

ITCHEN Valley News

Issue 28 April 2016

For Avington, Easton, Ichen Abbas and Marry Wootly





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WELCOME to the valley news



Dear Readers

This is our Easter edition and I hope whatever you enjoy at this time, you will also find things of interest in this publication. Whilst for me, as a Christian, this is a very special time, I realise many will also be enjoying a holiday and hopefully warmer weather. I am indebted to Penny Russell for her front cover where we have tried to capture the Easter spirit for all.

The Valley came together for a clean up, presented on pages 24 & 25. It seems hugely important for us to care for our community and to keep it looking good. I've just spent 10 days in Goa and I was disappointed by the amount of litter in some places until I observed the verges of many of our highways looking equally dirty!

We have a number of regular contributions. I particularly warmed to Steve Brine's comments about prison, which is an important issue for our society. There are, as usual, plenty of features about people. I commend our entrepreneur article on page 36. Caring for folk as they get older is now a key factor in modern life and will affect us all. A similar theme on page 29 concerns dogs that can have a vital part to play for some with particular needs.

If you fancy a walk, study the ramble on page 18. We are so fortunate to have wonderful walks close by.

From the number of outdoor activities now being promoted in this edition, we must be confident summer is not far off. Indeed I see that those keen on cricket and boules are aching to get started. Some of us may prefer to tend

our gardens and the smell of freshly mown grass is already in the air. I have been

encouraged by recent talks at the Valley Gardeners.

It being April, there is also the opportunity to read something more light-hearted on page 15. For those wishing to meet new people, details of another Safari Supper can be found on page 32.

Well next month you have Charlotte Appleby as editor. I hope you enjoy this issue and do support our advertisers.

Tony Gaster

Itchen Valley News

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What's On

St Swithun's Martyr Worthy DCC AGM Sunday 3rd April

immediately after the All Age Service. All members of the Electoral Roll are invited to attend.

Liz Platt, Chairman Martyr Worthy DCC

The Annual Parochial Church Meeting of the Parish of Itchen Valley, Wednesday 20th April

This will take place at Avington Park. The meeting will start at 7.30pm and will be preceded by drinks and refreshments from 7pm.

Everyone is welcome to attend.

The 2015 Financial Statements and Annual Report which will be considered at the meeting will be available beforehand on the Itchen Valley Churches website.

Revd Amanda Denniss

Martyr Worthy Plant Sale, Saturday 23rd April

A reminder that this hugely enjoyable event will be taking place at Chilland House from 10 am – 12 noon.

Admission is £2 and there will be ample parking as well as refreshments and a Produce Stall. As in previous years, the vast majority of the plants on sale are grown locally so again the opportunity will be there to buy good quality plants, both unusual and favourite, at reasonable prices. Should you have plants prepared and potted, could you please drop them off to the drive at Chilland House between Saturday 16th and Tuesday 19th April. On the day, wheelbarrows will be provided so you can wheel your purchases round as you choose more. Don't miss this popular sale in aid of the Itchen Valley Parish and St. Swithun's Church.

Pauline Tovell

Martyr Worthy Parish Hall

The Annual General Meeting of Martyr Worthy Parish Hall will be held in the hall at 7pm on Tuesday 3rd May 2016. The business will include the approval of the minutes of the 2015 AGM, reports by the Chairman and Treasurer of the activities and finances for the year, the election of the Management Committee for the forthcoming year and any other matters arising. All residents of Martyr Worthy aged 18 or more are entitled to attend and vote and will be very welcome.

Guy Green

Chairman Management Committee

Glynde Easton Saturday 18th June

Our biennial open air opera evening in the lovely grounds of Dymoke House, Church Lane, Easton returns this year in aid of Itchen Valley Churches, performed by Opera Danube.

Please make up a party of friends to come. Tickets £30 from Sara at janssensara@hotmail.com or 01962 779337

Anna Burness



Easton Fete 2015

Easton Fete Needs You , Monday 29th August

Easton Fete is an annual event raising funds for the Church, Cricket Club and the Village Hall. For this to be a success it needs enthusiastic input from all three. This year, Sally and Iris are stepping down from organising the event and therefore the fete needs someone with new ideas and time to run the village fete. If you would like to volunteer for this rewarding job or would be willing to be on the fete committee, please contact either Iris (779707) or Sally (779283) for information.

Moo Music

This takes place in Easton Village Hall Clubroom on Wednesday mornings during term-time. What is Moo Music?

The short answer is "creative music and movement sessions for children aged 0-5". Actually it is a lot more. We sing, we dance, we learn actions, we play percussion instruments, play games, develop co-ordination and communication skills, use our imagination, we meet other children and their grown-ups, we learn to take turns and to tidy up(!) but most of all we have a lot of fun!

The music has been professionally written to appeal to young children, but it is so catchy that adults can't help but sing along too! Our sessions are a lovely opportunity for Mums, Grandparents and carers to meet one another and enjoy spending some quality time with their little ones. We follow themes and topics which complement early years learning, so one week we might be going to the seaside or on a space adventure, the next we might be exploring colours and shapes. There really is something for everyone; even the youngest of babies enjoys sensory activities, music-

making and interaction with others.

Lots of the children have been coming to Moo Music regularly for quite a while now and it is wonderful to watch them develop and see their confidence grow week by week.

I am very pleased to be able to use our lovely village hall facilities to bring Moo Music to families in our community.

Those who come to the hall for the first time always comment on the beautiful setting and it really is a great venue to come to with young children.

Moo Music is in Easton on Wednesdays and at Sunbeams Children's Centre in Alresford on Mondays. For session times and to book a place, contact me on 01962 779182 or email denise@moo-music.co.uk.

Denise Rosewell

The Pink Box

Recent conversations with readers have led me to understand that many of you are unaware of the pink box that appears every month on page 40.

There's more than just the bus timetable. You can find the dates that your rubbish will be collected, when the Travelling Library and the Cameo lunch will be happening together with Winchester Farmers' Markets dates.

I hope you find the information useful.
Editor

Itchen Abbas School News

What a great Spring Term we have had at Itchen Abbas School; so many exciting things have happened.

We were delighted to take the whole school to the Children's Concert performed by the Southern Pro-Musica Orchestra. All the children were very well behaved throughout the concert; we were delighted with their positive attitude and how much they enjoyed it.



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Of course, Mr Bogan playing the part of Mr Silly Bottom was the highlight for us! Well done Mr Bogan for being such a good sport!

A visitor from Marwell Zoo came to see us and we learned about conservation and more information about Grevy's Zebra and we are really looking forward to decorating our zebra very soon.

During January we had a visit from Councillor Peter Edgar, the executive member for education at HCC. He was impressed with the quality of education and the provision we are making and praised our efforts. He also said the school had a family feel and it was obvious that the children were enjoying their learning. We were very pleased to hear such positive comments from someone with such a wealth of experience and knowledge within the education sector.

Robins (Year R) have been enjoying their Wednesday Welly Walks around the local environment. They have made excellent observations of local wildlife as well as noticing points of interest along the way.

Swifts (Years 1 and 2) enjoyed their visit from 'Jane the Baker' who talked to them about what life was like during the Great Fire of London. This was a brilliant experience and really brought the era to life for the children.

Heron's (Year 3 and 4) had a visit from the Winchester Science Centre. They all learned how to program and control traffic lights and then they built the most amazing KNex models using motors, bulbs and buzzers – a fantastic hands on experience.

Kingfishers (Years 5 and 6) went to Henry Beaufort Secondary School where they received gymnastics teaching and used a variety of equipment not usually available to

them. It was great fun they told me! The children celebrated World Book Day by dressing up as their favourite book characters for the day. We had some wonderful costumes and really enjoyed hearing the children's book choices and recommendations.

To celebrate the end of term, The Friends of the School organised a disco,. There were plenty of moves being demonstrated and lots of hot and sweaty children by the end of it.

The school Easter Service took place at St John's Church. Parents attended and heard the children perform their Easter songs, a lovely end to the term.

Thank you to the Friends of Itchen Abbas School who gave us a late Christmas present. We now have a new Smartboard in the hall. This was desperately needed. It is used on a daily basis during assemblies and group work in the hall as our old screen had become almost impossible to see. We will be arranging a Film Night in school for the children soon, to celebrate our new board. We are delighted that our last fundraising event, which was the Quiz Night, raised over £1,600. Thank you to all of the Friends for all of the effort they put into these events for the school and also to the wider community who support us in this fundraising.

Aimee Dear

Easton and Martyr Worthy Cricket

With only a few weeks to go until the Easton and Martyr Worthy juniors start their outdoor cricket training, it can only mean that Summer is nearly here. Monday evenings will resound again to the enthusiasm of 80 or so future cricket stars.

Last year's performances from all our teams, both senior and junior, were our best for some years and we aim to build on that. It's worth recalling that two of our junior teams won their respective leagues and a number of our players were selected for Hampshire. There was also a notable first for the club with the formation of a girls' team under the management of Rachael Ashbee from Itchen Abbas.

Two of our three senior teams, playing in the largest league in the world, gained promotion. One of these is our Academy side, largely made up of U15s, so the future seems bright. At the other end of the age spectrum, we also have some players representing us in the Over 50s Hampshire side as well as one who plays for England at this level. All in all, not bad for a small village club. If any of you reading this fancy getting involved, please come and join in this Summer as we would love to see you. If anyone could help us in trying to find someone to lend a hand in our bar, we would be extremely grateful. If you are interested or know someone that might be, please contact us via our website www.emwcc.co.uk

Adam Murch

EMWCC Chairman

From our MP

As I am sure you have noticed, Parliament is a busy place right now but I feel it is my duty to report (because you get a very different story from the media) that it's not all about the EU and 23rd June!

My interests are many and I have recently made big speeches on criminal justice and security alongside my work at the Dept. of Health. Regular readers will know, hailing from my time on the powerful Justice Select Committee in

the last Parliament, of my interest in this area and I am enjoying very much the self-stated Christian approach of the new Lord Chancellor on prison reform. I was also pleased to hear the Prime Minister's recent speech on the subject in which he actually got serious about the need to cut reoffending, tackle our deepest social problems and extend life chances.

My starting point is that, of course, we need prisons and some people belong in them and that punishment is not a dirty word. We need a prison system that doesn't see prisoners as simply liabilities to be managed but instead as potential assets to be harnessed. They are human beings first and the failure of our system today is scandalous.

This failure really matters to the public purse, to victims, prison staff and prisoners themselves, who shouldn't feel that society has totally given them up. We are going to create six new 'reform prisons' this year, with full autonomy over how they operate and spend their budget while the prison education system will also be completely transformed with full control being given to reform prison governors.

I agree that we need wholesale reform to reduce recidivism but, as I said in the House of Commons last month, the logical consequence of rehabilitation that works must be many fewer people locked up in our country. We cannot afford to do anything else and, even if we had a money tree in the No.10 Rose Garden, we shouldn't want to, because we're all poorer as a result in the long run. If you want more on this, please visit: www.stevebrine.com/treasureintheheartofman

I have also spoken about the new security measures contained in the Investigatory Powers Bill. It's



controversial and I wish I'd never heard of such legislation but the more I do this job, the more I think Bertrand Russell was onto something when he said: "To understand the actual world as it is, not as we should wish it to be, is the beginning of wisdom". More on my website.

You can find more information about my other work as your local MP, in Winchester and Westminster, via the website or on 01962 791110.

Steve Brine MP for Winchester
steve.brine.mp@parliament.uk
www.stevebrine.com

Bowled over by the welcome

During the last Commonwealth Games, Keith and I watched some of the bowls events on television and then looked around the area for a Bowls Club to "have a go". As a consequence, we joined the Hyde Abbey Bowls Club for two reasons:

1. We considered the parking element at Alresford Bowls Club too tricky
2. Everyone was so friendly and

welcoming when we made enquiries (I'm sure they are at Alresford too) and we were offered a free session of coaching to start us off. As it was the end of the season, we were also offered the opportunity to go along and have another go for ourselves. Perhaps you too have considered taking up bowls. It doesn't matter if you're male or female, old or young, with or without ability, you are encouraged to join and all will be done to help you play and improve!

The Club has good facilities close to Riverpark Leisure Centre (where one needs to park) and you can access the Club over the bridge in the park. You can also play during the winter by joining the Indoor Bowls Centre next to the Leisure Centre.

The game of bowls is far more complex than it may appear at first! The games can be quite challenging but very rewarding when things do go as you wish!!

If you are interested in meeting new people and enjoying some outdoor exercise then please contact Roger



Malyn on 01962 867452, Pam Gilmore on 01962 869793 or Eric Craig on 07986 701171 or visit the club website: www.hydeabbeybowls.co.uk

Why not arrange as we did for a free trial session? The season opens in mid-April.

Jenny Sloan

Itchen Valley Boules

For the past 20 years or so the game of Boules (or Petanque) has been a much loved activity for many in the Valley.

The mix of gentle exercise, competition, social intercourse and refreshments can be most pleasant on a summer's evening.

Each of the villages has its own weekly meetings through the summer as follows:

Itchen Abbas Tuesdays from 5th April at 1800 at the Village Hall,

Easton Mondays from 18th April at 1830 at The Old Rectory,

Avington Tuesdays from 3rd May at 1830 at Lake House

Martyr Worthy Tuesdays from 5th May at 1830 at Upper Chilland House.

Valley residents are very welcome to join any group although most choose to support their home team. Two

inter-village competitions are held each year and the dates and locations are:

31st May Dick Hewitt Trophy

Itchen Abbas v Easton and

Martyr Worthy v Avington

28th June Nigel Graham-Maw Cup

all villages at Easton

12th July Dick Hewitt Trophy

Itchen Abbas v Avington and

Martyr Worthy v Easton

2nd Aug Dick Hewitt Trophy

Avington v Easton and Martyr Worthy v Itchen Abbas

All present, past and possible new members are invited to join in the fun.

No previous experience is necessary.

New members will be made most

welcome and equipment can be

provided whilst you get a feel for the game.

Why not come along on any club night or contact the village organisers?

Ralph Matthews (779632) for Avington

Simon Broadley (779435) or Lyn Russel (779818) for Easton

Eric Hughes (779892) or Jenny Sloan

(779813) for Itchen Abbas

John Prince (779227) or Sue Savage

(791167) for Martyr Worthy

Eric Hughes

Spring: a surprise!

As a fairly new family to the area, it's been a joy to watch the seasons change with one of us sure to spot something different each day. However, the biggest surprise of all for us this Spring has to be the completely unexpected arrival of a litter of four baby bunnies for our pet rabbit. We bought 'Toffee' from Sparsholt Veterinary College as a 9th birthday present for our middle daughter, Livvy, last August. Like her owner, Toffee has a sense of adventure and is rather outgoing... as some of our friends and neighbours in the Itchen Valley know only too well. For they've been called out to help track her down on the numerous occasions she has escaped from her run and, well, hopped it over the hedge. The last time it happened – about a month ago (hint: gestation period for a rabbit is 31 days) – Toffee was out in the wild for two nights by which time poor Livvy thought she had probably met her end. Well, ahem, evidently it was more like a 'friend' she had met! Thankfully, we managed to catch Toffee and return her to captivity but - as we've since found out - not before she got up to what rabbits do best. We naively thought the nest she has been building in her hutch over the past few weeks was just a phase she was going through – an



adolescent phantom pregnancy. But oh no.... lo and behold the Easter Bunny has come early and in number to Itchen Abbas. Less than a week old at the time of writing, tiny and with their eyes still closed, they have caused much excitement in our household and, as you can see, bring a very happy ending to quite a (fluffy) tale.

Fi Heath

From the Parish Council

Some good news. We have a new Parish Clerk and Responsible Financial Officer.



Alan Weaver will be starting with us this month. He lives in a neighbouring village and has spent a career in local government. A very big thank you to Yvette Riley who stepped into the role on an unpaid basis when our previous clerk left in January.

A second thank you to Yvette for organising Clean for the Queen. The turnout was magnificent so thank you also to all those who came along on 5th March to help and to the WI ladies who provided tea, coffee and delicious cakes for us afterwards.

On a less successful note, despite lobbying hard, we are struggling to get any repair work done on the roads. The edges of the passing places close to the bridges in Easton have been highlighted as being in bad condition. Unfortunately we are told that they are not bad

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enough and budget cuts mean they are not a priority. We will keep trying, and if you, as individuals, use the online reporting to the County Council at <http://www3.hants.gov.uk/roads/roadproblems/report-pothole.htm> it will add to the pressure.

Keeping footpaths clear is still going on but we are now looking for a new Lengthsman as our present one has decided to give up that side of his business. It was sad to hear from him of the abuse he has suffered, especially from motorists. Where there is a public right of way on private land it is the duty of the landowner to make it accessible.

We are waiting for the fencing to be erected around the play equipment at Couch Green – this is a Health and Safety requirement so it has to be done. Worthys Youth Football Club is now using King George V playing field for children's football, which is good news. It is a thriving organisation with enthusiastic leadership and anyone in the Valley whose children want to join in can apply. See: <https://weareworthys.co.uk/> for contact details. If there are other organisations who wish to use this field there are still plenty of times when it is available – apply to us.

A date for your diaries: the Annual Parish Meeting will be held in the Burge Room, Itchen Abbas & Avington Village Hall at 7pm on Tuesday 26th April. Finally, two of our councillors are retiring, so thank you to Shirley Howells and Garfield Powe for your many years' service. That leaves two spaces on the Parish council, so if you are interested in joining please let us know.

Patrick Appleby

Parish Council Chairman.

Itchen Insight

Name: Dionne Sanders

Age: 39 and 10 months!

Occupation: I worked in Asset Management for many years until finally securing my best but most challenging role yet, a full time mum to George & Eloise.

How many years you've lived in the Valley: 8

Your life in 180 characters: Born in Kent, moved to Vancouver for my teenage years and then back to London. I lived and worked in Hong Kong for almost 10 years and met my husband Paul before moving back to the UK to settle in Easton.

Champagne moment: Hitting two crossing clays with one shot at my first ever shoot in Easton a few years ago. I had no idea what I was doing and it was a total and utter fluke. I promptly handed back the gun and skipped to the pub. I haven't picked up a gun since.

Surprising snippet: I am a qualified Yoga Teacher

Passion: Travel. Scuba diving. Yoga. I also love the garden

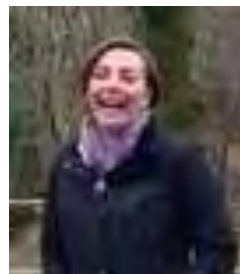
Favourite place in Hampshire: Mudeford is pretty special

Best thing about the Valley: The river and the great walks

Worst thing about the Valley: Internet speed

Favourite Book or Film: Any Human Heart by William Boyd

Best one-liner or favourite quote: I want to sing like the birds sing, not worrying about who hears or what they think.



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Expansion Plans for HS2A

Many people may have missed a recent report amongst all the euphoria over Europe but the government is keen to expand our railway network and undo some of the Beeching cuts. In addition there has been a more detailed document on “Long Term Rolling Stock Strategy for the Rail Industry” written



by Network Rail, the Association of Train Operators and major rolling stock companies. There's a new vision to restore old branch-lines to act at feeders for the planned HS2A. It's been widely accepted that Hampshire needs more trains and these cannot be accommodated on the existing network.

Probably few residents can remember the former station at Itchen Abbas (pictured above) with its connections to London. Well this old track bed is now seriously being reconsidered for restoration. A former rail minister recently told the house that the time had

come to make railways great again. “The world is in a very different place now” he said. “We will learn from other areas how to blend better the gantries needed for electrification into the landscape” Already we have seen stations like Chandlers Ford being restored but the new ideas, set for the 21st century would embrace all the advantages of high speed. His

counterpart in Beijing recently commented that in China they have no problem at all building new rail tracks either in town or country. “Objectors were soon moved to other areas” he said.

There is a strong demand for travel from Winchester and surrounding areas into the capital and beyond. Councilor Gottlieb's new Silver Hill 2 is expected to be completed by 2037 and will increase population by up to 10,000.

Travel times to London could be reduced to 40 minutes with the new railway. The freight industry is also very keen to run night time services from the north to Southampton docks thus improving the cost benefit ratio by 5.

Proposed gantries blending in to Itchen Abbas embankment



The reversal of Beeching is now happening. New lines are in evidence in Birmingham, Nottingham and Cardiff. People are using the trains in ever increasing numbers so that there is now no block on investment, with £billions already budgeted. Asked about issues such as noise, the minister was less forthcoming but said trains like planes are becoming ever quieter, probably no noisier than the average garden mower.

A local MP has commented: "All of these improvements were identified in many ways as the icing on the cake.



Expected view of construction works near Itchen Stoke

between the trains?" Another was concerned about the cost of travel but it was hoped to keep the current confused situation for several more years. The new *Nasturtium officinale* line may yet take a different shape.

Loof Lirpa

Tiddler Joke

"Past present and future walked into a bar..... It was tense"

Hannah Gordon, 9 yrs pictured here in her mud-jumping days!



Likely scene at end of Martyr Worthy tunnel

What we need to do now is turn our attention to the cake itself and that means facing head-on the issue of long-term capacity on the line through Winchester into London. That is ultimately about building a bigger railway."

Similarly, a County Councillor has also added: "Simply put, toilets must be working on all trains, non-polluting, accessible and clean. On the station they should be open at all times when passengers are there." It's clear this development will come as a shock to many locals. One local resident asked: "Where could she walk her dog? Would there be a sufficient gap





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Itchen Ramblings – put some Spring in your step!

This walk is an exhilarating way to take in some stunning views of the Itchen Valley and see the glorious springtime bluebells at Itchen Wood, lesser known neighbour to the ever popular Micheldever Wood.

In keeping with this strand's tradition of starting in Pub car parks, this walk begins at The Plough in Itchen Abbas.

Turn right as you come out of the car park entrance and walk along the road, past Itchen Abbas & Avington Village Hall, until you come to Northington Road on your right. Turn up Northington Road, passing School Lane on your right and head uphill under the old railway bridge and onwards up the lane.

As the road curves right, keep walking straight on, up a lane, passing the Veterinary Centre on your left and continuing onwards, passing Oxdrove Farm House and Lone Farm on your right. The road turns into a track/path. Continue to follow this as it winds its

way gently uphill, remembering to pop your head through any gaps in the hedge on the left to take in some stunning views of the Itchen Valley.

On your right you will pass some open land and ahead you will see woodland; this is Itchen Wood. As you enter the wood, you will reach a T-junction of paths; turn right into the woods following the footpath. You are now in serious Bluebell country! Stick to the path which takes you through the southern side of the

wood until it starts to bear left, follow this main path (keeping the large open field to your left). Carry on through the woods, straight over a crossroads of paths and onwards until you see a large open field ahead of you. Staying in the woods, turn right, taking the path which runs alongside this field on your left. You will then emerge from the woods and continue to walk along the path with fields to the right and left. You will then reach a fork. Take the right hand path, continuing gently uphill, up a slightly wider track. A little



further on, as this track stretches out in front of you, you'll see a track to the right in between two large open fields. Take this right turn and continue onwards, heading towards the treeline at the top. Continue through the treeline, and then turn right, alongside a field, following the path as it curves left, round the top corner of the field (again stunning views!). Continue on this path, striding out gently downhill until you reach a road (Northington Road) with houses on your right.

Cross over this road, taking the lane straight ahead of you (Rectory Lane). Continue downhill on this lane. You'll see a stile on your right (don't take this) but soon after on the right hand side there is a large tree and a gap in the hedge with a path. Take this, aiming for the tree that becomes visible soon after you begin striding diagonally across the field. Go through the gap into the next field and continue heading down to the gate at the bottom, with some old farm buildings on your right. When you reach the road turn left and you will find yourself by the old railway bridge where you started. Continue on, passing School Lane on your left until you reach the main road. Turn left passing Itchen Abbas & Avington Village Hall on your left and continue on to the Plough. This walk is about 5 miles long with a variety of terrain and lots of signs of Spring to discover along the way. It took us about 2 hours....but that was with a 6 year old in tow!!

Lucy Wolfe

Alresford Art Society

needs a new Treasurer.

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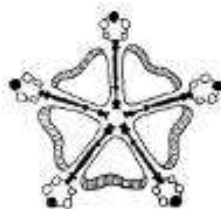
sue.gentry@gentrypublicity.co.uk

Sue Gentry

Alresford Lacemakers

Alresford Lacemakers are very pleased to be meeting in the Itchen Abbas village hall and becoming one of the regular hirers. We meet once a month on the third Thursday from 9 am to 1 pm to make lace together and enjoy a friendly group of like-minded women.

Our meetings started in 1989 with eight members meeting in the Alresford Methodist hall. As we gained new members we



have had to move, first to the new Farm Chapel hall then to the Christy Hall in Old Alresford and now, with a membership of approx. 40, we need more space. The facilities and the light in the Itchen Abbas hall are ideal for our craft. The members make a variety of laces and you may well have seen us at the Alresford Show where we have a display with demonstrations in the craft tent. We also provide demonstrations of lace-making at the Jane Austen House and the Whitchurch Silk Mill. We don't have a tutor but are a self-help group with a variety of skills and a shared enjoyment in this antique activity. Anyone who is interested is very welcome to come and see us in action.

Sue Croudson

Comings and Goings

We welcome into Shelley Close, Itchen Abbas, Mark, Sarah, Peter and Emma Dryden-Brownlee.

Easton & Martyr Worthy Safari Supper 2016

Thank you to everyone who supported the 2016 Safari Supper on 5th March. 70 people participated on the evening and £900 was raised in donations. As a result St Mary's Church and Easton Village hall have each benefited by £450.

Terry McGowan

Itchen Valley Church Services



Sunday 27th March **Easter Day**

8am	BCP Holy Communion	Itchen Abbas
10am	Family Communion	Easton
10am	Traditional Communion	Martyr Worthy
6pm	Evensong	Avington

Sunday 3rd April

8am	BCP Holy Communion	Avington
10am	All Age Service	Martyr Worthy
11am	Matins	Itchen Abbas
6pm	Healing and Wholeness	Itchen Abbas

Sunday 10th April

8am	BCP Holy Communion	Easton
10am	Parish Communion	Itchen Abbas
6pm	Evensong	Martyr Worthy

Sunday 17th April

8am	BCP Holy Communion	Martyr Worthy
10am	Parish Communion	Easton
6pm	Evensong	Avington

Sunday 24th April

8am	BCP Holy Communion	Itchen Abbas
10am	Parish Communion	Martyr Worthy
6pm	Taize	Easton

Rector

Rev Amanda Denniss 779832 amandadenniss@gmail.com

Curates

Rev Alex Pease 791010 rev@ampease.co.uk

Rev Rebecca Fardell 809264 rebecca.itchenvalley@gmail.com

Licensed Lay Ministers

Mr Tony Gaster 779110 tonygaster@btinternet.com

Mr Gerry Stacey 620263 gstacey@easynet.co.uk

Parish website: <http://itchenvalleychurches.org.uk/>

Itchen Valley Churchwardens

St Mary's Easton: Anna Burness 779993, Theo Mezger 07775 908014

St John's Itchen Abbas: Charlotte Appleby 779778, Tony Gaster 779110

St Swithun's Martyr Worthy: Andrew Impey 779645, Robin Greenwood 779540



From the Rectory

Spring is one of my favourite times of year with all its signs of new life and the promise of

further abundance to come. After the cold grey days of winter, there is an hopefulness about spring which never ceases to astonish and delight me. There are great swathes of daffodils to gladden the heart; clear bright blue skies (in between the rain of course, we are in England!) that lift the spirit; longer days with the promise of more to come which energise the body; green buds, gambolling lambs and signs of life wherever we look. There is of course also the knowledge that this is just the beginning of what is to come as spring blossoms into summer: daffodils will be followed by great carpets of bluebells with their heady scent and then the roses will bloom in all their velvety glory; green buds will unfurl to reveal leaves which will dress the trees and provide dappled shade; days will get ever longer and opportunities for restorative evening walks will become more frequent.

That Easter happens during the spring is an historical fact; the events of Holy Week took place during the Jewish Festival of Passover which happens at this time of year. However, it is also a timing which makes great theological sense because Easter is about new life. First and foremost it is when we celebrate the resurrection of Jesus. Easter is a time to remember that the pain and suffering of Good Friday when

Jesus died on the cross was not the end of the story. Jesus was placed in a tomb but on that first Easter Sunday, the women who went to mourn for their dead Lord found the grave empty because Jesus had risen to new life. Yet Easter is not just about the resurrection of Jesus, but holds the promise of new life for us too.

Some of you may recall from the February Itchen Valley News that one of my favourite quotations is: *Jesus said 'I came that they may have life and have it abundantly' (John 10.10)*. The life which Jesus offers, and which is possible because of the events of Easter, is not merely existence but abundant life; a life that is full and meaningful. Like spring, this new life contains beauty

now and the promise of even more bounty to come in the future. It is a life full of the joy of knowing God now and the hope of spending eternity with him. This is possible because of the enormity of God's love for all his creation, his love for each and every one of his children. It was because of this love that God sent us Jesus. It is because God loves us lavishly that he longs for us to experience the abundant life he offers.

So this Easter, as we welcome the signs of new life all around us, I pray we may welcome the new life God offers us too.

Revd Rebecca Fardell

Congratulations Tommy!

Could we have a future professional football player in our midst? Last month Tommy Lott of Martyr Worthy was invited to join the Bournemouth U8's Academy. This is quite an achievement, especially considering there are only about 14 children in The Academy. 7 of these hopefuls have already been 'signed' by Bournemouth to play for the U9's next season, and Tommy is now under the watchful eye of the Academy Coaches who will assess if they want him to join the U9 Academy next season.

Needless to say his parents, Nicky and Gordon Lott are HUGELY proud of him. "We love football so there aren't many better ways to spend a Saturday morning. That said, it could end as quickly as it began with Bournemouth regularly swapping players in and out of their academy as you'd expect and as they identify new talent and see how the kids progress under their tutelage." Tommy's journey started with local team "Winchester Blues" and Tommy's father says that it's all down to the 'gaffer' of this team Rhys Lewis who selected him to play in the Eastleigh and District Mini Soccer Sunday League. "It was while playing with his Itchen Valley mates Hughie Lewis and Ben de Laszlo that we received a 'tap on the shoulder' from a Bournemouth Academy scout and it's been a roller coaster ever since."

It's pretty full on with training twice a week, Tuesdays and Thursdays for two hours each evening, and then matches on Saturdays. Tommy's first two games have been against Wimbledon and Arsenal away, and it was against Arsenal he scored a hat-trick of goals and provided three assists, and where he met David Beckham who was



watching his son Cruz train. Exciting times and we'll keep you updated on Tommy's progress.

Lucy Wolfe

(I recognise Tommy but who's the other guy? David who? -Ed)

Jackie's County Corner



Would you like to drive a minibus, but you are too young to have D1 on your licence to take the minibus (MIDAS) training ? The County Council

has a scheme that offers training with a 90% pass rate. Contact me for details if you are interested.

There is a consultation on cuts to Children's Centres and Youth Services. Deadline for your responses is 3rd May. <http://www3.hants.gov.uk/childrens->

services-consultation

Please use this link to respond, or contact me for a paper copy if you prefer.

Thank you for your flooding photos and films: they have been really helpful, and the County has just started a feasibility study for the Worthys. I'll update you as I receive more news.

Broadband- are you connected to a speed that's right for you?

Go to www.dslchecker.bt.com to find the potential speeds for your home. If you need more explanation, please email me with your phone number and I can do it for you.

It is a pleasure to see some real progress on broadband in the rural areas at last- through the endeavours of local company Gigabeam, some villagers are up and running on previously unimagined speeds!

Thank you to all who took such interest in this; we are still trying to work with BT too.

By mid April, if it goes to plan, the County Council will be starting work on the Cart and Horses junction to be carried out as a series of overnight works.

Following the 'Fire consultation' there have been a series of changes agreed for staffing in the Fire Service. Smaller units will be able to operate: your local teams

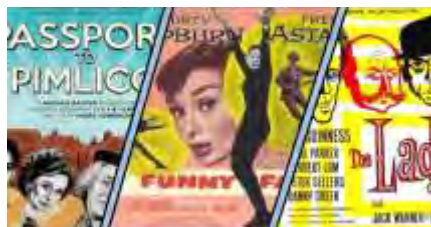
say that this will allow them to set out to an incident, and give part time fire personnel a chance to gain the experience to retain a confident team. But, I am sure that you will agree we don't want our local firefighters to be the victims: cuts *must not* reduce safety of firefighters or residents.

Finally, the recycling centres consultation is published on the 16th March. You can respond to the papers online at www.hants.gov.uk/hwrc2016 or contact me for a paper copy.

Cllr Jackie Porter, 01962 791054 , text 07973696085, or Jackie@jackieporter.co.uk

Cinema Screenings for Dementia sufferers

The Screen in Winchester is resuming its series of films in a relaxed setting especially for those suffering from Dementia and Alzheimer's.



Forthcoming dates are
Wednesday 6th April - Passport to Pimlico

Wednesday 4th May - Funny Face

Wednesday 1st June - The Lady Killers

For more information contact the Screen cinema on 0871 906 9060 (calls cost 10p per minute)

Fi McIntosh





Clean for the Queen

So you'd think I'd be as pleased as punch with 75 bags of rubbish having been collected from across the Itchen Valley by an amazing army of 100 plus people from across the villages and age spectrum. and even my own find of ten hens eggs in the hedge row, indicating that no matter how lovely a hen house you provide, a chicken will still do its own thing ! So loads to be thankful for, so why so glum?.....Because those that drive through the valley have been littering again in earnest REALLY ALREADY! Now I'm not one to be that easily defeated so I'm now walking /cycling/driving with the litter pickers at the ready, any helping hands greatly appreciated. Hope to see you all out next year; it looks like there will be plenty to do! Thanks to everyone who pitched in, especially the tractor teams. Oh, one award before I go to the best dressed litter picker..... Penelope Kellie!

Thanks everyone for a tremendous community effort
Yvette Riley On Behalf of Itchen Valley Parish Council







The 2016 Easton Duck Race and Fun Day

**in aid of the Churches of the
Itchen Valley**



**SUNDAY 15TH MAY
12 Noon**



FOLLOWED BY BBQ AND FAMILY FUN

The duck race will start at 12 noon on the river below the
Old Rectory, Church Lane, beyond Easton School Field,
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Regular bookings

MONDAY:

9-10am, 6:30-7:30pm Authentic Pilates
 (last 14th)

TUESDAY:

9-10a m Pilates with Emily
 4:15 – 8:30 Sally Stanyard's Dance
 School

WEDNESDAY

9:45 – 11:15am Moo Music

THURSDAY

9-10am Pilates with Emily
 7-8pm Sally Stanyard's Dance School

FRIDAY

9-10am Authentic Pilates (last 18th)
 4-7:30pm Sally's Dance & Drama class

Other bookings

Sun 3rd 14:00 – 16:00

Children's party

Mon 4th 10:00 – 13:00

CPRE (clubroom)

Thur 7th 19:00 – 22:00

Parish Council meeting

Sat 9th 15:00 – 18:00

Children's party

Thur 14th 19:00 – 22:00

WI meeting

Sat 23rd 17:00 – 24:00

Private party



Martyr Worthy Village Hall

Lucinda Ffennell 779701 or
 simon@ffennell.plus.com

Weekly

Mon – Fri 9am – 1pm

Riverbank School

Mon & Wed 9am – 3pm

(End of term 24th)

Thursdays 7 – 9.30pm Whist Drive

Other bookings

Wed 13th 7pm Whist Drive

Thur 14th 7pm AGM of the Parish
 Council

Sun 24th: the Ark

Sat 30th: Children's party



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The Queen's 90th birthday

The weekend of 11th and 12th June has been officially designated as the national days of celebration to mark the Queen's 90th birthday.

Locally, Easton will be holding a Street Party on Saturday 11th June whilst Martyr Worthy will be having a special church service on the morning of Sunday 12th June. Festivities then move to Itchen Abbas & Avington village hall for afternoon tea and an evening barbecue.

Further details will be announced in due course.

Vernon Tottle



hearing worsened, until she became registered as "Deaf with Speech". She married an Englishman in Durham, but on his death she decided to move to Winchester to be nearer her daughter. It was a visit to the CLA show at Broadlands many years ago, that she came across the stand of the Hearing Dogs for the Deaf. Seeing the dogs in action, she decided to ask if she would qualify for one of their very carefully and extremely expensively trained dogs.



Daphne and her housekeeper visit the Easton WI

Everyone knows about Guide Dogs for the Blind. I also expect a lot of people know about assistance dogs for the otherwise disabled people, especially after we have just had Crufts International Dog Show this last month.

March's meeting brought us the delightfully cute and oh so cuddly Daphne. She is a lively, apricot-coloured Cockapoo hearing dog for the deaf. Accompanying her was her housekeeper, Britt-Marie Wallwork, who is deaf, even though she had a successful cochlear implant in 2013. She was not born deaf but started to lose her hearing in the 70's, when the tiny bones in her ears became arthritic and were replaced. Unfortunately the operation did not work and her

The Charity was founded in 1979 by Bruce Fogel, Ben's father, and dogs are now bred at The Grange in Buckinghamshire to be trained to assist their deaf foster parents. The charity retains ultimate ownership of the dog. It can take up to 2 years before a dog is passed suitable to go to a needy owner. When they qualify, all the dogs including, Daphne, get to wear a very natty jacket marking her out as an assistance dog, which means that by law she is allowed to go into food stores, restaurants and all sorts of offices. She should not be refused entry anywhere.

The training consists of a year of socialising in the home of exceptional people then back to the The Grange for the final level of being able to

respond to and alert their owners to the types of sound that they need help with.

For Britt, these include the doorbell, the phone, the cooker timer and most importantly the fire alarm. Daphne has been trained to jump at Britt, who then asks, "What is it?" She then leads Britt to whichever item has rung, except the fire alarm. In response to this, she lies flat on the ground, so that she does not actually lead Britt into danger.

It is a very expensive commitment to these dogs, costing sometimes up to £45,000 to breed, socialise, and care medically for each dog. There is no help from government, unlike Guide Dogs for the Blind, who get free vet care and food. The Grange can be visited and all information about their work can be obtained at info@hearingdogs.org.uk or www.hearingdogs.org.uk.

So go ahead and Sponsor a Puppy!

*Sarah Robinson
Easton WI*

The Alresford Surgery

Telephone calls to the surgery:
We are aware that it may be difficult to get through on our telephones at busy times. Where possible, please call the surgery for enquiries, non-urgent appointments and test results between the following times:-

Mondays: 12.00 - 18.30

Tuesday - Friday: 10.30 - 18.30

Please note: Unless you require an urgent appointment, all routine appointments can be booked online via Patient Access, once you have registered for the service via our website or by completing a form at the Surgery.

Itchen Valley News

May edition distribution

Please note that the May magazine will be delivered to us by our printer late on Thursday 28 April. Depending on the response of our individual distributors, some readers may not actually receive their copies until after the end of April.

Delivering the magazine the previous weekend was not feasible for editorial reasons. I apologise if this inconveniences any of you.

Vernon Tottle

Editor Itchen Valley News

Charity Sale in May

Please come and support Help the Heroes by coming to our fabulous Charity Sale! At Itchen Abbas Village Hall on Wednesday 25th May, 11am – 1pm. We will be selling goods for children and mummies so come and grab yourself a bargain! Refreshments also for sale.

Ronnie Johns



The Itchen Valley Choral Society

which rehearses every week in Itchen Abbas village hall, is taking part in a performance of Elgar's *Dream of Gerontius* on Saturday 14th May along with other choirs from the Winchester area. Do come along and listen to your local choristers; tickets are available from the cathedral box office on 01962 857275.

Vernon Tottle

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IA&A Safari Supper – Saturday 7th May

The East End of our Parish will be going on safari for supper on Saturday 7th May. This includes, as before, Itchen Abbas and Avington as well as those in Chilland and Chillandham Lanes. If you have taken part before I hope you already have the date in your diary. The format will be the same so please skip to the form below and fill it in! If you are new, either to the Valley or just to the Safari Supper, please read on. All are welcome, singles, couples, old and young. If you are single (or your other half is away/busy/not fond of company) do not feel that you have to pair up with someone, just come on your own. If you cannot host we can still fit you in since some people can host 8 or 10. Conversely, if you can't find a baby-sitter so would like to host the whole evening we can provide a

succession of guests to entertain you, or you can join as one person and swap at half time, so one of you goes out for starter, you host a main together and the other goes out for pudding.

The plan is that we gather somewhere for pre-prandial drinks and canapés (volunteer host needed!), separate in order to go to one house for starters, on to another for a main course, a third for pudding or cheese and those with the energy gather again for coffee and liqueurs (another host needed please). The cost is still £15 a head and the hosts get £3 for starter and pudding and £5 for the main, leaving £4 for pre and post prandial gatherings. We do not include an obligatory charity donation but in previous years many people have donated their food and drink hosting fee to the Winchester Night Shelter, which seems an appropriate cause to remember while celebrating and enjoying our own

Safari Supper - Saturday 7th May

If you would like to take part in the Safari supper please fill in the form below and post/deliver it to me (Shrubs Hill, Main Road, Itchen Abbas)

Name(s): _____

Address: _____

Email or Tel. No: _____

I/we wish to take part and are willing to cater for _____ people (including ourselves)

I/We would be prepared to offer: Starter / main course / pudding and cheese (please delete any you would rather not provide, you will only need to provide one course and we will do our best to meet your wishes)

I enclose a £ _____ for _____ persons at £15 per head (cash or cheque payable Mrs A C Appleby) or more if you wish also to make a donation to the Winchester Night Shelter. I/we accept full legal liability for our actions and absolve the organisers from any responsibility.

Closing date Friday 29th April

Or email shrubhill@gmail.com and we will assume you accept liability

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(continued page 35)
and our neighbours' lovely homes in the Valley. Last year we raised £500, including some welcome donations from people who were not free on the night.

Please photocopy or cut out the form on page 32. Email addresses are very helpful – if you don't want to share it with other participants please say so.

Charlotte Appleby

(If you want to meet new people this is a wonderful opportunity Ed)

Vernon's very own Lemon Meringue Cheesecake

I like lemon meringue pie but it's a fiddle making the pastry and it takes quite a time to prepare and bake a proper homemade version. In addition, I fancied making a cheesecake for pudding that same evening. So I searched the web for a recipe for lemon meringue cheesecake – and couldn't find one. Not anywhere. So I invented one of my own that I am delighted to share with you.

First the cheesecake base. I think about ten digestive biscuits were ground up in a food processor (I wasn't making notes at the time) and this was then added to about two ounces of melted butter. I pushed the crumbs down into a lined 8 inch flat tin with the base of a flat glass tumbler and put this in the fridge to firm up. I could have baked the base to make it crisper but I didn't have time and anyway I was trying to create a no-bake pudding.

This next paragraph of my recipe I got from my mother's McDougall Book of Basic Baking – it's so old it doesn't even say when it was published. It just has a jolly good recipe for a standard lemon meringue pie.

I took half a pint of cold water and stirred in 1½ ounces of cornflower plus the grated rind and juice of two lemons. I brought this up to the boil, stirring continuously until it thickened, continuing to stir and cook for three more minutes. Removing the pan from the heat I then added 3 ounces of caster sugar and the yolks of two eggs and beat the mixture well. I left the pan to cool in a bowl of cold water whilst I whipped two egg whites, adding 4 ounces of sugar and whipping again to form shiny peaks. Actually mine didn't make particularly good peaks on the day I did this – maybe some grease got in the mixing bowl.

Once the pan had cooled a bit (if you let it get completely cold the mixture will set too hard) I added a tub of soft cheese. I used ordinary soft cheese sold in a 200g oblong container but I guess mascarpone, cream or curd cheese would work equally well.

Mixing the cheese into the lemon mixture I then poured (poured is an exaggeration – it had to be spooned out of the pan as it had become quite stiff by this stage) the lemon mixture onto the chilled biscuit base followed by the whisked meringue. I browned the meringue with a cook's blowtorch although popping the dish under a grill for a moment would probably achieve a similar result. You don't actually HAVE to brown the meringue if you



prefer a whiter appearance.

Returning the finished tin to the fridge, it was ready to eat within the hour, although it had stiffened up even more, and therefore was easier to slice and serve, by the next day.

You too can use this recipe to make a Lemon Meringue Cheesecake that nobody outside the Itchen Valley will ever have tasted before!

Vernon Tottle

Imperial weights and measures have been given but metric equivalents are available for europhiles.

Itchen Valley News – Entrepreneurs of the Valley

Home Instead

Tell us a little about Home Instead. What service do you provide?

Home Instead provides support to people so that they can continue to live in their own homes for as long as possible. This can be as simple as taking someone shopping because they no longer drive, preparing meals and other household chores to helping someone

to get washed and dressed. We spend a minimum of an hour with each client as we believe that it is difficult to provide quality care in less time.

What led you to set up Home Instead?

Jan trained as an Occupational Therapist whilst we were living in Edinburgh and worked both in the NHS and in care homes in Winchester when we moved to Itchen Abbas 18 years ago. She saw at first-hand what a difference good care makes to a person's life. So, when the opportunity arose to start our own care business to provide the quality of care you would want for yourself or your family, we were fortunate to find Home Instead. An organisation that shared our values and with a vacant territory in and around where we live in central Hampshire.

How long has the business been up and running, and can you tell us a little about the early months of Home Instead? Has everything gone according to plan?

Our business is five years old on 7th March. It was just us two for a while but we're pleased to say that, after

some long days, we've managed to build it up to a team of 70, eight of whom are in the Alresford office and the remainder out in the local community visiting clients.

What do you enjoy most about running your own business? What are the challenges?

Having worked for large organisations in the past, the freedom to make our own decisions about the direction the business should take, whom to employ and so on really outweigh the downsides of



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being your own HR, Finance, Marketing and IT departments. Without doubt the biggest challenges have been around finding the right people to work for us. We are very selective about who we take on; we need to be certain that we would want them to look after us or our family before we employ them to look after our clients.

What has been the highlight so far for you and the business?

The highlight for us has been being able to help almost five hundred local people stay at home for as long as they wanted and at the same time giving a rewarding and satisfying job to so many kind and caring people.

What has been your most unusual order or request, if you have had one?

Our most unusual request came quite early on from a client who wanted to go to Norway for the weekend to visit an old school friend. With our help she was able to see her for what turned out to be the last time.

Where can people find you if they would like to get in touch?

Our office is in Huxley Court, in the Dean in Alresford and our telephone number is 01962 736681. You can find out more about us at our website – www.homeinstead.co.uk/centralhampshire

Is there anything else you would like to tell us about you or the company?

Jan and Steve are glad to say that they are still 'happily' married!

Lucy de Laszlo

The Practical Gardener

At last we have had a spell of dry weather which now allows us to catch up with many outside tasks. I gave up



on winter pansies and replanted so now they look better. I'm not sure hanging baskets can cope any longer with a prolonged wet winter.



Yes I did plant my first potatoes at the end of Feb (Rocket and Charlotte to follow soon). I have more broad beans and the early peas are under plastic cloches. These not only keep frost at bay but also the pigeons.

The first brassicas are ready to go out



and again everything will need to be netted so I have repaired the raised beds and built new frames.

The real work has happened in the greenhouse. Lots of seeds, both



flowers and vegetables have been sown and most are growing away. I use electric propagators and now the sun is strong enough to do damage so every morning I remove the lids. Watering is also needed and my deputy gardener is always on standby!

I do advise to keep clearing garden beds. Not only does an early weeding bring lasting benefit but it's an opportunity to lift and divide, inspect for winter damage and maybe move things around. I suspect the MW plant sale will be an ideal opportunity to get new plants to fill those empty spaces. I think it's also an ideal time for fertiliser and Growmore is still my choice. It's coming to the end of the pruning time for both roses and fruit trees. After a magical talk on roses I expect the Itchen Valley went into top gear on pruning but I caution doing this if it's still frosty.

There's not much to pick to eat right now, still some roots and leeks, purple sprouting and the first of the rhubarb – wonderful.

Happy gardening. Tony Gaster

Local monthly information

Waste collections in April

Black bins and green bags on Saturday 2nd, Friday 15th and Friday 29th. Green bins on Friday 8th and Friday 22nd.

Library

Visiting on Friday 8th April.

Itchen Abbas 11.15 am Easton 11.45 am

Cameo

On Tuesday 19th April.

Farmers' Markets in Winchester

Sunday 10th and 24th April

67 Bus operated by Stagecoach

School term timetable operates from Monday 11th to Friday 29th April:

Weekdays to Winchester:

07:53 09:23 11:23 13:23 16:23 17:23

Weekdays to Alresford:

09:19 11:19 13:19 15:19 17:11 18:09

School holiday timetable operates from Monday 1st to Friday 8th April:

Weekdays to Winchester:

07:53 09:23 11:23 13:23 15:23 17:23

Weekdays to Alresford:

09:19 11:19 13:19 15:19 17:09 18:09

Saturday service (same for the whole month)

Towards Winchester:

08:23 11:23 14:23 17:23

Towards Alresford:

09:19 12:19 15:19 18:09

No Sunday or bank holiday service

All times shown are at Itchen Abbas.

Times are 5 minutes later (or earlier) at Easton.



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