

# THE BUGLE MAGAZINE

Serving Lowestoft, Beccles, Bungay, Halesworth & Southwold areas



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## Welcome to The Bugle Magazine for February



Don't forget to feed our feathered friends this winter and leave some food out for Hedgehogs too.

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# The Bugle Magazine

Hi everyone

Well we really did hope that we would still be printing The Bugle but with the lockdown returning with a vengeance it was almost inevitable that we would struggle to achieve that.

Some of our advertisers have been adversely affected and some of our shop advertisers have had to close for the duration. With the resulting loss of advertisers we have had to distribute this month on pdf format only. This is being achieved through our extensive email list which is ever-growing! We also place the mag on our website and it is downloadable from there.

We cannot say what the future holds but we wish for all of our readers to stay healthy and all our advertisers and other local businesses to be able to see their way through these trying times and look for a better tomorrow.

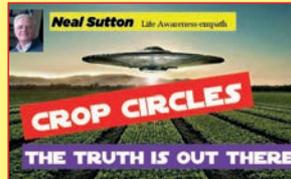
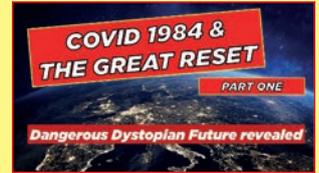
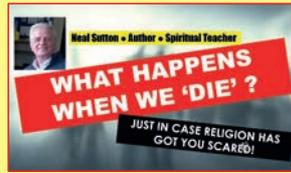
Please shop local and use local businesses wherever possible. If you know anyone who would like to go on our email list - get them to email us today!

Next issue March 1<sup>st</sup> Copy deadline Feb 18

Happiness to you all

Anna & Neal

## Follow Neal Sutton On 'You Tube' & 'Brand new Tube'



**If YOU are cold,  
THEY are cold.**

**PLEASE  
bring your pets  
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It is all about Love & Kissing! Did you know a 1 minute kiss burns 26 calories?

# Wetnose Animal Aid



During these crazy times, so many animal rescue centres are really struggling with less volunteers and staff but the work still carry's on! We have helped Rescue Centres for over 20 years and never seen anything on this scale before, even in 2008 with the credit crunch things were bad but this is really awful for pets and wildlife.

As a non-profit company the funds we get in the more we can give out, centres need scanners, incubators, microscopes, vet bill and food bills paid, supplies and equipment, having run a rescue centre myself, I know what these animal heroes are going through, and the flooding is not helping at all.

Please help if you can, we need more centres not less, we need more vets like Supervet Noel Fitzpatrick, pets being stolen to order, pets being brought online and then dumped, rabbits, hamsters, cats, dogs, chickens! The piece below is a short extract from a file that was sent to us at The Bugle from Andrea at Wetnose Animal Aid. The full article is available as a pdf download from our website.



Like many charities all over the UK, Remus Horse Sanctuary is suffering financially due to the impact of Covid-19 on its fundraising activities. Founder, Sue Burton believes that the charity will be facing a funding gap somewhere in excess of £337,000 for events and fundraising activities cancelled so far this year, stating that it costs £450,000 per annum to remain open. Mounting a rescue operation is extremely expensive including equipment, medical expenses and transport costs. But the greatest impact is felt by the charity once the animals are on-site at their Sanctuary in Essex – financially, emotionally, physically and mentally.

"The majority of animals that we rescue are, at best, malnourished and full of worms. They may have been abandoned, neglected or mistreated. Some may not recognise food and hay, let alone know what to do with it. Some may be suffering from Cushings or Laminitis. Often their lower teeth are found growing into their top gums. Some may be crippled either by overgrown hooves or injury.

"Some will have shut down completely, near death, depressed and, despite all of our best efforts, just can't be saved. It takes its toll on them and on us. But we can't give up, we have to continue trying to help these magnificent creatures." Ms Burton.



**Fiona Oakes** owner of Tower Hill Stables Sanctuary does some amazing work in the field of rescue. Sheep Mum Gabrielle, was destined for slaughter but we managed to save her just in time. Realising quite soon after that she was pregnant with twins! Georgie (left) and Gracie we're born Sunday 1st March in time for spring. Wetnose has helped Fiona for many years.

For over 20 years Wetnose Animal Aid has helped many Animal Rescue Centres with equipment or funds and this year we have tried our best to help as many as possible. We have given out over £14,500 but need to help many more with your help. Please send a cheque to Wetnose Animal Aid Ltd, 2 Wells Terrace, Bungay Road, Stockton, Norfolk, NR34 0HR or donate at [www.wetnoseanimalaid.com](http://www.wetnoseanimalaid.com) Thank you.

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## Has your village got an abandoned web site covering your area?

The web pages for Wangford were at least 9 years out of date, in our case the Angel was closed before Peter and Christine White took over the tenancy, and they have since moved on. The Plough must have been closed for refurbishment. Neither got a mention - both are now thriving businesses serving the villagers and tourists well. The vicar named moved back to Aberdeen 6 years ago and her vicarage is now a private residence. The church wardens named are not current, one of whom is sadly deceased four or five years after retiring. Waveney is still shown as the District Council.

Efforts have been made to have the pages updated. Blyth web who is identified as the owner ceased trading in 2017 and handed over the role to MHCreaions.

Blyth web advertised a series of web pages covering Blythburgh, Bramfield, Halesworth, Southwold, Walberswick, Wangford and Wenhaston.

We have only able to verify the information provided for Wangford, residents. In the other named villages people will be able to indentify outdated text in their pages.

When they do if they contact Martin Heaps of MHCreaions on 014123772600 or 07588 448 441 he has said that he will update the web pages.

The wangford observer

## DO YOU SUFFER FROM A FEAR OF NEEDLES?

With Keith Travis Hypnotherapist

The Covid 19 vaccine is here to help with our fight against coronavirus. While this is great news for the majority of us there are those who have an extreme fear of needles. Let's face it, most people don't look forward to having an injection but just take it in their stride. A fear of needles, affects approximately 10% of the UK population.

"Needle phobias can often be traced back to childhood, coming from memories of painful injections, Quite often though they were more surprising than painful, and it's the surprise element that has probably caused the problem.

The good news though is you don't need to let that fear of needles bully you into not having a beneficial vaccine. Clinical hypnotherapy can be a very effective in the treatment of phobias It's a simple relaxing and effective way to end any phobia in a short space of time.

You don't need to face the fear or relive anything with the special technique that thousands of others have found beneficial It really is easier than you may imagine to desensitise the negative emotions that go with the fear."

On the Facebook video I mention I am offering needle phobia sessions online for £30 instead of £45. See my advert below for contact details Looking forward to hearing from you!



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# The Invitation

by  
Orah Mountain  
Dreamer

It doesn't interest me what you do for a living.  
I want to know what you ache for and if you dare to  
dream of meeting your heart's longing.

It doesn't interest me how old you are. I want to  
know if you will risk looking like a fool  
for love for your dream for the adventure of being  
alive.

It doesn't interest me what planets are squaring your  
moon...  
I want to know if you have touched the centre of  
your own sorrow  
if you have been opened by life's betrayals or have  
become shrivelled and closed from fear of further  
pain.

I want to know if you can sit with pain mine or your  
own without moving to hide it or fade it or fix it.

I want to know if you can be with joy mine or your  
own if you can dance with wildness and let the  
ecstasy fill you to the tips of your fingers and toes  
without cautioning us to be careful to be realistic to  
remember the limitations of being human.

It doesn't interest me if the story you are telling me is  
true.

I want to know if you can disappoint another to be  
true to yourself.  
If you can bear the accusation of betrayal and not

betray your own soul. If you can be faithless and  
therefore trustworthy.

I want to know if you can see Beauty even when it is  
not pretty every day. And if you can source your  
own life from its presence.

I want to know if you can live with failure yours and  
mine and still stand at the edge of the lake and  
shout to the silver of the full moon, "Yes."

It doesn't interest me to know where you live or how  
much money you have.  
I want to know if you can get up after the night of  
grief and despair weary and bruised to the bone  
and do what needs to be done to feed the children.

It doesn't interest me who you know or how you  
came to be here.

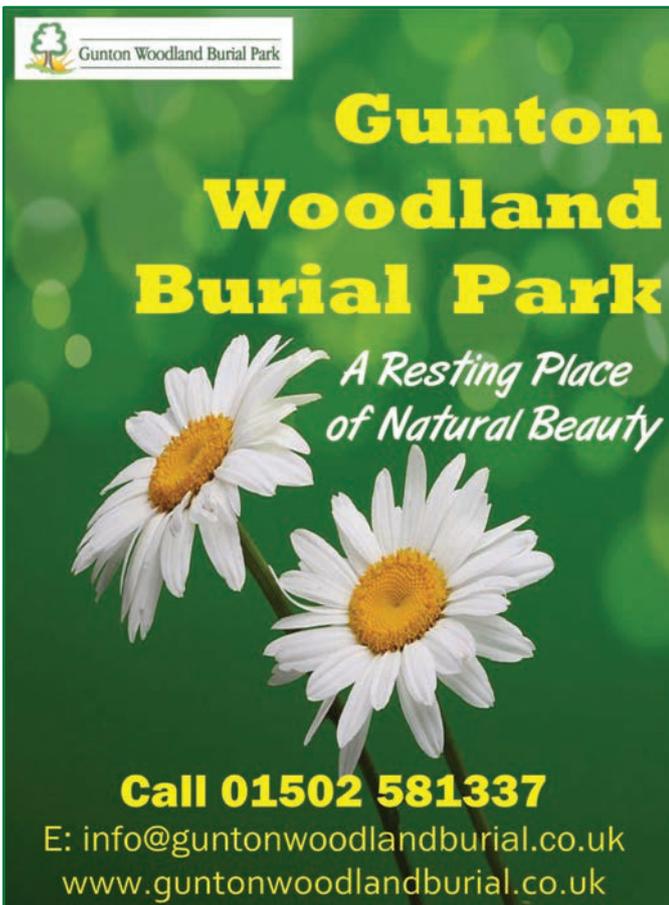
I want to know if you will stand in the centre of the  
fire with me and not shrink back.

It doesn't interest me where or what or with whom  
you have studied.

I want to know what sustains you from the inside  
when all else falls away.

I want to know if you can be alone with yourself  
and if you truly like the company you keep in the  
empty moments.

**YOU JUST HAVE TO ACCEPT THAT SOME DAYS YOU'RE THE PIGEON - AND SOME DAYS, THE STATUE**



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# BECCLES MEN'S SHED

The Beccles Men's Shed held their 3rd AGM via 'Zoom' with 16 'Shedders' present.

There was a short delay while members adjusted their devices for sound and vision! Then the Chairman David Moore welcomed everyone to the 3rd AGM.

Treasurer's Annual Report - Chris Heaphy was thanked for this and all his hard work during the year.

Election of 5 Trustees - There were only five nominations for the five Trustee positions. All were correctly proposed and seconded. There was therefore no need for an election. The five were: Phil Cox, Louise Fisk, John Beaurain, Terry Goodwin and John Raybould.

Election of 3 Officers

The nominations for the three Officer positions were: Phil Cox - Chair, Louise Fisk - Secretary and John Beaurain - Treasurer and this was agreed by all present

Various members spoke up and thanked outgoing Chairman David Moore & outgoing Secretary and Webmaster Carole Moore for their help and contributions in establishing the Shed.

Ere long we hope to again meet at our 'Home' on Beccles Common! We concluded by wishing you and yours a safe passage during these times of unprecedented events. Yours aye,

John L Raybould (most reluctantly addressed as 'The Major' by Carole in the BMS Minutes!  
Our most artistic former Treasurer, Maj {Retd} Chris Heaphy REME, far more fully deserves that accolade!)  
Trustee and PRO 'The Beccles Men's Shed'.

PIC 'Paul Nicholls & Paul Palgrave working on small planters - before Covid!



**This is my simple religion. There is no need for temples, no need for complicated philosophy, our own brain, our own heart is our temple, the philosophy is kindness. Dalai Lama**



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When lightning strikes it can reach up to 30,000 degrees Celsius? (54,000 degrees Fahrenheit)

# Kensington Gardens

Come into the gardens...by Sally Breakspear

Take a walk in the gardens and follow the exciting trail,  
Close your eyes and listen, take a deep breath and inhale,  
for nature calls us, invites us, It's peaceful and serene,  
and not a bit of vandalism to be seen!

Who lives in these gardens? Let's peek and see...  
all the wiggly wild things beneath a rock might be,  
the ducks upon the water paddling oh so free,  
where is Swampy - nowhere we can see!

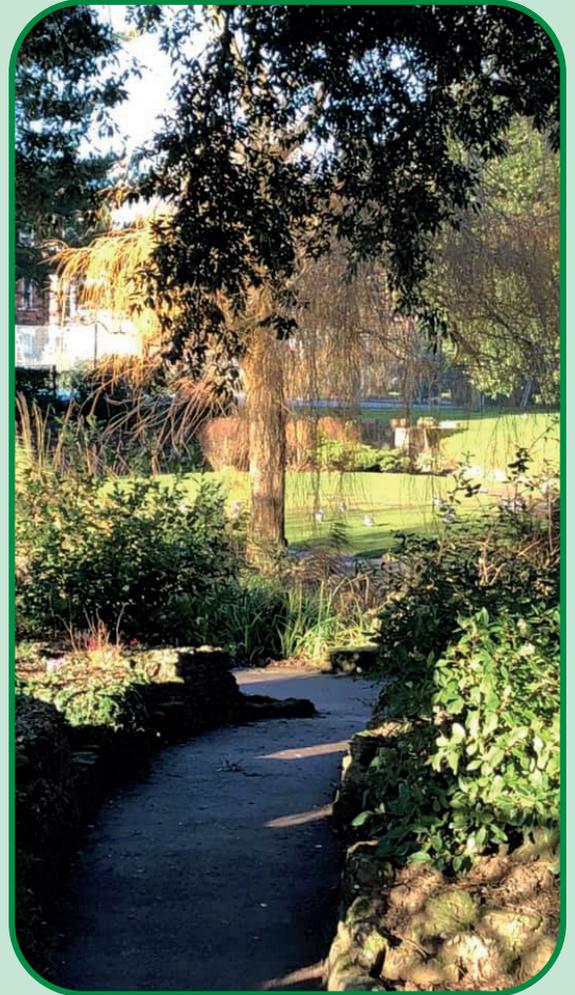
Seagulls squawking, sounds like they are talking  
and in the middle there, a tree so high,  
a fairy tree, I wonder why?

Hanging on it's branches are lots of this and that,  
some are really gorgeous and some might call it tat.  
The fairies obviously live there, their washing's on the line,  
are they expecting the sun to shine?

The Christmas break is over, Robbies back I see,  
let's hope he does more work,  
not just stand and drink tea!  
The bowling greens are dormant,  
the tennis courts are blue,  
Let's get rid of covid so Mark in the cafe  
has something to do.

Spring is round the corner, the bulbs are coming  
through, flower beds in bud,  
gosh "friends" there's lot to do!

The grasses have had a pruning, the reeds cut too!  
I can't wait for summer, to see all the " friends"  
and you too !



Insecure people have to make excuses and put others down to feel confident.  
Confidence isn't walking into the room with your nose in the air and thinking you are  
better than everyone else, it's walking into the room and not having to compare  
yourself to anyone in the first place.

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# YOUR LETTERS

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

Dear Bugle,  
I wanted to let you and your readers know of a petition launched in response to Suffolk County Council's proposals to build a new town at Corton. The petition is online at: <http://chnng.it/LpsN77WkS8>. The Council are asking for feedback on the proposal, however the wording of their questionnaire presupposes agreement with the plan. No opportunity to object to the actual concept of building a new town is given, except by sending an email. The consultation period runs until 15 February.

I am concerned at the potential loss of a precious rural space, its wildlife habitats and the impact the development will have on old neighbouring country villages. It is another example of creeping urbanisation and erosion of our beautiful unspoiled ancient land. Like-minded readers of your mag can sign the petition at <http://chnng.it/LpsN77WkS8>.

For info, developers' website  
[www.northoflowestoft.co.uk](http://www.northoflowestoft.co.uk).

Kind regards,  
A concerned Suffolk resident

Dear Bugle

## North Lowestoft Garden Village plan

Suffolk County Council have launched a virtual exhibition and consultation concerning their proposal for a North of Lowestoft Garden Village. This was a concept I opposed via the original local plan consultation but Suffolk County Council tend to ignore differing opinions.

Suffolk County Council along with other Suffolk Councils made a policy decision to declare a 'Climate Emergency'. Developing and building on green field sites such as this one near Corton hardly conforms to that policy. Calling something 'green' or a 'garden village' for marketing reasons does not make it green or even meet the concept of a garden or village. Covering green fields with concrete, tarmac and services paraphernalia adds to the degradation of the site and the general environmental pollution. Hard impenetrable surfaces prevent soak away and off which rain water runs to create flooding. The idea that a "Green Infrastructure" can be included as part of plan to develop green fields is an absurd notion. The proposed 1300 household dwellings, a school and pre-school will add to the warming effect of energy usage and emissions from vehicles used for access and exit from the site.

It would sit alongside the proper village of Corton like an enormous CO2 creating carbuncle. Just another add

on to spoil a holiday village. I think the inclusion of a 'retirement community' is a bit of a giveaway. It would turn this development into a retirement community for people from outside the area who could afford the properties. It will do nothing to solve the local housing shortage because the 30 % affordable homes allocation will probably never be realised as is typical of other recent developments.

Therefore, in my opinion the whole idea is a device and 'developers charter' to open up green fields for cheaper development than brown field sites. The proposal should in my opinion be withdrawn and rethought as a plan to develop one of the many brown field sites that exist in Lowestoft and the surrounding area.

Yours  
Norman Castleton

Dear Editor,

First off let state that I am not a Covid denier. I am a 67 year old (grumpy) man who lives alone with my dog. The "story" I am about to tell is total fantasy, but who knows if it might become true. Let's say that for the purpose of this story the person who this is based upon is called Max.

Max watches the BBC news and notices that when the daily number of Deaths from the virus is shown, wording underneath the number says, Death for any reason within 28 days of a positive test. So Max thinks to himself, why for any reason, surely it should be just the Deaths that can be directly be connected with the virus. Max wakes one day and feels a bit rough, sore throat, dry cough and a temperature, better have a Covid test he thinks, so he books one and after he's had it he returns home and waits for the result. When he gets the result it is positive, but luckily he does not need to be admitted to hospital, just self isolate for 14 days, which he does. Just to be on the safe side he waits another week before venturing out. Now one day just within the 28 day period he gets mugged and sadly loses his life. When his medical records are looked at during the autopsy it is noted that he had a positive test for Covid within 28 days of his death. This means that his Death is added to the national register as being a Covid Death, as it states Death For any Reason. This pleases the Police greatly as it means that they can not investigate the matter as it is a Covid Death, so they have no chance of bringing charges against the virus. Now they can continue to hand out fines to members of the public for the smallest infringement of the lockdown rules. Fantasy, yes but could it happen, who knows?  
Name & Address supplied

## 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."

'You are the universe, but society teaches limitation' The afterlife of Billy Fingers

# WORLD WAR 2

with Bob Collis • Local Historian



I have often heard it said down the years that Lowestoft, Britain's most easterly town, was the most heavily bombed place per head of population, in the UK in WW 2. It must surely have appeared that way to the people living or serving in it during February 1941.

On 4 February two RAF Hurricanes intercepted a German Dornier Do 17Z just as it crossed the Suffolk coast en route for RAF Mildenhall. Under attack from the two fighters the raider turned northwards and jettisoned its bombs. They fell in a line which extended from the NAAFI Canteen at the harbour to Compass Street, near the Town Hall in the northern part of the town. Two of the bombs hit targets guaranteed to dent morale; a pub in London Road North and a chip shop in St Peter's Street were both destroyed. The derelict Public Hall was also hit and caught fire. Three people (one of them a sailor from HMS Europa) were killed and 11 injured. Crippled by fire from the fighters the Dornier glided down into the sea off Corton. One of the crew was rescued after baling out by a Yarmouth patrol boat. Two other crewmen were not so fortunate, jumping too low for their parachutes to open.

Another damaging raid came three days later when an He 111 dropped a stick of bombs which extended from the Yacht Basin right across the North Quay Harbour Works to railway lines near Denmark Road. A direct hit from a recently arrived 40mm Bofors gun crew crippled the raider, which made off shedding pieces over Pakefield to crash-land on its return to Belgium, but its deadly work had already been done. One of the bombs scored a direct hit on the entrance to an underground telephone centre and all told, 12 people were killed. The damage might have been worse had not a 500 kg bomb, last to fall, failed to explode. The Customs House and Harbour Master's offices were wrecked in this raid.

A night raid on 15 February saw bombs in Whapload Road and High street, where the International Stores

was partly demolished and 2 people killed. The following day a daylight attack claimed more lives when an air raid shelter at Jewson's Timber Yard off Belvedere Road was hit. Morton's Canning Factory was damaged by another bomb and with water and gas mains broken and electric and telephone lines down, 2 people killed and 8 injured the raids were becoming almost incessant.

On 19 February a Dornier Do 17Z heading SW across Lowestoft released 10 x 50 kg bombs between Regent Road and Alexander Road. As an example of the battering Lowestoft was receiving and would receive later, one of the bombs in this raid landed on the site of the burnt out Co-op building in Gordon Road which had been destroyed in July 1940, while another in Regent Road near the Police Station had a further bomb fall on exactly the same spot three months later! One of the few privately owned cars in Lowestoft was blown into a garden by one of the Regent Road bombs. The one saving grace in this raid was that all the casualties were minor.

27 February saw widespread activity by the Luftwaffe's cloud-hopping hit-and-run raiders. At 1102 5 HE bombs were dropped in the sea. At 1250 two bombs from a low-flying aircraft hidden in cloud demolished a shop in Beaconsfield Road and four houses in Lorne Park Road. Incredibly no casualties resulted. The final blow came at 1602 hours with another low level attack slamming bombs into Kirkley. 13 houses in London Road South and Morton Road were reduced to rubble. Four people including a pensioner and a child were killed. More telephone lines were brought down and not for the last time in WW 2 the main A12 road was blocked by debris.

What the intended targets for the German crews had been we can only speculate, but they added to the growing toll of lives and property being lost or damaged in the continuing ordeal of wartime Lowestoft.

*One gallon of used motor oil can ruin approximately one million gallons of fresh water!*

## Live Music in Southwold Update

At the time of writing this (06 January), violinists Magnus and Marije Johnston and pianist Nathan Williamson have sadly had to postpone their planned live concerts from Southwold Church until it is safe to have a live audience once again. They were so pleased to be able to perform two concerts before Christmas to a socially distanced audience and reaching over 500 people via YouTube Live. They look forward to returning as soon as possible. Updates will be posted on the Southwold Concert Series Facebook and Twitter page or email [info@southwoldmusictrust.co.uk](mailto:info@southwoldmusictrust.co.uk) for regular email updates.

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# The Grumpy Old Man

Life today - is it any better - or worse??



## The NHS

Following on from my little bit about the NHS last month, I have been speaking to a few people who are wondering just why it is so blinkin' difficult to get an appointment to see a doctor. I am aware that GPs are now giving the vaccine to patients but I am speaking prior to that. First you get through to a receptionist and if you are lucky she will put you through to a nurse practitioner. It seems that the job of this person is to divert as many people away from an appointment with their doctor as possible. One person even decided to pay £90 for an appointment with a Private Doctor to get a health problem sorted - something she should not have to do. I wonder why a nurse now has the authority to decide whether a worried patient should get to see the doctor or not. Now before I get lots of emails and letters from people saying how hard worked the NHS is - I am aware of that but with routine operations and serious ones being put off indefinitely and the difficulty with getting an appointment with a GP, I fear we are storing up trouble for the future.

## Covid Statistics

I have a picture of a newspaper item from 2017 which says. NHS at point of collapse due to Winter Flu virus. On the news today you hear nothing about the normal winter flu virus numbers and there is no information offered on the number of patients going into hospital with Viral Pneumonia caused by mask

wearing - or are they lumped in with the Covid 19 figures just for good measure. I also notice that Covid deaths are now listed as Covid 'related' deaths. These are deaths that have occurred within 28 days of a positive Covid test, whether or not the person died of a heart attack or was hit by a bus, or indeed whether the test was accurate or not! Does anyone else detect something fishy??

## News Media

Has anyone ever wondered why the news media hang on every word uttered by the scientists and members of SAGE but that they never ask any real questions of Boris or his cronies. Why do they never speak to the plethora of scientists, virologists and other experts who vehemently disagree with the 'science' that the government is following so blindly. I for one have seen reports from well-respected people who see the currant path as a recipe for disaster. The trouble is Johnson and Hancock are not listening.

## And Finally.

I apologise for rambling on about Covid 1984 but I just cannot tolerate the idiocy of the politicians any more. I certainly would not buy a used car from Hancock and I firmly believe that Boris is fed up with it all. Starmer is quiet because being prime minister is a poisoned chalice that no-body in his/her right mind would pursue, certainly not now, not with the path we are on.

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# Something Else

With Elsie Towers



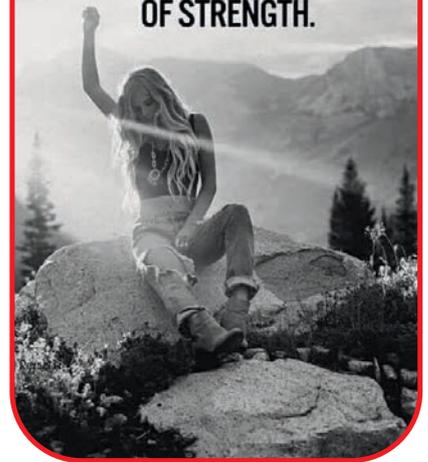
Hello there - well what a time we are living in. As I walk into the shops to gather my provisions I can really feel the energy of the people. The energy they are exuding is shifting into negativity and that is not good. People are more grouchy and tend to pick on others sometimes. Life was not meant to be like this I know and you should not fall into negative thinking. No matter what the situation in the world or in a particular country, the people should not act as a collective. Each should retain their individuality and take a more positive stance.

It is easy to see how anyone can slip into the despair of the Covid thing but we must all remember that negativity feeds the negativity of others. It is a self-fulfilling prophecy. I understand that the path the government has chosen to pursue is a drastic one - and I will not discuss the rights and wrongs of it because it serves no purpose here - this is the situation we find ourselves in and we must cope with it the best way we can - but negativity is NOT the way.

Whatever happens on planet Earth it is the result of mankind losing his way spiritually. Those in power have a poor understanding of life, they pursue power and greed instead of wisdom, kindness and empathy. Whilst the current antics of those in power are being watched it is within us all to rise above all the negativity and show a better way. Every day in every way let your energy level rise a little bit.

Show kindness when you are out. Smile and say hello to those you meet. Spend time in nature and care for the birds and other animals, trees and plants that you see. Stop being a scared little earth creature - become one who knows that this planet is but a grain of sand on a vast beach full of planets, beings and positive energy. Spread love and kindness every chance you get and you will be a universal being. You will feel energised with every smile you give, every person and creature you help and every tree you hug! You are a part of something much bigger than you know.

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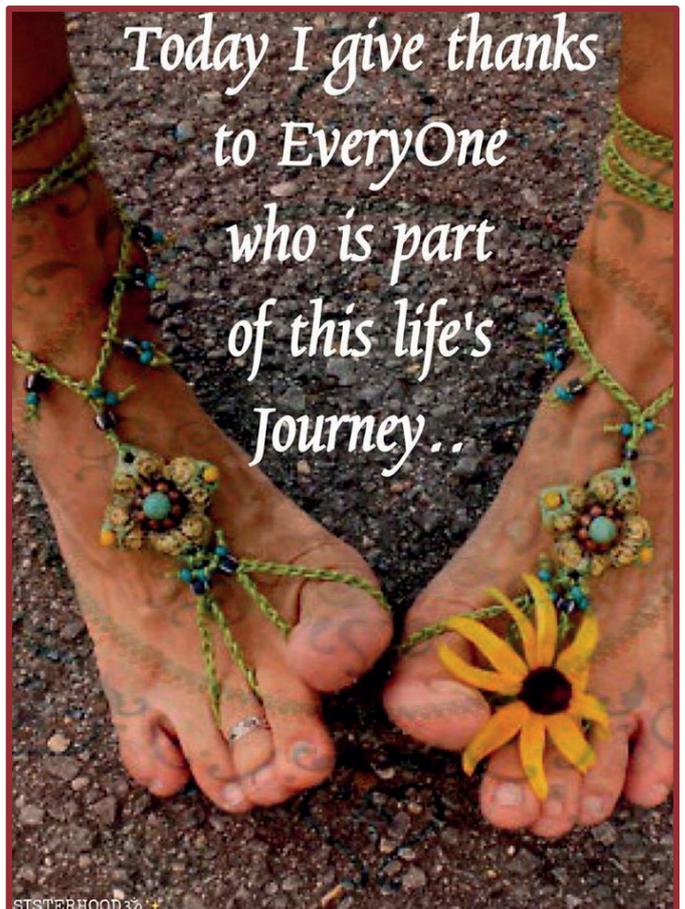


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to EveryOne  
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of this life's  
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# The Untold Power of Your Mind



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. It is an incredible instrument. 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, 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 10 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 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 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. 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!



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# Nutritional Therapy at The Unity Centre

Have you ever tried eating healthy and felt no better for it, or after a change, you've felt better for a short while only to crash again? This is such a common issue leading people to believe that diet has no part in how healthy we feel. But, there are valid reasons why the change of diet may not have benefited a person, mainly that you are not absorbing anything!



Seven years ago I was diagnosed with ME and PTSD, the doctor admitted there wasn't anything he could do to "cure" me, so I thought I must take matters into my own hands and started scouring the internet for help. I came across functional medicine which is the science of healing yourself through diet and lifestyle changes and to cut a long story short, I went from being almost housebound, to leading an active life, taking a 4 year uni course in Nutritional therapy as well as qualifying as a Groove dance instructor.

But what astounded me the most was the positive changes in my 25 year old son who is on the autistic spectrum. With this in mind, I decided to qualify as a nutritional therapist to help others at The Unity Centre, the home to Lowestoft and District Mencap, where I am chairwoman. I wanted to start a funded program to help the vulnerable adults in our community, access my support with as little cost to them as possible because I know they are unable to afford private practice prices but need the support.

I have recently been awarded a grant to start the program, which is offered to anyone with learning disabilities or mental health issues, this program includes:- Two free 1-1 consultations with me, which would collectively be £85 in my private practice. These can be in person or via video call.

For £10 per year you may join our Unity well being program which entitles you to weekly group meeting at the Centre or via Zoom, include discussions on how the body works, cooking classes, shopping trips. Group support in diet and lifestyle changes.

Access to an app for us to monitor your progress if you want it. Free once a month, 15 minute 1-1 catch up with me.

Further private full consultations at £25 for 45 minutes, if you feel that you need more 1-1 help.

There has been a lot of interest in the program which is why only two free consultations are offered, to make it fair to everyone to be able to access.

Any other help needed should be covered by the well-being membership program.

More information can be found on my website [www.jacsnutritionandwellbeing.com](http://www.jacsnutritionandwellbeing.com) under "Unity wellbeing" For those that do not meet the criteria of the funded programme, I am also available for private practice which has extra offers. To access a consultation, you will need to fill out some lengthy forms, with which our Lou can help, I need to know a lot about you and the more information that I get, the better I can help. The premise is that every illness is the result of something going wrong in your body, my job is to find out what that is and put that right to stop the illness.

If you would like to contact me, Email [jacsnutrition@gmail.com](mailto:jacsnutrition@gmail.com) or Facebook 'Jacs nutrition and wellbeing'.

**My pain may be the reason for somebody's laugh, but my laugh must never be the reason for somebody's pain. Charlie Chaplin**

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**We do not make friends – we recognise them!**

## WHO DO YOU THINK YOU ARE?

Behind the scenes of Who Do You Think You Are: with Dr Nick Barratt  
Monday, 15th February 2021, at 7.30 p.m.

The Alde Valley Suffolk Family History Group is delighted to welcome Dr Nick Barratt to give our online talk in February. The author, researcher and world-leading genealogist from the hit TV series Who do you think you are? will explore the impact of the show on the way we research our family stories, and looks at how broadcast media and the rise of the Internet has transformed genealogy and family history. He explains how the hit BBC series was commissioned, researched, and filmed.

Among other things, Nick is a teaching fellow at the University of Dundee, a fellow of the Royal Historical Society, and President of the Federation of Family History Societies.

This Zoom based event is free to members, but will also be available to non-members at a cost of £3. Payment can be made either by direct transfer to the group's bank account or by cheque posted to our membership secretary. If you are interested in attending, you can find full details of how to pay by visiting the group's website at <https://avsfhg.org.uk/events/book/>. Alternatively, at only £6 per annum for single membership or £10 per household, why not sign up as a full member of this growing band of passionate family historians?



## THE TRUTH ABOUT BRASS MONKEYS!

It was necessary to keep a good supply of cannon balls near the cannon on old war ships. But how to prevent them from rolling about the deck was the problem. The storage method devised was to stack them as a square based pyramid, with one ball on top, resting on four, resting on nine, which rested on sixteen. Thus, a supply of 30 cannon balls could be stacked in a small area right next to the cannon. There was only one problem -- how to prevent the bottom layer from sliding/rolling from under the others.

The solution was a metal plate with 16 round indentations, called, for reasons unknown, a Monkey. But if this plate were made of iron, the iron balls would quickly rust to it. The solution to the rusting problem was to make them of brass - hence, Brass Monkeys.

Few landlubbers realise that brass contracts much more and much faster than iron when chilled. Consequently, when the temperature dropped too far, the brass indentations would shrink so much that the iron cannon balls would come right off the monkey. Thus, it was quite literally, cold enough to freeze the balls off a brass monkey. And all this time, you thought that was just a vulgar expression?



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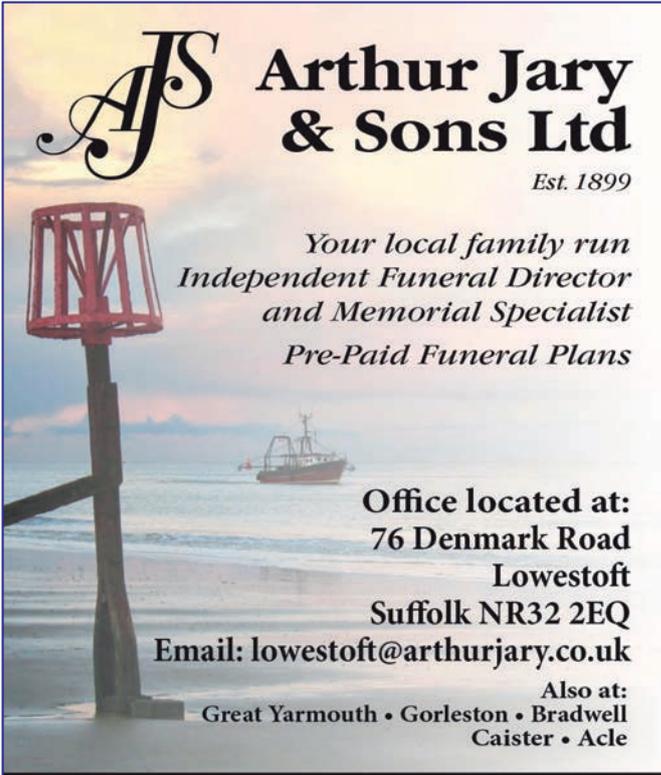
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## Local film maker assists Ralph Fiennes on shoot of 'The Dig'

Screen Suffolk had the pleasure in finding Ralph Fiennes his assistant for the film *The Dig*. Fiennes plays Basil Brown, the archaeologist who helps discover Sutton Hoo. *The Dig*, which stars Carey Mulligan and Lily James and was directed by Simon Stone, and is based on the 2007 novel of the same name, it re-imagines the events of the 1939 excavation of Sutton Hoo. Screen Suffolk locations used in the film include Thorpeness Beach, Shingle Street, a footpath in Snape on Suffolk Wildlife Trust land and an RSPB site called Boyton Marsh. The unit base was set up in the Snape Maltings.

Fiennes was determined to nail down a true Suffolk accent so contacted Screen Suffolk to help find not only an assistant but crucially someone who also had an ear for the true Suffolk dialect. Film maker and musician Jay Ducker saw the shout out on Facebook which simply read: An actor requires an on-set assistant from mid-September to mid-November based in Suffolk and then Surrey area. Ideal opportunity for an entry level crew member. Must have a Suffolk accent.



Jay had been making short films and promos to compliment his music but had little experience on a film set but when he saw the advert a friend encouraged him to apply.

'I remember being relatively relaxed because I honestly wasn't expecting to get the job. I don't have the strongest Suffolk accent and again, I had very little experience in the feature film industry. What really put me at ease was that Ralph was already using the Suffolk accent. It kind of disarmed me and made me feel as if I was speaking to a local or someone I knew really well. But what helped me get the job, I think, was that I immediately heard when and where he was going wrong with the dialect and without thinking I started correcting him in the interview. He seemed to respond well to that, and I told him my background, which was in the music industry, so I believe it was my good ear that got me the job.'

Jay's first day was at Snape Maltings where the crew were filming their first landscape scenes of the famous Suffolk sky, reeds and beaches. The crew filmed in and around Suffolk for a week. 'My role was to assist Ralph in getting the best possible performance. Everything from making sure he was fed and watered to perfecting and correcting his Suffolk dialect.' Jay would listen to Ralph reading scripts and suggest other ways for him to perfect the Suffolk accent.

'There was a three-pronged approach when it came to dialect coaching with Jamie Matthewman being the overall guidance for all the actors, Charlie Haylock specifically zooming in on the Suffolk dialects, particularly with Ralph and myself being the everyday reference point. I think all our differing approaches really complemented each other.'

He certainly made the most of the opportunity and gained praise from Ralph himself who said of him. 'Jay Ducker gave me a lot of support and help during the shoot of *The Dig*. I requested from Screen Suffolk an assistant on set who was from Suffolk - someone I could practice my Suffolk accent with. Jay adapted very quickly to the grueling filming hours and really impressed me with his spirit of commitment and dedication. He worked really hard.'

'It was definitely character-building, and I know a lot of people would have killed for my position so I'm very grateful for the opportunity. A friend of mine has written this fantastic script which is based in Suffolk and it happens to be about my great ancestor John Ducker who was the last man to be publicly hung in Ipswich. Our hopes are to turn it into a feature film and help bring more film making to Suffolk.

Screen Suffolk are looking forward to helping find locations for that film at some point in the not-too-distant future! *The Dig* will be available to watch on Netflix from 29th January.

PICTURE: Jay Ducker with Ralph Fiennes on the set. CREDIT: Larry Horricks/Netflix © 2021

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# phenomenal response to evacuee memories publication

## A LONG WAY FROM HOME

Evacuee Memories 80 Years On

Authors: Sandra Delf & Clive Capps



"This unique collection of stories echo the good, the bad, the happy, and the sad memories of a long time ago." James Roffey MBE

A new book providing a fascinating insight into the experiences of forty wartime evacuees has proved a runaway success after being launched at Lowestoft Railway Station in December. 'A Long Way From Home', written by former Evacuee Clive Capps and Author Sandra Delf contains the personal accounts of forty children, now aged in their 80s and 90s, providing an insight into what it was like to be a child evacuee enduring the trauma and, in some cases, the excitement of being displaced from home for an unknown period of time.

Since the book went on sale, the Community Rail shop at Lowestoft Station have been inundated with people eager to obtain a copy, with mail order requests coming both locally and from as far away as Australia.

Author Clive Capps said; "The reaction to the book has been absolutely phenomenal and I have received some delightful messages from those that have already received a copy. We thought that it may have been of limited interest but we couldn't have been more wrong and are now seriously considering a second print run."

Eighty years ago, some 3000 children and their teachers from Lowestoft and the surrounding area were evacuated away from the threat of bombing and invasion, leaving on special trains with no idea of their destination or what would happen on their arrival.

World War 2 resulted in the largest movement in UK history of around 3.5 million children to places of safety. With Lowestoft being on the East Coast and just a 30minute flight from the German enemy, the town was designated as an 'at risk' area for bombing and even invasion. On June 2, 1940 around 3,000 children were evacuated by train from Lowestoft Station to Derbyshire and Nottinghamshire.

Small towns and villages subsequently became host to many of these children and the book features moving, personal accounts of their experiences, for whom some finding a place of safety became an exciting adventure and, for others, a very traumatic time.

Eighty years on, many of the friendships made during such difficult times are cherished and, through the work of the Lowestoft Evacuees Association, founded by Lowestoft resident Chris Brooks over thirty years ago, the memories safety with a family that lived in an old farmhouse and despite being separated from his sibling, soon settled in with the Boffey family, making a new pal with their 7year old son. Clive said; "We compiled the stories featured in 'A Long Way from Home' as we wanted to capture these important memories and preserve them for future generations. The mass evacuation of children is such an important part of the history of this country and the stories featured recognise many unsung heroes of World War 2" and the connections made with Derbyshire communities, particularly in the towns of Creswell and Glossop remain strong.

Co- Author Clive Capps was just 5 years old when he was evacuated along with his older brother, Carl. Clive found For some the evacuation brought huge challenges, new ways of life and highlighted the difficulties of integrating so many children into small communities. Taking the authors over two years to research, these important memories have now been recorded for posterity, just a look at the titles featured within the book give a flavour of the emotions and experiences being told, some for the very first time including; "*They Were Afraid of us Messing up the House*", "*We Slept On Straw*", "*No Beach or Sea in Glossop*", "*It Seemed the Best Dressed Children were Picked First*", "*It Was Like a Cattle Market*", "*You Funny – Look Different*".

The book also includes the experiences of four children from Dagenham, evacuated to Lowestoft by paddle steamer at the very outbreak of war, as well as stories from the host towns and villages in Derbyshire and an insight into the future lives of those evacuees since the war ended.

The friendships and links forged between the towns of Glossop and Lowestoft all those years ago are being maintained in part thanks to the support of Neil Williams, Chair of the Friends of Glossop Station, the Wherry Lines Community Rail Partnership and the Lowestoft Central Project. Although the Covid -19 Pandemic has meant that annual visits between the two towns were not possible this year, however exciting plans exist for 2021.

Copies of the book are available from the Lowestoft Station shop and tourist information office, unfortunately this is not open during the current lockdown however copies can be reserved by emailing: [lowestoftcentral@gmail.com](mailto:lowestoftcentral@gmail.com) It is also possible to purchase the book online via Jarrolds of Norwich website:

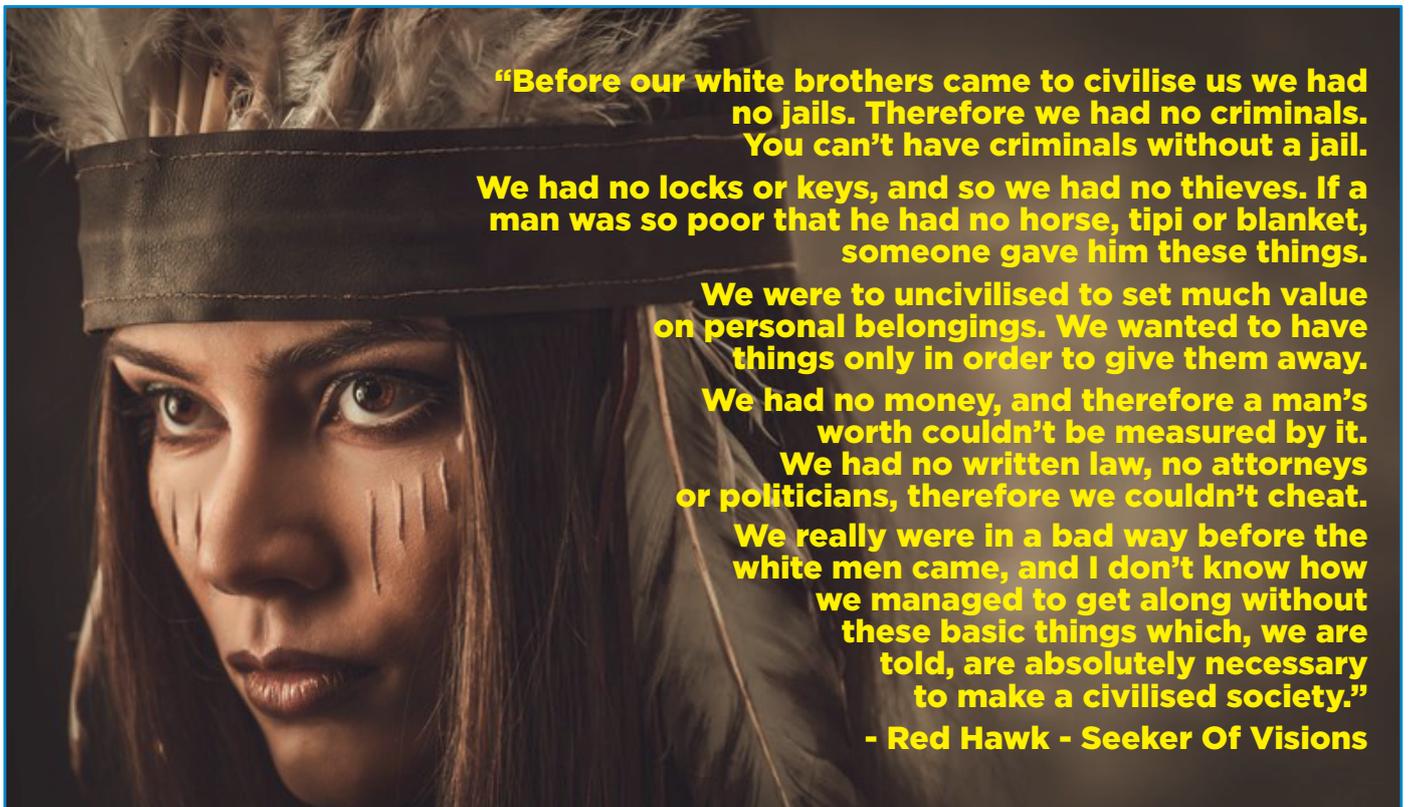
<https://www.jarrold.co.uk/departments/books/local-books/a-long-way-from-home-evacuee-memories-80-years-on>

Unconditional love expects no reward, knows no fear and does not demand.

This universal language just shares love and peace and can be understood in the whole universe



IN THESE UNCERTAIN TIMES  
SOME INSPIRATION!!



**“Before our white brothers came to civilise us we had no jails. Therefore we had no criminals. You can’t have criminals without a jail.**

**We had no locks or keys, and so we had no thieves. If a man was so poor that he had no horse, tipi or blanket, someone gave him these things.**

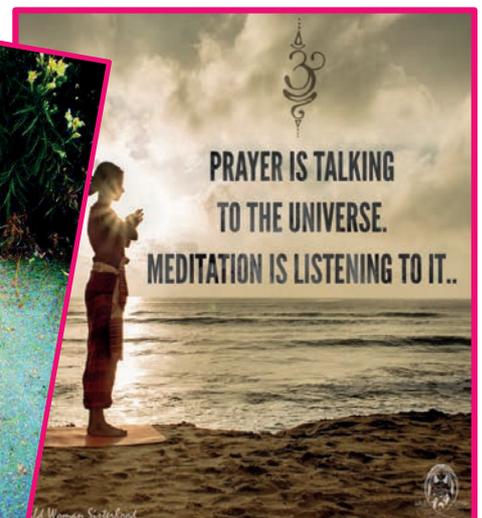
**We were to uncivilised to set much value on personal belongings. We wanted to have things only in order to give them away.**

**We had no money, and therefore a man’s worth couldn’t be measured by it.**

**We had no written law, no attorneys or politicians, therefore we couldn’t cheat.**

**We really were in a bad way before the white men came, and I don’t know how we managed to get along without these basic things which, we are told, are absolutely necessary to make a civilised society.”**

**- Red Hawk - Seeker Of Visions**



## **WHAT HAPPENS WHEN A CHILD ASCENDS (DIES)**

From the book 'Russell' by Gwen Byrne (soon to be re-published) Russell is speaking through medium Deborah Moore " Hello Mum. It's me. It's Russell. (Laughter here). I'm here with the story I have long wished to tell my mother. It has been a long time coming because I had to tell it through the right person. Debs is that person. It isn't a harrowing story, Mum. It's a story of TRIUMPH. It is the story of when I went through the 'Death Experience'. But while it is for my mother to know, it is also a 'story' for the other mothers who have lost children - children who have passed through accidents, illnesses, even catapulted into spirit - whatever their passing. For all that happened to me is similar to that which happens to all children who go through the 'Death Experience' .It is not horrific. It is not negative. It is not nasty. It is magical, mysterious and wondrous. It is the Truth, Debs, and that is worth knowing."

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