

Quarterly Edition – December 2020

Charlton Village News



www.charltonvillage.org.uk and [Facebook page: Charlton Community Chat](#)

Welcome to the Winter Edition of 2020

What a year it's been. The Charlton neighbourhood has really come together: helping out our neighbours, clapping for carers, coping with loneliness, staying patient whilst queuing for groceries and pharmacies, trying to keep our businesses afloat and remaining stoic in the face of adversity.

Hang in there everyone, 2021 *has* to be better and, I'm sure, we all look forward to making the most of it!

Wishing you all a very happy Christmastide



©Brian Cartwright

Thank you to Brian for this beautiful photograph taken around Charlton Lakes

Pastrow Benefice Christmas Services

Online at

www.pastrowbenefice.org.uk

Sunday 13th 4pm Christingle service

Sunday 20th 4pm Carol Service

Christmas Eve 4pm Crib service

Christmas Day 10am Service

In Church

Christmas Eve 11.30pm Midnight Communion service at St Thomas's (Sally 01264 366394 or 07867 780571)

Christmas Day 10am Christmas Communion at Christchurch, Hatherden (Zoe 07775 622449) and St George's, Enham (Terry 07771 636667)

Sunday 27th 10am Holy Communion at St Thomas's (Jean 01264 391504)

All the online services are accessed via the Pastrow web site home page. www.pastrowbenefice.org.uk

Sadly, this year, we are unlikely to be able to sing and gather too closely inside our Church buildings so most of our Christmas celebrations will be online. But a lot of effort is going into these to make them as special as possible.

They will be good and it will be wonderful to see you there, either online or in person!

To attend any of the services in our churches please phone or text the people in the () above to make sure we can keep those of you who do attend 'COVID secure and safe'.

Diary note – Wednesday 16th December – Doorstep Carols from 6pm – see page 6 for information!

Parish Council Updates

Bridge from Foxcotte Road to the Park

As we went to print, the bridge has been completed!! I think it looks very smart and it's a welcome addition for the village. It is designed to be long-lasting, suitable for pedestrians, cyclists and fully accessible. A big *THANK YOU* and *WELL DONE* to TVBC and all involved in making it happen!

TVBC will be making further adjustments to the gate to allow it to open both ways to allow easier access for people with bicycles and mobility scooters. There is still tree planting to be undertaken which will be completed along the new fence line to reinstate the hedge up to the bridge along the new path. Both elements will be finished over the winter.

We hope that there will be a formal opening post Lockdown – fingers crossed for ribbons & cake?



Charlton Village Convenience Store



Hurrah!! The Charlton Village Convenience Store is back. The new owners have good experience of this type of shop and have two others that they already run elsewhere in the country. This is an opportunity for the village to shape our shop. The shop already stocks a wide variety of goods including bread, milk, fruit and vegetables as well as an assortment of cleaning materials and handy just-in-case items. Not quite elephants to pins but you get the idea. The owners want to become part of the community and I hope residents will go out of their way to give the 'village shop' a chance to succeed; not easy when located so close to Tesco Express.

Charlton Community Support Group

The Charlton Support Group remains in place and is ready and willing to collect prescriptions, shop, run errands or just be a listening ear. Please contact Clive Ward clrcward@charltonvillage.org.uk 07538596344 or Ian Smale cllrismale@charltonvillage.org.uk 07421354874

Charlton Village Parish Council (meeting via Zoom during lockdown)

The Parish Council meets every month, except August and December, on the 3rd Tuesday of each month at 19.30 (normally in the Foxcotte Room at St Thomas' Church). Press and Public are welcome to attend. Please check the parish website for details of how to join or contact the PC Chair, Cllr Jacqueline Smith on cllrsmith@charltonvillage.org.uk

There are a couple of vacancies on the Parish Council so, if you'd like to get involved, please get in touch with the chairperson or see the website and the noticeboards around the village for more information about this opportunity to get involved with the running of our village. The noticeboards can be found at the entrance to Charlton Park on Foxcotte Road and on the verge by the bridge at the entrance to Carters Meadow.

Village/Community Hall – We Need You to be Involved !



The Committee has met twice so far and discussions have been mostly about finding a suitable location. The working assumption had been to build on the Salto Car park but there are a number of possibilities and none are ideal. Hampshire County Council and TVBC have been approached to see what help and advice they can offer. All the options will be evaluated by the committee to inform the Feasibility Study and residents will be kept informed of progress. If you want to get involved, please contact ian@carrsonline.com or clrcward@charltonvillage.org.uk

Feeding the Ducks and Geese

Duck food was made available from the Charlton Lakeside Café in October and it seems to be selling well. Unfortunately, after a good start the café closed for lockdown. Duck food will be available again when it re-opens. SSAFA will remain the chosen charity until January when proceeds will be given to Andover Foodbank. You simply put donations of £1 in the charity box. SSAFA - The Armed Forces Charity. <https://www.ssafa.org.uk/hampshire>
Do take a look to see what SSAFA does for veterans and their families.

Neighbourhood Plan

Cllr Clive Ward – Chair of the Neighbourhood Plan Steering Group

The Charlton Neighbourhood Plan is still with the Independent Examiner while some procedural issues are clarified but we remain hopeful of a positive outcome leading to a referendum, when allowed, probably after May 2021.

Facebook - Charlton Chat

Our Facebook page is for all residents in Charlton, Andover to enhance communication and the community spirit.

<https://www.facebook.com/charlton.community.chat>

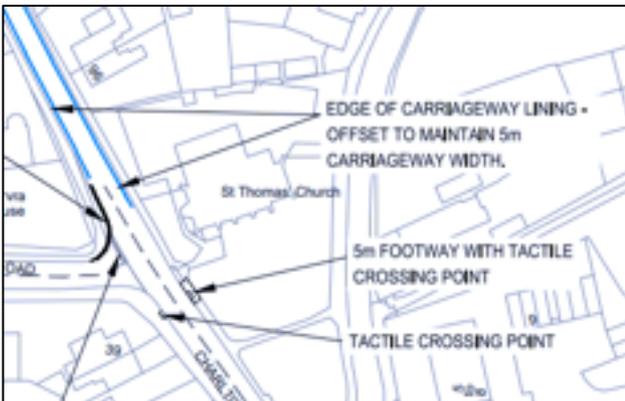
Facebook – love it or hate it, 372 people are currently following the site as a way of keeping in touch with local news and topics of interest. There are some simple rules and we recommend that you take the advice of your teenager about how to secure your personal information so that you only share what you want to share

Traffic Calming and Safety

Proposed traffic and pedestrian measures

The Parish Council is currently in the process of approving 3 enhancements to Charlton.

1. Hatherden Road will have edge of carriageway lining from the village gateway down to Foxcotte Road. (Similar to Laverstock, Salisbury)
2. An informal pedestrian crossing will be created outside the church to assist residents with this busy road.
3. The informal crossing by the bridge will have new signage and bollards to make motorists more aware.



The carriageway to be visually narrowed from Foxcotte Road junction to Village gates above Mercia Avenue. This alteration has been shown to make drivers more cautious and reduce average speeds.

Tactile Crossing point to aid safety for those accessing the church and footpath to Armstrong Rise

Of course, the feasibility and desirability of the Junction improvement needs to be assessed. Watch this space for updates!

Speed Indicator

Despite the bad weather affecting the solar powering, the new speed indicator by the bridge has provided some useful insights to the speed and volume of traffic entering and leaving the village.

It tells us that more than 90% of drivers are driving at less than 40mph but there are still some people who are driving much too fast. If there is a pattern of when these instances occur, the Parish Council would like to get police support to speed check and fine individuals. The Indicator can be moved to another position on Hatherden Road which will be the next focus.

Telephone Box Book Exchange

Remember it is supposed to be a book exchange so please only leave as many books as you are taking out. Please don't just leave a pile of books there!

Charlton Village Newsletter

The Charlton Village News is created and distributed by volunteers and printed by Bulpitt Print Ltd. The printed quarterly edition is delivered free of charge to over 950 homes and can also be downloaded from the Village website along with the monthly digital editions.

Please support **all** of our advertisers both old and new and mention the Charlton Newsletter when you do!

Articles and pictures for the monthly and quarterly newsletters are always welcome. The deadline for input is the **14th of the month** before the edition. Articles for forthcoming events should be included about a month or six weeks ahead, but more notice can be given in the Future Diary dates.

Advertising rates are £30/quarter page, £40/half page per quarterly print edition We rely on input from the village so please send your news, photos, adverts, club updates, recipes etc. Let me know if there is something that you would like to see in the newsletter. You can email the editor on editor@charltonvillage.org.uk

Climate Emergency

Cllr Clive Ward

We all accept that we have to do something to reduce the amount of carbon dioxide entering the atmosphere. Hampshire County Council and Test Valley Borough Council have declared a Climate Emergency and each has produced an Action Plan which are well worth a look at.

Test Valley's Action Plan is buried in the Corporate Direction/ Environment & Sustainability area of their website. Here's a link to give you a clue where to find it:

<https://www.testvalley.gov.uk/aboutyourcouncil/corporatedirection/environmentandsustainability/climate-emergency-action-plan>

Here's the extract of the section on the theme of 'Supporting Communities and Local Businesses' which shows how we fit into the whole:

Theme	Action	Impact / Outcomes
Supporting Communities and Businesses	Short Term	
	Identify and support climate change initiatives that emerge through communities undertaking local action planning, for example through Andover Vision and Romsey Future, or through rural action planning in the Parishes.	To facilitate reductions in emissions by individuals and communities within the Borough.
	Contribute to the Andover Vision-led Day of Action including high profile involvement on the day.	To facilitate community action to raise awareness on ways to reduce emissions.
	Work with partners to deliver a business event to offer best practice, networking and promote access to Hampshire and Isle of Wight Sustainable Business Partnership support for businesses.	Lowering emissions from the business sector within the Borough.
	Specialist learning event for Parish and Town Councils and community organisations who have well developed local climate activities (what worked and what didn't, how could we share to all)	To facilitate community action to raise awareness on ways to reduce emissions.
	Business event at University of Southampton Science Park to highlight innovative carbon reduction techniques in business and industry	Lowering emissions from the business sector within the Borough.
	All Parish / Town Council event, following on from learning event, to celebrate and share best practice, inspiring other Councils and groups to follow suit. Also highlighting resources available (officer support and grants).	To facilitate community action to raise awareness on ways to reduce emissions.
	Recycling Behaviour Change Project – working in two specific areas to explore best ways to improve recycling behaviour	To raise awareness and understanding of recycling opportunities within the Borough, and to reduce contamination of waste streams.
	Medium Term	
	No actions identified at this time	
Long Term		
No actions identified at this time		

The Hampshire CC document can be found more easily by searching for Climate Change from their 'homepage' – take a look, it's interesting to see what initiatives are happening and being planned.

But if it seems like a lot of talk and not much action – remember that every little helps!

Many of you will think that we cannot make a difference at parish/individual level; it's like dealing with a forest fire using a leaky garden hose. But actually, if we all contributed a bit the overall affect could be substantial. Strangely, most of the simple things we can do reduce our use of energy but also save us money – what's not to like. Turn off lights, better control of heating and use of water; insulate our draughty houses etc.

But in general, we are a bit lazy, complacent and think we have better & bigger things to focus on. Sir David Attenborough has very skilfully shown us that we must act now and if we do, we can improve our lot. Charlton would like to produce its own Action Plan. Some parishes already have zero waste initiatives. There is a campaign running at the moment that looks as a first step at changing behaviours and calculating the amount of carbon dioxide saved. Charlton could 'buy-in' to the scheme but we really need a body of people to be enthused enough to make this approach work.

Please have a look at a YouTube video which tells you a little about the Greening Campaign <https://youtu.be/dEh8d2XEUpU> and if you think you could and should give it a go please let Jen Mulberry know or me cllrcward@charltonvillage.org.uk. If/when we have a 'going concern' we will seek a grant to cover the cost of membership and do our bit as part of the Test Valley Climate Emergency drive.

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Charlton Village Church, St Thomas'

Revd Alex Randle-Bissell, Priest-in-Charge, 01264 512161 revalex@pastrowfamily.org.uk

Judith Appleby, Benefice administrator, 07999 352585 admin@pastrowfamily.org.uk

Facebook: Family matters in our villages@pastrow Website: www.pastrowbenefice.org.uk

Letter from our Priest in Charge, Alex Randle-Bissell

Dear friends

At the time of writing this we are all in the midst of lockdown 2.0 and I have never hoped more that a sequel is a far better experience than the original! It's been such a momentous year in so many different ways that as we come to the end of it I wonder what mixture of memories and emotions that it holds for each of you? One of the great privileges of being a Priest is that we get to journey with all kinds of people and so often it is sharing in either the highs or lows of very emotional experiences. I recently heard that one of the words of 2020 is...guess what? Yes, 'Lockdown!' (Although I think 'Zoom', 'social-distancing' and 'unprecedented' must be close seconds). It is, of course, not surprising as it has become a shared experience across our nation, if not the whole world. And yet, I have been wonderfully surprised that one of the words that I have heard more than anything else this year is the word 'hope'.

I have been surprised because, in this age of rapid technological and scientific advances, with the pendulum of reason moving away from spiritual towards rational, the word 'hope' has often been replaced for words such as 'woolly' or 'ambiguous'. I once had to stop my car whilst listening to a renowned Professor on the radio lecturing listeners that hope is a sign of human weakness because it pushes the human mind towards wishful thinking rather than solving problems. A very astute observation, but as we approach Christmas this year through the lens of our shared experience the 'reason for the season' perhaps shines in glorious technicolour on a very different truth.

For Jesus, the meaning of hope went beyond wishful thinking and pointed humanity towards confident expectation. There is no hope in death, but in knowing God's purpose for each of us we can become less anxious and fearful about almost anything. Jesus, born as one of us in humility wanted all who met him to know that hope brings assurance and promise, and ultimately leads to an outpouring of love. Hope then, is not a human sign of weakness but a sure symbol of strength, and this truth has inspired countless people to demonstrate incredible acts of love and kindness in the midst of the chaos of the world we create for ourselves.

We may be living a different Christmas this year, but the most incredible story ever told of 'hope' being born into the world will never change. In Hebrews, the Bible testifies that Jesus Christ is the same yesterday, today and forever. We look forward to welcoming you online or in person to one of our shared experiences celebrating this amazing truth this Christmas.

Alex

Hoping you have a safe and blessed Christmas.

Doorstep Carols - Wednesday 16th December 6pm

We can't sing in the Churches and we can't gather around the Christmas Tree in the Village so here's something different for this year...

Sing carols on your doorstep with your, socially distanced, neighbours. Sing along either to the radio, to music from a Pastrow website link, or with your own instruments. It is hoped that our own local radio station, Love Andover, will participate.

- * No Christmas Fayre or Christmas Market this year, as we had hoped.
- * No Community Day in the summer.
- * But we did clap for the NHS on our doorsteps and we can now sing a couple of carols and bring some Christmas cheer to our neighbourhoods.

Let's all make a noise on our doorsteps on Wednesday 16th at 6pm - staying in our household bubbles, of course.

Words and music will be available on the web site: www.doorstepcarols.co.uk

- * Could you be a coordinator to download the Carol sheets, invite your neighbours and organise the music? See the website for how www.doorstepcarols.co.uk

- * You might want to combine this with choosing a charity to donate to and promote this with the doorstep Carols.

We wish you all a very Happy Christmas!



IN, OUT, AROUND and ABOUT – Editor’s picks

If you have a recipe or activity, a place to visit, a walk to share – send them to the editor at editor@charltonvillage.org.uk

IN – Christmas recipes – biscuits and cocktails

Sieneese Almond biscuits

This recipe comes from of Katie and Giancarlo Caldesi’s stunning *Tuscany* cookbook. They would be lovely as gifts and are delicious with tea, coffee and dipped in dessert wine or the Uncle Bucks Fizz recipe below! They are also gluten free.



Ingredients for approx 30 biscuits

- 400g (14 oz) ground almonds
- 2 teaspoons almond extract
- 175 g (6 oz) icing sugar for the biscuits, plus 100 g (3½ oz) for dusting
- 1 teaspoon baking powder
- 175–200g (6-7oz) egg white (about 4 large egg whites)

Depending on the dryness of the ground almonds you might need to adjust the number of egg whites.

Method

Preheat the oven to 160°C (320°F/Gas 3) and line a baking sheet with baking parchment.

Combine the ground almonds, almond extract, icing sugar and baking powder in a large mixing bowl.

Beat the egg whites in a separate clean bowl with a whisk until they form a soft foam then add them to the mixture a little at a time.

Stir with a large wooden spoon to form a thick paste – the mixture should be sticky but not runny. You may have a little egg white left, which you can just discard.

Put the extra icing sugar for dusting in a separate bowl.

Take two dessertspoons and form about 36 quenelles (raised oval shapes) by transferring the mixture between the spoons, then drop them gently into the bowl of icing sugar to coat them.

Remove each quenelle gently with a slotted spoon and place them on the lined baking sheet, spaced apart, and still covered in icing sugar.

Bake the biscuits for 20–25 minutes or until lightly golden.

Remove from the oven and leave to cool on a wire rack before serving. They can be stored for up to a week in an airtight container. (As if they’d need to last that long!)

Uncle Bucks Fizz *A cocktail of sparkling wine and spiced pear*

If you’ll be drinking a lot of fizz at Christmas, this is a good way of livening it up a bit. Bellinis are traditionally made with white peach purée, so the pear and cinnamon version here is just a refreshing festive twist on the classic.

Ingredients

Pear Purée	2 pears, peeled and diced
	1 tbsp caster sugar
	1 tsp cinnamon powder
For the Cocktail	75ml sparkling wine eg champagne, cava, prosecco...
	25ml fresh pear and cinnamon purée

Method

Stew the pear with a tiny splash of water and the sugar until softened, add the cinnamon and blitz with a handheld blender until smooth.

Stir the prosecco and purée together, pour into a flute and garnish with a slice of candied fruit



OUT - In the Garden during the Winter



Winter is a great time for gardeners to take stock, tidy up, protect plants and plan. This time of year can feel rather gloomy in the garden. The flowers of high summer are a distant memory, the rain is here to stay and the change of the clocks has put paid to any hope of working in the evenings.

However there's plenty to be done, so you can escape into your garden during the Winter months with a clear conscience!

TIDY YOUR TOOLS - Get those secateurs sharpened, fix loose spade handles and wash your gardening gloves. Sharp tools are safer and better for your plants, as a clean cut when pruning is less likely to let in disease. If you're lucky enough to have a potting shed or greenhouse, this is the time to give it a good tidy out and clean.

GET PLANTING - Garlic can go into the ground now as long as the soil isn't frozen or waterlogged. Rhubarb can be divided and bare-root fruit trees and bushes can be planted now, as can raspberries and blackberries.

ORDER YOUR SEEDS - It's still too early to dig, but it's not too early to dream. Get your seeds ordered now for any veg and fruit you're planning to grow.

After Christmas there's no time to rest! It's time to:

WINTER PRUNE APPLE AND PEAR TREES - Fruit trees are dormant now, so it's safe to prune them. Remove dead, diseased and damaged wood, and eliminate any instances of branches crossing and rubbing against each other by removing the weaker one. Wear gloves, use sharp, clean tools, and cut at an angle, so that the face of the cut angles downwards, allowing rain to run off it and preventing it rotting.

START YOUR VEG - Sow Cavallo Nero, broad beans, winter salad and radish seeds, plant onions, leeks and garlic. Sow peas indoors to plant out in March or April and chit seed potatoes.

DIVIDE SNOWDROPS - Snowdrops spread by seed and will expand about 3cm in all directions per year. To help them spread more quickly, dig and divide them immediately after they've flowered and replant about 30cm apart. If you're planting them from fresh, planting in the green in February is usually the best route to success.

AROUND and ABOUT – Collingbourne Wood and The Shears Pub

A good walk will be just what we need after Lockdown or Christmas Lunch. Here's another favourite circular walk of mine, and of Rosie the Labrador, which has an option on 'refreshments' either half way around or at the start/end point. I've used the OS Explorer map 131. This walk is about 7km and takes about 1½ hours.

I started at The Shears pub in Collingbourne Ducis (just to the left of the chequered flag on the map) and had booked lunch there for the end of the walk. (If you start in Collingbourne Wood, I suggest taking Crawlboys Lane from Ludgershall, keep on driving up the bumpy track as far as you can go and leave the car at the point I've marked with the arrow.)

Walk up the lane to the East of the pub and take the right hand fork onto the Byway to follow the route in an anti-clockwise direction. Follow along the edge of the wood and then take a left turn up into the wood up a proper track. There are lots of paths, some more muddy than others. When you reach the top of the track, you'll spot another Byway off to the left, leading westwards. Follow this out of the woods and take a left turn at the fork back towards the pub for a well-earned drink. Tip- If you reach Herridge Stud Farm you've gone a bit too far.

Have a lovely time!

Remember, if you use the Pub carpark, please give them your custom as well!



Puzzle Page

Disney films are a favourite at Christmas, but how much can you recall about them?

1. What was the first full length animated movie produced by Disney?
2. Which Disney movie featured the Oscar winning song 'Under the Sea'?
3. The princess Tiana features in which 2009 Disney animation?
4. Which pop star wrote the songs for Disney's 1999 'Tarzan' movie
5. What type of animal was Sven in Disney's Frozen
6. What was the name of Bambi's rabbit friend in the Disney movie?
7. Who voiced the Genie in Disney's 1992 animation of Aladdin?
8. Which Disney animation features the swash-buckling thief Flynn Rider?
9. What city is the futuristic setting of Disney's 'Big Hero 6'?
10. In Disney's 'The Lion King', what was the name of Simba's father?
11. The song 'The Bare Necessities' is from which Disney movie?
12. In Disney's Moana, what baby animal does Moana rescue as a child ?

Name the Pop or Rock groups from these clues

(thanks to www.kensquiz.co.uk)

1. Quartet in a spin
2. The shaver isn't heavy
3. Primates from the North Pole
4. The lads from Bondi
5. They gather no moss
6. Too many occupants in dwelling
7. German soldiers with front runners
8. Gary Power's spy plane
9. Real trouble
10. A desert watering hole
11. Frozen precipitation guard
12. Cinnamon maidens

CHRISTMAS WORD SEARCH – how long does it take you to find these 20 words in the grid?

HOLY SPIRIT
BETHLEHEM
SHEPHERDS
EMMANUEL
WISE MEN
CAMELS
CATTLE
DONKEY
JOSEPH
MANGER
ANGEL
GIFTS
JESUS
MYRRH
SHEEP
EAST
GOLD
MAGI
MARY
STAR

B	H	J	H	M	T	T	M	T	N	L	U	N	W	G
E	E	P	E	R	G	N	Y	C	S	S	A	D	A	E
T	E	E	E	S	R	T	S	A	C	N	C	P	H	T
H	L	E	A	S	U	Y	S	T	S	A	C	S	T	S
L	I	G	A	M	O	S	M	S	H	T	M	H	Y	R
E	V	O	E	L	E	J	N	A	E	T	T	E	L	H
H	S	T	A	R	S	E	A	E	E	I	F	P	L	G
E	S	T	F	I	G	A	V	B	P	R	D	H	E	S
M	E	M	M	A	N	U	E	L	C	I	O	E	R	D
Y	R	A	M	G	N	S	D	A	D	P	N	R	E	I
W	I	S	E	M	E	N	T	I	L	S	K	D	G	T
T	O	L	T	S	S	T	D	T	O	Y	E	S	N	H
E	N	T	P	S	L	H	A	A	G	L	Y	N	A	E
L	E	O	E	E	E	H	O	X	L	O	N	E	M	E
O	T	R	I	U	T	I	N	L	A	H	L	K	T	T

#SHOP LOCAL!!

2020 has been a nightmare for our local shops and businesses, let's do all we can to support them and **SHOP LOCAL!!**

I've recently discovered an amazing Facebook page for local micro and small businesses in Andover and villages. Search Facebook for '**I buy local!! – Andover & Villages**'. I'm absolutely bowled over by the variety and capability of our local small businesses – we are surrounded by entrepreneurs!

According to recent research a third of us plan to spend more at independent stores this year than we did in 2019, according to a poll commissioned by Enterprise Nation, an organisation which supports start-ups. It found younger shoppers are even more determined, with half of under-35s planning to shop more at independent.

<https://www.facebook.com/groups/319579605961156/?ref=share>



PRIVATE GROUP · 1.9K MEMBERS
I buy local!! Andover & Villages

JOINED

Talking of sustainability, do remember that there's a Zero Waste homestore up at Weyhill Fairground. Sarah has recently moved her **Love + Joy Home** store into larger premises in the corner by the Café. The opening hours are
Tuesday & Wednesday 10.00 - 16.00 Thursday 10.00 - 19.00 Friday & Saturday 10.00 - 16.00

If you're looking for delicious local produce for Christmas, or at any time, you could just travel a short distance up the road towards Hatherden and you'll find Tina and Jim at **Oaktrack Farm Shop**. The couple's combined farming and horticulture experience has enabled them to lead a self-sustained life for their own family, providing great tasting, quality food grown and reared with complete respect for nature. Now twenty years on, this aim is still at the very heart of what they do, rearing native breed pigs, sheep and cows along with a flock of free range hens to produce their own grass fed, free range meat and eggs for sale in the farm shop at the smallholding.

Tina Wells, owner of Oaktrack, explains:

"We are a traditional smallholding and rearing livestock on a small scale as we do, allows us to dedicate the time and attention the animals deserve, whilst working in harmony with the land to grow fruit, vegetables, herbs and cut flowers, all fertilised using the dung from the animals to improve nutrients within the soil."

All the animals live outside with plenty of space to roam freely - the pigs and hens are kept on the smallholding while the sheep and cows graze off site enjoying a diet of grass and other leafy matter, in and around the local parish. At this time of year customers can also see the bronze turkeys roaming around the farm.

The fresh seasonal produce is sold in the farm shop and a proportion is preserved, being made into jams, jellies, chutneys, pickles or juices by Tina. There is little to no waste as any additional surplus raw fruit and vegetables are given to the livestock to enjoy.

Oaktrack are now preparing for a busy few weeks ahead in the run up to Christmas, making and baking Christmas cakes & puddings, preserves & chutneys. For further information and to order your free-range turkey and other Christmas foods visit the Oaktrack website at www.oaktrack.co.uk or pop into the shop which is open every Wednesday - Saturday 9.30am - 2pm and Fridays until 5pm.



If you're in need of supplies and a Post Office open all weekend, then **Enham Stores** can help. Leslie and Barry are to support residents with their Post Office services which are open 7 days a week in line with all the shop hours, now extended to 6pm on a Saturday and Sunday too!

Another Hampshire based business is **Total Wardrobe Care**, whose products use a range of plant extracts, essential oils or pheromones to repel, attract and confuse clothes moths. They have put together a beautiful range of brand new cedarwood products to add to their existing product range. The range includes cedarwood hanging sachets and cedarwood drawer sachets, new cedarwood solid hanging blocks which sit neatly between your hangers, and a new cedarwood blend linen spray and essential oil. For Christmas, Julia has created some beautiful and luxury gift sets which would make the perfect present for your loved ones.

Julia has a special offer for our readers, offering 20% off their products when you order and use the code charlton20 in December! www.totalwardrobecare.co.uk or by phone on 01420 588 588

This year has been bad news for our local heritage sites as well as shops. There has been some good news along the way though and **Whitchurch Silk Mill** were delighted to be awarded £131,550 as part of the Government's £1.57bn Culture Recovery Fund. This will help the Mill face the challenges of the coronavirus pandemic and do much to sustain their future. It's a lifeline which will help keep the art of silk weaving alive at Whitchurch Silk Mill in the short term, but they still need all the help that supporters and the wider community can provide in the way of volunteering, purchases from their shop, use of the café and attending events. Here's to a brighter, post-virus future for us all!

We hope that the Mill will reopen in December along with the café and shop. The café has both inside and outside seating and serves delicious light meals (my favourites are the coffee and cakes!) If you shop online you can arrange to click and collect, or, if you are within walking distance of the Mill, they can hand deliver.

Meanwhile, you can also book a **Virtual Tour!** The Mill offers tours via Zoom and their first tour was to the Kitchen Dancers WI from Winchester. The tour starts with a talk about the history of the Mill, then proceeds with a guided tour of the winding and warping machines and the looms, with a close-up look at what's being woven and also examples of silk from the archives.

Please keep an eye on our website for news on all our events at www.whitchurchsilkmill.org.uk or contact the Mill by email on info@whitchurchsilkmill.org.uk or by phone on 01256 892065.

CHARLTON WI

Charlton WI members still meet every second Tuesday of the months thanks to ZOOM. These well-attended sessions are upbeat and chatty, with members keeping each other up-to-date on their families, displaying latest items of knitting, sewing, handicrafts and general comings and goings. There have been two presentations: Bronda Dossett gave a very interesting talk on her passion for ballet and dance. This meeting was attended by Helen Carter, WI Adviser. In October Debbie Towlson inspired members with a demonstration on the art of creating delicious canapes. The canapes were easy to make and Debbie kindly provided online recipes for those eager to try their hand.

The Book Club continue to discuss their findings via ZOOM. The Book for October was *44 Scotland Street* by Alexander McCall Smith, author of No.1 Ladies' Detective Agency, which was turned into the popular TV series several years ago.

Due to current restrictions and the colder weather, the Craft Group no longer meet at Charlton Lakes but intend to resume as soon as the situation improves. And the Walkie Talkie group patrolled local highways and byways right up until Lockdown. Their last walk being a stroll around beautiful Tangleby, taking in the lovely lanes and scenery - meeting and finishing at the church.

Looking ahead, ideas for the annual Christmas Party via ZOOM are being discussed.

If you're interested in becoming a member, there is a reduced fee being offered of £10.75 for now until March 2021. There won't be any face to face meetings but virtual meetings will continue. Contact Carol for more information by email on carolfielding@hotmail.com

Pat Peacock, Charlton WI

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Jodie's Fitness Fun!

Have you heard about Muddy Runners?

I hope everyone is managing to find ways to keep fit and healthy around the current restrictions. As I write this we are in lockdown 2 so keeping fit for me has gone back to classes on Zoom, home workouts and getting out for long walks. Like many of you, I was just starting to get back to the gym and I'd taught a few classes back at the leisure centre which was really good fun. The people I train have been so adaptable and it's great to be able to keep seeing each other even if it's online again for now.



My article this week comes as a joint effort with two good friends who have been part of my fitness classes for a while, but who are also doing great things with Muddy Runners. It was great to talk to Ali Pay and Kate Bone about the fantastic work they are doing and how you can join in if you want a new challenge for the new year...

Kate was one of the core team who started Muddy Runners, an inclusive running group for all ages and abilities with a focus on meeting new people and socialising rather than how far or fast you run.

Members can join as many runs as they would like to in a week and each run has a different focus; Monday tends to be a slow run, Tuesday a speed run, Thursday trail running and Sunday a long run. Each run has a run leader and a tail runner so no one should ever worry about being left behind and the group runs to the slowest pace so there is no pressure to run faster than you feel comfortable. Ali told me this is how she started, as a mum who wanted to start running but wasn't sure where to start and the group welcomed her in and through Muddy Runners she has made good friends who were in the same position and wanted a run and a chat.

Ali is now a run leader, so volunteers to plan and lead some of the running routes. Since the lockdown restrictions were eased slightly after the first lockdown and we were able to meet in groups of 6, these run leaders have been taking groups or running pods out for people who want to get out running again and I know they are keen to help anyone who wants to get started.

I know Ali, Kate and the rest of the team would welcome any new members, I know there are quite a few Charlton members already so why not get in touch before the end of the year so you are ready to get started in 2021!

If you would like to get in touch with the Muddy Runners team, please visit their website www.muddyrunners.org.uk or email themuddyrunners@gmail.com

I'll definitely be joining in 2021 – these dark mornings have not helped my running mojo!

Still on the topic of keeping fit, your Editor has continued to attend the regular Pilates classes offered by Vir over Zoom since March. The classes are attended by all ages, with chaps as well as ladies joining in and although the exercise isn't aerobic, I always feel energised after the class, after all the gardening that needs doing, my muscles ache less and it takes my mind of all the other things on my 'to-do' list!

I had a chat with Vir as we went into Lockdown 2 about the importance of keeping moving. Vir explained that keeping our bodies moving through regular exercise has an ever increasing list of physical and mental benefits. As Joseph Pilates said 'change happens through movement and movement heals.'

Many injuries (including aches and pains in joints) happen due to a lack of core strength and a poor quality of movement. Whether recovering from a pulled muscle in the lower back or hip surgery, learning to connect to your deeper stabilisers will improve your quality of life so that you can learn to move more effectively and with less pain in the long run.

Regular Pilates exercise can complement our daily routines by helping to improve posture, muscle tone, balance and joint mobility, and help relieve stress and tension. Pilates can complement training by developing whole-body strength and flexibility and help prevent the risk of injury.

Vir's classes run online and at the studio (when allowed!), offering a personalised approach where moves are tailored to your individual needs and abilities under the continuous supervision of highly qualified staff.

For further information, contact Vir Dellino-Musgrave (07796031779; info@equilibrium-pilates.co.uk; www.equilibrium-pilates.co.uk)

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Postmaster - Enham Alamein Post Office

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