



The Suffolk IVC Newsletter and Bulletin – November 2019

Hi everybody,

Well, the AGM is over for another year and the election results are below :

<u>Position/Title</u>	<u>Name</u>
Chairman, Publicity and Webmaster	Phil Riches
Secretary, Membership and Bulletin Officer	Brad Rawlings
Treasurer	Gill Reeve
ALO	Graeme Mount
General	Judith Scott
General	Jenny Lowless

No change there then ! Incidentally, Committee meetings are open to all members (just let us know, as we usually book a table somewhere to eat) and if you would like to join us you would be more than welcome. If you would like to join the committee you would be more than welcome.

Booking for our Christmas D&D at the Best Western Ipswich Hotel at Copdock is now closed. However, Cambridge have recently asked if we would like to join them at their's (details below); it's a spectacular venue and Shirley says that rooms are available on 01223-746246.

Hope to see some of you at The Lion in Earls Colne again for the Essex/Suffolk IVC Club Night, which is on the 2nd Monday in November, the 11th. We look forward to your company if you would like to join us.

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 the Wye Valley in Hereford, which looks quite spectacular. It is on the AIVC website if you are interested in finding out more; and if there are any places left by now.

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

November 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.

Catrin's Events

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 November

Thursday	7 th	7:30	My Fair Lady
Monday	11 th	7:30	Murder, Maggie and Me
Friday	15 th	7:30	Jane Eyre
Wednesday	20 th	2pm	ballet -- The Wizard of Oz

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

22nd Nov – 6th Dec

Ickworth House Sound and Light Display -- date and time tba

An interesting event which is new for this year is in the stumpery/Italianate garden at Ickworth with a sound and lights display. Entry is by timed ticket at regular intervals from 4.30 - 8.30pm (the cost is £11 and prior booking is essential); a self-guided light trail from the car park (I assume the cost is applicable to all whether trust members or not). The café and shop will be open. If anyone is interested contact me by 15th November to discuss a day/time. There are more details online at nationaltrust.org.uk/Ickworth.

Directions : *The Rotunda, Horringer, Bury Saint Edmunds*

Postcode : IP29 5QE

Catrin Diverres -- 01284 760643

or e-mail catrin.diverres@talktalk.net

Monday 4th (Don't come to The Lion this evening, it's next week !)

CAG Talk on Beeleigh Abbey, Roman Circus House, Colchester -- 7:30pm

This talk is the reason that the Essex and Suffolk IVC Club Night is on next week. Colchester Archaeological Group (CAG) put these talks on every Monday evening through the winter months; they are all interesting but sometimes more than others and we really didn't want to miss this one; Janet loves the place and a couple of years ago I helped with some mapping of possible underground features and met with Mr Foyle for coffee and a very interesting tour of the house, which isn't normally open to the public. Entrance for non-members is £5 and tea, coffee and biscuits are available for a tiny fee.

Incidentally, if you haven't been here before, you can see the excellent exhibition that tells you why Roman Circus House is named as it is; and if you visit in the daytime you can walk round the marked out Roman ruins of the actual circus itself.

Directions : *Roman Circus House is in Roman Circus Walk off the B1026 to Layer. If you don't have a satnav then I seriously suggest that you consult a map of central Colchester; or give me a ring for some help. It's a good idea to arrive early if you want to park in the tiny car park but there is also a much bigger (pay) car park at the front of the estate as you enter the Walk.*

Postcode : CO2 7BJ

Brad Rawlings 01787 221561

Monday 11th

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

Please note that for November and December this will be on the 2nd Tuesday

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

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.**

Tuesday 19th

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

Thursday 21st

📖 Bury St Edmunds Christmas Fayre -- time tba

I have suggested Thursday as it is quieter and no coach loads. It ends with a fireworks display in Abbey Gardens at around 7pm when we could perhaps go for a meal. Contact me if you are interested in going to arrange time/place to meet (somewhere like Apex or Wetherspoons).

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

Saturday 23rd

Clothes Swap, Ipswich -- 10am-1pm

SoundCure are holding a Clothes Swap event at St. John's Conservative Club; tickets at £5 per person are available on the door. Bring along clean, good condition clothes on hangers that you wish to swap. There will also be an opportunity to purchase brand new clothing, so if you have any you would like to donate please bring them along too.

SoundCure is a registered charity working in partnership with the Ipswich Hospital Charity and our aim is to raise enough money to buy a summerhouse equipped with a sound system to play music for dementia patients at Ipswich Hospital. Music offers a direct connection to the past and can enable lost memories to surface again, names are recalled, memories return, lives are remembered.

For more Information please see the website www.soundcure.org.uk/events/clothes-swap or call or text Phil Riches, details below.

Directions : St. John's Conservative Club Kirby Street.

Postcode : IP4 4PT

Phil Riches 07918 142726
or e-mail phil.riches@btinternet.com

Sunday 24th

📖 Christmas Gift And Food Fair, Chelmsford City Racecourse -- 11am

An opportunity to do some early Christmas shopping including homeware, jewellery, art, books, toys and gourmet foods. Entrance fee on the door Adults £5 / Concessions £4 / under 16's free. Tickets can also be purchased from Helen Rollason Cancer Charity shops or online at www.helenrollason.org.uk. It's not strictly necessary to book with the venue but if you let me know you are coming please ring me so I can look out for you and I will wait at the main entrance holding an IVC bulletin.

Directions : *Chelmsford City Racecourse is situated off the A131 at Great Leigh's and the parking is free.*

Postcode : CM3 1QP

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

Thursday 28th

📖 Club Night, The Crown, Ardleigh -- 7:30pm

An opportunity to get together again for a chat and to save the cooking if you should feel like eating. We haven't tried this as a venue before, so thought we would give it a go to see how it works for convenience for people. Not strictly bookable but please let me know if you will be attending so that I can arrange things and look out for you.

Directions : *The Crown can be found on the Old Ipswich Road next to the A12. It's off the A12/A120/Ipswich Road roundabout to the north of Colchester.*

Postcode : CO7 7QR

Gill Reeve 07504-563235
or e-mail gill.reeve@outlook.com

Notes for Your Diary

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**

Monday 9th December

📖 'Stepping Into Christmas' Meal, The Gardeners, Chelmsford -- 7pm for 7.30pm

AKA Graeme's Birthday Bash. For several years Graeme has organised a meal in Chelmsford in early December for family, friends and by invitation extended to all Suffolk and Essex IVC members. Last year we used the Gardeners Greene King P.H. in Chelmsford for the first time, there was a good take up and their welcome was much appreciated. The Gardeners is well placed quite close to the Boreham interchange on the A12 very easily reached by car from both counties there are three bus routes from Chelmsford Railway Station that stop close by. Twenty-five people can be accommodated and ten have booked as this invitation goes out.

There are four starters, seven mains, and five dessert choices including vegan and vegetarian options. Great value, two courses £10.99, three courses £13.99; meal choices are required by 30th November. Menu choices are available on <https://www.greeneking-pubs.co.uk/pubs/essex/gardeners/christmas/festive-menu/> or in text only format from Graeme. To secure your places please contact him asap. All bookings and menu choices to Graeme please.

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 **gemount@btinternet.com** **PLEASE NOTE NEW ADDRESS**

Saturday 14th

📖 Essex Vegan Festival, Charter Hall, Colchester -- 12pm (or to be arranged)

£3 entry fee payable on the day on the door (under 16s) free. Prepare to be amazed at what is on offer here. This large event will introduce you to all types of delicious vegan food, with 80+ stalls including pies, cakes, chocolates, sandwiches and salads, world foods, preserves, cheeses, drinks, healthy treats and sweets. It also has beauty and skincare products, candles, jewellery, crafts, clothing, charity merchandise and more, all animal

friendly ! Talks include nutritional advice inspirational subjects and vegan cookery demonstrations; it closes at 4:30. Not actually bookable at the venue but call me on the home number to arrange to meet; you can contact me on my mobile on the day.

Directions : *Charter Hall is in Cowdray Avenue (A133 through Colchester) next to the leisure centre.*

Postcode : CO1 1YH

Janet Benfield 01787 221561 mob. 07989 455151

Saturday 21st

(Cambs IVC event)

📖 Cambridgeshire IVC Christmas Party -- 7pm

Cambridge IVC have kindly invited us to their Christmas D&D. If you're interested there are full details in the flyer in a page below; please book direct with Helen Craig as per the details therein and contact Val Brown to let you know you are coming.

Directions : *Institute of Continuing Education, Madingley Hall, Madingley, Cambridge.*

Postcode : CB23 8AQ

Val Brown e-mail valbrown@gmail.com

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

2019 CAMBRIDGESHIRE IVC CHRISTMAS PARTY

Sat 21 Dec 7:00PM

Institute of Continuing Education, Madingley Hall, Madingley, Cambridge CB23 8AQ

<https://www.madingleyhall.co.uk/>

If you wish to stay overnight at the venue, as they have limited bookable accommodation, we suggest you book early.

Due to popular demand we return to Madingley Hall for this year's Christmas dinner dance which is a shared party night. Celebrate in fun and style with us again. Madingley Hall is a beautiful 16th Century Country House set in extensive grounds just 15 minutes' drive from Cambridge. Enjoy a glass of sparkling wine to welcome you on arrival followed by a three course dinner with 1/2 a bottle of wine. After dinner, dance the night away to some classic disco hits. It's an opportunity to get out your glad rags if you wish, but smart casual is fine if you prefer.

Menu:

Starters

Celeriac and apple soup with a smoked cheese rarebit (V)

Prawn, lobster and avocado cocktail

Serrano ham, fig and halloumi salad

Main Course

Slow braised feather blade of beef in a Jack Daniels and pepper cream sauce, served with roasted new potato cakes and shallot puree (GF option available)

Roast salmon with a crab bisque, served with fondant potatoes, pak choi and buttered greens (GF option available)

Traditional roast turkey served with pigs in blankets, Yorkshire pudding, roast potatoes and seasonal vegetables (GF option available)

Pithier of celeriac, parsnip and blue cheese sauce (V, Vegan version available)

Desserts

Christmas pudding with Cointreau sauce (V, GF option available)

Tipsy peach and blueberry biscotti trifle (V)

Selection of 4 cheese and biscuits (GF option available)

Coffee and mince pies

V= Vegetarian GF = Gluten Free DF = Dairy free

We are being given a special rate for IVC. Members' price for Cambridgeshire and other IVCs (which we're also subsidising) £39. Guests £45. This consists of a 20% reduction on the full price for IVC members and a 10% discount for guests. In order to benefit we need to book early. **BOOKING DEADLINE 18 NOVEMBER.** We expect this to be a popular event again, are offering a limited number of tickets to other IVCs and at this price they will sell out fast so book ASAP with Helen Craig.

Send your menu choice (including GF/vegan option if appropriate) along with you cheque or pay by direct transfer (see below) and email Helen with details of your payment and menu choice. **IF YOU PAY BY DIRECT TRANSFER YOU MUST INFORM HELEN OR YOU WILL NOT HAVE A PLACE.**

Helen Craig email: helencraig996@btinternet.com Tel: 01487 740510

Make your direct bank transfer payable to Cambridgeshire IVC and add your name to the payment.

Account number 86039037, sort code 090127

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.

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
Jun 12 – 14	Annual Conference -- Telford	AIVC

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.