



BIDEFORD BUZZ



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

BIDEFORD CARNIVAL 2013

Saturday 7th September

This year's theme is

World History over the Years

The procession starts from the Pill Car Park at 6pm. It then goes along the Quay, up Bridgeland Street, North Road, Lime Grove, Belvoir, Abbotsham Road, High Street, The Quay and back to the Pill Car Park. Further information from Nicole May on 01237 470623.

Photo shows one of the winning entries from the 1992 carnival.

© Peter Christie.



BIDEFORD BUZZ NEEDS YOUR HELP

Dear Readers,

We hope you enjoy your September Buzz which includes as usual lots of interesting articles about Bideford and District plus community information, a full diary of events, our unique shipping page and Buzz Word.

As you know we are completely non profit making and run entirely by volunteers all of whom give their services freely and willingly. However the cost of printing Buzz each month represents a real struggle for those of us involved in its production.

Buzz is free and we want it to remain so. We also don't want to crowd the newsletter with commercial advertising, preferring to rely on grants and donations to survive. However times are hard and there is less of this sort of money to go round.

If you like Buzz and want it to continue, perhaps you would consider a voluntary contribution. Donations can be left in an envelope addressed to Bideford Buzz at Taw and Torridge Voluntary Services, 14 Bridgeland Street, Bideford EX39 2QE.

Thank you, Rose Arno (Editor).

**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, Bideford Bay Children's Centre, South West Foundation, Devon County Council, The co-operative Community Fund & Bideford Freemasons. If you are interested in helping to produce or distribute this newsletter we would be pleased to hear from you. Please note that for advertisements there is a charge from £15 per box per month. Cheques payable to Bideford Buzz Newsletter Group. All items for inclusion should be sent by the 15th of the month to the Editor, Rose Arno. Email: editor@bidefordbuzz.org.uk, Mobile: 07929 976120 or c/o Torridge Voluntary Services, 14 Bridgeland St., EX39 2QE. Visit www.bidefordbuzz.org.uk.



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The **co-operative**
Community Fund



West Quay
Fundraisers



Bideford Town Council

One Hundred years Ago

Bideford

During the course of building operations on the Bideford Long Bridge some sections of oak were discovered, evidently part of the older portion of the Bridge constructed nearly 300 years ago. Although black with age they are in perfect preservation. Upwards of 30 men are now engaged on the remaking of the Bideford to Hartland road, mostly at the Hartland end. The work will probably take about sixteen months to complete and about 80 men will be engaged on it.

The annual exhibition of oil and water colour paintings and sketches by Mr H Percy Heard, the art master and director of the Bideford Municipal Science, Art and Technical school is currently being held'

Appledore

The Appledore Boy Scout Bugle band scoutmasters Green and Vaggers, visited Braunton on the occasion of the Carnival. The boys were dressed as Roman Soldiers and they received a splendid reception, gaining a second prize.

Mike Davy **From Bideford Archives**



News from the Pannier Market

Romance In Butchers' Row

Trevor and Jo from Minxy's Sweets on Butcher's Row were married on Friday, August 9th. The reception was held on board the Oldenburg; it was a beautiful warm Summer evening as the boat sailed down river to the sea, while the happy couple and friends danced the night away. The popular couple spent a relaxing week on Lundy before returning to Minxys. All traders at the market wish them all the best for a happy future together.

Mary Portas Money

Bideford has been awarded £10,000 from the Mary Portas Fund to promote Bideford shops. The town Council has asked the Chamber of Commerce to come up with ideas on how it should be spent, with a particular focus on Jubilee square. Traders at the Pannier Market and Butchers' Row would like to see some of the money spent attracting visitors to the market. What do you think? Have your say in the Buzz.

The History of the Market

An exhibition of the history of the market has been suggested and items, especially photographs, are being collected. If you have any photos or any other memorabilia - newspaper cuttings, posters, or even a pannier please contact **Ruth Craigie on 01237 477 852**.

Market Stalls Available

Several stalls are now available in the Pannier Market. It is a great place to start your new business. Stalls cost only £5 on Tuesday and £10 on Saturday, or better still £35 for a whole month. Traders need business insurance, but this is available for under £1 per week with the market traders association. Drop in and speak to Ahmed on either Tuesday or Saturday for more information.

Charities

Did you know that you can have a free stall at the Pannier Market for one day? Why not raise some funds for your charity selling home made cakes, books, bric-a-brac or doing face painting and children's activities in school holidays?

BIDEFORD TOWN COUNCIL

Grants for 2014/2015



**FORMS MUST BE RETURNED BY
MONDAY 23 SEPTEMBER 2013**

Grants will be paid in May/June 2014
Organisations **within** the Parish of Bideford
who wish to apply for a grant from the Town
Council must apply on a form obtainable
from the Town Clerk, Town Hall, Bideford, EX39 2HS,
Tel: (01237) 428817/8 or
E Mail: deputyTC@bideford-tc.gov.uk

End of an era?

Cafes and coffee shops frequently come and go in Bideford. It was therefore not completely surprising that Blazeys coffee shop in Mill Street announced after two very successful years in Bideford that they were moving on to pastures new.

When Blazeys arrived in Bideford we nicknamed them Deli Mark 5 because they were the 5th cafe/deli to take over a slightly difficult site, on a corner next to the Baptist Church. The church ownership precluded any alcohol consumption, the inside space was rather cramped and limiting and the outdoor space though better, was very weather dependent.

However despite all the odds Steve and Angela worked tirelessly to create a wonderful cafe and great atmosphere. In times past we may have made the occasional sortie into Deli Mark 4 or 3 without that much hope of a satisfactory experience. Suddenly under their careful 'nourishment' the cafe flourished and became a real hub for the community.

What was the secret of their success? Great food for one thing - delicious cakes, deli wraps and excellent all day breakfasts. Very very good coffee. And all served by charming hosts, Angela and Steve, plus staff who really cared about their customers. Steve's barbecues on Saturdays added to the specialness with sausages locally sourced and home made beef burgers.

Steve's banter on social media, his close links with the community, supper clubs, 'ladies who lunch' and Gentlemen's breakfast clubs, and Hog roasts all helped as well. They transformed a rather drab bit of Mill Street into a thriving place.

But perhaps the real reason for their success apart from being very good 'people people,' was the fact that they both genuinely loved food and were only content with serving up the very best. They told me that before they ventured into the catering business, they went on endless courses to learn how to do it.; perhaps that was the difference between them, and some of the more pretentious chefs one encounters.

Now they are going to try their hand at a working farm and cafe/visitor's centre in the Yorkshire Dales. We wish them all the best with this and welcome the new people, Barry and Dee. They are keeping the name and the staff, so all should be well. RA

(Picture shows scones by Hazel)



Memories of St Peter's Church East the Water

Following on from Mike Davy's article (July Buzz), here are some memories. My first is of 1974 when I brought my elder daughter Caroline to the Sunday school run by Rosemary Butler. Living in Torridge Mount, it was only a short walk down the road. I was struck by the friendly atmosphere of the church and its congregation. There were many young families and the Sunday school was full -as was the choir.

The Sunday school had many outings including the summer picnic (usually at Westward Ho!) The annual Sports Day in Victoria park with all the other churches in the area was well attended and St Peter's usually did very well. Also the yearly Eisteddford held at the Methodist Church and again St Peter's did very well winning many cups and trophies.

I remember the St Peter's Day teas, held outside the church in June, the Christmas bazaars and of course the famous musicals run by Julian Wheeler and Joy Baron; the very first one, *David* in 1979 being held in the community hall now replaced by houses behind the old Boards garage . and the final one in 1990 in St Peter's Church.

These were really hard work for the cast but certainly paid off as every year the Church was full for the three or four nights of the production. I remember cramming in almost 300 each night for '*Greater than Gold* in 1984. Health and safety would have had a fit. When Fr. Robert Gordon became curate in 1993 we started a St Peter's social club and enjoyed many outings. Lots of other social events drew the congregation closer together.

Jean Jones

Christine Cook started attending St Peter's in 1956. At the time of writing she is 102!

She used to sit in the front of the church with Ida Bow who lived in Mines Rd and taught the infants at East the Water primary school, and Hilda Braddick who lived in Grenville Terrace and also taught Sunday school. She remembers them being very strict but kind. There were about 40 children. Bell Pope also taught the babies in the Old Community Centre and was famous for her homemade marmalade.

I have some fond memories of the church as my late husband Eddy was head choir boy in 1935/6. Eddy's brother Steve and his wife looked after the church when they lived in Furzebeam terrace. Our son and daughter were christened there.

L Bedler (*More memories next month*)



First Friday

Friday 6th September is the final First Friday of this summer from 3-7pm. The season of First Friday celebrations has been exceptional this year with high quality musical entertainment and fine weather for each and every one. September is looking to be the icing on a homemade cake with more music, free children's art workshop and cafés opening until 7pm. 'On the Horizon' are running a bead braiding workshop during the afternoon. Bideford Bay Creatives have an exhibition 'A Portrait of Bideford' is opening in Manteo on 6th September and they're planning a video link-up with Bideford's USA twin town, who will also be celebrating their own First Friday 5 hours later. Jo Monterieux and his catering team at Cafe Du Parc invite you to ' **First Friday Late Night:** New Orleans Blues with Bushpig' from 6.00 p.m. Last orders at 8.00 p.m. Music from 3pm includes Coco Read-Jones, Kevin Beano Green, Tracy Nicholson, Sean Heath and Dog Leg. All this will happen on the Baptist Church Square on Mill St; outside Blazeys café and at the top of Cooper St outside 'On the Horizon'. Catch us on facebook @ BidefordFirstFriday or website at www.bbcdevon.org for programme updates. See you there! **Sadie Green**

Northern Devon Foodbank

At the recent supermarket food collection days, enough food was donated to provide the equivalent of almost 10,000 meals. Thank you to everyone who helped. We need volunteers to help at the Bideford Branch at 34 Mill Street, info@northerndevonfoodbank.org.uk or telephone 07542 175785 .

All around the year - a collection of twelve short stories by Liz Shakespeare

I thoroughly enjoyed this collection of 12 short stories set in Devon and each linked to a month of the year from January to December

Liz Shakespeare is the author of two local history books, and an historical novel 'Turning of the tide' set in Bideford. I particularly enjoy her fiction because though based locally, it appeals to the broader human condition. For example in the last story of the year her hero searches for a Christmas present in Bideford, and we follow his trail around the familiar streets until he finds the right gift, a dilemma familiar to us all.

I also loved the story of the harvest mouse in the flour and its surprising ending. The story 'On the Beach' of the young girl and her baby saddened me and I had hoped very much for a happy ending. However its bleakness summed up an all too familiar scenario.

My 12 year old grandson read and enjoyed several of the stories which shows their appeal to all ages. I was sorry to finish the collection. Please write some more Liz!

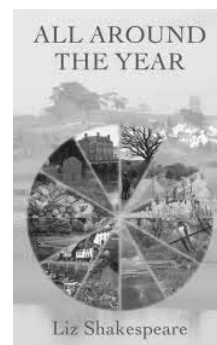
Rose Arno

(There is to be an evening event at Walter Henry's book Shop for 'All Around The Year' on October 10th at 7.30 pm Liz will be reading from and signing the book; it's best to reserve tickets from WH's in advance.)

All around the year is published by Letterbox Books of Littleham at £8.99.

www.lizshakespeare.co.uk. 144 pages/ISBN 978-0951687932 Publication date 01/08/2013

Cover design by Ben Shakespeare



News from the Burton art gallery & museum

September brings us a new exhibition of prints by artists well known for their commitment to Abstraction, and an example of their work, 'Trendline' by Ben Nicholson, is featured on the Gallery's brochure front cover. The other artists are Naum Gabo and Josef Albers, who were part of the Bauhaus school, while Ben Nicholson is remembered for his connection with St. Ives, and Barbara Hepworth. The Burton is the first venue outside London to show this exhibition, and some of the works are for sale. **The exhibition runs from 14th September to 4th November.**

Members of the Friends and the Gallery Staff have been invited to select their favourite work from the Gallery collection, and the first piece has been chosen by Councillor, and ex-Mayor of Northam, Jane Whittaker. She chose 'A View of Bideford from Upcott Hill' by an unknown artist, as it is her favourite view of the town, probably painted in the early 1800s, but some of the landmarks are still visible today. That painting celebrates the launching of the sailing ship 'Capiapo', which can be seen with flags flying on the estuary side of the Long Bridge. The ship without a mast was built up river, and is waiting for the right state of the tide to pass under the Long Bridge, using the fourth arch from the left, which is widest. Thomas Chanter's lookout can be seen on the cliff edge at Staddon, over Appledore, so he could watch out for his ships returning to port. **A very good choice by Jane, with so much history to impart. The original painting can be seen just inside the Museum, on the right.**

Warren Collum, Exhibition and Collections Officer, will lead a Talk and Tour on 21st September at 2.00 p.m. when you can gain an insight into selected works from the Permanent Collection.

The Friends invite you to hear a talk by historian, Peter Christie, on Wednesday, 11th September, at 7.30 p.m., when he will discuss 'Buildings of Bideford from the First Half of the 20th Century'.

Plans of many of the older houses in Bideford have recently come to light, many by Frank Whiting, architect of the original Burton Gallery, and many of our interesting local buildings. £5 at the door. On **14th September**, you can view some of the **Victorian Card Cases** held in store; over 700 were given to the Gallery in 1951 by Arthur McTaggart-Short, a Bidefordian who became a successful businessman in Cardiff. Only a few of these beautiful articles, in ivory, silver, wood and leather, can be on show in the Museum, and this will be opportunity to see more of them. It was the custom to present a 'calling card' when visiting someone's home, and the cases were made to hold them. The time for you to call in is between 11.00 a.m. and 1.00 p.m.

Caroline Rees creates beautiful artworks with sandblasted glass, and these can be seen from 13th September until 25th October in the Craft Gallery.

Diana Warmington, **Friends of the Burton Art Gallery & Museum.**

Enjoy September at the Burton!



Northern Devon Sustainable Energy

Environment Matters

*This page is sponsored by Northern Devon
Sustainable Energy*

The Great North Devon Food Debate

19 September 2013, at 7.30pm in Woolsery Community Hall

Woolsery WI is bringing the debate on food security to North Devon with this public event, (free admission, all welcome.) It is part of a nationwide series of events initiated by the National Federation of Women's Institutes (NFWI) under its Great Food

Debate campaign (<http://www.thewi.org.uk/campaigns/news-and-events/current-news-and-events/great-food-debate>). An invited panel of speakers, representing different parts of the food industry in North Devon, will address issues including food consumption, supermarkets, the environment, and the crucial role of farming. The audience will then have a chance to question the speakers and we plan to end with refreshments and local food sampling. More information at woolserywi.wordpress.com/fooddebate or contact Jan Ashworth on 01237 431941

What have wind-turbines ever done for us?

Bideford Methodist Church on Friday September 27th at 8pm. - Chaired by Adam Symons and featuring Peter Crone, John Malone, Councillor Chris Leather and hopefully Steve Crowther of Slay the Array. The aim of the debate is to remove the many myths that are often thrown around both in support of wind and against it. The economics of wind energy is particularly pertinent as there are many applications for commercial scale wind farms in the countryside surrounding Bideford. The most important question of all do they increase or reduce fuel poverty, something that is excessive in Bideford. The developers of Harbourcross Wind Farm, Wind Ventures, are one of many local developments that are offering substantial investment into ending fuel poverty. They are likely to put £25,000 a year into insulating homes and creating around 90 apprenticeship placements for local young people. This at the same time removing 5,500 homes from dependency from expensive imported oil and gas, something impossible currently from other types. Even with the government's attempt to eliminate the problem by changing the definition, Bideford has a huge number of households that struggle to meet the costs of heating their homes. With the world's oil supply dwindling can wind energy provide a solution to providing the energy we need?

Atlantic Array Update.

The opportunity to register your views with the Planning Inspectorate is open until Monday 16th September. Final date - no period of grace! Registration will give you the right to be kept informed of progress and to have your say (if you wish) during the six-month examination of the project - lasting probably from November to May/June next year. Torridge Council Plans committee will be holding a meeting open to the public on Tuesday 10th September in the Town Hall at 09.30 (but please check for changes!). Apologies to anyone who turned up in early August - the previously arranged meeting was postponed in view of the longer than expected period set for registration.

Full details of the proposals are at: <http://tinyurl.com/aa-portal>. Bulletins on the background are at <http://tinyurl.com/ar-Bulletin> - but Buzz readers are urged to attend the 10th September meeting to find out facts and opinions. There will then be six days left to put in a registration as an "Interested Party". Details of how to register are in a leaflet downloadable from: <http://tinyurl.com/aa-register> and official advice is available from the Planning Inspectorate in Bristol on 0303-444-5000 ask to speak about the Atlantic Array project. Please make sure that you do not miss the 16th September deadline.

Alan Rayner.

Green Bee

Tracy Whitbread is an artist and art therapist inspired by nature. She set up her small business 'The Green Bee' selling wild flower plants, seeds and plantable seed - embedded greetings cards because, she says, " I was moved by the difficulties that bees are encountering and wanted to be active in a way that I felt would make a positive difference for them. "You can meet her at Hartland Farmers' Market on September 1st. For more information on the market call **Rod on 01237 441786**

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Living With Parkinson's

First and foremost I have to say that Parkinson's affects everyone differently, and that I count myself as relatively lucky.

PARKINSON'S^{UK}
CHANGE ATTITUDES. FIND A CURE. JOIN US.

I don't know how others are affected. I can only speak of the condition in as much as the way it affects me. All I can say is that an active lifestyle and a positive outlook have definitely helped. Please note that I refuse to use the word "Disease". I regard it more as a syndrome: it's a collection of symptoms some visible, which can affect people in a variety of ways.

Parkinson's is a progressive movement disorder which can bring about slowness, stiffness and loss of balance. Other symptoms, such as tremor, can also be present. Although tremor is often regarded as the main feature of this condition, it does not occur in all cases. There can be other, non movement features, such as depression, which can be very distressing. Happily, I do not appear to be affected in this way.

I have been fit and active for as long as I can remember. In my teens I was a runner, taking a break when I was studying for my Teacher's Certificate and building a career.

After being inspired by the first London Marathon, I started running again, and subsequently ran a number of Marathons, including New York once and London five times.

Morris Dancing, Country Dancing and Folk Music have been active hobbies throughout my adult life, having joined Barnstaple Morris Men in 1975 and then founding Tarka Morris men in 1991.

It was then, as a fit and healthy man of 60, I noticed a slight tremor in my right hand, which I initially decided to ignore. When it became more persistent and my wife noticed it, I visited my GP and then a consultant neurologist, who confirmed that I had Parkinson's.

Of course I was concerned that, as all my hobbies involved mobility, my life would be affected in a negative way. Two days after diagnosis I flew to China for a tour with Tarka Morris Men. I decided to say nothing publicly and continued to dance. This tour included a punishing schedule of dancing, often in hot and humid conditions, in a variety of interesting venues, including The Great Wall. This tour did me a lot of good, in that I realised that I was still the same person after diagnosis as I was before diagnosis, and was determined that it would take much more than Parkinson's to stop me doing the things that I loved. On my return home a fortnight later I started medication. I had been told that as yet there is no cure for Parkinson's, but drugs can alleviate not all, but many of the symptoms.

How has it affected my life? Well, here I am, ten years later. I am still enjoying my outings with the Tarka Morris Men, although I am doing a bit less dancing. I still enjoy Country Dancing, I run a local Dance Club, I call with a local Country Dance Band, and sometimes with bands from further afield. I work out at the gym regularly, and I do most of the things that I enjoy doing and always have done. I still play the melodeon (a type of accordion), although I sometimes find this frustrating as my fingers do not always respond as quickly as I would wish, having lost some mobility.

Yes, the tremor annoys me at times and I am a little slower, but I will not allow it to interfere with my life any more than I can help. The slogan "I may have Parkinson's, but Parkinson's does not have me" applies in my case. So for a man of 70, who has lost none of his zest for life, I think I am doing fine. To anyone who has been recently diagnosed, I would say don't despair and think that your life as you know it has come to an end. Medication is good and is improving all the time. A worthwhile life still lies ahead: it may be a slightly different life, but it can still be rich, rewarding and enjoyable **John Blackburn.**

If you would like more information about the local Parkinson's Group please contact John Wilson (chairman Torridge Branch) on 01271 860918 or Julie Jones (secretary) on 01237 478128

North Devon Maritime Museum

Come to the 'Victorian schoolroom' at the North Devon Maritime Museum Odun Road during the **Appledore Book Festival 27th September - 6th October** to pick up a bargain!

There will be many books of maritime and local interest as well as a good selection of second-hand books for sale. Please Note *The 'Victorian Schoolroom' will be open during normal museum opening times, on 29th September, from 10:30am - 5:00pm and thereafter every afternoon from 1:30pm - 5:00pm.* (The ABF box office Docton Court gallery, 2 Myrtle St, Appledore Ex39 1ph tel 01237 424949 or at www.appledorebookfestival.co.uk.)



Good Age Page



After Caring

'Enabling Carers To Look Ahead'

After Caring volunteers; Les Weaver, Stephanie Harrison, Ruth Diggle and Bas Wilkinson and Jenny Arnold have all contributed to our new information pack for carers facing a change in their lives, either through the person they care for having a life limiting illness or needing to move to residential care. The pack is called

: "*Information for when you need it*". All of our volunteers have been bereaved and have been carers. They volunteer as they really want to help carers going through a difficult time. All use their knowledge and experience to shape our service to meet the needs of the carers we support. The themes they came up with for the new pack include: Everyone is different, there are No time limits and Life must move forward. Carers can "recycle yourself"

Their advice to anyone who is bereaved is:

- Everyone has their own journey.
- Take it at your own pace
- Involve your family when you thinking of sorting through a loved one's things
- Revisit old hobbies and start new ones
- Join Clubs ; check the library and local magazines for information
- Think about volunteering and visit your local volunteer centre
- Think of joining 'Walks for Health' (information available from your volunteer centre)



For more information, call Lucy on 01237420134 .We can help www.aftercaring.org.uk

Reminiscence cafe

We are open every third Friday of the month, between 10am -12pm at Northam Hall.

Please come and join us. You will be welcomed by a friendly smile and refreshments. **Next meeting September 20th.** Please give Sophie a call if you would like to know more or need transport on 01237 459337

Reminiscence Session at Bideford Library. Wednesday 11th September 2.00 - 3.30pm

Remember back... and look forward to sharing your memories with others -

National bus pass

Devon County Council re-issued almost 175,000 passes direct to registered addresses in the county earlier this year. Passes were re-issued without residents needing to re-apply unless their address or photo needed updating. However, around 4,000 passes have been returned as undeliverable.

The County Council is now trying to re-unite the passes with their owners who may have moved to another part of the county but not contacted the County Council with an updated address since the 1 April. Passes will be forwarded onto their new address free of charge.

If you, a relative or neighbour used to have a National Bus Pass but have not received a new one please contact

nationalbuspass@devon.gov.uk

or call 01392 383688 / 01271 383688.



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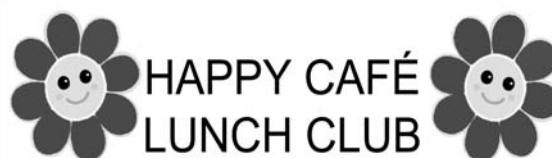
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All set fair for Bideford's famous water festival!



This ever popular FREE event in aid of Rotary charities will take place on **September 1st**, starting at 1.00p.m. on Bideford Quay and on the River Torridge.

For a quacking good time there will be a mammoth duck race: there is a first prize of £100 for the sponsor of the first duck past the Quay fountain.

On and around the Quay: there will be commercial and charity stalls, the famous (extra tall) greasy pole competition, North Devon classic cars on display, and, of course, the funfair!

A fantastic display of belly dancing and Zumba, presented by Dance Fit; An exciting modern performance by StreetKidz. **On the water:** the gig boats will be out, with five clubs taking part in three races. The famous miller and sweep battle will be fought again.

And, of course, RNLI lifeboats and Chivenor rescue helicopters will join us to demonstrate their skills. (Subject to call outs!)

Bideford Ceilidh Club *English Folk Dancing For All*

Have you ever been to a Barn Dance? (otherwise known as a Ceilidh, Folk Dance or Country Dance). Can you remember how much fun it was?

English Ceilidh Dancing, as I prefer to call it, is one of the most pleasurable ways of having fun and keeping fit, and can be enjoyed by people of all ages and abilities.

The dances we do are predominantly English, with occasional imports from other parts of the British Isles. We don't do Line Dancing, Country and Western or American Square, as we try to keep the flag flying for English Dance.

Many of the figures (swing your partner, do si do, strip the willow, right and left hand star, etc) crop up on both sides of the Atlantic. Don't worry if you don't know what these terms mean. An experienced caller is on hand to explain the dances. We also have very friendly and helpful members who will give a helping hand where necessary.

We meet on Friday evenings at **Northam Hall, from 8pm**. The dance figures are clearly explained beforehand and called during the dance by an experienced caller, so that everybody knows what to do. If we go wrong, we just laugh and start again!

You can come either as a group, in couples or singly; (there is always someone to dance with.

) You will not be left sitting out. Don't worry if you haven't done it before: that does not matter as the dances are geared to suit all levels, from beginner to experienced. And most important of all, we have FUN! The whole session takes place in a relaxed manner. There's no obligation to attend every week. Come when you can. There's no "joining" fee, but there is a charge of £3 on Club Nights, which goes towards hire of the hall, other miscellaneous expenses, and the booking of bands. Our first meeting after the Summer recess will be on **Friday 6th September**.

If you want to know more about our Club, please give me (**John Blackburn**) a ring on 01237 476632 or Email me on jwbeblackburn@aol.com

Bideford Rugby Club Junior section

The Junior Section of Bideford Rugby Football Club is friendly and thriving, with boys and girls between the ages of five and sixteen enjoying Rugby at Bideford. We will be holding a Registration morning on **Sunday the 1st September at 10:30am** where parents and players can come along meet the Junior Committee and coaching staff and have any questions answered. The Junior Section at Bideford welcomes all boys and girls between the ages of five years and sixteen years to give Rugby a TRY! **Training starts on Wednesday 4th September at the Club.** For more details please contact the Junior Section Chairman David Leworthy on 07710 738478 or go to the Club's website www.pitchero.com/clubs/bidefordrfc and go to the Junior Section. We now have **teams for girls ages 11 to 17 years old** and offer free taster sessions for anyone interested in trying rugby. **Jamie Craner** BRFC junior ladies teams & North Devon Vixens coach/manager.



Friday 6th and Saturday 7th September *The Wolverine* (12a) venue Bideford College

Friday 13th and Saturday 14th September *Pacific Rim* (12a)

**Friday 20th and Saturday 21st September *Percy Jackson Sea of Monsters*
(PG) Kingsley School**

We will be showing the following films in October:-

Alan Partridge; Alpha Papa (15); Elysium (15); The Lone Ranger (12a); About Time (12a)

Doors open at 7.00pm, film starts at 7.30pm.

Tickets: General £5.50 Concessions £5.00 Members £4.00 Family (up to 3 children & 2 adults) £12.00 To avoid disappointment please check local press for confirmation of above programme or visit our web site www.bidefordfilmsociety.co.uk

News from Bideford Library Readers' Group.

Suite Francaise by Irene Nemirovsky



This book is not a conventional read; it is not a polished novel but rather an historical depiction of Paris following the German invasion in 1940. What makes the book so good, is that it was written at the time of the actual invasion and not with the benefit of hindsight and other influences.

The book is divided into 3 parts. The first part is a series of short stories about the contrast between people trying to flee from Paris as the Germans invade and with all the uncertainty at the time. The chaos caused as people tried to escape from Paris was beautifully described but the really interesting aspect was the contrasting relationships between the characters and how they treated each other. The author makes the statement that "War sacrifices people" and this seems to be the point she illustrates so well in this book.

The second part of the book is a separate story. It is very powerful and explains in great detail the lengths people would go to in order to protect their food and possessions. After the initial invasion it is clear that society became divided and the personal attitude of the people was destroying the country. There was no feeling of togetherness. Members of the group felt this part of the book was really believable and beautifully written. There was a clear intensity in the writing.

Part three of the book is divided in two appendices. It is only at this point that the reader learns that the book was written contemporaneously by Irene Nemirovsky who was only 39. She was rejected by her mother and then had to flee Russia for Paris only to find that the country was then being invaded by the Germans. Married with two small children, Irene wrote her manuscript intending to write five parts being her very own "War and Peace". This manuscript was carried around by her young daughter after both parents died at Auschwitz. The group felt deeply moved by her whole story which made the book so thought provoking and generally admired and enjoyed.

The next meeting will be on 4th September at 2.30pm, at Bideford Library when the next book for discussion will be *Room* by Emma Donoghue – copies available from the Library for lively and friendly discussion at the next meeting!

Sue Wallace

More Events at Bideford Library

Feel Better with a Book.

Every Wednesday 10:30-12:00 am

Come and lift your mood through the joy of reading! The aim of the groups is to enable you to enjoy the pleasure and relaxation of listening to great stories and poems - classical and new - and sharing responses with others. No pressure and no reading required. The group is led by an experienced facilitator.

Meditation and Relaxation Group

Wednesday 18th September 2:15- 3:00 pm

Guided meditation and relaxation group for adults with Nicola MacDonald

Special Storytime for the under 5's at Bideford Library with children's illustrator Miriam Latimer. (as part of Appledore Book Festival) **Tuesday September 17th 9.30 – 10.30**



THE SHIPPING NEWS



Ship	Registered Flag Owners	From	To	Arrived	Sailed	Crew	Cargo loaded
Baltiyskiy 201 Built 1994	Valletta Malta Russian	Glasson Dock	Kunda	8/8/13	10/8/13	Russian	2703 tons ball clay
Russa (loaded at Yelland) Built 1980	Russia St Petersburg Russian	Warren Point	Wismar	14/8/13	15/8/13	Russian	2200 tons timber

Arco Dart at Appledore 20.7.13 returned to Bristol Channel from Solent 26.7.13
6.8.13 / 8.8.13 / 10.8.13;

Welsh Piper discharged at Yelland 8.8.13 and 9.8.13 ; **Oldenburg** continues her regular sailing from Bideford & Ilfracombe with good passenger numbers in the recent good weather in North Devon; **Southern Beaver** at Yelland still alongside; Sailing ketch **Irene** alongside Bideford Quay 3.8.13 to 5.8.13 arrived from Clovelly and sailed for Plymouth ; the crew members were British and Irish (full details and history on Wikipedia)

Bristol Channel Observations

19/7/13 at 06.10 vehicle carrier **Grande Italia** 12594 tons d.w. owners Grimaldi Line of Italy outward bound from Portbury, having sailed at 01.03hrs. At 08.17 cargo vessel **Wilson Gijon** 3650 tons d.w owners Wilson Shipowners AS Norway inward bound for Barry. At 10.12 cargo vessel **Neptun** 3210 tons d.w, owners Neptun Briesse Schiffahrts Germany, outward bound from Barry, having sailed at 05.09, At 12.10 , bulk carrier **A.P. Jadran** 76336 tons d.w owners unknown outward bound from Portbury having sailed at 06.60 .

20/7/13 at 06.25 cargo vessel **Wilson Gdansk** 3610 tons d.w owners Wilson Shipowners S Norway inward bound for Birdport. At 10.40 containers ship **Endeavour** 9168 tons d.w, owners JR Shipping Netherland, inward bound for Avonmouth and at the same time the vehicle carrier **Grande Ellade** 18440 tons d.w owners Grimaldi Line of Italy, inward bound for Portbury.

21/7/13. At 10.51 , tanker **Iver Prosperity** 37456 tons d.w, owners Vroon BV Netherlands inward bound for Portbury.

24/7/13 at 14.07 vehicle carrier **Fidelio** 30137 tons d.w owners Wallenius Wilhelmsen Norway and Sweden outward bound from Portbury, having sailed at 10.02.

25/7/13 at 07.06 bulk carrier **Genco Commodus** 169078 tons d.w, owners Genco Commodus New York USA, inward bound for Port Talbot. Seen again on 30.7.13 at 18.13 , outward bound, having sailed at about 10.20 At 08.41 vehicle carrier **Grande Detriot** 12353 tons d.w ,owners ACL Management Ltd Sweden part of the Grimaldi Group inward bound for Portbury. At 15.12 heavy lift vessel **HHL Venice** 18373 tons d.w owners Hansa Heavy Lift GMBH Hamburg, outward bound from Avonmouth with three tugs on her deck bound for Puerto Cabello Venezuela, having sailed at 10.58 The tugs were the **HT Scimitar** & **HT Cutlass** ; the third tug was the **Svitzer Anglia** loaded in the Tees . (Thanks to Bernard at Portishead for this information .)

At 19.38 cargo vessel **Fritz** 29618 tons d.w ,owners Fritz Schiffahrtsges GMBH & Co Germany, inward bound for Newport. Seen again outward bound on 29.7.13 having sailed at 12.07 ;

26/7/13 At 16.47 container ship **Maersk Windhoek** 21442 tons d.w owners Takanawa Line Inc Japan, outward bound from Avonmouth, having sailed at 13.01 28/7/13

28/7/13 at 0632 vehicle carrier **Emerald Leader** 12300 tons d.w. owners Ray Shipping Israel inward bound for Portbury.

29/7/13 at 07.07 vehicle carrier **Grande Mediteranno** 18427 tons d. w owners Grimaldi Line of Italy inward bound for Portbury .

3/8/13 At 09.37 cargo vessel **Lady Mary** 3612 tons d.w owners Imel Abdena Germany, inward bound for Newport . At 12.38 vehicle carrier **Grande Portogallo** 12594 tons d.w owners Grimaldi Line of Italy inward bound for Portbury.

4/8/13 at 17.30 Warship nationality unknown seen crossing the bay. At 18.43 cargo vessel **Addi L** 4557 tons d.w. owners Addi L KG Germany inward bound for Cardiff.

9/8/13 at 18.58 cruise ship **Corinthan** 11 4077 gross tons owners Clipper Group Denmark visited Lundy and was outward bound for the Isles of Sicily.

11/8/13 at 07.10 cargo vessel **Fehn Mariner** 2953 tons d.w. owners Fehn Bereeder ubos GMBH & Co K.G Germany, inward bound for Cardiff. At 08.33 vehicle carrier **Morning Mercator** 23052 tons d.w owners Leif Hoegh & Co Ltd Norway, inward bound for Portbury.

12/8/13 at 18.45 ocean going tug **Pantodynamo** 814 tons d.w, owners Diavlos Matitime Inc Greece, inward bound for Avonmouth.

13.8.13 at 13.13 cargo vessel **Vossborg** 8737 tons d.w owners Reederei Frank Dahl German, inward bound for Newport **Norman**

Buzz Word -

Please send us your Buzzes!! Write to editor@bidefordbuzz.org.uk or to the address on front page.

More memories of Bideford Hospital

Bideford Hospital holds many memories for me. My first visit was occasioned when, age 4, I was playing a game of poking my fingers in the large mangle we had in the back garden on washday. Unfortunately, my sister turned the handle when middle finger was in the cogs !! I remember screaming and then fainting; the finger was crushed from middle joint to tip, but Dr Hewetson saved my finger and although it's stiff from the middle joint it functions perfectly. Second occasion was to have my tonsils out as so many did back in the 40 s. I remember I had to share a bed for short period with a little girl and I was outraged !! and for some reason I had big woolly bedsocks on!! Next time I fell out of a tree and burst a blood vessel in my eye – once more Dr Hewetson to the rescue. He was our family doctor back when that really meant something and the NHS was in its infancy, and I think his dedication to his work influenced me as I ended up working in Community Mental Health for 30 years myself first as a CPN, and in later years as a Senior Nurse Manager for CPN's Day Care and Elderly Care units, a long way from the early days.

Michael Sheppard (from the webpage)

The Torridge Hospital.

My nursing career at the Torridge Hospital almost never was ; it was in the early seventies, and my brother Tony Hayes worked there as a Porter. I was 18 years old and my first introduction to nursing was to help clean and dress the patients bed sores, some that were really huge and deep, I remember going home for lunch and saying I can't go back, but I did and worked there for a few years before transferring to the Kingsley Hospital in East-the-Water.

The Torridge Hospital was a wonderful place to work. I was on Ward East West 1 with Sister Hollow in charge along with Staff Nurses Fowles and King, (she later became Matron at the Bideford and District Hospital)

I often wondered when I first started working there why so many of the older patients were reluctant and even afraid to come into the hospital but later I found out that the Torridge Hospital started out as the Bideford Workhouse and a lot of the older patients still knew it as that.

Ward East West 2 with Sister Symons and Sister Walters and Nursing Auxilliaries and one cleaner to each ward, I remember two, Dorcas Cudmore and Ethel MacKenzie. It was a hard long 12 hour day but the patients were lovely, a lot had dementia and when you are young you never think that in later life it could be you, My favourite Ward was Fulford Ward, recovery from Hip Operations and Palliative Cancer Care, with Sister Martin, Sister Lilley, Staff Nurses Amos and Muholland ; other nurses I worked with were Pat Cook, Rosie Ridd, Wendy Ford, Cath Pengelly, Shirley Duke, Olive Parish, Sheila Tanton, Cath Colwell and Jean Squires, with quite a few others ; there were so many wonderful people that I worked with and some lovely people that I helped to nurse , but in finishing I must mention Linda and Barbara who worked in the Hospital Office. It was a sad day when the Hospital closed and things were never the same again, progress I suppose.

Sharon Lacey. nee Shortridge

Seafield House Westward Ho!

I still have amazing memories of my family holidays there. We used to go at the same time each year as other families from Liverpool and Bedford, and a lovely lady from near the Scottish border. I can say that the holidays were always great fun and that Seafield was such a beautiful house and garden. We would play football in the garden or go down the private stairs to the rockpools when the tide was out. The beach was the destination most days and great times were had there learning to surf. Seafield was so grand to me that it always felt somewhere special. I shared the big room on the first floor looking out onto the garden and the sea. Each night we had a great time after dinner in the conservatory with all the other kids. Some nights the dads would go to the beach for late night swimming!! I visited some years ago and was upset to see that Seafield was in a poor state of repair. Perhaps someone might return it to its previous splendour PLEASE. Places like Seafield deserve to be saved and enjoyed.

Chris Mumford (from the webpage)

Harvest of Talents at Holy Trinity Church, Westward Ho!

When we realised how many different hobbies and crafts were practised by the people in our three churches, Appledore, Northam and Westward Ho! we decided to bring them together in an exhibition just for fun. Harvest of Talents will be open on Saturday 28 September from 10am-4pm, and again on Sunday 29 September from 12noon-4pm. Refreshments will be available in the Church hall next door. Come and see – the exhibition is free and you may be inspired to take up a new hobby yourself when the nights start to draw in!

On the Sunday morning there will be a joint service of praise beginning at 10.30am at which everyone is welcome. We look forward to seeing you.

Catherine Webb

Oak Tree finds a home

I just want to tell you how happy you have made me by printing my oak tree home request and photo; discussions are in hand for a possible home very close to me, (I will let you know when confirmed) and this morning I had another offer which will be a good back up.

Marianne Richards

There is a new puppy in Bideford.

Vanya, an eight week old Golden Retriever x Flat Coat Retriever Guide Dog Puppy, is the 24th Guide Dog Puppy to be puppy walked in the Bideford area by Penny and Tony Hall.

Vanya will live at the puppy walkers' home for approximately one year; during this time she will learn basic obedience and be socialized in every situation a fully grown Guide dog is likely to encounter in its working life. Vanya looks forward to meeting and greeting the people of Bideford and surrounding areas.

Penny Hall.

Appledore Band

Many thanks for the excellent exposure that you have given to Appledore Band on your website – we should have an excellent 'Last Night of the Proms'!

Ernie

Morris dancing

If you are interested in Morris Dancing in and around Bideford, October is the best time to join in. Bideford Phoenix Morris begin their Wednesday evening sessions at the Baptist Church, Mill Street, Bideford on **the 2nd of October at 8p.m.** Whatever your experience you will be introduced to the dances with a large amount of exercise and a great amount of fun. We are a 'Cotswold' side - dancing hanky and stick dances essentially originating from these counties. In the winter we dress as a 'Border' side dancing for the North Devon Hospice. Musicians also very welcome so come along and join us and prepare for dancing out from May to September at fetes, festivals and well known local Inns. Contact Neil Bennion on 01237 473798 or n.bennion@btinternet.com

September Diary

Sunday 1st

10am-5pm Lobster & Crab Feast at Clovelly Harbour in aid of National Lobster Hatchery, Padstow. 431781

1pm Bideford Water Festival on the Quay. Various events and stalls.

Monday 2nd

7.30pm Appledore Singers rehearse

at Appledore Primary School. 424982

8.30pm North Devon Jazz Club at The Beaver, Appledore. Andy Hague Quintet

Tuesday 3rd

10am-1pm Lavington Church coffee and lunches

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

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

Palladium Club *Jam Night*

Continues on next page

September Diary 2013 *continued*

Thursday 5th

2-4pm See Hear on Wheels (SHoW) bus at Pill Car Park. Mobile service with wide range of sensory equipment to try/borrow. 01271 373236

6.30pm Torridge Ramblers walk. 451508
7pm Hartland Aikido Club for over 18s at Bucks Cross Village Hall.

Friday 6th

7.30pm Bideford Stamp Club, Old School Room, rear of Kingsley Hall, Westward Ho! 472101

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

8pm Ceilidh Club, Northam Hall. 476632

Palladium Club – spaced invaders £3

Saturday 7th

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

9.30pm Torridge Ramblers day walk. 01598 760419

10am-12pm Coffee Morning for Cancer Research UK at Strand Bowling Club.
6pm Bideford Carnival.

Palladium Club – boom boom room with wendy may £3

Monday 9th

7.30pm Bideford Stamp Club, Old School Room, rear of Kingsley Hall, Westward Ho! 472101

7.30pm Appledore Singers rehearse at Appledore Primary School. 424982

Tuesday 10th

10am Macular Society meets at Burton Art Gallery. 474128

10am-1pm Lavington Church coffee and lunches.

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

2-4pm Epilepsy Action Group meets at The Corner House Café, Boutport St, Barnstaple. 07875577428

7.30pm Northam Choral Society rehearses at Northam Methodist Church Hall. 429080

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

Wednesday 11th

Coffee Morning at North Devon Yacht Club in aid of Children's Hospice SW.

7pm Safari Supper – Catholic Church, Pitt Lane, in aid of Christian Aid.

Adults £6, children £4. 425311

7.30pm The Two Rivers Wind Ensemble rehearsal at Bideford Band Room 01271 860061

Thursday 12th

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

Friday 13th

10am-12pm Memory cafe at Northam Hall. 459337

7.30pm Abbotsham WI meets at

Abbotsham Village Hall. 474711

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

8pm Ceilidh Club, Northam Hall 476632

Palladium Club – auction for the promise club £4

Saturday 14th

Palladium Club – beatsworkin reggae £3

Sunday 15th

10am Kipling Coastal Run multi-terrain 8-mile run/walk starting from The Pier House, Westward Ho! Proceeds to charity. Info at sue@rtmarke.co.uk.

10am-1pm Antiques & Collectors Fair at Instow Parish Hall supporting RNIB. Admission 20p. 01271 812711

2pm Torridge Ramblers walk. 429080

Monday 16th

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

7.30pm Appledore Singers rehearse at Appledore Primary School. 424982

8.30pm North Devon Jazz Club at The Beaver, Appledore. Ivo Neame Quintet.

Tuesday 17th

10am-1pm Lavington Church Coffee and lunches

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

7.30pm Northam Choral Society rehearses at Northam Methodist Church Hall. 429080

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

Palladium Club *Jam Night*

Wednesday 18th

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

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

Thursday 19th

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

8pm Bideford Folk Club at 'Next Door' Cooper St

Friday 20th

10am-12pm Memory cafe at Northam Hall. 459337

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

8pm Ceilidh Club, Northam Hall. 476632

Palladium Club – the medicaments £3

Saturday 21st

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

Palladium Club – 9 yards £3

Monday 23rd

7.30pm Appledore Singers rehearse at Appledore Primary School. 424982

Tuesday 24th

10am-1pm Lavington Church coffee

and lunches

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

7.30pm Northam Choral Society rehearses at Northam Methodist Church Hall. 429080

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

Palladium Club *Jam Night*

Wednesday 25th

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

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

7.30pm North Devon Humanists meet at Fremington Parish Hall. 474225

Thursday 26th

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

Palladium Club – betafest. 20 bands over 3 nights

Friday 27th

10am-12.30pm McMillan Big Coffee Morning at Citizens Advice Bureau, Bridgeland Street.

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

8pm Ceilidh Club, Northam Hall. 476632

Palladium Club – betafest.

Saturday 28th

11am-6pm Book Festival Café, St Mary's Church Hall, Appledore. Proceeds to North Devon Hospice.

7pm Concert by Garndiffaith Gleemen Male Voice Choir at Bideford High Street Methodist Church. Tickets £6. Palladium Club – betafest.

Sunday 29th

11am-6pm Book Festival Café, St Mary's Church Hall, Appledore. Proceeds to North Devon Hospice.

Monday 30th

11am-6pm Book Festival Café, St Mary's Church Hall, Appledore. Proceeds to North Devon Hospice.

7.30pm Appledore Singers rehearse at Appledore Primary School. 424982

Appledore Book Festival 27th September - 6th October.

The ABF box office Docton Court gallery, 2 Myrtle St, Appledore Ex39 1ph tel 01237 424949 or visit www.appledorebookfestival.co.uk.