**STAPLE DIET**

**No. *100* MARCH 2018**

**(The West Quantoxhead Village Newsletter)**

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**ST ETHELDREDA’S CHURCH**

**ST ETHELDREDA’S CHURCH MARCH SERVICES**

Sunday 9.30am 4th Eucharist with DB

Sunday 9.30am 11th Eucharist with AFT

Sunday 9.30am 18th Family Service with NM

Sunday 10.30am 25th Benefice Eucharist at **STRINGSTON MONDAY 26th** 7.00 PM Service for Holy week

**LENT LUNCH**

The Lent Lunch will be held at the **EAST** **QUANTOXHEAD** Village Hall at noon on 22nd March and **NOT** at the WQH VH as you may have read or been told elsewhere!

**THE CHURCH LOO IS OPEN FOR BUSINESS**

The new loo was officially blessed and opened at the Family Service on February18th!

**WEST QUANTOXHEAD WALKING GROUP**

West Quantoxhead village walking group meets monthly for a leisurely walk of 3 to 4 miles.  
Come along and enjoy a social occasion, fresh air and this beautiful area.

Optional pub lunch at the end of the walk. Residents and visitors alike are always welcome.  
Meet at the Village Hall car park at **10am** \*\*\* please note later start time \*\*\*. Dates for 2018 are:

March 1st, April 12th, May 3rd, June 7th, July 5th, August 2nd, September 6th, October 4th, November 1st and December 6th.

For further details contact Dorothy 01984 248105

**PILATES**

Held at West Quantoxhead Village Hall on Thursday morning and Tuesday evening. For further details, please call Nathan on 07762 721 271 or email [nathanpirt@iCloud.com](mailto:nathanpirt@iCloud.com).

**CRAFT GROUP - EVERY TUESDAY - 2.00 - 4.30pm**

Come to the Village Hall and learn new craft skills over a cup of tea and a natter, or pass your craft ideas on to others. There will be a Quilting Workshop on 27th March between 10am to 4pm. June 632410

**QIGONG AND TAI CHI CLASSES**

Classes are now held at Stogumber Community Centre on Mondays, apart from Bank Holidays, at 3.30pm.

**STAPLE DIET REACHES ITS 100th EDITION**

Did you notice the number ***100*** above? One hundred months have slipped by since John and Rev.d Marion Hance started the Staple Diet about nine years ago. They completed the first 41 editions!

**TABLE TENNIS CLUB**

Just a reminder that the club meets in the village hall almost every Friday night at 7.00pm. The cost is a minimal £2 per person for the whole evening, including tea or coffee. There is an enthusiastic band of friendly regular players but new members of any ability are welcome to come and have a go – you will be made very welcome. Further details from Sue Sanders on 632759.

**DANCE KEEP FIT CLASS**

There is a new Dance Keep fit class starting in the Village Hall on Thursday evenings in February called 'Skulpz Physique'.  The aim is to help tone the body in all different areas, from limbs to core.

This exercise class is beneficial to all aspects of your health and well-being while meeting new people.  For all abilities, ages and gender, working at your own pace and tailored to your own needs.  Block booking discounts are available.

For more information and to book your place please contact Sophie Knapp on 07855038157.

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**COFFEE MORNING**

The next coffee morning to be held in the Village Hall on Monday 19th March. All welcome.

**W I COFFEE MORNING**

To be held by St. Audries W.I. in the Village Hall on Saturday March 17th 10am to noon. Entrance £2.00 to include coffee & biscuits. Cake Stall, Raffles, Tombola. A warm welcome awaits you.

**WILLITON HOSPITAL LEAGUE OF FRIENDS**

The organisers would like to thank all those who attended/contributed/helped out at our “Special” fundraiser Coffee Morning on Monday 19th February and  very particular thanks to our Chef, Stella, for all her hard work in the kitchen.  All these efforts raised a splendid total of £200 which I am told by Shirley Dee will probably be used on their current gardening project.  Again a big warm “Thank You”.

Sue Sanders

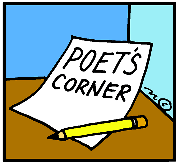
**ST AUDRIES W.I.**

The next Meeting is on March 14th at 2.15pm in the Village Hall. This an open meeting when the         Speaker is John Dando - “ The Magic of Somerset Carnivals “. Competition A Face Mask or Fan. All welcome.

**THE PROBUS CLUB OF THE QUANTOCKS**

The Probus Club meets Tuesdays at the 'Windmill Inn' 10.30am for coffee and interesting talks on many subjects. On the second Tuesday of each month we meet later for a lunch meeting with wives/partners. New Members and Visitors always welcome. Information 633060 or 632653

**POETRY**

Meeting on Thursday, 29th March at 2.30 pm at Jenny Simson's, Weacombe Gate at Weacombe, when the topic will be **The Ages of Man**.

New readers will be made welcome.  For further information please contact Joyce Baxter on 01984 633537.

**JANUARY RAINFALL**

68.5mms in 2018, 42mms in 2017, 117mms in 2016

**LOCAL EVENTS**

**East Quantoxhead Market** will next be held on Saturday 17th March between 10am and noon

**Le Grand Fromage Jazz Soiree** East Quantoxhead Village Hall 10th March at 8pm Featuring ‘Trio Anglaise’.

Licensed Bar and French snacks Tickets £10.00 [under 14s free]. Contact Rocky and Rachael – 01278 741419

**Prize Bingo** East Quantoxhead Village Hall March 3rd

Eyes Down 7.30pm.

**Holford Gardeners Group** Holford and District Village Hall 20th March 7.30pm. ‘Hedgehogs’ a talk by Pauline Kidner of Secret World. Members £1.00, Visitors £3.50.

A Warm Welcome to all

**A QUANTOCK VIEW THROUGH TIME**

The Quantock Hills AONB Service launches a new website [www.quantockviews.uk](http://www.quantockviews.uk) to capture and record the changing landscape and village life of the Quantock Hills.

Ever wondered what the landscape of the Quantock Hills looked like 100 years ago? This new website aims to capture historic pictures, postcards and photographs of the Quantock Hills and the surrounding villages, building an online resource showing the changing landscape of England’s first Area of Outstanding Natural Beauty.

The Quantock Hills AONB Service’s volunteers, led by Keith Edwards have driven this project. Keith says ‘Quantock Views started in order to pull together various existing collections of photographs, postcards and paintings which are rarely seen and to gather together private collections and recollections, which may be in danger of being lost to the Quantock community.’

The Quantock Hills AONB Service Project Officer, Iain Porter says ‘I am amazed and so pleased with the effort of Keith and the other volunteers in developing and taking this project forward. It is great to see the website go live and the interest from local community members. Capturing these images for future generations is really important not just as an archive but also as a way for bringing communities together.’

Anyone interested in the archive can view it online at [www.quantockviews.uk](http://www.quantockviews.uk). If you have a coffee morning or community event coming up and you would like someone to come and tell you a bit more, please get in touch. Also if you are interested in volunteering in the project by helping to collect and archive pictures, or have postcards, pictures or photographs which show the changing landscape of the Quantock Hills please contact – the Quantock Hills AONB office on T: 01823 451 884 or email [quantockhillls@somerset.gov.uk](mailto:quantockhillls@somerset.gov.uk)

Notes to editors:

Contact Katy Coate, Communications and Support Officer, Quantock Hills AONB Service email: [klcoate@somerset.gov.uk](mailto:klcoate@somerset.gov.uk) Tel: 01823 451884

**About The Quantock Hills AONB Service**

The Quantock Hills Area of Outstanding Natural Beauty (AONB) was the first to be designated in England in 1956. I*t is: a precious landscape whose distinctive character and natural beauty are so outstanding that it is in the nation's interest to safeguard them.*

**The following statements form the Quantock Hills Vision;** they describe the AONB we would like to see in twenty years’ time.

* The distinctive and beautiful character, geology and diversity of the whole AONB landscape.
* Biodiversity is protected and enhanced through positive management across the Quantocks.
* Retain, conserve and understand in detail the distinctive man-made elements in the AONB.
* Design takes account of the Quantock landscape and respects and reinforces local character and scale.
* High-quality access is available across the AONB through a well maintained network of paths.
* Productive farming and forestry businesses that support and enhance the intimate scale, historic character and biodiversity of the Quantock Hills.
* Sustainable levels of Quantock tourism and recreation maintain public enjoyment and contribute to the local economy without harming landscape, historic environment, biodiversity or tranquillity.
* Quantock communities and pride of place are strong and involvement of local people and volunteers is extensive in managing change and protecting the area.

**Copy date for April’s newsletter is 20th March.** (Please mark for “Staple Diet” or “Newsletter”). Phone 01984 632268 or email: [SeaFurlong@aol.com](mailto:SeaFurlong@aol.com)