

ItchenValleyNews

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

Issue 1341 May 2025



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WELCOME to the Itchen Valley News



As always, this edition of the Valley News brings together an eclectic mix of stories, all with one thing in common - they concern our Itchen Valley. We're fortunate to live in a place where visitors come to enjoy our beautiful paths and countryside. Our plays, flower festivals, and local events raise vital funds for various charities and are a true celebration of the energy and generosity that exists here. The thoughtful piece on "watchfulness" (page 14) in this edition is a gentle reminder that maybe we could and should do more. We're delighted to include a report from one of the youngest Itchen Valley entrepreneurs, offering an insight into what it's like to start and run a business in the Valley. Her story is interesting, and we hope other business owners will share their journeys in future editions.

It is with some sadness that we note the closure of the Easton WI. Some may read the news and think, as we both did, "I always meant to join one day." If that sounds familiar, now might be the perfect time to consider getting involved in one of the other vibrant activities going on (Boules, anyone? See page 12!). There's still so much happening here in the Valley, and plenty of ways to get to know your neighbours better (see the stop press report on Lent Lunches on page 36).

For those feeling the pressures of a busy working life, community events like the Easton Safari Supper offer a relaxed and enjoyable way to

connect. And if you're quick - the deadline is 2 May - there's still time to join in! The Itchen Abbas and Avington Safari Supper has been in abeyance recently, but it could make a comeback. The Valley Day on 14 June, echoing the Jubilee event, is something to look forward to - see page 13.

Several important April events took place after the copy date, so look out in next month's Valley News for descriptions of the Way of the Cross on Good Friday, and the new plans for Couch Green which will be presented at the Annual Parish Meeting on 24 April. Next month's editor is Verity Coleman. *Brigid and Charlotte*

Itchen Valley News

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Copy date for articles and one off advertisements for the **June 2025 edition is Thursday 15 May 2025**. All material is published in good faith and the Itchen Valley News cannot be held responsible for any information given or views expressed; neither can it be liable for any loss arising from the use of any information or advertisements contained herein. The Editorial Team reserves the right to refuse or amend articles or advertisements submitted for publication.

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What's On

Martyr Worthy Village Hall: Annual General Meeting

This year's AGM will be held at the hall at **6 pm on Tuesday 6 May 2025**.

The business of the meeting will include approval of the Minutes of the 2024 AGM, reports by the Chairman and Treasurer, the election of the Management Committee for the coming year, and any other matters arising.

All residents of Martyr Worthy aged 18 or over are entitled to attend and vote and will be very welcome.

Guy Green

Chairman Management Committee

Easton & Martyr Worthy Safari Supper

**Saturday
May 10**

Last minute applications accepted up until midnight Friday 2 May. In aid of St Mary's Fabric Fund. Full details in the April issue of The News or email: annamcgowan1@aol.com



Hampshire Choral Festival:

Sunday 11 May 7pm at The Anvil, Basingstoke. The Itchen Valley choir are one of many choirs taking part in this concert performing the 'Verdi Requiem' and the first performance of 'The Life of Universal Song' by Derek Beck.

Tickets anvilarts.org.uk

Jacqui Squire

Easton Flower Festival 17 and 18 May

Easton is holding a Flower Festival to raise funds for the urgent repairs to St. Mary's Church. Over recent months the church has been made watertight but dangerous stones over the chancel roof must be replaced. The church will be decorated to celebrate marriage, including wedding dresses through the ages. There will be open gardens, teas and a plant stall.

On Friday evening 16 May from 6.30pm to 8.30pm there will be a 'Sparkling Preview' in the church with wine and canapes and a musical entertainment. Tickets £20 will include entry to gardens over the weekend and available in advance.

We look forward to seeing you all on 17 and 18 of May between 10.30am and 4.30pm.

Free car parking, admission to church and gardens £10, children free. If anyone is dividing or potting up plants we would welcome any contributions. For further information about the Festival please contact Judy Bishop 01962 779205 or judybish@hotmail.co
Judy Bishop

Alresford Art Society

Rebecca Hurst will be demonstrating 'Abstract Mark Making in Mixed Media'. This will be held on **Thursday 22 May** with the demonstration starting at 7.30pm in Bishop's Sutton Village Hall, Alresford Road (B3047), Bishops Sutton SO24 0AH. Non-members welcome – admission £3 and a small donation requested for refreshments. For further information: 01962 732043 or visit www.artsociety.alresford.org.

Jen Boardman

Secretary, Alresford Art Society

Mob: 07798933027

**Alresford Community Choir
and the Hanover Band concert
Saturday 24 May, 7.30pm.**

Doors open 6.30pm Harvey Hall
Auditorium, St Swithuns School,
Winchester.

Beethoven's 9th Symphony, 'The
Choral' (last movement), directed by
Ben Hoffnung and Fauré's 'Requiem
Mass' directed by Keith Clark.

Wine and light refreshments available
beforehand and during the interval
Free parking. Tickets from £12 to £35
at: [https://www.ticketsource.co.uk/
alresford-community-choir/](https://www.ticketsource.co.uk/alresford-community-choir/)
or telephone 01962 734858

**Easton Village Hall and
Recreation Ground
Annual General Meeting
This will take place on **Wednesday 4
June at 8pm** in Easton Village Hall.**

Refreshments will be served from
7.30pm.

All "inhabitants of the area of benefit
of 18 years and upwards" are
welcome to attend and vote at the
meeting. Inhabitants who are under
the age of 18 are welcome to attend,
but may not vote. You will all be
most welcome.

*Harry Smith
Chair EVH&RG Committee*

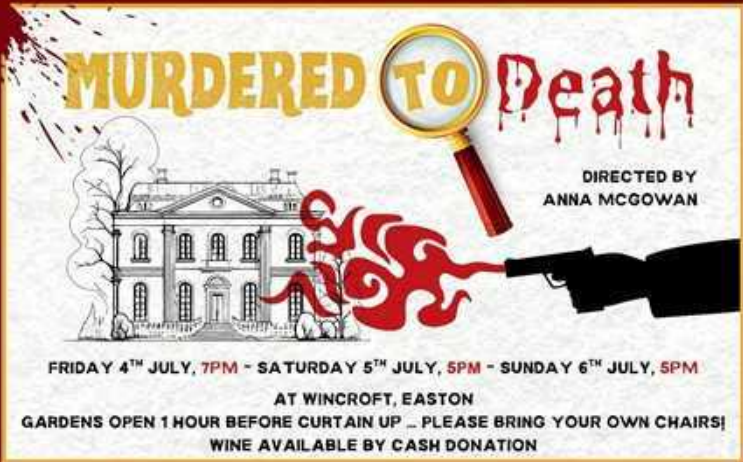
Save the Dates

Easton Garden Players
present **Murdered to Death** on **4, 5
and 6 July**. All proceeds will be
donated to St Mary's Church Fabric
Fund.

Full details of the outdoor
performance of this comedy in the
style of Agatha Christie to follow in
the June issue of the Itchen Valley
News.

Anna McGowan

EASTON GARDEN PLAYERS PRESENT A COMEDY THRILLER 'WHODUNNIT'
BY AGATHA CHRISTIE By Peter Gordon



MURDERED TO Death

DIRECTED BY
ANNA MCGOWAN

FRIDAY 4TH JULY, 7PM - SATURDAY 5TH JULY, 5PM - SUNDAY 6TH JULY, 5PM

AT WINCROFT, EASTON
GARDENS OPEN 1 HOUR BEFORE CURTAIN UP ... PLEASE BRING YOUR OWN CHAIRS!
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Every Step of the Way

The exhibition at The Gallery in The Arc, Winchester is an inspirational tour of the South Downs Way by a group of leading artists from across the region. From Eastbourne to Alfriston, Washington to Amberley, Exton to Winchester, 'Every Step of the Way' illustrates walking the 100-mile South Downs Way, as 33 artists articulate their personal experience of the trail through their art.



Beachy Head Light II, Jeremy Gardiner

The exhibition is structured around the 11 sections of the national trail guide, with three artists, each with a different artistic approach, allocated to each. Mainly based in Hampshire and West Sussex, the exhibiting artists were invited to create new works for the exhibition based on this dramatic landscape on our doorstep.

The exhibition, which has been created in partnership with The Ramblers Association, brings together a selection of exceptional paintings and printmaking, sculpture, land art, textiles and more, from artists including Fiona

McIntyre, Jon Edgar, Howard Phipps and Simon Hitchens.

Kirsty Rodda, Visual Arts Exhibitions Manager at Hampshire Cultural Trust, which operates The Arc, said: "The experience of walking the South Downs Way is complex and multi-faceted, involving physical exertion in all weathers and the delights of all the senses. There are ever-changing views, close encounters with nature, as well as intriguing discoveries of unusual land features, buildings, ruins and secluded historic and contemporary human activity.

"We are incredibly privileged to be able to display the works of this body of artists who really do represent the best of our regional contemporary art scene. These new works are a testament to their talent and to the unique landscape of the South Downs Way, and we hope that the exhibition will inspire its visitors to experience the wonders of the South Downs Way for real."

'Every Step of the Way' opened on Thursday 4 April and runs until 16 July. More information is available at <https://www.arcwinchester.org.uk/event/every-step-way>.



Ditchling Beacon Rain and Wind I, Frances Knight



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A Big Thank You from the Itchen Valley News

A big thank you to all those who have already responded to our request last month for a donation to the Itchen Valley News. We need your donations to help cover our printing costs which are more than £10,000 each year. If you missed it, or have been busy and not yet got around to it but would still like to support us, please would you do one of the following: send a cheque to me at, School Lane, Itchen Abbas, Hants, SO21 1BE; or pay online to, "Itchen Valley News", at HSBC, sort code 40- 46-39, account no. 61856251, using your name as a reference. The Itchen Valley News is produced every month by volunteers and delivered free to all households in the Valley with information of all sorts about what is happening locally. Thank you.

Michael Smith, Treasurer

National Garden Scheme - Hampshire

At our annual Hampshire Garden Owners Lunch, Paul Jackson-Clarke of Parkinson's UK, spoke of the enormous help our donations make to the Charity from sponsoring specialist Parkinson's nurses to cutting edge research which is being carried out to try to find a cure. For the occasion our County Organiser, Mark Porter, invited Roger and Jenny Bateman along to hear Paul speak and also have a chance to chat to him. This couple have opened several gardens for the NGS over 30 years.



Jenny, Roger and Mark

The National Garden Scheme have been supporting Parkinson's UK since 2012, donating over £2.4 million in that time. By visiting just one garden, you are helping our cause. So..... where to go to see some stunning gardens opening in June.

Limberlost, St. Giles Hill, Winchester SO23 0HH

Opening: Saturday 7 and Sunday 8 June. Pre-booking available.





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Admission: £5.00, children free.
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 Refreshments - home-made teas.
 Half acre garden with views overlooking the city of Winchester. Many interesting features including owner-built Monet style bridge over pond, bottle wall, a secret garden, peonies and roses, historic religious icons, and lavender ha-ha. There are several pleasant seating areas for tea, over 20 apple trees, greenhouse, fruit cages, asparagus bed, water features and a pergola.

Little Court, Crawley, Winchester SO21 2PU

Opening: **Sunday 15 and Monday 16 June** 2pm to 5.30pm. Pre-booking available.

Admission: £5.00, children free.
 Cashless payments available.
 Refreshments in village hall.



This sheltered, naturalistic garden is one for all seasons. It is mature and exuberant with contrasting areas, including a traditional walled kitchen garden and free-range bantams. In July there are many butterflies in the wildflower meadow. Rustic seats throughout with good views, and described as 'an oasis of peace and tranquillity'. Sorry, no dogs, due to the bantams.

Pat Beagley (Head of Publicity)

The Itchen Valley Quiz No.35

1. One way of marking the Church's passage through the year is by colour. What are the colours used for Christmas, Easter, Whitsunday (Pentecost), Advent, and the third Sunday after Trinity?
2. Participants and enthusiasts of this sport are known as fanciers. What is the sport?
3. What is a dosette box?
4. The following Emirates belong to which sovereign state? - Abu Dhabi, Sharjah, Ajman, Umm Al-Quwain, Ras Al Khaimah and Fujairah? And which one of the seven have I omitted?
5. Who wrote *The Children of the New Forest*?
6. Which of the following is the odd one out, and why? *Cosi Fan Tutte*, *Don Giovanni*, *The Barber of Seville*, *The Marriage of Figaro*, *Idomeneo* and *The Magic Flute*?
7. One British Monarch reigned for 10 years but only spent six months of it in Britain. Who was the Monarch and what was he doing for the rest of his reign?
8. What meal hangs on a wall in the monastery of Santa Maria delle Grazie in Milan?
9. The Caribbean Island of Hispaniola contains two nations. What are they?
10. What does the pilot of a large aircraft use to steer whilst taxiing?

Thanks to John Lang for his continuing supply of Quizzes. Eds

From our MP

I'm Buying Local and Backing Britain. Trump has launched a nonsensical and hugely damaging trade war across the world. The sheer scale of his attack means it will affect many businesses here. We need to rally in support of local businesses threatened due to Trump's destructive actions, including local farmers, high street shops and services. Alongside many of my Liberal Democrat colleagues. I say to everyone out there buy local and back British whenever you can to help us weather this Trump storm. Now that we have extra economic pressure from Trump it is indefensible to proceed with the government's tax rises. I've been calling on them to reverse course as I fear the impact it will have on local businesses, hospices and social care providers if they don't listen.

Despite the economic situation, there is good news for us locally. I recently attended the opening of an electric vehicle charging superhub near Winchester which will provide jobs whilst helping people shift to cleaner electric vehicles.

We also enjoyed some great English Tourism week activities in March. It was wonderful to attend events for the 250th anniversary of Jane Austen. I was delighted to join Visit Winchester to see how they were bringing people to the city to learn about the history and celebrate her legacy.

Finally, I've just returned from a journey across Europe. I drove a donated ambulance filled with vital medical supplies to Ukraine. The supplies we delivered will help them treat injured soldiers and civilians

who have been fighting to repel Putin's illegal invasion, and I believe we owe it to them to help in any way we can.



If you have any issues I can help with please get in touch at danny.chambers.mp@parliament.uk
Danny Chambers MP

Boules in the Valley

Boules/pétanque has been played around the Valley since before the Millennium!!

If you have ever wanted to play regularly or learn how to play, come and join us. Each of the local villages have players and we're all happy to receive new members!

If you'd like to see what happens in Itchen Abbas, we're making a start dusting off the boules, Tuesday evenings starting at 5pm and getting later as the temperature and light improves. Come May, we will move to 5.30pm, possibly 6.30pm, and playing until we can no longer see! We need new players to compete against the other villages!

SO COME ON DOWN to the piste at the VILLAGE HALL and join in!!
Contact jenny@sloan-home.co.uk
Jenny Sloan

ITCHEN VALLEY DAY

14TH JUNE 2025



JOIN YOUR FRIENDS AND NEIGHBOURS FOR A DAY OF SUMMER FUN TO CELEBRATE LIVING IN ITCHEN VALLEY ON SATURDAY 14TH JUNE 2025 AT AVINGTON PARK.

The event will be open from 2pm to 8.30pm with activities for all the family including:

CHILDREN'S ACTIVITIES CRICKET MATCHES LIVE MUSIC & DANCING
RAFT RACES FLY-FISHING & MANY MORE
DUCK RACES LOCAL ARTISTS TO BE ADDED



Those who attended the Jubilee Day will remember the fun. Families can set up the day before and are welcome to bring a gazebo and BBQs and enjoy a picnic in the park.

THE PLOUGH, CHESTNUT HORSE, THE GRANGE,
WEST LEA FARM SHOP AND MORE WILL HAVE STALLS
SELLING FOOD AND BEVERAGES THROUGHOUT THE DAY. ENJOY
HOG ROASTS, HOT DOGS, AND JUDE'S ICE CREAM.



THE DAY IS OPEN TO ALL ITCHEN VALLEY RESIDENTS ONLY AND THEIR FAMILY & FRIENDS.
YOU NEED TO REGISTER AND CONFIRM NUMBERS TO ATTEND.

Please visit www.ValleyDay.co.uk to register for free | Avington Park, Avington, SO21 1DB

Easton WI Closure

Easton WI officially closed on 8 April 2025 after 103 years. To commemorate the event, several Minute Books were displayed showing how life must have been before rationing ended in 1954. Committee Meetings were held at The Old Rectory and The Corner and raffles were held at monthly meetings where prizes included “hens eggs, 2lbs sugar, a tin of pineapple, one basket of strawberries “should they be ripe in June”. In February 1952 it was agreed that due to “rising costs” a cup of tea should be increased from 1d to 2d (old pennies).

Kyrene remembered members past and present, with memories of trips taken and the great variety of speakers over the years. The Committee marked the occasion with a delicious tea, and their efforts were fondly acknowledged by all present, marking the end of an era with warmth and appreciation.

All residue Funds will be held by Hampshire WI for three years in case anyone wishes to re-instate an Easton WI.

Sallie Peake

New arrivals

Welcome to Louise and David Crean who have moved into Woodbury, Chilland with their dog Theo.

Many congratulations to Lily and Nick of Shepherd’s Field, Bridget’s Lane on the safe arrival of daughter Matilda, born on 3 March.

Flower – of the Month? Wisteria

This picture says something about the changing seasons. Wisteria should



normally give a wonderful display of flower in May, so it’s appropriate for this month’s flower. But we photographed it in bloom in April after several weeks of dry warm weather. Everything is rushing ahead this year. One possible problem with that is the bees which normally buzz around it were nowhere to be seen. We wonder what the bees will have to browse on when they do emerge. Hopefully something that was meant to flower in June?!

Simon and Dorothy Broadley

The Call to Watchfulness

Recently, the Archbishop of Canterbury once again placed safeguarding at the very heart of the Church’s public witness — acknowledging, with sorrow, that in the past, the Church has too often failed to protect the vulnerable. And when we hear those words, ‘safeguarding failure’, ‘vulnerability’, it is tempting to let our thoughts drift into the distance, to the decisions of bishops, the policies of institutions, the headlines on the news.

But safeguarding isn’t just about policies or protocols. It isn’t about institutions and organisations. It isn’t even about the church. It’s about people. It’s about all of us. And it isn’t just someone else’s

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A photograph of a large field of colorful flowers, primarily dahlias, in various shades of pink, purple, and yellow. The flowers are in full bloom and fill the foreground and middle ground. In the background, there are green trees and a fence line under a clear sky.

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Reflecting on the story of Easter portrayed in 'The Way of the Cross' in Martyr Worthy I witnessed Jesus with his disciples in the Garden of Gethsemane thinking about the events to follow when he utters one of the most quietly powerful lines in the New Testament. He turns to His disciples and says simply: "Watch and pray."

Two short words. 'Watchfulness' - 'attentiveness' - are at the very heart of love.

We may not all be safeguarding officers, but each of us has eyes to see, ears to hear, and hearts that can stay awake to the needs of others. We can be the person who notices when something's not quite right, who listens when a child needs to speak, who takes a concern seriously, even when it would be easier to brush it aside.

True safeguarding begins not with a form, but with a culture - a way of being a community that says, loud and clear: "Everyone matters here. No one is invisible. No one is disposable. No one is ignored."

And then Jesus says: "Watch and pray."

If watching is about attentiveness to others, praying is about attentiveness to God. Prayer is not a way of escaping the world's pain - it's how we find strength to face it. It's where we bring the things we've seen and can't unsee. It's where we remember that we are not alone in our concern, and not powerless in the face of it. Prayer opens the door to compassion that doesn't run dry - and to wisdom that knows when to speak, when to listen, and when to act. If safeguarding requires vigilance, it also requires grace - and prayer draws us into both.

The Archbishop's words call us not to guilt, but to action - to become people

who reflect the care of Christ in small, daily ways.

Psalm 146 says: "The Lord watches over the stranger; He upholds the orphan and the widow." If God watches over the vulnerable, then surely, we are called to do the same.

To watch.

To pray.

To act when needed.

Perhaps safeguarding starts - quite simply - by being the kind of person who, when entrusted with someone's story, treats it not as a burden, but as a gift.

Gerry Stacey LLM

The interfering wife

Some days ago, looking things up on the web started to become rather tedious. I checked my internet speed and, not surprisingly, found it had dropped right down to almost zero. As with all things electronic, the solution is often to turn the offending equipment off and on again. I unplugged my BT hub and reconnected it. Lo and behold, internet speed was back up to its usual pace.

Alas, all good things must come to an end and within half an hour the speed had plummeted once more. Repeating the process gave the same outcome.

A phone call to BT confirmed my surmise that the hub was probably faulty. The agent arranged for a replacement to be dispatched and an engineer to call the following week in case this didn't solve the problem. Three days later the new hub arrived and was duly installed. You don't realise just how many other bits and bobs are linked to your Wi-Fi until they all have to be reconnected with a



new password! Anyway, new hub equals new speed and I was back to normal. For one day.

Yes, the next day the speed was once again almost zero. Turning off and on continued to be only a short-term fix so it was a great relief when the BT engineer turned up as arranged the following morning.

Within about a minute, he had identified the problem and installed the required solution. A neighbour must have recently got a new hub for their own network and the radio signal from that was interfering with my own equipment.

Changing the operating frequency of my hub eliminated the interference and I was up and running. As the engineer pointed out, had my computer been connected to the hub with an Ethernet cable, the problem would not have arisen. It was my Wi-Fi network and not the BT phone line that was the cause of the slow speed. Alas, I'd never thought of trying that answer.

Even better, over the ensuing days, my internet speed gradually increased to about 150% of its speed before the problem had arisen.

Oh sorry, is the title misleading? I meant to write The Interfering Wi-Fi.
Vernon Tottle

Jackie's County Corner

The County Council has another savings consultation: the response deadline is 11.59pm on the 7 May.



They are consulting on their proposal to save £9.9million by cutting budgets for four services: highway maintenance,

introducing new criteria, increasing transport costs to schools and colleges and removing three Older Adults Day care units (including at Chesil Lodge in Winchester).

Highway maintenance is a constant topic of conversation, and all of these budget cuts will hit residents in this division, but so far, response rates have been low.

School transport costs will apply to more children: so please look and see if you will be affected in the future. If you'd like to respond to one or all of the proposals, [please go to hants.gov.uk](https://www.hants.gov.uk), and click on the right hand block on the front page where there is direct link to ['Future Services Consultation Spring 2025'](#). Please contact me if you are worried by the impact of this on your household budget.

Annual Parish meetings are coming up. (24 April - Eds). These are opportunities for you to talk with your Parish Council. Have you considered being a Parish Councillor? It's a voluntary role, but very interesting and an opportunity to get involved with the whole community.

Thank you to everyone who provided photographs of dreadful potholes this month. Road and footway faults can only be reported online at present, so please report first to get a tracking number. When I have that number I can chase up if the repair takes too long, or help you to claim.

You may recall that the County closed several care homes a few years ago, citing an expansion programme of three modern nursing homes which would be in more sustainable locations. The costs have proved too high for HCC who already have a financial crisis on their hands, with SEND children and Adult Social care, and in late March, they called a halt to their £173m programme. Unfortunately, the Cornerways/ Merrydale site is a victim of this and we

await new plans for this brownfield land in the Worthys.

It was exciting to see the EV charging site at Three Maids Hill start operation in March. Winchester has always been at the forefront of public EV charging, and this site offers good off-peak rates as well as a playground, refreshments and toilets. The site uses green electricity and sits alongside the other companies' energy generators, with a field of solar panels, and an anaerobic digester: we are truly going greener faster in this division.

Jackie Porter 07973 696 085

Email: jackie.porter@hants.gov.uk

Collation and Installation

Many readers will remember Andrew Micklefield as Rector here in the Itchen Valley Parish from 2010 to 2014.

Unfortunately for us, his talents were quickly recognised, and he moved to the Parish of the Resurrection in Alton in May 2014. During his ministry there he was also appointed an Honorary Canon of Winchester Cathedral, and a member of the Diocesan Bishop's Council and the Church of England's General Synod. In January his appointment as Canon Treasurer at the Cathedral was announced. This means he and his family have moved to one of the 17th century houses in the Cathedral Close, in wonderfully named Dome Alley.

To honour this new appointment, there was a service in the Cathedral earlier month, called Collation and Installation. **Installation** became obvious when Andrew was literally put into his **stall** in the choir of the Cathedral, but I assumed Collation was a fancy word for the 'bun fight' in the north transept after the service – in fact it is some other mysterious rite as

part of the service. It was all very grand and formal with plenty of lovely robes and complicated processions, and thoroughly engrossing.

Andrew's new appointment at the Cathedral means he will oversee the



Andrew and Fiona with the Bishop of Southampton who conducted the service

work of the Learning Team, work to enhance the Cathedral's role as Mother Church in the diocese, share oversight of the communications function, and work with the cathedral guides in their outreach – alongside the ministry of leading services and preaching, hospitality and welcome. He is certain to be a great success!

Verity Coleman

Itchen Entrepreneur

Starting a sourdough business was not what I intended. In fact, I have had some pretty dodgy sourdough baking experiences over the years. I can remember trying to keep a sourdough starter in my dorm at school, and the cleaners thinking I was harbouring some kind of weird mouldy concoction. I even have memories of sneaking downstairs to the school kitchen with friends and baking my bread after its second prove in the



middle of the night, only to find myself with a loaf my friends likened to a door stop or frisbee. But, it wasn't until a lady in the village gave me Margaret (a 100+ year old sourdough starter) that I felt it was time for me to learn properly how to make sourdough bread.

For those who don't already know, a starter is a mixture of flour, water and natural yeast from the air which sourdough bakers use instead of shop-bought yeast. It ferments the dough much more slowly and gives sourdough its tangy flavour, making it more favourable to our gut microbes than regular bread. But sourdough isn't a new phenomenon, and it wasn't until the rise of commercial baker's yeast in the 19th and 20th centuries that our

most ancient form of bread was replaced by Wonder Bread and Mighty White. Forget the trendy bakeries of East London, the ancient Greeks were way ahead of the curve, and it is their slow practice of bread-baking that first attracted me to making sourdough.



The name 'Seeding Sourdough' originates from 'Seedling Café' which I started when I was eight years old - and my small blue Seedling embroidered apron still fits! Fast forward to today: I asked Itchen Listers if anyone would be interested in some fresh local bread and the response was overwhelming (in a good way!) and I had to think on my feet. I ordered proofing baskets, bowls, kilograms of flour and spent many an evening with my head in my hands working out how I was going to bake 40 loaves in one oven! Picture the scene: me, four cups of coffee into the morning, still in my pyjamas with about 10 timers on the go, mixing, stretching, folding. When home bakers call sourdough mindful, I somehow don't think my flour-caked kitchen would agree!

I have learned a lot on the job, and what it takes to make something like this happen on your own (although credit to my mother for getting her hands dirty in particularly hectic moments!) Before returning to Easton, I lived in Paris for four months, and can remember myself thoughtlessly criticising the local bakery for opening at four in the afternoon, "who needs bread at 4pm?" Now I appreciate that they've most likely been up since 4am baking to ensure the freshest loaves possible. I've also had to learn a lot about the finance side of running a business, and how to get the word out there. Maybe I'm sharing too much when I say that my brother, who studies economics A-level has drawn a graph showing me that I'm making a mere few pence an hour. Just imagine if I'd had to pay for my own premises and electricity bills; like I say, new found respect for independent bakeries.

Regardless of the figures, I feel that the



value of this experience outweighs any material profit. I have loved providing bread and connecting to the local community that I have been a part of for most of my life. I hadn't realised, until attempting this bakery, how many people are keen to support me, and it's really made me feel part of the village again. I also feel that I am contributing, in some small way, to a future I believe in. That is, one of community and locality. Outsourcing our agriculture and relying upon big-industry for our food supply is becoming increasingly corrosive not only to the environment but to ourselves. We seem to be forgetting the value and humanity of small farms, growing our own food, supporting each other. As our soil deteriorates, it will be small, regenerative farms that provide the food of the future. It's for this reason that I source my flour from Shipton Mill, which adopts a regenerative approach, and why selling loaves from 'The Hatch' in my garden excites me so much. There's a sense of connection when I sell a loaf that I have made with my hands. It feels honest and good. Imagine this on a slightly bigger scale, someone else selling preserves, another homegrown vegetables, another fresh eggs. Growing, making, providing for the community is, I believe, fundamentally ingrained in human nature, and it's as

empowering as it is fulfilling to live a life conducive to its expression. Anyhow, it still makes me laugh to think that the 'Seedling café' I ran when I was eight, trying to sell who knows what to unsuspecting passers-by has turned into something that is providing people with their breakfasts!

I would like to say thank you to all those who have helped along the way.



Antonia Paterson, the bread lady.

From the Parish Council

Some good news; at long last the Itchen Abbas Notice Board is back up on its post. Repairing it took considerably longer than was first anticipated. Apart from the fact that it had fallen off its post, the top cap and the board at the back were both rotten. Both had to be replaced. The pin board was wet, swollen and warped, so also had to be replaced; this time with cork. In other words nearly a complete rebuild. Please remember this is the official board for

Parish Council notices. The left hand side is solely for that purpose; hence it has a combination lock. Please do not try to reach through to put items on that side of the board. They will be removed. The notice board in Church Lane, Martyr Worthy has had new hinges fitted as well. Please put only one item on any board and remove old out of date notices. Also, when putting notices on the boards only use drawing pins, not staples or blutack and finally **please** make sure that the doors have closed properly. Now some less good news: as can be seen, major work has started on the M3/A34 Junction 9 project. Two Parish Councillors attended the drop-in consultation at the Tesco carpark. Although the contractors were friendly and tried to give what information they could it was not encouraging. A major issue for Valley residents is what are the plans for when traffic has to be diverted, how far in advance will we be informed, how clear will the signage be and in the case of emergencies are there contingency plans? The contractors view was that in the event of something going wrong it was not under their control and would be



primarily the responsibility of Hampshire County Council - one would hope National Highways would also be having an input. This implies that a reactive approach rather than a proactive one is being taken. From our experience of traffic problems with Boom Town events, it is clear that a proactive approach is necessary, with contingency planning involving all parties including the emergency services. There is already a serious problem for cyclists coming to and from Winchester. The diversion that has been put in place doubles the length of the journey which can now be six miles for some. Although many think of cycling as being a recreational pastime, for some it is their means of getting to and from work, and for them this diversion causes major difficulties. The diverted route is on stretches of lanes too narrow for a car to safely pass a cyclist yet with a 60mph speed limit. The Parish Council have requested meetings with National Highways and Hampshire Council and have also sent a letter to both on these issues.

There is still a vacancy for someone to join the Parish Council. Ideally to give fair coverage across the Valley it should be someone from Easton but it does not have to be. Any resident who is interested in making a difference to where we live can apply. For those who may not want to be involved with the formalities of being a Parish Councillor there is an alternative. Join our Environmental Working Group. We meet in one of our pubs or in one of our homes, discussions are informal and the work can range from the practical, like tree and hedge planting, to the managerial, organising events to encourage

everyone to take action on climate change. It also gives the opportunity to hear about the wider world with the chance to attend some interesting talks and discussion meetings. With at present only five members we need more to join the group. Although Climate Change is a very serious subject we are a sociable group and the meetings are fun.

This time of year has two important meetings. The first the Annual Parish Meeting at the end of April which is for the public to hear what we have done in the past year and what we plan for the future. The second at the very beginning of May is our official Annual General Meeting when we have to pass various statutory documents and decide what role Parish Councillors will have for the ensuing year. As both are too late for this edition of the Valley News they will be reported in the June edition.

*Patrick Appleby,
IVPC Chairman.*

The Valley Gardeners explore Borde Hill gardens

We were lucky enough to go to Borde Hill during the extraordinary spell of dry, sunny and warm weather in early April. This garden has been undergoing a substantial



renovation over the last several years, so we decided now was the time to go and visit it. Borde Hill is a Grade II* listed English Heritage Garden set within 383 acres of woodland and parkland, with magnificent views across the Ouse Valley viaduct. This has 37 semi-circular arches and really is very elegant, still used by trains on the London to Brighton line.

The house was built in 1598 and lived in by the Stephenson Clarke family for the last 130 years.

There are 11 geological faults running



through the property, resulting in many differing soil types, this allows a wide variety of plant types to be grown there. Colonel Stephenson Robert Clarke was the chief sponsor of the Victorian plant hunters who explored the globe for new plants and seeds.



These were brought back to Borde Hill where they were planted so, for example, there are the first rhododendrons ever brought into the UK in the 1900s still flowering and flourishing in the garden.

The magnolias were truly magnificent and early camellias plus narcissi filled the garden walks with colour. One of my favourite areas was the Italian garden and its elegant shallow pond with a charming sculpture of pelicans in the centre.



Surrounding the pond, *Fritillaria imperialis* 'Rubra' rise with quiet grandeur, their flame-orange bells nodding gently beneath a halo of green. Also known as the Crown Imperial, these striking spring bulbs bring a regal touch throughout the borders, their bold silhouette standing proudly against the symmetry of stone and clipped yew. Beneath their beauty lies a musky scent - once cherished for keeping garden pests at bay.

I learnt a new term whilst at Borde Hill: Champion trees. This refers to trees which are the tallest or have the biggest girth in the country and



Borde Hill is proud to say there are 83 such trees on the property.
Catherine Hahn

Easton and Martyr Worthy Cricket Club

Members of the cricket club assembled on Saturday 12 April to undertake the various jobs around the pitch and indoor facilities required to set up the ground for the summer season. EMWCC's groundsman, Lee Padwick, has been working very hard juggling the available space to prepare playing strips for the differing demands of Men and Women's cricket, along with the Juniors of all age groups. We were delighted that Lee received a prestigious award before the start of the season – the Southern Premier League Cricket



Groundsman Of The Year 2024. A very well-deserved prize and many congratulations to Lee from everyone at EMWCC.

Outdoor training is now in full swing. Men's training is on Thursday evenings, 6 - 8pm - this incorporates Boys U15s and U17s. Ladies train and play some matches on Tuesday evenings.

The first Men's friendly warm up match was played on Saturday 12 April vs Bramshaw CC. EMWCC started the 2025 campaign on the front foot winning by 68 runs. Competitive matches start on Sunday 27 April with a Home game in the National Village Cup Competition. This, the largest amateur cricket competition in the world, sees over 300 teams battling to reach the final on the hallowed turf of Lords Cricket Ground.

Hampshire Cricket League (HCL) starts on Saturday 3 May. EMWCC's 1st XI has a Home game vs Twyford CC. The 2nd XI is Away, playing St Cross Symondians CC at Cheriton; and our 3rd team is playing on their Home ground, North Wall Recreation Ground vs Hursley Park. All HCL matches start at 1pm.

The Club's popular Friday social evenings start on 25 April from 5pm, incorporating much of the Juniors' training. Everyone is welcome to come along and enjoy the spectacle, the BBQ and the bar. The Juniors' season for the boys and girls playing age groups of U9, U11, U13 and U15 starts thereafter, with most of their matches being played on a Sunday morning and afternoon.

For more information on the cricket club please see the website, Website: www.emwcc.com

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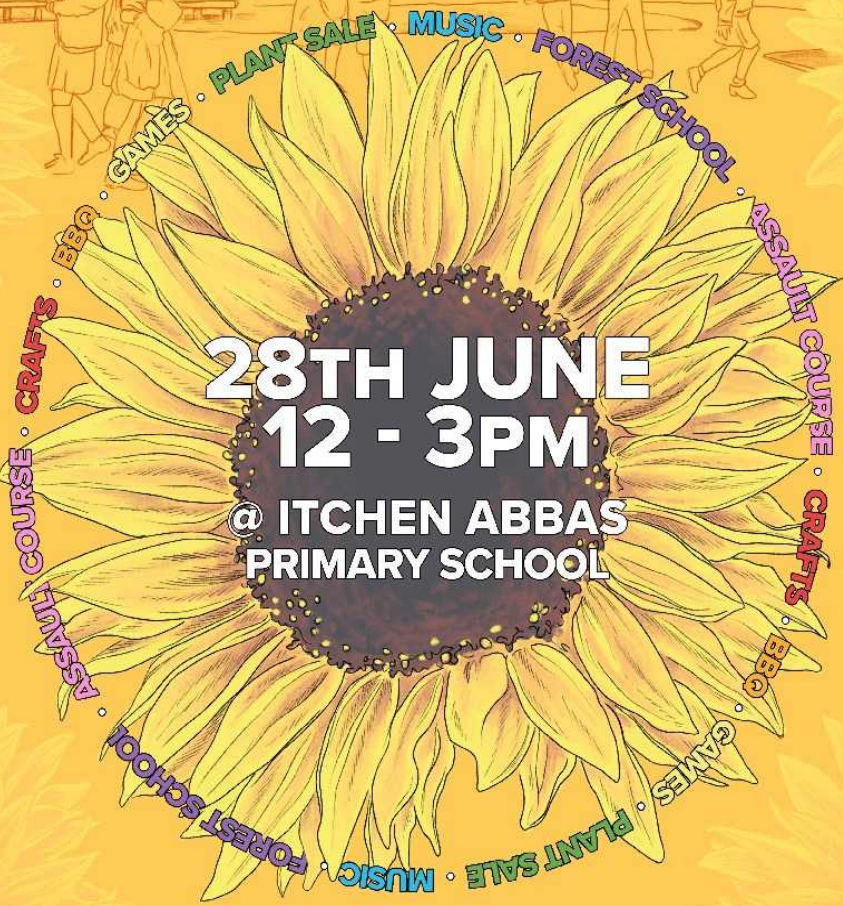
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Book review: *Leeward* by Katie Daysh

Katie Daysh is a historical fiction writer from the Isle of Wight. Her wonderful debut, *Leeward*, is the first in a trilogy of books set during the Age of Sail.

This time period might seem daunting to some readers, but it's a very approachable piece of Age of Sail literature. There is humour, adventure, mystery, and, threaded into it all, a delightfully-written romance.

Captain Hiram Nightingale, the protagonist, is a traumatised veteran of the Battle of the Nile, and it is in this very battle that we are first introduced to him. The novel begins 'in medias res', which can sometimes be jarring; you are dropped into the action, and perhaps left scrambling down the page for something solid with which to place yourself. With *Leeward*, however, that's not the case. The reader is put aboard the *Lion*, an already-burning vessel, drifting past other battered and flaming ships, broken masts, and sailors in the water, clinging to the debris. But despite the immediacy and the chaos, Daysh takes us through it with clear and concise prose.

Two years later, Nightingale is ordered to find HMS *Ulysses*, which disappeared in the Caribbean. He takes command of HMS *Scylla* and her crew including Lieutenant Arthur Courtney, who had been serving as

acting captain.

There are several layers of conflict and tension between these two men; Courtney has the firmly established trust and respect of the crew, and *Nightingale* must earn the same. Part of what, for me, makes the novel so compelling is that its conflict arises not only from the battles fought on and with the sea in the hunt for the *Ulysses*, but also from those private ones fought within the head and the heart of the protagonist. It is a very human novel. *Nightingale* is not one of those characters you expect to encounter as a naval captain in an Age of Sail novel - impassive to the point

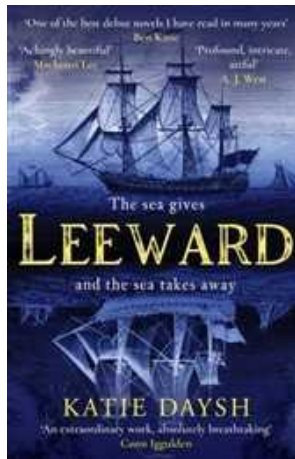
of seeming inhuman - but a fully-fleshed man, with fears and doubts, and all those other emotions brought forth by a life spent on a place as precarious and unforgiving as the sea.

I read *Leeward* about a year ago now, but still recall the vividness of the battles and storms in particular. And it's truly a testament to Daysh's writing that I could picture them with

such clarity, with the shamefully sparse nautical knowledge that I have at my disposal. As I mentioned earlier - a very approachable work of Age of Sail literature!

I think part of what makes her prose so absorbing is that it's very tactile: think of the close, sticky heat of the tropics in full-dress naval uniform. In any case, upon closing the book you rather expect to feel the spray of seawater on your face, or hear the creaking of timbers.

M Lawrence





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Vines do not like frost on their newly emerging buds and cold air rolls down hillsides, so Grange Winery has to stave off the cold with 'bougies', which they light on frosty nights, sometimes in the very early hours. These flaming buckets have to be snuffed out in the morning. The great thing is that a frosty night is often followed by a sunny morning. It was a pleasure, as well as good exercise, to be out early on such a lovely morning - 3am might be more challenging. If you would like to join the team of occasional fire lighters or extinguishers contact:



work@grangewines.com.
Charlotte Appleby



The vanishing call of Britain's lapwing

Spring in the British countryside once echoed with the distinctive, trilling call of the northern lapwing (*Vanellus Vanellus*), a striking black-and-white

bird with a shimmering green back and a wispy crest. Also known as the peewit - after its haunting call - lapwings were once a common sight but today, their numbers are in serious decline.

Lapwings are an unmistakable part of the UK's natural heritage. Their

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Lapwing_Credit_Mark Hamblin_2020VISION

dramatic, tumbling flight displays in early spring are a spectacle, as males perform acrobatic dives to impress potential mates.

As ground-nesting birds, lapwings lay their eggs in simple scrapes in mud or sand, on short grassland and arable land. This makes them highly susceptible to disturbance from people, livestock, and, crucially, off-leash dogs. If lapwings are repeatedly disturbed, they abandon their nests - leaving eggs or chicks exposed to predators and the elements.

Habitat loss has already pushed lapwing numbers into steep decline. Since 1967, the UK population has decreased by 55%.

Many nature reserves managed by Hampshire & Isle of Wight Wildlife Trust provide nesting areas for various species of ground nesting birds, including Testwood Lakes Nature Reserve, near Southampton, which is home to breeding lapwings.

As a nation of dog lovers, we all want to enjoy the great outdoors with our furry companions. But we must also remember that we share these spaces with wildlife that depends on them for survival.

For more information on lapwings and how to help protect ground-nesting birds, visit hiwwt.org.uk.

Local Charity has 20/20 Vision for the Future

Local family support charity Home-Start Winchester & District is enjoying a year-long celebration to mark 20 years since its creation and the charity's calendar is crammed with activities and fundraising opportunities to make sure that this valuable organisation is around for another 20 years. The charity launched its giving campaign to recruit Friends prepared to donate £20 for 20 months to cushion the challenges that the charity will be facing.

Home-Start Winchester Chair Stephanie Durrant said, "Our service supported 125 families last year and that number will only continue to rise as financial pressures, relationship breakdown and loneliness continue to rise." Founded in 2005 Home-Start Winchester's trained volunteers will go into a family's home on a regular basis for six months to a year to provide much-needed help, friendship, advice and support during those vital years when children are small.

Sue Gentry 773185 or 07802 354444



The Mayor of Winchester congratulates Home-Start Chair Stephanie Durrant

Pawfect Day for a Walk In The Sunshine

Dozens of two legged and four pawed friends enjoyed an exhilarating walk around Itchen Abbas on the hottest day of the year. The Home-Start Winchester annual dog walk is a firm fixture in the charity's fundraising calendar but, on some occasions, it has been the scene of torrential rain and muddy wellies. This year the weather was glorious and the walk near the Avington Estate and by the river was delightful and the magnolia and cherry blossom just wonderful. Special thanks must go to sponsors Gay Dog Boarding Kennels for their continued support and to all the volunteers who mapped the walks, made home-made soup and ploughman's lunches. We raised £1,000 for our work with young families in and around the city. VIP guests taking part in the day included Sue Elton, the new High Sherriff of Hampshire with Lola and Winchester MP Danny Chambers with his partner Emma and their black labrador Moose. The Mayor and Mayoress of Winchester saw the

crowd off, but feared their 16 year-old dog Hillie would find it all a bit too much.

Sue Gentry

Lent Lunches

Forty years of tradition continued this year, with a series of simple lunches in private homes during Lent - five were held this year in different Valley villages. The lunches are very simple – soup with bread and cheese – but provide an easy way for locals to get together and chat with friends, acquaintances and newcomers. It is also a chance to raise money for a chosen charity, which this year was the Unit 12 Community Pantry. Based in Winnall, it provides basics, including excess food from the supermarkets, to people who are struggling, and this year the donations at the lunches raised £1,200 - thank you to everyone who contributed. Judith Mezger and Verity Coleman would also like to express very grateful thanks to the brave people who offered to host, and look forward to volunteers for next year!

Verity Coleman



Ready for the off



May Services

Sunday 4 May

10am Parish Communion - St Mary's, Easton
4pm Café Church - Itchen Abbas Village Hall

Sunday 11 May

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

Sunday 18 May

**our services will be led by the Bishop of Winchester,
The Rt Revd Philip Mounstephen**

8.30am Holy Communion - St John's, Itchen Abbas
10am Parish Communion - St Swithun's, Martyr Worthy

Sunday 25 May

10am Parish Communion - St Mary's, Avington
6pm Evensong - St Swithun's, Martyr Worthy

May Activities

Little Rainbows

For parents and carers with their babies and toddlers:
9.30-11.00am on Mondays (during term-times) at St John's, Itchen Abbas

Cameo

A short lunch time service followed by a light two-course lunch:
12 noon on 3rd Tuesday of each month at St John's, Itchen Abbas

UTX

Our youth group - a time for fun with friends and fuelling faith.
5.00-7.00pm on the 2nd and 4th Sunday of each month;
contact Georgie for more information: 07967 838095

**Please check our website in case of any unexpected changes:
www.itchenvalleychurches.org**

Valley Quiz Answers

1. White/cream or gold marks the joyful festivals such as Christmas and Easter, Red for fire, martyrs and the outpouring of the Holy Spirit such as Whitsunday. Purple for Advent and Lent. And green for most other Sundays such as those after Whitsun
2. Pigeon Racing.
3. A container box, usually made from plastic, with separate compartments for days and times to enable people to take medication/pills at the right time.
4. The United Arab Emirates formally the Trucial States. The missing one is Dubai.
5. Captain Marryat.
6. They are all operas. Five were written by Mozart but The Barber of Seville was written by Gioacchino Rossini.
7. King Richard I, a formidable warrior, was best known as Richard the Lionheart. He was also the Duke of Normandy and the Duke of Aquitaine. He spent most of his reign Crusading or in France.
8. The painting "The Last Supper" by Leonardo Da Vinci.
9. Haiti and the Dominican Republic.
10. A tiller. A small lever, handle or wheel situated on the outboard side wall of the cockpit and easily reached by the controlling pilot. It operates the nose whilst the aircraft is moving at slow speed (i.e. taxiing) on the ground.

Local monthly information

Collections: Usually Tuesdays for Easton and, Avington, and Wednesdays for Abbots Worthy, Itchen Abbas and Martyr Worthy.

Please check your calendar for actual dates.

Hampshire Market in Winchester Second and last Sundays of every month, 9am - 2pm.

Full Parish Council Meeting: Thursday May 1.

CAMEO Tuesday 20 May

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

From Winchester bus station

Mon- Fri 10.20 13.20 15.00 16.55 17.50

Saturday 9.00 12.00 15.00 17.50

To Alresford:

Monday to Friday

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

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

From Alresford Perrins school

Mon- Fri 8.11/14 9.14 12.34 15.34 17.14

Saturday 8.14 11.14 14.14 17.14

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



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marekwasik71@outlook.com

VILLAGE HALL INFORMATION

Easton Village Hall
www.eastonvillagehall.co.uk
07482 938894 or
evh.booking@googlemail.com

Martyr Worthy Village Hall
Lucinda Ffennell 779701 or
martyrworthyvillagehall@gmail.com

Itchen Abbas and Avington Village Hall
www.iaavillagehall.co.uk
Hall Manager: Izabela Young 07947
191229 or
manager@iaavillagehall.co.uk
Village hall callbox 01962 791021



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+



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