



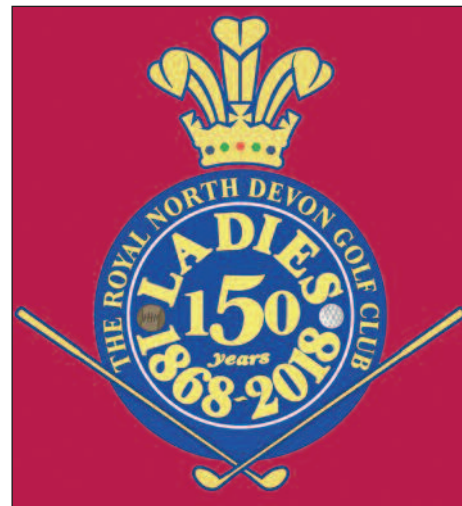
# BIDEFORD BUZZ



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



A LADIES MEETING



## Ladies' Golf Celebrates 150 Years

The Westward Ho! and North Devon Ladies were very early pioneers in the history of Ladies Golf. The Reverend Isaac Gosset, Vicar of the Parish of Northam a founder of the Royal North Devon Golf Club has to take most of the credit for the formation of the Ladies Club. On May 28th 1868 the Reverend Gosset extended an invitation, by way of a letter, to ladies living in the locality suggesting the formation of a Ladies Golf Club.

The first meeting took place at Northam Vicarage on the 8th June 1868 when it was formally resolved to form a Ladies Golf Club. At a further meeting just one week later, a committee were elected and a number of letters of intent were read from prospective members. There were forty seven original Lady Members and twenty three Male Associate Members - most of these Lady members were the wives and daughters of existing members of the Men's Club. (The opening lines

from a booklet published last month to celebrate 150 years of their existence). More extracts on Page 3. The full booklet is available from the North Devon Golf Club.

The 'ladies meeting' (see picture) has some artistic licence and is seemingly more like a fashion show where dress is more important than a good golf swing (although with a putter it is unlikely that a lady would need to make a full swing). The tent was purchased for £6 in May 1871 and in that year a Mr Hearn was paid 1/6d (12 pence) every time it was erected - usually once a week from May to September.

### What's Inside This Month's Buzz?

- ◆ Bruce Tulloh - Athlete and Britain's first bare-foot runner
- ◆ Curious Jelly Fish
- ◆ Bideford Twinning
- ◆ 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, Northam Town Council, 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](mailto:editor@bidefordbuzz.org.uk). Mobile: 07929 976120. Web: [www.bidefordbuzz.org.uk](http://www.bidefordbuzz.org.uk).

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Bideford Town Council

# Buzz Bits.

## Appledore Singers

The Appledore Singers invite you to the final concert of their Season: their 'Super Summer Concert' on **Sunday 15<sup>th</sup> July, 2.30pm** at Northam Hall (top of Fore Street). The choir always loves singing arrangements of songs, both old and new, at this annual event. The entertainment won't stop there! Piano duets, poems read by a choir member and pieces sung by the 'Apple Pips' will also, we're sure, be enjoyed by all. The Appledore Singers will be conducted, as ever, by their Musical Director, Pam Beechey and accompanied on the piano by Chris Beechey. Admission £6 at the door (to include light refreshments) Contact Pam Beechey 01237 420652 or see our website: [theappledoresingers.co.uk](http://theappledoresingers.co.uk) or our facebook page.

## Appledore, Bideford, and Torrington Massed Bands.

Following last year's sell-out concert at RHS Rosemoor, the Massed Bands of Appledore, Bideford and Torrington are taking to the stage again for their 2018 concert on **20<sup>th</sup> July**. The combined bands feature over 75 musicians playing more than 20 different instruments in a musical spectacular you will be hard to match in North Devon. This year the concert returns to the Devon Hall in Bideford for a two-hour production of music from a wide variety of genres. The show includes pieces by Irving Berlin, music from musical theatre, some big band swing, a pop song and some very special comedy numbers. The three bands support their communities all year at carnivals, parades and other events.

All provide musical training for those wanting to learn to play a brass instrument and during the summer months engage in promoting their respective areas' tourist industries with regular open-air concerts. More Information about the bands, the event and for tickets visit, [www.massedbands.co.uk](http://www.massedbands.co.uk) or ring **01237 424679 Adults - £8 16 & Under - £1**

## Bideford Keyboard & Organ Club

This year we are celebrating 50 years as a club. Having started in Nicklin's music shop in Mill Street in 1968 we have had various venues including Beaconside Hotel but currently use Bideford Methodist Church Hall for our events. We know a few past members and indeed some founder members are still around and would love to welcome them to our 50th Birthday Special Concert on 29th July at Bideford Methodist Church and church hall for our tea. Artists are our Club President "The Welsh Wizard" Byron Jones and Dr Kevin Morgan. Afternoon concert at 3pm and evening concert at 7pm. We would ask anyone who can attend to contact **Mike Avis on 01237 475914 or email [mikeavis44@gmail.com](mailto:mikeavis44@gmail.com)**

## Northam Care Trust Fete

The Northam Care Trust (formerly Northam Lodge) will be holding their annual Summer Fete on **Saturday 21<sup>st</sup> July from 2pm to 5pm** in the grounds of the Rose Hill Activity Centre, Heywood Road, Bideford EX39 3PG. There will be a variety of stalls to browse and fun and games for all ages. Satisfy your appetite with hot dogs, ice cream and our own delicious cake stall. Entertainment will be provided by Rob Pudner from Entertainingly Different as well as the Bideford Pipe Band. This event will be bigger and better than anything we have previously held as it's our 40<sup>th</sup> year, so please SAVE THE DATE and come along for a fun afternoon and support your local charity.

## New Memory Cafe in Bideford

A safe and friendly environment for individuals with dementia who, along with their carers, can meet others experiencing the same challenges. Here you can talk openly about the issues, learn from others in similar situations and receive support, information and advice from professionals in Dementia Care. We have a well-stocked resource library where people can borrow items to try at home such as age appropriate puzzles, dementia friendly word games and various other cognitive exercises. Free to attend, but donations towards refreshments are most welcome. The café meets every **first Friday** of the month at **Ethelwynne Brown Close in East-the-water**, Bideford, **from 10:30 to 12:30pm**. Parking is available. **Next café is Friday 6<sup>th</sup> July. For more information contact Ageing Well on 01805 622666**

## Around the world. Dance 2018

Sarah Ann Westcott Dance Studios perform at Queen's Theatre Barnstaple in aid of Parkinson's **Torrige Branch and North Devon Cancer Care Trust. Saturday 14<sup>th</sup> July 2pm and 7pm**  
Tickets: adults £14, concessions £10, children £10.

## More about Westward Ho! Ladies Golf club.

### Ladies' Course

The original course was of eighteen holes, but could only be played with a wooden putter and the early scores reflect a certain prowess amongst the ladies with scores of about fifty four (level threes) required to win any sort of prize. During this early time the Men's Club Professional, Johnny Allan, is named as the custodian of the links and responsible for maintaining the course.



The Westward Ho! Ladies' Golf Club at Bideford, Devon  
Drawing from The Graphic, 1873

The 'new' Ladies course was formally opened at 2.30 pm on January 2nd 1894 and the men could use it!

Interestingly in August 1895 it is reported that the Ladies' course has '*Molesworth's Permanent Tee Boards made of three inch planks, six foot square, bolted with cross pieces and then covered with matting and sprinkled with sand to give a firm grip*'; this area of ground on which the Ladies' course was located is still notoriously wet today – especially in winter.

Although this course originally measured just 1,500 yards there were major improvements – mostly extending the length, due to the new Haskell golf ball. In the Ladies Golf Union Year Book of 1904 the course then measured 2,242 yards.

**Want to read more ? Copies of the booklet are obtainable from the North Devon Club House via the manager Mark Evans. Celebrations took place in**



GLORIA MINOPRIO DRIVING FROM THE FOURTH TEE  
SHE HIT THE BOARDS!



THE LADIES EIGHTH GREEN CIRCA 1904



MISS DOROTHY FOWLER AND CADDY  
LADIES CHAMPION 1925



LADIES GOLF UNION REPRESENTATIVES IN FRONT OF THE THEN FIFTH TEE  
- CURRENT FOURTH TEE. THE SANDY ROAD SHOWN IS STILL IN USE

## Bruce Tulloh (1935-2018), Britain's first barefoot runner and athlete of distinction

In the early 1960s, Bideford used to hold a Sports Day in the same week as the Regatta, and it gave people a chance to see their local sporting hero, Bruce Tulloh, in action.

He was born in Datchet, Berkshire, but after divorcing his father, his mother bought a cottage in Instow, and moved there with her son. He studied botany at Southampton University, following in his mother's footsteps.

Bruce was inspired by watching Czech runner Emil Zatopek in the 1948 London Olympics. He won his first long distance race at age 12, and decided to dedicate himself to the sport. He became the British record holder at one, two and six miles. He gained international fame in 1962, when he won the gold medal for the 5,000 metres at the European Championships in Belgrade.

He was also famous for running barefoot, a habit he developed running along North Devon's sandy beaches in boyhood (a long time before Zola Budd and the other African athletes did the same). Why? He said that it was easier to accelerate without shoes, and of course you did not have to worry about the weight of shoes slowing you down.

However he was unsuccessful in the Olympics. In 1960, in Rome, he found the heat oppressive, and failed to get into the finals by one place; In the 1964 season, he felt on top form, but then contracted measles from his young son, Clive, and wasn't feeling well enough to compete in the Tokyo Olympics. In the 1968 Mexico Olympics, he, like many athletes at the time, felt that the high altitude runners had an unfair advantage, and did not compete.

He then felt that he needed to change tack. Whilst reading the 1968 Guinness Book of Records, he discovered that there was a competition for running across the USA, so the following year, he entered this, with wife and child accompanying him in a caravan along the route. He ran the 2,876 miles from Los Angeles to New York, knocking eight days off the record.

At a later date, he settled into a career teaching biology at Marlborough College, whilst continuing to coach younger athletes, including his own two daughters, who also ran barefoot and achieved considerable success in the 1980s, and Richard Nerurkar, who was the

World Cup Marathon winner in 1993. Bruce continued to run marathons and other long-distance races into old age.

His original ambition was to write, and he wrote 23 books on the subject of running, including his book about his American epic journey, 'Four Million Steps', which became a best-seller. He wrote many articles for running magazines.

North Devon played a significant part in his life. Apart from living here as a youth, he trained as an athlete on the local beaches, and, as a coach, would set up training camps at Braunton and Croyde.

When he retired, he continued to live in Marlborough but he kept his mother's Instow cottage, and often returned. He did this until a few weeks before his death from cancer in April this year, continuing to support and inspire younger local athletes. He is survived by his wife, Sue, and three children.

**Chris Trigger.**



## The Water Festival and Cardboard Boat Regatta

**July 22<sup>nd</sup> is the date to set aside!**....and now is the time to start the process of building a cardboard boat! There will be a variety of races depending on the size of the boat and the number of the crew, so there will be great opportunities to walk away with a prize: last year there were wonderful Cardboard Trophies for the various winners, so if you want the opportunity to grace your trophy cabinet with the most unusual of trophies, you have to start building now. Prizes for the shortest and longest boats, single-handed races, two or more in the crew, the peoples' choice and so on!

All the details are on the website of the **Rotary Club of Bideford** at [waterfest.bidefordrotary.com](http://waterfest.bidefordrotary.com).



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For more details please contact us:

**www.snapdragonsnortham.co.uk**  
**07939 850751**



# SUPER SUMMER CONCERT!



## THE APPLEDORE SINGERS

**Sunday July 15th, 2.30pm**

**Northam Hall (top of Fore Street)**

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

**Contact: 01237 420652**

## Recently seen at Westward Ho!

*Ctenophores*, known commonly as sea gooseberries or comb jellies. They are carnivorous predators in the Plankton. They eat zooplankton, fish eggs and fish larvae. They catch their prey with their sticky tentacles which they can retract when not feeding. Their name "ctenophore" comes from the Greek words ctena (comb) and phora (bearer). They have eight rows of fused cilia on their surface which they beat in rhythm to propel themselves through the water. It is these "combs" that have the iridescent look.



## Felicity's Seaweed Recipe.

The Seaweed Festival in Clovelly was attended by many enthusiastic people and the demonstrations on Foraging, Identification and Seaweed for health were all excellent.

I ran a tasting stall with Nori (same seaweed as laver) crisps, Seaweed Flan, Pickled Samphire and Seaweed croquettes made from parsnips and carrots instead of potatoes.

Here is the simple Seaweed Flan recipe; mushrooms and/or tomatoes can also be added.

Ideal for a picnic.

### Seaweed Flan.

#### **Ingredients.**

1 pack of shortcrust ready-made pastry.

1 egg, beaten.

4 fl oz - 100ml milk.

2 tsp corn flour.

2 oz/100g grated cheese.

2 oz/100g seaweed, shredded - or soak dried kelp, dulse or mixed seaweed flakes.

Salt and pepper to season.

6 cherry tomatoes – halved, and /or 2 oz/100g sliced mushrooms (optional).

#### **Method.**

Line a 6-8 inch flan tin or a deep tin plate. Bake it blind in a medium oven - Gas mark 6 or 200C for 10 mins and allow to cool.

Mix corn flour with the egg in a bowl and then add milk, seaweed and grated cheese. Season to taste. You can use seaweed salt and pepper. Add the tomatoes and sliced mushrooms.

Pour into the Flan and sprinkle with some grated cheese

Bake for 20 mins at gas mark 6/200C until set and golden brown

Serve hot or cold. Cut into 4 quarters for main course, or 6 slices for a picnic treat.



## Appledore Summer Festival 2018

27, 28 & 29 July

On the eve of this year's Appledore Summer Festival the Appledore West Quay Fund Raisers will be presenting a Film Night in St Mary's Church Hall – film to be announced later! Drinks will be available. On Saturday and Sunday Appledore Quay will be the centre of activity with street performers including dancers, buskers, street artists, musicians - and some super costumes! This year's Festival theme is 'Magical Sea Creatures' and everyone is invited to arrive dressed in appropriate sea/beach themed costumes – so let your imagination run wild! (prizes awarded!).

The villagers are again invited to enter the traditional decorated doorknocker and doorways competition, to be voted the most original display. The winner will receive the Bob Stokoe Award, donated by the family of the late Bob Stokoe, who worked at Appledore Shipyard for many years and so much enjoyed coming to the festival.

A Food & Craft Market will be in St Mary's Hall on Saturday and Sunday 11-4 with some wonderful locally made crafts from talented crafters, plus cakes and preserves; while in the Blue Lights Hall there will be Holistic Therapies for you to try out. For further information please contact For further information please contact [appledoresummerfestival@gmail.com](mailto:appledoresummerfestival@gmail.com) / 07803 160050.

## 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:  
Rob Sharrock: Telephone: 01237 239753  
Email: rob.sharrock@gmail.com



## FREE Taster Sessions

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visit **NordicSelaine** on **f Facebook**



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who are:-

- Homeless
- Experiencing poverty/exclusion
- Have poor mental health
- Have drug/alcohol problems

The Drop-in Centre provides a safe, non judgemental, non  
threatening environment – where people are accepted regardless  
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St Mary's Hall, Appledore

Open for tea/coffee/cake

10.30-12.00

Open **LUNCH CLUB** 12.30-1.30pm  
(Advanced Booking Essential)



For more info call Jane: 07773 679559



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Tel: 01237 472663



## Struggling with your energy bills?

Our drop-in clinics offer free advice

10am- 1pm

Bideford Library – First Thursday/month

Bideford Intagr8 – Third Thursday/month

## The Bideford Twinning Association

Having moved to Bideford just 2 years ago, it was with some trepidation that I set off on the ferry for Landivisiau (harder to say than write) but I need not have worried. The Twinning Society had arranged everything; we were checked in, collected, transported, and met with our hosts at a reception with wine, nibbles, Breton music and yes, linking little fingers, we were then invited to join in the dance. I am not sure I did very well but at least it did make everyone smile. My hosts were so considerate and every day we met up with the rest of the group to picnic, explore the area. The local markets, the Valley of Saints with over 100 sculptures was amazing, as was the town of Morlaix. Every evening there was an event where we partook of wonderful French cooking and oh yes, just a little French wine! The entertainment was family style with our local councillors showing the way with songs, dancing and a tear jerking rendition of a Mexican serenade – never to be forgotten.

With a variety of age groups, this is perfect for young families wishing to learn French and explore another culture, but for those, like me somewhat older but still learning, my French language improved dramatically and our hosts all spoke very good English.

The cost of the whole trip was just £60.00 for the ferry, and I believe I spent 5 euros on coffee. I would highly recommend the Twinning Association for their organisation, kindness, and sense of fun.

Should you be interested in joining please contact membership sec **David Bertie 01237 479442 email: [carol.bertie@btopenworld.com](mailto:carol.bertie@btopenworld.com)**  
**Eleanor Doe**



## Gardening Tips

July is one of those months when we tend to think everything is done for the season and no doubt hope to be able to relax in the garden maybe with a nice BBQ and a cooling drink, weather permitting of course. You can still plant clematis and indeed other climbers, many of which are available all year round as pot or container grown plants, but if it is hot and sunny they will need plenty of watering in to ensure they don't fail. Very often the large double varieties such as *Vyvyan Pennell* will give a full double in May/June and then a single or semi-double in September. Nothing to be alarmed about that's the way the variety performs. There are also good varieties such as *Arabella*, a lovely blue that will flower from April through to September, smaller flowers but plenty of them. For the Autumn there are other varieties that will be in flower and indeed even later the *Cirrhosa* types which are evergreen and flower in the Winter.

Of course there are many other lovely climbing plants to choose from and many are evergreen too which helps to mask a wall or fence and soften the appearance. Honeysuckle (*Lonicera*) and Jasmine will give lovely scent too and encourage the bees. If the location is nice and sheltered you could be growing the Bluebell Climber, more correctly called *Sollya Heterophylla*. Good for our area with salt winds is *Solanum Crispum* "Glasnevin", the Potato Vine, but beware; it is a member of the nightshade family.

Our Club meeting for July focuses on the Annual Open Flower Show in Bideford Pannier Market on 19<sup>th</sup> August, plus a gardening quiz. As usual it's at Bideford Methodist Church Hall off Honestone Street car park. We are running a coach trip to Bowdens Hosta nursery near Okehampton and the Garden House, Buckland Monachorum on Friday 26<sup>th</sup> July full details on our website [www.bidefordgardenersclub.co.uk](http://www.bidefordgardenersclub.co.uk) or from myself Mike Avis 07710 454230.

Hope your plants are all growing well and we would love to see them at our Flower Show on 19<sup>th</sup> August at Bideford Pannier Market ; more details on the website.

## Open Gardens in July

**Thursday 5<sup>th</sup> July 10am – 12pm** Open Gardens At Pillhead House and The Potting Shed, Old Barnstaple Rd Bideford Ex39 4NF. Entrance to maturing garden at Pillhead House, walled garden and highly productive vegetable garden. £5 to include Coffee and Cakes (children free.) *In aid of Church.*

### Friday 6<sup>th</sup> July 12 -4

Open garden with Pimms and strawberries at 4 Blyth court, Westward Ho!

### Tuesday 17<sup>th</sup> July, 2-5pm

Open Garden with coffee/tea/scones/cakes at Hallsannery.

*Both in aid of North Devon Hospice 01271 347232.*

## It's heating up for our pets, and people are still not getting the message.

The weather is (finally) warming up! This is a fab time of year, you and your pets can get out into the big outdoors and enjoy your walks again, a great way to keep them (and us!) in shape. With all the fun and excitement some people are still not following basic heat management advice. Only this week I have seen a dog left in a car in the sun, and a full coated German Shepard walked on a roasting day.

### Some interesting hot pet facts:

- ☐ Dogs and cats can only sweat through their paws.
- ☐ Cats are better at regulating body heat using their ears.
- ☐ Dogs with pushed-in faces can't pant as effectively, so are at much greater risk of heat stroke.
- ☐ White cats and dogs can get sunburn.
- ☐ Dogs and cats can get burns on their paws from hot tarmac. If it is too hot for your hand, it's too hot for them.
- ☐ Dogs and cats both slurp water the same way. They both bend the tip of their tongue and raise liquid in a column up to their mouths.
- ☐ A dog won't know to slow down, it is up to the owner to make sure they don't over do it.

We can strip down to shorts and t-shirt and let our skin sweat away the heat but a dog is wearing his coat all the time. As dogs and cats can only sweat through their paws, they have limited ability to cool down. Shaggy dogs really benefit from a shave off at this time of year, even breeds you wouldn't think to clip like collies or Labradors.

Other dogs are those with pushed in faces or brachycephalic dogs like bulldogs or boxers. The snorting snuffling noises these dogs make normally are actually signs they have a narrower airway than dogs of equivalent size. As dogs pant to cool down, these dogs are the first to have difficulties in the heat. Don't walk your dog in the heat of the day (11am – 4pm) and always take water for them if it's going to be a long walk.

**Cats** are usually better at coping in the heat but it's not unknown for them to get into some trouble if they get shut in somewhere. They are better at cooling themselves than dogs by diverting blood to their skin and their large thin ears are very good at releasing heat. They will also regulate their activity and avoid exercising in very hot temperatures. Dogs don't always have this choice! The main problem we see with cats is in those with white ears. White-eared cats are at risk of skin cancer, just like us, if they are allowed to burn. The advice for them is the same, sun lotion! An all day high factor fast drying waterproof one to be exact! Apply to the ears in the morning before going out and this should help stop the burn

As everyone should be aware **pets should never be left in cars on hot or even warm days**. This advice gets trotted out every year but every year it gets ignored, often with deadly consequences. It can be tempting while taking your dog out to just nip into the shop or leave him for just a couple of minutes for something. 'Not long' is too long. Don't do it. It just isn't worth it. Simple.

If you find a dog whose owner has not followed these instructions this is what you should do.

- ☐ Is the dog panting heavily or in distress? If yes then call 999 and follow their instruction. Don't act without them on the line. If you do choose to smash the window then be prepared to defend your action in court. If the dog isn't in distress then you could be liable for criminal damage.
- ☐ If the dog is not in distress then endeavour to find the owner. If at the supermarket, report it to staff and monitor the dog until the owner returns.

The signs of heat stroke include heavy and excessive panting, drooling, vomiting, wobbliness, collapse. A pet should be moved into the shade, wetted down with tepid (not too cold) water and offer regular small amounts of water. If the water is very cold it can shock the animal more. Contact a veterinary clinic immediately.

### In summary, dealing with the heat:

1. Ditch the coat if you can.
2. Consider if you have a high risk breed, adjust plan accordingly.
3. Touch the ground before going out, hold your hand down for 3 seconds, if it's too hot it's too hot!
4. Do not walk your dog in the full heat of the day.
5. Slap on sun cream; don't let your cat see you coming!
6. Absolutely never leave a dog (or cat) in the car.
7. Know what heat stroke looks like and what to do.



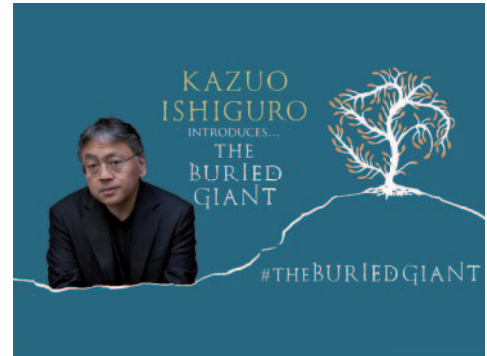
Of course if you are worried your pet is in trouble then your vet should be your first port of call. We hope this information is helpful to you and that it helps you keep your pets happy and healthy in the warm weather.

**Alice England RVN**

# Book Buzz

## 'The Buried Giant', by Kazuo Ishiguro.

*Discussed by Bideford Library Readers' Group.*



Kazuo Ishiguro is the respected author of 'Remains of the Day' and 'Never Let Me Go', both of which have been made into films.

However, 'The Buried Giant' met with a very mixed response and several of the group found it heavy going to the extent that they didn't get past the middle of the book. For this reviewer I found it a dense read which I struggled to complete. However, well after completion it stayed with me, thinking about what different elements of symbolism meant. Despite the struggles with the story, what followed was an excellent discussion through which some of the layers were unpeeled to give a greater understanding of the events and provided some possible answers to the questions raised. It has been described as a book full of myths, legends and allegories.

The tale was set in the past, probably in the 6<sup>th</sup> century and included elements of fantasy: ogres, pixies and a dragon appear at times. It is set in a land where a dragon has cast a spell whereby memories are quickly forgotten, within hours in some cases. The leading characters were all on quests of differing natures: an elderly couple travelling to visit their son who had left home many years before, knights looking to either kill, or defend, the dragon. Through the elderly couple the complexities of long standing marriages are explored. The clash of the knights could be an exploration of war and peace: should the horrors of war be forgotten/hidden or should they be remembered and confronted? The group drew parallels with modern life on this – 1990s Yugoslavia, current Middle East.

Overall, this was a tale that raised more questions than it gave answers, and hence was quite a challenge. For many, the deeper we delved below the surface the more depressing the answers became!

**Peter Evans**

## Mischief Makers at Devon Libraries this Summer.

Our big focus for July is of course the launch of this year's Summer Reading Challenge on **Saturday 14th July** during library opening hours. **At Bideford Library** we will be having a launch party with cake, games, a hunt around the library and the wonderful opportunity of picking up your summer reading challenge starter pack. This year's theme is **Mischief Makers** with good old Denis the Menace and friends taking us on an exciting summer long reading adventure. Lots more to come in August.

### At Northam

On **Saturday 14th July from 2 -4pm** we have Really Wild learning. Also for a taste of things to come during the summer holidays into August, we have 'Boo to a Goose' with 'The Magic Garden' on Monday 6th Aug at 2.30pm. £3 charge.

**Thursday 16th Aug** Lego Animation.

There will be lots more fun things going on so watch this space!!



## Mobile Library Review

Do you or a relative or friend use the mobile service? There is currently a consultation service which ask for your views. Do you know any elderly or housebound, or people in remote rural areas, who depend on the mobile as a point of contact?

**Filling in the questionnaire could be very important to ensure the survival of the service.** The mobile library reaches many people in remote and disadvantaged rural areas and is often a lifeline.

The consultation is available online, and there are paper copies in static and mobile libraries.

If you can't immediately see a paper copy, and are unable to fill the form in on line, **ask the librarian to supply one** and make sure your neighbour does too! This is a very important questionnaire and could easily see the end of the road for this wonderful service. Forms should be in by 28<sup>th</sup> July. You can also Email: [jason.allen@devon.gov.uk](mailto:jason.allen@devon.gov.uk) and take part in the consultation at [devon.cc/librariesoutreach](http://devon.cc/librariesoutreach).



# SHIPPING NOTES



(c.) N. Hardaker.

## Bideford Shipping 158

**Bideford** ; vessel due to load for Castellon early July.

**Yelland** ; Deo Gloria **26.5** (2 trips), **27.5** (2 trips), **28.5** (2 trips), **29.5** (2 trips), **30.5** (2 trips), **31.5** (2 trips), **1.6** (2 trips), **2.6** (2 trips), **3.6** (2 trips), **4.6** (2 trips), **5.6** (2 trips), **6.6** (2 trips' after this vessel proceeded to Avonmouth ). **7.6** This trip was with dredged sand from Culver off Bridgewater. **8.6** (Sand from Culver), **9.6** (last trip; the vessel then proceeded to her base at Garston via Milford Haven)

### Appledore

**LE George Bernard Shaw** still fitting out ,1st trials in July.

### Bristol Channel Observations

**11.5** At 1853 vehicle carrier **Gloviss Prestige**, 11,196 tons d.w., owners Ray Car Carriers Israel, outward bound from Portbury having sailed 14.02.

**12.5** at 10.55 vehicle carrier **Grande Colonia**, 12,292 tons d.w., owners Grimaldi Line of Italy, inward bound for Portbury. ( Also seen again at 13.45 **13.5.18** having sailed from Portbury at 09.03) At 19.17 vehicle carrier **Cape Town Highway**, 21,996 tons d.w. owners Kawasaki Kisen KK Japan, inward bound for Portbury.

**13.5** at approx 1800 hrs people may have spotted a large cruise ship to the west of Lundy; this was the **Queen Victoria**, 90,049 tons gross, owners Cunard Line; vessel en route to Cobh in Ireland. At 21.20 vehicle carrier **Boheme**, 28,360 tons d.w owners Wallenius Wilhelmsen Norway and Sweden, outward bound from Portbury, having sailed at 16.41.

**20.5** at 07. 43 vehicle carrier **Grande Napoli**, 14,565 tons d.w. owners Grimaldi Line of Italy, inward bound for Portbury. At 10.20 container vessel **Fesco Askold** 13806 tons d.w. owners Astro Moon Shipping Co Russia, inward bound for Portbury. At 13.07 self discharging bulk carrier **Yeoman Bank**, 38,997 tons d.w. owners Aggregate Industries Ltd UK, inward bound for Portbury.

**22.5** at 14.58 vehicle carrier **Emerald Leader**, 12,300 tons d.w, owners Ray Car Carrier Israel, outward bound from Portbury, having sailed at 10.27.

**24.5** at 07.37 vehicle carrier **Grande Benin**, 26,097 tons d.w owners Grimaldi Line of Italy, outward bound from Portbury having sailed at 03.14.

**27.5** at 15.15 container ship **E R Hobart**, 13,897 tons d.w. outward bound from Portbury having sailed at 09.41.

**28.5** at 15.35 vehicle carrier **RCC Prestige**, 11,196

tons d.w, owners Prestige Ray Ltd Isle of Man inward bound for Portbury.(Seen again at 15.05 **29.5** outward bound from Portbury having sailed at 10.26)

**31.5** at 14.55 vehicle carrier **Euphrates Highway** 18,887 tons d.w owners Kawaski Kisen KK Japan, inward bound for Portbury.

**3.6** at 07.13 bulk carrier **Danship Bulker**, 28,876 tons d.w. owners Bidsra & Co A/S Norway inward bound for Avonmouth. At 15.15 vehicle carrier **Altair Leader** 18688 tons d.w. owners Nippon Yusen Kaisa Japan inward bound for Portbury

**4.6** at 07.14 bulk carrier **Saga Falcon**, 55,596 tons d.w. owners Saga Welco A/A Norway outward bound from Portbury having sailed at 01.28 At 16.00 vehicle carrier **Polaris Highway**, 204,94 tons d.w. owners Manatee Navigation SA Japan , inward bound for Portbury. At 20.06 vehicle carrier **Grande Mediterraneo** 18427 tons d.w. owners Grimaldi Line of Italy inward bound for Portbury.

**5.6** at 06.45 vehicle carrier **Vega Leader** 12553 tons d.w. owners Aries Delmar Compania Japan inward bound for Portbury.

Norman 01271 861183



(c.) N. Hardaker.



## Exams and red shoes?

### It's that time of year.....

Lucy and Millie look at two important stages – exams, and what comes after.....

### Exam season

That time of year most of us dread, schools have been building up to it for months and by the time you get there it can all feel quite overwhelming. Often, after months of build-up, it can feel like your entire life is leading to these exams and that they are the most important thing that will ever happen to you but it is important to remember that this is not the case.

During exam season keep yourself healthy and take regular breaks to avoid over working.

- ☐ Eat well. Make sure you eat a balanced diet
- ☐ Take regular breaks. Have a walk around, a drink, listen to some music.
- ☐ Drink plenty of water. Make sure to keep hydrated.
- ☐ Don't let yourself get too stressed. If you feel yourself begin to panic, take a break.
- ☐ Make sure you get enough sleep. Sleep is essential for concentration. Revision and exams will seem much more difficult if you are sleep deprived.
- ☐ Remember that there are plenty of people that can support you.

### Afterwards.

Even if exams do not go the way you were hoping, it is not the end of the world. In the words of a famous explorer "Failure? It's just a stage on the way to success". This applies to exams as well as many other things in life, there is not one path to any goal. Exams can be re-taken if you do not get the grade you were hoping. Ask yourself, what is the worst that can happen?

As daunting as finding another path to your goals can seem, there are often beneficial experiences. Maybe you will discover another job you didn't know existed but that grabs your interest, maybe you will get an opportunity that you wouldn't have had, maybe you'll meet someone that will change your life.

### Lucy Braund.

### Homesickness.

They say what you don't know can't hurt you. As anyone who has been affected by flash floods, insect bites or poorly signposted rifts in the space time continuum, what you don't know certainly CAN hurt you. In fact, it tends to be what hurts the most. If you don't know it's there, how can you possibly protect against it?

The same can be said for the wonderful world outside. It's a big unlabelled jar at the back of the cupboard - what awaits you could be the finest brandy, or last year's turkey drippings. Until you unscrew that lid, you just don't know.

The siren song of surrounding areas can pull even the most hardened home bird away from their nest. University-wise, we are lucky, in that there are plenty of good ones within commuting distance but even those further a field like Cardiff are only a few miles away as the crow flies. (Crows are notoriously selfish creatures however, and more likely to drop you in the Bristol channel than fly you across it, no matter how politely you ask. Nine times out of ten, you're better off just taking the train). These uni's may require you to move away, but it's easy enough to pop back for a visit.

If you look hard enough in your new surroundings, there are always home-style comforts. Cardiff, for example, also has multiple parks, a bay, and a very very large river, much like our prize town. Bute park, in particular, is an instant case of DejaVu, as ferns and ancient oaks claw at the sky with the same religious fervour as they do on the Tarka trail and for a moment, one little moment, you can trick yourself into believing you are home. Friends and family are harder to replace. Your best friend, Deloris, may well have a dopple ganger you knew nothing about, so it's worth keeping an eye out for Deloris 2.0, but chances are, you'll just have to wait until you come home to see her again.

And that's the joy of Bideford. It's always there, watching, waiting your return. The cord is not severed, merely stretched. Over the summer holidays, these bungee cords, safety ropes, family ties, reach maximum tension until finally hordes of students can pull away no further and ricochet back to their home town. It doesn't matter how beguiling the bugle of non-Bidefuddlian climes, the familiar toot of the town band soon drowns them all out again.

And the band will be out in force this summer. With the water festival on the 22nd and the Bideford open air cinema in August there are plenty of communal celebrations.

Dorothy didn't know much, as she bumbled from one hostile locale to another, and everything in Oz tried to hurt her for it ( even the trees.) But old Dopey Dorothy was on to something; there really is no place like home. So this summer, click your best red high heels together, and come ricocheting back. It's a summer you don't want to miss.

### Millie Sutherland O'Gara



## News from the Burton Art Gallery and Museum

We are half way through the year already, and for the many summer visitors to Bideford, the Gallery is showing the skill of the Painter-Printmaker in galleries I and II. There are so many talented artists using the many media and techniques one can employ, that the catalogue will be useful to teach us more about them as we view. When one understands how many processes a print may go through before the artist is content with the result, one has to admire their patience as well as their skill. Many of the works on show are full of colour, while some of the black and white prints catch the eye with their bold lines, and others are delicate and finely drawn.

While this exhibition is on show, Louise Nichols is holding a Workshop, entitled '*Embellished Linocuts*', and it takes place on Saturday, 21<sup>st</sup> July, from 10am to 4pm. The cost is £40, and you need to book a place by phoning 01237 471455. You may well be inspired by the exhibition and wish to have a go at making your own prints. The Kingsley Room on the first floor is perfect for these day courses, with plenty of space and light, work tables and a small kitchen.

The Gallery has so much to offer, with its excellent Shop, Craft Gallery, Museum and Cafe du Parc, that one can spend all day taking it all in. Admission is free. Open Mon-Sat: 10-4; Sun: 11-4

**Diana Warmington.**

Friends of the Burton Art Gallery & Museum.

## Memories of National Provincial Bank

I started working at the National Provincial Bank, Bideford on 15th August 1947 when Mr Gaud was the manager. My weekly wage of £2.15s was credited to my current account which had been set up from the day I started. I even still have my first statement. Having had typing lessons, I became one of the accounting machinists. It was a large Remington machine on which we typed the statements. It automatically totalled the columns. The female staff wore navy blue overalls and, as Gerald Waldron mentioned in the June issue, the men wore suits, collars and ties. However, on Saturday mornings the men wore sports jackets and we female staff did not wear the navy blue overalls. If I remember rightly the male staff were permitted to smoke on Saturday mornings!

The busiest day of the year was New Year's Eve when the annual dividends were credited etc. and sometimes we didn't finish until 10 pm giving us time to celebrate New Year's Eve. Back then, of course, there were no celebrations on the Quay.

I left working in the bank in 1953 and I will certainly miss it having been a customer for over seventy years.

**Enid Sherborne (nee Reed)**



### Chair of Trustees

Families in Grief supports children, young people and their families, living in North Devon and Torridge who have experienced the death of someone close to them.

Do you have experience of leadership in either the charity or business sectors? If so, you may have what it takes to chair the Trustees for Families in Grief. If you have time to spare and would like to get involved as Chair or to join our Trustees,

Please contact:

Chair of Trustees Jane Kivlin

[chair@familiesingrief.org](mailto:chair@familiesingrief.org)

01237 479027 [www.familiesingrief.org](http://www.familiesingrief.org)

## BIDEFORD CINEMA

**Watch out for the following  
films this summer:**

**Jurassic World: Fallen Kingdom (12A)**

**Sherlock Gnomes (U)**

**Solo: A Star Wars Story (12A)**

**The Happy Prince (15) Ocean's Eight (12A)**

**Patrick (PG) The Bookshop (12A)**

**Mary Shelley (12A) Incredibles 2 (12A)**

**Mamma Mia: Here We Go Again (ctba)**

For up-to-date information on times and dates please see our weekly advert in the North Devon Gazette, or visit our website at [www.bidefordcinema.org.uk](http://www.bidefordcinema.org.uk)



## 100 years ago – July 1918.

New Ration books commence distribution on the 6<sup>th</sup> July, ready for use in the National Rationing Scheme on the 15<sup>th</sup> July. There are seven different categories, all serially numbered and individually addressed. This work has been completed by the Food Office based in Bideford Town Hall.

The Medical Officer has confirmed that an outbreak of measles has spread across North Devon resulting in Northam School being temporarily closed.

In May it was announced that men aged 43 and above would need to be conscripted to replace casualties from the war. The shortage of skilled tradesmen, artisans and general labour shortages is having a considerable effect on business and especially in farming. A scheme called 'School Boys to Help with the Harvest' has been set up and overnight accommodation in barns at Farford Farm for Hartland, Cabbacott for Parkham and Buckland Brewer district and the Parish Rooms at Woolsery have all been organised.

The newspaper has reports every week of Tribunal meetings where local tradesmen plead to be allowed to continue with their business. A local village baker who provides for the entire village of over 1,000 people has been called up and, despite a petition of over 500 names, he was ordered to be available by 15<sup>th</sup> July. He had to arrange for another village's baker to cycle over three days each week to keep the supply of bread going. The Northam Tribunal reports on their only conscientious objector, a local school teacher who refused to undertake any work that could be considered helping the war effort. His appeal was dismissed and he had to be available from 15<sup>th</sup> August. The Edgehill School gardener, who provides vegetables for the school from 2 acres as well as milking 16 cows and looking after a local power station providing electricity for the school, had to be available for military service by mid-July.

The labour problem is causing several farms and estates to be put up for sale. This month sees the following: West Fatacott, Hartland, 133 acres: Volehouse Farm, West Putford, 177 acres: Saxworthy Farm, East Putford, 62 acres: Venton Farm Westward Ho! 24 acres. Also Kernstone Farm, Hartland, is selling all livestock and 30 acres of standing crops. Forcewell, Hartland, have 23 acres of standing corn to sell.

The effects of the War has caused the Barnstaple Anchor Brewery to dispose of many local Inns including The Plough at Fremington, The Coach & Horses and The Rising Sun both at Appledore and The New Inn at Abbotsham.

*(In last month's edition the item about rabbit culling at Melbury used the word poaching - it should have read "No paunching is to be done on the reservoir site" .... in an effort to keep the water unpolluted!!)*

**These and many more items of local interest are available to read at the Bideford & District 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](http://www.bidefordarchive.org.uk).**

## Excavation at Berry Castle

Currently we are organising an excavation, which could give us more insight into what went on at Berry Castle, 2,600 years ago, or before. As Berry Castle is a scheduled monument, it is protected and so any dig has to take place outside the boundaries. Using previous surveys, we have found an interesting area, which we will be digging from **Wednesday 18<sup>th</sup> July – Wednesday 25<sup>th</sup> July**. One of the reasons the Friends of Berry Castle was originally set up was to bring in the community, so we would like to invite you to join us at our dig. Whether you are an aspiring Indiana Jones, or just want to have a go at digging into the past, please get in touch with us. In our 'Events' section, on our website ([www.berrycastlehuntshaw.com](http://www.berrycastlehuntshaw.com)) you can find a link taking you to our application form. Or email us directly at - [berrycastle1@outlook.com](mailto:berrycastle1@outlook.com), where we can send you the forms. As part of our dig, we will be having an informal open afternoon, on **Sunday 22<sup>nd</sup> July 11am – 3pm**, where you can see the dig taking place and ask any questions about it, with talks and tours around the site.

**Buzz AGM** On July 12th Bideford Buzz will be holding its 18th AGM at the Pannier Pantry at the Cusom House. 7pm. All welcome, and refreshments available. RSVP.

# July Diary: We're here every week

## **Mondays**

**10-12pm** Appledore Community Art Group at Appledore Community Hall

**6.45pm - 8.30pm.** Breakaway Social Club for adults with learning/physical disabilities at the Baptist Church Hall Westward Ho! 01237 475051

**7pm** Appledore Band – training band followed by senior band at **7. 45 pm** Appledore Quay .St Mary's Church Hall if wet. Contact Hugh Secretary 473723

**7pm** Tai Chi at Bideford Methodist Church 01237 472532

**7pm - 8pm** Walking Football at Kingsley School.Men and Women. Tel 07895035091

**7pm - 9pm** Table Tennis Club at Bideford Youth Centre

**7.15pm** Appledore Singers rehearse at Appledore Baptist Church. 420652

**7.45pm** Bideford Band Senior Practice at Band Room Victoria Park. Tel Becky 01237 475653

## **Tuesdays**

**10 -1pm** Lavington Church coffee and lunches

**10.30 am** Walking for Health 421528

**11.45-12.45 pm** Tai chi. Northam Community Centre. *Ageing Well* 01409 622666

**2-3.30pm** Salvation Army 'Fun and Fellowship' Club meets at Baptist Hall, Bideford.

**2.30pm** 'Lift off for ladies.' Westward Ho! Baptist Church 01237 425471

**6.30pm** Bideford Band Beginners' Practice Victoria Park Band Room 01237 475653

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

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

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

## **Wednesdays**

**10-12pm** Bideford Healing Group at Sea Cadets' Bldg, Victoria Park

**10-11.30am** Bradworthy History Society. Memorial Hall, Collacott Room. 01409 241202

**10.30-12pm** 'Feel Better with a Book' at Bideford Library 01237 476075

**10.30am-11.30am and 11.30am-12.30pm** Tai Chi SW. Free for over 50s. G4 Gym, Dadden Court Ind Est. 01237 478802

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

**2pm** Tea with friends at St Mary's Church,Bideford

**2.15pm-3.30pm** "Fit as a fiddle." Buckland Brewer School Room. Tel 01805 622666

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

**7.30pm** Two Rivers Wind Ensemble rehearsal at Bideford Band Room.

**7.45pm** Torridge Male Voice Choir meets at Woolsery Village Hall. 441601

**8pm** Appledore Band Senior rehearsals at St Mary's Church Hall Appledore.Sec. 01237 473723

## **Thursdays**

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

**10-11am** Tai Chi Beginners. Marlborough Court, Bideford. £2.50 donation. *Ageing Well*. 01805 622666.

**10.15am – 12noon** Northam and District Men's Forum, Methodist Church Hall, Cross St. Mike 01237 459324

**10.30am** Walking for Health along Tarka Trail. Clarence Wharf car park. 421528

**10.30am -3pm** Alwington Church (13<sup>th</sup> C) open for visitors.

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

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

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

**7.30pm** Bideford Town Band Summer Concerts at Westward Ho! Green. If inclement weather, it will be in the Westward Ho! Baptist Church. Contact Becky 01237 475653

**8pm** Bideford Folk Club at Joiners' Arms

## **Fridays**

**9.30am** Over sixties fitness class at Pollyfield Centre.[stevehammond@boatshead.com](mailto:stevehammond@boatshead.com)

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

**2.30- 4.30pm** Torridge Table Tennis Club and afternoon table tennis club.01237 477932 at Bideford Youth Centre

**4-6pm** Needlecrafts at Bideford Library 01237 476075

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

**8pm** Ceilidh Club at Northam Hall 01237 4776632

## **Saturdays**

**10am -12noon** Children's lego Club at Bideford Library.01237 476075

**10am -12pm** Table tennis club at Bideford Youth Centre. 01237 477932

**10.30am -12.30pm** Scrabble Club at Bideford Library 01237 476075

## **Sundays**

**7.45pm** ND Cancer Care Trust Quiz at Robins' Nest Football Club. Tel Neil 01237 473798.

**Diary Continues on next page**

## And we're not

### Monday 2nd

**6.30pm – 7.30pm** Laughter Club at Bideford Library, £3.50 01237 476075  
**8.30pm** Jazz at The Beaver Inn Appledore, Bryan Corbett with Craig Milverton Trio. Tel 10237 421065

### Tuesday 3rd

**2pm** Bideford WI at Sea Cadet's Building.  
**7.30pm** Bideford Sustainability Group meets at Blacksmith's Arms East the Water tel 01237 475375

### Wednesday 4th

**10.30am** Parkinson's UK Torridge Branch Coffee morning at Common Room 1 Ethelwynne Brown Close. 01237 478128  
**10am-3pm** Westward Ho! Crafters and Artisans Market. Baptist Church Hall Westward Ho!  
**11am – 1pm** Creative memory cafe at Quay Meeting Room, 5 Danver Court Clovelly Rd Ind estate 0781 7976053  
**1.30pm – 3.30pm** Knit and Natter group at Holy Trinity Hall, Westward Ho! 01237 475720  
**7pm** Northam WI meets at Methodist Hall Cross St tel 01237 421776  
**7.45pm** Bideford Phoenix Morris Dancing Out, Thatched Inn, Abbotsham, Tel 01237 473798

### Thursday 5th

**10am-4pm** See Hear on Wheels at Bideford Pill. Tel 01271 373236  
**7pm** Torridge Ramblers Evening Walk 01237 239129

### Friday 6th

**10.30-12.30pm** Memory Café meets at Ethelwynne Brown Close, East-the-water, Bideford, Ageing Well, 01805 622666  
**12 -4pm** Open Gardens at 4 Blyth Court Westward Ho!  
**2-4pm** Sew Together Baptist Church Westward Ho! 01805 622666 Ageing Well

**After School** Appledore Primary school, Beaford Arts Walking Trail Free, no advance booking Info from [www.beaford-arts.org.uk](http://www.beaford-arts.org.uk)

### Saturday 7th

**10am** Torridge Ramblers' Day Walk 01237 429080  
**8.30pm** Soul Intention big sound soul band benefit concert i Devon Air Ambulance at the Bridgerule Village Hall EX22 7DY. Tickets £7.50 01288 381801

### Sunday 8th

**10am-1pm** Hartland Farmers' Market, Parish Hall. Local produce, crafts. Peter, Tel 07713 505500

**7.45pm** Bideford Phoenix Morris at Crealock Arms Littleham

### Tuesday 10th

**10am – 12pm** Macular Society Support Group at Burton Art Gallery tel 01237 441466  
**2pm** Arts Society North Devon The Durrant House Hotel  
**7 -9pm** Torridge Tuesdays Women's Club at 1 Ethelwynne Brown Close Tel 07977 184897  
**7.30pm** Appledore Men's Group meets upstairs at Appledore Library. Tel Frank 01237 425247  
**7.30pm** Bideford Gardeners' Club at Methodist Church Hall, Bideford

### Wednesday 11th

**10.15am** Bideford Probus meet at Royal Hotel tel 01271 473337  
**2pm** Memory Lane Reminiscences at Bideford Library tel 01237 476075 or 01805 622666  
**2-3.30 pm** Bideford Friends meet at Burton Art Gallery 01805 622666 Ageing Well  
**7. 45 pm** Lions Club meets at Robin's Nest, Bideford Football Club. Visiting Lions welcome. 07716008343  
**7.45pm** Bideford Phoenix Morris Dancing Out, Crealock Arms, Littleham with Exmoor Border Morris, Tel 01237 473798

### Thursday 12th

**2-5pm** Way of the Wharves project at Royal Hotel, Kingsley Room. Email [project@bbcdevon.org](mailto:project@bbcdevon.org)  
**6.45 pm** Westward Ho! Bridge Club at Trinity Church Hall tel 01237 470990  
**7pm** Bideford Buzz AGM at Custom House /Pannier Pantry.All welcome.

### Friday 13th

**10am-midday** Coffee, Craft n Chat, Kingsley Hall, WHo!, £2  
**7.30pm** Bideford Machine Knitting club at Chub / Churchill Community Centre 01237 477532  
**7.30pm** Abbotsham WI at Abbotsham Village Hall.

### Saturday 14th

**2pm** Buckland Brewer Fete, Amenities Field & Hall, Appledore Band, Bideford Phoenix Morris Brenda Mills 01237 451314  
**2-4pm** Creative Writing Group at Bideford Library tel 01237 47607  
**7.00pm** Barnstaple ladies Choir concert with the Torridge Male Voice Choir at Bideford Methodist Church Lynne Beer 01271 376432/J

### Sunday 15th

**11am** British Naturalists' Association meet at the DWT reserve at Bystock in conjunction with the Butterfly Conservation. Can meet at Barnstaple Leisure Centre car park at **9.30am** to car share. Bring packed lunch. Contact: Brian Sims 01271 343607  
**2pm** Torridge Ramblers' Walk 01237 451820  
**2.30pm** Appledore Singers' Super Summer Concert in the Northam Hall, £6.00 01237 420652, [www.theappledoresingers.co.uk](http://www.theappledoresingers.co.uk)

**6.30pm** Buckland Brewer Parish Church, Songs of Praise

### Monday 16th

**8.30pm** Jazz at The Beaver Inn Appledore, Jonathan Gee Trio. Tel 10237 421065

### Tuesday 17th

**2-5pm** at Hallsannery' Open Gardens. 01271 347232 ND Hospice.

### Wednesday 18th

**10am-3pm** Westward Ho! Crafters and Artisans Market. Baptist Church Hall Westward Ho!  
**11am-1pm** Creative memory Cafe at Quay Meeting Room, 5 Danver Court Clovelly Rd Ind estate, 0781 7976053  
**1.30pm-3.30pm** Knit and Natter group at Holy Trinity Hall Westward Ho! Tel 01237 475720  
**2.15 –3pm** Meditation at Bideford Library 01237 476075

**7.45pm** Bideford Phoenix Morris Instow Walking Tour with AngleTwitch tel 01237 473798

### Thursday 19th

**11am** Bideford Sustainability Group meets at Custom House Bideford tel 01237 475375  
**2.15pm** Thursday Fellowship at Northam Methodist Hall 01237 421956  
**7.30pm** Torridge Male Voice Choir concert with Hartland Town at St Nectan's, Stoke

### Friday 20th

**10am-12noon** Memory cafe at Northam Hall. Tel 01805 622666 Ageing Well  
**10am-12noon** Families for Children, The Garden Flat, Castle Hill Estate, Lileigh, Barnstaple, North Devon. EX32 0RQ  
**2-4pm** Sew Together Baptist Church Westward Ho! 01805 622666 Ageing Well

**7.00pm** Massed Bands Concert , Devon Hall, Bideford College, [massedbands.co.uk](http://massedbands.co.uk)

### Saturday 21st

**2-5pm** Northam Care Trust ( Northam Lodge) Summer Fete at Rose Hill, Heywood Road, EX39 3PG  
**7.30pm** Encore at Abbotsham Village Hall. Tel Jenna Tolley 01237 477206

### Saturday 22nd

Bideford Water and Cardboard Boat festival/ regatta.

### Wednesday 25th

**10 .15am** Bideford Probus meet at Royal Hotel tel 01271 473337  
**2-3.30 pm** Bideford Friends meet at Burton Art Gallery 01805 622666 Ageing Well

### Thursday 26th

**2-5pm** Way of the Wharves project at Royal Hotel, Kingsley Room Email: [project@bbcdevon.org](mailto:project@bbcdevon.org)  
**7pm** Torridge Ramblers Evening Walk 01237 479473

**7.45pm** Bideford Phoenix Morris Cyder Presse, Weare Giffard with Borderline Morris tel 01237 473798

### Friday 27th

**10am-midday** Coffee, Craft n Chat, Kingsley Hall, WHo!, £2  
**10am -1pm** Lavington Church Summer Fayre, Bridgeland St.  
**10am-1pm** Lundy Art Group at Blue Lights Hall Appledore  
**2-4pm** Sew Together Baptist Church Westward Ho! 01805 622666 Ageing Well.

### Saturday 28th

**10am-12noon** Coffee Morning at Holy Trinity Church Hall, Westward Ho! £1.50 at the door.  
**2.00pm** Bideford Town Band at Weare Giffard Village Fete (Contact Becky Frisby 475653)

### Monday 30th

**9am -4pm** Woolserly and District Show at Clovelly Court

[www.northdevonaonb.org.uk/events](http://www.northdevonaonb.org.uk/events)

### Tuesday 31st

**2-4pm** Tideline Treasure Hunt Northam Burrows  
[www.northdevonaonb.org.uk](http://www.northdevonaonb.org.uk).