February 20th marked the 73rd anniversary of the fatal crash of USAAF B17 Ten Horsepower on Red Hill. Stilton gathered with representatives of the US Air Force in Stilton Pavilion to unveil a plaque to commemorate WW2’s most decorated aircrew.
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You can use the order form on www.stilton.org

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Digital material in a neutral PC format please.
email: scan1@stilton.org

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www.huntingdonshire.gov.uk/bins

NEW COLLECTION SCHEDULE!

Grey Bin Days:
Mon 13th, 27th March; 10th April

Garden Bin Days:
Friday 10th, 24th March; 7th April

Recycling Bins:
Mon 6th, 20th March; 3rd April

www.huntingdonshire.gov.uk/bins
**Bin Collections**

**NEW SCHEDULE**

Readers should have received details of the new bin collection schedule, which came into effect w/c 27th Feb. The dates opposite are as published on the HDC website, www.huntingdonshire.gov.uk.

The new schedule is identical for both Stilton and Folksworth, but the big change is that our garden bins are now collected on alternate **Fridays**. So we need to be particularly alert to avoid missing a collection. Keep the page opposite somewhere handy! And if you have an elderly or forgetful friend or neighbour, help them to get used to the new arrangements.

**Police Warning**

On February 4th a garage and car in Mill Road were broken into. Not much was taken, but the disturbing thing about the incident was its location, tucked away on the edge of the village. Other local villages have had similar incidents where intruders appear to be coming into properties from fields and woods.

This is a reminder to lock all cars and outbuildings/garages, especially in winter when it gets dark quite early.

---

**Diary of Events**

If you have a one-off event fixed in the next few months please contact the editor - 241206 or olivekmain@gmail.com

**MARCH**

12th  Lambing Day
18th  Twinning Race Night
25th  Prohibition Ball

**APRIL**

28th  SUFC Black Tie Ball

**MAY**

1st  Cheese-Rolling!

**JUNE**

23-25th  Twinning weekend visit to France

**JULY**

8-12th  Twinning visit from St Christol

**MAKE SURE YOU TELL US!**

We’ll keep this list up to date with what people tell us about. So if you find your event double-parked with somebody else’s it’ll be because someone didn’t bother to tell **SCAN**! And remember, telling **SCAN** also means we can list it on the village website.

**WOMEN’S WORLD DAY OF PRAYER**

Held at All Saints Church Sawtry at 2pm on Friday 3rd March. This service is held in churches of all denominations across the world on 3rd March. Everyone is welcome.
LAMBING DAY

Sunday 12 March 2017
11am until 4pm
Manor Farm, Morborne
Adults £5, Children under 16 free

Morborne Church open for refreshments

In aid of the Royal Agricultural Benevolent Institution, Anna's Hope and Local Charities

Linking Hands
Ladies Group

An informal group open to all ladies who would like to explore the Bible and share how it influences our lives today.

Following the 'Lifebuilder' series, we are excited to be starting a new theme in September: 'Women and Identity'.

We meet in Stilton Church Meeting Room from 8:45am and aim to start around 9:00am, finishing around 10:30am.

Ladies welcome (pre-schoolers too) from all the villages and surrounding areas.

Why not come along and join us?
Cambridgeshire Fire and Rescue Service are promoting their *Safe and Well* visit service to support the safety and well-being of the county’s more vulnerable residents.

The weekday visit will last no longer than 60 minutes and is completely FREE of charge. It will assess five key elements:

1. Fire safety in your home - including cooking, general safety and escape plans, smoke alarms.

2. Falls prevention - including simple remedial action such as replacing light bulbs or taping down loose carpet.

3. Alcohol use - Alcohol-related illness in the over 65s is on the increase. We can provide you with helpful information.

4. Staying well and warm - Can you afford to heat your home? Do you have access to a hot meal? Do you have access to all the services available to you?

5. Crime reduction - Advice on making your home more secure, and to making you less vulnerable to scams or fraud.

You are under no obligation to answer any questions that you do not want to, but the more information you provide, the better CFRS will be able to support you. They can provide advice in relation to promoting the health and safety of individuals with hoarding concerns, provide valuable information to care providers, and can refer you to selected partner agencies who will be able to support you further.

**ARE YOU A SMOKER?**

Smoking is one factor making someone more at risk of fire, particularly when combined with poor mobility, health problems or being elderly. So during March CFRS are also be raising awareness of the fire risks associated with smoking, with national No Smoking Day on the 8th.

Remember:

- Never leave a lit cigarette or pipe unattended.

- Always use a proper ashtray and make sure the contents are cold before you tip it in the bin.

- Never smoke in bed and avoid smoking in a chair if you are likely to fall asleep.

Most importantly, fit a working smoke alarm and test it regularly.

**ELIGIBILITY**

To find out if you, or an elderly or vulnerable relative, friend or neighbour, are eligible for a Safe and Well visit, go to [www.cambsfire.gov.uk](http://www.cambsfire.gov.uk) and search for ‘Safe and Well’. Or telephone 0800 917 9994.
Many readers will remember David and Marilyn Smith who, for over 20 years, were Beaver Scout and Cub Scout leaders respectively in the 12th Nene Scout Group covering Stilton and Folksworth.

Keen golfers, this year they have been elected Men's and Ladies’ Captains at Elton Furze Golf Club; the first husband and wife to be elected in this role together in the club’s history.

Each set of Captains has a nominated charity and theirs is Parkinson’s UK, in support of David's brother who contracted Parkinson’s over 20 years ago. At the time he too was an avid golfer with a handicap of 8.

Over the year, the club has a number of fund-raising events for the chosen charity. In particular, there will be a charity auction of donated items at the club on the 7th June.

David and Marilyn are therefore appealing to local businesses, services, pubs, restaurants, companies and even individuals to help them raise money for this worthy cause by contributing in any way they can over the year.

You can contact David and Marilyn at smithmalda@btinternet.com, so come forward and help!

---

**Sponsor a Golfer !**

**SUPPORT PARKINSON’S UK AND MAKE A DIFFERENCE**

---

**Stilton Pavilion**

**NOW OPEN FOR BOOKINGS!**

**Community Room rates from:**
- £6 / hour daytime
- £8 / hour evenings

**Main Hall rates from:**
- £10 / hour daytime
- £16 / hour evenings

Attractive rates for commercial hire and other options

For information, see [www.stilton.org/facilities/stilton-pavilion/](http://www.stilton.org/facilities/stilton-pavilion/)

---

For all enquiries, please contact the Amenities Manager, Julian Pagliaro:

07 771 858 362 | stiltonpavilion@gmail.com

If leaving a message, please provide a LANDLINE PHONE NUMBER and you will be contacted promptly. (It's very expensive having to reply to lots of mobiles!)

If using email, please be sure to give us your CORRECT email address and check your spam box if you don’t receive a prompt reply.
It’s Official!
STILTON PAVILION NOW FORMALLY OPENED

All the years of hard work, frustrations and triumphs were crowned on Saturday 18th February 2017, by the formal opening of Stilton Pavilion.

A huge crowd of sponsors, contributors, villagers, Pavilion users and well-wishers filled the Main Hall to hear words of appreciation from Olive Main (Stilton Parish Council), Mark Angus (Project Team) and Chris Walford (Amenities Committee). By any criteria, the Pavilion has proved an outstanding success, coming in within budget, built to an exemplary standard and demonstrating what a community can come together to achieve.

Our local MP, Mr Shailesh Vara, honoured the project by unveiling the commemorative plaque and adding his own words of praise. And Rev. Richard Gibbs provided a blessing on our newest asset and the people who brought it into being.

But perhaps the most welcome appreciation of the new Pavilion comes in the form of the many users who have already moved in to this spacious new facility. And event bookings are already being taken for dates into 2018!

As Mark Angus explained, this opening is just a milestone in the future of the Pavilion, which will continue to develop over the years to provide a legacy to future generations.

Well done everybody - and to those who haven’t yet Bought a Brick for £5, we urge you to do so. There’s still lots left to do!
On Tuesday 7th February, a packed St Mary Magdalene church bore testament to the high regard in which one of Stilton’s longest residents was held by all who knew her.

Gladys was born on 14th July 1925, at Stilton Fen. Ten years later she and her parents, Fred and Susan Mayes, moved to Fen Street. Gladys, of course, attended Stilton School.

Leaving school at 14, she worked at the mushroom factory at Yaxley, and at Marks & Spencers. In April 1942 she joined the ATS (the Auxiliary Territorial Service, the women's branch of the British Army), serving at Brigstock, Greenford and Bicester. On leaving the army, she worked at Farrows factory in Peterborough.

Gladys married husband Ron in 1950, moving with him into a small cottage in Church Street. They enjoyed 57 years of marriage until Ron’s death. In 1956 they had a house built for them in High Street, where Gladys continued to live for 60 years, until her recent illness.

Never one to be idle, Gladys worked on the land before becoming a Relief Post Lady. In 1964 she was employed full-time, becoming a familiar figure delivering the mail to Folksworth on her bike. She served our community in this way for 25 years, until retiring in 1989 at the age of 64.

Between working and raising a family, Gladys also found time to play an active role with the Guiding movement; helping clean the church for many years and running the Sunday School. Many readers will no doubt have fond memories of the outings she arranged to Hunstanton or Mablethorpe.

Her strong sense of care for others saw her becoming the local organiser of the Royal British Legion, collecting for the Poppy appeal for nearly 50 years, as well as organising and collecting for the RNLI.

Even into her nineties Gladys remained an active friend to many, being a member of the Over-60’s, the Indoor Carpet Bowls Club and the Tuesday Sewing Club. She particularly enjoyed Wednesdays at CARESCO and attended church whenever possible. In 2015 she was invited to cut the first sod for the new Stilton Pavilion.

Gladys is survived by sons Gary and Simon, four grandchildren and a great-grandson.
Stilton Utd. Football Club cordially invites you to their Black tie themed Fundraising Ball

Friday 28th April - 19:00
Bell Inn, Stilton

Ticket Prices
2 course meal, £30 per head
3 course meal, £33 per head

Raffle and Disco to follow

Tickets are to be paid in full by 31/03/17 - To purchase your ticket please visit the Bell Inn reception, call Alison Hardy 0787 205 2523 or email Stiltonutd.fundraising@yahoo.com Your menu options must also be submitted at the time of purchase.

Menu available from the Bell, or download from www.stilton.org/village-life/events
On Monday 20th February, Stilton gathered in the new Pavilion to honour the crew of B17 bomber Ten Horsepower, which crashed on Red Hill on 20th February 1944.

Don Darke, who was a small boy at the time, vividly recalled his memory of the doomed aircraft, as the remaining two crew members wrestled with its heavy controls in an icy blast through the shattered cockpit to try and land at Polebrook Airfield and save the life of their injured pilot.

The southwest corner of the Pavilion looks out directly onto Red Hill, making it the perfect location for a memorial to the USAAF’s most decorated aircrew. Looking out, it is all too easy to visualise the awful sight of a B17 breaking up and cartwheeling to destruction.

With guests of honour from the USAF, we stood in thought for the one-minute silence, which was ended by a particularly poignant Last Post, played by a trumpeter from the GB Home Guard Band.

And then we watched and applauded as Colonel Bickerstaff, Commanding Officer of RAF Molesworth, formally unveiled the memorial plaque to his fallen countrymen.
The story of Ten Horsepower might have remained forever untold but for the diligent research of author Rick School, who described the crew’s heroism in his book ‘Valor at Polebrook’. Sadly unable to be present for the ceremony, Rick sent his own personal tribute, read by Karen Munton, MD of Airfield Warehousing at Polebrook. In it, Rick concluded:

‘I thank God for the men and women who have gone before us so that we may be free. Yes, seventy-three years ago today the lives of ten men were forever altered. We pay tribute to them and all who have answered the call to protect and defend our freedoms. May God bless our two countries and our armed forces, who willing go when called, so that we may be free.’

You can find the full text of Rick’s moving tribute on www.stilton.org.

Col Bickerstaff, Keith Morris and Don Darke stand proudly in front of the newly unveiled memorial.

---

Friends of Norman Cross

**The Hunts. Cyclists Battalion**

A talk by Martin Smyth

Friday March 17th at 7pm at Norman Cross Gallery PE7 3TB

Part of the Territorial Army, the Hunts. Cyclists Battalion was formed early in 1914, recruiting in the county, and was mobilised within two days of the outbreak of war in August. The men were engaged on coastal patrols mainly in the north east, but were sent to France in 1916 and dispersed into other regiments.

Members free  |  Visitors £5

**Advance notice**

May 12th at the Norman Cross Gallery

AGM and talk by Paul Chamberlain on some of the characters from the Napoleonic Prisoner of War Depot.
Thanks for Sympathy

Many thanks to all the people who so kindly sent me messages of sympathy and attended Michael's funeral on 31st of January. It was a great help and support and I am very grateful for the friendship shown to Michael and myself.

The donations totalled just over £600 and will be sent to Alzheimer's Research UK by the Funeral Directors. A huge thank you for your generosity and friendship.

Daniele Robail

Stilton Over-60's

The AGM will be on Friday 17th March at 2pm in the Church Meeting Room.

We have a few seats left for trips out:

- **Springfields or Baytrees**
  - Wed 8th March
- **Ely and Twenty Pence Garden**
  - Thu 23rd March
- **Wisbech Rose Fair**
  - Wed 28th June

We use Impression Coaches and the pick-up point is the Bell Inn. All at a fare of £10.00. If interested, please contact:

Mrs Sylvia Ward  242457
Mrs Valerie Ward  240619

Yaxley Singers

We meet on Wednesdays in Yaxley Methodist Church, Main Street, Yaxley at 7:30pm and sing a wide variety of music; songs from the shows, Easter music, modern pop 'classics' etc. Sometimes in parts, sometimes in unison. You don't have to read music (but it does help).

We give occasional concerts and the proceeds go to charity; this year to MAGPAS, the local emergency service. If you would like a taster come along one Wednesday. There is a contingent from Stilton, led by Mary Croll who can answer any questions. (241042)

Improve Your Piano Skills and Enjoy Your Playing!

Beginners welcome!

Margaret Parsons   Tel: (01733) 243352
STILTON CHEESE ROLLING 2017

JUNIOR CHAMPIONSHIPS

Sponsored by Stilton & District Twinning Assn

RULES:

1. Competitors must be between 8 and 13 years of age
2. The age difference between team members must not exceed 3 years
3. Teams will be made up of 4 young people and may be all boys, all girls, or mixed.
4. All competitors MUST cover arms and legs; suitable protective gloves must also be worn.
5. The rules of Cheese Rolling apply
6. The referee's decision is always final
7. The competition will be limited to 8 teams, on a “first come, first served” basis.
8. There will be a prize for the best-dressed team and a prize for the winning team.
9. Parental permission for EACH team member must accompany this entry form. (Use form overleaf)

ENTRY FORM

Team Name: ...........................................................................................................

Team Members: 1 ....................................................................................................
2 ............................................................................................................................
3 ............................................................................................................................
4 ............................................................................................................................

Contact Name: ....................................................................................................

Address: ...............................................................................................................  

Tel No: ...................................................................................................................

Parental permission

All participants in Cheese Rolling do so at their own risk and Stilton Community Association accepts no liability for any accidental injury arising

Be sure to tell our advertisers you found them in SCAN!
**STILTON CHEESE ROLLING 2017**

**Junior Participant Parental Consent Form**

*To be completed and returned for EVERY participant under the age of 16 years*

I hereby give permission for ................................................................. to take part in the Cheese-Rolling Championship on May 1st 2017

Name: .................................................................

Address:................................................................. Signed: .................................................................

................................................................. Signed: .................................................................

................................................................. Date: .................................................................

This form must be returned with the relevant Team Entry Form to: Olive Main, 8 Caldecote Rd, Stilton.

Teams will NOT be allowed to compete unless a consent form has been received for EVERY member under the age of 16yrs (Senior OR Junior teams.)
STILTON CHEESE ROLLING 2017
SENIOR CHAMPIONSHIPS

RULES:

1. Teams will consist of 4 members including the captain
2. Teams will be all male or all female
3. No one under the age of 14 yrs may be included in a team; participants under the age of 16 yrs MUST provide a completed Parental Consent form
4. Cheeses must be rolled by hand; no kicking, throwing or picking up of the cheese is allowed and teams MUST keep to their allotted lanes.
5. Each team member MUST roll the cheese at least once during the race.
6. The first cheese to strike the end boards of the course wins.
7. The referee’s decision is always final.
8. Teams must report to the control tent by 11:00am

ENTRY FORM

Team Name: ......................................................................................
Team Members:  1 ...................................................................................
                2 ...................................................................................
                3....................................................................................
                4 ...................................................................................
Contact Name: .............................................................
Address: .............................................................
            .............................................................
Tel No: .............................................................

Entry form and fee of £5 per team (payable to STILTON COMMUNITY ASSOCIATION) to Race Controller: Mrs O Main, 8 Caldecote Rd, Stilton, Peterborough PE7 3RH Fees will be refunded to teams in fancy dress.

All participants in Cheese Rolling do so at their own risk and Stilton Community Association accepts no liability for any accidental injury arising

Under-16 permission?

[ ]

[ ]

[ ]

[ ]
STILTON CHEESE ROLLING 2017
Junior Participant Parental Consent Form

To be completed and returned for EVERY participant under the age of 16 years

I hereby give permission for .................................................................
to take part in the Cheese-Rolling Championship on May 1st 2017

Name: ....................................................
Address: ..............................................  Signed: ....................................................
..........................................................................................
..........................................................................................
..........................................................................................

......................  Date: .....................................................

This form must be returned with the relevant Team Entry Form to:
Olive Main, 8 Caldecote Rd, Stilton.

Teams will NOT be allowed to compete unless a consent form has been received for EVERY member under the age of 16yrs (Senior OR Junior teams.)
Stilton Community Association  
World Stilton Cheese Rolling Championships  
Monday 1st May 2017

**Stall Booking Form**

Each pitch is 10 feet long. Charity stalls are £10 per 10 feet.  
Professional/private stalls are £20 per 10 feet.  
Hot food stalls are £50 per 10 feet and must have food hygiene certificate/insurance.  
Please send fee (which is non-refundable) with booking form to Carol Warren, Stilton Community Association, 3 Stanch Hill Road, Sawtry, Huntingdon PE28 5XG. Cheques made payable to Stilton Community Association. Please send/email a copy of public liability insurance if booking fairground rides.

If you need a vehicle next to your stall (e.g. for a generator) or a safety space around a fairground stall, please write this on your booking form. You will not be charged for this space; I just need to know so that everything fits in safely.

Please note: no live prizes are allowed e.g. fish

The first batch of pitches will be allocated at the end of March. The street plans will be sent out at the end of April.

Any questions please phone 07508 502534 or e-mail carolwarren_uk@yahoo.com

Name/Organisation

.................................................................................................................................................

Address

.................................................................................................................................................
.................................................................................................................................................

Tel: ....................................................

E-Mail: ....................................................

Type of stall: ...............................................................

Length of stall: ........ feet Width of stall: ........ feet

Extra safety space: length [none] ........ feet width [none] ........ feet

Extra vehicle space: length [none] ........ feet width [none] ........ feet
Lots of progress has been made at The Fox in the last month and the anticipation is growing. The team are looking to source local produce from the surrounding area, ranging from fruit, vegetables and even game, to promote and support our village and local farmers. ‘Great relationships with local producers are really important to us’, explained the new owner Prafulla Gorania. ‘We’d also like to hear from anyone who has old photos or any information about the history of The Fox.’ Please call Prafulla on 07713 831586.

**VILLAGE HALL NEWS**

Work on improving the hall continues and by this Spring we will hopefully complete repairing the driveway into our car park. Once the hedge had been removed and the new fencing installed it became clear that the tarmac driveway to the car park would need levelling and extending up to the new fencing to ensure that the existing surface does not crumble and erode away. We have had many offers of help with this small but vital project, for which the committee are very thankful.

We are also considering the best surface for the fenced-off land adjacent to the footpath, bordering up to the hall. The area has always been difficult to maintain as it gets little sunshine and grass does not seem to be interested in growing there. Therefore an 'all weather' type surface is preferred, and would be more viable, as it would reduce future upkeep and could become a useable space as it is now fully fenced in.

As reported in the last SCAN we are imminently to have Wi-Fi available for village hall users. There have been a few delays due to BT’s communication with ourselves but we have all kept positive and hopefully an engineer is on his way.

We held our pub night/social evening in the village hall on Saturday 25 February. The pub nights last year were a great success and, as reported in the last edition of SCAN, we would like to carry on with social evenings through the year. We have not yet set a date for the next pub/social event as the opening of The Fox seems likely to happen soon and we are delaying taking decisions on future dates until our next committee meeting in March.

The Village Hall has many regular users and groups who always welcome new members or participants: Brownies, Beavers, Art Club, Pre-School (2yrs upwards), Mums and Toddlers, Indoor Bowls, Rainbows, Pilates, Christian Congregation in the UK, Peterborough Opera Group, Ladies Circle, as well as private hire users for parties and events.
We also have a regular mobile fish & chip van in the car park every Friday between 4:00 and 8:00 pm.

Please visit our Facebook page for more information:
www.facebook.com/FolksworthVillageHall/. This gives more details of the days and times of the different groups. For information on joining any of the groups, please visit the hall on the appropriate day and time. For hall bookings please contact Mrs. Joy Blythe on 01733 241938.

Contributors!
We want your material for Folklore!

Email to Sarah Abbott at abbottsarahj@hotmail.co.uk

FOLKSWORTH PRE-SCHOOL

We're holding a quiz night in the Village Hall on Saturday 11th March. Bar opens at 6:30 pm for a 7 pm start. Teams of up to 6. Tickets cost £5 and food is included. Call Rhiannon on 07540 517552

ST HELEN'S SERVICES

All services start at 9:45 am.

5th March - Family Folkus
12th March - All Age Worship
19th March - Holy Communion
26th March - Morning Praise (Mothering Sunday)

Please do join us at St Helen's to celebrate Mothering Sunday on 26th March 9:45 am. Everyone very welcome.
ANNUAL PARISH MEETING
TUESDAY MAY 2ND, 7PM

This year's Annual Parish meeting will be held on the first Tuesday in May. This is not a Council meeting but one facilitated by the Parish Council for all its residents. It's an opportunity for all groups, organisations and individuals to participate, display or talk about what they do, and raise any issues at all with the Parish, District or County Cllrs. It usually lasts an hour or so and refreshments are served afterwards. Please get in touch with me if you wish to be involved or have something you would like to be raised.

SMALL GRANT APPLICATIONS

Residents may not be aware that Council has a small fund which is set aside for small grants to village groups and organisations. Larger grants are made annually and these have certain conditions attached to them including the necessity for audited accounts to be submitted alongside the application forms. However, the smaller, Section 137 grants, can be awarded if, in Council's opinion, it is in the interests of, and will bring direct benefit to, their area or any part of it or all or some of its inhabitants. For more information please contact me.

DEFIBRILLATOR

By the time you read this, it is likely that the Defibrillator will be in place on the outside of the Village Hall in Manor Road, Folksworth and will be available for use. In an emergency and if an ambulance is called and the Defibrillator deemed to be necessary, you will be given a code for its removal from its box. All calls are also passed on to the Folksworth First Responder Team. The unit is very easy to use and you will be guided step-by-step. At the Annual Parish Meeting on May 2nd members of the First Responder team will be available to demonstrate and they have also offered to run sessions for those not able to attend the Annual Parish Meeting. Obviously, we hope that the unit will not be needed but it's good to know it's there … just in case!

HEAVY GOODS VEHICLES

Lorries travelling through the parish at speed continue to be a concern, especially the very long wide HGVs which must mount the pavements to negotiate the double bend in Manor Road. We were only allowed to put forward one bid via the County Council's Local Highways Initiative and this is for signage at the various entrances designating the village as being unsuitable for HGVs. It is hoped that these will deter drivers from coming through. If this doesn't work, then a weight/width restriction will be sought. We have yet to hear if our application has been successful.

ELM ROAD POND AREA

The area behind the Pond in Elm Road is to be developed as a Pocket Park/Community Orchard. The project is likely to commence in the Spring. If anyone wishes to be involved with the project, please let me know or contact Cllr Alison Brown who is leading this project.
VILLAGE MAINTENANCE

The County Council has launched a volunteer maintenance scheme to take care of minor maintenance issues in the parish, such as the cleaning of village signs etc. If you are interested in becoming involved in this, please get in touch with me.

COUNCILLOR VACANCIES

We currently have two vacancies. If this is something you might be interested in, please either come along to a meeting or contact me. You must be over 18 and have lived in the parish for at least a year.

MEETINGS

The Parish Council meets on the third Tuesday of the month at 7:20 in the Village Hall, Manor Road. Agendas and Minutes can be found on the notice boards and on Council's website.

All meetings are open to the public and there is an opportunity at the start of each meeting for members of the public to speak.

If I can help with anything at all, please contact me.

Jackie Stanbridge
Clerk to the Council/RFO

Movers & Shakers

FOLKSWORTH PARISH COUNCILLORS 2014-18

Mark Randall (Chairman)
4 Castel Way
Folksworth PE7 3TX
01733 248202

Patrick Clarke
16 Townsend Way
PE7 3TU
01733 241860

Richard Soper
83 Elm Road
Folksworth PE7 3SX
01733 719638

Lisa Blackman
(Vice Chairman)
Sheep Lair Farm
Folksworth Road
Norman Cross PE7 3SP
07919 366465

Gordon Fenwick
3 Bullock Road
Washingley PE7 3SH

District Councillor
Rita Matthews
52 Townsend Way
Folksworth PE7 3TU
01733 244169

Alison Brown
37 Manor Road
Folksworth PE7 3SU
01733 240501

Judith Ford
10 Chervil Close
Folksworth PE7 3SZ
01733 240440

Folksworth & Washingley Parish Council PO Box 1285 Peterborough PE2 2NN 07724 171158 clerk@folksworthandwashingley-pc.org.uk www.folksworthandwashingley-pc.org.uk
Stilton and District Twinning Association

A Taste of France
23 - 25 June 2017

We have chosen Lille as the 2017 destination for our weekend coach trip.

There is plenty to see and do in Lille, with markets, shops, museums, historic buildings and cobbled streets, and a wide range of restaurants and bars. We leave around breakfast time, find somewhere interesting to visit on the way, and then have Friday night and all day Saturday to explore the town independently. On our way home on Sunday, we stop for a long gourmet lunch together.

We are currently researching hotels and places to visit, so that we can confirm the itinerary and the cost of the trip in the new year.

Do keep the date in your diary and maybe think about organising a small group with family or friends.

Watch SCAN for more details, or contact us to register interest or ask a question.

Audrey and Paul 241739
paul.springford@gmail.com
Be Self-Care Aware

By keeping a selection of essential medications at home you can treat common conditions in a timely manner, avoid unnecessary trips to see your doctor and/or visits to the A&E department.

What to keep in your medicines cabinet

The following medications can be bought from pharmacies or your local supermarket and are generally cheaper than buying them on prescription:

- Simple pain killers like paracetamol and ibuprofen
- Sore throat, coughs, colds and flu medications
- Heartburn and indigestion remedies
- Anti-diarrhoea medication
- Rehydration salts
- Allergy medicines
- Pile (haemorrhoid) treatments
- First aid kit including plasters and bandages.

Speak to your local pharmacist about stocking up on medicine cabinet essentials to treat common conditions for you and your family.

---

**DONT SWALLOW UP YOUR NHS**

Last year your local NHS spent over £4 million on prescribing medicines that you can buy easily from local pharmacies, shops or supermarkets. This included:

<table>
<thead>
<tr>
<th>Product</th>
<th>Cost to Your Local NHS</th>
<th>Cost for You to Buy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain relief (paracetamol)</td>
<td>£1.5 million</td>
<td>£0.25 (16 tablets)</td>
</tr>
<tr>
<td>Upset stomach treatment</td>
<td>£1.2 million</td>
<td>£1.00 (6 capsules)</td>
</tr>
<tr>
<td>Antihistamines (hayfever)</td>
<td>£550,000</td>
<td>£2.75 (30 tablets)</td>
</tr>
<tr>
<td>Heartburn &amp; indigestion treatment</td>
<td>£320,000</td>
<td>£2.00 (200ml)</td>
</tr>
<tr>
<td>Travel sickness treatment</td>
<td>£93,000</td>
<td>£2.30 (10 tablets)</td>
</tr>
</tbody>
</table>

"All prices are based on an online search for the cheapest available product in your local pharmacy or supermarket."
Stilton and District Twinning Association

20 Years of Twinning
Anniversary Celebrations
8 - 12 July 2017

2017 marks 20 years since we signed the first of two Twinning Charters with St Christol les Alés

A great deal has been achieved:

- Over 600 exchange visits have taken place
- Strong friendships have been formed
- We have learned about our different cultures
- We know more about our respective countries
- We know more about our local regions
- Travel grants have been awarded to young people
- Above all….fun has been had!

A group from St Christol will visit here from 8 to 12 July 2017 to celebrate with us.

A full programme is being organised.

- Do you want to join in?
- Could you host a visitor?
- Can you help?

Contact: Chris at clstilton@btinternet.com
Stilton & District Twinning Association

Race Night

Saturday 18th March 2017
Stilton Pavilion

Doors open 7:00pm / First race 7:30pm
Tickets £7.50
Includes Ploughman’s Supper & Homemade Dessert - Bring Your Own Drink

Contact: Ian & Hazel Parmenter 243056
Chris Walford 241376
Paul & Audrey Springford 241739

Stilton Ballroom & Sequence Dancing presents

PROHIBITION BALL

Saturday March 25th 7:30 - 11pm
£10 per person

Stilton Pavilion, High Street, Stilton
Formal or 1920’s dress | BYO bottle

www.stiltonballroom.co.uk | ian@winfrey.co.uk | 01733 380216
<table>
<thead>
<tr>
<th>M T W T F S S</th>
<th>WHAT</th>
<th>WHEN</th>
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<tbody>
<tr>
<td>TINIES</td>
<td>&lt; Toddler's Dance</td>
<td>9:15am</td>
</tr>
<tr>
<td></td>
<td>&lt; Playgroup (Stilton)</td>
<td>9 - 11:45 &amp; 1 - 3pm</td>
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<td></td>
<td>&lt; Mums &amp; Toddlers (Folksworth)</td>
<td>10:00-11:30 term time</td>
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<td></td>
<td>&lt; Pre-School (Folksworth)</td>
<td>9:00am - 3:00pm</td>
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<td></td>
<td>&lt; Playgroup (Folksworth)</td>
<td>10 - 11:30am</td>
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<td></td>
<td>&lt; Beavers</td>
<td>6 - 7:15pm</td>
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<tr>
<td></td>
<td>&lt; 1st Stilton Brownies</td>
<td>6:15 - 8pm</td>
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<td></td>
<td>&lt; Stilton Rainbows</td>
<td>5:15 - 6:15pm</td>
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<td></td>
<td>&lt; Folksworth Brownies</td>
<td>6:30 - 7:45pm term time</td>
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<td></td>
<td>&lt; 1st Folksworth Rainbows</td>
<td>5:30 - 6:30pm</td>
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<td></td>
<td>&lt; Guides</td>
<td>6 - 7:30pm</td>
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<td></td>
<td>&lt; Stilton United Colts</td>
<td>KO 10am</td>
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<td></td>
<td>&lt; Parish Council (Stilton)</td>
<td>2nd Tuesday 7:30pm</td>
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<td></td>
<td>&lt; Parish Council (Folksworth)</td>
<td>7:30 - 9:30pm 3rd Tuesday</td>
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<td></td>
<td>&lt; Sewing Group</td>
<td>2:30 - 5pm</td>
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<td></td>
<td>&lt; Over 60's Club</td>
<td>2:00pm</td>
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<td></td>
<td>&lt; Holy Communion</td>
<td>1st &amp; 3rd Sun 11:15am</td>
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<tr>
<td></td>
<td>&lt; Holy Communion</td>
<td>2nd &amp; 4th Sun 8:00am</td>
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<td></td>
<td>&lt; LinCup (Café style worship)</td>
<td>2nd Sun 11:15am</td>
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<td></td>
<td>&lt; Elevens with God</td>
<td>4th Sunday 11:15am</td>
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<td></td>
<td>&lt; Linking Hands (mums)</td>
<td>9am</td>
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<td></td>
<td>&lt; Crossover (Y6)</td>
<td>5 - 7pm in term time</td>
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<tr>
<td></td>
<td>&lt; Men's Prayer Breakfast</td>
<td>8am 2nd Saturday in month</td>
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<tr>
<td></td>
<td>&lt; Holy Communion (soup lunch)</td>
<td>1st Wednesday 12:30-1:30</td>
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<td></td>
<td>&lt; Church Choir</td>
<td>2nd &amp; 4th Thursday, 7:30pm</td>
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<td></td>
<td>&lt; Prayer Focus</td>
<td>8am</td>
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<tr>
<td></td>
<td>&lt; Christian Congregation in UK</td>
<td>5 - 11pm, 1st &amp; 3rd Sun in</td>
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<tr>
<td></td>
<td>&lt; Stilton Gardening Club</td>
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<td></td>
<td>&lt; Pilates (Stilton)</td>
<td>3rd Tues 7:30pm</td>
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<tr>
<td></td>
<td>&lt; Pilates (Stilton)</td>
<td>9:30-10:30; 10:30-11:30am</td>
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<tr>
<td></td>
<td>&lt; Pilates (Folksworth)</td>
<td>10.00 - 11.00am &amp; 10.30 - 11.30am</td>
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<tr>
<td></td>
<td>&lt; Cluercise</td>
<td>7:45-8:45pm Wed. 8 – 9pm Thu</td>
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<tr>
<td></td>
<td>&lt; Stilton Table Tennis Club</td>
<td>7.15 - 8.15pm</td>
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<td></td>
<td>&lt; Stilton Carpet Bowls Club</td>
<td>7.30 – 9.30pm</td>
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<td></td>
<td>&lt; Folksworth Indoor Bowls</td>
<td>2pm Mon, 7.30pm Thu</td>
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<tr>
<td></td>
<td>&lt; Peterborough Opera Group</td>
<td>7 – 9pm weekly. May-Aug for</td>
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<tr>
<td></td>
<td>&lt; Band</td>
<td>7:30 - 9:30pm</td>
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<tr>
<td></td>
<td>&lt; Yoga</td>
<td>8 – 9:35pm</td>
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<tr>
<td></td>
<td>&lt; Mat Pilates</td>
<td>5.30 - 7pm</td>
</tr>
<tr>
<td></td>
<td>&lt; Chair Exercise</td>
<td>Mon 8-9pm; Tue 6-7pm; Wed 11am-12:30pm</td>
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<tr>
<td></td>
<td>&lt; Stilton United FC</td>
<td>3:00pm kick-off</td>
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<td></td>
<td>&lt; Taoist Tai Chi</td>
<td>7:30pm</td>
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<tr>
<td></td>
<td>&lt; Folksworth Art Club</td>
<td>12:30-4:30pm</td>
</tr>
<tr>
<td></td>
<td>&lt; Folksworth Ladies’ Circle</td>
<td>7:30-9:30pm 4th Tuesday in</td>
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<tr>
<td></td>
<td>&lt; Yaxley Flower Club</td>
<td>3rd Thursday, 7:30pm</td>
</tr>
<tr>
<td></td>
<td>&lt; Stilton Stumblers (walking group)</td>
<td>Alternate Sundays 10:00am</td>
</tr>
<tr>
<td></td>
<td>&lt; Mobile Library (Stilton)</td>
<td>3:10 - 4pm (4th Wed in month)</td>
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<tr>
<td></td>
<td>&lt; Mobile Library (Folksworth)</td>
<td>10:45 - 11am (4th Wed in month)</td>
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<tr>
<td></td>
<td>&lt; Mobile Fish Van (Folksworth)</td>
<td>4 - 8pm</td>
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<tr>
<td></td>
<td>&lt; Age Well Club</td>
<td>10 - 11:45am</td>
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<tr>
<td></td>
<td>&lt; Carers' Group</td>
<td>1st Wed, 2 - 4 pm</td>
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<tr>
<td></td>
<td>&lt; Sawtry Day Centre</td>
<td>10am - 2:30pm</td>
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<tr>
<td></td>
<td>&lt; Sawtry Friendship Club</td>
<td>10:30am - 1:30pm</td>
</tr>
</tbody>
</table>

To book: Stilton Pavilion - 07 771 858 362 | Folksworth Village Hall - (01733) 241938 | Stilton Church Meeting Room

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<table>
<thead>
<tr>
<th>WHERE</th>
<th>WHO</th>
<th>CALL</th>
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</thead>
<tbody>
<tr>
<td>Church Meeting Room</td>
<td>Michelle Pratt</td>
<td>07906 114942</td>
</tr>
<tr>
<td>Playgroup</td>
<td>Leslie Kirk</td>
<td>247682</td>
</tr>
<tr>
<td>Folksworth Village Hall</td>
<td></td>
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<tr>
<td>Folksworth Village Hall</td>
<td>Mel</td>
<td>07885 636275</td>
</tr>
<tr>
<td>Folksworth Village Hall</td>
<td>Niki Wilson</td>
<td>07971 558927</td>
</tr>
<tr>
<td>Stilton Pavilion</td>
<td>Jen Walton</td>
<td>01487 832114</td>
</tr>
<tr>
<td>Stilton Pavilion</td>
<td>Sandra Waldrin-Walker</td>
<td>661255</td>
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<tr>
<td>Folksworth Village Hall</td>
<td>Annette Gedney</td>
<td>244442</td>
</tr>
<tr>
<td>Folksworth Village Hall</td>
<td>Julie Quy</td>
<td>243026</td>
</tr>
<tr>
<td>Stilton Pavilion</td>
<td>Carol Warren</td>
<td>(07508) 502534</td>
</tr>
<tr>
<td>Stilton Playing Field</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parish Room</td>
<td>Mrs Croll</td>
<td>229130</td>
</tr>
<tr>
<td>Folksworth Village Hall</td>
<td>Pat Maltman</td>
<td>242229</td>
</tr>
<tr>
<td>Church Meeting Room</td>
<td>Sylvia Ward</td>
<td>242457</td>
</tr>
<tr>
<td>St Mary Magdalene</td>
<td>Irene Goldsmith</td>
<td>244229</td>
</tr>
<tr>
<td>St Mary Magdalene</td>
<td>Stuart Reed</td>
<td>241114</td>
</tr>
<tr>
<td>St Mary Magdalene</td>
<td>Irene Goldsmith</td>
<td>244229</td>
</tr>
<tr>
<td>St Mary Magdalene</td>
<td>Stuart Reed</td>
<td>241114</td>
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<td>Church Meeting Room</td>
<td>Irene Goldsmith</td>
<td>244229</td>
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<tr>
<td>Church Meeting Room</td>
<td>Pat Maltman</td>
<td>242229</td>
</tr>
<tr>
<td>Church Meeting Room</td>
<td>Nigel Rosbrook</td>
<td>246396</td>
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<tr>
<td>St Mary Magdalene</td>
<td>Doug Maltman</td>
<td>242229</td>
</tr>
<tr>
<td>Church Meeting Room</td>
<td>Pat Maltman</td>
<td>242229</td>
</tr>
<tr>
<td>St Mary Magdalene</td>
<td>Stuart Reed</td>
<td>241114</td>
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<tr>
<td>Church Meeting Room</td>
<td>Olive Main</td>
<td>241206</td>
</tr>
<tr>
<td>Stilton Pavilion</td>
<td>Vicky Leschallas</td>
<td>07919 053140</td>
</tr>
<tr>
<td>Stilton Pavilion</td>
<td>Frances Ellis</td>
<td>07714 773528</td>
</tr>
<tr>
<td>Folksworth Village Hall</td>
<td>Louise Knox</td>
<td>07957 983950</td>
</tr>
<tr>
<td>Stilton Pavilion</td>
<td>Steve Ambler</td>
<td>242156</td>
</tr>
<tr>
<td>Stilton Pavilion</td>
<td>Scott Sherrington</td>
<td>242409</td>
</tr>
<tr>
<td>Folksworth Village Hall</td>
<td>Brian Bowen</td>
<td>241310</td>
</tr>
<tr>
<td>Stilton Pavilion</td>
<td>Brian Appleyard</td>
<td>244642</td>
</tr>
<tr>
<td>Stilton Pavilion</td>
<td>Sue Gibbs</td>
<td>07709 938122</td>
</tr>
<tr>
<td>Church Meeting Room</td>
<td>Sue Gibbs</td>
<td>07709 938122</td>
</tr>
<tr>
<td>Austin Hall, Main Street, Yaxley</td>
<td>Glen Woolner</td>
<td>07771 784643</td>
</tr>
<tr>
<td>Folksworth Village Hall</td>
<td>Alex Weyman</td>
<td>01480 413353</td>
</tr>
<tr>
<td>Folksworth Village Hall</td>
<td>Cherry Hadley</td>
<td>244258</td>
</tr>
<tr>
<td>Yaxley British Legion</td>
<td>Yvonne Wagstaff</td>
<td>243370</td>
</tr>
<tr>
<td>Meet at the Pump</td>
<td>Shirley Gregory</td>
<td>246209</td>
</tr>
</tbody>
</table>

Be sure to tell our advertisers you found them in **SCAN**!
Krazy Katz Funhouse

Every Thursday • 9.30am to 12.00pm
Every Saturday • 8.30am to 11.30am

Sociable indoor soft play session for parents and under 6’s.

There will be a variety of soft play equipment, bouncy castle and a ball pool for children to play in a safe environment.

Tea, coffee and a variety of treats also available.

£1 per child

Green End Road, Sawtry PE28 5UY
Tel: 01480 387800
www.oneleisure.net
We can hope that spring comes this month so that we are able to get outside.

**TACKLE THE NEW GROWTH…**

Even in February the grass is growing, so by mid-March, if the weather is mild and the ground reasonably dry, make the first cut, raising the mower blades higher than usual. Straighten the edges for a neat appearance. Late in the month apply a specialist spring fertilizer (high nitrogen).

March is a good month to plant roses. Established roses need pruning and feeding with special rose feed.

**…AND THE OLD GROWTH**

Some plants are already over; divide clumps of snowdrops for next year. Any 'forced' bulbs, such as hyacinths or daffodils, can be put out into the garden. Winter jasmine will have died back; it has seen us over the worst months, it now needs pruning; you can cut it right back, feed with some compost and it will grow up for next year.
If you’ve always had a secret urge to sing grand opera - but actually in public - Peterborough Opera are just what you need!

Formed in 1969, Peterborough Opera rehearses at Folksworth Village Hall on Friday evenings 7:30-9:30pm. Their success has brought them an enviable reputation and members from a wide area.

But they don’t just sing in village halls. Right now, they are completing preparations with the City of Peterborough Symphony Orchestra for an opera gala performance on 5th March at the Voyager Academy. Then it’s straight into rehearsals for their next season, including a fully staged production of Verdi’s ‘A Masked Ball’ in October.

Now’s your chance! The first rehearsal on 10th March will be an introduction to the opera and a group sing-through of some of the audition pieces. Chorus singers do not need to audition and can join from March onwards. Principal roles will be auditioned on 2nd April.

As with all of Peterborough Opera’s major productions, singing will be in English and will be learned from a music score. So some ability to read music is preferred, but no experience of singing opera is required, just enthusiasm to join in and have a go.

For those who wish to get involved in other ways, there are many non-singing tasks involved in putting on a show - costumes, set, props, orchestra etc - so feel free to pop in to a rehearsal or get in touch.

PO plan to perform at various local concerts and events throughout the year. In 2016, members appeared on Heart FM, singing for the Peterborough Christmas Lights switch-on, and performed as part of the city’s Italian Festival and at the Nene Valley Railway Santa Specials. They also performed in Queensgate, Cathedral Square, and the Key Theatre, as well as further afield at Easton-on-the-Hill, Ramsey and St Ives.

Be an Opera Diva
DON’T JUST SING IN THE SHOWER - GET UP ON STAGE!
As well as being great fun, singing has a surprising range of health benefits including:

- It strengthens the immune system
- It’s a cardiovascular workout – it can help you live longer!
- It reduces stress and can help with depression
- It helps to combat snoring
- It improves concentration
- Singing in a group is a great way to meet new friends.

Oh, and did we say you also get the chance to dress up and look cool? Peterborough Opera’s many triumphs have included a fine production of Bizet’s Carmen, featuring Liz Williams (Carmen) and Matt Philips (Escamillo) pictured opposite. No limits to what you could achieve with this talented company!

So why not come along at 7:30pm on Friday 10th March and find out more? Or you can visit www.peterboroughopera.co.uk, find Peterborough Opera on facebook or twitter, or contact their secretary, Ami Walsh, on 07971 188954.

Want to get back into singing and meet new people? Interested in opera?

New members are always welcome.

Whether you’re looking for your next role, wanting to try something new, or you’re looking to get back into singing, come along to our first rehearsal of

**Verdi’s**

**A Masked Ball**

On Friday 10th March at 7:30pm. Venue: Folksworth Village Hall (PE7 3SU)

For more information, go to www.peterboroughopera.co.uk or find us on social media:

[@PeterboroughOpera](https://www.facebook.com/PeterboroughOpera)  [@Peterboro_Opera](https://twitter.com/Peterboro_Opera)  [@Peterboroughopera](https://www.instagram.com/Peterboroughopera)

Would you like to be involved but would rather be behind the scenes? Contact our Director of Productions and Patron Secretary shirley.burchell@outlook.com to see how you could help.
This is Lizzie, she is one of Healthwatch Cambridgeshire’s local volunteers and is helping us with a new project to look at how health and care services communicate with people who have a sensory loss.

Lizzie explained ‘I am a service user myself and have disabilities, so I rely on good healthcare and support, such as having a good relationship with the GP.’

Healthwatch volunteers are people like you who live or work in Cambridgeshire. You know the place where you live and the people in your community. Your help would be invaluable to talk to people about Healthwatch and find out what care is like for them.

**WHAT’S INVOLVED?**

- You will listen to people within your local community who have used health or social care services. This may be your family, neighbours and friends, or people you meet within your local networks.

- You may visit local groups, chat with people and record what they have to say.

- You might talk to people about Healthwatch Cambridgeshire. This may involve giving a short presentation, or working with us on a display stand.

We will give you training and support, as well as paying agreed out of pocket expenses.

As a Community Listener, you could also train to take part in our 'Enter and View" visits to local health or care services. This is our legal right to visit places that provide publicly funded health or care services, to see and hear how people experience care. In the last year, we have visited Addenbrooke's and Hinchingbrooke Hospitals.

**FIND OUT MORE**

Contact Heather or Elizabeth for an informal chat. Call 01480 420628, email enquiries@healthwatchcambridgeshire.co.uk or visit www.healthwatchcambridgeshire.co.uk
WE CAN MANAGE WITHOUT IMPORTED VEGETABLES

Continuing SCAN's campaign to cut food waste, and in the light of the lettuce shortage, this month's recipe uses the last leek in the packet, 'old' potatoes and any bits of cheese still lurking in the fridge. Admittedly, if you like free range eggs you might have to compromise.

**CHEESE, LEEK AND POTATO PANCAKE**

Melt a piece of butter in a frying pan, then cook a leek that has been thinly sliced, stirring until it is soft but not brown. Cut two medium-sized potatoes into 1/2cm thick slices and add to the leeks. (You might need a little more butter.)

Beat together six medium eggs, 80gms cheese (cheddar is good) and some chopped sage (dried will do, but only a small teaspoon).

Stir the egg and cheese into the vegetables and cook on a low heat for about 10 minutes, until nearly set.

Meanwhile, pre-heat the grill, then grill the pancake for a short time until it is set and browned.

Serve in thick slices with a winter coleslaw - no imported lettuce in sight, but a mixture of winter vegetables - select from celeriac, carrot, cabbage (red or white), onions, beetroot, grated apple, cress.

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**Help the Foodbank**

Thanks for your continued support. The Foodbank is now low on:

- Sugar
- Fray Bentos meat pies
- Tinned spaghetti
- Bags of rice

Please contact Pearl Reed [241114] if the Church is not open or if you need anything collected.
Hmmm well, calories are 'shonky science' and no way to live! writes Sally Pinnegar.

That’s not to say that the amount of energy you eat and drink doesn’t matter. It does, and having a rough idea of the approximate energy values of foods is good practice, but counting and obsessing over small numbers makes less sense than adjusting intake based on good nutrition, lifestyle, common sense, the way you feel, and your results.

What is a calorie? It’s the amount of energy needed to heat one kilogram of water by one degree Celsius. But that’s very simplistic compared to the body’s huge amount of processes, and the vast number of variables.

Calories are not equal. 100 calories of crisps will be handled differently by the body than 100 calories of nuts. The crisps will raise blood sugar, while the nuts will help to steady it. Causing a blood sugar rise means more fat is stored while the body tries to regulate circulating sugars. That’s before we look at the relative nutrient values.

Bodies are not equal. A fit person will use calories differently to an unfit person. An over-fat person will handle them differently to a lean person. The fitter, leaner person’s body is more efficient at using energy because it has learned how to optimise energy from food. The sedentary person’s body has learned how to store fat.

Calorie values on labels and in books are often wrong and don’t account for the many variables.

We each have different bacteria, enzymes and gut function. Human digestive enzymes and gut flora vary according to diet, health status, lifestyle and genetics. Some people have very diverse and efficient enzymes, others do not. Each will handle the energy in food differently.

The way foods are prepared and cooked changes their energy effect. For instance, boiling a potato creates a different energy effect than roasting it; the boiled spud will raise blood sugar more readily. But wait, there’s yet another factor: the type of potato makes a difference too! Waxy potatoes release energy and raise blood sugar more slowly than floury ones. So looking at calories in a potato doesn’t give you an accurate measure of the energy value of a baked potato. And it’s not just potatoes! When humans learnt how to cook we hugely increased the calories available from all types of food.

My answer is: I don't count calories and I don’t want you to either!

'Nothing is more irredeemably irrelevant than bad science.'

John Charles Polanyi
Stilton Church
Coffee Morning
March 18th
10:30am - noon
(Third Saturday in every month)

Join us for coffee (or tea if you prefer), cake, chat and fellowship.

Stilton Stumblers
Spring Itinerary

<table>
<thead>
<tr>
<th>12 Mar</th>
<th>Norfolk Coastal Walk</th>
<th>26 Mar</th>
<th>Holme Fen</th>
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<tr>
<td>9 Apr</td>
<td>Belvoir Castle</td>
<td>23 Apr</td>
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Our regular walks are between 5 - 8 miles and meet at 10:00am at The Pump

For more information about Stumbling, just Google ‘Stilton Stumblers’ or call Shirley on (01733) 246209 - or just turn up on the day with your boots on!

Stilton Parish Council

Clerk: Mrs. Mary Croll
10 Caldecote Road, Stilton
Peterborough, PE7 3RH
Tel: 01733 241042
Email: stiltonpc@yahoo.co.uk

PLAYING FIELD CLOSED

Under the Health and Safety act 1974 the playing field will be CLOSED UNTIL FURTHER NOTICE to enable essential maintenance work to be undertaken to improve the playing field surface.

By Order of the Parish Council
Mary Croll, Clerk to Stilton Parish Council

Be sure to tell our advertisers you found them in SCAN!
Stilton Parish Meeting Room

The Parish Room will be open from 10am to 11am immediately following Parish Council meetings, which are on the **Wednesday following the second Tuesday in the month**. If you want to speak with the Clerk at any other time, please make an appointment. Planning applications can be viewed by appointment; telephone (01733) 229130.

**HIRING THE ROOM**

The Meeting Room is available for hire between 9am and 10:30pm Monday to Saturday; Sunday hours by arrangement. A booking form and conditions of hire are available from the Clerk to Stilton Parish Council.

The Room seats up to 20 people, ideal for small clubs or committee meetings. It has broadband, a kitchen area and toilet suitable for use by disabled people. Users should note that smoking is not permitted in any part of the building, nor in the surrounding cemetery.

**FEES:**

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<tr>
<td>All Day (9am - 6pm)</td>
<td>£50</td>
<td>Evening (6:30 - 10:30pm)</td>
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<tr>
<td>Half Day (9am - 1pm or 2 - 6pm)</td>
<td>£25</td>
<td>A deposit of £50 is required when booking.</td>
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**Twinning Diary Dates**

18 March 2017  
Race Night - see advert in this issue

23-25 June 2017  
Weekend visit to Lille - details in this issue

8-12 July 2017  
20th Anniversary Celebrations - details in this issue

If you are interested in any Twinning events or in becoming involved in the Association please contact Chris Walford on 241376.

Funds raised by the Association provide for travel grants for young people on exchange visits to St Christol and activities here when groups visit from St Christol.