

## DIARY

Date	Event/Location	Price	Pay Date	Organiser	Dep.	Time
Oct 25	Mystery Tour	£13	Oct. meeting	Betty	MKS	09.00
Nov 21	Hello Dolly Assembly Hall Tunbridge Wells	£31	<u>CANCELLED (lack of response)</u>			
Dec 6	Allara Christmas Lunch Cornwallis Suite Tovil	£22	Oct/Nov meetings	Philip	*	TBA

### Ramblers

#### October Walk - Trottiscliffe

What a glorious day when we met at the George P.H. in Trottiscliffe (pronounced Trosley) on the 1st October. The village of Trottiscliffe was once the home of Second World War artist Graham Sutherland (1903 - 80) who painted both portrait and landscape scenes which were often controversial as they tended to be unflattering! He was best remembered for his 80th birthday portrait of Churchill for which Churchill famously detested.

We ordered our food and set off for a walk which lasted just two hours and covered around 4 miles (6.4 km in EU speak!). We came across some goats and a Golden Labrador who just rolled over expecting to have his tummy stroked. Needless to say he was very pampered by the group. The route took us through a country park and onto the North Downs, through an ancient Neolithic burial site dating back to the 3rd millennium BC and past St Peter and St Paul church which is of Norman origin. The burial site was discovered in 1910 and the remains of 22 people were discovered as well as bones of a deer, an ox, a rabbit and a fox. One theory is the grave belonged to a Chieftain and that when he died his family, and perhaps slaves, would have been killed so as to accompany him on his journey to the afterlife I must tell the wife not to get any ideas!!

Our journey ended at the stroke of 12 o' clock and we were all ready for a hearty meal and some liquid refreshments - most enjoyable.

Thanks for the support, but we could really do with some new blood and we would love to see newcomers to our next walk which is at Leybourne Lakes. Colin Lester will point you in the right direction should you decide to give it a go  
Ian Bateup (author and lead of this walk)

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### 10 Pin Bowling

7 of us turned up for the September session. Brian U took all 3 games with 154, 136 and 129 pins. Ian B came second with 141, 125 and 122 pins. Ron managed a very respectable 111 pins (well done Ron) with Sylvia (the boss!) just pipping him on 111.

Our next meeting will be on 19th October which is a bit earlier this month due to school half term.

Just for your diaries, and if you have nothing better to do, why not come along to watch the Allara 10 Pin squad take on the rest of the ARA's within Kent for the 10 Pin Bowling Competition on Thursday 1st November at Rochester Bowl. It starts at 11 am.

*Ian B*

# Allara News



THE NEWSLETTER OF ALLINGTON ACTIVE RETIREMENT ASSOCIATION

October 2018 Email [allaranews@aol.com](mailto:allaranews@aol.com) Chapter 3 Issue 140

\*\*\* Our Website - [allara.org.uk](http://allara.org.uk)

### Chairman's Column.

As you know I have suggested a holiday next year to Liverpool. I believe that by some members, Liverpool is thought to be a rather strange holiday destination. But it will only be base for us as there are many places in and around the area to see apart from that first thought of as the home of The Beatles and the sixties music scene. Well recommended is the Liverpool World Museum, visited by all visitors to Liverpool, like the Albert Dock surrounded with lots of varied shops, eateries, and many attractions for visitors. There are also many local attractions within easy distance of our base. I am working to find some that I think may be better suited for members. As usual there will be a free day for you to explore for yourselves.

We are about halfway through our current year and I am sad to say that at the next AGM in May next year, there may well be a real need to recruit some new members to a future committee. I give plenty of notice to those of you who would like to lend their knowledge and insight into the running of Allara. New ideas for places to visit and things to do are always welcome at any time. Please let me or any other committee member know of your interest.

At this meeting you will need to sign up for the Christmas meal at the Cornwallis Suite 6th December (£22.00) and Christmas Tea on 18th December.

### Bury St. Edmunds Report

We set off from Allington at 8.30am on a dry sunny day, arriving at Bury St Edmunds for a stroll around and a spot of lunch. We managed to have lunch and looked round the Cathedral and grounds, also in the grounds were the ruins of a previous Abbey. We then left here for our afternoon visit to Ickworth House. The house was very interesting, especially below stairs, we then made our way upstairs to visit the rest of the house. We also visited the silver vaults which had various items of dinner ware all lovely and shiny. Our day ended with a cuppa and cake and then back on the coach for home. Thank you for organising the day Marilyn.

*Kathy*

### Why?

Over the last three months we have seen the number of members attending each of our meetings fall to below 100. This is in contrast to 137 attending the May meeting. There has also been a reduction in take up for our outings and holidays. Hello Dolly has had to be cancelled The trend is also reflected in our activities programmes.

I would be very interested to hear if you can identify a possible reason for this, and perhaps open a discussion in the newsletter.

Remember Allara News is your voice to air your views, criticisms, suggestions etc. Don't be shy, email [allaranews@aol.com](mailto:allaranews@aol.com) or drop a note in the Items for Newsletter box on the information table.

*Ed.*

### ALLARA COMMITTEE MEMBERS

**Chair:** Philip Puttifer 686305  
**Vice Chair:** Jo Dolton 762665  
**Hon. Sec.:** Myra Farrer 756475  
**Treasurer:** Gerry Waters 671691  
**Membership Sec.:** Gill Humphreys 670058  
**Outings:** Diane Lefevre 756326  
Marilyn Bateup 750480  
**Theatre/Shows:** Rosemary Welcome 736017  
**Holidays:** Philip Puttifer 686305  
**Kentara:** Jo Dolton 762665  
**Newsletter:** Colin Lester 717511  
**Speakers:** Kathy Ribiero 765951  
**General Asst.** Rosemary Kitney  
**General Asst/First Aider:** Hilary Susans  
**Meet & Greet:** Betty Douglas 753424

### INFORMATION

Meetings are held on the 3rd Tuesday of the month from 2pm to 4pm  
**Monthly Meeting**  
There were 94 members + 3 new members & 1 visitor attending the September meeting

### Suggestion Box

There were no suggestions

Keep your suggestions coming for consideration by the committee

### SPEAKER PROGRAMME

#### October 16

#### **David Brigemshaw**

42 Years in the Diplomatic Service -  
But it wasn't all Ferrero Rocher and  
Duty Free

#### November 20

#### **Andy Thomas**

A Celebratory History of Christmas

### Allara Activities

#### Tai Chi

Every Monday 11.30 to 12.30 - £4  
Contact: Christine 677629

#### Keep Fit

Every Wednesday 11.00 to 12.00 - £3  
Contact: Myra 756475

#### Art Group

Every Monday 1.30 to 4.00 - £2.50  
Contact Megan Christmas 759426

#### Rambling

1st Monday in month 10.00 - FOC  
Contact: Roly 677629

#### Kurling

2nd & 4th Monday 1.45 to 4.30 - £2.50  
(Inc. Tea/coffee & cake)  
Contact: Philip 686305 or Colin 717511

### Kentara Activities

#### Ten Pin Bowling

Last Friday in month 11 to 2 - £6.25  
(3 games & tea or coffee)  
Contact: Brian 759796

#### Line Dancing

Every Monday  
Beginners 12.45 to 1.45 - £3  
Advanced 2 to 4 - £3.50

### Kentara Diary Dates

Thurs 25 October 11.30am  
**Thansgiving Service**  
Canterbury Cathedral

Friday October 26  
**Supper & Race Night**  
7.30 to 10.30 -£9.50  
Ditton Community Centre

Friday 16 November  
**Tea Dance at Ditton**  
2.0 pm £5

### Featured Allara Activity - Art Group



Members in action this month.

Contact Megan Christmas to join this group and perhaps discover your artistic talent.

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### Oops!

Some copies of last month's Allara News unfortunately did not have the answers to Quizical on the back page as stated. This was due to last minute alteration to the content. Just in case you are bursting to know the solution here is a reprint.

Q. Which creature is the slowest moving and seems to spend most of the day resting?

A. *Council Road Worker.*

Q. Which venue is always packed to capacity on event day?

A. *The House of Commons on M.P.'s Salary Review Day.*

Who wrote "To be or not to be"?

A. *An illiterate prospective Bee Keeper.*

Q. Where can the largest group of ancient fossils be found?

A. *The House of Lords*

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### Kurling Update

Aug. Session 2 - Betty, Jean, Mary - 121

Sept. Session 1 - Carol, Colin, Malcolm - 127

Sept. Session 2 - Betty, Katie, Colin - 121

Next session Monday 22nd October

### Doctor Kureall's Column

Today I am going to talk about a common but little researched affliction, Whingeitus. If you are not affected yourself, I am sure that you are in contact with someone that is. Whingeitus is prevalent at all age levels and all social standings. Extensive study of this malady in my clinic has resulted in this remedy, - 'smajgowi'. In more severe cases of Whingeitus I recommend application of smajgowi once a week, increasing to a daily application as symptoms decrease and the subject is cured.

'Whingeitus' is defined as someone who constantly whinges on a daily basis. 'Smajgowi' is an abbreviation of 'Stop moaning and just get on with it'

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### As We Grow Older

Have you noticed? Everything is further away than it used to be. It's even twice as far to the corner shop - and it now seems uphill. I have given up running for the bus - it leaves earlier than it used to. It seems that they are making the stairs steeper than in the old days. And what about smaller print in newspapers?

The material in dresses is so skimpy now, especially around the hips and waist, that it's almost impossible to bend over and do up ones shoes. And the sizes don't run the way they used to, the sizes are so much smaller. And the people and stars talking on TV are so much quieter these days. that one has to turn the volume up high. When we run into old school mates - people of our own age - they are so much older than we are. They have aged so much that they don't recognise us.

And if we think about this while looking in the mirror, we realise that they don't even make good mirrors like they used to!!