

The Bugle Magazine

Serving Lowestoft, Beccles, Bungay, Halesworth & Southwold areas



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The Bugle Magazine – back in print!

Welcome to the September edition of The Bugle. Our on-line presence during this Covid malarkey has increased with many people signing up to our Bugle email pdf delivery service, which is proving very popular, so much so that we are keeping it now that we are back in print.

We continue to promote downloading the magazine from our website and encouraging more readers to go on our email distribution list to receive their pdf copy every month straight into their email inbox! This helps to ensure that you get your copy direct from us automatically and at the same time reduce any environmental impact of the printed copy. This is a free service.

You can also sign up to our postal list and receive your paper copy every month by Royal Mail The cost is £15 per year to cover postage and you can

get on the postal list by phoning us on 01502 578074 or emailing us. (Address below)

Whilst the fear of Covid remains with members of the public and businesses alike the magazine's previous levels of hard copy distribution could be slightly affected. From sites that have not reopened to those that are worried about not being able to spray the mags with sanitiser, there is a fear that will take time to disappear.

Finally, as we always say, please support our lovely advertisers and don't forget to shop with local traders for everything you need whenever you can.

All things being equal our next issue will be out on October 1st and the copy deadline is 18th Sept.

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Enjoy the sunshine everyone and stay safe!

Thursday Evening Music on South Green, Southwold with Nathan Williamson & Friends.

Our weekly Thursday evening informal musical soirees on South Green will return this September. The Artists have had a break over August but are really looking forward to joining everyone on the Green once more. We will be performing on Thursday evenings throughout September at 7:45pm for 30 minutes on South Green, Southwold.

We will keep everyone up to date on social media, including NextDoor, and please send an email to info@southwoldmusictrust.co.uk if you would like to be added to our emailing list. We look forward to seeing you again soon.

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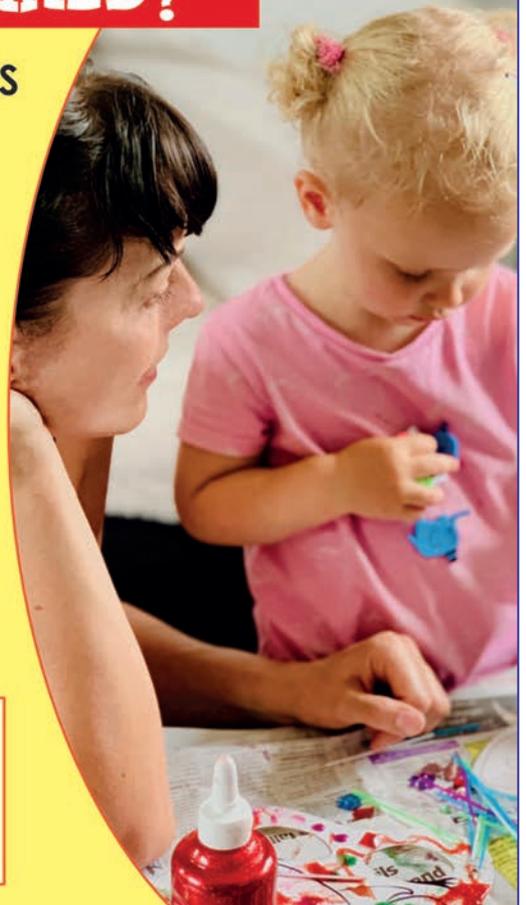
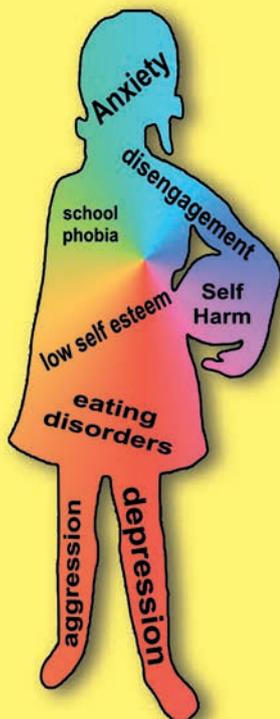
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Lowestoft Heritage Open Days 2020

Despite the current situation and the difficulties we have all faced this year, we are delighted to confirm that Lowestoft will still be flying the Heritage Open Days flags from 11th to 20th September 2020.

Although smaller than in previous years, we felt it important to take part and celebrate in a positive way some aspects of Lowestoft's unique heritage, art and culture. We have therefore worked to devise and present a fantastic slimmed down and safe version of HODs that everyone can enjoy, be it virtually from one's armchair but also with a few in-person events for those that are eager to get out and about.

For full details of all events please visit www.heritageopendays.org.uk and use the simple search facility to check out what's happening in Lowestoft. Or follow us on our Facebook page for information, updates and for all our Facebook live events:

www.facebook.com/heritageopendayslowestoft/
Some highlights of this year's free to attend festival events include:

All our yesterdays

A massive picture exhibition featuring old Lowestoft at Lowestoft Railway Station's restored Parcels Office. Presented by Bert Collyer of Lowestoft Museum. Open everyday from 10.00 to 16.00

Lowestoft's lost or forgotten buildings Popular historian Ivan Bunn at The Seagull Theatre presents his fascinating illustrated talk. Free socially distanced tickets can be booked via www.theseagull.co.uk

Saturday 19 September: 19.30

& Sunday 20 September: 19.30

Virtually Here

A brilliant virtual event celebrating local creative culture hosted within a 360° virtual tour of the old Lowestoft Town Hall. Over twenty five 360 degree photographs are linked together to form an

interactive virtual heritage tour of the most important parts of the interior. Alongside this a number of the rooms will use images audio and video to showcase a curated selection of artists and performers across a wide range of the local creative arts scene. Available to view any time.

Mark Burrell - Open Art Exhibition

Award winning artist Mark Burrell opens up his Lowestoft studio. See Mark's paintings of Lowestoft, the original cover and pencil drawings from the book 'The Iron Bridge' (author John Ward), and many imaginary works. Free event.

Open 12,13,19,20th September 11.00-17.00 - No booking required

42 Melbourne Road, Lowestoft, Suffolk, NR32 1SS



Nature's Nautical Fossils - Hidden by History

Lowestoft Museum, Broad House, Nicholas Everitt Park, Lowestoft, Suffolk, NR33 9JR. Explore some of the fascinating fossils at a pop-up outside display in Nicholas Everitt Park and see if you can guess what type of creatures made such an impression - all those years ago! Saturday 19th September: 13.00 - 15.00

PIC: Heritage open days 2019 at The Port House

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Lowestoft Heritage Open days 2020

The Old Chemist - Heritage window display 59 High Street, Lowestoft, Suffolk, NR32 1JA

A special heritage window display detailing the history of the Chemist from 1851 and this year a display on how we handled pandemics in the 1800s and 1900s. Available to view any time.

Hidden Nature – A virtual art exhibition by visual arts group Easterly Artists. Visual arts group Easterly Artists own virtual exhibition. With a wide range of work by 24 talented local artists, the show is taking place as part of the 'Virtually Here' virtual tour of Lowestoft's historic Old Town Hall. Hidden Nature is essential viewing for anyone interested in the arts in general and Lowestoft's cultural heritage in particular. Available to view any time.

Lowestoft Aviation Society - Local air war 1939-1945 Exhibition. An exhibition featuring, photographs, documents, memorabilia and artifacts pertaining to the local air war between 1939 - 1945. Presented by local historian and war expert Bob Collis. At Lowestoft Railway Station's restored Parcels Office. Open everyday from 10.00 to 16.00

A virtual heritage walk through South Lowestoft. Richard Mundy, chairman of The Lowestoft Archaeological & Local History Society, will be broadcasting a laid back guided walk through South Lowestoft. Online only, Facebook: Heritage Open Days Lowestoft 11 - 20 Sept 2020. Saturday 12 Se 18:00 - 19:00

Pakefield man virtual heritage talk by Paul Durbidge. Introduced from Pakefield Church by Trudie Jackson. A talk by the amateur archaeologist, Paul Durbidge, who in 2001 searched and found evidence on Pakefield beach of the earliest humans in Britain. Online via Facebook Live. Sunday 13 Sept 14:00 - 15:00

The Factory Lowestoft 1757-1802 virtual heritage talk by Janis Kirby

Janis Kirby, will be presenting a talk on the famous Lowestoft Porcelain Factory direct from the Lowestoft museum. Online only via Facebook live. An insight into the origins of the Lowestoft Factory. Sunday 20 Sept: 14:00 - 15:00

Uncle David's Postcards - Lowestoft ones! Virtual heritage talk by Richard Mundy An online presentation of Lowestoft Postcards, with modern pictures taken by local photographers to produce a 'Now and Then' display with included dialogue. This will be online only on Facebook live. Saturday 19 September: 13:00 - 14:00

Cleveland Road, Grosvenor Road & Windsor Road, Lowestoft - History in the street

Three connected events in our ever popular series, history and heritage of our streets. Enlarged pictures displayed in front of historically important houses. Includes the 1916 Bombardment, Michael Caine's house and the home linked to a tragic 1913 Murder. The 3 streets contain beautiful examples of grand Victorian architecture. We will also offer hand outs giving information on the history. Friday 11 & Saturday 12 September: 11:00 - 13:00 No booking required - in-person event.

Lowestoft and the Battle of Britain - special 80th anniversary virtual heritage talk by Bob Collis

Amateur aviation historian, Bob Collis of Lowestoft Aviation Society, will be presenting this talk online only via 'Facebook Live'. Many people think the Battle of Britain took place over Southern England and the East Coast escaped unscathed. Lowestoft endured raids which killed 19 people and was transformed into a fortress against invasion. Bob has made a special study of the air war in this area and details the background to how that fateful summer of 1940 affected Britain's most Easterly town. Saturday 19 September: 12:00 to 13:00

The Kirkley Centre - History Window Display

The site of The Kirkley Centre has been many things over the years including a cinema, bingo hall, swimming pool and roller skating rink. Come and view pictures and information prepared especially for Heritage Open Days. Although the previous building closed for good in 1990, and was demolished to build The Kirkley Centre, the buildings use as a sea water baths, rolling skating rink and cinema are respectfully remembered in this window display. Available to view any time.

All in-person events will strictly adhere to all relevant Covid 19 regulations as may be required at the time.



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East Suffolk Council looks to unleash local talent

East Suffolk Council passed a Motion at Full Council on July 22nd to investigate the potential for keeping more of the residents' money it spends in the local economy. The Motion proposed by Cllr Byatt (Lab) recognised the Council has significant purchasing power that could be used to be a driver of economic development and an aid to post-pandemic recovery in itself.

Keeping money in the local economy as a way of improving local businesses and communities is not new and has been championed and promoted by Preston Council since 2012. Known as 'Community Wealth Building' it's a rapidly growing movement in the UK and internationally that is finding new ways to address economic and social disparities. At the heart of the concept is an aim to leverage maximum economic and social benefit for the residents and businesses of East Suffolk and measure the

success of procurement policies to ensure they create stable, well-paying jobs and keep money circulating in the local economy.

Cllr Byatt (Lab) commented; "We're very pleased that there was sound cross party support for looking closer at where the Council spends its money and researching where this policy has enhanced the quality of life and opportunities for people in other parts of the country already.

Recently, there have been good announcements about a number of new projects in Lowestoft for example, including the Third Crossing and the new flood defences, and we'd like these to unleash the potential of our residents and our businesses so that they bring long term prosperity throughout the district - and local people can take full advantage of the proposals set out in the town's new Masterplan, also unveiled in the last few weeks."

Virtual Open Evening at SET Beccles School

Following successful Virtual Open Events in the Summer Term, SET Beccles School will be hosting their Autumn Open Evening in a virtual format on Tuesday 8 September for Year 6 students and their families. The event is designed to introduce prospective students and their families to the SET Beccles community, with a video tour and examples of work completed both in School and from home. There will be a live presentation and question and answer session hosted by Executive Headteacher, Mr Mark Barrow, and Head of School Mrs Heidi Philpott on Tuesday 8 September at 6pm via Zoom conferencing. There will be an opportunity to ask questions both in advance and during the live session. The Open Evening will be followed by either online or phone 'Drop in Sessions' with the Executive Headteacher, Head of School or SENCO. To sign up to the Virtual Open Evening and to find out more information visit: www.beccleschool.org.uk/virtual-open-evening.

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Take That Progress Tour	Saturday 12 th Sept
2011 filmed Live Concert featuring all their great songs	
Judy (12)	Wednesday 16 th Sept
Celebrating the singer and actress Judy Garland	
Yesterday (12)	Saturday 19 th Sept
A great feel good film back by popular demand	
Downton Abbey (PG)	Wednesday 23 rd Sept
Catch up with your favourite TV characters	
Quiz @ the Hall	Saturday 26 th Sept
Teams of up to 4 – can you win a prize?	
Amazing Grace (U)	Wednesday 30 th Sept
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Mr G Rudy from Beccles completed his 30th Beccles carnival parade on his bicycle despite the parade being cancelled he rode whole parade route! Did you spot him or hear his music playing as he cycled dressed as Dorothy from The Wizard of Oz? Congratulations and thank you for your support of #ecclesiastical and we look forward to seeing you next year -2021 - 15th and 16th August



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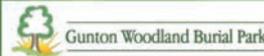
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The Grumpy Old Man

Politically Incorrect and Doesn't Care



That Flu virus that is going around.

So that strange little club called the World Health Organisation have just sent out a message that it is the young, with mild or no symptoms who are spreading Corona virus across Asia right now. So why is our government so determined that kids should go back to school? I would have thought that this is a silly move. There are more so-called experts yakking on about this disease than you shake a stick at but no two of the 'experts' can agree. There is so much about this Coronavirus that doesn't make any sense.

Men and women dying of heart attacks are being listed as Covid 19 deaths. A young man who was fatally killed on a motor cycle in New York a couple of weeks ago had the cause of death listed as Covid 19. A perfectly healthy 20 year old fatally killed in a collision so who the heck thought it was ok in any way to list his death as Covid 19? And if this thing is killing as many people as is claimed - why is there a need to manipulate the figures in this way? It makes me think that many of the so-called deaths are not caused by Corona at all. The government's track and test programme is a joke, policies change every day and you get idiots like Bill Gates, who has zero medical training stating that everyone in the world should be vaccinated. Get lost Gates you fool.

If this is all just an elaborate plan to scare the world into having a vaccination of unknown content, its working. Lots of people can't wait to get injected with some hastily concocted shyte that has a tracking chip inside it or something like that. I for one will NOT be saying yes to it but I will be telling them where to stick it!

Holidays in Europe

Whatever you may think about Covid 1984 and the level of lies that may lurk in the media, I don't understand why anyone would want to book a holiday to Spain or anywhere else across the channel when the bug is apparently still waiting in the shadows over there! So lockdown got eased and loads of people booked and flew away (amid a worldwide pandemic) to foreign lands that had apparently had more cases than us. Boris had

opened up special 'air-corridors' he said almost as if he felt they were exempt little routes to a safe holiday! Low and behold the cases abroad shot up and Boris declared they all had to come home or quarantine later. The panic to get back to the UK in time to avoid quarantine commenced in earnest and the TV news cameras spoke to people bleating about having to cut their holidays short.

Why in the name of Odin did they go in the first place? They whinged and whined about losing money and having to get a quick flight home and how their kids holiday had been ruined. Boo hoo. No matter what we think about Covid 1984 it is just mental to take your family into Europe at this time and parents should know better but sadly they don't.

Third Crossing

So the cost of the 'third crossing' for Lake Lothing in Lowestoft has ballooned to an incredible £145.8million and the DfT are not increasing their original contribution so Suffolk County Council are having to foot the bill to an enormous £72million.

It is all part of a 'master plan' by East Suffolk Council (formally Waveney District Council or more locally known as WDC We Don't Care) and the former Suffolk Coastal District Council.

I know from past and painful experience that anything that involves a council putting our hard-earned ratepayer's money into it, has been ill thought out. You see, the average councillor know probably naff-all about the huge projects they undertake. So they have to bring in consultants and advisors and pay them telephone number amounts of cash for advice. They will go back and forth asking consultants and eventual potential contractors loads of stupid questions - they will have meeting after meeting whereby councillors try to take it all in. Delays are inevitable and costs skyrocket. Anyone involved with local authority funded projects have long known them as an excuse to print money. This contract is a council one - so it is by nature, bloated out of all proportion, over budget and the companies involved will all have had a good feed at the council money trough.

So what else is new??

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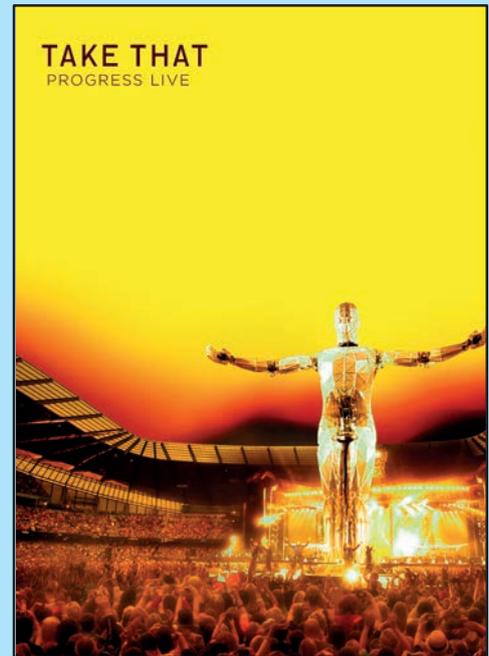
BECCLES PUBLIC HALL Back in Action

It's September and everyone at Beccles Public Hall is looking forward to welcoming audiences back for their programme of films and a Quiz starting with CATS on Saturday 5th, and look out for the Take That Progress Tour filmed live Concert – a real spectacle with all their greatest hits plus a 60ft mechanical robot man! Please see our advert on page ?? for all the details.

And to further whet your appetite, in October Live Entertainment is back!! 'Four by Four' will be presenting a selection of radio plays written for the stage, and for the children during half-term we have the Foolhardy Circus Clowns – a great mixture of comedy and acrobatics.

Ian Sainsbury is hosting one of his popular 'popup pianobar' shows. A thoroughly enjoyable and relaxing evening – perfect with a glass of wine or a refreshing beer.

Films on offer include Emma, Doolittle, and The Rolling Stones 'Sweet Summer Sun' concert filmed live in Hyde Park in 2013 – enjoy this famous band's greatest hits as the sun goes down behind the famous London park.



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# WORLD WAR 2

with Bob Collis • Local Historian



A former colleague of mine once declared "They didn't know there was a (expletive) war on in Lowestoft! They spent the 'ole war filling up (expletive) sandbags! We 'ad more bombs dahn the West End in one night than they 'ad in the 'ole (expletive) war in Lowestoft!" While the latter statement may well be true, it is also a fact that Britain's most easterly town suffered a bombing ordeal which lasted longer than London's and earned it a reputation as being one of the most heavily bombed seaside towns - per head of population - in the country.

Two attacks in 1940 during the Battle of Britain claimed 19 lives, and the second took place 80 years ago this month on Sunday 29th September 1940. There had been a number of air raid alerts in which nothing had occurred, and already some local people had begun to ignore the sirens, preferring the security of their homes or premises to the confines of the Anderson's or other shelters. At 11.25 am on Sunday 29th September 1940, nine minutes after an alert had been sounded, a Dornier Do 17Z flying at 20,000 feet dropped a stick of bombs which were aimed at the dock area once packed with drifters but now rapidly filling with minesweepers of the Royal Naval Patrol Service.

The first of the bombs exploded on the beach, two landed in the Hamilton Dock, and one hit shingle of the North Extension. The penultimate bomb scored a direct hit on two office buildings which were being used by the Navy. Four sailors from HMS "Europa" the Royal Navy training depot, and four civilians in the employ of the Navy were killed. The final bomb fell in the road near the junction of Battery Green Road and Grove Road. Shrapnel from the bomb shattered windows and doors and gouged holes in the brickwork of "Marconi House" and the Seamen's Bethel located opposite.

Two raids with bombs dropped in the sea a few days earlier each resulted in an explosion in the water several hours later. The police suggested a delayed action time bomb detonating. Sadly, the warning was not heeded when the bomb which landed on the North Extension was found to be a 'dud'. At 12.15 pm a group of soldiers from the Lancashire Fusiliers were standing over the bomb when it exploded. Four men died and another was seriously injured.

One of the victims of this raid was local man Bertie Thacker. A seafaring man, Bertie was working for the Admiralty and was involved at both the Kessingland and Lowestoft Bethels. Such was his devotion to duty, he was in the offices at Herring Market despite the Sabbath - and he paid with his life for it.



This month we will be remembering the sacrifices of the courageous young men of RAF Fighter Command who turned the tide of the war 80 years ago in the Battle of Britain. While there were no mass raids and whirling dogfights over this area, we have a moral obligation to remember people like Bertie Thacker and all who died in the struggle against Nazi Germany, some killed in air raids right here on our doorstep in Lowestoft. Lest we forget

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# Your Letters to The Bugle

## Rabbit Hutch Housing

Changes to the planning laws and regulations to bring in a so called relaxation of the planning regulations seems almost irrelevant as the current planning regulations are already practically non-existent compared with a few years ago. [the Business & Planning Bill, 25 June 2020]. The result has been the phenomenon known as "Rabbit Hutch" development where building such as former office blocks or shops are crammed full of one room or one bedroom flats. Villages and towns are being surrounded by houses that have no design merit other than those left over from some urban scheme and in low facility town developments. Many examples already exist in Norfolk and Suffolk and many are of poor build quality. There are currently applications in hand for one room or one bedroom flat developments crammed onto unsuitable sites in Norfolk & Suffolk plus many overcrowded housing development applications on green field sites. They are the slums of the future. Now of course this is enacted under the guise of providing much needed accommodation and nobody would argue with that but in reality these dismal efforts are only being developed to make a few people extremely rich. It's like the dubious antics of the slum property owners of the 1960s being replayed again. These planning changes are being called a

"private developers charter" and are being enacted already with more to come unless of course fellow voters it is stopped. To quote the late American economist JK Galbraith "private wealth & public squalor".

Norman Castleton

## Thanks Bugle.

Dear Bugle

I was so happy when I found out that you were continuing to do the Bugle through the lockdown. At the start of it all I didn't know anything much about computers and nothing about pdf things. With a little help from my grand-daughter I managed to get the Bugle onto her computer and I could read it. It made such a difference during lockdown reading those funny stories and quips that you put in. I love the Grumpy Old Man - he sounds a lot like my husband! The Bugle has been a funny little escape during the lockdown and I am sure lots of others have enjoyed it too. Thank You

Name and address supplied.

**Our pleasure! Anna & Neal**

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# WHITE OWL'S WORLD

stories from the Indigenous American people

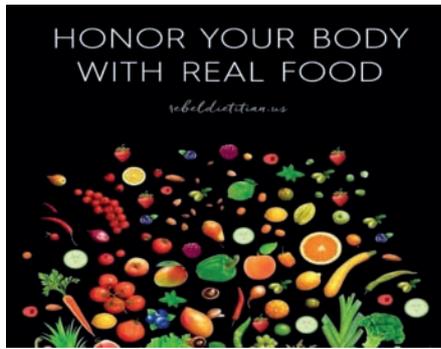
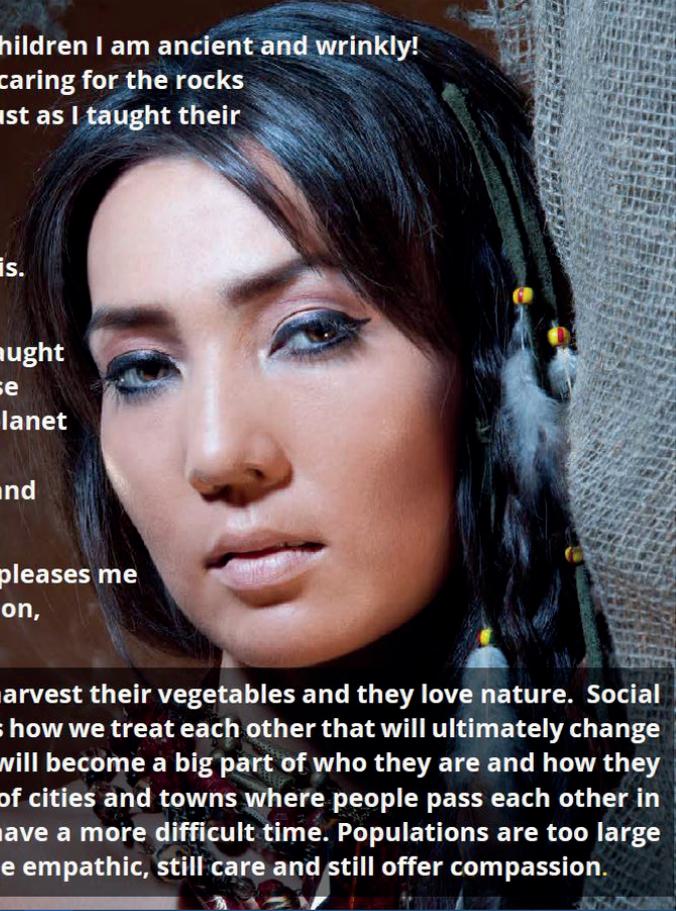
I am getting quite old now, well according to my grandchildren I am ancient and wrinkly! I tell them of the old ways and try to teach them of the caring for the rocks and plants and all of the animals of the Earth Mother, just as I taught their mother so she imparts to them also.

We are living in a world that swamps my grandchildren at every turn. Social media like Facebook and Twitter will eventually become part of their lives and I dread this.

Fortunately my grandchildren are being what you call 'home educated' and it is a wonderful thing. They are taught of many things. They love animals and learn about those that are under threat from hunters. They learn of the planet herself and of music and art. They learn of tundras and pollution, and yes they learn their reading and writing and their math (not so much the math).

They have trips out to the theatre and museums and it pleases me that from a tender age they have been taught compassion, caring, sharing and helping.

They help cook the meals and enjoy clearing up! They harvest their vegetables and they love nature. Social skills are more important than math and algebra for it is how we treat each other that will ultimately change their world for the better. What we teach our children will become a big part of who they are and how they behave throughout their lives. Children in this society of cities and towns where people pass each other in the street without a glance or any acknowledgement have a more difficult time. Populations are too large and it is impossible to know everyone but we can still be empathic, still care and still offer compassion.



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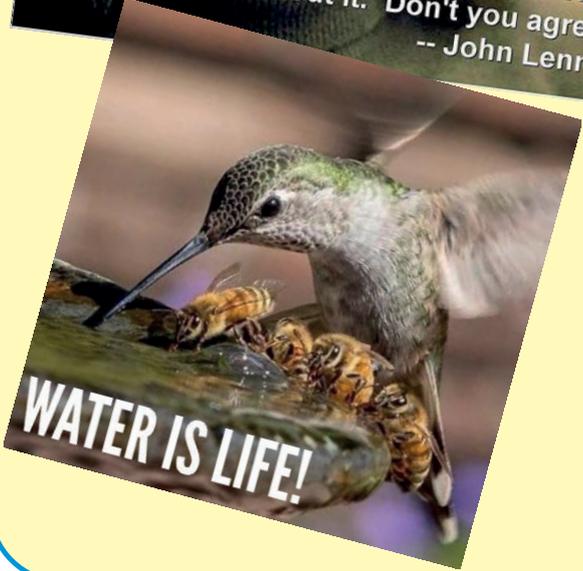
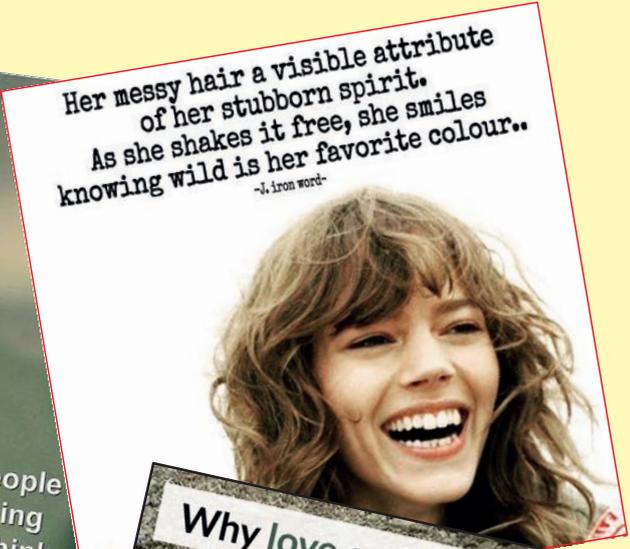
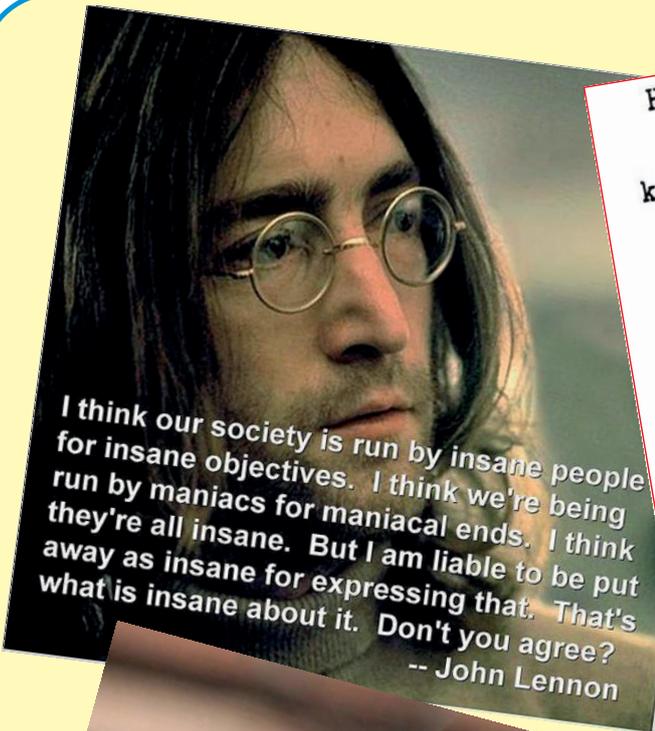
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# Something Else

With Elsie Towers



Over the course of the next four issues I will be taking a look at the four main elements of Earth, Air, Fire and water to let you have a more enlightened view of their purpose and our links to them.

Firstly, let us take a look at Water. Water is fluid and mercurial, it flows as rivers and streams. It sits almost still as ponds or lakes and as oceans and seas it rolls and responds to the pull of the moon. Water is also a life giver to all manner of plants and creatures. Many people feel a great affinity with water, whether or not they care to admit it!

Many have seaside second homes, even more rent a place by the sea for holidays. We are magically drawn to water. It isn't just the sea though. Lots of people have lakeside or riverside holidays to be near to water. In today's society homes by water seem to be worth so much more. Is it just the view, the beautiful outlook from your home, or it is something more? The pull to water is deep within us. So many of us have an inbuilt connection to water as one of the elements of energy coursing through the earth.

Many people have an in-built desire to swim and play in the water naked and it is quite natural - In this way nothing from this life can interfere with the connection of you to the element. Connection is easier and deeper.

Many people too like to be naked in nature whether it is in water or not. They feel that the connection to the earth is greater if the trappings of this life are thrown down. Walking in nature naked is exhilarating and if you are not sure that this is for you - what about just going barefoot so that your body can connect with the earth's energy through your feet. As a species we are so disconnected from nature because we are the only creature that does not connect directly with the earth. We wear shoes all the time! Science has proven that walking barefoot has enormous health benefits

The whole question of nudity seems abhorrent to so many of us. To be naked goes against the grain because society demands that we are clothed for 'common decency' and it has been like that for thousands of years. However, there is no better way to connect with nature than to lay in a meadow or woodland naked or to swim in a body of water. Perhaps your level of surprise at this is a reflection of the conditioning of 'civilisation'?

Of course, you can connect with nature fully clothed in your own garden by talking to your plants from flowers to trees. Try earthing yourself by just walking barefoot on your grass for about 10 minutes as often as you like. Your decency will remain intact!

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# Southwold Library is open again!

## New Opening Times

Monday CLOSED • Tuesday to Saturday 10am - 1pm & 2pm to 4pm • Sunday 11am to 4pm

Southwold Library has reopened with these opening hours until further notice. Please also note the following temporary alterations to our services:

You will not be able to browse books and other items yet, but you can now reserve books online and contact the library in advance to request items using our new select and collect window service. Let us know what books/authors/genres you like and we can pick you a selection of similar books. We can also choose selections of kids' books (picture books, early readers, junior novels or non-fiction) for collection.

Just ring us on 01502 722519, email [southwold.library@suffolklibraries.co.uk](mailto:southwold.library@suffolklibraries.co.uk) or fill in this form: [www.suffolklibraries.co.uk/select-and-collect/](http://www.suffolklibraries.co.uk/select-and-collect/)

Access to printing/photocopying/scanning resumed on the 1st August (card payment only) and a computer can be booked for appointments from 18th August.

Customers can only borrow 10 items but you can keep them for an extended period of up to 4 weeks. Borrowing DVDs and CDS will be free until further notice. Overdue charges will remain suspended and return dates for loans taken out prior to lockdown will be extended into September.

Online we have Baby Bounce and Tot Rock every Monday, Tuesday and either Thursday or Friday (alternating) live on Facebook from 10.30-11.00am

There is also a daily quiz and activities for children and adults every day on Facebook: Southwold Library and children can still join this year's Summer Reading Challenge "Silly Squad" but virtually this year [www.suffolklibraries.co.uk/whats-on/summer-reading-challenge-2020](http://www.suffolklibraries.co.uk/whats-on/summer-reading-challenge-2020)

Join the Silly Squad, pick awesome books, play games and unlock badges through the Summer.

This year's Summer Reading Challenge is being run online. Keep your children reading over the summer while they have fun completing the challenge. Set a target of six books, and pick up prizes along the way. You can log the books you read on the Summer Reading Challenge website. And don't forget that you can download films, music, books, magazines, newspapers and audio books with your Suffolk Library card [www.suffolklibraries.co.uk/borrow](http://www.suffolklibraries.co.uk/borrow)

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With the recent announcement that indoor performances are now permitted, the Seagull Theatre in Pakefield is excited to be able to offer a season of socially distanced performances in September. The theatre has been working hard to put in place all the necessary restrictions and changes to ensure it is covid secure, and is really pleased to be able to offer shows again, starting on Friday 4th September.

The experience will be a little different to what patrons have been used to in the past with only 36 seats available for each show and masks mandatory for the audience, however the theatre is confident that no one is going to want to miss out on the chance to show support for the performing arts. This September Season will feature predominantly local performers and often familiar names to Seagull patrons and Lowestoft citizens alike. It's been a hard few months for artists, so the Seagull will be giving 100% of ticket sales to the performers. There will be opportunities during each show to make donations to the theatre itself.

Friday 4th September at 7.00pm, Lowestoft favourite and regular crowd pleaser, Mama G, will be returning to the Seagull with her fabulous story telling show. For those who have not met her, Mama G is a traditional pantomime dame who likes to tell stories about acceptance and inclusion. Tickets are £5.

Friday 11th September at 7.30pm, we are really excited to host our friends Stephen and Paul Amer back in the Seagull. This tuneful duo return with their Masters of Swing concert which showcases the beautiful music of the swing artists of the fifties and beyond. Stephen and Paul usually sell out the whole auditorium, so we are expecting demand for the 36 seats to be high. Seats are £5.

Friday 18th September at 7.00pm, Lowestoft born magician and entertainer Josh Pickering will once again bring his fascinating and mysterious magic show to the Theatre. Josh's show is a local favourite and ideal for a family evening out! Tickets are £5.

Saturday 19th and Sunday 20th September at 7.30pm each night, popular local historian Ivan Bunn will be presenting his talk on "The Lost Buildings of Lowestoft" Ivan's talks are always really well attended, and this year they form part of the Heritage Open Day weekend where you can find out more about many interesting buildings in the town. Best of all these talks are completely free of charge.

Friday 25th September at 7.00pm our September season is rounded off with local group Laughing Fox Productions and their show "Fox Tales – The Pied Piper of Hamelin" This puppet based story telling show is an ideal evening out for all the family – but especially for younger children. Seats are £5.

*May every sunrise hold more promise  
and every sunset hold more peace*

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## 'Which' REPORT: BEST VALUE SUPERMARKETS RANKED IN ORDER

Bargain-hunters may want to think tactically about where they buy their groceries, as a monthly report by consumer magazine Which has revealed they could save as much as £44 on a trolley of 85 items by shopping at a particular supermarket. Lidl was previously named the nation's cheapest supermarket, but research conducted by Which? found that in July it was slightly cheaper to shop at Aldi.

The consumer group compared prices for a trolley of 85 items, including both branded and own-brand items, such as milk, pasta and lettuce. On average, shoppers would have paid £78.50 at Aldi, which beat Lidl by just 96p. But at one other mainstream supermarket the same trolley-load of products cost £44 more than at Aldi.

Natalie Hitchins, head of home products and services at Which?, said: "Our analysis shows that where you shop can save you almost £45 on the price you pay on your weekly groceries, so if you are on a budget you might want to head to one of the discounters instead of your usual go-to supermarket.

"If your choice of supermarket is limited, you might still be able to save money by swapping your usual branded items for own-brand alternatives and being wary of offers that make you buy more than you need, as these may not necessarily be the cheapest option."

Asda was the cheapest of the 'big four' supermarkets, with the bill for the 85 items coming to £88.29. Whereas at Waitrose the total was £122.47.

Here's how much the Which? trolley of groceries cost at eight different supermarkets:

**Aldi** - £78.50 • **Lidl** - £79.46 • **Asda** - £88.29  
**Tesco** - £98.48 • **Morrisons** - £99.30  
**Sainsbury's** - £103.26 • **Ocado** - £117.85  
**Waitrose** - £122.47

Shoppers made fewer trips to food stores the week after government rules on mandatory face coverings were introduced, according to a separate study. Market research firm Kantar found that two million fewer trips to stores were taken after the rule was introduced in England on 24 July



### MATURITY

It doesn't always come with age in fact it's deeper than age. It's about the way you see and understand things. The way you consider others. The way you communicate. The way you react. The things you value. The things you entertain. The way you represent yourself and others as an adult. Everyone grows old, but not everyone is growing up.

*As a retired physician, I can honestly say that unless you are in a serious accident, your best chance of living to a ripe old age is to avoid doctors and hospitals and learn nutrition, herbal medicine and other forms of natural medicine unless you are fortunate enough to have a naturopathic physician available. Almost all drugs are toxic and are designed only to treat symptoms and not to cure anyone.*

- Dr. Allan Greenberg, MD



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# LEISTON FILM THEATRE

**Concern as cinema is unable to benefit from the government rescue support for theatre, arts and independent cinema.**

The team at Suffolk's oldest cinema have been left disappointed that they are unable to benefit from the recently announced 1.57 billion support package for the arts, culture and heritage sector, due to the fact that the venue is owned and operated by a precepting authority. In response and to help the venue through these difficult times of recovery, Film Theatre management have launched a number of fund-raising initiatives, including a crowd funding page, which raised £1,650 in its first 24 hours, with a current total of £3,330.

The venue has also been selling hand-made face masks, has introduced a selling page on Facebook and a donation feature has been added to the venue's website to boost funds further.



Film Theatre manager, Wayne Burns, is disappointed that the 105 year old venue cannot access these vital grants. *"I fail to see what difference it makes whether a cinema is a charitable trust, privately owned or local authority run. This financial support has been brought in to aid independent cinema and with film distributors continuing to move film releases back, we need as much support as we can get, no matter how we are normally funded. If the Town Council had not purchased the cinema in 1976, the town would have certainly lost its cinema and with similar venues across the country facing an uncertain future, we must do everything we can to ensure we don't become one of them."* he said.

The venue has been flooded with messages of encouragement since reopening on the 5<sup>th</sup> July.

Broadcaster Emma Freud and screenwriter/producer/director husband Richard Curtis have both showed their

support commenting that the venue is *"The biggest hearted cinema in Suffolk."*

The Film Theatre is screening the eagerly awaited big screen blockbuster *Tenet* (12A) from Friday 11<sup>th</sup> September, with more new films either now showing or coming soon.

For more details, please contact the Film Theatre on 01728 830549 or visit: [www.leistonfilmtheatre.co.uk](http://www.leistonfilmtheatre.co.uk)

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# EAT YOURSELF HEALTHY

*Keeping Fit, Eating Healthy & Loving yourself are key!*

I am an ordinary man with no qualifications in nutrition or healthy eating but I am of a certain age and have known much better times. I grew up at a time in this country before supermarkets and huge food factories tempted us with 'ready meals' and factory produced food of all descriptions. It was a time before farmers saw the need to spray all crops many many times in order to maximise yield to help feed an ever-increasing population. I was stunned when I found out that the average potato in the supermarket has been sprayed up to 30 times and the situation is similar for all fruit and vegetables. The soil association has raised concerns that the constant spraying with different chemicals becomes a cocktail which can and does penetrate past the outer skin and into the very heart of the fruit or veg.

I also have lived in a time before there were such things as nut allergies and such things as lactose intolerance or having to have a 'gluten free' diet. Perhaps just some of the chemicals we are piling into ourselves is having an adverse affect on our bodies as more and more people seem to be suffering from these things than ever before. And why oh why do we drink milk? That milk you buy in the shops wasn't meant for you - it was meant for a calf. Cows are kept constantly pregnant so that they produce milk. Female young are kept and males go for veal.

I once did an investigation into chemicals in food for a project and I was amazed at what I discovered. For instance: Recently a San Francisco jury supported a school groundskeeper's claim that his terminal non-Hodgkin's lymphoma cancer was caused by regular exposure to the herbicide Roundup (the active ingredient of which is glyphosate). Dewayne Johnson was awarded \$289 (£225) million in damages which was an extraordinary sum and not something anybody could have predicted. It was a hard fought case on both sides of the argument including some dirty tricks by Monsanto. After the case In one document, which referred to the California decision to label

glyphosate as carcinogenic, Monsanto referred to Californian campaigners and lawmakers as "liberals and morons," overwhelming Monsanto like a "zombie movie". The email noted that the company needed to "take them out" out one at a time. Such are the tactics of giant corporations!

The government's 'war on sugar' was a wrongful and damaging approach to a subject (like so many others) that they could have handled better. Sugar is bad- was the mantra that was drummed into everyone from the news media and government spokespeople. Sugar is not bad for you - except in excess, much like alcohol and lots of other foodstuffs. The battle lines were drawn and all soft drinks had to remove natural sugars from their recipes and replace them with Aspartame, NutraSweet and other such chemically manufactured sweeteners that leave an aftertaste. The health risks and side-effects of Aspartame are well documented but apparently that doesn't matter. Now you have these chemical sweeteners in every juice, squash and fizzy in the country with the notable exceptions of Coke & Pepsi. These two companies refused to alter their recipes for the 'originals' from plant based sugars. Diet Coke does contain Aspartame or a derivative and is not healthy.

The war on sugar should have been a war on excessive consumption in general. It took a sledgehammer to crack the nut and as a result far more people are consuming bigger quantities of 'diet drinks and squashes because they think that those are ok.

The one good thing to come out of 'the outbreak' is that more and more people are growing their own fruit and veg and preparing meals at home - and what a difference in quality and taste! If you haven't got a garden - do buy organic or from local farm shops.

Pesticides, genetic engineering, chemical contamination and environmental pollution are a part of life but you can minimise their affect on you.

Small parcel of land required for Low Impact, Eco Friendly home building project. Countryside location. Email replies the.buglemag@yahoo.co.uk (Mark subject 'Land')

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Tues 1st Sept at 7.30pm &  
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A tribute by the star tenor to world-famous melodies ...

**JONAS KAUFMANN** U

Fri 4th, Sat 5th, Mon 7th, Tues 8th &  
Wed 9th Sept at 7.15pm

Jessica McNamee, Luke Mitchell and Amali Golden in

**BLACK WATER: ABYSS** 15

Fri 11th Sept at 7.15pm  
Sat 12th & Sun 13th Sept at 6.00pm  
Mon 14th - Fri 18th Sept at 7.15pm  
Sat 19th & Sun 20th Sept at 6.00pm  
Mon 21st - Thurs 24th Sept at 7.15pm

John David Washington and Robert Pattinson in

**TENET** 12A

Fri 25th Sept at 7.15pm, Sat 26th Sept at 3.00pm  
Sun 27th Sept at 6.00pm  
Mon 28th & Tues 29th Sept at 7.15pm  
Wed 30th Sept at 3.00pm  
Thurs 1st, Fri 2nd & Sat 3rd Oct at 7.15pm  
Sun 4th Oct at 6.00pm  
Mon 5th & Tues 6th Oct at 7.15pm  
Wed 7th Oct at 3.00pm, Thurs 8th Oct at 7.15pm

Eddie Izzard and Judi Dench in

**SIX MINUTES TO MIDNIGHT** 12A

THIS FILM MAY BE MOVED - PLEASE CHECK!

Sat 26th Sept at 7.00pm  
Sun 27th Sept at 3.00pm. Tickets: £14.95

**ANDRÉ RIEU: MAGICAL  
MAASTRICHT** 12A

Wed 30th Sept at 7.30pm &  
Sun 4th Oct at 3.00pm. Tickets: £14.95

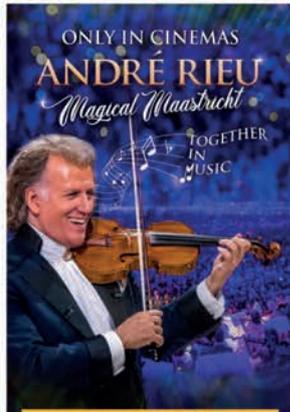
Matthew Bourne's spectacular award-winning smash hit ...

**THE RED SHOES** 12A



In the summer of 1939, influential families in Nazi Germany have sent their daughters to a finishing school in an English seaside town to learn the language and be ambassadors for a future looking National Socialist. A teacher there sees what is coming and is trying to raise the alarm, but the authorities believe he is the problem.

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Sat 26th & Sun 27th Sept



Wed 30th Sept & Sun 4th Oct



Sat 17th & Sun 18th Oct



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