

THE WHITSTABLE CLIPPER



ISSUE 3



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CONTENTS

- 4: Local Plan Conference/KAE 2021
- 6: Obesity and COVID-19
- 8: Seniors Helping Seniors
- 10: Resurfacing Complete
- 12: The Coding Conundrum
- 13: Shepherd Neame
- 14: Spectacular Sunsets
- 16: Garden View: Grow Rhubarb
- 18: The Galley: Jambalaya

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PUPILS JOIN LOCAL PLAN CONFERENCE

Dozens of pupils from the district's secondary schools have taken part in a virtual conference to help the city council shape the future of the area.

Students from across all years at the Whitstable School, Spires Academy and Simon Langton Grammar School for Boys were involved in the special event last month on Friday October 16th.

The conference gave the pupils the opportunity to tell the council what they think the key local issues are for the next 20 years and how they would like things to be improved.

Particular areas of focus were the future of the city and town centres and how the district can tackle climate change.

Council Leader Cllr Ben Fitter-Harding said: "As we develop our new Local Plan we've been consulting with different groups of people who have an interest in our district's future.

"One group that really matters to me are the school pupils of today who represent the residents, workers and visitors of tomorrow. It has been brilliant to get a sense of what they want our future to look like.

"To all those who took part, thank you for sharing your ideas with us, and I hope that the decisions we take will serve you well long into the future."

The conference aimed to complement the recent public consultation carried out by the council on the current issues the area faces.

Any other secondary schools that would like the opportunity to take part in shaping the future of the district should email planning@canterbury.gov.uk.



KAE 2021 COURSE RELEASED



Kent Adult Education is launching a new range of courses, with some being held at selected centres which have reopened in a COVID-19 safe environment.

However, many of the courses, which begin in January, will be online and interactive, delivered in real time.

Courses cover arts, craft, languages & communication, fitness & wellbeing, and a whole host of other subjects including business & IT, counselling & psychology, teaching & learning, writing & literature. There is also a "limited editions" range which offers something a bit different and out of the ordinary.

The courses being run at the KAE centres are primarily those which require specialist equipment and facilities, and the numbers able to participate will be limited so booking ahead is essential. For information on which centres are currently open please visit: www.kentadulteducation.co.uk/about-us/news/the-following-centres-have-re-opened/

Adult education courses are suitable for anyone aged 19 and over and offer opportunities to learn a new skill, find a hobby, try something new as well as numerous physical and mental wellbeing benefits. To browse the courses currently available please visit: www.kentadulteducation.co.uk/new-courses/

Kent Adult Education is also currently offering free Essential Digital Skills courses, which are already running to help learners gain the skills they need to stay safe online, use their devices effectively, safely shop online, update software, find useful information on the internet, and how to create basic documents.

Kent Adult Education's courses are taught by specialist tutors.

Find out more at www.kentadulteducation.co.uk or call 03000 414025.

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What is the link?

At the time of going to press, the Canterbury district had recorded 1,145 cases of coronavirus since the start of the pandemic. COVID-19 and its effects have scared us all, health professionals and public alike. We're still learning about the virus, but one fact has been all over the news in the past couple of months. Obese people (people with a BMI over 30) are more at risk of complications. Why is this? Most of my friends with BMIs close to or greater than 30 seem perfectly healthy individuals. Should they be worried?

In order to answer this question, we need to look at the immune system:

When we catch a virus our body's defence system is triggered, and inflammation occurs. This is due to our all-purpose innate immune response, which serves as the first wave against foreign invaders. Blood flow increases to the infected area causing redness and swelling. When your nose blocks and becomes red when you catch a cold, that's inflammation. This reaction is caused by white blood cells called macrophages and the proteins they produce called cytokines. It's the cytokines which trigger inflammation. Usually this inflammation is a simply a sign that our body is releasing the hormones and proteins which activate our white blood cells to kickstart the recovery process, and ultimately defeat the infection. No inflammation means no defence... and that's bad.

So far so good; so why is obesity a problem?

Well it turns out that white blood cells aren't the only type of cell that have the ability to produce those inflammation-inducing cytokines. Fat cells (adipocytes) can also do this. Scientists have learned that fat is an active endocrine organ, one that can secrete a whole host of proteins and chemicals, including inflammatory cytokines.

When your body keeps adding adipose tissue (fat) cytokines are released by your fat cells, triggering inflammation. Researchers even characterised obesity as '...a state of low-grade, chronic inflammation.' This means that an obese body has its immune system permanently switched on and is therefore in a constant state of inflammation. Over time this can lead to the development of both minor and major illness and conditions, such as heart disease and diabetes.



How does this relate to COVID-19?

Back in 2009 the H1N1 Swine Flu was at its most virulent, doctors in Spain noticed that overweight and obese patients were being admitted to intensive care units in disproportionate numbers and took longer to recover than non-obese or overweight individuals. Their increased risk was attributed to the excess number of pro-inflammatory cytokines in their bodies.

Researchers in Canada then analysed the flu records for the previous 12 years and found that people who were obese were statistically more likely to be admitted to hospital for respiratory diseases than those whose BMI was in the normal range. They concluded that obese people were an "at risk" population during flu seasons due to their compromised immune response.

As we go into the winter and the risk of a second wave of coronavirus, if you have a BMI over 30 it makes sense to try to bring it down and minimise your risk. Talk to your GP.

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2020 has been a tough year, but we have been tougher!

We are ready for whatever this ominous winter has in store for us.

Seniors Helping Seniors has hired more carers and additional COVID precautions are in place.

Christian Wilse, of Seniors Helping Seniors says, "Shielding and taking extra precautions is vital for our clients but isolation and fear is dangerous too."

Experience makes Seniors tough on COVID

Senior carers know how it feels to age and they know the value of optimism.

Exclusive home care services come from experienced people who enjoy helping and have local knowledge and relevant skills. Clients or families who want help for loved ones pay reasonable hourly rates for reliable and flexible support.

Autumn is a beautiful season in Whitstable. Clients are making the most of the sunshine and the showers, finding out what routines work best. Seated yoga classes have started up again and new yogis are feeling the benefit of the classes in their 90's.

It's a great month to get as fit and as prepared as you can. A trusted helper means people are able to get to eye tests, hearing tests and tests at the hospital, they are getting housework done, gardens closed down, larders and freezers well stocked and some are even getting Christmas shopping done. All with the help and support of someone they like to be with.

The priority is to make sure whatever happens over the next few months, support will be there

Carers are loving, caring, compassionate and giving people who bring joy and companionship to their work.

The company's skill is matching the carers' interests and experience with the personality, interests and needs of the client.

Many of the carers coming forward only want to do a limited amount each week.

"This suits us nicely", Christian says "as any helper is only likely to support 1 or 2 clients, So it is not a major commitment for any individual"

TOUGHER THAN 2020

Christian also stressed that what makes a good helper and client relationship

isn't solely based on work experience. Sometimes it's a shared hobby or interest.

They may have cared for an elderly relative of their own with a particular condition and been prompted to come forward to use that experience to help another person and another family".

Carers see very few clients in their work. Some only see one client. They are dedicated to keep their own infection risk low and clients have the peace of mind that comes with a health report before every visit on clock in.

The Seniors come at times that suit clients, 100% reliably, and clients can have as much or as little time as they wish because the service is flexible.

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www.seniorshelpingseniors.co.uk

KCC RESURFACING PROGRAMME COMPLETE



Kent County Council has completed a countywide £7.1 million resurfacing programme to extend the life of around 720,000 square metres of Kent's roads.

Known as micro surfacing, the specialist treatment seals the surface of roads to preserve the structure and prevent potholes.

KCC Cabinet member for Highways and Transport Michael Payne said: "To put these figures into context, this is the equivalent of resurfacing the area of 1,321 Wembley football pitches or the length of road between Maidstone and Cambridge.

"Kent Highways has carried on working throughout the Coronavirus pandemic as government classed personnel working on our roads as key workers. My thanks go to our contractors Amey and Colas who have carried out the work on behalf of Kent Highways over the last six months."

Micro surfacing is a quick and efficient process that brings benefits to Kent road users and taxpayers by extending the lifecycle of the road in the most economical fashion.

The treatment can preserve a treated road for eight to 10 years and extends the time before more disruptive and extensive renewal works are required.

Mr Payne added: "When compared to other treatments, micro surfacing is a process that is the cost effective epitome of prevention being better than cure.

"This attitude is fundamental to a county such as Kent which has one of the largest and most heavily used road networks in Great Britain.

"While we've been able to carry out larger resurfacing and renewal works on the poorer areas of our road network, we always keep one eye on protecting and preserving our other roads.

"As a highway authority we must manage the whole road asset for the benefit of our residents and micro surfacing is a crucial tool in our armoury to prevent the sound roads of today becoming the problem roads of tomorrow."



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How to get kids learning to code

When my son Lee started secondary school this year, the subject he was most looking forward to studying was computer science. He wants to learn to code and create his own programs. But a few weeks in and he was starting to lose enthusiasm.

The problem is that he hasn't yet touched a computer, only partly because of COVID safety procedures. They learn about programming and how computers work, but it's all on paper without a single line of code. I looked at his syllabus and frankly it's not going to get much better for several months!

Computer science courses at school talk about computers much more than they talk about programming. Kids desperate to code become frustrated and switch off from the subject. Fewer children in the UK are now progressing to become computer programmers. That's unfortunate when it's one of the most sought after skills in today's workforce.

There is a shortage of specialist computer science teachers. Most computer programmers work in industry, where salaries are higher. So children are taught by non-specialists who mostly do not have a software engineering background. Hence the syllabus becomes weighted to teaching general computing rather than coding.



How do we turn kids on to coding?

Most want to create the next top selling computer games, or a killer app for their phone. How do we harness that and create the next generation of coders?

Learning is currently going through big changes thanks to the pandemic. We can't rely on having kids in a classroom with their teacher for the whole of a term at the moment because of various year groups or members of a bubble needing to self-isolate. But online learning opens up an almost infinite number of options for students. Web sites like Udemy or Coursera offer high-quality, well-taught courses in a vast range of topics.

For Lee I found a Udemy course, tailored to his age range that taught coding through designing and building games (I've included the web address below). It teaches Python, the same programming language that he'll use at school, and indeed the one most schools use. All the lessons are video, so there's no reading long documents. Coding starts as soon as the programming software (which is free!) is installed.

He can go at his own pace, take lessons whenever he wants, and replay explanations as many times as he wants until he fully understands. Personal help is just a few clicks away. Send a message and an answer comes back in about a day or so from the actual tutor. It's just like having a private computer science teacher at a fraction of the cost - less than the cost of a single tutor session in fact!

So how's he doing?

The enthusiasm is back. He's blasting through the lessons and loving it. At this rate he'll finish the course this term which will take him to GCSE coding standard in just a few months.

After that the sky's the limit.

<https://www.udemy.com/course/learn-python-by-coding-games>

Britain's oldest brewer Shepherd Neame has invested in new state-of-the-art brewing technology.

It has installed a new yeast propagation plant at its Faversham site, which will take a small quantity of yeast created in the brewery's laboratory and then multiply it into a large volume for use in the brewing process.

The system was imported from Germany, where it was built by acclaimed engineering company Alfa Laval. A 37 metre crane was used to lift the equipment, weighing almost one tonne, into the brewery on Tuesday, September 15.

The project was underway in March, but was suspended due to the effects of the Covid-19 pandemic and has only resumed in recent weeks. A Victorian brick wall was removed in front of the area of the brewhouse chosen to house the plant, replaced by a steel frame, and engineers dug new foundations to ensure the flooring was strong enough to take the necessary weight. An area of roofing was also removed, to allow the equipment to be dropped down into the space.

Shepherd Neame's Chief Engineer Mark Bowes said: "We have previously been propagating yeast using an amalgam of equipment which wasn't specifically designed for the task and is now coming towards the end of its life, so this new plant will make a huge difference to the efficiency of our production process."

"A key difference is that the system is fully automated, so in addition to saving time for our team members, it will be a completely sterile process and will also ensure a consistency in quality. Our previous system also required us to buy pure oxygen to aerate the yeast, while this system just uses air, and due to its energy-efficient design, it will also require less electricity to power the entire process. We hope it will be up and running by the end of October."

Shepherd Neame Chief Executive Jonathan Neame said: "I am delighted that the equipment is now in place at the brewery, and would like to thank all members of our production team for their hard work to organise this challenging installation."

"We felt it was important to invest in a world-class yeast propagation system, and ensure that we can maintain the high quality of our beers in a more cost-effective and environmentally sustainable way."



SPECTACULAR SUNSETS



Spectacular Sunsets and how to capture them.

Autumn is the best time of year for beautiful sunsets. Have you ever tried to capture one and been disappointed with the result? Sunsets can be devilishly tricky to capture well, but we have a few tips.

Choose the time and place – If you're serious about sunsets make a note of places where they are particularly good then head there before the sunset to give you time to set your camera up. There are websites which tell you what time the sun will set on a particular day. Try www.timeanddate.com/sun/

Foreground is important – The best sunset photos tend to have something of interest in the foreground, generally silhouetted. This provides a focal point. Look for an attractive tree, or a wind farm, and even pylons can look impressive in front of a sunset.

Patience is also important – Sunset actually goes on for quite a long time. As the sun dips beneath the horizon it can produce some spectacular shots, but afterwards, the colours of the sky can become even more rich and beautiful, so hang around.

So is a tripod! The best shots are often longer exposures, so they will look shaky unless you secure your camera to a tripod.

Ignore 'the rule of thirds' – The sunset is the star so place your horizon really low down in the shot. This fills the image with colour.

Remember reflections - If you are near water take full advantage of doubling the impact of your sunset. In this instance try placing the horizon at exactly halfway or shoot only the reflections. Experiment and have fun.

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Rhubarb is a reasonably easy trouble-free plant to grow. It is also a handsome plant, with large leaves and striking red stems, and who doesn't love a rhubarb crumble?

The trick is to choose the right spot. Ideally it needs to be planted in full sun but if your garden is very sheltered it will tolerate partial shade. Don't plant it anywhere where it might be in the way, disturbed, or need to be moved from. Rhubarb has an extensive root system and prefers to stay put, for at least a decade, so give careful thought to the spot.

Rhubarb dislikes wet soil, so make sure it's well-drained. Dig in plenty of organic matter a month or so before planting. It's generally easier and more productive to grow rhubarb from crowns (divided plants) rather than seed, and from now until Christmas is the perfect time to plant.

Dig a hole a little wider than the rhubarb crown in your prepared ground. Plant so that the growing tip is about an inch /2.5 cm below the surface. Firm the soil well around the roots to removed air pockets. Water well and mulch with organic matter, avoiding the growing tip.

During the growing season keep the area around the plant free of weeds and give an occasional good soaking in prolonged dry periods.

Remove any flower heads that appear in the spring. Flowering will weaken the stems. If the crown rots, your soil was too wet, but following all the advice I've given earlier should prevent this happening! Harvest time is May until July, but rhubarb is a long-term investment so don't harvest it during the first year. It needs that full first year of growth to establish a strong root system. Second year leave at least five strong stems when you harvest. After that you can leave three or four stems each time. You should get 2-3 crops per season.

Remove only the largest stems when picking and wait till the leaves have fully opened. Pull gently from the base with a slight twist. The leaves are poisonous but can be safely composted.

Once your rhubarb is established you might want to try a forced crop for sweeter more tender stems. Rhubarb is forced by growing it in the absence of light in a microclimate slightly warmer than the outside temperature. You can start forcing in January for best results. Remove dead leaves and weeds from around the crown and add a layer of straw or shredded paper to warm the emerging shoots and to protect them from frost. Then cover the crown with an upturned dustbin or large crock pot to cut out all the light. The rhubarb should be ready for harvesting 8 weeks later.



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PREPARATION TIME: 15 MINS | COOKING TIME: 50 MINS & 40 MINUTES RESTING TIME. | SERVES: 4-6

INGREDIENTS

- ½ tsp white peppercorns
- ½ tsp black peppercorns
- 1 tsp paprika
- 1 tsp cayenne (or more if using a very mild sausage)
- 1 tsp dried thyme
- 2 bay leaves
- ½ tsp salt
- 2 tbsp neutral oil
- 2 smoked pork sausages, ideally andouille, but fresh Polish smoked sausages, smoked chorizo or Toulouse would also do, cut into thick slices
- 4 bone-in chicken thighs
- 1 onion, finely chopped
- 1 red pepper, finely chopped
- 1 celery stick, finely chopped
- 4 spring onions, chopped, green and white parts separated
- 3 garlic cloves, crushed
- 800ml chicken or pork stock
- 1 tsp Tabasco or other hot sauce
- 300g long grain rice
- 300g large raw prawns

METHOD

- Turn the heat to high and in a small dry pan toast the peppercorns, paprika and cayenne. Grind them in a pestle and mortar until smooth. Add the thyme, bay leaves and salt then set one side.
- Lower the heat to medium and heat the oil in a lidded frying pan. Add the sausage slices and cook until golden. Remove to drain on kitchen paper. Add the chicken and cook until golden brown, remove and place with the sausage.
- Add the onion, green pepper, the white parts of the spring onions, and garlic to the pan. Cook until soft and translucent, then stir in the spice mix and cook for another couple of minutes. Return the chicken back into the pan and pour stock and Tabasco over everything.
- Lower the heat to allow the mixture to simmer for about 15 minutes until the chicken is tender. Stir in the rice and simmer for a further 10 minutes. Stir everything once then cover with a tight lid, reduce the heat and steam gently for 15 minutes. Remove the chicken. Add the prawns and sausage, stir again, then replace the lid and leave to rest for 10 minutes.
- Meanwhile, shred the chicken then fold into the rested jambalaya, season to taste with salt and more Tabasco.
- Garnish with the spring onion greens.

THE CLIPPER

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hello@mturndesigns.co.uk

Cleaner Ponds

Aquarium & Pond Supplies



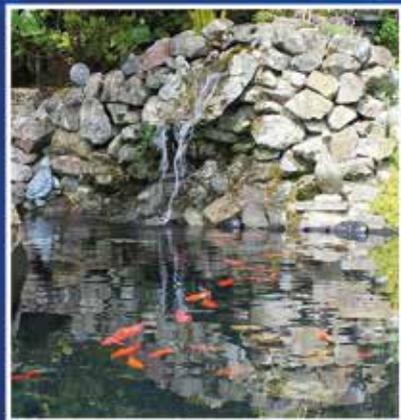
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Keeping your pond crystal clear

Cleaner Ponds providing pond builds, pond supplies, water features, complete garden design and cold water fish across Kent and surrounding areas.

We also stock a good selection of Japanese Koi carp.

Do not hesitate to contact us for more details about our products and services.



- Cleaning, clearance, servicing & maintenance
- System upgrades - Filters
- Ponds & water features
- Liners
- Full fibreglass service available
- Free estimates, advice and consultations

We also carry out professional cleaning and maintenance of your hot tub, spas and swimming pools. From testing and dosing to complete cleans and restarts.

07715 661491 or 01795 668734

www.cleanerponds.co.uk