



# Claire Petulengro

YOUR STARS WITH



**ARIES** MARCH 21 – APRIL 20

A change in attitude, should help you to feel more at ease with your life. In fact, looking at your chart, there is every reason for you to have a large smile on your face my friend. The future is bright and solo business ventures give you reason to turn your dreams into a reality. Call me now to hear how Mars can help you find out who spread recent rumours.

FOR MONTHLY READINGS CALL

**09050 700 727**

75p PER MINUTE + ACCESS CHARGE



**TAURUS** APRIL 21 – MAY 21

Communication is imperative to your success this week. You may think you can do everything on your own, but you'd be silly to try, when there is so much help on hand. Teamwork in fact, holds the key to you replacing last months missing funds. Phone calls received this weekend, can mend a friendship. Call now to reach your full potential.

FOR MONTHLY READINGS CALL

**09050 700 728**

75p PER MINUTE + ACCESS CHARGE



**GEMINI** MAY 22 – JUNE 21

Someone you thought you could trust in business, has let you down, but in the process they have allowed you to see what alternatives life can offer. You've been looking at life with blinkers, on but choices are more varied than you thought my friend. Call now to hear why legal dealings are not all that others are encouraging them to be.

FOR MONTHLY READINGS CALL

**09050 700 729**

75p PER MINUTE + ACCESS CHARGE



**CANCER** JUNE 22 – JULY 22

With the activity in your chart, it's no wonder you're confused Cancer. Not only have you been fed a string of lies, but you have also trusted someone who has let you down. A turn around of events sees a close one making up for all that's transpired. Call my starline now to hear why it's worth your while giving them a second chance.

FOR MONTHLY READINGS CALL

**09050 700 730**

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**LEO** JULY 23 – AUGUST 23

You don't know who is telling the truth and who is lying any more do you Leo. A more active feel to your life, sees you having to run about, in order to make sure that things get done in the time you had planned. Fellow Leo's offer support for a gamble in love, you now realise you have to take. Call me now so I can guide you to a better future.

FOR MONTHLY READINGS CALL

**09050 700 731**

75p PER MINUTE + ACCESS CHARGE



**VIRGO** AUGUST 24 – SEPTEMBER 22

You must stop remembering an ex through rose coloured spectacles. It is clear to see that you've made life more than a little difficult for yourself of late. Post things that need to be sent sooner rather than later. Reasons why will become apparent on Wednesday. Call my starline now to hear why foreign offers may not be all they first seem.

FOR MONTHLY READINGS CALL

**09050 700 732**

75p PER MINUTE + ACCESS CHARGE



**LIBRA** SEPTEMBER 23 – OCTOBER 23

You are going to be tempted to believe the worst of a new face, but you could not be more wrong. Be nice to Gemini's in business, they hold the key to you getting the finances of your dreams. Travel and love are vital this weekend, if you are to gain back the faith of a face, that is now more important than ever. Call now so I can fill in the missing blanks.

FOR MONTHLY READINGS CALL

**09050 700 733**

75p PER MINUTE + ACCESS CHARGE



**SCORPIO** OCTOBER 24 – NOVEMBER 21

There was a time when you thought you could second guess the next move of a loved one. However you now realise that even less able signs than you, can pull the punches every now and then. Calling a truce by Thursday, can help you find humour in all that's occurred. Call me now to hear why house moves are going to be heavily on your mind.

FOR MONTHLY READINGS CALL

**09050 700 734**

75p PER MINUTE + ACCESS CHARGE



**SAGITTARIUS** NOVEMBER 22 – DECEMBER 20

You seem to be feeling more tired than usual, but it's not surprising with the amount you have had on your mind. Try writing down what you want, as aspects indicate you're following someone else's dream instead of your own recently. The number five links to an improved path in love. Call me now to gain sense of this erratic month.

FOR MONTHLY READINGS CALL

**09050 700 735**

75p PER MINUTE + ACCESS CHARGE



**CAPRICORN** DECEMBER 21 – JANUARY 20

You have said some things you did not mean, but you're finding it hard to bow down. Find the strength and you can turn an average week into an amazing one. A dream you gave up on last year should be looked at again. Especially now a Piscean is on the scene. Call my starline now to hear which bad habit you have to give up for good this month.

FOR MONTHLY READINGS CALL

**09050 700 736**

75p PER MINUTE + ACCESS CHARGE



**AQUARIUS** JANUARY 21 – FEBRUARY 19

You must try to look after yourself a little better Aquarius. If you don't put yourself first then why should anyone else? A worry linking to a contract, can be solved if you pay sooner rather than later for some professional help. Old friends can solve a current love mystery. Call my starline now so I can help you to reach your full potential.

FOR MONTHLY READINGS CALL

**09050 700 737**

75p PER MINUTE + ACCESS CHARGE



**PISCES** FEBRUARY 20 – MARCH 20

There are plenty of opportunities knocking at your door, but in order for you to make the right choice, you need to look at the long term and not just the short term effects. A Leo offers a new avenue in your career, which can help you to make the impossible possible. Call me now to hear why time is on your side in current love dilemmas.

FOR MONTHLY READINGS CALL

**09050 700 738**

75p PER MINUTE + ACCESS CHARGE



On your bike Treasurer Tom Wilson with his innovative creation

# Kinross men have real pedal power

ROBBIE CHALMERS

**A mens craftsmanship group has come up with an innovative way to improve the health and wellbeing of its members - by riding e-bikes.**

Members of the Kinross Men's Shed, based in the old Forth Wines Unit in the Milnathort Industrial Estate, have built a custom-made electronic bike from a donated bicycle.

An e-bike is a bicycle with an integrated electric motor which can be used for propulsion.

Many kinds of e-bikes are available worldwide, however regardless of power they all retain the ability to be pedalled by the rider.

The main builder and refurbisher of the shed's bikes and builder of the e-bike is treasurer Tom Wilson, who

is the group's most senior 'shedder' at 87-years-old.

The shed chairman, Glen Douglas, said his group encourages awareness of men's health and wellbeing and that the revamp project fits well within their ethos.

Glen said: "We are hoping to get some shedders back out cycling that may be to unfit or knee issues have stopped then cycling.

"So, we bought an e-bike kit to convert an old donated bike to trial with the guys and if successful will apply for funding to convert many more and loan them to the shedders for a small donation to the shed.

"The main builder and refurbisher of our bikes and builder of the e-bike is our treasurer Mr Tom Wilson.

"He has had help from our shed fireman Mr David Fowler and I did the research for the project.

"It really fits with our ethos of

reuse, recycle and reclaim but also to get the guys into new technologies as well."

The men's shed meets every Saturday and Wednesday from 10am to 2pm and offers members a free place to share the tools and resources they need to work on projects of their own choosing.

After completing the conversion of the donated bike, Glen thinks it is just the beginning.

"We also aim to convert a trailer to be able to take three or four bikes out to different destinations for them to cycle," he explained.

"We are also looking into the possibility of adding a solar charger to each bike to prolong its distance but also reduce mains charging requirements.

"We plan to build more e-bikes to help with men's health and wellbeing, as is the main focus of

men's sheds.

"One will be a trike for those with disabilities and one will be folding, so its easier to transport to a different location before cycling.

"Those will be offered for a free rental to shedders to encourage cycling and better health, plus getting out into society and being more social.

"We aim to convert a trailer to carry a few bikes as well, so it can be towed with our shed's wee yellow van.

"The sky is the limit on these projects."

The group is currently still seeking a new home which Glen hopes will help "sustain membership numbers" and "allow long term planning".

Members are looking for a location with ample heating, that allows hot works, has space for various crafts and projects, and toilets with the option of adding kitchen facilities.

# Fund can help groups get connected

A community fund is now accepting applications for financial support to help connect them to the electricity network.

The Scottish Hydro Electric Community Trust is an independent charitable trust set up in 1998 by what is now SSE.

The trust will now be considering applications for both homeowners and community groups who want help to connect to the electricity network in the north of Scotland.

Up to 75 per cent of the cost can be covered by the trust for community projects, and up to 50 per cent of the cost for individual

homeowners.

Ron Brown, the trust's chairman, said: "We are delighted to continue our support for individual homeowners and community projects in the north of Scotland.

"The trust was set up to help those facing challenges connecting to the electricity network, particularly in some of our most rural and island communities, so it's great to see this support continue to benefit individual customers and wider communities over 20 years later.

"In the financial year to date, we've issued grants worth

£128,700 to support individual homeowners often facing high costs to connect to the network in SSE's distribution area in the north of Scotland.

"We also awarded grants totalling £27,750 to support connection costs of community projects and are encouraging further applications from groups looking to provide significant benefits to their local communities."

Last year, Kettins Parish Church received a grant from the Scottish Hydro Electric Community Trust to connect their new parish hall to the

electricity network.

Russell Miller, chairman of the east Perthshire based church, said: "Thank you for the grant which you have given us to assist with electricity connection charges. This is greatly appreciated.

"Our core purpose is to provide a new quality facility that can be used by the whole community as a central point for social events and provide the driver for new groups to be established."

The deadline for the next round of applications is on Friday, March 1. To apply visit [www.shect.org](http://www.shect.org) and download an application form.



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