



BIDEFORD BUZZ



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

THE NORTH DEVON MARITIME MUSEUM IS FOR EVERYONE

Come and discover for yourself the North Devon Maritime Museum in Odun Road, Appledore this Summer!

The museum has been delighting visitors for forty years, but many local people have yet to sample its exhibitions. Those who do are often surprised and pleased to find that our local distinctiveness is so well preserved. In the words of one visitor, 'You don't have to be a boat addict to appreciate it!'

Opening times are from 10.30am to 4.30pm. The museum closes at 5pm, so come early to give yourselves at least one hour to look around. This year it is open every day from April until the end of October; parties are most welcome by appointment at any time.

Exhibits are regularly updated and we aim to add one each year. This year photos from the archive have been displayed to show the Instow to Appledore ferry in operation going back to the beginning of the last century, and also photographs of the timber trade in the 19th and 20th centuries.

One of our most popular current exhibits illustrates the 'Top Secret' experimental work which was carried out on our coast and estuary during the build-up to the D Day invasion of Europe in 1944. This includes film and photographs of these experiments which involved the first British frogmen, PLUTO-pipeline under the ocean and all types of strange equipment which was needed to get tanks and other vehicles through the 'water-gap' between the ships and the shore ... continued on page 2.



Picture Left: Amphibious Jeeps being tested in the River Torridge off Limers Lane Northam. The large shed is a boatyard where the Boon Brothers were building all types of lifeboats and harbour craft. The double decker bus was their canteen (World War 2 1944). From the North Devon Museum Trust Archives.

SHOP FOR THE BUZZ

Bideford Buzz is one of Asda's chosen charities for August. If you shop at ASDA and would like to support Buzz, please put your tokens in the Buzz box!

**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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Freemasons



Bideford Town Council

Come and discover for yourself the North Devon Maritime Museum in Odun Road.

Continued from Page 1

The museum is run by a dedicated team of local historians, artists, researchers, archivists and all-round enthusiasts to create the much appreciated and award-winning display. Over 50 volunteers give up their spare time to this museum which depicts all aspects of our local maritime history, open for visitors of all ages. Museum staff are constantly gleaning new information for its collections. One recent visitor told of his time in Westward Ho! during World War 2 as an army frogman based at Top Camp on Cornborough Road. He had no knowledge of the existence of the naval frogmen in Appledore!

Every year as a result of continuing research a magazine is published with articles written by local enthusiasts with details of information gleaned, new artefacts collected and reports on the development of the museum. A 'Friends of the Museum' group receives a copy and have free visits.

The museum's archives continue to grow as people come and tell us their stories of their lives or local happenings which they have witnessed.



Odun Road, Appledore, EX39 1PT

North Devon Maritime Museum

Bus or coach?

Drop off at Odun Road for a level walk to the museum. Afterwards take a short stroll down hill through charming Bude Street to the Quay to join your transport at the Churchfields car and coach park or catch the Stagecoach bus.

Car?

Convenient car park opposite the museum



Open from Easter - end of Autumn Half Term

10.30pm - 5pm.

Last admission one hour before closing time



Mishmash'- the singing continue

Formed four years ago, in 2009 "Mishmash" are an entertainment group from North Devon whose members love to sing and with a common purpose to offer concerts for the elderly, sick and disabled. They operate only from autumn to spring and rehearse fortnightly at Alwington Village Hall on a Thursday morning. Their new season recommences on 11 September 2014 so now is a good time to join; are you attracted to the idea, could you offer a few hours a month to help? Then please, do contact Mishmash and speak to Andy on 01237 440055. You could meet and make good friends and bring pleasure into someone's life.

Red Carpet Night in aid of Northam Lodge

A Red Carpet Night is to be held as a charity fundraiser for Northam Lodge at The Blacksmiths Arms, East-the-Water, Bideford on **Saturday 23rd August from 7.30pm – midnight.**

Elvis and Phatdog Discos will be entertaining you through the night and there will be a raffle with a star prize of a Kindle HD Fire to be won. Any Red Carpet Night needs some glamour so the theme this year is Movie & Music Stars and prizes will be given for the best dressed. Entry is free so we look forward to seeing you on the night.

Al-Anon family groups can help.

Find a welcome at your nearest Devon meeting 0207 403 0888.

It took courage and desperation for me to go to my first Al-Anon meeting. Finding the willingness to admit that I needed help was one of the greatest challenges I have ever had to face but also one of the most rewarding. Al-Anon opened the door to unlimited possibilities for change and for a happier and richer life.

Alcohol does not discriminate. It strikes people from all walks of life. It may seem that we have nothing in common, but when we look deeper it's easy to see that each of us has been affected by the ravages of another's alcoholism. When we join together to share our experience, strength and hope, we find that we have a great deal to offer one another. As we watch those around us at meetings we begin to find greater joy and freedom in our lives, realising that no matter what situation we face, or how desperate we feel, there is good reason for hope. We identify with the stories others tell and discover new ways to approach our circumstances, by hearing how others have dealt with similar issues.

The alcoholic in my life has been sober for a number of years. I am still going to Al-anon meetings. The love, support and friendship of the programmes in all aspects of my life is very important to me. We can recover from the devastating effects of alcoholism, and together learn to live again. 'All glory comes from daring to begin' (Eugene F Ware.)

Bideford Pannier Market & Butchers' Row

The Pannier Market has several new stalls to tempt you :- Scarves of Many Colours, Ally's Bags, Hand Made Candles, Hat stall , Body Shop , Devon Cake Boutique, Used Baby Equipment – Plus all your regular traders – please come along and support your market

Butchers' Row has new 2 traders :- Ned Morgan Sculptures, Dreamcatchers Jewellery both welcome additions to our family of traders – this is the place to shop for those extra special gifts
On August 16th we are holding a Charity Fun Day sponsored by Minxy's Sweets in aid of the Devon Air Ambulance: -starting at 10.00am we have live music acts right through to 3.00pm, there is Grand Raffle, Charity Stalls and Games plus the normal market stalls – please come and support this wonderful charity – last year we raised over £400 on the day ; we would like to double that this year

Sunday 17th August.

National Begonia Society SW Show at Bideford Pannier Market. 475914

On the **23rd of August** we will have live music from the First Friday organisation between 11.00am & 2.00pm ; this is sponsored by Bideford Town Council

On the 29th of August Minxy's Sweets are organising an evening river cruise on the MS Oldenburgh again all in aid of the Devon Air Ambulance – tickets £20.00 each to include buffet – Live Music by the Decibells, Grand Raffle – the ship's bar will be available but is not included in the ticket price - this should be a fun night don't forget to buy your tickets early !!!!

24-hour archery shoot at Pannier Market

We are 50 years old this year and to mark this great occasion we will be holding a 24-hour sponsored shoot in Bideford's Pannier Market on **23rd and 24th of August**, to raise money for the Northern Devon Healthcare Trust Chemotherapy Unit Appeal.

This shoot will start at **5:00 pm on Saturday 23rd August** when the Deputy Mayor and Deputy Mayoress of Bideford will blow a whistle to call the archers to the shooting line. Relays of archers will then shoot in 2 hour slots throughout the 24-hour period to 5:00 pm on Sunday 24th August, when the Mayor and Mayoress of Northam will blow a whistle to call the shoot to a halt.



We don't know how many arrows will be shot in total, nor do we know the total score that will be achieved. However there will be a "Guess the total Score" competition with the closest guess for the total score scooping a prize of at least £50.

There will also be an opportunity for members of the public to practise on our 'Have-a-Go' range set up in a different part of the Pannier Market.

We are hoping to raise in excess of £1,000 from sponsorship and other fund-raising activities towards the Appeal.

Kenwith Company of Archers was formed in September 1964 in the grounds of Kenwith Castle. Over the years we have had a number of temporary homes around the district until in 1991 we were able to buy our own field near Littleham which is now our permanent home and used for target archery throughout the summer months.

As for joining the club, we take children from age 11 upwards and seniors at any age. We run beginners course at regular times over the summer and anybody who is interested should call our coach, **Bill, on 07598 303266**. He will book people on to the next course, which costs £40 and usually runs on a Wednesday evening for 4 to 6 weeks. Anybody who has previously done a beginners' course, either with us or at any other archery club, can join straight away after a short assessment.

**Don't forget the Pannier Market is open every Tuesday, Friday and Saturday
8.00am to 3.00pm on Tuesday and Saturday ; 9.15 to 2.30 on Fridays.
Butchers' Row is open every day except Sunday.**

Book News

Events at Bideford Library in August

Mythical Maze. The Summer Reading Challenge

There will be lots of fun in Devon Libraries this summer with the Mythical Maze. Read books and earn rewards, check out the Mythical maze website to see what your favourite authors are up to this summer, get ideas of new books to read, play games and enter competitions.

Treasure Hunt in the Library. Find the Mythical Creatures hidden around the library for a chance to win a fantastic prize.

Craft sessions every Tuesday 10am – 12 noon throughout the holidays

Plus:

Thursday 31st July - 11.00 till 12.00. **Tales of Myth and Legend**, mythical mayhem for children aged 7 years and above with story teller and puppeteer Dave Oliver from Rattlebox Theatre. Tickets cost £2.00 per person, booking essential.

Tuesday August 5th – 11.00 till 12.00 **Flotsam and Jetsam**. Seaside crafts and stories with author Tanya Landman. For children aged 5 and over. Free, but booking is essential.

Tuesday August 19th – 11.00 till 12.00 and 2.00 till 3.00 **Doggy Tales of Myth and Legend** with Ilfracombe Dogs Trust. Doggy tales of derring-do, plus practical advice on how to look after your own dog this summer. For children aged 5 years and over. Free but booking is essential.

Friday August 29th – 10.00 till 12.00 – **Summer Reading Challenge Finishers' Awards Presentation**. Drop-in and collect your medals and certificates from local author Tanya Landman.

Free Friday

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 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.

Nifty Needles

Every Thursday from 2pm

If you enjoy knitting, crochet, embroidery or any type of hand sewing, come and enjoy a chat and a cuppa. Get advice and find new ideas.

Meditation and Relaxation Group

Wednesday August 20th 2:15- 3:00 pm
Guided meditation and relaxation group for adults with Nicola MacDonald



Beginners IT

Monday and Tuesday afternoons. Help with websites, email, tablets etc. Free one-to-one help with a member of library staff. Book in advance.

Reminiscence Session – Take a trip down memory lane

Wednesday August 13th 2:00-3:30 pm

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+

Refreshments provided

'The Tortoise and the Hare' by Elizabeth Jenkins (Discussed By Bideford Library Readers' Group.)

This book, first published in 1954, was reprinted by Virago in 2007 with an introduction by Hilary Mantel.

Although very much a book of its time, set just after the end of the war, it explores a theme which could easily be relevant today - the disintegration of a marriage .

We stand helplessly by as Imogen's handsome and domineering husband Evelyn allows his spinster neighbour Blanche to ensnare him by gradual degrees . Several of us in the group likened her to the spider in the corner gradually weaving a web from which neither Isobel nor Evelyn could escape.

Isobel, the tortoise of the story believes that her beauty and good looks will always win the day and that Evelyn could not possibly be attracted to the masculine and dowdy, but fiercely practical, Blanche. How wrong she proved to be. Us readers also find it hard to believe, but there is an ominous finality about the gradual unravelling of Evelyn's marriage by Blanche, something akin to a slow motion train crash.

It made compelling but chilling reading. Isobel is a lost soul whose main attractions, looks and sensibility, are no match for the insensitive , competent, unlovely Blanche.

The group were (almost) in general agreement that it was an excellent book, beautifully written with some wonderful descriptions of nature and the English landscape. However some found it difficult to sympathise with the characters. I have since read 'Harriet' by Elizabeth Jenkins, another excellent read, but here again the main characters are rather unlikeable!

RA.

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.

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**The Labour Government will ban
excessive rental fees for housing**

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

Quaker Meetings for Worship

are held at 17 Honestone St, Bideford
(near Pannier market)

10.30am on Sunday mornings

All are welcome

Enquiries tel **01237 421549**



Join a warm
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Tuesday 3.45pm, 5.30pm or 7.30pm

East the Water School, Bideford

Tel: Kate 01409 221873 or 07974 041548



Nightstopdevon

A project of Community Housing Aid

Can you help prevent homelessness?

Nightstop Devon is looking for Volunteer 'hosts'
who can provide safe accommodation, an evening
meal, breakfast and a listening ear, one night at a
time, for a young homeless person aged 16-25.

All volunteers receive expenses of £15 per night,
full training and vetting, and a member of staff is
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If you would like to find out more about
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On the weekend of 20th and 21st September, energy efficient homes across North Devon and Torridge will be open to visitors in the 361 Green Doors event. These homes will showcase energy saving and renewable technologies such as solar PV panels, biomass boilers, secondary glazing, LED lights and external wall insulation. Visitors will be able to see the benefits of these technologies for themselves and discuss them with the homeowners. Properties range from architect designed eco-homes to energy efficiency refurbishments of standard houses. For more details, visit our event website, www.361greendoors.org. Moreover, if you already live in an energy-efficient home and want to inspire others to do the same please do take part in our event. For any questions, bookings or to sign up as a homeowner contact us by e-mail info@361energy.org or call 01271 267197.

The first ever 361 Energy Fair to be held at Barnstaple Pannier Market will be on Sunday 28th September. Come along to browse the varied stands from companies promoting renewables, energy saving technologies, and low carbon transport. From the latest electric cars to household energy saving advice from local experts, see what you can find to help save you and your family money on fuel bills. There will be educational activities for kids and a host of environmental organisations to inspire old and young alike, a local farmers market and food stalls, as well as live music and a few surprises. For more information visit the event website www.361energyfair.org. If you would like to book a stand please e-mail us or call 01271 267197.

ALSO COMING SOON - 361 ENERGY FAIR

BARNSTAPLE PANNIER MARKET, 28th SEPTEMBER 2014 10am - 4pm
www.361energyfair.org

The joy of a good Americanism.

Despite being separated by what amounts to a very large pond, America and Britain have always enjoyed exchanging ideas. For example, they gifted us with Trick or Treat, Proms and Yearbooks, while in return, we seem to have given them soccer. (Even that's a bit of a re-gifting though; as apparently we got it from the Romans...)Still, even though it's clear we didn't get the raw end of that deal- there are certain down sides to these abundant Americanisms.



For one thing, perhaps we don't go all-in for Halloween quite like the States; they appear to camp outside in werewolf costumes to get one over on the Trick or Treaters, and must have a very unsightly pyrotechnics bill by the end of it. Over here, aside from a plethora of strangely gurning pumpkins, the papers are littered with stories of people unsure what to offload when small tea-towel enshrouded ghosts come knocking, so resort to offering tooth paste and other essentials. One family were told to take down their zombie display last year, as it perturbed the neighbours.

Meanwhile, the Prom has taken over from where the school disco left off many moons(and renditions of "Agadoo") ago. In fairness, from our sources at Buzz, we can gather that this is no bad thing. It has introduced the layer of glamour that comes with corsages and fine dress, while keeping the old party ethos. It's no secret, however, that putting the word "Prom" in front of anything immediately doubles the price... Never has the native tux retailer been so prosperous.

That third import to our shores, the Yearbook, is now helping to make student life all the more strenuous .The ubiquitous photo of everyone in the year was the only lasting reminder of classmates in years gone by; not having a clue who the person third from the left was, being an accepted consequence. Now everyone needs to find some generic comment to submit underneath their individual photograph. Chances are, when the owner of said book looks back on it decades later, this witty phrase could be all that jogs their memory; and that's an awful lot of pressure for anybody. An in-joke would leave many people out; use a popular catchphrase and after a week, let alone 20 years, its origins would be lost in the mists of time- no doubt sucked down the same black hole as the Chopper bike and Bay City Rollers. This leaves a very small puckle of potential retorts, many people going down the motivational: "Live long and prosper," or "Be the best you can be."

There are only so many ways to phrase "Don't give up" though, so, if you're ever met by this far-encroaching Americanism, why not go for something a little different, like "I'm stuck in a Yearbook factory, please send help..."

In a related note- all the staff at Bideford College, including head of year Mr. Munro, can be seen boogying along to Pharrel William's "Happy", on the Bideford College Facebook page; to send off their year 11's in style. This is no ordinary parody, with its fine choreography and blessing from Mr. Williams himself! Be sure to check it out, as the Head Mistress: Miss. Matthews even makes an unexpected cameo at the very end...

Millie Sutherland O'Gara.

The Met Office *Reported by András Droppa*

On Friday 6th of June, 18 selected students from Bideford College went to the Met Office in Exeter, the UK's top weather forecasting station. We were put into groups named after famous scientists, had an introductory talk, and put our things in our tents. After food we met the 36 students from the other schools. Next we started our first 6 activities of the day, doing things like how to 'make clouds' and calculating average temperatures for different parts of the country. The highlight of that evening was probably the Supercomputer. It does 1.4 trillion calculations every second and looks almost like a load of school lockers. The whole computer is the size of 2 football fields. They have to put half the computer in 1 room the size of the 2 football fields and the other half in a room almost exactly the same. This is for 2 reasons: firstly, if something happens to 1 computer (for example a fire) then the other one can keep giving vital forecasts to the rest of the world and the other reason is because the super computer gets so hot that it needs its own fan just to cool it down. That's just half a super computer. We then learnt a bit about climate until we finally fell asleep at 1 o'clock in the morning!

We woke up at 7am and went straight into science again after breakfast. First we learnt about people's jobs at the Met office, including being a student there. Then we went into reporting weather and even got to do our own report in front of a green screen. We also learnt about satellites and atmospheric temperature. We saw the objects they use to send up to measure the atmospheric temperature and found out the ratio of the atmosphere to the earth. Finally we learnt about the places where people work and what they do in those places; including their roles, their forecasting expertise and how much coffee they consumed in a day. We then received certificates and a small bag containing different experiments to try ourselves. We all learnt something and enjoyed the experience of seeing professional scientists exploring the mad world of weather.

News from the Burton Art Gallery and Museum. in August

We hope it continues to be our 'glorious summer' - full of things to do at the Burton, particularly for children during the holidays.



On August the 5th, they can create **Mechanical Models** with moving parts from card and paint. That sounds like fun; as does another day course on the 13th, where all sorts of throw-away objects such as bags and plastic bits and pieces can be made into '**Up-Cycles**'.

On the 22nd August, '**Ship Ahoy**' comes into port, and children can make a seaside scene or a ship – in a bottle. The secret will be out at last.

On the 27th they will be seen making '**Fat and Flat Fish**' – 3D paper models, and on the 29th, a fish or insect out of a sock – a '**Windsock Animal**' in fact. Why not?

All these courses start at 10am, end at 4pm, and cost £15 for the day.

See the Gallery brochure for more information and booking, or phone 01237 471455.

Adults have not been forgotten, and in conjunction with the current exhibition by **The Society of Wood Engravers**, there is a day course on Saturday, 9th August, when Ben Goodman, who has exhibited at the Royal Academies of London and Bristol, will take a course for **beginners**. The cost is £35, plus £20 for the materials. When you have looked around this stunning exhibition, you may well be inspired to try this skill for yourself.

The other day course on 30th August is – '**Wood Engraving Master Class**' taken by Past President of the Royal Society of Painter-Printmakers, **Hilary Paynter**, who has exhibited her meticulous and skilful engravings all over the UK and beyond. Students will need basic drawing materials, a sketch book and a old paperbacks to rest the block on. The fee for the day is £35, and £10 for additional materials supplied by Hilary. Time: 10am to 4pm.

The 76th Exhibition of Wood Engravers continues in the Gallery until 15th September. The Society was founded by a group of artists, including Eric Gill, Robert Gibbings and Lucien Pissaro, and now numbers around 70 members, all of whom are practising artists in Britain and abroad.

Last month the Friends announced an Art Auction in the Gallery on the 24th September, this year. Unfortunately, this has had to be postponed until next year, as there is not a convenient room to hold it comfortably in the Gallery at that time. The main exhibition for the months of October to December will be in the process of being set up, and the Friends are content to await a more suitable date for the Auction in 2015. But if you do have anything you would like to sell, please put it on one side and watch this space!

In the meantime, we hope you will enjoy the exhibitions, the Craft Gallery, the Museum, the Shop - and the Cafe du Parc, which opens onto Victoria Park. It is good to see so many people sitting at tables outside, eating scrumptious food, while watching families enjoying the best Park in North Devon. We hope the weather will continue to be kind!

Diana Warmington (*for the Friends*)

John Wesley's visit to Bideford

The Reverend John Wesley, founder of the Methodist Church visited Bideford in October 1757. As was his custom he had toured Cornwall on horseback (then aged 54) returning to Bristol via Launceston, St Mary Week and Bideford.

He wrote in his journal : Monday 3rd October 1757.

'I rode to Bideford but did not reach it till after five, the hour appointed for my preaching. So I began without delay, in an open part of the street, where we alighted. One man made a little noise at first, but he was easily silenced. All the rest (a large number) quietly attended, though the wind was piercing cold...

The next day from Bideford riding to North Molton, then Tiverton, arriving at Bristol on the 8th through heavy rain, brightening later. He wrote much of his correspondence whilst in the saddle. Wesley, an ordained Anglican priest, began open air preaching in Kingswood, Bristol in 1739. He ventured on this strange way of preaching in the fields, following the American pattern. Churches or halls were not big enough to accommodate the thousands who came to hear him. He would stand on a raised eminence in the corner of a field, allowing the wind to carry his voice to the congregation.

The reception was not always friendly as the riots in Wednesbury, West Midlands on 1783 record. A man, small in stature, he continued his journeys well into old age, travelling in later life by post chaise. He died aged 88. **Peter Nock**

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.

If you are interested in becoming a listening volunteer, please contact Samaritans on:

01271 37 43 43

or email sams_nd@yahoo.co.uk

Information Mornings in Barnstaple
at 10:00 on 5th July & 29th Nov.14

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HAPPY CAFÉ

The Old Tennis Pavilion,
Golf Links Road, Westward Ho!

Friday Lunch Club

Served between 12 and 2pm

£4.50 for two set courses
or £6 for three set courses
(includes soup of the day)

Lunch club booking essential, please call 07773 679559



Thursday Family Kitchen

Served between 12 and 2pm

Freshly made soup and a roll £1.50
(half price for children)



Happy Café & Café Cycles

Cooked by trainees as part of
accredited kitchen skills course.

www.seize-the-moment.net



THE PRINCE'S
COUNTRYSIDE
FUND

100 years ago

“Your King and Country needs you”. (Bideford Gazette August 1914)



The Motor Omnibus service from Bideford to Clovelly and Hartland has been inaugurated. Mr Henry Sowden is in charge. The cars are 21 feet in length and coloured green.

The programme of events for the London Bidefordian Society has been published. The subscription is 2s 6d for gentlemen and 1s 6d for ladies. Mr R S Chope, Mayor of Bideford, is President.

On 11 August the Government's official Declaration of War was published in the Gazette. The 6th Devon Territorials entrained for Barnstaple to join the war

effort, as did the members of the Royal North Devon Hussars. In Bideford Market Square, tradesmen, farmers and owners paraded their horses. The Re-mount officers who needed horses for their regiments made their selections and a good price was paid for the horses taken.

The Mayor took out an advert reassuring Bideford people that food supplies are sufficient for ordinary demands. He encouraged frugality and requested that townsfolk did not draw more cash from the banks than was normally necessary. Thirty new special constables are being recruited.

On 18 August the front page of the Gazette carried a call to arms headed “Your King and Country needs you”. (From Bideford and District Archives)

Peter Christie, one of our leading local authors, is speaking at Northam Hall on Wednesday 20 August on “Prostitution in Victorian North Devon.” The event starts at 7.30pm and the cost is £5 to include refreshments. Proceeds are for the Bideford & District Community Archives, Windmill Lane, Northam tel 01237 471714.



Bideford Film Society

We have a busy summer of films to look forward to but a programme like this needs lots of volunteers every week. We always welcome new volunteers to help us to keep the cinema running. No experience needed – just enthusiasm. Ask at the Box Office about becoming a volunteer and getting to see the films for nothing!

Friday 1 and Saturday 2 August at 7.30pm at Bideford College
A Million Ways to Die in the West (15) 116 min

Thursday 7th August at 7:30pm at Kingsley School.
Mrs Brown's Boys D'Movie (15) 94 min

Friday 8 and Saturday 9 August at 7.30pm at Kingsley School
Belle (12A) 104 min

Saturday 9 August at 5.00pm and Sunday 10 August at 6.00pm at Kingsley School
How to Train Your Dragon 2 (PG) 105 min

Friday 15 and Saturday 16 August at 7.30pm at Kingsley School
Oculus (15) 104 min

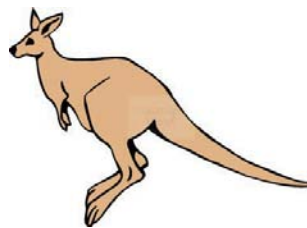
Friday 22 at 7.30pm and Saturday 23 August at 5.00pm at Kingsley School
Transformers: Age of Extinction (12A) 165 min

Saturday 23 August at 8.00pm and Sunday 24 August at 6.00pm at Kingsley School
The Fault in Our Stars (12A) 126 min

Friday 29 August and Saturday 30 August 7.30pm at Kingsley School
Dawn of the Planet of the Apes (12A) 130 min

Musical Hops *(From our Arts Correspondent)*

How do you play a Kangaroo on the violin? Connie and Ruby showed the audience in a little showcase of solos by young musicians at St Peter's Church, Fremington last month.



The young children - Connie is six years old and Ruby, seven - started with a Kangaroo hop impression by plucking the violin's strings ('pizzicato'). They finished with 'A Restful Tune' demonstrating their prowess with the bow. Lauren, nine, from Newport Primary played 'Hills and Dales' while at the other end of the spectrum a very mature (but still only 19!) Emily Bogiatjis played a Scottish solo, and Bideford College student Charlotte McLean gave us a lively piece with a Greek flavour, which increased in tempo; Emily Brooks and Darcey Atkinson (both 13) gave performances 'in the style of Vivaldi' by Kuchler.

All of the players are taught by Keith Chivers; Lottie Price, 16, who played part of a lovely Bach partita is the leader of North Devon Strings which Keith directs, and Rose McKinnel (14), who played music by Leclair, is in the sister Concert Strings orchestra, of which Darcey, at such a young age, is leader.

With encouragement and lots of practice, these talented youngsters might, like Emily Bogiatjis, progress to music college - in her case from Kingsley School, Bideford to the Birmingham conservatoire.

It must be something in the water that nurtures the wealth of musical talent that Devon produces - from punk rock to classical - but it might also be down to the North Devon Music Centre at Park Community School which brings together these young string players, and other instrumentalists, from beginner to advanced, and runs orchestras, bands and ensembles in which they can make music together. The Centre is open to anyone from north, mid or west Devon who plays or would like to play an instrument. It meets on Wednesday from 5-7pm at Park School, in Barnstaple. The earlier players start their instrument, the better. 'If I said "Kangaroo" to a gathering of violinists I have taught over the years,' Keith said, 'they could still play it.'

Keith Chivers and North Devon Strings (past players, including professional musicians) present a 'summer soiree' of Vivaldi, Handel, Bach, Albinoni, Britten and others, at 7.30pm on 1 August in St Peter's Church, Fremington. Tickets on the door £10 and £7.50 Details of the Centre <http://devonmusiccentres.org.uk/north/info.html>

Felicity's Fish Cookery through the seasons-August



Over the past 6 months I have been running some Petroc "Tipping the Scales" cookery classes and demonstration for over 100 people from 5 to 85 years old in a wide variety of community settings in North Devon. Petroc will be arranging more fish cookery demonstrations this month in Holsworthy. If your group would like a local fish demonstration this autumn please contact myself or Petroc tel 01271 852431. It would be good to do some more work in Bideford before this FLAG supported project finishes. I have been pleased and surprised how men and boys have been interested in cooking fish. Many have attended the BBQ. sessions. There are several easy to prepare recipes on the www.brilliantfishonline.co.uk website.

This summer, squid is everywhere in Bideford Bay and the local fishing boats are landing it into the Appledore Fish Dock most days -no need to go to Spain for your calamari!!

Here is a BBG recipe for Stuffed Squid.

Calamari with Two Tomato Stuffing

Ingredients - for cooking on the BBQ or in the oven! **Serves 4**

500gms/1 1/4lb baby squid (you can but these cleaned)
1 clove garlic, crushed
3 plum tomatoes, skinned and chopped
8 sun-dried tomatoes in oil, drained and chopped
60/4tbsp chopped fresh basil l+ extra
60/4tbsp fresh breadcrumbs
45/3tbsp olive oil
15/1tbsp red wine vinegar
salt and freshly ground pepper
lemon juice, to serve

Method

1.-Clean the Squid and chop off the tentacles and

keep to add to the stuffing

2. Soak the cocktail sticks in cold water before use
3. Mix together the garlic, chopped plum tomatoes, chopped sundried tomatoes and breadcrumbs. Stir in the salt and pepper and chopped tentacles. Stir in 1 tbsp. of oil and the vinegar.
4. With a teaspoon fill the main part of the squid. Secure with the soaked cocktail sticks.
5. Brush the squid with the remaining oil and cook over a medium-hot BBQ for 4-5 minutes turning often or bake in a medium-hot oven-6/7 gas 200/220C for 10 mins.

6, Sprinkle with lemon juice and extra basil to serve.

Felicity Sylvester- 07918 779 060



THE SHIPPING NEWS



Ship <i>Loaded at Yelland</i>	Registered Flag Owners	From	To	Arrived	Sailed	Crew	Cargo
Francisca Built 1997 ex Ela 14 Francisca 07 Soli deo Gloria 05	St Johns Antigua and barbuda Lithuanian	Newport	Lubeck	9/7/14	10/7/14	Lithuanian	2300 tons timber
Discharged at Yelland Nordstern Built 1994	St Johns Antigua and Barbuda German	Glensanda	To sea	14/07/14	14/07/14	Russian	3500 tons chippings

No shipping at Bideford

Arco Dart 17.6.14

Oldenburg continues her sailings from Bideford and Ilfracombe.

Bristol Channel Observations.

19.6.14. at 07.50 cargo vessel **Celtic Spirit** 4135 tons d.w, owners Charles W. Willie Cardiff, outward bound from Avonmouth, having sailed at 22.54. At 13.55 cargo vessel **Monika Mueller** 3723 tons d.w, owners Otto A Muller Germany, inward bound for Sharpness. At 15.36 bulk carrier **Arklow Rock** 4485 tons d.w, owners Arklow Shipmanagement Nederland B.V Holland, inward bound for Cardiff.

21.6.14 at 08.27 cargo vessel **Lady Alexandra** 3700 tons d.w, owners Wijnne and Barends Gargadoors Holland, outward bound from Newport, having sailing at 00.50. At 08.32 container vessel **Endevour** 9168 tons d.w, owners J.R Shipping Netherlands inward bound for Avonmouth ; now back on her early regular weekend arrival.

22.6.14 at 06.35 vehicle carrier **Grand Benelux** 12594 tons d.w d owners Grimaldi Line of Italy inward bound for Portbury. At 10.36 bulk carrier **Aasli** 6630 tons d.w, inward bound for Avonmouth. At 17.46 vehicle Carrier **Autosun** 6670 tons d.w. owners United European Car Carriers Norway, inward for Portbury. At 19.27 vehicle carrier **Emerald Leader** 10819 tons d.w. owners Nippon Yusen Kaisha Japan, inward bound for Portbury

23.6.14 at 21.55 cargo vessel **Flinter Ruby** 5500 tons d.w, owners Flinter Groep Netherlands, outward bound from Avonmouth .

26.6.14 at 06.40 cargo vessel **Lady Anna** 3700 tons d.w owners Wijnne & Barends Cargadoors Netherlands, inward bound for Birdport.

6.7.14 at 09.41 vehicle carrier **Autosun** 6670 tons d.w owners United European Car Carriers Norway inward bound for Portbury.

8.7.14 at 0842 cargo vessel **Widor** 3417 tons d.w, owners Interscan Shipmanagement Germany, inward bound for Newport. At 22.00 chemical tanker **Minitank Five** 8084 tons d.w, owners Minitank Five Ltd Greece, inward bound for Portbury with a cargo of U.A.N.

9.7.14 at 19.17 cargo vessel **Stellar Maerstro** 13524 tons d.w owners unknown, inward bound for Newport.

10.7.14 at 21.53 vehicle carrier **Autosun** 6670 tons d.w, owners United European Car Carriers Norway inward bound for Portbury. At 0845 on **12.7.14** outward bound from Portbury, having sailed at 05.34.

11.7.14 at 21.02 vehicle carrier **Autopride** 4442 tons d.w, owners United European Car Carriers Norway, inward bound for Portbury.

12.7.14 at 0930 bulk carrier **Santa Rosalia** 75886 tons d.w owners SMSK Shipping SA Japan outward bound from Port Talbot, having sailed at 03.41.

13.7.14 at 08.37 vehicle carrier **Viking Drive** 10817 tons d.w owners Gram Car Carriers AS Norway inward bound for Portbury. At 09.00 bulk carrier **Nordic Odyssey** 75603 tons d.w, owners Bulk Nordic Odyssey Ltd Denmark, outward bound from Port Talbot, having sailed at 05.15. At 14.02 whilst at Ilfracombe the vehicle carrier **Lyra Leader** 21453 4 tons d.w, owners Nippon Yusen Kaisha Japan, inward bound for Portbury ; she would have passed Lundy about 90 mins earlier

I would like to thank the children of the reception class of Pynes School for listening to my talk on Bideford shipping on the 24.6.14

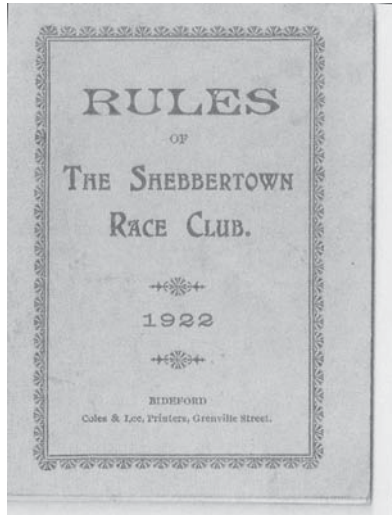
Regards
Norman

Buzz Word

Shebberton Race Course

Over the last few issues of Buzz attention has been drawn to the Bideford Races at Shebberton Race Course in yesteryear.

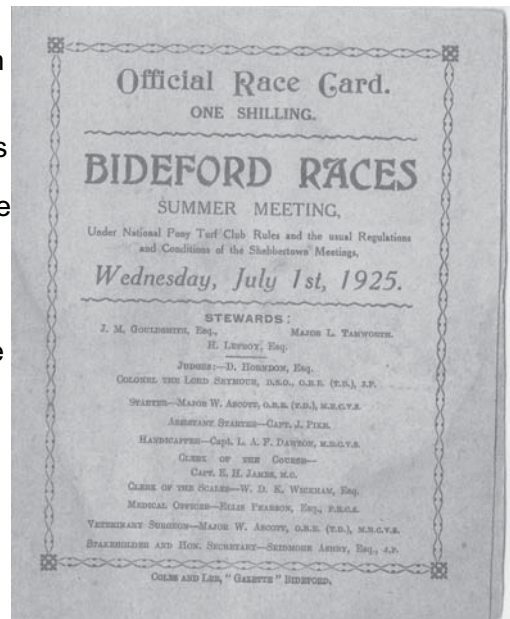
Whilst researching the history of Wickham Wine merchants Business (established in Bideford in 1817) amongst the



artefacts I came across were two booklets.

One booklet is the rules of Shebberton Race Club dated 1922 and the other is the Official Race Card of the Summer meeting of 1925. From this you will see that WDK Wickham held the position of Clerk of the Scales.

Basil Pidgeon BEM



A Best-kept Secret

In the UK there are over 500,000 people suffering from loss of central vision. A further 70,000 cases are diagnosed each year.

This is a health supertanker that is gathering speed.

The condition is Macular Degeneration and affects mainly people over 60 years of age

Some with Macular Degeneration may also experience hallucinations where they believe they are 'seeing things'. No they are not going balmy, this is a condition known as Charles Bonnet Syndrome where, in simple terms the brain invents images due to the shortfall in normal vision.

Find out more

The Macular Society provides help and support to sufferers, their families and carers and In Bideford the local Macular Support group is staging a **Macular Sight Loss Open Day on 2nd Aug 2014 at Lavington Church, Bridgeland St, Bideford 10.30am to 2.30pm**. Free admission and refreshments. All welcome.

Tom McNulty is one of the Macular Society's Group Support and Development Mangers. He says: "This event is an opportunity to meet other local people affected by macular degeneration and to get information. We're hoping this event will help us to raise awareness of macular conditions, as well as enabling people to ask questions on living with central vision loss."

Alan Strawson

Group Leader - Bideford & Torridge Macular support group
01237 474128

Wellbeing and Discussion group in Northam

Not everyone wants to join the U3A groups, excellent though they are. Not everyone has family to fill their lives. Not everyone is fit and active. That's all the negatives out of the way, now for some positive suggestions; everyone has an opinion on something, many have a story to tell, some perhaps would simply enjoy meeting up and listening to others. Listening properly is a skill..and a gift...as when we take time to really listen to others we are taken out of our own lives and become open to the ideas of others.

I am offering a monthly conversation group for mutual support, mind expansion.. and fun! There will be no gossip, and no hidden agenda. It will be limited to five people plus myself, and you will need to telephone to book, (on a first come basis). The first meeting will be at 54 Daneshay, on Friday 26th September 2014, topic: "Friendship". The next venue and topic will be up to you! Contact **Marianne Richards 01237 479721**

From Web Page

Home Guard Photo

I was surprised and pleased to see this photo in the Bideford Buzz. My late father in law is in this photo and I did not realise he had been in the Home Guard. Thank you. **Karen**

A thank you letter.

It is widely recognised that having a good old moan is a British past time. I work in retail and see hundreds of people a week, therefore I can moan about a wide range of issues. Sometimes its obvious things like the weather (too hot, too cold, too wet, too windy, too weathery) or rubbish music on the radio (all sounds the same, incomprehensible lyrics, not as good as music in the 80's, 70's 60's – delete as applicable); occasionally I find myself deep in a discussion about the size of chocolate bars (much smaller these days) or pack sizes of crisps (too big, share packs? no one shares a share pack, no wonder there's an obesity crisis). As you can clearly tell I am fully functioning moaner.

I would like to take a break from moaning to say a huge thank you. Thank you Bideford. Yes you heard me, Bideford. I was born in this pretty town and have lived here for 43 years. In September I start at Bath University and was issued with a reading list containing 22 books. On the advice of my partner I applied to The Bridge Trust for a grant towards these books and was awarded an amount that covered nearly all of them. What an incredible gift. To go to University at my age is a little bit scary and at times feels overwhelming. Receiving this amazing grant makes me feel like I carry the support of my town with me towards my future. So thank you Bridge Trust, having my books in plenty of time will help me to be better prepared for what lies ahead. I will miss my town while I'm away. It goes without saying that a huge part of that is because my family and friends are here as well as my wonderful man, but I will miss the people of Bideford too. So please wish me luck and feel free to tell me if I become an unbearable know it all, well more than I am already! **To my beloved Bideford with love. Tracey Branch.**

Mary Cliff

Following on from Mary's letter in May Buzz Anthony writes:-

I passed the details on to my cousin John Skinner. Although he has not lived in Bideford since about 1947 he is always keen for information about the little white town.

I have sent many photos of the town as it is today which were of great interest to him.

We are so pleased that you may be helpful in recreating this very old friendship.

Anthony Sanders.

August Diary

Friday 1st

12.30-3pm 'First Fridays' live music in Mill Street.

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

8pm Ceilidh Club, Northam Hall 476632

Saturday 2nd

9am-2pm Farmers Country Market at Atlantic Village

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

11am-5pm Opening of new play area at First In Last Out, Clovelly Road

1-6pm Lundy Art Group Annual Exhibition

Sunday 3rd

10am-6pm Lundy Art Group Annual Exhibition

12-5pm Temple Martial Arts sponsored walk in aid of MS Society from Bideford to Fremington Quay and back. Finish in Victoria Park for Family Fun Day.

Monday 4th

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

Breakaway Social Club for adults with learning/physical disabilities. 475051

7.15pm Appledore Singers rehearse at Appledore Primary School. 420652

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

Tuesday 5th

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 meets at Baptist Church Upper Hall.

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
Palladium Club *Jam Night*

Wednesday 6th

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

10.30am Parkinson's UK meets at Ethelwynne Brown Close. 478128

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 The Two Rivers Wind Ensemble rehearsal at Bideford Band Room

01271 860061

Thursday 7th

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

421528

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

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

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

7.30pm Bideford Band Concert at Westward Ho! Green.

Friday 8th

7.45pm Modern Sequence Dancing Kingsley Hall, Westward Ho!

01769 540309

8pm Ceilidh Club, Northam Hall 476632

Saturday 9th

2-4.30pm Tea at Tapeley Park in aid of RNLI. Entry by ticket only. 01271 346560

Sunday 10th

11am St Mary's Church 'Praise in the Park' with Bideford Band in Victoria Park. Join in the singing and bring picnic

2-5pm Garden Party at Newstead, New Rd, Instow. Proceeds to North Devon Hospice. 422215

7pm Illyria Theatre presents 'Pirates of Penzance' at Hartland Abbey. Tickets from The Plough 01805 624624

Monday 11th

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

August Diary 2014 *continued*

Breakaway Social Club for adults with learning/physical disabilities. 475051

7.15pm Appledore Singers rehearse at Appledore Primary School. 420652

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

Tuesday 12th

10am Macular Society meets at Burton Art Gallery. 474128

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.

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

7.30pm Lions Club meet at Royal Hotel Palladium Club *Jam Night*

Wednesday 13th

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

10.15am Probus Club at Royal Hotel

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

12.30pm 'Lunch with Friends' at St Mary's Church. £5 for 3-course meal. 474078

6pm Torridge Ramblers 01805 622183

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

Thursday 14th

10am-5pm Hartland Arts & Crafts in Hartland Parish Hall - *until Monday 18th*

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.

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

7.30pm Bideford Band Concert at Bideford Quay.

Friday 15th

7pm Concert by Barnstaple Ladies Choir at Holy Trinity Church, Westward Ho! 476841

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 16th

2-4pm Family History group meet at Pollyfields. 'Ask the Team'. 451305

2.30-4.30pm Alwington Show in Village Hall.

Sunday 17th

National Begonia Society SW Show at Bideford Pannier Market. 475914

2pm Torridge Ramblers 01805 622108

Monday 18th

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

2pm Bideford Ladies Club, Marlborough Court. 421925

Breakaway Social Club for adults with learning/physical disabilities. 475051

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

Tuesday 19th

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

Palladium Club *Jam Night*

Wednesday 20th

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 Peter Christie talk - 'Prostitution in Victorian North Devon' at Northam Hall £5. Proceeds to Bideford & District Community Archive.

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

Thursday 21st

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.

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

7.30pm Bideford Band Concert at Westward Ho! Green.

Friday 22nd

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

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

8pm Ceilidh Club, Northam Hall. 476632

Saturday 23rd

9am-6pm Farmers' Country Market at Atlantic Village

10am-4pm Craft Fair at Lavington UR Church.

11am-2pm 'First Fridays' live music at Bideford Pannier Market.

12-5pm Family Fun Day at First In Last Out, Clovelly Road.

7.30pm Red Carpet Night for Northam Lodge at Blacksmiths Arms. 477238

7.30pm Summer Dance at Woolsey Community Centre. Music by Ben.Start. £5. Bring & share supper.

Sunday 24th

10.30am-4.30pm Farmers' Country Market at Atlantic Village

6.45pm Appledore Band 'Last Night of the Proms' on Appledore Quay (In St Mary's Church if wet) Bring flags to wave.

Tuesday 26th

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.

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

7.30pm Lions Club meet at Royal Hotel Palladium Club *Jam Night*

Wednesday 27th

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

10.15am Probus Club at Royal Hotel

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

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

Thursday 28th

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.

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

Friday 29th

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 30th

9.30am Torridge Ramblers day walk 01598 760419

12pm Bideford Phoenix Morris at Duke of York, Iddesleigh Live music @Trixxter' at Union Inn, Stibb Cross.

Sunday August 31st

10.30am Grand Table Top Sale at 3 The Quay Appledore onwards in aid of The David Rundle Trust (Help for Rwanda) Info 01237 477470