



# BIDEFORD BUZZ



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

## Memories of Bideford Hospital

**But when and who? Any ideas?**

*Read more about this inside on page 12 ...*



Photo courtesy of Phillipa Leslie - Benson

### A 20 page Bumper edition including:

- ◆ From Hungarian refugee to bistro owner.
- ◆ This year's Manor Court ceremony.
- ◆ Extra Book News.
- ◆ Plus our regular items.

### Bee's Knees

This month we launch an exciting new idea. "Buzz" would like to canvass readers - what do you think is 'The Bee's Knees' in Bideford? It could be a walk, a view, a building, a favourite shop, any aspect of Bideford that you feel is unique, special, or loved.  
**Send your ideas to us - contact details below.**

### CONTACT BUZZ

Bideford Buzz is produced by a team of volunteers with practical assistance from Torrridge District Council, Torrridge 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 Torrridge Voluntary Services, 14 Bridgeland St., EX39 2QE. Visit [www.bidefordbuzz.org.uk](http://www.bidefordbuzz.org.uk).



**North Devon Print**  
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01237 472277



Northam Town Council

**Bideford  
Lions**



Bideford  
Freemasons



Bideford Town Council

It is a very rare for Biddeford to have the opportunity to host a professional orchestra. The Chamber Philharmonic Europe Orchestra are returning for a second time to perform the last concert of Biddeford Music Club's current series and they will play, among other well known pieces, Bach's Concerto in A minor for violin and orchestra, Albinoni's Adagio in G minor and Holst's Suite for String orchestra No. 2 "St. Paul's Suite."

The concert will be held in the High Street Methodist Church in Bideford on Wednesday, March 11th at 7.30 pm. Tickets are only available at the door, £12.50 (students and children free). For all other information 01237 42311



Opportunity is being made for members of the public to take an active involvement in the centuries-old Manor Court Ceremony. Currently held on a Saturday in March, the ceremony was originally held to allow townspeople to bring issues before the Lords of the Manor for consideration. Nowadays, their ideas or “presentments” as they are known are put to the Town Council, which has an obligation to consider them.

Actions regarding presentments of the previous year are also reported.

**Bideford residents who wish to be considered for an invitation to attend or wish to apply to be a Juror at the Manor Court Ceremony, must complete this coupon, and return it to: The Town Clerk, Town Hall, Bideford EX39 2HS by 12 Noon, 4 March 2015.**

[illegible]

**Name:** .....

**Address:** .....

Postcode: ..... Telephone No .....

**Mobile No..... Email.....**

**Signature:**.....

**Guest's Full Name:** .....

*The Manor Court Ceremony will be held within Bideford Town Hall on **Saturday 21<sup>st</sup> March 2015**, and will be followed by a reception at Royal Hotel.*

*All applicants **must** reside in the Parish of Bideford and appear in the Register of Electors. The applicant will be entitled to bring a quest with him/her, who must be aged 18 or over.*

# From Hungarian Refugee to Glorious Devon Bistro Owner

It's funny how Facebook opens up all sorts of windows and lets us see inside other people's lives. The latest "7 facts that you may not know about me" has resulted in this article.

My mother, Julianna Ibolya Homolya, left Hungary with just me and one suitcase after the Hungarian Uprising of 1956. Mum was 24 years old and I was 2 years old. Neither of us spoke a word of English. After catching a train and walking for miles to a "safe" opening in the barbed wire fencing that was all around the border of Hungary and Austria, then spending a few nights in an Austrian farmer's barn, along with several others, we ended up initially in a refugee camp in Austria. Then we were allocated a space in England.

After writing this on Facebook, Rose Arno, Bideford Buzz's Editor, responded by telling me that she clearly remembers knitting woollen squares for blankets at her school. I can happily say that not only were we, as a family, grateful for one of those blankets and indeed had it for many years, but so were all the tenants of the house that we lived in when we finally arrived in the Midlands in 1958.

So how did I get to be living in glorious Devon? It has been my dream to live in Devon for almost thirty years, along with my other dream of owning a Bistro. It has been a long and eventful journey and I have made so many friends and hopefully introduced a tiny corner of Hungary to the Devon coastline. Imagine it started with the clothes on my back, a few changes of undies and a tenacious and brave young woman. Thanks Mum.

Here is a classic Hungarian dish for you to try, which many of you will think is Goulash, but it is in fact Pörkölt. Gulyas leves, translated to Goulash, is in fact a soup. Hungarians, generally have a soup before every meal and Gulyas leves used to be eaten on the Plains by herdsman, made in huge tureens, much like the cowboys in America. Take a look at my Facebook page – Nanna's Kitchen, Combe Martin and you will see menus and opening hours and will be able to buy sachets of the herbs and spices needed to make this dish and others, in the right quantity and using Hungarian Paprika and Hungarian Marjoram. ENJOY! **Ildi McIndoe**

## Pörkölt – Paprika Casserole

### Ingredients for four

500grams diced pork, from loin of pork  
1 tablespoon oil, sunflower, rapeseed or vegetable  
1 large onion  
1 clove garlic  
1 tin chopped tomatoes  
1 large tablespoon of sweet Hungarian Paprika  
1 heaped teaspoon of Marjoram  
Salt and Pepper

### Garnishes

Small pot of sour cream  
Finely chopped fresh parsley  
A few thinly chopped sweet and sour gherkins

Serve with chosen pasta shapes.

### Method

Finely dice onion and clove of garlic or for a better sauce, use a food processor or mini chopper to finely chop.

Heat the oil in a large frying pan add the onion and garlic and fry very gently, taking care not to overcook. It should stay translucent.

Keep it at a low heat for about ten minutes. When the onion and garlic have soaked up all the oil and are soft and golden add the pork pieces and brown on all sides.

Add the Hungarian Paprika and Marjoram and just coat all the pork quickly. Add the



tinned tomatoes and stir well to combine all the ingredients. Bring to the boil, add salt and pepper to taste.

Leave to simmer gently with a lid on for about thirty minutes. Take off the lid and test a piece of pork to see if the meat is cooked. If not put the lid on and leave for another 10 minutes. Be patient, do not rush this point. You need the pork to fall apart when gently pressed.

If the sauce is too watery then remove the lid and cook gently until the sauce thickens to a coating sauce, as this will be served with pasta.

Serve with pasta that has a little bite so that it still wants to soak up the sauce. Add the Pörkölt on top of the pasta and for a final authentic flourish add a tablespoon of sour cream on top and a sprinkling of finely chopped parsley.



# Book News

## The adventures of Angy

I have just had published my twelfth book. This time it is about a great North Devon woman whom I knew and worked with more than fifty years ago. I had no idea then what bold initiatives she had taken in 1914 which led to her being decorated by King George V and the Belgian King and to being imprisoned by the Germans. The book is called "The Adventures of Angy: a Red Cross Nurse at Mons" and describes how she raised and took a hospital team that included Winston Churchill's sister-in-law to Belgium at the beginning of World War I.

I would like to let the public know about it, particularly with the emphasis in Buzz on people with links with North Devon. It is available from Amazon as a book and as a kindle – cover attached.

Angy Manners was daughter of Lord Manners and Constance Edwina Adeline Hamlyn-Fane, whose family owned Clovelly Court. Angy Manners married the Col Hon Malise Hore-Ruthven and their son James, and wife Dron, some of our oldest friends, were the reason that Erica, my wife and I moved to North Devon. Angy is the great aunt of Hon John Rous, the Devon High Sheriff and her brother, the Hon. John Manners, who was killed in the first days of the war, is honoured by a commemorative cross at Clovelly. The book is dedicated to Angy's granddaughter Angela Hore-Ruthven, a veterinary nurse who lives in Bideford. Angy's daughter, Sally Hore-Ruthven, told me that her mother's life demonstrated "a move from privilege to purpose."

**Michael Henderson**



## Scenes from Provincial Life by William Cooper

*Discussed by Bideford Library Readers' Group*

Published in 1950, this is one of five novels chosen by Penguin – part of its 'Decades' series of reprints – to represent the '50s. An odd choice, it would seem at first sight, because it is a memoir of the spring and early summer of 1939. For some of the group there was a distinct '30s flavour – the depiction of the countryside, the food, the characters and their concerns, the way they walked or cycled everywhere. For others (especially those who could draw upon living memory!) it did have something of a 1950s zeitgeist. Why? Nick Hornby, in his introduction to the book, writes "without Cooper's novel there may well have been no *Lucky Jim*, or any of the other '50s and '60s novels that deal with relatively ordinary people in relatively ordinary situations."

That was it: ahead of its time and foreshadowing the easy-reading quality and cheeky humour of the early Kingsley Amis.

The group had mixed feelings about the characters. The narrator (Joe) states early on that the novel is the story of Tom (27), Steve (17), Myrtle (22) and himself (28). Myrtle is Joe's long-suffering but canny,

constantly reproachful girlfriend (mistress). Tom is Joe's friend and is in a gay and unbalanced power relationship with Steve; and the relaxed, accepting tone of the story is quite surprising. Another character is Robert, a background figure in Oxford whose influence and opinions are always important. He is said to be based on the writer C. P. Snow. The story is set in a vague provincial town where Joe teaches at a local boys' grammar school. There he displays permissive camaraderie with his 6<sup>th</sup> Formers and cynical attitudes that are quite shocking. He is an aspiring writer currently trying to get a novel (his fourth) to be published; and he waits throughout much of the story for a critic (a certain 'Miss X.Y.') to reply with comments on the manuscript he sent her. Meanwhile, he carries on his sexual games with Myrtle and tolerates the quirky unpredictable behaviour of Tom. Every now and they speak of Hitler and the likelihood of war; and they discuss plans of escape to America and what they could do there to earn a living. We never get to the war, however, and the book ends with a post-script telling us what became of the main characters.

**John Martin**

## **Bideford Library Readers' Group.**

Wednesday March 4th 2.00 pm.

*Discussing Paradise Postponed* by John Mortimer. Please collect a copy of the book from the library.

**More library news on next page.**

## Events in 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.

For Adults:

### **World Book Day – Book Speed Dating!!**

Thursday March 5<sup>th</sup> 7.00 till 9.00 pm

To celebrate World Book Day come along to an informal session chatting about your favourite books and authors. Drinks and nibbles provided. Be prepared to talk about your favourite book for one minute!!

### **Nifty Needles**

Every Thursday. 2 – 4pm

For anyone who enjoys embroidery, quilting, knitting, crochet and other handcrafts.

### **Board Games Afternoon**

Every Friday 2 – 5pm

If you enjoy games like chess, scrabble, backgammon or dominoes come and join other enthusiasts for a game.

### **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.

### **Reminiscence Session** – Take a trip down memory lane

Wednesday March 11<sup>th</sup> 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.

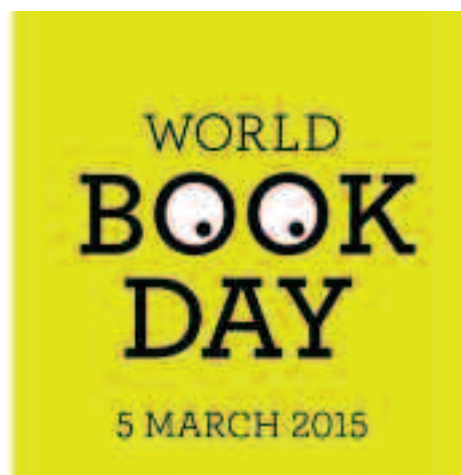
For anyone aged 60+

Refreshments provided

### **Meditation and Relaxation Group**

Wednesday March 18<sup>th</sup> 2:15- 3:00 pm

Nicola MacDonald



## Northam Library

### **World Book Day? We're celebrating books ALL WEEK at Northam Library from Monday 2nd – Saturday 7th March.**

Every child who takes out a book during the week will be entered into a draw for a £5 book token.

Enter our children's book character quiz - £10 book token for the winner.

**Saturday 7<sup>th</sup> March 10.30 – 12.30.** Make your own book and decorate the cover – no need to book, drop-in.

**Friday 27<sup>th</sup> March 2 – 3.30pm** Easter basket floral arrangement workshop with Barnstaple Floral Art Club £5 includes materials and refreshments. Booking essential **01237 475111**.



# THE SHIPPING NEWS



Ship	Registered flag owners	From	To	Arrived	Sailed	Crew	Cargo
<b>Loaded at Bideford*</b> <b>Fehn Mirage ex Harleriff 06</b> <b>Wani River 05</b>	<b>British</b>  <b>German</b> <b>Ukranian</b>	Avonmouth	Castellon	<b>20/1/15</b>	<b>22/1/15</b>	Russian	2770 tons ball clay
<i>Built 2002</i>							
<b>At Yelland **</b>				<b>08/02/15</b>			
<b>Welsh Piper</b>							

\*Another vessel due in end March to load for Castellon

\*\*Vessel due approx **20/21st March** with chippings from Glensanda. Also vessel due to load logs for Germany.

## Arco Dart at Appledore 19.1.15 20.1.15

At the time of going to press the Irish Patrol vessel **Le James Joyce** is due to leave Appledore **5th March** 05.46 on her first sea trials.

Barge due **24th March** 08.29. to load further pieces for the aircraft carrier at Rosyth in tow of tug **Strathdon** According to reports in the Gazette the cruise ship **Prinsendam** is due to visit Ilfracombe on **July 26th** - will only believe if I see the ship on the day as other visits have failed to materialise! Also due to return in 2016.

## Bristol Channel Observations

**17.1.15** at 15' 42 cargo vessel **Sormivskiy** 3051 3134 tons d.w owners Zagrannperevozk Russia, inward bound for Avonmouth.

**18.1.15** at 09.13 **Mikhail Dudin** 3030 tons w, owners North Western Shipping Joint Stock Co Russia, outward bound from Avonmouth, having sailed at 01.45. At 10.07 vehicle carrier **Viking Odessa** 4693 tons d.w, owners Gram Car Carriers AS Norway, inward bound for Portbury.

**19.1.15** at 11.40 vehicle carrier **Grande Ellade** 18440 tons d.w, owners Grimaldi Line of Italy, inward bound for Portbury.

**21.1.15** at 07.35. vehicle carrier **Figaro** 30140 tons d.w owners Wallenius Wilhelmsen Norway and Sweden, inward bound for Portbury,

**24.1.14** at 8.15 cargo vessel **Anzoras** 5750 tons d.w owners Miurueta Naviera SA Spain, inward bound for Newport. At 09.16 cargo vessel **Scot Venture** 3262 tons d.w. owners Scot Line UK inward bound for Avonmouth. At 16.15 vehicle carrier Grande Mediteraneo 18427 tons d.w. owners Grimaldi Line of Italy, inward bound for Portbury.

**25.1.15** at 10.04 vehicle carrier **Talia** 21021 tons d.w, owners Wallenius Wilhelmsen Norway and Sweden inward bound for Portbury.26/1/15

**26.1.15** at 12.05 vehicle carrier **Viking Odessa** 4693 tons d.w, owners Gram Car Carriers AS Norway outward bound from Portbury, having sailed at 08.07.

**2.2.15** at 11.30 cargo vessel **Scot Venture** 3300 tons d.w, owners Scoline Ltd UK, inward bound for Newport. At 12.04 chemical tanker Bit Oktania 13586 tons d.w, owners Tarbit Shipping AB Sweden, inward bound for Cardiff.

**3.2.15** at 08.14 cargo vessel **Peru** 4279 tons d.w, owners Gerhard Wessels Germany, inward bound for Sharpness. At 09.07 cargo vessel Blue Tune 5193 tons d.w, owners Bernd Meyering Schiffahrts Germany, inward bound for Sharpness. At 16.25 cargo vessel **Aasfjord** 6053 tons d.w owners Hans Martin Torkelsen Norway, inward bound for Port Talbot.

**4.2.15** at 09.07 cargo vessel **Eva Maria Meuller** 3722 tons d.w. owners Otto A Muller Schiffahrt GMBH Germany, inward bound for Sharpness. At 10.30 vehicle carrier **Grande Portogallo** 12594 tons d.w owners Grimaldi Line of Italy, outward bound from Portbury having sailed at 05.56.

**6.2.15** at 09.06 hrs bulk carrier **Aasli** 6630 tons d.w. owners Hans Martin Torkelsen Norway inward bound for Avonmouth. At 14.24 bulk carrier **Kydonia** 92828 tons d.w, owners Koronis Marine Ltd Greece, outward bound from Portbury, having sailed at 07.16. At 16.57 vehicle carrier **Glovis Courage** 20661 tons d.w, owners GL NV4 Shipping Inc Seoul South Korea, inward bound for Portbury.

**13.2.15** at 17.07 tanker **Qi Lin Zuo** 75567 tons d.w, owners China Shipping Tanker Co Ltd Shanghai Chine, having sailed from Portbury at 10.21. Regards

**Norman**



FRIENDS OF THE BURTON ART GALLERY  
AND MUSEUM

## Grand Art Auction

Saturday, 14<sup>th</sup> March 2015

at

**The Burton Art Gallery**  
Kingsley Road, Bideford

**Auction commences at 6 pm**

**Auctioneer: Tim Malone**

**Entries:** Thursday 12<sup>th</sup> March  
10 am to 4 pm at the Gallery (with reserve price, please)

**Viewing Days:** Friday 13<sup>th</sup> and Sat 14<sup>th</sup> March  
10 am to 4 pm

**Auction Day:** Saturday 14<sup>th</sup> March at 6 pm

**Collection:** Sunday 15<sup>th</sup> March  
10 am to 4 pm  
(at auctioneer's office)

**Enquiries: Phone 01237 471455**

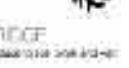


## Westward Ho! Fish Festival

Sunday 29<sup>th</sup> March-  
Saturday 4<sup>th</sup> April 2015



*"Celebrating and Enjoying  
North Devon's Fishing Heritage,  
Our Local Catch, Culture and  
Marine Environment"*



## Nightstop Devon

Our hosts have been preventing young people from sleeping rough across Devon for over 10 years. **Our drivers make sure they get there safely.**

If you would like to support young people in crisis, and have access to a car, we want to hear from you.

- Evenings and weekend trips in your local area
- 45p per mile expenses paid

Please email [nightstop@communityha.org.uk](mailto:nightstop@communityha.org.uk) or call us on the number below.

**nd Nightstop Devon**  
A project of Community Housing Aid

**01392 274853**  
[www.communityha.org.uk](http://www.communityha.org.uk)

Registered Charity No. 1071945 Limited Company No. 3635743 Registered in England and Wales

## 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 Barnstaple  
at 10:00 on 5<sup>th</sup> July & 29<sup>th</sup> Nov.14

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



## **A new chapter**

There are a fair few stories in the news this week with one very similar thread, not the usual empty promises of snow- close to the seaside we've become accustomed to disappointment in that department- something else has found the limelight this time. Books.

After recent reports that most kids can't hold a pencil, tablets are the way forward, and the pen/ paper combination has gone the way of other notable duos- such as Starsky, Hutch and that short-lived cheese-pomegranate fad - you'd be forgiven for thinking that paper is on a shaky footing. Certainly, with the rise of e-readers, capable of holding their charge for around 28 hours and casting their own iridescent glow over both the rapt reader and the poor souls attempting sleep, the book's found a new competitor. It may have eliminated the age old question of "which lamp should I sit underneath at night?" but this query is soon replaced by the far more worrying "where's the nearest plug socket to perch beside? I thought either Heathcliff or Cathy were about to die, but it turns out the kindle's joined in too. "

Even with these electronic gizmos on the horizon, their leafy companions have found new outlets this year, with the rise of 'book blogging'; many people now proudly show an internet audience the pile of paper backs

they've just waded through, explaining some favourites or challenging others to take on their list.

There are also a lot of literature based courses at the moment- from English A-levels to history, where a bit of wider reading can come in immensely helpful. It's here that other people's

recommendations- of something that explains the background factors memorably, or fits in with the strand of coursework you're tirelessly attempting to pad out- can make the job a lot easier. Novels, easily swapped between classmates like a curiously legal black market, prove to be far less faff than each person downloading the same thing to their e-reader once they've bought one in the first place.

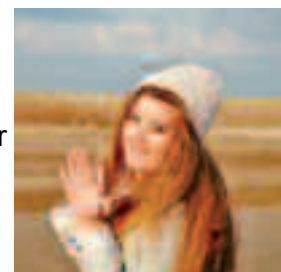
We're a good few weeks into it now, and so far, 2015 looks like the time of the tome; with the library willing to import anything not found in the Bideford outlet from the whole of the British Isles, and book clubs making their resurgence.



## **Yazzy**

You may remember that a few issues ago now we mentioned Yazzy Chamberlain, who got through to the Finals of the UK Open Mike Contest. She has now gone on to win it.

With a performance of her own song "Silly boys breaking hearts", she not only gained first prize, but also landed the Exposure award for publicity, gaining her recording studio time too! Well done Yazzy.



## **Maths Challenge**

A grand well-done is also in order for Amy Walker ,Kieran Spittles, Max Heard and James Gould- who got Bideford College to the National finals of the maths challenge competition for the first time in its history. Although they didn't win, they represented the town admirably in a field of over 70 regional winners in London.

## **Millie Sutherland O'Gara**

**More youth news on the next page.....If you have something you'd like to tell us , please send your contributions fao Millie, Bideford Buzz c/o TTVS 14 Bridgeland St Bideford Ex39 2QE OR email [editor@bidefordbuzz.org.uk](mailto:editor@bidefordbuzz.org.uk).**



# Free “British Science Week” Family Day

The Small School, Hartland, is putting on a free day of family-friendly hands-on activities and dramatic demonstrations as part of this year’s British Science Week celebrations. The School has been planning this day for some time and has succeeded in winning a grant from the British Science Association to make the day happen.

The grant has allowed the school to pull together a really exciting programme for the day. Scientist Bill Bailey will be bringing his explosive and electrifying “Adventures in Science” roadshow and students from the school will be on hand to lead people through an exciting range of hands-on activities and challenges including robot building, dry ice demos, the science of wool spinning and non-newtonian fluids.

All the students at The Small School study the full range of sciences as part of their regular curriculum and take part in National Science week every year. Usually this means a special timetable for the week with some great trips, talks and workshops but this year the school has decided it wants to share its enthusiasm for science with the local community.

As preparation for the event students will be researching the science on their doorstep and developing their ideas to enter the 2015 British Science Week poster competition. Children at the event will also be able to design and enter their own posters.

There will also be a café selling The Small School’s renowned hot soup and home-made cakes to put the icing on a really great day out!

Entry to the event is free and it will take place between 11am and 4pm on Saturday 21 March at The Small School, Fore Street, Hartland.

**For further details contact The Small School on 01237 441672**



## **Torridge CATS** 2015 CATS Awards Evening!

This inspirational event will take place on Thursday 4th June 2015 at The Pier House in Westward Ho! It will be an exciting evening designed to promote, recognise and reward young people from the Torridge area for their positive community action. If you know of a young person in the Torridge area, aged 5 – 25, who deserves to be recognised and rewarded, then please be sure to nominate them using this link to the CATS nomination form. [Torridge CATS 2015 Nomination Form](#)

Please complete and submit all nomination forms by 27.04.15. If you would prefer a hardcopy nomination form, please email [karen@communityactionthroughsport.org](mailto:karen@communityactionthroughsport.org) or telephone 01288 488086

### COME TO "EXPLORE"

AN INTERACTIVE BIBLE STUDY  
FELLOWSHIP + HYMNS & PRAYERS  
LAST SUNDAY EACH MONTH 6.30PM  
ALVERDISCOTT METHODIST CHAPEL  
EX31 4PT ON THE B3232  
LIGHT REFRESHMENTS SERVED  
FOR MORE DETAILS 01271 858258

# Moreton Court

Spacious, relaxed living for the over 55s in Bideford

Showhome  
open Thursdays,  
from 5 March,  
10am - 4pm



Open in March, Moreton Court offers one and two-bedroom apartments for rent and shared ownership.

Life at Moreton Court will give you the independence you want whilst being safe in the knowledge that, should your care needs change, we'll be on hand as and when you need.

Socialise when you want and meet new people, by joining in activities on-site or in the local community.

- **taste** restaurant (take-away available)
- Hairdressing salon
- Communal lounge
- Guest suite for family and friends
- Assisted bathrooms
- Landscaped gardens
- Staff on-hand 24/7
- Secure door entry system monitored from your home via an intercom
- Lifts to all floors, with full wheelchair access

For more information, contact us on:

**Moreton Court** Birdwood Crescent, Bideford EX39 3FP

**T:** 01803 696180    **E:** [moretoncourt@sanctuary-housing.co.uk](mailto:moretoncourt@sanctuary-housing.co.uk)    **W:** [sanctuary-extracare.co.uk](http://sanctuary-extracare.co.uk)



Sanctuary Home Care Limited, an exempt charity, is a subsidiary of Sanctuary Housing Association, an exempt charity  
Please note, image is representative

# Charity News.

## **Come and sing with the Appledore Singers!**

If you enjoy singing and would like to join a choir, then why not come along to an Open Rehearsal with The Appledore Singers at Appledore Baptist Church on Monday 23<sup>rd</sup> March, 7-9pm, where you will be able to meet our Musical Director, Pam Beechey, talk to members of the choir and take part yourself in the rehearsal.

We are a friendly, ladies' choir who enjoy performing in venues – large and small – all over North Devon. We sing a varied range of songs, from gospel to show-stoppers and Top Ten hits, as well as special selections for weddings and Christmas.

Each year we raise money for a nominated charity and in the past two years we have been able to donate £1200 to the North Devon Hospice and £1000 to Northam Lodge through our singing events - of which we are very proud. For further details contact **Pam Beechey on 01237 420652** or see our website: [theappledoresingers.co.uk](http://theappledoresingers.co.uk) 'Seek a Smile thro' Song'

## **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**.

## **De fibrillator arrives in Appledore**

Great news for the community of Appledore and its visitors, as a new IPAD (Intelligent Public Access Defibrillator) was delivered to the Seagate Hotel. The defibrillator was donated by Appledore Pilot Gig Club after a successful bid for part-funding from the British Heart Foundation. The Seagate Hotel, located at the end of the Quay and one of the central points of the village, has kindly agreed to house the IPAD. The easy-to-operate device is located inside the Hotel, which is open from 6.30am until 11.30pm and it is available outside those hours with a phone call.

**Auction of Promises** at The Seagate in aid of the defibrillator from **7.30pm, 12th March**. A fun night is guaranteed! If you would like to offer a promise in return for some great publicity and a nice warm glow, please email [naomi@lighthousecommunications.co.uk](mailto:naomi@lighthousecommunications.co.uk) or call 01984 641359.

## **North Devon Hospice and Big Breakfast 2015!**

### **Bell Inn, Parkham**

Saturday 7th March 10.00am-12 noon

£6.00 delicious Big Breakfast.

Tea/Coffee £1, Children's Breakfast £3.50

Please pop in or call 01237 451201 to book your Breakfast.

### **Thatched Inn, Abbotsham**

Saturday 7th March 8.30am-11.30am

£6.00 for delicious full English Breakfast including tea/coffee.

Please pop in or phone 01237 471321 to book your Breakfast.

For more information, please visit [www.northdevonhospice.org.uk](http://www.northdevonhospice.org.uk), or call Gerard Fawcitt on 01271 347224.

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## **Lions Club of Bideford**

Quiz Night at Bideford Conservative Club, Bridgeland Street on

**20<sup>th</sup> March at 7.30 to 8 p.m.**

Teams of 4 or 5.

Raffle

£5 per person including refreshments.

For tickets please telephone 01237-425198,

01237-478016 or 01237-422890

All proceeds to local charities.





## **Dr. John Sobey Grose** of The Wooda Surgery, Bideford

I am the granddaughter of Dr. John Sobey Grose (other ways of spelling include le Grose, de la Gros, de Grosse and le Gros), of the old Wooda Surgery, Bideford. My grandfather lived and had his surgery on Torridge Hill, and was instrumental in establishing both **Bideford Hospital** and also **Bideford Medical Centre**. When first qualified, his original practice was actually at The Surgery, 5 Buttgarden Street in Bideford. Stories passed down through the family include those of his doing his rounds with a pony and trap, delivering babies and administering to the sick and needy, very often in the middle of the night! There may be some older readers who just might remember him! Where there is now an open space beside the old Wooda house, there used to be a coach house and stables, and the large garden continued way up the hill incorporating beautiful terraces of lawn and flower beds, and upwards again of an extensive kitchen garden with fruit trees, producing everything for the house in the way of fruit and vegetables, also including an asparagus bed. There was also a tower in the garden (now converted) which acted as a lookout and offered extensive views of the old bridge and river, apparently having a copper roof, which I believe was originally used as some form of signal to approaching ships.



My le Gros family descends from Ambrose le Gros (my family tree reveals that he was a smuggler amongst other things, which many notables were in those days! However this did not apparently detract from their other occupations and character attributes, one being referred to as “leading banker, merchant, smuggler, gallant Presbyterian, pious, loyal, austere, sober”!), and originated in the Channel Islands in the early 1300’s. Le Gros of Sark, one of the original landowners, produced several Jurats and captains of the island, among whom was John le Gros, husband of Elizabeth le Pelley of Guernsey. Captain Waterhouse, Lieut-Governor of Guernsey, wrote a letter in 1650 in which he bids his “respected friend John le Gros, Judge of Sark, to take care of the Militia and keep the said isle for his highness the Protector of England”. John le Gros died leaving three daughters, Mary le Gros, Elizabeth le Gros and Susan le Gros who eventually became Dame of Sark through her marriage with Nicholas le Pelley of Guernsey. So a direct descendant of the original coloniser became the chief lady of the island.

In 1821 Michel le Gros purchased Seafield House en Route de St. Aubin, St. Lawrence, Jersey, one of the earliest and most ambitious examples of Regency architecture in Jersey, which still stands today, and was passed down through the le Gros family. In 1887 Seafield was let for a month to Princess Stephanie of Austria, wife of Archduke Rudolph and daughter of King Leopold of the Belgians. She travelled with a retinue of 16, and the le Gros carriage was put at her disposal. His grandson Gervaise le Gros, was educated at Jesus College, Cambridge, and became an advocate, subsequently serving as Greffier, Viscount and finally Jurat. In 1869 he purchased the fief *de Melech* and also owned the fief *du Prieur de Mont Cochon*. He married Louisa le Quesne daughter of Jurat Nicolas

**Phillippa Leslie-Benson**

### **Photo probably taken at Bideford Hospital (from front page)**

*One of them I think is Dr. Desmond Valentine (second row and second from the left) who had his surgery in the old Custom House on the Quay at Appledore; my parents lived in Rock Cottage, part of the same house.*

# Driving safer for longer

## **FREE** workshops and **FREE** practical driving sessions\*

The Driving Safer for Longer scheme is a programme aimed at older drivers who want to update their knowledge of driving and stay abreast of modern techniques and changes in the Highway Code.

The course is usually run in two parts. First, an advisor from the Devon Travel Academy will visit the community group, club or society for a **FREE workshop**. This will cover many of the issues faced by drivers of advancing years, as over time, bad habits can creep in, medical conditions can take a toll, and rules of the road change.

Then, those who wish to move their proficiency to a more practical level can pay a small fee for a one-to-one advice session, in their own car. This is followed by detailed and confidential feedback. The emphasis is on friendly advice, enabling drivers to remain safe and confident on the road, it is not about removing anyone's licence.

\*The group organiser or an appointed member of the group is invited to take up a FREE one hour practical driving session, prior to the workshop, in exchange for giving a personal account of their experience to their peers at the workshop.

For more information about Driving Safer for Longer, to arrange a free workshop from an advisor, or to inquire about a one-hour practical driving skills assessment, contact: Devon Travel Academy on **01392 444773**, or visit [max-driver.co.uk](http://max-driver.co.uk)

Driving Safer for Longer is a scheme organised and run by Devon County Council in partnership with Devon and Cornwall Police and Devon and Somerset Fire and Rescue Service.



## News from the Burton Art Gallery and Museum.

February and March are very special months at the Gallery – the Torridge Schools' Annual Exhibition is on! Every year, our school children, from 4 to 18 years, fill our town's best exhibition space with a plethora of talent, creativity, novelty and vibrant colour. So many schools take part, that space is at a premium – ask the staff who have the delightfully tricky job of displaying everything! We are fortunate to have teachers in our schools who inspire their pupils to be creative, and this year is no exception. Make sure you and your family visit the Gallery now, if you haven't done so already – the exhibition closes on the Ides of March – the 15<sup>th</sup>.



Alongside the children's work are the watercolours of two well-known artists, Judith Ackland and Mary Stella Edwards. Judith was born at Stowford House, Strand, Bideford, the daughter of a doctor. She studied at Bideford Art School, and went on to Regent Street Polytechnic, London. Judith's work was exhibited at the Royal Academy and at many Galleries throughout Britain. Locally, she was President of the Westward Ho! Art Society, and her paintings were well known to North Devon residents. Mary Stella studied art at Battersea and Regent Street Polytechnics, where she met Judith. She was not only an artist, but an illustrator, designer, and a poet.

Virginia Woolf and her husband, Leonard, published her first book of poems, 'Time and Chance' in 1926. When Judith, her life-time companion, died in 1971, she wrote three volumes of poetry conveying her sadness. The paintings you will see at the Gallery mainly depict their life at the Cabin, at Bucks Mills. They used this cottage until 1965, now owned and maintained by the National Trust, and when it is open to the public, you can see how these two women lived, their simple way of life, just as they left it. Their paintings reflect the beautiful scenery around them, ours for posterity.

The Gallery has produced an excellent biographical booklet with many illustrations of their work, which is well worth collecting. The exhibition is on display until 9<sup>th</sup> March.

The Friends are holding a **GRAND ART AUCTION**, on Saturday, 14<sup>th</sup> March, at 6.00 p.m. If you wish to bring any items, paintings, prints, ceramics, sculpture, books, to be auctioned, please do so on Thursday, 12<sup>th</sup> March, from 10am -4pm.

You can come and view the Lots on Friday and Saturday, 10-4. There will be refreshments available on Saturday evening. All welcome – this is an opportunity to purchase a work of art in the exciting atmosphere of the Auction!

This is a fund-raising event for the Friends of the Burton Art Gallery & Museum; 15% will be deducted from sales. (Reg. Charity: 281466)

**Diana Warmington.**

Friends' Secretary.

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### Driving Safer for Longer

On any given evening across Devon, the chances are there will be interesting talks in progress in village halls, community centres, Scout huts, and the various draughty rooms adjacent to churches of all sizes and denomination. Topics might include the plight of the high brown fritillary, how to make the perfect lemon drizzle cake, the wonders of the universe, and Iron Age settlements of the Outer Hebrides (with slideshow). They could, and certainly should, also include a session on Driving Safer for Longer, which have been being delivered to organisations, clubs, groups and societies for free by one of the advisers from Devon Travel Academy since the scheme started in 2008.

For more information about Driving Safer for Longer, to arrange a free workshop from an advisor, or to inquire about a one-hour practical driving skills assessment, contact Devon Travel Academy on 01392 444773, or visit [www.max-driver.co.uk](http://www.max-driver.co.uk) (see ad in this month's Buzz)

Driving Safer for Longer is a scheme organised and run by Devon County Council in partnership with Devon and Cornwall Police and Devon and Somerset Fire and Rescue Service.





## 100 years ago – March 1915.

The government have announced increased separation allowances for soldier's families from the first of March: 12/6d for wives, 5/- for the first child, 3/6d for the second and 2/- for any subsequent children. These allowances will finish at the end of the war and will make a big difference to many local families where the breadwinner is away fighting for his country.

The first batch of wounded soldiers has been received at "Commons" Auxiliary hospital. Provision has been made for 36 patients in total. The house is situated at the left hand side of Atlantic Way and opposite Lakenham House. It was formerly the residence of the late Colonel Wilson Hoare, Commander of the Royal North Devon Hussars.

*"The Auxiliary Hospital at 'Commons' Northam North Devon was opened on March 22<sup>nd</sup> when nine convalescents from Exeter were admitted.*

*The house, which stands high overlooking Bideford Bay is well suited in every way to the needs of a hospital. It is the property of Mr. J Rolt KC who has generously lent it to the B.R.C. Society. The hospital is worked by the voluntary aid detachment, Devon 48 under the direction of the medical officer, Dr. Ellis Pearson. It has accommodation for thirty six but up to the present has not had its full complement, thirty one being the most at any one time. The cases are all convalescents but if the need rises an operating theatre etc is in readiness ."*

It is reported that after much negotiations Messrs Kynocks Ltd, ammunition manufacturers, intend to establish a works for the extraction from wood of acetone or cordite in its lowest state. The site is just beyond the allotments at East-the-Water and will be connected by railway sidings to the L&SW Railway and also to Barlett Bayliss timber yard who will supply the wood required.



The Licence of the Blacksmiths Arms, East-the-Water, has been transferred to the adjoining premises. The tenant is Mr Beer. Structural alterations to the New Inn have been approved and the tenant is Mr R G Court. Police sergeant Doidge said the police had no objections and the magistrates approved the changes.

Above is George Boyle's advert this month which states the "There should be a sewing machine in every home"



Friday 6 and Saturday 7 March at 7.30pm at Bideford College: **Jupiter Ascending (12A)** Film ends 9.35pm

Friday 13 and Saturday 14 March at 7.30pm at Bideford College: **Mortdecai (12A)** Film ends 9.15pm

Friday 20 and Saturday 21 March at 7.30pm at Kingsley School: **Into the Woods (PG)** Film ends 9.35pm

Thursday 26 February at 7.00pm and Saturday 28 March at 4.00pm at Kingsley School: Globe on Screen 2015 season: **Titus Andronicus (15)** Play ends 10.00/7.00pm

Friday 27 and Saturday 28 March at 7.30pm at Kingsley School: **Kingsman: The Secret Service (15)** Film ends 9.35pm

## PINK ENTERPRISES



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For further details contact James on 01237 477852

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

Contact Jackie Poole

Tel: 01271 861824

A RIOT OF MUSIC AND LAUGHTER!

## DICK WHITTINGTON

**IN WOOLSERY VILLAGE HALL**

MARCH 4th, 5th, 6th, & 7th AT 7.30 PM

FIRST NIGHT'S TAKINGS GO TO THE  
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## Bideford Pannier Market & Butchers' Row

January and February have been hard lean months for the market traders – with a number of traders off sick suffering from the latest bout of “lurgey”; then we have been short of stalls and we have been forced to close on some Fridays. However we are now moving into March and the weather is getting warmer (at last ). We are all looking forward to a good year welcoming the tourists and not forgetting all you lovely locals who support us year long. We are planning more entertainment in the market hall on some Saturdays – more details will be forthcoming once our plans are finalised

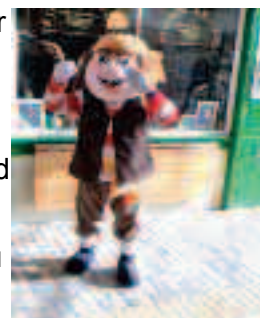
There is always room for additional traders so if you would like to explore the opportunities then contact Richard Coombes at the Bideford Town Council on 01237 428817. Stalls available from £3.00 per day if you pay monthly or £5.00 per day if you just want to do the odd day

In Butchers' Row the new tenants have settled in bringing their own areas of expertise. It's good to see the Row coming to life – it really is becoming the “Artisan” centre of Bideford with craftsmen and artists who are actually working on the premises demonstrating their craft. Please call in for a chat with them – it gives them an excuse to stop work !!

Don't forget it's Mothering Sunday on the 15<sup>th</sup> of March ( you need that special present), on the 17<sup>th</sup> It's St Patrick's Day, the 20<sup>th</sup> of March is the first day of spring ( I love the spring !) and the 29<sup>th</sup> sees the start of British Summer Time ( I feel warmer already)

All the shops in Butchers' Row, Market Place and Grenville Street are open for business Monday to Saturday offering a wide range of shops and services all ready for you to explore and enjoy. **Be different buy the unusual.** Explore these shops and studios ; you are sure to find that perfect present even if it's just for yourself. All these shops are small independent businesses offering an old fashioned personal service – with 38 shops and 3 pubs you are sure to find something of interest. For any of you that don't know – this guy is Pannier Pete the pirate – he is the Pannier Market mascot and will be making regular appearances in and around the pannier complex and the town. Make sure you shout “ Hello my Hearty” whenever you see him, he really is very friendly.

**Trev Hill (Minxy's Sweets)**



## Felicity's Sustainable Fish through the seasons

It would be useful to consider which fish are sustainable and why?



Here is a short list of fish available in North Devon - Gurnard, Dab, Herring, Mackerel, Hake, Sardines/Pilchards, Trout. Shellfish-Cockles, Mussels, Oysters, Squid and Octopus, Crabs and Lobsters in the summer These are sustainable because they are landed locally and their stocks are plentiful. How the fish caught is important ; fish caught on hand lines and in pots is most sustainable as they have the lowest impact on the seabed environment.

The main principles when buying and eating fish is choose locally caught seasonal seafood and if you have to buy in the supermarkets try to use the store that sells the most certified MSC fish- see the labels on the fish. However, it supports the local economy if you can endeavour to buy from local stalls and suppliers. This keeps the money circulating locally. For more information and recipes visit [www.brilliantfishonline.co.uk](http://www.brilliantfishonline.co.uk)

Here is the recipe for March. Gurnard is available all year but needs to be well filleted because of its small pin bones. It has a good flavour and is quite firm, its pinky red skin looks good with this sauce.

### Red Gurnard with celery and walnuts

**Serves 4**

#### Ingredients

4 red gurnard fillets  
3 celery sticks thinly sliced  
2 apples chopped into small chunks  
4 spring onions chopped  
25g/1oz butter  
275ml/10fl oz single cream  
1 tbsp French flat leaf parsley chopped  
1 tbsp chopped walnuts for decoration

#### Method

Preheat oven to 230C, Gas mark 8. Butter an ovenproof dish. Place in it gurnard fillets, sprinkle with celery, apple and spring onions.

Pour over single cream, cover with foil and put into oven.

Cook for 10 mins, uncover and cook for further 5 mins.

Decorate with parsley and walnuts.

**Serve with broccoli and mashed potatoes sprinkled with parsley.**



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# March Diary

## Monday 2<sup>nd</sup>

Celebrating Books at Northam Library until 7<sup>th</sup> March.

**10am-12pm** Appledore Community Art Group at Appledore Community Hall. 425541

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

**7.15pm** Appledore Singers rehearse at Appledore Baptist Church. 420652

**8.30pm** North Devon Jazz Club at the Beaver, Appledore – Will Butterworth Quartet.

## Tuesday 3<sup>rd</sup>

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

**10.30am** Walking for Health. 421528

**10.30am** Coast & Country Walkers – Molland 7.5 miles 421883

**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** Lions Club meet at Royal Hotel

**7.30pm** Bideford Camera Club at The Stables, Kingsley School. 479462

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

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

Palladium Club *Jam Night*

## Wednesday 4<sup>th</sup>

**9.30am-2.30pm** Free Social Club for ages 19+ at Happy Café, Westward Ho!

**10am-12pm** TTVS 'Trips, Slips & Falls' forum for staff, volunteers & service providers working with older people at Bideford Rugby Club. Book on 420130

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

**10.30am** Parkinson's UK Torridge Branch coffee morning and AGM. 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

**1.30-3.30pm** Knit & Natter Group at St Margaret's Church, Northam.

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

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

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

**7.30pm** Woolserly Panto 'Dick Whittington' at Woolserly Hall. £6

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

## Thursday 5<sup>th</sup>

**10am-12pm** Charity Coffee Morning at Alverdiscott Methodist Chapel.

**10.15am** Northam Men's Forum at Northam Methodist Church Hall.

Graham Rooke 'Fire Safety in the Home' **10.30am** Walking for Health along Tarka Trail. Clarence Wharf Car Park. 421528

**2-4pm** See Hear on Wheels (SHoW) bus at Pill Car Park. 01271 373236

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

**7.30pm** Woolserly Panto 'Dick Whittington' at Woolserly Hall. £6

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

## Friday 6<sup>th</sup>

**11am** Women's World Day of Prayer service at Sacred Heart Church.

**7pm** Talk by Kester Webb at Abbotsham Village Hall in aid of Soroptomists.

£7.50 474193

**7.30pm** Woolserly Panto 'Dick Whittington' at Woolserly Hall. £6

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

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

## Saturday 7<sup>th</sup>

Fairtrade Bake Sale outside Co-op store, Mill Street.

**9am-2pm** Farmers Country Market at Atlantic Village

**10.30am-12.30pm** Make a book & decorate cover at Northam Library.

**7.30pm** Concert by Bideford Band & Torridge Male Voice Choir at St Mary's Church in aid of St Mary's Church & North Devon Chemotherapy Unit £7.50

**7.30pm** Woolserly Panto 'Dick Whittington' at Woolserly Hall. £6

## Sunday 8<sup>th</sup>

**10.30am** Coast & Country Walkers – Wadebridge 6 miles. 421883

**2pm** International Women's Day event at 6 Cleveland Park Northam Coffee, cakes. Raising money for NDADA, - supporting North Devon's Women's Refuge.

## Monday 9<sup>th</sup>

**10am-12pm** Appledore Community Art Group at Appledore Community Hall.

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

**7.15pm** Appledore Singers rehearse at Appledore Baptist Church. 420652

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

## Tuesday 10<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

**10.30am-2.30pm** Art & Craft Group at Alverdiscott Methodist Chapel.

**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 11<sup>th</sup>

**9.30am-2.30pm** Free Social Club for ages 19+ at Happy Café, W Ho!

**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 at St Mary's Church.

**2.30-4pm** See Hear on Wheels (SHoW) at Northam Community Centre.

**4-6pm** Sew Together at Northam Library

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

**7.30pm** Bideford Music Club at Bideford Methodist Church. Concert by the Chamber Philharmonic Europe Orchestra. £12.50. 423112

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

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

## Thursday 12<sup>th</sup>

**10.15am** Northam Men's Forum, Northam Methodist Church Hall. Ryan Gallimore 'Developing Homes'. 479917

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

**10.30am** Coast & Country Walkers – Frithelstock 7.5 miles. 421883

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

**7.30pm** Auction of 50 Promises at Seagate, Appledore, in aid of defibrillator for village & Appledore Pilot Gig Club.

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

## Friday 13<sup>th</sup>

**2pm** Devonshire Assn at Burton Art Gallery. Cdr Charles Evans 'Devon's Naval Links'.

**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

# March Diary Continued

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

**2pm** Big Church Jumble Sale at Instow Parish Hall.

**6pm** Grand Art Auction at Burton Art Gallery.

**7.30pm** Vocal Recital at Lavington UR Church. £5. 07870675231

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

**11am-4pm** Daffodil Day at Hartland Abbey. 441496

**1.30pm** Torridge Ramblers walk. 01805 622183

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

**10am-12pm** Appledore Community Art Group at Appledore Community Hall.

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

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

**7.15pm** Appledore Singers rehearse at Appledore Baptist Church. 420652

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

**8.30pm** North Jazz Club at the Beaver, Appledore. Burum – Welsh folk music.

## **Tuesday 17<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 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 18<sup>th</sup>**

**9.30am-2.30pm** Free Social Club for ages 19+ at Happy Café, W Ho!

**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

**1.30-3.30pm** Knit & Natter Group at St Margaret's Church, Northam.

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

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

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

**10.15am** Northam Men's Forum, Northam Methodist Church Hall. Forum Members 'Family Stories of WW1'

**10.30am** Walking for Health Tarka Trail. 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 20<sup>th</sup>**

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

**7.30pm** Lions Club Quiz Night at Conservative Club. £5. 425198

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

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

**8pm** Barn Dance for Parkinson's UK exercise class Alverdiscott Hall. Booter Town Band. £8 tickets 01237 478128

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

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

**11am-4pm** British Science Week Family Day at Small School, Hartland. 441672

**2pm** Devon Family History Society at Pollyfield Centre. 431305

**7pm** Sponsored Body Wax on Scott Woodland at Bideford Football Club in aid of North Devon Hospice.

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

**10am-12pm** Appledore Community Art Group at Appledore Community Hall.

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

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

**7pm** Open Rehearsal with Appledore Singers at Appledore Baptist Church. 420652

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

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

**10.30am** Walking for Health. 421528

**10.30am** Coast & Country Walkers – Eggesford 7 miles. 421883

**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 25<sup>th</sup>**

**9.30am-2.30pm** Free Social Club for ages 19+ at Happy Café, W Ho!

**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

**1-2.30pm** SHoW (See Hear on Wheels) at Tesco, East-the-Water.

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

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

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

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

**10.15am** Northam Men's Forum, Northam Methodist Church Hall. Richard Lockwood 'Dowsing'. 479917

**10.30am** Walking for Health along Tarka Trail. 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 27<sup>th</sup>**

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

**2-3.30pm** Northam Library - Easter basket floral arrangement £5. 475111

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

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

## **Saturday 28<sup>th</sup>**

**10am** Torridge Ramblers Day Walk 451820

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

**10am-12pm** Appledore Community Art Group at Appledore Community Hall.

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

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

**7.15pm** Appledore Singers rehearse at Appledore Baptist Church. 420652

**8.30pm** N Devon Jazz Club at the Beaver, Appledore. Sirkis/Bialas Quartet.

## **Tuesday 31<sup>st</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 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*