

the Miller's Tale



2000 SEES THE START OF 'WALK TO SCHOOL BUS' PROJECT

The Lollipop Lady's Tale:

by Liz Stainthorpe

On the morning of Tuesday November 2nd I kept an appointment with a policeman. No, I hadn't committed a crime, but was doing my training to be what I believe is the first School Crossing Patrol on Hursley Rd. The policeman stayed with me for fifteen minutes and watched me cross my first few children, gave me a few pointers then left me to it.

I freely admit to a lot of butterflies the first few mornings, stepping out into the traffic with my "lollipop", and on more than one occasion having to step back smartly as one or two drivers ignored my presence completely. I'm glad to say that they were very much in the minority and on the whole, drivers are pretty considerate, some even smile and wave. I certainly didn't know before I became a "Lollipop Person" that the raised "lollipop" is the same as a red traffic light, and drivers who do ignore it can be prosecuted, so beware I have my beady eye on you.

I agreed to become a School Crossing Patrol because some members of the Community Association were trying to organise a "Walk to School Bus", and needed a safe place to cross the extremely



'It's a fair cop' as Liz starts new job.

busy Hursley Rd. I walked that way with my own child for years when he was at Hightingbury school, and when I worked there myself as a classroom assistant, so I know just how difficult it can be, especially for parents with more than one child and perhaps a buggy. I only work the mornings so that I have the rest of the day to pursue all my other interests so if there is anyone out there who would be interested in doing the afternoons or even do a week on week off job share, the Community Association would like to hear from you. It's a very rewarding job and gives some of the older children of North Millers Dale an opportunity for a little independence by making it safer for them

to walk to school alone or with friends. I was absolutely delighted to see the "Walk to School Bus" arrive at the crossing on Wednesday 5th January in the year 2000. A brilliant start to the new Millennium.

SCHOOL CROSSING PATROL

£4.63 per hour, 1/2 pay retainer in school holidays, term time only, 4 weeks paid holiday



We are seeking to appoint committed individuals with a sense of community to assist pupils in crossing the road on their way to and from school. Naturally, you'll have good road sense and a responsible and reliable nature.

Required at:
Hursley Road, Chandlers Ford
3.20pm - 4.00pm (approx)

Uniform and training provided. For further information and an application form, please contact Janice Gallacher, Education Personnel Services, Clarendon House, Romsey Road, Winchester SO22 5PW, tel: 01962 876207



Hampshire
County Council

IN PROMOTING EQUAL OPPORTUNITIES, WE WELCOME APPLICATIONS FROM ALL SECTIONS OF THE COMMUNITY.

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Liz Stainthorpe ensures a safe crossing on the Hursley Road

the Information board

what's on at the community hall?

- Mon: Yellow Dot 8.10am-5.30pm
 Rainbows 4.30pm-5.30pm
 Aerobics 8.00pm-9.00pm
- Tue: Yellow Dot 8.10am-5.30pm
- Wed: Yellow Dot 8.10am-5.30pm
 Brownies 5.30pm-7.00pm
- Thu: Yellow Dot 8.10am-5.30pm
 Yoga 7.00pm-8.30pm
- Fri: Yellow Dot 8.10am-5.30pm

HALL BOOKINGS:

Contact: Mrs Linda Mandley
 C/o Eastleigh Baptist Church
 Wells Place, Eastleigh, SO5 5LJ
 ☎ 01703 613210
 between 9.30am-4.30pm week-
 days, answer-phone at all other
 times.

Community Hall Keyholder
Doreen Lewry

☎ 01703 268562

Newsletter team

Helen North &

Charles Lewry: editors
 Mary Peterson: features
 Anne O'Shea: advertising

Contacts:

Advertising: 01703 270825

Articles: 01703 273771

E-mail charles@lewry.u-net.com

Or drop articles into:

3 Albury Place
 North Millers Dale



Local focus

Welcome to the latest edition of your newsletter and to the new Millennium. This New Year has seen the start of the walking bus, our new logo, and, in May, our first ever treasure hunt. The walking bus has made it to the pages of the Daily Echo, The Advertiser, the Extra and of course the Millers Tale and will also be mentioned in the Eastleigh Borough Newsletter. This month's issue also features some fascinating articles by Gerald Ponting, Angela Adams and Theo Jarman. There is also a report by Malcolm Stainthorpe about the meeting to discuss the proposals for traffic calming on the Hiltingbury Road.

It is very heartening to see contributions coming in. Let's hope they will encourage more of you to put pen to paper or fingers to keyboard to help make the Millers Tale a fascinating and compulsive read. As editors we breathe a sigh of relief as the publishing date relentlessly approaches and we know that we have plenty of material to pack the pages. So please keep the contributions coming, whether they be letters, articles or adverts, they will all be welcome and published in the next edition.

Letter to the Editor

Re the 'Wine Tasting Evening'
 1 Weavers Place.
 28/1/99

Thank you to all your 'efforts' though our knowledge of red wines is still very hazy!

Janet & Geoff
 Chesley

BRIAN AND SUZETTE MATTHEWS
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9 THE CENTRAL PRECINCT
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Graham Parrick
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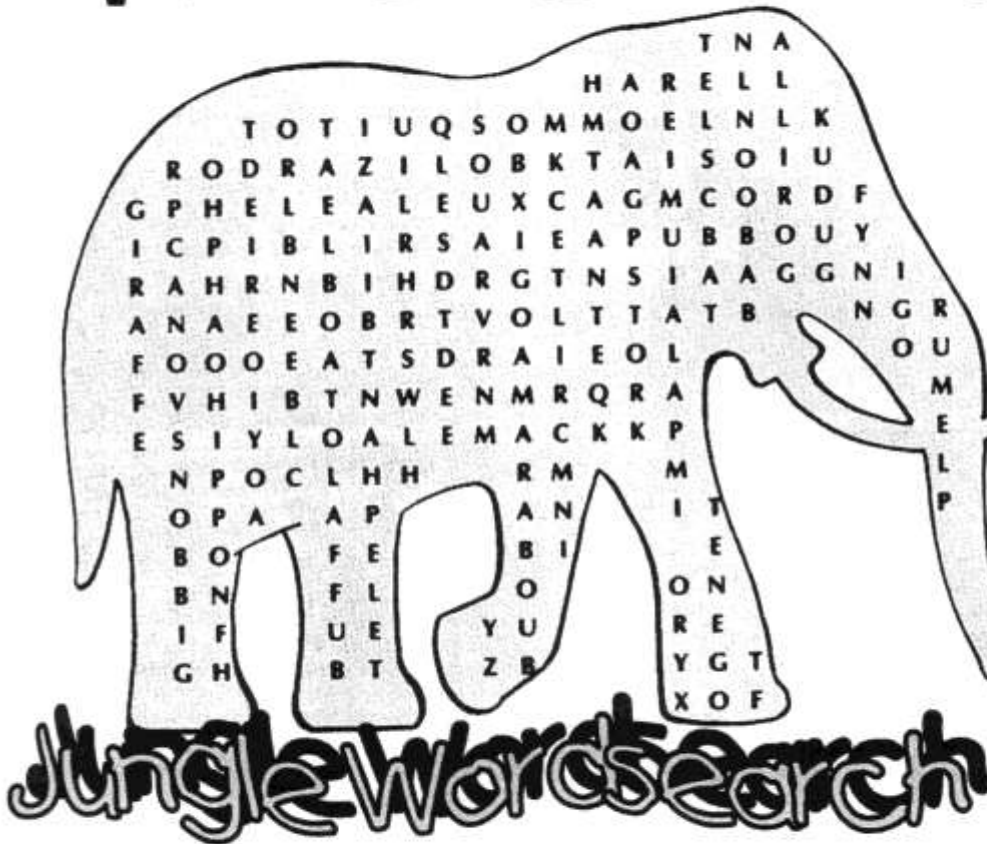
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Kids Corner



- | | |
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| APE | LEMUR |
| BABOON | LION |
| BAT | LIZARD |
| BOA CONSTRICTOR | LOCUST |
| BUFFALO | MAMBA |
| BUSH BABY | MANDRILL |
| CAMEL | MARABOU |
| CHEETAH | MONGOOSE |
| EAGLE | MOSQUITO |
| ELEPHANT | OKAPI |
| FOX | ORYX |
| GENET | OXEN |
| GIBBON | RHINO |
| GIRAFFE | SHOEBILL |
| GORILLA | STORK |
| GNU | TOPI |
| HARE | ZEBRA |

Halloween Party - Sunday 31st October



No gore was spared as witches, ghouls, zombies and ghosts filled the hall in all shapes and sizes, and everyone had made a tremendous effort with their costumes. Music, provided by DJ Ray Butt kept the mood lively. Thank you to Lisa, Alex, Amy, Katie and friends who helped encourage the rest to dance. The younger children were kept busy at the activity tables where there was colouring, gluing crepe paper, making badges and model ghosts. All ages took part in decorating and eating the cakes. Squash, hotdogs and crisps helped feed the gruesome masses and everyone left with bags of sweets. Thank you to everyone who helped with the event.

THE LOGO COMPETITION

Many thanks for the entries into the logo competition. The committee decided that this was the logo they liked best.



Some of the other entries:



Millers Dale Publications by Gerald Ponting

Many people will have seen the book "Chandler's Ford - Yesterday and Today" which has been such a best-seller locally, and may perhaps have noticed the publisher's imprint of Millers Dale Publications. A companion volume is also now on sale, "Romsey Yesterday and Today". In both books, old photographic views are matched with pictures of the same scenes as they appear today. I thought that readers might like to know a little of how I came started self-publishing. The story goes right back to 1976.

I was then living on the Isle of Lewis and had written and illustrated the first-ever guide book to the Standing Stones of Callanish, the so-called Stonehenge of the Hebrides. With no knowledge of publication but with a great deal of help from a local printer, I financed a printing of 1000 copies - which sold out in less

than four months. Over a seven-year period, this small book, priced £1, sold 13 000 copies, which must be something of a record for a first attempt at self-publishing.

For the rest of my time on the islands, I was involved in writing and publishing a number of other books on local archaeological topics, all of which sold steadily. On return to Hampshire in 1984, I met up with Anthony Light who had been researching the history of Fordingbridge and Breamore (my own original home area) for many years. We decided to start publishing local history under our own imprint of Charlewood Press, deliberately starting off with 4-page walks leaflets and gradually working up to larger books.

We now have ten titles in print, of which the latest is "James Coventry - Gentleman Photographer", a 96-page A4 volume reproducing 170 photographs which were taken by a member of the Fordingbridge gentry in the 1890s. Although James' photographic expeditions inevitably centred around his home district - the New Forest and the Avon Valley from Salisbury to Christchurch - they also ranged west to Weymouth and Portland, Dorset; east to Arundel and Shoreham, Sussex; north to Salisbury, Stonehenge and Longleat; and south to the Isle of Wight.

The superb pictures are evocative of a time of horse-drawn carriages and sailing ships, featuring not only the gentry and great houses, but also the lives of the rural cottagers. Among James' favourite subjects were thatched cottages, rivers, ponds and streams, trees - and children. Many of his views are enlivened by the presence of his young nieces in the late Victorian clothing of his time.

Barbara Hillier is well-known as Chandler's Ford's own local historian. Having copied her collection of old photographs from prints to slides for her, for use in lectures, I asked how many had not been included in her previous two books. As there were around 40, I suggested that we might collaborate on a 'then and now' book. This resulted in "Chandler's Ford - Yesterday and Today", with Barbara providing the old photographs and the historical text, while I took the matching new photographs and used photo-manipulation and desk-top-publishing software to create the layout of the book.

With sales of over one thousand copies in the run-up to Christmas 1998, I then approached Romsey's local historians who were very interested in a similar project. Barbara Burbridge, who had already been involved with several previous LTVAS* publications, provided the historical knowledge and we jointly trawled

through the group's vast collection of images of old Romsey. "Romsey Yesterday and Today" was published last June, in time for the Romsey Festival, and a reprint was needed before Christmas.

I had previously used the 'Millers Dale Publications' imprint for short-run publications, purely for sale at my colour slide presentations on wild flowers, stone circle, etc.; and used this again for the Chandler's Ford and Romsey books. What next? Well nothing in the pipe-line for MDP or Charlewood Press at present, as I am working on a book commissioned by Landmark Publications of Derbyshire.

* LTVAS - Lower Test Valley Archaeological Study Group (Barbara Hillier has recently published her fourth book, "From Brownhill to Dovecliff", a history of Methodism in Chandler's Ford.)

CHANDLER'S FORD - YESTERDAY AND TODAY



Barbara Hillier and Gerald Ponting

HAMPSHIRE WILDLIFE TRUST Eastleigh & Chandler's Ford District

PROGRAMME FEBRUARY 2000
ONWARDS



Tues. 29 Feb. 2000 - 7.30 p.m.
Gerald Ponting - "By Rail through the Canadian Rockies"
Chandler's Ford Community Centre, Small Hall

Tues. 28 Mar. 2000 - 7.30 p.m.
A. G. M. + Phil Green - "My Approach to Wildlife Photography"
Chandler's Ford Community Centre, Small Hall

Tues. 25 Apr. 2000 - 7.30 p.m. Barbara Hillier - "Wildlife of Chandler's Ford"
Chandler's Ford Community Centre, Small Hall

Third Sunday in each Month except May to August

Working Party for conservation work on Flexford Nature Reserve.
More able hands always welcome! Details from 01794 514825.
Meet at Ramalley Lane Scout Hut, 10 a.m.

IMAGE

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**NORTH MILLERS DALE –
HILTINGBURY SCHOOLS
WALKING BUS**

The Walking Bus took its first steps on Wednesday 5th January, 2000. This pioneering scheme for a new millennium is the first in the Borough of Eastleigh, and only the second in Hampshire. A big thank you must go to Liz Stainthorpe who has taken on the role of Lollipop Lady. Without Liz, the Walking Bus could not have happened, as we needed a safe crossing of Hursley Road. It is also good to see that more parents are willing to let their children walk independently to school now that we have Liz. We still need a lollipop person for the afternoons and Liz would prefer to job share. So there still is a vacancy should anyone wish to help their community and get paid for doing so!

Without the help of Cllr Graham Smith and the Headteachers of the Hiltingbury Schools, Mr. Lassam and Mrs. Applin it would have been impossible to start the Walking Bus. With their support and determination we were able to draw up guidelines with Hampshire County Council, who have provided the insurance and reflective jackets for the scheme.

At present there are ten children on the walking bus, supervised by two volunteers. A rota of six parents, who have all been vetted by the police, take

it in turns to escort the children to school each morning. The bus leaves outside the doctor's surgery at 8.30am and arrives at the school playground at 8.45am. The children enjoy walking and talking with their friends on the way to school, and have been extremely well behaved and sensible.

If you wish to find out more about the Walking Bus please contact Helen North on 273771.

Hopefully, this is the way forward to reduce congestion and pollution of our roads, as well as a safe and healthy way for our children to travel to school.

CHILDREN NOW TRAVEL TO SCHOOL BY CROCODILE



ON PATROL! Lollipop lady Liz Stainthorpe helps the children cross Hursley Road. Photo above Daily Echo Friday January 21 2000

Eastleigh Borough Council, Local Area Committee Meeting

TRAFFIC UPDATE

Three members of your committee were present at the Eastleigh Borough Council, Local Area Committee meeting at the Dovetail Centre on January 12th to support the reduction of the speed limit on Hursley Road.

The resolution, that was passed unanimously, was to extend the 30m.p.h. speed limit on Hursley Road northward to approximately 100 metres north of the Hiltingbury Road/Baddesley Road traffic lights. Also the existing 30 m.p.h. limit on Hiltingbury Road to be extended westwards to a point on Baddesley Road approximately 100 metres west of the Hiltingbury/Baddesley Road junction. These measures should make it safer, both for North Millers Dale residents crossing the road and for motorists, as the Pine Road junction is quite awkward when joining Hursley Road.

Liz Stainthorpe also thanked the committee for their help in getting the pavement extended around North Millers Dale into Hursley Road, which has again made crossing Hursley Road much safer and easier.

Out of interest, the main itinerary on the agenda was the response to the County Council plans for the traffic calming measures for Hiltingbury/Hocombe Roads. Some of the main points were:

1 The Local Area Committee did not support the idea of a mini roundabout at the junction of Hiltingbury and Ashdown Road, considering that it was not necessary and could have the effect of turning Ashdown Road into a rat run.

2 The committee did support the "build-outs" on Hiltingbury Road near the shops and schools to slow traffic down.

3 They also supported the changes to the junctions on Hiltingbury Road at Lakewood Road and Kingsway, but endorsed minor changes to make them safer.

4 On Hocombe Road it was decided to have "chicanes" at various intervals, and a 30 M.P.H. speed limit. Although the committee supported a lorry ban, it was not included in the present scheme due to the extra expenditure it would incur.

Finally, the Local Area Committee asked the County Council representatives to take up as a matter of urgency the traffic-calming scheme for the area, as residents had seen investigations, various consultations and schemes, but no action had been forthcoming, even though traffic had increased due to Knightwood Road Development.

LOCAL TRAFFIC ISSUES

THE MANAGEMENT OF FLEXFORD RESERVE

by Theo Jarman

Flexford Nature Reserve is a small fragment of countryside surrounded by urban development. It comprises two parts, separated by the Eastleigh to Romsey railway branch line, with a total area of 20 hectares (50 acres).

It is owned by Eastleigh Borough Council and is on lease to the Hampshire and Isle of Wight Wildlife Trust to be managed as a nature reserve. Visitors are welcome to enjoy walking its paths through Alder-bordered streams, woodland, glades and flower-rich meadows.

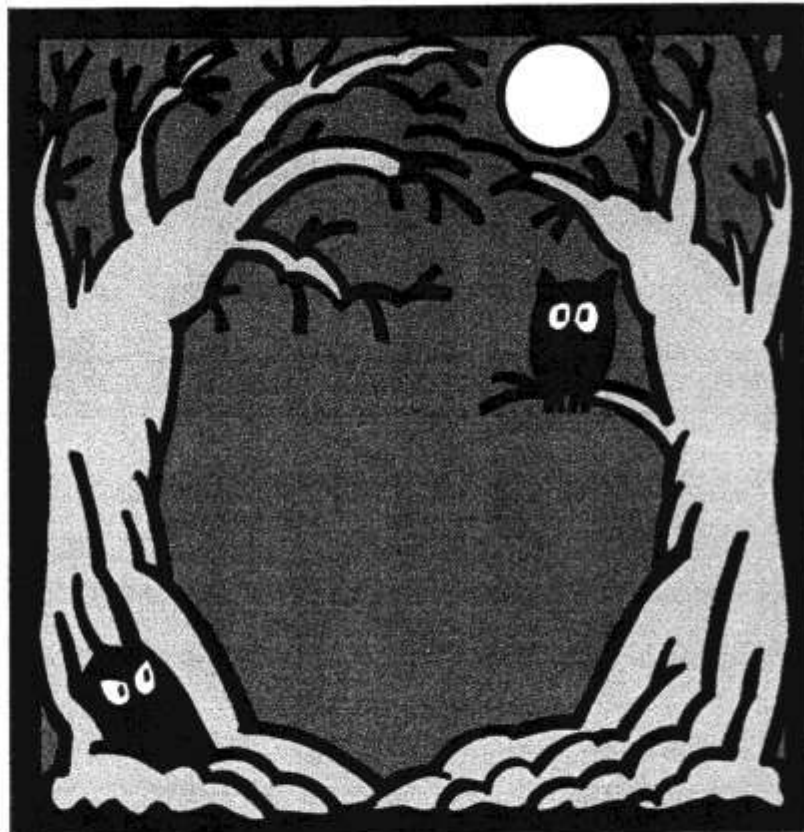
The unimproved wet meadows and grassland, unspoilt by pesticides and herbicides, and rich in plant diversity, support plants such as King Cup (beloved of Gerald!), Devils-bit Scabious, Sneezewort, Southern Marsh Orchids and Marsh Valerian. Such habitats are now rare and threatened outside reserves.

Some of those who walk in the Reserve query the presence of grazing animals and the occasional need to fell trees and clear bushes. Active management is always necessary to maintain the wildlife interest of any nature reserve.

Study of old maps at the Ordnance Survey offices show that much of the valley of the Monks Brook was meadowland for centuries. Much undeveloped meadowland has reverted to woodland and scrub; the management of Flexford aims to

prevent the total loss of the remaining areas.

The livestock discourage the development of scrub. Every five years or so, this has to be backed up by planned manual clearance of some trees and shrubs. There is a Tree Preservation Order based on aesthetics and amenity on much of the tree belt bordering Monks Brook. This does not preclude the phased felling of a few trees, and the Trust remains aware of its legal responsibilities.



Reserve boundaries need regular maintenance, selected coppicing helping to produce a varied and more interesting tree line. A section of hedgerow along North Millers Dale is soon due for laying and this will be carried out in traditional fashion.

With public safety in mind as well as convenience, regular path clearing throughout the reserve is carried out.

The Wildlife Trust's Reserves Officer Ian Stone is responsible for the day to day management of the reserve and he follows guidelines set out in a Management Plan. Practical work is mostly carried out under his guidance by volunteers; planned work on a monthly basis at weekends by a team led by a Voluntary Reserves Manager; more urgent work by a hit squad of volunteers during the week and based at headquarters; and occasional work

party visits by the Hampshire Conservation Volunteers.

Local residents are invited to see at first hand what we get up to. Sunday February 20th will be a 'spectators only' as the hedge layers will be at work alongside North Millers Dale, but additional helpers would be very welcome to join the regular work parties on Sundays 19th March and/or 16th April.

We meet at 10 a.m. by the Scout Hut in Ramalley Lane (Grid Ref SU428215). Contact Theo Jarman (01794 514825).

The course of the Monks Brook through and beside the reserve is now the only part of the stream's course not to be canalised or concrete lined and its natural, continually changing course is to be enjoyed. Bordering the brook and crossing through the meadows are a series of water courses and ditches, good for invertebrates and wet loving plant species.

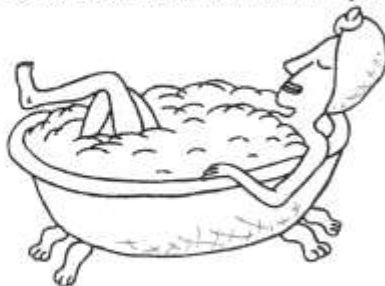
Other habitat areas of the reserve needing active management include younger even-aged stands of Alder. Some coppicing to provide a varied woodland boundary makes for a more interesting vista and encourages a greater diversity of wildlife.

WHAT IS AROMATHERAPY?

AROMATHERAPY is a form of natural healing that is more than 8000 years old. It uses essential plant oils that are applied to the body either by massage, compress, inhalation or baths that, together with the combination of carefully selected oils, help to restore the balance of the body and help it to heal itself. Aromatherapy is a holistic therapy that treats the whole person, taking into account mind, body and soul. It works on the premise that the most effective way to prevent illness is to strengthen the body's own immune system and in this way it helps restore harmony between body and mind, which is often upset due to modern stressful living. Ideally, essential oils would be used as a preventative treatment and not just when we are ill.

Knowledge of essential oils and some of their uses and advantages is becoming more widespread as the general public explore alternatives to conventional medicines. The beauty and cosmetic industries are increasingly adding them to their products so as to be able to use the 'aromatherapy' label. However, the use of any essential oils should be treated with great care. Over-use or high dosages of such oils as Lemon, Fennel or Thyme can cause sensitivity and a lot of oils, e.g. Arnica, Pennyroyal or Wintergreen, are actually toxic. Beware of buying cheap versions which may have been adulterated and which could cause adverse reactions. Only top quality oils should be used.

Most of us have heard of Lavender and Tea-tree. Four to five drops of Lavender in the bath will help us to relax and will induce sleep, but did you know that they are both invaluable in the first aid cabinet? Lavender is one of the most versatile of essential oils. Its popularity over thousands of years has never decreased, having been used continuously for such diverse reasons as insect repellents – lavender bags in wardrobes and drawers to ward off moths – to headache relief. Its healing properties are second to none and it is one of only a few oils that can be used undiluted. Use on cuts and burns to prevent infection and reduce scarring. For coughs, colds, catarrh and 'flu the most effective form of treatment is to put 3-4 drops in a bowl of steaming water and inhale. The Lavender oil can soothe, decongest and attack the bacteria that often cause secondary infections. Tea-tree oil can also be used neat and is used increasingly in skin preparations, as it is a strong antiseptic. It can be used on spots, bites, stings, warts and verrucae as well as cold sores. It stimulates our immune system and increases our ability to fight disease, but care must be taken on sensitive skin as some irritation may occur.



The most common form of aromatherapy treatment is through

massage. A blend of oils is prepared to suit the individual's requirements and is applied in a carrier oil. The properties of the oils, together with the therapeutic effect of massage, can be used to greatly reduce stress and tension, as well as any physiological problems. A lot of tension is held in the neck and shoulders and may lead to referred pain in other areas, e.g. headache or backache. Massage aids blood and lymphatic flow, helping to eliminate toxins and encouraging skin renewal. Painful muscular nodules can be dispersed and nerve endings stimulated.

I have a salon at home in Cranborne Gardens and would be pleased to hear from anyone wishing to book an aromatherapy massage. For more information please ring me on (023) 8026 3856 (formerly (01703) 263856) to arrange a convenient time for your consultation.



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FORTHCOMING ACTIVITIES

**NORTH MILLERS
DALE MAY DAY
TREASURE HUNT
MONDAY 1ST MAY at
2pm**



A treasure hunt within North Millers Dale will take place at 2pm on Monday 1st May.

Starting from the Community Hall, hunters will look for answers to the clues and collect items along the way. Finally returning to the Hall for refreshments. Teams or individuals welcome.

Contact Jan Beldon on 270413 for tickets.

Price includes refreshments.

Adults £1
Children 50p

WINE TASTING EVENING 27TH NOVEMBER 1999



Can you distinguish between wines with rich spicy overtones, chewy black fruit, nutty depth and toasted oak? North Millers Dale residents had the chance to test their taste buds at a social evening / wine tasting organised by Helen North with help from Paul & Lynette Blackwell and Richard & Carol Mollon. Many thanks to both couples for their advice, and to Threshers Wine Shop for helping with the selection of wines.

This popular event is set to be a regular one on the NMDCA calendar. Lots of wines to taste, food to eat, neighbours to meet and best of all, walking distance home!

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