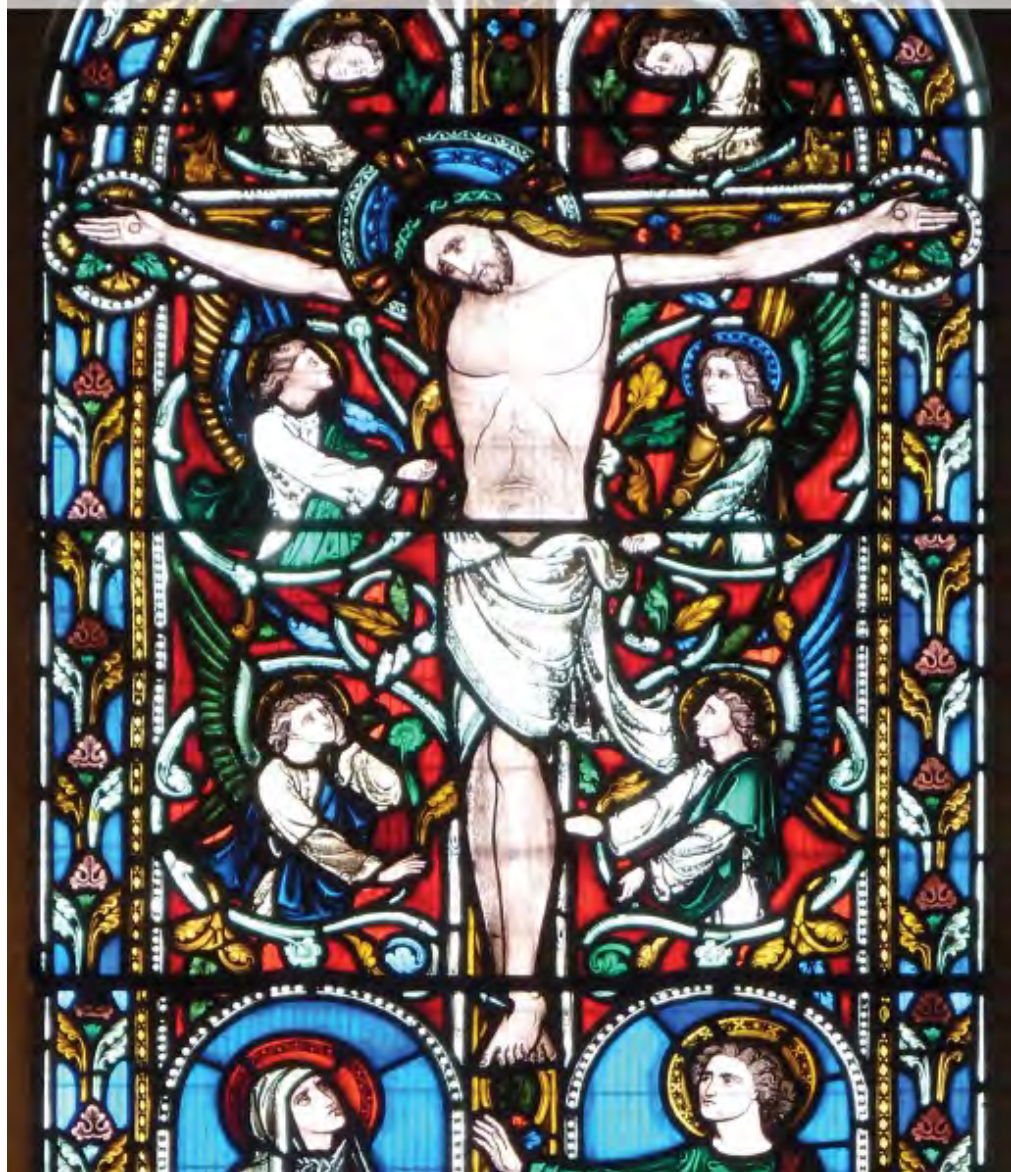


ITCHEN Valley News

Issue 40 April 2017

For Avington, Easton, Ichen Abbas and Martyr Worthy





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WELCOME to the Valley News



Following Vernon's comments last month, I can happily report a safe return from sunnier climes. We are now well into spring and Easter will soon be upon us. Amanda has written a very interesting article linking her love of art with the Easter message. There has been much to say about the Valley Spring Clean and the number of people who volunteered. A good example of community spirit. It frequently amazes me when I visit beautiful tropical places to see them spoilt by litter which is clearly a growing environmental problem for our world.

We have reports from all our councillors and MP giving us a continued insight into their work both local and national. A more unusual article describes the love of opera and I know this is important to many in the Valley. I would also commend the article called family file which is about love. We are so fortunate to have people willing to contribute to the IVN sharing their knowledge and experience.

We shall soon be saying goodbye to our curate, Rebecca and there is information about a farewell and coach to see her installed in a new parish.

Gardening and wildlife make their regular presence and it's trees, plants, animals and insects that make the countryside so interesting and beautiful. Nature never ceases to amaze. Bookworm is back.

April would not be the same without some humour fuelling our columns.

There are always plenty of announcements about eating and

drinking and also reports on how much we have enjoyed doing just that. But this also made me respond to the urgent appeal for the crisis in East Africa. I'd like to make a plug for the editorial team on IVN. What a great bunch, keen and enthusiastic to make this publication a good read. It's a joy to be part of that. Please do continue to support our advertisers. My apologies if some copy is out of order. We do have a copy deadline but sometimes it is overlooked!

Next month's editor is Charlotte Appleby.

Tony Gaster

Itchen Valley News

| | |
|--------------|---|
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Cover photo by Vernon Tottle; other photos from various contributors.

What's On

Yoga with Dionne

Starts Friday 21st April 10.30-11.30
Easton Village Hall. Mixed level class
(beginners welcome) £8 block
booking / £10 drop in. Please email to
reserve your mat. If you are interested
but have never tried yoga before, email
me and we can discuss; we would love
to have you join us.

om@dionneyoga.com

Lucy Wolfe

Annual Parochial Church Meeting

Wednesday 26th April, 2017 at
Avington Park (by kind permission of
Charlie and Sarah Bullen) Drinks and
nibbles served from 7pm. Meeting
begins from 7.30pm. Please do attend
this annual meeting at which we look
back over what we have done during
the course of the last year and enjoy
meeting each other. If you have not
been before its much more fun than
you would expect.

Alex Pease

Rev. Rebecca Fardell

As you know
Rebecca will be
leaving the parish
soon after
Easter. We will
be taking a
collection for her
as a gift of thanks
for all that she has
done in and for



the parish. If you would like to make a
donation please can we ask you to do
so preferably in the form of cash (to
save the bookkeeper's admin time) and
give it to one of the churchwardens.

Amanda Dennis

Goodbye Tea Party

We will be holding a goodbye Tea

Party for Rebecca at St Mary's, Easton,
3-4.30pm on Sunday 23rd April. All are
warmly welcome. For more
information please contact Vanessa
Rosewell 841182.

Rebecca's Service of Induction will
take place on Wednesday 17th May at
St Mary's, Sunnyside and Bourne End
Berkhamsted, 7.30pm. See page 23
for transport arrangements.

Vernon Tottle

Easton-Fest

Saturday 1st July at Grace's Farm.
Music festival featuring We Are Robot
and the Dogends; Bar & Hog Roast.
Further information in next month's
edition.

Sally Stone

Cabaret Concert

Saturday 8th July at St. Mary's Church
Easton – Victor and Albert – Classical
Mahem

6.30 – 7.30 Wine and Canapes

7.30 – 8.30 approx. Cabaret Concert.
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Tickets: £15.00 per person

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or Vanessa Rosewell:
vanessarosewell@btconnect.com or
841182

Grow your Own

When there seems to be a supply
problem with lettuces from Spain I
thought it useful to show a type of
lettuce described in Sarah Raven's
catalogue as "chicory, Variegata di
Castelfranco". Grown outdoors with
no cover, it is the hardiest and easiest
to grow—see photo. The proof is in
the eating. Origin is from foothills of
the Dolomites. Also the Milanese



turnips with the most attractive mauve blush colour on top continue to crop and are very tender and sweet.

Geraldine Haig-Haddow

Poppy Appeal

With spring now upon us it might seem a bit premature to start thinking about next November and the annual Royal British Legion Poppy Appeal.



This year however is a bit different. Following the very sad death of our outstanding 2016 Poppy Appeal Organiser, John Harris, four months ago, we are looking for someone to replace him. The role is not arduous but requires commitment and dedication from late summer to the end of November. It involves organising the Appeal, obtaining and distributing the poppies to a team of dedicated collectors and several outstations and collecting them again after Remembrance Day for counting. We are looking for someone in a position to take on this role. Those who have run the appeal in the past have found it fun, immensely rewarding

and a perfect way to get to know the community. That person does not have to be linked to the armed forces, could be young or old, in work or retired, a newcomer or a long standing resident but, preferably, somebody living in the community who is prepared to give some time to this very worthwhile cause. We provide a detailed briefing and the necessary tools for the trade. We just need someone to volunteer.

For further information please contact me on 734209 or by email to js.lang@icloud.com.

John Lang

President and Chairman. Itchen Valley Branch of the Royal British Legion

From our MP

As I write this month's column, it is Budget Day here in Westminster and I've just fought my way through the throng to talk to Meridian



TV. From my usual seat just behind the PM and Chancellor, I was tuned to hear anything on business rates and the NHS/social care. I wasn't disappointed. My conversations with Ministers in recent weeks have brought numerous Winchester case studies to bear and I was therefore pleased to see a cap of £50 a-month extra in 2017/18 for all businesses coming out of universal Small Business Relief alongside a £1000 discount for pubs and a £300m discretionary fund for local authorities use as they see fit. Equally, new money has been given for social care and a determination as well as more money to tackle inappropriate



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A&E attendance via greater primary care presence in emergency departments. This will be key as we move towards next winter when demand will peak again. My job now, as I have learned over seven years, is to plough through the detail and make sure it works for my constituency. I spoke to the Chancellor on the night of the Budget and remain on the case. When I was at school, 'stranger danger' was the mantra. These days, the message is essentially the same but it's much more complicated because of the dangers posed by the internet. As a dad of young children, their online safety is hugely important to me. Recently, I teamed up with Parent Zone and Google to lead an assembly at a constituency school. The 'Internet Legends' event was an online safety initiative that aims to teach primary school children practical tips for staying safe. The session is based around four 'pillars': Think Before You Share, Protect Your Stuff, Check It's For Real (so much fake news around now) and Respect Each Other.

This early engagement is absolutely crucial to keep our little ones safe from the modern stranger danger but also to ensure childish mistakes don't ruin lives. I often remind young people that anything posted to the web is there,

somewhere, forever. Certainly Facebook is one of the first places I look when someone applies to work for me. One frightening element to all this is the secret acronyms teenagers can use online which keep us parents in the dark. Must admit I did not know '99' means parents have stopped watching and left the room, 'WTPP' asks if you want to trade pictures and, most

chillingly of all, (L)MIRL is taken from the title of the rather good Deftones song meaning let's meet in real life. Ones to note. More at www.stevebrine.com/internetlegends Finally, you can find more about my other work, in Winchester and of course in Westminster, via my website which includes my regularly updated Brexit mini-site at www.stevebrine.com/Brexit

Steve Brine
MP for Winchester and Itchen Valley

We welcome

Nikki. Isla and James Young have moved from Winchester to East View, Church Lane, Easton. Ruth Theodore and Alison Butler have moved from London to Bridge Cottage. Becky Miles has moved with a horse, dog and chickens from Crawley to 1 New Farm Cottage.

Judith Mezger

Thank you from Sandy Brown

My family and I wish to thank all of you for your cards, letters, emails and visits at this very sad time in our lives. Also a very big thank you to all who were able to attend Graham's service of thanksgiving for his life. We felt very

supported by your love and the kind things you said about Graham. My door is open to you all and the kettle on. Our very warmest thanks and best wishes to everybody in the Valley.

Sandy (sandyjbrown1@hotmail.co.uk)

From our City Councillor



If you couldn't attend the public consultation on Silver Hill on March 24th/25th it is still worth getting in touch with JTP to offer your views:

community@jtp.co.uk I have quite a few myself, but here are just three I would mention.

The most fundamental is that the development concept for Silver Hill needs to be right. For me this is an opportunity to do something special and distinctive to the city. It should, I feel, be a 'civic minded' development which will stimulate cultural and economic benefits across the whole district. This is an opportunity that should not be sweated, but be nurtured, even if it strains the city's finances. We will make it up over the longer term and the benefits will be far greater than will be derived from any short term 'pack em in' approach.

Second is the architecture and sense of place created. Long after the developers and politicians are gone, the only thing that will matter is how people use and enjoy the spaces and buildings that are created. Does walking through the development, or passing by on foot or by car, generate interest, pride and pleasure? Does it sit well with the rest of the city centre and does it contribute to its heritage as

well as enhance its future?

Third, before the concept can be translated into a design, there needs to be a full excavation of the site's archaeology. We know that there are Roman and Medieval remains of national significance but we don't know exactly what's there and where it's located. We have no right to allow its destruction as recent proposals would, I believe, have substantially done, so let's do the job with care and explore how the archaeology can be revealed and incorporated within any development, for the benefit of the city and the country.

I would only add that solutions cannot be conjured up overnight. Major city-centre regeneration is always a complex and ponderous process and if the answers were obvious and correct, the development would have happened long ago. Patience is needed but even more important is thinking and attitude.

Kim A Gottlieb

Winchester City Councillor for Alresford & Itchen Valley 07795 494919

Itchen Valley Spring Clean

It was a wonderfully sunny, warm Saturday morning – we were so lucky with the weather for the Itchen Valley Spring Clean on 4th March. Fifty five or so spring cleaning volunteers from Avington, Itchen





Abbas, Easton and Martyr Worthy turned up on the day and were armed with hi-vis jackets, litter pickers and rubbish bags if they did not already have them. They set about picking litter from the Valley. Indeed, the valley was so well covered that a small but select team went to the Winnall roundabout – outside the parish but an eyesore many of us pass regularly.

The day itself was an enormous success with a huge amount of litter picked, with some unusual finds! These included a wallet (the owner was delighted to receive it back!), a hubcap, a whole car rear light assembly and a trout, as well as a regrettably large number of unsavoury items.

The Valley now looks so much cleaner after the pick because of the great support of volunteers from the community. Prince's Mead School also supported this great local community initiative with their Spring Clean on



1st March – thank you to them.

The Itchen Valley Spring clean morning was followed by



a wonderful spread of cakes, tea and coffee at Martyr Worthy Village Hall laid on by the WI. This was most welcome and thoroughly enjoyed by everyone there.

So a big thank you to all the volunteers on the day, to everyone who contributed, was involved and supported the Spring Clean and especially to the WI for putting on such a fabulous spread after the litter pick!

Steve Andrews, Parish Councillor



Southwood Players Return with Hay Fever

We had a year off while Maddy completed her MA in Creative Writing – with distinction. Nonetheless we are sticking to Noel Coward for this year's play at Southwood House garden on 28th and 30th June and 1st July. Hay Fever is one of his earlier plays but in the tradition of "a comedy of manners". The Bliss family could well be called eccentric, even dysfunctional, and it is their behaviour as well as the typical Coward script that makes for so



many laughs, even occasionally at ourselves.

The play has now been cast with many of your old favourites plus a few changes. It is in aid of The Multiple Sclerosis Society for their work at the Hobbs Centre in Bridgets Lane and the Valley Churches, who will give us an alternative venue should the weather intervene. Start now to organise your party and a picnic. It is always a good evening but tickets will be limited in case we have to squeeze into St John's Church. That is both an intimate experience and fun to be so close to the drama. Tickets at £15 (£10 for under 21) will be available on the Southwood Players website (www.Southwoodplayers.org.uk) from May, But I am sure that I can arrange for large parties before then.

Nick Owen 779162



Our Wild Valley

Lights, camera (well a small sound system will do) and action!

Now the days are longer and evenings outside can be made use of to the full, it could be time to see if you have space for swift boxes. I listened to a gentlemen from Hampshire Swifts at the HBIC wildlife recorders forum in March, who reckons in the last 22 years we have lost 50% of Swifts in the U.K. They need a lot of insects, so let your grass lawn edges grow long and your flowers and hedges grow high over the summer. Swifts need 2 years

to find a nesting site and will start looking when they are 3 or 4 years old. By this time they will have travelled to East Africa and back again. They will use the same nesting site each year, and you may be able to see where this is. When they do their low flying stunts and terrific screeching they are usually returning to their nesting site close by.

To make new nesting sites in eaves put up a few boxes and play the calls of Swifts through an MP3 player or CD to attract them. They may take a look at the nests this year (get them up by the end of April at the latest) and then return next year to (fingers crossed) use them. They usually leave us at the end of July with their young so are only

busy at home for 3 months.

Please look at swift-conservation.org for more information on boxes - John Stimpson boxes are the cheapest and can be put on eaves and there are different types for putting on walls. It's worth doing a bit of research with the supplier to get the right box for the right spot.



If these birds are not suitable for your house or garden, go for Monty Don's jobs for the month and get out there / anywhere planting, or watching or being and plot any records of wildlife spotted by using iRecord. I have found an app called 'GB Grid Ref Compass' that gives you a 10 grid ref number and can even text, tweet or email it back to you! The more records we have of wildlife the more backup and knowledge there is to try and stall the drastic loss of life around us.

Sophie Rogers

WI Update

At our March meeting we benefited from two speakers both telling us about their 'obsessions'.

First Lee Tovell shared with us the many reasons why he is (and we should be) obsessed with the necessity of making a will (testament). Lee always has a few 'standard will forms' to hand ready to help you along your way. The person writing a will has to do so voluntarily (Lee was not forcing me, honestly!), be over 18 years old (no problem here) and be of full mind (?). And if you have made your will a while ago, review it from time to time as circumstances do change!

Second up was William Parry from the Wessex Wild Plum Company supported by Sophie Jackson in the audience talking about his obsession with sheds! Bizarre, I thought. First we talk about testaments and now about sheds. I checked the program and yes the title was 'A tale of 2 sheds' (although I think there were 3 possibly more). Soon it became clear that it was all about what William keeps in his sheds.

A passion for making potions, mainly alcoholic, out of almost anything as a teenager / young man in his shed (# 1) developed into a business producing five distinct (and very delicious) plum liqueurs using five different varieties of plums (Red & Golden Bullace, Sloe, Damson and Kea). Production was originally based close to Newbury (shed # 2) but has recently moved to a new shed (#3) near Northington. 2000 new plum trees have been planted in the last year grafted from the best trees in the Newbury orchard. As these were originally wild the new trees will be genetically tested and if

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they turn out to be unique, William and Sophie can choose their own name for this plum variety; how very exciting. The evening was rounded off by a tasting session. All liqueurs are gin based and very popular for shooting parties but are, as William assures us, equally delicious in cocktails.

I can see shed #4 – Wild Plum cocktail laboratory! In the mean time with spring just around the corner a ‘Kea Royale’ (Kea plum liqueur and Prosecco) sounds very inviting.

Our next meeting will be on Thursday 13th of April when Philip Jeffs, the owner of Worthy Plants, will provide us with tips for small gardens.

Ina Williams

From the Parish Council.



A big thank you to all who took part in the Itchen Valley Spring Clean. The weather was sunny, which was a bonus and overall at least sixty people were

involved. Special thanks go to Steve Andrews who organised the event, Paul Moffatt who once again drove round with his trailer and collected up the bags of litter and Kyrene Beams and her team from the WI who provided us with tea, coffee and cakes when we finished. It was a good community event, which has given the Valley a cleanup and a reminder to all to try to keep it that way throughout the year. Staying with the outdoors, the old changing rooms at Couch Green are in such a dilapidated state that they are no longer fit to use. The cost of repair and refurbishment is excessive, so the decision has been made to remove them. As with many things today

disposal will not be as speedy or simple as one might hope. It may not come as a surprise that one of the first things we have to do is answer the question as to whether they contain asbestos or not. We are working on it. Naturally if anyone would like to take them away for free please ask.

Also for Couch Green we have on order a new bench and litter bin. These should be installed in the next month or so ready for the summer. On the other side of the Valley in Easton the bench at the Old School Playing Field is in a poor state and will have to be removed. A replacement is planned for the future. If anyone wishes to sponsor a bench, perhaps as a memorial, please let us know. Also for the Old School Playing Field the children's play tower is in need of replacement.

Investigations are underway and we will be consulting on both the design of the tower as well as the surface for the ground below it.

In the wider Valley you may have seen that another section of the side of a footpath has been fenced with barbed wire. The path that was fenced last year has now become very muddy. Hence there are a number of issues that need addressing. We are hoping to be able to meet with a representative of the Hampshire and Isle of Wight Wildlife Trust, who manage much of the land on behalf of the owners, so that we can find a sensible way forward. In the meantime walkers on these paths, which are often privately owned rights of way, need to take care and follow the requests and advice given on the notices. This especially applies to dog owners to whom I would recommend reading and heeding the advice given by the South Downs National Park in their “Take the Lead” document which can be found by following

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Another meeting we have arranged is with organisers of the cyclists who will be coming through on more than one occasion this summer. As much as cycling along with other forms of exercise is to be encouraged, when they come through in large numbers at speed then there are issues such as safety which have to be considered. Good marshalling is essential. This particularly applies in places where footpaths emerge onto the highway with poor sight lines and little warning for both pedestrians and cyclists.

A good outcome from last year's Boomtown has been that £2000 has been offered to Charities and Community Groups in the Itchen Valley. Four other parishes have also received similar funds. In our case the fund is being administered by the Parish Council. Should any group in the Valley wish to apply, a form can be found on our web site. All applications must be made, in electronic form, by the closing date of 13th. April, to our Clerk Alan Weaver

clerk@itchenvalleyparishcouncil.org.uk
Lastly please note that our Annual Parish Meeting will take place on Tuesday 25th April at Martyr Worthy Village Hall Starting at 7pm. If you are interested in the local matters of where we live, what your Parish Council does and how it spends your money then please come along.

*Patrick Appleby,
Parish Council Chairman.*

Funds and fun – Martyr Worthy Lectures 2016/17

In the third of a very successful series, the Martyr Worthy lectures raised over £6,000 for the Itchen Valley Parish



Churches. Thanks to enthusiastic support, an average of 150 tickets were sold for each of the three lectures over the winter. It certainly looked like fun for all those attending what often seemed a very good party with a lecture attached!

To speak this season you had to be called John, and you had to deliver an outstanding talk. John Lang elucidated the story of the Dutch Golden Age, John Andrews timed his gripping overview of A World in Conflict just after the US presidential inauguration, and John Davies revealed the glories and differences of the architecture of Oxford and Cambridge. Without them there would be no series, and we are so grateful to all three of them.

The call goes out and is always answered, a great many helpful volunteers were needed to set up the



hall, to organise the front desk, the food, the bar, the parking, the publicity, the finances and a host of other things. Thank you to you all from the organising team – Joanna Lang, Gilly Greenwood, Liz Platt and me. Never mind the box sets - mark your diaries for Series 4 in the winter of 2018/19!
Verity Coleman

Letter from the Rectory



Anxiety and worry seem to be a regular subject of conversations at the moment. I had dinner with a friend this week and she expressed her deep anxieties. Anxiety

over Brexit, anxiety over her children and their future, anxiety over relationships in her village (not in the Itchen Valley!), anxiety over her health- the list was long. Other people that I talk to have their own list and their own stories to tell.

Sometimes when we look at other people's stories it helps us to understand more of our own story and our own life. I've been to see two fascinating exhibitions at the Royal Academy in London recently. The first is 'America after the Fall: Paintings in the 1930's' and the second is 'Revolution: Russian Art 1917-1932'. In the exhibition of American art, the artists explore the financial crash of 1929 and the subsequent economic depression in the 1930's. In Charles Green Shaw's picture of skyscrapers in New York, a giant Wrigley's spearmint packet shaped like a tower block comes crashing down. There are pictures that show factoryscapes which somehow look idyllic but have a back

story not shown of industrial unrest and workers shot by the police during demonstrations. Many of the paintings express anxiety and fear. Pictures of vast expanses of barren earth like Alexandre Hogue's 'Erosion No 2- Mother Earth Laid Bare' show a dustbowl of over cultivated land and remind us of the vast migration of millions of poor and hungry families to the west. In contrast, the exhibition of Russian art is full of hope and colour and vibrancy. Artists were clearly excited by the prospect of a better world after the fall of the Tsars. The artists depict healthy workers happily working in the factories and in the fields. Workers are shown in video footage excitedly waiting for the arrival of new tractors. Even the ceramics made in the factories are in bold happy colours as they contribute to the picture being built up of a thriving and successful society. Behind all this though, we know now and the artists began to discover that all was not well. Disastrous economic policies led to mass starvation and Stalin was responsible for an extraordinary number of political executions. Increasingly the artists were more and more regulated by the state as to what the content of their art should be. Looking at these two exhibitions helped me to reflect on our own times.



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As we look at the stories of others we can ponder differences and trace parallels. Christians believe that there is one story that helps us to make sense of all our stories. It is a story that helps us understand our past and our future and how we can best live now. This Easter we are going to be retelling the story of the death and resurrection of Jesus. We will do this in all sorts of ways. On Good Friday morning in Martyr Worthy we will act out the last days of Jesus' life. Beginning at the bottom of the hill we will see Jesus betrayed by Judas. As we make our way up the hill we will see him tried and condemned to death on the cross in that most cruel of all the Roman methods of execution. Then we will see Jesus laid in the tomb in the church.

When I went to the exhibitions at the Royal Academy I chose to listen to a commentary on headphones as I looked at the pictures. Although I've studied art history, I have never studied either of these periods. I needed some help to understand both the history of America and Russia in the Thirties and what the artists were seeking to portray. In the Way of the Cross on Good Friday morning, we act out the backbones of Jesus' story. We don't get any explanation of the history or of what it means. It is later in the afternoon that we will have the opportunity to reflect on not only what the story meant in history but also on what it means for our lives today. At 2pm on Good Friday in St John's Itchen Abbas, we are privileged that Bishop David is going to lead us in a meditative service called the Last Hour. This will be a time when we can have an opportunity to reflect

quietly on why Jesus died on the cross. It is a story that is not only about history but is about our lives today. It is a story in which we are invited to participate. We are invited into a relationship with a loving God who cares for us as a father cares for a beloved child. It is in relationship with him that we will find hope and meaning for our everyday lives and relationships and for our future.

Amanda Denniss

Jackie's County Corner



Do come along to our Dawn to Dusk Day for The Watercress Way on Sunday 30th April. The events cover a wide range of

interests and are on many sections of the route: from a Dawn Chorus Walk at 4.45am, a talk by railway expert



Peter Clarke, an exhibition at Itchen Stoke Church, some volunteer action installing waymarkers and a Children's Mouse House trail. We finish with a walk of botanical interest from Couch Green at 4.45pm. Not exactly dusk, but close to it! Full details on www.thewatercressway.org.uk

I took up the opportunity for my regular NHS Breast Screening appointment recently. This time it was carried out in a mobile unit at the Tesco car park. The only check is a simple mammogram: no blood pressure or weight check etc. I thought it was a friendly efficient and convenient location. If you have used this service, what did you think?

What do you think of the location?
Does it work for you?

The Great British Tidy was in March and a team of us went further afield in our Parish and cleaned up Junction 9 inner footways. Whilst the village was in good condition, the main roads are dreadful.

You can see from the photo that we worked together to Clean up Britain! If you have a coffee, please don't throw the empty container out of the car window: take your litter home! Thank you!

Social Services for adults and children



are under an enormous amount of pressure to cut costs but I hear worrying stories of care cut at short notice. If this has happened to you, please get in touch. We may be able to find another solution.

Finally, if you have children and work 16 or more hours every week, you will be interested in the new childcare support on offer from September 2017. Read the details on <https://childcare-support.tax.service.gov.uk> You can register to receive email updates and apply from April 2017.

Parents earning less than £100,000 per year can apply for tax free childcare vouchers for children up to the age of 12 (17 if disabled) or receive free pre school education for 3 and 4 year olds at welcoming sites. The system will be usable on phones too. Let me know how you get on!

Jackie Porter

Jackie@jackieporter.co.uk, 01962 791054, text 07973 696 085 website www.jackieporter.co.uk Twitter user? @JackieLibDem

Family File

'Are you in love?' the journalist asked. 'Yes' he replied, 'whatever that means!'. Such tragic words from the first interview with the Prince of Wales and Lady Diana Spencer after their engagement! 'Love' has been so degraded as a word that it is not entirely unsurprising that even Prince Charles did not know what the word meant, at the time when he most needed to know it.

Those of us who come from broken homes can often find this whole area difficult. A 25 year study of children of divorce in the United States concluded that the principal problem that they faced was that they did not know how

to love.
Certainly,
since I am
the only
child of a
mother
who
married
three times,
Lucy has



had to teach me a lot in this area in the 28 years since we got married. But one of the biggest challenges in the whole area of love is that showing and receiving love means different things to different people. It's like they are talking different languages. This is the insight of a fantastic book by Gary Chapman, an experienced marriage consultant, called *The Five Love Languages*. The book represents possibly the most useful insight there is into strengthening committed relationships.

Chapman found that we naturally show love in a particular way and it is actually that way that we want to be shown love. Its like a language. The trouble is that our husband, wife or partner may be speaking another love language and so, despite our efforts, the love we are trying to extend misses the mark and our partner ends up feeling unloved or, in one expression, our 'love tank' gets empty. If the love tank is full we can put up with any number of things going awry in our lives. If the love tank is empty even the late delivery of the groceries sends us into a fury or despair...

According to Chapman there are five love languages:

Words of affirmation: encouraging

things which are said

Quality time: giving undivided attention

Receiving gifts: these are thoughtful gifts, avoiding tokenism

Acts of service: could be cooking or ironing – something which shows that you are thinking of the other (not just the usual tasks divided between you)

Physical touch: this can range from the gentle touch on the shoulder all the way through.

It might be worth asking your partner to spend five minutes putting these five ways of showing love in order of priority for them and then guessing which they would be for you and then swapping the results. Even after decades of being together the results could surprise you.

Once you have discovered your partner's principal love language – the one which is the top of the list - then you need to learn to show that to him or her, even though it does not come naturally for you. Get Chapman's book and read it together. The results can be spectacular!

Revd. Alex Pease

Itchen Insight

Name: Arminel Jane Tottle.

Age: 62.

Occupation: Retired Secretary.

How many years you've lived in Valley: 30.

Your life in 180 characters: Sussex childhood in and around Lewes, famous for its bonfire celebrations. Pitman's Shorthand Typing course, then Oxford, where I met Vernon. Married in Offham church June 1978. A short spell in Luton. Moved to



Winchester 1979 then Itchen Abbas February 1987.

Champagne Moment: I was the only bridesmaid at the wedding of a friend of my father's Autumn 1965 aged 10.

Surprising Snippet: My name derives from ancestors in Devon 200 years ago and has been used for the heroine of a Mills & Boone novel.

Most frustrating moment: At the last minute, finding the stems of the posy bunches purchased for myself to do attractive flower arrangements for the house prior to our wedding had decayed in stagnant water. The flowers in the herbaceous border had to be left for show. However my brother came to the rescue with some sprigs of red chestnut cut from the tree adjacent to our driveway.

Passion: Playing my clarinet, natural history, Short Tennis and Boules.

Favourite place in Hampshire: The Itchen Valley.

Best thing about the Valley: The attractive walks round about, social and church activities.

Worst thing about the Valley: All the potholes in the roads, though most of them have now been filled.

Favourite Book: The Butterfly Isles by Patrick Barkham. Butterflies and moths have always interested me and I was an avid collector as a child.

Favourite quote: "I've got profiteroles coming out of my ears". What my brother said after we'd served him up so many for lunch.

Easton & Martyr Worthy Safari Supper 2017

Thank you to everyone who supported the 2017 Safari Supper on 18th March 2017. Nearly 70 people participated and £900 was raised in donations. As a result St Mary's Church and Easton Village hall have each benefited by £450.

Terry McGowan

LENT LUNCHES 2017

Lent lunches will be held in aid of the Countess Mountbatten Hospice www.cmhcharity.org.uk as follows:

Friday 31st March at the home of Lizzy Reid, Chilland Place, Martyr Worthy SO21 1EB; 779445

Friday 7th April at the home of Anne Heaton-Armstrong 2 Chandos Terrace, Avington SO21 1DD; 779848

Lent lunches have been held in homes around the Valley for over 25 years and take the form of simple fare – soup, bread and cheese. Please do come along to have fun meeting each other, and to support the Countess Mountbatten Hospice.

Stephanie Gretton

Itchen valley church services



Sunday 2nd April

8am BCP Holy Communion
 10am All Age Service
 11am Matins
 6pm Lent course & Compline

Avington
 Martyr Worthy
 Itchen Abbas
 Itchen Abbas

Sunday 9th April Palm Sunday

8am BCP Holy Communion
 10am Parish Communion
 6pm Evensong

Easton
 Itchen Abbas
 Martyr Worthy

Monday 10th April to Wednesday 12th April

8pm Compline

Martyr Worthy

Thursday 13th April Maundy Thursday

8pm Holy Communion

Itchen Abbas

Friday 14th April Good Friday

10am The Way of the Cross
 2pm Last Hour

Martyr Worthy
 Itchen Abbas

Sunday 16th April Easter Day

8am BCP Holy Communion
 10am Family Communion
 10am Traditional Communion
 6pm Evensong

Avington
 Easton
 Martyr Worthy
 Itchen Abbas

Sunday 23rd April

8am BCP Holy Communion
 10am Parish Communion
 6pm Taize

Itchen Abbas
 Martyr Worthy
 Easton

Sunday 30th April

8am BCP Holy Communion
 10am Parish Communion

Easton
 Avington

Church annual meetings

Dates have been set for the four Annual District Church Meetings (ADCM) as follows:

| | |
|---------------|--|
| Martyr Worthy | Sunday 26 th March, 11am in St Swithun's |
| Avington | Tuesday 28 th March, 6pm in Avington Park |
| Easton | Sunday 2 nd April, 11.15am in St Mary's |
| Itchen Abbas | Tuesday 4 th April, 7.30 pm in St John's |

These meetings are opportunities to hear a report of what's been happening in each church during the last year and to discuss matters of interest.

Nominations will be agreed for the positions of churchwardens and other church officers for ratification at the Annual Parochial Church Meeting scheduled for Wednesday 26th April (see What's On for details).

Everyone is welcome to attend these meetings. Do please come along!

Rev'd Amanda Denniss

Transport to Rebecca's institution service on Wednesday 17th May at 7.30 pm in Berkhamsted

I am organising a coach to take us there and back for the evening service. A 49 seater coach with driver costs £500. A minimum of 33 passengers at £15 each is needed to make this viable. To book your seat, please send £15 cash per person (or a cheque payable to Vernon Tottle) to me at Hazeldene, Northington Road, Itchen Abbas, SO21 1BE. If more than 33 people book then a proportionate refund will be given. Do take advantage of this church-to-church assistance, leaving the valley at around 5 pm and letting you relax on the way home. Prompt booking is recommended because if more than 49 people apply, I will then need a further 18 to make it worth booking a second coach!

Vernon Tottle

Rector

Rev Amanda Denniss 779832 amandadenniss@gmail.com

Assistant Priest

Rev Alex Pease 791010 rev@ampease.co.uk

Curate

Rev Rebecca Fardell 809264 rebecca.itchenvalley@gmail.com

Licensed Lay Minister

Mr Gerry Stacey 620263 gstacey@easynet.co.uk

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

Itchen Valley Churchwardens

Robin Greenwood 779540; Andrew Impey 779645;

Theo Mezger 07775 908014; Vanessa Rosewell 841182

The Practical Gardener

We are perhaps at the busiest time of the year for gardeners with some jobs not done over the winter like clearing the borders. I know it can be a chore



but all the dead ends must be cut back, weeds removed and I think it is an excellent time for spreading compost. In our chalky soils compost or organic material is essential for good growth and moisture retention. But the experts also say you need an inorganic boost and that's the old NPK requirement. I stick with Growmore or similar.

Growing your own plants is very rewarding and many annuals are not that difficult but a heated propagator does make life easier and what are kitchen window sills for? We have had a



few very warm days and controlling the temperature in the greenhouse is not easy. However, I can still remember icy days in April so it is too soon to remove the bubblewrap.

Last month I reported on moss treatment. Sadly the problem is more serious and my front lawn is infected with chafer bugs. There's no easy or cheap solution. The lawn must be treated and mine will have to be totally cleared and re-sown. I'm expecting a big bill this year. If you see birds pecking at your grass, then that's a sure sign of problems. I have another project to level my back lawn using a sand and loam mixture. It all looks a bit too much like hard work.



I have been working on growing bulbs for the Valley Gardeners Flower Show (pictured above are my tulips). Of course it's impossible to predict when bulbs will flower! There is a lot of colour coming, mainly from small plants which love a sunny day to open out. It's soon time to put out pots with frost sensitive plants which have been in the greenhouse (I have lots of fuchsias). I usually use this opportunity to repot and change compost where possible. It's much more easily done when

compost is on the dry side. It's also a great time to prune to a new shape.



There is work to be done building new compost heaps and making them totally rat resistant. Pictured above is the start. I use timber because it keeps in the heat and is easy to work with.



The brassicas planted months ago are now yielding cauliflower, purple sprouting and cabbages. Clearly last year's effort was worth it. Now of course is sowing time for almost everything. My early potatoes are under fleece and we are still eating last year's main crop.

Happy gardening. Tony Gaster.

Opening the can

Having initially inherited a vaguely rectangular lawn some thirty years ago,

we have finally got round to landscaping our front garden. Instead of blocks of herbaceous borders we are going to end up with one long, almost continuous border outside a circular lawn. Creating this (possibly) interesting garden has involved much digging up of the old lawn. For a mainly mossy, only slightly grassy turf, I have been surprised to find so many worms in the soil beneath.



But then earthworms don't rely on plant nutrients to survive (only plants need those) but instead they feed on anything organic they find around them, be this fungi, bacteria or decaying plant matter. If anything, the more the plants above aren't doing so well, the more food there is for the worms. So my starved and mossy lawn was probably an ideal environment for them – hence so many worms.

Many years ago I heard the (possibly) old wives tale that the weight of cows in a field is always exceeded by the weight of worms beneath it. Is this true or not? Asking Google didn't manage to provide any definite answers but I did come across an entertaining Twitter feed that amongst other questions asked whether this applied to fields of cows stacked four high. Another asked if it

also applied to Cowes.

So let's have a go ourselves.

A worm weighs about 10 grams. I found about 20 to 30 worms in every square metre. From Google it seems that you can stock between one and two head of cattle per acre. My father used to tell me that a typical cow weighs about a ton. So let's say 1500 kg of cow per 4000 sq. metres which is equivalent to 375 g per sq. metre. My grass has yielded about 200 to 300 grams of worm per sq. metre – and that's without digging much deeper than half a spade.

Maybe it's true. Please feel free to write in to prove or disprove my calculations!

Vernon Tottle

Bookworm

A few years ago, Radio 4 compiled a list of what listeners considered to be some of the most neglected novels. 'The Rector's Daughter' by F.M. Mayor was one of the chosen masterpieces. In the last forty years I must have read it about twenty times and on each reading I find something else to fascinate and absorb me.

Written in 1924, 'The Rector's Daughter' is the story of Mary Jocelyn, middle aged spinster, devoted sister and daughter, selfless parish worker. F.M. Mayor, herself a clergyman's daughter, describes life in the aptly named village of Dedmayne and with her wonderfully evocative prose draws us into the atmosphere of the Rectory and its inhabitants. Part of her genius is the way in which she creates a wide cast of living, breathing characters, ranging from the Lady of the Manor to Cook at the Rectory. Each of these characters has as fascinating an inner



life as an outer one and in Mary we see a reserved, conventional woman with a passionate heart who, for all her devotion to parish life, leads a lonely existence:

'In October, as regularly as the leaves fell, she began the winter habit of reading her favourite novels for an hour before dinner, finding in Trollope, Miss Yonge, Miss Austen and Mrs Gaskell friends so dear and familiar that they peopled her loneliness.'

The arrival of a new Curate in the parish enables Mary to realise something of the life that other people experience and to enjoy some respite from her suffocating, dutiful and spiritually solitary existence. Ironically, Mary's position at the heart of the parish had always left her standing alone.

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| | Fri | 9 am | | |
| Ems Bray Pilates | Tue | 8:45 am & 10 am | Emily | 07876 033893 |
| | Thu | 9 am | | |
| Sally Stanyard | Tue | 4.15 pm - 7.45 pm | Sally | 01962 776562 |
| School of Dance | Thu | 6.45 pm and Fri 4 pm | | |
| | Sat | 9 am - 2.30 pm | | |
| Moo Music | Wed | 9:15 am, 10.15 am | Denise | 01962 779182 |
| Brew with a View | Wed | 3 - 5 pm (not 1 st , 8 th) | Ina | 01962 779465 |
| Muriele Zumba | Thu | 10.30 am | Muriele | 07821 545403 |

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| | | | | |
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| Kindergarten | Thu - Fri | 9am to 1 pm | | |
| Whist Drive | Thu | 7pm | | |
| Way of the Cross | Fri 14 th | 10 am | | |
| IVPC Annual mtg | Tue 25 th | 7pm | | |

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| Ladies Short Tennis | Wed | 14.30 | Arminel | 01962 779611 |
| Choral Society | Wed | 19.45 | Gabby | 07712 112174 |
| Badminton | Thur | 19.30 | Mike | 07887 503345 |
| Swing It Dancing | Thur & Fri | 20.00 | Neil | 07825 709691 |

loneliness, this novel is also a study of marriage and of parent-child relationships. It is not possible to write much about this without disclosing the plot!

Flora Mayor has a keen ear for all the little pains of life but she has created a world without sentimentality and with occasional touches of irony of which Jane Austen might have been proud. Her style is sparse but the world she evokes is full of fascinating detail.

This novel truly does enclose 'infinite riches in a little room.'

Clare Gaster

For the love of Opera

Peter McManus, of Itchen Abbas, tells us about his love for this dramatic form of singing.

When did you first go to the opera? When I was 17, I took my then girlfriend to see Puccini's *Madam Butterfly* at the Liverpool Playhouse, put on by the Carl Rosa touring company. This was the start of a lifetime's passion if you see what I mean.



How many different operas have you seen over the years? One of the joys of the opera world is the huge variety of repertoire - I think it's sad

that so often just a few 'warhorses' are trotted out by the big opera houses. Donizetti alone wrote 70 operas, including such delights as *Emilia di Liverpool* - yet hardly more than a handful are ever performed. We get another version of *L'Elisir d'Amore*, far from his best composition, every year - and so far I've only seen 10 of the 70 he wrote! A few years ago I compiled a catalogue of all the operas I could remember having seen (sad!). My current total is 188, out of about 360 performances I have attended. But a friend of mine has seen nearly 250 - I doubt I shall ever catch up with her!

Do you have a favourite opera house? It has to be Glyndebourne, which I first visited in 1980. I have seen at least one opera there every year since then. Their standards are invariably high, and the ambience is very special. People have this image of it being frightfully posh, but the reality is that all sorts make up the audience.

Do you have a favourite composer? I just counted up that I have seen operas by 79 different composers! My top three would be Mozart, Verdi and Benjamin Britten. The two operas I have seen most often are Janacek's *Jenufa* and Britten's *Peter Grimes*, both tragedies. But there are some wonderful comedies as well - the Grange Festival is putting on Britten's *Albert Herring* this summer, a sparkling comedy of the 1930s English social scene.

Have there been any funny situations in operas you've seen? I didn't actually witness this one, but some years ago at the Wexford opera house, the set had a steeply raked stage, on which sand was sprinkled to help the singers keep their footing. In the interval, a cleaner who was unaware of this, thought they would



extra singing lessons, to buy special outfits for recitals, and sometimes to travel to improve their knowledge of foreign languages.

What is your unfulfilled ambition? If I were to live that long, it would be to see an opera on my hundredth birthday. We had a member of WGA who was 99 when he saw his last opera - a wonderful example to emulate!

Peter McManus & Brigid Brett

tidy up and swept the stage clean. As the second act started, the chorus came on at the top of the stage and started, one by one, to slide down until they all ended up in a heap. The audience laughed so much that they had to bring the curtain down!

What is the furthest you have travelled to see an opera? I have been fortunate to visit the Sydney Opera house twice - surely the most spectacular example in its setting anywhere in the world. Also especially memorable are the Metropolitan Opera in New York, the amphitheatre in Verona, and La Scala in Milan. Last year we saw Verdi's *Otello* in Budapest, an opera house that seems quite unchanged since it was built in the middle of the 19th century.

What do you think is the greatest need in the world of opera today? I have little doubt that it is the difficulties faced by aspiring young opera singers. I have been a member of the Wessex Glyndebourne Association since 1987, and for the past 20 years we have been sponsoring a promising singer each year from the Glyndebourne chorus. A prize of just £2,000 makes a huge difference to a young singer; it enables them to pay for

Safari Supper

This year's Safari Supper for Itchen Abbas, Avington and Chilland residents will be held on Saturday 10th June. In an attempt to appeal to the many families who have moved into the villages in recent years, we have changed the format slightly, dropping the 'aperitifs' and moving straight to starters. This should be more family-friendly in terms of start time. For those not familiar with the concept, participants travel from house to house to enjoy 3 courses, eating with different people at each, and usually hosting one of the courses themselves. Coffee and digestifs are then served at someone's house at the end. Nikki and Gordon Lott have very kindly volunteered to host this 'after party' this year. (They live on the Chilland side of Itchen Abbas). If you are unable to host a course this year, please don't be put off. We will do our best to accommodate everyone!

The donation price per person is still £15 a head and the hosts get £3 for starter and pudding, £5 for the main, and the rest will go towards the after dinner drinks. We do not include an obligatory charity donation. In previous

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years many people have opted to donate their food and drink hosting fee to the Winchester Night Shelter. This seems an appropriate cause to remember while celebrating and enjoying our own and our neighbours' lovely homes in the Valley. To join, please complete the form below and return to Zazie and Ian Carter per the instructions on the form.

Zazie Carter

Winchester Cathedral
Scribes Open Day
Saturday 29th April
More information from Geraldine Haig-Hadow



ITCHEN ABBAS, AVINGTON AND CHILLAND SAFARI SUPPER SATURDAY 10th JUNE 2017. To take part in this year's Safari Supper please either complete the below form and deliver to Zazie & Ian Carter, Chillandham Cross, Chillandham Lane, Martyr Worthy, SO21 1AS, or send an email with the necessary details to "iasafarisupper@gmail.com"

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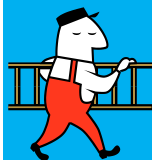
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Pictured is one of the Lent lunches.

The diesel debate

I was somewhat shocked when I thought about changing my car to be told that diesel was no longer going to be allowed. Apparently the Supreme Court has ordered the DoE to set new plans to tackle nitrogen dioxide levels by the end of the year. The EU is also raising standards which are not being met in this country. Demon diesel has followed in the wake of the VW engine cheating systems.

As a result of this debate Winchester City Council, always on the forefront of new technology, is proposing to limit access to all diesel vehicles through the city. As one councillor put it "we all need low emissions". It is known that even a new compliant

diesel engine emits about five times more NO₂ than a petrol engine. Whilst the science is clear I was wondering where I would be left trying to sell my current diesel car.

Well, there is some good news. The council is investing in a new car crusher, hopefully to be sited where the current recreation centre is based. Known for its go-ahead schemes in recent years, WCC hopes this will be a significant money earner. "Crushed and scrapped" was how one local newspaper put it. As a further disincentive, and following the lead of several large cities,

Winchester will soon see rising parking charges for owners of diesel cars. It will be based on a sliding scale, though it is understood right now there is a difference of opinion as to which scale to use. Winchester's music festival has been called in to help. Those living in areas where parking permits are required will also see charges soar.

The science behind engine pollution is complex but quite soon we are all expected to know the different values of each pollutant as it applies to our own cars: nitrogen oxides (NO_x), total hydrocarbon (THC), non-methane hydrocarbons (NMHC), carbon monoxide (CO) and particulate matter (PM). The limits will supersede the

original directive on emission limits 70/220/EEC.

As an interim measure, speed limits are to be imposed and are thought likely for diesel cars to be below 40mph. It's equally possible that such cars will be banned completely from being used on certain days of the week. To avoid cheating, car owners will be forced to have an official sign in the back window. I made enquiries as to what would happen to those of us living in country areas rather than towns. A study will be shortly instigated into the effect of NO2 on farm animals, particularly where they are in fields by roads.

The Hampshire Wildlife Trust is thought to be engaged in a study. The Parish Council is concerned about diesel fumes on the new bus shelters. Hampshire County Council have already advertised for new posts at six figure salaries to organise the project. "Whilst cuts are inevitable in some areas, diesel pollution has to be at the top of our priorities" said a spokesman. There have certainly been a lot of noxious comments about this whole issue. I noted in my search for a new car that more than half of the new models were diesel.

Fuel for thought.

Loof Lirpa

Pilates (late inclusion)

New matwork Pilates classes starting in Itchen Abbas & Avington Village Hall from Wednesday 29th March 2017 09:15-10:15 and Wednesday 26th April 2017 18:30-19:30. Enjoy a taster session for £5 on Wednesday 29th March at 09:15. Spaces are limited to 10 people so please call, text or email Aimée to book your place - www.pilateswithaimee.co.uk, 07546 941489, aimee@pilateswithaimee.co.uk
Aimée Dibbens

Wedding Memorabilia

I am a committee member of the Worthys Local History Group and I am putting together a display for the St Mary's Church fete on 29 May. The theme of the event is vintage and there will a display of wedding dresses in the Church. Therefore we have decided to try to put together a display of "Weddings in the Worthys". Did you or your ancestor get married or have their wedding Reception in Abbots Worthy, Martyr Worthy, Kings Worthy or Headbourne Worthy? The Worthys Local History Group is creating a display of weddings through the years for the St Mary's Church Fete on 29th May. If you are willing to have your photo(s) displayed please get in touch with me. For more information about the Worthys Local History Group please see our website www.worthyhistory.org or via our twitter account @WorthyHistory Thank you for your help.
Alix Hickman
worthyhistory@gmail.com.

This month's cover photo

The stained glass window on the cover

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of this month's magazine can be found in Easton church. It is one of three chancel windows depicting the last days of Jesus.

Jesus on the cross is the foremost icon of the Christian religion but surprisingly it only appears in two of the valley



churches, the other being the large east window at Avington.

The window to the left of Jesus on the cross shows the sleeping disciples while he is praying. The right hand window shows Mary and all the other disciples looking at what could be interpreted as the empty tomb. But as there are twelve men's faces shown and by that time Judas had left the group, it is difficult to be certain.

What is more definite is that the maker

of these windows in Easton was the foremost stained glass manufacturer in Victorian England. John Hardman & Company of Birmingham only went into stained glass as a by-line from his metal working business. The architect who designed the interior of the houses of parliament, Augustus Pugin, was a friend of John Hardman. Impressed by Hardman's metal work for St Chad's cathedral in Lichfield, Pugin suggested that this skill might be combined with glass. With the advent of the gothic revival movement, demand for vividly coloured stained glass windows rose and Hardman became the leading manufacturer. Hardman's business supplied much of the glass in the houses of parliament, workers in the same company being used to repair the damage sustained in the Second World War. Buildings as far away as Sydney in Australia have incorporated Hardman's glass windows but to see a fine example of his work you merely have to visit St Mary's in Easton.

Vernon Tottle

Photos wanted

Please send me an interesting photo of your pet. I am planning a new series in the coming months. Pictured below is Ruby and a yogurt carton and she gets right to the bottom.

Tony Gaster; tonygaster@btinternet.com



Local monthly information

Waste collections in April

Black bins and green bags on Fridays 14th and 28th. Green bins on Friday 7th and Saturday 22nd.

Cameo

On Tuesday 18th April.

Farmers' Markets in Winchester

Sundays 9th & 30th April.

Parish Council Full Meeting

Thursday 6th April at Easton

67 Bus operated by Stagecoach.

School term timetable operates for 3rd to 7th and 24th to 28th 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 10th April to Friday 21st 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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