

the Miller's Tale



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TREE-t FOR THE LOCAL NURSERY



year or so about Queen Elizabeth, and we always place great emphasis on respecting our community and the natural world around us. Attending the tree-planting was the perfect way to tie all these themes together, and the children are still talking about the event even now! Whenever we spot a young tree whilst out on one of our woodland walks, one of the children will make a comment about "the time we planted a tree". Real-world experiences such as these are of great benefit and importance to the children, and we are so pleased that we were able to attend.

By Charles Lewry

It's been a long time coming, but eventually on Wednesday 20th December, we were able to plant our tree on the edge of the Flexford Reserve. Following our successful Platinum Jubilee event on the NMD Green, we thought it would be a nice idea to plant a tree, to commemorate the reign of Her Majesty Queen Elizabeth II.

Many of you may have seen deer around the estate, and for that reason, an anti-rabbit and deer guard tube was put around the lower part of the tree. A wooden stake was hammered into the ground to support it, until it is a bit bigger.

In consultation with the Council and the Hampshire and Isle of Wight Wildlife Trust, the location and the tree type were agreed. Following their advice, Doreen purchased a common oak (*Quercus robur*) from Mill Farm Trees in Cheriton. It had been suggested that the Autumn/Winter was the best time to plant it, when drought was unlikely to be a problem and roots can grow.

It should thrive and grow much larger, and it may in time supply some shelter to passengers, waiting at the nearby bus stop. Hopefully, it will provide 70 years of service (or more) to the North Miller's Dale community. Maybe some of the children who helped with the planting will be around to see if that is the case!

Armed with an assortment of garden tools, Neville and Charlie set about digging a hole big enough to accommodate the roots. Then, an excited group of children from the Little Dellwood Kindergarten, who are based in the Community Hall, helped us to refill the hole with trowels full of soil and leaf mould. Some of it ended up in the hole, and some over Neville.

Maryanne Strickland, the Kindergarten Manager said. *It was an honour to be invited to this tree-planting. We had spoken with the children quite a lot over the past*



Gillian, Doreen and Charlie admire the finished job

Inside this Issue

Tree Planting	1
Information Board	2
Local Focus	2
Coach Trip	3
Charity Trek	4
Kids Corner	6
Frozen Friends	6
Local Bobbies	7
Egg-stra Article	8

the Information board



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When confirmed please email:
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 North Miller's Dale Community Association

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 North Millers Dale



By the Editor

It's been a fairly busy autumn for the association, which included our very popular coach trip to Bath Christmas Market. Not being an enthusiastic shopper, myself and another passenger chose to go, instead, on a walk in the countryside around Bath, that included a stretch of the Somerset Coal Canal. For both shoppers and walkers, the day was enhanced by being a lovely crisp sunny winters day.

Both the Platinum Jubilee and the Coronation events on the Farmhouse Green were very successful. However, they were connected with very specific occasions. We wondered whether there would be the same support for a similar event this year? I think one of the keys to its popularity, was the provision of entertainment in the form of the singers we had. The stalls were all great but the music meant people stayed on, even after they had looked around at the gazebos representing various local organisations.

Would you like our event on the Green to become an annual event? As you can imagine, it takes

quite a bit of putting together, so if anyone would like to help on our organising committee, they would be very welcome. Also, if you have a stall or other ideas, you would like us to include, then please get in touch.

Obviously, we are at the mercy of the weather, but we were heartened that although last year's weather wasn't particularly summery, we had really good support for the event.

Please let us know your thoughts on whether another similar event would go down well, and we will work towards getting it organised. Contact me and the committee on: editor@nmdca.org.uk.

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99 Hiltingbury Road, Chandlers Ford, SO53 5NP

A GREAT DAY OUT AT BATH CHRISTMAS MARKET

By Gillian Warde

On 25th November a group of 45 residents set off for the Christmas Market in Bath. We had our first trip to the Market in 2019, but COVID put a stop to any further trips.

The coach from Pegasus Coach Company, arrived on time and so we were able to leave promptly at 8.30 from outside the Hiltonbury Farmhouse. Everyone was excited about the prospect of a day out. The journey was smooth with no hold ups. The coach driver deposited us close to the Market and gave us a pick-up time of 4.30. The group dispersed into the crowds and disappeared, everyone having their own plans of what they wanted to do. Even though it was only the first weekend of the Markets, they were very busy.

It is always exciting to go to Christmas markets. They are full of wonderful colours, sights, sounds and smells. All the different foods cooking, the mulled wine, the colourful wares on the stalls were thrilling. There were stalls as far as the eye could see, laden with goods. It is amazing to see how talented people are, with all their crafts displayed on the stalls. Whilst we were on the coach, someone had distributed information about their son, a young artist, who had a stall at the markets, Doreen located the stall and bought some of his work as Christmas presents.

Everyone arrived back at the pickup point promptly for the 4.30 departure, many laden with purchases. It's a great place to find unusual gifts for Christmas. When we arrived home, there were lots of comments about next year's trip to

the Bath Christmas Markets. A good time was had by all. One tip for any future visits is to make sure that you book somewhere to eat before you go. The restaurants are always full.

We are looking at organising other trips so if you have any ideas of possible places to visit, please let us know at editor.nmdca@virgin.net or via our Facebook page.



Fryern Community Association
The Fryern Pavilion, Greenways, Chandlers Ford S053 2GW

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PENNY ASKS YOU TO CHECK THE TREK

By Penny Drake

Hi, my name is Penny and this is me and my story.

So how it began.....

When I was 23, I found a lump in my breast. I went straight to the doctor to get it checked, where I was told it was very unlikely to be cancer as I was too young, and it was most



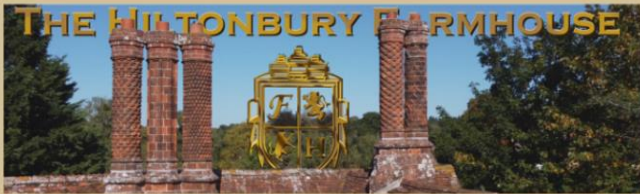
likely a cyst. I was advised to leave it a month and it would go away. It didn't. I went back month after month until eventually they referred me. But the wait was 12 weeks, so I decided to go private to get it looked at, as I felt something wasn't right and was desperate. Flash forward through biopsies, scans, etc, to the 18th December 2002 when it was confirmed I had Breast Cancer. At that point, I was one of the youngest people they had ever seen with Breast Cancer, but unfortunately it is not so uncommon now. I then had a lumpectomy to remove the tumour. It had spread to my lymph nodes, so I then underwent chemotherapy, radiotherapy and then hormone treatment.

16 lovely years passed. I got married, had two awesome boys, and life as our family of 4 was brilliant!!

Then in August 2018, I found another lump. More tests proved that yes, unfortunately, I had it again. Not a recurrence, a new cancer. Again, more surgery, with a full removal of all my lymph nodes under my armpit, more radiotherapy, and more hormone therapy.

5 years on and I find another lump. How can this be happening again?! Back to the doctors, hospital, mammograms, biopsies.

ITS JUST A LUMP!!!!
Yay!!!!!!!



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THE HILTONBURY
FARMHOUSE



Happy New Year from everyone at The Farmhouse, and thank you for a fantastic festive season - we loved celebrating with you!

2024 has begun, and there are already things in the pipeline! We

are taking bookings for Valentines Day and Mother's Day, to help you spoil those special people in your lives - menus coming soon - but tables going quick! Our brilliant Sunday quiz with Quiz Master Pete Allen has returned, better and busier than before - Sunday 4 February, then bi-weekly. Booking is a must!

We'll be showing the Six Nations from 2 February, so join us for drink and a bite to eat to cheer on your favourite team!


Don't forget that we have some great deals for lunch and evenings during the week, including our Supper Club, and our scrummy roasts are in full flow on Sunday - so why not pop in and see us?!

We look forward to seeing you.






Anyway, the purpose of me telling you my story is after all I've been through, I'm so passionate about ladies (and men) checking themselves. I work as a Pilates teacher and hairdresser, so spend all my days with ladies, and discover how many don't know how to check, so don't. Amazingly, I have been chosen to join the 'Coppafeel Charity', on their 100k hike through the Brecon Beacons, with the lovely Giovanna Fletcher and a few other famous faces in June. Their work is helping to fund early detection and diagnosis. In preparation for this, I'm raising money to support this cause and will be holding a Pilates charity event day. It will involve, Pilates, cake, raising awareness and lots of fun!! BBC South Today are on board to come and do a little piece on it and Breast Cancer



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awareness. I am hoping to have a raffle, and this is where you come in. 😊 If you could donate anything that we could put into a raffle, I would very much appreciate it. I would make sure you are mentioned in advertisement or social media as a thank you.

Thank you for taking the time to read this and please go and **CHECK THOSE BREASTS AND CHESTS!!**

Follow my progress on FB and on Instagram @pennyspilatestotton or have a look at my Just Giving page for more information. Just search Penny Drake on the Just Giving site.

<https://www.justgiving.com/page/penny-drake-1704814129649>

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As we are looking forward to spring, some of the things we associate with Spring are hidden in the Wordsearch.

snowdrop, lamb, hatch, nest, mud, warmer, primrose, tulip, green, flowers, puddle, walk, fresh, crocus seedling, chick, buds, blossom, showers, sprout,



Give wildlife in your garden a helping hand this winter

The winter months may seem quiet for wildlife, as many species hibernate. But there is plenty we can do to support wildlife in our gardens for the species that don't. Here are some top tips on what you can do at home:



Keep fresh water flowing.

Make sure you have a fresh water source in your garden for thirsty garden visitors, by ensuring your pond or bird bath does not completely freeze over, or change water pots after a frost.

Leave garden leaves and foliage in piles.

These provide essential shelter for insects and animals. Butterflies will shelter in them to lay their eggs for spring, and toads, frogs, and hedgehogs will call these home. Early nesting birds like robins will also use this foliage to build their nests.

Avoid digging your flowerbeds.

Many insects overwinter as either eggs, larvae, or pupae near the surface of the soil. Avoid disturbing your soil over the winter months to give them the best chance for Spring.

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LOCAL BOBBIES BACK ON THE BEAT

Hampshire and Isle of Wight Police and Crime Commissioner, Donna Jones, has said police relations with the public have been lost in recent years. So, a scheme, similar to Cumbria and Greater Manchester, has been rolled out across Hampshire.

Part of the new initiative to restore the link between communities and the police, is the allocation of 'Local Bobbies'. The Hampshire force has identified and allocated 99 officers. Each one has been assigned to a 'neighbourhood'.

This new scheme will ensure people know who to contact about safety and crime concerns. It will also provide ample opportunities for the community to share information and intelligence easily, ultimately, helping them to police more effectively.



*Police and Crime Commissioner
Donna Jones*

Your Local Bobby is a neighbourhood policing officer dedicated to your area.

They will identify threat, harm and risk to tackle local issues and protect the community. They will investigate local crimes, and collect intelligence, working closely with partner agencies to identify the best problem-solving approach.

In our case, our local bobby is PC Charlotte Thorpe who can be contacted on 07811519598 or by email on charlotte.thorpe@hampshire.police.uk.

We are hoping to organise a meeting with Charlotte, one evening in the Community Hall, which I hope many of you will be able to attend.

While your Local Bobby is your local community contact, should you need an immediate police response, or wish to report a crime, always contact the Police either online (www.hampshire.police.uk) or via 101. or 999 if an emergency.

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WHY NOT EGG-SPLORE THIS LOCAL FARM SHOP

By Charles Lewry

Only a short walk from North Miller's Dale is the Egg Shed, which literally is what it says. A shed where the Hawstead Farm owners sell eggs. Ideally, though, if you are going to buy eggs from there, then a car may be a better guarantee of them getting back home intact.

In addition to the eggs, including duck eggs on occasion, they also sell some rather delicious looking cakes and biscuits. There is sometimes a selection of fresh vegetables, when in



season. Payment is via an honesty box, so take plenty of change. They have installed CCTV to ensure the security of this system. Medium sized farm eggs are £4.50 a dozen. Take your own egg boxes or containers as they are not always available at the egg shed.

I tested out the walk along the road to the farm entrance, but quite frankly would not recommend that route, as beyond the Hursley / Hocombe Road crossroads there is no longer a pavement. Better routes are either via the footpath through the woods at the crossroads, or up the footpath in the dip of Hook Road. Beware though, either of these routes can be muddy.

Anyone thinking of a longer walk can continue down the hill past the Farm buildings, and then across the meadows, eventually joining up with the rather busy Hursley to Ampfield Road. From there, walk back to up the Potters Heron and home via Hook Road.



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