



The Suffolk IVC Newsletter and Bulletin – November 2018

Hi everybody,

We had the Suffolk IVC AGM in October, which flowed easily and resulted in re-election of all of the present incumbents to carry on what they were doing before. The minutes will follow the November bulletin; if you would like to join us on the committee do please let me know.

We had an idyllic morning's rowing from Dedham to Flatford with not another boat to be seen on the river; a glorious sunny day with tea and cake at Flatford. Unfortunately the last of the year and the next is probably not until spring sometime.

Hope to see some of you at The Lion in Earls Colne again for the Essex/Suffolk IVC Club Night; **first Monday** is November 5th and we look forward to your company if you would like to join us. I will be showing off my prowess on my crutches after my hip replacement on the 1st. Unfortunately, Gill can't do her club night in East Bergholt this month and I'm unable to take over.

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

November 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.

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**

Sunday 4th

WW1 Sculpture Trail, Bury St Edmunds -- afternoon TBA

A variety of artists have placed sculptures around the centre of Bury depicting various aspects of WW1 with background info, some very moving; they are being taken down on Armistice Day. Let me know if you are interested to arrange meeting time and possible lunch/tea.

Directions : *Please call Catrin to arrange a time and meeting place*

Postcode : IP33

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

Sunday 4th

Film 'A Star is Born', The Regal Stowmarket -- 4:30pm

Anyone fancy 'A Star is Born' movie with Lady Gaga cert 15. In Stowmarket Regal cinema, a nostalgic cinema with comfy seats. We could do a meal afterwards in Spoons across the road or Prezzo's ? Ring me on the number below (evenings/weekends only) to arrange to meet up if you want to go.

Directions : *The Regal cinema is in Ipswich Street with a Pay and Display car park next door which is free after 6pm.*

Monday 5th

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

Wednesday 7th

Pub Meal, Battersford Court, Witham -- 7:30pm

Come for a mid-week pub meal at the Battersford. This is a Wetherspoons pub and has very reasonably priced food. They do not reserve tables so meet around the bar area.

Directions : *The Battersford is in the centre of Witham in Newlands Street on the left coming from Chelmsford direction. There is a small free car park just after Bramston Sports Centre coming from Chelmsford.*

Postcode : CM81AH

Rob Bannister 01206 852984 or 07892799849
e-mail : robertbannister99@gmail.com

Thursday 8th

Frida Kahlo exhibition, V&A Museum, Kensington -- 12:20

Frida Kahlo: Making Her Self Up. This exhibition presents an extraordinary collection of personal artefacts and clothing belonging to the iconic Mexican artist. Ticket prices, according to status, vary from £15. I have booked a timed ticket for 1pm although they are not too strict on times mid-week. If anyone is interested in doing this please let me know and we can sort out travel/meeting up. The web site link is below. Tickets can be booked on line or by phone: 0207 9422000.

Directions : *These can be found on <https://www.vam.ac.uk/exhibitions/frida-kahlo-making-her-self-up>*

Postcode : SW7 2RL

Shirley Horne 01787-462759
or e-mail sjh106@btinternet.com

Sunday 11th

Comedian, Colchester Arts Centre, Colchester -- 7pm

Booking required 10th November. Daliso Chaponda, the Malawian born stand up comedian was a stand out star from this year's Britain's Got Talent show, capturing the nations hearts and garnering over 8 million Facebook views and 9 million on Youtube. The 'What The African Said...' tour will take in 31 dates across the UK. Daliso has also just been confirmed for his own Radio 4 series entitled Daliso Chaponda: Citizen Of Nowhere. Tickets are £15/£14 and can be booked on line or phone: 01206 500900. Show starts at 7.30pm but let me know you are coming so we can meet beforehand at 7pm.

Directions : www.colchesterartscentre.com for more info. When buying your ticket you can also book car parking for only £1.50 for the whole day - handy to look around Colchester. This is in St Marys car park opposite the venue. CO3 3AA

Postcode : CO1 1NF

Shirley Horne 01787 462759
E-mail: sjh106@btinternet.com

Monday 12th (an Essex IVC event)

Contemporary Folk Evening, Colchester Arts Centre -- 7:45pm

Come and join me this evening and listen to 'Hunter Muskett' play a concert of contemporary folk music (they write a lot of their own songs) at Colchester Arts Centre. Book your own ticket at www.colchesterartscentre.com. Cost approx £13, plus £1.50 car parking at St. Mary's multi-storey car park (opposite) if you book tickets on-line and print off your ticket. I think the car parking ticket is valid for the whole day if you have other things to do in Colchester. There is a pay bar for drinks. I'll meet you in the foyer at 7:45pm when the doors open, or inside if you arrive later, if you let me know you are coming.

Directions : Park at St Mary's multi-storey car park, CO3 3DD, level 3 on Balkerne Hill, and walk over the footbridge to reach St Mary-at-the-Walls church (now Colchester Arts Centre) in Church Street. It's near to the Mercury Theatre.

Postcode : CO1 1NF

Angela Biggs 07901 751282 or 01245 227082

Tuesday 13th

Organ Recital, Colchester Town Hall - 12:45pm

Please join me to hear the Austrian organist Florian Pagitsch perform music by Bach, Mozart, Schumann, Gigout and Moondog, plus an improvisation, on the Moot Hall organ. Admission is free with a retiring collection in aid of the Friends of the Moot Hall Organ. Meet by the main entrance to the Town Hall by 12:45 pm prompt. Performance starts 1 pm and lasts about an hour. No need to book, but please let me know if you'd like me to look out for you.

Directions : The Town Hall is on the north side of Colchester High Street - with its tall clock tower, it's unmissable! Best place to park is probably St Mary's multi-storey (CO3 3AA).

Postcode : CO1 1PJ

Doug Meekison 01206 824588 or 07981 977985

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

Saturday 17th

Sing out Saturdays, The Ansell Centre, Hadleigh -- 10:30am

These are on the 3rd Saturday of every month and cost £8 per session; there is more info on the website www.SingOutSaturdays.co.uk. These singing workshops are led by Chris Rowbury who is an excellent tutor. They are light hearted and fun and no experience (believe me !) is required. Songs range from African to Welsh ballads and lots more. If you'd like to feel transported through singing to far-flung destinations without the need for expensive flights, chasing round the M25 or a tardis, then Hadleigh in Suffolk on the third Saturday of every month is the place to be ! There's no need to book, just turn up on the day but let me know you are coming so I can look out for you. There are options for coffee etc. in Hadleigh after it finishes at 1pm.

Directions : next to the United Reformed Church, Market place, Hadleigh, Suffolk, Parking is nearby with Magdalen Road long stay car park at IP7 5BB.

Postcode : IP7 5DL

Julie McMonagle 07769 537938
E-mail : juliemc2@sky.com

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

Thursday 22nd

📖 Christmas Fayre, Bury St Edmunds -- 2-8pm

This is the opening day of the Bury Christmas Fayre which runs till Sunday 25th. The advantage of Thursday is there are no coaches as it is aimed at locals, so hopefully will be less crowded. It finishes with fireworks in the Abbey Gardens at 7.45. I'm flexible on timings, so let me know if you want to join me.

Directions : *Please call Catrin to arrange a time and meeting place*

Postcode : IP33

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

Saturday 24th

📖 Let's go for a Curry, Long Melford -- 6:30pm

Would anyone like to go for a curry in Long Melford ? This is a very good restaurant and they can cope with dietary requirements; do ask if you are unsure or have special requests and phone 01787 378535 with any queries. Please confirm to me via email or mobile by Friday 16th November so that I can confirm numbers.

Directions : *Cafe Masala, Foundry House, Hall Street, Long Melford. Coming from Bury St Edmunds it's on the RHS about 300m past the bridge, between The Cock and Bell and The Co-op. There is street parking nearby.*

Postcode : CO10 9JR

Julie McMonagle mobile : 07769 537938
Email : juliemc2@sky.com

Notes for Your Diary

December

Monday 3rd

📖 The Nutcracker, The Quay Theatre, Sudbury -- 6.45pm

A live broadcast from The Royal Opera House by The Royal Ballet Company. I've booked tickets in H9/10, so if you would like to join us please book your own tickets and let me know to look out for you. Ticket price is £16 and are available from the Quay on the following website where you will also find more information; www.quaysudbury.com. Start time is 7:15 but we plan to meet in the bar upstairs for a chat beforehand.

The Nutcracker has long been one of the most delightful ways to discover the enchantment of ballet – and makes for a delicious seasonal treat for all the family. Tchaikovsky's much-loved music is matched to a magical adventure on Christmas Eve for Clara and her Nutcracker doll. Their journey to the Land of Sweets brings with it some of the most familiar of all ballet moments, such as the Dance of the Sugar Plum Fairy and the Waltz of the Flowers. Peter Wright's production for The Royal Ballet keeps true to the spirit of this Russian ballet classic, with period details and dancing snowflakes. The many solo roles and ensembles put the world-class skills of the Company to the fore in this Christmas classic.

Directions : *The theatre is in Quay Lane Sudbury with parking close by also down Quay Lane, just near the theatre.*

Postcode : IP8 3JD

**Julie McMonagle on 07769-537938
or e-mail juliemc2@sky.com**

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**

Sunday 16th

📖 Ghost Stories and Afternoon Tea, Jacqueline's Tea Room, Colchester -- 6:15pm

Please book by 15th December 2018. Jacqueline's Tea Room - Two ghost stories performed live in the cosy and atmospheric upstairs parlour room of this vintage tea shop. Jacqueline's will be serving festive food/drink for the evening (not included in ticket price). Tickets are booked through Colchester Arts Centre 01206 500900 or on line, and are £12/£10. Organise your own ticket and let me know you are coming so we can meet up. Please note this event takes place at Jacqueline's Tea Room, 14 Short Wyre St, Colchester CO1 1LN.

Directions : *Car parking in St Marys CO3 3AA can be booked at the same time as booking the ticket for just £1.50 for the whole day. www.colchesterartscentre.com. Please note this event is based in a real tea shop and refreshments cost extra*

Postcode : CO1 1LN

**Shirley Horne 01787 462759
E-mail : sjh106@btinternet.com**

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.

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
2019	
Jan 4 - 6	New Year Weekend in Nantwich (Birmingham IVC, contact as above)
Mar 1 - 4	Swanage blues festival (London IVC)
Mar 20 - Apr 3	Japan trip (London IVC)
May 10 - 12	aIVC Conference, Halifax
Aug 10 - 17	A week at the Edinburgh Festival (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 where necessary:

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.