



BIDEFORD BUZZ



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

Going, Going, Gone ...



All good things come to an end and so it is with community newsletters. After eighteen years, Buzz will cease publication of the paper issue next month, the September issue being our last one. We will continue our online presence so that our contributors can still send in their articles for inclusion on our website at www.bidefordbuzz.org.uk.

It's been great editing and sorting your articles each month, but it's also been very time consuming and tiring. It would be nice to be able to go away for a proper holiday without worrying about deadlines and copy dates.

So many people to thank for their help over 18 years. In the beginning we had lots of support from Devon Libraries, Taw and Torridge Voluntary Services (which still continues to date as they allow us to use their premises for mail and distribution,) Bideford Tourist Information and CAB to name a

few of the organisations involved in the early days. In 2011 the involvement with the Library Service ceased (apart from it still being hugely important in our distribution process) but Buzz continued in its own right with financial support from many local organisations. For the last eighteen months we have upgraded Buzz to colour, greatly assisted in the change by our printer, Andy Parker. Throughout all the changes we have been supported by our loyal committee and other volunteers.

Most of all we owe a huge debt of gratitude to the people of Bideford, our readers, who follow us each month and contribute hugely to the content of Buzz. We couldn't have done it without you.

As the editor of Buzz I love this newsletter and how it reflects our community now, and in the past. The bound copies of Buzz going back to 2000 are available at Bideford Archives in Windmill Lane, Northam. More recent copies can be downloaded from our website at www.bidefordbuzz.org.uk.

Thank you for all your help and support over the years.

Rose Arno, Editor.

Photo shows Chair, Neil Bennion, Editor Rose Arno and Secretary Sue Smith at our final AGM.

What's Inside This Month's Buzz?

- ◆ Chope's Catalogue in the 1940s by Peter Christie
- ◆ 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, Northam Town Council, 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.

Email: editor@bidefordbuzz.org.uk. Mobile: 07929 976120. Web: www.bidefordbuzz.org.uk.

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Bideford Town Council

Buzz Bits.

Appledore Band Proms Concert Sunday 26th August 2018

Get ready for a fantastic evening of flag waving, singing and community spirit at its best.

Appledore Band will be holding their annual 'Last Night of the Proms' concert, under the baton of their Musical Director Jim Wortley. The Training Band will be performing from 5.00pm with the Senior Band taking over at 6pm. The event is very popular so make sure you bring your chairs and come early to get a good view.

There will be all your favourites – Land of Hope and Glory, You'll Never Walk Alone, Fantasia of British Sea songs. Come and sing your heart out.

If wet we will be in St Mary's Church Appledore.

Appledore RNLI fundraising event with a difference

On Saturday 1 September a team of twelve, made up of Appledore RNLI volunteer crew and friends of Appledore Lifeboat station, are taking part in a sponsored cycling challenge. They plan to ride over the beautiful but challenging Exmoor National Park from Appledore to Minehead Lifeboat Stations and back all on the same day.

All monies raised will go towards helping the costs of Appledore RNLI to continue to save lives at sea. As a charity all the costs necessary to run the RNLI and all the stations, equipment and crew is raised by voluntary donations, fundraising and legacies. No money comes from the government. Appledore RNLI responded to sixty emergency shouts last year.

The crew have set up a JustGiving page where donations go straight to the Appledore RNLI funds <https://www.justgiving.com/fundraising/tourdeyellowwelly>. Sponsorship can also be made direct from a mobile phone by texting APLB50 followed by the amount anyone wishes to donate to 70070 (e.g. APLB50£5) Follow progress of the Tour de Yellow Welly training on Facebook at www.facebook.com/TourDeYellowWelly/

Bideford Music Day Saturday 4th August from 12-8pm

In Victoria Park with performances from Soulcraft, Boogie wax, Gravitone - and other local artists - plus stalls, rides and attractions.

Transforming Honestone Car Park

Valentina Kassam walked to work every morning through the Honestone/Pannier Market car park. It was a depressing sight, neglected, weed-choked raised beds, rampant ivy and crumbling walls. She had a vision of transforming the whole area into a beautiful, flower-filled bee haven, with some edible plants tucked in too. After watching an inspiring TED talk by Pam Warhurst about *Todmorden Incredible Edibles*, she contacted Bideford Town Council for permission to realise her dream.

Helped by a donation of £200 from both Councillor Peter Christie and former mayor Dermot McGough, the hard work could begin. On Saturday 26th May a group of volunteers, [under the umbrella organisation, Bideford Sustainability Group, Grow Well Project], met at the car park and started digging over the rock-hard beds. The first bed at the entrance on Honestone Street, was finished that day filled with colourful annuals, donated by Branton Tesco Fair Share Scheme and Grow/Jigsaw in Victoria Park. Beautiful herbaceous perennials were later purchased from Dave's Plants in the Pannier Market. Special thanks to Marianne Green [Grow Well] and Angus Winfield [BSG] for their unstinting support and hard work, Jim Wood for kindly giving permission to use the Methodist Church to store tools and vital water, Mandy for sourcing and delivering manure, the wonderful, hard working volunteers, the Enevera family and all the neighbours for your encouragement, enthusiastic support, tea, cake, and watering. There is still a lot to do but Valentina's dream is becoming a reality. Want to volunteer?

Contact Valentina 01237 420892 or call in to The Storehouse, Grenville Street between 10-4.



Clothes for a heat wave?

Fashions change constantly – especially for women. In early Victorian England fashionable women were wearing yards of usually black cloth with their bodies crushed inside spring steel and whalebone corsets. This particular combination severely constrained their movement, and clearly without freedom of dress there was little freedom of movement – and possibly even of ideas.

This was all challenged in 1851 when an American woman Mrs. Amelia Bloomer started to publicise her views on a new style of dress that would 'liberate' women. Colloquially termed the 'Bloomer' costume it was described in a contemporary book (in rather sexist language) – 'It resembles male attire, being an open fronted jacket and loose trousers, the latter wide like those of the Turk, but gathered in at the ankles, and when a lady super-added to these, wears a broad-leafed hat, she looks quite as masculine as her lord.'

North Devonians, often seen as very conservative not to say old-fashioned, must have been astonished when in December 1851 a Mrs. Franklin staged a public meeting in Bideford where she spoke on the need for a more 'liberated' style of dress – whilst wearing one of the new-fangled 'Bloomer' costumes!



AMELIA BLOOMER, ORIGINATOR OF THE NEW DRESS—FROM A
DARTMOUTH BY T. W. SHOPS. (SEE PRECEDING PAGE.)

Apparently the audience wasn't that large and amongst the ones who did attend there were few women, it being noted at the time that if they had attended they would have been 'proud of their sister orator who, we venture to assert without hesitation, would have put many of our masculine platformers to the blush. Her style throughout was lucid, eloquent and convincing.' A nicely patronising touch there - clearly written by a man.

Unfortunately the 'Bloomer' costume never took off as it was mercilessly mocked in the newspapers and magazines of the day – though the freer style of dress did make a triumphant return in the 1890s and 1900s when women followed men by taking up cycling and adopted a much looser style of costume.

Chope's Catalogue

In these days of internet buying and vast shopping malls smaller shops are finding it ever harder to make a decent living. Here in Bideford many of our older shops have gone in the last 20 years – including Chopes which was once a major presence in the High Street. Today the Chope family still run the bookshop 'Walter Henry's' (named after W.H.Chope) but their large shop is now operated by 'McKay's.'

Chopes didn't just rely on casual passers-by - they also issued catalogues illustrating the latest fashions with an offer to make up the designs for customers. These catalogues are a wonderful source of fashion designs and doubtless the arrival of the latest 'Chope's book' was a red-letter day in many households.

The earliest surviving one I have seen dates from 1901 and shows some ludicrously wasp-waisted women wearing classic sweeping Victorian dresses and carrying stick-thin parasols. Chope's did also sell corsets so perhaps these waists were achievable but I doubt it.



The firm continued issuing such guides for some decades after that. An undated catalogue which was probably issued in the 1940s strikes a rather contemporary note when it included a letter from the store which notes 'This brochure gives some suggestions for tailored styles, any of which can be copied in our workrooms. We make a speciality of adapting youthful styles for larger figures.'

What a wonderfully polite way of putting it! I here reproduce two of the fashion plates inside, the one on the left just out of an Agatha Christie novel! It is odd to think that these very fashionable clothes would now fall into the category of 'retro' or even 'vintage' today – if any have survived!

Peter Christie

Book Buzz

Mischievous Summer Holiday Fun at Bideford Library this month

Slime Workshop. Get up to gloopy mischief by making your own slime. **Thursday 2nd August 10am-12noon.** Tickets £1 Booking at the library essential

Pirate Storytime. Dress up as a mischievous pirate for a morning of pirate tales and fun. "There'll even be some pirate treasure to behold "me hearties" **Drop-in Thursday 9th August 10am-12noon**

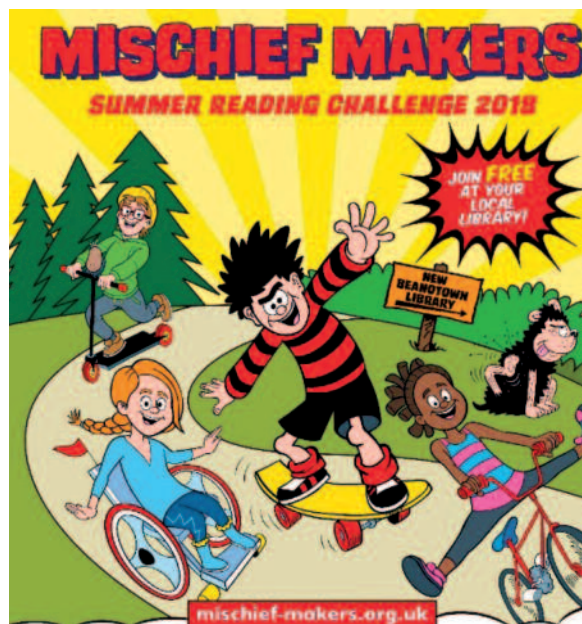
Really Wild Learning Team! Meet real life mischievous animals **Tuesday 14th August 10.30-11.30am.** Tickets £2 Booking at the library essential

CODERDOJO is coming to the library at our very first coding event **Wednesday 22nd August 2.30-4.00pm.** FREE but booking is essential.

CONGRATULATIONS! Collect your well deserved finisher's medals and certificates at our **Special Reading Challenge Finisher's Party.** We'll have naughty nonsense from **Entertainingly Different** and lots of fun. **Drop-in Saturday 1st September 10am—12noon**
For more information on all these events contact Bideford Library on 01237 476075.

At Northam Library

Thursday 16th July Lego Animation. For more information contact Northam Library on 01237 475111.



Book Clubs - Thoughts on...

Being part of a Book Club is really helpful and supportive when it comes to contributing one's opinions and thoughts on novels - whether they are short stories, classical, fiction or written by relatively unknown authors.

We all differ of course, and yet listening to others makes me realise I may have missed something important within the plot or one of the characters.

All members have a chance to voice their feelings and we often discuss other authors or poets and someone may have some information about new or inspirational writing about to be published!

We have a month in which to read each book and although not all of us can attend every meeting it's usually a good turn out followed by cake and coffee/tea as well

It's all 'food for thought!'

Margie Summers.

Bideford Library Readers' group meets at Bideford Library on the first Wednesday of the month at 2pm.

LEAP (Local Energy Advice Programme)

Tamsin is doing a monthly drop in session between 10 – 1pm on Thursdays. Advice on how to save money on energy bills. Her last session is October. For more information contact Bideford Library on 01237 476075.




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Northam Hairdressers

Celebrating 25 Years In Business

Northam Hairdressers is celebrating 25 years of business this Year.

First opened it's doors in Cross Street in 1993, and them moving to its current location in Fore Street in 1997.

The Salon has been owed, and ran by the same person (David Leworthy) since it first opened.

Opening 6 day's a week *Northam Hairdressers* offers the traditional 'Walk In's For Men', with a Ladies Day on a Wednesday (by appointment) for all Ladies Hair Care Services.

For people with busy lives, *Northam Hairdressers*, offers appointments, on Tuesday afternoons, and offers late nights by appointments.

Stocking American Crew Products for Men.

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Northam Hairdressers is a friendly relaxed, salon, where you receive personal attention from David from the moment you walk in, until you leave.

You can follow *Northam Hairdressers* on Facebook, for up to the minute information, and prices, or give them a phone on 01237 425190.



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A Midsummer Wander with the BNA

The Taw, Torridge and Exmoor Branch of the British Naturalists' Association's midsummer excursion found them all exploring the delights of Devon Wildlife Trust's Meeth Quarry Nature Reserve with its pools and open habitats, along with the rough grassland and woodland habitat of Ash Moor Nature Reserve next door. On a blazingly hot day, Large Red and Azure Blue damselflies, Black Tailed Skimmers and Broad Bodied Chaser dragonflies chased about the pools with a variety of other species. Marbled Whites, Ringlets, Small skippers, Meadow Browns and Speckled Woods were just some of the butterflies seen on the day.

A host of wildflowers including yellow rattle, ragged robin, marsh bedstraw, black medick and self-heal were just a few of the species observed. House Martins, swifts, chaffs, willow warbler and many small birds were seen along with a woodpecker silhouetted against the skyline as it sought shelter amongst the trees from the blazing sun, as the gorse seed pods audibly cracked in the heat.

A deceased water shrew was found with its black fur and white underparts. Water shrews only live for about 14 months but it was evident that the nature reserves – particularly Meeth Quarry - provides the perfect environment for them. Here, there are beautiful pools of water and aquatic habitat, despite the fact that during the heatwave one normally boggy, and relatively smaller and shallower pool, compared to the others, had completely dried up.

The elder trees were in full blossom, aspen trees were shimmering and many other deciduous trees including silver birch, oak, ash etc were present, helping to create a mosaic of biodiversity. The Devon Wildlife Trust should be praised for managing and preserving these Nature Reserves so well. There is a huge log at the entrance to the Nature Reserves, which is such a strange shape, that it resembles a comedy crocodile – see picture. Later in the year, when the ground becomes wetter again, some of the habitat will become boggy again, so keep to the footpaths wherever possible and keep pets and small children close to you for safety.



No flies on Bun! *Advice from the vet.*

August is time for sun, sea and holidays. It is also the time for flies. They plague us and we have seen a huge number in the last few weeks with conditions suiting them perfectly. Unfortunately hygiene risks aren't the only problem with these irritating creatures. Their purpose in the great scheme of life is to aid in the break down of dead meat matter and rotten food. Sadly they don't always wait for their meal to die. If they find an open wound or recumbent animal they will try to get a jump on it. This comes with terrible and gruesome consequences.

Most commonly fly strike is seen in sheep and, all too often, pet rabbits. It can affect any vulnerable animal though. Rabbits are particularly at risk as their husbandry isn't always up to scratch, a rabbit allowed to grow fat and on a poor diet that produces sticky soft faeces will be a very attractive prospective host for the flies to lay their eggs on. It can take just hours for the eggs to hatch and maggots to start dining. A rabbit confined in a hutch that isn't checked often can quickly suffer a horrible fate.

Please check your rabbits backsides at least twice a day. Get them to a vet for a weight and health check twice annually. There are also long acting repellents available which are very useful for keeping bunny safe. Netting hutches and giving bunny plenty of time outside, and ensuring a good diet are also very important. Hutches and runs should kept very clean and any soft faeces seen, particularly on bunnies bottom, should be bathed off. Helping your small flurries stay cool can be challenging, a great tip is to freeze a bottle of water and place this in the hutch. Please don't let your rabbit suffer a terrible fate.

Alice England RVN



The Bideford Branch of THE RELIGIOUS SOCIETY OF FRIENDS or QUAKERS

hold their Meetings for Worship on Sunday
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Refreshments available

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BIDEFORD CINEMA

Coming soon

Patrick (PG)

The Bookshop (PG)

Mamma Mia: Here We Go Again (PG)

Mission: Impossible Fallout (12A)

Hotel Transylvania 3 (U)

Christopher Robin (PG)

For up-to-date information on times and dates please see our weekly advert in
the North Devon Gazette, or visit our website at www.bidefordcinema.org.uk

Advice from your local Citizens' Advice Bureau

I do not think the company that sold me a doorstep loan carried out proper affordability checks and now I cannot afford to pay it back. Can I get a refund?

The Financial Conduct Authority, which regulates the doorstep loan market, says a loan is unaffordable if you cannot make repayments without borrowing again.

Lenders must check your finances and situation including future income and spending to make sure you can pay back the loan.

You might feel your agreement was unaffordable if you were given a loan that was more than you could manage to repay and it caused you problems.

If you think you are owed a refund, first complain to your lender. List the ways you think their affordability checks were not properly done, the problems this has caused, and what you would like to happen.

The lender must acknowledge your complaint promptly and has eight weeks to respond formally or resolve your problem. If you are not happy with their response, or they don't respond at all, you can complain to the Financial Ombudsman Service using a form on its website.

Should the lender agree with your complaint, they may agree to write off the balance left on the loan or refund some of the interest you have paid.

If they don't, and you have to take your complaint further, the Ombudsman can force the lender to write off the interest or even the remainder of the loan, and possibly order them to pay a small amount of compensation for your distress if they uphold the complaint.

The Ombudsman's decision is binding on your lender.

Pop into our Bideford Office in Bridgeland Street; open

Mon, Tues, Thurs and Fri 10am - 3pm or call our Adviceline on 03444 111 444

www.ruraldevoncab.org.uk Copyright Citizens Advice. For the most up-to-date advice, please visit www.citizensadvice.org.uk,

Buzz Byte



As you will be aware software can be almost as expensive as the PC or laptop itself! You don't have to have the top names and pay the top prices - there are many products on the market and some are even open source (free). In this edition of Buzz Byte I will look at Google doc vs MS Word vs free software – LibreOffice.

Google Documents is a free for basic personal documents but there are more in-depth options through G-Suite by Google cloud. Offers smart editing and styling tools. There are various different styles of spreadsheets and google slides which allows you to create presentations with themes, embedded videos and animations. In addition to all this Google Forms offers the ability to create forms, polls or a quiz, as well as manage email subscription newsletters, making it useful for small businesses and individuals.

LibreOffice is also a free word processing package. You can expect from Libre access to writing documents, spreadsheets, presentations, databases, mathematical formula editing and draw, giving access to vector graphics and flowcharts. Libre is about people, culture, creation, sharing and collaboration. LibreOffice is community-driven and developed software, and is a project of the not-for-profit organisation, *The Document Foundation*.

Microsoft Word offers four levels of packages, currently starting at £60 with one package available on monthly subscription - Office 365. Microsoft offer the same word processing and design packages as the free products with the additional bonus of the webmail service outlook. MS offers tailor made packages for home, business and student use.

Before installing a free package, make sure it is compatible with programs such as Word ; a lot of businesses and large organisations have word packages such as Office 365 for documents at home so that employers or potential employers can open files.

As always, the choice is down to customer preference but if you want more information pop into your local computer store.

Nickie Baglow . Complete Computing.

The North-West Devon Coast.
A Celebration of Cliffs and Seashore
from the Hartland Peninsula to the
Taw-Torridge Estuary

The North-West Devon Coast
A Celebration of Cliffs and Seashore
from the Hartland Peninsula to the Taw-Torridge Estuary



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Peter Keene

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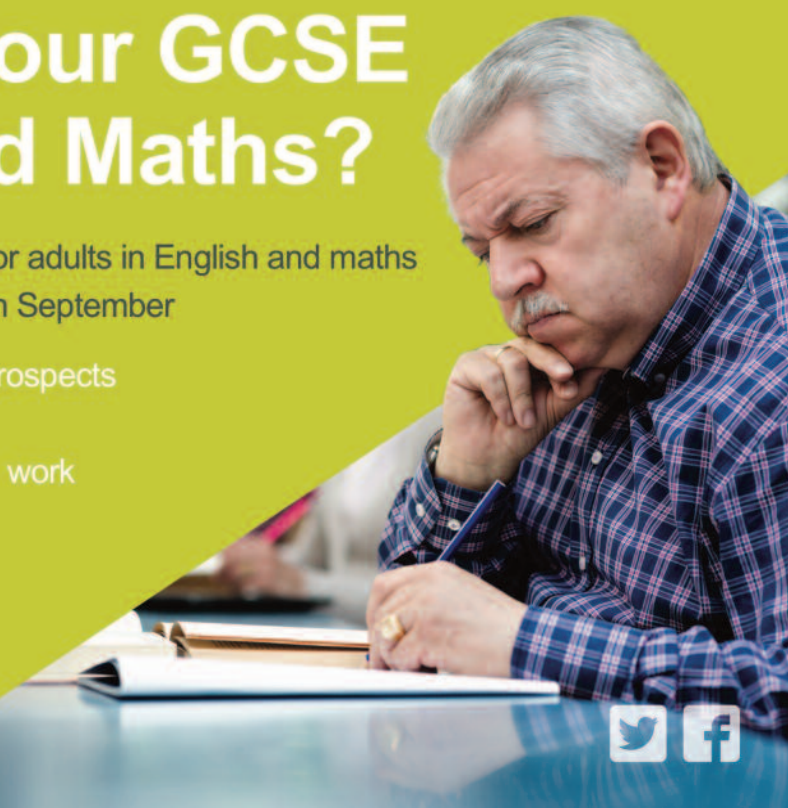
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New from the Burton Art Gallery and Museum

Our team at the Burton love Summer, as it's such a fun time. Our building is full of families enjoying activities, and tourists discovering the gems that Torridge has to offer. It is super-hot as I write this, yet our galleries are cool, in both senses of the word!

The Westward Ho! and Bideford Arts Society's Annual Exhibition opens on August 11th and runs until September 16th. It is a chance to find work from local artists, and showcases over 300 pieces of art from painters, printmakers, sculptors, woodcarvers, potters and textile artists. With something for every taste, it is perfect if you want that special something.



For families there will be themed drop in sessions to get creative juices flowing. Every Tuesday and Thursday during August at a cost of £2 per child, sessions run from 10:30am – 12:30pm and 1:30pm – 3:30pm. For the intrepid explorers young and old, the Burton Adventurer's Trail will be on every day during the summer holidays, with a suggested donation of £1 per trail.

We will be *Celebrating Ceramics* from August 13th – 19th. Exploring The Burton's links to North Devon pottery with talks, workshops and a free ceramics valuation. To find out more about all our summer events call 01237 471 455, email info@theburton.org or visit www.theburton.org. Admission is free. Open Mon-Sat: 10am-4pm; Summer opening times (July 23 – August 31) 10am – 5pm; Sun: 11am-4pm.

The Friends of the Burton will be holding their ever popular Grand Art Auction in September. You can hand in a maximum of four pieces of art looking for a new home, on the 19th September; viewing is on the 20th September with the auction itself at 6pm that evening.

Footnote

Diana Warmington would like to thank the readers of the Buzz, Bideford's special publication, who have expressed their appreciation of her Burton Gallery News over the years. She is now handing over to Mariam Sharp, the new Director of the Burton, who is happy to take over and spread the news of events and exhibitions at the Gallery. Diana also thanks the Buzz editors most sincerely for helping to promote the Burton with her articles over the years.

Naomi Wilson / Mariam Sharp.

Bideford Pannier Market – Open Tuesday to Saturday 9.00am to 4.00pm

There is another **Arts & Crafts show** within the market on **Saturday 4th August**. Make a note, this is a great opportunity to see some of the best local craftspeople in the Torridge area ; most of them are more than willing to chat about their craft and offer advice.

Don't forget you too can have a stall in the Pannier Market – just contact Richard Coombes in the Bideford Town Hall on 01237 428817 – cheapest market rates in Devon, I believe.

The free mini-bus on Tuesdays & Saturdays is proving to be a success and is available to both local people and tourists.

Butchers Row / Market Place / Grenville Street – Open Monday to Saturday

All local businesses providing a variety of services for the visitors and local people. It's not all arts and craft, you can buy your lunch, both eat in and take-away; hairdressing & beauty, architects, bridal shop, pine furniture, glass-fibre workshop making surf-boards etc., angling and field sports , model train shop, childrens' party organiser, computer repairs, refrigeration , metalworking , music and toys , spectacles , computer games and gaming machines – the list goes on. I think for September I'll do a little piece on individual shops.

Trev (Minxy's Sweets)

Little Stitches Quilt Group

2018 Exhibition at Littleham Village Hall, Littleham, Bideford EX39 5HR. 7th - 9th September
Fri and Sat 10.00am - 4.00pm; Sun 11.00am - 3.30pm. Admission £2.00. Free parking;
refreshments; stalls; traders; quilt raffle; demonstrations; disabled facilities. Proceeds in aid of Parkinsons UK (Torridge Branch).

Atlantic Racquet Centre, at Caddsdow Bideford, has started offering a new Walking Tennis Session every Wednesday from 11am-12pm on their new indoor tennis courts.

Walking Tennis is aimed at people in the 40 plus age bracket, who are looking to get more active. It is played on a reduced sized court, with smaller racquets and using softer compression balls (see attached photo) - this makes it more gentle on the joints and it is easily picked up even for those who haven't played tennis before. It's a great way to meet new people and a fantastic social occasion. *Cut out this piece and bring it along for a FREE Walking Tennis Session at ARC.*



Gardening Tips for August and Annual Flower Show.

As I write this we have had exceptionally hot weather and no doubt there is a lot of watering to be done. The water meter will be spinning around, but you can use any surplus water from baths or showers as long as it doesn't have loads of chemicals in it. Collect it and put it around the plants in your garden to keep them moist. Washing up water is fine too as the use of mild detergents is often good for deterring aphids such as greenfly and whitefly as the emulsion effect prevents them drawing the sap from the plants.

Our club doesn't have a meeting in August but focuses on the **Annual Open Flower Show** in Bideford Pannier Market on **19th August**, for which schedules are also available to download on our website. As usual on 11th September it's our meeting at Bideford Methodist Church Hall off Honestone Street car park. Our speaker is well known local judge and grower Bill Lee on Vegetables and Allotments. We are running a coach trip to Toby Buckland's Harvest Festival at Forde Abbey in Somerset on Saturday 15th September; full details on our website www.bidefordgardenersclub.co.uk or from myself Mike Avis 07710 454230 email mikeavis44@gmail.com.

Felicity's Summer Lunch

This will be held in the Appledore Baptist Hall on Monday 30th July at 12.30 for 1.00-2.00 lunch. Menu of salads and quiches will be available on Appledore Sustainable Fish facebook We will finish with Hockings Ice Cream and summer fruits from our gardens and hedgerows.
A platter of both smoked fish and fresh pickled fish (including this recipe) will also be served.

Ingredients -

Ingredients
 1-2 tbsp ground cumin.
 Tbsp. lime juice.
 1 red pepper, seeded and chopped.
 1tbsp. Orange juice.
 3 spring onions ; 500 – 900g scallops.
 1-2 tbsp chopped coriander.
 1 hot red chilli, finely chopped.
 1 small onion, finely chopped.
 3 ripe tomatoes, seeded and chopped.
 1 Lime sliced for garnish

1. Stir the cumin into the lime and orange juices and pour the mixture over the scallops
2. Mix in the chopped chilli pepper and red pepper and red onion, cover, and refrigerate for at least 2 hours.
3. Drain the scallops and mix with the chopped tomatoes, sweet peeper scallions and coriander just before serving.

11



Football's Coming Home.

Walking through Bideford on semi- final night last month, everything was quiet and the tension was palpable...why? England was playing in the world cup semi finals for the first time in 28 years. Events such as this always have a way of bringing people together but then more than ever it was clearly obvious. The feeling of camaraderie between people who had never met, but who were wearing their England shirts, the conversations between strangers who were watching a match together, this was something not prevalent since the Olympics. And although we lost out on the final there was something very atmospheric about the way the country was brought together by this event.



Unfortunately we can't fail to notice that some people can get carried away, we only have to look at reports in the paper to see what happens when people go over the top and lose control - embarrassing at best- dangerous at worst.

However, thinking positively, our football team seem to be great role models- showing how a team work, resilience and hard work can achieve success. Manager Gareth Southgate is talked about as a boss who encourages hard work and discipline, but with good team relationships. I have been talking to a local coach who has spent many hours of his time developing these skills in young people and giving them an outlet to improve fitness and well-being.

Carl Strange says;

'I have worked as a coach in schools, football clubs and summer holiday clubs over the past 7-8 years. The best thing about what I do as a coach is bring a bunch of kids together regardless of their background or what school they go to and we produce something that is truly remarkable. The players might not see each other from one week to the next but when they do come together they are all part of the same team playing together on the same level where every player has a role to play within the Squad.'

Football gives a sense of belonging to something bigger than anyone individual can create by themselves and that goes right throughout the game from youth football right up to the elite internationals.

Thanks to Carl Strange, Coach for Bideford AFC U14's football team(picture above.) Anyone interested in joining or who has any questions can contact Carl on 07530974506. Lucy Braund

Bideford Town Youth Band

We have recently been lucky to receive a grant from Devon County Council's Locality Budget allowing us to purchase some much-needed student instruments. We plan to use the instruments to extend the outreach work that the band does to both Westcroft School and also East the Water School, Bideford. At both schools, students will be offered an instrument, for free, along with music and tuition from experience musicians from within the Band.

The Youth band is thriving under the baton of its tutor, Judith Nock; indeed several of its members now play in our senior band too. One player recently won his class in our local solo and quartet contest for the second year running. This contest attracts players from all over the south west of England as well as Wales. If you'd like to join or support the band in any way, please get in touch via email to bandsecretary@bidefordtownband.co.uk. Check us out on Facebook or at www.bidefordtownband.co.uk.





100 Years Ago - August 1918

Regular readers will recall that the Bideford, Westward Ho! and Appledore Railway closed on Wednesday 17th March 1917. R Dymond & Son are selling by auction on August 21st the *Sheds and General Stores* left after the rolling stock had gone. An Engine Shed (wood), 2 Wooden signal boxes, 4 more corrugated iron huts and offices, 7 miles of telephone line from Bideford to Appledore consisting of wire, insulators and posts plus 3 level crossing gates and wheel gear for opening them, 110 Windsor chairs, forms, desks, trestle tables, large street lamps, gate lamps, engine head lamps, signalling lamps and stoves. 7 acetylene generators plus 20 lots of track and train equipment.

Bideford UDC and Bideford RDC urgently require 'All fruit stones including date stones and hard nut shells for immediate and urgent war purposes'. Collection from jam factories, hotels, restaurants and canteens as well as private houses is needed. With the consent of Education Authorities school children are urged to bring stones for despatch to a munitions department in southern England. Stones will be converted into charcoal to be used in the British respirator and this type of charcoal has the power to absorb many times more volume than other forms of charcoal.

The possibility of a grouping of local authorities in connection with the work of reconstruction after the war may be said to have come within the range of practical politics. At a gathering of members of Bideford Town Council and Northam Urban District Council at Gammaton Reservoirs the subject was broached and tentative discussion took place.

Walter E Ellis, the proprietor of Ellis & Son builders who are engaged in the repair of Bideford bridge for the Bridge Trust, appeared before the local Tribunal to plead for exemption from the draft. When asked how long the work would go on he said "Until long after the war is ended" At interview he agreed that he had a 59 year old foreman mason who could oversee the work so he was instructed to be available for service on 1st October

Harvest Help Scheme. Plymouth College OTC went into Farford, Hartland camp arriving by train and 20 students cycled to Hartland while others went by bus. 40 lads will go to Cabbacott at Parkham, these lads come from Devonport High School. Woolsery has lads from the Rossall School, Fleetwood Lancashire.

Property for Sale: Milford Farm Hartland 165 acres 6 bedroom farmhouse and 2 cottages at Elmscott Hartland including a Blacksmith Shop.Wear Gifford Mills and land 23 acres. Grazing land at Jopes (*Chopes?*) Bridge 8 acres.Freehold Dock & Land comprising 0 acres 2 rods 23 perches.Canada Cottage, Barnstaple Street, East the Water Bideford.Dublin & Wacklow Cottages also at Barnstaple Street.Hill Cliff & Stables, garden at Buckleigh Westward Ho! Also Hill Crest Buckleigh.Hardisworthy Farm, Hartland 43 acres

These and many more items of local interest are available to read at the Bideford & District 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 TOWN COUNCIL Grants for 2019/2020

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

Application forms are obtainable from:

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

FORMS MUST BE RETURNED BY FRIDAY 21 SEPTEMBER 2018

Grants will be paid in April 2019



SHIPPING NOTES



At Bideford.

Ship in port	Reg flag Owners	From	To	Arrived	Sailed	Crew	Cargo
Celtic Endeavour ex Athos 15 Antabe 01 Northern Lady	Cardiff	Foynes	Castellon	11/07/18	13/07/18	Polish	2750 tons ball clay.

At Appledore LE George Bernard Shaw is due to depart on her first trials on the 12th July 05.00.

Bristol Channel Observations

11.6.18 at 22.10 vehicle carrier **Morning Lena**, 20,000 tons d.w, owners Eukor Car Carrier South Korea, outward bound from Portbury, having sailed at 17.49.

12.6.18 at 19.16 container vessel **E.R. Hobart**, 13,879 tons d.w. owners Reederei Blue Star Holding SA German, inward bound for Portbury. At 22.00 bulk carrier **Western Durban**, 39,000 tons d.w., owners Ratu Shipping Co SA Japan, outward bound from Newport having sailed at 17.02.

16.6.18 at 14.08 vehicle carrier **Grande Napoli**, 14,565 tons d.w. owners Grimaldi Line of Italy, inward bound for Portbury.

18.6.18 at 08.20 vehicle carrier **Grande Congo** 25682 tons d.w., owners Grimaldi Line of Italy inward bound for Portbury. At 10.15 Vehicle carrier **Hoegh Xiamen**, 12,250 tons d.w,owners Hoegh Autolines Norway inward bound for Portbury. At 10.47 bulk carrier **TD. Tokyo**, 63,456 tons d.w, owners Tri-Do One Shipping Ltd, Germany inward bound for Portbury.

19.6.18 at 18.44 vehicle carrier **Autosun**, 6,670 tons d.w., owners United European Car Carrier Norway, inward bound for Portbury.

21.6.18 at 16.47 bulk carrier **Elegant SW**, 37,163 tons d.w, owners Elegant Pescaderes SA Taiwan , inward bound for Newport. At 19.57 vehicle carrier **Grande Bretagne**, 18,464 tons d.w., owners Grimaldi Line of Italy inward bound for Portbury. At 22.10 dredger **City of Cardiff**, 27,30 tons d.w., owners Ltm Western Ltd UK ; originally en route to Marchwood but turned round at 16.50 off Port Isaac and returned to Culver, thence to Avonmouth.

23.6.18 at 08.45 vehicle carrier **Grande Benelux**, 12,594 tons d.w., owners Grimaldi Line of Italy inward bound for Portbury, (Seen again at 11.17 **24.6.18** outward bound having sailed from Portbury at 07.41 hrs.) At 10.40 dredger **City of Cardiff**, 2,730 tons d.w., owners LTM Western Ltd UK outward bound from Avonmouth having sailed at 04.28 (heading for Marchwood, Southampton). At 11.45 bulk carrier **TD Tokyo**, 63,456 tons d.w. owners Tro-Do One Shipping Ltd Germany, outward bound from Portbury having sailed at 06.41.

24.6.81 At 21.15 container vessel **Annalisa P**, 18,464 tons d.w. owners Annalisa IP Schiffaahatris Germany inward bound for Portbury.

25.6.18 at 07.43 vehicle carrier **Grande Benelux**, 12,594 tons d.w. owners Grimaldi Line of Italy outward bound from Portbury, having sailed at 02.49. At 07.43 **Grande Anversa**, 12,353 tons d.w. owners Grimaldi Line of Italy inward bound for Portbury

27.6.18 at 20.21 bulk carrier **Victoria**, 63,613 tons d.w. owners Ariel Management Inc Pireaus inward bound for Portbury. At 21.07 vehicle carrier **Torino**, 22,160 tons d.w., owners Wallenius Wilhelmsen Norway and Sweden inward bound for Portbury.

3.7.18 At 11.50 hrs vehicle carrier **Coral Leader**, 12,164 tons d.w., owners Nippon Yusen Kaisha Japan inward bound for Portbury

5.7.18 at 07.55 cargo vessel **Lentika**, 39,202 tons d.w., outward bound from Portbury having sailed at 01.10.

6.7.18 at 16.05 bulk carrier **Centennial Harmony**, 181,338 tons d.w. owners MK Centennial Maritime BV Netherlands outward bound from Port Talbot having sailed at 13.12. At 17.30 container vessel **Aries J**, 12,892 tons d.w., owners Aries J CV Germany outward bound from Portbury having sailed at 13.11.

8.7.18 at 05.58 container vessel **Fesco Askold**, 13,806 tons d.w., owners Astro Moon Ship Ltd Russia inward bound for Portbury. At 21.55 vehicle carrier **Vega Leader**, 16,396 tons d.w. owners Nippon Yusen Kaisha Japan inward bound for Portbury.

Norman 01271 861183



August Diary: We're here every week

Please note : Events may not take place on Bank Holiday Monday August 27th.

Mondays

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

6.45pm - 8.30pm. Breakaway Social Club for adults with learning/physical disabilities at the Baptist Church Hall Westward Ho! (not bank holidays.) 01237 475051

7pm Appledore Band Summer concerts training band followed by senior band at **7.45 pm** Appledore Quay .St Mary's Church Hall if wet (until 20th August) Contact Hugh Secretary 473723

7pm Tai Chi at Bideford Methodist Church 01237 472532

7pm - 8pm Walking Football at Kingsley School.Men and Women. Tel 07895035091

7pm - 9pm Table Tennis Club at Bideford Youth Centre

7.15pm Appledore Singers rehearse at Appledore Baptist Church. 420652

7.45pm Bideford Band Senior Practice at Band Room Victoria Park. Tel Becky 01237 475653

Tuesdays

10 -1pm Lavington Church coffee and lunches

10.30 am Walking for Health 421528

11.45-12.45 pm Tai chi. Northam Community Centre. *Ageing Well* 01409 622666

2-3.30pm Salvation Army 'Fun and Fellowship' Club meets at Baptist Hall, Bideford.

2.30pm 'Lift off for ladies.' Westward Ho! Baptist Church 01237 425471

6.30pm Bideford Band Beginners' Practice Victoria Park Band Room 01237 475653

7- 8pm Walking Football at Kingsley School Women only. tel Rose Young French 07895035091

7.30pm Bideford Camera Club meet at Chubb/Churchill Hall.01237 421391

7.30 - 9pm Samba Baia rehearsal at Community Arts Network, 13 Rope Walk

Wednesdays

10-12pm Bideford Healing Group at Sea Cadets' Bldg, Victoria Park

10am – 1pm Job Club at Bideford Library

11am -12pm Walking tennis for over 40's at Atlantic Racquets, Caddstown.

10-11.30am Bradworthy History Society. Memorial Hall, Collacott Room. 01409 241202

10.30-12pm 'Feel Better with a Book' at Bideford Library 01237 476075

10.30am-11.30am and 11.30am-12.30pm Tai Chi SW. Free for over 50s. G4 Gym, Dadden Court Ind Est. 01237 478802

10.30am -3pm Alwington Church (13th C) open for visitors. Refreshments.

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

2pm Tea with friends at St Mary's Church,Bideford

2.15pm-3.30pm "Fit as a fiddle.' Buckland Brewer School Room. Tel 01805 622666

7-9pm Sew Sociable at Lavington Church Rooms, Willett St.

7.30pm Two Rivers Wind Ensemble rehearsal at Bideford Band Room.

7.45pm Torridge Male Voice Choir meets at Woolsey Village Hall. 441601

8pm Appledore Band Senior rehearsals at St Mary's Church Hall Appledore.Sec. 01237 473723

Thursdays

9.30am -10am Under fives story time at Bideford Library 01237 476075

10-11am Tai Chi Beginners. Marlborough Court, Bideford. £2.50 donation. *Ageing Well*. 01805 622666.

10.15am – 12noon Northam and District Men's Forum, Methodist Church Hall, Cross St. Mike 01237 459324

10.30am Walking for Health along Tarka Trail. Clarence Wharf car park. 421528.

2-3pm Seated exercise for over 60s at Westward Ho! Baptist Hall 01805 622666

2-4pm Tea and IT at Bideford Library. Bring your tablet/phone etc. 01237 476075

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

7.30pm Bideford Town Band Summer Concerts at Westward Ho! Green. If inclement weather, it will be in the Westward Ho! Baptist Church. Contact Becky 01237 475653

8pm Bideford Folk Club at Joiners' Arms

Fridays

9.30am Over sixties fitness class at Polly field Centre.stevehammond@boatshead.com

2-4pm Sew Together at Westward Ho! Baptist Church. 01805 622666 *Ageing Well*

2.30- 4.30pm Torridge Table Tennis Club and afternoon table tennis club.01237 477932 at Bideford Youth Centre

4-6pm Needlecrafts at Bideford Library 01237 476075

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

8pm Ceilidh Club at Northam Hall 01237 4776632

Saturdays

10am -12noon Children's lego Club at Bideford Library.01237 476075

10am -12pm Table tennis club at Bideford Youth Centre. 01237 477932

10.30am -12.30pm Scrabble Club at Bideford Library 01237 476075

Sundays

7.45pm ND Cancer Care Trust Quiz at Robins' Nest Football Club. Tel Neil 01237 473798.

Diary Continues on next page

And we're not.

Wednesday 1st

10am-3pm Westward Ho! Crafters and Artisans Market. Baptist Church Hall Westward Ho!

10.30am Parkinson's UK Torridge Branch Coffee morning at Common Room 1 Ethelwynne Brown Close. 01237 478128

11am – 1pm Creative memory cafe at Quay Meeting Room, 5 Danver Court Clovelly Rd Ind estate 0781 7976053

1.30pm – 3.30pm Knit and Natter group at Holy Trinity Hall, Westward Ho! 01237 475720

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

Thursday 2nd

10am-4pm See Hear on Wheels at Bideford Pill. Tel 01271 373236

7pm Torridge Ramblers Evening Walk 01237 239129

8pm Soul Intention big sound soul band at the Palladium Club, Bideford EX29 2DE Tickets £4 on the door.

Friday 3rd

10.30-12.30pm Memory Café meets at Ethelwynne Brown Close, East-the-water, Bideford, info from Ageing Well, Tel 01805 622666

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

Saturday 4th

10-12.30pm Garden Coffee morning for North Devon Hospice 6 Chichester Way, Westward Ho! EX 39 1XG

Arts and Crafts show in Bideford Pannier Market

Midday – 8pm Bideford Music Day in Victoria Park, Bideford.

Sunday 5th

10am-1pm Hartland Farmers' Market, Parish Hall Hartland Local produce, crafts. Peter, Tel 07713 505500

Monday 6th

6.30pm – 7.30pm Laughter Club at Bideford Library, £3.50 01237 476075

Tuesday 7th

2pm Bideford WI at Sea Cadet's Building

7.30pm Bideford Sustainability Group meets at Blacksmith's Arms East the Water tel 01237 475375

Wednesday 8th

10.15am Bideford Probus meet at Royal Hotel tel 01271 473337

2pm Memory Lane Reminiscences at Bideford Library 01237 476075 or 01805 622666

2-3.30 pm Bideford Friends meet at Burton Art Gallery 01805 622666 Ageing Well

Thursday 9th

2-5pm Way of the Wharves project at Royal Hotel, Kingsley Room. Email project@bbcdevon.org

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

Friday 10th

10am-midday Coffee, Craft n Chat, Kingsley Hall, WHo!, £2

7.30pm Bideford Machine Knitting club at Chub / Churchill Community Centre 01237 477532

7.30pm Abbotsham WI at Abbotsham Village Hall.

Saturday 11th

10 am Torridge Ramblers Day Walk 01237 429080

2-4pm Creative Writing Group at Bideford Library tel 01237 47607

Monday 13th

2- 4.30pm Westward Ho! Art Exhibition in Westward Ho! Baptist Church

Tuesday 14th

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

10 -4.30 am Westward Ho! Art Exhibition in Westward Ho! Baptist Church

2pm Arts Society North Devon The Durrant House Hotel (No contact details.)

7 -9pm Torridge Tuesdays Women's Club at 1 Ethelwynne Brown Close Tel 07977 184897

7.30pm Appledore Men's Group meets upstairs at Appledore Library. Tel Frank 01237 425247

Wednesday 15th

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

10am-3pm Westward Ho! Crafters and Artisans Market. Baptist Church Hall Westward Ho!

11am-1pm Creative memory Cafe at Quay Meeting Room, 5 Danver Court Clovelly Rd Ind estate, 0781 7976053

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

2.15 -3pm Meditation at Bideford Library 01237 476075

Thursday 16th

11am Bideford Sustainability Group meets at Custom House Bideford tel 01237 475375

2.15pm Thursday Fellowship at Northam Methodist Hall 01237 421956

Friday 17th

10am-12noon Memory cafe at Northam Hall. Tel 01805 622666 Ageing Well

10am-12noon Families for Children, The Garden Flat, Castle Hill Estate, Filleigh, Barnstaple, North Devon. EX32 0RQ

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

7pm Holy Trinity Presents an evening of Music at Holy Trinity Church, Atlantic Way, Westward Ho! All welcome.

Saturday 18th

10am -4pm Westward Ho! Art Exhibition in Westward Ho! Baptist Church

2-5pm Tea at Tapeley Park in aid of Appledore RNLI. Entry Tckt only £8 01271 346560

Sunday 19th

Bideford Annual Open Flower Show Pannier Market for Bideford Gardeners' Club.

2pm Torridge Ramblers Afternoon Walk 01237 239129

7.30pm British Naturalists' Association meet at the Puffing Billy car park in Torrington for a Bat evening. Level walking. Brian Sims 01271 343607

Wednesday 22nd

10.15am Bideford Probus meet at Royal Hotel tel 01271 473337

2-3.30 pm Bideford Friends meet at Burton Art Gallery 01805 622666 Ageing Well

Thursday 23rd

2-5pm Way of the Wharves project at Royal Hotel, Kingsley Room Email:

project@bbcdevon.org

Friday 24th

10am-midday Coffee, Craft n Chat, Kingsley Hall, WHo!, £2

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

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

5pm Entry deadline closes for Buckland Brewer Garden Produce & Craft Show.

Email: gardenshow@bucklandbrewer.co.uk T: 01237 451669 for Schedule. Show on Sat 1st Sept.

Saturday 25th

2.00 - 5.00pm Open Garden at Stone Farm, Alverdiscott Road, EX39 4PN. In aid of charities supported by the National Garden Scheme.

10.30am – 4.30pm Lundy Art Group exhibition at Blue Lights Hall Appledore. Entry free

2pm Devon Family History Society Meeting at the Pollyfield Centre, Avon Road. Talk by Janet Few 'Toleration or Turmoil? Non-conformity and our ancestors.' All welcome. Free.

Sunday 26th

10.30am – 4.30pm Lundy Art Group exhibition at Blue Lights Hall Appledore. Entry free

2.00 - 5.00pm Open Garden at Stone Farm, Alverdiscott Road, EX39 4PN. In aid of National Garden Scheme charities.

6pm(training band at 5pm) Appledore Band Last Night of the Proms; Appledore Quay (Contact Hugh Wormington 07770 787147). If wet St Mary's Church Hall.

Monday 27th BH

Bideford Phoenix Morris , Parkham Fete tel 01237 473798

Tuesday 28th

10.30am – 4.30pm Lundy Art Group exhibition at Blue Lights Hall Appledore. Entry free

Wednesday 29th

7.45pm Bideford Phoenix Morris Cyder Presse, Weare Giffard with Borderline Morris tel 01237 473798

Thursday 30th

10am-12 See Hear on Wheels at Northam Griggs Close Lounge Tel 01271 373236

1.30-4pm See Hear on Wheels at Bideford Moreton Court. Tel 01271 373236