

ITCHEN Valley News

Issue 45 September 2017

For Avington, Easton, Icthen Abbas and Martyr Worthy





TRADITIONAL CONTEMPORARY • BESPOKE

Over 100 Wood Burning Stoves,
30 Open Fire Configurations
and a huge range of accessories.

**Kingsworthy
Foundry**

London Road, Kingsworthy, Winchester, Hampshire SO23 7QN

Opposite Telcel centre in Old Town, Winchester

01962 883776

www.kingsworthyfoundry.co.uk



*Locally sourced Hampshire food
from breakfast to dinner*

Summer menu

now being served

Tel: 01962 779191

www.theploughitchenabbas.co.uk

info@theploughitchenabbas.co.uk

PLOUGH

ITCHEN ABBS
B&B · KITCHEN · BEDROOM



**ITCHEN
MOTOR Co.**

LONDON ROAD, KINGSWORTHY
WINCHESTER, SO23 7QN

**MOT
SERVICING
REPAIRS
TYRES & TRACKING
EXHAUSTS
BATTERIES
AIR CONDITIONING
DIAGNOSTICS**



Telephone
01962 884 664

WELCOME to the Valley News

The summer pauses and then turns, and we are over the midway point and the corn is ripening and the swallows are starting to gather on the wires. The osprey is pausing on Avington Lake to give some of us an exciting glimpse, - but no photo yet as the News goes to print - see Page 40.

This year the rain has made harvest a frustrating challenge, so the farm machinery is whizzing up and down the roads whenever there is a window in the weather. The rest of us have probably all been at the seaside, or trying to work out a moment when the motorway might be a bit emptier. The exam results have been gathered in, and a new school year looms with all its promise of new opportunities and new beginnings.

No Easton fete this year, but EastonFest reports on a great success with promising plans for the future, and rehearsals for the Easton pantomime are poised to begin. No doubt there will be plenty more in the What's On section next month. It certainly looks as if there is plenty of scope to explore Winchester in September, with a wonderful array of opportunities in the Winchester Heritage Open Days - see the map on page 5.

Thank you to all those who have contributed this month: our faithful regulars are a blessing, and there are excellent articles this month among others from John Lang on downsizing, on the Verbier festival from Peter McManus and in fond remembrance of Robert Hardy written by Judy Thomas on behalf of the Avington fete committee who so appreciated his

generous scattering of stardust. The IVN team are grateful to you

all for taking the trouble to write down your experiences and sharing them with a wider audience. What is ordinary to you may well be special to the rest of us! There is the second in a series on page 36 - get writing now about YOUR favourite dog! And is there anyone who could write an article about Edward Grey?

Our next editors Fi MacIntosh and Lucy Wolfe will be looking forward to the articles pouring in!

Verity Coleman



Itchen Valley News

Editor	Vernon Tottle
Sub Editors	Charlotte Appleby, Verity Coleman, Tony Gaster, Fiona McIntosh, Lucy Wolfe, Sue Hitchen
Advertising	Sophie Jackson
Distribution	Mima White IA&A 779725 Jane Chichester E&MW 779315
Treasurer	Andrew Kennedy

For editorial enquiries, articles, letters or comments, please email: itchenvalleynews@gmail.com.
For advertising enquiries, please email: itchenvalleyadvertising@gmail.com
Postal address: Itchen Valley News, Hazeldene, Northington Road, Itchen Abbas, SO21 1BE
Please send all contributions for October 2017 by 15th September. All material is published in good faith and the Valley News cannot be held responsible for any information given or views expressed; neither can it be liable for any loss arising from the use of any information or advertisements contained herein. The Editorial Team reserves the right to refuse or amend articles or advertisements submitted for publication.
Printed by Greenhouse Graphics of Basingstoke.
Cover photo by Rolls Coleman, other photos from various contributors.

What's On

Ride and Stride Saturday 9th September



Please join us on our main annual fund-raising event In aid of Hampshire & the Islands Historic Churches Trust (HIHCT).

This event is to

support the Trust by raising funds and is a fun event for **all** ages.

You can take part as a cyclist, walker, horseback rider or even by car, bus or mobility scooter (or any other activity that will attract sponsorship), as a meeter or greeter, opening your local church and offering hospitality or as a sponsor of the Riders & Striders. Since 1988 the Trust has helped over 350 active churches of all denominations in the County, dating from the 8th century to the 1950s, with grants and loans totalling in excess of £600,000. This is used to maintain our heritage, going towards every possible kind of repair, renovation and restoration. Over £1 million has been raised by our churches during Ride & Stride over that period. Last year 380 churches took part, of which 123 raised funds for themselves and the Trust raising over £50,000. This funding is invaluable. We are extremely grateful for the support we also receive from Hampshire County Council and the National Churches Trust which meant that we gave out £67,000 in grants in 2016. HIHCT is run entirely by volunteers, please see our website for further details and how

to join the Trust www.hihct.org.uk
Vanessa Rosewell 01962 841182

CPRE Hampshire's Neighbourhood Planning Conference 5th October



Planning experts at the Hampshire branch of the Campaign to Protect Rural England (CPRE)

are holding a conference on Thursday 5th October 2017 at the Wessex Conference Centre, Sparsholt College, to help communities find the local planning solutions that will work best

for their neighbourhood. 'Planning our future – what are the best options for local communities?' will assist local councils and communities to decide how to move forward by discussing and evaluating different planning choices, with the opportunity to learn from a range of experiences and outcomes.

The event, supported by Hampshire County Council, will run from 9.30am to 1.00pm and be followed by lunch and networking. It will be of interest and relevance to communities whether they have an existing Neighbourhood Plan or not, or if they are currently going through the process. For further details and to book visit www.cprehampshire.org.uk
Nicola Revolta

Winchester Heritage Open Days

7-10th September

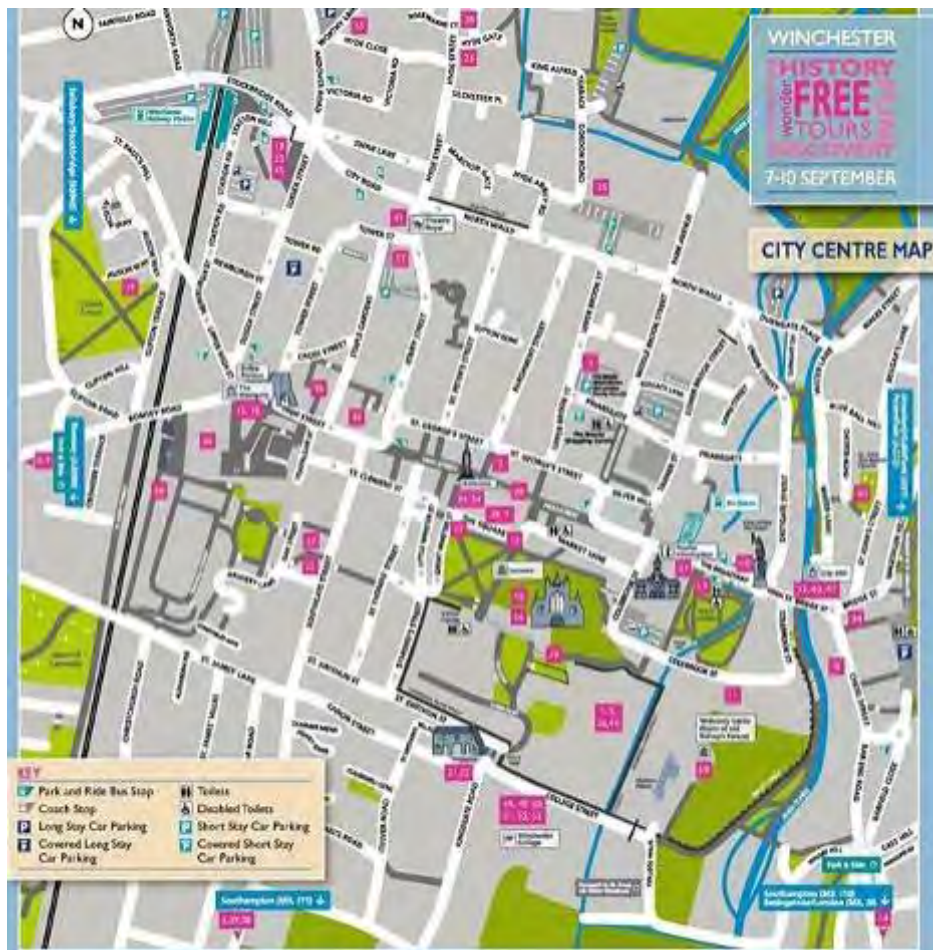
Heritage Open Days 2017 takes place Thursday 7th to Sunday 10th September,

and here in Winchester thanks to the many event organisers, guides, volunteers and festival supporters we have more than 70 events and venues for you to explore for free. There are workshops, artists' studios, historical archives, guided tours, lectures, vintage buses and cars, hidden gardens, historic



buildings and even cider and gin tastings.

To find out more you can explore our website, visit Tourist Information in Winchester or join our festival website emailing list. Our email updates are the





**AVINGTON PARK
GOLF COURSE**

**Your local, 9 hole
parkland course**

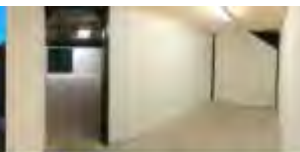
www.avingtongolf.co.uk
01962 779945



**AVINGTON PARK
FARM COTTAGES**

**5* self catering
holiday cottages**

www.avingtonholidays.co.uk
01962 779955



**AVINGTON PARK
FARM STORAGE**

**Accessible, secure
self storage units**

www.avingtonparkfarm.co.uk
01962 779530



The
Chestnut
Horse
Easton

Real ales, great food.

2 course lunchtime &
early evening menu
for £12.

A la carte and blackboard
specials also available.

Great atmosphere
and open fire for
those chilly days
and evenings



Ben Stanbrough

Tel: 01962 779257

**Mould & Thompson
Ltd**

Easton Garage

**Servicing and Repairs to all
makes of cars and vans**

MOT and Bodywork arranged

Collection & Delivery

**24hr Recovery and
Breakdown Service**

01962 779319



Roger Walker Travel
the real holiday experience

**Let us help you
explore the world**

- Quality holidays at sensible prices •
- Friendly, impartial travel advice •

- Extensive range of fascinating holidays
from specialist tour operators,
plus our own holiday programme •

Call us on (01962) 713330



The Old Forge Twyford SO21 1BF
www.rogerwalkertravel.com

best way to receive details of any changes or additions to the festival programme. You can also follow our Facebook page or join us on Instagram and Twitter.

Remember everything is free to explore but you will need to book your place(s) at some of the events.

Annie Reilly

Eastern Games at Easton

Every Tuesday afternoon at 2 pm the Dragons Mahjong group meets at Easton village hall. This traditional Chinese game is now played throughout the world and whilst easy to learn, it can be both rewarding and frustrating in equal measure.

The meetings are run under the auspices of the U3A and are therefore open to those who are either retired or at least semi-retired. For more information please phone Anne Wright on 01420 563393 or via room4therapy@gmail.com

Vernon Tottle

Classical Mayhem - final report

The final amount raised last month for the St. Mary's Easton Development Fund was £1,617, thanks to the generosity of the principal sponsors Andy and Clare Davies, the new owners of The Old Rectory, who



donated all the very delicious rosé wine, and Frits and Sara Janssen who donated the red and white wine. Jill Croft co-ordinated the canapes, made and donated by a wonderful village team, and Pauline Lund organised the flowers; the Law family were delighted that Brenda's funeral flowers could also be enjoyed for Classical Mayhem. A big thank you to all who helped set up the church and the marquee. . Here are two further photographs of the Valley enjoying the occasion, both on and off the 'stage'!

Penelope Kellie

EastonFest 2017

On Saturday, 1st July we held the first EastonFest at Graces Farm, in one of the barns that Michael and Frances Gray kindly let us use for the evening. You may have seen the bright green posters around the village before the event, beautifully designed by Sarah Freethy. The event was a fundraiser for the Easton Village Hall and made over £2,000 - a fantastic result!

The day before was spent decorating- hanging coloured pom-poms from the ceiling of the barn, arranging hay bales and setting up the bar. The night kicked off at 6.30pm as people arrived, showing their festival tickets at the gate (aka neon orange or green arm bracelets).

Plaitford Common, our first headline

act, began proceedings. People queued for the bar (busy all night!) as well as for a henna tattoo or festival face glitter. Paul Moffat served up a splendid hog roast and the Mezgers were on hand with their delicious ice cream for pudding. Charlie Gloyn, our resident DJ, was on the decks throughout the evening and provided a fabulous mixture of tunes during the breaks between the bands. Our second act We are Robot (with our very own VJ from Easton) played two fantastic sets before finishing around midnight. There was then time for just a little more DJ music before the night was over. We had a fantastic turnout from our local villages. Thank you to all those who came and supported the event. Particular thanks to Frances and Michael Gray, Box-it and to the Chestnut Horse and Cricketers pubs in Easton for their support. Finally, thank you to the team behind the event who worked so hard to make it a success

and had a lot of fun along the way! They are Helen Backshell, Andrea Compton, Charlie Gloyn,, Iris Lacey, Vanessa Rosewell, Lyn Russell, Dionne Sanders and Sally Stone. We hope to hold a similar event next year!

Sophie Goodall

Boules League - final round

The final round of the league competition was held on Tuesday 2nd August and there was a wave of excitement in the air at the start. The scores after the second round had been close - Martyr Worthy on 5 points, Easton and Itchen Abbas both on 4 and Avington on 3. All four villages could win the trophy, if things went well. The venues for these two matches were at Easton and Martyr Worthy and, as the play developed during the first half of the evening, the margins narrowed further. Firstly at



Martyr Worthy, Avington managed to win both their initial games, thus levelling these two villages at 5 games apiece. Meanwhile at the other location, Easton and Itchen Abbas each won one of the two games – so they were also both on 5 points. At the half-way stage therefore all four villages were equal. Each village had 2 more games to play. Would all four win one more game and finish on 6 points each? Who could reach 7 points, or would two villages do so and tie for the cup? In the second half, the match at Easton progressed more quickly and by 8.30pm Itchen Abbas had managed to win both their games. They could not now be beaten but could still be equalled. At Martyr Worthy the play was taking longer. The Itchen Abbas team drove to Martyr Worthy to find out whether they were sole winners or would hold the title jointly. One of the Martyr Worthy teams overcame their Avington opponents, so only Martyr Worthy could now reach 7 points and draw level with Itchen Abbas. However the other Avington team was fighting hard. The lead was changing frequently. Martyr Worthy reached a score of 12-11 and potential victory seemed within their grasp. In the next end Avington secured one boule closer to the cochonet, bringing the score to 12-12 with one throw to come. Moments before the Itchen Abbas team arrived, the final Avington boule landed just in the gap beside the cochonet and so gave Avington that last additional game. This left Martyr Worthy and Avington being joint runners-up with 6 points each, but Itchen Abbas were the winners on 7 points and they duly claimed the Nigel Graham Maw Trophy for 2017.

Ralph Matthews

The Agony and Ecstasy of Downsizing

The first time the word downsizing featured in our lives was when the State Pension cut in and the Bus Pass flopped through the letter box. But of course it didn't apply to us; we loved where we were living, enjoyed good health and saw no reason to move. We did, however, talk to others and were interested to discover how many were mulling over the same question. Some of our older friends went a bit further, and unanimously advised us not to leave it too late.

Another year or two passed and somehow the garden seemed to have become more of a challenge whilst the cost of maintenance continued to rise.

At the same time some of our friends were reflecting how much more difficult downsizing became if it had to be done alone. We decided to take a very tentative first step and explore what our much loved home might be worth. We approached some agents, took a very deep breath and decided to proceed. Much to our surprise we felt hugely relieved once the decision had been taken.

Selling was an interesting experience.

Never before had the house and garden looked quite so consistently tidy as we fielded daily viewings. We eventually received an offer which we accepted and the die was cast.

It was the start of a fairly hectic five months during which time we had to clear the house of discarded odds and ends, old clothes, disused furniture, long forgotten photographs and school books; not an easy exercise. The children declared they had no space in their homes for much loved family possessions, the bottom had fallen out of the brown furniture market and there was little appetite for 30 year collections of Country Life and the National Geographic Magazine. Drawers, boxes and old school trunks all contained items of huge sentimental value - but we learned to be rigorous in saying farewell to things we knew we would never need again. We became paid up members of the Friends of the Winchester Dump, experts at using

Freecycle, and dab hands at identifying charities able to take our surplus possessions. I cannot pretend the exercise was entirely comfortable but, once we began to get rid of things, again the sense of relief was tangible. And so the house was cleared, given a final clean and, with a bottle of champagne left in the fridge, we finally departed after many wonderfully happy years. Surprisingly perhaps, we had no regrets.

Our original plan had been to sell, rent somewhere and then look around for something suitable. The scope was enormous from moving nearer to one of the children, to returning to the land of my birth, Scotland. All the time however, we hoped to find somewhere that would suit us in the locality where we could maintain links with the community we loved so much. Much to our surprise, and when we least expected it, our attention was drawn to a brand new build in Alresford with



every facility imaginable within 400 yards. The house was very much smaller than we had been used to and we hesitated over its tiny garden and the lack of a view but it didn't take us long to calculate that the advantages outweighed the disadvantages. We made an offer and it was accepted. The one immediate drawback was that we would have to wait three months before we could move in, but several friends came to our rescue and with great kindness and generosity provided temporary accommodation. The wait was not a holiday. We had frequent site meetings with the builder to decide on a final layout, agree fittings and colour schemes and the positioning of power points, as well as carpets and curtains.

We had to notify well over 100 organisations of our new address, open accounts with the utility suppliers and sort out telephone and broadband (our single biggest challenge was getting BT to connect us). Then in July 2016 we moved into a world of (for us) new technology that included an induction hob, underfloor central heating and even a microwave.

Today I frequently find myself asking if it has all been worth it. The answer is an emphatic yes. Much as we loved our old home we had begun to realise that the pressure of trying to maintain a big house and garden was a strain that we had consistently refused to acknowledge. At the same time the new home has some unexpected benefits. Our gas and electricity bills have dropped by 90%. We can reach Winchester just as easily from Alresford as we could from Martyr Worthy, and there is a direct bus to Alton Station every 30 minutes. And crucially I can still drive to the north of Scotland without having to pass

through a single traffic light.

I now realise the entire process has opened up a wonderful opportunity to rebalance our lives and free up time and energy to embark on some unforeseen adventures while we are still able. If anyone else is thinking of downsizing I merely repeat the excellent advice we were given at the outset: don't leave it too late!

John Lang

The A to H of magazine delivery (or a story of good neighbours)

The Itchen Valley News is delivered by the printer in bulk to Mrs A and Mrs B. They in turn deliver bundles to their teams of distributors, who push the individual copies through your letterboxes. Mrs B went on holiday at the end of July and asked Mrs C to take her place – which favour Mrs C was pleased to do.

Mrs C went round to deliver the bundles, but when she got to Mr D she confessed that she wasn't sure if she had delivered the bundle for Mr & Mrs E to the correct house. From the description given it seemed likely that they had gone to Mr F by mistake – but no problem, Mr D said he would sort it out.

Mr D went round to Mr F's house and rang the bell. No answer. He peered through the letterbox but no sign of the magazines. He walked round to Mr F's neighbours, Mr G who confirmed that Mr F and family had only yesterday gone to the Caribbean for a fortnight. Before taking the matter any further, Mr D wanted to make sure that it was indeed Mr F's house that contained the missing magazines. So he poked his phone through Mr F's letterbox and

AVINGTON PARK



Stunning Home available for
Weddings, Parties, Meetings
and Corporate Events.

House, Grounds and Tea Bar
open to the public May - September on
Sundays, Bank Holiday Mondays
and Mondays in September

01962 779260

www.avingtonpark.co.uk



TENNIS IN THE ITCHEN VALLEY

- Beautiful courts and clubhouse
- Recreational tennis for all ages
- Club coach on site
- Regular Club competitions for all standards

April - September

MONDAY EVENING

Free drills

THURSDAY EVENING

Free mix-in

Membership

available now

membership@worthingparktennis.com



www.worthingparktennis.com



**Experts in Domestic & Commercial Turf Machinery
SALES - SERVICE - REPAIR**

KGM

**KINGS WORTHY GARDEN MACHINERY LTD
WINNALL TRADING ESTATE
WINNALL MANOR ROAD, WINCHESTER
HAMPSHIRE, SO23 0LF**

01962 870254

www.kgmilt.co.uk



HAYTER



**Supporting
the Community**



**PRINCE'S
MEAD**

Tel: 01962 888000

Email: admin@princesmeadschool.org.uk

Web: www.princesmeadschool.org.uk

took a photo of the floor. Yes! They were there in a pile on the doormat but out of direct line of sight.

Now Mr G had a key to Mr F's back door so he could feed the cat but the rest of the house was alarmed and he didn't have the code. Nor did he have Mr F's mobile number. Fortunately Mr H next door but one was good friends with Mr F – but was himself not at home that morning. However, Mr H's daughter gave Mr G Mr H's mobile number and eventually Mr G got a number to contact Mr F several thousand miles away – who was probably at that time of night still asleep.

Later that day, Mr G phoned Mr F who happily gave him the code to get into the house. Mr G retrieved the magazines, gave them to Mr D who then passed them on to Mr and Mrs E. Success!

Mr D

(Please note that to preserve anonymity, some names have been changed in this story.)

The Practical Gardener

They say a week is a long time in politics. Well the same can be said of gardening. The recent rains, though mostly welcome, have trashed my roses. It's interesting that black spot seems less prevalent this year, perhaps because of the long hot, dry spell.

I have another new toy. Readers will know my aversion to 2-stroke petrol engines, which never start. So finally I got rid of my Mantis tiller. I searched carefully all the possible options for a replacement and spoke to several experts. Gardeners like me may use a tiller/cultivator for maybe 5 hours per year but those hours are precious and working the soil is sometimes really necessary. The experts said buy a 4-stroke petrol costing upwards of £400. Battery versions cost at least £250 as bigger more powerful batteries are needed. I came across a Handy in the Screwfix catalogue with some rave reviews. It's mains electric - not the best solution, but lightweight, easy to use and costs only £65. I deem that a good investment.



My gardening experiences and my faith are sometimes at loggerheads. I don't understand some parts of creation and why some creatures exist. Obviously they can make our life difficult so

OCEAN UPVC



OCEAN GUTTERING SERVICES AND ROOFING

- Gutter Maintenance and Repair
- Roofing Repair
- New Felt Roofing
- Lead Roofing

80 High Street, Winchester,
Hampshire, SO23 9AT

Tel. 01962 779690

www.ocean-roofing.co.uk

Emma Mitchell

BA Hons I.T.E.C. Dip RAW. Dip MAR



**REFLEXOLOGY
AROMATHERAPY
MASSAGE**



Tel: 0780 7037508 or 01962 861378

Three Acres, Chapel Lane, Easton,
Winchester, Hampshire SO21 1HQ

Email: emma.mitchell1@me.com
www.naturaltherapypages.co.uk/emmamitchell

PULSE CARGO

THE WAY FORWARD

Worldwide Freight Forwarding Services

- AIR
- SEA
- ROAD
- COURIER

Tel: 0800 130 3444

Email: getintouch@pulsescargo.co.uk

Website: www.pulsescargo.co.uk

Offices in London, Manchester, Birmingham and Bristol

PETER G FISHER

GAS SAFE registered 219242

Plumbing, Heating and Gas Engineer

33 Victena Road, Fair Oak, SO50 7FY

Phone 02380 600834

Mobile 07860 401304

Credit and debit cards accepted

ALRESFORD PILATES

Small group classes or
private sessions

Close supervision and
individual support

Further details -
www.alresfordpilates.co.uk

Call/text Sally Hogg - 07771 522665

Email: sallyhogg@btinternet.com

Hampshire Garden & Land Management Ltd

Garden and land management company based in
Hampshire with over 20 years experience

Year round garden maintenance and landscaping

Domestic and agricultural fencing

Woodland maintenance

Long term contracts available

Sjm444@live.com

07730 099611



gardening becomes a battle. Those who tell me they are “organic” may never use chemicals. Very laudable, as long as you still have something left to eat! So my battle with whitefly continues and I may just have an answer - but still no ladybirds, another creation imbalance. I had a wonderful row of cabbages with beautiful white hearts and very tasty. I picked one and the slugs picked the rest.

So the first plums came and went in July and now it's mid-August and the Bramleys are ready to pick - what an amazing crop. The problem now is that they won't keep. It's too warm, and commercial growers use cold storage which is not practical for us. Maybe we need a really cold autumn.

My lawn expert has done an inspection and as a result I have had to treat the back lawn against ants. A tedious job



and it's back to nematodes which have to be watered-in using a watering can. But the recent wet weather has been ideal for this treatment, which I'm told was needed before the grass roots were attacked and killed by the ants.

I have realised what I failed to do this year was to sow second crops in May. It's too late to leave it to mid-summer. So some annuals and certainly some edible crops are now finished. I could have done with some later cropping tomatoes now, as those I have are nearly over having produced an abundant crop. I can recommend the variety Orkado both under glass and outside.

The recent heavy rain also trashed some hanging baskets. Petunias particularly seemed vulnerable but happily there are plenty of replacements in the nurseries and I think trailing begonias make the best display. Even geraniums have been battered, I suppose because they prefer it hot and dry. Deadheading is needed continually for more flowers. In the shrub areas don't be afraid to prune hard where needed. It's amazing how well most shrubs grow back. If they are over-hanging paths or driveways, now it's a great time to do the necessary. Most cuts can be shredded and in 4 months will have rotted to good compost to be recycled.

It's also a good time to buy seeds as many garden centres sell off current stock at half price. Usually there is still a good choice. I wonder if you have ever bought plants on-line. Next month I will share experiences both good and bad.

Happy gardening.
Tony Gaster.

Letter from the Rectory

Storms of life



The storms of life can hit us at any time. Sometimes we can see them coming, like when we work for an organisation with financial difficulties and we think

redundancy might be heading our way. At other times they can hit us out of the blue, like a sudden illness. One of my dearest friends (whom I shall call Fay) was on holiday with her husband at the beginning of June and totally unexpectedly she had a stroke. She is in her early sixties and is one of the healthiest people I know. At the end of July, she once again went on holiday with her family, still recovering from the stroke and was taken ill again. This time the diagnosis is secondary cancer and she is very, very unwell.

All this happened within the space of three months.

The storms of life can hit any of us, none of us are immune, but we can face them in different ways. Fay and her husband are both committed Christians and I've been struck how they both have incredible peace in the midst of this dreadful storm. I've been thinking about what a difference faith can make when the storms of life hit us.

There is a story in the bible about a storm; many people will be very familiar with it. The followers of Jesus were in a boat rowing across the Sea of Galilee. The wind was against them and their boat was being buffeted and rocked by the stormy waves. The disciples, many of whom were

seasoned fishermen, were 'straining at the oars'. It was the middle of the night and it was tough. Then, in the early hours of the morning, Jesus walked across the water towards the disciples. Christians believe that Jesus is God and that he is the creator. As Jesus walks on the stormy waters, Jesus demonstrates his power and authority over the storm and over the wind and the waves.

Jesus doesn't just understand the tough times we have, he has power and authority over them. The Bible says that God the Father has placed all things under Jesus feet - all things are under Jesus' power and authority. This means that Jesus doesn't just have power over stormy waters, He has power over all the circumstances of our lives. He sees the storms that we face and Christians believe that just as Jesus went to be with the disciples in the storm, Christians can know God's presence in the middle of them.

One of the disciples, Peter, is so excited by seeing Jesus that he calls out and asks Jesus to tell him to walk towards him on the water. Jesus tells him to come and Peter clammers out of the boat and walks on the water. It's only when Peter takes his eyes off Jesus and focuses on the wind and the waves that he gives in to fear and begins to sink. That of course is not the end of the story. Peter shouts out, 'Lord, save me!' and Jesus reaches out and lifts him up.

Being a Christian and having faith in Jesus does not give us immunity from the storms of life. They still hit. It's still really tough. But I've seen in the life of my friend Fay and her husband a peace in the midst of their dreadful storm that comes from their faith in Jesus. We can pray for the storm to pass and many times it does, but not

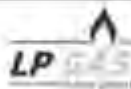


**NEW FARM MOTOR
SERVICES LTD**
New Farm Road, Alresford SO24 9QE
01962 732338



FREE COLLECTION
COURTESY CARS

M.O.T. Testing Centre
Class 7 Vans from 5000 to 5500 kg
Class 8 Cars and Vans up to 3000 kg
All makes cars & vans serviced and repaired
Motorcycles, trailers and campers up to 1500 kg
serviced and prepared for plating tests



L.P.G.A. Approved
Autogas conversions
www.amsautogas.com

CERTIFICATED ENGINEERS
RECOVERY AVAILABLE

beautiful kitchens, furniture & wood floors
ALRESFORD
INTERIORS

Handcrafted Kitchens

Handmade Furniture

Wood Floors

Wood Floor Sanding

Prospect Road, Alresford, Hampshire,
SO24 9QB Tel: 01962 733016

Email: info@alresfordinteriors.co.uk

Web: www.alresfordinteriors.co.uk



**PRESTIGE
CARS
of
ALRESFORD**

Private Hire Available For Airports,
Cruise Terminals and Train Stations

Any Journey Undertaken

01962 865602

07752 570787

www.prestigecarsalresford.co.uk
kevin.mitchell202@btinternet.com

Our Hampshire stores are filled with superb
hand chosen wines,
spirits, champagnes, ales and lagers.

We pre-taste all our wines to ensure
they fit our ethos, resulting in our
unique wine range.

*You won't find any of our wines in the supermarkets,
we offer small estate wines at superb prices.*

Wines on Tasting every day

20 West Street, Alresford 01962 732002

6 Oak Green, Four Marks 01420 562060

simon@tngwine.co.uk

The Naked Grape
Wines of Distinction

www.thenakedgrape.co.uk



D. Barker & Son
TRADITIONAL FAMILY JEWELLERS

Antique Jewellery a Speciality

**Contemporary Jewellery
Silver & Watches**

Full Repair and Restoration Service
to Jewellery, Watches and Clocks
Hand & Heraldic Engraving
Valuations Undertaken

40a West Street, Alresford

Tel: 01962 732200

www.dbarkerandson.co.uk

always. What we are promised is that we will know the presence of God and his comfort in the midst of the storm. When we are tempted to give in to fear, as we all are, we can also know that even if we begin to sink, Jesus will reach out and lift us up.

Rev Amanda Denniss

Verbier Festival

We were recently given new insights at the Verbier Festival into the hard work that goes into preparing an opera for performance. We were staying in Verbier courtesy of Frits & Sara Janssen, whose hospitality made our short visit as comfortable as one could wish, though we were kept very fit with some challenging mountain walks! Most people will think of Verbier as an up-market ski resort, but the town has been transformed in late July for the past 23 years by an invasion of top musical talent. As part of the Festival, there is a series of masterclasses, taught by distinguished opera stars including Sir Thomas Allen, Thomas Hampton and Anna Tomowa-Sintow.

Thirteen outstanding young singers from around the world had been selected for the Academy 2017 program, and they spent two weeks preparing for a performance of



Tchaikovsky's *Eugene Onegin*. Not only were their voices of the highest quality, but many of them have acquired acting skills to match.

Gihoon Kim from South

Korea was selected for the name role, and we observed a rehearsal of the last scene, where he tries to win back the affections of Tatyana, only to be imperiously rejected. Tatyana's role was taken by the Russian soprano Aleksandra Rybakova, who sang with a maturity that belied her 27 years. Together, they conveyed the emotion of the scene most effectively. The coaching focuses on where to put the emphasis in each aria, and on nuances of language expression, as well as details of gesture and stance. By singing a phrase over and over again as they are coached, the young singers learn how to achieve the highest standards of artistry. Sir Thomas graphically illustrated the way in which different singers approach a difficult high note, by comparing it to getting onto an escalator - either smoothly, as desired, or making a hesitant stab at it - all accomplished by miming! To quote Dame Felicity Palmer: *'A good voice (even a beautiful one) is obviously desirable for a singer. More important, I believe, is what a singer does with the voice given them: how it is used technically and artistically and whether or not he or she seeks to communicate with it. Singing has to be about communication – through voice, text, music, body, heart and soul.'*



Despite the outstanding talent on show at Verbier, it is a sad fact that perhaps only one or two of these young singers will make it to the higher echelons of operatic fame; the pyramid has very sheer sides, and very few make it to the top. The next time you go to an opera, just spare a thought for the intensity of the preparation that the singers have undergone to achieve the performances you enjoy so much. As Thomas Edison is supposed to have said, genius is 1% inspiration and 99% perspiration!

Peter McManus

Jackie's County Corner



After a very wet August, you may have a ditch outside your home that has been filling up in the rain. The riparian responsibilities of landowners is very clearly explained in a

leaflet entitled 'Flood Risk Management Guidance for Landowners' (printed Feb 2016). You can see it online at hants.gov.uk or I can provide a copy on request.

Councils are trying to work out how they will balance the budget as Government funding declines towards 2020. The debate is about whether councils should become 'entrepreneurial' for potentially a higher (or lower) return but greater risk, or invest our money as safely as it can. I would be interested to hear your views. *(Remember the Icelandic bank failures of 2008 that affected many local councils. Ed.)*

In the Itchen Valley division that I represent, there are 485 people who are seeking an affordable home. 393 of those are under 60, 92 are over 60. It may be that they currently sleep on a sofa, with other family members, or their homes are at risk as tied properties; many are doing valuable jobs on lower salaries.

The 'exception housing' policy allows landowners whose land is not already allocated to housing in the Local Plan to build homes which are offered to rent or for shared ownership below market price through Winchester's housing allocation process. If you have land, or are on the Housing Waiting List (or feel you should be) then please contact me and your Parish Council to explain why availability of that housing would be important to you. As the number of affordable homes declines in the countryside, there is a human cost to this very real problem. Even if someone is entitled to be 'on the list', there just isn't a home available. We must change this.

My survey on CANGO bus use had to stop temporarily over the summer, but I have now sent out paper surveys to earlier enquirers. If you use CANGO and have not seen the survey, please let me know how, when and why you use the service. Thank you.

Families using the popular Merrydale Respite Care home for children in Kings Worthy are being consulted on new ways to deliver respite care. I welcome the consultation but want to ensure that families really do get the respite they need in any new service delivery. Please contact me if you have a view on this either as a parent, relation, friend or user.

As I sit at Parish Council meetings, I often hear councillors ask: Do we know if Citizens Advice gives any help



Our beautiful Valley in late summer; photos by Rolls Coleman, Georgie Ffennell and Rolls Coleman



bert Stent

Itchen valley church services



Sunday 3rd September

8am	BCP Holy Communion	Avington
10am	All Age Service	Itchen Abbas
11am	Matins	Martyr Worthy

Sunday 10th September

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

Sunday 17th September

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

Sunday 24th September

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

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;

here? Yes, they definitely do! I recently worked with a resident at Citizens Advice. They gave time promptly and made a real difference, all at no cost to the individual involved. Local groups are funded separately and to keep these services going, Winchester Citizens Advice definitely needs *your* help. There is a 'Donate Now' button in the bottom corner of the website www.citizensadvice.org.uk/winchester-district which takes you through to MyDonate.

The new Priest in Charge, Rev Julia Myles, was introduced to the wider Alresford community in a joyous service recently. It was good to have her community from Alnwick in the north of England join us here in the south. Closer to home and as winter approaches, I was struck by Alex Pease's article in last month's Itchen Valley News on knowing your neighbour. It's worth reading again!

Councillor Jackie Porter,
01962 791054, text 07973 696 085,
email Jackie@jackieporter.co.uk
Website www.jackieporter.co.uk,
on Facebook and twitter:
[@JackieLibDem](https://twitter.com/JackieLibDem)

Family File 5 – Resolving Differences

It is astonishing when you think about it: on the one hand a child who comes from our very bodies becomes progressively independent of us as s/he gets older. On the other hand two people who start off as complete strangers meet, fall in love, marry and then (hopefully) have the closest and most intimate relationship possible for the rest of their lives – a relationship which is

actually closer than we have with any other members of our families. How is this possible?

Nicky and Sila Lee who founded the Marriage Course, liken a marriage to



a three legged race. We start with such different backgrounds, personalities, habits, desires and priorities. We all have a different idea of how we should live our lives and what we should do with our possessions. It seems that one of the earliest words that toddlers speak is 'it's mine!' Much of our childhood and young adulthood is spent camouflaging the reality that our motivations haven't changed much from the time that we would grab someone else's toy in the nursery school. In fact, many people only discover how selfish they are when they get married. Being married is like having a mirror held up to who we are!

It's bound to be fireworks, when you think about it.....but disagreement and conflict need not destroy a marriage. If we are willing to tackle our differences together – like the pair in a three legged race – we can make progress and it can actually be fun. Firstly, we need to recognize that there is no 'right' way to be. We are bound to be different: logical/intuitive, extrovert/introvert, spontaneous/structured, leader/follower: these are just a few of the differences we might have. Once we recognise that we are different, we need to see the other person's differences as a strength, something that can *contribute* to the success of

the marriage, rather than just annoy the other. We also need to recognise where we can change if our behaviour is really driving the other MAD. It's also important to realise that we can only change ourselves and not anyone else.

Money is, apparently, the biggest source of conflict in British marriages – but can be helped; if we start off assuming that everything we start a marriage with, and everything we gain during a marriage, is equally ours (and that each spouse's contribution to the marriage is of equal value) then a lot of the problems go away. The marriage vows say it all: 'all that I am I give to you and all that I have, I share with you'.

One of the ways in which we are different is in the way that we process anger. The feeling of anger is not wrong in itself; it is just what we do with it that is the problem. Nicky and Sila Lee describe in *The Marriage Book* the different ways of dealing with anger as the difference between the rhino and the hedgehog. The rhino charges headlong at the problem and destroys everything in its way. The hedgehog curls up in a ball and says nothing. Both approaches are destructive and dangerous to relationships. Buried anger is buried alive and can result in serious health issues in the long term, quite apart from destroying intimacy.

We have to give time to talk about our differences. Remember this means *listening* (see Family File 4 – July 2017 IVN) Sit next to each other on a sofa. See the dispute as being in front of you both, rather than between you. Hold a handkerchief to remind you whose issue is being discussed and the other person should feed back what the person holding the handkerchief

has said, before any view on it is expressed.

And don't discuss anything late at night (or if either of you is not sober)....the 10 o'clock rule is a great way of avoiding really damaging conversations – both agree that the other can invoke the 10 o'clock rule: that no serious conversations take place after 10pm in the evening. But if the rule is invoked, time must be booked in the diary to discuss the issue!

And, importantly, please don't say in conversations anything that you don't really really mean, but are using to get the other's attention. In about 1959 my mother said to my father 'if that's what you think, then I think we should get a divorce'. He replied 'OK then' And her life unraveled in a sad way, from which she never really recovered. Worst of all – I don't think she meant it.....

It's said that the biggest problem for children of divorce is that that they don't learn how to love. Part of learning to love as a child is hearing the rows (no marriage goes without them) but seeing the relationship restored – the apology, the hug, the kiss and the laughter. Please make sure that if your kids see one, they also see the other. Alex Pease

Robert Hardy..and Avington Fete

When we began to plan the relaunch of Avington Fete back in 2008, the question of someone famous to open it, to crown the Midsummer Queen and to choose which dog they would like to take home from the dog show, was raised. The planning group then looked at celebrities with Avington connections, however tenuous, and in the end it was a toss-up between a



certain sports star and Robert Hardy. I didn't really think that anyone in the group actually thought that such stars would even consider

giving up a day of their precious time for such a small village fete.

However, the sports star was unable to commit himself because of the Olympic Games but during the summer sent us a signed copy of his book for the raffle. To our great delight Robert Hardy, star of so many films, TV series and, at the time, the Harry Potter films, agreed to do the honours. It was felt that it was partly because of his presence that the initial fete was such a success. He was brilliant for the whole afternoon, charming the Midsummer Queen and the children in the

procession, showing interest in all the activities, chatting to his fans and above all, being totally professional and appearing to be having a wonderful time from start to finish. On a personal level, from initially being overawed in the presence of such a huge personality, despite his fame, Robert Hardy was such a warm, entertaining personality that he put me very much at ease. I introduced my grandson - a huge fan of Harry Potter's Minister of Magic - to him and they chatted for a few minutes, leaving Sam even more star-struck. It was a week or so after the event that I was most surprised and touched to receive a letter from Mr Hardy thanking us for inviting him to take part in our fete, and mentioning my grandson Sam by name, saying that he had particularly enjoyed meeting him. Since that first fete, Robert Hardy has always accepted our invitation to be our fete celebrity, and has enjoyed the event hugely.

It was with sadness then that I, along



with the members of the Fete Group, heard the news that he had died. Avington Fete will miss him.

Judy Thomas

on behalf of the Avington Village Fete Group.

....and Avington Church

Robert Hardy kindly agreed to be on the rota for reading lessons in Avington church for 2015 and 2016. Turning up to a service when he was down to read was a pleasure and a privilege. I will always remember one evensong in particular when he was allocated the story of the Wedding in Cana. Robert's stage whisper of "We've run out of wine!" echoed throughout the hushed church; it was a masterclass in storytelling.

Vernon Tottle

Last of the summer wine

Whether celebrating in the sunshine or drowning your sorrows, you have probably drunk all the rosé and finished all the Pimms. As I write there is a glimmer of late summer sun and you might need something to enjoy in a glass for a final drink outside. So may I suggest you go to the back of your drinks cupboard, and pull out the ingredients for cheats Pimms, which is rather better than the original and has the bonus of being less expensive. To 3 measures of any gin add 3 measures of sweet red Martini and one measure of an orange liqueur (e.g. Grand Marnier, Cointreau, orange Curacao). Mix in a tall jug with a generous amount of ice, slices of lemon and orange and a small



handful of crushed mint. Top up with lemonade (about 4:1).

If the cupboard is bare check out Aldi's gin, which has just won an IWSC award and costs £9.97. Schweppes lemonade is a good choice as it tastes less sweet.

The Itchen Barfly

Is it a dinosaur?

E&MWCC are seeking the assistance of local residents and dog owners to help resolve an ongoing problem at the David Roth Memorial Ground.

The other week, just before one of our League matches, all the players were on the field and ready to start the game when someone noticed an unwelcomed deposit right near the centre of the pitch. Play then had to be delayed whilst something was found to remove the problem. Five minutes later yet another large mound was discovered on the field which delayed play yet again. Sadly, this is not the only incident of this kind this summer.

In short there is either a dinosaur living in the valley or someone with a very large dog has been allowing it to roam unsupervised and poo indiscriminately on the playing field.

Please help us all to identify Tyrannosaurus Rex or at least his owner so that we can request that, like most responsible owners, they clear up after their dinosaur.

Adam Murch

Our Wild Valley - plankton suppers

Whilst on holiday this year on a boat trip to see bottlenose dolphins, seals and birds we had the added bonus of a marine biologist on board. "What do mackerel eat" he asked rhetorically. Plankton, the really small life forms that

Richard Steel



Richard Steel & Partners

Family Owned

FUNERAL DIRECTORS

Over 150 years of Family Service

Richard Steel, Iain Steel, Mark Allery

Alderman House, 12-14 City Road

Winchester

(01962) 862333

*with St Mary's Chapel & Garden of
Remembrance at 4, Chesil Street*

Personal 24 Hour Service

Pre-need funeral plans

www.winchesterfunerals.co.uk

PETER BRAY

DOMESTIC APPLIANCE ENGINEER

Repairs to Washing Machines, Dryers,
Electric Cookers, and Waste Disposal
Units

Service Agents for In-Sink-Erator,
Tweeny, Maxmatic, Waste King and
Waste Maid.

Tel 01962 714224

Mob 07885 490786

11 Hill Rise, Twyford,
Winchester SO21 1QH

IVC

Cars Chosen With Care

Excellent prices on both new and
second hand cars.

For further details telephone
01962 733097 or visit us at www.ivcuk.com

Belmont House
The Dean
Aldersford
Hampshire SO24 9BQ
Telephone: 01962 733097
www.ivcuk.com

Selling new and used cars in Hampshire and beyond since 1987

ITCHEN VALLEY PEST CONTROL

RIDS YOU OF WASPS

As well as moles, rats, mice, rabbits, squirrels,
pigeons, cluster flies, bees, fleas, ants
and cockroaches

For a fast, friendly, efficient local service
call Tom on 01962 779027 or 07725 327280



move down in the day time to avoid predation and then move upwards at night. Sand eels (a name given to a group of small fish) also eat plankton and smaller fish. As the ocean temperatures are changing (warming up in this south-west coastal area) so are the types of plankton the mackerel and sand eels feed on, altering what is able to eat what and when in the annual cycle. This can mean that the usual bountiful sea may not be bountiful at the right time for the sand eels, mackerel, puffins, guillemots, razorbills or kittiwakes, creating a mis-matching of prey to their predators.

The bottlenose dolphins are at the top of the food chain and as our guide suggested are not half as important as the tiny, beautiful and bizarre phytoplankton (plant) and zooplankton (animal) that support this marine ecosystem. I rather liked this idea - but we also had a delicious time watching the dolphins on a lumpy bumpy sea and the coastline and bird life too!

Keep the holiday feeling, and go on exploring this autumn on our own Hampshire doorsteps!

Sophie Rogers

For sale

Upright Chapell piano in excellent condition. Regularly tuned every six months since 2011. Length 133cm, depth 52 cm, height 110 cm
Price £600, removal to be arranged by purchaser.

Contact Lynda Denyer 07773 721910

The pound in your pocket

Those readers old enough to remember Harold Wilson may recall his famous 1967 phrase about the pound in your pocket still being worth a pound after a forced devaluation. It might (or might not) have been true for him but be aware that the pound in your pocket may be worth nothing after 15th October.

After that date all the old style £1 coins will no longer be legal tender and shops will no longer accept them. The official period of co-circulation of old and new coins finishes at the end of September after which old pound coins will be rather like hot potatoes; nobody will want to handle them.

If you find yourself with old coins after the end of September, why not donate them to charity? Each of the four



Spotters on the lookout!



Itchen Valley churches has a wall box that is big enough to accept all your unwanted old coins; the parish will be allowed to bank them for a short time after this deadline.

Thank you.

Vernon Tottle

Getting ready for harvest time – support the Nightshelter

As we near the end of summer, we're beginning to look ahead to Harvest festival. Harvest is an important time for the Nightshelter. Not only does it provide us with an invaluable opportunity to replenish our food stocks for the year ahead, but we're also invited out into the community to talk to schools, church groups and community organisations about our vital work and why your support means so much to us.

Donations of food and domestic items to the Nightshelter save us on average an enormous £27,000 a year. Harvest donations help us to provide our residents with a nutritious breakfast and a hot cooked evening meal every

single day of the year. Residents also enjoy sandwiches on Saturdays and a cooked Sunday brunch, as well as a range of tasty snacks throughout the week. Many of the donations we receive are used in cooking workshops to help residents learn new skills and prepare them for life after the



Nightshelter, and when they leave they are given a food parcel to help them begin their new life.

We are conscious that many local churches, schools and community groups are extremely generous in their support of our work with those who are homeless in Winchester and the surrounding area, particularly during Harvest time. All donations are of course gratefully received; however for information on the type of Harvest donations that would be most appreciated, please visit our website www.wcns.org.uk/donations. If you would like someone from the Nightshelter to come and talk to your community or church group, please email admin@wcns.org.uk, or call 01962 862050. Our talks are informal but educational, and we can adapt them to any audience size or demographic.

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 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;		Dionne	07961 888676
	Fri	10.30 and 11.45 am			
Mahjong / U3A	Tue	2 - 5 pm		Anne	01420 563393
Easton Panto	Wed	7—10 pm		Jill	01962 779453
rehearsals	Sunday	as required			

Martyr Worthy Village Hall

Riverbank	Mon - Wed	8.30am to 3pm	Babs	01962 621757
Kindergarten	Thu - Fri	8.30am to 1pm		
Whist Drive	Thu	7pm		

Itchen Abbas and Avington Village Hall

Details of bookings and real time availability are now available on our website.
www.iaavillagehall.co.uk

Hall Manager Alex Bellisario or manager@iaavillagehall.co.uk
 or telephone 07947 191229 Village hall callbox 01962 791021

Regular Bookings

Montessori	Mon to Fri	08.30	Caroline	01730 829377
Zumba	Mon	18.30 & Fri 10.00	Sue	07947 410394
Pure Circuits	Mon	20.00	Juliette	07799 890860
Rugby Tots	Tues	09.15 & Wed 10.20	Phil	03453 133258
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
Badminton	Thur	19.30	Mike	07887 503345
Swing It Dancing	Thur	21.30	Neil	07825 709691

**CARPET & UPHOLSTERY
CLEANING WITH NO VAT!!!**

*Carpet and rug cleaning *Upholstery cleaning

*Protective treatments *Leather furniture cleaning

01962 733602 07799 403867

www.martinturvey.co.uk

Local Fresh Flower Gifts to Delight

Circles, Garlands, Door Wreaths made to
individual requests



**Floral Design
Gifts**

Contact Amanda Rember
to discuss your order

07791 733002 floraldesigngifts@yahoo.co.uk



We can repair unsightly and annoying damage to
your vehicle at a reasonable cost ~ including:

Small to medium dents and scuffs

Collision damage ~ Alloy wheels refurbished

Curbed alloy wheels ~ Coded bumpers

Contact: Ray Bradbear Tel: 01962 779828

Mobile: 07950 216856 Email: raybradbear@gmail.com

STORAGE made easy

- 24/7 access
- Sizes to suit your needs
- Short or long term
- Easy to find, easy to use
- On your doorstep

01962 771993
www.barn-store.co.uk



Holden Farm Cheriton SO24 ONX

Seasonal volunteers who can help us sort through Harvest donations during weekdays are always greatly appreciated. If you can spare a few hours in September or October, please email admin@wcns.org.uk or call 01962 862050

Our AGM and annual Supporters' Evening will take place this year during the evening of Thursday 16th November, from 6.45pm onwards. Join us for an informative evening about homelessness and hear moving accounts from Nightshelter staff, residents and guest speakers. More information available soon.

Hannah Gurnham

Vegetarian cottage pie....



This recipe is just like a traditional cottage pie but without meat. It seemed to me that you could use almost anything, depending on what's in the garden or larder. The recipe calls for an onion, chopped up small and lightly cooked. Add a collection of vegetables, also chopped small, which might include any root veg, broccoli, cauliflower, peas, beans, celery and peppers. I think veg that go soft like courgettes are probably not suitable. All the veg are added to the onion and allowed to sweat for 10 minutes with some butter at a low heat. Prepare enough potatoes to form the

topping; boil until soft then mash with some butter and cream. Season well and mix in some grated cheese.

Whilst the potatoes are cooking skin some fresh tomatoes by covering them in boiling water for 30 seconds, then chop up well.

Meanwhile find some fresh herbs like parsley, tarragon, sage and rosemary, trim and cut up fine and then add to the veg. Season to taste. Tip the whole lot into a casserole. Smooth level and then add a layer of tomatoes and finally the potato mix. Level the top and add some more grated cheese (a little parmesan is also good). Bake at 180°C for about 20 minutes, when the top should be nicely browned.

This recipe can be modified to suit any taste; you could add garlic or spices, lentils or other pulses to the veg mix. Just one word of caution – don't overcook or you will have a vegetable mush.

Tony Gaster

...and the A272 method of reheating macaroni cheese

I know the A272 between Winchester and Chilbolton quite well as I used to commute to work along that road every day. As a result my mind can wander a little – as it did today when coming back from a day out in Leckford. Arminel and I were thinking about an early supper using the leftover vegetable macaroni cheese I had cooked the day before. We were debating whether to reheat it in the dish in which it had been cooked or whether to microwave it. The first method would retain the crispiness of the original dish but we knew from experience that it would take ages to warm the bit in the middle. Using the



Fully qualified and insured specialists in tree care, hedge trimming, stump grinding and garden reclamation

01962 861891 / 07725 835715
www.fishertreecare.co.uk

Hampshire Acupuncture

Specialising in you

Traditional Chinese Medicine

Cosmetic Acupuncture

SHARON BRADBEAR

BSc (Hons) Lic Ac MBAC

07951 501594

www.hantsacu.co.uk



Alresford . Southampton

Maid Marian

PROFESSIONAL DOMESTIC SERVICES



High quality domestic services Guaranteed



One less thing to think about.

We can help.

- Regular cleaning and end of tenancy cleaning
- One off spring cleans
- Washing and ironing
- Carpet cleaning
- Building maintenance including painting and decorating
- Shopping
- Man with a van

telephone: 01962 736713

email: enquiries@maidmariancleaners.co.uk

web: www.maidmariancleaners.co.uk

SHAUN BARNEY

Professional Painter & Decorator

Local Tradesman with 20 years experience



Competitive Rates

Quality Work Fully Insured

01962 864033

07928 027618



Moo Music musical fun
for your little one

Book now for Autumn Term

Creative music and movement
for 0-5 year olds

- Sessions in Easton and Alresford
- Early years settings

denise@moo-music.co.uk
f 01962 779182
www.moo-music.co.uk/alresford




High Quality
Prompt
Care

Winchester GP
Same day appointments
Telephone consultations | Home visits
24 hour online booking | Extended hours reception
Free on-site parking | No registration fee
Use alongside your NHS GP
BMI Sarum Road, Winchester
HealthSpace, Bishop's Walkham
01962776010 WinchesterGP.com

Warner & Richardson Solicitors

Warner & Richardson was founded over 200 years ago and has built a reputation for personal service and high quality advice. With the longest record of service of any Winchester firm we are committed to providing innovative solutions to our clients' problems and needs based on a strong foundation of local knowledge, experience and pragmatic advice.

Private Client Services

Property and Conveyancing

Wills, Probate and Trusts

Business Client Services

Commercial Property and Business Leases

Agricultural Land

Please see our website at www.wandr.co.uk for further details



29 Jewry Street, Winchester, Hampshire SO23 8RR

Tel 01962 868366 Fax 01962 840607 DX2511 Winchester

Email : lawyers@wandr.co.uk

Website: www.wandr.co.uk

ITCHEN VALLEY CHORAL SOCIETY

Local singing for local people.
You don't need to read music.
We're not as stuffy as the name!

Come along to
Itchen Abbas Village Hall
for a welcoming first meeting of the
new season at 7.45 pm
Wednesday 6th September.

New members are very welcome.

We especially need sopranos.

Further info. contact Geoff.
gerobinson@btinternet.com

Remember:

Singing is good for you!



microwave would heat all the leftovers very quickly but the food would go rather soggy.

Wonder of wonders, as I drove along the arrow straight A272, I was hit, fortunately not by another car but by inspiration. I had this vision of dividing the leftovers into large spoonfuls, placing them on a baking sheet and heating them in a hot oven for about twenty minutes. The proof of the pudding, as they say, is in the baking so when I got home, the first thing I did was turn on the oven and distribute the macaroni cheese onto a clean baking sheet.

Amazingly it worked! Hot and crisp vegetable macaroni cheese in much less time that it had ever taken before. I don't remember seeing this method in any book I have read so maybe this can indeed be the first time a recipe suggestion has been named after a road.

Vernon Tottle

Our favourite dogs - No 2 in a series

We got him by mistake: our best man bred a litter, and we decided we didn't want another dog. All the puppies went to new homes, but one came back....and we changed our minds. We never managed to train our last dog to come back reliably

when called: big mistake, and it had put us off. This time was different. We took Gus to puppy classes and



then to gun dog classes, and he turned out to be a really nice chap anyway – and lo and behold we have an almost perfectly behaved dog... most of the time.



He is from the working strain of golden retrievers with obedience bred in, but he is also extremely



WORTHY HEATING & PLUMBING SERVICES



Jonathan Salter



- Corgi Registered Gas Installers
- Boiler & Control Specialists
- Boiler Servicing and Repair
- Gas & Oil Fired Boilers
- Appointed Service Agents

Spring Cottage. Tel: 01962 776321
Woodman Lane. Fax: 01962 776111
Sparsholt, Winchester Mob: 07703 178219
SO21 2NZ Email: worthyheating@aol.com

Itchen Valley Montessori



Itchen Abbas

9.00 am - 2.45 pm
Monday

9.00 am - 1.00 pm
Tuesday to Friday

The Montessori Method in a
prepared classroom

**Activities include Art & Craft,
Music & Movement, Cooking,
French and Drama**

Call 01730 829377

carolinembutcher@btinternet.com

nosh catering

Sensibly priced, bespoke catering using local produce

For all enquiries contact Jude Owen:

Mobile: 07729 473796
Home: 01420 588179
www.noshcafebar.com
noshcafebar@gmail.com

nosh café | bar

Lymington Bottom Road
Next to Reads Butchers
Open 8-5 Mon/Sat
ALSO AVAILABLE FOR PRIVATE HIRE

ANDREW SMITH & SON

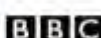
1793

FINE ART AUCTIONEERS & VALUERS

Hampshire's Leading International Fine Art & Antiques Auctioneers

- monthly unique & diverse sales
 - an exciting fine art, antique & jewellery market
 - auctioning from around the world
 - global exposure via 'live' internet bidding
 - regular contributors to BBC's *Flagship* and *The Antiques Road Trip*
- Contact us for details of our:
- complete property & contents valuation services for
Sale - Insurance - Probate - Family Division
 - free valuation advice for auction sale
 - complete house clearance

www.andrewsmithandson.com



THE AUCTION ROOMS, MANOR FARM, ITCHEN STOKES,
WINCHESTER SO4 0QT

Tel. 01962 733988 email: auction@andrewsmithandson.com



Pure circuits classes

**Mondays 8-9pm
at Itchen Abbas Village Hall**

Are you up for a new challenge? Suitable for all levels of fitness. No equipment or fancy gear needed, just a good sense of humour!

Run by local Fitness Instructor Juliette Green.

FIRST CLASS FREE - Drop in classes only £6.

Email purecircuits@gmail.com

or phone/text 07799 890860 to book your **FREE** place.



Can't get the hang of
your computer?

**One-to-one tuition in your
own home by qualified trainer**

Gift tokens available

Call Christine for details on

01962 735359



Butchers of Distinction

Home Made Pies. Ready Meals

A Variety of Seasonal Game

Award Winning Sausages and Burgers

PLUMBLINE Local
Plumbing & Heating

*Friendly, local family run business with
over 20yrs experience and a member of
CHECKATRADE.*



Tel: 01962 885511

Mob: 07801 365925

1 year guarantee on work undertaken
NO JOB TOO SMALL !

Alresford Motor Services **New Farm Road**

All makes serviced and repaired

MOT test station

Volkswagen, Audi, Saab

and Volvo specialist

01962 733 888

Memorials
Building Stonework Restoration
BLACKWELL & MOODY Ltd

Stone Masons for five generations

Magdalen Masonry Works

Alresford Road Winchester SO21 1HE

Tel 01962 852476

blackwellandmoodyltd@fsmail.net

CURTAINS and AUSTRIAN BLINDS

Throw-over bed covers made up from
customer's own material.

Headboards & dressing tables covered.

Christening gowns made to order.

Tel: Mrs Egleton 07985 517169 01962 779586

ZUMBA CLASSES



Every **Thursday** morning at

Easton Village Hall,

10.30am to 11.30am.

Come and get fit whilst dancing to fantastic Latin beats.
Getting fit never felt such fun!

Tel. Muriele on **07821 545403**

For more details visit www.murielezumba.com

SMARTIES

**Top quality second-hand clothes
for children aged 0-15**

Please contact Andrea on

01962 779553

07743 042753

and join over 500 other Hampshire Mums at Smarties

ITCHEN VALLEY B&B

CHILLANDHAM LANE

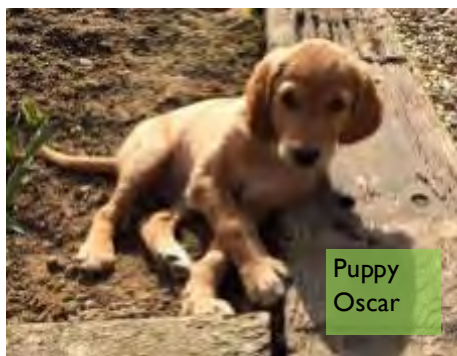
MARTYR WORTHY

01962 779379

bh@itchenvalleybandb.com
www.itchenvalleybandb.com



obliging. He is a happy house dog, mostly sensible out shooting, completely tolerant of small children



(though if he could roll his eyes he would) and always cheerful. And then my friend was looking to breed from her retriever, and Gus fathered a litter of eleven. So many of them have homes locally that the wonderful dog trainer in Headbourne Worthy decided it was worth having a class just for Gus'



progeny!

It was a great decision to change our minds. Gus adds to the general entertainment, whether he is unsuccessfully chasing the squirrels in Hyde Park, galloping madly along the beach or with his happy smile helping us enjoy more of the local walks than we otherwise would.

Verity Coleman

Tiddler Joke



What do you get on a beach with a witch?

A sandwich.....

Archie Cannons, aged 5

Stop press—observing ospreys at Avington

Following up on an interesting Itchen List posting by Vijay Amarnani, I visited Avington lake the following morning to see if I too could see his osprey. This occasional visitor was hopefully a creature of habit and I made sure I was there at the same hour as Vijay.

Taking my camera along to capture hundreds of wonderful osprey images, I sat on the bench by the lake and waited. And waited. And waited. It was then that I began to appreciate the

enormous patience of professional wildlife photographers who must stay cooped up for hours, if not days, waiting for their “prey” to appear. And when it does make a showing, they must be quick enough to get their camera focused and taking shots before the elusive creature flies off again. I took some photos of the swans, geese and coots on the lake – even though most of them were too far away to make more than a small dot on the lens. A meadow brown butterfly obliged me by staying still on a leaf for a few seconds but a solitary red admiral fluttered past oblivious of my need for it to at least land on a flower for a moment. At last a pair (yes two!) big grey birds appeared over the treetops, circled round the lake and then flew off towards the other end of the water. Were they ospreys? Big and greyish white I convinced myself that I had indeed seen Vijay’s osprey – and two of them to boot.

Returning home after an hour’s bird watching, I was able to see the morning’s photos on the big computer screen. And there they were; two large ospreys - that happened to look an awful lot like a pair of herons.



Ah well, better luck next time.

Vernon Tottle

*Itchen Valley News Wildlife Photographer
of the Year*

Local monthly information

Waste collections in September

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

Cameo

On Tuesday 19th September.

Farmers’ Markets in Winchester

Sundays 10th & 24th September.

Parish Council Full Meeting

Tuesday 7th September Itchen Abbas VH

67 Bus operated by Stagecoach.

School term timetable operates from 4th September onwards.

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 1st September.

Weekdays to Winchester:

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

Weekdays to Alresford:

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

Saturday service (same for the whole month)

Towards Winchester:

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

Towards Alresford:

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

No Sunday or bank holiday service

All times shown are at Itchen Abbas.

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



CHIMNEY SWEEP

☎ 01962 734029

☎ 07721 458067

- Professional and comprehensive service
- Stringent dust control methods observed
- No mess guarantee
- Bird guards and weather cowls fitted
- Wood stoves and multifuel stoves serviced
- Flue inspection and airflow testing
- Calls taken seven days a week

FULFLOOD GALLERY & FRAMING

Keith Butcher

keith@fulfloodgalleryandframing.co.uk

3 Stockbridge Road, Winchester, SO22 6RN
01962 877992

www.fulfloodgalleryandframing.co.uk



A H SERVICES

Domestic gas engineer - certificated
plumbers

Boilers/Cookers/Gas fires - Installs/Service/Repairs

Electrical - Gas safety checks - Landlord's safety
certificates

Bathrooms Property maintenance

Fully insured.

Telephone 07533 776406 or 07847144092



Mulberry Tree Services

Problem Trees?

Fully Qualified Certified Tree
Surgeon with 25 years experience

**Fully Insured
Very Competitive Prices**

- Removal of Dangerous Trees
- Pruning • Shaping • Thinning
- Stump Removal • Hedge Cutting
- Fencing Specialist

Tel: 01962 88 68 66

Mob: 07974 761183

www.mulberrytreeservices.co.uk

MH GARDEN WORKS

Fencing + Decking + Patios

Garden maintenance

free quotes and advice

07818800706 or 01962 469489

Paulina Swiezynska



Your mobile nail technician

Professional manicure and pedicure

Available for pamper/children's parties

07496 482019

01962 779425

paulinal37@live.com

FIRST ELECTRICAL SOLUTIONS LTD

Number 1 choice for all your electrical needs

FIRST

Office: 02381 781347

Mobile: 07712 539191

Email: contactus@firstelectricalsolutions.co.uk

NICEIC REGISTERED

PROUD MEMBERS OF CHECKATrade

LAWN CARE

Feed, Weed and Moss Control

Single/All-Year-Round Treatment

Scarifying/Overseeding

Weed Control of Driveways/Paths

Tel: Brian 07710 792839

Keylink SAS Ltd



**Mercedes, BMW,
Porsche and VAG**
servicing & repairs
specialist.

(All other makes too).

Competitive rates, full diagnostics,
MOTs arranged.

Air conditioning service and
repair.

Free collection, delivery or
courtesy car.

www.keylinksas.co.uk

info@keylinksas.co.uk

01256 397150

Unit 15/16 The Calvert Centre
Woodmancott Winchester, SO21 3BN



**Jo
Huggins**

**Rosie
Williams**

High Quality

- Dressmaking
- Restyling
- Alterations
- Repairs

Traditionally made

- Bespoke curtains
- Blinds
- Cushions
- Curtain tracks
& poles
- Fabrics

Call or email us today

07885 750070

jo.huggins@yahoo.co.uk

07411 711168

rosie@coscine.co.uk

Friendly local service

Computer Problems?



- PC, Mac, iPads, Phones
- Systems & Software Problems
- Virus cleaning, & Security
- Tune ups and Health Checks
- Broadband & Sharing
- Upgrades & Hardware
- Data Recovery
- Cracked screens replaced

**Independent and Impartial
Advice, Home Visits**
(some evenings available)
★ **FREE Estimates** ★



**10% labour discount with Parish
Magazine**

Laptops, Macs, Phones

PC's, home setups, Viruses

Colin: 01962 713890

Gerry: 01962 712674

Mob: 07727 481220

Mob: 07900 845814

Qualified engineer

*Member Hants Buy With
Confidence*



**Northington
Stud & Stables**

- Riding Lessons & Hacking
- Livery - full, part and grass
- Rent a Pony - for 6 or 12 months
- Happy Birthday Pony Parties & Pony Camps
- Horses for hire to go hunting
- Opportunity to compete at shows

For more details call Francesca on

07970 717093

find us on Facebook Northington Stud & Stables

GARDEN
GEORGE CANN
MACHINERY

**2014 UK Garden Machinery
Dealer of the Year**

STILL SOWING THE SEEDS OF SUCCESS

TEL: 01962 771800

LADLYS FARM, BRAMDEAN, ALRESFORD, HAMPSHIRE, SO24 0JT

www.georgecanngardenmachinery.co.uk



THE
COUNTRY
HOUSE
COMPANY



Property Sales | Lettings | Management
02392 632 275 countryhousecompany.co.uk



Blinds & Awnings

We offer a full measuring, manufacturing and installation service for all types of high quality

Blinds - Awnings - Shutters

Full 5 year guarantee

Other services include:

Awning and canopy restoration (including recovering)

Blind servicing and repair work

For a free, no obligation quote in your own home or office:

Tel: 01962 736836 or 07711 007079

email: enquiries@drblinds.co.uk



Hellards

Trust us with your move



Call 01962 736333 or email alresford@hellards.co.uk
for a free market appraisal



Sales, Lettings and Property Management | 11 Broad Street, Alresford | www.hellards.co.uk