



BIDEFORD BUZZ



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

Heritage Day Saturday 28th June

This year Bideford 500's Heritage Week kicks off with processions, family pirate fun in the Pannier Market and gig boat racing on 21 June. There are also free craft activities for the family at the Library and Burton Gallery.

On 28 June Bideford 500 will put on their most spectacular Heritage Day yet with Jousting on Horseback, Medieval Man to Man Armed Combat, Falconry demonstrations and Archery exhibitions with the chance to 'Have a go'. There will also be a Medieval Surgeon Barber showing his skills, free craft activities for the family at the Bideford Arts Centre, guided Heritage Walks and a exhibition by Appledore Maritime Museum.

Best part of all admission to the park is FREE!



SATURDAY 21 JUNE

10.00: Mayor's Procession Town Hall to the Pannier Market

Pannier Market

10.10: Arrival of the Mayor and Party and Official Opening of Heritage Week.

10.15: The Pirate Show by Entertainingly Different.

11.30: Mayor and Dignitaries leave and proceed through the Town to the Quay.

11.40: Start the Gig Boat Races

Bideford Library

10.00 – 12.00: Free Heritage crafts

Burton Art Gallery

10.30 - 12.30 and 1.30 - 3.30: Free Heritage Day Inspired Family Workshop celebrating all things Elizabethan from big hair to ruffs, from explorers to The Armada, from Shakespeare to Bideford's very own Sir Richard Grenville!

FRIDAY 27 JUNE

Pier House Westward Ho!

18.30: The GRAFTAS Awards Presentation Evening. The highlight of the heritage competition for children of school age with entries in 15 categories. The nominees and the winners are announced.

More events on page 2.

For further information contact David Howell:
info@bidefordheritage.co.uk or
telephone 01237 421347.

Buzz AGM

The Buzz AGM will be held on Thursday 19th June at 7pm at the Reds Rowing Club, Bideford (next door to the Post Office). If you wish to be considered for the committee please submit your name together with a nomination from a current committee member by 5th June 2014. Further details can be obtained by writing to us (contact details below). Please come along and support your local community newsletter. Refreshments provided.

**CONTACT
BUZZ**

Bideford Buzz is produced by a team of volunteers with practical assistance from Torridge District Council, Torridge Voluntary Services, Bideford Town Council, Bideford Bridge Trust, South West Foundation, Devon County Council & Bideford Freemasons. If you are interested in helping to produce or distribute this newsletter we would be pleased to hear from you. Please note that for advertisements there is a charge from £15 per box per month. Cheques payable to Bideford Buzz Newsletter Group. All items for inclusion should be sent by the 15th of the month to the Editor, Rose Arno.

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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Northam Town Council

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Lions**



Bideford
Freemasons



Bideford Town Council

Heritage Day Events *Continued from front page.*

Saturday 28 June

10.00 : Mayor's Party leaves Town Hall for Procession through the town to Victoria Park
10.15 : Official opening Bideford Heritage Day by the Mayor

Victoria Park

10.30 : Falconry Display by North Devon Falconry
11.15 : Man to Man Combat by Devon Medieval Combat Alliance
12.00 : Combat Through the Ages presents Jousting
12.30 : The Pirate Show by Entertainingly Different
13.30 : Falconry Display by North Devon Falconry
14.15 : Man to Man Combat by Devon Medieval Combat Alliance
15.00 Jousting presented by Combat Through the Ages

All day events in Victoria Park

Archery by the Kenwith Company of Archers

Static displays, exhibitions and 'have a go'

Trepanning Through History

Barber Surgeon Master Nathan with his field 'hospital'

Crafts with Mistress Nicole

The shield making school, where would-be jousting can come along and decorate their own shields ready for battle!

Appledore Maritime Museum Official Stand
Bideford & Wider Community Archives official stand

The Pannier Market

10.15 : The Pirate Show by Entertainingly Different

Free Guided Heritage Trail Walks

Start at the Burton Art Gallery , reserve your place at the Burton, for the best time that suits you, choose from : 11.30, 12.00, 13.30, 14.00.

Bideford Arts Centre

FREE craft activities for families , in conjunction with Learn Devon.

10.00-12.00 : Willow work with fabric fish and other embellishments

12.00-14.00 : Create your own fun family crest headed note paper

14.00-16.00 : Make a paper clay maritime inspired plaque for your wall

St Mary's Church

The Grafta Competition Exhibition

Lavington United Reformed Church

Open all day, with displays of old local photographs and artefacts.

Town Centre

Throughout the day

Food through the ages including a Medieval Banquet, Georgian lunches, World War Tea Parties and a Coronation Celebration from 1953. Traditional street games, WW2 rations, pictures

and information about the town as it used to be, a traditional shoe shiner, hair styles through the ages; ancient remedies on display, traditional breads and the opportunity to see "live bats".

Photos of Old Bideford

Saturday 21st – Saturday 28th June at Bideford Library.

Old Bideford town on display with old photos from the Bideford Library collection

Sunday 29 June

St Mary's Church

Heritage Day Service St Mary's Church

Appledore Singers

The Appledore Singers are delighted to announce that they have released a new CD, 'Quay Notes', packed with over 20 of their favourite songs such as 'Fields of Gold', 'Make you Feel my Love' and 'On Eagles' Wings' as well as show-stoppers such as 'Cabaret' and 'Shine' - and gospel hits, too.

The CD would make a great present and at £6 is good value for money, too!

CDs are available from Penny Chambers tel: 01237 421306 'Seek a Smile thro' Song'

Samba Baia

We are Bideford's Community samba band and we would like to welcome any new members from age 8 upwards . You don't have to live in Bideford to join us and all tuition and instruments are provided free of charge! We practise every Thursday 7.30-9pm at 13 Rope Walk

It does not matter whether you can already play or not, we welcome anyone of any ability. Check out our facebook page for more info or see Buzz diary.

Relate, the relationship charity, is looking for a new counselling venue in Bideford.

Relationship problems affect the whole family - children, grandparents, brothers and sisters. It can lead to low mood, sickness from work, problems at school and can impact wellbeing and self-esteem for all those affected.

We can help even if someone is not currently in a relationship. Many people believe that Relate is only here to help with the major crises in people's relationships. But we are also here for the worries that might seem trivial or minor.

RELATE BIDEFORD can also help separated parents communicate without conflict and support their children through a time of change. Relate Centres operate from many different venues throughout Devon including Libraries, Town Halls, Solicitors, G.P. Surgeries and other Charity offices. **Can anyone provide a private room with waiting facilities in Bideford, free of charge, on a Wednesday morning. Please contact Relate on 01392 678499.**

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as the Subscriber please let us know your contact details if different from above'

(a follow up to Mike Davy's article last month.)

The Kingsleys in fact had 4 children, Rose (DOB 1846;) Maurice (DOB 1847:) Mary St Leger (DOB 1852:) Grenville (DOB 1858.) Charles lived in Clovelly from 1830 – 1836 as a child, but returned to live in Bideford in 1854 staying at the Royal Hotel and with his friend J. A. Froude, an eminent Victorian historian at Northdown. His wife had an apartment in Ilfracombe, where the family came for summer holidays. It was from these visits that he walked the N. Devon shores with his children and wrote the seaside nature book, *Glaucus (published 1855)* which has striking colour illustrations of what can be found in rock pools and on the beach. *Westward Ho!* also written at this time, 1858, became a best seller. The *Water Babies* published in 1863 is influenced by N.Devon landscape. Kingsley's other works were very different dealing with serious social issues such as sanitation and worker's rights.

Mary married the curate of Wormleighton in Warwickshire, Rev William Harrison in 1876. He was invited to take the living at Clovelly. He remembered my grandfather Leonard, the eldest of 12 children in that village, and asked him to be his organist. Both he and my great grandfather were accomplished church organists. He was to marry Clara Bond of Hartland as his first wife, she was Mary's lady's maid and companion, living in Clovelly Rectory but spending most of the year on the continent. I have a book of photographs of Italian and Swiss resorts and the Hobby Drive. The marriage was unhappy, William and Mary parted on good terms but she continued to live in Clovelly for some time. On his death in 1897 she gave William's Book of Common Prayer to my grandfather.

Mary was a novelist writing under the name Lucas Malet. I have collected several titles but the one of local interest is *The Wages of Sin*. This was controversial on its publication but Lucas Malet was a feisty writer and continued to stir up her readers and critics dealing with touchy subjects. The book concerned the ruin of a Clovelly girl who was taken to be an artist's model in London by a guest of the Hamlyns. There is a finale when he is hurled over the Balconies by her brother. This made a great silent film.

I think the Kingsleys started the fashion for Grenville as a Christian name as Clara named my uncle Grenville and at least one chap in Yarnscombe was called Grenville after him. My grandfather waited for Clara to return from her travels and marry him. Eventually he insisted she made up her mind. They married and left to live in Barnstaple. She died young and my grandfather remarried. I never knew either of them but we treasure the story and our connection with the Kingsleys.

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Book News

Events at Bideford Library

The library consultation continues until 14th July. Please contact your local library to have your say!

Story time for under-fives

Every Thursday. 9:30-10:00 am (except school holidays)
With stories, musical instruments and songs.

Free Fridays

Every Friday 9:30-5
Free internet access for up to 2 hours. Help with getting online and finding information. Help with job seeking, CV writing and form filling.

Feel Better with a Book.

Every Wednesday 10:30-12:00.
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.

Nifty Needles – drop-in session every Thursday from 2.00 for anyone interested in knitting, crochet, embroidery or other hand sewing. No need to book, just bring your current project or something that has been lurking unfinished in a cupboard and enjoy a chat and a cup of tea, share ideas, get advice and have fun!

Beginners IT – one to one sessions on Monday and Tuesday afternoon for anyone needing help getting started using computers for email, surfing the internet, typing up cvs etc, or with using specific gadgets such as iPads and E-readers. Sessions are one hour long and must be pre-booked as availability is limited.

Remember back... and look forward to sharing your memories with others -chatting, looking at old items, perhaps creating a book of memories together.

For anyone aged 60+ Wednesday June 11th 2:00-3:30 pm

Midwich Cuckoos by John Wyndham.

Discussed By Bideford Library's Readers' Group.

All the group enjoyed this classic by John Wyndham, despite the fact that none of us normally read science fiction. Almost all the group had read it in their youth: was it required reading for teenagers in the 60s and 70s? Written in 1957 the story was 'very much of its time', giving an insight into village life in the 1950s with its predominant population of farm workers, its sense of hierarchy based on class and religion. The divisions of attitudes and morals in the story could, however, be reflected in modern society. The story is well paced with tensions increasing as the plot develops, bringing in hints of the Cold war, issues of the time and how mothers may respond to their children even when those children have become evil and controlling. This is science fiction set in what feels a real place and is more about real people than about aliens. It is strong on plot and raises a number of dilemmas and philosophical questions, particularly in the second half of the book.

The Readers' group meets on the first Wednesday of each month at 2 p.m. in Bideford Library. Books for the month are supplied by the Library and can be picked up at the meeting or from the Library desk. Discussions are very much centred on the book of the month and meetings usually finish around 3.15. If further information is required anyone interested can contact Peter Evans on 01237 47917.

< < (Home Hints from Bideford Archives)

HOME HINTS

A cut lemon rubbed on the forehead will cure a severe headache.

If you mix a little common baking soda with the bathbrick you will find the knives will clean much easier.

To remove the mark of a scorch, wet whatever is scorched with cold water and place it in the sun. When dry, the mark will have disappeared.

When buying apples pick the heaviest; also test the fruit by seeing if, when pressed with the thumb, it yields with a slight cracking sound.

Brown boots and shoes should be rubbed over with a slice of raw potato before the polish is applied. This cleans and removes the stains quite easily.

Films on starch can be avoided by making starch in the usual way, adding half a teaspoonful of salt, and covering with a thick cloth to prevent steam escaping.

To make beautiful salt, take four table-spoonfuls of common salt and one teaspoonful of cornflour; pound together until very smooth, and it is ready for use. This salt cannot cake, and will not blacken silver salt-cellars.

The bars of a grate often have a burned and ugly appearance, which prevents their taking a good polish. This difficulty is soon overcome. Before applying the blacklead, rub the bars with a piece of lemon, and they will be quite easy to polish afterwards.

If new tinware is rubbed over with fresh lard, then thoroughly heated in the oven before it is used, it will never rust afterwards.

The creaking of a door may be instantly stopped by rubbing the hinge with a piece of soap. It does not spoil the look of the paint as when oil is used.

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10.30am on Sunday mornings

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BIDEFORD LADIES CLUB

We meet at Marlborough Court on the
3rd Monday of the month at 2.15pm

We're a small friendly group and have
speakers, tea and biscuits, occasional
trips and lunches.

The annual subscription is £20 but the
first visit is free. Our next meeting is 17th
June so why not come and try us?



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If only birthday cards counted as ID....

Films nowadays are more or less a rite of passage. Even before you're three you can technically march into the cinema and demand to see Free Willy; but as there aren't that many stray toddlers roaming round the multiplexes anymore, chances are you'd be going with an adult. This means you're immediately entitled to move onto a PG!



The next age rating upgrade takes a little longer, working with this example you have to wait about nine more years before you can legally watch a 12; suddenly bringing a parent along isn't enough authentication if you want to see 3-dimensional gore on the big screen – but then a lot of ten year olds successfully pull off that prepubescent charm and beat the system.

However, for fifteens (especially popular ones) identification is often required. Having not yet passed other coming of age mile-stones, and as a result, having no driving licence, student visa or passably aged face to merrily parade, the average budding movie-goer must turn their eye to other avenues of proof. The birth-certificate is one option, but is not something you're likely to have about your person when a spontaneous cinema trip is announced. The passport is another- but is this an unnecessary risk? After all, the thing's a pretty important piece of paperwork and no one wants it getting lost, or worse, left to be masticated in the washing machine with other forgotten contents of your pocket when you come home. Very few mourn the aged sweet wrapper, but posing all over again for the passport photo (in which looking like anything other than an extra for The Walking Dead is a personal victory) does not a fun Saturday make.

In which case, if local cinemas are going to ask for ID to see certain films, wouldn't it make more sense to ask for it once, and then provide some type of stamped loyalty card that vouched for the person's age? For many, it's really only an issue until they become 16, afterwards their age is under little debate- but at least on that awkward cusp between the two, it would make things an awful lot easier; only having worry about your important papers on one trip. While this would not solve the issue of photo-ID it must be remembered that the birth certificate does not have that facility either. This way, 15 year olds may be able to see a 15 rated film on their birthday, without hoping the large Birthday badge on their stomach will do the trick!

Millie Sutherland O'Gara

Bideford Film Society Doors open 7.00pm, film starts 7.30pm.



These are the proposed films for June. Please note that films shown may vary from those shown here. Please check local press or our website www.bidefordcinema.org.uk to avoid disappointment.

Friday 6 and Saturday 7 June at 7.30pm at Kingsley School **The Love Punch (12A)**

Friday 13 and Saturday 14 June at 7.30pm at Kingsley School **Transcendence (12A)** 119 min

Friday 20 and Saturday 21 June at 7.30pm at Bideford College **Tracks (12A)** 112 min

Saturday 28 June at 7.30pm at Bideford College **The Other Woman (12A)** 109 min

Westward Ho! Youth Theatre Group is putting on **Annie Jr.** at Kingsley Hall, Westward Ho! on the 4th, 5th and 6th July.

For those who don't know the story, it's about an orphan child called Annie who lives in a New York orphanage run by the slovenly Miss Hannigan who is more than fond of the odd tipples or two! Annie is a feisty child who firmly believes that her parents are alive and will return to the orphanage and rescue her from the drudgery and the heartless Miss Hannigan. Annie is lucky enough to be fostered and is eventually adopted by a very rich businessman, Mr Warbucks.

Westward Ho! Youth Theatre Group is made up of talented and enthusiastic kids between the ages of eight and 18 and is run entirely by volunteers. There is a long waiting list of kids wishing to join the group, which is testament to its reputation and the desire for kids to be part of this amazing youth club.

If you would like to see this production please book online at www.whytg.co.uk. Alternatively, please contact Sarah White on 07718 619642. Tickets are priced at £6.00 for adults, £5.00 for youths, seniors and concessions and £18.00 for a family of four. For discounted group rates please contact Sarah.

For further information, please contact Jocelyn Droppa on 01237 420417.

News from the Burton Art Gallery and Museum.

It's changeover time at the Burton – for at least two weeks you will find galleries 1 and 2 are out of bounds. Many apologies for that, but when one exhibition comes to an end – as does the Gillian Ayres collection of paintings and prints on June 1st, there has to be a time when all those valuable works of art are carefully packed up and taken away. Not a job one can do in a couple of days.



Meanwhile, there is the next exhibition to prepare – and this one is the annual treat, the **Bideford & Westward Ho! Art Society Exhibition**, which begins on the **14th June**. You can imagine the flurry of activity before the art work is displayed: artists bring in their work for selection on certain days; a selection panel looks at every work submitted and then has to decide which ones stay and which ones don't – a very difficult task with so much artistic talent coming in from all over the South West for this very prestigious exhibition. Then there is the job of hanging and displaying the paintings, prints, etchings, woodcarvings, sculptures, ceramics, textiles, etc., to advantage in the two rooms allocated. The team always produce an excellent show, which lasts from the 14th June to the 13th July. It's all free to view, just purchase a catalogue to see the artists' names and the prices.

The Friends invite you to join them in the Gallery to hear **Edward Wild** give his illustrated talk: **'The Art of Cabinet-making, from Forest to Furniture'**, on Wednesday, 28th June, at 7.30 p.m. Edward combines traditional skills with modern design, and you can see some of his work in the Craft Gallery. All are welcome, and it's just £5 at the door.

If you are a member of an organisation or club, looking for a room to hire for your meetings, the Gallery now has the Kingsley Room on the first floor (lift available), with a modernised kitchen, chairs, tables, a wall screen, hearing-loop facility, TV screen, and microphone equipment. Competitive hire charges - phone 01237 471455 for more information.

Cafe du Parc: First Friday Late Night, 6th June, 7pm to 9pm Book on 01237 429317
Gallery opening hours: Monday – Saturday: 10am to 4pm. Sunday: 11am to 4pm

Diana Warmington *Friends of the Art Gallery & Museum*

Ernie Dowding : A Shammy man and a Bideford personality

When Ernie Dowding's body was carried out of St Mary's Parish Church, Bideford, on 22 April to the great Elvis Presley ballad, *Shep*, there was hardly a dry eye in the place. 'ERNIE' made from copper piping, as befitted his trade as a plumber, and a wreath of red roses accompanied his coffin.

Anyone who lives, works or drinks in Bideford will have seen Ernie around town. Short and strong with a great mop of blond-white hair and long moustache, he could be seen disembarking from the *Oldenberg*, or walking his dog Sheba across the old bridge towards the Tarka trail, or enjoying a drink in the King's Arms, the Blacksmith's Arms or the White Hart. As one mourner said, 'Bideford must be closed down today,' so many people attended his funeral. The King's Arms shut its doors for the funeral and hosted a drink for his friends afterwards.

Ernie spent much of his working life in recent years on Lundy where he maintained the Landmark Trust holiday properties. His knowledge of North Devon, but particularly Bideford, was second to none - not just its history, its architecture and its pubs but its artistic inheritance, literature and cultural and social life. He had been a Bideford Grammar School boy, and went on to work with the Leach pottery and with Harry Juniper. He was a talented artist and drew the illustrations on the ceramic ware. He also had fine handwriting.

Born in Hart Street, his family moved to East the Water and Ernie, as a great lover of sport, helped found the Shamwickshire football team and devoted a great deal of time to encouraging and organising Shammy activities over the years.

The great love of his life was Sheba, his black and white dog; the two were inseparable and Sheba was always fussed over in the various watering holes which man and dog frequented. He grew copious vegetables and flowers on his allotment; he was modest (as he was about his talents and his intellect), but he had a natural understanding and love of the earth and nature. I got to know Ernie on his allotment, and picked his brains for advice. He was very patient and, if he was sceptical about my efforts, certainly hid it, as he tried to give me a few elementary tips on horticulture. He loved animals, and was a good illustrator of bird life (Ernie also kept pigeons) and at his funeral a sizeable collection was taken for the RSPB. He died on 8 April aged 70. Bideford has lost one of its most interesting personalities.

Ruth Winstone

SAMARITANS

Do you have the skills to be a listening volunteer?

Samaritans are recruiting and urgently need people just like you for their branch in Barnstaple, North Devon. Samaritans offer a confidential emotional support service which is available 24 hours a day.

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The Old Tennis Pavilion,
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Friday Lunch Club

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or £6 for three set courses

(includes soup of the day)

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Bideford's First Heritage Restaurant

When local restaurateur John Emms was thinking about a makeover for his Lathwells restaurant he was also thinking about ways to encourage his customers to spend more time in the town. During a late evening conversation with John (probably well into the second bottle!) we came up with a novel solution – why not base the refurbishment on Bideford's heritage and give the customers an insight into the town's fascinating past. This led to the restaurant being completely refurbished and rebranded.



The Restaurant and Bar is now *Mariners*, a name that links it back to a time when it was a Master Mariners house, with reclaimed timber banquettes made from Old Cotton Mill Oak; the oak came from an old cotton mill in Louisiana, oak topped tables, storm lanterns, walls decorated with heritage “snippets” and a genuine rope timeline.

The rope for the timeline and the fittings come from a ship's chandler linking it back to Bideford's rich maritime past. The snippets are short quotes from the “Bideford Heritage Trail Guide”, a booklet that I wrote for Bideford 500, and are arranged chronologically around the room. Customers are encouraged to “read around the room” and it's worth it. It's surprising how many local people have “read” the room and at some point said “I didn't know that!”.

The Mariners' timeline has had a direct effect on this year's B500 Heritage Day, 28 June. (see front page and page 2). A number of restaurants have joined together to have their own timeline for the day, “Food Through the Ages”. It will include a Medieval Banquet, Georgian lunches, World War Tea Parties and, at Mariners, a 1953 Coronation Celebration.

David Howell

Felicity's Fish Cookery through the seasons

As May weather warms to hot June evenings an abundance of shellfish will start to be landed in our small fishing villages such as Appledore or Clovelly. There are so many ways to make a small crab into a delicious summer lunch or supper. Brown Crabs are available now.



Many people are duped by the misnamed Crab sticks that are really dyed reconstituted fish –rather like very cheap teabags! They are made of all the white fish that cannot be used and always made on the other side of the world! Why bother when you can use local cooked crabs and their white and brown meat for recipes.

A simple but tasty **Crab Cake Recipe**

Serves 4

Ingredients

150g potatoes peeled
250g crab meat
3 spring onions sliced
½ teaspoon cayenne pepper
1 teaspoon wholegrain mustard
½ red pepper de-seeded and finely chopped
Grated zest and juice of ½ lime
1 tablespoon chopped coriander
Oil

Salt & pepper

Method

Boil the potatoes, drain and leave to cool.
Place remaining ingredients except oil in a bowl.
Grate potatoes when cool into bowl, mix well and shape into 8 crab cakes.

Place cakes on plate or tray and chill for 20 minutes.

Cook cake in oiled non-stick frying pan for 3-4 minutes.
Serve immediately.

There will be a Petroc Shellfish Preparation course on Saturday morning 7th June at Pilton College 10.00-1.30.

We will be preparing 2 types of crabs and Lobsters and other summer shellfish and have an interesting taster Lunch.

Local Crabs and Lobsters can be ordered from www.brilliantfishonline.co.uk or tel 07918 779 060

See Petroc website for details of courses- www.petroc.ac.uk/seafood tel 01271 338125

Next month-Quayside Markets and Summer Fish salads and fresh cured fish.

Doffing the cap?

An archaic but nevertheless rather endearing habit amongst elderly men of a certain class is the polite habit of 'doffing the cap'.

Roger Sugar explains its historical significance.

"Why do men take off their 'ats?" I heard a youngster ask, "you mean why do they doff their hats" her mentor replied. "Yeer, if that's what they call it". I was immediately reminded of being a six year old schoolboy when I went into Mrs. Wickenden's house and took off my school cap. Her granddaughter asked "why did he take off his cap?" she was immediately shushed into silence by her grandmother who was furious that she should ask such a naive question.

To doff, to take off, is of course the opposite of to don or put on, before 1350 one would have said either 'do off' or 'do on' as appropriate but shortened to doff or don has been with us a very long time. It also has a long and interesting pedigree from when men wore suits of armour. It was to be supposed that there was always a danger of some kind and therefore a man would keep his helmet on, however, when everything was at peace he could safely remove his helm and by so doing indicate to others that he had no hostile intention. It applied particularly when a lady was present to indicate that she should also be at peace because had no evil intentions; no true knight or gentleman would jeopardise a lady's safety.

Why we drive on the left originates from that period, most people are right handed, and therefore one's sword was carried on the left for ease of draw. On approaching another individual, whether on foot or horseback, one moved to the left to give oneself sufficient room to draw one's sword if it became necessary. Consequently for many centuries it has been polite to move to the left on pavements but sadly very few of the general public seem to be aware of it these days.

When the time of armour had passed the removal of one's hat gave a similar indication and, combined with a bow also indicated peace and, depending on the depth of the bow, amount of respect for the person being met or presented to. However, one had to ensure that only the outside of the hat was facing the other person. Everyone, in those days had fleas or lice in their hair and to show the menagerie inside one's hat was considered a grave insult and daggers could be drawn.

It was also necessary to ensure that the lower classes knew their place and show respect to their betters. For the most part, serfs did not wear hats so were expected to tug their forelock as an indication thereof. It also ensured that by so doing they couldn't hold a weapon of any kind. Interestingly native American Indians raise their open right hand to indicate their peaceful intention and that they too hold no weapons.

Aboard ship the lower ranks' hair was firmly tied back and had no forelock to tug, therefore the practice of knuckling their forehead became the practice, it also served a similar purpose in that no weapon was being held. In days of sail sailors hands were often stained with tar and to knuckle one's forehead and show the officer a dirty palm could be considered as dumb insolence and to risk a flogging. It wasn't until Queen Victoria that the naval salute came into being; she disliked officers being presented to her hatless. A right hand raised to the eyebrows with the possible dirty hand facing inwards became the norm.

Not many men wear hats today but when I was a boy people in the street seeing a hearse going by immediately stopped in their tracks for a moment and all men wearing hats doffed them in respect to the dead. Today most men do not respond nor are they aware of it or how impolite it is to wear a hat in doors or ('tween decks') As for a hand over one's mouth when yawning, not even princes do that!

Roger Sugar



**The Labour Government will
freeze energy prices until 2017**

Get Involved

Local Labour Social Event on the last Wednesday
of every month at Bideford's Portobello Inn,
by the historic Pannier Market at 8pm

Facebook: Torridge District Labour Party

Twitter: @TorridgeLabour



THE SHIPPING NEWS



Ship (Loaded and discharged at Bideford)	Registered Flag Owners	From	To	Arrived	Sailed	Crew	Cargo
Ems Majestic Built 1996 ex Holland 08 Daniel 06	St Johns Antigua and Barbuda German	Warrenpoint	Castellon	12/05/14	14/05/14	Russian Lithuanian Latvian Ukrainian	2770tons Clay
Loaded and discharged at Yelland Burgtor Built 1989 ex Lady Linda 04 Mellum 94 Port Lima 93	St John's Antigua and Barbuda German	Glensanda	Sea for orders	12/05/14	14/05/14	Polish	3500 chippings
At Appledore Abis Bilbao Built 2010	Harlingen Netherlands Dutch	Cork	Rosyth	13/05/14	16/05/14	Dutch Philipino	Pieces for aircraft carrier

Welsh Piper 19.4.14 30.4.14

Oldenburg returned to service from Bideford and Ilfracombe.

Arco Dart at Appledore 15.4.14 18.4.14 19.4.14 27.4.14 28.4.14

The Irish patrol vessel **LE Samuel Beckett** built at Appledore returned to shipyard on Good Friday at 0815 after completion second series of trials of Lundy. She finally left the river on the **28.4.14** at 1815 spent a further 14 hrs in the bay for final adjustments, then headed for her home base Cork in Eire. (Next vessel is the **Le James Joyce** later in the year.)

According to the Journal website the cruise ship **Prisendam** is due off Ilfracombe 26th July for a visit; has been here before. Subject to weather conditions.

A report in the Gazette that the **Kathleen & May** is to make a visit to Bideford in August ; will give further details when known.

Bristol Channel Observations

19/4/14 at 12.35 vehicle carrier **Grande Spagne** 12594 tons d.w owners Grimaldi Line of Italy outward bound from Portbury, having sailed at 07.34. At 14.47 container ship **Endeavour** 9612 tons d.w. owners J.r. Shipping Netherland, inward bound for Avonmouth . At 16.35 bulk carrier **Conti Spinell** 75200 tons d.w, owners Conti 54 Container Nr 7 Germany, outward bound from Port Talbot, having sailed at 13.12; at 18.57 vehicle carrier **Autosun** 6670 tons d.w owners United European Car Carriers Norway outward bound from Avonmouth having sailed at 14.28.

23.4.14 at 18.45 container ship **Andrea** 11285 tons d.w owners Bergen Box Carriers A/S Norway inward bound for Portbury.

26/4/14 at 07.40 cargo vessel **A.B. Bilboa** 4212 tons d.w owners W Bockstiegel Reederei GMBH & Co KG Germany, outward bound from Avonmouth, having sailed at 19.56 , however she appeared to be heading eastbound - unknown reason for turning round. At 09.08 passing over Bideford Bay heading westbound.

27/4/14 at 11.18 cruise ship **Boudicca** 28388 gross tons owners Fred Olsen Cruise Lines Ltd U.K, inward bound for Avonmouth.

3/5/14 at 07.58 product tanker **CPO Singapore** 31737 tons d.w owners Offen Tankers Germany, inward bound for Portbury.

4./4./14 at 11.30 small cruise ship **Ocean Nova** 2183 gross tons owners Nova Cruising Ltd Maimi USA sailing away from Lundy heading toward Milford Haven, having arrived about 09.00 . At 1459 hrs container vessel **Endeavour** 9612 tons d.w owners J.R. Shipping Netherland, inward bound for Avonmouth and day late on her schedule

6/5/14 at 07.50 bulk carrier **Patricia V** 75345 tons d.w owners Rostrum Marine SA Greece outward bound from Portbury having sailed at 02.05.

12/5/14 at 06.30 cargo vessel **Anatolia** 30130 tons d.w owners Anatolya Shipping Ltd Istanbul Turkey inward bound for Avonmouth. At 15.16 cargo vessel **Jia Xing** 22109 tons d.w owners Chinese-Polish Joint Stock Shipping Co China & Poland, inward bound for Newport

Regards Norman.

Buzz Word.....Send us your Buzzes....



U tube and Pathe News

I don't know about you but I very rarely use UTube. Until now. (It must be an age thing?) The younger generation(s) use this all the time. However if you are connected to the internet why not have a go. Type in *Pathe News North Devon* or *Bideford Heritage* and you'll be amazed by the number of film/video/ footage on Bideford and surrounding areas. Pathe News has recently transferred its Archive onto UTube. Under this heading within the Bideford area you have film of a Torpedo Boat forced by a storm onto the Pebble Beach, Westward Ho! in 1921 with the silent film caption 'High and Dry'. Further afield and there are a number of films of Clovelly look out for the 1937 film showing the donkeys - they certainly carried heavy loads. But I am only touching the surface here.

For train enthusiasts there is a wealth of films showing Bideford and Barnstaple, Torrington, Meeth - the lines before Beeching. Sad in so many ways but great films nevertheless.

Make sure you have a look at the footage of the Bideford Races (Abbotsham) 1923 (featured in last month's Buzz) and we see the first women jockey. There is a wonderful film re-creating the route of the railway from Bideford to Westward Ho! before the Great War.

'Flood Damages Bridge'. 1968 when the arches of the old Bideford Bridge were damaged by flood water is captured by news footage at the time. Again a real treasure.....it must have taken a long time from Bideford to East the Water and vice versa.

If you enter *Bideford Heritage* you will come across recent events. All local events, magical moments, of the last few years. *Two Wonders* are sightings of the otter in the River Torridge February 2014 and the flight of hundreds of starlings over Bideford Bridge.

But there is so much more. I am only touching the surface. You may have seen some that you would like to share with Buzz readers. Utube has a great wealth of film/video on our area.

Neil Bennion

More about the race course

Stan Andrews from the Westward Ho! History Society has very kindly hunted out some more information on the Abbotsham race course. Much of the information is to be found in Rosemary Lauder's excellent book, 'Vanished landmarks of North Devon' published by North Devon Books. If out of print there are certainly copies which can be borrowed from Devon libraries. The book quotes an article from Bideford Gazette (27th September 1922) 'It is admirably situated with a magnificent view of the Bay from Croyde to Hartland Point..... the actual course runs along the valley of Abbotsham Court and Cornborough.'

Below is Stan Andrews' photo of how the race course looks now

Mary Cliff

Further to various contributions over the last few years I was most interested to see a letter in the June issue by Mary Cliff which mentions both me and my cousin John Skinner. Unfortunately ladies have a confusing habit of changing their surname on marriage and I am most curious who Mary Cliff was in our East-the-Water days! I wonder if you would ask her to let me know her previous name; my cousin, who does not use a computer, will be extremely interested in this name from the past. He moved from Bideford in the 1940s and is still interested in the old days.

We would both, I am sure, be most grateful for a successful outcome.

Tony Sanders (Email address: ajs777@tiscali.co.uk)



Bideford Folk Club

On Thursday 5th June Bideford Folk Club are fortunate to be playing host to Pete Coe, one of the most enduring, talented and popular figures on the English Folk circuit.

Multi -talented and multi- instrumental, Pete is not only a fine interpreter of traditional songs and ballads, but is also a first rate songwriter. He has been at the forefront of the English Folk scene for over 40 years, and has been rightly described as "A One Man Folk Industry"

The concert starts at 8pm. He is also an accomplished dance caller, and on the following evening, Friday 6th June, he will be calling at a Ceilidh (Barn Dance) with local favourites Bloatertown Band, at Tawstock Village Hall. The dance starts at 8pm and there will be an optional Bring and Share supper. **John Blackburn**

Bideford Lions

Lions Club of Bideford meet at the Royal Hotel, Bideford, at 7.30p.m. on the 2nd and 4th Tuesdays of the month.

Visiting Lions very welcome.

Mike Green

Tarka Valley Railway Group

The Chairman of the Tarka Valley Railway Group, Phil Simkin has recently and reluctantly decided to sell the *Puffing Billy* at Torrington Station for personal and family reasons. Phil and his family have owned the pub for some years now and it was from Phil's initial vision and enthusiasm that the Tarka Valley Railway Group was born. The Group is pleased to advise that the new owner of the Puffing Billy is to be the Great Torrington Town Lands and Poors Charity as Phil had hoped. This is a local charity which has been very supportive of the Group over the past few years.

News from Northam Lodge

On Sunday 22nd June, Northam Lodge, in partnership with Skern Lodge, will be running **powerboat rides** on the Bideford Estuary leaving from Appledore Quay. These ½ hour exhilarating rides can be booked in advance by calling Fiona at Northam Lodge on 01237 477238 or emailing fionawhite@northamlodge.co.uk. Boat bookings are available from 12pm, with the last boat going out at 5.30pm. The cost will be £15 per adult, £10 for children aged 7-16, or why not reserve a whole boat for you and your friends. Life jackets will be provided, but be prepared to get wet! **Our summer fete** will be held on Saturday 26th July from 2pm to 5pm in the grounds at Rose Hill, Heywood Road, Bideford. A variety of stalls will be available for you to peruse including a sweet cart, beauty products, and arts & crafts a plenty from driftwood to bunting to cushions. There is also the opportunity to paint your own pottery, make your own button art, and have shellac nails done. Our usual cake stall and will take pride of place alongside Seasonal Samosas. Our raffle and tombola will be groaning with great gifts to win and we also cater for your little ones with a bouncy castle, hook a duck and face painting. Entertainment will be provided by the Bideford Phoenix Morris Dancers, Dance Fit Belly Dancing and Energia Samba Band. Come along for a fun afternoon and support your local charity.

June Diary

Sunday 1st

10am-1pm Hartland Farmers' Market in morning at Ethelwynne Brown Close. Parish Hall. 478128

Monday 2nd

1.30pm Headlands Art Group, Westward Park. Meet at Cafe du Parc. 421528

Ho! Baptist Church Hall. 478223

7.15pm Appledore Singers rehearse

at Appledore Primary School. 420652

8pm Appledore Band Concert on Appledore Quay or St Mary's Church.

8.30pm North Devon Jazz Club at the Beaver, Appledore. 421065

Tuesday 3rd

10am-1pm Lavington Church coffee and lunches.

10.30am Walking for Health. 421528

2pm Bideford WI meet at new Sea Cadets Building, Victoria Park.

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

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

7.30pm Bideford Keyboard & Organ Club at Bideford Methodist Church Hall. 475914

7.30-9pm Bideford Sustainability Group at Blacksmith's Arms. 07783384982

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

Palladium Club *Jam Night*

Wednesday 4th

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

10.30am Parkinson's UK coffee

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

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

2pm Bideford Library Readers' Group. 476075

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

8pm Bideford Phoenix Morris & Borderline Morris at Cyder Presse, Weare Giffard.

Thursday 5th

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

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

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

8pm Bideford Folk Club at The Joiners Arms 470792

Friday 6th

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

8pm Barn Dance at Tawstock Village Hall 476632

Saturday 7th

8am Sellers, 9am buyers. RNLI Car

Boot Sale & Boat Jumble at Skern Lodge, Appledore. 01271 346560

9am-2pm Farmers' Market at Atlantic Village

10am-12pm Families for Children Adoption Info Meeting at Buckfast. 01364 645480

7.30pm Vocal Recital at Lavington UR Church. 07870675231

7.30pm Film 'Mandela Long Walk to Freedom' Littleham Village Hall. 473707

Sunday 8th

10am-1pm Antiques & Collectors Fair at Instow Parish Hall for RNIB 01271 812711

12-4pm Open Garden at Highlea, Hilltop, Fremington for North Devon Hospice. 422215

Monday 9th

1.30pm Headlands Art Group, Westward Ho! Baptist Church Hall. 478223

7.15pm Appledore Singers rehearse at Appledore Primary School. 420652

7.30pm Bideford Stamp Club, Kingsley Hall, Westward Ho! 'Devon People & Places'. 472101

8pm Appledore Band concert

Tuesday 10th

10am Macular Society meets at Burton Art Gallery. 474128

10am-1pm Lavington Church coffee and lunches

10.30am Walking for Health. 421528

June Diary 2014 *continued*

2-3.30pm Salvation Army 'Fun & Fellowship' Club at Baptist Church
6.30pm Bideford Band Beginner's Group at Band Room. 475653

7.30pm Bideford & District Cacti & Pot Plant Club at Bideford Methodist Church Hall. 475914

Bideford Lions meet at the Royal Hotel
7.30-9pm Samba Baia Rehearsal at Community Arts Network Rope Walk. New members welcome.

Palladium Club *Jam Night*

Wednesday 11th

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

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

7.15pm Northern Devon Foodbank public meeting at Lavington UR Church.

7.30pm Bideford Folk Dance Club at Northam Hall. 423554

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

8pm Bideford Phoenix Morris at The Beaver, Appledore.

Thursday 12th

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

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

7.30pm Bideford Band Concert at Bideford Quay.

Friday 13th

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

Saturday 14th

2-4pm 1st Edgehill & Torridge Scouts Cream Tea at Griggs Close, Northam

Sunday 15th

11am-5pm Dowland Country Fair & Dog Show. 01805 804347

2pm Torridge Ramblers walk. 451643

2.30pm Industrial history walk from Annery Kiln. £2. 425357

Monday 16th

1.30pm Headlands Art Group, Westward Ho! Baptist Church Hall. 478223

2pm Bideford Ladies Club, Marlborough Court. 421925

7.15pm Appledore Singers rehearse at Appledore Primary School. 420652

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

8pm Appledore Band Concert on Appledore Quay or St Mary's Church

8.30pm North Devon Jazz Club at the Beaver, Appledore 421065

Tuesday 17th

10am-1pm Lavington Church coffee and lunches

10.30am Walking for Health. 421528

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

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

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

Palladium Club *Jam Night*

Wednesday 18th

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

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

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

7.30pm Bideford Folk Dance Club at Northam Hall. 423554

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

Thursday 19th

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

7pm Miracle Theatre 'The Tempest' at Hartland Abbey. 01805 624624

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

7.30pm Bideford Band Concert at Westward Ho! Green.

Friday 20th

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

7.30pm Quiz Night at Alverdiscott Community Hall in aid of Devon Freewheelers. 01271 858441

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

8pm Ceilidh Club, Northam Hall. 476632

Saturday 21st

9am-2pm Farmers' Market at Atlantic Village

9am-9pm Pianothon at Lavington UR Church

10am Torridge Ramblers Day Walk. 01598 760419

10.30am-4pm Strawberries & Cream at Instow Church.

Sunday 22nd

2.30-5pm Jam N'Jazz Cream Tea at Fremington Manor. 01271 372572

Monday 23rd

10.30am – 12.30pm 'Conversations that count.' Meets Yelland 01271 860317

1.30pm Headlands Art Group, Westward Ho! Baptist Church Hall. 478223

2pm Bideford Ladies Club, Marlborough Court. 421925

7.15pm Appledore Singers rehearse at Appledore Primary School. 420652

8pm Appledore Band Concert on Appledore Quay or St Mary's Church,

Tuesday 24th

10am-1pm Lavington Church coffee and lunches

10.30am Walking for Health. 421528

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

3pm 'Reflections' Grief & Loss Group at St Mary's Church. 475765

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

7.30pm Bideford Lions meet at Royal Hotel

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

Wednesday 25th

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

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

7pm Torridge Ramblers. 01805 622183

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

8pm Bideford Phoenix Morris at Coach & Horses, Buckland Brewer. 473798

Thursday 26th

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

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

7.30pm Bideford Band Concert at Westward Ho! Green.

Friday 27th

10am-1pm Lundy Art Group at St Mary's Church Hall, Appledore. 472158

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

8pm Ceilidh Club, Northam Hall. 476632

Saturday 28th

10am-4pm Art Exhibition at Bucks Cross Village Hall.

2pm Abbotsham Village Hall Fete

7pm Centenary Gala Concert at High St Methodist Church. Barnstaple Ladies & Torridge Male Voice Choirs. £5. 476257

Sunday 29th

North Devon Veterans Assn at Kingsley School.

10am-4pm Art Exhibition at Bucks Cross Village Hall.

Monday 30th

1.30pm Headlands Art Group, Westward Ho! Baptist Church Hall. 478223

7.15pm Appledore Singers rehearse at Appledore Primary School. 420652

8.30pm North Devon Jazz Club at the Beaver, Appledore. Martin Dale/Bruce Adams Quartet. 421065