



THE GUNNAS GAZETTE

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*A Happy
New Year to
All Our
Readers*

The Parish Council

There is not a great deal to report by way of Parish Council business.

We are proposing to purchase in conjunction with Clunbury and Bucknell Parish Councils an illuminated speed awareness sign, which hopefully will do something to calm the exuberances of those who flout the 30 MPH limit operating in the village. I am pleased to say that the finances of the Parish Council are such that this can be acquired out of reserves without impacting upon the Parish Council element of the Council Tax.

The sign is mobile, and so it can be moved around to different entry points in the village, but the most obvious sites, as agreed by Shropshire Highways, are by Upper Gunnas Close (covering traffic coming from Craven Arms), on the causeway by the church (covering traffic coming up from the Tea-Rooms direction) and on the slope just before the Tea-Rooms (covering the traffic bombing down the hill from the Hopton Heath end).

As one decade comes to a close and another one starts, it is a time both for reflection and looking ahead.

By way of reflection the 2010s will go down locally as the decade in which the Parish Hall refurbishment was in all practical terms completed (bit of work to do in the garden yet – but let us put that aside till the Spring!). I think

everyone in the community has contributed to this in one way or another, whether merely by using the facility or by physical or mental or financial input to the task. No one thought it would take over 10 years to finish the job off, but it all now seems worth it, as we have a community asset to be proud of.

Not only that, the re-organisation of the Parish Hall Charity and the Sports and Social Club have been completed during the past year, and so we now have a management structure going forward that actually manages the hall to the best effect. I know the re-organisation has not been popular with all, but at the end of the day it had to be done before the combined effects of anno domini and the Grim Reaper brought the whole thing down about our heads. All objectives have been met, and despite the gloom-mongers and nay-sayers the Saturday night dances have continued as before and beer has continued to be served in the Hall by a team of willing volunteers, again as before. Club members received something of a financial windfall, and many contributed it to the on-going project – the Hall Trustees' thanks particularly to them, for it has expedited completion.

Thanks are due to all concerned – they are too numerous to mention, and if I tried to name individuals I would undoubtedly miss someone out – for the help they have generously given on this long journey.

The Church has also undergone management upheaval in the last decade. We have lost our resident vicar and are now part of the Middle Marches Benefice. The re-arrangement was disappointing, to say the least, and was foisted on us from above. But out of change comes challenge, and haven't our church wardens and other volunteers met that head on and prospered! Well done to them, one and all.

On a social level, whilst the State and the Church at large continue to withdraw from giving support where it is needed, it seems plain to me that those in the village who need help generally get it at a good-neighbour level when the need is made manifest. We should all be thankful for our neighbours.

As for the Parish Council, I am pleased to say that in my humble opinion it is probably the most effective of any locally. Whilst comprised of very different personalities, your councillors are capable individuals and as a group they work well.

Reflecting further on the last ten years, we have sadly lost a number of members of our community, and of them we

have the fondest memories and gratitude for their time among us, but equally let us remember also those who have joined us in this period. Many have made a considerable difference in the village, and most new-comers would confess to being spurred on by the efforts of those already here. To these new-comers – yes, it takes about 20-30 years to become established – we give our thanks for your energy and commitment.

What about the next ten years? Let us look forward to the Roaring Twenties. I have no idea what will happen, but I can say, and I bet most in the village would agree, there is no better place to let it happen than in Gunnas!

Happy New Year to you all.

Our next meeting is on 8 January 2020 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:

clungunfordparishcouncil@gmail.com).

Jonathan Roberts, Chairman (01588 660673:

jonathan.roberts@morgoedestates.com)

The Slow Ladies

I can't think beyond 2019, so keep the following dates free if possible and I'll email you in 2020 with ideas for a walk.

Fridays, January 31st and February 28th A Happy New Year to you all.

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

Nursing Notes

This is dedicated to those of you have yet to, or maybe never will, experience this amazing chapter in the lives of women!

The Menopause

When I was young and very slim, I seldom had a care,
My skin was clear, my eyes were bright, and glossy was my hair.

I gorged myself on chocolate, my figure was fantastic,
But now I have expanded and am held in by elastic.

If it weren't for Marks and Spencer, I'd be twice this size
As I stand encased in Lycra from the neck down to the thighs.

The crow's feet have all landed, there's lines around my mouth,
And bits of me that once were firm, are slowly drifting south.

I am nearly always tired, now my children have left home,
And so, I stand in sorrow, by the breadbin, all alone.
My doctor says my aches and pains have an underlying cause
And that all of this is normal. It is called the Menopause.

"How wonderful!" I quickly thought and visualised my plight
Of flushing in the mornings and sweating through the nights.

My mood swings will be interesting, my husband will be thrilled

To contemplate, on coming home, if he'll be kissed or killed!

And add to this the crying, all due to some neurosis,
Not to mention broken bones – from Osteoporosis.
Oh, perish, now, the awful thought that I should very soon
Assume the spitting image of a wrinkled-up old prune.

So, I bought some women's magazines and studied their suggestions

For restoring all my youthful bloom and came up with some questions –

Like, "How did all this cellulite attach itself to me?"

Why are these anti-ageing cream all failing miserably?"

So, I think I'll get some exercise and try to lose some weight.

I do not want a heart attack or stroke to be my fate.

"Oh, stuff the Menopause," I say, it does not appeal to me.

I think I'll just get on with it, and take my HRT.

Sister B

PS. Once a nurse, always a nurse. No matter where you go or what you do, you can never truly get out of nursing.

It's like being in the Mafia – you know too much!

Postcard from Africa

Now that the election is behind us and the question of Britain's membership of the EU is settled for another generation, our collective attention can return to a much more important issue, that of climate change. It seems that the recent UN summit on climate change held in Spain concluded without making any significant progress. Government delegations were unwilling to make any meaningful changes relating to emissions of greenhouse gases despite the alarm bells being loudly and persistently rung by Greta Thunberg and others. Every day new information comes into the public domain which indicates that the rate of climate change is now greater even than the worst-case predictions of a year or two ago. Evidence of the consequences of climate change has been seen across much of east and central Africa in recent months. Vast swathes of Uganda, Kenya and South Sudan have been hit by severe flooding. In South Sudan alone, more than a million people have lost their homes, livelihoods and food reserves due to unprecedented heavy rainfall. Meanwhile, to the south, Zimbabwe is suffering from its worst drought in years, with chronic food shortages and animals in national parks dying of starvation.

It seems that climate change is now dividing the global community into two: one group is made up of the rich and powerful nations who have generated wealth from industrialisation and who have vested interests to protect and the smaller, less influential countries who will struggle to cope with the impact of rising sea levels and extreme climatic events. The latter accuse the former of not only turning a blind eye to their existential problems but of even making them worse.

An example of this can be found in north east Kenya, where China is financing a huge development at Lamu. Lamu is a small, coral island in the Indian Ocean, inhabited for centuries by Arab traders who had made their way, mainly from Oman. It was renowned as a place of peace and tranquillity with white sand beaches and crystal-clear water. That is all in the process of changing, however, as China is financing a major industrialisation project, the building of a new deep-water port and the construction of a coal-fired power station. At first glance this might seem to be a reasonable gesture – more electricity for Kenya - but closer examination raises questions over who will gain the most benefit from this. Firstly, Lamu is hundreds of miles from any major conurbation where there is a significant demand for electricity so why build it there? Secondly, Kenya is already almost self-sufficient in electricity, mostly generated from renewable sources. There are several sites of volcanic activity in Kenya's Great Rift Valley which have been tapped to produce clean and green geothermal energy as well as significant amounts of hydro-power. Thirdly, Kenya has no reserves of coal, so all fuel for the power plant would have to be imported and it just happens that China has coal aplenty which it is keen to export.

Fortunately, Kenya has strong civil society organisations and they have been successful in calling for at least a temporary halt to the power station project while a full environmental impact study is carried out. Whether or not the irony of proposing to build a power station fuelled by coal in a country that has the potential to produce massive amounts of electricity through solar power will be considered remains to be seen. But this case study is just one of many that underline the importance of having a global strategy to tackle climate change that all nations must be prepared to commit to, even China.

Rob Rees

In the Garden

A cold and showery day in Clungunford, and I was sitting indoors watching a murder mystery on television when it occurred to me that the victim had been murdered by the same means employed in a murder mystery I was watching the other evening – Taxine poisoning. A little case of overkill on the use of parts of a yew tree as a murder weapon I was thinking to myself, when it occurred to me that one of the murder mysteries had been made in 1985, even though the other was current, so that separated the making by quite a few years.

The toxic nature of yew trees has been known for millennia. There are a number of early recorded examples of poisonings by Greek and Roman writers including Julius Caesar's account of Cativolvus, king of Eburones, who committed suicide using the "juice of the yew". The first attempt to extract the poisonous substance in the yew tree was in 1828 by Piero Peretti, who isolated a bitter substance. In 1856, H. Lucas, a pharmacist in Arnstadt prepared a white, alkaloid powder from the foliage of *Taxus bacatta*. which he named

taxine. The crystalline form of the substance was isolated in 1876 by W. Marmé, a French chemist.

For the next sixty years or so, it was generally accepted that taxine was made of a single compound and it was well known enough for Agatha Christie to use it as a poison in *A Pocket Full of Rye*. The film I was watching on television, in fact. However, in 1956 it was discovered that rather than being a single alkaloid, Taxine was actually a mixture of two alkaloids, Taxine A and Taxine B, which complemented each other by working at different speeds.

The entire yew bush, except the the red flesh of the berry covering the seed, is toxic due to the effects of these alkaloids. The seeds contains the highest concentrations of these alkaloids. If any leaves or seeds of the plant are ingested, urgent medical advice is recommended as well as observation for at least 6 hours after the point of ingestion. The most cardiotoxic Taxine is Taxine B followed by Taxine A - Taxine B also happens to be the most common alkaloid in the *Taxus* species. The Taxine alkaloids are absorbed quickly from the intestine and in high enough quantities can cause death due to general cardiac failure, cardiac arrest or respiratory failure. Taxines are also absorbed efficiently via the skin and *Taxus* species should thus be handled with care and preferably with gloves.

Taxus Baccata leaves contain approximately 5mg of Taxines per 1g of leaves. The estimated lethal dose of *Taxus baccata* leaves is 3.0-6.5 mg/kg body weight for humans. There is currently no known antidote for yew poisoning, but drugs such as atropine have been used to treat the symptoms. Taxine remains in the plant all year, with maximal concentrations appearing during the winter. Dried yew plant material retains its toxicity for several months and even increases its toxicity as the water is removed, fallen leaves are also toxic. Although poisoning usually occurs when leaves of yew trees are eaten, in at least one case, a victim inhaled sawdust from a yew tree.

Most people who die from eating any part of a yew tree do so within two hours of consuming it. Not everyone *does* die from the effects, but treatment within half an hour of realising what you've done increases your chances of survival considerably.

In the garden, well looking in through somebody's window actually, because it won't survive outdoors at this time of year, look out for another poisonous plant grown as a Christmas favourite – *Euphorbia pulcherrima*, the Euphorbia, which has small greenish red flowers surrounded by bright red, pink or white bracts at this time of year.

Brian Taylor

The 100 Club

Winners for November:

1. (£60) Caro Skyrme
2. (£30) Alan Williamson
3. (£15) Christine Tinker

Winners for December:

Special Christmas prize: (£100) Sally Price

1. (£60) Suzanne Stevens
2. (£30) Robin Bywater

3. (£15) Christine Tinker

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).



Community Q & A with John Campion, Police and Crime Commissioner

A crucial part of my role is engaging with communities, not only to understand their issues, but also to reassure them that their police service is working efficiently and effectively to deliver the service and resources they deserve. As part of this commitment I will be answering your questions, relating to local policing, in one to one, surgery style question & answer event at Craven Arms Community Centre, Newington Way, SY7 9PS on 6th January 2020 between 14:00 – 16:00. If you are unable to make it or prefer to submit questions in advance email to opcc@westmercia.pnn.police.uk Police and Crime Commissioner John Campion

Flicks in the Sticks at Clungunford parish Hall

Friday 17 January 2020 at 8pm

Green Book (cert 12a)

In 1962, "Tony Lip" Vallelonga, a tough bouncer, looking for work becomes the driver for African-American classical pianist Don Shirley on his concert tour into the Deep South states. They begin their trek armed with The Negro Motorist Green Book, a travel guide for safe travel through America's racial segregation. Together, the snobbishly erudite pianist and the crudely practical bouncer barely get along. The disparate pair witness and endure appalling injustices on the road and nurture a friendship and understanding that changes both their lives.

Starring: Viggo Mortensen, Mahershala Ali, and Linda Cardellini

Director: Peter Farrelly Drama

Entrance £4.00 Adults £2.00 Children

Friday 21 February 2020 at 8pm

Downton Abbey (cert PG)

The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the king and queen of England soon unleashes

scandal, romance and intrigue -- leaving the future of Downton hanging in the balance.

Starring: Maggie Smith, Hugh Bonneville, Michelle Dockery

Director: Michael Engler Drama

Entrance £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.

Poppy Day collections

May I thank everyone for their generous contributions to the Poppy Appeal.

Thank you also to Mary Bason, Mike Tucker, Eddie Gledhill and Mike Jones in helping me with the collection.

We raised £288.04p in the house to house collections.

There was also the generous donation from the Church collection on Remembrance Sunday of £94.00 making a total of £382.04p.

The Area Co-ordinator for The British Legion, Barry Oldham, has asked me to extend his grateful thanks to everyone.

Ennis Brown, Clungunford Area Co-ordinator

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.



Wet, wet, wet.....

Not a pop group but a summary of the record-breaking rainy weather from September to December 2019!

The total rainfall I recorded at Hopton Heath for September up to 21 December was 615mm. Since the beginning of 2007, I have recorded only one four-month period exceeding this total. This was November to February 2013-14 when the total was 667mm. Of course December is not finished yet.

It is the persistence of rainy weather that has been unusual. No individual month has exceeded 200mm, unlike July 2007 (231mm) and January and February 2014 (214 and 218mm respectively). Also the two monthly totals for June -July 2007 (417mm) and January-February 2014 (432mm) have been higher than this year.

Short term changes between cyclonic and anticyclonic weather in August and September of this year have not continued, and a persistent series of depressions crossing Britain have caused the wet autumn and early winter. With the ground already saturated, we hope that the very wet weather does not continue all winter or more flooding is likely.

By the time you read this Christmas will be over, so I'll wish you an interesting year of weather for 2020.

Mike Tucker 21 December 2019

Parish Church News

The Rev Annie Ballard, Vicar for the Parishes of the Middle Marches Benefice, can be contacted at The Vicarage in Bucknell (tel 01547 530030). 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 January and February 2020. 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 5 January		No Service at St Cuthbert's
Sunday 12 January	10.00am	Family Service
Sunday 19 January	10.00am	Morning Prayer
Sunday 26 January	11.00am	Holy Communion (Led by Rev Annie Ballard)
Sunday 2 February		No Service at St Cuthbert's
Sunday 9 February	10.00am	Family Service

Sunday 16 February	10.00am	Morning Prayer
Sunday 23 February	11.00am	Holy Communion (Led by Rev Annie Ballard)

Forthcoming Events:

Tuesday 18th February – God's Acre

On the 18th February the God's Acre Team of volunteers will be visiting the Church yard to undertake a Winter Tidy Up session. We are very grateful to the team from **God's Acre** who continue to help with the management of our Church yard. Should you wish to help, volunteers are always welcome!

Monday 11th February at 7pm – Bible Course

Due to illness the December meeting for the Bible Course was postponed and will now take place on Monday 10th February at Mike and Isa's house starting at 7pm. This will be the second in the York Bible Course entitled 'Faith, Hope and Love'. All are welcome.

Christmas events

Many thanks to all those who supported the Christmas Quiz and Carol Services. Special thanks to the Clungunford Choir for their contribution to the Carol Service.

Poetry in Clungunford

We had a lovely event in St Cuthbert's church before Christmas - lovely to see the church full, and the candlelight and aroma of mulled wine made it feel very atmospheric. Thank you so much for coming, and thank you to the church folk for all your input. There will be other occasional poetry events in the village throughout the year - and of course our Poetry in the Barn will be held again at Aardvark Books on Sunday July 5th: all details of these and other events can be found on the website <https://wenlockbooks.co.uk> where you can also sign up for the newsletter.

Happy New Year! *Anna Dreda*

Circle Dancing in Clungunford Village

Hall with Anna Dreda and Jeanette Whitford

Our first term of Circle Dancing in Clungunford Village Hall has been a delight: twenty or so dancers are regularly turning up on a Friday morning to experience the joys of dancing together in community - and especially appreciating the lovely sprung floor and the outstanding sound system! A lovely balance of experienced and beginning dancers has meant that the group has been able to welcome and support new dancers - and new dancers are always very welcome.

We have danced to traditional music from around the world, as well as to sacred music from the Findhorn and

Taizé communities - and even to jazz, reggae, pop and folk: circle dancing is indeed a very broad church.

Our next dancing term dates are February 7th, 21st and 28th. March 13th and 20th and April 3rd - please do make a note of the dates as its a bit of a stop-and-start term due to various commitments.

Additionally, having just celebrated the winter solstice, we are now looking forward to spring! We are very excited to be offering a day of dancing in the village hall on **Saturday March 21st** when we will be dancing to celebrate the emergence of light and warmth and looking for balance as the year moves on. There will be occasional poetry between the dances, and shared food to enjoy - and plenty of breaks so don't worry about dancing 'all day'! All are welcome. To book your place (£25 for the day) please email Anna on annadreda@icloud.com or Jeanette on jeanettewhitford@gmail.com



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. This is an excellent way to socialize!

David Wilkinson

Circle dancing in Chungunford Village Hall



Following upon our recent general election, this is how to elect your MP without bothering the voters.....

SOUTH SHROPSHIRE ELECTION, The election of a representative for the Southern Division of Shropshire, in the room of the Earl of Darlington, now elevated to the dukedom of Cleveland, took place on Thursday, at Church Stretton. When the vacancy first occurred, it was generally thought that Mr. Thomas Whitmore, of Apley Castle, would be the candidate in the Conservative interest, but all doubts were speedily set at rest by the appearance of and address from Mr. C. O. Bridgeman, announcing that his nephew, Viscount Newport, eldest son of the Earl of Bradford, would present himself for the suffrages of the electors. Unfortunately, however, Lord Newport was in Italy, and his uncle, in consequence, was compelled to take the field as his proxy. At an early hour on Thursday morning the bells of the parish church rang merry peals, and long before the hour appointed for the nomination, the streets of Church Stretton were paraded by numerous processions, headed by bands of music. Mr. C. O. Bridgman, as the representative of Lord Newport, accompanied by the Hon. Mr. Bridgeman, the second son of the Earl of Bradford, entered the town about half-past ten o'clock. The carriage of the proxy candidate was preceded by a splendid array of banners, etc. The cavalcade proceeded amidst great cheering to the Talbot Inn, and about 11 o'clock the High Sheriff opened the proceedings of the election in the Market-Hall. Amongst the gentlemen present were, Mr. Childe, of Kinlet, late M.P. for Wenlock ; Mr. F. H. Cornwall, late M.P. for Bishopscastle; the Hon. Mr. Bridgeman, Mr. Anstice, the Hon. H. Wentworth Powys, the Hon. and Rev. E. B. Fielding, Mr. Panton Corbett, Mr. H. Burton, Mr. Corfield, Mr. Kenshant, Mr. G. M. Benson, Mr. A. Lloyd. The usual preliminaries having been gone through, Mr. Childe presented himself amidst loud cheers. Ten years had elapsed since he had the honour in that place of nominating as a candidate the noble Lord (Darlington) who had recently been elevated to the peerage ; and need scarcely say that that noble lord had performed the duties of their representative with fidelity and great ability. (Cheering.) Lord Darlington might indeed be emphatically termed the farmer's friend. (Cheers.) His speeches at his various elections and in Parliament, showed that he had paid the closest attention to all questions which affected their interests. (Cheers.) He could not do otherwise than pay this testimony to the merits of Lord Darlington, and he felt convinced that in the exalted station to which he had been recently elevated, he would still maintain that anxiety which he had ever evinced for the welfare of the agriculturists of this kingdom. (Cheers.) Upon the occasion to which he (Mr. Childe) referred, he had recommended Lord Darlington as one of his oldest acquaintances, and singularly enough, he now came forward to propose, as his successor, a young nobleman with whom, he believed, he had been longer acquainted than any other gentleman present. He was present at the christening of Lord Newport. (Cheers.) No-one could have fairer claims upon the county than his ' noble young friend'. His ancestry was long connected with its representation. He was a young man who had endeared himself to those whose private worth was the best guarantee for their public virtues. (Cheers.) With regard to his political principles, he need not say more than that they were in conformity, he believed, with those of an overwhelming majority of the electors of South Shropshire. (Cheers.) After a protracted visit to a foreign country he was about to return, not, as some young men of station did, to adopt profligate pursuits, but to devote his talents and time to the service of his country. The Hon. gentleman, after a warm eulogium upon the character of the noble lord, concluded by proposing Viscount Newport as fit and proper person to represent the Southern Division of Shropshire in Parliament. Mr. Cornwall, in seconding the motion, said Lord Newport was a true Conservative—one who was of opinion that the principles he professed would admit of no compromise. No other candidate being proposed, The Sheriff declared Viscount Newport to be duly elected. It was stated at the close of the proceedings that Lord Newport, who for the last two years has been travelling upon the continent in company with Lord Clive, left Naples three weeks ago, with the intention of being present at the nomination ; but being taken ill at Rome, where he now remains, was most reluctantly compelled to relinquish his design. Dinners afterwards took place at all the principal inns in the town.

The excerpt is from the Staffordshire Advertiser of Saturday 5 March 1842.



Banish those post-Christmas blues and come along to a classic panto with fun, frivolity and local amateur actors!

THE WORLD PREMIERE OF...
DICK TITTERSTONE AND
THE MAYOR OF
CLUNFUNFORD



CLUNGUNFORD VILLAGE HALL

**10th JANUARY 2020 7.30PM (Doors open
7.PM)(SOLD OUT)**

11TH JANUARY 2020 2.30PM (Doors open 2.PM)

**Adults: £6, Children: £3, Family (2 adults+2 Children) £15.
(additional children £1 each).**

Buy tickets from the Gunnas Bar or call 01588 660152

Refreshments available at both performances. All proceeds to The Village Hall Charity.