

Quality Painting and Decorating, tiling, carpentry and general maintenance

Andy Wheeler

30 years experience **Fully insured**

Period property experience

01733 568095 Mob: 07811 823907

Plants Posh Pooches

Gifted Grooming For Your Furry Friends



Specialist Clipping and Trimming **Bathing and Drying** Hand Clipping and more

All Breeds Welcome: BIG or Small

Call Hannah on 07562499223 www.plantsposhpooches.co.uk

INSURANCE THAT'S ON YOUR DOORSTEP

Having a local office means we've accessible, whether you need to make changes to your policy, make a claim or need financial advice.

- We can help you with:
- · Home & Car Insurance
- · Business & Commercial Vehicle Insurance
- Retirement Planning
- · Protection

NFU Mutual Financial Advisers advise on NFU Mutual products and selected products from specialist providers. We'll explain the services we offer and our charges.

For a real conversation about your needs call 01832 279090 or pop into our branch

NFU Mutual Office, 7 & 8 The Old Dairy, Elton, Peterborough PE86SH



It's about time'

Agent of The National Farmers Union Musual Insurance Society Limited. For excurity and training purposes, telephone calls may be recorded and monitored.

Aerials & Satellites

- LCD & Plasma TV Installations
- Aerials Upgrades to Digital
 - Extra TV Points
 - Storm Damage
 - · Swift, Reliable Service

Over 40 years experience

No call out charge



Steve Kruger & sky



Mobile 07949 783266 Office 01780 782775

S K CONTRACTS

Award Winning Builders & Carpenters Winner LABC 2009 Awards



- New House Builds
- Commercial Conversions
- Domestic Extensions
- Loft Conversions
 - Stone Property Renovations
 - On Site Joinery
 - Orangeries
 - Conservatories

6 Old North Road, Wansford, Peterborough PE8 6LB Tel: 07970 700767

info@skbuildersandcarpenters.co.uk www.skbuildersandcarpenters.co.uk

EDITORIAL

An image from the Wansford and District Horticultural Society's Annual Show features on our front cover this month. The beautiful floral arrangements were just one section of the exhibits that filled the marquee at The Haycock Park on 23 August. Special thanks to Gill Fisher and Mat Free for helping to ensure that the content of Living Villages remains topical and timely: despite the fact that the date of the Show coincided with copy deadline, they managed to send photos and a report just in time, and the magazine was compiled and edited by the end of the next day. For more of Mat's photos and Gill's report on the Show see p15.

Amongst several special features in our September magazine we are pleased to include the first of a series of articles on Peterborough City Centre events that may be of interest to our readers. We are also delighted to publish on the Letters page two separate reports sent in by residents of Thornhaugh.

The production of Living Villages magazine is tied to a very tight time scale every month, with compilation, editing and proof reading generally accomplished and the magazine sent to the printers within 24 hours of copy deadline. Inevitably, despite our best efforts, some errors do creep in, and generally those readers who spot occasional "typos" kindly refrain from pointing them out. However it would have been helpful to be alerted to a recent major error: For the three months of June, July and August our front covers included a village called "Thornhaugh". Thornhaugh readers, please accept my apologies. I wonder how many readers actually spotted the significant mistake?

CONTENTS

Contacts	4
Worship lists	5
Reflections	7

News reports:

Friends of churches:				
Wansford &				
Thornhaugh . 9,	11			
Stibbington &				
Sutton	13			
Communicare	13			
Horticultural	15			
WI	16			
Lottery	16			
RBL	18			

Parish Councils:

Wansford		2	3,	25
Sutton				27

Special features:

Local History . 20, 2
Book Review 26
Guardians of our
past 29
Nature Notes 3:
City Centre events32
Health & fitness . 34
Stibbington
Centre 35
Letters to the Editor
36, 37

Diary Dates . . 38

Editorial team For contact details see p 4

Editor:Rosie McDonnellAdvertising manager:Carole WhincupDistribution manager:Rod SortwellReporter:Martin LewisPhotographer:Charles BrownPrinting and collation:PPS/Print

Regular features writers:

Reflections: Canon William Burke
Rev Michael Matthews
Local History: David Stuart-Mogg
Nature Notes: Graham Blagden
Health & Fitness: Dan Whiter
Younger Readers: Karina Chappell

Read your magazine on-line at www.livingvillagesmagazine.co.uk



DIRECTORY OF CONTACTS (



Living Villages Editorial Team

Editor Rosie McDonnell 01780 783639 rosied@alobalnet.co.uk

Advertising Manager Carole Whincup 01780 783055

Distribution Manager Rod Sortwell carole.whincup@gmail.com 01780 783403

Reporter Martin Lewis r.sortwell@btinternet.com 01780 783668

mtlewis00@btinternet.com

Website: www.livingvillagesmagazine.co.uk

Parish Councils

Sutton	Peter Lee (Vice Chair)	01780 782703
Wansford	Wendy Grey (Clerk)	01778 441312
Sibson-cum-Stibbington	Wendy Grey (Clerk)	01778 441312
Thornhaugh	Deirdre McCumiskey (Clerk)	01780 782668
Water Newton (Parish Meeting) Tony Capon (Chairman)	01733 237500

Churches

Ministers: Thornhaugh & Wansford Rev Michael Matthews 01780 782271

frmichaelmatthews@btinternet.com

Stibbington & Water Newton Canon William Burke 01733 380244 wburke@btinternet.com or Parish Office, admin.castor@btconnect.com

Churchwardens:

St Andrew's Thornhaugh:	Stuart Foreman	01780 783220
_	Liz Kemp	01780 782333
St Mary's Wansford:	Paul Tate	01780 782965
•	Alan Jones	01780 783205
St John the Baptist, Stibbingto	on Richard Winfrey	01780 782431
, ,	Carol Lindony	

Carol Lindsay Friends:

St Mary's & St Andrew's Dora Baker 01780 782519
St John the Baptist Helen Facer 01780 782932
St Remigius Water Newton Tony Capon 01733 237500

Other useful contacts

Neighbourhood Policing 101Horticultural Society01780 782446Wansford Surgery01780 782342Royal British Legion01780 782200(Out of hours01733 293838)Stibbington & Wansford WI... 782510Wansford Pharmacy01780 781616Cricket Club01780 782109

Communicare 01780 470437 H'don District Council 01480 388388 P'boro City Council 01733 747474







Date	Time	Location	Service
7 Sept	9.30 am	St Andrew's, Thornhaugh	Holy Communion
	10.15 am	St. Kyneburgha, Castor	Holy Communion
	4.00 pm	St Mary's, Wansford	Families Tractor Service
14 Sept	9.00 am	St. John the Baptist, Stibbington	Morning Worship
	9.30 am	St Mary's, Wansford	Sung Communion
21 Sept	9.30 am	St Andrew's, Thornhaugh	Morning Prayer
	10.15 am	St. Kyneburgha, Castor	Holy Communion
28 Sept	9.00 am	St. John the Baptist, Stibbington	Holy Communion
	9.30 am	St Mary's, Wansford	Morning Prayer



Wansford:

Mondays 3.00 pm Prayer Group Wednesdays 10.00 am Morning Prayer



GRIFFIN

Solid Fuel Merchant Supplier of Pre Packs

Coal Bunkers Charcoal Compost Flo Gas Logs & Sticks Salt

Coal Yard Station Road Nassington 01780 782540 Office 12 Church Hill Castor 01733 380470

WANSFORD COMMUNITY HALL

Peterborough Road, Wansford

This hall accommodates parties of up to 36 people seated. Ideal for Meetings, Workshops, Aerobics etc

GREAT VALUE AT ONLY £4 per hour FOR BOOKINGS TELEPHONE John Stannage 07879 485330

GOOD NEWS VAN

Free Lending Library of Christian Books, Videos, CDs

2nd Monday of every month excluding January

17 Russell Hill, Thornhaugh 2.30 to 4.00pm

PAINTER and DECORATOR

40 years experience Reasonable rates Free estimate



Call Jo on 07880907068

New activities for 2014



Don't Miss:

Harvest Festival Weekend

13 & 14 September

Just off the A1/A47 near Thornhaugh. Call 01780 782254 Visit www.sacrewell.org.uk. Registered Charity No. 233603

REFLECTIONS By Canon William Burke

STEWARDSHIP OF OUR LOCAL ENVIRONMENT

A few days ago, it was such a lovely day I walked to Water Newton for mid-day prayer before calling on people. On the return journey I saw that a number of swallows were already clustered in groups on the telegraph wires. They have clearly stopped nesting now and can be seen in their hundreds wheeling in the sky like spitfires, hunting for insects, prior to settling down, as dusk approaches, to roost on the reed beds along the back water at the end of Station Road and elsewhere in the reeds along the banks of the Nene. As they start to prepare for their own departure to South Africa the thought crossed my mind that I shall soon start preparing for my departure too and we shall have left before the swallows return. There are so many things that I shall miss when we leave here but among them will be the wonderful asset that we all share in the Nene Park, We are also fortunate in the Soke of Peterborough that we have so many ancient and fascinating churches which other people envy. Visitors who come for weddings, baptisms and funerals are often astonished at our Norman village churches and wonder why they have never heard of them before.

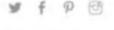
Our villages around here of course are also just as attractive as the Cotswold villages at the other end of the lime-stone ridge known as the Jurassic Ridge, but again much less well-known. As you probably all know, this lime-stone ridge is anchored at one end by the town of Burford in Gloucestershire at the Southwest end of the ridge and at the North east end anchored by the town of Stamford; our villages are all on the ends of spurs of limestone coming off the ridge leading to the water meadows along the banks of Nene and the Welland. All this makes for fertile farm land too as well as a diverse wild life and attractive buildings and churches. We are fortunate to be the stewards, the care-takers if you like, of all these good things. In the same way we are fortunate too, that we are relatively well-fed and live in a prosperous and peaceful land. As we approach harvest thanksgiving services it is well to remember and give thanks to God for the good things that we share, and to thank the farmers and all those who work so hard in our village communities to care for the surrounding countryside, the churches and the environment and amenities. Harvest Festivals are a form of extended "grace", a thanksgiving for all we share but also a time to pray for the resources to help us continue in our stewardship of the countryside, the flora and fauna and our beautiful churches and delightful villages. Jesus often reminded his disciples of this task; reminding them for example to reflect on the birds in the air and flowers in the field and to give thanks to God for his bounty. We also remind ourselves that this stewardship however does not happen without a lot of hard work and generosity by many people, for whose work and support we also give thanks to God, lest we take it for granted and wake up and find one day it has gone. As with all things that are loved, they also need acknowledging and cherishing.



{Beaux Amis} Hair & Beauty

Massage, Facial, Waxing, Threading, Manicure, Pedicure, Holistic treatments, Colouring, Cutting, Styling & Occasion hair

01780 781102 The Haycock Hotel, Wansford. www.beaux-amis.co.uk



THE HAYCOCK HOTEL

80's TRIBUTE NIGHT



Join us on Friday 19th September 2014 and flashback to the 80's for a night to remember! Enjoy our three course 80's inspired menu and entertainment from live band 80's Project!



Tickets £29.95

For more information or to book please call 01780 782223 or email sales@thehaycock.co.uk

Please visit our website for full terms and conditions.

WWW.MACDONALDHOTELS.CO.UK/HAYCOCK

FRIENDS OF ST. MARY'S AND ST. ANDREW'S

On Wednesday, 20th August 18 members of The Friends enjoyed a bring and share tea at the home of Rita Kendrew. It was a lovely occasion blessed with sunshine while sharing good food in Rita's beautiful garden.

The next meetings will be 3rd and 17th September 2014 at 10.30 in the Community Hall following Morning Prayer at 10 a.m.

Please come and enjoy lively discussion as we plan for the forthcoming Harvest Lunch on Saturday 11th October 2014.

Dora Baker, Secretary



Family Worship at Wansford Parish Church

every first Sunday afternoon of the month, at 4pm

September 7th

Tractor Service

Ploughing your furrow

October 5th

All at Sea A noisy service for Sea Sunday

November 2nd

Peace

Doves of Symbols of Peace

December 7th

Advent adventures To celebrate the countdown to Christmas

a shorter, fun, worship time set around a theme, with colouring activities and craft work for younger people, and refreshments. Do come and join in.

ST MARY'S WANSFORD **CHURCH CHOIR**

Following the choir's summer break, practices will resume on Thursday 4 September at 7.30pm at 19A Old Leicester Road, Wansford in preparation for singing at the Communion Service at 9.30am on Sunday 14 September.

New singers are very welcome to join us.

For details contact me on 01780 783639.

Eddie McDonnell

CATALIN CLEANING

A1 Service Station, Stibbington PE86LN

Hand car wash Open 7 days a week 8am - 7pm

Wash 1 Wash & dry, Wheels, Windows outside, Arches & Black tyres £5
Wash 2 As above plus Windows inside, Vacuum, Dashboard & clean mats £10
Mini valet As above plus Body polish & Bumper polish £20
Full valet As above plus wash and dry all interior & Engine wash £50

For 4x4s, 7seaters, Commercial vehicles, special exterior polish & engine clean please ask.

07523 404 903

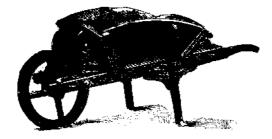
Village Pizzas

Freshly Made & Delivered to your Door

View our Menu at www.villagepizzas.co.uk

Tue — Sat 6pm till the phone stops ringing!

01780 784587



PETER RIDDINGTON LANDSCAPING

We supply and install Patios & Pathways, Decking, Stone Walls and Fencing, We plant Trees, Shrubs Hedges and Flowers, and offer a complete Garden Maintenance and Improvement Service.

Garden design service provided Contact Peter Riddington today for a free quotation

4 LOCKS GREEN, YARWELL, PETERBOROUGH PE8 6PY Telephone: 01780 783004 Mobile 07860 962068 Email: peter@peterriddington.co.uk

ST MARYS WANSFORD SPECIAL DAY

Wansford residents are invited to call into their village church on Saturday 13th September - the annual gift day. The Rev Michael Matthews will be there from 10am to 3pm and looks forward to an opportunity to meet residents, explain the way in which the church is developing its activities and facilities and listen to their views as to the role of the church in the community. It is also an opportunity for villagers to demonstrate their support for the church by leaving a donation on the day.

Church Warden Alan Jones explains, "The village church fulfills many roles. For some it is a place of worship, for others it is a place for quiet contemplation. Some enjoy the social activities and others may just appreciate it as a wonderful building at the heart of the village. We ask everyone to recognise the importance of St Marys and all it offers by making a donation on Gift Day. Running the church is very costly and needs the support of the village. Its reach and purpose extends far beyond its Sunday congregation and this is the annual opportunity for everyone to call in."

All will be most welcome to stop by for refreshments and a chat. Anyone who cannot make it but would like to donate is invited to drop off a cheque payable to Thornhaugh and Wansford PCC at the home of Church Warden Paul Tate - 2 Yarwell Road or call Paul (782965) or Alan (783205) who will be happy to collect.

BENEFICE BBQ

On Sunday 17th August the six churches in the Watersmete benefice came together for a BBQ at the home of Rev Peter Morrell in New Sulehay. From the Living Villages group, Wansford and Thornhaugh are now part of this benefice and are increaseingly sharing activities and resources with the four other churches in the group. Father Morrell's daughter Harriet and son in law Charles made sure that everyone present was treated to an excellent spread - and there wasn't a burnt burger to be seen! Next on the calendar for the Benefice was a special service at Sacrewell Farm on 31st August and the Church

Wardens invite anyone wishing to be

kept up to date with these events to

register their e mail address via

paul.tate53@hotmail.co.uk

In memoriam STANLEY CHAMBERS

Stanley passed away in August after a long illness. Born in 1921, Stanley was a much loved character in the village where he lived throughout much of his life apart from when on active service and a spell at Sacrewell. Indeed Stanley's parents lived in Wansford before him. Stanley had many practical skills and undertook a variety of work in many local homes which will provide a lasting legacy. He was also a great supporter of St. Marys Church which he served as Church Warden for many years and he even installed the present pews in the early 1970s. Stanley was kind and caring and a true gentleman who was committed to his family and his community. He will be sadly missed by many people.

Paul Tate, Churchwarden

M * R * H Gardening Services

Need help with your garden?

Grass cutting — Hedge trimming — Tree clearing — Pruning Planting — Garden rubbish removal — Fire wood for sale

Phone 01780 479125

Mobile 07920 515661

DAISYTHAIN

Eclectic Gift Shop for all ages and genders Modern, retro, vintage, antiques



33 Elton Road - Wansford-in-England www.daisychaincollectables.co.uk Tel: 07713 317006 Email: abc@daisychaincollectables.co.uk

Open Thursday to Sunday 11am to 4.30pm

LITTLE MOUSE

web design & marketing

Websites designed & built from £199
Leaflet design, production & distribution
PR & Events
Direct & email marketing
Based in Wansford

visit www.lm-marketing.co.uk

CHRIS HARRIS PAINTER & DECORATOR

INTERIOR AND EXTERIOR WORK

FOR A FREE ESTIMATE CALL **01733 759517**

CHOOSE YOGA

Yoga class for all ages & abilities. Christie Hall, Wansford

Tuesdays 7pm and Thursdays 10am

£7 drop in or £6.50 per 4 session pass British Wheel of Yoga Teacher

Contact Penny 07960 267986

Martin James

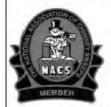
The Village Sweep

Your local chimney sweeping service. Open fires, flues and appliances cleaned.

Stove repairs.

Fully insured.

Certificates issued.



01780 470275 07749 438567

mhj1@btinternet.com

FRIENDS OF STIBBINGTON CHUCH

Retirement of Rector

Rector William Burke will be retiring in February next year by which time it is reckoned that the scheme to incorporate Stibbington and Water Newton in Castor Ecclesiastical Parish will have been promulgated. William's last services will be on the 8th February 2015. There will be meetings with the Wardens and other Parish Officers to discuss the running of the parishes in the inter-regnum until a new priest is appointed and further meetings to discuss the process for selecting a successor.

Iraq Appeal

During the past few weeks many local people have made donations to the Iraq Appeal set up for our villages by William Burke. The funds raised will go directly to help the tens of thousands of helpless, homeless and vulnerable Christians and others, including women and children who are fleeing for their lives; they have lost their homes and have neither food nor shelter.

Though the appeal ended on 31 August, donations may still be given. Contact the Castor Parish office for details at admin.castor@btconnect.com.

Carol Lindsay

COMMUNICARE

(Wansford & Kings Cliffe Surgery Patient Group)

34th ANNUAL GENERAL MEETING Wednesday 3rd September 2014 6.30pm at Wansford Surgery

DEMENTIA

Trying to cope with this affliction as a patient or a carer? You may be interested to hear our guest speakers from the Peterborough Branch of the Alzheimer's Society who will be talking about support they can offer and their new Dementia Resource Centre.

Followed by the AGM agenda: 2013 AGM / Matters Arising, Officers' Reports, Transport, AOB, Meeting Dates for 2014/5

All patients are invited to attend

PPS Print Peterborough Printing Services

Your local FSC certified colour print specialist

- business stationery
- · leaflets & brochures
- · reports & manuals
- posters & banners
- · variable data
- · marketing support
- promotional products pens, mugs, keyrings, calendars, diaries, luggage, umbrellas, golfing, leisurewear etc
- exhibition support banners, pull-up displays

Delivering high quality traditional litho and state-of-the-art digital colour print

01733 349881

info@pps-print.com www.pps-print.com www.pps-promotions.com

Ainsley House . Fengate . Peterborough , PE1 5XG

THE CHRISTIE HALL

Elton Road, Wansford, (Registered Charity No 1033998)
The recently refurbished Hall is available for Parties, Receptions, Meetings and most types of private function

For bookings at £10 per hour or £8 per hour residents of Wansford, Stibbington and Thornhaugh contact the bookings clerk on Tel: **01780 782446 Gill Fisher**

VISIT OUR WEBSITE <u>www.christiehall.co.uk</u> for further information We look forward to hearing from you.

PAWS and CLAWS

Delightful Country Setting: Individually Heated Chalets Spacious Accommodation With Outside Runs Personal Care & Attention: Innoculated Cats Only Rescued Cats & Kittens usually available and wanting good homes (& hearths by which to purrrr!)





HANDYMAN

For All Your Household Repairs

Joinery, Painting, Decorating, Shelves, Skirtings, Covings, Light Fittings Etc. No Job Too Small



01780 591313 / 07847922844

BARKLEYS GARDEN SERVICES

Grass cutting, weeding, hedge trimming

Lady gardener available

Bev & Peter Ailsworth (01733) 380480 or 07593721144



WANSFORD HORTICULTURAL & CRAFTS SOCIETY

All the hard work and effort put in by the committee, members and entrants paid off on Bank Holiday Saturday when we viewed the magnificent array of flowers, vegetables, plants, art and craft, photography and cookery on show in the big marquee. The number entering classes rose from 57 people last year to 80 this, and there were considerably more exhibits to view.



All the judges said that the standard of entries was very high this year and there was fierce competition for the 30 cups and trophies awarded to the winners by our sponsor, Sue Arnold, from the InStep Foot Clinic, Wansford. Above all we were pleased to see an increase in entries from children, and the delight on their faces when they came forward to receive cups proved

that it is worth coaxing them away from their laptops and digital gismos.

One short sharp shower dampened an otherwise sunny day and visitors were able to sit enjoying their refreshments while they listened to the rousing music from the Yarwell and Nassington Britannia Band and admired the passing canine contestants from the adjoining Fun Dog Show in aid of our local rescue centre.



Cakes and refreshments sold out, tombolas sold out as over 450 adults and a considerable number of children entered the Haycock Park, and we are grateful to the hotel for their assistance in making the day such a success. Huge thanks are due also to all the residents of Wansford, Stibbington and surrounds for generously donating over 300 bottles to our bottle tombola stall and for coming along on the day to show their support. Full results will be published in next month's magazine.

We take a well earned rest in September, but our next talk is scheduled for Thursday 9 October at 7.30 in the Christie Hall when David Pennell will present a talk on the Burghley House Estate. Please come along!

Gill Fisher 782446 fisher.gill@yahoo.com



STIBBINGTON & WANSFORD WI

The August meeting was our annual social evening hosted by Rita Kendrew and attended by 16 members and one quest – a chance to also celebrate our group's 95th

the VINSPIRING WOMEN

birthday which officially took place in April. Following the business section everyone enjoyed a splendid buffet supper, including an appropriately decorated birthday cake, before putting their thinking caps on to do an entertaining and fairly challenging quiz of both general knowledge and WI themed questions. About a dozen members had also supplied photos of themselves as babies or young children – there were a lot of puzzled expressions trying to guess the identities.



At the time of preparing this report we are hoping for another successful cake stall at the Wansford Annual Horticultural Show on Bank Holiday Saturday – like all other participants we shall be anxiously watching the weather forecast!

Reminders: Saturday 6th September – visit to the National Stud at Newmarket. Next meeting at the Community Hall Tuesday 9th September – our guest speaker is Paul Johnson from the Wansford Pharmacy. The next Book Club meeting will be on Thursday 25th September – the nominated reads are 'The Lie' by Helen Dunmore and 'The Goldfinch' by Donna Tartt. Our 'sausage making' evening at Alec Day Butchers in Bourne is on Tuesday 30th September - £10 for the demonstration and two-course meal – there is a maximum number for this event – bookings will be taken at the September meeting.

Wendy Spencer

THE CHRISTIE HALL COMMUNITY LOTTERY

The winners of the **August 2014** draw are listed here.

Many thanks to James Ingram at The Paper Mills, Elton Road, Wansford for drawing the tickets.

Mat Free, Administrator Mat.Free@hotmail.co.uk

£60	J Holman
£50	E L Preston
£40	A Fisher
£30	T Sortwell
£20	D Cox
£10	A Norman







THE ROYAL BRITISH LEGION STIBBINGTON & DISTRICT BRANCH

Yarwell & Nassington Britannia Brass Band

'Last Night of the Proms Concert' on Friday 10th October 2014 at Nassington Church will be in aid of The Poppy Appeal

Tickets £8.00

Advance Tickets Sales available from Sue Arnold on 782200 or sue@instepfootclinic.freeserve.co.uk

Chocolate Tombola

We would like to thank everyone for all the very generous donations of chocolate and money for the Chocolate Tombola. £200 has been donated The Poppy Appeal.

NEWS IN BRIEF NEWS IN BRIEF NEWS IN BRIEF

- 2015 Calendars will be on sale shortly. Once again featuring photographs by Marcus Arnold of local scenes, in aid of The Poppy Appeal.
- Bogus Door to Door Royal British Legion Collections These have been reported in some areas. Please note that no such collections are scheduled to take place in PE8 in the foreseeable future. Please report all approaches to the Police.
- Dates for your diary:
 - Sunday 9th November Service of Remembrance, 10.30am at Stibbington Church.
 - Thursday 27th November AGM & Christmas Party, 7.00pm at The Christie Hall



THE SPECIALISTS IN PODIATRIC MEDICINE

- New Patients Always Welcome no referral necessary
- Early Morning & Late Evening Appointments. Home Visits.
- O Coms, Calluses, Cracked Heels and Dry, Hard Skin
- Thick, Yellow, Fungal Nails. Nail Surgery For Ingrown Nails
- Verrucae Treatments for All Ages, including Dry Needling

Healthy feet don't hurt We can help!

Sue Arnold BSc(Hons) & Associates 19 Elton Road, Wansford, PE8 6JD Tel: 01780 783982





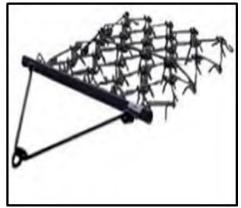


LOCAL HISTORY By David Stuart-Mogg

And many people shall go and say, Come ye, and let us go up to the mountain of the LORD, to the house of the God of Jacob; and He will teach us of His ways, and we will walk in His paths: for out of Zion shall go forth the law, and the word of the LORD from Jerusalem. And He shall judge among the nations, and shall rebuke many people: and they shall beat their swords into plowshares, and their spears into pruning hooks: nation shall not lift up sword against nation, neither shall they learn war any more.—Isaiah 2:3–4

Until recently, I had always imagined that the above biblical reference describing the beating of swords into ploughshares was little more than an imaginative metaphor intended to appeal variously at cerebral and literal levels to a broad spectrum. It was a chance conversation with David Shepperson, the son of Nassington village's last farrier and blacksmith John Shepperson, whose forge and workshop was situated on the Fotheringhay Road just past the well-known Black Horse Inn. that I learnt of an instance where sword blades designed to cut flesh were 'recycled' to perform the more utilitarian function of cutting through earth.

Drag harrows, drawn behind tractors to break up compacted ground, have been used by farmers for centuries if not millennia and were formerly horse or hand-drawn. On stony and hard ground the tines, that is the spikes or blades that dug into the surface to disrupt the compacted soil, would wear, bend and sometimes break. When the number of compromised and missing tines became critical, the farmer might eventually bite the bullet and take the harrow to the local blacksmith for repair. This would be



done by forging new, replacement tines: perhaps not too dissimilar allegorically to having a damaged or decayed tooth capped.

Displaying initiative often borne of necessity during the straitened, post-war years when raw materials were frequently unobtainable, John Shepperson obtained some old swords which he cut down before welding on the shortened blades as replacements for damaged and broken harrow tines. Whilst not strictly speaking ploughshares, harrows perform a not dissimilar function and I found the metaphoric symbolism so redolent of the above verses from the Book of Isaiah. conceived millennia earlier, too engaging not to comment upon and share. In concluding it is also of interest in passing to observe, as I just have, that the last seven words of the above quotation . . . neither shall they learn war any more are clearly reflected in the repeated refrain of the old, well-known African-American spiritual as ...ain't gonna study war no mo'.

Following the break up of many large country estates after the First World War and the often general translation of established gentry into a class of nouveau pauvre and the villages over which they had held sway for

SWORDS INTO PLOUGHSHARES AND DAYS AT THE RACES

generations became suburbanised as enclaves for nouveau riche commuters, field sports played a highly important role in country life. Perhaps few country pursuits were more all embracing than racing. Stamford Aerodrome, now RAF Wittering, was built on Wittering Heath which for centuries was the venue for the Stamford Races. These took a form more akin to present day point-to-point races, the most commonly raced distance being some four miles. Although the usual chicanery and racing subterfuges were doubtless common, there were rules. One of the earliest on record states: "That if anve of the matched horses or their ryders chaunce to fall in anye of the four heats the rest of the ryders shall stave in their places where they were at the tyme of the fall until the ryder so fallen have his foote into the stirroppe againe."

In 1717 racing activities were removed much closer to Stamford itself. The turning off the A1 northbound immediately before the Stamford flyover turn-off, above the site of the former Carpenter's Roundabout, is still called Racecourse Road. The former roadside grandstand, which for many decades stood derelict, is now a fine country residence. Racing here continued, with mixed fortunes, until 1873. Between 1717 and 1785 the races were held during the second week in June on the Tuesday, Wednesday and Thursday. After 1785 the races were held on the same weekdays but either during the last week of June or the first week in July. By 1839 it seems that just two days were considered sufficient to complete the programme. As an indication of the popularity of the races, in 1849 the Stamford and Easton on the Hill gates admitted over 4,000 race enthusiasts,

each theoretically paying 3d (1¼p) entrance fee. Built in 1766, the earlier mentioned grandstand was two stories high, the upper storey being reserved exclusively for the aristocracy. Here the famous Stamford Gold Cup, the premier prize, was put on display.

Racing was not the only activity that took place on the racecourse. Cricket matches were held as well. In 1722 the Horse Guards (the Blues) were reviewed by General Pitt on Stamford Racecourse. In 1811 the Riflemen of Northamptonshire challenged all England to a shooting competition on Stamford racecourse. The challenge was accepted by the Yagers (Jaegers?) of the Honourable Artillery Company and the Duke of Cumberland's Sharpshooters. The wager was 50 quineas (£52.50) a team. The Northamptonshire Riflemen lost their challenge, and their wager, and military camaraderie was clearly strained after a dispute over a technicality during the second match between the Northants men and the Duke of Cumberland's Sharpshooters. Feelings remained sufficiently high afterwards for the Sharpshooters to dine alone at the Crown Inn in Stamford whilst the Northants and Honourable Artillerymen competitors enjoyed a convivial evening at The George. During race weeks the cock (fighting) pit at The George, which held upwards of 500 spectators, was heavily patronised and witnessed astonishingly heavy wagers in gold being laid. This octagonal cockpit was eventually demolished to make way for the construction of Station Road to access the new Stamford railway station.

david@stuartmogg.com

Illustration: A simple harrow

GARDEN SERVICES

Garden &
Ground Maintenance
Contract Work
Commercial & Domestic

Peter Gatheral

01780 783231 10 Chapel Court, Wansford

A. L. PALENSKI Builder

10 Old Leicester Road Wansford Peterborough PE8 6JR

01780 782818

KEITH PIKE ATT, ACIB Personal Taxation Adviser

Are you worried about....

- completing your Annual Tax Return and Self Assessment calculation?
- claiming all of your allowances / reliefs?
- calculating the capital gain or loss on the sale of shares or property
- paying too much tax?

.. if so, help is at hand

For a personal confidential service, contact Keith Pike, a former Technical Director with 30 years' experience in Personal Taxation on

01832 281086

or email: kmpike425@btinternet.com
19 River Lane, Elton PE8 6RG

Nene Valley Railway





www.nvr.org.uk

Nene Valley Railway, Wansford Station, Stibbington, Peterborough PE8 6LR Tel 01780 784444 www.nvr.org.uk Registered charity no 263617

WANSFORD PARISH COUNCIL

Minutes of meeting held on Monday August 11th

Present: Cllr J Stannage – Chair, Cllr T Pearson – Vice Chair, Cllr R Clarke,

Cllr M Handley, Cllr V Thorley,

In Attendance: PCSO Mary Webber, Mr G Bedford, Mr M Ims

APOLOGIES FOR ABSENCE: Cllrs Fox-Clipsham, Stevens, Lamb, Holdich

CRIME: PCSO Mary Webber: reported on incidents from 14^{th} July to 11^{th} August – 5 calls in total . PCSO was asked if were there any patterns re break-in to outbuildings. PCSO not aware that this was so.

SPEEDWATCH: Six people from Wansford and two from Southorpe have been trained to use the equipment which is currently with Wansford. Residents should continue to report concerns about crime to the police using the 101 number.

PLANNING APPLICATIONS;

14/01123/HHFUL 4 Yarwell Road, Wansford PE8 6JP - revised details for the above application have been made by Mr and Mrs Gibson – the PC have no further comments to make.

14/01384/TRE - Fell 4 Lime trees and 1 Ash tree TPO 1964_01 (W01), Vetlanda House, 11 Robinswood, Wansford Peterborough - will be guided by Landscape Officer.

14/01414/CTR – T1 Fell spruce tree. T2 and T3 prune laurels. T4 Crown lift tulip tree by removing lower branches. T5 Fell ash sapling at Anchor Cottage, 5 Riverside Spinney - will be guided by Landscape Officer. 14/00768/CTR – Reduce 2 x Hazel trees to a minimum of 2.5 metres at The Lindens, 7 Old North Road, Wansford - will be guided by Landscape Officer. A resident of Robinsfield also brought detailed plans of a building project to seek the views of the Council before seeking formal planning permission.

MINUTES of the last meeting held on July 14th were agreed and signed.

MATTERS ARISING FROM THE MINUTES:

BOUNDARY CHANGE: Draft Letters have been drawn up to canvas the opinion of Yarwell Parish Council and the residents of Yarwell Road re the extension of the Parish Boundary to the west, as far as Old Sulehay Wood.

UNDERPASS, DRAINAGE, VILLAGE FOOTPATHS AND JUNCTIONS ETC: On August 20th, PeterTebb, the Highways Officer from PCC, will be visiting the village to go on a "walkabout" with Parish Councillors in order to see first hand the issues which need addressing. It was suggested that a representative from the Highways Agency should also attend to discuss the problems with the A47 underpass.

Continued on p25



In the comfort of your own home

07743 087241 http://annaforbes.co.uk/.



Every Tuesday at

Christie Hall Wansford - 10.00 - 11.00am

Every Wednesday at Nassington Village Hall - 10.00 - 11.00am

A fun dance exercise class inspired by Strictly Come Dancing with no dance partner needed.

Contact daniella.calitri@hotmail.co.uk for more details or call 07973273494

CLARE'S BEAUTY ROOM

Does your skin feel dull, dry and lifeless? Fine lines, wrinkles or dark circles getting you down? You only have one skin so look after it!!

Pop into Clare's Beauty Room to make an appointment for a free no obligation skin analysis and improve the look and feel of your skin

Receive £10 off all anti-aging facials if booked for within 28 days of skin analysis

01780 789997





ight Lunches - Delicious Cakes - Tasty Sandwiches - Eat In or Take-Away - Teas Fantastic Coffee - Free WIFI - Relaxed Setting - Cards And Gifts

> Open 7 Days - Quentin Marks Estate Agents 107a Peterborough Road, Ailsworth PE5 7AJ

BUS STOP: At the request of WPC, the PCC had written to the Bus Company to ask if it would be possible to have two new stops served by the Number 9 service. Their response is awaited.

POST BOX: A letter has been received from Royal Mail in response to WPC's request to have another post box sited on the North side of the A47. This has been refused on the grounds that this is not warranted as the village already has two post boxes.

LEASING OF LAND: The issue over whether the land should be leased or held under licence has been discussed with a solicitor and further discussions will take place with Grantscape in order to ensure a satisfactory outcome.

TODDLERS' PLAY AREA: Planning application to be submitted to PCC.

PARISH COUNCILS LIAISON MEETING, held in the Town Hall: There was lengthy discussion on the proposals from the Boundary Commission to redraw all the Peterborough wards. Currently we are in the Wittering and Glinton Ward; however, there is a proposal to link all our surrounding villages, along with Castor and Ailsworth into the City Ward West which incorporates Longthorpe and South Bretton. This is being done purely to fit in with the Commission's objective of having a population of 7500 to 8000 electors in all wards and each ward to have three councillors. A member from every Parish Council has been invited to attend a meeting at the Town Hall on September 3rd for further information and discussion. THE PARISH COUNCIL IS KEEN TO HAVE ANY FEEDBACK FROM LOCAL RESIDENTS ON THIS MATTER AND WOULD WELCOME THEIR ATTENDANCE AT THE SEPTEMBER WPC MEETING.

The dualling of the A47 as far as Wansford and provision of fast Broadband throughout Cambridgeshire was also discussed.

CORRESPONDENCE: An email has been received from a resident of Bridge End concerning the zig-zag lines on the crossroads. This will be discussed with Peter Tebb during his visit.

DATE OF NEXT MEETING: Monday September 8th at 7.30pm in the Community Hall. All members of the public are welcome to attend.

Cllr Vivien Thorley

BOOK REVIEW By Karina Chappell (10)

PERCY JACKSON AND THE LIGHTNING THIEF

Up until the age of twelve Percy Jackson is just a normal kid who lives in Manhattan, but then everything changes. It starts with his maths teacher Mrs Dodds turning out to be a monster and trying to kill him. Percy is then taken to a special camp by his best friend who notices strange things are happening. After some training he discovers he has to go on a quest to retrieve Zeus's master bolt from Hades' palace in the underworld. Zeus is very angry that his bolt has been stolen but unfortunately his anger creates climate changes capable of destroying the world. And so a quest to save the world from accidental destruction begins

This book is based on Greek mythology and the ancient Greek gods. Rick Riordan is an exciting writer and this book is just one of a series of adventures for Percy Jackson. Riordan is amazing at putting an interesting twist to things that some people might think begin as ordinary plots.

It is a thrilling read and I would recommend it to people of all ages but especially young adult readers aged between 11 and 21. It is a gripping novel and I couldn't put in down.

I would give it a 5 out of 5 star rating.

Classie Cars for Business and Private Travel

Professional Chauffeurs for private and business travel

We offer:

Wedding Service Corporate Service Special Occasions Airport Chauffeur Service Sporting event

Our aim is to make your journey as enjoyable as possible.



Contact Tel 01780 784484
Mobile 07843 226510
Email info@classiecars.co.uk
More information on www.classiecars.co.uk

SUTTON PARISH COUNCIL

A Parish Council meeting took place on 24th July. Cllrs Dan Rose (chair), Dr Mike Caskey, Peter Lee, Craig Kidd, and Keith Yerbury were present as were Clerk Patricia Stuart-Mogg, City Councillor Diane Lamb and 5 residents.

Kent County Council site

Kent C.C. as owner of this site (beside 5 Manor Road) have instructed R B Services to organise works to the wall at the site and install fencing.

Gated fence across Nene Way

The Parish Council received confirmation that the status of the section of Nene Way from the church down to the river, as public highway, had not altered despite the erection of gated fence at its eastern end.

Status of footpath at river end of Nene Way.

The Council received a report confirming that the footpath from the bottom of the unadopted section of Nene Way, close to the river, through to a field to the south was not a Statutory Right of Way. However Sutton residents (only) were still able to use it by virtue of the Permissive Path Agreement made in 2000 between the owner and the Highway Authority.

Future of the Reading Room

Following an approach concerning the future of the Reading Room in Lovers Lane, the Parish Council confirmed its need for a building. Three Parish Councillors would develop options for the future of the building in the light of the needs of the village and report back. No decision on the building would be made without a village-wide consultation.

Copse on Manor Road verge

The dense copse of elder and other trees in the highway verge opposite the Manor Farm outbuildings is seen as a nuisance. Amey, for the City Council, had suggested some options for its future. It was agreed that the Parish Council would contribute towards the removal of the copse and its replacement with two broad-leaved trees of native species.

Sutton Cross

Following the theft of the upper part of the Cross (installed in the Saxon socket post-2000), the Rector was taking steps to source a replacement. The Parish Council agreed to contribute to the cost.

Neighbourhood Plan

Our Annual Parish Meeting had received a presentation on Neighbourhood Plans. Castor and Ailsworth Councils had now decided to pursue the preparation of such plans. It was agreed that Sutton should give this further consideration. A letter would be produced to assess the views of Sutton residents.

Next Parish Council meeting
Thursday 25th September at 7.45pm in Sutton Church.

Peter Lee, tel 01780 782703

Want to lose weight, improve your energy and feel great?

DP Fitness Personal Training

As a qualified Personal Trainer, I provide all aspects of exercise and nutritional guidance to get you where you want to be.

Research shows more people achieve their goals with a personal trainer than on their own. Don't work hard – work smart - use a personal trainer to really target your training and hit your goals.

Call Dan Whiter on 01780 784790 or 07760 992345, or e-mail on danwhiter1yorks@yahoo.co.uk.

Discounts available for bookings of 10+ sessions.

Are You......
Depressed, Anxious, Stressed?

Lacking Confidence, in Pain?

Addicted to

Alcohol/Drugs/Cigarettes/Food?
Facing an Important Interview, Test
or Exam?

Scared of

Flying/Spiders/Driving/Life/Other? Suffering from a Phobia or Obsession?

Seeking to Improve Performance? Worried about Public Speaking? Angry, Unfulfilled, Looking for a Purpose?

whatever the reason, take control with

Hypnotherapy Bernice Hardwick Tel:01780 678565

Email: bernice@seechanges.co.uk www.seechanges.co.uk





Back Pain - Neck Pain
Arthritis - Sports Injuries - Sports Massage
Neuro Rehabilitation - Mobility Enhancement
Acupuncture - Chronic Pain Management
Work Station Ergonomics
Home Visits - Medical Legal Cases

Consult Physio Ltd
Clinics - Wansford & Peterborough - 07557 272 826
www.consultphysio.com - e - admin@consultphysio.com

t - 01733 860979

MAXIMISE YOUR POTENTIAL

WHO ARE THE GUARDIANS OF OUR PAST?

David Brown has been a lifelong fan of that most quintessentially English of summer games, cricket. Born at the start of the second world war in what is now the Nene Valley Railways cottages, he started turning up at Wansford Cricket Club as

a boy in the 1950's, hoping he'd get a game, maybe get to bat at number 11. His father, a railway man until Dr Beeching's cuts in the 1960's, played for the club before him, a passion shared by father and son.

After a stint of National Service (one of the last to do so) serving in the Royal Engineers in Germany, David started playing regularly for Wansford in 1963 and met Joe Liquorish who had joined the club in 1923. When Joe retired from the game he gave David his collection of Wansford Cricket Club memorabilia stretching back to the 19th century, including a collection of fixture cards that Joe had carefully collected, one for every year he played.

David continued to play for Wansford and went on to become Secretary of the club for almost 30 years until 1998 and he carried on Joe's tradition of collecting Wansford Cricket Club's annual fixture cards right up until the present day.

I visited David recently after he wrote to Living Villages. He's 75 now, a keen golfer, and lives in sheltered accommodation in Peterborough. He has led a full, active and productive life, working as a Draughtsman and Architectural Technician, but he never married. And he is concerned about



what will become of his collection of fixture cards when he's no longer around. David keeps his collection in an old tin box that was given to Joe Liquorish by the

8th Army at Christmas in 1943. I could just make out "Boiled Sweets" in the faded lettering on the lid. The cards are fascinating, revealing a slice of village life going back almost a century.

When he retired as Club Secretary, David left most of loe's collection of memorabilia with the Cricket Club but he thinks, somewhere along the way, it has been lost. He kept hold of the fixture cards and one or two other things including his father's Brylcreem scented, Wansford-in-England Cricket Club cap and a small, card framed, black-and-white photograph of a match played on the site of the current pitch, next to the Haycock Hotel, on July 7th 1934. He believes his collection is a valuable piece of local social history, but who can he trust to preserve it for the future? He has approached the obvious people and places but so far no one is interested.

This is a poignant story, but it begs a bigger question. As David and I chatted, we reflected on the speed with which our society now changes. Who will keep safe these snippets of our local history for those who follow?

If anyone has any ideas how David's collection can be safely preserved, please contact me and I will pass on your message. **Martin Lewis**

R E Newton Ltd (Nassington)

SPECIALIST CARPENTRY JOINERY & BUILDING WORK

The Complete Refurbishment Specialist

Internal alterations to Extensions
Listed & Period Building Specialist
High finish Hand made Kitchens to your design
Built in wardrobes to cupboards / bookcases
Purpose made joinery – windows and doors

Est. Since 1989

www.renewton.com

Email; Edward@renewton.wanadoo.co.uk Tel. daytime 07831 256087 Evening 01780 782704

For all your Carpentry and Building needs

CONQUER TREE SERVICES

All aspects of tree surgery covered:

Pruning Re-shaping Felling Topping Hedge trimming

FREE no obligation quotation — Fully insured Shaun Burnett (NPTC Fully Qualified Arborist)

Telephone 01780 749567 Mobile 07905 317315

IDEAL HOME IMPROVEMENTS

Composite decking, various colours and grains
Composite balustrade, stainless steel and glass balustrade
Aluminium, pvcu and timber Bi-fold doors
A-rated pvcu and timber windows and doors
All types of staircases, oak flooring, laminates

Tel/fax: 01733 266903 Mob :07939529857

www.ihipeterborough.co.uk e-mail ihip@hotmail.co.uk

NATURE NOTES By Graham Blagden



LOOKING FOR A HOBBY?

I was recently advised by Yvonne Banke of a pair of hobbys flying over Old Sulehay. Richard Dix had pointed them out flying over the nearby lake and farmland.

The hobby (illustrated left) is a medium sized bird of prey, similar to, but smaller than a Peregrine Falcon and is a summer visitor to our country. It is not much

larger than a blackbird but has comparatively longer, scimitar shaped wings and could be mistaken for a large swift. Whereas both birds fly very fast the hobby can suddenly twist and turn to catch its much larger prey in mid air.

Swifts, swallows and martins feed on small aerial insects but the hobby can catch the slightly less agile martins and swallows themselves. All these birds are attracted to the skies above ponds and lakes where large concentrations of insects flourish. When not chasing these smaller birds for its supper the hobby is particularly keen on, and adept at, catching dragonflies, its favourite meal. They are more common in the country than they have been for fifty years or more, partly due to the cessation in use of organo-chloride toxic pesticides but more and more by the warmer summers we have been having. Another example of Mediterranean conditions gradually spreading northwards and bringing their flora and fauna with it. When in the countryside, particularly in the vicinity of areas of water, do look out for these birds high in the sky and marvel at their aerial acrobatics

The scientific name for the hobby is Falco subbuteo, sub buteo meaning small buzzard. Many older readers may recognise this name as that of a popular table football game of the second half of last century. The inventor of the game, Peter Adolph, was a keen naturalist and wanted to register the trade mark of his creation 'Hobby' after his favourite bird. However this was rejected so he called it after the scientific name for the hobby instead.

Not a lot of people know that!

PETERBOROUGH CITY CENTRE EVENTS

Peterborough City Council's calendar of events is growing every year and this month (September) it's time for the annual Italian Festival but not before the city's inaugural Classic and Vintage Vehicle Show.

Owners of classic and vintage vehicles are being encouraged to register their pride and joy for a riverside setting event on Peterborough's Embankment on Saturday 13 and Sunday 14 September.

The Peterborough Classic and Vintage Vehicle Show is being organised by Peterborough City Council and more than 250 vehicles have already registered. The weekend show will be the first of its kind in the city where traditionally owners of cherished vehicles have to travel some distance to their nearest event.

The show is open to classic and vintage cars, motorcycles, scooters, commercial and agricultural vehicles, buses, ex-military and other forms of transport from yesteryear to modern classics.

There is no cost for vehicle admission and the show is free to enter for the public. People bringing their vehicles have the option to stay overnight with onsite camping facilities.

The family event will also feature a host of shopping opportunities, hot food stalls and entertainment, provided by Sibson-based Market Square Group.

Proceeds from the sale of the show's programme will be split between charities East Anglian Air Ambulance and Pancreatic Cancer Research Fund.

To register your vehicle for the show and for more information email city. centre.services@peterborough.gov.uk or paula.thacker@peterborough.gov.uk or tel Paula Thacker MBE 07885 240494.



A Little Italy in the city centre

TV chef Gennaro Contaldo has been made official ambassador of Peterborough's Italian Festival, which returns to Cathedral Square on Sat 20 and Sunday 21 September.

Gennaro, who was last year's festival special guest, said: "I am honoured to be the ambassador of the Peterborough Italian Festival; it's a wonderful get together of the local Italian community keeping the culture and traditions of Italy very much alive long may it continue for the next generation and the ones after that!"

Organised by the Italian Community Association with support from Peterborough City Council, the event is now in its sixth year and is a celebration of Italian culture and traditions. Visitors to the festival will be able to sample a slice of Italian life from tasting traditional home-made food to joining in Italian song and dance performances.

Italy's passion for food, cars, motorcycles, fashion, football and lots more will all be showcased in various forms throughout the festival.

For more information or to take part, tel Carmela Cocozza, 07771 604069.

Independent Estate Agents

Experts in the sale of Town, Country and Equestrian property

01780 782 999



Buying or Selling a Property?

Visit our website for further information on all our properties, or call us if you would like to arrange a free market valuation of your home.



Castor

Guide Price £475,000

Spacious detached, recently built, stone family home with off road parking, in sought after village.

- 3 Receptions, kitchen/breakfast room, utility. 4 Bedrooms, 2 en suites, family bathroom.
- Single garage and open-fronted carport.
 Enclosed south-facing garden. Energy rating C/78



nortonrickett.co.uk





Tribuling States States States Tribule Tribule Tribule To States

IDEAL HOME IMPROVEMENTS

How many times have you the homeowner said this:

"My conservatory is too hot/too cold/too noisy/too bright"

Now you can offer a solution to all their problems with the Guardian Warm Roof System, a solid tile roof that transforms tired conservatories into a comfortable all year round living space.

It offers a range of benefits you can use to sell to homeowners including consistent temperatures throughout the summer and winter, reduced solar glare and reduced noise from rainfall.



Call 01733 266903 or <u>ihip@hotmail.co.uk</u> for more information www.ihipeterborough.co.uk

HEALTH & FITNESS By Dan Whiter

START RUNNING -STAY RUNNING!

Running is simple. It's not always easy, but it is simple. It's just one foot after the other – quickly. It's easy to start, but unfortunately it's easier to stop, too. So how do you get going and, more importantly, keep going?

Realise where you are and don't try to progress too fast. Have a clear positive vision of where you want to be.

It's easier to paint by numbers than start from a blank page. Once you know where you are, and where you want to be, filling in the blanks is so much easier. Then once you have got your start and finish lines drawn out, just follow these simple steps...

Create a new habit Once it is ingrained, you automatically reach for the trainers, and you don't need as much willpower.

Make a plan Know what motivates you to move, what helps you move and rewards you after you have moved, and use them to get going and keep going. Try to generate some cues that help you exercise your willpower and get going – a special song, a photo of a slimmer you on the fridge door, a picture of your children. Then always have something to keep the energy flowing. I use an iPod with my special selection of cheesy hits!

Keep it regular Try to run at the same time of day, use the same music, take a similar route. This is creating neural pathways (what many people call hard-wiring) in your brain to create and support that new habit.

Reward yourself Immediately after your exercise, reward yourself. A cup of coffee, ten minutes with your favourite read, an episode of Escape to the Country – anything! But associate the exercise with a positive outcome. Use this to stay on track, too. As soon as you feel your resolve wavering, tell yourself "If I don't finish the run, I can't have that glass of wine tonight".

Build a support system Find other people to exercise with, join a club, offer to take a friend's dog out, track your mileage, count the calories – anything that supports your new activity levels and gives you positive feedback.

It's too easy to look at something and say "I could never do that". But you almost certainly CAN do that. But it's the sticking with it to see the results that is the tough step. And stick with it – because the results truly are worth it.

If you want a programme to start walking, for walking/running, to get to 5 kilometres, to get faster or to get up to 10 miles, drop me a line and I will happily drop one around. Danwhiter1yorks@yahoo.co.uk or 07760 992345.

STIBBINGTON CENTRE NEWS

The fascinating world of bats

Did you know that almost a quarter of British mammal species are bats and that they are all endangered? Bats are known to roost in Stibbington church, Stibbington Hall and under the A1 bridge at Wansford and several species have been heard over Stibbington Lakes Nature Reserve.



For those who would like to find out more about these fascinating creatures, Stibbington Centre is offering a residential course for adults and accompanied young people aged 14+ from 10am on Saturday 20 to midday on Sunday 21 September, with bat watching at dusk and dawn. The course fee of £50 per person double room or £80 single includes lunch and evening meal, plus overnight accommodation and breakfast. For locals who would prefer to retire to their homes and return at dawn a reduced fee is available. For details visit www.cees.org.uk/news/images/Bats_Sept_14.pdf or use the contact details below.

World War I in the Stibbington area

From September, staff and volunteers at Stibbington Centre will be working on a new Heritage Lottery-funded research project to find out about the impact of the First

World War on the local area and the contribution made to the war effort by former pupils of Stibbington School (right).

On Saturday 13 December the results of some of the research will be exhibited at a special Open Day for all the family in the form of a 1914 Christmas Fayre, with stalls, reenactments, craft activities, entertainment and lessons in the 1914 classroom.





Further details about the 1914 Christmas Fayre will be available later, but in the meantime Centre staff would be pleased to hear from anyone who would like to be involved in the project or anyone with information, photos or memorabilia from the war years in our local area.

Vacancy

We are currently looking for a part time Cleaner/Kitchen Assistant to join our happy team at Stibbington Centre. The post would involve working for 2 hours in the late afternoons (starting time flexible between 4pm and 5.30pm) on Monday to Friday, term time only. For an informal chat about the post contact Alison Gibson at the Centre.

Stibbington Centre tel 01780 782386 Email cees.stibbington@cambridgeshire.gov.uk

Rosie Edwards



LETTERS TO THE EDITOR

Many thanks to the two readers who sent the reports below on recent events in Thornhaugh.

Baron Russell returns to Thornhaugh

(See photo right)

Thornhaugh residents have been celebrating the return of Sir William Russell, the first Baron Russell of Thornhaugh. Last seen in the village in 1613, he now stands at the junction of Meadow Lane and Russell Hill. To be clear, after the success of the Queen's Diamond Jubilee celebrations in 2012, the Parish Council felt that the event should be recorded with something that would both enhance the village and act as a permanent reminder of the occasion.

It was decided to commission the traditional carved oak village sign which shows Baron Russell that now stands right in the centre of the village. The sign was designed, carved and painted by Glyn Mould at his workshop at Sacrewell Farm. (A full report was published in the April 2014 issue of Living Villages.)

Although the sign has been in position for several months now, Thornhaugh residents are never ones to pass up the opportunity for a 'do' — so invitations to the official unveiling of the sign and celebration tea party were delivered to every household in Thornhaugh.

In brilliant sunshine on Saturday 26 July, William Rogers, chairman of Thornhaugh Parish Council unveiled the sign and villagers celebrated with a lavish tea party in the beautiful 'Old Bakery' garden on Meadow Lane, courtesy of Brian and Penny Lewin-Watts. Cakes, fresh from Thornhnaugh ovens and tea served in china cups went down extremely well; those with more robust constitutions enjoyed beer and freshly cooked hot dogs from the bbq. £160.00 was raised for Cancer Research UK.

Nicky Rogers

Thornhaugh war memorial

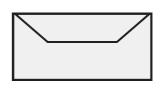
A group of Thornhaugh villagers gathered at St Andrew's war memorial on August 4th at 10pm to remember all those who lost their lives during World War 1. Candles were lit and the names of the 8 soldiers from Thornhaugh and Wansford were read out by Stuart Foreman. Everyone in the village showed their respect by leaving their lights off for one hour between 10pm-11pm. Prayers were said at 11pm when the candles were then blown out. Thanks to Sue Meacock for organising the gathering and to all who attended and gave thanks for the sacrifices that were made by so many.

Emma Rutter



rosied@globalnet.co.uk





Hi Rosie
I'm on the **Independent Monitoring Board (IMB)** at
Peterborough Prison and we're
short of members so are on a
recruiting drive locally. Your help
with publishing the details below
that our Chairman has sent
would be appreciated.
Regards,
Viv Thorley

Who are the IMB?

We are unpaid volunteers from the local community appointed by the Secretary of State for Justice. We are independent of the prison service and do not work for it.

What is our role?

We monitor the prison. We do NOT manage the prison. We monitor that the prisoners are being treated humanely and decently and the prison offers a range of programmes preparing them for release. We are required to report any concerns promptly to the Secretary of State or any official to whom he has delegated authority. We produce a report every

year about how well the prison has met the required standards.

How do we monitor the prison?

We speak to prisoners and staff. We visit specified areas weekly, for example the kitchens, healthcare and wings. We answer prisoner applications to see us. We write up our observations in a Rota Report.

Would you like to join us?

If you think you would be interested in this kind of voluntary work, please have a look at the IMB website via the link from the Ministry of Justice website.



Studying for a course? Did you know you can apply for a grant?

Since the early 1990s the **Reverend Thomas Woolsey's Charity** has been giving book tokens or money for

equipment to all students from Thornhaugh and Wansford attending a higher education course. The charity also gives monetary help to students of any age or situation on other educational courses leading to a qualification.

The Trustees of the charity will be meeting in September to allocate the grants, so there is still time for any student to apply. Just contact Sue Meacock, St Medard's, Russell Hill, Thornhaugh, PE8 6HI, telephone number 01780 783381 for an application form. Applications need to be returned to her as soon as possible for consideration at the September meeting.

Lisa Chambers, Secretary, Rev. Thomas Woolsey's Charity

DIARY DATES - SEPTEMBER 2014

Date	Event	Time	Venue	Contact	Phone	р
Tue 2	Sibson cum Stibbington Parish Council meeting	7.00pm	Stibbington Environment Centre	Wendy Grey	01778 441312	
Wed 3	Friends of St Mary's and St Andrew's meeting	10.30am	Wansford Community Hall	Dora Baker	782519	9
Wed 3	Communicare meeting	6.30pm	Wansford Surgery	Wansford Surgery	782342	13
Wed 3	Parish Councillors meeting		Peterborough Town Hall			23
Wed 3	Thornhaugh Parish Council meeting	7.30pm	St Andrew's church, Thornhaugh	Deirdre McCumiskey		
Thur 4	St Mary's Wansford church choir practice	7.30pm	19A Old Leicester Road Wansford	Eddie McDonnell	783639	9
Sat 6	WI visit to National Stud		Newmarket			16
Sun 7	Families Tractor Service	4.00pm	St Mary's church, Wansford	Church- wardens		9
Mon 8	Wansford Parish Council meeting	7.30pm	Wansford Community Hall	Wendy Gray	01778 441312	23
Tue 9	WI meeting	7.15pm	Wansford Community Hall	Jean Yerbury	782510	16
Sat 13	St Mary's Gift Day	10am— 3.00pm	St Mary's church, Wansford	Church- wardens		9
Sat 13 Sun 14	Classic and Vintage Vehicle Show		Embankment, Peterborough	Paula Thacker	07885 240494	32
Wed 17	Friends of St Mary's and St Andrew's meeting	2.30pm	Rita Kendrew's home	Dora Baker	782519	9
Sat 20 Sun 21	The fascinating world of bats	Sat 10 —Sun	Stibbington Environment Cente	Rosie Edwards	782386	35
Sat 20 Sun 21	Italian Festival		Peterborough Cathedral Square	Carmela Cocozza,	07771 604069	32
Thur 25	WI Book Club meeting			Jean Yerbury	782510	16
Thur 25	Sutton Parish Council meeting	7.45pm	Sutton church	Peter Lee	782703	27
Thur 25	WI sausage making evening			Jean Yerbury	782510	16

Copy deadline next month: Saturday 20 September rosied@globalnet.co.uk

This magazine is available online at www.livingvillagesmagazine.co.uk

NEED A LOCAL PLUMBER?

Plumbing & heating Same day / next day service!

- Gas, Electric, Oil, LPG & Solar
- · Central heating: Full design & installation
- High efficiency boilers
- Boiler / combi replacements
- · Central heating, boiler breakdown & plumbing aftercare . Annual servicing
- Underfloor heating specialist

- · Power flushing
- I andlord certificates
- 2 year guarantee as standard (5 year optional)
- Free estimating service
- All work guaranteed

Free 7 year manufacturer's warranty on selected boilers'

CALL US TODAY! 01733 243 047 or 07860 257 803

E: advice@plumb-call.co.uk W: www.plumb-call.co.uk

Gas Safe Register No.8494 LPG Registered





VISA

Warranty is inclusive of parts & labour

A. SEWTER ELECTRICAL LTD

Installation • Repairs • Testing Domestic • Industrial • Commercial







For Domestic Electrical Installation Work Only

For all your electrical requirements, reliable and quality service

> Tel: 01832 280333 Mobile: 07774 706651

e-mail: asewterelectrical@btinternet.com

Hillview, Greenhill Road, Elton, Peterborough PE8 6SA



Home heating oil? We have got it covered

- Home heating oil
- Auto top up facility
- Monthly payment scheme
 - Fuels for agriculture and industry
- Boiler servicing

Peterborough

01780 782848

www.rutlandoil.com







OIL and Gas boiler servicing, fault diagnosis and repairs.

Heating system repairs, Installation and upgrades. LPG Gas, Fires, boilers and cookers

8 Black Swan Spinney, Wansford Tel: 01780 781778 Email: jo.childs@jc-heatingservices.co.uk Mob: 07729036942

www.jc-heatingservices.co.uk



www.home-worx.co.uk