

The Ampfield Messenger



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The Parish Church of St Mark, Ampfield

Our vision: To be channels of God's love in the world

Vicar

Rev'd Victoria Ashdown Tel: 02381 788031
email: revdvictoria@gmail.com

Ministry Team

Mrs. Sally Kerson Tel: 02380 737617

Mr. Jonathan DeVile Tel: 02380 736522

For any enquiries about baptisms, weddings or churchyards please contact the parish office, telephone no: 023 8073 7617

Email us at: **office@acnb-church.org**

Website: **www.acnb-church.faith**

Facebook: **www.facebook.com/acnbchurch/**

The office is staffed 9 - 12 noon, Monday, Wednesday & Friday.
Please let us know if you have any news of those who are sick, in trouble, leaving or about to arrive

Churchwardens: Mr. Daryl Pugh, Tel: 01794 524307
Email: ampfield.churchwarden@gmail.com
Mr. Mark Braund Tel: 01489 860218
Email: markbraund@mac.com

Secretary PCC Jennie Edwards Tel: 02380 365041
Email: alan.edwards60@ntlworld.com

Treasurer PCC Mrs. Pamela Morffew Tel. 02380 411146.
Email - acnb@gmail.com

Any cheques should be made payable to Ampfield PCC please

Gift Aid Secretary Mrs A Jeffery, Tel: 02380 252865
Email: nickandade@gmail.com

Magazine Editors Chris & Rob Kerr, Tel: 01794 367104
E-mail: cl.kerr@btinternet.com

Distribution Margaret Philpott Tel: 02380 741831

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Contributions to this magazine are always welcome, however it may be necessary to edit or shorten articles. Note that the views and Opinions expressed in this publication are not necessarily those of the editor or the Parochial Church Council. Advertisements in this publication do not carry the endorsement of the editor or the Parochial Church Council.

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Dear Readers

We hope you will enjoy the latest edition of the Ampfield Messenger. A big thank you to all our contributors. We will be online for the time being, but as you are aware during lockdown St. Marks has been unable to hold any fund raising events. The absence of in-person services has meant that the collection plates have been empty! Normally our intrepid distributors manage to wrench £12 a year from our regular subscribers. I expect you can guess where this is going ... The Messenger is usually a big contributor to church funds. If you would like to donate towards your local Parish Magazine, details of how to do so are on page 35. Thank you!

As life gradually opens up, we would love to hear your news and views.

Keep safe and well

Rob and Chris, Editors.

Letter from Vicar Victoria

You don't have to be a football fan (and I am not – more of a Rugby girl) to have been affected by the drama surrounding the recent short-lived plans for a European Super League of Europe's top football clubs. The proposal succeeded in uniting politicians from all sides with fans and even the heir to throne in condemning it, it was simply a matter of time (and not very much of that) before it collapsed in ignominy. From announcement to collapse took just two days.

One of the most striking features of the story was the passionate strength of the opposition to the proposal. Football fans are often passionate in favour of 'their' club, but this was passion for the game itself. At the heart of this passion was the strong sense that the plan failed to recognize what lies at the heart of competitive sport. In recent decades, much has changed. Most elite sports have become increasingly commercialised, and football clubs in particular operate as businesses that need to maximize their revenue and make a profit for the investors that back them. Today, players in the top clubs are paid sums that earlier generations would have goggled at and so do many of us!

But at its heart, the so-called 'beautiful game' is rooted in the twin ideals of fair play and jeopardy. The teams encounter each other, playing by the same set of rules, and most of the time there is a winner and a loser. There's always the chance that a David-like team might slay the Goliath-like opposition. Compare that with the approach in many American professional sports, built around closed leagues where teams are bought and sold regularly, sometimes even relocated. This closed league structure is safer for investors, if less compelling for fans. It's an entirely different model, with different assumptions at its heart.

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In a piece published by LICC (the London Institute for Contemporary Christianity) last week, Matt Jolley writes:

‘...it seems that perceived injustice was at the root of the outcry. Granted, wealthy owners had some valid reasons to act, but there’s much in the surge of public feeling that aligns with the values of the Christian faith – particularly if we compare it to Matthew 23, where Jesus dresses down the Pharisees. The clubs involved in the planned Super League would have automatically qualified, whereas other teams would have to earn their place. In other words, the rules were hypocritical and exclusive (v13). The money generated would disproportionately benefit the strong, leaving behind smaller clubs. It unfairly benefited the rich at the expense of the poor (v23). And the concept of the Super League was concocted by wealthy individuals with little attention to the fans and communities it would impact. In other words, they ignored the powerless (v4). In the end, the weight of public pressure has proved too heavy. Justice and fairness arguably prevailed in this story. The same justice that’s embodied perfectly in Jesus, who chose to identify with the poor – bringing in an upside-down kingdom where the powerless are elevated and outsiders are included.’

As Matt Jolley’s piece shows, the values underlying the outcry are deeply rooted in Christian faith. He concludes by asking: *What injustices might God overturn through us if we lived like that on our frontlines this week?* Whether we’re football fans or not, where do we see injustice? What evokes a similarly passionate response from us? And what difference does it make, or should it make?

With every blessing

Victoria



Online and Onsite Worship

Since 1st Jan 2021 our services have been online only. In May we will begin to worship in the buildings once again, while staying online twice a month. Each Sunday of the month there will be a service in one of our churches which now includes our online church. The pattern is below and both the Friday emails and the website will tell you where the service is each week. We encourage you to move around the churches for each of these services as we continue to worship together as a benefice. The online services will be on our [YouTube channel](#) as usual.

April saw the return of the popular 'Communion in the glade' on a Tuesday morning at St Mark's. This is an outdoor service, weather permitting; please bring a picnic chair if you can. As this service is outdoors, there is no need to book.

This Week With God (TWWG) is an informal discussion group that takes place twice a month on a Sunday afternoon on Zoom. The format is similar to the recent Lent study and for the next few months it will be exploring the big story of the Bible, focussing on applying it each week with God. If you would like the Zoom details, please email joinin@acnb-church.org; we'd love to see you there.

The BCP Morning Prayer services on Zoom also continue, which means that the overall pattern of activities is now:

Sunday at 09:30

1st Sunday – Worship for All, online only

2nd Sunday – Communion at St Mark, Ampfield

3rd Sunday – Communion at All Saints, North Baddesley and streamed live online

4th Sunday – Communion at St Denys, Chilworth

5th Sunday – Communion at St John, North Baddesley

Sunday at 11:30: Morning Prayer Book of Common Prayer (on Zoom)

Sunday at 16:00: This Week With God discussion group (on Zoom), 2nd and 4th Sundays

Tuesday at 10:30: Communion in the glade at St Mark's, bring a picnic chair

Note that, for the time being, restrictions will still be in place: we will have to socially distance, wear a mask and for indoor onsite services book a place by emailing joinin@acnb-church.org. We look forward to worshipping with you online and onsite.

Abbie West

PCC Meeting via Zoom Monday 12 April 2021

All PCC members were present.

West Window Repairs

The good news is that the two windows in the West wall of St. Mark's have been removed and are at present being repaired. It will be lovely to have them back in place when the work has been carried out. We have received three-quarters of the grant for this repair, and the balance will come when the work is completed and signed off.

Church Cleaning

Mark, Churchwarden, reported that he had used equipment from a company he works with, and has recently sprayed a mist onto all the hard surfaces in the Church, St. Mark's Room and toilets etc. This acts as a barrier to stop any viruses growing. This protection lasts for a month and once applied and dry is completely harmless. We are extremely lucky that Mark has agreed to carry this out monthly at the present time.

Roof Repairs after lead stolen

Quotes have been received for this work, which also includes the broken guttering on St. Mark's room roof. We hope that this work will be carried out soon.

Finances

Our Treasurer reported that our income is very low at present. There has not been any income from St. Mark's Room or the sale of The Messenger.

Services

Each Church in the Benefice has been having discussions about the opening up of our Churches and which services will happen. Victoria will be informing us of the Ministry Team's decision.

Friends of St. Mark's

It is hoped that the "Friends" will soon be revitalised and that some fundraising events can be organised for us all to enjoy in the summer.

Our Annual meeting was held on Sunday 25 April and will be reported next month. **Jennie Edwards (PCC Secretary)**



Friends of Chapel Wood

It is really good to be able to write about a live working party once again. Just to say 'thank you' to everyone who came along to help out. We had a lovely morning. We

set out to complete three main tasks and, happily, we can report these were done leaving us with time to start on a number of other jobs.

Perhaps the most important thing to report is that the footpath, which was blocked by the fallen tree last month, is now reopen. Thanks to three of our youngest and fittest 'friends' (had it been left to some of the rest of us, we would still be there!), there is now a very effective diversion around the tree. Actually, this



seems to improve the overall woodland experience, making it a bit more exciting, whilst saving Ampfield taxpayers some cash. Good result!



The second job we wanted to complete was to have our (annual) bonfire. There were over a year's worth of arisings laying around the bonfire pit which did nothing

to add to its intrinsic scenic beauty. The weather conditions on the day were ideal. We had the fire well-lit by 9 o'clock and were able to put it out just after midday, job done. Cont. ...

Many thanks to Derek for turning up early to turn on the water (health and safety requirement) and to the girls in the team who managed it all morning. We even managed to clear some debris that had fallen in St Mark's churchyard over the year.

Our final task was to start the improving the state of the glade. The combination of winter, leaves and moles had left it looking quite sorry



for itself. The first job is to blow away the leaves and we made a good start. It will take a while to get the state of our glade back to where it should be, but hopefully by the late summer we should be close. Whilst the leaves were being dispatched in the most professional of manners, two of the team set about trying to restore the remaining seat in the glade. Completely enveloped in rhododendron, over the course of the morning, the seat was, quite painstakingly, liberated and cleaned.

Having said all this, we mustn't forget that a report on the jobs is only half of the story. Perhaps the best bit of the working party is just getting to see everyone again and having a good chat. Current rules still require social distancing and small individual groups, but it is a start. We look forward to getting back to normal as time goes by, perhaps with shared coffee and cakes before the end of the year. Roll on next month, due on Saturday May 8th at 09:45.

Graham Roads



A child in Ampfield Episode 3: “The Mrs Loader Years”

Following on from my previous offering, this episode recalls the daily happenings and events that marked my time in the “big room” at Ampfield School. The headteacher (since 1933, I believe) was Mrs Nora Loader. As I commenced my time with her in about 1958/9, she was already a seasoned professional and “reigned supreme” in this situation. I was in her class for around 3 years, and it was she who inspired me to take up teaching as a career ... not through any specific advice ... but the whole ethos of that classroom was down to her organisation, methods and atmosphere of calm learning and enjoyment.

Moving up into the big room was a huge change from the cosier, less formal, infant classroom. The desks were carefully arranged, inkwells filled, nibbed pens laid in grooves at the front of each desk. We began “in pencil” and graduated to “pen” as we became more proficient at joined script. The class was sizeable and varied ... most children came from the village and walked to and from school, but some were brought to school by bus (and a very few by car). The “bus children” came from Crampmoor (whose little school was bursting at the seams). Some children came from the “other end”, i.e. Hook road and its surroundings.

The day began with registration, followed by assembly in the middle room. This setting was between the infant and the big room and was used for assembly, PE, dancing practice, lunchtime, and programmes on the radio “Singing Together” and “Rhythm and Melody”. During the assembly (which the Vicar sometimes attended) we sang a hymn, said a prayer and also learned the creed and catechism!

After this was always Maths which was called Arithmetic; this was either mental, mechanical or problems, working from a textbook or from the blackboard and was always difficult! Topics for arithmetic included money, weights and measures, telling the time, fractions and decimals. We also learned our tables which were regularly tested. It was all paper based work with very little practical experience, though I do remember a large box of coloured Cuisenaire rods! Arithmetic was followed by English, either spelling, grammar, comprehension or composition.

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Again, we worked from the blackboard or textbooks. I remember one called Objective English, from which we worked for comprehension. Composition was my favourite as I could use my imagination to write a story, though descriptions of past events was often a theme. Who doesn't remember writing about "what I did at the weekend" on a Monday morning? Morning break followed (with milk of varying temperatures!) and the morning concluded with History, Geography or a programme from the radio, depending on the day. After dinner there was a playtime, for those who had finished their food, others stayed at the tables and tried to eat their meals with encouragement from the dinner ladies. Afternoons were the best; needlework, art in some form, gardening, nature study, dancing, PE, rounders in the field of the White Horse pub ... all enjoyed greatly.

We knew it was home time when the bus for the Crampmoor children pulled up in Knapp Lane. We poured out from school to walk home accompanied or solo. I usually walked home with Lesley and Christopher Read who lived at Lower Farm, Pound Lane. Occasionally their Mum or Dad would collect me in their car, a great treat. Two brothers, Nicholas and Christopher Beech, who lived just up Knapp lane in the Old Post Office, were met by their dog, an Irish wolfhound called (I think) Ben.

We did not wear school uniform (this was introduced during my sister's last year), there was no dress code. I don't remember any comments about styles of clothing. We were just sent in whatever we, or more likely our mum, chose that day. Friendships were made and broken but I always felt very comfortable with all the children in my class. We knew each other well as we had grown up together at school. Playtimes in these later years were happy for me. We enjoyed marbles, skipping, singing games (The big ship sails on the Alley Alley-oo, Oranges and Lemons, the Farmer's in his den), making houses in the gravel at the end of the playground by piling up the stones to make tiny walls between the "rooms" of the house, chasing and catching. We were always encouraged to go to the lavatory at playtime. These were situated in a long building of separate cubicles and were freezing cold and spidery. I tried not to venture there too often.



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The school year was punctuated by “special” events, Harvest festival, Christmas party, carol service, Easter, May fayre, school sports, school outing and the Church fete. Followed by the lovely, long summer holiday which seemed to go on for ever! I will make these events the basis for my episode 4 and sincerely hope that you are enjoying reading this as much as I am enjoying its composition !



Ampfield School Class of 1960

L to R back row

Keith Morgan, Michael Potter, Richard Lynn, Kevin Dalton, Jenny Moody, Charlie Bunting, Susan Simpson, Clifford Whitley, Peter Relf, Trevor Pitt, Alan Pritchard.

L to R middle row

Kelvin Bagley, Susan Fussell, me, Jenny Ward, Lesley Read, Elizabeth Williams, Jane Potter, Rosemary Bent, Richard Woof

L to R front row

Ralph Moody, Chris White, Roger Merritt.

***Do you recognise yourself or a friend here?
Please send The Messenger your memories!***

Lynda Emery



Now catch up with what's currently going on at Ampfield CofE Primary School !

The children and staff have returned from the Easter holidays with a spring in their step and ready to learn. The good weather and sunshine has meant lots of outdoor play and happy children! We have welcomed many new families to our school this year and we are currently full in Year 6. There are 48 children on roll across two classes. We do have spaces available for Year R (September 2021) and we have such a lovely, small, nurturing environment to offer children in their first year of formal education. Call us if you would like to know more. We have a temporary phone number: **01794 335879**, which is operational until 30 April. We will then revert to our original phone number: **01794 368219**.

During the national lockdown, our teachers worked with both children at school and with those at home, using Google Classroom. They managed live 'catch up' sessions with all the children in the class each day and implemented recorded and live teaching online. It was a joy to see everyone back in school, in person, however!

We are very lucky to have talented and dedicated staff at our school. In February, we welcomed our new Business & Admin Manager, Mrs Ceryllyn Scott, to the federation. She oversees both schools, keeping tight control of the finances and managing the admin team. Please do contact her if you would like to discuss hiring facilities at either Ampfield or John Keble School. In other news, Mr Cascarini, our Junior Class teacher, has been successful at securing the role of Headteacher at Braishfield Primary School. We are thrilled for him (and them) and we will very much miss him when he leaves us at the end of the summer term. We will, therefore, be advertising for an ambitious, creative, adaptable and dynamic Key Stage 2 teacher to take charge of our Junior Class. If you know someone who might fit the bill, ask them to get in touch!

Marcus Roe
Executive Headteacher



Reflections on a lockdown — The light at the end of the tunnel, but can we keep up?

COVID at Southampton has really turned the corner. Thank you for all of you having your jabs. We are back down to normal levels of high care patients although some do still have COVID. The general COVID wards are now closed and the vaccine hub continues to work tirelessly.



Now we must pick up the pieces of over a year of not delivering planned care. For those of you waiting or have loved ones waiting we are really trying!! Honestly, everyone is quite weary after COVID and I think many healthcare workers could do a with a few weeks lockdown at home to recover. Our trust is really supporting us all having a bit of a break over the coming the months.

But don't worry it will only be a week off and then we will be back at it to catch up with all the care that is needed. We will continue to use virtual means where it is helpful so appointments might be by phone or video or safely face to face. There will be some waiting and changes and maybe some calls so we can prioritise correctly. Notice of appointments might be short. Waiting lists for surgery are pretty awful as I am sure you have seen in the news, mine is well over a year long.

COVID has changed many things for the better. Better computer systems, more lateral thinking, I believe the public like us again! I don't think the waiting will be pretty but somehow the NHS gets there and we are so much better off than other countries. A Canadian knee replacement wait time is about 5 years, food for thought!

Caroline Edwards

Consultant Paediatric Orthopaedic Surgeon

Reflections on a lockdown - Living in Ampfield

Looking back on the past twelve months, it is quite possible to reflect on many things. But overriding everything, perhaps surprisingly, our very first thought might be just how lucky we are to live where we do.



Living in Ampfield, in the centre of the wonderful Hampshire countryside, we have had the chance to enjoy where we live. We have been able to get out into the countryside and the woods that surrounds us. We have been able to get away, even just temporarily, from the built environment, the news and all that goes with it.



We have been able to go for walks, watch first-hand the changes in the seasons - the new growth in the spring and the colours of the autumn. We have been able to see

sunrises and sunsets, enjoy the sound of birds and other creatures. Even getting soaking wet has had a sort of an odd upside.

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Beyond this, as we have gone out for walks, even just around the local area, we have been able to meet and chat to our neighbours and friends doing the same thing as us. We have been given time to speak with strangers; curiously, if you see them every week, they don't remain real strangers for very long. We must all remain correctly socially distanced, of course, but that has never been a real problem. Although perhaps that is not quite true, our dogs don't ever seem to have grasped the principal of social distancing. Ho, hum!

Yes, I think for us, in Ampfield, we have been incredibly lucky. It all could have been a lot different. Perhaps, this something we should not forget?



Graham Roads

Reflections on a lockdown - routines and all that

On 23 March 2020, our worlds changed. We could no longer take our annual routines for granted. In the past, our world had a rhythm of its own, broadly repeated on the same month each year. We were confined to our homes, the only exceptions being for essential shopping and a daily walk. We took full advantage of the latter. However, the routine became boringly repetitive. Despite the unseasonal warmth and attractiveness of the azaleas and rhododendrons in the gardens throughout Chandlers Ford, more stimulation was needed. After a while, we felt confident enough to venture further afield, but still local enough to comply with the law. We lapped Hursley Park cricket ground, which was an integral part of lives for over twenty years. We walked along the Itchen, across the downs around Compton and into Winchester. There was some normality to it all, though it was punctured occasionally to avoid joggers, who seemed obsessed with their times and were reluctant to make any concessions. We also pondered, sadly, whether we should say “good morning” to people we met on our walks. Traditional behaviours changed because of the need to socially distance.

What remained abnormal until June was not being able to see the family. We missed my dear aunt’s 90th birthday. With my grandfather and one of my uncles, she took me to see Pompey play for the first time 65 years ago. Since then, we have walked the South Downs and Sussex coast with her; the memories are imperishable. And yet we couldn’t visit on her special, landmark birthday. The family birthday party had to be postponed; hoping to enjoy this event in July now.

Cont. ...

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When we saw the grandchildren again, some had grown; one by a full three inches-a growth spurt of an inch a month. The most difficult thing to come to terms with was not being able to hug them, though the youngest, bless him, only three years old, would not be deterred and would cuddle our legs!

When lockdown ended, the world seemed so much more crowded and, hence, hazardous. We did enjoy the odd day out, meals with family and friends, even a visit to an art gallery, but it never felt quite normal. It was the same when we took a short holiday. Masks had to be worn; hands to be washed; venues booked in advance. Would this become the new normal? Almost a year, and two further lockdowns, on, it seems as if it is.

The third lockdown, in the worst months of the winter, was by far the most difficult. We experienced snow on one day in January and February, on Jennie's birthday and the day of our first vaccination respectively! As the saying goes, it is always darkest before the dawn. The needle in the arm was the catalyst to an improvement in our outlook. The weather is now improving. The birds are singing; leaves are appearing on the trees; gardens are full of colour. There is so much to look forward to.

Alan Edwards





Did you hear about the shrimp that went to the prawn's cocktail party? He pulled a muscle.

Why did the scarecrow win an award? Because he was outstanding in his field.

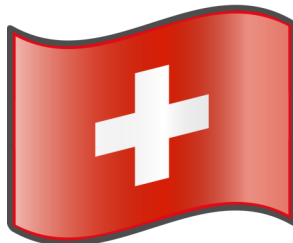


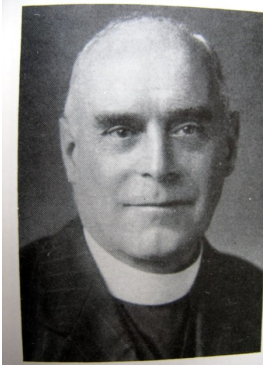
Did you hear about the two people who stole a calendar? They each got six months.

I have kleptomania. But when it gets bad, I take something for it.



What's the best thing about Switzerland? I don't know, but the flag is a big plus.





Memorials of Ampfield 6

by The Reverend Lake

Thus of Sir Philip Hobby, to whom was granted Merdon Castle in 1550, he reports that “he was a great warrior and raised his fortunes by the wars and built the lodge in the Park”.

In 1602 the Castle and Manor of Merdon were sold to Sir Thomas Clarke. He never possessed either the lodge or the park, but he is said to have lived at Merdon and that he kept the demesne lands in his own hands, requiring the Copy holders (i.e. coppice holders) according to ancient usage to perform the customary service of reaping and housing the lords' crops.

Richard Morley describes a quarrel that took place during harvest, when some 340 tenants were engaged in reaping for Sir Thomas Clarke. They rebelled at the quality of the food sent to them in the field, and being encouraged by a neighbouring Squire (Mr Coram of Cranbury) refused to proceed. Whereupon Mr Rye, Clarke's steward, and Mr Coram drew their daggers and rode at each other through the wheat, and the affair only ended by Lady Clarke promising to dress for them two or three hogs of bacon.

Cont. ...

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Of these writings of Morley Mrs Suckling stated in a letter to Mrs Awdry, February 5th 1914:- “The last time I sat in your garden at a party, I was discussing Richard Morley with Miss Heathcote, and we were keen to find out what had become of the Hedge Poet’s MS ... She believed that it had gone to America. His MS.. quoted by Noble was partly in the nature of an autobiography”.

In 1650 Anne Major was married to John Dunch of Baddesley. It must have been a large and curious family party at that time at Hursley Lodge, for that couple took up their residence there, and in course of time gathered around them a tribe of children. In addition to these there resided in the lodge a large family of the Cromwells. Of that time Morley wrote:- “Lord Richard Cromwell is Justice of the Peace, and John Dunch a Captain and Justice too. These all lived in the lodge in Oliver’s time, so that we had justice (right or wrong) by power. For if we did offend they had power to send us a thousand miles away, and that they have told us”.

It is evident that there was no love lost between Morley who represented the tenants, and the Cromwells and Majors. These extracts quoted by Mark Nobel, in his “Memoirs of the House of Cromwell” serve to show that, besides being a poet, Richard Morley was something of a Diarist.

Contributed by Nick

Ron and Stella's Quiz Night

1. Which country`s national flag has the most colours?
2. The 1951 Festival of Britain commemorates the centenary of which another event?
3. Who is the only British Prime Minister to be assassinated?
4. What was the name of the first incumbent of St Marks?
5. How many successive pots must a snooker player make to score a 147 break?
6. Which is the last book of the Old Testament?
7. In music, which is the lowest male voice?
8. Who donated the lithograph of St. Marks Church, hanging in the church, In 1921?
9. What county is the geographical centre of England?
10. Who was married in Romsey Abbey on 16th March 1976?



In response to Covid-19

AMPFIELD

NEIGHBOURS

working with

unity

The Test Valley Borough Council Volunteer Support Group

A group of Ampfield residents have come together to help as volunteers working with Unity during the Covid-19 pandemic. Unity is the Test Valley Borough Council Volunteer Support Group.

If you live in Ampfield and need help with collecting prescriptions or shopping

contact

Unity on the Test Valley Community Helpline -

0330 400 4116

or

UnityC-19@unityonline.org.uk

AMPFIELD ANECDOTES

Upper Knapp, Lower Knapp and a Mini

During the 1980s the Case family lived in The Old Post Office in Knapp Lane and almost opposite was the Lucas family at Constables and next door to them at Whistle Cottage were the Pattanis and their family. Simon and Nancy Attlee lived further up Knapp Lane.

Sometimes the Cases and the Lucas family parked their cars either side of Knapp Lane. Simon always teased both families about the 'Lower Knapp Chicane' around which he claimed (with a mischievous glint in his eye) that the unfortunate people from Upper Knapp were greatly inconvenienced when they had to drive around this chicane in order to reach the main road.

Forever afterwards Knapp's population was divided into the 'exclusive' Upper Knappers and the 'also-rans' called Lower Knappers.

The chicane situation was made worst when the Pattani's son, Ben, passed his driving test. He pleaded with his parents to buy him a sports car.

"No Ben, you are far too young; you must get experience by driving a safer car first; a sports car is too expensive and too dangerous," said his parents.

"My sister's got a horse and you paid for that," pleaded Ben.

"That's not the issue, Ben. We'll buy you a Mini but not a sports car. It's out of the question; no ifs, no buts. That's the end of the matter."

So, the Mini was delivered to Whistle Cottage but Ben's parents hadn't reckoned with his determination. It was parked in Knapp Lane near to Constables - the Lucas house. It further contributed to the chicane problem.

On the Saturday morning after its delivery there was a loud noise of metal cutting and Ben had taken an angle grinder to the roof pillars of the Mini and removed the roof. Sparks were flying all over Knapp Lane and bits of metal roof littered the road. Ben stood back and proudly viewed his handiwork. He certainly had his sports car but he hadn't understood that it now had no structural integrity; the roof that gave it rigidity was sitting in pieces on Knapp Lane. The Mini was reduced to a floppy tin can.

Over the coming weeks this roofless, useless and undriveable Mini filled up with rainwater and rusted. Their neighbour, Michael Lucas, was furious and it was eventually taken away on the back of a scrap lorry.

Ian Case, The Old Vicarage.



A Kitchen Garden — G4G

When you stop to think about it, plants are clever, they are superb little chemical factories. Their requirements are relatively simple - nutrients, air, water and somewhere to sit (Reminds me of something else!).

Basically, the nutrient that plants need is dissolved into the soil water and absorbed through the plants' roots. It is then sent on a trip around the plant and the nutrients are extracted on the way, where they are needed. Any excess water vapour not required can escape through valves built into the plant's leaves or its stem. Hence, the fact that sitting under a tree on a hot day can be cooler. When everything is in balance, the chemical reactions within the plant work their magic and we get to enjoy the best vegetables we can.

After our wet winter, the current spell of sunny weather is just perfect. It really seems to be shouting at us to get outside and get things going for another year. With a bit of luck, all that this will require by now is to work over the bed with a fork and add some nutrient to replace what was used last year or, more likely, was drained out of the soil by the heavy rain over the winter. Organic might be preferred, if available. However, perhaps it should be born in mind that this dry, sunny weather has been with us for quite a while and, for most of the time, has been accompanied by fresh winds. A combination such as this tends to remove the water content from the soil more quickly, so some irrigation could be good.

Cont. ...



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It is worth remembering that every vegetable has its own little growing peculiarities, and it is fun to find out what they are. From herbs to salads to cooked dinners, there is a wide range of stuff to choose from, so grow what you like to eat! Start with a favourite. The native Americans are said to have concentrated on "The Three Sisters" - beans, squash and corn. Each is relatively easy to grow, and they would be grown together in a circle with corn in the centre to provide support for the beans and squash around the outside where it can get maximum sun. In a green house, this might be cucumbers in the centre, tomatoes next and chillies on the outside.



For more information on all of this plus what to do this month, please refer to the RHS website (paste into your browser):

<https://www.rhs.org.uk/advice/in-month/may>

Please do contact Chris and Rob with your own stories, tips and particularly your own recipes? They would love to publish them!

Graham Roads



My Charity – Carers Together

For regular readers of this publication, you will know that last year I took voluntary redundancy, to venture out on my own. In addition to my freelance counselling and training, I also secured a part time post with a Romsey based charity: Carers Together. Carers

Together is a carer-led charity that offers support for unpaid carers living anywhere in Hampshire including Southampton and Portsmouth. <https://www.carerstogether.org.uk/>

In the 2011 Census 133,000 people in Hampshire said they had a caring role, and of course, this year those figures will be updated when the results of this year's Census are published. The people who are captured in these numbers, are those who give their time, unpaid, to support relatives, friends or neighbours; this may be because they are old and frail, have a disability, or a long or short term health condition. This feels like a significant number of people to me, and as someone who has worked in the care industry my whole career, I appreciate how very difficult and complex this role can be, and then, of course, the pandemic has made life even harder.

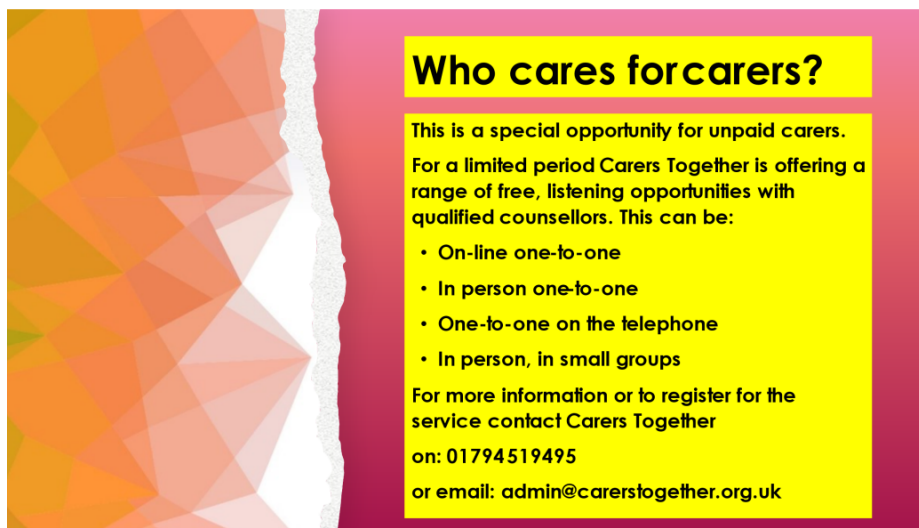
My role, is a new post, that was created last year, to co-ordinate the meetings and work of the newly formed Hampshire Carers Partnership. This is a partnership which includes representatives from Hampshire County Council and Health, as well as voluntary organisations and, of course, carers. Currently we are considering, among other things, the priorities that carers have identified as the most relevant to them, for example getting periods of respite; what early interventions can be taken to prevent carer breakdown; registering as a carer with their GP, to give a few examples.

Cont. ...

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Sometimes caring can be a lonely and isolating role, so we are very excited that we have secured a small grant to be able to offer carers some free counselling; this will officially be launching in May, so this is hot off the press! There will be a choice of sessions: one to one (face to face); on the telephone; on-line or in a small, face to face, group. So, if you are a carer, or know a carer, who needs any support – we also have very experienced staff who can help complete benefit applications, offer information, advocacy, advice and support – please do contact Carers Together using the details on the website or the poster below. If you are a carer who would like to take part in the Hampshire Carers Partnership, you would be very welcome, again, use the contact details on the website or below. If you are not a carer but would still like to support carers, please do visit the Romsey Carers Together charity shop, in the Market Place, open from Monday to Saturday, 9.30am - 4.00pm, which has now reopened.

Jo Hooper



Who cares for carers?

This is a special opportunity for unpaid carers.

For a limited period Carers Together is offering a range of free, listening opportunities with qualified counsellors. This can be:

- On-line one-to-one
- In person one-to-one
- One-to-one on the telephone
- In person, in small groups

For more information or to register for the service contact Carers Together

on: 01794 519495

or email: admin@carerstogogether.org.uk

Please tell us about your local charity - contact details are on P 2.

Thought for the Month — on Friendship

During lockdown I often thought of the conversations I was missing with those I'd usually meet up with. It emphasised that I was, perhaps, slightly reclusive for my "friendship group" was slight. I'd often only want to spend time with those I thought were my "true" friends, meaning those known over many years and who'd speak on subjects we both had interest in.

Over the recent months I have noted that I had become more chatty with those I bumped into (whoops - 2 meter distanced) on my Covid friendly walks. Admittedly we had the epidemic to fret about and how our esteemed leaders were handling things but I realised that over a short course we'd become quite pally. This got me thinking on "What is friendship? It didn't need to include only those we'd known for ages or had similar interests. Friendships can be on many levels. One should enjoy the moment and the human contact for what it is without expecting more by way of commitment.

As one ages, the feeling that there's always tomorrow disappears and often now when one turns round another person has gone whom one knew or had heard of.

There are many morals that can drawn from this - feel free to pick your own!

Oil and perfume make the heart glad, and the sweetness of a friend comes from his earnest counsel.

Proverbs 17:9

Answers to Ron & Stella's Quiz Night

1. South Africa
2. The Great Exhibition
3. Spencer Perceval
4. Robert Francis Wilson
5. 36
6. Malachi
7. Bass
8. Jack Pack
9. Leicestershire
10. Ron & Stella Cobb





Romsey Food Bank in the Pandemic

During the COVID-19 epidemic the food bank is now more important than ever. ACNB churches can also help you access the Food Bank service if you need it.

The epidemic puts Food Banks under great strain. Please donate as much food as you can to support their work at this time.

Donations can be taken to any of these collection points*

Romsey Foodbank

Monday, Tuesday and Wednesday
1030 - 1230.

Waitrose donation point for customers

(shop opening hours)

Community Life Centre,

Flemming Avenue, North Baddesley

10 - 12 Mon - Fri

*All church collection points are now closed, until restrictions are lifted.

Information

If you need any Zoom meeting links, would like to join in with readings or intercessions, would like prayers said for you or someone you know, or would just like to comment, please email joinin@acnb-church.org.

Hampshire public libraries are currently closed for browsing for the remainder of the national lockdown however, they are offering many services. Check their website for details.

Nextdoor.co.uk

Neighbourhood hub for connecting with local services.

Online Facebook groups:

Romsey News and Information Group

The original Facebook Group for Romsey.

Romsey Garden, Nursery & Plants, Info. Sharing etc.

Good source of local plant delivery and availability, seeds and growing information.

Hampshire Coronavirus Helpline - 0333 370 4000

Safeguarding Vulnerable Adults - 0300 555 1386

Romsey Community Pantry - 01794 522106

Romsey Foodbank - www.romsey.foodbank.org.uk

Frontline Debt Advice - 02380 552866

Southampton Basics Bank -

www.southamptoncitymission.co.uk/basics-banks

Online suppliers recommended by readers:

Donald Russell (meat): hello@donaldrussell.co.uk;

www.donaldrussell.com

Regal Fish: info@regalfish.co.uk; www.regalfish.co.uk

Cafe Bingham's offer delicious take away fish and chips on Friday evenings. Please contact its website for details:

binghams@cafebinghams.com

Local Representatives

Member of Parliament: Caroline Nokes; Phone: 01794 521155

County Councillor: Alan Dowden; Phone 02380 266458

TVBC Councillor: Martin Hatley; Phone: 02380 254040

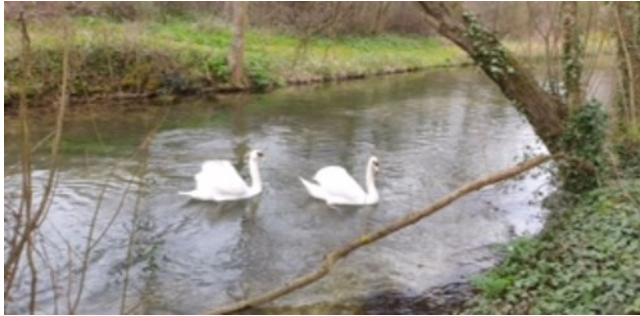
Ampfield Parish Council: Chair Bryan Nanson; Phone: 02380 267760

A Prayer for bedtime

*God our Father, by whose mercy
the world turns safely into darkness and returns
again to light:
we place in your hands our unfinished tasks,
our unsolved problems, and our unfulfilled hopes,
knowing that only what you bless will prosper.
To your love and protection
we commit each other and all those we love,
knowing that you alone are our sure defender,
through Jesus Christ our Lord.*



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