



The Suffolk IVC Newsletter and Bulletin September 2024

Hi everybody,

Autumn is approaching and the days are drawing in – so let's schedule in more activities to lift our spirits.

We could still do with some events; a couple of walks would be nice. If they are late I can re-issue the bulletin or e-mail them on their own. Just tell us what you are going to do, 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.

If you've been to an event you've particularly enjoyed, please let me have your review so I can post it here as an appreciation to the host and an encouragement to others to host/attend events.

The Monday quizzes are on the 9th and 30th.

Just a reminder that Cambridge does have 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, 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.

PLEASE KEEP SENDING EVENTS

They are what we are all here for!!

Anna


Anna Ifejika

Bulletin Editor
07947 370058

The Suffolk IVC Events Bulletin

September 2024

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

Please note that the  sign means “bookable”, and this does mean that you will 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.

The Monday Quiz

You are invited to join us for our Zoom quiz, which will normally be on a Monday at 7:30, generally twice a month, but as advertised in the bulletin. These are completely informal, self-marked, and only the winners are announced; it's nice to see people and have a chat and new participants are especially welcome. Either Phil or the quizmaster sends out an e-mail and you just click on the link. If you haven't done this before you may need to download Zoom; a webcam is nice but not essential.

Monday 9th

The Monday Quiz

See above. Watch out for the e-mail with the Zoom link details. Anna

Wednesday 11th

Breakfast at The Shoulder of Mutton, Aldham – 10:00am

An ancient building, no longer a pub but now an antique, centre serving excellent breakfasts and food all day. What more can I say, definitely worth the trip. Normally full for lunches but we had breakfast recently and it was fairly quiet. However, to make sure, please book with me asap.

Directions: *The Shoulder of Mutton is situated next to the River Colne where it crosses the A1124 at the traffic lights at Ford Street in Aldham, between Earls Colne and the A12. It has its own car park.*

Post Code: CO6 2PA

Brad Rawlings: 01206 325036

Thursday 12th

📖 Indian Meal, Maria's, Kelvedon/Coggeshall -- 7pm

A brand-new Indian restaurant that we discovered by accident the day after we moved back to Coggeshall. The Halfway pub (previously The Dragon) has recently re-opened as an Indian and has now been tried and tested and found to be excellent. If you wish to join us, please call me on the number below – numbers will be limited, probably to 6.

Directions: *Maria's is in Coggeshall Road (B1024), Kelvedon and has ample car parking. Come into Kelvedon High Road from the A12. Take the turning by the bridge over the river to the railway station (one of many Coggeshall Roads) and Maria's will be found about 1.3 miles on the left-hand side.*

Post Code: CO5 9PL

Brad Rawlings 01206 325036

Thursday 19th

SIVC Committee Meeting – Zoom Meeting – 7.30pm

Please join us at the committee meeting – all welcome. The meeting is scheduled for 7.30pm and Phil will send out the zoom joining details on the day.

Phil Riches: 07918 142726

Friday 27th

Macmillan Coffee Morning -- 10am – 12noon

Fornham All Saints Church IP28 6JW

All welcome

Email larksgate@hotmail.com

Judith Scott: 01284760679

Monday 30th

The Monday Quiz

See above. Watch out for the e-mail with the Zoom link details. Anna

Notes for Your Diary

If we have any more events, I will send an e-mail or issue an update as necessary.

Don't forget, possible events are anything that you may be doing yourself that may be of interest to others, and when you wouldn't mind having some company.

Notes for Your Diary

October

A programme of Sunday afternoon Autumn Concerts at St Andrew's Church, Rushmere, will be held in support of Anglia Care Trust (***see below for the listings***). Free admission with refreshments provided. Voluntary contributions after each event will be invited. The concerts present a high quality of performance and a wide range of musical styles.

Please let me know if you're attending so we can catch up after the performances over some refreshments.

Directions: St Andrews's Church, Rushmere. The Street Rushmere St Andrew. There's parking space by the Church.

Post Code: IP5 1DG

Anna Ifejika 07947 370058

Sunday 6th

Elodie Chousmer-Howelles and Stella Marie Lorenz (Violin and Piano) – 3pm - 4pm

A 2018 BBC Young Musician of the Year category finalist, she has enjoyed considerable success since then, featuring in BBC productions and performing at top venues in London and around the world. Find her on YouTube!

Sunday 13th

Trianon – 3pm - 4pm

Around 20-30 singers and instrumentalists will perform light and entertaining music, sharing their enjoyment of musical performance with a wider audience. You might be inspired to become a member.

Sunday 20th

Thérèse Miller (Piano) – 3pm - 4pm

Thérèse is well-known to audiences in Rushmere as an accompanist – most recently with The Accidentals – but this is her first time in the spotlight. We look forward to an enjoyable and varied programme of piano music.

Sunday 27th

Mark Blatchley (Organ) – 3pm - 4pm

Mark brings his extensive musical experience to Rushmere; starting as a chorister at Guildford Cathedral and later holding a variety of organ posts at St Paul's, Christ Church Oxford, St Marylebone, Gloucester Cathedral and St Edmundsbury. He is now very active locally with various musical groups.

November
Sunday 3rd

Suffolk Concert Band – 3pm - 4pm

A symphonic wind band formed as the Suffolk Military Band which (more than fifty years later) has developed into a versatile ensemble of musicians from the Ipswich area. Expect a rousing finale to this year's series of concerts at Rushmere.

Thursday 7th

AGM – Zoom Meeting – 7.30pm

The AGM will be a zoom meeting. Phil will send out the meeting joining details on the day. All are invited.

Friday 29th

Pre-Christmas event - 7pm-11pm

For this year's pre-Christmas event we have booked a private room for a social evening at Ipswich & District Bowling Club, 136 Rushmere Road, Ipswich IP4 4JU on Friday, 29 November 2024 from 7.00 to 11.00 p.m. (music supplied by Phil). The room has a bar for purchasing drinks.

The catering is being handled by Gill Fylan who has looked after us a few times most enjoyably! The menu is attached together with prices (2 courses for £25, or 3 courses for £30). Guests are welcome.

If you would like to join the celebrations, please let Gill Reeve know as soon as possible either by email: gill.reeve@outlook.com or phone 07504 563235. Menu choices and payment to the Suffolk IVC bank account (see details below) will need to be made no later than 15 November 2024.

Lloyd bank

A/C Name: Suffolk Internet Varsity Club

Sort code: 30-90-89

A/c no: 47726660

Reference the payment "Christmas"

If you have any questions, please contact Gill.



 **Christmas Menu 2024** 

Starter

Scallops & Monkfish

Plump Scallops & Meaty Monkfish in a Velvety Sherry & Lobster Sauce
Topped with Italian Parnigiana & Fresh Chopped Parsley – *hot starter*

Tiger Prawn Cocktail

Christmas Clementine & Feta Salad (V)

Main

Traditional Roast Turkey

With all the trimmings!

Festive Lamb Shank

Slow cooked in our home made merlot gravy served with roast potatoes,
Yorkshire pudding and seasonal vegetables

Creamy Leek & Dill Salmon

Scottish salmon fillet in a creamy leek & chardonnay sauce
topped with fresh dill, served with baby new potatoes and mixed vegetables

Stuffed Butternut Squash (V)

Half roast butternut squash filled with brie and rainbow peppers, topped with cheddar and oven baked
served with baby new potatoes and seasonal vegetables

To Finish

Boozy Christmas Pudding

Honeycombe Cheesecake

Individual Cheeseboard

On the Table: Warm Mini Mince Pies

To Book: Email gillylan@hotmail.co.uk or text/phone: 07980 538186

2 Course (Main & Dessert) £25 3 Course £30 

AIVC Inter-Club Events

The events below are open to members of all IVC clubs.

(Please note that there is often a list of 'invited clubs' in the aIVC write-up. These never include all IVCs but this does not mean that Suffolk is excluded)

Full details are 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.

2024		
Sep 6-13	Holiday in Prague	Simply Social IVC
Oct 4-6	Swanage Blues Festival	London IVC
Oct 7-9	Brownsea Island; 'Red squirrels & spoonbills'	London IVC

MAIN DIARY

aIVC's Zoom events will be shown on the monthly aIVC Summary.

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 Anna at annaifejika@gmail.com. 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 2021-2022

Details are now on the website.