

The Bugle Magazine

Serving Lowestoft, Beccles, Bungay, Halesworth & Southwold areas



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the May
edition

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The Bugle Magazine

Hi everyone

And welcome to the May edition of The Bugle. It is great to be back in print as the UK takes it's first tentative steps back on the road to normality. It is good to see our What's On Guide starting to grow as slowly but surely events are being planned.

We are eternally grateful to our advertisers for sticking with us during lockdown when the mag was available as a pdf download from our website and distributed to all the people on our extensive email database. We managed to not miss one single month of publication.

Our thanks go out to all those who have opened their venues and are returning to advertise with us. Please support our local businesses now and in the future.

Next edition of The Bugle is out on June 1st. Copy deadline is May 18th and if your business is re-opening - or just if you want to be part of our great little mag - do get in touch!

Happiness to you all

Anna & Neal

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WHAT'S ON GUIDE

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

Sunday 2nd May Beccles Antiques Market at Beccles Quay NR34 9BB. 8am - 4pm with a wide variety of antiques, collectables and vintage stalls. Enquiries: Kate on 01502 711174 or Christine on 01502 715771

Wednesday 12th May Beccles Society AGM and Zoom Talk! The Zoom talk is free to members of the public and will start at 7.30pm, after the Society's AGM. Mike Wabe of Medieval World delivers this year's Beccles Society annual talk. Entitled 'Foul Murders of East Anglia', Please email becclessociety@hotmail.com for your Zoom link.

Monday 17th May. Alde Valley Suffolk Family History Group on Zoom 'Parish Registers – A Walk Through History' at 7.30 pm with Les Mitchinson. This Zoom event is free to members and available to non-members at £3. Please register via <https://avsfhg.org.uk/events/book/> and you will be sent joining instructions. Don't leave it too late – places are filling up fast!

Sunday 16th May Spring Brocante at Glemham Hall. Open 9:00 - 3:00, admission £3 per person, under 14 free. Dogs welcome but must be kept on a lead. Enjoy browsing the 70 plus Antique/Vintage stalls, there will also be selected local artisans and the Food Village with local producers.

Sunday 23rd May Wrentham Chapel emerges from lockdown at 3pm with a communion service to which all are invited. Regular services then continue on the 1st and 4th Sundays of every month at 3pm with communion on each 1st Sunday. Contact: Rev' Ian Fosten 01502 562768

Sunday 27th June. Whispering Light Spiritual Group at Telecom Social Club, 18 Clapham Road Lowestoft NR32 1QR. Mediums Kim & Rhona. Open 6pm start 7 pm. Finish approx 8.30 pm. Booking advised Tel: 01502 740787

From Thursday 2nd Sept 'Oulton Broad Outdoor Film & Street Food Fest 2021' - Details on Facebook.

Every Sunday 7pm - 9pm Alex Lovelock The Maverick Medium & Vanessa Cole - Ufologist present, Tales From The Séance Cabinet. Easy going chat about all things paranormal and esoteric. Facebook/You Tube Live.

Every Monday The Hearing Care Centre runs a private audiology clinic at Beccles Hospital. For more info - 01473 230330 or visit www.hearingcarecentre.co.uk

1st Sunday of the month commencing Sunday 2nd May, Car Boot Sale at Ringsfield village hall £6 a car, £10 a van. To book call 01502 712701 or find us on Facebook. Refreshments and BBQ available 9am till midday. Set up from 8am

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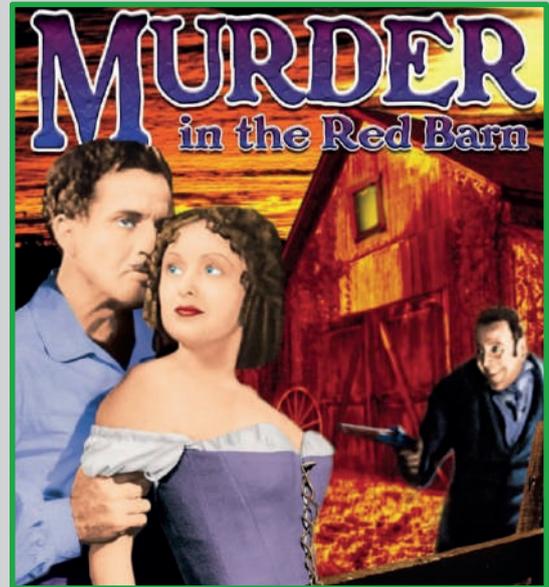
BECCLES SOCIETY ZOOM TALK FOUL MURDERS IN EAST ANGLIA

Do you enjoy a vivid account of dastardly deeds or spine-tingling tales of innocence wronged?

If so, you can get your fill of such fare safe from the comfort of your own home, when ex-policeman Mike Wabe of Medieval World delivers this year's Beccles Society annual talk.

Entitled 'Foul Murders of East Anglia', it will include well-known atrocities such as the murder at Red Barn, plus the intriguing Raleigh Bath Chair murder, the gory end of Martha Stewart whose dismembered remains turned up all over Norwich, and the tragic Rose Harsent, whose killing was disguised as an accident – among many other grisly C19th and C20th crimes.

The Zoom talk is free to members of the public and will start at 7.30pm on Wednesday 12th May, after the Society's AGM. Please email becclessociety@hotmail.com for your Zoom link. The Beccles Society is about promoting the town's built environment and unique character for the benefit of all its citizens, and new members are always welcome; you can find more about the Society's activities at becclessociety.org.uk.



The longest sentence you can form with two words is 'I do'!



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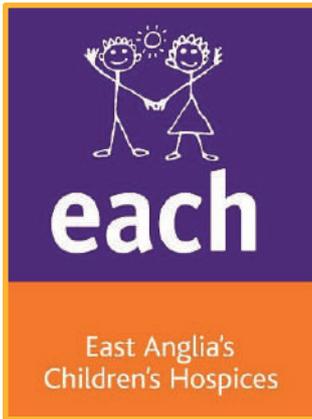
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We are facing a financial deficit over the next 12 months, following disruption to fundraising and retail, and at the same time our care and support is more important than ever as vulnerable families become exhausted from shielding. It is very important we manage our retail activity back to sustainable levels of income, but we will not be able to do this without more volunteer support. Might you be able to help? Just a couple of hours a week can make a difference.

There are so many ways you can support us, from sorting donations and dressing windows to running the till and listing items on our eBay shop, and we always guarantee a friendly welcome!

Why not pop in to your local EACH shop – we have 43 right across the region – chat to our team and arrange a taster session? Find out more about becoming a retail volunteer, including a full list of our shop locations and phone numbers, at www.each.org.uk/retail-volunteers. Alternatively contact EACH Volunteer Services on 01223 205183 or Email: volunteerservices@each.org.uk.



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Something Else

With Elsie Towers



A long time ago there appeared to be so much going on in nature and so many odd creatures being seen, some regularly and some only spotted at dead of night or on lonely sea voyages. From Mermaids to sea monsters & dragons the world has apparently been inhabited by many creatures that today are just the stuff of legend.

Of course it is possible that these creatures have always existed and still do -but if they do, then where are they now? I have already spoken of elementals like pixies, elves and faeries being nature spirits that over time folklore has provided with different characteristics to suit the storytelling of the day. This month I am going to look into the 'myth' of Mermaids.

With much of the planet covered with oceans it is little wonder that traditions concerning creatures half-human and half-fish in form have existed for thousands of years. The Babylonian deity Era or Oannes, the Fish-god ... is usually depicted as having a bearded head with a crown and a body like a man, but from the waist downwards he has the shape of a fish."

Greek mythology contains stories of the god Triton, the merman messenger of the sea, and several modern religions including Hinduism worship mermaid goddesses to this day. In folklore, mermaids were often associated with misfortune and death, luring

errant sailors off course with their singing and even onto rocky shoals. Though not as well known as their comely female counterparts, there are of course mermen — and they have an equally fierce reputation for summoning storms, sinking ships and drowning sailors. One especially feared group, the Blue Men of the Minch, are said to dwell in the Outer Hebrides off the coast of Scotland! They are greyish in colour with blue hair.

Japanese legends have a version of merfolk called kappa. Said to reside in Japanese lakes, coasts and rivers, these child-size water spirits appear more animal than human. A temple in Fukuoka, Japan, is said to house the remains of a mermaid that washed ashore in 1222. Sadly today only a few of the bones remain. Since they have never been scientifically tested, we will never know for sure.

One story dating back to the 1600s claimed that a mermaid had entered Holland through a dike, and was injured in the process. She was taken to a nearby lake and soon nursed back to health. She spent the remainder of her life there - even learning Dutch.

Sightings and encounters are rare today but even as recent as 2009, a mermaid was reported off the coast of Israel. She performed a few tricks in the water for onlookers before diving again clearly showing her lower half to be that of a fish. So what do you think?

Next Month: Really gigantic squid - Myth or fact?





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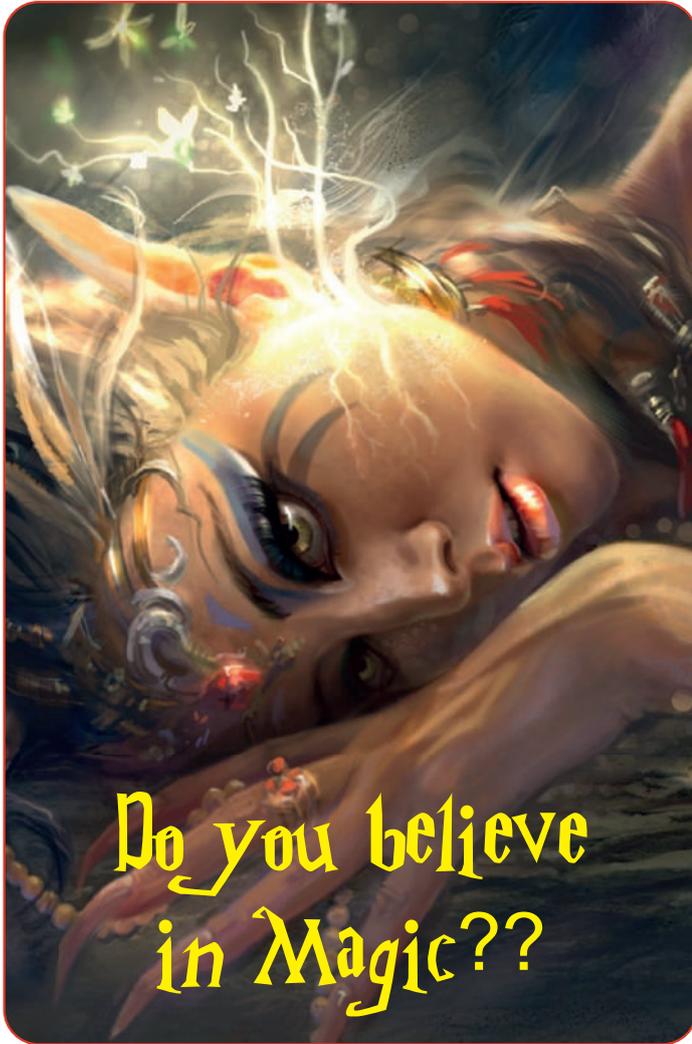
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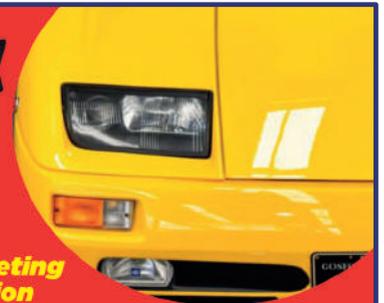
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The Grumpy Old Man

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



Roadside litter

Could it be that I am the only one who has noticed the terrible amount of litter ending up on the verges and tree lined areas beside our main roads? I think it is impossible not to notice all that plastic and paper crap that inconsiderate people just throw out of the windows of whatever they are driving and just assume that somebody else will clear it up.

I drove down to Ipswich recently and headed to Bury St Edmunds along the A14 and was appalled at the sheer amount of plastic bottles, paper, and fast food rubbish that had accumulated.

Now it used to be that the County or district councils sent a couple of men in a truck to clean up behind the idiots every few weeks. They gradually made their way along one side and then the other - and what a difference they made.

Apparently this seems to have stopped due to budget cuts or some other stupid reason but this is clearly a necessary service. I wish it wasn't. I wish drivers utilised their grey cells a little more and were more caring towards the environment and the animals but they are clearly not. This clean up should be done regularly - and perhaps if there was greater scrutiny of council budgets to eliminate all their chronic wastage (for which they are famous) we would all enjoy the roadside view without witnessing the daily pollution perpetrated by the thoughtless and the selfish among us.

The Truth Is Out There

We keep hearing reports of lines of lights in the sky at night and there is a lot of speculation as to what they are. There are usually 5 or 6 in a row and they seem to be moving upwards. Are they aliens watching us? Is the military up to something?

I am also aware that where I live there seems to be several evenings where military helicopters fly over near our house and they are very low indeed. They resemble helicopter gunships and you have to wonder what the heck is going on. Someone told me that those rows of lights were in fact satellites being launched by Elon Musk (Tesla) to blanket the earth in 5G technology which if true will please those

who see it as a way to be able to download films quicker but not so handy for those who want to enjoy nature without being bombarded by 5G radiation. I really hope that some very sensible aliens have finally decided enough is enough and it is time to step in down here and stop the wars and the psychopaths who are in charge of life on earth. We can only hope!

Dog Napping

The number of cases of much loved dogs snatched from gardens or even whilst they are out for walks with their owners is rising all the time.

The people who do this kind of thing are low-lives indeed, the lowest of the low, and it is time they were caught and thrown in jail for a very very long time. The bond between a dog and it's family of humans is one of unconditional love - and it is a two-way street.

To steal a dog from it's home so that a profit can be made is heartless and callous in the extreme. Now is the time to bring in some really harsh sentences for this. A Minimum of 10 years with no hope of parole. Personally I detest the parole system anyway. It should be scrapped and whatever a judge sends you down for, that is the term you serve. Incidentally, life should mean just that - the rest of your life behind bars.

Raid Tests for the Kung Flu

So the rapid tests to see if you have the Kung Flu are being rubbished as only 2% accurate and HM Gov do not appear to be denying it. I reckon there must be some contracts for millions of pounds being dished out again to anyone in the know! This government has been taken to court for the way it has awarded government contracts on the Kung Flu in the past. Now we see more evidence of possible inflated death figures both here and in the USA with Covid deaths being changed to Covid 'Related' deaths. We see scientists and others who disagree with the government being removed from social media and never being allowed any airtime on the mainstream media. It will all unravel in the fullness of time and the people will cotton on to the fact that we are all being played.

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The problem is that people are being hated when they are real, and loved when they are fake.

Beccles and District Museum CIO

Beccles and District Museum, housed in the historic Lemman House in Ballygate, Beccles, starting an exciting new phase of its life by becoming a Charitable Incorporated Institution.

The Museum has some vacancies for trustees and other volunteers, including stewards and a shop manager. If you are interested in joining an enthusiastic team and giving something back to help a local organisation recover from lockdown, please email museumadmin@btconnect.com for more information.

The Museum is looking forward to its re-opening at an appropriate time later in the year.

Picture Credit: Lemman House 1866 when it was a school (courtesy of the museum) Note the road level!



Police seize 83 stolen dogs in Ipswich Raid. See back page - help find their real homes!



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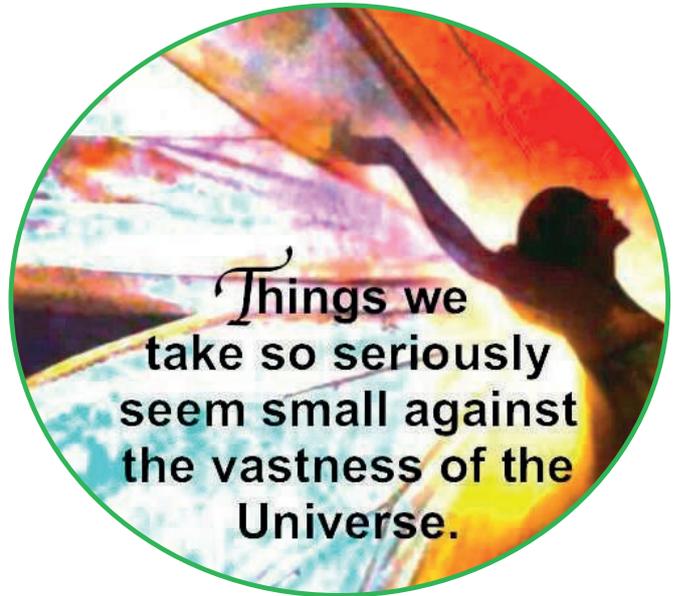
Apples from Max!

When my grandson Max told his mother, Andrea, to donate any cheque she would give him for his 21st birthday, Andrea got an idea. She handed Max's brother Charlie a video camera. Then she took out 21 \$10 bills from the bank and bought 21 apples at the supermarket.

When they spotted a homeless man, Andrea told him, "Today is my son Max's 21st birthday, and he asked me to give a gift to someone to help him celebrate." She handed the man a \$10 bill and an apple. The man smiled into the camera and announced, "Happy birthday, Max!"

Soon, they passed out their booty to men and women waiting in line at a soup kitchen. In a unified chorus, they wished Max, "Happy birthday!" At a pizza parlor, Andrea left \$50 and told the owners to feed the hungry. "Happy birthday, Max!" they shouted. With one last \$10 bill and apple, they stopped at Andrea's sister's office. Unable to contain her laughter or her tears, she bellowed into the camera, "Happy birthday, Max!"

—Dr. Donald Stoltz, Philadelphia, Pennsylvania



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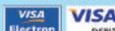
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New beach huts for Lowestoft

With Norman Castleton



The design from East Suffolk Council by Chaplain Farrant Ltd for 72 replacement beach huts on Jubilee Parade, Lowestoft has stirred up much debate and controversy. Their design has been characterised as 'modern', different maybe but there is little modern here. The convention of colourful facades has been abandoned & in the twilight the roof line will be more Gothic horror.

Lowestoft Town Council have tamely approved the scheme with reservations about disabled access. Meanwhile, on the ESC planning website there are an overwhelming number of public objections to the plan with the construction of the huts being likened to distorted shipping containers.



Where is the alternative? Unfortunately, this effort seems to reflect the usual ESC attitude to the taxpayer. You pay your money and you don't get your choice. It is about time local councils took some notice of what their public thinks when & if they are ever consulted.

Bugle comment: Over the years we have witnessed the loss of numerous great buildings in Lowestoft and other nearby towns, only to be replaced by ugly 'modern' buildings. Now we are not saying that the old beach huts didn't need replacing but for crying out loud does every new building today have to have an architect's 'modern' stamp on it. These are hideous and we wonder how much was spent on architect's fees? Whatever it was, it was pure waste. These things resemble D wing at Wormwood Scrubs! ESC is a money pit for ratepayers because councillors are apparently devoid of common sense.

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Returning to normal after lockdown how many of us are changed forever?

When the government decided to confine us all to our houses way back in March 2020 I was surprised and more than a little miffed. Surely, I protested to my wife, surely with any pandemic you don't quarantine the healthy - You quarantine the sick!?

That is the way it has been done in the past. I learned about that in school. Men dragging old carts past the front doors yelling 'Bring Out Yer Dead' and painting big red crosses on the doors. Bodies stacked in the streets and it was pretty grim! But hey ho, whatever.

So we were all locked up with just NetFlix & Amazon for entertainment because you can't count ITV and the BBC. ITV because it has more ad time than programme time the greedy nutters and the BBC because it is mainly just bad. Restaurants, cinemas, theatres and cafe's were shut and Britain ground unceremoniously to a halt. The people had withdrawal symptoms caused by being denied their Costa, Greggs and their McDonalds - you know, all the quality foods!!

So we all stayed in and we got either fat, lazy, pregnant, insane or divorced according to the tabloids! But the British are made of sterner stuff. As the weather got a bit better we started venturing outside and began to plan our survival just in case the fools in charge decided that they liked having us locked away! We started growing our own food, spurred on by the gardening god, Alan Titchmarsh and others. We grew tomatoes, strawberries, potatoes, carrots and all manner of delicious crops. And delicious they were, we soon found that growing your own was not only fun but rewarding. We discovered that our own crops tasted better than the shyte from the supermarkets that are

sprayed goodness knows how many times with goodness knows what. Our crops were organic and it showed with superior quality and taste.

Many of us started learning to be more adventurous with our cooking - and using our own home-grown organic ingredients the results were fantastic. Add to this that growing your own is far cheaper than the supermarkets, and cooking at home is delicious and cheaper than eating out.

So when everything re-opens will everyone go rushing back to the old days? Well the Costa junkies, the Greggs addicts and the MacDonaldis maniacs will flock back to consume more of their favourite food additives and questionable contents and that is fine. . I think though, that many people will dine out less often as they develop a real taste for home grown, home cooked meals.

So what about the cinemas and theatres? They will recover in time, given the opportunity. Hollywood though, is changed forever. Many companies went woke and are nearly broke. Disney ruined Star Wars forever and have no new ideas. Big studios are giving way to the new content creators of Amazon & Netflix. And that is where many stars are migrating to. The \$400million MGM borrowed to make the Bond film, No Time to Die, still has not been repaid. They offered it to Netflix for \$600 million and Netflix declined.

In the meantime the people are streaming movies for their home cinemas. They have big screens, HD projectors and Dolby 5.1 sound in the home, even dedicated Home Theatre rooms!

What we view and how we view it is changing before our very eyes. But we have got great nosh!!



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'If people were superior to animals, they'd take better care of the world' Winnie The Pooh

Lessening the effects of electro-magnetic fields on our health

Most people do not realise how they are jeopardising their health by being on-line, using their mobile, or even driving. Linked with cancer, Alzheimer's, multiple sclerosis, chronic fatigue and other devastating diseases, electromagnetic fields (EMFs) pose a real concern.

Humans are electromagnetic beings - all of our cells, tissues and organs communicate via electrical signals. These move within the frequency range of natural light. Artificial EMFs interrupt these natural circuits and create imbalance. The immune system is weakened and the body's vitality and self-regulation are negatively affected. Whilst almost impossible to avoid, the dangers of EMFs can be reduced by limiting exposure and wising up on the subject.

Smart phones are toxic. Even when turned off they emit very strong frequencies that can be harmful up to six feet away. (Other mobiles are harmful up to three feet when on). They affect you and everyone around you. Wired ear-pieces minimise damage, but don't eliminate it. So, avoid long conversations - texting is safer. When on, don't keep your mobile in your pocket. Never let children use a mobile. Use a landline with a corded phone (cordless phones generate EMR) instead of your mobile phone whenever possible. Never let your older children sleep with their mobile under their pillow!

Wi-Fi contributes hugely to electromagnetic smog - always switch it off at night. Move away from any electrical device when on (especially microwaves).

Minimise anything electrical in the bedroom. Electric clock radios should never be near your head. The larger your TV screen the further away you should be. Do not have a Smart Meter. Try to avoid living/working near mobile masts

Use cars with minimum electronics, avoiding those with inbuilt Wi-Fi or Blue Tooth gadgets. Even car music systems generate EMR. Sat Navs too!

Use protective devices (Google to find what's available) Some devices neutralise the radiation; but if people become electro-sensitive, which is debilitating and often linked to chemical sensitivity, it could be necessary to actually block the EMFs by using protective clothing and shielding the home.

Working holistically with the body can help to combat the ill effects of EMR. Vital energy is the core of our being. By allowing this life force to flow, without interference, from its source deep within us to every cell of our body is essential to good health. The regulation of each cell is holistic, self-generated, self-organising and self-directed in concert with consciousness.

Mother Earth offers a powerful healing tool. Paddle in the sea or walk bare-foot on damp grass or any natural surface for 10 minutes daily - this grounding will boost your health. Alongside regular interaction with nature, energy treatments, such as Reiki, can recharge and revitalise your whole being. Equally important is good diet.

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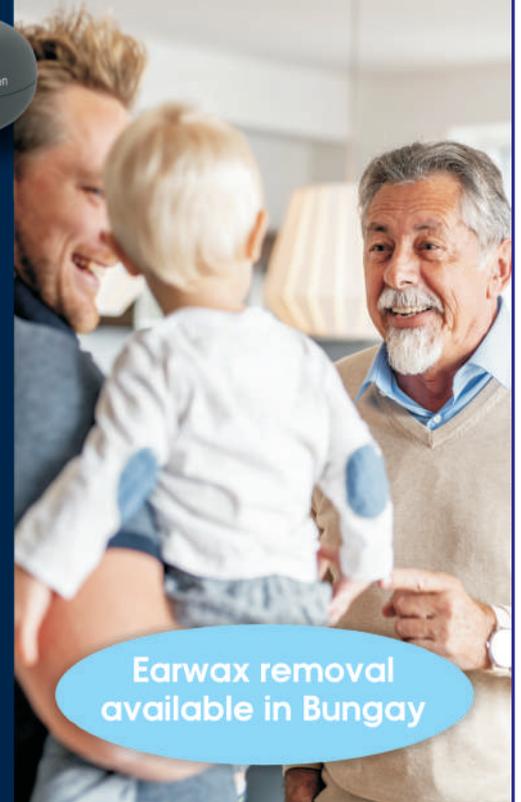


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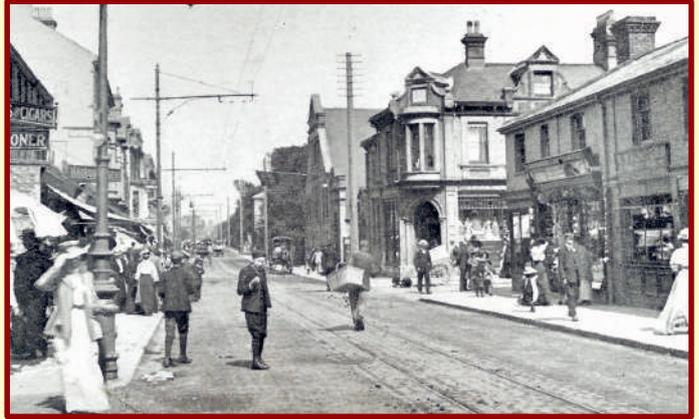
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VIDEO POEM TO CELEBRATE SOUTH LOWESTOFT HERITAGE ACTION ZONE

South Lowestoft's past, present and future is the focus of a new video poem, commissioned by East Suffolk Council under the London Road, Lowestoft High Street Heritage Action Zone (HSHAZ), created by local writer Dean Parkin and produced by Poetry People this spring. The project follows hot on the heels of Poetry People's hugely popular 'Right Up Your Street' 10-minute video poem, created last autumn, which shone a spotlight on the north end of the town's High Street and Scores under the North Lowestoft Heritage Action Zone and has, to date, recorded over 20,000 views online.



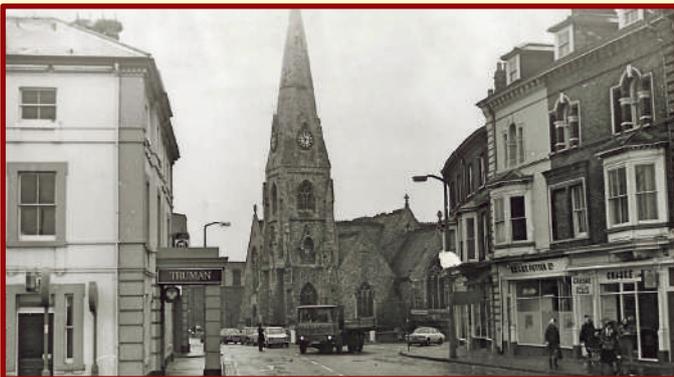
Dean Parkin will again gather memories from residents and shopkeepers – former and current – via social media to create a new poem and short film that brings to life the history of the area and the changes that have taken place.

The successful team that created 'Right Up Your Street' will join forces once again to generate fresh appreciation for the south of Lowestoft. Local young filmmaker Joshua Freemantle, always passionate about his home town, will contribute the filmed content; Poetry People's co-founder/director Naomi Jaffa will edit, direct and produce the finished video poem.

Dean recalls: "The south end of town holds a lot of memories for me. It's where my mother would take me shopping when I was a child in the 1970s. We'd get off the bus near Hutson's the butchers, I'd get my haircut at Bruce's the barbers, and I might get some new football boots at Reg Regis sports shop. If I was lucky we'd get a portion of chips for lunch at Gibbs!"

"As curator of the Jack Rose Collection and photo archive, it's a chance to use some of Jack's wonderful old pictures to inspire recollections and stories of the place. I'm looking forward to sharing online some surprising and rare views of South Lowestoft and seeing what memories they stir!"

The new video poem will help launch the London Road Lowestoft High Street Heritage Action Zone and celebrate the re-opening of businesses in the area in April. The HSHAZ is a four-year heritage-led regeneration scheme funded by East Suffolk and Historic England and delivered in partnership with Lowestoft Town Council and East Suffolk Building Preservation Trust.



The title of the new video poem will emerge as the stories and pictures are gathered over the coming weeks. If you have any photographs or memories which you wish to share, please get in touch with Poetry People on Facebook, or via the Heritage Action Zone social media channels, or by emailing economicregen@eastsuffolk.gov.uk. All will be revealed at Facebook and YouTube premieres in May.

Picture top: London Rd South, Lowestoft in the days of trams - circa 1905

Picture bottom: London Rd South with St John's Church shortly before its demolition. Circa 1977



Mermaids - myth or real?
Read 'Something Else' with Elsie Towers on page six.

POLICE SEIZE 83 STOLEN DOGS IN IPSWICH RAID!

Pictures of dozens of stolen dogs seized in a police raid have been released as part of increasingly desperate efforts to reunite them with their owners. More than 80 dogs of different breeds and ages were recovered in a single haul from a travellers' site just outside Ipswich in Suffolk last month.

Not one has been returned home yet as their lack of distinctive features and information has made it hard to identify them. It's believed they could have been stolen from various parts of the country and may have been missing for any length of time. A total of 48 dogs, some of which appeared to have been poorly fed or groomed, posed patiently for the 'mugshots' uploaded on Monday. They include at least three spaniel puppies, a young Dachshund and a sheepdog due a thorough shampooing.

Detectives urged potential owners to come forward but warned the animals' appearance may have changed considerably since they disappeared. Six people were arrested on suspicion of conspiracy to steal in connection with the March 20 raid.

Of the six, two men aged 34 and 39 as well as two women aged 41 and 46 have been released on bail until June 17. The other two, a 34-year-old man and 35-year-old woman, have been released and will face no further action at this time.

The full gallery can be viewed on Suffolk Constabulary's website along with information on how to claim ownership. Only those who have not previously contacted the constabulary should get in touch, police said. Detectives added they will only respond to queries from people who believe they can provide proof of ownership such as photos and records from vets or reports previously submitted to police or charities.

