

ITCHEN Valley News

Issue 106 - October 2022

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WELCOME to the **Valley News**

Welcome to the October issue of the Itchen Valley News. We were both saddened to hear of the passing of Her Majesty Queen Elizabeth II and naturally this has influenced the content of this edition. We reflect upon her life of duty and service, featuring many of your personal experiences of meeting Her Majesty, including a first hand account of attending the lying in state at Westminster Hall. Read all about the Hallowe'en activities planned for half-term to entertain families across the Valley in our What's On feature. We are also excited that the Itchen Valley Cinema is coming to town showing 'Midnight in Paris' as its first film. The end of the month will see many of us celebrating Hallowe'en. Read about its origins on page 9 and how to use up your leftover pumpkins in our recipe of the month on page 12. Many of us have bountiful harvests of apples and berries to be picked and used now. We report on one resident's experience of making cider for the first time on page 16. As the cricket season ends, we send congratulations to the Easton & Martyr Worthy CC Ladies team on their success, but don't forget indoor sports continue throughout the winter and you can read about our Badminton club on page 18. How wonderful it was to see the return of the Alresford Show last month where young Felix took the prize for U12 Horticultural champion. Further features of a horticultural nature include the Valley Gardeners' talk on Alpines, (page 23), our flower of the month,

and the Practical Gardener's tips for managing the water shortage and preparation as we move into the Autumn season.

Regular features also include bird of the month, news from our parish council and the quiz on page 21.

Next month's editor is Charlotte Appleby.

Jen Gaster and Catherine Hahn.



Itchen Valley News

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What's On

Alresford Art Society

27 Oct at 7.30 pm

A demonstration of Birds in pastel by Wendy Bramall in Bishop's Sutton Village Hall, Alresford Road (B3047), Alresford SO24 0AH. For further information: 01962 733031 or visit www.artsociety.alresford.org

Infinite Beauty

19 Sept-15 Nov

An exhibition at the Gallery in the Arc, Winchester which investigates the enduring appeal of nature as a subject for leading contemporary artists.

River walk at Yavington Fishery

20 Oct at 10.30 am

The owners of the Yavington beat on the beautiful river Itchen invite 20 residents from Itchen Abbas to walk the river banks. Patrick Moyle, the river keeper, will talk about his work on the river. No dogs allowed. Parking nearby dependent on the weather. Please contact vickyreed@me.com for further details.

Bletchley Park and why it mattered

7 Oct at 7 pm Owslebury Village Hall.
See p.35 for details.

Itchen Abbas Cinema

15 Oct at 3 pm and 6 pm

'Midnight in Paris'. See p.35 for details.

Service of reflection

6 Nov at 5 pm

St. John's Church, Itchen Abbas.

Save the date:

Easton Pantomime is Back!

Performances 14-17 Dec

Tickets will be on sale from 1 Nov.
Full details including box office information next month.

Kids' Corner: ideas for the Hallowe'en half term holiday:

22-30 Oct 10 am-4 pm

Theatre Royal, Winchester.

A Halloween Riddle Trail. Intrigue and curious conundrums await ages eight and up: Ponder brain-teasing riddles before using the map to find the mysterious answers. Trail sheet plus chocolate treat (£2) available on entry.

Halloween Character Trail. From witches and wizards to cats and toads, ages seven and under will love exploring the gardens in search of familiar Halloween characters.

Spontaneous Potter Kidz

22 Oct at 2.30 pm. Theatre Royal, Winchester. Aged eight upwards.

An improvised comedy show with wizarding sketches and new Potter stories magically created.

There is also a new adaptation of **Alice in Wonderland**
24-26 Oct at the Theatre Royal Winchester.

Winchester Ghost Tour

Sunday 30 Oct for children 12+
Go to <https://www.skiddle.com/contact/> for details.

Why not visit our own **Watercress Line Steam Train** for more half term fun? From Friday 29-Sunday 31 Oct you can travel on the Wizard Express steam train; follow in Harry Potter's footsteps and explore one of the



real carriages used in the film too; and get up close to hairy creatures and scary characters.

Visit watercressline.co.uk for more details.

HM Queen Elizabeth II

This month, given the enormity of recent events, I thought parishioners might like to read an extract of my



tribute to Her late Majesty The Queen in the House of Commons the day after her passing. 'Madam Deputy Speaker; I want to say a few things on behalf of my constituents in Winchester.

Yesterday was one of the saddest days imaginable. We have known it was coming for a while now, but the sense of shock we feel today is palpable. This is a national moment but it feels intensely personal. Her Majesty spoke movingly of her late husband, the Duke of Edinburgh as her "strength and stay" but the truth is that she was ours.

I was extremely honoured to meet the Queen in 2012 at Buckingham Palace as a relatively new MP. The Queen asked me which constituency I represented, so I said Winchester, and we briefly discussed how the city was - still is - searching for the remains of King Alfred, our most famous son. The Queen loved that and, with that trademark smile and twinkle in her eye, said, "They've just found one of my ancestors under a car park in Leicester!"

Our late Queen visited Winchester many times, including in 1959 to officially open Elizabeth II Court, the home of Hampshire County Council, and for the Maundy service in April 1979 in our great cathedral.

We had the new King in Winchester just a few months ago to unveil - this is a mark of how he will wear the Crown - a statue of a famous Jewish figure in

Winchester history called Licoricia.

I often remind my constituents that Back-Bench MPs do not really have that much power, but we do have quite a bit of influence. The longer we do this job, the better we get at using it for the benefit of our constituents.

Our late Queen, as a constitutional monarch, did not hold any executive power - in fact, she could not even vote - but boy did she wield great influence through her vast experience and the respect she rightly commanded all over the world.



There has been a lot of replaying overnight of the words spoken by the young Princess Elizabeth on her 21st birthday when she said that her whole life "whether it be long or short shall be devoted to your service and the service of our great imperial family".

However, a lesser-known passage of that speech reads: "But I shall not have strength to carry out this resolution alone unless you join in it with me, as I now invite you to do". I have always been struck by that comment as incredibly revealing and brave, because I think our then future Queen was saying, "I don't embody the divine right of Kings and Queens" - so fabled in British history - "I have to earn it and keep it. I need your support."

I think she reigned in that spirit - never

lost in the majesty of it all - but always knowing that she had to draw that strength from the support of her people and that she had constantly to be seen to be believed. Maybe those two famous appearances on the balcony of Buckingham Palace, at either end of that fabulous platinum jubilee weekend earlier this summer, showed that she knew that right until the very end.

We have heard a lot today about schoolchildren and how they ask us if we have ever met the Queen. I get that too. I was with a school here when I was a relatively new MP, and one of the schoolchildren asked me - how did God save the Queen?"

"That's one for your teachers" I said but maybe our late sovereign lady now knows the answer.

As a Christian in this House, I believe that everyone - whether they live on the planet for a matter of hours or for 96 hugely influential years - changes our world by their presence in it.

As others have said today, we are so lucky to have had Queen Elizabeth II in our lives. We are changed by it.

Thank you, Queen Elizabeth II; it has been a privilege. God save the King.
Steve Brine

MP for Winchester & Itchen Valley

HM Queen Elizabeth II Onboard HMS Invincible

While I was in command of HMS Invincible Her late Majesty honoured us by attending our re-commissioning after a modernisation refit. She visited us on 18 May 1989 in Portsmouth for an amazing and happy occasion. On arrival Her Majesty was greeted by our Royal Guard, after which I read the commissioning warrant.

The Queen then mingled with our ship's company, their families and friends,



followed by a tour of the ship's new equipment and their operators. During a break in my quarters our five-year-old son Peter, who had recently been diagnosed with Type 1 diabetes, presented a cheque for the British Diabetic Association of which the Queen was Patron.

The morning ended with a reception at which Her Majesty circulated amongst more members of the ship's company



and their families.

It is difficult to add to the words of eulogy for her Majesty since her death, but I had three main impressions. Firstly her dignified and attentive demeanour during the ceremonial and tour of the ship.

Secondly, when mixing with the ship's company, how relaxed and happy she

was, engaging with all and appreciating the sacrifice of families who missed those of us who spent time at sea. Finally, she so clearly had great affection for **her** Navy: I had experienced this some years ago when

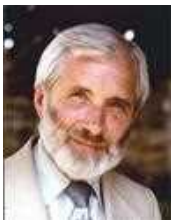


sitting next to her Majesty at a small lunch at which she quizzed me about my own experiences as a serving officer. The warmth of her thank you letter after the visit said it all.

Mike Gretton

The Death of John Miller: Author and Broadcaster

John Miller has died at the age of 85. He read Politics at Nottingham University before joining the BBC as a General Trainee. He was a producer in Schools TV; was seconded to UNESCO to create the Broadcasting Training Institute in Kuala Lumpur before returning to the BBC Open University as a Senior Producer, Educational Studies. He was a founding member of Television South (TVS) as Head of Features and Education from 1981-1992.



John has been a guest interviewer at the National Theatre for many literary festivals and was a regular contributor to the Cheltenham Festival. His address book was a veritable Who's Who of the literary world, stage and screen, and he brought many of those friends to festivals in the south of England. He was Artistic Director of the Winchester Festival from 1998-2011. His many books have included authorised biographies of Ralph Richardson, Peter Ustinov and Judi Dench, indeed writing no less than four books with Dame Judi.

He collaborated with John Gielgud on his memoirs for radio, TV and two subsequent books, and he was BAFTA



nominated for the Huw Weldon award for the Best Arts Programme of 1988 for *An Actor's Life*, John's TV profile of the great man. He also collaborated with John Mills on his updated autobiography *Up in the Clouds, Gentlemen Please*.

For the Millennium celebrations John wrote and produced 'Men in Scarlet' - a Son et Lumiere history of the Chelsea Pensioners, staged at the Royal Hospital, Chelsea.

In 2016 John masterminded the Alresford Historical and Literary Society's Golden Anniversary, bringing John Julius Norwich, Robert Hardy and Edna O'Brien to the town.

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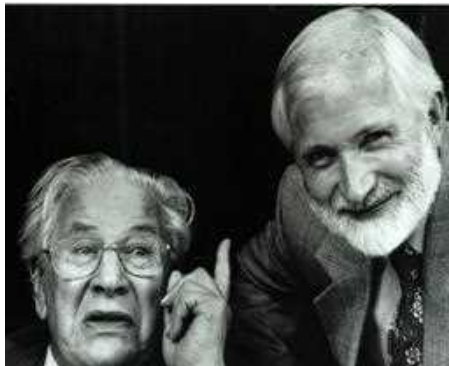


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John brought special guests to events to raise funds for both Bishop's Sutton



and Ropley churches, and he brought Dame Judi Dench to Winchester on no less than four occasions, twice to raise funds for Home-Start Winchester, most recently in October 2021.

John lived in Bishop's Sutton for 40 years and is survived by his wife Aileen. A date for a funeral service has yet to be announced.

John Miller 25.05.1937 - 01.09.2022.

Sue Gentry

It's the most frightful time of the year

That spooky but fun time of year is only a month away but what do we know about the origins of Hallowe'en? I decided to find out.

Many of us think of Hallowe'en as a tradition kept widely in America but recently it is being adopted in this country more and more. In my childhood, we made a pumpkin lantern to place in the window but never would have dressed as a witch or a devil and pounded the streets in search of treats, which is now a common sight in the U.K. at Hallowe'en.

Hallowe'en has its origins in ancient Celtic pagan mythology. Two thousand

years ago, the festival of Samhain (pronounced sow-in) on 31 October marked the end of the harvest and the commemoration of the dead. During this festival, the boundaries between the living and the deceased were reduced making it possible for the souls of the departed to visit the living. The wearing of masks, carving vegetables and telling scary stories sprung directly from the Samhain



festival. The early church encouraged "souling" when people would go house to house asking for cakes in return for a prayer for those in the house. Perhaps this is a forerunner of trick or treating?

By 43 AD, two Romans festivals had been incorporated with Samhain. The first was Feralia in late October when the Romans commemorated the passing of the dead, and the second was to honour Pomona, the Roman goddess of fruit and trees. This may have been the beginning of the apple bobbing tradition when whomever caught the first apple was the first to marry. In 835 Pope Gregory III moved All Saints Day from May to 1 November for the Western church and so 31 October became known as All Hallows Eve. "To hallow" means to

bless, consecrate or sanctify in old English. Over the centuries the pagan and Christian festivals combined to be known as Hallowmass. Superstition says that souls were released from Purgatory on All Hallows Eve for 48 hours and could interfere in earthly matters the night before All Saints Day. Dressing up as witches, angels or saints and burning huge bonfires kept the spirits of the afterlife at bay.

As for the pumpkin according to an Irish legend, the Jack-o-lanterns were named after a miser called Jack who couldn't enter Heaven because he was so mean. Nor could he enter Hell because he had cheeked the Devil so he was forced to wander the Earth carrying his lantern until Judgement Day. You have been warned!

Catherine Hahn

Boomtown: the insider's perspective

I know Boomtown is over for another year but I wanted to hear about it from a young person who was working there. Isobel McIntosh was a campsite steward at the festival and she gave me an insight into what it was like each day.

What was your role and did you enjoy working at Boomtown?

As a campsite steward, I had to look out for hazards such as tents pitched over safety lines or open stoves, the latter being especially important due to the heatwave. I really loved working there. The atmosphere was energetic and vibrant and the people I met were genuine and friendly. We worked long shifts of 12 hours but the organisers were concerned for our health and wellbeing.

Why do you think this festival is so popular?



It's because of the impressive staging and the stories that the festival tells each year and each year is different. No other festival has these unique characteristics. Many of the people there come back every year, they love it so much.

Do you have a view about the waste issue which was a huge problem?

I believe the organisers did a lot to combat waste such as giving people £10 back from their deposit if they filled 2 biodegradable bags; one for waste and one for recycling. However, there was still a huge issue with the amount of rubbish left on the last day.

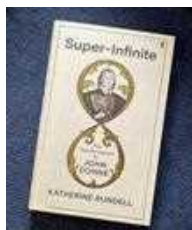
Please tell us some of the highlights of your Boomtown experience.

Arriving at the campsite at 6.30 am and watching the sunrise and then experiencing the festival goers waking up and the site coming to life. I also really enjoyed some of the bands which we got to see after our shifts. Luckily, living so close by, I could go home each night for home cooked food and a shower!

Isobel was chatting with Catherine Hahn

Book Review – *Super-Infinite: The Transformations of John Donne* by Katherine Rundell

This very dramatic and exciting life of John Donne, the great Elizabethan poet, is a recent publication by the scholar and children's author, Katherine Rundell. She explains that Donne's birth in 1572, into a Catholic family whose "history was one of blood and fire," was at a particularly inauspicious time: a Catholic plot to assassinate the Queen had just been foiled and the Duke of Norfolk had been executed for his involvement in Popish treason. The Donne family had previously had land confiscated as part of the state's repression of Roman Catholic landowners.



The family fortunes did not improve during Donne's youth and his younger brother Henry was caught hiding a Catholic priest and put in jail where he languished until he died of the Plague. Against a wonderfully graphic backdrop of the splendours and horrors of the Elizabethan age, including a failed attack on Cadiz with Raleigh, we read of Donne's imprisonment for his audacious marriage to Anne More (and his very insolent letter to his new, and furious, father-in-law) and we are given an absorbing portrait of a poet/politician/priest.

This priest, who was ordained into the Anglican Church in 1615, and subsequently became Dean of St Paul's, had such huge congregations - thousands of people - that in the crush to hear his spell-binding rhetoric one

man was taken up off the ground for dead!

As Rowan Williams writes in his review of this biography, "The last thing that keeps contemporary Anglican preachers awake at night is the risk of serious injury resulting from the crush of people in their congregation." This account also charts in as much detail as possible the poet-priest's spiritual journey.

As so much valuable written information was lost in The Great Fire, Rundell tell us that there are substantial gaps in her sources. Also, Donne's habit was to destroy all letters sent by any friends or relatives who had died. In spite of such gaps, this is a biography which feels as if it brings us as close as maybe to this mercurial genius who, with all his vanity and worldliness, "was a man who walked so often in darkness that it became for him a daily commute."

Clare Gaster

Food Spy - The Kitchen Dispensary, Winchester

Having returned from holiday, Food Spy was keen to continue the experience of eating alfresco and enjoying the pavement café culture of other cities. Venturing into central Winchester we found ourselves sitting at a table outside The Kitchen Dispensary in The Square. Tucked just behind the Winchester City Museum, it nestles amongst other restaurants and bars making The Square a vibrant and pedestrian hub of evening dining and drinking. If you sit inside, you are afforded magnificent views of the Cathedral grounds, outside you can enjoy the comings and goings on the historic cobbled street. We were lucky

to get a table as we had not made a reservation, although of course, you can book.

The evening menu consists of burgers.

In all 10 varieties were on offer, catering for vegetarian and vegan diets as well as offering pulled pork, chicken, beef brisket amongst other specials.

The burgers are stacked and presented as wonderful structures. I chose the crispy halloumi burger, with avocado, roasted red peppers, pickled red onions and coriander mayo. It was accompanied by paprika salted fries served in a teacup and saucer, making the overall presentation quirky and delightful. The portion was generous and finger-licking good. My husband and son both chose the shredded chicken burger, served with bacon, smoked cheddar, hash brown, tomato, chilli jam and again the paprika salted fries on the side. The plates were scraped clean, and every morsel was consumed.



We washed the burgers down with a glass of Pimm's and a gin and tonic,

continuing the summer vibes. Both were served in beautiful glasses with plenty of fruit adorning. Water was offered for the table and again was served in beautiful glass bottles.

The service was attentive and the staff friendly and the price point was good at £65 for 3 people.

The only caveat was, having chosen to eat outside and enjoy the café culture created in The Square, the pigeons perched on the buildings' soffits chose that moment to do their business all over me – not once, but twice.

So, a word of warning – sit at the tables away from the building if you wish to enjoy your meal without interference from the perching pigeons!

Leftover Pumpkin Soup

As we tighten our financial belts for October, hopefully we are all more conscious than ever of reducing our outgoings through less wastage and more reusing and recycling. One of the most important areas we can focus on at home is the food we prepare, cook and eat. We waste 6.7 million tonnes of food every year in the UK, and so this warming soup uses the pumpkin that may be left sitting on the window ledge in your kitchen after Halloween! In the past, I used to give the leftover pumpkin to my chickens, but last year I gave this a go and not only did I use up the pumpkin, but I also made vegetable stock from discarded vegetable peelings. I like to serve this soup with croutons, which are a great way to use up stale bread.

Method

Thoroughly wash the pumpkin, cut into wedges, sprinkle with olive oil, some salt and pepper and roast in the oven for 30 minutes. Whilst that's cooking,



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take a big pan, gently fry a chopped onion, 3 cloves of garlic, a thumb sized piece of ginger, and 1cm of fresh turmeric if you have some. Once these have softened, add some spice. If you haven't already used fresh turmeric, add a teaspoon of ground turmeric, plus two teaspoons of cumin, and let the spices cook for a few minutes before adding a can of coconut milk, using the empty can to ladle the equivalent of a can full of your vegetable stock. Of course, you can use a vegetable stock cube at this point, having diluted it with 400ml of boiling water. Let this all infuse for 5 minutes in the pan, before adding your pumpkin, having peeled it and chopped into chunks. Let it cook for another 10 minutes, checking the pumpkin is nice and soft, and then season with the juice of half a lime and half a lemon, a pinch of sea salt and a grind or two of



pepper. Then whizz in the blender until smooth.

The soup is delicious served with some croutons, a dollop of creme fraiche and some toasted pumpkin seeds, which you can roast in the same tray as the croutons to save on the washing up! A nice sprinkling of chopped parsley, and there you have a lovely vegan pumpkin soup made from things that would otherwise have all been thrown away!



Polly Howard

Cape Wrath Ultra. One man's challenge

Have you ever heard of a race called the Cape Wrath Ultra, writes Catherine Hahn. No, I hadn't either until I learnt that a man who was brought up in Itchen Abbas had completed this arduous challenge. Roderick Henderson came to live in the valley with his family in 1977 and attended the Itchen Abbas primary school before going to secondary school in Winchester and then onto university. His mother, Pat, still lives in Itchen Abbas and told me about Roderick's extraordinary achievement in the Cape Wrath Ultra. Here is an account of the race in Roderick's words:

'We live in a world that promotes comfort and everything is made easier for us. Rarely do we put ourselves in a place of extreme discomfort and challenge our physical and mental boundaries. Through running this race and meeting the inspirational friends I made along the way, I pushed myself to find that limit.

The Cape Wrath Ultra is an 8 day, 400

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kilometre race going up to 14,000 metres of elevation across the wild terrain of the Scottish Highlands. The race took place in May but we were hit with the worse weather Scotland could throw at us. The hundreds of river crossings we made were thigh deep in water due to the constant rain and more treacherous than normally would be expected. Wet feet were the norm and running on pathless, boggy ground took a massive toll on my anterior tendons due to trying to stabilise myself and constantly pulling my feet out of soggy soil.

My focus to get through the mental challenge of the race was to break the



journey into small pieces. Focus on a point ahead, get to it and then move on to the next in my mind. Never think about the big picture, never count the kilometres, refine your camp routine by getting out of your wet gear, eating and getting to bed as quickly as possible after prepping for the next day. None of this is easy when you are fatigued and cold!

The experiences, remoteness and scenery were truly amazing and the characters I met along the way were inspirational. The race crew and volunteers looked after all the runners brilliantly, even rescuing me when on Day 4 I developed hypothermia. At then end, I was the 13th person to

finish the race out of 260 starters although only 104 finished the course. I am very proud of my achievement but also what I have learnt about myself. My message would be to get outside, push yourself a little harder and despite discomfort you will be amazed what you can achieve if you want it enough.'

Roderick Henderson

The Art of Cider Making?

What to do with 100 kilograms of apples from our newly inherited apple orchard? Having moved to the valley 12 months ago, I'd always envisaged a more sustainable way of life, one that incorporated fun with good environmental practices. So, what better way to appeal to the good folk of the village than to corrupt them with a home pressed cider. Think 1970s sitcom 'The Good Life', Margot and Jerry inebriated after a drop of the home brew and you're getting the picture.

As the previous occupant of 3 Shelley Close will testify, the key to any horticulture project is planning. So, a cider press was ordered and the family press ganged into apple picking. This is the fun part - ladders in trees, apples whizzing around your ears as they get passed (thrown) into their allotted boxes and baskets. Typically you can store apples in a cool place for many months quite happily, but alas the two months of record breaking weather rather conspired against us in this regard. Once picked you need to wash all the apples and chop them, the finer the better. Unfortunately, this is where the starter kit I'd purchased was painfully inadequate. No matter, necessity is the mother of invention so the 30-year-old food processor was put to work with every apple being



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roughly chopped into quarters or eights beforehand. To say this was labour intensive would be an understatement and lead to considerable disquiet from the teenage contingent.

From here the apple-mush was transferred into the six litre apple press, the handle cranked and the fruits of our labours began to bear some results. Each batch produced circa three litres of juice, a sweet dark brown nectar. Bear in mind it was 35C degrees outside and to keep the wasps at bay, this was being done in a closed garage – hot work. The 42 page instruction booklet was somewhat superfluous when faced with such climatic abnormalities - ‘fermentation should take about a month, but can be a few weeks in hotter weather’, it said - well the summer of 2022 brought this down to two days. In which time you need to have sanitized your product with Campden tablets and added yeast to control the process as wild fermentation can lead to a complex bouquet (cider speak for ‘it will taste and smell really bad’).

With regret the August batch of Itchen Vespa made it no further than the garden. A combination of heat and speed made for some lessons learned. With processes fine-tuned there is considerable hope for September’s batch.

Rupert Gaster

Welcome!

The Prentice Family; Tom and Sarah, Georgia (7), Oliver (6) and Imogen (8 months) have moved to Wellswood, Easton. They have moved to the UK from Cape Town, South Africa and spent the last few years in London. Welcome to the Itchen Valley.

Advert for Itchen Abbas School Governor

Itchen Abbas Primary School currently has vacancies for School Governors. It is an exciting time for the school at the moment. We have gained excellent results in the last 12 months and we are imminently due an OFSTED inspection. We are trialling a new responsive teaching method throughout the school. All of this would serve to provide an interesting challenge for an individual wishing to join our Governor team. The commitment is approximately 10 to 15 hours per school term on a voluntary basis. For further details, please contact me at verity.greig@tcs.com.
Verity Greig

Clubbing in the Valley

Badminton at Itchen Abbas and Avington Village Hall. I hadn’t held a badminton racquet until I left teaching in the 2000s and found that I had time to take on a new evening activity. With encouragement and patience from my fellow players I have managed to hit the shuttlecock, learnt to plant my feet first before returning it and if partnering John to keep my head down during his serves! The group meets on Thursdays between 7.30 pm and 9.30 pm. We are a friendly bunch. Both beginners



and accomplished players are welcome; this includes the young and more mature! At present we have members from four of the villages but are open to the whole Valley plus friends from outside.

Why not join us at any of our sessions for a taster? Further evenings would cost you £4 per session. Please contact me at llanmo51@gmail.com to learn more.

Mo Gordon

Bird of the Month – a Blackbird with a difference!

This blackbird is showing the condition of leucism – a partial loss of pigmentation due to a genetic condition. The mutation prevents melanin being produced resulting in pale or white feathers and many different birds, e.g. sparrows, chaffinches, magpies and mallards can display the condition, although it is not common.

Leucistic birds are particularly susceptible to predators and we



haven't seen this bird back in the garden for a few weeks.

Elaine Labram, photo by Henry Labram

COUNTY CRICKET CHAMPIONS!

The Easton & Martyr Worthy Cricket Club Ladies' W10 (softball) team have had an unprecedented season of success, ending in triumph. On Sunday they were crowned Hampshire County Champions!

Through the season they fought some hard won matches and saw off the other teams in their league: Hartley Wintney, IBM Hursley, Old Netley and Twyford and topped the Central South Division leaderboard. On Sunday 4 September the Easton Ladies faced Portsmouth CC Ladies in the Regional Quarter Finals, played on their Home pitch at Easton. With the support of family and friends cheering from the boundary and the novelty of the Club's new light-up stumps adding to the occasion, bails were sent flying and stumps flashed as wickets were won in an exciting and friendly match against the capable Portsmouth team. Easton came out on top with a convincing 76 run lead.

With only a week to recover, Easton were through to the County Finals Day held at IBM Hursley on Sunday 11 September. First off they were drawn against Whiteparish CC in the Semi-Final. It was a nail-biting match with sterling performances from both teams but it was the Easton bowling and fielding that clinched the match and kept the Whiteparish batting score down as they struggled to reach the boundary despite their best efforts. Easton batted second and just edged past the Whiteparish score, winning the Semi-Final by just one tiny but hugely significant run. The other Semi-Final between Sarisbury CC and Redlynch & Hale CC had been equally

fraught, also won by only a single run. And so it was that Easton faced up to Redlynch & Hale for an exciting and extremely close County Final match that same afternoon. The heat and the pressure ramped up as the sun beat down on what may have been the last of the summer's warm days. The crowds of supporters were treated to a tense and close battle on the pitch. It



all came down to the final over of the match. Redlynch were batting and chasing Easton's score of 293. Easton had an incredible final bowling over and chased every ball down. Their victory was sealed by a stunning catch - another Redlynch wicket fell and they were unable to equalise.

Easton & Martyr Worthy CC raised the Hampshire County Cup as W10 Champions - a wonderful and thrilling way to end the season.

Easton & Martyr Worthy Ladies winning side:

Left to right back row: Rachel Drewer, Carolyn Milles, Rashmi Bhintade, Rebecca Andrae, Charlie Gloyn (Capt), Liz Gault, Ava Neilson
Front row: Miranda Bannister, Purdy Arscott, Elloise Clarke, Mark Low (Coach)

Charlie Gloyn, Ladies' Captain

The Alresford Show

The Alresford Show returned in early September after an absence of two years. It was wonderful to have this celebration of rural life back and, testament to its enduring popularity, saw the turnout of many thousands of people on the day. We welcomed back a showcase of the best in local agriculture as well as equestrian classes from showjumping to the Pony Club relay, not to mention over 165 trade stands, produce and craft pitches.

There is truly something for everyone at the Alresford Show and as one young, budding horticulturalist found out, there is great satisfaction in entering your flowers when you win a cup like this and are proclaimed the Under 12 Horticultural Champion! Well done to Felix Lloyd.



Catherine Hahn

Picture: Verity Coleman

Quiz

1. Where is the world's most remote populated, community?
2. Spain's annual National Day is 12 October. What event does it commemorate?
3. Where will a pianist find Middle C?
4. Who, or what, was the Brighton Belle?
5. What is the King's official residence, and only Royal Palace, in Scotland called?
6. What is the world's fastest bird?
7. If you came across the following names while travelling, where are you: Cork Sand; Gunfleet Spit; East Barrow; Knock John; Oaze Deep, Fisherman's Gat, and the Mouse?
8. What is the smallest instrument in a traditional Orchestra?
9. Where and when was the first modern Olympic games held?

Answers can be found on page 40.

Flu & COVID Boosters Autumn/ Winter 2022

As previously mentioned, we will be co-administering flu and covid boosters this Autumn. Patients will be prioritised by vulnerability.

Invitations will be going out to eligible patients via SMS text message with a simple online booking option and/or an invitation letter in early September.

In order to avoid clogging our phone lines please wait for us to contact you. We will be offering appointments from late September onwards and these will be pre-bookable appointments. We will have availability throughout the week and some Saturdays.

Vaccination clinics will be held here at Alresford Surgery. Both flu and covid vaccinations will be given at the same

time and the appointment will be for both vaccines. Thank you, once again, for your support with this vaccination programme.

Child Flu Clinics:

We will also be contacting parents whose children are aged 2-3 or aged 4-17 and have a condition which puts them at greater risk if they get flu.

Children in years R-7 will be vaccinated in school by Schools Health.

Please wait until you get an invitation letter before contacting the surgery.

The Alresford Surgery

The Harvest Moon

I took this photo of the (full) harvest moon in Easton on 10 September, from the footpath to the river, looking east towards Avington over the misty fields.

The full moon closest to the September equinox is called the Harvest Moon. It is unique because it rises close to the same time for several days in a row.

It marks the changing of the seasons and in previous times it enabled farmers to extend the time available to bring in their harvests.

Henry Labram



Itchen Valley Churches

Sunday 2 October

8am - BCP Holy Communion - St Swithun's, Martyr Worthy
10am - Family Harvest Service - St Mary's, Easton
6pm - Harvest Songs of Praise - St Mary's, Avington

Sunday 9 October

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

Sunday 16 October

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

Sunday 23 October

10am Parish Communion - St Swithun's, Martyr Worthy
6pm - Taizé Service of Prayer - St John's, Itchen Abbas

Sunday 30 October

10am - Parish Communion - St Mary's, Easton

Little Rainbows

Mondays 9.30am to 11am - St John's Church, Itchen Abbas

If you have young children, please come and give Little Rainbows a try. It is a group for pre-school children (including newborns) and their mums, dads or carers. The children can play, do puzzles and crafts; have a snack and then some dancing and a story. The parents and carers will be given coffee and cake, there is no charge, and it's a great way to start the week.

Do come and join us!

See page 24 for details of our plans for families

Rector - Revd Peter Walker

revd.peter@itchenvalleychurches.org 01962 588313

LLM - Mr Gerry Stacey

gerry.stacey@biblesociety.org.uk 01962 620263

Parish Administrator - Beccy Clark

admin@itchenvalleychurches.org 01962 779845

www.itchenvalleychurches.org

The Valley Gardeners: All about alpiners

Our September speaker, Diane Clement, told me that she usually starts her talks by asking her audience to put their hands up if they grow alpine plants. No-one ever does. Then, at the end of the talk Diane asks again and nearly everyone puts their hands up. This is because many of the plants we know well and have in our gardens are actually classified as alpiners. However, we at The Valley Gardeners wanted to know how to use some of the more unusual alpine plants to enhance our borders, rock gardens and pots, and Diane certainly provided all that information with stunning slides to illustrate her talk.

Diane was the Director of The Alpine Garden Society for many years and has been travelling to the Alps with her husband for over 40 years. Her talk took us on a journey up into the mountains to discover the three levels of alpine plants and their differences and suitability to use in our domestic gardens. Starting at the top of the mountain, just below the permanent snowline, the “high alpiners” are very difficult to grow in our gardens. This is primarily because our climate is too wet and too warm. High alpiners need dry and very cold conditions to aid good growth and flowering. Fortunately, the alpine plants which grow at lower levels in the mountains can be grown in our gardens as long as they are given the right growing conditions. As alpine plants mostly originate from mountain meadows or rock crevices or screes, we need to mimic those habitats for them by using “pockets” for them to grow in between the pieces of slate or stone

which we are using to create our alpine garden. These plants do not need a great deal of water - in fact they are prone to dying if overwatered - but they do need feeding regularly. Plants such as campanula, saxifrage and dianthus are all alpiners so as most of us have those in our gardens, we are already alpine plant growers and can increase our stock using the information we learnt at The Valley Gardeners’ talk.



Catherine Hahn

Plant of the Month

The dahlia is certainly queen of the border in September and there are hundreds of varieties to choose from. They have been enjoyed in Europe for more than 200 years but originally they were from Mexico and brought to Madrid at the end of the 18th century. Dahlias are named in honour of botanist Andreas Dahl and this one is called Orange Queen.



Catherine Hahn

Families @ Itchen Valley

All Age Service

Short informal church service for all of the family with coffee and cake afterwards.

The Ark

Fun for children of all ages. Parents can either have coffee and join in with the activities or go to the service.

Café Church

A chance to refresh body, mind and spirit! It's a community café but ...with 'food for thought' too.. and plenty of fun for all ages.

Activities in Church

Children welcomed to our informal Valley Worship Service with activities for all ages to help them join in.

Dates for your Diary

We hope you will enjoy our full programme of Sunday family activities:

Sunday 18 Sept - 10am Valley Worship, Easton - **Activities in Church**

Sunday 25 Sept - 10am Parish Communion, Martyr Worthy - **Ark, Martyr Worthy Village Hall**

Sunday 2 Oct - 10am Harvest Family Service, Easton - **All Age Service**

Sunday 9 Oct - 4pm Itchen Abbas - **Café Church**

Sunday 16 Oct - 10am Valley Worship, Easton - **Activities in Church**

Sunday 23 Oct - 10am Parish Communion, Martyr Worthy - **Ark, Martyr Worthy Manor**

Sunday 30 Oct - 10am Parish Communion, Easton - **Activities in Church**

Monday 31 Oct - 5pm Itchen Abbas - **Light Party**

Sunday 6 Nov - 10am All Age Worship, Itchen Abbas - **All Age Service**

Sunday 13 Nov - 10am Short Family Remembrance Service, Itchen Abbas - **All Age Service**

Sunday 20 Nov - 4pm Itchen Abbas - **Café Church**

Sunday 27 Nov - 10am Valley Worship, Easton - **Activities in Church**

Sunday 4 Dec - 4pm Christingle, Itchen Abbas - **All Age Service**

Sunday 11 Dec - 4pm Nativity in the Barn - **All Age Service**

Sunday 18 Dec - 10am Parish Communion, Easton - **Activities in Church**



In addition to these events we have our youth group especially for years 7-10 who meet between 6.30pm and 8pm once a month on a Sunday.

Further information can be found at
www.itchenvalleychurches.org



The Practical Gardener

Looking after a garden in very dry weather is a challenge and, perhaps now, we all know that future years will be exceptional. Of course, plants in pots and hanging baskets need regular watering but perhaps now is the time for those of us who love vegetables and flowers to look at future care.

I have learnt a bit more about soil in recent weeks, firstly from a visit with the Valley Gardeners to James Greig's excellent flower nursery in Easton and then by chance from Robert Sutcliffe. Both were describing that soil can almost look after itself if not disturbed too much. The addition of organic matter (compost) is vital but fertilisers can be almost forgotten. In my own garden I have seen in those areas where I have used lots of compost, that they are very much better in times of drought.

I therefore emphasise yet again that producing your own compost from the garden and vegetable waste is really good. In the summer, I sift mine to remove bits of twig and stones but during the winter months, I just spread it over the soil and let nature do its work.

I've now been a year with a new garden. The vegetable area has yielded excellent crops of potatoes, onions, peas and broccoli. Two rows of onions keep us provided for 6 months. As far as I can see, the sprouts and leeks will also be good. I found beans to be very demanding for water. In the greenhouse both tomatoes and cucumbers have yielded well. Honestly, none of these is labour intensive but some crops need defence against pigeons.

October is the time to sow onions and garlic. Every garden could have a space

for these. Do your bit for the planet! Fruit for me is much more difficult. A number of my new plants have suffered during the drought. Raspberries are quite demanding for water, yet blackberries seem less concerned. We have all enjoyed huge apple, plum and pear crops and the trees have enjoyed the sun. Storage of fruit can be an issue, especially as harvesting now whilst it is still warm can be a problem. I look at stored apples every week to remove those which have rotted, which is vital to avoid the rot spreading.

I have a new greenhouse, a lean-to against the west wall of my garage. It was not as easy as I thought to construct and I knew the importance of everything being straight and level. Two panes of toughened glass broke which did surprise me and more so the cost of replacement! What I did not



realise was the low door and I now have warning signs to duck before I enter. The advantage of a lean-to is that it will get heat from the wall even in winter. Also connecting a power supply was easy. I have doors at both ends to aid ventilation.

I have spent a lot on new shrubs and perennials in my first year here, all of which have needed regular watering during the summer. Pity this weather

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was not forecast. However, the mulch which I bought in quantity has been a great success both in keeping the moisture in and reducing weeding which is a job I don't like.

October is a good month to prune shrubs and get the shredder out as all should be composted. It's time to give up that gym membership. Expending all that energy for no real use. Trust me, a few hours in the garden will do the job, help the environment and in the end give you lots of pleasure.

Tony Gaster

From the Parish Council

The death of the Queen came as a shock but the response within the Valley was rapid and widespread. Thank you to all those who worked hard, organising church services, ringing bells, raising and lowering flags and other ways of commemorating Her Majesty's long life of service to the Nation. While the period of mourning took place Parish Council meetings could not be held so it is good that since last year we have a system of delegated powers set out in our standing orders to allow essential work to continue. One of the lasting ways the Queen's life is commemorated in the Valley is the tree planting for "The Queen's Green Canopy" as part of the Platinum Jubilee Celebration as well as the trees at Couch Green, the Country Park and along the wider verges. Many of those who pledged to plant a tree did so in the spring. Hopefully there has been sufficient watering to survive the summer drought. For those pledged to but who have not yet planted a tree,



and those who might wish to plant a tree to commemorate Her Majesty's life, with the dry weather over this autumn, is a good time to do it.

Work continues to improve footpaths in the valley. At the time of writing an operation is underway to improve the soggy footpath that borders the east end of the Parish. Due to the eccentricities of those who set our parish boundaries this path is both in Itchen Stoke, where it is designated as Footpath 12, and in Itchen Valley where it is Footpath 50. It is still a single path and an important link in the wider circuit round the Valley. Possibly due to the route being shared between two parishes and definitely due to its passage through marshy ground it has not been in the best of conditions for walkers. Recently the lengthsman was



employed to clear the path. A group of volunteers from the Ramblers and Valley Residents have joined with others, provided and organised by Hampshire County Council's Access Team, to lay a new surface along this path. You can read more in Denise Rosewell's article on page 39.

After our break in August the Full Council met at the beginning of September. As indicated in last month's Valley News we discussed responses to

speeding and have sent in our comments on the “Twenty is Plenty” campaign. We support the idea in principle but qualify our support with the point that although a maximum of 20mph would be good in parts of the Itchen Valley there are roads where a higher maximum speed limit would be more appropriate. The recent Boomtown Festival was discussed. A number of different comments had been seen, the general view was that overall it had gone well but it was noted that there was comment regarding noise levels into the early hours of some mornings and for a short time there was traffic congestion on the departure day. Although the drought may be over there will be others in the future and we will continue to press Southern Water to resolve outstanding issues regarding sewage and the river. There has been some response but we wait for more details. Sorry that the car park at Couch Green had to be closed for a few days in September but we received a warning that travellers were camping in a village not that far away and were being moved on. It is always a difficult decision but seeing the costs and work needed to move them on it is better err on the side of caution. In October we will be thinking about what needs to be included in next year’s budget. If you have ideas on how we should spend the portion of the council tax you pay and we receive, now is the time to make your suggestions. Please speak to or email your Parish Councillors.

It is hoped that everybody has completed our Environmental Survey and, if requested by one of your Parish Councillors, to have signed the Petition to Change to a Single Ward for electing Parish Councillors. If you don’t

know what these are about please ask: these issues matter.

Patrick Appleby

From the Rector

“Where were you when you heard the news—the news of the Queen’s death?” Wherever we were, we are likely to remember that location for many years to come, along too with some of the feelings we experienced in that moment.

In the days that followed there were so many words written - in newspapers or on social media - all highlighting different aspects of the remarkable example and legacy that the Queen had given to us. It was rather like a jeweller in their shop, holding up a precious gem for inspection by a potential customer and turning it round so it could be seen from a variety of angles: from whatever angle it was viewed, something beautiful and powerful was being seen and noticed.



So too, different people, as they contemplated the Queen’s life, her person and her reign, found themselves commenting on different things - each deeply impressive. What was it for you?

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The image shows a lush garden with various flowers. In the center, there is a circular logo for 'STEM & GREEN' with a plant illustration and the text 'THE NATURAL FLORIST' below it. Below the logo, the text 'Seasonal and sustainable flowers, grown in the heart of Easton.' is displayed. Underneath this, there are two columns of bullet points listing services: 'Subscription flowers', 'Gift bouquets', 'Wedding flowers', 'Postal bouquets', 'Sympathy flowers', and 'Arrangers buckets'. At the bottom, the text 'To order fresh flowers visit www.stemandgreen.co.uk' is shown.

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on Thursday 2 June) tributes were given by both myself and Rear Admiral John Lang. I focused on her life of Christ-like service - a Servant Queen following the example of her Servant King. John focused in a similar way on the promise she had made in South Africa on her 21st birthday, dedicating herself to a life of service; and he then concluded his address with these words: "So how can I possibly sum up a tribute to this remarkable woman who has been our head of state for most, if not all, our lives? I think we have been incredibly blessed. Today is quite possibly the only time a Platinum Jubilee will be celebrated in this country for many hundreds of years to come. We are here to celebrate this unique event and pay tribute to a wonderful Queen. Our Queen; a Mother; a Grandmother; and a Great Grandmother, who has fulfilled to perfection the declaration she made 75 years ago in Cape Town. It remains an inspiration and example to us all." And so we begin a new era and a new reign, to which we must adjust. On Sunday 11 September we had services of reflection and remembrance in each of our four village churches, each concluding with the congregation singing the unfamiliar words of our national anthem for the first time: "God save the King!"

It was strange, slightly unsettling, but also deeply reassuring. For, despite all the novelty and the suddenness of the transition, there was also a peaceful line of continuity. Someone commented after one of the services that, in other countries, a week that involved a change of Prime Minister and a Head of State might have been a time of great upheaval and even violence. Yet here, being rooted in our long constitutional history, we were

able to go through this almost seamlessly. What a week! And what a legacy!

Revd Peter

Rector: Itchen Valley Parish

HM Queen Elizabeth II

Below are some further personal memories from our readers of their experiences with HM Queen Elizabeth II.

All members of the Armed Forces swear allegiance to The Crown; for me this was Her Majesty Queen Elizabeth II. Although I have now retired from the Armed Forces, I continue to feel the bond that this oath creates with both my brother Grenadier Guards and fellow members of the Royal British Legion, Itchen Valley Branch. The first time I encountered The Queen was at Buckingham Palace Stables. I finished my riding assessment and upon stepping out of the school, was surprised by a Mini, racing past at a near impossible speed, turning a 90 degree corner as if it was on rails. Her Majesty was in the driving seat and from that moment on, she kept me on my toes.

I have very fond memories of the day



the Queen presented my Company (Nijmegen Company) with new colours, followed by one of the famous Buckingham Palace garden parties. Her

Majesty spent considerable time speaking with members of Nijmegen Company and their families and I was touched by her devotion to them. Her Majesty took a genuine interest in people, carefully and respectfully listening to everything said. She was a great role model and will be sadly missed.

On behalf of The Royal British Legion, Itchen Valley Branch, I would like to express our sincere condolences to The Royal Family and also our congratulations to His Majesty King Charles III. God Save the King.

James Young, Chairman of The Royal British Legion, Itchen Valley Branch

James is pictured on far left, leaning in.



Queen Elizabeth always insisted that she personally receive in Private Audience every envoy appointed by Her, accompanied by their spouse. Most Heads of State only receive

Ambassadors destined for major appointments such as Washington, the United Nations, Paris or London. But The Queen saw everyone, however tiny or obscure their intended post might be. And so, on two occasions, when I was appointed British High Commissioner to Brunei and, later, British Ambassador to Syria, Jill and I travelled to Buckingham Palace. And not to attend a brief formal ritual. What Queen Elizabeth sought was rather different. Jill and I were shown to a small private drawing-room and, after a minute or so, Her Majesty entered the room, invited us to sit down, and just the three of us together had tea and conversation for 30 to 40 minutes. It was the golden rule of the Foreign Office never to underestimate what The Queen knew about the head of state of

the country to which you were going (she had met many of them). She was invariably perceptive, informative and amusing, full of advice and put us entirely at our ease. A unique and precious encounter.

And now a different experience. When I was Consul General in Sydney, Queen Elizabeth, who was visiting Australia on the Royal Yacht Britannia, gave a dinner for prominent Australians. She came, of course, as Head of State of Australia, and most certainly not as the British Monarch. It was a constitutional principle that I was regarded no differently than my other Consul General colleagues. The Australians guarded this principle jealously. But the then Premier of New South Wales, whom I knew well, generously, but wrongly, included Jill and myself in the guest list. When we came aboard Britannia and were welcomed by The Queen she said, with a particularly marked twinkle in her eye, "Well, Mr and Mrs Sindall..... what a special surprise to have you both with us!" Jill's most vivid memory of this evening is how happy and relaxed Queen Elizabeth was on Britannia which she clearly felt was a home from home. She was in a very special, light-hearted mood, laughing, clearly enjoying herself and literally whirling her pearls.

We were fortunate to take part in the Sultan of Brunei's State Visit to Britain, and were able to see at close hand how The Queen conducted her relations with another Head of State and fellow Monarch. Warm, professional... not a foot wrong.

Adrian Sindall

Lying-in-State

Theo and I left Easton at 7 pm and returned at 7.30 am the next day.

What a truly wonderful experience, never to be forgotten. We started queuing outside the Tate Modern on the South Bank at 9.15 pm and we came out of Westminster Hall at 5.50



am, what comradery there was! Over the eight hours we had lots of fascinating conversations whilst meeting people from all over England. We were particularly moved by the Covid memorial wall with thousands of hearts painted upon it and filled in with sad messages from loved ones. We had a few rest stops along the way whilst the line was being held up for a number of reasons.

The soldiers who are at the four corners of the coffin are changed every 20 minutes and this requires the line to pause. We waited on Lambeth Bridge for over an hour because I believe a soldier fainted. The worst part was walking through Victoria Garden for two hours, snaking our way through to the Houses of Parliament, passing loos every 15 minutes that needed cleaning! We knew we had arrived when we came to large tents. Our bags went through airport style security. In we went to a relatively small hall with the coffin sitting in the middle.

Suddenly silence fell. We were stopped from walking whilst we had a guard change-over, a faultless manoeuvre. Then came the reverent walk past the coffin. We were encouraged to walk slowly and then allowed to pause at the end of the hall for a few minutes. All sorts of emotions surrounded us. Our trip was something we will never forget. God bless the King.

Jude Mezger

Our Wild Valley: To pick or not to pick

Common sense suggests we should not pick too much of anything, to be kind to our planet. Please don't pick orchids, but do encourage small hands to explore and enjoy nature. Identifying plants is not always easy. Pick for joy and put in a vase, pick to taste the berries and pick your neighbour's fruit if needed (with their permission!) Whilst enjoying a sunny, windy afternoon with some laden bramble thorns, I had time to notice lots of lovely little things. Here are some ripening holly berries showing the result of the hot summer and the latest revitalising rains.



Sophie Rogers



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Owslebury SO21 1LN

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The speaker is Sir Francis Richards, former British civil servant and diplomat, Governor of Gibraltar (2003-06). From 2006-2011 chairman of Trustees at Bletchley Park and subsequently chairman of the Imperial War Museum

For further information and tickets
please email Clare Criswell at
clarecriswell@hotmail.co.uk or tel.
01962 777377.

Amber's Tails

Having recently moved to the valley, I am slowly discovering all the wonderful walks which surround me and sniffing out all the wildlife in the area, not to mention the messages left by other dogs on low growing plants (if you get my drift!)



My human, who accompanies me on my walks, does sometimes get very cross, when attempting to access a particular footpath or bridleway in the valley for my walk, she discovers that is impassable due to overgrown foliage or very high grass on the footway. I hear her muttering "why can these lovely rights of way not be kept clear for walkers, runners, cyclists, riders and all others who want to access them. We live in the

countryside so we can enjoy the paths and where they lead us but so many are not kept in a state of reasonable access." I, of course, don't have a problem of access as I can squeeze under brambles or jump over tufty grass but my human is not nimble or small enough to do this and has, in the summer, rather strange bare legs! I don't know why she doesn't grow thick fur on them! But keeping the footpaths clear and passable is surely a problem and whether this is a task which is the Parish council, county council or landowner's responsibility, I don't know, only being a young pup. As I am a well trained puppy (or on the way to becoming one!) I try to have my constitutionals either in our own garden or discretely in a large bush in the undergrowth on my walks. But sometimes, I am taken short and deposit a "parcel" on the path where

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we are walking. My human will pick it up in a poo bag and carry it with her until we reach home. How wonderful it would be to have some very elegant green "poo bins" located in strategic places along our footpaths. I have been told that these can only be positioned near a road to facilitate the emptying of same but there are many footpaths where these could be conveniently sited. Each end of the Watercress line footpath on the old railway line in Itchen Abbas for example or similarly at each end of the path which starts at Itchen Abbas church, goes behind the houses on Main Road and then emerges onto Chilland Lane. At the moment, I see poo bags dumped at the side of the path but I am told to "leave!" There are also some hung on tree or bush branches by people who, for whatever reason, chose not to take them home. How much better would it be to have poo bins in strategic places?

Wishing you all lovely walks and sniffs in our wonderful valley.

Yours, Amber, the fox red Labrador puppy

Energy Saving Tips

As the cost of living rises continue, Tony provides some tips to preserve our use of energy.



Cars use a lot more fuel when the engine is cold, so short trips might be avoided. Engines are most economical at a constant speed. Pity that motorways are not built like railway lines with limited gradients. Think of the energy wasted on the local M3!

When approaching standing traffic, ease off rather than arrive at full speed and brake sharply. I did a trip to Heathrow at a maximum 65 mph. It took 10 minutes longer than normal but the

milage consumption was 10% better. Today with LED lamps, there is little to be save by switching off lights but worth checking every light that is used, including those outside. Four lamps at 10w used for six hours per day gives just 240w, not much. But a tumble dryer used for 20 minutes at 3kw uses 1000w. Easy to see where to save. Electricity today is three to four times the price of gas. So if you can boil a kettle using gas rather than electricity the savings are obvious. Also only boil the volume of water that is needed. Houses leak most heat through the roof and today 600mm insulation is considered helpful in controlling heat loss. Buildings work better when not experiencing big differences in temperature. Gas boilers are still the most efficient form of heating but soon heat pumps will catch up. You might well save energy by replacing a boiler that is just 10 years old.

Chimneys are a great means of ventilation but that can be uncontrolled, so those not in use might be blocked off with just a small vent. That's also a conflict with wood burning stoves (which I like) but they use a lot of air. If you are using central heating as well, then heat can be wasted, although of course, some ventilation is always needed.

Turn off the oven five minutes before the cooking period has ended. There's a lot of metal in the oven itself to be heated and this is retained. If you benefit from solar panels, use the electricity when its available as the price paid when its returned to the grid is very low.

Many houses are poorly designed for energy - the worst area is long hot water pipe runs, e.g. from the boiler to the hot water tank or point of use.

Tony Gaster

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The purpose of this survey is to explore how people in the Itchen Valley feel about the climate crisis; and to discover what we collectively are doing, as a community, to respond to the climate emergency.

The questionnaire is completely confidential and we invite responses from the widest possible number of people.

We expect the results of the survey to be available in October and hope that they will give indication of where all our efforts may be most effectively channelled in the coming months and years.

Scan Me!



<https://www.surveymonkey.co.uk/r/ItchenValleyNews>

Rights of Way work

As readers will know, the footpath that runs from Lovington Lane at Avington to the B3047 (Footpath 12 and 50) becomes incredibly wet and difficult to walk along particularly during the winter months.



An enthusiastic team armed with wheelbarrows, shovels and rakes have worked hard

to lay a surface of scalping. The path cannot be accessed by machinery so the work was done the old-fashioned way! It was



a collaborative effort between Hampshire County Council Countryside Service with volunteers from both the Itchen Valley and Itchen Stoke and Ovington Parishes and The Ramblers. By the time you read this, it will be a very much improved route for walkers to enjoy the Valley.

Denise Rosewell

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www.eastonvillagehall.co.uk

07308 863972 or

evh.booking@googlemail.com

Martyr Worthy Village Hall

Lucinda Ffennell 779701 or

martyrworthyvillagehall@gmail.com

Itchen Abbas and Avington Village Hall

www.iaavillagehall.co.uk

Hall Manager: Izabela Young

manager@iaavillagehall.co.uk

07947 191229

Village hall callbox 01962 791021

Local monthly information

Itchen Valley area waste

Collections (*provisional dates as Oct 2022 calendar not yet online*)

Black and brown garden bins on 7 and 21 Oct

Green bins on 14 and 28 Oct

Glass boxes on Friday 14 Oct

Hampshire Farmers' Market in Winchester

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(**NColl**) 11:49 15:19 17:09 18:09

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(**NColl**) 09:49 11:49 13:19 15:19 17:09 18:09

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

Key: **Sch** School days only; **NSch** School holidays only; **Coll** College days only;

NColl College holidays only

No Sunday or bank holiday service.

All times shown are at Itchen Abbas. Times are 5 minutes later (or earlier) at Easton.

Quiz Answers

1. Tristan da Cunha in the South Atlantic. It lies 1,732 miles from Cape Town in South Africa.
2. It commemorates the day in 1492 when Christopher Columbus first set foot on the Americas.
3. It is on the outside left side of the group of two black keys in the middle of the piano.
4. It was a named train which was originally operated by the Southern Railway, and then by British Rail, between Victoria Station in London and Brighton..
5. Holyrood Palace, or Holyroodhouse, in Edinburgh.
6. The Peregrine Falcon (Has recorded a top speed in excess of 180 mph.).
7. The Thames Estuary. They are the names of buoys, deeps, sandbanks and channels.
8. The piccolo.
9. Athens in 1896



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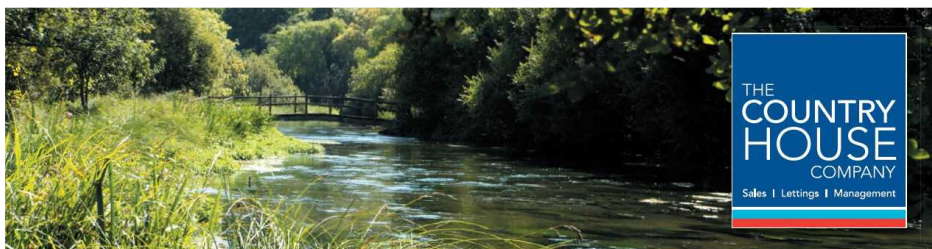
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