

Active Lifestyles

Active Mind, Body and Spirit

Your Monthly Newsletter - August 2021

Happy Holidays!



by Andrene McDonald

Dear Members,

Well we finally came together on 2 July 2021 at Clarence Park after 17 months at home under lockdown, to enjoy each other's company, eat good food and catch up on each other's lives. We were blessed that day with lovely sunshine and a clear blue sky. We had a lovely spot in the park by the bandstand with surrounding benches and the avenue of trees providing shade from the hot sun. St Albans Council did us proud by providing additional chairs so there was plenty of seating however as you can see by some of the photos, courtesy of Monir Ali some of you brought your blankets to sit on the grass. The full set of photos will shortly be on our website, www.activelifestyles.org.uk for viewing. Our visitors were Peggy Sharp, the Community Engagement Officer at St Albans Council,

Sarah Keeling, Curator at St Albans Museum, Rushna Miah and Naomi Duncan, BAME Covid Recovery Development Officers (West Herts Area) and also Shelly Hayles with her film crew filming Pauline's activities.

Kumaree spoke to some of you at the picnic and your thoughts were 'It was a good day', 'enjoyed the day', 'made a change from isolation, 'the PARK was a good venue', 'felt safe, food was very good, 'was well informed', 'was good to meet with again', 'well organised event', 'made a difference'.

Our picnic in the park proved so successful that Active Lifestyles have been asked by other groups to have a joint one before winter sets in. **Therefore we will be meeting once again at Clarence Park, by the band stand (subject to the weather) on Monday 23 August 2021, from 12:30pm.** This time we will be joined by Hertfordshire Asian Women's Association, (HAWA) and Herts Welcome Refugees; so we will have a mixed crowd of men, women and children, a selection of different cultural foods and fun and games. Please come along and join us, it is your attendance that makes the day successful.

I will be booking some indoor events in September and October at Townsend Tennis and Bowling Club as the weather changes; the dates will be in the September newsletter.

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.

I hope to see you on 23 August 2021!

Blessings, Andrene



Images by: Monir Ali

Happy August Birthday Celebrations!



Arti Kumar
Dina Mandalia
Phyllis Stapleton
Clare Dover
Alison McCarthy

Black Futures Event

Shared by Shelley Hayles

An evening to celebrate Windrush Day 2021 will be held on Friday the 6 August 2021 at 5.45pm. St. Albans Museum and Gallery, Town Hall, St Peter's Street, St Albans, AL1 3DH. £10 tickets are available on the museum website



via eventbrite.

The evening will be a panel discussion event designed to celebrate Windrush Day 2021 and reflect on what was said during the St Albans Black Lives Matter protest a year on.

For further information please contact: Shelley Hayles at blackfutures@outlook.com.

For donations please follow the link: <https://www.justgiving.com/crowdfunding/black-futures>

We do hope to see you there!

Street Food Market

Shared by caravanserai

Cultural Food Market in St Albans Town Centre!

Pauline Stapleton now has a food stall in the Cultural food market which is every 2nd Thursday of the month from 4pm in St Albans Town Centre. The final one until further notice will be held on 12 August 2021

Stalls also include a mixture of different cultural homewares, drinks, accessories and charities + much more.

Follow @caravanserai_markets or contact Raihannah caravanseraimarket@gmail.com
Tel: 01727 649070

One Voice Community Fair

Shared by Zaitun

The first One Voice community event took place in July 2021 to mark the South Asian Heritage month. One Voice is the first group to lead this celebration

in Hertfordshire and it was well regarded by all those who attended. "Our next event is on Sunday 22 August from 11am to 5pm at Stanborough Park where we will bring communities together to host an open-air event where we can share and celebrate food, art and culture. There will be lots of activities and entertainment for all ages. We will be working in partnership with statutory bodies such as Hertfordshire County Council, Hertfordshire Fire Services, Police, local council and other charities. Please join us at this event, here is the promotional video:

<https://youtu.be/nLTXSK4YuIE>

Black History Research

Shared by St Albans Museums

We need to record our history for future generations, our children, children's, children and so on. They need to be able to read about how we came to England and helped build Britain wherever we settled. Sarah attended the picnic on 2 July 2021 to see if she could gather some information or contact details to discuss on an individual basis. We have the opportunity now to say what we did to be read by the future generations so please take part.

I used to monitor the NHS in North West Hertfordshire, (St Albans, Watford etc.) so I am aware that we had the largest mental and learning disability long stay hospitals in Europe. People from the Caribbean, Ireland, Mauritius, Italy, Spain, China etc. came and worked in those hospitals until they were abolished. There were a lot of people from different countries that helped with the economy and development of Britain as it stands today and it is not mentioned. People also worked in the acute hospitals and other areas.



The St Albans museum is researching these 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 not mentioned.

Please let me know if you want to add your story or email sarah.keeling@stalbans.gov.uk and she can give you some more information.

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

Poetry Moment: Midsummer, Tobago

by Derek Walcott

Broad sun-stoned beaches.

White heat.
A green river.

A bridge,
scorched yellow palms
from the summer-sleeping house
drowning through August.

Days I have held,
days I have lost,
days that outgrow, like daughters,
my harbouring arms.

Minister's Corner

by Minister Urla Rollins

Greetings!

“Now our Lord Jesus Christ Himself, and God, even our Father, which hath loved us, and hath given us everlasting consolation and good hope through grace, Comfort your hearts, and establish you in every good word and work.” (2 Thessalonians 2:16, KJV)

Blessings

Glorious Food

cooked by Ken Mounter eaten by Debbie McDonald

Hi everyone, my name is Ken and I wanted to share a great and easy recipe.



A bit bored with the regular chicken Sunday roast. I made an effort to buy a beautiful cut of beef, known as a Tomahawk steak, from a local butcher. It's a ribeye steak cooked with essentially 5 inches of rib bone intact.

To prepare season the steak with:

Ground cumin, salt, black pepper, cayenne pepper, smoked paprika and fresh crushed garlic.

Place on a dish and cover with cling film or foil and leave overnight in the fridge.

Before cooking remove any covering and leave to sit at room temperature for an hour.

To Cook: Get your best griddle pan out for some fun cooking. Pour in a little olive oil and heat the pan, medium to hot. When the pan is ready, using a hardy pair of tongs, sear each side of the steak for approximately 8 minutes; you can now smell the aroma from the spices wafting around the kitchen. Place the meat in an oven for between 20- 25 minutes at 200c depending on how well done you like to eat it.



Remove from the oven and leave to rest, loosely covered with foil.

Serve with béarnaise sauce (which you can buy at any supermarket), a leafy salad and a good full bodied red wine.

Go on, treat yourself!

A nice and easy Sunday rustle up!!

Enjoy!!!

THIS MONTH'S NOTICEBOARD

SAD NEWS

William (Bill) Samuels passed on Monday 26 July 2021 our thoughts are with the family at this sad time.

Our condolences also go to the Richards family on the sad loss of their uncle, and to Zilpha Stapleton on the sad loss of her father Mulin Stapleton.

HELP AND ADVICE

- **Hemel Hempstead Community Fridge** – submitted by Enid Saunders

Please come and say hi and check out your local fridge! We redistribute good surplus food for free to anyone who can save it going to waste. We also take donations of good food you will not be eating and save it going to landfill and feed others.

Have a donation? Please text for collection on 07845 177014

Facebook@HemelFridge

Open 11am to 1pm Wednesday and Saturday, Highfield Community Centre, Bellgate, Fletcher Way, Highfield. HP2 5SB

Please come via the back door in the car park

- **Inside Success – IS**

IS magazine is a quarterly youth magazine which aims to enhance the skills and aspirations of young people which will assist to enable them to participate in society as mature and responsible individuals.

We also directly tackle social issues affecting young people such as youth unemployment and supporting young people back into education and training.

How do we do this?

Our magazine allows young people 16-24 from all backgrounds to work to earn money to support their general living costs such as travel, food, education and the development of independence through becoming a vendor and selling the magazine across London. When a young person volunteers with Inside Success it enables them to gain valuable work experience and develop skills such as:

- Building up confidence
- Improving communication skills
- Learning to deal with rejection
- Improving sales skills
- Work experience

Covid Information Champion Update 15/07/21



We will be moving to Step 4 of the roadmap from Monday 19th July next week. However, the pandemic is not over, cases are increasing rapidly. Although in step 4 many of the legal restrictions will be lifted, cautious guidance will remain as this is not yet a return to normal. We still need everyone to do the basics:

- 1 • Get vaccinated if you're 18 or over.
- Testing when you have symptoms using a PCR test, and isolating when positive or contacted by NHS Test and Trace, or when advised to by the NHS COVID-19 app.
- Keep washing your hands thoroughly and regularly.
- Ventilate workplaces and social spaces
- Take a rapid or 'lateral flow' test twice a week, if you don't have symptoms

- 2 Step 4 means that many of the legal restrictions are being lifted, with no legal limits on social contact or life events, and the reopening of nightclubs and larger events.

- 3 The ongoing effort to vaccinate our population continues at an unrelenting pace. This week saw us reach two notable milestones, with 1,000,000 Hertfordshire and west Essex residents having had their first dose and 750,000 now fully vaccinated. Some really remarkable teamwork has gone into achieving these results.

- 4 It has never been easier to get vaccinated, with over 400 walk-in and pop-up clinics offering first and second doses in just a two-week period. Vaccine centres are offering longer opening hours for walk-ins so people can turn up without an appointment at a time that suits them. As well as sessions for Pfizer and AstraZeneca, some centres are offering the Moderna vaccine at walk-in clinics.

While we are moving away from most legal restrictions, the guidance is there to help us all act responsibly. While cases of COVID are rising rapidly in our area, it is essential that everybody follows the guidance and takes action to protect themselves and others. Many shops, businesses, employers and individuals will choose to continue with social distancing and wearing face coverings in crowded indoor areas.

- Team work
- Leadership skills
- Setting and achieving targets

To subscribe to the monthly magazine will allow a young person access to:

- A Career Mentor
- Free CV and career workshops
- Paid work experience

Visit: www.insidesuccessuk.co.uk/magazine

QUIZ

Question Time! Any Answers?

1. How many squares are on a draughts board?
2. Which country got Gold, Silver and Bronze in the same 100m sprint in Tokyo

3. Which nun won the Nobel Peace prize in 1979?
4. What is the capital of Turkey?

Answers:
A1 - 64
A2 - Jamaica
A3 - Mother Teresa
A4 - Ankara