

THE GUNNAS GAZETTE

The Newsletter for Clungunford Volume 23 • Issue 1 September 2019

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The Parish Council

Our last meeting gave rise to the usual letters to Shropshire Council and Severn Trent about highways matters and hedges. Severn Trent in response does not consider its pumping station foliage to be a road hazard! The High Court consent order quashing the Hopton Heath poultry unit has been signed by all parties and is with the Court for sealing.

Our next meeting is on 11 September at 8pm in the Parish Hall, and all are welcome to attend. Parish matters before (or after) the meeting may be raised either with me or with our clerk, Max Maxwell (01588 661044:

<u>clungunfordparishcouncil@gmail.com</u>). *Jonathan Roberts*, Chairman (01588 660673: <u>jonathan.roberts@morgoedestates.com</u>)

Bar nights

These are proving very popular – if you have not been down already to mix with the crowd, make a point of so doing – you will not be disappointed. Village pub atmosphere at its best!!! See below for forthcoming Bar Nights.



Clungunford Community Bar has a name!

The village hall now has a community-run bar that is open to all, four nights a week. The bar has a new pub-licence, and now it has a name, The Gunnas Bar. You are welcome to drop in on Tuesday, Thursday, Friday and Saturday nights every week. The atmosphere is as good as any pub locally! Try it.

Flicks in the Sticks at Clungunford parish Hall

Friday 27 September 2019 at 8pm

The Favourite (cert 15)

In the early 18th century, England is at war with the French. Nevertheless, duck racing and pineapple eating are thriving. A frail Queen Anne occupies the throne, and her close friend, Lady Sarah, governs the country in her stead, while tending to Anne's ill health and mercurial temper. When a new servant, Abigail, arrives, her charm endears her to Sarah. Sarah takes Abigail under her wing, and Abigail sees a chance to return to her aristocratic roots.

Starring: Olivia Colman, Emma Stone, and Rachel Weisz

Director: Yorgos Lanthimos Period Drama

Friday 25 October 2019 at 8pm

Rocket Man (cert 15)

Rocketman is a 2019 biographical film based on the life of musician Elton John. Dressed in a flamboyant devil's outfit, Elton John enters an addiction rehabilitation session, and recounts his life in a flashback. Young Elton (born Reginald Dwight) grows up in 1950s Britain. Reginald is interested in music and piano and discovers his ability to "play by ear"-instantly replaying a piece perfectly after listening to it once. "It's going to be a long, long time before a rock biopic manages to capture the highs and lows of an artist's life like Rocketman"

Starring: Taron Egerton, Richard Madden, and Jamie Roll

Director: Dexter Fletcher Biographical Drama DUE TO THE POPULARITY OF THIS FILM WE STRONGLY ADVISE BOOKING Entrance to films: £4.00 Adults £2.00 Children Licensed Bar, Ice creams, raffle (Donations welcomed), good car parking

Tel:01588 660781 (Maureen) (maureenrooney2012@gmail.com) or 01588 660159 (Keith) for enquiries and reservations.

We now show all our films with subtitles

We are in the process of compiling an email list for anyone who would like to receive an email reminder each month of information on our forthcoming films including links to trailers and reviews. If you would like to go on the list, please email: mike@mikeandrewshomeopathy.co.uk with your details.

Nursing notes

Traditionally, it was well known that nurses were not employed in the highest paid profession.

Again, trawling through material from my nurse training days, I came across a paper detailing our Training Allowances.

Student Nurses in their first year were given an Annual Cash Training Allowance - £299

Payment to Hospital where board and lodging provided - £128

In the 4th year after State Registration the Annual Cash Allowance rose to - £336

Board & lodging remained at - £128

A single cash payment of £5 is made to the Student on passing the Preliminary State Examination (in the event of a student nurse failing to pass the Preliminary State Examination at the second attempt the Nursing Committee may terminate her engagement).

Student nurses are responsible for the payment of examination fees, Parts 1 and 2 taken together -£2.12s.6d: Final Examination £4.4s.0d

Certificates and badges are granted to all student nurses who successfully complete the course of training. Nurses who have passed the Hospital Final, and State Final Examinations are allowed to wear the Badge of Training during their Final Year, but it remains the property of the hospital until the post registration year has been completed.

Student nurses are normally on duty for an average of 88 hours per fortnight, exclusive of meals and inclusive of compulsory lectures

Student nurses are under the authority of the Principal of the School of Nursing and of the Matrons and are required to obey the instructions of their superior officers and, in professional matters, of the Medical Staff. Work in the wards and departments of the Hospital as allocated and undertake night duty as directed. At all times wearing the regulation uniform.

It is forbidden to travel on public transport, enter restaurants, etc. in uniform nor should it be worn under mufti coats. Nurses are requested not to wear their capes in the Dining Rooms.

A Student nurse may be suspended from duty at any time during her training, the same being reported to the Nursing Committee immediately, and the committee may terminate the contract of any student nurse at any time without notice for neglect of duty, disobedience, misconduct or other sufficient cause.

I had almost forgotten how strict and regimented our lives were. It's a wonder we survived and emerged fully trained, relatively unscathed!! Sister B

P.S. I would rather make mistakes in kindness and compassion than work miracles in unkindness and hardness (Mother Teresa).

Postcard from Africa

Something quite remarkable has happened in Sudan: on August 17th an agreement was signed on a process which will return the country to a civilian, democratically elected government within 3 years. So, after nine months of peaceful demonstrations by tens of thousands of ordinary people, the now former president Omer el Bashir is under arrest and the army has agreed to revert to its proper role of serving the people and not dominating them. The process was not entirely without violence and in one bloody incident in April more than 100 protesters were killed by security forces but this did not deter the protesters and in the end justice has prevailed.

The agreed arrangement is that the principal governing body in the country will be a Sovereignty Council, made up of 5 military representatives, 5 civilians from the ad hoc committee which led the uprising and an 11th member, selected by mutual agreement by the military and civilians. The person selected for this post represents another surprising and unexpected divergence from the norm: in this predominantly Moslem and male-dominated society, a Christian woman has been chosen. For the first 21 months, a representative from the military side will chair the Council, the civilian delegation will hold the chair for 18 months after that, during which time preparations will be made for elections for a representative civilian government to be installed in November 2022. Apart from the fanfare of the signing of this agreement in front of the world's media and visiting dignitaries, there were huge celebrations across Khartoum and other cities. The will of ordinary people had prevailed, a military autocrat and his regime had been toppled and a clear way forward for a more democratic future not only signed and sealed, but witnessed by several heads of state as well as the Secretary General of the UN. If that is not enough reason for a night-time of celebration, what is?

Of course, there will be difficulties ahead, in both the short term and long term. Can the civilian members of the Council fully trust the military delegates to have the best interest of the country at heart? It's doubtful. They will have to remain vigilant and be good negotiators to ensure that the military do not try to protect their position of privilege that they have enjoyed for the past 30 years. There have to be open and transparent investigations into abuses of power and those who are guilty brought to account. The civilians are coming from largely professional backgrounds, el Bashir ran the country on a system of patronage, appointing friends, relatives and fellow soldiers to positions of authority to maintain their loyalty. There are few civilians around who have experience in government and so it is going to be a very steep learning curve for members of the council if they are going to succeed in creating an effective and transparent administration.

A major challenge will be to create unity in the country, to show to the peripheral areas like Darfur, more than 600 miles from Khartoum, that the government is for all Sudanese and not just those in the capital. Low intensity conflicts have been going on for decades in several outlying regions, caused by lack of interest by the centre. There is a real danger that the country could fragment further if the grievances of those living there are not taken seriously.

For the time being, the new Council is enjoying a honeymoon period with the public and people are trying to get back to their normal lives after months of turbulence. They know that things can't change overnight, it will take time to rectify nearly thirty years of misrule but Sudanese are very patient people. Every proposed action in Sudan is qualified with the word *Insha'Allah*, - God willing – and no more time is that epithet more applicable than now! *Rob Rees*

The Slow Ladies

Friday 27 September and Friday 25 October: I have had a request to 'do' Brown Clee Hill and not sure about the other at the moment. More details to follow.

If anyone has not mentioned their interest in taking part as a **Strider** for this year's **Ride and Stride** event on Sept 14th, please contact me. The walk will be no longer than 10 miles and *might* be from Chapel Lawn to Clungunford via Bucknell. and Bedstone. If you need any more information, I will contact you after Sept 9th.

Please let me know if you are coming on any of our walks. We are always pleased to welcome new faces and feet to our walking group. *Pauline Mattison* 01588 660596

2019 – an unexceptional summer in Shropshire

The overall summer, from June to 22 August, has been variable but not exceptional in Shropshire, in spite of a short period of high temperatures.

A cool, wet June (total rainfall at Hopton Heath of 154mm) was followed by a warm, mostly dry July. During July very high temperatures were recorded in Europe and in south-east England but the highest temperatures I recorded were 29°C on 24 and 26 July. The period of maximum temperatures above 23°C lasted for five days, compared with 35 days in 2018 and 23 days in 2013, which were both warmer summers.

August has been variable and wet, with 100mm rain at Hopton Heath up to the 22nd. However, Augusts 2012 and 2015 were wetter. The whole summer has been the wettest since 2012.

What caused the variation in weather during the summer? June was very cyclonic and in July an anticyclone drew hot air up from north Africa. August has again been mostly cyclonic with winds from the west or north-west.

Perhaps, if the months are alternating, we can expect an Indian summer in September, but I would not like to forecast. I think even the Met. Office has given up long-range forecasting, since their forecast of a 'barbeque summer' in 2012 was followed by one of the wettest summers on record!

Mike Tucker

The 100 Club

Winners for July:

Special prize £100: Isabel Jones

- 1. (£,60) Maureen Rooney
- 2. (£30) Julia Gell
- 3. (£15) Sophie Cook for Cyrus

Winners for August:

- 1. (£60) Rob Rees
- 2. (£30) Mike Jones
- 3. (£15) Sophie Cook for Cressida

If you would like to join (£5 per month by cheque (minimum 6 months) or even better by standing order), phone Maureen Rooney (01588 660781) or Mike Jones (01588 661145) or Jim Bason (01547 540782).

In the Garden

A hazily sunny day at the end of a shortish heat wave, which as usual for Clungunford, wasn't as hot here as in some parts of the country.

When you live in a house as old the one I live in, with a history stretching back several hundred years, the garden which goes with it has a centuries old history too.

For the first couple of years after we moved in here, bulbs used to come up in a pattern in the lawn at the back of the house, where a garden feature was no longer in existence, which I assumed featured spring bedding of some sort with accompanying bulbs. I eventually dug the bulbs up and planted them somewhere else in the garden more suitable to the layout we had inherited.

Similarly, in the front garden, in photographs dating from 1974, there is a low wooden fence separating the garden at that time from the grounds of the Primitive Methodist Chapel which used to stand next door. In an earlier, black and white photo dating from around 1910 however, intended to feature the snowdrops flowering in the lawn at the time, there appears to be a dark hedge growing where the fence in the later photographs stands.

This was more than likely a holly hedge, because holly seedlings keep springing up along the line where the wooden fence stood in 1974. I used to pull them up like any other weed in the garden, but they kept being replaced by other holly seedlings when I did, so I have recently capitulated and allowed the would-be hedge to have its way.

Someone once said something along the lines of "one year of seeds means ten years of weeds". My holly hedge is proving the truth of that observation with a vengeance. More like one hundred years of weeds in its case so far, though.

In the garden, especially if you remove the spent flowers so it has to keep producing more and not setting seed, look out for *Coreopsis auriculata 'Superba'*, a bushy perennial growing no more than eighteen inches tall, with daisy-like rich yellow flowers with central purple blotches and oval to lance shaped light green leaves. *Brian Taylor*

Parish Church News

We are very pleased to be able to inform you that the Rev Annie Ballard, Vicar for the Parishes of the Middle Marches Benefice, has returned to work after a long illness. Annie is currently working in a limited capacity and our thoughts and prayers are with her for a speedy and complete recovery and that she will be able to make a full return to work shortly. In the meantime, should you wish to contact Annie in her capacity as the Vicar of Clungunford, please can you do this through one of the Church Wardens; we are trying to minimise Annie's workload until she has fully recovered by dealing with as many issues as possible locally. Should you need more information about services, events etc. or about receiving the Deanery magazine, please contact our Church Wardens, Michael Jones on 01588 661145 or Edward Gledhill on 01588 660485.

SERVICES at CLUNGUNFORD in the Middle Marches Benefice for September and October 2019. Please note that the services below will be at St Cuthbert's unless otherwise stated. Details of all the Services in the Benefice can be found in the Deanery Magazine.

Sunday 1 September		No Service at St Cuthbert's
Sunday 8	10.00am	Family Service
September	10.00am	(Lead by Mike
		and Isa Jones)

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Sunday 15	10.00am	Morning Prayer
September		(Lead by Eddie
		Gledhill and
		Simon Lyster)
Sunday 22	11.00am	Holy Communion
September		(Lead by Rev
•		Annie Ballard)
Sunday 29		No Service at St
September		Cuthbert's
Friday 4	6.30pm	Harvest Festival
October		(Lead by Rev
		Annie Ballard)
Sunday 6		No Service at St
October		Cuthbert's
Sunday 13	10.00am	Family Service
October		(Lead by Chris
		Tinker)
Sunday 20	10.00am	Morning Prayer
October		(Lead by Anne
		and Eddie
		Gledhill)
Sunday 27	11.00am	Holy Communion
October		(Lead by Rev
		Annie Ballard)

Forthcoming Events:

Saturday 14 September – 'Ride and Stride' and St Cuthbert's Open Day

St Cuthbert's has supported the 'Ride and Stride for Churches' for many years. We have been the highest fund raiser in Shropshire and one of the highest fund raisers in the UK for the last few years. The 'Ride and Stride' event is run in aid of the Historic Churches Trust with half of the money raised going to the charity and the remainder going to support St Cuthbert's Church.

This year we will have three teams participating; the 'riders' on bikes, the 'striders' on foot, and the 'striders and dogs' on a mixture of two and four legs! The teams go from historic church to historic church with the aim being to visit as many buildings as possible. It is a very enjoyable and sociable day. If you would like to join any of the teams, please contact Simon or one of the Church Wardens. You will be very welcome!

If you are unable to participate physically in the event, you can still participate by sponsoring our riders and striders, as we try and raise funds for the Shropshire Historic churches and keep St Cuthbert's on the top of the fund raising league for Shropshire for a fourth consecutive year. Please contact Simon Lyster or one of the Church Wardens who will be delighted to explain how you can donate.

During the Ride & Stride day, St Cuthbert's gets visited by many other riders and striders from all over the county and other parts. Over the years, we have built up a great reputation for our generous reception; many participants now programme their routes to ensure they arrive at St Cuthbert's for lunch time. It has become our Open Day and a wonderful spread of food is available to all who visit the Church. Feel free to drop in an join us. This year will also be a special year as it is the first time that our dearly beloved Sandra will not be there organising us and driving us on. We shall miss her.

Friday 27 September – MacMillan Coffee Morning 10.00am to 12.00, Village Hall (see separate poster).

Friday 4 October – Harvest Festival starting at 6.30pm

Our Harvest Festival this year will be on Friday the 4th October at 6.30. The service will be led by the Rev Annie Ballard, and she will be joined during the service by the Clungunford Choir.

We are hoping to hold our Harvest Supper later in October. More information about this will follow shortly!

The Church Bells Some of you may have noticed that the Church bells have sounded a little different lately due to the absence of the tenor bell. The tenor is the largest of the bells in the tower and weighs around 7.5 cwt. The ringers noticed that the bell was not ringing as it should, and closer examination brought to light a crack in the clapper i.e. the hammer that strikes the bell. The clapper itself is a large piece of iron and had the crack given way to a break, the clapper could have caused some significant damage.

Janet Collier spoke with Mark Pugh, the Diocese Bell specialist, who kindly removed the cracked clapper with the help of John and Peter from the bellringing team. A new clapper was made by Nicholson Engineering who specialise in church bell work and will be fitted in the next few days.

Our thanks go to the Aston Community Shop for their generous support. The Shop gave £300 as a grant to the bell tower which has gone towards paying for the clapper. Further thanks go to David Wilkinson for his help in lifting the new clapper up into the bell tower!

St Cuthbert's Way St Cuthbert is the patron saint of the Church in Clungunford. He lived most of his life in Northumberland and the Scottish borders and is buried in Durham Cathedral. The St Cuthbert's Way is a 60-mile walk stretching from Melrose through to Lindisfarne and inspired by the life and progress of St Cuthbert. St Cuthbert started his ministry at Melrose in about 650 AD and was buried at Lindisfarne. Eleven years after his death, his coffin was opened, and his body was found to be perfectly preserved. This led to his canonisation.

Over the next few days, six Clungunfordians will be walking the St Cuthbert's Way, our intrepid adventurers are Christine & Robert Flitney, Anne & Eddie Gledhill, Hilary White and Catherine Lishman.

We wish them well and a successful outcome to their adventure.

Village Hall Bar News MORE VOLUNTEERS WELCOME!!

We already have a good and growing core of volunteers for bar work, but more are always useful. Should any brave souls wish to join the intrepid volunteers, please contact me on 01588 660847 and we will be delighted to recruit you to the team.

David Wilkinson

Shropshire RCC – Community Fuel Buying Scheme

Want to save money on your heating oil and LPG? SO DO WE!

Now is the time to take advantage of cheaper heating oil. When the weather gets warmer we often see a reduction in fuel prices as demand is much lower. You can save even more by being a part of our oil club.

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.

"It's a brilliant scheme, easy to order and fantastic savings! A great service for Shropshire."

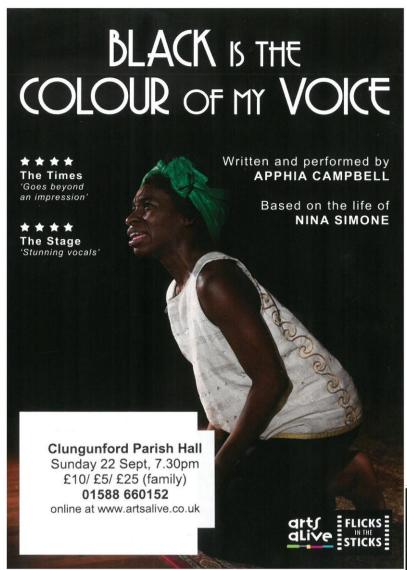
"That's an amazing price! I had to check it twice on the calculator. Why did we wait so long to join the scheme?! Thank you very much."

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

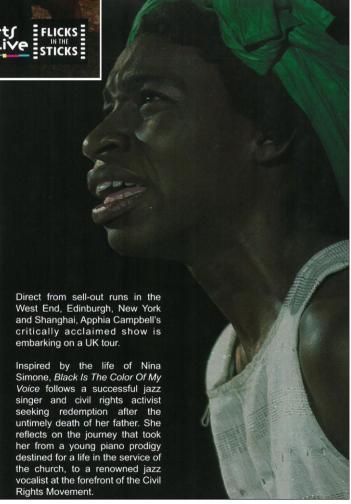
For more information please contact Lizzy Thain on 01743 342167.

Or join online at http://www.shropshire-rcc.org.uk/services/individuals/oil-buying-scheme

Next Order Deadlines are Tuesday 6th August, Tuesday 3rd September, and Tuesday 1st October.



Among the
New Events to
look forward
to at our
newly
refurbished
Village
Hall....



Ride and Stride 14th September 2019

We are once again approaching the exciting Ride and Stride event in Clungunford. This is a great opportunity to participate in a bit of exercise with some friends, visit some interesting local historic sites and raise some money for a very worthwhile charity.

Ride and Stride takes place in parishes all over the country in different formats. In Clungunford we will have 3 different teams participating. We will have the traditional walkers and cyclists and this year we will also have a group of dog walkers.

If you can't join us for one of these activities, then please pop in to St Cuthbert's, which will be open from 11.00- 16.00 with refreshments, including sandwiches, soups, cakes plus hot and cold drinks.

You can also take the opportunity to sponsor the teams by visiting www.justgiving.com/fundraising/clungunford

If you want to join any of the teams on the day then please contact Simon Lyster on 01588 660152 for further information.

Ride and Stride-Dog Branch 14th September 2019



Join us with your dog (or dogs) for a fund-raising walk in the beautiful Shropshire countryside in aid of the Shropshire Historic Churches Trust and St Cuthbert's Church Clungunford.

Full details from Elizabeth Lyster: lystere@btopenworld.com Or telephone: **01588 660152**. Mobile: **07843 488663**

CIRCLE DANCE in CLUNGUNFORD starts Friday 4 October

With Anna Dreda and Jeanette Whitford

Friday 10-30am -12 noon in Clungunford Village Hall, £7 session.

Circle dances are simple, joyful dances connecting hands and hearts with steps and wonderful music from around the world. You don't need a partner or previous experience, nor a particular level of fitness as the dances are paced to the needs of the group. Wear comfy clothes and dance in flat shoes or bare feet.

Anna and Jeanette are experienced circle dancers and will take turns to lead the group. They are gentle, encouraging teachers and love sharing their passion for these beautiful dances, which promote a sense of well-being and community. Come and try - and if you like it come again and bring a friend!

We aim to meet on most Friday mornings from 4 October till 20 December but **please note** we will not be meeting on 25 Oct and 8 November.

For more information

Contact Anna 01588 660154 or 07772 288077 or email annadreda@icloud.com Contact Jeanette 0780 678 4343 or email jeanettewhitford@gmail.com

IT'S THAT TIME OF THE YEAR AGAIN...... THE WORLD'S BIGGEST COFFEE MORNING

in aid of Macmillan Cancer support

We had such great support last year – Clungunford raised over £500.00. Please help us to do it again by coming along on......

FRIDAY 27 SEPTEMBER 2019 10 AM TO 12 NOON CLUNGUNFORD VILLAGE HALL

Supported by St Cuthbert's Church

Cake donations greatly appreciated

Can't attend???? You can text your donations to 70550 Code YUMUFC5. Texts cost a minimum of £5.00 plus your standard network charge.

All enquiries to Jackie or Gary Huse on 01588 661054

PILATES AT THE VILLAGE HALL WITH ELLIE EVANS.



Physiotherapist BSc (Hons) Australian Physiotherapy and Pilates Institute Certified Pilates Teacher

About Ellie

Ellie graduated as a physiotherapist from King's College London in 2012. Since then Ellie has worked in the private and NHS sectors. She gained her Pilates Instructor certification from the Australian Physiotherapy & Pilates Institute (APPI) in 2017. Since then Ellie has been giving classes to small groups and 1:1 in both the clinical and community setting.

Class Format

Classes will be on a Thursday at 4.45pm and will start from 5th September 2019. They will run on a weekly basis and will last for 1 hour. You will be required to complete a registration form prior to commencing the classes (these will be provided to fill out on the first class). This form is to bring awareness to any physical impairments or medical conditions and to know what you would like to achieve from the class.

There is an initial commitment of 4 classes in a 4-week block for £32. Following the 4 classes you can either pay for another 4-week block for £32 or continue on a drop-in basis of £9 per class subject to availability.

What you will need for the class

Comfortable, stretchy clothes (no jeans) A yoga or Pilates mat Socks that will not slide if you do not like being bare foot

If you are interested in attending the class, please contact Ellie prior to coming via:

Telephone: **07971 838 178**Email: eleanor.e.therapies@gmail.com



We've now held two bike nights and both have been very successful. The format is very simple – people turn up on their bikes, go OOH, AAH at the other bikes, talk nonsense about bikes and, my favourite bit; eat bacon sandwiches!! All are welcome – you don't even need a bike! Just come along and chat – it's a sociable gathering (and eat bacon butties, of course).

Our meetings are held on the second Monday of the month, from 7.00pm. Hope to see you there! DW



It's that time again!!

APPLICATIONS ARE INVITED FOR PROJECT/ACTIVITY FUNDING from

ASTON ON CLUN COMMUNITY SHOP 2019

Please collect a form from the shop

- CLOSING DATE 31ST OCTOBER 2019 -

Aston on Clun Community Shop Limited (an Industrial Provident Society member; 31757R) Registered Office: 6 Mill Street, Aston on Clun, Craven Arms, SY7 8EN Get your Gazette by email and see all this wonderful material in colour. Send your email address to gunnasgazette@aol.com, and we will do the rest.... and you will save a few trees

Material for the next edition

Material for the next *Gazette* should please be with us by **23 October.** Email to gunnasgazette@aol.com or deliver to Clungunford House (black box in porch)