**STAPLE DIET**

**No. 110 JANUARY 2019**

**(The West Quantoxhead Village Newsletter)**

**Editor – Duncan Stafford email SeaFurlong@aol.com**

email SeaFurlong@aol.com



*Rector: Revd. Nicky Morgan 01278 732873*

*Associate Vicar: Revd. Dr Andrew Tatham 01984 633331*

*Benefice Office 01278 732742*

**BENEFICE CHRISTMAS SERVICES**

Saturday 22nd 4pm Carols and Mulled wine **HOLFORD**

Sunday 23rd 10am Benefice Eucharist at **STOGURSEY NM/AFT** (Nicky/Andrew)

Sunday 23rd 6-30pm Benefice Carols by Candlelight at **STOGURSEY NM + others**

**CHRISTMAS EVE SATURDAY 24th.**

3pm Crib and Christingle at **HOLFORD AFT**

4pm Crib and Christingle at **STOGURSEY NM**

7pm Carol Service at **STRINGSTON AFT**

9pm Eucharist for Christmas at **FIDDINGTON AFT**

***11pm Midnight Mass at ST.AUDRIES NM***

**CHRISTMAS DAY SUNDAY 25th**

9am Eucharist at **STOLFORD AFT**

9-30am Holy Communion (BCP) at **HOLFORD DB** (Dawn)

9-30am Family Eucharist at **EAST QUANTOXHEAD NM**

10am Family Eucharist at **KILVE SC** (Stephen)

10-30am Family Eucharist at **STOGURSEY TS** (Tony)

**SUNDAY 30th**

10am Benefice Eucharist at **STOGURSEY NM**

**JANUARY SERVICES AT ST.AUDRIES**

9-30am 6th Jan Eucharist NM

9-30am 13th Jan Eucharist **SC**

9-30am 20th Jan Family Service **AFT**

**10am Benefice Eucharist at STRINGSTON NM/AFT**

**WIBBLE FARM NURSERY**

The St.Audries Parochial Church Council thank Wibble Nursery for their kind gift to the Church of another lovely Christmas tree. The PCC are extremely grateful for their annual gift. ***Thank you!***

**COFFEE MORNING**

The next coffee morning to be held in the Village Hall on Monday 21st January. All welcome.

**ST AUDRIES W.I.**

 The WI will meet on Wednesday 9th January at 2-15 at the Village Memorial Hall. Jane Sharp will talk about **'Starting a Family History'.** The competition colour is white.

**THE VILLAGE HALL COMMITTEE**

Thank you to everyone who helped make the 'Christmas Get-Together' such a success.   Special thanks go to those who provided or served the refreshments, and those who made cakes for the cake table.  And of course thank you to all those who came along for your support and help, all of which made it such a sociable and successful morning. Wendy Philipson

**KENN's NOVEMBER WEATHER RECORD**

Weather for November 2018 in West Quantoxhead.

86 mm rain.

9 days with more than 1 hr of Sunshine

50 kn gusts on 28/29th (F 10)

Frost 2nd and 26th

November 2017

47 mm rain 17 days with more than 1 hr of Sunshine

No Gales Frost on 29th, Odd snowflakes 27/28

**CRAFT GROUP**

Come and learn new craft skills over a cup of tea and a natter. We start back on Tuesday 8th January and meet every Tuesday at St Audries Village Hall 2pm to 4.30pm.

A Big Thank you to everyone who supported our Christmas Craft sale in aid of The Children's Hospice South West, we made £410.60. June 632410

**ST AUDRIES ART GROUP**

St Audries Art Group meets in the Village Hall on Wednesday mornings from 10am until 12.30pm. If you would like to join us or just pop in to see what we do, please contact Pat or Maureen on 632729 or 632575

**NEW YEAR’S DAY ‘BACON BUTTY’ EVENT**

Just a reminder that this will be held as usual in the Village Hall (on Tuesday 1.1.2019 of course!) between 12 noon and 2.00pm. No entrance charge and only £2 each for a super bacon bap (both from local suppliers) or gluten free with an egg. Coffee, tea or still orange drinks will be available at 50p each. BYOB if you wish. Come and welcome in the New Year with your friends and neighbours – several ‘new’ faces have arrived in the village recently and this is great opportunity to come and meet some of the locals. Contacts are Mike Sanders 632759, Richard Hughes 634714 or Ken Rowland 633612 who look forward to seeing you all.

**WASTE COLLECTIONS**

Waste Collection expected on Friday 28th December will be on Sunday 30th December.

Waste Collection expected on Friday 4th January will be on Saturday 5th January

There will be no Garden waste collection between 24th December and 4th January.

Recycling sites close at 4pm on 24th December and 4th January and all day 25th, 26th December and 1st January.

**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 10th January. 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.

**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).

**POETRY GROUP**

Welcome to all Poetry readers on Thursday 31st January at 2.00pm.  Meeting at Applegarth, Staple Lane with an interesting topic:- "Wonder!"

Joyce Baxter [633537]

**OTHER LOCAL EVENTS**

East Quantoxhead Market will open its doors at their Village Hall between 10 am and noon on Saturday January 19th.

## ST AUDRIES WEDDING VENUE

The next Fireworks at St Audries will be Monday 31st December 2018 - Firing Time - MIDNIGHT - Duration:  5 minutes

**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

**NOTES FROM YOUR VILLAGE AGENT**

Travelling is likely to become more difficult during the next three months so take extra care. There is the risk of flooding, snow, icy roads even to the point of being cut off. Prepare beforehand! Stock up with UHT/long life milk, frozen bread and vegetables. See your torch has a new battery and is handy. Have your boiler serviced and top up with oil, wrap your outdoor taps and condensate pipes. Check your elderly, lonesome or frail neighbours.

a branch or tree is brushing lines. Listen to the local weather and road reports on the radio at 95.5FM.

Prepare for storms, notify Western Power or Telecoms if Be aware that gritting routes have been reduced. Grit may be available within the parish. Check your tyres, have warm coats, boots torch and water with you. SLOW DOWN! Don't accelerate, brake suddenly, harshly or

when cornering. Use engine braking as well as brakes to slow down,

More advice on www.safedrivingforlife.info/drivers-and-riders/..../controlling- your-vehicle

Don't drive through floods, your car may float if it gets into the air intake it may write off the engine. Check the flood is shallow, the crown of the road is usually shallowest. Low gear high revs and slip the clutch. Test your brakes after.

Surviving Winter grants are available for heating via Izzy. The Talking Cafe offers free support and advice at the new Pavillion on Williton Memorial Ground on Tuesdays between 10 and 12 noon. Tel Izzy on 07931 018045 or email  izzy@somersetrcc.org.uk

**OTHER USEFUL INFORMATION**

**Somerset CC's gritting map** is available on[http://www.travelsomerset.co.uk/gritting](http://somersetwaste.musvc5.net/e/t?q=6%3dAS9VHU%26s%3dT%26x%3dTE%26H%3dAU9bA%26M%3doM4Hz_KauW_Vk_JXvZ_Tm_KauW_UpO4P.4JhOoDzHw7yLoL.jH.5C_ytcr_99qJpM4Au0_2sZs_B8%26k%3dF5K36E.Fl4k3hM%26sK%3dDTBW)to see which routes will be gritted, and [visit the travelsomerset website](http://somersetwaste.musvc5.net/e/t?q=3%3dKR2SRT%26l%3dQ%268%3dS8%26E%3dKT2YK%26L%3dh1u2aJDGs_HktP_Su_IQsj_Sf_HktP_RzNwM.DIaLyCsE76rIyK.cE.EB_rqmq_26%26x%3dDuIF45.DyK%26iI%3dQR2U)for route planning.

**Somerset Schools Admission Arrangements and consultations** for new pupils can be obtained at 01823 356671 or www.somerset.gov.uk/admissions.

**Somerset Waste Partnership** offers weather information on its SWP Services and Weather webpage, Facebook and Twitter feed. They offer a Plastic Free Christmas Guide! It suggests avoiding single use plastic cups, plates, crockery and straws. But borrow or hire  instead! Carry a reusable bag and purchase loose vegetables and fruit to avoid unwanted packaging. Stock up on batteries and take spent ones to a collection point.. Buy a live Christmas tree that can be used for several years.

Empty your bins before Christmas to ensure you have maximum storage available and to avoid backlogs.

Visit -[https://www.lovefoodhatewaste.com/portion-planner](http://somersetwaste.musvc5.net/e/t?q=7%3dGS0WNU%26t%3dU%264%3dTF%26I%3dGU0cG%26M%3dpN0H1_LguX_Wq_JYwf_Tn_LguX_VvO5Q.2G49vGw8x329C31Nu.5wG_8sat_H8xI8LqI4-Ht54FmL%26t%3dE3MB5C.Hu5q3iL%26qM%3dMS0Y) and use their food portion calculator so you do not over (or under) cater.

After Christmas chip and home compost your Christmas Tree, take it to a recycling Centre or a local charity tree collector. Save useful packaging materials for re-use or gift making, ie festive boxes, jam pots and covers, wrapping paper. Save Christmas cards for a charity card collection.

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