



Sawtry Eye

Distributed to Conington, Glatton,
Upton & Sawtry

www.caresco.org.uk

No. 90 February - March 2011

An Evening with **THE BODY SHOP**

Friday 11th February
Doors open at 7.15pm
Start 7.30pm at the CARESCO Centre

Tickets £3.00 in advance
 £4.00 on the door

Come and enjoy an evening in the company of
Emma Green & friends

Individual 15 minute pamper sessions available

*** Facials * * Hand Massage ***

at £3.00 each when booked in advance or £4.00 on the night

To book please contact the CARESCO office on 01487 832105
or call in between 9 & noon weekdays

All proceeds to CARESCO

Frugal Lunch

23rd February
12 – 1.30pm

At Sawtry Methodist Church
Tickets £3.50, U5's free
For more information please
call Janet on 01487 830617
In aid of The Leprosy Mission



**SAWTRY JUNIOR
SCHOOL**

Spring Bingo Night

Monday 14th March

6.20pm Doors Open
6.45pm Eyes Down
Raffle on the night

All monies raised go towards new
play equipment for the children

**For more info please call
01487 830204**

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

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**

More Tea Vicar?

Variety Show

Saturday 26th February 2011

Doors open 7pm, show starts at 7.30pm

Sawtry Methodist Church

Tickets £4

(Children in full-time education – free)

Including Refreshments

**Tickets available from John Steeden on
01487 834375**

**Or during the Coffee Morning every Saturday
held at the Church, Green End Road, Sawtry**

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



HOME COLLECTING BOXES

We are looking for homes for our collecting boxes

Will you have one?

Please take one home & fill with small (or big) change then return it to us for emptying.

Ask at the office or call 01487 832105

All proceeds to go towards the work of CARESCO

**For issue No: 91
Apr - May 2011**

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12 Noon on 11 Mar 2011
News Items by
12 Noon on 18 Mar 2011

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

01487 832105
sawtryeye@caresco.org.uk



Did you know there is a Lunch Club in Sawtry?

Ladies, gentlemen or couples, we are a self-help group

We meet every Monday and Tuesday - 10.30am to 1.30pm
At the CARESCO Centre, Green End Road, Sawtry

We prepare freshly cooked two-course meals each day
(including tea and coffee) **for only £3.70**

Come in for a drink and a chat, you will get a warm welcome.

You can make new friends and you may know some of the people who
already attend the club.

**For more information about Lunch Club
and its activities, Call Lyn at CARESCO on
01487 832105**





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CARESCO (Sawtry & District Care & Resource Organisation)

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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

The last editorial ended with an expectation of snow, well we may not have got much but wasn't it cold! Now we can look forward to snowdrops and daffodils. The nights are slowly drawing out again and spring is only just around the corner. Having said that, it'll probably snow again before then.

We've loads of news and articles for you in this issue, Sawtry has a lot of active groups so why not join in the fun and get along to one of them? If you're looking for something to occupy your time, the Carnival committee are looking for new members to help organise this year's extravaganza.

Looking at the Make a Date page, we are lacking information about activities in the villages surrounding Sawtry so come on Glatton, Upton & Conington, tell us about your plans for the year. Contact details on the left-hand side of the page.

We look forward to hearing from you

Liz Coates - Co-Editor

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**SCHOOL TERM DATES FOR
SAWTRY SCHOOLS**

Spring Term 2011
Half Term – 21 – 25 February
End of Term – 8 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
Start of Term - 6 September
Half Term from 24 - 28 October
End of Term - 16 December

*Two training days have been selected
Monday 5 September 2011 & Tuesday 3 January 2012*

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)

3rd February 2011

David Shuttleworth – 'Quite frankly, I don't give a damn!'
Come and find out about what!!

3rd March 2011

David Bushby – Fanny Duberly
Tales of a Victorian Adventuress

7th April 2011

Mrs Sue Feakes – Fun with flowers

Visitors & New Members Welcome

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

Secretary Ann Watson 01487 834035

President Margaret Geary 01487 832925

Registered Charity No. 229016

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

Forthcoming event – Spring Afternoon

Tea – 14th April 2011

Tickets £4 (more info next time)

Charity Number 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)

7th & 21st February 2011

7th & 21st March 2011

COMPOST (GARDEN WASTE)

& DRY RECYCLING

(Week Beginning)

14th & 28th February

14th & 28th March

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

4th and 18th February

4th and 18th March

1st and 15th April

Eyes down 7.30

Soup & Pudd Lunch

Thursday, 17th February 2011

12 noon to 2pm

Tickets £3.50, available from Margaret Geary (832925)

Bring and Buy Stall, raffle, cakes and books/jigsaws

Coffee Morning

Thursday, 17th March 2011

10.30am to 12 noon

£1.00 on the door

Bring and Buy Stall, raffle, cakes and books/jigsaws

Contact for events Ann Watson
01487 834035

Charity Number 229016

2011	Group	Details	Contact No	Page No
11 February	CARESCO	Body Shop Evening	01487 832105	Front Page
12 February	Sawtry Winemakers	Valentine's Dance	01487 830020	13
17 February	Sawtry WI	Soup & Pud Lunch	01487 832925	4
23 February	Sawtry Churches Together	Frugal Lunch	01487 830617	Front Page
26 February	Sawtry Methodist Church	More Tea Vicar	01487 834375	Front Page
26 February	Sawtry Bowling Club	Whist Drive	01487 830720	24
28 February	Sawtry Fairtrade Group	Start of Fairtrade Fortnight	01487 830345	9
4 March	Sawtry Cricket Club	Quiz Night	01487 832645	23
10 March	Royal British Legion Sawtry	Bingo	01487 831980	7
12 March	Sawtry All Saints	Indoor Car Boot Sale	01487 832503	18
12 March	Sawtry Bowling Club	Quiz Night	01487 830720	24
14 March	Sawtry Junior School	Spring Bingo	01487 830204	Front Page
17 March	Sawtry WI	Coffee Morning	01487 834035	4
19 March	St Nicholas, Glatton	Quiz Night	01487 830215	18
24 March	CARESCO	Quiz Supper	01487 832105	7
26 March	Sawtry Bowling Club	Whist Drive	01487 830720	24
2 April	First Responders Group	Comedy Night & Disco	07885422257	Front Page
7 April	Feast Supper Committee	Bingo	01487 830571	6
14 April	Sawtry WI	Spring Afternoon Tea	01487 834035	4
6 May	Royal British Legion Sawtry	Social Evening	01487 831980	-
7 May	CARESCO	Car Boot Sale	01487 832105	6
15 May	CARESCO	Lions Safari Walk	01487 832105	-
15 May	Dragon Academy	Junior Tang Soo Do Open Championships	01487 830601	25
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	12
16 June	Royal British Legion Sawtry	Bingo	01487 831980	7
15 September	Royal British Legion Sawtry	Bingo	01487 831980	7
17 September	Sawtry Show Committee	Sawtry Show	01487 831332	-
21 October	CARESCO	Barn Dance	01487 832105	6
8 December	Royal British Legion Sawtry	Bingo	01487 831980	7

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.

Farmers' Markets

Truly local food sold by the people who produce it.

HUNTINGDON

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

4th & 18th February
4th & 18th March

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 4pm
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

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.



Advanced Notice

Barn Dance

With Wagon Load of Monkeys

In aid of CARESCO
Friday 21st October

7.30 – 11pm
At Sawtry Community College

More information nearer
the time



Prize Bingo

In aid of Sawtry Day Centre

25th February
25th March

Starts 7.30pm
In the CARESCO Centre,
Green End Road, Sawtry

Contact Pat Ayres 01487 832503



Feast Supper Bingo

Thursday 7th April 2011

At Sawtry Ex-Service Mens Club



7.00pm Doors Open
7.30pm Eyes Down

For more information please
contact 01487 830571



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

Welcome to the

Sawtry Camera Club

We are a like minded group of photographers who like to try and improve our hobby. We use film, digital and video formats.

All are welcome, young, old, male or female, novice or expert
(We hope to learn from the experts)

Meetings are held on the second Thursday of the month at the Methodist Church Hall in Green End Rd
Between 7.30pm and 9.30pm

A free cup of tea or coffee and a biscuit will welcome you.
For more information phone 01487 830186, 830550 or 832251

Sawtry Royal British Legion Bingo

Thursday 10th March

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

Quiz Supper

At Addison Arms, Glatton

On Thursday 24th March
Starting at 7.30pm

Tickets £15.00 each

To include a two course meal
plus quiz entry

All proceeds to CARESCO

For more information call 01487 832105

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

- 8th February Valentines Cards
- 15th February Bring & Buy Sale
- 1st March Decorating Gingerbread Men
- 8th March Pancakes
- 15th March Vegetable Painting
- 22nd March Sticking & Gluing Train Pictures
- 29th March Mothers Day Cards
- 5th April Easter Hats and Chocolate Nests

For more information call
Elaine 01487 830048 / Eileen 01487 830020

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.



25th February
Speaker Meeting - TBC



25th March
Speaker Meeting - TBC

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

Letters ...

EUNICE WILDEY

17th November 1923 – 26th November 2010

We are grateful to the family and friends of Mrs Eunice Wildey who made donations totalling £184 in her memory to CARESCO at her funeral on 17th December 2010. Eunice was big part of our lunch club for many years and also helped out at the day centre. She was a lovely lady and is much missed.

Liz Coates, Manager

Remembering a Very Dear Dad and Grandad

STANLEY REGINALD REDHEAD

12/10/32 – 06/02/08

*We thought of you with Love today,
But that is nothing new.*

*We thought about you yesterday,
And the days before that, too.*

*Your memory is our keepsake,
With which we'll never part.*

God has you in His Keeping.

We have you in our Heart.

Deeply Missed

Mark, Mandy, Sam + Jordan xxx

A MESSAGE FROM PCSO PAUL SYKES

Hello to all readers, the next set of priorities have been set for the local Policing Team. These are tackling antisocial behaviour in Yaxley and speeding in the rural villages.

The next neighbourhood Forum meeting is on 4th April 2011 at 7pm at Fourfields Primary School, Yaxley.

Emily our local PcsO will be joining us in March back from maternity leave.

Please all be vigilant with your domestic oil tanks due to an increase in heating oil theft at this time of year.

You can contact your local team on 0345 456 456 4

Regards
Pc 1796 Paul Sykes
North and West Huntingdonshire
Neighbourhood Policing Team
1 QueenStreet, Yaxley, Cambridgeshire, PE7 3JE

ST JOHN AMBULANCE BADGERS AND CADETS HAVE RE-OPENED THEIR WAITING LISTS

Badgers - 5 to 10 years old

Cadets - 10 to 17 years old

If your son or daughter is interested, please call 01733 702727 and leave your telephone number, name and state that it is to put a name on the waiting list - we will call you back for more details.

If you are interested in knowing more about the Adult group, again leave your details and we will call you back.

Nearly New

Open Fridays term time, 9 – 11.30pm in the CARESCO Centre.

Welcome to 2011 - hopefully this year will be as profitable as 2010.

We're back up and running after the Christmas and dreaded flu break! Although it seems to be wishful thinking given the state of the weather at the moment, we are currently accepting items for the spring months. Also if you have any unwanted Christmas presents we will happily try to sell them for you!

May we take this opportunity to remind our customers that due to limited storage space we are only able to keep hold of items to be returned for 1 month before passing them onto another charity.

The Clubroom kitchen has had a complete refurb over the Christmas break so why not pop in for a coffee and grab yourselves a bargain or 2.... or 3!

If you have any questions or queries please come to see us on a Friday morning or contact us on nearlynew@caresco.org.uk

Hope to see you soon - Nicole, Clair and Gill

We've Changed!

Please note that the CARESCO email address has changed.

To contact the Sawtry Eye editorial team use sawtryeye@caresco.org.uk

For other enquiries please use office@caresco.org.uk



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

CHRISTMAS DONATIONS

A huge thank you to the **Sawtry & Stilton Business Partnership**, their family and friends for donating the proceeds of their Christmas social to CARESCO. During an evening including a quiz, raffle and buffet meal they raised an impressive £259. Our thanks also to Linda & Barry for the Christmas cake which alone made over £100. All the hard work is much appreciated.

Our thanks to Debbie Brown, her staff and customers at **Salon 42** for the donation of £27 collected in the run up to Christmas while serving seasonal refreshments. Again all efforts much appreciated.

We are also grateful to Ian and Michelle, their staff and customers at the **Addison Arms**, Glatton for their generous donation of £70 raised over the Christmas period.

Thank you to everyone who contributed to the collections taken during the village **carol service** and the **carols at Greystones** before Christmas. The money was split between the Disasters Emergency Committee and CARESCO with £216 going to each. Our thanks also to the Parish Council for organising the events and collections.

Finally, our thanks must go to the congregation and Parochial Church Council at **All Saints**, Sawtry for their very generous donation of £1300 being partly 10% of their total fundraising over the past year. Thank you also to everyone who supported the events over the year.

As funding grows ever tighter, we are becoming more and more dependent on the generosity of individuals and local groups to support our work in the community. For more information of our activities please visit our website at www.caresco.org.uk and see whether there is any way you can get involved.

Liz Coates, CARESCO Manager

CARESCO IS CHANGING!

For almost thirty years, CARESCO has been serving the community of Sawtry and the surrounding Villages.

Thanks to the continued support of our friends, members, sponsors, staff, trustees and volunteers both CARESCO and the services it provides have grown to such an extent that we have outgrown the charitable status we currently hold.

As from 1st April 2011 CARESCO will change its' legal status and become an Incorporated Charity.

This will not affect any of the services we currently provide, it is only a technicality reflecting the success of the organisation.

To implement this change, we will be holding a public meeting, open to all interested parties on

Thursday 10th March at 7.30pm - to be held at CARESCO.

At that meeting there will be a ballot to dissolve the current charity and to agree to transfer the assets to the new Incorporated Charity. In all other respects CARESCO will remain unchanged.

Barry Dupée - Chairman, CARESCO



Fairtrade Fortnight

28 Feb – 13 Mar 2011

This year's theme is to 'Show Off Your Label'. Two weeks to load the FAIRTRADE Mark with meaning and get more people excited about the difference their everyday choices can make. You are invited to get loud and proud to highlight the injustices that make Fairtrade and trade reform so vital for cotton farmers in West Africa and India.

Show off the power of your choices as a consumer – make Fairtrade Fortnight the start of something powerful.

Show off support for Fairtrade with the World's Longest String of Hand Designed, Bespoke Bunting. Visit Fairtrade.org.uk/fortnight to order your free bunting kit and if you would like to join together your bunting to fly the flag in Sawtry please let us know.

Fly the (Fairtrade Cotton) Flag for Fairtrade in Sawtry

Contact Amanda Burrige, Gary Crack, Liz Coates on 01487 830345, or Sally Dalley on 01487 831771

WELLSIDE SURGERY NEWS

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.

Afternoon Closures – As per previous years, there are a few afternoons throughout the year when we will have the opportunity to close in order to provide staff training. We will display notices in advance throughout the waiting room to advise patients if we will be closing on a particular afternoon. Potential dates, which you may wish to note, are as follows: Thursday 17th March; Tuesday 24th May; Thursday 7th July; Thursday 29th September; Tuesday 15th November

If we do choose to close on any of the above afternoons, emergency GP services will be provided by the out of hours service.

GP Team – Please find below a reminder of the days of the week that each member of our GP team is available for consultation. We will always try to offer an appointment with the GP of your choice, but please note that this may not always be feasible in which case we will offer you an appointment with an alternative member of the team.

Dr Ian Williams	Mon / Tues / Wed / Thurs
Dr Charlotte Archer	Tues / Wed / Fri
Dr Richard Smith	Mon / Tues / Wed / Fri
Dr Abby Richardson	Tues / Fri
Dr Basia Uszycka	Mon / Thur
Dr Ruth Haigh	Mon / Thur



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

Going Green

Wasn't it cold over Christmas even though we escaped the worst of it around here, with very little snow & ice compared to the rest of the country. Even so, we've had our heating on continuously just to keep warm, now there are the energy bills to be faced, always a nasty surprise!

A favourite way for me to keep warm is my hot water bottle. I can't go to bed without one for half the year, two when it's really cold! If I'm at home alone during the day – a rare treat nowadays – then instead of warming the whole house, I'll carry a hot water bottle around. In the evenings when the heating has gone off for the night & the film hasn't finished yet, I'll sit cuddling one. It's easy to turn on/up the heating but also expensive not to mention damaging to the environment.

Then of course there's exercise. The best way to keep warm – free, good for us and green. When we were visiting my parents over Christmas, Dad was showing off his exercise bike. Scrounged from my brother's garage where it stood, unloved, it is now in my parents' bathroom where Dad happily cycles for over an hour a day, usually reading a book (Tony Blair's biography while we were there), apparently sudokus are impossible while peddling. Dad would reappear hot & virtuous while the rest of us had been dozing & visibly growing fatter. There were lots of jokes about wiring him up to a generator, another way to save money on the electric bill!

Now home again, we don't need to cycle miles, just getting up off our backsides and going for a walk would do. Not forgetting to turn down the heating when we leave so that when we return refreshed and warm, the house isn't boiling.

Eco Apprentice

NEWS FROM SAWTRY LIBRARY

Storytimes

Our Storytime Sessions (aimed at children aged 18 months to 5 years) will now be fortnightly on a Wednesday from 2.15 – 2.45. The dates are 2nd February, 2nd, 16th, 30th March then 13th, 27th April. Please come along and join the fun.

Bookcrawl

If your pre-school child is a member of the library, each time they take out books on their library card they can collect stickers and certificates. Please come along to the library and ask the staff for more details.

Library Service Review

We now have the Report of the Public Consultation of the Library Service for you to read in the library. You can also view this report on the Cambridgeshire website www.cambridgeshire.gov.uk

Book Sale

During Half Term we will holding a special book sale this will start on Saturday 19th February and finish on Friday 25th February. Please come along and look for some bargains.

Author Signing

On Wednesday 9th March we have the Author Sheila Wood coming into the library to sign her books. She is a lovely lady and quite happy to chat to people who are interested in books.

New to the library

We now have a small collection of jigsaws you can borrow from the library free of charge.

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

TREE WARDEN REPORT

The tree planting plans have been held up by the snow and ice before Christmas but should be underway in the next few weeks, weather permitting.

The HDC daffodil bulbs were planted on the Green, in the new Sawtry sign planters, at the Doctors Surgery and down Chapel End. This should brighten up the village in spring, and make lovely photos to support our 'in Bloom' entry.

Janet Spencer - 01487 830527

UPTON GARDENING CLUB

After a social meeting in December, the club resumed normal meetings in January with a full house - the first speaker, on 19th Jan, was Geoff Hodge, well known local broadcaster, author and gardener. Geoff is our traditional opener for the new year, in fact he informed us that he had been coming to Upton for 15 consecutive years (longer than a lot of members). His subject was 'Grow Your Own' a very apt subject in these difficult times; as usual he gave an excellent talk with many little tips, on vegetable growing. There was an emphasis on raised beds and container growing - I expect to see increased enthusiasm in veggie growing!

The next meeting will be Wed 16th February, when the speaker will be Stuart Philips, who will talk on 'The Gardeners Almanac'; Stuart is another excellent speaker with good practical advice.

Visitors are very welcome! Our new Secretary, Janet Tranter, (Tel: 01480 296328) is busy finishing this year's program, including a couple of visits.

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.

SAWTRY VILLAGE CARNIVAL UPDATE

Saturday June 11th 2011 - 12 - 4pm

Happy New Year to all villagers and supporters of the carnival from the 2011 Sawtry Carnival Committee!

2011 Carnival Theme "Kings and Queens"

(in celebration of the forthcoming Royal Wedding)

(eg. Historical kings and queens or kings and queens from nursery rhymes!!)

As always the committee invite you to dress up and take part in the parade (adults and children alike) and there will be a prize for the best dressed group in the carnival parade, and best individual

Stallholders and local community groups/local charities – free stalls

Letters will be sent out in the next couple of weeks inviting you to take part and raise money/awareness about your own community group or local charity. Please return these ASAP so we can plan the stall layout. 1st come 1st served, and we try and vary the stalls. From feedback we have been told tombola after tombola becomes boring!

Therefore we invite you this year to really get into the carnival spirit and decorate your stalls in the theme of Kings and Queens and there is a prize for:

1. The most innovative/creative fundraising stall (ie we had too many tombolas last year!) so some fantastic fun ways to raise money for your group is what we are after
and
2. The best decorated commercial/craft stall

We hope you will all come out and enjoy the day, we are planning rides, musical entertainment, food & bar, stalls and fun for all the family

Volunteers: We are always looking for help on the day to set up/clear up, marshal etc. Please let us know if you can help. The carnival is run entirely by volunteers and will not happen in future if villagers don't get involved so get volunteering even for a couple of hours is a great help

We also need local businesses to come forward and be carnival sponsors and donate prizes to our Grand Draw which raises funds for the carnival to take place.

Would you like to be the 2011 Carnival Prince or Princess?

If so look out for the posters going up and flyers on how to enter. Date of competition night to be confirmed. Venue as last year will be in kind association with the Sawtry Club & the lucky winning children will get to ride in the Carnival Car in the parade.

Prince & Princess info: Tel. Louise on 01487 830090 or email louisesergent@yahoo.co.uk

For general carnival enquiries & stalls: Tel. Gill on 01487 832410 or email gill.tanner@hotmail.co.uk

SAWTRY CHORALE



2010 was a highly successful year for Sawtry Chorale. During the year our concerts took place at Easter in Hamerton and Ellington and in the summer at Sawtry and Old Weston. In the run up to Christmas we sang at the Wood Green annual concert. We also put on festive concerts at Sawtry and Little Staughton. 'Let It Snow' was certainly appropriate during the wintry weather.

All performances were well attended by enthusiastic audiences. Feedback received included, 'Beyond impressive'; 'Sawtry can be very proud of its choir'; 'Terrific evening'; 'The choir has a beautiful sound. I thoroughly recommend going to see them in concert'.

2011 is a special year for the choir. In September we will be celebrating its 25th Anniversary and we have exciting plans to mark the occasion. We are now rehearsing for this year's busy programme of concerts. Our Musical Director, Shirley Allen, has again chosen a varied and entertaining selection of pieces.

Full details of all concerts will be published in Sawtry Eye, in the local press and on our website www.sawtrychorale.co.uk.

During 2010 several new and returning members brought the numbers up to approximately 45. We always welcome new members and at the moment we are looking to expand the tenor and bass sections. Don't be shy, gentlemen! Come and join us and experience the joy of singing in a choir.

Hazel Rea - Publicity Officer, Sawtry Chorale



SAWTRY WINEMAKER'S SOCIETY

Sawtry Winemakers enjoyed another very successful year in 2010 with one of our newest members Gaye Fox being the overall winner at the Central Counties Show which was held in Peterborough. Congratulations go to her. The 40th Anniversary Wine Show held in Sawtry was another successful event with plenty of wine, trifles and pate to go around for everyone to enjoy. The Autumn trip to Bournemouth was excellent with good food and accommodation and great company. This annual trip is booked for this Autumn and there is a waiting list already, so it must be good.

The meeting in February will take place at the Old School Hall on Wednesday 16th and the topic this month is a talk by a member of the History Society. On Wednesday 16th March we are having a social evening and a meal cooked with wine by one of our members – a very popular evening.

Within a few weeks we shall all be looking forward to Spring once again. There are many recipes for Dandelion Beer or Wine on the Internet that are worth looking at and having a go at. They may be a menace in the lawn, but early spring is a very good time to pick them at their best for brewing and it gets rid of them from the garden – (kills two birds with one stone, so to speak!!). So do have a go.

If you would like to come along to any of our meetings you will be most welcome. Monthly meetings are held at the Old School Hall the third Wednesday of each month at 7.30 p.m. Contact Eileen on 01487 830020.

Other Forthcoming Events

20 th April	Commercial Wine Tasting
18 th May	Greyhound Racing and Meal
15 th June	Treasure Hunt

Sawtry Community First Responders Group

HAPPY NEW YEAR - December and January have been busy months for the responder group, with the bad road conditions we were able to offer the ambulance extra hours to enable all patients to get the help they needed as quick as possible. Please remember during the dark nights of winter, if you do need to call an ambulance, help us by switching your lights on and looking out for us, it can be very difficult to find hidden house numbers on a dark night.

HEART START - Our free 2 hour life saving courses have proved to be very successful, with many residents having completed or booked to do their courses in January. We have had a fabulous and positive response training the children of Sawtry, who have found it fun and informative, our youngest life saver is 7 years old!!

We would like to continue to offer the free basic life saving course to the residents and businesses of Sawtry and surrounding villages. If you would like a place on one of our courses, please contact us for details of the next course.

Email: sawtrycfr@hotmail.co.uk / or 07885422257 / 07877784699

A BIG THANK YOU - Jane and Kelly would like to say a big and heart felt thank you to Alan Miller. After over 2 years service with the Sawtry CFR group, he has decided to leave to dedicate time to other pursuits. Thank you Alan for all the time you have given our group.

NEW RECRUITS - As always we are always looking for new members to join the CFR group. If you would like more information on how to become a responder, please contact us using the above details.

YOUR HELP PLEASE

The past two years we have organised a fund raising event to help support the group. We have now finalised our 2011 event.

On Sat 2nd April, we will be holding a Comedy night and disco at the 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 again use the details above or stop us when you see us.

Over the busy months, we have found it increasingly difficult to offer extra hours of service due to the group having ownership of just one equipment bag. We would like to raise funds for a second bag for the village at a cost of £2,000. We are hoping this event will help us raise the funds for the much needed second bag.

Jane Brown

ROYAL BRITISH LEGION

Once again there was a very good turnout for our Remembrance Day Parade and Service, and we at the Branch would like to thank all who were involved in making it happen and run smoothly. We are just at the end of the first quarter of the 2010 Poppy Appeal Year and we have made a good start with regard to donations. The House to House collections and Commercial Premise collections are up on 2009 by £350 and I have banked in total to date, £5420.

Once again you have all shown your generosity by supporting the men and women of the Armed Forces, many of whom are still risking their lives, in dangerous situations in various places in the world. Many have lost their life or have returned home with severe injuries. The donations that you make provide the Royal British Legion with the financial means to assist these men and women and/or their families, in helping them to regain an element of normal life. Once again these funds would not be raised if it were not for the dedication of quite a number of volunteer collectors and again I offer the Branch's thanks to them, and also many thanks to all of the Commercial premises and Schools that put collection boxes out on their counters.

I have a few Poppy Lapel Pins that are dated 2010, which a number of people enquired about, therefore, please don't hesitate to contact me if you wish to purchase one or are interested in obtaining any other Military or Legion memorabilia.

NATIONAL ARBORETUM, STAFFORDSHIRE (view www.thenma.org.uk)

As a result of suggestions that have been made by some members, I have been looking at the cost of arranging a trip out to the above, somewhere between the 1st and 28th May, excluding the 6th as that is our Social evening but before the 28th as it is then Half Term. The day will depend upon availability of the mini bus. The maximum cost for hiring a mini bus for the day, plus the cost of fuel, is approximately £160, this includes Insurance for Two Drivers plus Passengers and Breakdown Cover, and that figure would be divided between the number of members who wish to go, i.e., for a 17 seater, full, it would be a max of £10, and a 9 seater full, a max of £18 per head. Hopefully I may be able to get those figures reduced. It is a free entry site and I can pre-book a guided tour, that would cost £12 per head and would include lunch in the site Restaurant, otherwise I can book a guided tour on the day for a donation? There are wheel chairs available for a donation and motorised buggies for a charge of £5 each. I think there is also a small train that runs around the site for a donation. I would ask interested parties to pay in total up front once a final figure and booking date was confirmed. Would you also state if you would prefer a week or weekend day. I am required to book a month in advance for the Tour and Lunch. . Therefore, I will set a closing date as the 20th March for interested members to contact me, **Allan Fowler, Poppy Appeal Organiser for Sawtry Branch Royal British Legion on 01487 830806 or e-mail, allan.fowler@uwclub.net**. Any surplus funds will be donated to the 2010 Poppy Appeal. Subject to numbers, there is the possibility of taking wheelchairs with us.

HUNTINGDON FAIRTRADE CONCERT

Please join us to listen to something old & new, something strange & familiar,
with musicians who love to entertain [and a glass of Fairtrade Wine]

Friday, 4th March at 7.30 - All Saints Church, Market Square, Huntingdon

RENAISSANCE- CLASSICAL - FOLK - JAZZ - POP - POPULAR
voices - viola - electric violins - keyboard & bass



The Tapestry Singers
Steve Bingham & Brenda Stewart
Ally & Sam Barrett with Lizzy on Bass

Tickets at £5 adults, £1 Children & Students - from:

Katy Sismore - 01480 450250 (katy@huntingdontp.co.uk)

Jo Fisher - 01480 453554 (jrod.fisher@btinternet.com)

OR AT THE DOOR

Our kindest thanks to the Rev Andrew Milton, The PCC & the Congregation of All Saints Church
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TORT HILL DISTRICT GUIDES, BROWNIES AND RAINBOWS

The Rainbows had their day out at Gulliver's Kingdom Winter Wonderland. And what a day they had, rides in the snow and a visit to Father Christmas.

All our units joined together for our annual Christmas Carol Service. Each unit contributed with a carol, poem or reading and at the end of the service Father Christmas arrived with sweets for everyone.

Another enjoyable evening was had with a disco held at Alconbury. All the units were invited and the girls, wearing their disco clothes, had an exciting time.

I would like to tell you about our Senior Section (14 – 18 years). Three girls, Jorgia Corney, Emma Ward & Emily Lambert arrived at Greenwood House, Peterborough, a residential home for the elderly, ready to do some painting. Not water colours or oil paintings but real, bit painting. These three gallant painters, painted one unit's dining room in a light peach – well done girls.

Finally, congratulations to Sam Clayton our Rainbow Advisor for gaining a certificate and gift in recognition of Service to Guiding in Cambs West. Sam has been running the Rainbows in our District for 14 years. Sam was presented with her certificate at our Division meeting and can choose her gift at a later date.

All for now, Wise Owl

ROYAL BRITISH LEGION

Appeal from the Chairman

At the Annual General meeting of the Royal British Legion, Sawtry Branch, held in November, I was honoured to be asked to become Branch Chairman.

A major concern for me is that although we have approx 50 members, only about 12 are what I would refer to as active, i.e. attend monthly meetings and take part in legion activities, fund raising and Feast and Remembrance Sunday Parades. I believe I am right in saying that all of the committee are of retirement age, and the majority are over seventy. WHERE DOES THIS LEAVE THE FUTURE OF THE BRANCH?

As you will have realised by now this is an appeal for new members young enough to be active members and carry on the work already started. Allan Fowler is a good example of this. Since becoming Poppy Appeal Organiser and Welfare Officer the sum raised in the Sawtry District has shown a vast increase, but it is not down to just selling poppies. The work he does at various functions during the year also contributes to the Poppy Appeal. This sum is exclusively for Poppy Appeal and has nothing to do with Branch funding.

What is the Legion's Mission: *To safeguard the welfare interests and memory of those currently serving, or have served in the Armed Forces.*

In the present world, this will be ongoing for many years as there will always be conflict somewhere, and as a result there will always be those or their families who will need our help.

I won't go into the objectives and aims as it would take up too much space.

Because of our location, there must be a large number of Ex-Service personnel in the district. Are you a member? The work being done may be helping to support an ex-colleague or their family. I am aware that some of you may be members paying by direct debit.

Are you ex-service - NO - well neither am I. You no longer need to be. You can still become a British Legion Member. I am sure somewhere amongst your family and friends you are aware of someone who has been injured or died through armed conflict either directly or indirectly.

My ultimate aim is to start a Junior Branch, when I have all the details available. Sawtry Village College became involved with some welfare work over Christmas and it would be great if from this small beginning something grew.

I would like to think this appeal prompts you to join as members.

We meet at the Sawtry Working Men's Club at 8pm on the first Monday in each month. Come along and see what we are like. We have usually covered the agenda by 9 o'clock.

Two special events this year: 2011 is the 90th anniversary of the Royal British Legion. Monday 15th May sees the re-dedication of the memorial following repair work.

Tony Nickerson

Shailesh Vara MP and Cllr Darren Tysoe

Sex Shop in Sawtry

There are occasional local issues which galvanise the community to come together, voicing its strength of feeling in such a powerful way that you can be left in little doubt as to what the majority of people are thinking.

The Sex Shop in Sawtry is one such issue.

The hugely disappointing decision of Huntingdonshire District Council's licensing committee, in December last year, to approve the Sex Shop licence, for the former *Little Chef* site on Toll Bar Way, is made all the more disappointing because so many residents - literally hundreds - feel as though their views have been ignored.

Much hard work went into trying to make HDC listen, with so many people standing united in opposition to the unwanted and totally inappropriate sex establishment. The sheer volume of objection letters and signatures to the petition demonstrate the effort that went in to oppose the application.

For our own part, we opposed the application from the outset. Our views, and those of the local people who we represent, were made very clear to HDC licensing officials as well as to the licensing councillors. Yet despite this collective effort with residents, they granted approval regardless.

This kind of out-of-touch approach to local decision-making is at odds with the changes being brought in nationally. Proposals are going through Parliament to give a *localist* approach to local decision-making, which should give greater weight to the views of local residents when faced with such highly controversial applications.

This is a cause of concern. The Council needs to show that it is serious about listening to residents. In the case of the license hearing, the very least it could have done would have been to hold it in the area affected, not in far away St. Ives. We repeatedly requested that the hearing was held in Sawtry, but were denied.

We are continuing to work with the Parish Council, and the Steering Group set up to oppose the Shop, to see if there is any way that the damage to our community can be undone.

If there is anything positive to emerge from this unhappy saga, it is that HDC will hopefully learn from its mistakes and take much greater account of residents' views in the future. We hope that this is the case and will continue to work for residents to be heard.



Wildlife Trust – Huntingdonshire Local Group

www.wildlifetrust-huntsareagroup.org.uk/

Native Ladybirds vs The Harlequins - *Wednesday 9th February*

Peter Brown, of Anglia Ruskin University, has been monitoring the spread of the invasive Harlequin ladybird and will reveal their impact on our native species. Peter will look at the ecology and behaviour of these ladybirds, explaining why this should be of interest to conservationists and whether our native species could and should be protected.

Life on the Fens: Eels, Punts and Poaching - *Wednesday 9th March*

Peter Carter who, following a long line in his family, uses traditional methods to maintain reed beds in the Fens. Peter is an expert in the life cycle of eels and describes how they have traditionally been caught using wicker traps. He will relate how recent changes in catching practices have greatly affected eel populations and how these trends are a threat to the continued existence of the eel. Peter will also show us the different types of punt and gun and how they were used in the past to shoot duck on the Fens.

All meetings start at 7.30pm

At Brampton Memorial Hall, Thrapston Road, Brampton, PE28 4TB

Anyone interested in wildlife is most welcome to attend. Admission: £2.00 members; £2.50 non-members. 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

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

SAWTRY HISTORY SOCIETY & THE COMMUNITY ARCHIVE

I wonder what most people feel about our District Councillor's decision to license a pornographic sex shop at Sawtry? And do they consider this decision to be of "historic significance"? Or what needs to happen as a result of this decision to make this event significant historically? Only the passage of time will answer these questions but there can be no doubt that a significant change is about to take place in our pleasant little village - and very many fear it cannot be a change for the better.

On to more pleasant things. Braving the worst of December's early winter weather several members enjoyed a privileged "after hours" visit to the Norris Museum - once written about as "there are few museums built so neatly in so fair a place as this" - and founded on the riverbank by Herbert Norris who, in the 1930's, left his lifetime collection of Huntingdonshire artefacts to the people of St Ives.

The curator Bob Burn-Murdoch proudly introduced and explained many of the most unusual artefacts held there, including several items found at Sawtry, some of which, to our immense surprise and pleasure we were even allowed to handle! The museum's oldest objects include the fossilised bones of great marine reptiles - Ichthyosaurs and Plesiosaurs - swimming locally 160 million years ago when all around was sea! And with Woolly Mammoth bones sitting alongside Stone Age pots, Iron Age weapons and Roman coins, intricate bone and straw objects made by the Norman Cross Napoleonic prisoners, locally made lace and Victorian ice skates we were shepherded through eons of time towards more modern days.

But perhaps of even more historic significance to our Society members were certain documents stored in the Museum's Research Library, for during all of his life, even when living far away, Herbert Norris kept and stored, under each village name, news clippings for the whole of Huntingdonshire - and there is one big fat file just for Sawtry! Once the worst of winter's wilds are past this will require several more visits to investigate the events that Mr Norris must have considered to be of "historic significance".

Another local event of real and lasting "historic significance" was due to be discussed by Brian Jones of Peterborough Museum at our 20th January meeting (after this report was written) for his subject was the 1830's agricultural riots that took place in Huntingdonshire and all over England. This would be especially relevant if your name is "Hughes", and you live locally for it could have been your distance relative George Hughes who was transported from Sawtry to Australia for breaking farm machinery in the 1830's!

Finally on this theme on 17th February Alan Bottell is presenting a talk called "Sawtry at War", illustrated with digital images including many of our local men involved in the two world wars - events of truly global "historic significance". The March meeting will be our AGM, followed by a "Quiz" - again all are welcome at 7.30 at the WI Hall, Sawtry.

And finally, a text seen on an old sundial - "Time wastes our bodies and our wits - but we waste time, so we are quits!"

Allan Bamford, S H S - Secretary - 01487 834551

(Registered Charity 294789)

R E M E M B R A N C E

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

FEBRUARY

Private Ernest HADMAN	17 February 1917	Glatton/Holme
Private Herbert WRIGHT	14 February 1942	Wood Walton
Driver Edward Harold DACK	9 February 1944	Sawtry

MARCH

Private Victor John FURNELL	7 March 1916	Wood Walton
Private George Edward SAVAGE	15 March 1916	Glatton
Private William ROWELL	17 March 1917	Sawtry
Private William BARRETT	18 March 1918	Sawtry
Private George Frederick DEWBERRY	20 March 1918	Wood Walton
CQMS Henry James NICKERSON	23 March 1918	Sawtry
Private William Percival GLOVER	27 March 1918	Great Gidding
Sergeant Norman George Wood BOYCE	26 March 1942	Old Weston
Sergeant Robert Charles DOBIE	26 March 1942	Old Weston
Flight Sergeant Donald Cole LINDSEY	26 March 1942	Old Weston
Flight Sergeant Robert Joseph O'LEARY	26 March 1942	Old Weston
Private John Edward ANDREWS	23 March 1943	Sawtry

***They shall grow not old as we that are left grow old. Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning. We will remember them***

All Saints' Parish Church

Church Causeway, Sawtry

SUNDAY SERVICES

February	6 th	8.00 am	Holy Communion (BCP)
		10.30 am	Family Worship and Baptism
	13 th	10.30 am	Holy Communion
	20 th	10.30 am	Morning Prayer and Baptism
	27 th	10.30 am	Holy Communion
March	6 th	8.00 am	Holy Communion (BCP)
		10.30 am	Family Worship
	13 th	10.30 am	Holy Communion
	20 th	10.30 am	Morning Prayer
	27 th	10.30 am	Holy Communion

SAS KIDS' CLUB

For all children aged 4 - 10 meets at 10.15 am at the Rectory on February 13th & 20th and March 13th 20th & 27th and also at Sawtry Infant School on Tuesdays 8th February and 8th March from 3.00 - 4.30 pm.

SAWTRY SEEKERS

For Young People aged 11 plus, meet on Fridays February 25th and March 25th at 7.30 pm in Church.

FRUGAL LUNCH at METHODIST CHURCH HALL - WEDNESDAY 23rd FEBRUARY 12 - 1.30 pm

Do come to this enjoyable event to support The Leprosy Mission. Soup and cheese lunch - tickets £3.50, children under 5 free. Bring and buy stall.

ALL SAINTS INDOOR BOOT SALE at OLD SCHOOL HALL - SAT 12th MARCH 10.00 am - 12.00 noon

Tables must be booked in advance £6.00, please phone 832503. Access for booters from 9.00 am. Entry 50p, children free. Wonderful refreshments and a raffle. Do come.

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

February	6 th	9.00 am	Morning Prayer (BCP)
	13 th	9.00 am	Holy Communion
	20 th	9.00 am	Holy Communion
	27 th	9.00 am	Holy Communion
March	6 th	9.00 am	Morning Prayer (BCP)
	13 th	9.00 am	Holy Communion
	20 th	9.00 am	Holy Communion
	27 th	9.00 am	Holy Communion

ST NICHOLAS QUIZ NIGHT

The next annual Quiz Night will be on Saturday 19th March at 6.30pm for a 7pm start, in Glatton Village Hall. Tickets are available from PCC members at £8 which includes a hot supper. Proceeds will be towards church repairs.

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

All Age Worship

13th February – 10.30am -
Led by Colin Webber

All Age Worship

13th March – 10.30am -
Led by Margaret Harris

Come and join us

Monday United Fellowship

Alternate Mondays starting at 2.30pm

Open to all

14th & 28th February and 14th & 28th March

Lent House Groups

Will start on 14th March at 7.30pm.

Course "**Exploring the Word of God in Scripture**"

to coincide with 400 years
of the King James Bible.

Venue details from Rev Pam nearer the time

SATURDAY COFFEE MORNINGS

9.30 – 11 am, including Cake Stall

All proceeds towards the building fund, **Traidcraft goods also on sale**

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 Hampton's

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

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

Season of Lent 2011

Ash Wednesday is on 9th March

Mass for Ash Wednesday will be celebrated in St Lukes at 10am and at 7.30pm.

All are welcome to come along to celebrate the beginning of the Season of Lent

Early Morning Mass for Lent

On Wednesdays 23rd March, 30th March and 6th April there is Mass at 6.30am in St Lukes followed by breakfast - All are welcome to come along

CAFOD Lent Fast Day

is celebrated on Friday 18th March for more information please visit www.cafod.org.uk

Stations of the Cross

will be prayed each Friday in Lent at 7pm in St Lukes Church

CAMBRIDGE CANCER HELP CENTRE

Do you have cancer? Are you caring for someone with cancer? Have you lost a loved one to cancer? Cambridge Cancer Help Centre is there for you, offering support and understanding.

Taking that first step to visit us will not be easy, but once you step through our door you will be assured of a warm and friendly welcome. The centre also welcomes families, carers and friends.

Most of the people there will have experienced what you are going through. Why not pay us a visit?

We are open on Mondays from 10.00am to 1.00pm and Tuesdays and Wednesdays from 10.00am to 4.00pm, or telephone us on 01223 840105 and speak to our Coordinator, Ann Dingley

You will find us at The David Rayner Centre, Scotsdales Garden Centre, 120 Cambridge Road, Great Shelford, Cambridge, CB22 5JT.

GENERAL INFORMATION

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

SORT OUT YOUR FINANCES AFTER RELATIONSHIP BREAKDOWN

If you're facing a relationship breakdown, splitting your finances and managing money can be a real problem.

To help you get to grips with the financial effects of a break up, the Moneymadeclear divorce and separation website offers impartial guidance on how to think about money matters when you're separating.

It includes an interactive calculator to help draw up a budget to manage your money. You can also use the calculator to work out the best way to split your finances from one household to two.

This information can be particularly useful if you need to meet with a legal adviser or mediator to discuss how finances will be split.

Moneymadeclear's advice is produced by the Consumer Financial Education Body, set up by the Financial Services Authority (FSA).

Its divorce and separation website is supported by:

- Relate, the relationship advice charity
- Resolution, an association for family lawyers that promotes a non-confrontational approach to divorce and separation
- National Family Mediation, a network of family mediation services.

For more information and to see how the calculator works, go to www.moneymadeclear.org.uk/divorce.

GET HELP EARLY FOR DEBT PROBLEMS

Post Christmas is a stressful time for many people who are struggling with their debts. More and more people every year have trouble making ends meet and covering the most essential household bills.

Money troubles don't go away by themselves, so if you're getting into trouble, act quickly and seek advice about how to deal with it.

You shouldn't have to add to your debts by paying for debt advice. There are several organisations that offer free, confidential advice to help you get your finances back on track. And you can get that advice in lots of different ways.

If you would like to see someone face-to-face about your debts, you can make an appointment at your local Citizens Advice Bureau. To find your nearest bureau, go to www.citizensadvice.org.uk.

If it's difficult for you to see someone face-to-face, the Consumer Credit Counselling Service (CCCS) offers a free phone helpline 0800 138 1111, open 8am to 8pm, Monday to Friday.

They also operate Debt Remedy, a 24-hour anonymous online counselling service at www.cccs.co.uk.

Alternatively, you can call National Debtline on 0808 808 4000 or visit their website at www.nationaldebtline.co.uk to find out how you can get email advice.

National Debtline also offers free, confidential and independent advice for people with business debts. For more information, call 0800 197 6026.

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

MAKING YOUR HOLIDAY MEMORABLE FOR ALL THE RIGHT REASONS

It is the time of year when you may be thinking about booking a summer holiday. There have been some holiday 'horror' stories in the news recently, so at Trading Standards we wanted to provide you with some advice to help make sure your holiday is all that you expect, and to give you some tips on how to resolve problems if they arise.

Firstly, keep the brochure you booked from and the terms and conditions. If you booked online, print a copy of the relevant pages, so that you can prove how the holiday was described in case of later problems.

If any special requirements are agreed for your holiday, make sure that the travel agent adds them in writing to your booking at the time you book so that you will have proof of what was agreed.

Also be aware that star ratings abroad are not the same as in the UK, and in many countries the star ratings could be lower in comparison.

For holidays abroad or flights, if you are booking through a tour operator or travel organiser, make sure that they hold an Air Travel Organisers Licence (ATOL). This means that you should get your money back if the travel company goes out of business before you travel. Furthermore, if they go out of business while you are on holiday, it should mean you can finish your holiday and get home without having to pay additional money. Your invoice for the holiday is proof of ATOL protection so take it with you in case you need to produce it.

Generally it is also advisable to use travel agents or tour operators that are a member of Association of British Travel Agents (ABTA) or Association of Independent Tour Operators (AITO). ABTA and AITO provide a code of practice that their members must comply with, some financial protection for you if the travel company goes into liquidation and can also assist you if you have a complaint.

We would also suggest that you consider paying the holiday deposit on a credit card, even if you pay off the amount straight away. The reason for this is that where you buy anything on your credit card worth more than £100 and pay for at least some of it on a credit card, you can claim against the credit card company for breaches of contract by the business. This is a great help if the business refuses to assist you or goes out of business.

In terms of holiday insurance, the protection they offer varies tremendously from one company to the next, so shop around and make sure that you read the terms carefully and are clear on what is covered.

Once on holiday, if you feel that the travel company has failed to provide you with what was agreed or misled you in any way, it is important that you raise it while you are there. If appropriate, take some photos of the issue as evidence. Then, if things aren't resolved, write to the travel company as soon as possible when you get home to get the matter resolved.

If you are unable to resolve your complaint you can contact ABTA or AITO if the travel company is a member and see if they are able to assist you. If you paid the deposit (or more) on a credit card, you can contact your credit card company and ask that they resolve the matter for you, or you can take your case to the Small Claims Court.

For advice on any of the above, you can contact
Consumer Direct on 0845 4040506
or visit www.consumerdirect.gov.uk.



ROGUE TRADERS, YOUR TIME IS UP!

- Cowboy tradesmen cost the UK population nearly a billion a year in botched jobs
- The office of fair trading estimate there are over 9 million disputes between home owners and tradesmen every year, a staggering 25,000 every day.
- 7 out of 10 homeowners are unhappy with the level of service they receive from tradesmen.

Other statistics show that most of us have had, or know someone who has experienced incidents with 'cowboy' tradesmen and 85% of us worry about the quality of workmanship prior to commissioning them.

Thanks to award-winning Peterborough-based company **safelocaltrades.com** you can now feel safe in the knowledge that when you need a local, reputable and quality trade professional, a FREE and EASY one-stop-shop is at your fingertips.



Cont'd (P22)

ROGUE TRADERS, YOUR TIME IS UP! Cont'd.../...

safelocaltrades.com is a local independent organisation that protects consumers from 'cowboys' and 'rogue traders' by providing free and easy access to local reputable tradesmen across the PE Postcode district. All members are CRB checked (they do not have a criminal record), highly recommended, vetted and approved, have agreed to abide by a Service Charter and will be rated on an on-going basis; giving you, the consumer, much needed peace of mind.

safelocaltrades.com is a member of the Cambridgeshire & Peterborough Distraction Burglary & Rogue Traders Taskforce and work in association with them. This is an agency which comprises of members from Cambridgeshire Constabulary, Trading Standards, Bobby Scheme, Adult Protection Agencies, etc. They also work in partnership with Age Concern Peterborough and have a number of other associations with similar agencies.

Award winning director Eileen Le Voi says "when looking for a reputable tradesman or service, research has shown that 98% of the population rely on personal recommendations. Choosing a tradesman from a directory is often a lottery as you never know who you are going to get so don't take risks with your biggest investment—your property! **safelocaltrades.com** is all about bringing 'word of mouth' recommendations into the 21st century using modern technology and the internet. We currently have over 2,500 reviews left by customers for our members.

Our goal is to continue to establish the **safelocaltrades.com** logo as a symbol of **QUALITY & TRUST** within our local communities. This in turn will give homeowners a much-needed convenient one-stop-shop of reputable trades and services they can trust."

If you need a recommendation for a safe, approved local tradesperson or are interested in becoming an exclusive member (only limited spaces available) then visit **www.safelocaltrades.com** or call freephone **0800 014 1832**.

This logo is your local symbol of trust and quality so look out for members who display it.



SAWTRY LADIES HOCKEY CLUB

Due to the big freeze that took place before Christmas, Sawtry Ladies have only had four games since our last write up. Two of these were meetings against Wisbech 2nds, we were unable to gain a win on either occasion with Wisbech taking a 4-1 win and a 2-0 win.

The New Year started on a great note with a 4-3 win against Cambridge University 3rds. In the first half the Cambridge University team managed to sneak two goals past our defence taking them into the lead. However Sawtry fought back and managed to equalise by half time, with goals from Fiona Paul and Kerry Graham. In the second half Sophie Rookes' determination paid off as she scored our third goal. Cambridge were unable to keep up even when awarded a penalty flick, as the strike was put wide of the goal. Whilst on the attack a long ball from a Sawtry player was hit into the 'D', Natasha Darrington managed to get a touch onto the ball, sneaking it into the back of the goal. Cambridge did have a last minute comeback with a third goal but were unable to take the game. Player of the match was awarded to Sophie Rookes.

Our most recent match was against Market Deeping 1st, they won the game 2-1. It was a great game to watch as both teams were evenly placed and Sawtry were showing their new skills learnt in training. The first half saw Hannah Postlethwaite score her first goal for Sawtry, taking us into the lead. Market Deeping had a few players with a particularly good strike, enabling them to take the lead with two goals. Player of the match was Karen Whatley who had a fantastic game, if it wasn't for her we could have lost by alot more!

As a team we are always happy to welcome new players. We train on Thursday evenings from 8-9pm, on the astro turf at Bushfields Sports Centre in Orton, Peterborough, and we play matches on Saturday mornings. If you are interested in joining us call Kerry on 07960 003674.

SAWTRY FOOTBALL CLUB TREASURER POSITION VACANT

Sawtry Football Club Committee is looking for a new Club Treasurer at the end of this football season (May 2011) as the club's current Treasurer, Jenny, after many, many years of dedicated and loyal service is standing down. The position requires a few hours a week to work on the club's finances and to attend a committee meeting every two months throughout the season.

Anyone who might be interested in the position, or wishes to find out more information, please contact Richard on the email at richardp3363@msn.com.

"It's when you eat" vs "Total kcal in:Total kcal out"

There is varying opinion on this subject when it comes to weight loss. This discussion is based on the same individual eating the same total amount of calories in 24 hours. For arguments sake, let's say 2000 kcal.

Argument one would say if you eat after 7pm you will store too much of the nutrients as fat. In my opinion there is some substance behind this argument. I will discuss this further, later on.

However, I am more inclined to believe it is more about the total input against total output(exercise etc.) in a day. If you can adjust your total kcal in and activity levels to cater for your training goals you will get where you want to be. This is the first thing to concentrate on. If you don't get this right, you won't achieve your goals no matter how good you are at eating at the right times.

Now, in terms of eating at certain times, this is specific to the type of nutrient. Take this on board:

1. Don't eat carbs in the late evening, and in fact cut your carbs right down anyway, unless you are an elite endurance athlete who will need extreme amounts of glycogen replenishment for training and competition.
2. The majority of the population will get enough carbs out of an evening meal of half a plate of fresh veg/ fruit and a fist full of protein (one chicken breast, or a tuna steak, or a beef filet steak). If you want carbs on your plate don't exceed a fist full of it.
3. Eat a good breakfast to get your metabolism going. Stoke the fire and keep it burning throughout the day. Multigrain cereal with fruit, or wholegrain, multi-seed toast with peanut butter, set honey, jam or an egg or two.
4. Eat five or six smaller meals rather than three big ones (still adhering to the same daily total calorie intake). If you do have three meals, make sure you don't exceed the plate formats discussed in points 1 and 2.
5. Prevent muscle wastage by eating a fist of protein 30mins before and after exercise. You need to increase muscle mass% if your goal is weight loss or decreasing body fat%, a regular exercise plan should be undertaken.

If your goal is to gain mass:

1. Stick to the same rules for carbs, but increase your protein intake. Keeping the carbs low, will help to ensure excess carbs won't store as fat instead of useful glycogen.
2. Eat two fists of protein for dinner and
3. Then another fist of protein before bedtime. This will help to repair your muscle tissue over night. And
4. Eat a fist of protein 30mins before and after training, as well as considering the next point to assist with muscle building.
5. If you are not picky about what your mass gain actually consists of, then just eat as much as you can and anything, but in my opinion you should want to put on muscle mass% and to do that you need to be strict on what you put into your body.

I hope you all find this helpful. Everyone is different and therefore has different nutritional needs. GP or medical advice should be sought before starting a new diet, exercise or supplement plan.

Check back next time for more information on how to calculate your Basal Metabolic Rate (BMR), and your Total Daily Energy Expenditure (TDEE), which will help you ensure you are eating the right number of calories (kcal) for you, personally.

Darius McDonald - Personal Trainer, Sports Massage Therapist, Nutritional Adviser
100percentfitness.co.uk / 07725 908356



SAWTRY CRICKET CLUB

Sawtry Cricket Club's new secretary is Mrs. Karen Leader, 7, Hunters Way, Sawtry. Tel. 01487 832645 email: karenleaderk.fsnet.co.uk

The Club is holding a **Quiz Night** on Friday 4th March at the Working Men's Club. Anyone is invited to enter a team. Further details from the Secretary, and from posters around the village.

Nets Practice in the Leisure Centre Sports Hall will start on Friday March 18th, 7.15pm - 8.15pm for Juniors, 8.15pm - 9.15pm for Seniors. Anyone interested in playing cricket this summer is welcome. The club will be fielding 3 Senior teams again this year, playing in Hunts League Divisions 2, 3, and 5, so there are chances to play at different levels. We will also offer games for all Junior age groups, with qualified coaches giving training starting with the Net Practices in the Sports Hall and continuing with outdoor practice sessions at Greenfields after Easter.

For those of you going outside the village for your sport, with the cost of travel so high now, why not try playing for your local club?

SAWTRY & DISTRICT BOWLING CLUB

Happy New Year to all members of the club, and I wish you every success for your bowling during the year! Opening Day is Saturday 16th April; I know it seems a long way off but it is only one more Sawtry Eye! After our AGM, the Club management is largely unchanged; however we must welcome Jean Garner to the position of President and I am sure she will enjoy her year of service! She will be well supported by Kevin Bowers who surprisingly was persuaded to accept the Vice President job. The club Christmas Lunch was another resounding success, thanks largely to Geoff's efforts and the great meal he produced - it was a very pleasant and jolly occasion and a great introduction to the Christmas holiday period. This is a quiet time of the year for events, apart from 'Burn's Night', which was celebrated in our usual fashion - a good time was had by all!

Sadly we have lost another of our original club members - Don Racey passed away last month. Don was a much respected member of the Club and had a very exulted career in the bowls world - among other things he was Huntingdonshire EBF President during 1987 and went on to be National English Bowling Federation President for 1993, he also served on the club management committee for many years. He will be much missed - you always got a cheerful greeting from Don.

Club activities will be rather restricted during February as some decorating is being carried out in the club room area - it shouldn't take too long and social events will resume at the end of the month. The following events are planned :-Sat Feb 26th - **Whist Drive**, Sat 12th March - the ever popular **Quiz Night** and Sat 26th March - **Whist Drive**. I must mention here the **Auction Night** on Saturday 12th March; if you have anything for sale please contact Mick Rayson - all proceeds go to the club funds.

KIP

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 of previous '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.

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 looking to set up a Semi-Contact Flag Football League in the near future, and have roster slots available, so please contact us as soon as possible so as not to disappoint.

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 16 must be accompanied by an adult. 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.

I provide:

- Cones to mark out the pitch and use as down markers.
- Tape measure to measure the pitch.
- Bibs to show different teams.
- Flags and belts to determine when a tackle is made.
- Towels to dry the American Footballs.
- And of course... American Footballs.

Usual start time every Sunday is around 10am or 11am, and we play for 3 hours or so including a warm up. Please join our facebook group 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).

Darius McDonald

American Football Weekly



Karate and Kickboxing

Members of the Dragon Black Belt Academy International and the European Tang Soo Do Federation

FREE! Beginners classes in 2011

NEW INSTRUCTORS - Nikki Malyon, Roy Curry, Andy Shlatz

WORLD CHAMPIONSHIPS - International World Games Estonia February 2011

CHAMPIONSHIPS 2011

Junior Tang Soo Do Open Championships 15th May Sawtry Leisure Centre 10.30am start

Christmas Championships 18th December Sawtry Leisure centre 10.30am start

LAST YEAR'S STUDENT AWARDS - Simon Tee, Elizabeth Tee, Neil Hurd, Karena Key, Paul Dunn, and Gold Medal Winner Elliot Mizen

VIDEOS AND PHOTOS FOR YOU TO SEE - Add me "**Mark Adlington**" as a friend on **Facebook** and see videos, pictures and information in the "Notes" section.

CLASS VACANCIES

Tuesdays Tang Soo Do Karate/Kickboxing 6pm - 7pm Sawtry Leisure Centre - We can squeeze in one or two new students then we are full

Sundays Tang Soo Do Karate/Kickboxing and Haedong Kumdo 10.30am - 11.30am Sawtry Leisure Centre - lots of spaces

RECENT PROMOTIONS - Sawtry's coloured belt students all passed their belt test with flying colours!

EVENTS AND LOCAL SEMINARS

Feb 13th Coloured belt test (Sunday class will run as normal)

Feb 20th Masters and Black Belt Clinic (Contact for start time)

Apr 24th No Class for Sawtry

Many more seminars to follow and they are open to everyone covering anything from Meditation to Feng Shui.

Instructor Grandmaster Mark Adlington UK rep. for DBBAI, IKA, UGTSDA & UWHKF
8th Dan Ki Do, 7th Dan Tang Soo Do, 5th Dan Haedong kumdo, 5th Dan Kickboxing
Phone 01487 830601 - tangsoodo@btinternet.com - **Text 07768472384**



Sawtry MotorCycle Club

Happy New Year from the Sawtry Motor Cycle Club and from the new committee. We now have a new club chairman as well as some new committee members. Thanks to Duncan Young for the last year at the helm and we look

forward to him continuing planning ride outs and other motorcycle based activities. Welcome to Pete Scott in his role as our new chairman and we look forward to some of his ideas. One of them is for a ride out at the start of the season down to the Ace Café for breakfast (breakfast is on the club) and then on to Hendon for the War Museum. That should get the biking season off to a good start and get the club together.

At our recent AGM we discussed future events for the club. The summer BBQ at the Greystones was given the go ahead as was marshalling at the Sawtry Parade and Carnival. We will be having another stand there this year as people showed a lot of interest last year. We are hoping to have a long weekend away in the Lake District again probably over the same time as the Isle of Man TT is on. That means bike riding during the day and watching TT bike racing in the pub in the evening, and possibly one or two gentle sherbets. We are hoping to get the same location in Boot at the end of the Hard Knot Pass.

We will be having our Christmas Function again this year after the huge success of last year's party. We raised over £400 for the "Get Ash Mobile" campaign aimed at getting a young soldier who lost his legs in Afghanistan mobile again. We are continuing to raise money at our Tuesday night meetings with charity scratch cards and hope to add quite a bit more to the total. For more information please go online to Facebook and search for "Getting Ash Mobile".

There's also a link to "Get Ash Mobile" on our "new look" website. All the old stuff can still be found there but we now have a less cluttered front end for the site. Details of ride outs and future events will be there as well as our own Facebook page. We have decided to use our website a bit more as, if any of you already have a Facebook account will know, the Facebook pages tend to get overrun with comments such as "Joe Bloggs is having his tea" or "Bert Boggins just got a high score in Farmville Poker Mafia Wars"...! Any useful comments tend to get lost in the general debris of pointless texting. Facebook rant over with for this year.

As I mentioned in the last issue of the Sawtry Eye the club is now affiliated to the Motorcycle Action Group – MAG. There may be members of MAG out there in Sawtry or surrounding villages that have not thought about joining our club but might now pop along to see us and discuss what we can do to support MAG in its endeavours.

On January 29th it is an end of an era as Tony from AJ's Motorcycles in Ramsey is finally packing it all in and retiring. He's been threatening to do that for at least the last eight years and now he's finally doing it. Many of us have had our motorcycle MOT's done there and will look back with fondness on a truly old-fashioned motorcycle shop. We, as the Sawtry Motor Cycle Club, wish Tony a long and happy retirement. Now how am I going to get that loud race can through the next MOT...?

That's all for now apart from the usual spring time warnings. Once the bike is started please check those tyre pressures before setting out on your first ride. When I worked at UFO Motorcycles I always had people complaining of poor handling bikes on their first ride. It was nearly always down to the fact that 5psi in the front tyre really messes up any knee down action down the Abbots Ripton Road.

Don't forget we are at the Greystones Pub in Sawtry every Tuesday evening throughout the year so pop in and see us. Cheers for now.

Simon