

# The Bugle Magazine

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**INSIDE THIS ISSUE**

**Lowestoft's First Light Festival**  
 happening on Lowestoft's stunning beach & promenade  
 during the Solstice weekend  
 with Danny Boyle ,Simon Mayo and lots of special guests.

**Also inside your packed BUGLE:**

- The Southwold Arts Festival
- The Great Bungay Duck Race
- The Beccles Channel Swim
- Annual Uggeshall Cream Teas
- D Day Liberators
- Your Letters
- Halesworth to Southwold Narrow Gauge Railway
- Bugs & Blossoms
- Grumpy Old Man
- The Curious Wife and much more

the Eastern Transport Collection

# 50<sup>th</sup> Anniversary Event

**Saturday 6<sup>th</sup>**  
**Sunday 7<sup>th</sup>**  
**July 2019**  
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 East Anglia Transport Museum  
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# The Bugle Magazine

Hi Everyone and welcome to the packed June issue of The Bugle Magazine. As we always say, the Bugle is a genuine, local small business operating from Uggeshall and printed by the really helpful folks at Anglia Print in Beccles.

This month our little magazine has an incredible 28 pages and is packed full with lots of local happenings and articles. We cover an amazing area now and the magazine is soon snapped up. We hardly ever get any left-over copies!

This is a lovely part of the country with so much going on. The First Light Festival happening on the stunning beach in Lowestoft is an event of national importance. Similarly The Southwold Arts Festival pulls in national celebrities and artists to its week-long event.

In Lowestoft later this year the Heritage Open Weekends will again take place and a dedicated team of local historians and enthusiasts will no doubt ensure that, as last year, Lowestoft once again is listed in the top ten Heritage Weekends in the country.

**Next Edition July 1st. Copy Deadline June 18**  
**Contact Anna & Neal now! Tel:01502 578074**  
**Email: the.buglemag@yahoo.co.uk**

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It might work, it might not. You can be on cloud nine or you can walk away with a broken heart. It's 50-50. Is it worth it? Yes it is. Because if you choose to play it safe and walk away, you'd be asking yourself if it was the biggest mistake you ever made in your life. You never know, so don't rob yourself of a chance of a lifetime, because it might not happen again.



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## Questions of a 3 year old!

The other day my little three year old girl asked me:

"Mummy, where does Poo come from?"

I was a little uncomfortable but decided to give an honest explanation. So I said:

"You just ate breakfast, yes?"

"Yes" she replied.

"Well the food goes into our tummies and our bodies take out all the good stuff and when we go to the toilet, the rest comes out of our bottoms as poo".

She looked at me a little perplexed and stared at me in stunned silence for a while, and then asked, "And Tigger?"

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# D DAY LIBERATORS with Bob Collis

People in East Suffolk knew what was happening. They had become accustomed to aero-engines firing up before dawn on a daily basis, but when US bomber engines began to roar shortly after midnight on June 5-6 1944, those near the airfields at Holton, Metfield, Flixton, Parham, Raydon and Horham knew something quite different was in the offing.

Into the dark, cloud-laden skies roared an illuminated procession of aircraft bound for Nazi-occupied France and Normandy - where OVERLORD, the allied invasion of Europe was about to begin. Such was the congestion in the skies that morning that the 2nd Division's B-24 Liberator Groups had to assemble over Yorkshire and Lancashire instead of the East Anglian coast.

For the Liberator men of the 446th Bomb Group at Flixton, the "Bungay Buckeroos" there was a special honour. Their unit would be at the pointed end of a huge 8th Air Force bombing operation designed to destroy or at least disable some of the formidable coastal defences ahead of the approaching armada of landing craft.

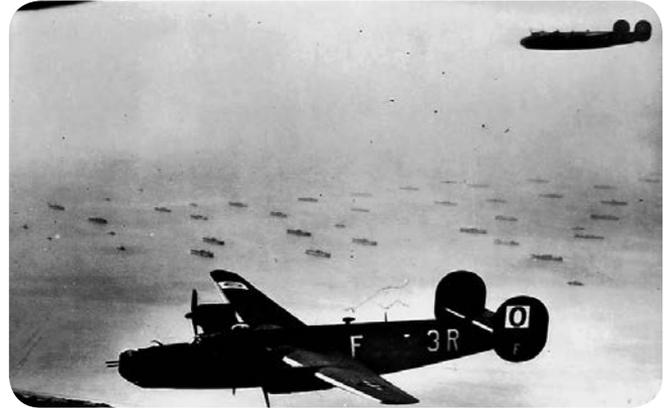
36 B-24s set out, led by Group CO Col Jacob J Brogger. At precisely 0556 hours, bombs were released towards their briefed target at Vierville. The crews were unable to see their target due to cloud and had to release 'blind' on a radar-equipped pathfinder aircraft leading them. At the time of the attack the landing craft were thought to be only 400 yds offshore.

One 446BG crewman wrote afterwards: "I have never seen so many planes in the air at once, far out in the distance on the left, to the right, and behind. But there were none in front, because we led the 8th Air Force. I'll never forget that day as long as I live." No fighters

and no flak were seen and all the bombers returned safely to Flixton.

That first 8th Air force D-Day attack was on a hitherto unprecedented scale; 1,805 heavy bombers dropped over 3,000 tons of bombs on targets between Le Havre and Cherbourg, escorted by over 1,700 fighters. Incredibly, only one USAAF heavy bomber was reported missing as a result of enemy action.

A second mission later that day enabled some crews to catch a glimpse of the gigantic invasion fleet in the Channel. "The English channel, almost bare for so long, was bridged with ships. We were too high to make out the kinds, but we knew there must have been everything" one 446BG officer wrote.



The Allies had control of the skies that day and never again would the Luftwaffe offer any serious challenge to their mastery of the air. As Commanding General Dwight D Eisenhower told his troops on the eve of D-Day: "If you see any planes overhead, don't worry - they'll be ours"

## Lowestoft Invaders

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# SOUTHWOLD ARTS FESTIVAL

22<sup>ND</sup> JUNE – 29<sup>TH</sup> JUNE 2019

Music & Arts  
For All at  
Southwold  
Festival

Now only weeks away, Southwold is preparing to provide a stunning eight-day festival of arts, drama and music. Taking place from 22nd – 29th June, there will be a huge range of music including opera, pop, classical, country, blues and jazz. The traditional street event will take place on the opening Saturday with stalls, bands, parades and entertainers followed by 'An evening with Ed Balls', former Shadow Chancellor, and current Vice President of Norwich City FC.

The 'Opera Gala' on Sunday 23rd will be a particular highlight and will include a 'pop-up chorus' comprising of local people. Mark Flanagan, guitarist with the Jools Holland Orchestra will bring his trio to the festival on 24th June, and later in the week there will be a visit from popular TV author and historian Lucy Worsley.

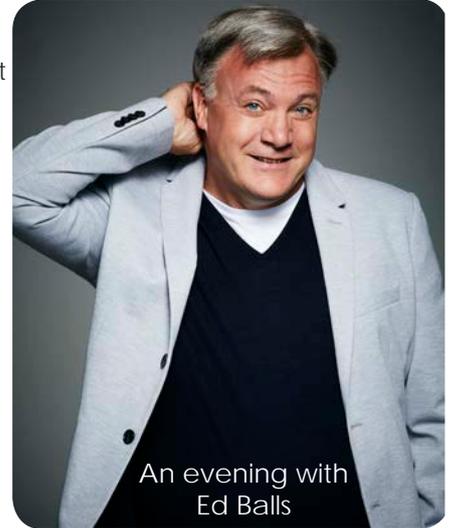
Amongst the musicians appearing at the festival, there will be the much acclaimed Barry Steele, who brings the 'Roy Orbison Story' to the Arts Centre on 26th June; and the legendary Hank Wangford and his band, who will bring his very special brand of country music back to Suffolk. After his festival success last year, James Hurn returns to Southwold with his new comedy 'Hancock and Co' and 'Southwold Arts Society' is providing a special illustrated talk by Art Historian Shirley Smith to celebrate the 500th anniversary of the death of Leonardo Da Vinci.

For those whose interest is floral design, they can celebrate summer with a visit from distinguished floral designer Jonathan Moseley, who was a floral judge on BBC's Big Allotment Challenge. The festival ends on Saturday 29th June with a wonderful evening of jazz with the Jonathan Wyatt Big Band featuring their singer Lindsey Bell in the show 'Count Basie Meets Ella'. Do come along and support this celebrated and popular arts event.

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 10.30am - 3.00pm



An evening with  
Ed Balls

## Loddon

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# The Willows

## New Pet Crematorium

The Willows is a newly opened pet crematorium set up at the home of Sharon & Andrew in the village of St James South Elmham.

My own experience of individual pet cremation was that levels of service and costs were so variable yet there was nowhere locally for pet owners to turn after the death of their friend. Most veterinary practices will arrange cremation for you, usually at a large regional crematorium, and when you have just lost your pet and there is no other choice locally that is often your only option. Many owners have no idea where their pets are sent, how they are stored prior to collection, when the cremation will be carried out or by whom and so many have niggling worries whether they do actually receive their own pet's ashes back.

I, personally, could never send my own pets for communal cremation but realize not every owner can afford an individual cremation so after retiring from nursing I set up The Willows to offer pet owners, like myself, the choice of an individual cremation locally and for an affordable cost. We aim to carry out cremations, (within the council permitted operating times), on the day you choose to entrust your pet to us so their ashes can be home again, with you, where they belong as quickly as possible. By using The Willows owners will know where, when and who will cremate their pet and if they have even the slightest doubt about the authenticity of their ashes, I will have failed.



### Community Action in Lowestoft

Residents from the Harbour, Normanston and St. Margaret's are of the town are being invited to attend a 'Community Consultation'.

Hosted by the community enablers team at Community Action Suffolk as part of The Lowestoft Community Capacity Project, funded by Big Lottery Community Fund.

The beating heart of the local community in any town or city is driven by those that live, work and socialise within it.

In order for us to enjoy these areas, being positive and proud, makes this happen and the team would like the help of the community in completing a questionnaire on the day so that they can hear their views, issues and ideas.

They would like to hear about your experiences of living in Lowestoft, whether they are positive or negative and why not share your fantastic ideas, after all, this is YOUR community!

The consultation event, which includes refreshments, will take place at St. Andrews Church, Roman Road, Lowestoft on Saturday 8th June between 10am-1pm.

The Community Enablers Team looks forward to meeting members of the community on the day.

For further information about the project, visit their Facebook page at

'Lowestoft and Kessingland Community Enablers'.

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# S.O.R.O. Save Our Records Office

Working to save the town's record office from being ferreted away to Ipswich!

Eighteen months on from the announcement that Lowestoft Record Office (which serves much of Waveney District) was set to close - and as far as a storage facility for any REAL local archives it will still be doing so - we are still dealing with a Council determined to gag and suppress any attempt at opposition to their vain "Hold" Ipswich super-archive plans.

A 7,400 signature petition, opposition from three Suffolk Town Councils and an MP, and formal messages opposing the movement of the LRO archives from a wide range of celebrities, historians and authors including Sir Tony "Time Team" Robinson have failed to deter Suffolk County Council from continuing with their plans. They seem Hell-bent on moving our archives to Ipswich to promote "The Hold" and big-up the town ahead of its city-status bid.

A recent online press article in which SORO (Save Our Record Office) spoke about the danger of LRO becoming an "empty husk" after the archives went was posted on the Suffolk Archives Facebook page - the official Facebook presence of the Suffolk Record Office Management team, also known as "Kate's Babes" and the reaction was extraordinary. The article, which also appeared in print a few days later, was immediately deleted from the Suffolk Archives page. The sender was also blocked from the Facebook page. Then another four paragraphs of carefully scripted text from a SRO "spokesman" (sic) were added to the online story, assuring us that more people than ever before would be able to access our rich archival heritage thanks to the National Lottery Heritage Fund and their now nearly £11m lotto-funded Ipswich-centric project.

It is a fact that many people who have donated family or business archives from the area are outraged at their transfer from Lowestoft with no regard for the thoughts or wishes of the donors. Several local historians or businesses are now having to consider changing their wills or re-evaluate the future of their archival material in view of the controversial move.

The entire SORO group Committee have already been blacklisted by SCC for being "unreasonable, vexatious, and persistent complainants" As the group points out it makes little difference, since the Council never had any meaningful dialogue with SORO anyway! The group has also been accused of using threatening and intimidating posts on social media against Council officers, a claim vehemently denied. Parody, forthright questions and well-evidenced arguments, yes. Personal attacks? No.

This then, is how Suffolk County Council operate. They gag, suppress and ignore any attempt by members of the public to challenge their plans or statements. They make decisions - and then have to reverse-engineer a "Consultation" when they find they've stepped on a landmine of public indignation and anger.

George Orwell's "1984" with a Police state and our thoughts and movements monitored may be exaggerated, but it seems incredible to think that here in the 21st century in Suffolk, local government can behave in this way. LRO has ceased accepting any new donations ahead of the move. It will make no difference to the campaign to overturn this outrageous decision to asset-strip our cultural heritage.

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# UGGESHALL COUNTRY TEAS

2019 celebrates the 50th Golden Year of the ever-popular Uggeshall Country Teas and they will be held on the last weekend of July and the first weekend of August 2019 from 2.30pm to 5.30pm.

Just 5 miles from Southwold and set in idyllic surroundings of the orchard and garden of the Old School in Uggeshall, the teas have become a fixture in the diaries of numerous visitors to Suffolk over the past 49 years.

As ever, friendly villagers will be there to welcome guests and serve the now traditional home-made drop scones, breads, Suffolk rusks and wonderful Slimmers World defying cakes, all served with freshly-made pots of tea, coffee or soft drinks.

Commemorative Uggeshall Teas Recipe Books and mugs will be on sale, the Uggeshall Garden Club will be donating a selection of plants & produce and a bric-a-brac stall may be selling a yet-to-be discovered antique.

2018 Uggeshall Teas once again enjoyed great support and proceeds went towards maintenance of St. Mary's Church, the Old School and local charities.

Parking is free and plentiful and the grounds and facilities are wheelchair accessible.

If you rely on Sat-Nav the postcode is NR34 8EN More info at Uggeshall Country Teas on Facebook.



Accompanied on the piano by Will Fergusson from Norwich, twenty-one year old soprano Alice Howell from Halesworth will be giving a solo concert at The Cut Theatre, Halesworth on Saturday 6th July at 7:30pm.

It will be a classical concert with works sung in English, French, German and Italian.

Tickets at £10 can be booked by phoning 0300 3033 211 or in person at the Cut Theatre, Tues-Sat, 11am-2pm or online at [www.newcut.org](http://www.newcut.org) email: [boxoffice@newcut.org](mailto:boxoffice@newcut.org)

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# JoJo's of Lowestoft ..

Every year, the EAT Suffolk Food and Drink Awards recognise and reward the outstanding achievements of Suffolk's food and drink industry. In last month's issue we reported that JoJo's Kitchen & Bar had been shortlisted to the final eight through nominations from customers. The judges then visited JoJo's to sample the food, drink and try some cocktails too.

In early April the team were officially informed that they were through to the finals in the Best Newcomer category. They were then invited to a glittering event at Kesgrave Hall in Ipswich for the finals. During that wonderful evening JoJo's did indeed win Best Newcomer.

Owner of JoJos Kitchen and Bar, Kelly says:

"What can i say? What a brilliant night, we were all very nervous but equally excited and to win ..... well we are still over the moon. It was a great achievement and a testament to all our hard work over the past 14 months.

On the night the whole team were in attendance, we closed the restaurant! The host for the night on stage was Jayne Lindall - Editor of Suffolk Magazine who would introduce the categories and the sponsor of that category to come up on stage to announce the finalists and the winner.

Our category was sponsored by MHA Larking Gowen. Jayne will be coming out to us to do a piece on JOJO'S for the Suffolk mag so look out for that!

A short video was shown before the winners were announced - they came out in early March to film it in addition to interviewing me. We were treated to champagne reception with a live singer, a four course fabulous meal cooked by the finest chefs in Suffolk and using local produce!"



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# ..scoops top prize at EAT awards

Congratulations to Kelly and the entire team at JoJo's

Another great business helps to put Lowestoft on the map!



A family run, American inspired kitchen and bar with a British twist focusing on burgers, ribs, sharing platters and freakshakes.

JOJO'S also offers a great selection of cocktails, gins and local craft beer! Located the north end of the high street on the triangle in Lowestoft, our aim is to cater for all with a diverse food and drinks menu.

We source all of our produce locally from butchers and bakers in order to cook everything fresh in house to maintain the best quality possible for every meal served at JOJO'S

We welcome all to dine, drink or simply relax at our cosy, fun and friendly establishment.

93 High Street | Lowestoft | NR32 1XW | Tel: 01502 584697  
[www.jojoskitchenandbar.co.uk](http://www.jojoskitchenandbar.co.uk)





# Your Letters to The Bugle

Dear Sirs

In reply to a letter published in the May magazine from a lady at Beccles regarding the Gillingham Dam. I assume she is talking about the willows that line the Dam both sides of the road. Although they do look drastically cut back it is done by a qualified company from South Norfolk council. This is called pollarding and was carried out in March (prior to any nest building) and done every 3 years to stop them becoming top heavy and falling over. So, although not very pretty it is a necessary procedure for where they are located

Regards Julia Punt Gillingham Parish Clerk

Dear Bugle

I can't be the only person to have noticed that WDC merged with Suffolk Coastal on April Fools' Day, April 1st to become East Suffolk Council. This merger that has very little public support has one advantage - there will be fewer councillors!

They might be changing their name and logo but WDC will be remembered by many with little affection. They have ploughed on with unpopular schemes and failed to stand up for Lowestoft and Waveney against Suffolk County Council.

My particular memories include, silence during the local campaign to secure a 3rd Crossing in the right place; abandoning the Town Hall and building an inaccessible monstrosity for themselves at Riverside; selling the Britten Centre to a private company that has fulfilled none of its promises to rejuvenate the

Centre simply removed the popular market, knocked down the Battery Green car park with no idea what to do next and my personal favourite, the ill thought out drive through Burger King, that is now an abandoned eye sore.

In recent weeks WDC has continued to annoy local people; planning permission given to a drive through MacDonald's on a busy roundabout, spending money on new logos and what to do with East Point Pavilion, The two latest controversies - removing older residents from their retirement home in Royal Avenue because for some reason WDC hadn't kept up with maintenance and now the only solution was to rehouse, unwillingly, the residents. The second controversy being WDC deciding that 5 Victorian houses in Cleveland Rd, that could be lovely family homes, will become sheltered accommodation for 'vulnerable people'. In order to push this through planning, WDC will have to break their own policy which states Cleveland Rd is in a conservation area and a flat saturation area.

While Lowestoft Town Council seem to be trying to protect Lowestoft, supporting the campaign to stop the closure of Lowestoft Record Office, working hard to make sure the Town Hall is renovated and now supporting the residents of Cleveland Rd, WDC has always seemed to be hell bent on destroying our town. New logo, fewer councillors? Mark Bee might be excited but I'm not.

Yours Wendy Brooks

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# Your Letters to The Bugle

Dear Bugle

Your May issue contained a letter from a very distraught Julia from Beccles who was upset about the trees along the road between Gillingham and the town. I feel sure I am not the first to advise her that the trees have NOT in fact been cut down but have been pollarded. This is a practice that has been going on for generations enabling goods to be manufactured prior to the advent of the dreaded PLASTIC. These willows are treated in the same manner all over Europe and no doubt beyond as if not cut annually the wind will take the trees down as is happening with the advent of pollarding not taking place due to no doubt "cutbacks" within the local authorities. Julia will find they will sprout new and vigorous growth throughout the summer and will look very colourful and healthy within a short time enabling her to enjoy her walk once more. It might be worth her looking into the local history to see what wonders the weavers of the pollarding produced from these slender growths. And still do!

Yours faithfully Terry Winter.

Dear Bugle

The election ballot has just taken place for the new East Suffolk Council, the result of a merger between the Waveney District Council & the Suffolk Coastal District Council. The rebranding with new logos cost circa £20,000. Since this occurred it has emerged that

the former Suffolk Coastal District spent £15,000 on a dissolution party for 450 guests at Snape Maltings celebrating the Councils 45 years of work. According to the EADT & Bury Free Press this was not an isolated case with other projects involving the Southern part of our region such as a housing consultation 'Suffolk's Strategic Housing Role' commissioned by SCC at a cost of £66,000 consisting of 14 pages which equates to £4,700 per page! Then there was the Barley Homes joint housing venture which lost £70,000 after the plug was pulled without a single home being built and the £8 million spent on the also axed Upper Orwell Crossing Project. It was also revealed SCC spent almost £95,000 over the last three years on awards events.

Well, I wonder what the awards were for perhaps, all the public service cuts achieved or the increase in cabinet members allowances plus the Council Tax increases. So, the former Waveney District Council itself, no stranger to vanity projects & public service cuts has chosen to merge with a similar council in which one party dominated & where there a huge credibility gap between themselves and the citizen taxpayers they should serve. It all goes to prove that this merger was never about being more efficient but about maintaining one party domination. The recent election achieving this one party dominance was like the 'Turkeys Voting For Christmas'.

Norman Castleton

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## Mindfulness for Mental Health by Damien Shann

Practicing mindfulness can have a powerfully positive effect on our health, happiness and wellbeing. There is medical and scientific evidence to support this.

So what is mindfulness?

In essence mindfulness is remaining present to your thoughts and sensations and taking a break from making judgments about them. Of course it is natural to constantly make judgments. We humans could not live, indeed wouldn't have survived to evolve to who we are without constantly checking our safety. That was fine when we were hunter gatherers looking out for lions or a meal to catch, but now our minds are much more complex and can make constant mental loops. For instance we can know we are worrying, and then, knowing that, we can then worry that we are worrying and then think that's foolish to worry about worrying, and then feel lost and down because we think that way: and on and on. Our minds/brains can get into these loops and spirals, getting wound up into anxiety or wound down into dark places. This is where mindfulness comes in handy.

Mindfulness is a simple way to cut through all that round-and-round thinking, cut through, if you will, the Gordian Knots our minds can get into. All it takes is a bit of determination and some practice (actually quite a lot).

So mindfulness, a non-judging state of resting in your present experience, moment by moment allows us to unwind, untangle and unfold. Great! But it's not as easy as it might sound. Many who start trying mindfulness practice are surprised how restless they are, how the mind keeps wondering off, going AWOL. This habit of wondering off though is natural and part of the point of mindfulness practice. After all if our minds were naturally still and serene we wouldn't need to practice mindfulness.

So try this experiment now. When you have read this paragraph, close your eyes and attend nonjudgmentally to your present experiences, moment by moment. Continue to do this until, like waking up, you find that your mind had gone off and left you behind but now you have noticed and come back to being present to your experience. Don't worry, this shouldn't take more than a minute....

Apart from feeling maybe a bit more calm, did you notice how thoughts just seem to turn up from nowhere. If so you have just taken your first big step towards greater wellbeing.

Many people, when they hear about mindfulness or meditation think it might be about following the breathing or emptying their minds but really it is about being present and the breathing is simply a way to anchor one from drifting off from being aware of what is going on in the here and now. But what has this got to do with mental health? Well partly it is to do with making good choices in response to what your mind is doing when you are "not looking" as it were. A lot of mental health issues stem from unhelpful intrusive thoughts or impulses. These are thoughts that just come up unbidden such as worries or critical, unhelpful thoughts about ourselves. Mindfulness helps us notice these thoughts and so when, for example, a self-critical thought pops into our head we can catch it before acting or reinforcing it. It also allows us a moment to be kind to ourselves and accept that these unhelpful thoughts can arise and just to let them be or let them go. Our mindfulness only needs to be good enough so the good things in our minds can flourish.

Damien is a registered counsellor in Norwich and Lowestoft  
Tel. 07475 941 512

Web. <https://yourcounselling.space/>



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# Pakefield Post Card Auction Wed 14th August

This year's recipients are Waveney & Blyth Arts. An organisation that raises the awareness of the Waveney & Blyth rivers and valleys through the arts. Using the landscape as inspiration for different projects that highlight its beauty as well as its issues.

This year they are focusing on Bugs & Blossoms. Ferini Art Gallery are hosting an exhibition in September entitled 'Bugs & Blossoms'. Look out for more details in their 'Celebrate Brochure' available from Ferini Art Gallery and widely throughout the Waveney & Blyth area.

Postcards on tour

3rd July Henstead Exotic Gardens 2-4pm

10th July Hotel Victoria - 11am - 2pm

Postcards on show

Ferini Art Gallery from 19th July to 11th August

Friday Saturday and Sunday 11am - 4pm

Ferini Art Gallery has a reputation for displaying a wide range of original artwork and Ferini Art Gallery's 2020 calendar will depict just a small selection from the many wonderful original artwork postcards submitted to the sixth Pakefield Postcard

Auction in 2019.

What's new for 2020?

We are delighted to announce that we have chosen Suffolk Artlink to be the recipients for the 2020 auction.

Suffolk Artlink are another art related organisation. We chose them because we felt that a lot of artists have supported us in supporting other charities and good causes, we thought it was appropriate to give something back to 'The Arts'. Here's what they say about themselves;

"We are a participatory arts charity. We develop and deliver inclusive arts programmes in communities that bring skills, support networks, confidence and joy to people in the East. Our creative projects aim to help people transform their lives through the arts, and are delivered in places including community centres, hospitals and hospices, residential homes, refuges and schools. Our work is led by experienced arts practitioners, encompassing a rich variety of art forms, and is delivered in close partnership with care, education, voluntary and community organisations."

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**Postcards on tour**  
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**Postcards on show**  
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# Lowestoft First Light Festival

First Light Festival is a brand new, FREE 24-hour festival for the UK. First Light Festival runs continuously across the summer solstice weekend, from midday on Saturday the 22nd of June, through to midday on Sunday the 23rd.

Join us on Lowestoft South Beach through changing tides, light and darkness, sun and stars for a unique shared experience with music, dance, film, talks, walks, sports and workshops as well as the best local and regional food, drinks and produce. Our festival site extends out across the promenades and gardens to offer arts, activities and entertainment in a beautiful seaside setting.

Join us through changing times and tides with amazing live music from internationally renowned musicians and DJ's as well as some of our favourite local artists.

Enjoy a beach-based dance party curated by our partners Dance East. Expect performances and workshops including baby boogie, tea dances and silent disco plus a very special 24 hour dance performance from choreographer Rosemary Lee

Enjoy the fruits of the area with the best regional food, drink and hand crafted wares at the Night Market!

Hands on demonstrations and thought provoking talks explore our deep sea, coast, tides and universe including our global marine science partner Cefas.

Live music on the beach, late-night DJ sets, astronomy talks, poetry workshops, yoga, dance classes, short films, sports - we've got everything you'd expect and plenty that you wouldn't. Connect with the world around you with beach yoga, mindful talks, therapies, massage and music to soothe body and soul

Simon Mayo, Dr Kevin Fong, Amber Butchart plus many more join us in Kensington Gardens to share new ideas, stories and even some Lowestoft Noir. First Light Film includes a special screening of Danny Boyle's sci-fi epic 'Sunshine' and new shorts from Suffolk Short Film Festival.

Get busy with the beach and play with marooned boats and nature's treasure in the Cosmic Pirates children's zone, along with story telling, dressing up and creative activities.

At First Light Festival, the beach will be the star - so we hope you'll come along to join in the fun. Have a look at the full programme on [www.firstlightlowestoft.com](http://www.firstlightlowestoft.com) and follow us on Facebook First Light Lowestoft and Instagram @firstlightlowestoft.

## MARKG AT THE FIRST LIGHT FESTIVAL

Markg Seafood Restaurant & VeGee invite you down on the beach at The First Light Festival 24 hrs on Saturday June 22nd. The Tramway Hotel in Pakefield offers the well established Markg Seafood Restaurant & VeGee the first all Vegan Deli catering for all your dietary needs.

In the Bar you can pop in for just a drink serving local ales, a wide selection of draught & bottled beers alongside the extensive wine list. Tapas is also served Tuesday to Saturday in the bar or the sunny enclosed courtyard.



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**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.

**Tuesday 4th June** Coffee Morning 10.30 until 12pm Frostenden & South Cove Village Hall Gipsy Lane Frostenden NR34 7HU All welcome proceeds to village hall funds. 01502 578411

**Wednesday 5th June** Reydon Women's Institute meeting at Reydon Village Hall at 2.30 pm. Lynn Rix talks about Wildlife Photography. Visitors and new members are welcome. Contact Sue Pretty 01502 724362.

**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](http://www.becclesartists.co.uk)

**Thursday 6th June** 2.00-3.00pm Pyjamarama: Bookstart Bedtime Story Fun for Preschoolers @ Southwold Library. Come dressed in your pyjamas and enjoy stories, rhymes and crafts. Collect your free copy of "Car, Car, Jeep, Jeep"

**Friday June 7th** 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.

**Saturday 8th June** Singing Futures, a choir for young people, "Little Red Riding Hood and the Wolf" & "The Three Little Pigs" - 2 of Roald Dahl's Musicals, 7pm, Trinity Methodist Church, Lowestoft. £5 adults, accompanied children free, available at the door

**Saturday 8th June** Gisleham Summer Fete at 2.30 pm in Gisleham Hut Gardens.

**Wednesday 12th June** 12.30pm: Free Lunchtime Recital at St Mary's Church, Halesworth. Jason Busby, Organist, returns by popular demand. Picnic in the Pews from 12pm - Light snacks to buy or bring your own.

**Friday 14th June** at 7-30pm Southwold Art Circle Presidents evening at Southwold Methodist Church Hall. Jack Stephenson, President, will give a talk on The Bloomsberries and The Fitzrovians, who represented two strands of early 20th century painting.

**Friday 14th June** Ann Cleeves' "Bannocks & Blood" Murder Mystery Night Southwold Library 7.00pm. Book at the library, by phone 01502 722519 or on the website [www.suffolklibraries.co.uk/slaughter](http://www.suffolklibraries.co.uk/slaughter)

**Saturday 15th June** Fun Crime Quiz Night 7.00pm Southwold Library Book at the library, by phone 01502 722519

**Saturday 15th June** 10-4: East Coast Heritage Event, East Coast College, St Peter's St, Lowestoft, NR32 2NB. Stalls from heritage and cultural groups & museums + talks, shanty singing, net mending, some vintage vehicles plus the opportunity to steer a ship into Lowestoft Harbour and through the bridges. [www.facebook.com/echelowestoft](http://www.facebook.com/echelowestoft). Free entry to main event

**Saturday 15th June** Free 'DanceMap' performances: 'Life at the Lowestoft Museum', presented by Danceeast in Nicholas Everitt Park, Oulton Broad NR33 9JR, at 11am and 1.30pm. More information 01493 295230 or [Danceeast.co.uk](http://Danceeast.co.uk)

**Saturday 15th & Sunday 16th Jun:** Slaughter in Southwold: Crime Writers Festival at Southwold Library Authors Talks by: Val McDermid, Nicci French, and others. Lunches with the authors £10 - provided by Café 51 & Mark's Fish Shop

**Saturday 15th June.** Beccles Helping Hands Last Living History Walk. Meet at the Bear and Bells, Old Market Beccles. Walk starts at 7.30 and takes approx. 90 mins. Tickets £5 from Saxon Therapies, New Market, Beccles.

**Sunday 16th June.** Denton Open Gardens 10am-4pm. The entry is £4 U16 Free. Maps at Denton Village Hall IP20 0BD

**Sunday 16th June** Wissett Open Gardens 1-5 pm entry £6, teas included, plant sale, local artists, under 12 free, dogs on short leads please. Tickets at Wissett Village Hall IP19 OJG. Tel 01986 873339

**Sunday 16th June** Henstead Exotic Garden Open Day. 1pm until 5 adm £4, same price for 10th year in row. Come and see this unique garden featured on many TV programmes, all national papers and front cover of World Garden book.

**Sunday 16th June.** Lowestoft Invaders Motorcycle Club 2nd Eastern Sunrise Rally on the Royal Green (near South Pier) Lowestoft Seafront 10am - 4pm all bikes welcome. collection for EACH Charity. More info contact Bob Tozer [Tozer.revell@hotmail.com](mailto:Tozer.revell@hotmail.com)

**Tuesday 18th June.** Alde Valley Suffolk Family History Group will welcome back Pip Wright to give a talk on renowned poacher Joe Whistlecraft. At Snape Village Hall, IP17 1RN, at 7.30 p.m. Everyone is welcome; admission costs £1 for members and £3 for non-members, including coffee/tea and biscuits.

**Friday 21st June** - Sugarcraft East presents - Lupins and Snap dragons - a demonstration on how to make these beautiful old fashioned flowers in sugar - by Liz Ungless- starts 7.30 at The United Reform Church - North Lowestoft

**Friday 21st June.** Sonnets, songs & Suchlike for a Suffolk Solstice. 7pm at Wrentham Chapel (Chapel Rd, Wrentham) Celebrate the season & our county with words & music. Drinks & light buffet. Retiring collection. Details: 01502 578994/ 07771 882 738

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# WHAT'S ON GUIDE

**Saturday 22nd June** - Lound Fete and Scarecrow Trail - this year's theme is 'CHILDREN'S FILMS'. Donkey Rides, Bouncy Castles, Classic Cars/ Bikes, Stalls, Plus a CEILIDH and much more! Lound Village Hall, Lound, Lowestoft NR32 5LL. Free event - More stallholders/cars welcome - email loundvh@gmail.com, tel 01502 731321 or Facebook page

**Saturday 22 June.** 2-4.30pm. Strawberry Cream Teas at Gavyn, Harrisons Lane, Halesworth. For St Mary's Church, Regeneration.

**Sunday 23rd June** - Outside car boot, Ringsfield Village Hall 9am - 1pm (set up 8am). £6 car £10 van. Refreshments available. In aid of hall's refurbishment fund. Contact 01502 712701

**Saturday 29th & Sunday 30th June** between 10.30 & 5.00. Wortwell Open Garden - lots of gardens open this year, including a nature trail around the lakes. The cost is £5. Tickets can be purchased on the day from: The Core (Wortwell Community Centre,) & Willow Mere 25 Low Road. Refreshments & parking are available at The Core, Tunbeck Close.

**Saturday 29th June** at Pakefield Church 7.30.p.m. Great Yarmouth Brass Band - a wide ranging programme £7. On door.

**Saturday 29th June.** Wrentham Village Hall Film Night - Stan and Ollie. A comedy based on their later years. Stars Steve Coogan and John C. Reilly. Doors 7pm, film 7.30pm. £4.50 including refreshments. Come along and meet your neighbours!

**Saturday June 29th.** St. Luke's Summer Fete, St. Luke's Church, Homefield Ave, Oulton Broad 12.30 - 3.30pm. Various stalls as well as games and raffle. Ploughmans Lunches from 12.30 and afternoon tea and cake. All welcome free entry.

**Saturday 29 June** at 2 pm. Alburgh Church Fete on Alburgh Playing Field bowls, coconut shy, clown football, hook-a duck, and Alburgh ice cream for all. There are cakes, plants, books and bric-a-brac on sale, tombola, wine raffle. Village Hall Bar open  
Owls and raptors and alpacas and for the first time in Alburgh the Oxblood Molly Dancers. Competition for children to make a Dreamcatcher or a rocket. Contact Ann 01986 789102 for more information All proceeds to All Saints Church Alburgh

**Sunday 30th June** - Vintage Tractor Run in aid of Sandra Chapman Unit at JPH. Leaving from Sotterley Estate Hall at 10am, having a half way stop at Westhall Village Hall for lunch and raffle and returning to Sotterley at approx. 3.30pm. To book please call Tracey on 01502 575415 or email traceyburows@hotmail.com

**Wednesday 3rd July** Reydon Women's Institute meeting at Reydon Village Hall at 2.30 pm. Mr M Mitchell talks about the Story of Woodbridge Tide Mill. All welcome. Contact Sue Pretty 01502 724361

**Wednesday 3rd July** - Clairvoyant Evening with Carol Palmer. Ringsfield Village Hall 7pm - 9pm. £5 payable on door, includes tea/coffee. In aid of hall's refurbishment fund. Contact 07749714747

**Thursday 11th July** Halesworth dementia Carers' Fund Invites you to its Annual General Meeting between 2 and 4 pm at the Stables, The Angel Hotel, Halesworth RSVP to dave.hdcf@btinternet.com

**Sunday 14th July** The 5th Great Bungay Duck Race, 12 noon to 4pm. Falcon Meadow, Bungay, Suffolk Duck Race on the River Waveney, Music Stage, Hot and Cold Food, The Falcon Inn Bar, Donkey Rides, Fritton Owls, Earsham Wetlands Rare Breeds, Face Painting, Story Telling, Children's games, local charities and so much more! Location: Falcon Meadow off Bridge Street / Falcon Lane Bungay NR35 2JG.  
Falconmeadow.org.uk facebook.bungayduckrace

**Saturday 20th July** - Ilketshall St Margaret (& District) Village Show. 1-5pm at Ilketshall St Margaret Village Hall NR35 1QZ. Adm FREE. Produce show, Rumburgh Morris Dancers, Bouncy Castle, Barbecue, Tea & Beer Tents, Plant & side stalls, Dog Show and more! For Schedule & entry form Email: flowershow70@yahoo.com

## 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



### PLANET CRAFT ~ MAKERS MARKET, SOUTHWOLD

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## The Curious Wife....

The other day a girl wanted to know how her husband would react if she left him without telling him where she had gone. So she decided to write him a letter saying she was tired of him and didn't want to live with him anymore. After writing it she put it on the table in the bedroom and hid under the bed.

When her hubby came back home he saw the letter and read it, then he also wrote something on it and began to sing and dance, changing his clothes. He got his phone, dialled someone and said: "Hey babe I am just changing my clothes and then I will join you. As for the other fool it has finally dawned on her that I was fooling around with her and she has left. I was really wrong to have married her. I wish I had known you earlier, see you soon honey!" Then he walked out of the room

In tears and very upset she got up from under the bed and decided to read what her husband had written on the letter. When she read the letter it said "I could see your feet you idiot - I have gone to buy bread!"



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Last month's winner was Fran Hammond from Melton, who correctly identified Alistair Sim

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## Lowestoft Deaf Centre

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Table Top Sale - July 13th - 9-12

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# The Grumpy Old Man

Probably politically incorrect - Doesn't care!



## Knife Crime

According to the latest crime figures there has been over 100 stabbings in the country so far this year - that is apparently 1.4 stabbings every day. That is an appalling amount and no doubt government departments will hold meetings and the chief of Police will be on tv saying that they are adopting a new 'strategy' to try to stem the tide. They will hold a knife amnesty and invite the little darlings to pop their knives in the bin. What is needed here is for the government to admit that the wholesale slashing of Police numbers was a terrible error and that they would be recruiting again at least the same number as they sacked. Police should be returned to the streets to deter crime. That is what they were there for.

It would help to if we caught the little swines and threw them in jail for a long time. That is just after we get rid of the 'whiney namby-pamby' social workers who keep defending these thugs by saying that they have had a hard life. These thugs have to know that if they do the crime they will go away for a very long time.

## Local Narrow Gauge Railway

I am a big supporter of The Halesworth to Southwold railway and the two teams of fantastic people working hard to revive this old narrow-gauge railway that used to run through Wenhaston and Blythburgh on its way from Halesworth to Southwold. There is the HSNR 'Halesworth to Southwold Narrow Gauge Railway' which is working hard on the Halesworth end, and of Course The Southwold Railway Trust which is 'steaming away' (couldn't resist) at the Southwold end. As they buy up pieces of the old original track-bed land they are not without opposition. I hear they are many afraid of the extra tourism that such a passenger railway would bring. Afraid that their quiet villages will be invaded by tourists.

Well despite the NIMBYs I am sure that any shop in any village would welcome the extra tourism and happy day-tripping train users that this line will bring. I take my hat off to all involved - and my message for the NIMBYs - embrace it, it will be great!

## Privatisation?

So the government have announced that the probation service (privatised by them) is not fit for purpose and it is to be nationalised once again. Was I the only one who realised that with privatisation the only important thing would be profit? It is the same with the Post Office, when that was sold to big business grand old post office buildings across the country were sold off and the once great institution now languishes at the back of a convenience store: shameful. Another service that the Tories have sold the assets of is Police. Do you remember when every town had a Police station that was always manned - and every village had a Police house where you would always find the local 'bobby'. They are all gone now - sold off by the Tories to make money. Privatisation of the railways was a disaster from the start. Now many of our train companies have foreign owners and although they still get subsidies from the government, all profits apparently go abroad. You couldn't make it up.

## Austerity.

Cuts, cuts and more cuts - we have to save money say the government. Well in the last 10 years they must have saved and cut their way through billions of pounds. So where the heck is it? Who has got it now?

## Finally - Eurovision.

What a spectacle, what a show. It was the usual bizarre exhibition. The UK came last - no surprises there. Why do we bother with the rubbish? Time to pull the plug.

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Realise Futures is a community interest company which has a proven track record of supporting people with Learning Disabilities and or Autism across Suffolk in a project called Peer Support.

The main aim of the peer groups is:

- Be group led – a peer group should be run by its members, for its members.
- Reduce Social isolation (opening up opportunities for people to make friendships and connect with their local communities)
- Increase independence (through a person – centred service, confidence building)
- Develop people's skills, to progress to become self-sustaining.

The groups are about 'people helping people' through sharing experiences (in their own style of communication), working with collective responsibilities, as well as working towards their own individual autonomy.

The peer groups at present are held at The Navigator Lowestoft Library Tues & Thurs afternoon 1.30 – 3.30.

Realise Futures also hold Information, Advice and Guidance drop in sessions these are held at: The Navigator, Lowestoft library, Clapham Road South, Lowestoft NR32 2DR every Tuesday & Thursday morning 10.00am – 12.30pm

Halesworth Library, Bridge Street, Halesworth IP19 8AD every Friday 10.00am – 12.00pm

Beccles Library, Blyburgate, Beccles NR34 9TB every 2nd & 4th Friday of the month 1.00pm – 3.00pm

For more info please contact Debbie Ellis Locality Coordinator on 07738 704732 or [debbie.ellis@realisefutures.org](mailto:debbie.ellis@realisefutures.org)



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Do you have a learning disability and / or autism and would like to get support with education and training, employment, money management, finding out what's in your local community, travel and welfare benefits? We are running drop-in information, advice and guidance sessions in Beccles, Lowestoft and Halesworth.

**ALSO**

Would you like to be a part of a peer group where you can come along and share experiences, look at doing activities, finding out what's in your local community and making friends?

For more information on dates and times for the above, please contact Debbie Ellis on 07738 704732.

[www.realisefutures.org](http://www.realisefutures.org)  
E: [info@realisefutures.org](mailto:info@realisefutures.org)

# The Beccles Big Channel Swim

Beccles Twinning Association is teaming up with Beccles Lido to swim the equivalent width of the English Channel on Sunday July 14th at the Lido - that's a grand total of 32 kilometres, or 1050 lengths of the pool!

All proceeds from the event and sponsorship from the group's Virgin Money Giving page will be split between the Lido's project to refurbish, upgrade and re-line the main pool; and the Twinning Association who are enabling social, cultural and educational exchanges of all kinds for the people of Beccles and her twin town of Petit-Couronne. Several young people from Petit-Couronne are coming over to take part in the swim and make it a true cross channel event.

Swimmers of all ages and abilities are welcome to apply but should be able to swim at least 8 lengths of the Beccles pool (244m). The organisers are hoping to hear from people who would like to swim longer distances too and all will be asked for approximate swimming time when they apply. There will be no charge for members of the swimming team on the day and everyone who is part of the successful team will be awarded a specially prepared certificate to commemorate their participation in what is hoped will be a unique achievement for the town, as well as a fun event for all.

If you would like to make a donation or to sponsor the team then please donate at:

[uk.virginmoneygiving.com/Team/BTACHannelSwim](http://uk.virginmoneygiving.com/Team/BTACHannelSwim)

The organisers will also be needing help on the day, so even if you can't swim you can still get involved and help make this community event a success, by marshalling or counting laps.



The normal Lido spectator entry fees will apply and there will be a licensed bar and refreshments available, as well as a celebratory BBQ.

The swim will start at 6pm and aim to finish at about 8pm. The event will conclude at around 9pm.

For further information or to find out how you can get involved please contact Suzanne at [info@beccleslido.com](mailto:info@beccleslido.com) or Michelle at [winning.beccles@gmail.com](mailto:winning.beccles@gmail.com), or visit the Facebook page 'Beccles Twinning Association'.

## 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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## Bugs & Blossoms

*Programme of events to celebrate and help save our native insects and plants*

A new programme of events organised by Waveney & Blyth Arts is highlighting the decline of our native insects and plants – and encouraging people to take action. Bugs & Blossoms, which launched in May, will host a range of events throughout the summer including walks, talks, workshops and events. The programme of events will culminate in an exhibition at the Ferini Gallery in Pakefield.

In the UK, as elsewhere in the world, our native insects and plants are in catastrophic decline and we are losing the intricate mix of species that gives the natural world such richness.

In response, Waveney & Blyth Arts are running the Bugs & Blossoms events to encourage people to take notice, raise awareness and to facilitate positive action.

Melinda Appleby from Waveney & Blyth Arts said: "We've launched Bugs & Blossoms - a new initiative to work across all the creative arts – to celebrate the wild flowers and insects that are part of our lives. But we go further - we want the arts to draw attention to the plight of many of these species and to encourage people to be inspired by them and to take action, however small and however local, to conserve them.

The patron of Bugs & Blossoms is author and naturalist Mark Cocker, who will be hosting the event Midsummer Moths at The Locks in Geldeston on July 25.

He said: "Insects of all types - bees, butterflies, beetles, moths and even flies - have supplied their pollination services to all the Earth's trees and flowers for the last 100 million years.

"It's time we awoke to their central place in our shared planet. They are truly the little things that run the world.

I'm also looking forward to celebrating this ancient partnership myself at an event at Geldeston Locks on 25 July. I hope you'll join me."

Throughout the summer the walks, workshops and family activities will delve into the theme of Bugs & Blossoms – to spark interest, share knowledge and encourage positive action on an individual level.

- Wildflower Open Meadow Days. Sat 8 and Sun 9 June. Moat House, Hoxne.
- Mini-Beast fun for the family. Sun 7 July. From Ditchingham Village Hall.
- Walk: Redgrave & Lopham Fen – A Source of Inspiration. Sun 14 July. Redgrave & Lopham Fen.
- Haiku workshop inspired by nature. Thurs 25 July. Lock's Inn Geldeston.
- Midsummer moths with Mark Cocker. Thurs 25 July, Lock's Inn Geldeston.
- Ringsfield Meadow discovery day. Sun 4 Aug. Ringsfield Eco Centre.
- Poetry workshop. Tue 13 Aug. The Staithe Centre, Bungay.
- Bugs & Blossoms exhibition. Fri 6 – Sun 29 Sept. Ferini Art Gallery, Pakefield.
- Lunchtime Arts & Eats – poetry competition winners. Tues 17 Sept. Ferini Art Gallery, Pakefield.
- Wild words debate – bugs and flowers. Thurs 26 Sept. Guildhall, Norwich.

For more details about all of these events and to book please visit [www.waveneyandblytharts.com](http://www.waveneyandblytharts.com)



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## HALESWORTH to SOUTHWOLD NARROW GAUGE RAILWAY SOCIETY

Dedicated to making Halesworth's lost railway live again

Dedicated to reinstating Halesworth's lost railway HSNGR volunteers have moved on to the second project at Halesworth Millennium Green. The re-laying of rails and longitudinal sleepers at the 1914 locomotive shed site is now complete, and the team has re-laid the original track panel on the northern Bird's Folly bridge. This was set down as part of the Millennium celebrations, but had deteriorated badly – and advice from our consulting engineer was that the original 1879 railway bridge should be protected by a damp-proof membrane. So the earth and turf overlying the bridge has been dug out to expose the crown of the arch, heavy-duty membrane laid, and 4 tonnes of gravel ballast (identical to that used in 1879) spread, ready for the track. Difficult access necessitated the hire of dumpers, and the delivery of the gravel in 1-tonne bags: inevitably this proved to be an expensive undertaking (funded by a Member to the tune of about £850).

On Tuesday May 7th, the volunteers barrowed the sleepers, fittings and tools up to the bridge site over several trips, and then got happily stuck into the best part – laying the track itself. The sleepers are the same size and spacing as in 1879, and at 6" x 3" x 72" very much smaller than modern Network Rail ones – these were laid out onto the ballast provided the previous week, and the two original rails (which belong to the Millennium Green) hauled onto the sleepers using rope and rail lifters (with the welcome help of a strong passer-by). Then the gauge-bars were used to ensure exactly the right (and historic) three foot gauge, and the rails fixed down to the sleepers, using the 1879 method, which combined screws and dogspikes (although we cheated a little, having battery-powered drills instead of hand augers!). Bizarrely, the original railway used three different types of fixing for each rail panel, which must have been a nightmare for the permanent way staff to maintain – this has been replicated. The baseplates are a mixture of those provided by the Millennium Green, and those made for HSR by HSR Member Jamie – on a forge, in exactly the same way that Southwold blacksmith Mr List made the originals in the 1870s. We are still short six plates, and hope to have these made soon.

The re-laying of this panel onto the Victorian bridge has been very well received indeed by the Halesworth community. On the next workday volunteers "boxed in" the panel using spades and shovels, so it is level and properly aligned, and used a traditional (and extremely heavy) rail bender to remove a slight "kink" in one rail. HSR volunteers have started a tradition of celebrating progress at the Olive Café in Holton, after the day's work: a very nice and welcoming place, that doesn't mind (too much!) if we are sometimes pretty dirty. This complies with our aim to "buy locally", with meetings, exhibitions and social events concentrated on Halesworth and Holton.

The Millennium Green Trustees have agreed that we can do more railway work on the trackbed – there will be more news on that as it develops – and we'll be offering opportunities to sponsor part of the railway, which has not seen track since scrapping in 1941/2.

On May 15th, two Norfolk Members who are diesel experts re-fitted the rebuilt fuel pump on our

locomotive "Holton". Full connection and bleeding completed, the Cummins 5.9 engine now starts instantly on the key – for the first time in many years. Painting is well on the way to completion, and lights are being fitted. The hydraulic and air brake systems will be next for restoration.

Meanwhile, our book "Halesworth, a Suffolk Transport Hub" is selling well, and can be obtained from Halesworth Bookshop, Patrick's newsagents, and our own website (plus it can be borrowed from Halesworth library). Membership now stands at 72 – but we need a lot more – both supporting, and volunteering.

The Society will be represented at many heritage open days in spring and summer – at Bressingham (June 1st), the Leiston Works Railway (June 2nd), the



Mid-Suffolk Light Railway Museum (June 30th), and Leiston Long Shop (August 3rd), and we hope to see many Halesworth members and supporters there. Talks are in process with colleagues at the Southwold-based Railway Trust (of which most of us are also Members), to harmonise track, wheel and brake standards, and to decide spheres of activity. The completed 8-mile railway is such an enormous project that two related organisations, each concentrating on different aspects and different geography, are essential for success: HSNGR is very supportive of all efforts to rebuild this iconic and unique railway.

To join the Society please print out the form on our website [www.halesworthtosouthwoldrailway.co.uk](http://www.halesworthtosouthwoldrailway.co.uk) post it to us at HSNGRS, Cornfield Mews, 6A Stradbroke Road, Southwold, Suffolk, IP18 6LQ. Or alternatively, you can scan the form and send it by email to [halesworthtosouthwoldrailway@gmail.com](mailto:halesworthtosouthwoldrailway@gmail.com) – or collect a membership form from Halesworth library or other addresses in the Thoroughfare and post it.

Or ring 07379 789665 and leave a message.

The time for this project is now here – let's get it done!

James Hewett and Ken Penrose, Co-Chairmen

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## Where Would We Be Without Memories with John Blowers

What a major role our memories play in the latter years of our lives. At a time when the range of active opportunities diminishes by the day, it is a great comfort to call upon our memories and in a sense, relive these times that once gave us so much pleasure.

A trip down memory lane can be so fascinating since you have no idea at the outset to where it will take you. This is because as each memory is retrieved, it tends to trigger others you may have thought you'd forgotten. I found this to be true when embarking on writing the book of my life experiences and doubting at the outset that I would ever remember enough to fill it. It was never a problem.

Many of the experiences we can recall are unsurprisingly common to most of us – the carefree days of our childhood; starting and leaving school; your first job. Then there are all the other "firsts" – like becoming a grown up when wearing your first long trousers; (aged 14 in my day!); the first "date" with a long sought girl/boyfriend; being "dumped"; first holiday; cycle, car and baby.

Life of course has its downsides too and if we were spared memories of these events the overall picture would be a distortion. How often have we been hurt all over again when we've remembered those times when we've been misunderstood, falsely accused or abused. Also in this category we could put memories of those things we have said or done that we do not feel particularly proud of. The prevalence of this was brought home to me when presenting the first draft of my life story to John Stannard at the Heritage Centre, who was to publish it. With a knowing and mischievous look in his eyes he said, "I bet you haven't put absolutely EVERYTHING in it have you?", "How did you know that?" I replied. "Nobody ever does" he responded. I believe those who

claim to have no skeletons in their cupboard are being grossly uneconomical with the truth!

On a personal note I have some recurring memories that are so vivid and clear that they could have happened yesterday – being sent away at 13 as an evacuee and drafted into HM Forces at 18 and subsequently finding myself on a troopship with 4,000 others, in 1944, seeing my Country disappearing from view, possibly for ever, as we prepared to run the gauntlet of the Atlantic U-boats en route to join in the Far East War.

Another never to be forgotten moment is when I first learned of the Normandy landings in 1944, soon to be commemorated again and deservedly so, since I regard this event as one of the most crucial in our Country's history. Back home in war-weary Britain, elation reigned and everyone in uniform was a hero. I was on my RAF training course in London and as I that day crossed it's SE suburbs in an open-backed 3-ton truck we were greeted with waves and "thumbs-up" gestures from a jubilant public, some of whom may have imagined we were on the way to join the second front. We were actually going to play a football match!

Up there among the happiest memories has to be the return, over two years after leaving, to my home Country that I had so often feared I would never see again. The occasion is recorded in my memory by the first sightings of those patches of little lights in houses along the western coastline, each one seemingly a welcome back to the peaceful future that was to come.

The contrast in my mood compared to that when I left served to remind me that things rarely turn out to be as bad as you thought they would. I have attempted to adopt this belief throughout my life, especially in times of trauma, as words to live by but I fear the attempt would hardly rank along with the best of my successes!



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# The Great Bungay Duck Race 2019. ~

Sunday 14th July. 12noon - 4pm on Falcon Meadow



The Bungay Ducks are about to take to the River Waveney once again for the 5th Great Bungay Duck Race! In addition to the wonderful range of stallholders there will be donkey rides, face painting, children's games and great musical entertainment featuring new and exciting local musicians. In keeping with their natural habitats, we will be hosts to the beautiful Fritton Owls along with a variety of rare breeds from the Earsham Wetlands centre. Refreshments will include The Falcon Inn Bar and a range of local catering including vegetarian, vegan and gluten free, plus the more traditional burgers, sausages, cakes, drinks & ices

We are confident that this year's event will once again be a huge success, so please help us all to continue to make the Bungay Duck Race a fun and enjoyable occasion for the whole community and mark another milestone in the development of our beautiful water meadow.

More info: [Falconmeadow.org.uk](http://Falconmeadow.org.uk) [Facebook.com/bungayduckrace](https://www.facebook.com/bungayduckrace) Photo: Andrew Atterwell

## Ist Southwold Brownie Pack Holiday – April 2019

Just before Easter 10 Brownies set off for Pack Holiday. We stayed at the Darsham Country Centre just by Darsham station. Our theme was Harry Potter and first of all we were 'sorted' into sixes. We made trunks, wands and magical creatures. We also pretended to be House Elves and helped with cooking, washing & tidying up.

Going by train to Oulton Broad was exciting as some of us had not been on a train before. At Nicholas Everitt Park we collected ingredients to make magical potions. A boat trip on Oulton Broad followed and this was enjoyed by all. Back at the Darsham Country Centre we made broomsticks and played Quidditch before having a sing-song. On our last morning we were visited by an owl from The Suffolk Owl Sanctuary which was a lovely surprise.



Balancing act of a Red Squirrel

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### FAMILY

|      |    |                                                                                                                                       |                                 |
|------|----|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| 2015 | 15 | Ford Focus Titanium X 1.5T 6 SP, 5 Door, Black, Electric tow bar, one owner, FDSH,<br><b>ONLY 11,000 MILES</b>                        | £12,750                         |
| 2013 | 13 | Skoda Yeti Elegance, TDI CR 140, 4x4, Blue, FSH, Tow Bar,                                                                             | 44K £10,350                     |
| 2016 | 16 | Vauxhall Corsa SE 1.4, 5 Door, Grey, Alloys, FSH                                                                                      | 24K £8,495                      |
| 2013 | 63 | Ford Focus 1.6 TDCi, Titanium, 115PS, 6 Speed, 5 Door, Candy Red, City and family pack<br>18" Alloys, FSH<br><b>ONLY 39,000 MILES</b> | £7,995                          |
| 2011 | 61 | BMW 318i Performance Edition, 6 Speed, 4 Door, Black, FSH                                                                             | <b>ONLY 36,000 MILES</b> £7,995 |
| 2010 | 10 | Ford Kuga Titanium 2.0 TDCi, 5 Door, White, FSH                                                                                       | 56K £7,995                      |
| 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                      |
| 2013 | 13 | Volkswagon UP, 5 Door, Red, FSH                                                                                                       | 43K £4,795                      |
| 2009 | 09 | Nissan Note 1.4 N – TEC, Silver, FSH                                                                                                  | 45K £4,250                      |

### AUTOMATIC

|      |    |                                                                                |                                  |
|------|----|--------------------------------------------------------------------------------|----------------------------------|
| 2012 | 62 | BMW 116i SE Sport, 5 Door, Carbon Flash Blue, FSH                              | <b>ONLY 31,000 MILES</b> £10,750 |
| 2013 | 13 | Nissan Juke 1.6 Tekna, Dark Haptic Blue, <b>AUTO</b> , FSH                     | <b>ONLY 29,000 MILES</b> £9,750  |
| 2013 | 13 | Ford Fiesta Titanium 1.6 Powershift, <b>AUTO</b> , 5 Door, Candy Blue, AC, FSH | <b>ONLY 9,000 MILES</b> £8,950   |
| 2007 | 07 | Nissan Note SE, 1.6 Automatic, Orange. FSH                                     | 76K £2,495                       |

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Leiston Film Theatre

Fri 31st May - Thurs 6th June

7.15pm (excl. Fri 31st & Sun 2nd)

Matinee - Sun 2nd & Wed 5th June at 3.00pm

*Taron Egerton and Richard Madden in*

**ROCKETMAN** 15

Fri 7th - Thurs 13th June at 7.15pm (excl. Sat 8th)

*Keanu Reeves, Ian McShane and Halle Berry in*

**JOHN WICK:CHAPTER 3** 15

Sun 9th June at 3.00pm

Sun 16th June at 6.00pm

*Judi Dench and Sophie Cookson in*

**RED JOAN** 12A

Fri 14th - Sun 23rd June

Fri 14th at 4.45pm, Sat 15th at 3.00pm & 6.00pm

Sun 16th at 3.00pm, Mon 17th-Thurs 20th at 4.45pm

Sat 22nd at 3.00pm & Sun 23rd at 6.00pm

*Alan Tudyk, Naomi Scott and Will Smith in*

**ALADDIN 3D/2D** PG

Fri 14th, Mon 17th, Tues 18th, Wed 19th &  
Thurs 20th June at 7.15pm

*Charlize Theron and Seth Rogen in*

**LONG SHOT** 15

Fri 21st - Thurs 27th June

7.15pm (excl. Sun 23rd & Tues 25th June)

Matinee - Sun 23rd June at 3.00pm

*Sophie Turner, Jennifer Lawrence and Nicholas Hoult in*

**X-MEN: DARK PHOENIX 3D/2D** 12A

Tues 25th June at 7.30pm. Tickets: £14.95

*A special one-off screening of The Northern Ballet's*

**VICTORIA** PG

Fri 28th June - Thurs 11th July

*Ana de Armas, Lily James and Ed Sheeran in*

**YESTERDAY** TBC

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