



BIDEFORD BUZZ



A free community newsletter for Bideford, Northam, Appledore, Westward Ho!, Lundy and villages west as far as Hartland



(Cartoon © Michael Darling)

Independents' Day in Bideford

On the 4th July Bideford celebrates Independents' Day, but with its own particular slant on the American festival.

Bideford has been more fortunate than many other towns in that it has retained its independent retailers with very few of the known High Street brands. In Bideford a small market town, you can still find two excellent independent greengrocers, two independent butchers, a gorgeous clothes shop (for the discerning woman), a small local bakery and patisserie, a deli, a

good quality shoe shop and an excellent book shop. Add to that several coffee shops and restaurants and three high class jewellers and a superb music shop.

This is just for starters. Not too bad in these difficult times and with a town competing with the nearby High Street shopping experience of Barnstaple and Exeter.

**Read more about Independents' Day
Bideford style on pages 2 & 3** ➔

CONTACT BUZZ

Bideford Buzz is produced by a team of volunteers with practical assistance from Torridge District Council, Torridge Voluntary Services, Bideford Town Council, Bideford Bridge Trust, Bideford Bay Children's Centre, South West Foundation, Devon County Council and The co-operative Community Fund. If you are interested in helping to produce or distribute this newsletter we would be pleased to hear from you. Please note that for advertisements there is a charge from £15 per box per month. Cheques payable to Bideford Buzz Newsletter Group. All items for inclusion should be sent by the 15th of the month to the Editor, Rose Arno. Email: editor@bidefordbuzz.org.uk, Mobile: 07929 976120 or c/o Torridge Voluntary Services, 14 Bridgeland St., EX39 2QE. Visit www.bidefordbuzz.org.uk.



North Devon Print
Incorporating Kopy-Kat Printers
Unit 4 Daddon Court
Clovelly Road Industrial Estate
Bideford, Devon EX39 3HN
www.northdevonprint.co.uk
Telephone: 01237 472277

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Community Fund



Devon
County Council

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Community
Foundation
Helping local people

Independents' day

Bideford has a high proportion of good quality independent retailers but often local residents are too quick to put their town down. They assume that there is nothing here as there are few national chains, and people are often oblivious to what is actually available. The internet is undoubtedly useful and has its place, but unfortunately it has become the shopping default setting for a lot of people. They then miss out on the experience of dealing with locally owned businesses where the owners and their staff usually have a real passion and depth of knowledge that cannot be found anywhere else. Another good reason to shop with independents is that 68% of money spent locally is likely to stay in the local economy and retail, historically, has provided entry level jobs for our young people.

Wednesday July 4th 2012 has been selected as Independents' Day. The idea is to encourage people to walk around their own town and to take notice of the variety of shops and products that are available on their doorstep. Bideford & District Chamber of Commerce is supporting this idea which is being promoted nationally by Skillsmart Retail, British Independent Retailers Association, Entertainment Retailers Assoc. and other trade organisations. To encourage people to explore their town, the Chamber is organising a Treasure Hunt which will involve identifying participating shops from clues located in the shops. Anyone who completes the task will be entered into a draw for prizes donated by local businesses which will include a £50 dinner at Lathwells Restaurant, £50 voucher to be spent in store at Sounds Interesting, and vouchers to be spent at Trio, La Maison, Craftihands, Blazeys and many more great prizes. The hope is that as many shoppers as possible will show their support by buying at least one item from an independent retailer in Bideford. Let's keep our town centre alive and **Celebrate our independents !**



Bill Curtis and Harper's Book shop (Photo from *Illustrations of Old Bideford No.4*, by Peter Christie)

This is Bill Curtis pictured in January 1984 after 'seeing -off' some louts in St.Mary's churchyard with his trusty walking stick. He had an obsession with books and was famous for collecting all the unsold books at the end of local jumble sales - which he then left with unsuspecting acquaintances - often for years! He became an unpaid 'helper' in Harper's bookshop in High Street, Bideford and latterly was a member of Bideford town council.

Peter Christie

(Editor's Note - he was also a regular visitor at Bideford library never leaving till the last moment!)

Henry Williamson recalls Harper's Bookshop fondly in his book '*On foot in Devon*' 'Mr Harper's bookshop should be visited. His shelves are always full of good stuff. The small office at the back of the shop is a focus of local sensibility and intelligence and one wonders sometimes how Mr Harper manages to get all his office work done.'

Food for body and mind

I was talking to an ex Mayor the other day or, truth be known, she was telling me to “think positively”. O.K. she was reprimanding me but she was right, we do have good quality independent shops in Bideford, I wish I could remember the list she gave me. However, our basic problem is that over the past forty years we have lost the art of shopping and we have been brainwashed into thinking everything must come from a supermarket. If it doesn't have a supermarket label it is considered inedible, undrinkable, or unwearable. We used to choose particular shops for particular items be they food, drink or clothing. Before decimalisation prices crept up by a farthing, now, if you are lucky, prices go up by one new penny which is over nine times as fast, making it even more important to shop economically.

Food for the body is provided locally by some twenty cafés, restaurants and pasty shops, all of whom are independent. Cuisine ranges from the humble, but delicious fish and chips to exotic dishes from the orient. Independent butchers, bakers and greengrocers vie for business and in Mill Street the delicatessen offers a good range of local specialities - their lemon-curd is delicious!

Food for the mind is offered by good independent bookshops in the High Street, Allhalland Street and Mill Street, not forgetting the Pannier Market on Tuesdays and Saturdays. Their love of subject and literary knowledge is almost overwhelming, those less knowledgeable should take full advantage of their helpfulness. Rather than showing one's ignorance at the head of a long queue in a large book shop; we have all done it.

Of course, I moan the lack of a men's clothing shop, but the ladies are more than adequately supplied which shows nothing has changed and women still hold the purse strings. However, it seems the quality of women's clothing in Bideford is improving. My informant also tells me that no woman wants to wear what can be immediately identified as coming from a 'chain', they all want to be slightly different which is part of their charm. I too am pleased to see the lightly built flats in fashion as they are so much more flattering than the 'Doc Martins' my staff persisted in wearing even under their ball gowns, true! Fortunately one can buy repairable shoes in Bideford, mine have been repaired twice and been worn almost every day since (one moment while I take one off to see) ah yes, first of August 2005. I always write the date in the inner lining, if they don't last I go back and complain. I bought a pair of all leather brogues shoes in 1951 for £4.10 shillings (£4.50 pence) I saw a similar pair in Barnstaple the other day for £240; that I don't recommend. However, even if they cost fifty pounds it is better to buy ones locally that can be repaired, rather than cheap offers from far distant suppliers, which fall apart in a few months.

Finally the home makers amongst us are more than adequately supplied by local furniture, carpet, accessory and antique shops. Good independent individualistic shops where one can express one's individuality in the home. Finally, when you have counted all the pennies you have saved, you can blow most, if not all, in the local independent jewellery shops. Then, after settling down, write a note or card to your relatives bought from yet another local independent telling them how clever you have been with your shopping and how glad you are to be living in Bideford and not the ghastly conglomeration where they are!

Grampus

Chocolate has moved! You can now find your favourite ladies clothes shop further up at 4 Mill Street in the old Photo Quik shop opposite the Co- op.
Call on: 01237 472699



SS Hebridean

Helped by a nautical author, I have been researching the S.S Hebridean. We know that in the summer months she left Scottish waters and went south, to Bristol, St Helier and France, but your Bideford Buzz has added another chapter to her life story. I mean the **Aug 2011 - One Hundred Years Ago** article:

"The last trip for the season on the SS Hebridean is a trip to Lundy leaving Bideford at 9am. Return fare is 3 shillings. Tickets from T Pollard, East the Water."

Is it just possible that you have 'more', for example, the actual original press cutting, e-mailable as an attachment any other article about her? Or, a local photo? I have a personal interest, in that my own grandfather was her captain from 1887 to 1898 - the ship is given as his "Usual Residence" when he married in 1889.

Ewen McGee Glasgow

Mike Davy replies :-

BIDEFORD GAZETTE 11th July 1911.

The Liverpool & Cornwall Steamship Company's passenger and freight S.S. 'Hebridean' makes her first sailing from Liverpool on Saturday next for Bideford

The 'Hebridean' will leave Liverpool each Saturday until the end of August, and every night on a Wednesday from Ilfracombe or Bideford.

Under ordinary circumstances she will take about 24 hours to come down, and will be on Monday, Tuesday, and Wednesday in Bideford, possibly making day trips when convenient before her return. The 'Hebridean' is a handsome, up to date boat, and is registered for 312 passengers. The opportunity of making sea trips to and from Bideford under ideal conditions is one that will doubtless be appreciated, and should bring some new visitors into North Devon.

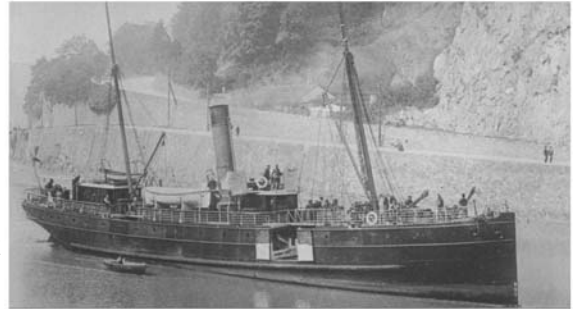
BIDEFORD GAZETTE. 18th July 1911.

The S.S. 'Hebridean', referred to in our last week's issue, was the subject of much interest while lying at Bideford Quay yesterday. Visitors and residents will be afforded the opportunity of taking a cruise of the Bideford Bay in the 'Hebridean' on Tuesday evening July 25th, and a day trip to Lundy (allowing six or seven hours on the island) on Wednesday July 26th.

BIDEFORD GAZETTE. 29th August 1911.

The S.S. 'Hebridean' will make her last trip of the season to Lundy to-morrow, leaving Bideford Quay at 9 a.m.

(from articles in "Bideford Gazette").



Ewen replies

(For your efforts, and maybe for the Buzz files, a picture of the SS Hebridean on the Avon near Bristol. I have also sent a copy to the North Devon Maritime Museum. See above.

Courtesy of the Witherspoon Collection in the Mitchell Library, Glasgow. **Ewen McGee**

One hundred years ago in July

Annual Outing

Through the generosity of the rector the members of the choir and ringers of St Swithins's Church Littleham had their annual outing to Ilfracombe. The party was conveyed to and from Bideford Station in a large brake.

Northam

Northam Manor Court was held this month at the Parish Room, some of the proceedings having been handed down for centuries. A Jury was empanelled, and the positions of Tythingman, Crier, Way Drivers and Poundkeeper were elected.

Mike Davy from *Bideford Archives*



Good Age Page



Northam Memory Cafe

The Cafe is open on the 3rd Friday of each month between 10am -12pm, at the Northam Hall, junction of Fore Street and Heywood Road (near the War Memorial).

A memory café is a place where people with a dementia and their families/friends can visit to support each other and share information and experiences. The cafes provide a friendly, informal and relaxed atmosphere for visitors to drop by, enjoy a free cup of tea/coffee and some cake, and meet other people in similar circumstances to themselves, as well as the opportunity to talk with members of the healthcare team, and to get advice, information and support about living with dementia. Free leaflets are available, and also a variety of books about dementia and other relevant subjects to borrow.

The café operates on a drop in basis; just turn up any time between 10.00am-12noon on the 3rd Friday of the month, and you will be warmly welcomed by our staff and volunteers with a cup of tea/coffee and cake. If you would like to find out more about the Northam Memory Cafe please contact Sharon at Taw & Torridge Caring on 01237 459337, email: sharonttc@torridgecvs.org.uk, visit www.northdevonmemorycafes.org.uk or drop by at the next cafe.

Senior Council

Wednesday 25th July at 2.15pm Bideford Town Hall Talk on European Parliament
Public Meeting Senior Council for Devon (local group)

Refreshments/All Welcome

Decimalisation - it'll never catch on!

When this was first introduced in 1971, my father who ran a small business, declared 'I shall continue to charge people in old money because this new fangled currency will never catch on !'

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Gracious
COUNTRY HOUSE
LIVING

Events in June

Story times and songs for Under fives and their carers.

Bideford Library; Every Tuesday and Thursday mornings from 9.30am -10am

Northam Library : (NEW) Every Wednesday 9.15 – 9.45am.

Burton Art Gallery and Museum : Crafty kids 10 -12 every Monday under 5's art and craft group at the Burton Art Gallery and Museum. Dates for June are:- 4th ;11th ; 18th ;25th.

'The Cardboard Hideout' sounds like fun for the children, and takes place on **Tuesday 24th July**, so for more details, phone the Gallery. 01237 471455

A day in the life of a play worker.

Tuesday morning: out of bed, shower, breakfast, check my bag for the things I need for the day, walk up the road and wait for the bus. Off to play (I mean work!). Young Parents' Group this morning at The Wings Hall in Bideford, working 9.15 till 12.15.

I arrive early and meet my colleagues. We get the hall ready, setting up adults areas (where they can enjoy a cuppa/toast and a chat with their peers/staff/professional people) Sofas by the baby area to sit, relax and chat with other parents and their babies, age related toys and activities for the children and a baby area (for the parents to play and interact with their children). I myself love the creative/craft/messy activities and set about getting this ready. I cannot wait to get involved with the children in exploring, creating and having fun. We are not concerned about an end product here, it's all about the experience of allowing children to express themselves. We use gloop, play dough, paint, paper, glue, glitter, pasta, rice, sand, junk modelling, to name but a few. I will always advise the parents to dress the children in non-trendy clothes, but assure them the paint will wash out.

I like to get down on the floor and interact with the children, talking to them, encouraging them to enjoy their play and the experience (whilst also encouraging and reassuring the parents of the need to do this with their children because it's all part of how they learn). I help the children to learn about sharing the toys and suggest taking turns, trying to avoid disputes over who has the car now! Providing a push on the ride-on toys, a lift on or off the seesaw; keeping a watchful eye to avoid any incidents/accidents. Often parents will be involved in courses or cooking so their children are then left in my (the staff) care.

Time goes quickly and soon we start to pack up, we sit and sing some songs and rhymes, the parents leave and the staff put everything away. We then talk and evaluate the session, and plan for next week's activities.

Bus home, have some lunch and a cuppa, change of clothes if needed, then wait for my colleague to pick me up at 2.30 to go to another session this afternoon. SPARC:- (*Single Parents Alone Raising Children*) at the Children's Centre in Victoria Park. Because I have already looked at the planning sheet, I start to put together the activities for this session. Again I tend to deal with the craft table. Recently we have been doing some gardening: planting seeds, growing them in a greenhouse, then planting them out in the garden (the children love this, as do I!). We like to make the most of being outside. We have our tea together, which has been prepared for us but often we have to cut up our own fruit. We all sit together as eating a meal together is an important social gathering. Then we all muck in to do the dishes and tidy up. One or two staff members take the children back to the playroom and the third staff member sits with the parents for a coffee, chat and some adult time. The parents then come back in to the play room and we sing some songs and rhymes. The last song is "Time to go home". We clear away the toys and activities from inside and outside, then go and evaluate the session and confirm next week's activities before we go home... Nice cuppa, feet up after an enjoyable day at play (I mean work!).

Sue Hawkins Part Time Play Worker, Bideford Bay Children's Centre.

<p>Quaker Meetings for Worship</p> <p>are held at 17 Honestone St, Bideford (near Pannier market)</p> <p>10.30am on Sunday mornings All are welcome</p> <p>Enquiries tel 01237 421549</p>	<ul style="list-style-type: none"> ▲ Quiet Rural Location ▲ Reduced Rates for Cats from the same Household ▲ Discount for Long Stay Boarders Collection & Delivery Available ▲ Holiday Home for Cats ▲ 'Where the Standard of Food, Health, Hygiene and Happiness is Beyond Compare' TEL: 01237 474069 <p>Old Moor Boarding Cattery</p>  <p>www.bidefordcattery.co.uk Littleham Bideford</p>
 <p>BOOKKEEPING SOUTH WEST</p> <p><i>Bookkeeping made affordable and simple</i></p> <p>Tel: 07795 514614</p> <p>Email: karen@bookkeeping-southwest.co.uk Website: www.bookkeeping-southwest.co.uk</p>	<p>BIDEFORD FILM SOCIETY</p> <p>Friday 6th July Moonrise Kingdom (12a) venue Bideford College Saturday 7th and Friday 13th The Dictator (15) venue Bideford College ; Saturday 14th Men in Black 111(PG) venue Bideford College ; Friday 20th and Saturday 21st Prometheus (15) venue Bideford College; Thursday 26th Fast Girls (12a) venue Bideford College; Friday 27th Cool Runnings and Saturday 28th Fast Girls venue Victoria Park. Doors open at 7.00pm, film starts at 7.30pm. Tickets: General £5.50 Concessions £5.00 Members £4.00 Family (up to 3 children & 2 adults) £12.00 To avoid disappointment please check local press for confirmation of above programme or visit our web site www.bidefordfilmsociety.co.uk</p>

Ki Aikido – the Japanese Art of Not Fighting

Stressed out? According to Huw Collingbourne, Aikido may be the answer.

Try this experiment. Stand upright. Concentrate your thoughts on a spot at the top of your head. Now ask a friend to push gently at the centre of your chest. You will probably find that you immediately overbalance. Now relax and concentrate your thoughts at a point about two inches beneath your navel. Don't do anything else. Just put all your concentration at that point. Once again ask your friend to push gently at the centre of your chest. Feels very different, doesn't it!

To many people it seems almost magical that you can become more physically stable just by concentrating your thoughts in a particular way. It is, in fact, entirely natural. Concentrating upon the centre of your body, your 'one point', automatically makes you more relaxed, more stable and calmer.

I remember an occasion, many years ago, when I was a magazine editor in London. It was deadline day and the place was in turmoil. Page six had gone missing, someone had spilt ink on page seven, everything that could go wrong had gone wrong. The art editor suddenly turned to me and screamed: "How come you are so calm when everyone else is in a blind panic?"

"Oh," I said smoothly, "Last night I was attacked by four black belts. *This* nothing!"

And it was true. Practising Aikido had made it easy for me to remain cool under pressure. It had taught me techniques (what we term 'Ki Development') to help avoid stress and conflict, not just when practising Aikido but in daily life too. In fact, if I were to describe Aikido, I wouldn't say it is a 'fighting art'; I'd say it is the art of *not* fighting!

If you'd like to find out more about Aikido, why not give it a try? A few months ago we started a new Ki Aikido club that meets **every Thursday in the Bucks Cross Village Hall, between 7:00 and 9:00**. The class is suitable for men and women and beginners are always welcome. **Web site:** <http://hartlandaikido.blogspot.co.uk/> **Email:** hartlandaikido@gmail.com or **01237-441527**

(Huw Collingbourne is a 2nd dan black belt instructor with the British Ki Aikido Association)

BUZZ WORD

Welcome to Buzz Word- the new updated letters' page. Feel free to send us your Buzzes!



Olympic Torch - Pictures wanted

Can anyone help us? We watched the Olympic torch with our grandson, who was visiting at the time, but were unable to get a photo of him and the torch ; we were at the end by Rydons garage at the bottom of Raleigh Hill , he was sitting on my shoulders at the time. I have looked through pictures online but none of the end, does anyone have any photos of the crowds at this point. We would be very grateful for a copy so our grandson can recall the day in the future. Many thanks

A.J.Wilson.allenwilson375@btinternet.com

PS Editor's note- I'm afraid I missed the torch altogether - too busy looking at the Media lorry in front of it!

Henry Williamson

Most people associate Henry Williamson with his best loved book 'Tarka the Otter' and indeed he was a great naturalist, as well as being the father of six children. So it is not surprising that in the early days of BBC Bristol's Children's Hour, he was also the resident naturalist and responsible for a series called 'Walks with my children' .

I am researching the early history of BBC Bristol as part of a project on education.

If anyone has any information on the part played by Henry Williamson in 1935/6 or any other information about those early days at the BBC please contact me via Buzz.

Rose Arno.

Support Your Local Gymnasts.

The North Devon Display Gymnastics Club needs your support yet again! No, not your money but a moment of your time to vote for us in the Lloyds Bank Community Award. Regional Final. Having had our work with young people recognized when we won the local round, we were then put forward for the regional award of £5000 and have now got down to the final four. If we won it would be possible to Sports Match this to achieve a total of £10,000 which would enable us to buy a complete kit of Free Running equipment. The decision as to who is awarded the money now lies in **your** hands as it will be decided by public vote. Free Running is an amazing way for young people to let off steam and take risks in a safe, controlled environment with special trained coaches. This is now recognised as part of the British Gymnastics bank of new activities and skills and is aimed at providing a means of keeping young people in sport at a time when they would either be not involved or about to drop out. Since the opening of the new gym centre at Caddesdown numbers have increased so much that more equipment is needed to meet the demand. Having had such brilliant community support so far, we now appeal for your help again. You can vote twice, either on the internet or by text. All you have to do is log on to https://www.lloydsbankinggroupcommunities.com/communityfund/cf_home.asp and cast your vote. SMS voting for the club is also operational and supporters can text VOTE and the SMS code of EX1 to 61119.

We are up against some stiff opposition and other worthy causes but we hope that you will feel that you can support a cause that will benefit lots of local young people. Please get your family and friends to vote as well. Let's show what a community can do when they join together and support each other.

LP

Bar-tailed Godwits spotted

On Wednesday 6th June I spotted four *Bar-tailed Godwits* who entered the Torridge mud flats on the east side. Of the four, one was a male with rusty red underside and mottled chestnut and dark brown upper parts. These are rarely seen on the Torridge and are generally found in Scotland.

DL Barnes



We Bought a Zoo – film review

Earlier this month I went to see 'We bought a Zoo'. Initially, I knew it was based on a true story at Dartmoor Wildlife Park in Devon and for that reason I was instantly interested as I'm from that area. Overall, the film was an amazing family film, particularly certain parts of it which tugged at your heart strings, such as when the protagonist, Benjamin Mee, reminisced over his dead wife.

To escape his sadness he bought a dilapidated zoo, much to the delight of his young daughter, but his rather sulky teenage son wasn't so happy about it. The zoo ran into financial trouble and the staff had to ensure that everything was in place before the zoo inspector visited and it could be open to the public. Of course, at the end, it was a great success with crowds of people queuing to get in.

The only thing that was disappointing was the fact it was set in Southern California, America with American actors rather than Devon, which is beautiful, and we have some of our own great English actors! Saying that, the acting was first-rate, especially Ben's little girl who was exceptional.

Overall it was a great film that I would recommend to everyone who wishes to see a good story told with heartfelt melodrama and a warmth to make you feel good. **Amy Seaman**

Bideford Film Society thanks 12 year old Amy for this review of 'We Bought a Zoo' which featured recently in its Spring programme. Look out for details of its new Summer programme in local newspapers and the Bideford Buzz. **Mavis Blow**

Aged 9 – 19? Send your own film, book or music reviews to editor@bidefordbuzz.org.uk

Agony Aunt

This month, students from Bideford College give their advice...

Dear Bideford Buzz,

I really like my boyfriend, he's really nice to me when we're alone but whenever he is in front of his mates he always makes fun of me. What should I do?!

It sounds like it's bothering you a bit, but it sounds to me like he is doing what every other boy does - and that is acting differently in front of his friends. Just talk to him about it in private and ask him not to make fun of you. He should stop, but if he doesn't then hang around with your friends while he is with his.

Dear Bideford Buzz,

I'm feeling conscious about my weight. People are always picking on me about it, what should I do?

Just ignore them! It's their problem that they are bullying you. Don't take any notice of them, soon they will leave you alone. If they don't, talk to a teacher about it.

SAMARITANS

Do you have the skills to be a listening volunteer?

Samaritans are recruiting and urgently need people just like you for their branch in Barnstaple, North Devon

Samaritans offer a confidential emotional support service which is available 24 hours a day.

If you are interested in becoming a listening volunteer, please contact Samaritans on:

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Real People – Real Lives - Real Difference Charity No. 261807
Selection Days held regularly throughout the year

SOUNDS INTERESTING

17 High Street, Bideford EX39 2AA
01237 238370

soundsinteresting@onebillinternet.co.uk

“Music is the wine that fills the cup of silence”
(Robert Fripp)

Two of the best digital browsers known to man are on the ends of your arms. Use them to flip through some cds or dvds and rediscover the joy of browsing.

If we do not have it in stock we will always do our best to get it for you.

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**Pre School Gynastics for
The Under 5's**

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**The North Devon Display
Gymnastics Club**

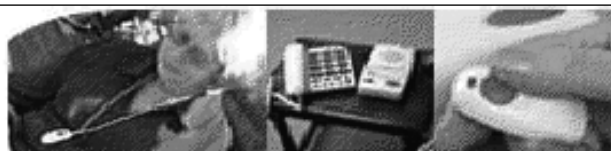
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Devon Homelink

Emergency alarm system: are you or someone you know worried about being able to contact help in an emergency?

What is Devon Homelink: A small alarm unit fits to your telephone and works with a pendant that can be worn about the house or garden. The wearer is able to summon help at the press of a button.

No upfront fees or installation charge just a great value weekly rental. Call us on 0800 083 7553 to find out more and arrange your free home demonstration.

**In association with North Devon
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The Bideford Fundraising Committee of Cancer Research U.K.

is marking 60 years of continuous fundraising in Bideford and the surrounding area.

Fundraising commenced in March 1952 for what was then the British Empire Cancer Campaign following a public meeting called by the Mayor of Bideford, Councillor W. H. Copp. Since then numerous events have been held which, together with donations, have raised over £220,000

Basil Pidgeon served as Chairman for 40 years and he and Bill Wren, our Hon. Treasurer for over 38 years, have recently been awarded 'Flames of Hope' for their long and loyal service.

Our next event will be a Coffee Morning by invitation of the Strand Bowling Club on Saturday 21st July. We will be hosting a Concert on Saturday 6th October at Lavington Chapel when the Barnstaple Male Voice Choir and the Appledore Singers will perform together for the first time and we hope that this will be very enjoyable

Gill Badcock (Hon Secretary)

STOP PRESS

The annual Water Festival will be replaced this year by the Bidelympics, to be held in Victoria Park, Bideford on Sunday 1 July from 12 - 3pm.

A guaranteed day of fun with children's races, an adult race around the park, gymnastic displays, music and dance, fairground rides and much more. There will be both charity and commercial stalls. The Bidelympics Torch will be carried from the Royal Hotel to Victoria Park by 77 year old Bideford Rotarian and veteran marathon runner Eric Hubber.

Eric says the torch run will contribute to his training for the Cologne Marathon in October.

The official Olympic Torch will be on display too. Commercial stalls are available at £30 and charity stalls are free with a deposit of £30.

The incoming Bideford Rotary Club Chairman, Sharon Snell, has chosen Devon Air Ambulance, The Prostate Cancer Charity and North Devon Chemotherapy Appeal as her charities for the year, all of whom will benefit from the proceeds of the Bidelympics

For entry forms or to book a stall please contact Sharon Snell on 01237 451364 or

download the forms from the **Bideford Rotary Website**

Woolery Twinning Association

We still have a few places left on the coach going to Normandy, France, from 19th to 22nd October 2012. All accommodation, food & drink, and entertainment will be free.....all you pay is the fare which could be as little as £70!! To add to the fun, our trip will coincide with their Cider Festival. For more details, ring Sally on 01237 432939 or Gordon on 10237 431254

Appledore Singers will be holding their annual summer concert on **Saturday 21st July, 7.30pm** in the hall at Kingsley School, Bideford. The programme will include a variety of music, from folk and spirituals to foot-tapping show-stoppers and Top Ten hits – something for everyone! Admission £6 at the door (to include refreshments). *For further details contact Pam Beechey on 01769 560034 or see our website theappledoresingers.co.uk*

Cosmic Weather Report for July (July 4th until July 6th)



The Moon moves through all 12 star signs in approximately one month. The lunar month is 29.53059 days long. If we dare to observe we will notice the uncannily accurate correlation to our mood and every day changes of fate. And as it does move through the zodiac (the visible sky), staying 2.46 days in each sign we can learn the quality of the star signs and the effect on us by direct observation.

Today Moon will be shifting from Sagittarius, one of the two most spiritual, and cheerful signs into Capricorn by the evening. When Moon moves through Capricorn, emotions are not so heightened it's not a 'heavy' transit, I think, but it's a time when we do and think in a much more practical way than usual. So from this evening on (for the next 2.5 days approx) see ourselves sorting things and doing things with a well structured and down to earth reasoning, we are all one way or another sorting out obstacles for this period in Capricorn. Watch how during this two and half day stint of Moon's passage through Capricorn our emotional selves are not so 'light' as we sometimes experience, generally.

By David Fitzpatrick, 2012

(Personal Life improvement, one to one sessions, are available with David, Contact Simon Groves to book an appointment on 01237 423411).

North Devon Nature Improvement Area.

A few months ago it was announced that, in the face of intense competition, our local district comprising mainly the river Torridge catchment area was designated as one of a select group of Nature Improvement Areas. This designation attracts grant funding of £700,000 and releases up to three million from other sources, all to be devoted to delivering benefits like better water quality, flood prevention, improved access to the countryside, recreation, health benefits and of course tourism. These aims are to be delivered by joint working through the Biosphere Partnership and Devon Wildlife Trust and should result in extensive linking up of existing protected habitats and establishment of new wildlife friendly areas.

Apparently we live in one of the least protected areas in the country, probably because North Devon's countryside was so unspoiled that no-one realised it needed protecting – until recently, when rapid modernisation and industrialisation of farming practices has suddenly put so much of it under threat from machinery and bulk transport vehicles that are too big for our roads.

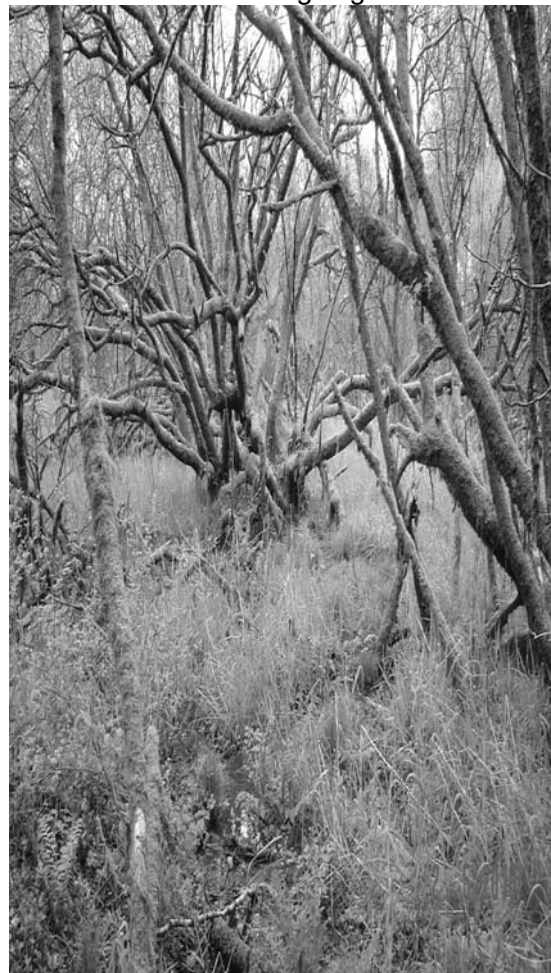
The project however is not just about protecting and preserving; it is a practical project to put biodiversity enhancement back into the environment and deliver benefits to the whole community.

There is a web site, probably linked to the North Devon AONB and Biosphere Service web site – for those who understand such things – but meanwhile we, the public, are impatiently waiting to hear or read more about what we can expect to see on the ground as the project progresses.

There is plenty of scope for Nature Improvement in the valleys of the Torridge and its tributaries, the catchment of which extends from Dartmoor and Hartland to the Bideford Bay coast. There are a few County Wildlife Sites and many unconfirmed sites waiting to be assessed for their biodiversity value, but there are many more miles of beautiful meadows and woodland that have been sympathetically farmed or neglected up to now, but are at risk from the ever increasing financial pressures on farmers to employ more intensive methods to produce more food for little extra income. Perhaps this is where Stewardship schemes can provide incentives, better targeted through the new NIA initiative, to make it financially worth while for farmers to protect the natural environment and use traditional methods to enhance biodiversity and maintain Torridge-side's uniquely attractive landscape.

Barry Parsons, Leader of Torridge District Council, has compared our hopes for the North Devon NIA

to the Noosa reserve in Queensland. He said Noosa is a wonderful tourist attraction and boost for the area which people come to visit from all over the world. Another person who knows Queensland says, "I think he is in cuckoo land. I have been to Noosa. It is wonderful but it is rivers winding through wet forests and opening up into lakes. The NIA is never going to be like that."



I say let's not be defeatist. There was a time when the Torridge valley did consist of wet forests; in fact some small parts of it still are much the same, although perhaps without the lakes. If we could return the valleys to nature and bring back the wild beavers to manage the rivers in their traditional manner, we could have natural dams and lakes which would filter and regulate the water flow, improve the fish stocks and reduce pollution and siltation in the estuary. At present, Natural England spends money on coppicing riverside woodland in places and clearing other areas for the sake of marshland plants. Beavers would do all that work free of charge and even eat up the brushwood that they cut down. You may think I'm in cuckoo land – well it's a lovely place and I've been there for years in my mind!

Chris Hassall 10/06/12.

<p>Autism Matters</p> <p>The North Devon Forum for Autism and Related Behaviours has this year celebrated its 20th year, during which time our membership has increased and now numbers over 450, contacted each time we send a newsletter by email and post to parent/carers and professionals. We do not have a subscription and rely on donations and grants. Autism is a condition which remains with a person for life, but with help, intervention and a lot of hard work, many of the anxieties which cause behavioural issues can be addressed. We organise social events for the whole family so that they do not miss out on activities which other families take for granted, and at these meetings parents meet, exchange information and friendships are made – also siblings meet up with others. Siblings often feel that when anxieties take over during an outing they take second place. We regularly have swimming sessions at Torridge Pool, Northam; and a regular Christmas event at Ewetopia, at the Big Sheep. We have over recent years visited the Milky Way (evening event), Exmoor Zoo, Splash and Butlins. Our next event is an outing on 7 June to Exmoor by coach, where we shall walk from Watersmeet to Lynmouth, use the Cliff Railway to Lynton, to explore the area. This has been made possible by funding from Exmoor National Park, and it gives our families a chance to chat whilst travelling on the coach. We also hold a coffee morning on the fourth Thursday of each Month (except December) at Roundswell Community Centre (next to Sainsburys), Barnstaple from 10.00am to Noon. We recently organised two days of talks by Ros Blackburn, a well-known speaker who herself has autism which was very informative to those who came. If anyone requires further information about our group please contact Lin by email newsletter@ndfautism.co.uk, or Gabby on 077 2348 1332.</p>	<p>(wet, loose clay), while Svend produces textured pottery. Clive's favours earthenware, and Svend, stoneware, and both potters use wood-fired kilns. Some of the exhibits will be for sale, and this is the first time these two premier potters have exhibited together, although they have been friends for over 40 years. Follow your visit to the exhibition with a visit to the Museum, and discover the plethora of pottery in the Ceramic Collection, with items dating back 300 years up to the present day. In the Shop, you can pick up the Burton's own 'Top Trumps' cards, their theme is that very Ceramic Collection! Well done, the Burton staff to think up that one.</p> <p>E. Aubrey Hunt was one of Hubert Coop's friends in the early 1900s, and when the Gallery opened in 1951, Coop gave his entire collection of paintings by his contemporaries for the people of Bideford and far beyond, to enjoy. Hunt was born in Massachusetts in 1856, trained in the Ecole des Beaux Arts in Paris, travelled through Europe to London, and became an associate of Whistler.</p> <p>The exhibition continues until 5th August, and is a rare opportunity to view the entire Hunt collection from the Burton archive.</p> <p>Other items to tempt you:</p> <p>July 7th, another chance to 'Use your Sewing Machine to Draw' with Rowena Light. 10am to 4pm, £30. Just a few places left. Phone the Gallery on 01237 471455 to book.</p> <p>The Friends of the Burton have invited Guitarist, David Jaggs, for a return concert, on Wednesday, 18th July. £15 including a One-Course Supper. Booking essential, places limited. 01237 471455</p> <p>The 'Painted Aluminium Jewellery' class with Sally Pawson takes place on 28th July, from 10am to 4pm, £30. Phone 01237 471455 to book.</p>
<p>News from the Burton Art Gallery and Museum</p> <p>With the weather the way it is, and could be the same into July, the Burton is the best dry place to be, and its exhibits can keep us occupied for many a happy hour. Pottery by Clive Bowen and Svend Bayer can be seen in all its variety of shapes and textures until 5th August. Both potters are internationally known, their work much sought after. They produce simple forms with bold decoration, Clive uses a coating of slip,</p>	<p>The Cafe du Parc invites you to 'Forever Young' on 14th July, with covers from 70s & 80s, 1-3pm. 'Paella in the Park' with Dan the Fisherman and music from Gypfunk, 21st July, 12-4pm. 'Deja Blue' Jazz Duo, are back again, on 22nd July, from 1-3pm. Book your table on 01237 429317.</p> <p>Enjoy the summer and the Burton Gallery, - the latter is sure to please.</p> <p>Diana Warmington, Secretary, Friends of the Burton Art Gallery & Museum.</p>

This month at Bideford Library.

Wednesday 4th July Bideford Readers' Group -an earlier start at **2.15pm** to discuss the new book list (Main entrance)

Wednesday 25th July - Bideford Gardening Club

Visit to Marshford Organic Nursery, Northam. Meet at the nursery at **6 30pm**.

Everybody is welcome to join us! No meeting in August. For more details please contact Angela Dixon 01237 478053.

Family History.

Moving on with our research could present problems insomuch that your ancestors become more elusive. If you cannot find someone's birth certificate, it might be worth ordering their death certificate first to see what it contains, especially if they died relatively recently. A death certificate tells you the age of the person and from 1969 the date and place of birth are shown. If the deceased was a married woman then her maiden name will be given also. You might even find previously unknown forenames that could assist with your search. Another method is to try looking under variant surnames, as spelling was not consistent through the ages. Use occupation or geographical clues to narrow down your search and add information where possible such as age or place of birth. Keep trying they will turn up one day !!

The next meeting of the North Devon Group of the Devon Family History Society is on Saturday 21 July 2.00-4.00 pm at the Burton Art Museum. This meeting will be an introductory session for beginners or slow starters and has proved to be very popular over the years. All are very welcome and Patrick Kivlin will certainly put you on the right path to your ancestors. The meetings are free and light refreshments will be available for purchase. Any queries then please contact me **Len Collum on 01237 472883**.

Samba Baia is a new community samba band that has been set up by Community Arts Network as part of its carnival arts initiative. The band has been rehearsing since September last year, learning the rhythms of Brazilian carnival music. The band currently has 12 members and is looking to reach a target of 50 drummers, that will be performing at local carnivals, festivals and other events in and around North Devon and further afield.

The band meets every Tuesday at Community Arts Network 13 Rope Walk Bideford from 7.30 til 9pm. All instruments and tuition are provided free of charge and it is open to anyone aged 8 – 88 and over. No musical experience is required, just the ability to have fun and a smile.

The band is available for bookings - parties, weddings carnivals or any event please ring 01237 471972

Children's Hospice South West

And a big thank you

Bideford Buzz was delighted to receive a cheque last month from the Co-op Community fund. Many thanks to them, and another incentive to use your local shops. You can always donate all your Co-op points to the Community Fund which helps organisations like Bideford Buzz to spread the word about what's good in your community.

The Lions Country Fayre will be held at Merry Harriers Garden Centre, Woolsery (see ad)





THE SHIPPING NEWS



No shipping movements at Bideford since our last issue owing to no suitable tonnage being available. There should have been a log shipment. There is sufficient cargo available for 3 shipments in July and 2 clay shipments due early July. Readers may have noticed that logs are being stored at Brunswick Wharf awaiting shipment to Wismar; this could be the first cargo to be stored at the wharf since the late 1950s but if any readers know of any other ships alongside, please contact the editor; also any photographs would be helpful.

Arco Dart 21.5.2012 5.6.2012

Oldenburg continues service to Lundy from Bideford and Ilfracombe

Appreciating that the **Kathleen & May** of Bideford is now based in the Albert Dock Liverpool, it was nice to see her berthed in the River Thames opposite **HMS President** when the **Spirit of Chartwell** berthed after the parade for the Diamond Jubilee on the 3rd June. Just astern of her was the **Matthew** of Bristol, a recent visitor to Bideford.

Bristol Channel observations

15.5.2012 at 17.50 cargo vessel **Fri Star** 1773 tons d.w., owners Kopervik Shipping AS Norway, inward bound for Newport. At 19.56 hrs tanker **Wappen von Flensburg** 8154 tons d.w, owners Hansa Hamburg Shipping International GMBH Germany, outward bound from Cardiff

16.5.2012 at 11.30 hrs whilst at Ilfracombe the Ro/Ro Container vessel **Atlantic Conveyor** 51648 tons d.w, owners ACL Shipmanagement AB Sweden (Part of Grimaldi Group) outward bound from Portbury, having sailed at 08.34 hrs. This vessel is not a usual visitor to the Bristol Channel; her normal Port is Liverpool but owing to repairs to Gladstone Lock she was diverted to Portbury. Another interesting fact she was a replacement vessel for the vessel of the same name which was sunk in the South Atlantic during the war with Argentina. She would have passed Bideford Bay about one hour later. At 13.30 hrs vehicle carrier **Viking Chance** 10834 tons d.w, owners Onslow Shipping Singapore, inward bound for Portbury; this vessel would have passed Bideford Bay about 1 hour earlier. At 16.05 hrs cargo vessel **Beautiful Rena** 57575 tons, owners Beautiful Steaships Inc Pireaus seen passing Lundy, inward bound for Portbury.

26.5.2012 at 15.51 hrs container vessel **Endeavour** 9168 tons d.w, owners JR Shipping BV Netherlands, inward bound for Portbury.

27.5.2012 at 17.06 hrs cargo vessel **Altena** 6063 tons d.w, owners Wagenborg Shipping BV Netherlands, inward bound for Birdport. Seen again on 30.5.2012 at 07.50 hrs, outward bound. At 2208 hrs cargo vessel **Kliftrans** 3132 tons d.w, owners Wagenborg Shipping BV Netherlands inward bound for Avonmouth.

28.5.2012 at 08.17 hrs vehicle carrier **Grande Ellade** 18440 tons d.w. owners Grimaldi Line of Italy. inward bound for Portbury.

2.6.2012 at 09.06 hrs 3 vessels seen as follows :- the first vessel the bulk carrier **Kiran Pacific** 38226 tons d.w., Owners Kirbar Gemicilik Istanbul, inward bound for Newport, second vessel **Yeoman Bank** 38997 tons d.w, owners Foster Yeoman Ltd UK inward bound for Portbury and the third vessel was the container vessel **Endeavour** 9168 tons d.w. owners JR Shipping BV Netherlands, inward bound for Avonmouth.

8.6.2012 at 05.30 hrs **Grande Mediterraneo** 18427 tons d.w, owners Grimaldi Line of Italy, inward bound for Portbury.

10.6.2012 at 19.17 hrs vehicle carrier **Autosun** 6670 tons d.w, owners UECC Unipessoal Ltd Madeira, inward bound for Portbury

11.6.2012 at 08.15 hrs buoy Maintenance vessel **Patricia** 990 tons d.w, owners Trinity House London, having arrived from South Coast UK she left about 09.45 hrs for Ilfracombe. At 19.53 hrs vehicle carrier **Emerald Leader** 12300 dw. owners Francis Maritime SA Oslo under the colours of Nippon Yusen Kaisha Japan inward bound for Portbury

During the last month there have been 3 cruise ships in the Bristol Channel. Although not visible they were the **Island Sky** on the 16th, the **Expedition** on the 18th (both visited Lundy) and the **Marco Polo** which visited Cardiff

Also I would like to thank Pynes Infant School and Torridgeside Stroke Association for their invitations to talk to them on shipping in the River Torridge.

Finally at the time of going to press the owners of the Richmond Drydock at Appledore are awaiting their first vessel to be scrapped; will report with news next month

Regards **Norman**

Shipping news One hundred years ago.

After a 144 day voyage the 100 year old ketch **Seal**, which left Bideford Quay on January 22nd arrived safely in Durban, a 6000 mile voyage, before going seal hunting.

July Diary 2012

Sunday 1st

12-3pm Bidelympics in Victoria Park
Monday 2nd

10 - 12 noon. Lip reading classes at Ethelwynne Brown community room 07923 536 908 HeatherSmith (heatherathoneywells@hotmail.com)

7pm Appledore Band on Appledore Quay If wet St Mary's Church Hall

7.30pm Appledore Singers rehearse at Appledore School 01769 560034.

8.30pm North Devon Jazz Club at Beaver Inn Appledore tel 421065

Tuesday 3rd

7.30pm-10pm Abbotsham Modern Sequence dancing Village hall Abbotsham

Palladium Club Open Mic session

Wednesday 4th

Independents' Day in Bideford

10am Parkinson's UK Coffee Morning at Ethelwynne Brown Close, Common Room 1 01237 478128.

Torridge Ramblers' evening walk tel 01237 451508

Thursday 5th

7.30pm Abbot sham WI meets at Abbot sham Village Hall 474711

8pm Bideford Folk Club Joiners' Arms

Friday 6th

10.30am David Rundle Trust coffee morning 5 Francis Drive Westward Ho!

4pm onwards First Friday in Bideford's Mill Street

Palladium Club Phill Jupitus - stand up comedy

Saturday 7th

Torridge Ramblers' Day walk tel 01237 451820

2pm Fete and fun day at Littleham Palladium Club Wendy May's Boom boom room - soul/ska/reggae dj night

Monday 9th

10 - 12 noon. Lip reading classes at Ethelwynne Brown community room 07923 536 908 HeatherSmith (heatherathoneywells@hotmail.com)

7pm Appledore Band on Appledore Quay If wet St Mary's Church Hall

7.30pm Appledore Singers rehearse at Appledore School 01769 560034.

7.30pm Bideford Stamp Club meets at Robin's Nest football club

Tuesday 10th

10.30am Macular Disease Society meets Burton Art Gallery 01409231309 Epilepsy Group meets at Henry Williamson Room Barnstaple Library tel 07875577428

Palladium Club Jam Night

7.30pm-10pm Abbotsham Modern Sequence dancing Village hall Abbotsham

Wednesday 11th

9.30am-3pm Mini market at Buckland Brewer Methodist Church

10.15am Bideford Probus meets at Royal Hotel Tel 473 337)

Thursday 12th

Holy Karaoke at Crealock Littleham

8pm Bideford Folk Club Joiners' Arms

Friday 13th

7.30pm Abbot sham WI at Abbot sham Village Hall 01237 474711

7.45p.m. to 10.15 p.m.

Modern Sequence Dancing Kingsley Hall, Westward Ho! Cyril Arnold - 01769 540309

Palladium Club *These reigning days* - newly signed trio from Torquay -

Saturday 14th

9am - 2pm Bideford Farmers' Market on the Quay.

7.30pm Film at Littleham 'War Horse'. Info.: 420372

Palladium Club on78 dj night - alternative sounds

Monday 16th

10 - 12 noon. Lip reading classes at Ethelwynne Brown community room

07923 536 908 HeatherSmith (heatherathoneywells@hotmail.com)

7pm Appledore Band on Appledore Quay If wet St Mary's Church Hall

8.30pm North Devon Jazz Club at Beaver Inn Appledore tel 421065

Tuesday 17th

10am Lavington Church coffee and lunches

2pm Bideford Salvation Army Fun and Fellowship Club Bideford Baptist Church ;

Palladium Club Jam Night Abbotsham Modern Sequence dancing village hall Abbotsham

Wednesday 18th

7.45 p.m. to 10.15 p.m. Two Rivers Wind Ensemble Rehearsal Bideford Town Band Room 01271 860061

Thursday 19th

2.15pm Thursday Fellowship tel 421956

8pm Bideford Folk Club Joiners' Arms

Friday 20th

10am Northam Memory cafe Northam

Hall 459337

7.45pm Modern Sequence Dancing Kingsley Hall, Westward Ho! Cyril Arnold - 01769 540309

Palladium Club Howlin Matt - blues

Saturday 21st

Coffee morning at Strand Bowling Club in aid of Cancer Research

Palladium Club Roughnecks - rock covers

Monday 23rd

7pm Appledore Band on Appledore Quay If wet St Mary's Church Hall

7.30pm Appledore Singers rehearse at Appledore School 01769 560034.

Tuesday 24th

10am Lavington Church coffee and lunches

2pm Salvation Army Fun and Fellowship Club; Bideford Baptist Church

Palladium Club - Open Mic Jam Night

7.30pm-10pm Abbotsham Modern Sequence dancing village hall

Abbotsham

Wednesday 25th

10.15am Bideford Probus meets at Royal Hotel Tel 473 337

2.15pm Senior Council for Devon ; Town Hall ; Talk on European

Parliament Public Meeting All welcome.

3.45pm High tea at Buckland Brewer Methodist Chapel to book ring 451630 £3.50

7.30pm Bideford Humanists meet at Fremington Parish Hall annex David McLellan (01237 477851)

Thursday 26th

2.15pm Thursday Fellowship outing tel 421956

8pm Bideford Folk Club Joiners' Arms

Friday 27th

7.30pm Bideford Cinema Olympic specials in Victoria Park (see ad)

7.45 p.m. to 10.15 p.m.

Modern Sequence Dancing Kingsley Hall, Westward Ho! Cyril Arnold - 01769 540309

Two Rivers Wind Ensemble Rehearsal Bideford Town Band Room 01271 860061

Palladium Club Black hole promotions Howlin Matt - blues- young bands

Saturday 28th

9am - 2pm Bideford Farmers' Market on the Quay.

Palladium Club *Auction for the promise* club - dj night

7.30pm Bideford Cinema Olympic specials in Victoria Park (see ad)

Sunday 29th

Start of Appledore Regatta

until 5th August.

Monday 30th

7pm Appledore Band on Appledore Quay If wet St Mary's Church Hall

7.30pm Appledore Singers rehearse at Appledore School 01769 560034.

8.30pm Jazz at the Beaver Inn tel 421065

Tuesday 31st

10am Lavington Church coffee morning lunches (-1.15pm)

2pm Bideford Salvation Army Fun and Fellowship Club; Bideford Baptist Church

Palladium Club - Open Mic Jam Night

7.30pm-10pm Abbotsham Modern Sequence dancing village hall