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JUNE / JULY 2021



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Welcome



Hello Positive People!

By the time you read this, the majority of lockdown restrictions will have been lifted! We will finally be allowed to see and even hug our loved ones again. Hopefully we are on the road back to some kind of normality..

Everywhere is starting to open up again ... The Locks Inn Community Pub, in Geldeston near Beccles is now open to the public. Gressenhall Farm & Workhouse Museum have a new woodland adventure playground to explore, Roarr Dinosaur Adventure have a new and exciting theatre where Dippy and his friends will be performing daily and Redwings cannot wait to welcome visitors back to the Horse Sanctuary's in Caldecott and Aylsham. Also dont miss the Sculpture in the Valley 2021 trail, a flagship event for Waveney & Blyth Arts, held at Potton Hall from 28 May to 27 June.



We have another poem from Ron Nevett's Market Lunch: Poems of Norwich in this edition. This one is about Norwich Castle and it is great! Don't forget you can pick up a copy of this from local bookshops and all profits go to Norwich New Routes Charity.

We have planted some more bee / insect friendly seeds in our nature garden here at Anglia Print so we are looking forward to these blooming and seeing what wildlife we can attract!

Until next time stay safe & best wishes...

Kellie xx



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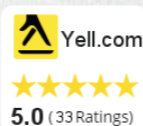
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The Locks Inn Community Pub, Geldeston

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What strange and uncertain times these have been, with lockdown after lockdown and various social distancing measures in place. The hospitality industry has been rocked to its core with the pub trade being one of the hardest hit. So, when you hear of a success story involving a community bought and run pub, it warms your heart and gives us all hope for the future!



Photo Credit: ©Simon Buck/www.simonbuck.com

The Locks Inn at Geldeston went up for sale by auction in September 2020, after the lease held by Grain Brewery came to an end. In stepped Graham Elliott and his management committee who, with help and guidance from the Plunkett Foundation, purchased the pub as a community owned and run pub. They have been blown away by the response to their efforts to bring this iconic pub into community ownership and have successfully secured its long-term future. Graham hopes to create a social, community and cultural hub for the entire Waveney Valley and far beyond.

Much of the needed purchase and refurbishment costs have been generated by over 1,400 shareholders who have invested in The Locks Inn and are happily involved in this success story. All of these logistic feats were organised, actioned and completed while in lockdown!

Graham commented, *‘This is a place to meet friends and to make friends. For many people this project has been the light at the end of a very long tunnel. It has been a ray of hope during the dark Covid months. Some people said this was not the time to be buying a pub, but I think this is precisely the time for a community to do so. When we discovered the pub was being sold at auction we had very few days to act. I have long believed in the concept of*

community ownership and have said this would be the ideal model for running The Locks Inn.

The team at the Plunkett Foundation has been amazing. They have provided us with so much support and encouragement. They weren't just providing advice they were willing us to succeed! So, a big thank you to the whole Plunkett team for your help, especially to Alan Collard.'

There is still a fair amount of work to be completed. This was always going to be more of a marathon than a sprint, and the management team wouldn't be happy with quick fixes! The kitchen is still a work in progress with outside catering food stalls operating in the garden for another few weeks until the food will be prepared and served from inside the building. To the delight of visitors, the long, marsh-bordered track road from Station Road will also be resurfaced to improve vehicle car access.

Jodie and Frank Barrett, the joint pub managers, opened the doors, or should I say garden, to the public on the 13th May and invited people inside The Locks Inn on the 17th May 2021.

Come and enjoy a pint of well-kept ale at this lovely, unique 300 year old pub, by the River Waveney. Don't forget to give a grateful nod, pint in hand, to the local community for saving The Locks Inn!

The Locks Inn is open daily from **11am to 7pm** with hours extending as lockdown regulations ease.

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Norwich Pride

There might not be a march this year, but here at Norwich Pride we're still planning to "turn Norwich into a rainbow" on **Saturday 31st July**. Norwich Pride has become one of the biggest, happiest, most colourful days in the city's calendar and we want to ensure that's still the case in 2021. We all missed being together last year and although it was too difficult to organise a mass, non-ticketed event this year, we are determined to capture the Pride spirit as creatively as possible. We're asking the entire city to join us in getting rainbowed up and sending out a clear message that Norwich is a place where everyone can feel safe and proud to be themselves. This year's celebrations are going to be organised in three strands:

Norwich Pride Presents: a series of live and online events and activities directly organised by us, including entertainment, talks, walks and exhibitions.

Norwich Pride at Home is a call-out for people to decorate their houses, gardens, streets and businesses in rainbow colours; and organise their own private Pride parties and special events. We're creating a range of posters and downloadable resources and the Pride Shop will open in July for people to buy rainbow flags and goodies.

Norwich Pride Inspired will be a range of public events organised by local businesses and community groups, including the local LGBT+ pubs and clubs and LGBT+ friendly venues.

We hope you'll all get involved in as many ways as you can.

www.norwichpride.org.uk



Sculpture in the Valley 2021



Sculpture in the Valley 2021, a flagship event for Waveney & Blyth Arts, is being held at Potton Hall on the Suffolk Coast & Heaths AONB, from **28 May to 27 June**. Enjoy sculptural and site specific artworks by over 35 artists in this idyllic setting with views across to Dunwich heath and woodland.



Potton Hall offers a wild-flower meadow, cascading waterfall, rose garden, lawns with formal planted beds, pergolas and ponds.

There will be lots to explore and plenty of space with The Yurt Café open for refreshments.

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Day	Time	Class	Location
Monday	9:30am	ZUMBA	@ Narthex, St John's Cathedral, Unthank Road
	10:30am	ZUMBA GOLD	@ Narthex, St John's Cathedral, Unthank Road
	6:30pm	ZUMBA	@ Narthex, St John's Cathedral, Unthank Road
Wednesday	9:30am	ZUMBA	@ St Peter's, Cringleford
	6.00pm	ZUMBA	@ Narthex, St John's Cathedral, Unthank Road
Thursday	9:30am	ZUMBA	@ Narthex, St John's Cathedral, Unthank Road
	1:30pm	ZUMBA GOLD	@ St Peter's, Cringleford
	6:30pm	ZUMBA	@ St Peter's, Cringleford
Friday	9:30am	ZUMBA	@ Narthex, St John's Cathedral, Unthank Road
	10:30am	ZUMBA GOLD	@ Narthex, St John's Cathedral, Unthank Road
Saturday	10:15am	ZUMBA	@ St Peter's, Cringleford

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A new radio station for Beccles!

Keith Travis a local radio presenter of over 25 years experience, has created a not for profit online radio station for Beccles. The station has started to build up its listeners through word of mouth and mentions on social media. Keith says "I have been astounded by the interest and excitement shown from local people and organisations that have contacted me with offers of help". "This has vindicated my belief that Beccles needed a local station to inform and entertain our wonderful community" Beccles town radio is online 24 hours a day playing music from the 60s, 70s, 80s, 90s and the best of today, together with local travel news, events and weather. Anyone that would like to be involved or has an event they would like publicised for free, should email studio@becclestownradio.co.uk Beccles town radio is available online, smart phone and smart speakers. www.becclestownradio.co.uk

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Redwings Horse Sanctuary

With safety measures in place, Redwings Horse Sanctuary is now welcoming visitors back to Redwings Caldecott, near Great Yarmouth, and Redwings Aylsham, north of Norwich. The centres are open **every weekend, Friday to Monday from 10:30am**. Paddock walks will close at **3pm**, but gift shops and cafes will remain open until **4pm**. The visitor centres had been closed since December following a year of disrupted opening due to coronavirus restrictions. Debbie Scott, Redwings' Head of Fundraising, said: "We're delighted to be able to welcome our supporters back and see them enjoy spending time with our rescued horses and donkeys again. As well as a major source of income, our visitor centres are one of the key ways we share our work and build relationships with our supporters and we encourage anyone in search of a tranquil place for a walk with the family, to shop or to eat to think about paying us a visit. With lots of open space, free parking, a fresh menu in our cafes and new pet and homeware lines in the gift shops, Redwings is a safe and unique destination with something for everyone." Redwings Caldecott is home to over 100 rescued residents, including gentle giant Shire cross Fox and a herd of more than 30 lovable donkeys. There is also a peaceful newly-opened Memory Garden. Meanwhile, at Redwings Aylsham you will find almost 90 residents including Redwings' own 'Black Beauty', rescued Friesian horse Maya, and 'The Gangsters' - an adorable gang of miniature Shetland ponies! The site also has dedicated wildlife walks and ponds.

Supporters are asked to pre-book tickets for their visits online and entry remains free although donations towards the charity's work are always gratefully received. Dogs on leads are very welcome.



For further information about visiting Redwings, call **01508 481000** or head to www.redwings.org.uk/visiting.

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Gazpacho

Gazpacho is a traditional Spanish soup, served cold, thus perfect for the summer months. Its predecessor was white gazpacho before the introduction of tomatoes.



5 x / approx. 620 g / 22 oz plum or vine tomatoes
1 red pepper - cut in half, seeds and stalk removed
1 yellow pepper - cut in half, seeds and stalk removed
2 cloves garlic - crushed or thinly sliced
1/2 cucumber - skin removed and roughly diced
1 small onion or 1/2 large - roughly diced, root removed
6 tablespoons / 80 ml red wine vinegar
6 tablespoons / 80 ml olive oil
200 ml / 1/3 pint / 7 fl oz tomato juice
seasoning - sea salt and ground pepper

- First prepare the tomatoes (for skinning) core and cross the bottoms
- Place in a bowl and cover with freshly boiled water, leave to loosen the skin for 3 minutes.
- Drain the tomatoes and skin, by pulling the loose skin of by hand.
- Cut the tomatoes in to quarters and discard the seeds, so only the peeled, seedless tomato quarters remain.
- Meanwhile grill the peppers skin side down on a tray until the skin is charred, alternatively char by scorching over a naked gas flame or use a blowtorch.
- Leave the peppers to cool a little and then peel of the thin charred skin, wipe clean so all the brown bits are removed. Roughly dice.
- Blend the tomatoes, peppers, garlic, cucumber and onion in a processor until smooth.
- Add the vinegar, juice and oil and blend very well until as smooth as the processor will make it.
- Season to taste.
- Serve chilled. (I like it served straight away)

By Zena Leech-Calton © www.lovenorwichfood.co.uk
Secret Menu coming June check out my socials @love_norwich_food

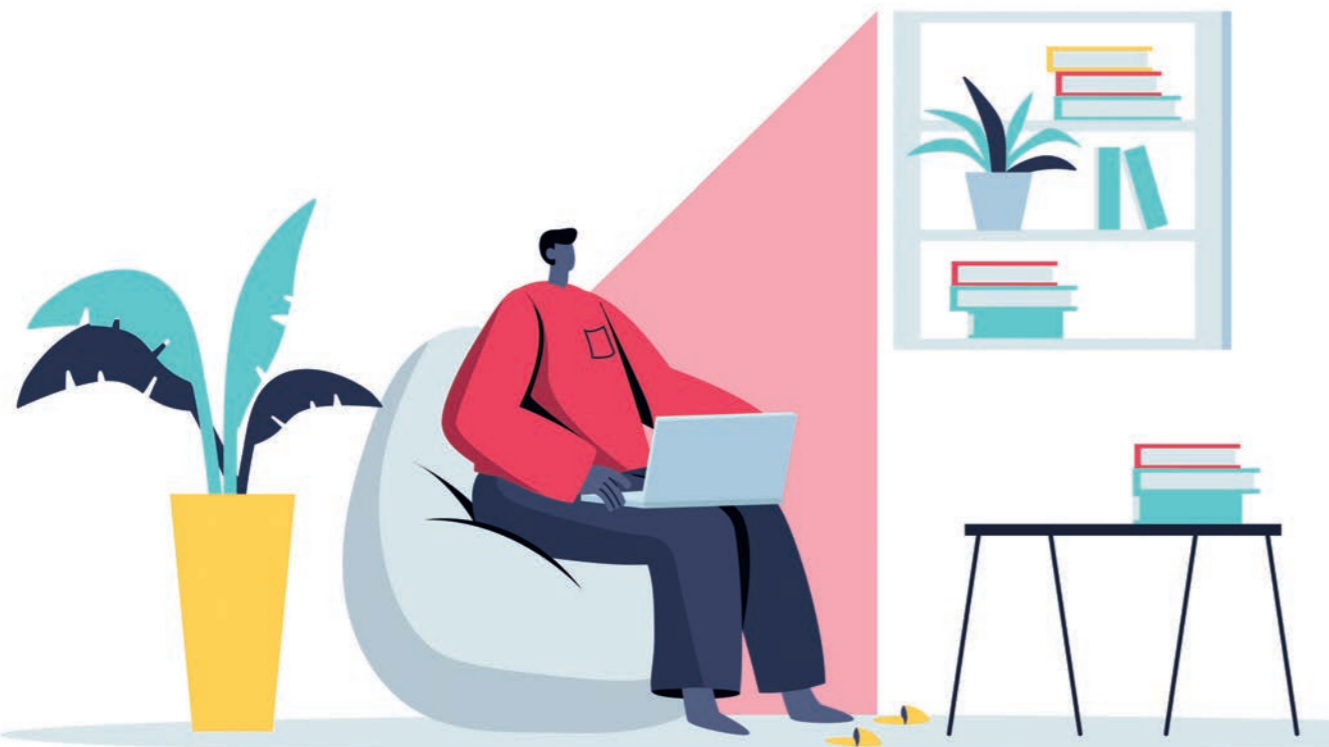
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This is how one happy person described our Introduction to Massage weekend. Is massage something you have considered? Would you like to learn basic techniques to give a full body massage to your family and friends, if so you will enjoy this workshop. There are two more of these workshops being held this year on **10/11th July** or **11/12th September**. Course Fee: £120 (or £110 early bird) If you loved the introduction course and want to go on to become a professional therapist you can apply for the Massage Training Institute (MTI) level 4 Diploma which begins in October. This is a life changing course where you will learn anatomy, physiology and pathology as well as a wide range of massage techniques and First Aid. 'MTI provide the best courses to produce the best massage therapists "I had no idea that learning anatomy could be so much fun and I have made some fantastic friends for life". I am so pleased that I chose to train with MTI, the absolute gold standard for holistic massage'.

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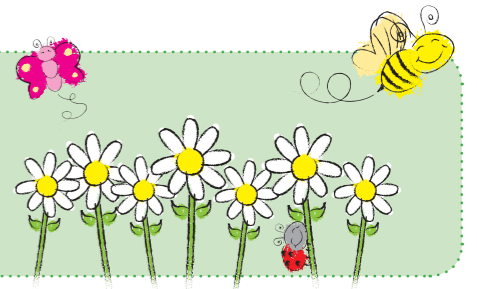


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Gardening Gossip



The Allotment in May

I love the month of May. It's exciting to watch my seeds germinate and to dream about all the wonderful meals I'm going to cook with the freshly picked fruit and veg which will, of course, be plentiful. No failures due to pests and diseases. Nothing major lost to frost and nothing dead as a result of drought. At this time of year nothing rattles my belief that I will be successful because I garden in harmony with nature, using techniques that are sensitive to the environment, climate and weather.

I am convinced by the evidence that points to digging being bad for the soil, so I haven't dug. I believe that birds will deal with pests, so I left an area overgrown with nettles, brambles and hedgerows. I have talked in an encouraging manner to my neighbour's bees

and sown the seeds that I saved myself. I have hoed, mulched and nurtured, and everything looks full of promise and pleasingly neat. On the other hand, pigeons are ominously watching my fantastically strong and vigorous peas. I'm not sure, but that may be muntjac nibble marks on the broad beans, who are, nevertheless, beginning to flower. There are lots of random, something-for-nothing-seedlings of coriander, parsley, dill and parsnips, which will undoubtedly get entangled with mares tale, bindweed and poppies. But, despite the obstacles I can see already, I will enjoy every step of this year's gardening adventure and will savour whatever comes my way.

Happy gardening to you all.

Birgit Griem



Along with now being able to provide volunteering sessions for the local community, we have also been hosting some online webinars for anyone who is unable to get to the garden. The sessions so far

have included houseplant care and eco conscious living. On 9th June the session will be about flowers for positive wellbeing and there are more in the pipeline. The family groups will meet on Wednesday afternoons and other volunteering sessions will also run on Wednesdays and Sundays with dates on the Grapes Hill Community Garden website and events tab on the Facebook page. Keep your eyes on updates in case there are any changes. Everyone is welcome, no gardening experience is necessary. Jo, our lottery funded part time gardener will be at the garden to guide volunteers on tasks needed to keep the garden looking great.

More great news for the local community is that we are able to hold our annual garden event where we welcome Norfolk Wild Encounters with their Hawks and Owls plus other charities and organisations bringing some nature into the heart of the city. It is always a lovely day and we can't wait to welcome visitors back for a fun event. For more information, sign up to our newsletter via the website and you will be the first to hear what's happening in the community garden.

The gates are always open from morning until the sun goes down and you are very welcome to pop in, take a seat and enjoy the city wildlife. There is always something to pick from herbs to fruit.

The raised beds are private and not to be picked from, but if you come to the garden throughout the year you will see just what can grow in a small raised beds.

Grapes Hill Community Gardens

Check out the blackboard to see what can be harvested each week.



For further information about the garden please visit our website: www.grapeshillcommunitygarden.org and follow us on social media.

 @GrapesHillCommunityGarden

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Grumpy Corner



Well here we are again in the starting blocks ready for the great unveiling. The Boris & Matt double act continue to fill the population with re-assurance, confusion and one way tickets to Palookaville! So any travel plans to green light countries anyone?.....mortgages needed for flights to most destinations or a slow boat to Tristan de Cunha....

Of course missing out on all the Blighty covid fun are the shy retiring happy couple from the Hollywood Hills. MeAgain has hit the literary trail and is presumably hoping to follow in the footsteps of her hubbie's auntie "where's my toe gone" Sarah. It seems that MeAgain has tried to get down with the kids and mere mortals and give us all a tale of family values and paternal friendship which she clearly holds dear to heart. I'm sure her dad has been around to babysit little untitled Archie now he only lives 70 miles away from Tinsel Town. Prince Hard-up meanwhile has been trying to keep out of the post Oprah limelight by appearing on TV as much as possible and telling us how hard his upbringing was, which may be true but would he swap Kensington Palace for a two up two down on the Larkman!

Leicester City warmed the cockles of a few hearts by beating Chelsea in the Cup Final....I didn't even realise it was Cup Final day! Whatever happened to getting up on a Saturday for The Flashing Blade...Cup Final It's a Knockout.. The Road to Wembley..

Meet the Teams...See the teams arrive at Wembley... watch the match with a proper 3 o'clock kick off time....Half Time analysis with someone in a loud jacket and a token comedian....extra time with rolled down socks,,Mick Jones and a broken collar bone...Final Whistle and presentation by a Royal Person (god forbid it be MeAgain)Lap of Honour...DR. Who...Here's Lulu or Cilla and then hopefully a Jack Hawkins season on BBC2..where has it all gone wrong??

Gareth has gone very quiet, is he still the England manager? Is he plotting a fiendish plan for the Euros involving a late call for the remaining lads from 66? Who can tell? Let's hope we don't meet the French after all the Jersey stand -offs and if we do get Richard Todd and HMS Amethyst on standby for a bit of gunboat diplomacy and a place in the back four.

Well with the sunlit uplands still over the other hill and far away I must to Bury St Edmunds for a needle match!!

Carry-On Nurse.....(Boris says you've done a great job and how about a nice cup of coffee for your troubles and near death experiences)

W.Anchor



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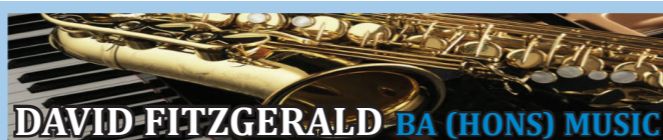
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Monty Shaft's did you know.....



... that "We are Premier League". Again!

Yes you did. You couldn't miss it. Although, unfortunately, us fans have, with a few exceptions, missed all of it! It has been a strange season, watching the games from the comfort of your sofa in the company of Chris Goreham and an ex-player, and whoever else was in your bubble at the time, rather than 25,000 other fans. Not quite the same atmosphere.

There have been some interesting things that have arisen from this. Thankfully, some of the games have not had the awful, piped crowd noises, which means that you could hear the players on the pitch, and the managers and staff on the sidelines, which has been quite enlightening, together with the surprisingly loud sound of the ball being kicked and, alarmingly, headed. There was, in fact, one away game, either Coventry or Birmingham, I think, where on ifollow there was no commentary and it was like watching a local park game, not least because of the awful St Andrews pitch! A bizarre experience. The commentary has been interesting, too. In most, if not all, cases, it was provided at away games by the local radio station. While we have all become used to Farkeball here, this is, more often than not, the first time these people have seen it in person and, even allowing for local bias, they were largely gushing in their praise, especially their ex-players, which was great to hear.

And there have been positives. We have during this season also brought in a number of young players, who, I would argue, have benefited from no crowds as they been able to hear the senior

players' and manager's instructions, and to make mistakes without recriminations from the crowd. As I said before, us fans are used to Farkeball, but we still have sections of the crowd shouting 'just get rid of it' when the players pass it along the backline, which can effect the player's confidence, and in those many one goal victories the nervousness of the crowd may have transferred to the players, effecting their game control. Conversely, of course, the encouragement of the crowd could have spurred them on to victory in the draws and losses.

Our promotion for a record 6th time has, inevitably, resulted in the return of that lazy 'Yo-yo Club' epithet, always used as an insult. I would argue that we are, in fact, remarkably consistent, having finished 21st, 20th and 21st in the past 3 seasons, but even if we are a Yo-yo Club, I don't see why it is an insult. I would rather have the variety of watching a new set of teams every other year, with the possibility of winning a trophy than see the same teams every year with success meaning survival, and with the remote possibility of sneaking into the top half of the table.

Having said all that, I can't wait to be back inside Carrow Road, listening to the constant moaning of the people sitting behind me, watching us take on the rich kids from the European Super League (deceased), and, hopefully, putting some of them firmly in their place!

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Dippy's NEW Theatre

It's bites, camera, action as a brand new attraction launches – at East Anglia's best all-inclusive dinosaur themed day out.

Dippy's Theatre will bring you the adventure filled Dippy's Movie time and LIVE on stage The Dippy & Friends show – at Roarr! Dinosaur Adventure in Lenwade.

The new original stage production will take you on a brand new adventure, with plenty of audience participation, laughs and fun for the whole family.

The new attraction will also offer the chance for you all to meet Dippy and his friends; Raz the Raptor, Terry the Pterosaur and Paris the Parasaur. Along with the meet and greets, there will also be a ROARR-some photo opportunity.

But Dippy hasn't stopped there! Not only will you be able to meet and greet and see The Dippy and Friends Show, the new 228 theatre will also be home to Dippy's Movie time, the theatre will turn into a cinema offering an exciting dino-tastic movie of epic proportions.

ROARR!

DINOSAUR ADVENTURE

Our BRAND NEW theatre opens on 29th May (following COVID guidelines) and is located next to Dinomite Indoor Adventure Play. Don't worry about the navigation around the 85 acre site, as the park has introduced a brand new app – also featuring exclusive offers and wayfinding. An interactive map helps you to plan your visit and ensure you make the most of all of the ROARR-some attractions on offer. Isn't it time you came-n-saurus™.

The park has over 25 other ROARR-some attractions to discover – perfect for creating lasting family memories. Cool off with water jets and cannons in Dippy's Splash Zone, face your fears on Predator High Ropes, brave the drop slides in Dinomite Indoor Adventure Play (the largest in Norfolk), learn more about our animals in the Secret Animal Garden or come face to face with the dinosaurs on our Dinosaur Trail. There are also plenty of places to stop for a dino bite to eat – including Jurassic Snacks, Dippy's Snack Shack, The Explorers (opens May 29th) and Nautilus Fish & Chips (open weekends & holidays).

Since the park has re-opened, a brand new Roarr! Discovery Pass can be purchased for the 2021 season – with plenty of ROARR-some discounts too. Valid until 31st October 2021 – the new pass is just £55 per person for guests 90cm and over. Prices are £27.50 per person for Registered Disabled/Adult/Child/Carer passes.

Roarr! Dinosaur Adventure has been awarded the 'We're Good To Go' accolade for 2021, to signal the park has worked hard to follow Government and industry COVID-19 guidelines and has a process in place to maintain cleanliness and aid social distancing.

www.roarrdinosauradventure.co.uk

Ron Neve's Market Lunch: Poems of Norwich

I wrote this poem in January at the start of lockdown. It made me sad to think of all the wonderful things inside the Castle Museum that couldn't be seen for months. Now, having had my jab in the Castle Mall Food Hall (!), I'm looking forward to visiting the new exhibition celebrating the bicentenary of John Crome, which opens in May.

Crome is one of the great painters of the Norwich School, and on my last visit I spent a long time looking at his tranquil masterpiece, Norwich River: Afternoon. This poem is dedicated to my friend, the writer Keiron Pim, who wrote many fine articles about Norwich history and art when he worked at the Eastern Daily Press.

On Norwich Castle

Our great cube was established by the Norman
From Saxon trees, then continental stone
And soon its crenellations held each poor man
Without a coin or keep to call his own

But when the dungeons crumbled the Victorian
Swept out the cells and raised the chained portcullis
To light a glazed and galleried emporium
Of taxidermied beasts and watercolours

Where as a child I feared the dried-out tiger
Who at a button roared in his dark case
But now I go to be a quiet admirer
Of Crome's soft clouds upon the water's face

Crossing the bridge of years to reach the mound
Of riches with which Norwich life is crowned

Ron Neve's Market Lunch: Poems of Norwich, edited by Jeremy Noel-Tod, is now available from local bookshops. All profits will go to Norwich New Routes charity.



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Richard Penguin's Musical Triangle



RECENT LOCAL ALBUM RELEASES-

TIM LANE- As Sure As The Sun Sets In The East (timlanemusic.bandcamp.com) Part of the Crude Apache theatre company, and a member of The Punch House band among others Tim describes the album as a love song to East Anglia. Playing or programming everything himself thematically it is mostly centred around stories, myths or legends connected with or to the region. While robust opener 'Rebel Bones' deals with the Robert Kett led peasants rebellion in 1549 against the land enclosures imposed by the local landed gentry, 'Fish Out Of Water' tells of the tale (or should that be tail) of the Sheringham Mermaid. Further along the coast 'Pull Boys Pull' a folk rock song is inspired by the life saving achievements of legendary Cromer lifeboatman Henry Blogg in the early 1900's, while slightly more up to date 'Barsham Faire' is about the Albion fairs in Norfolk in the 1970's and early 80s. There are 2 songs not connected to the region most notably the amusingly gruesome 'A Very fine pie' of which the contents seem obvious to the listener if not the consumer quite quickly. A fine collection of songs from historical, to legendary or mythical worth investigating.

THE FOOL'S MOON- The Fool's Moon www.facebook.com/TheFoolsMoon/

Hailing from Lowestoft The Fool's Moon take inspiration from and evoke the spirit of the late 60s West Coast of America scene on their self titled debut album. An assured and adept debut album the deft intertwining guitars and bluesy voices of Samuel Easter and Robert Baker are underpinned by the intricate and subtle bass and drum work of Calum Mckemmie and Arthur Le Balear. Coming in at just under an hour and recorded in analogue we are transported to another time and musical place. Opening track 'Multnomah', a tribute to the tallest waterfall in Oregon, opens out from a funky opening into a Wishbone Ash style interplay, while on 'Only Human' Sam seems to channel the spirit of Lowell George. 'Bitter blow' builds from a moody atmosphere to a full on Blues holler, while 'You Is' has moments redolent of the Peter Green era Fleetwood Mac. The album concludes with 'Magic Carpet parts 1 and 2' varying between hints of the Grateful Dead, to Robert Fripp to intricate jazz. An album that simultaneously evokes another era yet at the same time manages to sound fresh.

MARI JOYCE- Dear Moon. www.marijoyce.com A mesmerising, soft, soulful and atmospheric album inspired by love, life and nature mostly written in a wooden hut by the River Yare. Mari's subtle finger picked guitar and vocals are ably backed by a quietly incessant cajon, sweet harmonies and sympathetic strings to create an ethereal and dreamlike album. Analogies to nature and life's cycles abound on the title track, the need to go beyond becoming stuck on 'Tide', and to discovering the wider world on 'Unfold'. 'Dear Moon' is a subtle, soulful, and spiritual album that is sure to inspire and beguile many in these strange times of solitude. A delicate debut album that quietly demands to be listened to.

CHRISTINA ALDEN AND ALEX PATTERSON- Hunter

www.christinaaldenandalexpaterson.com Two thirds of Alden, Patterson and Dashwood release their first album as a duo recorded during lockdown's after 3 albums as a trio. Largely inspired by nature, animals and literature the playing and

recording is superb throughout. Animal themes abound notably on the title track telling an unlikely story from Finland of a Brown Bear and Grey Wolf teaming up to hunt, the incredible journey of an Arctic Fox inspired 'The Fox song', while the potential 500 year lifespan of 'The Greenland Shark' and its place in the Arctic ecosystem inspired the song of the same name. 'My Boy' tells the true story of an Indonesian lamplighter who was swept out to sea on a wooden hut but amazingly survived 49 days adrift at sea, while 'Brooklyn', inspired by the book of the same name, tells the tale of conflicting story of migration. In between the sweet harmony infused and beautifully played songs emerge 2 short sweet instrumentals in 'New Year Waltz' and 'March' highlighting their musical dexterity on numerous acoustic instruments. Nature themes abound on the human destruction of woodland habitats on 'Land Corridors' and the importance of working the land on 'Reed Cutting' that concludes an assured nature and real world theme inspired delightful debut from the duo.

A confession- I worked on the promotion of the albums by Tim, The Fool's Moon, and Mari and previously worked with Alden, Patterson and Dashwood gaining national and regional radio play and reviews for all of them. Should you be about to release an album and considering promotion by all means contact me.

FESTIVALS IN JUNE AND JULY- CANCELLED UNTIL 2022- Gorleston Cliff Top festival, Leestock, Worstead, Wymondham. **GOING AHEAD BUT CHECK WEBSITES-** July- 2nd-4th Folk In a Field- www.folkinfield.co.uk, 18-31st July- Kings Lynn Festival, 22nd-25th July- Latitude festival- www.latitudefestival.com, 25th July-1st August- Holt Festival- www.holtfestival.org 30th July – 1st August- Norfolk World Music Festival- www.norfolkworldmusicfestival.co.uk (Anna Mudeka, Jose Y Cubanda, Watchsnatchers, Nebula Sun, Dove + Boweevil, etc). Details of festivals in August and September in the next issue of Triangle.

GIGS- Norwich Arts Centre- June- 24th- Roger Eno, July- 1st-3rd- Norwich Psych Fest (Sold out), 10th July- Birds Of Hell, 28th- Squid. **PUBS-** Check websites.

Good to see that the Geldeston Locks inn has been saved. We wish them well.

ECLECTIC SELECTION RADIO SHOW- is broadcast on Future radio alternate Sunday's 6-8 pm with the shows in June being on the 13th and 27th and July on the 11th and 25th. I have broadcast a range of shows of music from the past recently including 2 shows of Alternative 45's from the 80s, 2 shows of artists lost in the mists of time, European prog, jazz and krautrock from the 70s, and requests from and dedications to listeners among others that can be listened to again by going to this link & searching- <http://futuresradio.co.uk/listen-again>

Stay well one and all.

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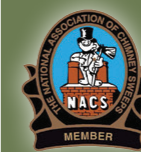
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