

Valley^{ITCHEN} News

Issue 62 February 2019

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WELCOME to the Valley News



New Year, new you.... NEWSance! Be gone Veganuary (is there a cream for that?). Away with abstinence.

February calls for comfort and warmth, distinctly lacking in our office at Lucy's. Suspicion lies with her husband, sneakily turning the thermostat down as he leaves the house. A good excuse to bunk off to the pub to compile the magazine and discuss our resolutions to embrace new things, rather than give them up. By the time this reaches you, we will have admired the courage of naked older ladies (in Calendar Girls, the musical), dressed up in Swedish 70's attire (at Easton's Abba Night) and braved the elements (at Park Fit) in a quest for a perkier bottom. And the journey continues, fuelled by all that's on offer within these pages. There's food for thought from the final talk in the Martyr Worthy Lecture Series and the Itchen Abbas School Quiz Night, food without fuss from the 'no dig' gardening expert Charles Dowding and practically food for free from our own gardening guru, Tony Gaster. However, one passion we won't be embracing is "Ski Racing". We'll leave that to young Thomas Johns, our cover star and "For the Love of..." contributor.

We're so lucky to be surrounded by energetic and enthusiastic people. This month Kaye Thompson tells us about her exciting business venture, we meet the new headmaster at Prince's Mead and review the latest restaurant from local foodie Miff Kayum.

We also take a moment to look back at the fabulous Easton pantomime and the hunt meet at Avington. What a colourful community we live in! If you're keen to contribute, take your pick from helping with Winchester's home library service to joining a flower arranging team, also we hear about the latest community project in Easton. With the cold weather kicking in, it's time to (turn the heating up Mr Wolfe!) spread some warmth to neighbours and friends. With that in mind please do put the Lent lunch dates in your diary, a lovely way to catch up and meet new people. Children are always welcome. Next month's editor is Charlotte Appleby.
Lucy & Fi

Itchen Valley News

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What's On

Saturday 9 February from 10am - 2pm Garage Sale at Martyr Worthy Manor, Church Lane, Martyr Worthy. Lots of bargains for your home and your garden! 25% of proceeds will be donated to Itchen Valley Churches. Contact Isobel Pinder 779758 or isobelpinder@hotmail.com

Tuesday 12 February at 2.30pm Charles Dowding talk at Itchen Abbas & Avington Village Hall.



If you would like to listen to Charles explain what the no-dig principle of gardening is all about and how he grows his “fabulous produce”, then do come along to this Valley Gardeners’ meeting. Charles’s talk is called, “Healthy growth with no dig gardening”. It will last for 1 hour and 20 minutes and please stay for tea and cake afterwards. No tickets required, just £5 on the door.

Catherine Hahn

Thursday 14 February at 7.15pm Easton WI Meeting at Easton Village Hall. Mike Cox will be talking about Genealogy and Family History. All are welcome to attend.

Sallie Peake



Tuesday 26 February at 7pm, “What is Power in Modern Russia?” by Dr Andrew Monaghan at Itchen Abbas & Avington Village Hall. This is the final talk in the Martyr Worthy Lecture Series. Tickets at £20 each from www.itchenvalleychurches.org/fundraising. Enquiries to Gilly Greenwood 01962 779540 or Verity Coleman 01962 882800

Itchen Abbas School Quiz Night Friday 1 March 7.30pm for 8pm start at Itchen Abbas & Avington Village Hall. Tickets are £12.50 each available from the School Office 779310 or email

admin@itchenabbas.hants.sch.uk. More info on flyer on page 37.

Friday 8 March Lent Lunches begin between 12pm - 2pm at The

Old Post Office, Easton, SO21 1EF by kind permission of Ina Williams. Lent Lunches will also be held on the following



five Fridays during Lent: 15, 22, 29 March and 5, 12 April Please put the dates in your diary!

The lunches take place in various places throughout the Itchen Valley in the form of an informal gathering, offering soup, bread and cheese. Children are welcome. The funds raised will be put towards our much needed hospice in the Royal Hampshire County Hospital in Winchester. Details of the five remaining hosts/venues will follow in the March issue of the Itchen Valley News and on the Itchen List.

Stephanie Gretton
bh@itchenvalleybandb.com Tel 779379

Thursday 14 March at 10am Annual Easton Flower Rota Coffee Morning at Steeple Cottage,

Easton. The coffee morning is for those who may be willing to be on the flower team for the coming year. Newcomers would be most welcome, so please let us know if you are willing to join the team or know of anyone who would like to join us. It does not matter if you have never arranged flowers before - just come and join us, have some fun and pick up some tips at the same time!! Please bring children as there are plenty of toys in the toy cupboard. If you are unable to come to the meeting but are willing to be on the rota, then please let us know dates that would suit you.

Please let us know by the first week March, if you are able to join us for the coffee morning by contacting Penelope 779317, pkellie@pkworldwide.com or Pauline at pauline@cplund.co.uk

Much looking forward to seeing you!

Penelope Kellie and Pauline Lund

Annual Valley Litter Pick

Saturday 23 March, 10am - 12pm

We will be holding our Annual Litter Pick, starting from the usual rendezvous points around the valley at 10 am, with a definite finish by 12 noon when all participants can return to Martyr Worthy Village Hall for tea, coffee and cakes provided by the Women's Institute.

Patrick Appleby

Easton & Martyr Worthy Safari Supper Saturday 6 April

Save the date for a fun evening getting to know your neighbours.

Look out for full

details & an application form in the March issue of the Itchen Valley News. Terry & Anna McGowan 779350 admin@itchenabbas.hants.sch.uk. More info on flyer on page 37.

Valley Happenings

Congratulations to the Griegs!



India Mary was born 14 December to Verity and James Grieg. Pictured here with sister Mia.

Carol Singers 23 December at Itchen Abbas



We are pleased to report that although December 23 proved a rather damp evening, 37 young and slightly older-folk met to sing

carols in Itchen Abbas. There was a huge turnout at Little Hayes to greet us, by kind invitation of Chris and Jill Cooper. Thank you for your support and hospitality. We visited as many houses as possible and thank everyone for their kind donations and many treats along the way. The charity GoLD was extremely grateful for our gift of £220 to support people with learning disabilities in the Winchester area.

Joan and Rodney Dartnall

The Sandhurst Drag Hunt meet at Avington Park 6 January





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A particularly special meet as we welcomed Joint-master Caroline Bullen (nee Price) back "home"! Caroline was born in Itchen Abbas, so it must have been a tremendous feeling for her to ride through the valley and follow the hounds around Itchen Down and Park Farm. As always, delighted to hold the meet at Avington Park; a wonderful occasion to start the New Year.

Sarah and Charlie Bullen



Easton WI

January 2019 was subscription meeting, when Anne Sutcliffe was given honorary membership and two new members were welcomed.

Our Christmas meal at The Plough was enjoyed by all and a donation of £100 was sent to the Winchester Hospice.

The speaker for the evening was Jenny Carter, a passionate needlewoman who brought her many and varied quilts explaining how her patterns are inspired by landscapes and scenery from the many countries visited on holidays.

Visitors are welcome to our meetings, which are held in Easton Village Hall 7.15pm on the second Thursday of each month with speakers talking on a variety of subjects.

Sallie Peake

Comings and Goings

Welcome to the Jennings Family who have moved into Bacton House in Easton. Gabbi, Ross and Max (5 years) and Ella (3 years) together with their new puppy.

Contributed by Jude Mezger

Tiddler Joke of the Month



Q. Why aren't football stadiums built in outer space?

A. There's no atmosphere.

Wilf Creasy, aged 7

EASTON PANTOMIME 2018 - "SINBAD THE SAILOR"





From Our City Councillors



The facts about WCC finances

WCC have council borrowing of £224m to assets of £606m, which gives us a net position of £382m. Assets

purchased are strategic within the Winchester District and are tested to meet return on investment criteria – for example The Dean car park, the bus station in Winchester – both serving a defined need within the community and strategically important for residents. By comparison, Eastleigh Borough have £437m of borrowing (£200m extra in 2018/19 and a lot of it short term borrowing) to £463m of assets (some outside their own Borough), therefore net assets of £26m. It is not difficult to imagine the effect of an interest rate rise on their short term borrowing to work out that this Local Authority could be heading for disaster.

For our residents therefore, the Conservative Administration has a strong base from which to serve the community which is why we are able to freeze council tax this year but add the further service of doorstep glass collection from October 2019, without asking you to pay for it. East Hants residents pay for their garden waste collection, you don't.

The new Sport & Leisure Centre in Winchester is set to ensure that build/borrow costs are financed by income from the operator running the centre, and is not a cost to residents.

Waste Collection from 2020

In February this year, WCC will begin to review the waste and recycling contract which will be placed for eight years from October 2020. New government initiatives require councils to look at a wider range of materials but that will need to be balanced by the processing plant available, as well as the cost to the council and resident views. There is little gain in our emissions commitment if we have to transport waste a long way from the district, sometimes it is a matter of the right timing for types of waste collection, and the price for glass recycling is much more favourable now than at the start of the contract, and so we will very carefully consider future options.

Promoting Alresford & Itchen Valley – tourist facts needed

WCC Tourism Team is starting a Fact Friday and Monday Teasers social media drive. They are looking for interesting facts to use as part of Facebook 'Fact Fridays' or 'brain teasers' on Mondays. If you have an image or image suggestion to accompany the piece, please email jcampbell@winchester.gov.uk and let's get us noticed!

Cllr Lisa Griffiths



Cllr Kim Gorrie

It has been a privilege and a pleasure to represent the residents and businesses of Itchen Valley (since 2011) and also of Alresford (since

2016) but I have decided to move on. Most of my time as a Winchester City Councillor in what has been an interesting and, occasionally, challenging period has been focused on major development projects within the

city, including Silver Hill, Bar End (Sports Centre) and Station Approach. Therefore, in May 2019, I will be standing as the Lib Dem candidate in the St Michael ward where the first two sites are located, and which is close to the third.

Until 2 May, I remain your City Councillor and continue to represent you. I hope that I have been of some use as a local councillor, and to those who may have had hopes or problems that I couldn't assist with I can only apologise. I will continue to do my best, along with other local councillors, to ensure that developer promises are kept and that the affordable housing and road works are properly delivered. Other issues that I will continue to be actively involved in, whether or not I am elected, include Boomtown and the Cart & Horses junction.

Another concern of mine is the retail core of Alresford which seems to be more under stress than ever before. How we protect and enhance high streets is now a 'national issue' and it will take time and innovative thinking to find solutions. A starting point has to be supporting the various retailers as best we can, especially the traditional services such as the newsagent, butcher, fishmonger, hardware store, chemist, greengrocer, pet shop and all those other units that together create the beating heart of this wonderful town.

Itchen Valley and Alresford may comprise a blessed corner of the earth, but there are always issues to resolve, so I would like to close by encouraging others to enter the fray, either as city or town or parish councillors. Your help is much needed and will always be appreciated.

Cllr Kim Gottlieb 07795 494919

Helping the police to help us



We live in a low crime area but each crime causes the same level of personal and financial distress as in a high crime area. The information we

provide can help towards a conviction. After we have taken our own precautions to **prevent** crime, we need to support **detection** and where possible **prosecution**.

As always, if a crime is in progress, or personal safety at risk, dial 999. All crimes, from anti-social behaviour upwards need to be reported, on 101 or online at www.hampshire.police.uk/ro/report/ocr/how-to-report-a-crime/. It is the crimes reported that support local resources and any other measures such as the need for CCTV. So please make the effort to report crimes, it's all part of the jigsaw. But it is also suspicious events and suspicious vehicles that need to be reported and that is more difficult given the delay on 101. Police Sgt Wood has advised that we should use the link above and follow the dialogue that takes us to 'report something else'. *Cllr Margot Power*

Jackie's County Corner

Footpath, Cycle & Bridleway claims

You may be aware there is a 2026 deadline for claims for new paths. With roughly a 13 year backlog, the County Council is having to revise its policy. In my opinion, this is well overdue and I welcome any method that can speed up the process. The aim is to reduce to a 5 year waiting list by 2024: I'd like the

County Council to clear the backlog completely.

If you have made a claim and would like to comment on the process, please contact me on

Jackie.porter@hants.gov.uk Thank you.

An additional £8.1m for Social Services from Government will be

spent on Children's Social Care this year as the number of children looked after is rising steadily. This money is vital. The children may have suffered abuse in this country or escaped from war in another country or have disabilities that need specialist care. All placements are expensive to the Council and hard for the families who have to cope. We as a community have a duty to them all.



Meanwhile the NHS has issued a new **NHS Long Term Plan**. You can read it at www.longtermplan.nhs.uk

The CCTV is installed at the Cart and Horses junction and should be in operation soon. It is hoped it will give more insight into traffic movements here. I have asked to view some sample CCTV footage this month: it will be interesting to see what the cameras pick up.

Winter preparations

You may have seen the hand done tree cutting carried out by HCC along major and minor highways over the winter: resulting in wider road widths and higher spaces, hopefully less buses will be scratched now!

Check your local grit bin now. If it's empty, please follow instructions under the lid for a refill.

Important: HCC is upgrading its IT system, including the website.

HCC has put in additional security. When 'live', this will result in anyone with Windows 7 or before not being able to access the website. As yet, I don't know how much of a problem this will be, but we councillors have

asked for a dedicated helpline to advise customers. There will be a 'banner' explaining this issue if your computer won't access the website.

To avoid the problem:-
Check that your Windows operating system is Windows 8 or higher.

Tell anyone you think this might affect - you can download Windows 10 for free, and give them a helping hand.

'M3 becomes a Lorry Park in event of long queues for the ports'. This rather worrying headline was reported in early January. This was news to me and others! I have asked for the facts at HCC. Hopefully we won't get to that point...

Would you like to volunteer with **The Watercress Way**? We carry out local projects on the disused railway lines, shortly including an exciting one in Sutton Scotney. We also work in the Itchen Valley, Alresford and Kings Worthy. Please contact me if you are interested.

Cllr Jackie Porter
01962 791054,
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ParkFit comes to Easton!

If you are a morning dog walker, you may have wondered about the group in hats, gloves and muddy coats 'pulling shapes' in Ardath Meadow, just beyond the Chestnut Horse. They are the hardy group of outdoor fitness enthusiasts attending Laura Turner's ParkFit.



Every Tuesday and Thursday morning from 8.30am to 9.30am, personal trainer Laura puts us through a mix of aerobic and strength exercises which involve getting down and personal with the earthworms in all weathers.

As a Parkfit veteran (I have been going for four years) I am completely persuaded of the benefits of exercising outdoors, and using the muscles that are forgotten about until you have to do 20 burpees, followed by 20 press ups, 20 sit ups, 20 triceps dips and then sprint round the field. It's painful but it works. And it's so much more fun to do it in company, watching the swans fly overhead.

If you are tempted, come for a free

taster session. Laura can be emailed at lt.fit@btinternet.com or tel 07795 803705. You will be made to feel very welcome. Laura also does 1:1 sessions.

Lucy Collis

Get your bids in for a Boomtown bonus!



Boomtown Fair 2018 has raised a record breaking £152,625 for charity this year, with an impressive £31,751 going to charities and projects in the

local festival area. I'm therefore delighted to announce a third year of the Boomtown Community Grant Scheme for the Itchen Valley Parish Council area.

Last year the scheme was extremely popular and helped fund the following local projects;

Three oak benches on the old railway line between Martyr Worthy and Itchen Abbas, all thanks to the hard work of the Watercress Way trustees and storage for the Easton and Martyr Worthy Cricket Club. In conjunction with the Lent Lunches, two defibrillators; one already installed at Itchen Abbas and Avington Village Hall, the other to be installed at Easton Village Hall. Further support to the Wild Itchen Valley Verges group, although disappointingly their excellent work was brought to an abrupt end by untimely grass cutting at the Cart and Horses junction.

First Aid training for 12 Avington residents and awards to both play areas, including funding for a picnic bench for the Old School Field, Easton and a contribution towards the new

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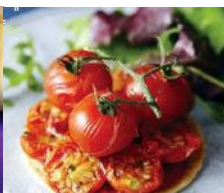
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Once again, the Parish Council will be administering a fund of £5,600 and we'd like to encourage established or new community groups to bid. So if you have a great community idea, why not get some financial support to get it off the ground? The funding can cover any age group. A full application form with criteria can be downloaded from the Parish Council web site

www.ltchenvalleyparishcouncil.org.uk, all applications need to be returned electronically to the Parish Clerk by 25 February 2019 at the latest. Bids will be discussed at the Parish Council meeting on 7 March 2019, all applicants are welcome to attend.

Happy bidding.

Yvette Riley

On Behalf of Itchen Valley Parish Council

New community building projects in Easton - Funds needed

Over the past few months you may have noticed some new building projects springing up at the village hall / John Roth Memorial Cricket Ground in Easton.

At the end of 2018, building work commenced on an extension to the rear of the village hall that will provide additional storage for chairs, tables, AV equipment, panto scenery and other village hall users' equipment, plus a separate store room for the cricket club. The foundations have been built, but the completion of the project is contingent on raising a further £25,000, which we hope can be filled by new donations from local residents and businesses. In the past few years there have been investments made to



enhance the acoustics in the main hall, as well as improvements to the bar area in the club room.

Separately, the old garages have been demolished and are being rebuilt at the expense of the Easton & Martyr Worthy Cricket Club (E&MWCC, which is a separate entity to the village hall). This building project should be completed by the end of February/ March.



The cricket club also rebuilt three first class astro turf cricket nets in the spring of 2017, which are a tremendous asset to the club and community. In total the cricket club has raised approximately £90,000 over the past three years from its members, valley residents, grants and local businesses but still requires a further £10,000. It is worth reminding everyone that, in 2010, the new Easton Village Hall was



you may or may not have already given money to these or other local community projects but we would be most grateful for anything new or old Easton/Valley residents and local businesses are able to donate or pledge at this time. All

built at a cost of £425,000 – the majority of this was funded by generous donations from then residents of Easton – with over 75 individuals contributing and 50 households gifting £1,000 or more to the project. Many local businesses and community grants also made significant contributions.

The village hall, its grounds and the E&MWCC are at the heart of our community and hopefully you and your families have enjoyed and will enjoy in the future various events there, including pantos, fetes, fireworks, village cricket matches, tugs-of-war, Pilates, yoga, dancing, kids' parties and other social gatherings (including the recent ABBA night!).

Easton Village Hall and Recreation Ground (EVH&RG) is a registered charity and E&MWCC is a Community Amateur Sports Club, so any donations to either are eligible for Gift Aid (by signing a simple form). This means all personal donations from tax payers will be grossed up by 25%, and if you happen to be a higher tax rate payer you can reclaim a further amount via your tax returns.

We appreciate that everyone has many outgoing and demands like this and

donations large and small make a difference and the more households/businesses that are able to contribute really matters.

To make a donation to either of these community projects please contact: David Purser, Treasurer of EVH&RG. maryanddavidpurser@sky.com or Hope Cottage, Easton, Winchester SO21 1EJ.

Stuart Upcraft, Treasurer of E&MWCC. stuart@upcraft.co.uk or The Elms, Itchen Abbas, Winchester SO21 1BN.

If you would like to learn more about the fundraising/projects or discuss any of the above, please feel free to contact Robert Hall 07111796268/

manorlodge14@btinternet.com or Philip Wolfe 07767686168 / philip@wolfe.co.uk

Robert Hall/ Philip Wolfe

Climate change in the Valley?



Spotted between the Church and The Plough on New Year's Day. Thank you to Rob Harris for kindly sending it in. *Eds*



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For the love of.....Ski Racing!



On my first birthday I took my first steps on snow in Les Arcs and my love of skiing and the mountains began. My dad is a super

keen skier and he used to race at University and in the Navy so I guess it's in the blood! Once I had completed all of the Ecole du Ski Français stages at ski school I was keen to start racing. I loved it from the start. My first official race was in

Switzerland hosted by the Welsh Champs. My parents thought I would be nervous but it was my dad that I had to ban from the start gate! I tend to just zone out

and not worry about the race ahead. In ski racing you only get one chance to 'nail it'. You are not even allowed to ski the course beforehand, only slide down beside it and try and memorise the whole course. If you go too fast and wipe out, that's it – game over and if you ski too slowly you will get a bad time and not be competitive - so it's a fine balance.

I race Slalom in Southampton on the dry slope with SASA club (Southampton Area Ski Association).

This is where you have alternate red and blue poles. It is a very fast race and there is not much time for turning! On the snow, I race Slalom and Giant Slalom. For GS there are flags between the poles and lots more time to turn. This year I am competing in the Welsh, English and British Champs so we are very busy preparing for these events. I am very lucky to have my very own ski technician (thanks Dad!) as skis require a lot of prep.

The best bits about racing are you can make lots of new friends at the races. The worst part is the amount of kit!! (and it is not cheap).

The most exciting thing about skiing is the thrill of going down the slopes as

fast as you can and obviously aiming to get on the podium at the end of the race (sadly no champagne spraying!). I once skied the men's downhill in Les Houches just after the



last racer had finished and I think that was the quickest I have ever come down a mountain! My mum was very worried!

At the moment I am just enjoying each season as it comes without thinking ahead too far but I would like to represent my next school and University and teach others to ski and become an instructor in my GAP year. Who knows what lies ahead with my love of ski racing? I am just delighted that I can now beat my dad in a race!
Thomas Johns aged 11 yrs

Under Starter's Orders - The Chestnut Horse hopes to become a favourite



I catch up with Simon on a Sunday afternoon. It's early January and they've just had a 100 people through the doors for lunch. As Simon says "It's a good start!"

Simon and his wife Annie took over the pub on 1 November last year. Simon has been in the hospitality business for 40 years and has been working with Hall & Woodhouse for the past six years. He has a pub near Wimborne called The Old Inn, which he and his team took on and turned into a thriving business. When Hall & Woodhouse approached him about The Chestnut Horse, he and Annie thought they'd give it a go. First impressions? "People like pies" says Simon. "Annie's homemade pies have been flying out of the kitchen. To keep up with demand, she's been making between two hundred and three hundred pies a week". Steak & Ale is one of the most popular pies, accompanied by a fine bottle of ale and followed by a jam roly-poly and custard chaser. Harry Redknapp would clearly be at home here! As Simon says "we're not after Michelin stars and

rosettes, we're serving good quality, homemade pub food, done well". They're also keen to welcome drinkers and Simon's enjoying building up banter with the regulars. However, our chat is interrupted "Sorry Dad, but there's a barrel that needs changing". Simon hops up to help his 19 year old son Christian, who often helps out, along with his brother Ollie. On his return Simon comments how pleasantly surprised he's been by the number of beer drinkers. He also points out that the pub will cater for spirit lovers with a large gin collection on the way. "We have 130 different gins in the other pub and I'd like to replicate that here". Simon has lots of plans, but it'll be a gradual process and much depends on investment from Hall & Woodhouse. First on the list is a lick of paint and spruce up of the garden ready for the summer, including adding a wood burning pizza oven. Further down the line, Simon is considering some more radical steps, such as making the pub 'cashless' - it would be the first pub in Hampshire to make the move. But in the meantime, punters can expect smaller changes. For instance, some may be pleased to hear that it will soon be taking American Express. And come the Spring, opening hours will be extended. However, currently the pub is shut on Mondays but open for lunch and supper for the rest of the week. Going forward, keep an eye out for midweek deals, including steak nights and 3 for 2 pizza nights. Value for money is key, as is customer service and Simon is all too aware of the importance of retaining and valuing good staff. "We have some fun" says Simon, "We've just enjoyed a team night out go-karting at Eastleigh and we're soon off to London to the Criterion Theatre to see The Comedy

Itchen Valley Churches

3rd February

8am BCP Holy Communion
10am All Age Worship

St Swithun's, Martyr Worthy
St Mary's, Easton

10th February

10am Parish Communion
6pm Evensong

St John's, Itchen Abbas
St Swithun's, Martyr Worthy

17th February

8am BCP Holy Communion
10am Valley Worship

St John's, Itchen Abbas
St Mary's, Easton

24th February

10am Parish Communion
6pm Evensong

St Swithun's, Martyr Worthy
St Mary's, Avington

Rector

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rector@itchenvalleychurches.org
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Days: Sun, Mon, Tues & Weds.

LLM

Mr Gerry Stacey
gstacey@easynet.co.uk
07554 438973

Parish Administrator

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

www.itchenvalleychurches.org

Little Rainbows

If you have children please come and give Little Rainbows a try - it is a group for pre-school children (including new-born babies) and their mums dads or carers. The children can play, do puzzles and crafts, we have a snack and then some dancing and a story. The parents/carers will be given coffee and cake! There is no charge! Its a great way to start the week. Do come and join us!

Churchwardens

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

About a Bank Robbery, followed by a meal. It should be a bit less competitive than the go-karting!" Closer to home (and when time allows!), Simon and Annie are looking forward to exploring the local area but for the moment and with so much to do - it's all about the pies!

Lucy Wolfe

From The Rectory



There was once a drunk who stumbled onto a baptismal party all standing up to their waists in a river. He staggered into the

water with them to see what was going on, lumbered up to the priest who grabbed him by the neck, thrust him under the water, pulled him out and demanded "Have you found Jesus?".

The drunk responded "No"; whereupon the priest repeated the process and got the same answer. For a third time the priest held him under the water, this time for a good 30 seconds, pulled him out and demanded "Have you found Jesus?" whereupon the drunk shouted "No! Are you sure this is where he fell in?".

The church reading this week (Luke chapter 3) is all about baptism and interestingly if you go on the C of E website it will tell you there is no difference between a 'baptism' and a 'christening'. Baptism is a Greek word and prior to Christianity, it was the ritual use of water for purification. Christian baptism is defined as a sacrament marked by the ritual use of water and admitting the recipient into the Christian community.

Baptism practices vary between churches, however it almost always involves the Trinitarian invocation ("I

baptize you in the name of the father, the son, and the holy spirit"). In some cases recipients are fully submerged in water and in other cases it may be poured or sprinkled over the head. So today the words baptism and Christening are used interchangeably but some denominations, particularly Baptists and Pentecostals generally do not use or recognise the Christening of infant children as a Baptism.

Because baptism is not, contrary to the joke, a way of finding Jesus but a public declaration that you are a follower of Jesus Christ.

So baptism is a statement that you have trusted Christ for your salvation and are committed to living for Him.

Baptism does not make you a believer; it shows that you already are one!

Baptism does not 'save' you; only your faith in Christ does that.

But baptism also connects us to the 'body of Christ', his people in the earth. In baptism there is a real sense of being joined with other believers, not just participating in an individual act of our own spiritual journey. As it says in St Paul's letter to the Corinthians "for we were all baptised by one Spirit into one body..."

At its heart baptism is a personal relationship between you and Jesus and not something you earn through your actions or donations. Jesus' baptism in the Bible comes before any of his preaching, healing and other miracles. It comes at a point where Jesus is putting his trust in God to help him lead his life. If we try and do things in our own strength we will fail. But, if we allow god's love to fill us and transform us and change us, then we will be that light that shines for others to see.

Gerry Stacey

Itchen Valley Entrepreneur— Kaye Thompson



This month we talk to Kaye, well known founder of Creative Catering and Marquees based in Easton. However, this month she tells about her latest venture with 'Forever Living'

and their health products.

What prompted you to get involved?

About four years ago I was introduced to the products by a friend who felt one of the products in particular may help an issue I had with stiffening joints from a riding accident. After greatly benefiting from this product, I naturally began telling friends and clients about them and the business organically grew. It wasn't until I took a closer look at the business model behind the products, that I saw the scope of this business and how I could run this alongside my existing catering business of 30 years .

There are so many health-related products out there offering great things - why Aloe Vera and what sort of things can it be used for?

I know, you go into any supermarket these days and the shelves are groaning under the weight of a huge range of health supplements and without research it's difficult to know what to

take!

What I love about Forever Living Aloe Vera is that it has been certified by the International Aloe Science Council for its purity. The drinking gel is as close to the real thing as you can get, boasting 99.7% inner leaf aloe gel, lovingly extracted by hand so that you can experience the true power of nature. Aloe is great for skin, the immune system and it's an ideal digestive aid, it's also a natural anti-inflammatory and this purifying gel also contains vitamin C which contributes to the normal function of the immune system and to a normal energy-yielding metabolism. The Aloe Vera gel can also be used topically for soothing irritated skin conditions, like sunburn and also bites, cuts and stings etc. It's a very useful

product to have in your first aid box. In fact, I keep a tube next to the Aga for when I burn myself!

If you could only use it for one thing what would it be?

That's a tricky question as the company produces such a wide range of aloe-based products, and I consume or slap on most of them!

However, it would have to be a product called Forever Freedom. This is a natural

aloe drinking gel, with added glucosamine, MSM and Chondroitin. I personally have had such great results with this product, easing my joints and increasing my energy levels.

Forever Living is an MLM or multi-level marketing company - what are the pros and cons of working with them?

Network marketing is a different way of conducting business and I have found there are a lot of people who have not



heard of the business model. For me the only downside I have experienced is being faced with a closed mind attitude from some people. However, I have found the benefits greatly outweigh a smattering of negativity. I have run a conventional business for 30 years, which required considerable initial capital, the ups and downs of employing staff and is location dependant. The Forever business requires minimal initial start-up costs and is low risk. It offers an un-capped earning potential which naturally depends on how much time you are prepared to work it.

What I love about the network marketing model with Forever Living is that I have my own business but under the umbrella and support of a financially secure 40-year-old global company with a multiple billion-dollar turnover. The business is flexible enough for me to run it alongside my catering business and what I really love is that I have a global opportunity, as the company operates in over 150 countries around the world. I love to travel and this style of business means I can work anywhere in the world which currently includes working with people in Australia and Africa. In fact, I met one of my lovely team whilst recovering from a riding accident in my hospital bed in Kenya!

Do you have a miracle cure for counteracting Festive over indulgence?

I cannot promote this as a “miracle cure” But we do have a superb Aloe Vera 9-day cleanse programme. This programme is a fantastic ‘kick-start’ to re-educate you on your diet and exercise habits. I love this programme, which not only allows me to drop some kilos but also boosts my energy levels and I find greatly improves the

look and feel of my skin. I give full support whilst you are on this programme and as a chef, I also advise you on tasty, low calorie meals you can enjoy.

For more information/trial pack, please get in touch.

07775 604057

kaye@life-stylechoices.co.uk

Kaye Thompson was talking to Lucy Wolfe



Practical Gardener



Some might be surprised that I find my garden an oasis of calm. It's certainly a good way to exercise; rather than wasting energy on a machine, it's all

put to good use. Over the years I've seen the Church of England go into decline (not the Christian faith, which is entirely different) so I have spent more of my time involved with growing and nurturing plants. I've been asked to focus this month on growing things to eat, things that are easy and should produce good results.

Firstly we have to start with climate, with the seasons as they are and not what they might be. The key issues of temperature and rainfall are the ones on which attention should be focussed. Today it's relatively easy to get a 10 day weather forecast. Frost can be a great enemy so something to watch out for.

If you are a serious grower of vegetables you will practice crop rotation. It helps both plants and soil not to grow the same things in the same place year on year. Different groups of plants have different demands in terms of soil and fertiliser. It's always best to work with nature and to use the experience of generations.

Let me then focus on crops that are easy to grow: onions, potatoes, lettuce, leeks, beans, peas and tomatoes. Root crops can be challenging, particularly with germination. Brassicas need space and often a long growing time.

Onions are best grown from sets and Sturon is a great variety. They can be bought now and planted from mid Feb. to March. I use a dibbler to make a hole so the bulb is just below the surface. 2-3 weeks following keep an eye out for any bulbs pulled out by birds which need replanting. Not much else to do but watch them grow. A home grown onion will have twice the flavour of one from a shop.

Potatoes are also easy and I recommend Charlotte which is an early variety. I cover the soil with fleece to keep some warmth and usually plant at the end of Feb. I just make a hole with a trowel and plant 2-3" down, then I cover over with the fleece. In about a month growth can be seen and when the risk of frost has passed, the fleece comes off. Potatoes need earthing up, more of that later.



Potatoes



Broad Beans

You will not be disappointed by the flavour when harvest takes place in June.

Broad bean Aquadulce is a good variety which needs planting now. I use seed trays and leave them in a cold greenhouse. The young plants should be ready to plant out in April. It's a good idea to sow twice so you have a crop succession. I do the same with peas and I start with a variety, Meteor. Leeks can be started in a pot, and Musselburgh is a reliable variety. They can be sown in March in seed compost. Ditto with lettuce. Tomatoes are slightly trickier but again sown in pots.

Now here a heated propagator is a good idea. They last for years, use a tiny amount of electricity but provide a constant source of warmth, well worth the investment! There are hundreds of different tomatoes and it needs to be remembered that these like sun and warmth although some modern varieties have been produced for our climate. The first choice



relates to size: cherry, standard or beefsteak. The F1 varieties are probably safer but it's often a matter of choice.

Tomatoes can be grown in pots both inside and out BUT never in ground that has seen a potato. Blight is a great enemy and you can't predict when a long wet summer will transmit this killer disease.

I'll deal with care as the year proceeds. By the way I sift all my compost to remove unwanted bits. Sowing techniques are pictured.
Happy Gardening!
Tony Gaster

Moon Shine



This wonderful photograph of a very bright moon was taken before Christmas. Thankyou Henry Labram for sending this in. We do love receiving contributions!

Editors

Itchen Insight



Name: Peter Thacker

Age: Forever Young!

Occupation: Headmaster, Prince's Mead School

Your life in 180 characters:

Grew up in New Forest. University. Sandhurst – Commissioned into The Royal Dragoon Guards. Subsequent roles at Lambrook School (Berkshire) and Daneshill School (Hampshire). Married. Two young children.

Champagne Moment: Taking my first pupils on the 3 Peaks Challenge

Surprising Snippet: When I'm not skiing, I love tracking bears in the Carpathian mountains.

Passion: The Transylvanian Alps

Favourite place in Hampshire:

Buckler's Hard - with the family

Best thing about the Valley: The views: simply stunning

Worst thing about the Valley: The house prices.

Favourite Book: Wilbur Smith: Birds of Prey

Favourite quote: Education is the most powerful weapon which you can use to change the world. Nelson Mandela.

The sixteen ton magazine accounts

As Tennessee Ford once sang, "You load sixteen tons, what do you get? Another day older and deeper in debt". Fortunately that doesn't apply to the Itchen Valley News. Better to make a

surplus than a deficit, the magazine has been generating a reasonable profit each year since its inception five years ago. The accounts for the year just ended are as follows:

Income & Expenditure Account		
	2018	2017
	£	£
Income		
Advertising	8,660	8,501
Readers Contributions	2,419	2,435
Grants received		
Winchester City Council		450
Upper Itchen Valley Society		192
Postal Fees	277	284
Interest	9	3
Sundry		50
Total Income	<u>11,365</u>	<u>11,915</u>
Expenditure		
Printing	9,848	9,709
Laptop computer		642
Other Expenses	58	305
Total Expenditure	<u>9,905</u>	<u>10,656</u>
Surplus of Income over Expenditure	<u>1,459</u>	<u>1,259</u>
Year End Funds	<u>9,750</u>	<u>8,291</u>

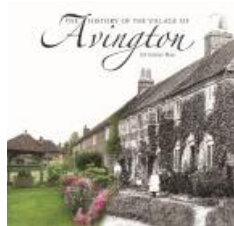
The two main sources of income, advertising and readers contributions, are pretty consistent year on year as is the cost of printing the magazine. Our advertising manager has found a slight reluctance from advertisers to renew for 2019 and it is possible that revenue for the current year may show a few hundred pounds dip compared to previous years.

Nevertheless, the editorial team does realise that carrying a large accumulated cash balance does nobody any favours and it is considering how this might be addressed. Meanwhile, do Google the phrase “number 9 coal” that appears in that same song; some of the answers are fascinating.

Vernon Tottle,

Chief Editor, Itchen Valley News

Avington history rewritten!



Well, slightly revised and updated at least. This popular and informative book by Gill Graham Maw is now into its third edition,

featuring a walk-round guide to the village with short histories of each of the older properties. Its 40 pages are packed with village photographs, some with ‘then and now’ comparisons, background information on our own historic Avington Park and plenty of first-hand accounts of ordinary village life as it once was.

The book is available in St Mary’s Church, Avington (pay into the hole in the wall) or from Penny Russell at Yew Tree Cottage 779303.

All proceeds from the sale of the book (a modest £5) will benefit Itchen Valley Churches.

Penny Russell

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Food Spy goes Thai



Much anticipated was Food Spy's first outing of the year. The target was Thai and the newly opened Khin Khao restaurant in Alresford, latest brainchild of Miff Kayum, the creator of the

renowned Japanese Kyoto Kitchen in Winchester. Alas, an in-house dining experience was not to be. An overly tired, unsettled child scuppered the plan so Food Spy and friends settled for a takeaway.

I have to say that the misted see-through plastic containers didn't ignite much excitement but oh how looks can be deceiving! The flavours were exceptional and left no doubt that everything was home-cooked and full of fresh herbs and spices. We enjoyed a variety of dishes including Spring rolls (£6.25), a Jungle curry (£9.95), Thai beef salad (£7.50). The sticky rice (£4.25) didn't look particularly appetising, arriving in one shiny lump but I think we can blame the plastic bag it came in, for giving it the extra sauna treatment.

Next time, Food Spy is very much looking forward to enjoying dinner in the restaurant. Our friends who picked up the takeaway commented on the friendliness and efficiency of the staff – it is the Land of Smiles after all! Khin Khao 01962 738738

From Our MP



Every area values its local hospital and that is certainly true in Winchester where the Royal Hampshire County Hospital (one

of Florence Nightingale's own) sits proudly on top of the hill.

Of course, no hospital can stand still and reflect on past glories and I have always worked to ensure it retains safe and sustainable services for the long-term.

The past twelve months have brought welcome news in this regard, during which time the RHCH has received millions of pounds for big improvements. Just before Christmas I took a tour of what will soon be an extended emergency department creating space for additional rapid assessment and treatment areas, as well as a new paediatric assessment



Steve Brine MP talking to RHCH staff outside the Emergency Dept

unit. You may remember, the way the ED treats children was criticised in a recent CQC report.

The changes will ensure that all patients coming into the emergency departments are cared for in the right environment for them as well as providing a better working environment for staff.

This has been made possible thanks to £4million in capital funding from the Department of Health and it is really excellent to see this work taking shape and the headline figures of record NHS investment we see on the news translated on the ground.

The emergency department in Winchester has needed this for years

and I hope this work sends a clear signal to patients, staff and those who may want to come and work here, that this is a hospital with a bright future and services we can rely on.

Furthermore, our Trust has been awarded £10.2million of additional government funding which will be used to make improvements to the pharmacy and orthopaedic departments, reducing the time we have to wait for operations such as hip replacements in the future and moving the pharmacy at Winchester hospital to a new location allowing staff to speed up the process of dispensing medicines to patients.

Hospital pharmacy is often the quiet hero of the acute sector and having very recently visited the current location myself, I know how much this move is needed.

Want to attend PMQs this year? I have now opened the ballot for tickets to watch Prime Minister's Questions on Wednesday 13 March 2019. See www.stevebrine.com/PMQs

And finally, you can find more of my work, including my reaction to the latest Brexit developments, via my website at www.stevebrine.com but please 'like' my Page at [www.fb.com/SteveBrineMP](https://www.facebook.com/SteveBrineMP) for instant updates.

Steve Brine

MP for Winchester & Itchen Valley

Our Wild Valley - Hart's Tongue Fern Unfurled

With the larger trees on the sky line exposed and stark, any dark green vegetation stands out in the winter months, and hart's-tongue fern (*Asplenium scolopendrium*) does this splendidly. It is plentiful and distinctive to recognise with thick green fronds



pointing up into a crown.

Winding through the woodland, round the back of Avington, where the ash trees are thin, this fern shows up in large clumps on the downhill side of the lane. As most ferns prefer shade and water it can also be seen along the banks of stream, under hedgerows and even on fallen masonry such as derelict sheds; it is a coloniser.

Ferns are vascular plants, they have a life cycle which alternates between two generations. The most conspicuous is the sporophyte, where the plant produces terrestrial fronds on which the spores are produced. Fern sporophytes have a rhizome base which produces spindly roots but usually wonderfully tufted fronds or a 'crown'. This type of reproduction is possibly left over from prehistoric days, (early fossils of ferns pre date dinosaurs!). They also appeared 200 million years before flowering plants

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School of Dance	Thu	6.30 pm & Fri 3.30 pm			
	Sat	9 am - 3.00 pm			
Brew with a View	Wed	3 - 5 pm		Ina	01962 779465
Dionne Yoga	Tue	8.15 pm;		Dionne	07961 888676
	Fri	10.15 and 11.45 am			
Mahjong / U3A	Tue	2 - 5 pm		Anne	01420 563393
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evolved.

It is the fern's vaguely symmetrical crowns I enjoy in winter when they look perfectly balanced, revelling in their moments of glamour, when other more frivolous plants have died back, and before the spring bulbs really get going. These ferns seem to lend themselves to illustrating stalwartness, winter survival and vigour in dark days. In wintry light, with shafts of sunlight hitting the woodland floor, they can look particularly beautiful, with sunshine highlighting the frond's outer edges.

Hart's-tongue fern has long dark green fronds which are undivided with sori (groups of spores) found across much of the width of the blade, arranged in pairs with open sides facing each other. These have been thought to look like centipede legs, leading to the species name 'scolopendrium' (the latin for centipede!) When the spores mature (sometime between August and March), the thin cover splits open to release thousands of spores. The rachis (stem) is covered in dark brown scales (like many other ferns) .



Muntjac Deer

The common name derives from the old name for deer which was a hart, so the plant was named Hart's tongue as it possibly looked like a deer's tongue.

Sophie Rogers

From The Parish Council



Michelle, our new clerk responsible for finance, has started work with us. The contact details shown on our website remain the same. However you

will see the photograph has changed.

Now a date for your diary. We will be holding our Annual Litter Pick on Saturday 23 March. It will start from the usual rendezvous points round the valley at 10 a.m. with a definite finish by 12 noon when all participants can return to Martyr Worthy Village Hall for tea, coffee and cakes provided by the Women's Institute.

Referring to my last report, having been delighted to see the new railings being put up on Station Hill, it was a bit disappointing to see the final result was not as it should have been. However it should be noted that the railings are considerably safer than their predecessors and being galvanised should last a lot longer. Also the question of how to rectify the gap where the two sets of railings meet has been taken up with the County Council.

The problem with the railings also showed up something else. Although it has been written about in the past on more than one occasion, it still seems that it is not clear to a number of people that the Parish Council is not allowed to communicate with anyone by use of the Itchen List. This has been made clear to us at least twice by our internal auditors and also by others in an official capacity. The reason given is that not everyone is on the Itchen List which means that it is not fully open to all, sometimes referred to as not being



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totally in the public domain. It is therefore very frustrating for all when comments and questions are posted on the Itchen List to which we are unable to reply. If you wish to contact the Parish Council there are details of all councillors and the clerk complete with our council e-mail addresses on our website. Please use them.

Thank you to all who sent in reports on how they had spent or intended to spend funds received from the Boomtown Grant. Following last year's festival there will be a similar sum available this year. Please see the separate article on this and our website for application details. Please note there is a deadline date, so do not miss out by leaving it too late.



In the January edition of The Valley News you may have read about the walnut tree planted in Itchen Abbas to commemorate the Queen's Silver Jubilee. After discussion about how it should be replaced it has been decided that it would be appropriate to have another walnut tree. However it turns out that there are a whole variety of walnut trees, so we are waiting to hear from the experts as to which variety is best to plant. Hopefully it will last longer than its predecessor.

Patrick Appleby

Online recipe of the month



I noticed I had a spare jar of mincemeat left over from Christmas the other day. A further batch of

mince pies wasn't really wanted in January but the contents of the jar needed to be used up. In need of a pudding for supper I searched the web for ideas and almost immediately found a recipe for a steamed mincemeat sponge. Half a jar of mincemeat, some brandy, golden syrup and a standard sponge mixture were the ingredients needed for this unusual concoction courtesy of the Lakeland website.

It isn't really a steamed pudding as it cooks by sitting in hot water for three hours (although four hours would probably have given a more completely cooked sponge when I made it). It is ideal for a slow cooker or an electric pressure cooker than can be left on a very low heat.

Although the recipe suggests serving it with brandy butter (I happened to have some of that as well, left over from Christmas) it goes much better with hot custard.

Google "boozy mincemeat sponge".
Sue Sheph



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Bring back Caning!



I was thrilled to discover that the skill of 'caning' is not a lost art. Fear not for your derrieres and knuckles, this will only provide relief

and comfort. Sue Savage from Martyr Worthy did a wonderful job for me on a much loved chair. She can be contacted on 01962 791167

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We would love to hear about any other specialist skills or services you've come across in the Valley - Eds

Computer update

I am pleased to report I found a way to upgrade to Windows10 for free for both my desktop and laptop. Both are working well but it does take time. I can also report good experience with Bitdefender as an anti-virus and internet security programme. They respond well to issues raised. As I do a lot of on-line banking I think such programmes are essential. I've also noticed a lot of spam emails and some which purport to come from people I know. Be warned to look at the email address before opening. Malware or Spyware can be devastating to your privacy.

The fibre connection here in Itchen Abbas seems to be working well, I get 70 Mbs download which is very acceptable. I wonder if others suffered ill-effects from the power cut some weeks back. The inverter on my solar panels is kaput and it's over £1000 to

replace (I can't prove the cause). I reckon there was a voltage surge. Another good reason to protect computers connected direct to the mains power with a surge suppressor.
Tony Gaster

Local monthly information

Waste collections in February

Black bins and green bags on Friday 1 and 15 February. Green bins on Friday 8 and 22 February.

Cameo

On Tuesday 19 February.

Farmers Market in Winchester

Sunday 10 and 24 February.

Parish Council Full Meeting

Thursday 7 February MWV village hall

67 Bus operated by Stagecoach.

School term timetable operates all month except half term.

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 Monday 16 to Friday 22 February.

Weekdays to Winchester:

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

Weekdays to Alresford:

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

Saturday service (same for the whole month.

Towards Winchester:

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

Towards Alresford:

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

No Sunday or bank holiday service

All times shown are at Itchen Abbas.

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