

ITCHEN Valley News

Issue 75 March 2020

For Avington, Easton, Itchen Abbas and Martyr Worthy



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WELCOME to the Valley News



Last month's editorial began with Storm Brendan, and since then we have been through Ciara and I write hoping Dennis is coming to an end. There is certainly water everywhere! How did we keep track before the storms all had names - perhaps we just thought it was more winter wind and rain....

The editorial team meeting was all for an edition about new beginnings, so while we wait for the weather to improve, why not consider something you have never done before, or something you used to enjoy? I have just gone back to throwing pots, which is something I haven't done for decades. It's a blast, and I am amazed how much I remember. There are some great contributions this month, and we do thank those of you who see a story in everyday life worth sharing (see page 18) or take a lovely photograph (see pages 9 and 33) and take a moment to send it through to us. We are delighted to have news from Itchen Abbas School this month, and there are also lovely photos of the opening of the new Children's Trail at St Mary's church in Easton, organised by the Arts Society (page 13).

An extra word about the Martyr Worthy Plant Sale (page 5) - the organisers would love help on Tuesday mornings at Chilland House - just turn up if you feel like doing a bit of potting up to help increase the enormous range of plants that will be on offer on 18 April. And the Lent lunches really are meant for everyone who would like to just turn up, meet other Valley residents, and make a contribution to Emmaus (Page 5).

There have been compliments and no complaints from Abbots Worthy about receiving the IVN, so it seems appropriate to have a photo of the re-thatching in progress on the front cover.

Meanwhile we are recovering from the shock of the enormous wall falling down (more on both on page 40). Next month the Dynamic Duo are back - it's Lucy and Fi. *Verity Coleman*



Itchen Valley News

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Cover photo by Rolls Coleman, other photos from various contributors.

What's On

Sunday 1 March 12.30 pm

The Staff College Drag Hunt is meeting at Avington Park. Open to all.

Thursday 12 March 10.30 am

Charity Dog Walk in aid of Home-Start Winchester.

Itchen Abbas Village Hall

Two guided walks of different lengths; both walks 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 tickets online at

www.ticketsource.co.uk/home-start-winchester-districts or

call 01962 851177 or email

info@home-startwinchester.org.uk

Thursday 12 March 10.30 am

Martyr Worthy Coffee and Cake

at Meadows SO21 1DZ

Calling everyone in Martyr Worthy - a chance to catch up with friends and neighbours and to thank everyone on the St Swithun's Church flower and cleaning rotas. All volunteers are always welcome!

We will look forward to seeing as many of you as possible, with a special invitation to newcomers to the village. If you can let us know you are coming it will help with catering.

Liz Platt 779298 and Verity Coleman 882800

liz.meadows@btinternet.com

Saturday 21 March 10.00 am

The Itchen Valley Litter Pick

further details on page 11.

The Litter Pick is part of the Great British Spring Clean. We start at 10am at the five assembly points listed on

the poster on Page 11. After equipment distribution and safety notices, litter picking will continue until at least 11.30 when, as in previous years, the W.I. will be providing tea, coffee and cakes in Martyr Worthy Village Hall.

One change from previous years is that we are hoping to separate out recyclable materials such as plastic bottles and tin cans. This will be done at the final collection point at Martyr Worthy Village Hall. Anyone who can help with this work will be welcome.

As before we will be providing litter picking sticks, high-viz vests and rubbish bags, but if you have your own please bring them. Please be sure to return all equipment we have provided as it has to be passed on to other groups in the district. This is now an established annual community event and it does make a great difference to the Valley, so please come along and join in.

Patrick Appleby

Saturday 21 March 2020

Easton and Martyr Worthy Safari Supper

Travel from house to house for a three course supper and meet your neighbours, with a finale for everyone at The Farmyard, Easton.

Closing date Friday 13 March.

Further details and application form from Terry and Anna McGowan annamcgowan1@aol.com or 779350

Thursday 2 April 2020 7.00 pm

Annual Parish meetings

Everybody in the parish is invited to attend the Annual Meeting for the Parish of the Itchen Valley. There will be wine and canapes for everyone, followed by the meeting at Avington Park, by kind permission of Charlie and Sarah Bullen.

Verity Coleman, PCC Secretary

Saturday 18 April 2020

CHANGE OF DATE

Martyr Worthy Plant Sale

Don't miss the chance to fill your garden with excellent locally grown plants, known to thrive in the Valley! Months of hard work collecting and potting-on a huge variety of plants mean the Plant Sale is just the place to fill your wheelbarrow and plan the delights of your summer garden. There will also be tea, coffee and a produce stall - all to be enjoyed in the beautiful gardens at Chilland House.

All proceeds to the Itchen Valley Parish.

More information next month.

Katherine Impey and Sophie Jackson

Wednesday 29 April 2020 6.30 for 7.00 pm

A talk by Tim Bouverie

Appeasing Hitler: Chamberlain, Churchill and the road to war.

New Hall, College Walk, Winchester
SO23 9NG

Organised by The Hampshire Fair Ltd, supporting Hampshire Charities

Tickets from www.ticketsource.co.uk/wincoll or 0333 666 3366

Thursday 14 May

First Aid For Adults

9.30am to 2.00 pm in St John's Church
Itchen Abbas

Run by The British Red Cross, this course will include essential training for responding to emergency conditions such as heart attack, burns, bleeding and broken bones. The course will be paid for by funds given to local communities in our area by Boomtown. Boomtown also contributed to the installation of the Easton defibrillator in 2019. This included a defibrillator awareness course which was run last July.

If you live in the Itchen Valley and wish

Lent Lunches - March 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

- 6 March - Ghouls Fox - 779443** The Old Bat and Ball, Easton, SO21 1EG
- 13 March - Nicky Barber - 779222** MW Manor, Church Lane, MW, SO21 1DY
- 20 March - Georgie Krone - 779039** The Old Rectory, Avington, SO21 1DD
- 27 March - Felicity Urquhart - 779579** 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



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Henry Labram 779066
hlabram@gmail.com

National Garden Scheme Hampshire



I hope you have a copy of the 2020 Yellow NGS booklet. If you are part of a group and would like to receive our monthly Hampshire Newsletter and a

supply of our booklets please contact me. Or maybe you know someone who has an amazing garden that really should be shared with others and at the same time raise much needed funds for our Nursing, Caring and Health charities.

These two local gardens are opening during March:

Sunday 22 March 2-5.30pm Little Court, Crawley, SO21 2PU

This walled sheltered garden has naturalised crocuses in the apple orchard, large and small herbaceous borders in harmonious colours and unusual plants, with touches of humour. There is a traditional kitchen garden, colourful bantams running free, a tree house, and a south facing natural wildlife field. Many seats with good views both within the garden and to the surrounding farmland. Home made teas.

Sunday 29 March 2-5pm Beechenwood Farm, Odiham, Hook, RG29 1JA

A two acre garden in many parts. Lawn meandering through woodland with drifts of spring bulbs. Rose pergola with steps, pots with spring bulbs and later

Save the Dates

7 May 2020 Winchester GoLD Arts and Crafts Garden Fair at Upper Farm Headbourne Worthy

13 May 2020 Martyr Worthy Village Hall AGM

14 May 2020 Upper Itchen Valley Society 50th Anniversary Summer Party, Martyr Worthy Place

14 May 2020 First Aid Course at St John's Church Itchen Abbas

6 June 2020 EastonFest at Graces Farm 7.30-midnight

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.

3-5 July 2020 Hat Fair in Winchester 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.

5 December 2020 Children's Christmas party Martyr Worthy Village Hall

aeoniums. Fritillary and cowslip meadow. Walled herb garden with pool and exuberant planting. Orchard including white garden and hot border. Greenhouse and vegetable garden. Rock garden extending to grasses, ferns and bamboos. Shady walk to belvedere. Eight acre copse of native species with grassed rides. Home made teas.

pat.beagley@ngs.org.uk

A letter from Boomtown

Dear Local Residents,
We will again be holding Local Resident Meetings for our local community to answer your



questions on Boomtown 2020 and keep you up to date with our plans and results for this year.

Tuesday 24 March: Watercress Room, The Swan Hotel, West Street, Alresford SO24 9AD.

Tuesday 9 June: Main Hall, The Christy Hall, The Green, Old Alresford SO24 9DH.

Wednesday 30 September: Club Room, Easton Village Hall, Chapel Lane, Easton SO21 1EN.

The Boomtown crew will be available between 6.30-8 pm on each of these evenings, so please join us.

We would love to see you, hear what you are concerned about and what excites you. Our Boomtown team will be available to talk about planning, traffic, noise, environment and local impact.

It would be lovely to see as many of you as possible.

Best wishes

Community Liaison Officer

local_community@boomtownfair.co.uk

www.boomtownfair.co.uk

Easton W.I.

In February, members enjoyed the hands-on experience of basket making, with Louise Brown who demonstrated her skill and encouraged us all to have a go.

We learnt that basket making is the oldest craft known to man. The indentation of woven willow marks on pottery in the British Museum, 3,000 years old, show how important baskets were. Every village and town would have a basket maker and shops used baskets to carry and transport everything - they were used to catch fish, as bird cages and storage vessels. After the war the craft died out and plastic took its place; it has become popular again as a hobby and pastime and is definitely more eco friendly than plastic carriers.

Different varieties of willow are grown commercially on the Somerset Levels and are cut before coming into leaf in March. Branches (whips) are cut and dried for a few weeks. It is necessary to submerge the whips in water for days or weeks to make them pliable. Louise demonstrated how her baskets are constructed and brought samples of the different styles she makes. She gives workshops in Ropley and teaches at Peter Symonds adult education centre in Stoney Lane, Weeke.

Our next meeting will be on Thursday 12 March 7.15 at Easton Village Hall with an Alphabetical Tour of Winchester to be given by Jill Daniels. Guests are very welcome to join us.
Sallie Peake

The Valley Gardeners visit Welford Park to admire the snowdrops

They say the sun always shines on the righteous and whilst I would not wish to pass judgement on the morals of my band of Valley Gardeners who visited Welford Park on 12 February, we were indeed very fortunate with the weather that day.

Sandwiched between the horrors of Storms Ciara and Dennis, we chose the only day of that week with sunshine from dawn to dusk. This enhanced the enjoyment of the stunning snowdrops that we went to see on our February Valley Gardeners' garden visit.

Our last visit to Welford Park was 10 years ago. The woods, which are crammed with millions of honey-fragrated snowdrops, were a picture,

as I believe we had timed our visit to coincide with the peak perfection of these delightful harbingers of Spring. There are more paths through the woods to enjoy than previously and we were also lucky enough to be taken round the private collection of rare snowdrops by the owner Deborah Puxley. Some improvements have also been made to this garden and Deborah has increased her range of snowdrops which we enjoyed learning about, and admired her many early flowering Spring plants such as Daphne and Viburnum.

Even if you are not a Galanthophile, I imagine most people are charmed by the grace and delicacy of these "milk flowers of the snow" from the Greek or "Candlemas Bells" because of their traditional flowering time at the beginning of February. William Wordsworth had it right when he



described them thus: *Nor will I then thy modest grace forget, Chaste Snow-drop, venturous harbinger of Spring, And pensive monitor of fleeting years!*

Catherine Hahn

From Itchen Abbas School

At a recent meeting, our Itchen Abbas Primary School councillors (children voted by their classmates to represent their views) asked if they could raise some money to help the animals affected by the bush fires in Australia. After much deliberation they settled on a "show your love for Australia" theme, whereby everyone could dress in Aussie themed clothes on Valentines

Day in exchange for a donation. Everyone at school embraced this idea and came in a fantastic array of costumes; from koala onesies to cricketers, kookaburras to surf dudes, we covered all aspects of Australian life! The amount raised easily surpassed our target of £100. Aura from our year 6 Foxes Class says "I wanted to do something to save the animals that you can't find in other countries. When I saw what was happening on the news, it was horrible. I'm very happy about what we've achieved today. Although it is a small amount it can help quite a lot".

Jo Smith



Join the Great British Spring Clean

Be part of the pick

in the
Itchen Valley

Sat 21 March
10am

**from the usual five starting points.
Please wear hi-viz jacket, gloves,
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Avington War Memorial
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Martyr Worthy War Memorial and
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St Mary's Children's Trail

On Sunday 2 February after Family Worship a new Children's Trail was launched for St Mary's Church, Easton. On behalf of the Arts Society Alresford, Mrs Sandra Fletcher was pleased to present the Trail to the Revd Alex Pease. The congregation learned that the Arts Society is a National Education Arts Charity and among its many interests it helps to



fund activities in schools and youth groups such as Young Carers, introducing children to all forms of art through hands on activities, visits to galleries and Trails of Discovery. The Children's Trail for St Mary's Church is now available to visiting families and schools and involves the children following a route around the church and answering questions on a question sheet. Accompanying adults have an answer sheet which not only checks that each answer is correct but also gives a lot of background information to encourage discussion. The objective is to allow the children to learn more about the church, its artworks, artefacts and social history and at the same time to have fun.

Janet Pooley

Children's Trails Area Representative

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Easton Flower Festival and Open Gardens Event



Summer may seem a long way off but on 19th - 21st June, for the first time, Easton will be putting on a spectacular Flower Festival in St Mary's Church as well as opening some of its most beautiful gardens to the public in aid of the church building project.

A very special preview

The church itself will be filled to the rafters with glorious displays and for those wishing to see them at their very best we will be hosting a Sparkling Preview evening on Thursday 18th June, 6.30-8.30pm. Tickets cost £25 and will include bubbles, nibbles and music to enjoy while you feast your eyes on the fabulous flora.

We're looking for sponsors

Sponsoring one of these displays would be a wonderful way to remember a loved one or celebrate a happy event. You can sponsor anything from a single bloom to a whole display but whatever you

choose it will really help to make the occasion a fabulous success.

If you would like to buy tickets for the Sparkling Preview, are interested in sponsoring or have any enquiries then please email us at: flowerfestivaleaston@gmail.com Information about the whole event, including the open gardens, can be found at:

www.itchenvalleychurches.org/fundraising

Also please follow us on Facebook and Instagram (get us!) @stmaryseastonbuildingproject



The Cart and Horses junction (again)

Many of the IVN readers may have seen the email I recently sent to the Itchen List concerning the junction of the B3047 London Road and the A33 Basingstoke Road, aka The Cart & Horses junction in Kings Worthy. The advice I was given by Hampshire Highways regarding who has right of way is reproduced here:

We can offer the following information as to how motorists should use the junction.

A motorist driving southbound on the A33 wishing to turn right onto London Road to travel towards Winchester should give way to a vehicle already within the junction, and moving to turn right onto the A33 i.e., they should wait at the give-way markings and not block the passage of that vehicle.

They will also give way to northbound (Basingstoke) traffic on the A33.

A motorist travelling from Winchester on London Road arriving at the junction would give way to all traffic in the normal way i.e., they should not move into the junction area if opposing traffic is approaching.

If two drivers are waiting to make the different opposing right turn movements then one or other must move to establish priority. In this situation, a driver travelling from Winchester on London Road should give way to a driver on the A33 wishing to turn right onto London Road to travel towards Winchester. In effect, drivers should wait on London Road for the junction to be clear before moving out.

As a relative newcomer to the Valley I was unaware of how topical this subject is, and I would like to thank those of you that replied to me explaining the long battle with the local authorities to improve the junction and reduce the speed limit. Encouraged by these responses, I went back to

Hampshire Highways with the personal observation I had included with my original email concerning the "give way in turn" currently adopted during peak hour traffic, which whilst polite, does lead to a long queue forming back up the A33, dangerously blocking both the entry and the exit to the B3047 on the Easton side of the A33 - strict compliance with the Highways guidance would avoid this, even though, frustratingly for some, it will cause a longer, but safer, queue along the London Road towards Winchester.

This was their further response:

In reply to your further comments in relation to the A33 / B3047 junction, we've been in touch with the appropriate team and can provide the following information. As you may be aware a number of safety measures have been installed at the crossroads in recent years, this culminated in a reduction of the speed limit to 40mph which was implemented on 5th July 2018. Since this time there have been no further injury accidents recorded by the police at the crossroads. In the short term we are continuing to monitor the success of our measures and CCTV has been installed to assist in monitoring driver behaviour.

Whilst we accept your comments, provision of additional warning signage needs to be carefully considered as experience has shown that proliferation can lead to further confusion rather than assist. Therefore, given the improving record at the crossroads we have no current plans to make any further changes but should at any stage circumstances change significantly, we will of course review the situation further and consider appropriate action.

I shared the entire exchange with the Chairman of the Parish Council and he said:

"I am afraid that the police information



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regarding accidents at the junction may be potentially misleading. Naturally the police only keep a record of incidents to which they are called, as can be seen in the response above where they refer to "injury accidents recorded". Unless it has changed with the installation of CCTV no record of near misses is kept. The Parish Council some years ago did request that anyone seeing an incident/accident at the Cart and Horses junction should report it to our Clerk. It seems that either there are far fewer incidents or this system has been forgotten. Our aim was to be able to have a better record of incidents and if necessary challenge the figures put out by the County."

David Wolfe

The Itchen Valley News would welcome responses to this article to
itchenvalleynews@gmail.com

Till death do us part

With awareness growing of the downsides of our throw-away society, my attention was drawn recently to personal possessions that would appear to have long surpassed their expected lifespan. Last week I picked up a humble yellow duster to polish our brass front door knocker. The duster announced itself as a gift from Hankins Ltd of Alresford from whom we bought a Mini Metro in 1992. I wondered how many dusters reach the age of almost thirty and are still in active service when the car they came with went to the knacker's yard without even reaching double figures. And how many Itchen Valley households can boast a bottle of knotting with a price label of two shillings and sixpence bought from a long-defunct Wirral independent hardware shop? Not to mention the card of fuse wire in my tool box that



has not been required to respond to a power emergency since 1975 nor a handsome pig-skin wallet that a sweet girl called Vivien gave me on my sixteenth birthday. And so much more, all doughty survivors of the pernicious strategy of planned obsolescence, over-zealous de-cluttering and a culture of best-before-dates.

Perhaps other residents have similar artefacts that astonish with their longevity and which may well outlive them. Time to celebrate their dedication and long service in the pages of *The Itchen Valley News* perhaps?

Steve Percy

Readers, please tell us your tales! - Ed

Rebooting my internet

On holiday and a call on my mobile from Tom Ashbee, founder of local internet provider Gigabeam. He had detected that my router was not functioning and wanted to help. Great customer service! I had turned it off before I left home. That call was all I needed to be convinced that I had done the right thing to change my supplier. And I reasoned that with a good broadband service from Gigabeam, I must be able to find ways

to save money. I knew I was spending far too much on access to various media sources.

Gigabeam supplies the internet into my house via a small receiving dish under the eaves. This links to an antenna on the barn up the hill which then has a direct line of sight to a mast at Farley Mount the other side of Winchester. Clever stuff. And it works brilliantly with an impressive speed.

Sport, rugby in particular, is a passion, and I was paying for Sky Sports via satellite with BT Sport as an add-on. In addition I had a contract for a telephone landline, as well as mobiles. Now with good reliable broadband, I knew I could make savings, so I set about looking for a solution.

I started by cancelling the landline contract and instead signed up with a low cost provider for VOIP (Voice Over the Internet Phone). Works fine. Landlines are a dying business anyway. I bought a new mobile with a 'Wi-Fi calling' facility so it works in the house off the internet. I signed up with EE which for a modest fee gives me a BT Sport app and I can now "cast" rugby matches onto my smart TV. And I got rid of Sky Sports via satellite. Instead I can now purchase the same service on an ad hoc basis with internet TV supplier NOW. I do this when there is cricket I want to watch. Overall I reckon that I have saved nearly £100 per month.

I can stream all sorts of entertainment from the internet, such as films, catch-up TV, children's programmes and music - familiar names like Netflix and Spotify for example, and more.

So what's the downside? Only convenience and time. It's a bit more fiddly to cast from my mobile to the TV to watch rugby on BT Sport, and to pay NOW for a day's access to Sky

Sports to watch cricket. I have spent a lot of time finding where to watch what interests me, and at what cost, researching and discovering new things. It seems to me that some people know all this techie stuff, but many don't. To those I would say, you need to give it some time and do your homework well, it's not difficult. The advance of technology is changing how you can gain access to what you want to watch, and the cost, and there are more choices. Good internet is essential. Thanks Gigabeam!

Henry Labram

Letter from the Rectory - Lent



So, New Year's Resolutions – how did that go then? That determined resolution not to drink alcohol or to cut down on your sugar consumption or to go to the gym? If

you are anything like me, it's a huge achievement to have got through January with the resolution intact (and congratulations if you did) but what about now....how is it going? Are you back in the same place as you were in December so far as the booze is concerned or have you planned to reduce your sugar intake but succumbed to the delicious cakes at Brew with a View in Easton, or are you wondering why you took out a whole years' subscription to the gym, when you haven't been able to make it to

Itchen Valley Churches

1st March - 1st Sunday in Lent

8am	BCP Holy Communion	St Swithun's, Martyr Worthy
10am	Family Worship	St Mary's, Easton

2nd March

7pm	Stations of the Cross	St Swithun's, Martyr Worthy
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8th March

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

15th March

8am	BCP Holy Communion	St John's, Itchen Abbas
10am	Valley Worship	St Mary's, Easton

22nd March - Mothering Sunday

10am	Parish Communion	St Swithun's, Martyr Worthy
6pm	Evensong	St Mary's, Avington

29th March

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

Rector

Revd 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

Date For Your Diary

Our Annual Parochial Church Meeting at Avington Park on Thursday 2nd April at 7pm. Drinks and nibbles will be provided as always! It is very important that we come together as a church community to elect Church Wardens and PCC members, to review 2019 and to look forward to what God has in store for us for the next 12 months.

Churchwardens

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

more than one or two sessions? Perhaps a new approach is necessary! The church has a different take on changing our characters. It's called Lent. This is a period between Ash Wednesday and Easter Sunday, this year between 26 February and 12 April. Like many things to do with Christianity in our culture, Lent has been trivialized in the last few hundred years to have become no more than a gesture towards fasting – '*what are you giving up for Lent?*' Christians ask each other, often answered by some faint reference to not eating chocolate. But Lent is actually much more challenging than this and, in my view, has a much greater chance than a New Year's Resolution of succeeding in achieving its objective if properly understood. Lent is modelled on Jesus' time in the wilderness (a period of 40 days) at the beginning of his ministry in the gospel of Matthew 4 verses 1-11. Like the new leaf which we turn over in January, it is a period that Christians enter voluntarily: Jesus allowed the Holy Spirit to lead him into the wilderness, knowing that that he would face challenges there. But the key difference to a New Year's Resolution, it seems to me, is how Jesus, how Christians, deal with those moments when that thing that we have resolved not to do becomes more and more compelling or the desire to give up doing that thing we determined to do seems overpowering. In Matthew 4:1-11 we see Jesus treating those moments as temptation by a Tempter. Personifying that voice which says 'drink me' 'eat me' or (in the case of the gym) 'give up' puts the temptation outside ourselves. We see this wish to pour delicious claret down our necks or gorge ourselves on exquisite cake or save ourselves from

the rowing machine, as something which is not us, not our character, not 'just who we are', but other – something outside us which we have allowed to come in and which wants to ruin us. This is an approach which 'names it and shames it' or perhaps 'names it and deals with it'. Lent is a time to practice getting to grips with the real problems in our lives.

If this is not too much of a stretch, I would like to draw a parallel with the corona virus which is ravaging the world as I write. Work to defeat this virus could only be started when its genetic code was released by the Chinese Government to the scientists – they could describe it – and work out a means of defeating it. They could name it and deal with it.

In the same way, as we see temptation for what it is, the unwanted voice of an enemy, we can head it off in the mind (or perhaps we should say the heart) before it gets to any kind of decision; any kind of action or inaction. As various people have said: 'Watch your thoughts, they become words. Watch your words, they become actions. Watch your actions, they become habits. Watch your habits, they become character. Watch your character, it becomes your destiny'. Most importantly, as Jesus did in the wilderness, we can, in all of this, call upon that other person who is also separate from us but with us, if we choose to invite Him in, that 'Higher Power' as Alcoholics Anonymous refer to Him (the Holy Spirit to Christians) to help us, to give us strength, to resist that temptation and to defeat that enemy, who just wants to wreck our lives.

Alex Pease

Our Wild Village : Earth,Wind and with luck no fire.

Hares run before the breeze really
kicks in,
Fast and fleeing, to hunker it out.
How then does the skylark sing
So tunefully and tiny, open to the wild
And wicked wind, induced by instincts
to
Spin out a tune so sparkly and bright.
Moles push up perfect earth piles, safe
below.
Fieldfares up and glide and up again, to
Fall back into bushes where the
Billows of air freely blow them.
Robins sing to greet the feeder of corn.
They are anxious and know what is
coming.
The girl cocks her head, listens and
looks.
Loving his beady eye she chirps back
(as he poops
a white drop under),
"I love you, stay safe and do eat the
seed".
Branches invested with ivy growth fall.
Roaring loudly the ears of the walker
are full:
'Don't stop here, or there or THERE,
get a move on'.
I'm scared.



Make promises to the Spirit of Life,
I won't be greedy or unkind.
Throw love at us, right in our paths;
I've got it now, with the wind
Pushing my back to home.
Thank you; let it go!
Sophie Rogers

Comings and Goings

We welcome Peter Mullenbach to
Dymoke Barn, Easton. Peter has come
from Godalming and has a son David
aged 23 and daughter Helen aged 21.
Judith Mezger

Roma Sheppard 1925–2019

A resident of
Itchen Abbas
from 1977
until 2003,
Roma was a
much loved
and very
active
member of
the
community.
Her love of



flowers extended to church flower
arranging and she was a founder
member of the Valley Gardeners.
Along with other ladies, she put the
world to rights in their regular sewing
group. As a churchwarden's wife she
often entertained visiting clergy and
sometimes bishops to breakfast on a
Sunday. Her catering skills extended to
Harvest suppers, often for almost a
hundred people, in the old village hall.
She was a member of the church choir
and the Itchen Valley Choral Society,
singing in annual concerts in the
Cathedral or Romsey Abbey.
Roma grew up in Pembrokeshire,
where her father was a tailor. As a



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Meditation on the Passion of Christ
through words and music

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on Monday 2nd March 2020
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excerpts from Stainer's Crucifixion



young girl she would sit in his workshop threading buttons whilst he did rather more precise sewing. After his death the family moved to Southampton, later suffering from the nightly bombing raids. After starting to train as a tailor in her own right, war work for Roma was building Motor Torpedo Boats. Having enjoyed teaching Sunday School, after the war she studied to become a school teacher in Salisbury where she met Tony, her soon-to-be husband. As a wife and mother she loved the various houses where they set up home. First in Southampton and then Itchen Abbas before moving to Stockbridge and finally Wonston when her poor health required more support from her family. Roma was delighted to have a large and productive garden in Itchen Abbas, the more so because there was space for a swimming pool. She had always been a good swimmer

and she taught all her children and grandchildren to swim well. Her grandchildren all speak of Roma's great patience and kindness and her enthusiasm for jumping into the pool with them at a moment's notice. The strong theme expressed at her memorial service was love, of her children, grandchildren and greatgrandchildren and of God. She was much loved and will be much missed by all her family.

Contributed by family and friends

Tiddler Joke

How does a monkey
make his toast?
Under the gorilla!

Alexa Lloyd aged 5



From our MP

Good news! The Royal Hampshire County Hospital in Winchester has now received confirmation of guidelines and some £5m in initial seed funding to support a rebuild at the Romsey Road site.

Back in September I announced that we'd secured significant investment for the Trust as part of the Health Infrastructure Plan which is designed to support forty hospital building projects across the country. A team is now being brought together to build safe and sustainable services in Winchester for the long-term and I couldn't be more pleased.

Needless to say, this is fantastic for the NHS locally but above all for the community and patients it serves.

Winchester Hospital (and Basingstoke which forms part of the HHFT of course) are much-loved and have done great service but they were built many years ago and are now showing their age. It was this we had to ensure Ministers recognised.

The programme is at a very early stage, and lots of possibilities are now under consideration but I am pleased the Trust will be actively seeking to engage with us to get views on the kind of hospital we want to see in the city. I am regularly in the RHCH – meeting

with senior managers, staff and patients – and will be doing my bit to ensure this engagement is as wide as possible and I will go on making the point that obstetric-led maternity services in Winchester are an essential part of what makes a modern-day District General Hospital.

Constituents will not have missed my warning to South Western Railway since the turn of the year that the company must step up or step aside. I have recently been elected Vice Chairman of the new All-Party Parliamentary Group on SWR which will work to hold the company to account for its poor service. My message came after the Transport Secretary said that SWR's financial statements suggested the franchise was not sustainable and put in place plans to protect the service in the event of a company failure.

Steve Brine

MP for Winchester & Itchen Valley

From the Parish Council

It is sad to report that we had to close the car park at Couch Green once again, having been warned that travellers are back in Winchester and are being moved



on from their present location. Thanks to the efforts of our expert local welder we now have a "lock box" covering the padlock to the high level barrier to the car park. Along with other work such as ditches and an extra gate as many reasonable precautions as are practical are now in place.

While remaining on the subject of



Couch Green, there have been three other areas of progress. The container for the storage of football equipment is now on site and already in use. As previously reported, once the ground is dry and hard enough, it will be moved onto the concrete pad. A start has been made to our tree safety programme. Following a report from a tree consultant the ivy on the pines close to the bus shelter has been removed. Further work is due to be carried out by tree surgeons to remove potentially dangerous branches and also ash trees close to the road near the telephone exchange. The third area is the copse on the west side of Couch Green which is in a poor state. Thanks to a local resident this is now being cleared in stages. The Parish Council has provided “whips” which the resident has planted to create a new hedge.

Thank you to the two people who responded to the requests in last month’s Valley News. Both their views on the new bus shelter design for Itchen Abbas and the position for the notice board at Martyr Worthy were taken into account by the Parish Council at our last meeting. The bus shelter when replaced will be very similar in design to the present one but will have a window so that those waiting inside can see the bus coming. The notice board will go back in its former position close to Martyr Worthy Village Hall. At present we are looking for a good carpenter to rebuild it.

Many residents will have received a leaflet from the Boomtown organisers in their copy of the Itchen Valley Forum. Reading this or from elsewhere you may be aware that they have made a planning application to increase the numbers attending. Their aim is to

make the numbers allowed by this application match those already allowed by the current licence. This is an approximate increase of twenty-five percent. Following a presentation by the Boomtown organisers the Parish Council discussed this application. As always in the case of Boomtown there was a wide range of views; it was therefore agreed to submit a comment raising a number of concerns and recommendations. The main thrust of these centred on improving care for the environment, not only while the festival is on but also during the remainder of the year. It was also requested that, as the licence is limited to a set number of years, the planning permission should be the same. Full details will be in the minutes on the Parish Council website.

Two members of the Parish Council together with a number of Valley residents attended the drop in session run by Southern Water on the Candover Temporary Pipeline Project. Little has changed since the previous report last year. Our main area of concern is that water from this line will be discharged into the river via the trout farm in Itchen Abbas. Details of this are still not clear. If and when more information is more forthcoming we will let you know.

Hope to see you at the Litter Pick on Saturday 21 March
Patrick Appleby

Jackie’s County Corner

Help shape Hampshire’s library service for the future.

This County Council consultation has a deadline of 8 March. Hampshire County Council is asking people who live, work and study in Hampshire to have their say on proposed changes to

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your say:
libraries are
not just
about
borrowing
books these
days: maybe
you use it
for the
internet?
Reading the
newspaper?

This consultation includes options for a 15%, 20% or 25% cut in library opening hours. The way people use library services is changing, but as well as responding to changing needs, the library service is looking to make savings of £1.76 million. All services across the County Council are making cuts to bridge the current funding gap. With some of the rural bus services offering just a few trips per day, could you benefit from the Hants Carshare scheme? Hampshire runs its own lift share scheme. Anyone can join for free: you need to register your email address or Facebook account. The more people who join and submit journeys, the greater chance of a lift share match! Go to hants.gov.uk and search 'Hants Carshare'.

Almost every day, I read reports of a flood or blocked road, faded white lines or pothole on Facebook or local email lists. **Please report them online** to www.hants.gov.uk, and follow the icon saying roads and transport. It will take you to a variety of options. Residents' reports are taken seriously- I often think more seriously than mine! If you don't get the reply you expect, please contact me.

The Winchester Movement Study led by Hampshire seems to be moving

along slowly with lots of research and it all feels like very slow progress so I'd like to ask you as residents, passengers, cyclists and drivers what change you'd like to see to improve your journeys. If you see a good idea, please take a picture or write a description and send it to me marked 'My Way' or tweet using #MyWay. Thank you!

I attended the Green Halo event last month. Delegates from all over the south of the county listened to an inspirational speaker on London: National Park City. National Parks represent different habitats right across the world-so why not London? They asked: does a fox (or a peregrine falcon) in the town have any less value than a fox (or falcon) in the country? The same applies to humans too. Having just spent some time with the South Downs National Park planning team, the approach seemed to fit well. Tim Slaney, the Director of Planning at SDNPA says, 'It is a privilege to build in the National Park and people should use that privilege wisely.' I came away from the Green Halo event wondering why we don't all have the same aims for biodiversity and sustainability right across the country?

Glass recycling has increased hugely since the introduction of glass boxes collection boxes by WCC. Unfortunately the Bighton resident's request for four boxes per household was not possible! Please take extra glass to the nearest HWRC or your local collection point.

Finally- a huge thanks to the New Leaf group who have produced a website offering advice and guidance on recycling and 'living greener'. Go to newleafalresford.org for a simple guide to making a start!

*Cllr. Jackie Porter 07973 696085,
Jackie.porter@hants.gov.uk*

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Currently my primary role is care of elderly and end of life care at home. I also have a small wildlife hospital for Birds of Prey, and provide voluntary support for Barn Owl and other species living in our area.

For rates, references and more details, please get in touch.

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IVN Annual Accounts

The Itchen Valley News is run by local volunteers for the benefit of residents in the Valley area, to whom it is delivered free of charge. Each monthly edition is prepared by the editorial team, then printed, and some 750 copies distributed. Expenditure incurred is almost entirely from the printing process, which is contracted out, and revenue comes from advertising by local businesses and from donations by residents. A few readers outside the immediate area receive a copy by post for which the postage is charged.

Recognising the healthy state of the finances, due in no small part to the generosity of readers in previous years, in 2019 there was no appeal for donations, although a few readers kindly made a contribution. The editorial team considers that requesting donations only every third

year is sufficient to keep the magazine in financial health. There will therefore be no appeal for funds this year but in 2021 and probably again in 2024, readers will be asked for donations in order that income broadly matches expenditure, in accordance with the Itchen Valley News Constitution.

On behalf of all the readers who let us know how much they enjoy the News, well done to the whole team of volunteers for another successful year!

If you would like to volunteer to help with the Itchen Valley News, or wish to send a written contribution, please send an email to The Editor at itchenvalleynews@gmail.com
Henry Labram, Treasurer

The Practical Gardener

Well I have been blown away by my garden this year, something called Ciara followed by Dennis. Actually, we can cope with wind but it's the volume of rain that is daunting. Yet nature is wonderful and there are so many plants growing or in bloom. The Hellebores are just terrific. But this is no time to be sitting down and looking. March is a month of action, good for you and good for the environment. The problem is that the ground is still very wet indeed, even on our chalky soils.

Surely all of us living in the countryside should be making some contribution to the environment, not just talking, as in parliament, but actually doing. Give up the gym and get out into the garden!

I first mowed my lawns in the second week of February. They were growing strongly and I wanted to remove leaves. Of course, the cutter is set high and it's too wet to use the mulch-mower. I think it's a good time to fertilise. Last

Itchen Valley News

Income & Expenditure Account

	2019	2018
	£	£
Income		
Advertising	9,109	8,660
Readers Contributions	128	2,419
Postal Fees	144	277
Interest	18	9
Sundry	0	0
Total Income	<u>9,399</u>	<u>11,365</u>
Expenditure		
Printing	10,033	9,848
Other Expenses	84	58
Total Expenditure	<u>10,117</u>	<u>9,906</u>
Surplus of Income over Expenditure	<u>-718</u>	<u>1,459</u>
Year End Funds	<u>9,032</u>	<u>9,750</u>

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

Authentic Pilates	Mon	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
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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www.iaavillagehall.co.uk Hall Manager Alex Bellisario
manager@iaavillagehall.co.uk 07947 191229 Village hall callbox 01962 791021

Regular Bookings

Montessori	Mon to Fri	08.30	Caroline	01730 829377
Tumble Tots	Mon	0930	Clio	07378 346740
Zumba	Fri	10.00	Sue	07947 410394
Pure Circuits	Mon	19.30	Juliette	07799 890860

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

month we had an excellent article by Sophie about moss, it looked lovely. However, moss in lawns is a serious problem and expensive to remove. Scarifying is said to be the answer. Using chemicals on small areas is OK but ferrous sulphate turns the moss black, not very pretty. Then you must rake out the debris, wonderful tiring exercise.

I've been sowing Peas (Meteor) and broad beans (Aquadulce) already up and ready to go out under a cloche. Peas from your own garden have a flavour to die for. However, many birds also like peas so protection here is mandatory. My garden has its own army of pigeons, I wish they would go next door. My autumn onions are up and growing well. Now is the time for sowing the next crop (Sturon sets). I am still using onions I grew last year, a few do rot but they generally store well.

I've also started with herbs. Now some still thrive through the winter, rosemary and parsley being two. Others need to be started now: dill, chives, basil and more. Dead easy in the propagator. There are some in the kitchen (little chefs) that think herbs only come in small plastic pots from the supermarket. Rubbish!



This is also the time to sow flowers. Some are more difficult than others so I'm a bit choosy. Sweet peas are already sown but other annuals and perennials are ready to go. Some of the seeds are very small indeed so it pays to sieve the compost. This is tedious and best done when the compost is dryish. I leave it on the greenhouse shelf for a few days. It is best to water the compost once in a seed tray, then scatter the seed and cover. My greenhouse is a wonderful place to work in when the weather outside is bad (almost every day this year). I keep it clean and pay close attention to plants inside, watering as needed and removing dead leaves.



This is also the rhubarb time, wonderful at this point in the year and a sure sign spring is on the way.

Happy Gardening!
Tony Gaster.

Game, set and match

Last week I bought my first bag of onions from a supermarket for several months. No, I hadn't been on an allium-free diet, I had been using my own home-grown supply.

In February 2019 I was inspired by Tony Gaster's regular gardening column to emulate some of his



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prowess but on a much smaller scale. I dug over a small patch of garden that had been successfully growing weeds for a few years and placed some small onion sets (baby onions) onto the earth. I got whatever Homebase had in stock that day but I later noticed that Mole Country Stores next door had a much bigger choice. I covered them with cheap plastic sheeting to help warm up the soil – and then walked away.

With very little fertilizer or water but heaps of neglect, the little onions grew and grew until by September they were full sized bulbs with withering leaves. I dug them up and laid them to rest in the greenhouse for a couple of weeks before stripping off the outer layer and placing the shiny globes on a tray in the



conservatory. They didn't go mouldy and lasted in perfect condition all winter. I used them up week by week until eventually they ran out and I had to buy a bag from Sainsbury's. If you are not really that keen on "doing gardening" but would like to grow something easy and useful, try onions. A small bag of onion sets costs a couple of pounds and will give you a large bag of mature bulbs that would sell for many times that in the shops. March is a good time to plant the baby onions; the ground will be warming up and they should take root and sprout quite quickly.

Tony will tell you that the flavour of home grown vegetables is superior to shop bought ones but I didn't notice that. What I did notice was that I didn't have to add onions to my shopping list for some months!

Vernon Tottle



Andy Moores photographed this glorious sunrise in Easton Lane as he cycled to work



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April, Lady Rivett-Carnac and Martyr Worthy

At the end of 2019 an era drew to a close when April Rivett Carnac, a long term resident of Martyr Worthy died. April Rivett-Carnac and her late husband Miles first arrived in the village in 1967 when they bought Martyr Worthy Manor next door to St Swithun's church. At the time Miles was a serving Naval Officer and, with April at his side they soon became involved with both the church and village. Miles was initially Treasurer to the Martyr Worthy PCC and later a Churchwarden.

April, meanwhile, was a devoted wife bringing up their three children, accompanying Miles on some of his naval travels and reorganising the large garden.

Miles retired from the Navy in 1970 (on the same day the Royal Navy's rum ration stopped) and entered the world of merchant banking in London. The new job involved extensive travel and eventually led to appointments in South Africa and the USA. During this time the house was lent to close friends until Miles and April returned in 1980 to live in the Village for the next 30 years.

April resumed her love of the garden, opening it every summer for the National Gardens Scheme and becoming the assistant county organiser responsible for a group of Hampshire gardens. She frequently accompanied Miles on short visits to many parts of the world including New York. At home she was a wonderful hostess and a familiar figure at village events. No matter what the occasion she coped magnificently be it a garden party on the lawn at the Manor with a



Royal Marine Band playing, or helping to serve tea and cakes in the village hall. For years the Rivett-Carnacs made their swimming pool available to the children of the village and many still living in the community recall their kindness and unstinting generosity. Following the church's 850th Celebrations in 1990, April was instrumental in organising the installation of the stained glass window depicting St Swithun at the top of the West Window.

In 2005 Miles's health began to deteriorate and, seeking a smaller house, they moved to Alresford. The accompanying photograph shows April cutting the cake at the farewell party held for them by the village in Martyr Worthy Village Hall in 2006.

Miles died in 2009 but April maintained her links with Martyr Worthy and continued to worship at St Swithun's until a week or two before her death on Boxing Day 2019. She will be very sadly missed.

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Bird of the Month



We've gone to the coast this month to see the very aptly named Turnstone. This beautifully marked bird finds its food by turning over stones to find insects and Crustacea.

Elaine Labram

Podcast Corner

For those of us who still turn on the radio and listen to whatever is available, podcasts are a whole new world of choice, offering an enormous range of spoken word listening on a smartphone or laptop via wifi. You can access all kinds of different subjects, for example by downloading BBC Sounds, Spotify or Apple podcasts.

Since we are so up to the minute here at editorial HQ, here are a few podcast recommendations:

BBC's Americast: Join old friends and BBC journalists Emily Maitlis and Jon Sopel for the latest from the campaign trail of the 2020 US presidential election race

Times Red Box with Matt Chorley - the insiders' guide to politics from The Times and Sunday Times, including exclusive comment and analysis.

Heavyweight - In each episode host

Jonathan Goldstein attempts to help a guest - typically an ordinary person, not a celebrity - find closure for an unresolved question in their lives. The New Yorker wrote: *"With gumption, empathy, and comic awkwardness, Goldstein ventures into people's lives and tries to help them resolve things from the past: an unsolved human mystery, lingering guilt, a falling-out, hurt that's turned to grievance."*

We will be sharing more favourites – please send us yours!

Verity Coleman

Be a Shedder

When the face of the green movement is young, female and Swedish, it is inspiring to see that a group of middle-aged English men are doing their bit for the environment, perhaps with just a little less publicity. But the Alresford Men's Shed is more than just an environmental initiative, it provides vital support to the retired community and teaches life skills to younger generations.

The Men's Shed movement originated in Australia but is growing globally. In England alone there are over 500 Men's Sheds and they are opening at the rate of two a week. The Alresford Men's Shed has been running for two years now. In that time, it has established premises and equipment to enable it to work on well over 200 projects to extend the lives of machinery, repurpose articles, create useful items for the community and bring together members to work in a collegial and friendly environment. The Alresford Men's Shed welcomes anyone, retired or working, male or female, old or young and promotes a strong message against the modern



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throwaway culture. In a way, it is spearheading a quiet revolution.

The Shedders put their skills to use in community projects, such as designing and building tombola boxes, display boards, repairing church furniture and repurposing items for the community which would otherwise be destined for landfill, but they also share their skills, running course for pre-teens and DIY evening courses.

At its core the Men's Shed provides an opportunity for people to get together to work with their hands, but that is to oversimplify its value to the community. And they are not all men, the shed recently welcomed its first female Shedder who says about her time in the Shed *"everyone helps each other. It is an open exchange between all of us to find solutions to fix everyday little problems. We learn, we share, we laugh. It is a welcoming environment and around a cup of tea, we talk about everything, and stay in touch with what is happening in our town"*. Members hope that other female members will follow.

As we all move to more sustainable ways of living, the Men's Shed would like to welcome more Shedders to its ranks, and not just for woodwork. The Shed has recently acquired a 3D Printer and a CNC Router, so computer and administration skills are

needed to increase the range of projects the Shedders can undertake. The Men's Shed also wants to encourage more Shed supporters who can help the Shed by identifying potential community projects and by promoting the initiative more widely. This will enable it to take on more upcycling and repurposing projects, both for the community and individuals in the area.

The Men's Shed is currently housed in a facility in the Dean which is earmarked for demolition to make way for the new car park. The Shed is therefore fundraising to enable it to secure new premises in the town. Please email alresfordmenshed@gmail.com or follow AlresfordMensShed on Facebook to support this quiet green revolution in our community.

Lucy Greenwood

Wildflower of the month

Lesser celandine is a small, low-growing perennial herb in the buttercup family.

Verity Coleman



Hamburger buns

About a cup of lukewarm water

2 tablespoons (30g) butter, softened

One egg, separated

500g strong white flour

A heaped teaspoon salt

1 tablespoon instant yeast

Mix the flour, salt, yeast and egg yolk in a large bowl and rub in the soft butter.

Use as much of the warm water as you need to make a soft, smooth dough and knead until well mixed and springy.

Cover the dough, and let it rise for 1-2 hours, or until nearly doubled in bulk.

Gently deflate the dough and divide it into eight. Shape each piece into a ball and flatten slightly. Place the buns well spaced on a lightly greased baking sheet, cover, and let rise for about an hour until puffy.

Brush the top of the buns with the egg white mixed with a little water. Gently press a few sesame seeds onto the top of the buns and bake in a preheated hot oven (240F) for 18-20 minutes, until they are browned on top and sound hollow when tapped.

Verity Coleman

The cover photo

Those of you who use the B3047 will be pleased to see that the thatch has been renewed on the Grade II listed cottage where the roof had been damaged by a passing lorry.

Also in Abbots Worthy, the residents at the top of Mill Lane heard a great crash as part of the Grade II listed boundary wall at Abbots Worthy House, built in 1836, succumbed to Storm Dennis on 16 February - luckily in the late evening and with the considerable debris falling inwards rather than onto the B3047.

Ed and Abbots Worthy resident

Local monthly information

Itchen Valley area waste collections in March

Black bins and green bags on Fridays 13 and 27 March. Green bins on Friday 6 and 20 March. Glass boxes on Friday 6 March.

Cameo

Tuesday 17 March.

Farmers Market in Winchester

Sunday 8 and 29 March.

Parish Council Full Meeting

Thursday 5 March. 1A.

67 Bus operated by Stagecoach.

School term timetable operates for all of March.

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

Saturday service (same for the whole month).

Towards Winchester:

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

Towards Alresford:

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No Sunday or bank holiday service

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