

Valley ^{ITCHEN} News

Issue 74 February 2020

For Avington, Easton, Itchen Abbas and Martyr Worthy



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WELCOME to the Valley News



Hurrah! You've made it through wild and wet January. Although perhaps like the Eds (currently fuelled by chocolate and red wine)

your resolutions blew away with Storm Brendan. 2020, the beginning of a new decade, can start with big ideas but come February these intentions don't always feel so beautiful....or achievable. However, this issue is packed with small things you can do which will make a big impact. Whether it's with a Tesco token to support the valley, cricket club, joining New Leaf Green Living Hub in Alresford or buying a coffee to help the homeless, Here at Valley News HQ, we're hoping to make an impact on Abbots Worthy by delivering the News further afield. The valentine month of February is all about spreading the love and sharing our community assets.

The Eds love Friday morning's new restorative yoga class in Easton Village Hall with Dionne and her giant purple bolsters! In this class we were assured that maximum gain can be achieved from minimum effort. Trust us, we're all over that one! Therefore forgive us for typos and spelling mistakes, we're focused on the bigger picture. Talking of which, this issue is popping with colour. Fantastic photographs and creative content appear throughout. Whether it's the 'otterly' brilliant wildlife feature or Avington's Georgie Krone de-mystifying the social media world. We have such talent in the valley, it's no surprise that James Martin and Oz Clarke chose the

Chestnut Horse as a fitting venue for their Saturday morning programme, coercing some familiar faces to share their love and knowledge of the drinks cabinet.

Thank you to all our contributors and those who've alerted us to things going on in our community. Remember we are all news gatherers and the editorial team is very happy to follow up on any ideas you may have, if you are not sure about writing them yourself. For our next issue we would be delighted with any podcast recommendations for a new strand being developed. "What's a podcast?" we hear you say. We'll leave that explanation to our Uber Editor Vernon and next month's editor Verity Coleman. *Fi and Lucy*

Itchen Valley News

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Cover photo by Russ Valentine other photos from various contributors.

What's On

Thursday 13 February WI

Meeting at Easton Village Hall. Louise Brown will be demonstrating Willow Basket Making. Talk starts at 7.15pm and visitors are always made welcome.
Sallie Peake

Sunday 16 February

National Garden Scheme Hampshire Snowdrop Festival

At The Down House, Itchen Abbas SO21 2LR from 1pm – 4pm. £5 Children free. Home-made teas. A 3 acre garden laid out in rooms overlooking the Itchen Valley, adjoining the Pilgrim's Way, with walks to the river. Come and see the snowdrops, aconites and crocus, plus borders of coloured dogwoods, willow stems and white birches. A garden of structure with pleached hornbeams, a rope-lined fountain garden and yew lined avenues - plus a pruned and trained vineyard and a warm tea room.

Pat Beagley

Thursday 27 February Easton Flower Rota Coffee morning.

Please come along to the annual coffee morning at Steeple Cottage at 10.00 to organise the Flower Rota for 2020-2021. More information on page 10.

Penelope Kellie

Friday 28 February Lent Lunch at Princes Mead 1.15pm - 3pm.

More lunches to follow, 6, 13, 20, 27 March and 3 April. The charity chosen is Emmaus Hampshire, a homeless charity based at Bar End. More information can be found on page 9.

Stephanie Gretton

Friday 6 March Itchen Abbas Quiz night

at Itchen Abbas Village hall starting at 7.30pm. £12.50 per ticket includes supper, Jude's Ice cream and

live music.

Tickets available from Richard Patrick
rppatrick@hotmail.com.

Claire Hunt

Saturday 21 March Annual Valley Litter Pick

Please save the date for a 10am start. Volunteers are invited to assemble at five strategic points to litter pick and finish by 11:30 am. Further details can be found in the Parish Council report on page 19 and will be publicised in the March edition of the Itchen Valley News.

Patrick Appleby

Saturday 21 March Easton & Martyr Worthy Safari Supper .

More details and application form on page 13

Terry and Anna McGowan 779350

Valley Happenings

Carol Singing in Itchen Abbas

On a clear starry evening we were pleased to welcome 23 enthusiastic singers to our home. No auditions were necessary but Gary, a friend from Winchester, got our voices warmed up with some action songs accompanied by his guitar.

It was a joy to sing carols to old friends and to welcome new residents to our special village.

We are most grateful to all who donated to our chosen charity this year, the Winchester Hospice Appeal, raising £257. 67.

Thank you to everyone who welcomed us with such warmth and good cheer especially the residents of Little Hayes Lane who gathered at Gill and Chris Cooper's beautifully lit house.

Joan and Rodney Dartnall.

Save the Dates 2020 & 2021

18 April 2020 Martyr Worthy Plant Sale at Chilland

5 May 2020 Martyr Worthy village hall AGM

14 May 2020 Upper Itchen Valley Society 50th Anniversary Summer Party in the garden of Martyr Worthy Place

6 June 2020 EastonFest 7.30pm

18 June 2020 Sparkling Preview at St Mary's Easton

19-21 June 2020 A Festival Of Gardens & Flowers in Easton and St Mary's

23 June 2020 Valley Boules "Triples" - four villages knock-out competition at Easton

1-4 July 2020 Southwood Players open air play at Southwood House. Open air theatre at Avington Park:

19 July 2020 Sherlock Holmes

16 August 2020 Twelfth Night

30 August 2020 Easton Fete

12 September 2020 Itchen Valley Flower and Produce Festival

19 September 2020 The Building Ball 7pm, at the David Roth Memorial Cricket Ground, Easton. Village Hall fundraiser.

Tuesday 24 November 2020,

Saturday 30 January and Friday 26

February 2021 Martyr Worthy lecture series.

Saturday 5 December Children's Christmas party Martyr Worthy

Please send your future event dates to itchenvalleynews@gmail.com.

Christmas Tree thanks from Avington



A big thankyou to David and Gail Kennedy for arranging, decorating and supplying the electricity(!) for Avington's Christmas Tree in the well. It really is a lovely sight

to welcome you back home as you come into the village over Christmas. This is a long overdue "thank you" as they have been doing this for years and I have taken it for granted that it is just a part of Christmas that we all get to enjoy. It was only when a couple walking through the village stopped me to comment on how lovely it looked and enquired as to who was responsible that I remembered, it isn't the Christmas Tree Fairy that sorts it out, it's Gail and David. Well done and thank you.

Geraldine Kelly (and all of Avington)

You've been framed!



Perhaps no surprise that James Martin and wine guru Oz Clarke

chose the Itchen Valley with its plethora of pubs to feature on the popular Saturday morning show on ITV. You may have seen The Chestnut Horse and some local residents on your television screens over the Christmas period. The Itchen valley is already well known for its media luvvies, now it seems there are more faces to add to the list! See if you recognise some of these 'expert' tasters over the page!.. Eds



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Easton WI

The iconic record breaking Flying Scotsman visits Alresford in February. Our speaker in January was retired fireman David Yordel, a volunteer for 41 years with the Mid Hants Railway. The original British Rail line was opened in October 1865, taking watercress to markets in London, delivering coal to Kings Worthy for the foundry there and troops from Aldershot as well as foot passengers. The British Railway line to Alton finally shut in 1973 (after the Beeching Axe) and the Mid Hants Railway opened in 1977 having raised enough funds to lay the first ten mile track from Alresford to Ropley. The main locomotive workshop is at Ropley. Volunteers start early in the day with two teams walking the track and checking the engines. A new signalling system is

currently being tested. Fifty volunteers work every day from a pool of 480. Signal boxes, equipment and footbridges have been purchased from other stations, including the Harry Potter Handyside Bridge from Kings Cross.

There are two dining carriages catering for murder mystery events, experience days and other fund raisers through the year. The trains and stations also appear in films and TV adverts.

The Flying Scotsman will be cutting through the ribbon on the newly reopened bridge at Alton.

Members enjoyed a very interesting talk with lots of amusing anecdotes. Our next meeting is on Thursday 13 February at Easton village hall where we'll be hearing about willow basket making. Visitors welcome.

Sallie Peake

Tokens of love needed for Easton & Martyr Worthy Cricket Club



Next time you're shopping in one of the local Tesco stores, don't forget to ask the cashier for

a token and head onwards to the clear plastic collection boxes near the exit. The cricket club is one of three chosen initiatives this quarter to benefit from community funding.

Easton & Martyr Worthy Cricket Club

News from the Upper Itchen Valley Society

The Upper Itchen Valley Society was formed in 1970 as the M3 motorway was being bulldozed through and people wanted to "safeguard what is good in the character of the Upper Itchen Valley". From its beginnings in managing to ameliorate some of the impact associated with the M3, to its more recent participation in planning appeals, the Society plays an active role in monitoring local planning applications to ensure that development is sympathetic, sustainable and justified. The Society has been involved in a number of projects that enhance the conservation of the Valley as well as organising lectures, walks and summer parties.

This year will mark the 50th Anniversary of the foundation of the Society and we will be holding a Summer Party in the gardens of Martyr Worthy Place on Thursday 14 May to celebrate. The current owners, Nicholas & Alison Karran-Smith have revived the structure of the gardens with help from John Brookes MBE on the hard landscaping, and Jemima

Currie on the planting, and describe it as still 'work in progress'. There will also be an opportunity to visit the adjoining sunken garden famous for its agapanthus with Simon Ffennell. Thanks to them all for hosting us. Email invitations will be sent out nearer the time to members and we hope that as many as possible will come; children are welcome to come too.

As we are celebrating the 50th Anniversary there will be no charge but donations will be invited for drinks.

If you are a member you should receive an invitation by 26 March but if not please let me know on ralphandalimattthews@gmail.com or 779632. If you are not yet a member please contact Lucy Collis on lucyvarcoe@gmail.com or 779598 to join the Society.

*Alison Matthews
for the UIVS Committee*

Bird of the month - Starling



Murmurations, involving thousands of starlings, peak in February and can be seen in Ibsley, near Ringwood or a smaller one has been reported at Alresford Pond. Look on starlingsintheuk.co.uk to find other sites. It's an impressive natural event! Murmurations form as birds go to roost and offer the birds protection from predators. The best time to see them is towards dusk.

Elaine Labram



Lent Lunches - February to April 2020

The Itchen Valley Lent lunches are held 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 donated to Emmaus Hampshire (www.emmaus.org.uk/hampshire) which plans to build a further 8 studio rooms at Bar End (£35,000 each) to enable more homeless people to make the transition to their own accommodation and employment.

Dates & Hosts For The Lent Lunches 2020

Fridays from noon until 2pm

Except for 28 February at Princes Mead School (1315 – 1500)
to fit in with the school routine

28 Feb (1315- 1500)

Peter Thacker Head Master, Personal Assistant 888000
Princes Mead School Worthy Park House, SO21 1AN

6 March

Ghouls Fox - 779443 The Old Bat and Ball, Easton, SO21 1EG

13 March

Nicky Barber - 779222 Martyr Worthy Manor, Church Lane, MW, SO21 1DY

20 March

Georgie Krone - 779039 The Old Rectory, Avington , SO21 1DD

27 March

Felicity Urquhart - 779579 Beech House, 24 Little Hayes Lane, IA, SO21 1XA

3 April

Naomi Ellis - 779779 Bevisbury House, Church Lane, Easton, SO21 1EH

If you are willing to host a Lent Lunch in 2021 please let
Stephanie Gretton know stephgretton@sky.com

Budding florists required to join Easton's Flower-arranging Team



Another year has gone by and it is time to start thinking about the Flower Rota for 2020 / 2021!!!

Thank you all on the Flower Arranging Team for all your help and support to

Pauline and myself during the last year. We hope that you are all willing to be on the Flower Team for the next year. We would really welcome some newcomers to the rota, 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 - do come and join us and have some fun and pick up some tips at the same time!!

We will be having our Annual Coffee Morning at Steeple Cottage on Thursday 27 February at 10.00 and do so hope that you can come along so that we can organise the Flower Rota for 2020 - 2021. Please bring children as there are plenty of toys in the toy cupboard. If you are unable to come, but are willing to be on the rota, then please let us know dates that would suit you. I can send you a blank rota form.

During this meeting Pauline would like to update everyone on arrangements for the Flower Festival and Open Gardens which is taking place from 19 - 21 June from 11.00 a.m. - 5.00 p.m.

There will be a Sparkling Preview Evening on Thursday 18 June at 6.30 p.m.

Can you please let Pauline and I know by second week February if you are able to join us on 27 February by telephoning 779317 or e-mailing pkellie@pkworldwide.com or pauline@cplund.co.uk

Much looking forward to seeing you
Penelope Kellie and Pauline Lund

Lady April Rivett-Carnac



Miles and April Rivett-Carnac lived for many years at Martyr Worthy Manor before moving to Alresford and were an integral part of Martyr Worthy village life. April died on Boxing Day, and her funeral was held in St Swithun's Martyr Worthy on

Wednesday 15 January. There will be a tribute in next month's News.

Verity Coleman

Obituary - Neil Baxter



Neil was educated at Rutherglen Academy; this was also called Stonelaw Public School. At one interview, when Neil was asked about his education, he stated he had a public-school

education, which is a very different thing in Scotland from the one you receive in England. He was offered the job.

Neil has three children – Jim, Karen and Lorna, and four grandchildren –

Matthew, Rory, Amber and Sophie, all of whom he was very proud of and who brought a lot of joy into his life. Neil qualified as a physiotherapist at Glasgow Royal Infirmary in 1952 and was appointed superintendent physiotherapist at Arbroath infirmary in 1954. He joined the pharmaceutical industry in 1955 as a sales representative and was appointed sales manager in 1963. A move was planned to Beirut in 1967, however the six-day war intervened, and Neil caught the last flight out of Beirut. Neil had taken over in Beirut from an American, who had rather talked down to him. The American took a slow boat home to Indianapolis. In the meantime, Neil was without a post and was called for interview to Indianapolis, where he was appointed as an International Sales Manager. A week later when the American arrived in Indianapolis, he was required to report to Neil who was now his boss.

After various overseas postings, in 1980 he moved back to the UK as the Corporate Affairs Director for the UK and Eire for Lilly International. The role was originally based in Basingstoke and he purchased a house in Itchen Abbas in 1981 which he retained when in 1987 he was transferred to Brussels. Neil retired from Eli Lilly in 1993, after a very successful career, as a result of which he made friends in many parts of the world.

After Neil's retirement from Industry, he became a Member, and last Chairman of the Community Health Council for Winchester and Central Hampshire. He was the CHC's representative on Mid Hampshire Primary Care Trust, and Winchester and Eastleigh Hospital Trust. In May 1998, he was elected to the Winchester City Council, and served

on the Planning, Licensing and Regulation committees. He was Vice-Chairman of Planning, and the Chairman of Standards Committees. He was also a member of the inaugural South Downs National Park planning committee. In the Itchen Valley he will be remembered for his efforts to increase the provision of affordable housing and Baxter Cottages are named after him.



He was elected Deputy Mayor of Winchester by his fellow councillors in 2004, even though he was a Conservative councillor, and it was a Liberal Democratic council. This was therefore a very personal honour that he received from the members of the council. The same year, his wife Margaret died, following a severe stroke, shortly before their golden wedding anniversary. Neil became Mayor of Winchester in 2005. Neil remarried in 2006, to a long-standing friend, Meg Cable, who subsequently died in 2010 from cancer. A happy, but all too brief marriage and this death of a second wife seemed to take a lot of the stuffing out of Neil, though it wasn't apparent early on. In June 2016, Neil left his home in Itchen Abbas and moved to St Catherine's View, Winchester where he lived very comfortably until he passed away this November aged 91.

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Kawasaki

Edited from the tribute by Jim Baxter, Neil's brother, read at the memorial service on 18 December 2019.
Charlotte Appleby

**Easton & Martyr Worthy
Safari Supper – Saturday 21
March 2020**

This year's Safari Supper will be held on Saturday 21 March. We really hope that new arrivals to our villages and people who have not attended before will also 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 The Farmyard, Easton, the

home of Theo & Judith Mezger 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 per head again this year and at least £12 of this will be a donation split between 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 either by sending a cheque by post, made payable to T McGowan, to Wincroft, Easton, Winchester, SO21 1ER or by transferring your payment to Account no. 20631361 Sort code no. 20 97 01 and sending the form by email to

EASTON & MARTYR WORTHY SAFARI SUPPER
SATURDAY 21 MARCH 2020

If you would like to take part in the Safari Supper please fill in this form and post it to T.McGowan at Wincroft, Easton, Winchester, SO21 1ER or email it to annamcgowan1@aol.com

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Applications close on **Friday 13**

March and you will receive your route during the week commencing 15 March.

Terry and Anna McGowan Tel 779350

Good News for Abbots Worthy!



Since its inception, the Itchen Valley News has been delivered to all the households in Avington, Easton, Itchen Abbas and Martyr Worthy, reflecting its original geographical base as the amalgamation of two Parish magazines. About half of Abbots Worthy currently receive the News, and the team has now decided to extend blanket distribution to Abbots Worthy (with thanks to Vibeke who has volunteered to help with delivery). Residents of Abbots Worthy will be aware that they are part of Kings Worthy Parish, and therefore some of the information in the News relating to the Itchen Valley Parish and Itchen Valley Parish Council will not apply to them.

The costs of the News are covered by advertising revenue and occasionally by voluntary contributions.

Verity Coleman

Yoga for Men

Easton based Alex Mitchell introduces the self care kit every man should have.

It is my strong belief and

personal experience that yoga has the answers to a lot of the issues that we all face in the modern world - especially for men. Whether dealing with mental stress and anxiety or physical inflexibility and weakness, yoga offers everyone the ultimate self care kit. Sadly many men can feel excluded from yoga classes and often misunderstand the physicality that yoga offers and the physical and mental change it can manifest. Many yoga studios and classes are overwhelmingly female and men can find being surrounded by flexible, fit and experienced women intimidating - especially when they first take to the mat. I teach both men only and mixed sex classes to encourage more men to start their yoga journey.

I am hoping to make yoga accessible and enjoyable in a fun atmosphere where men can support and nurture each other in their desire to change and grow without fear of judgement or embarrassment.

Below, father Jamie Guerrier and son Luke report back for the Itchen Valley News

I have been attending Alex's yoga classes since he first started teaching over a year ago. I had no experience of yoga but was struggling with various football injuries and general aches and pains associated with advancing middle age so thought I would give it a go. I am very pleased that I did as the classes have been great and I have really noticed the difference with my general

well being and flexibility. My 16 year old son has also started coming to the sessions - he is a keen sportsman and plays a lot of football but was starting to have regular injury problems. Since he started he has been relatively injury free and found that his improved flexibility is benefiting his game. We both attend the same class together and it's nice to have found an activity we can both enjoy in a non-competitive and relaxed setting.

The fact that Alex runs some men only classes makes them a lot more



accessible to beginners like myself and my son. I think starting in a mixed class would have been more daunting, whereas Alex has been excellent in creating a relaxed and friendly space where it doesn't matter how good or fit you are, and where you can learn and go at your own pace. The other great thing about Alex's classes are that they mean 90 minutes switched off from the rest of the world, just focused on yourself. I would encourage anybody looking for a bit of zen-like calm in their busy lives to come along and enjoy the peace and serenity that these classes bring.

Jamie Guerrier (pictured with son Luke) and Alex Mitchell were talking to Fiona McIntosh

Itchen Insight

This month we shine the spotlight on Easton resident Vijay Amarnani who you may have seen playing in Easton with bands such as "The Eastles" and "Banned from the Village" and "We are Robot"

Name: Vijay Amarnani

Age: Do I need to?!

Occupation: Semi-retired Producer/Director

Years lived in Valley: 18 Years

Your life in 1,120 characters:

I was born in Bangalore, India, one of five children. My mother was from a Shanghai and my father from northern India.

My family came to the UK in the 50s due to my father's work, and settled in Surrey where I went to school. A normal education, but I found a passion for music, and passed on any further education for a recording contract with RCA and a new band. That lasted for a couple of years, and then a friend who was working at London Weekend TV (ITV) suggested I apply for a position that became available in his department....luckily they gave it to me! In the following years I worked my way through on numerous programmes including *The Frost Programme*, *The Russel Harty Show*, *Aquarius*, ending up on *The South Bank Show*. I went freelance as Channel 4 was just starting, and produced programmes for them and the other major broadcasters through various independent companies, and also ran my own production company....and I'm still dabbling in it! I moved to Easton purely





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by chance...I knew the area pretty well as I had been fishing at Fulling Mill since the early 70s, and when I was looking for a new home, driving through the village on my way back from fishing one day I saw the 'For Sale' sign in the Terrace....the rest as they say is history..

Champagne Moment: Birth of my daughter Kate

Surprising Snippet: I have played on records that reached the top 10 both here in the UK and in the USA.

Passion: Music, Fishing, Flying and my whippet Flynn!

Favourite place in Hampshire: Any spot on the banks of the River Itchen, and the view across the lake to Avington Park House.

Best thing about the Valley: Community spirit

Worst thing about the Valley: This will upset a few people...apologies in advance....but it's cyclists who have no consideration for other road users....

Favourite Book: Catcher In The Rye by JD Salinger

Finally (as it's February), the most romantic thing you've ever done or favourite love song: Ohhhh, lots of songs but Bonnie Rait's 'I can't make you love me' is a favourite.

Small Change Big Difference



The Flat Whites coffee van is on the corner of the High Street and Market Street in Winchester (outside Jigsaw). Owner Abby, who lives in Kings Worthy,

introduced the "the hanging coffee" initiative at the end of November to

help Winchester's homeless. You buy a voucher for a coffee which is suspended on a string at the right hand



side of the front of the van under a slogan "What's hanging". Anyone who is homeless can then exchange that voucher for a coffee of their choice. (You can also buy a voucher for a cake, home made by Abby and her mum.) Flat White told me, "The scheme was brilliantly supported in the run up to Christmas but we now need more locals to buy a voucher and support our initiative. We have a lot of regular homeless people who come to the van, get their coffee and chat to other customers who are waiting to buy their coffee." This was indeed my first experience - I bought a voucher and got chatting to a local homeless man who was getting his coffee with a voucher. He was full of praise for the scheme, telling me it meant he could choose the coffee of his choice and speak to other local people on an equal footing- sharing rather than giving is the idea.

Flat White is open every day from 9am. Please next time you are passing buy a voucher for a coffee or cake to help our homeless and support this brilliant initiative.

Sophie Goodall

From the Parish Council.



For those of us who use the recycling centres please note that it is now necessary to register your car. This can be done by using the following link:-

<https://www.hants.gov.uk/wasteandrecycling/recyclingcentres/vehicle-registration>

The aim is to charge those living outside the County if they use HCC recycling depots. Our County Councillor Jackie has brought this to our attention and written about it in her monthly report.

An important date for your diary is the Annual Litter Pick in the Valley which will be on Saturday 21 March. As in previous years volunteers will assemble at five strategic points for a 10am start. The aim is to clear as much ground of litter as possible and finish by 11:30am, or later for those sturdy stalwarts who make a full day of it. Further details will be publicised in the March edition of the Itchen Valley News and on the Parish Council website. So please reserve that morning and help us keep the Valley as pristine as we can. It is good if adults can encourage children to join in and it's a way of making them aware of the problems caused by those who drop litter. It is a great community event at the start of spring.

Those who live in Martyr Worthy as well as the many who walk round the Valley will have seen that the notice board by the Village Hall in Church Lane has gone. It was a case of taking it down before it fell apart. It is now stored under cover awaiting quite a bit of TLC. Two questions have now been

raised. In the case of this specific board is it in the best place? Secondly do we in the age of electronic communication still need these boards? The Parish Council has a legal obligation to put agenda and other official documents up on one board within the Parish. The board opposite the Village Hall in Itchen Abbas is used for this purpose which is why one side is kept locked but the other side and the other four boards in the Valley are mainly used for small business advertising and highlighting other events. Please let us know what you think.

Another change you may see when out walking is about to take place at Couch Green. The old changing rooms were falling apart and went some time ago. Since then use of the playing field by the Worthys Youth Football Club has grown and safe storage for their equipment is needed. To meet that present need a container is being purchased. The recent wet weather conditions make it impossible to place the container on the existing concrete pad. It will therefore be sited on the north side of the ditch which now surrounds the car park. Once the weather has improved and the ground dried out it will be moved to its designated base.

Four and a half years ago with a certain degree of controversy three of the bus shelters within the Parish were replaced, paid for by the South Downs National Park with some funding coming from the Parish Council as well. As the wood has aged the shelters have mellowed and comment is now rarely made. However we have now been told that one of the remaining shelters is beyond repair and needs to be replaced. What design would those who use the bus, and possibly those who don't, like? Designs vary from the

Itchen Valley Churches

2nd February

8am BCP Holy Communion
10am Family Worship

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

9th February

10am Parish Communion
6pm Evensong

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

16th February

8am BCP Holy Communion
10am Valley Worship

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

23rd February

10am Parish Communion
6pm Evensong

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

Rector

Rev'd Alex Pease
rector@itchenvalleychurches.org
01962 779845

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

Churchwardens

Robin Greenwood 779540
Sara Mason 779169
Vanessa Rosewell 841182
Theo Mezger 779277
Tony Gaster 779110
Nick Owen 779162



Children On A Sunday

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

cheap and nasty (probably not appropriate), to the quirky (we have three of those), to the traditional (we have two of those), or to the palatial (look on the web for those, they are expensive). There is a need to get on with this, so if you wish to express an opinion as to what you would prefer, speak to us without delay. Once the new shelter is there it will not be changed for some time. Let's hope we still have a bus service.

Patrick Appleby.

Letter from the Rectory



The word that came to me as the year turned was 'optimism': optimism both as a personal

aspiration and as a hope for a new decade! I think most of my family will find it a little surprising that I say this. After 25 years as a commercial lawyer I have been hard-wired to look at the things that can go wrong, however unlikely. Although I would not see myself as a curmudgeon, I have spent many a lunch or dinner over the years at home turning a perfectly enjoyable conversation to news of some impending disaster or apocalyptic view of the world usually learned from too much attention to the news media with the result that my wife and daughters are inclined to say 'thud' when I do this and resolutely turn to brighter subjects! Quite apart from this sort of line of conversation being very boring (and an indication of creeping old age), it is absolutely not acceptable for a priest. I have realized (perhaps rather

late in the day) that what we talk about and indeed the approach that we take in conversations is really a matter of self-discipline, that we can choose not to be a misery guts, and indeed we can choose to be brightness and light to all those that we meet. In doing so we can make the world a better place.

I was particularly struck by going to the Post Office in WH Smith in Winchester the other day and meeting the manager. I suppose it helped that she had a passing resemblance to Audrey Tautou, the star of the 2001 movie *Amelie* (which is now a stage show in the West End); but what really stood out was the cheerful way in which she dealt with each of those ahead of me in the queue: two elderly ladies, one struggling with an anti-virus program on her computer (who would imagine that the Post Office should have to deal with such things) and the other trying to send a small parcel abroad. I was so impressed by the upbeat manner in which she spoke to these two ladies, that I said to her 'it's so wonderful to see someone who is so obviously enjoying her job.' 'Yes, and I have been here 11 years now,' she replied. It was a delight to meet her. On 15 January we said goodbye to Lady April Rivett-Carnac. Even when she had every reason to be despondent, she was also someone who brought light to so many people's lives. She often even blessed, with her cheerfulness, those whose company she did not find easy.

Of course, we have had a tough three years of Brexit uncertainty and many of us might be feeling rather gloomy about the future. We may have an apocalyptic view as to what will happen to our economy and we could easily end up blaming the outcome on our neighbours and relations and

(erstwhile) friends, for the stance that they took in the EU Referendum. Even if we don't do that, we can go around being despondent to those we meet. But Jesus' teaching was that we should love not only our family and friends, but also our neighbours (in other words everyone we encounter), because whatever their faults, as we perceive them, they were made in God's image. We should love them as we love ourselves. We should even love those we would see as our enemies. As Bishop Graham Tomlin writes in his new short book *Looking Beyond Brexit, Bringing the Country Back Together* this may not be easy, but, fortunately, love is not about feelings, which are less under our control. Love is a set of actions (including the line we take in conversations) which we choose to take. The feelings come afterwards. It's about self-discipline. We need to choose to recognize that it is OK for our neighbours to have differing opinions to us.

Loving takes practice. But as we make the effort to pour the light into our conversations with others, like the Amelie of the Post Office and April Rivett-Carnac, and to be optimistic about the future, our characters will change and, as they do so, the world will open up for us as the exciting and beautiful place that it truly is, and we will appreciate that, for all its faults, it is a world in which we are blessed to live.

Alex Pease

Itchen Valley Dogs



As we continue our strand tracking down the four-legged friends who live in our midst, we meet 'Maggie', much loved family pet of the Gloyn family in Easton.

"We're only going to look at the puppies, ok? We are NOT going to have one," I told the children firmly in the car.

Yet even as I said it, I confess to feeling an inkling of doubt. By the time we were sat amongst the squirming mass of one-month old rotund Labrador puppies, I knew I was on shaky ground. All my determined resilience was fading to mush. I held one of the fox-red coloured little girl puppies and she snuggled contentedly in my arms. That was it. I knew that resistance was futile. That was how Maggie, our fox-red 'working' Labrador pet dog came into our lives. We collected her when she was a few weeks older and ready to go to her new home.

"Well I think you're mad," said my Mum.

"Dogs are a terrible bind," warned another.

Of course they were right. But it is all worth it. Now, at 18 months old, Maggie is an absolutely integral member of our family. Not only is she



extremely pretty and could melt hearts with her alert sparkling brown eyes and waggy tail, but she is also a very good girl. Obedient and loving through and through. She has endless energy and could run forever. She lives for her walks and is happiest bounding along the Itchen Valley footpaths. She will return to my side at the whistle and sit perfectly when asked. She is ball obsessed to the point of lunacy and the squeaky robin toy she got in her Christmas stocking drove us all potty. She greets us like rockstars each and every morning and is ecstatic whenever we come through the door. She loves nothing more than cuddles on the sofa (one battle I lost) and believes herself to be one of the children.



We miss her dreadfully when she is not with us. She is trusting and loving and downright gorgeous. She pads around the house following me like a shadow (but not upstairs - one battle I have won). Walkies have uncovered an entire 'other dimension' which I had previously been unaware of. Not only do I feel good for getting out and discovering the beauty of our valley every day, but the camaraderie of fellow dog owners doing the same has been such a pleasure.

In the spirit of full and balanced disclosure, I admit there have been lows. Like the time she disgraced

herself while we had dinner guests... She pulls on the lead. Our cats Moomin and Womble were utterly disgusted at her arrival. Thankfully all the animals are now great friends and the cats even allow Maggie to lick them. We are working hard at stopping the lead pulling. The embarrassing dinner party event is a distant memory, best forgotten.

Waggy Maggie has won us all over, eroded away the 'no dog on the sofa' rule and become a central member of the family.

Charlie Gloyn

Turning over a 'New Leaf'



Word has reached us of an exciting and very useful green living

hub in Alresford. New Leaf offers local information and guidance, encouraging our community to adopt the positive changes needed to tackle climate change, promote sustainability and protect our local environment and wildlife.

New Leaf can advise us on what we can do in our day to day lives to help tackle climate change. The hub will show you how to get started, and you can use their assessment and checklists to help you get on the right track. Discover the local resources available and find out what others within the community are doing to support sustainability. Visit newleafalresford.org *The Editors (with many thanks to Shelley Hughes and our city councillors for bringing it to our attention!). NB. It's an online facility, not yet a hub you can physically visit!*

The Practical Gardener



The year has turned and new things are springing into life in the garden: snowdrops of course then daffodils, winter pansies, polyanthus and some winter shrubs.

Outside my back door, I have a new clematis, flowering now and a haven for bumble bees in January! Sowing has started in the greenhouse. Anybody can grow broad beans, it's so (sow?) easy. The autumn onions, shallots and garlic are up – just need to put back those disturbed by birds. All remarkably easy to grow. Go on, save the planet, think of the environment and grow your own.

I totally hate clearing up leaves but it's a job that needs to be done. Leaves eventually rot down to produce leaf mould, a superb source (sauce?) of organic matter. Recycle and help save the environment. Put the green bag in



the shed and recycle on your own land. Beech hedges look nice but you have leaves for months to clear.

We've had an awful lot of rain recently. So it's a good time to inspect gutters, gullies and drains, all of which are designed to allow water to flow away. But now is also the time to check that rainwater storage is working and perhaps buy another butt.

Do you have a kitchen windowsill? Well that's the traditional place for seeds in pots if you don't have a green house. I have herbs and lettuce started.



Mr Tesco sells herbs for £1.50 a pot but you can grow the same for almost nothing. And what's more, nothing is fresher than you own home-grown herbs. Do it!!

Happy Gardening!

Tony Gaster

From Our MP



It is fair to say, the past few months have been busier than usual for me. A not entirely

unexpected General Election combined with a (very unexpected) family crisis tested my faith to its core.

December 12 saw me re-elected for a fourth time – thank you – but just four days later my father passed away after a frighteningly short illness. Losing a parent is always difficult but to lose both is to find yourself somehow at the end of the line. I've never been surrounded by more family, friends and constituents but right now remains a very strange place to be. Thank you for your kind messages and prayers; I felt them all.

The start of a new Parliament is a time to re-focus and re-energise for MPs and I am no different. I plan to continue my relentless **focus on the NHS** and will be working closely with the service locally as we look towards the rebuild of the RHCH and securing safe and sustainable services in Winchester for the long-term.

Nationally, I want to work with my successors at the Department of Health on the **prevention agenda** I did much to craft when Public Health Minister. Tackling the dangerous hoodoo around immunisations, facing

the obesity crisis and making good our pledges on the early detection of cancer to name three.

Elsewhere, I am determined to keep up the pressure on my **school funding campaign** working with the f40 group of similarly affected counties and the focus will now turn to helping teachers with the significant challenge they face around high needs provision. And I am committed to shining a very bright light on the funding timebomb sitting underneath **early years' provision**. I have lots of constituency examples to get in front of senior Ministers.

Finally, I will be pushing Minister to live up to every one of their **green pledges** and I will be using every ounce of my experience to ensure our voice is really heard in Westminster around the **future of the railways**. I have already told the Transport Secretary that we have run out of patience with SWR and I will be calling for a franchise review at every opportunity the Commons affords me. We clearly cannot carry on like this and it's about much (much) more than an industrial dispute which has obviously long outlived its welcome.

Much more via my website at www.stevebrine.com but please 'like' my Page at [www.fb.com/SteveBrineMP](https://www.facebook.com/SteveBrineMP) for more **instant** updates.

Steve Brine

MP for Winchester & Itchen Valley

From our Councillors



Happy New Year!

Lots to do in 2020 so we'd better get started. In 2019 there were 18 weeks of purdah, when no sniff of a political

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decision could be even thought about, so we have a lot to catch up on.

The Winchester Council 5 Year Plan is set for agreement on 15 January, this defines

ambitions and focuses on five priority outcomes which are: Tackling the climate emergency and creating a greener district, homes for all, vibrant local economy, living well and finally, your services your voice. The next steps include setting some Key Performance Indicators to measure how well we are doing. These need to be easy to measure and meaningful to the rate payers, suggestions please.

Bins. There have been some properties that despite paying the same level of Council Tax as everybody else have, for some years, not received the full range of waste services, this has usually been due to access restrictions. Those are being reviewed; if householders contact me, I will ensure that decision is revisited.

The **Parking Strategy for Alresford** will now be the **Parking and Access Strategy** which makes a lot more sense. New Alresford Town Council is a major player in this, historically it has have funded enforcement when lack of churn in free on-street parking was making it difficult to shop in Alresford. Now that Hampshire County Council is insisting that a profit is to be made from on-street parking, all options are on the table, again. Those that live in the villages and the outskirts of Alresford make a major contribution to the viability of shops, but if there are no buses and you can't park, shops will fail.

No date for consultation available as

yet but I will keep you informed.

Our next **Councillor Surgery** is 0930 -1045 Friday 7 February, at Alresford Community Centre, by kind permission of the Trustees.

mpower@winchester.gov.uk 01962

734167. [rogordon-](mailto:rogordon-smith@winchester.gov.uk)

smith@winchester.gov.uk 01962 733219

Jackie's County Corner



As I write, the cold weather hasn't arrived with us yet. But please check the salt material in the blue grit bins. It should be soft and dry enough to dig out easily, (bear in mind we only dig

out grit in frozen conditions at -2 degrees) and the lid should be waterproof. You can report grit bins in poor condition online, using the reference in the lid.

Don't forget you can **walk off the winter blues** at one of Hampshire's Country Parks! Lepe is my favourite: now with a new restaurant.

Do you use the local recycling centre? Have you registered your car with Hants.gov.uk yet?

All drivers living in Hampshire likely to be entering the Recycling centres are now required to register their vehicles to use the HWRC's. I am not sure if using an ANPR system is *actually* legal in this context - but this is surely a challenge to the spirit of greater recycling in the UK? Go to hants.gov.uk to register your vehicles:- <https://www.hants.gov.uk/wasteandrecycling/recyclingcentres/vehicle-registration>

The County Council revealed its **Climate Action Plan** at the Cabinet on the 6 January. Although some

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council progress has been made, and it is the subject of greatest interest to the public, if this is to be successful it needs us all to make lifestyle changes!

The **jointly commissioned**

Winchester Movement Study is now moving onto identifying possible sites for more Park and Ride/Stride into the city. With transport being one of the biggest contributors to our Carbon footprint, even a few miles less in a car; taking the bus for the 'last mile' instead- will help carbon and emissions.

Bus transport- Mervyn's 95/96 service will be sorely missed, but it was just not economic. A big 'Thank you' to Mervyn for his years of service. This service touched many of the communities in my division.

An interim service has been put in place by HCC from 1 January for three months, but it is not satisfactory. The County has agreed to look at viable alternatives- but needs to know what residents want. Please give me your views asap.

A big thank you to Cresta too; the 240 service through Alresford and villages has been replaced by Stagecoach. If you are affected by either of these changes, please contact me.

Development Delays: The 'Nitrate Neutrality' issue is hitting developers right across the South East at present:- Natural England want to ensure that all buildings that include overnight accommodation are 'nitrate neutral'. This is holding up planning in all areas of the South East.

If you'd like to know more, please contact me.

Finally, I'd like to invite you to one of the first National Garden Scheme openings of the year. It is on

Snowdrop Sunday from 1- 4 pm on the 16 February, at The Down House,

Itchen Abbas, SO21 1AX. All ticket proceeds go to Nursing Charities. Mark and I really look forward to seeing you!

Cllr. Jackie Porter 07973 696 085

jackie.porter@hants.gov.uk Twitter:

@JackieLibDem

Tatty Duck - a true story



Author Juliet Deacock

A new children's book, 'Tatty Duck, a true story' recounts a tale that took place here in the Itchen valley. A one day old orphaned duckling was taken in by a family in Itchen Stoke. Here they nurtured it from being so weak and sickly until it grew up and settled down on the river. All written in verse, by the talented Juliet Deacock, the book describes the funny summer the family shared with 'Tatty Duck' and Barney their dear brown Labrador. The book is aimed at children aged 3-6 years and includes photographs of the duckling in the house and garden.

The book can be bought from Amazon, Waterstones and the publishers, Austin

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

Authentic Pilates	Mon	0900 & 1830	Fri 0830	Judy	07774 899909
Ems Bray Pilates	Tue & Thu	0845		Emily	07876 033893

Sally Stanyard School of Dance	Tue	1615	Thu 1830	Sally	01962 776562
	Fri	1530	Sat 0900		

Brew with a View	Wed	1500 - 1700		Ina	01962 779465
Dionne Yoga	Tue 2000	Fri 1000	Mon 0900	Dionne	07961 888676
Mahjong / U3A	Tue	1400 - 1700		Stella	07732 082079
Yoga for men	Mon 2000	Wed 0845	Sun 1900	Alex	07814 678155
Panto rehearsal	Wed	1930	Sun 1600	Anna	01962 779350
Yoga with Helen	Mon	1400		Helen	07703 278892
NCT Yoga	Wed	1030 & 1800		Janet	07973 855107
Older Adult Exercise	Thu	1130 - 1230		Caroline	01962 779796

Martyr Worthy Village Hall

Lucinda Ffennell 779701 or simon@ffennell.plus.com

Riverbank	Mon Wed Thur	8.30am to 3pm	Maria	07900 437685
Kindergarten	Tues & Fri	8.30am to 1pm		

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Zumba	Fri	10.00	Sue	07947 410394
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Rugby Tots	Tue 10.00, Wed 10.15	Phil	03453 133258
	Thur 15.50		

Ladies Short Tennis	Wed	14.30	Arminel	01962 779611
Pilates	Wed 09.15 & 18.00		Aimee	07546 941489
Choir	Wed	19.30	Gary	01962 732350
Badminton	Thur	19.30	Mike	07887 503345
Swing It Dancing	Thur	21.30	Neil	07825 709691
Qi Gong Tai Chi	Tue	19.00	Emma	07863 203630



Macauley. If the book is successful, the author and duck foster family are hoping to launch a soft toy Tatty duckling,

with some of the profits supporting local charity The Cameron Bepolka Trust. The trust was set up in memory of a 16 year old Winchester College pupil who died in a tragic accident in 2013. It creates and sponsors outdoor events for young people from every background to help them discover all things wild and natural.

Good luck Juliet - we think it's a 'quacking good' read!

The Editors

Itchen Valley Entrepreneur

This month Fi McIntosh talks to Georgie Krone from Avington, founder of social media consultancy 'Heart Social'

Why and How did you start up your new business?

I started Heart Social after I completed a social media marketing course in 2017. The course was designed to set its students up as freelance social media managers, so it seemed like a logical step to take. Whilst doing the course I ran a campaign on Twitter, Instagram and Facebook under the name of The Winchester Foodie, highlighting all the fabulous independent food retailers and outlets in and around Winchester. It was a brilliant way to connect with local businesses.

How important is Social Media?



Heart Social founder, Georgie Krone

Social media has become a necessity for businesses and organisations. It's one of the prime ways of communicating with clients or customers. It's where you learn what's going on in your industry or community and how you stay up to date with events. And of course it's where businesses can promote themselves. They'd be mad not to.

Whats the best and worst thing about Social Media?

The best thing about social media is connecting with others, building up a community and a following. It can be really gratifying and you actually make online friends. This was not something I set out to do and was quite surprised when asked if I thought I'd make friends online. I didn't think it possible, or healthy!

What's the scariest thing you had to do?

Send my first tweet. I prayed that no one would see it. It wasn't long before I was doing everything I could to make sure people did see my tweets. The whole point of being on Twitter.

What's your main inspiration from



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the valley?

The beautiful country. I often take photos whilst out and about and post them on social media.

What's your favourite local brand?

The Hambledon. I love what they sell and they are brilliant at social media. Check out their Instagram @thehambledon

Where do you do most of your work?

At home or in London where I attend networking events and run workshops.

What's your most successful insta post?

A successful recent post was a photo of my daughter's birthday cake in the shape of a guinea pig. People like cakes and animals. Win win.

Who are your main Clients?

I started off running the social media for local brands, notably Chalk Stream and Tom Parker Creamery. Now almost all of my work is advising and training businesses how to run their own social media. Most of them are

local businesses or in London but given that I can advise remotely, some come in from further afield. One flew in from Bermuda to attend one of my workshops!

What are your plans for 2020?

To rebrand as Georgie Krone Social, launch a new website, roll out more workshops, put my hand up for speaking events.

What are you most proud of?

Being in business. You never know what will happen when you start out.

How do you balance work/homelife whist not being on your phone too much?

Last year I worked whenever I wasn't carrying out family or school related commitments. I'm now learning to say no and aim to keep weekends and evenings more clear.

What advice would you give someone starting out on social media?

To spend time learning from others on social media. To experiment and have fun. It gets you noticed.

Fi McIntosh

Otterly adorable!

This month Alice Ashcroft from The Hampshire and Isle of Wight Wildlife Trust gives us the lowdown on how to go about spotting the elusive otter.

Whether it's a glimpse of water-webbed whiskers, a lithe body porpoising in play or the tip of a ruddering tail, the sight of a shy otter is one of the most rewarding wildlife experiences in the UK.

Pushed to the brink by hunting, habitat destruction and pesticides, otters almost disappeared from rivers and waterways in England, surviving in small numbers in Wales, Scotland and Northern Ireland.





Thankfully, after huge efforts to improve water quality and the banning of chemicals such as DDT, otter numbers are increasing across the UK and the odds of spotting one are vastly improved. They are a flagship species of our wetlands and if you see an otter about, you know that the local ecosystem is relatively healthy.

Here are the key signs that otters are out and about on rivers near you:

Otter runs – as you walk along the river's edge, look out for trampled vegetation, and a circular gap in the reeds where otters slip seamlessly through into the water.

Spraint – otters often leave smelly spraint on tree roots, riverside rocks and under bridges to mark their territory. Look closely and you'll be able to see what's been on the menu, perhaps fish bones, frog bones or feathers. Bizarrely, otter spraint has a

rather pleasant smell, reminiscent of Jasmine tea!

Footprints – otter footprints are very distinctive. Look out for two inch wide, five-toed, webbed footprints in soft mud.

Sightings – if you're really lucky, you might get to see one yourself. Otters are fast, agile swimmers and can be difficult to identify, but for the best chance of seeing one watch along the



edge of reedbeds where they often hunt. Look out for a mammal about a metre long, swimming very low in the water with only its head showing. It'll often dive for fish, leaving a trail of bubbles as it goes.

Good luck with your otter spotting! Find out more about these secretive swimmers on our website:

www.hiwwt.org.uk/wildlife-explorer.



Alice Ashcroft
Communications
Officer, Hampshire
& Isle of Wight
Wildlife Trust
Photographs taken
by Russ Valentine
and Andy Rouse

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Our Wild Valley - Small things make a difference

Moss is a green, beautiful, abundant thing - more easily noticed in winter, it reproduces in the colder months by stalks with small but perfect capsules that contain the spores. Take a closer look at those on tree stumps or in your garden. The names can be long but I remember some like a poem, from courses I joined in Betws-y-Coed, Wales.



Hypnum cupressiforme (cypress-leaved plait-moss) shown in the photo above, on a tree trunk, forms plaits down the trunk, with tiny brown capsules (by the Mill House in Marthy Worthy). Hampshire is famous for its experts in this field. Bryophytes are excellent habitat indicators - of pH, wetness (think of the sphagnum found in the New Forest or other such moorland habitat where they look after huge carbon sinks) and their absence is a

classic indicator of environmental pollution.

To keep hope and action at the forefront of this years wave of environmental movement for caring for our planet we can use our power of choice. We can act (consumer power for one), voice our thoughts and support those around us to make choices in our lives that will care for our planet in the future. Can we hold governments to account to do the right action and not hide behind 'looking busy' or 'blagging it' if they haven't got a clue what to do ? Worth a try. Our consumer power is huge plus our letters, voice, email, petition or tweet - whatever we choose.

I shall keep reading and listening and sharing. My favourite thought from Greenpeace; *'be an imperfect user of fewer plane flights, less energy, an imperfect recycler or user of less plastic' - we don't need perfection, we just need everyone to do it'.*

Sophie Rogers

Wildflower of the month



Seed heads of *Clematis vitalba*, Old Man's Beard or Traveller's Joy
Verity Coleman



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Ham and Olive Loaf



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Serves: 4 or canapes for 20.

200g plain flour

2½ teaspoons baking powder

A little salt

3 medium eggs

70ml olive oil

100ml white wine

250g ham, shredded or chopped

175g stoned green olives, halved or quartered

250g grated gruyere cheese

1 tablespoon wholegrain mustard

Grease a large loaf tin. Preheat the oven to 220. Sieve the flour, baking powder and salt into a large bowl. In a smaller bowl, whisk the eggs with the olive oil, white wine and mustard, then add to the flour and mix to a smooth batter. Add the rest of the ingredients, pour into the greased loaf tin and smooth the top. Grate over a little parmesan if you like. Bake for about 45-50 minutes or until a skewer comes out clean. Rest for ten minutes (the loaf and you) before cutting into slices to serve warm with a salad or into fingers to serve as canapes. For a smaller loaf halve the ingredients and use two eggs.

Verity Coleman

Classical Find in Itchen Abbas



The discovery of a Bronze Age burial monument and a Roman aqueduct was made at a completed development of two large houses. It was revealed that the site lay immediately to the south of an area of burials first located during gas main trenching in a school playing field in 1984. Finds recorded at the time indicated a Late Roman-Early Saxon date for what was clearly a mixed rite (inhumation and cremation) cemetery located on the edge of a steep terrace cut into the hillslope and overlooking a river valley.

The excavation of trial trenches in 2010 and 2011 revealed a Bronze Age pond barrow, a very rare form of burial monument, which likely became the focus of the Late Roman-Early Saxon cemetery

The site owner worked closely with the archaeological advisor at Winchester City council and Historic England to develop a scheme that would ensure the preservation of the significant archaeological remains, with new development to be located in areas of lesser significance within the site.

Two inhumation burials were found, their graves having been cut into the natural chalk, with coffin nails indicating that they have been placed into coffins

and suggesting a Roman date. Subsequent radio-carbon dating of the skeletons indicates they date to the late 4th century, with evidence of injury and joint disease.

Finally, a large linear feature previously identified as a lynchet (a type of earthwork formed through ploughing) was exposed and recognised as part of the Roman aqueduct supplying the town of Roman Winchester, Venta Belgarum.

Extracted from a report by Tracy Matthews, Archaeological Officer for Winchester City Council, Thankyou to Alison Matthews for drawing our attention to the full version of this article which appeared in a South Downs National Park Planning Letter)

Tiddler Joke of the month



I just found out I'm colour blind. The diagnosis came completely out of the purple!

Alanna Barclay, aged 10

Local monthly information

Itchen Valley area waste collections in February

Black bins and green bags on Fridays 14 and 28 February. Green bins on Saturday 7 and Friday 21 February. Glass boxes on Friday 7 February.

Cameo

Tuesday 18 February.

Farmers Market in Winchester

Sunday 9 and 23 February.

Parish Council Full Meeting

Thursday 6 February. MW.

67 Bus operated by Stagecoach.

School term timetable operates

1 - 14 and 24 - 28 February.

Mondays and Thursdays to Winchester:

07:53 08:20 09:23 13:53 16:23 17:23

Tuesdays, Wednesdays and Fridays to Winchester:

07:53 08:20 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

School holiday timetable operates

17 - 21 February

Mondays and Thursdays to Winchester:

07:53 08:20 09:23 13:53 17:23

Tuesdays, Wednesdays and Fridays to Winchester:

07:53 08:20 09:23 11:53 13:53 15:23 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.

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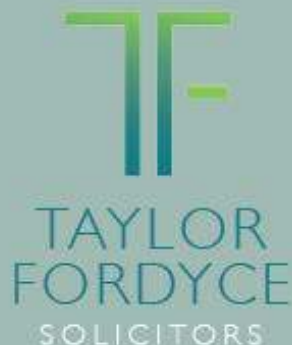
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