

The Bugle Magazine

YOUR monthly FREE Community Magazine.

Welcome to our August issue!



Carnival Breaking News see page five

SUMMER Fete

At the Black Swan Homersfield IP20 0ET

Saturday 2nd August 2025

Gates open 10.30am until 5pm

- Free Entry • Free Parking

In aid of Nelson's Journey Celebrating 13 years

Nelson's Journey

Charity No. 1170605

- BBQ • Pancakes • Walks with the Alpacas
- Face Painting with Maddie • Homemade Fudge
- BT Road Show • Bouncy Castle • Hook a Duck
- Bucking Bronco • Giant Dart Board • Phoenix Bird of Prey Rescue
- Alburgh Ice Cream • Duck Racing on the River Waveney
- Medieval Archery • Harleston Guild Dogs • Raffle
- Luck Dip & so many amazing craft stalls

Enjoy this family fun day and support Nelson's Journey

Contact: 01986 788204

Facebook icon: @blackswanhomersfield

Logos: GREENE KING IPA, THATCHERS, sda

BIOBLITZ

Give your support to help

IDENTIFYING BONDS MEADOW

02/08/25

9:30 AM to 4:30 PM

Bonds Meadow, Sands Lane NR32 3ER

Everyone of all ages is invited to participate and join us in identifying the species of plants, birds, and bugs.

We'll record your findings to the Suffolk Biodiversity Information Service.

We offer Regular & Free advertising for all our Local Theatres and Village Hall Cinemas contact us today - Tel: 01502 578074 - E: the.buglemag@yahoo.co.uk



SUPREME QUEEN

live at The Britannia Theatre
GT YARMOUTH
Sunday 31st August 2025!

Now undoubtedly one of the most established and successful Tribute Bands in the world, The SUPREME QUEEN Production is a brilliantly designed presentation paying homage to the halcyon days of one of the greatest rock bands ever.



Musically exceptional throughout, the production brings together some of the finest and most recognisable Queen tribute performers in the world, complimented by the stunning production values: Authentic stage settings and specialist sound and lighting effects, that are all designed to provide the most memorable of evenings for the millions of Queen fans worldwide. For further information on the SUPREME QUEEN show, check out website below!

Website - <https://www.supremequeen.co.uk/>



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We will re-imagine your advert for you at
any time free of charge

**Business Directory/Handy Numbers page
5cm x 5cm £8 per month**



Please support our business advertisers - they are all local!

Easterly Artists Ways of Looking

Easterly Artists' new exhibition, Ways of Looking, opened at Holton Lodge Barn gallery near Halesworth on Thursday 31st July and runs until Tuesday 5th August.

More than 20 artists will be showing work in a range of mediums including several new members and guest artist, internationally-acclaimed sculptor Laurence Edwards.

Laurence will be exhibiting a unique and important body of work which he first created during Lockdown but which, for understandable reasons, never reached a wider audience. In his own words: "[I'll be showing] a body of work... which never got the exposure I felt it deserved. So this will be a correcting exercise and a special moment for me".


Join us for the Preview on Friday 1st August from 5pm – 8pm when Laurence will open the show – all are welcome!

Ways of Looking is open daily from 11am until 5pm with easy access either by rail to Halesworth Station or by car (ample parking on site).

new artwork by
EASTERLY ARTISTS


With Special Guest Artist:
Laurence Edwards

Thursday 31 July - Tuesday 5 August

ways of

looking

Holton Lodge Barn gallery
The Street, Holton IP19 8PN
Open 11am - 5pm daily

@easterlyartists
@easterlyartistsuk



www.easterly.org.uk

LOWESTOFT

REPAIR

CAFE

- Free service starting 10 July:
- Small electrical appliances
- Everyday household items
- Toys
- Fabrics and clothing
- Knitwear
- Computers/phones

Second Thursday Each Month
2pm - 5pm at
Pakefield Church Hall
Sunningdale Avenue NR33 7DB

E: lowestoftrepaircafe@gmail.com
See Pakefield Community Facebook Page
Supported by East Suffolk Council

BUNGAY

BEER & MUSIC

FESTIVAL



29 AUGUST 30 AUGUST
FROM 6PM FROM MIDDAY

OVER 40 CASK BEERS & CIDERS • FULLY LICENSED BAR
LIVE MUSIC THROUGHOUT • SOMETHING FOR EVERYONE
FOOD TRUCKS & STALLS • FAMILIES WELCOME
FREE ENTRY • DONATIONS TO EAST ANGLIAN
CHILDREN'S HOSPICE

THE CRISP MALTINGS PAVILION • NR35 2RU
THE CRISP MALTINGS PAVILION

**The farts coming out of cows is nowhere near as dangerous
as the bullsh...t that comes out of politicians!**



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: the.buglemag@yahoo.co.uk

Saturday 16th & Sunday 17th August WAVENEY GARDENERS CLUB FLOWER & VEGETABLE SHOW Open Sat 1.30pm – 4.30pm Sunday 10.30am – 4pm at The Community Centre, Hall Road Carlton Colville NR33 8BT. Flowers, Vegetables & Fruit plus Handicrafts Cookery & Photography. Tombola Refreshments and plants for sale. Admission £2 - exhibitors and children FREE. For info and/or schedule contact the show manager Andrew Bretton on 01502 513709.

Sunday 24th August. NORFOLK & SUFFOLK DAHLIA SOCIETY ANNUAL SHOW at Alburgh Village Hall. 10am – 4pm (off the A143 between Bungay & Harleston). Free Entry. Tombola, Teas, Cakes. Flowers for sale at 4.00pm. Details phone Jill on: 01502 715826

Wednesday 27th August TALK BY ALISON CHAPMAN SUBJECT: GREEK MYTHOLOGY. at Henstead Pavilion, Henstead Old Rectory, Hulver Road, Beccles, Suffolk, NR34 7LA at 6.30 pm: Tickets £10 to include a glass of wine on arrival in the gardens, available at hattiegc@yahoo.co.uk. In aid of St Mary's Church, Henstead

Friday 29th August. MAZE BY TORCHLIGHT Southwold Maize Maze. With Halesworth Branch Of Cancer Research. Open at 6.30 pm. Maze opens at 7.30 pm. Find the pink pebbles for prizes, play park, games, tombola, cake stall. Food and drink available from the cafe £9.00 per person (under 2yrs free) Tickets from: www.southwoldmaizemaze.co.uk

Saturday 30th August. WENHASTON PRODUCE AND CRAFT MARKET from 10 to 12.30pm There will be a lovely variety of handmade cards, jewellery, homemade jams, cakes, honey, handbags, knitted cardigans and other items, soaps, face serums, beautiful framed prints, handcrafted wood brooches, keys rings, fridge magnets, tote bags our famous Dexter Beef, garden and indoor plants and much, much more. The cafe will be open for Tea, Coffee and Homemade Savouries and Cakes. We are always looking for new stallholders to come and join our friendly crowd especially, a cheese maker, pork butcher, fresh bread maker, also fresh fruit and vegetables, chocolate maker. Everyone is welcome so please do put the date in your diary and come along and join us we are all a friendly crowd of people. As regards to car parking we would ask all our visitors to the Produce and Craft Market to please park with due care and attention so as not to cause any obstruction especially along Narrow Way to allow Ambulance/emergency vehicles and delivery vans ease of access. For further details contact Carol at: caz-mike@outlook.com

Saturday 30th August - WRENTHAM VILLAGE HALL FILM NIGHT. WHAT WE DID ON OUR HOLIDAY (Certificate 12A) A black comedy starring David Tennant, Rosamund Pike, Billy Connolly, Celia Imrie and Ben Miller. A family heads to grandad's 75th birthday party in Scotland, with hilarious results. A heart-warming film. Doors open 18.45 with film screening 19.30. Only £5 on the door including refreshments.

Wenhaston Village Hall
Presents

Ceilidh Dance Night

Saturday 16th August

Skylarking
Ceilidh Band



Doors and bar open from 7pm - Dancing from 7.30pm
 50 / 50 raffle - £1 per ticket
 Tickets (inc. nibbles) £12 adults, £6 children over 12
 In advance from Jane, Wenhaston Post Office or
 on the door on the night
 Contact Carol: caz-mike@outlook.com for info
 Raising funds for Wenhaston Village Hall's New Kitchen

FESPA Friends of East Suffolk Performing Arts present



FESTIVAL PARTY

Join us for a celebration of East Anglian talent
 Showcasing professional performers from across the counties

Saturday 6th September 2025
 at the Parish Church of St. Peter & St. Paul
 High Street, Wangford NR34 8RR

7.30pm
 Doors open at 7pm (unreserved seating)
 Licensed bar available

All Tickets £15
 Book your tickets online at ticketsource.co.uk/festival-party
 or call **07444 798417**





After a 13 long years, the vibrant spirit of the Lowestoft Carnival is making a grand comeback! Join us on Sunday, 17 August for a day filled with excitement, community, and celebration.

Event Schedule:

10:00 AM – 6:00 PM:

Festivities kick off on the Royal Green, featuring live entertainment, music, performances, and activities suitable for all ages.

2:00 PM: The highlight of the day—the Carnival Parade—sets off from Kirkley Park Road, proceeding down London Road South and looping along the seafront.

JUST ANNOUNCED - THERE BE PLANES!!

The organisers of the Lowestoft Carnival 2025 have released to us details of the special event they have organised as one of the highlights of the weekend. Between 4.00pm and 4.30pm on Sunday 17th August there will be a small aerobatic display taking place over the sea adjacent to Royal Green. Featuring three different planes, each performing a set of crowd pleasing manoeuvres, the display is intended to provide a spectacular accompaniment to the parade.

The air display will feature three acts each providing a 5 – 10 minute display. The Vintage Pair are a close formation team consisting of two DHC-1 Chipmunks flying tight, dynamic formation displays and aerobatics, whilst the Jubilee Pitts Special is a specially adapted biplane designed specifically for aerobatic displays. Trailing a bloom of white smoke, the Pitts Special is renowned for exciting displays. Lastly “The Starling” is an Extra 300NG, the latest and one of the most modern purpose designed and built unlimited aerobatic aircraft in the world. Performing high-octane manoeuvres including gyroscopic tumbles, the pilot has aerobatic experience of over 25 years in airshows and competitions, and has flown all over the world as a solo act and as part of a formation.

Whilst this is only a small display, the Carnival organisers hope it will bring back a little of the spirit of the Lowestoft Air Show of old and boost the pride of local people in what our town can achieve. The displays will take place over the sea between Claremont Pier and South Pier – adjacent to the Carnival stage on Royal Green. The best places to view the display will be from the promenade alongside the Green. The public are reminded that they must not climb on the rocks in this area and the display will be called off if spectators are putting themselves in danger by doing this.

A live party band will follow the air displays at 4.30pm providing entertainment until the event finishes at 6.00pm

Carnival Organiser Des Reynolds said,

“When we discovered that Fireworks would not be possible for our Carnival finale, we wanted to find an alternative that would offer local people a spectacle they would remember. The theme of the Carnival is Past and Present, so we thought “what better way to recall the past, then bring back a flavour of the Air Show.” Whilst we have neither the budget or capacity to offer anything like the scope of the air show, we hope this short display, will still bring a lot of joy to local families.

If you would like more information please email the Seagull at Community@theseagull.co.uk or phone 01502 589726



Keep some room in your heart for the unimaginable and beautiful things



The Bugle What's On Guide

Even More Events

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: the.buglemag@yahoo.co.uk

Weekly events at Pakefield church : Contact office@pakefieldchurch.com - 01502 218150.

Wednesday Coffee Mornings from 10.30 to 12.00 **Fridays Graveyard Gardening Group** 10.00 to 12.00

Weekly events at The Lodge, Corton : Contact info@woburnfarm.co.uk - 01502 730537.

Try Archery or Shooting, Saturday or Sunday mornings. Skilz Cycle challenge. Everyday, except Tues (site is closed)

Saturday 2nd August. DISCO/BINGO, The Lodge, Corton - 7 to 11pm, admission £20, Tickets are bookable. Includes table snacks and entertainment. Contact info@woburnfarm.co.uk - 01502 730537.

Sunday 3rd August. LIVE MUSIC WITH SKYE BREWER The Lodge, Corton - 2.00 . Pakefield Pasture will be there from mid-day (weather permitting!). Sheep, goats, alpaca, pigs, donkey and a mini horse. nfo@woburnfarm.co.uk 730537.

Friday 8th August, SUMMER CAFE at Pakefield church.

Saturday 9th August. ALL DAY, CHARITY EVENT for the ST ELIZABETH HOSPICE. 2pm, The Lodge, Corton. Stalls, raffles, have-a-go, field sports, pedal tractors, live bands & entertainment. FREE ADmission. Info: info@woburnfarm.co.uk

Sunday 10th August LIVE MUSIC WITH RODDY RYAN from 2.00. The Lodge, Corton. FREE Admission - 01502 730537

Friday 15th August. SUMMER CAFE at Pakefield church.

Fri 15th Aug, V.J. DAY. Evening prayers at 6.30 at Pakefield church. Remembering all the lives lost in this conflict.

Friday 15th August. LIVE MUSIC WITH NEIL FRANCIS from 8.00. The Lodge, Corton. FREE Admission 01502 730537.

Saturday 16th August. LIVE MUSIC FEATURING SKA & REGGAE WITH MARK ANTHONY from 8.00. FREE Admission. Contact info@woburnfarm.co.uk - 01502 730537.

Sunday 17th August. LIVE MUSIC WITH MICHELLE MILES plus The animals of Pakefield Pasture will be there throughout the day. (weather permitting). FREE Admission. Contact info@woburnfarm.co.uk - 01502 730537.

Friday 22nd August. SUMMER CAFE at Pakefield church.

Saturday 23rd August. IBIZA NIGHT, LIVE MUSIC, GEORGIA FALLS. From 7.00pm. £5.00 Bookable on line. Contact info@woburnfarm.co.uk - 01502 730537

Sunday 24th August. COUNTRY MUSIC SUNDAY. LIVE BANDS AND ENTERTAINMENT. Just £10. Tickets are bookable. Try it field sports (available for a supplement charge) Contact - info@woburnfarm.co.uk - 01502 730537.

Monday 25th August. BANK HOLIDAY MONDAY CRAFT FAYRE in Pakefield church. 10.00 to 3.00.

Thursday 28th August. ST PETER & ST JOHN KIRKLEY LADIES GROUP RETURNS, after the summer break, in the church hall, 2.00 talk and demonstration on Reiki, Just £3.00.

Friday 29th August. SUMMER CAFE at Pakefield church.

No Messy Vintage at Pakefield church until Lorraine is available later this year.

Saturday 30th August. The Lodge open as normal BUT will be Closed FROM 3.00 for a private function.

Sunday 31st August LIVE MUSIC WITH JACK THE JAZZMAN from 2pm. FREE Adm. Contact info@woburnfarm.co.uk

Sunday 31st August. SPECIAL 'BACK TO SCHOOL' SERVICE in church hall, 10.30. Bring your school bag for a blessing!

REGULAR EVENTS listings will return in September



WEDNESDAY MARKET

9am - 1.30pm

Halesworth Marketplace

Regular stalls include:
Fruit & veg, Eggs, Bread,
Fish, Cheese & Pies,
Soaps & Skincare & Crystals



Come and join
Craft & Chatter : Knit & Natter Group
in Halesworth Library
every 1st & 3rd Tuesday
each month 2pm to 4pm
For more details text 07510 698188




SUNRISE FESTIVAL presents
SUMMER OUTDOOR CINEMA
Wicked: Sing Along (PG)
Dirty Dancing (12A)
Yesterday (12A)
Fantastic Mr. Fox (PG)
plus free Silent Disco & exclusive short film screenings
SATURDAY 2, 9, 16, 30 AUG FROM 6:30PM
Book tickets at sunrisefilmfestival.co.uk/OC
Beer Garden, East Point Pavilion, Lowestoft

A Busy Summer For Suffolk County Music Service

We are still accepting applications to join Suffolk's premier youth music groups for the next season of quality music making. Suitable for brass, percussion, string and woodwind players, our County Music Group programme offers a varied range of activities throughout the year with Suffolk Youth Orchestra, Suffolk Youth Wind Band and Suffolk Young Strings. This includes rehearsal days, an Easter residential rehearsal course, European concert tours (this year to Spain and France) and performances at venues like The Apex in Bury St Edmunds and Snape Maltings Concert Hall. Visit our website for how to apply.

We're looking forward to other forthcoming events, we have coming up and hope to see you there!

Suffolk Youth Orchestra Prom Concert,
Monday 4th August at Snape Maltings
Folk East, 15th -17th August at The Sotterley

Estate nr Beccles.

This is an especially exciting collaboration with the FolkEast organisers, as we'll be offering violin decorating workshops each morning of the festival (paint and brushes supplied, and of course enough decommissioned violins too!) followed by a playing session in the afternoon. Details can be found on our website.

County Music Groups Gala Concert, Sunday 7 September at Snape Maltings

Please visit our website:

www.suffolkcountymusicservice.co.uk/take-part, where you can learn more about the wide range of activities we offer your children and young people at various locations across the county.

Follow us on our social media pages for more updates and find out how you can join in!

[@suffolkcountymusicserviceSCC](https://twitter.com/suffolkcountymusicserviceSCC)



BECCLES CARNIVAL WEEKEND
@BECCLES QUAY NR34 9BB
16TH & 17TH AUGUST 2025

SATURDAY 16TH 1-5PM
FUN DOG SHOW, DISPLAYS, FUN ZONE, STALLS, STREET FOOD, AND MUCH MORE!

SUNDAY 17TH
CARNIVAL PARADE LEAVES ROVS CAR PARK AT 1PM, FINISHING AT BECCLES QUAY WITH ARENA DISPLAYS, STALLS, STREET FOOD, AND MUCH MORE!

ENTRY £3
UNDER 5 FREE



CLAREMONT PIER
BANK HOLIDAY FIREWORKS
FRIDAY 22ND AUGUST
9PM APPROX

FREE Display
DONATIONS TAKEN ON NIGHT IN AID OF REBUILDING THE END OF THE PIER

Sponsored by

Lowestoft Town Council, Scaffolding Services (East Angles), PCT CARPENTRY LOWESTOFT, Insurelink

I asked my wife to embrace her mistakes. She gave me a hug.

Councillors Fund Transformation of Community Space

Works to transform a community pond in Lowestoft into a peaceful and welcoming area have now been completed.



East Suffolk ward councillors George King and Graham Parker used funding from their Enabling Communities Budgets towards the work to restore the Wissett Way pond, following requests from nearby residents.

Moved by these concerns, the councillors pledged to act and worked closely with officers from East Suffolk Council to create a plan for the pond's renewal.

A key part of the project, delivered in partnership with Pathways Care Farm, was the wooden planters and picnic benches installed on the site.

One of the benches has been installed in memory of Trevor Rix, a much-loved resident of Wissett Way, who often took it upon himself to clear and tidy the pond.

When speaking about the testimonial to Trevor, Cllr George King, ward member for Gunton and St Margarets, said:

"Trevor's quiet dedication to the pond inspired many. It is only right that his name now has a permanent place in this revitalised space he cared for so much.

"I also want to give special thanks to Simon Walker from East Suffolk Council, whose drive, passion and practical support have been crucial in making this project a reality."

Geoff Stevens, Director of Pathways Care Farm, said:

"This project is a fantastic example of what can be achieved when community and council come together. The benches and planters were built by individuals with a variety of mental, emotional and learning difficulties, with help and guidance from the Pathways' carpenters.

"They were learning practical woodwork skills while contributing to something meaningful. It gave them a sense of pride and purpose, knowing their efforts would help transform a local space for everyone to enjoy. It is about restoring the environment and rebuilding lives, and we are proud to be a part of that journey."

The Wissett Pond works are part of a broader commitment by Cllrs King and Parker to improve public spaces across their ward.

Recent dredging and cleaning have also been completed at Jenkins Green Pond and Vermeer Pond, helping to restore their ecological health and community value.

Cllr Graham Parker, ward member for Gunton and St Margarets, said:

"We promised to invest in and improve the public spaces residents care about, and this is a clear example of that in action. I would also like to recognise the local community figures who quietly and consistently help maintain Jenkins and Vermeer ponds week in and week out. Their stewardship has been essential in keeping these spaces alive and appreciated by so many



Pictures: Top: Before!! Bottom: 'After' image shows (from L-R): Ken Luxton and his daughter (residents of Wissett Way), Cllr George King, Simon Walker, Pat Anis (sitting down, resident of Wissett Way), Geoff Stevens and Cllr Graham Parker (seated).

Alde Valley Suffolk Family History Group

Report of Meeting held on 16th June 2025

On a very hot Monday afternoon the Alde Valley Suffolk Family History Group welcomed online Janet Few, an experienced social historian who lectures regularly, and is author of books including the handbook, "Family Historian Enquire Within." Janet is President of the Family History Federation, and is passionate about encouraging young people to become interested in the past.



Janet's talk was about "Husbandry, Housewifery and Home Working - Women's Lives on the Farm." Using illustrations, Janet told us about women's work in the farmhouse, including butter and cheese making. These were made for family use and the surplus to be sold at the market. Butter was made in the spring when the milk was more creamy and was mainly used in baking. Cheese could be made all year round.

Before tea was affordable for most people, ale or beer were the main drink. Again the farmer's wife would make these, the ingredients being sourced from the farm. Bread formed a staple food until potatoes

became more commonly grown. The farmer's wife would have a small hand mill to grind her own grain, hence the "daily grind." Bread ovens were heated up with wood and when at the right temperature the ash was scraped out. The loaf was put in and baked with other items as the oven cooled. The loaf would be gritty on the base so it was sliced horizontally, allowing the "upper crust" to be the best piece.

Pickling, potting and preserving were important to use the fruits and vegetables. Chickens were kept for their eggs, the eggs mainly used in baking, and to sell for pin money. Spinning, weaving and dyeing of wool was another skill women turned their hands to. The only source of water would be from a pond, a well, or a spring – otherwise it required a walk to the village pump.

Cottage industries enabled women to work at home, so called "piece work." Glovers, buttoners, stockingers, lace makers, and straw plaiters were very common skills, as villagers produced their own items of necessity. One member commented at the end of Janet's talk that there were several plaiters known in Benhall and hat makers in Saxmundham.

Janet gave us a lot of interesting information to build a picture of the lives of women; often their occupation was not even recorded on census forms. Janet produced a helpful handout which can be downloaded from her website <https://thehistoryinterpreter.com/talks-and-presentations/handouts/>

Report by Jenny Mann

Do you have a Question about Care? We're here to help.

FREE, no-obligation care advice and signposting to help you find the best care solutions to fit your needs.

 Funding Information
 General Care Advice & Signposting

 Choosing a Care Provider
 Complex Care



 01728 605 107

 care@christiescare.com

**Christies
Care**
Est. 1987
Living independently at home



Answer me one question:

What good is digital currency during the much-touted, coming power cuts or 'outages'? I ask because it is obvious to anyone with half a brain cell that none of the tills in shops will work and they will not be able to take your 'cards' or get onto the internet to process the sale via your internet bank. With cash though the situation is vastly different: use a calculator to work out the bill, open the till drawer and pop the money in and give change. If anyone still even knows how to count change back to the customer that is!

During said power cuts the cash machines outside shops and filling stations won't work so it is no good trying to get your hard earned cash out of those. You could go to your bank but most of the branches are closed now because everyone does their banking on-line. The ones that are open and within spitting distance will question why you want your cash (none of their business) and subject to a satisfactory answer, will give it to you - if they can get their till open of course.

I will say it again. Keep Cash because once you leave it in a bank the government and it's agencies will soon know (if they don't already) what you spend, where and when - and what you spend it on. With digital currency THEY control your money and could decide how you spend it - and on what. The choice is yours - for now.

The rhetoric on a possible war in which Britain may be involved is gaining pace. So who the heck in this country would be willing to fight in a war right now? For King and country they would proclaim but you could be forgiven for thinking "What has this country done for me or any truly indigenous British person over the course of the last year?" I am not going to list the reasons why you wouldn't get an indigenous British person to fight because at the moment they are blindingly obvious to any right thinking person. Sadly the current British government would expect everyone to rally behind the flag. You know which one, the one you mustn't fly these days because it might upset someone.

Perhaps the British public should ask the Prime Minister the following questions:

Why did you stop our winter fuel allowance whilst giving billions in foreign aid and now probably billions in the housing, feeding and clothing of illegal immigrants?

Why have you not ditched the ECHR and placed our navy in the channel to stop illegals?

When are you going to stop the Muslims from freely proclaiming their wish for Sharia Law and their obvious hatred for indigenous British people - backed up by attacks with machetes and sexual attacks on school girls? Surely this is far more important than sending 5 police 'officers' to arrest a tweeter.

Why are you allowing Lucy Connelly to rot in prison for years, for one careless tweet which she immediately took down? Wasn't that tweet far less serious than the attacks on British people that you are ignoring?

Mr Starmer is clearly not supporting the indigenous population of this country, preferring to do deals with a corrupt Europe to sell us down the river. Imagine if in 1939 Winston had invited the invading Nazis at Dover, provided them with all new gear (clothes) and a hotel to stay in whilst they conquer us. 'Ah' you say 'but these illegal immigrants are not invading us.'

If you believe that, then there is no hope for the Britain I have known and loved for 70 odd years. This Labour 'government' will go down in history as the people who destroyed Britain.



20TH ANNIVERSARY YEAR FOR SOUTHWOLD MAIZE MAZE AS DESIGN IS REVEALED

Southwold Maize Maze has revealed its 2025 design as the business celebrates 20 years. One of the first ever maize mazes to open in the region, Southwold Maize Maze has this year reached a significant milestone, celebrating 20 years of family fun for locals and holidaymakers alike. 20 years ago, back in the summer of 2005, Southwold Maize Maze welcomed visitors to its 400 acre site on the Suffolk Coast for the first time.

With a love for the area and the beautiful views across the Blyth Estuary, Bella and husband David, who runs a 1100 acre arable operation nearby, spotted an opportunity to diversify the farm business. Inspiration was taken from other successful maize mazes across the country, and with the perfect site for growing maize, as well as the stunning natural landscape, the rest is history.

In 2005 the attraction had a simple food truck in the play area next to the maze, but after the dairy herd was sold in 2016, the redundant farm buildings required another purpose.

In 2019, Old Hall Café - designed by Peter Wells Architects of Wickham Market - was added to the site in place of the old calf sheds, and is now a popular and thriving café and events space. The wider site, including a barn that used to house the farm's dairy cows, hosts a number of markets and events throughout the year. Now, reaching this significant milestone it seems only fitting that this year's theme is 'Celebrating 20 years of Southwold Maize!'

This year's big maze is a marsh harrier design, reflecting the design of the first ever maze in 2005, and reinforcing the site's link with the Suffolk Wildlife Trust over the years, along with its mission to feature elements of nature and education by choosing designs and themes from natural surroundings in the Suffolk Coast Area of Outstanding Natural Beauty (AONB).

Stamp points in the main maze will feature six of Bella's favourite designs from over the years, from woolly mammoths, to bumble bees, and galleon ships.

This year's mini maze design features a birthday cake with finger stamps to discover in each candle. Stickers and sticker cards were introduced in 2020 due to covid restrictions, but now, returning to its roots, finger stamps are back in the mini maze for smaller visitors to collect at each 'checkpoint'.

Entry to the maize maze includes access to all facilities within the Play Park, plus the pedal go-kart track within the maze. This includes three jumping pillows, double zip line, ride on tractors, nest swing, climbing towers and slides, Downpour Derby water play, two giant sand pits and outdoor play kitchen and café. Southwold Maize Maze will officially open for the summer season from 19th July, every day til 7th September.

For further information about the upcoming summer maize maze season and to book tickets: <https://www.southwoldmaizemaze.co.uk/>



I am not afraid of death, I just don't want to be there when it happens - Woody Allen.

UPGRADE SIGNALS WENHASTON VILLAGE HALL'S HALF CENTURY

Wenhaston residents are to celebrate the village hall's 50th anniversary on October 4th 2025. Major upgrades to toilets in recent months have been carried out and this is being followed by total refurbishment of the kitchen and café which will improve efficiency and attraction to users. It is hoped to complete the work by the summer of 2026.

Replacing a wooden hut in 1975, the village hall is pivotal in providing a social centre where Saturday coffee mornings, monthly craft markets and community lunches and teas are held. Indoor badminton and table-tennis sports are also major attractions, as well as regular bingo and film evenings.

Operational funding is generated by the hire, not only to local activity groups but to other event organisers such as wedding or birthday celebrations.

Wenhaston village hall was registered as a charity in 1991 and is run by a volunteer management committee which is already planning fund-raising events to meet the high cost involved. Donations will be gratefully accepted.



Halesworth Harmony is a friendly and supportive choir, welcoming all singers without an audition. We sing a varied mix of world music in three- or four-part harmony, and we are also fortunate to have worked with, and commissioned, contemporary British composers.

The choir meets approximately fortnightly on Sunday mornings (10.30-12.30) between September and June/July, usually at The Cut Arts Centre in Halesworth.

There's an interval to chat and make new friends.

If you're interested in finding out more, do come along to a rehearsal. You'll receive a warm welcome and ***YOUR FIRST SESSION IS FREE***.

There's no need to be able to read music – songs are taught by ear and recordings are available for home practice.

Our new choir year starts in September. For further information on dates and venues please email: halesworth.harmony@gmail.com


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We meet at The Cut on alternate Sunday mornings, 10.30-12.30. This includes an interval to chat and make new friends.

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- Singing is a natural anti-depressant
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- Singing can widen your circle of friends

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In 2019 the World Economic Forum declared on their website that the world needed a Great Reset, blaming consumerism and the lifestyles of Earth's population for 'Climate Change'. The WEF is an organisation inhabited and controlled largely by the world's global elitists, the uber-rich and anyone with a vast enough fortune to enable them to join. The head of the WEF is founder member Klaus Schwab who resembles a Bond villain both in looks and speech. Other high ranking people include, King Charles, Vladimir Putin, Jeff Bezos (Amazon), Mark Zuckerberg (Facebook/Meta) Tony Blair, Ursula Von De Leyen (President of Europe) Xi Jinping, (Leader China CCP) and others. Check out their website: www.weforum.org

In order to bring about their idea of a better world they promote the story that everything they are doing is aimed at combating 'Climate Change' but don't be fooled, this dubious gathering of the idle rich is where all the recent ideas of digital currency, 15 minute cities, and future plans of total control of the lives of the population, are born. But please check this out for yourself and draw your own conclusions!

As an empath I have always known that Climate Change exists – and always has. Climate change is ever present, and ongoing. Mankind has exacerbated that natural process with rainforest clearance, open cast mining, industrial pollution of land, rivers, lakes and oceans, plus the building of dams, adversely affecting the natural distribution of water across vast landscapes. The aeroplane is now polluting our atmosphere at a rate never before seen and the rise of private jets for the pampered are another danger, let alone perhaps, idle jaunts into space on a whim.

It was reported that attendees at The WEF last annual get-together flew into Davos (Switzerland) on over 150 private jets, many of them with only a few or just one passenger on board. Apparently these jets could not all park at Davos because the local airport was not big enough, so they reportedly, all had to take off again and park at another airport some

distance away. The WEF commitment to ending climate change is nothing more than deception, obscuring the real reason for their actions – total control of lives.

What world leaders and foolish scientists do not tell us about is that the ongoing attempt at controlling the world's weather is orchestrated by various countries and organisations. These are from chemtrails to weather bombs of hydrogen detonated in the clouds of hot countries to induce rainfall. It is reported that even in the UK the Met Office have giant mirrors in fields, redirecting the sun's rays back into space. If true, this is more than a little insane. They are all affecting the delicate balance of weather systems that we know virtually nothing about.

The result is torrential and devastating flooding in the USA, China and other countries. Never before seen weather 'events' are happening the world over including wildfires and violent storms.

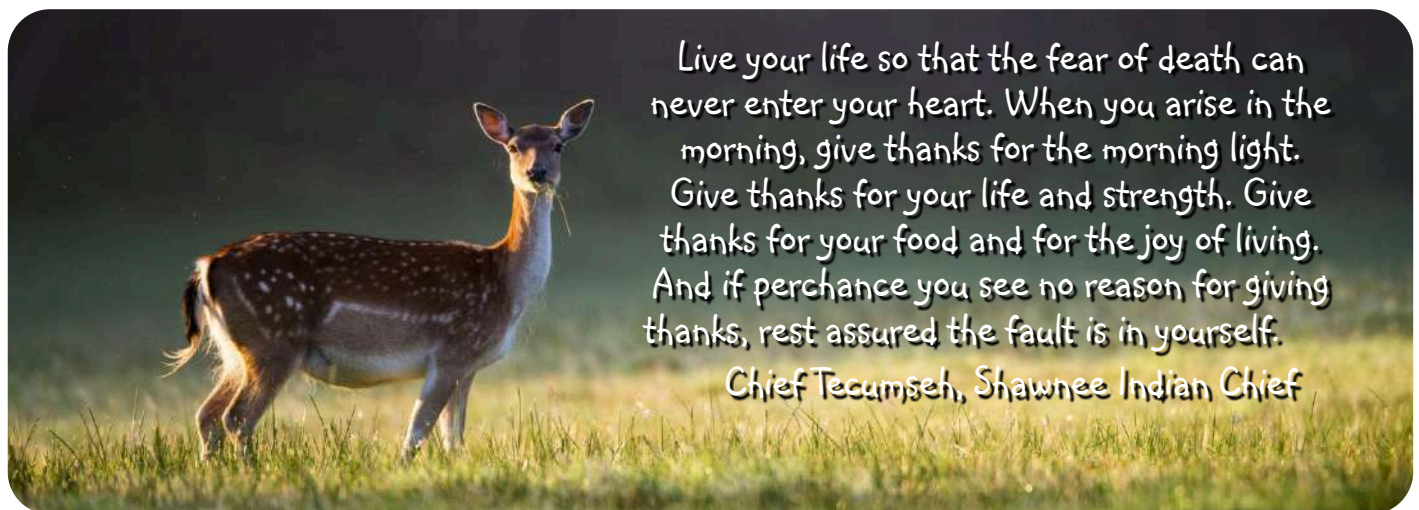
Now, the system of weather is worldwide and interconnected, if you interrupt it, the knock on effect can be catastrophic. Amid all this there are wars and talk of wars. UFO sightings (many being filmed) have increased dramatically and volcanoes from Yellowstone Park to Indonesia are beginning to awaken.

The affect of vain people attempting to control the weather can be anything from damaging to cataclysmic. The weather systems across the planet are vast, intricate and enormously complicated. These foolish people have gone too far and the mainstream media is not reporting it.

None of the events like volcanoes, earthquakes cyclones, torrential rains, floods and bursting dams is down to climate change at all. They are down to attempts at weather control during the last few years, backfiring spectacularly. The chain of events they have started, they cannot stop. Only nature can do that.

Why does mankind always think he is in charge???

(See images on next page)



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I never forget a face, but in your case I'll make an exception - Groucho Marx

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
the.buglemag@yahoo.co.uk

Dear Bugle,

Plans to build 1380 homes on Kirkley Waterfront.

Was the opening facility for the Gull Wing bridge built at a cost of £146 million only to open for a few yachts? Was there a more visionary plan than to be a building site for 1380 houses? Short term gain but longer term social and economic pain. Why has a good water frontage with superb quays and with access to road and rail connections been sacrificed for another housing estate for which there are few jobs and even less important services? Something more productive could be built here giving the town more sustainable economic growth. "One man and his van" style businesses are not enough, nor are drive-through restaurants or "free festivals on the beach". The current government has plans for economic growth so funds to enable growth by business and industry are on offer. Why were these not accessed to give Lowestoft substantial & sustainable longer term economic growth?

Yours

Norman Castleton
Lowestoft

Dear Bugle Mag,

Royal Plain Fountains - Lowestoft

The recent press release regarding the above has prompted me to write regarding the whole development of the immediate area despite my previous temptation and reluctance to do so. I seem to recall that "forging ahead" was the term used to describe what is happening to the fountains expected to be complete "late summer".

Recently I passed and watched out of curiosity the "progress" and witnessed two only labourers at work who seemed to be struggling physically with their task at which rate I find it hard to believe it will be finished this side of Christmas. A few more hands would be an excellent idea to have the job complete for the school holidays but alas, this is not going to happen. All this whilst in the adjacent "gardens"

I watched four contractors erecting wooden posts and a horrible looking fence, It was rather comical in fact, men at work indeed!

But back to the fountains. What particularly annoyed me was the building materials stored

thereabouts were all over and around the towns local WW1 hero Sergeant Claude Castletons VC plaque!!

No respect whatsoever, simply used as a storage location. The plaque incidentally was always in the incorrect place rather than on or immediately adjacent to the war memorial whereas he is simply walked over with no recognition whatsoever by anyone unknowing him. One would have thought the local Royal British Legion branch would have some say in these matters but appears not to be the case.

Regarding the so called gardens and "exercise apparatus", does anyone else find the plantings pathetic?

I have watched with fascination the "progress" as you may wish to call it over the months and am unable to believe what is happening. The soil levels have been raised with no retaining structures and one can see already the very fine dusty soil spreading to all areas. Winter storms will be interesting!

As for the plantings, I watched the pines trees in their sacking on the surface for weeks before planting and they have actually been put in the ground in their sacking as far as I can see! A poor choice of trees for the east coast I would say. The watering programme is laughable. Small plastic tubes commonly used in florist shops to keep fresh flowers alive! Other attempts to water the shrubs(?) are pathetic with the small amount of water simply running down hill on the sandy dusty soil. Already most of them are dead or dying. Never seen anything like it and at what cost?

I'd prefer not to comment on the "fitness apparatus" and removal of the original smart retainer walls which so many visitors sat on to enjoy the views and their ice creams etc. The whole affair seems a total waste of time and money.

I was also surprised to find the pavilion with not one facility open. Where have all the traders gone?

All in all a sad piece of planning, maintenance and design.

Yours faithfully
T Winter (Mr)
Chedgrave



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She got her good looks from her father. He's a plastic surgeon - Groucho Marx.



From the restaurants sourcing tastier ingredients and the farmers revitalising their topsoil, the buzz around 'regenerative agriculture' is hard to ignore. But can this movement really challenge the status quo, of chemical-first, intensive, and polluting food production? It is becoming widely accepted today that the catastrophic loss of topsoil for generations and immense use of chemicals in modern farming is a recipe for loss of 'farmable' land. **In short, the soil is dying.**

The world's largest study into regenerative agriculture (regenerating the topsoil) has been completed: 78 farms covering 7,000 hectares across 14 European countries. The results are impressive and should rock the foundations of conventional approaches. Don't just keep dumping chemicals into dying soil but regenerate the soil with everything from coffee grain waste to decomposing plants

"The Green Revolution can be put into the dustbin of history," explained Simon Krämer, lead author and executive director of EARA, the European Alliance for Regenerative Agriculture, which is representing many of the most progressive food producers. "The fourth agricultural revolution is unfolding now," Krämer added as he presented the results at a recent briefing.

From the first minute of the webinar there was excitement about what the team had unearthed. "We wanted to lean into farmers to find out what it really means to be regenerating," said EARA's Meghan Sapp, a founding member of the alliance, in her intro. Between 2020 and 2023, for example, pioneering regenerating farmers achieved, on average, just 1% lower yields in terms of kilocalories and proteins, while using 62% less synthetic nitrogen fertiliser and 76% fewer pesticides per hectare.

What's more, those running livestock or mixed farms sourced all their feed from within their bioregion – so none of that deforestation-linked soya imported from South America, for example. For comparison, the average farmer in Europe imports more than 30% of their animal feed from outside the EU.

Indeed, the beauty of this study is that the progress made by the dozens of "regenerating pioneers"

involved – from citrus fruit producers in Greece to arable farmers in Germany and dairy farms in Scotland – is bench-marked against their conventional neighbours and European farm averages.

Take Sheila Damos who is producing olives, oranges, limes, and lemons with 280% higher yields per hectare, using zero fertiliser or pesticides and 78% less fuel than national averages. For years her neighbours thought she was crazy as they continued to apply chemicals to their land.

"You cannot put into words how much better Sheila is than her neighbours now," said Krämer as he presented a graph showing that her yields of olives and limes were 349% and 178% higher than the national average – her gross margin more than double that of the average. The organic agroecological farm also has native weeds and nitrogen-fixing plants, which adjoining growers routinely fight off.

What do her neighbours think now, I asked her? For decades "we've been doing things differently [40 years of organic and 10 years of regenerative agroforestry] ... doing everything the opposite to our neighbours and the advice of the agronomists," she explained, outlining all the courses she attended (if she could find them), the uncertainty that overshadowed her transition, and the risks she took. This is years of hard work – and there is more to come as she looks to improve yields on oranges and lemons which still lag behind conventional farms.

Such positive findings are timely as farmer debt soars and young entrants struggle to see a future in food production. The European Commission has just projected €60 billion in agricultural losses by 2025, rising to over €90 billion by 2050, driven by climate change, input dependency, and a failing food system. According to EARA, conventional approaches to agriculture with high chemical inputs actually put Europe at risk due to "ever more fragile yields, rising input quantities and costs". But the assumption that intensification and rolling back on green initiatives puts our food security at risk is quashed by the results of the study as a "myth", the authors noted. After three to seven years of transition, Europe's agricultural sector could be nature and climate positive.

BONDS MEADOW BIOBLITZ

You may recall last month's Bugle article about the secret life thriving beneath our feet? The mossy logs, the underground fungal networks, the birdsong and dazzling insects? Well, the wait is over! Bonds Meadow Community Association is thrilled to announce our family Bioblitz event and it's happening this Saturday, 2nd August!

In case you missed it: a Bioblitz is a whirlwind nature survey where families, beginners, and experts work side-by-side to find and identify as many species as possible in one location all in a single day! It's a blend of treasure hunt, science lab, and outdoor learning. Peer into ponds, inspect tree bark, and gently turn over logs (then carefully replace them!) to discover beetles, fungi, wildflowers, birds, and more.

Perfect for all ages: No expertise needed! Our team of volunteer specialists (huge thanks to those who stepped forward!) will guide you. Children especially love the hands-on exploration, and members of the Nature Play Centre will be leading bug hunts. Every bug recorded, every plant identified, adding to vital local biodiversity records used to protect our green spaces.

Event Details: Date: Saturday, 2nd August. Time: 9:30 AM – 4:30 PM (Drop in anytime!)

Meeting Point: Bonds Meadow, Sands lane entrance (NR323ER) (Look for the Bioblitz banners!)

What to Bring: Weather-appropriate clothing, sturdy shoes, water, and curiosity! (Optional: magnifying glass, camera, notebook, Smartphone with Merlin, PlantNet or Obsidentify apps).

Registration: FREE! Simply sign up on arrival.

Please note, there are no parking or toilet facilities at Bonds Meadow.

We encourage visitors to walk; failing that, park in the surrounding neighbourhood and then walk.

"We can't wait to share the magic of Bonds Meadow with you. Whether it's identifying butterfly wings, listening for warblers, or spotting the weirdest fungi, there's wonder everywhere. Come see for yourselves!" Still a Chance for Experts to Help!

Are you a keen naturalist, botanist, birder, or mycologist? We'd still love your expertise on the day! Please contact us urgently:

Email: bondsmeadownews@gmail.com Web: bondsmeadow.org/volunteering

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The only time a woman really succeeds in changing a man is when he is a baby - Natalie Wood.

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She was what we used to call a suicide blonde - dyed by her own hand - Saul Bellow.

BECCLES CARNIVAL

Joan Wright who will be 89 later this year, from Beccles will be taking part in Beccles Carnival parade on Sunday 17th August 2025.

Joan first took part in the Carnival Parade in the early 1960's with her workplace William Clowes Printers and then went on to take part with Beccles Helping hands and Wicker & Wright. As well as taking part in the Carnival Parade Joan also helped making 100's of costumes as well as the Carnival Courts robes which they still wear today!

Joan was an active member of Beccles Carnival committee in the 1960's, then went on to organise the Carnival with Beccles Lions, hanging up her organising shoes in the 2000's.



Annette Tackley Beccles Carnival co-ordinator said, "this is an amazing achievement for Joan, to have been involved with the carnival in organising and taking part over so many years. Joan was a leading person who helped me and my team personally to make sure our towns annual tradition continued for many years, if it wasn't for Joan our Carnival wouldn't be where it is today. And we hope Joan enjoys taking part this year. I hope everyone comes lines the streets of Beccles at 1pm on 17th August to clap Joan as she makes her way round the Carnival Parade". (Pic: Joan in a 60s Carnival Pose!)

First Ever Waitress Race

The inaugural Waitress Race is a new and thrilling addition to the Beccles Carnival 2025. This event is scheduled to take place on Saturday, 16th August, at Beccles Quay, promising an engaging and entertaining experience for participants and spectators alike.

The Waitress Race is designed to showcase the agility, speed, and teamwork of local pub, restaurant, business, and clubs. Teams of four members will compete in a fun and challenging race that tests their ability to navigate an assault course while balancing trays laden with drinks and snacks. The event aims to promote community spirit, encourage local business participation, and provide a lively spectacle for all attendees.



Participation Information:

Teams must consist of four members. Participants must be over 18.

Entry is completely free of charge. Interested teams are encouraged to register by emailing becclescarnival@outlook.com.

Each team will be given a tray with various drinks and snacks, which they must carry through an obstacle course set up in the main arena. The course will include a series of challenges designed to test balance, speed, and coordination. The race will be judged on both the time taken and the ability to keep the tray steady, making it a fun yet competitive event that highlights the skills of local service staff.

Why Participate? Showcase your team's skills and teamwork.

Enjoy a fun day out at the Beccles Carnival. Support local

businesses and community groups.

Be part of a new tradition for Beccles Carnival 2025.

We look forward to seeing many teams from local pubs, restaurants, businesses, and clubs take part in this exciting new event. Don't miss the chance to be part of Beccles's first-ever

Waitress Race and help make this carnival a memorable occasion for everyone involved.



SOUTHWOLD POP ON THE PROMS 2025

at Southwold Putting and Café on the Green

The Pop on the Proms 2025 event took place on at Southwold Putting and Café on the Green. It was a fundraising event for Brain Tumour Charity, Blyth Valley Rotary, SUDEP Action. While the weather forecast warned of rain and storms, we were pleasantly surprised as the evening unfolded into a wonderful celebration of both classical and popular music, thanks to the incredible Waveney Concert Band, led by the talented Musical Director, John Flack.

This amateur adult band warmly welcomes musicians who share a passion for music. Jack Fisher was the incredible vocalist for the evening.

Building on the overwhelming success of last year's event, Poppi and Andi decided to bring it back for another night filled with joy, laughter, and song. We had lovely gazebos set up on the putting green, each accommodating up to 10 people, where friends gathered to enjoy specially prepared food hampers for £30 per person. To add to the festive spirit, we encouraged attendees to decorate their gazebos and dress up according to a theme. The best-dressed gazebo was recognised with a special prize. A heartfelt congratulations to Ann Frost, this year's Lucky Draw winner of £250! It was heartwarming to see everyone enjoying their time together—savouring delicious food and favourite drinks, all while nurturing a sense of community and togetherness. As the night progressed, the atmosphere grew lively, with many guests joyfully dancing to Abba songs and "Sweet Caroline."

The evening culminated in an uplifting rendition of "Land of Hope and Glory" and the 1812 Overture, beautifully accompanied by a dazzling fireworks display. We are truly grateful for the immense support shown towards our charities: the Brain Tumour Charity, Blyth Valley Rotary, SUDEP Action, which works tirelessly to address unexpected deaths from epilepsy. Once again, Southwold Putting and Café on the Green saw a remarkable turnout, with over 150 attendees, including dedicated staff members who generously volunteered their time to support our charitable efforts. Your support means the world to us, and we thank you from the bottom of our hearts! The event was yet another fantastic community fundraising event, and we look forward to 2026! Report by Andi Darnell and Poppi Smith





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A little about me:

I worked as a qualified nurse in the hospital/hospice environment. I have also worked in care homes and in the community.

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BUNGAY FOLK FESTIVAL



Bungay Folk festival prepares for its second year with a plethora of name artists, concerts and free events. Building on the success of its inaugural year, BFF2025 is in the traps and ready for the starters gun. The festival, which takes over the town of Bungay for the weekend of 5th-7th September is following the same pattern as their inaugural year. A wealth of free music and dancing will be on offer throughout the daytime with a plethora of exciting workshops to tempt the musically minded.

Evening concert wise Eliza Carthy (picture opposite) tops the bill this year on the Saturday night as well as a concert by Sound Tradition, while other notable folk acts Mishra, and Chris Cleverley are on the Friday night, and Orchestra of Samples, and Tamsin Elliott and Tarek Elazhary, round up the weekend on the Sunday. Local acts always feature prominently and the festival is delighted to welcome back The Castle Singers with a newly composed work by William Drew-Batty alongside other singing delights in the form of the Waveney SHE choir and Heartbeat.

The festival has more than 50 different acts on offer with most playing for free including The Larks, Homity, Tangled up in Bob, John Ward, Alden and Patterson, Clark and Zupparadi, Wendsum, The King Driscolls, Rattlebox and Will Fergusson to name but 10 in a wide variety of venues. As well as local venue The Fisher Theatre, and both the St Mary's and Holy Trinity churches The Bell Gallery, Number 28, The Community Centre, The Riverside Centre, The Three Tuns public house and the town library will be playing host to wide range of music and dance.

The festival is supported this year by Suffolk County Council, East Suffolk Council, BEBA and Bungay Town Council. As a result they are able to offer a number of free workshops such as Yoga,

African drumming, Balkan dance, singing the season, have a go melodeon or concertina and a family ceilidh. Other paid workshops will include learning to play the Flute, Guitar, and Bodhran, through to Harp, Hurdy Gurdy, Mandolin. Dance wise there will be Ceilidh's as well as displays of Morris and Eastern dancing around the town. There will also be a Folk Picnic at the Castle bailey with free live music stage from 11am to 5pm on Sunday 7th September.

The Fisher Theatre is the place to start and to pick up a festival programme. The rest is up to you! Festival parking this year is at Outney Common.

To find out more about the weekend go to:

www.bungayfolkfestival.co.uk

See you There?



HALESWORTH BRANCH OF CANCER RESEARCH

After our Spring Fair in May, June is a rather quieter month for us but we did hold our annual street collection on Friday 27th in the town and Saturday 28th at the Co-op. We are very grateful to the Co-op for allowing us to collect in their shop. Thank you very much to everyone who stopped to speak to our collectors and popped something in our collecting goblets.

Also in June we were invited to send two representatives to The John Leman School on Tuesday 24th when they held their "Leman 4 Life" event. This has been an annual event at the school where the pupils obtain sponsorship and run a 5km circuit. The event was always a collaboration between the school and the Beccles group of Cancer Research. Sadly the Beccles group has disbanded but two of the ladies from the group Jackie and Amanda and Mrs Remer the teacher from the school were determined to keep the event going. It was a huge success and Gail and Christine who represented us had a lovely afternoon and were very impressed by the enthusiasm and behaviour of the pupils as they helped to distribute fruit to the all the runners.



We will be in Beccles again on Friday 22nd August as QD stores have very kindly given us permission to hold a street collection outside their shop. We will be there from 9.30-3.30pm.

By the time you read this we will have completed our week in the I-Chameleon pop up shop so I will let you know how we got on in the next edition of The Bugle magazine.

Our next big event is The Maize Maze by Torchlight on Friday 29th August. We are so very grateful to Bella from The Old Hall Cafe for agreeing to hold this again for us this year. This is an event we all enjoy doing as it is such good fun. We will be having the really competitive "welly-wanging" and marbles in a flower pot game along with other traditional games. There will be a little prize for the adult and child overall winner for each game. We will also have a little Tombola and cake stall. Tickets can be bought online from The Old Hall Cafe Reydon/Southwold.

enquiries@oldhallsouthwold.co.uk The Old Hall only take card payment.

Unfortunately at the moment we are cash only for our games and stalls so please put a little change in your pocket and have fun. Please see the "What's on" notice for more information.

Thank you for continuing to support The Halesworth Branch of Cancer Research.

For more information please contact, Dawn Davis 01986 873640

Picture: Sophia our area manager, Jackie & Amanda from Beccles and Gail & Christine from Halesworth Branch at the Leman 4 Life event.

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I did not have three thousand pairs of shoes, I had one thousand and sixty - Imelda Marcos.

HOLIDAYS & TRAVEL

With Tim Saunders

"If you lived on Neptune you would have to wait 165 years to celebrate a birthday," says Carlos, one of the Explainers in the Wonderlab at Science Museum in London. He says this is because it takes that long for Neptune to orbit the sun.

Then the concept of light years is considered; the distance light travels in one year, which is about 5.88 trillion miles. Stars, even the closest ones, are billions of miles away, making them appear very small in the night sky.

Carlos is full of facts including, "Saturday is named after Saturn..." To be fair this more simplistic fact is lodged in my mind, because despite his addressing me as a scientist, I confess that I am not. He talks about the moon and how it does not make its own light but reflects sunlight. This man is a mine of information and he waxes lyrical about the planets, how Pluto is actually a dwarf planet while Venus is the hottest in the solar system.

Another Explainer takes us into a lecture theatre and demonstrates explosions, which are a rapid expansion of gases, often accompanied by a release of energy, sound and heat, resulting from a sudden and forceful reaction. She talks about what's needed to create an explosion: fuel, oxygen and heat and then she tells us to put our hands over our ears while she creates some very loud bangs. Great fun.

The Explainers certainly bring science to life.

We travel to London for the day with National Express from Southampton to Victoria Coach Station. Parking on the outskirts of Southampton there's about a twenty minute walk for us to Southampton Coach Station. We each have a rucksack and Henry (9) has his scooter, which goes in the hold. His scooter is vital for the five or six miles we must walk in the capital from Victoria to Kensington where the Science Museum is located. National Express is our preferred way of getting to London because it's so easy and reliable. It's also very easy to book over the phone. Once we're on that coach, the 032, we sit back and relax. Inside, our five seats are all close together.

A stone's throw from Victoria Coach Station is Bleecker. In 2024, Bleecker's Bacon Double Cheeseburger won the National Burger of the Year award, securing its second win in the UK. Bleecker is known for its simple, high-quality burgers. They use rare-breed, grass-fed, dry-aged beef from small farms, which results in a deep, beefy flavour. The burgers are cooked when ordered and feature a sesame seed bun, scratch burger sauce, onion and American cheese. We're certainly ready for lunch and when we arrive we're met by really friendly staff. We order four cheeseburgers and a special bacon bun for Henry. Fries and fresh milk milkshakes are winning accompaniments. My cherry milkshake is delicious and Henry really enjoys his double chocolate one. "That's the best bacon bun I've had," says Henry.

Well done Harriett for being our tour guide and getting us to our destinations and back so expertly. Watch the videos at www.travelwriter.biz Picture Courtesy: The Science Museum



Seafront Gardens awarded coveted Green Flag for tenth year

Felixstowe's famous Seafront Gardens will continue to fly the prestigious Green Flag after being recognised as one of the country's best parks for the tenth consecutive year. The Grade II listed gardens have been awarded the mark of quality for public parks every year since completion of a restoration project funded by East Suffolk Council and the Heritage Lottery Fund. The site is one of 2,250 in the UK to achieve the award, which is the international quality mark for parks and green spaces.

The news that Felixstowe's Seafront Gardens have met the standards required for the accreditation is testament to the hard work and dedication of the team that care for the green space so that visitors and residents alike can enjoy it.

Since restoration took place between 2011 and 2015, the grounds team has boosted ecological diversity by protecting the grass banks and providing a habitat for invertebrates and reptiles.

Mayor of Felixstowe, Cllr Corrine Franklin, said:

"Felixstowe can be immensely proud of its Seafront Gardens, which have been awarded a

Green Flag for the tenth year running. Whatever the season of the year, there is always life and colour to be found there. The beauty of our Seafront Gardens is down to the hard work of the staff at East Suffolk Services, and to The Friends of Felixstowe Seafront Gardens, who spend many hours maintaining the flower beds and shrubs, as well as the attentive care of Mr London, who looks after the Arch Cascade Pond."

East Suffolk's network of volunteers is responsible for helping to keep the district beautiful, with regular litter-picks, planting, and an all-round effort to maintain the appearance of their local communities – and East Suffolk Council is encouraging more people to get involved and to really do their bit as part of East Suffolk's Amazing.

The Council will support local communities and groups by lending equipment for litter pick events, including hi-vis vests, litter pickers, bags and bag hoops. A range of information about how communities can get involved in schemes, as well as a range of tips and advice, can be now found online:

eastsuffolk.co/getinvolved.



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The United States invariably does the right thing, after having exhausted every other alternative - Winston Churchill.

GLYPHOSATE - ROUND-UP

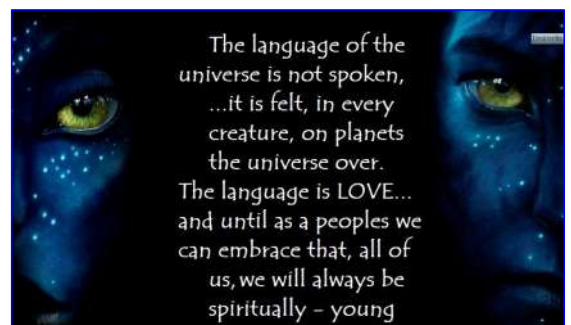
A decade ago, an advocate for GM crops declared Glyphosate was so safe that you could drink it – the video went viral. At the time, the Canadian economist in question then infamously refused to down a glass of Roundup, the herbicide's commercial brand name... ten years on and a new landmark study finds that incremental exposure to the herbicide causes cancer. This won't come as a surprise to anyone who's been following the Glyphosate debate. The chemical maker Bayer, formerly Monsanto, has shelled out billions of pounds to settle cancer claims linked to its use. By its own admission over 100,000 lawsuits have been brought against them, thousands still remain.

This raises the question: could the world's most popular weedkiller be even more hazardous to health than previously thought? The EU thinks so. In reaction to this research Brussels is now reviewing the world's most popular herbicide. Campaigners are urging the UK to do the same, since this evidence raises fresh concerns over the health risks posed by Glyphosate. The study found that rats developed multiple types of cancerous tumours when exposed to Glyphosate levels deemed safe under EU law. Since such studies cannot be conducted on people, studies on rats are considered most representative and accurate. The research was

conducted by Italy's Ramazzini Institute, including Professor Michael Antoniou from King's College London.

"This the first study to actually evaluate the long term acceptable daily intake of Glyphosate. What's also unique is that it compares two commercial formulations used by farmers. What we find is that leukaemia was detected at all doses of those subject to Glyphosate, including, most worryingly, those exposed to the lowest dose," explains Professor Antoniou. "We observed early onset and early mortality for a number of rare malignant cancers, including leukaemia, liver, ovary and nervous system tumours. Notably, approximately half of the deaths from leukaemia seen in the Glyphosate and GBHs treatment groups occurred at less than one year of age [for the rats] comparable to less than 35-40 years of age in humans".

"You can also see a whole range of different cancers whose incidence has gone up in male and female animals, especially in males. These cancers range from blood cancer to those that affect the skin, liver, thyroid, the nervous system, bone and mammary glands. Glyphosate alone gave rise to numerous different types of cancer," concludes Professor Antoniou. Cont'd on next page



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GLYPHOSATE - ROUND-UP

This latest study builds on past scientific research linking Glyphosate to cancer. It was back in 2015, that the International Agency for Cancer, found that the herbicide was “probably carcinogenic to humans.”

“There’s very clear epidemiological evidence now I believe that links Glyphosate herbicide use with non-Hodgkin lymphoma, which is a very serious, aggressive form of cancer,” detailed Professor Michael Antoniou in a webinar.

He continues: “By demonstrating that Glyphosate formulations are carcinogenic hazards under current EU pesticide law, this herbicide should be banned, as simple as that. What needs to happen as a matter of urgency and as a precaution, the permitted dose of Glyphosate must be drastically reduced by at least 100 fold, but possibly even 1,000 fold.”

This matters because of the sheer scale of its use globally, where it is mainly used on food crops to control weeds, however it is also used in parks, public areas, playgrounds, and gardens. Glyphosate is also used by regenerative farmers in order to reduce their

impact on soil, which is creating challenges of its own.

Up to 800 million kg of Glyphosate are applied each year in 130 countries. It is so pervasive that one study in the U.S. found that 80% of people had Glyphosate in their urine, alarmingly a third of those were children.

The producer, Bayer, formerly Monsanto, has dismissed this latest, comprehensive, multi-year, research paper. In a statement it said it had “serious methodological flaws.” However, this study comes not only from the researchers at Kings College London, but in collaboration with respected institutions from around the world including Boston College, George Mason University in the U.S., the Scientific Centre of Monaco and the University of Bologna. It’s also been peer reviewed.

“The controversy around Glyphosate will continue to swirl. From our perspective, we see the amount of money that the agrochemical industry puts into sowing doubt into this kind of research, taking inspiration from the tobacco industry playbook,” states Josie Cohen, Head of Policy at the Pesticide Action Network, UK.

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August at Halesworth Library

Halesworth Library has a full programme of events throughout August, to keep you busy! As a reminder the Summer Reading Quest is in full swing during August, so children are encouraged to visit us each week to receive their prize and weekly activity. The full programme of events can be seen below

Friday 8th August - Mixed Media Art workshop led by Anita for ages 8+. Spaces are £1 and limited, please book with a member of staff (time tbc.)

Sunday 10th August 10:30-12:30 - Sociable Sundays group for older people. Suggested £1 donation.

Monday 11th August 2-4:30pm - Board Games Cafe. Suggested £1 donation.

Tuesday 12th August 11:30-12:30 - Storytime & craft session with Sarah for all aged children. Free, drop-in.

Wednesday 13th August 10-11:30 - Meraylah's Forest of Enchantment Oracle launch at the Time Out sociable group for older people. Drop-in, £1 suggested donation.

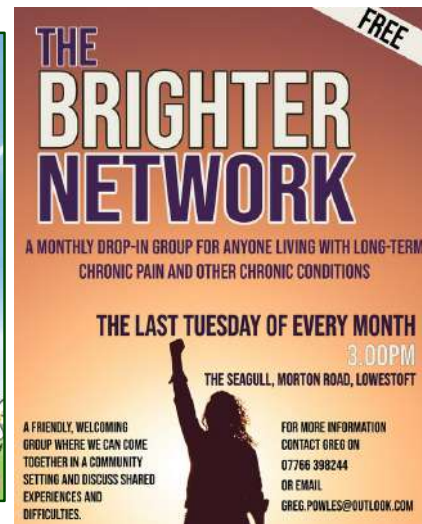
Friday 22nd August 10-12:30 & 1-2:30 - Forensic Workshop for ages 6+. Spaces are £1 and limited, please book with a member of staff.

Sunday 24th August - Sociable Sundays group for older people. Suggested £1 donation.

Tuesday 26th August 11:30-12:30 - Storytime & craft session with Sarah for all aged children. Free, drop-in.

Saturday 30th August 2-3pm & 3-4pm - End of Summer celebration with The Tricky Twister. Spaces are £1 and limited, please book with a member of staff.

Every Tuesday we will continue Rhyme Time & Play from 10-11:30 and East Suffolk Council Customer Service drop-in 10-4pm. With Citizens Advice attending Tuesday 12th & 26th August 10-12pm. Knit & Natter group will be meeting Tuesday 5th & 19th August 2-4pm. Additionally Barclays Bank will have their drop-in every Wednesday 9-5pm and Time Out Sociable group meet every Wednesday 10-11:30am.



PAKEFIELD PASTURES

Pakefield Pastures is a Mobile Care Farm which brings the animals into the heart of the community. We visit care homes, schools, community groups and residentials, offering animal therapy and well-being sessions.

We believe that animal therapy should be available to all, our aim is to deliver sessions to as many people as possible with cost not becoming a barrier.

Animals have so much to offer us, if we just love and care for them. We rescue and rehome the majority of our animals, offering them a life filled with love. Our ethos is "We rescue the animals and they rescue us right back."

Our animal team includes donkeys, a miniature pony, rabbits, chickens and Alpacas! As well as our therapy work we offer packages for parties and events, so if you have an occasion coming up and would like a special guest, get in touch!

If you would like to help our therapy sessions with a donation, also please get in touch.

Time and time again we are seeing positive results from our visits. These animals are making a difference to peoples lives and we feel so blessed to be able to provide our service. Contact Pakefield Pastures on 07834 910714 email at: pakefieldpastures@yahoo.com

Kate Mills. Children, Youth, and Families Minister. Pakefield Church. [generic picture Alpacas]



Are you a driver aged 60+?
Would you like advice on how to keep driving safely for as long as possible?

Suffolk County Council's Road Safety Team are holding FREE GrandDriver workshops on:

Tuesday 30 September 10am - 1pm
at High Lodge Leisure, Haw Wood, Hinton

Tuesday 14 October 10am - 1pm
at Bungay Community Centre,
Old Grammar Lane, Bungay

Other dates and venues may be available.

Please contact Jane Holland on (01473) 341517 to book your place, or email: jane.holland@suffolkhighways.org

Please note that booking is essential.

www.suffolkroadsafe.com



Waveney

Gardeners Club

Flower & Vegetable Show

Saturday 16th August: 1.30pm - 4.30pm
 Sunday 17th August: 10.30am - 4.00pm

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Friday 8 August
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POETRY & STORYTELLING

**THE MUSHROOM
SHOW**
Saturday 9 August, 3pm
Suitable for 5+



PLAY

**MERRY WIVES OF
WINDSOR**
Sunday 10 August, 6pm
Suitable for all



PLAY

**SENSE & SENSIBILITY:
THE MUSICAL**
Thursday 14 August, 7pm
Suitable for all



PLAY

TEDDY BEAR'S PICNIC
Friday 15 August
11am
Suitable for ages two to five



LIVE MUSIC

XPLOSION
Friday 15 August
7.30pm
Suitable for all



PLAY

FRANKENSTEIN
Saturday 23 August
7pm
Suitable for all



LIVE MUSIC

HONEY & THE BEAR
Friday 29 August,
7.30pm
Suitable for all



PLAY

MACBETH
Saturday 30 August
7pm
Suitable for 8+



PLAY

FAUSTUS
Sunday 31 August
7pm
Suitable for all

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Keeping the community alive and smiling



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That's All Folks – Back in September! Call 01502 578074 E: the.buglemag@yahoo.co.uk