



# BIDEFORD BUZZ



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



## PORT OF BIDEFORD REGATTA AND CARNIVAL



**6th September - Rowing events on the quay at 2.00pm**

**13th September - Carnival proceedings starting at 6.00pm leaving from the Pill**

The carnival starts at 5.45pm with the crowning of the Queen at the Reds Rowing Club and a fanfare by Bideford Town band.

The procession then leaves at 6.00pm from the Quay and goes along North Road, Lime Grove, Abbotsham Road, and down the High Street. Bideford Town Band and the Massed Pipes and Drums will be playing at the end of the Quay after the procession.

Come on! Grab your entry forms from Morrison's and Radfords Newsagents.

Remember the more who join in, the better the carnival! It's in your hands!



These are the crews from the Reds Rowing Club hoping to win this year's Weara Regatta Championships:

Mens J14 Quad, Women's J16, Men Senior B, Women's Novice & Men J14 Single Scull.

Bideford is the last regatta to take place, after which the winning crews will go through to the south coast championships at Swanage.

*Photos below courtesy of Bideford Reds' Rowing Club.*



**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, South West Foundation, Devon County Council & Bideford Freemasons. 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](mailto:editor@bidefordbuzz.org.uk), Mobile: 07929 976120 or c/o Torridge Voluntary Services, 14 Bridgeland St., EX39 2QE. Visit [www.bidefordbuzz.org.uk](http://www.bidefordbuzz.org.uk).



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Northam Town Council

**Bideford  
Lions**



Bideford  
Freemasons



Bideford Town Council

## To Subscribe to Bideford Buzz

Send a cheque (£16 a year, £10 half a year) made out to Bideford Buzz to Bideford Buzz, C/O TTVS, 14 Bridgeland Street, Bideford EX39 2QE. Please include your details and name and address of the recipient. Ask for costings for posting outside the UK.

## Aiki Peace Week Workshop.

In line with United Nations Day of Peace across the world.

**Saturday 20th September 2 pm to 5 pm**

**Methodist Church Hall, Bideford.**

All proceeds to the charity MacMillan Cancer Care. All clubs and styles welcome. Student fee by donation (suggested £10)

Observers welcome at £1 donation to charity. At least four very experienced teachers. They are:-

**Mark Allcock** Sensei 2nd Dan Aikikai 20 years Aikido experience.

**Huw Collingbourne** Sensei 2nd Dan 30 years Aikido experience. Huw now runs the Hartland Club in North Devon.

**Richard Small** Sensei 4th Dan TIA Europe 40 years Aikido experience

**Pete Blayney** Sensei 1st Dan 30 years Aikido experience See [www.aikijo.weebly.com](http://www.aikijo.weebly.com) and [hartlandaikido.blogspot.com/](http://hartlandaikido.blogspot.com/)

Hosted by Aiki Jo, Bideford.

*More about Aikido Peace Week on Page 11*

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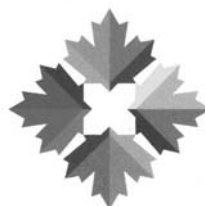
## Bideford Phoenix Morris

What a summer. We have been all over North Devon from Ilfracombe to Holsworthy and Highampton, from Littleham, to Buckland Brewer, and Weare Gifford, from Abbotsham to Appledore from the Bideford Quay to Northam. We've been nearly everywhere, well nearly. Well mainly in and around Bideford.

Fortunately there are some lovely pubs in North Devon! Morris Dancing is thirsty work after all! If you are looking for something different, want a new challenge, meet new friends and keep fit at the same time why not come along to Bideford Phoenix Morris. Join us. The best time is the beginning of the practice season. Whether you want to dance or play an instrument come along. We start **Wednesday 1st October** at the Baptist Church Hall Mill Street, Bideford. Contact Neil on 01237 473798 or Frances on [info@bidefordphoenix.co.uk](mailto:info@bidefordphoenix.co.uk) or why not see us at the Royal Exchange, Torrington, on Wednesday 24<sup>th</sup> September at 8p.m.

## English Folk Dancing.

Come along and enjoy English Folk Dancing at Bideford Ceilidh Club. It's sociable, great fun and helps to keep you fit. All ages and ability levels are welcome, and it isn't essential to come with a partner: there's always somebody to dance with. We meet on most Fridays at Northam Hall, from 8 – 10 pm. *Our Autumn sessions start on Friday 19<sup>th</sup> September. Find out more from me 01237 476632, or just turn up. Come along and give it a try!* **John Blackburn**



## Four Seasons

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## Memories of World War 1

My mother-in-law Mrs Audrey Jones of Ashleigh Terrace, Bideford has lived in the town since 1945. Her father George Douglas Warden lost both eyes in the first world war at the age of 18 years of age. He was rehabilitated at St Dunstons. In recent years my mother-in-law has given us poetry written by her father of which I thought you might be interested. One of the pieces is entitled A Little Port (Appledore). I don't know whether he ever visited Appledore before he lost his sight but I do know he had visited since. I am also not sure if the dates at the bottom of the poetry are correct or that he just retyped them on those dates.

I thought you might be interested since it is 100 years since the war started.

**Eleanor Jone** *(Appledore poem will be published next month, space permitting.)*

## Awakening

When all the brave illusions of young life  
Were smothered in the red-stained  
Flanders mud;  
When the sweet mercurial taste of youth  
was soured,  
And bitter rumination was the cud,  
'Twas then that swift oblivion blotted out  
The sight of that arena of blind sheep  
And, later, laid me in the cradled care  
Of clean, refreshing sheets and blessed sleep.

That hospital, a garden in a slum,  
That still backwater of two warring streams,  
Though powerless to right the vision's wrong,  
Yet persevered to heal the wounded dreams.

Presently, a nurse began to sing,  
A homely ballad of the heathered pass.  
No sweeter song seemed 'ere so sweetly sung'  
As that sad lay of Scotia's lovely lass.

She little knew the tears that soaked the lint,  
The faith she resurrected from dead time.  
The good which is intended may be good,  
But that which is unconscious is sublime.

The tiny flame of hope was kindled then  
Which showed the goal towards which I  
must grope.  
A wistful song became the newel post  
Of that steep stairway carpeted with hope.

**Douglas Warden – 1950**

### WW1 Exhibition – Instow's part in the Great War

Names of everyone from the village who served in the war and lots of details about them. Books and exhibits of interest from friends and families and monuments. Visit the War Memorial restored by Devon Remembers.

**Saturday 13th & Sunday 14th September**  
**10.00 am – 4.30 pm at Instow Church.**

**Reminiscence Session – Take a trip down memory lane at Bideford Library.**

Wednesday September 10<sup>th</sup> 2:00-3:30 pm

**Remember back... and look forward to sharing your memories with others -**

**For anyone aged 60+ Refreshments provided**  
**tel 01237 476075 for details.**

## 100 Years ago – September 1914

*from Bideford Community Archives, Windmill Lane Northam, tel 01237 471714*

**The first local casualty of the War .** Captain T S Wickham DSO of the 2<sup>nd</sup> Manchester Regiment who was the youngest son of T. T. Wickham JP and former mayor of Bideford is one of the first deaths of the First World War to be reported in the 1<sup>st</sup> September 1914 edition of the Bideford Gazette. The circumstances and the whereabouts of his death are unknown at this time.

There were public Meetings across North Devon to raise money for the Devon Patriotic Fund and to encourage men to volunteer for military service. The first was held at Clovelly Court at the end of August and a considerable sum of money was pledged. Bideford held its mass meeting in the Market Hall which was "packed with every class and section of the community" The Devonshire Patriotic Fund was swelled by £715:2:3d. this week from collections across the area and as a result of a benefit night sponsored by Hancock's Steam Circus £3:4:10d was added to the fund.

Owners of Homing pigeons have been advised by Bideford Police to keep their birds in as they run a great risk of being shot by military authorities. Several have already been killed but the newspaper gives no indication why and one can only assume the birds are used as target practice.

Pte Jones and Pte Kelly and other recruits who have joined Kitchener's Army from Bideford & North Devon districts have written interesting letters home about their experiences in Exeter and Aldershot. They claim to be "well cared for and are having a good time".

**The Board of Trade confirm an Order made by the Light Railway Commissioners for North Devon & Cornwall Junction Light Railway, Order No. 191, authorising the construction of a light railway from Torrington to Halwill including the reconstruction of part of the mineral line known as the Torrington & Marland Railway.**



## Book News.

### Events in Bideford Library

For Adults:

#### Writers' Workshop

Wed 24<sup>th</sup> Sept 10.00am till 1.00pm – broadcaster, journalist and author Teresa Driscoll will help aspiring writers make the best of their short fiction, with tips on how to find inspiration, character development, as well as submitting work to magazines and literary competitions. The workshop is free, but a £5.00 deposit, which will be refunded on attendance, must be paid in advance to secure a place.

#### Free Fridays

Every Friday 9:30-5

Free internet access for up to 2 hours. Help with getting online and finding information. Help with job seeking, CV writing and form filling.

**Feel Better with a Book** (please check with library to confirm the group is running each week)

Every Wednesday 10:30-12:00 am

Come and lift your mood through the joy of reading! The aim of the groups is to enable you to enjoy the pleasure and relaxation of listening to great stories and poems. No pressure and no reading required. The group is led by an experienced facilitator.

For Kids:

#### Story time for under-fives

Every Thursday. 9:30-10:00 am (except school holidays)

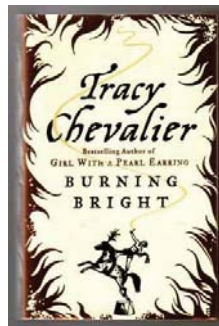
With stories, musical instruments and songs.

### *Burning Bright* by Tracy Chevalier

(Discussed By Bideford Library Readers' Group and reviewed [here](#).)

I was slow and reluctant to get into this book. It may have been because I don't often read historical novels and this seemed very much like one – there was much rather obvious research into the minutiae of places, for example. However I began to find it interesting. In some ways the characters, the humanity and the feel of London reminded me of Charles Dickens and the setting was not far short of his time.

It is also a novel of ideas, including an ingenious way of writing about that mysterious and fascinating poet and artist, William Blake. I used to have a beautiful illustrated copy of *Songs of Innocence and experience*. Now, having read this story of their origins I regret parting with it.



**John Martin**

*The Readers' group meets on the first Wednesday of each month at 2 p.m. in Bideford Library. Books for the month are supplied by the Library and can be picked up at the meeting or from the Library desk. Discussions are very much centred on the book of the month and meetings usually finish around 3.15. If further information is required anyone interested can contact Peter Evans on 01237 47917.*

**Next month. Wednesday September 3<sup>rd</sup>.**  
*Discussing Notes to My Mother-in-Law by Phyllida Law*



Friday 5 and Saturday 6 September at Kingsley School at 7.30pm **Boyhood** (15) Film ends 10.15pm

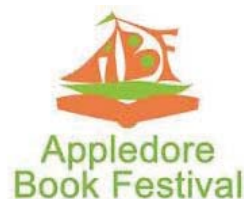
Friday 12 and Saturday 13 September at Kingsley School at 7.30pm **Guardians of the Galaxy** (12A) Film ends 9.35pm

Friday 19 and Saturday 20 September at Kingsley School at 7.30pm **The Expendables 3** (12A) Film ends 9.35pm

Friday 26 and Saturday 27 September at Kingsley School at 7.30pm **What If** (15) Film ends 9.10pm

**Doors open 7.00pm.**

### Appledore Book Festival



Now in its eighth year, the Festival continues to attract world-class writers and speakers. Amongst others joining them this year are, Fay Weldon, Penny Junor and David Owen. Jeremy Vine in his capacity as festival patron returns to Appledore to interview some inspiring authors from different walks of life. From talks to workshops and 'in conversation with' sessions, to music, theatre and poetry you will be spoilt for choice.

The festival runs from **Friday September 26<sup>th</sup> to Sunday 5<sup>th</sup> October**. For more information visit their website at [www.appledorebookfestival.co.uk](http://www.appledorebookfestival.co.uk)

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**The Labour Government will tax  
millionaires not hardworking mums**

**Get Involved**

Local Labour Social Event on the last Wednesday  
of every month at Bideford's Portobello Inn,  
by the historic Pannier Market at 8pm

Facebook: Torridge District Labour Party

Twitter: @TorridgeLabour

## Quaker Meetings for Worship

are held at 17 Honestone St, Bideford  
(near Pannier market)

**10.30am on Sunday mornings**

All are welcome

Enquiries tel **01237 421549**



Join a warm  
and friendly  
group near you  
today...

**Tuesday 9.30am or 11.30am**

Robins Nest, Bideford AFC

**Tuesday 3.45pm, 5.30pm or 7.30pm**

East the Water School, Bideford

Tel: Kate 01409 221873 or 07974 041548



**Nightstopdevon**

A project of Community Housing Aid

**Can you help prevent homelessness?**

Nightstop Devon is looking for Volunteer 'hosts'  
who can provide safe accommodation, an evening  
meal, breakfast and a listening ear, one night at a  
time, for a young homeless person aged 16-25.

All volunteers receive expenses of £15 per night,  
full training and vetting, and a member of staff is  
always on call. Volunteer drivers are also needed  
to transport young people to accommodation.

If you would like to find out more about  
volunteering please contact Nightstop on 01392  
274853, visit [www.communityha.org.uk](http://www.communityha.org.uk) or tweet  
@Nightstopdevon.





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[www.devonwadoryu.co.uk](http://www.devonwadoryu.co.uk)



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# OPEN MORNING

Saturday 20th September  
10am - 1pm



KINGSLEY SCHOOL  
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outstanding individuals.*

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Devon, EX39 3LY

t: 01237 426200

NURSERY | PRE SCHOOL | JUNIOR SCHOOL | SENIOR SCHOOL | SIXTH FORM

# Northern Devon Sustainable Energy



Northern Devon Sustainable Energy C.I.C. For up to date information see our Facebook page or call 01237 477 852.



IN ASSOCIATION  
WITH

energy  
saving  
trust ready for retrofit  
warmer greener  
homes



[www.361greendoors.org](http://www.361greendoors.org)

On the weekend of 20th and 21st September, energy efficient homes across North Devon and Torridge will be open to visitors in the 361 Green Doors event. These homes will showcase energy saving and renewable technologies such as solar PV panels, biomass boilers, secondary glazing, LED lights and external wall insulation. Visitors will be able to see the benefits of these technologies for themselves and discuss them with the homeowners. Properties range from architect designed eco-homes to energy efficiency refurbishments of standard houses. For more details, visit our event website, [www.361greendoors.org](http://www.361greendoors.org). Moreover, if you already live in an energy-efficient home and want to inspire others to do the same please do take part in our event. For any questions, bookings or to sign up as a homeowner contact us by e-mail [info@361energy.org](mailto:info@361energy.org) or call 01271 267197.

The first ever 361 Energy Fair to be held at Barnstaple Pannier Market will be on Sunday 28<sup>th</sup> September. Come along to browse the varied stands from companies promoting renewables, energy saving technologies, and low carbon transport. From the latest electric cars to household energy saving advice from local experts, see what you can find to help save you and your family money on fuel bills. There will be educational activities for kids and a host of environmental organisations to inspire old and young alike, a local farmers market and food stalls, as well as live music and a few surprises. For more information visit the event website [www.361energyfair.org](http://www.361energyfair.org). If you would like to book a stand please e-mail us or call 01271 267197.

**ALSO COMING SOON - 361 ENERGY FAIR**

**BARNSTAPLE PANNIER MARKET, 28th SEPTEMBER 2014 10am - 4pm**  
**[www.361energyfair.org](http://www.361energyfair.org)**



I do like to be beside the seaside;  
I really do...



Once the school holidays descended for everyone- after ages of hurried clock-watching by discombobulated students and teachers alike- around about six weeks of relaxation could finally ensue. Think of all the box sets, trips to the park and sandcastles you might've ploughed through in the first few days of freedom ; in fact, with the pleasant weather we've been enjoying of late ( optimistically speaking; by the time this issue of Buzz comes to press, we may have had two weeks of snow, but right now with the scolding pavements and blazing sun, it seems unlikely that would settle) the box set may even have been sidelined in favour of another trip to the beach.

However, come week four or five, when Westward Ho! has been pillaged for the ninth consecutive day, you know the ins and outs of the go-kart track and can recognise each individual pebble on the ridge by sight alone; a lot of people begin to pine for the unexplored coastlines of California, Malibu, or just jolly old Skegness- after all, it's a change of scenery.

It's incredibly easy, though, when growing up in a place as traditionally idyllic as Bideford, with the rolls of hill, marauding seagulls and surrounding sea-side, to forget just how sought after your space is. It has to be said, the majority of Britain is settled inland, a vast swathe of which is concrete city, with neither a sniff of grass nor sea to be smelt for miles around.

Many people save up all year round ,then, to visit places like Bideford and Devon for their summer breaks- eager to see the sea and river-side delights. An overheard conversation voicing the need to ensure it really was the ocean they looked at, and not just a large, sandy lake. Although this conspiracy would require pretty much every local to be in on it, it's not surprising such worries abound, when the seaside is a place as craved and anticipated as it is . In the end when you think about it, there's an awful lot to look forward to; arcades, promenades, Hockings ice cream, not to mention the sheer joy of the ocean itself. Meanwhile, closer to home, there's a whole world to find off the beaten

track, be it a very well hidden boutique ( the extra effort required to find it, helps ward off mere browsers...) a quiet coffee shop, or the serene, leaf-laced woods up yonder.

In fact, there's a startling amount to find and do when you're not frequenting all your usual haunts, and it's with a fresh pair of eyes that people visit from far afield, no particular bias where they go, so long as it looks interesting. Perhaps there is something to be said for another trip to the beach then, before we all get rounded back up for school..

**Millie Sutherland O'Gara**

## Bideford College A level results 2014

*As Bideford College Sixth Form students collected their A2 and AS results there was an atmosphere of excitement and anticipation. With College A\*, A and B grades up by 10% on last year and against the backdrop of the news headlines that there has been a drop in the proportion of students getting the top grades nationally, there was plenty to smile about at Bideford College as students realised that they have been accepted at their first-choice university. The number of students gaining 2 or more A\*, A and B grades rose by 16% compared with last year and the College's overall pass rate (A\*-E grades) has also improved further. Students at the end of their first year in the Sixth Form, Year 12, also did well with an 11% rise in the number gaining the top grades. They will now stay at the College to take their A2 courses next year.*

*College Principal, Veronica Matthews, said 'We are incredibly proud of our students and what they have achieved and we wish them all the very best for the future. These are the 'best ever' Sixth Form results for the College using a number of measures and we are committed to making sure that this improvement is sustainable'.*

*Fourteen students gained 3 or more A\*, A and B grades with three students gaining straight A and A\* grades. **Christie Hill** gained A\*s in Mathematics and Psychology and an A in Geography. She is going to Exeter University to read Applied Clinical Psychology; **Louise Shaw** gained an A\* in English Literature and two A grades in History and Media Studies and will read Media Communication and Cultural Studies at Newcastle University. **Kara Sheppard** gained an A\* in Environmental Science and A grades in Biology and Physics. She is applying to read Geography and International Development at Sussex University next year following a gap year.*

**Veronica Matthews**



## News from the Burton Art Gallery and Museum.

For readers who have not yet visited the current exhibition, 'The Society of Wood Engravers' 76<sup>th</sup> Exhibition', you only have until the 15<sup>th</sup> of September to see it. And it is worth your while to do so. Most of these stunning works were engraved into the end-grain of hardwood, usually box, with extra fine, sharp tools, and the detail is amazing. You have to realise that white parts of the picture are carved out, leaving the raised parts to make the print. It is like looking at a photographic negative until the print is made. A mistake means the artist may have to start again on a new block. This exhibition includes works by Japanese wood engravers, many from America, Canada and Europe, but also contains works by Devon-based artists, Hilary Paynter, Edward Crumpton, Merlyn Chesterman and Shirley Smith. Two full exhibition rooms to keep you enthralled for quite a while.

To follow, the Gallery is hosting a touring exhibition from the 'Artist Rooms' collection. It is by Richard Long, who has been inspired by landscape and the environment. He won the Turner Prize in 1989, and is one of Britain's most significant artists. Richard's exhibits on this occasion are made up of interlocking pieces of Cornish slate, laid out on the floor; there are also many of his paintings and drawings, using Bideford Black, and earth colours. You will soon realise that the South West has a strong influence on his work in this collection.

The dates are 4<sup>th</sup> October to 10<sup>th</sup> January, 2015.

*(The dates of this exhibition mean that there will be no Friends' Christmas Exhibition this year. Artists please note.)*

**Events to look out for:** Discover the Burton's Silver Collection, on Saturday, 13<sup>th</sup> September, with Michael and Fran Hedges, two of the Friends' volunteers, who have been cataloguing them over the past six months. They will be delighted to tell you all about these beautiful objects, many of them donated to the Gallery by Hubert Coop, co-founder of the Gallery with Thomas Burton, back in 1951 when the Gallery was opened.

Opening hours: Monday to Saturday 10am to 4pm; Sundays: 11am to 4pm. Admission Free.

Tourist Information Centre and Cafe du Parc: open as above.

*Diana Warmington, Friends of the Burton Gallery.*



## Instow church needs you!

**Saturday 13<sup>th</sup> & Sunday 14<sup>th</sup> September 10.00 am – 4.30 pm exhibition of St John's treasures** Ring the church bells, see the finest piece of church silver in North Devon, 1874 Wippells of Exeter needlework, learn about the Locks, the Sibthorpes: first Oxford Professor of Rural Economy and Archibald Cleveland who fell at the battle of Inkerman aged 19 years, having survived the Charge of the Light Brigade.

### Restoration of the collapsing South transept

See the beautifully restored stained glass window; and monument to John Downe Junior; the decorations and reordered seating providing teaching space for Instow Community School's local history lessons.

*Coffee, lunch, teas in the church room each day in aid of Devon Historic Churches Trust which gave a grant towards the works and shares any monies collected this weekend with St John's.*

## More about Methodism in North Devon

The North Devon contribution to Methodism came mainly from the Bible Christian movement.

This began in Lake House farm near the Shebbear Methodist Church in 1815. owned by the Thorne family ; they invited William O'Brien, a charismatic evangelical preacher, who established the Bible Christian movement in North Devon and Cornwall. The movement spread to other parts of the country. The Bible Christian Church began in Bideford in Silver St, moving to larger premises in High St one hundred years ago. The lasting legacy of the Bible Christian movement in North Devon is in education. Shebbear College, originally for boys was adopted by the Bible Christian conference in 1847. Whereas in Bideford the girls counterpart, now Kingsley school, was Edgehill College established in 1882. The various Methodist movements became united in 1932 to form the Methodist Church.

**Peter Nock**

### Get Dazzled!

"Bradazzle" is a sparkling light entertainment group, performing shows across north Devon villages to raise cash for village projects and village halls, and other charities. Their hilarious comedy and musical revue show "For One Night Only" is at Woolsery Community Hall at 7.30pm on Saturday 6<sup>th</sup> September. Tickets are just £5 from Sam on 01237 431824

# ***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:

**01271 37 43 43**

or email [sams\\_nd@yahoo.co.uk](mailto:sams_nd@yahoo.co.uk)

Information Mornings in Barnstable  
at 10:00 on 5<sup>th</sup> July & 29<sup>th</sup> Nov.14

Real People – Real Lives - Real Difference  
Charity No. 261807

Motorcycle  
MOT's  
£29.65



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2WORK**  
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## **Weare Giffard Art Group**

invite you to join us at  
Weare Giffard Village Hall  
every Wednesday 10am -1pm

Happy friendly group

Oils, watercolours, acrylics, pastels

Term starts Wednesday 10th September

More info 01271 860903



**BIDEFORD  
TOWN  
COUNCIL**

## **Grants for 2015/2016**

Those voluntary organisations whose  
work includes benefit to the people of  
Bideford may apply for a grant from the  
Bideford Town Council.

Applications forms are obtainable from:

The Town Clerk,  
Town Hall, Bideford EX39 2HS  
E Mail: [admin@bideford-tc.gov.uk](mailto:admin@bideford-tc.gov.uk)  
website: [www.bideford-tc.gov.uk](http://www.bideford-tc.gov.uk)  
Telephone: (01237) 428817/8

**FORMS MUST BE RETURNED BY  
WEDNESDAY 17 SEPTEMBER 2014**

Grants will be paid in April 2015



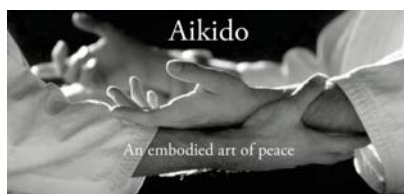
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## Aiki Peace Week

"In a world full of war we can still make a difference to peace both



between us and within us."

September 21st 2014 is the United Nations International Day of Peace.

Every year, hundreds of peace-oriented organisations worldwide celebrate that day with thousands of Peace Day events.

We believe that Aikido practitioners around the world, inspired by the unique embodied peacemaking legacy of O-Sensei Morihei Ueshiba, will want to be part of the global celebration. This represents an opportunity to increase public awareness of Aikido as a joyful practice of reconciliation, compassion, and non-violence.

We also believe this celebration transcends the divisions of different schools, styles, and organizations, and that our collective action will make each of our efforts far more newsworthy than they would be in isolation.

Aiki Extensions is an international non-profit organisation dedicated to the application of Aiki principles in situations outside the dojo. Aiki Jo Bideford is a member of this organisation.

**Aikido - an Art of Peace**

Aikido is a non-violent Japanese martial art. Aiki is the core of Aikido. Aiki is a practical philosophy of peace. Martial practice is uniquely valuable for practicing peace because attack/defence drills offer the opportunity to train oneself to receive an opponent in an empathic and harmonious way.

Aiki means not going against the flow/movement (direction, speed, timing) of the attack, but instead sidestepping the power of the attack, joining into its flow (often called "blending"), then gradually adding to the flow so as to unbalance

the attacker (often called "leading"), and in the end controlling the attacker's capability to move/attack. Aiki refers to a state of self-awareness, calm alertness, and compassionate power. Further, it refers to soft and full awareness of the environment, as well as respectful, compassionate and protective receiving of the attacker.

The term "aiki" is also used in discussing applications outside the self-defence area. One application is using Aikido patterns of posture and movement in non-martial art activities. For example one could teach how to hoe a garden using the same movements as a downward sword strike. Doing the movements in the Aiki way is safer, more efficient, and more effective. Another application refers to an inner attitude of compassionate power and an orientation toward peace. For example, the common approach in a verbal dispute is built on a "No... But..." framework: no your idea is wrong, but my idea is right. The Aiki approach would be a "Yes... and..." approach. First blend with the content and energy of the opponent's assertions; that is, find the core of the assertions and express understanding and appreciation for that perspective. And then gradually add new material to lead the discussion where you wish it to go.

Aiki Extensions is a non-profit founded in 1998 to network and support everyone interested in taking aiki principles off the mat and into the world in areas like youth violence prevention, K-12 conflict resolution curricula, business consulting, psychotherapy, and Middle East peace programs. Aiki Extensions is the sponsor of International Aiki Peace

Week. <http://www.aikipeaceweek.org/en>  
"Aikido is not a technique to fight with or defeat the enemy. It is the way to reconcile the world and make human beings one family." *Morihei Ueshiba, Founder of Aikido.*

**Richard Small and Huw Collingbourne.**

### Wellbeing and Discussion Group.

There is still time to join the new Wellbeing and discussion group in Northam which starts on the 24<sup>th</sup> September. Please contact Marianne Richards on 01237 479721 for more details.

### Parkinson's Barnstaple & Torridge Branches

#### Quiz Night.

Tawstock Village Hall  
**Friday 26th September**  
7pm for a 7:30 start  
Entry fee £5 per person  
includes a light supper

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

To raise money for the Keep Fit classes in Barnstaple and Weare Giffard.  
Telephone Jennie Bliss on 01271 814159 to book a table



## North Devon Archaeological Society

Ever watched the Time Team and felt inspired? Interested in local history but want to delve into a past where documents are of little help? Keen to keep your brain and body active?

For more than fifty years North Devon Archaeological Society (NDAS) has been providing opportunities for its members to get involved and to learn more about the rich heritage of this area. Members of NDAS are well placed to be involved in cutting-edge archaeological exploration, alongside both research and rescue organisations. Under the supervision of professional archaeologist Chris Preece the Society is also running its own seasonal dig at a clay pipe kiln site in Torridge which has produced large quantities of finds. Members have taken part in all aspects of practical archaeology including geophysical surveys, excavation, field walking, pot washing etc. We are also working with Exmoor National Park, Leicester University and Parracombe History and Archaeological Society on the Longstone Landscapes project, a two year programme of recording the Bronze Age Landscape around Chapman Barrows where training opportunities have included flint identification and field survey techniques. Members are now equipped to survey and complete field drawings of the burial mounds and carry out systematic searches for evidence of flint knapping. They have also recorded much of the deserted farm at Radworthy near Challacombe. If your interest is more of an armchair archaeologist then our Winter Lecture programme is interested and varied attracting prestigious speakers on subjects as diverse as Bronze Age pottery and North Devon's preparations for D-Day.

NDAS welcomes all new members, regardless of whether they have any previous knowledge of archaeology. Find out more on our website [www.ndas.org.uk](http://www.ndas.org.uk)

Linda Blanchard Chairman

## U3A Torridge Branch

You may have noticed that the U3A was mentioned in a recent edition of The Bideford Buzz. U3A stands for University Of The Third Age. But don't let the name put you off. It is open to anyone over the age of fifty, retired or semi-retired. There are no exams, certificates, essays or diplomas involved. We believe that lifetime learning, exercise or just playing something should be for fun. So what we are is a number of secular, non-political self-help groups. The Torridge branch has over 400 members and 50 interest groups covering an extremely wide range of activities. If you would like to learn more visit our **website at [www.torridgeu3a.btck.co.uk](http://www.torridgeu3a.btck.co.uk) or contact our membership secretary on 01237238725, email [vhanoveru3a@gmail.com](mailto:vhanoveru3a@gmail.com).**

## Bideford Pannier Market & Butchers' Row

The Pannier Market seems to be enjoying a period of growth and the happy band of traders are beginning to see some return for their hard work and persistence. No-one can rest on their laurels we still need the support of everyone. We are extending the market trading hours. **On Tuesdays and Saturdays the market will be open between 8.00am and 4.00pm and on Fridays will open between 9.00am and 3.00pm.** Please make a note of these new hours and come along and support your local traders. The ultimate aim is to develop the market even further and open on additional days but we need your continued support. We are always looking for additional traders so if there are any budding entrepreneurs out there why not call in for a chat or contact Richard Coombes at the Bideford Town Council on 01237 428817.



Butchers' Row with its fine selection of shops all run by independent traders is proving to be a draw to both tourists and locals. It is good to see the whole market complex can still operate successfully. Please remember Butchers' Row is open six days a week. Christmas (yes that dreaded word) is just around the corner, why not visit the Pannier Market and Butchers Row and seek out that unusual present. Many gifts can be made to order or reserved for a small deposit. Make your gifts more personal

The Pannier Market and Butchers Row are supporting the Bideford Carnival on September 13<sup>th</sup> by entering the group walking section. Not certain what our theme will be just yet but it is sure to be something that will create a laugh and make us look silly. Don't forget to look out for us and give us a special wave

**On September 26<sup>th</sup> & 27<sup>th</sup> at 10.00am we will be holding a coffee morning in support of McMillan in the Pannier Market, please come along and help us raise some money for this worthy cause. Enjoy a cup of tea or coffee with a piece of cake and have a chat with our friendly traders**



# THE SHIPPING NEWS



Ship at Yelland)	Registered Flag Owners	From	To	Arrived	Sailed	Crew	Cargo loaded
<b>Anna Dorte</b> Built 2011	Dutch Rotterdam Netherlands	Wicklow	Lubeck	<b>07/08/14</b>	<b>08/08/14</b>	Russian Ukrainian Philipino	2000 tons timber
<b>At Bideford</b>  <b>Countess Anna</b> Built 1994 ex Wiebeke K 05	Antigua and Barbuda St John's German	Swansea	Castellon	<b>10/08/14</b>	<b>12/08/14</b>	Russian	2500 tons ball clay.

**Arco Dart** has been away from the Bristol Channel working on the South Coast ; no sightings at Appledore

**Oldenburg** continues sailing from Bideford and Ilfracombe  
**Bristol Channel Observations**

**21.7.14** at 11.25 cargo vessel **Kaili** 4512 tons d.w, owners Klip Marine Shipmanagement Ltd Estonia inward bound for Sharpness. At 16.38 cargo vessel **Scot Ranger** 3419 tons d.w, owners Scotline Ltd UK, inward bound for Newport.

**22.7.14** at 19.20 Cargo vessel **Hendrik S** 3200 tons d.w, owners unknown, inward bound for Newport

**26.7.14** at 18.08 bulk carrier **Koutalianos** 92710 tons d.w owners Ediola Shipping Ltd, Greece inward bound for Portbury

**27.7.14** at 12.30 container vessel **Endeavour** 9168 tons d.w, owners J.R. Shipping Netherlands, inward bound for Avonmouth .At 17.30 cargo vessel **Jolyn** 3568 tons d.w, owners Wagenborg Shipping Netherlands, inward bound for Sharpness

**28.7.14** at 11.16 vehicle carrier **Grande Napoli** 14565 tons d.w, owners Grimaldi Line of Italy, inward bound for Portbury.

**29.7.14** at 08.55 two cargo vessels seen ; the first one was the **Eva Maria Muller** 3722 tons d.w owners, Otto A Muller Schifffahrt GMBH Germany, inward bound for Sharpness and the cargo vessel **Valentin Pikul** 2917 tons d.w owners North Western Shipping Joint Stock Co Russia , inward bound for Cardiff.

**30.7.14** at 17.10 chemical tanker **Endelo Swan** 4972 tons d.w owners Endelo Swan APS Denmark, inward bound for Avonmouth with a cargo of UAN.

**31.7.14** at 08.07 cargo vessel **Lady Anna** 3700 tons d.w owners Wijnne & Barends Cargodoors Netherlands, inward bound for Birdport.

**3.8.14** at 14.16 cargo vessel **Smaragd** 3195 tons d.w. owners, De Bock Maritiem BV Netherlandsowners, inward bound for Newport . At 15.47 vehicle carrier **Autopride** 4492 tons d.w owners United European Car Carriers Norway, inward bound for Portbury.

**7.8.14** at 07.58 cargo vessel **Ocean Sachel** 5443 tons d.w, owners unknown, outward bound from Sharpness, having sailed at 15.16 **6.8.14**

**8.8.13** at 13.00 bulk carrier **Navios Sagittarus** 75756 tons d.w, owners unknown, inward bound for Port Talbot. At 19.46 cable ship **Resolute** 10277 tons d.w, owners Tyco Resolute Inc Spain, inward bound for Avonmouth.

**9.8.14** at 11.33 container ship **Endeavour**, owners J.R. Shipping Netherlands, inward bound for Avonmouth.

**12.8.14** at 16.33 vehicle carrier **Grande Colonia** 12292 tons d.w, owners Grimaldi Line of Italy outward bound from Portbury, having sailed at 11.37. At 18.15 bulk carrier **Guo Tou** 35 93738 tons d.w owners unknown, inward bound for Portbury.

**13.8.14** at 09.34 cargo vessel **Sea Kestrel** 2252 tons d.w, owners Torbulk Ltd England, outward bound from Avonmouth, having sailed at 23. 00 **12.8.14**

Regards  
**Norman**

## Buzz Word

### Wartime Fire Service.

*Firemen from North Devon, who crewed the Watermouth Bay "PLUTO" (Pipeline Under the Ocean) receiving terminal. This was part of the training for 'D-day'; the pipeline ran across the Bristol Channel from Cardiff. (Provisionally dated early 1943).*

This photo was supplied by Mr. Coates, and was in response to last month's front page article from Appledore Maritime Museum about their current exhibit – 'Top Secret experimental work'.



*Arthur Pridham of Pridham's Stables on Fire Service fireboat. Bideford WW2. They found they could propel it through the water by using the fire pump and putting the hose over the stern.*

Photo supplied by North Devon Museum Trust.



### Encore

By popular demand, the theatrical singing group, Encore! will be returning to Holy Trinity Church, Westward Ho! on Saturday 13th September 2014 at 7pm. Hot foot from a successful concert in London and performing before an audience of 1,000 people in the Pannier Market in South Molton, Encore! will be singing a new programme of songs for the audience at Holy Trinity Church. Their combination of four part singing, duets and solos of well loved songs from shows old and new is becoming well known throughout the area for its high quality and entertaining appeal.

### Chudleigh Fort

On a recent visit to Chudleigh Fort I was happy to see that the cannons have been re-instated. As far as I know they were last fired in August 1855, as the new ship the **Sarah Newman** made her way down the river Torridge. The spectators were numbered in their thousands. She was 1,220 tons in weight, length 236 ft, breadth 35ft depth 21ft and could carry 1,800 tons of cargo. The ship was built by Geo. Cox. **Derek Barnes**



## Singing for Parkinson's

You may have read in recent times of how singing can be of great benefit to Parkinsonians in overcoming some of the problems we have.

These might include problems with your speech- perhaps your voice has become quieter, have difficulty in holding conversations, getting fed up with people saying "Pardon", shortness of breath, leaving other people to answer the phone, feeling a bit left out socially because of communications problems?

Poor speech can also lead to loss of confidence, and lack of self-esteem.

Parkinson's Singing groups are now being set up nationwide.

Recently a few of us have been meeting regularly to sing shanties and other unaccompanied songs. The result has been marvellous. You might have seen us singing at a couple of our events and you can see how much we enjoy it.

Not only do we have enormous fun, and enjoy our singing but the benefits are clear – clearer stronger voices, and a real lift.

Research has suggested the benefits of singing in a group and our experience has confirmed it! We would now like to open it up to everyone, both Parkinsonians and spouses, carers, etc. in a relaxed friendly atmosphere.

You won't be asked to sing solos, nor perform in public, just join in and enjoy yourself.

There will be no charge but you might want to make a small donation towards refreshments.

What's that – you can't sing? We'll soon prove you wrong!

It would be handy to know how many people are coming so we have enough sheets, but there's nothing to stop you from just popping in. We start on **4th September**. Church hall, Appledore. every Thursday afternoon 1.30 to 3.30 pm except for the fourth Thursday of the month. The Church hall overlooks the main "pay and display" car park in Appledore. level access available.

Further details from **Ian on Bideford 475449 or Jackie on 471216**

## September diary

### Monday 1<sup>st</sup>

**1.30pm** Westward Ho! Arts Club, W Ho! Baptist Church Hall. 478223

**7pm** Breakaway Social Club for adults with learning/physical disabilities. 475051

**7.15pm** Appledore Singers rehearse at Appledore Primary School. 420652

**8.30pm** North Devon Jazz Club Beaver, Appledore. Tim Thornton Quartet. 421065

### Tuesday 2<sup>nd</sup>

**10am-1pm** Lavington Church coffee and lunches.

**10.30am** Walking for Health. 421528

**2pm** Bideford WI meet at new Sea Cadets Building, Victoria Park.

**2-3.30pm** Salvation Army 'Fun & Fellowship' Club Baptist Church Upper Hall.

**6.30pm** Bideford Band Beginners' Group at Band Room. 475653

**7.30pm** Bideford Camera Club at Youth Centre on the Pill. 479462

**7.30pm** Bideford Keyboard & Organ Club at Bideford Methodist Church Hall. 475914

**7.30-9pm** Bideford Sustainability Group at Blacksmith's Arms. 07783384982

**8pm** Torridge Male Voice Choir meets at Woolserly Village Hall. 470913  
Palladium Club *Jam Nig*

### Wednesday 3<sup>rd</sup>

**10am-12pm** Bideford Healing Group at Sea Cadets Bldg in Victoria Park.

**10.30am** Parkinson's UK meets at Ethelwynne Brown Close. 478128

**10.30am** Walking for Health in Victoria Park. Meet at Cafe du Parc. 421528

**11am-1pm** Creative (Memory) Café at Quay Meeting Rm, 5 Danver Court, Clovelly Rd Ind Estate. 07817976053

**2pm** Bideford Library Readers' Group. 476075

**7.30pm** Two Rivers Wind Ensemble rehearsal at Bideford Band Room 01271 860061

### Thursday 4<sup>th</sup>

**10.30am** Walking for Health on Tarka Trail from Clarence Wharf Car Park. 421528

**2-4pm** See Hear on Wheels (SHoW) bus at Pill Car Park. Mobile service with

**7.30pm** Bradazzle at Woolserly Village Hall. £5 431824

### Friday 5<sup>th</sup>

**7.30pm** Film Evening + wine & nibbles in aid of David Rundle Trust at 5 Francis Drive, Westward Ho! 477470

**7.30pm** Film '12 Years a Slave' at Littleham Village Hall. £4 473707

**7.45pm** Modern Sequence Dancing Kingsley Hall, Westward Ho!

01769 540309

### Saturday 6<sup>th</sup>

**10am-12pm** Families for Children Adoption Info Meeting at Buckfast. 01364 645480

**6.30pm** Concert by Westward Ho! Youth Theatre at Lavington UR Church. (Refreshments at 5.30pm). 472558

### Sunday 7<sup>th</sup>

**10am-5pm** Clovelly Lobster & Crab Feast in support of National Lobster Hatchery.

### Monday 8<sup>th</sup>

**1.30pm** Westward Ho Arts Club, W Ho! Baptist Church Hall. 478223

**7pm** Breakaway Social Club for adults with learning/physical disabilities. 475051

**7.15pm** Appledore Singers rehearse at Appledore Primary School. 420652

**7.30pm** Bideford Stamp Club, Kingsley Hall, Westward Ho! 'France' 472101

### Tuesday 9<sup>th</sup>

**10am** Macular Society meets at Burton Art Gallery. 474128

**10am-1pm** Lavington Church coffee and lunches

**10.30am** Walking for Health. 421528

**2-3.30pm** Salvation Army 'Fun & Fellowship' Club meets at Baptist Church Upper Hall.

**6.30pm** Bideford Band Beginner's Group at Band Room. 475653

**7.30pm** Northam Choral Society rehearses at Northam Methodist Hall.

**7.30pm** Bideford Camera Club at Youth Centre on the Pill. 479462

**7.30pm** Bideford & District Cacti & Pot Plant Club at Bideford Methodist Church Hall. 475914

**7.30pm** Lions Club meet at Royal Hotel

**7.45pm** Bideford AFC v Frome

**8pm** Torridge Male Voice Choir meets at Woolserly Village Hall. 470913

Palladium Club *Jam Night*

### Wednesday 10<sup>th</sup>

**10am-12pm** Bideford Healing Group at Sea Cadets Bldg in Victoria Park.

**10.15am** Probus Club at Royal Hotel 473337

**10.30am** Walking for Health in Victoria Park. Meet at Cafe du Parc. 421528

**7.30pm** The Two Rivers Wind Ensemble Rehearsal at Bideford Band

# September Diary 2014 *continued*

## **Thursday 11<sup>th</sup>**

**10.30am** Walking for Health Tarka Trail. Meet Clarence Wharf Car Park. 421528  
**7pm** Hartland Aikido Club for over 18s at Bucks Cross Village Hall.

**7.30-9pm** Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk. New members welcome.

## **Friday 12<sup>th</sup>**

**7.30pm** Abbotsham WI meets at Abbotsham Village Hall. 474711  
**7.45pm** Modern Sequence Dancing, Kingsley Hall, Westward Ho! 01769 540309

## **Saturday 13<sup>th</sup>**

**8am** RNLI Clovelly to Appledore sponsored walk. 07989747163  
**9.30am** Torridge Ramblers day walk. 470004

**10am-4.30pm** Exhibition of St John's Treasures at Instow Church in aid of Devon Historic Churches Trust.

**10am-4pm** Exhibition, Demos & Sale of Crafts at St Peter's Church, Fremington 01271 322573

**2-4pm** Family History group meet at Pollyfields. 'Ask the Team'. 451305

**7pm** Encore concert at Holy Trinity Church, Westward Ho!

## **Sunday 14<sup>th</sup>**

**10am-12pm** Barnstaple River Swim in aid of North Devon Hospice. 01271 347224

**10am-1pm** Scouts Table Top Sale at Bideford Football Club. 472131

**10am-4.30pm** Exhibition of St John's Treasures at Instow Church in aid of Devon Historic Churches Trust.

## **Monday 15<sup>th</sup>**

**1.30pm** Westward Ho! Arts Club, W Ho! Baptist Church Hall. 478223

**2pm** Bideford Ladies Club, Marlborough Court. 421925

**Breakaway Social Club** for adults with learning/physical disabilities. 475051

**7.15pm** Appledore Singers rehearse at Appledore Primary School. 420652

**7.30pm** Appledore Amateur Radio Club at Appledore Football Social Club. 473251

**8.30pm** North Devon Jazz Club at the Beaver, Appledore. Maggie Reeday. 421065

## **Tuesday 16<sup>th</sup>**

**10am-1pm** Lavington Church coffee and lunches

**10.30am** Walking for Health. 421528

**2-3.30pm** Salvation Army 'Fun & Fellowship' Club meets at Baptist Church Upper Hall.

**3pm** 'Reflections' Grief & Loss Group at St Mary's Church. 475765

**6.30pm** Bideford Band Beginner's Group at Band Room. 475653

**7.30pm** Northam Choral Society rehearses at Northam Methodist Hall.

**7.30pm** Bideford Camera Club at Youth Centre on the Pill. 479462

**8pm** Torridge Male Voice Choir meets at Woolserly Village Hall. 470913

Palladium Club *Jam Night*

## **Wednesday 17<sup>th</sup>**

**10am-12pm** Bideford Healing Group at Sea Cadets Bldg in Victoria Park.

**10.30am** Walking for Health in Victoria Park. Meet at Cafe du Parc. 421528

**11am-1pm** Creative (Memory) Café at Quay Meeting Rm, 5 Danver Court, Clovelly Rd Ind Estate. 07817976053

**7.30pm** Bideford Folk Dance Club recommences at Northam Hall. 423554.

**7.30pm** Two Rivers Wind En wide range of sensory equipment to try/borrow. 01271 373236

**7pm** Hartland Aikido Club for over 18s at Bucks Cross Village Hall.

**7.30-9pm** Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk. New members welcome.

Quay Meeting Rm, 5 Danver Court, Clovelly Rd Ind Estate. 07817976053

**7.30pm** Bideford Folk Dance Club recommences at Northam Hall. 423554.

**7.30pm** Two Rivers Wind Ensemble Rehearsal at Bideford Band Room 01271 860061

## **Thursday 18<sup>th</sup>**

**10.30am** Walking for Health along Tarka Trail. Meet Clarence Wharf Car Park. 421528

**7pm** Hartland Aikido Club for over 18s at Bucks Cross Village Hall.

**7.30-9pm** Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk. New members welcome.

## **Friday 19<sup>th</sup>**

**10am-12pm** Northam Reminiscence café at Northam Hall. 459337

**10am-1pm** Lundy Art Group at St Mary's Church Hall, Appledore. 472158

**7.45pm** Modern Sequence Dancing, Kingsley Hall, Westward Ho! 01769 540309

**8pm** Ceilidh Club, Northam Hall. 476632

## **Saturday 20<sup>th</sup>**

**2-5pm** Aiki Peace Workshop at Bideford Methodist Church Hall. Proceeds to MacMillan Cancer Care.

## **Sunday 21<sup>st</sup>**

**2pm** Torridge Ramblers walk. 475168

## **Monday 22<sup>nd</sup>**

**1.30pm** Westward Ho! Arts Club, W Ho! Baptist Church Hall. 478223

**Breakaway Social Club** for adults with learning/physical disabilities. 475051

**7.15pm** Appledore Singers rehearse at Appledore Primary School. 420652

## **Tuesday 23<sup>rd</sup>**

**10am-1pm** Lavington Church coffee and lunches

**10.30am** Walking for Health. 421528

**2-3.30pm** Salvation Army 'Fun & Fellowship' Club meets at Baptist Church Upper Hall.

**6.30pm** Bideford Band Beginner's Group at Band Room. 475653

**7.30pm** Northam Choral Society rehearses at Northam Methodist Hall.

**7.30pm** Lions Club meet at Royal Hotel  
**7.30pm** Bideford Camera Club at Youth Centre on the Pill. 479462

**8pm** Torridge Male Voice Choir meets at Woolserly Village Hall. 470913  
Palladium Club *Jam Night*

## **Wednesday 24<sup>th</sup>**

**10am-12pm** Bideford Healing Group at Sea Cadets Bldg in Victoria Park.

**10.15am** Probus Club at Royal Hotel

**10.30am** Walking for Health in Victoria Park. Meet at Cafe du Parc. 421528

**7.30pm** Bideford Folk Dance Club at Northam Hall. 423554

**7.30pm** Two Rivers Wind Ensemble Rehearsal at Bideford Band Room 01271 860061

Bideford Phoenix Morris at Royal Exchange, Torrington

## **Thursday 25<sup>th</sup>**

Appledore Book Festival Café at St Mary's Church Hall in aid of North Devon Hospice – *until 5<sup>th</sup> October*

**10.30am** Walking for Health along Tarka Trail. Meet Clarence Wharf Car Park. 421528

**7pm** Hartland Aikido Club for over 18s at Bucks Cross Village Hall.

**7.30-9pm** Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk. New members welcome.

## **Friday 26<sup>th</sup>**

**9am-12.30pm** Big Coffee Morning for Macmillan Cancer Support at N Devon Yacht Club.

**7.45pm** Modern Sequence Dancing, Kingsley Hall, Westward Ho! 01769 540309

**8pm** Ceilidh Club, Northam Hall. 476632

## **Monday 29<sup>th</sup>**

**1.30pm** Westward Ho! Arts Club, W Ho! Baptist Church Hall. 478223

**Breakaway Social Club** for adults with learning/physical disabilities. 475051

**7.15pm** Appledore Singers rehearse at Appledore Primary School. 420652

**8.30pm** North Devon Jazz Club at the Beaver, Appledore. Cloud Makers Trio. 421065

## **Tuesday 30<sup>th</sup>**

**10am-1pm** Lavington Church coffee and lunches

**10.30am** Walking for Health. 421528

**2-3.30pm** Salvation Army 'Fun & Fellowship' Club meets at Baptist Church Upper Hall.

**6.30pm** Bideford Band Beginner's Group at Band Room. 475653

**7.30pm** Northam Choral Society rehearses at Northam Methodist Hall.

**7.30pm** Bideford Camera Club at Youth Centre on the Pill. 479462

**8pm** Torridge Male Voice Choir meets at Woolserly Village Hall. 470913  
Palladium Club *Jam Night*