



BIDEFORD BUZZ



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



Bideford Carnival

This year's Bideford Carnival on September 9th took 'Countries' as its theme and was a colourful and musical affair, with all ages involved.

The parade was brilliant, with DJ Phatdog's multicultural 'Round the World' float and the vintage inspired Blitz float. The fire fighters and army cadets represented their services well, and the amazing baton twirling dance crews were just fabulous. The bands were excellent and rallied up the crowds who lined the Bideford streets. The drummers were fun to watch marching up and down the quay, and was a lovely finish paired with super fireworks.

Roll on next year ... (*S Strobe*).

Our picture shows Elliott and Poppy as *Little Mr and Miss Countries*. They won 1st in their category and runner up champion.

Photo by 'The Voice'.

Also in this month's Buzz

- ◆ Rosemary Sutcliff and her connection with North Devon
- ◆ Rope Walk – a history of
- ◆ Things to try this Autumn
- ◆ *Plus our regular items ...*

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 £18 per box per month. Cheques payable to Bideford Buzz Newsletter Group. All items for inclusion should be sent by the 11th of the month to the Editor, Rose Arno. Further information about us can be obtained from the Buzz on 01237 476549. 3,500 copies are 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.

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Bideford Town Council

Things to try this Autumn

Torridge Walk and Talk

Thank you all for your continued support. With the help of grants received, support from the local media, the tireless work and time given by our volunteers, and continued presence of the public



who attend our programme of walks throughout the year, we have been able to grow in numbers and enjoy the walks week on week. Our programme of walks have remained the same. They are varied, from flat circuits of Victoria Park in Bideford, or the gentle rises of Torrington Common to the Sandhills of Instow; there are walks to suit all abilities. Friendships are formed and people become happier and healthier. The weather is the main non-constant factor but people still attend, come rain or shine.

For our current programme of walks search the internet for Torridge Walk and Talk or phone Steve on 01237 421528

Learn Devon - Autumn classes. Phone 01237 472462 / learndevon.co.uk / or visit in person Bideford Arts Centre, The Quay, Bideford.

Interested in joining a Music Group?

The following groups meet every week for rehearsals. Please contact the secretary on the number shown, if you are interested in joining.

Appledore Band – training band 7pm every Monday at St Mary's Church Hall, Appledore followed by senior band Contact Hugh Secretary 473723.

Appledore Singers rehearse 7.15pm every Monday at Appledore Baptist Church. 420652

Northam Choral Society rehearse at Northam Methodist Hall Cross St Northam. Every Tuesday (3, 10, 17 and 31 October, **not 24 October (Half Term)**) (01237) 478406

Bideford Band Beginners Every Tuesday.6.30pm
Group at Band Room 475653

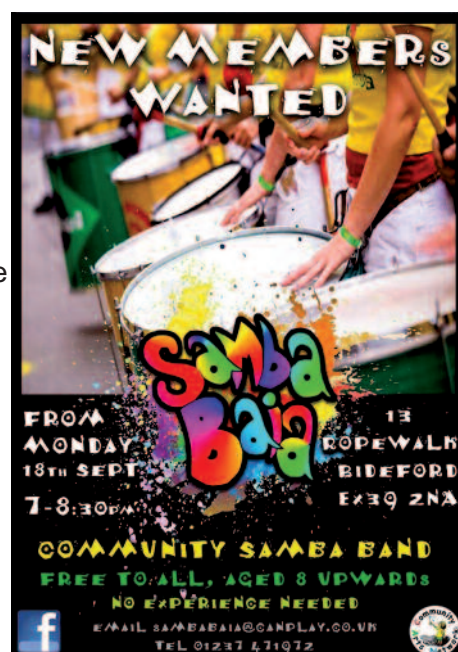
Two Rivers Wind Ensemble Rehearsal at Bideford Band Room every Wednesday. 01271 860061 7.30pm

Torridge Male Voice Choir meets 8pm at Woolsey Village Hall every Wednesday.tel 441061.

Bideford Phoenix Morris . During the autumn and winter we meet at the Baptist Church, Mill Street, Bideford, from 7.30pm every Wednesday starting the 4th October. We dance Cotswold stick and hanky dances. Bideford Phoenix Morris are a mixed side and welcome all dancers and musicians. If you would like to join us contact Carolyn on 01237 473798 and come along on the 4th and join in the fun.

Samba Baia.

New beginners' classes **Mondays 7-8.30pm**
Samba Baia Rehearsal at Community Arts Network,13 Rope Walk tel 01237 471972. **7.30-9pm**
Tuesdays 01237 471972



Rosemary Sutcliff (1920-1992), children's author with local connections.

She was born in West Clandon, Surrey, in 1920. In her autobiography, *Blue Remembered Hills*, which deals with her early years, she apologises for being born in Surrey, and grew up with the feeling 'that the West Country is the only right and proper place to have made one's beginnings.'

Her father was a naval officer from the West Country, working at the Admiralty. Unfortunately, at the age of three, she was diagnosed with Still's disease, a rare form of juvenile arthritis, so her father was posted to Malta, in the hope that this would have a positive effect on the child's health.

After three years the family returned to England, where she lived a peripatetic existence, following her father's various career moves, and eventually ending up in Netherne, an isolated house about two miles from Yarnscombe, and six miles from Bideford, the nearest large town.

She seems to have had a happy childhood, in spite of her disability, though she had to make numerous visits to the Princess Elizabeth Orthopaedic Hospital in Exeter, and spent much of her life in a wheelchair. She didn't learn to read until she was nine.

At 14, she went to Bideford Art School, where she developed a talent as a miniaturist, going on to exhibit at the Royal Academy. After leaving college, she initially painted miniatures for a living, but then started writing for pleasure. Eventually, she submitted her work for publication, and after the war, two of her manuscripts were accepted by the Oxford University Press.

After twenty years in North Devon, she moved to Walberton, near Arundel, in Sussex, where she was a prolific writer of children's stories, and other works. She specialised in writing historical novels, and won many literary awards, including the Carnegie Medal (1959), the Horn Book Award (1972), and the Phoenix Award twice, in 1985, and posthumously in 2010. She was awarded an OBE for services to children's literature in 1975, and promoted to a CBE in 1992, shortly before her death later that year at the age of 71. She was still writing the day she died.

Her work was of a high literary standard. *The Eagle of the Ninth* series remains her best-known literary achievement. Her life was not without romance, but she died unmarried and without children.

She appeared on Desert Island Discs with Roy Plomley in October 1983, and you can hear the recording from the archives on BBC iPlayer.

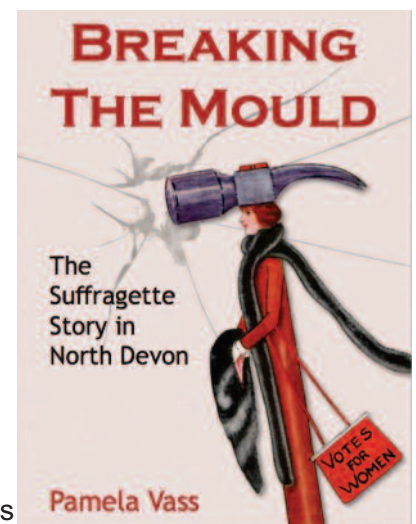
Chris Trigger



Breaking The Mould: The North Devon Suffragettes

On August 4th 1913, a car was spotted speeding away from Lynton late at night. Moments later the alarm was raised as sparks were seen above Hollerday House, a local mansion. The papers were filled with speculation that suffragettes were to blame. Truth or fiction?

This one question opened a door to the fascinating story of the fight for the vote in North Devon - not a tale of a sleepy Devon backwater, but of women prepared to protest at political meetings, recruit in the streets, join mass rallies in London, and suffer the agony of forced feeding in Holloway.



For more than half a century a dedicated and courageous generation of women risked everything in their fight for the vote, enduring assault, imprisonment and torture. Many came from North Devon. This is their story. Clovelly Court- suffragettes ambush the Prime Minister ; Ilfracombe - militancy arrives in North Devon ; Barnstaple - the biggest sleepover Devon has ever known ; Bideford - women fight to be heard ; Holsworthy - a dramatic arrest ; Lynton - explosive events hit the headlines

The book will be available at Walter Henry's and through my website at the end of September.

www.boundstonebooks.co.uk

Pam Vass

Book Buzz

Leaving Time by Jodi Picoult.

Discussed by Bideford Library Readers' Group in September

The picture on the cover of the paperback edition could lead the reader to anticipate just another missing person mystery but, from the start, s/he is in a tale of magical realism. With elephants!

Jenna Metcalf, age 13, embarks on a search for her mother who disappeared when Jenna was 3. She is on her own: her father is in a psychiatric hospital, her one grandparent is not interested. Her missing mother was an academic doing research on elephants; and we are given lots of detail concerning the emotions, maternal behaviour and expressions of grief shown by the many individually named animals.

An overriding theme in this book is *memory*. Yes in elephants!

But also in humans - both Jenna and her mother, Alice, having much to say on this subject..

Other themes soon become apparent – spiritualism and the paranormal – and, before long, the reader is being led through a labyrinth towards a surprising revelation.



There was much discussion of the details and puzzles of the story and the group as a whole found it interesting. Only one member anticipated the surprise.

John Martin

For the October meeting - 2pm on Wednesday October 4th - we shall be discussing Animal Farm by George Orwell.

It's 'Active Life Active Month' in Devon's Libraries

At Bideford Library

12 October between 10 -12.30 we have a morning of free blood pressure checks and Health and Well Being Gadget Show; this includes fitness trackers, iHealth glucose device, GoPros, VR apps – body scales, baking scales. We also have guides with specific apps which people can download, focused around mindfulness, anxiety support, and dementia.

16 October we have a 'Laughter Yoga Session 6.30 - 7.30

We will also be having a **jigsaw** on display for the whole of the month with all welcome to complete it by October 31st. Other events in October include:-

Friday 6 October 1.pm - 7.pm Book Launch of '*Bideford ; an Otter's Tale*'

Tuesday 10 October, as part of Appledore Book Festival, we have author of '*My Brother is a Super Hero,*' **David Solomon** talking to children in the library ; this event starts at 4.15pm.



At Northam Library

Monday 2nd October 2pm Free Quilting Workshop ; to book 01237 475111

Friday 6th October 2pm A guided walk around Northam with Peter Christie. £2 including refreshments. To book 01237 475111

Monday 9th October 2-3.30pm Memory Lane - an opportunity for dementia patients and their carers to browse the reminiscence resources available from Devon Libraries and the Memory Cafe whilst enjoying tea and cake.

Friday 13th October 10-1 drop-in for a blood pressure check with the Stroke Association.

Monday 23rd October 1.30-3pm and 3.30-5pm FabLab - make a key-ring using a 3D printer (£5.) For more information 01237 475111.

Monday 30th October 2.30-3.30 Free Poetry and Art Workshop with leading poet **Chris Tutton**. A friendly and interactive workshop examining an art movement and writing a poem about it. To book 01237 475111.



Foster a dog and make a difference to a dog's life!

We are looking for dog lovers who live near to our Ilfracombe Rehoming Centre to look after dogs for us in their home on a short term basis. These dogs may be puppies, elderly dogs, dogs with injuries, mums with litters or perhaps just a dog that needs a break from kennel life. All equipment, food, support and advice will be provided by Dogs Trust. For more information please contact the Home from Home Coordinator: Call: **01271 812 709** Email: hfhilfracombe@dogstrust.org.uk Or visit us at: Dogs Trust Ilfracombe, Hazeldene, West Down, EX34 8NU

www.dogstrust.org.uk/fostering
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See Hear on Wheels

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Bideford Pill car park
Bideford Tesco Superstore car park
Northam Bone Hill car park

For dates see Diary Listings

Contact the See Hear Centre
Email: seehearnd@livingoptions.org
Web: www.livingoptions.org
Tel: **01271 373236**
SMS: **07831 515809**



LOTTERY FUNDED

Registered charity No: 1102489

BIDEFORD CINEMA

The Limehouse Golem (15)
at Kingsley School
on Friday 6 and Saturday 7 October at 7.30pm

Victoria and Abdul (PG)
at Kingsley School on Friday 13 and
Saturday 14 October at 7.30pm

Kingsman: The Golden Circle (15)
at Kingsley School on Friday 20
and Saturday 21 October at 7.30pm

The above programme is **PROVISIONAL**.
Please check weekly advert in
North Devon Gazette and our web site
www.bidefordcinema.org.uk
for up-to-date information on films and times to
avoid disappointment.

Rope Walk

Rope Walk today is a narrow but well used roadway running parallel to the Pill. Its name obviously records the presence of the ropemaking industry which was once so important to the ship-owning merchants of Bideford – but how many know the odd story behind the disappearance of the industry?

Around 1876 H.M. Restarick, a ship-builder of East-the-Water, took over the Rope Walk and, aware of the need for ever longer ropes, extended his ropemaking yard including some new posts – right across Chingswell Street and into the Strand. This obviously upset the local residents who immediately complained to the town council who responded by ordering Restarick to take down the new posts as soon as possible.



Unfortunately Restarick was also a town councillor himself and he told his fellow councillors bluntly 'Horses, carts, carriages, pedestrians etc could only pass subject to the convenience of the rope manufacturers' and he really couldn't understand why everyone was getting so agitated!

The council then ordered their Surveyor and his men to physically remove the contentious posts. They arrived at 7 a.m. one morning – only to find Restarick and some 50 of his employees guarding the posts. The shipbuilder then 'dared the Surveyor to touch the posts' - at which point the council men retreated.

Local papers satirically termed this 'The Battle of the Posts' as they reported a second attempt to uproot the posts at midnight where 'a big strong fellow by the name of Passmore' led the council men but as soon as he began work he was seized by Restarick's men and escorted away. He was lucky as the ropemakers 'had a bucket of tar and a bag of feathers near at hand and were very anxious to use them.' To celebrate their victory they erected some 'triumphal arches' made of evergreens and topped with triumphant mottoes.

A month or so after this a council election was held where 'pro-post' candidates were elected in the heaviest poll ever recorded in town. The new council half-heartedly attempted to reach some agreement but Restarick refused and the posts remained at least until 1906 when, some 8 years after Restarick had died, the owner of the Strand Collar Works, which had replaced the Rope Walk 'generously decided to forego his rights in respect of the posts on the Strand' and they were removed. Exciting times in Bideford!

Peter Christie. *(Photo shows posts at Strand end of Rope Walk.)*

From Lantern to Voice - the story of a local radio station.

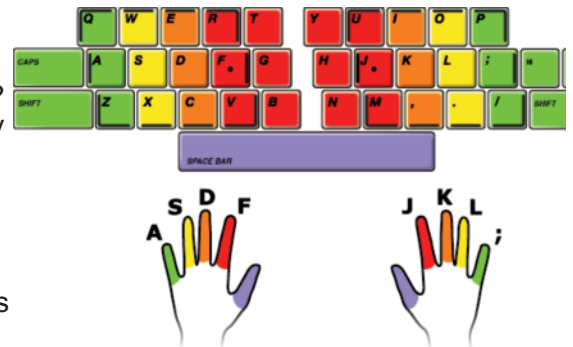
How many of you remember Lantern Radio? It started life in the building in Grenville St (which is now the bridal shop,) in October 1992 and the first tune played was the Bangles 'Eternal Flame.' Some of my friends bought shares in the venture and nearly all of us townsfolk got our five minutes of fame by appearing on it. The independently run radio station fostered its name from days gone by, when ships were lured to a wreck by the waving of lanterns from the coast. The station was popular, not only because of its entertainment output, but also because it became a key focal point for local news and events. It was said that if you wanted to know what was going on in North Devon you tuned into Lantern. Consequently it developed relationships with all aspects of the community, including local business and charities, and developed a loyal following.

Unfortunately all good things come to an end and eventually Lantern ceased to be viable, firstly moving to Roundswell Barnstaple, and then being taken over by Heart.

This was short-lived when Heart centralised to Exeter, leaving the region without its own radio station. A campaign to 'Bring Back Lantern' began, which saw *The Voice* begin, first on DAB in 2012, and then on FM in 2014. Now we have a new independent local radio with the opening of a new radio station at Belle meadow in Barnstaple in July. **RA**

Buzz Byte

Have you ever noticed that the F and J keys have a raised ridge? This is to allow users to position their hands correctly so that they can type without having to look at the keyboard. This is a skill particularly perfected by secretaries and writers (though I am typing this looking at the keyboard!!) The middle row of letters, which contain these keys, is called the 'home row'. With the introduction of touch screen and mobile devices the art of touch typing is declining as many just use their thumb to type. Shortcuts on the computer can save you time.



One of the most common short cuts is CTRL-ALT-DEL, this is great if a programme has 'crashed' and you can no longer operate it as it will take you to a screen where you can choose to access the task manager (and force the programme to shut down). It also gives the options to lock the screen or switch users efficiently. ALT-F4 can be used to shut down a programme or the PC/tablet. Have you noticed that the FN key is a different colour to the other keys? And along the top line of keys there is an F & number below each icon? The FN key is used to work the various functions – sound, brightness etc. Beware when using the F5 key to refresh your web browser, it will deactivate your mouse (you need to press F5 again to get it back!) but CTRL-R will refresh the page.

Two shortcuts I use a lot are designed to copy areas of text or an image and then paste them into another document or design programme. To do this you select/highlight the text or image then press CTRL-C, go to the location you want it, click the area you want to insert it then press CTRL-V. CTRL-F is a really handy shortcut, it brings up a search bar in a document or web page, allowing you to search a vast amount of data for a single entry. The CTRL-Tab command allows you to jump between open tabs when using the internet, CTRL-T opens a new tab! Sometimes you may want to zoom in or out of a web page, this can be achieved by CTRL-+ to zoom in or CTRL- - to zoom out. (This function will not work in all design or word processing programmes.) CTRL-P is the shortcut to the print option. CTRL-D opens the bookmark window and CTRL-H displays your internet history. There are a myriad of other shortcuts available but be careful as three of the big search engines – Chrome, Mozilla Firefox and Internet Explorer – don't use all the same commands.

Nickie Baglow. *Complete Computing.*

Message from Bideford Medical Centre

Abbotsham Road, Bideford, Devon EX39 3AF 01237 476363 Out of Hours: 111

Self Help: Some conditions are self-limiting and can get better in a few days. Community Pharmacists are fully trained and qualified to treat minor ailments such as cold, cough, sore throat, thrush conjunctivitis, urine infections. Visit our website for self help tips. www.bidefordmc.com

Focus on the 'Common Cold':

Generally symptoms come on gradually and include blocked/runny nose, sore throat, headaches, cough, sneezing, a high temperature (more than 38C in adults and 37.5C in children). The common cold is caused by a virus which **does not respond to antibiotics**.

To help treat your cold:

Keep warm, rest, drink plenty of fluids, ideally water to avoid dehydration take paracetamol.

Community Pharmacist can advise you on the most appropriate medication which may help your cold such as decongestants or pain killers.

When to see a GP:

- ☐ If symptoms don't improve after three weeks
- ☐ If symptoms get suddenly worse
- ☐ If temperature is very high or you feel hot and shivery
- ☐ If you are concerned about your child's symptoms
- ☐ If you are finding it hard to breathe or develop chest pain
- ☐ If you have a long-term medical condition – for example, diabetes or a heart, lung, kidney or neurological disease
- ☐ If you have a weakened immune system – for example because of chemotherapy.



News from the Burton Art Gallery & Museum

The Burton is well known now for its magnificent and comprehensive collection of Studio pottery. Thanks to the Heritage Lottery Fund and other grants, the Gallery owns the R.J. Lloyd Collection of North Devon Slipware, which beautifully blended with the slipware the Gallery already owned from generous donations over the years.

One of two exceptional exhibitions this autumn is the **Ann Carr Ceramic Collection** from Aberystwyth University. Wenford Bridge Pottery was founded in 1939 by Michael Cardew, a well-known name in the world of ceramics. Ann was an admirer and friend of Michael, and her collection was donated to the University in 2014 by her son, Julian, in her memory. Included in this collection are works by Svend Bayer, whose work is often on sale in the Burton's Craft Gallery. Michael O'Brien and Seth Cardew are also represented in these 330 pieces of studio pottery. You are welcome to come and hear a free talk about this collection at the Preview on 16th September, at 2.00, given by Professor Moira Vincentelli.



Starting on **14th October, and continuing until 27th November**, is a stunning collection of paintings by **Paul Lewin**. Many of us remember Paul as the first artist to use Bideford Black in his work when he lived at Greycliff. The Friends purchased one of his studies of the rugged cliffs along our coast, and it is part of the Permanent Collection. This Exhibition, entitled '**Coast**' depicts mainly Morte Point and its dramatic depths of sea and rocky shoreline. Paul works 'en plein air' – in the open air, rather than in the studio, and you can feel the weather and hear the surging sea in his poignant works of art.

Paul's **Mixed Media Masterclass** takes place on 21st and 22nd October from 10am to 4pm, working outdoors (weather dependent) and the aim is to take your place on the North Devon cliffs on one of the two days. Cost: £100 + £10 for materials. Book on 01237 471455

Karen Adams is creative with silver, and her jewellery is on sale in the Craft Gallery at very reasonable prices. Karen is holding a **Jewellery Making Workshop** on October 14 from 10am to 4pm, when you can learn to solder, anneal and polish your own work in sterling silver. Cost is £40 + £10 for materials. Book on 01237 471455,



James D Mortain writes crime fiction, helped by his famous sleuth, Detective Deans. The Friends have invited James to tell us how police work has inspired his writings and how he goes about getting it all down on paper. Join us in the Gallery on Thursday, 12th October, at 7.30 p.m. to hear all about it. Just £5 at the door.

Artists are reminded that the Open Annual Christmas Exhibition handing-in days are November 11th and 12th and the Exhibition begins on the 18th. Conditions and entry forms are available from the Gallery.

Gallery opening hours are: Monday to Saturday, 10-4; Sunday, 11-4. Admission Free.

The Cafe du Parc, Museum, Craft Gallery and Shop are all part of the Burton's proud gift to Bideford. **Diana Warmington**, *Friends of the Burton Art Gallery & Museum*.

Devonshire Association

The Bideford Branch starts its winter season of meetings in October, with a talk by Paul Rendell, entitled "Tales of a Dartmoor Guide". As its title implies, he will describe stories and events that can happen whilst taking a group walking on Dartmoor. It will take place in the Kingsley Room at the Burton Art Gallery at 2 pm on Friday 20 October. For more information about the talk, or about the Association itself, please contact our Secretary, Mike Wright by emailing him at michaelwright946@btinternet.com or pick up a leaflet at the Burton. There is car-parking available nearby, a lift up to the Kingsley Room, and tea and biscuits available afterwards.

Chris Trigger

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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If you are looking for a venue for any celebration
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or call at the club.

Buzz Word

Thank you

This is a thank you to some wonderful people of Bideford. In July my husband and I were on holiday in Instow and on the first day we visited Bideford. On getting out of our car my husband dropped his keys. We returned to the car at about 6pm and realised the keys were missing. This is when kindness took over, firstly a gentleman told us a lady had found our keys and handed them to Radfords tobacconist opposite the car park. The gentleman there told us that at 5pm when the shop shut they took them to McColls, where we retrieved them.

We just want to say a big thank you to the mystery woman, the gentleman and the two shops without whom our holiday would have been ruined.

Thank you

Roger & Jo Tyldesley (Berkhamsted Hertfordshire.)

Bridge Pool

I was privileged to have the rights to catch salmon and sea trout. My net had to be 600 feet long and 24 feet deep to fish the salmon pool. Over the years I have walked under the Bridge hundreds of times. I included some treasures from the Bridge Pool in the resin blocks on the Quay. (*'Secrets of Bideford' by Lesley Kerman (available at Bideford Library) describes the burying of art works in the fabric of the Quay when the flood defence scheme was completed.*) There is a story (true – who knows?) that there is a love letter etched into the arches, 'Ode to Eli,' parts of which can be read at low tide.

Derek Barnes

Families for Children Trust

We place vulnerable children from all over the UK with new adoptive families in Devon, Dorset, Cornwall, Somerset and the Isles of Scilly. We have a growing number of older children, sibling groups and children with disabilities waiting to be adopted and we are looking for more adopters to come forward quite quickly.

The next meetings in North Devon are:

October

National Adoption Week 16th-22nd October

Thursday 19th October Time: 6.30-8.30pm

Venue: Voice FM Meeting Room, Belle

Meadow Court, Albert Lane, Barnstaple, North Devon EX32 8RJ

Friday 20th October Time: 10.00am – 12noon

Venue: DROP-IN APPOINTMENT,

Families for Children, The Garden Flat, Castle Hill Estate, Studd Dr, Filleigh, Barnstaple EX32 0RH

Soul Intention is an 11 piece soul band with a 5 piece horn section and decades of experience between them. This popular Big Sound Soul Band perform a vast repertoire of soul classics from the 60's and 70's with a mixture of the very best Motown and Stax songs including *"Chain of Fools"*, *"Mustang Sally"* and *"In the Midnight Hour"* made popular more recently in the *"Commitments"* and *"Blues Brothers"* films.

The band likes to support local charities and is offering to play at 4 free gigs to help local charities wanting to raise funds in 2018. However, you would need to have a venue that accommodate this big band and with a dance floor large enough for you and your guests as Soul Intention will keep you dancing all night long. If you would like to know more, please contact **Penny on 01271 860379 or Trev on 01237 470268.**

Wicked Week

This year's theme for Wicked Week is Horrible Histories. The event will run from Saturday 21/10 to Sat 28/10. We will also be promoting the Fire Station's haunted house event on 31/10. We will have activities in town every day between 11-4pm - with events in the evening on Fri 27/10 and Sat 28/10. Activities will include: Window Display Competition Craft activities, Pumpkin carving, Story time History talk - uncovering Bideford's Horrible History - Facepainting and glitter tattoos, Medieval disco Childrens entertainment. Look out for the full programme of events which will be published shortly.

Bideford Pannier Market - open Tuesday through to Saturday

A big thank you to all our customers both local and tourists over the summer; it's always lovely to see our regular friends and meet new ones.

There is a buzz about the market building as a whole which is beautiful to see and hear.

The series of events being held on Sundays are proving to be a success and introduce new people to the market; the next one is the **Artisan market on the 19th November**. *More about this next month.* if you are a trader and looking for a place to trade then why not have a look at Bideford – please contact Richard Coombes (Deputy Town Clerk) on 01237 428817

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

Looking along Butchers' Row what an eclectic mix of shops we have, artists ,sculptors , wood turners and carvers, potters . purveyor of cheese , old fashioned sweets, computer games and repairs, hairdressers , hand made jewellery, ceramics, vintage handycraft supplies and workshops, hot and cold snacks and drinks plus a lot lot more –

Looking outside Butchers' Row into Market Place , Grenville and Honestone Streets, the mix of traders is even more diverse – something for everyone as the saying goes.

Trev (Minxy's Sweets)

Felicity's Sustainable Fish

Here is a wonderfully flexible and tasty recipe for a pasta cod dish. The original is a recipe from a restaurant in Rome -so an authentic Italian / Mediterranean dish. The best fish to use is the Salt Cod. I used some fish from Newfoundland given to me by a cod fisherman from Petty Harbour near St Johns, when I visited in July. I also use fresh spinach for the vegetarian dish -both versions are delicious. You can use fresh cod or even local caught pollack as well.

Tagliatelle with Cod and pecorino cheese.
(vegetarian version with fresh spinach leaves)

Ingredients

For the Stock-2

sticks of celery and chopped onion, fennel trimmings or seeds, parsley stalks and block pepper or peppercorns.

350g Cod fillet (or salt cod fillet-if available)

50-100g of fresh washed spinach leaves -for a vegetarian dish.

1 small onion (could be red onion) for added colour

6 tbsp. olive oil

450g tagliatelle or spaghetti

100g pecorino cheese or ready grated Italian cheese.



Method

1. Simmer the stock ingredients together for about 15 min. Poach the fresh cod in the stock for under 5mins, or soaked salt cod for 10 mins. Lift out with a slotted spoon, blot with kitchen towel and pull away from skin, and using a fork flake the fish and set aside in a bowl. If using spinach leaves wash the leaves and set to dry in a colander.
2. Cook the pasta in plenty of salted water until al dente. Chop the onion into chunky pieces. In a large frying pan fry the onion in the olive oil until soft and lift the pasta with any residual water clinging to it.
3. Pull the pan from the heat, add the cheese and mix vigorously until creamy - adding extra pasta cooking water, if necessary. Add the torn basil and fish flakes (or spinach leaves) toss again, and serve. Add more grated cheese and garnish with basil sprigs.

This tastes absolutely delicious with fish or spinach leaves.

September was a busy Fish Festival month with Festivals in Newquay and Brixham. Wouldn't it be good if we could have a fish festival in Appledore Fish Dock next year to celebrate both River and Sea fishing? Let me know if you would like to contribute to this idea? brilliantfishsw@gmail.com. Next month is Herring Month with recipes for fresh and smoked Herring.

The Bideford Bridge Trust has awarded a grant to 2 Primary schools in Bideford for the Brilliant Fish Education group to run **"History of Fishing in Newfoundland and Salt cod recipe demonstration/tasting** sessions this Autumn



The Otterman Empire.

Ere that annual tradition, all Hallow's eve is nearly upon us- the night Bideford dons an eerie glow, the moon sheds wispy shrouds of cloud and squats there in the sky, an obese orb, illuminating the newly awoken spirits that frolic far below. Only, this year, the moon won't quite be full by October 31st; it will have just left its third quarter, so we're left with a not-so-haunting semi-circle in the sky. Take what you can get. Full moon actually lands on a much more important date this time around. Friday 6th October will see the long awaited 'Bideford- an Otter's Tale' land on our shelves. For months, the folks at Business of Bideford have been working tirelessly to create the book; one part companion piece to the Tarka statue, two parts love letter to the town. Anyone who has happened by the raffle, DVD stall or tombola outside Co-op recently will have helped cover printing costs. Likewise, every little shop mentioned inside the book has put forward a donation of their own. It was a pricy venture, sleek and shiny- like Tarka himself - and is printed on glossy pages, with colour illustrations throughout. There were so many top class pictures put forward for the cover design, that all of them are included inside, although it was Sophie Lawrence's striking illustration that won out overall.

"Well I really wanted a design that was quite fun and friendly so people of all ages could enjoy it," says Sophie, "nothing too serious and detailed, just a simple happy otter underneath the Bideford bridge with all its different sized arches; something that is probably the most recognisable feature of our town!" Judges agreed that it was both striking and infectious, and it will be on every copy.

As it's the 90th anniversary of Henry Williamson's tome, his son and daughter in law- Richard and Anne- will be on hand to sign the books. This unveiling takes place at the Bideford Library, between 1 and 7pm; for £15 you can stroll out under the bulbous moon, leafing through your investment, savouring that new book smell. It has been a long time in the pipeline, but now that hard work will finally come to fruition.

Time to move on

For some of our readers, this year marks their last one in Bideford as they take a new, brave step off to the world of work, or university. Often, this can be scarier than any number of ghouls and ghosties found cavorting round on Halloween. It means a lifestyle change.

To all those who flew the nest, or at least the education system, this September, we wish you the best of luck. It's a rough transition, but there are still things you can do to make it easier. For example, there are great offers to be had by ordering an NUS card. A yearly subscription to the service is just over a tenner, and you can get 10% off hundreds of fashion brands, computer packages and, most importantly, fast food. Hunger pangs need not replace home sickness at the top of your woes. In fact, any money woes at all can be slightly diluted with a student account. Almost every bank offers some variation, with interest free overdrafts up to a £1000 with three years to pay it off. This alleviates some of the stress while you're studying.

It's a big wide world out there; the trick is finding the treats in amongst the pitfalls. For many of us next year, it's a shambolic step into adult life, but the Buzz remains constant, calling us home. This period is particularly apt for the youth page, as I am moving on to university, having had the privilege of being your Youth correspondent for the last three years. I will miss everyone connected with the Buzz and want to thank each member of staff for your unending patience and support. Finally, I want to thank everyone who's read this column over the years; hope you have enjoyed it half as much as I have! Fear not, the Youth Page will continue, as that fine Biddefudlian, **Lucy Braund**, will be taking over the reins next month.

Millie Sutherland O"Gara

Thank you Millie for your excellent articles over the past three years, always sent to the editor well before deadline! We will miss you, but wish you well in this next stage of your career and look forward to working with Lucy. (And don't forget - Buzz has its own page in the new Otter Book.)





100 Years Ago October 1917

The Borough of Bideford announces, under the powers conferred by the Retail Prices Order 1917, the Sale of coal prices for the forthcoming winter months:

Best Lydney House Coal £2.0.0d per ton. £2.2.6d delivered to the customers' house.

Lancashire House Coal £2.5.0d per ton. £2.7.6d delivered.

Lydney Nuts £1.18.4d per ton or £2.0.10d delivered.

27 Bridgeland Street Bideford, formerly occupied by Mrs Field is now for Sale by Auction. The Bridge Trust own a lease signed on 26th November 1890 for the next 99 years. The Ground Rent has been set at £10 per annum.

Also for Sale 17 Winterbourne Terrace Lime Grove Bideford. Freehold. A W Cock, Auctioneers, 7 Grenville Street acting as agents for both sales.

In the village of Monkleigh two freehold thatched cottages are offered for sale by R Blackmore & Sons. The auction will take place next month.

North Devon Sugar prosecutions. Before the County Petty Sessions in Bideford is the owner of Rowena Boarding house in Westward Ho! for unlawfully obtaining 88 lbs of sugar for the purpose of preserving home grown crops. Upon investigation no jams, preserves or preserves had been found and on interview the owner admitted that she has failed to realise the significance of her actions. The Court felt that a warning needed to be given regarding the unlawful acquisition of goods in acute shortage and she was fined four guineas.

The Arbroath registered schooner 'Surprise' with Captain and four hands ran aground and was wrecked off Northam Burrows. She was bound for Rouen from Port Talbot and the Captain who was unfamiliar with the estuary was blown onshore by a westerly gale and flood tide. The Appledore lifeboat attended but could not get near to her. One crewman, a Dane, was washed ashore in the Taw estuary 1½ miles from Braunton and another came ashore at Chivenor. The Captain's body was washed ashore at Woolacombe.

Bideford School Inspectors reporting to the Town Council point out that 33% of the Infants in Geneva school are under weight and across the town's schools 75% of all girls are undernourished. The War is having an effect upon all levels of the population.

Each month the newspaper records the gifts that are donated to the two local VAD Hospitals at Enderly, Torrington and Commons, Northam. Eggs, milk, vegetables and fruit are commonly given. This month rabbits come from Lord Clinton and pheasants from Lady Gertrude Rolle. Other gifts include playing cards, cake, cigarettes, slippers and the ubiquitous socks.

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 or visit our website www.bidefordarchive.org.uk.

BIDEFORD BUZZ

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For more details please contact editor@bidefordbuzz.org.uk



SHIPPING NOTES



Bideford Shipping 150

Readers will notice that this is Shipping Notes 150. A remarkable achievement and one I never thought would happen. Maybe, just maybe, we will reach 200 ; that would be wonderful, so let's see what happens.

Ship	Flag Owners	From	To	Arrived	Sailed	Crew	Cargo loaded
Celtic Mariner ex Fair Floriana 02 ex Oporto 2015 Built 2000	St Johns Antigua and Barbuda British	Birkenhead	Castellon	19/08/17	22/08/17	Polish Russian	2800 tons ball clay.

The proposed visit of the m.v. **Balmoral** on the **18th August** had to be cancelled due to a rope into her propeller and problems with her stern gland. Also the visit on **Sunday 3rd Sept** cancelled due to weather conditions .

Shipping at Yelland

Further to last month's report the **Deo Gloria** finally sailed away from Yelland on the **10th August** to undertake work in the River Mersey. She only completed 6 voyages. She returned to Yelland on **21.8.17** from the River Mersey via South Wales. **22.8.17** (Two Trips) **23.8.17** (Two Trips) **24.8.17** (Two Trips) **25.8.17** **26.8.17** (Two Trips) (Two Trips) **28.8.17** (two Trips) After completing this voyage the vessel sailed to the Manchester Ship Canal for further dredging work. Readers may be interested to know that the sand discharged ashore will be used on farms as bedding for cows which helps in their milk production.

Bristol Channel Observations

13.8.17 at 14.02 vehicle carrier **Vega Leader** 16396 tons d.w, owners Nippon Yusen Kaisha Japan inward bound for Portbury. At 16.27 vehicle carrier **Tiger** 30140 tons d.w, owners Wallenius Wilhelmsen Norway, and inward bound for Portbury. . At 18.00 vehicle carrier **Torino** 22160 tons d.w, owners Wallenius Wilhelmsen Norway and Sweden, inward bound for Portbury.
14.8.17 at 08.43 cargo vessel **Gagliarda** 14600 tons d.w, owners Foster Shipping Ltd Switzerland inward bound for Newport.
17.8.17 at 20.10 container vessel **MSC Korini** 48000 tons d.w, owners Waldo Shipping Co Greece outward bound from Portbury, having sailed at 15.43. At 20.35 vehicle carrier **Glovis Corona** 21421 tons d.w., owners Glovis Co Ltd South Korea, inward bound for Portbury.
18.8.17 at 15.01 the bulk carrier **Agri Princess** 82084 tons d.w. owners Hong En Tianjin Ship Leasing Greece, inward bound for Portbury.
19.8.17 at 08.47 cargo vessel **Arklow Bay** 8661 tons d.w, owners Arklow Shipping Nederland V Holland outward bound from Birdport having sailed at 03.04. At 08.51 cargo vessel **Arklow Valour** 5159 tons d.w, owners Arklow Shipping Eire, outward bound from Avonmouth having sailed at 02.34.
20.8.17 at 13.20 vehicle carrier **Grand Vega** 18200 tons Owners Cido shipping (H.K.) Co. Ltd Hong Kong China inward bound for Portbury seen from the Pier House Restaurant Westward Ho!.

23.8.17 at 10.50 cargo vessel **Toto Br** 7967 tons d.w, owners Barone Shipping Co SPA Italy inward bound for Newport. At 16.20 vehicle carrier **Sirius Highway** 20419 tons d.w, owners Sirius Highway Shpg Mar Japan, inward bound for Portbury. At 17.06 bulk carrier **Sea Neptune** 81631 tons d.w.owners Neptune Shipping Inc Bermuda, inward bound for Portbury.

Norman 01271 861183

24.8.17 at 19.40 cargo vessel **Naos** 4258 tons d.w. owners Rump Shipping Ltd Estonia, outward bound from Sharpness having sailed at 02.32. (17th She had been anchored in Blue Anchor Bay awaiting orders.)
28.8.17 at 16.35 bulk carrier **Maria L** 28404 tons d.w, owners Maria L Shipping Inc Greece inward bound for Avonmouth.
30.8.17 at 15.42 vehicle carrier **Grande Portugallo** 12594 tons d.w, owners Grimaldi Line of Italy outward bound from Portbury having sailed at 12.12.
1.9.17 at 07.32 vehicle carrier **Ciudad de Cadiz** 3500 tons d.w,owners Anija 2 SNC France, inward bound for Portbury. At 08.24 vehicle carrier **Othello** 30134 dw,.owners Wallenius Wilhelmsen Norway and Sweden, inward bound for Portbury.
2.9.17 at 11.10 tanker **Atlantic Wind** 15029 tons d.w. owners Carl F. Peter Hamburg, outward bound from Portbury, having sailed at 05.23
5.9.17 at 10.07 vehicle carrier **Victory Leader** 13363 tons d.w, owners Ray Car Carriers Israel, outward bound from Portbury having sailed at 04.32.



(c.) N. Hardaker.

October Diary

Sunday 1st

7.30pm Quiz at The Champ PH, Appledore. £2 per person. All proceeds to Book Relief UK. 01237 425247.

Monday 2nd

10am-12pm Appledore Community Art Group at Appledore Community Hall.
2pm Free Quilting Workshop at Northam Library. 475111
7pm Tai Chi at Bideford High Street Methodist Church Hall. 472532

Tuesday 3rd

10am-1pm Lavington Church coffee and lunches
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.
5.45 pm Tarka Child Contact Centre AGM at Bazeley Barnes and Bazeley EX39 2QB. Alix on 07530605681
7.30pm Bideford Sustainability Group at Blacksmiths Arms. 475375
7.30pm Bideford Camera Club meet at Chubb/Churchill hall 421391
7.30pm Appledore Men's Group at Appledore Library Upstairs Frank (01237) 425247.

Wednesday 4th

10am-12pm Bideford Healing Group at Sea Cadets Bldg in Victoria Park.
10am-3pm Westward Ho! Crafters Market at W, Ho! Baptist Church 479474
10.30am Parkinson's UK coffee morning Ethelwynne Brown Close. 478128
10.30am-12pm 'Feel Better with a Book' at Bideford Library 476075
11am-1pm Creative (Memory) Café at Quay Meeting Rm, 5 Danver Court, Clovelly Rd Ind Estate. 07817976053
1.20-2.10pm Mother & Baby Fitness Class at Weare Giffard Village Hall. 07884232308
1.30-3.30pm Knit & Natter Group at Holy Trinity hall, Westward Ho! 4757
4-6pm Sew Together at Northam Library
6-7pm Zumba Class at Weare Giffard Village Hall. 07884232308
7.30pm Bideford Folk Dance Club meet at Northam Hall. 423554
7.30pm Lions Club meet at RND Golf Club, Westward Ho! Visiting Lions welcome
7.30pm Bideford Music Club at Bideford Methodist Hall 423112
Thursday 5th
10am-12pm See Hear on Wheels (SHoW) bus at Hartland Pavilion.
10am -12noon. Northam Men's Forum, Methodist Church Hall Northam 459324
10-11 & 11-12 Tai Chi, Marlborough Ct.
2pm Torridge Ramblers stroll around Instow. 239129

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

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

6.45pm Westward Ho! Bridge Club at Trinity Church Hall 470990

7.30pm Appledore Men's Group at Appledore Library Meeting Rm. 425427

7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801

8pm Bideford Folk Club at Joiners' Arms
Friday 6th

1-7pm Book launch of 'An Otter's Tale' at Bideford Library. 476075

2pm Devonshire Assn at Burton Gallery 01409 281565

2pm Guided walk around Northam with Peter Christie. Book on 475111

2-4pm Sew Together at Westward Ho! Baptist Church 01805 622666

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

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

8pm Ceilidh Club, Northam Hall 476632
Saturday 7th

2pm Devon Family History Society AGM / Conference at Bideford College. To book tel 01237 451305. *This is instead of the regular meeting.*

7pm Film Club at Littleham Village Hall 471928

Sunday 8th

7.30pm Hartland Town Band concert with Torridge Male Voice Choir Hartland parish hall; £6.00 –for RNLI. 441434

Monday 9th

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

2-3.30pm Memory Lane for dementia sufferers & carers at Northam Library.

2.30pm Monday Club meet at Bideford Methodist Church

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

8.30pm N Devon Jazz Club at Beaver, Appledore – Ralph Freeman Quartet

Tuesday 10th

10am-1pm Lavington Church coffee and lunches

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

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 W. Ho! Baptist Ch. Speakers & cuppa 425471

7-9pm Torridge Tuesdays Women's Club, Ethelwynne Brown Close 1 07977184897

7.30pm Bideford Camera Club meet at Chubb/Churchill hall 421391

Wednesday 11th

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

1.20-2.10pm Mother & Baby Fitness Class at Weare Giffard Village Hall. 07884232308

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

2-3.30pm Memory Lane – reminiscence group at Bideford Library

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

2-4pm See Hear on Wheels bus at Tesco, East-the-Water

4-6pm Sew Together at Northam Library

6-7pm Zumba Class at Weare Giffard Village Hall. 07884232308

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

7.30pm Two Rivers Wind Ensemble Rehearsal at Bideford Band Room

Thursday 12th

10-11 & 11-12 Tai Chi, Marlborough Ct.

10am -12noon. Northam Men's Forum, Methodist Church Hall Northam 459324

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

6.45pm Westward Ho! Bridge Club at Trinity Church Hall 470990

7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801

8pm Bideford Folk Club at Joiners Arms
Friday 13th

10am-12pm Coffee, Craft & Chat at Old School Rm, 17 Atlantic Way, W Ho! 421274

10am-1pm Stroke Assn drop-in blood pressure check at Northam Library.

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

7.30pm Abbotsham WI in Village Hall

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

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

8pm Ceilidh Club, Northam Hall 476632
Saturday 14th

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

3pm Bideford AFC v Cirencester Town
Sunday 15th

9.30am-12.30 Bideford Town Band Big Breakfast at Weare Giffard Village Hall tickets Becky 475653

1.30pm Torridge Ramblers walk 451820

2.30pm Liberty Sisters and High Tea at Buckland Brewer Village Hall 451822

Monday 16th

National Adoption Week For local meetings contact 01364 645480

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

2pm Bideford Ladies Club at Marlborough Court. 421925

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

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

October Diary

Tuesday 17th

10am-1pm Lavington Church coffee and lunches

11.45am-12.45pm Tai Chi at Northam Community Hall

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

2.30pm Reflections at St Mary's Church

2.30pm Lift Off for Ladies at Baptist Ch., W.Ho! Speakers & cuppa 425471

7.30pm Bideford Camera Club meet at Chubb/Churchill hall 421391

Wednesday 18th

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

10am-3pm Westward Ho! Crafters Market at W.Ho! Baptist Church 479474

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

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

1.20-2.10pm Mother & Baby Fitness Class at Weare Giffard Village Hall. 07884232308

1.30-3.30pm Knit & Natter Group a Holy Trinity hall, Westward Ho! 475720

4-6pm Sew Together at Northam Librar

6-7pm Zumba Class at Weare Giffard Village Hall. 07884232308

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

Thursday 19th

10-11 & 11-12 Tai Chi, Marlborough Ct

10am -12noon. Northam Men's Forum, Methodist Church Hall Northam 459324.

10am -5pm RNLI art exhibition at N Devon Yacht Club Instow.

11am Bideford Sustainability Group Coffee Morning at The Old Custom House café. 475375

12.30-2pm Fish & Chip Club for over 60s at Royal Plaice, Appledore. 471394

2-3pm Seated Exercise for over 60s at Westward Ho! Baptist Church 0180 622666

6.45pm Westward Ho! Bridge Club at Trinity Church Hall 470990

7.30pm Scottish Country Dancing at Westleigh Village Hall. 47380

8pm Bideford Folk Club at Joiners Arms

Friday 20th

9am – 12 noon Mayor's Surgery in Town Hall Bideford by appointment. Tel 01237 428818

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

10am -5pm RNLI art exhibition at N Devon Yacht Club.

2-4pm Sew Together at Westward Ho! Baptist Church 01805 622666

2pm Devon Assn 'Tales of a Dartmoor Guide' at Burton Art Gallery

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

7.30pm Barnstaple Ladies Choir concert at Fremington Methodist Church Lynne Beer 01271 376432

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

8pm Ceilidh Club, Northam Hall 476632

Saturday 21st

Start of Wicked Week in Bideford.

10am – 1pm Lions Jumble/ table top sale at Pollyfield Centre ETW.

10am Torridge Ramblers day walk 451820

10am -5pm RNLI art exhibition at N Devon Yacht Club.

7.30pm Two Moors Festival concert at Tiverton. Contact Janet Sharp 01805 628262

8.30pm 'Soul Intention' at The Pier House. 01271860379

Sunday 22nd

10am -2pm RNLI art exhibition at N Devon Yacht Club.

Monday 23rd

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

1-3.30 & 3.30-5pm FabLab – make keyring using 3D printer at Northam Library. Book on 475111

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

8.30pm North Devon Jazz Club at Beaver, Appledore – Jam Experiment

Tuesday 24th

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 W.Ho! Baptist Ch. Speakers & cuppa.425471

7.30pm Bideford Camera Club meet at Chubb/Churchill hall 421391

7.30pm Bideford Gardeners' Club at Methodist Church Hall. Talk by James Cox gardener at Highgrove tel 07710 454230. Mike Avis.

7.45pm Bideford AFC v Bristol Manor Farm at Bideford Football Ground.

Wednesday 25th

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

10am-3pm Westward Ho! Crafters Market at W.Ho! Baptist Church 479474

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

1.20-2.10pm Mother & Baby Fitness Class at Weare Giffard Village Hall. 07884232308

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

4-6pm Sew Together at Northam Library

6-7pm Zumba Class at Weare Giffard Village Hall. 07884232308

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

Thursday 26th

10-11 & 11-12 Tai Chi, Marlborough Ct.

10am -12noon. Northam Men's Forum, Methodist Church Hall Northam 459324

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

6.45pm Westward Ho! Bridge Club at Trinity Church Hall 470990

7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801

8pm Bideford Folk Club at Joiners Arms.

Friday 27th

10am-12pm Coffee, Craft & Chat at Old School Rm, 17 Atlantic Way, W Ho!

10am-1pm Lundy Art Group at Blue Lights Hall, Appledore

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

6.30pm for 7 Knights of St Columba fish supper and quiz Fremington Parish Hall 01237 421817 £8.

7.30pm Bideford Town Band concert at Christ Church Methodist Church, Bear Street, Barnstaple Contact Becky Frisby 475653

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

8pm Ceilidh Club, Northam Hall 476632

Saturday 28th

Apple day at Clovelly 431781

9am-12noon N Devon Hospice Big Breakfast The Riverbank Bistro, Bideford 473399 to book or everyone welcome on the day!

Monday 30th

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

2.30-3.30pm Free Poetry & Art Workshop with poet Chris Tutton at Northam Library. 475111

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

Tuesday 31st

10am-1pm Lavington Church coffee and lunches

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 W.Ho! Baptist Ch. Speakers & cuppa 425471

7.30pm Bideford Camera Club meet at Chubb/Churchill hall 421391

Lions Club of Bideford

Saturday 21st October

JUMBLE / TABLE TOP SALE

Pollyfield Centre

10am – 1pm

in aid of local charities