



# BIDEFORD BUZZ



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

## Gardens to visit in June

**Di and Mandy are having an open garden event on the 6th and 7th of June from 10am to 4.30pm in aid of the North Devon Hospice.**

*Mandy writes:*

We are neighbours and keen gardeners. Our gardens were wildernesses when we started, now less so! Our gardens are very different, but interesting.

We live in one of the oldest parts of Bideford; in fact there is an odd shaped corner in the wall which we were told when buying our house was a cannon emplacement that lined up with Chudleigh Fort to prevent unwanted ships going up river.

We will have refreshments, cakes and scones, and plants for sale.

Entrance is £3.00. Please come and have a look round at The Ledge and Bridge View, Bull Hill, Bideford EX39 2BH.



### Cream Teas and Open Garden

At Little Webbery, Alverdiscott, EX39 4PS in aid of Alverdiscott Church on Sunday, **June 14th from 2.00 p.m - 6.00 p.m.**

All welcome and bring friends, cost £4.00.

**Open Garden at Stone Farm, Alverdiscott Road EX39 4PN 2.00 - 5.00pm in aid of NGS charities, 7th and 28th June and 4th & 5th July.**

*Grow@jigsaw on Page 2.*

### Bideford Buzz AGM

7pm Thursday 18th June at the Green Goose, Mill Street (upstairs room).

Talk by Jo Manley, Groups' Manager of Torridge Voluntary Services.

Wine and nibbles - All welcome.

**CONTACT  
BUZZ**

Bideford Buzz is produced by a team of volunteers with practical assistance from Torridge District Council, Torridge Voluntary Services, Bideford Town Council, Bideford Bridge Trust, South West Foundation, Devon County Council & Bideford Freemasons. If you are interested in helping to produce or distribute this newsletter we would be pleased to hear from you. Please note that for advertisements there is a charge from £15 per box per month. Cheques payable to Bideford Buzz Newsletter Group. All items for inclusion should be sent by the 15th of the month to the Editor, Rose Arno.

Email: [editor@bidefordbuzz.org.uk](mailto:editor@bidefordbuzz.org.uk), Mobile: 07929 976120 or c/o Torridge Voluntary Services, 14 Bridgeland St., EX39 2QE. Visit [www.bidefordbuzz.org.uk](http://www.bidefordbuzz.org.uk).



Northam Town Council

**Bideford  
Lions**



Bideford  
Freemasons



Bideford Town Council

## Grow@Jigsaw

Westward's North Devon-based gardening project Grow@Jigsaw has received a double boost after receiving a major donation of both funds and clothing.

The horticultural social enterprise scheme, based in Victoria Park, Bideford, is open to the public Monday to Friday, 9am – 4pm selling plants and produce grown on site.

The project offers support, training and real work experience for the general public and those who require additional support within the local community. Volunteers learn all about horticulture from experts and are 'hands on' growing plants and produce to sell.

Theatre group **Northam Bright Stars** has raised £500 for the project after selecting Grow@Jigsaw as its chosen charity for 2015. This was raised from Pantomime performances.

**Bideford Lions** have also donated 12 fleece tops embroidered with Lions and Grow logos for staff and volunteers to use.



## Keep calm and carry kids

Being a parent can be hard. The lack of sleep, drinking cold coffee and eating burnt toast, never catching up on the housework you needed to do, trying to negotiate the world with a pram. It can seem a bit overwhelming, even though it's the most amazing thing you'll ever do. Using a baby sling or carrier can really make a difference. Before prams became popular in the last century, carrying your child in a shawl, piece of fabric or other carrier was the norm. In many cultures across the world, it still is. It's an age-old practice that has fallen by the wayside in the recent past. Knowledge and techniques would have been passed down by close female relatives, or the wider community, just as it is in the areas of the world where carrying your baby is part of the normal daily activities. Through modern parents discovering the benefits of using slings or carriers, we are slowly bringing back this skill to our modern parenting. Commonly known as Babywearing, this practice is on the rise in the Western world.

Studies have been done that have shown many positive effects of carrying your baby close in a sling. The bond and attachment between baby and caregiver is higher, leading to happier babies with a greater sense of security. Breastfeeding is more successful, which has been shown to have an effect well into adulthood. There are also developmental benefits for the baby, and parental wellbeing is increased.

Anyone who has ever navigated small shops, or tried to get on a crowded bus knows that sometimes a pram isn't always catered for. Anyone who has ever cuddled their baby but wished for free hands to make themselves a drink or do the dishes knows that babies love (and need) to be held safe and close. Slings can help make your life a little bit easier, without having to upset or leave your baby.

What we do as a Sling Library is help you to find a sling or carrier that suits you and your child, and to help you use it safely and comfortably. We have a monthly Sling Meet, where you can look at and try out the slings we have, get help with your own sling, ask any questions, and meet other local parents to help find new friendships. We also hire out slings for you to try in between Meets for a small fee, all of which goes back into expanding the stock and printing costs. The man hours we put in are entirely voluntary. We just want to see you, your baby and the wider community benefit from the knowledge we've had handed down to us by other Babywearers.

If you want to know more, please visit ([www.Facebook.com/bidefordslinglibrary](http://www.Facebook.com/bidefordslinglibrary)), follow us on Twitter (@bidefordslings), email us ([bidefordslinglibrary@gmail.com](mailto:bidefordslinglibrary@gmail.com)) or call Crystal on 07825683586 Our next Sling Meet is at The Green Goose on Tuesday June 9th from 11am-12pm

**North Devon Relate** offers information, advice and counselling for all stages of your relationships, including family counselling which can include support when preparing for and adjusting to the arrival of a new baby. Call us on 0300 7729681 or visit [www.relate-ed.org.uk](http://www.relate-ed.org.uk) for more information.

## 'Connections.'

*a series of occasional articles about people with North Devon connections.'*

### **Lieut. Col. John Mervin Cutcliffe, C.B (1778- 1822), veteran of Waterloo.**

The Cutcliffes were a well-to-do North Devon family, probably descended from the fifteenth century Thomas Cutliff of Hartland. They acquired the estate of Damage Barton, near Ilfracombe in about 1505, and later Lee Manor at Lee Bay, and amongst other properties, Weach Barton in Westleigh, near Bideford. Two of John's ancestors were of note: his grandfather, Charles Cutcliffe, was one of the first pupils of Bideford Grammar School, under the tutelage of Rev. Zachariah Mudge, and went on to become a solicitor in Bideford, but, after his father's death, decided to take up the life of a country squire; and Charles Newall Cutcliffe, his father, who was also a Bideford solicitor and one of the founding partners of North Devon's first bank, which opened in 1791, under the name of 'Cutcliffe, Roche, Gribble and Co', but more commonly known as 'The Old Bank'. John was born at Alverdiscott, near Bideford, in 1778, but resided in his early years at the family estate at Westleigh. He chose the Army for his career.

By a twist of fate he became the commander of his regiment, the 23<sup>rd</sup> Light Dragoons, at the Battle of Waterloo.

The British victory at Waterloo ensured that no single power would dominate continental Europe militarily for many years to come. This month, of course, marks the bicentenary of the Battle of Waterloo, one of the most significant in British history. *The full story of Cutcliffe's career will be found on line at [www.bidefordbuzz.org.uk](http://www.bidefordbuzz.org.uk).*

**Chris Trigger.**

### **Annie Coughlan (1872-1936), Titanic survivor: the Bideford Connection**

This is the intriguing story of a Mrs Annie Coughlan, who survived the Titanic disaster, and eventually came to live in Bideford, with her sister, Phoebe. She was the daughter of Alfred William Woodland (1838- 1899) and Sarah Saunders (1842- ?).

Annie Woodland was born on Guernsey on 17 November 1872. She married a soldier, called William Henry Martin, in Ireland in 1893. The marriage didn't last, but she never divorced, and by 1912 was calling herself Mrs Coughlan, having presumably entered into a common-law relationship with a Mr Coughlan

but unable to get divorced..

In 1912, Annie became a stewardess on the Titanic, giving her last address as Posbrook Road, Portsmouth and embarked on its fateful voyage at Southampton, when she was 39 years old. A few days later, as everyone knows, the Titanic hit an iceberg, and sank within a few hours, with the loss of more than 1500 lives.

At first, Mrs Coughlan, as she now liked to call herself, was thought to have perished, and appeared on the official list of the missing. She however managed to get a place on one of the lifeboats (Boat 11), was picked up by the Carpathia, and disembarked in New York City on 12 April 1912.

Nothing is known of her whereabouts immediately after this. However, in the mid - to - late 20s, she was known to have worked at The Royal Hotel in Bideford. It was also thought that her younger sister, Phoebe Humby lived in Northam, with whom she was very close. After she left the Royal, she appears to have moved to Combe Martin, where she lived a quiet life, and where she died in 1936. A local newspaper at the time reported her death, mentioning that her husband (presumably Mr Coughlan), had drowned with the Titanic. Her sister moved to Barnstaple after this date, and died there in 1951.

If anything, the story of Phoebe is even more interesting. When she was a young girl of 14, she was convicted of attempting to murder her father. Her father brought up his family in Guernsey, where he worked as a butcher and a publican. At this time, he was separated from his wife, and he would often leave Phoebe alone at the bar, which she hated. Eventually, she struck up a relationship with a soldier, and they both decided to run away. However, her father found out about this, and gave Phoebe a serious thrashing. In retaliation, Phoebe attempted to murder her father by poisoning his tea with oxalic acid. William felt nauseous after sipping it, and decided not to drink it. Apparently, there was enough oxalic acid in the tea to kill three or four people. Phoebe was sentenced to two years hard labour for her crime, and this was widely reported in the national press at the time.

**Chris Trigger**

***Wrong Herbert! Apologies from Buzz for the wrong heading in last month's article about Herbert Ashley Asquith.***

**Chris Trigger writes:-**

*The author of the poem and the person whose biography it is is **Herbert Ashley Asquith**.*

*Herbert Henry Asquith is his father, the Prime Minister. As I said in the article, because of the similarity in their names, they were often confused with one another, and obviously still are!*

**CT**



# Book News

## 'Flight behaviour' by Barbara Kingsolver



There was a wide divergence of opinion over this novel. For those who found the book disappointing, it was boring, far too long and therefore in need of strict editing. We were reminded that the other two books by Kingsolver the group had previously read - *The Poisonwood Bible* and *The Lacuna* - had provoked similar criticism. But for those who liked it, it was an incredible achievement, a complex and thought-provoking read, brilliantly written with a strong sense of place, compelling characterisation and humour.

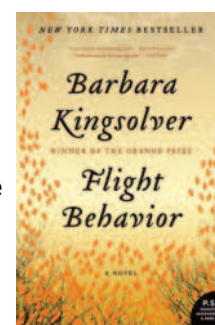
The book opens with the main character, Dellarobia, trapped in a suffocating marriage, on her own flight up the mountain behind her poor and failing farm to meet Jimmy, her current obsession. Instead, she comes across an incredible sight. The forest is on fire - but there is no smoke or noise. She stops in her tracks. It seems like a miracle, a warning to save her from reckless adultery. So back she goes down the mountain in her unsuitable new boots to pick up her two young children from her disapproving mother-in-law, Hester.

What the fire turns out to be brings division among the small Appalachian community of struggling farms. It pits the religious against the scientists who come to study the phenomenon and who have no real understanding of the poverty in which these people live. Dellarobia's interaction with the scientist, Ovid Byron, a man with his own demons, gives her confidence to explore ways to reconcile reality with her restless spirit. And over the whole book hangs the issue of climate change.

**Hilary Aikman**

*Bideford Reading Group next meeting*

*Wednesday June 3rd 2.00 pm. Discussing Bel Canto by Ann Patchett*



## 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:

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

### **Meditation and Relaxation Group**

Thursday June 4<sup>th</sup> 7:30-8:30 New session!

Wednesday June 17<sup>th</sup> 2:15- 3:00 pm

Guided meditation and relaxation group for adults with Nicola MacDonald

### **Creative Writing Group**

Saturday June 13<sup>th</sup> 2pm – 4pm

with local author and publisher Nikki Brownson.

This is a new group meeting every second Saturday for all aspiring writers looking for inspiration and guidance.

**Reminiscence Session** – Take a trip down memory lane Wednesday June 10<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.

Do you know someone who loves reading, but can't get to the library?

The **home delivery service** can deliver books and audiobooks to them. The service is free and is run by trained and security checked volunteers from Royal Voluntary Service. Delivery and collection times are flexible and there is a wide choice of titles of large print books, audiobooks and CDs.

For more information phone 07786635163 email

[carole.poulton@royalvoluntaryservice.org.uk](mailto:carole.poulton@royalvoluntaryservice.org.uk)

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**The Appledore Singers**



**30<sup>th</sup> Birthday Concert**  
 Sunday July 5<sup>th</sup>, 2.30pm  
 Northam Hall (top of Fore Street)  
 Admission: £5 at the door (under 16s free)  
 to include refreshments  
 Contact: 01237 420652  
[theappledoresingers.co.uk](http://theappledoresingers.co.uk)

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Join a warm  
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 East the Water School, Bideford

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**01271 37 43 43**  
 or email [sams\\_nd@yahoo.co.uk](mailto:sams_nd@yahoo.co.uk)

Information Mornings in Barnstaple  
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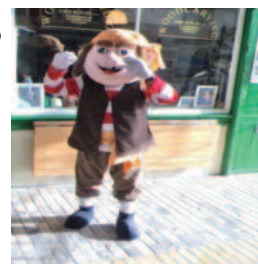
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## Bideford Pannier Market - open Tuesdays, Fridays and Saturdays

Ahoy there me Hearties, I be Pannier Pete the Pirate, old Trevie has asked me to write this month's little up-date on the the Pannier Market and Butchers Row. He sez it's time I did somin to earn me keep. Well I bin sailin the seven seas for yers, I've sailed with em all, Blackbeard, Drake, Grenville, Bligh, ye name em I've sailed with em, I could tell ee some tales that would fair make yer blood curdle. Well a couple of years ago I did fall on hard times, well I tell ee never play snap when ye've been on the ard stuff, lost me gold, lost me ship, lost everythin. There I was starvin, destitute, eaddin for the workhouse when those good folk in the Pannier market took me in. I woz fair made up they'da take such good care of me, they'da feed me and clothe me, give me a bed, I tell ee they be so kind



But there I better get on with what I be meant to be tellin ee or Trevie will be given me grief again Well the Market be a fair picture tis wonderous to behold, lots of stalls, twenty seven at the last count. Lots of colour, lots of pretty trinkets and baubles, handbags, hand-made cards, toys, books, plants and hanging baskets, fancy glass ornaments, beautiful scarves and fancies for the ladies, woollen and knitted things, I tell ee I've bin all over the world but I aint ever seen sheeps that colour. There even be someone that'll paint glittery pictures on yer face. I'da tell ee tis well worth a visit. Ye can browse to yer hearts content and then partake of some refreshment in the galley All the traders be such lovely people but I warn ee they'da love to chat

There be always room for more traders so if ye've got plunder to sell then come and join us, all ye have to do is contact Richard Coombes at the Bideford Town Council on 01237 428817. Stalls available from £3.00 per day if ye pay monthly or £5.00 per day if ye just want to do the odd day

### Butchers Row – open Monday to Saturday

What can I tell ee, tis a beautiful little Victorian arcade, tis is having a bit of a face lift at the moment with the roof being re-painted inside – twill mean some minor disruption but tis goin to look fair pretty when tis finished The Butchers' Row traders are still open during the works so come on up and see em – watch the artisans at work – talk to em, they'da luv to chat about their work. There be all sorts goin on, wood carving, sculptures, pretty paintings, fancy jewellery, cottons an threads, pottery, clock and watch repairs, computer repairs and all manner of things- we got two galleys and a sweet shop – An interesting little fact for ee, in this little arcade we have Trev the Shed, Trev the Watch and Trev the Sweet – now how odd be that ?

### Market Place and Grenville Street - Open Monday to Saturday

There be wide range of shops all ready for ye to explore and enjoy. Antiques, model trains, wedding dresses, incense and things from foreign parts, fishing goods, ladies fancy clothes and lots of other things, it be all here, **Be different buy the unusual – Buy local.** All these shops be small independent businesses offering a real old fashioned personal service – with 36 shops, 2 galleys and 3 inns ye are sure to find something of interest

So next time ye see me around town then shout out “Ahoy Pannier Pete”



Friday 5 June at 7.30pm and Sunday 7 June at 6.00pm at Kingsley School: **Child 44 (15)** 137 mins

Saturday 6 June at **7.00pm** at Kingsley School: **Globe On Screen 2015 Season: Antony & Cleopatra (12A)** 169 mins For details see

<http://onscreen.shakespearesglobe.com/productions/antony-and-cleopatra/>

Friday 12 and Saturday 13 June at 7.30pm at Kingsley School: **Woman in Gold (12A)** 109 mins.

Friday 19 at 7.30pm and Saturday 20 June at **6.00pm** at Kingsley School: **Avengers: Age of Ultron (12A)** 147 mins

Friday 26 and Saturday 27 June at 7.30pm at Bideford College: **The Falling (15)** 102 mins



# Buzz Word



## **VE Day Street party**

Please, can anyone help me in a long quest I have had since I came back to Bideford again in 1970.

I wonder if anyone can remember a street party on VE Day in 1945 in Meddon Street Bideford. There were a lot of tables set out at the bottom of Meddon Street, starting just above what is now the pasty shop and nearly going up to about where the garage was. I have asked Mr Christie but he cannot find any information.

I was there as a child with lots of other children from the area, but I can find no information about this party at all, I also remember an attack on the Quay near the Kingsley Statue by some British army soldiers against a group of 'German soldiers' who were holding the Pill; of course I think all the 'German soldiers' were 'killed'.

I asked my Mum why all the dead men got up again, I was only about 5 years old at the time. There must surely be some people left in Bideford who remember these things.

**David Brierley**

[david@david668.orangehome.co.uk](mailto:david@david668.orangehome.co.uk) 01237 476124

## **Another Time Capsule**

Re your article on time capsules in the May issue of the Bideford Buzz - there is another one buried on the Morrison's site by pupils of St Mary's Primary School in June 1998. It is to the left of the main entrance.

**Linda Dark**

**Bideford Bay Creatives' Tales of the Riverbank** project is a series of events running between June and October, exploring and celebrating the River Torridge - its history and heritage, natural environment, beauty, and those who use it.

We need volunteer stewards for each event and are inviting you to take part.

Duties include supporting the event leader to set up, sign participants in on arrival and take photos to help document the event. You are also entitled to a free place at the event if you are a volunteer. If you are interested please download an information document about the role for a volunteer here: <http://bbcdevon.org/volunteertasks.pdf>

We have 20 events as part of the project. Please review the Tales of the Riverbank programme to choose an event or events that you would like to volunteer for and book yourself the free volunteer place at that event. Go to <http://www.eventbrite.co.uk/o/bideford-bay-creatives-bbc-8125755897>

**Sadie Green**

## **We need your photos!**

The Woolsery Society has embarked upon a project to collect as many old photographs of the village and nearby hamlets as possible, with a view to producing a 'Then and Now' catalogue.

If you have any such pictures - remember 1965 is 50 years ago! - the Society would be delighted to hear from you. Please contact the Chairman, Colin Pomeroy, at [CPomeroy@aol.com](mailto:CPomeroy@aol.com). Thank you.

*Photo shows Chapel Street, Woolsery in Victorian times.*



## **Bowel cancer support group.**

Have you ever been diagnosed with or treated for bowel cancer? Would you be interested in joining a patient-led support group in North Devon?

If you would like to join us, please call the colorectal nurses on 01271-322464 for information and details of our next meeting.

**Karen Day.**



## Charities Page

The charity **Cats Protection** is offering to neuter cats for people on low income or benefits - £5 neutering for cats in the Holsworthy Bideford & District post codes EX 21, 22 38 & 39

Neutering offers cats of all ages some solid benefits:

Cats Protection believes neutering is an essential part of responsible cat ownership and helps neuter 158,000 cats and kittens each year. The charity recommends that cats and kittens are neutered from four months of age.

Please call the branch on 0784 941 7890 for more details on eligibility and to obtain a voucher.



### **The Appledore Singers - 30th Birthday Concert**

To celebrate their 30th Birthday Season, the Appledore Singers are presenting a celebration concert on **Sunday July 5th, 2.30pm** at Northam Hall (top of Fore Street).

It promises to be full of fun, with plenty of songs from the 80s through to the present day for the audience to recognise and join in with, plus other entertainment and a raffle.

There will also be a celebration cake and other refreshments to be enjoyed.

This is sure to be a splendid afternoon for all!

Admission: £5 at the door (under 16s free) to include refreshments

For further details contact: Pam Beechey 01237 420652 or see our website: (see ad in Buzz ) [theappledoresingers.co.uk](http://theappledoresingers.co.uk)

*'Seek a Smile Thro' Song'*

### **Community Scrap store**

I am working on an exciting start up project in Barnstaple. We are a community Scrap Store offering affordable materials through a membership scheme for everyone who works with children and young people and their families. We are sourcing both new and re-imagined arts, crafts and play materials from a wide range of local businesses and other scrap stores across the South West; the majority of the items we are sourcing are typically destined for landfill and therefore we are encouraging the local community to use our resources more sustainably.

As this is an Action for Children project, we will be in keeping with their aims to support the most vulnerable in society by providing training and volunteering opportunities to the local community.

We are holding a launch event on **13th June, 11am – 3pm** and it would be great if you could assist with raising awareness of what we are doing and help get people involved in thinking creatively with scrap. Wow at: [wownd@actionforchildren.org.uk](mailto:wownd@actionforchildren.org.uk) or call: 01237 425752

Nicole Brown.

### **Barnstaple Hospital Fundraising - £1,000 Pledge Achieved!**

A big Thank You to everyone who helped secure the 'One Thousand Pound Pledge' to raise funds for the Barnstaple Hospital Chemotherapy Unit Appeal during January to June this year.

Several events took place in our local villages around north Devon. These included 'Wine and Wisdom' in Bradworthy, "Cloud 9" Entertainers performing at senior citizens groups in Bideford, Northam and Fremington, "Peculiar Folk" singing at Hartland Quay, an Afternoon Tea with entertainment in Hartland, raffle money from The Torridge Male Voice Choir, and a 'Name The Doll' competition in local villages. The total raised is £1,156.00. A full account is available from 01237 440055; please call for an emailed copy.

**Linda Atherton**

### **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

## This time, it's personal...

Personal statements are a bit of a squeeze- after all, you have to sell yourself in 30-60 words, which would only be a fraction of this article, and barely enough space to contain every reason why you'd make the perfect accountant, as well as fun little anecdotes- like the time you had to mend a combine harvester with nothing but straw and some pantyhose; it didn't work, but the locals took pity on your nightmarish lingerie contraption, so banded together to help you fix it. And that's why you're a prime problem solver... This small story alone is 43 words, and we haven't begun to reach the gory details yet. Learning how to slot in just the right information and not ramble on is an art. With so many applicants now for most things, snagging your audience at the first line can be crucial, especially as some employers don't even read as far as grades at the back before discounting a CV. There are a great many websites online that give good formulas for the perfect personal statement- like jobs.ac.uk- but overall, the main pointers seem to stay the same:



First of all, give your name, age and personal qualities- the ones most helpful to the job, such as; 'dedicated, calm, friendly and disciplined 23 year old woman'. Next move on to your skill set- perhaps dextrous and good with a blowtorch, effective listener or good at public speaking and creative thought, whatever goes best with the requirements. The next two thirds or so should be focused on your areas of expertise- if you've "worked successfully under stressful conditions", or are "used to meeting strict deadlines thanks to a previous job". Such claims might be followed up at the interview stage though, so best not claim to fix busted farming machinery with the contents of a laundry basket unless you're prepared to put some serious practice in beforehand. But if there isn't time, don't worry, just put down the skills you do have, and that job'll be snagged in no time.

Meanwhile, if you go down to the **Burton Art Gallery today** ( or any day up un till the 12th June...) you're sure to catch the Jerwood drawing prize in all its glory. Some pieces- Hanna Downing's great tree composition; a partially unfurled scroll, and Jessie Brown's illustration of an upended chandelier -would be more at home in a book of black and white photographs than at a drawing-expo; it's only on closer inspection you can even make out the tiny, intricate pencil strokes that build up the pictures. Others, like Gary Edwards' "*There are no owls*" have a far more hidden meaning- at first glance, the white spiny streaks seemed to be carved from polystyrene but they're actually just on a thick bed of graphite. It's a haunting midnight scene with moonlight dripping in from somewhere overhead, , but true to its word, there's not an owl in sight. Aside from that, a laptop in the corner plays over and over a steadily undulating sea of lines and contours courtesy of Ian Andrews' "*Catch my breath*". There's plenty more besides, from a beautiful tapestry of inked in sparrows- in full flight up most of the wall before meeting their end at the bottom, and an entire ocean of minute math-like blue squares, meaning this could be the most varied collection since the Schools' Exhibition- and that's no mean feat.

### *Millie Sutherland O' Gara.*

On the 3rd, 4th and 5th July 2015, **Westward Ho! Youth Theatre** (WHYT) is performing Disney's *Beauty and the Beast* at Kingsley Hall, Westward Ho! The cast has been rehearsing tirelessly since January and this spectacular production showcases the talents of this vibrant youth theatre. *For further information, please contact Jocelyn Droppa on 01237 420417, [www.whytg.co.uk](http://www.whytg.co.uk) [www.bidefordbuzz.org.uk](http://www.bidefordbuzz.org.uk) for pictures.*

# BIDEFORD & DISTRICT COMMUNITY ARCHIVE

## 100 years ago - June 1915

The Gazette was proud to announce that 2<sup>nd</sup> class Air Mechanic J E Prance of the Royal Flying Corps has been awarded the Distinguished Conduct Medal for gallant conduct and valuable service. He assisted in repairing an aeroplane, which had been forced to descend near the firing line whilst being heavily shelled. The repair was successful and the plane flew again the following morning. Newly promoted 1<sup>st</sup> class Air Mechanic Prance is the eldest of the four sons of Mr S Prance, the Bideford Harbourmaster.

Following the death of Henry Ascott JP, the licensee of the New Inn, his executors have instructed J J Braddick to sell by auction a unique and extensive collection of carriages and stable paraphernalia from the New Inn stables. Among the vehicles advertised are 6 varnished Brakes, two of them with detachable hoods, and the two largest able to carry over 20 passengers each. There are also 2 Landaus, 2 Victorias, a waggonette, 2 dog-carts, a colt-brake and various luggage carts, as well as an extensive range of harness and tack. Mr Ascott had been the licensee from 1878 until 1914 when it was transferred to Richard G Court. The manageress in 1915 was Miss Light.

Including the New Inn there are 5 Bideford hotels which continue to advertise in the Gazette each week:

- [ The Royal Hotel is under new management. The manageress is Miss Constable and the telephone number is Bideford 5. A charge of 6d per person is made to visitors wishing to view the famous Kingsley Suite with its panelled rooms and unique ceilings. The charge does not apply to hotel residents and those taking meals in the hotel.
- [ The Hillgarden Hotel was situated in Mill Street.
- [ The proprietor, Mr W G Pearce, advertises a photographic dark-room for the use of guests and boasts that it is the only hotel in Bideford with a Bowling Green attached.
- [ The Proprietor of the Kingsley Hotel on the Quay was Mr George Radford, but no proprietor is given for Tanton's Hotel.

***These and many more items of local interest are available to read at the Bideford Community Archive at the Council offices, Windmill Lane, Northam. Tel: 01237 471714***



## Heritage Week 27<sup>th</sup> June - 4<sup>th</sup> July.

Bideford Businesses will again be taking part in Heritage Week ; we will be decorating our shops, and in conjunction with Bideford 500, will be running a Heritage Quiz trail, which will lead you throughout the town.

30 Historical questions about our town; if you get stuck the answer will be written on a label in one of 30 Businesses in town. This is a Free Family Activity, open to locals and visitors alike, so pick up your quiz sheet from one of the following businesses: - Minxys' Sweets Butchers Row, Bideford Cobblers and Keys High St, Toy Emporium Mill St, Burton Art Gallery. This event will run from 27th June until 4th July. When you have completed your sheet return it for a small prize.



*Photo from Muriel Goaman's book, 'Old Bideford & District.'*

**Question:** How many arches does Bideford Long Bridge have?

*(See back page for answer.)*





## Learn a Martial Art.

### Tai Chi Chuan – preliminaries.

I suppose the western medical understanding of Tai Chi Chuan would start by recommending it for the fluid forms, which develop low impact weight bearing exercise through the useful range of most of the major joints, encourage the repair and strengthening of ligaments and cartilage, the even relaxation of the musculature, and enhance the sense of balance and well being. This is all perfectly true, but it is just the beginning.

Tai Chi Chuan's origins are a matter of some discussion, but sufficient to say they are ancient and oriental. 'Tai Chi' is variously translated as 'way of energy', or, as life is itself an energetic process, 'supreme ultimate', and 'Chuan' means boxing. So it comes out as 'way-of-energy-supreme-ultimate- boxing', which is not a bad handle by any standard (and this over centuries of martial art competition). Now the concepts behind 'the way of energy' could perhaps do with some explanation.

**R. MacDonald.**

*(to be continued in the July edition).*

Tai Chi Chuan classes weekly, 7pm Mondays; Baptist Church Lower Hall.

### So much to do in busy Bideford

The population of Bideford is obviously blessed with choice for so many activities. No need to sit alone or be glued to a TV soap of unreal lives, for here you have a chance to live your own.

Practising an art form of any kind has realisable benefits for a more happily capable mind and body. Don't let any barriers stand in your way, including those of your own making. Almost anything is possible.

I'm going to mention a specific art you might like to try but in general the principles are shared by almost any art form available in town. In the martial art of aikido, ultimate victory over self is prized over the merely relative victory over others. It's an ideal art to assist those who might suffer the effects of anxiety and PTSD because it is all about regaining control, self control in a safe environment which you can then continually recreate for yourself. Without ego it changes helplessness into helpfulness. You don't have to be a hero, tough or super fit; you just need a mindset that says you are willing to start the journey. Small steps, small objectives leading to achievable small victories; "Fear not to go slowly, only to stand still." Don't be afraid, the class will be friendly; learn to be comfortable in the presence of others. Find calm, for calm is the key to better health. Find confidence and awareness in adversity; practising a martial art transfers skills into daily life. Learning to blend and harmonise defuses conflict and sways arguments . . . whether they come from inside or outside.

You might never be brilliant or even good but you will bathe in the happiness of being the best you can be. Why not make time for yourself – for who else will?

There is a regular Bideford class on Wednesday evening and in Bucks Mills there are classes on Mondays and Thursdays; Suitable for adults of all ages and most abilities, affordable, achievable and friendly.

On Saturday afternoon 27<sup>th</sup> June 2015 there will be an Aikido weapons workshop at the Methodist Church Hall. It is open to viewing by members of the public for a small donation to the chosen charity, Macmillan. Aikido students of all persuasions are welcome. Details are on [www.aikijo.weebly.com](http://www.aikijo.weebly.com) or [www.hartlandaikido.co.uk](http://www.hartlandaikido.co.uk) or telephone me on 01271 345513

*Lots to choose from in town – don't just think your life away, get out there regardless of age, and do something you'd be proud to share with friends and family.*

**Richard Small.**

### **Hartland Farmers' Market**

is now in its 10th year and going strong, On the first Sunday of the month from April to September. This month it falls on the **7<sup>th</sup> of June** and along with our regulars, Holsworthy Organics & Herbals, Red Dog Bakery, Sabins coffee, Yetland farm, KT's Kitchen, Penny's Parties, The Green Brownie, Devon Wildlife Trust, local crab & lobster, Glass Beads by Lottie, we have a new honey provider on board who also produces related items such as candles and polish ; a new plant stall will be there to help meet your summer gardening needs. Beckland Game is away unfortunately at 'The Game Fair' but will return in July.

The Lovely Lotti has created a facebook page for us which can be found here.

<https://www.facebook.com/HartlandFarmersMarketDevon>

**Mary Billson.**



# THE SHIPPING NEWS



Ship <i>Loaded at Bideford</i>	Registered flag owners	From	To	Arrived	Sailed	Crew	Cargo
<b>Frisium</b> Built 1992 <b>ex Thalassa 98</b>	Sneek, Netherlands  Dutch	Warrenpoint	Bendorf	<b>13/5/15</b>	<b>15/5/15</b>	Dutch Russian Philipino	1700 tons ball clay. 2 grades
<i>Loaded at Yelland</i>							
<b>Roseburg</b> Built 1991 <b>ex Forsetti 07</b> <b>Ivy 05</b> <b>Balticborg 03</b>	St Johns, Antigua and Barbuda  Russian	Newport	Wismar	<b>21/4/15</b>	<b>22/4/15</b>	Russian	2100 tons timber
Discharged at Yelland <b>Cemi</b> Built 1991 <b>ex Cemile 04</b>	Nassau, Bahamas  Norwegian	Glensanda	Newport	<b>05/05/15</b>	<b>06/05/15</b>	Russian	4151 tons fine stone

**Welsh Piper** at Yelland 6.4.15

## Activity at Appledore

The Irish Patrol vessel **Le James Joyce** unfortunately did not sail on **4/5<sup>th</sup>** for her home port of Cork due to problems with the propellers ; next provisional date for sailing is the **17<sup>th</sup>**

The keel of the third vessel for the Irish Navy has been laid vessel ; due for delivery 2016, no name at the moment.

At Appledore lifeboat buoy **27- 30<sup>th</sup>** April (sailed **1/5/15** for Ilfracombe) - the States of Jersey tug **Duke of Normandy** undertaking work.

**Arco Dart** at Appledore 17.4.15 18.4.15 19.4.15

## Bristol Channel Observations

**17.4.15** At 14.20 vehicle carrier **Grande Anversa** 12583 tons d.w, owners Grimaldi Line of Italy, inward bound for Portbury, At 17.35 cargo vessel **Fluvius Plym** 3211 tons d.w. owners Fluvius Plym Ltd Crediton Devon, inward bound for Avonmouth.

**18.4.15** at 15.12 cruise ship **Azores** built 1948 16144 tons gross, owners Portuscale Cruises Portugal inward bound for Avonmouth. (Readers may like to know the history of this vessel. She started life as the **Stockholm** and in 1956 off Nantucket Light Vessel New York she collided with the Italian Line **Andrea Doria**, which sank. The **Stockholm** was repaired, eventually sold to the East German Shipping Company VEB Deutsche Seereederei Rostock, and became the **Volkerfreundschaft** - she has had many changes since then finishing up as the **Azores**.)

**19/4/15** at 12.39 vehicle carrier **Morning Mercator** 23096 tons d.w owners Leif Autoliners Shipping AS Norway, inward bound for Portbury. At 12.53 ocean tug **Graceland** 500 tons d.w, owners Neptune Marine Towage Netherlands, outward bound from Cardiff, having sailed at 07.22. At 13.10 cargo vessel **Kinatsi** 18901 tons d.w, owners Kinatsi Maritime SA Greece, outward bound from Avonmouth, having sailed at 07.47. At 13.24 vehicle carrier **AutoSun** 4442 tons d.w. owners United European Car Carriers Norway, inward bound for Portbury.

**26.4.15** at 18.28 vehicle carrier **Autopride** 4442 tons d.w, owners United European Car Carriers Norway, inward bound for Portbury.

**27/4/15** at 10.59 cargo vessel **Baltic Merchant** 3110 tons d.w, owners Pohl Shipping Schiffahrts GMBH & Co KG Germany, inward bound for Newport. At 17.24 cargo vessel **Lady Hester** 3500 tons d.w, owners Wijnne & Barends Netherlands, inward bound for Cardiff. At 17.42 bulk carrier **Aasli** 6630 tons d.w, owners Hans Martin Torkelsen Norway, outward bound from Port Talbot having sailed at 14.08.

**29/4/15** at 08.20 chemical tanker **Stolt Egret** 5758 tons d.w, owners Stolt Tankers B/V Netherlands outward bound from Barry, having sailed at 02.10.

**30/4/15** at 19.50 cargo vessel **Eilsum** 2376 tons d.w, owners Reederei Erwin Strahlmann Germany, inward bound for Avonmouth.

**2/2/15** at 10.32 container vessel **Endeavour** 9168 tons d.w, owners JR. Shipping BV Netherland inward bound for Avonmouth.

**3/5/15** at 13.15 hrs cargo vessel **Monica Mueller** 3723 tons d.w.owners Otto A Muller Schiffahrt GMBH Germany, inward bound for Sharpness

**9/5/15** at 15.15 container vessel **Endeavour** 9168 tons d.w, owners JR. Shipping BV Netherland inward bound for Avonmouth.

**10/5/15** at 07.30 small cruise vessel **Ocean Nova** 2193 tons gross, owners Quark Expeditions passengers 96, inward for Lundy. Left at 11.30 heading in the direction of Milford Haven. At 18.56 vehicle carrier **Viking**

**Chance** 10834 tons d.w owners Gram Car Carrier AS Norway, inward bound for Portbury. *Norman*

## **News from the Burton Art Gallery & Museum**

June sees a continuation of the winning entries of the Jerwood Drawing Prize, which will inspire students and amateur artists to take up their pencil, charcoal or pastel, and get creative. Bath School of Art & Design has sponsored this exhibition, which ends on 12<sup>th</sup> June. See also Millie's article on this on the Youth Page.

The **27<sup>th</sup> June** marks the opening of the Westward Ho! & Bideford Art Society's 93<sup>rd</sup> Annual Exhibition, always a popular and pleasing show. The region's best artists, both professional and amateur, enter their work for selection, and there is always a great variety of artwork, including ceramics, textiles, sculpture, prints and paintings, in fact, almost every media is put to use. This is a prestigious exhibition, well regarded throughout the South West, and quite a kudos for those artists whose work is on show at Bideford's unique Burton Gallery. The exhibition ends on 1st August, and one artwork will be chosen and awarded the Ken Doughty Prize for Excellence. Ken was Chairman of the Society, much respected for his commitment to the arts, both as a teacher and a painter. Another art work will be chosen by the public for the 'You Choose Award.' The Exhibition ends on **1<sup>st</sup> August**.



**Jenny Smy**, B.A., a member of the above Society and also of the Friends of the Burton Gallery, is holding an exhibition of her own work at the Landmark Theatre, Ilfracombe, from 25<sup>th</sup> May to 29<sup>th</sup> June, and welcomes all visitors.

**Jane Muir**, Ceramicist, will have a space of her own in the Burton's Craft Gallery from 13<sup>th</sup> June. She creates amusing stoneware figures, every one hand built and painted, and unique. They have character, and will raise a smile. Jane studied at the Royal College of Art, and exhibits throughout the U.K., Europe, America and Japan. You can see her work through until 22<sup>nd</sup> August.

There are still a few places on the coach going to **Torre Abbey** on 6<sup>th</sup> June, leaving the Pill, Bideford, at 8.30 a.m., returning around 6.30 p.m. Cost is £12 and, on arrival, a £6 entry fee. There are lots of hands-on play things for children, (talking dinner-plates!) and the Abbey has recently been restored to its former glory. Phone the Gallery on 01237 471455 to book your seat. Gallery opening hours: Mon-Sat: 10-4, Sunday: 11-4. Admission Free. Cafe du Parc same as Gallery

**Diana Warmington**,  
Friends of the Burton Art Gallery & Museum.

## **Northam Lodge's annual Summer fete and cruise.**

Our summer fete will be held on Saturday 25<sup>th</sup> July from 2pm to 5pm in the grounds at Rose Hill, Heywood Road, Bideford.

A variety of stalls will be available for you to browse including our usual cake stall, which will be laden with delicious goodies and will take pride of place alongside Seasonal Samosas if you fancy something spicy. The very popular Plant Stall will once again attract a lot of attention and our raffle and tombola will be groaning with great gifts to win. We also cater for your little ones with a bouncy castle, hook a duck, face painting, and hair braiding. Entertainment will be provided by the Dance Fit Belly Dancing Group and we are hoping a Shanty Band will provide the music. If we are lucky a puppeteer will be there to amuse both adults and children alike.

**Save the date**, come along for a fun afternoon and support your local charity.

Our next major fundraising event will be our annual 2 hour cruise on the MS Oldenburg. This takes place on **Friday June 5<sup>th</sup> 2015**, departing Bideford Quay at 7.15pm. A jazz band will be entertaining us, picnics are welcome, and there is a bar on board for refreshments. Tickets are £15pp and please contact Annabel on 01237.477238 or [annabelcope@northamlodge.co.uk](mailto:annabelcope@northamlodge.co.uk) for information and tickets.



# June Diary 2015

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

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

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

**7pm** Tai Chi at Bideford High Street Methodist Church Hall. 472532

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

**8.30pm** N Devon Jazz Club at The Beaver, Appledore – Dan Messor Quartet

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

**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 Beginners' Group at Band Room. 475653

**7.30pm** Bideford Sustainability Group at Blacksmiths Arms

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

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

Palladium Club *Jam Night*

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

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

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

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

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

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

**11am-2pm** Torridge Ageing Well Launch Event, W Ho!, 01805 622666

**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.

**8pm** Bideford Phoenix Morris + Red Petticoats -Cyder Presse, Weare Giffard

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

**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

**2-4pm** Holy Trinity Church, W Ho! open every Thursday until end of August.

**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 5<sup>th</sup>

**7.15pm** Northam Lodge Annual Summer Cruise on MS Oldenburg. 477238

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

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

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

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

**10am-4pm** Arts & Crafts Fair + Vintage Tea at Abbotsham Village Hall.

**7pm** Film Club at Littleham Village Hall. 471928

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

**10am-1pm** Hartland Farmers Market. 'Big in the Ho' Big Lunch at Kingsley Hall

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

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

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

**7pm** Tai Chi at Bideford High Street Methodist Church Hall. 472532

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

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

**8.30pm** North Devon Jazz Club at the Beaver, Appledore. Chris Biscoe & Ralph Freeman Trio.

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

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

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

**10.30am** Walking for Health. 421528

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

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

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

**7.30pm** Bideford & District Gardeners Club at Bideford Methodist Church Hall. 475914

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

Palladium Club *Jam Night*

## Wednesday 10<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

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

**8pm** Bideford Phoenix Morris at Coach & Horses, Buckland Brewer.

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

**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 12<sup>th</sup>

**7pm** Concert by Ploughcapella at Holy Trinity Church, Westward Ho!

**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 13<sup>th</sup>

**9am-2pm** Farmers' Market on the Quay

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

**10am-5pm** Clovelly Seaweed Festival

**2-6pm** Cream Tea & Open Garden at Little Webbery, Alverdiscott in aid of Alverdiscott Church.

**2.30pm** Rolle Canal History Walk. Start at PGL Beam House. 425357

**3pm** North Devon Harmony Choir hosted by the Salvation Army at Bideford Baptist Church.

## Monday 15<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.

**7pm** Tai Chi at Bideford High Street Methodist Church Hall. 472532

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

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

**8.30pm** N Devon Jazz Club Beaver, Appledore – Huw Warren Trio.

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

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

**10.30am** Walking for Health. 421528

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

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

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

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

Palladium Club *Jam Night*

# June Diary 2015 *continued*

## Wednesday 17<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** Bideford Folk Dance Club at Northam Hall. 423554  
**7.30pm** Two Rivers Wind Ensemble Rehearsal at Bideford Band Room  
**8pm** Bideford Phoenix Morris & Borderline Morris at The Beaver, Appledore.

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

**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 19<sup>th</sup>

**10am-12pm** Northam Reminiscence café at Northam Hall. 459337  
**12-4** Open Garden & 'Pimms' at 4 Blyth Court, Westward Ho! in aid of North Devon Hospice. 422215  
**2-5pm** Afternoon Tea at 6 Chichester Way, Westward Ho! in aid of North Devon Hospice.  
**7.45pm** Modern Sequence Dancing, Kingsley Hall, W Ho! 01769 540309  
**8pm** Ceilidh Club, Northam Hall. 476632

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

**9am-2pm** Farmers Country Market at Atlantic Village  
**10.30am-4pm** Strawberry Fair at All Saints Chapel Community Centre, Instow  
**2pm** Devon Family History Society at Pollyfield Centre. 'Holsworthy Remembers' 451305  
**7.30pm** Concert by Barnstaple Male Voice Choir at St Margaret's, Northam

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

**10am-12pm** Appledore Community Art Group at Appledore Community Hall.  
**6.45pm** Breakaway Social Club for adults with learning/physical disabilities.  
**7pm** Tai Chi at Bideford High Street Methodist Church Hall. 472532  
**7.15pm** Appledore Singers rehearse at Appledore Baptist Church. 420652

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

**10am-1pm** Lavington Church coffee and lunches  
**10.30am** Walking for Health. 421528

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

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

**7pm** Torridge Ramblers Evening Walk. 01805 622183

**7.30pm** Lions Club meet at Royal Hotel  
**8pm** Torridge Male Voice Choir meets at Woolserly Village Hall. 470913  
 Palladium Club *Jam Night*

## Wednesday 24<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 – Instow Walking Tour

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

**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 26<sup>th</sup>

**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. 476632

## Saturday 27<sup>th</sup>

### Start of Heritage Week

**9am-2pm** Farmers' Market on the Quay  
**10am** Torridge Ramblers Day Walk. 01598 760419

**10am-12pm** North Devon Adoption Info Morning at The Garden Flat, Castle Hill, Filleigh. 01271 612004

**2.30-4.30pm** Cream Tea in aid of Cancer Research UK at Holy Trinity Church Hall, Westward Ho!

## Sunday 28<sup>th</sup>

**12-4.30pm** RHIB Powerboat Rides from Appledore Quay courtesy of Skern Lodge in aid of Northam Lodge. 477238

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

**10am-12pm** Appledore Community Art Group at Appledore Community Hall.  
**6.45pm** Breakaway Social Club for adults with learning/physical disabilities. (answer 24)  
**7.15pm** Appledore Singers rehearse at Appledore Baptist Church. 420652

**8.30pm** N Devon Jazz Club at The Beaver, Appledore – Partikel

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

**10am-1pm** Lavington Church coffee and lunches  
**10.30am** Walking for Health. 421528  
**2-3.30pm** Salvation Army 'Fun & Fellowship' Club meets at Baptist Church Upper Hall.  
**6.30pm** Bideford Band Beginners' Group at Band Room. 475653  
**8pm** Torridge Male Voice Choir meets at Woolserly Village Hall. 470913  
 Palladium Club *Jam Night*

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