



BIDEFORD BUZZ



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

WICKED WEEK IN BIDEFORD

Half Term - 25th October to 1st November



It's going to be BIG !
It's going to be FUN !
It's going to be a WICKED WEEK

CHECK OUT WHAT IS ON EACH DAY - All the details are on Businesses of Bideford's Event - "Be A Monster" either on Facebook, or pick up one of the leaflets around Bideford.

"We have always known that Bideford folk love to dress up said Katie Russell. But now they have the perfect excuse."

Tonia Quance added, "We are going to spend the whole week laying on FREE workshops for the whole family." "Plus other very exciting events" said Chrissie Room.

Saturday 25th October – 10.00am Start of Wicked Week outside the Co-Op in Mill Street.

BOB will have all the information on **Wicked Week** and voting slips for you to choose your favourite window display; the winner will be announced by the Mayor, **Councillor Mervyn Langmead** at the **Green Goose** at 6.00pm.

With AT LEAST 2 free activities a day you will be kept very busy learning how to "Be A Monster".

Saturday 25th to Thursday 30th - 5.30pm - 8.00pm
Fun Treasure Hunt starting at the Green Goose.

Every evening you **look for scary messages** written on the business windows in ultra violet pen; (torches supplied for a returnable deposit).

Age appropriate parties will run all evening on **Frightfully Fun Friday 31st October**, culminating in an over 18's party, where you will be asked to sign a disclaimer before you can attend.

On Saturday 1st November put all your hard work together and meet at Jubilee Square for a prompt 6.00pm start of the "Monster March" lantern lit walk around Bideford leading up to the Pannier Market for a **Monster Ball Disco** to end the week.

Nearly all the Businesses in Bideford will be joining in, not only decorating their windows and dressing up, but also laying on special events, treats and workshops.

BOB is actively discouraging "Trick or Treating", in favour of planned activities.

**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, Mobile: 07929 976120 or c/o Torridge Voluntary Services, 14 Bridgeland St., EX39 2QE. Visit www.bidefordbuzz.org.uk.



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Northam Town Council

**Bideford
Lions**



Bideford
Freemasons



Bideford Town Council

Tarka Child Contact Centre

What do we provide?



- [A venue where children, who are experiencing family breakdown, can meet with the parent they no longer live with.
- [An environment where contact is child centred.
- [A warm and comfortable atmosphere for parents and children.
- [A safe caring environment where a resident parent can leave a child with confidence.
- [A place where there will be no arguments or family rows.
- [Time for the children to relax and enjoy the company of a non-resident parent.

TCCC is a charity, run by trained volunteers, offering a free service, in order to facilitate supported contact. It is also an Accredited member of the National Association of Child Contact Centres.

For further information regarding the referral process or the service offered, please contact:
TCCC Co-ordinator - 07530 605681

Registered charity number: 1141086

Encore! comes to Northam

Encore! are fast becoming one of the most popular groups in the area with their combination of four part singing, duets and solos of well loved songs from shows old and new. Their concert is on **Saturday 4th October at St. Margaret's Church, Northam starting at 7.30 pm.** Tickets are £6 on the door or can be purchased in advance from The Square Studio, 2 The Square, Northam.

Encore! will also be performing at St. Paul's Church, Sticklepath, Barnstaple on Friday 17th October and Lavington United Reformed Church on Saturday 25th October

Diagnosed with Parkinson's ?

Do you know there is a local support group in the Torridge area offering regular group activities and/or just information. Please **contact Julie Jones on 01237 478128.**

Phoenix Morris

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

Foodbank News

Volunteers will be at Asda in Bideford on **Saturday 25 October** collecting food donations on behalf of the Northern Devon Foodbank. All we ask is for you to add an extra non-perishable item to your shopping trolley and after you have paid, pass it to a volunteer as you leave the store. Your donation will enable us to provide local people that are referred to us with the equivalent of 10 meals. The generosity of local people and organisations that support us is very much appreciated, thank you.

Bideford Town Band

They do say that a new broom sweeps cleaner, or in other words that new people create a positive impact. While that hasn't been the case with some well-known football teams lately, it has certainly been true for Bideford Town Band. When the previous Musical Director left us in the Spring for pastures new, there was concern about how the band would maintain its improvement programme.

Step up Mr. Mark Durham! Mark moved to Bideford with his family in January of 2013 from his home city of York due to a relocation of his employment. He is a very talented cornet player who has played for some of the top brass bands in the country and who for some reason decided to try his hand at conducting. Lucky for us! Although he has no formal qualifications in this area of music (his job is a Marine Architect, or ship designer to you and me) there is no doubt that he knows not only what a brass band should sound like, but also how to motivate players to play to their best ability and above all to believe in themselves in order to reach the desired sound.

And not only this but Mark's wife Sharon is also an excellent cornet player (wonder how they met?!) who has joined the band with him and who is of course helping to improve our sound. If you can play or would like to learn, or find us at www.bidefordtownband.co.uk or Facebook!

Lions Club of Bideford

The Lions are holding a table top sale on the 1st November at Northam Hall between 10am and 1pm. All proceeds to local charities.



October 1914 100 years ago.

(From Bideford Archives, Windmill Lane, Northam)

War News

One hundred and twenty recruits from Bideford have joined the 6th Devon Territorials since the outbreak of war. Those leaving recently include H Woodyatt, E Taylor, R Stoneman, E W Kelway, E Bray, H J Harding, E Symons and J and W Woodland.

Steps have been taken to furnish Bath House,* Bideford, for the reception of twenty five Belgian refugees. Weekly fund raising concerts are being held, at which patriotic songs are to be sung. One such concert given by the West Buckland School Nursery Boarders raised 10s 6d.

Other news.

Councillor S R Chope has been nominated for a further term as Mayor.

A cart belonging to Mr Baglow of Old Town was upset due to the horse shying. The accident happened near The Downes, Alverdiscott Road, the home of Rev. C H G Vivian JP. Fortunately Mr Vivian's daughters have received practical Red Cross training. After first aid had been administered, Mr Vivian took the injured to Bideford Hospital in his motor car. All are expected to make a good recovery.
(From Bideford Archives, Windmill Lane, Northam)

*Bath House.

Can anyone confirm the location of Bath House, Bideford?

We know there were hot and cold seawater baths somewhere in the library/Tantons location but can't pin it down exactly. If you can help please let Buzz know. Thanks.

Bideford Archives.

As promised in last month's Buzz here is the poem about Appledore written by George Douglas Warden, father of Audrey Jones of Bideford, who lost both eyes in World War 1. Sent in by Audrey's daughter-in law, Eleanor Jones

A little port

In Appledore, the cobbled floor
of many a steep and narrow way
seems ready to leap across the quay
over the bar and out to sea,
dancing away with a thousand years
of Devon lore from Appledore.

Like a wandering child by love beguiled
a coaster hugs the maternal quay
her lullaby the sound afar of the lone low beat
of the harbour bar.
So old, this place that time it seems
is kept in store at Appledore.

Within a maze of weathered stays
of stocks and struts and stilted beams
a toy ship waits in a toy dry dock
for her overhaul and painted frock
they're 'boidering' "Laura" on her breast
say the crew ashore in Appledore.

Old men tell tales of winter gales
clattering boots on cobbled ways
of daunting wave and doleful bell
when they launched the lifeboat into hell
of widows mourning measured by
the weeds they wore in Appledore.

But lazy days in summer haze
and idling on the quiet quay
put thoughts winter far behind
like migrant swallows outward bound.
So on this splendid tragedy, I'll swell no more
in Appledore.



Book News

Events at Bideford Library

For Kids

Story time for under-fives

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

With stories, musical instruments and songs.

Creepy Crafts

Tuesday October 28th 10 am -12 noon

Come and join the half-term fun with a free drop-in Creepy Craft session at Bideford Library.

Spooktastic Storytime

Thursday 30th October 6-7 pm

Join us for spooky stories if you dare! Come along in fancy dress or your pyjamas. Bring your bravest teddy! Free for children of all ages but book places in advance

For Adults:

Meet author Ben Blake

Saturday October 25th. 10:30am-12:30pm
Drop in and meet historical fantasy author Ben Blake.

Nifty Needles For anyone who enjoys embroidery, quilting, knitting, crochet and other handcrafts. Contact library for full details on 01237 476075.

Board games afternoon A chance for enthusiasts to have a game of chess, scrabble or game of choice. Contact library for full details.

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 - classical and new - and sharing responses with others. No pressure and no reading required. The group is led by an experienced facilitator.

Wednesday October 8th 2:00-3:30 pm

Remember back... and look forward to

sharing your memories with others - chatting, looking at old items, perhaps creating a book of memories together.

For anyone aged 60+

Guided meditation and relaxation group for adults with Nicola MacDonald

Wednesday October 15th 2:15- 3:00 pm

Bideford Library Readers' Group

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.

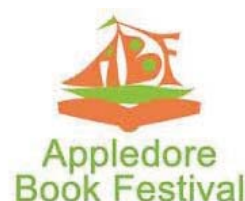
Next month. Discussing 'The Secret Life of Bees.' by Sue Monk Kidd

Appledore Book Festival

The festival runs to **Sunday 5th October.**

For more information visit their website at

www.appledorebookfestival.co.uk



North Devon Hospice

Nearly New Sale, Saturday 25th October 2014, 11.00am - 1.00pm

Following on from our last sale in April this year and due to huge demand we are doing it all over again! We are holding a Nearly new Children's sale in aid of the North Devon Hospice; the event will be at Kingsley school in the sports hall. Entry will be £1, there will be a coffee shop with homemade cakes -any donations very welcome! A raffle and plenty of free parking!

To register or enquire as a seller please e-mail clairegover@aol.com before Monday 13th of October.

We are also offering local businesses the chance to display posters, leaflets etc in return of a donation - please contact us for further details.

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Facebook: Torridge District Labour Party

Twitter: @TorridgeLabour

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BIDEFORD BUZZ

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 Street, Bideford EX39 2QE.

Visit www.bidefordbuzz.org.uk.

RECORD A LEVEL RESULTS

34% A* AND A, 63% A*, A & B

OPEN EVENING

Monday 20th October, 7pm-9.30pm

For more information please contact Mrs Caroline Bailey
cbailey@kingsleyschoolbideford.co.uk



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Bideford Sustainability Group
Creating a climate for change

Bideford Sustainability Group events

Tuesday 7th October, 7.30-9pm Monthly get-together at the Blacksmith's Arms. All welcome to come along and join our wide-ranging conversations.

Saturday 11th October, 2-6pm at St Mary's School, Chanters Road Bideford. An event in conjunction with the RSA, Nowlab and other North Devon groups: If you have a passion for food, come and join a forum to network with local food producers and share ideas on how to strengthen and revitalise our local food chain.

Wednesday 22nd October, 7.00-9.00pm The Winter Sustainable Fish Buffet and discussion to be held at the Happy cafe Westward Ho! BYO and Apple Juice welcome; from 6.30pm. Cost £5.00 pay on the door but please register with Petroc College as numbers are limited approx 15 places available. Contact Sarah tel 01271 852430 or www.petroc.ac.uk/seafood for more information. Everyone is welcome. Lots of recipes will be available and a Question and Answer session will be held after the supper.
(See also Felicity's Fish Cookery on page 12.)

their nets © R Stowell.



Photo of Bideford fishermen mending

Saturday 25th October, 2.30 – 4.30 pm, Apple Juicing at St Mary's School, Chanters Road, Bideford, EX39 2QN, (last pressing 4.20 pm). Bring your own apples & containers. Please contact Jane, mail@bidefordsustain.org or phone 07783 384 982 for more details on any of the above events.

BSG is a registered charity and a company limited by guarantee. Our AGM is scheduled for November and we are looking for some new trustees to come on board and help plan the future direction of the group in its aim to take a positive stance in helping to improve the resilience of our local community in the face of economic uncertainty and climate change. Please contact Jane, mail@bidefordsustain.org or phone 07783 384 982, if you would like to find out more about this.

What next after G.C.S.E.?

This year's GCSE results appeared at schools up and down the country last month, bringing with them a plethora of feelings. Some people opened them immediately- after weeks of frenzied waiting, wondering and all-round fretful seething, why put it off anymore? Others took theirs home still sealed, either to find out in quiet seclusion, or keep the envelope closed indefinitely. Like Schrödinger's "will it be poisoned?"- "will it just be very huffy at the end of all this?" relationship with his cat, sometimes not knowing is better- while you're totally in the dark about the truth, your French results could be both unmarkable and an A*. Until you shed light on the situation, anything's possible.

Sadly, such logic is frowned upon in job interviews - apparently they want cold, hard statistics now, so you'll have to peep into the rabbit hole eventually. Then again, thanks to new government legislation, there are even more compulsory years before any such hurdle can be leapt/unsportingly clambered over. The news that school is to remain a permanent fixture of life until the age of 18 has been met with a rather mixed response.

While many intended to stay on in higher education anyway- maybe even continue up to University, there are always some who leave school with a skip and a jump at 16 to find work, and no one seems completely sure how this balance will be effected. Will this mean even closer competition for available places (already entrance requirements for sixth-form have been toughened, ensuring less can make it in and an optimum level is not exceeded) or will there just be bottlenecks and claustrophobic traffic jams outside classrooms as schools take on the same number, but fail to lose a few? Such questions have been adding to the mounting unease, but thankfully there are still alternatives.

Trigonometry and polymers don't crop up much on the shop floor, and a working knowledge of hydrogenation won't save your thatched roof from storm conditions. For those looking to learn a trade, who are finding the extra two years a heady millstone around their neck, thankfully training of any kind is also included in "higher education." This means you can look further into your preferred occupation, stocking up on skills and experience instead of scouting out the job market immediately. If those who intended to leave now continue into apprenticeships and the like, a new, better balance could probably found.

So here at Buzz, we hope everyone got the results they wanted (or are content with the results they may or may not have...) and think about all the different routes open to you, to make the best of your calling-this may be the tester year, but much harder tests are already behind you!

Millie Sutherland O'Gara

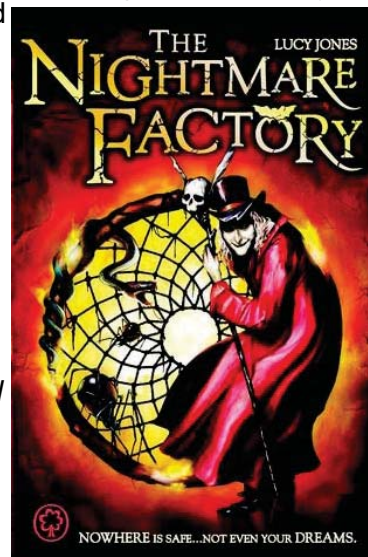
Authors Visit Shebbear College

Two renowned children's authors visited Shebbear College this week and gave inspiring and thought-provoking presentations to Year 8 pupils as part of the 2014 Appledore Book Festival. Christopher Edge wrote the popular children's books 'Twelve Minutes to Midnight', 'Shadows of the Silver Screen' and 'The Black Crow Conspiracy', and Lucy Jones wrote 'The Nightmare Factory' and 'Rise of the Shadowmares'. Both authors explained the many and varied ways they get their inspiration for their often creepy fantasy stories.

Christopher discussed classic authors of Victorian times such as Sir Arthur Conan Doyle, Bram Stoker and H. G. Wells and the famous characters they created. In a fun twist, using photographs of the great authors, he emphasised the importance of having a big moustache in order to become a popular writer in Victorian times.

Lucy read sections from her published books and her new book, which she is still working on. She explained where she gets her inspiration for her stories and also got the pupils involved in character development which caused a great deal of excitement and produced some very creative ideas.

Both authors signed copies of their books for excited pupils at the end of each presentation. Shebbear College would like to thank Christopher Edge, Lucy Jones and the Appledore Book Festival for visiting the school.



Got something to say? Write to us at Buzz, at editor@bidefordbuzz.org.uk; visit our facebook page or comment on our webpage at www.bidefordbuzz.org.uk.

The Torridge Sealock.

Anyone who has been to the harbour at Bude will know the canal basin and sea lock where the Bude Canal meets the sea. Far fewer people are aware that just three miles up the Torridge from Bideford port is the Torridge sea lock where the canal from Torrington opens into the tidal waters of the estuary. Strictly speaking such a lock should be called a tide lock, but in this case it was built by navvies and engineers who had just completed work on the Bude Sea Lock and so gave it the name of Sealock, which has stuck for nearly 200 years.



When the lock and the canal basin to which it gave access from the tideway, were built the whole area between Annery Kiln and the river was a hive of industrial activity including the lime kiln, pottery kilns, brick works and a major ship building yard. Despite being upstream of Bideford bridge, several sea-going ships were launched at the Sealock shipyard in the parish of Landcross, the largest being the *Sedwell Jane*, a brigantine of about 200 tons. Ships of this size were built up to gunwale level and then floated downstream of the Long Bridge for fitting of the superstructure.

By the end of the nineteenth century, with the canal being abandoned in favour of the railway and the old industries dying out, the sea lock fell into disrepair and virtually vanished into the landscape being filled with silt washed in by flood waters and overgrown with trees and bushes. It was rediscovered by new owners of the land in the 1970s who started restoring the site and were instrumental in forming the Rolle Canal and Northern Devon Waterways Society in 2003, since when restoration has proceeded apace with the masonry repaired and a pair of upper lock gates now fully operational.

The public will have an opportunity to view the restoration, along with replicas of two of the original canal tub boats and some of the vintage machinery used in the works, on a guided walk around the site on **Sunday October 5th**. The walk starts at Annery Kiln, by Halfpenny Bridge on the Weare Giffard road, at 2:30pm and will take about a couple of hours, although the distance to walk is scarcely a mile. A donation of £2 pp towards the continuing restoration work will be appreciated and for any further information phone 01237 477705 after 30th September. A final point: parking space at Annery Kiln is limited so, where possible, consider cycling or walking the Tarka Trail from Bideford, leaving the trail at the Weare Giffard exit, half a mile after the tunnel.

Chris Hassall

Dr Todd Gray MBE to give illustrated talk at Pollyfield Centre.

Devon's beautiful gardens, their history and the art depicting them will be the subject of an illustrated talk to be given by Dr Todd Gray MBE of Exeter University.



His book, *The Art of the Devon Garden*, a rich, pictorial memoir of the gardens of Devon, was recently published. The book features images of gardens that are popular today as well as those that are no longer in existence and includes Elizabethan herb gardens, formal parterres from the seventeenth century, picturesque Georgian landscapes and herbaceous borders from the Victorian era.

Many of the images have never been reproduced before and include paintings by well-known artists such as Joshua Reynolds, William Morris, JMW Turner, Nicholas Hilliard and Francis Danby as well as more obscure artists. They have been captured on materials as diverse as glass, pottery, fabric, wood and stone, in addition to paper and canvas. Dr Gray was awarded the MBE earlier this year for his work in so many aspects of the heritage of Devon.

Devon Family History Society will be hosting this event at the Pollyfield Centre, Avon Road, Bideford East, starting at 2pm on **Saturday, 18th of October**.

Plenty of parking space, or take the 21a bus to Avon Road.

No charge for admission, refreshments will be available afterwards at a nominal cost.

Do not miss this opportunity to share the enthusiasm of this very entertaining speaker.

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BIDEFORD FILM SOCIETY

Doors open at 7.00pm, films start at 7.30pm

Friday 3 and Saturday 4 October at 7.30pm at
Kingsley School: **Sex Tape (15)** Film ends 9.00pm

Friday 10 October at 7.30pm and Saturday 11
October at 5.00pm at Kingsley School: **Lucy (15)** Film
ends 9.00pm/6.30pm

Saturday 11 October at 3.00pm & 7.30pm and Sunday
12 October at 5.00pm & 7.30pm at Kingsley School:
One Direction: Where We Are - The Concert (12A)
Show ends 4.30pm/6.30pm/9.00pm

Friday 17 and Saturday 18 October at 7.30pm at
Kingsley School: **The Hundred-Foot Journey (PG)**
Film ends 9.30pm

Friday 24 and Saturday 25 October at 7.30pm at
Kingsley School: **Pride (15)** Film ends 9.30pm

Saturday 25 October at 5.00pm and Sunday 26
October at 6.00pm at Kingsley School: **The Boxtrolls
(PG)** Film ends 6.35/7.35pm

Thursday 30 October at 7.30pm and Friday 31
October at 5.00pm at Bideford College: **Dolphin Tale
2 (U)** Film ends 9.15/6.45pm

Friday 31 October and Saturday 1 November at
7.30pm at Bideford College: **Magic in the Moonlight
(12A)** Film ends 9.15pm

Doors open 30 minutes before film start time. Tickets
available at box office or advance ticket sales
(credit/debit card) available online.

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or email sams_nd@yahoo.co.uk

Information Mornings in Barnstaple
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Charity No. 261807

Tarka Valley Railway

The Tarka Valley Railway held its most successful open weekend so far over the 6th and 7th September. A real buzz filled the Railway's base at Torrington Station during the event. Beautiful vintage vehicles greeted visitors as they arrived in the station forecourt. Six model train layouts kept the kiddies enthralled and games and competitions entertained guests. . The Mayor and Mayoress of Great Torrington, Richard and Helen Rumbold, rode on the 'Atlantic Coast Express', in the form of the Railway's diesel shunter locomotive, 'Progress'. The loco spent its career at Peters Marland clay quarry, near Torrington, and is set to embark on a new lease of life hauling passengers at the station once track is relaid.



The Tarka Valley Railway celebrated the 50th anniversary of the last run on 5th September 1964 of the Atlantic Coast Express, and the fledgling line is appropriately placed to preserve the memory of the Southern Railway's premier holiday train service from London to The West Country, because the famous train served Torrington and resorts along the coast. The Torrington area has a great deal of valuable heritage, both industrial and natural, and the If you would like to find out more, please ring 07881 905260. The restoration volunteers meet every Thursday at Torrington Station, aka The Puffing Billy, on the A368, and their shop and carriage will be open as long as the weather holds, so feel free to pop in and look around. If you are interested in joining the group and getting involved, you will be made most welcome.

Flying Fish Artists Coffee Morning – Invitation to Bideford Residents

Flying Fish Artists charity registration in June (Reg No 1157556) has opened up new opportunities for our charity, giving us the chance to promote our work to a greater number of people in the North Devon area. In particular we would like to introduce ourselves to the Bideford community.

Through the use of art as therapy our aim is to enhance and promote the mental health of people in the wider Devon area, and particularly support the resilience and recovery of those experiencing mental ill health. We are a small, unique local charity, based in Barnstaple, but supporting people in Bideford and other areas within North Devon. We support and inspire our members to produce artwork which integrates the members with the local community through exhibitions, open days, participation in festivals and accepting commissions.



We provide a warm and welcoming art studio, which doubles as a meeting space, where our members meet regularly to paint and for our monthly members' meetings. We provide art equipment, art education and general support for all our members, encouraging them to use creative talents which often even they were unaware they had. We welcome new members and supporters. We are holding a Coffee morning at our studio on **23 October from 10.30 a.m. to 1 p.m.** Bideford residents are warmly invited to come along and find out more about us, and have a look at the outstanding artwork that our members have created. Their art is for sale, and we will also have a bric-a-brac table that day – so come along and browse. Please just turn up on the day at Rock Park Lodge, New Road, Barnstaple, EX32 9AE opposite the Park Hotel or alternatively please contact me Toni Hasler at toni@support4charities.com or phone 078 17431067 for further information.

Toni Hasler

(Picture by Rose, Chairman of group.)

Bideford Pannier Market & Butchers' Row

As reported last month we have extended the opening hours for the Pannier Market – Tuesdays and Saturdays 8.00am – 4.00pm and on Fridays we are open 9.00am – 3.00pm.

The initial reaction has been favourable, we firmly believe the new hours are more in keeping with the modern world. What do you think, why not contact us on our Bideford Pannier Market Facebook Page; what stalls would you like to see? would you like to see the market open on other days?

We have 24 different stalls ranging from fruit and veg, toys, knitting supplies and knitted goods, greeting cards, jewellery, fashion scarves, organic foods, magazines, books, antiques and collectables, beauty products, sweets and much more. Well worth a visit if you are looking for something a bit different and all at reasonable prices. 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 is of course open six days a week – Monday to Saturday – come up and watch some of the artisans at work. We have experts in pottery, wood-carvers, sculptors, stained glass, designer jewellery – many of these are internationally famous and some offer tuition. Did you realize that all this talent is on your doorstep!!!

Of course all the rest of the shops are there for you to peruse. Don't forget there are more shops in Market Place and Grenville Street so come up and visit this forgotten old town quarter. Support your local traders

Christmas (only 86 days away) is rushing headlong towards us. Come on up to 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 and don't leave it all to the last minute. We are also joining with B.O.B in the Wicked Week Celebrations at the end of the month. See front page for details.

Trev Hill (Minxy's Sweets)

Felicity's Fish Cookery through the seasons- October

October brings chilled Autumn temperatures and makes you think of preserving the bounties of the harvest for the winter. Fish also can be preserved-by smoking, pickling and curing. This often enhances the flavour and makes the fish easier to use as it does not have to be eaten fresh. Round fish such as Mackerel and Herrings are very good preserved.

I have been selling Kippers, Bloaters and Buckling made from Herrings landed in Clovelly last winter. Also winter Mackerel makes the best Smoked Mackerel and will be freshly smoked in October and throughout the winter.

A FREE **"Fabulous Thursday Fish"** will be run during half term holiday on **Thursday 30th October 10.00am-2.00pm at St Mary's Church Hall Appledore**. This will have a local fish demonstration and a children's workshop as well as a good range of stalls including the RNLI stall for Christmas cards and other gifts. Please come along and support this event and have a simple lunch to eat in or take away. See also Page 7 for details of a Sustainable Fish Supper run by Petroc College.

Our local fish is mostly day caught and is sustainable because it is caught in a way that is gentle on the sea environment, the seabed of the bay and the other marine animals. The boats are small fishing boats because of the limited harbour facilities and the amount of fish caught locally is limited by the duration of fishing, most of the small boats will be laid up during the winter and the fish will flourish.

So which fish is sustainable for you to buy? First-Buy local and then try and buy a wider range of fish and eat a different fish regularly so that you have knowledge of a more locally caught fish and shellfish. (*Here is simple tasty curry to combine autumn vegetables with lovely fresh white fish fillets.*)

White Fish Balti with Green beans and tomatoes Serves 4 - Low calories-250 per portion

1 lb/450g white fish-Pollack, Coley, Haddock or Codling

1Tbsp sunflower oil

1 small onion, chopped

1 clove garlic, crushed

1 jar approx. 400g of Balti sauce

2 tomatoes, quartered

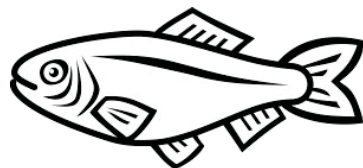
4oz/125g lightly cooked green beans- french or kidney sliced

1. Heat the oil in a large pan. Cook the onion and garlic for 1 minute

2. Add Balti sauce, Cover and cook gently for 15 mins.

3. Lightly stir in the tomatoes and green beans, simmer for 5 mins.

4. Serve with naan bread and basmati rice.





THE SHIPPING NEWS



Ship (at Yelland)	Registered Flag Owners	From	To	Arrived	Sailed	Crew	Cargo loaded
Helas Built 2001 ex Oostersingel 05	Cyprus Limassol German	Glensanda	Birdport	14/9/14	15/09/14	Russian Ukrainian	3100 tons chippings.

No shipping at Bideford since last edition

Welsh Piper 28.8.14.

Arco Dart at Appledore 25.8.14 9.9.14 12.9.14 13.9.14

Oldenburg continues her sailings to Lundy until the end of October when she will be drydocked.

Saturday 23rd August at approx **16.45** saw a return to Bideford of the sailing vessel **Kathleen and May**. Large crowds were at Victoria Park and on the Quay and East of the Water to greet her back to the port she graced for so long. She had been at Gloucester undertaking film work ; upon departure she was returning to her new port of Canning Dock Liverpool. She looks in excellent condition and is being looked after in her new port. She finally sailed on **Saturday 30.8.14** .

Information received from Capt Hoad, Bideford Harbour master, that the second vessel for the Irish Navy the **LE James Joyce** is due to leave the building shed on the **23rd November**. High water is at **18.15**.

Bristol Channel Observations

18.8.14 at 16.28 cargo vessel **Telamon** 3664 tons d.w, owners Gerhard Wessel Germany, inward bound for Cardiff.

17.8.14 at 16.30 vehicle carrier **Valiant Ace** 59622 tons d.w, owners Mitsui OSL Japan, inward bound for Portbury.

20.8.14 at 08.30 cargo vessel **Kaja** 4210 tons d.w, owners Kaja OU Estonia, outward bound from Avonmouth, having sailed at 01.46 . At 18.25 container vessel **Marajama** 18323 tons d.w, owners unknown inward bound for Portbury . At 18.25 cargo vessel **Aasheim** 5826 tons d.w, owners Hans Martin Torkelsen Norway, outward bound from Port Talbot, having sailed at 14.12.

22.8.14 at 2000 vehicle carrier **Grand Benelux** 12594 tons d.w, owners Grimaldi Line of Italy, outward bound from Portbury, having sailed at 14.58. At 20.33 bulk carrier **Anna Marie** 81404 tons d.w owners Aegean Bulk of Greece, inward bound for Port Talbot.

26.8.14 at 09.05 cargo vessel **Eva Maria Muller** 3723 tons d.w, owners Otto A Muller Schiffahrt GMBH Germany, inward bound for Sharpness.

28.8.14 at 12.30 bulk carrier **Yeoman Bank** 38997 tons d.w, owners Aggregate Industries U.K. Ltd United Kingdom, inward bound for Portbury. Also seen **31.8.14** at 15.07 outward bound from Portbury, having sailed at 07.59. At 14.30 project cargo vessel **Abis Bremen** 3948 tons d.w, owners Abis Shipping Co BV Netherlands, inward bound for Avonmouth.

30.8.14 at 08.50 vehicle carrier **Autosun** 6670 tons d.w, owners United European Car Carriers Norway, outward bound from Portbury, having sailed at 01.49. At 15.07 container ship **Endeavour** 9168 tons d.w, owners J.R. Shipping Netherlands, inward bound for Avonmouth.

31.8.14 at 07.37 bulk carrier **Prabhu Sumat** 81137 tons d.w, owners Tulani Shipping Co Ltd India inward bound for Portbury. At 14.57 vehicle carrier **Viking Chance** 10,834 tons d.w owners Gram Car Carriers AS Norway, inward bound for Portbury.

1.9.14 at 16.43 container vessel **MSC Eyra** 21370 tons d.w, owners Eyra Naviera S.A Hong Kong China, (on Charter to Mediterranean Shipping Co Switzerland,) inward bound for Portbury.

5.9.14 at 19.58 cargo vessel **Eva Maria Muller** 3723 tons d.w owners Otto A Muller Schiffahrt GMBH Germany, inward bound for Sharpness.

7.9.14 at 11.40 cargo vessel **Helen Anna** 3650 tons d.w, owners Helen Ann Schiffahrts GMBH Germany and cargo vessel **Fri Stream** 3270 tons d.w, owners Rederij C Kornet & Zonen B.V. Netherlands ; both vessels inward bound for Newport. At 17.17 cargo vessel **Rider** 4634 tons d.w owners Emsrider Scheepvaart CV Germany, inward bound for Avonmouth.

8.9.14 at 11.49 cargo vessel **Fehn Cartagena** 1550 tons dw, owners Fehn Bereederubgs GMBH & Co Germany, inward bound for Cardiff. In the late afternoon and evening the channel was very busy with warships outward bound from Cardiff after the NATO meeting which was held at Newport. Unable to identify them (warships do not have an AIS transmitter on board.) With the help of Clydemaritime website the destroyer which passed Lundy at approx 18.50 hrs was the French vessel **La Motte Piquet**.

10.9.14 at 07.55 vehicle carrier **Grande Portogallo** 12594 tons d.w, owners Grimaldi Line of Italy, inward bound for Portbury. At the same time the Fisheries research vessel **Cefas Endeavour** 650 tons d.w, owners unknown, was also in Bideford Bay.

11.9.14 at 11.46 chemical tanker **Stolt Petrel** 4761tons d.w, owners Stolt Tankers BV Netherlands Rotterdam, outward bound from Barry, having sailed at 07.36.

13.9.14 at 16.16 container ship **Endeavour** 9168 tons d.w, owners J.R. Shipping Netherlands, inward bound for Avonmouth. slightly later than her usual Saturday schedule, passing Lundy. Also anchored in Bideford Bay late in the afternoon the Buoy Tender vessel **Patricia** 990 tons d.w, owners Trinity House Harwich; still there **14th**.

14.9.14 at 11.00 cargo vessel **Chopin** 5697 tons d.w, owners Strahlmann E Germany, inward bound for Avonmouth. *Norman*

Wednesday 1st

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

10.30am Parkinson's UK Coffee morning at Ethelwynne Brown Close. Common Room 1. 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

4-6pm Sew Together at Northam Library.

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

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

8pm Bideford Phoenix Morris rehearses at Baptist Church Hall. 473798

Thursday 2nd

10.15am Northam Men's Forum, Northam Methodist Church Hall. Tom Waters 'The President Warfield'. 479917

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 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.

8pm Tina May & Craig Milverton Trio at St Mary's Church, Appledore.

Friday 3rd

10.30am Coffee Morning at 3 The Quay, Appledore in aid of Help for Rwanda.

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

8pm Ceilidh Club, Northam Hall. 476632

Saturday 4th

9am-2pm Farmers' Country Market at Atlantic Village.

9.30am Torridge Ramblers Day Walk 01805 625485

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

3pm Bideford AFC v Hereford United
7pm Appledore, Bideford & Torrington Massed Bands Concert at Bideford College. 475653

Film The Love Punch
Littleham Village Hall

£4 entry Refreshments included
Tel: 01237 473707

7.30pm Concert by Encore at St Margaret's Church, Northam

Monday 6th

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

6.45pm Breakaway Social Club for adults with learning/physical disabilities. 475051

7.15pm Appledore Singers rehearse at Appledore Primary School. 420652

Tuesday 7th

10am-1pm Lavington Church coffee and lunches

10.30am Walking for Health. 421528

2pm Bideford WI at Sea Cadet Bldg.

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 The Stables, Kingsley School. 479462

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

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

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

Palladium Club *Jam Night*

Wednesday 8th

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

2pm Tea with Friends & Liz Shakespeare at St Mary's Church.

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

7.30pm The Two Rivers Wind Ensemble Rehearsal at Bideford Band Room.

8pm Bideford Phoenix Morris rehearses at Baptist Church Hall. 473798

Thursday 9th

10.15am Northam Men's Forum, Northam Methodist Church Hall.

Margaret Smith 'Bid & District Archives'

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 10th

7.30pm Abbotsham WI meets at Abbotsham Village Hall. 474711

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

8pm Ceilidh Club, Northam Hall. 476632

Saturday 11th

11am Coast & Country Walkers 421883

2-6pm Bideford Sustainability Group at St Mary's School, Bideford. Forum to network with local food producers.

3pm Bideford AFC v Hungerford Town
Monday 13th

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

6.45pm 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. Jonathan Gee Trio. 421065

7.30pm Bideford Stamp Club, Kingsley Hall, Westward Ho! 'Stamps on Stamps' 472101

Tuesday 14th

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 The Stables, Kingsley School. 479462

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

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

Palladium Club *Jam Night*

Wednesday 15th

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

4-6pm Sew Together at Northam Library

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

7.30pm Concert by Appledore Band at Lavington UR Church. 700621

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

8pm Bideford Phoenix Morris rehearses at Baptist Church Hall. 473798

Thursday 16th

10.15am Northam Men's Forum, Northam Methodist Church Hall. Steve Phelps 'Angling'. 47991

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.

October Diary 2014 *continued*

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

Friday 17th

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

2pm Devonshire Association at Burton Art Gallery. 459224

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

8pm Ceilidh Club, Northam Hall. 476632

Saturday 18th

2pm Devon Family History Group at Pollyfield Centre ETW. Dr Todd Gray 'Art of the Devon Garden'.

Sunday 19th

11am Coast & Country Walkers 421883

2pm Torridge Ramblers walk. 01409 253462

Monday 20th

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

2pm Bideford Ladies Club, Marlborough Court. 421925

6.45pm 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

Tuesday 21st

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 The Stables, Kingsley School. 479462

7.45pm Bideford AFC v Cirencester Town

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

Palladium Club *Jam Night*

Wednesday 22nd

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

7pm Bideford Sustainability Group Fish Buffet & discussion at Happy Café, Westward Ho!.

7.30pm Bideford Folk Dance Club at Northam Hall. 423554

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

8pm Bideford Phoenix Morris rehearses at Baptist Church Hall. 473798

Thursday 23rd

10.15am Northam Men's Forum, Northam Methodist Church Hall. Sharon Snell 'Braddick Family History Pt 3'.

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 24th

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

8pm Ceilidh Club, Northam Hall. 476632

Saturday 25th

Start of Wicked Week in Bideford.

Northern Devon Foodbank collection at Asda.

9am-6pm Food & Craft Fair at Atlantic Village.

11.00am – 1.00pm Nearly New Sale, Kingsley School in aid of ND Hospice.

2.30-4.30pm Apple Juicing at St Mary's School, Bideford. Bring own apples & containers.

3pm Bideford AFC v Hitchin Town

7.30pm Concert by Encore at Lavington UR Church. 700621

7.30pm Autumn Charity Dance at Woolserly Community Centre.

Sunday 26th

10am-4pm Hartland Arts & Crafts at Hartland Parish Hall (until 29th)

10.30am-4.30pm Food & Craft Fair at Atlantic Village.

Monday 27th

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

6.45pm 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. Peter King/Craig Milverton Trio. 421065

Tuesday 28th

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 The Stables, Kingsley School. 479462

7.30pm Lions Club meet at Royal Hotel

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

Palladium Club *Jam Night*

Wednesday 29th

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

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

4-6pm Sew Together at Northam Library

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

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

Thursday 30th

10.15am Northam Men's Forum, Northam Methodist Church Hall. Andrew Butler (NFU) 'Food Security'.

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 31st

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

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

8pm Ceilidh Club, Northam Hall.

Fire Safety in the Home

Would your community group benefit from a presentation on Fire Safety in the home?

To Book a FREE talk / presentation

Contact Sallie or Steve in the Community Champion Team

Bideford Fire Station, **Old Town, Bideford, EX39 3BH tel 01237 423859.**