

# STAPLE DIET

No.88 MARCH 2017

(The West Quantoxhead Village Newsletter)

Editor – Duncan Stafford email SeaFurlong@aol.com

Rector: Revd. Nicky Morgan 01278 732873

Associate Vicar: Revd. Dr Andrew Tatham 01984 633331

Associate Priest: Revd. Stephen Campbell 01278 741329

Benefice Office 01278 732742

## ST ETHELDREDA'S CHURCH

Sunday 5<sup>th</sup> March 9-30am Eucharist NM

Sunday 12<sup>th</sup> March 9.30am Eucharist with AFT

Sunday 19<sup>th</sup> March 9.30am Family Service with NM

Sunday 26<sup>th</sup> March 10.00am Benefice Eucharist with NM/AFT  
at STOGURSEY

## WEST QUANTOXHEAD WALKING GROUP

Hoping for better weather than last month, the next walk will be on Thursday 2<sup>nd</sup> March, meeting 9.30am at the village hall as usual. Optional pub lunch at the end. New walkers always welcome. For further details contact Dorothy and Keith 01984248105

## ST AUDRIES ART GROUP

St Audries Art Group meets in the Village Hall on Wednesday mornings from 10am until 12.30pm. If you are interested in joining us or just popping in to see what we do, contact Pat or Maureen on 632729 or 632575.

## CRAFT GROUP

Come and learn new craft skills over a cup of tea and a natter, or pass your craft ideas on to others. Tuesday 7<sup>th</sup>, 14<sup>th</sup>, 28<sup>th</sup> March in the village hall from 2pm to 4.30pm. (Tuesday 21<sup>st</sup> is a Craft Workshop 10am to 4pm.) June 632410

## QIGONG AND TAI CHI CLASSES

Held on Mondays, apart from Bank Holidays, from 2pm until 3pm at St Audries Village Hall. Please come along if you fancy a bit of very gentle exercise. New members welcome as the class may close due to falling numbers. More information from Jane Snell on 01984 634090.

## LOCAL EVENTS

The next East Quantoxhead Village Market will be at their Village Hall on Saturday March 18th between 10am and noon.

## 'OUT OF THE MOUTH OF THE PARRETT' FREE

### EXHIBITION AT BRIDGWATER LIBRARY

A free multi media experience at Bridgwater Library 21st March to 8th April, weekdays 10.00-16.00, Saturdays 10.00-13.00, Thursday 6th April 1800- 20.30. A voyage from the Bristol Channel into Somerset's rural heartland.

## NEARLY NEW CLOTHES AND ACCESSORIES SALE

To be held at Bicknoller Village Hall on Saturday 1<sup>st</sup> April from 10.30am until 3pm.

Accessories to include Hats, Scarves, Shoes and Dress Jewellery. Also antiques, bric-a-brac and children's items for sale.

Entrance will be £3 to include Coffee/Tea and Cake. Children free. There will also be a raffle. Entrance and raffle proceeds will be jointly donated to Macmillan and Marie Curie.

## POETRY GROUP

There will be no Poetry Group Meeting in March. Please contact Joyce on 633537

## VILLAGE HALL COMMITTEE NEWS

The Village Hall is a valuable asset and is generally well used. However, there are still gaps in the calendar especially during Friday daytime and at weekends. The hire charges are only £3.00 per hour for villagers and £5.00 per hour for non-villagers, although there is a minimum charge of £6.00 for a one-off event. If you are looking for a venue for a family celebration or get-together, or thinking of starting up a new activity, then please consider hiring your Hall. To book please contact the Booking Secretary, Mark Philipson, on 01984 631974.

## ST AUDRIES W.I.

The next WI meeting will be held on 8th March at the St Audries Village Hall starting at 2.15pm. The speaker will be Hillary May whose subject will be Hope For Tomorrow. The competition letter will be "U".

## EXMOOR FOOD FEST 2017

### Some of the Local Venues participating in The Exmoor Food Fest

Please ring to check availability:

The Beech Hotel, Minehead, 01643 704765,

Bridge House, Bampton, 01398 332138,

The Cafe, Porlock Weir, 01643 863300

Chambers Bistro, Minehead, 01643 704225

Castle Hotel, Dunster, 01643823030

Fausto's, Minehead, 01643 706372

Lowtrow Cross, Upton 01398 371220

Mandala Pizza, Porlock 01643 863023

Old Ship Aground, Minehead 01643 703516

Royal Oak, Luxborough 01984 641498

The Swan, Bampton 01398 332248



**WEST QUANTOXHEAD**  
**ST PATRICK'S DAY SUPPER**  
**with Entertainment**



17th March 2017 - 6.30 pm. for 7.00 pm  
 ST AUDRIES VILLAGE HALL Tickets: £7.50 from  
 Joyce - 01984 633537 maljoy@tesco.net or  
 Daphne - 01984 632688 [daphnewheeler9@btinternet.com](mailto:daphnewheeler9@btinternet.com)  
 [no later than 10th March, please]. Please advise if vegetarian  
 or gluten free, byob. Proceeds from the evening will be sent to  
 Dorset and Somerset Air Ambulance.

**TABLE TENNIS CLUB**

St. Patrick's Day on 17<sup>th</sup> March is a Friday and as you will know from previous announcements (and above) a supper is being organised for that day. As the village hall will be filled with villagers celebrating all things Irish it is felt the usual Friday evenings table tennis meeting should be cancelled! Sorry, but normal service will be resumed on the 24<sup>th</sup>. Sue 632759.

**JANUARY'S 2017 RAINFALL IN WEST QUANTOXHEAD**

The rainfall for West Quantoxhead during January 2017 was only 42 mm. In 2016 January had 117 mm.

**PILATES**

The first classes to be held at West Quantoxhead Village Hall will be on the morning of Thursday February 23<sup>rd</sup> 0930 am to 1030 am and 1030 am to 1130 am.

There will also be an evening class on Tuesday February 28<sup>th</sup> 6pm to 7pm.

For further details, please call me on 07762 721 271 or email [nathanpirt@iCloud.com](mailto:nathanpirt@iCloud.com).

**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

**W I ANNUAL COFFEE MORNING**

St Audries WI invite you to their Coffee Morning in the Village on Saturday 11<sup>th</sup> March between 10am until noon in the Village Hall. There will be nearly a nearly new table, home produce table, your favourite cakes, general and also dinner raffles. Entrance will be £1.50 to include tea/coffee/cake or biscuit. Any donations for stalls will be welcomed at the hall after 9am on the day. We look forward to seeing everyone.

**WINDMILL LOCALS LUNCHES**

As usual the monthly Locals Lunch will be held on the second Thursday of the month so that the next one will be on 9<sup>th</sup> March. Arrangements are 12.30pm for 1.00pm for two courses at a cost of £10 per person with an option for tea or coffee to follow at extra cost. Always a popular event with an opportunity to have a meal and chat with fellow villagers so please let Tony know a few days in advance on 633004 if you intend to come.

**SPEND A SPECIAL EVENING WITH ANN BREEN**  
**ST AUDRIES BAY HOLIDAY CLUB SATURDAY 8TH APRIL**  
**AT 7.30PM**

Listen to Ann sing her hits that will span 25 years, including her ever popular 'Pal of My Cradle Days'. Other memorable songs include: If Those Lips Could Only Speak, Medals for Mothers, The Old Rugged Cross and many more. Tickets are only £15 available from Barbara Feltham (01278 741 243) or St Audries Bay Holiday Club 01984 632515.

**NOTES FROM YOUR VILLAGE AGENT - NEW TEXT**  
**NUMBER TO COMBAT RURAL CRIME - 81819**

Avon and Somerset Police recently launched a new text service 81819, to help us prevent, report and detect rural crime by providing information and intelligence about suspected crime in our area. 81819 will allow the public to text information directly to the Rural Crime Team. Inspector Joanna Mines, from the Rural Crime Team in Somerset requests, "We want to hear from anyone who has information about any suspicious or potentially criminal activity in their area, for example - details of people/vehicles seen behaving suspiciously, potentially stolen goods or livestock being offered for sale either to the public or at markets, sightings of stolen vehicles we might put out an alert for, even drink drivers." It is not monitored 24/7 so it should not be used for reporting crimes, or anything which requires an immediate police attendance. In those circumstances please dial 999.

Please text 81819 to report any information you believe could either help prevent or detect a crime in our area.

Alternatively Crimestoppers on 0800 555 111 can still be contacted anonymously.

If you are finding life a bit hard going at the moment, I may be able to help. Please phone me Izzy Silvester your Village Agent on 07931 018045, leave me your name and number and I will ring you back. Or email me on [izzy@somerset.rcc.org.uk](mailto:izzy@somerset.rcc.org.uk)

**MONTHLY COFFEE MORNING**

Our next Coffee Morning will be on Monday 20<sup>th</sup> March 10.30am to noon. Come along for a chat and get together over a cup of tea or coffee.

**NEW FREE BUS SERVICE MINEHEAD TO BRIDGWATER**

A new service has started courtesy of EDF, HPC (Hinkley Point 'C') will run three buses each way Monday to Friday and will pick up at the St.Audries Bus Shelter adj. The Windmill daily from Mondays to Fridays Minehead - Bridgwater - Minehead. (Mostly along the A39 but includes Williton, Watchet, Stogursey and Combswich)

**Buses leave Minehead at 10.00, 1130, and 1300.** Reach **St.Audries bus shelter at 1035, 1205 and 1335** and get to **Bridgwater at 1125, 1255 and 1425** respectively.

**Buses leave Bridgwater at 1000, 1130 and 1300.** Reach **St.Audries bus shelter at 1050, 1220 and 1350** and get to **Minehead at 1125, 1255 and 1425** respectively. HPC tel no is 01278 557001.

**Copy date for April's newsletter is 20<sup>th</sup> March.** (Please mark for "Staple Diet" or "Newsletter"). Phone 01984 632268 or email: [SeaFurlong@aol.com](mailto:SeaFurlong@aol.com)