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All Enquiries :

Kate Lee 01502 711174

or Christine Pinsent 01502 715771

Now the masks are coming off lets all start smiling again!

The Bugle Magazine

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LOOKING BACK AT WHAT USED TO BE

The Bugle By Hugh Lake

When is a bugle a bugle
Sounding a Clarion Call?
Telling us when to wake
Keep our eyes on the ball
And when is a bugle a trumpet
The blower blowing his own?
Letting off personal steam
Putting some meat on the bone
I actually prefer a cornet
Louis playing Summertime
When he teams up with Ella
It is really quite sublime
But it nice to have a good grouse
By bugle or by trumpet
We chaps of a certain age
Can we still call ladies crumpet?

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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

Tuesday 3rd - Saturday 7th August. Monkey Business Circus presents SuperHero Shenanigans. A crime caper with arch villain 'The Joker'. Southwold Common, Godyll Road, Southwold 01502 722572 or email boxoffice@southwoldartscentre.co.uk

Tuesday 3rd August. Robert Powell (Jesus of Nazareth, Holby City) presents his one-man-show celebrating the genius of Jane Austen. Southwold Arts Centre IP18 6JP 01502 722572 email boxoffice@southwoldartscentre.co.uk

Friday 6th August to Saturday 14th August. The Beccles Society of Artists Annual Exhibition will take place at Beccles Public Hall from 10am -5pm except Saturday 14th August 10am -3pm. Free admission.

Sunday 8th - Sunday 22nd August. Film screening of Theatre on the Coast 2020 show 'All 4 One'. What happens when the Queen summons the family for a crisis meeting? Southwold Arts Centre 01502 722572

Sunday 8th/Sunday 22nd August. Film screening of Theatre on the Coast 2020 show 'Attagirls!' Three young women help the RAF in World War Two. Southwold Arts Centre, IP18 6JP. 01502 722572 or email boxoffice@southwoldartscentre.co.uk

Wednesday 11th - Saturday 21st August. 'Hello Norma Jeane' by Dylan Costello. Starring 'Allo 'Allo star Vicki Michelle MBE Southwold Arts Centre IP18 6JP 01502 722572 Email: boxoffice@southwoldartscentre.co.uk

Wednesday 11th August. Blyth Valley Parkinson's Group. Coffee morning 10am - 11.30am Wenhaston Village Hall, Books, Bric-a-Brac etc.

Thursday 19th August. Join the RSPB Lowestoft & District Local Group for a walk at SWT Carlton Marshes, leader Bill Whybrow. Meet in reserve car park for 10am start.

Sunday 22nd August. Beccles Antiques & Collectables Market at The Beccles Quay by the River Waveney, with all Covid guidelines adhered to. Approx 100 professional dealers plus a food village, serving hot and cold food, with plenty of open space to sit and eat. Free entry. Sat Nav NR34 9BB. All enquiries Tel 01502 711174. Follow the market on facebook @antiquesmarketbeccles for updates

Sunday 22nd August. Chapel Floral Display And Afternoon Teas at the Sotterley Chapel, The Crossroads, Sotterley Nr Beccles NR34 7UA. from 2 - 4.30pm. All welcome - proceeds in aid of Chapel

Wednesday 25th August - Saturday 4th September. Tomfoolery. A musical revue with the songs and words of Tom Lehrer. Southwold Arts Centre. 01502 722572 or boxoffice@southwoldartscentre.co.uk

First and Third Saturday's. Beccles Farmers Market at Beccles Heliport from 9am -1pm. Great products direct from quality farms and local producers. Meat, poultry, fish, fruit, cakes, specialist breads, preserves, eggs and several local crafts, Hot food and drink available in the cafe area and parking facilities are spacious and free. www.becclesfarmersmarket.co.uk/upcoming/

Saturday 28th August. From 10.00am to 12.30pm Wenhaston Village Hall Product & Craft Market in our car park (inside village hall if restrictions allow) with various handmade crafts and various food products on sale. The cafe will be open in the village hall for Tea, Coffee, Homemade Savouries and Cakes. Everyone one is welcome. For further details contact: Carol Hudson-Jary on: 07864083296.

Every Wednesday in Fen Park, Kirkley Lowestoft. Volunteers needed to help keep the park in tip top shape - Gardening etc! 12.30 - 4.30pm Please wear suitable clothing and footwear. Friends of fen Park on Facebook.

Every Friday. Beccles Country Market at The Quaker Hall, Smallgate. 9.30am - 10.45am Enq' please telephone Jill Pulford 01502 715826

Every Saturday Morning. New Colouring group - Colouring Karma gets active at The Kirkley Centre, London Road South, Kirkley, Lowestoft 10am - 12noon. Adults £1 Under 18s free! You are welcome to bring your own materials. Tea, Coffee & Squash available. For info phone Sharon 07892 314470

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The Grumpy Old Man

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A two tier society on the way

I always did fear that a two tier society would be created if the government ever brought in those so-called Covid Passports. That is exactly what is happening in France as President Macron's government are bringing them in 'on a voluntary basis'. You don't have to get the jab but if they ever want to go into a bar, cafe, football match, cinema, theatre or anything like that ever again, then the people of France will all need a Covid Pass, which means they will ALL have to get vaccinated - and apparently there have been marches and riots against the draconian measures (and in Greece too) - and all ignored by our controlled media

Over here we have employers already insisting that if you want to work, you must have the job. We will have the Covid Passes here and like France, you will eventually need one, I am sure, to be able to function in society. As I write this Boris has proclaimed that to gain entry to night clubs everyone will have to have been double jabbed. This is just the tip of the iceberg. I am afraid that we are heading towards a dystopian future of unprecedented control. Following summer 'freedom' these 'variants' will increase and cases of Covid 19 will sky-rocket in the minds of the Downing Street fiction writers.

Then the holiday makers, Latitude revelers and anyone else who have enjoyed themselves during

August and September will get the blame - along with the 'unvaccinated' whom the government detest. It won't be long before the people will then turn on the unvaccinated and the two-tier society will be born, along with a winter of lockdown. Boris will be able to remain saintly, saying he tried his best. What a plan!!

The Football violence in London

Whatever possesses football fans to destroy businesses and property in our capital because their beloved football team lost a game? Don't these idiots realise that their loutish behavior is a disgrace to the flag that they chose to bedeck themselves in? The only people they hurt were the innocent business owners whose livelihood was destroyed or at least severely affected because of them. I hope they are identified and prosecuted.

Off Grid Living

There are more and more people who are apparently choosing to live 'off-grid'. The more serious 'Off-gridders' build eco homes, are self-sufficient and are not reliant on mains services in any way. Many grow their own food as much as possible. In the USA more and more young couples are living the camper van life and traveling around taking part time work. No mortgage, no big bills - preferring the freedom that removing themselves from society's norms has to offer. Sounds great!!



It is still a great world
- in those quiet corners that are unaffected by mankind

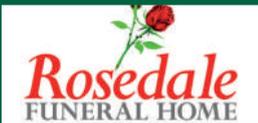
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A new book launches this autumn to help provide comfort in the kitchen!



A new book is launching to help people rediscover the joy of cooking after losing a loved one and baking after bereavement. *Cooking For One* will feature dishes which are ideal to prepare for solo diners who have recently lost a loved one. It features a wide range of recipes mixing simple dishes for those who may not be used to finding their way around a kitchen, wholesome and nutritious recipes, and some decadent dishes too.

Cooking For One is the idea of Simon Beckett-Allen, who co-owns the Rosedale Funeral Home which has bases around Norfolk and Suffolk. He was inspired to create it in memory of his late sister, who was a chef.

The proceeds of the book, which will be published in September, will support Cruse Bereavement Care, which is the largest charity of its type and supports over 50,000 people dealing with grief each year. Simon wanted to draw on his own experiences to help others. He said: "I have always found cooking is very therapeutic when I am on my own and preparing food is a very pleasant pastime.

"As well as a wide range of recipes to prepare and dishes to enjoy, it also has stories from a few people explaining the journeys they have gone through which can provide advice and comfort too."

"After a bereavement, people can lose the enthusiasm to cook for themselves, and I really hope this book will help with that."

The book features contributions from a range of people who have all lost a loved one from Norfolk

and Suffolk including Norfolk-based actress Liza Goddard, writer and broadcaster Sir John Timpson, and popular chef Richard Hughes. As well as highlighting the meals that are important to them, they also share poignant memories of their loved ones.

Simon said: "*Cooking For One* contains no platitudes about what a great healer time can be. It is a candid account of the raw pain and utter loneliness that grief can bring about. As well as containing delicious recipes, it aims to serve as a personal handbook designed to help navigate the personal pathway of grief."



Picture: Lisa Goddard with Sir John Timpson and Richard Hughes of Rosedale

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FARMING • SHOWING • CONSERVING

Chair of the Rare Breeds Survival Trust, farmer, and breeder of Southdown and Devon Closewool Sheep, Gail Sprake, will share some of her experiences on the farm, in the showing, and in the field of conservation, at St John's Church, Ilketshall St John, on Thursday 23rd September, at 7.30pm.

Tickets for the event, which will include a glass of wine and nibbles, are available in return for a donation towards the funds of St John's church, from Rosemary Watkin, St John's House, Ilketshall St John NR34 8JJ phone 01986 781225.

Please make cheques payable to Ilketshall St John Church.

Picture: Gail Sprake with rare breeds



www.lowestoftoldandnow.org

Introducing Lowestoft Old and Now - Focused on the local, embracing the past, changing the present, and celebrating the future. www.lowestoftoldandnow.org and www.useitall.org
Lowestoft Old and Now is a Community Website offering a voice for community groups. It is about Lowestoft (and the planet).

We think of the site as being a wheel, held together by its spokes. The outer rim is made of the community groups' webpages. The spokes are made of the information offered by the groups. The hub is where it all comes together. The hub is where you land if you search for the site.

Content is the fuel of a website. If you're a community group, or running a campaign, or you're interested in local history, or run an independent business - subscribe or email: info@lowestoftoldandnow.org
The site has been developed by Joe Thompson, with assistance from John Ellerby.

It came from an original request to build a five page site by Most Easterly Community Group, but it is an independent operation, and it is not currently funded in any way.

We believe the project to be an innovative concept, with huge potential.

In particular, we believe it could provide an extraordinarily rich resource about local history.

Please visit and give us your feedback via the site.

Marriage is grand - divorce is 20 grand!

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If money is the root of all evil - why do churches always beg for it?

BECCLES ANTIQUES MARKET

Sunday 22nd August at Beccles Quay

The Beccles Antiques Market held on 2nd May was one of the first large outdoors antiques market to be held in East Anglia region once restrictions were lifted and proved to be a huge success with all pitches filled and good attendance, even the sun made a welcome appearance!

It will be back for the second time this year on Sunday 22nd August at it's new location at The Beccles Quay by the River Waveney, with all Covid guidelines adhered to.

There will be a great selection of approx 100 professional dealers in total, selling a good selection of antiques, retro and collectables, including furniture, glass, silver, postcards, pictures, clothing, jewellery etc, plus a food village, serving hot and cold food, with plenty of open space to sit and eat.

It is free entry and there will be some additional parking available at the Quay site for a small charge as well as all the car parks in Beccles town centre just a short walk away. Sat Nav NR34 9BB. All enquiries Tel 01502 711174. Follow on facebook @antiquesmarketbeccles for all updates and information.



* The Framlingham Country Show 2021 *

The Framlingham Country Show is entering into its 12th year. After not being able to do the event in 2020 we are excited to return to the beautiful grounds of Framlingham College IP13 9EY on the 21st and 22nd August. We are coming back bigger and better!

Come along and join us at the event with something for everybody on the 21st and 22nd August from 10am – 5pm both days. Discounted tickets can be purchased online via the website or on the gate for £9.50 an adult, £8.50 concessions and £4.50 a child. We hope to see you then! www.framcountryshow.co.uk/

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Your Letters to The Bugle

Tourism & the East Coast

Dear Bugle

Southwold is considered to be one of the gems of the east coast. A recent 'Which' investigation reported the town as being the among the best coastal towns & resorts on the east coast and among the best nationally. Unfortunately, Lowestoft did not do very well & scored very poorly.

The new undemocratically commissioned "modern" palletised container beach huts on Jubilee Parade will do little to improve this situation. Given Southwold's attraction status it was not much of a surprise to see that beach huts on the Southwold sea front are comparatively expensive. Even so it was surprising to find that one was valued at £150,000. Given this situation it would not be unreasonable to think that the controlling authorities including the East Suffolk Council responsible for the beaches, seashore & coast would try to safeguard this coastal gem & its facilities. Economic recovery via holiday visitors & tourism.

However, a government report on the beach & sea water at 'The Denes' branded it as being "the dirtiest" in the country [SaveOnEnergy.com.uk,2019]. The pollution source is said to come from the River Blyth. Councillor David Beavan has stated that the water by the pier should be better for bathing and that sampling this year should show better results. The 2021 sampling result was classed "sufficient" but down from "good" three years earlier [Environment Agency,21].

It is also fairly damning that the only Suffolk coastal town able to fly the blue flag over a beach is Felixstowe. So what have the responsible authorities like the ESC been up to? Blame it on the pandemic? Have they been asleep on the job? Or is it just another example of what the late American economist J.K. Galbraith called "Private Wealth, Public Squalor".

Yours
Norman Castleton



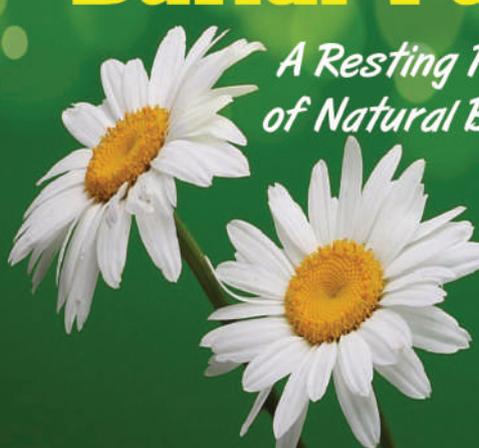
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Lowestoft's Heritage Open Days

- Coming soon to a location near you.



Lowestoft's steering group are proud to announce that the Heritage Open Days festival will be going ahead this year, with events all over the town, from Corton to Carlton Colville, from 10-19 September.

Chair Diana Moore said, "The whole town seems ready to celebrate what exists here in Lowestoft and I'm constantly amazed at the sheer range and depth of heritage we have.

From Excelsior's 100th birthday celebrations at South Pier, the Herring & Ale Fair at the Oddfellows Green, walks and talks given by the Commonwealth War Graves Commission, heritage food markets, special guided walks and talks by Lowestoft's own popular Historians Ivan Bunn and David Butcher, exhibitions of local art and crafts, Children's heritage walks and film screenings across the town, this year promises to be a real collective celebration of what makes our town worth knowing more about.

We're delighted that Bushell's Bakery, as one of the town's oldest businesses, will be recreating some local recipes from times gone by, including Lowestoft Dingers and Suffolk Rusks, alongside many more. These will be available at all of their stores over the Open Days duration. There will also be the opportunity to try some of these at their London Road store.

This year's guide theme is 'Edible England', which ties in very well with Lowestoft's history of food production and fishing. There are several events planned to celebrate our Maritime past, and we'll be featuring the Prunier Herring Trophy, awarded from 1936-66 to the trawler and crew that brought in the largest weight of herring caught in one day, during the Autumn home season. Lowestoft's last man standing, Keith Mayall, will be giving a talk about his experiences both as a trawlerman and as a boy on board Suffolk Warrior, whose crew won the trophy in 1963, with local legend, Jumbo Fiske as Skipper. The talk will be followed by a recreation of one of the celebratory Banquets held for the crew at the famous Prunier restaurant in London, put together by the team at East Coast College's East restaurant. Early booking is recommended!

We'll also be looking at Lowestoft's long history of canning and preserving food. The Archives of many of the town's factories - Maconochie's, C.W.S, Morton's and Beecham's - have given us rare film footage, photos and advertising that we'll be displaying around the town. Keep an eye on the website, www.heritageopendays.org.uk for the full list of events as they register and the HODs What's On brochure comes out in mid August. Every single event is free to enter. Photo: HODS Team Lowestoft Credit: Kate Ellis



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Love is what we are born with - fear is what we learn

MONKEY BUSINESS CIRCUS SUMMER SHOW

Monkey Business Circus returns! Local Reydon girl, Sam Culwick aka Pippi Ribbons, (pictured) was due to put on a traditional circus show at Southwold Arts Centre with her circus, Monkey Business Circus, over Easter 2020 when the global pandemic forced the closure of theatres all over the country. It has been a trying 18 months for everybody but things are finally looking up and Monkey Business Circus is ready and raring to go!

The show, 'Superhero Shenanigans!' is a crime caper where arch villain The Joker has committed the heinous crime of spreading bad jokes throughout Southwold. In a fight to bring him to justice various superheroes are called in to save the day. The show combines skilled aerial and ground based circus acts with music and comedy. A spectacle to be enjoyed by the whole family!

Monkey Business Circus will perform their unique show on Southwold common as part of Theatre on the Coast's summer programme which now includes undercover outdoor events.

Pippi first brought her circus to Southwold for the opening of Southwold Arts Festival back in 2014 where she performed on aerial silks alongside other aerial acts. Pippi Ribbons still has her head in the clouds but Monkey Business Circus has one foot on the ground to bring you a wider and more wonderful variety of circus entertainment.

Let's give this summer the fighting start it deserves by supporting local events and performance. Enjoy! Tuesday 3rd - Saturday 7th August 2021 For further details visit www.southwoldartscentre.co.uk



BECCLES MUSEUM RE-OPENS

After being closed since the end of the 2019 season Beccles and District Museum has reopened. Dr Barry Darch, Chairman of Trustees said, 'It's great to be open again after such a long closure. Our volunteers have worked very hard to get the Museum ready for a safe opening and we are very grateful to East Suffolk Council's Bounce Back Fund for its valuable help.'

As well as the usual exhibitions the Museum is displaying this season several drawings by the celebrated Suffolk artist Harry Becker (1865-1928) and some historic scenes of Beccles by local painters. Also featured is a display of reminiscences of World War II.

The Museum is open on Tuesday, Wednesday, Thursday and Saturday afternoons, 1.45 to 4.30 until the end of September and on Sunday afternoons in August. Admission is free.

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The further a society drifts from the truth - the more it will hate those who speak it

Beccles Food & Drink Festival 2021

Saturday 14th August! 10am - 4pm



Beccles Food and Drink Festival is back with a new date for 2021. The free event, now confirmed for Saturday 14th August, will feature an array of food and drink stalls, many of them local artisan producers, as well as those from further afield in East Anglia.

Among around ten new traders to the event will be those selling rum, chilli sauces, apple juice, macarons, olive oil and shortbread. Based in the centre of the vibrant market town around New Market, Sheepgate, and in and around St Michael's Church, the Festival runs from 10 am till 4 pm and will also include a selection of street food, music and children's entertainment.

In addition to town centre parking, a free Park & Ride shuttle service will run throughout the event from Beccles Quay, where additional parking will be available. Building on the successful formula of previous years, the delayed easing of pandemic restrictions has resulted in a more streamlined event this year, but never the less promises to be a memorable one.

Paul Parravani, lead organiser, commented "having been unable to host the Festival in 2020, we are looking forward to holding as full an event as possible. Beccles Food and Drink Festival is due to be one of the first events of it's type to be held in the region now that Covid restrictions have been further relaxed, and though this year's Festival will look a little different to normal, it should celebrate a wonderfully diverse range of local produce."

Updates to the Festival will be posted at www.becclesfoodfestival.co.uk - on Facebook and Twitter at regular intervals. Picture: Fine dining at a previous Beccles Food & Drink Festival



Money is numbers and numbers never end – if it takes money to make you happy your search for happiness will never end – Bob Marley

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ALEXANDER KARPEYEV PIANO

FOR MORE INFO & BOOKINGS VISIT
www.alwynmusicfestival.co.uk

Every creature has a soul or spirit - only the body is different

Halesworth Dementia Carers' Fund

HDCF took over the I-Chameleon Shop for 1 week in July to raise money for the fund. It was a great success, and after deducting expenses made nearly £1,100. We are delighted with this figure and would like to extend our grateful thanks to all who made it possible – all those who donated items for sale, all the volunteers who worked in the shop, and of course, all the lovely customers who came in and spent so generously.

For several months Helen Hayes has been running these sessions on Zoom. The great news is that from 4th August Helen will be going live at Holton Village Hall, from 2.00 – 3.30. These sessions are open to all with dementia, and their carers and families. The HDCF Committee is deeply grateful to Helen for all her wonderful work and enthusiasm, and also to the East Suffolk Community Partnership Fund for helping to make it possible. The A.G.M. will take place on 11th August from 2.00pm – 4.00pm in The Stables at the Angel Hotel, all welcome. Our next film at The Cut will be 'The Intern' on Wednesday 15th September. The film will be shown at the earlier time of 2.00, with doors open at 1.45. All are welcome, and our film shows are another way for us to raise money for our on-going work.

Arts and Craft Sessions sponsored by the Arts Council, will begin later in the Summer. Full details will be given when confirmed.

Finally, if you would like more information about HDCF, or any of the items mentioned above, please contact us at information.hdcf@btinternet.com or contact our secretary on 01986 875444.

Award winning hearing specialists relocate in Halesworth

Local award-winning hearing care specialists, The Hearing Care Centre are relocating to brand new premises in Halesworth this August. The clinic which has been housed within Jefferey's Opticians on Rectory Street, is moving its services across to The Pear Tree Centre, next to Cutlers Hill Surgery on Bungay Road.

The Pear Tree Centre is a newly built facility, which provides fantastic healthcare, complementary therapies, counselling and support services within the town, and also benefits from free onsite parking.

The Hearing Care Centre, which has won many top awards for the customer service it provides its patients, will continue to hold clinics in Halesworth every other Thursday, providing hearing assessments, fitting of the latest hearing aid technology, as well as specialist advice and support for those experiencing hearing loss.

Matthew Coward, Operations Manager of The Hearing Care Centre, was very pleased to confirm the news. "This relocation has been long in the making and we are delighted that it has finally happened. I'm sure all of our patients will be very pleased with our new surroundings and we can't wait to welcome them!"

To celebrate their move, the company is offering complimentary hearing assessments throughout August 2021, saving £30. For further details or to book a complimentary hearing assessment call The Hearing Care Centre on 01502 488106 or visit www.hearingcarecentre.co.uk – quoting 'HW21'.

FREE hearing tests in Halesworth



To celebrate the opening of our new clinic at the **Pear Tree Centre** we are offering **FREE hearing tests in August**.

We provide expert advice, cutting edge hearing aid technology and gold standard aftercare - ensuring that you can hear at your best!

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