

LEN VALLEY ACTIVE RETIREMENT ASSOCIATION

NEWSLETTER – October 2023

ISSUE 158

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CHAIRMAN'S MESSAGE

Dear All

As you may well know I have been out of action for some time but I am now fighting back slowly. To top it all I've just had Covid for luck but now I'm testing negative (hooray)'

Needless to say I personally don't have much to report on at the moment but let's see how we can do.

PAST EVENTS

Barbara's Mystery Tour. I understand you all ended up at Brighton, some of you did The Lanes and some



went on the pier looking for shade as it was very, very hot day.

We had a great day. A lovely ride down through the Sussex countryside with Kevin our driver, a coffee on the pier and fish and chips in a pub in The Lanes. What more could you ask for?



Thank you Barbara for organising it again for us.

LenARA goes back to school "again".

Last year LenARA was invited to visit Lenham Primary School, the idea being that we would be able to tell the children what school life was like when we were their age. I know that those of us who took part in this exercise enjoyed our short time in the classroom with the Year One children and apparently they did also. This was born out by their teacher, Carrie-Anne Horlock, who asked us to return this year and recount our stories to her new class of children.

I, and what memories I could conjure up from School in Newcastle, was accompanied by Frank Bradshaw and his tales of school in Africa, plus David Humphries and his suitcase of toys and memorabilia from his Bearsted Primary School days. Kris Davison joined us this year, bringing with her early school photos and was able to tell a girl's side to our school time memories.

We found the children polite, attentive and keen to ask questions with many hands waving in the air, sometimes with little tales to tell comparing their parents or grandparents with what we were saying. I think the children were all amazed when Frank spoke about his school in Africa, after all it is so different to being in England. Of course, David kept their attention with his working clockwork cars and trolley bus while the class were astonished when Kris told them she had to walk 3 miles to school because there was no bus.

So, what was the standout thing that showed the difference between school children from when we were all five years old to now? For me it was when we were talking about reading and books. Kris was telling the children that we did not have television, we read books and listened to the wireless. I asked, "Who likes reading?" Very few hands went up. Carrie-Anne suggested i-pods, so I asked, "Who had i-pods?" Ninety per cent of the class responded with arms raised. This was plainly a good example of our different schooling.

Phil Gooda

FUTURE EVENTS

Greyhound Racing Sittingbourne - Sunday 15th of October 2023.

Please note the following pick up details for those going on the above trip.

11.30 Charing Station

11.45 Dog and Bear Lenham

11.50 Co-op Harrietsham and then Hollingbourne if needed.

If there is anyone who wants picking up at Hollingbourne please let Roger know in advance. Also if anyone is unable to go please let Roger know. (**Telephone 07889 287417**). Could everyone arrive at their pick up point in good time as we do not have a list of who is getting on where?

Good luck to all members who are going.



The Pub Lunch on 18th

October will be at The White Lion at Selling – lovely!

Hopefully everyone who is joining us for lunch at The White Lion has noted that we are actually booked to dine at the earlier time of **12.30.**

For any member with mobility issues please also note, the door on the side of the pub, off the car park, is the easiest way to enter.

We are eating in the function room at the back of the building

Starters	
Tuscan tomato and basil soup ^{VG}	
Baby breaded camembert with redcurrant jelly ^V	
Traditional prawn cocktail	
Ham hock and pea terrine with toasted ciabatta	
West country crab cakes with chilli jam	
Mains	
Braised beef with a red wine sauce	
Rosemary and garlic lamb shank	
Pan fried chicken breast with a creamy mushroom sauce	
Steamed cod and mussels with lemon and parsley butter	
Mediterranean vegetable tart ^{VG}	
All served with roast baby potatoes and a selection of seasonal vegetables	
Desserts	
Irish cream cheesecake	
Lemon meringue pie with pouring cream ^{NGI}	
Warm chocolate fondant with vanilla ice cream	
Peanut caramel brownies with chocolate sauce	
Spotted dick sponge pudding with custard	
2 courses - £15.00 or 3 courses - £20.00	

If you have a food allergy or special dietary requirements please let us know in advance as alternatives may be available. Please note that all our food is prepared in a kitchen where nuts, gluten and other food allergens are present and we cannot guarantee our foods are free from cross contamination. Our menu descriptions do not include all ingredients. Fish dishes may contain bones, Menu subject to availability/change. (V) = Vegetarian (VG) = Vegan. NGI = Non gluten ingredients

Members' meeting – Wednesday 25th October

This month we have Phil's Film which is called Made in Dagenham. The film is about the fight of the upholstery ladies fighting for equal pay. That sounds interesting.



Our weekly events –

Short Mat Bowls	Tuesday	2.00pm to 4.00pm	£3 per session	Phil Gooda 01622 851217
Zumba	Wednesday	9.30am to 10.30am	£6 per session	Chris Godden 01622 858658
Line Dancing	Wednesday	7.30pm to 9.00pm	£4.50 per session	Ann Rolfe 01622 859725
**Petanque (weather permitting)	Thursday	10.00am to 12.00pm	£3.00 per session	John Edwards 01622 858439

**Hopefully we will be getting back to Petanque soon – watch this space!

Our monthly events –

OCTOBER

Ten Pin Bowling in Ashford	Wednesday 11 th October 2023	11.00am	£7 for two games	Pat Highsted 01622 743658
Members meeting – Film afternoon – Made in Dagenham	Wednesday 25 th October 2023	2.00pm	Lenham Community Centre	

NOVEMBER

Ten Pin Bowling in Ashford	Wednesday 2 nd November 2023	11.00am	£7 for two games	Pat Highsted 01622 743658
Members meeting – The Suffragettes and Suffragists - Melanie Gibson-Barton	Wednesday 22 nd November 2023	2.00pm	Lenham Community Centre	

DECEMBER

We will be taking names at the October and November meetings for our Christmas Social which is to be held on Tuesday 12th December 2023. Book early!!

Theatre Trip to Tina – If you have booked for this trip the final balance will be due at the **November** meeting and is £25.50 per person.

Regards John