



BIDEFORD BUZZ



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

Cartoon by Michael Darling



Also in this month's Buzz

- ◆ A history of the Palladium Club
- ◆ North Devon Sinfonia visit South Korea
- ◆ Start of a new series from Bideford Medical Centre
- ◆ Tour de Cafés
- ◆ *Plus our regular items ...*

Are you on Board?

On Sunday, July 2nd the Rotary Club of Bideford will be organising a Water Festival with a difference!

The challenge is to build a boat entirely out of cardboard. Atlas Packaging, as one of the sponsors, is providing the cardboard free of charge. RGB (Bideford) can supply any other materials (glue, tape etc) at cost if you ask for the Manager, Steve. The inspiration came from a cardboard boat race held annually by a Rotary Club in Florida.

The Regatta is open to businesses, schools, youth groups, sports clubs, or groups of friends and

individuals wanting to build a boat.

Heaps of prizes will be on offer: everything from the best designed and decorated boat, the shortest and longest boats, the people's choice (as voted for on the day), single paddler, multi paddler, backwards paddler, the best entertainment/theme... and a survivors' race for the last boats floating!

Construction guidance and rules are on the Bideford Rotary website:

www.waterfest.bidefordrotary.co.uk

Register and start planning your boat today.

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 £18 per box per month. Cheques payable to Bideford Buzz Newsletter Group. All items for inclusion should be sent by the 11th of the month to the Editor, Rose Arno. Further information about us can be obtained from the Buzz on 01237 476549. 3,500 copies are printed monthly.

All items for inclusion, advertising and distribution to be addressed to Rose Arno (Editor) c/o Torridge Voluntary Services, 14 Bridgeland Street, EX39 2QE.

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Devon
County Council



Bideford Town Council

News in Brief

Bideford Regatta

Saturday 17th June 2017

1st Race is at 10.00am. Watch the races of a 10 Championship series where crews from all over the South West region compete against each other in singles, doubles, quads, and fours over 1000 metre stretch of the river between the two bridges.

Refreshments/bar available in both the "Blues" and "Reds" Clubhouses.



The Big Lunch Great Get Together

This year's "Big in the Ho!" Big Lunch forms part of the new 'Great Get-Together' event: a partnership with the Jo Cox Foundation to get communities to come together to celebrate connections and commonality.

Westward Ho's! annual "Big in the Ho!" lunch will take place on **Friday 9th June between 12 – 2pm** at the Kingsley Hall. There will be an entry charge of £2 per person and a raffle to help raise money for ChemoHero, a local charity which provides every cancer patient receiving chemotherapy in North Devon with a bag of kindness that will see them through their treatments.

Ginette Berry & Terry Thorpe

Bideford Town Band

The band are looking forward to a summer of music - making, after a busy start to the year (seen here at Torrington Carnival.) The band's series of summer concerts at Westward Ho! start this month. They will be on the green at Westward Ho! from **Thursday 15th June, every Thursday, at 7.30pm, until their final concert on 24th August** (weather permitting, we hope the sun will shine!). We would love to see you there!



News from the Burton Art Gallery & Museum

June is upon us already, half the year gone, and exhibitions come and go, but there's always the next one to look forward to.

We have the '**best in the West**' right here on our doorstep, with the **Westward Ho! And Bideford Arts Society** exhibition throughout June, with artists from all over our region, all wishing to flaunt their wares in this prestigious show. It continues until **2nd July**.

Rachel Sumner is a well-known textile artist, and her collages can regularly be seen in the Craft Gallery at the Burton. If you would like to learn how she puts fabric and design together, join her on 17th June, when she is holding a Workshop – '*Textile Collages – Birds and Flowers*.'

The Friends still have places on the coach going to **Coleton Fishacre**, on the 10th June, the National Trust property near Dartmouth. The cost for the coach is £10. All welcome. Gallery opening hours are Monday to Saturday, 10-4, Sunday, 11-4. Gallery Shop, Craft Gallery, Museum of Bideford, Cafe du Parc, and the lovely Victoria Park right outside.

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

Please phone 01237 471455 to book a place for Rachel Sumner, or the visit to Coleton.

Bideford Buzz AGM : Thursday 13th July, 7pm at Bideford Library. All Welcome. Help us to celebrate 16 years of Buzz.

North Devon's Sinfonia Orchestra to represent UK in South Korea's World Orchestra Festival

Fresh from its triumph in BBC television's *All Together Now—the Great Orchestra Challenge*, North Devon Sinfonia has been invited to represent the UK at the 2017 Seoul International Community Orchestra Festival in South Korea this September. NDS will join other orchestras from as far apart as Germany, Japan and Paraguay.



The Bideford area is represented in NDS by several instrumentalists, including violinist Rod Mullick and timpanist Annie Hill, both from Abbotsham. Once the orchestra is in Korea, all expenses will be paid by the festival organisers. But the orchestra itself must find the £25,000 required to fly its members and their instruments half-way across the world.

The task of raising the money has fallen on Bideford's Rod Mullick who, as well as playing the violin, is also the orchestra's administrator. Rod told Bideford Buzz: "NDS is entirely self-funded from member subscriptions and concert ticket sales so we don't have the means to meet the costs associated with a project of this scale. We have applied to the Arts Council and other funding bodies for support, but we are hoping that our loyal North Devon supporters will also feel it's worth donating to the fund," added Rod. "We have set up a crowd-funding page* where individuals can make a donation, however small. Evidence of local support for the orchestra is really important to us and is also taken into account by bodies like the Arts Council."

The Korea visit is the first step in an exciting new venture for NDS, said Rod:

"Our vision is to play in South Korea and then use the knowledge gained there to help us stage our own local North Devon Music Festival in 2018. We are asking for your help to get us and our instruments to South Korea so we can bring the experience back with us and share it with you all in 2018!"*To make a donation, <https://www.justgiving.com/crowdfunding/northdevonsinfonia> Website: <http://www.northdevonsinfonia.org.uk/> Facebook: <https://www.facebook.com/NorthDevonSinf/> Twitter: <https://twitter.com/northdevonsinf>

Tour de Cafes

With the recent opening of the new Custom House Cafe on the Quay (More about that next month,) I thought the time had come for a look at Bideford's wonderful Cafe Society.

We have a huge number of independent small cafes each one offering their own USP. This month I will concentrate on some in Mill Street.

Green Goose

At the Bridgeland St. end of Mill Street, this cafe is delightfully spacious with an outdoor courtyard area, lovely for the summer months and still warm in winter. It also has an upstairs room for larger gatherings and meetings.

More next month

The Secret Garden

Robin, the owner, has transformed the garden area with 'pods,' and an extra space at the far end with more seating....as someone said, 'a sat nav is required to find some of the tables.' There is also an additional room inside for private meetings. Delicious coffee and home made scones recommended.

The Chocolate Teapot

Almost directly opposite the Secret Garden, their speciality is chocolate, chocolate, chocolate; try their *Chocolate Dipping Platter* and the healthier *Fruit Dipping Platter*, as well as their delicious home made cakes, highly recommended cheese scones, and very good coffee. They also have an open seating area which is perfect for the summer months.

RA

Book Buzz

Northam Library

Monday 26th June 6.30pm - **1069 and All That : the True History of the Battle of Northam**, a talk by Nick Arnold at Northam library. Tickets £2 including refreshments. **To book call 01237 475111**

Appledore Library

We are having a party to launch our brand - new children's book collection. Saturday 3rd June 10-12pm. The Friends of Appledore Library have spent £250 on new children's books, so we'd love to see lots of children and families coming to borrow them. Refreshments available. There will be family - friendly fun with Entertainingly Different's Professor S.Tory with a mix of stories, songs and sillies followed by a story - making workshop where fun and laughter are the order of the day.

Also at Bideford Library this month.

Meet author Veronica Henry who will be talking about her latest novel 'The Forever House' at **Bideford Library on Thursday 8th June from 7pm**. Free event but booking via the library essential. **Tel 01237 476075**

Bideford Library Readers' Group meets on the 1st Wednesday of the month at 2pm. Next month we are discussing 'Girl on the train.' by Paula Hawkins. *See review below of last month's book.*

For other events at Devon Libraries see our diary pages.

'The Quarry' by Iain Banks: *discussed by Bideford Library Readers' Group in May*

Although this novel wasn't to everyone's taste, some said they would definitely read other books by Iain Banks ; the group was largely agreed that the main character, Kit, was both likeable and fascinating. Kit, in his own explanation, is somewhere on the spectrum, and some readers saw a similarity with the character Patrick from Belinda Bauer's novel, *Rubbernecker*.

The story opens at the large run-down country house near the edge of a quarry, where Kit lives with his father, Guy, who is dying of cancer. Six of Guy's old university friends arrive, and so begins an eventful, uproarious weekend in which the guests try to unearth a lost video tape that could prove damaging for each of them. Kit, in turn, hopes to uncover the identity of his mother, a piece of information withheld from him by his father. One of the readers compared this volatile and chaotic weekend to an episode of the *Young Ones*, and some drew a comparison with *Peter's Friends*.

Laced with acerbic wit, Guy's rants, especially the political ones, make for lively reading. It was noted by the reading group that, poignantly, Iain Banks was diagnosed with terminal cancer after the first draft of the novel, and we wondered how much of himself he'd injected into Guy's furious outpourings.

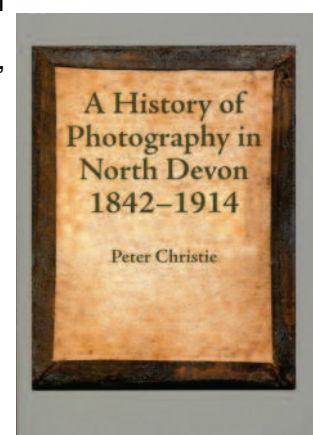
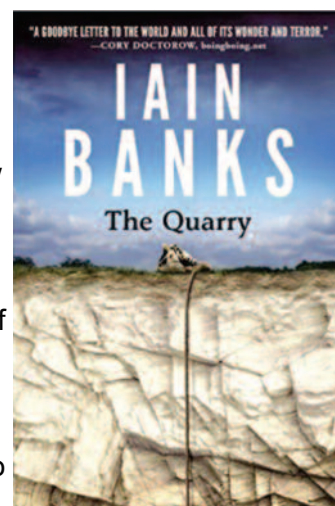
Some readers could see that perhaps Guy was raging 'against the dying of the light' as in the final line of the Dylan Thomas poem 'Do not go gentle into that good night'. Maybe, though, with grim humour, and in Kit's words, the author was 'giving the chain-link fence a rattle just for the hell of it'.

Christine Hall.

'A History of Photography in North Devon 1842 – 1914.' by Peter Christie. £12.

A comprehensive account, not only of the personalities and careers of the professional photographers of the period, but also including many examples of their works. There are four appendices covering exhibitions, stereoscopic views, postcard publishers, and the photographers themselves. It should be of great interest to historians, genealogists, and anyone fascinated by the pictorial history of North Devon.

TA



The Bideford Branch of THE RELIGIOUS SOCIETY OF FRIENDS or QUAKERS

hold their Meetings for Worship on Sunday
mornings, between 10.30 and 11.30 am,
followed by refreshments and a chat,
at 17 Honestone Street, Bideford
(opposite the car park)

Everyone is welcome

For further details, contact:

Jacqui Poole Tel: 01271 861824



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- Have poor mental health
- Have drug/alcohol problems

The Drop-in Centre provides a safe, non judgemental, non
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Monday to Thursday – 7 Queen Street, Bideford

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Do you suffer from itching caused by skin
problems or from underarm or foot
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the loud beating of your heart?

If so, visit our shop at

7a, Cooper Street, Bideford
for a free consultation.

Or - www.shakilaskincare.co.uk

Clay: A Festival of Ceramics Bideford Pannier Market June 25th 10 am – 4pm

Bideford was once famed for its earthenware pots which were exported to the New World as far back as the 17th Century. There are still many potters and ceramicists in the area, many of whom will be at the **Pannier Market** on **June 25th** celebrating the art of clay in all its many forms. There will be up to 40 exhibitors showcasing a range of functional and decorative ceramics, all handmade by artisans and studio potters. We will also have a 'potter's wheel experience,' as well as demonstrations from selected makers. Harry Juniper, famed for his commemorative and highly collectable Harvest Jugs, which are strongly influenced by 17th Century pots from North Devon, will be doing a brief talk on the history of ceramics in the area. His studio will also be open for visitors to see him in action.

We are offering workshops on the day including ones from Gwen Vaughan Ceramics and Mitch Pilkington Ceramics. Both artists are exhibiting at The Contemporary Craft Festival, Bovey Tracey, this year. Booking for these is essential. There will also be a drop-in family workshop.

Jill Rousseau Gallery will be talent spotting and handing out an award for innovation on the day. There will be tasty food stands as well as fresh (proper) coffee available to purchase on the day for both visitors and exhibitors. For more information go to www.devon-pop-ups.co.uk



Bideford Pannier Market - open Tuesday to Saturday

Just a reminder to everyone really that the market is open **Tuesdays, Wednesdays, Thursdays, Fridays and Saturdays** – from 9.00am to 4.00pm – lots of stalls and workshops to explore – why not learn a new craft ?? Please tell everyone!

Let's talk cheese

Ken is not a new trader, but is constantly increasing his range of speciality cheeses – you really need to try his black cheese – yes I mean black cheese not just a black wrapper – cheddar cheese flavoured with charcoal – absolutely delicious and only available in the Pannier Market

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

Did any of you come up to see the film unit ? – it was all very exciting.

I personally had visitors and crew members telling me that they were impressed by the whole area in and around the market and that they would be returning to explore further.

Trev (Minxy's Sweets)

Photo by Chris Farris.



Buzz Byte



This month we'll take a quick look at the age- old debate of iPad vs Android. We are talking tablets not mobile phones (that's another debate altogether!) There will be advocates for both sides, Mac users who would never entertain a cheaper version, and android users who don't rate the iPad.

The arguments on both sides are far too great to cover in this article but it will give you some points to think about. As with any purchase it is a matter of personal preference and, on occasion, compatibility. The similarities that they share are that they are generally thin, light-weight, portable and touch screen. Both can be used to watch films or Netflix, read a book, play games, surf the net and each have compatibility with their own eg Apple-Apple, and tablet with an android smartphone.

Some apps will only work on one or other ; for example top tier manufactures often don't use Android as Apple approve each app before it is released so they have less bugs and less of a risk of containing malware. Apple also claims to have lots more apps.

Android offers more of a choice of brand, they are reasonably priced and can be customised. However the apps through Google Play are unregulated so can result in stability issues and infect the device with malware. Android tablets do have the advantage within the Google infrastructure so if you use Gmail and Google Drive then this needs to be factored into a decision. What brand of android? Well, that's another discussion!

iPads are regarded as the market leaders and are more user - friendly (but offer less customisation). They have office software and apps (through 'app store') that are stable. They have been designed to be used for gaming and there are loads of add-ons available on the web. However there is no access to MicroSD or a flash drive, so storage can be an issue (unless you use dropbox,) and Apple will guide you to use their own services. If you are creating apps then you will need to look into the marketability as well as viability and revenue under each platform. iPad seem to have the upper hand on stability and profit!
Nickie Baglow (*Complete Computing*.)

The Local Music Scene - The Palladium Club

The Club began life in 1919 as the stables for the Heavitree Inn. In 1926 it was the Palladium Cinema and the ticket office was situated where Patts' Fruit and Vegetable shop now is in Mill St. Later it became a Gentlemen's Club and for many years it was the home of the SWEB Social Club. The Palladium Club developed from this, with the bar made from the original skittle alley. (You can still see the brass points where the pins used to be placed before people played.)

The club has evolved from being a members' drinking club to what it is now, a music venue with acts, both from our local area and as far away as Europe and America. The club also offers the facilities for snooker, pool and darts and has its own teams which continue to support the club.

The club is an important part of Bideford giving musicians a place to play and learn their craft - it would be very sad to see it go. The new owner is Ben Nigh ; we wish him well.

Margie Hughes (former owner)



June Events at The Palladium

June 10, 2017 9:00 pm	The Luke Doherty Band
June 11, 2017 9:00 pm	An evening with Bache Truth Hurts Tour
June 18, 2017 8:00 pm	An evening with Rakes Adrift
June 23, 2017 8:30 pm	Green Haze Live
June 24, 2017 9:00 pm	Highway

Advice from Bideford Medical Centre

Focus on Hayfever (Seasonal allergic rhinitis): It is an allergic condition where the body's immune system overreacts to substances that are usually harmless, for example pollen from grasses, flowers, weeds or trees. It affects around 1 in 5 people in the UK. Pollen causes the release of a chemical called histamine from cells in the nose, eyes and airways, which in turn causes inflammation and the symptoms of hayfever (itchy, blocked or runny nose, sneezing, red, itchy, watery eyes, headaches). The severity of symptoms can vary, with some people requiring medication to manage symptoms, whilst other people manage their condition by avoiding triggers. A wide range of treatment is available for purchase from community pharmacies and are often cheaper and more convenient than the cost of a prescription. Your local pharmacist can advise you how to manage the condition effectively.



When should I speak to a GP?

- ☐ If you are experiencing wheezing, breathlessness or tightness in your chest.
- ☐ If you are pregnant or breastfeeding.
- ☐ If your symptoms are not relieved by over the counter treatments in combination with measures to reduce your exposure to pollen.

Abbotsham Road, Bideford, Devon EX39 3AF
01237 476363 Out of Hours: 111

Relate North Devon.

Relate in North Devon is advising people to come to *Relate* now if they feel their relationship is coming under strain **before** children break up for the Summer Holidays so everyone can enjoy the holidays together.

Counselling is available for individuals, couples, families and young people in the of Barnstaple daytime and evenings.



To find out more information or, to book an appointment, please phone **Relate on 03007729681**

Open Garden and River walk

Hole farm, Woolsery EX39 5rf

Sunday 11th June

2-6pm

Admission £4 children free

In aid of NGS charities

Tea and homemade cakes available in the barn

In aid of North Devon hospice

All welcome including dogs on leads.

Signposted off A39 at Bucks Cross.





SHIPPING NOTES



Shipping at Bideford

Whilst at Portishead on the 22nd April I collected a time table for the **Balmoral** ; she is due to make 2 visits to Bideford on **18th August and Sunday 3rd Sept** coming from Ilfracombe and returning there. This of course weather permitting. The new Harbour Master at Bideford is **Capt. Labistour (more about him next month.)**

Shipping at Appledore

Arco Dee 26.4.17 This is the first time since 2004 that she returned to the river **27.4.17, 28.4.17, 29.4.17** ; after this visit she returned to her usual dredging area off the South Coast.



Shipping at Yelland

Ship in Port	Registered flag owners	From	To	Arrived	Sailed	Crew	Cargo
Celtic Crusader ex Scorpion 09 Lamago 13 Built 1994	Cardiff British British	Glensanda	Teignmouth	08/05/17	09/05/17	Polish Russian Ukrainian	3500 tons chippings.

The ship which was due 22nd April did not materialise

Bristol Channel Observations

14.4.17 At 16.47 container ship **Nordic Hamburg** 13000 tons d.w, owners Nordic Hamburg Group Germany, inward bound for Portbury.(Seen again on the **16th** at 15.07, having sailed at 08.57.)
16.4.17 at 14.20 bulk carrier **Buna Arrow** 55967 tons d.w, owners New Fortune Maritime SA Taiwan, inward bound for Portbury. At 16.00 bulk carrier **Lucky Sunday** 80372 tons d.w., owners Skipper Marine Ltd Ukraine, inward bound for Portbury.
17.4.17 at 12.2 vehicle carrier Eastern Highway 12991 tons d.w., owners Kawasaki Kisen KK Japan inward bound for Portbury.
18.4.17 at 07.30 tanker **Terry** 15441 tons d.w, owners Terry Shipping Corp Greece inward bound for Portbury. At 14.55 vehicle carrier **Grande Benin**, Grimaldi Line of Italy, inward bound for Portbury (Seen again on the **19th** at 11.30 outward bound.) At 20.00 bulk carrier **Kumano Lily** 32292 tons d.w., owners Foreland Panama SA Japan, inward bound for Avonmouth.
19.4.17 at 07.23 cruise ship **Marco Polo** 22080 tons gross, owners Cruise and Maritime Voyages inward bound for Avonmouth.
24.4.17 18.17 bulk carrier **Genco Champion** 28445 tons d.w., owners Genco Shipping and Trading USA , inward bound for Newport.
25.4.17. at 08.04 cargo vessel **Wilson Bilbao** 3735 tons d.w, owners Wilson Shipowning AS Norway, inward bound for Cardiff. At 13.15 bulk carrier **Sagar Samrat** 76404 tons d.w.,owners Tata NK Shipping PTE Ltd Singapore, inward bound for Port Talbot.
1.5.17 at 15.50 cargo vessel **Velsedijk** 4891 tons d.w, owners Velsedijk 11 V Netherlands, outward bound from Sharpness, having sailed on **28th** 08.45 having been anchored in Blue Anchor Bay awaiting orders. At 16.00 vehicle carrier **Autosun** 6670 tons d.w.,owners United European Car Carriers Norway, inward bound for Portbury.

2.5.17 at 08.40 chemical tanker **Stolt Auk** 5064 tons d.w., owners Stolt Nielson Rotterdam, inward bound for Barry; (also seen again **3.5.17** at 18.45 outward bound, having sailed at 14.58.) At 18.28 cruise ship **Marco Polo** 22080 tons gross, owners Cruise and Maritime Voyages, inward bound for Avonmouth. (Also seen again on **3.5.17** at 19.35 having sailed from Avonmouth at 13.46.) At 18.33 container ship **Vega Philip** 10600 tons d.w., owners Vega Philip Schiffahts Germany, outward bound from Avonmouth, having sailed at 13.46.
4.5.17 at 17.28 buoy tender vessel **Galatea** 1200 tons d.w., owners Trinity House Harwich, outward bound from Port Talbot Anchorage, having sailed at 18.53 **3rd**. At 17.40 vehicle carrier **Hoegh Xiamen** 12250 tons d.w, owners Hoegh Autoliners Shipping A/S Norway, inward bound for Portbury.
5.5.17 at 12.04 cargo vessel **Sea Kestrel** 2225 tons d.w, owners Torbulk ltd UK, inward bound for Avonmouth.
7.5.17 at 11.35 vehicle carrier **Mignon** 28127 tons d.w, owners Wallenius Wilhelmsen Norway and Sweden outward bound from Portbury, having sailed at 07.12. At 12.07 vehicle carrier **Vega Leader** 16396 tons d.w, owners Nippon Yusen Kaisha Japan, inward bound for Portbury. At 19.16 cargo vessel **Velsedijk** 4891 tons d.w., owners Velsedijk 11 BV Netherlands, inward bound for Sharpness .At 19.40 vehicle carrier **Manon** 14863 tons d.w, owners Wallenius Wilhelmsen Norway and Sweden, outward bound from Portbury, having sailed at 15.05.
8.5.17 At 17.55 cargo vessel **Boreas Venture** 43389 tons d.w, owners Diderot Finacement SNC, inward bound for Newport.
9.5.17 at 09.05 tanker **Atlantic Wind** 15019 tons d.w, owners Atlantic Wind GMH Germany, inward bound for Avonmouth.

Regards Norman 01271 861183.

Buzz Word

Can you help?

I am looking for information on the lane now known as *May Hilder Way* which is the footpath between Kingsley Terrace and Atlantic Way, Westward Ho! No one, not even Northam Town Council who named the footpath seem to know who May Hilder was. Nor is it known who maintains the footpath or who created the original path, although Torridge District Council were approached and asked to maintain it according to the Northam Council Minutes of 3rd June 2003. I would appreciate any help as the footpath is part of Westward Ho's past history and its future.

Many thanks

Alan F Fulford

Thank you Millie

What an excellent article by Millie covering the WHAAM JR concert of 24th March appearing in your May edition. Millie is such an enthusiast and she will be hard to replace when she goes to University. Please convey my very best wishes to her and thank her for a great article. This was well received by many people.

I hope we will keep in touch with her and she is always welcome to attend future WHAAM concerts and join our facebook page.

Thanks to you too Rose for making all this possible.

John Barton

Appeal for the oldest Old Boy

With the annual reunion of the Barnstaple Boys' Secondary Modern School fast approaching the organiser, Gerald Thorne, is trying to find the oldest North Devon boy that attended the school. The boys school started in 1939, closed 1972, and some of the pupils that started at the school at its inception have been to previous reunions, but no record was kept.

Gerald is appealing to all the old boys, now scattered all over North Devon, or anyone to find the information. Bearing in mind that they will have started at the school at the age of eleven some could be well into their eighties. "Sadly we have lost so many old boys over the years that our numbers are dwindling. However we are looking forward to another great reunion at the Barnstaple Rugby Club on the evening of the **24th of June** this year", said Gerald." If you know of anyone from the school who is eighty and beyond please contact Tony Freeman on 01271850255 who will be endeavouring to find the oldest pupil for Gerald.

Tony Freeman.

BIDEFORD CINEMA

Friday 2 at 7.30pm and Saturday 3 June at 4.30pm at Kingsley School: **Guardians of the Galaxy Vol 2 (12A) 136 mins**

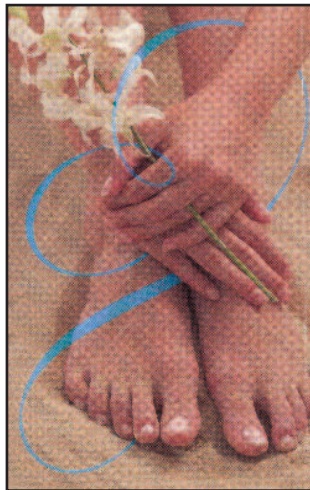
Saturday 3 at 7.30pm and Sunday 4 June at 6.00pm at Kingsley School: **Unlocked (15) 98 mins**
Friday 9 and Saturday 10 June at 7.30pm at Kingsley School: King Arthur: **Legend of the Sword (12A) 126 mins**

Friday 16 and Saturday 17 June at 7.30pm at Kingsley School: **Alien: Covenant (15) 132 mins**
Monday 19 to Sunday 25 June inclusive at 4.30pm daily at The Custom House: **The Diary of a Wimpy Kid (U) 90 mins**

Friday 23 and Saturday 24 June at 7.30pm at The Custom House: **Baywatch (15)* 116 mins**
Monday 26 June to Thursday 13 July at 4.30pm daily at The Custom House: **Pirates of the Caribbean: Salazar's Revenge (12A)* 129 mins**

Friday 30 June and Saturday 1 July at 7.30pm at the Custom House: **Wonder Woman (12A)* 141 mins**

***Film details may change. Please check our web site and weekly press for most up-to-date details.**



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THE APPLEDORE SINGERS

Sunday July 2nd, 2.30pm

Northam Hall (top of Fore Street)

£6 entry at the door
(inc. light refreshments)

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Bideford Pill car park

Bideford Tesco Superstore car park

Northam Bone Hill car park

For dates see Diary Listings

Contact the **See Hear Centre**

Email: seehearnd@livingoptions.org

Web: www.livingoptions.org

Tel: **01271 373236**

SMS: **07831 515809**



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YOUTH PAGE

Summer lovin'.

Summer's close enough to smell. Mown grass, dewy flowers, tarmac so soft it appears to have melted; not ideal on the roads, but a good barometer of the seasons all the same... So when the hay fever's raging and the cars are sinking fast, there's a third problem in the distance- we need to get beach ready.

To be honest, an awful lot of us don't, we just feel obliged to put in an appearance at the gym. Almost as though an idyllic trip to Gran Canaria is nice, too nice, and must be balanced out with a masochistic 3 hours lashed to an air-walker first, whereupon you realise 2300 steps in, you've only burnt off half a kitkat bar, and there are more calories in the sports drink you've been callously chugging back all day, so all in all you've put on weight. No, Thomas Cook don't accept payment in escrow anymore, they only seem to want it in blood, sweat and painful electrolytes.

It was a cruel twist of fate that put Easter just behind us too. No one wants to wield the wetsuit and bare all when they have 12 pounds of chocolate still coursing through their bloodstream. Lucky for us, Bideford has plenty of outlets to support a health kick. It also happens to have a selection of outdoor spots, and they are even more fun.

If you feel compelled to tone up, cycling can be one of the most serene ways to do it; spin-class not included. If budget cuts forced the Eurovision Song Contest and Tour de France to be held in the same stadium, the resultant strobe-lit, thigh-pounding mess would be very similar. Most gyms put on a Spin at least once each week, and they are intensely fun, but difficult to do every day. **For a regular routine you can stick with, a cruise down the Tarka Trail might be easier.**

Bideford, Barnstaple and Torrington have bicycle hire huts, so no matter what side of the Trail you start at, you can rent a bike for the afternoon without making the grandiose investment of actually buying one. They have three wheelers available if you are a little rusty (or maybe you just want to balance your shopping in the back? That's the excuse we always give- "I don't NEED a trike, but it's much

more practical this way...") Whichever ride you choose, an exciting test is to see how far you can get in the allotted time-slot- manage to make it past Puffing Billy in two hours, and you could ride all the way out to the organic tea rooms for a cuppa. If you manage to make it even further than that one 'noon, why not let us know? It'd be good to have a boast, and it might encourage the rest of us to take you on!

Gyms are perfect for controlled work outs- pinpointing which muscles are being maxed and how long for, but after the lethargy of winter, sometimes it's good to just get moving. And what better way to work on your tan

and be active at the same time than take to the countryside?

The beach and Tarka Trails are treadmills with scenery and the breezy river is just the sort of place to finesse your rowing style when you're sick of the ergometer.

If you must be guilt-tripped into exercise this summer, there are plenty of more fun ways to do it.

Here at Buzz, we tried ourselves, hired a bike for 4 hours and made a 17 mile round trip past the reservoir.

If that doesn't entitle us to a sneaky brownie and some juice at the tea rooms, we'll eat our hats. Hopefully we won't have to though; they're just empty calories.

Millie Sutherland O'Gara

Photo by Arron Porter.



Felicity's Sustainable Fish.

Skate -or now we call them Ray wings. These are the fish species that are most common and therefore sustainable and mainly caught in the Westcountry. You may have noticed that after "Masterchef" programme the BBC direct you to the **Marine Conservation Society website** ; their entry for Skate/Ray says-"If buying spotted ray ask for ray fished in the Bristol Channel (and landed in Appledore) for assurance of better management in this fishery. The North Devon Fishermen Association (NDFA) members voluntarily adhere to a minimum landing size (MLS). of 45cm for all ray species to assist growth and spawning".



Ray wings with asparagus and rosemary and garlic dressing

Ingredients

10(lots)rosemary sprigs with leaves picked
small tsp of sea salt
1 large clove of garlic
squeeze of lemon
5 tbsp. extra virgin oil
1 large Ray wing, halved or 2 small ray wings
100g plain flour
230g asparagus trimmed

Method

1.For the dressing, put the rosemary leaves in a pestle and mortar with the salt and (peeled) garlic clove. Pound relentlessly until you have a smooth paste up to 10 minutes! Add a squeeze of lemon and slowly pour in 3tbsp olive oil, stirring as you go with the pestle until everything is combined.

2. Season the ray wings, Put the flour onto a plate and coat the fish on both sides. Heat 2 tbsp. olive oil in a large frying pan over a medium high heat. Fry the ray for 4-5 minutes on both sides, until cooked through and golden.
3. Meanwhile, bring a large pot of salted water to the boil, Simmer the asparagus for 2-3 minutes, until just tender but with a little bite. Drain well.

4. Serve the cooked ray wing with the asparagus and the dressing drizzled over.

*This month's fish festival is the **Seaweed Festival in Clovelly on Sunday 4th June** - Please come along as I will be selling laver sausage hotdogs and other savoury fishy delights.*

You will be amazed at the world of seaweed. Bring your own and ask the experts what is the best use for your particular selection.

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100 years ago – June 1917

Many of the items of interest in this month's editions are centred around agriculture and the implications the War is having on local businesses and farms.

Heard Bros are advertising Avery Farm Tractors for sale with additional tractors on their way "by Rail in this Country from America".

Tattersills, grocers in Bideford, announce that growers of fruit may apply for sugar for preserving their produce. Special arrangements have been put in place by the Government and to obtain a supply you must apply in writing to Mr C. S. Rewcastle, Mincing Lane, London.

With the advent of some fine weather and the stopping of the Bideford to Appledore railway, there has been a considerable renewal of boating between Appledore and Bideford for marketing purposes. On Tuesday last over 20 boats brought marketgoers from Appledore and were moored near the flagstaff on Bideford Quay.

In local news, at Appledore 12 boats fishing in the estuary took 100 salmon ranging up to 23 lbs each on one tide.

At a meeting held in Hartland School and chaired by W T Braddick, a scheme for food production was discussed. Of 150,000 acres in Devon in food production, 60,000 are in North Devon and 5,000 additional men would be asked for from the government. 100 motor ploughs could be needed to achieve the target but ploughing small fields would be a problem.

In the editorial columns local soldiers are mentioned. Private W S Panter, Bideford, promoted to Corporal at 1/6 Devonshire Regt HQ. Gunner Henry Hopper of Meddon Street, Bideford, wounded. Two sons of Charles Northcott, Clifton Street, Bideford, promoted. Gunner Turner, Kingsley Terrace, Bideford, recently gassed is now in hospital. Gunner Wilfred Foley, Cornwall Terrace, Clovelly Road, awarded DSM. Sgt Edward Hoooper, the third son of Thomas Hooper, Geneva Place, was missing is now confirmed dead. Randolph Goodenough of Meddon Street, passed away in France. There are six more reported deaths in the village and district news columns in one week alone.

Men aged between 41 and 50 are no longer considered for conscription but fit men will still be able to enlist.

Property for Sale: 11 Milton Place, Bideford, tenanted by Mr George Violet, 12 Milton Place, tenanted by William Verran and 13 Milton Place tenanted by Miss Nancekivell. Woodbine Cottage, Cross Street, Northam. A pasture field of 3 acres known as East Lamb Park adjoining Commons Farm, Northam.

These and many more items of local interest are available to read at the Bideford Community Archive at the Council Offices, Windmill Lane, Northam. Tel: 01237 471714. Open Monday, Tuesday and Wednesday mornings.

Another photo from Bideford Blues' Archives.

1931. (Going by films on at Palace Theatre).



June Diary

Thursday 1st

'Something Fishy' photography competition. Westward Ho! Seaside Festival at Holy Trinity Church(until 4th)

10am-12pm See Hear on Wheels at Hartland Pavilion

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

12-4pm Shore to Shore Exhibition at Westward Ho! Baptist Church

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

2-3pm Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666

2-4pm Holy Trinity Church W Ho! open.

2-4.30pm Summer Fayre at Sacred Heart Church, North Road 472357

2-5pm Open Garden & Tea for N D Hospice, 24 Bude Street, Appledore

6.15-10pm WHAAM Summer, Kingsley Hall, Westward Ho! in aid of RNLI

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

7.30pm Appledore Men's Group at Appledore Library Meeting Rm. 425427

7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801

8pm Bideford Folk Club at Joiners Arms

Friday 2nd

10am-4pm Shore to Shore Exhibition at Westward Ho! Baptist Church

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

2.30-4.30pm Torridge Table Tennis Club at Bideford Youth Centre

5pm Auction of Promises in aid of Appledore RNLI at W.Ho! Baptist Ch.

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

8pm Ceilidh Club at Northam Hall

Saturday 3rd

10am-3pm Summer Fayre at Moreton Court, Abbotsham Road

10am-4pm Shore to Shore Exhibition at Westward Ho! Baptist Church

4.30pm Bideford Band Concert at Seaside Festival, Westward Ho! Green.

7pm Film Club at Littleham Village Hall. 471928

7pm Concert by 'Encore' at Holy Trinity Church, Westward Ho! 429798

Sunday 4th

10am- 5pm Seaweed Festival at Clovelly 431781.

12-5pm Family Fun Day in Victoria Park with Bideford Ladies FC.

Monday 5th

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

7pm Tai Chi at Bideford High Street Methodist Church Hall. 472532

7pm Appledore Band Concert – training band followed by senior band at 7.45pm on Appledore Quay(St Mary's Ch. if wet)

7.15pm Appledore Singers rehearse at Appledore Baptist Church. 420652

8.30pm N Devon Jazz Club, the Beaver, Appledore – Nicolas Meier Group

Tuesday 6th

10am-1pm Lavington Church coffee and lunches

10.30am Walking for Health. 421528

2pm Bideford WI, New Sea Cadet Bldg

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

7.30pm Bideford Sustainability Group at Blacksmiths Arms

7.30pm Bideford Camera Club meet at Chubb/Churchill hall 421391

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

Wednesday 7th

9.30am-2.30pm Free Social Club for ages 19+ at Happy Café, W Ho!

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

10am-3pm Westward Ho! Crafters Market at W.Ho! Baptist Church 479474

10.30am Parkinson's UK coffee morning Ethelwynne Brown Close. 478128

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

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

1.30-3.30pm Knit & Natter Group at Holy Trinity hall, Westward Ho! 475720

4-6pm Sew Together at Northam Library

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

7.30pm Two Rivers Wind Ensemble Rehearsal at Bideford Band Room

7.30pm Bideford Phoenix Morris at Westward Ho! 473798

8pm Torridge Male Voice Choir meets at Woolserly Village Hall. 441601

Thursday 8th General Election Day

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

1-3pm Families for Children (adoption) info meeting at Voice FM Meeting Rm, Belle Meadow, Albert Lane, Barnstaple

2-3pm Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666

2-4pm Holy Trinity Church W Ho! open

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

7pm Veronica Henry at Bideford Library tel 476075 Free but need to book.

7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801

7.30pm N Devon British Bike Club at Robin's Nest

8pm Bideford Folk Club at Joiners Arms

Friday 9th

12-2pm 'Big in the Ho!' Lunch at Kingsley Hall, Westward Ho!

2.30-4.30pm Torridge Table Tennis Club at Bideford Youth Centre

7.30pm Abbotsham WI in Village Hall

7.30pm Bideford Machine Knitting Club at Chubb/Churchill Comm. Hall. 477532

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

8pm Ceilidh Club at Northam Hall

Saturday 10th

9am Boat Jumble & Car Boot sale at Skern Lodge in aid of RNLI

9.30am Bideford Band Solo & Quartet Contest at Kingsley School. 475653

2-4pm Bideford Creative Writing Group at Bideford Library. 700901

7pm BrightStars Theatre Group Quiz in aid of Devon Freewheelers tel 421956 or 07773194035 to book a table.

Monday 12th

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

2.30pm Monday Club meet at Bideford Methodist Church

7pm Tai Chi at Bideford High Street Methodist Church Hall. 472532

7pm Appledore Band Concert – training band followed by senior band at 7.45pm on Appledore Quay(St Mary's Ch if wet)

7.15pm Appledore Singers rehearse at Appledore Baptist Church. 420652

Tuesday 13th

Bideford Gardeners' Club – outing to Gate House, Lee Bay 423582

10am-1pm Lavington Church coffee and lunches

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

10.30am Walking for Health. 421528

11.45am-12.45pm Tai Chi at Northam Community Hall

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

2.30pm Lift Off for Ladies at Westward Ho! Baptist Church. 425471

7pm Torridge Ramblers historical evening walk 429080

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

07977184897

7.30pm Bideford Camera Club meet at Chubb/Churchill hall 421391

7.30pm Lions Club meet at Royal Hotel. Visiting Lions welcome

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

Palladium Club *Jam Night*

Wednesday 14th

9.30am-2.30pm Free Social Club for ages 19+ at Happy Café, W Ho!

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

10.15am Probus Club at Royal Hotel

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

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

12.30pm Oasis Community Lunch at W. Ho! Baptist Church 01409 241176

2pm Tea with Friends at St Mary's Ch.

2-3.30pm 'Bideford Friends' at Burton Art Gallery. 01805 622666

4-6pm Sew Together at Northam Library

June Diary

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

7.30pm Two Rivers Wind Ensemble Rehearsal Bideford Band Room

7.45pm Bideford Phoenix Morris at Thatched Inn, Abbotsham

8pm Torridge Male Voice Choir meets at Woolserly Village Hall. 441601

Thursday 15th

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

11am Bideford Sustainability Group Coffee Morning at Green Goose

12.30-2pm Fish & Chip Club for over 60s at Royal Plaice, Appledore. 471394

2-3pm Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666

2-4pm Holy Trinity Church W Ho! open

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

7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801

7.30pm Bideford Band Concert at Westward Ho! Green(Baptist Ch if wet)

8pm Bideford Folk Club at Joiners Arms

Friday 16th

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

12pm Devonshire Assn - modern dairy farm visit. 472135

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

2.30-4.30pm Torridge Table Tennis Club at Bideford Youth Centre

7.30pm Summer Soul Night at Pier House Westward Ho! Tel 07980420754

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

8pm Ceilidh Club at Northam Hall

Saturday 17th

8.30am Men's Fellowship Breakfast at Westward Ho! Baptist Church 451681

10am Bideford Regatta

Sunday 18th

2pm Torridge Ramblers walk 451643

7.30pm 'Songs from the Heart' a Summer musical concert at the Methodist Church, High Street, Bideford

Monday 19th

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

2pm Bideford Ladies Club at Marlborough Court. 421925

7pm Tai Chi at Bideford High Street Methodist Church Hall. 472532

7pm Appledore Band Concert – training band followed by senior band at 7.45pm on Appledore Quay(St Mary's Ch if wet)

7.15pm Appledore Singers rehearse at Appledore Baptist Church. 420652

7.30pm Appledore Amateur Radio Club, Appledore Football Social Club 473251

8.30pm N Devon Jazz Club, the Beaver, Appledore – Rob Terry Trio

Tuesday 20th

10am-1pm Lavington Church coffee

and lunches

10.30am Walking for Health. 421528

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

2.30pm Lift Off for Ladies at Baptist Church, Westward Ho! 425471

7.30pm Bideford Camera Club meet at Chubb/Churchill hall 421391

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

Wednesday 21st

9.30am-2.30pm Free Social Club for ages 19+ at Happy Café, W Ho!

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

10am-3pm Westward Ho! Crafters Market at W.Ho! Baptist Church 479474

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

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

1.30-3.30pm Knit & Natter Group at Holy Trinity hall, Westward Ho! 475720

4-6pm Sew Together at Northam Library

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

7.30pm Two Rivers Wind Ensemble Rehearsal at Bideford Band Room

7.45pm Bideford Phoenix Morris at Pig on the Hill

8pm Torridge Male Voice Choir meets at Woolserly Village Hall. 441601

Thursday 22nd

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

10-11 & 11-12 Tai Chi, Marlborough Ct.

2-3pm Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666

2-4pm Holy Trinity Church W Ho! open

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

7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801

7.30pm Bideford Band Concert at Westward Ho! Green(Baptist Ch if wet)

7.30pm N Devon British Bike Club at Robin's Nest

8pm Bideford Folk Club at Joiners Arms

Friday 23rd

10am-12pm Coffee, Craft & Chat at Old School Rm, 17 Atlantic Way, W Ho!

2.30-4.30pm Torridge Table Tennis Club at Bideford Youth Centre 01271 861797

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

8pm Ceilidh Club at Northam Hall

Saturday 24th

10am Torridge Ramblers day walk 429080

Sunday 25th

10am-4pm Pannier Market : Festival of Ceramics.

Monday 26th

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

6.30pm '1069 & all that' talk by Nick Arnold at Northam Library. 475111

7pm Appledore Band Concert – training band followed by senior band at 7.45pm on Appledore Quay (St Mary's Ch if wet)

7pm Tai Chi at Bideford High Street Methodist Church Hall. 472532

7.15pm Appledore Singers rehearse at Appledore Baptist Church. 420652

Tuesday 27th

10am-1pm Lavington Church coffee and lunches

10.30am Walking for Health. 421528

11.45am-12.45pm Tai Chi at Northam Community Hall

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

2.30pm Lift Off for Ladies at Westward Ho! Baptist Church. 425471

7.30pm Bideford Camera Club meet at Chubb/Churchill hall 421391

7.30pm Lions Club meet at Royal Hotel. Visiting Lions welcome

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

Wednesday 28th

9.30am-2.30pm Free Social Club for ages 19+ at Happy Café, W Ho!

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

10.15am Probuc Club at Royal Hotel

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

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

2-3.30pm 'Bideford Friends' at Burton Art Gallery. 01805 622666

4-6pm Sew Together at Northam Library

7.30pm Two Rivers Wind Ensemble Rehearsal at Bideford Band Room

8pm Torridge Male Voice Choir meets at Woolserly Village Hall. 441601

Thursday 29th

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

10-11 & 11-12 Tai Chi, Marlborough Ct.

2-3pm Seated Exercise for over 60s at W Ho! Baptist Hall. 01805 622666

2-4pm Holy Trinity Church W Ho! open

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

7.30pm Scottish Country Dancing at Westleigh Village Hall. 473801

7.30pm Bideford Band Concert at Westward Ho! Green(Baptist Ch if wet)

7.45pm Bideford Phoenix Morris + Borderline Morris at Beaver, Appledore

8pm Bideford Folk Club at Joiners Arms

Friday 30th

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

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

8pm Ceilidh Club at Northam Hall