



BIDEFORD BUZZ



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

Summer Holiday Fun



(c) Tango Alpha.

In This Issue

- ✦ Tales of the Riverbank
- ✦ More Lundy History
- ✦ Plus our regular items

Northam Burrows this Summer

With the start of the school summer holidays fast approaching, the Northam Burrows Rangers are busy planning a summer of free family events!

These run every Tuesday and Thursday afternoon from 2pm to 4pm throughout the summer holidays. This year's events include the ever popular Rockpool Ramble plus other old favourites like Dinosaur Day, Pirate Day and The Burrows Bug Hunt! There will be new events such as Take Care of Your Beach, which will look at the problems of marine litter, and an Outer Space Day to explore the final frontier.

Alongside the Tuesday and Thursday events the Burrows will also be running a plant walk on the

first Sunday of each the month from 10am-12pm throughout the summer. These are a wonderful way to take a look at the rare plants found in the park and find out about the conservation work that is carried out to protect them.

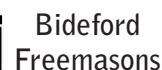
While all events are free of charge, vehicles entering the park will be subject to the normal charges for entry. We would also advise that children must be supervised by a responsible adult at all times. Please wear sensible footwear and suitable clothing, especially for seashore activities. Rangers will be at the designated meeting place whatever the weather!

For full details of the summer events please contact the visitors centre on 01237 479708 or visit <http://www.torridge.gov.uk/northamburrows>.

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. Further information about us can be obtained from the Buzz Secretary. 3000 copies printed monthly.

All items for inclusion, advertising and distribution to be addressed to Rose Arno (Editor) c/o Torridge Voluntary Services, 14 Bridgeland Street, EX39 2QE. Email: editor@bidefordbuzz.org.uk. Mobile: 07929 976120. Web: www.bidefordbuzz.org.uk.



Bideford Town Council

A 'pome.'

I see flashes of white in a clear blue sky.
But what are those chevrons of white I espy?
They're seagulls soaring on scimitar wings,
shooting the breeze like children on swings.

Soaring and diving with unbridled joys,
skimming houses like mischievous boys,
Swooping and gliding in sheer delight
playing all day then roosting at night.

So why do I hate such a picturesque scene?
cos they use my boat as their public latrine,
An old sailor said "them birds got some some
neck,
and now you know why it's called a poop deck."



Scouse Ian

Photo by Robin Stowell

Bideford AFC Home Fixtures.

Mon 8th August 7.45 pm
Tiverton Town

Sat 13th August 3pm
Wantage Town

Mon 29th August 7.45pm
Barnstaple Town

All matches at Bideford AFC Football Ground,
Robin's Nest, The Strand, Bideford.



Sisters with blisters

My sister and I will be walking around 130 miles from Barnstaple to Lands End, beginning on 27th August 2016, taking around 7-9 days, passing through Bideford. The walk will be for two charities: Jo's Cervical Cancer Trust, and Mind. Both organisations do amazing work in raising awareness, reducing stigma and ultimately saving lives. We have chosen Devon and Cornwall for its wonderful scenery and lovely communities, we also want to promote the countryside and the benefits it can have on mental and physical wellbeing.

*Emma Humphrey, is raising money for MindJo's Cervical Cancer Trust. Sponsor them with **Virgin Money Giving | Fundraising | Sisters with Blister...***

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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.)

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 Apprenticeships

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Samaritans offer a confidential
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email sams_nd@yahoo.co.uk

Real People – Real Lives - Real Difference
Information Day 26th Nov.16 10:00am-12:00pm.

WHY NOT COME ALONG & SEE.

Selection Days 20th Aug.16 & 14th Jan.17

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DOWNPIPES*

Book Buzz

Events in Bideford Library August 2016

For Kids:

Summer Reading Challenge – The Big Friendly Read

Lots of fun in the library this summer with the Big Friendly Read.

Visit your library three times for your very own set of exclusive Roald Dahl collector cards. Everyone finishing the challenge will get a medal and certificate and be entered into a prize draw.

Treasure Hunt

Find the Roald Dahl characters hidden around the library. A chocolate for everyone who enters and great prizes to be won.

Crafty Times

Each Tuesday 10 am – 12 noon.

Drop in for a free craft session with a booky theme.

Tuesday 2nd August. Fantastic Mr Fox

Tuesday 9th August. The Enormous Crocodile

Tuesday 16th August. James and the Giant Peach

Tuesday 23rd August. The Twits

George's Marvellous Medicine with Sciencedipity

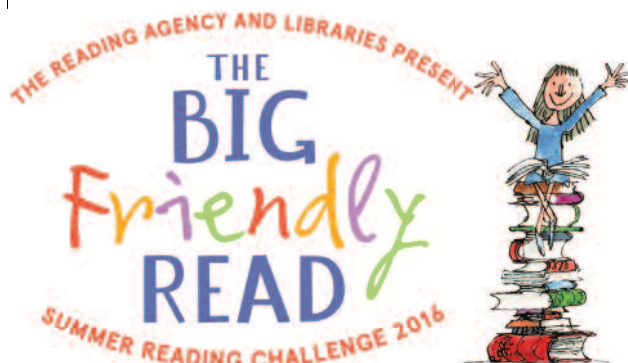
Tuesday August 30th

Fantastic science fun inspired by George's Marvellous Medicine, including slime to take home with you!

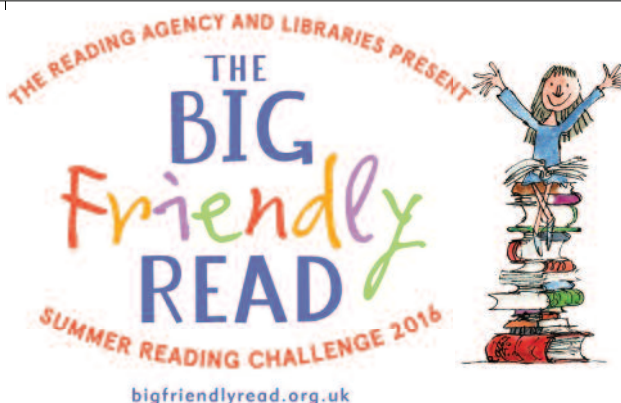
Suitable for children 5-11. Parents welcome to join in.

Tickets - £2.50

Limited spaces so book early at Bideford Library.



bigfriendlyread.org.uk



For Adults:

Creative Writing Group

Saturday August 13th 2pm – 4pm

Creative writing with local author and publisher Nikki Brownson. For all aspiring writers looking for inspiration and guidance.

Board Games Afternoon

Every Friday 2 – 5pm

If you enjoy games like chess, scrabble, backgammon.

Evil under the sun by Agatha Christie

Discussed by Bideford Library Readers' Group.

This was the book chosen for our discussion at the July book group ; suffice it to say it was not a long discussion!

The main consensus was that it ' was very much a book of its time', describing the rich and privileged on holiday in a beach hotel on the Devon coast . We all felt the plot was unnecessarily complicated, a bit like trying to guess the murderer in a game of Cluedo by a process of elimination. The motive turned out to be quite obscure. Hardly any of us could quite remember what it was. Conveniently however Hercule Poirot was there to solve the crime.

It was nice to make the link between the location of the book and the actual Burgh Island off the Devon coast at Bigbury on Sea. This island inspired the settings for both And Then There Were None and Evil Under the Sun Did we want to read or re read Agatha Christie ? An emphatic No. (RA)

Next month.

Wednesday August 3rd 2.00 pm.

Discussing The Stranger by Harlen Coben

The Bideford Branch of THE RELIGIOUS SOCIETY OF FRIENDS or QUAKERS

hold their Meetings for Worship on Sunday
mornings, between 10.30 and 11.30 am,
followed by refreshments and a chat,
at 17 Honestone Street, Bideford
(opposite the car park)
Everyone is welcome
For further details, contact:
Jacqui Poole Tel: 01271 861824

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FLOWER SHOW

To be opened by BBC Gardener's World

Toby Buckland

PANNIER MARKET, BIDEFORD
SUNDAY 21st AUGUST 2016

FEATURES THE NATIONAL BEGONIA SOCIETY
SOUTH WEST SHOW

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BIDEFORD MUSIC DAY

Saturday 6th August 2016
Victoria Park, Bideford
12-8pm

FREE ENTRY

Live music, refreshments, bar,
stalls, displays, attractions, face
painting, fun for all ages.

[https://www.facebook.com/
BidefordMusicDay/](https://www.facebook.com/BidefordMusicDay/)

RainBo Music Trust

01237 459670

07518066623

A Positive – Living Fair: September 4th 12-4pm Bideford Pannier Market

From 12 noon until 4pm on **Sunday September the 4th**, Bideford's Pannier market will be a little bit different. There will be stalls and displays, but not run by the usual stallholders. Visitors will have the opportunity to be pro-active in a number of workshops, and a performance area will provide space for music, dance and talks. This is our local community coming together for a celebration of some of the great things happening in the Bideford area.

The fair will offer a wonderful 'look in' for the wider North Devon community to find out what groups offer, learn new and really interesting information and engage in family fun activities.

We have many local performers confirmed as well as interesting key speakers and a visit from the Mayor. One of the highlights of the fair is a competition for anyone who enjoys baking to create a **Bideford Bun!** We are looking for a bun which is sweet or savoury, has a wonderful baked aroma is hand-held and unique. No matter what your age, this is a wonderful opportunity to show off your creative baking skills. The completed entries will be judged on the day of the fair. Entry forms are available from Nature's Nutrition in Mill Street. Come along, Learn, Relax and Enjoy!

Bideford Pannier Market - open Tuesdays/ Wednesdays/ Thursdays/ Fridays & Saturdays.

It is really good to see the Pannier Market working again ; the workshops have given the place a shot in the arm it required.

The market is gaining some new traders – more traders means more public interest and greater footfall – We have a couple of fresh produce traders that are attending once a month – if this can be developed then we may be able to attract more ; this will only enhance the market

As a change of format this month we are including a few photographs of the range of items.

If you are a trader and looking for a market then why not have a look at Bideford – please contact Richard Coombes (Deputy Town Clerk) on 01237 428817 – you will be made more than welcome

Butchers' Row, Market Place, Grenville Street - Open Monday to Saturday

Many of the shops are having a spruce up and are looking much smarter, we just need the road resurfaced particularly in Grenville Street (Devon County Council please note!!!!) – just remember there is free 1 hour parking on the roads around the market and long term parking available in the car park behind the Joiners Ams for just £3 per day – perfect for exploring the area – also the community bus service (No 14) still runs on Tuesdays and Thursdays – come on, support your local traders

Trev (Minxy's Sweets)



Bideford Bay Creatives - Tales of the Riverbank 2016

Collected memories exploring and celebrating our River Torridge through art, talks, workshops, stories, walks, films, poetry and food. Discover our river's history and heritage, natural environment, beauty, and those who use it, in a series of events throughout August 2016.

Tues 2 August 10-12

Water Babies: story by Charles Kingsley; Lobster Hypnotism and Fish Tasting by Felicity Sylvester and the Appledore Fish Summer School. (all ages.)

(Learn Direct.) (adults £5 ; children free BBC Eventbrite + door)

Mouth Watering Fish Lunches: £5 for 1 course, £8 for 2 courses. Pre-booking would be most helpful,

email event@bbcdevon.org with lunch requests.

(Learn Direct) (limited lunches available on the day)



Saturday 6 August 10-1

Native and Exotic Invasives: An Enlightening Walk & Discussion from Bideford to Landcross on the Tarka Trail with plantsman Pete Yeo.

start Brunswick Wharf, (tickets £5 BBC Eventbrite)

Tuesday 9 August 2-5

Walk on the Wild Side - in partnership with ND Positive Living Group: A Plant Walk from Bideford to Appledore with forager Robin Harford and plantsman Pete Yeo.

(Free tickets BBC Eventbrite)

Thursday 11 August

Art Film Night - in collaboration with BBC's Culture Show

Free event from 6pm Cafe Collective.

Thursday 18 August 10-5

River bank Treasures: A Metal Clay Workshop using found objects and flora suitable for 16+ with artist Mary Myres. (Learn Direct.) (tickets £10 BBC Eventbrite + on door)

Saturday 20 August 10-12

Art Trail Walk and Talk with BBC Culture Show Artists.

Free event, just turn up at Jubilee Square.

Wednesday 24 August 5-7.30

Wander the Wharves: A historical guided walk plus show and tell by volunteers from BBC's Way of the Wharves Project. A "share your stories" session 5-7.30pm at the Kingsley Room, The Royal Hotel, East the Water. (see photo above.) There will be two free guided walks to find out about the history of the wharves, leaving the hotel reception area at 5pm and 7.00pm, lasting around an hour each. We would like you to come along with any items of interest such as old photos and documents and your tales and memories of living and working on the Wharves and East the Water. This will help us record the history of the local area and contribute to our community project. For more information see our facebook page : facebook.com/brunswickwharf

Free event, just turn up at the Royal Hotel.

Friday 26 August 10-5

Model an Insect: A family interactive workshop for children aged 7-9 years of age accompanied by an adult, with artist Sue Giblett.

(Learn Direct.) (tickets £10 BBC Eventbrite + on door)

More info at www.bbcdevon.org

BBC are also looking for volunteers for all of our events, who will get free tickets, for the event that they Steward. *All events are subject to change please use an email address that you frequently check as any changes will be emailed to you in the days before the event is scheduled. Any changes will also appear on the EventBrite website. Booking in advance is advisable; however if this event isn't sold out, places will be available to purchase on the day.

HMS Alliance, submarine, visits Lundy.

During the month of April 1967, the submarine, HMS *Alliance*, was operating in home waters in the South of England and for a day or two anchored off Lundy. One submariner whose name is unknown, came ashore and probably spent some time in the Tavern. On his return to the ship something happened to him and search parties both from the ship and from the island turned out to search for him. He was found hiding in the bushes somewhere on the side of the cliffs. The seaman was returned to his ship where he no doubt received the 'due attention of his officers.'

Robert "Dave" Davey, the engineer on the island at the time had apparently been instrumental in the rescue of this seaman. Dave Davey had arrived on the island in 1964; he retired in 1981 and died sometime in the early 1990s. Soon after this incident, he received a handwritten letter from the commander of the submarine thanking him for turning out for the search and apologising for the problems that the man had given to everyone. A transcript of that letter is given here.

"H. M. S. Alliance at Sea,
22nd April 1967.

Dear Mr. Davey,

May I thank you and your friends (I regret I don't know all their names), for so willingly turning out to search for this very stupid man. He was hiding in the bushes slightly up the cliff. At present he has no idea what all the fuss is about and we are in the process of informing him. It was such a dangerous manoeuvre that not only did it risk his life but the lives of us and particularly of yourselves. Again may I thank you and I hope you haven't too bad an impression of us.

Yours sincerely,

T. E. Woods (Illegible), Lieutenant Commander Royal Navy."

I made enquiries regarding H.M.S. *Alliance* and was very pleased to learn that she has been preserved and now forms part of the Royal Navy Submarine Museum in Gosport. She is the only surviving example of the A Class *Amphion* class submarines. She was built by Vickers in Barrow-in-Furness and commissioned in 1947. She served in the Far East and in home waters. She had a crew complement of 5 officers and 56 ratings, was 87 feet in length with a beam of 22 feet and had a surface displacement of 1,620 tons. Her armament consisted of 40 torpedo tubes and two external 4 inch guns. She was decommissioned in 1973 and served as a training ship in Southampton until 1979 when she was preserved as a memorial to those British submariners who had died in service and she is now part of the Submarine Museum at Gosport. She has been completely restored through an £11.00 million Heritage Lottery grant and is now available for visitors.

I contacted the Submarine Museum in Gosport, asking for any information they may have on the event and for the name of the commander of the submarine, as his signature on the letter is illegible.

I received a reply from the Portsmouth archives officer at the Museum. He confirms that the submarine was operating in home waters at the time and could well have anchored off Lundy, as she had made a Port visit to Falmouth around that period. He also confirmed the name of the captain, Lt. Commander T.E. Woods RN, in command of the ship from 1966 to 1967. He has compared Commander Wood's signature on the letter with his signature in the ship's log book and confirmed that they agree. Apparently the records of the ship shed no further light on the incident. There are many unanswered questions in this matter, why did Lt. Commander Woods say that the seaman was 'hiding' up the cliff? He does not say that he had fallen over the cliff side. He also states that the man 'has no idea what all the fuss is about' as if the seaman was either too drunk or otherwise incapacitated to remember the incident.

In his letter Commander Woods states ominously that they are *"in the process of informing him"*.

One feels that there should be an exclamation mark inserted after this comment.

This whole incident brings back memories of similar situations when drunken lighthouse keepers staggering back to the South Light from the tavern, fell over the cliffs and had to be rescued.

Roger Allen.



Your health

Fibromyalgia Support

Fibromyalgia syndrome (FMS) is a poorly understood but is an increasingly recognised condition characterised by muscle and nerve pain, sleep disturbance and fatigue. The name itself derives from “fibro” (tendons, tissues and ligaments) “My” (muscles) and “Algia” meaning pain and is believed that as many as 1 in 25 people may be sufferers. Most commonly diagnosed in women than men and typically the symptoms are unpredictable and vary from day to day. The symptoms of chronic pain may be ongoing for some whilst others report that flare ups are triggered under certain circumstances such as temperature change, physical exertion, anxiety, environmental factors and hormonal changes, but the exact cause of FMS is unknown. What is known so far is that it is neither an auto-immune or inflammatory disease and does not cause degeneration or long lasting progressive damage to the body. No one knows exactly what causes the condition, diagnosis is of exclusions, eliminating possible likely causes of the many varied symptoms. It is generally believed that the onset may be triggered by a physical or emotional trauma affecting the central nervous system and causing pain receptors to become overactive, the sufferer experiences the pain yet there is no apparent injury to cause the pain.



As well as nerve and muscular pain other symptoms include IBS, headaches and increased sensitivity to noise, light and changes in temperature, cognitive impairment (FibroFog) is common with symptoms of poor short term memory, difficulties with concentration and sleep disorders. Sleep patterns are interrupted possibly due to depleted levels of essential neurotransmitters which regulate mood and sleep. The lack of much needed restorative sleep plays a role in the depleted levels of serotonin and vital chemicals in the brain needed to stabilise mood, restore and repair the body, low levels often resulting in anxiety, depression, poor digestive and general health, hence creating a vicious cycle of fatigue and further flare ups of the condition.

Treatments vary as much as the symptoms do from one individual to the next, what works for one may not for another and results of pain relief may fluctuate as symptoms unfold and change though out time as unfortunately FMS is long term for most who are diagnosed. It is therefore very much a self managed condition with the help of various medications when needed, natural remedies, physiotherapy, counselling, gentle exercise and a healthy lifestyle. Making others understand the complexity of the condition, the stigma attached to fibromyalgia and lack of local support is a challenge in itself.

Remaining positive is upmost, doing what you feel you can do when you can and learning to accept when you can't is the lesson. Support is vital and sharing your experiences with other sufferers is both reassuring and resourceful. **If you feel that being involved with a new friendly, local support group in Torridge area, email fibronorthdevon@gmail.com or join the group on facebook Fibro Support North Devon.**



Friday 5 and Saturday 6 August at 7.30pm at Kingsley School: **Independence Day: Resurgence (12A)** 120 mins

Saturday 6 at 5.00pm and Sunday 7 at 6.00pm at Kingsley School: **The Secret Life of Pets (U)** 91 mins

Friday 12 and Saturday 13 August at 7.30pm at Kingsley School: **The Legend of Tarzan (12A)** 110 mins

Friday 19 and Saturday 20 August at 7.30pm at Kingsley School: **Absolutely Fabulous: The Movie (15)** 91 mins

Saturday 20 at 5.00pm and Sunday 21 at 6.00pm at Kingsley School: **Ice Age: Collision Course (U)** 94 mins

Friday 26 at 7.30pm and Saturday 27 August at 5.00pm & 7.30pm at Kingsley School: **Ghostbusters (12A)** 115 min

All of the above are still subject to confirmation, please check with the local press or our website www.bidefordcinema.org.uk nearer the time.



THE SHIPPING NOTES



Shipping Notes 137

Bideford Quay, Yelland Quay.

No cargoes since last issue.

The **Balmoral**, a small cruise ship, is due Bideford on 16th August approx 16.45 for about 1 hr, then returning to Ilfracombe. The former Admiralty water tender. **Freshspring** is due to berth at Victoria Park about the 28th August after drydocking at Sharpness, where she arrived on 6th July after 20 years in Newnham. It is hoped that she will be open to organised parties during 2017. She is the last vessel of her kind and has a steam propulsion plant of historical interest.

Appledore.

On Sunday 3rd July at 05.10 the Irish Navy patrol vessel **LE William Butler Yeats** sailed from Appledore on her first builders' sea trials. She returned to Appledore at 06.30 on the 5th July. She is due to sail on the 19th for final acceptance trials.

Good news for Appledore - it was announced on 17th that the shipyard at Appledore has received a further order from the Irish Navy for a patrol vessel of the same design as the **LE William Butler Yeats**. The first steel is due to be cut in August.

Bristol Channel Observations.

21.6 at 18.15 chemical tanker **Lemonia**, 15,160 tons d.w., owners Lemonia Schiffahrt Germany, inward bound for Cardiff.

22.6 at 20.15 bulk carrier **So fia R**, 36,093 tons d.w., owners Fairsea Navigation Corp Greece, inward bound for Avonmouth.

25.6 at 05.40 vehicle carrier **Hoegh Xiamen**, 12,250 tons d.w., owners Hoegh Autoliners Shipping AS Norway, outward bound from Portbury, having sailed at 0015. At 17.08 vehicle carrier **Glovis Cardinal**, 22,342 tons d.w., owners Hyunandai Glovis & Co Ltd South Korea, outward bound from Portbury having sailed at 12.25 hrs.

1.7 at 12.40 cargo vessel **Monica Mueller**, 3,723 tons d.w., owners Otto A Muller Schiffahts GMBH Germany, outward bound from Sharpness having sailed at 03.32. 2031, vehicle carrier **Grande Colonia**, 12,292 tons d.w., Owners Grimaldi Line of Italy; and at the same time heavy lift vessel **BBC Bahrain**, 7,967 tons d.w., owners Briese Schiffahrt GMBH Germany, outward bound from Swansea having sailed at 15.50. At 2035 container vessel **DS Blue Ocean**, 8,200 tons d.w., owners Dr Peter GMBH & Co KG Germany, outward bound from Portbury having sailed at 13.43.

2.7 at 16.48 cargo vessel **Flinterbright**, 3,480 tons d.w., owners Flinter Group BV Netherland, outward bound from Portbury having sailed at 2036 20.6.16 (and had previously been anchored in Bridgwater Bay awaiting orders).

3.7 at 0945 vehicle carrier **Victory Leader**, 13,368 tons d.w., owners Nippon Yusen Kaisha of Japan, inward bound for Portbury (spotted by my nephew).

5.7 at 08.53 cargo vessel **Reggedijk**, 4,890 tons d.w., owners Naviga Shipmanagement BV Netherlands, inward bound for Sharpness.

7.7 at 11.50 cargo vessel **Naos**, 4,258 tons d.w., owners Rumb Ltd Estonia, inward bound for Barry. At 11.50 tanker **Bomar Queen**, 8,501 tons d.w., owners Bomar Stx LLC South Korea,

10.7 at 13.50 vehicle carrier **Emerald Leader 10818** owners NYK.

12.7 at 11.45 cargo vessel **Fri Posgrunn**, 3,792 tons d.w., owners Veolus AS Norway, inward bound for Birdport.

13.7 at 05.40 cargo vessel **Nordic**, 3,000 tons d.w., owners unknown, inward bound for Avonmouth. At 05.46 cargo vessel **Nikas G**, 6,050 tons d.w., owners unknown, outward bound from Avonmouth having sailed at 22.38. At 06.45 vehicle carrier **Grande Togo**, 26,650 tons d.w., owners Grimaldi Line of Italy, inward bound for Portbury. (Seen again outward bound **14.7** at 05.53, having sailed at 00.43). At 19.45 cargo vessel **Mirjan**, 3,005 tons d.w., owners unknown, outward bound from Newport having sailed at 12.36.

14.7 at 05.40 cargo vessel **Trent Navigation**, 8,096 tons d.w., owners Trent Navigator BV Netherlands, inward bound for Avonmouth.

Regards, Norman.

Vivid

"Buzz" was contacted by Roger Banfield of Scilly, seeking information on the schooner "**Vivid**", built in Bideford in 1851 (see Shipping Notes 136, July edition). Mr. Banfield undertakes maritime history research for his own interest, and also in support of the Isles of Scilly Museum.

He has now concluded his research on "**Vivid**", and has sent us full details. In addition, he has provided details of another schooner, "**Waterlily**", also built in Bideford, in 1841. "Buzz" is very grateful, particularly for his kind permission to publish his work in full.

These two monographs contain a wealth of detail on the ships, their histories, owners, voyages, crew, and also the history and background of their builders. They provide a fascinating snapshot of Bideford's maritime past in the mid-nineteenth century.

Incidentally, Mr. Banfield has offered to help anyone researching the history of Scilly-built vessels. Any such enquiries (or comments on the article) can be sent via editor@bidefordbuzz.org.uk and will be forwarded to him.

"Buzz" is unable to publish his research in the paper edition, as it runs to many pages and we simply don't have room, so it appears in full on our website - www.bidefordbuzz.org.uk
TA

Felicity's Restaurant Visit and Fish Recipe for August

This month three of us visited the Beaver in Appledore. We wanted to eat local fish from the river and sea and we were not disappointed by the choice on the Menu -Local caught Skate wings and Devon fresh salmon from the Torridge. As it was lunchtime we chose interesting starters that were served as mains. Helpful attentive service in the quiet snug with a porthole view of the river was a cosy setting. We ate Mussels with chunky chips, Scallops in a chorizo sauce, our favourite, and Skate wing with a caper butter.

However, this month I thought a recipe from Brazil was appropriate -Olympics on their way!

Brazil is famous for their BBQ restaurants-Churrascarias -where huge portions of meat are served. But this recipe is good for any "meaty" fish such as rock salmon. This is also an inexpensive choice if you can find it. We will be demonstrating recipes for this fish at the **Cook's Tale** Cookery Demonstration in Appledore on Friday 18th August. Time?



Brazilian BBQ Rock Salmon - 4 portions

Ingredients-for the marinade

30g Flat-leaf parsley-finely chopped
1 tsp Dried oregano
150ml. Light Olive Oil
1or 2 tsp. Dried Chilli flakes
35ml. Red wine vinegar
1tsp. Sea salt/ 1tsp.freshly ground black pepper.

12 2inch chunks of Rock Salmon/Huss

Method

For the Chimichurri Marinade -blanch the parsley for a minute in boiling water before plunging into ice water. Drain and pat dry with kitchen paper. Finely chop the parsley and place in a bowl with the rest of the marinade ingredients and stir well. Refrigerate in a sealed container and use within 3-4 days.

1. For the Fish cut the Rock Salmon/Huss strips into 12 pieces, put them in a bowl and toss with the marinade until evenly coated. Cover bowl with cling film and chill for at least 4 hours.
2. Thread the Fish chunks on 4 metal skewers; vegetable chunks such as peppers or onion can also be added. Lightly salt and pepper and grill or BBQ for 2.3 minutes on both sides.
3. The fish should be opaque and feel just firm when lightly pressed. Allow to rest for about 5 minutes before serving.

Enjoy what I hope will be a long hot August!

Come and see us in Appledore from 18th-21st August and listen and learn from our **Sharks Tales**: more details on [appledoresustainablefish](#) facebook-please like us.

Clovelly Lobster & Crab Feast 4th September 2016

Come and enjoy a fun-filled day out for the whole family, in celebration of Clovelly's famous lobsters and crabs, sustainably caught by local fishermen.

The day is in aid of the National Lobster Hatchery, Padstow, who will be exhibiting some of their baby lobsters prior to their release into Clovelly Bay at the end of the day. The Historic ketch, 'Irene', will be there on the day, and boat trips to see the traditional vessel will be available.

<http://www.nationallobsterhatchery.co.uk/>

Community on Show & Appledore Instow Regatta

Sunday 14th August 1-5pm

Join in the fun on Instow Beach.

Regatta races, Sandcastle competition, Dog Show, face painting and Children's races.

Live music throughout the afternoon. Mexican food, BBQ and crepes on the beach.

Village Hall Show with flowers, fruit & veg, art, cookery, poetry and photography classes. Teas by the WI. A ferry will be running between Appledore and Instow.

appledoreinstowregatta.org.uk

Beach service at 11.15am. Bring a chair.



These boots were made for singin'

It's been an historical few weeks. Andy Murray has won the Wimbledon cup for the second time and our Robins have lost their place in the 'never before relegated crew', now 23rd out of 24 football teams. Still chests, not faces, are red because in the coming season there will be plenty of opportunities to climb back up the ranks. Plus the pain of this demotion is somewhat dulled by the popular theory that any 'crew' with Tottenham Hotspur as a member, is not worth being in anyway- you call it sour grapes, we call it sound thinking. The Robins will make Batman proud again soon enough. With Wimbledon, the Euros and now this sudden occurrence, sport is once again feasting on the fat of our lazy summer holidays. Anyone who would rather drown in Pimms than watch a full match of tennis may well be inclined to bury their head in their hands at this point. Or bury it in Pimms; one or the other.

Luckily, there are some alternatives- Bideford has a secret weapon to block out the insistent snarky sporting commentary and sinfully resurrected vuvuzellas this year; its name is 'the **Muddy Boots**'.

This up and coming band have already made a name for themselves and their "Far-out songs from the '60s onwards". Armed with a mixture of quirky classics-"A Day in the Life" by The Beatles, "Through the Barricades" by Spandau Ballet, "In The Year 2525" by Zager and Evans and Moody Blues songs, any Moody Blues song- and they are launching a war against standard pub rock fare. Lead singer Martin Chapple's penchant for wigs adds another layer of theatricality, and we've even been promised alarm clock pyrotechnics; you don't get that with Andy Murray.

You can catch the band in our area on;
Thursday, 8th September, The Palladium Club, Bideford, 9pm, £3 on the door
Friday, 25th November, The Champ, Meeting Street, Appledore, 9pm.
Friday 23rd December, The Village Inn, Westward Ho! 9pm.

If you wish to find out more you can email martinchapple1@gmail.com or look at their Facebook page "The Muddy Boots".

And we do need some escape from sporting stresses; the same fans writhing in the aisles after our ejection from the Euros may also be tennis aficionados, and are in all likelihood Federer fans too (or at least respect the man) in which case his majestic loss in the Wimbledon semi finals will not have numbed the pain. In fact, they're probably feeling more sore than the 11 time champion's left leg; it had to be massaged within an inch of its life and still gave

out in the final set. True, sports fans put up with a lot and it's sometimes difficult to see why. Defeat brings such crushing depression, and a win just brings relief that this was avoided- for now. But every player ages and their time is only fleeting, so defeat is merely postponed. Then why do we put ourselves through it? Is it the excitement of battle? A valiant fight, safe in the knowledge that only your ego will be hurt- unless it's a boxing match or Suarez is on the go, in which case blood could possibly be drawn. Or is it the act of winning? That intoxicating state that intoxicated Charlie Sheen once sang in praise of. If we root for our teams hard enough, we can bask in their celebration in the end. After dedicating three hours of palm sweats, an epileptic heart rate and the inability to pee in case match point is missed, dedicated fans have certainly earned a little basking.

In some ways, music promises us the same thing. Our favourite bands engage in a battle royale every week to make it to chart number 1. We help out by buying the single and adding to their score- like some sort of long distance water-boy, quietly helping out in their own way... We feel unity with fellow supporters and a subtle nagging derision for those that don't quite see the attraction. In truth, there are hundreds of parallels between sport and music nuts, so maybe the Muddy Boots aren't that much of an escape after all. If we went to see them on home turf then witnessed a meteoric rise to the top of the charts, we wouldn't be spared any of the elation, excitement or deflation when they are knocked off the top once more. But we would have a terrific ride.

If this has whet your appetite for gigs and concerts, then you may be pleased to hear that **Music Day, Bideford's own Glastonbury**, will be returning this year on **6th August**. Just don't bring any vuvuzellas, the soloists might not want to compete with that. So let's hope the sun shines on Victoria Park and our boots don't get too muddy. *Millie*

Sutherland O'Gara



**BIDEFORD
MUSIC DAY**
 Saturday 6th August 2016
 Victoria Park, Bideford
 12-8pm

FREE ENTRY
 Live music, refreshments, bar,
 stalls, displays, attractions, face
 painting, fun for all ages.

[https://www.facebook.com/
BidefordMusicDay/](https://www.facebook.com/BidefordMusicDay/)
 RainBo Music Trust
 01237 459670
 07518066623

Buzz Bits

Bideford Ladies FC Family Fun Day. Saturday 13th August 12-4pm.

at Victoria Park, Bideford.

Bouncy castle, sumo wrestling for adults and kids, face painting, tattoos, wet sponge throwing, target shooting, beat the keeper, raffle, tombola, cake stall, craft stalls/tabletop, hot and cold food and drink and much much more...

Come and enjoy a fun filled day for the whole family and help raise funds for our ladies side. If you would like a craft stall/ tabletop for the day for £5, please contact Sarah on sarah3short@yahoo.co.uk or [07740310102](tel:07740310102).'

RNLI Station to Station Sponsored Walk Saturday 17th September 2016

Following the huge success of the last four RNLI Sponsored Walks between Clovelly and Appledore Lifeboat Stations, the event is being repeated again this year and the date is Saturday 17th September.

The walk is approximately 16.5 miles along the coastal footpath and if you enjoy walking and spectacular scenery then this is the event for you – and of course you will be raising monies for your local RNLI, the Charity that saves lives at sea.

Registration takes place from Clovelly Lifeboat Station at 8 am on the morning of the 17th September and walkers have until 9 am to set off. It is not a race and you can take all day to enjoy the views if you wish. Manned checkpoints with first aiders and water will be in place along the route.

Waiting for you at Appledore Lifeboat Station will be a well-deserved cold beer and a barbeque! The registration fee payable on the morning of the Walk is £5. Walkers must be 13 years old. If they are under 13 years, they must be accompanied by an adult. Well-behaved and fit doggies welcome.

This year we are introducing a shorter and much less energetic walk for “little ones” and their parents. Please ask for details.

If you are interested in taking part in this event, then please email Rachel Hannam at rachel@gsfinancialservices.co.uk or phone her on 07989 747 163 to request a Walk Pack.

Also in August - another RNLI event.

Tea at Tapely Park.

Saturday 13th August 2-5pm Tickets £8 / Children £1 , which includes entry to the grounds and entertainment. Contact Pat on 01271 346560 for more details.



Lions Club of Bideford

Table Top Sale

Northam Hall

Saturday 13th August 10am

1pm

Entrance 50p

All profits to local charities.



Northam Lodge's Charity Car Boot Sale

Skern Lodge

Appledore EX39 1NG

Saturday 20th August 2016

Sellers from 11am

Price £5

Sale starts at 1pm

Buyers £1 per car



100 Years ago – August 1916

Hay and Straw Harvest continues - 27 acres of corn in the ground to be sold from Stone Farm Buckland Brewer for owner Mr Grigg, 44 acres of corn and rape for Mr Dennis at Adjavin Farm on the outskirts of Bideford, and lastly Thomas Squance of Wood Town Alwington has 13 acres of corn and clover buds for sale.

4 Marine Parade Appledore is offered for sale by auction by Messrs R Blackmore. The property has 6 bedrooms, box and linen rooms, a cellar for wine, one WC inside and another outside at the rear. It also boasts an artist's studio in the attic roof. A Buckland Brewer farm known as Addipit consisting of 58 acres about a mile from the village is for sale. Also 16 acres of land adjoining the farm known as Big Merry Field are also for sale by Smyth Richards, Stapleton & Fox, Bideford Land Agents.

The problem of shortage of farm labour has been addressed by the Government. On Monday 7th August 1916 at 2.00pm from the balcony of the New Inn Market Square a talk will be given about the new government scheme for the registration of women to work on the land. Government certificates and armlets will be issued to those eligible. Mrs Daw of Yeolden will keep a register. There will be another repeat meeting at 8.30 pm for those unable to attend during the day. (*The following week the newspaper records that over 30 women were recruited.*)

On the 8th August the Board of Trade announce that the Army Council has decided to release 27,000 soldiers to assist with the harvest. Applications for help must be made through the local labour exchange before 12 noon on 4 days hence on the 12th August.

Members of Bideford Bridge Trust have visited Old Town Council School Gardens. 12 boys in the higher classes have been instructed by Mr Baxter & Mr White on how to till and grow vegetables. Each boy has been given a square pole of land (*just over 5 square metres*) for which they are entirely responsible and the whole group are tending a further 4 square poles. The boys were congratulated by the Mayor on their results after 5 months of work. Kent White and Middleton Wadey, both members of the school gardening club, proposed a Vote of Thanks to the Bridge Trust for providing the means to learn and receive instruction on such a useful subject. Both boys have won scholarships to Bideford Grammar School.

Excitement at Westward Ho! Life Guard assistance 1916 style. On Thursday evening Miss Violet Lewis got into difficulties while out swimming and called for help. Mr W T Braddick of Bideford who was on the Pebble Ridge was one of the first to see her in need of assistance and he swam out to her partly dressed and gave her support and directed her movements. Lt. W A Puddicombe, also of Bideford, who is home on leave injured, Mr T Hobling, Mr A Baglow and a gentleman from Weare Gifford were among those who went out to render assistance and the young lady was got safely in, none the worse for her experience.

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. You can also follow us on our Facebook page, Bideford & District Community Archive.

Burton Art Gallery and Museum

There is always something new to see and give you pleasure. Opening hours are Monday to Saturday: 10-4, Sunday: 11 - 4. Admission is Free, donations welcome. The Friends of the Burton Gallery welcome new members, and there are membership forms available on request. Annual sub: £10 single, £18 couple. Life, Single £90, Couple £170. – We are special – we have a purpose-built gallery with a national reputation for excellence. **This month - Westward Ho! and Bideford Art Society exhibition.** Diana Warmington, *Friends of the Burton Art Gallery & Museum.*

August Diary 2016

Monday 1st

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

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

7pm Appledore Band Concert – training band followed by senior band at 7.45 on Appledore Quay. (St Mary's Ch. if wet)

7.15pm Appledore Singers rehearse at Appledore Baptist Church. 420652

Tuesday 2nd

10am-1pm Lavington Church coffee and lunches

10.30am Walking for Health. 421528

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 Hall.

2-4pm Go Wild events on Northam Burrows 479708

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

7.30pm Bideford Sustainability Group at Blacksmiths Arms

7.30-9pm Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk Palladium Club *Jam Night*

Wednesday 3rd

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 Parkinson's UK Torridge Branch coffee morning at Ethelwynne Brown Close. 478128

10.30am-12pm 'Feel Better with a Book' at Bideford Library

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 Holy Trinity hall, Westward Ho! 475720

2pm Bideford Library Readers' Group. 476075

4-6pm Sew Together at Northam Library

7.30pm Two Rivers Wind Ensemble Rehearsal at Bideford Band Room

8pm Torridge Male Voice Choir meets at Woolserly Village Hall. 441601

Thursday 4th

10am-12pm See Hear on Wheels at Hartland Pavilion

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

10.30-11.30am Tai Chi, Marlborough Ct.

2-4pm Go Wild events on Northam Burrows 479708

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

2-4pm Holy Trinity Church, W.Ho! open

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 Bideford Band Concert at

Westward Ho! Green (Baptist Ch. if wet)

7.30pm Appledore Men's Group at Appledore Library Meeting Rm. 459299

7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801

8pm Bideford Folk Club at Joiners Arms

Friday 5th

2-3.30pm Sew Together at Westward Ho! Baptist Church. 01805 622666

7pm Woolserly Young Farmers 'Barn Bash' at Brookland Farm, Woolserly. 431839/431595

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

8pm Ceilidh Club, Northam Hall 476632

Saturday 6th

9am-2pm Atlantic Village Market

10am Torridge Ramblers day walk. 01805 622183

10am-12pm Coffee Morning at Holy Trinity Church Hall, Westward Ho!

12-8pm Bideford Music Day Victoria Park.

7pm Film Club at Littleham Village Hall. 471928

Sunday 7th

Bideford Triathlon. The Quay

3pm Bideford Band Concert on Westward Ho! Green.

Monday 8th

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

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

7pm Appledore Band Concert – training band followed by senior band at 7.45 on Appledore Quay (St Mary's Ch. if wet)

7.15pm Appledore Singers rehearse at Appledore Baptist Church. 420652

7.30pm Bideford Stamp Club – Pat Grimwood Taylor at Kingsley Hall, Westward Ho! 472101

Tuesday 9th

10am-1pm Lavington Church coffee and lunches

10am-12pm Macular Society Support Group at Burton Gallery 441466

10.30am Walking for Health. 421528

11.45am-12.45pm Tai Chi at Northam Community Hall

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

2-4pm Go Wild events on Northam Burrows 479708

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

7.30pm Lions Club meet at Royal Hotel

7.30-9pm Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk Palladium Club *Jam Night*

Wednesday 10th

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-12pm 'Feel Better with a Book' at Bideford Library

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

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

2-3.30pm 'Bideford Friends' at Burton Art Gallery. 01805 622666

4-6pm Sew Together at Northam Library

7pm Torridge Ramblers walk 451254

7.30pm Two Rivers Wind Ensemble Rehearsal at Bideford Band Room

8pm Torridge Male Voice Choir meets at Woolserly Village Hall. 441601

Thursday 11th

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

10.30-11.30am Tai Chi, Marlborough Ct.

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

2-4pm Go Wild events on Northam Burrows 479708

2-4pm Holy Trinity Church, W.Ho! open

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

7.30pm Bideford Band Concert at Westward Ho! Green (Baptist Ch. if wet)

7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801

7.30pm N Devon British Bike Club at Robin's Nest.

8pm Bideford Folk Club at Joiners Arms

Friday 12th

10am-12pm Community Coffee Morning at Kingsley Hall, W Ho! 421274

7.30pm Bideford Machine Knitting Club at Chubb/Churchill Comm. Hall 477532

7.30pm Abbotsham WI at Abbotsham Village Hall. 474711

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

8pm Ceilidh Club at Northam Hall

Saturday 13th

10am-1pm Lions Table Top Sale Northam Hall.

12-4pm Bideford AFC Ladies Funday at Victoria Park.

10am-4pm Art Exhibition at Buckland Brewer Parish Church. 451132

2-4pm Bideford Creative Writing Group at Bideford Library. 700901

Sunday 14th

10am-4pm Art Exhibition at Buckland Brewer Parish Church. 451132

11.15am - 5pm Instow Community on Show + Appledore & Instow Regatta

Monday 15th

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

2pm Bideford Ladies Club at Marlborough Court. 421925

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

7pm Appledore Band Concert – training band (senior band 7.45) Appledore Quay. (St Mary's Ch. if wet)

7.15pm Appledore Singers rehearse at Appledore Baptist Church. 420652

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

August Diary 2016 *continued*

Tuesday 16th

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 Hall.
2.30pm 'Lift Off' for ladies at Westward Ho! Baptist Church. 425471
2-4pm Go Wild events on Northam Burrows 479708
3pm 'Reflections' Grief & Loss Group at St Mary's Church. 475765
6.30pm Bideford Band Beginner's Group at Band Room. 475653
7.30pm Bideford Keyboard & Organ Club at Bideford Methodist Hall. 475914
7.30-9pm Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk Palladium Club *Jam Night*
Wednesday 17th
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-12pm 'Feel Better with a Book' at Bideford Library
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 Holy Trinity hall, Westward Ho! 475720
4-6pm Sew Together at Northam Library
7.30pm Chamber Philharmonia Cologne at St Mary's Church, Bideford. Tickets from Burton Gallery.
7.30pm Two Rivers Wind Ensemble Rehearsal at Bideford Band Room
8pm Torridge Male Voice Choir meets at Woolserly Village Hall. 441601
Thursday 18th
10am-5pm Hartland Art & Craft Society at Hartland Parish Hall (until 22nd).
10.30am Walking for Health along Tarka Trail. Clarence Wharf Car Park. 421528
10.30-11.30am Tai Chi, Marlborough Ct.
11am Bideford Sustainability Group coffee morning at Café du Parc.
2-3pm Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666
2-4pm Go Wild events on Northam Burrows 479708
2-4pm Holy Trinity Church, W.Ho! open
7pm Hartland Aikido Club for over 18s at Bucks Cross Village Hall.
7.30pm Bideford Band Concert on W.Ho! Green (Baptist Church if wet)
7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801
8pm Bideford Folk Club at Joiners Arms
Friday 19th
10am-12pm Northam Reminiscence café at Northam Hall. 459337
2-3.30pm Sew Together at Westward Ho! Baptist Church. 01805 622666

7.45pm Modern Sequence Dancing, Kingsley Hall, W Ho! 01769 540309
8pm Ceilidh Club at Northam Hall
Saturday 20th
1pm Northam Lodge Charity Car Boot Sale at Skern Lodge
Sunday 21st
50th Anniversary Flower Show at Bideford Pannier Market
10am Torridge Ramblers day walk 01805 622183
Monday 22nd
10am-12pm Appledore Community Art Group at Appledore Community Hall.
7pm Tai Chi at Bideford High Street Methodist Church Hall. 472532
7pm Appledore Band Concert – training band followed by senior band at 7.45 on Appledore Quay. (St Mary's Ch. if wet)
7.15pm Appledore Singers rehearse at Appledore Baptist Church. 420652
Tuesday 23rd
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 Hall.
2.30pm 'Lift Off' for ladies at Westward Ho! Baptist Church. 425471
2-4pm Go Wild events on Northam Burrows 479708
6.30pm Bideford Band Beginner's Group at Band Room. 475653
7.30pm Lions Club meet at Royal Hotel
7.30-9pm Samba Baia Rehearsal at Community Arts Network, 13 Rope Walk Palladium Club *Jam Night*
Wednesday 24th
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-12pm 'Feel Better with a Book' at Bideford Library
10.30am Walking for Health in Victoria Park. Meet at Cafe du Parc. 421528
2pm Tea with Friends at St Mary's Church.
2-3.30pm 'Bideford Friends' at Burton Art Gallery. 01805 622666
4-6pm Sew Together at Northam Library
5-7.30pm Way of the Wharves 'Share your views' project at Royal Hotel + guided walks
7.30pm Two Rivers Wind Ensemble Rehearsal at Bideford Band Room
8pm Torridge Male Voice Choir meets at Woolserly Village Hall. 441601
Thursday 25th
10.30am Walking for Health along Tarka Trail. Clarence Wharf Car Park. 421528
10.30-11.30am Tai Chi, Marlborough Ct.
2-3pm Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666

2-4pm Go Wild events on Northam Burrows 479708
2-4pm Holy Trinity Church, W.Ho! open
7pm Hartland Aikido Club for over 18s at Bucks Cross Village Hall.
7.30pm Bideford Band Concert on W.Ho! Green (weather permitting)
7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801
7.30pm N Devon British Bike Club at Robin's Nest.
8pm Bideford Folk Club at Joiners Arms
Friday 26th
10am-12pm Community Coffee Morning at Kingsley Hall, W Ho! 421274
10am-1pm Lundy Art Group at Blue Lights Hall, Appledore
7.45pm Modern Sequence Dancing, Kingsley Hall, W Ho! 01769 540309
8pm Ceilidh Club at Northam Hall
Saturday 27th
9am-6pm Food & Craft Fair at Atlantic Village
Sunday 28th
10am-4pm Food & Craft Fair at Atlantic Village
3.30 & 7.30pm Bideford Keyboard Organ Club Summer Spectacular at Devon Hall, Bideford College.
6pm Appledore Band 'Last Night of the Proms' on Appledore Quay (St Mary's church if wet)
Monday 29th - Bank Holiday
10.30am Grand Table Top Sale at W. Ho! Green for Help for Rwanda
Tuesday 30th
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 Hall.
2.30pm 'Lift Off' for ladies at Westward Ho! Baptist Church. 425471
2-4pm Go Wild events on Northam Burrows 479708
6.30pm Bideford Band Beginner's Group at Band Room. 475653
7.30-9pm Samba Baia Community Arts Network, 13 Rope Walk
Wednesday 31st
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-12pm 'Feel Better with a Book' at Bideford Library
10.30am Walking for Health in Victoria Park. Meet at Cafe du Parc. 421528
4-6pm Sew Together at Northam Library
7.30pm Two Rivers Wind Ensemble Rehearsal at Bideford Band Room
7.45pm Bideford Phoenix Morris at Royal Exchange, Torrington
8pm Torridge Male Voice Choir meets at Woolserly Village Hall. 441601