

Toss it, Don't Drop it

*Mix the pancake,
Stir the pancake
Pop it in the pan
Fry the pancake
Toss the pancake
Catch it if you can!*



Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Lent – the 40 days leading up to Easter – was traditionally a time of fasting and, on Shrove Tuesday, Anglo-Saxon Christians went to confession and were “shriven” (absolved from their sins). A bell would be rung to call people to confession. This came to be called the “Pancake Bell” and is still rung today. Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and is between 3 February and 9 March. This year Shrove Tuesday is the **5 March**.

So get ready to toss.

Lynne Thompson

On average we consume 2 pancakes per person on Pancake Day; that's 117 million pancakes in one day: enough milk to fill more than 93 Olympic swimming pools and almost 13 million kilos of flour.

In France, the day is known as 'Mardi Gras' or 'Fat Tuesday' and people like to make a wish before flipping their pancakes, while holding a coin in the other hand.

The first ready-mix food sold commercially was Aunt Jemima pancake flour, invented in 1889 in St Joseph, Missouri.

52 million eggs are used on Pancake Day. That's 22 million more than any other day.

The word “pancake” dates back to the 15th century; “flat as a pancake” is early 17th century.

The pancake has featured in cookery books as far back as 1439. Pancakes were the perfect way to use up all the foods that couldn't be eaten during the period of Lent including eggs, fat and milk

The idea of eating pancakes on Shrove Tuesday is more than 1,000 years old! The tradition of tossing or flipping them is almost as old: “And every man and maide doe take their turne, And tesse their Pancakes up for feare they burne.” (Pasquill's Palin, 1619).

William Shakespeare was a pancake lover! It is reflected in many of his plays.

The largest pancake ever made measured 15 metres and weighed in at three tonnes.

The highest flipping record is 349 flips in 2min by Dean Gould at Felixstowe, Suffolk in 1995

The Crown Good to Go

The kitchen renovations are finally completed and the restaurant will be open from Friday 1 March at 6.30pm. We wish to thank everybody who has helped us with the work and with the friendly support and encouragement.

Our sample menus are available to view on our website and Facebook page.

www.crowninclunton.co.uk

[https://www.facebook.com/](https://www.facebook.com/TheCrownatClunton.co.uk)

TheCrownatClunton.co.uk

Please call to book, to avoid disappointment. 01588 660265

We look forward to seeing you soon.

Blaine and Michelle

The Eighty Percent Project (TEPP)

Have you ever wanted to grow your own food, even if only a bit of it? Do you already grow it, but need to find more people who want to eat what you grow? Do you have land that could be turned into magical, bio-diverse polycultures where we can help stop the slide into extinction of some of our favourite species: the hedgehog, the water vole, the skylark?

If none of these, do you want to eat food grown on fields you can walk across? Do you want food that is packed with the nutrients it used to be when we were young? (Did you know spinach today has 3% of the iron that it had when Popeye was slurping it by the can?) Do you want to support local growers, to create a thriving economy based around local food? If any one of these sounds good to you, then you're already an integral part of The Eighty Percent Project.

TEPP aims to get 80% of local people sourcing 80% of their food from sustainable local producers. We're in early days, but what we need first is to create a database of growers, would-be-growers, land-keepers who have spare land – and most of all, people who would commit to engaging in a box scheme (or who already do - we have some magical growers in the area already).

I'll write more in next month's edition of The Parish Post, but in the meantime, if you're interested, please contact me on 01588 660221 – or come up to Pool House Farm, Clunbury, and have a chat over a cup of tea... Thank you!

Manda Scott



The UK lowland curlew recovery project

Curlew Country

Based in the Shropshire Hills and Welsh Marches



Needs Urgent Help Now to Continue its Vital Work

This small dynamic project works at landscape scale to deliver its trail blazing conservation work for **UK lowland curlew recovery**. Curlew Country is the only UK project working on farmland (not reserve based), to fledge significant numbers of chicks (enough to start real recovery).

Curlew Country Research has demonstrated in four years that **curlews can survive**. In the longer term we need realistic agri-environment funding to support farmers with breeding curlews, coupled with **predation control**. This can only be achieved by working with policy makers and will take time.

Please give now: www.curlewcountry.org/curlewappeal

by cheque payable to 'Ground nesting birds recovery group' & send it to:
*The Game and Wildlife Conservation Trust, Burgate Manor, Fordingbridge,
Hampshire, SP6 1EF*

Please make sure to mark it for Curlew Country and request a gift aid form if applicable.

SUMMER FEAST

Join us for a fabulous day
of feasting
and celebrate seasonal local
delicious fresh food!



Everyone can join in,
young or old, keen
gardeners and
beginners.

Let's see what we can
grow together
Watch this space:
more information
to follow.

If you can't wait to find out more:
contact
Faith 660221 or Jo 660356

Correspondence

Dear Parish Post,

To negate a number of the negative remarks in the Parish Post please find attached what is actually happening and some of the more positive aspects of the NHS reforms within the county.

<https://tinyurl.com/NHS-positive-reforms>

Sarah-Marie Bailey

Thank you Sarah-Marie. Since your email, the news below has come to light. What happens next?

The Editing Team

Future Fit decision to be referred to Health Secretary

The decision to change the way the area's hospital services are delivered is to be referred to the Secretary of State for Health and Social Care, Matt Hancock MP. The referral will take a few weeks to complete. Last month, the CCGs (Clinical Commissioning Groups) backed a plan that would downgrade the 24/7 A&E at the Princess Royal Hospital (PRH) in Telford and move the consultant-led Women & Children's Centre, opened four years ago at a cost of £28 million, to the Royal Shrewsbury Hospital (RSH). Planned operations will move from the RSH to the PRH. Telford & Wrekin Council says that the primary reason for the referral is that it believes the decision will be detrimental to health services in the borough. Once submitted, the referral will be considered by an independent panel who are then expected to make a recommendation to the Secretary of State.

Read the full article via Shropshire Live at:

<https://www.shropshirelive.com/news/2019/02/18/future-fit-decision-to-be-referred-to-health-secretary/>

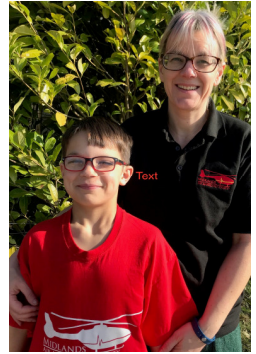


**AFTERNOON
TEA**

**Friday 15 March
1.30pm-4pm**

**Clunbury Village
Hall**

Please join us for a selection of delicious cakes and biscuits as well as books, bric-a-brac and merchandise



*Jensen and Suzanne
Hawden ready for action*

Merchandise stall also
at Clunbury Café
on Thursday 14 March

The Shrewsbury and Telford Hospital NHS Trust wants to hear from you

The Trust is holding a *Working Together* meeting

on **Monday 18 March 13:30 – 15:00**
at **Hazelhurst Close Centre**

**Clun
Shropshire
SY7 8LQ**

This is an opportunity for you to meet representatives from the Trust and talk to them about what matters to you. The Trust will provide updates on CQC/Special Measures, A&E and Ophthalmology and if you have specific topics you would like to discuss, please contact the Community Engagement office on 01743 492390 or by email:

sath.engagement@nhs.net

**Please book your place by calling
the Engagement Team on
01743 492390**

2019 - A Record Breaking Year for The National Garden Scheme in Shropshire

This year in Shropshire, the National Garden Scheme (NGS) will have more private gardens opening for charity than ever before. Thanks to the generosity of the many garden owners and a legion of volunteers, there will be a total of 54, of which 19 are new, opening for the first time to the public. Ranging from perfectly planted urban gardens to rolling rural estates and parkland, with everything else in-between. All in support of caring charities including Macmillan Cancer Support, Marie Curie, Horatio's Garden Oswestry and many more, which you can support while having a wonderful day out by visiting some of the most beautiful gardens of merit in the county. Enjoy a cup of tea, a slice of cake and find ideas and inspiration for you own gardening.

Please support us this year and visit a beautiful Shropshire garden.

The National Garden Scheme in Shropshire.
Raising money for cancer and caring charities

See all our gardens at:

www.ngs.org.uk:

(search "Shropshire" and "All Dates")

Follow us on Twitter: @shropshireNGS

Follow us on Facebook: Shropshire NGS

Join our Supporters News:

email: allison.walter@ngs.org.uk

For a FREE Shropshire NGS booklet:



Another New Reader!

A baby boy, Frankie, born on 19 February (on his dad's birthday) to Emma and Ed Huffer of Clunton. Welcome Frankie; happy birthday Ed.



The Editing Team

SWSGC

Life as a Gardening Editor
A Talk by Tamsin Westhorpe
Wednesday 27 March, 7.30 pm
Lydbury North Village Hall



Tamsin Westhorpe has over 25 years' experience in the horticultural industry. She was editor of the popular *The English Garden* magazine for six years, she writes scripts for gardening TV shows and lectures at Kingston Maurward College in Dorset. She also finds time to be an RHS Chelsea Flower Show Judge and is co-chair of the Garden Media Guild. Throughout, she has been gardening at Stockton Bury, her family home, where the club is scheduled to visit in August.

While Tamsin will talk about Stockton Bury in preparation for our trip, the main subject of her talk will be about the work of a gardening magazine editor. Don't miss what will be a rare insight into a world with which most of us are familiar, but which few of us have the opportunity to see what goes on behind the scenes to get a monthly publication onto the shelves.

The talk is free to members of South West Shropshire Gardening Club; visitors are also welcome at £5 per person including refreshments. Any further queries to Sandy Burton 01588 680454 or on our website:

www.gardeningshropshire.co.uk
Programme of Talks and Events for the next 6 months:

- 27 March Life as a Garden Editor
a talk by Tamsin Westhorpe
- 24 April Garden Design
a talk by Christine Scott
- 22 May Kitchen Garden Herbs
a talk by Rob & Kim Hurst
- 24 July Five Centuries of Women and Gardens
a talk by Richard Rallings
- 31 Aug Annual Club Show
- 25 Sept Collecting and Sowing Seed
a talk by Amanda Potter

Sarah Metcalf

Road Closures/Events

- *Redwood Lane, Twitchen* from 4 to 6 March, 9.30—16.30
Road closure for installing new BT poles and associated cabling
- *Twitchen Road Crossroads to Little Brampton Crossroads B4368, Clunbury*
Start Date: 21 March 2019
End Date: 22 March 2019
09:30 - 15:30
Purpose: to provide safe area for provision of new underground duct in verge and fibre cabling for new customer connection.
Works Promoter: BT
You can view the closure and diversion route by going to:
<https://roadworks.org?tm=112394881>
- B4368 British Cycle Road Race
31 March, 7.00 to 16.00



Clunbury Runners

What a talented bunch of young cross country runners we have in Clunbury Parish. Is it the fresh air or maybe the hill that makes the difference? Three pupils from Clunbury school, Freya Richards, Christina Richards and Jacob Burton have been selected to be part of the Shropshire Cross Country Team at the Primary School Games Festival on 5 March.



Also promising a bright future in cross country is Sam Wadsworth, who at 10 is taking part in the Independent Schools Association National Championships in March having come first in the under eleven race at the ISA Midlands cross country on 6 February. Sam was representing Bedstone College in the competition where more than 20 schools from all over the Midlands took part.

Eirlys Ellams

The Shropshire RCC (Rural Community Council) Community Fuel Buying Scheme

Want to save money on your heating oil/gas? **SO DO WE!**

Shropshire RCC is a local charity which runs a Community Fuel Buying Scheme to reduce the heating costs of those living off gas. By bringing communities throughout Shropshire together and making the most of joint buying power, we can make savings and pass them directly to people like you whose fuel costs are high simply because you aren't connected to mains gas.

Being a member of the scheme not only gives you great savings on your fuel bills but removes the often time-consuming task of ringing round suppliers for the best price. With local coordinators on hand to help those without email, and access to suppliers who can deliver to remote properties, the scheme can cater for everyone's circumstances. In addition to heating oil and gas we also offer exclusive deals for members on LPG and Wood.

Membership to the scheme is £24 per year and enables us to cover the admin costs for running this scheme.

For more information please contact Lizzy Thain on 01743 342167
or join online at

[http://www.shropshire-rcc.org.uk/
services/individuals/oil-buying-scheme.](http://www.shropshire-rcc.org.uk/services/individuals/oil-buying-scheme)

**Next Order Deadlines are
Tuesday 5 March & Tuesday 2 April**

CONTACTS

Email: theparishpost@gmail.com

Website: www.theparishpost.org

Phone: Sheila Downes 660626
or Gisèle Wall 660561

If you (or family or friends living outside the parish) would like to receive The Parish

Post by email please contact us at
theparishpost@gmail.com

The editorial team does not accept responsibility for any opinions expressed by contributors and reserves the right to edit contributions if deemed appropriate.

Events Diary for March 2019

Fri 1	7pm	World Day of Prayer	Clun Methodist Church
Fri 1	7.30pm	Borderlines Film Festival: The Wife	Bedstone Village Hall
Fri 1	7.30pm	BC Railway Society AGM–638998	Methodist Hall, BC
Sun 3	11.15am	Morning Prayer	St Swithin's, Clunbury
Mon 4	9-11.30am	Parent&Toddler Group-every Mon in term time. Just turn up	Clunbury Village Hall
Mon 4	7.30pm	Table Tennis every Mon not the last one of the month–£1	Aston on Clun Village Hall
Tue 5	9.15-10.45am	Yoga Sessions every Tuesday–Beginners Welcome	Clunbury Village Hall
Tue 5	7.30pm	Flicks–A Star is Born–680302	Lydbury North Village Hall
Wed 6	6pm	Ash Wednesday Service	St Mary's, Clunton
Wed 6		Quiz	Kangaroo Inn, Aston on Clun
Wed 6	8pm	Bishop's Castle Film Society–Sweet Country	Three Tuns, Bishop's Castle
Thu 7		Tim's Travels–Rough Crossing–640506	Malvern Theatre
Thu 7	7pm	Flicks–Bohemian Rhapsody–630321/638038	SpArC
Fri 8	7.30pm	Borderlines Film Festival: The Seagull	Bedstone Village Hall
Sun 10	11.15am	CW Holy Communion	St Swithin's, Clunbury
Tue 12	Mobile Library: Clunbury Bridge 10.10-10.30am, Clunton 10.40-11.00am, Obley 12.45-12.55pm		
Wed 13	6.30pm	Flicks–Smallfoot–640109	Clun Memorial Hall
Thu 14	10-11.30am	Clunbury Café	Clunbury Village Hall
Thu 14	7.30pm	Tools For Self Reliance South Shropshire AGM	Clun Methodist Church
Sat 16	10am-1pm	Craft & Collectables Market	Aston on Clun Village Hall
Sat 16	7.30pm	Flicks–The Wife–660545	Aston on Clun Village Hall
Sun 17	6.30pm	Evensong	St Mary's, Clunton
Sun 17	7.30pm	The Brubeck Project-The Neil Maya Quartet-01547 530282	Bedstone Village Hall
Mon 18	1.30-3pm	NHS Trust Meeting	Hazlehurst Centre, Clun
Wed 20	8pm	Bishop's Castle Film Society–The Illumination	Three Tuns, Bishop's Castle
Thu 21	8pm	Clunbury Parish Council Meeting	Clunbury Village Hall
Fri 22	6.30pm	Flicks–The Nutcracker and Four Realms–630321/638038	SpArC
Sun 24	11.15am	CW Holy Communion	St Swithin's, Clunbury
Tue 26	Mobile Library: Clunbury Bridge 10.10-10.30am, Clunton 10.40-11.00am, Obley 12.45-12.55pm		
Tue 26	2pm	Flicks–Breakfast at Tiffanys–630321/638038	SpArC
Wed 27	10am-1pm	Clunbury Craft Group	Clunbury Village Hall
Wed 27	7.30pm	SWSGC–Life as a Garden Editor	Lydbury North Village Hall
Thu 28	10-11.30am	Clunbury Café	Clunbury Village Hall
Thu 28	7pm	Flicks–A Star is Born–630321/638038	SpArC
Sun 31	9.45am	United Mothering Sunday Service	Hopesay

Clunbury 100 Club

February Draw : Amy Watkins £20; Ann Wadsworth £15; Carol Griffiths £10; Jean Christian £5; Jane Cassford £5.

Clunton 100 Club

February Draw: 1st Joy Jaggard; 2nd Marlene Huss; 3rd Harry Collins.