

# ITCHEN Valley News

Issue 38 February 2017 For Avington, Easton, Ithen Abbas and Martyr Worthy





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## WELCOME to the **Valley News**



As we welcome you all to the February edition, the calendar tells us that it is the most depressing day of the year. Harrumph.....a case of low spirits everywhere, especially if you've completed the January dryathlon! Let's leave any post NY blues behind us and frolic into February with our New Year resolutions front of mind. The Eds will be joining the floral army (see pages 4 & 7) for the calls to action from Easton and Martyr Worthy, branching out bravely on footpaths with their new found bovine knowledge (page 32) and on the look out for people's passions; a new addition to the regular feature slots of the IVN. Thank you Katherine for sharing your fervour for Field Trials (page 18).

If like many 'Newleafers' you're on the hunt for a new hobby, how about joining the enthusiastic Boules team as they prepare to dust off their balls and flex their muscle for the new season ahead (page 7).

Last year has taught us that nothing is certain, as Trump prepares to be inaugurated today, we in turn prepare to inaugurate another notorious ginger stallion. The Chestnut Horse in Easton is under new management. Meet Ben and his team on page 24.

As well as looking forward, the February issue always takes a moment to reflect on Christmas highlights which, due to print deadlines, often miss the January magazine. So we'll Hark to the traditional Itchen Abbas carol singers, Ho to the hunters that galloped across the Valley on New

Year's Day and Hurrah to the Easton pantomime. We really are a very busy Valley and 2017 is heading in the same direction. Whether it's feeding the mind at the Martyr Worthy lectures, making friends and catching up at the Lent Lunches or lending a hand as we prepare to spruce up the Valley as part of the "Great British Spring Clean".

Meanwhile, gardening guru Tony Gaster emerges with some practical tips and in line with Valentines the Eds stick to their first love, fodder with a recipes to try on Shrove Tuesday. Next month the news is brought to you by our esteemed Editor, Vernon Tottle.

*Fi McIntosh & Lucy Wolfe*

### Itchen Valley News

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 Cover photo by Jean Wheeler other photos from various contributors.

## What's On

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### **Tuesday 28<sup>th</sup> February, Martyr Worthy Lecture Series at Itchen Abbas and Avington Village Hall**

7 pm for a 7.45 pm start for a lecture entitled "A Tale of Two Cities: Oxford and Cambridge" by John Davies.

Tickets £15 from

martyrworthylectures@gmail.com or call Liz Platt 779298, Gilly Greenwood 779540, Joanna Lang, 734209 and Verity Coleman 882800

Liz Platt

### **Friday 3<sup>rd</sup> March, St Mary's Church Flower Rota Coffee Morning**



Even though Lent is later this year, it is amazing that we are already thinking about the Flower Rota for 2017/2018.

A very big thank you to all the flower arranging

team for all your help and support over the last year – I am more than grateful and hope that everyone on the present rota will be willing to do another year? We have had some wonderful comments during the year for the standard of our flowers in St. Mary's Easton, which makes all the hard work worthwhile.

I would really welcome some new comers to the rota - the more the merrier - so please let me know if you are willing to join our "team". It does not matter if you cannot arrange flowers, as there are always people willing to help, and we do have fun! I shall be having my Annual Coffee Morning at 10 am on Friday 3<sup>rd</sup> March at Steeple Cottage, Easton to organise

the Flower Rota for 2017/2018 and do hope that as many people as possible can come along. Do please bring your children – there are plenty of toys in the toy cupboard!!

Please let me know if you can come on the 3<sup>rd</sup> of March by telephoning me on 779317 or emailing me [pkellie@pkworldwide.com](mailto:pkellie@pkworldwide.com). Looking forward to hearing from you.

Penelope Kellie

### **Friday 3<sup>rd</sup> March - Friday 7<sup>th</sup> April, Lent Lunches**

The Lenten Lunches for 2017 will commence on Friday 3<sup>rd</sup> March 2017 and subsequently on each following Friday until 7<sup>th</sup> April 2017. More information will be provided in Church Matters, on the Itchen List and in the March edition of the Itchen Valley News. If anyone would be willing to host one of the Lunches this year please contact Stephanie Gretton on 01962 779379 or email

[Stephgretton@sky.com](mailto:Stephgretton@sky.com)

Stephanie Gretton

### **Saturday 4<sup>th</sup> March, "The Itchen Valley Great Tidy Up"**

Remember Clean for the Queen last year? What an event that was, when over a hundred people took part in the annual litter pick in the Valley. Can we match (or even beat!) those numbers this year?

As part of the Keep Britain tidy campaign this year under the National heading of "The Great British Spring

Clean" on 4<sup>th</sup> March we will be holding "The Itchen Valley Great Tidy Up" Once again we will meet for a 10 am start at various locations around the Valley and aim to finish at 12



noon. As before, the W.I. has generously offered to provide tea, coffee and fabulous cakes at the finish in Martyr Worthy Village Hall.

We live in a beautiful valley and it is our responsibility to try to keep it that way. We know much of the litter is caused by being dropped from passing cars and hence therefore not by valley residents, but it is only by an annual event like this with the goodwill of volunteers that we will keep the Itchen Valley the way we like it. The more people who take part the easier the task and the more fun the event. So please come along with friends and family to support your community and take part in a great national event.

*Itchen Valley Parish Council*

### **Saturday 4<sup>th</sup> March - Auctions in a Day – Itchen Abbas Village Hall**



Declutter and eat cake this month with Auction in a Day. Filling the gap between the car boot sale and the larger auction houses, these sales include: collectables, jewellery, old toys, militaria, ceramics and other items of interest.

You can find out all about the auctions, including past sales, at the website <http://www.auctionsinaday.co.uk/> where you can also sign up for newsletters.

Please put the date in your diary, come along with or without lots and check it out. Sellers drop off their lots at 9 am, Viewing is from 12.30 pm and the Auction Starts at 2 pm. The icing on the cake is the range of delicious

homemade bakes with tea and coffee! So have a look around, and if you have anything you wish to sell, or require a home visit, please contact Claire on 01962 734941 or Fiona on 01962 733475 to book selling space.

*Claire Whale*

### **Saturday 18<sup>th</sup> March, Easton & Martyr Worthy Safari Supper**

This year's Safari Supper for Easton and Martyr Worthy residents will be held on Saturday 18<sup>th</sup> March. We really hope that new arrivals to our villages and people who have not attended before will come and join us as it is a great way to get to know your neighbours.

Whilst enjoying a gastronomic evening we shall be raising funds for Easton Village Hall and St Mary's Church. Please use the application form on page 7 of this issue to make your booking and send it with a cheque made payable to T McGowan to Wincroft, Easton, Winchester, SO21 1ER. The last date for applications to be received will be Friday 10<sup>th</sup> March 2017.

For those who don't know, the idea of the Safari Supper is that participants travel from house to house for three separate courses, meeting different people at each course. We shall then all meet up together for the grand finale at The Farmyard, Easton, the home of Theo & Judith Mezger who have kindly agreed to welcome us at the end of the evening.

For the event to work most people need to host a course although first timers are usually exempt! The donation price is £25 again this year and at least £12 of this will be divided between Easton Village Hall and St Mary's Church. For those who cater the reimbursement for each person will be: Starter Course £3: Main





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Course £4: Dessert Course £3: The remaining £3 will go towards the finale and administration costs.

We hope to make this a truly worthwhile fundraiser for local causes and a super evening for everyone who attends so please come along and join us. If you would like any further information please phone one of the organisers below. *Terry and Anna McGowan Tel 779350*

*Hilary Castle Tel 779572*  
*Please see form below - Ed*

**St Swithun's Martyr Worthy Flower Rota 2017 - Volunteers welcome to come forward this month**

The flowers in the church have been appreciated and enjoyed by so many who have come to worship at St. Swithun's during the year as well as those passing by on brief visits or walking along the Pilgrims Way. Thank

you so much to everyone who has given their time and talent so generously during the last 12 months. I will soon be drawing up the new rota, and look forward to hearing from anyone who would like to volunteer again. We were delighted to welcome four new helpers last year, so if you have just moved to the village or have lived here for a while and would like to know more, please do get in contact.

*Amanda Seymour 779401*  
*amandacseymour@btinternet.com*

**Spring start for Itchen Valley Boules**

In April or May, the weekly boules evenings will be starting again – on Mondays in Easton and on Tuesdays for Avington, Itchen Abbas and Martyr Worthy. Local organisers will issue details of dates and venues nearer the time.

As most of you will know, the events are

**EASTON & MARTYR WORTHY SAFARI SUPPER  
SATURDAY 18 MARCH 2017**

If you would like to take part in the Safari Supper please fill in this form and post/deliver it to T.McGowan at Wincroft, Easton, Winchester, SO21 1ER

Name(s) .....

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**CLOSING DATE FRIDAY 10 MARCH**

primarily social and all villagers are welcome. In addition there are two inter-village challenge cups to be fought for during the season. One is a league competition spread over three rounds and the other is a knock-out with all four villages vying on a long June evening. These are all held on Tuesdays and, now that you will have your 2017 diaries, here is a list of the match dates:

Triples (knock-out) on Tuesday 20<sup>th</sup> June  
– at Avington

League round 1 - Tuesday 30<sup>th</sup> May

- Easton v Avington - at Easton

- Itchen Abbas v Martyr Worthy - at Itchen Abbas

League round 2 - Tuesday 11<sup>th</sup> July

- Avington v Itchen Abbas - at Avington

- Martyr Worthy v Easton - at Martyr Worthy

League round 3 – Tuesday 1<sup>st</sup> August

- Easton v Itchen Abbas - at Easton

- Martyr Worthy v Avington - at Martyr Worthy

Do go along to your local village evenings and join in. No experience is necessary.

*Ralph Matthews*

## Valley Happenings

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### **Itchen Abbas Carol Singing**

I am pleased to report that, thanks to some enthusiastic folk, we were able to have two nights of carol singing in Itchen Abbas.

On 21<sup>st</sup> December we received a wonderful welcome from the residents of Little Hayes gathered outside Gill and Chris Cooper's illuminated house. Thank you to them and all the kind people who donated to Barnardos raising £300 for this charity.

My grandson aged 11 has written his own interpretation of carol singing on 23<sup>rd</sup> December.

*Joan Dartnall*



Drops of rain hurtled themselves at the ground ferociously, hammering on the windows of base camp: code name Itchen Abbas Manor. In the base, rations of mince pies and mulled wine were prepared. All was ready for Operation 101: Carol Singing. Recruits poured into base camp. Each took their rations and prepared provisions. They were handed the mission brief: code name Carol Sheet. All was ready. It was time for Operation 101 to begin.

The rain had cleared, but the recruits faced powerful, howling winds and biting cold. Yet they trudged on through the mist. Many a time their cries of Christmas were answered only by dogs, alone in the darkness, and the mission began to look like a failure. One by one, they were dropping off, unable to go further against the harsh weather. If they were not let in from the cold soon, surviving the night would be impossible. Things had to change.

At last, the brave remaining recruits were invited into a house, and given extra provisions. Survival was starting to look possible. All would make it. I think that all those recruits who passed on Christmas spirit, despite the weather, should be thanked, and so



should those who provided rations and gave money to the children's charity Barnardos.

Have a happy New Year!

*Isaac Riordan, 11 years old*

### **Alice in Wonderland - Easton Pantomime Review**

I am a bit old for pantomime and I didn't have any children with me but *Alice in Wonderland* by the Easton Players was a production that ticked all the boxes.

This was a pantomime version of the classic Lewis Carroll story, written by Susan Mosley.

The audience followed Alice (Jessica Cragg) and her sister Lorinda (Jessica Duke) down the rabbit hole and met all our favourite Wonderland characters, including a very cheeky White Rabbit (Jonathan Cragg), an enormously funny Dame Flora Dora (Will Turner), an elegant Mad Hatter (Geoffrey Burnand) and a formidable Queen of Hearts (Suzannah Duke).

I counted over 30 people in the cast, including those who have been treading the boards in Easton for many years and those taking part for the very first time. It was a delight to see so many children and young people clearly enjoying playing their parts, and singing so well too.

I gather there were at least as many people involved behind the scenes as there were on stage. Jill Croft, Helen

Smyth and their team created the fabulous costumes. The beautifully artistic scenery was the work of Lizzie Dixon, who also created some very elaborate 'props' including a rather scary Jabberwocky, complete with flashing eyes!

John Purver was at the keyboard with Pete Flood on drums, who together brought us some great sing-a-long numbers.

And finally, a word from Denise Rosewell who directed, assisted by Sonia Cragg, "It's amazing how much enthusiasm there is for this village tradition. So many people in our little community get involved and pull together to make it happen. It is a lot of hard work but so rewarding to be part of the fun and craziness that is the Easton pantomime!"

*Gill Graham Maw*

*Pictures overleaf - Ed*

### **A Tally Ho start to the New Year**

Those feeling strong enough to brave the rain on New Years Day were treated to the magnificent sight of the South Downs Bloodhounds. The hounds follow a trail laid by a human quarry, who had a generous start, but was no doubt overtaken in the end. About 25 riders provided a magnificent sight, streaming over the skyline.

*Charlotte Appleby*









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## Martyr Worthy Childrens' Party



Nearly 20 of the younger children from the village, many with their parents, gathered at Martyr Worthy Village Hall on 7<sup>th</sup> January to enjoy a highly entertaining post Christmas party. Both children and adults sat spell-bound while Robbie the Wizard, in full costume, brought magic to life, making spiders disappear and strangely re-appear and creating a carnival of animals out of balloons. The children then tucked into a sumptuous array of savouries and cakes, which were



obviously much appreciated, before the afternoon finished with party games. As one child put it afterwards - "I had a great time. Robbie was really funny and I even won a prize. I especially liked the tea party with all the lovely party food and squash etc."

Particular thanks are due to Sara Mason and her team for organising the event and to all the parents who provided the food and helped out on the day.

This time next year the Proteus Theatre Company will be back at the hall with "A Christmas Carol", so make a note in your diaries.

*Guy Green*

## Our Wild Valley: Embracing connections to wildlife!

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Feeding our garden birds is a great delight for many, and one of the favourite birds we see close up is the robin. They are so inquisitive and attractive with their beady eyes and red chests we cannot help be seduced by them as they come closer and closer to outspread small hands filled with brown bread or bits of ham. Our Sam makes an 'ook ook' noise to mean 'look look' at the robin now, don't miss it whatever you do! It's wonderful to see Sam loving the bird come close and flit about like lightning, dancing its way to the food. It wasn't planned, but it has become part of our daily routine as we leave the house and it makes me feel very happy each time we see it. On David Attenborough's Planet Earth II, I most enjoyed, not only those extreme animal behaviour moments, but the cameramen's reactions to the monkeys in the market (the cities programme). Here were men, young and fearless, but totally unused to Indian life, finding ways to film these monkeys and their daily travels to the



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market to thief food. In doing so the cameramen had their own personal experiences getting very close to the wild monkeys which they said was wonderful. A cameraman may be filming wildlife for years, but it seems they also needed to get in front of the lens, or have the animal jumping on their lap to experience a whole different relationship with the animal; they loved it when the monkeys played with them and involved them in their daily routine to the market. (I did think the attitude of the sellers at market would be somewhat different to the cameramen but!)

Attenborough went on to say something like that bringing wildlife into cities and into the everyday lives of people may help reconnect the relationship between the natural world and humans. We are lucky we have wildlife and space all around us to take in experiences with a variety of life. As more people live in urban areas the relationship to nature / food growing can be lost, but experiencing animals first hand can help initiate empathy with animals and their environment such as the popularity of the urban badger, fox or small birds. We are animals after all, and maybe having some connection with them or other wildlife keeps us a little more grounded and a little more caring of our planet.  
*Sophie Rogers*

## Itchen Insight

Judy Thomas is one of the Valley's supreme organizers, well known for heading up the Avington Fete Committee. A very active member of the community, you will have seen Judy planking in Pilates, walking her new dog or aching it on the short tennis court..



**Name:** Judy Thomas  
**Age:** 72  
**Occupation:** Graduated Loughborough Art School in Dress & Textiles 1960s, became dress designer

then lecturer. OU degree in Technology 1992. Retired from Head of Communication (included ESOL, Special Needs & Vocational Studies) Harrow College 2003, then from Southampton University where helped develop partnerships & foundation degrees 2005. However, still draw and paint & still inspired by lecturer Bryan Organ, who painted Princess Diana's first official portrait 1981, mainly draw portraits but favourite painting subject is large, blousy flowers..

**How many years you've lived in Valley:** 19 years. Before that was in Chalfonts.

**Your life in 180 characters:** Born in Leics, moved to London then to Bucks. 5 children & 9 grandchildren between us. Learning Italian as one of our girls lives there and another has holiday house in Calabria. Walk, do pilates, play short tennis.

**Champagne Moment:** Out of the blue Ken proposed on top of Table Mountain after being together 18 years!

**Surprising Snippet:** In dress designer days was responsible for very first unisex trousers, seen on TV's Top of the Pops, & worn by Sonny and Cher.

**Passion:** Our beautiful garden

**Favourite place in Hampshire:** The last few miles on South Downs Way approaching Winchester

**Best thing about the Valley:** Its beauty, the peace, and the exceptional

warmth of the people living here

**Worst thing about the Valley:**

Would have said potholes but it looks as if that may be fixed, so it has to be living just out of range of the nearest Broadband boxes!

**Favourite Book:** Difficult, but favourite book 2016 'My Brilliant Friend', first in series by Elena Ferrante.

**Favourite quote:** Knowledge is knowing that a tomato is a fruit; wisdom is not putting it in a fruit salad.

## Jackie's County Corner

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Sustainability and Transformation Plan for the NHS: bite size changes could make a big difference.

With less GP time available per patient, the challenge is to make less appointments just to confirm that we are ok, so that really ill patients can get to see a doctor. Did you know you can now email your doctor's surgery for advice on non urgent matters?

E-consult is a new service, accessed from a button on the website of your own Doctor's Practice. When you go online it recognises you are a patient at the practice and you will receive a call back by 6.30 pm on the following day. If it is urgent, the process tells you to call immediately instead. This is an



example of the changes in service that are needed to ensure we can all afford the NHS. If you have tried it, I would be interested to know how it worked for you? I'll be exploring more of the

practical issues in the STP including maternity care, in future County Corners.

The County Council holds the statutory duty for Public Health and is committed to improving the health of residents in the County. They are supporting the use of the NHS survey called 'How are You?'

You can try it on [www.nhs.uk/oneyou/](http://www.nhs.uk/oneyou/)  
You can now sign up to Hampshire's monthly newsletter online at [www.hants.gov.uk/news/yourhampshire/](http://www.hants.gov.uk/news/yourhampshire/)  
[subscribetoyourhampshire](mailto:subscribetoyourhampshire)

'Rain Jane' visitor trail around the city.

Many of you, like me, are fans of Jane Austen's works. This innovative trail consists of a number of apt quotations from Jane Austen novels at locations around Winchester which only show up when it rains. You can find out more at <http://www.winchester.gov.uk/news/2016/nov/winchester-rain-jane-trail-makes-splash-jane-austen-bicentenary/>

As I write I am looking forward to attending the Cathedral's 'Space for Peace' on 26<sup>th</sup> January which I expect, as usual, to be a moving event. It gives us all time to reflect on the simple fact that if we look (wo)man to (wo)man as individuals, not as nations or religions, why on earth would we not want to live in peace? A free and open event, I recommend it for 2018 if you didn't make it this year.

The Watercress Way: The signage has now been agreed and we hope to have these 'en route' by May. You can see the current route open online at [www.thewatercressway.org.uk](http://www.thewatercressway.org.uk). From time to time, changes to the map will be made as more routes open: you can sign up for news, events & updates on the website.



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### Broadband upgrades:

A new Superfast Broadband cabinet has been installed serving approximately 100 premises, in Swarraton and Northington. In order to access the new superfast services, residents must contact their internet service provider to purchase an upgrade to the new speeds. Please note that speeds will not increase automatically; an upgrade must be purchased before any improvement in speeds will be seen.

Meanwhile - what about the last 4%? There is £440 million being spent to upgrade the next 600,000 households across the UK, but unfortunately, little hope until 2019. There are updates for Hampshire on [Hampshiresuperfastbroadband.com](http://Hampshiresuperfastbroadband.com). Finally - a blatant Charity advert! The Down House SO21 1AX is open on Sunday 19<sup>th</sup> February from 12 noon to 4 pm to raise money for the National Garden Scheme & on Wednesday 22<sup>nd</sup> February, we are opening for the Mayor's Charities from 10-2 pm. Please come along if you can!

You can contact me, Cllr Jackie Porter by email: [Jackie@jackieporter.co.uk](mailto:Jackie@jackieporter.co.uk), phone on 01962 791054, text 07973 696085. You can see this & other items online at [www.jackieporter.co.uk](http://www.jackieporter.co.uk) Twitter @JackieLibDem.  
*Jackie Porter*

## **For the Love of.....**

---

In this new feature which we hope will become a regular one we delve into the passions of people in the Valley. Our first and bravest contributor is Martyr Worthy resident Katherine Impey who has

embraced Field Trialling. Read on to find out more.

*Eds*

### **What is trialling?**

Field Trials are competitions to test the working ability of Gundogs. Originally it involved the owners of large shooting estates having bets with each other to see whose Gamekeeper ran the best dog. In fact they are still classified as 'stakes' today, reflecting



*Picture used with permission of Hillyscards.co.uk*

their old fashioned gambling origins. Although nowadays anyone can compete and no bets are taken, there are still some aristocrats like The Duchess of Devonshire, whose name will appear on the running order, even though it's her employee, John Halstead, who trains and works the dog.

**How did you get into it?** My husband, Andrew, wanted a well behaved dog to take out shooting with him. Because he didn't have the time to train him, I took our dog Dudley to classes instead. It grew from there.

### **What are the main attributes required?**

The dog must be steady, quiet and attentive, marking where the birds fall and responding to the handler's commands at all times. Whilst he must use his own initiative when required,



it's essential that he works efficiently; hunting, stopping and changing direction on demand. He should also neatly present the bird, undamaged, to his owner. The handler must be quiet, calm, remember where the fallen birds land, communicate clearly with the dog from a distance and learn to read his body language.

**How competitive is it?** It is highly competitive, as people not only love their dogs, but spend many hours training them to the high standards required to succeed.

**How much success have you had?**

Thanks to a great deal of advice, a sprinkling of good luck and a fabulous dog, I have been moderately successful. We have won a Novice Stake, come second in an All Aged Stake and have been put through to the second day of a 2 Day Open Stake. The dog who wins a 2 Day Open qualifies for the National Championships and winning a 2 Day Open and a 1 Day Open makes them into a Field Trial Champion. We have got a long mountain to climb before we reach those dizzy heights but we will have a lot of fun practising!

**Most memorable moments?** At my first 'grown up' training session in Wales with a highly respected yet tough trainer, I gave Dudley a big kiss for trying his best. The trainer, whose

language is too colourful to print verbatim in this magazine, came nose to nose with me and whispered "get this straight girl, the ONLY person who gets \*\*\*\*\* kissed around here is ME! DO YOU UNDERSTAND? I assured him that I did. Dudley still gets kisses but not in front of that trainer. Another time, we won the Gun's Choice award and a fellow competitor came up to me afterwards and said "they usually just give that to the best looking handler ..... in which case they should have given it to Sarah."



**What's the main attraction?** It

combines two of my favourite things – dogs and the countryside. I have trained in some breathtakingly beautiful places from the tops of heather clad mountains to the flat fens of

Norfolk. I have learnt to read the wind and the lie of the land and appreciate nature in its many forms but above all it is the special connection and trust that working with my dog brings that I love the most.

**How does your family view this new found passion?** They have been HUGELY supportive. Andrew likes having a well behaved dog to take shooting and a (not quite so well behaved) wife to accompany him on these days. The children adore the dog and love to hear about what the two of

## Itchen Valley Church Services

---



### Sunday 5th February

8 am BCP Holy Communion  
10 am All Age Service  
11 am Matins

Avington  
Easton  
Martyr Worthy

### Sunday 12th February

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

Easton  
Itchen Abbas  
Martyr Worthy

### Sunday 19th February

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

Martyr Worthy  
Easton  
Avington

### Sunday 26th February

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

Itchen Abbas  
Martyr Worthy  
Easton

### Sunday 5th March

8 am BCP Holy Communion  
10 am All Age Service  
11 am Matins

Martyr Worthy  
Itchen Abbas  
Avington

### Rector

Rev Amanda Denniss 779832 [amandadenniss@gmail.com](mailto:amandadenniss@gmail.com)

### Assistant Priest

Rev Alex Pease 791010 [rev@ampease.co.uk](mailto:rev@ampease.co.uk)

### Curate

Rev Rebecca Fardell 809264 [rebecca.itchenvalley@gmail.com](mailto:rebecca.itchenvalley@gmail.com)

### Licensed Lay Minister

Mr Gerry Stacey 620263 [gstacey@easynet.co.uk](mailto: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

us have done together, whilst they have been starting their new lives away from home. Also, I now know where Lincolnshire and Lancashire are!

*Katherine Impey*

*If you have a particular passion, we would love to hear about it. Please get in touch with the Editorial team - Eds*

## From the Rectory

---

One of the enormous privileges of being a priest is that I get to baptise people. I have the joy of taking a baby or a child (or occasionally an adult) and welcoming them into Christ's church and particularly into His Church here in the Itchen Valley.



When we baptise people, we are not only obeying Jesus' command but are also following his example. In January 2013, I had the privilege of visiting the place where Jesus

is believed to have been baptised. Qasr el-Yahud is a lonely place in a highly sensitive military area. The afternoon we visited, we were the only people there to see the rushing River Jordan, the soldiers standing guard and the rainbow rising up from the minefield. It was a profound experience for me and spoke to me of some of the truths about baptism. The soldiers, the razor wire and the minefield were powerful reminders of the violence, the hatred and fear which are painful symptoms of the sinfulness of the world, a world that desperately needs redemption. The rainbow rising up from the Israeli side of the river and arching over into Jordan spoke of God's faithfulness. The

river, which was unusually full due to snowmelt further up stream, brought life and transformation in its wake. And then - and this is true, not just a preacher's tale - a bird descended and sat on a pole beneath the rainbow and we felt a profound sense of the presence of the Holy Spirit.

Nearly 2,000 years ago, Jesus sought out John the Baptist at this spot and asked to be baptised. This marked the beginning of his ministry. For us too, baptism is the beginning of something. It is not just an excuse for a party, it marks the beginning of our lives as Christians; it marks the beginning of our life as people seeking to following God. I hope that our baptism was a day of great rejoicing as our family and friends gathered to thank God for us and to welcome us into the Church. However, what is even more important than the fact that we were baptised is the fact that we *are* baptised. Being baptised should make a difference to our lives every day. The promises that were made at our baptism that we would turn to Christ and follow him, are promises that we are called to live out each day: to live out in our homes, in our work, in our church life. Our baptism marks the beginning of what is intended as a life-long journey of faith, a journey that takes us ever nearer to God.

When Jesus was baptised, there was a voice from heaven that said 'This is my Son, whom I love, with him I am well pleased' (Matthew 3.17). My prayer for us is that we would seek to be faithful in living out our baptism. My prayer for us is that we will then hear the voice of our heavenly Father saying to us: 'This is my son...this is my daughter... whom I love, with him (and with her) I am well pleased'.

*Rev'd Rebecca Fardell*

## Disgraced Valley News editor in six figure payoff scandal

It's surprising what a set of accounts can tell you if you look at them closely.

ITCHEN VALLEY NEWS	2016	2015
Income & Expenditure Account		
Income		
Advertising	8,565.00	8,010.71
Readers Contributions	2,276.60	2,499.42
Postal Fees	448.40	327.67
Interest	3.93	0.95
Sundry	<u>9.00</u>	<u>22.00</u>
Total Income	<u>11,302.93</u>	<u>10,860.75</u>
Expenditure		
Printing	9,708.00	8,508.00
Other Expenses	<u>582.46</u>	<u>344.71</u>
Total Expenditure	<u>10,290.46</u>	<u>8,852.71</u>
Surplus of Income over Expenditure	<u>1,012.47</u>	<u>2,008.04</u>

Please do scan the figures shown above and see if you notice that:

- Our advertising income increased a little in 2016 compared to 2015.
- Contributions from our readers fell slightly.
- Printing costs rose significantly in 2016, mainly because the magazine is now being printed in full colour.
- The magazine made a smaller surplus for the year.

But if, like me, you just can't spot the six figure payoff for the disgraced editor, maybe the headline was just a ploy to get you to read the accounts page rather than skip it in your rush to get to the village hall bookings page.

Surely not!

*Vernon Tottle*

*Editor Itchen Valley News*

## Something to write home about.....become a Scribe!

You may have noticed on visiting our beautiful cathedral that the Scribes desk situated in the southern aisle of

the nave is not always fully manned!

With this in mind the cathedral is continually seeking volunteers. If you have an interest in calligraphy and like meeting people and think that you could help man the desk when required, selling cards produced by the scribes and taking commission orders, then you might consider joining a very talented and happy group of scribes.

Hours are 11 am to 1 pm, or 1 pm to 3 pm. Once a week or fortnightly.

We have regular workshops so calligraphy tuition can be given. For further details

please contact the Head of Scribes:

Phillip Johnson on

phillip.maur@uwclub.net



The oldest Bible in England (commissioned in 1160) the Winchester Bible is being restored, rebound, digitalised and relocated to the ground floor of the southern transept. It will be the centrepiece of a new exhibition thus giving better access to visitors to view it. Currently only some 10% of visitors get to see it!  
*Geraldine Haig-Haddow*

## Comings and Goings

In Easton, we say farewell to the Eisler family who have moved from Bridge Cottage to Wiltshire and we welcome Pragma Singh and son Adidev, 8 years who are returning to Long Mead. In Itchen Abbas, welcome to Waldo and Talia who have moved into No 1 Station Hill.

## Tribute to Tom Strafford

### 26.09.36 - 12.11.16

---

As many of you will know, Tom Strafford's journey finally came to an end on 12<sup>th</sup> November last year. He died very peacefully at home after a long, happy and fulfilling life.

Gentleman, countryman, humble, wise, kind, dignified, gentle, knowledgeable, charming, thoughtful - reading all of the many letters and cards that have arrived over the last weeks, these are the words that stand out, again and

again. He certainly was those and much, much more. I think, most importantly to him, he was a husband, father and grandfather - his family was what mattered more than anything to him - his darling wife, Judy, all of his many children, and grandchildren.

Of course, his other great passion in his life was nature, which he loved in all of its forms, but especially his beloved garden and river. Tom (and Judy) have loved living in Easton for more than twenty years, and especially being part of such a wonderful community, which was very important to him. He was often seen driving in his little van through the Itchen Valley, and walking through the fields, and latterly just down the road to get his provisions from the Chestnut Horse shop!

He was an incredible man, and at the risk of spouting many cliches, he truly was one in a million. Having watched him over the past year, he did not endure his illness, or battle his cancer, he gracefully accepted it with enormous dignity. Even

when faced with the devastating news that his cancer had spread, he continued to be his most amazing self - stoical, pragmatic, realistic, and taking it all in his stride - he was always so wonderfully accepting about what came his way, even the terrible illness that eventually took him away from us.

I have learnt many things from Tom, but the biggest lesson I take away right now, is to try to find that delicate balance in life of acceptance. That doesn't mean giving into

something, and in Thomas' case, his illness, but there's also no sense in fighting a battle you can't win, something that he intuitively always understood - but there's a wonderful path you can walk, which brings peace and clarity, which Thomas certainly found.

Tom has been such an important and integral part of all of our lives, and we are going to miss him so very much, none more than my darling mother.

He has been her and our rock, or maybe a gently swaying tree, ever-present, ever-calm, and ever there to lend a hand. May he rest in peace - and I know he will, because Thomas couldn't do it any other way.

I would also like to add a huge thank you to everybody in the Itchen Valley community for all their enormous support over the past couple of years, and particularly the last months and weeks - you have all been a tremendous source of strength to us all, and particularly to Judy.

*Polly Howard-Wright*





## The font of all knowledge

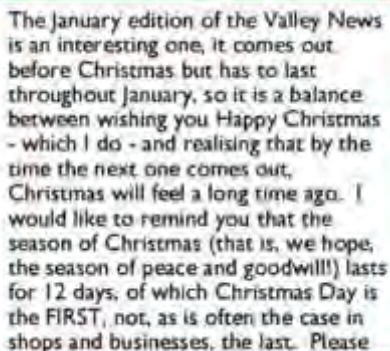
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If you ever mislay your paper copy of the Itchen Valley News, or when it hasn't arrived by the end of the month (for which my apologies), you can always refer to the online version of the magazine. The Itchen Valley Parish Council kindly hosts a copy of the publication on its website and you can see issues dating back to 2014.

Because of size restrictions, the magazine has to be compressed, often to about one tenth of its size, before uploading to the website as a pdf file. I had supposed that this merely meant that the pictures would appear a little fuzzy but one reader has brought another problem to my attention.

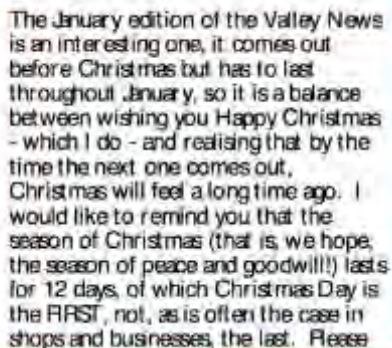
If you have a computer running Windows then the online version of the magazine appears almost identical to the paper copy. However, an AppleMac user will see a version in a completely different font where the letters get squashed together, making the script quite hard to read.

Original version

A screenshot of a text document showing a paragraph about the January edition of the Valley News. The text is clear and legible, with proper spacing and punctuation. The paragraph is enclosed in a red rectangular border.

The January edition of the Valley News is an interesting one, it comes out before Christmas but has to last throughout January, so it is a balance between wishing you Happy Christmas - which I do - and realising that by the time the next one comes out, Christmas will feel a long time ago. I would like to remind you that the season of Christmas (that is, we hope, the season of peace and goodwill!) lasts for 12 days, of which Christmas Day is the FIRST, not, as is often the case in shops and businesses, the last. Please

Applemac Version

A screenshot of the same text document as above, but rendered on an AppleMac. The text is significantly distorted, with letters squashed together and the overall appearance being much less legible. The paragraph is enclosed in a red rectangular border.

The January edition of the Valley News is an interesting one, it comes out before Christmas but has to last throughout January, so it is a balance between wishing you Happy Christmas - which I do - and realising that by the time the next one comes out, Christmas will feel a long time ago. I would like to remind you that the season of Christmas (that is, we hope, the season of peace and goodwill!) lasts for 12 days, of which Christmas Day is the FIRST, not, as is often the case in shops and businesses, the last. Please

Now the question is, dear readers, can anyone explain why this is happening? More importantly perhaps, how can I make all computer users see the same font?

I'm looking for the font of all knowledge.

*Vernon Tottle*

*Editor Itchen Valley News*

## The Chestnut Horse, Under A New Rein

---

Under starters orders and they're off...February sees Ben Stanbrough and his team getting used to the going at The Chestnut Horse in Easton. While Ben might be busy finding his way around the bar, no such help is needed to navigate the Valley. To give you some background on our new Landlord, Ben was born and bred in Abbots Worthy, attended Twyford School and later Peter Symonds in Winchester. A talented sportsman, Ben was a keen rugby player and cricketer (currently he Captains EMWCC), playing regularly with Hampshire's Jimmy Adams in his school days. But it was his talent on the fairways that led

him to a career in golf, turning professional at 18 and qualifying for the European tour soon after. Ben was the Club Professional at Hindhead for four years and then moved with his now wife Rachel to the States, coaching on the Ladies' Tour while he was there.

Ben may be more au fait with tees than taps but going into hospitality doesn't worry him "Managing golf clubs is all about working

with and welcoming people, and having played in numerous ProAms, a large part of that was chatting to all sorts of different people and ultimately giving them a good time. My priority at The Chestnut Horse will be customer service". Even without a club in his hand (at the opening drinks, it was a tea towel!), Ben is relaxed. Perhaps that's because he has such a strong team beside him.

Chestnut Horse regulars will already know Jon who has stayed on as General Manager. However, the team in the kitchen is completely new led by Head Chef Patrick Aguila, formerly of the Winchester Royal Hotel and the Olive Tree in Southampton. Patrick is held in high regard, having won a coveted AA Rosette for a previous establishment. "Our long term goal is to have a reputation similar to the Bugle Inn in Twyford. We want to provide

the best quality food, sourced locally, with the best service, at the most reasonable price we can. Ideally, we'd like the pub to return to what it used to be – a hub of the community – welcoming, friendly and most of all enthusiastic."

Many will be pleased to hear that Ben's enthusiasm extends to the Village Shop, which will reopen. "We

would like to fulfil people's needs to the best of our ability and therefore we would welcome any suggestions on what we should stock". From what we hear, few suggestions are required at the bar where punters are thrilled that Tanglefoot now has a place and to those disappointed by the absence of



Fever-Tree tonic at the opening night, you will be pleased to hear that it is back in residence. "I'd like to thank everyone for their support and enthusiasm. Rachel and I have been given such a warm welcome and we really look forward to meeting you all".

Keep an eye out for Events at The Chestnut Horse, including a Valentine's Day special, Whisky Tasting and of course traditional Sunday Roasts.

*Lucy Wolfe & Fi McIntosh*

## From our MP



To mark the turn of the year, in January I held my third ASKtheNHS meeting in Winchester.

I said from day one in this job that the NHS would be my priority and have stayed true to my word. There's a great deal of potential change coming to our local NHS in the years ahead now the *Service & Transformation Plan* has been published. I remain as committed as ever to seeing we have access to the best services and receive treatment that is world-class but also that we have a grown-up debate with the public who are in my experience far more savvy about this than the BBC would have us believe. I utterly reject the tendency to put the NHS on a pedestal as I do the tactics of our political opponents to talk it into the ground and that is partly what ASKtheNHS is all about.

The meeting heard presentations from the panel of senior NHS leaders and included a detailed Q&A with constituents who raised issues including the link between the NHS and social care, the management of

long-term conditions, future NHS funding and local GP services. There was also a substantive discussion about a proposal from HHFT to build a new £350m Critical Treatment Hospital between Winchester and Basingstoke to care for the sickest patients.

You can read more about this special event (which was extremely interesting for those not present as much as those who were) and follow the links to much more via [www.stevebrine.com/asktheseries](http://www.stevebrine.com/asktheseries)

In my December column for the *IV News*, I wrote about ambitious plans I have launched - alongside the University of Winchester, City Council and others - to develop a Knowledge Park on the Sir John Moore Barracks ATR site. I can confirm we are actively exploring how to bring hundreds of new high skilled jobs to the 86-hectare site, which the MoD have confirmed it will vacate by 2021.

We have now formed a working party to move things forward and, among many other things planning related, to test the market. The initial response locally, from constituents as well as potential partners, has been hugely positive. To be clear, the incentive for me of this is new jobs for Winchester and the strength of our local economy as thousands of new houses are built but also to address proactively the vast numbers who commute OUT of our city ever day putting great pressure on our transport infrastructure. You can stay updated at [www.stevebrine.com/knowledgepark](http://www.stevebrine.com/knowledgepark)

Finally, I was delighted to see our Prime Minister use her first big domestic policy speech to talk about the mental health challenge facing our country today. I wholeheartedly back new measures to transform the way we approach and deal with mental



Richard Steel



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## Easton Village Hall

Ina Williams 779465 or [evh.booking@googlemail.com](mailto:evh.booking@googlemail.com)

### Regular bookings

Authentic Pilates	Mon	9 am & 6:30 pm	Judy	07774 899909
	Fri	9 am		
Ems Bray Pilates	Tue	8:45 am & 10 am	Emily	07876 033893
	Thur	9 am		
Sally Stanyard	Tue	4 pm - 8:30 pm	Sally	01962 776562
School of Dance	Thur	7 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	Ina	01962 779465
Muriele Zumba	Thur and Fri	10.30 am	Muriele	07821 545403

## Martyr Worthy Village Hall

Lucinda Ffennell 779701 or [simon@ffennell.plus.com](mailto:simon@ffennell.plus.com)

Riverbank	Mon - Wed	9am to 3 pm	Babs	01962 621757
Kindergarten	Thu - Fri	9am to 1 pm		
Whist Drive	Thu	7pm		
Whist Drive	Wed 1 <sup>st</sup>	7 pm to 9.30 pm		
Parish Council	Thu 2 <sup>nd</sup>	7pm		

## Itchen Abbas and Avington Village Hall

Details of bookings and real time availability are now available on our website.  
[www.iaavillagehall.co.uk](http://www.iaavillagehall.co.uk)

Hall Manager Alex Bellisario or [manager@iaavillagehall.co.uk](mailto:manager@iaavillagehall.co.uk)  
or telephone 07947 191229 Village hall callbox 01962 791021

### Regular Bookings

Montessori	Mon to Fri	08.30	Caroline	01730 829377
Zumba	Mon	18.30	Sue	07947 410394
Rugby Tots	Tues	09.15	Phil	03453 133258
Short Mat Bowls	Tues	18.00	Peter	01962 779285
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



health so that more children and young people receive support and care. As a constituency MP, I hear for myself from teachers how these challenges can grow and develop from a very young age so the announced new support for every secondary school to increase awareness around mental health has to be right. I have posted more on this and some key links via [www.stevebrine.com/mentalhealth](http://www.stevebrine.com/mentalhealth) You can find more about my other work, in Winchester and of course in Westminster, via my website which now includes a fast growing Brexit mini-site at [www.stevebrine.com/brexit](http://www.stevebrine.com/brexit)

*Steve Brine MP*  
*Winchester, Alresford and Itchen Valley*  
[www.stevebrine.com](http://www.stevebrine.com)

## The Practical Gardener

Last month I tried to follow up some advice in the press about treatment of moss in lawns. What I was after was some ferrous sulphate. My first port of call was to Hilliers who I thought would be able to help. Sadly not, indeed I was advised such a chemical was no longer available. Well, as in many situations, I turned to the internet and had no difficulty in purchasing the material in a 25 kg bag. Killing moss does make the lawn go black which is not that nice and now I see that a large part of my front lawn was only moss, so there's more work to do.

January is a quiet month but looking ahead it is the beginning of the

sowing season. For those like me who don't over-winter new plants, many things can now be sown, sweet peas, broad beans, tomatoes, all of which seem to benefit from a start in a heated propagator. Most young plants need to be in a frost free environment so space in the greenhouse becomes critical.



Experience seems to suggest that plants won't thrive outside until the soil starts to warm up which normally means April. Many small annuals are really easy to grow and so much more satisfying to have done it all.

It's a great time to buy seed potatoes, almost the easiest vegetable to grow, and the flavour from your own crop will convince you it's worth the effort. Main crop potatoes keep really well usually in a cold garage which is mice free until about April. Outside there is not that much colour, but cyclamen and snowdrops are on their way and some pansies have weathered recent frosts. I have one or two shrubs in flower. The greenhouse always has



something in bloom and plants now are showing signs of new growth.



I have started to use bird feeders and these are hung close to the house. It's amazing how many different birds come to feed. Using fat balls seems a good solution, quite practical and inexpensive. Pity I can't get a photo but they are all too shy!

Happy gardening.

*Tony Gaster*

## From the Parish Council

---



Our website is due for renewal and that has raised the question of what to we want. At one end of the spectrum is a minimal website with basic information sufficient to

meet the statutory requirements. This requires the least amount of work, probably the least cost and experience shows minimal interest. At the other end of the spectrum some parish councils provide a whole range of information, starting with the statutory minimum, to advertising local events and more. Naturally there is a cost to this both in terms of money and time. One parish council, not very far away started with a

minimum site, expanded it to something very much bigger and having reached the point that they were employing someone almost full time on it are now in the process of shrinking it back. However we have heard of another council who were fortunate to find a local enthusiast who has made running a comprehensive parish website a significant part of their retirement with fantastic results for the whole community. Please let any of your Parish Councillors know what you think and would like from our website, maximum or minimum or somewhere in between.

You may have seen articles regarding the Watercress Way footpath. It should make it possible to walk a circular route from Alresford to Sutton Scotney and back. Not all of it will be on the old railway lines and will use other footpaths as well.

Hopefully in the near future at Couch Green we will be seeing a notice explaining the route and various features to be seen on the way round. For those who can get up bright and early there is a dawn chorus walk starting at 4.45 am on 30<sup>th</sup> April. On planning we have again made comment on an application outside our boundary but only where it would have an effect on this parish in particular and the South Downs National Park in general.

On highways please note that although you can see white spray paint around pot holes we have been told that nothing can take place regarding repairs until warmer weather. This is likely to be March at the earliest.

Still connected with roads or more correctly the verges and March, an important date for your diaries On

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the morning of Saturday 4<sup>th</sup> March we will be holding a litter pick for the whole Valley and hoping that we can repeat last year's highly successful event. Please read the separate article in this issue for more information. Finally the flint wall alongside the pavement near Itchen Abbas school has been repaired. It was damaged by a delivery vehicle over a year ago. So thanks to all those who have lobbied and cajoled to get it done. The effort was worth it, but as has been said before with local authorities, it takes time for things to happen.

*Patrick Appleby*

*Parish Council Chairman*

## Tiddler Joke of the Month

---

"Knock knock!

Who's there?

Tuna!

Tuna who?

Tuna guitar and it will sound much better!"

*Teddy, age 6, and Mary, age 8.*



## Moo Humbug

---

Having been intimidated by some cows on a recent walk with my children, there is still a lot of urban blood in me; I decided to ask for some expert advice from Bradley Brown, the Grazing and Reserves Officer at Hampshire Wildlife

Trust. He was extremely helpful and has also offered to do a guided walk, once the weather is better, to show us exactly what the trust is doing in our area.

This information should be on the gates where cattle are grazing, Bradley is going to do a check as some of the signs might have come down in the inclement weather. So here is a reminder:

A brief Bradley guide to visiting an area where cattle are grazing

- Cattle used for wildlife conservation are normally traditional breeds. These tend to be smaller and more docile than dairy breeds, especially the bulls.

- Cattle are naturally scared of you; especially if you have a dog. Try not to startle them as they may panic. Talk quietly and keep children quiet and close to you.

- Cows are adult female cattle. Bulls are adult male cattle. Both cows and bulls can have horns. Cows have udders with four teats just in front of their hind legs. Bulls usually have rings through their noses.

- The cattle to be most wary of are cows with young calves. They may try to protect their calves. Never walk between a cow and its calf. Do not walk towards a calf on its own.

- If possible take a detour around the cattle, giving them plenty of space.

- Do not feed or pet the cattle – this will encourage them to approach other





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will keep a safe distance from you.

- Raise your voice, but do not shout. You can raise your arms to make yourself look bigger, but do not wave them about.

- Make eye contact with the cattle to keep them at a distance.

- Do not use a stick to scare or hit them.

- Walk briskly away, keeping an eye on the cattle and on your footing.

If you have a dog:

- Keep your dog under control when visiting an area with livestock and do not let it chase or bark at them

- Avoid walking amongst cattle wherever possible

- If cattle chase you or your dog, it is safer to let go of your

dog's lead – don't risk getting hurt by trying to protect it. Cattle see dogs as a much greater threat than people, and a dog free from its lead should be able to escape.

*Fi McIntosh*

## From Our City Councillor

---



The start of my new year has been dominated by Hugo and Caroline. Hugo is a black Labrador puppy who arrived just before Christmas. It's

been some time since we've had a puppy in the family, and while there are few things on earth quite as cute, we'd forgotten that there are few things quite as chewy and mischievous. He's been like an alligator wearing trainers in a mink coat.

people.

- Every situation is different; use your experience to consider how to behave around the cattle.

If you have any concerns, please contact the Trust.

If you need to walk through the cattle:

- If they have not seen you, let them know you are there by talking to them gently.

- Only proceed when they have seen you, and stay within their sight. They may get up; give them a chance to move out of the way by approaching them slowly.

- Move through the group quickly and calmly

If you feel threatened by the cattle:

- Do not panic and run away, they are probably being inquisitive and may run to keep up with you. If you stop they



Caroline has a nice coat too but she (Caroline Horrill) pictured here is the new Leader of the City Council. I've known her for many years. She is top notch, and I have every confidence that she will be the Leader the city and district really deserves.

There is much for her and for the new Chief Executive, Laura Taylor, to chew on within the Council. The major projects I have been campaigning about, including Silver Hill and Station Approach, are high on their list for review. They won't, I believe, make the immediate sweeping changes I would personally like to see, as Caroline in particular is a consensual sort of person and would rather act cautiously and take people from all sides along with her as she proceeds. She will be very effective and get to the right results, after all the possibilities and implications have been carefully considered.

I hope it's not sexist to suggest that women are probably better than men at taking the steam out of the debate. There has been a great deal of steam generated this last year or two, for very good reason I would add, but she will need to vent it as much as possible to restore the reputation of the Council. It shouldn't be remarkable, but it was most notable at the first Full

Council meeting of the year, that the Leader, the Chief Executive, the Mayor and the Leader of the Opposition too, just now are all women. As someone who could only produce daughters, I regard this as a somehow satisfactory status quo in 2017. Hopefully, this view won't just create more steam.

*Kim A Gottlieb*

## Alresford Surgery Newsletter

---



### **Pneumonia Clinics:**

We will be running clinics in the New Year to give pneumonia and shingles vaccinations. All patients who are eligible will be invited by letter. If you have previously been invited, but have not been vaccinated, you are still welcome to come.

### **Self-care - 'Looking after yourselves and your children'**

When faced with an unwell child, parents often find it difficult to be sure whether the child needs to see a doctor, or whether they can be managed with sensible self-care at home.

### **Healthier Together**

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fantastic website developed by local specialists which we whole heartedly recommend to parents. It has clear, practical advice on a range of issues affecting babies, children and young people, including advice on whether the child can go to school or nursery. It tells you about the symptoms and what they mean, how long the illness will last, what you should do, and when you should worry and seek advice.

### **Conjunctivitis.** Did you know?

Infective conjunctivitis typically involves mildly red or pink eyes that may be sticky or watery and can cause irritation, although the condition is usually pain free. Most cases clear up in a few days without any treatment. Current advice is that - for typical symptoms - you do NOT need to see a doctor or nurse, and nor do you or your child need to use antibiotic drops or stay away from school or work. Children (and adults) should be discouraged from touching their eyes, and encouraged to wash their hands with soap and warm water regularly throughout the day. Do not share towels or pillows. Sticky or crusty coating on the eyelids or eyelashes should be bathed with water and cotton wool. Lubricant saline eye drops can be bought over the counter from a pharmacist in more severe cases. Newborn babies with conjunctivitis should be assessed by a healthcare professional.

*Alresford Surgery*

## **Potty about Pancakes**



Seeing as both Valentine's Day and Shrove Tuesday will soon be upon us, how

about spicing things up a bit with these

unusual pancake ideas? The ingredients may not be an obvious match but true love can defy all the rules. - especially when it comes to food!

### **Hot to Trot**



Face the fire with this spicy creation. Sprinkle some cocoa powder in your pancake batter with a little chopped chilli or chilli powder and hey presto! Drizzle with chocolate and see who can handle the heat.

### **The Double B**



Banana and bacon - a winning combo. Cover your pancake with thick slices of banana with crispy strips of bacon and a drizzle of something sweet like golden syrup or maple syrup.

### **Naughty meets Shorty**



Satisfy a sweet tooth by crumbling some shortbread onto a pancake, followed by some tinned caramel. Finish off with a drizzle of melted chocolate - YUM!!! Don't serve up too large a portion though or your lover may end up queasy rather than easy!

## Marry Berry



A refined combination for the more mature but adventurous palate. Arrange strawberries over your pancake and serve some balsamic vinegar on the side. The sweet undertones of the strawberries paired with the balsamic brings a lovely sharp twist to the fruit. A simple but acquired taste. - perhaps appropriate for that special person in your life.  
*The 'ever expanding' Editors*

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## Local monthly information

### Waste collections in February

Black bins and green bags on Fridays 3<sup>rd</sup> and 17<sup>th</sup>. Green bins on Fridays 10<sup>th</sup> and 24<sup>th</sup>.

### Cameo

On Tuesday 21<sup>st</sup> February.

### Farmers' Markets in Winchester

Sundays 12<sup>th</sup> & 26<sup>th</sup> February

### Parish Council Full Meeting

Thursday 2<sup>nd</sup> February at Martyr Worthy

*67 Bus operated by Stagecoach.*

**School term timetable** operates from Wednesday 1<sup>st</sup> February to Friday 17<sup>th</sup> February and again on Monday and Tuesday 27<sup>th</sup> and 28<sup>th</sup> February.

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 20<sup>th</sup> February to Friday 24<sup>th</sup> February.

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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