

Issue 58

Free Monthly

July 2020

# The Bugle Magazine

Serving Lowestoft, Beccles, Bungay, Halesworth & Southwold areas



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# The Bugle Magazine

Hi everyone

Welcome to month three of producing The Bugle for distribution as a pdf file for you to download from our website as well as us sending a copy to everyone on our extensive email list. The great thing about that is that folks can and do forward the pdf on to friends and family. We are pleased to say that when we do go back to printing the magazine we will continue to enhance our distribution via email too. If you would like to go on the list please send us an email to:

the.buglemag@yahoo.co.uk

With lock-down easing we are very pleased with the amount of calls we have received from local traders/businesses who want to advertise with us and they are to be found within these pages.

Please support our advertisers. They are local businesses who need your support now more than ever.

We are often asked when we are returning to the printed copy. If all goes well hopefully it will be August or September. It is dependent on the number of businesses re-opening and of course the ever present threat of a second wave of infections which could see us all in lock-down again.

Our next edition will be for August 1 and the deadline is normally 18<sup>th</sup> of the preceding month which of course we can extend if we don't need a print production window.

Get all your advertising and hopefully as lock-down eases, your events and interesting stories to Anna & Neal on the above email or call your local mag on 01502 578074 Enjoy the sunshine!

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Oulton Broad Day Boat Hire has  
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the team feel that the normal buzzy  
atmosphere would be lost under current  
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Kessingland Car Boot & Market re-opens on  
Sunday 12<sup>th</sup> July

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## WHITE OWL'S WORLD

stories from the Indigenous American people

With all that is going on in the world at the moment I thought it would be a good time to remind everyone about a very special vision quest experience of one of our wise people. My ancestors have always known of those many species who inhabit other worlds - the ones you call 'aliens'. To my people they are known as 'The Sky Brothers & Sisters'.

During a vision quest, she was transported to another world where she found herself seated at a huge stone table around which were seated over 75 different species of extra-terrestrial. The table was in the open air on an unfamiliar world.

'The sky brothers and sisters were an odd assortment of races who enveloped me with warm feelings of goodwill and caring. Despite the love being emitted I was still aghast at their appearances. Some appeared to be over seven feet tall with golden hair and very blue eyes and were very much like Earth people. Others were three to four feet high with enormous eyes that were all jet black with light-bulb shaped heads and web-like feet. Some of the others had copper coloured skin with tall human bodies and oriental eyes that were sky blue. Still others reminded me of hammer-head shark faces with flat-topped heads and eyes at the outer edges of the flat top.

All together there must have been 75 species of extra-terrestrials... I looked around the table and smiled at each of the beings, seeing past the

outward appearance until I understood the inner beauty of this variety of races. The sacred path of our universal wisdom also has to do with our ability to accept the unusual or bizarre with grace and understanding.

The lady was granted a rare spiritual experience because of her oneness with spirit and her great work to help those on this earth walk. Her connection was great and her life an example. Only when one experiences such an event as she did, do we finally understand what it is like to be universal being.

In reading of it here I hope this will assist you in your journey without receiving such a special experience yourself!

We should all be beings who accept and loves his fellow creatures whether they are red, blue or yellow. It matters not how many eyes a being has or where their ears are! It necessarily follows that all of the creatures of this planet are to be similarly respected. That universal love between everyone and for everyone no matter what body it inhabits is the defining force that should bond us all.

It is what you carry in your heart that counts and there can be good and bad in all races and colours. We on this planet are struggling to evolve to be anywhere near that of those who sat around that stone table.

Mitakuye Oyasin (We are all related) Lakota



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## BECCLES LIBRARY REOPENS

Beccles library will reopen on Monday 6th July with a very different service than you are used to.

We are calling this service Select and Collect and it will be running in all our libraries that are able to open.

The service will focus on books, audio books, dvd and cd borrowing. We will be using the stock that is in our library initially, and hope to start sharing stock with other libraries when it is safe to do so. As such, customer selection will be limited and borrowing will be reduced to 10 items.

To access the Select and Collect service we ask that you email the library any time on [beccles.library@suffolklibraries.co.uk](mailto:beccles.library@suffolklibraries.co.uk) or phone us on 01502 442820 during our new temporary opening times of 11am - 3pm Monday, Tuesday, Wednesday, Friday and Saturday.

In your communication please let us know how many items you would like (max 10) and what you type of item you would like to borrow. We might not have the specific book, film, cd that you are looking for but if you let us know what genre or author/artist you like then we will do our best to hand-select a collection of items that might appeal to you. We will give you a time and date to come to the library to pick up your items and drop off any that you have at home. If any of the items are not to your liking you need not take them out.

If you would like to use Select and Collect as early as possible please contact us at the library email address from Wednesday 1st July or by phone on Wednesday 1st or Friday 3<sup>rd</sup> between 11am and 3pm.

## SOUTHWOLD LIBRARY REOPENS

Suffolk Libraries will be reopening commencing Monday 6 July. Our opening hours will be different until further notice. full details on our website [www.suffolklibraries.co.uk/libraries/](http://www.suffolklibraries.co.uk/libraries/)

The government have advised against allowing browsing of books and other items. So we'll be implementing a new select and collect service. You can contact us in advance to request items which you can then pick up from the library. We'll have more details later. Access to computers, printing, photocopying & reservations will be unavailable during July

Customers can only borrow 10 items at a time but you 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 through July & Aug. Return dates for loans taken out prior to lockdown will be extended to 31 August.

If you're just returning items you can use our book drops for this We will constantly review the situation over the coming months and reintroduce services and activities when it's safe to do so.

If you are being shielded or self-isolating we would naturally ask that you stay away from the library for now. We'd also recommend that customers wear a face covering when visiting

if possible and will be asking our staff to do the same. As we need to stick to social distancing guidelines it would also help if you could come on your own or just bring one child with you, if possible. For up to date information visit

[www.suffolklibraries.co.uk/coronavirus/](http://www.suffolklibraries.co.uk/coronavirus/)

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# Women Like Me with Claire Taylor-Haigh



Our Garden Angel project hasn't been active and it's been only me (and hubby) keeping the allotments ticking over but Women Like Me got a small grant from East Suffolk council to purchase some herbs. I made the holders using old pallets and working with Job Centre plus in Lowestoft & Beccles we identified 20 Women who were struggling with the lock-down, so hand delivered a herb box on each of their doorsteps last month. The idea is to give them something different to focus on and to try out making herb teas and cooking with herbs.

So far we've had some great feedback, so fingers crossed the women will feel confident enough to come to one of the allotments once they feel it's safe to do so.

And on a personal note I made a hanging basket holder from the frame of an old trampoline and I've never been successful with hanging baskets, so you can only imagine how happy I am to see they're blossoming well (see pic)

Women Like Me is a small local charity that develops women's positive well-being to help mental health decline. We have allotments in Lowestoft – Kessingland + Beccles and are really pleased to announce our 'Well-Being Workout' sessions will be starting again this month.

Numbers of women is limited to 4 to ensure we keep a safe distance apart, so if you would like to come down to one of the sessions please do make contact

All the information including days and times are promoted on our Facebook page but you can e-mail or call us if you prefer. [www.women-like-me.co.uk](http://www.women-like-me.co.uk)  
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Meditation is not a way of making your mind quiet - It is a way of entering into the quiet that is already there - buried under the 50,000 thoughts the average person thinks every day.  
Deepak Chopra

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## THE GIFT SHOP

Oulton Broad

The Gift Shop in Oulton Broad reopened its doors on June 15<sup>th</sup> and welcomes you all back to take a look at its wonderful gift range.

During the Covid19 shut-down lots of work was going on behind the scenes to make sure the shop could offer the best gift selection and service. In addition to providing free local deliveries, the website at [www.thetraditionalgiftshop.com](http://www.thetraditionalgiftshop.com) was updated to include lots of new products – there are now over 1300 items listed on the site!

“Click & Collect” has now resumed.

Many brand new products are now in stock and on display in the shop - so there are lots of new things ready for you to discover when you visit.

Covid19 precautions are in place of course, there is a limit on the number of people in-store at any time and hand sanitiser is provided for you to use when entering. A screen is in place at the counter for everyone's protection and regular cleaning and sanitising of common touch points is also taking place.

The shop is open 7 days a week, 9.30am to 5.00pm Monday to Saturday and 10.00am to 4.00pm on Sundays.

Visit The Gift Shop at 119 Bridge Road, Oulton Broad. Right next to Nicholas Everitt Park – so you can enjoy the lovely surroundings of Oulton Broad when you visit the shop too!

See our advert on the front page



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## THE ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP

Last year, the Alde Valley Suffolk Family History Group were most lucky to obtain some 400 Ordnance Survey maps that had come from a long-established surveyors' office.

The vast majority of these are 25" (1:2500) maps, about half from the County Series (dated 1904 or 1926/27) and about half from the subsequent National Grid Plan Series (mostly from the 1960's and 1970's). We now hold about two thirds of these maps in our archive in Leiston, as they relate to Suffolk.

However, the remainder, over 60 including 20+ Suffolk duplicates, are available free to good homes — or for a small charge, if more than say five are required — or even in exchange for some suitable family or local history resources!

Obviously some consideration would be expected too for postage & packing, delivery, collection, etc. You can read more about these spare maps at <http://aldevalleyfamilyhistorygroup.onesuffolk.net/maps/spare/>, where they are also listed.



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# Alice Taylor

Local Councillor, Historian  
& Artist



## Public Shaming - It doesn't work

Think that COVID-19 is an epidemic? It is, but another side effect of that epidemic is an epidemic of public shaming.

Gathering at the beach? Shame them on social media. See two people walking 1.5 metres apart instead of 2? Walk up and wag your finger.

Someone's not wearing a mask? Throw a hissy fit and accuse them of endangering your life.

When you go out and about, the best thing you can do to support social distancing and doing the right thing to stop COVID-19 from spreading is be a living example of how to act, not be a part of the Pandemic Police Patrol.

Why do people publicly shame?

1- It's a natural response and makes us feel morally superior. When we are scared, it's easy to speak up to get others to do what WE think will make us safer. And we think we are doing the right thing for ourselves, our families and our society.

2- FOMO- Fear of Missing Out. When we top ourselves from doing something or having fun and see others doing it anyway, we resent it. Why is that group sitting and having a picnic at the beach with 5 people when I can't? So we speak up.

Public shaming does not work because people just don't like being told what to do, especially if they feel what they are doing is harmless.

Shaming just makes others feel picked on and then it does two things. It creates a divided society because it's obvious we're not all working together and it drives the behaviour underground where it will

continue anyway, often in a riskier setting. Isn't it better for those five people to meet on the beach in the open air than in their kitchen, which will spread the virus faster? Instead of complying, they will downplay their actions and the odds of getting the virus and that minimisation of risk will spread into other aspects of their lives. If they do get the virus, then contract tracing just gets all the harder when people are trying to hide their careless behaviour.

Public Shaming assumes that we (who are the behaviour police) know everything about someone else's life and have the right to make a judgement on it. Maybe that maskless person has a breathing issue like COPD. Maybe that group of people walking on the beach a bit too close together are dementia sufferers and their carers. Maybe that younger person pushing a grocery trolley during the Silver Hour is shopping for an elderly person who can't get out.

Public shaming is very hard to do in an unbiased way. We tend to see the "others" in society breaking the rules before we see those who are like ourselves. Older people notice the teenagers walking in a group. The rich notice the poor not wearing masks. The majority always spot the minorities first.

What should we do instead of public shaming? If you feel a need to say anything, make your request as easy as possible. Gently explain your reasons for asking for change. Be polite.

Give everyone the benefit of the doubt.

Lead by example. Wear your own mask with confidence, even if you are the only one in the store doing so.

Be kind - We're all in this together.



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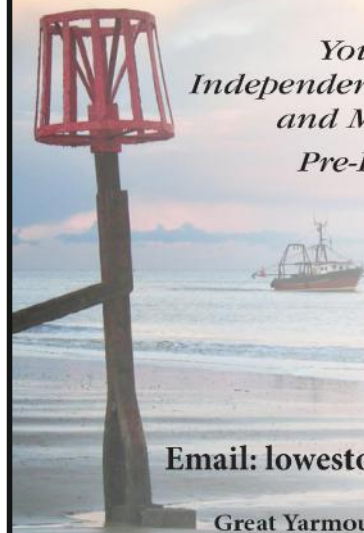
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# Your Letters to The Bugle

Dear Sir,

Please can you tell me when I will get any respect, as a woman of nearly 60 who worked all her life until I became ill and then you moved my pension age. Since 13th March this year I have been isolating. I respect the law and paid my taxes but now the government allows BLM to spread COVID, disrespect the police, run riot and desecrate our war memorials, burn our flag, demand removal of our history.

You are giving in to a minority and insult all our dead (present and past). Black lives do matter but all the rest of us matter too. The government (you included) seem to have forgotten this. How many more of us must die without anyone caring or thinking we matter. Maybe to you we don't.

There is never any mention that black men were given the vote before women in England.. There is never any mention that it was their own people who sold them to slavers nor that England freed slaves long before many other countries.

There is no mention that they hate England but we never turn them away and we send money to so many countries all over the world.

My daughter and son in law have worked throughout this time with no recognition as have most of my family. How can you expect us to carry on giving to this country when we are given back nothing except a slap in the face.

I would appreciate you replying after giving thought to why we should still have any respect for Government that has no respect for us the working class.

Name & Address Supplied.

Dear Bugle

It seemed entirely irrelevant at the time.....

During February my wife and I visited Gt Yarmouth to visit our favourite wet fish shop after which we enjoyed a Portuguese coffee and snack at one of their many sociable, friendly cafes.

At the top of Regent Street we called into a large low cost store named after what sounded like a stretched coin of the realm to purchase some wild bird food. Our first impression was of surprise to find one entire wall clad in toothpaste with many differing names, some known to us, some not.

Upon closer inspection we saw the two unknown names had introduced into them charcoal and bi-carb of soda, both used extensively prior to the advent of toothpaste as we know it today. We were most intruded but were alarmed that they were both produced in China. We are aware that currently most of all items we purchase are of Chinese origin but we thought toothpaste was about the very last thing we needed to import. My comment was that "you have no idea what they put in those tubes".

We left empty handed after noting that the bird food was also a product of the same country. Given the current situation and the speculation from whence Covid emanated, should we be importing and using the aforementioned items and those of a similar nature? One's imagination runs riot.

As a young serviceman serving in the Far East during the 60's we were told in no uncertain terms that the world would be controlled by that nation albeit a very slow process over what could be generations.

Given that our infrastructure and public services are in the main in the very same hands one has to wonder at the future prospects of not only our country but the rest of the world.

The past 4 months have given us much to ponder on.

Yours sincerely

Terry Winter



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# Cucumbers

## More useful than you know



Cucumbers... And to think all these years I've only been making salads with the cucumbers...

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminium to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for

centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.

8. Have an important meeting or job interview and you realise that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.

9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finish a business lunch and realise you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your taps, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

So now you know!



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# The Grumpy Old Man

Probably politically incorrect - Doesn't care!



## Confusion Briefings

I have a list of the most boring TV programmes ever made and high up on my list of epic failures of mind-numbing drivel are things like Love Island, Big Brother and anything with the word 'celebrity' attached, Google Box - who in the name of sanity wants to watch a telly programme about people watching telly - that has to be a new low. It's like the programmers have all had a frontal lobotomy and can't come up with anything decent for us to watch. I thought with lock-down they would try a bit harder - but no, they are still wandering around with no brains, programming the same excrement.

But at least one bore-fest has finally ended it's laughable intrusion into our living rooms and that is the Daily Coronavirus Update. I commended the government's Chief Nurse who was asked by a questioner if Cummings broke the lock-down rules and she answered yes!! I am told that the government immediately sacked her for daring to tell the truth. Well done UK Chief Nurse, you stood by what you knew to be right and as it turns out, the king really didn't have any clothes !!

## Vandalism

I have been hearing that in the last week or two there has been a spate of vandalism in towns throughout the area. Many people have spotted teenagers (yes them again!) ripping flowering plants from street tubs and throwing them all over. A car was 'keyed' and one elderly lady who had left her car unlocked was left devastated as someone emptied her glove box and door panel storage.

What goes on in the mind of these yobbos who think it is ok to do such things? They ruin the hard work of local people who plant and tend the

flowers to make their towns look beautiful. To steal from an old lady's car and make their presence felt by tipping over rubbish bins, throwing bollards and road works barriers around is just plain idiotic.

There will be those who make excuses for these senseless little cretins. They will say it is because they have been stuck inside for a few months and are merely letting off steam. But I will make no such excuses. If they are ever caught they should be punished to the full extent of the law.

If the little darlings are so spoilt and bored that they have to behave like this, give them 6 months community service, looking after town centre flower tubs, cutting verges and make it all day every day of the working week across the area. I would make them wear high visibility vests marked 'I am repaying the community for damage I did'.

Personally I am in favour of re-instating the stocks in the market square. Town Councils could sell tickets and some rotten fruit and give the money to local charities.

And before anybody squeals about their 'human rights' I would say the little nutjobs left their human rights where they left their responsibilities.

## Bill Gates

So Mr Vaccine says the biggest hurdle to a vaccine for Covid will be convincing people to take it. Damn right it will be. You only have to look up this man's appalling track record of vaccinations in Africa. There is talk of any vaccine containing tracking data and all manner of other stuff. His friend Anthony Fouchi - wants world vaccination too and it should scare everyone enough to tell the WHO and these two clowns to stick it.

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# The Natural Alchemist

With Loffy  
& Sharon

During lockdown my wife and I have started a new business called Natural Alchemist. It was founded following a course by Pinnacle People, supported by Beccles Job Centre. Tapping into the Zeitgeist for sustainable, ethical products we are offering the exclusivity of owning artisan woodcrafts made and sold off-grid, direct from the makers. We source local sustainable native wood to turn into unique handcrafted items. Our current range includes stools, tables, jewellery boxes, cutlery and new life sculptures (all carbon neutral - no nails or screws included). Due to the nature of our raw materials our pieces are bespoke one-off's, all made and sold from our off-grid live-in single decker bus. We will be advertising and selling through our company website [www.naturalalchemist.co.uk](http://www.naturalalchemist.co.uk) and social media (Facebook & Instagram) alongside travelling to various locations within the Waveney Valley for a pop-up stall outside our bus where we can also demonstrate our products in the making (see website for latest location). Both having gardening experience we are also interested in utilising wood in-situ, so if you have a garden area needing clearing or looking for a personalised garden feature please get in touch to see how we might help.



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## Basic Computer Skills for Older Citizens - FREE lessons

In the midst of the coronavirus pandemic, many elderly citizens and care home residents have been isolated from family and friends with very few ways to contact them. Even as lock-down comes to an end, many will find themselves still isolated due to age and health conditions. We are moving into a new world where most social interaction and key amenities such as prescriptions and banking will all take place online. For many elderly citizens, this can seem inaccessible and intimidating.

As a student living in the Aldringham cum Thorpe area, I have been searching for a way to help members of the local community connect with friends and family and gain back some independence. I would therefore like to offer free sessions designed to guide those with little or no experience using technology through the use of key services such as Face-Time, Skype, email and NHS Online. I will run each of these sessions one-to-one, live and entirely remotely. The content and pace are flexible to suit the needs of the individual. They will begin with a consultative phone call to determine prior experience, what the individual hopes to learn and how many sessions are required. I hope that by the end of the program, participants will be completely comfortable contacting family and friends as well as navigating online prescriptions, food services and any other services they wish to use.

I have designed this program as part of Harvard University's SPARK initiative that supports students carrying out extended community service in their local area. As part of this initiative, I have received input from a tech company regarding the design of the sessions and have access to a network of resources and Harvard faculty that will allow the program to be as effective and beneficial as possible.

I will run the sessions throughout July and early August. If you are interested in participating or have any questions, please phone me 07849464465 or email me. [suffolktectutoring@gmail.com](mailto:suffolktectutoring@gmail.com)

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*Remember who you are*

## Alwyn Music Festival Postponed

The 2020 Alwyn Music Festival was due to take place this October, featuring performances from the Meraki Duo, Gildas Quartet, tenor James Gilchrist, the Rossetti Ensemble, and Southwold-based pianist, and director of the festival, Nathan Williamson. As a result of the current uncertainty, the decision has been made to postpone the festival to October 2021. Although sad that it will not be taking place this year, the festival looks forward to welcoming audiences back in 2021.

The festival was founded in 2011 by the William Alwyn Foundation and is an annual event taking place in early October, celebrating the music and legacy of the composer William Alwyn, a distinguished composer and professor from the Royal Academy of Music who lived in Blythburgh for the last 25 years of his life. The festival aims to support music by living British composers, as well as those contemporaneous with William Alwyn, and to continue Alwyn's legacy as an educator through the support and encouragement of artists at the outset of their careers.

Events in 2021 will be held in Southwold and Blythburgh churches, the Red House Aldeburgh and Southwold's Electric Picture Palace. To keep up to date and join our mailing list, visit [alwynmusicfestival.co.uk](http://alwynmusicfestival.co.uk)

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# EAT YOURSELF HEALTHY

Keeping Fit, Eating Healthy & Loving yourself are key!

With Genetically modified crops and food, tons of chemicals sprayed on crops, processed food ever present in supermarkets and the public's understandable mistrust of food labelling, we thought we would bring you a list of foods that you could eat to aid your health, after all: You ARE what you eat!

Most processed foods are packed full with salt, so anything you can do to reduce your salt intake is good. Don't eat too many bags of crisps a day and never sprinkle too much salt on your main meal.

You could do no better than to shop at local butchers, health food shops, greengrocers and farm shops. In any event with the current situation globally it makes sense to support local shops. Remember the old saying: If it's made in a plant, leave it alone - If it's made from a plant - that's ok!

So starting this month here are a few tips for how to Eat Yourself Healthy!

**Fruits and berries** are among the world's most popular health foods. These sweet, nutritious foods are very easy to incorporate into your diet because they require little to no preparation.

**Apples** are high in fibre and vitamin C. **Avocados** are different than most fruits because they are loaded with healthy fats instead of carbs. Not only are they creamy and tasty but also high in fibre, potassium, and vitamin C.

**Bananas** are among the world's best sources of potassium. They're also high in vitamin B6 and fibre. **Blueberries** are not only delicious but also among the most powerful sources of antioxidants in the world.

**Oranges** are well known for their vitamin C content. What's more, they're high in fibre and antioxidants.

**Strawberries** are highly nutritious and low in both carbs and calories. They are loaded with vitamin C, fibre, and manganese.

Other health fruits and berries include cherries, grapes, grapefruit, kiwifruit, lemons, mango, melons, olives, peaches, pears, pineapples, plums, and raspberries.

**Walnuts** are another food that are apparently proving to be effective against memory loss in older people. They are shaped like the brain and eating just a couple a day are a great health benefit. One of the fruits apparently proving to be good for memory loss in some cases is Blueberries.

**Eggs** - Previously demonised for being full of Cholesterol - new studies show that they are perfectly safe & healthy.

See page 9 for our expose on the health benefits of Cucumbers!

Did you know that taking a walk in the park for 20 minutes every day for 5 days has been shown to reduce Cholesterol and by association in many cases apparently remove the need for Statins?

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# DEATH BY DAYLIGHT Bob Collis

With the outbreak of WW 2 in 1939, the British government anticipated mass all-out air attacks on centres of population, war industries and military targets. Following an appeal from President Roosevelt however, both sides showed remarkable restraint and during the "Phoney War" (referred to in Germany as the "Sitzkrieg") there were few bombs on mainland Britain. But in May 1940 RAF Bomber Command commenced attacks on targets in Germany, and in June the Luftwaffe stepped up its night operations over Britain. On 2 July 1940 Luftwaffe High Command received orders to ramp up the air offensive by day and night with the direct intention of making the British sue for peace. In last month's Bugle I described Lowestoft's first raid of the war, an event which many people were completely unaware of at the time. The raid which took place on Wednesday 3 July 1940 brought with it death and destruction, and the grim realisation that air attack could occur at any time of the day or night, and without any warning.

It was a warm, summer's afternoon when from high in the sky came the sudden unheralded whistle of falling bombs. Only those with recall of the Great War recognised the sound. The raider, a high-flying Dornier Do 17Z, first made a slow circuit of the town then circled again and approached from the east on its first bomb run, releasing a salvo of 7 x 50 kg HE (High Explosive) bombs. Two bombs undershot into the sea, one hit the beach, two landed on the sea wall and another near a pile driver. If the intended target had been the Gas Works the bombs did not miss by much. The string of bombs continued westward with two craters in the Denes, another near a coastal gun emplacement and a near miss on a shelter. The final bomb brought home the awful horror of aerial bombing to Lowestoft. Two cottages in Rant Score East, a location that no longer exists, were practically demolished by a direct hit. There are no known photographs of this first fatal air raid scene in Lowestoft. Amid the ruins of their home at No.14, lay the bodies of 45 year-old Beatrice Baster and her daughter Evelyn aged 7. Most tragic of all, little George Youngman, Beatrice's 18 month-old grandson, was killed. According to a report in the Daily Mail: "The baby was asleep and was blown 30 yards across the street."

Nor had the German crew completed their deadly work yet. Banking steeply, the Dornier headed across the centre of the town and released a further 8 x 50 kg bombs. The first fell near the entrance to an Anderson shelter, fortunately unoccupied, followed by three in Clapham Road, two on the pavement outside the CWS (Co-op) Central Stores, which took the brunt of the blast. One bomb was discovered unexploded in an alley in Surrey street. Others fell in a courtyard near the Technical College and Library, on a lock-up garage in Regent Road, in Alexander Road and near Crown Meadow.

No air raid alert had been sounded, but the explosions from the first stick of bombs were enough to send many people hurrying to shelter. At the Co-op, a phone call from a woman at the Services Department prompted a belated air raid warning to be sounded from the lighthouse and both customers and staff had descended into the basement shelter when the bombs fell. Smoke seeping into their shelter was a clue as to the conflagration blazing above as fire swept through the building. Observer Corps man Sid Bailey recorded the time of the sirens as 5.25 pm, five minutes after the first bombs fell. This was the first major test for Lowestoft's AFS and ARP services. Arriving within six minutes they brought the blaze under control then led the shocked but uninjured people sheltering below out to safety. With the exception of one wing, the Co-op building was gutted by fire. The body of a 4th victim, 62 year-old Edith Burnham, was found in the wreckage. It was thought she had been walking nearby when the bombs fell.



The Co-op was the first in a long list of familiar Lowestoft buildings which disappeared from view due to enemy action. This part of the town was particularly badly affected and pictures of the area in 1945 show several large, weed-strewn bomb sites. With four people killed, 5 seriously injured and 20 slightly hurt, it had been a brutal initiation to daylight bombing. But the events of 3 July 1940 were only a prelude for what was to follow.

Looking for a guest speaker? Aviation Historian Bob Collis has an extensive repertoire of fascinating illustrated talks, all with a local theme. Target: Lowestoft, Aviation Archaeology, Down in the Drink, Fallen Eagles, and many more.

For details contact Bob E: [robertjcollis@aol.com](mailto:robertjcollis@aol.com) or Tel: (01502) 585421



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You'll have probably noticed the stencilling and temporary signs installed in many places to encourage people to walk on the left side of the street. This will reduce face-to-face contact when people pass each other. We are also discouraging businesses from putting advertising boards/Street furniture outside their shops and will remove those that form an obstruction and prevent distancing.



Last month's mystery photo competition was the old Sparrows Nest Theatre in Lowestoft but what and where is this?? Email us today!



This has to be the best beach around!

It was taken late June by Sean Nicholls of Lowestoft

Early morning in Lowestoft south of Claremont Pier



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## Local Author Janet Gershlick - EBooks

Janet Gershlick - broadcaster, author and performer has lived in Southwold for over twenty years. She has spent the last eight months (including the lock-down) to complete and rewrite two ebooks on subjects very close to her heart. She says: 'The luxury of being able to write every day is a wonderfully creative routine - and one I enjoyed immensely. The two books are very different.

'**Southwold - a place to love**' has just over 200 pages packed with stories, photos and histories behind the names of some of the beach huts of Southwold, the inscriptions on benches and the small brass plaques on the pier. These stories will tell you about the people who have loved Southwold - and want to leave a memory and a footprint.

'**When The Sky Falls In**' is for anyone affected by their own, or others loss and bereavement - and the journey of healing. The website contains book extracts, audio and the back story of the ebooks - plus an easy payment system. 'It was written when Janet lost both her beloved mum and stepfather within three months of each other -and her life fell apart.

She wrote notes each day on how life continued to be both the same and had changed forever - and observed how people reacted to her grief. Advice on what not to say to someone grieving is on the website.

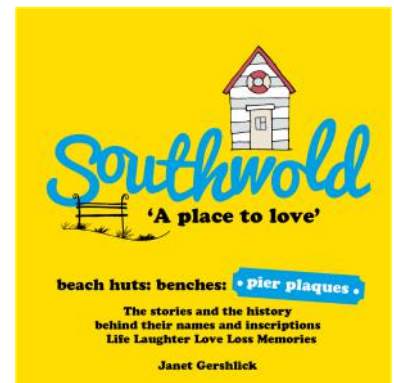
These notes were developed into a performance piece presented both here and abroad - including the Edinburgh Fringe Festival and then expanded further to become the ebook.

It is, she believes, a passionate, poignant and powerful honest look at her journey and with a little humour in the mix tells the story of that journey - and how to survive the devastation of grief.

She adds: 'Ultimately it is also a wider story about the loss of people we love - parents, relationships, friends and relatives. All those we love and value and how we try to negotiate that journey of loss'.

To view and purchase the ebooks then please visit the website

[www.janettalks.com](http://www.janettalks.com)



## Sewing Hippie UK Uggeshall actually!

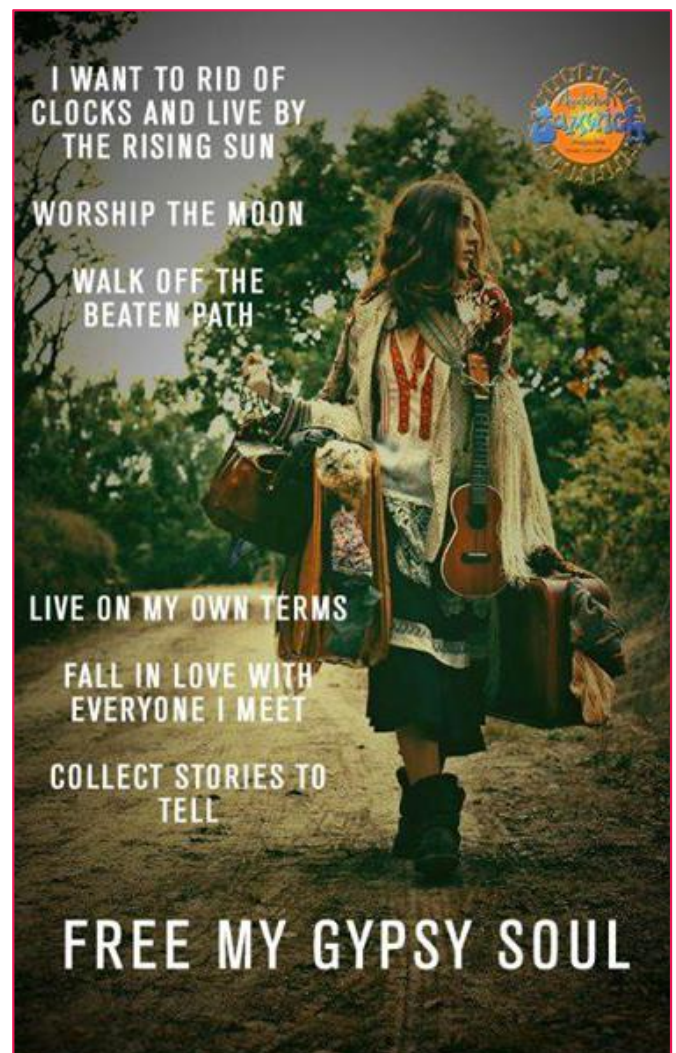
'Sewing Work' has changed it's name to Sewing Hippie UK. The reason for this is simple.

As it turns out there are literally dozens (maybe hundreds) of small businesses across the country using the name 'Sewing Work' and it could lead to confusion when seeking Anna on-line.

She knew she had to change the name so she settled on Sewing Hippie UK. As well as curtain alterations and minor other sewing work she also makes striking Ladies Head Wraps, Face Masks and is about to embark on making Jute shopping bags too!

Look out for Sewing Hippie UK on Facebook and Vinted See ad on page 14

If you want to teach children about peace, contentment and love - plant a garden and let them watch it grow!





# HALESWORTH TO SOUTHWOLD NARROW GAUGE RAILWAY

*Dedicated to re-creating Halesworth's lost railway*

Firstly, just to let you all know, we have had to cancel our Halesworth Show in August, but in May, following advice, James re-started work on the Blythburgh Goods Shed, repairing the brick plinth where tree roots had damaged it. Bricks from a local brickworks were sourced, and repairs completed.

In late May and June, other Society volunteers joined (suitably distanced, with masks, sanitiser, washing facilities, etc. provided) so that we now work at least two days a week.

Our suppliers Clarkes of Walsham started delivering again, and work has picked up. The building, constructed in 1880 to serve the Blythburgh community, and derelict for many decades, is in very bad condition, but repairable, and represents the very last original railway building still extant: by arrangement with the owner as much of the original fabric as can be used will be. All new timber is tanalised, giving it a much longer life: old timber is treated against rot and worm, and where necessary also with hardener.



The base plate and about half the top plate are now renewed, and jointed into the fabric: two main posts are replaced, and the rest mended with half-lapped timber. The north wall has new cladding, and what is still usable from there will be used on the more-visible south side.



A Halesworth member has given enough corrugated iron to roof the southern half of the building, and others have given or lent tools and supports. Three rafters have been replaced, and the main beams are under repair.

The unique louvres on the south wall are being repaired and – as necessary – replaced, with each of the four retaining at least some original timber and ironwork. The large hole in the floor has been filled using material from around the outside, with the ground now lowered to its original level, allowing the brickwork to dry out so that it can be pointed.

Several small artefacts have been discovered during the work: these belong to the owner, but it is hoped that the Society will be able to conserve and display them in the future. The history of the building's use is becoming clearer, with evidence of both coal and lime, in

quantity, emerging: for much of its life it did not have a rail connection, but there is now sufficient evidence to make the proposed re-instatement of three-foot-gauge track inside to be of historical accuracy.

The building is visible from the path which leads westwards from the Blythburgh car park by the river – we ask people please to respect the importance of this historic building, and not to damage it or try and enter, as it is a construction site, safe only for trained staff.

Ken Penrose and James Hewett, Co-Chairmen

And finally we wish to thank all our readers, advertisers and contributors who have continued to support our little magazine during these difficult times. Hopefully be back in print soon. And if you are reading this 2<sup>nd</sup> hand – why not go on our email list and get a pdf copy sent to you every month?

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