Issue 134 November 2026

The Bugle Magazine

Free Monthly Community Magazine • Serving Beccles • Lowestoft • Southwold • Halesworth • Bungay and Beyond



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DICKENS IN SOUTHWOLD



While Hollywood does its version, this is Dickens' own.
A sparse stage. A single performer.
And Victorian London springs to life.



Returning to The Swan in Southwold on December 19th, this is 'A Christmas Carol' as Charles Dickens performed it himself, drawn directly from his original reading script. Through voice, presence and the power of Dickens' unaltered words, a whole world unfolds - Scrooge's chilly office, Fezziwig's joyous party, the warmth of the Cratchit family, and the haunting visitation of the spirits.

The simplicity becomes the magic: no adaptation, no modern reinterpretation — just the story as it thrilled audiences 183 years ago, brought vividly to life. Step into the magic of Christmas as Mat Jones returns with his acclaimed one-man performance of Charles Dickens' beloved festive classic.

A Christmas Carol is coming to The Swan Hotel in Southwold on Dec 19
Performances at 2pm 4pm 6pm and 8pm
Performed straight from the text that Charles Dickens himself used on his own one-man reading tours. One man, no staging, no props, just the story told exactly as its author intended.



"Bravura performance...a perfect antidote to the excesses of the season." ReviewsHub
"Meticulous, measured, authentic." CharlesHutchPress
"You do not need spectacle to be spellbound. You just need a storyteller this good." YupVoted

The show is part of a 29-performance tour across 17 UK venues throughout December

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KENSINGTON GARDENS

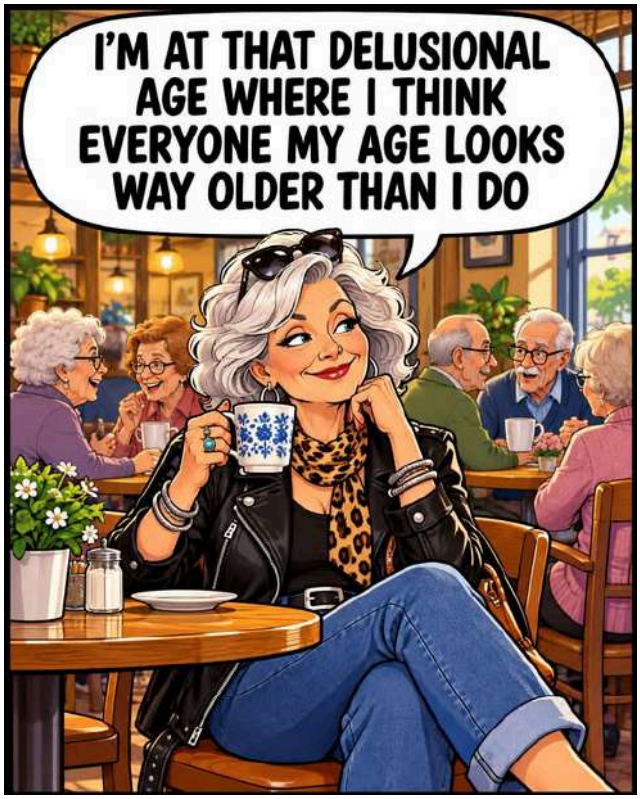
AN APOLOGY FROM THE BUGLE

In the September edition of The Bugle Magazine I wanted to talk about the fine work that the volunteers of The Friends of Kensington Gardens in Lowestoft perform on a weekly basis to help maintain the gardens in such a splendid order.

In the first paragraph of the piece I stated that 'The Friends of Kensington Gardens are a keen group of volunteers who, with the blessing of Lowestoft Town Council have taken over the day to day operation of the Kensington Gardens.

This was in error and I have been asked by LTC to point out that Town Council staff are also engaged in working on the gardens.

I apologise for any inconvenience or misunderstanding arising from my error. Neal



Submitting articles? 500 word maximum please. Less if images are included.
Deadline for copy is the 20th of the month preceding publication
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The Bugle What's On Guide

For this month

This is a free service open to all local fund-raising events & clubs.
Entries subject to edit and available space.
Email events in the format below to: buglemagazine@protonmail.com

Sunday 1st November. LODDON ANTIQUES AND COLLECTORS FAIR. Jubilee Hall, George Lane, Loddon. NR14 6NB Over 40 stalls. Eclectic mix. Hot refreshments. Adm £2. Ample parking

Tuesdays November 10th, 17th & 24th - HALESWORTH HARMONY'S TUESDAY EVENING REHEARSALS continue at The Cut in Halesworth at 7.00-9.00 pm. We're actively looking for new members (especially men!) so come along for a free taster session - no experience is necessary, everything is taught by ear, and you'll receive a warm welcome. For further information and details of rehearsal dates and venues, email: halesworth.harmony@gmail.com.

Thursday 12th - Saturday 14th November EXHIBITION AND SALE OF PAINTINGS by Hulver Contemporary Painters, at the United Reform Church, Southwold, 10..00am - 4.00pm. Entry Free

Saturday 14th November. A CHRISTMAS FAIR at Holton & Blyford Village Hall From 10am until 1pm Refreshments, Stalls, Raffle. All proceeds to St Peter's Church, Holton

Saturday 21st November CANCER RESEARCH CHRISTMAS FAIR.10.30 - 2pm at Holton Village Hall IP19 8RZ. Light Lunches served from 11.30am.Delicious Desserts Tea/coffee and mince pies from 10.30am. Stalls:- Raffle, Tombola, Cakes,Christmas stall, Books, Bric - brac, etc. Come and help Cancer Research UK. A warm welcome to everyone.

Saturday 21st November HAYDN'S CREATION at St Michael the Archangel's church, Beccles. 7pm. Beccles Choral Society with Kingfisher Sinfonietta and three professional soloists join forces to perform Haydn's best-known and most popular choral masterpiece, celebrating the creation of the world. £20, under 16s free. Tickets from Beccles Books, Marian Fox 07586959326 and ticketsbeccleschoral@gmail.com

Saturday 21st November HALESWORTH REPAIR CAFE at The Cut Arts Centre, Halesworth 10am – 12 noon

Saturday 21st November. PAKEFIELD SINGERS CONCERT 7.30 pm Pakefield Church NR33 0JZ. Join Pakefield Singers under the direction of Vetta Wise for an evening of well-known choral favourites including highlights from Karl Jenkins' The Armed Man. Tickets £12 from www.ticketsource.co.uk/pakefield-singers and on the door.

Wednesday 25th November. LOWESTOFT u3a MONTHLY SPEAKER MEETING at Avenue Hall, 101 The Avenue, Lowestoft, NR33 7LJ. A Christmas Carol, Festive Fun with Mike Wabe. open 10.am. Refreshments Free. Adm: £2.50

Saturday 28th November. LOWESTOFT'S 2026 CHRISTMAS LIGHT SWITCH-ON! 2pm – 6pm on The main stage, London Rd North (Outside the old post office) Join us and experience the excitement as we light up the town with dazzling decorations and illuminate our streets with holiday spirit. Be there to witness the magic live, with entertainment for all ages and the chance to create lasting memories with family and friends.

Saturday 28th November. CHRISTMAS FAYRE. ILKETSHALL ST ANDREW VILLAGE HALL. 10am - 3pm. Come and join us at our very popular annual event and get ready for Christmas! There will be a variety of stalls selling locally made crafts, produce and Christmas gifts, fun games and a fantastic raffle. Delicious refreshments are available throughout the day. Plenty of parking.

Saturday 28th November. WENHASTON PRODUCE AND CRAFT MARKET. 10 to 12.30pm. Handmade cards, jewellery, knitted cardigans, handbags, purses, wood turned pens, unusual clocks, soaps, face serums, perfumes, beautiful framed prints, handcrafted wood brooches, key rings, fridge magnets, tote bags, our famous Dexter Beef, home-made jams, chutneys, honey, cakes, fresh bread, savoury pies, garden and indoor plants and much, much more. The cafe will be open for Tea, Coffee and Homemade Savouries and Cakes. New stallholders welcome especially, a cheese maker, pork butcher, also fresh fruit and vegetables, chocolate maker. Car parking, we would ask all our visitors to not to cause any obstruction especially along Narrow Way to allow emergency vehicles and delivery vans ease of access. For further details contact Carol at: caz-mike@outlook.com

Saturday 28th November. WRENTHAM VILLAGE HALL FILM NIGHT. Wuthering Heights starring Margot Robbie and Jacob Elordi Certificate 15. £5 on the door. Refreshments available. Doors open 18.45 with film screening 19.30.

Saturday 12th December. WENHASTON ANNUAL CHRISTMAS BAZAAR at Wenhaston Village Hall from 2pm - 4pm. There will be a live local band called The Black Deek Band playing Christmas Music on stage. The Christmas Bazaar is always very popular there will be lots of lovely stalls selling handmade and home made produce and crafts. There is a raffle with some great prizes to be won. The cafe will be open providing tea, coffee, savouries and yummy cakes. We do have a few stalls still available at £15 per stall payable in advance so, if you would like to come and join us and sell your Christmas wares then please contact Carol either on 0786408296 or by email at caz-mike@outlook.com

Alburgh Christmas Tree Festival

This year the Church is holding its 5th Competition and plans to have over 50 entries over the weekend of 5th and 6th December, the Church being open to viewing and voting from 10.00am to 5.00pm each day.
Come and see a wonderful display of Christmas trees – vote for your favourite
Refreshments and produce table. Free entry
Contact Ann 07990 524794/01379 852569 for more information



Our New Email Address: buglemagazine@protonmail.com



The Bugle What's On Guide

NOVEMBER
PAKEFIELD & CORTON

This is a free service open to all local fund-raising events & clubs.
Entries subject to edit and available space.
Email events in the format below to: buglemagazine@protonmail.com

Pakefield church is heavily involved in the community hosting a number of activities as well as running the Larder and SchoolUniform Bank. They also have Pakefield Pastures which is a mobile care farm looking after several animals that are taken, by invitation, into the community. They can be seen and offer hands on opportunities. Animals include alpacas, goats, sheep, spring lambs, pigs, donkeys' ducks and rabbits. Thank you for all your support.

November 2026

The Lodge, Corton. A functions venue making use of the Tepi, Cafe, and Entertainment Barn that are also available for private hire. The Lodge is proud to offer a variety of events and activities including the Cycle Skillz area. Canteen open Tues to Fri 10.00 to 3.00 and until 4.00 over the weekend. Open until 8pm on Sundays. There is also free use of children's pedal tractors weather permitting.

The Entertainment Barn is a popular venue for barn dances and a variety of acts.
Clay pigeon shooting, Archery and Axe throwing during weekends by arrangement.
Foxy's Line Dancing is in the Barn on Monday's 6.00 to 7.00 Beginners and 7.00 to 8.30 for Main Class.
Wednesday's 7.00 to 8.30. For further information contact : Melfox83@hotmail.com
Wednesday 11th November: Dance masterclass with ex-Strictly dancer Graziano Di Prima. A chance to meet and greet and enjoy dance. Very limited places available! Saturday 14th November: DJ Luck & MC Neal

Many events are free whilst others do have a charge.For info on all events, regular activities and booking availability please check with : events@woburnfarm.co.uk The Lodge, Stirrups Lane, Corton, NR 32 5LE 01502 730537

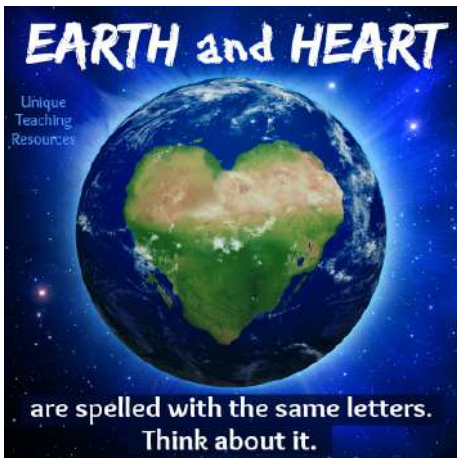
Pakefield Church on the Cliff. Info : Ruth Coles. 01502 218150. The Office is open Mon. Wed. and Fri. 10.00 to 12.00. office@pakefieldchurch.com Tickets for most church events are available from the office
Regular Services Sundays 8.00, 10.30 (live streamed) and 6pm Church is open daily 9am - 4pm

November Events

Sun 1st BLESSING OF THE HERRING. 3.00 on Odd Fellows Green.
Sat 7th VETTA'S AURORA CONSORT CONCERT in church. 4.00 refreshments available. Retiring collection.
Sun 8th REMEMBRANCE SUNDAY SERVICE at 10.30.
Mon 9th Nellie Kuma interactive workshop, CONVERSATIONS AROUND CANCER. Tickets reserved via the office.
Wed 11th ARMISTICE DAY SERVICE. 10.55 by the Pakefield War Memorial.
Sat 14th MESSY CHURCH REMEMBRANCE at 10.30 to 12.30.
Fri 27th MESSY VINTAGE 10.30 to 12.00 in the hall. Christmas themed adult fun craft activity includes refreshments. Contact Curate Revd Lorraine for information.
Sat 28th Messy Vintage wreath making. **11.00 to 2.00. Booking through the office. Popular event and places limited.**
Pakefield Pastures mobile Care Farm taking different animals around the area to invited sites.
Oct 31st LOWESTOFT TOWN COUNCIL HALLOWEEN TRAIL. 10.39 London Rd Nth, High Street
Sat 28th Stradbroke HELPING HANDS, CHRISTMAS FAYRE. 11.30 Stradbroke Primary Academy, 52 Lowestoft Rd, GT YARMOUTH, NR31 6LZ.
Sat 28th Rainbow Day Nursery Christmas Fete. 1.00 to 4.00 Love Rd, NR32 2NY
The Larder on the Hill (a social supermarket) is held at the Bloodmoor Community Centre every Friday between 3.00 and 5.30. Residents from NR33 are eligible but are advised to check as places are now very limited.
Also at Bloodmoor Community Centre is a School Uniform Bank supporting all local schools. Open on Thursdays.
Kirkley Ladies Group meets at St Peter and St John church hall every second Thursday at 2.00 just £3.00.







If you think the economy is more important than the environment, try holding your breath while you count your money



The Vision Quest Part Two. The Crucible of Solitude: Days and Nights in the Wild

Once prepared, the seeker is taken to a remote, sacred site, often a hilltop, a secluded valley, or a designated "vision pit" – a small, dug-out enclosure. Here, a small ceremonial circle might be marked, perhaps with tobacco or stones, defining the sacred space within which the quest will unfold. Typically lasting from one to four days and nights, the quester is left utterly alone. There is no food, no water, and often no shelter beyond a simple blanket or a small tarp, exposing them directly to the elements: the scorching sun, the chilling night air, the rain, the wind. The silence is profound, broken only by nature's symphony.

The physical deprivation is a key component. Hunger, thirst, and exposure strip away the layers of ego and material attachment. The body's demands become intense, often leading to a heightened state of awareness. Sleep is intermittent and often filled with vivid dreams. Fear, loneliness, and self-doubt often surface, challenging the quester's resolve. Yet, it is precisely in this crucible of discomfort that profound shifts can occur.

Prayer is constant. The seeker communicates directly with the Creator, with the spirits of the land, with their ancestors. They might offer tobacco, sing sacred songs, or simply sit in quiet supplication. Hours turn into days, marked only by the rising and setting of the sun and moon.

The "vision" itself is not always a dramatic, literal apparition. It might be a dream, a symbolic encounter with an animal, an intuitive flash, a profound feeling of interconnectedness, or a deep understanding of a personal truth. It could be the whisper of the wind carrying a message, the patterns in the clouds, or the sudden clarity that emerges from the depths of one's own being. These experiences are deeply personal and often symbolic, requiring careful interpretation.

The Return and Integration: Living the Vision
The return from the quest is as crucial as the quest itself. The elder greets the seeker, often with water and a small amount of food. The first sharing of the experience happens privately with the elder, who helps the quester interpret their visions and insights. This interpretation is vital, as the symbolic language of the spiritual world can be complex. The elder helps connect the visions to the seeker's original intention and their path forward.

Integration back into daily life is the ultimate test. A vision is not just something seen; it is something lived. The insights gained must be woven into the fabric of one's actions, relationships, and purpose. For a young person, it might mean understanding their role as a leader, a healer, or a caretaker of the land. For an elder, it might mean guidance for the community. The Vision Quest is not an escape from reality, but a profound re-engagement with it, armed with new wisdom and strength.







I don't deserve this award, but I have arthritis and I don't deserve that either. Jack Benny

Corrie Yelland

For a very long time I have been an avid supporter of Medical Cannabis and have travelled in the area performing illustrated talks on the health benefits and the history of this much maligned plant - nature's most curative herb.

It was the big pharmaceutical companies who effectively lobbied for Cannabis to be banned as a dangerous drug in the 1930s. After all, cures for diseases and conditions that are natural in origin, cannot be patented. You cannot patent a plant! Therefore there is no money to be made for the greedy monoliths. The hate campaign levied against Cannabis was vast, from full page newspaper ads to even producing films to induce fear in the people. At any cost Cannabis had to go and it was duly criminalised in 1937. This single act has betrayed the people on a vast scale and caused countless thousands of people to lose their lives through invasive and destructive radiotherapy and chemotherapy, the latter being developed from Mustard Gas - the gas used by Germans in WW1.

Whilst there are many case studies demonstrating the effectiveness of Cannabis available with a simple search on line, I will convey to you here the story of one very brave woman.

Corrie Yelland was a remarkable and determined lady who refused serious radiation treatment and against all the odds cured her terminal cancer by using cannabis oil. Cannabis Oil does not contain appreciable amounts of THC, the hallucinatory element found in it's raw form.

In May 2007 she suffered a heart attack and subsequently had a double heart by- pass. As a result of the heart surgery she suffered with chronic debilitating pain from a maligned sternum and post sternotomy neuralgia/syndrome. She was constantly in pain and ingesting large amounts of various painkillers, and at night, even after taking sleeping pills, she would wake in agony within two hours of falling asleep.

In July 2011, already coping with two spots of skin cancer on her collarbone, she was stunned to be diagnosed with anal canal cancer. Following two surgeries to remove some of the cancer, doctors told her that she would have to endure radiation treatments that would be devastating for the lower part of her body. In addition to that she would suffer second and third degree burns across the entire area.



Refusing to accept this as the only answer Corrie began to research alternative medicines and soon discovered information on Cannabis Oil. She began a course of treatment soon after. In addition to ingesting the oil she also topically applied it to the skin cancer on her collarbone. Within 48 hours there were visible changes to the skin cancer - in just over a week the skin cancers were gone. Elated, she continued ingesting the oil in the hope that it work on the other cancers attacking her body. Two weeks into her treatment regime the pain in her sternum as well as the nerve pain had almost completely gone.

In September 2012 Corrie returned to see her specialist/surgeon again and heard the news she had hardly dared to hope for " It's gone! I can't find anything at all - if it wasn't for the scar tissue I would never have known you had ever had cancer" he said

Corrie Yelland, who left this world on February 27, 2025, was more than a voice on Cannabis Health she was a beacon of hope, a tireless advocate, and a fierce warrior for those seeking alternative paths to healing. After overcoming her own battle with cancer using cannabis oil, Corrie made it her life's mission to help others, freely offering her time, wisdom, and compassion to those in need.

By her own admission, she saved thousands of lives but to those who knew her, she was far more than a healer. She was a loyal friend, a guide, and a light in the darkness for so many. Though she is no longer with us, her spirit lives on in every life she touched and in the countless people who are here today because of her guidance and support.

Did you know that you share 50% of your DNA with bananas?

A LITTLE BIT OF FRANCE

A new purpose-built pétanque pitch is under construction at Beccles Quay, bringing a little piece of France to the town and creating a permanent leisure facility for residents and visitors to enjoy

Led by the Beccles Twinning Association, the project celebrates the town's long-standing friendship with Petit-Couronne in Normandy and will provide a dedicated space for the popular French game of pétanque, also known as boules



Work on the new pitch began on 12th October, just days before a group from Petit-Couronne arrived in Beccles for this year's twinning visit. Visitors saw the new facility during their stay, with a special moment on Saturday 24 October, when the Mayor of Beccles planted the first Escallonia 'Red Dream' alongside the new pitch to mark the occasion.

In 2019, Beccles Town Council granted the Twinning Association permission to use a tarmac area at the end of Beccles Quay for games. In 2022, the town of Petit-Couronne presented Beccles with several sets of boules. However, the existing playing area has become increasingly vulnerable to flooding and flood damage, prompting the Twinning Association to develop plans for a sustainable, purpose-built pitch.

Michelle Golding of Beccles Twinning Association said: "Pétanque is the perfect blend of competition and camaraderie, and, importantly, it can be enjoyed by people of all ages and abilities. It has long been part of our friendship with Petit-Couronne, so we've wanted to create a proper, sustainable place for people to play in Beccles. We're incredibly grateful to everyone who has helped make the new pitch possible. We hope the pitch will be another reason for people to enjoy the wonderful space at Beccles Quay, whether they're experienced pétanque players or simply fancy a go."

The project has been supported by a National Lottery-funded Sport England Movement Fund Award and 'Enabling Communities' grants from East Suffolk District Council, with additional support from Beccles Townlands Trust, Waveney and Yare Housing Association, a Suffolk County Council community grant, and a grant from Beccles Helping Hands. The project has also received support from Beccles U3A, along with numerous other Beccles organisations and individuals who have helped the Twinning Association bring the plans to fruition. Beccles Town Council funded the plans and surveys for the new pitch, and the Broads Authority has also supported the project.

The new pitch adds to the range of things to see and do at Beccles Quay, offering another activity in one of the town's most popular leisure areas.

Plans are already underway for La Fête de Beccles, a French-themed community celebration at Beccles Quay in April 2027, when the whole town will be invited to come together to celebrate the new pétanque pitch and Beccles' friendship with Petit-Couronne. The event aims to bring a taste of France to the Quay, with pétanque games and opportunities to have a go, French music and food, French-inspired picnic boxes, and other activities for all ages.

Further details about La Fête de Beccles will be announced in the new year.

Find out more by emailing: twinning.beccles@gmail.com

So a chef has to know every ingredient in a cup cake,
but doctors don't need to know ingredients in kid's vaccinations???

The total weight of all the ants in the world is greater than the total weight of all the humans in the world



Tim The Travel Writer

Did you know that best selling Devon-born author Agatha Christie trained as a concert pianist? She was also a nurse, which gave an understanding of chemicals for her murderous plots. I didn't until our visit to Greenway, her holiday home in Torquay on the English Riviera, which she paid around £6,000 for in the 1950s – today worth over £11m.

Thirty miles away at Dartmouth is Coleton Fishacre. The D'Oyly Cartes, of Gilbert and Sullivan opera fame and owners of the Savoy and Claridges discovered this piece of heaven while sailing along the coast. Hewn from stone, built from the on-site quarry, it's a magnificent love letter to the Arts and Crafts movement with some stunning art deco features. A stone's throw away is Kirkham House in Paignton. This is a well maintained medieval house from 1390.



Henry (10) is excited to visit Diggerland at Cullompton where he can indulge in JCB driving and operating. He really is in his element at Stack Attack where, being tall enough, he is actually able to lift up tyres, move them and pile them one on top of the other. It's great for his dexterity and we all enjoy watching his concentration. He's very good at it. There are go kart races, which we all enjoy and a digger merry go round which the girls try.

We stay on a half-board self-drive basis for four nights at Daish's Abbey Lawn Hotel in Torquay where there is a car park. Henry receives a golden ticket and receives some goodies. Comfortable accommodation, enjoyable food and friendly staff are all part of the package as is the superb heated indoor swimming pool (26 degrees), which is a major selling point. Our superior garden rooms have views out to the tennis courts and it's a pleasure just to sit there watching and listening to the sound of those balls hitting the rackets. A good night's sleep is enjoyed by all of us and the en-suite shower rooms are really appreciated in the hot summer weather. It reaches 40 degrees during our stay. Each day starts with a seven o'clock swim in the empty pool. Yes empty pool, which we cannot believe. We're really really happy with Daish's terrific offering here. An early morning swim makes us all feel healthy and works up a nice appetite for breakfast at eight where there's a choice of continental or full English. We try both and enjoy both.

Dinner is served at six where we are treated to some really tasty homemade soup starters, which take a lot of beating. Our favourite has to be the cauliflower and dill. The menu makes for good reading and I like the idea of celebrating the cuisine of different countries so there's British, French, Italian etc. The beef and mushroom bourguignon with mashed potato and green beans and the beef lasagne with vegetables is tasty. There's a programme of entertainment including guitarist Paul Gee who we enjoy watching. Watch the videos at www.travelwriter.biz

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Some cause happiness wherever they go; others whenever they go. Oscar Wilde



The Grumpy Old Man

Born in a different era - says it like it is!



Silly System

I read in the paper recently of a Norfolk grandfather who was stabbed to death by his 23 year old lodger. He was stabbed 179 times. The lodger was arrested and was later sentenced to an indefinite hospital order after admitting manslaughter on the grounds of 'diminished responsibility'. Now I am all for getting people psychiatric help but the disgusting little oik should be in a secure prison with no hope of escape or release. Sadly the problem will inevitably arrive when he cons a psychiatrist and a committee of do-gooders into believing he is well again and very sorry for what he did. He then gets released into society where he could do it, or worse, again.

My own opinion is that he should be detained at his majesty's pleasure till the day he dies. End of. My reasoning is simple. I want my daughters and my granddaughters safe on our streets. I want everyone in society to be safe on our streets and in their homes. The only way to achieve that is to have a simple rule: Do the Crime - Do the Time - every single day of it. And for that sort of crime it should be life with no hope of parole.

Christmas is Coming

Shops on the high street (what's left of them) will soon be advertising their wares and wishing you a happy Christmas. But it all seems more than a little farcical when we have a government running the country into the ground and filling the land with illegal immigrants, many of them violent extremists. If you look across Europe many governments are doing the same thing to their people and it stinks. But in contrast there are those countries who have simply stopped allowing immigration and are better for it. These include Holland, Poland, Austria and Denmark - and I salute them. Christmas in those countries should be a happy time.

Here though there is little for the people to be happy about and it is all down to our government working to somebody else's agenda - like much of Europe is doing. British people are poorer than they have been for over 100 years. Prospects for the young are virtually non-existent as AI rears it's ugly head and takes over with the help of the elites' AI companies. We have more people sleeping rough and living in vans than ever before. As the value of pensions and wages drops below the bread line, I would like to wish those in parliament a happy Christmas but I can't bring myself to do it. They don't want to do anything about the migrants. They don't want to stop them attacking our women and children as though their lives didn't matter.

Andy Burnham, our un-elected Prime Minister is no better or worse than Stazi Starmer. As I say - two cheeks of the same butt. Parts of Europe are burning with rioters fed up with declining standards while rich politicians threaten the rioters with prosecution. Why don't they address the elephant in the room? THEM.

Guy Fawkes

Whatever happened to Guy Fawkes night - you remember it. 'Remember, remember the 5th of November'. Before which, as kids we used to spend weeks building a big bonfire in our back gardens (yes we had big back gardens just a few short decades ago) We would buy fireworks like Bangers, Snow Storms, Roman Candles, Catherine Wheels and more. A box full for five bob! On top of the bonfire we used to place an effigy of Guy Fawkes. A pair of jeans and a shirt stuffed with straw. More straw for the head with a mask and a hat. We used to laugh as we set fire to the bonfire and watched old Guy Fawkes burn as we set off our fireworks. What a tragedy that was. Guy Fawkes was one of the leaders of the so-called Gunpowder Plot. A plot to blow up the houses of parliament - and the conspirators would have succeeded, were they not betrayed by one of their number.

Living through this nightmare time when the people of parliament are just a bunch of self-servicing, greedy, treacherous -------tards I feel we should be celebrating the brave attempt by Fawkes and the others to rid the country of the vermin who tend to congregate there. We should bring back Guy Fawkes night but burn an effigy of a prime minister - any one of them qualifies for the role!

Note: There might be a few sincere ones in there but they are relatively few and very quiet.

So what else is new??

Support Your Local Events All over the place!!



















If we closed down all the arms manufacturers there would be no war

TARTARIA

The Empire ERASED FROM HISTORY



In this series I will argue that 19th-century cities were rapidly built by a handful of dynastic families who inherited advanced infrastructure and knowledge from a vanished prior civilisation. I cite gaps in records, widespread fires, and the simultaneous rise of neoclassical architecture worldwide as evidence of a coordinated transfer of assets and expertise. This modern world is but a shadow of the one that was completely eliminated.

I want to start with something small. A photograph, black and white, dated 1867. It shows a street in St. Louis, Missouri. A broad immaculate boulevard flanked by enormous neo-classical buildings, columns three stories tall, ornate stonework, arched windows stretching 20, 30 ft high. And standing in front of these impossible structures, structures that would cost hundreds of millions of dollars to build even today, are people in rough clothing, muddy boots, improvised frontier. They look like settlers. They look like people who arrived recently, people who are still figuring out where they are. And I thought, who built those buildings?

That question sounds simple. It isn't. The official explanation that American settlers, barely two generations removed from log cabins and dirt roads, constructed what were effectively the grandest buildings in the world across dozens of cities simultaneously without advanced engineering schools, without a trained architectural labour force, and in many cases without coherent records of construction. The official explanation collapses here, not under the weight of accusation, under the weight of arithmetic.

So I started looking, and the deeper I looked, the stranger it became, because this wasn't just St. Louis. It wasn't just America. It wasn't even just the 19th century. The pattern repeats with unsettling precision on every continent across hundreds of cities spanning at least 300 years of what we call modern history. Grand buildings without builders, established cities without founding populations, infrastructure without engineers, and in nearly every case, nearly every single case, a curious absence of transitional documentation.
No blueprints, no payroll records, no generational accounts of the work in progress. No grandfather telling his grandson, "I helped build that dome. I cut that marble. I laid that foundation." The silence was deafening. Let me introduce you to a concept that historians call settlement. Settlement, as we understand it, describes the process by which people move into an uninhabited or sparsely populated region and over generations build the infrastructure of civilisation.

Roads, courts, markets, cathedrals, administrative buildings, hospitals. The process is slow, messy, and extensively documented because it involves thousands of ordinary people making extraordinary decisions in real time. And those people write letters, keep diaries, complain to their governments, and leave behind the sprawling, contradictory, thoroughly human paper trail of genuine historical process.

Now look at what we actually have in the historical record for dozens of major world cities in the 18th and early 19th centuries. Chicago incorporated as a town in 1833, a city in 1837. By 1893, 56 years later, it hosted the world's Colombian exposition in a complex of gleaming white neo-classical palaces, so vast and so perfectly executed that visitors called it the White City, and many openly wept at its beauty. 56 years! For context, it took the city of Florence approximately 200 years to complete the Cathedral of Santa Maria Del Fior. Chicago allegedly produced something comparable in scope, in finish, in architectural sophistication in less than six decades by a population that was still in living memory sleeping intense.

This raises a simple but critical question. Who taught them? Not the concept of architecture or the aspiration toward grandeur. I mean the specific technical material knowledge required to quarry, transport, cut and assemble stone on that scale to engineer load bearing arches without modern cranes to produce the mathematically precise decorative programs that adorn these buildings from foundation to cornice.

That knowledge takes generations to develop and transmit. It lives in apprenticeship traditions, in guild systems, in family lineages of craftsmen who pass their techniques from father to son across centuries. Where are those lineages? And that's where the inheritance problem becomes impossible to ignore. I'm not the first person to notice the gap scattered across the historio-graphical record. In the footnotes of academic papers, in the fine print of municipal incorporation documents, in the margin notes of 19th century land surveys, there are names, the same names recurring across cities, across continents, across what should be entirely separate and unconnected historical processes. More next month. Search Tartaria on You Tube for more!

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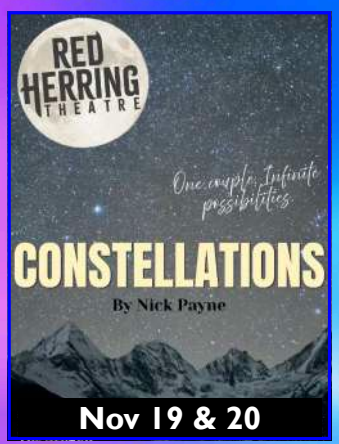
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"Wanting to be someone else, is a waste of who you are." – Kurt Cobain

GRANDDAD'S WISDOM OF THE YEARS

A young man asked his grandfather: " Granddad, how did you live in the past without technology: Without computers. Without internet. Without mobile phones, I pods, blue tooth and Wi Fi".

Granddad answered:
We had far more than you in so many ways. We ran and played in nature. We played and fished from the river banks and swam in nearby lakes. We knew the names of trees and butterflies. We talked to and played with animals and had respect for everyone. Today you are so buried in tech that you don't know nature. Your life is on-line. You meet friends, go courting and date on-line. You can shame on line. There is no modesty. Honesty and integrity takes a back seat.

We, the people born between 1940-1980, were the blessed. Our life is living proof. While playing and riding bikes, we never wore a helmet. After school we played outside until dusk; we hardly watched TV. We played with real friends, not virtual ones. If we were thirsty, we drank water from the tap. My generation never dreamed that people in the future would actually buy water by the bottle! Before Health & Safety we played conkers and we got a few bruises but it was still fun and strangely enough nobody died.

We never got sick because we shared the same glass of juice with four friends. If our friend got chicken pox our parents made sure we spent time with them so that we got it too. We have never gained weight by eating fast food because the only 'fast food' we had was Fish & Chips and they were cooked to perfection. Despite walking barefoot in the fields and on grassy areas our feet survived just fine.

Our mums cooked fresh meals with fresh ingredients and we never went to a supermarket. We used to make our own fun outside. Our parents weren't rich. They gave love, and didn't work all hours. We never had a cell phone, DVD, game console, Xbox, video game, PC, internet, chat, but we had, and spent time with real friends. We may have had black and white photos, but you can find colourful memories in these pictures. Today the average seven year old can identify 200 corporate logos but can't name a single tree growing nearby. We are a unique and most understanding generation, because we are the last generation that listened to their parents... And we are also the first ones who were forced to listen to their children. We are a limited edition! Take advantage of us. Learn from us. We are a treasure soon to disappear.





When I get bored I just send a text to a random number saying 'I hid the body - now what?'

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FARMERS POISONED BY CHEMICALS PART 2

There are millions of 'invisible' farmworkers, especially in low and middle-income countries, that include women and children from the families of farmers. There are also farmworkers who only carry out spraying and will be particularly exposed to chemical poisoning.



As previously reported by Wicked Leeks, considerable quantities of chemicals banned in the UK and the EU are also manufactured here for use overseas where regulations are looser. These are applied to commodity crops, like coffee, cocoa and cotton. "These are farmers' cash crops, so they tend to be more willing to spend on chemicals to protect them," Willis explained. "There is pressure to put more pesticides on," she added.

Some of these pesticides can be found sold alongside food at local stores, or by agricultural retailers that have little knowledge of the applications or safety procedures, according to Willis. In West Africa, she highlighted the child labour problems in the supply chain and use of chlorpyrifos, an organophosphorus insecticide to kill pests on coffee and other crops, that has been linked with health concerns among children and adolescents. One recent study, conducted in New York, US, "identified a concerning connection between prenatal exposure to chlorpyrifos and lasting changes in brain structure as well as reduced motor function in children and adolescents".

Chlorpyrifos has already lost its approval for use on plant protection products in the EU. In June, it was formally listed in Part A of Annex I to the Persistent Organic Pollutants (POPs) Regulation ((EU) 2019/1021), "establishing a limit value of 0.01 mg/kg (0.000001% by weight) for its presence as an unintentional trace contaminant in substances, mixtures, and articles".

The addition of chlorpyrifos reflects a broader trend in global chemicals management, according to Neeta Verman, Director at compliance and regulatory firm Accuris, based in India. "Regulatory decisions are increasingly driven by scientific evidence, international cooperation and greater expectations for supply chain transparency," she explained.

PAN called for removal of the most poisonous pesticides from agriculture and their replacement with safer alternatives. Governments and companies must "make good on their commitments globally to phase out highly hazardous pesticides from agriculture by 2035", the campaigners said, as well as support farmers to transition to safer and more sustainable practices, including agroecology and organic. In response to the republished report, CropLife International said: "We are aware of the re-publication of yesterday's study, following its retraction some years ago. We are assessing the changes to this edition, but do need some more time to process the extent of the findings."

What's clear is that better health monitoring by the Department of Health and an acknowledgment that UK farmers and farmworkers are at the highest risk from acute and chronic health impacts of pesticides, is also needed, urges PAN. Manufacturing and export of pesticides banned here and in the EU should also be prohibited, and there must be "an end to the UK importing produce that has been grown using pesticides that are banned here on human health or environmental grounds".

The biggest genocide in human history didn't happen in Nazi Germany but on American soil - 100 million Native Americans were slaughtered when the white man invaded (not discovered) that land!

How did we get to a place where groceries are both a luxury and a health hazard?

HALESWORTH LIBRARY NEWS

As the nights draw in why not pop into the library and pick up your next read! If you're unable to visit the library, one of our friendly volunteers can come to you. Please contact us on 01986 506062 for more details. Join us on Monday 2nd and Monday 9th November, 2:00-3:30pm for The Care Club hosted by Sarah Lewis – a free, gentle gathering after opening hours for anyone who needs an hour to stop. Each session centres one of Suffolk's landscapes. Through sound, visualisation and relaxation, we slow down together.

On Monday 16th November we are joined by Norfolk and Suffolk Foundation Trust from 2:00-3:00pm for a '5 ways to wellbeing session'. We discuss five things everyone can do in their day to day lives to boost their wellbeing. A fun and informative session for adults of all ages!
The library hosts regular activities and drop-ins. Come and join us every Tuesday 10-11:30 for a free Rhyme Time & Play session to sing fun songs followed by free play with our toys. Refreshments also provided for parents! Wednesdays from 10am our Time Out sociable group for older people meet for tea and biscuits. The Knit & Natter group meet alternate Tuesdays 2:30-4:30pm. Lego Club runs every Saturday 11:00-12:00 and Family Fun Time every Sunday, 10:30-11:30. You can also drop-in for advice from the East Suffolk Council customer services team every Tuesday 10:00-16:00 and Citizens Advice are here alternate Tuesdays, 10:00-12:00. Please ask a member of staff for more details.

The Friends of Halesworth Library are inviting you to join us for Sociable Sundays on 1st, 15th and 29th November, meet new people and enjoy a chat over cake and a cuppa in the library! Pop in anytime between 10:30-12:30pm. Join the Friends for their Board Games Cafe on 30th November 2:00-4:30pm. There are plenty of games to choose from, or feel free to bring along your own favourites. Join us and have a fun afternoon, meet new friends and enjoy tea and cake! Suggested donation £1 to the Friends of the library who kindly volunteer to run these events. The Friends will also be hosting a book group talk on Thursday 15th November, 2:30pm with AJ Deane! AJ is an actor, Pushcart-nominated poet, singer, storyteller, and self-confessed geek. He co-founded QuirkHouse Theatre with writer and Friends of Halesworth Library patron Jackie Carreira, and especially enjoys work which explores myths, legends, folklore, Fantasy, Sci-Fi, and anything which promotes wellbeing through creativity.

Join him for this talk which will touch on all of the above - and why if there isn't poetry that interests you, you should write it! Booking advised to secure your space. Free event but donations to The Friends of Halesworth Library are always welcome. We hope to see you there!





RECORD YEAR FOR SOUTHWOLD PUMPKIN PATCH

A warm summer has resulted in a bumper crop of pumpkins on the picturesque patch overlooking the Blyth Estuary. Old Hall Farm in Southwold opened the gates of Southwold Pumpkin Patch this October half term, welcoming visitors of all ages to explore the patch and pick their own pumpkins.



The team at Old Hall farm worked hard to get the scene ready for the many, many visitors who turned up to join in the fun!

Over 15 pumpkin varieties were hand planted in May and, after a very warm summer, the one-acre pumpkin patch is thriving, thanks to an on-site bore hole, which has kept the crop well-watered during the heatwave.

This year, Southwold Pumpkin Patch boasted over 15 varieties of pumpkins, squashes and gourds covering all shapes, sizes and colours, from the medium Mellow Yellow, to the large white Polar Bear variety, as well as the more traditional round orange varieties perfect for carving, and the edible Crown Prince and Red October squash.

The usual selection of barrows and carts were available to help visitors find the perfect pumpkin, as well as a variety of family photo opportunities. Well-behaved dogs are welcome on a lead, and Will advises wearing sensible shoes as it is a real pumpkin patch where visitors pick from the vines in the field.

The Golden Pumpkin Hunt also returned during half term; each day. Two golden pumpkins were hidden - one within the pumpkin patch, and one within the play park - with prizes up for grabs.

Picture: The 13 different varieties of pumpkin in the field this year!

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How can you tell a politician is lying ? - His lips move

Southwold & Blyth Valley Wildlife Group
****Scottish Sea Lochs****

The meeting of the Southwold and Blyth Valley Wildlife Group welcomed Rob Spray, a volunteer with Seasearch, to talk about the range of wildlife to be found in some of Scotland's western sea lochs. Rob and his diving companions explore this area in winter, and although they must be fully equipped with drysuits and warm clothing, the water temperatures in fact are not as cold as they are here.



They moved from Loch Long around to Loch Creran, recording the marine flora and fauna found there. The lochs are clear and generally calm, but also deep and dark, and lamps are used when necessary, lighting up the brilliant colours of the creatures found. The rare firework anemone has a spectacular display of long white tentacles up to 30cm long. Beautiful sessile sea squirts come in a wide range of colours. There are small spotted catsharks, lion's mane jellyfish, and starfish. Octopus and cuttle fish are present. Loch Creran is known for its serpulid worms, a beautiful marine tubeworm with pink and orange feathery tentacles, that grow to create reefs that home many other animals.

Seaweeds vary in each loch, from huge, tough beds of bladderwrack to fields of waving kelp. The quiet Loch Sween has maerl beds, red seaweeds that grow into hard, twig-like lumps that grow and intertwine, forming spiky beds that are ideal nurseries for a range of species. They are very slow to grow, and can take hundreds, or even thousands, of years to form.

This is a beautiful area, home to many different and sometimes rare creatures, but Rob drew our attention to the two main factors that can damage this environment; fishing with dredges, and the large amount of rubbish found everywhere in the lochs.

The photography was spellbinding, and we all enjoyed the rich diversity on display for us.
Our next meeting is at 7.30pm on Thursday, November 12th, at the Southwold Arts Centre. Alex Bass will talk on the Wildlife of the Brecks. Entry is £5, to include refreshments, under 25's free. All are welcome.
Penny Mansfield. Contact us at: southwoldandblythvalleywg@gmail.com

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Ancient Wisdom

Neal Sutton. Empath/Author

Humankind was given a truly wondrous planet upon which to live and grow in spirit, to live in oneness with other humans, with the truly magical range of animal life and all of nature. Humankind is capable of doing so much to improve the lives of the less fortunate. He could be working alongside Mother Nature (the spirit energy of the Earth itself) to encourage natural growth and abundance of plants, forests, oceans, rivers, and all creatures. Humankind could be working hand in hand with nature to produce a planet with plenty for all. Plenty of food - real wholesome food, grown in healthy soil full of nature's own microbial life, worms and other soil enriching organisms. A dark soil rich in nutrients that feed the plants and crops and help them grow strong, naturally full bodied and wholesome as Mother Nature intended.

This planet could be just like many others which have thriving communities of humanoid or other what you would term as 'alien' life upon them. They are all working with and alongside all the creatures of that planet, the natural energy of their planet(s) and the universe, thriving together in peace and plenty.



These are the planets upon which the life forms (not all are humanoid) have successfully evolved (sometimes later than others) to become the complete harmonic home to countless species, all evolved in love, kindness, compassion and positive energy. This is the positive energy that fuels expansion and continuation of the Universe.

Those planets of oneness and plenty, work in complete harmony with all of nature, whatever differing forms they may take. The energy of the 'people' works as one with the natural energy of the planet and the universe itself. The people do not feel that they are superior beings, with the bounty of the planet being theirs to control. The 'people' are but a part of the beauty and bounty of nature working as one for the benefit of every living thing on that planet. Harmony indeed

In stark contrast to this is planet earth, (not the only teaching planet I am sure) where many of it's humanoid inhabitants are far from being evolved. Some are actively devolving but despite this many people are still evolving in kindness and love, through the chaos, shining like beacons of light they remain quietly unnoticed.

The leaders and lawmakers are self-serving people rich with the currency of the planet but poor in spirit. Their megalomania makes them spiritually blind. They live to own more, while the populations suffer. These leaders and money people have not evolved at all. Money and the acquisition of it is necessary to have more in life we are told. But when is enough, enough? Humans have raped every aspect of this planet for profit. Man has polluted the land with his poisonous chemicals and dumps his toxic chemicals in rivers, oceans and seas destroying wildlife wherever his toxic touch is felt.

While humanity's leaders on Earth seek to rule it completely with insane talk of WW3 and nuclear attacks - the Earth Mother stirs, and while she stirs the compliant mainstream media reports nothing. Mankind - or not so 'kind' - has done his worst as he tries to impart a financial 'reset' on planet Earth but the energy of the universe is restless and tired of his refusal to be good and kind. It may be time for another Earth Global Reset. A continental shift or a polar shift perhaps, who knows.

When the elites pass back to spirit at the end of their lives on Earth, the first question that will asked of them all individually is this: **How many people are better off spiritually for having known you? How many people in real need has your wealth helped, the poor, the hungry or the dispossessed?**

And know this: The only Gold on Earth of true value
- is the Gold that resides within the pure heart

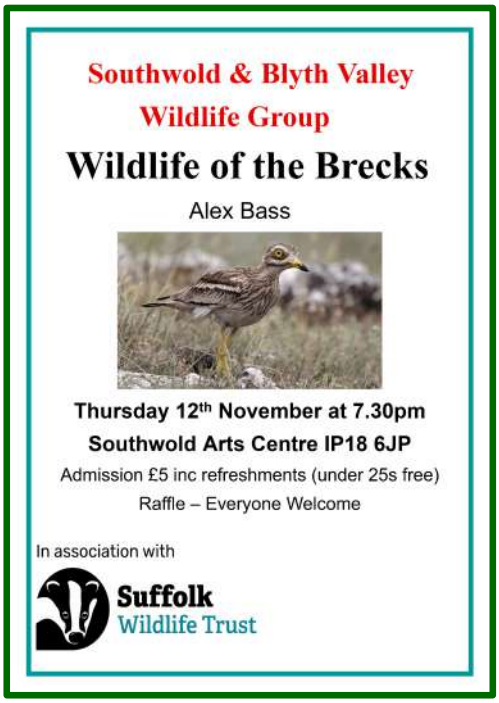
There are many great voices on Earth - not all of them are human



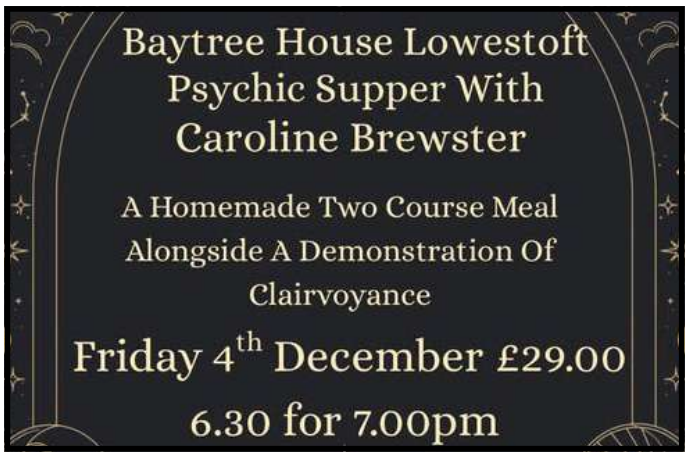
More Events













The wound is the place where the light enters you.

Light Up Southwold

Southwold's annual Christmas Lights Switch On Event is Saturday 28th November and it gets bigger every year! It's Light Up Southwold's fourth year as the event organisers and we have more lights, more free entertainment and more fun for all the family. We hope to see you there.

The high street Christmas Market opens at 2pm, with a great selection of local handmade crafts, perfect for festive gifts. All our fantastic high street stores will be open as usual, with many of them spilling out onto the pavement in their Christmas fancy dress. We'll have even more street food stalls ranging from German sausages to Greek gyros and Thai rice bowls to delicious filled brioche buns.

East Suffolk Donkey Sanctuary will be with us again from 2pm so you can meet Orlando and his friends. By popular demand our face painters are back - they'll be by the Market Place from 2pm. The live entertainment starts in the Market Place at 2pm. We begin with St Felix School choirs followed by Southwold and Reydon Pantomime Group. There's festive music from Cam T, then Daisy, Charlotte and Nathan followed by the Wrentham Band.

Santa will arrive outside the Town Hall at 5pm and with the help of the Mayor and some local "minor" celebrities we'll switch on the Southwold Christmas Lights for 2026. After that you can find Santa in his grotto in the Adnams Tour Centre at the back of the Swan courtyard. There's no need to book, just turn up and queue, and the grotto is free and but any donations will be gratefully received. Meanwhile the Market Place entertainment concludes with dancing from Julia's GI Jivers.

Thanks in advance to all our generous sponsors and donors . We couldn't do this without your amazing support and generosity.

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After being married for 40 years, I took a careful look at my wife one day and said, "forty years ago we had a cheap house, a junk car, slept on a sofa bed and watched a 10-inch black and white TV, but I got to sleep every night with a hot 23-year-old girl.

Now ... I have a £400,000 home, a £20,000 car, a nice big bed and a large screen TV, but I'm sleeping with a 63-year-old woman. It seems to me that you're not holding up your side of things.

"My wife is a very reasonable woman. She told me to go out and find a hot 23-year-old girl and she would make sure that I would once again be living in a cheap house, driving a junk car, sleeping on a sofa bed and watching a 10-inch black and white TV.
Aren't older women great? They really know how to solve an old guy's problems



"Life is not a problem to be solved, but a reality to be experienced." – Soren Kierkegaard

A PLAGUE ON ALL YOUR HOUSES

Alde Valley Suffolk Family History Group with Jenny Mann



A PLAGUE ON ALL YOUR HOUSES Epidemic Diseases & our Ancestors Janet Few

Since Covid-19 we are very aware of epidemic disease, but what epidemics impacted the lives of our ancestors? How did they attempt to prevent or cure these diseases & how effective were the measures?

Dr. Janet Few is a British historian, genealogist, and author specialising in 17th-century social history. Best known for her educational books, living history interpretations as "Mistress Agnes," and award-winning historical fiction. She is the president of the Family History Federation.

The talk takes place on Monday 16th November at 2.30pm, in person at the Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL (behind the Library) and, for members only, on Zoom. The speaker will be talking to us on Zoom. The talk starts at 2.30pm. No need to book – just turn up — free for members and £5.00 for visitors, including refreshments. Good, free car-parking. Only members can take part in our meetings on Zoom, but it only costs £10 for a year's membership – see https://www.avsfhg.org.uk/join-us and Zooming is free

POSTED IN THE PAST - Hands Across the Sea Helen Baggott

On Monday 21st September vice chair Jan welcomed members to the Fromus Centre and on Zoom for an illustrated talk by the "Postcard Detective" Helen Baggott, who has been researching the stories behind postcards over 100 years old. Helen has had books published containing these stories: Posted in the Past, Past Second Delivery and Posted in the Past Hands Across the Sea.

In today's talk the stories were all related to travel. In the early 1900's a letter cost 1d to send and a postcard 1/2 d, the postcard arriving much quicker. Helen researches the names and places on the postcards and has been able to find out much about the people involved.

Miss Georgina Ballantine, it turned out, lived in Victoria cottage near the River Tay. She was a nurse in the First World War and in a 1922 newspaper article, Helen found that Georgina had caught a 65 pound salmon, which was a record catch which still holds today. The fish was donated to the local hospital and her portrait was hung on the Men's Club, though she was never allowed in to see it.

An amazing lady was Audrey Harris, a debutante, who, on her own, in 1935 embarked on a journey across Europe, which was funded by her father. At home she had been used to luxury but on her travels there was little privacy. Audrey went on to China and Japan, and in Korea found herself sleeping on a straw mattress with people very curious about her handwriting and also her hair. In Iran and Iraq there were few women seen outside and travelling alone was not the norm. Audrey's travel diary was published as Eastern Visas and Helen was able to purchase a copy.



The older I get the more I understand why people live in the woods and talk to squirrells

Southwold Christmas day Swim

Fancy swapping your Christmas slippers for a festive dip in the sea? Well Blyth Valley Rotary is delighted to announce the return of the Southwold Christmas Day Swim 2026, a fantastic festive tradition filled with fun, laughter, community spirit, and, of course, a little Christmas craziness! Join us on Christmas morning, Friday 25th December, on Gun Hill Beach, Southwold, next to the Gun Hill Beach Kiosk IP18 6HF. Whether you're brave enough to take the plunge or prefer to wrap up warm and cheer from the sidelines, everyone is welcome! We are Supporting Three Amazing Charities – One Fantastic Cause! All profits and donations raised from the event will support three wonderful organisations:
RNLI – helping save lives at sea. East Anglian Air Ambulance – bringing lifesaving emergency medical care when it matters most. Blyth Valley Parkinson Support Group – supporting local people and families affected by Parkinson's. Our grateful thanks go to Stay In Suffolk, our 2026 sponsor, for supporting this wonderful community event. https://stayinsuffolk.com

Registration opens: Monday 9th November 2026 for online registration and an Early Bird ticket Price of £15 or 9.30 am on Christmas Day Morning when it will be £20 . Everyone must register and wear a wristband for health and Safety reasons. Everyone must be 16+ and not to have any known health issues.
The big splash happens at 10.30 am on Southwold Beach, next to the Gun Hill Beach Kiosk

Register in advance by: Midday, Monday 21 December. On-the-day registration is available from 9.30 am! Gather your family, round up your friends, don your festive fancy dress and join the fun! Whether you're a seasoned sea swimmer or a first-time Christmas dipper, you'll be making memories to treasure. Don't just watch Christmas happen – be part of something amazing! Register early, read and agree to the event terms and conditions, and remember to provide the names of all swimmers if booking for others. Find out more and register at: www.blythvalleyrotary.co.uk
Want to volunteer and help make the magic happen? Contact info@blythvalleyrotary.co.uk
Let's make Southwold's Christmas morning unforgettable – full of festive cheer, smiles and big hearts!





If you are confused about gender, try milking a bull, that might kick-start your thinking

Celebrate The County's Champions with a Suffolk Medal Nomination

People are being invited to nominate the unsung heroes who have made a positive and lasting difference to life in the county for a Suffolk Medal. Suffolk Community Foundation is encouraging people to nominate a friend, neighbour, colleague or associate who they feel has carried out incredible work for the long-lasting benefit of the county and its residents.The Foundation particularly wants to receive nominations for people from diverse backgrounds so that their achievements can be shared and celebrated. This could include community leaders, carers, educators, environmentalists, volunteers, advocates or charity workers.



"The Suffolk Medal is the highest honour that the county can give to an individual," said Hannah Bloom, chief executive of Suffolk Community Foundation, which coordinates the medal. "It champions the inspirational people whose exceptional contributions have made a measurable and lasting difference to Suffolk.

This year, we particularly want to attract a broad range of nominations for people from diverse backgrounds who really help our county to shine. These people make a huge difference but can often fly under the radar – and we want to change Anyone is welcome to make a nomination. The person who is being nominated must: live in Suffolk or have made their contribution within the county, and have had a sustained and significant impact on the whole county. An awards panel meets the nominees to discuss the nominees, with the successful candidates presented with their medals during Suffolk Day on 21 June 2027. To nominate, visit www.thesuffolkmedal.org

This year's winners were Liz Harsant, Michael Laskey, Libby Purves OBE and Dr Soni Sushil. (Pic)







In Brazil you can now get up to 5 years in prison for harming dogs or cats

HALESWORTH BRANCH OF CANCER RESEARCH

As mentioned in the last edition of The Bugle we can now let you know that The Maze by Torchlight event raised a fantastic £1366.30p. We are very grateful to Bella and Will from The Old Hall Cafe for supporting us again as it so very generous of them to donate all the ticket sales to Cancer Research. Some of the committee and volunteers who helped on the night met up with Bella and Will to receive the cheque and to give Bella some flowers as a thank you.



We are also very fortunate that we have the support of Wenhaston Flower Club at their annual Charity Night which always takes place at the October meeting. This year we have to thank Jackie and Jane for organising a wonderful evening. Jenny was the demonstrator this year and the £10 ticket price included a lovely plate of food and teas and coffees. Thank you to the ladies in the kitchen we know that at any event the kitchen is always the busiest place and thank you to everyone who provided the food. Thank you to Sue for putting together all the lovely hampers for the raffle and congratulations to everyone who won a prize.

Our next event our very popular jumble sale will have taken place by the time this edition goes out so we will let you know how we got on in the next edition of The Bugle.

It seems to have come round so very quickly but please make a note of our Christmas Fair date, November 21st 10.30am - 2pm in Holton Village Hall. This is one of our big events of the year where we serve our lunches. On the menu will be homemade soup, a choice of two mains and a lot of delicious desserts which we serve from 11.30am. We will also be serving tea/coffee and traditional mince pies from 10.30am. Our priority of course is raising funds for Cancer Research but we also like it to be a community event where people can meet up with friends and neighbours so we try to keep the price of meals as affordable and low priced as we can so please stay for lunch if you can. We will also have our usual stalls, so if anyone would like to bake for us for the cake stall or donate a raffle prize we would be extremely grateful. We will be having our very popular Tombola and Debbie and Sue's Christmas stall with homemade preserves and Christmas Puddings etc.
It is also the perfect opportunity to stock up on books and jigsaws for those long winter nights.

We know this is unusual in this day and age so we apologise for the inconvenience but our events are still cash only.
Please continue to support our events as every penny really does make a difference.
Thank you. Dawn Davis 01986 873640



SUFFOLK COUNTY MUSIC SERVICE



Suffolk County Music Service has enjoyed a busy and exciting start to the Autumn term so far, with thousands of young people across the county already taking part in lessons, ensembles, performances and music-making opportunities.

From beginners taking their very first musical steps to experienced young performers developing their skills at county level, Suffolk County Music Service continues to provide high-quality musical opportunities for children and young people at every stage of their musical journey.

A particular highlight this term was the County Music Groups Come & Play Day held on Saturday 24 October, which welcomed young musicians from across Suffolk to experience rehearsing and performing with our County Music Groups. The event gave participants the opportunity to see first-hand the benefits of ensemble music-making, meet like-minded musicians and discover where their musical ambitions could take them.

Invitations remain open for young musicians interested in joining the Suffolk Youth Wind Band and Suffolk Youth Strings, as well as our network of area ensembles located across the county. These groups provide fantastic opportunities to develop musical skills, build confidence, make new friendships and perform regularly as part of a supportive musical community.

Benjamin Chadwick, Head of Suffolk County Music Service, said:
"We are delighted with the enthusiasm shown by young people and families at the start of this academic year. The success of our Come & Play Day demonstrated the wealth of musical talent we have across Suffolk and the appetite for young people to perform and make music together. Whether a young person is just starting out or already progressing towards county-level performance, we have a pathway to support them."

As the autumn term continues, musicians across Suffolk are working hard in rehearsals and lessons, learning an exciting range of repertoire in preparation for a series of end-of-term performances. These concerts will showcase the dedication, creativity and musical achievements of young people from across the county and provide a fitting celebration of another successful term.

If you are new to music and would like to find out more about how Suffolk County Music Service can support your child's learning and progress, we offer opportunities for every stage of their musical journey, from absolute beginner through to county-level ensembles.

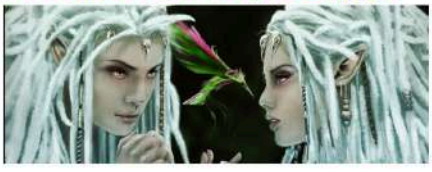
To find out more, visit www.suffolkcountymusicservice.co.uk.

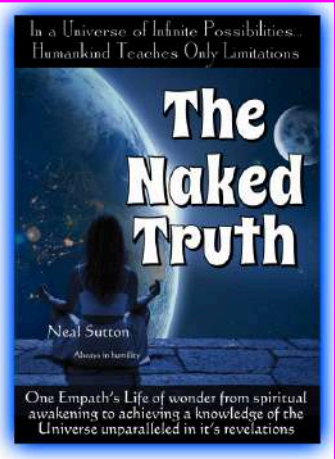
Follow Suffolk County Music Service on social media for the latest news and opportunities



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Bury St Edmunds Town Centre.

Bury St Edmunds has many ghosts, a haunted Norman castle and even a ghost tour!
The town centre is haunted by a Grey Lady who is believed to be the ghost of Maude Carew, a nun. She was apparently killed because of her involvement in the Duke of Gloucester's murder in 1771, or perhaps she was executed because of an affair with a monk. The church's forgiveness policy is somewhat limited! She apparently appears in the Cathedral churchyard annually at 11.00 pm on February 24th. She and numerous ghostly monks are frequently seen at the Abbey and in the town. Mainly because Medieval tunnels run like a honeycomb under the town centre and linking with the Abbey (now in ruins and a tourist attraction of wonderful gardens)
An outraged father of a Crimean nurse who returned with her soldier love, apparently shot the young man as the couple ran down Eastgate Street on October 20th. A Victorian couple have often been seen running down Eastgate Street on that date during the hours of darkness.

Buttermarket Shopping Centre, Ipswich

A Mrs Lakeland was found guilty of witchcraft and treason and, in a rare example of the time, burned at the stake on Tuesday 9th September 1645. In England, hanging was the usual method of disposing of witches, but because she was found guilty of killing her husband, Lakeland was in fact guilty of petty-treason, and thus subject to the punishment attached to that crime.
The Ghost of Mrs Lakeland is pretty busy in Ipswich, she haunts the shopping centre and staff say that objects move by themselves, disappear completely and then reappear. Nearby is 'Ancient House' which coincidentally houses a 'Lakeland' store. Since 1997 there have been countless reports of paranormal activity. Staff find themselves locked in the cellar, accounts of slamming doors and much more. Recent research shows that Mrs Lakeland's husband's barbershop was within close distance – so maybe this is why she's so active here?

Christchurch Mansion

Christchurch Mansion is another one of the most haunted places in Ipswich.The Grade I listed Tudor era mansion is now a museum probably best known for having an impressive collection of Constable and Gainsborough paintings. However, art is not the only collection in this old building – it has its fair share of ghosts! One of the most commonly sighted Ipswich ghosts is a young Edwardian lady who is seen dancing and laughing in the upper picture gallery of Christchurch Mansion. Often she is said to be accompanied by a couple of happy children.
There is also another female spirit that is seen downstairs in the mansion. Many a visitor has been shocked when the apparition of a lady in grey suddenly appears and swishes right by them in a full-length gown! It seems to be all about the ladies when it comes to the spirits haunting Christchurch Mansion because there are also many reports of a young servant girl haunting the property. It is believed that the young lady passed away in the house under mysterious circumstances.





Your Letters

Please note that letters published contain the opinions and views of the sender and are not necessarily the views of the editor or publishers of this magazine

Email your letters to buglemagazine@protonmail.com

Dear Bugle

I've been watching the riots in France this week, mainly because my daughter lived for 10 years near Limoges and I can't help humming in my mind, "Do they hear the people sing, singing a song of angry men" from Les Miz.

Then I got to thinking about Fiddler on the Roof. Is Ukraine the new Anatevka? When it was first brought out on Broadway, the Russian soldiers were so violent, they had to halt the production to calm it down a bit.

There's a lot to be said for those lovely old operettas like Gypsy Baron, Merry Widow and White Horse Inn. Just nice stories and great melodies.

TTFN, Ken.

Dear Bugle

I want to know if anyone can tell me when we are going to get so fed up with our lovely parliamentary representatives languishing sleepily in the well named House of Commons are going to wake up and as the saying goes, 'grow a pair' and start sticking up for the British people. You know, the ones born and bred here who appear to be second class citizens in their own country. Our parliament used to be filled with Captains of Industry who were keen to keep the country as successful as it had been for centuries. No doubt some of them or more, had dubious morals and reasons for being there but they never sold the country down the river or cow-tailed to other world leaders.

This sad sorry excuse for a parliament have no real right to call themselves our representatives because they clearly are being fed copious amounts of dosh by somebody else to sell the good old UK to the highest bidder. Maggie sold our industry to anyone who would help fill her coffers and now we might as well hold a 'closing down sale' 'everything must go' because this country, as a nation is being flushed down the toilet by our profiteering excuse for a government for years now.

Name and address supplied

If you are old enough to remember these words from your Mum… then you were brought up with rules!
Because I said so! Don't make that face, if the wind changes you'll stay like it.
No pudding till you've finished firsts. Say 'pardon' not 'what'. Close the door, you weren't born in a barn.
If they asked you to jump off a cliff, would you? You will take someone's eye out with that.
I want never gets. If you don't eat your crusts you'll get curly hair.
It'll end in tears. Do as I say, not as I do. Don't sit so close to the tv, you'll get square eyes.
There is no such word as can't. Who is 'she -the cat's mother? Eat your carrots and you will see in the dark.







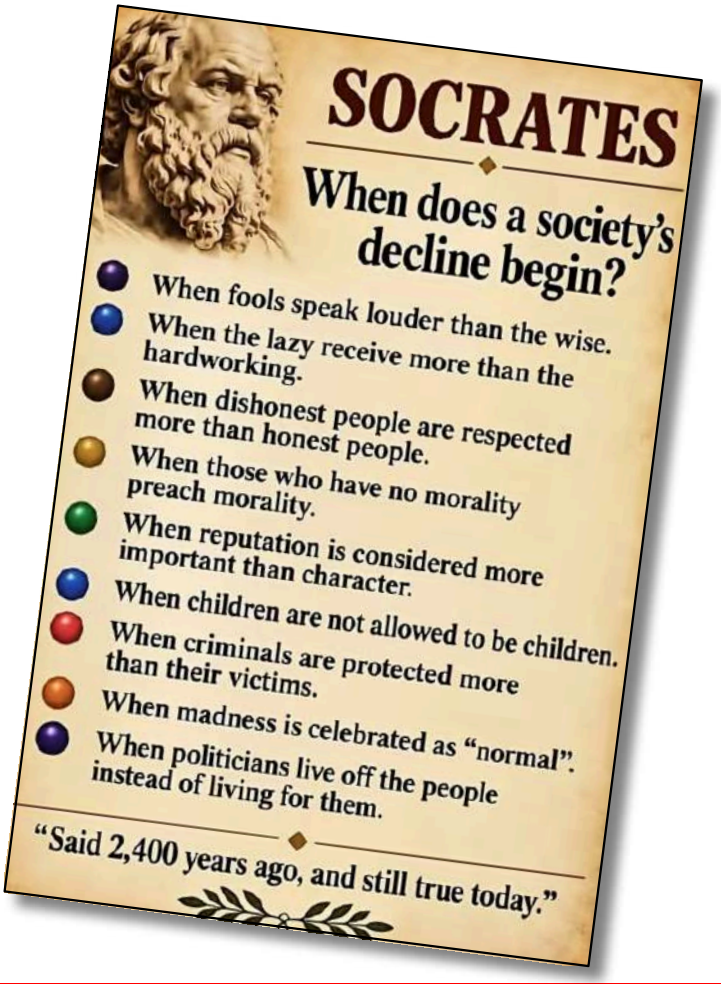
I bet you didn't know that you have two hearts - well you do, in a way. One is the giver of life, pumping your lifeblood around your corporeal body while you journey through this life, meeting people, making friends, fighting, striving, seeing the world and climbing your individual mountains.

The other is unseen and is part of the essence of your soul . It reacts to life, love, laughter and tears. It knows sadness and joy and teaches us how to survive. In short, it triggers emotions.The loss of a loved one be they human or animal can affect the heart and we say our heart is broken but it is not. It receives that loss and triggers our emotion - while it waits for us to grow strong again. Your spirit withstands the pain for the heart in spirit is strong. Grief, we must always remember, is not a disorder, a disease or a sign of weakness. It is an emotional, physical and spiritual necessity. It is, the price you pay for love. The only cure for grief is to grieve.

Though the pain of loss is great, we must receive it and accept it. It will fade in time. While we ponder our future, the heart urges us to go on. We should always remember that a heart that knows not pain through loss of love of any kind is a pristine heart. For if it knows only love it will not know the depth of love. It will know no yardstick.
A heart that knows both love and pain can maintain a balance - yin & yan is realised. Through recovery we learn more about who we really are, and this strengthens us for the future. We may love again and know its true depth and greatness.

We will know that love is the essence of our soul, our link to the universe itself and our reason to be. Love creates and spreads positive energy. Falling in love is a magical experience and whether you are 14 or 84 the heart can be just as affected by those flutters that persist! That emotion called love can be an absolute blessing and it can also cause us pain when a love affair breaks up. With each experience your heart, your soul recovers and goes on. Life is a journey of experiences, trust your heart to guide you.





I don't do crowds - too many masks - not enough souls

The Seagull Theatre Lowestoft Celebrates Successful Art Auction

Patrons of The Seagull Theatre have been celebrating this week after the success of their first ever fundraising Art Auction. The Seagull, a not-for-profit venue in Pakefield, held their first art auction on Thursday 24th September and were wowed with the positive reaction from local artists and visitors. Over 50 art lovers attended the event, with almost £3000 raised through the generosity of local people.

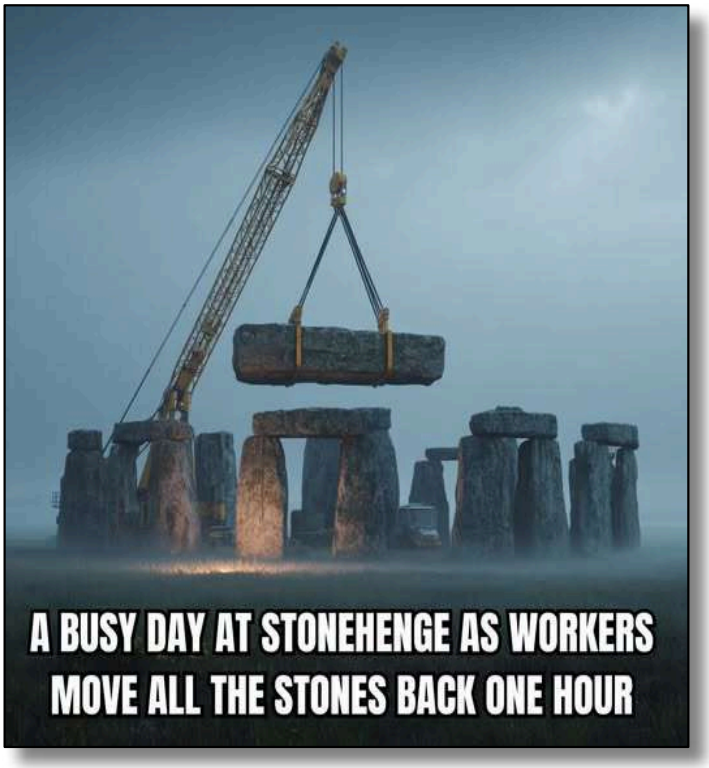




The event was run by the Seagull's Carer Support Worker Lizzie Reeve, and had over 30 pieces of art for sale on the night. In the end every single piece of work was bought, with most exceeding their predicted value.

The event was also supported by Messums Creative who operated an online auction for the Seagull, which featured pieces created by local people during the last year of community workshops which the successful gallery has been running alongside the Seagull. Also integral to the success of the event was the support of Ferini Gallery in Pakefield and the many local artists who provided their work for free. The event also featured a pop-up shop where visitors could visit art supplies & stationary, much of which was donated by local firm Green Pebble. Continued on page 31





In the 60s we wanted peace and love - the world still awaits crackpot leaders to want the same

RECYCLING – A MYTH!

by Dr Renee

Every week in Britain, millions of us perform the same strange ritual. One bin for paper, one for cardboard, one for plastic, another one for tins, the black bin for general waste, then there's the little brown food caddy that you're supposed to keep in your kitchen, which in summer quickly develops its own thriving civilisation of flies. And we take this ritual very seriously. We rinse yogurt pots, we flatten cardboard boxes, we peel labels off of bottles. And heaven help you if you put black plastic in the wrong bin. Most of us genuinely believe we're doing the right thing. Because we trust that little triangle symbol symbol on the packaging. The three little arrows chasing each other in a loop. We've all been taught for our entire lives that it means one thing. Recyclable. But what really happens to your recycling?



Well, the truth is harsh. About 91% of plastic is never recycled, never. That crisp packet you carefully sorted, probably burned in an incinerator. That yogurt pot you rinsed was probably buried in a landfill. Some of it gets shipped thousands of miles to places like Malaysia or Turkey where it's dumped, burned, or poorly processed. And sometimes it washes up on beaches a continent away from the supermarket where you bought it, doing untold damage damage to wildlife on the way. So, if recycling barely happens, why do we all believe that it does? Well, the answer starts with that little triangle symbol on your plastic packaging. It isn't actually a recycling symbol at all.The symbol that we've trusted for decades does not actually mean the product is recyclable.
Back in 1970, the real recycling symbol was created. Three arrows forming a loop, meaning the material could genuinely be recycled. But in 1988, the plastics industry introduced something that looked almost identical. It's called the resin identification code. Same triangle, same arrows, but inside there's a number from one to seven. And this is the crucial part. That number does not mean the item can be recycled. It only tells manufacturers what type of plastic it is. Yet, the plastics industry pushed to stamp this symbol on almost every piece of plastic ever produced. Crisp packets, toothpaste tubes, plastic trays, yogurt pots, the list is endless. Many of which cannot actually be recycled at all. But they all carry that reassuring triangle,which makes it look like they can be recycled.

And this wasn't an innocent mistake, because when investigators looked at internal documents from the plastics industry all the way back to the 1970s, they discovered something extraordinary. The industry already knew plastic recycling wouldn't work. They knew it was too expensive. They knew plastic degrades when you recycle it. It's never the same plastic again. They knew there was no viable market for most recycled plastics. And they knew the infrastructure didn't exist. But they promoted recycling anyway. Because the alternative was much worse for them. If the public realised that plastic could not be recycled, governments might actually ban it, which, in fact, is what they should do - but that would cost the industry billions.

One former president of the Society of Plastics Industry, Larry Thomas, later admitted something that explains the whole strategy. If the public believes recycling is working, they won't worry so much about plastic. And that is the entire play-book. We are being played. But even when plastic is recycled, it still doesn't work the way most of us imagine. Most of us picture a perfect loop. A bottle becomes another bottle. A container becomes another container, and so on and so forth. Nice and neat.

But plastic doesn't behave like glass or aluminium. Glass can be recycled forever. Aluminium can be melted down endlessly. Plastic is very different. Plastic is made from long chains of molecules called polymers. And every time you melt plastic to recycle it,those chains break down. The material gets weaker. It gets more brittle. It gets more contaminated. And after two or three cycles, it's basically useless. So, most recycled plastic isn't turned into new packaging. It gets down-cycled. A bottle becomes a carpet fibre or fleece clothing or stuffing inside a cushion. And after that, it's landfill or incineration. So, even when recycling works, it's usually just delaying the moment the plastic becomes unusable waste. And then there's the money.
Next Month: The Brutal Reality.

Bugle New Email Address: buglemagazine@protonmail.com





SEAGULL THEATRE CELEBRATES SUCCESSFUL ART AUCTION (cont'd)

From 29th October to 1st November these were showcased at the Imprint Art fair. Imprint Art Fair is a contemporary art fair dedicated to original print, bringing together leading galleries, artists, institutions and publishers, Imprint creates a focused environment for both new and established collectors to discover, acquire and build meaningful collections. Having Lowestoft pieces on display at the fair will be a first for the town and one of many tangible benefits of the new



Messums developments and partnerships in Lowestoft. Messums Creative Charity is building a new cultural ecosystem on Lowestoft's high street, bringing the Old Post Office and former National Provincial Bank together around three core principles: Access, Learning and Excellence. At the Old Bank, a dedicated print facility will provide resident, visiting and practising artists with the space, tools and material knowledge to develop their work, alongside a free programme of courses, workshops and community making.

At Imprint, visitors to the Paperworks* and Messums Creative stand will have the opportunity to get hands-on with printmaking, taking part in live printing sessions using a selection of pre-prepared lino cuts. The stand will also showcase prints by Paperworks* celebrating Suffolk dialect, exploring the distinctive voice of the region and the ways language communicates a shared sense of place.

A flower does not think of competing with the flower next to it – it just blooms

EVENTS A PLENTY!













The wolf is smart. You don't see them letting the dumbest lead the pack

HandFasting –



Have you ever wondered what Handfasting really is or what a Spiritual Celebrant actually does?
Well here we have the answers!

More & more people today are moving away from the idea of religious ceremonies for all manner of reasons. Lots of folks consider themselves these days to be Spiritual, Non-Religious and prefer to have a ceremony more earth and nature centred. Not only Hand-fastings but funerals and naming ceremonies are all catered for by the Spiritual Celebrant.

A Hand-fasting Ceremony is offered in the place of the traditional Church wedding. For many people this deeply meaningful ceremony is enough but for others who would still wish to be legally married, then a registry office visit a day or so before the Handfasting is optional! There are many types of Hand-fastings offered from Celtic or Pagan to Hippie & Native American. The Hand-fasting consists of gently tying coloured ribbons or braid around the hands of both as the couple say their vows to each other. These are either written by them or with the help of the Celebrant who will visit the couple to arrange the ceremony well in advance. The happy couple and the family usually take care of the theme for the Handfasting, which are nearly always Mother Earth & Nature orientated with lots of flowers, braids and head-dresses, coloured ribbons and the most colourful of clothing.

In the summer these wonderful events are held outdoors and they can be in a large garden, a park or even on a beach. During the ceremony the couple and the guests are celebrating nature in all its forms and it is not unusual to have a dog or two running around! I performed one in June and after the ceremony the party started and several butterflies and two doves settled in the garden. Wonderful!

Baby naming ceremonies are the equivalent of the Christening but the baby doesn't get wet. Naming ceremonies are also offered for step-children, adopted children and others who may now be a part of a family and it is a fabulous event with a book for everyone to sign, plus there is a bonding ceremony, even a tree planting.

Spiritual Celebrant Funerals are incredibly moving, especially when held outdoors in a woodland burial park amid nature. They are themed for Celtic, Pagan, Hippie, Native American or simply nature & planet earth. They celebrate the life and the love.





And don't forget these happenings











The Bugle Community Magazine

DIGITAL & ON-LINE

No charge is made for any advertising for local theatres, village hall cinema, touring theatre shows or any community fund-raising events.

Articles submitted max 500 words please!

Business advertising is offered at low cost and every effort is made to help local businesses survive and thrive.

Contact The Bugle Community Magazine.

The Grain Store, Halesworth Road, Uggeshall, Beccles. NR34 8BJ

Tel: 07873 92 58 98 E: buglemagazine@protonmail.com

Our yahoo email address remains active till Nov 30th

That's it folks! Back in December. Stay happy, Love & Peace to you all.