



BIDEFORD BUZZ



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

Bideford Regatta



Saturday 5th September

1st race is at 9.00am

Come and enjoy a good morning of rowing and support your local rowers from the "Reds" and "Blues".

Watch the final event on the regional calendar of a 10 race Championship series where crews from all over the South West region compete against each other in singles, doubles, quads, and fours over 1000 metre stretch of the River Torridge between the two bridges.

Races feature all ages and abilities ranging from Junior 14s through to masters for men and women.

Refreshments/bar available in both the "Blues" and "Reds" Clubhouses.

Bideford Carnival



Saturday 12th September

The theme this year is "Vintage years 1940-1970" and entry forms are now available from Radford's newsagents on the Quay Bideford, and also Morrison's customer service desk. The theme is only there to give people a helping hand in coming up with an idea, but you don't have to go with the theme to enter. If you need any more information then please contact Nicole at nicole.may1@btinternet.com.

The Carnival procession starts at 6.00pm, followed by the Massed Pipes & Drums at approximately **7.45pm**. Ending with a spectacular firework display at about **9.30pm**.

Route: The Pill Car Park, Bridgeland Street, North Road, Lime Grove, Belvoir Road, Abbotsham Road, High Street, the Quay and finishing at Pill Car Park to disperse.

Photograph shows Carnival float in Park Lane 1955. © Peter Christie.

**CONTACT
BUZZ**

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

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



Northam Town Council

**Bideford
Lions**



Bideford
Freemasons



Bideford Town Council



BIDEFORD BUZZ

Needs your help



As you know Bideford Buzz is totally run by volunteers.

Can You Help?

- In giving us feedback on how we are doing.
- By suggesting ways we can improve Bideford Buzz for everyone.
- By contributing to the Buzz – write/tell us about your Bideford.

You can also help by:

- Subscribing to the Buzz (see below)
- By donating to the Buzz.
- By advertising in the Buzz
- By distributing Buzz each month.
- By fund raising for Buzz.

If you are able to help Buzz in any way please **contact us at the address on the front page, email, phone or visit www.bidefordbuzz.org.uk.**

JUST OVER £1 A MONTH!

Buzz Subscription

To subscribe send this completed form to Bideford Buzz c/o TTVS 14 Bridgeland Street, Bideford, Devon EX39 2QE.

I would like to pay for a year's subscription to Bideford Buzz at a cost of £13 a year and make a contribution at the same time. Postage is second class and you receive 11 issues (including the Christmas Double issue).

I enclose a cheque for £_____ made out to Bideford Buzz.

Mr / Mrs _____ First Name _____ Surname _____

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I am interested in posting Buzz abroad:

How much would it cost to send the Buzz to _____ for a year.

Bideford Phoenix Morris

You may have seen us playing and dancing traditional Morris during the summer in and around North Devon. If you want to be **active, have fun** and certainly **do something different** why not join us and have a go. As our dancing out season comes to a end we are now looking for musicians and dancers to join us this Autumn.

From October onwards our musicians and dancers meet to practise our dances for 2016 at the Baptist Church Hall, Mill Street, Bideford. Why not join us?

To find out more **Contact Neil and Carolyn Bennion**
01237 473798 info@bidefordphoenix.co.uk



Scottish Country Dancing

New classes starting at Westleigh Village Hall Every Thursday 10th Sept. 7.30pm

No partner needed. Beginners very welcome Have fun, meet people and keep fit

Contact 01237 473801 for further information

Tony Barnes

English Folk Dancing

Now that shorter, darker evenings are almost upon us, many of you will be looking for fresh activities to brighten up the Autumn and Winter. Why not have a go at English Folk Dancing? Also known as Ceilidh (pronounced "Kay-lee"), or Barn Dancing, it is a sociable and enjoyable activity, and lots of fun.

Bideford Ceilidh Club will be meeting on Friday evenings, at 8pm, at Northam Hall, from 18th September. People of all ages are welcome, singles or couples, and dancers of all abilities are welcome. Having two left feet is no problem. Although we are a "Club", nobody has to "join", and there is no obligation to attend every week: just come when you can.

The sessions are led by local dance caller John Blackburn, and we dance to recorded music, although about six times a year we put on public dances with some of the very best bands in the country. Come along and give it a try! If you need more information, contact **John Blackburn on 01237 476632.**

A History Lesson from the Nursery.

On a recent history walk around Torrington it was pointed out how the hillsides of the Commons are now thickly overgrown with trees and bushes, commonly dismissed as scrubland. This is in contrast to old photographs of the area where the Commons appear as an expanse of open grass or heathland. It was explained that the reason for this transformation of the landscape, which is widely deplored by lovers of wildflowers and butterflies, is that no-one grazes cattle or sheep on Torrington Commons any more. Well-managed grazing by livestock is essential to the maintenance of open grassland as without it the natural succession of blackthorn, willow, birch and eventually oak and ash will take over once their seedlings are not continually eaten off by the animals.

No-one wants to see fences erected around and within the Commons, as would be necessary if cattle were to be grazed there in the modern way, while the ancient traditional way of grazing common land appears no longer to be available to us. The old method is probably beyond the memory of any living farmers, but there is a clue remaining in the traditional nursery rhymes that some mothers may still recite to their young children.

Remember "Little Boy Blue – Come blow on your horn, the sheep's in the meadow, the cow's in the corn"? This tells the tale of how the young lad is given the job of supervising the herd of sheep, keeping them within their allotted rough grazing area out on the common while the cows are allowed the richer grass of the meadows but must be kept out of the corn fields until after the harvest. The lad is issued with a hunting horn on which to blow the alarm and summon help if his sheep wander out of his control or are attacked by wolves (and hereby lies another tale – the boy who cried 'wolf'). Back to Little Boy Blue: the rhyme carries on to query where he has got to – and it turns out he is fast asleep under a haycock sheltering from the mid-day sun.

It was not only lads who were entrusted with looking after the livestock in those happy days before school was compulsory. Remember Little Bo Peep who lost her sheep after presumably not paying attention to her job that sunny summer's afternoon. One might just wonder what actually went on under that haycock after all ! **Chris Hassall.**

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. On Thurs Sept 10th Hayley and Dan, two of Bideford Community Support Officers will be joining in with the singing!!

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.

Reminiscence Session – Take a trip down memory lane

Wednesday September 9th 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

Creative Writing Group

Saturday September 12th 2pm – 4pm

Creative writing with local author and publisher Nikki Brownson. This is a new group meeting every second Saturday for all aspiring writers seeking inspiration and guidance.

Meditation and Relaxation Group

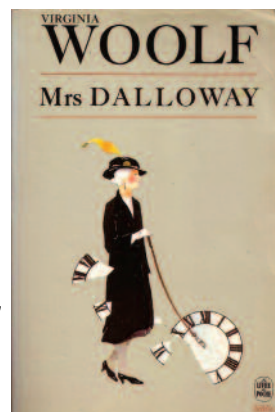
Thursday September 3rd 7:30-8:30 am

Wednesday September 16th 2:15- 3:00 pm

Guided meditation and relaxation group for adults with Nicola MacDonald

Mrs Dalloway by Virginia Woolf - discussed by Bideford Library Readers' Group in August.

This is a sensational novel, beautifully written with enthusiasm and spirit.



It is a story told through the author's stream of consciousness. Some of the group felt this to be hard going as it meant sometimes having to go back and re-read pages as Woolf explored the present, past and future with the thoughts and feelings of Clarissa and many other characters. Woolf is both perceptive and intense and captures the mood and atmosphere of all that is happening in London during one fine June day. The rich language, use of metaphor, simile, powerful imagery and personification as Woolf describes the build up to Clarissa's party, compelled some of us to finish the novel. We discussed the sad end to Septimus Warren Smith's life after coping with shell shock and mental illness, past love affairs, observations of class, religion and sexuality. Clarissa's rather dull marriage to Richard after her relationship with Walsh, Elizabeth's preference to spend time with her father rather than Clarissa were also discussed. Overall we agreed, although not an easy novel to read, Mrs Dalloway provided us with an insight into post world war England and a very different narration style.

Margie Summers

Bideford Library Readers' Group. Wednesday September 2nd 2.00 pm.

Discussing Catcher in the Rye by JD Salinger

Appledore Book Festival

Appledore Book Festival runs from the 25th September until 4th October. Tickets can be purchased online at www.appledorebookfestival.co.uk, from the Festival Box Office on 01237 424929, by post using the form in the Festival brochure, or in person at Docton Court Gallery Appledore.

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BRITISH RED CROSS
 We are currently recruiting volunteers in the BIDEFORD AREA for our **SUPPORT AT HOME SERVICE**.
 Are you that special person who is caring, friendly and willing to help people in their own homes who need a little extra support to rebuild their confidence and maintain independence?
 We need your help to deliver a much needed service in Bideford, giving a little of your time to make a big difference.
 Free training and expenses paid. Car driver preferable.
Contact: 01271 318086 or
Email: northdevon@redcross.org.uk or
visit www.redcross.org.uk/northdevon

Slimming
 WORLD
 Join a warm and friendly group near you today...
Tuesday 9.30am or 11.30am
 Robins Nest, Bideford AFC
Tuesday 3.45pm, 5.30pm or 7.30pm
 East the Water School, Bideford
Tel: Kate 01409 221873 or 07974 041548

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

BIDEFORD LADIES CLUB
 Our next meeting is
 Monday 21st September 2.00pm
 at Marlborough Court
 and the talk is The Lavender Farm.
 New members are welcome and your first visit is free so why not come along and have a cuppa and a chat?

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:
BARNSTAPLE
01271 37 43 43
 email sams_nd@yahoo.co.uk
 Real People – Real Lives - Real Difference
 Information Day 31st Oct. 15 10:00-12:00am.
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If you require further information about our scholarships or would like to arrange a visit to Kingsley School Bideford, please email Mrs Caroline Bailey cbailey@kingsleyschoolbideford.co.uk or call us on 01237 426200. We very much look forward to meeting you.



KINGSLEY SCHOOL
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t: 01237 426200 www.kingsleyschoolbideford.co.uk

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

Adoption

Have you ever thought about adopting a child into your family?

Our North Devon office is open on one Saturday of every month where you can talk with our specialist adoption social workers and experienced adoptive parents about all aspects of adoption. Our next open morning is **September 26th 2015 from 10am to 12 noon.**

10am – 11am Presentation with the chance to hear from one of our adopters

11am – 12 noon Staff and adopters available for individual questions and discussion

Tea/coffee and biscuits will be available.

You can book a slot by calling 01271 612004 or email info@familiesforchildren.org.uk or turn up on the day. Families for Children North Devon, The Garden Flat, Castle Hill, Filleigh Estate, Filleigh Devon EX32 0RQ. There is ample parking.

The See Hear Centre - helping people to make the most of their eyes and ears

September marks two important national awareness weeks which the See Hear Centre is proud to be supporting through its work at its centre in Barnstaple and on its mobile service *See Hear on Wheels*. Lip

Reading Week (14th - 19th) highlights the benefits of lip reading for people with a hearing loss and Eye Health Week (21st to 27th) raises awareness of the importance of eye health and the need for regular

sight tests for all. Did you know that 1 in 6 people in the UK have some form of hearing loss? The single biggest barrier facing people with a hearing loss is difficulty with communication and understanding what is being said, leading to a loss of independence, withdrawal from society, loneliness and isolation.

Sight is the sense people fear losing the most yet many of us don't know the best way to look after our eyes. Many people think that a sight test is just about checking whether your vision needs correcting with glasses or contact lenses, but it also checks on the health of your eyes and detects eye conditions. Many of these, if found early, can be treated successfully, avoiding potential sight loss.

The See Hear Centre / See Hear on Wheels advise people on how to care for their eyes and protect their hearing. They provide equipment demonstrations and loans to people with sensory loss and provide NHS hearing aid care (re-tubing / batteries / cleaning). It also has a fully qualified Lip-Reading tutor who will soon be offering classes. It is open on Tuesdays 9am - 5pm and by appointment on other days. *See Hear on Wheels* visits The Pill, Bideford on the (1st Thursday of the month between 2 - 4pm) and Northam, Woolsey, Bradworthy, East-the-Water and Hartland every other month. For more information contact them by: Telephone 01271 373236 (SMS 07831 515809) Email: seeheard@livingoptions.org or visit their website: www.livingoptions.org.uk Address: 19a Alexandra Road, Barnstaple, EX32 8BA



Culture Show - continues to the end of September

Bideford Bay Creatives' Culture Show continues in town until the end of September - an eclectic mix of creative artwork from practitioners on the theme of 'The River' It also features creative outcomes made by the public and artists during 'Tales of the Riverbank', a BBC project running between June and October. There is a trail map to follow and take you on a creative tour of Bideford. Flyers are available at participating venues including the library, Latte and Lunch Café, Nature's Nutrition, Garlands Stationers and Café Collective.

Visit Jubilee Square, Cooper St, Grenville St, Bideford Art Centre window and walk along the Quay to the Café on Board for some colourful and surprising additions to Bideford town.

Have you seen the Curious Creatures on the Ionia Tug Boat? Come and meet the artist, Ned Morgan on Saturday September 5th at 2pm, 15 Butchers Row, Bideford Pannier Market.

See website for further information about our projects and events at www.bbcdevon.org

Choirs and Concerts

The Barnstaple Ladies Choir

Formed in 1984 it has a present membership of 34. We are very fortunate to have **Mary Chant** as Musical Director. Mary is well known for her work in the local amateur theatre, having played leading roles in various musical productions. She also teaches singing.

Peggy Spiers is a great asset ; she has been a professional pianist and accompanist for many years. She and her husband retired to North Devon hoping for a quiet life, but it did not take long for her to become known, and she has been kept very busy ever since. Her piano solos are a feature of the Choir's concerts. **Nigel Brooks**, a composer and arranger, is their president. We have a long-standing friendship with the Barbel Grosse Chor in Uelzen, Germany (Barnstaple's twin town.) The Choir also have exchange visits with the City of Stoke-on-Trent Male Voice Choir and the Budleigh Salterton Male Voice Choir. Of course they also sing many times with their friends in the Barnstaple MVC and the Torridge MVC. We have now recorded three CDs, on sale at concerts. Apart from concerts we also enjoy singing at weddings and being a small part of a very special occasion. If you would be interested in having us entertain your group, please contact our Secretary Lynne Beer on 01271 376432. barnstapleladieschoir.btck.co.uk

We are looking for an assistant accompanist who would be happy to share the load of attending practices [which are on Tuesday nights in Fremington] and accompany the Choir at their concerts. We help raise money for local charities & churches. If you can help please phone our Musical Director Mary Chant on 01271 860500.

Lynne Beer

Encore! Concert in Westward Ho!

The theatrical singing group, **ENCORE!**, is returning to perform at **Holy Trinity Church, Westward Ho!** again this year. The emphasis is on quality singing and entertainment, creating a memorable and thoroughly enjoyable evening out for all the family. The concert is on **Saturday 5th September**, starting at 7pm. Light refreshments will be available and there will be a retiring collection. Due to a couple of members leaving the North Devon area, the group will be holding **open auditions** for new singers on **Wednesday 16th September** in Lavington United Reform Church, Bridgeland Street, Bideford at 7.30pm. Potential auditionees will be required to perform a solo taken from musical theatre, as well as being given the opportunity to sing in harmony with the rest of the group. If you are interested or would like further information, please contact Caroline Hunt on 01237 429798, or email davecal87@hotmail.com

Appledore Singers - a new season

It's the beginning of autumn and the Appledore Singers are starting their new season, so here's an invitation to all ladies who enjoy singing: why not come along to one of our Monday night rehearsals (7.15-9pm at Appledore Baptist Church) and experience singing with us? We always welcome new members and have a variety of musical arrangements on offer, from gospel and show-stoppers to Top Ten hits. You're sure to enjoy yourself! For more information contact our Musical Director, Pam Beechey on 01237 420652 or see our website: theappledoresingers.co.uk

Visit of Swansea Excelsior Ladies Choir

In October last year the Torridge Male Voice choir was invited to sing in Swansea with the Excelsior Ladies Choir. This choir, formed in 1941, has sung internationally and been part of many musical festivals. In the past 15 years the choir has raised over £40,000 for various charities.

The concert in Swansea was a great success. The Torridge Choir always gets a good reception in South Wales. The ladies arranged, in turn, to visit the Little White Town. They had hoped to come in May but both choirs had busy schedules and so they had to put it off until this month.

The concert in aid of the Devon Air Ambulance will be in Bideford Methodist Church, High Street, at 7pm on Saturday 26th September.

Tickets are £5 and will be available at the door.



Aethelstan (c895 - 939AD), First Monarch to visit North Devon?

Part of our Connections Series.

King Aethelstan is one of the forgotten kings of English history. The grandson of Alfred the Great, who had fought off the Danes and consolidated the Saxon territories of south and west Britain, it fell to Aethelstan to rid the northern territories of the Vikings and the Danes, eventually uniting all the different territories to become the first King of All England.



As well as being a good soldier, he was, like his grandfather, very religious and scholarly, and was keen to see his new nation develop into a law-abiding and prosperous country.

To this end, he travelled around the new nation, meeting the local rulers to establish conditions for the growth of towns and cities. He went all over the country, including Exeter and Lifton in south Devon, and, according to the local historian, Tristram Risdon, he built a royal palace at Umberleigh in north Devon. A church dedicated to the Holy Trinity was built next to it.

The palace and its land were held in *desmesne*, which means that it was built and maintained expressly for the use of the king, his family and household, and was the property of the king himself. However, over a period of time, the palace and then the church fell into a state of ruin, and all that remains is one wall of the church, now part of a building which houses agricultural implements.

Another way of stabilising the nation was by standardising the coinage, and this was done by granting certain towns the right to mint their own high-grade silver coins. Barnstaple was one such town, Exeter another, and this in turn led to increased prosperity in both. Although some Saxon coins have been found in the vicinity of Barnstaple, none bearing Aethelstan's head have come to light.

For Devonians, or Dumnonians, as they would have been called then, Aethelstan's unifying rule came at a price: he favoured Anglo-Saxon settlers, calling the original Celtic inhabitants 'a filthy race', some of whom were forced to flee over the border into Cornwall, which itself lost its independence from England during Aethelstan's reign. The last king of Cornwall, Howel, died at this time.

Apparently, Aethelstan was quite impressed by south Devon, but found north Devon 'wild and barren'.

Much else could be written about Aethelstan: how he later defeated the resurgent Northumbrians in a great battle, how he is said to have cast his brother out to sea in a boat without oars in revenge for an attempt to blind him, and render him useless as a king, but that is outside the remit of this article.

He died in 939, after a fourteen year reign, unmarried, and was succeeded by his half-brother, Edmund.

As far as I am aware, and assuming Tristram Risdon was correct, Aethelstan was the only English monarch to visit north Devon for over a thousand years, until Queen Elizabeth II visited Barnstaple in 1956.

Chris Trigger

Causeway Prospects

Every first Sunday in the month at 3.15 pm there is an informal happy service at Instow Parish Hall run by this ecumenical group for learning disabled adults. We have members from as far afield as Milton Damerel and Braunton. Everyone is welcome with carers, friends and family. There are refreshments and social time. Readers and parishioners are asked to spread the good news to those who might like to come along. We feel sure there are some who have not heard of it. There are suitable facilities for access and WC at the hall. Parking is available at All Saints Chapel after drop off at the hall.

Contact numbers if needed are Sara Ewington 01271 830949 Or Pam Cattle 01271 861165

Bideford Pannier Market - open Tuesdays, Fridays and Saturdays

We have a new resident artist “ **Galen**” ; come up and watch him weave his magic with paints and pencils ; amazing to watch a true artist at work. We also have “**Sandikan**” – high quality ladies' clothing , unique designs incorporating high quality fabrics, perfect for that special occasion - come along a talk to Liz for advice and ideas.

This market is open all year round so why struggle outside in the winter when you can be tucked up in the dry. For more details please contact Richard Coombes at Bideford Town Council on 01237 428817. Stalls available from £3.00 per day monthly or £5.00 per day on a casual basis The Pannier Market **Knitting Circle** meets every Wednesday 11.00am to 1.00pm – come along for a coffee and a natter – even if you are only learning you will be more than welcome – not just knitting but any craft that you can bring along – share ideas and skills.

Butchers' Row – open Monday to Saturday

This little Victorian arcade is looking beautiful. The Butchers' Row traders and artisans are all waiting to welcome you and show you their wares ; we have wood carvers, artists, jewellers, potters, clock and watch repairs, stained glass windows, computer repairs and all manner of things. . Why not sign up with one of them for a training course ; it could give you a whole new lifestyle. Keep your eyes peeled for Pannier Pete !!! He might just sneak up on you !!!!!

Trev Hill (Minxy's sweets)

Felicity's Sustainable Fish - September



The Appledore Fish Summer School activities have been running during the whole of August. Our last event is a **Family Fishy Fun Day in St Mary's Hall from 11.am on Tuesday 1st September** with plenty of sessions with a fishy theme...An inter village Crab Dressing Competition at 2.00pm. A talk by Gus Caslake of SEAFISH about Sustainable Fishing at 11am. Delicious Fish Paella will be available from 12 noon and Crab sandwiches from 3.00pm Drinks will be available all day. Also Children's activities will include making “*Fisher Folk*” *Scarecrows* and *Guess the weight and name of the Crab*. There will be stalls and music and we will be raising money for the local RNLI appeal. These are the local people who keep our fishermen and others safe at sea!

Here is a simple Paella recipe that is great to share with a crowd. Reminds me of happy days in the garden with lots of friends.

Paella made with local fish

The secret of a good paella is to mix and fry gently the ingredients in the favoured oil before you cook the rice. This ensures plenty of flavour.

Ingredients

150 ml olive oil
350g cleaned squid, sliced into rings, and tentacles chopped
6 scallops chopped in half
2 red peppers
4 chicken thighs or rabbit meat diced (or 125g piece chorizo sausage, diced)
4 garlic cloves, crushed

1 onion, chopped
250g paella rice (available from Marshford Organics) or basmati rice.
450 ml Fish Stock - home made or stock cube
1 teaspoon saffron strands
100g peas
300gms mussels in shells, cleaned
salt and pepper
lemon wedges, to serve

Method

1. Heat half the oil in a large frying pan and fry the squid and the scallops stirring for 5 mins. Remove with a slotted spoon, Add the peppers and fry for 5mins in the flavoured oil. Remove and add the chicken, rabbit or chorizo cubes, remaining oil, garlic and onion and fry for 5 mins.

2. Sprinkle in the rice and cook for 1 min. stirring so that the grains become well coated in the spicy oil.

3. Stir in the stock and saffron and bring to the boil. Reduce the heat, cover with a lid or foil and cook gently for about 20 mins or until the rice is cooked through. Stir in the peas, along with the returned squid, scallops and peppers.

4. Push the mussels into the rice so that they are half submerged. Cover and cook for 3-4 minutes or until the mussels have opened. Discard any that remain closed.

5. Season and add lemon wedges to decorate and to squeeze over the dish. Enjoy!

100 years ago - September 1915



When the Bideford Workhouse Guardians held their monthly meeting it was reported there was little change in the numbers seeking help and support. On the 8th September there were 84 people housed indoors at Meddon Street, 9 casuals had been accommodated overnight and 318 people, mostly children, were out relieved. This means they were placed with families across the town and a small subsistence paid. The cost was £38:16:10d this week. These figures vary for a multitude of reasons. For example the following week casuals increased to 12 whereas those out in the town fell a little. The workhouse was also seeking tenders for the supply of materials that could be made into clothing. Items of drapery sought include Saxony Flannel, Real Welsh Flannel, White Barras, Russian Crash and Blue striped print. Ready-made mens' hand-knit grey stockings and women's black-knit stockings were required. Footwear included Boys Cued and Nailed boots for 8 -16 year olds.

The Bideford, Westward Ho! and Appledore Railway track is in need of some urgent repair. A letter from Mr Sowden, the manager, is printed in response to a request from the Bideford Town Council. The repairs to the track curve outside the Art School at the far end of the Quay will take place at the earliest possible moment. There has been difficulty with the wood blocks at the corner which was caused by the constant shrinkage of the made up ground over the Pill. The repairs were also delayed by the difficulty in getting steel rails in consequence of the war.

Each week the Situations Vacant column saw a constant demand for workers in the town and locality. There were two agencies specialising in domestic and ladies employment - Mrs Shutts Ladies Agency and Miss Birds Select Registry, both to be found in Bridgeland Street. Apprentice carpenters, dispensing chemists, butchers, cabinet makers are some trades that are always advertising. Domestic help, maids, strong boys and gardeners are needed. Trade continues despite the war but replacing the tradesmen is proving difficult.

The Public Rooms are showing, for one night only, the latest musical comedy "The Girl in a Taxi"

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. Open Monday, Tuesday and Wednesday mornings.

News from the Burton Art Gallery & Museum

The current exhibition by the Royal Society of Painter-Printmakers continues until the 21st of September, and once again demonstrates the vast variety of ways that prints can be made. Etching, wood-engraving, collographs, lino-cuts, and now digital prints using up-to-date techniques, are all on show. The Society has been in existence since 1880, and artists such as Walter Sickel, Sir Lawrence Alma-Tadema, Graham Sutherland and Micheal Rothenstein were printers or etchers as well as painters.

Bonham's Antiques visit the Gallery on the second Wednesday in every month from 10am, to value antiquities that you may have squirrelled away in the attic. There is no fee involved, and if necessary, the expert will take any item for a more definite valuation, or to sell the item on your behalf at one of their Auctions.

You may have read in the latest Gallery brochure that the Burton will eventually be managed by a Trust. Progress is being made and a Board of Trustees will be in place sometime in the New Year. The Friends are contributing some of the funding required towards the setting up of the Trust.

The Friends' next event will be held on Wednesday, 23rd September, at 7.30 p.m., when Richard Bass will give a short, illustrated talk on the United States Assault Training Centre, which covered Branton Burrows, Saunton, Croyde and Woolacombe in 1943 and 1944, in preparation for the D-Day Landings. This will be followed by a CD, entitled 'Spirits of the Sand, the fight for the first 1000 yards.' This CD was made in collaboration with students at Branton School, and makes a very moving story. All are welcome. Admission is £5 at the door, although payment in advance would be welcomed: apply at Reception Desk, or telephone 01237 471455.

Diana Warmington,

Friends of the Burton Art Gallery & Museum.

(If you wish to join the Friends and support the Gallery, please ask for a leaflet at Reception. Annual Subscription: £10 single, £18 couple; or Life single £90, couple £170)

Buzz Word



Torridge Table Tennis Club

We will be re-starting our Friday afternoon sessions on Friday 18th September and would welcome new members to join our group ; we meet at Bideford Youth Centre on Friday afternoons from 2.30 - 4.30. We are a friendly group of mature active people who enjoy table tennis, both singles and doubles, for keeping us fit and being sociable at the same time. Further information - Dennis Rowe 01237 477932 or Gina Snowden 01271 861797."

Bideford Zoo

I was wondering if any of your readers can assist me in any information on the Bideford Zoo run by Katherine Tottenham in the mid 60's to early 70's..

I would be interested to learn anything about the Zoo , The workforce and or The Proprietor

If anybody can help they can contact me on my email address - kevavery27@gmail.com

Many thanks for any help that you can offer me

Regards

Kevin Avery

Massed Pipes and Drums

We are back in town following **Bideford Carnival on Saturday 12th September**. The skirl of the pipes and the swing of the kilt will be back again this year. This is a rare chance to see nearly 200 pipers and drummers joining together to march along Bideford Quay playing traditional Scottish music.

The event is hosted by the Bideford Youth Pipe Band along with the Port of Bideford Regatta Committee. There will be bands coming from all over the south of England and Wales, from places like London, Bristol, Newport and Birmingham. The pipe bands will be taking part in the first and last parts of Bideford Carnival, before assembling as a massed band for a spectacular performance on the Quay at about 8pm.

This year the Massed Pipes & Drums will be marking the 200th anniversary of the Battle of Waterloo. Taking the salute will be the Chieftain of the Gathering, Robert Ferguson B.E.M.

The sound of the pipes can be heard over the whole weekend – Friday night starts off with a concert at the Pollyfield Centre by the Dambuskers, with support from Cornish shanty singers the Bencoolen Wreckers and the Bideford Youth Pipe Band. A fun evening with a Scottish ceilidh feeling. Then there is the Massed Pipes and Drums on Saturday and the weekend ends with "Piping in the Park" on Sunday morning at 11am in Victoria Park. This is an informal get together of the pipe bands for a jam session. A chance to shout out a favourite tune and see if the bands know it. **For more information :- Event Co-ordinator - Mike Harper mike@rockbymail.co.uk 01237 422477 Event Website – www.bidefordmassedbands.co.uk**



Friday 4 and Saturday 5 September at 7.30pm at Kinglsey School: **Mission Impossible (12A) 131 mins**

Friday 11 at 7.30pm and Sunday 13 September at 6.00pm at Kingsley School: **Absolutely Anything (12A) 85 mins**

Friday 18 and Saturday 19 September at 7.30pm at Kingsley School: **Man From U.N.C.L.E. (12A) 116 mins**

Friday 25 and Saturday 26 September at 7.30pm at Kingsley School: **Gemma Boverly (15) 99 mins***

***Film subject to confirmation, please check local press or our website www.bidefordcinema.org.uk for con firmation.**



THE SHIPPING NEWS



Ship in Port	Registered flag owners	From	To	Arrived	Sailed	Crew	Cargo
Countess Anna ex Wiebeke k 05 Built 1994 *	St John's German	Antigua	Barbuda	28/7	30/7	Russian	2550 tons ball clay.

* An unusual event occurred when she left the berth after high water on the 30th; due to a 'cut' in the tide Cpt. Hoad took the vessel as far as shipyard and anchored her in berth until 06.00 the following morning.

Activity at Yelland Welsh Piper 16.7.15

Activity at Appledore

The Irish Patrol vessel **LE James Joyce** sailed on the 15th at 17.45. and undertook further trials in the Bristol Channel (according to Marine Traffic AIS she was off Ilfracombe late in the evening so I presume she was handed over to the Irish Navy ; she then proceeded toward Ireland, having landed the shipyard crew at that time .) She entered her home base at Cork on the am tide of the 17th. I have heard the 3rd Vessel is likely to be named **LE William Butler Yeats**.

I have information the small cruise ship **Balmoral** will be calling at Bideford on the 26th August from 1500. to 1615 coming from and returning to Ilfracombe.

Arco Dart at Appledore

Ilfracombe

Arrived at Ilfracombe on the 26th July the Holland America Line cruise ship **Prinsendam** 38848 gross tons came from Holyhead, and sailed approx 18.00. the same day.

Bristol Channel Observations.

15.7.15 at 19.00. cargo vessel **Sea Ruby** 2222 tons d.w. owners Torbulk Ltd United Kingdom outward bound from Avonmouth, having sailed at 08.51.

17.7.15 at 09.12 cargo vessel **Federal Hudson** 36563 tons d.w, owners Fednav Ltd Canada, inward bound for Newport. At 13.31 cargo vessel **Hagen** 4218 tons d.w, owners Kaptain Siegfried Boje Schiffahrtssbetrieb EK Germany, outward bound from Avonmouth, having sailed at 23.13 **10.7.15**, having been anchored off Watchet awaiting orders.

18.7.15 at 13.02 vehicle carrier **Tiger** 30140 tons d.w, owners Wallenius Wilhelmsen of Norway and Sweden, inward bound for Portbury.

19.7.15 at 09.54 cargo vessel **Pinta** 2795 tons d.w, owners Interscan Schiffahrts GMBH Germany inward bound for Avonmouth. At 15.24 vehicle carrier **Ciudad de Cadiz** 3500 tons d.w, inward bound for Portbury. At 17.30 container ship **MSC Rosella** 43604 tons d.w. owners Mediterranean Shipping SA of Switzerland, outward bound from Portbury, having sailed at 11.00 h At 16.52. vehicle carrier **Viking Chance**, inward bound for Portbury. At 18.10 vehicle carrier **Grande Mediterraneo** owners Grimaldi Line of Italy, inward bound for Portbury.

22.7.15 at 21.50 Buoy Maintenance vessel **Galatea**, owners Trinity House Harwich, undertaking work on the Bideford Fairway buoy.

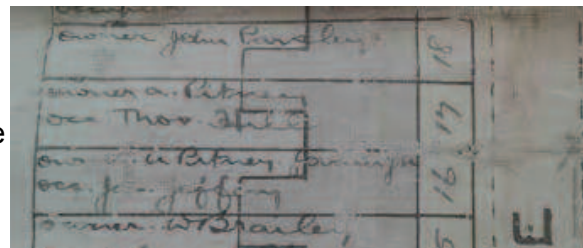
25.7.15 at 08.00 vehicle carrier **Suzka Express** 15154 tons d.w, inward bound for Portbury. At 16.21 cargo vessel **Linnay** inward bound for Birdport. At 16.40 cargo vessel **Randzel** 4525 tons d.w inward bound for Cardiff. At 17.23 cargo vessel **Grona Aalsum** 5134 tons d.w, inward bound for Swansea. At 19.23 vehicle carrier **Grande Scandinavia** owners Grimaldi Line of Italy, inward bound for Portbury.

On the **20.7.15** I gave a talk to the Bideford Marlborough Ladies Club. I would like to thank them very much for their kind reception and their comments about the Buzz.

Regards
Norman

Working 9 to 5...

They say you learn something new every day, who "they" are is still a bit of a mystery, but they must have a brain between them because it's true! Even in the holidays, when technically, all learning should be placed on a two month sabbatical (slightly shorter if you're up in Scotland, poor kids) you can find out about a new place; as we at the Buzz did with the North Devon Athenaeum in Barnstaple.



The North Devon archives have dedicated themselves to the preservation of the past yet they're also contributing to our future too by providing work experience for any students who want to learn how to handle parchment almost a millennium old, or get to grips with unique filing systems. The Record Office was relocated from its place at North Devon museum (not too) recently, though your Buzz reporter had no idea of this, merrily pottered about outside until opening time, only to find out that this and the Athenaeum had moved 2 miles down the road in the late 80s; it's now above the Barnstaple library if you're interested. Thanks to a very friendly tourist information man, a little black and white map and some nonchalant jogging no one arrived late and luckily the rest of the fortnight placement went off relatively hitch free. In fact, it was a pretty good ice breaker.

The historical side itself was fascinating, and ideal for anyone looking to get into a related course at university or become an archivist, the sheer volume of texts being enough to immerse yourself in for decades- as many people do. Although there was always an air of calm about the research room (conversations were never loud enough to warrant the angered shushing of a stereotypical library) there was a steady flurry of people- either volunteers to translate parish registers into typed and indexed folders (clerics seem to have been the doctors of their day, both have illegible handwriting) or customers trying to trace back their family tree. Every person there has honed their craft and knows the reference numbers at the drop of a hat, and while two weeks in nowhere near long enough to soak it all up, anyone headed there for work experience will definitely come away with more of a clue than when they started. Although very few places have exactly the same indexing system, unless they're in cahoots, once you've got to grips with your first one it's a lot easier to work out the little idiosyncrasies that make the others run too- meaning it's good practice for any office jobs or file searching that the future might hold. Learning to leap from source to source and not be discouraged when all your leads inexplicably move out of the Devonshire area during the same measly year, a selfish move that leaves you with nothing to research, is all part and parcel of the placement. These skills ultimately go towards a report on the record office's blog; <https://talesfromthearchives.wordpress.com>, as the overseer of all things archival Barum Athena uploads the documents.

So if you're searching round for something new to learn, the Barnstaple Athenaeum will ensure "they" aren't wrong for another few weeks at least.

Millie Sutherland O'Gara

BIDEFORD TOWN COUNCIL Grants for 2016/2017

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

- The Town Clerk, Town Hall, Bideford EX39 2HS
- Email: admin@bideford-tc.gov.uk
- Website: www.bideford-tc.gov.uk
- Telephone: (01237) 428817/8



FORMS MUST BE RETURNED BY WEDNESDAY 16 SEPTEMBER 2015

Grants will be paid in April 2016

September Diary 2015

Tuesday 1st

10am-1pm Lavington Church coffee and lunches

10.30am Walking for Health. 421528

10.30am-5.30pm Tales of the Riverbank – Art Workshop www.bbcdevon.org

11.45am-12.45pm Tai Chi at Northam Community Hall

2pm Bideford WI, New 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 Bideford Sustainability Group at Blacksmiths Arms

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 2nd

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

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

2pm Bideford Library Readers' Group. 476075

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

Thursday 3rd

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

10.30-11.30am Tai Chi at Chubb Churchill Centre ETW

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.

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

Friday 4th

2-4pm Sew Together at Westward Ho! Baptist Church Hall. 01805 622606

7pm Bideford & District Community Archives 'General Knowledge Quiz' at Northam Hall. Teams of 6. 07980944146

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

Saturday 5th

9am Bideford Regatta

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

7pm Film Club at Littleham Village Hall. 471928

7pm 'Encore', theatrical singing group, Concert at Holy Trinity Church, Westward Ho!

Sunday 6th

10am-1pm Hartland Farmers' Market.

10am-5pm Lobster & Crab Feast at Clovelly Harbour. 431781

2-6pm Open Garden at Hole Farm, Woolserly, in aid of NGS charities

Monday 7th

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

8pm N Devon Jazz Club at the Beaver, Appledore – Steve Waterman/Neil Burns Quartet.

Tuesday 8th

10am-1pm Lavington Church coffee and lunches

10.30am Walking for Health. 421528

11.45am-12.45pm Tai Chi at Northam Community Hall

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 rehearse at Northam Methodist Hall.

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

7.30pm Lions Club meet at Royal Hotel

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

Palladium Club *Jam Night*

Wednesday 9th

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

7-9pm Tales of the Riverbank – English Civil War www.bbcdevon.org

7.30pm Two Rivers Wind Ensemble Rehearsal at Bideford Band Room

Thursday 10th

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

10.30-11.30am Tai Chi at Chubb Churchill Centre ETW

2-3pm Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666

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

7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801

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

Friday 11th

10am-12pm Craft'n'Chat at The Old Schoolroom, Kingsley Hall, W Ho!

7.30pm Abbotsham WI meets at Abbotsham Village Hall. 474711

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

8pm Dambusters Concert +Bideford Pipe Band at Pollyfield Centre. 422477

Saturday 12th

8am Registration for RNLI Station to Station walk. 07989747163

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

10am-5pm Tales of the Riverbank – Art Workshop www.bbcdevon.org

6pm Bideford Carnival followed by Massed Pipes & Drums on the Quay

6.30pm Two Rivers Wind Ensemble Concert at St John's Church, Instow

Sunday 13th

11am Massed Pipes & Drums in Victoria Park.

Monday 14th

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

Tuesday 15th

10am-1pm Lavington Church coffee and lunches

10.30am Walking for Health. 421528

11am-4pm Appledore Food & Craft Market at St Mary's Hall. 422808

11.45am-12.45pm Tai Chi at Northam Community Hall

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 rehearse at Northam Methodist Hall.

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

Palladium Club *Jam Night*

Wednesday 16th

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

September Diary 2015 *continued*

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 Auditions for 'Encore' at Lavington UR Church. 429798

7.30pm Two Rivers Wind Ensemble Rehearsal at Bideford Band Room

Thursday 17th

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

10.30-11.30am Tai Chi at Chubb Churchill Centre ETW

2-3pm Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666

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

7pm Tales of the Riverbank – N Devon Pottery www.bbcdevon.org

7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801

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

Friday 18th

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

10am-4pm Little Stitches Quilt Group 1st Exhibition at Littleham Village Hall. Proceeds to Devon Air Ambulance

2-4pm Sew Together at Westward Ho! Baptist Church Hall. 01805 622606

2.30-4.30pm Torridge Table Tennis Club at Bideford Youth Centre. 477932

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

8pm Ceilidh Club at Northam Hall 476632

Saturday 19th

9am-2pm Farmers Country Market at Atlantic Village

10am-4pm Little Stitches Quilt Group 1st Exhibition at Littleham Village Hall. Proceeds to Devon Air Ambulance

Sunday 20th

11am-3.30pm Little Stitches Quilt Group 1st Exhibition at Littleham Village Hall. Proceeds to Devon Air Ambulance

2pm Torridge Ramblers walk 470004

Monday 21st

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

8pm N Devon Jazz Club at the Beaver, Appledore – Ian Ellis & Craig Milverton Trio.

Tuesday 22nd

10am-1pm Lavington Church coffee and lunches

10.30am Walking for Health. 421528

11.45am-12.45pm Tai Chi at Northam Community Hall

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 rehearse at Northam Methodist Hall.

7.30pm Lions Club meet at Royal Hotel

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

Palladium Club *Jam Night*

Wednesday 23rd

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 Probuss 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

Thursday 24th

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

10.30-11.30am Tai Chi at Chubb Churchill Centre ETW

2-3pm Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666

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

7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801

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

Friday 25th

Start of Appledore Book Festival. Box Office 424929. *Continues until Oct 4th*

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

10am-12pm Craft'n'Chat at The Old Schoolroom, Kingsley Hall, W Ho!

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

8pm Ceilidh Club at Northam Hall 476632

Saturday 26th

10am Torridge Ramblers day walk 01805 625485

10am-12pm N Devon Adoption Info Meeting at The Garden Flat, Filleigh Estate. 01271 612004

11am-6pm Book Festival Café at St Mary's Church Hall, Appledore.

Proceeds to N Devon Hospice 422215

7pm Swansea Excelsior Ladies Choir Concert at Bideford Methodist Church in aid of Devon Air Ambulance.

Sunday 27th

11am-6pm Book Festival Café at St Mary's Church Hall, Appledore.

Proceeds to N Devon Hospice 422215

Monday 28th

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

11am-6pm Book Festival Café at St Mary's Church Hall, Appledore.

Proceeds to N Devon Hospice 422215

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

8pm N Devon Jazz Club at the Beaver, Appledore – Bannam Trio.

Tuesday 29th

10am-1pm Lavington Church coffee and lunches

10.30am Walking for Health. 421528

11am-6pm Book Festival Café at St Mary's Church Hall, Appledore.

Proceeds to N Devon Hospice 422215

11.45am-12.45pm Tai Chi at Northam Community Hall

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 rehearse at Northam Methodist Hall.

7.30pm Lions Club meet at Royal Hotel

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

Palladium Club *Jam Night*

Wednesday 30th

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

11am-6pm Book Festival Café at St Mary's Church Hall, Appledore.

Proceeds to N Devon Hospice 422215

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