



BIDEFORD BUZZ



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



This month's picture, featuring a 'March Hare', is an original watercolour by Tanya Landman. Tanya lives locally and is the author of many very successful books for children and young people. She won the Carnegie Medal in 2015 for her novel *Buffalo Soldier*. Her novels have been shortlisted for numerous other awards.

Tanya's artwork will be on show at an exhibition at The Plough, Torrington in the Autumn.

"Landman brings a unique creativity to her paintings, constructing a powerful look into what remains of wild Britain – its animals, its landscapes, its climate and, most importantly, its soul."

I.B. For more information visit *Tanya Landman Art* on facebook or www.tanyalandman.com.

Have your pictures printed in Buzz

Are you a keen artist or photographer; do you have some pictures of the local area?

Now we have the new colour look we would like to feature more images (space permitting).

Send to editor@bidefordbuzz.org.uk or to the address below, remembering to include your copyright and permission to publish.

What's Inside This Month's Buzz?

- ◆ The Iron Bridge (continued)
- ◆ Rockpooling
- ◆ Keep Fit
- ◆ Women's History Month
- ◆ Protheroe Smith - Bidefordian and pioneering doctor
- ◆ Plus our regular items ...

CONTACT BUZZ

Bideford Buzz is produced by a team of volunteers with practical assistance from Torridge District Council, Torridge Voluntary Services, Bideford Town Council, Bideford Bridge Trust, 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 £25 per box per month. Cheques payable to Bideford Buzz Newsletter Group. All items for inclusion should be sent by the 11th of the month to the Editor, Rose Arno. Further information about us can be obtained from the Buzz on 01237 476549. 3,500 copies are printed monthly.

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

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

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Bideford Town Council

Buzz Bits

Way of the Wharves – an Oral History project.

Two of the 'Way of the Wharves' volunteers, Becky and Lou, had the honour of recording the project's first "oral history" of 2018. They interviewed 85-year-old boxer Sammy Wrey about his life, living, working, and being mischievous around Bideford's wharves. Sammy has led a very colourful life - going through some tough times, fun times and achieving extraordinary success in his boxing and other work around Bideford. His oral history, and many more, will be going on our new website which will be launched later this year.

If you have a story to tell about your life working, living and playing, on and around the estuary, then there will be an open recording drop-in session at the **Royal Hotel on Thursday March 8 from 3-5pm.**

We're really keen to get more local people to speak up about their lives and personal stories from living in, on and around Bideford's estuary. If you can't make the above date, or get to the Royal for any reason, don't worry. We'll happily visit you or meet you for cake and a cuppa somewhere to chat about recording your stories. Just email me on project@bbcdevon.org and we'll arrange a time and place convenient for you. (Alternatively Buzz can take your enquiries and pass them on)

Anthony Burt Project Co-ordinator.



'Bright Star's panto,' Dick Whittington and his cat', raised £1,000, for 'Shelterbox', (our chosen charity for this year) and also £500 for Northam Methodist Church. We do appreciate the loyalty, both of people who come to our events every year, and newcomers.

Maggie Smale.

North Devon Hospice and Big Breakfast 2018 in March

Please come along and support your local Big Breakfast at: **Rock Pool Café, Westward Ho! Tues 6th March 9.00am-11.00am ; The Thatched Inn, Abbotsham Sat 10th March 8.30am - 11.30am**. You can be sure of a warm welcome so please support our generous Big Breakfast providers if you can. The money raised through Big Breakfast, (which is sponsored by Phillip Dennis Foodservice,) will help North Devon Hospice care for local people who are suffering from the impact of cancer and other life-limiting illnesses. All Hospice services are provided completely free of charge, but our running costs amount to £4million each year.



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I would like to pay for a year's subscription to Bideford Buzz at a cost of £13 a year. This amount covers the cost of postage and makes a small contribution to the Buzz. Postage is second class and you receive 11 issues (including the Christmas Double issue).

I enclose a cheque for £_____ made out to Bideford Buzz.

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On Monday last, the Providence, of Newport, 80 Tons register, with a striking mast, past under one of the arches of our Long Bridge. and proceeded up the river to Landcross, having on board a new Cast Iron Bridge, which is to be erected across the canal at that place, on the new line of road now making between this Town and Torrington.

Bideford's Iron Bridge (s) - story continued.....

From last month's Buzz. *'Mention the 'Iron Bridge' and every Bidefordian will know where you mean – but there were once two such bridges. The first and earliest was at Landcross on the Bideford-Torrington road and was a prefabricated structure probably made in South Wales. It was brought to North Devon by boat in 1825 when the present riverside road to Torrington was being constructed. (See above.) It was rebuilt using steel in 1926.*

The second 'Iron Bridge' is the more familiar one over the Torridge that used to carry the railway to Meeth and is now part of the Tarka Trail. This was built when the railway was extended to Torrington in the early 1870s – but its construction was not without controversy.' **Now read on.....**



In September 1869 the Mayor of Bideford, C. Pedler, wrote to the Board of Trade opposing the 'construction of a railway bridge by the London and South Western Railway Company across the Torridge' on the basis it would impede the river for boats. The Board passed this letter on to Mr. Galbraith engineer-in-charge of the new line who replied 'Bideford town council could not be serious in opposing the construction of the proposed bridge across the Torridge as it will improve rather than injure the navigation of the river.'

In November of that year the council held a 'Special Meeting' to discuss the proposed bridge which saw tempers fraying – and when the vote was taken to oppose its construction the vote was split equally between those for and against. A journalist who attended the meeting noted 'the proceedings were unfit for reproduction in any respectable newspaper.'

The railway company merely pushed on with the scheme though in October 1870 councillors reckoned there had been 'a deviation on the original plans and an encroachment on the river' – an allegation repeated in November 1871. Indeed so incensed were they over this presumed illegality they sent the Borough Surveyor up to London to trace the original plans to bolster their argument. Unfortunately the surveyor had to report that 'from a careful examination he was satisfied that the work was being done according to the plans.' By now the bridge was virtually complete and so the councillors withdrew their objections - and the bridge went on to become an iconic part of the scenery on this part of the river.

Today. *The iron (railway) bridge is now the property of Devon County Council and was recently repainted. The Tarka Trail comes under the management of Martin Caddy of DCC who is Public Rights of Way Officer for all this end of Devon.*

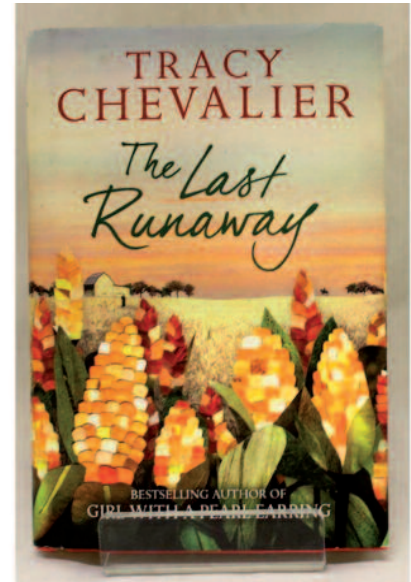
The Tarka Valley Railway was formed in 2008 to preserve what remained of the railway at the former Torrington Station and to work to begin to rebuild the line back towards Bideford. Planning permission was granted in 2013 for Phase 1 of our extension plans and we are in the final stages of negotiating a lease for the required land from Devon County Council. In July 2015 we obtained charitable status to gain access to heritage lottery funds.

Our members come from all ages and backgrounds and we particularly value passing skills on to our younger members. Come and join us, meet new friends and learn new skills. We can find a job for everyone.

Thursday is our current working party day when members are usually on site between 9 and 4. Join us for a chat, a cup of tea and see our plans for the railway.



Book Buzz



'The last Runaway.' by Tracy Chevalier. (discussed by Bideford Library Readers'Group.)

What a novel - superbly written - full of intrigue and one can only admire Honor's determination strength in a country and family where she was so alone and alien to the very strict Quaker regime. Her eagerness to support the runaway slaves is both humbling and commendable.

The reader is taken through her long, tough voyage by sea. Heartbroken at losing her sister and missing her family back home Honor struggles with a new way of life and it's almost a relief when she meets warm, down-to-earth friend Belle.

Later after being almost stifled in one family her marriage to Jack is happier, but she always feels the outsider within his family too.

The vivid descriptions of her experiences and observations in letters to her family and friends back home are often full of love and positive to the end. Her quilt making helps her to seek acceptance and possibly keeps her sane. She feels trapped and frustrated not just with Jack's family, but within the community. She feels the disapproval from the Haymakers on a daily basis although loves Jack and tries hard to work and accept the very dull and tedious life on the farm.

Honor's courage to support the slaves, risking her life (and her child's) whilst protecting them and confronting Donovan as he persists in his trail to track them down is exciting and the novel is a page turner to the very end! Tracy Chevalier writes with immense knowledge of the Quakers' beliefs and way of life. It is also so visual in the way she explores racism, friendships and survival - all part of Honor's new life in 1850s America.

It was both disturbing and tragic - yet steeped in history and full of adventure.

Margie Summers

PS Not everyone in the group agreed with Margie and some found it difficult to relate to the main character. We all however thought it was a well researched novel.

Feel Better With a Book at Bideford Library!

Come and join our friendly and informal 'Feel Better with a book' group!

The group meet between 10.30 and 12.00 every Wednesday morning at Bideford Library. Enjoy the power of words read aloud in a small friendly group. Relax and listen while a facilitator reads aloud from old and new stories and poems and share responses over a cup of tea. Join in or just sit back and relax! The sessions are free and open to all. For more information about the group please contact **Bideford Library on 01237 476075** or just pop along to one of the sessions and see what you think!



See Hear on Wheels

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Fifty Shades Freed (18)
The 15:17 to Paris (15)
Phantom Thread (15)
The Mercy (12A)
Early Man (PG)
The Shape of Water (15)
I, Tonya (15)
Finding Your Feet (12A)

For information on what's showing and when, please see our weekly advert in the North Devon Gazette, or visit our website on www.bidefordcinema.org.uk

Connections – (our occasional series about people with connections to North Devon.)

Protheroe Smith (1809-1889)

Protheroe Smith was born in 1809 in Bridgeland Street, Bideford, the son of a doctor, William Smith, and one of twenty children. He was educated at Bideford Grammar School and was destined for a military career, but injured his hip in an athletic activity, which put paid to his career as a soldier.

He decided on a medical career instead and in 1833, qualified as a surgeon, at St. Bartholomew's Hospital in London. Here he was appointed Lecturer in Midwifery and Diseases of Women, one of only two such posts in Great Britain and Ireland.

At this time, gynaecology was very much in its infancy, and very definitely a Cinderella subject. Smith was only the second person ever to carry out an ovariectomy without anaesthetics (on a woman who lived another 45 years), and the first to do the same operation with anaesthetics. An argument raged at the time, as to whether anaesthetics should be used during childbirth, as the Bible appeared to forbid it. Protheroe Smith argued from the Bible itself that the use of anaesthetics was perfectly acceptable, and wrote a well-known paper on the subject. The matter was sealed however, when Queen Victoria gave birth to her eighth child, with the use of anaesthetics. He was also an enthusiastic inventor of surgical gadgetry.



However his most important achievement was the founding of the first hospital in the world specifically for women.

In those pre-NHS days, hospitals were funded by subscription, but this proved to be an unpopular cause, partly because of its original name, the *Hospital for Diseases of Women*, which meant only one thing to the prudish Victorians: venereal disease.

It took five years and a lot of hard work for Protheroe Smith and a committee of pioneering doctors to gain proper support and funding, but the hospital finally opened in 1843 in Red Lion Square in London, transferring soon afterwards to larger premises in Soho Square, and renamed the *Hospital for Women*. By 1849, it had 5000 outpatients, with 20 beds. Once opened, interest was shown by other cities in England and the USA, and general hospitals soon had gynaecological wards, where females could be treated with more privacy and dignity, and medical expertise developed for women's diseases. Before this, doctors were completely ignorant of female complaints, and simply turned women away.

A later report stated: "*The foundation of this, the first hospital devoted entirely to diseases peculiar to women, is a great milestone in British medicine and gynaecology and has hardly received the recognition it deserves*" He retired from his official post at the hospital in 1885, and died in 1889, aged 80. A memorial plaque celebrating his life and work can be found on the south wall in St. Mary's Church. Possibly Protheroe Smith has done more for humanity than any other Bidefordian, and his story should be better known.

Chris Trigger

Bideford Pannier Market - open Tuesday to Saturday

Don't forget we have entertainment on Easter Saturday with Rob Pudner and Entertainingly Different with their Easter silliness and face-painting (all free.)

Please remember that the FREE bus service from Victoria Park operates every Saturday through to the end of March 2018 - This is available to both locals and tourists

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

Make sure you check out the goods in Market Place from spectacles, toys, music, interior design, beauticians, angling supplies/field sports, wedding dresses, and furniture

Why not learn a new skill or craft? Many of the shops in Butchers Row and the Pannier Market offer training courses including stained glass work, pottery, wood carving, ceramics, needlework, felting, wood turning, painting, drawing, card making, paper crafts – the choices are endless


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followed by refreshments and a chat,
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(opposite the car park)

Everyone is welcome

For further details, contact:

Rob Sharrock: Telephone: 01237 239753

Email: rob.sharrock@gmail.com



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News from the Burton Art Gallery & Museum



The Annual Schools Exhibition continues in all its glory, variety and imaginings, until the **5th March**, so you have just a few days left to enjoy our local children's and students' colourful works of art. As always, we stand back in amazement at the creativity and talent displayed. Their teachers are to be congratulated on inspiring the topics, and collating the exciting work they bring every year. The Burton is proud to host such a distinctive collection of paintings, sculpture, textiles, collages, dioramas and drawings from so many of our local schools.

Diane Arbus, influential American photographer of renown, was born in 1923, and died in 1971. She knew New York City, her birth place, and regularly photographed its people, seeking out their character and personality. She is best known for her black and white portraits, and her photographs are informal, never posed. These revealing images are on show from **17th March**, and during that time there will be opportunities for students to learn from this exhibition, take photographs themselves and enter a competition.. The last day is 11th June, and this exhibition is drawn from the Artists' Rooms collection, funded by the National Lottery, the Art Fund, and the Arts Council England.

Workshops in March include 'Exploring sculpture with Taz Pollard' on the 10th, and making 'Creative Linocuts' on 24th March with Helen Murgatroyd. Booking essential. 01237 471455 Cost for the day: £40 + £5 for materials.

The Friends of the Burton always have something going on, and on **22nd March**, Pamela Thompson will give an illustrated talk on 'John Gould and his Bird Artists.' These are not your everyday birds, but exotic, rare birds from faraway places, and the illustrations are stunningly beautiful.

7.30 p.m. just £5 at the door. All Welcome.

Looking ahead: The Friends invite you to their Annual General Meeting at **10.30 a.m. on 28th April**. After business concludes, the newly appointed Executive Director, Chris Kirby, will be speaking on future plans for the Gallery.

On 17th May, well-known local author, Liz Shakespeare, will enlighten us on the life of Edward Capern, Postman Poet. 7.30 p.m. £5. If you'd like a day out, come with the Friends to the Elizabethan Mansion, Prideaux Place, Padstow, (connections to Richard Grenville). Entry fee £9. Morning visit, afternoon, free time in Padstow. Depart Bideford 9.00 a.m. on Saturday 9th June. To Book: 01237 471455 Coach cost tba.

The Gallery has so much to offer: Cafe du Parc, Craft Gallery, the Bideford Museum and Ceramic Collection, and a Shop, full of delights. Admission free: Open Mon-Sat: 10-4; Sunday, 11-4.

Diana Warmington,

Friends of the Burton Gallery & Museum

Bideford Music Club



The Martinu Piano Trio was formed at the Prague Conservatoire in 1990. Its current line-up of Jaroslav Matějka – cello, Pavel Šafařík – violin and Petr Jiříkovský – piano has remained unchanged since 1993; all of them are outstanding soloists.

They will give the final concert in Bideford Music Club's 60th anniversary season and will perform music by Suk, Haydn, Beethoven and Schubert.

In 1995 the ensemble received the annual Award of the Czech Chamber Music Society attached to the

Czech Philharmonic Orchestra. During the 25 years since their formation the ensemble have performed in many countries and have appeared at major international festivals and venues.

This concert will be held on Wednesday 7th March at the Methodist Church Hall, High Street, Bideford at 7.30 pm. Tickets are available at the door, £13.50, with children and students free. For more information please contact 01237 423112.

Bideford Town Band

The senior band practise on Mondays and Thursdays 7.45pm. The beginners' group and youth band are on Tuesdays -in groups from 6.30pm. New players always welcome to join us.

Becky - Band Secretary: 01237 475653

Buzz Byte

Have you ever heard of a software programme called Adblocker (sometimes referred to as Adblock or Poper blocker)? What is Adblocker? It's exactly what it sounds like, 'a piece of software designed to prevent advertisements from appearing on a web page.'

According to research Adblock Plus is the world's most popular ad blocker, being used on over 100 million devices. As individual's requirements and preferences differ you need to look at the pros and cons of each package to determine which one best suits your needs. Most of these programmes are general adblockers but you can get specific software designed for use with YouTube or Facebook. Again, with personal preference if you like seeing on-line ads then don't install it, but if you like to use the internet without being swamped with offers and enticements to buy products or services then install one of the many software solutions on the market. Packages should allow you to disable the functions on websites of your choice. However some sites use pop-up technology on their websites and you won't be able to view them unless you disable it on that page. Companies are getting wise and you will encounter some sites that identify that you have an adblocker installed and ask for it to be turned off; you have to decide if you want to by reading the accompanying message from the business/charity/individual. Having an adblocker installed should help your browsing speed as the software will prevent unwanted plug-ins or advertising tags.

In the past we have experienced compatibility issues with some internet browsers such as Internet Explorer or Edge but find that Mozilla Firefox or Chrome don't provide too many problems. If you are having trouble accessing some or all of the features on a website, try changing the browser you are opening it in. If that still doesn't work give your local independent computer company a call. If you use your phone to stream data and browse the internet some packages have dedicated mobile ad blocking which would be different from the PC version. **Nickie Baglow** (Complete Computing)

Keep fit! who? me? - why not!

We all like to keep fit as we get older, but somehow the spirit may be willing, but the flesh – and the joints – can be less enthusiastic. I used to play tennis, but that fizzled out when the courts were left to grass; I almost tried golf, but I soon learned never to have one's husband as the teacher. I was never much good at cycling, started to wobble, lost confidence and gave it up. I used to swim before breakfast at the local pool, but got too lazy to get up that early, and I like my cuppa, (brought to me by my man) around 8.30 a.m. I live near a river and could join the Rowing Club, but I somehow think they are looking for younger women, or go running with them in the evenings in luminous clothing. No, not for me. No - I found something I can do, and I'm grateful for it, and I say a big thank you to the **Fitness League** for keeping me fit. It was first known as 'The Women's League of Health & Beauty', founded in the 1920s by Prunella Stack, and although it has changed its name, it still exists all over the U.K. and in fact, all over the Western World. I have a friend in New Zealand who's a member. I joined the League in Nottingham in my early 20s, and when I moved to Bideford, found it again, fit and well in Northam School Hall. It is now at the Pollyfield Centre. I love the routine of movements, set to modern music, loosening - and tightening - my muscles, so I feel energised and strong.



Although I had to give up for many years, I was happy when I retired to find the same tutor, Heather Jordan, still there for me and the many friends I have made when we meet each week. We have a lot of fun, but at the same time we learn a lot about our bodies, how our bones and muscles work, and the most important thing of all as we get older, core strength. We warm up, we exercise – but don't get out of breath, it's not aerobics – we lie down (and get up again!), we dance, we cool down. So good. Keep fit! Yes, it's worth every minute of that hour and a half to come away feeling lighter, so much better about the way we stand, walk, hold ourselves, it's too easy to slouch and flop. So perhaps we'll see you at **Bideford's Pollyfield Centre on Thursdays at 10.30**. No special gear, just leggings and a top, bare feet if you can. Your first time is free, so why not come along! **Diana Warmington**

Club News

Arts Society North Devon *Formerly North Devon Decorative and Fine Arts Society.*

We meet on the second Tuesday of each month at The Durrant House Hotel at 2 p.m. Our March meeting, details below, will be held on the 13th March 2018, The Durrant House Hotel at 2 p.m.

Inside the North Devon Church, “the art of glory”.

All of England's ancient Anglican churches has something to offer visitors but those in North Devon are particularly interesting. In this illustrated lecture Dr Todd Gray MBE (Exeter University) looks at some of the fittings which make North Devon so distinctive. **With such treasures on our doorsteps it is hard to understand why such magnificent churches as Tawstock, Marwood and High Bickington are not universally known across Devon.** (Those who enjoy pre-reading a lecture should look at Dr Gray's Devon's 'Ancient Bench Ends' and 'Devon's Fifty Best Churches'.)



The society is a charity which promotes Education and Conservation in the Arts. Members enjoy a range of Lectures dealing with the History of Art, as well as study days and visits to places of historic interest. Members are encouraged to volunteer to help with the Young Arts Competitions which take place at the Burton each year, Church trails for children, (one was launched in November at St Margaret's Church in Northam, another will be launched at St Mary's in a few months time.) Church recording, and Heritage recording. The Society helps to assist with the funding all of these activities.
Pamela Selman

March Gardening Tips from Bideford Gardeners' Club

Welcome to the Monthly Gardening Tips for March. Hopefully the weather and the ground is warming up a bit and there hasn't been too much winter damage.

Following on from the February notes, fuchsias and roses now need pruning. Cut hardy fuchsias down to the ground and your potted fuchsias trim back by two thirds and repot after cleaning off all the compost. **Rose bushes cut back by about a third, making sure you cut out dead wood and branches that cross-over. If the shoots are frosted cut them out completely. Try and make a nice open centre and a neat shape.** If you have Winter flowering heathers give them a haircut after they finish flowering. Just trim back below the flower stems and make a nice shaped mound.



For Big heathers use garden shears, but turn them over as it helps get the right shape. Doing this now saves them getting woody and leggy.

Our Bideford Gardeners' Club will be visiting Blackmore & Langdon, Pensford, Bath nursery on 11th May for a pre-Chelsea display and chance to buy plants much cheaper than in the catalogue. Spaces on the coach will be limited as we are also visiting Holt Farm, Yeo Valley Organic Yoghurts private garden. We have more trips planned, ask for details

If you need more information and advice why not come along to Bideford Gardeners' Club. Our next meeting is at 7.30pm on 13th March at Bideford Methodist Church Hall, entrance off Honestone Street car park. with Caroline King & Christine Waters on Easter Floral Arrangements (both active members of Atlantic Flower Club) www.bidefordgardenersclub.co.uk for our complete programme.

Good Growing – **Mike Avis - secretary.**

Vegetable Garden

March sees increasing activity in the vegetable plot. Onion sets go in at 100mm intervals, and it's not too late at the same time to plant garlic cloves (only just covered). Under glass: sow lettuce, celery, celeriac, and French beans. In the garden sow carrots, parsnip, spinach, turnip, peas, spring onions, and radish (as a catch-crop). Plant early potatoes.

TA

BIDEFORD COMMUNITY ARCHIVE

100 Years Ago - March 1918

It is reported in the 5th March edition that **HMHS Glenart Castle**, a hospital ship, was torpedoed some miles between Hartland Point and Lundy on 26th February. The ship sank in several minutes and only a few of the 182 on board were saved. This action took place in an area specially designated as a free zone and not liable to attack. (A memorial stone is on the cliff path at Hartland)

Property for Sale: Hole, Seldon & Ward offer Nos. 11, 12, & 13 Milton Place Bideford, and 1 & 2 Torridge Street, Bideford East. Also stables premises at Westward Ho! totalling ½ acre which later became Twose Garage (now also demolished and rebuilt as Nelson Court).

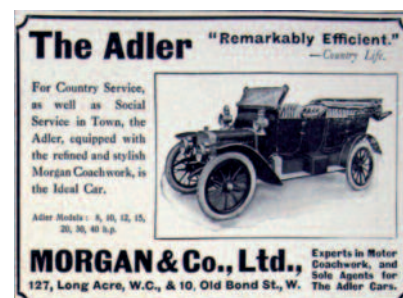
Bideford Food Control. Mr R S Chope reported that requisitioned stocks are now in hand of margarine and will be available on 25rd March for general distribution. All retailers have been trained to administer the coupon rationing system except one retailer who was selling his stock without a certificate of approval. Application from dairymen to sell margarine from their carts to meet the demands of ration cards were approved. In last month's article we reported that meat was becoming very scarce. Early this month a considerable quantity of venison was made available by Mrs Clemison and distributed at markets across our region priced at 8d per pound. It is also reported that store cattle, sheep, store hogs, bullocks, cows and calves were all in good supply and fetching reasonable prices.

Bideford Council have applied for another field in the Hartland Road area, currently owned by Sir George Kekewith, to be purchased and converted to allotments. The owner is prepared to sell but the tenant objects. War Agricultural powers will be invoked to compulsorily purchase the land. Since the outbreak of war the council have provided 150 allotments totalling 20 acres around the town.

Silent Knight – Minerva 6 person tourer. 4 speeds and reverse. Cape cart extension hood with side curtains. Beatsonon double folding windscreen. Upholstered in brown leather and well stuffed.



Minerva 1910 Closed Coach Limo



An Adler 12hp touring car seats 5 people. Body by Morgan of London painted dark blue. Owned by a doctor

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 or visit our website www.bidefordarchive.org.uk.

Unlucky for some

Friday 13th April. Lions Club of Bideford and Bideford Football Club Quiz Night at Robin's Nest. Teams of up to 6 are invited to take part at a cost of £6 per person to include a light supper. Bar available. For more information or to book a table please call Geoff on 01237 474717 or Jeanette on 01271 858840. Proceeds will go to Lions Club local charities and Bideford Football Club.



Let's go Rockpooling!

There are four types of shoreline: Muddy, Shingle, Rocky and Sandy. Here in Bideford area we are blessed with all of these but if you are going rockpooling, the obvious place to go is Westward Ho! There you will find the sandy and rocky shore and the best place to start is to the left of the slipway where the rocks begin at the low tide.

To keep it simple, the shore is divided into 3 zones: Upper, mid and lower. Although the species overlap, you are more likely to find the interesting species in the mid and lower shore zones.

When rockpooling you will need some basic things: wellies or shoes you can get wet, a bucket and an ID Guide. **It is not recommended you use a net as they can damage many rockpool animals!**



Stalked jellyfish.

(c.) Jan Whittington.

The Rockpool Code:

Tread very carefully. Seaweed can be very slippery if you walk on it.

Don't knock limpets off the rocks. They anchor themselves to their "home scar" and trap water beneath their shell.

Any creatures you put in a bucket must be kept cool by frequently changing the water when the sun warms it and they must be released where you found them. Some creatures like dark weedy places and do not like being exposed to the sun!

Do not poke anemones. They can sting, and you can damage them.

If you turn stones over to see what lives beneath, please turn them back as you found them.

Respect any animals you find.

Here are some of the things you might find: limpets, barnacles, crabs, prawns, small fish, worms of many different types, molluscs (shells) anemones and of course seaweeds. **And some with very long names like the creature in the picture!**



Lucernariopsis cruxmelitensis.

(c.) Jan Whittington.

The main thing to remember is **HAVE FUN!**

Coastwise North Devon are running a Public Rockpool Ramble on B H Monday 28th May at Westward Ho!. Meet on the slipway at 11.00 (11.00 – 13.00)

Jan Whittington

Women's History Month

February 2018 marks 100 years since the passing of the Representation of the People Act which gave women over 30 and with £5 of property the right to vote ; this March as we celebrate Women's History Month it is important to remember the sacrifices and courage of Devon and Bideford women who fought so hard for equality and democratic representation, especially in the 10 years leading up to the Equal Franchise Act of 1928. Devon has many links to the women's Suffrage movement and its success, as well as to prominent women within the movement. Emmeline Pankhurst, one of the founders of the WSPU, was arrested in Plymouth and spent time in Exeter prison during the time of the "Cat and Mouse Act ," as well as links between Christabel and protests in Torquay. Throughout the year there are multiple exhibitions, both locally and nationally, to mark the centenary so look out for them in the press and on line.

Lucy Braund.

Felicity's Fish

Charles Kingsley wrote the 'Water Babies' in Victorian times. In the story Tom, the chimney sweep's boy meets the gentleman salmon and the nosey drift of trout when he jumps in the river to become clean and safe! He plays with the mackerel and herring whom he meets at the mouth of the river where it joins the sea.



On Saturday 3rd March there will be a smoked fish **Demonstration and Tasting Day** at Pannier Pantry in the historic Custom House at the corner of Bridgeland Street. Smoked fish pate tasting all day and fish tea recipe demonstrations and tasting in the afternoon. There will be recipes for smoked salmon, mackerel and lots of smoked trout salads ideas as well as for kipper and seasonal smoked cod roes, and other unusual smoked fish. A range of Devon smoked fish is now on sale at the Pannier Pantry. **Note** Correction to last month's photo (1988, not 98)

Smoked Mackerel, Chilli and Lemon fishcakes for 8 fishcakes or 4 burgers

Here is an interesting recipe for smoked mackerel fishcakes -quick and easy. You could make 4 large ones for a satisfying supper, even served in a burger!

Ingredients

500g potatoes
Flat-leaf parsley
lemon juice
chilli flakes
300g smoked mackerel fillets
1 tbsp. flour and some for dusting
2 tblsp. oil

Method

1. Peel, dice and boil the potatoes for 15 mins.
2. Chop the parsley.
3. Drain and mash the potatoes with the parsley, chilli flakes and lemon juice.
4. Flake the fish into the mash, add the flour and mix well.
5. Put them on a plate and chill in the fridge for 30mins. (or freeze for future use)
6. Heat oil in the large frying pan and cook on medium heat for 7mins. each side.

Serve with green vegetables and tartare sauce or horseradish sauce with added mayonnaise.

These cheese scones are extra delicious served with cream cheese and smoked salmon. They can be served for fish teas

Cheddar and Smoked salmon scones

Ingredients

225g self-raising flour, plus extra for dusting
1tsp. baking powder
50g salted butter, diced
100g Mature Cheddar Cheese
150ml milk, plus extra for brushing
100g Smoked Salmon
Chives and lemon



Method

Preheat the oven to 220C or gas mark 7. Stir together the flour and baking powder, then using your figure tips run in the butter until it resembles breadcrumbs. Using a table knife stir in $\frac{3}{4}$ of the cheese and then the milk to make a fairly soft dough. On a lightly floured surface pat the dough out to a thickness of 2cm and stamp out 5cm -wide rounds. Reuse the trimmings, to make 12 scones. Transfer to a baking tray, brush lightly with milk and scatter over the reserved cheese. Bake for 10-12 minutes until golden brown. Transfer to a wire rack and leave to cool.

Spilt each scone in half, spread the base with soft cheese and chives and add a piece of smoked salmon and replace the top. Serve with small slices of lemon wedges for squeezing over the salmon. (Photo of scones is courtesy of Waitrose Cards.)



SHIPPING NOTES



Ship in Port Bideford.	Flag Owners	From	To	Arrived	Sailed	Crew	Cargo Loaded
Celtic Crusader ex Scorpis 98 Lamago 13 Built 1994	Cardiff British	Lexioes	Castellon	18/01/18	20/01/18	Polish Russian Latvian	2100 tons ball clay.

Appledore

The 4th vessel for the Irish Navy will be floated out from the building dock on the 2nd March h.w. 06.00.
She will be named LE George Bernard Shaw.



Bristol Channel Observations

19.1.18 at 07.20 container ship **BF Cartagena** 5218 tons d.w., owners Paula Foroohari Schiffahrts Germany, inward bound for Newport. At 11.05 vehicle carrier **Vega Leader** 16396 tons d.w. owners Nippon Yusen Kaisha Japan, having sailed from Portbury at 07.48.
25.1.18 at 16.45 bulk carrier **Yeoman Bank** 38997 tons d.w, owners Aggregate Industries UK Ltd UK outward bound from Portbury, having sailed at 09.49.
26.1.18 at 08.25 cargo vessel **Mekthanik Krashovski** 2650 tons d.w, owners Joint Stock Northern Shipping Co Russia, outward bound from Sharpness having sailed at 00.29. At 14.30 vehicle carrier **Grand Hero** 18085 tons d.w, owners Cido Shipping H.K. Co Ltd Hong Kong China inward bound for Portbury.
30.1.18 at 10.40 vehicle carrier **Ciudad de Cadiz** 3500 tons d.w. owners Anja 2 SNC France, outward bound from Portbury having sailed at 05.23.
31.1.18 at 09.10 vehicle carrier **Graceful Leader** 20986 tons d.w, owners Ray Car Carrier Ltd Israel (in the colours of Nippon Yusen Kaisha Japan) inward bound for Portbury

(At 10.10 **1.2.18** vessel seen again outward bound, having sailed at 04.48.)
1.2.18 at 08.25 vehicle carrier **Fidello** 30137 tons d.w, owners Wallenius Wilhelmsen Norway and Sweden, inward bound for Portbury.
2.2.18 at 08.00 vehicle carrier **Virgo Leader** 20111 tons d.w, owners Nippon Yusen Kaisha Japan inward bound for Portbury. At 11.02 bulk carrier **Aasnes** 7158 d.w. owners Hans Martin Torkelsen Norway, outward from from Portbury, having sailed at 05.57. At 13.25 cargo vessel **Wilson Calais** 4450 tons d.w, Wilson SA Norway having sailed from Newport at 07.51. At 14.30 cement carrier **Ronez** 1117 tons d.w. owners Heulin -Renouf Shipping Ltd Channel Islands Exeter inward bound for Port Talbot.
3.2.18 at 11.40 vehicle carrier **Virgo Leader** 20111 tons d.w, owners Nippon Yusen Kaisha of Japan outward bound from Portbury, having sailed at 06.43. At 13.42 bulk carrier **Neptune** 32318 tons d.w owners Briana Shipping Co Pte Ltd Singapore, outward bound from Avonmouth, having sailed 07.54.

Norman.01271 861883

News from the RNLI Lifeboat Station

There was an increase in activity in 2017 over the previous year with 60 launches in 2017 as opposed to 48 in 2016. One life was saved, 15 people were assisted who would have got into a more serious situation without assistance and the crew had the unpleasant task of recovering 3 bodies.

Around 75% of the launches were for services within the estuary and both the Taw and Torridge rivers. The station has seen a significant increase over the last couple of years in the volume of launches for potential or actual suicides and searches for missing persons with mental health problems. In October the Lifeboat Operations Manager – Wendy Dale retired after some 13 years of service and she will be sorely missed by many. Her replacement as the Lifeboat Operations Manager is Tony Merrill.

Sandy Peace - Honorary Secretary RNLI.

March Diary

We're here weekly

Mondays

10am-12noon Appledore Community Art Group at Appledore Community Hall. 01237 425541. williams-c60@sky.com

7pm Tai Chi at Bideford Methodist Church Hall. 01237 472532

7pm Appledore Band – training band St Mary's Church Hall, Appledore, followed by senior band Contact Hugh Secretary 473723.

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

7.15pm Appledore Singers rehearse at Appledore Baptist Church. 420652

Tuesdays

10am-1pm Lavington Church coffee and lunches.

10.30am Walking for Health. 421528

11.45-12.45 Tai Chi at Northam Community Hall : TorrAGE Ageing Well 01805 622666

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

2.30pm 'Lift Off for Ladies' at Westward Ho! Baptist Church; speakers and cuppa. 01237 425471

6.30pm Bideford Band Beginners rehearse. New members welcome. Victoria Park Band Room 475653

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

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

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

Wednesdays

10am - 12 noon.Bideford Healing Group meet at the Sea Cadets Hall in Park Lane

10.30am-12noon 'Feel better with a book' at Bideford Library. 01237 476075

10.30am Walking for health in Victoria Park. Meet at Café du Parc. 01237 421528

10.30-11.30am Tai Chi SW, free classes for over 50s, G4 Gym, Dadden Court Ind Est. 01237 478802

2pm Tea with Friends at St Mary's Church

2.15-3.30pm 'Fit as a Fiddle.' Buckland Brewer Church school room : TorrAGE Ageing Well, 01805 622666

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

7.30pm Bideford Folk Dance Club at Northam Hall. 01237 423554

7.30pm Bideford Phoenix Morris practice at Bideford Baptist Church. 01237 473798

8pm Torridge Male Voice choir rehearse at Woolserly Village Hall. 01237 441601

Thursdays

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

10:15am - 12 noon Northam & District Men's Forum: Methodist Church Hall, Cross Street, Northam. Contact Mike on (01237) 459324 for more information.

10-11am and 11-12noon Tai Chi at Marlborough Court.01805 622666

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

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

2.15pm Thursday Fellowship at Northam Methodist Hall. 01237 421956

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

8pm Bideford Folk Club at Joiners' Arms.

Fridays

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

2.30-4.30pm Torridge Table Tennis Club at Bideford Youth Centre. 01237 477932

4-6pm Needlecrafts at Bideford Library. 01237 476075

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

8pm Ceilidh Club Northam Hall. 01237 476632

Saturdays

10am – 12noon Children's Lego Club at Bideford Library.0237 467075

10.30am – 12.30 Scrabble club at Bideford Library.01237 476075

Sundays

7.45pm ND Cancer Care Quiz at Lacey's Ale and Cider House, Mill St Bideford. £3 per person, teams up to 6. All welcome, contact Neil 01237 473798

And we're not

Thursday 1st

9.30 am Torridge Ramblers' Day Trip. Contact 01237 429080.

10am-1pm See Hear on Wheels (SHoW) bus at The Pill car park 01271 373236 Mobile: 07831 515809 Email: seehearnd@living options.org

10.30am Walking for Health along the Tarka Trail meet Clarence Wharf car park 01237 421528

2pm Westward Ho! WI meets at Old School Room, Kingsley Hall

2-4pm See Hear on Wheels (SHoW) bus at The Pill car park 01271 373236.

7.30pm – 8.30pm Meditation at Bideford Library 01237 476075

Friday 2nd

10.30am coffee **11am** service Women's World Day of Prayer The Baptist Church Mill Street – Bideford

Saturday 3rd
2pm The Big Church Jumble Sale. Instow Parish Hall, Quay Lane.

Admission 20p Good quality Jumble accepted from 12 noon.

6.30pm for 7.00pm start. Annual Quiz evening Alwington Village Hall, Fairy Cross, Jose' on 01237451508

7.15pm Concert in aid of FreshSpring project Appledore Community Hall tel 01237 451993.

7.30pm Bideford Town Band concert at St Mary's Parish Church, Bideford (Contact Becky Frisby 475653)

7.30 pm Quiz and supper in aid of RNLI.St Mary's Church Hall Appledore.Tel 01271346560 £8

Monday 5th

2-5pm Northam Library Poetry workshop with poet Chris Millington and Peter Christie. Explore your connections with local buildings through poetry.To book: 01237 475111

6.30 -7.30pm Laughter Yoga at Bideford Library 01237 476075.

2-4pm See Hear on Wheels (SHoW) bus at The Pill car park 01271 373236.

Tuesday 6th

2pm Bideford WI at Sea Cadet's Building

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

Wednesday 7th

10.30am Parkinson's UK coffee morning at Common Rm 1, Ethelwynne Brown Close 01237 478128

11am-1pm Creative (memory) café at Quay Meeting Rm, 5 Danver Court, Clovelly Rd Ind Est 07817976053

1.30-3.30pm Knit & Natter Group at Holy Trinity Hall W Ho! 01237 475720

2pm Bideford Library Readers' Group For current book check with library. 01237 476075

2-4pm See Hear on Wheels (SHoW) bus Northam Bone Hill Car Park

01271 373236 Mobile: 07831 515809

Email: seehearnd@living options.org

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

7.30pm Bideford Music Club Martinu Piano Trio. For details contact Lindy Johnson 01237 423112

7.30pm Lions Club at RND Golf Club, W Ho! Visiting Lions welcome.01237 425198.

March Diary continues on next page.

March Diary

Thursday 8th

2-5pm Way of the Wharves volunteers meet at Royal Hotel Kingsley Room.

Friday 9th

10am-12pm Coffee, Craft & Chat at Kingsley Hall W Ho! 01237 421274

7.30pm Barnstaple ladies Choir concert with Harmony 4 in the Buckland Brewer Community Hall (Contact Lynne Beer 01271 376432)

7.30pm Abbotsham WI at Village Hall

7.30pm Bideford Machine Knitting Club, at Chub/Churchill Community Hall 01237 477532

Saturday 10th

9.00am to 1pm Hearty Breakfast Alwington Village Hall, Fairy Cross, adults £6, (advance £5.) children £2. phone Jose' 01237451508, Sue 07877263640

10am -12pm Coffee morning for Friends of St Margaret's Church Northam

2pm Creative Writing group at Bideford Library 01237 476075

7.30-22.30 Women against Cancer Barn dance. Northam Community Hall Tkts £10 Ellie on 07762742132 or Mill street Makery

Sunday 11th

11am British Naturalists' Assoc. meet at Yelland Business Park road for visit to Isley Marsh. Details from sec. 01271 343607. Bring packed lunch.

Monday 12th

8.30pm ND Jazz at Beaver Inn Appledore .Pete Oxley Nicolas Meier.

Tuesday 13th

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

2pm Arts Society North Devon at Durrant Hotel.

7-9pm Torridge Tuesdays Women's club at Common Room 1 Ethelwynne Brown Close 07977 184897

7.30pm Bideford Gardeners' Club at Bideford Methodist Church

7.30pm Appledore Men's Group. Upstairs at Appledore Library. Traditional Cider Making . Tel Frank 01237 425247

Wednesday 14th

10.15am Probus Club at Royal Hotel 01271 831480

2pm Memory Lane Reminiscences at Bideford Library 01237 476075

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

6.30pm Northam Library Great Torrington Remembers - a talk by Michael Newcombe about his research into the lives of those who fought in WWI. To book: 01237 475111

Thursday 15th

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

2.15pm Thursday Fellowship at Northam Methodist Hall 01237 421956

Friday 16th

10am -12pm Memory Cafe at Northam Hall

10am -12noon- Families for Children, The Garden Flat, Castle Hill , Filleigh, Barnstaple, North Devon. EX32 0RQ
2pm Devonshire Association at Burton Art Gallery. Lynton and Barnstaple Railway, future plans. Michael Wright 01409 281565 bideforddabbranch@btinternet.com

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

Sunday 18th

1.30pm Torridge Ramblers' afternoon walk 01237 429080.

Wednesday 21st

11am-12noon Creative (memory) Café at Quay Mtg Rm, Danver Court, Clovelly Ind Est, 07817976053

2.15pm -3pm Meditation at Bideford Library 01237 476075

Thursday 22nd

10.15am Probus Club at the Royal Hotel 01237 473337

2-5pm Way of the Wharves volunteers meet at Royal Hotel Kingsley Room.

7pm 'From Burma to Haiti.' Christchurch, Bear St Barnstaple. Christian Aid event about Rohingya people.

Friday 23rd

10am-12noon Coffee, Craft and Chat at Kingsley Hall, Westward Ho! 01237 421274

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

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

Saturday 24th

10am Torridge Ramblers day walk. 01237 429080.

7.30pm North Hospice Benefit gig with Soul Intention at Pier House Westward Ho! 01237 422710

7.30pm North Devon Choral Society performs at Torrington Church 01805 628202)

Monday 26th

10am-12noon Appledore Community Art Group at Appledore Community Hall

7pm Tai Chi at Bideford High St Methodist Church Hall, 01237 472532

8.30pm Live Jazz, ND Jazz Club at the Beaver, Appledore, John Law's Recreations Quartet.

Wednesday 28th

10.15am Probus Club at Royal Hotel 01271 831480

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

Thursday 29th

10am-12 pm See Hear on Wheels at Griggs Close Northam The See Hear Centre 01271 373236 Mobile: 07831 515809 Email: seehearnd@livingoptions.org
2-4 See Hear on Wheels at Moreton Court, details above

Friday 30th Good Friday

'Find the Easter Chicks' starts at Clovelly.

Saturday 31st

10.30am -12 noon Dressing the churchyard at St Margaret's Church, Northam

All day Entertainingly Different at Bideford Pannier Market. Free.

Happy Easter

All items for inclusion in the April issue should be sent by the 11th of March to the editor, Rose Arno C/O Taw and Torridge Voluntary Services, 14 Bridgeland St Bideford Ex39 2QE. Email or phone 07929 976120 or 01237 476549

**editor@bidefordbuzz.org.uk
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