

# The Bugle Magazine

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A visualisation created by local, young artist Sam Wilson of what the Southwold library may look like after the hospital redevelopment.



Report on page 4

**SOUTHGEN**  
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*The Bugle: Lowestoft, Beccles, Southwold, Bungay & Halesworth plus Leiston too. Local Business, Local People and Local Events*

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**f**

[www.becclesfoodfestival.co.uk](http://www.becclesfoodfestival.co.uk)

"I have a deep and profound mistrust of all politicians." Craig Ferguson

# The Bugle Magazine

Hi Everyone and welcome to the Bugle Magazine. The Bugle is a genuine, local small business operating from Uggeshall and printed by the really helpful folks at Anglia Print in Beccles.

We love local and our magazine is all about Local business, local people and local events.

We are amazed to find out that there are now THREE light railway restoration projects going on in our area. One group at each end of the Halesworth to Southwold line and another project in Leiston. All are local old narrow gauge lines and with the eventual completion of the lines, tourism potential will be greatly increased.

We welcome new advertisers and always do our best to help new small businesses in any way that we can. We are now up to 24 pages and it looks like we will be increasing that number soon.

We always receive lots of great articles and event news, so much so it is getting difficult to get it all in!

Please support our advertisers - we couldn't do this without them --and when you contact them, please mention The Bugle!

And a thank you to all our readers.

**Next Edition June 1st. Copy Deadline May 18**  
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John is a very experienced tutor and artist, who has exhibited widely, including London and abroad. He can be contacted by telephoning 01502 710491, or by email info@john-patchett.co.uk

Classes cost £10.00 per session. Students are asked to bring their own art materials and equipment to class. Free tea, coffee and refreshments are available.

For those who do not have their own art materials, or those who would like to try a new medium prior to purchasing their own art materials, a limited range of pastels, acrylic paint, water colours, oil paints and a variety of drawing materials will be available for students to use.

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## Growing Up In The War Years by John Blowers

It is undeniably true that young people growing up today face particular problems unknown to earlier generations – drugs, social media, lack of discipline and respect – but it may be of some solace to them to be reminded that the elderly among us have also had to successfully surmount problems, albeit of a different nature, placed in our path that threatened to thwart our progress towards adulthood. The particular problems posed by World War 2 are prominent among the memories of the now very elderly of those of us who were growing up at that time.

Those remaining in the town heard the air raid warning sirens 2064 times, 105 of them resulting in actual attacks and almost 1,000 deaths or serious injuries. One would go to bed at each day's end with the thought that part of the night could well be spent in the air raid shelter, or even that you may never see tomorrow's dawn!

part from these and other day-to-day issues, two government-inspired measures influenced the lives of so many in a major way. One was the decision to evacuate all children from the town in a hastily-planned Pied Piper like operation in 1940. This involved tearing them from the security of a cherished home, parents, pets, friends and neighbours and despatching them to be fostered by completely unknown families in the North of England. The very real threat of invasion added a high degree of urgency to this operation, resulting in a less than adequate vetting procedure regarding the suitability of all families to foster. A small minority of children found themselves with families who had been compelled to take them, merely because they had the spare accommodation, resulting in untold damage to these unwanted children.

The second of these directives was to conscript every person, on reaching the age of 18, to serve in one of the military or other vital services. Later in the war, it was extended to

compelling some to work in the coal mines. Those consigned to the Armed Forces were plainly the least likely to harbour dreams of and to make plans for, a future beyond this age and consequently the teen years that should have been spent contemplating and planning for their future, were largely spent in limbo.

The impending 18th birthday, so enthusiastically welcomed today, was a day that saw the end of the times when you had some control over the course that your life would take- from then on, it would no longer be your own. As with the removal of the children from the family unit, the loss of the males also resulted in huge social repercussions; children devoid of the important influence of a father figure and often a full time mother too, who may have been directed into vital war work or to take up jobs previously occupied by men.

Everyone's first weeks following call-up, being "knocked into shape" are never forgotten. Reveille whilst it is still dark, incessant parade ground drills, route marches and assault courses and finally, in face-to-face encounters with the enemy, how to dispose of him with bullet or bayonet. To one who was intending to become an Airborne Radar Mechanic, much of this appeared not a little irrelevant!

So, from where do we derive the courage and resolve to cope with all these diverse challenges, that result in so much distress? One solution was a suggestion by King George VI way back in 1939 when, in the face of the impending wartime hardships and dangers, he recommended in his Christmas message, that we "go into the darkness and put your hand into the hand of God. That, to you, shall be better than light and safer than any known way".

A course that would not be the choice of many in these highly secular times but, were it to be, wouldn't a host of our other social ills be cured at a stroke?

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## SouthGen announces community share offer launch on May 10th

SouthGen, the charitable community benefit society that partnered with Hastoe Housing Association to buy back Southwold Hospital, is launching Waveney Valley's first community share offer on 10 May 2019.

In only ten months, SouthGen has succeeded in raising 66% of the money needed to redevelop the Old Hospital as a community hub. When it is built, the Old Hospital Hub will make provision for a new home for Southwold Library, a nursery, co-working space and farm to fork café. Most of the funding has come from highly competitive national grants. The most recent grant is an award of £14,500 from the Architectural Heritage Fund to help pay the costs of the share offer.

SouthGen is hoping to reach its funding target of £725,000 by raising a minimum of £125,000 in public investment in community shares. Power to Change, funded by the Big Lottery, has awarded SouthGen matching equity investment from Cooperatives UK. For every share bought by a member of the public, Cooperatives UK will buy the same number of shares up to the sum of £100,000. This means that, if the community invests £125,000, Cooperatives UK will buy another £100,000. Even though Cooperatives UK will be the largest single shareholder in the Old Hospital, it will have exactly the same voting rights as any other investor.

Each share will cost £25 and the minimum number of shares that can be bought is £150.

However, families, friends, and colleagues can pool

their resources and club together to buy the minimum number. SouthGen's application form makes it easy to form an investors' club.

Based on SouthGen's business planning, shares should pay a dividend of 4% per year, beginning in June 2022. Charlotte Brown, a member of SouthGen's Management Committee, said, "If you would like to compare this to what you might get if you left your cash in the bank, it is equivalent to 1.33% per year for three years and 4% per year thereafter." High rate tax payers can potentially get very generous tax deductions of 30% – 50% of their investment. Anyone who buys more than £1000 in shares will have their name on a plaque inside the Old Hospital.

To celebrate the share launch, Adnams is donating a limited edition six-pack of a specially brewed IPA, Old Hospital Hop, to the first 150 investors.

SouthGen's on-line share buying page will open 10 May. The next day, 11 May, SouthGen is holding a launch celebration party at the Rugby Club on the Common, starting at 5 pm. We will be showing a film about the Old Hospital Project, made by Mark Hannant who grew up in Reydon. There will be food and drink, music. People can apply for shares, or just learn more about them."

There is so much info we cannot get it all in here! For more information, – [www.southgen.co.uk](http://www.southgen.co.uk).

Email: [info@southgen.co.uk](mailto:info@southgen.co.uk) or call 01502 723792.

Thursday May 16th - Beccles Library. Talk on Forensic Linguistics by Conrad Shaw. 2pm. Admission Free.

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# WAVENEY MAYDAY FESTIVAL AT THE SEAGULL, MAY 6TH

## Celebrating International Workers Day

The annual Waveney Mayday Festival returns, celebrating International Workers Day with music, theatre, talks and open mic, with most events completely free. Doors open at 1-45pm at the Seagull theatre, Lowestoft on May 7th with the event opened by Graham White, Regional Secretary of the National Education Union (NEU).

The day kicks off at 2pm with a celebration of the creativity from 'Flip the Flop' where audience participation is encouraged in a unique and special show which involves comedy, drama, poetry and song. At 3.30pm poet and writer Dean Parkin shares rare archive photographs and revisits stories from the working lives of Lowestoft's Beach Village in his illustrated talk, *Made on The Grit*.



At 4.30pm on the foyer stage there's 'Every day Stories in Words and Music' with a mix of the political & celebratory, starting with music from legendary folk

troubadour, John Ward sharing a selection of brilliant new songs fresh from his newly released eighth album, *Life Drawing*. There's Hungarian folk songs from Eva Balazs, jazz from saxophonist David Ingham and a short talk on the siege of Gaza by Mike Waterman from the Norwich Palestine Solidarity Campaign. Plus New Words & Fresh Voices from the Seagull's very own poetry group along with Halesworth's Swan Poets and an Open Mic compèred by Olly Watson – come along and share your own words or music. All welcome! The afternoon's free Festival programme ends at 6.30pm with Roop Butlin (of Murphy's Lore) playing 'unplugged and unhinged' from his new album 'Joyland'.

The Festival comes to close in the evening at 8pm, *The Ragged Trousered Philanthropist* (£8 full £5 unwaged). This Edwardian magic show presented by actor Neil Gore with projected animation, political conjuring tricks, music and song, as we meet the famous characters from the book. An entertaining one-man show that includes, scenes speeches and audience participation.

This is part of an east coast tour for this show which visits, St Georges Theatre, Great Yarmouth (5 May), Seagull Theatre (6 May), Leiston Film Theatre (7 May) and Southwold Arts Centre (8 May).

All are welcome to The Waveney Mayday Festival which also includes a special buffet celebrating vegetarian and international cuisine. The event is organised by Waveney TUC. Supported by Waveney Labour Party and the Green Party.

Picture: *Made on The Grit!*

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## WAVENEY MAYDAY FESTIVAL

Monday 6th May 2019

DOORS OPEN FOR THE FREE FESTIVAL AT 1.30pm

Flip the Flop theatre show • Dean Parkin: *Made on The Grit*

John Ward • Solidarity Revue

EVENING EVENT

**The Ragged Trousered Philanthropists**  
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CELEBRATING INTERNATIONAL WORKERS DAY

music • theatre • talks  
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"Political debate: when charlatans come together to discuss their principles."— Bauvard,



Beccles Food and Drink Festival is set to include some new features in it's flagship event on Saturday 25th May. The free event, running from 10 am till 4 pm, includes a number of new and unique stalls among the 70 plus ones attending. In addition to traditional hot food stalls selling burgers and hot dogs, there will be those offering Mediterranean wood fired kebabs, Vietnamese Banh Mi, Italian Porchetta, Indian curries and snacks and Greek Cypriot Souvlaki. In the cookery theatre in Beccles Public Hall, a number of demonstrations will commence at 10:30 am with former Norfolk Chef of the Year, Mark Dixon, from the King's Arms in Fleggburgh, with further ones performed by students and cookery instructors from East Coast College Great Yarmouth Campus and James Santillo from the Dukes Head at Somerleyton.

John Hemmant, owner of Chet and Waveney Valley Vineyard at Bergh Apton, will give a talk on wine making, while a mini "Battle of the Beccles Bangers", featuring eight butchers selling their sausages within 2 miles of Beccles, is due for judging at 12:45 pm.

The Festival programme, available from many local outlets in the area and viewable online, has details of all the events, including a wide range of Fringe Events running from 18th May till 2nd June. The programme contains a competition for visitors on Festival day, where stamps can be obtained at a number of stalls on the Grazing Trail, before posting the entries in the Public Hall by the end of the event.

A Park & Ride shuttle service will run throughout the event from Beccles Quay, where additional parking will be available, but visitors are encouraged to use the good bus and rail links to the town to avoid congestion. For further info go to [www.becclesfoodfestival.co.uk](http://www.becclesfoodfestival.co.uk), Facebook and Twitter. Picture: Last years event - and the music played!



## HELPING TO BRING THE COMMUNITY TOGETHER!

The friends of Kensington Gardens in Lowestoft are holding a  
**MAY DAY EVENT**

On Monday May 6th 1.00pm - 4.00pm.

Craft Fayre, Plant & Garden Market, Face Painting, Garden Café  
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Info at Facebook: Friends of Kensington Gardens Kirkley  
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# Your Letters to The Bugle

Dear Bugle

A correspondent in a recent EDP praises Waveney District Council (WDC), for using the Community Infrastructure Levy (CIL) for a children's play area on Lowestoft's sea front. I understand his annoyance that Norwich City Council have exempted Weston Homes from such a levy. However, praising WDC is something that will rarely be heard in Lowestoft, so if they have done something positive it is very rare.

While WDC are boasting about some of their sea front schemes a 'stones throw' from the sea front their actions are far from laudable. The Kirkley area of Lowestoft contains some very fine Victorian houses, many consider them the finest in Lowestoft. One street's residents, who live in Cleveland Road are up in arms. Cleveland Rd is in a conservation area. WDC's written policy is that the area has reached saturation point with flats and Houses of Multiple Occupation (HMOs). Some residents have in the recent past applied for planning permission to turn their homes into 2 flats. WDC planning office has turned down all such applications, citing it's own policy and it being in a conservation area.

However, having secured £500,000 from Suffolk County Council's business rates coffers, WDC who own 5 of the houses in Cleveland Rd, have now informed the residents that are planning to turn the houses into sheltered accommodation, converting them into 14 units and accommodation for support staff! This decision flies in the face of their own policy. Cleveland Rd and the neighbouring streets have had a dubious reputation for a number of years but in the last few years people have bought the houses and improved these lovely family homes. There is a strong community spirit and the residents are furious that their efforts to improve their area could, if planning is accepted, wreck their community.

Yours Wendy Brooks

Dear Bugle

The 'Advice from a Judge' (April Bugle) has been all over the internet lately, so I looked into its origin. Apparently it was written in 1959 (hence no mention of mobile phones!), so in fact was targeted at OUR generation - yours and mine. Did we stop wars, end poverty, loneliness, sickness etc etc? No, we raped, pillaged and

polluted this beautiful world. We started more wars, caused untold damage to the environment and became like spoilt children wanting everything we could dream of and wanting it now.

Instead of keep wagging a finger at the youth of today we should be apologising for the mess we are leaving them, and hope they have more sense than we did.

Yours Ann Green

Dear Editor

Firstly congratulations for relocating your magazines to BM Stores and thank you very much for delivering some copies to Beccles Library. I am rather upset that my frequent walk from Beccles to Gillingham has been totally spoilt. Hundreds of trees have been cut down to their stumps, not only does this look very unattractive, I am sure that many bird nesting sites, small mammals and insect habitats have been lost. One or two trees have been left along this road, for what purpose I am uncertain. This road used to be a most attractive route to walk along, now it appears as though some giant hand has come along and decimated the whole of nature. I wonder if you know why this has been done?

Kind regards, Julia, Beccles

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## The Happiest day of the Year!

By Zoé-Anne Wadey

Where would you find a fifteen-foot caterpillar, a wicker horse, a belly dancer, Victorian gentlefolk and a ukulele busk? The answer of course is the fifth Halesworth day of Dance!

Saturday morning, the 30th March 2019, Halesworth awoke slowly. The usually busy Thoroughfare was spookily quiet, with just a handful of people enjoying breakfast in the glorious spring sunshine,

Suddenly, at eleven o'clock the town burst into life with over 500 colourfully dressed Morris dancers in the market square celebrating 14 years since the birth of hosts, Oxblood Molly.

The massed dance filtered out into a procession which went behind the town, dancing through the narrow winding rectory lane. The sound of clogs crossing the little wooden bridge funnel up the passage enhancing the air of excitement.

Bursting into the sunlight at the other end, an exciting guard of hour in which every dancer and musician had the most amazing photo opportunity. Eleven minutes to pass, displaying the biggest smile for miles.

This year's day of dance attracted dancer from as far afield as Knaresborough, with the wonderful Hornbeam Molly Dancers, and as well as Morris dancers there was an Egyptian dancer, some Breton and country dancing, a ukulele busk led by Blue Lunar and some pretty amazing buskers in town.

What was originally intended as a one-off celebration, back in 2015 has now become an annual event, and Oxblood look forward to next year's event 28th March

Articles that didn't make it into the magazine are available on our website  
[www.buglemag.co.uk](http://www.buglemag.co.uk)



Tickets for the Southwold Arts Festival are selling well. The Festival runs from 22nd June to 29th June and will feature Country music from Hank Wangford and his band; Blues from Mark Flanagan's trio, guitarist with the Jools Holland Rhythm and Blues Orchestra, and swing jazz from the Jonathan Wyatt Big Band with vocalist Lindsey Ball.

There will also be an opportunity to join an Opera performance with artists who have appeared at the Royal Opera House. To take part in the pop-up community chorus,

E: [southwoldpopupchorus@gmail.com](mailto:southwoldpopupchorus@gmail.com).

There will be visits from Ed Balls and Lucy Worsley, as well as five lunchtime concerts of classical music from some hugely talented young musicians, and talks from Chris Bell (former BBC Look East weatherman), Sally Metcalf (Sutton Hoo), Hugh Williamson (Dead Sea Scrolls), Shirley Smith (Leonardo Da Vinci) and Tyler Wetherall (award winning American author).

Comedy will be provided by James Hurn as he re-visits Hancock's Half Hour, and Barry Steele will appear on the opening night commemorating the story of the legendary Roy Orbison.

The Festival opens in Southwold at 12 Noon on Saturday 22nd June with a magnificent street parade with stalls and entertainers,

Tickets for all the events are available at:

Online: [www.southwoldartsfestival.co.uk](http://www.southwoldartsfestival.co.uk)

By telephone: 01502 722 572

Daytime Box Office: Southwold Arts Centre, Cumberland Road, Southwold IP18 6JP Mon-Sat 10.30 a.m- 3.00 p.m

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# Children's Corner



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How can you tell a vampire has a cold?

*She starts coffin.*

What's worse than finding a worm in your apple?

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## Finalists revealed for the Eat Suffolk Food and Drink Awards 2019 and JoJo's in Lowestoft is one of them!

Every year, the EAT Suffolk Food and Drink Awards recognise and reward the outstanding achievements of Suffolk's food and drink industry – the people and businesses that grow, rear, catch, prepare and cook some of the best, food and drink you'll enjoy. Expert judges have been out and about all over Suffolk in recent weeks, meeting with producers and businesses, attending live cook-offs and sampling lots of delicious food and drink and the finalists in the Eat Suffolk Food and Drink Awards 2019 were announced recently. There are four in each of our categories, with the overall winners to be announced at a glittering black tie dinner, taking place at Milsom's Kesgrave Hall on April 29.

JoJo's Kitchen & Bar in Lowestoft's Historic High Street was shortlisted to the final eight through nominations from customers. The expert judges visited JoJo's in March to sample food, drink and cocktails too! Then in early April the team were officially informed that they were through to the finals in the category of Best

Newcomer. Those finals are being held at Kesgrave Hall in Ipswich (Black Tie event) on 29th April - just before this magazine is published! The whole team at JoJo's will be in attendance and will no doubt be excited and nervous in equal measure.

We at The Bugle are particularly pleased that JoJo's Kitchen & Bar is one of those finalists! It is a great boost for Lowestoft and a feather in the cap of the whole team at JoJo's to get this far.

Owner of JoJo's Kelly said proudly "After 14 months this is the most wonderful achievement and a fantastic reward for our team's hard work"

In the next issue of the Bugle we will have full report of the Awards Evening. By the time this issue is in our outlets we will know the result and will post it on our Facebook page. Or you could always call in to JoJo's and sample some of that fab food!

JoJo's Kitchen & Bar 93 High St, Lowestoft NR32 1XW  
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### MARTIN BELL AT BECCLES SOCIETY AGM

Beccles Society AGM was held at Hungate Church hall on Wednesday 10th April. The Society's President, Martin Bell came up from London specially for the occasion, and with 35 of the membership and guests, enjoyed a very entertaining talk from James Mayhew, well-known author and illustrator.

James demonstrated his skill during the talk with a simultaneous painting whilst telling the story of "The Firebird". He presented the painting to the Society at the end of the evening and it has since been decided to send it to Martin Bell as a memento of an outstanding occasion. Paul Fletcher. Chairman



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## HALESWORTH to SOUTHWOLD NARROW GAUGE RAILWAY SOCIETY

The Society has been working on multiple fronts this spring. Our RFS locomotive is looking a lot better, with its final. Paint coat of Great Eastern Railway dark blue going onto some parts, Norfolk volunteers Neal and Nigel welding the sandboxes which were damaged in the Channel Tunnel work and having the starter and solenoid mended. Now the fuel pump has come off for refurbishment. The (extremely heavy) front coupling has finally been removed, after a great many damaged tools and new sockets (as well as simple brute strength) – now both couplings can be adapted to the new railway's standards (which both organisations, based at Southwold and Halesworth, are following). Headlights are fitted, and console gauges obtained.

Two panels of track have been built at the workshop, using steel sleepers provided by a member: these will be used to extend the loco's siding to allow testing of the hydraulic system and brakes. Much preparation has been done for the re-laying of two original HSR rails at Halesworth Millennium Green, with original and replica baseplates cleaned up and fabricated. The gravel ballast required for the track panel (designed to match the original 1879 ballast as closely as possible) is on order for delivery – this will be laid on a heavy-duty membrane which will protect the original railway bridge beneath.

The Coach 1 underframe was lifted off its wheels so we could check the axleboxes and bearings: these turned out to be in very good condition indeed, and, with new grease nipples and a clean-up, can be re-used with no problems. The wheels (which are cast, with "curly spokes"), will be de-scaled and painted

ready for the big and expensive job of re-gauging from 2'6" to 3', which requires new tapered and case-hardened axles. Designs for the new plank body on the Hudson 3' skip underframe are well advanced. The Society's first publication – "Halesworth, a Transport Hub" – is going very well indeed, and can be obtained from Halesworth Bookshop, DC Patrick Newsagents, as well as directly from ourselves via the website [www.halesworthtosouthwoldrailway.co.uk](http://www.halesworthtosouthwoldrailway.co.uk): Halesworth library will have copies to borrow. Our aim with this book is to highlight the town's historic transport history.



HSR are anxious to talk to any owners of the historic railway trackbed, and can be contacted on the website [www.halesworthtosouthwoldrailway.co.uk](http://www.halesworthtosouthwoldrailway.co.uk), by e-mail on [halesworthtosouthwoldrailway@gmail.com](mailto:halesworthtosouthwoldrailway@gmail.com), by phone on 07379 789665, or on Facebook or Twitter. To anyone who is hesitating about joining – please take the plunge – we need you! (It will cost you less than 10p per week)

James Hewett and Ken Penrose,  
Co-Chairmen of the Society

Next Issue June 1st. Copy Deadline May 18



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# A Tale of Two Crashes with Bob Collis

Sometimes during WW 2, there were villages in Suffolk which had a spate of incidents in a short space of time. 75 years ago this month, Herringfleet, near Lowestoft had two completely unrelated plane crashes within 10 days of each other.

The first crash came at 8.15 am on 7 May 1944 as large formations of USAAF bombers were assembling for a daylight raid on Berlin. A B-17G Fortress from the 100th Bomb Group at Thorpe Abbots had a fire break out near the top turret and shortly after, pyrotechnics stored nearby ignited, filling the cockpit with dense, choking smoke and fumes. As the stricken bomber fell away from the formation a desperate struggle for survival was taking place inside. Four crewmen baled out and a crewman who had been jammed across a hatch with his parachute outside the aircraft cheated death when he exited at low altitude and his fall was broken by trees. Sadly five men died when the B-17 crashed in flames near Herringfleet Hall. A 500 lb bomb exploded and wreckage was scattered over a wide area. A memorial near Ashby Church records the names of the five men who lost their lives that day.

And while the local populace were still talking about this crash, at 6.57 pm on 15 May 1944 another strange aerial visitor roared low across the Common, passed under telephone wires, narrowly missed two cottages and crashed in a disused gravel pit. This time the aircraft was a very unusual machine, a Luftwaffe Me 109G-12, a two-seat training version of the famous Me 109 fighter. Some would describe the young Austrian pilot at the controls' actions as desertion, others a defection. His 430 mile flight from Zerbst, near Innsbruck had been an eventful one. His fuel was almost exhausted as he crossed the Suffolk coast over Hopton at a mere 50 feet, wheels lowered to indicate he wished to surrender. The anti-Nazi convictions which had brought him on his one-way flight

to freedom almost cost him his life as the attempted forced-landing ended with his aircraft careering down an incline and disintegrating into three sections, leaving him with a broken leg and a badly gashed wrist. "England? Gut!" were reputedly his first words to his rescuers. We can only speculate as to the conditions he was held in during his time in Allied captivity, mindful of the likely reaction from his fellow German PoWs had they known the details of his capture.



A rare ME 109G-12

Obviously wartime security and mantras like "Careless talk costs lives" prevented any reportage on the events at the time. It is only now, 75 years on that we can inform new generations of the extraordinary air war history that took place on our doorsteps here in Suffolk.

*"Much of the original research into the Me 109 crash at Herringfleet was done by the late Christopher R Elliott, who died aged 90 on 17 April 2019. He was a fine researcher and writer who helped me and a lot of other authors and historians. This article is dedicated to his memory" - BC*

Looking for a guest speaker? Aviation historian and author Bob Collis has a range of illustrated talks (aka "Slideshows") on different aspects of military aviation history in East Anglia. Target: Lowestoft, Aviation Archaeology, Down in the Drink, Zeppelins over Lowestoft and more. For full details contact Bob Collis at [robertjcollis@aol.com](mailto:robertjcollis@aol.com) or Tel: 01502 585421

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# Hypnosis: Harnessing the Natural Powers of the Mind

Evolution's Damien Shann interviews the hypnotherapist Paul Walpole MFHT.

**Damien:** First of all, thank you, Paul for taking the time to do this short interview. I am wondering how you first came to train in Hypnotherapy?

**Paul:** Before becoming a hypnotherapist, I spent most of my working life in the construction industry, working on social housing projects throughout East Anglia. It was while in this role that noticed that, as well as voicing their concerns about the building projects, tenants would often talk to me about their own personal issues, and I would offer support wherever I could.

I'd always had an interest in hypnosis and the power of the mind, and having read a number of books on the subjects, along with my desire to help people, I decided to train in hypnotherapy and NLP.

**Damien:** That sounds like a really natural and organic progression, what did you train in?

**Paul:** I trained in a number of therapy methods with both the highly experienced hypnotherapist, Joy Gower and also the Hypnosis Academy, one of the most respected training schools in the country. These methods included, Hypnosis, NLP, Emotional Freedom Technique and "Kinetic Shift". Because clients' issues are unique, each session is specifically tailored to their needs, using a combination of these methods I help people achieve thier desired goal.

**Damien:** What sort of issues is Hypnosis used for?

**Paul:** The list of issues that hypnotherapy can help with is almost endless, but include, stress, anxiety, confidence issues, phobias, weight management,

smoking cessation, compulsions/addictions, sleep disorders... the list goes on!

**Damien:** Okay I get it! What does a hypnotic trance feel like?

**Paul:** Each person's experience is unique, but many describe it as being like a day dreamy state, and a very enjoyable and relaxing experience.

Some people are apprehensive about seeing a hypnotherapist as they may be unsure of what it involves, or have misconceptions based on what they have heard, or seen in films or television programmes but hypnosis is actually completely safe. You cannot be hypnotised against your will, and even when you are in a hypnotic trance, you are always in control, and can come out of trance whenever you want.

**Damien:** Thanks, Paul, for giving us a brief insight in to how you work and the benefits your methods offer.

Paul is a therapist at Evolution, Lowestoft, and a member of both The Federation of Holistic Therapists and UK Hypnosis Academy.

For further information call him on 07789 778 300

Damien is a counsellor and facilitator of Evolution

Tel. 07475 941 512.

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# The Grumpy Old Man

Probably politically incorrect - Doesn't care!



## Nappies on 4&5 Year Olds?

I read a report on-line recently that a school somewhere, (not in our area I am pleased to say) had employed a lady to change nappies on some of the children aged 4 and 5 who were not yet house-trained! I don't know about you but can parents really be so disinterested in the progress of their child that they think this is acceptable? Most kids I am sure, are trained to use a toilet by the time they are two years old roughly - and to be content to send your child to mainstream school wearing a nappy is truly shameful. The parents should think about the embarrassment of their child by turning up looking like a baby instead of a growing child entering a place of learning. It beggars-belief really. Perhaps it is a product of having two parents forced to work in order to make enough money to make ends meet. Or kids being dropped off at day-care all day, or kids left at school from 8am - 6pm, seeing parents just in time to put them to bed. Or is the whole thing just another symptom of a very broken Britain?

## Our Stolen Pensions

We have had austerity in this country since the bankers stole all the money in 2008 and got away with it. Tax breaks have been a norm for giant corporations and offshore accounts full of laundered and stolen money have gotten fatter than ever. But the British people, those at the bottom end of the financial scale, the salt of the earth ordinary working people definitely got the bum end of the deal with everything increasing in price rapidly, including food. Then the 'government' had the brass neck to increase the age at which we, the British people could retire. So, we get the privilege of working for years longer than anyone planned to do in order to be eligible for a pension that even years ago was inadequate.

The first thing any sensible government would do after a currently much-needed General Election would be to restore the pensions in this country to what they were and backdate them, in order to return to the people that which was stolen.

## Baby Banks.

We have food banks, homeless people sleeping and dying on the streets, and now BABY BANKS where the people with babies who cannot make ends meet can go and get supplies for their child - donated by ordinary folks. There are over 100 such Baby Banks in the UK including Lowestoft, Norwich and Cambridge. Do you still think Britain isn't Broken?

## Netting of Trees

If you use social media you cannot possibly have missed the new, disturbing and widespread practice across the country of covering large numbers of trees and hedgerows in small mesh netting. This is to prevent any birds from nesting and having young. Apparently it is illegal to fell trees or remove hedges where birds are nesting, so covering them with nets is a preventative measure.

How far can mankind detach himself from nature and everything that is good and innocent and wonderful? Norfolk County Council was forced to remove huge nets secured to the cliff face at Bacton in Norfolk due to a social media backlash. The intention of the nets, was to prevent Sand Martins from nesting! I hope they also removed the cretin who decided to put them up!

## Celebrity Fatigue

Finally, I have a new idea for a celebrity TV show - Celebrities In Space - all of 'em - forever. All of those reality show 'stars' Kardashians and such like. Then we must make the TV companies promise to stop making stupid people famous.

So what else is new??

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And then my soul saw you, and it kind of went: "Oh, there you are, I've been looking for you."

## SOUTHWOLD BODYWORK REPAIRS

*They come to you!*

Southwold Bodywork Repairs is a new small business offering mobile vehicle bodywork repairs and refinishing. Owner Dan Edwards has been working on vehicle bodywork since he was 14 years old and is Thatcham Automative Academy trained. He is college served and IMI certified.

Dan's work is much in demand and he offers a service that is truly different, visiting you at your home or place of work. He will sort out dents, dings, scratches and all small to medium accident damage as well as alloy wheel repairs. Most repairs can be completed in a single day which avoids losing your vehicle for long periods at a body shop, thereby considerably reducing your bill whilst maintaining the highest quality workmanship.

His van is equipped with state of the art tools and equipment to help ensure a fantastic end result. Dan is based in Uggheshall (between Beccles & Southwold just off the A12) and is happy to travel to you anywhere in the catchment area of this magazine. Dan currently donates 5% of your bill to the charity of your choice! You can contact him on 07904 094 183 or Email: southwoldbodyworkrepairs@outlook.com Visit [www.southwoldbodyworks.co.uk](http://www.southwoldbodyworks.co.uk) See the advert on page 19.

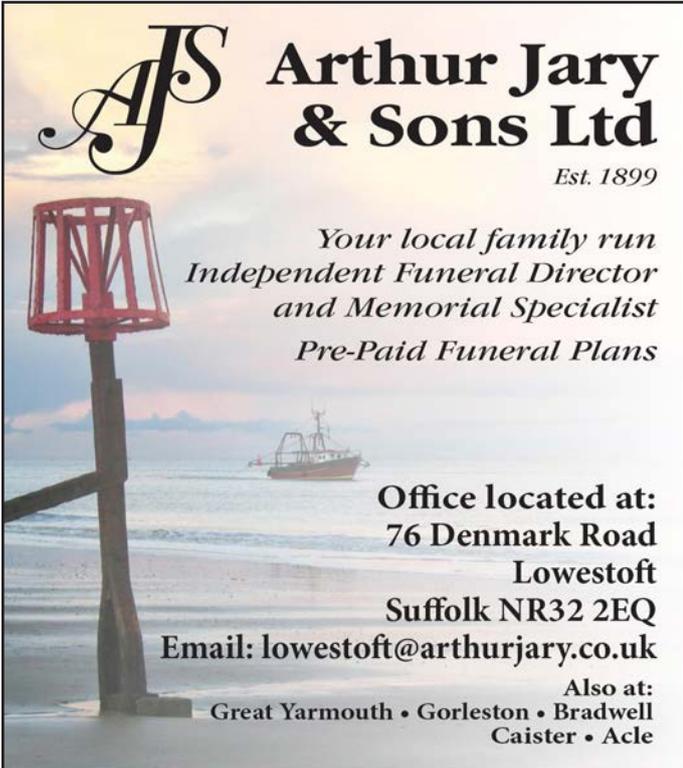
*Do you remember when you used to be skinny but thought you were fat and now you are actually fat and wish you were fat like you were back then?*

## Leiston Film Theatre News

Our new foyer is coming along very nicely indeed and will provide our venue with a lot more space and shorter queues, as pre-booked tickets will be collected from a separate counter.

We have a host of great films on screen in the coming weeks, plus four live shows to look forward to. Raising funds for the Air Ambulance, The Bootleg Shadows recreate the music of one of the most popular nstrumental groups in the world, when they appear on Saturday 8th June at 7.30pm. Tickets are priced at £17.50 and are already selling well, as are tickets for The Mods and Rockers Show on Saturday 11th May at 7.30pm. Johnny Warman's musical journey through the 60's and 70's really is a show not to be missed and features the music of the Rolling Stones, The Beatles, Small Faces, The Kinks, Jimi Hendrix, The Animals, The Zombies plus many, many more. Tickets are still available, priced £15.00, but are expected to sell out shortly, so don't leave it too late! Neil Gore brings his one-man show, The Ragged Trousered Philanthropists, to our stage on Tuesday 7th May. Based on the famous book by Robert Tressell, it features political conjuring, music and songs echoing life in the building trades of Edwardian England. Tickets are priced at £10.00 for adults and £8.00 for concessions.

I am especially looking forward to welcoming back Britain's Got Talent finalist Steve Hewlett, along with his cast of crazy characters on Saturday 25th May. Steve shot to fame for his superb skills at a Ventriloquist on Britain's Got Talent in 2013, alongside Arthur Lager and little Simon Cowell. Steve first appeared at the Film Theatre in 2014 as part of our centenary celebrations and his family friendly show will no doubt prove a popular attraction for the May half term school holidays. Tickets are priced at £12.50 for adult, £11.95 for concessions, with a family ticket for only £40.00. Call us on 01728 830549 or visit our website at: [www.leistonfilmtheatre.co.uk](http://www.leistonfilmtheatre.co.uk) Wayne Burns.



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## LEISTON WORKS RAILWAY TRUST - THE BIG 160

In 2012 a group of railway enthusiasts got together to form a new organisation called the Leiston Works Railway Trust (LWRT). Its aim was to re-open a section of the former private industrial railway track that once connected Richard Garrett Engineering Town Works to the branch line in Leiston.

2019 is a momentous year for the LWRT, who are now in the process of relaying a part of the former private industrial railway track. As 2019 also marks the 160th anniversary of when the railway came to Leiston, it seems fitting to celebrate the reopening of a section of the Leiston works railway track in this special year.

With this in mind, the LWRT are holding an event called "THE BIG 160" which is taking place on Saturday 1st June and Sunday 2nd June 2019, where they are reopening a section of the Leiston works railway track and are hoping to bring steam back to the line (subject to the availability of a steam engine). The entrance to the railway track can be found at the junction of Buller Road onto Station Road -the postcode IP16 4HA. The opening times on each day are 10.30am – 4.30pm. Parking will be at the Waterloo Centre, Waterloo Avenue, Leiston, IP16 4HF.



Other attractions on the day will include some model railway displays at the Waterloo Centre. Along the track bed there will be children's games, a railway book stall, refreshments and various other stalls by local organisations.

For more information about "THE BIG 160" weekend, including booking a pitch for your stall, to book your model railway to display at the Waterloo Centre or for general enquiries please contact Julian Warner on 0777 4640708. Also for all the latest information on "THE BIG 160" weekend please visit the Leiston Works Railway Facebook page, the Leiston Works Railway website [www.lwr.org.uk](http://www.lwr.org.uk) or visit the website for Leiston at [www.visit-leiston.co.uk](http://www.visit-leiston.co.uk), where you will also find local information, including where to stay and where to eat.

### BUNGAY CHARITY GOLF DAY with Rosedale Funeral Home

On Thursday the 13th June, Rosedale Funeral Home will be hosting a Charity Golf Day at Bungay and Waveney Golf Club with all proceeds being split between Emmaus, Norfolk and Waveney who work tirelessly to end homelessness and Nature and Nurture Therapeutic Services a charity who work with children and families who have been bereaved of a loved one. Our aim is to raise enough money to run a residential weekend in Suffolk to support families who

have been bereaved.

Funeral Director George Ling says "Rosedale chose to support two local charities where we can see the impact the money we raise has and were the money goes back into supporting local people".

If you or you know someone who may be interested in putting a team together or your company would like to sponsor a hole or give a prize for the raffle, please do call Lucy on 0775329925.

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Email: [karen@eastcoastadministration.co.uk](mailto:karen@eastcoastadministration.co.uk)  
[www.eastcoastadministration.co.uk](http://www.eastcoastadministration.co.uk)

# WHAT'S ON GUIDE

This Guide is a free service and is open to all local fundraising & community events  
 Entries are subject to editing and inclusion is subject to space. Incomplete entries will not be included  
 Email the details in the format and order as below to: [the.buglemag@yahoo.co.uk](mailto:the.buglemag@yahoo.co.uk)

- Saturday 4th May** Car Boot Sale, Holton Church Paddock IP19 8NG. Tel: 01986 835752 01986 875913. £6 prior £7.50 on day.
- Sunday 5th May**, Beccles Antiques Street Market, Beccles Town Centre, NR34 9HA. 100 stalls, local shops open, street food. Contact telephone 01502 711174, [www.facebook.com/antiquesmarketbeccles](http://www.facebook.com/antiquesmarketbeccles).
- Monday 6th May** Open Morning at Ringsfield village hall between 10am - 12pm for you to view and to help you fill in the refurbishment questionnaires, ready to return by 10th May. Tea/coffee available.
- Monday 6 May** 10am-3pm. The Great Halesworth Mediaeval Trail. Fun Quizzes for ALL the family. Collect forms from de Argenteins in the Thoroughfare. PRIZES! Tea & Cake and Children's Activities in St Mary's Church.
- Monday 6th May** 9.30-12.30 Alburgh Village and Alburgh Village Hall - Garage and Table Top Sale. Admittance to hall including a trail map - £1, children free. Raffle. Refreshments To book a table or garage ring Ann 01986 789102 or Lelsey 01986 788623
- Tuesday 7th May** Spring Tradecraft Day to be held at St. Edmund Catholic Church Halesworth from 10 am to 4 pm. Gifts that make a difference to the world's poor. Books and cakes for sale. Refreshments & car parking available.
- Tuesday 7th May** - Loddon Flower Club - Flower arrangement demonstration "It's all a Game" by Wendy Goodliff at Hobart High School, Kitten's Lane, Loddon, NR14 6JU. 6-45pm for 7-15pm, visitors £6, everyone welcome. Raffle held and sales table.
- Wednesday 8th May**. Blyth Valley Parkinsons Support Group Coffee Morning. Wenhaston Village Hall. 10am - 12. 01986 893555
- Wednesday 8th May**. Country and Folk dancing at St. Mark's Church Hall, Bridge Road Oulton Broad NR33 9JX. 7.30 - 9.45 Admission £3. Tea & biscuits half time. Contact Tony on 07955 580 455 Email [tony.sundram@btinternet.com](mailto:tony.sundram@btinternet.com).
- Wednesday 8th May** 12.30pm: Free Lunchtime Recital at St Mary's Church, Halesworth. The C Strings, a quartet of viola players. Picnic in the Pews from 12pm - Light snacks to buy or bring your own.
- Thursday 9th May**. Quiz and Supper at Ilketshall St Andrew Village Hall in aid of the Stroke Association at 7.30pm. Teams of 4 - 6. £10 pp for two course dinner and coffee. Bar. Please call Tracey to book your table on 01502 575415
- Friday 10th May** Brass Band Concert By 'The Norfolk Fellowship Band' at 7pm at The Salvation Army Citadel, Beach Road, Lowestoft NR32 1EA. In aid of local funds. Entry £5 on the door. Everybody welcome. Tel 01502 539118
- Saturday 11th May** Christian Aid coffee morning at Pakefield church hall from 10am -12 noon. Refreshments, cake stall, raffle, book stall and bric-a-brac. all welcome, no entry charge.
- Saturday 11th May** The Hub - Brick Kiln Lane Huntingfield IP19 0QH - Ceilidh with The Hose Pipe Band 8 pm Tickets £12.00 children under 12 yrs free. Bring your own snacks & drinks. Open 7.30 all welcome To book call 01986 799130 ansaphone or email: [thehub@huntingfield.org](mailto:thehub@huntingfield.org).
- Saturday 11th May** Cancer Research Spring Fair 10.30am - 2pm. Holton Village Hall, Light lunches, Raffle, books, tombola, bric-a-brac, cakes etc. Ample parking. Hoppa departs railway station 9.30am arrives village hall 10am. A warm welcome to all
- Saturday 11th May** Yoxford Village Hall - Breakfast -Cakes-Car Boot and Craft- 10am-1pm plus History Exhibition in our small hall 10am-4pm theme: Schooldays & Health 1850s - 1950s. In the evening a Quiz Night from 7pm Teams of up to 8 (less is ok) £10 PP Includes Two Course Supper-Bring Your Own Drink -Contact Sheena 07973 863034. All proceeds to the village hall fund
- Saturday 11th May** Table Top Sale at Gunton Estate Community Hall (opp Hollingsworth Road shops) 2pm - 4.30pm Stalls £5 ea. Refreshments. To book call 07867 811 898 or 01502 564 601
- Sunday 12th May**, Classic Car Rally at The Pit Stop Café, York Rd, Southwold IP18 6AN 12n00n onwards - plenty of parking
- Sunday 12th May** Lowestoft Choral Society concert 'Puccini and Friends' performing "Messa di Gloria" plus other popular opera choruses. At Trinity Methodist Church, Lowestoft at 7pm, open 6.30. Details: [r.drinkwater51@btinternet.com](mailto:r.drinkwater51@btinternet.com)
- Monday 13th May** 'Bungay Flower Club meeting at The Emmanuel Rooms, Boyscott Lane Bungay NR34 1DG. Grania Newton demonstrating 'Yeats Country'. Open 6.46pm for 7.15pm. Refreshments. Guests are welcome. £3
- Tuesday 14th May** Waveney Centre, Beccles Ladies Fashion Show & Cream Tea - Doors open 1.00pm. £3.50 tickets from the office 01502 712473 Lots of stalls clothes, jewellery, bags and accessories.
- Wednesday 15th May** Lowestoft Folk & Square Dance club 7.30 to 9.45 at St. Mark's church hall, Bridge Road, Oulton Broad.
- Friday 17th May** Sugarcraft East demonstration by Claire Webb, bluebells & heart fern. 7.30pm URC, North Lowestoft,
- Thursday 16th May** Neals Life Awareness Centre - Waveney Centre, Beccles NR34 9HE (up the little alley next to Hughes Electrical)7pm. Guest speaker: Native American Storytelling - plus - Mediumship with Alex Lovelock, The Maverick Medium. Adm Free. Refreshments.

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# WHAT'S ON GUIDE

- Saturday 18th May** Beccles Helping Hands 1st History Walk. Meet outside the Bear and Bells Old Market. Tickets can be purchased from Saxons New Market Beccles. Cost £5 and children under 5 are free.
- Saturday 18th May.** Alburgh Village Hall, IP20 0BZ. Elvis Show with Alex "Elvis" recreating 1950 – 1977 in aid of MacMillan Nurses and The Big C. Adm £6. under 12's free. Open 7pm, show starts 8pm. Fully licensed bar and raffle.
- Sunday 19th May.** Bring & Buy Sale at All Saints Church, Blyford, Wenhaston. 10am - 4pm Plants, Produce & Seeds. Refreshments. Tel: 01502 478660
- Sunday 19th May** Outside car boot, Ringsfield Village Hall, Church Road, NR34 8NT. 9am - 1pm. £6 car £10 van. no food/drink sellers permitted. (Sellers set up from 8am) Refreshments available.
- Wednesday 22nd May** English Country & Folk dancing at St. Mark's church Oulton Broad NR33 9JX. 7.30 - 9.45pm. Come and join us for an evening of enjoyment and laughter £3 entrance. Tony 07955580455
- Thursday 23rd May** RSPB Lowestoft & District Local Group - walk at SWT North Cove. Meet at reserve car park in Wade Hall Lane, Barnby 10am. Limited parking . No facilities. All welcome, leader Pat Chilvers.
- Saturday 25th & Sunday 26th May** Chapel Wild Flowers and Country Teas 1pm -4pm at The Chapel, Sotterley Crossroads, Beccles NR34 7UA. A
- Saturday 25th May** Wrentham Village Hall Film Night. A Star Is Born. Musical starring Lady Gaga, Bradley Cooper and Sam Elliott. Open 7pm for refreshments with film starting 7.30pm. £4.50 inc refreshments
- Sunday 26th & Monday 27th May.** Open Gardens at Sotterley Hall NR34 7TY. Fete -2pm - 5pm. Usual stalls, raffle & refreshments. Adm £3 Under 14s Free. Sorry no dogs allowed. Proceeds to St Margaret's Church. Details: 01502 575612
- Wednesday 29th May.** Lowestoft Folk & Square Dance club at St. Marks Church Hall ,Oulton Broad, Lowestoft. NR33 9JX Admission £3. All you need is 2 left feet and a sense of humour. No partner required. E: tony.sundram@btinternet.com
- Thursday 30th May,** 11-3pm. Lowestoft Maritime Museum. Fishy Family fun Join Captain Crabbe and feline friend Admiral for maritime museum adventures. Plus make your own sea-faring souvenir to take home. Normal admission charges apply.
- Tuesday 4th June** - Loddon Flower Club. Contemporary design workshop with Diane Blyth (President) held at Hobart High School, Kitten's Lane, Loddon, NR14 6JE at 7-15pm. For items needed contact Margaret Turner on 01508-520135. Visitors £6.
- Wednesday 5th June.** The Beccles Society of Artists meeting at the Waveney Centre at 7.30pm for a demonstration by landscape artist Sarah Cannell. Guests are very welcome £3.00 per meeting. www.becclesartists.co.uk
- Friday 7th June** RSPB Lowestoft & District Local Group meet at St Mark's Church Centre, Oulton Broad, NR33 9JX 7.30pm. Talk entitled 'Humming Birds, Nature's Flying Marvels', by Kevin Elsby, All welcome, visitors £3.00.
- Last Sunday of the Month** Monthly Car Boot Sale March to October 2019 Wortwell Core Community Centre IP20 0HS 2 - 5pm Free Admission. Refreshments. contact 01986 788511 for bookings and info wortwellcore@gmail.com
- First Monday of each Month** Charity Pub Quiz 7 pm White Horse, Chedgrave, for further details contact www.3millionsteps.org.
- Every Monday** Yoxford Village Hall, 10-12. New Age Kurling. £2. Equipment supplied. All ages and abilities
- Every Monday morning** 9.30 -11.30 and Thursday afternoons 2.30 - 4.30 BADMINTON for over 50's at Waterlane Leisure Centre. Lowestoft. Some experience needed. Contact Betty on 01502574609 for further details.'and a chat."
- Every Wednesday.** Coffee Morning at The Salvation Army. Beccles. NR34 9TQ. 9-30 to 11-30am. All welcome for coffee or tea and a chat.
- Last Friday of each month** - MINI MARKET AND CAFE - Blythburgh Church from 10:30am to 12 noon.. Homemade cakes, tea & coffee, plus stalls with gifts, plants, pies & savouries, cards and cakes, etc. All welcome.
- Every Friday.** Beccles Country Market, Quaker Hall, Smallgate. 9.15-11am Enq: Jill Pulford 01502 715826

## Gunton Estate Community Hall, Hollingsworth Rd, Lowestoft

Every Tuesday Open House, Bric-a-brac, local councillors 10am - 11.30am. Refreshments 9am - 11.30  
 Every Thursday Coffee Morning with Bingo 10.30am - 11.15. Refreshments from 9.00 - 10.15am  
 Every Friday: Fresh Produce Co-op bags of veg & fruit £3 a bag. Half veg bags £1.50. Bric-a-brac 12 - 3pm

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# Ivan's Tour de Force continues...

## Historic Lowestoft

The Lowestoft Players present TWO NEW TALKS

### The Prunier Herring Trophy in Lowestoft A CELEBRATION



by  
**DR BOB DICKSON**  
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Featuring a **STIRRING MUSICAL ACCOMPANIMENT THROUGHOUT**  
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### Suffolk's Nelson Admiral Broke of the Shannon A SONG and A STORY



by  
Renowned Local Historian  
and Researcher  
**IVAN BUNN**

In setting up an occasional series of Saturday evening 'events' at the Players Theatre under the umbrella title of 'Historic Lowestoft', the Lowestoft Players are fortunate in having no lack of expert local guides to follow. For the series held to date and planned for the future, our main history guide has been the renowned local Historian and Researcher Ivan Bunn. And since many of our subjects of interest have a connection with the sea and the fishing industry in particular, our main 'marine' guide has been the Port of Lowestoft Research Society (PLRS) whose expertise and photo-archive of over 15,500 images is second to none.

A quick run-through of the five events to date and to come will show something of the breadth of expertise on offer.

On 10 November last, in our commemoration of 'The Bethel at War', Ivan explained the what, when and where of the Lowestoft Town battery that gave its name to 'Battery Green' -- and revealed whether it ever worked. It didn't.

On March 2 Ivan took on the complex task of describing the original reasons for cutting a harbour into the coast at Lowestoft in the early 19th C where previously there was nothing of the kind. And what he described to us was a story of envy, greed, mis-planning, wrong-thinking and the spending of unbelievably large sums of money that didn't do what was planned for the city of Norwich but gave the Lowestoft fishermen a nice harbour that they hadn't paid for. They promptly moved in. On May 18th, Ivan will shift his focus to Admiral Philip Broke of the Shannon, 'Suffolk's Nelson', to explain 'with a song and a story' why he is such a hero.

And even in the partnering talk that night, - a celebration of the Prunier Herring Trophy in Lowestoft by Bob Dickson ex CEFAS, Ivan is not to be left out. In the winning drifter from 1952, the LT 20 Lord Hood, Ivan's uncle Ben (Cole) was down below stoking as they laboured to bring back her then-record catch of 314 3/4 crans at very slow speed safely back to Lowestoft. That's Ben, the big man up front in the picture.

There's more from Ivan in the planning stage. On 27 July he will use the major Fisher archive and others to describe 'The History of Theatre in East Anglia' while on 14 September his focus shifts once more to 'The East Anglian History of Witches and Witchcraft', partnering 'Down in the Drink' a gripping account of the succession of aircraft that have ditched off Lowestoft over the years by our star local aviation expert Bob Collis.

Beat that list for variety! Still more variety will no doubt follow in the autumn and winter, and in every case, the evenings' talks will be crowned by a stirring programme of songs and shanties.

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for Summer!**

Dear Bugle

At one time the mantra from the Waveney District Council was "regeneration & sustainability" and we saw very little of either.

Now it appears to be "putting Lowestoft on the map". This

according to Stephen Baker, the Chief Executive of the former WDC now the ESDC is what the "First Light Festival", will do for the town. So what is the legacy as far as Lowestoft is concerned relative to the former Waveney District Council?

The planners still have their heads in the 1960s. Lowestoft has been stripped of its heritage and identity. Facilities have been allowed to deteriorate and then be scrapped. Promises of better things to come always arrive when there is a local or national election in the offing. In the meantime, the traffic system does not flow because of excess traffic lights, bottlenecks & utilities taking unnecessarily long & priority. The third crossing is always something that may happen sometime in the future and it will probably be out of date when it arrives. The railway links and service are spasmodic and unpredictable with a station that is always going to be improved "sometime in the future". The hospital has been closed and health facilities much reduced. Resources have been wasted on vanity projects like the Council Offices on Canning Road far removed from the town centre and the renaming of the A12 which according to council leader Mark Bee was supposed to put "Lowestoft on the map!" Respondents to consultations are ignored. What are we left with? More & more drive through burger and coffee bars, a derelict Town Hall site and many empty shops. A hospital site sold for a pittance and the encouragement of static caravan sites and out of town shopping centres. It will take more than an irrelevant "First Light Festival" to sort out the WDC made problems and put "Lowestoft on the Map".

Therefore, my remedial answer is to get the basics right before spending money on vanity projects and beach parties e.g. improve the traffic system and parking facilities, the railway, health facilities, a restored Record Office, library, tourist information centre & magistrates court. Restore public heritage areas such as the Scores and Denes, restore and improve the South Beach north of the Claremont Pier and the frontage attractions and encourage businesses including retail. Perhaps then, people may want to visit Lowestoft central again.

Yours sincerely Norman Castleton

## STAR LETTER

### Your Letters to The Bugle

### Free Hearing Care Event in Halesworth

The Hearing Care Centre, which is a family-run business with 26 centres across East Anglia, will hold a special Hearing Care Day at Jeffrey & Associates Opticians, Halesworth on Thursday 9th May. Complimentary hearing assessments will be on offer at the event, as well as professional advice from The Hearing Care Centre's award-winning team to help you hear to your full potential. For more info or book an appointment, call The Hearing Care Centre on 01473 230330 or visit [www.hearingcarecentre.co.uk/halesworthpenday](http://www.hearingcarecentre.co.uk/halesworthpenday)

## Win a Meal For Two at The Star Inn, Wenhaston

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Last Month's winner was Hazel Blake from Lowestoft who correctly identified Ben Wishaw

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## Bizarre Sports and Aspergers Syndrome

with Richard Mundy

My Son Jasper is 17 years old. He was diagnosed with Aspergers Syndrome when he was age 7. Aspergers Syndrome is disorder on the autistic spectrum characterised by significant difficulties in social interaction and non-verbal communication, along with restricted and repetitive patterns of behaviour and interests.

This condition has a very debilitating affect on Jasper's day to day living, however he also has an excellent appetite to read and digest knowledge. He becomes fixated on subjects and he is all consumed by learning and talking about them. The depth of his knowledge is astounding; in recent months his main topic of interest has been the subject of bizarre sports. In my spare time I like to do History Talks to local groups, so one day when Jasper was telling me about the world of Extreme Ironing, I asked him if he fancied putting on a talk with me including all these strange and bizarre sports to which he agreed.

So on Saturday 30th March we put on our talk 'Bizarre Sports' at the Kirkley Centre. By charging an entrance fee we raised £40 for the Mental Health charity 'Yarmouth and Waveney MIND'. Some of the bizarre sporting events we included were: Chessboxing, Wife Carrying, World Stinging Nettle Eating, Mobile Phone Throwing and Toe Wrestling. Jasper was able to successfully transfer his enthusiasm on the subject to the audience and a good time was had by all.

I feel the event has been a good example of overcoming the barriers of a disability and concentrating on what you 'Can do' rather than what you 'Can not'.

*When you are told in the supermarket that you can use the self-service checkout - just say 'No thanks - I don't work here! Every self service check-out probably means someone has lost their job.'*

## Victorian Bungay and Beyond

A rare opportunity to get a taster of some of the Victorian textiles in the Embroiderers' Guild historic collection is coming to Bungay.

The work will form part of the Victorian Bungay and Beyond exhibition at St Mary's Church which opens with an evening preview on May 24, the 200th anniversary of the birth of Queen Victoria.

The exhibition is then open daily until June 2, from 10am to 4pm.

Alongside the embroidered museum pieces will be samples of Victorian work from the Guild's study folios. A tableau of costumes, from the Fisher Youth Theatre Group wardrobe, toys and farm equipment, plus other items from the period will be on display.

The Victorian period was a time of great innovation and social change. These changes will be illustrated in the photographs of the area taken during her long reign. These will be selected from the Bungay Museum collection.

The event opens with a preview evening when a guest speaker in the role of the Queen, herself, will welcome everyone. Admission to this evening event is free but donations asked, however, places must be booked in advance.

Local historian and author will be leading a guided walking tour around the town on Saturday, May 25 starting at 10.30am. Booking in advance is necessary for this event and tickets cost £5.

This is followed on Sunday, May 26 at 4.15pm, by an afternoon tea and entertainment. Tickets are £5 bookable in advance.

To book tickets for these events please telephone Warnes 01986 892855 or Parker 01986 893133.

For more information visit [www.visitbungay.co.uk](http://www.visitbungay.co.uk)

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2011	61	BMW 318i Performance Edition, 6 Speed, 4 Door, Black, FSH	<b>ONLY 36,000 MILES</b> £7,995
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2014	14	Toyota Yaris Trend VVT-I 1.4, 5 Door, White, FSH, One Owner	<b>ONLY 19,000 MILES</b> £7,350
2015	15	Vauxhall Corsa SRi 1.4, 5Door, Silver, <b>£30 Road Tax</b>	23K £7,295
2015	65	Fiat 500 Lounge, White, Alloys, Electric Mirrors, Parking sensors. FSH	21K £6,995
2007	57	Toyota Rav 4 XTR VVT-i 2.0, Detachable Tow Bar, SH,	76K £5,450
2010	60	Toyota Auris SR 1.6 Valvematic 6 SP, A/C, Parking sensors, C/C, Bluetooth hands free	58K £5,350
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Matinee - Sun 5th & Wed 8th May at 3.00pm

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Sun 5th May at 6.00pm

Sun 12th May at 3.00pm

*Daniel Mays, James Purefoy and David Hayman in*

**FISHERMAN'S FRIENDS** 12A

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Wed 15th May at 7.15pm

Matinee - Wed 15th May at 3.00pm

*Jessie Buckley, James Harkness and Julie Walters in*

**WILD ROSE** 15

Sat 11th & Sun 12th May at 11.30am

**PEPPA PIG: FESTIVAL  
OF FUN** U

Fri 17th - Thurs 23rd May

7.15pm (excl. Sun 19th May)

Matinee - Sun 19th & Wed 22nd May at 3.00pm

*Nicholas Hoult and Lily Collins in*

**TOLKIEN** 12A

COMING SOON ...

Fri 24th May - Thurs 6th June

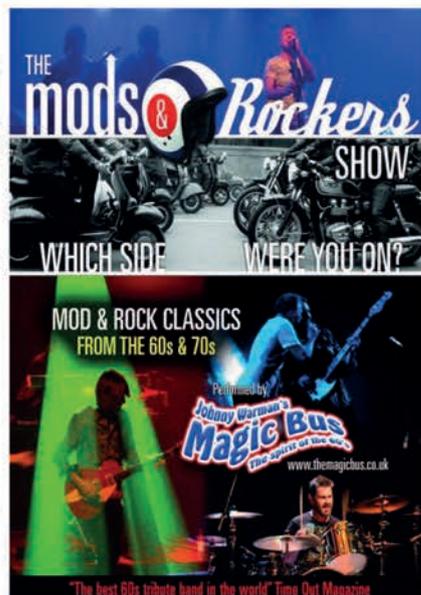
**ROCKETMAN** TBC

What's On at  
**Leiston  
Film Theatre**

Johnny Warman's Mods and Rockers Show brings you the best musical years of our lives, the sixties and seventies. Whether you had a parka or a leather, a scooter or a Norton, get ready for a night of pure entertainment from one of the best bands on the live circuit, featuring the music of the Rolling Stones, The Beatles, Small Faces, The Kinks, Jimi Hendrix, The Animals plus many, many more.

**Saturday 11th May, 7.30pm**

**Tickets: £15.00 - NOW BOOKING**



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**A Night Full of  
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**"GENIUS"**  
Comedian, Ross Noble

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HRH, Prince William

**"WORLD CLASS"**  
Legendary Actor: John Hurt

**"A TRUE ARTIST"**  
Saxophone Legend: Kenny G

**FAMILY TICKET  
ONLY £40.00  
NOW BOOKING**

**SAT  
25TH  
MAY  
7.30PM**



**Saturday 8th June, 7.30pm**

A unique tribute encompassing The Shadows' amazing career from 1960 to the 1980s. Relive all the hits that will have you humming the tunes long after you have left the theatre. Tickets: £17.50.

**Leiston Film Theatre, High Street, Leiston, Suffolk. IP16 4BZ**  
**Box Office: 01728 830549 www.leistonfilmtheatre.co.uk**