

Valley ^{ITCHEN} News

Issue 109 February 2023

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WELCOME to the Valley News

Welcome to the first Itchen Valley News of 2023. It was a tight squeeze getting two editions into one in December, but it gave the team a chance to breathe over Christmas. Now we are beginning to see the days lengthening even in the winter chill, and the catkins are waving on the hazel trees.

Perhaps some of you are particularly looking forward to February after a Dry January. Personally I shall be waiting for cheerier weather before even thinking about no alcohol – January seems to need a few treats. For those who are out and about it's difficult to find a pub open in Easton at the moment, with the Chestnut Horse being refurbished and Donna and James no longer at the Cricketers. Hurrah for Ashley and the Plough!

Whilst there is good reason to look forward to the pubs re-opening, we are all going to miss the Post Office, as the Kauras retire after 23 years of looking after us all with wonderful skill and grace. Do come and say goodbye at Easton Village Hall on 15 February – details on page 4. I hope by the time you read this the new paper delivery system will be working efficiently.

As ever, I am delighted to say, this edition is full of volunteers and volunteering and highlights not one but two volunteers in the Valley. We are very fortunate that so many people are prepared to give their time for community events and for charities that make such a difference. We also have local businesses that need our support. Please check out our advertisers before you look further afield – as you will see from our Treasurer's report on page 33 their

support is vital to the finances of the News. We shall need a new Treasurer

later this year as Henry Labram steps down – could you offer your skills to keep an eye on our very simple finances? Penny Russell looked after the IVN's graphics since its inception until last year; we are indebted to her and delighted that Helen Ellis-Brown has stepped forward to replace her, even providing the striking photo for the front cover this month.

Now I am going to make marmalade pudding (page 30) and walk the dog! Next month's editors are Charlotte Appleby and Brigid Brett.



Itchen Valley News

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Cover photo taken by Helen Ellis-Brown and other photos from various contributors.

What's On

See page 32 for Village Hall listings



Wednesday 15 February

4.00 - 5.30pm

Farewell to Kings Worthy P.O.

Easton Village Hall

All Valley residents are welcome to say goodbye to Sangeeta and BK Kaura on their retirement from Kings Worthy Post Office. There will be cake! *Angela Wheeler and Judith Mezger*

National Gardens Scheme

The Down House Itchen Abbas SO21 1AX

Opening February to March for groups of 10 plus.

Admission: £10.00 Children free - Includes homemade tea.

Contact Jackie and Mark Porter 07814 958810

markstephenporter@gmail.com

Little Court Crawley SO21 2PU

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Open by arrangement from February to August. Contact Mrs A R Elkington 01962 776365

elksic@btinternet.com.

The NGS donated over £3 million to various charities in 2022. Further details at ngs.org.uk

Pat Beagley

Hampshire half term -

Saturday 11 to Sunday 19 February

Here are some of the events taking place in Winchester.

878 AD - Winchester SO23 8QY

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The Arc - Winchester SO23 8SB

A variety of activities and films for all ages throughout the week.

Winchester City Museum

13 February

A polite exchange of bullets: Georgian pistol duel with Foreign Field Living History
Join Georgian gentlemen Mr Bavill

and Mr Glover for a performance guaranteed to blow your socks off, as they choose the museum as their duelling ground

16 and 17 February

Anglo-Saxon takeover with Weorod Living History

For two days the museum is being taken over by Anglo-Saxons, who will be on hand to tell you more about Saxon life.

www.hampshireculture.org.uk

Friday 24 February at 2.30pm

Alresford Art Society

Bishop's Sutton Village Hall, SO24 0AH.

Woodland Trees in Watercolour: a demonstration by Karen Pearson
Non-members welcome, admission £3.
For further information 01962 732043 or www.artsociety.alresford.org.

Jen Boardman

28 February at 7.30

In the steps of Jesus

Itchen Abbas & Avington Village Hall
Coffee and biscuits from 7.30

Revd Peter Walker will present two 20 minute videos filmed around the Sea of Galilee, based on his book.

Book at admin@itchenvalleychurches.org

Itchen Valley Spring Litter Pick

Saturday 18 March at 10.00am

Itchen Parish Council AGM

Thursday 27th April at 7.00pm

Meeting and short talk by a guest speaker.

Dance classes in Martyr Worthy Village Hall



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Cinderella – The Pantomime

In a world that is constantly changing and fast paced, there is something so lovely about the familiarity and fun of a Christmas pantomime that has been a local tradition for years. Combine this with the classic fairy-tale that is *Cinderella*, along with great music and a cast who were obviously having so much fun and you have a truly magical



(created by Judy Bishop) and there was an engaging Christmas sing-a-long with audience participation that gave an extra dynamic to the production. John Purver on keyboard was simply exceptional – a great talent. Special mention must go to the leads, Cinderella (Daisy Macleod) and Prince Charming (Nathalie Paterson), who had fantastic chemistry and powerhouse vocals. The two Ugly Sisters were also fantastic and really threw themselves into their roles and whose every appearance on stage was met with cheers. Many of their jokes were also very well received by the adults and represented how the production is one that not only seeks to entertain the children, but the adults

event for all the family.

It was opening night and the excitement was palpable. As you would expect, there was lots of singing, dancing and calls of “Oh no it isn’t!”

The whole cast and crew really knew their audience and there were many ‘localisms’ and lots of enthusiastic audience interaction. The set was spectacular



too.

However, it was lovelorn Buttons, played by James Paterson and the Fairy Godmother (Sonia Cragg) who lit up the stage. Everyone in the ensemble cast of Fairies and Hoodies gave confident performances



and it was obvious that they were having a great time; their enthusiasm



rippled out to the audience. The numerous musical numbers range from modern to classic and it's hard not to sing along with the brilliant cast. Special mentions should be made to

Anna McGowan (Director and Producer), Terry McGowan for stepping in as Grocer at short notice and really holding his own, and the costume team comprising Jill Croft and Helen Smyth with doubtless other helpers not mentioned here. Thank you to the entire team including refreshments, raffle, front of house and production from the Itchen Valley for providing a local traditional event that draws the whole community together – Bravo!!

Jen Gaster





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2022 Poppy Appeal

Thank you to everyone in the Valley of all ages who supported the Poppy Appeal again last year. The total raised was **£4,649.32**.

The Poppy Appeal collectors, schools and Valley businesses are to be congratulated for their part in raising this magnificent total as part of your generous donations.

Gavin Edgerley Harris

Local Poppy Appeal Organiser

Point of view?

For November the front cover of the IVN featured the Itchen Abbas bus shelter which was being expertly refurbished in Robert Stent's barn. Now it is back nestling at the side of the road opposite the Village Hall,



looking the perfect article; suitably rustic for its setting, cosy enough for those waiting on the chilly roadside, not so cosy that anyone might want to take up residence.

What a contrast to the four unusual bus shelters put up a few years ago. Memorably described on the Itchen List as "cockeyed monstrosities on stilts" they provided much merriment but not very good shelter or comfort. Innovative certainly, but rather absurd. Style or substance? Substance for me any day.

Brigid Brett

Solar Panel Update

The Itchen Abbas and Avington Village Hall Solar Panel Project in progressing in leaps and



bounds. Getting the necessary funds together was a long winded process. We had donations from 53 local people and organisations as well as larger amounts from Winchester City Council and the LoCase Renewable Energy Fund. With the addition of around £3,000 of existing hall money, there is finally enough in the kitty to proceed with the project.

Because installation cannot happen whilst the hall is in use, we have booked the engineers for the Easter 2023 break. The management committee thanks everyone for their generosity and we look forward to enjoying the benefits of the scheme later this year.

Christopher Langford, Chair

The Valley Gardeners: Where the wildflowers grow

The Valley Gardeners went on a wonderful journey around Britain and Ireland in the company of botanist, author and science communicator Leif Bersweden, who has made a study of wildflowers and written the most fascinating book about his discoveries. You can find the details at the end of this article.

Leif certainly fulfilled his brief of entertaining us with the whackiest and most interesting wild plants which live in these islands. His interest in botany started when he was five or six when his father took him plant hunting and bird watching. Plants became his favourite subject for examination because they could not run away from him and he swiftly developed a passion for and admiration of the way plants adapted so successfully to their habitat. Leif wanted to communicate his joy of plant hunting and provide an easy route for the amateur to discover more about their world. His talk was divided into three parts: quirky facts about the plants that we know best, some of the plants with extraordinary adaptations



and thirdly, the best botanical landscapes throughout Britain and Ireland, in his opinion.

The first section of his talk included Lords and Ladies, (*Arum maculatum*) which is a common plant you may find in your garden. But what you may not know is that the central spike can generate heat up to 14 degrees above the ambient air temperature, which it does to aid scent dispersal and attract insects. In the spring, when the air might be 14-16 C, this spike might get to nearly 30C, a feat which seems quite extraordinary for a plant to be able to do.

One of the best adapted plants was a floating Water Soldier which he found on the Norfolk broads. To cope with the changing temperature of the broads, this plant spends the summer enjoying the water surface as its leaves are full of air pockets. In the winter, the leaves die and the air pockets disappear and the plant does too, under the surface, as it spends the cold



months at the bottom of the broad. When the sunlight hits the plant in the spring, new leaves grow and the plant rises to the surface again.

Leif's candidates for the best and most beautiful botanical landscapes are the coastal paths around the UK, bluebell woods, the traditional hay meadow which promotes biodiversity and finally poppy fields which, although rare these days, transform the landscape.

There is so much more to discover by reading Lief's book and so here are the details in case you would like to learn more: *Where the wildflowers grow: My botanical journey through Britain and Ireland* by Leif Bersweden.

Catherine Hahn

More Tree Planting



An intrepid band of residents braved the cold in early

December to plant sixty two trees and forty hedging plants at the recreation ground in Martyr Worthy. The Parish Council were successful in their bid and the plants were provided free by the South Downs National Park Trust. They will supplement the fifty more mature trees planted on the site last year.

Cllr Stephen Percy



From the Parish Council

We have had the first Full Council Meeting of 2023, and from that two important dates for your diaries (see page 5).

First is the Itchen Valley Spring Litter Pick on Saturday 18 March starting at 10 am: a look at many of our verges and it is clear how much this annual event is needed with as many as possible taking part.

Second is the Annual Parish Meeting on Thursday 27 April at 7pm.

Following the format of recent years we will be starting the meeting with a short talk by a guest speaker. Details of both events will be published in the March and April editions of the Valley News respectively.

Another important decision for the Parish Council is the finalisation of our budget for the forthcoming financial year and the setting of the precept.

The precept is the amount of money the Parish Council sets and receives as a portion of your Council Tax. Despite rising prices we have managed to keep the precept for the next financial year the same as for the present one. Some savings have had to be made. One expense where we have decided to save some costs is grass cutting at the King George V playing field at Couch Green, Martyr Worthy. In past years this has been let to various football clubs who have paid us rent.

Unfortunately due to problems with the surface caused by chafer grubs and rabbits there are no football clubs currently wanting to rent the field. It has therefore been decided to make savings by reducing the frequency of grass cutting. For those who do not like to walk on long grass the edges of the field will be cut shorter and for those who like to kick a football the

adjacent field south of the playground will be kept as at present.

Tree planting led by our Environmental Working Group has and will continue as planned (see page 11) However it appears that, not wanting to be left out, the County Council has decided to join in by doing its own thing. In the last few days several trees have been planted without warning on roadside verges in the Valley. No one, including our County Councillor, or the Parish Council, or the owners of properties with these verges, was informed let alone consulted. After the efforts of our Environmental Working Group and many who have supported and helped with tree planting in the Valley it is both sad and annoying that we have been ignored, not for the first time. Also, having successfully planned and executed a tree planting campaign, it is likely that had we been consulted we could have found many better locations for these trees and done the planting for them thereby saving the County some money, the shortage of which they continually remind us. Now it's a case of where to go from here.

A year ago a significant number of holes in the road were reported. In several cases the reply came back that no repair was needed. As a result of not doing anything there are holes in some of these places and in others where there have been repairs they have not been sufficiently robust to survive intact for long. The Parish Council will do this but please also report them yourselves as well. Hopefully the more reports received the more likely the will be some positive action taken. *Patrick Appleby IVPC Chairman.*



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Sally Johnston: Volunteer at the Family Counselling Trust

Last summer, when I stopped work as head of pastoral care in a lovely local school and had more time to think, I realised that I had been working in a special place - a community where everyone cared for and looked out for each other - but that not all children have the same experiences. The more research I did, the more concerned I became that many young people do not have access to help and support at crucial times in their lives. So I have become a fundraising volunteer for the Hampshire branch of a very special charity called the Hampshire Family Counselling Trust (FCT).

One of the most important things for children to have in life is the ability to be able to talk about their feelings and worries and to be listened to and guided by someone whom they can trust to help. So when children feel sad or scared or worried whom do they talk to? The lucky ones have supportive parents, friends, teachers, matrons, school listeners and counsellors. But sometimes things are too tough or too complicated for these people to help, and then an expert with specialist skills is needed to help the child find their way through these difficulties.

Sadly many children do not have this scaffolding around them. Maybe their families are not easy places to be, maybe there is no money or the desire to find and fund expert help. Maybe these children feel they have no one to turn to, a very sad place to be. The pressures of the last few years have exacerbated this situation and the



number of children in real need has grown exponentially with the NHS Child and Adolescent Mental Health services being hugely overrun with referrals.

At the FCT we cannot bear to think of children who are unable to get the help they need from the people best placed to do this. So that is where can help. It works like this:

The child (up to the age of 18) who needs help is referred to the charity, usually by their school or their doctor, who have seen that things are not going well. Self-referrals from the families are also accepted now. The charity then matches the child with a therapist who is expert in the area of the problem. The therapist works with the child over six sessions (paid for by the charity if the family cannot pay) to help them through their difficult time. We aim to try to catch the problems early so they do not grow too big and out of control, and the magic number of six sessions has been shown to be the right amount of help to start to support them in managing better.

The last two years have been particularly hard for everyone and so many children are in need of help. We have to fundraise to pay for the therapists' time. We are a small group who are working hard to do this but it is a huge job and we are a small charity. Last year we supported over 150 children and their families across Hampshire.

I want to raise the profile of this wonderful local charity and hopefully to inspire other people to get involved. We are always looking for people to join our fundraising team. If you would like to find out more please get in touch

Sally Johnston johnstonssf@yahoo.co.uk
www.familycounsellingtrust.org

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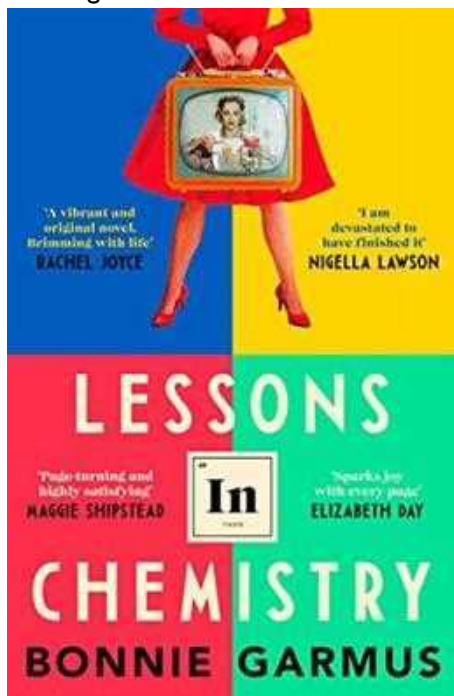
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Book Review - *Lessons in Chemistry*

If you like strong female characters, 1960s America, cooking, rowing, dogs, chemistry or simply laughing out loud, then this book is for you. My 17 year old daughter and I both adored it. The original storyline follows the life of its female protagonist, Elizabeth Zott, a beautiful, feisty and highly intelligent woman forced into forging an idiosyncratic path through the misogynistic man's world that was 1960s professional America. The book is rich in engaging characters (including Six Thirty, a very endearing dog) and interesting and informative by-lines which it weaves effortlessly together. Shedding light on the workplace sexism and subjugation suffered by women at that time, it does so with humour, wit and a lightness of touch which is



energising and uplifting rather than depressing.

You might pick up a few lessons in chemistry along the way but this book is also a lesson in self belief and perseverance: Garmus' best-selling novel (also her first) was originally turned down by nearly 100 agents. *Bookworm*

Free Little Library in Easton



Looking for a good book to read? Now you don't have to go far or order online. The Itchen Valley has its own free little library in Easton, between The Cricketers and The Chestnut Horse. The box, outside The Old Chapel in Easton, usually has fiction, non-fiction and children's books which can be taken and read and then returned, kept or passed on to someone else. And if you have any books you no longer want and you think others will enjoy, please do drop one or two off. Happy reading!
Claire Fuller.



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Letter from the Rectory: February, a time to settle?

'He leads me beside still waters' (Psalm 23:2)

I hope this finds you well - despite the many bugs and illnesses that seem to be doing the rounds. By the time you read this, Christmas may begin to be very much a thing of the past, but I hope you will still be looking back on it as a good time amongst your family and friends.

It was so good to celebrate Christmas with something approaching pre-Covid normality: for the Easton Pantomime to be back in the calendar, and to have so many coming to enjoy the Christmas Eve Crib service in St Mary's, Easton and the Christmas Day

Family Communion in St John's, Itchen Abbas.

These opening months of 2023 are, within the church, an opportunity for things to settle back down into something a little calmer. Our Sunday services in February (page 20) are following the new pattern agreed by the PCC in recent months, and several features are quite new:

Our early morning services now start, not at 8am but at 8.3 am. Some are already saying that "that half hour makes all the difference!"

On two Sundays each month our main 10am service is in Easton, one a traditional-styled Parish Communion, the other our contemporary-styled Valley Worship. Hopefully this combination means there might be something to suit everyone's taste. We have been delighted that so many people have come out on a dark winter

afternoon at 4.00pm to enjoy Café Church: an opportunity for people of all ages to get together in a relaxed way with a 'menu' of different things to enjoy: chatting over cake, helping in children's activities, listening to a 'thought for the day' or simply reading the newspaper.

And on the second Sunday of the month, it's been good to see how versatile are the facilities at St John's, Itchen Abbas: welcoming people to a quiet reflective Communion service, followed by some Bible teaching over coffee and croissants, followed finally by the arrival of families for the All Age Worship service at 10 am.

May I also draw your attention to two special services in February:

This month will see the first anniversary of the Russian invasion of Ukraine. So we will be holding a special service on Sunday 19 February at 5pm with a focus on sharing news from Ukraine and praying for her people. Gerry Stacey LLM, who has been very involved with the initiative to support Ukrainian refugees in the Valley, will be leading this. It will be followed by tea and refreshments, and we do hope many will come to express their solidarity with the people of Ukraine in this way.

And the season of Lent will begin on 22 February with an Ash Wednesday service of Holy Communion at



11.30am in St John's Itchen Abbas. Finally, you would also be most welcome to join us at the event (advertised on page 5) when I will be marking the beginning of Lent by showing two videos filmed around Lake Galilee designed to help us understand something more of the background to the ministry of Jesus.

With best wishes and prayers

Revd Peter

Bird of the Month: the Jackdaw

The jackdaw is the smallest of the crow family and distinguishable by its pale grey nape and white iris. It's a very sociable and intelligent bird. Apparently some thieves in Italy once trained a jackdaw to steal money from a cash machine!

Elaine Labram



Photo by Henry Labram

Itchen Valley Churches

Sunday 5 February

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

4pm - Café Church - Itchen Abbas Village Hall

Sunday 12 February

8.30am - Holy Communion (said) - St John's, Itchen Abbas

coffee and teaching

10am - All Age Worship - St John's, Itchen Abbas

6pm - Evensong - St Swithun's, Martyr Worthy

Sunday 19 February

10am - Parish Communion - St Swithun's, Martyr Worthy

5pm - Evening Worship - St John's, Itchen Abbas

Wednesday 22 February (Ash Wednesday)

11.30am - Holy Communion (said) - St John's, Itchen Abbas

Sunday 26 February

8.30am - Holy Communion (1662) - St Swithun's, Martyr Worthy

10am - Valley Worship - St Mary's, Easton

Café Church

Do feel warmly welcomed to come and try out our Café Church which takes place in Itchen Abbas on the 1st Sunday of every month. This is very relaxed and informal café-style event and a good way to meet other people, old and young, while drinking tea or coffee and eating home made cakes. We always have some sort of activity going on for the children, quiet spaces to read the newspapers or think about our theme for the day and a very short "mini-talk" on the same theme.

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

From WCC Councillor Fiona Isaacs

The WCC out of hours emergency number failed to provide adequate assistance over the Christmas period,



leaving me dealing with a single mother of three at 11pm in minus 3degrees who had a water leak and couldn't get any help. At the moment WCC outsource the out of hours service to a third party. Sadly, they failed to answer calls, failed to triage in any way or acknowledge the resident's issues. This was a huge failure. Whilst I raise this issue asking how this situation can be prevented in future, these are the emergency numbers if needed at the moment:

Parking emergency 01962 848268

Emergency out of hours 01962 865407

Housing emergency 01962 865405

Concerns over bad driving and speeding by both cars and bikes: I have been dealing with a number of issues regarding this. Cllr Nick Adams-King, lead portfolio holder for Highways for HCC, has asked us to remind residents that the police need evidence. Whilst speeding reports from speed cameras etc are useful, residents can also report online using the link below. No key information such as number plates is needed and reporting can even be anonymous, but if a particular area is experiencing issues it raises a review. This is the best way to increase the resources for an area. <https://www.hampshire.police.uk/tua/tell-us->

[about](#)

Missing drain hole covers - thefts across Hampshire. Call 0300 555 1388 (8.30-5pm), out of hours call 101 or report online, or if road users are in imminent danger dial 999

Fiona Isaacs 01962 738671

fisaacs@winchester.gov.uk

Lyn Russell:Valley Volunteer

If you've attended any community event in Easton over the last fifteen or so years, chances are that Lyn Russell had something to do with it. It's no coincidence that Lyn's sister Jill, was celebrated in our December issue - volunteering seems to run through the veins of this family, as does pure unadulterated get-up-and-go. We caught up with Lyn to find out what she does and why:

What is your background?

My husband Paul and I and our two children moved to Easton in 2006. At the time, having been an NHS District Nurse, I had become a Manager of Community Services for Surrey County Health so for a while I commuted to Surrey. My job was really managing people and services.

What volunteering in the community do you do?

I've done quite a few different things in the village, including helping with the Panto, flower arranging and other jobs for St Mary's church, participating in and helping organise boules, helping in various ways with all sorts of events (most recently Paul spent three days in St Mary's lychgate ticketing for the Flower Festival!), bell ringing, helping run the Easton fete and now I'm a Trustee of Easton Village Hall.



What does your role at Easton Village Hall entail?

The Trustees have responsibility for the hall and recently I've been involved in quite a bit of project management including for the recent store room extension, getting card machines started so that people can pay digitally at events, organising maintenance and repairs etc. There's a team of us - it's not just me! We also organise and run events - recently we did the Lockdown Liberation party, the Easton Jubilee picnic and party at the Cricketers, and the fireworks. Coming up we have the Step into Spring party. Again, these events are all a team effort but I do my bit.

It sounds like a lot of work - why do you do it?

It's people doing things in and for their community which make it what it is. Easton has a reputation as having a fantastic community - this doesn't happen by chance. It's people who have built it and keep it going. I've always been a doer and I think I know what it takes to get things done, so I've just got stuck in. I couldn't sit around twiddling my thumbs when there are opportunities to get involved with things which need doing. Plus I like learning and I've learnt loads of new

skills along the way, from flower arranging to boules to bell ringing. Setting up the card payment system for the hall was certainly a learning experience!

What about the future of volunteering in the Valley?

I see my role as more of an enabler. There are some fantastic young people who've moved into the Valley who have some great ideas and are very able to take them forward. I want to encourage, support and enable them. The future can't be having the same people volunteer all the time - we need fresh blood! It doesn't matter if you can only help out in a tiny way - anything is better than nothing and it's all appreciated. It's all about teamwork and that's where the enjoyment comes from - meeting new people and having a laugh whilst doing something valuable for the community. The future of our community is the people who live in it.
Lyn was talking to Natalie Paterson

The Valley Quiz No. 10

1. Which British Prime Minister had the second shortest term of office?
2. Which country consists of about 17,000 islands and an estimated population of 275 million?
3. The world's highest airport is Daocheng in China (14,471 ft). In what country is the lowest, and what is the sea immediately adjacent to it?
4. What is the name of the school which has the motto "Manners makyth man?"
5. What is the name of a cloud with a towering mass and a low altitude flat base?
6. On what island will you find Llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogoch

7. Where was the Dodo found?
8. In which book will you find the quote “Annual income twenty pounds, annual expenditure nineteen nineteen and six, result happiness. Annual income twenty pounds, annual expenditure twenty pounds ought and six, result misery”?
9. In what building will you find the Elizabeth Tower?
10. How long is a cricket pitch and why?

11. An additional question for the young: What sort of owl dries the dishes?

John Lang. Answers on Page 40

Our Wild Valley

Mindset change set to sway this decade for lower carbon-fuelled lifestyles.



Perhaps you have already seen www.takethejump.org, maybe via our local Green Living Hub charity New Leaf Alresford (www.newleafalresford.org) and thought about joining in/talking about what small or big steps we can take. It is worth a look and follows on from what our own Parish Council started this time last year, highlighting what we can each do and commit to

in our households towards a less carbon fuelled lifestyle.

You might also like to find the Rethink podcasts from Radio 4, week of 2 January 2023, discussing climate change issues and looking at behaviour, communication, pledges and progress, the green economy, technology and leadership. www.bbc.co.uk/programmes/m001gk5d.

Here are some thoughts I picked up from them: great change starts from the heart and soul of people who care about something with passion, because it is first and foremost at the top of their list of what they need in their lives. Look into your own heart and find your reason to make decisions for positive sustainable living and talk about why and what with your friends and neighbours. Is it for your children's future, for your neighbour's children, for the birds out your window, for jobs, for amazing tech, for our one finite azure planet? Sharing positive stories of what local people are doing to help collective change, is a way to power emotional engagement and keep motivation going. The use of community power, that we can tackle a difficult challenge together (heard of that before these last few years?) is a very strong force. If we understand why we are making changes and do them, we will add to the 25% tipping point of the population to make the change become a trend of everyone doing it, then it would be the norm.

So please do write in to the Itchen Valley News with your stories, short or long, of what you are doing; spreading positivity and hope for 2023 and a sustainable lifestyle by 2030. Nothing to lose, why not?

Sophie Rogers

Jackie's County Corner

* Need help with your finances?

Although the cost of living is in the news at present, there may be other reasons why you need help with your finances. Our local Citizens Advice (CA) provides an amazing service for all queries, including online, face to face and by telephone. Led locally by Dr Sue Campbell, CA has good networks with HMRC, charities including cancer care providers, energy and housing providers etc. They also currently receive additional funding to help you cope with the heavy burden of inflation of food and energy costs for families and older people. <https://citizensadvicewinchester.org.uk> or call 0808 278 7861 to talk to an advisor Monday-Friday 10am - 4pm

* Vaccinations and boosters for children: adults are usually invited for vaccination, but it's not so easy to know what to do for children who may not be vulnerable themselves but are in regular contact with someone who is medically vulnerable. I asked Simon Bryant, Director of Public Health. His advice is to call the NHS HlOW helpline 0300 561 0018 for details of all under 18 year old's clinics. Unfortunately, there are no current Winchester venues for infant boosters/vaccinations, so you may have to travel further afield if the mobile unit isn't in place soon. If you have any direct queries for Simon, please email simon.bryant@hants.gov.uk or contact me.

* Constant rain is resulting in more potholes. The wet weather conditions are creating problems for the County Council as roads are literally being washed away leaving huge holes in the tarmac surface. Please report any you

see so that they can be filled as quickly as possible (although that may be with a temporary material just for safety). Please call 0300 555 1388 or go

to the hants.gov.uk website and search 'report a road problem'. You can report overgrown hedges, flooding and more from here too.

* A change in arrangements for disposal of upholstered seating from Jan 2023. Most HWRC's will now have a separate skip in which upholstered seating will be collected for disposal by incineration. They contain POPs - persistent organic but toxic pollutants. Alresford is not one of the sites accommodating this change because it is too small to accept yet another skip, so it's best to book a trip to Winchester or Alton.

* Rumours abound but I have written confirmation from HCC that there is no plan to close Alresford Library.

* HCC Grants continue to be offered for greener energy and recycling schemes, and community hubs. Please contact me if you have an idea and we'll work out which grant is the most useful for you.

* The M3 Junction 9 application: a Development Consent Order (DCO) application has been validated by the National Planning service, due to be decided in 2024. Local County Councillors were briefed on the implications of construction diversions just before Christmas. Inevitably,



although diversions do not include the A33, realistically it will affect traffic levels as drivers get used to taking the shortest route/using satnavs from Winchester, Basingstoke and between.

* Finally, I must mention the Cart and Horses junction. Most local people will be pleased to hear that I will continue to campaign for a safer junction here. Thank you for all your encouragement to do so. The Exec Member, Cllr Adams-King, has agreed to meet me again with local councillors when we know more of the accident investigation, which should be this month.

Jackie.porter@hants.gov.uk
07973 696085

What's in a name?

Local organisations in Alresford have been getting their monikers in a twist over the ongoing confusion of the names of three well-known societies in the town. Now they have joined forces to flag up their differences in the hope of ironing out that confusion.

The problems began in 2017 when NADFAS, then called the National Association of Decorative & Fine Arts Societies, changed its name nationally to The Arts Society. Its local branch became The Arts Society Alresford, not to be confused with the Alresford Art Society and the Alresford Society. "We've had some amusing cases of 'mistaken identity' over the years," said Jan Field, Chairman of the Alresford Society. "Such as the speaker at the Art Society thinking she was addressing the Arts Society (note the additional 's' in 'Arts' here); someone joining one society in mistake for another, and most recently a request to the Alresford Society to promote a local wood carving event!" So, what are the

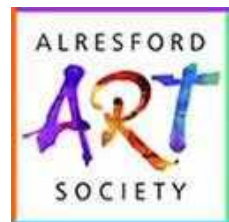
differences between these similarly named organisations?



The Alresford Society, founded in 1965, is a civic society and part of a network of such voluntary organisations, all anchored in their local communities, for people who care about where they live. It is protective of the distinctive character and history of the town's built environment and the surrounding countryside; the quality of design in development, and local facilities and services. It works with the Town Council, the Town Trust, CPRE, Hampshire & Isle of Wight Wildlife Trust and the Friends of St John's, and recently set up the Friends of the Arle to protect the chalk stream and its wildlife. Its knowledgeable planning committee comments on significant local development proposals and ensures members are carefully briefed on local district plans and consultations run by Winchester and Hampshire councils.

The Alresford Art Society

was also created in 1965 and nearly 60 years later it is thriving with 170 members, most (but not



necessarily all) of whom actively paint or sculpt. The society informs, promotes and encourages practitioners and enthusiasts alike who live in and around Alresford. Monthly talks and demonstrations of different media (watercolour, acrylic, pastels, etc.) are

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held and classes are open to all, to help budding and more experienced artists improve their techniques and expand their creative horizons. Open air sessions are held at locations across the south in the summer months so members can experience *en plein air* painting, and the annual exhibition at the Community Centre in Alresford demonstrates the high standard of local artists, boasting some 700 visitors last summer.

The Arts Society Alresford is part of a national association founded in 1968 with local branches affiliated to The Arts Society (the national body) with branches nationwide. Its



role is different again to both the Alresford Society and Alresford Art Society. Through a programme of lectures, visits, study days and heritage projects, it aims to broaden members' knowledge and enjoyment of the decorative and fine arts. Expert lecturers are always knowledgeable and often entertaining, covering topics such as architecture, artists and designers, china, glass, furniture, jewellery, music, painting and more. There are also visits to country houses, exhibitions, gardens and places of interest, and regular lectures take place in Itchen Abbas and Avington Village Hall.

For more information on these organisations visit www.thealresfordsociety.co.uk, www.artsociety.alresford.org or www.theartssocietyalresford.org.uk.

Sue Gentry

Amber's tails

I was trotting along a footpath the other day and got the fright of my life! Almost beside me was a huge machine with two spinning wheels and a man sitting on top. Silently, a bicycle (that was what my human told me it was) had pedaled up behind us on the grass and tried to overtake me. I am quite young and had not seen one of these machines close up before. It was scary and I tried to run away but didn't know which direction to take in case those big wheels ran over my paws. So I went back to my human (who was very pleased with me for doing that) so she could protect me. The man on the bicycle wasn't very friendly, I think. He didn't stop and have a chat as so many people we meet do, either with dogs or without. He just sped on his way – he was obviously in a hurry. But you know, the paths and bridleways around here are for everyone; young and old, hearty and infirm, small children or puppies like me trying to learn the ropes. If you are a cyclist, could you please shout out or use what my human tells me is a bell to warn us that you are approaching at speed? Also, please slow down before you get





to whoever is on the path in front. They may be unsteady on their feet or unable to get out of the way but they deserve time and consideration just like everyone.

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

Amber, the fox red Labrador puppy



From our MP

Constituents will not have missed the pressure our NHS is under at this time and that was especially the case over the Christmas period when the media was wall-to-wall with coverage from many parts of the UK. As our local MP I have made the NHS my number one priority since day one but I am now able to amplify that through my national role as chair of the powerful Health & Social Care Select Committee in Parliament.

Wearing both hats I paid a New Year visit to Winchester's Royal Hampshire County Hospital to see for myself how winter pressures are impacting our local NHS and to thank staff for their hard work over the holiday season. I spent time meeting senior Trust managers before visiting the Emergency Department where I spoke with staff at length.

I also visited Clarke Ward and Shawford Ward where colleagues spent time chatting with me about the impact on specialist and general wards

of the huge rise in demand for acute services this winter. There is no question the usual winter impact is being compounded this year by a huge rise in demand and the 'twin-demic' of flu on top of Covid. The message I received time and again was just how poorly many people being admitted are - some of them much younger - as a result of the nasty strain of flu virus circulating at this time. All of this is on top of the usual respiratory infections we see at this time of year.

There is no question, and I hear this everywhere I go, that until we resolve some of the long-standing problems in social care - on the domiciliary side in particular - and in access to primary care we will continue to see the acute sector struggle. My Select Committee will be returning to this subject including scrutinising the recent announcement of a further £250 million to speed up hospital discharge, safely discharging thousands of patients to free up hospital capacity and reduce the Covid backlogs. My website and social media links to all our work which I know constituents will find of interest.

While at the RHCH, I also discussed recruitment and retention issues facing nursing and the strikes being pursued



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by the Royal College of Nursing. Nurses in Winchester are not striking but they certainly recognise many of the issues facing the profession. You can see much more on this stevebrine.com/prioritynhs

Finally it was my pleasure to pop backstage last month at the Theatre Royal in Winchester as the famous Blue Apple Theatre put on their latest show. 'Lashings of ginger beer' ran in early January and was received brilliantly by the reviewers and those who managed to get a ticket. Check out the write-ups online!

Steve Brine MP 0207 219 7189 | www.stevebrine.com

The Practical Gardener

It's definitely not the time to be out in the garden. We are not supposed to walk on a frosted lawn, and lawns are totally saturated due to recent rain. The experts respond to weather on the hoof. Remember when we were all advised to look at drought resistant plants? My advice is not to change except DO install more water butts. It really is so easy and you can buy complete kits which include the stand and downpipe connector (at Wickes for example). We really need to care about water, even in the current monsoon!

February is a month to plan and start sowing. Many vegetables can be started off on the kitchen window sill in pots or trays – it's what window sills were designed for - or a heated propagator in a shed or greenhouse. In December I lifted all my geraniums and left them in the potting shed. Silly me, it was not frost free at minus 6 but the garage is fine.

This is also a great time to plant trees and I have four more for my garden

from my excellent local nursery. However, in view of recent gales, I strongly recommend some temporary support. It doesn't matter what it looks like but it will help the new roots to secure the tree in the coming months. Probably it can all be taken away in the summer.

Readers will know that I am a great fan of self-made compost. There's a lot to cut down at this time and some of it can be quite woody. Either that needs to be shredded, or it must be put in the brown bin (stalks from brassicas are one example). If you do the shredding and mix in some grass clippings (good for heat), you can produce usable compost in four months.

Oh and I had a surprise recently with four large slow worms nesting in the compost.

Happy Gardening
Tony Gaster

CAMEO and the marmalade pudding

Forty-five or so of the older Valley residents gathered in St John's Church, Itchen Abbas for the regular monthly CAMEO lunch (third Tuesday of the month).

Marmalade season was on our minds, and this recipe turned out to be delicious.

250 grams soft butter (plus some for greasing)

75 grams caster sugar

75 grams light brown muscovado sugar

225 grams marmalade (reserve 75g for the glaze)

225 grams plain flour

½ teaspoon bicarbonate of soda

1 teaspoon baking powder



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Janet

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Sun 0930

Heleen

Bridge

Monthly Mon 1000

Maureen

Martyr Worthy Village Hall Lucinda Fennell martyrworthyvillagehall@gmail.com

~~Sherin Shefik~~ Yoga

Mon 1730 Sun 1900

~~Sherin~~

~~Watercolour~~ Art Classes

Wed 1000 & 1245 Thu 1000

Kirstin 07484 392197

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Wed 1930

Vernon 01962 779611

Short Mat Bowls

Thu 1400

Brian 01962 738810

Badminton

Thu 1930

Mike 01962 779651

Badminton

Fri 0800

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Swing it

Thu 2000

Neil 07825 709691

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4 large eggs

zest and juice of 1 orange (reserve juice of ½ orange for the glaze)

Preheat the oven to 180°C/160°C fan/gas mark 4/350°F and butter a 24 x 30cm (8 x 12in) ovenproof dish. Set aside 75g of the marmalade and juice of half an orange in a small pan to make the glaze later.

Put all the other ingredients for the pudding batter into a food processor, process them and then pour and scrape the batter into the buttered dish, smoothing the top. If you're not using a processor, cream the butter and both sugars by hand or in a freestanding mixer, beat in the marmalade followed by the dry ingredients, then the eggs and finally the orange zest and juice.

Bake for about 40 minutes, by which time the sponge mixture will have risen and a cake tester will come out clean.

Warm the glaze mixture in the pan until melted together, then paint the top of the sponge, letting the chunks or slivers of peel decorate the top of the pudding. It will keep warm while you eat a main course.

Served cut into squares, a mix of yoghurt and crème fraîche was a good accompaniment.

Guests and helpers are always welcome at CAMEO, let me know if you would like to join us.

Charlotte Appleby 779778

IVN Annual Accounts 2022

The Itchen Valley News is free, and is delivered to every household (about 850) in the villages of Abbots Worthy, Avington, Easton, Itchen Abbas and Martyr Worthy. The IVN is edited and delivered by volunteers. Printing is covered mostly by advertising and is the only significant ongoing cost.

Donations contribute to any shortfall.

The year 2022 proved financially to be a year of good recovery. Advertising revenues increased, as did residents' donations. We were also grateful to Hampshire County Council for a grant of £400 for a new computer. Overall Year End Funds were up £1,634.

Congratulations to the whole team for continuing to ensure that the IVN is a successful local publication contributing positively to the community in our Valley!

If you would like to get involved, or wish to submit a written contribution or a photograph, please send an email to The Editor at

itchenvalleynews@gmail.com

Henry Labram, Treasurer

Income & Expenditure Account		
	2022	2021
	£	£
Income		
Advertising	8,718	8,099
Readers Contributions	2,692	2,062
Postal Fees	172	158
Interest	19	1
Sundry	400	0
Total Income	12,001	10,320
Expenditure		
Printing	9,727	10,349
Other Expenses	640	130
Total Expenditure	10,367	10,479
Surplus/(Deficit) of Income		
over Expenditure	1,634	(159)
Year End Funds	8,644	7,010

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Tel: 07765 068556

Or contact Penny Russell at penny@flemons.co.uk



Cwm Connell cottages

Emma and Alex Mitchell have moved from Easton to take over Cwm Connell cottages near Cardigan in Pembrokeshire, and we had a glorious week's stay. There are lovely views and the Coast Path and beautiful sandy beaches nearby. Our newly refurbished cottage was ideal, with a hot tub and sauna. Dogs are welcomed and well provided for, including a dog field.
<https://www.cwmconnell.co.uk>
Theo and Judith Mezger

Local monthly information

Itchen Valley area waste
Collections are on Fridays:
Black and brown garden bins on
10 and 24 February
Green bins on 3 and 17 February
Glass boxes on 3 February
Hampshire Farmers' Market in Winchester
Sundays 9am - 2pm. 12 and 26
February
Full Parish Council Meeting:
On 2 February at 7pm (IA&AVH)

Bus information

67 Bus operated by Stagecoach.
To Winchester:
Monday and Thursday
(Sch) 8:20 9:23 13:53 16:23 17:23
(NSch) 8:23 15:23;
Tuesday, Wednesday and Friday
(Sch) 8:20 09:23 11:53 13:53 16:23 17:23
(NSch) 8:23 9:23 11:53 13:23 15:23 17:23
Saturday 08:23 11:23 14:23 17:23
To Alresford:
Monday and Thursday
(Coll) 11:49 15:19 17:11 18:09
(NColl) 11:49 15:19 17:09 18:09
Tuesday, Wednesday and Friday
(Coll) 09:49 11:49 13:19 15:19 17:11 18:09
(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. George Canning. He was Prime Minister for the last 119 days of his life, from April to August 1827
2. Indonesia.
3. Masada Airport in Israel. It lies next door to the Dead Sea. (1240 ft below sea level.
4. Winchester College.
5. Cumulonimbus.
6. Usually shortened to Llanfair PG, its a small town on the Isle of Anglesey.
7. It was a flightless bird endemic to the island of Mauritius
8. David Copperfield by Charles Dickens.
9. The clock tower of the Houses of Parliament containing Big Ben. It was originally the Clock Tower but in 2012 to mark the Diamond Jubilee.
10. 22 yards. In days of yore, a piece of rope was not a reliable means of measuring length as it could stretch. A chain was used instead. The official length of a "chain" was 66ft. (22 yards). The British invented cricket and the rest is history!
11. A tea towel.



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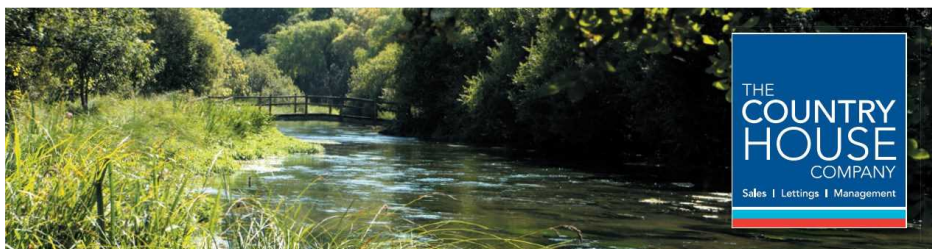
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