**STAPLE DIET CORRECTED**

***No.95 OCTOBER 2017***

**(The West Quantoxhead Village Newsletter)**

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**ST ETHELDREDA’S CHURCH**

**ST ETHELDREDA’S CHURCH SERVICES**

Sunday 1st Oct 9.30am Harvest Festival & Baptism NM

Sunday 8th Oct 9.30am Eucharist with AFT

Sunday 15th Oct 9.30am Family Service with Sally Bult

Sunday 22nd Oct 10.00am Benefice Eucharist at **STRINGSTON**

Sunday 29th Oct 10.30am Deanery Festival Service at **CANNINGTON**

**HARVEST FESTIVAL at ST.ETHELDREDA'S CHURCH**

**Sunday October 1st at 9-30am** followed by tea or coffee.

Harvest Festival Decorating will commence at 9.30 on September 30th and continue throughout the morning.

Anyone who is able to help will be most welcome. As will gifts of flowers, produce and non perishable foodstuffs (tins or packets). These will be given to a local residential home or Alcombe Food Cupboard. Such gifts may also be brought and presented at our Harvest Festival Service.

Do come and join us on September 30th and October 1st.

**ST.AUDRIES HARVEST HOME SUPPER**

Saturday 21st October At 6.30pm

In the Village Hall

Tickets £7. BYOB

Ring Stella 01984 639944

**WEST QUANTOXHEAD WALKING GROUP**

The next walk will be on Thursday 5th October, meeting at the village hall at 9.30 as usual.  
All are welcome for a walk of about 4 miles with the option of a pub lunch at the end. For Further details  
contact Dorothy and Keith on 01984 248105

**ELLIE EVERARD**

**THANK YOU** to the Farm at Staple, Garage, Pub, Postman and all Dad's friends in the village who were so concerned, when Kenn’s dog Ellie was seen doing a thorough search for Him throughout the village.

All was well, but **we are very grateful**. Jacky and Peter.

**AUGUST RAINFALL**

Rainfall recorded in West Quantoxhead during August.   
August 2017.    37.0 mm  
August 2016.    69.5 mm  
August 2015.    35.5 mm

**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, please 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.

**We meet every Tuesday** in the Village Hall from 2pm until 4.30pm. June 632410

**DON'T FORGET YOUR FLU VACCINATIONS**

**ST AUDRIES W.I.**

The next meeting will be held on Wednesday 11th October at 2.15pm in the St.Audries Village Hall. Brian Phelps whose subject is *"By Hook Or By Crook"* -- based on Call My Bluff. The Competition -- "Flowers"

A warm welcome to all.

**ART AND CRAFT GROUPS JOINT EXHIBITION**

St.Audries Art and Craft Groups will be holding their joint Exhibition in the Village Hall on Saturday 30th September from 10.30 to 4.30. Paintings and Crafts for sale.  Refreshments available.  Free admission.

**MONTHLY COFFEE MORNING**

Our next Coffee Morning will be on Monday 16th October between 10.30am and noon. Come along for a chat and get together over a cup of tea or coffee at St.Audries Village Hall.

**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.

**PILATES**

Held at St.Audries 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).

**ST.AUDRIES VILLAGE HALL**

This is the last reminder for the AGM. It is being held in the Village Hall on Thursday 19th October at 7.30pm. It is your chance to find out what has happened during the year, find out who the trustees are, the financial situation, the number of bookings and vote for the committee. You just have to turn out in the evening, there will be refreshments at the end of the meeting. You never know, having attended the meeting you may be minded to join the committee. Richard Hughes

**QIGONG AND TAI CHI CLASSES**

Classes will no longer be held at St.Audries. Instead they will be held at **Stogumber Community Centre** on Mondays, apart from Bank Holidays, **from 3.30pm until 4.30pm.** Please come along if you fancy a bit of very gentle exercise. New members welcome. For more information please contact Jane Snell.

**WINDMILL LOCALS LUNCHES**

As usual the monthly Locals Lunch will be held on the second Thursday of the month so the next one will be on 12th October. Arrangements are 12.30pm for 1.00pm for two courses at £10 per person with an option for tea or coffee to follow at extra cost. Please let Tony know a few days in advance on 633004 if you intend to come.

**LOCAL EVENTS**

**The next EAST QUANTOXHEAD MARKET** will be on Saturday October 21st between 10.00 and 12.00 hrs at their Village Hall.

**SALE AT ST.JOHN AMBULANCE HALL**

The last general sale will be held at the St.John Hall, North Road, Minehead between October 20th and 26th from 10 am until 4pm daily ( 10 until 1pm on 26th)

**THE STOGUMBER STOGGIMEN**

If you enjoy listening/watching *THE WURZELS,* then why not spend the evening in the company of

**'THE STOGGIMEN'**

At **EAST** Quantoxhead Village Hall on October 7th at 7.30pm.

Tickets in advance from 01278 741241

Price £7 for adults and £5 for children under 16.

It includes a Ploughman's Supper.

There will be a Bar and Raffle.

All proceeds to East Quantoxhead Village Hall Roof

Fund.

**NATIONAL TRUST - FYNE COURT**

Join our eye-opener tour and tea at **Fyne Court** and discover its hidden history. It will be open between October 4th and 18th and from 2pm until 4pm daily.

Join our volunteers as they lead and talk you through the wild gardens, their history and the mystery surrounding the house and its eccentric former occupant. The tour will be followed by an afternoon tea in the library, one of the few remaining rooms.

Booking essential, £10 per person.

Call 01823 451587 for details

nationaltrust.org.uk/fyne-court.

**POETRY GROUP**

There will be **NO** meeting this month.

**NOTES FROM YOUR VILLAGE AGENT**

**Please take a moment to STOP AND THINK** when you get a phone call, an email or even someone knocking on the door who you don’t know. **Even if someone says they’re from a trusted organisation like the Police or the Bank,** how do you know?  Ask yourself what’s really going on.  Because, deep down, you already know the rules for beating fraudsters, so stay calm, take a deep breath, and remember if something feels wrong then it is wrong, and it’s time to put the phone down.

**Never tell anyone your security details like PINs and passwords**

**Always assume a phone call or email is a scam**

**Never be rushed into making a decision**

**Always listen to your instincts**

**Always stay in control**

***In Case of Emergency!  Broken Glass!***

A little lady had got into the habit of leaving the key turned in the lock when she went to bed.  Feeling unwell one night she summoned her neighbour who had a key.  He could not get his key in the keyhole as it was blocked from the other side, so he broke the glass to get in.  She was scared half to death by the sound of breaking glass and nearly hit him over the head with a poker.

The moral of this little story is **Please remove the key after locking up, so that in an emergency, your neighbour does not need to Break the Glass!**

[izzy@somersetrcc.org.uk](mailto:izzy@somersetrcc.org.uk)

**My apologies to all who received the uncorrected version of the October Staple Diet. Editor.**

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