



BIDEFORD BUZZ



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

Bideford's Iron Bridge



© Tom Arno

Mention the 'Iron Bridge' and every Bidefordian will know where you mean – but there were once two such bridges. The first and earliest was at Landcross on the Bideford-Torrington road and was a prefabricated structure probably made in South Wales. It was brought to North Devon by boat in 1825 when the present riverside road to Torrington was being constructed. It was rebuilt using steel in 1926.

The second 'Iron Bridge' is the more familiar one over the Torridge that used to carry the railway to Meeth and is now part of the Tarka Trail. This was built when the railway was extended to Torrington

in the early 1870s – but its construction was not without controversy.

Read the full article by Peter Christie in next month's Buzz.

Inside Buzz This Month

- ◆ Thomas Burton
– founder of the Burton Art Gallery
- ◆ Bideford Gardeners' Club – hints and tips for gardeners (new series)
- ◆ Tai Chi explained.
- ◆ *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 £25 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.

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Bideford Town Council

Please support North Devon Hospice and Big Breakfast 2018!

Big Breakfasts have been popping up all over North Devon, giving you the chance to enjoy the most important meal of the day with family, friends, neighbours or colleagues, whilst also raising vital funds for your local hospice. Please come along and support your local Big Breakfast at:

The Riverbank Bistro

49 Torrington Street, East the Water, Bideford

Saturday 17th Feb 9.00am-12 noon

Scrumptious Breakfast for £6.00 including tea/coffee. Vegetarian option, raffle draw.

Please pop in or phone 01237 473399 to book your place, or everyone welcome on the day! You can be sure of a warm welcome from James and the team so please support our generous Big Breakfast organisers if you can.

Appledore Singers

We would like to thank all who made our Christmas concert such a success. The result of singing over the festive season, together with a very generous donation of £200 from Landkey Horticultural Society, has meant that we managed to raise £950 for Devon Air Ambulance. Rehearsals are held on Monday evenings, 7.30-9pm at Appledore Baptist Church. New members are most welcome – particularly altos! Contact Pam Beechey on 01237 420652 for more information.'

Viv (Zussman)

Bideford Folk Dance Club

If you would like to spend a fun and enjoyable winter's Sunday afternoon in good company, come and join us in the dancing with live music by Nick Wyke and Chris Jewell at Northam Hall from 2.30 pm on Sunday 18th February. Experience and/or partners not necessary – just a willingness to give it a try. Tea/coffee will be provided but please bring some cake to share. Admission is £5. Further information on 01237 423554.

Appledore Band

We are a community band and very friendly group of people of all ages who enjoy making music under our Musical Director Jim Wortley.

Throughout the year we play for our local churches, attend fetes and give concerts. In the Summer we give a series of concerts on Monday evenings on Appledore quay. We have just completed another brilliant Christmas period playing at local supermarkets and hotels and through the generosity of the public have raised enough in donations to enable us to support local charities to the tune of £1500.

If anyone is interested in learning a brass instrument or if you already play and would like to take it up again we would welcome you to our rehearsals on Monday and Wednesday evenings for the Senior Band and Mondays for the Training Band.

Please contact our Secretary Hugh Wormington for more details on 01237 473723

IT Course

In partnership with Bideford College, TorrAge Ageing Well are offering all over-60s the opportunity to attend a 6-week course of IT tablet tuition classes.

The classes are aimed at beginners and we are happy to supply Samsung tablets for student use during sessions.

The programme will begin on **Tuesday 20th February 2018, at Bideford College from 9.45 - 11.00 am** and will run for 6 weeks. Teaching is led by volunteer sixth-formers and proposed topics will include: how to send e-mails, researching topics of interest, on-line shopping, photography and using 'apps'.

There is a one-off donation requested of £5 per student to cover course costs and refreshments.

Please call Ageing Well Team on 01805 622666 if you are interested

Thomas Burton 1875 – 1959

Everyone in Bideford knows where the Burton Art Gallery is, nicely situated in Victoria Park, adjacent to parking and Hockings' Ice Cream van. But how many people know why it's called the Burton Gallery? Was there someone called Burton? Well, there certainly was, and that man was a grocer. Thomas Burton was born in Surrey in 1875, and came to the West Country as an apprentice to Tanner's grocers, of South Molton. We don't know the bit in between, but the rest is recorded. Before long he appears as Manager of the International Tea Company in Yeovil, aged 23. He heard there were jobs in Bideford, and arrived in 1898 – *'with a good stock of clothes, a good character and nothing more.'* He soon became Manager of Tattersill's, the Bideford grocer. He fell in love, and in 1903 he married a Bideford girl, Bertha Bishop, daughter of an Antique Dealer in Market Place. Their daughter, Mary, was born in 1906, but by that time, Thomas had his own grocery shops, one at the bottom of Grenville Street, and another in Mill Street. He was very successful and decided to go to London and seek his fortune. He was both grocer and fishmonger there, and again, made a success. In 1919, at the age of 44, he returned to Bideford, having sold his shops – the London enterprises to Lord Leverhulme, and the West Country shops to Macfisheries.



He was now a wealthy man, and could have sat back and enjoyed early retirement. But Thomas was not like that. He virtually threw himself into Bideford life. Already a Methodist lay-preacher, he became Circuit Steward and Sunday School Superintendent, and was Treasurer to the Bideford Trust, and Secretary to the Methodist Union. He became a Bideford Councillor in 1923, and served on the Finance Committee. He was much respected, and his Directorships were many, such as those of the Area Guardians (the Workhouse), Fire Brigade, Joint Hospital Committee, Gas Company and North Devon Permanent & Terminal Building Society. He was President and Chairman of the Liberal & Radical Club. He enjoyed music and sport, especially rowing, and was Vice-Chairman of the Regatta Committee. Bideford Council elected him Mayor in 1931, and his year of office was filled with engagements. That winter, he sponsored a Soup Kitchen in the Market for over 1000 children, the unemployed, the hungry. He co-founded Sudbury's Glove Factory, giving employment to hundreds of women. He encouraged young people to take part in activities, both political and communal, and took 100 children from Bideford schools to Devonport, when he was invited, as Mayor, to see *H.M.S. Bideford* leave for the Persian Gulf.

His daughter Mary, attended Westbank School (later Grenville College) while her parents lived in London. At 16, she graduated to Bideford Art School, and became proficient in drawing. Later, she married Jack Meredith, who managed the Hardware Shop in High Street, which Thomas bought in 1938.. Mary carried on her love of art, and collected antiques and china. Elected to the Westward Ho! Art Society committee in 1932, she took an active part in its function. But this all ended in the 1940s, when Mary developed cancer, and sadly died on 4th May, 1949, aged 43. Thomas and Bertha were devastated at losing their only child, and wished her artistic talents to be remembered. Thomas anonymously offered £5,000 to Bideford Council for an art gallery but then admitted that it was his gift to the town. On October 31st, 1951, the *Mary Englefield Meredith* Art Gallery was opened, and Thomas and Bertha signed the visitors' book. Thomas died in 1959, and in his memory the name was changed to the Burton Art Gallery. It soon became Bideford's best asset, filled with paintings and antiques donated from many quarters. Many important exhibitions from galleries all over the U.K. have been shown there. The Museum was added later when the Gallery was extended in 1994. In 2016 a Trust took over management from Torridge District Council, and the Gallery is now known as 'The Burton at Bideford'. There have been many changes over the years, but its founder will never be forgotten.

Diana Warmington (News from the Burton on next page.)

North Devon Maritime Museum in Appledore – Help wanted

We need more volunteers to help run our popular museum, from Easter to the end of October each year. This involves selling tickets and running the small shop.

There are also opportunities to help with gardening, maintenance and DIY.

The volunteers are a friendly group who enjoy meeting visitors and helping them to enjoy north Devon. Introductory tours which give an outline of the heritage contained within the museum, will be held on Wednesday mornings from 10:00am until 11:30am.

Please email or phone the number and address below to arrange for a tour, meet other volunteers and put your name on our rota! **Email:-blue.blur@hotmail.co.uk Phone:- 01237 477836**

News from the Burton Art Gallery and Museum

Just when we need cheering up in chilly February, the Burton brings forth inspiration and colour in the form of Carry Akroyd's brilliant images from the natural world. Her love of nature fascinates her, not only with the wild life and agricultural use of our landscapes, but a combination of her art with the words of John Clare the 19th century poet. **'Found in the Fields'** began on the 13th January, and continues until 26th February. Carry is well known nationally, and her art has been shown in 'The Oldie' magazine for several years. Carry will be talking about her work on the 16th February, at 7.00 p.m. All welcome. Carry also hosts a Workshop on the 17th February. To book, phone 01237 471455.

If you have not already been bowled over by the Annual Schools Exhibition, you still have plenty of time to be bedazzled by it. The Exhibition began on 27th January, and continues until 5th March. Once again, you will be transfixed by the display of talent and imagination from our local youth of all ages, from Nursery to A-Level. The Burton really gets into the heart of the community with this show, bringing in families to show-off their children's artwork. It is also an accolade for the teachers who work behind the scenes, inspiring their pupils to create, yet setting them free to be imaginative and individual. This is an exhibition our schools can really be proud of.

Warren Collum is the Gallery's Exhibitions and Collections Manager. But he is also a wildlife artist, and on 24th February will help you to explore techniques and materials to use when drawing and painting outdoors. For more information, visit www.theburton.org for details.

Half Term – February 10th to 18th – What to do? No problem. The Gallery invites your children from 5-11 years to get creative with these Workshops, just £2 per child, no need to book.

13th February: 'Found in the Fields', linked with Carry Akroyd's work, children can explore micro-organisms under the microscope and see natural antibiotics in action.

On the 14th -Valentine's Day – they can make a puzzle purse love token.

On the 15th they can become knights in shining



armour with a sword and breastplate. (Materials provided).

16th February - Get Messy – this is for children from 6 month to 5 years – activities involve foodstuffs, so any allergies need to be mentioned to the tutor, Sarah Adams on 07798 627924

On Wednesday, 21st February, at 7.30 p.m. the Friends of the Burton invite you to enjoy an evening with '*The Maritime World of Thomas Rowlandson*' by Roger Plumtree. Rowlandson was an English artist and caricaturist, noted for his political satire and social observation. He was born in London in 1756, and died in 1827. He chronicled life in late Georgian England, and amongst his many interests was the maritime world in the age of sail, afloat and ashore. He was a superb draughtsman and satirist, and his work is to be found in many collections, here and in the U.S. All welcome. £5 at the door.

As always, the Gallery invites you to enjoy the Craft Gallery, the Bideford Museum and Ceramic Collections, the Shop and the excellent Cafe du Parc. Admission is Free.

Open every day from 10am to 4pm, except Sunday – open from 11am to 4pm.

Diana Warmington,

Friends of the Burton Art Gallery & Museum.

Devonshire Association Meetings.

Friday 9th February 2.00pm at the Burton Art Gallery Rob Wilson-North "Conservation in Exmoor National Park" For further details contact Chris Cornford: 01237 472135, chris@igiltd.com or Michael Wright (Secretary) 01409 281565 or e-mail michaelwright946@btinternet.com Details

Museum of Barnstaple and North Devon Extension Project

A "pop-up" museum will open in Barnstaple in early 2018 to sort through some of the items needed for the new Social History Gallery. Objects will be moved from storage to be cleaned, catalogued and documented, with the help of new volunteers. We will also be calling for volunteers who are local experts and know about North Devon's history. It will be the first time some of these objects have been on public display!

Join us at the launch at Bridge Chambers on the Strand in Barnstaple on **Wednesday, February 14th from 11am to 4pm**

To celebrate Valentine's Day if you were married between the 1940s and the 1990s bring along your favourite wedding day photograph to share with us! For more details follow our Facebook page at [popupBarnstaple](https://www.facebook.com/popupBarnstaple) and the North Devon Museum website.

Sadie Green.



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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BIDEFORD BUZZ

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£25 (1/8 page)
£50 (1/4 page)
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£180 (full page)






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

CEREMONY OF BIDEFORD MANOR COURT: 17 MARCH 2018

BIDEFORD residents are being called on to use an ancient right to make suggestions for town improvements.

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

Now the Town Council is opening the way for public attendance and is also calling for ideas and projects that would make Bideford a better place for the community and tourists to be put forward. Any member of the public residing in the Parish of Bideford who wishes to submit a 'presentment', should do so by 12 Noon, Monday 26 February 2018. The envelope should be marked for the attention of the Manor Steward. Presentments submitted to the Town Council are considered by a chosen jury of 12 respected town residents and the most feasible are presented to the court.

Actions regarding presentments of the previous year are also reported.

Anyone wishing to take part in the occasion is invited to complete the application form and return it to the Town Clerk. If there are too many applicants a draw will be made by the Mayor to fill the available places. Those chosen will be able to take a guest and will also be invited to the Civic Reception following the Ceremony.

Name:

Address:.....

Postcode: Telephone No:

Signature:

As a member of the Audience ☐ or as a Juror ☐

The applicant will be entitled to bring a guest with him/her, who must be aged 18 or over.

Guest's Name:



Rotary in Bideford

Many readers of the 'Buzz' will have heard of Rotary without perhaps knowing what it is about; you may have seen our members collecting for the *End Polio Now* project, where in partnership with the Bill and Melinda Gates Foundation, tremendous strides have been made to eradicate this avoidable disease with a simple vaccination. We have been carrying on the fight for 30 years - we are very close to winning, but the vaccination programme must continue and for this we need funds.



Rotary is a worldwide organisation with two clubs right here in Bideford. The Bideford Rotary Club meets on Thursday lunchtimes at the Royal Hotel, and The Bideford Bridge Club meets on a Wednesday evening at the Golf Club, Westward Ho! **The Bideford Club** was founded almost 100 years ago in 1925 and its first President was Dr E.J. Toye, a former Mayor, meeting then at the 'Friendship Cafe' in the Market Place.

Bideford Bridge Club began thirty years ago and members regard the older club as its 'Mother' Club. They work together in many ways by organising events and fundraising for good causes; the Carol Concert at St. Mary's, the Bideford Triathlon, and the Water Festival are just three of such events. Both clubs use the funds raised to help many local causes, including the Foodbank, the Hospice, the Children's Hospice, Northam Lodge, Dictionaries for Schools, and many others **but they also have an international dimension by supporting projects in Africa and India and Shelterbox which aids those displaced through humanitarian crises. (See photo.)**

What then is a Rotarian? First and foremost they are people who care and want to help others perhaps less fortunate than themselves and Rotary membership is a good way to channel that energy. The strength of Rotary is drawn from its worldwide organisation, but it is at the local level where our community benefits most from efforts put in to raise and distribute funds to deserving cases. Both clubs welcome enquiries from anyone interested in joining. I should end by saying that although the work we do is 'worthy' our members do have a lot of fun and comradeship together and there are plenty of social events that we enjoy. Do get in touch if you want to find out more about our club or about Rotary (Tel: 01237 424066) or type in **Rotary Bideford.**)

Michael Champion

Monthly Gardening Tips from Bideford Gardeners' Club.

Welcome to the first in this series. I have been asked to offer some tips for you gardeners or indeed 'would be' gardeners. Well there are loads you can be doing this month.



Plants will be starting to show signs of recovery from the Winter months, (well we hope so anyway.) You may be tempted to pick up the secateurs and start pruning back everything in sight. Just a word of caution with that! Make sure it's a nice dry and frost free morning and by all means start on some of the roses, climbing plants and shrubs. You can tidy up and remove the remaining dead leaves and stems on the herbaceous plants. If it is frosty however it is better to hold back until March. The effect of hard frost on a freshly cut stem will be far worse than leaving the stems to protect the main plant. If the weather is kind then start pruning your roses. For hybrid teas and floribundas aim to reduce the stems by around two thirds by removing dead and crossing stems. The experts will say 'prune to an outward facing eye,' which is good practice, but some types are more prostrate in habit and not suitable. For climbers do much the same as bush, but if it's a rambler or shrub rose it is best left until after flowering and then cut back half of the stems really hard.

For **clematis** and most other climbers it's also a good time to shape them up. Large flowered types need pruning to 18 inches after the first year of planting, then to around 3 feet second year, and after that just trimming back after flowering. **Montana** types cut back and tidy up after flowering.

Fuchsias : For your hardy type be ruthless and cut them down to the ground. Sounds harsh but they will reward you for the effort with much stronger growth.

If you need more information and advice why not come along to Bideford Gardeners' Club. Our next meeting is on **13th February at Bideford Methodist Church Hall at 7.30pm.** entrance off Honestone Street car park with Peter Christie as this month's speaker, or check out our website

www.bidefordgardenersclub.co.uk for our programme. **Good Growing!** (Mike Avis is secretary of Bideford Gardeners' Club)

Help at Home

We offer older people a flexible service that can be tailored to suit individual needs. Options include:-

**Cleaning, laundry, changing bed linen,
light meal preparation and shopping.**

Call 01805 938537 for details



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Sitting Service

We offer respite for carers by providing companionship and support for the people they care for.
This can be at home or on accompanied outings.
All staff are fully trained and DBS checked.

Call 01805 938537 for details

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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



HARBOUR BIDEFORD

Harbour Bideford is an open access facility welcoming those who are:-

- Homeless
- Experiencing poverty/exclusion
- Have poor mental health
- Have drug/alcohol problems

The Drop-in Centre provides a safe, non judgemental, non threatening environment – where people are accepted regardless of the circumstances.

Open between the hours of 10.00 until 1.00p.m.
Monday to Thursday – 7 Queen Street, Bideford



Opening hours:

9am - 6pm Mon.Wed.Fri 9am - 5pm Tues. Thu
10am-5pm Saturday Closed - Sunday



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Bideford Conservative Club

New members welcome, only £5.00 per year.

We specialise in:

Parties

Wakes

Sunday Lunch and Bar Meals

If you are looking for a venue for any celebration please contact Pat or Debbie on 01237 472439, or call at the Club.

Come and see us at INSTOW PRE-SCHOOL

We are open Monday - Friday, from 9.00 - 1.00 at

Instow Parish Hall, Quay Lane, Instow

Children from 2 - 4 years welcome

Managed by Instow Community Primary School

Outstanding Ofsted Inspection in January 2016

For more information please contact Instow School on 01271 860545 or call into the Pre-School to meet us

Book Buzz



'Exposure' by Helen Dunmore.

(Discussed by Bideford Library Readers' Group.)

Set in the late fifties, early sixties the story covers Cambridge spies, illegal homosexuality and the Cold War but is more about family relationships than just another spy story. When Giles, a spy, has an accident he asks his friend, Simon, to return a file to his office. When he is seen Simon is falsely accused of spying himself. This may sound as if it's a spy thriller but it's more about the impact on peoples' lives and relationships, particularly on Simon and his loyal wife Lily. Lily's childhood experiences give her cause to distrust government security – 'she lived in fear before she knew she was afraid.' She was able to contain these fears and remain strong and loving.

The group discussion was interesting. We usually go around the group for each person in turn to give their views. The first eight people were all enthralled with the story line with comments such as 'the book showed humans to be more important than politics', 'it was an exquisite story, layered, truthful and sincere.' It gave a sense of the time, including the seedy elements of the era, and was difficult to put down. There was a tension and air of menace to the story despite there not being a lot of action. Several said they'd like to read more books by this author. However, when we came to the last two to speak the first was less enthusiastic about the tale whilst the other had disliked the style (the author often wrote in short sentences) and felt that not enough work was left to the reader. These suggestions opened up further discussions. In one such discussion parallels were drawn with 'The Railway Children', so much so that this may well have been intentional on the part of the author. Both tales are about a mother and her children coping whilst their father is in prison. The train theme runs throughout both books.

Our discussions are often much more interesting when we don't all agree: it makes us look more deeply into things. *(Bideford Library Readers' Group meets on the first Wednesday of the month at 2pm at Bideford Library.)*

Peter Evans. *Additional note: The author, (photo above) Helen Dunmore died aged 64 in Bristol in 2017 and posthumously won the Costa award for her book of poems 'Inside the Wave', written weeks before she died.*

Laughter Yoga
Laugh Yourself Healthy



Laughter Club at Bideford Library.

Every First Monday of the month (next one Monday February 5th 6.30pm – 7.30pm.) Explore the benefits of laughter for well-being. Lift your mood and exercise your body. £3.50 per session. More information at 01237 476075

For all other Devon library events at Bideford and Northam see our diary pages.

Louise Grainger.

At the beginning of December Library staff were shocked and immensely saddened by the sudden death of their friend and colleague Louise Grainger. Louise took over as supervisor at Bideford in 2011 at a time when reductions in working hours and changes in working practices were being made. It was largely due to her skill, her patience and expertise and the true warmth of her personality that the changes were managed successfully. Louise was unfailingly kind and cheerful, generous with her time and always ready with attention and well-founded advice when it was needed. Since her retirement 18 months ago Louise has been a regular and very welcome visitor, supporting events and continuing to support staff through further changes.

Her bright presence is painfully missed.

Annie Brierley and staff at Bideford Library.





I know very few people who favour this time of year. After the hype of the lead up to Christmas many people say they feel empty and lost in the early months of the new year. As the excitement of new year's party wears off and Easter is still over a month away it often feels like there is little to look forward to, especially in rural areas such as North Devon where the town and villages often close up when tourist season is over. As I slowly give up on my new year's resolutions one by one (I actually stopped making them years ago after realising they never made it past May) I find other ways to make this bleak time of year more bearable.

However, there are also advantages to living in North Devon at this time of year. The way that the sun shines through the trees is something that is almost impossible to find in other areas, the smell of the dew on the grass and the way that the water almost glows ; these are things that those who live in the city do not get to experience. A downside to this however is the lack of snow, the most aesthetically pleasing inconvenience I have ever seen. It's hard to hate something that can turn even the most responsible adult into a giggling child.

Perhaps the most difficult thing for many is the inexplicable urge to entirely redesign my house like some sort of hibernating fluffy creature. As uninterested in interior design as I am the rest of the year, as soon as January comes around I suddenly believe that interior decorating is my true calling and spend an unwarranted amount of money and time in moving things in my room around and adding more rose gold. Although this habit usually fades around April when I become distracted or simply cannot move the same bookshelf around anymore it seems to come back every year, like some kind of overly energetic boomerang that you actually are just trying to get rid of.

At this time of year one thing that helps me keep any kind of routine are hobbies. Despite the dread of coming home only to have to go out again is worsened in the winter. The cold and wet are not ideal weather in which to do anything recreational though I do find that once the days grow darker and the weather closes in that it becomes more and more difficult, even with a job, to determine time, hours seem to blend together and a regular hobby is the only way I can often keep my grasp on time. As much as this time of year is a nightmare for what little remains of my body clock I do enjoy the shorter days. If the cold can be braved- the dark evenings and afternoons are great time for walks, being incredibly atmospheric as well as clearing the head. The evening walks become almost addictive and a part of my weekly routine, they also provide a great chance to see the sunset for those who, like myself, are reluctant to leave the house once they have put on pyjamas. **Lucy Braund**

'the way that the water almost glows ; these are things that those who live in the city do not get to experience.'



Helping smooth out electricity demand through the Time-Cheese device.

Bideford Town Council has a Renewable Energy Committee and at their meeting on 6th December there was, among other items, a presentation about smoothing out peak demands on the electrical grid system.

The speaker, Tom Langdon Davies, explained that there is a large peak in demand for electricity between about 3:00pm and 8:00pm every day. If that excess demand could be delayed until later in the evening or night, the need for expensive reserve generation capacity could be reduced and electricity cost rises minimised. That is of course the principle behind the 'Economy Seven' electricity metering system which many consumers have been running on for years, but with the forthcoming introduction of 'Smart Meters' it is suggested that there may be useful improvements to come.

As to the 'Time-Cheese' device itself, this has been designed to help householders to do their bit to smooth out the peaks by avoiding peak times when using high-consumption electrical goods like dishwashers, cookers and water heaters. **It is a small rounded disk, a bit like a dutch cheese, which glows different colours to indicate when best to use such electrical equipment.**

The speaker did say it is a 'simple indicator' device'. I looked up his web-site for more details and it still seems only very 'simple'. Since there are no detailed claims made, I suspect it is merely a time operated indicator light that glows red between 3 and 8pm to remind people to avoid those hours, and green or orange at other pre-set times. I'm sure if it were capable of adjusting itself according to actual supply and demand, round the clock, they would have said so !



I would suggest that there is a useful future in controlling demand according to the varying renewable energy supply, most likely achieved by varying the cost to users from hour to hour throughout the day and night; this may well be by the use of 'smart meters' (though maybe smarter ones than currently being installed !) and of course the consumers will then need to know by real-time, linked, indicators when to save money by varying their consumption. Perhaps it's all only practical in large commercial operations.

Chris Hassall

Tai Chi – a simplistic view.

What exactly is tai chi? It seems that the longer you practise and the more you study, the harder it is to explain. For the persistent student this doesn't matter because they focus on a journey and not a destination. At one level, tai chi chuan is an awesome martial art, at another, a sequence of easy, soft flowing movements that relax and energise. There is a philosophy behind it all - one which provides an opposite to my earlier words of soft, easy and relaxed. Tai chi is a long but interesting journey in which you can discover much about yourself than you would otherwise never know. There is an excitement to the discoveries you make, no matter that thousands before you also made them.

Chinese teachings often use the magic of story to convey beautiful movements that beneficially affect the body's nervous system. Calm breath, quiet mind, and evocative and inspiring moves like 'carry tiger to the mountain' 'white crane spreads wings' 'jade lady works at shuttles' 'wave hands like clouds'. (Each conveys a feeling via imagination and linked to the physical movement.) But that is not all. No, there is much more for you to find for yourself.

Most if not all teachers are still developing their art because they have felt the tangible benefits to body and mind. They know how good the art is and would like nothing more than others to know it too. They will all have your interest at heart. Regardless of age or ability there are health benefits to be had. It's not about being better than others but victory over oneself. Try it and see.

Richard Small www.aikijo.weebly.com



www.taichidevon.weebly.com **Tai Chi South West** is part of the Tai Chi for health registered charity 1138939. Our charitable aims are to bring FREE classes to rural areas. Free weekly class for all over 50 years G4 Studio Room Dadden Court Business Park Clovelly Rd Ind Estate, Bideford EX39 3HN Every Wed 10.30-11.30. Contact Jennifer 01237 478802 or Ellie 07910073463 email: ellie@taichisouthwest.co.uk.

Berry Castle

Many who live in the Bideford and Torrington area, are probably not aware of the ancient treasure which lies above them in Hunts Shaw Wood. Berry Castle is a small Iron Age hilltop enclosure (formerly known as a hillfort) which is believed to be about 2600 years old. There are around 150 examples recorded in Britain many occurring in North Devon and North Cornwall. They date to between the Late Bronze Age and Early Iron Age (eighth - fifth centuries BC). They are of national importance, as they give clues about the history of the area and people who lived there. The hilltop enclosures are protected in law, which is known as a 'Scheduled Monument'.



Berry Castle had been covered with woodland for hundreds of years until cleared in July 2015. The earliest references to the site are on old maps with the first record on an Ordnance Survey map from 1809. The Victoria County History for Devonshire (1906) describes the site as a *univallate defensive fort situated on a promontory between two streams. The feature was strongly defended on the north side but less so on the south where topological features afforded natural protection.*

In modern times, Berry Castle's isolated location within woodland helped preserve the ramparts and ditches from disturbance. During July 2015, due to concern that tree roots were damaging the archaeology, Clinton Devon Estates, Historic England and the *Friends of Berry Castle* collaborated in a project that resulted in the removal of the trees. The tree clearance allowed research to take place and geophysical surveys have added to our knowledge of its construction.

Friends of Berry Castle have continued their voluntary work, focusing on different projects each year. This month, we launched our website (www.berrycastlehuntsshaw.com) with information about the site, and events and visits to local historical locations. For more information on becoming a volunteer with us see our website, Facebook page, Twitter account, or email us at berrycastle1@outlook.com
Simon Carroll

New Year New You?

The New Year often sees many of us reflecting on the past year and thinking about our New Year's resolutions. Devon Voluntary Action (DeVA) is asking people to make 2018 their year to volunteer. DeVA has been awarded an *Awards for All* grant to help promote volunteering across the County, specifically aimed at those with particular skills.

There are a wide range of volunteer opportunities available with local community groups looking for people with all types of skills including IT, Finance, social media, management, marketing and media. For more information please call Clare Humphreys, Volunteering Support Coordinator on 01271866300 or email clare@devonva.org

DeVA welcomes anyone wanting to volunteer but are particularly keen to engage with those who are in employment, so if you are an organisation who would like to support this campaign and promote it to your employees, please go to our website www.devonva.org/campaign to download the promotional material. Volunteering can make a difference so what can you offer? www.devonva.org/campaign

Bideford Music Club

For their February concert Bideford Music Club is fortunate to host the well known Welsh harpist **Claire Jones**. Born in Pembrokeshire, Wales in 1985, Claire began her musical education at the age of seven. She graduated as a harpist from the Royal College of Music with First Class Honours in 2007 and in 2009 graduated as an M.A. scholar from the Royal Academy of Music. In 2007, Claire was appointed Official Harpist to His Royal Highness, The Prince of Wales, a role she held until 2011, making her the longest serving Royal harpist to date. During this appointment, Claire regularly performed for the Royal Family and their distinguished guests at the Royal Palaces. In April 2011 she performed for the Duke and Duchess of Cambridge at their wedding reception in Buckingham Palace. When she came to Bideford in 2009, she was allowed to bring the Prince of Wales' beautiful golden harp and perform with it for their concert in Holy Trinity Church, Westward Ho! **This concert will be held in the Methodist Church Hall, High Street, Bideford on Sunday 4th February at 3.00 pm. Tickets are available at the door and are £13.50 (students and children free). For more information, 01237 423112.**

Felicity Fish - February.

Tradition and heritage of our local rivers, Bideford Bay and beyond will be the subjects of my articles in 2018. I will include a traditional, local recipe each month. We have a thousand years of salmon fishing on the River Torridge and over five hundred years of courageous fishermen leaving Bideford East wharves for the cod rich Grand Banks off Newfoundland. Henry Williamson made North Devon fish and fishing famous in his stories of *Tarka the Otter* and *Salar the Salmon* and his accounts of those living and fishing in North Devon. Many local authors have carried on this tradition. If you have any interesting tales of fish and fishing, please contact me at brilliantfishsw@gmail.com.



One of the first fish dish I demonstrated in the 1980s was this recipe for **A Celebration Salmon Pie** which I later called **Admiral Sir Donald Gibson's Salmon Pie**. Now it uses farmed salmon which is fine as it has many rich favours added, and the salmon with more fat is good for cooking en croute (in a pastry crust). Enjoy and celebrate.

Salmon Netting in North Devon 1998. (Photo courtesy of North Devon Museum Trust)

Admiral Sir Donald Gibson's Fish Pie

Ingredients

One whole or tail piece of salmon or 2 tail fillets.
1lb-3lbs/500gms +

Stuffing

2/3oz -200gms butter
2/3oz-200gms inches of fresh ginger (grated)
1 lemon zest and juice
2/3oz -200gms sultanas
1lb puff pastry-ready rolled pastry
Beaten egg for glaze

Mushroom and Champagne Sauce -

4 oz/250g button mushrooms
1 oz/50g butter
Cream or creme fraiche
Champagne or sparkling wine - 2 large glasses

Method

Melt butter, mix all stuffing ingredients
Roll out pastry in rectangle oval shape
Put 1 tail fillet in centre of pastry

Spread 3/4 of stuffing on top and cover with second fillet

Cut pastry into 1" (25mm) strips, starting from marking out the tail on thin end of fillets and working up to thick end
Fold over and secure with beaten egg from tail end in sequence

Cook at 220 C for 20 minutes in centre of oven then 200 C for 10-20 minutes depending on salmon weight

*Then give the fish a big smile !
Serve with the mushroom and Champagne sauce.*

Bideford Pannier Market - open Tuesday through to Saturday

The Pannier market goes through a very quiet period after Christmas but remains open 5 days a week. All the stall holders are there to welcome you. There is a new stall selling doggy treats and pet foods. 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 – you will be made more than welcome.

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

New Year - New Skill - why not learn a new skill or craft ; many of the shops in Butchers' Row and the Pannier Market offer training courses including stained glass work . Pottery , wood carving , ceramics , needlework, felting, wood turning, painting, drawing, card making , paper crafts – the choices are endless – just pop into the various shops and enquire – two that I know of are in the Magpies Nest on the **10th February** where Juliette Hayward will be teaching people how to make a ceramic mosaic chicken and on **17th February** you can make a seahorse just £25 + £2 for materials
Go on surprise yourself - **Trev (Minxy's Sweets)**



SHIPPING NOTES



Shipping at Yelland

Deo Gloria 1.12.17 (2 Trips) **2.12.17** (2 Trips) **3.12.17** (2 Trips) **4.12.17** (2 Trips) **5.12.17** (2 Trips) **6.12.17** she sailed from Yelland at 09.55 on the **9.12.17** to her base at Garston near Liverpool.

Ship in port	Flag owners	from	To	Arrived	Sailed	Crew	Cargo Loaded
Celtic Venture Built 2002 ex Arklow Rose 16	British Cardiff	Glensanda	Teignmouth	28/12/17	30/12/17	Polish Russian	3300 tons chippings

The new pilot for the Taw and Torridge is Capt. P Brown, an ex Dover Harbour pilot

Bristol Channel Observations

15.11.17 at 08.15 vehicle carrier **Grande Napoli** 14565 tons d.w. owners Gimalidi Line of Italy inward bound for Portbury.

16.11.17 At 11.00 container vessel **Encounter** 9335 tons d.w owners JR Shipping BV Netherlands, inward bound for Avonmouth.

18.11.17 at 11.30 cargo vessel **Lady Ariette** 3702 tons d.w, owners Lady Ariette BV Netherlands outward bound from Avonmouth having sailed at 04.06.

19.11.17 at 17.25 vehicle carrier **Hercules Leader** 21385 tons d.w,owners Nippon Yusen Kaisha inward bound for Portbury.

24.11.17 at 10.08 bulk carrier **DL Lavender** 35194 tons d.w, owners Lavender Shipping SA South Korea inward bound for Newport. At 15.41 cargo vessel **Olza**, inward bound for Newport.

25.11.17 at 12.25 bulk carrier **Yeoman Bank** 38997 tons d.w, Aggregate Industries UK Ltd UK inward bound for Portbury. At 14.08 vehicle carrier **Grande Spagne** 12594 tons d.w., owners Grimaldi Line of Italy, outward bound from Portbury, having sailed at 09.19. At 15.50 bulk carrier **Cielo di Valparisio** 39236 tons d.w, owners D'Amico Dry Ltd Ireland, outward bound from Newport having sailed at 10.20.

28.11.17 at 08.43 vehicle carrier **Horizon Leader** 20434 tons d.w, owners Nippon Yusen Kaisha of Japan, inward bound for Portbury.

29.11.17 at 18.05 bulk carrier **Diana Bolten** 38723 tons d.w. owners Diana Bolten Schiffahrts Germany, outward bound from Newport having sailed at 12.44.

30.11.17 at 07.55 Tanker **Stolt Greenshank** 4350 tons d.w.,owners Stolt Tankers BV Netherlands outward bound from Cardiff .

1.12.17 at 08.30 vehicle carrier **Tombarra** 19628 tons d.w, owners Wallenius Wilhelmsen Norway and Sweden, inward bound for Portbury. At 08.55 vehicle carrier **Autosun** 6670 tons d.w.,owners United European Car Carriers Norway, inward bound for Portbury.

2.12.17 at 08.50 cargo vessel **Arklow Resolve** 4868 tons d.w. , Arklow Shipping Netherlands BV Netherlands, inward bound for Avonmouth. vehicle carrier **Grande Benelux** 12594 tons d.w, ownersGrimaldi Line of Italy, inward bound for Portbury.

2.12.17 at 08.50 cargo vessel **Arklow Resolve** 4868 tons d.w. , Arklow Shipping Netherlands BV Netherlands, inward bound for Avonmouth.



3.12.17 at 08.00 vehicle carrier **Grande Mediterraneo** 18427 tons.d.w. owners Grimaldi Line of Italy inward bound for Portbury. At 12.00 cargo vessel **Kati** 4953 tons d.w, owners HS Kati OU Estonia inward bound for Portbury.

4.12.17 at 11.30 tanker **Patrona 1** 16716 tons d.w, owners Patrona Denmark, inward bound for Cardiff.

9.12.17 at 16.17 cargo vessel **Calypso** 3754 tons d.w. owners Aletra Chartering and Trading BV Netherlands, inward bound for Newport.

13.12.17 at 08.10 vehicle carrier **Don Carlos** 28142 tons d.w. owners Wallenius Wilhelmsen Norway and Sweden, inward bound for Portbury.

17.12.17 at 08.20 vehicle carrier **Autosun** 6670 tons d.w owners United European Car Carrier Norway inward bound for Portbury.

25.12.17 at 08.37 bulk carrier **Lord Nelson** 28653 tons d.w., owners British Transport Ltd Mta Greece , inward bound for Newport. At 09.27 vehicle carrier **Opal Leader** 12200 tons d.w. owners Nippon Yusen Kaisha of Japan, inward bound for Portbury.

28.12.17 At 11.10 vehicle carrier **Emerald Leader** 10819 tons d.w. owners Nippon Yusen Kaisha of Japan inward bound for Portbury.

6.1.18 at 09.17 vehicle carrier **Ciudad de Cadiz** 3620 tons d.w. owners Anja 2 SNC France inward bound for Portbury.

10.1.18 at 15.15 vehicle carrier **Hoegh Xiamen** 12250 d.w. owners Hoegh Autoliners Shipping AS Norway, inward bound for Portbury

Regards

Norman 01271 861883



100 Years Ago - February 1918

During an air raid on London a Gotha bomber was brought down by Captain Hackwell of the Royal Flying Corps. He is the second son of Mr W H Hackwell of Sudden Farm Langtree Torrington and he worked in a Bideford bank before the war. He enlisted in the Royal North Devon Hussars before transferring to the RFC. He was awarded the Military Cross for his gallantry.

British Summertime, introduced in 1915, was discussed in the House of Commons and it was agreed that it should continue again this year so that local farmers could make use of the extra daylight hours. However no decision was made regarding its continued use thereafter or its duration this year.

Bideford Borough Food Control Committee desire to purchase on behalf of the Ministry of Food sound potatoes in lots of not less than ½ ton. Bags will be supplied from Bideford Railway station. Also in a *Notice to the Public*. There is a grave shortage of meat especially in the great centres of population. The Government is considering commandeering cattle and sheep. Farmers are urged to send suitable animals to market.

Property for Sale. A W Cock Auctioneers of Grenville Street has to offer the following :-

The Hoops Inn. Fully licensed for 6 days per week, comprising of a parlour, bar, breakfast room, kitchen and large cellar, wash house with copper furnace, 3 bedrooms and WC. All recently rebuilt. Also included is Stabling and outhouses, gardens, an orchard, in all about ¼ acre. Also for sale the adjacent property known as Coombe Cottage.

At **Bideford Borough Sessions** on Monday last George Arthur, a youth, was fined 6 shillings for riding a bicycle on the footpath in Mignonette Walk. PC Tuplin stated the facts.

Buyers from a large area attended the **Sale of antique furniture** at 'Hazelhurst' Belvoir Road Bideford.

The following were some of the prices achieved.

An antique oak drawer chest £40, oak wardrobe £30

Jacobean chest £13. Antique oak dresser £15

William & Mary settee £11,

Grandfather clock £13, oak corner cabinet £6.7.6d

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

Cuttings from the Gazette for 1941.

BIDEFORD LIBRARY BOOKS.

LETTER TO THE EDITOR.

Sir,—As a member of the Public Library I notice that a number of books are needing repair. Doubtless there is little money from public funds available just now for new volumes or renovations. I make the following suggestions to meet this lack, for the well-being of the Public Library of a town is even more essential in the present circumstances than at any other time:—

(1) Some voluntary workers (of whom the writer would be glad to be one) to mend and restore as far as possible books needing repair. There are several people in Bideford who know the essentials of simple bookbinding who could direct the work as well as participate in it, and possibly provide presses and sewing frames. Materials would be forthcoming, even if not quite orthodox or uniform.

(2) To ask craft classes already running in Bideford to undertake the repairs, or even the entire binding of some of the books—if the classes are small enough for careful supervision. "A stitch in time saves nine."

NEW BOOKS.—If the regular users of the Library would give the librarian sixpence, he could buy a number of Penguin and Pelican books, which the voluntary workers could put into stiff covers, with reinforced backs.

Bideford would then be rising to another emergency and so again answering the call of "noblesse oblige."

What does the Library Committee and Mr. Coleman (librarian) think of these suggestions?

"ONE WHO MAKES ENDS MEET."
 Bideford.

MISSING FROM THE READING ROOM

BIDEFORD COUNCIL RESOLUTION.

"I do not think it is desirable to offer a reward or bribe in order to secure this information," said Cllr. T. A. Goaman, commenting on a recommendation by the Library Committee that a reward of £1 would be given for information leading to the conviction of the person or persons who were believed to have stolen various publications from the reading room of the public library. Suggesting that people should be public-spirited enough to come forward with such information without the inducement of a reward, Cllr. Goaman said he felt it was not a dignified procedure for such a body as the Town Council to offer rewards of such a nature. The matter had been placed in the hands of the police and it was only right that before adopting such a procedure they should obtain their views on the matter.

Cllr. W. H. Chubb supported Cllr. Goaman. Replying, Cllr. T. Burton, chairman of the Library Committee, said the Committee had passed the resolution and he was going to ask the Council to confirm it. The number of periodicals missing was increasing not decreasing. "I do not mind how the information leading to the conviction of this person or persons is obtained, as long as it is by fair means," he said.

Cllr. J. Lang observed that advertisements had been cut from the "Daily Telegraph" in the Reading Room.

Supporting the resolution, Ald. A. R. Adams stated he thought this to be the right thing to do. "I do not think there is anything derogatory about it. The periodicals have been stolen," he added.

"During the past fortnight there have been seven periodicals taken away," commented Ald. H. A. W. Huxham.

The resolution was carried.

The chairman of the Library Committee drew attention to the fact that during the past month over a hundred volumes had been contributed to the Borough Library. He appealed to the boys of the Selhurst Grammar School, who were present at the meeting, to help make known the Library's need for books.

Present at the meeting were: the Mayor (Cllr. G. H. Braddick), Aldermen A. R. Adams, H. A. W. Huxham, H. W. Fulford, Cllrs. F. E. Whiting, T. Burton, W. E. Ellis, J. H. Bright, W. Harris, W. H. Chubb, T. A. Goaman, J. Lang, and E. Lott.

February Diary

Thursday 1st

10.15am Northam Men's Forum at Northam Methodist Hall 01237 459324 **weekly**.

10.30am Walking for Health along the Tarka Trail meet Clarence Wharf car park 01237 421528 2pm Westward Ho! WI meets at Old School Room, Kingsley Hall.

2-4pm See Hear on Wheels (SHoW) bus at The Pill car park 01271 3732366. 4.5pm Westward Ho! Bridge Club at Trinity Church Hall 01237 470990 **weekly**

7.30pm Appledore Men's Group at Appledore Library meeting room. 01237 425427

8pm Bideford Folk Club at Joiners Arms **weekly**

Friday 2nd

2.30-4.30pm Torridge Table Tennis Club at Bideford Youth Centre 01237 477932 **weekly**

7.45pm Modern Sequence Dancing Kingsley Hall Westward Ho! 01769 540309 **weekly**

8pm Ceilidh Club Northam Hall 01237 476632 **weekly**

Saturday 3rd

7pm Film Club, Littleham Village Hall

Sunday 4th

3pm Bideford Music Club concert, Claire Jones (harp) Bideford Methodist Church Hall 01237 423112

7.45pm ND Cancer Care Quiz at Lacey's Ale and Cider House, Mill St Bideford, £3 per person, teams up to 6. All welcome contact Neil 01237 473798 **weekly**

Monday 5th

10am-12noon Appledore Community Art Group at Appledore Community Hall 01237 425541 williams-c60@sky.com **weekly**

1.30-3pm Toddler Time at Northam library, for families with toddlers, stories, play and Moo Music. **01237 475111**

6.30 -7.30pm Laughter Yoga at Bideford Library 01237 476075.

7pm Tai Chi at Bideford Methodist Church Hall 01237 472532 **weekly**

8.30pm Live Jazz, Satori, ND Jazz Club at The Beaver, Irsha St, Appledore

Tuesday 6th

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

10.30am Walking for Health 421528 **weekly**

11.45-12.45 Tai Chi at Northam Community Hall TorrAGE Ageing Well **01805 622666 weekly**

2pm Bideford WI, Sea Cadet Buildings. Park Lane.

2-3.30pm Salvation Army 'Fun and Fellowship' Club at Baptist Hall **weekly**

2.30pm Lift Off for Ladies at Westward Ho! Baptist Church, speakers and cuppa 01237 425471 **weekly**

7.30pm Bideford Sustainability Group at Blacksmiths Arms. 01237 475375

7.30pm Camera Club at Chubb/Churchill Hall 01237 421391 **weekly**

Wednesday 7th

10.30am-12noon 'Feel better with a book' at Bideford Library 01237 476075 (TBC) **weekly**

10.30am Walking for health in Victoria Park. Meet at Café du Parc 01237 421528 **weekly**

10.30am Parkinson's UK coffee morning at Common Rm 1, Ethelwynne Brown Close 01237 478128

10.30-11.30am Tai Chi SW, free classes for over 50s, G4 Gym, Dadden Court Ind Est. 01237 478802 **weekly**

11am-1pm Creative (memory) café at Quay Meeting Rm, 5 Danver Court, Clovelly Rd Ind Est 07817976053

1.30-3.30pm Knit & Natter Group at Holy Trinity Hall W Ho! 01237 475720

2pm Bideford Library Readers Group . For current book check with library. 01237 476075

2.15-3.30pm 'Fit as a Fiddle.' Buckland Brewer Church school room TorrAGE Ageing Well, 01805 622666 **weekly**

7pm Northam WI meets at Methodist Hall, Cross St. 01237 421776

7-9pm Bideford Sew Sociable at Lavington Church Rooms, Willett St **weekly**

7.30pm Bideford Folk Dance Club at Northam Hall 01237 423554 **weekly**

7.30pm Bideford Phoenix Morris at Bideford Baptist Church 01237 473798 **weekly**

7.30pm Lions Club at RND Golf Club, W Ho! Visiting Lions welcome. 01237 425198

8pm Torridge Male Voice choir at Woolserly Village Hall 441601 **weekly**

Thursday 8th

See Thursday 1st for weekly events

2pm Torridge Ramblers walk around Fremington 01237 429080

6.45pm Westward Ho! Bridge Club at Trinity Church Hall 01237 470990

Friday 9th

See Friday 2nd for weekly events

10am-12pm Coffee, Craft & Chat at Kingsley Hall W Ho! 01237 421274

2pm Devonshire Assoc at Burton Art Gallery, Conservation in Exmoor National Park, 01409 281565

7.30pm Abbotsham WI at Village Hall

7.30pm Bideford Machine Knitting Club, at Chub/Churchill Community Hall 01237 477532

Saturday 10th

Turning the Little White Town Red for Valentine's Day. Name your favourite place in Bideford. Voting slips at participating shops from today.

Sunday 11th

See Sunday 4th for weekly events.

Monday 12th

See Monday 5th for weekly events

1.30-3pm adults, **3.30-5pm** children, FabLab, at Northam library, see 3D printer in action, use 3D software, make a keyring. £5pp, Book via eventbrite.co.uk details 01237 475111

Tuesday 13th

See Tuesday 6th for weekly events

10am-12pm Macular Society Support Group at Burton Art Gallery 01237 441466

10.30am-12noon Lego Animation at Northam Library. Make a short animated film using Lego. Free event Bookings 01237 475111

2pm Drag Queen Story Time at Bideford Library. 01237 476075.

After 4.30pm free entry Lentsherd at Clovelly, an old Clovelly Shrove Tuesday custom, info available at www.clovelly.co.uk/clovelly-events/lentsherd

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

7.30pm Bideford Gardeners' Club meets at Bideford Methodist Church Hall. Speaker Peter Christie.

Wednesday 14th

See Wednesday 7th for weekly events

10am-12pm See Hear on Wheels at Kenwith Castle, Abbotsham 01271 373236

10.15am Probus Club at Royal Hotel 01237 473337.

2pm Tea with Friends at St Mary's Church

Thursday 15th

See Thursday 8th for weekly events

2-4pm Hearing Loss Support Group, See Hear Centre, 19A Alexandra Rd Barnstaple 01271 373236

2.15pm Thursday Fellowship at Northam Methodist Hall 01237 421956

February Diary

Friday 16th

See Friday 9th for weekly events

12noon Families for Children, adoption info session, The Garden Flat, Castle Hill, Filleigh,
www.familiesforchildren.org.uk

7.30pm Quiz night in aid of ND Hospice by Riverside support group 01237 422215

Saturday 17th

9am-12noon N.D. Hospice Big Breakfast, the Riverbank Bistro, Bideford, to book 01237 473399

2-4pm Bideford Creative Writing Group at Bideford Library 01237

Sunday 18th

See Sunday 4th for weekly events

1.30pm Torridge Ramblers 4 mile walk **01237 429080**

2.30pm Folk Dance at Northam Hall with Nick Wyke & Chris Jewell 01237 423554

Monday 19th

See Monday 5th for weekly events

Tuesday 20th

See Tuesday 6th for weekly events

Wednesday 21st

See Wednesday 7th for weekly events

11am-12noon Creative (memory) Café at Quay Mtg Rm, 5 Danver Court, Clovelly Ind Est, 07817976053

1.30-3.30pm Knit and Natter Group at Holy Trinity Hall Westward Ho! 01237 475720

Thursday 22

See Thursday 1st for weekly events

10.15am Northam Men's forum at Northam Methodist Hall 01237 459324

11am Bideford Sustainability Group coffee morning at the Old Custom House café, 01237 475375

2.15pm Thursday Fellowship at Northam Methodist Hall, 01237 421956

Friday 23rd

See Friday 2nd for weekly events

10am-12noon Coffee, Craft and Chat at Kingsley Hall, Westward Ho! 01237 421274

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

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

Saturday 24th

Sunday 25th

See Sunday 4th for weekly events

Monday 26th

See Monday 5th for weekly events

10am-12noon Appledore Community Art Group at Appledore Community Hall

7pm Tai Chi at Bideford High St Methodist Church Hall, 01237 472532

8.30pm Live Jazz, ND Jazz Club at the Beaver, Appledore, David Ferris Septet

Tuesday 27th

See Tuesday 6th for weekly events

Wednesday 28th

See Wednesday 7th for weekly events

10.15am Probus Club at the Royal Hotel 01237 473337.

6.30pm Author James Mortain at Northam Library, Tickets £2 incl refreshments. Bookings 01237 475111

BIDEFORD CINEMA

Watch out for the following films in our upcoming programme

The Greatest Showman (12A)

Molly's Game (15)

Darkest Hour (PG)

Hostiles (15)

Coco (PG)

The Post (12A)

Maze Runner: The Death Cure (12A)

The Mercy (12A)

Fifty Shades Freed (ctba)

The Shape of Water (15)

For the latest information on what's showing and when please see our weekly advert in the North Devon Gazette, or visit our website on

www.bidefordcinema.org.uk