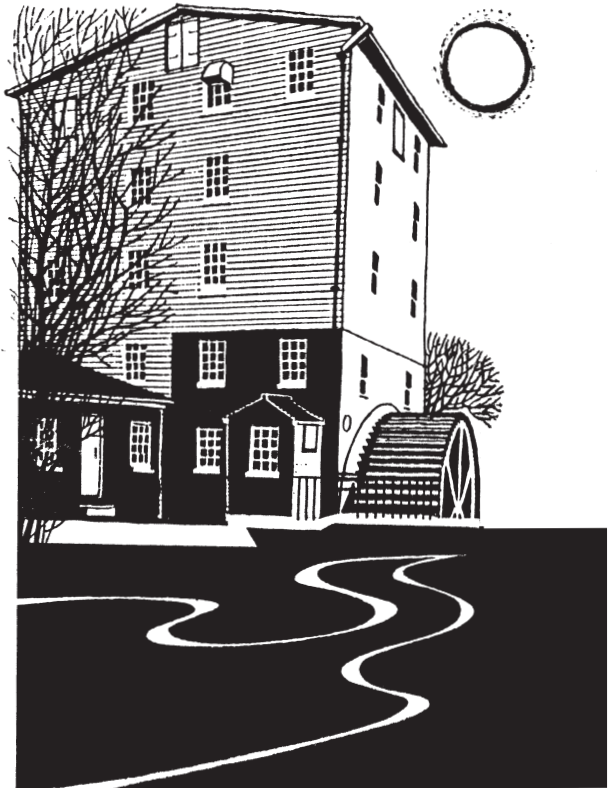


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EDITOR'S WELCOME

JAY SMALLEY

Welcome Reader!

It gives me great pleasure to introduce myself as the new editor of The Rivall.

I would firstly like to extend my thanks to Helen Dear for her superb tenure as editor of the Rivall and for all her help in getting me up to speed on all the ins and outs of editing this wonderful publication.

We have an absolutely jam-packed events calendar with plenty to look forward to both in the village hall and at the Corn Mill over the next couple of months.

In this edition I am especially excited to present a new cooking column from Rebecca Whalley (this month with a particularly delicious and easy chocolate cake recipe) and a fascinating and personal snapshot into River's past by Sue Nicholas. Many thanks to all contributors for all your work, you've made my first issue a pleasure to edit, and I look forward continuing to work with all of you.

I am extremely keen to get as many people involved in The Rivall as possible. If you would like to contribute to The Rivall, our next edition will be the December Christmas Edition and the deadline for submission will be the 1st November. Please submit all articles as a word document via email to editor.rivall@gmail.com. I look forward to reading all articles from contributors old and new.

Should you wish to get involved in the production of the magazine itself, we are looking for someone to take over our advertising from Helen Simmonds. Please do not hesitate to contact us (see page 19) or email Alison Dale at alisonthedalehouse@gmail.com for more information.

VILLAGE SUMMER FETE – REVIEW

MICHAEL INNES

For once the vagaries of the British weather did not put the kibosh on the River Summer Fete, this year we had one of the few sunny days in an otherwise somewhat dreary July.

Given the clement weather and a packed schedule of events the attendance was excellent. In the arena the infamous “Fuddlers” opened the event and strutted their musical dance routine with their usual aplomb. “Kung- Fu- Dan” executed so many scissor kicks in his energetic display of martial arts I am surprised he did not scalp his audience! The Taylor Dance troupe impressed with a polished rendition of popular dance routines. As to be expected the Dog Show once again provided many candidates for the TV programme “Dogs Behaving Badly”. The returning DJ and MC delivered an energetic soundtrack to enliven the days' proceedings.

River Parish Council would like to thank those who contributed to making this such a memorable day. Firstly, our loyal sponsors: D A Tree Surgeons, W. J. Farrier & Son Ltd, Hollis Motors, Pigotts Solicitors, and our new sponsor Snap Fitness 24/7 at the Clock Tower complex in Buckland. To our community radio station Dover.104.9 FM for promoting the event, and the Police Cadets for their untiring help in setting out and packing up. To all our regular stall holders, caterers, and residents of River who made the time to volunteer and make our fete a great success. See you all next year...

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A VIEW FROM THE VICARAGE

THE REVD ANDY BAWTREE

There is much in life which is competitive, we have had the Euros this summer, and the Olympic Games. I am a big England and Team GB fan, whatever sport really, although I tend to enjoy rugby, cricket and football the most – sometimes we win and sometimes we don't; that's a good life lesson. There have been elections with winners and losers, and winning brings new challenges.

Sometimes you might find yourself competing with somebody else for a job or the affection of a sweetheart. It doesn't always feel comfortable when we don't win. In life we do not all win prizes nor collect the cup at the end of the tournament. There are too many variables in the game of life, equality of opportunity is a myth as is the myth of opportunity of outcome - being English is different from being Madagascan, geography and history really matter and in the end the result is the same. We all have a limited lifespan but how we live before we die and what we do with it is dependent on various factors.

However, there is one thing we can all which do which is to consider the invitation that Almighty God offers to everyone equally, because he loves us all equally. Remarkably it doesn't depend on place of birth, school, qualifications, or any other deciding factor; it is freely offered to every living person, every man or woman, boy or girl. It isn't something we can win individually or in a team, through training or hard work, it isn't earned, it is a gift. It is totally inclusive yet remarkably exclusive. God's invitation and offer are available because of Jesus of Nazareth, often called the Christ (the Greek word for Messiah or Anointed One) who makes known the invisible God to us and who looks at the evil and wickedness in the world and the broken imperfect hearts we have and says, "I can sort that out". The proof is an empty grave and an old rugged cross. I suppose I would say that along with an assurance that is from God the Holy Spirit – God with us today (basic Church of England belief)

Our response to God doesn't affect Autumn, which is a time for harvest thanksgiving, where we reap what we sow (or what others have sown for us) and have a service to voice that thanks. We remember our British farmers and fishermen especially, but since we import much of the food we eat we give thanks for those farming overseas as well – farming is competitive in a different way with drought, flood and pestilence being the challenge. No farmers no food is a simple yet profound statement - I for one am grateful for my brother who farms in Kent, and for God who brings the increase each year. In our world of plenty, food security and Fairtrade can work together, although competition for food and water contributes to the mass people movements we see around the globe.

Hunger isn't just addressed with food banks and food pantries, as much as we seem to need them in our wider community here, it is a matter of the heart. We don't, as a rule, love our neighbour as ourselves as well as we ought, nor love God particularly well either, but the command still stands, as does the promise of a new heaven and new earth one day. Not a synthetic utopia but something even more glorious. Until that day I'll try to compete in the game of life, and I'll cheer England on, whoever they are playing.

RIVER THEN AND NOW

SUE NICHOLAS

I moved to River in January 1971, to join my late husband Paul who was working for Seaspeed. He was in lodgings until I was able to join him with our children aged six years and eight months, and five years. Our daughter was met by Mrs Headon and two little girls when she started at River school. The greeting was "We have been expecting you Janet". My daughter has always been called by her second name Louise.

We lived with a lovely couple who welcomed us until our new house was ready for completion. Ironically the man who took us in was with my husband two days before he died.

Moving to Kent, having lived in Slough then Chelmsford in Essex, was a new experience for us, seeing hills and valleys. We found everything in the small shops located in River. The Post office, Hairdresser, Hardware shop, Butchers, Greengrocers, Sweet Shop, Benstead's Newsagent, the hardware shop on Lower Road, and Dunfords Nursery to name but a few. There was also a wool shop called Waterfall Stores that my mother liked.

River church was small and compact with pews, and the entrance to the Christian centre was the old main entrance. There was a green tin hut where Abbey Falls is now, which was the church hall where my daughter went to ballet classes. The bus terminus was served by a double decker bus at that time. We had the Dublin Man O' War pub in those days as well as the Oak and the Cricketers. Most of the new build housing has been in fill, Cowper Road for example has doubled in size as houses were built in the then very long gardens.

The River Parish Council came many years later and in 1987 I was one of the Councillors elected. We also enjoyed our River Carnival, and the Dover Carnival started from Lewisham Road.

Cricket was played on the recreation ground. Many areas have changed over the years. The Bowls club has been rebuilt. Donkeys were to be found in River Meadow. Freddy Mack was the greengrocer who delivered fruit and veg around the village in a green van. River Meadow, Dourside and Mannering Close all now have houses on where the greengrocer, meadows and fields were previously. Dunfords had a shop backing onto Lewisham Road where the self-build houses are now.

I may have missed a few things off over the last 54 years living in the villages. I am now 86, so I hope you get a flavour of the changes.

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NEWS FROM RIVER WI

MAGGIE WAITE

As reported last time, we voted to support the WI nationally in an effort to improve NHS dentistry. This was approved and we have just had information about how we can do something at local level: letters to our MP etc.

We held a coffee morning, cake sale and mini jumble in June; this wasn't so very well attended by the general public possibly because it unfortunately clashed with the once-a-month Methodists' charity event (must do better next year!). However, we were wonderfully supported by our WI cake makers – so we all bought left-over cake and filled our freezers! A summer cream tea was held in June as a treat for our ladies, and for anyone else who wanted to come: homemade scones, cream, jam and jellies made with Kentish strawberries – what's not to like?! The committee and bakers supported President Pat for her annual Meningitis Coffee Morning held by kind permission of River Methodist Church.

Our quiz night on 15 June was over-subscribed and, following a fun evening, we decided to hold quizzes more often as people seem to like them. Next one is Saturday 23 November 7.30pm. Our River WI quiz team retained the Group Quiz trophy for another year

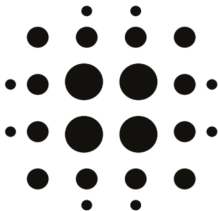
We had a really good meeting in July with entertaining speaker, Frances Smith, talking about her adventures trekking in Mongolia. Fermented mares' milk and mutton for every dinner, camel and pony treks, amazing scenery and lovely people were involved, but descriptions and photos of sanitary arrangements made us all think maybe a staycation would be preferable! Great presenter and intrepid lady.

We also had Penny Bailey from St Margaret's WI talking about the Annual Meeting at the Albert Hall where a lot of the content was about violence against women, which is a huge concern at the moment. The National Police Chief's Council reported in July that violence against women and girls is now a national emergency that 'poses as much of a threat to society as terrorism'. Stalking, sexual assault, harassment and domestic violence affect one in twelve women in England and Wales. 3,000 crimes reported a day; two million victims a year! One of the speakers was Melanie Brown M.B.E (Scary Spice) who escaped from an abusive marriage and now campaigns to help women in difficulties.

A treat on 19 September: Pete Allen who has been an actor, theatre director, film maker, and community arts organiser will be presenting an illustrated talk about detectives on TV. He is an excellent speaker and most interesting. Again, visitors are welcome. More treats (we hope!) on 17 October when Jane Napper will be demonstrating chocolate swirls. Oh yes!! We made sure that we didn't ask Jane in the summer in case the swirls melted before we could get at them!

Come and see what we are up to - visitors and new members are very welcome – please phone Pat on 822777 or me on 07541697505 (margarita45@gmail.com), or just turn up on the third Thursday of the month, 1.30pm at River Village Hall. We will be glad to see you.

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THE RIVER KITCHEN

REBECCA WHALLEY

Hello, everyone, and welcome to my recipe column! I'm Rebecca, an aspiring food writer and journalist. Although my roots are in Dover, I've been lucky to travel and indulge in foods and flavours from across the world. I'm a very passionate foodie, and I've garnered a lot of cooking experience, from taking soba noodle making classes in central Japan, to learning how to fillet fish in a cookery school in rural Devon. I hope I can pass on some of knowledge that people have been kind enough to pass on to me.

However, I thought I'd start with something simple for my first recipe – an easy, yet delicious, chocolate cake. We all know that homemade tastes better, and many would agree that not much tastes better than a good chocolate cake. Someone gave this recipe to my mum about 20 years ago, and it's been our family's go-to ever since for a reason. The recipe is, honestly, fool proof - I've been making this since I was around 8 years old, and I was no Michelin star-worthy chef, but every time I'm surprised by how rich and moist the sponge is. This recipe basically involves throwing a selection of cost-effective ingredients together and putting it in the oven, but I have to say I've never had a homemade cake better than this one.

Classic chocolate cake with buttercream icing

1 cup of cocoa powder	1 cup of cooking oil
2 cups of flour	1 cup of milk
2 cups of sugar	1 tsp of bicarbonate of soda
2 eggs	2 tsp of baking powder
10 grams vanilla essence	1 cup of hot boiled water

Combine all ingredients together and pour into a medium sized, round cake tin. Bake for 45 minutes – 1 hour at 180°.



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RIVER GARDENERS' FLOURISHING COMMUNITY EVENTS

REECE JACONELLI

The River Gardeners is a vibrant community hub that has been bringing people together through a shared love of horticulture and the arts. Their recent Summer Show was a resounding success, showcasing an array of talents from photography to culinary arts, and from children's art to the delicate beauty of floral arrangements. The event was a testament to the community's spirit, with an impressive number of entries and a robust turnout of visitors.

Looking ahead, the anticipation is building for the Autumn Show on September 14th. This event promises to be another showcase of local talent, featuring categories such as craft, cooking, photography, and gardening. The River Gardeners extends a warm invitation to all who wish to participate or become a member. With free entry to both the venue and the show categories, it's an opportunity not to be missed. For more details, visit our website at rivergardeners.com.

The association's recent Quiz Night was not only a fun evening but also a charitable one. The winning team, Miami Vice, generously agreed to donate their winnings to the Royal Marsden Hospital, exemplifying the community's spirit of giving.

Post-Autumn Show, the association will host its Annual General Meeting (A.G.M) on November 2nd, coupled with a Coffee Morning—an ideal occasion for those looking to contribute to the community by joining the Committee or volunteering at events. The continued success of these gatherings hinges on the support and participation of new members and helpers.

As winter approaches, the excitement continues with a Race Night scheduled for December 7th at the River Village Hall. For a modest £4, attendees will receive a race card for an evening of ten thrilling races. In the spirit of an American Supper, guests are invited to bring their own delectable dishes and beverages, promising an enjoyable night of community and competition. Bookings for this event can be made at rivergardeners.com/events.

The River Gardeners' Association is more than just a series of events; it's a celebration of community, creativity, and the joy of growing together. They eagerly await your presence at their next show and future events, where every visitor blooms into a part of their extended gardeners' family. Join them in nurturing this community garden of talent, camaraderie, and growth. See you there!

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BEER FESTIVAL

Following a very successful Beer & Cider Festival back in May, and from constructive feedback received from our sponsors and patrons over the course of that weekend, we have decided that our next festival will have a slightly different format. Usually scheduled for the beginning of October, and with the weather often affecting the event, we have brought the festival forward to the beginning of September, see page 18. We have also decided to modify the mix of beverages, concentrating more on beer rather than cider as this is what our visitors would prefer.

CLASSIC AFTERNOON TEAS

These have proven to be quite successful over the past few months and it is our intention to continue them for the foreseeable future. Scheduled for four days a week, Sunday, Monday, Wednesday & Thursday, they can be booked online via our website. Some days may not be available due to other events taking place or staff availability. Please note, however, that bookings will close two days before each tea as the team aim to provide fresh food for each occasion.

VOLUNTEERS

While we are forever on the hunt for new volunteers, we should like to welcome Pete, Brian and Gary to the team. Pete recently undertook to becoming a tour guide and a miller and the other two may be going in the same direction. Without their help recent repairs to the waterwheel would have taken much longer.

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FITNESS IN THE GOLDEN YEARS

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Staying active and maintaining physical fitness is vital at any age, but it holds particular importance for those entering their fifties and beyond. As the body ages, maintaining an active lifestyle becomes crucial for ensuring longevity, mental well-being, and overall quality of life. Age should not be a barrier to fitness; rather, it should be an inspiration to prioritize health and vitality.

One of the primary benefits of fitness for older adults is the improvement in physical health. Regular exercise helps in managing weight, reducing the risk of chronic diseases such as heart disease, diabetes, and osteoporosis, and improving cardiovascular health. Strength training, in particular, is essential as it helps in maintaining muscle mass, which naturally declines with age. Strong muscles support joints and prevent conditions such as arthritis, making everyday tasks easier and less painful.

Furthermore, fitness plays a significant role in mental health. Physical activity is known to release endorphins, the body's natural mood lifters. This can help alleviate symptoms of depression and anxiety, which are common in older adults. Exercise also boosts cognitive functions, reducing the risk of dementia and improving memory.

Social interaction is another critical aspect of fitness for older people. Joining fitness classes or groups provides an opportunity to meet new people and build a supportive community. This social engagement is vital for emotional well-being, reducing feelings of loneliness and isolation that can be prevalent in older age.

Your local gym, Snap Fitness Dover, offers a variety of programs and amenities tailored to the needs of older adults. Snap Fitness Dover understands the unique requirements of their senior members and provides a welcoming and supportive environment. With a range of low-impact exercise classes, resistance machines, and the fitness on demand app, members can find suitable options regardless of their fitness level.

Additionally, Snap Fitness Dover offers modern, user-friendly equipment designed to cater to various fitness levels. This ensures that older adults can exercise confidently without the fear of injury.

Personal training services at Snap Fitness Dover can be particularly beneficial. Certified trainers can create customised fitness plans that address individual health concerns and goals. Whether it's building strength, improving flexibility, or managing chronic conditions, these tailored programs ensure that members exercise safely and effectively.

For those who may be hesitant to start a fitness journey later in life, Snap Fitness Dover fosters an encouraging atmosphere. The staff are here to support and motivate, creating a community where everyone, regardless of age, can thrive. The gym's flexible membership options also make it easy for older adults to incorporate regular exercise into their routines without long-term commitments.

In conclusion, embracing fitness is not just about adding years to life but adding life to years. The physical, mental, and social benefits are profound, making regular exercise a cornerstone of healthy aging.

New Castle Garden Shop selling plants & garden furniture	 emmaus Dover working together to end homelessness	Have a coffee and slice of cake at the Fort cafe
<p>Preloved, Retro, Restored & Painted Furniture at affordable prices!</p> <p>Archcliffe Fort, Archcliffe Road, Dover CT17 9EL</p> <p>Open Mon,-Fri 9am - 4.30pm & Sat 10am - 4pm</p> <p>We also sell clothing, bricabrac, books, new and second-hand Electricals</p> <p>Tel: 01304 204550 option 1 www.emmaus.org.uk/dover</p> <p>Email: fortshopdover@emmaus.org.uk</p>		

SOLAR TOGETHER KENT

DOVER DISTRICT COUNCIL



Are you thinking about getting solar panels but not sure where to start?
Secure a great deal on solar with the help of your community!

Dover District Council is working in partnership with Kent County Council on the current round of Solar Together Kent, as part of Dover District Council's commitment to tackling the climate emergency.

Solar Together Kent is a group-buying scheme, which brings Kent households and small businesses together to get high-quality solar panels at a competitive price. Having your own solar panels means you can save on your energy bill as well as reduce your carbon emissions. The scheme helps you through the whole process, keeping you informed at every stage.

Installations will generally not need planning permission. However, in some cases, such as in Conservation Areas and on Listed Buildings, planning permission may be required, please visit <https://www.dover.gov.uk/Environment/Climate-Change/Solar-panels-made-easy.aspx> for more information.

How does Solar Together work?



1. Registration

Our registration is quick, free and there is no obligation.



2. Auction

Pre-vetted installers take part in the auction to bid against each other to offer the best deal.



3. Personal recommendation

After the auction you will receive a personal recommendation based on your registration details.



4. You decide

Then it's up to you to decide if you want to take up the recommendation and proceed with an installation.



5. Savings on electricity

After installation you will start saving money by generating your own renewable electricity.

To register or for more information Visit www.solartogether.co.uk/dover or alternatively call Solar Together on 0800 014 8721 (Mon-Fri, 8am-5.30pm).



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If you or your loved one is considering the need for residential or nursing care, please feel free to contact us or come and visit us to see what we can offer.

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- Thu, 6-7PM Capel le Ferne Village Hall
- Fri, 11AM-12PM Hawkinge Community Centre

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Anna: 01304 205 405 or visit www.pfstaichi.com

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RIVER VOICES

River Voices is a community choir for people over 50 who want to enjoy singing and learn to do it better. We meet on a Thursday afternoon in term time from 2.00 to 3.30 in River Methodist Church. We sing a wide range of songs including pop, folk, classical, world, jazz and show tunes, plus anything else that takes our fancy. No previous singing experience is required, and you don't need to be able to read music. River Voices is run by Living Lively, a Kent-based charity which grew out of an NHS research project into the health benefits of singing. We are always looking for new members so please come along and give us a try.

For more information contact Matthew on 07951 572920 or matthew@livinglively.org.uk

DOVER FLOWER CLUB

Dover Flower Club meets at 19:15 on the fourth Monday of the month at Whitfield Village Hall. Visitors always welcome. There is series of exciting events in the Autumn to celebrate our 60th anniversary:

23.09 - Floral designs and funny stories with award winning floral designer Mig Kimpton. Free refreshments available and a floral creations raffle. Members free, visitors £10. To book a ticket: www.migkimptonflowers.co.uk. (Whitfield Village Hall)

28.10 – Flower arranging workshop with celebrated floral designer Graham King

25.11 – Flower arranging demonstration entitled 'Cheshire Christmas' with celebrated floral designer Ian Lloyd. (Astor Theatre, Deal)

For more information contact Mig Kimpton 07831 83885.

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USEFUL INFORMATION

VILLAGE HALL BOOKINGS

Bookings for the River Village Hall can be made with Jean on 01304 823803.
More information on the Village Hall can be found at www.rivervillagehall.co.uk.

HALL TRUSTEES

Village Hall Representatives – Alison Dale & Jean Thomas

REPRESENTATIVES OF VILLAGE ORGANISATIONS

WI – Elaine Grayling

RGA – Pat Hicks

RIVALL is published by the Village Hall Trust, a registered charity. Views expressed in RIVALL are not necessarily the views of the Trust.

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RIVER VILLAGE HALL BOOKINGS

14.09 14:00 – 16:00 – River Gardeners' Autumn Show

19.09 13:30 – Pete Allen: Watching the Detectives

17.10 13:30 – Jane Napper: Chocolate Swirls

02.11 10:00 – 12:00 – River Gardeners' AGM / Coffee Morning

21.11 13:30 – Melanie Gibson Barton: A History of Teddies (Teddies Welcome!)

23.11 19:30 – WI Quiz Night

07.12 19:00 – 22:30 – Race Night At River Village Hall

OTHER UPCOMING EVENTS

06-08.09 – Autumn Beer Festival @ Crabble Corn Mill

27.09 / 25.10 / 29.11 / 20.12 – Acoustic Music Night @ Crabble Corn Mill

28.09 / 26.10 / 30.11 / 21.12 – Quiz Night @ Crabble Corn Mill

08.12 & 15.12 TBC – Breakfast with Santa @ Crabble Corn Mill

08.12 & 15.12 TBC – Santa at The Mill @ Crabble Corn Mill

For updates on events at the mill please visit www.crabblecornmill.org.uk

RIVER VILLAGE HALL ACTIVITIES

Please note that some of the following classes and activities only take place during term time. Please contact the corresponding telephone numbers for more information.

MON	(Except	YOGA	10:30 – 11:30	07882 410895
	Bank Holidays)	TAI-CHI	12:00 – 13:00	07882 410895
		YOGA	13:15 – 14:15	07882 410895
		KUNG FU	17:30 – 18:30	07841 353109
		KARATE	19:00 – 21:00	07786 814998
TUES		PILATES	18:00 – 19:00	07968 081959
		KUNG FU	19:00 – 20:30	07590 845212
WED		PILATES	17:30 – 19:30	07834 839801
		YOGA	19:55 – 21:00	07513 129950
THURS		BALLET	15:30 – 18:30	07585 652694
		KUNG FU	19:00 – 20:30	07841 353109
FRI		YOGA	09:45 – 11:15	07513 129950
		KEEP FIT	13:30 – 14:30	03000 412222
		BALLET	15:30 – 18:30	07585 652694
SAT		BALLET	09:00 – 12:00	07585 652694

POLICE

Control Room	01622 690690
In an emergency	999
Non-emergencies	101
Kent Crimestoppers	0800 555 1111

PARISH COUNCIL

Chairman – Nick Dixon	07815 691638
Parish Clerk - Andrew Denyer	07518 414792

Dover District Council	01304 821199
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HOSPITALS

Canterbury Hospital	01227 766877
William Harvey Hospital	01233 633331
Queen Elizabeth The Queen Mother Hospital	01843 225544
NHS On call	111

River Pharmacy	01304 820573
Lydden Surgery	01304 832160
Dover Health Centre	01304 865500
Buckland Minor Injuries Unit.	01304 222611

Citizens Advice, Dover	01304 202442
Library, Dover	01304 204241

UTILITIES (EMERGENCIES ONLY)

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UK Power Networks	0800 7838866
Water Board	0800 7311933

The Samaritans	116 123
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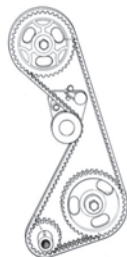
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