

Sawtry Eye

Distributed to Conington, Glatton,
Upton & Sawtry

www.caresco.org.uk

No. 91 April - May 2011

The Bell, Sawtry – Addison Arms, Glatton CHARITY DAY IN AID OF HELP THE HEROES/CARESCO

Sunday 29th May
From 1pm

Including: - Walk between Sawtry & Glatton
Activities at both pubs:-

The Bell, Green End Road, Sawtry & **Addison Arms**,
Families welcome, come and join in the fun!

Evening – live band
“The Guards” at The Bell

For more information please contact:

Carla (The Bell) on 01487 831822
Or Michelle (Addison Arms) on 01487 830410

See posters around the village



Sawtry Masquerade Ball

**Friday 20th May
7.30pm - Midnight**

**Sawtry Ex Service and Working Men's Club
In aid of Cancer Research UK**

There will be a Disco, Light Buffet and Raffle with
Fabulous prizes.
Reasonably priced Bar available
throughout the evening.

Tickets £15.00 per person (non refundable)
Call Jenny on : 07851590762
Email: sawtrymaskedball@fulguritum.com

Dress code: Gowns or tasteful burlesque, costumes,
tuxedos and black tie all welcome.
Masks are compulsory.
Dress to impress or be refused. **Over 18's only**

You can read the Sawtry Eye on the internet at www.caresco.org.uk

SAWTRY & STILTON BUSINESS



PARTNERSHIP

Presents a Charity Night with **Tampa Road Blues**

On Friday 8th April
Sawtry Club, Gidding Road
8pm – 12pm

Also: Charity Auction, Raffle, Nearest the Bottle Wins
& Lucky Number Ticket Wins

Tickets £10

(All profits from sale go to local charity **CARESCO**)
Tickets available the Sawtry Club or contact
Ralph Maloney on 01487 832683/07889 014200

Charity Night for FSID (Foundation for the Study into Infant Death)

At Sawtry Club

7th May from 3pm onwards (free entry)
Children's disco, BBQ, cake stall, raffle

In the evening from 7:30pm the disco
continues with a buffet available for a small
donation, and more raffles and auction.

This is to raise money for FSID in memory of
Michael Joe Ruddell, a local boy who died
suddenly on March 3rd 2007 aged 20 months.

**For more information please contact
Will or Zoe Ruddell on 01487 833004**

If you are moving house, please can you leave a recent copy of Sawtry Eye for the new occupiers - Thank you

SAWTRY EYE IS PUBLISHED BY CARESCO (SAWTRY & DISTRICT CARE & RESOURCE ORGANISATION) REGISTERED CHARITY NO: 288202



COFFEE SHOP

Every Friday

9 - 11.30am (Term Time)

9.45am - 11.30am

(During school holidays)

at the CARESCO Centre

A warm welcome for coffee and a chat.

It's the place to be
Everyone Welcome



Situation Vacant

**Deputy Day Centre Organiser
For Alconbury Thursday Club**

Based at the **Alconbury Sports & Social Club**

5 Hours per week
4 weeks paid holiday (pro rata)
Minimum wage (currently £5.93 per hour)

The Club provides a day out for the housebound and socially isolated from within our local community and a break for those who care for them

For more information, please contact:

Liz Coates between 9 – 12 noon weekdays on 01487 832105

Or Jennie Holme on 01480 890450

Or call in at the CARESCO Centre, Green End Road, Sawtry, PE28 5UX

Email: office@caresco.org.uk or visit www.caresco.org.uk

**For issue No: 92
June - July 2011**

Advertisements by
12 Noon on 13 May
News Items by
12 Noon on 20 May

Full Page: Portrait
(17.5cm x 26cm)
1 Issue - £105
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1 Issue - £32
6 Issues - £160

Eighth Page: Landscape
(6.5cm x 8.5cm)
1 Issue - £18
6 Issues - £90

For more information call in or
phone 9.00am - 12 Noon
Monday - Friday

01487 832105

sawtryeye@caresco.org.uk



Come & join us for

Afternoon Tea

On Tuesday 5th April, 3 – 4.30pm

In the CARESCO Centre, Green End Road, Sawtry

Adults	£2.50
Accompanied Children	Free

Raffle

**All proceeds to
CARESCO**





Sawtry Eye Magazine is Published by:
CARESCO (Sawtry & District Care & Resource Organisation)

CARESCO
 CARESCO Centre
 Green End Road
 Sawtry
 Huntingdon
 Cambs PE28 5UX

Telephone: 01487 832105

sawtryeye@caresco.org.uk

Articles & Letters can be emailed to CARESCO. Please put as subject "For Sawtry Eye" and enclose full name and postal address — Email: sawtryeye@caresco.org.uk

www.caresco.org.uk

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EDITORIAL POLICY SUMMARY

- All items are included entirely at the discretion of the editors who reserve the right to edit or refuse to print any item submitted.
- Views expressed in the Sawtry Eye are not necessarily those of the editors or CARESCO, they are included in the interests of free speech.
- Anonymous items will only be considered where the author has submitted their full name & contact details to the editors with their contribution and have requested, with reason, that these are withheld.
- Before printing a critical item the editors reserve the right to approach the criticised persons/group and offer an opportunity to comment, where possible, in the same issue. At their discretion the editors may delay the critical item to the following issue or publish without a reply.
- The editors cannot accept any liability for omissions, errors or mistakes which occur in production.
- The copies of Sawtry Eye delivered to the parish of Sawtry are accompanied by the Sawtry Parish Council Newsletter which is published by and the responsibility of Sawtry Parish Council.

The full Editorial Policy is available from the CARESCO office during office hours.

DISTRIBUTION OF SAWTRY EYE:

If you know of anybody who does not receive a copy or would like to help deliver Sawtry Eye, telephone: 01487 832105 between 9am—12 noon Monday-Friday



Welcome

Wow! Sawtry is going to be a busy place over the next couple of months, just take a look at our Make a Date on page 5. April & May have never been so full of events. It's a shame about a couple of clashes, please let us know your dates when you fix them, that way we can add them to our list and let everyone else know what you have planned. The finer details can follow nearer the time.

Isn't Sawtry looking bright with all the spring flowers? Thanks to the efforts of those who have helped to tidy up, and especially those who worked so hard to plant up the grassed area on Beaumaris Road. Now there is a competition for the best front garden & hanging basket/tub to encourage us all to get ready for Sawtry in Bloom and beyond to the Show in September. Before then there's the Sawtry Carnival to look forward to in June. You won't have time to go on holiday!

For now, get your diaries out and start making a note of all the activities & events planned over the next few weeks, then enjoy Easter and our bonus bank holiday.

Liz Coates - Co-Editor

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**SCHOOL TERM DATES FOR
SAWTRY SCHOOLS**

Spring Term 2011

End of Term – 8 April
Royal Wedding – 29 April

Summer Term 2011

Start of Term – 26 April
May Day 2 May
Half Term – 30 May – 3 June
End of Term – 22 July

Autumn Term 2011

Teacher Training Day 5 September 2011
Start of Term - 6 September
Half Term from 24 - 28 October 2011
End of Term - 16 December 2011

Spring Term 2012

Teacher Training Day 3 January 2012
Start of Term - 4 January
Half Term from 13 - 17 February 2012
End of Term - 30 March 2012

Summer Term 2012

Start of Term - 16 April
May Day 7 May
Half Term from 4 June – 8 June 2012
End of Term - 23 July 2012
(Diamond Jubilee 5 June)

Two training days have been selected Monday 5 September 2011 and Tuesday 3 January 2012. It is anticipated that most schools will select Monday 23 July 2012 as a training day.

Schools have a number of training days available to take at their discretion. Please contact your local school for details. Or check the Cambridgeshire County Council website at

<http://www.cambridgeshire.gov.uk/education>



Sawtry WI

Sawtry WI meets on the 1st Thursday of the month at 7.30pm in the WI Hall, Gidding Road (Wheelchair Access)

7th April

Mrs Sue Feakes – Fun with Flowers
Promises to be a ‘fun’ evening

6th May

Resolution Evening –
also Mrs Pam Tuplin with Hits and Misses!
Come and find out exactly what Pam has hit and missed!

Visitors & New Members Welcome
If you haven't tried the WI before, come along and meet us, have fun and go home with a smile!!

Regular features include:
Bring & Buy stall, raffle and refreshments

Secretary Ann Watson 01487 834035
President Margaret Geary 01487 832925

Registered Charity No. 229016



Don't forget - during all weeks containing a bank holiday, collections will take place **ONE DAY LATE**

HDC REFUSE COLLECTION

Sawtry, Conington, Glatton & Upton have the same calendar for refuse collection, however the week day may vary.

To find out the exact dates for your property visit <http://applications.huntsdc.gov.uk/applications/refusecollection/> and enter your house number & postcode or call 01480 388388

GREY (LANDFILL WASTE)

(Week Beginning)

4th & 18th April
2nd & 16th May

**COMPOST (GARDEN WASTE)
& DRY RECYCLING**

(Week Beginning)

11th & 25th April
9th & 23rd May

For more information visit the Hunts District Council website at <http://www.huntsdc.gov.uk> and look for the **Refuse & Recycling** link on the left hand side of the page.

**Sawtry WI
In Aid of the WI Hall**

BINGO

1st, 15th and 29th April
13th and 27th May
Eyes down 7.30pm – everyone welcome

SPRING AFTERNOON TEA

Thursday, 14 April, 2.30 to 4pm
Sandwiches, Easter Biscuits, Simnel and our usual selection of Sponge Cakes
Tickets £4, available now from Margaret Geary (832925)
Bring and Buy Stall, raffle, cakes and books/jigsaws, Tombola Stall

COFFEE MORNING

Thursday 12 May, 10.30am to 12pm
£1.00 on the door
Bring and Buy Stall, raffle, cakes and books/jigsaws

FUN AUCTION WITH SUPPER

Friday, 20th May, 6.30 for 6.45pm
Tickets £6 available from Margaret Geary (832925)

Secretary: Ann Watson 01487 834035
Charity no. 229016

2011	Group	Details	Contact No	Page
2 April	First Responders Group	Comedy Night & Disco	07885422257	7
4 April	Sawtry Library	Public consultation	-- --	15
5 April	CARESCO	Afternoon Tea	01487 832105	2
7 April	Feast Supper Committee	Bingo	01487 830571	-
8 April	Sawtry & Stilton Business Partnership	Charity Night	01487 832683	Front Page
9 April	Friends of Sawtry Community College	Bingo	01487 830303	7
9 April	Sawtry Bowling Club	Easter Bingo	01487 830720	27
9 & 10 April	American Football Weekly	Charity Draft Combined	07725908356	28
14 April	Sawtry WI	Spring Afternoon Tea	01487 834035	4
22 April	Christians Together	Good Friday March of Witness	Clergy	21
22 April	All Saints' Sawtry	Good Friday Special	01487 832478	20
22 April	St Nicholas, Glatton	Good Friday Special	01487 830215	21
6 May	Royal British Legion Sawtry	Social Evening	01487 831980	7
7 May	CARESCO	Car Boot Sale	01487 832105	6
7 May	Charity – FSID	Charity Fundraising Event	01487 833004	Front Page
10 May	Sawtry Bowling Club	Coffee Morning	01487 830720	27
12 May	Sawtry WI	Coffee Morning	01487 834035	4
14 May	All Saints, Sawtry	Plant Sale	01487 830215	20
14 May	Sawtry Bowling Club	Race Night	01487 830720	27
15 May	CARESCO	Lions Safari Walk	01487 832105	-
15 May	Dragon Academy	Junior Tang Soo Do Open Championships	01487 830601	-
15 May	Sawtry Parish Council	Re-Dedication of War Memorial	01487 831771	-
17 May	Sawtry Library	Author Visit	-- --	15
20 May	Sawtry Preschool Playgroup	Tempest Photography	01487 832433	9
20 May	Sawtry Masked Ball	Sawtry Masquerade Ball	07851590762	Front Page
20 May	Sawtry WI	Fun Auction with Supper	01487 832925	4
21 May	St Nicholas, Glatton	Summer Fete	01487 831651	21
21 May	Friends of Sawtry Community College	Quiz Night	01487 830303	8
29 May	The Bell/Addison Arms	Charity Day	01487 831822 01487 830410	Front Page
4 June	Upton Village Hall	Summer Fair & Lunch	-- --	-
4 & 5 June	Sawtry History Society	Open Day	01487 834551	8
5 June	Feast Committee	Feast Parade & Service	01487 831771	-
7 June	Feast Supper Committee	Annual Feast Supper	01487 830571	-
11 June	Carnival Committee	Sawtry Carnival	01487 832410	9
16 June	Royal British Legion Sawtry	Bingo	01487 831980	7
17 June	Sawtry Chorale	Concert – Methodist Church	01487 830149	16
18 June	All Saints, Sawtry	Garden Fete	01487 830215	20
8 – 14 August	Christians Together	Sawtry Holiday Club	01487 830345	21
15 September	Royal British Legion Sawtry	Bingo	01487 831980	7
17 September	Sawtry Show Committee	Sawtry Show	01487 831332	12
23 September	Upton Village Hall	Macmillan Coffee Morning	-- --	-
1 October	All Saints, Sawtry	Harvest Supper	01487 830215	-
21 October	CARESCO	Barn Dance	01487 832105	-
12 November	All Saints, Sawtry	Christmas Bazaar	01487 830215	-
3 December	Upton Village Hall	Christmas Fair & Lunch	-- --	-
8 December	Royal British Legion Sawtry	Bingo	01487 831980	7
11 December	Sawtry Parish Council	Sawtry Carol Service	01487 831771	-
19 December	Sawtry Parish Council	Carols on the Green	01487 831771	-

If you would like to have a date considered for inclusion please email the details along with a contact number to sawtryeye@caresco.org with the subject 'Make a Date'. We cannot include regular meetings/classes as space will not allow, but we would love to know about the special events.

When your organisation fixes dates, do not forget to let us know. Don't wait for the next deadline. If you don't have access to email, then put it in writing and drop it into the CARESCO Centre or phone us on 01487 832105 (answer phone outside office hours). We reserve the right to decide which items to include.

CARESCO is not responsible for the accuracy of the above information. Please check with the individual group concerned.

Farmers' Markets

Truly local food sold by the people who produce it.

HUNTINGDON

Alternate Fridays from 8am to 2pm
in Huntingdon Market Square

1st, 15th & 29th April
13th & 27th May

** 5th Saturday Special – 30th April **

Organised by Huntingdonshire District Council with the support of Huntingdon Town Centre Partnership.
For more information call 01480 450250 or email FarmersMarkets@huntsdc.gov.uk

PETERBOROUGH

2nd & 4th **Thursdays** from 9am to 2pm
in Long Causeway

Organised by Peterborough City Council.
For more information call 01733 452217 or visit www.peterborough.gov.uk

RAMSEY

Weekly on **Sundays** from 9am to 2pm June-October
Ramsey Train Station at Erie Plaza off Main Street

For further information please contact
The Ramsey Town Centre Partnership:
Tel: 01487 813612 email: www.ramseyfarmersmarket.org

OUNDLE

Every 2nd Saturday from 9am to 2pm
Market Street

For further information please contact
Oundle Town Council
Tel: 01832 272055, email: otc@lineone.net

Farmers' markets are different because the food sold there must be from the local area and sold by the people who grow or produce it. Bought-in produce is not allowed. Buy fresh, high quality produce from the people who can tell you how it was grown or made.

WE ARE MACMILLAN. CANCER SUPPORT

Easter Egg Raffle

Tickets are priced £1
Available at Salon 42,
Green End Road, Sawtry

The draw will be on Thursday 21 April
When a yummy 1kg milk chocolate
egg could be yours

All profits to
Macmillan Cancer Support
Registered charity Number 261017

Prize Bingo

In aid of Sawtry Day Centre

Sorry, no Bingo in April

6th May
3rd June

Starts 7.30pm
In the CARESCO Centre,
Green End Road, Sawtry
Contact Pat Ayres 01487 832503

ALL SAINTS

PLANT SALE

Saturday 14th May

At WI Hall, Gidding
Road, Sawtry

10.00 am - 12.00 noon

More details from 830215



Car Boot Sale



Saturday 7th May - 9 – 12pm



By the CARESCO Centre, Green End Road, Sawtry



£5 per car or (£8 on the day) - To book call 01487 832105



Refreshments will be served in the CARESCO Centre



ALL FUNDS RAISED WILL GO TOWARDS THE WORK OF CARESCO

Sawtry Community First Responders Group

Comedy Night & Disco

On Sat 2nd April

At Sawtry Community College

Doors open at 7.00 with the comedians starting at 7.30pm

The night will then conclude with a disco and raffle.

Tickets are £10 each and there will be a bar on the night

Sorry, its adults only!

If you would like to purchase a ticket, please contact:
sawtrycfr@hotmail.co.uk or
07885422257 / 07877784699

Sawtry Royal British Legion

Bingo

*90th Anniversary Bingo
 Thursday 16th June*

Thursday 15th September

Thursday 8th December

**Eyes down at 7:30 pm
 At the Sawtry Ex-Service and
 Working Man's Club**

All are welcome, just come along

The Royal British Legion Sawtry and District Branch meets on the 1st Monday of every month with the exception of Bank Holidays and August, Bank holidays are the following week and there is no meeting in August.

We meet at 8 pm at the Sawtry Ex-Service and Working Man's Club.

All Welcome or if interested in membership contact the Secretary
Miss T Eaden at 01487 831980

COME LINE DANCING

Learn to line dance, no partner required.



All ages welcome, come along and make new friends, enjoy yourself and keep fit at the same time.

We are a friendly sociable class, dancing to all types of music; country, pop, contemporary.

Held at Sawtry Community College, Fen Lane, Sawtry

Wednesday evenings (**term time only**)

7 – 7.30pm Beginners' Class

7.30 – 9.30pm – Improvers

£3.50 per session

Contact: Angela Foster – 01480 891283

Keith Geary – 01487 832925

Or email: johnangie.foster4@virgin.net

TINY TOTS

Methodist Church, Green End Road, Sawtry

Parent, Baby and Toddler Group
 Every Tuesday term time
 9.30 – 11.00 a.m.

Toys for all ages 0 to 4 years
 Activities/Crafts/Songs

£1.20 per family, First visit FREE,
 Refreshments 5p

**Come along and make new friends
 New members welcome**

CALENDAR OF EVENTS

5th April Easter Hats and Chocolate Nests

3rd May Teddy Bears Picnic

10th May Fancy Dress

17th May Cake Sale

24th May Grow Your Own Cress

For more information call

Elaine 01487 830048

Eileen 01487 830020

**Friends of Sawtry Community College
 Brings you...**



When: Saturday 9th April
 What Time: Doors open at 7.00pm
 Eyes down: 7.30 pm
 Venue: Sawtry CC Main Hall
 Who: Everyone
 (families are welcome)

Chocolate Prizes!

Refreshments ~ Raffle

For more information please call 01487 830303

Everyone welcome

**** All proceeds going towards upkeep
 of the new mini bus ****



**Come to this year's
 Sawtry Light Factory
 Holiday Club**

See page for full details

Sawtry History Society
www.sawtryhistorysocietybtck.co.uk

Open Day
(First event of Feast Week)

Saturday 4 & Sunday 5 June, Old School Hall, Sawtry

Find out more about:

- Sawtry Businesses – Past and Present
- WW “Site H” at Holme
- History of Local Families
- “Whitehall” at Coppingford
- Local Graveyards
- The Community Archive

01487 834551

SAWTRY IN BLOOM

BEST FRONT GARDEN COMPETITION

As part of Sawtry’s entry into ‘Anglia in Bloom’ it has been decided to run a best front garden competition again this year.

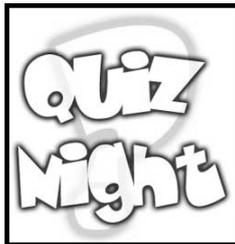
There are two competitions: 1. **Summer Garden**; 2. **Hanging Baskets/Tubs**

The closing date for entries is 24th June. The competitions are free to enter. The gardens will be judged in late June. Gardening vouchers will be presented to the winners.

The Anglia in Bloom judges will be judging the village in July (date to be confirmed) and part of their tour will include a visit to the winning gardens.

Entry forms available from Sawtry Parish Council,
37 Green End Road, Sawtry

Friends of Sawtry Community College
Brings you...



When: Saturday 21st May
 What Time: Doors open at 7pm
 Quiz begins: 7.30 pm
 Venue: Sawtry CC Main Hall
 Who: Everyone
 (families are welcome)
 How Much: Only £6 a team (pay on night), 4 - 6 members per team

Licensed Bar ~ Kids Tuck Shop ~ Raffle
 (Please feel free to bring your own snacks)

For more information please call 01487 830303

Everyone welcome

**** All proceeds going towards upkeep of the new mini bus ****

Stilton Cheese-Rolling

May Day Bank Holiday 2nd May 2010

Come along and help us celebrate!
 Fun and games for all the family:

- May King & Queen
- International & Maypole Dancing
- Sideshows & Stalls
- Fairground rides, Flight Simulator
- Plenty of food & drink!
- Warwick Davis & Adam Vickers as comperes
- Concert at The Talbot! (5-9pm)
- Cafe Royale in the Village Hall



The magic starts at **10:30!**

(Cheese-Rolling starts around 12 noon)

To book a stall, download an application form from www.stilton.org

VAMPS present



Annie

the popular musical by Thomas Meehan, Charles Strouse, and Martin Charmin.

At The Priory Centre, Priory Lane, St Neots, Cambs

13 - 16 April at 7.30 pm nightly and 2.30 pm matinee on Saturday 16 April.

Tickets are available from the VAMPS Box Office, tel: 07866 224769 or online at www.thevamps.co.uk



THE ST NEOTS PLAYERS PRESENT

Bouncers

The cult adult comedy by John Godber
 At Buckden Millennium Centre
 6 - 7 May at 7.30 pm

The Priory Centre, St Neots
 12 - 14 May at 7.30 pm

Book via the Players online Box Office at
www.stneotsplayers.co.uk



Registered Charity No:1029997

Exciting Children and Family portraits by Tempest Photography

Tempest Photography will be holding a

CHILDREN AND FAMILY PORTRAIT SESSION

at
Sawtry Preschool Playgroup, Fen Lane, Sawtry
on Friday 20th May
2.00 p.m. to 5.00 p.m.

THESE SITTINGS ARE BY APPOINTMENT ONLY
Please telephone 01487 832433
or visit playgroup to make a booking.

A choice of different packs of photographs will be available.

Prices from £15.

SAWTRY AND DISTRICT ASTRONOMY SOCIETY

The Astronomy Society meets at Greenfields Sports Building, Sawtry Fen 7.30pm for a 7.45pm start. Everyone is welcome.

22nd April - Star Party

Free open invitation to members and non-members alike.

Come to join us for a viewing night and bring your own telescopes and binoculars along.

27th May

Speaker Meeting - To Be Announced

If the sky is clear you can look through telescopes at the moon, planets, stars and other objects, even see the nearest galaxy to us.

For more information please contact: -

Bernard Dean 01487 832251

Dave Woodhams 01487 831921



Saturday 11th June

12noon-4pm

back of Old School Hall and College tarmac



This Year's Theme....

Kings & Queens



In celebration of the forthcoming royal wedding

Come along for an afternoon of fun, live music and free entertainment in the Carnival Arena, Swingboats & Bungee trampolines, Strawberries & Cream, Stalls & Rides, BBQ & Tea shop, Bar, Canoes & Candyfloss and more!!

Dress up as Kings & Queens and join the * * * Sawtry Carnival Fancy Dress Parade * * *

(all children to be supervised by own parent/guardians and walk at own risk, no vehicles)
Meet 11.45 college car park, parade leaves 12 noon heading down Fen Lane and entering carnival grounds at Old School Hall car park in Green End Rd.

Prizes for :

Best dressed Group in parade, Best individual in parade, Best dressed/innovative stalls

Grand Draw tickets available at £1 each from local shops & pubs

1st Prize £150 cash, 2nd prize £75 cash, 3rd prize £50 cash
plus many other prizes kindly donated by
local businesses and individuals

**Organised by volunteers from Sawtry Carnival committee,
supported by Sawtry Parish Council**

**Info: Gill (carnival secretary) 01487 832410 or
Dawn at Sawtry Day Nursery 01487 832501**



HEDGEHOG AWARENESS WEEK 1st to 7th May 2011

Hedgehogs need gardens to find food and to nest in, but is yours safe enough for a hedgehog? Things we don't even think about or notice can be fatal for a hedgehog, so help make your garden safer and encourage hedgehogs to visit and even nest in it. Keep a corner wild and make sure it's got access; it only needs a 5"x5" hole.

- Bonfires – Always check before you light. Ideally build on the day or move the whole bonfire to a new site before lighting.
- Cover drains & holes
- Ponds & pools – provide a ramp or half submerged stones & keep water levels topped up
- Always bin rubbish, litter can kill
- Keep netting a foot above the ground.
- Take care when removing compost from a heap
- Keep shed doors locked & poisons out of reach
- Before cutting long grass, check for hedgehogs



**For local help & advice with hedgehogs – contact Jenny Wiltshire on 01487 834563
Or visit www.britishhedgehogs.org.uk**

Letters ...

SAWTRY ST JOHN AMBULANCE

Do you have a son or daughter aged between 5 and 10 years? Would they enjoy being part of a group learning new skills and gaining badges in a variety of subjects including environment, first aid, safety, crafts and many more? We learn new games and have fun together. Badgers meet on a Monday evening from 5.30 to 6.30pm in the Youth and Community Centre (behind the Old School Hall).

Sawtry Badgers is the junior section of Sawtry St John Ambulance and they have places for new members starting in April. If you would like more information please contact Maureen Denton on 01733 702727 (answerphone when not available and if you leave a contact number we will call back).

FAREWELL FROM CHRISTIANS TOGETHER IN SAWTRY

Father John and Rev. Pam would like to thank Revs Malcolm and Sandra Griffith for their collegueship and hospitality over many years and for their faithful service to this community. Together with their two congregations and on behalf of Christians Together in Sawtry, they wish them both a long and happy retirement.

A PASSION FOR US

Last year I had the great privilege to attend the once-in-ten-years Passion Play at Oberammergau in Austria. The whole village is involved in

daily performances from May to October, in fulfilment of a vow made in 1633 to honour God in this way if the village survived the ravages of the plague. The play tells the story of the period of Jesus' life from his donkey ride into Jerusalem (on what we call Palm Sunday), through his trial and death by crucifixion, up to his rising to life again to meet with his followers (Easter Day). People flock to the village from all over the world to share in the extraordinary atmosphere of this very special community event and it was just wonderful to be among them.

One of the most moving moments of the play was not the crucifixion itself but the very start, where hundreds of local folk, from the youngest to the oldest, flocked onto the great stage waving palm branches and quite surrounding a live donkey, carrying on his back a very ordinary-looking Jesus quietly smiling around at them all in love. For me this said it all : Jesus in the middle of all our muddle in this life (and isn't it a worrying muddle at present?) loving us so passionately that he was willing to go to the cross itself for our sake, so that we could have hope, forgiveness and a new start.

Christians Together in Sawtry will be celebrating this Passion of Jesus for us, and all that it led to, this Easter, as usual, with events throughout Lent and Holy Week including a Walk of Witness on Good Friday morning followed by a united service at All Saints Church, and then joyful Easter Morning services in all three village Churches on Sunday 24th April. Details are on the church pages and we do hope you will feel warmly welcome to come and join in. We wish you all a very happy Easter.

Rev. Pam

Write to Sawtry Eye: 'Letters', CARESCO, Green End Road, Sawtry, Huntingdon, Cambs PE28 5UX



Or email sawtryeye@caresco.org.uk with subject 'Letter for Sawtry Eye'

PLEASE SEE STATEMENT FOR SUBMITTING LETTERS ON PAGE 3

NEWS FROM BUTTONS AND BOWS PRE-SCHOOL

We were inspected by the government inspectors OFSTED on 15/02/2011 and we are delighted to announce that

OFSTED rate us an **OUTSTANDING** Pre-School in all areas.

This is the highest rating that is given and the staffing team are extremely proud to share this news with our community. We look forward to continue working in partnership with our families and community in enhancing children's Early Years Learning and Development experiences in Sawtry.

(Buttons and Bows Pre-School is located at The Old School Hall, Green End Road. For further details see our advert in this Sawtry Eye).

A full copy of the inspection report can be found at www.ofsted.gov.uk

SAWTRY FAIRTRADE ON LOCAL RADIO



On Wednesday 9th March Sam and the staff at Tilly's Coffee Shop held a Fairtrade promotion offering tea, coffee, hot chocolate, sugar and orange juice all carrying the Fairtrade mark. Johnny Dee from Radio Cambridgeshire reported live on the Andi Harper show from the coffee shop encouraging everyone to make their cuppa count to make a difference to the people who grow the crops.

Fairtrade Fortnight Feb 28th – 13th Mar 2011 was launched with the announcement that sales of Fairtrade products soared by 40% in 2010 to an estimated retail value of £1.17bn compared with £836m in 2009. UK shoppers are continuing to embrace Fairtrade, showing no downturn on ethical values despite the tough economic times.

Here in Sawtry we joined in with the national record-breaking attempt to create the world's longest - and fairest - string of bunting as part of promoting Fairtrade Fortnight. Local groups and individuals decorated a piece of Fairtrade cotton which will now be sent off to be joined with triangles from around the country. It is hoped that this will make the Guinness Book of World Records

Fairtrade is about better prices, decent working conditions, local sustainability and fair terms of trade for farmers and workers in the developing world.

Sawtry Fairtrade Steering Group

For more information please contact:

Liz on 01487 830345, Sally on 01487 831771, or visit www.fairtrade.org.uk

Sawtry Fundraiser for FSID (Foundation for the Study into Infant Death)

On June 3rd 2011 a small group will be attempting the 3 Peaks Challenge. This involves climbing and descending the highest mountain in Scotland, England and Wales, Ben Nevis, Scafell Pike and Snowdon.

This is to raise money for FSID in memory of **Michael Joe Ruddell**, a local boy who died suddenly on March 3rd 2007 aged 20 months.

There is also a fundraiser at the Sawtry Club on 7th May from 3 p.m onwards (free entry) with a children's disco, BBQ, cake stall, raffle etc.

In the evening 7:30 p.m the disco continues with a buffet available for a small donation, and more raffles and auction.

If you cannot come but would like to donate this can be done via www.justgiving.com/willruddell or by contacting Will or Zoe Ruddell on 01487 833004

Any raffle prizes would be gratefully received please use the contact details above if you wish to donate prizes.

We hope to see lots of people there!!!!

Will and Zoe Ruddell

SAWTRY SHOW 2011 17th September

The College will once again host the Show, which gets bigger and better every year. If you have not been along or entered before, make this the year! It is a great community event for all the family, with something for everyone, from toddlers to grandmas.

Whether you are into cake baking, wine or jam making, art, photography, vegetables, flower arranging or knitting, there is a class for you.

Now that the weather is at last warming up, it is time to get sowing your first rows of carrots, building a wigwam for the runner beans, sowing tomato and pepper seeds in the greenhouse.

The schedule will be available soon.

For more information: call the Parish Office - 831771, or Babs Sullivan (Show Chairman) - 831332.

Sawtry Show Committee

TORT HILL DISTRICT RAINBOWS, BROWNIES & GUIDES

On Friday 5th February all our units set off by coach to see the Ice Show in Peterborough Show Ground's Arena. It was certainly an exciting time and everyone thoroughly enjoyed themselves.

Thinking Day was celebrated on 15th February this year. All units in the District met at the Old School Hall at 6pm and enjoyed an evening of crafts, singing and our own ceremony to mark the day. Every year members of the Girl Guide movement celebrate Thinking Day (the joint birthdays of Lord & Lady Baden Powell) and to mark the day we think of everyone in the Girl Guide Association all over the world.

On 12th March 9 Brownies from 2nd Sawtry Pack met in Beaumaris Road with their garden forks and spades to plant 40 new trees. The ground was very hard but thankfully some of the girls had kindly brought along their parents to help. Thank you everyone – another good turn to make our village an attractive place to live.

And finally, I've heard that our Rainbows have taken up the Royal Wedding Challenge which I'm sure they will all enjoy taking part in (more of this in our next report).

That's all for this time

Wise Owl - For more information contact 01487 830806

SAWTRY IN BLOOM

There are great hopes for this year's entry to Anglia in Bloom, with more community involvement than ever before. The Brownies planted trees in a copse on Beaumaris Road, and a Big Clean Up Day at the Junior School attracted many pupils and parents to help plant trees, weed flower beds and tidy litter. Other groups have offered help for various projects, which will hopefully come to fruition in time for judging in mid July.

Two big sacks of daffodil bulbs (donated by HDC) were planted by individuals around the village, and by Buttons & Bows Preschool in the Playpark. The village entry signs now have planters full of spring flowers. Thanks to all who helped to brighten up our village for spring.

Back by popular demand!

The Best Front Garden Competition is back! Categories are Best Summer Garden and Best Planted Container/ Hanging Basket, with prizes of garden vouchers. Judging will be at the end of June. Entry is free. Entry forms and further details from the PC office.

Sawtry in Bloom Committee

SAWTRY TREE WARDEN REPORT

Two mini woods or 'copses' have recently been planted; one at the Junior School, with the Eco Schools/ Gardening Club and their parents, and the other down Beaumaris Road, a joint effort with HDC and the Brownies. Now we just hope for a wet enough spring to help them establish.

Take a walk up to the woods now that spring is here at last. The new leaves, flowers and nesting birds should lift the spirits. Enjoy the daffodils around the village – they were donated by HDC and planted by many individuals. Thanks to Buttons and Bows Preschool for brightening up the Playpark with the ones they planted.

Janet Spencer – 01487 830527

ALLOTMENT ASSOCIATION

Nothing much to say over the winter months but SPRING is just around the corner and we will all be digging and planting in earnest.

In general the allotments are tidy with everyone getting the winter digging done ready to plant up. However it is a bit disappointing to see the number of pallets making an appearance and just left laying around.

Three allotments changed hands over the winter months we welcome to them to the association, we hope their hard work over the winter will bring good results.

There are currently 5 people on the waiting list for allotments and I have received some rather barbed comments as five of the new plots don't appear to have received very much attention, some none at all. An allotment requires a lot of hard work and commitment but the rewards are lots of fresh (organically grown if you chose) fruit and veg.

If you find you are unable to cope with your plot please let me know and I can re allocate it.

One last matter, it has been brought to my attention that compost has been disappearing from one of the plots. We have had problems in the past with produce and other items going missing and it causes upset to the allotment holder when this sort of thing happens, please be aware and help to stop this petty theft.

If I can be of help to anyone please contact me on 01487 833076

Dick Bacon (Secretary)

UPTON GARDENING CLUB

The New Year has started in a very encouraging manner - the three meetings held so far have been well attended, and the speakers have been excellent.

The February meeting was addressed by Stuart Phillips, and his subject was 'The Gardener's Almanac', which turned out to be an interesting and entertaining evening: the subject was based on old gardeners sayings, and country law - If you notice Upton gardeners sitting on the ground or apparently dancing round the allotment in the nude - it is not any strange ritual, they are simply testing the ground to see if it is warm enough to plant their seeds, or in the second they are sowing broad beans. You learn something every day!

The March meeting was much more conservative: it was an excellent, instructive talk on growing, propagating and generally looking after pelargonium of all varieties. Again, Graham Parnwell is a very good speaker and I am sure we will see him in a return visit at some time the future.

Next month's meeting will be on Wednesday 20th April, and Dr Mark Fletcher, from Unwins will talk on the successful propagation from seed. After that we start out Summer program of outside visits - Our new Secretary has got off to a good start, and we look forward to an enjoyable season.

We meet at Upton Village Hall on the third Wednesday of every month, at 7.30pm - if further details required contact **Ian Plum on 01832 293599**.

GOING GREEN

It's been almost two years since we first acquired three ex-battery hens. They brought a lot of fun (& eggs) into our lives, new playmates for the children and a useful way of converting veg peelings into a free source of protein. Sleeping in a converted shed at night and free-ranging around the garden during the day, our three quickly discovered a happier existence to the one they had so far known.

Sadly one side effect of the harsh life of a battery hen is that often they don't live as long as could be expected of a normal hen and two of the three have already died, leaving one bright & friendly but lonely hen behind with only our completely mad ducks for company. So last weekend we once again drove to Kings Lynn where volunteers from the British Hen Welfare Trust (formally the Battery Hen Welfare Trust - www.bhwt.org.uk) had organised a 'rescue' and we'd reserved four birds to be friends for our Hettie.

Introducing new birds to established hens is far more complicated than you would expect. All those phrases about 'pecking orders' and 'ruling the roost' etc are based on reality. Our girls will have to go through some rather brutal negotiations to decide who is in charge and therefore gets to make all the important decisions such as when it's time to nap & where to have a dust bath. We are assured that within a couple of weeks they will all be best of friends and hopefully laying lots of lovely eggs. However long it takes, we know their future life will be a vast improvement on being in a battery farm.

Eco Apprentice

WELLSIDE SURGERY NEWS

Easter/Royal Wedding Opening Hours –

Thursday 21 st April	Open as usual
Friday 22 nd April (Good Friday)	Closed
Saturday 23 rd April	Closed
Sunday 24 th April	Closed
Monday 25 th April (Easter Monday)	Closed
Tuesday 26 th April	Open as usual
Wednesday 27 th April	Open as usual
Thursday 28 th April	Open as usual
Friday 29 th April (Royal Wedding)	Closed
Saturday 30 th April	Closed
Sunday 1 st May	Closed
Monday 2 nd May (Bank Holiday)	Closed
Tuesday 3 rd May	Open as usual

As per usual, at any time when the surgery is closed, emergency GP services will be provided by Urgent Care Cambridgeshire – 03301 239131

Requests for repeat medication take two working days to process so please submit your requests in plenty of time to take account of the above opening hours.

Smoking Cessation Services – We would like to remind patients who would like help to stop smoking that we provide this service to all of our patients. If you would like to make an appointment please contact our reception team on 01487 830340.

Chlamydia Screening Programme – The practice offers a Chlamydia screening service to all patients aged 15-24. Chlamydia is a sexually transmitted disease which can lie dormant and cause fertility problems in the future but is easily treatable if detected early via a quick and easy test. Please contact our reception team on 01487 830340 to book an appointment with one of our Practice Nurses if you would like to be tested.

Online Appointment Booking – We introduced online appointment booking in May of last year. This method of booking a consultation with a GP is proving very popular and we would like to thank all of those patients who have taken the time to let us know how pleased they are with the introduction of this facility. If you are not already registered to use the online booking system, but would like to do so, please contact our reception team who will be able to provide you with your personal log in details.

GP appointments can now be booked up to 28 days in advance (both online and via our reception desk). This increase from 14 to 28 days is currently being trialled and we hope to be able to continue to offer this level of availability. Approximately one third of GP appointments are now available to be pre-booked, the remainder are released for booking on the day. We hope that these two methods will provide convenient booking options for all of our patients.

In addition to GP appointments, we have also introduced the ability to book appointments for blood tests online. Again these can be booked up to 28 days in advance and we hope that patients will find this new service of benefit.

PLEASE NOTE THAT ONLINE APPOINTMENTS NEED TO BE BOOKED VIA A DEDICATED WEBSITE, NOT THE SURGERY WEBSITE.

With Best Regards,

Mrs Claire Wright, Practice Manager - Wellside Surgery, Sawtry, Tel: 01487 830340

NEARLY NEW

Many of you would have received quite a few donation bags through your door in the last few weeks - I know I have. So why not donate your items to your local village charity instead? Women's and children clothes, household items and unwanted presents are always gratefully received.

We are now accepting items for the warmer months ahead and currently have quite a lot of stock for sale if anyone needs a bargain.

For anyone wanting more information but cannot come in to see us on a Friday morning, we are planning to have a stall at the CARESCO Car Boot sale on Saturday 7th May.

Nicole, Clair and Gill

News From Sawtry Library

Storytimes

Our Storytime Sessions (aimed at children aged 18months to 5 years) will now be fortnightly on a Wednesday from 2.15 – 2.45. The dates are 13th and 27th of April, 11th May, 25th May, 8th June and 22nd June.

Please come along and join the fun.

Junior Book Group

We are hoping to start a Junior Reading Group for Children aged between 7 and 10 years of age. This will be held once a month on a Saturday from 10.30 – 11.30am. If you are interested please come along and see a member of staff.

Library Service Review

Sawtry Library needs your support now more than ever. Cabinet proposals have been put forward to offer an alternative to service delivery. As the council is seeking alternatives to Library Closures they are looking for the community to support the Library by getting involved or volunteering. Please call into the Library for more details. There will be a Public Consultation meeting on:

Monday 4th April, 7.00 - 9.00pm at Sawtry Community College

come along and show your support for the Library.

Author Visit

On Tuesday 17th May from 6.15 – 8pm we have Local Author Mark Garrett from Yaxley coming to the library to give a talk on his books in the 'Angels Cry Too' series. Tickets are free and are available from the Library from the 1st April.

Jigsaw Club

Why not come along to the library to do a Community Activity?

On Tuesdays, Thursdays and Saturdays during our opening times there will be a jigsaw out where anyone can come along and help solve the puzzle.

Easter Opening Times

We will be closed on: Friday 22nd April and open as normal on Saturday 23rd April (9 – 12)

All Cambridgeshire Libraries will be closed on Friday 29th April for the Royal Wedding.

Sawtry Library Opening Hours:

Monday	Closed
Tuesday	4.00 - 7.00
Wednesday	2.00 – 5.00
Thursday	4.00 - 7.00
Friday	2.00-5.00
Saturday	9.00-12.00

To renew Books: 0345 045 5225

To renew or Request Books www.cambridgeshire.gov.uk/library

Pam Goodwin



<http://www.ssbpartnership.org>

THE SAWTRY AND STILTON BUSINESS PARTNERSHIP

Having been set up over two years ago the local networking group is going from strength to strength. Not only does it benefit members by helping them to know and work with businesses in the local area, but it means that local residents are able to find trades people close by rather than search directories or the Internet when they need a job doing.

The meetings are at the Sawtry Club on the first Tuesday of every month at 7.00pm for a 7.30 start and anybody interested in becoming a member is welcome to come along with associates or colleagues to find out what the group is about.

There is also a social side to the SSBP which has a fund raising element for local causes. The next social event is on Friday April 8th when Tampa Road Blues will be on stage at the Sawtry Club. There will also be a raffle and auction plus a guest vocalist. Tickets are £10.00 each available from the club or call Ralph on 01487 832683.

To see more of what the SSBP does within the community please take a look at the web site

www.ssbpartnership.org

We look forward to your interest.

SAWTRY DAY CARE CENTRE

Meeting Place: The CARESCO Centre, Green End Road

When: Wednesdays and Thursdays

Time: 10.00am to 3.00pm

What We Provide

- A day out for the house bound and socially isolated and a break for those who care for them.
- Transport door to door
- Tea, coffee and biscuits on arrival
- A local shopping trip
- A short session of gentle chair exercises for those wishing to take part.
- A two course lunch is prepared in our own kitchen using fresh ingredients served at approximately midday.
- A small raffle is held on both days with members providing prizes. Monies raised go into the member's social fund which subsidises our occasional trips out.
- Wednesday afternoons a bingo session is held. For those who do not wish to play, there is a selection of board games or you can just chat or relax.
- On some Thursday afternoons we have a local man (Terry) who plays old style music. On other occasions we have visiting speakers who give talks/slideshows on a wide range of subjects.

Would you be interested in joining us? We currently have some spaces at the day centre and are looking for new members.

**For more information please contact the CARESCO Centre on 01487 832105
or email office@caresco.org.uk**

SAWTRY CHORALE



Singing is good for you, as studies at British and American universities have shown. Singing is aerobic so increases lung function and the quality of breathing. More oxygen means you are more alert. It exercises major muscle groups in the upper body, improving and maintaining posture.

Singing helps with concentration and memory. It is fun and challenging so it boosts your confidence and self-esteem. It is a great mood-lifter and de-stressor.

Singing with others is even better. In addition to the benefits already mentioned you meet some great people. You learn to listen to others and work as part of a team.

So singing has physical, psychological and social benefits which can be enjoyed at any age. And listening to good singing is good for you, too. Sawtry Chorale puts on regular concerts of all kinds of music. Come along and hear us sing. We promise you a relaxing and enjoyable evening.

Sawtry Chorale dates for your diary:

17 June— 8.00pm, Methodist Church, Sawtry

18 June— 7.30pm, St Mary's Church, Godmanchester
Concert in aid of MacMillan Cancer Support.

24 June— 8.00pm, St Andrew's Church, Great Staughton

Hazel Rea - Publicity Officer, Sawtry Chorale - Tel: 01487 830149 / www.sawtrychorale.co.uk

SAWTRY CAMERA CLUB NEWS

At the last meeting of the Sawtry Camera Club on 10th March 2011 the club held its Annual Photographic Competition. The meeting was attended by 11 members, the competition was open to all members they could enter 1 photograph in each of the following categories: **Portrait, Landscape, Transport and Animals.** They were competing for the trophy presented to the Camera Club by Sawtry Parish Council. There were 39 entries into the competition and the Judge was Jim Roland. The winner of each category received 6 points: 2nd received 4 points and 3rd prize received 2 points. After he had finished judging the competition, Mr. Roland complemented the Club on the high standard of the entries which had improved since last year making his job difficult.

The overall winner of the Competition and the Trophy was Brian Lupton: Second was Stan Langshaw and there were multiple Third places.

Lastly the members were reminded that from 12th May the meetings would be held 7.30pm to 9.30pm in the Sawtry Working Men's Club in Gidding Road.

SAWTRY WINEMAKER'S SOCIETY



Sawtry Winemaker's hold a meeting at the Old School Hall every third Wednesday of each month. If you don't make any wine don't worry, bring your own plonk to enjoy a good evening and come and try home made wines that members have made. These are country wines made from ingredients you may have in your garden or can buy from the Co-op!! We have lots of Social Events throughout the year that are enjoyable and good fun. Come to any of the meetings and you will be most welcome. Membership costs £8.00 per year. For further information please contact - **Eileen Gregory 01487 830020 and leave a message.**

At last the weather is becoming warmer and the elderflower bushes will soon be in flower. It has been a very long winter, and now it is lovely to see the daffodils finally making their appearance and everything bursting into life in the garden including the rhubarb which is ideal for making a delicious homemade wine.

February brought around the annual Valentine's Dinner Dance held at Glatton. Lucy's Kitchen provided a wonderful three course meal of either duck or chicken and members and their guests danced the night away with musical entertainment provided by Mark Steele. The Chairman of Sawtry Wine-makers presented each lady there with a single red rose on the evening.

The March meeting, "Sheila's Social Evening", was as usual well attended and members enjoyed a delicious two course meal of lamb or chicken. Well done to everyone for all your help on the night to make this so successful.

MONTHLY MEETINGS HELD AT THE OLD SCHOOL HALL THIRD WEDNESDAY OF EACH MONTH AT 7.30 p.m.

Date	Event
20 April	Commercial Wine Tasting with Fred
18 May	Greyhound Racing and Meal at Peterborough Track
15 June	Treasure Hunt
14, 15, 16, 17 October	Annual Trip to Bournemouth

Get Your Boots On!



Time to get out and get some exercise

Now that the weather is cheering up and the days getting longer, it's time to think about getting out into the open air again. And we bet many of you are still carrying those few extra pounds that you put on over Christmas!

So why not come out for a country walk with the Stilton Stumblers? Walking is not only one of the best, most accessible - and cheapest - forms of exercise, it also gets you out to places that you wouldn't otherwise come across. You'd be surprised how many hidden corners there are around this 'flat & featureless' part of the world. How many readers know about the Glenn Miller memorial in a clearing near King's Cliffe?

Stumblers are just an informal group of like-minded people, mostly from Stilton, but with members from Sawtry and even Ramsey. No airs & graces, just a friendly welcome to anybody who wants to join in one of the group's regular fortnightly walks. Scheduled Stumbles are usually between 6-8 miles and within about a half-hour drive of Stilton, although we sometimes venture further afield and have the occasional Away Day to places such as the Norfolk coast or the Peak District. One Stumbler is even tackling the Coast to Coast this year!

We meet for regular local walks every alternate Sunday, at 10:00am at the village pump, and organise occasional expeditions to interesting places further afield. You can find out more on the excellent website stumblers.stilton.org, or just Google Stilton Stumblers. Here you will find the current calendar of scheduled Stumbles, but members also arrange impromptu Stumbles among themselves, so if you can't always manage a Sunday, you can often find a friend to go for a mid-week Stumble with.

See you at the Pump?

Kelvin Davis

For more information please call Jan Woodward on 07740 167377

Stumble	Date	Info
The Brecklands	3rd April	10 miles, visiting Grimes Graves, Santon Downham, Brandon and Weeting.
TBA	17th April	
TBA	1st May	

MEMORIES OF SAWTRY AND A SPECIAL LADY

AUDREY WRIGHT 1919 - 2011

Firstly I would like to convey our families' thanks and appreciation, to all who attended the funeral service of my aunt the late Audrey Wright, at the Methodist Chapel on the 1st Feb 2011. Audrey passed away on the 14th January after fighting her battle with Myeloma, at Primrose Hill Nursing Home (Huntingdon). She was a very special lady and a Sawtry person all her life, marrying Charlie Wright in 1942 at Sawtry Methodist Chapel. Sadly my uncle passed away in 1974, leaving Audrey a widow.

Sharing some wonderful memories of the 'old' Sawtry, we would sit and reminisce of when she owned the "general stores" in Church Street, which they bought in 1948. Her customers would come in for a chat in her "Arkwright" type shop, a bell above the door announcing their arrival. Before the days of Food Laws and European intervention, she would scurry out the back for refills of 5 gallons of paraffin or a block of cheese. Also for sale were fresh flowers and vegetables from the garden. Kindling was sold in home made bundles because everyone had open fires in those days and the Christmas cake orders, which reached 57 one year! Looking back quite an entrepreneur. Audrey ran the shop until she was in her 70's...probably around 1989-1990.

Older Sawtry residents will remember with fondness, when the Fair came to Sawtry and was held on the Green, when Fred Fowler had the Butchers on the corner of Gidding Road (the site of Greenways now) and Wally Sissman always had a smile for their customers. Remember Dora Garrets' little sweet shop on the corner of High Street and Church Street, selling every variety of sweet, from glass jars, on shelves lining the walls? Dr Patterson ran the little surgery from the building which used to be Paul Cox's video and TV shop. Bill Hall was headmaster at the old Junior School on top of the Hill, Mr Garner his Deputy. The Infant school was at the far end of the village, down Green End Road known as the 'Hostel'. Sawtry Working Men's Club was a wooden construction known as 'the Hut'. Ray Wayland had a Builder's yard in Church Street, guarded by a flock of geese. Scary! Park Road was a cul-de-sac of pre-fabricated bungalows and Annesley Close was known as the 'rubble' (the site of huge bonfires on 5th November and a firework display with little or no regard to Health & Safety). The "Greystones" was a residential dwelling and the Chequers Cottage was a public house. The Royal Oak pub was situated on the far side of the A1, and not with such fondness, the lethal intersection on the A1 when travelling south to Huntingdon. Pre fly-over years!

Living in Sawtry most of my life, I can remember many people who are sadly no longer with us, but as a child, growing up with a wonderful Aunt living nearby, who was a very influential part of my life, I shall miss our long talks together of those people, about a time when Sawtry was a very different village than it is now. I wanted to share with you some of those memories whilst taking this opportunity to thank those for their condolences during our recent bereavement.

Jayne Clapham (nee Gilbert)

ROYAL BRITISH LEGION

I haven't got much to report in this edition. We are still receiving the odd donation, therefore the fund is still growing.

We had a positive result following the Chairman's appeal for more members to attend meetings in that two more have attended, one of which having taken up a vacant position on the Committee. Another positive result was the offer to run a trip to the Arboretum in Staffordshire. We have hired a 17 seater mini bus and will be making that visit on the 25th May, let's hope the weather is kind to us. Also we have organised a quiz night that will take place in April.

We will be at the Sawtry Carnival on the 11th June, displaying items appertaining to the British Legion, obtainable for a donation and I hope to have a second hand book stall and possibly bric-a-brac, all donations going toward the 2010 Poppy Appeal. We will also be running a recruiting campaign and hope to enrol some new members. **Remember, you do not have to have been involved with the services to become a member.**

Just another reminder that 2011 is the Legion's 90th anniversary.

If anyone has any positive suggestions with regard to the Branch organising any particular type of event or trips out somewhere, please don't hesitate to contact a Legion Member.

Allan Fowler, Poppy Appeal Organiser
01487 830806, allan.fowler@uwclub.net

SAWTRY HISTORY SOCIETY AND THE COMMUNITY ARCHIVE

What surprises at the WI Hall in February – a large Union Jack, colourful bunting, the evocative sound of 1940's songs, ration books, food coupons, a dead soldier's post card to his Mum, and other moving memorabilia - all making Alan Botell's excellent talk on "Sawtry at War" even more interesting.

Starting with a reminder of important phrases of the time like – "Put that light out!", "Careless talk costs lives" and so on Alan's talk, illustrated with local digital images of how Sawtry coped with the problems of the two major World Wars, soon had the 40 or so people present reminiscing about their experiences. There was a sombre reminder of two local soldiers, one thought to be the first casualty of WW1, the other who may have been the last to die before the armistice in 1918. On a happier note some in the audience were soon happily vying to recognise themselves, or friends, as children sitting at the street party tables celebrating the end of hostilities, or trying to recall how much one got for one food coupon!

The March AGM and Quiz was our next meeting but before that the History Society committee were delighted that the Society was not only mentioned on BBC Radio Cambridge but that our Treasurer, Bill Allport was interviewed "on air" by Richard Spendlove! During the Society's graveyard survey at St Nicholas Church, Glatton, Bill found and photographed a "Spendlove" gravestone and rang the BBC to see if it might be the same family – but suddenly found himself "on air" being interviewed by the man himself! It seems there was no family connection to Glatton but it certainly gave our Society its 15 minutes of fame!

During the AGM – well attended by about 20 members - the same three Officers of the Society, Chairman Alan Bottell, Treasurer Bill Allport and Secretary Marilyn Gautreaux, and the same three committee members were all re-elected without opposition. Alan Bottell reminded everyone what an important year it had been – confirming the Society name change with the Charity Commission, membership almost doubling since 2009, the purchase of a digital projector and recorder, partly funded by a Goodliffe award and a new free-of-charge website funded by BT (www.sawtryhistorysocietybtck.co.uk). The finances were in good shape and he urged everyone to use the "easysearch.org.uk" Search Engine for Internet searches and purchases since it costs nothing but yields extra funds for the Society – over £90 in the last few months! Secretary Marilyn, having arranged some excellent speakers over the past year, outlined the programme for the next few months and explained that the 2011 Open Day will be held over two days – Saturday 4th and Sunday 5th June – and asked everyone to help.

Ann Martin's quiz that followed the AGM turned out to be quite hard and soon had everyone scratching heads as they tried to remember, "What's a Sally Lunn?", "Who founded the Royal Mail?" and "How long does sunlight take to reach the earth?". The eventual winner, with a score of 12 out of 20 was Sue Knight.

Our April 21st meeting features a talk by Don Chiswell on "Hereward the Wake" and on May 19th Thomas Cardell, one of our young members, is presenting an illustrated talk on "The Battle of the Bulge". As usual 7.30 at the WI Hall in Gidding Road. Everyone is welcome, only £1.50 for non-members.

And finally did you hear about the boss of the yo-yo factory who said at their AGM – "Our business has been very up and down this year"

Allan Bamford, SHS (Registered Charity 294789)

Secretary – 01487 834551

REMEMBRANCE

The Sawtry and District Branch of the Royal British Legion remember the fallen throughout the year. In April and May we particularly remember:

APRIL	Private Bertram David HAYNES	19 April 1917	Sawtry
	Private James STAPLETON	19 April 1917	Sawtry
	Private Reuben GRAY	23 April 1917	of Wood Walton
	Private James REID	6 April 1918	Great Gidding
	Private George Henry COLBERT	12 April 1918	Holme
	Private Frank WILLIS	24 April 1918	Holme
	Trooper Reginald ELSOM	23 April 1943	Sawtry
MAY	Private William WRIGHT	3 May 1917	Sawtry
	Private Arthur YEOMANS	3 May 1917	Great Gidding
	Private Archie ROWELL	13 May 1917	Sawtry
	Private Charles William BODGER	5 May 1918	Old Weston
	Private Leslie Charles REDHEAD	20 May 1940	Great Gidding
	Private George Joseph William GINNS	28 May 1943	Sawtry
	Lance Sergeant Robert KETTERINGHAM	29 May 1944	Sawtry

***When you go home tell them of us and say
For your tomorrow we gave our today.***

All Saints' Parish Church

Church Causeway, Sawtry

SUNDAY SERVICES

April	3 rd	8.00 am	Holy Communion (BCP)
		10.30 am	Mothering Sunday Family Service
	10 th	10.30 am	Holy Communion
	17 th	10.30 am	Morning Prayer and Baptism
	22 nd	10.30 am	United Service for Good Friday
		2.30-4.30pm	Good Friday Special for all
24 th	8.00 am		Easter Day Holy Communion
	10.30 am		Easter Day Family Communion
	<hr/>		
May	1 st	8.00 am	Holy Communion (BCP)
		10.30 am	Family Worship and Baptism
	8 th	10.30 am	St George's Day Parade
	15 th	10.30 am	Morning Prayer and Baptism
		3.00 pm	Re-dedication of Sawtry War Memorial
	22 nd	10.30 am	Holy Communion
	29 th	10.30 am	United Service and farewell to Malcolm and Sandra Griffith

SAS KIDS' CLUB

For all children aged 4 - 10 meets at 10.15 am at the Rectory on May 15th and 22nd only and also at Sawtry Infant School on Tuesdays 5th April and 10th May from 3.00 - 4.30 pm.

SAWTRY SEEKERS

For Young People aged 11 plus, meet on Friday 27th May for a BBQ at the Rectory.

GOOD FRIDAY SPECIAL 22nd April 2.30 - 4.30 pm

Do come to All Saints for this event which is for all ages. Crafts, stories, Quiet Zone, refreshments and much more. Details from Ali Scott 832478.

ALL SAINTS PLANT SALE 14th May at WI Hall 10.00 am - 12.00 noon

Do come and stock up on all your bedding plants and other garden requirements. Lots of bargains. More details from 830215.

SATURDAY OPENING

The Church is open every Saturday from 2.00 to 4.00 pm. Do come along and see your Church and enjoy a cup of tea and a chat - a warm welcome awaits you.

FOR FURTHER DETAILS RING THE RECTOR: Canon Malcolm Griffith 830215

Website: www.sawtryallsaintschurch.co.uk

There is always a warm welcome at All Saints'.

St Nicholas Parish Church

Church Road, Glatton

SUNDAY SERVICES

April	3 rd	9.00 am	Morning Prayer (BCP)
	10 th	9.00 am	Holy Communion
	17 th	9.00 am	Holy Communion
	24 th	9.00 am	Easter Holy Communion
May	1 st	9.00 am	Morning Prayer (BCP)
	8 th	9.00 am	Holy Communion
	15 th	9.00 am	Holy Communion
	22 nd	9.00 am	Holy Communion

Cont'd.../...

St Nicholas Parish Church Cont'd.../...

Good Friday Special

On Friday 22nd April the church will be open from 2-4pm for anyone to drop in to decorate cakes, sew an egg cosy, paint, make an Easter Garden or sit in the chapel for quiet reflection. There are tea and cakes for all visitors. Do come and experience Easter through the events of Holy Week.

Summer Fete

On May 21st St Nicholas will be holding their annual Summer Fete on St George's front lawn. There will be lots of stalls and games as well as a dog display group and ferret races. So come and experience an enjoyable afternoon. For more information contact Shirley Dewar (831651)

Glatton Adventurers for 4 - 11s

Meet in the Village Hall on February 6th and March 6th at 10.30 am. More details from Shirley Dewar – 831651.

FOR FURTHER DETAILS RING THE RECTOR: Canon Malcolm Griffith
Tel: 01487 830215 Email: rev.griffith@tiscali.co.uk

Sawtry Methodist Church

Green End Road, Sawtry, Tel 01480 819228

Sunday Services

Morning Worship at 10.30am
 Sunday School at 10.30am

SPECIAL SERVICES

Communion Service including AGM

10th April – 10.30am
 Led by Rev Pam Siddall

Maundy Thursday

21st April – 7.30pm
 Led by Rev Pam Siddall

Good Friday - Walk of Witness

22nd April – 10am
 Starts at Methodist Church, service at All Saints starting 10.30am

Easter Day - All Age Worship

24th April – **11am**
 Led by Rev Pam Siddall
 Preceded by Prayer breakfast – 8.45am

All Age Worship

22nd May – 10.30am
 Led by Pauline Zahner

United Service

29th May – 10.30am - At All Saints Church

Come and join us

SATURDAY COFFEE MORNING

9.30 – 11 am, including Cake Stall
 All proceeds towards the building fund, **Traidcraft goods also on sale**



**Come to this year's
 Sawtry Light Factory Holiday Club
 Monday 8th to Sunday 14th August**

at the Methodist Church, Green End Road.
 For children in School Years 1 and above

Advance registration recommended. Come to the Methodist Church coffee morning between 9.30 and 11am on Saturdays 16th July, 23rd July, 30th July and 6th August. We will also be at the Sawtry Carnival on 11th June.

For more details, contact Matt on 01487 830345



Roman Catholic Parish of Saint Luke's

serving the Parish Church of Saint Luke's, Peterborough

26 Benyon Grove, Orton Malborne, Peterborough. PE2 5XS

St. Benedict's Community, Sawtry - (*Women's Institute Hall, Gidding Road, Sawtry*)

St Bartholomew's Community, Yaxley and the Hamptons

Parish Priest: Fr. John Warrington

14 Sellers Grange, Orton Goldhay, Peterborough, PE2 5XX

☎01733 370877; email: saintlukesparish@yahoo.co.uk; Website: www.saintlukesparish.org.uk

Services and Events

Each Saturday: First Mass of Sunday 6pm at St Luke's Church

Each Sunday: Sunday Masses

9.15am at the Women's Institute Hall, Gidding Rd, Sawtry
& 11am at St Luke's Church (inc special liturgy for Children)

Monday, Wednesday & Friday: Morning Prayer at 9.40am at St Luke's Church
Monday, Wednesday & Friday: Mass at 10am at St Luke's Church
Tuesday: Mass at 7.30pm in Yaxley (for the Venue please phone 01733 370877)
Saturday: Mass at 9am at St Luke's Church

HOLY WEEK AND EASTER 2011

Palm Sunday 16th/17th April Mass is at St Luke's on Saturday evening at 6pm
In Sawtry on Sunday at 9.15am and St Luke's on Sunday at 11am.

Monday of Holy Week 18th April

Morning Prayer at 9.40am & Mass at 10am in St Luke's
8pm Music Rehearsal in St Luke's

Tuesday of Holy Week 19th April

Ecumenical 'Passover' Supper in Methodist Church Hall, Sawtry – 7.30pm

Wednesday of Holy Week 20th April

Exposition from 9am and Morning Prayer at 9.40am in St Luke's
Mass at 10am in St Luke's.
Chrism Mass in Norwich at the Cathedral at 7.30pm

Holy Thursday 21st April

Evening Mass of the Lord's Supper 8pm Watching until 10.30pm

Good Friday 22nd April

Procession of Witness at 10am in Sawtry from Sawtry Methodist Church to
All Saints Church for an Ecumenical Service at 10.30am
Celebration of the Lord's Passion at 3pm at St Luke's
Stations of the Cross at 7pm at St Luke's

Holy Saturday 23rd April

The Easter Vigil and Easter Day 23rd & 24th April - 'The Lord is Risen' Alleluia

EASTER VIGIL

9pm on Holy Saturday at St. Luke's, followed by refreshments in Church to celebrate the joy of Easter.

Mass for Easter Day in Sawtry at 9.15am and St Luke's at 11am

For further information and Parish News please visit our Parish Website: www.saintlukesparish.org.uk

SAWTRY WAR MEMORIAL

Re-dedication on Sunday 15th May

The parade will leave the Working Men's Club at 2:30pm

The service will commence at All Saints Church at 3:00pm



Wildlife Trust – Huntingdonshire Local Group

www.wildlifetrust-huntsareagroup.org.uk/

The Beautiful Bluebells of Brampton Wood- Sunday 1st May

Come and experience the delights of a carpet of bluebells in this ancient woodland, which lies on our doorstep. You are welcome to share this enchanting scene by participating in a guided walk through Brampton Wood led by George Cottam, who is Warden of Brampton Wood, and also Chairman of the Huntingdonshire Local Group of the Wildlife Trust.

Everyone is most welcome to attend. Please meet at Brampton Wood Car Park, Grafham Road, Brampton at 10.30 am, GR TL 184698. Park in the Trust car park. Admission: adults £2.00, children free. Please visit the web site for more information www.wildlifetrust-huntsareagroup.org.uk/ or contact George on 01480 450809 or email georgecottam@dsl.pipex.com.

Walk with the Warblers at Paxton Pits- Sunday 22nd May

Local experts will lead the walk and our aim is to find as many of the visiting warblers as we can. These birds are often secretive, hiding in thickets of low scrub such as hazel, elder and blackthorn. The nightingale is an established spring/summer visitor here, as are the willow warbler, blackcap and chiff chaff.

Everyone is most welcome to attend. Please meet outside the visitor centre at Paxton Pits Nature Reserve, St. Neots, Cambridgeshire at 10.30 am, GR TL196 629. Parking available in the adjacent car park. Admission: adults £2.00, children free. For more information please visit the website

www.wildlifetrust-huntsareagroup.org.uk/ or contact Pat on 01480 392706.

*Part of the Wildlife Trust for Bedfordshire, Cambridgeshire, Northamptonshire and peterborough.
Registered Charity No: 1000412*

DISABLED CHILDREN'S ACCESS TO CHILDCARE (DCATCH)

The Cambridgeshire County Council Disabled Children's Access to Childcare (DCATCH) project is aimed at supporting parents/carers of disabled children in accessing suitable childcare; enabling them the chance of returning to employment and/or training. It is part of the Cambridgeshire Childcare Information Service (CIS).

The aim of DCATCH is to highlight that "a child with a disability and his/her family should have access to the full range of childcare options that are open to other families" *Sure Start, 2005*

"A lack of information about the childcare services that are available, and confusion about the quality and potential benefits of using childcare, continue to create barriers for some parents". *Department for children, schools and families, Dec 2009.*

The aim of the project is to work closely with parents, childcare providers and professionals, embedding the principles of DCATCH; ensuring inclusion into early years and childcare settings for all. A referral service to parents shows where to go for support and guidance with their childcare options via the Childcare Brokerage Service.

Once a family is identified we can then, through the CIS Childcare Brokerage Service, enquire about suitable childcare. This will include information on provision of childcare from providers, funding options, costs, specialist care and specialist facilities, if required by the provider.

The DCATCH project provides a service to families, which is free of charge and completely impartial.

If you would like further information on DCATCH then please ring 0845 04 54 014 and ask for Denis Green or send an email to denis.green@opportunitylinks.co.uk

Alternatively check our website www.familiesandchildcare.org.uk and click on the DCATCH link.

Disabled
Children's
Access
To
Childcare



**Childcare
Information
Service**



**Cambridgeshire
County Council**

General Information

COMPUTER CORNER

an occasional series of advice and information for computer users

Local business Zip Computers of Sawtry would like to draw the reader's attention to a recent article in the News & Crier (10 March 2011) regarding yet another computer scam. Trading Standards officers warn that the fraudsters are calling people at random, claiming they are linked to Microsoft and that the user's computer has either been infected by a virus, or is running slowly. The caller then requests remote access to the computer to fix the problem. Bob Baldwin, of Zip Computers, is a Microsoft Registered Service Engineer and warns computer users **not to be taken in** by these calls. He explains that following the action requested by the caller, could lead to all of their sensitive personal information (bank /utility accounts etc) normally held on their computer to be accessed by the caller for fraudulent purposes.

It is not possible for any caller to know the true condition of your computer, unless they have already examined it or have previously been given remote access by the user. Therefore, the caller with a few well chosen questions will try to convince the computer owner that they are having technical problems that need to be fixed. There are a wide variety of programs and problems that are standard to all computers and the fraudulent caller can make an educated guess as to some problems you may have experienced, and then lead you into believing that the call is genuine.

Zip Computers has already taken a large number of calls from computer users who have fallen victim to this scam, and people are strongly advised NOT under any circumstances to trust any of these callers claiming to be computer technicians, but to seek professional advice or to contact local Trading Standards or Consumer Direct on 0845 4040506.

GENERAL INFORMATION

All information has been taken from the Citizens Advice Bureaux website at <http://www.adviceguide.org.uk>.

Forced retirement at age 65 to end

The age at which you can be forced to retire from work is to be phased out between April and October this year.

At the moment, employers have the right to make you stop work at age 65. This is called the Default Retirement Age (DRA). When the changes come into force, in most jobs you'll be able to choose when you want to leave work.

How the changes affect you will depend on when you're due to retire:

- if you're due to retire before 1 October 2011, your employer can still force you to stop work at age 65 if they give you notice before 5 April
- from 6 April 2011, If your employer hasn't already told you that you have to retire at age 65, they can no longer force you to stop work because of your age, even if you're going to be 65 before 1 October
- after 1 October, employers will not be able to force you to stop work at age 65. They may be able to dismiss for other reasons, but they will have to justify what they are
- these changes will apply to most workers. However, there may be a few jobs where your employer can make you retire at age 65 for a specific reason. This could be, for example, where your age could affect your physical or mental ability to do your job.

The new rules also mean that an employer cannot refuse to employ you on the grounds of your age if you apply for a job after you've reached 65.

If you do decide to stay on at work after age 65, this may affect your entitlement to certain work benefits, such as life insurance, permanent health insurance and health insurance. An employer may still refuse to cover you.

However, your rights to take part in company pension schemes or share schemes shouldn't be affected. You also won't have to pay any National Insurance contributions on the money you earn so your take home pay would increase.

You can get more information about what you need to think about if you want to work over the age of 65 at www.directgov.uk.

If you want to know more about what your employer must tell you, go to the ACAS website at www.acas.org.uk.

If you're worried about how the changes will affect you, or think that your employer may be discriminating against you because of your age, you can get advice on what to do from your nearest Advice Bureaux

For more information please contact Huntingdon Citizens' Advice Bureaux on 01480 388900

SAWTRY WAR MEMORIAL

Many people will have observed that there are works being carried out on Sawtry's War Memorial. What's going on?

Over the last couple of years it was identified by our Rector, Canon Malcolm, and the Parish Council that the ravages of time, weather and some good intentioned but ill advised maintenance was had had a detrimental effect. A survey was carried out by the Parish Council and tenders sought to refurbish it. The War Memorial was dedicated on Sunday May 16th 1921 a target was set to complete the refurbishment for its 90th Anniversary.

Bowmans of Stamford was the successful tenderer and works are in progress as I write this.

There will now be a service of re-dedication on Sunday May 15th. The parade will leave the Working Men's Club at 2:30 pm and the service will commence at All Saints Church at 3:00pm. The British Legion, Parish Council and our three churches would like to invite all residents of Sawtry, especially any related to those listed on the War Memorial, to attend joining at the club or the church to rededicate the War Memorial in memory of those brave young men who fell in two world wars.

For interest I enclose part of the newspaper report of the original dedication service in 1921.

J B (Alex) Alexander – Chairman Churches and State

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A Cross at Sawtry

To the Memory of Brave Men of the Village - Sunday Evening Dedication

Between 400 and 500 were present in Sawtry Churchyard on Whit Sunday to witness the unveiling and dedication of the memorial to the fallen men of Sawtry. The ceremony was performed by the Rector (the Rev. C T Eland), and the lesson was read by the Wesleyan Minister, the Rev. E Higman. They were accompanied by the Churchwardens, Mr A J Turnill and Mr R S Turnill. About 40 ex-Servicemen were present under Capt. Berridge, DSO, MC, and the Boy Scouts were in charge of Mr H R Paddison.

The service throughout was very touching, and after the unveiling and dedication the "Last Post" and "Reveille" were sounded by Sergt. Patridge and Lce.-Cpl. Twigden. They were accompanied by Lce.-Cpl Bushel, and Lce.-Cpl Hennessey.

The memorial, which has been erected by the Sawtry branch of the C.E.M.S. and subscribed to by members of the various denominations, cost £106. It takes the form of a beautiful decorated old English cross, in Weldon stone, the panels bearing the following inscription, and names of the fallen, in Hopton wood stone, with lead lettering.

"To the glory of God and in the memory of the men of Sawtry who fell in the Great War, 1914 - 1918. Make them to be numbered with Thy Saints in glory everlasting"

The structure was designed by Mr. W A Lea, of Broughton, Hunts., and the work executed by Messers. Dickens and Son, Peterborough. It stands just inside the main entrance of the Churchyard.

The Service

The proceedings opened with the hymn "The Saints of God," after which the Rector gave a short address. He said they had met on that evening for a very solemn and heart-moving occasion, the like of which they had never had before, and they prayed God that they might never have again. They had come to pay reverence and honour to their noble dead – those from that parish who had made the great sacrifice, and died that others might live; who had suffered and fallen in a noble cause. They were there to unveil and dedicate to the Glory of God that memorial, which had been erected to the undying memory of the men and lads of the parish who fell in the war.

In years to come, when some of the youngest present were grown up, they would tell their children how they met on that Sunday evening to try and express their love and devotion and gratitude to those brave men. In years to come, when they had passed from this world, that beautiful cross would stand there bearing silent witness of the sacrifice, the courage, and devotion of their loved ones. He unveiled the memorial to those who gave their lives to King and Country, and for the righteous cause. Might all who looked upon it realise the peace of sins forgiven, the joy of faithful service, and the power of an endless love, to which God might vouchsafe to bring them.

The Rector then dedicated the memorial, and read the names. He called upon the assembly to ever hold these names in honour, remembering always that they sacrificed their lives for us and our Empire in the cause of righteousness, freedom and peace. "For all the Saints" was sung, and Mr Higman read the lesson from St Paul's epistle of Corinthians.

The Rector then spoke a few words of comfort to the bereaved ones. He said so surely as Christ had risen, so surely should we rise. Their dear ones were with Him, and the nearer they kept to Him, the nearer they would be to their dear ones. After the hymn "How bright these glorious spirits shine," special prayers were offered by the Rector.

HEALTH AND FITNESS TIPS - PART TWO

In this edition, I will be summarising what BMR and TDEE are and how to calculate them. I will also discuss their importance when considering any diet plan, or planning your daily meals.

BMR stands for Basal Metabolic Rate. BMR is the number of calories your body would burn if you were to sleep for 24 hours, just in order to maintain every function in your body. Calorie (kcal) numbers can be found on the back of food and drink packaging.

Metric BMR Formula

Women: $BMR = 655 + (9.6 \times \text{weight in kilos}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in years})$

Men: $BMR = 66 + (13.7 \times \text{weight in kilos}) + (5 \times \text{height in cm}) - (6.8 \times \text{age in years})$

Example: Woman aged 41, height 160cm (5ft. 3in. / 63in.), weight 70kg (11st. / 154lbs.)

Metric formula = $655 + (9.6 \times 70\text{kg}) + (1.8 \times 160\text{cm}) - (4.7 \times 41\text{yrs}) = BMR$

$655 + 672 + 288 - 192.7 = 1422.3 = 1422 \text{ kcal to nearest whole number.}$

Never consume less than your BMR. It is dangerous to do so. Persisting on a diet where your calorie intake is below your BMR will result in: 1. Lowering your immune system's effectiveness. 2. Damage to your nervous system. 3. Muscle wastage. 4. And in most instances the initiation of the 'starvation response'.

1. Your immune system needs energy to function correctly, therefore utilising a low calorie diet for extensive periods will start to lower your immune defence. Who wants that?
2. Severe cases of low calorie diets can result in damage to the nervous system, as your body tries to, in effect, keep you alive, whilst you are severely hindering and cutting off its normal route to energy supply.
3. Muscle wastage is something that is not considered enough in most conventional diet plans. The most important thing when trying to lose weight or tone up is muscle, and retaining and building as much of it as you can. The more muscle you have, the more energy your body will burn every day. Increasing your calorie burn, by having more muscle, while addressing a responsible nutritional plan, is the right way to go. The '100% Fit2EAT plan', discussed in part one, is the way forward.
4. The 'starvation response' is where your body realises it is starving, therefore stores as much fat as possible, preparing for the worst. Please note that fat is still an essential part of a person's diet, so do not ever cut it out completely. You do need to eat the right fats though. I will discuss this in the next edition.

Now to explain TDEE, or Total Daily Energy Expenditure. TDEE is the total number of calories that your body needs per day if you want to maintain your current weight, after considering your activity levels.

How to calculate TDEE

Example: The 41 year old woman mentioned earlier, who manages to exercise for 4 hours per week.

$TDEE = BMR \times \text{Activity Multiplier}$ (contact "100% Fitness" for more details)

$TDEE = 1422 \times 1.55$ (see table on facebook group – "100% FITNESS" to find out your activity multiplier)

$TDEE = 2204.1 = 2204 \text{ kcal per day to the nearest whole number.}$

2204 calories would be the number this specific person would need to consume in their diet per day, in order to maintain their weight. If that person wants to lose weight, they would reduce the calorie intake per day by 10%, which is equal to eating 1984 calories per day. As long as this person keeps up the 4 hours of exercise per week, this person would then lose weight gradually and safely, allowing their body to maintain all of its' important bodily functions and letting the skin adapt to weight loss more easily.

To conclude, DON'T DO LOW CALORIE diets! Consider my key points and eat to your specific levels after calculating your TDEE, and adjusting your calorie intake based on your goals. Try to exercise at least 2-3 times per week, eat a balanced diet at your specific calorie level, to help you lead a long and healthy life.

Darius McDonald, Personal Trainer, Sports Massage Therapist, Nutritional Adviser

100percentfitness.co.uk tel.: 07725 908 356

Further reading: http://diet.lovetoknow.com/wiki/Dangers_of_a_Very_Low_Calorie_Diet and <http://ezinearticles.com/?The-Danger-of-Low-Calorie-Diets:-How-To-Avoid-The-Yo-Yo-Diet-Trap&id=74029>

SAFE AS HOUSES

Cambridgeshire County Council's Trading Standards Service and Cambridgeshire Police have been receiving reports from residents who have been called out of the blue by security companies offering them an alarm system for their home. In some cases the sales person has refused to give company details, or have given a telephone number which is just an answerphone. Claims made by the salesmen suggest they are connected to the Police Service which is untrue.

It starts with an initial telephone call offering an alarm system at a reduced price, £1 or even for free. A salesman will then visit, pressuring the homeowner to sign up straight away, in order to get a good deal. Initial costs outlined are misleading - when yearly maintenance and monitoring costs are included the cost runs into the many thousands over a fixed term of up to 10 years. In addition salesmen have been known to remain in a person's home for many hours in order to apply pressure.

Advice for residents

Whatever work you want done on your home, we recommend you always obtain 3 quotes to make sure the price is reasonable.

If during a visit to your property a trader refuses to leave, contact the police immediately and make a note of the time of the request and the time the trader leaves. This applies to any trader – not just alarm companies.

When buying an alarm system we would suggest you look for companies that are accredited by N.S.I. (National Security Inspectorate) or S.S.I.A.B. (Security Systems & Alarm Inspection Board). These are not-for profit approval bodies who carry out inspection services for the security industry in order to protect customer interests. They are governed by UKAS (United Kingdom Accreditation Service) the sole accreditation service recognised by the government.

Free home security advice is available from Cambridgeshire Police on the number below.

If during a visit to your home you purchase goods or services from a trader and then have second thoughts you usually have a right to cancel contracts of more than £35 within 7 days. The paperwork that a trader leaves will give the details on how to cancel, and will include a cancellation form.

If you have been contacted by a security company and feel concerned please contact the Police on 0345 456 456 4 (dial 999 in an emergency) or Trading Standards on 08454 04 05 06 (calls for Trading Standards are taken by our partner organisation Consumer Direct who will be able to advise you and pass information through to us).

HUNTINGDON SPIRITUALIST CHURCH

Meets on Sundays 6.30pm

Fridays & Saturdays 7.30pm

Saturday 2nd April Barbara Price (Clairvoyance)

Saturday 7th May Dennis Binks (Clairvoyance)

Friday & Saturday Clairvoyance Evenings: Members £3.00 & Non Members £5.00

Just pay on the door

*****Church Website www.hschurch.co.uk*****



The weather is getting better (or so we are hoping) and people should be getting those bikes out of the shed or garage now. For those of you who laid their bikes up over the winter, don't forget to check those tyre pressures. There's nothing worse than going into that first bend and finding that the bike is behaving like a rogue Tesco shopping trolley. Having only 5 psi in the front tyre will do that every time. And don't forget to check that tax disc..! A quick trip round the block on an untaxed bike could end up with the bike being confiscated and large fines. The police are very hot on that (fairly luke warm over burglaries.....but don't get me started...!).

A few of us have braved the weather and have had a few trips out already. The custom show at Alexandra Palace was one of them. It was smaller this year but still with some stunning custom machines on display.

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The next outing planned is the Honda Shadow Owners Club UK First SOS Rally just down the road at The Plough in Farcet. It's on April 15th -17th and you don't need to be a Honda Shadow owner to attend, everyone welcome. It's pre-book only and is being organised by one of our club members. For full details go to our website at www.sawtrymcc.co.uk.

The club is having a road trip down to the famous Ace Café for breakfast on Sunday 8th May. Club members will enjoy a free breakfast on the club, so if you haven't paid your subscription yet this could be the incentive you've been looking for. After breakfast and a look round the Café we'll be visiting the Hendon War Museum.

Our club "Long Weekend Away" is going to be North Wales this year. It's planned for June 3rd – 6th, which coincides with the Isle of Man TT so it's out riding the roads during the day then back to the local pub to watch the TT highlights in the evening. We might even have the odd beer or two. As before more details on the website.

We are involved with the Sawtry Carnival again this year and already have our stand at the carnival booked. It's your chance to see the sort of bikes we ride and the sort of events we get involved with. It's also a good time to have a chat with us if you are thinking of either returning to biking or starting from scratch. We'll be keeping everything crossed for the weather on that day.

The Bike Club BBQ date has been set for July 9th at the Greystones. We are still working on the entertainment. It should be a chilled relaxing afternoon with burgers, beer and music. We had planned on a mini moto-x course in the beer garden with teams competing for a trophy but Dave started muttering about his grass so we had to cancel. Perhaps drag racing in the car park next year? I'll probably give that a miss though as in the past my car park drag racing experience ended in disaster.

There is talk of a new bike show at the Billing Aquadrome near Northampton. It's scheduled for July 23rd –24th. It should make a pleasant change from the BMF rally, which has become tired and expensive over the past few years. There should be more details on our website by the time this is published.

Those are our planned and potential club outings so far but hopefully we will get a few Tuesday night ride-outs in as well. We will be carrying on our theme of river pubs as destinations as well as our tried and trusted routes.

That's about all for now apart from the usual invitations to anyone to come and meet us on any Tuesday at the Greystones if you fancy joining the club, or just having a chat. We welcome any bike (even BMW's) so no matter what size bike you ride there's always room for you here. Hope to see you soon and ride safely.

Simon

**NEW CLUB
SAWTRY**

SHUNRYU KENPO KARATE ACADEMY EST. 2000

The SKKA is a friendly, family run martial arts and self-defence club based in Sawtry. At the Academy we believe in making self-protection and self-defence accessible to people from all walks of life. We are not about making hard men harder, but in making normal people fitter, safer and more confident.

If you're interested in joining the Shunryu Kenpo Karate Academy then please contact the Chief Instructor: Adam J. Merton - Kancho

Call: 01487 832218 or 07595 255147

Your first lesson is free, so what have you got to lose?

WWW.SHUNRYU.CO.UK

**Public Classes: Thursdays 7pm - 8pm
Juniors (7-15) 8pm - 9pm Seniors (16-Adults)**

Seniors encouraged to attend both sessions.

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SAWTRY & DISTRICT BOWLING CLUB

The wait is nearly over! Opening day is Saturday 16th April. As is our normal practice, the season will open with the 'Kelvin Cooper Trophy' - a 2.00pm start, so please be there in plenty of time, if you wish to play. Don't be late! Of course it will be the day when the weather changes, so keep your woolly combs on and wear your warm jackets, preferably waterproof.

The Clubroom has been redecorated, thanks very much to Dave Austin and his helpers - it looks very good!

Huntingdonshire Leagues start in the first week in May, so we will have to get in plenty of early practice if we wish to improve on last season's results. With new captains and with some of last year's teams unavailable. It seems reasonable that there will be some changes in the makeup of the teams; hopefully we will all remember that we play for Sawtry Bowling Club, and we must make sure that we accept change for the benefit of the Club. Together with you all I look forward to a successful season.

There are a few events for your diaries -

Easter Bingo is on Saturday 2nd April, come along and win your Easter Eggs and Bunnies, always a popular evening.

A new event on Saturday 9th April - **Auction Night**, including supper; bring along all your unwanted presents and other items! Mick will sell them all, and all the profits will go towards Club Funds.

The ladies are organising their annual **Coffee Morning & Bring and Buy** on Tuesday 10th May starting at 10.00am until noon. Please come along and support them.

Finally, Saturday 14th May is the ever popular **Race Night**; make sure that you get your tickets for the evening, there is sure to be a demand for them - don't be left out!

A Great Season's Bowling to you all.

KIP

For more information please contact Mick Rayson on 01487 830720

SAWTRY LADIES HOCKEY

It has been a mixed season for Sawtry Ladies Hockey club this year, with our scores not reflecting the level of hockey that we play. We have played eight games since our last write up. Resulting in three loses, 2 draws and three wins.

The first win was against St Ives 2nds, final score 2-0. The match was extremely exciting for the spectators on the side line, as it was a non-stop battle from end to end. Annika Welman scored a fantastic solo goal, from a run from the half way line. Kerry Graham scored the second from a clean strike on goal during a short corner. St Ives had plenty of chances during numerous short corners, yet Sawtry Defence were determined to not let the ball past.

After that match came the three loses. In each match we put up a good fight, especially against Spalding 1st, where we scored two goals taking the final result to 5-2. One of the goals was an amazing reverse flick from Kerry Graham, straight into the back of the net. Sophie Rookes and Charlotte Browning had particularly good games against this very strong team.

The last three matches of the season have been really important as every point has counted, due to being at risk of being relegation. Each week the team has come out ready to play to their best ability. We managed a 2-2 draw against Huntingdon 1sts, where Fiona Paul scored both goals and took player of the match. Another 2-2 draw against Cambridge South 2nds proved to be our best match of the season, with each player giving 110%. We came back from being a goal down twice, with Annika Welman and Stephanie Keane scoring goals. The second half of the match was action packed and saw some great set pieces. The defence had another tireless game; they often go without recognition in write ups as they don't have goals to their names but a big well done to Lottie Paul, Nikkita Welman and Vicky Harvey. In our last league match we needed a win and we succeeded with this aim. The 1-0 win against Wisbech 2nds has ensured that the team will remain in the Premiership division next season. And to add to that we have a high chance of being in the Cup Final, if we get through this will be the third time in six years. This would be a great achievement for a one team club.

A big well done to the team this season as every player has made a great effort to support the club and ensure that it keeps going.

TRAINING AND HOME GAMES HAVE MOVED...we are now located at Oundle School Astro's off Glaphorn Road. We train from 7:30 -9pm on Tuesday evenings and matches are held on Saturday mornings. We will continue to train into April, so if anybody is interested in coming along please call **Kerry Graham on 07960 003674.**

AMERICAN FOOTBALL WEEKLY

Find us on facebook by searching 'American Football Weekly'. Click 'join group'. It is completely free. You can check out pictures and videos from one of our latest 'Game-days'.

Are you interested in learning a new sport? It is great fun and you don't even realise you are exercising. The experienced veterans are there to help you learn the game and improve after every play. Even if you are new to the sport you can make an impact on your team.

Have you played American Football before, in any form, or just watched it on TV and want to experience the game first hand? We are starting a Semi-Contact Flag Football League in the near future, and have roster slots available, so please contact us as soon as possible so that you can come and join in. Fixtures will be set up to suit team requirements, so don't worry if you can't make certain days/times.

Our venue at present is St. Judith's Field, Sawtry, PE28 5XE. Come on down and make new friends, and enjoy the competition of two teams trying to get to 24 points first.

We recommend ages 14 and up. Bring as many friends as you want. Anyone under 18 must have a signed letter from their parent/guardian stating that they have permission to take part in this Semi-Contact sporting event where competitors are aged 14 and up. Call for more information. It is completely FREE and it is FUN.

You need to wear:

- Football boots (for traction in the mud).
- Shorts or Tracksuit bottoms.
- Any shirt/jumper/jersey.

Usual start time every Sunday is 10.30am, and we play for 3-4 hours including a warm up. Please join our facebook group (American Football Weekly) or text/call 07725 908 356 to check on start times week to week, and to make us aware of your attendance.

We all look forward to seeing you at St. Judith's Field for some 'Semi-Contact Flag Football' (American Football).

Charity Draft Combine

All proceeds will go to CARESCO, Sawtry's own local charity.

Charity Draft Combine... in preparation for our first ever Flag-Football League draft, sponsored by 100percentfitness.co.uk. You can show your support to CARESCO by taking part, whether your ambition is to play in our league or not.

Combine Events:

- 40 yard sprint
- Standing Broad Jump
- Agility drill
- Catching skill drill
- Passing skill drill
- 1 minute Push up test
- Medicine Ball chest press throw
- 1 minute Sit up test

Entry into the combine will be just £5 per date. So if you enjoy the Saturday and want to come back for more and improve your stats, or just want to support CARESCO, then you can come back on Sunday and pay another £5. CARESCO will receive every penny. You can opt in or out of any of the events above.

Dates and times: **Saturday April 9th**, 10.30am-2.30pm and **Sunday April 10th**, 10.30am-2.30pm.

100percentfitness.co.uk will provide all the equipment and recording sheets and you will be able to take a copy home with you, once it has been photocopied.

For more info on this fun event, contact Darius on 07725 908 356, or join 'American Football Weekly' on facebook for more info.

Darius McDonald, Founder of American Football Weekly