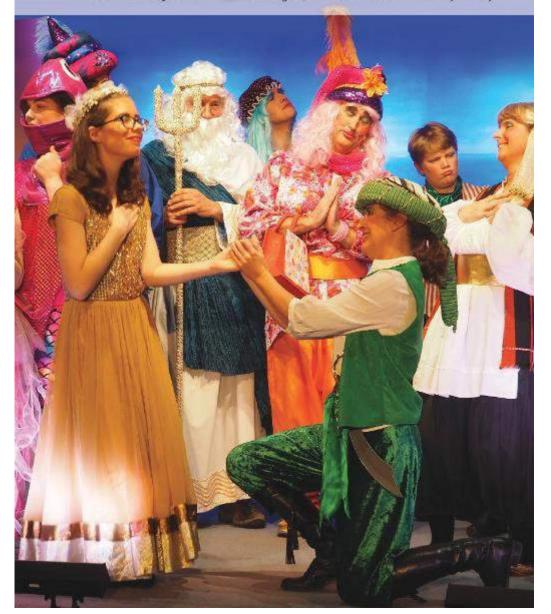
# VallëÿNews

Issue 61 January 2019

For Avington, Easton, Itchen Abbas and Martyr Worthy





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#### NOT JUST STOVES!



#### WELCOME to the Valley News

The timing for this edition is always a little tricky – it should be through your letterbox well before Christmas, but it is called the January edition; some articles are focused on Christmas, and some are looking forward to 2019. Either way, I hope you are enjoying reading this with your feet up, perhaps in anticipation of Christmas and New Year or, as the equinox passes, to the lighter days ahead. Keep an eye out for Venus in the south eastern sky at dawn!

Christmas preparations are on hold here while this edition of the News gets sorted, but the temptations of striding out into our countryside are very tempting in the daylight - whether it's walking the dog, going to look at potential wild flower verges or to admire the river and think of warm days ahead..... Even in the depths of winter there is much to admire and enjoy outside, as the form of the trees is revealed and the low winter sun makes wonderful light effects. I have put some of my photos in the centre spread this month in celebration – yet again - of our glorious countryside. However, it doesn't seem long after lunchtime before the light is gone, and it does seem a long time to wait until the longer days are here. I am going to try and keep getting out there when I can - Tony doesn't let a bit of winter weather keep him out of his greenhouse (see page 36) but when it's raining there is always a good book (see page 10).

I have focused on doing more shopping in Winchester and Alresford this Christmas, and have spent a bit of extra time looking in some of the shops I don't usually visit. Internet shopping is easy

but impersonal, and there are still plenty of interesting independent shops that need our support - use them or lose them!

Have a great start to 2019 and let's keep up the good work with our lovely neighbours (see page 24). Next month the magazine will be in the capable hands of Lucy Wolfe and Fi McIntosh get those articles rolling in with everything you have been doing and planning!

And now I shall think about Christmas cards and wrapping presents!

Verity Coleman

Itchen Valley News

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Postal address: Itchen Valley News, Hazeldene, Northington Road, Itchen Abbas, SO21 IBE Please send all contributions for February 2019 by Tuesday 15 January. 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 Jean Wheeler, other photos from

#### What's On

## Sunday 23 December Carol singing in Itchen Abbas

Once again Joan and Rodney Dartnall are organising carol singing in Itchen Abbas and everyone is welcome. Please bring your best voices to Itchen Abbas Manor by 6 o'clock on Sunday 23 December for festive refreshments, before setting off to sing in Little Hayes Lane. You will need warm clothes and torches or lanterns. Please contact the Dartnalls on 779538. This year the chosen charity is Winchester Go LD, supporting and enabling people with a learning disability.

#### Saturday 19 January 2019 Let's Abba Party!

Easton Village Hall See advert opposite. Tickets £15 from sally15@btinternet.com 779283 or irislacey@hotmail.co.uk 779707

## Saturday 26 January Martyr Worthy Lecture Series

Itchen Abbas and Avington Village Hall Michael Chance from The Grange Festival: Curtain up for an Opera! Wine and canapes from 7.00. Lecture 7.45-8.45

Tickets £20 in aid of the Itchen Valley Parish. See advert opposite

#### Saturday 26 January, Michael Frayn in conversation with John Miller



7pm at The Guildhall, in aid of Home-Start Winchester

Tickets £12 (plus booking fee) from michaelfraynwinchester.eventbrite.co.uk, 851177 or email info@homestartwinchester.org.uk

Sue Gentry

## Tuesday 26 Febuary Martyr Worthy lecture series

What is Power in Modern Russia? By Dr Andrew Monaghan



#### Friday 15 March Annual Quiz Night

7 pm for 7.15 Twyford Village Hall Tickets £16 from Ros Francis 01962 711220, rosfrancis@hotmail.co.uk

#### Lenten lunches 2019

Are there any wonderful people out there from each of our villages - Avington, Easton, Itchen Abbas and Martyr Worthy – who would volunteer to host one of the six Lenten Lunches? They take the form of open house with soup and bread and cheese, with a donation to charity. The first lunch will be on Friday 8 March 2019 and thereafter on 15, 22, 29 March and 5, 12 April.

As you will have seen (page 16 of last month's IVN), last year the Lenten Lunches raised a substantial sum for the Itchen Valley community, enabling defibrillators to be purchased for Itchen Abbas and Easton.

If you can help please get in touch with me.

Stephanie Gretton 01962 779379 or stephgretton@sky.com

## Martyr Worthy Lecture Series 2018/19

at Itchen Abbas and Avington Village Hall, SO21 1BQ from 7.00pm for a complimentary glass of wine and canapés

Saturday 26th January 2019 Michael Chance CBE

## Curtain up for an Opera!



The Artistic Director of The Grange Festival recalls his experiences from a distinguished international career, with recorded highlights. Tuesday 26th February 2019 Dr Andrew Monaghan

#### WHAT IS POWER IN MODERN RUSSIA?



Dr Monaghan, Director of Research on Russia at Pembroke College Oxford, offers a unique lens through which to understand how Russia works—and does not.

Tickets are £20 each from www.itchenvalleychurches.org/fundraising enquiries Gilly Greenwood 01962 779540 or Verity Coleman 01962 882800

#### Easton Village Hall Saturday 19th January 2019 - 7:30pm



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#### Winchester Wine Festival

The Winchester Wine Festival is organised by a couple who are both Masters of Wine and are based in Winchester. Susie Barrie and Peter

Richards are probably best known for presenting the wine slots on BBC1's Saturday Kitchen, which they did for nearly twelve years.

This was my first visit to this annual event and I was not disappointed. I had heard from various members of the

wine trade that it was well worth attending and they were not the only ones – the Saturday tickets had all been sold and the Friday evening session was packed out.

It may be titled a wine festival, but it certainly offers more than just tastes of the many wines on show – it is a real showcase for Hampshire food producers as well, with delicious local foods which you can buy if you wish (as with most of the wines presented at the event), usually following the opportunity of trying tasting samples. Examples ranged from artisan

traditional pork pies and handmade chocolates through a variety of cheeses to local farm produced salami and other charcuterie, with canapé style nibbles from a nearby restaurant being handed out throughout. Back to the main event, and the wines available on

the exhibitor stands (situated in two rooms within Winchester Guildhall), included a good representation of Hampshire vineyards, with several English sparkling wine producers from around the region nowadays offering

strong competition to Champagne. There were also classic French, Spanish, German and New World favourites, from established retailers such as Berry Brothers and Avery's, and more esoteric options, such as unusual wines from

Georgian wine producers, some using ancient, traditional, 'natural' methods. It was a well organised occasion and the leading specialist wine glass brand, Riedel, provided one of their large, well designed tasting glasses for each visitor, included in the admission price. It was a most enjoyable and informative event, and it is encouraging that so many Winchester residents (and others, like me, from further afield) were supporting this event; evidently they were enjoying themselves as much as we were! John Peirce



# Christmas Party fun in Martyr Worthy



On Saturday I December the Martyr Worthy village hall committee hosted the biennial village children's party. Our entertainer for the afternoon. Robbie the Wizard. waited for the children

to arrive and began making intricate balloon characters from princesses to Minions. We believe he has entertained our village children for over 14 years, and in that time doesn't seem to have aged - but then he is a

wizard! Twenty-seven children came along from all corners of Martyr Worthy with their parents to enjoy the entertainment which included magic, limbo dancing and a quiet pause with sleeping lions. The children were aged from two to eight years and they all joined in fun and laughter. A party tea provided by all the party goers was devoured, especially the sandwiches, water melon and chocolate cakes. The finale was a competition, and two children were chosen by Robbie, Cajsa Craddock and Fred Winburn. Cajsa was given a rain maker balloon and Fred, a big green octopus. All the children left with various balloon characters. The party was a great start to the festive season. We wish all the families that came to the party a truly wonderful Christmas and we look forward to Robbie returning in a couple of years.

Thank you to all villagers and the committee who helped make the party a wonderful event.

Sara Mason



## Raising money for Solent Mind



The members of Avington Golf Club were absolutely delighted to hand over a cheque to Neil Mitchell representing the charity Solent Mind.

The magnificent sum of £3,530 was raised by a variety of means. Our main fundraiser was the ever popular Ladies' Coffee Morning. Ladies from all over Hampshire enjoyed 18 holes of golf on our course, and due to the generosity of our proprietor, Robert Stent, all the green fees went to the charity. As usual we added to this sum with raffles, draws, a quiz and collections from our charity tins.

Our chosen charity, Solent Mind, offers a wide range of personalised services to people of all ages with mental health problems across the south. They campaign to improve awareness, promote understanding and to help the individual. Even small sums of money raised can help to support the charity with its valuable work. *Tricia Griffith* 

#### Can it really be six years?

The Itchen Valley News was started in January 2014 as a new unified magazine for the four villages of Avington, Easton, Itchen Abbas and Martyr

Worthy. It's therefore been going five years and in my role of Chief Editor I write once again as we enter our sixth year of delivering news,



information and comment to you, our readers.

Every Christmas I have thanked the team of volunteers who work behind the scenes to create and deliver the monthly magazine. The people filling the various posts have tended to stay the same, year on year, but 2018 saw a few changes. Mima White and Jane Chichester both stood down as the two area distributors and we were happy to welcome Lyn Jones and Gilly Greenwood as replacements who seamlessly took over the roles. We also had to bid farewell to Andrew Kennedy, who sadly died in July. He had been treasurer since the magazine started and it has proved difficult to find a replacement. I have assumed that role for the time being. Our advertising manager has twisted enough arms to allow the magazine at least to break even for another year and the rota of monthly editors has stayed the same - which gives a certain continuity but also allows for a different flavour each month. They really do face a difficult job when trying to match the space available with the number of contributions received. In months with a surplus of material they may have to disappoint some writers whereas in lean periods they sometimes need to create interesting text themselves to fill the columns. Indeed it is only the wide ranging and dependable contributions from our readers that allow the magazine to have anything worth printing at all. So

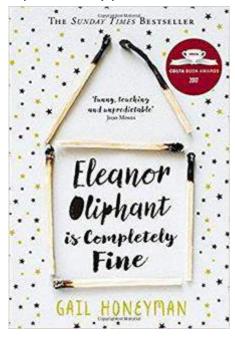
thank you to everyone involved in its production, both those behind the scenes and those willing to see their compositions in print.

A Merry Christmas to you all. Vernon Tottle Chief Editor Itchen Valley News

#### **Bookworm**

## Eleanor Oliphant is Completely Fine by Gail Honeyman

You have probably heard of 'Chick Lit', but I have to admit that 'Up Lit' was a new expression to me. In these uncertain times we could all do with some Uplfting Literature and Eleanor Oliphant certainly provides this.



It is the story of a woman so scarred, both literally and emotionally, by events in her early life that she has retreated completely into her shell to prevent herself from further hurt. She has no friends, dresses the same to

work every day, always eats the same for lunch and supper. She is somewhat autistic, precise and literal of speech and with little understanding of human relationships and yet, when she sees a musician performing and develops a crush on him, she decides it is time to improve aspects of herself so he will want to marry her. She starts with a bikini wax! When a new work colleague befriends her, her carapace begins to crack little by little.

This book is hilarious at times and also poignant and beautifully written, taking unexpected twists along the way. It is Gail Honeyman's debut novel; it won the Costa First Novel Award in 2017 and is thoroughly entertaining and definitely Uplifting. Brigid McManus

#### From our MP

By the time you read this, Christmas will most likely be over for another year and New Year resolutions – no doubt dominated by promises to get fit and lose weight – will be fresh in the mind. I may have been the Public Health Minister since June 2017 but you'll be glad to know I am no different in this regard!

Through my work in Government however, I am acutely aware that one of the greatest health challenges we face as a country is diabetes. The condition is a leading cause of premature death and is associated with blindness, lower limb amputation, and kidney failure. It also doubles our risk of cardiovascular disease. What's more, the prevalence of diabetes is increasing – over 3 million people in England are currently diagnosed, with a further estimated one million who don't know they have it.

Diabetes and its complications are

estimated to cost the NHS over £10 billion every year to treat, and one in six patients in hospital is diabetic. Current estimates I see tell us some five million people are today at high risk of developing Type 2 diabetes. Preventing Type 2, best done by sensibly managing our weight and promoting the best possible care for people with both strands, is an established priority for the Government and the NHS. We are putting significant new resources in some £20bn a year – but this must remain a priority if we are to see a sustainable health service.

I recently spoke at a meeting of the Winchester & Eastleigh Diabetes UK Support Group and told members about my passion for prevention. The group relaunched two years ago with the aim of providing support and information to those affected by diabetes locally. As I said to them, the NHS committed in 2016 to introducing the first national diabetes prevention programme which currently covers three quarters of the population in England. By 2020, it will support 100,000 people at risk of diabetes each year meaning those referred will get tailored, personalised help to reduce their risk including education on healthy eating and lifestyle and bespoke physical exercise programmes. We are also working hard to improve outcomes and quality of life for those already living with diabetes or those who will develop it in the coming years. If you, or someone you know, is diabetic and you want to know more, please contact me or the group via https://winchester.diabetesukgroup.org Finally, I am backing a brilliant new campaign called Changing Places which aims to help people who cannot use standard accessible toilets through its



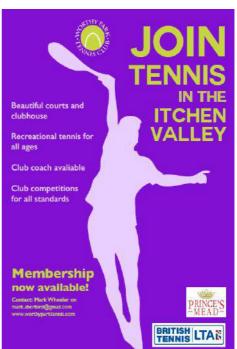
campaign to see larger facilities with extra equipment such as a height adjustable changing bench and hoist as well as enough space for a disabled person and up to two carers. It's been brought to my attention by the Winchester Science Centre and a special little boy called Finn with cerebral palsy. We think Finn should have exactly the same choices when it comes to a day out, or just a routine stop on a journey, as anyone else. You can find out more and contribute to the campaign locally via www.stevebrine.com/changingplaces Wishing all readers a happy and peaceful 2019. Steve Brine MP Read about Alresford Surgery's

Steve Brine MP
Read about Alresford Surgery's
contribution to diabetes prevention on
Page 39 - Ed

#### From our City Councillors

In February 2017 the council welcomed an external peer team of councillors and senior officers from other authorities across the country who looked at how the council can improve





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its
performance. Since
the review the
council has
introduced a
number of changes
to address their
recommendations
and has a plan in

place to complete the remaining actions in the coming months. In September 2018, the council welcomed the team again when they carried out a follow-up evaluation of the progress being made, the summary was: "The council has a clear sense of direction and progress is being made. The mix of ambitious projects and good service delivery will allow Winchester to continue to be a great place in which to live, work and visit." Good progress.

Winchester Movement Strategy. HCC and WCC have launched the second part of a two-phase public consultation into how to improve traffic and transport in and around Winchester. The Winchester Movement Strategy is being developed to help make travel improvements in the city and inform future funding bids. Make sure you have your say, as Alresford and Itchen Valley residents will be impacted. The consultation will finish on 13 January 2019.

WCC has submitted a £52m bid for funding to build more Council and Low -Cost housing across the district. As a Council that is well regarded and recognised for its success in building more homes of this type than many other Councils across the country, we are expected to be successful. Citizens Advice Bureau: The CAB provides an important service for residents and is not funded by the Government, except for occasional

grants for specific purposes. Clients do not have to pay but there are running costs for the service and therefore if you can make a personal donation or become a volunteer, you will make a difference to an important support service for residents.

Wishing you all a happy Christmas and a wonderful 2019!

Cllr Lisa Griffiths 01962 469854



The Winchester Movement
Strategy will affect us all and is open for comments until 13 January. I am content that this will improve air

quality and reduce the intimidation from traffic to pedestrians and cyclists. However the impact on the roads that will suffer more traffic has to be assessed, and I am not convinced that £2m of our developer contributions should be spent on making it happen. It would be a disaster if only residents of the City centre gave their views; those of us that have little public transport are just as important. Be nice to your bin men (waste operatives)! They do an essential, dirty and sometimes dangerous job in all weathers. Can you picture the mess if we all had to deal with our own domestic waste? I have been ashamed to hear recently that they have been on the receiving end of rude behaviour. If you have an issue with how they do their job please phone Winchester Council on 0300 300 0013. If they are blocking the road for a short while they are performing a vital public service, so please be patient. Cllr Margot Power 01962 734167

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# Where have all the candles gone?

I have kept attractive greetings cards over the years, some of which date back to the 1960's and it is surprising how particularly the Christmas ones have changed in recent years. In my opinion most of the Christmas cards we receive these days are nothing like as appealing as they were in the past.



I always purchase my Christmas cards from the charity shop in Winchester Guildhall and find it quite difficult to obtain a selection I really like the look of. There are still beautiful robin cards available but many others are non-existent these days. For instance, one doesn't see cards with candles or bells on any more.



Then during the 70's they reintroduced old Victorian Christmas cards, which were beautiful.



One of my mother's old friends, to whom she was evacuated in Newbury during the war, once sent a picture portraying the three kings which was out of this world. It had a beautiful metallic sheen to it.



Pretty Christmas decorations, candles and bells were very much in vogue and a number of them had attractive Christmas rhymes inside which you never see these days.



There were far fewer charity Christmas cards and many people tended to send a selection box card as these were considerably cheaper. I was looking through some of the old Christmas cards the other day and came to the conclusion that most of the cards we received in 2017 weren't



a patch on them – the exception being a couple of beautiful robin ones.

Arminel Tottle

#### Jackie's County Corner

Happy New Year!
It's good to see the Men's Shed
movement gaining ground in the area.
It was a pleasure to see this Shed open
in the Worthys, joining the Alresford
one which opened earlier this year.
Both took advantage of the County
Councillor Grant Scheme to provide



start-up funding.

If you have a good idea, or your local charity needs a small sum for a big idea, please contact me (deadline 18 February).

The County Council is holding a Commission to consider what is in store for us in 2050. A group of 'movers and shakers' are covering six topics looking at the issues as we move towards the middle of this century. You are invited to read what has been discussed already and contribute your views and ideas via the website Bus cuts: The budget that HCC makes available for subsidised services is being reduced. As a result the C41 will unfortunately be reduced to a service on two days a week only. I am trying to restore the daily 67 service that takes year 13 students to college for their usual (9.30am) start at Peter Symonds. Thank you for your comments following my Broadband update last month. I have passed on the individual queries to the HCC officer concerned for him to answer. HCC state that there is now 95% coverage of Hampshire in superfast broadband, mostly by FTTC (fibre to the cabinet), but they are working on 97.4% completion by the end of 2019. But Call Flow customers are telling me their broadband is still quite slow. Even when superfast is available, takeup is just 46.4%. Every 'sign up' allows Hampshire to connect more properties because there is a claw back clause to HCC from BT. If you are not sure if the faster speeds are available at your property, you can enter your postcode into the Hampshire superfast broadband website to find out which providers can supply the superfast, or when it will be connected. You can also see which cabinets have 'gone live' on the same website



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The Government has committed to 100% FTTP (fibre to the property) by 2033, so the whole BDUK programme starts again! There is governent funding through Gigabit to give grants towards the cost to connect businesses and residents direct to fibre. For further queries on individual postcodes, please contact me: I can put you in contact with HCC direct.

You may have seen 'Plastic Free Winchester' in the press. In response to a question at Council, the County has agreed to look even more carefully at the use of plastics in preparation of school lunches. There's more we can all do to rethink plastic. Have you seen the new beeswax soaked fabric sandwich wrappers?

Cllr Jackie Porter 01962 791054,

#### Itchen Valley Entrepreneurs – Theo Mezger from Jude's Ice Cream

Where did it all start, why did you decide to start an ice cream company? It all started started in a shed at the Farmyard here in Easton. Well, as you can see from my figure, I have always been glutaneous, a real 'foodie'. I live to eat not vice versa, and so it was the obvious thing to do when I left banking in 2001. Also, I had been working for the previous thirty years in an unreal world, with unreal people handling unreal numbers and I needed to come down to earth.

How would you describe the journey, from the moment you sold your first ice cream until now?

We have been really blessed, although the road has had its fair share of twists, turns and the occasional pot hole. In the earliest days we were helped enormously by many local people: on



the organisational side by Caroline Hall, Mike Parry and Henry Labram; with construction by Hilary Castle; with accounting by Deems Cox; with production by Sally Clarke, Hilary and Fran Nutbeam and Jemma Wheeler and at all times supported and encouraged by Jude herself. My first mentor and then our first customer was John Holland of the Chestnut Horse. It was a very local enterprise and I shall be for ever grateful to those that helped at that early stage. Since the first sale on 19 December 2002, we have had many ups and a few downs and the occasional plateau as well. Today we are a very different organisation, operating out of several units in Twyford and a sales office in London, employing more than 60 staff, manufacturing about 9,000 litres per day and selling from Easton to Brunei but not yet everywhere in between! Although we have grown, we work very hard to remain true to our core values particularly those of the highest quality products, the care of our customers, the care of our staff and demonstrating our Christian faith in all that we do.

What have been the highlights?
\*The first delivery to the Chestnut Horse.

\*Being joined by our sons, Alex and Chow, and a little later by Kim Lacey, straight from school, who remains with us today as one of our senior managers.

\*When we could name many of the celebrity chefs as our customers.

\*When we moved in 2009 from Easton into spanking new, purpose built premises in Twyford.

\*The sponsorship of the Easton and Martyr Worthy Cricket Club junior section.

Oh so many, the list goes on and on! Any memories that you'd rather forget?! Making and selling a batch of watercress ice cream for the first Watercress Festival in Alresford, which was quite disgusting!



What are the company's biggest challenges?

Expanding fast, whilst maintaining quality and our values.

You have a huge variety of flavours, what is the most popular and the least popular? Most popular – vanilla, clotted cream and salted caramel although our vegan

and low calorie products are really taking off. Least popular – none, as we remove them from the menu as sales fall.

Jude's is a huge success story, what does the future hold?

Watch this space! New products, still dairy related, and new markets from next spring!

Theo was talking to Lucy Wolfe

#### Neighbourliness with Neighbourhood Watch

Neighbourhood Watch can have an important role to play in supporting community cohesion. According to a Neighbourhood Watch survey, members are less likely than nonmembers to feel isolated; they are more likely to know their neighbours, to help them and to volunteer for other things within their community. Lots of people want to see more of their family and friends, but mobility or transport problems make this difficult. Neighbours however, are close by and have huge potential to make a difference to people's lives. People worry about being thought of as nosey. No one wants to be intrusive and Neighbourhood Watch members in particular are understandably averse to being labelled "curtain-twitchers". Without talking to them there's no easy way to tell whether your seldomseen neighbour feels lonely, is seething

prefers their own company. However, it was clear from the survey that many people wish their neighbours were chattier and feel that more contact with neighbours would help them feel less isolated. A significant number of respondents said that "knowing neighbours better", "getting

with fury at your leylandii, or simply

## **Itchen Valley Churches**

6th January

8am BCP Holy Communion St Swithun's, Martyr Worthy

10am All Age Worship St Mary's, Easton

13th January

10am Parish Communion St John's, Itchen Abbas

6pm Evensong St Swithun's, Martyr Worthy

20th January

8am BCP Holy Communion St John's, Itchen Abbas

10am Valley Worship St Mary's, Easton

27th January

10am Parish Communion St Swithun's, Martyr Worthy

6pm Evensong St Mary's, Avington

Rector

Revd Alex Pease rector@itchenvalleychurches.org 01962 779845

Days: Sun, Mon, Tues & Weds.

LLM

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Parish Administrator

Beccy Clark admin@itchenvalleychurches.org 01962 779845 Mon-Fri, 9am - 1pm (term time)

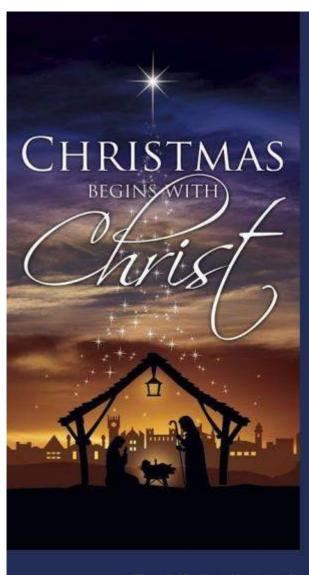
www.itchenvalleychurches.org

#### The Ark

The Ark meets each Sunday apart from the first one of the month when the children take part in the All Age Worship which is directed towards their age. So whether you are in Bubbles (3-5) Splash (6-8) or Extreme (9-11) our team of leaders and other shipmates will be keen to see you. We have some great materials and we will be finding out more and more about Jesus. It is always amazing and so much fun – so please do come!

#### Churchwardens

Robin Greenwood 779540 Andrew Impey 779645 Vanessa Rosewell 841182 Tony Gaster 779110 Nick Owen 779162



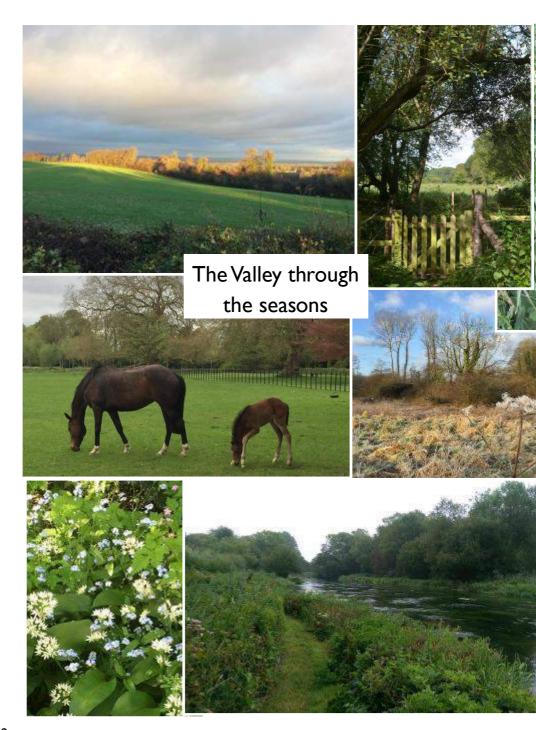
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> Christmas Eve at 4pm Crib and Carols St Mary's Church Easton

Christmas Eve at 11.30pm First Communion of Christmas St Mary's Church Avington

Christmas Day at 10am Parish Communion St Swithun's Church Martyr Worthy

For full details of all of our services please take a look at www.itchenvalleychurches.org





to know other people on my street", "a brief chat with neighbours" and "more friendly neighbours", would help mitigate feelings of loneliness. People don't always see the value of a quick visit or chat. They think that once they have gone, their neighbour will be alone again and that their company doesn't really do any good. But the evidence shows that people absolutely do value those small interactions. Every friendly word adds up to a feeling of being part of a community and being surrounded by people who care about you. Neighbourhood Watch is not purely about crime prevention but also includes a social aspect – people getting to know their neighbours and forging a sense of community. Where a community cares about its members it is difficult for crime to flourish. Neighbourhood Watch doesn't magically make people neighbourly, of course. It attracts people who are neighbourly by nature - those who want to have good relationships with those around them and make their area a nice place to live. And it is very effective at reducing crime. The result of this is that areas with an

established Neighbourhood Watch scheme tend to have low crime levels, which is great because Neighbourhood Watch is all about keeping people safe where they live. We need to think about what we can do to encourage people to reach out to those who live near them; not to force this, but to consider what motivates people. A key part of this is proving that people really can make a difference.

If you don't know your neighbours' names or rarely speak to them, why not reach out today.

Andrew Black Alresford and District Neighbourhood Watch Association

# Neighbourhood Watch meeting with police

At a recent meeting organised with the police to air concerns and understand the police response, some of the issues addressed were:

- So-called Nottingham Knockers don't engage with them and make sure if you decide to answer your door you do so with caution.
- Cyber crimes are increasing in number and sophistication. Do not allow anyone access to your computer remotely. If you think you have been subject to a scam, report to Action Fraud at www.actionfraud.police.uk
- Motoring issues are not really in the remit of the rural policing team. However the Cart and Horses junction was discussed (again). Speed checks can only be run in places where there is a long enough stretch of road to get an accurate reading. A speed monitoring group might be a possibility.
- Local burglary numbers are low. Try to make your property look lived in, perhaps by using a lighting timer. Please report all crimes however small.
- If you are going to park your car to go for a walk don't leave anything in your boot - if you are not going to take it with you leave it at home. Please phone 101 and report ALL suspicious activity.

Log onto the property crime website at www.immobilise.com to register valued items, with details and a photo. It helps the police and it provides proof of ownership if you have to claim on insurance.

Andrew Salmon Itchen Abbas Neighbourhood Watch Co-ordinator

#### A warning and a puzzle

Edith Wharton is perhaps best known for her Pulitzer prize winning novel "The Age of Innocence". A well-known quote from this runs: There are two ways of spreading light: to be the candle or the mirror that reflects it. During the long dark nights at this time of year, it is common enough to be lighting candles at home to drive away the gloom. But the light from a candle only serves a purpose if other things in the room reflect the light so we can see what is around us.

A car headlight has the power of many candles. About 6,000 according to Wikipedia, but even 6,000 candles can only do their work if they can reflect

off something. Alas, black clothing doesn't reflect very much light at all and often can only be seen if the background is a lighter colour. A car headlight shining at night on a black road with dark hedges either side will not pick out someone wearing a dark coat and black trousers. In contrast, a beige coat worn with white trousers will show up really nicely in



Photos by Marks and Spencer



those 6,000 candles. A proper reflective jacket will shine even brighter. If you want to walk safely along country lanes in the dark, please wear something light at night. Vernon Tottle

PS In searching for the light quote above I came across this one. What happens if you're travelling at the speed of light and turn on your headlights? I was diverted for ages reading the various answers to this delightful scientific conundrum

#### From the Parish Council

Good news: new railings are being installed on the path leading from the pavement on Station Hill in Itchen Abbas to the path serving the homes above. The old painted railings were in a dreadful state and in places rusted right through. The new ones are galvanised so should last a good length of time.



We have now finalised our budget for 2019/20. This may sound early, given that our financial year runs April to April, but it has to be submitted to Winchester City Council in January. Working on the principle that our precept must cover all our normal running costs, we have had to raise it again by a small amount. New legislation such as GDPR lengthens the time our Clerk has to spend on

administration, which naturally increases costs.

Also, although we have been told that there is no immediate danger of Parish Council precepts being capped, there is always the chance that it may happen in the not too distant future, so better to be prepared than caught out. Even with this increase most households in the Parish will only be paying a small bit more a year for the Parish Council services.

Our Clerk and Responsible Finance Officer, Alan Weaver retires at the beginning of January. He joined us just under three years ago. Having spent his career in local government he quickly settled into the job despite not having worked in a Parish role before. He has sat through many meetings diligently taking the minutes and giving helpful advice when needed. Behind the scenes he has worked hard dealing with the often rigorous administrative demands put on us by ever increasing regulation. His circumspect approach has given us a level of calm both in and out of meetings, which before his arrival was not always the case. So we all owe him our thanks for the time and effort he has put in while with us and we wish him a long and happy retirement.

Fortunately, Alan gave us plenty of warning so we have been able to recruit a new Clerk/RFO to replace him. Michelle Leadbitter-Allen joins us officially in January although she has already attended one Full Council Meeting and is working with Alan as he prepares to hand over the reins – and the hard copies of the paperwork! Michelle has worked for a number of organisations including the Hampshire Association of Local Councils (HALC) and is a fully qualified Parish Clerk. We all look forward to working with

her.

Also looking forward to 2019 we will again be holding our Litter Pick. The precise date has not yet been fixed but it will be sometime in March. Once a date has been decided we will put it on our website and also in the Valley News.

In the meantime from all of us on the Parish council may we hope you will be having a happy Christmas – remember it lasts twelve days – and we wish you all a healthy and prosperous New Year. Patrick Appleby

# That junction and some traffic thoughts

There has been so much debate about our famous B3047/A33 junction. And yet the so-called experts continue to ignore our pleas to make it more obvious who has right of way. The new lighting may be a help, yet I was told SDNP did not want traffic lights because of light pollution, an odd compromise.

Clearly there is more work to do as the blue barriers have been in place for months. Yet the delays continue at peak times and it is only about two hours morning and evening. I continue to wonder why a roundabout or parttime traffic lights have been rejected. I reflect if anyone could make a worse job of traffic management than WCC. The issue of parking, which seems crucial to all of us, is just ignored. Now that Barton Farm is underway there will surely be many more traffic movements. Thinking of parking, the hospital is another nightmare. It seems to me those of us in the villages surrounding the city actually need some parking provision as there are no trains and bus services are



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continually reduced and in any way impractical for most of my journeys. There has surely to be some integration for commuters too, who use the station. I had hoped the old police station might have been a good site for a multi-storey car park, yet it just lies unused.

If I were to buy an electric car where might I recharge it locally away from home?

30mph is 44feet per second. It takes me four seconds to cross the B3047. When a car is more than 100 yards away, I should cross in safety but a margin of 200 yards is needed at times.... Speeding? – never! Tony Gaster.

#### Jennifer Ffennell 1929-2018

Well, my aunt certainly was a character!



We all shared many happy moments with Jennifer and there were several other more testing moments - usually

down the end of a telephone line. But that's how she was.

She was remarkable in a number of ways, not least for her generosityalways remembering birthdays, Easter & Christmas, when presents arrived always sealed with yards of sticky tape making opening them a feat in itself. Then there were the numerous drinks parties that became such an important part of her life, be it the Harvest Festival, or the dog's birthday party. She had a good eye for architectural design, converting Martyr Worthy Minor into an attractive brick and flint cottage that has been much admired over the years, and she knew how to lay out a garden, often using unusual plants that she was never afraid to experiment with.

She was resolutely brave about her failing health during her last few years, seldom complaining about her aches and pains. Indeed on more than one occasion, when she had fallen over in the night and forgotten to press her personal alarm bell, she would be picked up off the floor in the morning stiff as a board by the paramedics; when they enquired as to how she felt, she would reply that she was feeling disgustingly well and that she hadn't fallen over, it was just her legs that had collapsed.

Jennifer was born and brought up in Martyr Worthy Place. After leaving school straight after the war, she worked for five years for the British Red Cross as a transport officer for the hospital car service. She then embarked on a floral design course and ended up becoming the head decorator for Constance Spry in London. Thereafter she spent a number of years as a freelance florist both in North America and back in Hampshire. Working with flowers was perhaps when she was at

her happiest and she would have approved of Linda Lockyer's flowers in Martyr Worthy church for her funeral service.

Jennifer went on to further her education in landscape architecture by attending courses at Cheltenham School of Architecture and Edinburgh University. Once qualified, she became a research assistant at the University of California in Berkeley, the University of Washington in Seattle, and finally the University of Newcastle-upon-Tyne. It was in the 1960s that she decided to settle down in Martyr Worthy Minor and devote her time to the two things that we will probably best remember her for.

Firstly her love for the village of Martyr Worthy. She cared passionately about its fabric and fought furiously to preserve its integrity, leading a campaign in the 1950s to prevent a large scale development of houses on the land surrounding Martyr Worthy Manor extending all the way down to the river. She was the anonymous donor who offered to buy part of Texas field for the purpose of creating a car park for the village hall and the church to relieve the ongoing parking problems that we still have down Church Lane today. Unfortunately a decision on its position couldn't be agreed and so eventually the offer was withdrawn. She donated the wrought iron bench by the bus stop at the top of the lane after the previous one was stolen and she was responsible for moving the parish notice board from beside the main road to outside the village hall. All these things were of the greatest importance to her and so got done.

She served on the parish council for many years and will have crossed swords with fellow members on a number of occasions. She was very outspoken at times and seldom found reverse gear. But in a quiet moment one might care to admit that she was very often right. She was a trustee of the Martyr Worthy Village Hall for over thirty years seldom missing an AGM. She honestly thought that it was the best village hall in the country and told people so.



Then there was the other love in her life - namely her succession of four legged friends that were to become her loving soul mates for so many years and who were to play

such an integral part in her life. It's quite difficult to sum this bit up in words. Perhaps we will remember the toys strewn all over the drawing room floor, or the photo that arrived as a Christmas card, or sitting next to Orlando in church on a Sunday morning. I have always thought that to be regarded as eccentric by ones friends and neighbours is a compliment. I am not sure quite what qualifies one for such an accolade, but I would suggest that issuing your assembled guests at the end of the dog's birthday party with a doggy bag from Fortnum & Masons must go a long way down that road.

She was fiercely independent, and despite her advancing age and failing health, certain in her mind that she could manage perfectly well on her own at Martyr Worthy Minor. The

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Ladies Short Tennis	Wed		4.30	Arminel		962 779611
Pilates		9.15 & 18		Aimee		546 941489
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reality of course was quite different and it was entirely thanks to Stephanie and Lucinda that she was able to remain at home for as long as she did, backed up by a team of wonderful carers from the Home Instead agency, various dog walkers and David Lockyer, who looked after the garden and the house for more than forty years. The lion's share of the work, though, fell on Stephanie, and both Lucinda and I are greatly indebted to her for her patience, kindness & devotion.

In a curious way the last few years of Jennifer's life in her nursing home were perhaps her happiest, when memories of her previous years had almost deserted her. Freed of all that had gone before she became a gentle dear old lady with impeccable manners who never complained and who was to become genuinely loved by those of us who saw her through to the end.

Simon Ffennell

#### Letter from the Rectory

It will soon be January. But I am writing this in early December and I have absolutely no idea of where we will be as a nation by the time you read this. Will this Christmas be the last of the Good Times when we



could get anything off the shelves in the supermarket from anywhere in the world; when petrol was a paltry 130p per litre (we thought it was expensive

then); when our food prices were only 15% of our household income; when our houses were still worth what we paid for them; and when our jobs or pensions did not look in jeopardy? I cannot see from here whether we are going to leave the EU in March with or without a transition period and what that will mean for us either way. But the situation may be clearer when you read this.

One of our more senior neighbours said to me the other day 'so we will just go back to how it was when we were young, that can't be too bad'. However, for my generation - the Baby Boomers - and those who are younger, it may well be a shock. In all of our lives we have only experienced the economy getting stronger and stronger with the occasional blip of various recessions - the boom and bust of capitalism. But we worry that this may be different from a usual recession, where everything eventually bounces back to, and even exceeds, its original value. If, of course, by the time you read this we are no longer exiting the EU at all, we may worry about the risk of social unrest this may cause in areas of the country and with groups of people who have not been the victors in globalisation, who may express their disappointment in the streets. But nonetheless I feel guided to say to you: 'Don't worry!' As I have mentioned to you before in these pages, on 'Brexit Morning' the morning after the vote before, 24 June 2016, 1 was in the St Andrews University chapel for the graduation service of my daughter Marina – preaching (as much to my surprise as to the surprise of those attending) on the subject 'Don't be taken over by the fear' Matthew 6:25-37 – a subject chosen several weeks beforehand, but which turned



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#### Wa'l nut see that again.

The walnut tree planted in Itchen Abbas opposite the Plough in 1977 to commemorate the Queen's Silver Jubilee was blown down a few years ago. It regrew as a bush but even that has now been removed. The parish council will be planting another tree to replace it.

Current valley residents Pat Henderson and Peter Bell can be seen in the archive photo above. *Ed* 

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out to be particularly apposite for that morning. I feel that it is appropriate to mention this again as we look forward to what this year of 2019 will bring. lesus says in that passage: 'look at the birds of the air; they neither sow nor reap nor gather into barns and yet your Heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your sban of life? And why do you worry about clothing? Consider the lilies of the field. how they grow; they neither toil nor spin yet I tell you, even Solomon in all his glory was not clothed like one of these.' If we focus more and more on a personal relationship with God, as we read the Bible and as we ask Jesus, by prayer, into the many difficulties of our lives which may result from that fateful decision and place them on his broad shoulders, we will start to see these challenges in proportion. We will see what we have. We will see the beautiful place in which we live, our wonderful neighbours and how God continues to provide for us - maybe not everything that we want, but everything that we need - and we will be able to sail through these times without worry, knowing that someone much more able than us is carrying that

Cooking with children

#### **Playdo**

burden for us.
Revd. Alex Pease

I cup plain flour
½ cup salt
2 tablespoons cream of tartar
I tablespoon vegetable oil
I cup coloured water
First add food colour to the water.
Then mix the dry ingredients together, stir in the oil and then the coloured



water. Stir and cook in a saucepan over a moderate heat until the dough clumps and comes away from the sides of the pan. Allow the mixture to cool before playing with it. It keeps for ages in the fridge.



#### **Baked porridge**

2 eggs

2 bananas

I 1/2 cups milk

2 cups oats

I tsp baking powder

Raisins (or other dried fruit) to taste Reserve one banana. Mash the other one and mix it with all the other ingredients. Then chop the reserved banana and stir it in. Put the whole mixture into a square cake tin and bake at 160 for 25 minutes. Cut into squares when cool. It will keep 3-4 days (if it lasts that long!), reheats in the microwave and is good spread with peanut butter.

Tanya Lloyd

#### ...and one for the grown ups

#### Gingerbread gin

250g granulated sugar 100g fresh ginger, sliced 3 cinnamon sticks 10 cloves ½ a nutmeg 70cl gin

Put all the ingredients into a Kilner jar and stir well. Keep in a dark place stirring daily for a week, then strain into sterilised bottles or back into the original gin bottle. Good in a hip flask or to make a champagne cocktail. Adapted from a recipe in Sainsbury's magazine

#### The Practical Gardener

The damp and cold weather is not conducive to spending lots of time in the garden. However I do think it's necessary to sweep up leaves especially where they can block drains or gutters. With recent winds, I have made a decision to hard prune my roses as wind rock can cause damage and there are few blooms now. I have a picture this time of my "large" Xmas tree. Part of my lawn is still looking sad after chafer bug damage. Whilst I have treated areas with Nematodes, which I believe is the only remedy, I think unfortunately this will require more expert attention in the spring. However I did rake out the damaged grass and reseeded. The result is quite encouraging as new grass is in sight.



Looking ahead, January is the start of the growing season. I will be sowing early crops in the greenhouse using heated propagators. That will include some early tomatoes and slow growing annuals. I'm sure the kitchen window sill is a good alternative! Whatever compost I use, it is always sieved to remove unwanted bits.

If you have a well-planned garden, there may be few items in bloom but still plenty of colour in evergreen leaves and bark. Many of us are fortunate to have large gardens. Therefore growing things to eat is a must. Onions really are easy to grow and the flavour far superior to anything in the shops. Onion sets should be around in January (although when I asked in one local garden centre the staff did not know what they were). There are lots of crops to harvest now, results of hard work earlier in the year. I don't like ivy, it's a tree killer. You can see along the old railway line just how many small trees are affected. There



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are also a few close to the B3047 which will most likely be brought down in a storm. Ivy really does need to be cut away from trees.

Happy Gardening! Tony Gaster.

# Our Wild Valley - Taking small bites out of the Christmas cake!



In the months before Christmas three documents were issued: the People's Manifesto, WWF Environmental Charter and our own Hampshire and Isle of Wight Wildlife Trust's 'Wilder'. They were asking the public what action they thought could gain the most environmental foothold for the future. Difficult and sometimes conflicting questions were posed, but by combining forces and using people power these charities are targeting support for an ambitious Environmental Act that most importantly will be an effective watchdog to hold governments to account.

It's not all about legislation though, but individual actions to halt and reverse the decline in wildlife and the natural world. The answers are not all about money but they do all require time. Robert Macfarlane, one of my favourite writers, helped form a charity (Action for Conservation) that enables conservation workers to go into secondary schools and inspire pupils through talks and workshops. The belief is that conservation volunteering should become part of a lifestyle that not only incorporates team work, problem solving, physical or mental skill and sharing, but helps complete a conservation task. It may also help people feel better about themselves and help reduce our fallible human worries.

Many conservation projects focus on particular species or habitats, but we also have biodiversity opportunity areas trying to link it all together. we have one for the Itchen Valley (Hampshire Biodiversity Partnership). There must be hundreds of people within charities, councils and other public bodies who are busy people with their own lives to lead, yet they are passionate about working for our wildlife and wider environment. You know it when you meet them and we have plenty in the valley. They will not stop taking small bites out of the Christmas Cake all year! We can only thank them and enthuse ourselves, our friends and other generations to be passionate about wildlife and its conservation this year. Sophie Rogers

# Alresford Surgery - Weight Watchers

The Practice team at Alresford Surgery focus on disease prevention & health promotion. We use a positive approach when discussing diet and weight loss with our patients. One of our Practice Nurses, who was studying for a diploma course in diabetes, came up with the idea of starting a Weight Watchers group at the Surgery.

The group runs on Tuesday lunchtimes in the Surgery waiting room. With the help and support of the Practice team and the expertise of the Weight Watchers leader it has proved to be an enormous success.

Members like the accessible and familiar surroundings of the Surgery and older members prefer to come during the day to enjoy the social interaction that the meetings bring. After the group had been running for eleven weeks we saw a total weight loss of 34 stone (216 kilos). More importantly members are reporting real health benefits - reduced breathless, ability to walk longer distances and to be more active. Starting the group at the Surgery was to be a 12 week trial but it has proved to be so successful it is now a permanent fixture with more patients being referred each week. The Alresford Surgery Weight Watchers group meets every Tuesday from 12.30-1.30 in our main waiting room. The meeting is led by Mary Blanchard who has been a Weight Watchers leader locally for many years. The meeting is open to anyone, you do not need to be a patient of Alresford Surgery at attend. Call 0345 602 7068 to find out if you are eligible for 12 weeks free membership, at least 7-10 days prior to planning to attend the meeting.

#### A correction

In his article about Remembrance Day in the December edition of the Valley News, John Lang inadvertently stated

that his successor as Chairman of the Itchen Valley Branch of the Royal British Legion was Major James Stevens. It should have read that Major James Young had succeeded him.

#### Local monthly information

Waste collections in January
Black bins on Monday 7 January. Black
bins and green bags on Friday 18
January. Green bins on Saturday 12 and
Friday 25 January.

Cameo

On Tuesday 15 January.

Farmers Market in Winchester Sunday 13 and 27 January.

Parish Council Full Meeting
Thursday 3 January Easton village hall

67 Bus operated by Stagecoach.
School term timetable operates from Monday 7 January.
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

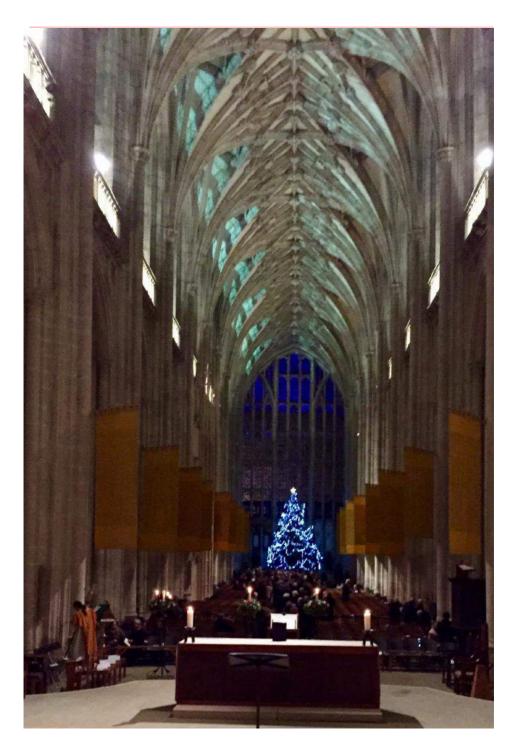
A Saturday service usually operates over the Christmas period.

**Saturday service** (same for the whole month.

Towards Winchester: 08:23 | 11:23 | 14:23 | 17:23 Towards Alresford: 09:19 | 12:19 | 15:19 | 18:09

No Sunday or bank holiday service All times shown are at Itchen Abbas. Times are 5 minutes later (or earlier) at Easton.





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