



## The Suffolk IVC Newsletter and Bulletin November 2024

Hi everybody,

Our big annual event is looming, yes, I'm talking about the **Pre-Christmas Dinner**. It will be great to see as many people there as possible. Guests are welcome. This is a chance to meet, socialise with and get to know other club members. Members from Essex and Cambridge are very welcome. Please let Gill know immediately (before the 15<sup>th</sup> November) if you're planning to attend so that catering can be organised.

*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.*

*It was agreed at the last Committee Meeting that a cap on the date for receipt of events for publication should be set for the 3<sup>rd</sup> Sunday of the month. Your co-operation with this will be greatly appreciated. I will still issue late submissions but will like to keep these to a minimum.*

The Monday quizzes this month are on the 11th and 25th

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

## November 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.

### Sunday 3rd

#### Suffolk Concert Band – 3pm - 4pm

A last concert in the programme of Sunday afternoon Autumn Concerts at St Andrew's Church, Rushmere held in support of Anglia Care Trust.

Free admission with refreshments provided. Voluntary contributions after event will be invited.

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

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.

**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***

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### 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.

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## Monday 11th

### The Monday Quiz

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

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## Wednesday 13th

### 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, it's 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**

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## Monday 25th

### The Monday Quiz

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

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## **Friday 29th**

### **Pre-Christmas Dinner – 7pm to 11pm**

This year's pre-Christmas Celebration Dinner will be held on Friday, 29th November at Ipswich & District Bowling Club, **136 Rushmere Road, Ipswich IP4 4JU**, where we will have a private room.

The catering is being done by the same company that we have enjoyed for previous meals, and this year's menu is attached (see below).

The price is £25 for 2 courses or £30 for 3 courses. Guests are welcome.

If you would like to attend, please let Gill Reeve know as soon as possible either by email to **[gill.reeve@outlook.com](mailto:gill.reeve@outlook.com)** or phone **07504 563235**.

Menu choices advised to Gill and **payment need to be made no later than 15 November 2024**.

Payment (reference "Christmas") to:  
Suffolk Inter Varsity Club

**Lloyds Bank – Sort Code 30-90-89**  
**A/C no 47726660**



 **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](mailto:gillylan@hotmail.co.uk) or text/phone: 07980 538186*

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

## **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**

### **December**

#### **Friday 6<sup>th</sup>**

##### **6th December Christmas Cocktails & Meal**

Come and join me for cocktails at No 92, High Street, CM7 1JP (happy hour) and then onto Mosaic Restaurant for a meal. (Braintree)

You can choose from the ala carte. There will also be a set menu, but nothing confirmed as yet.

If you don't fancy cocktails first, then join us at the restaurant, table booked for 19:30.

You will need to pay a £5 deposit by Friday 22nd November. Please message me direct and I will send you my bank details if you don't already have them from previous events.

Hope you can make it. It's going to be a fun night.

All members are welcome, non-discrimination.

Nearest car park is Sainsburys - free after 6pm.

Dining OutFun and Laughter

Make New FriendsCocktailsRestaurant

Organiser: Marisa Swain: marisaswain@btinternet.com

#### **Saturday 7<sup>th</sup>**

##### **Circular Walk 7th December 2pm - Walk My Way**

The walk is weather dependent, as the route is mainly cross country and can get very muddy.

Circular walk from Stisted to Pattiswick around 4.5 miles. Mainly off road, so you will need the correct walking boots as it will be muddy in shaded areas. There are no coffee stops in Stisted/Pattiswick, but feel free to bring a flask for a break.

Weather dependent we can sit outside Braintree Golf Club and have a refreshment on our return. Well behaved dogs are welcome.

Start time: 2:00 pm; Estimated finish time: 4:00 pm; Difficulty: Moderate; Distance: 7.2km / 4.0miAscent; N/AType: circular

This is a WalkMyWay walk. Short, introductory walks encouraging people to relax and join in in their own area. Group walking is a great way to destress and meet new people.

WalkMyWay walks are also a good introduction to walk leading. If you have a walk you know and love that you would like to lead, anywhere in Essex, contact walks@hikeessex.org.uk. We can support you all the way.

##### **### Features**

Refreshments available Braintree Golf Club

Car parking available

Dog friendly

Introductory walk

##### **### Starting point**

Grid reference: TL 79991 24775

Nearest postcode: CM77 8AW

what3words: punks.laws.steps

Start time: 2:00 pm

Park up and meet outside the Onley pub (no longer a pub)

Organiser: Marisa Swain: marisaswain@btinternet.com

## 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.

<b>2024</b>	
Nov 1-3	Weekend in Oxford <span style="float: right;">Oxfordshire IVC</span>
Nov 24-28	Hull Nearly by the Seaside, a short City Break
Mar2025 16-23	A week in Tromso, Norway
Jun 15-22	Summer Solstice Camping at Shell Island
Jul 18-27	IF:MK – International Festival Milton Keynes

### 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](mailto: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](mailto: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.