

The Willows Whisper

March issue

March starts with a Pancake Day!

This year Pancake Day will be celebrated on March 1st.

It changes every year as it is always forty-seven days before Easter Sunday.

At the Willows we have occasional pancakes for breakfast or tea.

Many consider themselves experts of the battered snack, but how well do you really know your pancakes?

The simplicity of the pancake means that it has been tried, tested, and tried again a hundred times over, with each effort forming something slightly different to the last.

Now, thousands of years after it first made its way into our diets, you can find multiple types of pancakes around the world.

From the well-known French crêpes and Scotch pancakes, to more elaborate and complicated recipes.

Our residents have their pancakes with lemon and sugar, or whatever topping they like. We call it simply a 'pancake bonanza' and serve our pancakes with a smile!

Recipe provided on the last page of this newsletter.

Long awaited trophies arrived!

In the middle of February, we were happy to receive our trophies of Shepshed Scary Scare Sheep Festival. We won of the Best Business

voted by public and by Shepshed Town Council.

The Willows Baaallerinas "danced" their way to the top!

Residents of the Willows are very happy and proud of our achievement.



1st March St David's Day



Who was St. David?

Saint David was a Celtic monk born towards the end of the fifth century and was Archbishop of Wales.

He spread the word of Christianity across Wales, founding 11 churches across Wales and Brittany. His influence is shown by the

number of churches dedicated to him in Wales.

It is always observed on March 1st, as the tradition is that he died on that day in 589 AD, though the tradition also says that he lived for over a 100 years, which would have been a mightily impressive age to get to in the 6th century.

St David is the patron saint of Wales and he is celebrated on the 1 March. To mark the day, Welsh people around the world wear one or both of Wales's national emblems - a daffodil and a leek. Lots of towns and villages across Wales host their own parades and concerts.

There is also a famous concert held on the day at St David's Hall in Cardiff, with the BBC National Orchestra and Chorus of Wales performing traditional songs.

8th March International Women's Day

About International Women's Day...



The earliest Women's Day observance, called 'National Woman's day', was held

on February 28, 1909, in New York City, organized by Socialist Party of America. The following year, on March 19, Woman's day was celebrated in Austria, Denmark, Germany and Switzerland.

In 1914, International Women's day celebrated first time on March 8 in Germany, was dedicated to women's right to vote. In London, the day was celebrated to support women's suffrage. Today, International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.



17th March St Patrick's Day

From history book...

The man who would eventually become St. Patrick was born in Britain as Maewyn Succat in the late 4th century.

At age 16, Maewyn was kidnapped from his home on the west coast of Britain by Irish pirates, who proceeded to carry him off to Ireland and force him to work as a shepherd herding sheep. After six years, he escaped his captors, walking nearly 200 miles through the Irish landscape and convincing a ship to carry him with them back to Britain. Maewyn was convinced it was the God Himself who protected him and delivered him safely home. He spent the next 15 or so years in a monastery in Britain, preparing for his missionary work. When he became a priest, his name was changed to Patricius (Patrick), and he returned to the land of his captors to begin his teachings.

Patrick traveled from village to village spreading Christianity and was successful enough to eventually found many churches there. The story of Patrick's life became exaggerated over the centuries.

St Patrick's Day observes the death of St Patrick, now, the patron saint of Ireland. The holiday is a celebration of Irish culture with parades, special foods, music, dancing, drinking Guinness and a whole lot of green!

20th March First Day of Spring!



From snowdrops nosing through the frosty ground to flowers bursting into blossom, spring is finally on its way. But when does the season officially start in the UK?

Spring can start at different times, depending on who you ask.

The Met Office say "Looking at the astronomical calendar the first day of spring is 20th March".

For meteorologists, spring starts on 1st March and runs until 31st May."

For everybody else spring is simply the time when winter is gone, and first flowers appear along with chirping birds and beautiful sunny days...



***27th March
British
Summertime
begins (clocks go
forward one hour)***

As part of daylight-saving time, the clocks will go forward at the end of March, meaning we lose an hour in bed and wake up feeling a little sleepier than usual. On the plus side, we'll relish in the longer daylight hours and have no excuse for arriving late all day!

Mother's Day, March 27th



Mother's Day is a celebration honoring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on various days in many parts of the world, most commonly in the months of March or May.

Happy Mother's Day to our wonderful mothers. We thank you for every hug, word of encouragement, and acts of love given to us. Thank you for always being the shining example for us. Thank you for laughing with us in the best of times and sticking with us through worst of times. What would we do without you...our mothers?

Wonderful Mother

God made a wonderful mother,
A mother who never grows old;
He made her smile of the sunshine,
And He molded her heart of pure gold;

In her eyes He placed bright shining
stars,
In her cheeks fair roses you see;
God made a wonderful mother,
And He gave that dear mother to me.
~ Pat O'Reill

Pancake recipe and ingredients

100g plain flour

2 large eggs

300ml milk

1 tbsp sunflower or vegetable oil, plus a little extra for frying

lemon wedges and caster sugar to serve

Method

STEP 1

Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.

STEP 2

Set aside for 30 mins to rest if you have time or start cooking straight away.

STEP 3

Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.

STEP 4

When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.

STEP 5

Serve with lemon wedges and caster sugar, or your own favorite filling



