

## WINTER EDITION

Come and join us at this year's  
pantomime – Mother Goose!  
Saturday 8 January, Theatre  
Royal, Bury St Edmunds

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## The Mini Report: A Mini Round East Anglia



### Ready to go!

Our event started at the BMC car rally at Ferry Meadows on 1st August, where we held a collection for COPARS. We then set off on Tuesday 3rd August from Fen Ditton, Cambridge, on a 5 day mini-run around the Suffolk and Norfolk coastal route. After a fun journey across Cambridgeshire and Suffolk, trying to follow the B roads (the map didn't always match!), we then set up camp near Orford, Suffolk. The next day took us up the coast to Potter Heigham via Orford Castle on the river estuary, a sampling of Adnam's Ale in Southwold and the rock shop in Hemsby. We spent the night in a pleasant small holding with run-about chickens – and of course we had to taste the local fish and chips for our tea. The excellent weather continued into the next day

when we tested the temperature of the sea at Eccles on route to Sherringham. We stopped to cook lunch on our calor gas stove just outside the town, when two classic minis cheered and waved at us as they passed. After stopping for a good night on a farm near Weybourne, we paused again at Wells on Sea for an ice cream, and finally left the coast to head in land to Kings Lynn. We spent our last evening eating pizza whilst sheltering in Pizza Hut as

the week's wet weather briefly caught up with us. Saturday morning dawned with the return of the sunshine, and we headed back across the Fens to Fen Ditton regularly testing *Morris'* suspension on the rough Fenland B roads! After completing 368 miles we were welcomed back with a cream team in the village hall, also supporting COPARS. A total of £455 was raised throughout the week, thank you all very much for your support!

*Suzanne Williams*

# Recipe: Chocolate Chip Muffins



## Ingredients list:

¾ lb chocolate chips  
 1/3 lb of soft butter  
 4 medium eggs  
 2 ½ cups of flour  
 1 cup of sugar  
 ¼ cup of milk  
 1 tablespoon of baking powder  
 ½ teaspoon of vanilla extract

## Instructions:

Preheat your oven to 400°F (200°C) and butter your muffin pan.

Beat the butter and the vanilla extract together to form a light, airy mixture.

One at a time, add the eggs, and beat gently.

Add ¼ cup of the sugar after each egg and mix thoroughly.

Put the baking powder and salt in the milk, then add to the mixture.

Fold in the flour and the chocolate chips.

Pour the mix into your buttered muffin pan, filling each cup two-thirds full.

Bake for 25 minutes or until muffins turn golden brown.

© <http://www.muffinrecipes.net/chocolate-chip-muffins.html>

Hi Jane, just a line to say thank you for last weekend, we all thoroughly enjoyed ourselves and the children asked if they could go again! When we arrived they saw some rides from the outside and asked to go on them, so as soon as we got in we saw

Wipe Out - I said 'Come on we'll go on this first'. Jamie said 'No' but Lucie went straight for it. It wasn't until we got on it and it started that I realised I should have looked first to see what it did- it was like that advert on TV when the man says 'Oh' they were funny seats! It didn't stop there - we later went on another ride that lifted you off the ground and tipped you from side to side, again I hadn't looked first! But it was a fun day although I was soaked after four rides on the water log! Luckily the park closed then so I got to dry on the way home. We did go to the show which the children also enjoyed and we purchased some photos from the water log flume - not very complimentary to me but nice for the children to look back on. Hopefully we will go in the half term holiday all being well. We did go to see you at the meeting place but you were busy and Jamie became a little shy. Although we did follow you round on the Snake in the Grass - that was another ride they loved and went on over and over again!

*Dawn, Jamie and Lucie*



# Pleasurewood Hills Report

## Water Chute...



## ...and Merry-Go-Round

Thank you to Robert Mason for the photos

# Chairman's Report

I can't believe it's that time of year again, when the pace of life quickens even more, what with Halloween & Bonfire Night just round the corner & then BANG! Christmas will be here! It has been a busy time for COPARS, with the Summer BBQ and Pleasurewood Hills trip; both great events and the weather was good. The day of the BBQ was even perhaps a little too hot! At Pleasurewood Hills it was great to see so many of our teenage members there enjoying the day. We all managed to catch up for a chat at lunch time- a really good day.

My sister and my niece did a trip in my niece's Mini called *Morris*, using mainly "B" roads around the coast of East Anglia to raise funds for COPARS, please do read the article about it on page 1 of the newsletter. They finished up in my village of Fen Ditton with an afternoon of tea & scones and a raffle to welcome *Morris* back, making a grand total for COPARS of £455.

COPARS' annual outing to the pantomime in Bury St Edmunds will probably be the next event where people will meet up so do make sure you have booked your tickets with Jane asap.

If anyone has ideas for future events / outings then please do let us know. We also need people to spread the "WORD" of who we are and what we do and to encourage fundraising for us!

It leaves me now to wish everybody a happy, healthy & safe Christmas and every Good Wish for the same in the New Year.

With love from *Suzanne Williams*



**Summer  
BBQ 2010**



**Mr Stripecy Wipey  
entertaining the children**

**Louise  
painting  
Sorrel's  
nails**





# Money Matters

Another newsletter, another reminder to all members to think if they know any local businesses or individuals who might like to support COPARS in any way. I think it is fair to say that we aren't really a big enough charity to apply for "Charity of the year", but if the opportunity arose it would be great to be considered.

Perhaps you know someone who would like to make a donation but would prefer it to go towards something particular? Perhaps contributing to the cost of the printing of our newsletter; or paying for the postage? Whilst mentioning postage I think we could reduce our costs if we knew people would consider downloading it from our website. Equally we could possibly communicate more by email if we had up-to-date email addresses. I know not everyone wants to have to use the internet to access newsletters and emails, and we are keen to keep in contact with COPARS members by whatever way works best for you, but it is something to think about.

As a committee we continue to take a close look at our expenditure and are keen to make the most out of the funds that we have at our disposal.

The recent trip to Pleasurewood Hills seems to have been a great success and was enjoyed by a large number of you.

If anyone has any ideas for good value, enjoyable outings please do say. Someone might have an idea that opens up a whole new activity! Perhaps you have a favourite outing which might be suitable for a COPARS visit? Whilst I can't guarantee that we will do all the suggestions, I can promise that they will all be considered and gratefully received.

There! A treasurer's report without a single figure in it. But if anyone would like to know about our finances in any detail please let me know and I would be more than happy to show, explain or discuss anything which may be of interest.

I hope to see many of you at the pantomime in Bury St Edmunds.

I'll put more figures in the next newsletter.

*Stephen Masters*



COPARS received a Kind Donation from the Freshers' week at St Edmund's College, Cambridge. The students made pizzas at the college and raised a fantastic sum of £60.00 for COPARS. Many thanks to them.

**THANK YOU!**



**St Edmund's College students selling their pizzas!**

COPARS recently hosted its Annual General Knowledge Quiz. Lots of people took part and tackled the 30 questions. From the many correct entries received the 3 lucky winners were:

- 1<sup>st</sup> prize – Viv Shaw
- 2<sup>nd</sup> prize – Amanda Holloway
- 3<sup>rd</sup> prize – Mrs M Sonley



# COPARS Events

**8 January 2011 - Mother Goose  
Theatre Royal, Bury St Edmunds**

**There will be a light lunch from 12:30 pm  
The performance is at 2 pm**

**18 March 2011 – AGM  
Rosie Maternity Hospital, 7.30pm**

**We want to change the constitution and all  
members are welcome at this meeting**



**If you would like to go to Mother Goose at Bury St Edmunds, please let Jane  
Levien know by:**

**email: [jane@copars.org](mailto:jane@copars.org)**

**Phone: 01223 570512**

**OR return the form below to: 5 Hauxton Road, Trumpington, Cambridge,  
CB2 9LT**

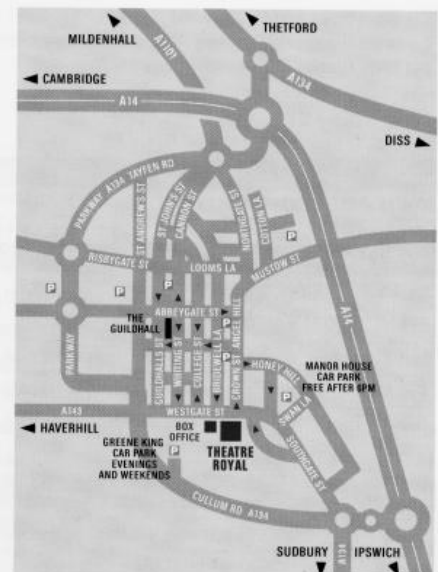
**YES we would like to go to the pantomime on 8  
January 2011**

Name:.....

Contact  
Number:.....

No. Of Adults

No. of children



**DIRECTIONS**

### Car parking

Greene King's staff car park, just 200 metres from the back of the Theatre, will be available for weekday evening and all weekend performances. The cost is £1, payable on entry. A well-lit footpath leads from the car park to the back of the Greene Room. We regret there is no access for customers in wheelchairs to the Greene Room via this footpath.

Other car parks close to the Theatre can be found in Swan Lane and on Angel Hill.

**WE LOOK FORWARD TO SEEING YOU SOON!**