

ITCHEN Valley News

Issue 83 November 2020

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WELCOME to the Valley News



Our intended lead story about the impending work at Cow Down was rapidly overtaken by the tsunami of reaction on the Itchen List and subsequently by the lead story in the Hampshire Chronicle. How do we respond as a community when a long tradition of recreation is at odds with the very special conservation required in such a fragile eco-system? Are we hoping to pass on the long history of a few local people using the accessible part of the river or are we custodians of a very rare habitat? It is a complicated challenge to reconcile the two. We are standing by for a full postbag of Letters to the Editor. Managing the river is a very delicate balance, which Simon Ffennell touches on in his article on page 11 about the stretch of water that he maintains at Martyr Worthy. Fishing has supported the upkeep of the river and its fragile ecosystem for a century and more, as exemplified in their different ways by Rochienne Pearce and Jim Glasspool, with tributes to both of them in this issue. We will also miss Charlie Bullen who has been such a feature of life in Avington and in the Valley more generally for so many years; there are some splendid photos on page 22. Elsewhere in the magazine there are two examples of changing land use in the Valley, both producing top quality drinks, one cultivating wild varieties of plums for the Wessex Wild Plum Company's delicious liqueurs and the other exploiting our special blend of climate and soil to grow the grapes for The Grange's top quality English wines. We are glad the harvest is safely

gathered in!

I am particularly delighted to shine a light on an unsung heroine, Vera Collings, whose quiet work has been publicly recognised (see page 16). This seems a good place to acknowledge all the many other people in our community who volunteer in so many ways, formal and informal - you may yet have a starring role in the News! Let's keep looking out for each other while we are all dealing with the stresses of lockdowns, complicated rules and travel disappointments.

Next month's editor is Tony Gaster
Verity Coleman

Itchen Valley News

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What's On

Bonfire night Thursday 5 November TopGuy Competition

As we won't be having our usual fireworks in Easton this year due to COVID-19, the Village Hall would like to invite Easton residents to take part in a Guy competition.

Make your Guy and display it in your front garden on 5 November for judging. 1st prize £10, 2nd £5, 3rd £2.50.

If you would like to take part, please enter via an email to eastoneventsqwe@gmail.com.

Lyn Russell

Sunday 8 November Annual Remembrance Parade The Royal British Legion - Itchen Valley Branch



The Annual Remembrance Sunday parade will be held in front of St Mary's Church, Easton on Sunday 8 November 2020 at 10.50am. All members of the Royal British Legion, and anyone else who has

served in the Armed Forces, in whatever way, are invited to attend. We plan to form up at 10.45am. Please wear medals if you have them. The RBL badge should be worn below the poppy. The wearing of hats and carrying of umbrellas is at the discretion of individuals. In the event of (very) wet weather there will be no parade, but members will be invited to gather at the War Memorial for the two-minute silence and wreath-laying.

The Remembrance Service will be held in St Mary's Church, Easton, shortly after the two-minute silence. The service will be ecumenical: it is designed for everybody.

An evening Remembrance Service will also be held in St Swithun's Church, Martyr Worthy, on Sunday 8 November 2020 at 6.00pm

The Annual General Meeting of the Royal British Legion Itchen Valley Branch will be held on Monday 9 November 2020 at 6.30pm via Zoom where all members are encouraged to attend.

Peter Thacker, Hon. Secretary

Saturday 14 November Air and Earth Yoga Retreat Day

in Easton Village Hall consists of two yoga sessions, a mindful walk, a delicious vegetarian lunch and a life coaching session: www.sherinshe.com.

Also see Sherin's yoga sessions in Martyr Worthy Village Hall (page 30)

Wednesday 18 November Easton Village Hall & Recreation Ground AGM

The Annual General Meeting, which would usually take place in May, but was postponed due to Covid restrictions, will now take place, via Zoom, at 8.00 pm on Wednesday 18 November. This will include approval of the minutes of the 2019 AGM, the Chairman's and Treasurer's report and elections to the Management Committee for the forthcoming year. The meeting is open to all local residents, and those over the age of 18 are eligible to vote.

Those wishing to attend remotely will be able to click on a Zoom invitation link that will be published from 48 hours before the meeting on the Easton Village Hall website (eastonvillagehall.co.uk) and Facebook

page, where copies of the 2019 Minutes and Agenda for the meeting will be available too.

Harry Smith

Secretary, EVH Committee

evh.secretary@gmail.com

Saturday 2 January 2021

The New Year Yoga Retreat Day

in Easton Village Hall consists of two yoga sessions, a mindful walk, a delicious vegetarian lunch, and a vision board workshop where we will cut and paste images/words to anchor your dreams and bring in the magic of manifestation in 2021.

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Annual Itchen Valley Parochial Church Meeting

I remember a previous Bishop commenting that every church meeting in the Itchen Valley is accompanied by smoked salmon and a glass of chilled wine. Sadly this year was an exception: the annual meeting could not be held in Avington House, where it is usually so kindly welcomed by the Bullens. So parishioners missed the delicious nibbles and glasses of wine that would normally accompany the meeting and we had to provide our own while we settled down to a Zoom meeting. Around 45 computers logged in, so there were around 60 of us listening to the reports from the brilliant volunteers who keep our worship facilities thriving. We heard the usual reports about the fabric of our buildings and our healthy finances. Even as a member of the congregation, one is pleasantly surprised and uplifted by the variety of activities that go on in our church family. Alex, our Rector, reviewed these in his report and they varied from wet and wonderful

baptisms in the River Itchen to visits to the vulnerable. We are lucky to have such a vibrant church community in our valley and a core of young families who are active in our worship.

We learnt from Alex that the church authorities, knowing our rural location, are frankly amazed at the breadth of our activities and we are so pleased that we have new members joining each year bringing new insights to our family.

In the time of Covid, if you want an uplifting read, do have a look on the parish website at itchenvalleychurches.org, where amongst much else you will find the Annual Report.

John Bouldin

Harvest time in the Valley

Firstly, Burge's Field, home of The Grange, Hampshire

We have just finished harvesting the





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grapes in Burge's Field so bringing a very strange year, in and out of the vineyard, to an end. The quality of all three varieties, Pinot Meunier, Pinot Noir and Chardonnay, has been very encouraging, with a good balance between the sugar and acidity levels in the fruit. You need plenty of sugar to attain a satisfactory alcohol level but also enough acidity to make sure the creamy fruit flavours in the wine are vibrant and refreshing rather than tired and flabby. However the quantity of fruit has been very disappointing. The day after we finished picking on Wednesday the first autumn frost nipped the top leaves of the vines, serving as a reminder of the horrible spring frosts of late April and mid-May. It was those four cold nights that, despite the valiant efforts of our local Frost Warriors, destroyed so many of the primary, most fecund shoots resulting in a yield down more than 60% on 2019 and down an astounding 76% on the admittedly exceptional 2018.

The wines from this harvest will be drinking in 2024 and the story will be one of very agreeable wines (I hope) but not very many bottles of them to go round...

If you would like to try The Grange, Hampshire for yourself, visit www.thegrangewine.co.uk
Claire Hunt

Secondly, The Wessex Wild Plum Company

As many of us have experienced this year more than ever, when we have plenty of available time coupled with many months of glorious weather, living on the chalk hills of the South Downs gives us fabulous conditions for growing many different varieties of

flowers, fruits and vegetables. For us, putting all of our efforts into growing plums, after a number of years of practice and learning, this year we have been able to reap the rewards of our knowhow with a successful harvest. In spring 2016, we planted a new orchard of nearly 2,000 trees of 12 different varieties of plum at Northington Down. We were told that it would take about five years before the trees were properly established and producing fruit to their full capacity and this has proved correct. This year we've had wonderful growing conditions throughout, along with some extremes; for us, the late frosts were luckily not too hard to damage the blossom, we then had great weather for pruning and plenty of sunshine over the summer. Because of the free draining chalk, even the torrential rains haven't upset the trees, which do not like their roots sitting in water.

Our plums are generally fairly small and





tart which is perfect for making our plum liqueurs. The main trees we grow are Bullace, both red and golden, which are very hardy and can, if you are lucky, be found in hedgerows. We also grow a variety called Kea, which originates from Cornwall, which has a lovely dark colour, a couple of varieties of Damson, and we are experimenting with a few different Gages.

Harvesting varies on the year, but for the last few years we seem to be starting a little earlier than ten years or so ago. The Gages come first in August, followed by the Kea and Damsons in early September. We pick the Bullace through from mid-September and sometimes well into October. Each year we have a great bunch of 'gap year' students who are our main workforce for the picking; it's hard work but some fun is had too!

Almost from the start, the Bullace have not held back on their fruit production and year on year we have had increasingly better yields each harvest. For the first time we have had a

meaningful crop from a couple of the gages, which were delicious to eat and just too tempting to leave for a subsequent soaking in gin!

We missed seeing many of our friends and supporters at this year's Alresford Show and indeed like many others, we are currently having a very quiet sales period with all of our trade fairs having been cancelled. But with our freezer fully stocked with plums, we'll certainly be ready for next year!

Sophie Parry

sophie@wessexwildplumcompany.co.uk

Our Wild Valley: Eat some colour this autumn.

Our vegetables usually figure out that to survive they need to go up through the nasturtiums, courgette and potato flowers and push them out of the way. The picture below shows what can be done if you do use straight lines, train the children to throw seed in sparsely and make the plants a focal point over the months to chat over, chase the hens off and generally nurse through the hot months. We have had white, yellow, orange and purple beets, steamed and roasted and Tom has made sweet beetroot relish.

Beetroots are high in vitamins, antioxidants and inorganic nitrates. In particular, inorganic nitrates are



associated with reduced blood pressure (BBC and www.healthline.com). The greens are full of vitamins too and beetroot is excellent in enhancing oxygen use in the body, so great for sporty types. The list of benefits is endless, so amongst your autumnal pumpkin pies, pop a few beets into the mix. The Romans were on to a good thing when they brought them over.

Sophie Rogers

Letter from the Rectory



Every November we mark two events that cause us to think back - Remembrance Sunday and All

Souls Day. On Remembrance Sunday we stand (doubtless socially distanced this year) at each of our war memorials and remember those who have given their lives for our country; in the First World War, the Second World War or in conflicts since then. On All Souls Day we pause to remember those we have loved who are no longer with us. This period of time is known in the Anglican church calendar as 'Remembrancetide'.

A couple of encounters that I have had in the Parish recently have prompted me to think about how we reflect on those who have died and the circumstances of their deaths. We can of course think back with gratitude and respect at lives which were well-lived, even if those lives were shorter than they might have been. But it seems to me that it is at least as likely that some of us think back with anger and resentment at those lives cut short,

perhaps directed at those we see as responsible for the deaths of our loved ones: the enemy action, the drunk driver, the incompetent doctor, whatever.

I worked for three years in my young adulthood as a lawyer in Dubai.

I remember one particular evening ringing my mother, who I knew was in hospital in England having an operation, to see how she was. I reached the nurse on the ward who said, 'Has no-one called you? We don't expect her to survive the night!' Of course, I got on the first plane home available, but she had died before I could get there. I was very angry for a long time, particularly as I discovered that the hospital concerned had failed to diagnose her illness correctly and then (as I perceived it) sought to cover the fact up. On one occasion a few months later I met a doctor at a party and told her this story at length and how angry I was. She said, 'I hope you feel better'....which of course did not help me much at all! It took me some years to forgive the hospital and doctor concerned. But I was wrong to take so long to forgive them.

When we fail to forgive, we end up damaging ourselves. As one commentator has put it, 'failing to forgive is like drinking poison and expecting someone else to die'. Jesus was asked (Matthew 18:22) how many times we should forgive someone who has injured us. He was asked 'should I forgive him as many as seven times?' Jesus replied 'not seven times, but seventy times seven'. 'But' you may say, 'You don't understand. If you had any idea of the lack of justice, the appalling behaviour of the person that I cannot forgive, then you would not even

consider forgiveness as appropriate! But Jesus teaches us that we are to forgive regardless of the seriousness of the abuse, regardless of whether the person concerned has asked for forgiveness or even if they don't want or care about being forgiven. 'Well that's outrageous' you may think..... Sometimes part of the problem is that we don't understand what forgiveness is. Forgiveness is not ignoring, forgetting, diminishing, suppressing, pardoning, condoning, excusing, justifying or understanding the person who has harmed us or giving approval of or denying what they have done. It is not reconciling with them, because reconciliation is a two way process. Forgiveness is a one way street.

As RT Kendall reveals in his amazing book *Total Forgiveness*, Forgiveness is releasing them. It is simply letting go of what they have done to us and choosing not to keep a record of it. Forgiveness is choosing to give up bitterness or the desire to punish or make them pay, by gossiping about them or by seeking revenge. It is achieved by being merciful to them, being gracious in our dealings with them when we pray for the person who has hurt us. Even if we can forgive, we should never conceal from the authorities when a criminal offence has been committed. We owe that to society. But this is really about our hearts and how we feel about the person concerned.

Forgiveness can be needed in our dealings with colleagues, friends or relations or even other nations, as we come to remember conflicts of the past. Forgiveness can change the world. Gordon Wilson was wounded and his 20-year-old daughter Marie was one of eleven Protestant civilians killed by an Irish Republican Army bomb on

Remembrance Sunday 1987. "I have lost my daughter and we shall miss her," Mr. Wilson, bruised and bloody after being pulled from the rubble, told the BBC. "But I bear no ill will. I bear no grudge." The BBC would later describe the bombing as a turning point in the Troubles because Gordon Wilson's response to the attack shook the IRA "to its core". The Peace Process followed.

"How could he do that?" we might ask. Certainly, to be able to forgive so instantaneously, Wilson must have spent a lifetime forgiving people for the injuries, both trivial and significant, that he had endured and spent a lifetime trusting that God would ensure that justice was eventually done.

If we want the world to change, forgiveness needs to be at the centre of our lives and Remembrancetide is a good moment to consider whom we can forgive and getting on with doing so. If we do this, we will be able to play our own small part in changing the world.

If you are having challenges forgiving anyone and would like to speak to me about this, please do contact me so that we can talk.

Rev'd. Alex Pease
rev@ampease.co.uk

Rochienne Pearce

Rochienne was born in London on 17 July 1948 and after her Polish parents' marriage broke down, she was adopted in 1954 and spent her schooldays in Haywards Heath. On leaving school, Rochienne worked in a bank in Lewes before moving to London to work at Helena Rubenstein in Bond Street. She was married twice, and then took a job at Magnums wine bar where she met its co-owner Dennis Pearce. She



moved into Dennis' house which fronted onto the Thames in Teddington. Dennis was a keen fisherman and kept a boat moored on the river at the bottom of the front garden. Holly was born in 1979 and was the apple of her father's eye. Dennis started acquiring Fulling Mill in about 1985. Over a ten year period he purchased the river, water meadows, dwellings and adjacent land. After living in the cottage, the family moved into the main house in 1997. Not only did Dennis fish, he also ran Fulling Mill as a fishery. Rochienne and Dennis only married towards the end of his life, and she sadly lost Dennis in August 2003. She promised Dennis that she would continue to care for Fulling Mill, something she enjoyed doing and did with passion.

I first met Rochienne in 2005 when I rented fishing on the river, and a new era started: lots of laughter, love and happiness. She was a generous and kind lady; she helped several people who were facing difficulties. She had a very small family but many friends, some of them of very longstanding and we are all devastated at her tragic death. She

was also friendly towards strangers; she would sit at the front of the house and engage with passers-by on the public footpath. She would have dearly loved to see her grandchildren Joshua and Sophie grow into adulthood; she adored them.

Rochienne was beautiful, intelligent, and full of life and fun. Whilst she was small in stature, she was huge in personality and she has left a wide gap in many people's lives. Recently she was suffering from a severe spinal disorder; she was in considerable and sometimes severe pain, but she put on a brave face. Her life ended in the river she loved so much.

The following appropriate words are on display in her kitchen, words she largely lived by: *Life is short: break the rules, forgive quickly, kiss slowly, love truly, laugh uncontrollably, and never regret anything that made you smile.*

Colin Officer

River keeping in a changing climate

Over the last couple of years, river keeping on the Itchen in Martyr Worthy has become something of a challenge with an exceptionally wet winter sandwiched between two hot, dry, sunny summers. Historically, chalk streams have always thrived in a changeable but temperate climate, but nowadays the weather seems to get



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stuck in either a prolonged dry or wet spell.

The exceptional flows from last winter's rains, which amounted to 31 inches in six months (Sept-Feb inclusive), shifted large areas of gravel from some parts of the river bed, which then accumulated in other parts displacing both aquatic weed and invertebrate life. It has taken much of this summer for the weed to re-establish and where it has recovered, it has then become smothered in large amounts of algae that has thrived in the many days of hot sunshine.

The conundrum for a river keeper is whether to attempt to undo the altered state of the river by dispersing accumulated gravel beaches, replanting aquatic weed, and dislodging algal growth or accept that the exceptional weather we experience nowadays is here to stay.

Simon Ffennell

Jackie's County Corner

It was such a pleasure to meet Susie Little at Tower House Horses. Susie generously uses her horses to help those who have been victims of domestic abuse or addiction. If you'd like to know more, or donate, go to www.towerhousehorses.org

The County Council has set up a 'Citizens Forum' to receive feedback. Go to hants.gov.uk and search Hampshire Perspectives for details or go direct to hampshirecc.researchfeedback.net The Covid-19 Local Engagement Board is headed up by the Leader of the County Council. It is advised by the Director of Public Health (DoPH), Simon Bryant. I attend the meetings as your Councillor and as Cabinet



Member for Wellbeing at WCC. The local virus figures are low but rising steadily, so many events are being cancelled by organisers or by the DoPH. We want Christmas to be good for everyone, and I'm sure you'll agree that a Covid-free Christmas present is the best present we can imagine right now. Meanwhile, click on the interactive map on www.jackieporter.co.uk for recent, very local Covid-19 data.

If you have an autistic person in your family, you'll know the challenges of obtaining a diagnosis. At HCC Children's Scrutiny we heard of the woeful progress of services for autistic children, which has been an ongoing problem for more years than I can remember. It's a money issue - there just isn't enough - and the funding needed didn't happen because the General Election of 2019 'got in the way'. To an 'old hand' like me, this felt like groundhog day. I have asked for frequent updates until this is resolved, and was pleased that the NHS Director, newly appointed to carry this

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forward, agreed this *must* improve. Hampshire Hospital options: online consultations involving 1,000 people were held through the summer. Most people who attended the online events wanted the best healthcare wherever it was possible, the opportunity to 'stay local' for tests and check-ups, excellent public transport links to all sites (including Alton and Andover) for staff, patients and visitors, and a better link between the NHS and social care .

Options for care have been drawn up by HHFT. You will be able to comment on these in early 2021. Visit www.hampshiretogether.nhs.uk for more information about this health service improvement programme – and you can also follow it on Facebook Please give your comments; even if you haven't been to any of our hospitals yet, it is worth putting yourself in the shoes of an employee, patient or visitor to think how it would work for you.

Finally, are you entitled to Healthy Start Vouchers? These provide vouchers to purchase a range of healthy foods for some pregnant mums and children under 4. See more on www.gov.uk but if you need a printed version of the form, please contact me or your health visitor.

If you are worried about how you can feed the whole family, now or in the future, contact me or go direct to www.winchesterbasicsbank.org.uk. Food is donated by the community for the community. You don't need to be referred by anyone else, just call 01962 855774 or go online. Food can be delivered if necessary.

County Councillor Jackie Porter
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Notice about Cow Down from the Environment Agency

River Itchen - Restoration Project at Itchen Abbas

The River Itchen is one of only 210 chalkstreams in the world, and one of the most famous. Chalkstreams are special environments and support a rich variety of unique wildlife. Many species such as Otter, Kingfishers, Water Voles, Salmon, native crayfish and many more plants and animals all depend on a chalkstream to be in good condition for them to thrive. Sadly many of these species are now declining in numbers. This habitat is so important nationally and internationally that the River Itchen is designated a Site of Special Scientific Interest (SSSI) and a Special Area of Conservation (SAC).

Unfortunately due to large numbers of people accessing the river without authorisation, this fragile habitat has been damaged. The restoration works at Itchen Abbas are part of the Environment Agency's and Natural England's Test and Itchen River Restoration Strategy. This is a long term project aimed at improving and restoring the habitat on each river so that the unique, and rare animals and plants that live there do not disappear. At the same time some of the veteran trees, which are an important local ecological resource standing above the river in fields managed by Hampshire and Isle of Wight Wildlife Trust, are suffering the effects of ash dieback and may pose an increased risk to the public using the adjacent footpath or dwelling or walking under these old trees. The necessary protection measures will serve both projects. It is hoped that by informing the wider

community as to the need for these habitat improvement works they will appreciate the reasoning behind it and support the project in improving this famous river for the benefit of the animals and plants that depend so much on it.

Thank you.

The Itchen Valley News has been asked to print this notice, and it is our understanding that the river project is being supervised by Heb Leman, Project Officer for the Test and Itchen Restoration Strategy and Matt Irvine from the Wessex Rivers Trust. - Ed



Upper Itchen Valley Society

The Upper Itchen Valley Society was founded in 1970 to safeguard all that is good in the Itchen Valley. I have just taken over as only the fourth Chairman in that time! I am sad that we have not been able to properly acknowledge all that Alison Matthews has done in her twelve years as Chairman; I have a hard act to follow! Alison has much expertise and historical knowledge of the area and I am very grateful that she will stay on as a Committee member for the time being. In due course we will have the opportunity to thank her

and to celebrate the 50th anniversary of the Society.

The Valley, in my opinion, cannot be preserved in aspic and I hope the Society will carry on moving forward, sensitive to the very special environment that surrounds us whilst addressing the needs of the residents, businesses and visitors.

To that end, I would like to encourage any new residents to join us. You only pay once and the subscription is £20 per family. As a charitable donation, UIVS can claim gift aid on your donation, and you can offset it against tax if eligible. The more members we have, the more influence we can have. Please contact Lucy Collis (Membership Secretary) at lucyvarcoe@gmail.com or me on emlabram@icloud.com.

Elaine Labram

Chairman, Upper Itchen Valley Society

British Empire Medal for Vera Collings



For 23 years Vera, who lives in Martyr Worthy, has been running the weekly RVS lunch club for older people in Weeke, as well as helping with the

trolley service at the RHCH. She was surprised and delighted when a letter arrived from Buckingham Palace telling her that she had been nominated for a British Empire Medal in recognition of all her voluntary work in Winchester. Let's hope she is invited to a personal presentation when the virus rules permit. Congratulations from us all.

Verity Coleman



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Please be aware that, given the current situation, events may change.

17-20 June 2021 Easton Flower Festival

11 September 2021 Itchen Valley Flower and Produce Festival

18 September 2021 The Building Ball 7pm, at the David Roth Memorial Cricket Ground, Easton. Village Hall fundraiser.

23 November 2021, 9 January and 25 February 2022: Martyr Worthy Lecture Series in IA&A Village Hall in aid of Itchen Valley Churches.



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Comings and Goings

A triangle of local moves: We say au revoir to Angela Wheeler who has lived at Homewood, Worthy Park for the past 35 years and now moves to Winchester after a short spell in Alresford. Angela was one of the trio in Martyr Worthy who compiled the Millennium Book for the village and who have kept a wonderful record of events and photographs of St Swithun's Church. Sara and Frits Janssen have been a vital part of Easton life for 33 years, and now move from Dymoke House to Homewood. Finally Leila and Matt Alabaster, with Rafferty and Primrose, move into Dymoke House from the Mill House at Abbots Worthy with Dash the dog and Dusty the cat. We say goodbye to Penny and Graham Leask who are leaving Bridge Cottage, Easton for Devon. They pass on their thanks to the Valley community for a very happy time here.

Welcome to Bob Leggett who has moved into The Moot from Alresford and to Ed Mattingly and Michaela Vennebusch who have moved into Mead Cottage, Chillandham Lane, Martyr Worthy with puppy Peach.
Lucinda Ffennell & Judith Mezger

From the Parish Council

It is now over six months since the initial lockdown due to Covid 19 started. Local groups were formed then and have developed in various ways since. A big thank you to all those who formed and joined these groups. That includes those who are on our formal lists and all those who did not necessarily join one of the formal groups but none the less have kept an eye on and helped their vulnerable

neighbours. Having seen restrictions slowly ease we opened our playgrounds, albeit with a profusion of notices, and at last put the goal posts back in place. It now looks likely that we may see the return of tighter restrictions again. If that happens our neighbourhood groups will need to be active once more and it is worth thinking how we might improve their working and build on our past experience.



The team from
Avington

The annual litter pick was a casualty of the lock down in March, but we manage to hold it at the end of September. Turnout as expected was reduced from our "Spring Cleans" of recent years but Martyr Worthy defied the trend with over twenty people taking part. A big thank you to all who helped including those who may not have come on the day but none-the-less litter picked on their regular walks. Another achievement was the one hundred percent return of litter picking sticks and high viz vests; a first for several years. The quantity of litter collected was less than previous years but sadly it was also clear that there has been a marked increase in fly tipping. Bridgetts Lane was especially bad with more than could be fitted into an SUV with the back seats down. It is also clear that autumn is not the best time of year to hold this event; long



grass makes the task much more difficult. We are therefore planning to hold the next litter pick in spring 2021 if circumstances allow.

A good bit of news

is that the water leak in Northington Road has finally been fixed. Thanks to all those who reported it - it would be interesting to know to which report they responded. There were certainly enough of them. As to the precise cause, or why it took so long to repair, is still unknown - it is just a relief that the work has at last been done.

As mentioned last month, there is a threat to remove the telephone from the box in Easton and potentially to remove all three boxes from Easton, Itchen Abbas and Martyr Worthy. Following our discussion at October's Full Council Meeting it was agreed to send an objection to removal of the telephone. With regard to keeping and looking after the boxes if the telephones are taken out, only one person has responded with a request to keep them and the Parish Council does not feel that it can justify the cost of taking them on and funding their upkeep.

Walkers at Cow Down or readers of the Hampshire Chronicle may have seen the notices announcing impending work on the trees, the river and SSSI in this area (see page 15). The details of what is going to be done when and how long it will take have not yet been made available. The Parish Council has requested the various parties involved to meet with us to provide more details. Once they are available we will put them on our website. It is hoped that in the long term and in keeping with both the aims of the South Downs

National Park and of Natural England that this beautiful part of the Valley will be enhanced and preserved for all to enjoy.

Patrick Appleby

The Practical Gardener



This is a time in the garden to celebrate colour and I hope my images will show this. I remember years ago visiting New England in the fall where the maples were amazing. Sorry to say my own beautiful variegated maple is just shedding its leaves with no change of colour. Of course, it's not just shrubs but also late-flowering perennials like asters that have strong colour. Plus, it's also a time for berries and some are much liked by birds so must be encouraged. I have two acers in pots and they thrive close to the house. Acers can be difficult to grow and finding the right habitat is often a

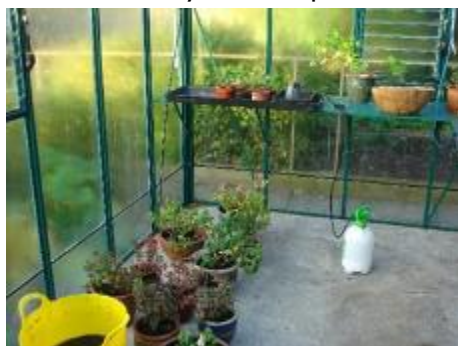




matter of luck.

In past weeks, besides hedge cutting, a lot of the shrubs have needed to be cut back. The shredder has been working flat out but very profitably. Shredded material composts well so is an excellent way of recycling, so vital for our environment. One comment on hedge cutting; the professionals have moved away from those dreadfully noisy two-stroke machines. What a joy!

A different material but equally valuable is leaf mould. I've just emptied one of my containers (just a wire enclosure on a wooden frame about 1x1.5m). I sifted the entire contents and it took a few hours. I then had more than 20 bags of wonderful organic material, ideal as a mulch. Leaves were separated and put into a different container for further composting. The process takes 3-4 years and each year I collect 6-10 m³ of leaves. The lovely leaf sweeper started



first pull after ten months of inactivity. Another task at this time, is to prepare the greenhouse for winter, which means a lot of cleaning: I use a small pressure washer. Next month I shall bubblewrap the inside and put all the frost-tender plants inside. A lot of my pots have become far too wet in recent rains, especially geraniums, so they will thrive in a drier environment. Most annuals don't survive our winter but some do. I shall try to keep some hanging baskets in the greenhouse. Gazanias are also quite tough.

Happy gardening.

Tony Gaster

Recycling Tetra Pak



Do you know that laminated food and drinks cartons like Tetra Pak cannot be put into our recycling bins?

Fortunately they can now be disposed of in a container in the Worthy Lane cattle market. Items accepted include beverage cartons and those used for packaging fruit juice, milk, soup, tomatoes and other foods.

The cartons are delivered in bulk to a processing factory in Halifax where the material is delaminated, with the aluminium and polyethylene sent for reprocessing and the cardboard turned into industrial strength core-board.

So why not make a mental note to keep your waste cartons in a bag in the boot of your car to drop them off when you next drive into Winchester?

Steve Percy



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Tributes to Charlie Bullen



So, how do you sum up Charlie Bullen? Impossible really as he managed, during his wonderful life, to do so many things and achieve so much that a compendium

of short stories would be needed to do him justice. The third of six children growing up in the wilds of Dorset, he had the time, space, energy and audience for his infectious enthusiasm. Always wanting to push the envelope, be it on horseback, foot or bicycle, he revelled in making things go faster.

An accomplished horseman with natural balance, he teamed up with his little sister Jennie [Loriston Clarke] in pairs events, culminating, on at least three occasions, in winning the Royal International Horse Show.

Charlie's underlying passion was for machinery – the bigger the better! A gifted engineer, he could turn his hand to anything and fix any form of machinery in minutes. His early marriage to Ann Alcock, which resulted in two lovely girls, ultimately didn't work and was something Charlie couldn't fix. However, his relationship

with Caroline and his two young grandchildren meant a huge amount to him and brought him much happiness.

Charlie and Sarah forged an incredible partnership at Avington Park: strong, loving and generous – life was always a party when they were around.

Charlie's great gift was to find pleasure and happiness in life. He didn't ask for anything very complicated, he just enjoyed all that was around him. His gift to us is that we embody the wisdom and pleasure he shared with us and that we continue to draw on his example in our own futures.

Peter Bullen

It was with great sadness that we said farewell to Charlie Bullen, a much loved and inimitable long-term resident of Avington. Charlie passed away after a long illness, leaving his beloved wife Sarah, children, family, friends, and of course his devoted dogs, to mourn and miss him. Avington Park has been the richer for his dedicated stewardship, and we will all be the poorer with the absence of his warm smile and generous nature. Farewell Charlie - may the sun shine warmly on your face, and a gentle wind guide you home. May you rest in peace.

Corinne Kozok

Flower photograph on page 33





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Due to Covid restrictions, we are unable to conduct doorstep collections this year. In support of the Poppy Appeal Coordinator, we're calling on the Itchen Valley to support the Royal British Legion like never before, because every poppy counts.

LIVE ON 



Please cut out this page and display this poppy in your window.



Prayer for Remembrance Day

O God of truth and justice,
we hold before you those whose memory we cherish,
and those whose names we will never know.
Help us to lift our eyes above the torment of this broken world,
and grant us the grace to pray for those who wish us harm.
As we honour the past, may we put our faith in your future;
for you are the source of life and hope,
now and for ever.

Amen



A message from local Poppy Appeal Organiser Gavin Edgerley Harris

Sadly, door to door Poppy Appeal collections and static collections in businesses will not be happening this year. However, there are some new Royal British Legion initiatives for those wishing to donate to this year's Appeal. In addition to what appears elsewhere in this month's Itchen Valley News, please note anyone wishing to make a cash donation and acquire a

poppy can do so on Saturday 31 October at these locations:
St Mary's Churchyard, Easton 09.30 to 10.30
St Mary's Churchyard, Avington 10.30 to 11.30
St Swithun's Churchyard, Martyr Worthy 11.30 to 12.30
St John's Churchyard, Itchen Abbas 12.30 to 13.30

A Poppy Appeal stand will also be in attendance prior to the Remembrance Service at St Mary's, Easton on Sunday 8 November.
Details of services and attendance arrangements across the Itchen Valley are on the Churches website: Itchenvalleychurches.org

Itchen Valley Churches

1st November - 10am Family Worship by Zoom

2nd November - All Souls service at 7pm St John's Itchen Abbas

8th November - Remembrance Sunday

Acts of Remembrance at Village War Memorials

10.30am - Martyr Worthy 10.30am - Avington

10.30am - Itchen Abbas 10.50am - Easton

10.50am Remembrance Service St Mary's, Easton and via Zoom

6pm Remembrance Evensong St Swithun's Martyr Worthy and via Zoom

15th November - 10am Valley Worship by Zoom

22nd November - 10am Parish Communion St Mary's, Easton and via Zoom

6pm Evensong St Swithun's, Martyr Worthy (live only)

29th November - 10am Parish Communion St John's, Itchen Abbas and via Zoom

Please refer to our website for instructions about registering to attend a service in person or for attending via Zoom.

Rector - Revd Alex Pease

rector@itchenvalleychurches.org - 01962 779845

LLM - Mr Gerry Stacey

gerry.Stacey@biblesociety.org.uk - 07554 438973

Parish Administrator - Beccy Clark

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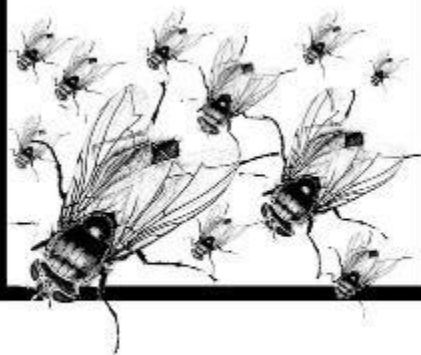
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Jim Glasspool



Jim was born in 1933 and brought up amongst the terrors of the Blitz in Bristol and Bath. He was educated at Clifton College and then Oxford after national service as an officer pilot in the RAF. He joined Shell where he made his career, with several postings abroad. He married Sue in 1959 and the family moved to Itchen Abbas in December 1973.

Retirement allowed Jim to take full advantage of the crystal-clear waters of the Itchen where he set about developing his fishing skills, pitting them against some of the most elusive and discerning trout in the world. He was invited to become the secretary of the Test and Itchen Association, which gave him the perfect platform to expand his fishing interests and apply his scientific mind to the challenges faced by these two famous examples of the English chalk stream. His talents were not unnoticed and with great energy he rose up through the ranks of fishing activism, being appointed to senior committee positions on the Environment Agency dealing with national issues on everything from

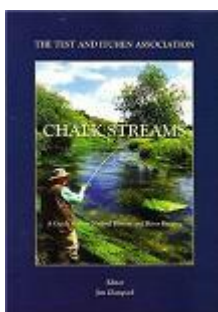
water quality, rare species protection, fish conservation, navigation rights and the impact of major developments on the freshwater environment.

Jim also played a critical role in forming the Angling Trust. He quickly understood that bringing together all the disparate groups of fishing clubs and associations from coarse fishing, sea angling to salmon and trout fishing would bring much greater political power to these sports. Politicians from across the spectrum soon noticed and Jim would be sought out at conferences and other events to ensure that the fishing lobby was onside. The Environment Agency, through Tim Sykes, has specially asked that his work there be remembered.

Andrew Glasspool.

Philip Windsor Aubrey writes:

Jim Glasspool was a keen fisherman and for many years until 2010 he was secretary of The Test & Itchen Association. He really was the voice of the Association and was instrumental in



promoting its views. I personally remember him being very persuasive with The Environment Agency in stopping escapes from fish farms. In May 2007 he edited "Chalk Streams" to mark the centenary of the Association - a definitive guide to their natural History and River Keeping. Because of his wealth of knowledge of chalk streams he was asked to stay on as a Director. Jim was a Committee member of The Upper Itchen Valley Society for many years and his wise counsel was much appreciated. What he had to say was always very constructive and he was an extremely valuable opinion former who loyally served the Itchen Valley.

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Plant of the month

Michaelmas Daisies at Lymington



Appearing when most wildflowers have finished, they are said to bloom till 28 October - the Feast of St Simon and St Jude, the patron saints of lost causes.

Simon and Dorothy Broadley

CAMEO – Come And Meet Each Other

We **will** meet again, we do know where even if we don't know when! In the meantime, CAMEO guests were given a little something to remember us by this month. Jill Croft had been occupying herself very productively and has made jams and chutneys by the dozens, so we thought that an autumn chutney would be just the thing to warm people up as the weather turns colder.



If anyone would like to join the CAMEO group do get in touch. In 'normal' times we have a short communion service and lunch once a month in St John's Itchen Abbas, but for the moment we mostly talk on the telephone – and share a little treat on the third Tuesday of the month. We would be delighted to add to our numbers.

Charlotte Appleby 779778

Covid – in the Valley and elsewhere.



I wonder how many of us in the Valley use the COVID Symptom Study app? Its developers urge you to download and use both this and the NHS

Covid-19 app to help us get through COVID-19 over the months ahead. The full comparison can be found on their website, www.covid.joinzoe.com/post/nhs-app-covid-symptom-study. The key differences between the two apps struck me as being that the Symptom Study app does not use your



phone's bluetooth, GPS, location or contacts and does not track you as you move around, whereas the NHS app is part of the NHS Test and Trace

service and notifies users if they've been in 'close contact' with someone who then tests positive for coronavirus. The alert will not identify the individual in any way.

Do check it out and, if you have a smartphone consider using both apps. They will not return life to normal but they may help prevent it getting worse!

Charlotte Appleby



Bird of the Month

Blue Tit

Another name for the blue tit is Tom tit derived from the old English folk name of Tom titmouse. An intelligent bird, in the 1920s it learnt to peck through the foil tops of milk bottles to get at the cream. Its acrobatic behaviour entertains us and brightens up a dull day.

Elaine Labram

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

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Sally Stanyard School of Dance	Mon 1530 Tue 1600 Thu 1830 Fri 1600 Sat 0900	Sally	01962 776562
Yoga for men	Mon 2000 Sun 1800	Alex	07814 678155
Pilates with Emily	Tue & Thu 0900	Emily	07876 033893
Baby massage	Mon & Fri mornings	Janet	07973 855107
Mum & baby Yoga	Wed 1030	Janet	07973 855107

Martyr Worthy Village Hall

Lucinda Ffennell 779701 or martyrworthyvillagehall@gmail.com

Yoga	Sunday 1900 and Monday 1730	Sherin	See page 41
Watercolour Art	Wednesday 1000	Kirstin	07484 393197
Advanced Art	Thursday 1000	Kirstin	07484 393197
Mixed level Art	Thursday 1400	Kirstin	07484 393197

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Is someone you know facing hard times due to the current crisis?

The Trust has been given extra funding by local Christians to help individuals or families living in the rural areas of Winchester who may be suffering hardship during these difficult times. For instance, we can help to pay for a grocery delivery or a utility bill. Help is available immediately and is not conditional on your income, size of house or any other measure.

All discussions will be kept in the strictest confidence.

If you are in need at the moment for any reason, or know someone who might be, please contact Itchen Valley trustee Penny Russell at penny@flemons.co.uk



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Harvest flowers in Itchen Abbas church



Avington flowers for Charlie Bullen



Because of the pandemic, attendance at the service was limited, but Avington residents including Gail Kennedy, Jean Randal, Colleen Parry and Judy Thomas were pleased to be able to supply and arrange the flowers in Avington Church.

Itchen Entrepreneur: Polly Howard, Kinesiologist

I have been living in the Itchen Valley for ten years and my beloved parents, Judy and Tom Strafford, lived in Easton for 25 years. After their deaths, a good friend suggested I do the kinesiology foundation course. I decided to give it a go and here I am two years later, thrilled that I have qualified in something new and embarking on a whole new career.

So, what is systematic kinesiology?
Systematic kinesiology is a holistic way to help and support the body to



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uses muscle testing to read the energetic bio feedback system from our bodies to find the root cause of any health issues. I test different muscles throughout the body to see what is out of balance, and then apply a range of techniques from lymphatic massage, emotional and meridian work and finding nutritional supplements. It's all part of the balancing process. Systematic kinesiology is fantastic because it looks at the whole body using a mental, chemical, physical, electrical (MCPE) approach. I believe you have to get to the root cause of whatever is causing an imbalance and that is why I love systematic kinesiology.

What kind of conditions can kinesiology help/treat?

Anybody can benefit from a visit to a kinesiologist, whether for a specific ailment or condition, or simply to boost the energies and thereby make sure all your systems are in good working order. But essentially SK can look at and treat any type of health issue - mental, emotional and of course physical - including but not limited to pain of any sort, digestive issues, food sensitivities, IBS symptoms, headaches, migraines, depression, emotional or behavioural issues, hormone imbalances, stress, anxiety or being tired all of the time, fears and phobias, frequent infections or illness.

How can we contact you?

Phone 07734 803309 or visit my website, pollyhowardwellbeing.co.uk

The Barn at Avington



As a wedding venue with all our weddings postponed until at least next year, we have been looking for ways to use The Barn.

When Jill Wilson, a committee member of Kings Table Tennis club and clubhouse administrator at Avington Park Golf Course, suggested using the Barn for table tennis it seemed an obvious solution. All table tennis clubs were forced to close in March and players were unable to play indoors for many months. The only option for the keenest players was to try and play outdoors on one of the rare tables to be found in local parks – far from ideal in wet or windy conditions and only getting worse as the summer came to an end.



Conditions have now eased slightly and limited indoor play has become possible. However some venues, such as schools and village halls, have not yet been able to re-open their

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facilities. Currently operating one evening a week at The Barn, the tables are cleaned and rolled away at the end of each session to allow other groups to make use of the space.



Since then we have been approached by several yoga instructors who have been running weekly sessions in The Barn, and a yoga retreat has taken place using Avington Park Farm Cottages for accommodation. With its large floor area and excellent facilities The Barn has turned out to be an ideal venue when space is required to ensure safety to all those taking part.
Robert Stent 01962 779955

From our MP



The NHS (locally and nationally) remains my priority. I've written about it countless times in the *Itchen Valley News*, the local press and in my own publications.

Over the past decade I have sought to understand the local NHS and support

what is in our best interests in line with clinical advice. Politicians do not design health services.

As the old Winchester & Eastleigh Trust came together with Basingstoke, compromises were required – around the centralisation of services – when it came to urgent stroke care or acute orthopaedics for instance.

This Summer it got serious as Hampshire Hospitals embarked on the Hampshire Together programme and I have worked incredibly hard, including writing to thousands of households at one point, to get constituents involved on future hospital services.

It is a process which has otherwise passed by unnoticed and that is hardly surprising in the midst of a pandemic which is why I have said publicly, privately, and in the House of Commons, this is a strange time to seek major changes to the local NHS if your aim is to do so with a modicum of engagement and consent from the general public.

Nonetheless, Hampshire Together has produced a series of options upon which it plans to consult formally early next year and we should be clear that will pose some very difficult questions. There's no question the Trust faces significant pressure to centralise certain services. Some of that external, around neonatal care for instance, some of it not.

I have consistently said this project, because it is part of the “40 new hospitals”, is primarily about replacing Basingstoke Hospital and the Prime Minister has confirmed that.

But we're clear, as I promised last December, it will see “significant investment” at the RHCH and I remain of the view Winchester needs a District General Hospital with an



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emergency department and consultant-led maternity services.

I know that's challenging and the Trust want a clinical model that does best by us all but I would urge them to keep an open mind and not to give up on Winchester Hospital because we have not.

As I have said for a decade and more, I've never met a constituent who doesn't want to be taken to the right place to get the right treatment when they're acutely unwell, but that requires services that give us the best chance should illness strike.

But we should remember, a DGH is a delicate eco-system and the services it has are highly dependent on each other. Some change is manageable but we should be careful before taking too much away and, if the Trust plan to do so, they must be honest with residents what we gain and what will be taken away. It is up to the clinicians to make their case.

Steve Brine MP

www.stevebrine.com

Winchester Bereavement Support

WBS was established in 1982. Since then the service has grown steadily, but it has remained a local service for the people of Winchester and the surrounding area, run by local people. A registered charity, WBS is an independent, totally voluntary organisation, with no ties to either statutory or religious bodies.

Bereavement is a very personal experience and we react to it in many different ways. There is no substitute for talking to family and friends, but this is not always possible. WBS offers support to bereaved people through

home visits by trained bereavement visitors. The frequency and duration of visits is by agreement between the Client and the Bereavement Visitor. WBS does not charge for visits. The service is provided in response to a personal telephoned request from the bereaved person; although other people may have recommended WBS, or contacted WBS for advice, the bereaved person should make contact personally, so that we can be certain that our service will be welcome.

WBS is looking for volunteer Bereavement Visitors

Have you ever experienced a major loss in your life?

Would you have liked to talk to a trained volunteer?

Would you feel able to offer this help to others?

WBS is running a Training Course for volunteer Bereavement Visitors, February-May, 2021. This course will be run online if face-to-face group meetings continue to be prohibited under Covid-19 regulations.

Please phone 01962 620010 for further details or email: secretary@winchesterebereavementsupport.org.uk

Tiddler Joke



What's yellow and dangerous?

Shark infested custard!

Alexa Lloyd, aged 6

Pumpkin time!

Is everyone's garden full of pumpkins? Here are a couple of recipes to inspire your autumn cooking!

Roast pumpkin and feta salad



Heat the oven to 180°.

Chop up about 400g of your lovely pumpkin,

and toss with some oil and salt. Put in a single layer in a roasting pan and roast uncovered for about 30 minutes.

Meanwhile in a pestle and mortar or a spice grinder crush some toasted pumpkin seeds with a teaspoon of sesame seeds, a teaspoon of ground cumin, a tablespoon of coriander seeds and a teaspoon of smoked paprika.

Toss the pumpkin with this dukka mix and roast for a further five minutes, then allow to cool.

To assemble, toss some salad leaves in olive oil, and top with the roast pumpkin and crumbled feta cheese.

Pumpkin soup

Chop a large onion. Heat butter and oil in a spacious pan, and soften the onion without colouring for five minutes.

Chop a pumpkin into chunks and add about 500g to the pan. Allow the vegetables to soften for a further five minutes, and then add chicken or vegetable stock (made with a cube is fine). Cook until soft, about fifteen minutes. Use a hand blender to make a silky smooth puree, then add some cream and check if it needs salt and pepper.

Verity Coleman

Local monthly information

Itchen Valley area waste collections in November

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

CAMEO

Currently suspended.

Farmers Market in Winchester

Sundays 8 and 29 November.

Parish Council Full Meeting

Thursday 5 November. Easton Village Hall.

67 Bus operated by Stagecoach.

Mondays and Thursdays to Winchester:
08:23 09:23 13:53 16:23 17:23

Tuesdays, Wednesdays and Fridays to Winchester:

08:23 09:23 11:53 13:53 16:23 17:23

NB: The 16:23 service only runs on school days. On non-school days it goes at 15:23 and then only on Tuesdays, Wednesdays and Fridays.

Mondays and Thursdays to Alresford:
11:49 15:19 17:09 18:09

Tuesdays, Wednesdays and Fridays to Alresford:

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

Saturday service (same for the whole month).

Towards Winchester:

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

Towards Alresford:

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

No Sunday or bank holiday service

All times shown are at Itchen Abbas.

Times are 5 minutes later (or earlier) at Easton.

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