

RETIREMENT CLUB NEWSLETTER

March 2017 No 332

Manton Lane MK41 7PF

Tel: 01234 350681

February Walk – Russ Packwood and Tony Manning



There were 19 of us brave enough to risk the misty morning and give the walk our best go. We ordered our food for later from the 'Prince of Wales' pub in Amphill where we had parked, and set off down a narrow lane to the side of the pub. After a short walk this opened out onto the grass area of Amphill park. The park is on high ground at around 400ft, and along the southern escarpment the walk was intended to give great views over the Bedford valley below, however we saw little more than a few shadows through the fog - best laid plans ruined by English weather! We continued in an arc through woods within the park and eventually re-emerged onto the Bedford – Amphill road close to the top of Amphill hill. We crossed the road and continued along a track which led us past Houghton House, which is always credited with being the inspiration for 'House Beautiful' in 'Pilgrims Progress. The track continued to the edge of King's Wood where we took a footpath to the right that crossed a number of fields and wooded areas, including a very well kept church cemetery, and eventually led us back to the Maulden Road, close to the centre of Amphill. We continued a short walk along the road taking a right at the crossroads and completing our 4.3 mile walk back to the 'Prince of Wales' for a well deserved lunch.

See: www.krose.plus.com/ARA_walks/ for details of this route and earlier walks - Ed.

March Walk - Keith Rose

This walk will be on the 8th March, starting from the White Hart, 1 Gun Lane, Sherington, MK16 9PE and will Please meet at 10:15 ready for a 10:30 start.

2017 ARC lunch

This will again be held at Woodland Manor Hotel in Clapham. Details of the event and a booking form are included with this newsletter. Please return the booking form to Trevor Tumber by 4th April.

RAES Meeting

Wednesday 11 January 2017 19:00, ARA Social Club

E-fan - The New Way to Fly . The 2016 Sir John Charnley Lecture will be given by Nicholas Fouquet of Airbus Group Innovations

FORTHCOMING EVENTS	
Wednesday 8 March 2017 10:15	Monthly walk - Sherington
Wednesday 8 March 2017 19:00	RAES meeting, ARA Social Club
Thursday 20 April 2017 12:30	ARC Lunch, Woodlands Manor

Please send any copy for publication to me by the 15th of the month, Keith Rose

Editor: Keith Rose 01234 781448 keith@krose.plus.com

Deputy Editor: Mary Cook 01234 324618 mcook@ara.co.uk

WOODLAND MANOR

— HOTEL & RESTAURANT —

2 Courses - £18

Main

- M1** Pot Roasted Corn Fed Chicken scented with Thyme, served with a Pancetta and Baby Onion Sauce
- M2** Seared Sea bass, crushed Jersey potato, served with a Cucumber, Lemon and Herb salsa
- M3** Roast Mediterranean Vegetables and Goat's Cheese Wellington, with a Pesto sauce

Dessert

- D1** Glazed Citrus Tart, Berry Compote and a Chantilly Cream
- D2** Duo of Chocolate Cheesecake
- D3** Strawberry Charlotte served with a Berry Compote
- D4** A Selection of Cheeses & Biscuits with Grapes & Celery
* £2.00 supplement for artisan cheeses *

Tea/Coffee £2.50

The 2017 ARC Lunch
Woodland Manor Hotel
 Green Lane, Clapham MK41 6EP
 Thursday 20th April.
 12.30pm for 1.00pm

Please book early to avoid disappointment. The hotel has a 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 **£18.00**. 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 4th April

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

* Note: Dessert D4 has a supplement of £2.00 for artisan cheeses