



The Suffolk IVC Newsletter and Bulletin – October 2019

Hi everybody,

You should all already have received notification of this year's **AGM**, which is on Friday the 22nd. at The Hare and Hounds in East Bergholt. You were also sent a nomination form, which we hope some of you will use to stand as a committee member; being on the committee is an opportunity to be a bit more involved and does make being a member more interesting. Attendance at this AGM does need to be booked to ensure that there is space for us and also to let us know if you would like to eat, in which case you would need to join us at 6:30.

We have again booked two tables for this year's Christmas Dinner and Dance at the Best Western Ipswich Hotel at Copdock; the price is still only £33.95 but the committee have agreed to subsidise members to the value of £10. The date is Saturday, December 7th. More details and the menu are further on in the bulletin. At the time of writing it was not clear if any more places would be available but if you call me I will find out and arrange for you to pay The Ipswich Hotel direct.

Hope to see some of you at The Lion in Earls Colne again for the Essex/Suffolk IVC Club Night; **first Monday** is October 7th; we look forward to your company if you would like to join us; and don't forget that rowing (if it's on !?) is on Thursday 3rd this month.

Don't forget to look at the other IVCs events. **Pete Howe's annual New Year celebration** weekend is this year at The Holme Lacy House Hotel, an old mansion in Hereford, which looks quite spectacular. It is on the AIVC website if you are interested in finding out more.

Also Cambridge has a website that you can access at <https://www.cambsivc.org/>; we will endeavour to add details of their events that may be of interest but you can of course contact them direct.

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.

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 2019

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.

for October
Wednesday 2nd 2pm Skylight

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.**

Wednesday 2nd (an Essex IVC event)

Morning Coffee, Marks Hall, Coggeshall -- 11am

Booking required by September 30th. Please join me for morning coffee at Marks Hall (gardens and arboretum). The cafe is located in a beautiful C15th barn where they serve drinks, cakes and scones as well as a breakfast menu. Please let me know if you are coming so I can look out for you. I will be waiting outside the entrance to the Barn Cafe holding a bulletin.

Directions : *Marks Hall is between Coggeshall and Earls Colne. From the A120 take the Earls Colne exit onto the B1024 (Colne Road) and look for a brown sign to Marks Hall and a large sign with coloured stripes on it. At these signs take a sharp left turn (it's easy to miss) and follow the country road for about a mile. As you go through some white gates keep to the left as the Marks Hall wedding venue is to the right. A large car park is next to the cafe.*

Postcode : CO6 1TG

Sara Fernandez 07814 363347

Thursday 3rd

Rowing/walk, The Boathouse, Dedham -- 10am

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 £8/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 ! It's only necessary to book with me so that I can e-mail or call if there are weather problems and 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

Thursday 3rd

Talk, Local Suffragettes, The Memorial Hall, Castle Hedingham -- 6:30pm

Castle Hedingham Heritage Society is hosting a talk by Dr Emelyne Godfrey on the 'Suffragettes of Sible Hedingham'. The escapes and adventures of Rachel Barrett and the Marshall's of Bridge House. Only £5 to non-members (or £12 to join for the year). No need to book, just come along. The talk starts at 6.45pm.

Directions : *The Memorial Hall is located behind the church and there is free parking at the venue and in the village streets.*

Postcode : CO9 3DA

Shirley Horne 01787 462759

e-mail : sjh106@btinternet.com

Friday 4th

📖 General Knowledge Quiz, Ipswich -- 7pm

I am involved with a charity called SoundCure. We are working in partnership with the Ipswich Hospital Charity. The money we raise will be used to build a summer house in the garden of the Dementia ward at Ipswich Hospital. Tickets are £5.00 per person available from the Website www.soundcure.org.uk/events/ for teams of up to 8 people. There is a licensed bar and a raffle; bring your own snacks. Arrive at 7 for a 7:30 start.

Directions : *Gainsborough Labour Club's address is 394, Landseer Road, Ipswich.*

Postcode : IP3 9LX

Phil Riches 0791 8142726

Sunday 6th

7m Circular Walk, Long Melford -- 10am

The walk, led by Linda B from Sudbury Ramblers, starts from the Old School in Long Melford. The walk will be on footpaths and appropriate footwear is recommended; also bring water to drink and snacks. for full details Please see the walks programme on their website www.sudburyramblers.org.uk. There will be an opportunity to have lunch afterwards if anyone is interested ?

Directions : *We will meet in the Old School car park, which is free.*

Postcode : CB10 9DX

Shirley Horne 01787 462759

e-mail : sjh106@btinternet.com

Monday 7th

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

Monday 7th

Cinema, Haverhill Arts Centre -- 7:15pm

The Souvenir is a semi-autobiographical film exploring the nature of memory. Set in the 1980s and focusing on the upper classes; starring Tilda Swinton, Tom Burke and Honor Swinton Byrne, who we meet during a pivotal moment in her life. Drinks, snacks and ice creams can be purchased including wine etc. Tickets are only £6.50/£5.50. Let me know if you are coming - we can meet in the foyer and the film starts at 7.30pm.

Directions : *Haverhill Arts Centre is in Haverhill High Street. There is a car park behind the centre which is free in the evenings.*

Postcode : CB9 8AR

Shirley Horne 01787 462759

e-mail : sjh106@btinternet.com

Tuesday 8th (Please note date change)

📖 Musical, Evita, The Theatre Royal, Bury St Edmunds -- 7:30pm

A beautifully restored little theatre and, as the last surviving Regency theatre in the country, well worth a visit. If you would like to join us we will be sitting in the front row as usual or we can meet for a chat in the bar beforehand at 7pm and in the interval.

The excellent BSEAODS (before you ask that's Bury St Edmunds Amateur Operatic and Dramatic Society) return with another musical. This time the classic Evita with lyrics by Tim Rice and music by Andrew Lloyd Webber.

As a young woman who longs for fame and fortune, Eva quickly learns that her feminine wiles hold power among culture, and a political system, run by men. Following her journey from poor, illegitimate child to a wife of a rising political figure turned-President, a young and unknown revolutionary narrates the rise and fall of the beloved matriarch of the Argentinian people and most powerful woman in Latin America.

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

Sunday 13th

'Adorn' Exhibition, Colchester Castle -- 11am

Adorn is the first exhibition at Colchester Castle since it reopened. You can explore the glamour of personal adornment from the Bronze Age to the 21st century, from Pompeii to Colchester; loans from the British Museum and other major collections are also on show. £10 castle admission applies with Colchester residents with proof of address eligible for a 12 month pass. I plan to meet in the reception area for our visit (suggested 2-3 hours) at 11am. The castle only has vending machine facilities but there are good tea rooms nearby for afterwards.

Directions : *The castle is at the bottom of High Street and top of East Hill. Recommended approach by car is from East Hill. You will need to bear left at the top of the hill to access Priory St car park. Britannia can also be accessed via Southway and may be slightly cheaper but further to walk. You can then walk back up Queen St and cross at the crossing. Colchester town railway station and bus station are near Britannia car park.*

Postcode : CO1 1TJ

Kathy Lee 07931 198668 or 01206 211010

e-mail : kathy.leecomp@btinternet.com

Monday 14th

📖 Club Night at The Rushbrook Arms, Bury St Edmunds -- 7:30pm onwards

Come and join us for a meal and a chat. If you are new you shouldn't really have any trouble finding us but there is always the mobile and there will be an IVC name tent on the table.

Directions : *Sicklesmere, Bury Saint Edmunds*

Post Code IP30 0BU

Jenny 07765 663303 or **Judith** 01284 760679

Sunday 20th

📖 Autumn Forest Bathing, Bures -- 11am

Join me at Suffolk Wildlife Trust's "Arger Fen & Spouse's Vale Nature Reserve" for some quality time in the woods. Forest bathing has been scientifically proven to lower blood pressure, reduce anxiety and boost the immune system. There are several circular routes ranging from 1/3 of a mile to about 3. We can discuss on the day which one or ones we do.

If you fancy lunch afterwards at The Lamarsh Lion just outside Bures, that would be lovely. Prices for a meal range from £10-£16 or there are cheaper light bites. Let me know so I can book if necessary.

Directions : *From Sudbury on the B1508 enter Bures and (don't cross the river) turn left at St Mary's church on the Nayland Road. Drive for about 1.5/2 miles and at a crossroads (with Smallbridge Hall on the right) turn left and the nature reserve is about half a mile on the right.*

Post Code : CO8 5BN

Cheryl Shelley 07713-742802
or e-mail : cheryl.shelley3@outlook.com

Sunday. 20th (an Essex IVC event)

Mind, Body, Spirit Festival, Marks Tey Parish Hall -- 11am

Please join me at the Mind, Body and Spirit Festival where there will be a range of complementary therapies on offer including reflexology and Indian Head Massage; also numerous stalls selling jewellery, essential oils, crystals etc. Raffle tickets will be on sale in aid of the Helen Rollason cancer charity. The entrance fee is £4 but a small donation will be required for specific workshops, also to raise money for the charity. Please let me know if you are coming and I will look out for you; I will be waiting outside the main door holding a bulletin.

Directions : *Marks Tey Parish Hall is on the Old London Road. This can be accessed from the A12 by taking the Braintree turnoff and then turning immediately left just after the roundabout. There is Free parking at the hall.*

Postcode : CO6 1EJ

Sara Fernandez 07814 363347
or e-mail : mail@sarafernandez.plus.com

Monday 21st

📖 Meal, El Pulpo Spanish Restaurant & Tapas Bar, Witham -- 7pm

Book by 17th October 2019. The last memories of the summer sunshine before we change the clocks ! Please join me at my local Tapas Restaurant for an authentic evening of delicious food & traditional piped music. Please check the El Pulpo website for their menu/prices (You'll see from the photos that you'll be sitting on bar stools).

Directions : It's at 33 Newland Street, Witham. Parking nearby is 50p after 7pm. Take A12 J22 from Colchester.

Postcode : CM8 2AF

Gill Peters 01376 517697 or mob. 07767 644225

e-mail : gillpeters@btinternet.com

Tuesday 22nd

Suffolk IVC AGM, The Hare and Hounds, East Bergholt -- 7:30pm

Hopefully the AGM won't be too long and will allow us to get on with the banter and socialising 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 Hare and Hounds is in Heath Road and has its own car park.

Postcode : CO7 6RL

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

Friday 25th (an Essex IVC event)

📖 Charity Dinner Dance, St Giles Masonic Lodge, Colchester -- 7pm

Book by 6th September. This dinner-dance is being held in aid of the Animals in Asia Foundation. There will be a 3 Course dinner and live music by Words and Music, an excellent duo who play mainly 60s and 70s dance music. The cost is £27 and dress code is smart. These are always excellent evenings and very good value for money. Food is provided by the in-house caterers. There is parking nearby. If you are interested, please email Patti and she will forward the rest of the details to you.

Directions : St Giles Masonic Lodge, St John's Green, Colchester

Postcode : CO2 7EZ

**Patti Machell 07584 260820 or 01206 760927
or e-mail : pattimachell@outlook.com**

Saturday 26th

📖 Nature Walk, Fingringhoe Wick Visitor Centre, Colchester -- 10:15am

Please book by October 12th. Join the Ranger for an informal ramble around this extensive reserve, we will talk about anything and everything we see - or you ask about ! Finishing approx. 12noon. Wear suitable footwear and clothing for weather conditions. Light refreshments are available in the visitor centre and there is also a picnic area. Booking is required in advance as places are limited; the suggested donation to Essex Wildlife Trust is £5. Contact details for booking are on fingringhoe@essexwt.org.uk or call 01206 729678 Please book your place and let me know you are coming.

Directions : Fingringhoe Wick Visitor Centre is in South Green Road, Fingringhoe, Colchester. From the A12 continue to A133, then head towards Mersea via Westway, Balkerne Hill, Southway, on to Mersea Road B1025. At the roundabout turn left on to Abbots Road, then right 2nd exit Old Heath Road, proceed to Fingringhoe Road, Furneux

Lane from where it should be signposted. The visitor centre is about a 30 mins walk from the bus stop in the village.

Postcode : CO5 7DN

Kathy Lee 07931 198668 or 01206 211010

Notes for Your Diary

November

Saturday 16th

📖 Literary Festival, Lavenham -- 3:15pm

Lavenham library is holding a literary festival from the 15th to 17th of November. I am planning to see Claire Mulley (3:30pm) and Pam Ayres (5pm) on Saturday afternoon and would welcome your company if you would like to join me. Tickets and the full programme are available on the website lavenhamliteraryfestival.co.uk.

Directions : *These will both be in the village hall which can be found in Church Street along with the car park.*

Postcode : CO10 9QT

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

Monday 14th

📖 Club Night at The Cock Horse, Lavenham -- 7:30pm onwards

Come and join us for a meal and a chat. This is a new venue for us so we will see how it pans out. If you are new you shouldn't really have any trouble finding us but there is always the mobile and there will be an IVC name tent on the table.

Directions : *The address of The Cock Horse pub is 37, Church Street, Lavenham.*

Postcode : CO10 9SA

Jenny 07765 663303 or Judith 01284 760679

Wednesday 20th

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

A beautifully restored little theatre and, as the last surviving Regency theatre in the country, well worth a visit. If you would like to join us we will be sitting in the front row as usual or we can meet for a chat in the bar beforehand at 7pm and in the interval.

Ballet Theatre UK present a two act, full-length, ballet adaptation of this wonderful tale, told through the magic of dance set to a classical score. The production is presented with beautiful backdrops, stunning theatrical sets and costumes evoking the iconic sketches from the original publication.

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 7th

📖 Christmas D&D, The Best Western Ipswich Hotel, Copdock -- 7pm

You are cordially invited to join us for our annual Christmas D&D at 7pm for a 7:30 start. We will again be at The Best Western Hotel in Copdock, a very smart venue; our dress code is black tie or suits. The Suffolk IVC committee has offered to pay £10 of the cost for members (equivalent to your annual membership fee – yippee, a free year !). Non-members are also extremely welcome but at the full price. Send me a cheque for £10 deposit, or preferably the whole amount of £23.95 for a member or £33.95 for a non-

member for me to book you in; menu details are shown below so that you can send me your choices with your booking.

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

Postcode : IP8 3JD

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

2020

March

Friday 13th

📖 Dire Streets tribute act, Braintree Arts Theatre -- 7:30pm

Book by 1st January 2020. On the 13th May 1985 Dire Straits released what would become one of the best-selling albums of all time; delivering a stream of classic songs and propelling the band into global superstar status. To celebrate the 35th Anniversary of the release of Brothers in Arms, Dire Streets (Europe's most critically acclaimed Dire Straits tribute act) will be playing the album live in its entirety.

Dire Streets are six of the UK's top tribute musicians, recreating the distinctive style of Mark Knopfler and Dire Straits with an attention to detail no other tribute can match. The 2020 Brothers in Arms Anniversary Tour delivers a two-hour show which also includes all the classic hits from the band's other studio albums and legendary live performances. From the classic rock riffs of Money for Nothing, the smooth jazz-tinged flavours of Your Latest Trick, and foot-tapping classics like Walk of Life to the epic guitar anthem title track, Brothers in Arms is a true classic album. Join Dire Streets as they celebrate one of the greatest British rock albums of all time.

Price: £16 all tickets. Estimated duration inc. interval: 140mins. I have booked seat 16a.

Please note that quite a few seats have been reserved already so I would suggest booking asap on <https://www.braintreeartstheatre.com/whats-on/march-2020/item/dire-streets> or call the box office on 01376 556 354 Monday to Friday 11am-4pm. Let me now you are coming and we can meet up beforehand or during the interval if we can't get seats together.

Directions : *Braintree Arts Theatre is located on Notley Road, Braintree. Free parking is available at the theatre for approximately 250 cars. On some makes of satnav, entering the postcode for Braintree Arts Theatre actually takes you to Lister Road from which there is no access to the site. To ensure you have the correct location enter in the following co-ordinates to your satnav: N 51.86542 E 0.55315*

Postcode : CM7 1WY

Marisa Swain 07811 441810 or 01376 333182

CHRISTMAS MENU

at the Best Western Ipswich Hotel

Starters

Slow Roasted Tomato & Vegetable Soup

Ham Hock & Pea Terrine with Winter Chutney

Trio of Melon (Watermelon, Cantaloupe and Galia Melon) with Seasonal Berries



Mains

Roast Breast of Turkey, Pigs in Blankets, Chestnut Stuffing, Goose Fat Roast Potatoes

Slow Braised Feather Blade of Beef, Horseradish Dumplings & Goose Fat Roast Potatoes
(Nb. Well cooked)

Roast Fillet of Cod with Roasted New Potatoes, Cauliflower & Salsa Verde

Fennel, Roasted Vegetable & Chestnut Loaf, Roasted New Potatoes, Vegetable Jus



Desserts

Christmas Pudding with Brandy Sauce

Chocolate Terrine with White & Dark Chocolate Shavings & White Chocolate Sauce

Exotic Fresh Fruit Salad, Brandy Basket & Vanilla Speckled Ice Cream

(Please advise if your vegetarian options are also **vegan)**

AIVC Inter-Club Events

Please note that the events below are open to members of all IVC clubs.

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 7 - 14	Portugal	aIVC
Oct 18 - 20	Blackpool weekend	London IVC
2020		
Jan 3-6	NY weekend in the Wye Valley	Birmingham IVC
Mar 27 – Apr 8	Spring in Japan (book by July 8)	London IVC
May 16 - 23	Cruising the Llangollen Canal	Merseyside 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 2018-2019

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.