

# ITCHEN Valley News

Issue 42 June 2017

For Awington, Easton, Ithen Abbas and Martyr Worthy





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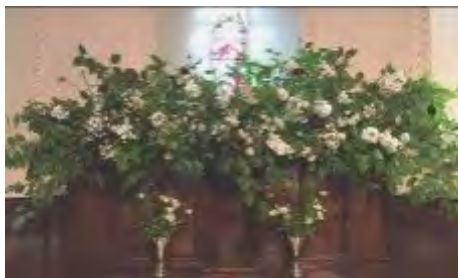
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# WELCOME to the Valley News



Yippee, it's June! Plenty to look forward to with the Chelsea Flower Show, lots of open gardens, and events of all kinds to enjoy.

Welcome rain has arrived to flush the river and encourage the explosion of green. Now that most of us live in the National Park perhaps we might all consider whether and to what extent we prefer our environment to be tidy rather than natural - do we always need a strimmer and a lawnmower? A little mindful neglect will give our



wildlife extra opportunities. Here's a riot of hedgerow flowers making St Swithun's Martyr Worthy look as if the spring had come inside for a wedding this weekend (congratulations Laura and George!).

Please read and react to the Editor's article on Page 24 asking for your financial contributions. - the magazine in full colour makes a huge difference both in appearance and in ease of editing. The two grants which enabled the purchase of a new laptop also makes the editing job much easier - and made me realise I need to replace mine!

Your written contributions are just as important, and as ever a reminder that without your input there would be no magazine. A special thank you to all our

regular contributors who make our job so much easier, but one-off contributions add enormously to the variety and entertainment value; if any proof is needed, just look at the wonderful photos of Lavinia Owen through a life of amateur theatricals on pages 24 and 25!

Harry Eastman was clearly on the lookout for nature in his garden when he was lucky enough to Spott the Hoople....well, hoopoe...(front cover) and quick enough to photograph it. It's Fi McIntosh and Lucy Wolfe editing next month.

Verity Coleman

## Itchen Valley News

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## What's On

### **Parish Ladies Supper Tuesday 13<sup>th</sup> June**

You are invited to the next parish ladies' supper, which takes place on Tuesday 13<sup>th</sup> June at Martyr Worthy Manor, 7.30pm. The evening takes the form of a "bring and share" supper, so if you would like to come, please get in touch ([isobelpinder@hotmail.com](mailto:isobelpinder@hotmail.com)) and let me know what you would like to bring.

*Isobel Pinder*

### **Hidden Gardens Open Day Broad Street, Alresford Sunday 18<sup>th</sup> June 11am – 5pm**

An opportunity to visit many of these private gardens. In aid of The Murray Parish Trust #2MillionSteps appeal and Churches Together in Alresford; £6 per head for admission to all open gardens, children 16 & under free. Afternoon teas, tombola.

Additional parking at Perins School.

*James Ekins*

### **Itchen Abbas & Avington Village Hall AGM**

#### **Wednesday 21<sup>st</sup> June.**

This year's annual general meeting will take place in the Burge Room of the Hall. Please arrive from 6pm for a 6.30pm start. The business of the meeting will include: Approval of the minutes from the 2016 AGM, Chair's Report, Treasurer's Report, Election of the Trustees for the coming year and AOB.

All who live in Itchen Abbas, Avington and the surrounding area are invited to attend.

*Sue McIntosh, Secretary*

### **Pilates**

Itchen Abbas & Avington Village Hall  
New matwork classes have now

started on Wednesdays 09:15-10:15 and 18:30-19:30.

Call, text or email Aimée to book your place 07546 941489,

[aimee@pilateswithaimee.co.uk](mailto:aimee@pilateswithaimee.co.uk)

### **Ovington & Itchen Stoke**

#### **Summer Fete**

**Sunday 25<sup>th</sup> June**, Lovington House,  
Ovington,

2.30pm-5pm,

Delicious teas and fun for all the family

*Shelley Hughes*

### **Easton Fest**

#### **Saturday 1<sup>st</sup> July at Graces Farm 6.30 pm-midnight**

Music by We Are Robot and Plaitford Common. DJ

Tickets: 779283 or

[eastontickets123@gmail.com](mailto:eastontickets123@gmail.com)

£16.50 for adults, £10 for children under 16, to include Hog Roast

*Sally Stone*

### **Oldies go on outings**

Strictly for those who are at least partially retired, the University of the Third Age (U3A) has recently ventured into the Itchen Valley.

Questers Group 10, led by Stuart Gaunt of Itchen Abbas, organises trips to places of interest, many of which can only be visited by organised groups. Outings to the National Oceanographic Centre in Southampton, Winchester Law Courts and many others are currently being coordinated. Often there is a minimum number for a group visit so now is the ideal time to consider joining. Stuart can be



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*Vernon Tottle*

### **The Southwood Players**

#### **Hay Fever**

**28<sup>th</sup>, 30<sup>th</sup> June and 1<sup>st</sup> July**

See Page 26 for more information

### **Upper Itchen Valley Society walk Saturday 8<sup>th</sup> July at 10am**

Members of the UIVSoc are invited to join a short walk, led by the grazing and reserves officer of the Hampshire and loW Wildlife Trust, from Church Lane, Martyr Worthy to Chilland to explain the work that the Trust is doing along the Itchen Valley.

If you would like to come, please let me know on 779632 or  
ralphandalimatthews@gmail.com,  
Numbers limited.

*Alison Matthews*

### **The Itchen Valley Flower Show Sunday 16<sup>th</sup> July 2017**

See Page 15 for more information

### **Boules in the Valley**

Have you ever watched the French play boules? Ever fancied having a go? Don't worry - our boules are not quite in the same league as your average Frenchman!

BUT ... we do have lovely food and plenty of wine, or a beer from the pub

perhaps?

In **Itchen Abbas**, we meet every Tuesday evening from 6pm until darkness falls or we no longer wish to play, eat or drink ! Don't worry if you can't make it for 6pm - come along when you can!

The first inter village matches are on Tuesday 30<sup>th</sup> May

Itchen Abbas v Martyr Worthy at Itchen Abbas

Easton v Avington at Easton

Why not pop along to support your local team?

Hope to see some new faces on the Tuesday after you've read this.

*Jenny Sloan*

## **Easton WI**

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Our AGM was held in May, when our President, Kyrene Beames, gave her Report on the many and varied activities during the year and thanked members of the Committee for their support. Members enjoyed a delicious supper and challenging quiz.

We welcome visitors to our very informal meetings, where business is kept to the absolute minimum. Our next meeting will be on Thursday 15<sup>th</sup> June at 7.15pm at Easton Village Hall when the Speaker will be Kim Boog-



They've got it licked: Easton and Martyr Worthy's young cricketers celebrate the juniors' new three-season partnership with local company Jude's Ice Cream

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Penman who will be talking about The Barn Owl Project.

*Sallie Peake*

## Annual Parochial Church Meeting

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The APCM is an opportunity for parishioners to focus on what the Itchen Valley Parish has been doing during the previous year, and to hear from the Rector on her future plans. Sarah and Charlie Bullen were charming hosts at Avington Park, and, as always in the Valley, drinks and nibbles, organised by Sarah Shirley, are an unmissable feature of parish life. It was a delightful evening, and we left with a real sense of the parish being in good hands, in good shape with some exciting developments for the coming year. Very many thanks to everyone involved in a productive and enjoyable evening.

*Verity Coleman*



## Watercress Way Update

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The Watercress Way trustees were delighted with the support of local people on our activity day on 30<sup>th</sup> April. Much of the day was focused on the route of the old Mid Hants railway, dubbed the Watercress Line, in the upper Itchen Valley.

The old railway at Kings Worthy was the site for our morning activities. There was a very early start for 26 people who identified 26 bird species

starting at 4.45am near Worthy Halt. At a more civilised hour over 40 children and their families went on a half kilometre mouse house hunt from Woodhams Farm. Local artists had donated beautiful unique mini doors we hid along the old track for the children to hunt, some of which had tiny cast iron mice waiting behind them.



*A Walk on the Wildside* from Couch Green attracted 20 people, and all reached The Plough safely! Trustee botanist Jim Thompson from Alresford led this gentle ramble identifying plants. We found King Alfred's Cakes fungi used as medieval tinderboxes, Lords and Ladies lilies and an ancient oak tree that preceded the railway line construction in the 19<sup>th</sup> century. It was amazing to see how plants have taken over since the era of steam and early diesel trains - this line only shut in 1973.

At Itchen Stoke the demands of the digital age meant a generator was needed in the church, with no mainline electricity to power a laptop and projector for our guest speaker, Peter Clark. His expertise on the history of the Watercress Line and the Didcot to Winchester lines was enjoyed by over 30 people. It was fascinating to compare current well known landscapes and buildings with the rare



images he has collected of the 19<sup>th</sup> and early 20<sup>th</sup> centuries. Images ranged from the horse-drawn watercress flatbed carts to the incredible engineering works needed to create the railways. We take so much of our local landscape for granted yet so much has been crafted literally by pickaxes and human sweat!

The exhibitions at The Wonston Arms and Itchen Stoke Church attracted a steady flow of passers-by, with maps available to see the Watercress route. The excitement and interest of 1 to 90 year olds generated by the Dawn to Dusk day made the efforts from our little local charity incredibly worthwhile. We raised many gift-aided donations which will help us to continue waymarking and opening up more access to the 26 miles for a wider group of visitors including cyclists, horse riders and the disabled. So what's next for The Watercress Way?

Our focus over the next year is to finalise the route with as much access to the two old railway lines as possible, and to publish routes for walkers, cyclists and horse riders with useful

parking and stopover points. The northern section of the route between Alresford and Sutton Scotney via Micheldever woods is along established bridleways such as the Oxdrove and minor roads, and this will be waymarked over the summer with help from The Ramblers. Then HCC will adopt the route formally and it will feature on OS maps.

Our fundraising continues, and we have been successful recently in some grant applications including from Hampshire County Council and Boomtown



(awarded via the Itchen Valley Parish Council). Each waymarker costs about £2 (with over 20 needed per kilometre in some sections) and the interpretation boards we have started to design cost over £500 each.

We are updating our Strategic Plan which includes timelines for more clearance and maintenance of the old railway lines

We plan to contact a wider number of local businesses to help sponsor our costs, with several local pubs already supporting us. The Watercress Way trustees welcome others to help as friends of the route. You don't need a hedge trimmer or pickaxe to help keep the railway sections clear - you might like instead to assist on a focus group or help design our interpretation boards, website content and future leaflets.

See our website for details, photos and videos [www.thewatercressway.org.uk](http://www.thewatercressway.org.uk)  
*Clive Cook and Kim Adams*

## From the Parish Council

---

We have now had both our AGM and our APM. The latter, the Annual Parish Meeting, was the one at which the public can come and hear our annual reports on what we have been doing for the past year, what we are hoping to do in the forthcoming year and ask us questions. It was well attended by Parish, City and County Councillors but sadly very few other members of the public. However it was a good

meeting with some interesting questions asked and some good points made.

Not surprising some of the questions were in regard to

Boomtown. We will continue to attend the meetings held in relation to this event and put our views forward to try to see that the disruption it can cause is minimised.

On the positive side we have received the £2000 donation made by the organisers for distribution to appropriate charities and similar bodies in each of the surrounding parishes.

We received five applications for funding and have shared out the funds as follows:-

McPherson Easton School Field Trust  
£750

Watercress Way £500

Easton and Martyr Worthy Cricket Club £300

Wild Itchen Valley Verges £250

Friends of Itchen Valley School £200

Depending upon the success of Boomtown we will be pressing for this to continue and seeing if they can increase their generosity in the future.

On the cycling front hopefully there will be some willing volunteers to help with marshalling tasks on the route through the valley on the morning of 16<sup>th</sup> July. Unfortunately the organisers of the 9<sup>th</sup> July ride were behind with their planning and meeting with them





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has therefore had to be delayed. Keeping with the subject of volunteering, we are still looking for two people to join us as Councillors. It does not matter which part of the Valley you come from. However it has to be pointed out that of the eight existing Parish Councillors three come from Martyr Worthy, three from Itchen Abbas, one from Avington and one from Easton. In other words it could be said that the south side of the river is in need of more representation, but it is up to whoever is prepared to put themselves forward and join us. Once again there has been another traffic incident at the Cart and Horses junction. Thank you to those who reported it. Keeping a good record of incidents, however minor, will help us as we keep pressing to get a better permanent solution. Although not strictly within the Itchen Valley Parish boundary the majority of residents regularly use the junction and when a traffic incident occurs we are often with others the ones who suffer indirectly from the disruption it causes. So far despite the money that has been spent and the views and wisdom of experts received little in real terms of finding a solution to this problem has been achieved. In some ways what has been done appears to have made matters worse. We will continue to press for a sensible, safe solution.

*Patrick Appleby, Parish Council Chairman*

## Letter from the Rectory

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Another election, and many will say to Christians “it’s politics, it’s nothing to do with you”. When asked that question recently Dr John Sentamu (Archbishop of York) said “It’s God’s world and all that is in it is His”. Speaking about the French election

Cardinal Barbarin, the Archbishop of Lyons, decried what he was seeing as the “worst ever” presidential election characterised by “unforgivable



accusations, total critiques, violence, chaos and the misleading of voters”. It’s a critique that Americans and the British might recognise from their own recent and ongoing elections. So in this unstable world what should Christians look for in their political leaders?

Americans are much more open about their Christian faith than Brits: George W. Bush, Bill Clinton, and Barack Obama were openly Christian. Even Donald Trump has increasingly infused references to God into his prepared remarks - calling on God to bless all the world after launching strikes in Syria, and in one of his first interviews as President saying “I’ve always felt the need to pray... the office is so powerful that you need God even more.”

Surprisingly to many Vladimir Putin, not being renowned as a paragon of democratic virtue, is none the less open about his devout faith (to Russian Orthodoxy).

Closer to home Tony Blair and David Cameron both proclaimed a Christian faith and Theresa May, whilst not being openly Christian, often tells us she is the daughter of a vicar.

Of the current leaders only Tim Farron strongly proclaims his faith. So we have a decision to make. Some openly Christian leaders are not what we might want in this country whilst many potentially good leaders are not Christian. So what should we look for in a good leader?

Often debated when a politician’s

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caught with the proverbial trousers down is whether they should be above reproach or is it just enough to do a good job. Discussed in several places but the recommendation is nowhere clearer than in I Timothy "Therefore an overseer must be above reproach, the husband of one wife, sober-minded, self-controlled, respectable, hospitable, able to teach". Well that's going to knock out a few candidates!

Being a shining example, above reproach is just a start, we also need someone who is excellent at their job and who is (according to Philippians 2:4) "not looking to your own interests but each of you to the interests of the others."

Perfectly summed up by Jesus in Mark 10: Jesus called them together and said, "You know that those who are regarded as rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you. Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be slave of all."

Of course, whilst interesting, I am taking verses out of context, not a good way to discern the word of God. Better to read an appropriate passage (I recommend Proverbs chapter 22) and pray. Or for the short version as Justin Welby suggests in a recent letter "These deep virtues and practices - love, trust and hope, cohesion, courage and stability - are not the preserve of any one political party or world view, but go to the heart of who we are as a country in all of its diversity. An election campaign, a Parliament and a Government that hold to these virtues give us a firm foundation on which to live well together, for the common good."

Gerry Stacey

## Have a Go! The Itchen Valley Flower Show

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### Sunday 16<sup>th</sup> July 2017

Our theme for this year's show is Have a Go!

Why not have a go and enter one of our 69 classes which could include carrots, flapjacks, craft and many more? All our judging is done by independent judges as it would take all day to complete it ourselves. The cookery section alone takes two and half hours to judge!

The Show is for everyone in the Itchen Valley to Have a Go!. The children's competition is always fun and they have six classes to enter, including the popular miniature garden in a seed tray.

Our Show schedule is set for another year and is available on our website and will be printed in the July edition of the Valley News so come on Have a Go!

If you like cooking, why not enter one of our seven classes, including flapjacks (four, any size and any shape), six truffles (your choice of recipe and presentation), meringue halves (your choice of size and presentation).



The set cake recipe this year is a Chocolate Victoria Sandwich. So if you

would like to Have a Go! here is the recipe to try out;

### **Chocolate\_Victoria\_Sandwich**

#### Cake

8oz/225 g butter or margarine

8oz/225 g caster sugar

6oz/225 g self-raising flour

2oz cocoa powder

Quarter teaspoon of baking powder

4 eggs

#### Butter icing

4oz butter (salted or low/no salt)

8oz icing sugar sifted

Cocoa powder sifted, to taste

#### Method

Cream fat and sugar together until pale and creamy

Beat in eggs

Fold in sieved flour, baking powder and cocoa powder

Add a couple of tablespoons of water to make a softer consistency.

Divide into 2 x 8-inch sponge tins

Bake at 160 degrees (fan oven) in oven until springy to the touch (about 25 minutes)

#### Topping

Cream together the butter and icing sugar and sieve in cocoa powder

(enough to give a good strong taste)

Add a little warm water or milk to lighten the mix

Spread on top and middle of sponge

Decorate with chocolate curls

Please support your local community event and Have a Go! this year. Come along at 2.30pm and see the show.

There will be homemade cakes, tea and beer plus entertainment for the children.

If you have any questions or would like to know more about the Show please contact Sara Mason (splmason@hotmail.co.uk). Schedule and entry form are available at [http://](http://www.itchenvalleyparishcouncil.org.uk)

[www.itchenvalleyparishcouncil.org.uk](http://www.itchenvalleyparishcouncil.org.uk) and follow the link to Itchen Valley Flower Show page.

*The Itchen Valley Flower Show Committee*

## **58 reasons to vote on Thursday 8<sup>th</sup> June**

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Francis E Hall, Sydney Hall, Edward Hall, Percy Gray and four others from Avington, James Freemantle, Thos. Freemantle, Charles Hood, Joseph Englefield and eleven others from Easton, Edgar Chalk, Frederick Martindale, Ronald Vaughan, Stanley Paddock, and fifteen others from Itchen Abbas, Frederick Burgess, William C Coombes, Ernest Geo. Hall, Sidney Harrison and twelve others from Martyr Worthy. All of these names are recorded on the war memorials in the Valley.

These men died in the First or Second World War fighting for Great Britain. All of them died fighting for the British way of life, for beer, fish & chips, driving on the left and, directly

or indirectly, for the parliamentary system of this country with its universal suffrage for all men and women.

Your right to cast a vote for your member of parliament is in some way due to the sacrifice of these men. Please don't waste it, please don't forget what they gave for us, a hundred years ago.

*Vernon Tottle, Editor*



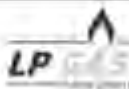




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## From Steve Brine

---

As you know, we are in the middle of a General Election campaign so this is not my usual column. If you do want more of that, I have a feeling it's never going to be far away between now and 8<sup>th</sup> June!

Instead, I thought readers of the Itchen Valley News would be interested to hear about something quite remarkable taking place in our midst.

Hyde900 is a community project in Winchester to celebrate the 900<sup>th</sup> anniversary of the founding of Hyde Abbey, the burial place of King Alfred the Great. It continues today as a community organisation, organising social and cultural events and supporting research into the history of the Hyde area. It also supports other events in and around Hyde and it's been my honour to be part of some.

At the end of April, the children and I took part in a Community Dig to shed new light on the history of Hyde and to solve a mystery linked to St. Bartholomew's church.

Excavations over the course of three days in the gardens of two houses in King Alfred Terrace - right by the

River Park Leisure Centre in town - covering what is believed to be the cloisters of Hyde Abbey had revealed a mass of building and other material dating back to the Middle Ages. However it wasn't until the final day that startling conclusions were reached which could transform our understanding of this area of Winchester.

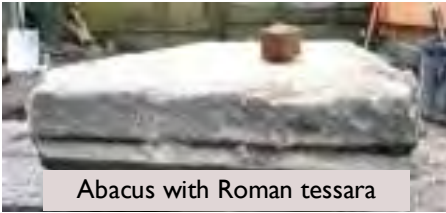
Potentially most important was the unearthing of a significant amount of Roman mortar fragments together with tesserae (small blocks of clay used in a plain mosaic floor) in one of the five trenches that had been opened up by the volunteer archaeologists. Located at a level lower than that of an adjacent wall and floor - probably part of the medieval monastery - this prompted a re-evaluation of the site.

The volume of material that we have found opens out the possibility of a building from the Roman era in this location. The Roman road from Winchester to Silchester ran about one hundred metres to the west and it is possible that this material came from a nearby house in the countryside just to the north of the Roman city.

The second exciting discovery was of two Quarr stone 'abacus' fragments datable by their style to the first half of the 12<sup>th</sup> century. Originally thought to be plinths these were identified by Dr. John Crook (consultant archaeologist to Winchester Cathedral) as being, in fact, the load-bearing stones which are placed on the top of column capitals. Measurements undertaken by Dr. Crook showed that the abacus dimensions matched exactly those of the capitals which are now on display in St. Bartholomew's Church and which have long been believed to come from the abbey cloister.

By discovering the two abacus





Abacus with Roman tessera

fragments the team can now begin to visualise the capitals in context and are developing a better idea of how they would have appeared in the medieval abbey.

In total, five pits were dug in the course of three days by over 150 volunteers under the guidance of experienced workers. Participants were of all ages from five to seventy years of age, including me!

And it seems, interest in exploring what lies beneath the surface of their gardens is now becoming infectious in Hyde. Already there are five more families volunteering their properties and further community digs are planned for next year.

History really does live in Winchester and long may that continue.

[www.hyde900.org.uk](http://www.hyde900.org.uk)

Steve Brine

## List of candidates for the parliamentary seat of Winchester constituency

Steve BRINE The Conservative Party candidate

Mark CHALONER The Labour Party candidate

Martin LYON UK Independence Party

Jackie PORTER Liberal Democrats

Teresa SKELTON The Justice and Anti-Corruption Party

Andrew WAINWRIGHT Green Party

## Jackie's County Corner

So, this picture is the morning after the night before! This year about two hundred people joined in the Big Sleep Out for Trinity. It's a great event: we slept out under the stars in the fabulous location of the Cathedral Close - including our Mayor who had her own cardboard castle! It was my fifth time - and I think the busiest.

The cost of housing and benefit sanctions add to the risks of homelessness, and in Winchester we are so lucky to have the safety nets of Trinity, the Nightshelter and the food and clothing banks.



But how should we treat our fellow man? Is it good enough just to offer charity? Are we aiming for everyone to be self reliant? There's a subtle but real difference.

Five months after the Hampshire children's centres closed, I am seeing an increasing number of families who need a little help. They come to me because the criteria to receive help are so harsh that they need to be in crisis before anything can be done.

Public service cuts are subtle and most of us won't notice them. Until perhaps

our mother has dementia, our friend is diagnosed with a mental health issue, we lose our job or our child is born with a disability. Then we hope the state can help us in our need until we can become self reliant again. The human cost of *not* helping is far greater than the cost in money terms.

Sleeping out for one night does not replicate homelessness at all. But as I lay on the hard ground, and the clock chimed in the chilly air at 3.45am, I was reminded of the frailty of our position and wondered which of us might need the public services in the future - and will they still be there when we do?

(Message to Bishop: can we cut out the quarter hour chimes next year please!!?)

Jackie Porter, 01962 791054, email [Jackie@jackieporter.co.uk](mailto:Jackie@jackieporter.co.uk), text 07973 696 085, website [www.jackieporter.co.uk](http://www.jackieporter.co.uk)

## Vote with your Feet! Vote Zumba!

---

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make you feel better. Zumba is the best form of mental and physical exercise.

Still can't decide which party to vote for? Come on! There's only one party in town ...Zumba!

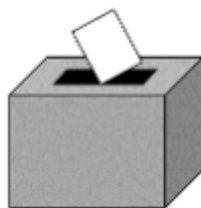
Check out my classes on [www.zumba-around-winchester.com](http://www.zumba-around-winchester.com) and come join the Zumba Party! You won't be disappointed.

*Sue Russell*

## The hustle and bustle of hustings

---

In an effort to improve local democracy, the Itchen Valley News decided to try and arrange an election hustings event in May just before



the County Council elections. I invited all the political parties to Itchen Abbas village hall for this "event of the year".

The LibDem candidate agreed to come along but doubted that such a meeting would change anybody's voting intention. The Conservative party candidate had other commitments and was unable to attend. The Labour Party candidate had prior campaigning commitments but thought that many voters would have already voted by post. I never managed to persuade the Green Party to tell me who their candidate actually was.

So the Itchen Valley News sponsored County Council hustings never happened – for which I apologise. We now have the second election in two months coming up. If you want



to hear your general election candidates speak then you will have to attend one of the two church organised hustings to be held in Winchester and Chandler's Ford. I went to the latter meeting during the campaign of 2015 and found it a most interesting experience. Whilst really quite polite and with very little heckling from the floor (most unlike those scenes in some period dramas that you may have watched) I'm not sure that it changed my vote on the day. Nevertheless it was interesting to hear a couple of well-known local politicians and other contenders I hadn't seen before having their views and policies challenged by well-informed critics.

But is a candidate's performance at answering questions a good guide as to whom you would like as your Member of Parliament? Or is your vote decided by which political party you would prefer to run the country? Not always the same answer.

Whoever gets your vote, please do post it in advance or turn up at the polling station on the day. Why not, just for once, let the Itchen Valley ward return a 100% turnout?

*Vernon Tottle*

## Our Wild Valley: herbal teatastic!

---

At last something to do with some of my garden weeds! Cleavers/sticky grass or goose grass: you can pick the tips off and pop straight into a flask of hot water for a brew that tastes like new fresh peas. It is fantastic for moving 'lymph' around our body, and this is the stuff that carries all our white blood cells, so is marvelous for our immune system. I didn't know any

of this until I went on Sarah Furey's course at the Sustainability Centre, East Meon. She is a trained medic and herbal practitioner and these are her uses for some common plants found around us.

We chewed new bramble leaves, (tasted yucky but much better in hot water as bramble leaf tea) which are good for calming upset tummies, as the tannins calm the stomach lining. It's also good for mouth ulcers and sore throats, with lots of vitamins and minerals. I am at present trying this one out every day and reducing my brambles in the garden! Pick the leaves before the plants flower.

Ground-ivy, which I bet is in a few gardens like mine, is a small purple flower, and leaves in tea apparently are very good at reducing mucus in colds, and helping to clear sinuses. Sarah did say that all the herbs wouldn't stop you getting the cold but would help you recover much more quickly.

Picking the young shoots for your tea straight from the path (higher than dog level and/or away from roads/farm spray) in spring can be the best source of therapeutic energy you can get. Don't wash them, just take off any bad bits. Once things start to go over in mid July is the time to bottle them, and then in autumn it is time to use the seeds and fruit.



## Itchen valley church services

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Sunday 4th June	Pentecost	
8am	BCP Holy Communion	Avington
10am	All Age Service	Itchen Abbas
11am	Matins	Easton
7pm	Beacon Event	Cathedral
Sunday 11th June		
8am	BCP Holy Communion	Easton
10am	Parish Communion	Itchen Abbas
6pm	Evensong	Martyr Worthy
Sunday 18th June		
8am	BCP Holy Communion	Martyr Worthy
10am	Parish Communion	Easton
6pm	Evensong	Avington
Sunday 25th June		
8am	BCP Holy Communion	Itchen Abbas
10am	Parish Communion	Martyr Worthy
6pm	Patronal Evensong	Itchen Abbas

### Rector

Rev Amanda Denniss 779832 amandadenniss@gmail.com

### Assistant Priest

Rev Alex Pease 791010 rev@ampease.co.uk

### 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;

Tony Gaster 779110;

The previous page shows the beautiful honeysuckle in Itchen Abbas that not only smells a floral delight every morning but I found out the flowers put in a pot of honey are very soothing for sore throats!

Stay healthy this summer!

*Sophie Rogers*

*The Itchen Valley News recommends seeking professional advice before using herbal remedies.*

## The Valley Gardeners go to Malvern Spring Festival (and more about herbal teas)

---

Early in the morning of 11<sup>th</sup> May, 39 Valley Gardeners (and their guests) set out on their “mini-break holiday”, which occurs biannually. This year, our destination was the RHS Malvern Spring Festival and then a visit to two gardens the following day after an overnight stop.

The Malvern Festival is the second of the ten RHS shows taking place during the season and is set, most spectacularly, in a natural bowl within the Malvern Hills. Despite a slightly dodgy forecast, we were incredibly lucky to enjoy sun and blue skies all day. There is a host of things to do at the show: the enormous flower marquee to tour, beautiful show

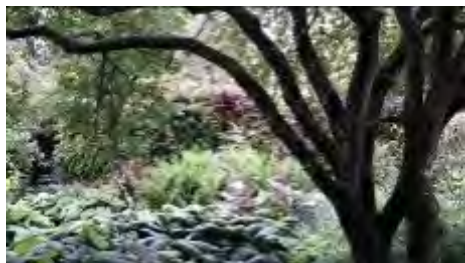
gardens to gaze at and enough plant and craft retail therapy to satisfy the most ardent shopper! Unlike the Chelsea Flower Show and, to some extent on busy days Hampton Court flower show, the Malvern Festival is very relaxed, with plenty of room to walk, sit, eat/drink and shop, so well worth a visit for keen gardeners who don't like the hurly-burly of other shows.

We stayed overnight in Cheltenham and enjoyed a good dinner and plenty of time to relax and socialise with our fellow Valley Gardeners.

After breakfast the next day we made our way to Barnsley House to see the garden designed by the late Rosemary Verey, OBE, an internationally known English garden designer, lecturer and prolific garden writer. Rosemary Verey enjoyed a long client list, the most famous being HRH Prince Charles and Sir Elton John. Rosemary advised Prince Charles on his garden at Highgrove and designed the gardens at Woodside, Sir Elton's estate. The gardens at Barnsley House are maintained by 4 full time gardeners and although the design and atmosphere of the garden is simply wonderful, I for one was quite disturbed by the number and size of the weeds which were present in all parts of this gorgeous garden. I certainly don't expect every vegetable bed, path or flower border to be completely pristine but there are limits and to my mind, the weediness detracted hugely from the beauty of the garden which was a great pity.

After a superb lunch at Barnsley House, we moved on to Jekka McVicar's Herbetum, which is part of her herb farm. Many of you will know Jekka as the “queen of herbs” and perhaps heard her interviewed on Radio 4's *The Food Programme* on 7<sup>th</sup>





May . She was as friendly and inspirational as she sounded on the radio and I am happy to report that her herbetum was completely weed free! Jekka's Herbetum displays the largest collection of culinary herbs in the UK, which Jekka has built up over the last three decades. It contains over 300 different culinary herbs, not only a wonderful resource for plant identification for gardeners but a gastronomic experience for chefs and cooks. Before her radio interview, Jekka told us, she had a mug of rosemary tea so she could sharpen up her memory and remember everything she wanted to say. Using rosemary in this way was just one of probably a hundred things Jekka told us about how to use herbs in our everyday lives – it was a fascinating and instructional afternoon and a great end to our two day mini-break. Plans are already afoot for the 2019 Valley Gardeners' mini-break to.....?

*Catherine Hahn*

## Magazine Challenge

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Fingers on buzzers, here's your starter for ten:

If all the donors to the Itchen Valley News last year were laid head to toe along the B3047, with the amount they contributed alongside them (in pennies), which would be the longer line and how far west would it reach

from, say, Chilland Corner? Clue: In 2016, 126 readers gave £2,276 between them.

While you're sorting that out, remember that the Itchen Valley News is delivered to your house every month by a team of unpaid volunteers. The only costs incurred by the magazine are its printing and other sundry expenses such as postage and computer consumables. The magazine's income derives from advertising revenue and readers' donations. But without these donations from you, our readers, the magazine couldn't be published.

[Have you worked it out yet?](#)

**You will find an envelope included with this month's magazine.** If you think the Itchen Valley News is worth supporting, and I hope you all do, please put whatever you would like to donate into the envelope. Why not do it now, while you're reading this page? OK, it might mean getting up from your chair and finding your wallet so I'm sorry to interrupt your morning coffee. You can return the envelope to your distributor but if you don't know who that is, you can stick a stamp on the envelope and put in the post box. It's already addressed to our treasurer. Cash is fine and cheques are also welcome, payable to *Itchen Valley News*. Please write your address in the box on the back of the envelope.

[Come on, come on. It can't take that long to imagine this line of people lying down in the road.](#)

If you are computer savvy and do your payments online, you can donate direct to the magazine by using sort code 40 46 39, account number 61856251, using your address as the reference.

For those of you getting anxious about all these Itchen Valley residents being run over: the average height of an adult in the UK, according to Wikipedia, is

5ft 7in. A penny coin measures 20.3 mm diameter. So 126 adults head to toe would take up 215 m – about as far as the entrance to King George V playing fields. A line of £2,256 in pennies would stretch 2.8 miles from Chilland Corner all the way to Graces Farm, down to Easton, through the village and out towards Avington, ending at the second cattle grid.

**However much you wish to contribute towards the costs of producing the Itchen Valley News, everything will be much appreciated. Thank you for all your donations.**

Vernon Tottle, Editor

## For the Love of....Acting

*This month Lavinia Owen of Itchen Abbas and the Southwood Players tells Lucy Wolfe about her passion for performing.*

**At what age did you first tread the boards and what was that first experience like?**

Probably when I was about five or six, when I took part in a Victorian Tableau - all I remember was having to run down the steps of a large house, and then pose - obviously not a speaking part - all that was to come later. At



boarding school, I never graduated beyond an angel or a shining one in "Pilgrim's Progress", although I did understudy Miranda in "The Tempest". I've always maintained

that that is why I passed English "A" level, as I could quote great chunks in my essay.

My real stage life started in Hartley Wintney with a group called "HAG", and my first appearance with them was dancing "The CanCan" - frilly knickers, garters and all. Our local postman never seemed to recover, and made some very odd suggestions when delivering the post.

A couple of plays and two pantomimes followed. In "The Owl and the Pussycat" I played The Runcible Spoon, and in "Dick Whittington", Alice - my least favourite role - she was so twee. At least Dick Whittington was a great friend and we got to sing "When I'm 64". We worked together in kindergarten.



Things really took off when I was invited to join some friends in Wales, some of whom were professionally trained. They were the originators of doing plays in a garden for charity. We started with "Arms and the Man", and then came one of my favourite characters, Lady Bracknell in "The Importance of being Earnest". I repeated that role about six times, so could probably still quote some of her most famous lines. I even played her in the pouring rain, when we had to shout to make ourselves heard above the noise of the rain on the umbrellas of our hardy audience. One of my lines to Cecily was "your hair looks almost as





Nature intended", and it was hard not to laugh as she dripped all over me. The action then moved to Hampshire, where our Welsh friends

joined us for "Confusions", "Bedroom Farce" and "The Importance...." again. Since moving to the Itchen Valley fourteen years ago, we have undertaken "Blithe Spirit", "The Importance....", "Murder at the Vicarage", "Relative Values" and now "Hay Fever".

**What do you love most about performing?**

Dressing-up, of course - all those wonderful costumes - I even had to wear the most agonizing corsets to play Lady Bracknell, which made one sit and walk very differently. It is also fun to climb into another character's shoes, and it is heady stuff to hear the audience laugh and applaud - it really keeps the adrenaline pumping.

**Do you ever get nervous and what's your strategy for dealing with nerves?**

Yes, very, very, very nervous - I do my yoga breathing and keep going over and over my lines until the last minute.

**Best part you've ever had?**

Although I have always loved playing Lady Bracknell, I preferred the Countess of Marshwood in "Relative Values", because although she is similar to Lady Bracknell, she at least has a sense of humour.

**And the worst part?**

Alice, as mentioned above - so

characterless.

**Most memorable moment - good or bad.**

In "Arms and the Man", my first play in Wales, I tried to open the door the wrong way on leaving the stage, and almost collapsed all the scenery - much to the amusement of my co-actors. While waiting in the wings, behind a yew hedge in our garden, I heard my feed lines being given by my son, and not by the other character on stage - she had frozen with nerves. I went on anyway!



**If you could have any part in any play or film, who and what would it be?**

Scarlett O'Hara in "Gone with the Wind", or, if I am allowed Opera as a category, Carmen.

**You're about to take to the stage in "Hay Fever" - which part are you playing and what can audiences expect?**

As usual, I am playing the "old bag" part, in this case Judith Bliss, an ageing actress, however, for once, I do get a bit of the action man-wise. Judith reverts to her acting ways on every possible occasion, much to the bemusement of her weekend guests



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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		Ina	01962 779465
Muriele Zumba	Thu	10.30 am		Muriele	07821 545403
David Michel Yoga	Fri	1 - 2 pm		David	07790 899890
Dionne Yoga	Tue	8.15 pm; Fri	10.30 am	Dionne	07961 888676
Mahjong / U3A	Tue	2 - 5 pm		Anne	01420 563393

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Riverbank	Mon - Wed	8.30am to 3 pm	Babs	01962 621757
Kindergarten	Thu - Fri	8.30am to 1 pm		
Whist Drive	Thu	7pm (Thu 8th now Wed 7th - elections)		

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Pure Circuits	Mon	20.00	Juliette	07799 890860
Rugby Tots	Tues	09.15	Phil	03453 133258
Boules	Tues	18.00	Jenny	01962 779813
Ladies Short Tennis	Wed	14.30	Arminel	01962 779611
Pilates	Wed 9.15 & 18.30		Aimee	07546 941489
Badminton	Thur	19.30	Mike	07887 503345
Swing It Dancing	Thur & Fri	20.00	Neil	07825 709691

and even her family, who never quite know when she is being serious. For the first time on stage together, Maddy, my daughter, is actually playing my daughter. I would like to point out that our stage relationship bears very little similarity to our actual one.

Audiences can experience one of the most embarrassing weekends in the country ever. Pity the poor guests and enjoy the antics of the completely dysfunctional Bliss Family.

To find out more and buy tickets for The Southwood Players open air production of Hay Fever on 28<sup>th</sup>, 30<sup>th</sup> June and 1<sup>st</sup> July please visit [www.southwoodplayers.org.uk](http://www.southwoodplayers.org.uk) or call either Maddy Woosnam 01962 779294 or Nick Owen 01962 779162. The performances are in aid of The Multiple Sclerosis Society and Itchen Valley Churches. Tickets are £15 or £10 if you are under 21.

*Lavinia Owen talked to Lucy Wolfe*

## Free To Be - and me

---

Free to Be takes place every Wednesday in the calm of St John's church, Itchen Abbas. It's a group that supports those of us who live with anxiety, stress and depression, allowing everyone to share their ups and downs with others who know just how it feels.

Finding Free To Be has been much more for me than just a support group, however. It has given me a group of kind and supportive people who I consider to be close friends, and who really know me as I am. It has shown me that even in the depths of despair, there are people who care about me when things are tough, and in the good times, delight in my wellness. It's also brought me closer to the

church in a way that I didn't expect, as, through prayer, we lift each other to God each week, pray for the good times and the bad and ask for God's love to be felt by those who are going through a particularly rough patch. At times when believing is tough, and it's easy to feel alone, Free To Be is there for every one of us to feel comforted. There's nothing 'heavy' about our sessions together and newcomers do not have to share anything at all - although they inevitably find they can.

If you're feeling alone, or heavily burdened or just want to feel that you are understood in a busy world where we rarely give ourselves time to just be, I can't recommend this group enough.

Thank you to Lucy Pease and to the other special people that share, and most of all, care, despite having burdens themselves. To find out more about Free To Be, contact Lucy Pease on 791010.

*Liz*

## Itchen Valley Down Under - continued

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Knowing that Sue and Rob Harris were going to be in Auckland (North Island) at the same as us, we agreed to meet up for a meal. They were going to a concert which we discovered was being held in the building opposite our hotel: we therefore met up in the foyer before heading off to the Quayside to choose a restaurant in which to eat. Our waiter, having brought our main meals, took this photo for us. I suddenly became aware that a gent sitting at a table up to my left kept looking over at me - he did look vaguely familiar. Once we had finished



our delicious meal, suddenly he was there standing at our table. Pointing at me and grinning from ear to ear, he said "I know you. South Winchester Golf Club!". "No" I said, "I don't play golf!" Puzzled look! Rob, being helpful added "...but we do live near Winchester in Itchen Abbas!" Another look ... the puzzlement cleared and with great glee the gent said "Jenny Sloan. Itchen Abbas hall manager!". My mind raced - a client... was it a wedding....?

As three people at the table burst into laughter with comments of my notoriety reaching the Antipodes, I had to confess that although I recognised the face, I still couldn't place the name....it was Alistair Hitchen! Alistair was working in Auckland and the party he was with had chosen the same restaurant as us, at a similar time! Look closely again at the photo and see who is in the left background on the phone - yes Sue Hitchen has confirmed that is her husband!

*The well known Jenny Sloan*

## The Practical Gardener

I wonder if gardeners and farmers have something in common. Well we both complain about the weather. So recently, certainly in April, it's been very dry. But also there was that frost and I suppose we have all been hit in some way. It's strange how nature and weather don't seem to know what each other is doing. Maybe it's the Almighty just giving us another challenge. Well I was away in Thailand when we had that very cold night so not much that I could do.

I had 40 fuchsias in pots, mostly close to the house and they all survived; so did my first courgettes under a plastic cloche. By the way, fuchsias are very easy to propagate from cuttings of new young shoots; always good to get some free plants. But some early planted annuals did not survive and there has been die back on roses and in the orchard – not much to do there. Time will tell how the fruit has set. The soft fruit is unaffected and I expect a bumper crop (explain that to a 3 year





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old who thinks it's your car!).

Our front lawn was resown last month and then I was told to water for 3 weeks. That's where our virtually endless supply of recycled water really helped, using the sprayer for 4-5 hours every day. The current result is quite encouraging. Sadly a lot of seeds have not germinated properly due to these dry conditions and quite cold nights. It's also clear that some seeds will not keep from year to year and this seems to apply to many flower seeds. Perhaps there could be an opportunity to share seeds for future years?

What I can say is that things in the greenhouse have done really well. I'm using seed trays with quite deep wells which means the young plants have a better chance when put out.

I can report that the new design of rat proof compost heaps seems to be effective. The picture shows the general construction of solid timber side but the new design is a removable bottom grid with closely spaced wire netting which seems to do the trick. The top is also fitted with closely fitted removable lids.

Another new design to keep birds away from vegetable is to use a stronger plastic mesh on a wooden frame. It's very easy and inexpensive to make and relatively straightforward to gain access.



I hate using chemicals but black spot can be a problem on roses and spraying with a fungicide is needed. My experience is to do this in the evening, every two weeks and to change between types of spray to get maximum effect.

Happy gardening.

*Tony Gaster.*

## Family File 3 – STOP signs

---

We have a friend called Harry Benson. He is a rather remarkable guy. A Royal Navy helicopter pilot during the Falklands War,



then an investment banker, his marriage almost fell to pieces, but there was a remarkable turn-around and he now runs something called "Marriage Foundation" which is dedicated to being a national champion for marriage <http://marriagefoundation.org.uk>.

The world of marriage education can tend to rely heavily on anecdote and the experience of relationship professionals, but Harry prefers statistics. He just loves getting to grips with information from the census produced by the Office for National Statistics and research into marital breakdown carried out all over the world, and drawing conclusions from it. It's possible that you have seen him being interviewed on television or seen his work featured in the newspapers – The Times in particular. His work has been noticed particularly recently because of his excellent new book *'What Mums want and what Dads need to know'* which I cannot recommend highly enough.



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One of the pieces of research that he relies upon in his work is conducted by a Professor John Gottman, who has demonstrated that what puts a marriage at risk (particularly in its early years) is the way that the couple treat each other negatively. Harry has summarized the most corrosive behaviours as 'STOP signs'. If we have got into a habit of behaving in any of these ways to each other, we need to STOP if we want our relationship to survive!

**S** – stands for Scoring Points – this is when one of us says to the other 'you haven't emptied the bin' and the other says 'well you haven't done the washing up'

**T** – stands for Thinking the Worst – so this is where one of you does something particularly kind for the other – say bringing flowers home – and the recipient (probably the wife in the case of flowers) immediately thinks 'what's he been up to....?'

**O** – stands for Opting Out – as when one of you says 'I'm just not talking about that' and walks out or sulks for ages 'on no-speaks' when something has happened – say why you are upset – be willing to listen to criticism – she/he knows you better than anyone else...

**P** – stands for Put Downs – when you say that they are fat, stupid, lazy, arrogant, rude etc. etc. these words can sink down into the soul and amount to saying that the other person is of less value than you are yourself (if you think this you are deluded by the way....ooops that sounds like a put down....!)

Psychologists say that it takes 40 days to change behaviour – so the question is 'are we willing to have a go at not Scoring Points, Thinking the Worst, Opting Out or Put Downs for

40 days in the hope that stopping this negative behaviour becomes a habit?' If so life will improve significantly and we all want that, don't we?

*Alex Pease*

## Comings and Goings

---

We welcome Charlotte and Chris Coleman, with Finlay (2) and Indie (9 months) to Winnall Cottage Farm. They have moved from Winchester.

We sadly say goodbye to Nigel, Rebecca, Sam and Hazel Rudyard from Fernleigh. They are moving to Martin near Salisbury.

*Jude Mezger*

## Itchen Ramblings

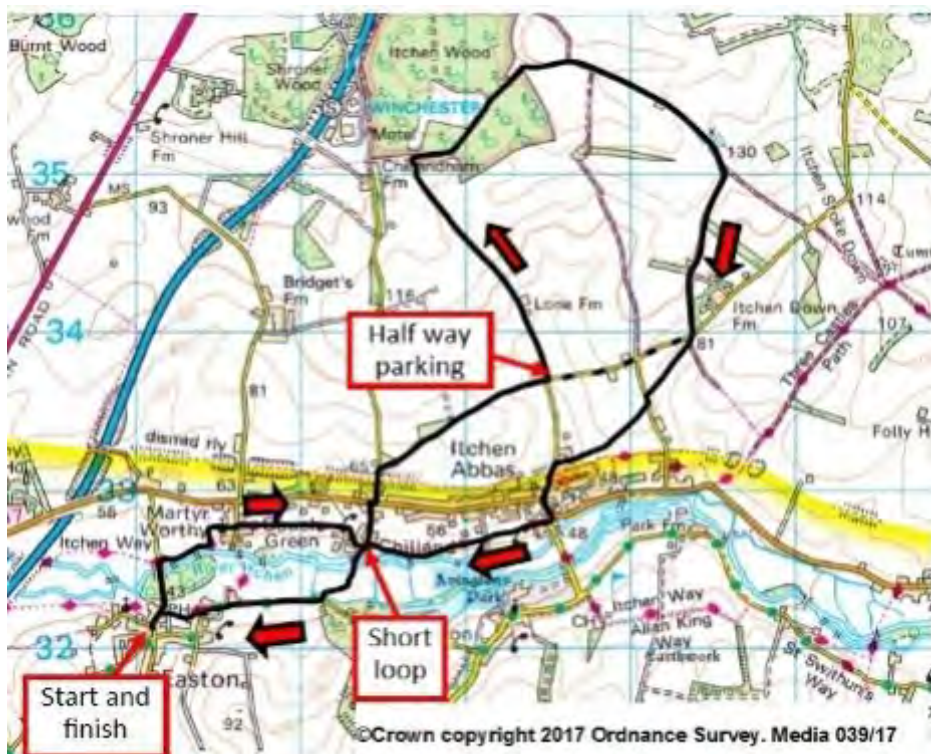
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All the glories of the Itchen Valley are in this walk, including the bluebells in Itchen Wood if you choose the right time of year. It is about 12km, but is easy to divide into two separate loops. And there are three pubs on the route to choose from!

From the Cricketers in Easton, head north, cross the river and turn right down the footpath on the north side of the Itchen. After a left/right dogleg around a field, you will emerge by St Swithun's Martyr Worthy; cross Church Lane and take the footpath over the fields to Chilland Lane. Turn







left up the lane, (*or right for the short loop, rejoin instructions at \*\**) cross the B3047 and head up Chilliandham Lane. Go under the railway bridge, and turn right up the road that soon turns into a green track. You will emerge at the Veterinary Centre (*this would be the place to park if you want to do half the walk – there is a pull in with a little space here*). Turn left up the road with the Veterinary Centre on your left and continue when it becomes a narrow path (this is the Oxdrove Way). As you reach the wood at the top (there is a gate ahead) turn right and follow the track through the wood, following the path that bears left in the wood so that you will come to the edge of the wood with an open field on your left. At the crossroads

of tracks, go straight on. At the next, wider track, turn right (back onto the Oxdrove Way). Take the right fork as you start to walk downhill, which will bring you out onto the Northington Road. (*Turn right along the road here if you have left a car by the Veterinary Centre.*) Ignore the path directly over the road but take the footpath diagonally to your right over a field (currently the crop has been sprayed off to mark the path) to a stile onto Rectory Lane. Almost directly opposite (slightly left) is a finger post marking the next footpath. Cross the field diagonally and you will then come down into Northington Road, where you turn left under the railway line. Unless you want to stop for refreshment at the Plough Inn, go

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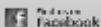
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straight over the B3047 leaving the village hall on your left, and turning right up the track by the lychgate at St John's Church. This will take you on the footpath over the fields above the Itchen and into Chilland Lane. Turn left, (\*\*short loop) cross the river on the footbridge, and follow the path to Easton Lane where you turn right. Take the footpath by the side of the Chestnut Horse over the fields to the road – turn left to the Cricketers and well earned refreshment (if you didn't already succumb at the Chestnut Horse!).

*Verity Coleman*

## Summer vegetable tart

---

A light tart stuffed with vegetables, perfect for all kinds of summer eating. You will need a 9" loose bottomed tart tin, well greased. Homemade pastry is delicious, but bought shortcrust pastry is a good substitute.

For the pastry:

6 ounces butter

6 ounces plain flour

A little salt

Put the flour and salt in a food processor and add cubes of butter; process until fine. Add a little cold water until the dough forms a ball. Chill. You can also do this by hand, by rubbing the butter into the flour.

For the vegetables:

1 very large or two/three small courgettes, grated.

A pile of fresh spinach or chard, or half a bag of frozen spinach leaves

A cup of frozen peas

A small handful of mint leaves

Put the grated courgette in a sieve, sprinkle with salt and leave to drain.

Lightly cook the spinach (if using chard, separate the stalks and cook them for

two minutes longer than the leaves), refresh in cold water, squeeze out as much water as possible and add to the sieve. Add the peas to the sieve, and leave to defrost.

Next, heat the oven to 180°. Take the pastry out of the fridge and roll into a circle big enough to line the tin with plenty of overhang. Press well into the sides, leave the overhang, and prick the base with a fork. Line with greaseproof paper which you have crumpled first, and then fill with ceramic or dried beans. Bake for 15 minutes. Remove the paper and beans, and cook for a further 5 minutes until crisp and a pale biscuit colour. If you haven't done this before or recently, have a look at the many tutorials online.

---

For the custard, mix all the ingredients except the cheese in a jug:

4 beaten eggs

8 fl oz crème fraiche or single cream

Seasoning

Grated cheddar or similar hard cheese for the top

To assemble:

Turn the oven down to 160°. Put all the prepared vegetables into the pastry case and season with salt, pepper and a little nutmeg. Pour in the custard. Top with grated cheese, and cook for 30-40 minutes until just set. Allow to stand for 10 minutes before cutting, if you can bear to. When you are ready,



break off the overhanging pastry as neatly as you can, and stand the tart on a tin so that the outside ring falls away and you can slide the tart onto a serving plate.

We ate ours before I could photograph it, but the one in the photo is similar. It reheats really well, or is delicious cold.

*Verity Coleman*

## Too young to buy a meat pie?

I was at the self-scan checkout in Waitrose the other day. Just ordinary shopping, nothing too exotic. Suddenly the display flashed "Age check needed, call assistant!"

Somehow she was able to tell from looking at me that I was indeed over 21 but why had the alarm gone off? No wine, no sharp knives, no heroin. I had picked up nothing that might be considered dangerous to anyone of a more tender age.

Together we looked though my shopping list. "Aha! There it is!" she exclaimed.

Time for my John McEnroe impression. "You cannot be serious! Really? I have to be over 21 to buy a Steak and **ALE** pie?"

*Vernon Tottle*

*(Maybe it's time to make your own pastry, Vernon....Ed.)*



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## Local monthly information

### Waste collections in June

Black bins and green bags on Fridays 9<sup>th</sup> and 23<sup>rd</sup>. Green bins on Saturday 3<sup>rd</sup> and Fridays 16<sup>th</sup> and 30<sup>th</sup>.

### Cameo

On Tuesday 20<sup>th</sup> June.

### Farmers' Markets in Winchester

Sundays 11<sup>th</sup> & 25<sup>th</sup> June.

### Parish Council Full Meeting

Wednesday 8<sup>th</sup> June at Martyr Worthy

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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 on Thursday 1<sup>st</sup> and Friday 2<sup>nd</sup> June.

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

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