



The Suffolk IVC Newsletter and Bulletin – October 2018

Hi everybody,

Don't forget that it's the Suffolk IVC AGM this month. It's on the 22nd at The Carriers Arms in East Bergholt (more details below). We look forward to seeing as many of you as possible.

Another excellent evening at The Carriers Arms in East Bergholt in September, which will be repeated on October 11th this month. Also a brilliant day out rowing; the wind was quite strong and blustery, which made for a very challenging row; we may be able to squeeze in another in October (the 10th) but will have to check with the boathouse on the morning.

Hope to see some of you at The Lion in Earls Colne again for the Essex/Suffolk IVC Club Night; **first Monday** is October 1st and we look forward to your company if you would like to join us.

If you have any ideas for events do bring them along to the pub nights, e-mail me or give me a call if you need help. If you want to do something and decide to go, put it on as a club activity and you may have friends join you. Walks are great events for socialising and it's certainly the time of year for them.

Don't forget that Cambridge has a website that you can access; we will endeavour to add details of their events that may be of interest but you can of course contact them direct.

PLEASE KEEP SENDING EVENTS

It's what we are all here for !!

Just tell us what you are going to and we'll put it in the bulletin and you might find that it's of interest to someone besides yourself. It's as simple as that.

Brad

Brad Rawlings
Secretary and Membership Secretary
01787-221561

The Suffolk IVC Events Bulletin

October 2018

Members from Essex and Cambridge IVCs are invited to join us at all Suffolk IVC events

Please note that the  sign means 'bookable' and it does mean that you have to contact the organiser to let them know you are coming (so they can look out for you or arrange suitable tables etc.) and maybe also book your tickets with the venue.

Theatre Royal, Bury St Edmunds

I am stewarding at the following events but will be happy to coordinate if you would like to buy your own tickets and let me know you are coming so that I can put you in touch with other interested parties. Details are on the website at www.theatreroyal.org and tickets are available either from the website or from the box office on 01284 769505.

Saturday 13 th	High Society
Sunday 14 th	Growing Old Disgracefully
Saturday 20 th	The Goon Show
Tuesday 30 th	Henry V

Directions : *The theatre is in Westgate Street (post code IP33 1QR) but parking is best in The Green King car park in Cullum Road (postcode below).*

Postcode : IP33 3PB

**Catrin Diverres -- 01284 760643
or email catrin.diverres@talktalk.net.**

Monday 1st

Suffolk and NE Essex Club Night, The Lion, Earls Colne -- 7:30 onwards

Please join us at this lovely old pub which has been largely refurbished in fairly modern style. Not super cheap but we think the pizzas are splendid. This is now a regular venue on the 1st Monday unless otherwise notified (so keep your eyes peeled !). Do come and join us for an evening of socialising and chat; it's an excellent opportunity to discuss new events and reminisce about old ones.

Directions : *The Lion is in the High Street at the other end (and on the other side of the road) from the church. If you're not sure please give me a call. The pub has its own car park and there is parking in the main road and also in the car park behind the Co-op.*

Postcode : CO6 2PA

Brad Rawlings 01787 221561

Thursday 4th

Sherlock Holmes at the Theatre Royal, Bury St Edmunds -- 7:30pm

The Sign of Four by Sir Arthur Conan Doyle's. "When you have eliminated the impossible, whatever remains, however improbable, must be the truth". When Mary Morstan arrives at 221B, Baker Street to request help with the mystery of her missing father, Holmes takes the case and together with his companion Dr Watson enters a murky world of deception and trickery, unravelling a complex plot involving murder, corruption and stolen jewels. Book your own tickets and let me know that you will be joining us.

Directions : *The theatre is in Westgate Street (post code IP33 1QR) but parking is best in The Greene King car park in Cullum Road, a very short walk through to the back of the theatre.*

Wednesday 10th**📖 Rowing/walk, The Boathouse, Dedham -- 11am**

Meet at The Boathouse in Dedham. The plan is to row to Flatford but some people like to walk; it's beautiful either way but the rowing is more fun but probably about £10/person with 4 in a boat. A wander at Flatford plus tea and cakes or ice cream / tea and cakes or ice cream back in Dedham ! Or both !! If it looks like being a nice day I'll bring a picnic for the end of the row in the field by the river at Dedham. It's only necessary to book so that I can e-mail or call if there are weather problems and also so that we don't go without you.

Directions : *The Boathouse is in Mill Lane; parking in their car park is free if you are rowing, otherwise there are public car parks opposite or just along the road.*

Postcode : CO7 6DH

Brad Rawlings 01787 221561

Wednesday 10th**📖 Film, Johnny English Strikes Again, Regal Cinema, Stowmarket -- 7:30pm**

Would anyone like to go to come and see Rowan Atkinson as Johnny English ? Book tickets on line at www.regalstowmarket.co.uk or buy them at the cinema (go a bit earlier to make sure you get in); cinema phone no. is 01449 612825. Tickets are a bit cheaper here because it is your nostalgic childhood cinema, comfy seats though and no smoking ! Meet outside if you let me know you're coming.

Directions : *Regal cinema is in Ipswich Street. Parking is next to the cinema.*

Postcode : IP14 1AY

Marcina the Stowmartian 01449 771763 (evenings only)

Thursday 11th**📖 Suffolk Club Night, The Carriers Arms, East Bergholt -- 7:30 onwards**

We've tried this pub and the food seems to be excellent and reasonably priced, and should be convenient for north Essex and Suffolk people alike, so do join us at this lovely old pub for an evening of socialising and banter. As we are new here we felt that it would be a good idea to book if you wish to eat, so please call me on the number below.

Directions : *The Carriers Arms is in Heath Road and has its own car park.*

Postcode : CO7 6RA

Gill Reeves 07504 563235

Friday 12th (an Essex IVC event)**📖 Moll Flanders, Mercury Theatre, Colchester -- 7pm**

Based on the novel by Daniel Defoe, the world premiere of Nick Perry's unfaithful adaptation features a cast of terrific actor-musicians in a mashup of 18th century bawdiness and 21st century humour. I have booked seat O23. The performance starts at 7.30. If you let me know you are coming we can arrange to meet up from 7pm in the bar.

Directions : *It is best to park in St Mary's Car Park on Balkerne Hill and walk over the footbridge. You can't miss the theatre from there. You can purchase advance parking at a discount when you book your theatre tickets.*

Postcode : CO1 1PT

Kathy Lee 01206 211010 or 07931198668
e-mail: kathy.leecomp@btinternet.com

Saturday 13th

📖 Eban Brown qig, Glemsford, Suffolk -- 7:30pm

The former lead singer of Stylistics is coming to the local Social Club. A rare opportunity to see Eban playing for charity for Great Ormond Street. He will be on tour with Motown and Glemsford is where he will be exercising the vocals before the tour. People from all over the UK are booking because the price is so cheap; tickets are £12.50. Call me for tickets and I will see if there are any left.

Directions : *Glemsford Social Club is in Hunts Hill, Sudbury.*

Postcode : CO10 7RP

Tessa 07970 920232

Monday 22nd

Essex IVC AGM, The Carriers Arms, East Bergholt -- 7:30pm

Hopefully the AGM won't be too long and will allow let us get on with the banter and discussion of a normal pub night.

📖 Some of us will be eating and will therefore arrive early at 6:30; if you wish to join us please let me know, as the pub would like me to book.

This is the clubs AGM and it is your opportunity to come and have a say in the running of the club. It is also your opportunity to join the committee to help, which is actually very rewarding, as it does get you a bit more involved in things. If you would like to join the committee we would love to have you; all positions are up for grabs and nomination papers will be sent out nearer the time.

Directions : *The Carriers Arms is in Heath Road and has its own car park.*

Postcode : CO7 6RA

**Brad Rawlings -- 01787-221561
or brawling_uk@yahoo.co.uk**

Sunday 28th

📖 Rêverie, the life of Debussy, Theatre Royal, Bury St Edmunds -- 7:30pm

The life and loves of Claude Debussy with Lucy Parham on the piano was created to celebrate the 150th anniversary of Claude Debussy. A crucial element of Debussy's complex intellectual and emotional world was an entangled love life that brought illicit trysts in Jersey, a brush with a revolver and even a suicide attempt. Rêverie evokes Claude Debussy's complex emotional life through a personal and revealing journal, illuminated by a sequence of his most famous and atmospheric solo piano works. Book your own tickets and let me know that you will be joining us.

Directions : *The theatre is in Westgate Street (post code IP33 1QR) but parking is best in The Greene King car park in Cullum Road, a very short walk through to the back of the theatre.*

Postcode : IP33 3PB

Brad Rawlings 01787 221561

Notes for Your Diary

November

Friday 2nd

📖 Quiz Night, The Delphi Centre, Sudbury -- 7pm

Join us at 7pm for a 7.30 start for a fun packed evening to raise funds for the Delphi Centre including music, prizes (incl. Wooden spoon) and spot prizes; also food with a choice of fish & chips or sausage & chips. The quiz is for teams of up to 6 people at £10 per person to include food and entry to the quiz. Julie and I require 4 more for the first team of 6, first to respond can join us in team "Drain Stormers". Please call me (Mark) before September 30th, and confirm your place with a £10 cheque and your choice of food. After the first team is complete you can put your own team of 6 together, or smaller if you prefer or bring non-members; contact Ray Reid direct on 07974 615438 or thedelphicentremanager@gmail.com (team cheques to "The Delphi Centre Sudbury"; address below). Please let me know if you are coming as a separate team, so we can look out for you. There is a licenced bar, so please do not bring any drinks with you, including bottled water.

Address – *The Delphi Centre, Alexandra Road, off Newton Road, Sudbury, Suffolk. Ample parking is available.*

Postcode : CO10 2RR

**Mark Kiddy 07974 620127
or m.kiddy007@btinternet.com**

Saturday 17th

📖 Real Tennis Fun Taster Session, Newmarket Real Tennis Club -- 9.45am

Also for those who have occasionally played before. You can watch it being played on U-Tube at <https://www.youtube.com/watch?v=v0Dvw1foM1w> and the one that follows that. Real Tennis is a fun racquet sport played using walls, roofs and galleries; it is the 'King of Racquet Sports' and goes back hundreds of years.

The court is booked for 4 hours to give plenty of time for games. The cost is up to £15.00 depending on numbers and does include a buffet lunch. Please use non-marking trainers; racquets and balls are supplied and there are changing rooms and showers. Physical fitness is not a prerequisite. This is also open to non IVC Members including those in their teenage years ! I will be there to help the Pro, Andrew Knibbs, run the session, so if you have any questions please contact me as detailed below.

Book by 12th November; however later bookings may be possible if spaces are available. The RT club website is <http://www.newmarketrealtennis.club/> where you can find further information.

Event format

9.45 Welcome; coffee and tea available (and all through the session) – use changing rooms as needed.

10.00 Introduction to the game, followed by practice and ongoing explanation of the rules etc. There may be a demonstration game or two to watch. Gradually move to playing some games – doubles and possibly if time allows, singles.

12 – 1 Lunch, followed by more Real Tennis.

Address : *17 Fitzroy Street Newmarket. Parking on the forecourt.*

Postcode : CB8 0JW

**Bill Mackintosh 01449 720753
wmackintosh1500@suffolkbroadband.net**

Wednesday 21st

📖 Ballet, The Theatre Royal, Bury St Edmunds -- 7pm

Beauty and the Beast with Ballet Theatre UK; an enchanting love story. Inspired by the original tale, this production tells the story of Belle, a beautiful and intelligent young woman who feels out of place in her provincial French village. When her father is imprisoned in a mysterious castle, Belle's attempt to rescue him leads to her capture by the Beast, a fearsome monster cursed by a magical Enchantress. The only way the Beast may become human again is if he learns to love and be loved in return. The curse set by the Enchantress is bound by a magical rose. If the final petal falls, all hope will be lost and he will remain a Beast forever. Their feelings grow ever deeper as the clock ticks and petals continue to fall – will they confess their love for one another before it is too late? Set to a stunning classical score this production showcases new choreography by Artistic Director Christopher Moore. Book your own tickets and let me know that you will be joining us.

Directions : *The theatre is in Westgate Street (post code IP33 1QR) but parking is best in The Greene King car park in Cullum Road, a very short walk through to the back of the theatre.*

Postcode : IP33 3PB

Brad Rawlings 01787 221561

December

Saturday 8th

📖 Christmas Dinner and Dance, The Best Western Hotel, Copdock -- 7:30pm

You are cordially invited to join us for our annual Christmas D&D. This year we have a change of venue and will be at The Best Western Hotel in Copdock, a very smart venue; our dress code is black tie or suits. Currently I have filled and paid for all the spaces provisionally booked and I have already e-mailed everyone, so this is just another reminder. However if anyone else would still like to join us there is a good chance that we can fit you in. Tickets are £33.95 (menu details are on their website or I can let you have a copy); send me a cheque for the £10 deposit or the whole amount and I will ascertain if places are still available.

Directions : *Old London Road, Copdock, Ipswich.*

Postcode : IP8 3JD

**Brad Rawlings 01787 221561
or e-mail brawling_uk@yahoo.co.uk**

Monday 10th

📖 'Stepping Into Christmas' Meal, The Gardeners, Chelmsford -- 7pm

AKA Graeme's Birthday Bash. For several years Graeme has organised a meal at the Flyer Pub in early December for family, friends and by invitation extended to all Suffolk and Essex IVC members. Due to a refit this venue is now less suitable and it is hoped another Greene King P.H. in Chelmsford will fit the bill; Graeme and friends regularly dine there at lunchtime. The Gardeners is well placed quite close to the Boreham interchange on the A12 very easily reached by car from both counties. Around thirty people can be accommodated and twelve have booked as this invitation goes out.

There are four starters, six mains, and four dessert choices including Vegan and vegetarian options. Two courses £10.49, three courses £13.49; meal choices are required by 30th November. Menu choices are available on <https://www.greeneking-pubs.co.uk/media/9489/vl-ff-menu.pdf> or in text only format from Graeme. To secure your places please contact him asap.

Venue/Directions : *The Gardeners, Forsythia Close, N. Springfield, Chelmsford. The venue is effectively on Pump Lane, which is a left turn from the A130/A1016 if approached*

from the A12 Boreham interchange or straight on from Essex Regiment Way A130 if approached from Dunmow or Braintree.

Postcode : CM1 6XW

Graeme Mount - 07764 514027
or gmount@tiscali.co.uk

Friday 14th (an Essex IVC event)

📖 Christmas Dinner Dance, St Botolph's Masonic Lodge, Colchester -- 7pm

Booking required. by October 15th. The Colchester Royal British Legion Christmas dinner dance is always a great evening, with live dance music and an excellent 3 course meal; dress code - smart. This is a bookable event and choice of seasonal menu will be given on request. Booking and payment - £25 - to Patti by 15th October 2018; please contact Patti for more details.

Directions : *St Botolph's Masonic Lodge, 5 St John's Green. There are car parks and street parking nearby.*

Postcode : CO2 7EZ

Patti Machell 07584 260820
or Chris Sargeant 07775 910504

2019

May

Friday 10th to Sunday 12th

📖 aIVC Conference Weekend, Halifax

Being hosted this year by Halifax and Huddersfield IVC. A bit earlier than usual but they offered it at the Brighton conference and sounded as though they were already well prepared. There should be some nice walks offered amongst other things and it may well be worth staying over for longer.

Directions : *None yet, it's in Halifax !*

Postcode :

Brad Rawlings 01787 221561

AIVC Inter-Club Events

Please note that the events below are open to all members. Full details will be posted on the aIVC website. If you need further details please contact the club concerned, or call me and I will try and find out more.

Oct 10 - 17	Tenerife trip (Merseyside IVC)
Nov 22–Dec 2	(Provisional dates) Walking holiday in Madeira (AIVC)
Nov 30-Dec 3	York weekend with Birmingham IVC. Contact Pete Howe on 07944 880722 or towerpete@aol.com
Jan 4 2019	New Year Weekend in Nantwich (Birmingham IVC, contact as above)
Mar 20, 2019	Japan trip (London IVC)

Instructions for accessing the 'Members Only' section of the website

You no longer need a new monthly password, but on the first occasion that you log onto the new system, you will have the opportunity to choose your own personal password, which you will then use each time that you log on. Only you will know this, and it need not change.

If you have not already logged on then follow this route:

- 1) Go to the Suffolk IVC website
- 2) Click on the Club Members area
- 3) Click on the grey area at the very top of the page - LOG IN
- 4) In the first boxes that appears enter your user name, which is your e-mail address.
- 5) In the second box tick 'FORGOT PASSWORD' and you will receive an e mail with a password that you can use to get you in and you will then be able to change the password to something that you can remember.

If you have any queries whatsoever regarding the new system, please refer these to Phil Riches at phil.riches@btinternet.com as he is the computer whiz ! Hope that's OK Phil !!

How to Add an Event

Just send an e-mail to Brad on **brawling_uk@yahoo.co.uk**. Something on the lines of the above events in the bulletin, and remember to include the following :

Day

Date

Event Title

Venue

Time (or meetup time for..)

Write-up -- ideally informal, chatty and inviting. It should promote the good bits and advise any problems, and not be overly long.

Directions if possible (sometimes difficult as people will be coming from different directions)

Parking

Post Code

Host Name(s)

Contact Details (any that you wish to provide but there must be something)

Other things to consider

Is it bookable, and who with + contact details.

The Suffolk IVC Committee 2017-2018

Details are now on the website.

As you can see two people have two positions and we have already mentioned the need for a bulletin editor. None of the roles are onerous but it makes life easier the more people we have to help. Generally speaking being on the committee means that you are a bit more involved and have more of a say in running the club; and it really does make things more interesting and more fun. So if you think you can help call or e-mail Brad for more information.