

Holford news & views



February 2023



**Happy New Year to you all from the HNV team :
Mo Plomgren, Mike Pearce, Mike and Gae Richardson
and Emma Cavendish**

Editorial

Times are a very stressful at the moment with war in Europe and the soaring prices of essential goods but Spring will soon be here after a very cold January. Let's all try and keep an optimistic mind set at the beginning of a new year and look forward to some fun in May for the coronation of King Charles III. No matter how you feel about the Monarchy (and they have certainly had their own family troubles!) we have an extra Bank Holiday and the chance to meet up with friends and family again. The Jubilee celebrations last June were lots of fun but sadly seem a million miles away from where we are now, so much has changed. **Keep Calm and Carry On** seems to be the motto for 2023.

For those of you who made New Year's Resolutions congratulations if you are managing to keep at least **one** of those! Don't be down hearted if things have gone a bit 'pear shaped' (not just your sylph like figure) but other plans. A good bit of advice is to set a new date (like the first day of Spring) and make a fresh start. Here's a quote from Dr Andrew Weill who's books I return to time and again :

"Attempting to improve is a commitment to changing behaviour, a measure of motivation and whether you succeed or fail is less important than making the attempt. Making an attempt is the best predictor of eventual success even if the attempt itself is unsuccessful".

In other words every time you try, you get nearer to success. It is not a straight line but a very up and down process so KEEP having a go and you will get there! One useful tip is not to start a resolution with 'I will give up...' or 'I will eat less' but turn a negative into a positive so 'I will have healthy food snacks' in the house. 'I will swop chocolate for nuts' Naming no names as to whose resolutions these might be!



Our thanks for sponsorship from Kilve Stores who are providing a special letter to all with an update on life after covid-19.

Don't forget, if you know someone who would like a paper copy you *just have to ask* one of the team and they will print it out for you to deliver. There are also a few copies left in the Church, the Village Hall and the Pub. Send in your submissions to EmmaCavendish01@aol.com – it is lively contributions (on any topic you like!) that make for an interesting and thought provoking newsletter! Deadline is March 18th. **Emma**



Village Hall update

Happy New Year!

Coffee & Cake - The ever-popular Coffee & Cake restarted after Christmas. Thanks go to Marilyn and Mark for all their hard work. Marvellous cakes! If you haven't been yet, or are just out of the habit, make a note in your calendar to come to the next one!

- The **first Saturday every month** - 10am to 12 noon.

Regular Clubs / Groups - Don't be afraid to try something new. You never know, you might enjoy it! See website for details. <https://holfordvillagehall.org/availability/>

- Monday morning (weekly) - **iPad / iPhone / Apple Computer classes**
- Monday afternoon (monthly) - **U3a genealogy**
- Tuesday eve (weekly) - **Pilates**
- Tuesday eve (monthly) - **Holford History Society or Gardening Group**
- Wednesday morning (weekly) - **Pilates**
- Wednesday afternoon (occasionally) - **U3a 'well-being'**
- Wednesday eve (weekly) - **Karate**
- Thursday morning (weekly) - **Yoga**
- Thursday eve (weekly) - **Table Tennis**
- Friday morning (weekly) - **Art**
- Friday afternoon (weekly) - **Craft**
- Sunday eve (weekly) - **Yoga**

Forthcoming Entertainment Events - See posters on website for details / tickets. <https://holfordvillagehall.org/events-and-bookings/>

Saturday	18 February	Janice and John	Folk Music
Friday	10 March	Debs Newbold	Story Telling
Saturday	1 April	Ali & The Swing Cats	1920/40s Swing and Gypsy Jazz
Saturday	27 May	Arquebus Trio	Contemporary Folk Music
Friday	30 June	Zeffe	Klezmer Music (Eastern Europe)

Other Events

- Learn to Sew with Charlotte Logan - see the calendar on our website
- U3a - various events

Let us keep you up to date. Each month we can email you with what's on. If you want to be added to our email list, please get in touch.

Alan Falkingham 07960 842331

marketing@holfordvillagehall.org

Good news to start the new year :



The Bumblebee Conservation Trust has released [its ten-year report](#), which shows huge growth in public engagement with bee conservation as well as an increase in two particular bee species.

The trust is able to monitor bumblebee populations thanks to volunteers throughout the UK who keep track of numbers along different routes. The number of these "BeeWalkers" has grown eight-fold since 2011. Their data shows that two species increased in abundance: the tree bumblebee and the shrill carder bee. The latter is one of the UK's most endangered bee species, but between 2012 and 2020 its numbers increased year on year.



Overall, however, bee numbers are three times lower than they were in Victorian Britain. They play a fundamental role in the natural world, and our actions, from the flowers we plant to the produce we buy, have a huge impact.

You may remember that Holford Parish Council has altered its grass verge cutting on the A39 to encourage wild flowers and help provide a 'bee corridor'. This is a slow process but we sincerely hope the new councillors will continue to support this effort.



Holford and District
Village Hall
**Tuesday 21st
February 7.30pm**

***'Growing and
Showing Sweet Peas'***

a talk by Gill Hazell
Members £1.00
Visitors £2.00
A warm welcome to all

Contact 01278 741173
for further details on
the Group

Holford and District
Village Hall
**Tuesday March 21st
7.30pm**

'Fruit Gardening'

a Talk by Claire Forster
Members £1.00
Visitors £2.00
A Warm Welcome to All

Contact 01278 741173
for further details on
the Group

Kilve Stores News

2022 was certainly a very up and down year. Now we are in the depths of a wet and windy winter, I wanted to reach out to our local customers in Holford to raise awareness on how the shop and Post Office sit in this currant, unpredictable climate.

A year or so ago we were making respectable profit margins for a village shop on most items stocked within the shop. Our suppliers we're consistently holding prices steady, no minimum order fees, no delivery costs, electricity was considered a stable market.

And then, without much warning **BOOM!!!** Everything has been turned upside down in a very short space of time.

Due to constant (sometimes daily) supplier increases our profit margins have dropped quite alarmingly.

Most of the items we sell in the shop are price marked. This is great for the customer because price marked products represent better value for money, unfortunately it also means we can't raise prices on these items to cover the increases on our overheads.

We have seen significant increases in electricity, debit and credit card transaction fees, fuel, supplier delivery charges. Booker our main supplier now charges £30 per delivery, this equates to an extra £1560 per year if we have a weekly delivery!!! Our Newspaper supplier charges £49.00 per week in delivery fees.

During the pandemic we we're so busy, seven days a week, it was manic. From a business point of view, it was fantastic seeing our little village shop thriving everyday with all our locals. If you remember we even did a big weekly delivery to Holford Village Hall every Saturday.

We worked tirelessly every day, late into the evening trying to source all the items the supermarkets had run out of. If you remember, Kilve Stores had toilet roll, flour, yeast, paracetamol, pasta and many more items!!!

Our weekly takings were up around 45% per week. We wondered whether Covid and the lockdowns would have a long-term positive effect on the shop and people would realise how vital the village store is within our community not just for day-to-day life but when we're completely snowed in, or heaven forbid a repeat of 2020!

Unfortunately, this hasn't been the case, most people have slipped back into old habits and reverted to pre-covid days. I know we have had a lot of new people move into the area who maybe don't understand or appreciate the history and importance of Kilve Stores, and how many people don't drive anymore and rely on the shop, especially with very limited public transport these days.

Having a Post Office within our store is invaluable to many of our locals to enable them to withdraw their cash, pensions, deposit cheques or cash, pay bills to send post, to post home shopping returns with the banks closing most of their branches locally, the Post Office is more important than ever!

The 'Premier' symbol group used to be owned by Booker Wholesale and bought out by Tesco a few years ago, you will notice that the 'Happy Shopper' range of products is being phased out and replaced with 'Jacks' which is part of the Tesco family.

You may also have noticed that the ever-popular special offer shelves are not what they used to be. The new approach by Booker and Tesco, is to focus on keeping everything in-store as competitively priced as possible rather than ploughing budgets into special offers. We still have lots of fantastic deals each month at very low prices and 'buy one get one free' deals, we just don't have the volume of offers we used to have. To be fair, I think cheaper more competitive prices throughout the shop is better than a load of random offers no one's interested in.

I've seen how quickly village shops can go into decline and almost close overnight with little or no warning. Some of you will remember when I bought the shop in 2007, it was on the brink of bankruptcy. If I didn't buy it fifteen years ago, I'm guessing there would be no vital Post Office and Kilve Stores would just be a residential house now!

We really need your support now, more than ever. Maybe, if you can, pick up a basket of groceries a couple of times each week, if you work during the week pop in at the weekend and do a bit of shopping. Encourage new people to the area to shop at Kilve Stores, visit the shop daily and weekly if that's possible, make full use of the Post Office, any extra money you spent with us each week will make such a huge difference and hopefully help towards our rising costs and safeguard Kilve Stores for the future.

I'm afraid we can't rely on selling a few newspapers these days, a Daily Mail contributes 17p a day profit. The i Paper makes us 13p for a weekday copy and so on, you can see that newspapers are more of a service than a profit maker!! (Especially as it costs £49 to have them delivered each week).

We are constantly working hard behind the scenes to negotiate better prices with suppliers and searching for new ones and doing our best to cut costs and increase profit margins and where possible to support other local businesses who are also struggling.

The harsh reality is, if trade does not pick up very quickly we will have no option but to close our doors and Kilve Stores and Post Office will be gone forever.

Many thanks in advance for your support and understanding and taking the time to read this write up. We're always happy to chat to people about the shop, this article and how the current climate is affecting us and all the small, local businesses we buy from.

Apologies for the downbeat write up, we are aware that Kilve Stores is Holford's local shop and wanted to give you the opportunity to help keep us open and going strong for years to come before it's too late.

Many thanks to everyone that supports us and a Happy New Year, we very much appreciate all our regular Holford customers.

Richardsons' Ramblings

I am returning to our Scottish holiday last autumn as there is more that I think you might be interested in.

Whilst staying in Ballater we paid a visit to Braemar, the site of the annual Braemar Gathering regularly attended by our late Queen and members of the Royal family. Having seen photos they always look as though very relaxed, really enjoying the games and having a good laugh. (Highland games are always interesting, but it can be jolly cold from the side lines and yet you see little tots with no sign of a shiver changing into their tartan outfits ready to dance – they make them hardy up there)!



The only hotel in Braemar is the Fife Arms, which was originally a 19th century hunting lodge and on a grand scale. Iwan and Manuela Wirth took it on a few years ago and basically just threw money at it. After the massive refurbishment it re-opened in 2018 and I would say the style is Victorian Scottish baronial with a few twists. To stay overnight would set you back at least £500 going upwards to £900.....but you would get breakfast! I had the best fish and chips ever in The Flying Stag Bar with Mike at last having haggis, neeps and tatties – all dogs were served first, of course, with water and biscuits.

As in Ballater people made a fuss of Ella and so we got chatting with a retired young couple from Kentucky (they were staying in the Fife Arms) and again at the Linn of Dee, which is a very picturesque spot. He was a retired professional photographer who went on tour with singers and groups often going to Glastonbury – he could put on a pretty good Somerset accent!

Whilst staying in Angus we went to the lovely village of Edzell having driven through the Dalhousie Arch. When you have a dog you invariably get chatting to other dog owners and so we did to 2 chaps with their dogs outside a café. Although we had been to the area many years ago we knew nothing about a walk they told us about. Driving out of Edzell we had to look for a blue door set in a wall. On entering there was a lovely walk (for once a dry day in Angus) beside the River North Esk through woods sporting their autumn colours. Apparently the path was created in the 18th century and Queen Victoria had walked along it in 1861.



That's it from Scotland.....for now anyway!

Gae

Have you tried the new gentle Yoga classes with Sookhi, at the Holford Village Hall?



Having recently relocated to the Quantocks, Sookhi is excited to share her gentle and nourishing Yoga with the local community.

Sookhi has been deep diving into the world of Yoga

for over the past decade. She completed her Yoga diploma at the renowned school of Kaivalyadhama, in India in 2012, and she has since been enhancing her techniques and taught people all over the world. Her skills are constantly developing and incorporating the latest cutting edge findings in health and wellbeing.

The classes which Sookhi leads, not only focus on the physical aspect, they also provide tools and techniques to manage one's emotional and mental layers as well. Her style includes embodiment meditations and breathing exercises (Pranayama), combined with a gentle physical routine to nourish the body mind system, helping one combat stress and feel energized and soothed after each class. Her classes are also played with soft music with the addition of aromatherapy to relax, revive and soothe oneself.

If your idea of Yoga is just about putting the body in pretzel like postures, I'm afraid this is what her classes are not. Sookhi's wish is to not only help one become stronger and flexible in the physical body, but flexibly emotionally and mentally also. Improving one's quality of life and reducing stress is her primary goal. With today's challenges, Sookhi wants to help equip people with tools to maintain calm and relaxed, however stormy life

may be; strengthening the nervous system, and thereby increasing the ability to adapt and weather any turbulence.

For Sookhi, it is connection and community that comes first; this is the core of Sookhi's ethos. And by sharing Yoga with the local community here at the Holford Village Hall, is her way of sharing and connecting with the greater community. When Sookhi is not practicing Yoga, she loves to cycle, take cold-plunge dips, eat vegan food, work in the allotment, and spend time connecting with nature.

Sookhi currently resides with the Buddhist community, at Alfoxton House in Holford where the class profits will be donated. Sookhi is working alongside the core team and volunteers to help restore the historic and special residence of William and Dorothy Wordsworth.

The Yoga classes are open to people of all ages, and abilities. She would love to answer any questions on her classes, or any queries you may have, if you are considering joining her class. She can be contacted at Sookhi@protonmail.com. Mobile phone number is 0778 495 6105.



For what it's worth : it's never too late, or in my case, too early, to be whoever you want to be. There's no time limit. Stop whenever you want. You can change or stay the same. There are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it.

I hope you see things that startle you. I hope you feel things you've never felt before. I hope you meet people who have a different point of view. I hope you live a life you are proud of. If you find you are not, I hope you have the courage to start all over again

F. Scott Fitzgerald

Muesli Muffins

This recipe is from our sister in law in Australia (Joan Plomgren), hence the 'cup' measurement!

Ingredients:

1 & 3/4 cups self-raising flour
1 cup Apricot & Almond Natural Muesli
1/2 cup brown sugar
3/4 cup full fat milk
60g butter, melted
1 egg



Method

1. Combine flour, muesli & sugar in large bowl. Make a well in centre of ingredients
2. Whisk together milk, butter & egg, add to dry ingredients mixing lightly until just combined (There will still be a few pockets of flour in the mixture; this is what gives muffins their characteristic texture.)
3. Spoon mixture into a lightly greased 12 hole muffin tin until 3/4 full.
4. Bake in moderate oven for 15/20mins.until golden.
Serve warm/cold with fruit/yoghurt, butter/jam. Makes 12.

Enjoy! Erl & Mo Plomgren

***If you have a favourite recipe (or more) you'd like to share and include it in the next issue of HN & V's, please email Mo (P) plomdove4145@googlemail.com**

Words

"Last night I was explaining to my six-year-old that English is such a brilliant, expressive language because we borrow words from so many other languages. He replied, 'I don't think English borrows a word. I think the other language makes a copy of a word for us and keeps one for itself.'"

That's a great way to describe the lending and borrowing that takes place when languages meet. We make a copy. We can consider it an analog copy, say, a photocopy + an audio cassette copy. Copies are faithful, more or less, but each copy introduces subtle changes, in pronunciation, spelling, or meaning. Sometimes all three. English has a whole bunch of words from languages such as Latin, Greek, and French.

ikigai *noun*:

1. A sense of purpose or something that gives a sense of purpose; a reason for living.
2. Something that brings fulfilment or enjoyment.

From Japanese ikigai (a reason for being), from iki (life) + -gai (worth). Earliest documented use: 1972. The French equivalent is *raison d'être*.

Thanks to Wordsmith, Word-a-Day – Here's hoping you have your ikigai!

February Quiz – thanks to Mike Richardson

1. What is the capital of Finland?
2. What is the name of Bridget Jones' baby in the third *Bridget Jones* film?
3. Which five colours make up the Olympic rings?
4. In which decade was Madonna born?
5. What is the most sold flavour of Walker's crisps?
6. What's the biggest animal in the world?
7. Which country is brie cheese originally from?
8. What year was Heinz established?
9. What does the AC button on a calculator stand for?
10. What year did Margaret Thatcher die?
11. What is the largest country in the world?
12. In Harry Potter, what is the name of the Weasley's house?
13. What's a baby rabbit called?
14. How many minutes in a game of rugby league?
15. Typically, what is the strongest muscle in the human body?
16. What Jack Dorsey, Noah Glass, Biz Stone, and Evan Williams collectively create?
17. To a single decimal point, how many kilometers in a mile?
18. If all the states of USA were placed in alphabetical order, what would be first and last?
19. Who is the highest spiritual leader of Tibet?
20. What is the Papaver Rhoeas flower better known as?

Answers on P16

Christmas Card Delivery

The Holford delivery service, based on the post box in the church porch, was well used. We felt that there was probably an increase in users, and more cards than last year. Many thanks to Mo and Erl for helping to cover the village and to Gae and Mike for helping with Dodington deliveries.

There were several very generous donations but unfortunately, the final donation to the Dorset and Somerset Air Ambulance of £160 was notably less than last year. This is the fourth year that has seen a decline in donations. Unless this trend improves, we will have to reconsider our involvement in 2024. Also, despite our request in the last HN&V issue, there were significantly more envelopes with names, but without house names. This makes the sorting much slower.

Keith & Sue Edwards



Great news!

The rewilding charity **Heal** has acquired the first of 48 areas of land – one for every English county – where it will create [new nature reserves](#). Its aim is to create a network of reserves across England to cover almost 25,000 acres by 2050.

The 460 acres of newly acquired land, near the town of Bruton in Somerset, is mostly pasture, but Heal will use proven nature recovery techniques to rewild it. This will include the introduction of small numbers of so-called ecosystem engineers such as rare breed cattle, which will sustainably graze the land while encouraging the re-establishment of ecological processes. A variety of different habitats, including trees, water, scrub and grassland, will help to boost plant and insect numbers.

Elsewhere in Somerset, the Avon Wildlife Trust celebrated [the success of a rewilding project](#) for which 30,000 young trees and a 400,000 square metre area of tall grass were planted in 2019. The project has already resulted in increased flower diversity and increased insect populations.



Members and guests were entertained by a fascinating talk by Alan Stone on the history of Wassail, the talk included historical photos, singing of Wassailing songs and tasting some of Alan's wonderful cider.

Future meetings are as follows:

February 14th – The Treasures of Taunton Museum by Susie Simmons

March 14th - A Victorian Head Gardener by Dr Francis Burroughes

April 11th - Exeter's Tudor and Regency Buildings by Robert Hesketh

May 9th - History quiz and social night

Membership to the society is £5 per annum

Entry to the talks is £2 for members & £3 for anyone else who would like to attend

For further information please contact Mike Wise (Chairman) on spike0407@hotmail.co.uk

A driving holiday through France and Spain with Sheila and Mike Wise

2nd September – we left Holford and drove to Dover. We have made this journey on many occasions and it is usually pretty horrendous so we had booked the 8.30am Saturday crossing. Dover is very good and allows Motorhome owners to park along the seafront for a charge of £8.

3rd September – up early and onto the Ferry, nice quick crossing and off to the local supermarket, then headed south. We drove for 100 miles and parked in a forest north of Paris.

4th September – long drive today, so stopped at Orleans for lunch and a walk along the Loire. Our final destination was a beautiful little Spa town called Neris-les-bains, where we parked in an Aire outside a campsite and went for a lovely walk around the lake. (An Aire is a parking area designed especially for motorhomes)

5th September – heading further south, we crossed the Viaduc de Millau which is the tallest bridge in the world but as it has fences all along it, you couldn't see anything. We stopped for the night outside a beautiful medieval Templar town called La Cavaliere. It was so wonderfully quiet and we walked the walls and streets only seeing one other couple.

6th September – travelling through the Auvergne, we were passing fields of grapes and sunflowers. We arrived at the coast at 2pm and parked in an aire right on the beach at Portiragnes. This was a dog friendly beach so we took Maisy down and tried to take her in swimming but she hated the waves, so we took turns to swim and she sat on the beach playing with a toy.



7th September – a short hop along the coast to Argeles-sur-Mer.

8th September – we crossed the Pyrenees into Spain and visited the Rose citadel which had been built over the top of Roman, Greek and Medieval ruins.

9th September – the day I had been waiting for. We drove to Empuria Brava and parked next to the Ruines d'Empuries. This was a wonderful site where Greeks and Romans had lived alongside each other and used the same harbour. The ruins were amazing and the setting overlooking the Mediterranean was stunning. We went for a swim and finished the day with dinner in the beach restaurant.



10th September – We got up at 6am and walked up to the headland to watch the sunset, then we headed inland to another medieval town called Besalu. The architecture was stunning but unlike La Cavaliere, it was packed with tourists, so after a quick visit, we moved on to a beautiful little town called Sant Joan les Fonts where we had a lovely walk along the river and down to the waterfalls.

11th September – 36 degrees and needing to do some washing, we changed our plans for the night and stayed in a campsite. The washing dried within minutes in the heat, but even with the air conditioning working, it was still hot in the van so we used the pool and sat outside until late.



12th September – Driving up into the Aragon Pyrenees we arrived at Ainsa, the most stunning little hilltop medieval town with views from every angle. We walked around the town and did some shopping but mostly just sat outside and drank beer and ate icecreams. The town was quiet during the day and so peaceful at night.

13th September – the hot weather broke with a huge thunderstorm while we were driving. We arrived quite late at the aire, which was at the top of a steep hill overlooking the town of Arnedillo in the Rioja region.

14th September – we started the day walking up an old railway line in a gorge, we followed the river and watched the vultures flying above us.



After lunch, we walked down to the river to make use of the roman baths which still exist within the river. The hot spring water emerges at about 50 degrees and flows through pools that have been built to gradually cool the water, creating the typical caldarium, tepidarium and frigidarium. It was a wonderful experience and not something I expect we will ever do again.

15th September – we drove up into the Picos mountains and stayed the first night next to a lake in Cantabria and went for a lovely walk with Maisy and a local dog who tagged along.

16th September – drove further into the Picos mountains along very narrow roads. We stopped in a beautiful little mountain village called Posada de Valdeon where each space had its own little garden. We walked for miles

down the valley, got a bit lost on the way back but eventually found our way.



17th September – another hairy drive back out of the mountains to Cangas de Onis where the aire was part of the larger car park. Mike went for a cycle and I took Maisy for a walk along the river. We had a fabulous meal in the town that evening with Maisy sat under the table.

18th September – we drove along the coast to Santander and parked in the large aire at the top of the town, then went for a walk through the park and down to the beach. 19th September – after a walk in the morning, we drove to the port. Having a dog on board gave us priority boarding and we were taken to our dog friendly cabin. There was a gift bag for Maisy with treats and a toy and a special dog walking deck for people staying in the dog friendly cabins. We sat on deck as the ship left harbour and the sun sank then returned to our cabin.

20th September – after 25 hours and a good night's sleep, we docked at Plymouth and drove home.



Councillor Vacancies and a whole new Parish Council

It has been a tumultuous period for us recently with lots of changes of personnel - with Hema, Peter, Steve and now Kate Hammond resigning. On the positive side, we now have Karen, Sarah and Ann, leaving just one space to fill (Interested parties to contact Karen at clerk@holford-pc.gov.uk). It does mean that our roles and responsibilities may be shuffled about and I look forward to clarifying everyone's portfolios, as well as the rota for attending the coffee mornings. This should allow us to proceed quickly with all outstanding matters. As we are all now relatively new Councillors, I am encouraging everyone to participate in the SALC online training courses coming up in the next couple of weeks. We've been invited to the Police and Crime Commissioner's *Councillors Forum* in Taunton on 24th January which may be of interest, particularly to those councillors who did not attend the meeting with the PCC in November.

War Memorial Trees and proposed event

Councillor Moffat and I met with Bill Jenman of Quantock Landscape Partnership Scheme to assess the War Memorial Trees in advance of planting the proposed new saplings. Based on the good health of the current stand of trees and the relative inhospitable nature of the site to saplings, Bill has recommended not to proceed with any more planting. I also met with Tommy Muncie who is Area Ranger for the National Trust in the Quantock and Blackdown Hills, and he confirmed that, as landowners of the site, NT agree with this decision.

Bill Jenman has proposed that the QLPS help organise a memorial event in the village in November, which we feel would be a welcome alternative to planting more trees and a timely reminder to residents of Holford and Kilve of the sacrifices made by those who fell in the World Wars.

Unitary Council and Local Community Networks

Karen has been keeping abreast and keeping us up to date with developments on the LCNs, which by the look of things won't be up and running before at least June, once the Unitary Council has been well established. The map of areas has not been cast in stone either, but for the moment it looks like we will be in a group with

Cannington, Chilton Trinity, Durleigh, Enmore, Fiddington, Goathurst, Kilve, Nether Stowey, Otter Hampton, Over Stowey, Spaxton, Stockland Bristol, Stogursey, Stringston, Wembdon. The purpose of the LCNs (Terms of Reference) can be found at the following website:

<https://democracy.somerset.gov.uk/documents/s25116/Item%207%20Appendix%203a%20LCN%20raft%20Terms%20of%20Reference%20V5%20January%202023.pdf>.

Precept

We are due to agree next year's precept, which I hope will allow us to undertake appropriate training, help the village celebrate the forthcoming coronation and enable us to finally install the SIDs on the A39, all of this bearing in mind that everyone is feeling the pinch economically right now and we don't want to cause too much of an increase to the Council Tax.

Defibrillator

Many of you will know that we have a defibrillator in the village on the wall of the Plough Inn. We also have a link on our website which gives locations of all the nearby units. While the box is kept locked due to the threat of theft, it is important for everyone to know that it is universal practice in England to dial 999 in such an emergency that might require the defibrillator and the operator will be able to supply the code to unlock the box. We will ensure the postcode for the site is prominent on the box, as this will also help the emergency services.

Keep in touch

We have had a number of people get in touch regarding issues such as blocked road drains which are not essentially PC responsibilities. We will endeavour to clarify the correct methods of reporting such problems on our website and FB page but of course would be happy to consider escalating reports should the relevant authorities fail to resolve the issue in the appropriate timescale. If you have any concerns, queries or requests, please do come and speak to one of our representatives who will be at the Saturday Coffee mornings, and who will be able to relate all matters back to the Parish Council.

Emily Heckscher – Chair, Holford Parish Council

2023 February Quiz Answers

<ol style="list-style-type: none">1. Helsinki2. William3. Black, Green, Blue, Yellow, Red4. The 1950's (1958)5. Cheese and onion6. Blue whale7. France8. 18699. All clear10. 2013	<ol style="list-style-type: none">11. Russia12. The Burrow13. A Kit14. 80 minutes15. The Masseter – the main jaw muscle16. Twitter17. 1.6 Km18. First – Alabama, last – Wyoming19. Dalai Lama20. A Poppy
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Kilve Village Hall

TakeArt Music Event - **Rwkus** Friday 3rd March 7 for 7.30pm:

*Nu-Jazz quintet, **RWKUS** are coming to Kilve to delight us with virtuosic, fast-paced Jazz! Playing keys, horns, guitar and drums, these musicians are some of Bristol's most exciting names.*

Featuring elsewhere in bands such as Snazzback, Cousin Kula, Soma Soma, Stanlaey and Brook Tate, they join to create intricate music that will get your feet tapping. Influenced by various forms of jazz, hip hop, afrobeat, latin and electronic music.

Support act: Kestrel Manoeuvres in the Park – local experimental folk trio. £12 (£10 students/ low income)

tickets on sale: <https://www.ticketsource.co.uk/take-art/rwkus-live/2023-03-03/19:30/t-nojnnaj>, Kilve Stores, Coffee Mornings and Sarah Hayward (kvh@hayward.uk.net Kilve Mill/ 07814 613908).
Bar and snacks.



MEMBERS AND NON MEMBERS VERY WELCOME

MONDAY, 27TH FEBRUARY 2 PM

HOLFORD VILLAGE HALL

A TALK BY LOCAL AUTHOR

ANGELA PATMORE

"BRAIN PEAKS"

Geniuses are not an elite, with genes or brains different from the rest of us. They simply do in a grand way what many of us do at the climax of psychological crises. They have epiphanies. The brain's magic trick is not really that mysterious - in fact we rehearse it in our leisure pursuits.

Angela Patmore's research bridges the sciences and the arts. She was a UEA research fellow (Environmental Sciences) specialising in the clinical literature on 'stress' and an International Fulbright Scholar (Arts). She has authored a lot of books, mostly on psychology and dogs. *'The Truth About Stress'* was shortlisted for the MIND Book of the Year Award.

Oil delivery Scheme

Time to stock up again?
For those wishing to make use of the community oil delivery scheme, orders will need to be placed by Monday for deliveries in the following week, usually on Wednesday

Please put these order dates on your calendar

Feb 20th and Mar 20th

Contact : **David Young on 741249**

davidyoung1934@talktalk.net



Lottery The Lottery is up and running again!

Winners

December

Winner: Midge Wise
Runners up : Vanessa McDonnell and Sarah Hayes

January

Winner : David and Ann Steer
Runners up : Sue and Phil Harvey Elaine and Alan Falkingham

Refuse collections :

Every **three** weeks on Fridays
Collections a day later after Bank Holidays

Recycling collections

every Friday
Collections a day later after Bank Holidays

Holford and District Village Hall

What's On? – Dates for your Diary



Now covid restrictions are lifted regular events are starting again.

For full details see the Holford and District Village Hall website
www.HolfordVillageHall.org

Bookings : Emily Hecksher T : 741694
or on line at www.HolfordVillageHall.org

VARIOUS EVENTS PLANNED NOW THE VILLAGE HALL IS OPEN.

Weekly regulars Back on Track!

Mon	iPad and Computer Group	10.00 – 12.00
	Short Mat Bowls – Kilve Village Hall	7.00pm
	Aerobics, Pilates and Stretch	6.30pm
Tues	Pilates (occasionally History Society or Gardeners' Group	6pm – 7pm
Wed	Pilates The Hub	11am – noon 2pm – 4pm
Thu	Yoga with Sooki Table Tennis	11 – 12 noon 7.30 – 9pm
Fri	Art Group Craft Group	10.00 – 1 pm 1.00 – 4pm
Sat	Monthly Coffee Morning	
Sun	Yoga with Sooki	5pm – 6pm

We hope you have enjoyed this edition

If anyone has any articles, ideas, news, snippets etc please do let us have them.

before the deadline March 18th

Please send items for the next issue to

EmmaCavendish01@aol.com

Publication date April 1st

Please don't send pdf files or images and text directly from your phone– these are very time consuming to edit.

Save your photos to a jpeg file.