

The Bugle Magazine

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

Welcome to our September issue

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 Water, it's getting Serious!
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 The Phantom of Friar St.
 BUNGAY FOLK FESTIVAL.
 Food Independence!
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 Opportunities Leiston.
 And so much more!

See
'White Owl's World'
 two page special
 on pages 6&7



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It's Getting Serious (and data centres can't help us)

With Guy Singh Watson - Riverford Organic

For decades I have been infuriated by articles in The Economist, The Telegraph et al. suggesting that higher CO2 levels and rising temperatures would be a good thing for Europe's farmers, increasing the rate of photosynthesis and hence yields. A few people further south might suffer (they don't have much money anyway) but at least we would be OK. What are these pillars of rationality writing now as Europe burns? Perhaps that it is too late to fight climate change so we had better adapt and go with it, or, if we reduce our use of fossil fuels at all, it must be a "gentle transition"?



It is both tragic and laughable that we seem intent on spending our last dollar of discretionary capital, not on transition, but on AI and vast data centres whose purpose will be to persuade us to buy more of the crap that has got us into this mess. The reality, which has evaded these economists but which any gardener and farmer knows, is that yield and quality are more often determined by the

extremes than the averages, and the frequency of extreme weather events falling outside crop tolerance is increasing faster than averages are moving.

On our farm in the French Vendée, temperatures above 32°C have caused aubergines to abort their fruit due to stress; runner beans in the UK have done the same. We would have been able to top up from Spain but our growers there are suffering similarly, if not worse. Our UK tomato, pepper, and cucumber season is barely three months but is, so far, faring better with the growth potential boosted by high temperatures and sunlight, balanced out by losses due to stress.

Those with irrigation have now, pretty much, run out of water and are keeping what is left for the high value crops. Half the carrots have failed and potato yields will be down 25%. In the south-west, much of our summer broccoli, Tenderstem, cauliflower, and Romanesco has traditionally been grown on unirrigated ground. Many will now fail, with the remaining crops having drastically reduced yield and compromised quality. As our reservoirs run dry and our crops die, data centres will have plenty of water and energy and leapfrog the planning process. It seems they are needed for the only sort of growth that matters. You can't eat it and it's killing our planet but who dares impede a tech bro?

Image by Geoffrey Moffett via Unsplash; a data centre in Coleraine, Northern Ireland

If you would like to sign the Change.org petition against the arrival of a new data centre in Devon, you can at www.riverford.co.uk

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Submitting articles? 500 word maximum please. Less if images are included.

Deadline for copy is the 20th of the month preceding publication



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

Monday 7th September. LOWESTOFT RECORDED MUSIC SOCIETY AUTUMN SERIES OF PROGRAMMES begins in the upper room, United Reformed Church at 2pm. The first programme in the series features a varied range of classical and light music recordings by famous artists. New members are welcome and details can be obtained from the web-site www.thefrms.co.uk/lowesft.htm or by contacting Eileen Pembroke 01502 581381 or Norman Castleton on 01502 537253.

Monday 7th & 14th September. POP-UP MOBILE BIKE REPAIR CLINIC. 3pm - 5pm Wrentham Village Hall car park for the spot fixes - or drop off your bike to be repaired at our local shop and returned later.

Saturday 12th September. CAR BOOT SALE HOLTON & BLYFORD VILLAGE HALL. 10am - 2pm BBQ - Raffle Refreshments. Adv Booking £6 (£8 on the day) Tel: 07923 063399 holtonandblyfordvillagehall@gmail.com

Tuesday 15th September. THE START OF HALESWORTH HARMONY'S AUTUMN TERM AT THE CUT in Halesworth. (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 details, email: halesworth.harmony@gmail.com.

Wednesday 23rd September. SEEDTIME & HARVEST CAEDMON EVENING at Wrentham Chapel 7pm. A celebration of the Equinox and all things seasonal Programme of Bring & Share Music Word & Song. Light buffet with wine & fruit juice. Free event, donations to Christian Aid welcome. Details Sue on 07771 882 738

Saturday 26th September WRENTHAM VILLAGE HALL FILM NIGHT - H, IS FOR HAWK (12) A true story of the year that Helen Macdonald spent training a goshawk in the wake of her father, Alisdair Macdonald's death. Stars Claire Foy and Brendan Gleeson. Certificate 12. Doors open 18.45 with film screening 19.30. Only £5 on the door including refreshments.

Saturday 26th September. WENHASTON PRODUCE AND CRAFT MARKET 10 to 12.30pm, a lovely variety of 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, homemade jams, chutneys, honey, cakes, fresh bread, savoury pies, garden and indoor plants and much more. Cafe open for Tea, Coffee and Homemade Savouries & Cakes. We are always looking for new stallholders to join our friendly crowd especially, a cheese maker, pork butcher, also fresh fruit and vegetables, chocolate maker. Everyone is welcome so pop the date in your diary and come and join us, we are a friendly crowd of people. Car parking - we would ask all our visitors to please park so as not to cause any obstruction especially along Narrow Way to allow Ambulance/emergency vehicles etc ease of access. For further details contact Carol at: caz-mike@outlook.com

Wednesday 30th September. LOWESTOFT u3a MONTHLY SPEAKER MEETING. Avenue Hall, 101 The Avenue, Lowestoft, NR33 7LJ The story of Tracy Mackness who turned her life around after serving a 10-year prison sentence to become a successful pig farmer. Open 10.00am. Refreshments: Free. Admission: £2.50

Saturday 3rd October AUTUMN QUIZ at ALBURGH VILLAGE HALL. 7pm start – doors open 6.15 pm. Prizes for the winning table – teams of up to 8, Raffle – Bar. £10 to include a hot supper. Pre-booked tickets on sale now Telephone: 01986 788934 In aid of All Saints Church Alburgh

**Regular Events are on the next page:
Pakefield and Corton events are on page 25**



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The Bugle What's On Guide

REGULAR 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: buglemagazine@protonmail.com

Every Monday. 'MONDAY LEISURE PAINTERS' gather at Oulton Village Community Centre 2pm - 4pm. Bring your own refreshments. One week free trial then an annual fee of just £30. For more Contact Shirley on: 01502 511098

Every Monday. COMMUNITY CAFE in Kirkley church hall. 15.30 to 19.00. Tea and Coffee just £1.00. Open to all!

Every Monday. TIME 4 TEA. 10.30am - 12 at Wrentham Village Hall. £1 for tea and biscuits and friendly chat.

First & Third Monday each month FORGET-ME-NOTS, meetings for folk with memory problems held on at Beccles Public Hall from 2pm till 4pm. £2 per person. Live music followed by tea/cake/chat. Info Jenny: 01502 714828 or 07528373117

Third Monday Every Month. MONTHLY SINGING & MUSIC MAKING GROUP. 1.30 - 4.30pm at Maureen's Community Room. Central Co-op, Saxons Way Halesworth IP19 8LU. music & singing with Helen Hayes, Free entry. 01449 707030

Every Tuesday A DEMENTIA CLUB for people living with dementia, memory loss or confusion. We meet from 11am to 2:30pm at the Deaf Centre 50-52 Blackheath Road, Lowestoft NR33 7JG. We offer a safe space where those living with dementia and their partners/carers can meet up and enjoy various activities and a low cost light meal.

Every Tuesday STATION VOLUNTEERS are on duty at the Blythburgh Railway Station for the Halesworth to Southwold Railway Project between 10 and 4 - and they are always happy to show visitors around. New volunteers welcome.

Every Tuesday. ART CLASSES at Blyburgate Hall, Beccles 7.00pm - 9.15pm. Tutor: John Patchett IEA. New artists welcome. Enquiries: telephone 01502 710491, or email info@john-patchett.co.uk

Every Tuesday. KIRKLEY PANTRY in Kirkley church hall. 10-1pm & 5pm-6pm Volunteers new members welcome.

First Tuesday every month. ADVICE ON TRACKING DOWN YOUR ANCESTORS? Come to Leiston Library, IP16 4ER. The Alde Valley Suffolk Family History Group. 2 - 4pm for guidance and help. No need to book, just turn up.

First Tuesday of the Month SUFFOLK CARERS MATTER: Family carers aged 55+ come to our FREE natter group, 10am - 12 noon at Morrisons Café, 18 Tower Road, Pakefield, NR33 7NG. Contact Sharon: Tel: 01284 333035

Third Wednesday of every month 'BECCLES SOCIETY FOR ART' meeting at the Club, London Road, Beccles, NR34 9TZ 7.15pm - 9pm. We have Talks and/or demos about art. Friendly group, Tele' James on 07399572122

Every Wednesday September to May. SCOTTISH COUNTRY DANCING at Hungate Church Hall Beccles NR34 9TL. 7pm to 9.30pm £3 including including tea or coffee.

Every Wednesday. CHAIR YOGA - WRENTHAM VILLAGE HALL. 1.30pm - 2.15pm Seated stretching, breath-work and meditation. £6 adm. 07962269185 <https://bookwhen.com/sarahsyogaspace>

Every Wednesday. FEN PARK VOLUNTEERS, Kirkley Lowestoft. Volunteers needed to help keep the park in tip top shape - Gardening etc! 12.30 - 4.30pm Please wear suitable clothing and footwear. Friends of fen Park on Facebook.

Every Wednesday. LOWESTOFT FOLK DANCE CLUB. English Country Dancing. 7.30pm - 9.30pm. St. Mark's Church Hall, Oulton Broad, Lowestoft. NR33 9JX. Suitable for All. £3.20. inc tea & biscuits. Just come along or Enq Ann 07751321728

Every Wednesday. WHITTON PANTRY St Lukes Church, Homerfield Avenue, Oulton Broad. £3 for 12 items of food plus free hygiene products, shampoo soap etc. Info Email: josephinefowler@talktalk.net

First Wednesday of the month. REYDON WI Come and join us. 2.30pm Reydon Village Hall further info contact: amandapriestley@btinternet.com

Every Thursday CHURCH MICE TOTS GROUP at St Mary's Church, Halesworth. 1 - 2.30pm Term Time.

Every Thursday. SINGING 4 FUN. 10.30am - 12 Wrentham village hall. Expert leader and piano accompanist. Only £1.

First Thursday NEW CREATIVE ART CLASSES at The Cut Arts Centre, Halesworth. 1pm - 3pm. Inspiring creativity & connection for people living with dementia and their carers. For info call: 07990 199632

First Thursday of the month. OULTON BROAD LADIES EVENING CLUB meet at 7.30pm in St Luke's Church in Homefield Avenue, Oulton Broad. We are a friendly group. established over 42 years. Visitors welcome. tel: Anita. 01502 514157.

Every second and fourth Thursday. ST. LUKES LADIES GUILD meet at St. Lukes Church Centre, Homefield Avenue, Oulton Broad at 2.15pm. All ladies welcome. For further details contact Margaret on: e.jones23@sky.com.

Every second Thursday the THURSDAY ART CLUB meet at the Quaker Hall, Smallgate, Beccles from 10 am - 12noon. All levels welcome to draw, paint and chat. for details contact 01502 714448 or gandjgibbon@btinternet.com.

Second Thursday of Every Month. SCRABBLE CLUB AT SOUTHWOLD LIBRARY all equipment supplied, refreshments in canteen. Southwold Library 01502 722519 southwold.library@suffolklibraries.co.uk

First Friday of Every Month BLYTH POETS a Poetry Group meeting at Southwold Library. 2.15pm - 3.30pm, all welcome to read or just listen. Refreshments in canteen. 01502 722519. southwold.library@suffolklibraries.co.uk

Every Friday: PAKEFIELD CHURCHYARD GARDENING GROUP. 10.00 to 12.00. Open to all, why not come along and enjoy good company, do a bit of gardening in our lovely church yard and take in the fresh sea air.

Second & Fourth Fridays MAH-JONG GROUP Learn and or play 2.15pm - 4.15pm at Southwold Library. £1.00 pp

Last Friday of the month March -October: BLYTHBURGH MINI MARKET AND CAFE, Blythburgh Church, IP19 9LL. 10:30am to 12 mid-day. Stalls selling a variety of items, including homemade cakes, cards, girls, jewellery, honey, etc. Refreshments:- Tea / Coffee / Homemade Cakes. Large free car park, 5 minutes from Southwold, all welcome!

Every Saturday morning, COFFEE AT ST EDS 10am - 12noon at the Church Centre, Kessingland. refreshments, loads of books, Jig-saws & lots of Bric-a-Brac at give away prices. Wonderful atmosphere. proceeds for church funds

First and Third Saturday's BECCLES INDOOR FARMERS MARKET at Beccles Heliport from 9am -1pm. Great products direct from quality farms and local producers. Meat, poultry, fish, fruit, cakes, specialist breads, preserves, eggs and several local crafts, Hot food & drink in the cafe. Spacious free parking . www.becclesfarmersmarket.co.uk/upcoming/

HANDS ACROSS THE SEA

A talk with Helen Baggott

In September the Alde Valley Suffolk Family History Group will welcome back Helen Baggott to give them more stories from her collection of historic postcards.

Helen is an author, freelance editor and researcher from Dorset. She has published three collections of stories behind postcards sent over 100 years ago, the latest entitled 'Posted in the Past, Hands Across the Sea'. Helen has been recognised in national newspapers as "postcard detective" and "heirloom detective." Hands Across the Sea" tells the story of a solo traveller who went across Europe and Asia and includes the story of an Indian Prince who played cricket for England.

The talk takes place on Monday 21st September 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> AndZooming is free.

Future Programme: all at the Fromus Centre, Saxmundham

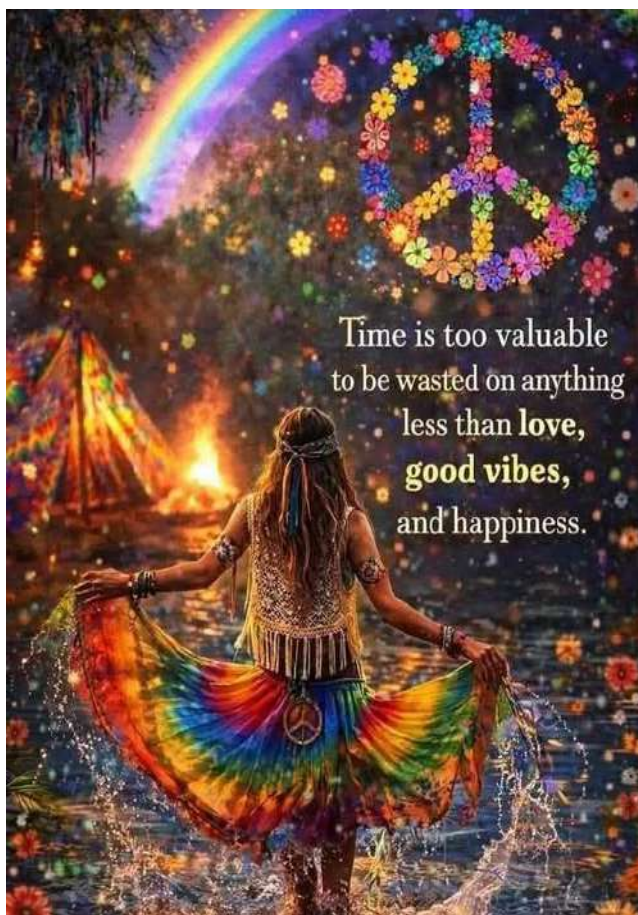
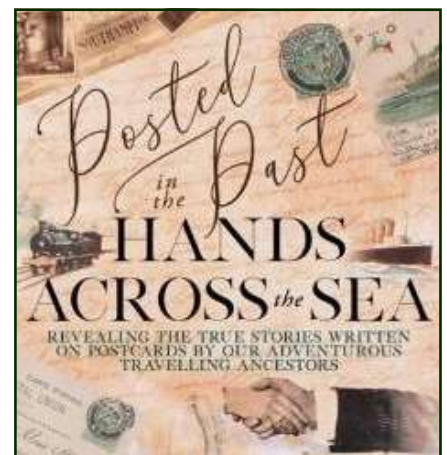
Sat 12 Sept Family & Local History Heritage Open Day

Mon 21 Sept "Hands Across the Sea" Helen Baggott

Mon 19 Oct Members' Stories

Mon 16 Nov "Epidemic Diseases and our Ancestors" Janet Few

Mon 14 Dec "200 Years of Farming History" Ashley Cooper





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WHITE OWL'S WORLD

While so much of our world burns ferociously I am saddened for the destruction and the loss of homes and possessions for so many people. I am saddened for the loss of heathland, forests, and for the wild places populated with many species of four-leggeds, eight-leggeds, six-leggeds and those that 'slither'. It was home too, to the winged ones of many species, many of which you pass by without you ever seeing them or knowing them.

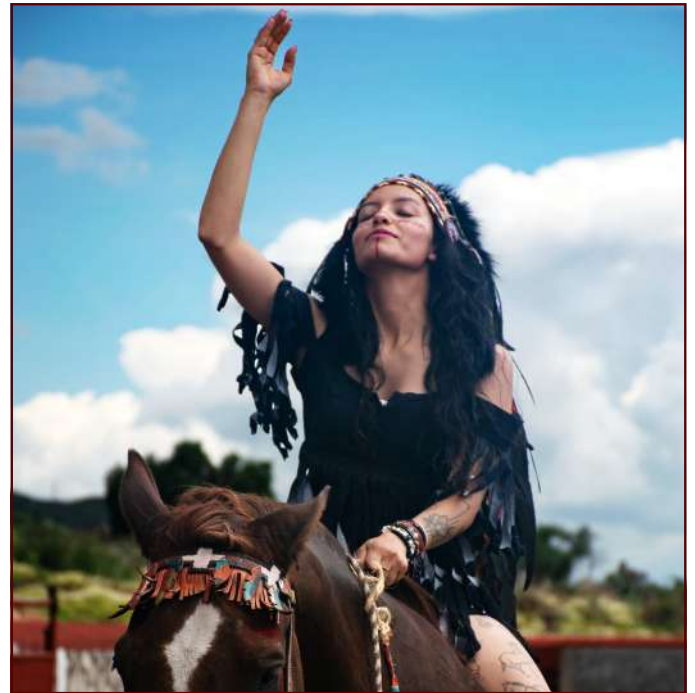


Every creature, however small, is watched over and loved by those in spirit. It is true that many, many of them are being received home daily. Many though, took flight or ran to safety, many did not, could not. The terror and pain they felt was mercifully, relatively short in duration. The spirits are busy, and have been very busy, caused by the temporary destruction of whole areas of natural habitat. I tell you this, it is mankind's insane corruption that is slowly destroying life on this beautiful planet. Your elected leaders and your news media tell you that it is 'climate change' that is causing this, but remember, the climate is always gently changing, adjusting a little bit at a time.

Now this is important. The energies of the earth and the Universe are continually in a state of some flux. This maintains and balances the interactions of species, with the energies of the earth itself, constantly maintaining harmony. My people have always sensed and known this energy, working alongside it and with it, in everything they do, every single day. But know this, and tell everyone you know - What you currently call 'climate change' is not the Earth Mother's work. It is not a natural

occurrence - far from it. It is the antithesis of natural and harmony. Mankind is driven by greed and so he has pillaged the Earth of its resources and what he has not pillaged he has polluted to destruction. He has turned his back on what is natural, preferring what is unnatural, filling the planet with his chemicals, poisons and plastic. He pollutes the very food he eats with poison chemicals too. His doctors offer only unnatural chemical medicines.

Is there no end to his lack of natural wisdom? The seas are now full of plastic. The skies are polluted and the birds that used to fill them are now gone. Your crop fields are huge, no room for animals or birds. The insects, once prolific, are now largely extinct. Your 'chemtrails' are infecting the air that every creature breathes. Mankind must restore the balance and live in harmony. If he does not, the universal energy will restore the planet after we have gone.



Mankind is that close to his 'end of times'. The earth Mother has a parasite on her back. One who uses her without caring, without maintaining its delicate systems or restoring the natural balance. Earth is mankind's only home, you would think he would be keen to preserve it in all its wonder. Continued on next page...

WHITE OWL'S WORLD

From the first time that the White man set foot on my ancestor's home land, those ancestors knew, that the invaders were not living in harmony with nature, that they were blind to the natural energies of the planet and the universe itself. Their spiritual connection to the earth was almost non-existent.

Through generations of love, kindness and respect for all life on Earth our connection was cemented with the wisdom and teachings being handed down through the generations. They knew that every animal, bird, insect, tree and plant on Earth is alive with spirit energy. Every creature is 'related' to every other. Knowing this is a prerequisite to understanding the Universe itself. You see, unlike mankind today, my relations did not see themselves as being more important than any other life on Earth. That one thing could be your downfall.



Of course the picture I am painting here is one of a veritable Utopia, and largely it was. Mankind today could achieve a connection to these energies and it would be wise indeed to do so. It would change the lives of everybody for the better, that is without doubt.

Sadly mankind (and in particular, the leaders) are probably too far down the path of greed and power to embark on any spiritual reset. He remains blinded by his greed for earthly possessions, possessions which he will leave behind anyway. He acts totally without reason as he walks through the flames towards the end, clutching his gold.



What I feel, deep inside my being, is a real restlessness in the energy of the planet. It is an energy that a mother would feel for a petulant child who continues to misbehave badly, disregarding her sage motherly advice. I feel that mankind is at a point of no return, a rather significant line has been crossed and a reset of planet Earth has already commenced, not a spiritual one for the ears of man are deaf. More of a wake-up call that sadly is being, and will continue to be, ignored.

Europe is burning - Eastern America is burning whilst the Mid West is seeing flooding and storms of epic proportions. Earthquakes in Columbia and Indonesia are shaking the ground at 7.9 on a scale that only goes up to 10. This just the start. Volcanoes are rumbling and as the rich get richer on paper - the seeds are sown as the people get poorer and poorer.

The so-called leaders are morally bankrupt madmen (and women) obsessed with money and power.

I hope I am wrong but fear I am not. May your ancestors guide you in the time ahead.

Tim The Travel Writer

"The strut is in the mind," says Heather Small at GuilFest '26. The hugely charismatic singer – famed for hit after hit with M People – tells the crowds how she was turned away from the Main Stage because they didn't know who she was! "I am Heather Small," says the extremely fit 61 year old, who it has to be said, is in excellent shape mentally and physically, which really does give us all hope. Her fabulous singing reminds me of where I was and what I was doing – all those years ago...- as she pours her heart and soul into the microphone. Her performance is absolute perfection. Wow. And on a fabulous summer day with the occasional breeze. Perfect. Heaven. One night in heaven... Gone is the big hair that I recall. What more could you possibly want in life?! Stoke Park is buzzing and full to bursting for this once in a life-time performance, which is over all too soon.



When ABC graces the stage in their New Romantics Savile Row suits, lead singer Martin Fry quips, "Since ABC was formed in Sheffield 40 years ago we have worn Savile Row suits and it's in the contract." But the sun gets so hot that he is forced – for the first time ever – to take his jacket off! He still looks smart. I was four when they were on Top of the Pops – I grew up with them and remember The Look of Love soundtrack of the Peugeot 205 advert in the 1980s. As a youngster I didn't associate it with ABC. Of course now I do. Cue '80s wave. Shoot that poison arrow through my heart.

This is what GuilFest does so well, bringing together so much talent. Just watching the keyboards, guitarists and singers is so awe

inspiring.

"I want to sing and play the guitar," says Henry (10) who is taking is Grade 1 guitar. Heidi (13) is singing and playing the keyboard in her own concert in a few days' and GuilFest teaches her about the importance of attitude and personality.

"Groovejet (If this Ain't Love) from Sophie Ellis-Bextor's hit in 2000 was the sound of my early 20s. Hearing this again makes me so grateful for the time I have had and the journey I am on - happy and content with life. It seems Sophie has had chance to contemplate too because in one of her later songs she sings about the importance of time and that it's not about the money you earn. But with an estimated wealth of around £8m, according to Yahoo, she can afford to say that can't she?!

Rick Parfitt Jnr Band really gets the party started with his fireball energy of covers including Blinding Lights and one of his dad's Status Quo hits – he died a decade ago now. Rick Jnr recalls his time living in Guildford with fondness and his stage presence is absolutely infectious, no wonder he's headlining so many festivals around the world.



Thank you to the organisers, backstage crews and of course the fabulous bands for making GuilFest'26 a truly memorable event that we will be talking about for a long time to come. So much to see and do. You can see why festival goers return year after year. We really can't wait for 2027.

For more information: www.guilfest.co.uk

Picture Left Guilfest 2026 Credit Tim

Picture Right: Sophie Ellis Bextor

My mood ring is missing and I have no idea how I feel about that



The Grumpy Old Man

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



WHY BOTHER ?

I was talking to a friend the other day whose son just gave up a job he had held for just about two weeks. The boy just walked out and went home. He said he would rather spend his time on the beach because he says - and here is the brutally honest truth "What is the point of working? I will never be able to earn enough to buy a house or even rent a shed. This country is not being run for the British now. We've got low wages and poor prospects but illegals get given everything on a plate".

The sad thing is that he is right of course. House purchase is out of reach for most young people and a month's rent is nearly all of your wages. I remember a time when those costs only amounted to a maximum of 30% of your salary, sadly this figure was surpassed years ago. It is an unmitigated disaster with no end in sight, and our new Prime Minister (for a few weeks at least) Andy Burnham has done nothing about the 'boats problem' and he never will. carrying on the work of his predecessor and further making life in the UK as difficult as possible for the native population. No wonder the young are losing any hope of a future.

Supermarkets: Rotten to The Core.

Going to the supermarket in 2026 is an experience I would never have thought possible just a few short years ago. They might as well turn you upside down in the entrance and shake you violently till all your money drops onto the floor. Then throw you back out of the door with a few sub standard bits and bobs with enough toxic ingredients to ensure a quick trip to the quack. Supermarket prices are nothing short of diabolical. A couple of years ago a small bottle of coke was about a pound. Now they are £2 in the Co-op. That's 100% inflation - but the government says inflation is only 2%!! Nobody is fooled.

Climate Change My Ar.....!!

Despite the state controlled media blaming the sweltering weather, wildfires and the destruction of homes and countryside on 'climate change', many of us can see what is really going on. In 2019 I read the website of The World Economic Forum in 2019, sadly I was one of a few who bothered it seems. At that time their mantra (in a nutshell) was to

change the world as we knew it. The best way that that could be achieved was to do everything they wanted to do under the umbrella of promoting the dangers of 'climate change', 'global warming or whatever they are calling it today.

Their stated aim was population reduction by a huge percentage. They want a one-world government and total control of the people, made possible by technology that you have welcomed into your home. They are gathering information on everybody as I speak. Digital currency, digital ID and total surveillance with facial recognition. They aim to destroy the middle class and destroy the identity of individual countries by using mass migration. The best part about this plan is that most people don't believe it is true, not only that, they also believe everything will be alright!

Starmer and Andy Burnham - People think things will be better under Andy. Don't worry I would rather vote for Andy Capp. At least he would ensure that pubs were open and beer would be cheap!! Starmer did everything for migrants and sod all for the English and if you think Burnham will be any better, think on this. The public are not so enraged as they were under Starmer. The anger goes off the boil and Andy has some breathing room. Their agenda is identical - they have the same paymasters.

They Left The Dog????

The wildfires across the world are a disaster of epic proportions. The loss of homes and possessions whilst sad, at least we can say they got out alive. I was saddened and angered by one couple in the USA who fled their home just in time as the fires raged nearby. I saw the report of their return to what was left of their property, which was very little. They were saddened when they realised their dog, which was in the house, did not make it. They obviously thought he would have. They actually left the dog in the house to die????? How long would it have taken them to get that wonderful dog and get him in the car. I know I would have moved heaven and earth to get to my dog. In honesty, I don't know for sure what time they had, I wasn't there but I know I couldn't have left without at least trying bl...dy hard to get him.

Do electricians have to strip to make ends meet?

THE MARINA THEATRE **ROCKS**

Financial support from local councillors has helped fund a brilliant theatre show in Lowestoft. The sold-out production of 'We Will Rock You', a musical based on the music of pop legends Queen, was supported by funding from the Council's Cultural Strategy Budget and local ward councillors' Enabling Communities Budgets.



£6,000 of funding was given in total, which covered the cost of the production's set, bringing it to life on stage. £2,000 of this funding was from the Council's Cultural Strategy Budget.

The remaining £4,000 was given by local Cllrs Edward Back, Peter Byatt, Janet Craig, Andree Gee, Louise Gooch, Alan Green, Graham Parker and Malcolm Pitchers through allocating an equal share each from their Enabling Communities Budgets.

And thanks to the hard work of theatre managers Sam and Karen along with the rest of the cast and crew, the venue enjoyed an entirely sold-out show across eight performances at the Marina Theatre. Several Councillors involved in the funding bid were lucky enough to see the show in action on Friday 7 August.

Cllr Louise Gooch, ward member for Kirkley and Pakefield, who led the funding bid, said: "It was an absolutely brilliant show! Stunning singing, laugh-out-loud lines and a creative costume and set. Why go to the West End when Lowestoft's theatre scene is just as good?"

"Congratulations to Sam, Karen and their teams for giving so many creative individuals in our town their chance to shine! They should feel enormous pride in what has been achieved."

Alongside eight sold-out shows, the production saw local performers involved in a professional production, more than 70 members of the community involved and thousands of people

enjoying the music of Queen together!

The production has also given the community cast the opportunity to experience what it is like to be part of a fully professional production. The creative team are all professionals, meaning the cast have received professional direction, choreography and musical direction throughout the process. Everyone involved in the professional creative and production team, from the directors, choreographer and Musical Director through to the band, has been paid for their time.

Keeping the show accessible to as many people as possible was also a key priority. Ticket prices were deliberately kept affordable at just £16, £13 and £10. With the combination of affordable ticket prices and the significant costs involved in staging such a large-scale production, neither venue will make any money from the show.



East Suffolk Council's Enabling Communities Budgets support activities delivered by community, voluntary and social enterprise organisations. Distributed equally amongst each of the Council's 55 members, each ward councillor has a £7,500 Enabling Community Budget to spend on community projects or to develop new projects which tackle community needs in their area.

Previous projects which have benefited from Enabling Community Budget funding include play areas, village hall refurbishments and equipment, community events, projects supporting people with disabilities and the purchase of defibrillators.

Picture top: Local Councillors' financial help

Picture right: Show promotional image.

The Lavender Diaries Part Two

by Chrissy Smith

The Lavender Diaries Part Two is now published on Amazon! The story follows the first book, The Lavender Diaries, and takes us on a journey through time to discover what life was really like in the late forties and early fifties in Lowestoft. These fictional stories were inspired by the daily entries recorded in a collection of old family diaries found in a loft in Pakefield. The earliest of these was dated 1942. For me, they became a window to another time, a period after the war, of severe rationing and hardship and none of the modern conveniences we take for granted today and yet, despite that, there was optimism and a sense of community which we seem to have lost. Both books are available in paperback or Kindle download on Amazon, and stocks will also be held in Waterstones, Lowestoft.

Synopsis

As the Browns and the Bedingfields become united by marriage, they learn to navigate the highs and the lows of their everyday lives in Lowestoft. When the wreck of a ship, the Scadawn, is returned to the old Chambers' boatyard for repair, Jack Brown remembers her from his younger days as an apprentice shipwright. Her American owner is rich, a little brash, but also a keen collector of rare, historical artefacts, and he is willing to pay good money for any unusual finds. Jack, he is assured, is his man. As a family connection to the Scadawn is revealed, strange things begin to happen. Could it be coincidence, superstition, or a message from the other side? Whatever the answer, there persists an ever-growing knowledge that the past is never far from the present.

Note from the author:

When clearing a house in Pakefield, Lowestoft we discovered in the loft an old suitcase full of family diaries which had been hidden up there for many years. I was pleased to transcribe

them and found them to be an exciting window to another time. These stories are my own interpretation of the daily events portrayed in those handwritten time capsules.



Chrissy has worked as a senior secretary in many different areas; local government, NHS, publishing, and sales. Having written poems and short stories for pleasure, she began to write in earnest, following the death of her father. She also worked for a short while at Psychic News adjacent to the Arthur Findlay College in Stansted (College of Spiritualism and Psychic Science), and the experience definitely had an effect on her! Her first novel, a fictional novel and ghost story was based on the family restaurant in St Albans. Chrissy has three grown-up children and lives in Bishop's Stortford with her husband, David. This is the fourth of Chrissy's books which are available on Amazon as a KDP download or paperback version. The Pilgrims Rest, The Caretaker & The Lavender Diaries



Wanted, fresh vegetable puns - lettuce know

MIXED BAG

THE LAWYERS AND THE MISSISSIPPI GRANDMA

Lawyers should never ask a Mississippi grandma a question if they aren't prepared for the answer. In a trial, a Southern small-town prosecuting attorney called his first witness, a grandmotherly, elderly woman to the stand. He approached her and asked "Mrs. Jones, do you know me?"

She responded, "Why, yes, I do know you since you were a little boy, and frankly you've been a big disappointment to me. You lie, you cheat on your wife, and you manipulate people and talk about them behind their backs. You think you're a big shot when you haven't the brains to realise you'll never amount to anything more than a two-bit paper pusher. Yes, I know you".

The lawyer was stunned. Not knowing what else to do, he pointed across the room and asked, "Mrs. Jones, do you know the defence attorney?"

She replied, "Why yes I do. I've known Mr. Bradley since he was a youngster, too. He's lazy, bigoted, and he has a drinking problem. He can't build a normal relationship with anyone, and his law practice is one of the worst in the entire state. Not to mention he cheated on his wife with three different women. One of them was your wife. Yes, I know him."

The defence attorney nearly died. The judge asked both counsellors to approach the bench and, in a very quiet voice said: "If either of you idiots asks her if she knows me, I'll send you both to the electric chair."

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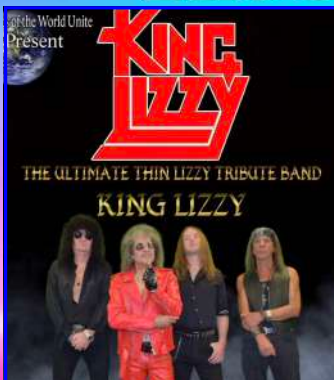
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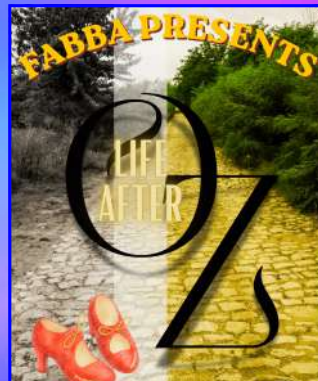
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If you suck at playing the trumpet - that's probably why

MORE EVENTS!

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Brampton Plough Day & Country Fayre

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Singing Mamas

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Do you sell eggs, plants, jams, cake, clothing, fish, plants, pet food, flowers, bread or anything else?

Bacon butty or coffee traders also welcome!

If interested contact:
townhallmanager@lowestofttowncouncil.gov.uk
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I'm friends with 25 letters of the alphabet - I don't know Y

Naturally Healthy

With Riverford Organic.

Is hospital food the key to unlocking better outcomes for patients, planet, and producers? It is well documented that high quality, nutrient-dense and fibre-rich food plays a vital role in patient outcomes – the NHS is pivotal to this. Every year, more than 195 million meals are offered up to patients and visitors – that's over 370 meals a minute. The cost? One media report puts it at £830 million, across an incredible 1,000 hospitals and outlets.

Then there's hospital retail, most of which is food and drink sales, estimated to be worth up to £3 billion a year. The UK government says it is committed to sustainable food procurement in the NHS and upping its game when it comes to food catering, but this doesn't always translate into best practice.

More freshly cooked meals on-site, a greater abundance of fruit and veg isn't always on the menu, and food provision can still be highly variable. However, there are bright spots in the mix, with 25 exemplar NHS trusts, improving their catering and boosting the nutritional value of served food, with more healthy options. There's even an NHS 'chef of the year' competition.

"There are a number of sites in England, that do not offer, what I would even say is a basic level of food provision." says Tim Radcliffe, Net Zero Food Programme Manager at NHS England. He adds: "Very few people are even aware that there is even a career path in the NHS for caterers and chefs who can now make a real difference. It's time we changed perceptions."



While Addenbrooke's Hospital in Cambridge still has a Burger King in its food court, there are now 20 hospital trusts supporting the Soil Association's Food for Life Served Here

certification, which aims to transform food culture in public settings.



Part of this programme involves cooking from scratch using minimally processed, seasonal ingredients and a commitment to organic produce.

But the wheels within the NHS turn slowly. It is a behemoth, catering to a huge number of staff, patients, and visitors. It is also the largest employer in Europe, with over 1.5 million on its payroll and nearly 23 million patients admitted each year. The challenges encountered are summed up well, by the former boss of Compass, a food service provider, a few years ago: "Imagine a restaurant where 1,000 people must be fed at once, where your kitchen is half a mile away, where your chefs cannot season the food without written permission, where half your customers feel ill and none of them want to be there anyway," states Steve Cenci.

He continues: "Where menus must include options to satisfy dietary, medical, ethnic, and religious demands, where 66 per-cent of diners are between 65 and 90 years old, and where your budget for a three-course meal and a drink is £2.49. Welcome to the world of patient catering." Steve Cenci, former Global Healthcare Lead, Compass

Cont'd on page 16

Pic above: Sunday Lunch at Addenbrookes

BOOK OF THE MONTH



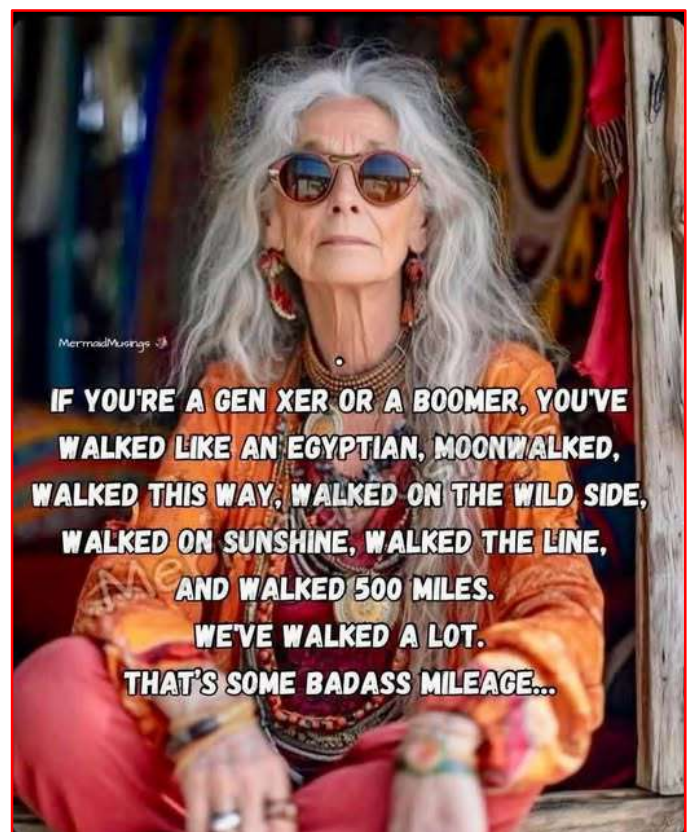
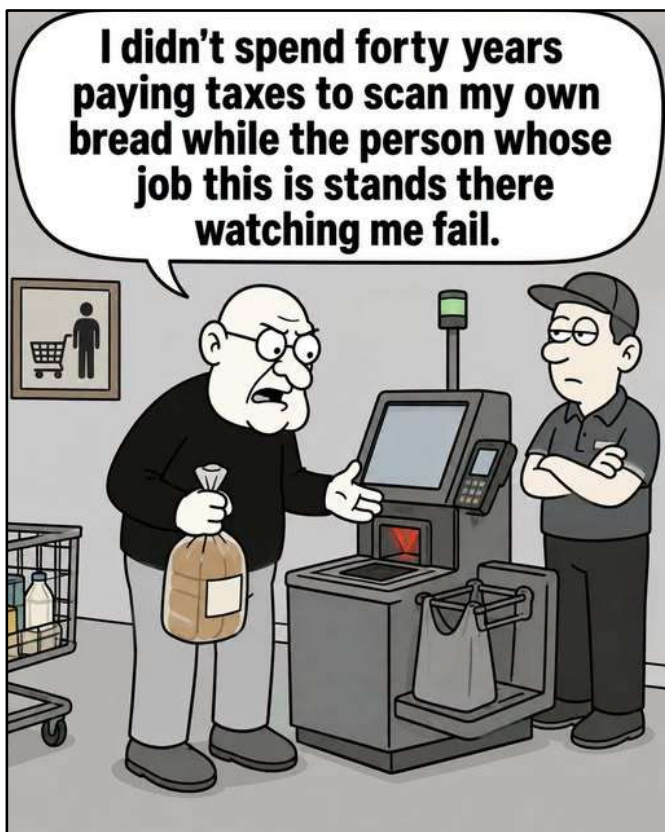
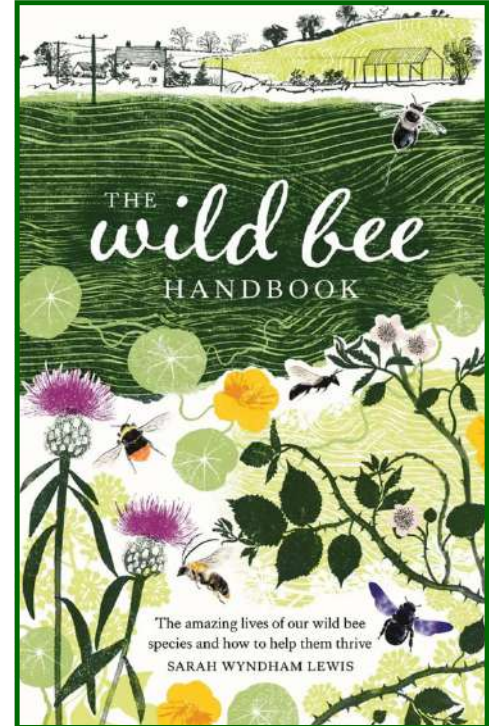
Discover common wild bees you might find in your garden, learn how vital they are to the ecosystem and create a green space to help them thrive with

The Wild Bee Handbook.

This book is an essential, practical resource for anyone interested in biodiversity and sustainable gardening, featuring sections on container gardening, the no-dig method, how to maintain soil health, the principles for re-wilding and wildflower gardening for success – it doesn't matter how big or small your space, you can still garden to support wild bees.

From the author of *Planting for Honeybees*, *The Wild Bee Handbook* is a celebration of wild pollinators and a beautifully illustrated, informative guide that will equip you with the gardening knowledge to offer them the food and habitat they need. Whether you are a keen gardener or just looking to make a difference, join the wave of change and learn how to grow sustainably and help save the bees.

The Author: Sarah Wyndham Lewis and her husband, Dale Gibson, founded Bermondsey Street Bees in 2007, a beekeeping and sustainability consulting business which was awarded '2016 Small Artisan Producer of The Year' at the Great Taste Award. The advent of bees in her life prompted her to transform a small, neglected patch in Suffolk into a test bed for bee plantings. By teaching herself how to garden from scratch, she has formulated her own pragmatic approach to planting.



I went to the Air & Space Museum - but there was nothing there

Naturally Healthy

With Riverford Organic.

Continued from page 14

But if the NHS can reduce food waste it can unlock money for better sourcing. Electronic menu ordering is helping this process – including pictures on menus has helped guide patient choices and led to less waste.

24 NHS Trusts across the UK – including Solent, Sheffield, and Stockport – have successfully piloted bright blue plates to improve mealtimes for patients with dementia and cognitive impairment. Research by the Dementia Centre at the University of Stirling revealed that plain blue crockery provides a stark visual contrast against pale-colored foods (like chicken, porridge, and mashed potatoes).

This helps patients living with dementia see what they are eating, which can increase their daily nutritional intake by up to half a pound. The trials also demonstrated a 14% to 26% increase in empty plates returned to kitchens, along with a 20% to 29% reduction in food waste. Patients also reported an improved, restaurant-like dining experience.

The big debate now is around choice architecture and making popular hospital dishes more healthy and with lower emissions – by stealth rather than radically changing what's on offer. For instance, the humble cottage pie has beef swapped out for wild venison (a trend we've explored here), the meat quotient is then reduced with an extra dose of lentils; the same with curries.

"How do we take something that's familiar to a patient and make it healthier? It's about getting the nutrients into meals that people recognise, but we're also trying to bring in more organic, more local, more seasonal beans and vegetables for instance," says Caron Longden, Head of Business Development at Soil Association Food.

Chef and catering staff development is also key to change within the NHS – there have been great gains in many schools and some prisons on this front. Longden thinks there is a sea change afoot especially among the exemplar hospitals. "There's a big buzz around hospital food at the moment and what it could be, as well as where it's going," she says.

The biggest irony – according to a report by the Food, Farming and Countryside Commission, the UK's growing addiction to unhealthy food costs £268 billion a year – more than the NHS budget itself.

"If we can't showcase the way that we believe the general public should be eating for better health and for sustainability, I don't know who can. The NHS is committed to prevention over sickness in part of their ten-year plan. Part of the cancer plan is also about prevention, and what people eat plays a key role in this. So, yes, it absolutely should be the way forward," concludes Dr Shireen Kassam, founder of Plant-Based Health Professionals UK.



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NEVER FORGET



My fear of moving staircases is escalating

Life Changing Opportunities to Come as Sizewell C's new college gets planning permission in East Suffolk

A new chapter for education in East Suffolk is set to begin as East Suffolk Council has granted planning permission for Sizewell C's 'College on the Coast', a permanent post-16 college to be built in the project's host town of Leiston, plus Apprentice Hub. College on the Coast and Apprentice Hub will have space for 150 students, 20 full-time staff and drop-in space for 50 apprentices. The College will be delivered in partnership with Suffolk New College – and will transform pathways into education and training, removing significant barriers to further education.



The College on the Coast and Apprentice Hub will be a single, two-storey building facing King George's Avenue in Leiston with space for 150 students, 20 full-time staff, as well as drop-in space for 50 apprentices.

Delivered in partnership with Suffolk New College, the college will provide post-16 technical and vocational pathways in engineering, digital skills, business, and logistics, supporting both apprenticeships and wider workforce progression. Its learning spaces will include classrooms, training suites, technical, digital and practical workshops, and a lecture theatre.

Nigel Cann, CEO of Sizewell C, said: "This is a big moment for our project, for Leiston, and for young people and adult learners in this part of Suffolk.

"For too long, people here have faced obstacles to continuing their education and training, not least the time and cost of having to commute to institutions much further afield. By building a new college right here in Leiston, in partnership with Suffolk New College, we're removing some of those barriers and creating life-changing opportunities for thousands of

people."

Archaeology is due to begin on the site – on the eastern edge of Leiston – in the coming months, with the main construction phase to commence in the New Year. Teaching and training is scheduled to begin in 2027 and will expand in the following academic year.

East Suffolk Council also approved an outline application for a Centre of Excellence – a purpose-built training infrastructure for SZC's project-facing workforce, delivered in partnership with regional academic and training partners – which will be located behind the College and Apprentice Hub.

The news has been welcomed by figures across the region, including Leiston's newly elected mayor and East Suffolk Council's Cabinet Member for Energy and Climate Change.



Sizewell C already has partnerships and Memorandums of Understanding (MoUs) in place with all education providers across the region to support young people to access the opportunities on the project. With the support of Sizewell C, Kingfisher Schools Trust has established a collaboration between 18 primary and secondary schools in the area. The project also provides a £24m funding commitment to enhance facilities and resources in local colleges, Higher Education, and training providers and improve skills.



Jesus apparently once said, 'If you say to that mountain – move, it will move'. Jesus was talking here in an extreme sense, of the power of the mind. Your mind is an incredible instrument. It has an energy that we cannot understand and yet we can use it if we are sufficiently open-minded to it's power. Whether or not you believe in the existence of Jesus, the statement remains true. We know this from the research into placebos. You know the thing, in an experiment a doctor gives you a tablet full of nothing and says you will get better. It isn't the tablet, that does nothing, it is the fact that you and your mind think you are going to get better, and so you do. It is quite simply the power of your mind to heal.

Similarly if you get some pills from the doctor and he says 70% of people taking this tablet have side affects, just say to him, 'Oh that's ok, I am one of the 30%!' Believe it and KNOW it – and you will be! In doing this you will be using the power of your mind to help heal the body.



Some years ago ten cancer sufferers agreed to be subject to an experiment. They did not know but it was an experiment in the power of the mind. They were split into two groups of five. Both groups were told that they would receive chemotherapy and that a side effect of the treatment would probably be hair loss, nausea, weakness etc.

The first group actually did receive chemotherapy and the second group, although going through the motions of the treatment, were not subjected to chemotherapy. Three of the five in the second group suffered from hair loss and nausea, even though they had

received no treatment. Their minds had been told that would be the likely outcome and that is exactly what happened.

I read of a lady some years ago who had been diagnosed with cancer so widespread that it was inoperable. She did not give up. She was to be found at the window of her home every day, staring - not looking, out of the window. After a month she attended an appointment at the local hospital for palliative care. She was feeling better and tests were done.

The cancer was in remission. She had changed her diet for a high degree of natural foods, greenstuffs etc, recommended by a herbalist. She sat by her window every day imagining 'pac-man-like' characters eating away at her cancer. It had worked. Her mental attitude and dietary changes had forced the cancer into remission. The cancer was completely removed. Doctors were amazed and more than a little confused.



The time is arriving when many people are losing faith in 'doctors' with their chemical based medicines and tablets. They are alien to the human body. Nature's medicines and tinctures are of the Earth, and when selected correctly, are in complete harmony with the human body. Why would you ever entrust your health to pharmaceutical companies and a system that only profits when you are sick? Your mind is a great healer, at times - and so to, is herbal natural medicine. Perhaps that is why more and more young people (generation X and millennials) are said to be turning to natural healing rather than going to a doctor.

Saw a baguette at the zoo - it was bread in captivity

Still More Events!!



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SUMMER
Lowestoft Town Council

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The Cut Arts Centre Halesworth



Halesworth Heritage Open Days: Bank House - A Home with a History

Sat 12 Sep 2026,
11:00AM - 12:30PM

Bank House



Halesworth Heritage Open Days: Halesworth Heritage Tree Walk

Tue 15 Sep 2026,
10:30AM - 11:30AM

saxons way middle car park
Halesworth



Halesworth & District U3A presents: Big Cats Around The Globe by Barbara Meyer

Tue 15 Sep 2026, 2:00PM

The Cut



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Don't taunt the alligator until you have crossed the river.

FAMILY AND LOCAL HISTORY OPEN DAY



Following on from last September's event at the Leiston Long Shop, the Alde Valley Suffolk Family History Group will be holding another Family and Local History Open Day, but this time back at the Fromus Centre in Saxmundham, on Saturday 12th September 2026, when at least a dozen other groups will be taking part. Among the exhibitors, new this year we are delighted to welcome Parham Airfield Museum and Dunwich Museum,

There will be free advice and assistance with personal family history research, using computers, Internet and DNA. Just turn up with your family tree queries.

Janet Huckle's help with dating photographs will again be in demand.

Bring your old family photographs for her expert opinion.

Forever popular, Peter Drew has kindly agreed that his historic local postcards will also be on display. This year our Open Day will be part of the Heritage Open Days Events organised by the National Trust with the support of FindMyPast – and one of the exhibitors, the Benhall and Sternfield History Group, has been shortlisted for FindMyPast's 'Everyday History Hero' competition – the only shortlisted group from Suffolk!

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AUTUMN QUIZ

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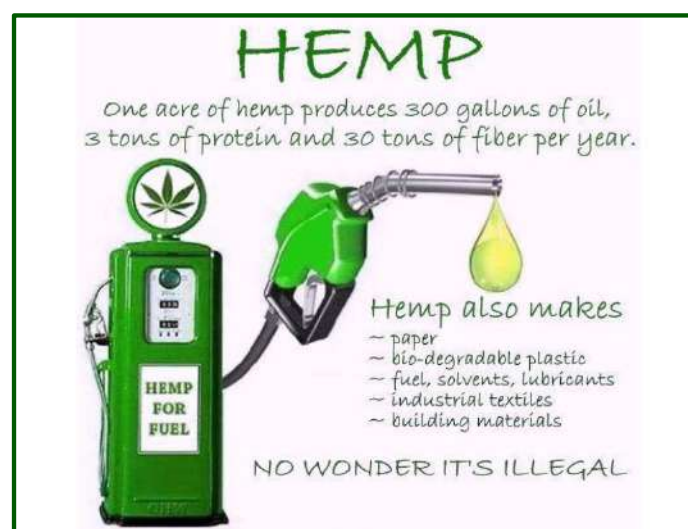
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Coincidence is the universe remaining anonymous

HALESWORTH BRANCH OF CANCER RESEARCH

We would like to thank everyone who came into the i-Chameleon pop up shop during our week there in July and braved the incredible hot weather. We hope you all found some bargains. Our rails of 'labelled' clothes proved very popular and is always a feature of our week in the shop.

We always have something extra each day outside the shop and as reported in the last edition of the Bugle our Friday plant day with Jane Bastow from The Laburnum's was an opportunity to buy



some fantastic plants. Whenever Jane has her "Open Garden's" please go along and support her.

Thank you Gill and Paula for organising the very successful cake day on Saturday which raised £343.85p towards our total. Thank you to everyone who baked for us. We would like to thank Mr Allen and Mr & Mrs Prime whose generosity was greatly appreciated on the cake stall.

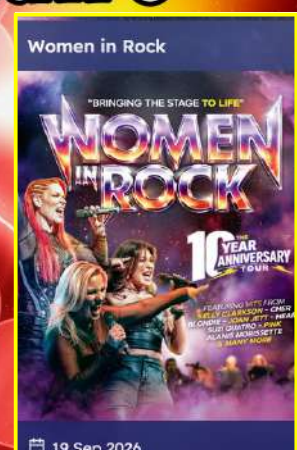
We are so very grateful that the Ukulele Band played for us again this year which is always on Tuesday morning, it was an heroic effort playing for about an hour on a very very hot morning they raised £142.42p collected in our donation bucket. It is always so lovely to see how many people stop to listen and it brings a real community spirit to the town.

We are pleased to tell you that our overall total for the week was a brilliant £2062.91p enabling Cancer Research UK to continue their pioneering work. Thank you everyone.

I can't believe I am saying this but our last two events of the year in Holton Village Hall will be our ever popular Jumble Sale on Saturday 17th October and our Christmas Fair on Saturday 21st November. Please add the dates to your calendar and come along to support us, a warm welcome to friends old and new. Dawn Davis 01986 873640

LOOK! Bugle new Email address: buglemagazine@protonmail.com

Beccles Public Hall & Theatre



www.becclespublichall.co.uk Box office: 01502 770060

Today's mighty oak is just yesterday's nut that held it's ground

THE PHANTOM OF FRIAR STREET

By Pat Whymark

Common Ground Theatre Company

TOURING EAST ANGLIA – 1ST OCTOBER TO 1ST NOVEMBER

Part ghostly tale, part murder mystery, part love story, our autumn production this year has it all! "There was a mystery attached to No 17 Friar Street that the townsfolk weren't keen to talk about. It was only Mabel who was obsessed with finding the truth.

"I met Mabel when I arrived to take possession of the house in late September - it seemed the perfect location for me to complete a volume of short stories, woefully overdue, to be ready for publication by Christmas. She was standing in the street staring at an upstairs window deep in thought and quite oblivious to my presence. "Do you know the house?" I asked. Without altering her gaze she replied, "I know something of its history. You mustn't even think of lodging here." I smiled at her rather condescendingly, and said, "Dry rot? Rats? Or a ghost perhaps?" as I turned the key in the lock..."

Scares, shocks, and a spine-chilling twist in the tale await those brave enough to come with us to Friar Street. But there will also be humour, haunting live music & a heart-warming affirmation of undying love and loyalty.

"I can think of no other company that swings back and forth, from tragedy to comedy, with such unapologetic aplomb...bold & brilliantly strange". David Vass (Diss Express) reviewing our 2025 production, The Tales Our Mother Told.

"A proper ghost story with a suitably claustrophobic lighthouse setting, there are some genuine moments that make you jump, performed by three excellent actors....Pat Whymark's excellent script gives the actors much to play with. Characterisation is strong, with highly evocative music and projections." Paul T Davies (Keep Colchester Cool), reviewing our show, Ghost Of The Toll Point Light.

Local Tour Details....

Ticket Prices (unless stated otherwise) £14 U21s £10. Box Office 07807 341 364 www.commongroundtc.co.uk

Friday 9th October: Southwold Arts Centre 01502 722572. £11-£16

Thursday 22nd October: The Corn Hall, Diss 01379 652241. £11.50 - £17.50

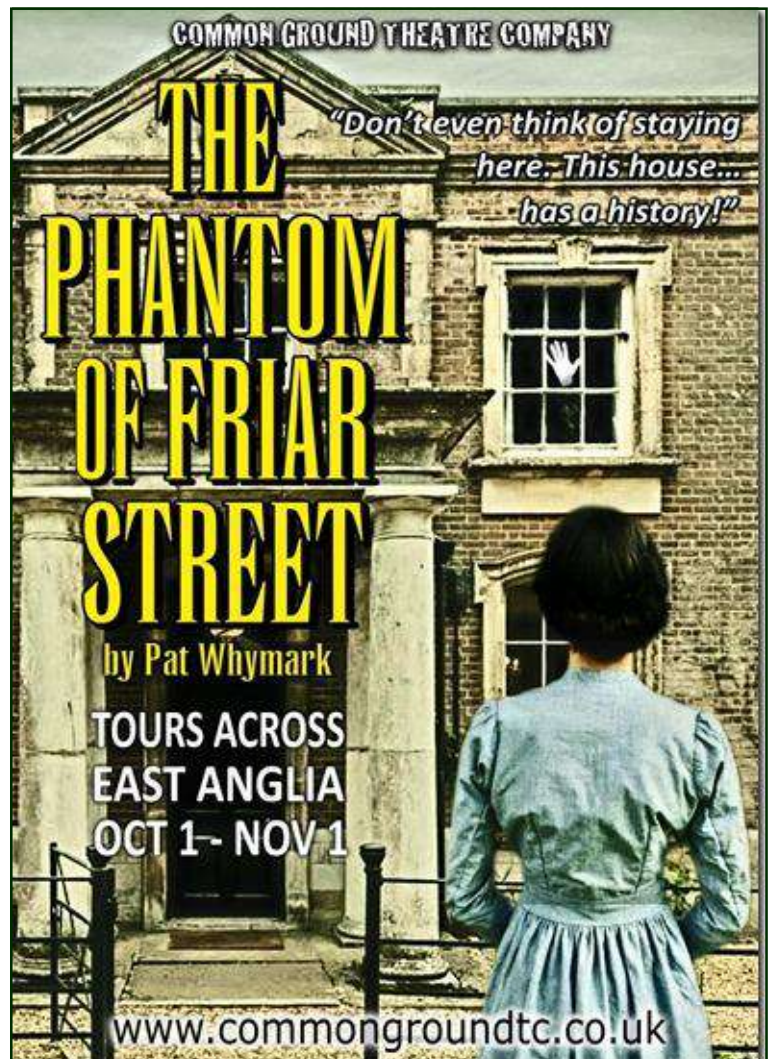
Tuesday 27th October: Laxfield Village Hall 7.30pm £12 - £17

Friday 30th October: Aldeburgh Jubilee Hall 01728 454022 7.30pm £12 & £17

Saturday 31st October Fisher Theatre Bungay 01986 897130 7.30pm £10 - £15

The tour also visits the following towns/villages - for details please visit: www.commongroundtc.co.uk

Ipswich, Wakes Colne, Stowmarket, GT Hockham, GT Bromley, Woolpit, Harkstead, Bardwell, Woodbridge, Hadleigh, Colchester, Walton (Felixstowe), Framlingham, Chipping Ongar, Haverhill and Hatfield Peveral



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Still Even More Events!!

Halesworth
DISCOVER IT. LIVE IT. LOVE IT

heritage open days

Over 30 events in and around Halesworth

- Talks & Walks
- Tours
- Exhibitions
- Activities
- Open days

ALL FREE!

2026 PROGRAMME
11th - 20th September

East Suffolk Community Partnerships
HALESWORTH TOWN COUNCIL

Don't try to squeeze into a glass slipper. Instead, shatter the glass ceiling.

Priyanka Chopra

Westhall

Apple & Pumpkin FESTIVAL

SAT. OCTOBER 3RD
VILLAGE HALL & FIELD, IP19 8RQ
FROM 1PM - FREE ADMISSION
A COMMUNITY EVENT FOR EVERYONE TO ENJOY

Come along for an afternoon of pumpkin & apple fun for all ages! Enjoy locally made crafts and gifts, try to pull a tractor, guess the weight of the pumpkin, listen to some great music, buy locally grown apples, pumpkins and wonderful produce, try your luck at the have-a-go stalls and welly wanging competition, admire the tractor displays and wood chopping demonstration, plus much more all afternoon.

A great variety of hot and cold refreshments will be available from 1pm in the Village Hall and The Racehorse Community Pub.

Follow us on Facebook - Westhall Apple and Pumpkin Festival.

A BRAND NEW COMEDY DRAMA
WRITTEN BY WAYNE BURNS

MORNING CAMPERS

Set in a Suffolk holiday camp in the 1980s, Mourning Campers follows the drama, behind the scenes and on stage at Archers Holiday Camp. At a time when the package holiday is growing in popularity, what can be done to keep the campers coming?

Find us on Facebook

Appearing LIVE at Leiston Film Theatre
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www.leistonfilmtheatre.co.uk

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Jumping to Conclusions..

A teacher tells a story to her class:
A cruise ship capsized while at sea. On the ship was a couple who, after having made their way to the lifeboat, realised that there was only space for one person left. At this moment, the man pushed the woman behind him and jumped onto the lifeboat himself. The lady stood on the sinking ship and shouted one sentence to her husband.

The teacher stopped and asked: "What do you think she shouted?"

Most of the students excitedly answered: "I hate you!"

Now, the teacher noticed a boy who was silent throughout, she got him to answer and he replied

"Teacher, I believe she would have shouted – Take care of our child!"

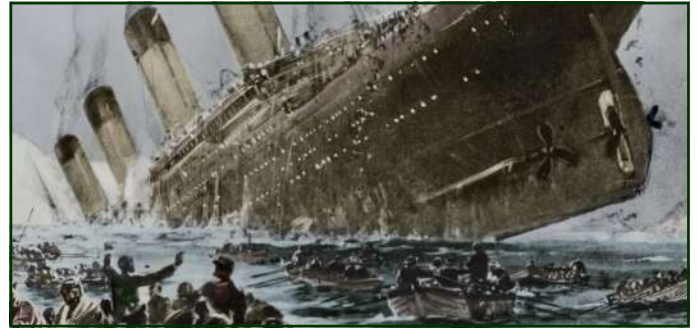
The teacher was surprised, asking: "Have you heard this story before?"

The boy shook his head: "Nope, but that was what my mum told my dad before she died of a disease."

The teacher lamented: "The answer is right."

The cruise ship sunk, the man went home and brought up their daughter single-handedly. Many years later after the death of the man, their daughter found his diary while tidying his belongings. It turns out that when parents went onto the cruise ship, the mother was already diagnosed with terminal illness. At the critical moment, the father rushed to the only chance of survival.

He wrote in his diary: "How I wished to be at the bottom of the ocean with you, but for the sake of our daughter, I can only let you lie forever below the sea alone."



The story is finished. The class was completely silent. The teacher knows that the student has understood the moral of the story, that in the world there are many complications behind them which are hard to understand. This is why we should never only focus on the surface of events judging others without understanding them first.

One day, all of us will get separated from each other. We will miss our conversations of everything and nothing and the dreams we had. Days, months and years will pass until this contact becomes rare. One day, our children will see our pictures and ask: "Who are these people?"

And we will smile with invisible tears because a heart is touched with a strong word and you will say: "It was them that I had the best days of my life with."

THE MARINA THEATRE LOWESTOFT



Box Office: 01502 533200 Email: info@marinatheatre.co.uk

Give me a wilderness whose glance no civilisation can endure

PAKEFIELD & CORTON EVENTS

The Lodge Corton.

The Lodge, Stirrups Lane, Corton, NR 32 5LE Tel: 01502 730537

The Lodge is proud to offer a variety of events and activities including the Cycle Skillz area open 10.00 to 6.00, Canteen open Mon to Fri 10.00 to 3.00 and until 4.00 over the weekend.

A functions venue making use of the Tepee, Cafe, and Entertainment Barn that are also available for private hire. The Entertainment Barn is a popular venue for barn dances and acts. Many events are free whilst others do have a charge. There's also free use of children's pedal tractors

Friday 28th September Holly Cosgrove is Absolutely Amy. Amy Winehouse Tribute. Tickets £16.95, early bird tickets sold out. For information on these events, regular activities and availability please check with :

events@woburnfarm.co.uk

info@woburnfarm.co.uk

Pakefield Church on the Cliff. open daily from 9am - 6pm throughout the lighter nights

Contact Information : Ruth Coles. 01502 218150. Office open Mon. Wed. & Fri. 10am - 12noon
office@pakefieldchurch.com Regular Services Sundays 8.00, 10.30 (live streamed) and 6.00 .

September Events

Sunday 6th Service for Pets starting at 3.00 on the church field. In the church if wet. Please keep your pet safe and secure particularly smaller ones. We are always delighted by the great variety of pets who bring their owners along. We are planning a similar event for pets and their owners at Bloodmoor Community Centre.

Saturday 12th Messy Church, Back to School. 10.30 to 12.30. Please don't forget to bring your back pack for a blessing. Lunch included. Children please bring an adult.

Sunday 13th Pakefield Pastures has grown with more animals joining and greater support from the community enjoying hands on opportunities to meet our animals. Katey is standing down from the Sunday Family Service in the hall to be able to devote more time with the animals. There is a bring and share event to say a big thank-you to Katey for her commitment to families and our animals.

Monday 14th Worship from 7.00 in the hall. Come and enjoy some vintage and modern worship songs.

Wednesday 23rd Qwind Essential The wind quintet will be giving a concert in church from 12.00. Hot soup and a roll provided. Donations for church funds would be appreciated.

Friday 25th 10.30 to 12.00 Messy Vintage in the hall. A chance to meet old friends, make new ones . Have a natter, do a craft activity, enjoy a piece of cake and a hot drink.

Saturday 26th 10.00 Tabletop sale in the hall. Table booking just £10 via the church office.

Sunday 28th Gathering for informal prayer 7.00pm in the hall

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 -a School Uniform bank supporting all local schools. Open Thursdays

Kirkley Ladies Group

Meets at St Peter and St John church hall every second Thursday at 2.00 just £3.00. Our treasurer is having to stand down and we would really appreciate a volunteer to help us out.

Thur 3rd Talk about Workhouses, **Thurs 17th** The Tapestry Singers, **Thurs Oct 1st** Beetle Drive

The Bugle Community Magazine offers FREE advertising to all community events, stage shows, village hall film shows, regular club meetings etc! Tell your friends about us so that they can sign up and get their copy delivered to their email FREE every month. Email us at: buglemagazine@protonmail.com

THE MUCKLEBURGH GHOSTS

Whenever people mention haunted Norfolk, one of the first places that most people think about is The Muckleburgh Collection, mainly because it was featured on a well-known paranormal television show.

It is the UK's largest privately owned military museum and is located on the former site of Weybourne Anti-Aircraft Training Camp.

Staff at the museum have reported seeing unexplained 'spirit lights' at night-time, usually close to the old pillbox. It has been suggested that these are the spirits of six ATS girls who died in the area.

It has also been suggested that the Russian T34 tank in the museum is haunted as well. People often hear the sound of it 'cooling down' as it would after being run.



However, the ignition has not been turned on in a very long time, so this is not at all possible. Significant temperature drops are also experienced close to the tank.

There have also been hundreds of reports of phantom footsteps, poltergeist activity, eerie groans, disembodied screams and shouting.

Particular hot-spots are the office, the corridors and some of the old military ambulances.



Me behave? Seriously?

As a child I saw Tarzan almost naked, Cinderella arrived home after midnight, Pinocchio told lies, Aladdin was a thief, Batman drove over 200 miles an hour, Snow White lived in a house with 7 men, Popeye smoked a pipe and had tattoos, Pac Man ran around to digital music while eating pills that enhanced his performance, and Shaggy and Scooby were mystery solving hippies that always had the munchies. The fault is not mine!

Gramma's Funnies & Inspiration

Your Letters

Email your letters to
the.buglemag@yahoo.co.uk

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

Dear Bugle

It seems as though the Gull Wing Bridge (third crossing Lowestoft) is losing some early effectiveness because of vehicle usage excess.

New roads lose effectiveness primarily through "induced demand", physical deterioration, and surrounding congestion bottlenecks [Wikipedia].

The situation is not helped by the heavily parked and congested, part-residential feeder-roads on the North side. For example, hitting Rotterdam Road drivers of large lorries following the signs heading to the bridge from the 47 hitting Rotterdam Road, face a particularly onerous task. We have an antiquated road system based on the horse and cart and or smaller vehicles. No good waiting until the situation becomes critical. Perhaps a one way road change would bring about improvements? Improved postcode economic gains (government aims) cannot be achieved without access to river crossings.

Norman Castleton Lowestoft

Dear Bugle

Life in the 1960s was far more simple. My parents rented a three bed council house for about 4 shillings a week and it included the rates. (4 shillings is 20p now) It had three large bedrooms, was brick built. The living room was about 12 foot square and the 'back room' was the same. It had a 20 ft front garden and a back yard where the brick built coal shed and the outside loo were. Behind that we had a 60ft back garden with 4 apple trees. A cooking apple, an eating apple and two cox's orange pippin, (best I have ever tasted), The rent man came once a week on his bike and put the money in a satchel - he was never robbed. If anything needed fixing you told him and within a week the plumber or whoever you needed turned up on his bike to fix it. Also in the back garden were current bushes, black, red and white, a gooseberry bush and lots of strawberries and raspberries. We swapped with our neighbours apples and fruit - for vegetables like potatoes, carrots etc. The system was good. Today the rent is more than you earn. Food is going up in supermarkets by pounds not pence and England is almost beyond saving. Fire all the career politicians. Burn parliament to the ground. Abolish the Royal family and save millions. Elect a government of the people FOR the people and let's put the Navy in the channel to stop the boats by any means necessary. Simple as pie really. Name supplied

SOUTHWOLD ARTS CENTRE
St Edmunds Hall Cumberland Road Southwold IP18 6JP

The Go Between Based on the novel by L.P. Hartley Adapted by Ben Morgan Touting East Anglia 11th August - 19th September eastangling.co.uk 01473 21495 Wed 9th September	STOP PRESS WASHED UP IN WALBERSWICK A COMEDY BY ROBIN BROOKS Sat 12th September	FREE Heritage festival HERITAGE OPEN DAYS TALK Saturday 19th September	WCB Comedy Presents... Stand up in Southwold Headline Act Mark Watson Supporting Act Apples Epitremidi Saturday 26th September Doors 6pm Show start 7pm More acts 10k Book Now 01473 723522 Saturday 26th September
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www.southwoldartscentre.co.uk E: info@southwoldartscentre.co.uk

'Some people talk to animals - not many listen though, that is the problem' Winnie The Pooh

BUNGAY FOLK FESTIVAL

September 3rd - 6th



The Bungay Folk Festival returns for its third year this September 3rd to 6th and it is shaping up to be the biggest, boldest and best so far putting it firmly on the folk festival map. Almost 80 acts will be performing over the course of 4 days with most of the concerts being free entry. The festival has added events on the

Thursday to make it a 4 day event. Churches, Pubs, Restaurants, Cafe's, Community Centres, Gallery's, Theatres and the grounds of a Castle will play host to the artists. Seldom has a town come together so co-operatively to make an event such a success.

As well as a wide range of artists a vast array of workshops teaching people how to play anything from the Appalachian Dulcimer, Melodeon, Harp and Fiddle to the Ukulele, Concertina, Bodhran and even The Spoons are available. Dance workshops include Step dancing, Balkan dancing and Indian dancing while you can also learn how to improvise, sing shanty songs, or become a songwriter. Many of the workshops are free and the rest are only £6.

The festival starts in St Mary's Church at 1pm on Thursday 3rd September with a recital in collaboration with Artistic Fields. At 4.00pm there will be a quarter peal by local bell ringers to announce the formal opening of the festival. There will be free music in various venues from 4pm including among others The Kitchen Band and The Ruritanian Cafe Orchestra. The evening show in The Fisher Theatre brings together Monique Clare and festival patron, Sam Kelly.

The free music continues into Friday with Adam Clark, Steve Turner, The Shackleton Trio, The John Ward Trio, and Acaysha, among a raft of local performers. Festival organisers Pete Sewell and Vicky Lambert will also be appearing on the night in the guise of their folk duo Tumbrel. The workshops kick off on Friday morning with over 25 different song, dance and music ones to choose from. Chris Wood heads up the evening in St Mary's Church with Oleg

Fateev and Simone Sou in The Fisher Theatre. Saturday 5th Sept brings some big names into town with Will Pound and Jenn Butterworth gracing St Mary's Church in a collaboration with Sonic Wave, and Helian in The Fisher Theatre as well as Cohen Braithwaite-Kilcoyne, and Reg Meuross. Free concerts during the day around the town include Tamise, The Tin Giants, The Belles, Clare Bakewell, The East Suffolk Community Folk Orchestra, Hunters Moon, Sleepy Dave Chaplin, and Zingaro Blue. The Rosemarie Barnard Chorus Shield makes its 2nd appearance after a successful debut last year in The Three Tuns 2- 4.30pm. Most of the music during the day is free but the free events in The Fisher Theatre are ticketed so please visit the festival's website to find out more details.

Sunday starts with a slow session in St Mary's but the temperature soon hots up with the Folk Picnic on Sunday afternoon next to the castle. This is a free event. Feel free to bring your own picnic or should you wish to you can purchase tasty offerings from the food and drink vans on site. Acts during the day include Sam Kelly, Detta Kenzie, and Daisy and the Continentals among others.

The Daria Kulesh Trio with local illustrator, James Mayhew; Christina Alden and Alex Patterson with Bungay Voices, round off the weekend on Sunday evening. If you have any energy left there is a final sing-around in The Three Tuns hosted by Mel to conclude what promises to be a jam packed exuberant, exciting, dynamic and diverse weekend.

Organisers Pete Sewell and Vicky Lambert have spent much of the past year putting the event together and are grateful to East Suffolk Council, The Town Trust, Bungay Town Council, Cultural Connections, The Fisher Theatre, Crocks, The Earsham Street Cafe, and the Sizewell C Tourism Fund for their help and contributions.

To find out more about the weekend and to see the full extensive line up of events and concerts go to- www.bungayfolkfestival.co.uk

Do Not Meddle In The Affairs Of Dragons - For You Are Crunchy And Good With Ketchup!

HALESWORTH LIBRARY NEWS

Join us to celebrate the end of the summer – we have The Tricky Twister joining us on Friday 4th September 3:30-4:30pm. £1 per child, spaces limited so contact the library to book your place! For ages 5-11. We will be getting involved in Heritage Open Days this year with a fun activity for children on Saturday 19th September! We will be hosting a medieval paint making workshop for children - this is a chance for children to learn about medieval paint. The children can have a go at mixing and using their very own watercolour paints! This activity will be run by artist Meraylah Allwood. Meraylah is an artist and illustrator, and has work published in many books around the world. Her miniature paintings have been exhibited with the Royal Miniature Society and the Hilliard Society, and her artwork is collected and loved by many. She also worked as a librarian for many years and runs creative workshops for adults and children in the community. For several years, Meraylah took part in Kentwell Hall's living history project - a recreation of Tudor life, and there learned many of the skills to be shared in this workshop. The sessions are free, but booking is required. Morning session 10:00-12:00 and afternoon session 2:00-4:00pm.

For adults, we will again be joined by Meraylah for an extra special craft session where we will be making traditional corn dollies! Join us from 10:30 on Wednesday 2nd September. Free event, no booking required.

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 6th and 20th September, 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 28th September 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 17th September, 2:30pm – please check back with the library nearer the time for further details.

And finally! Did you know that the library can deliver books and audiobooks straight to your door? If you're unable to visit the library, one of our friendly volunteers can come to you.

Contact us on 01986 506062 for details.



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FOOD INDEPENDENCE

It's vital for everyone

If you are one of the growing number of people who are slowly awakening to the fact that this country, this world, is changing in a fundamentally negative way, then you are correct. Many people have warned anyone who will listen, that for several years now that governments all over the world no longer serve the people - but rather the agendas, plans and ideas of the so-called elites. I have spoken about this over the years many times in the pages of this little magazine but now - time is getting very short.

The Guardian newspaper recently declared that it is time the people started growing food NOW!

Right now the farmer's top soil is, at the very least, thin. The polar ice shelves are melting and insects you used to have to scrape from your windscreen have completely disappeared. Those slow disappearing white trails emanating from many many aircraft - pumping into the air we breathe toxic, obnoxious and hazardous waste materials, that can only float back down to earth to settle over whatever crops still manage to grow.

Supermarkets will gradually empty of food, probably by the end of this year. If you think it is bad now with supermarkets hiking prices to new levels of crazy with every new day. Think what will happen when there is no food. It is more likely to happen than not. I think it is vital for all of us to start thinking about ensuring our own food security. - and yes, horror of horrors - we should absolutely dig up lawns if necessary!

I often think how practical it would be to go back to the days when you did grow your own fruit and veg in the long back garden of a council house and/or an allotment. The produce was in good. Rich and fertile earth. You pulled it up and shook that dark soil off it and took it in the

kitchen where your lovely lady knew exactly what to do with it. Sadly we have become complacent, we accept sub standard food in supermarkets, grown in poor soil, sprayed with harmful chemicals and shipped frozen half way round the world. It lacks the flavour and richness of home grown and is a poor imitation of what your garden can provide.

So lets do it!! Let us get together with our gardens and/or allotments and start growing quality food for our families and others. We would love to form a little group of interested people who are keen to return to quality home-grown food. And if you haven't 'gardened' before but are keen to give it a go we can help. Anna is a keen grower of vegetables herbs etc and can help, advise and assist you in your endeavours. (Lady Gardener ad on page 2)

So, here is what you can do - contact us with your name and phone number, letting us know what things you grow, or want to grow. It can be anything from apple trees to potatoes, small veg to herbs. We really must start taking back our food independence. Local Home Grown is far better than lab grown, chemically sprayed, stored, frozen and well travelled 'food'. If enough people reply, we may be able to start a Vegetable & Fruit swap system whereby, for instance if you have a big apple crop - larger than your needs then some can be swapped with people who have too much of another fruit or veg.

We are aware that our magazine goes far and wide and we want to hear from everyone even remotely interested in growing and living with quality food once again. Contact us on 07873 92 58 98 or email us at: buglemagazine@protonmail.com

**GROWING OUR OWN FOOD
NATURALLY & HEALTHILY
- WHY NOT JOIN US?**

New Feature!

Tranquility Base

Read Relax
Smile

It is after mankind has killed everything he knows and realised that he really shouldn't have polluted the air that much because now he cannot blinkin breath. When just the so-called elites are left and they are wandering around calling for their servants. That last blinkin bomb destroyed my yacht but worse still it obliterated my wine cellar.

The men and women in their, now filthy ball gowns and torn dinner suits will wander across the now empty city calling for a cab that doesn't come. Coughing and choking as they realise they are alone - really alone. No birds are in the sky, nothing chirps are squeaks. There are no dogs barking. Nothing is moving, only them as they wander through the ruins

The women start to cry as they see the utter devastation wrought upon their city, realising that it is the same in every city, every country.

As they travel a few more yards through the once bustling and lively scene they spot a figure sitting on a wall in a white robe, holding the body of a small dead dog. They approach him and he smiles, says hello. They say "Hi" back.

After a few awkward exchanges one 'elite' says to the man

"Can you help us - where is everybody?"

The man holding the small dead dog looks up at them and says,

"Oh just before your people did your bidding we took them all home - and every animal spirit on the entire planet. - they all passed back before they could suffer, this we ensured"

"Why did you not take us too? We have no food, no transport, nothing."

"You wanted to rule the people as slaves but you forgot our golden rule, the prime directive for life."

"What's that?" He asked.

"All must have free will - You took that too - and with it the purpose of human life" The man put down the dog and walked close to them, and looking into their worried eyes he said; "Enjoy your remaining minutes, your air is toxic. You could have done so much for so many." then he vanished.



Brainwave 
INDEPENDENCE GROUP

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Be loud.
Be a little weird.
Laugh at the things nobody else understands.
Love what you love and stop making yourself smaller.
Life is too short not to enjoy being exactly who you are.



FESPA 

FESTIVAL PARTY

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

Saturday 5th September 2026
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.com/festival-party
or call 07444 798417



When one tugs at a single thing in nature - he finds it connected to the rest of the planet.



EVENTS A PLENTY!

THE HALESWORTH TAPROOM

Oktoberfest



SATURDAY
03.10.26

HALESWORTH RIFLE HALL

Tickets available online on Eventbrite or at The Taproom

HALESWORTH SCARECROW FESTIVAL

THEME
SPACE

More details and activities of events to follow.

Join us for an out of this world time.

17th October until 31st October 2026

- Scarecrow Crafts**
at St Mary's Church,
28th October, 1:30 till 3:30 pm
- Light Party**
at St Mary's Church,
31st October, 4-6 pm
- Family Picnic**
at St Mary's Church in Halesworth,
29th October 2026, 11:30 till 1 pm

To find out more details pop into **Hetty's Little Copy Shop** or email pauline@growingtogetherearlyyears.co.uk



**HALESWORTH TO SOUTHWOLD
NARROW GAUGE RAILWAY CIO**



Our Free Charity Events at Blythburgh Station:

Station Open Days in 2026:

Sunday 13th September

**with model railway show and
Halesworth Heritage Open Days*

10.30 'til 3.45

The 1879 station is being restored from complete dereliction by volunteers. Come and see the progress.



Free entry to site, free tea, coffee and home-made cake. Model railways, displays, films at the Village Hall. Guided tours.

Passenger train rides (VERY SHORT!) (chargeable separately) will be provided, in our new coach, on part of the original line - this is the very first year that there have been



passenger trains here since 1929.

Our locomotive is battery powered and is wholly solar-charged

How to find us: the station is on the northern edge of Blythburgh village, almost opposite the White Hart pub. **There is no car parking at the station, except Blue Badge disabled parking, by the Village Hall.** Please park in the field next door to the Holy Trinity Church car park. Parking is signposted.

59F Thoroughfare, Halesworth IP19 8AR
www.halesworthtosouthwoldrailway.co.uk
07379 789665 01986 874240

halesworthtosouthwoldrailway@gmail.com



SILENT FILM SHOW

The PHANTOM of The OPERA

1925 SILENT FILM
STARRING
Lon CHANEY

PG

LIVE PIPE ORGAN SOUNDTRACK BY TOM HORTON

SATURDAY OCTOBER 3RD, 2026
AT 7:15PM
ST MARY'S CHURCH
HALESWORTH, SUFFOLK, IP19 8LL
TICKETS £10 ON THE DOOR

Happiness is not a goal - it is a by-product. Eleanor Roosevelt

TRADING STANDARDS

Recently Suffolk Trading Standards have received multiple doorstep reports across Suffolk, with "Nottingham Knockers" calling at properties in [Felixstowe](#) and [Woodbridge](#), and traders going door to door in [Lowestoft offering landscaping work](#). Our normal advice is to never agree to anything, including a home visit, when approached by a cold caller on the phone, at your door or via email. Do your research first, and find out if it is a product or service that you want or require.

While it might be tempting to agree to low prices being offered on the doorstep, think twice. Never agree to have any work done as a result of a cold call, and don't be pressurised into having the job done immediately if you think work needs doing to your home, get quotes from 2 or 3 traders. Ask friends and family for recommendations of traders who have carried out work for them. You can also check Suffolk Trusted Trader for traders that have been vetted by us: <https://trustedtrader.team/Suffolk/> Ask for the full name & address from a trader before considering dealing with them, and never rely solely on a mobile phone number. Ask for a written quotation detailing all the proposed work and a final price for the job BEFORE the work is started and only pay in full once the work is completed to your satisfaction and PLEASE don't pay cash. Report all doorstep callers to us via Citizens Advice Consumer Service on 0808 223 1133. If you feel threatened call 999. If you would like to receive a FREE No Cold Calling sticker for your door, please email us with your address on tradingstandards@suffolk.gov.uk.

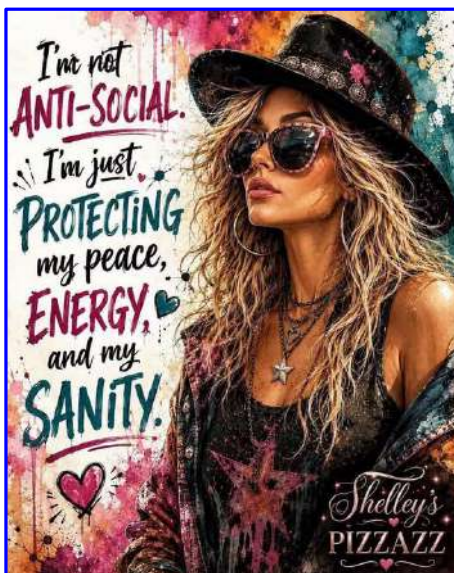
Winter Fuel Payment scams often start earlier than people think. Last year, criminals targeted UK adults between August and October, and this year is likely to be no different. Remember, most Winter Fuel Payments are made automatically. Not every online

stranger is a new friend. Fake profiles and scam accounts are designed to gain your trust before asking for personal information, money, or access to your accounts. Learn how to spot the signs. Sign up as a Young Friend Against Scams:

www.friendsagainstsams.org.uk/young-friends

Beware of fake TV Licensing emails! The links within the email take you to a fake page created by fraudsters, designed to steal your personal information and money. Forward scam emails to the National Cyber Security Centre on report@phishing.gov.uk. Need help to check if a TV Licensing email is genuine?

1. Check the sender - Genuine TV Licensing emails are sent from donotreply@tvlicensing.co.uk or donotreply@spp.tvlicensing.co.uk
 2. Partial Postcode - If you have provided TV Licensing with your postcode details, their emails will include part of your postcode and/or the name on the licence.
 3. Look for your name - If you've given TV Licensing your name, then they'll always address you using your last name and title. The scammers won't normally have that information about you. So, watch out for emails that only address you as "Dear client" or "Dear customer" – or just use your email address (or part of it).
 4. Check the spelling and grammar - Because scammers can't use genuine TV Licensing web addresses or email addresses, they'll try to use slightly different spellings – look out for things like hyphens and full stops in odd places. Be suspicious too if there are mistakes in the email with capital letters or other grammatical errors, like missing full stops – this could be a scam.
- If in doubt always contact Suffolk Trading Standards via email: tradingstandards@suffolk.gov.uk



KENSINGTON GARDENS



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 by the sea front. Since they were formed on the inception of the Town Council, who took over responsibility for the gardens from the outgoing Waveney District Council, the group, with the backing and support of Lowestoft Town Council, have worked hard to transform the gardens to the place of joy that they are today. The 10-16 garden loving volunteers, age range 30 - 70 years are still ever keen...

We have, as a group up to ten areas that we take care of, the 'long bed' is our biggest

task. The bed is very old and due to climate change we have started to make changes, for instance, more drought tolerant plants - also they need to cope with the coastal weather, so all in all it keeps us very busy.

We have also added a fernery, located in the shady sunken garden, this year we have added hostas so pray the slugs don't find them !

Two lavender beds have been created, located near the steps where a stage is erected for various events. We also take care of the two royal beds, the wavy bed and the 'stumpery'.

The old Japanese type bridge, after 60/70 years of use was looking sad and sorry for itself and it was replaced, along with two very deceased willow trees.



The book corner has had a makeover, 'bookworms' is the theme. We have four book cupboards for swaps or just take. Its always busy there, the kids love it, they sit on the huge chair and look across to the 'fairy tree'.

The gardens are a lovely place to visit, the tearooms do a yummy cream tea and the bowls green in the summer is a joy to watch or if you're feeling active, perhaps a game of tennis on the tennis courts - all free. So come along, we are there on a Thursday, join us or just say hello !!

Sally Breakspear. Friends of Kensington Gardens, Lowestoft.

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 Dec 30th



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