Valley leaves 63 March 2019 For Avington, Easton, Itchen Abbas and Martyr Worthy





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WELCOME to the Valley News

The Valley News were thrilled to get some feedback on last month's edition. Admittedly it was criticism, not praise, but it is still nice to know that we have been noticed. In response to the complaint that the February cover photo was not of the Itchen Valley, I can assure readers that this month's cover photograph was taken from my garden although not strictly a photo of the valley. Maybe there will be more feedback this month as there are two articles about a subject that many people prefer not to think about. If you disagree with our decision to print these contributions do feel free to let us know - or even let us know if you agree with it. Perhaps this is in the nature of a 'trigger warning', but don't worry, there is plenty of easy reading here as well, and also instructions on how to access almost unlimited reading, of whatever kind you like, from the library.

Some of our regular features are missing - will you notice? This is partly because most of the editorial team was away for some of February. If anyone would like to join the team taking on the role of investigative journalist (or any other role!) they would be most welcome.

The What's On section is gratifyingly busy, with twelve events in March plus advance notice of others further down the line. In many cases there is more information about these events later in the magazine and we hope you find this format useful - if not, you know how to get in touch. You might even meet one of the editorial team at one of the events and give your opinion in person.

The Lent lunches offer wonderful opportunities to meet neighbours, enjoy delicious soup and contribute to a very worthwhile cause (which brings us back to our topic of the month) and children are welcome. Looking back over my photographs taken in March of previous years, I was surprised that so many of them have had snow. Our County Councillor gives advice on this in her article. We also learn how vital the cold of winter is for native trees, so welcome it when it comes - I am writing this after a day that could have been June. No wonder the British talk so much about the weather.

Next month's editors are Lucy and Fi. Charlotte Appleby

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Postal address: Itchen Valley News, Hazeldene, Northington Road, Itchen Abbas, SO21 IBE Please send all contributions for April 2019 by Friday 15 March. 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 Charlotte Appleby, other photos from various contributors.

What's On

Tuesday 5 March 4.30 - 6.30 pm Pancake party at St John's Church Itchen Abbas. See page 36 for details *Beccy Clark*

Monday I I March 7.30 pm Stations of the Cross, Martyr Worthy Church. See page 26 for details. Beccy Clark

Thursday 14 March 10am
Easton flower rota coffee morning,
Steeple Cottage. See page 4 February
Valley News for details or contact
Penelope on 779317
pkellie@pkworldwide.com or Pauline
on pauline@cplund.co.uk.
Penelope Kellie and Pauline Lund

Thursday 14 March 10.30am Dog Walk in aid of Home-Start Winchester

Sponsored by Gay Dog Boarding Kennels, 10.30am at Pinglestone House, Old Alresford, SO24 9TB. Two guided walks of different lengths leave at 10.45am prompt, whatever the weather. Donation £10 per walker (includes soup and a ploughman's lunch). Non-dog walkers welcome Book your ticket online (plus 70p booking fee) at www.ticketsource. co.uk/home-start-winchester-districts alternatively send a cheque payable to Home-Start Winchester & Districts to Lanterns, Bereweeke Road, Winchester SO22 6AJ, call 01962 851177 or email info@homestartwinchester.org.uk Sue Gentry

Thursday 14 March 7.15pm WI meeting Easton Village Hall. All welcome, see page 7. Kyrene Beames

Lent Lunches, Fridays 8, 15, 22, 29 March and 5, 12 April

See page 39 for more information. Stephanie Gretton

Saturday 23 March

Annual Valley Litter Pick 10am - 12 noon. See Page 9.

Cllr Ward-Boughton-Leigh

Tuesday 26 March 9.00 amSpring clean at St Swithun's church Martyr Worthy. See page 19.

Martyr Worthy. See page 19.
Cathy Dickinson
Friday 29 March, 7.30pm

Friday 29 March, 7.30pm Charity Quiz Night, in aid of Home-Start Winchester.

Otterbourne School Bring a table of eight or join a team on the night. Small case of wine for the winning team. Tickets £10. BYO eats, drinks, glasses etc.

For tickets email info@homestartwinchester.org.uk or call Sue Barham on 01962 851177 Sue Gentry

Saturday 30 March - Elijah

Mendelssohn's wonderful Oratorio on at 7.30pm in the cathedral. Waynflete Singers are joined by the Newcastle Bach Choir and London Mozart Players conducted by Andrew Lumsden. Tickets from Cathedral box office (01962 857275) £12.50 - £39.50 Tony Gaster

Saturday 6 April - Easton & Martyr Worthy Safari Supper

See Page 28 for more information and booking form. Applications close 29 March.

T and A McGowan and Hilary Castle

Thursday 25 April 7pm

Annual Parish Meeting; more details next month.

Patrick Appleby

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Valley Boules 2019

The days are lengthening and this heralds the start of the boules season. All four villages have their own social evenings (Mondays in Easton and

Tuesdays for Avington, Itchen Abbas and Martyr Worthy), and throughout the summer there are two intra-valley competitions and occasional visits with villages further afield. The events are primarily social and all villagers are welcome. Playing starts in April or May and local organisers will issue details of dates and venues nearer the time.

One of the two competitions within the valley is a league - one match against each other village, spread over three rounds through the summer, aiming to win the Dick Hewitt Trophy, currently held by Easton. Secondly there is a knockout event with all four villages coming together on a long June evening,

vying for the Nigel Graham Maw Cup, won last year by Avington. The dates for all these are:

Tuesday 4 June – league round I Easton (home) v Avington Itchen Abbas (home) v Martyr Worthy

Tuesday 25 June – Triples (knockout) at Itchen Abbas

Tuesday 9 July – league round 2 Easton (home) v Itchen Abbas Martyr Worthy (home) v Avington

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w: alresfordinteriors.co.uk t: 01962-733016 e: info@alresfordinteriors.co.uk Alresford Interiors Ltd, Prospect Road, Alresford, SO24-9QF Tuesday 30 July – league round 3
Avington (home) v Itchen Abbas
Martyr Worthy (home) v Easton
Do go along to your local village
evenings and join in. No experience is
necessary.
Ralph Matthews

Let's ABBA Party - Thank you note

On behalf of the organizing committee (Fiona, Pat, Iris, Sally & Helen) we would like to thank everyone for their attendance and support in making the evening one to remember. It was fantastic to see the amount of effort that each person had put into their fancy dress, with Frances Gray winning the prize for her outfit which was very reminiscent of the ABBA singer Agnetha Faltskog. We especially would like to thank Judy Bishop for the amazing scenery that created a wonderful effect; the Disco supplied by James and Barney Gloyn that brought back memories of the 1970's discos that we used to frequent and Simon Broadley for organising the bar along with Henry Labram and their band of happy barmen - Nick Canfor, Paul



Russell, Barney Gloyn. Thank you to Kevin Rosewell for helping put up the various decorations and to Garfield Powe for his carpentry expertise. We are also very grateful to Joanna Smith for donating the raffle prize (6 bottles of wine) which raised a whopping £555. Also a big thank you to the people who helped with the clear up on Sunday morning.

Thank you again for your support which has raised an amazing £2602.18 for the Village Hall.

Let's ABBA Party committee

WI report

February's meeting began with a fascinating talk by Mike Cox, formerly of Easton, on research into family history, which involved a ramble through his own family. It would seem that he has a very interesting family, or is it just that he has humanized those names with details and facts of family life in a most delightful way! Anyway, it would appear that we are all descended from the French King Louis IX, Saint Louis! If you have an unusual surname some research is easier, and apparently we have lost 200,000 surnames since 1900, leaving us with a mere 45,000 to sift through. The internet has opened up a lot of records, but taken some of the adventure out of the search! There are currently 6 million people tracing their family history, so good luck if you decide to join them.

Our next meeting is on 14 March at 7.15 in Easton Village Hall when Dr Becky Peacock will tell us how women have worked on the railway, not in desk jobs! Do come and join us, everyone welcome!

Kyrene Beames

From Our MP

Last month saw my latest ASKSWR public meeting on the local train service. Customer service. smart ticketing, industrial disruption and operating performance were all on the agenda as **Andy Mellors** (Chief Executive of South Western Railway) and Andy Thomas (who runs

the local Network Rail Wessex Route) came to the city to address a number of issues that have arisen since SWR took over the franchise from South West Trains in August 2017.

SWR acknowledged it has been a challenging 17 months, and customer satisfaction was not where they wanted it to be. Mr Mellors said that the railway had become busier, and more

complex to manage, but they looked forward to using the promised £5m investment for rolling stock to deliver an increase in performance. He also said that there had been a number of driver vacancies as they

took over the franchise, and as it takes 15 months to train up new drivers, they were now starting to see the benefits. In addition, he confirmed that

after the planned timetable change this May, a further 150 vehicles will come

capacity. Andy Thomas, who has recently taken on the role, told the meeting that he was fully focused on performance, and that for Network Rail it was about going back to basics, where they start on time. finish on time and inform passengers clearly and

online to increase

inform passengers clearly and concisely if there are any issues.

Among the questions from the floor the subject of rail fares, and the Carnet came up prominently. Mr Mellors explained the rationale behind the Carnet, which is a flexible season ticket, and how the company was obliged to follow index-regulated fares. He also agreed they would look at the problem of closed ticket offices. A



were currently in conversations with the Union. He also confirmed that SWR were not dispensing with guards, and they will continue to roster a





guard on every train. Under the Holden Review, he explained that some methods of operation have the potential to be more efficient, and new

trains coming online will allow guards to become even more visible to customers on board. Again, this subject was something they are talking



about with the Union.

I was grateful to all for turning out on what was a bitterly cold and snowy evening and to the

two Andys for coming to Winchester. We all know the last months have been very tough, which is why I called the meeting. I am confident that they really have gripped the issues facing the rail service but the proof of the pudding will, as ever, be in the eating. We covered a lot of ground, including delay re pay and parking around both Shawford and Micheldever station, where there needs to be real joined-up thinking to ensure that the service works for commuters as well as, crucially, local residents. There is clearly a way to go on delivering a 'part -time' season ticket product that meets expectations and I will be liaising closely with Ministers as they respond to the recent Fares Fare consultation. As ever, I remain more than ready to challenge SWR and Network Rail on behalf of my constituents, and I encourage constituents to stay in touch with me as we hopefully move forward with confidence. More: www.stevebrine.com/trains Want to attend PMQs this year? I have now opened the ballot for tickets to watch Prime Minister's Questions on Wednesday 13th March 2019. See; www.stevebrine.com/PMQs Finally, you can find more of my work,

for instant updates.

Steve Brine MP for Winchester & Itchen Valley

including my reaction to the latest

Brexit developments, via my website at

my Page at www.fb.com/SteveBrineMP

www.stevebrine.com but please 'like'

Ken Taylor 1941 - 2019

Kenneth George Taylor was born in Ilford, Essex, on 12 December 1941, son of Doris and George Taylor. Ken flourished at school and was appointed Head Boy at Alderbrook Secondary School. His other interests including the Scout movement and he was captain of the local lifesaving club. After leaving school, Ken joined a gentleman's outfitters in Ilford, run by Dick Richards, who soon made him a business partner.



Ken met Dianne at the local Ilford Palais, and they married in 1964. Mum and Dad both loved, adored, and complemented each other so well. Dad joined Sun Life of Canada as a sales rep in December 1964, selling life assurance policies and pensions at their London West End Branch.

The birth of my sister Sally in 1965 gave Ken one of his proudest moments and I appeared in 1967. Ken was a real family man. He saw his role was to provide for his family; he would go without to provide for us to ensure we had all that we wanted. He never forgot what it was like to have nothing, and that always motivated him to strive to build that nest egg for his family. Come 1977 and Ken was promoted to

the branch manager of Colchester branch. In 1978 the Colchester Branch won the Presidents Trophy, and one of Ken's units won the McAllister Shield; this would be the equivalent of winning the Premiership title and FA Cup in the same year. As a reward,

Ken won a trip for himself and Di to visit Canada; mum and dad decided to make a family trip of it and we all went on a two week trip starting in Florida and on to Washington DC before visiting Canada.

Ken was again promoted in 1979 and in 1985 he became Manager of the Leeds branch, and moved to Ilkley, buying a fabulous "upside down house" overlooking the River Wharf. Ken and Di were very happy there, it was a perfect house for entertaining the family. They really loved spending summer evenings on their balcony, G&T in hand, followed by a lovely meal and wine.

Meanwhile Ken and Di were

celebrating their 25th wedding anniversary with a cruise in the Caribbean, and soon after Ken was celebrating his 25th anniversary with Sun Life of Canada, where they were hit with a "This is your Life K G Taylor", many of his colleagues over the years contributing to the occasion. After a posting to Dublin, Ken then moved to the Southampton Branch. Di. who had been unwell for some time, was rushed into hospital the night before we were due to move south. After an operation and recuperation, Di was given parole and Ken and Di began once again setting up home together here in Itchen Abbas, in Little Hayes Lane. Ken decided now that he was 54 it was time to retire.



Unfortunately, all too soon Di became ill again, this time it was a secondary cancer in her liver, and on 16 April 1997 we lost Di. Ken was all at sea without her. He was now retired and alone but he encouraged me and helped me to move out into my

own first home; he joined the Alresford Rotary Club, and liked the companionship, made some lovely friends, and remained a member until last year.

Ken was diagnosed last July with Parkinson's and in December with lung cancer. It was found too late for any treatment, he didn't complain at all, but wanted to remain at home if at all possible. We all set about to ensure that Ken had the best care possible until he passed away on 8 January 2019; thank you all.

Extracts from the tribute given by his daughter Tracey

BorrowBox comes to town

Most readers of the Itchen Valley News will at some time have borrowed books from one or more of the Hampshire County Council's libraries. Whilst it is very pleasant to hold a book in your hands and hear the paper rustle as you turn the pages, you do have to visit the library to take it out and you have to go back there to

A few weeks ago the library service launched a new option for reading books: for those of you who are digitally aware, you can now access them online and read them on your computer at home. The service chosen for this enterprise, BorrowBox,

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admissions@princesmeadschool.org.uk www.princesmeadschool.org.uk has several thousand eBooks on its virtual shelves, with by far the biggest number categorised as Romantic Fiction. But non-fiction books are also available, ranging from Mary Berry's Household Tips to The Eddie Stobart Story.

It's pretty easy to sign up via the HCC Library website using your library borrower's card number via the "Borrowing from your local library eBooks and audiobooks" link. You are limited to a total of five eBooks either being read or reserved so if you are reading a series of novels, for example, you can have the next four lined up ready for when you finish the current volume. Depending on how many other readers want an eBook, just like a normal library not all items are available for instant download but unlike the physical library, it costs nothing to place a reservation. In addition, the waiting time for an eBook is usually a lot less; for instance, the recently released latest Peter James book I was hoping to see after several weeks from the actual library was available for instant download.

One other advantage of BorrowBox is

that you can alter the size of the typeface. You can increase it so you don't even need your glasses to read the words;



you just end up with more pages to turn.

As well as eBooks there are audiobooks available. Obviously you listen to these instead of reading them but it may not suit everybody, especially those who are quick readers. You can increase the speed of playback but that merely produces a Pinky and

Perky sound; younger readers may need to ask their parents what I mean! If you want to read novels without visiting the library, this service is for you. But if you like talking to a real person when borrowing books Vernon Tottle

The Story Behind a Story

It was 1989. My husband Rob and I with our two young daughters had just relocated from California for his work assignment at IBM's Hursley Laboratory. I found myself living on Easton Lane between a



lovely village and the spot where the footpath goes beneath the A34/M3 and on into Winchester. At school I had studied English history and literature, so knew something of Roman walls, medieval castles, kings, queens, court intrigue, copses and fens. Suddenly these words had reality. I was enchanted by all I saw.

With the children settled into Itchen Abbas School, I had time to update friends and relatives about our rambles, explorations, and new adventures. I began writing (long) letters home. Some of these turned into humorous pieces that Iris Oades kindly published in the Village News.

People seemed to enjoy my tales of "expats abroad", so I thought to try writing something longer, a novel. It would be amusing to retell a fairy tale as though it was historical, but had become garbled over the years as stories do. My heroine would not be the traditional sweet, compliant, self-effacing victim. She would be reckless,

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self-centered, bold, perhaps lacking in some of the higher mental faculties, but of good intent. As an oft told tale . . . maybe Cinderella! But which historical period to set it in? A neighbour from the village stopped by one morning. An archaeologist, she suggested the Anglo Saxon

period. Not long after, my children came home very excited with the news that remains of Saxon warriors had been found buried in the sports field of Itchen Abbas Primary. I was intrigued: it must be fate.

So, who were these Saxons? What was their world like? The research stage of the project began. I read everything I could find on the topic. My neighbour Jean Wheeler joined me on trips down to Southampton University for courses on Old English literature, medieval history, and archeology. Iris Oades gave a course on calligraphy for the WI where I attempted to scratch out uncial. I began to embroider in the style of the Bayeux Tapestry and studied the Winchester style of illumination. I was becoming Saxon-ish.

History and culture provide the skeleton for my story, but myth, fairytale, and human foible are the meat on the bones. Saxon tales, riddles, and sagas I uncovered are woven into the plot. Christianity was a fairly recent phenomenon, so the remnants of the ancient pagan roots of the Saxons joust with the influence of Christian legend and practice. Summon the political drama of the Wessex royal court in the year 801. Then introduce the naive young lady from Easton determined to conquer it.



During the years between living in England and today, most of my work has been devoted to illustration and painting. I spent a couple of years after university doing work that demanded my English degree, but then switched and got a degree in Fashion Design. After that, my career was

devoted to design and art. The medieval period played its role here as well: besides costuming a dance troupe that performed at the Cloisters Museum in NY, I painted in egg tempera. The sketchbook illustrations for my novel use contemporary media however, brush pens in a Moleskine tablet, and can be seen online at courtingtrouble.blogspot.com I have an entire sketchbook from England filled with drawings of the plants I found on my rambles. The one thing I could be sure my lead character from Easton would know about was the local flora and fauna. So I kept the notebook, along with weather notes that might be helpful to move the plot through the seasons.

Begun in 1990, and set aside for 25 years, my romantic comedy, Courting Trouble by Elaine Drew, is finished, published, and available from Amazon. Make sure you get the correct volume as many other authors have chosen the same title words. Originally I was taken with Courting Trouble because of the play on the word "courting." It could refer both to the romantic entanglements of the story and the mess at the royal court. I knew there were other books with the same title, but I didn't realize how many. If I had it to do over again, I'd keep thinking! Elaine Drew

From Our City Councillors

If you have any comments or questions on the content of this report, please do not hesitate to get in touch. And of course, on any matter relating to



WCC responsibilities where I will help. Firstly, an update on my 'Couch to 5k' progress. I'm writing this on 10 February for the March edition, and have almost completed Week 7 – no, there have not been 7 weeks since the beginning of January but I mostly run every other day as suggested. By the time you read this, I know I will be running 5k in around 30 minutes, or maybe less! Running for 90 seconds was a challenge at the beginning of lanuary and surprisingly I have more energy and am enjoying a very happy frame of mind. Who would have thought that something which feels like torture on occasions, could also make me feel good? If you'd like something slower paced, there are seven different walking routes in the District, and over 6,000 walkers with a mixture of ages and abilities who walked at least an hour a week in 2018. All the walks are led by local people who find different routes and plenty of good conversation to build friendships and make the time pass quickly (and healthily).

The facts about WCC finances

The budget will be put to Full Council on the 28 February 2019, including a Council Tax freeze for all District residents, and doorstep glass recycling commencing October 2019 – no extra cost from WCC to residents. Important aspects in the 2019/20 budget: (1) The new leisure centre at

Bar End: financed through income from Everyone Active, who will run the facility on behalf of WCC. Financial contributions and collaborative partnerships have been secured to deliver specific aims and outcomes for our residents with The Pinder Trust (hydrotherapy), Allegra's Ambition (outdoor activity), Hampshire County Council and University of Winchester. (2) Central Winchester (or Silver Hill): having purchased the Henderson site. WCC now own the majority of the land available. This puts it in a strong position to ensure we deliver what the City needs in terms of housing, open space, jobs and retail. (3) Housing Revenue Account: a programme to build 1000 homes - affordable and council - in the next few years. Cllr Lisa Griffiths

As spring arrives on your doorstep, so do the politicians! As reliable as spring,

and just as exciting. Every year there are elections in May, (sometimes other months as well but let's ignore that for now). Every year I hear about problems



that have been making your lives a misery and mostly. it is a problem than can be fixed.

DON'T WAIT UNTIL YOU SEE US! Because - You may be Out - It Matters - We are far more likely to take good notes sitting down on the phone, or in a Councillor Surgery - It's cold on your doorstep in February, and March, and sometimes April as well - You will be able to concentrate better when you're not making supper.

We are elected to represent you regardless of political persuasion. But please contact us when the problem



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occurs, they are much easier to fix. A brief canter through my casework shows planning challenges, housing troubles, developers working outside their brief, neighbour nuisance, highways blocked, bins not collected, and always – dog fouling. Casework provides a welcome relief from Council decision making, and the results are usually quicker to deliver.

Next Councillor Surgery – Friday I March, 0930-1045, Alresford Community Centre, by kind permission of the Trustees.

Cllr Margot Power

Jackie's County Corner

Beware: The snow may come back again! HCC Salted routes include all bus routes, but residents are encouraged to clear snow and ice in their local environment using the material in the grit boxes.

Please check your local grit bin in case there's more snow this year: if the material inside it is solid, or it is empty, please tell HCC via their website www.hants.gov.uk: put 'salt bin' in the search box, then scroll down to 'salt bins'. For a box without a reference number- write in 'Grit bin wanted' For a box which is damaged or the grit is solid, click 'Grit bin damaged'

Hampshire Commission 2050-

please go to the hants.gov.uk website for more details. The commission of 16 invited people is looking at what Hampshire County Council need to do to make Hampshire fit for life in 2050. A report is expected this summer. You can watch commission meetings on the website

too.

The Major Modifications following the Inspector's review of the South Downs Local Plan are out for comment. https://www.southdowns.gov.uk/planning/national-park-local-plan/south-downs-local-plan-main-modifications/Deadline for comments: 28 March 2019. Both WCC and SDNPA are now running a rolling call for development sites: details on how to do this is on their websites.

Grants are often the best way to raise funds, especially capital schemes, and the County has created a fund for parishes and communities with large budget plans. Please contact them direct, but if you have a smaller scheme looking for less than £1000 please talk to me about the County Councillor Grants which are quick to organise and start again in June.

Council tax: Continued efficiencies/savings are being made by HCC to reduce the budget and cope with extra demand. There is a consultation for a revision of the Specialist Teachers Advisory Service which offers specific support and advice to parents of children with special needs. Deadline for consultation responses is 9 March. Full details can be seen at http://documents.hants.gov.uk/consultation/

STASInformationPack.pdf
The proposed HCC
Council Tax budget
rises by 2.99%, which is
the referendum limit. The
6% additional adult social
care additional sum has
been 'used up' in the last
two years, so will not be
imposed again this year,
but is expected to be
reinstated in future years.

Cllr Jackie Porter, Tel: 01962 791054, Mob 07973 696 085 Jackie.porter@hants.gov.uk

Hold very tight please!

The number 67 bus that plies its course between Petersfield and Winchester via the Itchen Valley now has a revised timetable. The new



timetable. The new times are shown on page 40 in the customary pink box of local information. The main features are as follows:

- I Saturday services are unchanged and there still is no Sunday service.
- 2 Early and late services on weekdays mostly remain unchanged
- 3 Some services on Monday and Thursday are cut completely and the equivalent services on Tuesday, Wednesday and Friday have been retimed.

These changes took place on 17 February so regular bus users will be familiar to some extent with the new timetable by the time this magazine is printed but details of the changes were not made public until early February and so missed last month's edition. Vernon Tottle

Help is needed at St Swithun's Church, Martyr Worthy

Our beautiful church is cared for by a wonderful team of volunteers. Every

month two people help to keep the church clean on a weekly basis either individually or



together depending on their personal commitments.

Some of our happy group have moved from the area and we are desperately looking for volunteer replacements for the months of August, November and December.

If you think you can help us please contact Cathy Dickinson 01962 779239 / 07551907577

PS: We have a Spring Clean on **Tuesday 26 March 9.00 am**. Come and join us and meet 'the team'. Coffee and biscuits! *Cathy Dickinson*

Letter from the Rectory – Dying Well

"You are the best granny a girl could want. I love you so much". These were the last words that my mother in law, Cherry Slater, read from her youngest granddaughter a few minutes before she died peacefully in an arm chair last Autumn. After she moved to Hampshire from Surrey, where she had lived for much of her life, her daughter Lucy went through her address book and sent out change of address cards with an update on her declining health. So Cherry spent her last few months being visited daily by all her friends, relations and godchildren.

Cherry's death has been painful for all of us but, particularly, of course, for Lucy and her brothers. Death is always painful. It is so difficult to comprehend that that person, who has been so well loved, who has been so much a part of our lives and who has been such a great character and personality, is just no longer there. But we have reflected that, whichever way we look at it, Cherry's was about as good a death as it can ever be. She died well.

Itchen Valley Churches

3rd March

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

10am All Age Worship St Mary's, Easton

6th March

8pm Ash Wednesday St Swithun's, Martyr Worthy

10th March

10am Parish Communion St John's, Itchen Abbas 6pm Evensong St Swithun's, Martyr Worthy

11th March

7.30pm Lenten Stations of the Cross St Swithun's, Martyr Worthy

17th March

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

10am Valley Worship St Mary's, Easton

24th March

10am Parish Communion St Swithun's, Martyr Worthy

6pm Evensong St Mary's, Avington

31st March

8am BCP Holy Communion St Mary's, Avington 10am Parish Communion St Mary's, Easton

Rector

Revd Alex Pease Beccy Clark rector@itchenvalleychurches.org 01962 779845 Beccy Clark admin@itchenvalleychurches.org 01962 779845

Days: Sun, Mon, Tues & Weds. Mon-Fri, 9am - 1pm (term time)

LLM

Mr Gerry Stacey Robin Greenwood 779540 gstacey@easynet.co.uk Andrew Impey 779645 07554 438973 Vanessa Rosewell 841182 Tony Gaster 779110

Nick Owen 779162

Churchwardens

Parish Administrator

www.itchenvalleychurches.org

Of course, this is not always the case. Death can so often be accompanied by anger, fear, loneliness and pain. Sometimes there are circumstances which can overcome the situation, taking all decision making and power to achieve a good death out of our hands. And we often hear horror stories about the chaos which can be left behind by a deceased: from broken relationships to debt, which then taints our impression of the person we have lost. This has caused me to reflect recently that it might be worth us spending some time now considering how we ourselves will die. How might we try to follow a path towards the inevitable for all of us, which is the least upsetting for those we leave behind? Can we do this better, if we are fortunate enough to be given some time between diagnosis and death? I have been helped in thinking about this subject by reading John Wyatt's excellent book Dying Well. Wyatt is **Emeritus Professor of Neonatal** Paediatrics at University College London. He is a leading expert in medical ethics and a Christian. Wyatt points out something which might not sit terribly easily with many of us - that dying can bring wonderful opportunities if we make an effort to do it well. He expresses concern about what he calls the 'over medicalization' of death due to, in some cases, inexperience and fear of litigation. He affirms the wonderful work done in the area of palliative care in the management of pain. But his main focus is on the spiritual and emotional aspects of dying. He points in particular to the 'internal growth, healing of relationships, gratitude, laughter, finding forgiveness and fulfilling dreams' which can characterize the final months of life. He says, 'dying is not all loss and it

need not all be doom and gloom'. But we need to prepare for it long before we receive that terminal diagnosis. Indeed, it could be argued that living well means preparing to die well. In the Middle Ages, when the Black Death stalked Europe and so early death was frequently encountered, theologians wrote books on the Ars Moriendi 'the Art of Death' to guide those who might at any time, at any age, succumb to the Plague. It is from these documents that Wyatt has drawn some of his ideas.

Wyatt sees imminent death as providing a number of opportunities: for internal spiritual growth (the weakness of illness can lead to serious repentance and strengthening of faith we sometimes can only really encounter God when we have finally lost all hope of relying on ourselves); for being thankful for the things which in the normal run of our lives we so often take for granted; for healing, building, celebrating and completing relationships (as one of my friends found the diagnosis of pancreatic cancer enabled him to settle some long standing family issues, as he summoned his relations to his hospital bed); for finding forgiveness from God for the things in our lives that we regret (particularly where it is too late to obtain forgiveness from those directly affected); for leaving a legacy (for example, in the form of an autobiography or letters to our friends or family to say the things that we always wanted to say, but never got round to saying); for fulfilling dreams (so we can 'live until we die' in the words of the hospice movement); and, finally, for preparing to meet our Lord and Saviour.

Wyatt also recognizes that there are serious spiritual and emotional

challenges that those who are dying may encounter: doubt, despair, impatience, pride, greed, denial of death, and the temptation of self-reliance, to all of which he suggests approaches, to help lift the darkness. In all of this, Wyatt emphasizes the importance for the person dying of focusing on the needs of those to whom we are closest and making their

needs paramount, rather than ours. This may be in the courteous way we treat nurses, doctors, and other staff we encounter, but will certainly include the way we treat our spouse, children, siblings and parents whose suffering, although vicarious, is as great, if not greater than, ours and, of course, will continue for a long time after our death. What a comfort it is to the bereaved when the person we loved has died well!

In October of last year I conducted a wedding at Pembroke College Chapel in Cambridge for a young couple in their twenties, Gigi and Oli, who were friends of my youngest daughter. In January, I went to Oli's funeral.

I was so struck by what was said in the tribute: days before he died he told his family 'I'm so lucky. I have a wonderful life'. His best man continued: 'During his fight [with cancer], not once did he question why. To face such uncertainty and still maintain the courage to support those around him was remarkable, while his humility in both accepting and defying the monumental challenge was truly stirring. In short, Oli put life and living into a context that we can learn from'.

Dying well means that our family and friends, our bereaved, can say something at our funeral about how we



loved, not just what we achieved. And in doing so we are building a legacy in the minds of those who remain. A legacy of love which has a permanent effect and will help them to find something sweet in all the pain.

During the Summer Itchen Valley Parish is hoping to hold a workshop on Dying Well for Valley Visitors and

others interested in this subject – further announcements will follow.

Alex Pease

Be brave – why your Spring Resolution should be to talk about death

This article reached the Valley News too late for its intended slot in January but if, like me, you have already forgotten what your New Year's Resolutions were, maybe you could follow the advice below. It continues the theme of the letter from the Rectory above, both the articles are relevant to all of us, like it or not. Ed. Death is a largely taboo subject for us, yet it will happen to us all. Even at an early age, the death of a grandparent or a much-loved family pet is a common experience. Death is the only experience everyone is guaranteed to share, but only around 20% of UK adults have discussed their funeral wishes with anyone (2014 Dying Matters survey). We're scared to talk about death in case it brings it into our lives, or upsets whoever we're talking to. But talking about funerals can have real benefits. Here's why having this conversation should be one of your New Year's (or Spring) Resolutions. Funerals are for the mourners, not just

the deceased

A funeral is a rite of passage for the bereaved; bringing together the community of those who loved and will miss the person who has died to support each other, remember, and say goodbye. A good funeral service (whether 'traditional' or more informal) significantly benefits the bereaved. Conversely, a funeral which doesn't give loved ones the chance to say goodbye in a meaningful way for them can complicate grief.

Decision making is difficult when we're grieving. Arranging a funeral involves a lot of decision making; whether to choose burial or cremation, where to hold the service, whether it should be religious or non-religious, what music, speakers or readings to include, to more minor decisions such as flowers. a charity, even what type of coffin. Funerals are increasingly more personal and individual as there are more choices available. This can result in a more fitting funeral, but making these decisions under pressure in the emotionally charged immediate aftermath of a death is not necessarily

the best time to be doing so.

There are real benefits to talking with those you are close to about your own funeral:

- Removing uncertainty your family don't have to guess what you wanted
- No-one has to make big decisions when they're grieving
- Time to research options and discuss what works for all involved
- More accurate idea of costs if considering making financial provision
- Creates a funeral which is right for you and your family, helping their grief
- Less emotional to talk about death when there's no immediate prospect of it happening

So, go on, be brave. Now may be the time to talk to those who you love about your funeral wishes and theirs. Chelsea Duke

About the Author: Chelsea Duke is a professionally qualified and experienced Funeral Celebrant and Funeral Director, and chairs local charity Winchester Bereavement Support.



The Valley Gardeners welcomes Charles Dowding

If there is one vegetable gardener whose name is on everyone's lips, it is

Charles Dowding. The Valley Gardeners were delighted to welcome him to their February meeting and listen to his wise words and interesting ideas. Over 100 members and guests enjoyed Charles's presentation, predicated on his well-known

belief in and practice of "no dig" gardening. This dispenses with the long held principle that "digging your soil is essential for plant growth". That is a quote from a well-known gardening website which suggests you need to either single or double dig your plot to promote the growth of healthy plants and vegetables.

In the last few years, the no-dig method of gardening has been widely accepted and imitated, including by the RHS at Wisley. However, this is just a part of Charles's approach to vegetable growing. He generously offered us many interesting and labour saving tips and I saw that notes were being furiously taken down throughout the hall. The health, vigour and rapid growth of Charles's crops were obvious from the images he displayed and these qualities are

easy to achieve in our own gardens. As Charles writes, "Most soil already has a good structure for plant roots to grow, and is full of growth-enabling organisms. Millions of fungal threads, nematodes and earthworms, to name a

few, are being helpful right mostly out of sight. We need to help them to help us. You have knowing! Since the last time you dug or tilled or forked your soil, it has been healing itself, with networks of

under our feet. already started no dig without

fungi, the breeding of health-bringing organisms and re-creation of a stable structure. Your task is to build on that, to enable good structure and drainage, plus you will discover some extra benefits.

Of course, being such a popular figure in the gardening world means Charles now travels widely giving lectures, running workshops both at his home and in places as diverse as West Dean garden near Chichester and both Norway and Sweden.

We were so pleased he found time to come to talk to us and we will be visiting Homeacres, his home and garden, in August this year. To see what Charles is up to and learn more about his way of gardening do visit his website: www.charlesdowding.co.uk Catherine Hahn

Supermarket recipe of the month

Forced pink rhubarb is one of the guilty

pleasures of late winter and early spring. Although it is terrible for your teeth, it makes a lovely cordial (Itchen Valley News April 2015) and it also goes splendidly in an old Waitrose recipe for



Trish Deseine's

Rhubarb and White Chocolate

Trifle. The tart flavour of the rhubarb and biscuit base is countered exactly by the creamy smooth white chocolate and cream topping.

This recipe was published in April 2010 both in the Waitrose monthly magazine and on their website but it has now fallen off the internet and is no longer available to read online. The supermarket has recently published a similar recipe for a similar trifle but it uses different proportions and ingredients and, having tried both recipes in recent weeks, I can say that the original recipe is by far the best option. So I have taken the unusual step of publishing the recipe in full as originally printed, rather than suggesting a link to the correct page.

Ingredients

400g fresh forced Rhubarb, chopped 2 tablespoonsful Sugar, plus extra to taste

7 Strawberries, hulled and sliced (try to find some nice red ones – not always easy at this time of year)

12 Savoiardi Sponge Fingers (one pack)
- ordinary sponge fingers would do if
you can't find these posh ones!
100ml Dessert Wine or Marsala
250g White Chocolate divided into

200g and 50g, finely chopped (you can do this in a food processor) 500ml Double Cream Pink sprinkles or vermicelli

Method

Poach the rhubarb with the sugar in 2 tbsp water for about ten minutes, until it is soft and has produced plenty of juice. Remove from the heat; add extra sugar to taste if needed. Add the strawberries. Leave to

Put 200g of the chopped chocolate in a bowl. Bring the cream to the boil; pour it over. Leave for a few minutes, then stir until smooth. Cool at room temperature for two to three hours. Arrange the sponge fingers in the bottom of a pretty glass trifle bowl. Pour over the wine, then the cooled rhubarb; place in the fridge for about three hours

Whip the white chocolate mixture until thick and creamy; spoon over the rhubarb. Put back in the fridge.

Before serving, scatter over the remaining 50g of chopped chocolate and add some pink sprinkles.

My tips for this recipe:

The quantities given fit in a standard three pint capacity trifle bowl. Whipping the chocolate cream will take several minutes so it's worth melting it in the bowl of a stand mixer. Use a really good quality white chocolate such as Green and Black's. I have tried using cheaper bars and it's not nearly so nice.

After eating, wait for the enamel on your teeth to harden and only then give them a really good clean to reduce the risk of tooth decay.

Sue Sheph

Our Wild Valley - Bud bursts and tree flowers.

To feel warmth in the air, and enjoy lighter days is a wonderful feeling each Spring, but somehow we forget how blissful it is, until we get that first good day, as has happened this week in Mid Feb. However it is not this warmth that brings out the first leaf buds. It is the cold of winter that gets leaves bursting in Spring; each tree species must go through a certain length of exposure to chilling temperatures (-5°C to -10°C) before a period of warmth that will force bud break. This warmth triggers physiological responses in trees, rebalancing hormones and enzymes that control growth.

Each tree has a timer of how many days it needs of cold weather, so as we perhaps weary of the cold in February, we can remember that this winter cold is a necessity for our native trees to grow and think perhaps a little bit more kindly of these colder months. In our hedgerows hawthorn is the first to tree to burst into leaf, with blackthorn having the first white flowers showing. Another good trick that trees have evolved is that their new buds of Spring were made in late summer, before the autumnal shut down, and have been protected throughout the winter by tough bud scales. Each species will have varying needs to break dormancy. Trees can get caught out when we have a warm period early on, followed by frost.

Over generations, our native trees have proved adaptable to gradually changing environmental conditions. However if global climate change keeps pace, this may exceed a native tree's ability to adapt, and a possibility is the tree might not receive enough chilling to break dormancy. Sophie Rogers



The Anglican Parish of Itchen Valley and The Catholic Parish of St. Peter and the Winchester Martyrs

invite you to

Stations of the Cross Meditation on the Passion of Christ through words and music

at St Swithun's Church, Martyr Worthy on Monday 11th March 2019 at 7.30pm

accompanied by The Itchen Valley Parish Choir singing excerpts from Stainer's Crucifixion







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Easton & Martyr Worthy Safari Supper – Saturday 6 April

This year's Safari Supper will be held on Saturday 6 April. We really hope that new arrivals to our villages and people who have not attended before will come and join us as it is a great way to get to know your neighbours.

For those who don't know the idea of the Safari Supper is that participants travel from house to house for three separate courses meeting different people at each course. We shall then all meet up together for the grand finale at Manor Farm House, Easton, the home of Philip and Lucy Wolfe who have kindly agreed to welcome us at the end of the evening.

For the event to work most people need to host a course although first timers are usually exempt! The donation price is £25 again this year and at least £12 of this will be donated to Easton Village Hall and St Mary's Church. For those who cater the reimbursement for each person will be Starter £3: Main £4: Dessert £3: The remaining £3 will go towards the finale and administration costs.

Please use the application form below to make your booking with a cheque payable to T McGowan and send it to Wincroft, Easton, Winchester, SO21 IER. Applications close on **Friday 29 March**.

EASTON & MARTYR WORTHY SAFARI SUPPER SATURDAY 6 APRIL 2019

If you would like to take part in the Safari Supper please fill in this form and post/deliver it to T.McGowan at Wincroft, Easton, Winchester, SO21 IER

Name(s)
Address
Tel No
I/We wish to take part and are willing to cater for people (including ourselves)
We are prepared to offer one of the following courses: Starter / Main / Dessert — (please delete any you would rather not provide)
I enclose a donation of £for persons at £25 per head (cheques payable to T. McGowan)
I/We accept full legal liability for our actions and absolve the organisers from any responsibility.

From the Parish Council.

To start with some dates for the diary. The first, we will be holding the Annual Litter Pick for the Valley on Saturday 23



March, starting from the various assembly points at 10am with the aim to finish by midday when we can all repair to Martyr Worthy Village Hall for tea, coffee and cakes once again generously provided by the ladies of the WI. Please see the separate advertisement on page 9 for full details. We hope to have as many people supporting this event as in recent past years so that we can cover as much of the Valley as possible. If there is sufficient support we will also try to cover some especially bad "hot spots" that have been identified. So please come and join in this great annual event and make our beautiful valley ready for all to enjoy.

The second date and time for your diary is Thursday 25 April at 7pm when we will be holding the Annual Parish Meeting. This is the chance for all residents to come and find out what has been achieved in the past year and what plans we have for the future. Following the successful format of last year's APM we hope to start with a short talk by a visiting speaker followed by the formal part of the meeting and finishing with some wine and nibbles when there is the chance to have an informal chat with individual councillors.

And now last but not least a change of date in May. Our Full Council Meeting has been changed from 2 to 9 May. It is also our Annual General Meeting when we allocate various tasks to individual councillors (please do not

confuse this with the Annual Parish Meeting as above). The change has been necessary as local elections are taking place on 2 May and a clash of dates has to be avoided.

That brings us to elections. This is one of the years in the four yearly cycles when all Parish Councillors have to stand down. Those who wish to continue can then stand for election as can others. There are ten places on the Parish Council and on most occasions in the past there have not been sufficient candidates to necessitate at election. At present there are nine Parish Councillors who may stand again. Therefore there is already one space to be filled. If you are interested please get in touch with me so we can talk about it in more detail. Being a Parish Councillor gives an interesting insight into the workings of local government at its base level but to get the best out of it, time and commitment are necessary. It is not just a case of turning up to a meeting once a month. A great deal of work goes on in between. Documents have to be read and commented on, e-mails sent and answered, people and places in the Valley visited and other meetings attended. If you do wish to stand, proposal forms and associated documentation can be obtained from Michelle our Parish Clerk (contact details on our web site). Please note; the closing time and date for receipt of Nominations is 4pm on Wednesday 3 April.

Patrick Appleby

Itchen Valley Flower Show - the end of an era

The Itchen Flower Show committee met recently, and we have decided, after a lot of discussion, (continued page 32)

Easton Village Hall	Ina Willia	ıms 779	9465 or 6	evh.bookir	ng@goog	lemail.com
Authentic Pilates	Mon	9 am, 6	5:30 pm F	ri 9am	Judy	07774 89990
Ems Bray Pilates	Tue	8:45	Thu 8.45	am	Emily	07876 03389
Sally Stanyard School of Dance	Thu 6	6.30 pn	n - 7.30 j n & Fri 3. 3.00 pm		Sally	01962 77656
Brew with a View	Wed :	3 - 5 pr	n		Ina	01962 77946
Dionne Yoga	Tue 8.15	pm; Fı	ri 10.15,1	1.45 am	Dionne	07961 88867
Mahjong / U3A	Tue 2	2 - 5 pr	n		Anne	01420 56339
Yoga for men	Wed	8 - 10 _l	pm		Alex	07814 67815
NCT Yoga	Wed Wed		m Moth	•	Janet	07973 85510
Martyr Worthy V	illage Ha	ll .				
Kindergarten	Mon Wed Tues & Fri Thur Avingtor		8.30am 7pm	to 3pm to 1pm	Maria	07900 437685
Details of bookings a www.iaavillagehall.co Hall Manager Alex B or telephone 07947	o.uk Sellisario d	or man	·		ailable o	n our website.
Regular Bookings	191229	Village				
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Regular Bookings Montessori Zumba Pure Circuits	Mon to F Fri Mon Tue 10.00	Fri 0 I I 0, Wed	e hall calll 8.30 0.00 9.30	Caroline Sue Juliette	. 791021 01 07 07	7947 410394 7799 890860
Regular Bookings Montessori Zumba Pure Circuits Rugby Tots	Mon to F Fri Mon Tue 10.00 Thur 15.5	Fri 0 I I 0, Wed 50	8.30 0.00 9.30 10.15 &	Caroline Sue Juliette Phil	. 791021 01 07 07 03	7947 410394 7799 890860 8453 133258
Regular Bookings Montessori Zumba Pure Circuits Rugby Tots Boules	Mon to F Fri Mon Tue 10.00 Thur 15.5 Tue	Fri 0 I I 0, Wed 50 I	8.30 0.00 9.30 10.15 & 8.00 4.30	Caroline Sue Juliette Phil Jenny	. 791021 01 07 07 03	7947 410394 7799 890860 8453 133258 962 779813
Regular Bookings Montessori Zumba Pure Circuits Rugby Tots Boules Ladies Short Tennis	Mon to F Fri Mon Tue 10.00 Thur 15.5 Tue Wed	Fri 0 0, Wed 60 1	8.30 0.00 9.30 10.15 & 8.00 4.30	Caroline Sue Juliette Phil Jenny Arminel	01 07 07 07 03 01 01	7947 410394 7799 890860 8453 133258 962 779813 962 779611
Regular Bookings Montessori Zumba Pure Circuits Rugby Tots Boules Ladies Short Tennis Pilates	Mon to F Fri Mon Tue 10.00 Thur 15.5 Tue Wed Wed 09.	Fri 0 1 0, Wed 60 1 15 & 18	8.30 0.00 9.30 10.15 & 8.00 4.30 8.00	Caroline Sue Juliette Phil Jenny Arminel Aimee	01 07 07 03 01 01 07 01	7947 410394 7799 890860 8453 133258 962 779813 962 779611 7546 941489

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Holden Farm Cheriton SO24 ONX

that we will no longer organise this annual event. The reasons are many. Firstly, the support for the Show in its current format has steadily declined with an all time low last year of just 35 adults entering classes and six of those were committee members. In 1995, 68 adults and 23 children. provided 460 entries across the variety of classes, vegetables, flowers, craft and cookery. By 2018 the number of entries was down to 196. We feel that it is no longer viable to hold the show. Coupled with the difficulty in recruiting helpers to serve teas, encourage volunteers to help on the day, and above all encourage people to enter the Show, it has become unsustainable. The demographic across our villages is changing and so has gardening and growing. Some local shows have thrived but sadly our village Show has declined, and the committee has made the decision to stop. There will be no show this year.

Perhaps, in years to come, a new team may revive the show and come up with new ideas to bring the gardening and growing community together.

It will be a strange summer without the Show. It has been a pleasure to organise it with a dedicated team, some have helped for more than ten years, and personally I am very thankful for their support over the last eight years. Thank you to everyone in our

Thank you to everyone in our community who has supported and entered in the past, especially the children, whose entries each year bring joy and pleasure to all who gaze at their creativity and mastery of baking, craft, handwriting, modelling and gardening. We thank you for your support.

Above all thank you to the committee members who have made the Show possible, Gail Kennedy, Alison Canfor, Di Wilson, Zoe Cannons and Alex Bellisario. Sara Mason

Comings and Goings

Martyr Worthy: Welcome to Marco & Kelly Marriage, Tessa (7) & Felix (5) who are moving into No 7 Off Church lane, Martyr Worthy.

Easton:- We welcome to Dolphin House David and Teresa Steel who have come from Petersfield and we say goodbye to Amanda Chester who has left Dolphin House.

If you are new to the Valley do please let us know, so that we can officially welcome you to our community. You can give as much or as little information as you like - a photograph is always welcome too. (Ed)

The Practical Gardener

I had to laugh. My contribution last month included some photos to which titles were attached but not by me. Please be assured that my sweet peas are not potatoes and that I do know the difference between a broad bean and a pea seed!

Enough of that, so I will continue the



theme of easy growing and show photos of growth. In the greenhouse most seed have germinated really well. It's only the tomatoes which have been in a propagator which are still quite small. Patience! I've still several greenhouse plants in flower.



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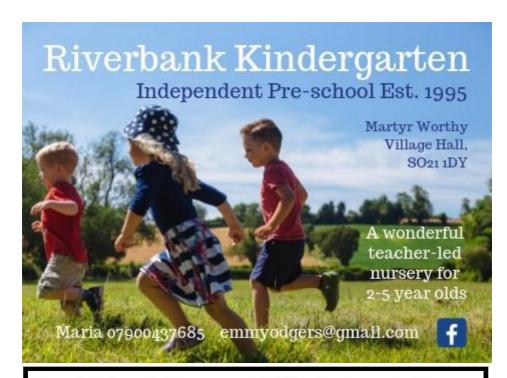
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Now I will start to plant out early next month: first-early spuds under fleece, broad beans and peas under a plastic cloche, sweet peas by a trellis and onion sets straight into the ground. Since I planted onion sets last October, I have spent 10 minutes in weeding, proof that it's an easy crop. We are still eating onions I harvested last July. Garden catalogues are full of ways to spend lots of money. Some of the ideas are really good but honestly what's the point of spending hundreds of pounds when in most cases you can make something by yourself with minimal effort. Some my pea support frames are simple triangles made from treated roof batten (19x38) and covered with large plastic mesh, fixed with staples - easy and cheap!

March is the great sowing month. It's not a month to be away from the garden, so time to get on with it. It is so satisfying seeing the results of something you have sown yourself. If

you don't have a propagator, then the kitchen windowsill is a good standby. Little plants will wilt in strong sunshine, even in a propagator so some care and attention is needed. Little plants are like little babies!









The recent talk at Valley Gardeners on "no-dig" is something I have followed for a long time. The benefits of compost were stressed repeatedly. I'm a great fan of producing my own compost and here I can share some experience. If you do this, you can be assured of good results. Compost needs to be a mix of different things which will include grass cuttings (great for generating heat), vegetable waste, green prunings, old potting compost, leaves and shredded paper. Some perennial flowers have very tough stems so these are best shredded. Woody material like old raspberry canes are best for the bonfire and fruit stones, avocado skin and similar should be avoided. My heaps take only 3-4 months to produce good compost. Away from gardening, singing is supposed to be good for you. I'm not that sure, having been moaned at constantly for not getting it right at choir.

Now one of the nice things about plants is they are like pets, they don't answer back. Treat them well and you will be rewarded. Happy Gardening! *Tony Gaster*.

Pancake Party Everybody Welcome

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Lent Lunches - March & April 2019

The Itchen Valley Lent lunches take place in various places throughout the Itchen Valley in the form of an informal gathering, offering soup, bread and cheese. There is no fixed charge for the lunch but donations are welcome.

The funds raised will be put towards the new Hospice at the Royal Winchester County Hospital. Please come along and support this worthwhile cause.

Dates & Hosts For The Lent Lunches 2019

Fridays from noon until 2pm St John's will start at 11.45pm to encourage parents and children

8 March The Old Post Office 29th March The School House Verity Coleman SO21 1EF 882800 SO21 1DR

15 March St John's Church 5 April Dymoke House Beccy Clark Itchen Abbas Sara Janssen 779845 SO21 1BJ 79337 SO21 1EH

22 MarchThe Coach House12 April23 Little Hayes LaneFiona McIntoshAvingtonPeter and BrigidItchen Abbas779372SO21 1DDMcManusSO21 1XA

779886

15th March - St John's Church

Children are very welcome at all the lunches, the one at St John's Church being particularly suitable for them as the building already hosts many children's activities and toys will be set up.

> If you are willing to host a Lent Lunch in 2020 please let Stephanie Gretton know stephgretton@sky.com

The National Garden Scheme in Hampshire

Few people are aware of the amazing contributions this organisation donates to nursing and caring charities. The concept is very simple - owners of quality gardens, be they large estates or more modest town gardens, agree to open their gardens, through the National Garden Scheme, to the public on specific days or by arrangement for a private visit. For this privilege, visitors pay a modest entrance fee. All entrance money is donated to the NGS. In most gardens homemade cakes and tea or coffee are available. Many gardens have plants for sale or offer local crafts people the opportunity to sell their goods - a percentage of which goes to the NGS. All the money raised throughout England & Wales is distributed to nursing & caring charities, the main ones being Macmillan Cancer Support, Marie Curie and Hospice UK. All the charities supported by the NGS can be viewed at ngs.org.uk/beneficiaries. In 2018 it donated a record £3.1 million to these charities. We are hoping to match this total for 2019.

Please keep an eye out for the Yellow NGS County Booklet, available at most garden centres and outlets in the towns and villages, or visit the website ngs.org.uk to see which NGS gardens are open on any specific day in an area close to you - or maybe further afield. You can be sure of a very warm welcome at all of our gardens - enjoy a relaxing visit (someone else has done all the hard work) and at the same time donate to an amazing charity.

Why not plan a trip over the Easter

break to Crawley Gardens? Apart

from being a very pretty village, you

have the opportunity to visit four individual gardens on Good Friday (19 April) or Easter Monday (22 April). Can't promise Easter eggs or Easter bunnies, but a very warm welcome. Pat Beagley pat.beagley@ngs.org.uk

Local monthly information

Waste collections in March

Black bins and green bags on Friday I, 15 and 29 March. Green bins on Friday 8 and 22 March.

Cameo

On Tuesday 19 March.

Farmers Market in Winchester Sunday 10 and 31 March.

Parish Council Full Meeting
Thursday 7 March IA&A village hall

67 Bus operated by Stagecoach.
School term timetable oper

School term timetable operates all month.

Mondays and Thursdays to Winchester: 07:53 09:23 13:53 16:23 17:23 Tuesdays, Wednesdays and Fridays to Winchester:

07:53 09:23 11:53 13:53 16:23 17:23 Mondays and Thursdays to Alresford: 11:49 15:19 17:11 18:09

Tuesdays, Wednesdays and Fridays to Alresford:

09:49 11:49 13:19 15:19 17:11 18:09

Saturday service (same for the whole month.

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

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

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