

ITCHEN Valley News

Issue 51 March 2018

For Avington, Easton, Ithen Abbas and Martyr Worthy



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WELCOME to the Valley

It feels as if it has been a long winter with plenty of wild weather, and it takes hardy all-weather gardeners like Tony Gaster to keep working outside - or perhaps that is the real benefit of a greenhouse (page 35)! But now spring is really on the way, with plenty of snowdrops to admire and the days lengthening surprisingly fast. If the Valley social life took a pause at all it is definitely back in full flow now, with an enormous array of events taking place and dates to go into the diaries well into the summer.

After our editorial meeting it seemed that this issue of the IVN was going to be all about the environment. In the wake of Blue Planet II, and with the incentive of Lent as an impulse to change behaviour, single use plastic and disposable coffee cups were rising to the top of the agenda. But what is our care of the environment if it is not about love of our surroundings and of the animals that we share our Valley with? When I looked through the articles in the inbox I found what I was really reading about was love in many different forms. In this edition Alex Pease gives us some profound truths through learned Greek, and Jill Croft gives us some profound truths through her poetry. There is a dog to be loved and birds to be cherished, not to mention a gorgeous new baby to be admired.

I looked around the room as I enjoyed a mug of soup at the first Lent lunch and realised how involved many of those present are in helping the community both within and outside the Valley, and there is plenty of evidence of that in this edition too.

I am sure there will be lots of volunteers for both the Valley

Clean Up and for Volunteer Drivers (page 9) and perhaps a few hardy souls prepared to spend a night sleeping outside to raise money and awareness for the homeless (page 8).

We have added a list of local planning applications, since the Hampshire Chronicle does not publish applications in the SDNP. Do give us feedback on whether you think this is a good use of our pages, or if there are other initiatives you would like to see. Next month's editor is Tony Gaster.

Verity Coleman



Itchen Valley News

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Whats On

Lent lunches

Fridays in March

12.00 - 2.00 pm

The Lent lunches take place from noon to 2 pm in various homes throughout the Itchen Valley, with an informal gathering offering soup, bread and cheese. Children are welcome. The funds raised this year will be put towards much needed community Defibrillators. Please come along and meet each other and support this worthwhile cause. The hosts for the remaining four Fridays are:

Friday 2 March Linda Gaunt, 5 Little Hayes Lane, Itchen Abbas SO21 1XA. 779989

Friday 9 March Judy Bishop, The Oak House, Easton SO21 1EH. 779205

Friday 16 March Alison Matthews, Lake House, Avington SO21 1DE. 779632

Friday 23 March Geoffrey Burnand, Middle Beat House, Church Lane, Martyr Worthy SO21 1DY 779386

Stephanie Gretton 779379

Pilgrims and travellers: Ancient routes from Winchester through the Itchen Valley to Alresford

Thursday 8 March at 7.45pm, St. Mary's Church Hall, Springvale
Bob Fowler and Brian Tippet

When, early in the 20th century, Hilaire Belloc set out to re-discover the route through the Itchen valley from Winchester, he was attempting to follow the path taken by medieval pilgrims as they travelled to Canterbury. Taking inspiration from Belloc, this talk will examine the background to the usage of the tracks and nearby roads which pilgrims and

other later travellers have trod over the centuries. We shall glance at Belloc himself - a colourful public figure, historian, poet, and politician - and set the scene by dipping into Chaucer's *Canterbury Tales* and the picture he gives of pilgrim life. The talk will be illustrated with maps and pictures.

Derek Brockway

An Evening with Martin Hughes-Games and Steve Leonard

Saturday 10 March

6.00 – 8.00 pm

Itchen Abbas & Avington Hall

A reminder that these two well known TV wildlife presenters will be sharing stories and film footage of their professional lives, both in front of and behind the cameras, and their support for leading veterinary charity **PDSA**. All welcome including children, and family tickets are available at www.pdsaaneveningwith.eventbrite.co.uk. Refreshments in the interval. For information about PDSA, please go to www.pdsa.org.uk.

Catherine Hahn

Dog walk in aid of Home-Start Winchester

Thursday 15 March, 2018

10.30am

Bighton Village Hall, SO24 9RE

Two guided walks of different lengths. Both leave at 10.45am prompt, whatever the weather and will include some stiles.

Donation £10 per walker (includes soup and a ploughman's lunch)

Non-dog walkers welcome.

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www.ticketsource.co.uk/home-start-winchester-districts or call 01962 851177

Sue Gentry

Easton & Martyr Worthy Safari Supper

Saturday 17 March.

Please see the February 2018 edition of the IVNews for full details and the application form (see page 40).

The evening is good fun and a great way to meet other residents. Please note that the closing date for application forms to be received is **Friday 9 March.**

Further information from Terry and Anna McGowan 779350 or Hilary Castle 779572

Annual Parochial Church Meeting

Thursday 19 April 2018 from 7.00 Avington Park

The APCM for the Itchen Valley Parish will take place on Thursday 19 April at Avington Park, (very kindly made available by Charlie and Sarah Bullen). Drinks and nibbles will be served from 7pm followed by the meeting at 7.30 pm. The evening is a look back over the work of the Parish over the last year and towards the future, and a chance to get together. Please do come and join in – the meeting is short and the party is excellent!

Verity Coleman, PCC Secretary

Martyr Worthy Plant Sale

Saturday 21 April

10 am – 12 noon

Chilland House

Admission £2. There will be ample parking as well as refreshments and a Produce Stall. The vast majority of the plants on sale are grown locally so there is the opportunity to buy good quality plants, both unusual and old favourites, at very reasonable prices. The helpers are only too happy to give advice and practical help.

Wheelbarrows are provided so you

can wheel your purchases round as you choose more!

For any more information, please contact either Katherine Impey, 779645 (katherine@impey.com) or Sophie Parry, 779764 (sophie@chilland.co.uk).

Zumba

Itchen Abbas and Avington Village Hall

Mondays 6.30 – 7.30pm

Fridays 10 – 11am

If you have any questions, do not hesitate to contact me 07947410394, sue@plays-r-ussell.com, www.zumba-around-winchester.com

Sue Russell

Save the Dates

GoLD Garden and Craft Sale

Thursday 3 May

10.00 -1.00

Little Court, Crawley SO21 2PU

In aid of Winchester GoLD - enabling people with learning disabilities



Valley Boules Competitions 2018

In April or May, the weekly boules evenings will be starting – 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.

The events are 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 (the Dick Hewitt Trophy) and



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the other is a knock-out with all four villages vying on a long June evening (The Nigel Graham-Maw Cup). The dates for these are:

Tuesday 29 May – league round 1
Easton (home) v Martyr Worthy

Itchen Abbas (home) v Avington

Tuesday 19 June – Triples (knock-out) at Martyr Worthy

Tuesday 10 July – league round 2
Avington (home) v Easton

Martyr Worthy (home) v Itchen Abbas

Tuesday 31 July – league round 3
Avington (home) v Martyr Worthy
Itchen Abbas (home) v Easton

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

Ralph Matthews

Martyr Worthy Open Gardens and Teas

Sunday 24 June, 2.00-6.00



Martyr Worthy DCC and the Village Hall Committee will be holding an Open Gardens and Village Hall Teas event to raise funds for the Village Hall and our Valley churches. More details will follow nearer the time.

Liz Platt

Avington Big Car Boot Sale

Sunday 1 July

Avington Park

Please come to the Big Car Boot Sale in Avington Park, by kind permission of

Sarah and Charlie Bullen. A fundraiser for Itchen Valley churches. More details to follow.

Jacqui Squire

Upper Itchen Valley Society

Friday 6 July at 6.30

The UIVS biennial Summer Party will be held in the walled garden of the Old Coach House, Avington by kind permission of Fi and Rhys. Invitations will be issued at the beginning of May to all members.

Alison Matthews

Easton W.I.

Have you ever driven past Trinity House in Durngate, Winnall, and wondered what happens there? At our meeting in February we learnt how much support is provided for the homeless in Winchester.

Founded 30 years ago, Trinity moved into the purpose-built premises at Bradbury House in 2009 as a drop in day-centre for vulnerable people who, for a variety of reasons, find themselves homeless - for example young people sofa-surfing, people suffering from domestic abuse or substance abuse, the ex-military. Trinity provides a safe and friendly environment for homeless people aged over 18. Its aim is to change their situation and encourage them to change their outlook. A team of qualified and experienced counsellors and volunteers provide a wide range of advice and support through an extensive learning development programme, including IT for beginners, literacy and numeracy and help for the young to understand how to manage money. Through the Job Club, advice is given for CVs and job applications, and local employers hold fake interviews and advise on what they expect from

their applicants. Volunteers run an outreach service, going out each morning offering hot drinks and advice to rough sleepers and encouraging them to drop in to the centre. Evening support groups help with mental health issues such as eating disorders and depression.

Women experiencing domestic abuse are supported by trained staff, who provide counselling and women-only learning classes to help change their circumstances, enabling them to move on from abusive and at times life threatening situations.

There are shower and laundry facilities and a full time chef providing hot, nutritious meals every day – currently 47 meals. St Clements surgery provides GP and nurse sessions four mornings a week, and Dentaaid provides dental treatment monthly. Seventy volunteers collect food donations from local supermarkets and the Farmers Market.

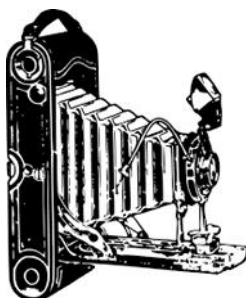
The evening offered a valuable insight into the predicament of homeless and vulnerable people who are being helped by Trinity.



Our next meeting on **Thursday 8 March** will be about the Feldenkrais Method to improve movement and flexibility. We welcome visitors to our meetings which start at 7.15.

Sallie Peake

Front cover competition for those aged 16 or under



Calling all budding photographers! The Itchen Valley News is launching a competition for cover photographs for the magazine. We are looking for a high resolution

photograph, taken locally, suitable for the front cover of our June 2018 magazine. The competition is open to anyone aged 16 or under on 1 June this year.

The photo can be of any subject you wish but it must be taken within the Itchen Valley. If you are using a mobile phone or tablet, make sure you are using the highest possible quality setting as most normal phone pictures will pixelate when enlarged to fill our size magazine.



There will be a prize for the winning entry – and also the honour of having it displayed on the cover of the magazine.

Please send your entries to itchenvalleynews@gmail.com by **15 May**.

Happy snapping!

Vernon Tottle

Chief Editor, Itchen Valley News



The heroes assemble to
**CLEAN UP
 the Itchen
 Valley**
Sat 3 March 10am

Meeting points:
 Avington: War Memorial
 Itchen Abbas: Village Hall car park
 Easton: The Cricketers car park
 Martyr Worthy: War Memorial &
 Top of Chilland Lane

Please bring with you:
 Hi-viz jacket or clothing
 Gloves
 Friends and family
 Bin bags will be provided.



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 For more details see www.itchenvalleyparishcouncil.org.uk

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- Enjoy working with people
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Yvonne Butler. April 1933 to January 2018



As a Hampshire child of the war years, Yvonne was evacuated first to Cirencester and then, with her fellow pupils from Portsmouth High School, to the much nearer safety of Hinton Ampner. The sparsity of the sweet foods she loved during that time probably accounted for her obsession with chocolate for the rest of her life. Yvonne went back to the High School in Portsmouth and then Bedford College, London where her love of plants gave her the interest to study for a botany degree.

At the Natural History Museum she researched seaweeds and one of the highlights of her early life was travelling to Cape Town by boat and working at the university there as part of her research. She loved South Africa. She met Dick Butler when she became his stand-in navigator for a car rally and they were married in 1958.

Dick was in the Army and they lived in Germany for a while, but were living in North Harrow by the time her

daughters Mary and later Sarah were born at Hammersmith Hospital. When Mary was two years old the family moved to Salisbury before buying the lovely house in Itchen Abbas that became the family home, where Yvonne lived for 46 years until she needed to go into St. Catherine's View Nursing Home in the middle of 2016. She was an active councillor with Itchen Valley Parish Council and helped at the local Leonard Cheshire Home. Yvonne decided to celebrate turning 40 by learning to play the double bass and played with the Winchester Amateur Orchestra for many years, alongside the Winchester Chamber Orchestra with whom she performed in Itchen Abbas village hall on more than one occasion. Any offer of a lift to rehearsals did however mean squeezing into the car alongside the neck of Yvonne's double bass.

After receiving her PhD, Yvonne received various research grants and she travelled to exotic places such as Tahiti, Hawaii, Japan, South Africa and Namibia in her quest to discover more about coralline algae.

At one point Yvonne had four dogs, with one particularly 'evil' Dachshund which she really loved! When her daughters expressed a wish to own a dog Yvonne bought two, one for each of them – a Border Collie and a Golden Retriever. But in recent years Shelties became her favourite breed and Rosie and Minnow were the much-loved companions of her later years. Yvonne was the dearly loved mother of Mary and Sarah; mother-in-law of Antony and Maurice and proud and devoted Grandma of Kate, Will, Sam, Ben and Dominic who will sorely miss her presence in their lives.

Mary Thimbleby and Sarah Gray

Tiddler Joke



What did the
Caretaker say
when he jumped
out of the
cupboard?

Supplies!

*Sophie-Jo
Frankland*

For the Love of the Itchen Valley

Jill Croft's poem was entered by Easton WI for the Denman Cup. It was one of three chosen by the Hampshire Federation to go forward to the National competition. The subject was climate change and how it would affect us in the place we live and love.

A bright blue sky on a warm summer day.- GONE !!!

The clear heavens at night. The milky way - LOST!!!

Views over Winchester from Sleepers Hill masked in mist.

Silent and still.

A stroll by the Itchen where clear waters flow to the shore,
now engulfed by the ocean, a trout stream no more.

Fish from the river a thing of the past.

Waves too wild for a rod to be cast,

Water meadows now gone,

Wild geese hungry fly on.

The change in the seasons, Spring,

Summer, Winter, Fall,

roll into one a grey misty ball.

I'd long for the sun to share its warm glow,

and to see the hill tops dusted with snow.

As I walk through the valley, my dog at

my side,
the beauty around me fills me with pride.

I'M ANGRY!!! Disaster looms. How difficult can it be?

We harvest the wind, why not the sea?

We must save this Island we love from a watery grave,

lost forever beneath the angry wave.

Doomed to wander the earth,

gone forever the land of our birth.

Shake not the earth's core, nor melt the Ice cap or pollute the sky.

HEY, LISTEN, PAY ATTENTION!!! IT'S UP TO YOU AND I.

Jill Croft

The Valley Gardeners go in search of snowdrops

On a very early Saturday morning, with a pink dawn sky warning of bad weather ahead, an intrepid band of The Valley Gardeners left Itchen Abbas bound for Shaftesbury in Dorset aboard The Snowdrop Special!



We were heading for the Shaftesbury Snowdrop Festival which is an annual event in this charming Dorset town. It seems that in early February the whole of the south west of the country (and further afield, see later) go crazy for the little white nodding flowers of

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Galanthus (from the Greek *gála* “milk” *ánthos* “flower”).

Our first event was a talk from Kevin Hughes on *Snowdrops and their bedmates* which was very useful to us general gardeners who are always looking for what to plant with what. It was fascinating to learn about the many varieties of snowdrop: Magnet, Fly Fishing, Peardrop and memorably Trumps! Then, the whole atmosphere became much more “serious” as Joe Sharman from Monksilver nursery (known nationally as “Mr. Snowdrop”) gave his view of *Yellow Snowdrops – a jaundiced view*.

There were yellow snowdrops with a bright yellow “ovary” – the part which joins the flower to the stem – or a muted yellow one and all shades in between. Wendy’s Gold, Midas and Golden Promise are all varieties to get the blood racing if you are an expert in the field. By this time some of us Valley Gardeners felt all this technical information was slightly going over our head but the contingent of Dutch,

German and Belgian serious “snow droppers” were hanging on every word with bated breath.

At the end of the talk, there was a stampede over to the town hall where “the best in the west” (as it is dubbed locally) snowdrop sale was open to us Festival goers for one hour’s mad spending before the general public was allowed in. I don’t believe there were any snowdrops selling for under £35 and many were much, much more expensive, just like the one snowdrop bulb Golden Fleece which sold on eBay in 2015 for £1,390.

Our final speaker was the gardening correspondent of *The Independent*, Anna Pavord, who was a mine of information on *Bulbs for all seasons*. She certainly inspired me to plant my new gravel garden with a selection of



bulbs which will love the dry and hot conditions in my patch in the summer. Anna told a delightful story about finding a patch of *Galanthus plicatus* in her new garden which are indigenous to coastal areas near the Black

Sea, including Crimea. During the Crimean War of the 1850s British soldiers were amazed to see the battlefields covered in snowdrops after the harsh winter, and several took bulbs home with them. Hence there are pockets of them all over the U.K.

We had a quick rush around the town to see the planting of

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snowdrops in drifts in the churchyard, but the weather was so grim with teeming rain all day that we hightailed it home to digest all the information we had learned during the day and think about the warm welcome we had received from everybody at the Shaftesbury Snowdrop Festival.

Catherine Hahn

Valley Visitors and Neighbours



In conjunction with the Church, I have been working on re-establishing a group, whose members can take up the role that is in part played by

CAMEO (the monthly lunch for over 65s at St John's Itchen Abbas) and Brew with a View (the weekly teas led in Easton Village Hall by Ina Williams). This is a community and Church project to track down and visit the lonely. My task is now well advanced with a group of some twenty volunteers who are keen to visit officially or just as friends. Several of these were part of the much loved team of Pastoral Visitors. The Church is keen to recognise this group with a launch at the Parish Communion Service at Martyr Worthy at 10am on 25th March (Palm Sunday).

Readers will remember the article by Revd. Alex Pease in the Valley News in August last year titled *The five neighbour test*. Most of us in the Valley have lots of friends but how many of us know our neighbours, let alone those further from us? My experience of CAMEO leads me to believe that there are, even

in this small and strong community, many who slip through the net and would welcome the comfort of a friend or neighbour's visit. We are not about providing medical or other advice. We seek to be there as friends, to relieve tedium and occasionally to be a link to others. Our purpose is to listen, (and pray or preach if asked to do so), and hope this might be helpful to some in times of stress.

Our volunteers are ready to go and we have a spread of visits to make, but we cannot pretend to know all those who might like to be visited. Please think of your five neighbours or even wider and let me know if you know of any such a person. We have to and will preserve complete confidentiality.

Lavinia Owen 779162

Can we be carbon negative too?

The tiny Himalayan Kingdom of Bhutan lies between Tibet (China) in the North and Assam (India) 100 miles away in the South. Nepal is to the West and 200 miles east is Arunachal Pradesh, also part of India. There are yaks and snow leopards in the north and elephants and tigers in the south. This very small mountainous country with a population 800,000 only became a monarchy in 1907 when the British helped stabilise the area.





Until 1960 it was a barter country with no currency or stamps. Today there are no coins, only notes, and the most spectacular musical stamps.

In 1960 the fourth King introduced democracy and in 1974 the country opened up to Westerners and limited tourism. Even today tourism is still restricted. Everything is geared to 'Gross National Happiness' and keeping the country pollution free, and this is more important than 'Gross National Product'. The constitution states that 60% of Bhutan must be forests; in fact it is 71% at the moment. Thimphu, the capital, has electric cars. There are six hydro electric power stations in Bhutan to give free electricity to everyone and export a vast amount to India. The countryside is like Switzerland and has beautiful decorated and painted houses similar to the Alps. Education and health care are also free.

Everyone, including school children, must wear the national costume during weekdays — the Gho for men and the Kira for women. They wear it with pride and look very attractive. There are many fortified monasteries (Dzongs) all over the country and new ones are being built. Buddhism is extremely strong and there are red robed monks everywhere. Bhutan is almost vegetarian because

Buddhists will not kill animals and there is no slaughter house in the country. Any meat served in restaurants is from India. We ate fabulous local vegetables everywhere and did occasionally have local Bhutanese red wine from the south. Archery is their favourite sport and walking and trekking is popular with tourists and quite demanding. The Tiger's Nest Monastery is the famous one to climb and Prince William and Catherine did it with great ease in 2016. We have huge respect for the Bhutanese and their quest to protect their country from global warming and pollution. After the chaos and pollution of Kathmandu, it was wonderful to see Mount Everest en-route. It was a privilege to visit such a special country with sensible solutions to Global Warming—we wish them success.
Angela Wheeler and Gill Graham-Maw

From the Parish Council

We start on the subject of litter.

Saturday 3

March is the day of our annual litter pick.

Starting at 10am at the usual strategic

assembly points around the Valley, and in groups or as individuals, we work clearing up as much litter as we can. Once again the WI generously have volunteered to supply tea and cakes to all participants from 11 o'clock onwards. If you have your own high vis jacket/vest and/or litter picking stick please bring them. We will be providing as many as possible to everyone else as well as bags for the litter. The greater the number of participants the more fun it is and the





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easier the task. So let's hope we have good weather and make a difference to the Valley for 2018.

Closely connected to litter is the problem of fly-tipping. This is not just rogue builders dumping waste material in the countryside. It also applies to those who think they can dispose of garden waste onto public ground such as footpaths, rights of way and playing fields. In a recent incident someone was seen climbing over a newly erected wooden fence so that they could dump garden waste on one of our green spaces. Not a good idea. It would be a pity if to prevent such things we ended up with more barbed wire.

Continuing with the subject of open spaces and play areas, fall matting has now been fitted around the base of play equipment. Not a cheap exercise but an essential one and necessary to meet modern safety standards. For those interested and whose children or grandchildren use the Old School Field play equipment in Easton, consultations on a replacement tower are now imminent. So please, if you wish to have your say do so before the deadline. After that a decision will have been made, an order placed and it will be too late to change it.

Our notice boards round the Valley are all, to a greater or lesser degree, in need of replacement or refurbishment. To do all at once would be an expensive exercise, so we will be making a start with the one in Itchen Abbas first. It is the official main notice board as well as being in the worst condition. As funds and time permit we will continue in turn with the other four subsidiary boards in the Valley.

As most are aware the Parish

Council, as well as our City and County Councillors, put a lot of time in December and January into the licence application by Boomtown. For those who attended the presentations to the Licensing Sub-Committee it was a long day. However, although some of the application's requests have been granted, the organisers withdrew their request to increase entry numbers by 10,000 for public attendance over the full duration of the festival and, if understood correctly, it would appear that the increase in sound levels have not been agreed in all the cases that were requested. It now has to be seen how well the new arrangements work this year and hopefully we will not have the traffic problems of the previous two years. On the positive side don't forget Boomtown provides funds to be distributed to local charitable causes by the Parish Council. Please note that applications for funds have to be sent to our Parish Clerk by 4th March. Details can be found on the Parish website.

At the Council meeting in February we had a presentation link by a representative of Highways England on the proposed M3/A34 link. This was followed by a useful discussion. A major concern is that north bound local traffic coming from Winnall and heading for the A33 will have to cross over A34 north bound traffic in approximately one third of the present distance now available. The other major concern is with the elevated section of the south bound link from the A34 to the M3. This could result in an increase in noise levels in the Valley as well as a visual impact. It appeared (and is hoped) that these concerns were taken on board. We also expressed our view that the Cart and Horses junction needs a proper

solution as an integral part of the road network in this area. Unfortunately it was pointed out that this was a matter for Hampshire Highways. Perhaps a little bit of coordination and joined up thinking might help.

Patrick Appleby

Friends of Easton Old School Field

A group is being started to fundraise for improvements to Easton playground. We are hoping to make it a really great space for the whole community. If anyone is interested in joining the committee or supporting the playground in any other way please contact us.

Lara Allured lara.allured@gmail.com

Nikki Young youngnikki@outlook.com.

For the love of....birding



Fish eagle

I have always loved the outdoors, nature and, in particular, birds, - an interest that has intensified as I've had more time. It's a very transferable interest which I enjoy no matter where I am: from my kitchen window or in a tropical forest.

Whenever I travel, I buy a pocket book about local birds so I can identify the common ones which I can see, and I take some small binoculars if I'm not



Owl

doing some 'serious' birding. Often on holiday abroad, I will arrange to meet a local birder and spend a day with them to get to see some of the local specialities.

So what birds have I seen that remain indelibly in my memory? Some colourful birds like the malachite kingfisher in Africa, golden orioles, or the humming birds of America are gorgeously bright but I also love the quirky hoopoes or secretary birds. Raptors (birds of prey) are especially impressive and then there are those birds - most of them! - which are really difficult to see. Bitterns are one such - they are so well camouflaged as they slide between reeds that is always special to see one.

However, I have as much pleasure in watching the starlings murmurate, the swallows returning in the Summer, or a cluster of long tailed tits on the feeders at home. Birding is something you can do anywhere,



Cranes

Itchen valley church services



Sunday 4 March		
8am	BCP Holy Communion	Avington
10am	All Age Service	Martyr Worthy
11am	Matins	Itchen Abbas
Sunday 11 March	Mothering Sunday	
8am	BCP Holy Communion	Easton
10am	Parish Communion	Itchen Abbas
6pm	Evensong	Martyr Worthy
Sunday 18 March		
8am	BCP Holy Communion	Martyr Worthy
10am	Valley Worship	Easton
6pm	Evensong	Avington
Sunday 25 March	Palm Sunday	
8am	BCP Holy Communion	Itchen Abbas
10am	Parish Communion	Martyr Worthy
6pm	Taize	Easton
Monday 26 to Wednesday 28 March		
8pm	Compline	Martyr Worthy
Thursday 29 March	Maundy Thursday	
8pm	Holy Communion	Martyr Worthy
Friday 30 March	Good Friday	
10am	Way of the Cross	Martyr Worthy
2pm	Last Hour	Itchen Abbas
Sunday 1 April	Easter Day	
9.30am	Family Communion	Easton
11am	Traditional Communion	Martyr Worthy
6pm	Evensong	Avington

Rector

Vacancy

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;

any time at any age. Hang up a feeder, get a basic book, and a pair of binoculars if you wish and see what arrives! You'll be thrilled and surprised, and you never know, it might lead to a lifetime passion!

Elaine Labram

Letter from the Rectory - Love



Once a month UTX meets for a social at St. John's Itchen Abbas. UTX is Itchen Valley Parish's group of teenagers.

Many of the young people were at Itchen Abbas Primary School together. They are now at different secondary schools and these sessions enable each cohort to get together, catch up and keep their local friendships alive. And the evenings are good fun – in January we had a film night and this month it is a games evening.

But each session also has a 20 minute 'God Slot' towards the end of the evening. In selecting the topics for this bit of the evening, I was keen to make sure that the UTXers decided what we should talk about. So I invited them to write on a piece of paper (and put anonymously in a shoe box marked 'God') what they would ask God, if they could ask him one question and knew that he would give an answer.....

We had some great questions (as you would expect from such an intelligent group) – really very interesting and

difficult. One of them was 'what is love?' It's a very good and important question. Alone of the world religions, Christianity presents God as being in His very essence and nature, love and indeed the source of all love. C.S.Lewis wrote a book called 'The Four Loves' in which he identifies four types of love: Affection (or, in Ancient Greek - in which the New Testament was written, 'storge') - this is the familial love between parents and children), friendship (or 'philia') – this is the relationship between two people sharing a common interest; and 'Eros' – this is sexual love, the state of being 'in love' – what Hollywood tells us is love.

But to answer the question "What is love?" I would point to the fourth category that Lewis uses, the love which is most associated with Jesus Christ, 'agape' - this is self-sacrificial love. This is the love that St Paul encourages husbands and wives to show to each other. This sort of love is not a passive noun, but rather an active verb. It's what you *do*, rather than what you *feel* (which can shift from time to time).

St. Paul in the passage from the New Testament most frequently quoted at weddings describes *agape* love (1 Corinthians 13) as follows: "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil, but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres".

So real love, *agape* love, is something that you *do*, not just something that you *feel* – although as you 'do' love, the feeling of love often follows.

Louis de Bernieres writes in his very popular novel *Captain Correlli's Mandolin* (also often quoted at weddings):

"Love is a temporary madness, it erupts like a volcano and then subsides. And when it subsides, you have to make a decision. You have to work out whether your roots have so entwined together that it is inconceivable that you should ever part. Because this is what love is. Love is not breathlessness, it is not excitement, it is not the promulgation of promises of eternal passion,.....that is just being "in love", which any fool can do. Love itself is what is left over when being in love has burned away, and this is both an art and a fortunate accident."

Jackie Pullinger, whose ministry to Chinese drug addicts in Hong Kong over 40 years has made her a world figure in Christianity, has a particular mantra about falling in love. She suggests the following order: Head, Heart, Heat. So many of us choose precisely the opposite order! If we choose the path of Heat, Heart, Head then it may well be a 'fortunate accident' if when 'being in love has burned away' what is left are the entwined roots referred to by Louis de Bernieres. What we can be sure of is that God is *agape* love and God is our creator and, as we draw closer to Him, we can expect that love will surprise and find us.

Rev. Alex Pease

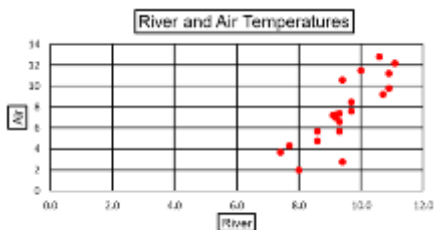
Icebergs floating down the Itchen

It was a very cold morning, a hard frost overnight, and I was looking at the river flowing down the valley. Surely if it was cold enough for ice on the grass, why wasn't it cold enough for ice in the water? I asked someone who had lived

here all his life and he told me he had never, ever seen icebergs in the Itchen. Maybe a little thin ice, in the still waters round the very edge but never anything approaching icebergs. "The water always stays the same temperature" he said; "never changes."

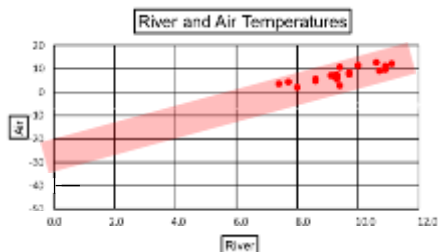
Does it? I decided to do an experiment. Most days for the past month I have dipped a jam jar, on a long length of string, into the Itchen flowing under the bridge by St John's church, hauled it up and taken the temperature of the water and that of the surrounding air.

Plotting the results on a graph I get the following picture.



As you can see, the temperature of the water DOES vary and goes up and down as the temperature of the air goes up and down. Not a lot but it does change. My range of air temperatures went from +2.0°C to +12.8°C and the water went down as far as +7.4°C and up as high as +11.1°C.

So how cold would it have to be for icebergs? Making the HUGE assumptions that the relationship



between the two temperatures is linear and that it continues in similar fashion outside the sample range, you can see in the second graph that around -30°C the water might get down to freezing point. Adding in water's high latent heat and moving water's resistance to freezing, it is likely that the air would have to be colder still for any ice to form. Given that the coldest recorded temperature in the UK is -27°C, and that was in Scotland, it is unlikely that Hampshire will ever see temperatures low enough to get icebergs in the Itchen.

The Titanic can sail safely up the river.
Vernon Tottle

Jackie's County Corner

I went to speak to the Hampshire Ramblers about **The Watercress Way** and met Teri Moore, a Rambler Trustee. There is a new service from the Ramblers Association called Pathwatch to record paths in poor condition. They did a footpath survey and are now carrying out repairs in partnership with the County Council based on their findings. On behalf of us all, I'd like to give our huge thanks to the Ramblers conservation team. They are doing amazing work.
www.thewatercressway.org.uk.
SDNPA will present the final version of the **Local Plan** to the National Park



Authority Meeting on 22 March and then submit it to the Secretary of State for examination by the end of March. Once the Local Plan has been submitted, the Secretary of State will designate a Planning Inspector to hold an examination into the Local Plan. Everyone on the Local Plan database will receive a letter or email when the dates of the public hearings are known.
Winchester District Local Plan SHELAA - the Strategic Housing and Economic Land Availability Assessment
Its purpose is to request organisations and individuals who have a parcel of land that they wish to be *considered* for potential development through the local plan process to submit details to WCC by 6 April. Submission does not guarantee that it will be included in the Local Plan. Please contact the Strategic Planning Team at Winchester with any enquiries.

20mph one year review: This has now been completed by pilot villages and town areas and we are awaiting a practical report on their findings. After that I should be able to give a clear guidance to all villages hoping for a 20mph limit.

M3 Junction 9: Hopefully you made your responses in February, but if you'd like to watch the film again, it is on my website. It is a relief to see the NCN cycle route 23 reinstated through the new junction. We await the Highways England feedback, due later this year.

County Council Tax - 5.99%
increase. Following Govt. permission to increase the Council Tax by an additional 1% for social care authorities, the proposed HCC increase is 5.99%. The financial and staffing toll on Social Services as the population grows older, and more children are reported as at risk, will not be covered by the extra 1%.

Significant funds (more than £30m as I write) have been taken from reserves to shore up these services, community buses, the school crossing patrols that remain and our recycling centres, but even the paper describes the temporary reprieve: there isn't that sum in the free reserves to do this year on year. (FYI: 1% = £5.7m) If your family has been affected, you may be interested to hear about a new **parent support group** for parents and carers who have been bereaved by suicide, and for parents whose children have survived a suicide attempt too. Go to theredlipstickfoundation.org You will know by now that the **Boomtown** (reduced number) Licensing application has been approved. Following the very strong police, WCC and public objections which led to a pre-licensing meeting, and a change of heart from Boomtown, the conditions place a much greater role on Boomtown to manage the drugs, the mental health of those on and offsite, and the sound past 11pm, with no noise off site on Wednesday, or lighting or sound after midnight on Sunday, as well as placing constraints on the traffic management and numbers to +5000, +1000 on Sunday. This seems to be the most pragmatic solution to a festival which has staunch supporters and objectors, though, frankly, I still expect traffic issues.

Concessionary Travel Bus Passes expiring 31 March 2018 should be arriving on doorsteps before that date. Any queries to concessionary.fares@hants.gov.uk or call 0300 222 1376. The County usually spends money it receives through the Bus Service Operators'

Grant on infrastructure improvements (e.g: bus stops, signage etc). Because of the risk to rural services, the proposal is to use the funds to 'prop up' the service subsidies going forward. We await details. The 64 and The Spring Buses are commercial services, but this sounds like good news for the 67, Mervyn's service, the 240 and the 86.

Closure of Merrydale and Sunbeams Respite Care for disabled children I challenged the decision to close these care homes, but the challenge was rejected and the closure will still go ahead. I am told that our close scrutiny of the process will lead to a better follow up with parents: I hope so. Merrydale in Kings Worthy is expected to close by May. I have high hopes that the experienced staff, who are highly employable, will find similar work easily.

Cllr Jackie Porter, tel: 01962 791054, email: Jackie.porter@hants.gov.uk

Family File 10 - Parenting Teenagers



After twenty long hours of labour, finally our first child was born and we were so excited to discover "It's a girl!" At last I could put the 'House of Blue' behind me after 27 years of

growing up with three older brothers! There would be no need for corduroys, football boots, cricket stumps and rugby balls in the future. No more fear of having to play in goal or play Indian to my cowboy son with bow and arrow and toy gun, no need

to buy a Meccano or a Scalextric set. From now on our house was going to be the "House of Pink", there would be dolls, and ballet classes, and cooking lessons and - looking a little into the future - at lastCLOTHES, girls' clothes, like dresses and things. I was even more delighted when our second child was a girl too! I adored being a mother to two little girls and used to dream of the times when we would go to concerts and plays together, and go on shopping trips for special birthday dresses and even enjoy the odd pizza lunch out - just us girls (with Alex permitted to join sometimes!).

So it was to my surprise when our eldest hit the teenage years, when I used to hatch little plans for us to spend time together doing fun things and they would often end in one of us in a grump, or worse still, tears! What was going on? Didn't she like going clothes shopping? Didn't she like going out for a pizza with her Mummy? Why didn't she like the idea of going to the cinema with me? All those years of anticipation frustrated! It really hurt. I used to wonder why it felt as if I didn't really understand her sometimes. Surely I was the person who must know her the best? After a couple of years of this I was beginning to wonder if I'd ever have that close mother/daughter relationship I had dreamed of. Fortunately, at that time I heard about a fantastic course "The Parenting Teenagers Course" (which Alex and I have had the pleasure of running once in the parish). It was on the course that I was introduced to Gary Chapman's book *The Five Love Languages of Teenagers*. You may have heard of his other book *The Five Love Languages* which is great for couples. The one for teenagers is the same idea

but slightly nuanced for the less reciprocal nature of having a relationship with such a person.

According to Gary Chapman, parents must learn to express their love in a language that makes sense to their teenager. By the way, this works for boys just as it does for girls.

Some teens long to hear tender or encouraging words spoken to or about them; others desire a gentle touch like a hand on the shoulder or even a big hug; then there are those who respond to thoughtful gifts, not necessarily expensive ones, but just something to show someone has been thinking about them; some respond to kindness or some kind deed; while others enjoy spending quality time together. What I learnt on the course and reading this book was that my eldest daughter's love language was completely different to my own. Where as I desired to spend quality time with her, spoiling her with little treats, all she wanted to receive were affirming words and a warm hug once a day.

It was a light bulb moment. I realised I had been completely wasting my time and energy hatching my plans, as they just weren't hitting the spot. I resolved to give it up, for her at least (our second one spoke more of my language) and started to concentrate on making sure I praised her where praise was due. The most extraordinary thing was that I could see before my eyes her face lighting up. She began to stand tall and look at me in a more understanding and engaging way (not like a creature with two heads). This, coupled with a hug at least once a day, seemed to do just the trick.

She started to talk to me, to confide in me. We began a wonderful relationship of learning to understand

one another. Eventually this incorporated my love language of wanting to spend time with her. Our favourite thing for a few years was to snuggle up on the sofa and watch Neighbours together followed by chatting through all the contentious topics this would stimulate: boys, drugs, alcohol, divorce etc. It was such a relief and it saved me a lot of heartache as well as money. Of course that was then. She is now 25 and married and there is nothing she likes better than hatching plans with me which might sometimes involve lunch!
Lucy Pease

City Councillor



I'm writing this during the morning break of the Planning Committee of which I am a member. I like to think that the Committee is one of the best things about the City Council, and

that in fulfilling one of its most important functions we work in a completely non-political and objective way. We might not always make the right decision, as policies are always open to interpretation and there are inevitably other factors to consider, but we seem to comprise a truly independent if sometimes curious group of individual thinkers. The fun and cross-party friendships we have inside such meetings is often spoilt by the politics that lies outside them, and never more so than when we enter the run up to yet another local election. For our sins we are lumbered with a system that requires elections in three consecutive years in each four year cycle. Having rejigged ourselves in 2016 so that the total number of city

councillors was reduced from 57 to 45, we will have an election in May this year at which, locally, the unfailingly charming and compassionate Ernie Jeffs will be standing down. I come up for re-election in 2019 and Lisa Griffiths in 2020. Many of us within the Council feel that not only would fewer elections result in less time spent on campaigning, less cost, fewer trees cut down and less voter fatigue, if we could remove the politics then so much the better too. I've often wondered how much of a political perspective is needed to cut grass or to empty bins, and I'm certain that there would be a considerable advantage found in the number of folk prepared to stand as councillors if they didn't have to be politically affiliated. It's not mine to reason why I guess.

Now the break is over, and there's another 'homes in the countryside' situation to consider – at least we all agree on the need, if not the solution.

Kim Gottlieb 07795 494919

Boomtown local resident tickets for Sunday 12 August 2018.

The catchment area for those eligible to apply for these tickets is SO21, SO22, SO23 and SO24.

Those not successful in securing a ticket from the complimentary allocation may be offered the opportunity to purchase a £40 day ticket, as has been offered in previous years, subject to availability. The quantities of tickets available will be dependent on the decision around the forthcoming planning permission application (we are asking for an increased capacity of 1000 for local residents to attend on the Sunday).



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Please note that these tickets are limited so apply early to avoid disappointment. Tickets are not for resale and you will be asked to provide proof of address when presenting your tickets on arrival.

The order of priority given to applications is:

- How close you live to the festival site.
- Date you submitted your application.

Fill in the online application form at <https://applications.eventree.co.uk/apply/index/id/578>

Please note you will be asked to upload some recent ID to prove your place of residence.

We will contact successful applicants in April or May 2018 with a unique link that enables residents to complete the process by registering their tickets online.

There is a limit of 4 adult/teen tickets per household (tickets for 0-12 year olds are available free of charge in addition to these, however, they do need to be included in your application).

Please note that local tickets are not transferrable and can only be used by people living at the address specified (tickets cannot be bought on behalf of friends or family who do not live locally).

We will close applications when the decision on planning permission has been made.

Caroline Johnson on behalf of Boomtown

If you have ever wondered what it's actually like, this is your chance.

Do apply - now!

Ed



Bird count in Church Lane Martyr Worthy



At last the early mornings are becoming lighter and the dawn chorus is steadily gathering momentum. I thought it would be interesting to make a note of just how many different types of birds are visiting the various bird tables and gardens in Church Lane, Martyr Worthy. At a time when we read that in parts of the country many birds are in decline, an encouraging number of more than 30 different species have been recorded, and this list does not include the birds by and on the river. Almost every household puts out a variety of bird food, ranging from plain wild bird seed, to mealworms, fat balls, sunflower hearts and peanuts.

Birds visiting feeders or tables

Blackbird
Blackcap (occasionally)
Blue tit
Bullfinch (occasionally)
Chaffinch
Coal tit
Collared Dove
Goldfinch
Great tit

Greenfinch
Lesser spotted Woodpecker
Long tailed tit
Marsh tit (occasionally)
Nuthatch
Robin
Siskin (occasionally)
Treecreeper
Wood pigeon

Birds seen nearby

Dunnock
Green Woodpecker
Goldcrest
House Sparrow
Jackdaw
Jay
Kite (seen grabbing a dog's bone in the garden)
Magpie
Mistle Thrush
Pied Wagtail
Raven
Song Thrush
Sparrowhawk
Wren

Lucinda Ffennell (also spotted nearby)

From our MP

I visited **Hobbs Rehabilitation** in Martyr Worthy recently, which was incredibly worthwhile, both as the local MP but also wearing my Public Health Minister hat.



The purpose of the visit was to learn more about the Rehab Matters campaign and the invaluable role it can play in recovery from a wide range of illnesses, accident and trauma. The campaign aims to improve access to community rehabilitation for people leaving hospital with long term conditions. It recognises that medical advances are saving more lives than ever, but too many people who leave hospital miss out on services that would otherwise enable them to complete their recovery.

Directors Nicky Ellis and Helen Hobbs explained their work to me so clearly and introduced me to some inspiring people receiving treatment. One such person was a young man called Adam who suffered a stroke last year at the age of 32. There are almost 100,000 strokes every year in UK and, while the majority of strokes happen to those over 70, a large proportion is occurring in middle age adults (40 – 69 years) and some, like Adam, even younger.

Up to 70% of strokes are preventable if hypertension, atrial fibrillation, diabetes, cholesterol and lifestyle factors were all detected and managed effectively. That is why, through my role in Government, I am so passionate about the prevention agenda and we're all working so hard to deliver integrated primary care at scale.

There has been major progress in stroke prevention, care and treatments as a result of the 10 year stroke strategy, which came to an end in December 2017 but I want to go further which is why we are working with the Stroke Association (among others) on a new National Plan for Stroke. It will be comprehensive and include aspects such as the "One You" adult health prevention programme designed to help people to live

Easton Village Hall Ina Williams 779465 or evh.booking@googlemail.com

Authentic Pilates	Mon	9 am, 6:30 pm	Fri 9am	Judy	07774 899909
Ems Bray Pilates	Tue	8:45 & 10 am	Thu 9am	Emily	07876 033893
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 and 10.15am		Denise	01962 779182
Brew with a View	Wed	3 - 5 pm		Ina	01962 779465
Dionne Yoga	Tue	8.15 pm;		Dionne	07961 888676
	Fri	10.30 and 11.45 am			
Mahjong / U3A	Tue	2 - 5 pm		Anne	01420 563393

Martyr Worthy Village Hall

Lucinda Ffennell 779701 or simon@ffennell.plus.com

Riverbank	Mon and Wed	8.30am to 3pm	Maria	07900 437685
Kindergarten	Tues, Thur & Fri	8.30am to 1pm		
Whist Drive	Thur	7pm		

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Pure Circuits	Mon	20.00	Juliette	07799 890860
Rugby Tots	Tue 09.15 & Wed 10.20		Phil	03453 133258
Short Mat Bowls	Tue	18.00	Peter	01962 779285
Ladies Short Tennis	Wed	14.30	Arminel	01962 779611
Pilates	Wed 9.15 & 18.00		Aimee	07546 941489
Choral	Wed	19.30	Geoff	01962 735536
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Swing It Dancing	Thur	21.30	Neil	07825 709691

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healthier lives but we've also relaunched the national Act F.A.S.T. stroke campaign to remind people of all ages to be aware of the symptoms and call 999 urgently at the first signs. We know, and the young man I met is proof of this as much as he is the benefit of good rehab, that timely treatment can reduce the risk of disability and death so please Google 'Act FAST' and take just a moment to familiarise yourself with some basic information that could just save your life or that of someone you know. Hobbs is a local success story and we're proud to have it here in our midst but it's also got national relevance and I'm extremely grateful to them for showing me how rehab works and why rehab matters. You can see more of my visit, view pictures, learn about Act FAST and watch a short film via www.stevebrine.com/hobbsrehab
Steve Brine

Our Favourite Dogs - no 4 in a series

Millie is one of the many black canines around the village. I didn't mean to get another dog after my last dear old spaniel departed, but couldn't resist those soulful black puppy eyes. She entered Itchen Valley society four years ago, a complex little dog who wears



many 'hats'.

She can be the patient spaniel with a resigned hat, waiting for her owner to put up yet more waymarkers or cut back brambles for the Watercress Way. As a pup she had her first visit to The Plough and now definitely has a pub hat; wherever she is there is an embarrassing tug for whoever is walking her towards the scent of a pint!



She has a retail therapy hat, although she's happier in Winchester stores like Mole Valley and White Stuff (could it be their jars of biscuits?!) than coffee shops. Even she wonders why such a small city has so many coffee shops, and do they really all need visiting? The Corner House deserves a dog gold star though.

She often wears 3 leads so my twin grandsons can lead her safely, and is very keen to wear a picnic hat at Avington Park or St Catherine's Hill. There always seem to be spillages a canine can help withA favourite hat is the black stealth bomber, when Millie's nose completely takes over, despite the hours and hours of training by friend Ruth and my family.

Despite being a cocker spaniel she hates water, so she wears a hiding hat when she hears rain outside. She manages a paddle occasionally when it's hot, but won't follow her best friends, two farm labradors, in normal 'merdog' activities at Easton. On beaches, at a



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good distance from the waves, she wears a scatter dog hat.

Millie often wears her bird watching (or more likely squirrel and cat hunting) hat. She stands statue-like in the conservatory, with paws up on the sill, in hope of a door left carelessly open. But the favourite one for Millie is the climbing hat. Anything will do: bench, cliffs, sea walls and especially trees. When these aren't on offer, our stairs have to suffice for altitude. She takes great pride in stealing a slipper or soft toy from upstairs and piling it into her bed, not realising for such a small dog her footfall is like a baby heifer and her 'crime' is obvious. Endless harum scarum circuit training precedes collecting any carelessly left shoes. These are then carefully piled up in a bonfire style sculpture, before she flings herself on top for a snooze.

As I write this Millie has her iPlayer hat on and is snoring at my feet. She's not so keen on my new post Christmas friend 'Alexa'. This plays her the radio when I go out - but that's not often without her, since Millie is the ultimate portable friend with a loving, if noisy, attitude.

Kim Adams

Burglary prevention

The three best deterrents are a dog, an alarm and video recording facility. You are also reminded of Immobilise, a facility which you can log your precious items at www.hampshire.police.uk/immobilise. Police do attend car boot sales which often offer our stolen goods, but they can do nothing if the goods cannot be identified. We must help them by becoming more security conscious. Please remember - Lock it or lose it! - garages, sheds and cars. And as you leave your property, look back and check it still looks occupied!

Advice from the police

The Practical Gardener

One of the activities said to prolong health and life is gardening. So now is the time to leave the armchair and venture outside, unless like me you have been out all winter. Spring is a time for looking forward. Possibly this month is the latest time to move plants about. I am perpetually planting in the wrong place or get the height of plants wrong, so it's a necessary activity. The same can be said about lifting and dividing, nature's way of giving more plants.



If not done earlier, there should be no dead material in the perennial borders. Be brave, feel like a politician and cut back. It's also a great time to use a hoe or hand fork to weed and loosen the soil. I'm a great kneeler, avoids back strain and gets you down closer to the action.

One of my perennial borders has ground elder, nasty. So every so often I do a lot of digging up and searching for the white roots. Impossible to remove 100% but this does have some effect. Divide and conquer like the Romans.

It's also a time for sowing, another chance to be brave and try something new. In the flower garden there is an



enormous range of possibilities. Look online for something new or different. Some flowers look just as good in pots, so equally good for a small garden. Much of my sowing is done in propagators in the greenhouse. Electric propagators provide constant low level heat, just ideal for starting growth. Don't be disappointed if some seeds don't germinate. It does happen and often it is the fault of the seed. But a word of warning: you can't just then go away and leave things. Seeds are your baby and a pretty constant watch is needed which includes watering. Sadly baby-sitting and dog-sitting are well advanced today but greenhouse sitting is not. Get to know your gardening neighbours! The greenhouse continues to have a magical display of geraniums plus the young pelargoniums seem to be progressing also.

I'm a great fan of growing my own food but of course some vegetables are easy and others not. Although I still try everything, I still find some root crops are just a bit picky whereas peas and beans generally not. You need space to grow cauliflowers whereas broccoli or kale does not. I love new potatoes and Charlotte is my preferred crop. This is the month to plant and the flavour of your own potatoes harvested in early June will make the whole exercise worthwhile. I have the fleece ready to

help warm the soil and protect in case of a late frost but a blanket from the spare bed might do the same thing.

And one more key thing about growing your own is that you will use less plastic and we must all feel good about doing that.

Happy gardening

Tony Gaster.

Comings and Goings - Easton



Olivia and Andy Tan welcome Henry, born on 31 Jan 18 weighing 7lb 9oz






Judith Mezger

New Planning applications with SDNP

*Variation of condition 2 of approved consent SDNP/17/01956/FUL Itchen Abbas Grange Avington Lane Itchen Abbas SO21 1BJ Ref. No: SDNP/18/00773/CND |

*Insertion of window in gable end of garage, raise ridge of single storey cross wing by 173mm, insertion of



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dormers on southern and northern roof planes, insertion of bull's eye window and replacement of square head windows with arched head windows. New House Avington Lane Itchen Abbas SO21 1BJ Ref. No: SDNP/18/00676/NMA |

*Proposed to add an extractor fan to the back of the cottage. 1 Hillside Cottages Station Hill Itchen Abbas Winchester Hampshire SO21 1BD Ref. No: SDNP/18/00379/LIS

*Two storey side extension The Cottage Rectory Lane Itchen Abbas Winchester Hampshire SO21 1BW Ref. No: SDNP/18/00407/PRE |

*Two storey side extension and single storey rear extension Summerfold Main Road Itchen Abbas Winchester Hampshire SO21 1AX Ref. No: SDNP/18/00161/HOUS |

*Proposed single-storey rear extension. Replacement of the existing front door, and re-decoration of existing window frames. Fairfield Old Station Road Itchen Abbas Winchester Hampshire SO21 1BA Ref. No: SDNP/18/00040/HOUS |

*Partial Change of Nursery (Use Class D1) at Abbots Worthy House back to Residential Dwelling (Use Class C3) and extension to roof to create additional habitable accommodation. Abbots Worthy House Martyr Worthy Road Abbots Worthy Winchester Hampshire SO21 1DR Ref. No: SDNP/18/00679/FUL |

*Variation of condition 2 of approved consent SDNP/17/01956/FUL Itchen Abbas Grange Avington Lane Itchen Abbas SO21 1BJ Ref. No: SDNP/18/00773/CND

*Insertion of window in gable end of garage, raise ridge of single storey cross wing by 173mm, insertion of dormers on southern and northern roof planes, insertion of bull's eye window and replacement of square head windows with arched head windows. New House Avington Lane Itchen Abbas SO21 1BJ Ref. No: SDNP/18/00676/NMA |

*Erection of one dwelling with detached garage. Yew Tree Cottage Avington Road Avington Winchester Hampshire SO21 1DD Ref. No: SDNP/18/00517/PRE |

Supermarket recipe of the month

I like to search supermarket websites for new recipes to try at home. It's surprising what a fruitful source of ideas this can be as most of my own recipe books feature ingredients from the 1980s. Celeriac wasn't a vegetable my mother ever cooked when I was young although it has been known from ancient times (Homer mentioned it in his *Odyssey*). I don't remember seeing it on the greengrocer's shelves until a few years ago and I first tasted it as a soup. Alas the chef had only recently polished the silver cutlery and the bitter taste from traces of leftover polish rather put me off the soup! A Waitrose recipe in January for *John Waite's chicken, sage and cider stew with celeriac cobbles* seemed an interesting idea as it used celeriac combined with flour to make a scone topping for a chicken pie. An internet search for "Waitrose Celeriac Sage" usually gives this recipe as the first result. I did make a few changes to the

original, adding a whole can of cider and no water rather than a mix of the two and using ordinary white self-raising flour for the cobbler topping instead of the brown version suggested. Why buy brown self-raising flour just for this one occasion? As I had added less liquid I was able to reduce the stew to quite a thick soup without the use of flour to thicken the mixture (but mainly because I forgot to add the flour to begin with).



I guess the scone mix could be made with any vegetable that can be made into a mash of sorts; beetroot or sweet potatoes are obvious contenders. But it's worth remembering to brush the scone tops with milk or egg before baking or they turn out rather pale – as did mine as you can see from the photo.

The end product is a very flavoursome chicken dish with a soft, chewy scone topping; highly recommended for a warming supper.

Sue Sheph

Lost your magazine?

The Itchen Valley News is available to read online via the Itchen Valley Parish Council website and the Itchen Valley News Facebook page where you will also find an archive of previous issues.

Ed

Local monthly information

Waste collections in March

Black bins and green bags on Fridays 2, 16 and 30 March. Green bins on Fridays 9 and 23 March.

Cameo

On Tuesday 20 March.

Farmers' Market in Winchester

Sundays 11 and 25 March.

Parish Council Full Meeting

Thursday 1 March Itchen Abbas VH

67 Bus operated by Stagecoach.

School term timetable operates until Thursday 29 March.

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 on Friday 30 March.

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:

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