosen charities for 2018.

### Kathleen Corfe

#### Tonbridge ARA

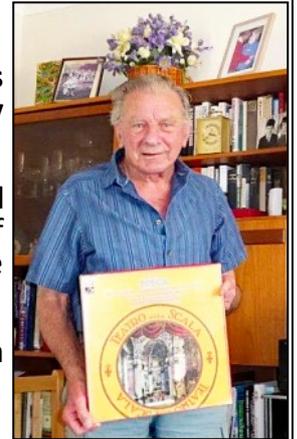
The Chairlady, Pearl Farr, of Tonbara club has retired after 10 years in that post. We at KentARA and TonbARA thanked Pearl for all her hard work and dedication by presenting her with a bouquet of flowers and Honorary Membership of TonbARA (*photo right with Joan Rhodes*).



Pearl was very pleased and said that she could not believe it. We all wish her lots of luck and health in the future.

The photo to the left shows the Pearly King & Queen who entertained us and made it a happy afternoon for all.

### Joan Rhodes



# Line Dancing



**FOR  
THE  
OVER 50s  
WITH THE**



## **KENT ACTIVE RETIREMENT ASSOCIATION**

**JOIN US AT  
Larkfield Village Hall  
New Hythe Lane  
LARKFIELD Maidstone**

**EVERY MONDAY  
Except bank holidays**

***New beginners' class - starts Monday 12pm***

***Easy Class - every Monday starts 12-45pm***

***Advanced Class - Every Monday 2 to 4pm***

**Enquiries tel. Gerald 01732-870715**

***Just turn up and join in the fun***

**Help fund the opening of new Active  
Retirement clubs in Kent**

## Poetry Corner - a selection of poems contributed by members

### OUR GARDEN

It is with great pleasure  
We sit in our garden chair  
and look around our garden  
at the flowers that are everywhere

Everywhere, we look, there is colour  
To please the eye  
There are many different flowers,  
and the trees seem to reach the sky

There are tubs on the patio  
and climbers on the walls  
The ponds, there are two, and  
Are joined by waterfall

The fish of which are many,  
Shimmer in the sun  
Swimming in the water  
They seem to have such fun

Hiding under lily pads, or under the cascade  
The life is so abundant  
in the lovely pond we've made  
The birds sing all day long  
And are very near

They bathe in the bird baths  
And have very little fear We have few moments when  
We can relax and take a look  
at all the lovely things here  
by our very own 'Babbling Brook'

Here in our garden full of colour  
We can sit and rest a while  
To look and and listen to nature's work  
For here she comes out in style

*Sue KiIbride - MaidARA*

### RETIREMENT

Retirement looms! I'm nearly sixty five.  
Once I've left work how will I survive  
Without the drive and purpose of each day.  
I might as well give in and slowly fade away.

Those were my thoughts some years ago,  
But I've found the retirement I dread so  
Is exciting, a blessing, a wonderful way  
To feel young again and keep old age at bay.

Each day still has purpose and drive  
To find new hobbies on which to thrive.  
So many activities from which to choose.  
And if they tire you - a midday snooze!

Take up a sport if you are so inclined,  
Or find a new pub where you have not dined.  
Put on boots and tackle a long country walk  
Or just sit with friends and enjoy a good talk.

Look after the grandkids, but not too much.  
Just enough to keep in touch.  
Mow the lawn, trim the edges.  
Grow lovely flowers and your owns veggies.

You could fly off to far away places,  
Or book a leisurely cruise and meet new faces.  
Maybe take up a course or learn to sing.  
The worlds your oyster, you can try anything.

Don't waste a moment wishing you were back in  
the past.

Look forward, savour your life to the very last.  
There are so many new experiences for you.  
Make the most of retirement just as I do!

*Judy Spencer - HayesARA*

### THE MEETING

SIARA meetings are really quite good  
If you haven't been yet then maybe you should.  
The Chair and the Sec start by having their say  
Of what's been on lately and what's on the way.

The raffle's drawn next and if one prize is booze  
That's the first thing the winner will choose.  
Next on the agenda a nice cup of tea.  
Time to circulate, and old friends to see.

The bookstall may have something to suit Ya  
There's always a rush for the Karma Sutra.  
You can reserve day trips or holidays away  
But there is a downside, you do have to pay.

Then a talk on subjects which my a few bore.  
You can tell just how many when hey start to  
snore.  
When the talk's finished it's time to go home  
But when we stand u, our knackered knees groan.

We totter off home a sight to be seen  
There's more sticks in here than the Forest of  
Dean  
An enjoyable afternoon, really quite fine  
Stay fit and wealthy see you next time.

*Ian Mantle - SiARA*

### RETIREMENT

Now that I have retired its time to have  
some fun

Going out for lunch and sleeping in the sun

No more alarm clocks and very busy days

Now I can linger enjoying the haze

Pottering in the garden at my own pace

No one telling me I must get on with haste

A garden centre now becomes a place of  
glee

Shall I choose some flowers or should I  
pick a tree

A coffee out and maybe some cake

It does not matter if dinner is late

I am my own boss of my time and day

And I shall enjoy it in my special way.

*Sue Beever - ShadARA*

## 2018 KentARA 10-Pin Bowling Competition

This year's competition was held at the *Rochester Bowl* due to the fact that Gravesend closed its doors to the public as its lease expired in July 2018. Still a new venue and what a day.

This year's tournament was organised by *ALL(ington)ARA* and, for those who are not sure where it is, it's just 3 miles west of Maidstone. Some 18 ARA's entered, a total of 44 teams (18 mixed, 17 men's, and 9 ladies) so, as you can see, we took 22 of the 24 lanes available.

It was a shaky start with the centre not being in the most helpful of moods but, eventually, all teams had a brief period where they could '*get their eye in*' and the competition started in earnest at 10.45am with some very good scores. Nearly three hours later, we saw the event coming to its conclusion when the scores for all three games were added together. As we know, the tournament was based on a team event so there were no trophies for the highest individual score.

Our thanks to Joan Rhodes (*acting Chair of KentARA*) for presenting the trophies.

The results for each classification were as follows:

- **Men's winners** with **1251** pins were **STARA 1's** (*Snodland Town*) with Jonno White, Roy Farrow and Mo Head taking the trophy;



- **Ladies winners** with **1156** pins were **ISTARA** (*Istead Rise*) consisting of Pauline, Helen and Pat (*sorry no surnames given but they know who they are*).



- **Mixed winners** with **1082** pins were **CLIFARA** (*Cliffe Woods*) with Ian Proctor, Jo Brown and Ted Cutts.



STARA will be taking the lead for arranging the 2019 KentARA 10-Pin Bowling Competition.

Our thanks go to Brian Underwood who organised the event, his good lady Marilyn; Gay, David who was a jack of all trades, Di LeFevre who was our master scorer and to Mandy and Arthur, who were the raffle guru's, raising £107 for Cancer Research. Without their help it would not have been such a successful event.

See you next year

**Ian Bateup (ALLARA)**

## Poetry Corner (continued) ...

### RETIRED AND HAVING FUN

Wonderful days in yule times past.  
Thinking back, years go so fast.  
Family came to us for dinner  
My home made trifle was always a winner  
A game of cards, and children danced  
Hiding in cupboards, over chairs they  
pranced.

In recent years, I decided a change.  
Something different, did I arrange.  
No cooking or washing up was done.  
My aim was really to have some fun.  
No stuffing the turkey, no sweat no  
stress,  
Instead, polished nails, strappy shoes and  
a party dress.  
Entertainment, good food, wine and cham-  
pagne.  
I would love to spend Christmas  
In a hotel again.

The family left home and  
Now time is my own.  
Is it time for fun? Has life just begun?  
When you are single and retired,  
You can do a you like,  
Except for one thing, now what could that  
be?  
(memory fading) - I know - ride a bike!

**Janet Granger - RamARA**

### CRAFT

Chatting and laughing we make such a  
noise

While friends all around us make awesome  
soft toys

And amazing cards and wonderful sewing  
And colourful lanterns with small lights  
aglowing

I look at my knitting but what is this I can  
see

It's two lovely ladies with biscuits and tea  
Silence is golden as we both have our  
drink

Then getting up slowly take our cups to  
the sink

We look at the clock what time can it be?

We've done nothing again my friend Ann  
and me.

**Jackie Baker of CALARA**

*Our craft organiser said "Socialising and friend-  
ship are equally as important as creativity. Come  
and join us for an enjoyable afternoon."*

**Aurora Borealis - Alta, Norway**  
(3rd November 2018)





# KENTARA



**PROUDLY PRESENTS**

## A TEA DANCE

**AT**

### DITTON COMMUNITY CENTRE

DANCING TO STEPHENS MUSIC

FRIDAY THE 10<sup>TH</sup> OF MAY

1.30 FOR 2PM START FINISHES AT 5PM

ENTRANCE ONLY BY TICKET

COST £5 TO INCLUDE TEA, CAKES AND PLENTY OF  
COLD DRINKS



CONTACT GERALD BENHAM

01732 870715

***JUST TO GOOD TO MISS!***



## **Auditors, Auditing and the Constitution**

KentARA has been made aware that the Constitution requires amendment because of changes in the Law. This is administrative and should not affect the manner in which Clubs' accounts are checked at the end of the financial year. Therefore, it is strongly recommended that Clubs vary their constitutions at an Annual General Meeting (*or at an Extraordinary General Meeting, if you so wish*) by means of a suitable proposition.

In the Finance section it states *'The Annual Accounts shall be audited by an Auditor appointed at the AGM'* or similar wording. Please delete this sentence and add – *'The Annual Accounts shall be independently verified by verifier(s) appointed at the AGM (or by the committee)'*. It will be up to each Club to decide whether the words in the brackets are included. In the paragraph for Annual General Meeting, please delete *'Auditor'* and *'Audited'* and add *'Verifier'* and *'Verified'* in the appropriate places.

The *Companies Act 2006 (Amended)* strengthened the meanings of *Auditor* and *Auditing* so that now only professionally qualified people can sign off audited accounts i.e. *Qualified Accountants*. Clubs, whose turnover is usually well below the level required for a professional audit, can use *'verifiers'* which most of you do.

Information on the web indicates that if your constitution states that the club must audit its accounts, the committee has a legal obligation to ensure this happens and could be personally liable for not ensuring this is carried out.

**P J Waller**

## **THE KENTARA SPONSORS**

***Our thanks to the following firms, which have kindly agreed to sponsor Kent Active for 2018/9***

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## **“Did You Know ?”**



### **The Cocoa Bean.**

**With Easter just around the corner, I thought I'd talk about Chocolate well, technically, the cocoa bean itself.**

**Chocolate has been making it's 'health benefits' rounds again with claims of reducing blood pressure; the release of dopamines from the pleasure of eating chocolate relaxes the body, taking stress levels down or, indeed, if you have low blood pressure, a boost to blood flow and circulation will occur from ingesting it.**

**Much is known about the quality content of Chocolate. We know that dark chocolate containing above 60% cocoa is the preferred choice for health benefits, due to less fats and sugars added. We all know chocolate makes you feel good. The production of chocolate and the ability of it melting with ease at mouth temperature makes it quite addictive or, when added as cocoa powder in a hot drink, it is said to help you sleep, but did you know...?**

**The Cocoa bean is a fruit, this is because the Cocoa Pod in which a bean sits is the fruit of a tree; the bean itself is the seed.**

**A humble cocoa bean contains a source of both epicatechin, nitric oxide and gallic acid, all of which possess cardio protective properties.**

**A solo cocoa bean contains a good source of anti-oxidants and flavonols for health and well being and yet only holds 10 calories. One bean weighing an average of 2g makes a 100g chocolate bar.**

**You can buy cocoa nibs, which is the bean grounded. This is a great way of getting the additional benefits of zinc. It can be sprinkled onto your cereal or into a cake mixture. Cocoa nibs are available in health food shops and some supermarkets.**

**One of the most prized cocoa beans are from Ecuadorian Amazon, called the 'Arriba Cacao' bean. This bean is termed Noble bean – 'Theobroma Cacao' (God's Food Gift).**

**So, with this all said, it is no wonder Chocolate has been a valued commodity for so long.**

**Best Wishes**

**Andrea Ellerby  
Membership Secretary**

## JOHN HARDIMAN

The founder of the Active Retirement Association has been identified as John Hardiman. However, he was not alone in this venture. Enquiries have led us to believe that in 1983, John was one of three men (*one who has been identified as Frank Fellows, the other currently unknown*) who had recently retired from Pzfizers and, when they got together, moaned that there was no club for any active interests in Thanet that they could join.

John was head of the department for Pensions at *Pzfizers* and asked his ex-employer for some assistance in setting up a club. With a small start up fund for the rent of the hall and placing an advertisement in the local papers, they booked the *Hilderstone Hall* for one afternoon. On the afternoon of the meeting, the hall was packed with like-minded retired people and TARA (*Thanet Active Retirement Association*) was born.

John was Chairman and a Treasurer and Secretary were installed. They decided on the title of TARA because then retired active people over 50 could join from the Thanet towns. Little did they realise at the time that numbers would increase so much that other ARAs would need to be set up and have been over the years, throughout Kent.

Currently, there is a plaque in *St. Peters Church*, Broadstairs, commemorating John's work for all the ARAs. There is also a remembrance bench commemorating John, situated in *Albion Gardens*, Broadstairs.

Margate was the second town to introduce an ARA shortly followed by Ramsgate.

To achieve the loan from *Pzfizers*, they formed the organisation called STAR (*Society of Thanet Active Retirement*) which, in their presentation, stated it was for all Thanet towns. Little did they know what they had started.

John was a very approachable and accommodating fellow.

No holidays or trips commenced until all the Thanet ARAs had been established. John and his wife Anne visited and attended nearly all the start up meetings. John, in fact, held the office of Chairman or Secretary or Treasurer in many of the clubs to get them going. The first meeting place for RAMARA was *St. Lawrence Church Hall* but the club quickly outgrew the facilities and moved to *The Odds Hall* in Ramsgate. Monthly meetings were held with all ARAs. John chaired those meetings and was followed by Frank Fellows - these we now know as our local Area meetings and in this case it was Area 1. Frank Fellows moved on to become Chairman of RAMARA and, as we are all aware, club numbers and membership just grew, grew and grew to the success it is today.

***Frank Stocks***  
***Chairman RAMARA – Area 1***