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#### Copy deadline 14th of each month unless previously agreed with the Technical Producer

Owing to pressure of copy space we regret it may be necessary to abridge any article. (E-mail copy much appreciated).

#### Disclaimer

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#### THE OXDROVE

#### **Church and Community News**

**O**f

The Candover Valley and Wield Rector: Interegnum

Associate Minister, Rev Ian Thacker, MA. 07864 095 435.

Ian will be in **Wield Church from 9-10 on Wednesdays** for anyone to drop in. This will be followed by a brief service of morning prayer and bible study.

**Benefice administrator** – Tricia Knight email address: beneficeFCW@hotmail.com Phone 07541 463750

#### Rota for Services

The Parishes of Farleigh, The Candover Valley and Wield

The Benefice of Farleigh, Candover and Wield

BCP = Book of Common Prayer CW = Common Worship LL = Lay Led

Key to initials:

 $IDT = Ian\ Thaker:\ PR = Peter\ Raine:\ JG = Julian\ Gibbons\ LH = Lyn\ Hardy:\ AL = Interpretation of the second of the secon$ 

Anne Luneburg: DC = Debbie Scholey

Sunday 3<sup>rd</sup> November All Saints Sunday

08.00 Ellisfield Holy Communion BCP IDT Cliddesden 09.45 Morning Prayer PR 09:30 Wield Matins IDT 10:00 Preston Candover Morning Prayer JG 11:00 Northington Holy Communion IDT 11.15 Sunday Special Dummer

Readings Isaiah 25:6-9 Revelation 21:1-6Å John 11:32-44

Psalm 24 1-6

Wednesday 6<sup>th</sup> November

10:00 Wield Morning prayer and bible study

Sunday 10th November 4rd Sunday before Advent

 09:45
 Ellisfield
 Morning Prayer BC

 10:00
 Preston Candover
 Holy Communion IDT

 10:30
 Cliddesden
 Remembrance Sunday PR

10:30 Remembrance Sunday Dummer 10:45 Remembrance Sunday IDT Northington Readings Jonah 3:1-5 and 10 2 Thessalonians 2:1-5. 13-17 Luke 20:27-38 Psalm 62 5:-12 Wednesday 13<sup>th</sup> November Wield Morning prayer and bible study Sunday 17th November Trinity 21 Holy Communion BCP IDT 9.00 Wield 9:45 Dummer Morning Prayer 10:00 Preston Candover Family service JG 11.15 Cliddesden Family service PR Daniel 12:1-3 Hebrews 10:11-14:Mark 13 1-8: Psalm 95 Readings Wednesday 20th November 10:00 Wield Morning prayer and bible study Sunday 24th November Christ the King Bradley Holy Communion CW. IDT/JG (Preach) 9:45 Dummer Holy Communion CW IDT Brown Candover Morning prayer JG/IDT(preach) 11:00 11:15 Holy Communion Daniel 7-9-10, 13 and 14 Revelation 1:4b-8 John 18:33 Readings Wednesday 27th November 10:00 Wield Morning prayer and bible study Sunday 1st December Advent Sunday Ellisfield Holy Communion BCP IDT 08.00 09:30 Wield Matins PR 09.45 Cliddesden Morning Prayer IDT Preston Candover Morning Prayer JG 10:00 Holy Communion IDT 11:00 Northington

#### SIGHTS & SOUNDS OF BATTLE - WWI

Psalm 24

Sunday Special

Isaiah 25:6-9 Revelation 21 1-6 John 11:32-44

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2

11.15

Readings

Dummer

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#### Message from Ian

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November is always a bit of a solemn month. In it, we remember the sacrifice of the Armed Forces of the United Kingdom and the Commonwealth in acts of war. These remembrance events do not glorify war but seek to unite people of all faiths, cultures, and backgrounds against the horror and suffering that so many continue to face.



The problem for many is that the focus of the remembrance events can be on those who lost their lives in the first and second world wars. The sacrifice of both men and women in these conflicts absolutely deserves our pride and respect. But the direct memory of their sacrifice is rapidly moving into history. So, we also remember members of our armed services who have routinely engaged in conflicts that we have only witnessed on our televisions. Some of these were major conflicts such as the Korean war, the Gulf war, the wars in Bosnia and Kosovo, the war in Iraq and most recently Afghanistan. There are numerous other conflicts where our forces have fought to defend the democratic freedoms of other countries. Many soldiers and civilians lost their lives or were injured in the conflict in Northern Ireland, as well as the terrorist attacks we have suffered in the mainland United Kingdom.

Remembrance isn't focused just on what happened in history but also on something that continues to affect the lives of so many people; for those who have been involved in the violence of war, the trauma doesn't end when the fighting stops. The memory of what they have seen or been required to do is frequently buried deep within them and only emerges with time.

The first thing we can do to remember is buy a poppy. The Royal British Legion who run this charity continues to do amazing work with people whose lives have been affected by war. Wearing a poppy is never compulsory but it is a sign of both remembrance and commitment to those who have given so much. The ex-servicemen I know greatly appreciate those who use this to show their support.

Secondly, you are welcome to attend one of the remembrance events. Within the villages we will hold Remembrance Sunday services at St John's Northington, where we will be joined by the Royal British Legion, and at St Leonard's Church in Cliddesden. There will also be a service of remembrance on Armistice Day held at the memorial in Preston Candover where we will be joined by the pupils of Preston Candover School. In these services we will remember the sacrifice of our armed forces. We will also pay tribute to the special contribution of families who have lost loved ones with words and hymns, but also with silence as we remember those who gave so much to uphold the things we value most.



#### Church sidesmen and readers

Church St John's Northington St Peters	<u>Date</u>	Sidesmen Colin & Emma La Fontaine Jackson	Readers Colin & Emma La Fontaine Jackson
<b>Brown Candover</b>			
St Marys Preston Candover	3 Nov 10.00am	Anne Luneburg	Jane Laws
	10 Nov 10.00am	Remembrance service at Northington	
	17 Nov 10.00am	Marina Avis	To be advised
	1 Dec 10.00am	Anne Luneburg	Various
All Saints Bradley		Andrew Don	Andrew Don
St James' Wield	3 Nov 9.30am	John Lailey	Catherine Simons Eileen Collins
	17 Nov 9.00am	Brian Collins	Mark Kemp Gee To be advised
	1 Dec 9.30am	Alwin Hutchinson	Ben Robinson Annie-Lou Gibbs

#### **Progress on appointment of new Vicar**

Due to bureaucracy outside our control, we have only just been able to advertise for a new vicar for our group (Benefice) of churches, this is six months later then we had hoped.

Once the advertising period has closed, we will hope to be able to shortlist and then interview prospective candidates for the role.

We are grateful for Rev. Ian Thacker's continued support during this period.



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#### Church flowers, cleaning and key holders

St. John's Church Northington			
St Peter's Church Brown Candover			
All Saints Church Bradley			
St. Mary The Virgin Preston Candover	November	02/09/16/23	Anne Luneburg
St James' Church Wield	Flowers	October 6 October 19 October 26	Harvest Festival Team Jean Frost Nikki Cowley
	Cleaner	Permanent	Michelle & Nicole

#### St Johns in Northington/Swarraton tidy up

The Annual Church/Churchyard Tidy of St Johns in Northington/Swarraton is taking place at 10.00hrs on Saturday 9 Nov 24. All volunteers welcome - even if only for 30 minutes.

Weather appropriate dress. Removing the ivy from the Yew trees is this year's main effort.

#### St Mary's Church and Churchyard Clean-up

We plan to give the church and churchyard a tidy-up on Saturday 23rd November from 10.00am. If you have the time and energy to help you would be very welcome. Please bring your own dusters or gardening tools.

#### **Advent Carol Service**

Christmas puddings and mince pies may already be available in the shops (early October), but for the church Christmas preparations start on Advent Sunday when we begin to look forward to the coming, Advent, of Jesus Christ the Messiah.

Everyone is welcome at the Advent Carol Service to be held at St Mary's at 10.00 am on Advent Sunday, 1st December. This is not a stuffy service, but hopefully though-provoking and enjoyable, with inspiring readings and the lovely Advent music. Please do join us and stay for seasonal refreshments afterwards

#### Remembrance 2024

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#### Sunday 10th and Monday 11th November

We invite you to join us at this year's Remembrance Services as we honour those who have selflessly defended our freedom.



The annual Royal British Legion Remembrance Service will take place at **St John the Evangelist Church in Northington on Sunday 10th November**, beginning promptly at 10.55am. Following the service, we will gather at the Woolpack for drinks and reflection.

On **Monday 11th November**, a brief ceremony will be held at the **War Memorial in Preston Candover**, commencing at 10.55am.

We look forward to coming together as a community to pay tribute to the service and sacrifice of those who have protected our way of life.

Kindly bring cash should you wish to make a donation.





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#### Wield Cricket Club Fixtures - September

1 September Rioteers 13.30 Home 8 September 5 Rivers 13.00 Home 15 September Ramsdell 13.00 Home 22 September Droxford 13.00 Home 29 September Lynchmere 13.00 Home

If you are interested in playing a senior game, please contact: Ben Robinson (captain) 07903 513196,

> Trevor Wood (chairman) 07717 488496 Andrew Yorke (president) 07885 193457 Ed Reid (treasurer & vice-captain) 07766 008213

Nicola Robinson (social secretary) 07767 238874/ ndes@cruckhall.com

Or visit www.wieldcricketclub.co.uk





## CPRE North Hampshire District Group Autumn Supper Friday, 8 November 2024

7pm for 7.30pm

Nick Walton
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Nick is an Environmental Hydrogeologist with over 40 years' experience in many aspects of Water Resources,

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CPRE North Hants would be grateful for your support for this event to help give the countryside a bigger voice!

Tickets: £30.00 per person. inclusive of arrival drink and canapés and

a 2 course supper.

To book tickets: Please contact Hannah at: hannahhoustinlacey@yahoo.co.uk

To confirm number and that your payment has been made to:

Payment: CPRE North Hants District

Sort code 30-99-71, Account 01053498, use your 'Surname/ASupper' as a reference.

Venue: Ellisfield Village Hall, Church Lane, Ellisfield RG25 2QR.

E-ticket(s): Will be sent once payment is received. Thank you.

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#### **Swarraton and Northington WI**

#### October 2024

The meeting was well attended with members and guests and the formalities were dealt with efficiently and swiftly. Thanks were given for the flowers and to the tea hostesses and there being no further business, the speaker for the meeting, Nigel Johnson Hill was introduced. His deeply personal talk based on a secret diary kept by his father as a prisoner of war on the infamous Burma railway was very informative.

His talk was also emotional and

inspiring, with sketches to give an idea of the terrible conditions the prisoners endured. The talk was greatly enjoyed, and several people approached him afterwards to buy his book. There was a generous tea and the members and guests spent some time chatting.

The next sewing date for Days For Girls is on Monday 28th October at Old Alresford Village Hall from 2 - 4.30pm. Everyone welcome and there will be the usual tea and cake.

#### The next meeting is at 2pm on Tuesday 5th November 2024

#### The talk is titled "BEATRIX POTTER - THE TALE OF THE TALES"

**By Annalie Talent** - A lifelong fan of Beatrix Potter having worked for many years as an educator at literary houses and museums across the UK.

Teas - Rosemary Bligh and Janet Anderson

Flowers - Julia Barber

Please will members who are unable to attend send their apologies to Gill Graham Maw.

A one-off catch-up campaign for those already aged 75 to 79 years old on 1 September 2024 will be undertaken at the earliest opportunity.

#### Programme for pregnant women to protect infants

All women who are at least 28 weeks pregnant (the eligible cohort) on 1 September 2024, will be offered a single dose of the RSV vaccine. After that, pregnant women will become eligible as they reach 28 weeks gestation and remain eligible up to birth. We will be offering this vaccination at the Surgery, however if you are eligible, you will be contacted in due course.

#### Welcome back to Dr. Allberry

We offered a warm welcome back to Dr. Allberry in September, who has been on maternity leave. Dr. Allberry is returning to us to work on a Wednesday & Friday.

#### Thank you to our wonderful staff

We would like to say a HUGE thank you to our wonderful staff who have organised, co-ordinated, vaccinated & inputted at our covid & flu clinics.

We have vaccinated 2,000 patients (to date) & this is all in addition to our usual workload.

#### Men's health awareness month

November is our time to unite. To take on mental health, suicide, prostate cancer, and testicular cancer. Get support and more information: https://uk.movember.com/mens-health/get-support







The Alresford Surgery
Station Road
ALRESFORD, Hampshire
Out of hours telephone number
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Flu & COVID Boosters Autumn/Winter 2024

We are underway with co-administering Flu & Covid boosters this Autumn. Invitations have gone out to eligible patients via SMS text message with a simple online booking option and/or an invitation letter. In order to avoid clogging our phone lines please call after 11am.

We have pre-bookable appointments & we have availability throughout the week. Vaccination clinics are being held here at Alresford Surgery. Both flu and covid vaccinations will be given at the same time and the appointment will be for both vaccines.

Thank you, once again, for your support with this vaccination programme.

#### Thank you to our amazing volunteers

We would like to say a massive thank you to volunteers from The Alresford Pigs who have provided us with the most wonderful volunteer Marshalls, who have been helping with directing patients at our Saturday Covid/Flu clinics.

We would not have been able to provide such a slick & well organised clinic without their vital help!

<u>The Alresford Pigs</u> – Who raise money locally and give to worthy causes in Alresford and the surrounding villages.

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#### **RSV Vaccination**

Respiratory syncytial virus (RSV) is an enveloped RNA virus, in the same family as the human parainfluenza viruses and mumps and measles viruses. RSV is one of the common viruses that cause coughs and colds in winter. RSV is transmitted by large droplets and by secretions from contact with an infected person.

Infants under one year of age and the elderly are at the greatest risk of developing severe disease. While most RSV infections usually cause mild illness, infants aged less than 6 months frequently develop the most severe disease such as bronchiolitis and pneumonia, which may result in hospitalisation.

From 1 September 2024, 2 new respiratory syncytial virus (RSV) vaccination programmes will be introduced:

#### Programme for older adults aged 75 to 79 years old

All adults turning 75 years old on or after 1 September 2024 will be eligible for the routine programme and should be offered a single dose of the RSV vaccine.

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This term's seasonal changes have brought about many opportunities for our preschool children to learn about the world around us. With a focus on hands-on experiences, children build their understanding of the environment and develop key skills in areas like observation, creativity and social interaction.



An Autumn sensory tray is an interactive activity designed to engage children's senses, offering a mulit-dimensional learning experience that support various areas of development. As children explore, they often ask about what they are experiencing, offering valuable communication opportunities. This provides opportunities to introduce new vocabulary and encourages descriptive language. Manipulating small objects helps children to develop fine motor skills. Grasping, pinching, pouring and scooping are activities which enhance dexterity and hand-eye coordination. Through sorting, counting and comparing objects, children

practice early maths skills; they might group by size or count how many objects they have, supporting early numeracy and classification.

The children have also been learning about nocturnal and diurnal animals. We have been sorting animals into each category, and learning where different animals live and how their daily routines relate to their habitats.

This activity fosters curiosity about wildlife, helping children understand that animals have unique ways of living and adapting to their environments.

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Candover Valley Preschool is a vibrant and nurturing learning environment. Please contact us if you would like to enquire about a place for your child.

Places are currently available for Autumn 2025.

#### Walking with Wildlife, Robert Bryant

As I glanced out of the upstairs window, I counted sixteen house martins perching on the neighbouring rooftop television aerials. They were all lined up facing south, sitting out the steady rain. A pair of swallows swooped up to join them, with a good deal of shuffling and shaking of damp wings. To my surprise they all took off together, as if anxious to be far away on Michaelmas migration. Two pied wagtails though seemed to be in their element, darting around the steep roof, tails bobbing, foraging among the mossy clumps on the roof tiles.

During an unusually wet September with few dry days, we seized the chance to head over to Godsfield for a ramble along a stretch of the Three Castles Path. Strolling down from Bugmore Hill where there are fine views over the distant Itchen Valley, we passed fields fluttering with white butterflies. Both large and small whites seemed to be having a late season surge in numbers. Along the grassy bridlepath, silverweed appeared to be the wild flower of the moment. Apparently, travellers once lined their boots with these silvery leaves to ease their aching feet!

There's a splendid crop of blackberries bordering Godsfield Copse, long the haunt of badgers. Speckled wood butterflies rested on the bramble leaves, each guarding their patch. We met a curious orange butterfly basking by the hedgebank. Not a gatekeeper or meadow brown, but one to photograph and look up later. With distinctive eyespots and a marbled underwing, it was a wall brown, still quite scarce here on the downlands. As we exclaimed at our find, distant thundery rumbles persuaded us to head for home.

On a rare fine day we headed into Winchester, firstly for coffee at the City Mill before a riverside stroll along Water Lane to Winnall Moors Nature Reserve. By the footbridge we paused to admire the sunlit buddleia and its butterflies. Here were a splendid collection of red admirals, a painted lady, and a comma, but best of all, a hummingbird hawkmoth thrumming around in the bright sunshine.

Robert Bryant 7<sup>th</sup> October '24

#### WEATHERWISE By Simon Bourne

Summary of weather observations taken at Northington Down in September 2024

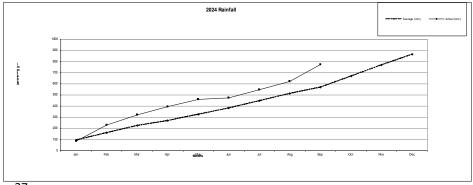
#### Temperatures (degrees centigrade/Fahrenheit)

Highest	27.9/82	(1 <sup>st</sup> )
Lowest	-0.5/31	(13 <sup>th</sup> )
Warmest Night	16.5/62	$(2^{nd})$
Coolest Day	12.9/55	$(2^{7th})$
Average maximum temperature	18.3/65	
Average minimum temperature	8.9/48	
Number of air frosts	1	

#### Rainfall (millimetres/inches)

Monthly total	151.0/5.94	(average 58.7/2.31)
Annual total	774.1/30.48	(average 576.4/22.69
Maximum 24hr. rainfall	26.2/1.03	$(5^{th})$
Number of days with rain	13	

Summary There was a warm start to the month with the warmest day at 82°F on the 1st. Otherwise, and apart from high pressure that brought dry and sunny conditions in the middle of the month, September was generally dull and unsettled with below average temperatures. There were persistent showers and longer periods of rain including thunder on four occasions, and it was breezy at times. The first frost of the season was recorded on the 13th, the earliest here in over two decades. The fourth week brought more unsettled conditions with declining temperatures. Overall, the month was colder than the norm but the dominant feature was the amount of rain that fell, with over 2½ times the average for September and the wettest year to date figure since 2014.



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#### On the Farm—Julian Gibbons

We finally finished on the 4<sup>th</sup> October when the last of our beans were tipped in the barn. The aim was to cut them 2 weeks earlier, but they weren't quite ready and then it stated raining. By the 3<sup>rd</sup> of October you are grabbing what you can before you lose it all. Our beans were going to Trinity Grain central store at Micheldever and when I said we were cutting they asked what the moisture was (they need to be below 15% for safe long-term storage). I informed them that it was largely irrelevant as they had to be cut with more rain forecast. We averaged around 31% moisture, and the drying charge will take 25% of the final price. Fortunately, they did yield well over budget.

Beans aren't the best crop to be the last crop through your combine and they left it thoroughly good up. We plenty of caked beans needing to be chipped off augers. It has however been blown down hoovered out and put away in the barn ready for its winter service.

Otherwise, the autumn is appearing to be like Groundhog Day with a repeat of last autumns weather, but just several weeks earlier.

We have put in our biggest area of rape rather bucking the trend. This however consists of small plants that have a lot of growing to get through the winter. I was rung by someone asking could they shoot pigeons that were on our bean stubbles. He was convinced there were about 4000. I had to disappoint him by telling him that all the time they were eating beans shed in the field, they weren't eating our rape, so they could stay there unharmed!

I managed to put one field of wheat in before the heavens opened on the 18<sup>th</sup> September and after 150mm of rain we have struggled trying to direct drill more wheat. September has been one of the wettest we have known, and we just don't seem to get drying weather for long enough.

We increased the seed rate and drilled a smaller area for the winter barley, which doesn't like late drilling. However, we are hoping for a change in the weather and a balmy November but will probably finish up with a smaller area of wheat then planned.

Slugs are the other battle, which we hope we can keep on top of this season. Our rape has a companion crop growing with it for which we get a support payment. Most of ours has buckwheat growing in it (as does Moundmere's, which is flowering), but we have also tried a fancier mix of buckwheat, fenugreek and berseem clover. We will see how the crops perform.

The more observant reader may have been surprised to see I was a past student of Glasgow University. I wasn't, but Ben Robinson who wrote it was.

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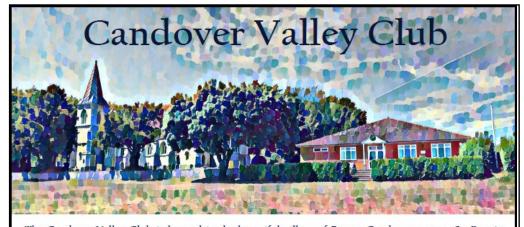






www.thehampshirevet.co.uk

info@thehampshirevet.co.uk



The Candover Valley Club is located in the beautiful village of Brown Candover next to St. Peter's Church, and is fronted by the village cricket field. The Club has a fully licenced bar with kitchen, skittle alley, dart boards, pool table, TV, wifi and a separate function room suitable for large parties. A marquee, tables, chairs, crockery and cutlery are also available to hire.

Please contact cychires@gmail.com for more information about using these wonderful facilities, or come for a drink on Saturday from 6.30pm.

The Candover Valley Club, Brown Candover, Alresford SO249TT

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A warm welcome awaits you - we look forward to you joining us for a fun and happy time.

Cost: £3 donation per family

Contact:

Melanie (07833-528040) Claire (07757 498653



## Candover Valley Store —community made—

#### Store and post office trading hours

Monday to Friday Store open: 8.00am – 6.00pm

Post office: 8.30am – 5.00pm

**Saturday** Store open: 8.30am – 5.00pm

Post office: 9.00am - 12.30pm

Sundays & Store open: 8.30am – 12.30pm

Bank Holidays Post office: Closed

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#### We look forward to welcoming you!

Alresford Road, Preston Candover, RG25 2EE Tel: 01256 389500 www.cvcs.org.uk

## CANDOVER VALLEY



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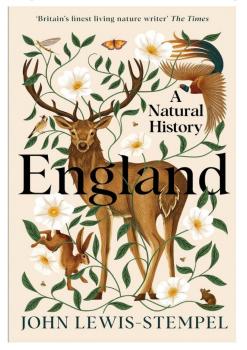


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#### John Lewis-Stempel at The Yard Hampshire Thursday 7th November | 7:00 - 8:30pm



John Lewis-Stempel is one of our finest nature writers. Join us as he discusses his latest book, England, which offers an intimate account of the landscapes that define England and the rich tapestry of distinctive habitats that together make up a country unique for its rich diversity of flora and fauna.

Tickets available at www.theyardhampshire.co.uk



#### THE YARD

**Cafe Opening Times:** 

Wed - Sun, 9am-4pm Street Food & Bar open on the last Friday of each month 6-10pm

#### **Dancing Demoiselles**

On sunny days, the glint of a banded or beautiful demoiselle is quite a sight to behold. At just 4.5cm long, these species are Britain's biggest damselflies – the smaller, slenderer cousins of dragonflies. Their two pairs of wings are also the same shape, whereas dragonflies tend to have bottom wings that are broader and shorter than the top ones. In comparison to that of their larger relatives, the flight of damselflies is slow, gentle, and fluttery.

Like many wildlife species, demoiselles are sexually dimorphic, which means that the sexes are visually distinguishable from each other. The males are inky blue with a turquoise sheen (both species), while the females are metallic green (banded) or greenish bronze (beautiful). Due to these similarities, the two species can look very similar at first glance, but they can quickly be identified by their unique wing colours.

Unlike dragonflies, which hold their wings out to the side, demoiselles fold theirs vertically along their bodies. Those of the males are dark all over (beautiful) or have a dark patch in the middle (banded). In females, the difference is more subtle: their wings are brown (beautiful) or green (banded), with a faint white spot at the tip. In fact, demoiselles are the only British damselflies whose wings have colour!

Demoiselles start their lives as eggs, which the females inject into the stems of plants like water crowfoot – they may even go below the surface to find a good spot. Two weeks later, the young hatch as larvae; a life stage that lasts for two years. They spend this time among submerged plants, eating smaller invertebrates and hiding from predators. In the higher flows of winter, they may hunker down in mud, silt, and gravel.

Upon reaching adulthood, the larvae climb up emergent plants that root in the water but extend above the surface. Once in the fresh air, they shed their exoskeletons and take to the sky on their newly unfurled wings. In flight, both species are fierce predators that catch other insects with their six bristly legs. You might also see them basking in the morning sun and sheltering in vegetation as night falls or wet weather arrives.

For the most part, though, demoiselle adulthood is about reproduction. The males take and defend small territories, performing dances to attract passing females. If the wooing goes well, each pair forms a "wheel" or "heart" shape for mating, and he leads her to a good egg-laying site. Look out for this amazing spectacle between April and October, but particularly on bright, dry, windless days between May and August.

The lush plant life of our chalk streams makes them great habitats for both demoiselle species. Being more sensitive, beautiful demoiselles are especially fond of the gravelly beds, consistent temperature, and clean, oxygen-rich water. If we want to give these incredible insects a home, we need to keep our streams healthy by tackling pollution and agricultural runoff, reducing water abstraction, and letting vegetation flourish along the riverbanks.

If you'd like to learn more about chalk stream wildlife, check out the Watercress and Winterbournes scheme by visiting hiwwt.org.uk/winterbournes. Our work is supported by the National Lottery Heritage Fund.

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#### Switch On And Market 22nd November 2024

We are delighted to announce this year's Christmas Lights Switch On and Market will be on Friday 22nd November from 3pm – 7pm.

Visitors to the event will be spoilt with choice with a vast selection of food and drink stalls. For those who are shopping or browsing, there will be plenty of commercial and charity stalls to visit along the High Street and inside the Assembly Rooms.

Children will have the opportunity to meet Father Christmas and an Ice Queen.

We are currently seeking stallholders and voluntary entertainers to contribute to the vibrant atmosphere of our market. Whether you offer unique crafts, gourmet foods, beverages, or festive decorations, we would love to have you join us in celebrating.

For help on how to apply for a pitch, please watch the following step by step video <a href="https://www.facebook.com/share/r/bcWDHEjvSjHxpFzi/">https://www.facebook.com/share/r/bcWDHEjvSjHxpFzi/</a>

#### Contact us on:

01420 83986 or support@alton.gov.uk

#### **Jackie's County Corner**

Into Autumn already!

The first weekend of October is always booked to help at the Clarendon Marathon, in which about 1000 runners take part and over 200 volunteers support them. We know that exercise is good for your health and wellbeing, but if you don't fancy running 26 miles, you'll be pleased to know that volunteering is also good for you too!



Volunteering can be a regular commitment, or an occasional one. Many people say, 'I'll do that when I retire!" Please *don't wait- charities and good causes need you now!* It's a chance to volunteer in a way that suits you and excites your interest.

The Beacon held its AGM in Winchester. This amazing charity gives homeless people the opportunity to start a new life. Volunteers become a family, giving support to the paid staff, and practical help to enable their clients to start the journey towards a home of their own.

I represent district councils on Hampshire's Health and Wellbeing board. As well as meetings, the Directorate hosts regular events highlighting a particular health issue. We have looked at Heart Disease, COPD, the first 1001 days of a child's life, the BeeWell survey for young people, (go to www.beewell.org.uk) and most recently, how the stigma of alcohol abuse prevents individuals from getting early help.

Always led by someone with lived experience of the condition with a powerful and inspiring testimony, health and wellbeing professionals consider how they can take the learning back to their own organisations. Every time we learn of new organisations to help us help the public. NHS Inclusion (www.inclusion.org) can provide a timely 1:1 conversation to get started on managing alcohol consumption. Maybe this stigma prevents you or someone you know getting help?

Go to www.stigmakills.org.uk for a thought provoking film on this subject.

Hampshire County Council has declared 2024/25 a year of Health and Wellbeing, One way to enjoy a Wellbeing Walk is a visit to one of Hampshire's Country Parks. Car parking fees bring in money to support the upkeep of these popular countryside areas, and Hampshire County Council has decided to charge fees at more sites in the future. Crab Wood (in the picture) is one of the possible new 'pay to stay' sites.

This is just one way that Hampshire hopes to 'balance the books'. Cutting costs for School Crossing Patrols, Bus Subsidy cuts, closing smaller Recycling Centres, are being considered by Cabinet at HCC in mid-October, so by the time you read this the fate of these services will be decided.

Cllr Jackie Porter: email Jackie.porter@hants.gov.uk telephone/text 07973 696085

#### Riparian Responsibilities

This is the time of year when we need to think about the state of Hampshire's land drainage network. As the season for rainier days approaches and leaves begin to fall, all riparian owners (those who have watercourses on or bordering their land) across Hampshire, should be checking the state of drainage ditches, pipes, culverts that carry watercourses to ensure there is unobstructed conveyance of surface (rain) water to reduce the risk of localised flooding.

Please find below the link to a leaflet/poster detailing what responsibilities riparian owners have and guidance on how to undertake this maintenance to reduce flooding from surface water. Please also review our updated web pages on flood prevention where there is a video about riparian responsibility and clearer advice on riparian responsibilities and ditch maintenance:

https://www.hants.gov.uk/landplanning and environment/environment/flooding/floodprevention

You can report flooding via the link 'Report flooding' on our website or emailing us at fwm@hants.gov.uk

To reduce the risk of future flooding we would also appreciate being informed of any planned, ongoing or recent works to install a culvert, pipe or infill/realign a ditch (i.e. an ordinary watercourse) so that we can check that a land drainage consent is in place for those works. Please see 'Making changes to a watercourse' for further details.

If you have any further enquiries regarding this or any other areas of flood risk management, please visit our website for further information:

https://www.hants.gov.uk/landplanningandenvironment/environment/flooding



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Call Stuart on: 07864 072 365



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## Candover Valley Store — community made —

#### September air ambulance raffle result

The lucky winner of the £100-worth of store goods was our near-neighbour, Helen Rundall. Including the match-funding from CVS reserves, a total of £1394 has been sent to Hampshire and Isle of Wight Air Ambulance. Please continue your support by saving your aluminium drinks cans for the big yellow Heli-Ali-Tin-Bin outside the store. The bin will be emptied by our very own volunteer Seumas, who is also involved with HIOWAA. The air ambulance is totally publicly funded and receives vital additional cash for the recycled cans.

#### Selborne lavender comes to the valley

New home and beauty products have arrived on our shelves! Created from lavender grown near the beautiful hangar at Selborne, the Lavender Fields range includes room spray, candles, soaps and shampoo bars.

All make perfect gifts - come in and see for yourself!

#### Planning to send a Christmas or a birthday gift card?

Located on the greetings card spinners, choose between Marks and Spencer gift cards from £15 to £100 in value, or One 4 All cards, which are accepted at Boots, John Lewis and many other high street stores. Pay for your card at the post office counter where it will be validated and then it's ready to use!

#### Posting dates for Christmas

The economy posting date for western Europe is 27 November. For UK standard letters, the last date is 18 December, but it is advisable to post early to avoid disappointment.

#### Sampling local products!

This month and next month there will be opportunities to sample delicious local fare with some lines being discounted during the promotion. Look out for advertising signs in the store for more details and dates.



## Ellisfield Christmas Fayre Saturday, 16th November 2024 at the Memorial Hall from 2pm to 4 pm



## Come along to shop at a variety of stalls and see friends over a cuppa and mince pie

Hamper Raffle – buy a ticket to win the luxury Hamper

**As in previous years,** any money raised is shared between the Church and the Memorial Hall

Santa by Harry Krauklis-Gould



#### **Alresford Rugby Football Club**

As the autumn days start to shorten, we have now played our first matches of the season. We knew it was going to be a steep learning curve for both our first and second teams, and whilst victories have so far eluded us, there have been many positives that we can take from each game and work on at training.

Our Minis had their first tournament and performed admirably as representatives of the club.

We have had our first club lunch of the season, which was a resounding success, and we look forward to these throughout the remainder of the season.

Our November fixtures are as follows:

#### First XV

09/11 – Hook & Odiham (a)

16/11 - Fawlev (h)

23/11 – Chineham (a)

#### Second XV

09/11 - Kingsclere (h)

16/11 - Trojan's 2's (a)

23/11 -Andover 3's (a)

As ever, we would love to welcome your support to any of these games.

We also have the second of our Walks on 2<sup>nd</sup> November, and a club party on 30<sup>th</sup> November, with full details on the club website.

We remain confident of a successful season and look forward to welcoming any of you to join us on our journey.



After 25 years of kitting out famillies for the slopes, we are retiring Polar Exchange.

But not before we hold a series of sales to offer our remaining stock at 60% off original prices.

#### **COME & FIND US ON:**

**8-9 November** 10am-4pm, Old Goods Shed (Upstairs), Alresford Railway Station, SO24 9JG

**17 November** 9am-3pm, The Yard, Chilton Candover Farm, SO24 9TX

**30 November** 11am-4pm, KCS Christmas Fair @ Kings College School, Wimbledon, SW19 4TT

Parking and refreshments available



For further details contact skiwear@polarexchange.co.uk M: 07767 238 874



# CYBER AND CYBER FRAUD

Hampshire and Isle of Wight Police Cyber Protect Team will deliver an interactive session covering a number of different aspects of both online and offline scams. With a few simple tips you can help keep yourself safer and help spot these offences before they develop.

Wednesday 20th November
Candover Valley Club
(Brown Candover) 5024 9TT

Friday 17th January
Preston Candover Village Hall RG25 2DN

FREE TO ATTEND - NO NEED TO BOOK

#### **Candover Valley Choir – Newsletter (November 2024)**

#### CHOIR SINGING ASSOCIATED WITH IMPROVED BRAIN STRUCTURE

A new study published in *Human Brain Mapping* suggests that regular participation in choir singing can improve brain health by enhancing the structure of white matter, the part of the brain responsible for communication between different regions. The study indicates that choir singing might support brain health from young adulthood through old age.

Researchers from the University of Helsinki recruited 95 adults ranging in age from 21 to 88 years ensuring a broad age span. Using advanced neuroimaging techniques, they found that choir singing was linked to significant improvements in 'white matter connectivity', i.e. in linking the brain's two hemispheres. This is important for cognitive functions such as language processing, motor

co-ordination, and memory. Unlike previous research that has often focused on instrumental music or professional musicians, this study examined the effects of non-professional choir singing.

This research is heartwarming to singers in all choirs, and not least, to the Candover Valley Choir who have recently resumed rehearsals for the Autumn season leading up to Christmas. The researchers in the above study also pointed out that choir singing is an accessible and low-cost activity with a range of benefits in terms of musical engagement, enhancing wellbeing, developing creativity, and promoting excellent social interaction. It's also great fun!

Full report available:

https://onlinelibrary.wiley.com//doi/10.1002/hbm.26705

If you are interested in joining the Candover Valley Choir – there are no auditions – do contact:

Jane Bryant on 07740 871341 email: bryantjane50@gmail.com



#### A CEREMONY OF CAROLS Alresford Community Choir

Accompanied by Royal Marines Association Ensemble Harp - Kate Ham, Flute - Susan Frank and soloists

A wonderful mixture of traditional and modern music for all

St John's Church, Alresford Saturday December 14th 7.30pm, doors open at 6.45pm. Wine and soft drinks bar.

#### Tickets available online at:

www.ticketsource.co.uk/alresfords-community-choir Telephone 01962 734858



#### **Candover Valley Gardening Club**

Our speaker for September was Gillian Taylor – 'More colour, less work'. Gillian showed some beautiful slides and gave some ideas of how to minimise the workload including choosing the right plant for the right place, plants that support each other (to avoid the need for staking), naturalising bulbs and leaving bulbs in the ground

rather than digging them up each year, using big pots to avoid the need for constant watering.

In November Roger Hirons will be talking about 'The Winter Garden'. Roger has over 20 years of horticultural experience having studied at Pershore College and Hilliers.

Our indoor meetings are held at 7.30pm in Preston Candover Village Hall on the third Thursday of the month from September to April. If you would like to join us at any time, guests are very welcome for a small fee and we always welcome new members.

Our annual subscription is currently £12.

Contact blighrosemary@hotmail.com for more information and you can find us on Facebook – Candover Valley Gardening Club.