



# ITCHEN Valley News

Issue 111 April 2023

Avington, Easton, Itchen Abbas, Martyr Worthy and Abbots Worthy



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# WELCOME to the Valley News

After what seems like a relentless winter, nature is now emerging, from its cold cocoon. A couple of afternoons ago, at Chilland, we heard our first Chiffchaff, so Spring is definitely in the air!

One can't help but feel energised at this time of year so why not try your hand at some of the many amazing things that take place in the Valley? This edition of the News covers basket weaving (page 12), tap dancing (page 14) and historic meets of the South Downs Bloodhounds (page 23) - now there's contrast for you!

We look at two local venues - Guy Green, kicks off our new series on the history and make up of our village halls by looking at Martyr Worthy Village Hall (page 11) while Beth Allen tells us about The Barn at Avington (page 16). Read too the inspiring story (page 7) of Red Radish, the UK's top event catering company, whose owners Wayne and Lucy live in Easton.

King Charles III's coronation is coming up - see What's On for information about upcoming celebrations in Itchen Abbas, Avington and Easton. We highlight some beautiful local gardens to visit as part of the National Garden Scheme and review SIN, the engaging new exhibition at The Arc in Winchester (page 16).

Nick Owen covers Andrew Micklefield's installation as Honorary Canon of Winchester Cathedral (page 28) and our new thread - Valley Viewpoint - offers thoughts on friendship in the age of social media by a Valley teenager (page 35). If you have a viewpoint on anything you'd like to share, please write in.

Soon we'll all be able to spend more

time outside, which will be a tonic. For those of you with green fingers,

'Valley Gardeners' (page 25) offers tips on pruning and the best roses to plant. If, like us, you have a desk job, we hope you can make regular forays outside during your working week 'whatever the weather', as Sophie Rogers wisely advocates. Indeed, in light of Sophie's fascinating article (see 'Our Wild Valley' on page 31), perhaps more of us will be seeking out waterfalls this Easter?

Next month's editor is Verity Coleman.

*Nathalie and James*



## Itchen Valley News

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## What's On

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### **Friday 31 March** **Lent Lunch at The Farmyard**

12 noon - 2pm at Easton SO21 1EQ, in aid of Hampshire Medical Fund. Everyone is welcome at this community event.

### **Thursday 13 April** **Charity Dog Walk in aid of Home Start Winchester**

10.30am at Kilmeston Village Hall SO24 0NW. For more information call 07776041574 or email [info@home-startwinchester.org.uk](mailto:info@home-startwinchester.org.uk)

### **Sunday 23 April** **NGS Open garden: Terstan**

2pm - 5pm at Longstock, Stockbridge SO20 6DW. Admission: £5.00. Children free. Home-made teas.

A garden for all seasons, developed



over 50 years into a profusely planted, contemporary cottage garden in peaceful surroundings. There is a constantly changing display in pots, starting with tulips and continuing with many unusual plants.

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<https://findagarden.ngs.org.uk/garden/22660/terstan>

### **Thursday 27 April** **Annual Parish Council Meeting** 7pm at Itchen Abbas and Avington Village Hall (see page 32 for more detail).

### **Wednesday 3 May** **Befriend the End**

2pm - 3pm on the first Wednesday of every month with a new group starting on 3 May. For further information see flyer (page 20) and article (page 12).

### **Sunday 7 May** **The Coronation Big Lunch**

12 noon - 3pm at Itchen Abbas and Avington Village Hall. All details in the flyer on page 6.

### **Monday 8 May** **Coronation lunch at Easton**

12 noon - 4.30pm at Easton Village Hall. All details in the flyer on page 6.

### **Monday 8 May** **Coronation lunch at West Hill, Avington**

Details to be circulated shortly

### **Wednesday 10 May** **Garden and Craft Fair**

10am - 4pm at Upper Farm, Down Farm Lane, Headbourne Worthy, SO23 7LA. Entrance £5. In aid of Winchester Go LD, which supports adults with learning difficulties. Ample parking available on site. Sorry no dogs. Home-made lunch.

Gardening inspiration and fantastic shopping with plant nurseries, artisan and homeware products, fashion accessories and delicious food.

*Elisabeth Colquhoun (member of the fund-raising committee)*

## Sunday 21 May

### NGS Open garden: How Park Barn

2pm - 5pm at King's Somborne, Stockbridge SO20 6QG. Admission: £5.00 children free. Card Payment available. Home-made teas.



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## Now until 31 July 2023

### Hampshire Young Poets Competition

Entries are now open in the annual Hampshire Young Poets Competition.

The theme this year is 'Home' and young people who live or study in Hampshire are asked to write a poem of no more than 14 lines about what my home means to them, whether as a place or found in the people who matter most.

There are three different age categories: 4-7, 8-11 and 12-16 years. Entry is free. There will be National Book Token prizes for the winners.  
[hampshireculture.org.uk/hantsyoungpoets23](http://hampshireculture.org.uk/hantsyoungpoets23).

## Our New Treasurer

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A warm welcome from the IV News Team to Michael Smith as our new Treasurer. Michael has volunteered to take over from Henry Labram. But first of all, huge thanks to Henry for his sterling work. We are most grateful to Henry for his support and wise advice over the past four years. He has always been enthusiastic about the IV News, and the special contribution that it makes to our community. He plans to continue to contribute material for future editions.



Michael has lived in Itchen Abbas for about seven years with his partner Jean White. Following his retirement as a business consultant, latterly based in London, he is now keen to become more involved in our Valley community. With a Masters degree from the London Business School, he is more than well-qualified for this new role!  
*Ed.*



**Monday 8th May, from 12 noon until 4.30pm Easton Village Hall**

Join us for a street party-style celebration of the coronation of King Charles III, with the facilities (and wet-weather guarantee!) of the village hall.

**scarecrow competition • hog roast / vegetarian quiche lunch  
teas & cakes • cash bar • activities for children**

The event itself will be free of charge and all are welcome to bring their own food and drinks if preferred.

To attend and/or participate in the scarecrow competition, use the link or QR code below to answer our short survey to inform planning and purchase lunch tickets, if desired.

Link: [bit.ly/EastonCoronation](https://bit.ly/EastonCoronation)



## The Coronation Big Lunch

Itchen Abbas and Avington Residents  
are invited to the Village Hall on  
Sunday May 7th  
12 noon-3pm

Bring your own Picnic and Rug!  
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Adult and children's competition

**Free event**

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## Itchen Valley Entrepreneurs

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Many of us enjoyed watching or participating directly in the fabulous celebration which took place in London last year to mark the Queen's Platinum Jubilee. It all ran like clockwork and everyone involved seemed to be having a wonderful time.



Did you ever stop to think how many people it took to organise and run that event? From security staff to set riggers to policemen and women, rubbish collectors, journalists, health and safety people, and medics, it involved hundreds of support staff, not to mention the A-listers among celebrities and the media. And did it cross your mind how they were all fed? It so happens that Easton's very own Red Radish, run by Wayne and Lucy Brown, had something to do with this, and with many other significant cultural and sporting events, so we were delighted to be able to chat with them and report back for the IVN. Read on - theirs is an inspiring story.

### **So what exactly does Red Radish do?**

Red Radish provides often huge volume catering for events such as music festivals (Glastonbury,

Boomtown, British Summer Time and countless others); live shows such as Cirque de Soleil; films and TV shows such as BGT, I'm A Celeb, Top Gear and The Silk Route, X-Factor (5 years of live shows and judges' houses) and The Crown; sporting events like the Rugby World Cup as well as royal events such as the Queen's Platinum Jubilee, Prince Philip's and the Queen's funerals and, coming up, King Charles' coronation. They operate throughout Europe and occasionally further afield.

### **How did it all begin?**

Well, Wayne and Lucy were frankly a bit bored. Wayne, who grew up on a tough Tottenham estate and started work at the age of 14, had retired to the South of France with Lucy where they were hanging out, bringing up their five kids, entertaining a lot in their own home and frequenting a sleepy tennis club in Grasse. Not being ones to sit around for too long, however, in 2008 when friends (who had begun to notice the combination of Lucy's excellent cooking and Wayne's conviviality) suggested the couple take over catering at the club for a four month summer stint, thinking it could be a bit of fun, they agreed. Before they knew it, their modern-British, home cooking (where even the chips were made from scratch), was proving incredibly popular. After three successful months, exhausted (and still on a very steep learning curve), they were asked to cater for private parties at the Cannes Film Festival, including a very special dinner party for Nicole Kidman where the host herself told them it was the best meal she'd ever had in France. Soon afterwards, they got a call from



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Glastonbury and their festival ball really got rolling.

### **What was their big break?**

Wayne and Lucy had never been to Glastonbury (or to any music festival) but are clearly people who relish a challenge. Catering 'in the field' presented new and complicated logistical challenges which they met with determination and inventiveness. Soon they were to become 'the' festival caterer, servicing 40 festivals over their annual three to four month cycle - in 2018 they had eight in a single weekend. They have won the Festival Caterers Award multiple years in a row. But their big break was Cirque de Soleil. Originally engaged for one gig, they ended up catering for two different shows in 48 countries three years, with their longest between-show drive being from Tenerife to Romania. This was a baptism of fire but it taught them an incredible amount.

### **When the pandemic hit, Red Radish performed an impressive pivot - how?**

During Covid, the festivals, films and live TV shows were all cancelled. By then they had a warehouse and base near Basingstoke and again, not being the kind of people to sit around and twiddle their thumbs, they took the decision to apply their resources to feeding local nurses. A call from the UK government ensued, asking them to cater for the many homeless who had

been taken in off the streets. Within four days they were feeding 2,000 people three meals a day across London. Within a week it was 6,000. They were flat out 24 hours a day and Wayne slept in a van on their Basingstoke premises. The 12 week initial contract went on to last two years and Red Radish received letters of thanks from everyone including the Mayor of London.

### **How did Wayne and Lucy land in Easton?**

They got to know the area through their work at CarFest initially, and then Boomtown. Lucy had grown up near Poole (she is a former British windsurfing champion) so when they felt it was time to move out of London



this area proved to be a very convenient location. One day Lucy found herself driving through Avington and was smitten, so when Paidon came up for sale they snapped it up, having instantly fallen in love with the house. It later

turned out that the couple knew a member of the Ross Skinner family. They've never been happier and have already made some good friends in Easton.

### **What's on the horizon for Red Radish?**

Covid also prompted them to set up a new line of business: they now distribute packaged food from a base in Hounslow which Wayne describes as "a bit like a giant Deliveroo". This enabled them to keep going whilst live events were still affected by the pandemic and

is proving increasingly popular. Nimble business moves like this have enabled



Red Radish to keep flourishing but, as Wayne says “it’s hard running a business.” Their kitchens are Environmental Health Officer(EHO) inspected every week, the new rules on food labelling are a minefield and many more dietary requirements need to be catered for as standard. Paperwork, risk assessments and staffing mean that “the bigger you get, the harder it is.” Which all adds to the challenge. But they’re excited about what lies ahead as they’ve learned that ‘you never know what’s around the corner.’ Certainly, the heady mixture of moments such as Bert Bacharach serenading you with “What the World Needs Now” and the fun of serving mac ’n cheese out of a van at Boomtown keeps them energised and engaged.

### **To what do they attribute Red Radish’s success?**

To the food. “Food brings people together” and, with a large family, Wayne and Lucy’s homes have always played host to large gatherings. Lucy’s love of good, solid, home-cooking, which she learned from her Mum and Grandmother, led them to produce food which was different to the usual catered fare. Nourishing, simple dishes such as spaghetti bolonaise, shepherd’s

pie and toad-in-the-hole, all prepared from scratch, served in a homely atmosphere are what sets them apart, although now they have added the full gamut of worldwide cuisine. But it’s also clear that for Lucy and Wayne, who have been hands-on throughout, working alongside their growing family of ‘Radishes’ (as their staff have come to be called) has meant a lot of very hard graft. It’s often a 4am start on film sets and festivals can go on through the night.

So perhaps it’s this combination of ability and hard work, as well as what Wayne refers to as “having a lot of breaks” that’s been this successful business’s particular alchemy. But we think there is something else too - one could call it good karma.

*Nathalie Paterson*



### **Coronation memory**

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This photo is of a coronation lunch held at The Bridge Inn, Port Sunlight on The Wirral. I’m at the far right hand end of the table, aged five. The photo also includes my Mum and Dad, three brothers and baby sister and some other residents of Bridge Street.

*Steve Percy*

## History of Martyr Worthy Village Hall

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What was originally known as Martyr Worthy Parish Hall was built in the early 1900s by Captain Charles Fryer,



whose family had owned Worthy Park (now Princes Mead School) since the 1820s, as a gift for the benefit of the village. This was formalised in the 1950s by his daughter, Katherine Butchart, who transferred the land on which the hall was built to three trustees to hold on behalf of the village. In 1982 the trust was formally constituted and registered as an independent charity at the Charity Commission.

Under the constitution, the trustees are precluded from taking part in the management of the hall, which is the responsibility of a management committee. The committee is made up of volunteers elected annually at the AGM together with nominees representing St Swithun's Church and the Parish Council.

The committee meets every few months and delegates its main functions to individual members acting as chairman, treasurer and bookings secretary, as well as to others who are

responsible for the maintenance of the building and its surrounds. All provide their services for free, the only person paid being the hall cleaner.

Most of the building is original, the one significant addition being the storeroom that was built in the late 1990s. The building was re-roofed at about the same time, with the help of a millennium lottery grant. The main hall measures about 70 sq m and is equipped with kitchen, toilets, WiFi, disabled access and a recently installed defibrillator. The outside area is enclosed and has an all-weather artificial surface, which is safe for children.

As the website (<http://martyrworthyvillagehall.com>) says, the hall is an ideal venue for local groups, clubs, societies, and exercise and other classes, as well as for family and children's parties and smaller business functions. It also acts as a polling station. For 25 years it hosted the Riverbank Kindergarten and now is regularly used by art, yoga,



basketmaking, dance and mindfulness classes, as well as by the church, the Parish Council, the Royal British Legion and, of course, the local On the Way café.

The normal charge is £10 per hour, with lower rates being negotiable for regular users. Prior to Covid, the annual letting income was generally sufficient to cover all the usual running costs and to provide a surplus for larger improvements or other projects. This pattern was disrupted by the pandemic as well as the closure of the kindergarten, but is now being restored as more and more users discover what a great facility the hall



provides. One positive aspect of the disruption was the grant support available for village halls, which has left the hall's finances in a relatively healthy position.

Looking to the future and mindful of increasing energy costs and carbon emission targets, the committee has recently commissioned an energy efficiency audit in respect of the building and is currently reviewing the recommendations made.

For the present, the hall would welcome one or two additional regular users, to ensure that a facility that has been at the heart of the village for over a 100 years continues to be so for many years to come.

*Guy Green*

## Befriend the End

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Melissa Simm and Minna Bruce are Soul Midwives who trained with Felicity Warner. In essence, they are trained to help support those at the end of life in order to ease their passage. They also have a Hospice Nurse on their team.

Between them, they felt that there was a need for conversations around the end of life within a safe, supportive, non-judgemental and non-denominational environment. It is a difficult and emotional topic for some, which is why they feel these conversations, from which they aim to remove the fear and emotional charge, need to be had: "After all, the end comes to us all. We strongly believe that it doesn't have to be scary and help to empower people by giving them as much information as possible."

Their new monthly sessions at Alresford Library, starting on 3 May, will be run in conjunction with the Death Positive initiative that a few Hampshire libraries have started up. It is a free course for which Melissa and Minna volunteer their time and experience for the benefit of the local community.

For further information go to [www.soulmidwives.co.uk](http://www.soulmidwives.co.uk)  
*Ed*

## Basket Weaving

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Out go the tappers and yoga mats and in come the bundles of willow and bodkins - Martyr Worthy Village Hall certainly plays host to a wide variety of interests! My friend



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Georgina and I greatly enjoyed the one day 'Berry Basket Workshop' run by Louisa Brown there a few weekends ago, and I am very chuffed about my basket! Louise expertly led a group of eight of us in each weaving a berry



basket (I use mine for eggs) out of willow. I hadn't done any basket weaving since about the age of nine and the day was quite intense as there was a lot to do and learn in a relatively short time, with many different steps to making the basket. And willow weaving is actually quite hard work - one has to be very directional and firm with the willow shoots and try not to stab oneself with them or with the bodkin. We had great fun, though, weaving and chatting, and each of our baskets turned out slightly differently.

Louise runs different courses here throughout the year - check out her website for more details: <https://www.louisebrownbasketmaker.co.uk/>  
*Nathalie Paterson*

## Clubbing in the Valley - Tap

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I've always loved a bit of a boogie and having seen many of those fancy dance floor moves at Easton Village Hall parties, I know that many of you share my passion (with considerably more

skill)! Tap dancing as an adult was something I'd never considered as an option for me. Unlike my kids and their years of tapping at Easton Village Hall with Sally Stanyard and Viki Sarker, my tap skills were very poorly developed and the limited skill I had was gained over three decades ago. But I had heard a lot about the amazingness that was Viki from both of my kids. Viki even spent time with my eldest son helping him to train for professional dance auditions. So just imagine my joy when the wonderful Viki opened up an adults' beginners tap dancing class at Martyr Worthy Village Hall on Thursday evenings.

Viki trained at Trinity Laban Conservatoire of Music and Dance as well as with the Tap Attack England team. She is a twice world tap dancing champion! However, she is humble and the latter information I know only from reading online. Viki's dance focus is on you finding your joy in movement. Her choice of music (which spans Big Band to Blondie) is fantastic and it's just so much fun! Viki said "I truly believe that dance and performing comes from the soul. Nothing beats the feeling of the freedom that this brings."

You honestly don't need to have any skill to join in and enjoy tap with Viki. Just a bit of enthusiasm and desire to enjoy the music and have some fun. It really is a wonderful class and dancing is a great way to boost your serotonin levels, burn some calories, help work your brain and have a major giggle along the way! See you there?  
*Sharron Gordon*

Note: The front cover photo is of a recent tap class led by Viki.

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# SIN

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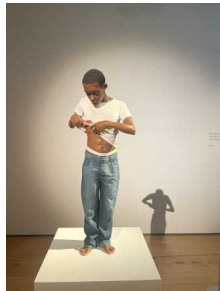
Well, with a title like that who could resist? We are so fortunate that this little gem of an exhibition has been



brought to The Arc in Winchester by the Hampshire Cultural Trust. With works of art that span centuries, the exhibition, which is organised in partnership with the National Gallery, explores the concept of sin in art in a unique presentation. The Arc is the third stop on an exclusive tour of four venues across the UK.

The exhibition space at the Arc is very peaceful, and the small number of top quality works invite the viewer to linger and observe the ever-changing representations of sin in European visual culture.

Women tend to get the blame in the early religious works (with two representations of *The Woman Taken in Adultery*, one by Rembrandt, 1644), and there is a wonderfully robust depiction of a drunken mother with the domestic



scene around her descending into chaos (Jan Steen, about 1663-5). These and others are joined by two highly significant contemporary loaned works, by artists Tracey Emin and Ron Mueck.

Sin is curated by Dr Joost Joustra, Ahmanson Research Associate Curator in Art and Religion at The National Gallery, London. Do take the chance to go and enjoy it and examine some of the ways in which complex theological ideas and depictions of 'sinful' everyday behaviour blur the boundaries between religious and secular art. It is open now until 14 May.

*Verity Coleman*

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## The Barn at Avington

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Robert Stent, of Park Farm, and I have collaborated to make The Barn at Avington a unique wedding and events venue. From the start we planned to make The Barn a different kind of venue - the main difference being time! Couples are given a week to set up and enjoy the venue, feeling stress-free and never rushed, and Robert's award winning holiday cottages provide the base for couples to make their wedding truly their own.

As the popularity of a wedding weekend with camping for guests grew, so has the popularity of The Barn.



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Couples have been excited to be able to gather guests for an extended length of time, especially after contact was limited during Covid. Festival themes with a party atmosphere, a focus on the outdoors and more of a relaxed vibe is what matters to couples at the Barn.



The stunning location alongside the Itchen makes The Barn a

magical hidden gem. Couples can get married surrounded by trees with the river flowing behind them. The farm also has The Quarry, an incredible outdoor space (also used for outdoor theatre and team building).

Adventurous couples are able to ramble through the fields of borage and quinoa, providing the most colourful backdrops for their photos.

A blank canvas venue can be daunting, but as events manager I am on hand to help with the planning and set-up.

With years of experience in the industry, I have the knowledge and styling

expertise to make the process calm and enjoyable.

The

industrial barn is transformed from wedding to wedding, never looking or feeling the same, but always perfectly reflecting the couple.

Beyond weddings, The Barn at Avington has hosted business

workshops, networking, birthday parties, yoga retreats and has been used as a filming location. The beautiful rural setting and industrial yet rustic feel makes it a versatile space for any event.

Beth Allen 07828843893

[beth@thebarnatavington.co.uk](mailto:beth@thebarnatavington.co.uk)

## Jackie's County Corner

**Council Tax 2023/24:** You will have received your Council tax bill for 2023/24 by now. The HCC part of your bill is the major one. HCC manages children and adults' social care, disposes of the household waste that we put out every week, and manages highways, libraries, country parks, many schools and the footpath networks. For 2023/24, the County requirement from each Band D household is £1,460.25. The lowest charge (Band A) is £973.50, upper (H) is £2,920.50. Other charges on your tax bill include the Fire, Police, City and Parish precepts which thankfully are much lower than the County proportion.

If you are struggling to pay your bills, please don't wait but please seek help as soon as possible. Citizens Advice or your housing provider can help.

Several additional provisions for (SEND) are being built on the sites of mainstream schools. This is good news, especially for younger pupils. Children with SEND needs often travel long distances to school; this can be distressing and tiring. The County is building more units to improve life for parents and children, but SEND numbers are still rising, so there's more to do to satisfy everyone's needs. If your child has





special educational needs, and you are concerned about which school your child will be moving to in September, please contact me by email.

The County Council holds decision days and one recent decision day in March had several items will be of interest to residents. One item was 'movable traffic enforcement' which allows the new wardens to act not just on parking breaches but other enforcement too. Take care: this may affect you in the Autumn when the County takes back their responsibility of Winchester's enforcement of on-street parking. The second item of local interest was the decision to continue with Cala's plans to close a section of Andover Road to traffic (probably until around 2025). I know this was not a popular decision for many, but I hope it will allow the site roads to build out now: they are in such a poor state at present. I have placed a link and comments to the paper on my website.

This paper included the decision to make changes to the B3047/A33 (Cart and Horses) junction in conjunction with National Highways as they construct the new motorway junction (but not until they build, so likely to be 2024-2027). I remain hopeful that some short-term safety improvements

will be implemented soon, but so far the Executive Councillor has not agreed to anything specific at the Cart and Horses, which is disappointing. Did you use the junction whilst the traffic lights were in place? What was your view of that potential solution? Many people thought it was a trial for traffic lights: it was not, but merely a safety issue for the work team as they renewed the popular section of path alongside the A33.

Talking of paths, a contractor has been chosen to mend the Millennium Walk in Alresford this summer! This is exciting news because it is so dangerous being plagued with holes for so long now. The path is so popular, but the river is teeming with creatures that need protection and cannot be disturbed. As a result, the work can only be done in July and August, so it may occupy much of the school summer holidays. I hope you'll agree that this needs to be done. The result should be a much more accessible path, still with a great place to feed the ducks by Autumn 2023.

Tree planting: HCC has been planting trees on highway verges. Many people are delighted but you can't keep everyone happy. Some residents don't want a tree, and some do. Request a tree at <https://www.hants.gov.uk/transport/roadmaintenance/roadproblems/tree-planting>.

To complain, go to <https://www.hants.gov.uk/transport/roadmaintenance/roadproblems/treehedge>

County Councillor Jackie Porter  
 Jackie.porter@hants.gov.uk. Tel /text  
 07973 696085. [www.jackieporter.co.uk](http://www.jackieporter.co.uk)  
 twitter @JackieLibDem



### **Sunday 2 April - Palm Sunday**

- 10am - Parish Communion - St Mary's, Easton
- 4pm - Café Church - Itchen Abbas Village Hall
- 6pm - Lent Choral Evensong - St Swithun's, Martyr Worthy

### **Holy Week**

#### **Monday 3, Tuesday 4 & Wednesday 5 April**

- 7.30pm - Compline - St Swithun's, Martyr Worthy

#### **Thursday 6 April**

- 7.30pm - Maundy Thursday Communion - St John's, Itchen Abbas

#### **Friday 7 April - Good Friday**

- 10am - Way of the Cross - Church Lane, Martyr Worthy
- 2pm - Last Hour - St John's, Itchen Abbas

#### **Sunday 9 April - Easter Sunday**

- 10am - Family Communion - St Mary's, Easton
- 6pm - Songs of Praise - St Mary's, Avington

#### **Sunday 16 April**

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

#### **Sunday 23 April**

- 8.30am - Holy Communion (1662) - St Swithun's, Martyr Worthy
- 10am - Valley Worship - St Mary's, Easton

#### **Sunday 30 April**

- 10am Parish Communion - St John's, Itchen Abbas

**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](http://www.itchenvalleychurches.org)**

## From our MP

---

I recently led an important debate on the future of electric vehicles (EV) in the House of Commons; a subject I know will be of interest to many living in these villages.

As you know, the Government has committed to phasing out the sale of new petrol and diesel cars by 2030 and wants all new cars and vans to be zero emission by 2035. So I posed the question: “are we ready and are we on track to meet this target?”

The debate arose in response to current concerns expressed to me, by constituents and local motor retailers, surrounding the cost and availability of new electric vehicles, as well as the infrastructure for charging them. I highlighted concerns surrounding a target of 300,000 EV charge points by 2030 and widespread disparities in the geographical distribution of them across the country.

Winchester is in the top 100 in the UK in terms of charge points per population but I wanted answers from the Minister, Huw Merriman MP, as to how the Government will meet its own ambitious target. And I called for further government grants to be made available following the closure of the ‘plug-in’ car grant scheme last year which saw a big spike in the number of new EV’s sold.

A large focus on the debate was on the worldwide shortage in supply of available vehicles and the almost complete absence (for understandable reasons) of a second-hand market in them at the current time. I pointed out that the average waiting time currently was seven months with many car manufacturers asking customers placing an order for a new EV to wait upwards of ten months. I also highlighted the high upfront cost of electric vehicles which I said acted as a “serious deterrent” to people

making the switch without significant spare resources in their household budget.

My sense is many people want to do the right thing, and make the switch, but the economics do not

stack up right now - and that’s if you can even source a new electric vehicle given the worldwide supply issues we face. So while I, and many of my constituents, back the phasing out of combustion cars as a move to support the commitment to being Net-Zero by 2050 there remain to my mind legitimate concerns that the 2035 target is attainable.

In reply the Minister said; “The Government are committed to decarbonising transport and to phasing out the sale of new petrol and diesel cars and vans by 2030, becoming the first G7 country to do so. The benefits of zero-emission motoring are there to be won; improved air quality in our towns and cities, economic growth through our automotive



industry, and ultimately cheaper and cleaner driving for all. Getting to that point will require Government and industry to furnish this country with an accessible, affordable and secure charging infrastructure network.”

To be fair, he acknowledged there was a lot to do but said there are “reasons to be cheerful”. I hope my debate focused on some of them while shining a light on some of the very real challenges we have to make the change. And it is a change that is needed given transport is the largest carbon emitting sector in the UK making up 27% of total greenhouse emissions with 91% of them stemming from vehicles. You can review, and watch back, the whole debate at [stevebrine.com/greenwinchester](http://stevebrine.com/greenwinchester).  
*Steve Brine MP*

## The Practical Gardener

---

I get two gardening magazines each month, one from RHS and one, a freebie, called Garden Answers. It's interesting that through recent months



they are full of brilliant summer gardens. I guess many of us try to make our gardens interesting all

the year round. Apart from bulbs, it's not easy to find flowering plants in early spring. I have one which has been a great attraction for bees even on the coldest days. We have to take account of quite cold weather and therefore I have delayed planting many things, early potatoes for example.

By contrast my inside spaces are a hive of activity. It's the time to pot things on, like tomatoes. I also have trays of peas and beans in the



greenhouse. I wait until about 100mm tall before planting out. Yet sweet

peas do tolerate some frost so mine went out in early March with a second sowing to follow.

My greenhouse has really benefited from being on the garage wall. The only negative is that it's a bit narrow but I had no choice. During April, I will remove the winter bubble wrap, carefully marking each piece so it can go back again in the autumn.

I have a section of lawn bordered by rather old shrubs. My plan is to have a straight border making it easier to mow. I dug the ground in the dry weather, sifted all the soil and removed the stones, so it's now ready for sowing. However, the project for lawn levelling has been put on hold. I'm fond of

geraniums and two rooms with big window sills have been home to these over the



winter. Most have flowered non-stop. These will eventually be planted again outside with a suitable time to harden off. I am awaiting my next package of perennials from Suttons which I deem good value.

One disaster was my cage in the vegetable garden. I should have removed the netting. When it snowed the whole thing collapsed. I will remember next time!

Happy Gardening  
Tony Gaster.

## The bay of bloodhounds in the Valley

---

A few weeks ago, walking on a Sunday morning, we came across a meet of the



South Downs Bloodhounds (SDB): what a glorious sight. As the members unloaded their horses from the lorries, I had time to chat to a few of them

to find out how a bloodhound hunt works. It turns out it has all the same exciting elements as a traditional fox hunt but, of course, without the possible bloody end for the fox, which is controversial to say the least. As the South Downs Bloodhounds strapline puts it, they are in the business of “hunting humans for fun”. It’s a grand day out for everyone taking part.

The SDB was formed in 2004 and the hounds hunt “the clean boot”; that is to say they hunt human runners that neither carry nor drag any artificial scent. It is quite literally the scent of the humans that the hounds are hunting. The runners are called Quarries, and they set off between 20 - 60 minutes before the hounds are “laid” on the line. Hunts vary in

distance, depending on the time of year and the amount of country available. There are usually three to five hunts in a day. The active hunting season starts around the end of August with training meets, which are very short hunts to get the new entries (young hounds) hunting with the pack. The start of the formal season is the Opening Meet, which is usually the second Sunday in October. Many of the hunts are in our area but the SDB does tour up in Scotland and goes as far as Dorset and Wiltshire in search of good sport.

We are used to the hunting “pink” coat (which is really red) worn by the foxhunting staff and officials, i.e. the Master and the Whipper In, whilst the field (the rest of those on horseback) wear black or dark blue jackets. The SDB hunt officials have adopted a mustard yellow jacket which is very fetching.

The bloodhound is a large scent hound, originally bred for hunting deer, wild boar and, since the Middle Ages, for tracking people. It is believed to be



descended from hounds once kept at the Abbey of Saint-Hubert, Belgium.

As for the riders, you don’t have to be a top-class equestrian to have fun and



be safe. There are plenty of jumps to attempt but always non-

jumping routes too. Outside the hunting season, the members repair and reconstruct jumps on landowners' property in repayment for letting the hunt use the land during the season. There are hunt balls and fun rides as well as dog and horse shows during the summer months. If anyone is interested in learning more about the SDB, here are the details: <https://southdownsbloodhounds.com>.

*Catherine Hahn*

## Easton & Martyr Worthy Cricket Club Update

Preparations at the David Roth Cricket Ground are in full swing for the outdoor season; our Groundsman (Lee Padwick) has been aerating, scarifying and seeding the square - and mowing the outfield. Rolling of the square starts in late March and Lee relies on Club volunteers for this important but time consuming activity. Lee's skills continue to be recognised by the Hampshire Cricket Board. He has just been appointed to the prestigious position of one of their official pitch advisors.

Weather permitting, outdoor training and friendly matches will commence in April. Women's and Juniors' League matches start after the Easter school holidays. The first Men's League matches are scheduled for Saturday 6 May. Our 1st team plays in Division One of the Hampshire Cricket League

and their first fixture is a home game vs Bournemouth CC.

The Club Welfare Officer is crucial for the functioning of any cricket club and we are fortunate to have Bruce Hansen undertaking this role. Bruce is responsible for the safety and welfare of all Junior (U18) members; and ensuring the Club complies with the Safeguarding Policies of the England



and Wales Cricket Board (ECB). It is necessary to check the credentials of all our Juniors' coaches and officials, which at the start of each new season requires parents to submit the information the ECB needs. Under these ECB Safeguarding regulations the Club is required to check we are complying with the policies and procedures every year; as such we are an accredited ECB Club Mark club.

In his other life Bruce is a teacher and housemaster at St Swithun's School in Winchester. He also regularly turns out

for the 3rd team with his son Eddie. Bruce is a steady medium pace bowler and Eddie dons the gloves to keep wicket behind the stumps and regularly bats in the middle order. Bruce's culinary skills are also called upon in his role of 'King of the BBQ'. On Friday evenings he oversees the cooking of burgers and sausages at the Juniors' training session, seemingly unfazed by a queue of players and spectators all hoping to be served simultaneously.

New members are welcome to join us across all sections of the Club; Juniors, Women and Men's cricket. Please use the contact details below - or on our website – to get in touch. Alternatively you are welcome to come and watch games being played on a Wednesday evening (Women), Saturday afternoon (Men) or Sunday morning (Juniors). [www.emwcc.com](http://www.emwcc.com).

Adrian Lee, Chairman  
leeadriancj911@gmail.com, Rhi Kerr,  
Juniors Manager juniors@emwcc.com,  
Lynda Gray, Press Officer  
ldaten453@aol.com

## Flowers of the Month



Normally we describe local flowers but this month we are showing some you could find if you visited Tasmania in February. Most of the flowers are now over, dried

up after a hot summer "down under" but the berries of the saltbush are welcome food for emus, there are still some orchids in the woods and masses of tea tree flowers on the hillsides. A

beautiful island with exotic creatures, "Devonshire" cream teas and excellent wines.  
*Simon and Dorothy Broadley*



## The Valley Gardeners: All about pruning and roses

The Valley Gardeners had two events in March. The first was a Pruning Masterclass held at Easton Village hall and our tutor was David Hurron.

David is a good friend of the club and a wonderful teacher and communicator so the 30 members present learnt an awful lot about the "art" of

pruning in the course of a morning's presentation and practical workshop.

For any gardener, pruning can be somewhat a mystery as different plants appear to need different types of pruning and at different times. However, David was able to demystify all this for us and separated groups of plants into those which needed pruning in the early Spring (so now!) and those which needed to be done later in the year; and he showed us how to cut stems the correct way and at the right place for maximizing new and healthy growth. We were also told the importance of keeping your pruning equipment sharp and clean



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and advised that leaving secateurs and other smaller cutting implements in a jar of white spirit allows them to clean themselves and remain poised for action.

All in all, it was a fascinating morning – with a pause for coffee and homemade cake at half time – all of which set us up for a satisfying and productive pruning season ahead.

The following week The Valley Gardeners welcomed Val Bourne to the Itchen Abbas and Avington village hall to talk to us about “Bombproof roses for the modern gardener”. Val is an organic gardener and therefore does



not use sprays to deal with black spot or other pests/diseases on her roses so they need to be very robust. She writes regularly in *The Telegraph* and many other well-known publications and we were the lucky beneficiaries of her many years of horticultural knowledge. She has been gardening since she was three, she told us!

Her first surprising tip was not to deadhead roses using secateurs. Rather to use one's thumb and forefinger to pinch off the faded bloom. I have never done that so I am looking forward to seeing the difference this makes this summer. Another good bit of advice was what to feed roses to maximise flowering and good health. Vitax Q4 was the answer, which is high in potash. Feed them in April and again in June/July for best results.

We should avoid high nitrogen food for roses. Val under-plants her roses with snowdrops and later uses companion plants such as *Astrantia*, *Geranium Orion Blue*, *Viola Cornuta* and others too numerous to list here.

All of Val's bombproof roses are new varieties bred in the last 30 years for robust qualities and disease resistance. Some of the roses highly recommended by Val were:

Champagne Moment, Sweet Honey, Olivia Rose, Lark Ascending, Vanessa Bell and Princess Anne. In Val's opinion, the very best book on roses is still *The Graham Stuart Thomas Rose Book* and if you are looking for a retailer for a specific rose, you may want to use this website: [www.roselocator.co.uk](http://www.roselocator.co.uk). It was a fascinating presentation and I can imagine many Valley Gardeners are about to acquire some new roses and look after them the Val Bourne way. I wish them beautiful and fragrant blooms.

Catherine Hahn

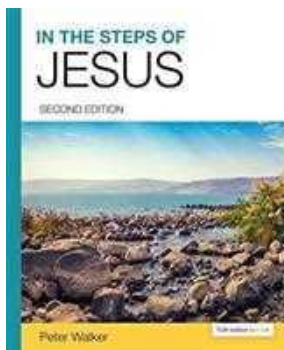
## Book Review - *In the steps of Jesus* by Peter Walker

---

Following Peter's excellent presentation and short videos on 28 February, I decided to buy his book.

Now I will confess I'm not that keen on religious books but this one is an exception. It's all about the Holy Land and places associated with the life of Jesus. There is a lot about the history of each place and many references to these from bible passages. It's a synthesis of bible history with easy to follow descriptions which make the whole thing come alive. You can almost imagine being with Peter in some of

these places. He links the towns with much of their historical significance in



an easy to read format. There are lots of pictures, maps and diagrams in support of the text. Peter has clearly made many

visits to this area and shares up-to-date information about what you can see today. I have found the whole thing fascinating and there is much I didn't know.

Some years ago, I made a business trip to Jordan, visited Petra and the Dead Sea. It was a very special experience. My business guide, a leading scientist, looked across the water and said: "that's our land over there": something I have never forgotten. I strongly recommend reading Peter's book. There is much to learn about the Holy Land. Maybe I am wrong to think of it as a religious book; it is much more than that.

The Itchen Valley is very fortunate to have such an interesting and knowledgeable rector!

Tony Gaster

## We Welcome

Ana Laterza and Victor Man who have moved to Dymoke Barn, Easton from Southampton. Ana is originally from Brazil and Victor from Romania.

Jude Mezger

## Andrew Micklefield installed as Honorary Canon

On Sunday 12 March, our former Rector Andrew Micklefield was installed as an Honorary Canon of the Cathedral during a choral evensong service. He was accompanied by his wife Fiona and son Daniel. Andrew is currently Vicar of the Parish of the Resurrection in Alton and many of his congregation were there, as well as several from the Itchen Valley Parish, to support him. The beautiful service, sung by the lay clerks and boy choristers, was led by Bishop Debbie Sellin, the Bishop of Southampton.



*Left to right: Bishop Debbie, Gary Carpenter (financial officer of the Cathedral being appointed a Lay Canon), Revd Angi Nutt and Revd Andrew Micklefield and The Dean of Winchester Cathedral, The Very Revd Catherine Ogle.*

Honorary Canons of Winchester Cathedral are appointed in recognition of their services to the Diocese and must be in Holy Orders in the Diocese. They number not more than 20 and are members of the College of Canons, where they meet three times a year and bring their knowledge and experience of ordained and lay clergy

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to the Diocese. Honorary Canons are different from Residentiary Canons who are responsible, under the Dean and Chapter, for the day to day running of the Cathedral and its services.



Andrew was appointed Vicar in Alton in 2014, following five successful years as Rector of the Itchen Valley Parish, when he oversaw the merger of the four village parishes and many other improvements. He has also been Chair of the House of Clergy in Winchester Diocese and a member of the General Synod of the Church of England, playing a prominent and important role in the affairs of the Diocese, as well as growing a reputation for skills in communication and love of people, all of which must have made him an ideal candidate for this new role.

*Nick Owen*

## A Week to Remember



“A week is a long time in politics”, they say. We saw evidence of this on several occasions during 2022. And what’s true on the national and

international level can be equally true

in our own personal and family lives - especially when sudden bad news sweeps across our path, or even just in the extra-busyness of fast-paced modern life. So much can happen in seven days, that we can scarcely remember what we were doing a week ago!

The same can be said of the week now known as ‘Holy Week’. It all seemed to start so well, full of promise, as this popular figure from the north was ushered in by the exuberant crowds into their nation’s capital city. “Surely this is the time,” some will have been saying, “when we’ll be able to overturn our government, and get rid of the hated enemy forces who have been oppressing us for so many years!” Yet, some five days later, it all seemed to have ended in tears. The powerful life of their Galilean hero had been snuffed out in a barbaric fashion. He was dead, and so too were all their hopes. Two days later, so some of them became convinced, there was a seismic shift. Rumours were spreading that their hero was not dead, but had been seen again—powerfully alive. And with that, their hopes were reborn and their lives transformed, as they came to terms with this new reality: “We have a new King!”, they were soon proclaiming. “The old order has gone, the new has come!”

We can look at this famous last week of Jesus’ life from so many different angles - personal or spiritual, political or religious. This means that each year, as we go through this ‘holy week’, we may see something entirely different from the previous year.

So who knows - as this year we are conscious of so much unrest and

upheaval in our world, and as we look forward in our own nation to the coronation of a new king, what we may discover as we go back, in our hearts and minds, to ancient Jerusalem?

The complete range of services for Holy Week and Easter are on page 20, and you are most welcome to join us at any of them. The services in Easton will feature a donkey (on Palm Sunday) and Easter eggs (on Easter Sunday). Or you might prefer something more reflective when, on Good Friday, there is the opportunity to follow the 'Way of the Cross' in Martyr Worthy or to listen to Jesus' 'seven words from the cross' in St John's, Itchen Abbas, later that afternoon. May I wish you all a very Happy Easter: it is indeed a powerful week to remember!

With best wishes and prayers  
Revd Peter

## Our Wild Valley - From puddles to waterfalls: science and delight.

---

Clumps of frogspawn up in the woods were a delight to find and spot in our cold March. We hope in one way the



rain will last and they have time to develop into froglets. As tadpoles grow so their diet changes from firstly eating their egg sac,

then algae and bigger plants, then to eating anything that comes their way, and lastly as a frog they eat mostly small insects and animal life.

Magic in an egg sac - we enjoyed looking at the tiny dots inside,

imagining all the life held there and how it could survive best - we thought by being in the middle of the puddle, to avoid being eaten or trodden on was a good start.

Waterfalls, the opposite extreme of a muddy puddle, can help to make us feel better. In a Ramblings podcast from 23rd Feb 2023,



Claire Balding mentions that being around waterfalls can benefit us physically and make us feel better. In and around a waterfall water molecules bounce around and become positively charged. This makes the air molecules negatively charged. According to Pierce Howard Ph.D., author of *The Owner's Manual for the Brain: Everyday Applications from Mind-Brain Research* "negative ions hitting our bloodstream can produce biochemical reactions linked to alleviating depression, relieving stress, and boosting energy." Howard believes that high concentrations of negative ions are crucial to initiating high energy and a positive mood. The most beneficial ratio of ions exists near waterfalls, particularly before and after storms, whereas the worst ratio is found in enclosed spaces. This can add to the belief / theories that many of us feel better in the outdoors and are in general happier and healthier.

We enjoyed our tadpole puddle searching mission and hope that everyone is finding their own outdoor joy this Easter time, whatever the weather.

Sophie Rogers

## Easton WI - Recycling to help the environment and the Winchester Food Pantry

---



Our March meeting was all about recycling with Caroline Kirkman (pictured) from Itchen Abbas explaining how we can recycle efficiently and how

we can use less, what we can stop using, and in some cases repair, re-use and re-purpose: wax wraps instead of clingfilm, paper bags instead of plastic ones, [www.recyclenow.com](http://www.recyclenow.com) explains where to take specific items for recycling in local areas. Aluminium foil, drinks cans, wine bottle tops etc, are taken to local scrap dealers and the Hampshire Air Ambulance benefits from this recycling.

Cans can be recycled to be re-used in just 60 days. The 'Every Can Counts' campaign is working with a range of organisations to provide drinks can recycling bins to help recycle wherever we are: at work, college, festivals or other events. The government is working to start a deposit return scheme for plastic bottles and Tesco has bins for ink cartridges, water filters, batteries, plastic bags etc while the Salvation Army bins take clothing and shoes.

Caroline volunteers at the Community Food Pantry, Unit 12, Winnall Valley Road, which aims to support and encourage families who need help to manage and budget their shopping.

Once registered, they pay £5 for a £15 shop which at the moment can be twice a week. Fresh fruit and vegetables, baked goods and frozen foods are available through donations from the supermarkets and the public.

Our next meeting will be on Thursday 13 April at 7.00pm in Easton Village Hall.

*Sallie Peake*

## From the Parish Council

---

An important date and time for your diaries, the Annual Parish Meeting will take place at 7pm on Thursday 27 April in Itchen Abbas and Avington Village Hall. As has happened in recent past years the meeting will start with a short talk by a guest speaker.



This year we have Terry Norton Deputy Police and Crime Commissioner for Hampshire. Hopefully he will be able to give us some guidance on two issues that are too often prevalent in the Valley, break-ins, especially to parked cars, and speeding. After that will follow the formal part of the meeting with reports and an opportunity for you to ask questions. Also keeping to tradition, drinks and nibbles will be provided before the meeting.

While still on the subject of speeding we have again supported the principle of the "20 is Plenty" campaign. However following your responses last year we have added that within the Itchen Valley a maximum of 20 mph overall is not appropriate and on parts of some roads, for example the B3047, higher speed limits are more appropriate.

Another area of crime that has recently become more prevalent is fly tipping. To see how this problem can be addressed Gary Brown the Fly Tipping Officer is coming to talk to us at our Full Council Meeting 7pm on 30 March. Like the APM the venue will be the Burge Room at Itchen Abbas and Avington Village Hall. Please report any fly tipping you see and if by chance you see the vehicle involved please try and record the number. An important point to note is that if the material is on the side of the highway it will be removed free of any charge, however on private land, including Parish Council land, it is the owner's responsibility to remove it. Recently tyres dumped in Couch Green car park had to be taken to Mitcheldever for disposal and there was a charge for this.

Grass is now beginning to grow and a reminder that cutting at Couch Green will be reduced this year. Walking areas round the perimeter will be kept short but elsewhere, while the main football pitch is out of use, grass will be allowed to grow longer.

We are coming to the end of a four year term and the majority of the present Parish Councillors have agreed to continue. If a vacancy does occur and you are interested please let us know. It is quite a commitment with at least one meeting a month and for most of us more likely two, three or four and in some instances more than that. For those who do not want or cannot make that commitment there is an alternative way to be involved. You can join in the practical work carried out by one of our two working groups: Rights of Way and the Environment. Practical help is needed to keep our extensive network of footpaths and bridleways open in the summer.



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Although the Lengthsman can do some of the work funding and time are not sufficient to cover all that is needed. If you wish to escape from your laptops and paper work and get out in the fresh air for some healthy exercise come and join one of our Working Group events. Please let us know you are interested and we will let you know what is happening, where and when.

Hope to see as many Valley residents as possible at the APM on 27 April.

*Patrick Appleby, IVPC Chairman.*

## The Valley Quiz No. 12

1. This much-loved opera has three names. The two lesser known are "The School for Lovers" and "All Women do this." What is it more normally called?
2. What, or when, are the Ides of March and what historical event is it most closely associated with?
3. What colour was Thomas's friend Henry?
4. What world changing event occurred in Egypt on 17 November 1869.
5. On what island, after Lent, do you find Moais?
6. What national flag consists of equal horizontal blue over yellow stripes? What do the colours symbolise?
7. Who said, and about what, "You can have any colour you like as long as it is black."
8. What do the rivers the Nile, the Rhine and the Yenisei have in common?
9. One British bank note features an artist, a ship and a lighthouse. Who

was the artist, the name of the ship and the location of the lighthouse. (They are all linked!)

10. What nationality was the musician Delius. (For a bonus point, where was he born?)

## Valley Viewpoint - Philia

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According to C.S Lewis, “Friendship is the love dismissed”; it is the love which, in the modern world, is somewhat forgotten and taken for granted. It isn’t, in accordance with Aristotle’s categorisation, a relationship of pleasure or utility, but rather it is a ‘friendship of the good’, based on mutual respect and admiration for each other’s values and a strong desire to assist the other person upon a recognition of an essential goodness in them.

The cultivation of such a connection, amidst our consumerist society is becoming increasingly difficult. Indeed, as the fox from Antoine de Saint-Exupery’s *Le Petit Prince* profoundly remarked: “The only things you learn are the things you tame [tame meaning to make ties or connection with]. People haven’t got time to tame anything. They buy things ready made in stores. But since there are no stores where you can buy friends, people no longer have friends.” If, as Aristotle argued, cultivating meaningful and soulful connections is imperative for our flourishing, what he called ‘eudaimonia’, can such flourishing take place under “the digital exchange of information and images otherwise known as contemporary friendship”? In *Time and Intimacy: A new science of personal*

*relationships*, J.B.Bennett concluded that the “quick, unobstructed access to one another” as “the dominant mode of communication” has eclipsed “the natural reaction to have a conversation or spend time together”. Likewise, in their book *Unreal Friends* D. Cocking and S. Mathews argue that in some cases internet friendships actually replace friendships we might well have had in real life.

This being said, in his article ‘The reality of friendship within immersive virtual worlds’, N.J Munn claims that “shared activity is the core element of friendships” and thus “friendships can form in immersive virtual worlds as they do in the physical world.” Social media, for example, “allows friends to share distinctly human activities such as conversation and exchange of thoughts, mutual development of ideas, making art and playing games” (A. Elder, *Excellent online friendships: An Aristotelian defence of social media*). Another argument follows the deliberateness of communication. In his book *Real friends: How the internet can foster friendship*, A. Briggie argues that the mediated nature of online communication promotes the “courage to be candid” - an active seeking out of a conversation which is perhaps absent in many oral interactions, for instance, bumping into someone you know and making small talk. However, the point may be raised that insincere and passive interactions take place in the virtual sphere too. For instance, the feeling of obligation, both induced and promoted by social media platforms,

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when it comes to wishing your friend a happy birthday on your Instagram 'story', maintaining your 'streaks' on Snapchat and the pressure to respond immediately after the ticks have turned blue on WhatsApp. Such interactions cannot possibly constitute an active cultivation of friendship.

I think it's important to consider the quality of our relationships. Whether online or off, ask yourself whether the bonds you forge are transactional, founded upon utility and dependent on the external circumstances of your communication, or whether they qualify as steps towards or in support of 'friendships of the good', founded upon an admiration of the essential goodness in another and an active will to cultivate a deeper and more meaningful connection with them. In either case, the latter should not be allowed to be eclipsed by the former.

*Antonia Paterson*

## Eco-friendly insulation

---

I think most of us who live in older houses believe they could be better insulated. We're certainly told this by the Government who want all homes in the UK to have an energy efficiency rating of C or above by 2035.



beams - striking to look at but, as a

result, always too cold in the winter and too hot in the summer.

We didn't want to put the ceilings back and after a bit of Googling, it became apparent that we could retrofit insulation panels inside the bedroom and then plaster over them.



We could have used the usual PIR boards but wanted to see if there was a more environmentally-friendly alternative. Through her business Architects.net, Nathalie knows a number of architects with expertise in Passivhaus/sustainable building, one of whom recommended STEICO wood fibre boards.

The boards, which have been in manufacture since the 1980s, are made from coniferous wood which is broken down by steam and mechanical treatment into individual fibres. These are then shaped and pressed resulting in boards that are extremely light for their thickness. They feel like fluffy MDF, but without the chemicals.

In terms of thermal insulation, they act differently to PIR. Rather than simply reflecting heat, they slowly absorb it when it's warm and then emit it back when it's cold, resulting

*Continued on page 40*

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A photograph of a white teacup and saucer with a floral pattern, sitting on a wooden table. A large, semi-transparent teal circle is overlaid on the image, containing the title and introductory text.

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*By Alison Scott*

in more even temperatures throughout the day and night. They are also naturally breathable and help regulate moisture content in the room - you do need to use lime plaster though.

We decided to install the boards ourselves and, several weekends up a ladder later, were very happy with the results. We've not done any scientific readings but have noticed the rooms are much more comfortable to be in!

*James Paterson*

## Local monthly information

Itchen Valley area waste collections: Black and brown garden bins on Fridays 7 and 21 April. Green bins on Saturday 15 April and Friday 28 April

Glass boxes on Friday 28 April  
**Hampshire Farmers' Market in Winchester**

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Monday and Thursday

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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. "Così fan Tutte" by Mozart.
2. 15th March. Julius Caesar was assassinated on the Ides of March in 44 BC.
3. Henry was a green mixed-traffic tender engine who works on the North Western Railway.
4. The 120 mile long Suez Canal was opened. It reduced the distance by sea from London to Singapore by about 3500 miles.
5. Easter Island in the South Pacific. Moais are large megaliths or statues found on the island.
6. The blue and yellow Ukrainian national flag symbolises blue skies over golden yellow wheat fields.
7. Henry Ford, founder of the Ford Motor Company. It refers to the Model T Ford.
8. Unusually for a river, they all flow northwards. The Yenesei, in Siberia, is the world's fifth longest.
9. The artist is J M W Turner, the ship is The Fighting Temeraire and the lighthouse is at the end of Margate pier. They appear on the £20 note.
10. Frederick Delius was English, and born in Leeds.

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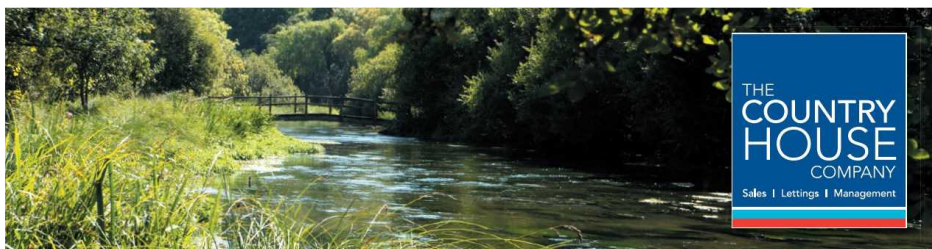
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