

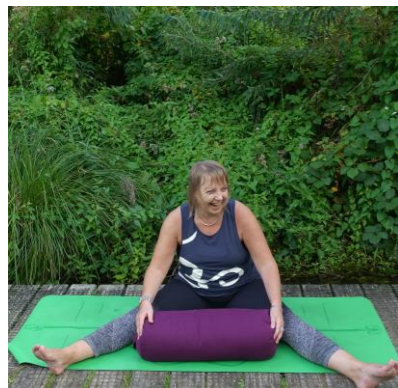
I'M NOT FLEXIBLE ENOUGH TO DO YOGA!

newsletter with lots of tips and information about



By Sarah Groves
This is something I regularly hear as a yoga teacher, and to be honest it makes me quite sad, although I can understand why. We are constantly bombarded with images of people with perfect bodies in extremely challenging poses and this puts many people off trying yoga. Let me share a secret with you (and please believe me)..... you don't need to be flexible (or have a perfect body) to practice yoga! There I've said it.

There are so many different styles of yoga, something for everyone. Did you know you can even practice yoga on a chair! You just need to find



the teacher that you connect with to help guide you. As we get older our joints get stiffer and it is more important than ever to keep moving in a way that you love. I like to share the magic of yoga in a way that is fun and accessible.

If you would like to join a fun community, improve your mobility, and find some calm in these crazy times, come and give yoga a go and you'll notice how much better you feel after practicing.

I share yoga on Tuesday evenings in Chandlers Ford, more classes will be coming soon. I also offer 121 private classes in a lovely studio in Winchester.

I encourage you to keep moving and explore the magic of yoga. If you have any questions or would like to know more then please contact me at sarah@yoga2restore.com or visit www.yoga2restore.com. On my website, you can also sign up for my free weekly

yoga and my classes.

I would love to welcome you to our community.



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the Miller's Tale

POSITIVE PLANNING FOR AN UNCERTAIN FUTURE



Back in December 2019 the NMDCA organised a trip to Bath to the Christmas Markets. The coach filled up quickly and a good day was had by all. On the way home we talked about other coach trips and quickly decided to run a trip to Bletchley Park for May. The coach was booked and places taken, the entry tickets were ordered, and then suddenly everything came to a stand still in March when we went into a lock down.

We had so many ideas about Community activities which have been on hold. Before Christmas we had a committee meeting and decided that once we are able to, we will resurrect the coach outings, the quiz will recommence and we will look at other social activities. We are open to suggestions, so please let us know if you have any ideas.

In June 2022 we have the Queen's Platinum Jubilee. Maybe this is an occasion when we could come together as a community. If anyone has any ideas as to how we could mark this, please feel free to contact us.

We are looking forward to future Community events.

COLIN, A FAMILY MAN WITH HIDDEN TALENTS

By Charles Lewry
Sadly, Colin (Dave) Davidovitz, a former NMDCA committee member, passed away in August last year. He was a very active County and Borough Councillor as well as a regular attendee at our NMDCA committee meetings. He provided us with much appreciated advice and support during the early days of the association.

I worked with Colin during his time at Southern Television and on one occasion travelled with him on a trip to Scottish Television to organise the televising of a Scottish Football Cup match at the Celtic Ground in Glasgow. Before our return flight he insisted we went on a shopping trip to buy some authentic Scottish mutton pies for his family.

In 2014, Colin became a ukulele player to join in with 2370 other

players at the St Mary's Stadium for a Guinness World record attempt for the 'Largest Ukulele Ensemble'. On the day, the record was taken from Japan by over 200 ukuleles. Colin said "I am committed to

practising now, ready for the record bid on July 18, and I intend to be at the very least competent, but I don't think I'll ever match George Formby's talents."



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the Information board



During the current restrictions hire of the North Miller's Dale Community Hall is not available.

Organisations offering assistance:

One Community:
023 8090 2400

Chandler's Ford Help:
07493 087 427 / 07340 910 784

Chandler's Ford Good Neighbours: 07914 757 380

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North Millers Dale Community Association

Or drop articles into:
8 Weavers Place
North Millers Dale



By the Editor

Who would have thought that we would be announcing our 50th edition of the Miller's Tale? But here we are, some 20 odd years later, reaching another milestone. Whilst we do need advertising to pay towards our printing costs, we have avoided turning our newsletter into a brochure of adverts with an odd article popping up throughout. We hope the residents of North Miller's Dale find a few articles within its pages that are of interest. We do occasionally get feedback from readers and on the whole, it is positive and encouraging. However if there are improvements we could make, things you would like to see featured or other comments you would like to make, we would love to hear from you.

We have titled this edition 'A New Beginning', because as we start a new year, despite rising cases of Covid, we would like to think that maybe we are beginning to come to the end of what has been a pretty miserable two years. Winter is progressing into spring, and plants begin to break the surface as bulbs and perennials prepare for a new colourful display. The 2nd Chandler's Ford Scouts start the new year proud owners of a replacement headquarters. A new business in the industrial estate is encouraging us to go for zero waste as they sell products without packaging.

As we make new years resolutions, an easy option might be to commit to joining the North Miller's Dale walking group, and get to do a shortish walk once a month. It's not going to turn you into an Olympian overnight, but all walks start with a few small steps. Or how about taking up Yoga for the new year. Details of a local yoga teacher are on our back page.

Useful Numbers

Instead of thumbing through the Telephone Directory or Yellow pages to find that important number, look no further than the Miller's Tale. If you have any suggestions for a useful number that is not included please contact us

Editor Millers Tale Charles 023 8026 8562
Gillian 07917 858 752

Emergencies

Electricity (Power Cuts) 0800 072 7282
Gas (escapes) 0800 111999
Police (non urgent) 101
Southern Water 0330 303 0368

Schools

Hiltingbury Infant School 023 8026 5414
Hiltingbury Junior School 023 8026 1808
Knightwood Primary 023 8026 1900
Merdon County Junior School 023 8026 5255
Thornden Secondary School 023 8026 9722
Toynbee Secondary School 023 8026 9026

Post Office

4 Ashdown Road 0345 722 3344

Local Services

Chandlers Ford Library 0300 555 1387
Eastleigh Tourist Information 023 8026 5500
Eastleigh Borough Council 023 8068 8000
Blue Star Buses 01202 338 421
Zelabus 02380 644 715
Southampton Int Airport 0844 481 7777
Red Funnel Ships 023 8001 9192
Railway Enquiries 0871 244 1545

Medical Services

Park Surgery, Hursley Road 023 8025 2131
St Francis Surgery, Valley Park 023 8025 2131
Boyatt Wood Surgery 023 8061 2051
Fryern Surgery 023 8027 3252
Eastleigh Health Centre 023 8061 2032
Southampton General Hospital 023 8077 7222
Royal Hampshire County Hospital Winchester 01962 86 3535

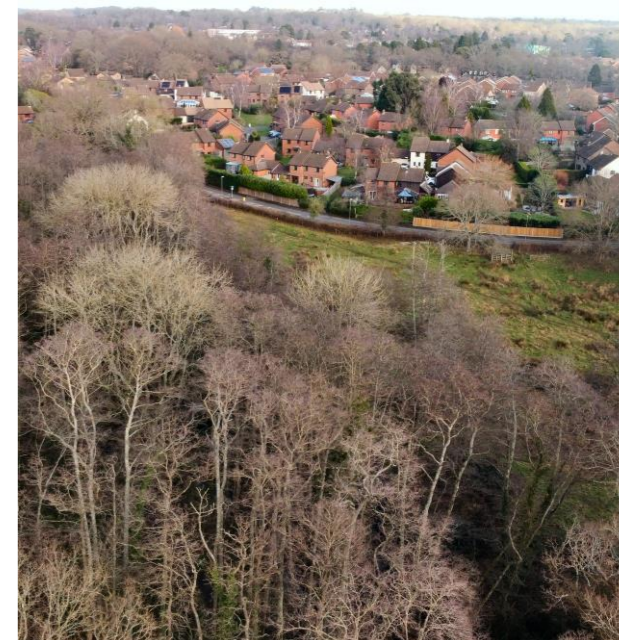
Dentists

Hursley Road Dental Practice
157 Hursley Road 023 8026 7141
Vital Dental Care
67 Bournemouth Rd 023 8026 7889

Good News For The Flexford Local Nature Reserve Con'd

1. Ross McLean, the Local Area Manager, explained that by the end of January, there would be a detailed programme of work and a sequence of activity with costings. This would form part of the applications for financial grants.
2. Likewise the LAC agreed that there should be a good MAINTENANCE PROGRAMME to prevent the footpaths from deteriorating once again.
3. Alongside this will be a CONTRACT REVIEW with the Hampshire & Isle of Wight Wildlife Trust to review the work they do at Flexford LNR and the adequacy of resourcing.
4. In addition, the LAC agreed to initiate means to communicate with this community and the Friends of Flexford, to invite thoughts, ideas and observations and to outline actions taking place at Flexford. This was also the case with the residents around the Hiltingbury Lakes restoration.
5. The LAC proposed and agreed that a BIODIVERSITY STUDY should be initiated, to secure the wild life and restore those creatures that can no longer or rarely be seen in Flexford anymore.
6. Finally it was agreed that Flexford LNR needs a group of reliable volunteers to manage tasks such as keeping the footpaths clear of plant growth, brambles and nettles and to report damage and anything of concern.

And that would be us, the community: those who value use and enjoy Flexford.



There is now a FACEBOOK PAGE entitled FRIENDS OF FLEXFORD to share and record peoples thoughts, photos of Flexford, concerns and observations and news updates. It is there that request for VOLUNTEERS will be put out as well as here in the Miller's Tale or the NMDCA website.

Keep your fingers crossed that all this takes place and that the Flexford Local Nature Reserve has an excellent new year ... in todays very uncertain world!

IF WE HAD NO WINTER, THE SPRING WOULD NOT BE SO PLEASANT

In January, just a glance out of the window may be enough to convince you to turn up the heating and make plans for when it's warmer, but there are a few things you could be doing in the garden or in preparation for milder months ahead.

While plants are more or less dormant, now is a good time to do a bit of pruning, from which wisteria, roses and fruit trees could well benefit. Rhododendrons, honeysuckle and perennials can also be trimmed now.

Preparing the soil with well-rotted leaf mulch or manure on top will help encourage growth later and help break up the clay soil which bedevils us all in Miller's Dale. If just left on the surface, if the ground is frozen, worms will take it down later as the soil thaws.

Whilst growing outside is not an option, some plants can be started inside or in a greenhouse. Growing flowers and vegetables from seed can be



a good money saver, and if you end up with too many, maybe swap the excess with a neighbour to increase your varieties. In 2019, the NMDCA organised a very successful plant swap event on the green behind the community hall, and maybe that is something we might consider again.

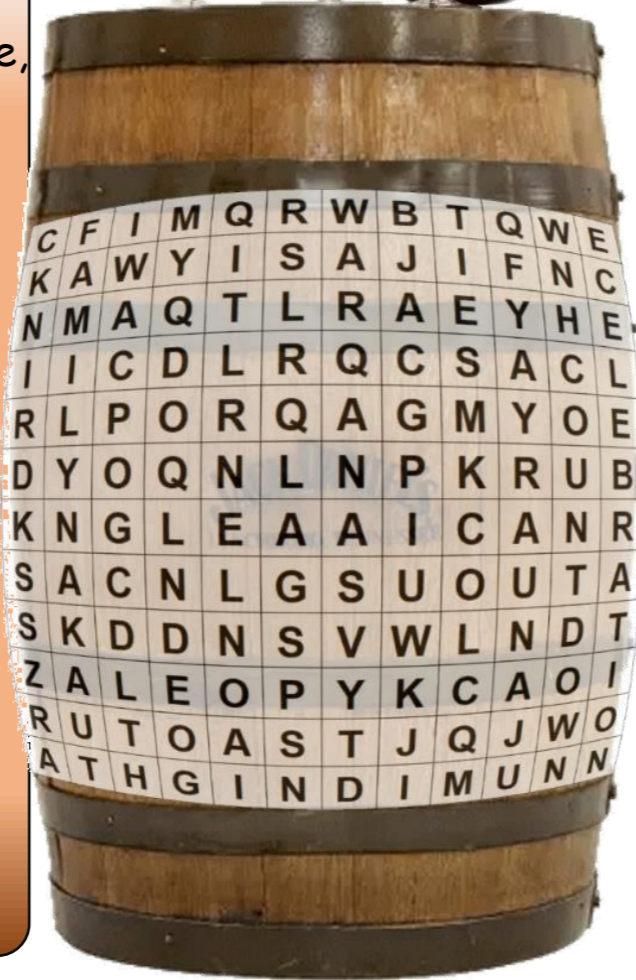
Seedlings for Chillies, Broad Beans and Aubergines can be started in January and for the flower garden: Antirrhinums, Begonias, Geraniums, Carnations and Sweet Peas can all be sown inside in the warm.

So, at the beginning of the gardening year it's a time for fresh starts, renewed energy, and grand plans for the twelve months ahead.



Kids Corner

New Year's Word Search It's a barrel of Fun



Why did Santa go to the doctor?
Because of his bad "elf"!

Why couldn't the skeleton go to the New Year's party?
He had nobody to go with.

Why can't Christmas trees knit?
Because they keep losing their needles.

WHAT DO YOU CALL A REINDEER WHO CAN'T SEE?
NO-EYE DEER.

AuldLangSyne,
Balloons,
Calendar,
Celebration,
Champagne,
Clock,
Countdown,
Drink,
Family,
January,
Kiss,
Midnight,
Party,
Toast,
Year.

GOOD NEWS FOR THE FLEXFORD LOCAL NATURE RESERVE

By Nigel Williamson (Friends of Flexford)

A comprehensive report has been produced by AQUASCIENCE LTD for the Local Area Committee (LAC) of councillors of Hiltingbury and Chandler's Ford. The report confirms the poor state of Flexford Local Nature Reserve (LNR) footpaths. It can be found on the Eastleigh Borough Council website as: "Flexford Nature Reserve Conditions and Options Report". The above report is fully illustrated, simple to read and understand, highlighting all that is difficult and hazardous when walking these paths. It is a worthwhile and enlightening document.

The LAC has agreed at its meeting in November that work needed to restore the footpaths outlined by the report must be carried out. All being well this should happen between July and August this year. Wow! Terrific!

- Recommendations include the:
- restoration and improvement of the footpath network
 - the old brick bridge
 - the wood sleeper and handrail bridges
 - and the riverside section and cattle damaged banks.

NEW BEGINING AS SCOUTS OPEN NEW HEADQUARTERS

The official opening took place on Saturday 20th November, with lots of guest experiencing a warm welcome, tea and cakes. The opening was performed by Martin Mackey, the Hampshire Scouts County Commissioner. There were other honoured guests in attendance, including MP Steve Brine and County Councillor Judith Gradjewski. But the star of the show was the hut itself and a great testament to the fund raising team, who were able to finance the project.



The original Scout Hut was very long overdue for replacement, and the new one offers considerably more space in an insulated and secure building, clad in wood to blend in with the surroundings.



Jo Smith of the 2nd Chandlers Ford Scouts Development committee said that 'there are still things to be done including acoustic treatment of the ceiling of the main hall and landscaping the area outside at the end of the hall'.

Well done on a fantastic fund raising effort, and hope that the Scout Hut will be enjoyed by many generations to come.

'BRITISH WILD FLOWERS, THEIR NAMING AND FOLKLORE'

By Gerald Ponting

My new book on wild flowers, where their names came from, and how they have been used over the centuries, is due to be published next year. But its origins go back a long way.

At eight years old, I won a competition at our village flower show for the largest number of pressed wild flowers, collected locally. BBC *Children's Hour* broadcast a query about flowers which I had sent in. An elderly spinster in Torquay heard it, got in touch – and gifted me her late father's copy of *'Flowers of the Field'* by Rev. C. A. Johns, a large Victorian field guide. My interest in wild flowers has continued throughout my life.

In about 1985, I bought a box of second-hand books on nature topics. It happened to include Geoffrey Grigson's *'The Englishman's Flora'*. The book has fascinating lists of the many dialect names of flowers from across the country and discusses associated traditions and legends.



Around ten years later, after 'collecting' wild flowers with my camera on colour transparency film, I put together a talk called *'A Kingcup by Any Other Name'*. I included a lot of information from Grigson's book in my talk – he had found a record 92 names for the Marsh Marigold or Kingcup. Over a number of years, I gave the talk to the appreciative members of more than 80 societies.

In 2001 I found that Wooden Books had published small volumes on Stonehenge and Avebury. They were pleased to publish my *'Callanish'*, incorporating research which I

had done while living in the Hebrides. More recently, they published my *'Ancient Earthworks of Wessex'*. Both remain in print.

So I am now working with the same publisher (via Zoom) on *'British Wild Flowers, their Naming and Folklore'* incorporating much new material which I collated during lockdown. Many of the illustrations derive from those in Rev. Johns' book (including the Lesser Celandine shown here), beautifully drawn by Victorian artists including his sisters Julia and Emily. Others are wonderful woodcuts and engravings from 16th- and 17th-century herbals.

The book had been scheduled for publication in 2020. When all bookshops closed and publishers lost their trade, I feared that it would not go ahead at all. So I am pleased that – all being well – it should go on sale in October 2022.

ZERO WASTE INITIATIVE IN CHANDLER'S FORD

Whilst some supermarkets have suggested that they are planning to reduce unnecessary packaging, it still seems a long way to go before they actually put the policy into practice. The Spinney 53 store enables you, right now, to buy produce and use your own containers, only paying for the amount you need. Contained within a unit in the Chandler's Ford industrial estate, are many of the products you might need for your weekly shop.

The Spinney 53 Zero Waste Company is operated by Leah Constable who said:

"We have a passion for reducing our use of single use plastics and unnecessary consumption. The Spinney provides sustainable, eco and handmade products to assist in making small changes which have a big impact on our environment. Bring a clean and empty container to fill up on your household food staples or personal or cleaning refills and help reduce your waste."

Support a local business and see the positive effects you can have."

As David Attenborough has been telling us, the amount of waste plastic ending up in our oceans is a global disgrace, and is endangering wildlife and the ecosystem of the planet. It



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zero waste company

Zero waste shopping has come to Chandler's Ford at The Spinney 53!

Bringing eco-friendly, low carbon and minimal packaging options for your daily essentials. It's a great opportunity to make small but significant changes to reduce your environmental impact at home.

Takeaway freshly ground coffee and loose tea with a delicious slice of cake made by our local baker.
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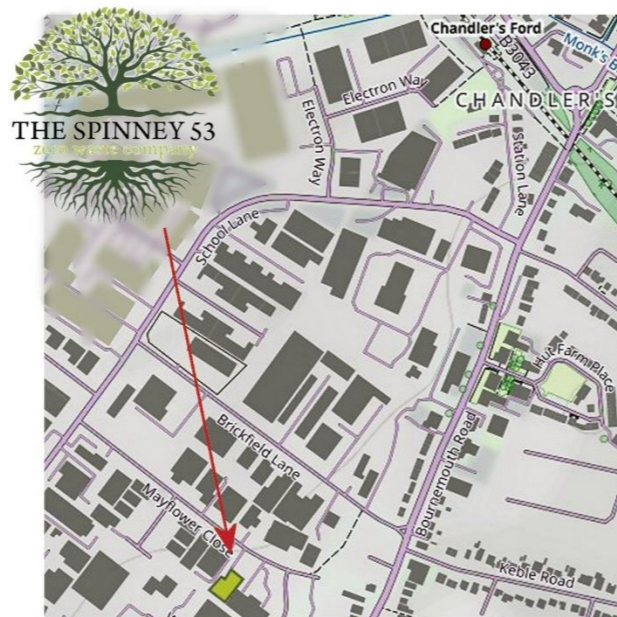
Let's take care of our earth together.

Monday: CLOSED | Tuesday: 9:30am - 4pm | Wednesday: 9:30am - 2:30pm
Thursday: 9:30am - 2:30pm | Friday: 9:30am - 2:30pm | Saturday: 9:30am - 3pm | Sunday: CLOSED

Mayflower Close, Chandler's Ford, Eastleigh, SO53 4AR
07459 072150 thespinney53.co.uk

may only be a small step but the more people who engage in this local initiative, the more likely the major operators will take notice.

Some of you may remember the days before the widespread use of plastics,



Neighbourhood Watch is 40

For the past 40 years, Neighbourhood Watch have supported and enabled individuals and communities to be connected, active and safe. They have grown in strength since the first UK scheme was established in Mollington, Cheshire, in 1982, to be the largest UK crime prevention charity that they are today. In recognition of this milestone and to celebrate our rich history, they launched a special-edition logo to be used throughout 2022.

North Miller's Dale has a strong NW presence with many roads having their own scheme. Maybe, if your street is not yet a member and you would like to consider the advantages of membership please feel free to contact the Miller's Tale editor who is also area coordinator for the west side of Chandler's Ford, which includes North Miller's Dale.
editor@nmdca.org.uk

when milk was delivered in reusable containers and grocers and greengrocers used paper bags to package their wares. Sometimes it seems that progress is a two edged sword, and there are lessons to be learned from old ways of doing things .

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