

Future of the Parish Post!

The Parish Post has produced 118 issues and is now in its 11th year. It has always been well received and feedback suggests that people find it a useful and interesting publication. This is all very encouraging and a real boost for those of us producing it. The pandemic has provided the team with a lot more challenges to overcome to continue to produce an interesting and informative publication. I hope that you think we have achieved this and risen to the challenge. However, the Parish Post is a local publication for the local community about the local people and relies on input from the community. Without your support the future of the Parish Post could be in jeopardy and may have to reduce the production to bimonthly or quarterly. We need you to let us know what you want from your Parish Post, if indeed you still want it. We also **urgently** need volunteers to come forward who are either familiar with, or willing to learn Desk Top Publisher; we can provide training for this. In addition, we need someone as soon as possible to take on the management and development of the Parish Post website. Please contact us by email or telephone see contacts on Page 7.

The Parish Post Team

The Sunflower and Hollyhock Challenge

Can anybody beat Ian Davies's sunflowers? 10ft tall! Or Judith Payling's hollyhocks 12ft tall! Let us know and send in your photos.



Above: Ian among his sunflowers.



Right: Judith's hollyhocks being tended to by Tristan

Clunbury Village Hall Invites you for Afternoon Tea



at Windsong,
Clunbury

Next to Clunbury School House
By kind permission of Caroline & Steve

Sunday 13 September

Booking essential 2 sittings

2.15 and 3.30pm

£4.00 p/p

Clunbury Village Hall if Wet

Contact: Barbara 660629 or
Alister 661180

Please send your contributions by the 20th of each month

Successful Social Distance café at Clunbury Village Hall

NOTICE

We Are Practising Social Distancing



Clunbury Village hall café returns as lockdown restrictions have lifted. On the 6th and 20th August, a trial run of the café was a great success. The committee ensured that guidelines were followed with a one-way system in and out of the hall. Hand sanitizers were provided on entry; tables were well spaced; seating was appropriately arranged for social distancing, and organisers wore appropriate PPE. Clients were seated on arrival and orders taken to minimise movement in the hall. People attending said that they felt very safe and that it was well organised. They also said it was nice to do something normal and see their friends and neighbours in a social setting. The committee decided to offer a free café for August. However, people were invited to make donations which, together with the sale of local produce proceeds, will be given to the Air Ambulance. So far £123.30 has been raised.

Alister Thompson said: "It is good to see people coming back together again and, following this success, we will be continuing the café fortnightly". Next café is on 3 September.



Barbara Freeman



Ruth Seabury

Eirlys Ellams and Karen Bradley



The Sign at the Twitchen

The Parish Council has had complaints that cars and lorries trying to find Redwood Lane (at Three Ashes) regularly got lost. Parish Councillor Nick Morgan offered to make and erect a sign. True to his word, here he is with the sign duly installed, and impossible to miss!

Thank you Nick.



Is this Really the End of Summer?



Have you noticed that nature is telling us to get our vests out, ready for Autumn!

The pink Cyclamen are out in the garden and in the churchyard, 8 weeks earlier than October 2000!

The swifts are no longer screaming high in the sky, and the swallows are discreetly lining up on the telegraph wires.

Is it the lack of water we suffered in April, or are the Hazelnut leaves beginning to turn yellow and drop off?

The August long, hot dry days have gone and there is a coolness in the morning air. Purslow Show always heralded the end of the summer and the beginning of autumn.

Global warming is certainly showing its effects, and Nature is already reacting, two steps ahead of us!!

Barbara Freeman

SmartWater Still Running



The 'SmartWater/We Don't Buy Crime' initiative run by West Mercia Police is still ongoing and the Parish Council believes that our community should embrace this opportunity to improve our security. For more information visit the Parish Post website, or contact a Parish Councillor.

Stormy weather stories!



Wednesday 12 August will be recorded as one of the many extreme weather events of 2020. The freak storm brought torrential rain, giant hailstones, thunder and lightning sweeping through the valley.

In Clunton, A Sea Of Mud

Heavy rain came down the lanes in torrents and, once more, flooded The Crown and the house called 'The Green' which had both only just recovered from the last flood. At the east end of the village, the soil in recently ploughed fields above the village was washed down into the main road making it impassable. The mud flowed into drives, gardens, garages and even the village hall. A big clean-up operation began the next morning but some gardens are still very muddy! *Pat Harding*



In Kempton, Barley Goes Barmy

Anyone driving the lane from Kempton towards the Hundred House after 12 August will have noticed a 30 yard stretch which, at one time, was inches thick with barley grains. How did they get there? It seems that they were washed down the 300-yard-long drive from New House Farm. The torrential rain carried the barley with it all the way down the drive to the road before turning right in the direction of Purslow, where, as the gradient changed, the water slowed and most of the grain settled on the road. The stream of water escaped eventually into a nearby field, leaving most of the barley behind. Nearby, the occupiers of two cottages coped with the flood in different ways: at one, by bailing furiously and diverting the water with sandbags positioned at the back door; at the other, the flood rushed in at the back door and was ushered out at the front. One positive outcome is that it filled a few potholes! *Gisèle Wall*

In Clunbury A Very Near Miss!

On Wednesday evening, at about 6.30pm, Sarah Hillhorst was driving along the top lane in Clunbury. Fortunately her car window was down because she heard a cracking noise coming from outside and quickly realised that it was a tree about to fall. Sarah stopped and at that moment the bough of the tree broke off completely and large branches landed on the bonnet of her car. A few more seconds and Sarah would have been under it! She was badly shaken and in shock; as for the car, it managed to get away with just a few scratches. *Lynne Thompson*



The Magic of Elderberry – Nature’s Own Anti-Viral

Throughout September our local hedgerows and field edge trees will be replete with the dark ripe berries of the elder tree. Instead of paying the equivalent of £60+ a litre for elderberry syrup in a chemist or health shop, why not make your own winter-bug-busting syrup to see you through the months ahead? No, it won't protect against or cure COVID-19 (although studies are underway), but modern scientific methodology has validated the positive effects of elderberry extracts on a variety of inflammatory ailments and found it to be effective in reducing the symptoms and longevity of several A and B flu variants (see below).



Elder (*Sambucus nigra*) has long been used as a cure-all, including for colds, coughs, flu, sore throats, fevers, and rheumatism. The tree is as rich in folklore myth and superstition as it is in its breadth of medicinal and other uses. For example, Danish folklore hails the goddess Hyldamor as the earth mother whose spirit lives in the elder tree; her permission must be asked before taking the berries or cutting the wood or she may take revenge – you have been warned! The “father of medicine” Hippocrates sang the praises of elder 2,500 years ago, and in the 1600s the German physician Etmüller described it as “the common people’s medicine chest”.

Elderberry Rob is an old traditional recipe used as a warming treatment for coughs and colds. There are many different versions, but basically you make a syrup and add spices – cloves, cinnamon, nutmeg, ginger, allspice, whatever you happen to have in the cupboard - or leave out the spices if you prefer and just make a syrup. Once made you can take it as a daily ‘medicine’, one or two teaspoons a day, or add it to brandy or rum with a little hot water, like mulled wine but better. Or even add it to cheap red wine to improve the flavour!

Here is how to make it. Collect as many elderberries as you can find, without stripping the trees bare (and whilst being respectful to the spirit of Elder!). Strip the berries from the twigs using a fork and put them in a big pan with the spices if you’re using them. Simmer with just enough water to cover for about half an hour, squishing down the berries to extract as much juice as possible. Strain well in a jelly bag or muslin over a large sieve. Measure how much juice you’ve got, then decide how much sugar to add. Personally, I use white sugar because unfortunately it’s the best for preserving, but you could use honey or demerara - they are nicer for the taste but not so good as a preservative. I use equal weights, ie, 1 kilo of sugar to 1 litre of juice but some people prefer less sugar and some use more. Back on the hob, dissolve the sugar gradually in the juice on a very low heat and then simmer gently for about 10 minutes (don’t re-boil). Pour into sterilised bottles and refrigerate after opening. For those who like a bit of science, see <http://journals.sagepub.com/doi/abs/10.1177/147323000403200205> (2004) Efficacy and Safety of Oral Elderberry Extract in the Treatment of Influenza A and B Virus Infections, a randomized study which demonstrated elderberry as a safe, effective and cost-effective way of treating flu. Also see <https://pubmed.ncbi.nlm.nih.gov/11399518/> (2001) The Effect of Sambucol, a black elderberry-based natural product, on the production of human cytokines which showed it to be effective against 10 strains of flu virus.

The Secret Stress of Trees

We like to think of trees in woods as being quite comfy, surrounded by fellow trees, grounded in the 'wood wide web' to alert them to any threats.

But in respect of the poplars in my wood, this is not always quite the case.

These trees have grown together up to 120 feet tall so why does one suddenly snap in two, 30 feet up



It had worn clean through the bark and was wearing away at the meat of the tree, creating a weak spot. This is where the tree broke.

I weighed a small top branch: with dry leaves it weighed 210g, with wet leaves

265g (below) then with no leaves 110g.

So the topmost branches can weigh

two to three times as much in summer compared to their winter weight.

High up, the trees sway a lot in the



wind, so I reckon that a resonance effect is set up - think of a person pushing a

child on a swing. This explains why a gentle breeze can be more deadly than a gale, especially with the wind blowing from an unusual direction (ie north-east). This, combined with the weak spot, and a light shower of rain, sent the poplar over the edge, and down it came!

This leads to my conclusion - that some trees live on the absolute edge of what is possible and are occasionally pushed over it, with catastrophic results.

Jeremy Owen



(above), taking chunks of nearby trees with it, come crashing to the ground in a tangle of wrecked branches (below) and leaving a large hole in the canopy?

After all, this was in July when there was no great gale, only light rain and a north-easterly breeze.



I decided to investigate. First I focussed on a conifer that had fallen to an angle of 45 degrees, and become wedged between the poplar and a willow, and was resting on a birch tree (above right).

This had pressed against the poplar and worn away for up to 15 years.

Kitchen Cupboard

This month, Mary Jones has sent in some recipes for preserves. Now is the best time to get ahead for Christmas. Preserves make excellent presents and what better than a homemade one.

Red Tomato Chutney

450g ripe tomatoes
100g cooking apples
225g onions
450g seedless raisins
100g soft dark brown sugar
4tsp salt
3tsp ground ginger, pinch cayenne pepper
1/2pt Vinegar

Put all the ingredients into a saucepan. Bring to the boil, simmer gently for 1 1/4 hours until thick and brown.

Pour into warm sterilized jars, cover with wax discs and metal tops (not paper it will dry and shrink the chutney)

Tip: always looks nice with cotton tops tied with twine.

Homemade Jams

500g of any fruit (plums, blackberries etc)
1/4 cup water
625g sugar

Large heavy based saucepan

Add fruit and water to the pan and stew slowly. When fruit is soft add the sugar and boil rapidly for 15—20 minutes. Add a knob of butter to stop the foam on the top.

Place in warm sterilized jars and cover with wax paper and jam tops.

1lb of fruit makes 2lbs of jam



If you have any requests let us know
You will find these recipes for printing on the Parish Post website

Next month's recipe: mild piccalilli.

Mary Jones



Great News for SpArC

Calor Gas celebrated their 85th birthday with a prize fund of £85,000 for community projects throughout the country. SpArc have been awarded £5,000 from the Calor Gas Rural Community Fund Category.

SpArc recently surveyed its users and many people identified that they would like a café and more social activities. The project submitted to Calor Gas was to develop a café and bring together users and volunteers of all ages to help people to pull together after Coronavirus isolation. They also plan to provide training for volunteers to help increase employability for those who have recently lost work and income. SpArc have also raised additional funds, and are looking forward to creating this exciting social space for the local community. For more information look at communityfund.calor.co.uk/leaderboards/winners-5000.

SpArC Re-opens

SpArC Bishop's Castle Leisure Centre has reopened. The fitness suite, group exercise classes and the swimming pool are now available. Pre-bookings only for all activities, no walk-ins permitted. Sanitiser stations are located throughout the centre. Separate entry and exit points. To book phone 01588 630243.

Swimming: adult lanes only, open Tuesday and Friday 7am-10am; Monday-to-Thursday 7pm-9pm; Saturday and Sunday 9am-11am. Swimmers must turn up 'beach ready' as there will be no showers or changing rooms available.

General & Fitness Suite Opening Times

Monday:	16:00 - 21:00
Tuesday:	07:00 - 21:00
Wednesday:	16:00 - 21:00
Thursday:	16:00 - 21:00
Friday:	07:00 - 18:00
Saturday:	09:00 - 12:00
Sunday:	09:00 - 12:00

Centre Closed on ALL Bank Holidays

SpArc has made a short video showing how their safety measures will work. Please see Parish Post website for link to video.

House Martin Recovery

Following our disappointment with the ransacking of a House Martin's nest by a Great-spotted Woodpecker (reported in the July issue), we are glad to report that House Martins repaired the nest and the young fledged successfully, without any further interference.



Tom and Gisèle Wall

Notices and updates

Operation Christmas Child 2020



Samaritan's Purse will pack your shoebox and send it for you, for just £15 + £5 project donation per box. Each shoebox gift built online is a heartfelt expression of God's love to children in need.

See link:

shoebonline.samaritans-purse.org.uk

You can still fill a shoebox in the normal way. If you need a box or a leaflet, let me know and I will get one to you. Thank you.

Pat 01588 660169

patmharding@aol.com

CONTACTS

The Parish Post website:

<https://theparishpost.org>

Email: theparishpost@gmail.com

Phone: Lynne Thompson 661180
or Pat Harding 660169

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.

SERVICES FOR ST MARY'S, CLUNTON and ST SWITHIN'S, CLUNBURY

SEPTEMBER 2020

Sunday 6: 11.15am

Joint service of morning Prayer
St Swithin's Clunbury

Sunday 13: 11.15am

Joint service Holy Communion
St Swithin's Clunbury

Sunday 27: 10.00am

Benefice Service of Holy Communion
St George's Clun



Clunbury 100 Club August

Sibilla Whitehead: £20; Rosemary Jones: £15; Ron Cornes: £10; Ann Brown: £5; Barbara Richards: £5.

Clunton 100 Club August

1st Mike Minns; 2nd Ann Malpas; 3rd Anne Sheherdson.

The 2020/21 100 club subscriptions are now due ready to start the new year on September 1st, please pay Pat Harding £12 by the end of August.

Clunbury Café Is Back!



Thurs 3 and 17
September
10.00 -11.30 am

See you there!

Covid-19 Update

The recent outbreak of coronavirus had a negative impact on local businesses in Craven Arms. It has been successfully contained and there are no new cases. Shops are open as normal to welcome back customers. However, across Shropshire, there has been a small increase in the numbers of Covid-19 cases in the last two weeks, generally amongst the younger population who have displayed milder symptoms. This small trend reminds us that we need to get the messages about keeping safe and well out to all ages of people in our communities.

A range of posters have been added to the Shropshire Council website which can be used in your communities and workplace. They contain the most up to date coronavirus public health advice and include simple messages

Contact tracing

Face coverings

Knowing the symptoms

Park and playground opening

Safe ways to enjoy the summer, and

How long to self-isolate

<https://www.shropshire.gov.uk/coronavirus/resources-and-grant-funding-opportunities-for-local-communities>

A series of Easy Read posters also available on the link below:

<https://www.shropshire.gov.uk/the-send-local-offer/coronavirus-information/easy-read-materials/#>

Face coverings have become mandatory in many places, full guidelines and exemptions can be found here:

<https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own>

A survey is being launched by Shropshire Healthwatch. from 1st September to 31st October 2020. The aim is to gather the views and

experiences of anyone who has been in hospital and then left in the last 6 months to improve services during what could be difficult winter months ahead.

Enterprise House services

After several months of closure due to the coronavirus pandemic Village Outreach equipment hire service Based at Enterprise House in Bishop's Castle is now open for business again.

Although most of our large events have, of course, been cancelled for this year, we are now able to offer a full range of equipment to hire within the community and local area.

We are already receiving requests for shelters and marquees from pubs for their gardens and from private individuals wishing to have small family get togethers outdoors. We have a large range of equipment available to hire from shelters and marquees to sound equipment and lighting.

In line with current guidelines, there will be restrictions on certain items, such as our soft play and some toys and games, due to risk of infection and difficulty of maintaining 100% hygiene.

When returned, equipment will be cleaned and/or quarantined for 72 hours. You can find details of equipment available and prices at our website:

www.enterprisehouse.org.uk/outreach

Call us on 01588 630097 or email:
villageoutreach@bishopscastle.co.uk
[facebook.com/villageoutreachBC](https://www.facebook.com/villageoutreachBC)



Parish Post Printing

Please help neighbours who do not have access to printers or internet Thank you!