

A close-up photograph of a woven wicker basket filled with a variety of tomatoes. The tomatoes range in color from bright yellow to deep red, with some showing green stems. The basket's texture is visible in the background and foreground.

ITCHEN Valley News

Issue 117 October 2023

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

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WELCOME to the Valley News



The 'season of mists and mellow fruitfulness' is upon us again. Fruit and nuts are ripe, ready

for harvesting from hedgerows (and some gardens) and, if that's your thing, preserving in jams, jellies and chutneys, or in the freezer.

We have a piece on 'Where to forage in Autumn' (see page 31) looking at what's available from our hedgerows at this time of year. A point worth emphasising - you should always be 100% sure of what you're eating before you put it in your mouth: "never munch on a hunch."

See too 'Glut to Gut' on page 33 for a recipe for fermenting and preserving chillies - good for your palate and your gut.

We have another Wonderful Walk on page 10. There's still time to do this before the clocks go back at the end of October and the evenings start drawing in. But when that happens, there'll be plenty happening in the Valley to entertain you: have a look at What's On for an amazing array of talks and events happening throughout the month.

We're lucky to have access to so much culture and interest in the Valley and nearby Winchester. Witness just one example: the wonderful Georgia O'Keeffe exhibition at The Arc, reviewed on page 9. If that's not for you, there's a thriving community of gardeners up and down the Valley along with events, advice, visitor

attractions (see pages 14-18 and 24).

And if that's not your thing either, there's always the quiz on page 23!

Sadly this will be our last issue as editors. We've loved working with the rest of the Editorial team over the last two years. All are passionate and committed to making your News the best it can be, but we can only edit what's contributed. So if you've got anything you'd like to write about, or if you just like writing, please email the team at itchenvalleynews@gmail.com.

Next month's editor will be Catherine Hahn.

Nathalie and James

Itchen Valley News

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What's On

You the Jury with Diane Janes **Monday 2 - Friday 6 October,** **Wessex Learning Centre**



Join crime author, Diane Janes, for an immersive experience where you'll form a 12-strong Jury to assess historic murder cases,

consider the evidence alongside your peers, reach your own verdict and then decide whether justice was well served by the historical outcome.

www.winchester-cathedral.org.uk/whats-on

Unspoken Stories: Tales from the Street with Donna Jones **Wednesday 4 October at 7.30pm,** **Winchester Cathedral Quire and online**

Join Donna Jones for a fascinating midweek talk which will reveal the unseen work of Street Pastors.

Explore the experiences of those who protect some of society's most vulnerable. This event is free of charge to attend but pre-booking is essential.

www.winchester-cathedral.org.uk/whats-on

Dame Jane Glover on Mozart in Italy **Wednesday 4 October from 7pm to 8.30pm, The Yard**

Dame Jane Glover will be joining The Yard's host Rebecca Fletcher to explore her hugely successful career as a conductor and her latest book, *Mozart in Italy - Coming of Age in the Land of Opera*, in which Jane chronicles Mozart's formative trips to Italy and the profound effect they had on his astounding musical career. Evocative

and beautifully written, *Mozart in Italy* is a compelling account not only of Mozart's early career but it brings the world of early 18th century classical music vividly to life. In Jane Glover's long and hugely successful career as a conductor, she has been Music Director of the Glyndebourne Touring Opera, Artistic Director of The London Mozart Players, and, since 2002 Music Director of Chicago's Music of the Baroque. She has conducted concerts and operas in Britain, the United States of America and across the world, and is especially known for her interpretations of Mozart.



Behind these Doors: Stories of Strength, Suffering and Survival **Saturday 7 October at 7.30pm,** **Winchester Cathedral Nave**

Alex South, a young former prison officer and author of a best-selling book presents a lively, gripping, no-holds barred depiction of life in prison and its many devastating and astonishing, and sometimes inspiring, consequences. Join in-person or online. www.winchester-cathedral.org.uk/whats-on

Winchester whodunnit? **Saturday 7 October, 10.00am, 11.00am and 12.00pm, University of Winchester Campus**

Test your detective skills at this special event run by the University of Winchester in which the departments of Policing, Criminology, Forensics and Law have teamed up to create a

murder mystery. www.winchester-cathedral.org.uk/whats-on

In conversation with Minnie Driver and Natalie Lewis

Wednesday 11 October from 7pm to 8.30pm, The Yard

Fame, fashion and managing expectations - Minnie Driver and Natalie Lewis explore writing life, navigating fame and fashion and share stories of a world shrouded in smoke and mirrors. One of our most beloved actresses, Minnie Driver is probably best known for her breakout role in Circle of Friends and the 1997 film Good Will Hunting. Natalie Lewis is an expert in the world of fashion PR,



having worked in the business for over 30 years, renowned for creating the launches and strategies for brands such as Net-a-Porter.com, Jimmy Choo, Diane von Furstenberg and Anya Hindmarch.

Coward at Sea

Saturday 21 October at 6pm, St Mary's Church, Easton

Enjoy Michael Lunt's Nautical musical comedy in aid of the St Mary's Fabric Fund. Drinks and canapes. Don't forget to apply for your tickets, £25 from Penelope Kellie

pkellie@pworldwide.com

Alresford Art Society

Thursday 26 October at 7.30pm, Bishop's Sutton Village Hall

A demonstration of Reflections in Water in watercolour by Catherine Beale. Non-members welcome – admission £3. For further information: 01962 732043 or visit

www.artsociety.alresford.org.

Jen Boardman

Upper Itchen Valley Society 52nd Annual General Meeting 2023

Tuesday 31 October at 7pm for 7.30pm, Martyr Worthy Village Hall

Members of the Society are invited to attend the AGM. After a glass of wine, the speaker will be Rachel Peppiatt who will talk about her work in The West Lea Farm Shop. The formal part of the meeting will follow.

The Society was founded in 1970 at the time of the M3 construction to safeguard the interests of the Itchen Valley. We are not a vocal pressure group but work in the background attending consultations, commenting on planning and environmental projects and watching out for other threats. Members can raise concerns with us which we follow up.

All residents of the Valley are eligible to join – you can do so at the AGM (the cost is a one-off subscription of £20 per household). Please do come and hear about our work!

Elaine Labram

**Annual Remembrance Sunday Parade
Sunday 12 November at 10.50am,
Easton War Memorial**

All members of the Royal British Legion, and anyone else who has served in any of the Armed Forces are

invited to attend. We plan to form up at 1045am.

Please wear medals if you have them. The RBL badge should be worn below the poppy. The wearing of hats and carrying of umbrellas is at the discretion of individuals. In the event of (very) adverse weather there will be no parade, but members will be invited to gather at the Easton War Memorial for the two-minute silence and wreath-laying. The Remembrance Service will be held at St Mary's Church Easton shortly after the two-minute silence. This service will be ecumenical and therefore designed for everybody.

Martyr Worthy Lecture Series - The Siege of Loyalty House
Tuesday 28 November at 6.30pm,
Itchen Abbas and Avington Village Hall



The award winning author and historian Jessie Childs, described by Hilary Mantel as a 'brilliant speaker as well as writer', has written a new history of the

English Civil War, through the story of Basing House 1643-45.

Tickets £25 available online at:
www.buytickets.at/martyrworthylectures. Enquiries please email Sophie Parry at martyrworthylectures2023@gmail.com

Poppy Appeal 2023

Without the Poppy Appeal volunteers, and without your donations over the years, the Royal British Legion would

not have been able to continue supporting serving and ex-serving men and women, and their families. Each year the Poppy Appeal makes a huge difference to those who have served our country and ensures that our veterans get the support they deserve when they leave the Services. Every poppy makes a difference to the lives of our Armed Forces community. Door to door Collectors have been at the heart of the Poppy Appeal for over 100 years and collections will again take place in the Valley this year from 22 October 2023. Please be assured that the health, protection and well-being of Collectors and the public is and will remain a priority. Every person, every donation and every poppy counts. The JustGiving page will be repeated this year. To make an online donation that will be identified as coming from the Valley go to: <https://www.justgiving.com/page/itchenvalley-2023>

SEN garden bits and pieces wanted

Students at Perins School in Alresford are hoping to create a special educational needs garden this year and are looking for the following:

- Compost and other planting soils
- Shrubs and hardy plants
- Posts and garden screening
- Wood chippings

If you have any of the above or something else that might be suitable for a student garden, email school@perins.hants.sch.uk. Please put SEN Garden Donation in the email subject.

Liz Kavanagh

Martyr Worthy Lecture Series 2023/4

in aid of the four churches of the Itchen Valley Parish

at Itchen Abbas and Avington Village Hall, SO21 1BQ

6.30pm for drinks and canapés

Lectures will last an hour starting at 7.15pm

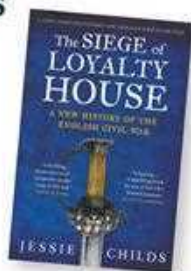


THE SIEGE OF LOYALTY HOUSE

Tuesday 28th November 2023

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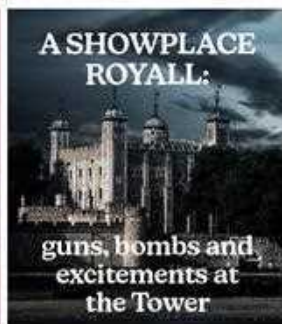


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EVERYONE WELCOME

Memories of Drawings: An exhibition of Georgia O'Keeffe's work at The Arc

Georgia O'Keeffe is an artist best known for her striking and colourful paintings. Images such as the magnified,



stylised studies of flowers; her scenes of the New Mexico desert, which so inspired her in later life

and the magnificent skyscrapers of New York are all widely admired. But it is 21 of her drawings, created between 1915 and 1963, which are on display at the Arc in Winchester until 15 November, on loan from the Hayward Gallery in London. The drawings in this touring exhibition were produced during the time in which O'Keeffe was carving her niche as an established artist in American Modernism. The drawings are presented as photogravures which are images produced from a photographic negative transferred to a metal plate and etched in.

Drawing was central to O'Keeffe's practice of art and, to quote from the Hayward Gallery's biography, she used it as a language to evoke important moments and emotions – the curve of a flower petal, a desert horizon, the wave of a hair, or the flow of a winding

road. It is these delicate, almost surreal images, which feature in the Arc's exhibition. But visitors to the exhibition should be prepared to study the small drawings closely and should not expect the grand scale of paintings we associate with O'Keeffe's other work.

There is an interesting video, narrated by Gene Hackman, as part of the exhibition. Called *A Life in Art*, it traces O'Keeffe's long life (98 years) and the changing and evolving style of her artwork which was, of course, heavily influenced by the famous photographer Arthur Stieglitz who was firstly her lover and later husband. It was Stieglitz who brought O'Keeffe's early work to the attention of the New York public in the 1920s and then to the world. After his death in 1947, O'Keeffe felt compelled to seek the solitude and stark beauty of the New Mexico desert which she craved after her life in New York.

Here she made her home for the second half of her life and this unique landscape also supplied the inspiration for her iconic paintings of rams' skulls, desert flowers and stunning terrain around her home at Ghost Ranch.

The exhibition continues throughout October and ends on 15 November. Adults: £4.50, concessions £3.50 children £2.50.

Catherine Hahn



Wonderful Walks

3.6 miles, 90 mins, easy, mostly off-road, OS map Explorer 132.

“Easton and the Watercress Line”: an easy circular walk showing off the River Itchen and our beautiful Valley.

(L=left; R=right; SA=straight ahead; TJ=T-junction; KG= “kissing gate”)

Leaving The Cricketers pub turn R, north along Easton Lane over 3 bridges. Enjoy the view of the river, then R along the gravel path just before the last house. After the KG, L in the corner of the field up the slope, R through another KG to St Swithun’s Church. Turn L up Church Lane to the War Memorial and the B3047. Cross SA into Bridgets Lane for a further 200 yds turning L at the hump bridge. Descend the zig-zag path then go to the R.

Follow this mostly elevated section of the old railway track SA for almost one mile. Here you can enjoy a sense of remoteness and calm as you pass through leafy tree ‘tunnels’.



At the end, turn R down the track to the B3047, and then R again along a short stretch of pavement.

Cross over the road onto the wide grass verge, and now going West continue for 250 yds, turning L by the footpath sign through a KG. Admire the wonderful views across the valley as the field widens out. At the bottom, go through the gate and R to the next KG. Continue along by the high hedge and the brick wall, finally stepping down onto Chilland Lane and turning L, then immediately R on the stoney path sloping up between fences alongside the field.

This section of the walk now continues SA across fields for 0.5 mile eventually returning to St Swithun’s Church. Turn L, down the hill and SA to the

T



footbridge over the main stream of the Itchen. Stop here and absorb the views on both sides. You might spot ducks, swans, brown trout or exceptionally an otter. At the next small bridge, continue through the gate into the field following the path which bends sharp right until reaching a gate in the corner on the left. The gravel drive leads to the lane, cross to the track almost SA shortly coming to The Chestnut Horse pub.

Here cross SA to the footpath beside the pub sign which leads all the way back to Easton Lane, and turning L takes you back to The Cricketers. *Henry Labram*

Easton and Martyr Worthy Cricket Club

On a sunny Saturday on 2 September the club played its annual Badger Memorial Match to celebrate the end of the summer season. Twenty-two players from across all three adult teams, along with some juniors, took to the field and enjoyed a competitive 30 overs game. The Raiders eventually won, beating The Badgers by the small margin of one wicket, with Nick Boulton hitting the winning runs in the penultimate over. The bar was open and players and spectators enjoyed the BBQ after the game.

The annual Players Awards were presented by Club Secretary Seb Stannard. Jordon Banks was awarded both The Bowling Cup for the player taking the most wickets in the season and The Mick Marsh Memorial Plate for the 1st XI's Player of the Season. Veteran Adam Murch (previous Club Chairman) received The John Guest

Memorial Cup for the bowler with the lowest average, proving that age is no barrier when it comes to achievements over a season for a tenacious and talented cricketer!

The afternoon was also attended by the family of the late Jonny Booth, a long standing Club member and previous Easton resident. The family very generously donated a bench for the ground in Jonny's memory, which will be long enjoyed by both Club and villagers. The photograph shows Jonny's family and sons with the new bench.



The Club AGM will be held at 6pm on Wednesday 22 November; all Cricket Club members are welcome to attend the event.

Charlie Gloyd Women's WI10 Captain reports that the Easton Ladies are the County Cricket Champions for the **SECOND** year!

Easton & Martyr Worthy Ladies winning side:



Left to right back row: Sabina Fortescue, Elloise Clarke, Ava Neilson, Miranda Bannister, Charlie Gloyd (Capt) Rashmi Bhintade, Eve Srikantha, Laura Hill. (Liz Gault). Front row: Katie Thompson, Purdy Arscott

What a cricket season the Ladies' Team at Easton & Martyr Worthy CC have had: unbeaten all season and finishing on top with a blistering double match day Semi Final and Final in the heatwave on Saturday 9 September when they retained their title yet again as Hampshire County Champions for the second year in a row.

Last year the Easton & Martyr Worthy Cricket Club Ladies' W10 softball team had an unprecedented season of success, ending 2022 in triumph. This year they've proved that once was not enough.

With Captain Charlie Gloyne at the helm and coached by Mark Low, the Easton

Ladies saw off the other teams in their league: Hartley Wintney,



South Winchester, Twyford and Overton topping the Central South Division leaderboard. On Sunday 3 September Easton Ladies faced the capable Cadnam CC Ladies in the Regional Quarter Finals, played at Easton's beautiful Home ground. With the proud support of fellow club members, family, friends and neighbours cheering from the boundary, Easton seized the win in a good natured but hard fought match with a 35 run lead.

With just a week to regroup, Easton were through to the County Finals Day held at South Winchester on Sunday 11 September. In the

sweltering midday sun on what proved to be the hottest day of 2023, the Easton Ladies quite literally 'slogged' through their Semi Final match against Redlynch & Hale CC. The sheer batting power of the Easton side clinched the match and their lively fielding and pace bowling kept the Redlynch & Hale Ladies from being able to make their mark.

With beetroot faces and already drained and exhausted from the blistering heat, Easton found themselves in the Finals with just a 15 minute break before facing a well rested and fresh-looking Clanfield CC who had won their Semi Final match earlier in the morning against Portsmouth & Southsea CC.

The heat and the pressure ramped up as the sun beat down in excess of 35 degrees. Clanfield's run rate was kept at bay by Easton's tight fielding and some skilful bowling. In the second Innings spectators were treated to an incredible batting display by Easton, most notably from Katie Thompson (4 sixes in one over alone) but it was a great team effort - reaching an impressive score of 356 runs and accelerating away from Clanfield by a healthy margin of 80 runs.

Frazzled but elated by their win, Easton & Martyr Worthy CC proudly raised the newly named: Julie Chambers W10 Cup as Hampshire County Champions for the second year in a row. Now, the big question is... will 2024 be their hat-trick year??!

Charlie Gloyne

Ladies Team Captain, Easton & Martyr Worthy CC

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The Missing Boulists 2

In case people wondered... Yes, Itchen Abbas does still have a boules team who play regularly at the Itchen Abbas & Avington Village Hall on Tuesday evenings, except when they are playing elsewhere!

Tuesday 5 September, we didn't travel far - just along the road to The Titchbourne Arms.

Meeting at 11am, we sorted some coffees and drinks and started playing in the sunshine. Struggling on a very new piste with some extraordinary right angled bounces, Eric and Jenny were playing catch up to Liza and Keith who managed to maintain their early lead to win 11:10.



With orders in for lunch and some slightly more alcoholic refreshments, the second match shot into action and within minutes, Tom and Bob handed out an 11:0 drubbing to Arminel and Barrie! To prove the first result wasn't a complete fluke Tom and Bob suggested a rematch.

How they regretted that suggestion. Arminel and Barrie regrouped. Recovering from his broken knee had obviously rejuvenated Barrie's throwing arm as he then delivered some absolute crackers!

Allegedly Tom and Bob gracefully let Bob and Arminel win the return by the closest of margins - 11:10. Perish the thought! Well at least Debbie, recovering from hip surgery, was there to witness Bob's win ... and loss !!

Then to the more important part of the proceedings LUNCH!

Thankfully under cover out of the blazing sun, we were well looked after by the staff and the



delicious food was suitably devoured, washed down with essential fluids!! Suitably wine and dined and with our boules played for the day, we finally left sometime after 3pm for our respective homesteads and probably for a good doze!

So where to next? Join us and find out! No, don't worry! We won't necessarily still be playing boules deep into winter but there's nothing wrong with a good meal out with friends!

Contact Bob on bob.banham@btinternet.com for more info!

Jenny Sloan

The Valley Gardeners at Cranborne and Knoll gardens

September was our last day of garden visits for the summer. From October, we are back in the Itchen Abbas & Avington village hall to hear interesting talks. But on 13 September, our first stop was Cranborne Manor which dates back to around 1207 to 1208 and was originally a hunting lodge. It was

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remodelled for the 1st Earl of Salisbury in the early 17th century.

Surrounding the Grade I listed house is the estate, which consists of a 3,000 acre 'in hand' farm and over 1,700 acres of woods, as well as the park and gardens. We were able to wander at will around the gardens and gaze out at the parkland beyond. It was a beautiful day as early September often is and the late summer/early autumn shrubs and trees were looking sumptuous. Sadly, the Head Gardener and his team left Cranborne a couple of months earlier so the gardens were less than pristine but as practical gardeners ourselves, we sympathised rather than criticised. After a delicious lunch in a private room and some horticultural retail therapy, we moved onto Knoll gardens.



Knoll is owned and run by Neil Lucas who has been at the gardens for 30



years now. Since 1994 Neil and his team have created a wonderful naturalistic

garden, a haven for both people and wildlife. Seamlessly blending graceful

grasses, adding drama with striking perennials and form and structure with mature trees and shrubs, the gardens offer a wealth of interest and diverse habitat throughout the seasons. In the September sun, the gardens looked sensational and we were lucky enough to be guided round in two groups led by Neil and his deputy. I will let the photographs I took show you the wonderful planting and vistas that are created at Knoll but do visit the gardens if you can, which are near Wimborne. I may add our coach was crammed with grasses and perennials bought in the wonderful nursery there. <https://www.knollgardens.co.uk/>. Finally, I heard that there are yoga classes held at Knoll gardens and as a yoga enthusiast myself, I cannot imagine doing a class in a more beautiful and tranquil place.



Catherine Hahn

National Garden Scheme - Hampshire

The end of the National Garden Scheme Open Gardens Season is almost upon us for another year. Now all the adding up takes place and the collating of all the gardens for 2024 is well underway. This involves a great deal of work for all our head office staff, without whom we would not survive as an organisation.





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Following on from my August Newsletter about ABF The Soldiers Charity, I have come across a really heart-warming story.

Darren joined the Junior Leaders Regiment, Royal Artillery when he was just sixteen. Now, at 47 he suffers with osteoporosis-arthritis which severely limits his mobility and quality of life.

Darren was finding it increasingly difficult to access his garden. The ground was extremely uneven, and Darren was afraid of falling due to his limited mobility.



The local council, who provided the property were unable to fund improvements to the outdoor space and, during the first covid lockdown, Darren found himself indoors with little access to the outdoors. This was beginning to impact his mental health.

Thanks to the National Garden Scheme, ABF The Soldiers' Charity was able to support Darren by installing a new patio to provide safe access to his garden. This small change during the pandemic, has transformed Darren's quality of life and mental wellbeing – he now feels comfortable moving around the garden and can undertake simple tasks, such as hanging the washing out and some light gardening. Darren also enjoys spending time watching nature on his doorstep.

Commenting on the change, Darren says: "The patio is like another room to me. I sit out here with a cup of tea, birds chirping, just another world for me. I now enjoy gardening and the fresh air makes me feel better. Thank you for your support."

If you were ever in any doubt as to why you should support the National Garden Scheme in its aims to raise much needed funds for all our charities, then this next short video should show you why:- <https://youtu.be/ch7OIWs3Swk> Yet one more great reason why your support is so vital.

Will these two heart warming stories, I will now sign off for a couple of months, but I will be back to do it all again in 2024.

Pat Beagley

News of The Chestnut Horse

September 2023 update: Having been acquired by Avington Park in 2022, with subsequent planning permission granted in June 2023, works are now well underway on The Chestnut Horse in Easton; with significant investment to result in a fully refurbished pub and village shop for the local community.

Extension works will provide an enhanced kitchen, alongside new village shop facilities – with the ambition to open later this year.

Jacob Riggs has been appointed Regional Manager, overseeing the day-to-day running of the establishment. With a strong background in hospitality, having helped manage several UK pubs, Riggs will now apply his passion and expertise to providing a fantastic place for locals to enjoy.



Jacob says: "I am excited to be onboard at The Chestnut Horse. I am very much looking forward to building a fun and vibrant team, ensuring that the pub is once again a roaring success – as a place for locals to catch up with friends, enjoy special occasions or simply pop by for a pint of local ale."

Offering a range of small plates, pub classics, sharing boards and signature dishes, the all-day dining menu will feature something for everyone. Using local produce, guests can pop in for a quick bite at lunchtime, or make a night of it with a three-course evening meal. Offering a great selection of local ales, wines and spirits alongside, The Chestnut Horse will return to its former glory as a much-loved village pub.

The village shop will become a place of convenience, providing a sustainable community store – with everyday grocery goods and fresh takeaway items prepared daily by the kitchen, such as bread, sandwiches, cakes and salads, to enjoy in the pub or at home.

The Chestnut Horse is now recruiting for front of house, kitchen, and village shop team members – to express your interest in joining the team email jacob@thechestnuthorse.com
Tom Horswell

www.thechestnuthorse.com

Jackie's County Corner

What a great day out at the Alresford show again this year! Congratulations to everyone involved And thanks to everyone running fetes and shows across the area.

Having had my knee replaced over the summer, getting to your fetes proved difficult this year, but I'm looking forward to getting out and about again this month.



Neighbourhood Watch is using a new acronym when considering the security of your home: WIDE(N)

Windows, Interior, Doors, Exterior,
(Neighbours: keep an eye out for your neighbours).

'Making a Better Place to Live' has sprung out of Neighbourhood Watch. I hope you get a chance to look it up online and feel inspired! If any community wants to set up a group, advice is available and I can provide an HCC councillor grant to cover initial expenses. Most important, beware of fraud and cyber crime too. Don't forget to be wary of potential scam emails/



texts and phone calls, especially from companies that seem so credible.

The Cart and Horses design consultation closed in September, but if you missed it, or want to know more,

please contact me direct. As before, if you have a 'near miss' or a minor accident which doesn't need police attendance, please contact me too, so I can request to see the CCTV. Two residents contacted me last month. Both showed drivers driving straight across, paying no apparent heed to traffic on the A33.

Queries regarding school transport. Unfortunately, the school term started without parents or school having any idea if buses had been booked to take children to school, nor did the bus passes arrive on time.

I have taken up the matter with HCC, and I am working with everyone who has sought help, but if you are still struggling with County transport, please let me know.

I know that many of you want traffic to go more slowly, but you are unsure how 20mph could work if it isn't enforced by the Police. HCC set up a 20mph Task & Finish Working Group in 2021. They reported 9,500 responses to the 20mph consultation in early 2023, but a report is not expected until the end of 2023. The current policy restricts new 20mph zones to address casualty reduction.

Southern Water sewage seems to have dominated the summer: in rivers, water, and in our own communities. I am dealing with several different problems relating to sewage in different roads and households, but if you are struggling to get your complaint to be heard, you may wish to go straight to the Consumer Council for Water at www.ccwater.org.uk to register the failure.

Highways are making progress with filling potholes, but cars are still being

damaged. I receive so many complaints about this, that I put a formal question to the County Council. You can see replies to all of the councillor questions by going to www.hants.gov.uk and searching 'meetings calendar.' The County Council meeting on the 28 September will be live on the day, and the recording available by early October.

You may be aware that HCC's Adult Social Care Homes are being rethought. There is a consultation until 11.59pm on the 12 November which asks your views on new units, closures and rearrangement of higher dependency beds across Hampshire. I urge you to take part in this consultation. It includes provision of a new unit at the Cornerways site in Kings Worthy.

The easiest way to reach the relevant pages is to search 'Consultation' on www.hants.gov.uk.

Jackie Porter

jackie.porter@hants.gov.uk

07973 696085,

www.jackieporter.co.uk,

@JackieLibDem

Ukrainian refugees in the Valley

It's now about 18 months since the Russian invasion of Ukraine started and considerable numbers of refugees started to arrive here. We have over 200 people from Ukraine living in the Winchester area, largely women and children, and most seem to have settled in well, despite the tension with which most of them are living.

A small number are living in the Valley, and there are twice weekly gatherings



hosted by two of the Winchester churches, providing an opportunity for socialising and English conversation. The numbers attending these events have dropped as people have found work, but special occasions such as Ukraine National Day in August attracted over 70 people to St Peter's to celebrate their national identity, with singing, dancing and of course plenty of their national dishes to sample.

We have no way of knowing how long our Ukrainian guests will feel the need to stay here, but it is good that they have felt welcome to be living with us during this period of crisis.

Thanks are due to those who have generously hosted families, perhaps for longer than they might have originally expected.

We all hope and pray that the conflict will reach some resolution in the



reasonably near timeframe.
Peter McManus

Winchester City Mill Island Garden Opening

Many people may not realise that the City Mill, owned by the National Trust, is free to enter for everyone, not just NT members. Judging by the canapés served at the party to celebrate the new garden the coffee shop must be well worth a visit. The garden has a jungle theme, taking advantage of its



middle-of-the-waters position which will (almost certainly) keep it frost free. The plants are small now but they will grow and will be kept in check, if necessary, by the team of volunteers.

The Winchester National Trust Association gave a donation towards the development of the garden, hence our invitation to the party. If you are a NT member and would like to find out more about the Winchester Association check out

www.ntwinchesterassoc.org.uk/. You can join now, in time to enjoy the monthly lectures held throughout the winter.

Charlotte Appleby

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The Valley Quiz, No.18

- 1.What is the difference between Suomi and Sumo?
2. One of the Aeolian islands is smoking.Where are they and why the smoke?
3. Sir Christopher Wren built 1 + 51. What are they and where?
- 4.What form of decorative art involves putting molten ground glass onto metal?
- 5.What is the RAF equivalent of an Army Major?
- 6.When taking off in an aircraft what does V1 signify?
- 7.The Canary Wharf business district has been built on what two groups of the now defunct London Docks?
- 8.What is the link between Arthur's Seat, Uluru, Isandlwana, and Ely Cathedral?
- 9.What are the notable features of the Big Bad Wolf?
- 10.Where do the Rivers Test and Itchen join forces?

John Lang

Answers on page 36

From the Parish Council.

Hopefully everyone interested has responded to the Cart and Horses Junction consultation. The Parish Council have agreed their response. Both of the two designs proposed are problematic. In the case of traffic lights, when temporary ones were in use it was clear that at peak times there was a major build up of traffic in all directions. In the case of the two roundabouts proposal, traffic turning

right from either end of the B3047 onto the A33 will be vulnerable and traffic wanting to turn right off the A33



onto the B3047 will also be vulnerable. Traffic on the B3047 wanting to cross the A33 will still accumulate in the centre of the road at peak times. The Parish Councils view

is that if the two roundabout proposal was changed to a single elongated roundabout, traffic wishing to turn right off the B3047 onto the A33 would feed onto the roundabout and once on would have right of way, making it much safer. Traffic on the B3047 effectively crossing the A33 would have priority over north south traffic on the A33 and would allow traffic exiting from the B3047 to do so in greater safety. Priorities would be clear and there would be no risk of traffic accumulating in the centre of the A33. Having made our comments, now it's a case of wait and see.

As remarked in the August there has been an amazing amount of vegetation growth this summer, with the approach of autumn and birds no longer nesting it is the time for cutting back summer growth. Surfaces have been cut on the majority of footpaths. Owners of land adjacent to Rights of Way are responsible for cutting back growth encroaching onto the paths and now is the time for this to be done. This not only applies to paths alongside fields but also to verges and pavements along the roadsides. Please see that all cut material is taken away.

While still on the subject of autumn cutting, after leaving large areas of the

playing fields at Couch Green uncut this summer, the feedback has been mixed. There has definitely been a cost saving. Some have commented that uncut areas make it difficult to throw a ball to exercise their dog and for kicking football. Others have stated a preference for a wilder look. Please continue to let us know your views.

As residents of Avington and those who travel through it know work has begun to complete the Avington to Easton Sewage pipeline. A project started somewhere in the region of nine years ago! A hard closure has been put in place at the East entrance to the village to prevent cars attempting to drive through the road works, which unfortunately has been happening. Traffic will be able to enter from the West end near the Coach House. Notification of the start was unfortunately sent too late for September's edition of the Valley News. Thank you to whoever put it on the Itchen List. The route of the pipeline at its start has been changed since the site meeting earlier this year and it is not clear how the changes may alter the timing of the work. If and when further details from Southern Water and their contractor Clancy are made available they will be circulated. The sooner this project is completed the better.

Patrick Appleby.

The Practical Gardener

I have been reflecting on a number of successes and a few failures in the garden. My first thoughts turn to boundaries and fences of some sort. Wooden fences, particularly those that use panels, which go right to the



ground can easily rot. The wood preserving chemicals allowed today are not expected to give timber a life of more than seven years (previously it was 20). Very often, as I do, a gravel board is used at the base. Great for the fence, but a barrier to any animals. I try to leave a gap where I can and am pleased to report evidence of hedgehogs passing through, surely a good thing.

I'm a great fan of home-produced compost. The early stages of decomposition produce heat which is good to destroy weed seeds. So a well-insulated compost bin helps this process. The second stage is done by worms, so the heap needs to be based on soil. Wherever they come from, I have no idea but I see thousands. Birds flock around when I am emptying!



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10th. Bowl arrangement with florist Louise
Bradshaw

17th. Floral photography with Simon Bray

SEPTEMBER

10th. Painting with artist Jenny Muncaster

16th. Hand-tie bouquet arrangement

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In the vegetable garden this year, most crops have done or are doing well.

Pigeons are my main problem and a secure netted area is needed for some green crops. I am careful to ensure the netting is tight, so no possibility of a bird getting trapped. It's also



important to plan ways to get in and out. The same is true for some fruit. I have a cage for raspberries which is about 2m square and I have picked every day since the middle of August. I'm not that keen on lawns but we all have them. Mine was designed by a sailor and my efforts at getting things level are beginning to work but it's a long job. Sowing seed has to done with much thought based on many dry spells this year. One thing I have discovered this year is that the mower deck needs an occasional clean and scrape. This also allows the cutting blade to be checked and I do resharpen 2-3 times in a season. Of course with a petrol driven mower, much care is needed when doing this.

The areas of my shrub beds have benefitted from mulching which has also proved to be a weed suppressant. Bark chips are great too and better to walk on. One ton bags are the best and there are plenty of suppliers.

With autumn upon us, I am planning bulb planting and some pansies and primulas which I buy as plugs and grow on (cheaper that way).

Happy Gardening
Tony Gaster

Easton Church Repairs – Update.

Progress in getting the repairs carried out at St Mary's, Easton, has been slowed by a number of factors, not least the discovery of a further split in the leadwork above the chancel.

This will be addressed before winter sets in. An application for permission to effect repairs is created and will be submitted in the next week but there is little chance of our completing the process of securing a contractor to complete the roof works before the weather gets too cold for external works using lime mortar. We should have costings in the next month and some additional funds following "Coward at Sea" on 21 October. There are a few seats still available for what promises to be an entertaining affair followed by drinks and canapes on deck afterwards.

Chris Ellis

Letter from the Rectory: Love your Creation (part II)

In last month's edition I began to open up our theme for the autumn:

"Love your Creation". Now, as

we come into October the theme comes 'front and centre' as we celebrate harvest in the Valley.

Although many of us naturally think of the warm days of summer as being our year's high point, there's a real sense in which autumn should be seen as the





Sunday 1 October

- 8.30am – Holy Communion (1662) - St John's, Itchen Abbas
- 10am – Harvest Family Service - St Mary's, Easton
- 4pm – Café Church – Itchen Abbas Village Hall

Sunday 8 October

- 8.30am - Holy Communion (said) - St John's, Itchen Abbas
- 10am – Harvest All Age Worship - St John's, Itchen Abbas
- 6pm – Harvest Evensong - St Swithun's, Martyr Worthy

Sunday 15 October

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

Sunday 22 October

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

Sunday 29 October

- 8.30am - Holy Communion (1662) - St Mary's, Avington
- 10am - Morning Worship - 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



'crown of the year' - because it's the time when our natural world

reaches its climax, reveals its beauty and brings forth its bounty.

That's indeed something for everyone to celebrate. Back in the Middle Ages our villages would have been filled with parties and merry-making, as the valley's residents came to the end of the arduous harvesting weeks (no combine-harvesters then!) and joined together to celebrate that 'all was safely

gathered in - 'ere the winter storms begin'.



In Easton the village church had been built in a style not unlike a Medieval tithe-barn; so it's not impossible that sometimes some of the crops were temporarily stored within its walls. So I'm glad that Easton residents have the opportunity (on Friday 29 September from 7pm) to enjoy a Harvest Supper together in St Mary's Church - reviving a tradition that, centuries ago, might well have been the year's high point in Easton's social calendar! And the residents of Martyr Worthy are doing something similar, albeit in the Village Hall, hosting a Harvest Tea the following day (on Saturday 30 September, 5-7pm).

Easton's Harvest Festival will then follow on Sunday 1 October when we will have a traditional-styled family

service. We'll be singing 'old favourites' such as 'We plough the fields and scatter'; and we'll also be joined by some pupils from Prince's Mead School bringing some songs from the school repertoire; and, who knows, there might even be a rendition of 'Happy Birthday' for the rector!

Meanwhile, one week later on Sunday 8 October we look forward to celebrating



Harvest again: at our 10am All-Age Worship service in St John's, Itchen Abbas (when we look forward to being joined by some pupils from Itchen Abbas Primary School) and then, later in the day, at our 6pm Evensong service in St Swithun's, Martyr Worthy.

It would be lovely if a good number of our valley residents could come together on one of these occasions - they are great opportunities to enjoy



each other's company and to say 'Thank you' for all that we have undeservedly received. Or, if that's not

possible, perhaps there might be time around one of those weekends, when you can pop in to see the way the churches have been decorated. Those with responsibility for our flower displays 'pull out all the stops' at Harvest time, and I can't wait to see what they come up with!

Revd Peter

(Photos from around the Valley also by Revd Peter)

From our MP

Parliament's annual Summer recess allows for many things. Importantly, it's a chance to reflect and recharge and, for those of us with school-age children, to take a break. We were in South Devon as always enjoying the water and the sand – and the food.



For me, it's also a chance to crank up my Summer Tour which involves a series of pop-up surgeries in many different parts of my vast constituency. This year we've been in Kings Worthy, Itchen Abbas, Winchester, Sutton Scotney and even Tesco at Winnall. Thanks to everyone who stopped – dodging the showers – to speak with me.

I also took the opportunity, as usual, to welcome some senior Government Ministers to Winchester and this year was no exception. Meon Valley MP, Flick Drummond, and I took the Environment Secretary, Therese Coffey, to Jude's Ices in Twyford to meet the team at their offices on the Hazeley Business Park. Topics for discussion included emerging plant-based recipes, access to overseas markets and allergens as well as current regulations impacting

the sector. We also took a brief tour of the facility including the factory where products are made and shipped all over the world. I've known the family behind Jude's for many years and what they've achieved is nothing short of remarkable. They're a real local success story and through sheer hard work are now a brand known – and loved – by people in many different countries. They also sell to the Houses of Parliament and have a successful range of dog ice cream which my labrador, Monty, was only too keen to try!

As we return to the House of Commons this Autumn we are wrapping up the current session of Parliament ahead of the first King's Speech on 7 November from King Charles III. It will most likely be the last session of Parliament before the next General Election so will be watched more keenly than ever. We expect a raft of new Bills including something on reform of the Mental Health Act which is long overdue and something the Health Select Committee – which I chair – will be looking at of course.

Other work ahead on my agenda will include a lot of work post-Letby on patient safety and how we as a Committee can support the (happily now judge-led statutory) public inquiry that will look at her awful crimes at the Countess of Chester Hospital. I anticipate we will also look at the whole issue of whistleblowing in the NHS and, very much connected to that, leadership in the health service. What I think we must avoid is an 'us and them' situation between clinicians and managers because that

would be a backward step and a good, safe NHS Trust is one where they function as one team.

Further to that, we will conclude our work on assisted dying / assisted suicide, continue our major inquiry into the prevention of ill health and get cracking on a new piece of work we're doing on men's health – physical and mental. It's a subject little talked about in Parliament and I intend to change that.

Finally, I have been taking my long-running GREEN WINCHESTER work to the heart of power recently. Along with colleagues from the



Conservative Environment Network I met with the Prime Minister, round the Cabinet table, to go through our plans to achieve net zero and why Economic growth and climate action can go hand in hand for the benefit of us all. Anyway, my most recent column for the Hampshire Chronicle expands on this and can be found at stevebrine.com/HCcolumn.

You can contact me – as always – with your views on these subjects or any other things on your mind. And you can find me on [facebook.com/SteveBrineMP](https://www.facebook.com/SteveBrineMP)
Steve Brine MP

From our City Councillor

Fighting for Resident Refunds

Recent events surrounding missed garden waste brown bin collections have raised concerns about the accountability of the Lib-Dem lead Winchester City Council. Missed collections, refused refunds, the absence of license extensions, and the controversial decision made by the council in refusing to refund affected residents, despite fining the contractor responsible for the poor service delivery.



The council's handling of this situation has undoubtedly strained relations with the affected residents. The refusal to provide refunds not only undermines the council's credibility and trust, but it also minimises the perceived value of fees paid by residents for waste management services.

While the subsequent fine imposed on the contractor may indicate some form of redress, the council's steadfast refusal to refund residents raises concerns about their commitment to upholding the rights and satisfaction of their constituents. It is imperative for the council to reassess its policies and prioritise the well-being and satisfaction of residents

Working hard for a speed reduction

I have been working hard for a speed reduction from 60mph to 40mph between New Alresford and Bishop's Sutton. I have supported the excellent application from Bishop's Sutton Parish Council and had numerous discussions with Hampshire Highways and related parties. This action supports the footpath enhancement I have pursued vigorously at the request of local residents. Embracing this change, we actively contribute to safer roads, protect vulnerable road users and reduce the environmental impact of transportation.

Fiona Isaacs

Email - fisaacs@winchester.gov.uk,

Facebook - [@Cllrfionaisaacs](#),

Telephone - 01962 808072

Where to forage in Autumn

There's nothing quite like a delicious meal of free foraged food. As summer turns to autumn, hedgerow fruits ripen, providing a valuable food source for many species, including humans.

Probably the most familiar of our autumn fruits is the blackberry or bramble, but there's plenty more to



tempt the palate: elderberries and rosehips in the hedges, chestnuts and hazelnuts in the woods, and bilberries on the moors. Think wild fruit jelly and jam, roasted chestnuts, and of course what winter would be complete without a nip of sloe gin.

Did you know that there are more than 300 very closely related species of blackberry in Britain, which can vary greatly in size, taste, and juiciness?

Tradition has it that brambles should only be picked before Michaelmas, after which they become unpalatable as the devil has spat on them... but it is very important that you make sure you know what you are doing. Many berries and nuts can make delicious food or drink, but others can be very poisonous, and often the two can look similar.

Remember to keep to public places and steer clear of private land, and avoid searching along the edges of large agricultural fields which have often been treated with chemicals. Similarly, watch out for popular dog walking routes.

A good forager is an ethical one. Remember it's not just you who



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might be hungry: make sure you leave plenty for the wildlife. Pick only the amounts you need to ensure plant populations remain healthy, and leave plenty for the birds and wildlife with whom we share our wild food.

The golden rule is that if you're not 100% sure of a species, don't pick it. When carried out sustainably and respectfully, foraging is a natural and ethical way to source your food.

Helen Skelton-Smith

Elderberries (c) Alan Price

Rowan berries (c) Richard Burkmar

Glut to Gut



Have you tried fermenting chillies? Fermentation is a transformative culinary process, which helps to preserve foods and give them a complex and rich depth of flavour. It is used in various cultures for such things as sauerkraut and kimchi. Fermented chillies, either on their own or with added ingredients, are perfect for hot

saucers. Over time, the flavour of the sauce will deepen, growing more complex and acidic as the beneficial bacteria go to work.

You will need a clean Kilner jar, and salt to make a brine.

I prep chillies wearing rubber gloves – don't go near your eyes! Slice them in half, and decide if you want to remove the seeds and white ribs to make them less spicy. Pack them into a sterilised Kilner jar. You might want to add garlic cloves, maybe some spices. Make enough 4% brine to cover the chillies in the jar.

For the brine, for each 100g of water you will need 4g of sea salt. Heat until the salt dissolves and allow to cool.

Weigh down the chillies so that they remain under the surface of the brine and leave them on the kitchen counter. Pop the lid every day to release the gases, and taste in a week to ten days. When fermented to your liking, chop the vegetables in a food processor, adding back enough of the brine to make a sauce consistency.

Store in the fridge, where it will keep for months.

I haven't made the chillies yet, but here is a photo of my kimchi.
Verity Coleman



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Food Spy: The Town House



The Town House Alresford is the latest addition to Broad Street; a chic dark green exterior promising “food, drink, co-working and events” within. It comes

with a strong pedigree too, being owned by the couple behind the brilliant Three Horseshoes in Bighton. Some may remember the building’s former lives as 32 Broad Street and Pizza Express, but a step inside reveals a completely new experience. The Georgian building has been lovingly restored and beautifully decorated; the space completely reimagined to create different areas for every occasion. There are cosy corners for coffee, comfortable tables for dining and a fabulous bar just asking to have a cocktail sipped at it.

We visited for dinner, sitting in the buzzy conservatory at the back of the building. We started with

cocktails, enjoyed while coveting the lamps and soft furnishings, then delicious starters of King Prawn Pil Pil and Smoked Ham and Gruyère

Croquettes. A perfectly cooked fillet steak followed, alongside Chicken Supreme and Caesar Cream Spaghetti, a creative combination of a classic Caesar salad with pasta, which we loved. The service was warm, efficient and impressively well-organised for a newly opened restaurant and we thoroughly enjoyed our evening. We will be back to try lunch and breakfast! Watch out Soho House, the Town House is here!



Throwing in the towel

I’m told that having a tumble drier eliminates the problem of stiff towels. The users of such machines may well be puzzled as to the existence of such a tiresome difficulty.



But those of us who were brought up with the hang-it-on-the-washing-line-until-it’s-dry mentality, will know full well about those stiff, rasping towels that emerge from the airing cupboard when it’s wash day.

I used to think that there wasn’t anything I could do to alleviate the problem, apart from buying a tumble drier or new towels. Not even fabric conditioner had any effect. However, the other day I watched a YouTube video that provided me with a simple but most effective solution.

I took one of my stiff towels, straight from the washing line, and rolled it into a long sausage. Holding both ends, I rubbed it to and fro over the back of a wooden dining chair. I then unrolled it, re-rolled it with the opposite side facing outwards and repeated the rubbing.

To my surprise, the previously stiff towel was now almost as soft and fluffy as the day I bought it. So I repeated the operation on all my other towels with equal soft success.

If you didn’t already know this trick, give it a try.

Lorn Dreemad

Quiz Answers

1. Suomi is the Finnish language for Finland. Sumo is an ancient Japanese sport where two large gentlemen wrestle with each other to throw the opponent out of a ring or make any part of his body, other than the soles of the feet, touch the ground.
2. The Aeolian Islands lie just to the north of Sicily in the western Mediterranean. One island, Stromboli, is an active volcano.
3. He built one cathedral, St Pauls, and 51 churches, in London.
4. Enamelling
5. Squadron Leader
6. As an aircraft accelerates down a runway to take off, it will reach a speed, known as V1, which marks the last moment it can reject the take off.
7. The West India and Millwall Docks.
8. They are all very distinctive landmarks. Arthurs Seat dominates Edinburgh, Uluru (also known as Ayres Rock) features in central Australia, Isandlwana is a distinctive hill in KwaZulu-Natal (site of a famous battle in 1879), and Ely Cathedral is known as the "ship of the fens" because of its prominent position in the flat landscape of Cambridgeshire.
9. Deep voice, big eyes, big hands, and big teeth. (There are several versions of the Little Red Riding Hood story).
10. Southampton Water.

Local monthly information

Itchen Valley area waste collections: 2023/24 dates not yet on WCC website.

Black and brown garden bins on Fridays

Green bins on Friday

Glass boxes on Friday

Hampshire Farmers' Market in Winchester

Second and last Sundays of every month, 9am - 2pm.

Full Parish Council Meetings:

The next meeting is on 7 October at Easton Village Hall.



Bus information

67 Bus operated by Stagecoach.

To Winchester:

Monday to Friday

Sch 8:20 NSch 8:23

9:23 12:43 15:43 17:23

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

To Alresford:

Monday to Friday

10:39 13:39 15:19 17:14 18:09

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

No Sunday or bank holiday service.

Key: Sch School days only

NSch School holidays only

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

The information on the bus stops is not to be relied on

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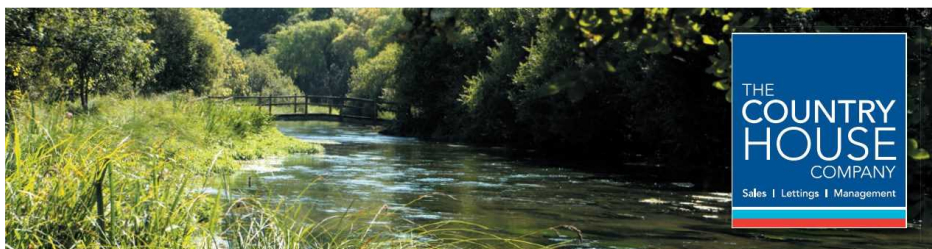


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