



Newsletter April 2020

Hi All

Please don't think just because we are no longer having our normal activities, that your Committee has shut up shop! Quite the reverse. I dread to think of the number of hours and phone calls Malcolm and Brenda have made over the last weeks. Those of you who received their emails will appreciate that fact. Organizing the Trips themselves is a most thankless task, but Malcolm has the knack of coming up trumps every time, so watch this space.

I must admit when I wrote last month's Newsletter, I was not expecting the circumstances we are all under this month. I can only imagine the numbers of Members that are "self-isolating" due to the age thing! A number of my friends already thought my living down by the river that I had already "self-isolated!"

At least one small bonus is we have just reached the first day of spring, and the weather at the moment is reflecting that, despite everything else that is going on around us.

Throughout the year we had planned so many UpARA extra activities, including our 6th Birthday Bash, VE Day Celebrations, which appears a little hollow in view of present circumstances. I'm sure our parents would have been disgusted with the present attitude of shoppers, after all the years of rationing they endured in the Forties!

We have a data base of at least 160 members, which can be used as an extra asset: it's a link/helpline between members and the Committee so don't be afraid to contact us on www.upara.club, or the usual phone numbers.

You will notice obviously that the format of the Newsletter has changed, Bryn and Roger have been trying some bibs and bobs to add to your enjoyment, please bear with us, and we will be using and improving the Newsletter over the next few months, to keep UpARA in the local and wider audience! If you know or are aware of a member who is not on the internet, please keep them in the picture, we will be printing extra Newsletters as usual, it's just a matter of working out the logistics to get copies where they are needed.

Keep up that Dunkirk Spirit! Stay safe and healthy.

John W

Janetta has been working to record a short Pilate's session to share on the internet - free of charge. She will share a link and password after it has been edited and put online.

Tracy, our Art Teacher is going to send out homework for members of the Art club, which will be forwarded in due course. Perhaps members not in the Art club could have a go too.

Also, copies of the spring edition of Kent Active will be in electronic format and will hopefully be sent out to all in mid-April.

Laughter is the Best Medicine

Why are there no pain killers in the jungle? Because the parrots ate 'em all!

Did you hear that John Travolta has tested negative for the coronavirus? It turns out it was just Saturday Night Fever!

Martian1: So how did all the Earthlings die? Martian 2: They used so much toilet paper they wiped themselves out!

Newsletter April 2020

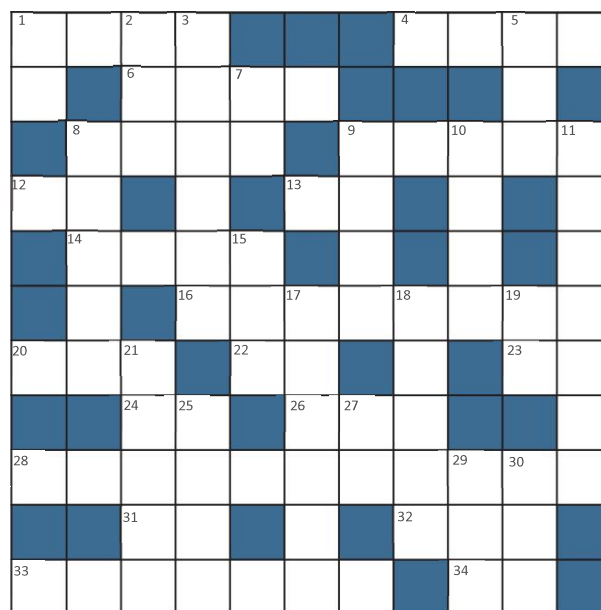
UpARA Crossword April 2020

Clues Across

1) Middy (4) 4) Beckham's Wife (4) 6) I'd rather be a hammer than this (4) 8) Often heard around Upchurch River Valley (4) 9) Essential for Art Classes on a Tuesday (5) 12) Northern Italian River (2) 13) 3.14159265359....(2) 14) Joe ...World Cup Winning Captain (4) 16) Upchurch's 19th Century Diarist (8) 20) Where Goldilocks was found (3) 22) The other side of the Irish Sea from Ireland (2) 23) Titanium (abbrv) (2) 24) Telly Savalas wondered this in 1974 (2) 26) If two were taken away from Lower Halstow, there would only be one (3) 28) Wednesdays at 10.30 (4-7) 31) Joaquin '___Chapo' Guzman Netflix Drama (2) 32) Gardening tool (3) 33) Played on First Monday and Fourth Friday by some.... (7) 34) Sun cream protects these Rays (2)

Clues Down

1) Note well (2) 2) John and Yoko's Plastic Band (3) 3) Close (6) 5) Help! (3) 7) That is (abbrev) (2) 8) Lane down to Lower Halstow (5) 9) Cockney Rhyming slang for 'Doing Time' (4) 10) Asian Language (4) 11) What was the Wolf doing outside the little Pigs' houses? (7) 15) Our Chairman's Dog? (3) 17) Acquire (6) 18) American Stock Farm (5) 19) Paper for Stocks & Shares (2) 21) Suzanne Vega at Tom's (5) 25) What Humpty Dumpty did (4) 27) Reversing the Action of the Simple Verb (2) 29) Promissory Note (3) 30) Vegas State (abbrv) (3)



Members can send their answers back to Bryn and correct ones received by 17th April will be entered into a draw to win a coveted UpARA T shirt! As a reminder we still have T shirts in every size if any members would like to purchase one when things are back to normal.