

# **RETIREMENT CLUB NEWSLETTER**

April 2016 No 320

Manton Lane MK41 7PF

Tel: 01234 350681

## **March Walk - Keith Rose**

For days, the forecast for this Wednesday had been poor so it was no surprise to wake up to heavy rain. The drive to Renhold was notable for the size and depth of puddles on the roads, but miraculously, on the journey, the rain eased and the windscreen wipers were turned off. The expectation of plenty of mud persisted. In the end we had ten walkers who were



prepared with their waterproofs to carry on the tradition of these Wednesday walks. On leaving the Polhill Arms we immediately had our first encounter with mud and water as we stepped onto the footpath passing behind the pub. Runoff water from the field had taken over the path. Our route alternated between mud and better surfaces, so it was tarmac next along Church End, but not for long, the path from the church to Great Early Grove was a taste of worse to come. Luckily the path through the wood was firm underfoot but we soon encountered a field of mud to cross which gave us all a good work-out. Next was a grassy meadow which cleaned our boots well. At Sevick End, we crossed the road to another field of mud, then followed a grass path behind the backs of several large houses and down the hill towards Wilden. We negotiated a series of slippery plank bridges and a second stile to take a path, rather like a tunnel, running along the edge of a strip of woodland. There were lots of feeders but we saw no pheasants there. At Crow Hill Farm we joined the road, but only for a few yards, until we met the bridleway to Avenue Farm. The start of this, being used by HGVs, had a good surface, but then it changed to rutted mud with great pools of surface water. The time was then 12:10pm, we had been averaging only 2 miles per hour, blood sugar levels were plummeting and the prospect of another 1.7 miles of mud, even though it had not been



raining on us, only drizzling, did not meet with unanimous approval. Mutiny. The walk leader was outvoted, 9 to 1. An escape plan was formulated and we followed the bridleway over progressively better ground to meet the Wilden to Renhold Road which led us straight back to the Polhill Arms. The walk was 5 miles and took 2h 18m. On arriving at the pub, the rain started again.

## April Walk - Wednesday 13 April 2016

Christine & Trevor Turvey will lead this walk which starts from "The Red Lion", High street, Yardley Hastings, Northampton NN7 1ER - parking at rear.  
The walk is about 5.2 miles long with some gentle ascents and involves 3 stiles.

## The 2016 ARC Lunch

**Woodland Manor Hotel  
Green Lane, Clapham MK41 6EP  
Thursday 21st April.**

Please book early to avoid disappointment. The hotel has a large comfortable bar, which is found by turning left from reception, where we will meet at 12.30pm or earlier, for a 1.00pm meal. There will be round tables for up to eight persons. Please advise us of your seating preferences, if any.

The Luncheon is **two courses** at a fixed\* price of **£18.50**. Tea/Coffee is an option at **£2.50** per head.

Simply complete the booking form with your choice of main course and dessert, (see separate menu!) and do this for each member of your party. Your choices will be on your place name cards so you'll not forget them!

If you have any special dietary requirements please give the details on the form. The Chef will be pleased to cater for your needs.

Booking forms are to be returned, with a cheque made payable to the '**ARA Retirement Club**', to :-

**T G Tumber, 16 Silver End Road, Haynes, Bedford. MK 45 3PP**

If you have any queries tel: 01234 381466 email: tandc.tumber@gmail.com

**Please return your booking as soon as possible but no later than Tuesday 5th April**

## RAeS LECTURE - 13 April 2016

Iain Gray from Aerospace Technology Institute will talk on: Realising the Aerospace Research Vision for 2030 This talk will be preceded by a short AGM.

<b>FORTHCOMING EVENTS</b>	
Wednesday 13 April 2016, 10:15	April Walk, Yardley Hastings
Wednesday 13 April 2016, 19:00	RAeS Lecture, ARA Social Club
Thursday 21st April 2016	Annual Lunch, Woodlands Manor

Please send any copy for publication to me by the 15<sup>th</sup> of the month, Keith Rose  
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# WOODLAND MANOR

— HOTEL & RESTAURANT —

## Main

- M1** Baked tenderloin of pork on a bed of creamed potatoes served with a wild mushroom & chive sauce.
- M2** Chicken & Leek open pie served with New Jersey potatoes & Seasonal vegetables.
- M3** Smoked Mackerel fish cake served on a bed of wilted spinach, topped with a poached egg and crispy pancetta.
- M4** \*Sirloin Steak served with grilled cherry tomatoes, mushrooms, Pont Neuf potatoes & a green peppercorn sauce  
\* £3.00 supplement in addition to set price \*
- M5** Penne Pasta served in a white wine cream sauce with mushrooms & garlic ciabatta.  
(Pancetta optional)

## Dessert

- D1** Lemon tart served with cream & a red berry coulis
- D2** Duo of Chocolate cheesecake served with cream & red a berry coulis
- D3** Cambridgeshire Cream served with a hazelnut shortbread
- D4** Baileys & Orange Posset
- D5** A Selection of Cheeses & Biscuits with Grapes & Celery  
\* £2.00 supplement for artisan cheeses \*

**2 Course - £18.50**

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	Main					Dessert					Tea/ Coffee	Total
Name	M1	M2	M3	M4	M5	D1	D2	D3	D4	D5		
											£2.50	
											£2.50	
											£2.50	
											£2.50	
											£2.50	
											£2.50	

**\*Please note: Main option M4 has a supplement of £3.00**

**Dessert option D5 has a supplement of £2.00**