

# Rowlands Castle Association



Summer 2016  
Village Magazine

[www.rowlandscastle.com](http://www.rowlandscastle.com)





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ROWLANDS CASTLE ASSOCIATION

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Note: All copy should be submitted to the editor by the following dates:

March 18th, June 18th, October 18th

The magazine is distributed in early April, July and November.

The Village Magazine is published three times a year by the RCA. The aims of the RCA are to act as a channel of communication for the Village, to conserve the character and to enhance the life of the Village. If you would like to make a donation to magazine printing costs there is a collection tin in the hardware store or you can pop an envelope through Martha Dombey's door 26 The Drift, Rowlands Castle, PO9 6DG

**Editor: Kevin Connell, 19 Mallard Road, Rowlands Castle, PO9 6HN**

**Tel: 02392 413857 email: [editor@rowlandscastle.com](mailto:editor@rowlandscastle.com)**

*Cover picture: Flypast during dedication of Stansted memorial, see pages 11 and 45*

*Photos: Ann Page*



# Rowlands Castle Association

## Message from the chairman of the RCA by Fiona Charlesworth Chair, RCA

Since the last magazine, the RCA organised the May Day picnic in aid of the Rowan's Hospice. It was not warm, but we had a good turnout. See the report and photos later in the magazine.

The RCA has a stand at the Village Fair (which will be over by the time you read this). Fingers crossed for lovely weather.

The next social event will be the RCA quiz on Saturday 15<sup>th</sup> October. Do keep this evening free as it is a most enjoyable evening (even if your team wins the booby prize!)

Saturday 5<sup>th</sup> November is the date this year for the annual RCA Fireworks evening. This year we have decided not to have a bonfire- see article in the magazine. There will be a good selection of stalls and rides as usual and of course the fantastic firework display courtesy of award winning company Selstar.

The Children's Christmas party is on Sunday 18<sup>th</sup> December (but let's enjoy summer first before we think about Christmas!)

The RCA donate money to help village clubs and societies etc with specific projects. If your club/society needs help, do come and talk to us about your project at one of our meetings. Recently, we have donated money to the allotment association to improve their car park and to the RVS lunch club to buy a heated trolley to serve food. Enjoy the rest of the summer!



Fiona Charlesworth  
9241 3865  
chair@rowlandscastle.com

Local businesses are welcome to advertise in RCA Village Magazine. It's low cost and your advert will be seen by every household in Rowlands Castle, Finchdean and the surrounding area.

For more information contact

**Prue Amner Advertisement Manager**

RCA Village Magazine Email: adverts@rowlandscastle.com  
or phone Tel 023 9241 2459

**Copy required by March 18th, June 18th and October 18th**

# Rowlands Castle Association

## Your RCA Committee



Fiona Charlesworth (Chair)  
9241 3865



Martha Dombey (Treasurer)  
9241 0030



Gordon Charlesworth  
9241 3865



Geoff Jacobs



David Hooper



Helen Penfold



Joyce Jacobs



Sue Morrison



Deborah Richards



Sue Leonard (Secretary)  
9241 2108



Gillian Lovegrove (Webmaster)  
9241 2426



Kevin Connell (Editor)  
92413857

webmaster@rowlandscastle.com editor@rowlandscastle.com



# Village News

## Rowlands Castle Fireworks Display by Martha Dombey

The Rowlands Castle Fireworks Display is taking place this year on the 5<sup>th</sup> of November 2016.

The organisation and setting up of the Fireworks display is arranged by the Rowlands Castle Association Committee.

In 2015 we received a record number of visitors and everyone enjoyed a spectacular display. Please have a look at a video kindly submitted to our Facebook page by one of the spectators [www.facebook.com/rowlandscastleassociation](http://www.facebook.com/rowlandscastleassociation)

As an experiment this year the committee has decided that it will reduce the amount of work necessary for this event by not having a bonfire.

The organising of this very popular village event requires a great deal of dedicated commitment from all the volunteers on the committee.

We have received various inputs about having a bonfire and its impact on the environment.

Therefore we have considered all the factors that are required for the extra work to set up the bonfire and decided that this year we will concentrate on the Fireworks and the entertainment.

The setting up of the Bonfire requires:-

- Manning the Recreation Ground and security over a period of 3 to 4 days.
- Opening and closing the barrier for donations of wooden pallets and the skip from Caroway, Keyline and Winnicott builders. Opening the barrier and chain link fence early on the bonfire day for further pallets, village donations and to allow the Caroway driver to move pallets.
- Volunteers to build the bonfire, ensure its security prior to the event and on the evening of the Firework display.
- Alan Evers time and expertise organising the bonfire building , its safe lighting and its supervision throughout the evening and night.
- Paying for a driver from Caroway to move the pallets, clear the bonfire ash and debris after the event.
- Reseeding the site.

Risk assessments and insurance.

If you have any comments regarding this issue please contact: The Rowlands Castle Association Treasurer Mrs Martha Dombey on 02392 410030 or email [treasurer@rowlandscastle.com](mailto:treasurer@rowlandscastle.com)

### May Day Picnic by Joyce Jacobs

The RCA arranged the May Day picnic, arranged by Sue Leonard. We were lucky with the weather and a fun time was had by all. The Blendworth Brass Band provided their usual excellent entertainment and some picnicers were even moved to dance to the music. Refreshments were provided by Tea on the Green and the Bar-B-Q burgers and sausages were provided by Tregusts of Westbourne. The bread rolls were donated to us from Londis, for which we give many thanks. The Evolution Twirlers were very good and are back again next year. As are the vintage cars. Pat & Rita had a lovely show of plants for sales. The Brass Band is already booked and we are hoping to reinstate the Maypole dancing. Due to the fantastic generosity of Rowlands Castle villagers we were able to raise £1030 for the Rowans Hospice appeal. Hopefully we can match if not surpass that amount again next year. 1<sup>st</sup> May 2017. All memorable events are deserving of pictures, here are some taken on the Day by Petersfield Post.



*Blendworth brass band tuba player*



## Village News



*May Day Fair RCA Committee*



*Members of Blendworth Brass Band*

## 2016 Village Fair Report by Grahame Morrison

I'm writing this report in the midst of a power cut and I am happy to say that this year's Fair suffered no such inconvenience (despite a record number of stalls) because this year we hired a generator twice the size of before. If the blackout on Redhill Road continues I may have to start it up again! Despite having our shiny new toy we had no one to set up until Mike, <http://www.tmsshowservices.co.uk>, arrived after an already very long day and continued into the late evening to make sure we had more than enough power points on the Green. His commitment to the event is incredible and he has stood us proud for a decade. Hats off.

With so many stalls on the Green Sam Tucker needed to meticulously plan the arrangements beforehand and marked all their positions out the night before. It is a testament to his exactitude that there were none of the usual stall holder complaints that they had to have the exact same pitch as their father's and their fathers forefather's before them had, when they realised they were, literally, pitch perfect.

With Coffin Mew, this years Fair sponsors, in pride position in the centre of a (for once) green Green we had a really exciting mix of stalls – from lawn mowers to archery to miniature crazy golf and for the heart of the day, the kiddie's rides, our prices remained unchanged at 50p a go. It's always hard to be exact on numbers but it seemed that we had one of our best attendances ever, with streams of families down into the village from 11 AM onwards. One exciting addition for this year was a mechanical Bucking Bronco – another great idea from Sam – that was a huge hit with the younger set (and some adventurous parents) although it was much more difficult than most assumed with an average time of thirty three seconds. Thirty seconds to get used to the easiest setting and then three more to fall off in!

This year Gill Bell returned to the announcer's caravan to give another boisterous and informative narrative of the day's events.

By popular demand Terena Plowright, and her sheep dog Sweep, returned to give two highly attended demonstrations of the skills of a working dog although at times it had to be asked whether the geese weren't as clever as the dog.





## Village News

The village dog show was also a great success with many dogs of all sizes and breeds entered into the various categories. Many thanks to the veterinary nurses from Priors Leaze vets for running the competition and providing the prizes for the proud category winners.

The Punch and Judy show returned this year to great enthusiasm from a new young audience eager to cheer the show along with balloon modelling of all kinds by the Professor of either exciting animals or, mostly, swords!

Sadly, the traditional end of Fair kid's races and Tug – O – War had to be abandoned. From sun up until 3PM the weather was near perfect but then it decided to rain. This brought a premature ending to an otherwise pretty much perfect day. Whilst the downpour continued the raffle draw was held although there were few around to hear the results. However every ticket had the owner's mobile number on the back and the lucky winners will be informed in due course.

Due to the torrential rain we had in the late afternoon our official caterers, Stansted Farm Shop, having made a sizeable donation for the privilege, had to watch their pizza ovens slowly extinguish and so were forced to call it a day.

As always the bar was a key component to the success of the day and, once more, Susan Morrison arranged the usual willing volunteers to serve the thirsty and to whom I give many heartfelt thanks (both the staff and the thirsty). The bar is a key income generator and is only practical with donated effort. Combined with this year's increased advertising revenue from the RCVF magazine, driven by Sophie Bell, we should be able to at least break even this year.

The music for this year's evening event was by local band Kojak's Revenge who, literally, warmed up the audience by getting everybody dancing before the end of their first song. Not only did people comment on the night how good the band were but also Kojak's Revenge told me how much they would love to play again for such a great location and audience. Once more the evening was complemented by great tracks from DJ Bob McCartney before and after the live sets.

Despite all efforts with bins and skips provided on site, the many people we get on the day usually means mess and, again, we had plenty this year. Thanks to the 1<sup>st</sup> Rowlands Castle Scouts, Amanda and Richard Brooks and Mark and Sarah Thorpe for helping the RCFV clear the site on



## Village News

Sunday, which is one of the more onerous, and certainly less glamorous!, things that all go on to make the day possible.



### **Dedication of the Stansted War Memorial on Monarch's Way**



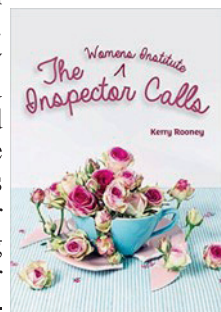
*Photo: Ann Page*

# Rowlands Castle Women's Institute

## Busy time for WI

by Jill Hewitt, President, Women's Institute

The past few months have been as busy as ever for the WI. We have had tremendous after-meeting talks catering for a diverse range of tastes and interests. 'Showtime on Ice' followed Judy Fenyvesi's career as a professional ice skater. This was followed in May by our AGM where we reflected on the previous year's events and elected our President and Committee members. It was lovely to see several new committee members and we very much look forward to their contributions over the coming months. The AGM was followed by a very amusing play by Kerry Rooney entitled 'The WI Inspector Calls' which was performed by ladies from our own Drama Group. This was much enjoyed by the cast and the audience. The theme of ice recurred in June when we heard the story of Tess Burrows, a very courageous lady who undertook a trip to the South Pole later in life after she became a granny. At our next meeting we will be having Defibrillator Training and the Rose Cup will be awarded for the best flower arrangement in a champagne glass. In September we look forward to a talk about 'Gilbert White the Gardener' by David Standing, Head Gardener, who has worked in and researched the garden for the past 36 years.



The Staunton Group Meeting in May ended with a lovely talk on 'Canals and Waterways'. This quarterly meeting is when our local WIs get together, a good opportunity to chat to like-minded individuals.

Once again we ran a very successful jumble sale in March. The residents of Rowlands Castle were as generous as ever donating all sorts of items and we would like to thank everyone for their support. As always we have a stall at the Village Fair selling cakes, biscuits, jams and chutneys and we will once again run the ever popular 'Human Fruit Machine'. Also during the summer we will be holding a 'Cook & Book' Coffee Morning selling pre-owned cookery books and kitchen gadgets which will raise money for The Rowans, an organisation with which several of our members have connections.

A large group of members has just returned from a behind the scenes tour of Chichester Festival Theatre where we learned about the famous theatre's history, visited the wig, make up and costume department, stood on the stage and took a peak in the dressing rooms. We all agreed this was a fascinating morning. Our next formal trip will be to Broadlands in September although we have several 'walks with lunch' planned too.





# Rowlands Castle Women's Institute

Sadly we have lost several valued members recently. Mary Shaw, who died aged 99, was a member before she moved from the village 20 years ago. Like many of our members she had led an exciting life and she would enthral us with stories about volunteering for the Red Cross during the War when she was a motor cycle dispatch rider and drove ambulances on the continent. Diana Szelke was a keen gardener and sailor who had been active in the WI for many years. She was a magnificent WI Secretary and her wise counsel will be much missed. Pam Winn made many contributions to the WI particularly with her wonderful skills with flowers and flower arranging and took part in many flower festivals including those at Chichester Cathedral. She was also a great horsewoman taking part in eventing amongst other 'horsey' pursuits. Betty Absolon had lived in the village for over 50 years. She was a very caring, loyal lady who quietly helped in the background and could always be relied upon. We shall miss these friends very much.

Meetings take place on the first Monday of each month (apart from August) at 7.30pm in the Parish Hall. If you would like to attend or would like further information, please contact Jill Hewitt, President: 02392 412941 [jillhewitt2@icloud.com](mailto:jillhewitt2@icloud.com) or Sandra White, Secretary: 02392 413100 [white.sandraj@gmail.com](mailto:white.sandraj@gmail.com)

## **WOMENS FELLOWSHIP IN ROWLANDS CASTLE**

Womens Fellowship in our village continues to be enjoyed by a small but very loyal and enthusiastic band of local ladies. Our meetings continue to be held on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday each month – except August – between 2pm and 4pm at St John's Church Centre. Claire's programme for the first meeting of each month has included, since last I wrote, debates, What's My Line and topical discussion around local issues. For the meeting on the third Tuesday of each month members have been taking it in turns to run an activity, which I think hasn't been too onerous and is certainly not compulsory, there are always suggestions and ideas to be shared. They have had quizzes, colouring, craft and a visit to Keydells for a look around and tea. We do share lifts to make it easy. We also enjoy Socials and Bring and Buy to raise some funds. To complete our Summer Programme we hope to have a meal all together at The Inn on the Beach on Hayling where we dined last year. We always have lots to share and discuss with our lovely cuppa and posh biscuits which Alison kindly organises for us. We really would love to welcome anyone new to spend an afternoon with our merry band so do get in touch and come along and share some of what we do. You will be warmly welcomed. Claire Stanley  
02392412340

# Local Council News

## Summer Report

by Clerk to the Council, Lisa Walker

### General Council Matters

We have bid farewell to two more of our number – John Pickering and Steve Protheroe. We thank them for their work for the Council and wish them well for the future. We have also co-opted three new members – Jodie Dunmow, David Hooper and Bob Raley - whom we welcome warmly and whose skills and knowledge will prove valuable to the future work of the Council.

At the Annual Meeting of the Council in May, Cllr Chris Stanley was elected to serve as its Chairman for the forthcoming year, with Cllr David Symonds remaining as Vice Chairman.

Council has recently finalised and submitted its Annual Return for year ended 31 March 2016 for external audit. Electors are welcome to inspect the accounting records at the Parish Office, and more details are available from Council's website and noticeboards.

Council has reviewed and commented upon 14 planning applications since March. It has also submitted responses on the Government's Technical Consultation on the Implementation of Planning Changes, and EHDC's initial consultation on its Local Plan Part 3: Policies and Allocations.

Over the past few months, members have attended an SDNPA Parish Workshop, meetings of the East Hampshire Association of Parish & Town Councils, and East Hampshire Community Rail Partnership, EHDC's Community Forum and the AGMs of various Parish organisations.

### Traffic Review

At its Meeting in May, Council formally adopted the Traffic Review for the Parish, and expressed its thanks to those involved. Councillors are now working with County Cllr Harvey to establish the feasibility and prioritise the recommendations made in the Review, with a further meeting due to take place in early July.

### Recreation Ground

The play equipment is looking refreshed and colourful, thanks to its refurbishment by Exterior Living Rooms. Soon, the car park will be cleaned and re-lined, including markings for disabled bays and emergency access.

Incidents of dog fouling appear to be on the increase which is not only unpleasant but potentially hazardous. Once again, we urge dog owners/carers to clear up after their pooches so that Rec users can enjoy a safe and pleasant environment. Failure to do so is an offence, and could result in a fine of up to £1000.

### Provision of defibrillators in the Parish

The fourth defibrillator is likely to be located in the decommissioned BT phonebox

# Local Council News

by the Staunton Arms, subject to a 90-day consultation period. Hopefully we'll be able to install it around the end of September, and run another training event soon after. All the defibrillators are accessible anytime by phoning 999 and requesting the PIN code to unlock the cabinet. The British Heart Foundation urges people not to worry about any potential harm they might do to someone in cardiac arrest by conducting CPR; their life is already on the line so nothing you do is going to make it any worse and you might just save a life.

## **Ongoing Projects**

Progress on various Council projects continues apace, including the possible leasing of Portsmouth City Council-owned land in the Parish, consideration of a Neighbourhood Plan, cycle rack provision, publication of walking and cycling routes, and a Community Emergency Plan. We'll keep you informed of any substantive developments in due course. In the meantime, do look out for the Council's new website, due to be launched soon.

Finally, a big thank you to everyone who attended and/or provided a report for the Annual Parish Meeting on 25 April. We hope you found the event useful, and we were grateful to PCSO Toogood and Claire Hughes for their informative presentations. Likewise, it was good to see so many turn out for the annual May Day Picnic, even if the weather was not as amenable as it could have been. Let's hope the sun shines for the forthcoming Village Fair on 2 July, whatever the EU Referendum result may be!

## **Highways (roads/pavements, flooding/drains, street lighting, overgrown vegetation etc)**

HCC Contact Centre: 0300 555 1388

Report on-line at: [www.hants.gov.uk/roadproblems](http://www.hants.gov.uk/roadproblems)

## **Rights of Way (footpaths, bridleways, pavement etc)**

HCC Contact Centre: 0300 555 1391

Report on-line at: [www.hants.gov.uk/rh/row/problem-report.html](http://www.hants.gov.uk/rh/row/problem-report.html)

## **East Hampshire District Council (waste collection, planning matters, environment)**

Main Switchboard: 01730 266551

Website Home Page: [www.easthants.gov.uk](http://www.easthants.gov.uk)



# District Council News

## Spring Report by Malcolm Johnson

As I write these notes for the latest edition of the RCA Magazine I, along with just about everyone else in the country, am coming to terms with the result of the Referendum vote held on the 23<sup>rd</sup> June. It certainly has surprised many people to put it mildly! Clearly it's much too soon to have any idea of the impact that it's likely to have locally, we shall have to be patient and wait to see how things develop.

Closer to home the subject of Combined Authorities is still exercising minds both at East Hampshire District Council and at Hampshire County Council where the leader is currently proposing that the county becomes a unitary authority which, if it comes to pass, will bring quite radical changes to the way we operate local government in Hampshire. The present position is that the revised Solent bid led by the Isle of Wight, Southampton and Portsmouth unitary authorities has found favour with the Department of Communities and Local Government and is progressing. Assuming that they proceed further it is anticipated that the other five bodies (East Hampshire, Havant, Gosport, Fareham and Eastleigh) will be invited to re-join the bid. There is also now the prospect of a public consultation on these proposals. It is anticipated that more on this will emerge in the early autumn.

As many will have noticed from their 2016/17 council tax notice EHDC has reduced its element of the charge by 2% this financial year whilst at the same time improving its services to residents and maintaining a balanced budget as well as reducing its dependence on central government grants. This demonstrates the growing effectiveness of the council's business strategy. The chief executive, Sandy Hopkins, has implemented a new management structure which is shared with Havant Borough Council. This will provide a strengthened management team as well as delivering financial savings. Part of the developing business strategy includes the opening up of spare office capacity at Penns Place, the home of EHDC. In the next few months EHDC will be welcoming the Office of the Hampshire Police and Crime Commissioner which will provide additional income in excess of £20,000 per year to the council coffers.

On the planning front developers continue to challenge the council's planning decisions and I'm pleased to report that where a developer chooses to appeal a decision, by far the majority of appeals are dismissed in favour of the council's original decision. On that note I should mention that a planning inspector is due to consider an appeal against an enforcement notice issued by EHDC on the owner of a plot of land on Comley Hill in connection with the use of touring caravans for residential purposes.

The consultation on Part III of the Local Plan closed on the 16<sup>th</sup> May and the resulting draft document is viewable via the EHDC Planning Portal. This document

# Hampshire County Council News

will review the development boundaries around villages and towns outside the South Downs National Park without a Neighbourhood Plan and will also consider Local Gaps. This draft will be examined by an inspector from the Planning Inspectorate in due course prior to it being adopted by the council as Part III of its Local Plan.

The council has again been able to provide the local Councillor Grant Funding Scheme and that means I now have funds available to help local community projects that require small top up funds to enable a project to go ahead and be completed. The application forms are available from the EHDC web site. Should you require any guidance in completing the forms please do not hesitate to contact me.

Please remember that on the first Thursday of each month along with our Hampshire County Councillor Marge Harvey, I can be found in the village café between 1100 and 1200 so if you have something you wish to raise we will there. I can also be contacted at EHDC via email: [malcolm.johnson@easthants.gov.uk](mailto:malcolm.johnson@easthants.gov.uk) or by phone 92412096.

Malcolm Johnson  
July 2016

## County Council Report by Marge Harvey

**T**he time from my last report to now seems to have passed very quickly with quite a lot going on at Hampshire.

As you probably know, or have seen in the press, Hampshire was asked to put together a bid to become southern power house, to reflect what has happened in the North of England.

This was done, but as Councillors, we decided that we could not support a Mayor as we saw it as another layer of beaurocracy, which would only cost more money, but the Government insisted, so our bid fell. As our bid fell another bid was put forward by the Solent Area, including Portsmouth, Southampton, Fareham, Gosport, Havant and East Hants and they agreed to have a Mayor. This idea is not new and has been around for many years, probably known to many as Solent City. This bid has been made by the above mentioned Cities, Boroughs and Districts, without any consultation with the residents.

This bid would leave out half of Hampshire if we joined it, so as Councillors we agreed to not join and since, we have mooted the idea of Hampshire becoming Unitary authority as this would keep Hampshire together as we are now.

# Hampshire County Council News

Before any decisions are made, we are going out to consultation so that all residents will understand and are able to give their input into it, but if it was allowed by the Government, it would mean that a saving of 80 million pounds could be made, which could be used to help keep services going without having to make savings.

It would also mean that all Districts and Boroughs would disappear along with Councillors, so is quite radical, but Hampshire have to make savings of £110 million in the next financial year, so something needs to be done and it will now be down to the Government to decide if they think that it would be viable. It also means that Parish Councils will need to take on more of a role, but that is what the government meant by localism, so again it will be up to them and you as residents to decide.

At the moment I am trying to support the Parish Council over the traffic and parking review and I am sure that they will be able to help me get things done. Working together can be very powerful!

By the end of 2016/17 Hampshire will have had to make savings of half a billion pounds, no small amount!!!

I hope that you all will join in the consultation and give your views, no matter how you vote, this will affect you all.

Apart from this, life as a councillor goes on with many meetings about children, which you will have seen in the press, with shutting children's centres and creating hubs, making decisions about enlarging schools, holding Southern Health to account and many more.

I have always enjoyed being your Hampshire County Councillor, but life seems difficult at times, having to make decisions that are controversial, but that is my role.

I have just been asked to be co chair of the Autism Board, so that in itself is a very difficult role, but I have fought for many young people in the past, so I do have some experience of what is necessary. I believe that this is something that will be growing as more and more children and adults are being found to be on the Autism Spectrum and need to have special care taken with their health etc. Life as usual goes on with trying to get traffic calming done, potholes filled, hedges cut back and many other day to day happenings.

As I have said before, I am always available on the telephone, online and at my surgery which I hold with Malcolm Johnson, your District Councillor, in the cafe in the village on the first Thursday of every month, so if there is anything that you would like me to take forward for you, please let me know or come and talk to me over a coffee.

Have a great summer and enjoy your holidays.



## **Rowlands Castle U3A events for 2016**

**by Kevin Connell Chairman**

**T**he Rowlands Castle U3A has a wide variety of talks and events planned for the next year. Talks take place on the third Monday of the month in the Parish Hall at 14.00. Non members are welcome to attend for a fee of £2. As well as local events Rowlands Castle U3A is part of the Hampshire South Central Network and members are invited to a wide range of activities across the region. Members recently attended Southwick Park and had a talk on the D day landing and the role that Southwick Park played.

There should be something to suit all tastes. in our varied programme which is listed below:

Programme:

July U3A Summer Break Trip to Hever castle

August U3A Summer Break

September 19th Sky Lab Speaker: Mike Whittle

October 17th Tales of a Scotland Yard Detective Speaker: Steve Roberts

November 21st Gilbert and Sullivan Speaker: Ted Hollis

December 19th U3A Annual Christmas Party

January 16th Andrew Negus 'Portsmouth Harlots, Dung & Glory, Part II'

February 20th Bob Palmer 'Climate Change and Population Explosion'

March 20th Rona Musker 'My Career with Aunty, the BBC'





## Summer Fund Raising

by Kay Pennicotte-Henrie Head Teacher

Every class at St. John's sponsor a child in Tanzania to attend school. The children have photographs and updated information each year about their child from the charity 'Grassroots'. To send a child to school for a year, including uniform, meals and equipment costs about £50 per child.

As a school we raise money in a variety of ways to sustain this each year. For 2016 all the classes have thought of their way to raise money. We believe this will help the children learn about the effort needed to raise money and begin to realise the value of hard work.

- Year R completed tasks at home for Henry, their child, and earned money.
- Year one filled jam jars full of an assortment of goodies. They held a raffle at the school fair and raised £222.50
- Year two held a toy sale. They brought in toys from home and organised the sale, making posters to advertise it.
- Year three completed helpful jobs at home and were paid e.g. cleaning their bedrooms!
- Year four had a plant sale; I hope all the plants are growing well.
- Year five organised a fun run.
- Year six completed the 'Bleep Test'.



The children had great fun planning, organising and carrying out their activities.

The total amount raised was £720.45. The extra money goes to the families of these children for food and other clothing.

Each year teams from Grassroots visit



## St John's School

the families and we have updates on their progress.

This is an excellent link for children to begin to understand how life is in a very different country to ours. £50 is a small annual amount compared to our system.

If you would like to know more about this, please visit the Grassroots website. <http://www.grassroots.org.uk>



### Group

### Havant & Rowlands Castle Support

### Event Update – June 2016

*Many thanks for the support you have given to our recent events.*

*The Ladies Spring Luncheon raised £1,089.92*

*The Quiz Evening raised £625.20*

*Both events were held at Rowlands Castle Golf Club and were well supported.*

*Our future events for 2016:*

*Saturday 2<sup>nd</sup> July – Stall at The Rowlands Castle Village Fair*

*Thursday 6<sup>th</sup> October – Golf Day at Corhampton Golf Club*

*Friday 25<sup>th</sup> November – Skittles evening at Southwick Park Golf Club*

***Di Cose***





## 1<sup>st</sup> Rowlands Castle Scouts Report by Nicci Lucas

**“The most worth-while thing in life, is to try and put happiness into the lives of others”** Sir Robert Baden-Powell

All three sections have been enjoying a fun packed summer term. We started the term by hosting the St George's Day celebrations on 24<sup>th</sup> April kindly organised by Fr Mark Whiting from the Scout section. It was held at St Michael's church and The Rev'd Jonathan Jeffery kindly assisted with the service. Also many thanks to all those who took part and made it a great celebration.



Firstly congratulations to our older Scouts Ben Lucas, Ollie Summerill, Aaron and Ryan Cooke, Rob Bee and Ed Lee who achieved their gold award which were presented last month. This is the highest award that a scout can get and shows huge dedication and commitment. In the younger sections we had John Daw, Oliver Millington, Samuel Nash, George Prior and Oliver Green receiving their silver awards and Jamie Huffer, Frazer Stewart, Scott Simpson, Harry Hudson, Rupert Haworth and Pentor receiving their Bronze awards.

We have welcomed many new faces this term to our growing scout group which is always encouraging with many achieving badges both during the sessions and at home.

All the sections this term have made the most of our wonderful outdoor surroundings that we have at the hut and the local village. Both the Scouts and Cubs have achieved their “local knowledge badge” this term, which involved a few evenings drawing maps and learning about the environment. The Scouts embarked on a night hike which was a challenging 10 miles in the dark getting them back to the hut just before midnight!!! They have been to Gosport kayaking which has enabled them to achieve their stage one water activity badge although I think many of them could have achieved their swimming badge at the same time!!! Both Cubs and Scouts had a visit from Heartstart,



# Scouts

a group of medical students from Southampton who came along to teach the boys basic first aid and the importance of CPR. They have all now achieved their stage 1 and some of them a stage 2 first aid badge.



Fire safety and fire lighting has been on the Cubs agenda this term where they achieved their Backwoods cooking badge. This they did over three weeks starting with a walk through Stansted woods to get them to identify fuel suitable for lighting fires. The following week they learnt how to light a fire using flint and steel and how to extinguish safely and the third week they actually cooked their dinner on the fire which consisted of hot dogs, marshmallows, hot chocolate and banana

surprise!

The Cubs and Beavers have worked together this term and helped to deliver the Rowlands Castle fete magazines to local residents which will go towards their World Challenge badge. They also had a visit from the police and learnt that you can fit 17 Cubs in the back of a police van!

The Beavers also took part in a simulated flight to Africa as part of their “Air Activities” badge. One of the Beaver parents came in and spoke to them about becoming a pilot and then they flew their own plane....what an adventure!!

To complete the term we have several different camps to look forward to and “100 years of Cubs” celebrations. Thank you to all those who make the Beavers, Cubs and Scouting experience a positive one. We are still in need of support for our group, both on the executive committee and help throughout the sections, so if you feel that you could give us a small amount of your time please do make contact.



Nicci Lucas  
Group Scout Leader  
1<sup>st</sup> Rowlands Castle  
[nicci@benefitforever.com](mailto:nicci@benefitforever.com)  
02392 412543

# Football Club

## Glad to be back at Rowlands Castle by Stephen Crooks

Castle United Football Club founded in 2009 and play in the Portsmouth Sunday Football league.

The club attained accreditation as an adult Chartered status standard club in 2011 and currently have three FA qualified coaches of which we are proud to say two of them are current players.

After a nomadic two seasons playing our Home games on Havant Borough Council pitches due to the work being carried out on the pavilion at Rowlands Castle, the club was able to return to their traditional Home ground at Rowlands Castle Recreation Ground for the 2015 – 2016 football season.

The return was obviously good for the players as the team were unbeaten at Home all season.

The team consists of players aged 18 – 24 years and some still live in the village. Most of the squad have played for the Village Youth Football teams and wanted to carry on playing football.

We are always keen to take on new players to join the team and if you are interested please contact the team manager/Secretary; Stephen Crooks on 07910 516685 or [stevecrooks42@ntlworld.com](mailto:stevecrooks42@ntlworld.com) for more info. Pre-season training for the 2016/17 season will start in July at the recreation ground.



**All of our Home games are played at Rowlands Castle Recreation Ground on Sunday Mornings and we always welcome spectators from the village to come and support the club.**



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## Rowlands Castle RVS Lunch Club

The lunch club has been in existence for 33yrs now. It provides a freshly cooked nutritious meal and is a focal point to meet together and socialise. If you wonder what to eat and hate washing up treat yourself. Make new friends, enjoy some different meals.

Or could you make a difference? Yes with a little of your time you can do just that. Be a volunteer for the lunch club. We need help with preparing the meals, no special skills are required, just a willingness to join the Happy Working Group, all instructions will be given. Contact: Vi Anthony 02392412524

Or are you a driver who could join our rota to bring and return the less able members to the club?

**REWARD** Making a difference to another's well being, meeting new people, making new friends.

If you are interested in coming to the club or able to volunteer or would like more information please contact Mary Williams on 02392412763



# Spring Heating Advice

## Latest Energy News

by Nic Radcliffe

**I**n this article, I share some ideas about how you can use less energy and so save money. I stumbled on the first one in Which? magazine. It's quite odd!

They have provided some energy-saving tips and top of their list is to dust the back of your fridge and freezer! The idea is that dust that settles on the condenser coils at the back can affect how efficiently the appliance is running. So give them a regular clean. Next they recommend that you choose the right light bulbs for the right rooms. Energy-saving bulbs are very good but can take a while to warm up and even when they do some aren't terribly bright - not great for areas where quick light is needed e.g. the stairs. An alternative is LED bulbs which use 90% less energy than incandescent bulbs. And finally from Which?, and one I've mentioned before, is the idea of adding air bubbles to your shower. It may sound like an odd idea but there are special showerheads which do this. They claim to reduce hot water usage by 30-40% while still providing good and sometimes even better pressure. The Ecocamel and Pure Pulse are just two and best of all you can fit them yourself.



And now some good news about switching energy supplier. I have previously written about Voltz, the mobile phone app that searches all the energy supplier tariffs and tells you which would be the cheapest for you. Well now there's a company that does it all for you. They're called flipper.community and for a £25 fee they will automatically move your account to the lowest cost provider. The best part is if your saving is less than £50 they will refund their initial £25 fee. So nothing to lose really.

And finally a thought about underfloor heating. Just recently I've had an increase in installations. The reason is that new low profile options are now available and these can be laid on top of existing floors. There are many advantages to this kind of heating. One is that there is no need for radiators so freeing up more space for furniture. Another is the running cost. Under floor heating is typically 25% more efficient than radiators when paired with a modern condensing boiler. Maybe worth thinking about?

# Rowlands Castle Heritage Centre

## Research Topic II “WW2 Military activities around Rowlands Castle and Stansted.

by Alan Drinkwater



The Heritage Centre has initiated a series of research activities to attract information and memorabilia about topics of major interest in the past of Rowlands Castle and Stansted.

Residents are invited to offer - donate or loan - any information or remaining items such as photos, letters or maps, for example, that they, their friends or relatives may still possess about local events of World War II, and about preparations for the D-day Landings of 1944.

This research will be linked with a related project that the South Downs National Park (SDNP) has undertaken based on a LIDAR survey of the land forms - mounds or depressions - under the tree cover in the local areas of Stansted Forest – some lasting from the wartime.

Residents Mark Seaman and Brian Tomkinson have volunteered for this SDNP project and are leading walks and making presentations to Historical Society meetings which interpret what has been discovered so far. They are interested to learn what other information remains available in spite of the War being concluded seventy years ago.

This new research project follows the first research topic which invited residents to offer items and contacts to help record the history of the local 'Brickworks'. Helpful documents and a large photo were offered in reply to the appeal for information.

Future projects which will also be announced in later issues of the RCA Magazine, are planned to include: the 'Three Local Estates – Idsworth, Staunton & Stansted', 'The History of the Railway' and 'Local Churches'.

Should you have information or items describing 'Military Activities' project, please contact :

Mark Seaman    Tel: 02392 412766

Email: [mark@investmentadmin.com](mailto:mark@investmentadmin.com)

Brian Tomkinson    Tel: 02392 412980

Email: [tomkinson.brian@btinternet.com](mailto:tomkinson.brian@btinternet.com)

# Church on the Green

## God is good, God is Love!

by Jace Clark, student pastor

**I**n recent weeks we have been really encouraged by the growing numbers that are coming to our Church. New families and people that just want to hear about God and children and youth enjoying, creating and making things on the craft tables. We try to aim for the moto 'there's something for everyone!'

The first Sunday morning in each month is always Cafe Church, a service where we have 'Informal Church' with quizzes, fun and unlimited drinks and munchies. This, by far, is the most popular Church service we hold and as we always say....."Its Church but not as we know it!" Please do feel free to pop along and try it for yourself, it is from 10.15am – 11.15am.

Talking of fun, we are planning another Family and BBQ service in September, this also proved to be a great time had by all ages and with the extra bonus of some some tasty food! (The date will be advertised in the Grapevine and on our noticeboard)

With September in mind, on the 3<sup>rd</sup> of September we will be having another of our annual musical evenings. The line up of musicians and acts are already looking in great shape, with more in the pipeline, so please put this date in your diaries for a very entertaining evening!

Starting in March of this year we commenced a new Sunday morning venture, held once a month, called Back to Basics. This is a series of talks, discussions and questions on subjects like 'Who is God?', 'Who is Jesus and what has He done?' and 'Do we need Church?' Each subject is relevant for today and so far it has raised some great questions and points for discussion. All ages and abilities are welcome, as all of us can never stop learning! Refreshments are provided and a craft table/Sunday school is laid on for the children/youth. Please do feel free to pop along and try something new. All dates and subjects are listed in the Grapevine.

The Summer Fair proved ever popular this year with so many stalls to visit and things to watch, not to mention all the kiddies rides and games! Our cake and scone table did a roaring trade with so many yummy items on display and to consume.....There's nothing like a cup of tea and a slice of cake! Our book/dvd and bric a brac table also did well with bargains galore!

So, as we said from the outset, God is good and God is love and in this World today where the word 'Peace' is not often found, praise the name of Jesus that if we come to Him, the Prince of Peace will dwell in our hearts forever.

# History

## A Mystery

By Paul Marshman

**B**ridge: A structure for crossing a river. So says my dictionary that came free with the Beano sixty years ago, but it will do for this.. What bridge? See the map. It crossed over the lavant stream, whether flowing or not of course. As I remember, it was no more than two feet wide, wooden and painted green or blue. A sort of inverted box shape, with no handrail, it being before H&S days. It was part of a clearly defined footpath, the whole of the area of the Sling was once easily accessible, no bushes, scrub or undergrowth. It was possibly washed away by the big lavants of the 1960s but there remained for many years a two inch or so diameter pipe. So was this pipe supporting the bridge or was the bridge to hide or protect the pipe? I would guess the pipe took water to the house on the downs, where there is or was a well if the residents want to fall down it.

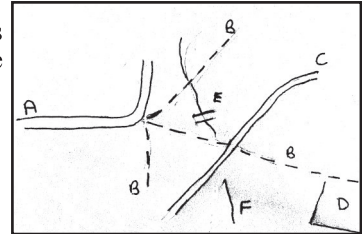
However, am I the only villager who remembers it?

I recall braver village boys than me road pushing bikes across it, maybe the same boys who built rafts to pole around ponds whilst others stood trembling on the bank.

Key to map:

A Finchdean Road. B Various footpaths. C The drive.

D The Avenue. E That bridge. F Lavant stream



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# Craft Fayre

## Rowlands Castle Craft Fayres

by Hilda Tart



**T**he craft fayres will be held on the following Saturdays: 2 July, 3 Sept, 1 Oct, 5 Nov and 3 Dec.

A wide range of craft items hand-made by local people can be purchased. Beading, knitting, wood-turning, candle-making, paper-craft and patchwork are examples of the stall-holders skills.

If you are looking for a gift for a special occasion or a treat for yourself come along to the next fayre.

Admission is free and refreshments are provided by a finalist of the 2016 Havant Best Street Vendor / Home-based Business Award.

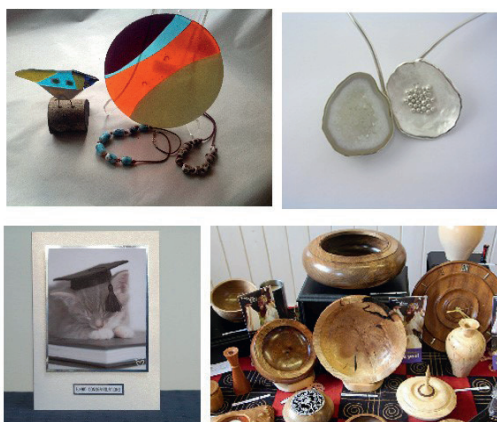
## Rowlands Castle Craft Fayres The local Artisans' showcase

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Rowlands Castle Craft Fayre





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# St John's Church

## Upcoming Events

by Revd Trevor Filtness Vicar of St John's

As I write this, I look out on a thunderstorm and a downpour more usual in places like Singapore! On the plus side our lettuces and radish are enjoying the warmth and the rain – ideal growing conditions!

Setting this to one side, the unpredictable weather has not disrupted our summer festivities in Rowlands and we are looking forward to the Village Fair yet to come. At the beginning of June, we held an excellent Farm and Pet Service at Mike and Lizzy Gradidge's Holme Farm on a wonderfully warm afternoon and we are holding an open air service in St John's School grounds to celebrate our patronal festival, that is John the Baptist, in a couple of weeks. On the personal front we had a very enjoyable street party in College Close to mark Her Majesty's 90<sup>th</sup> Birthday.

GRAVE TALK. In late October or during November we will be holding an afternoon event (with tea!) in our Church Centre called 'Grave Talk'. The event is shaped around groups of 5 or 6 discussing those things which most concern us about such things as how we would like to be remembered, our experience of death in our friends or relatives, the choices we have and how to make plans, a chance to talk about the reality of loss and how we experience it and many other topics.

Packs of questions are provided to stimulate conversations. Typical questions include: How realistic is the portrayal of grief in the media or how easy is it to talk to your family about your funeral wishes? From this I hope we will be able to line up, at a future date, a series of experts to address issues raised.

This is not just for those of us who are in our mature years; it will be of interest to everyone. An opportunity to address an area that still has many taboos. Although we are holding this at St Johns and we will, of course, be able to speak of faith whenever this crops up, this event is for all – faith or not. All will be very welcome. Lookout for more information on the Grapevine and on posters.

Thank you for all your support

**With every blessing**  
**Trevor**

# St John's Church

**Rev Trevor Filtness**  
**Vicar**  
**St John the Baptist**  
**Rowlands Castle**  
**07785 568056**  
**02392 410111 (Office)**

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GPs phone-in for consultations & advice 08:00 - 08:20 Mon – Fri - Tel 02392412309  
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(Pharmacy closed for lunch 13:00 to 14:00)

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# St Hubert's Church



## A circular walk from Rowlands Castle to St Hubert's Idsworth

**Starting Point:** The Green, Rowlands Castle

**Distance:** 4.75 miles / 7.7 km

**Approximate Time:** 2 hours not allowing for refreshment stops, photography and admiring the views

### Ordnance Survey Maps

Landranger 197, Explorer 120

### The Walk:

From The Green walk under the railway bridge, pass The Castle Inn on your left. Continue along the Finchdean Road north until you come to a finger post pointing left (west). Follow this finger post passing up a short track between houses. The track turns right and into a single file path past some garages to emerge onto a footbridge over the main Portsmouth to London railway line.

The path continues North West over an open field to Great Wellsworth. At the exit to the field follow the short track to a T-junction then join the Sussex Border path turning right (north) before the house. Pass beside the houses on the left and hedge on the right through a metal gate to emerge on Wellsworth Lane, which is a track across the field, with broad views west of The Holt (wood) and Woodhouse Lane terraced houses.

At the end of Wellsworth Lane the path turns into a wooded track. Pass through a metal gate beside an iron gate to emerge on Treadwheel Road where it curves almost at the top of White Hill. Continue north down Treadwheel Road to Finchdean. There is no footpath on this section of road so be careful of traffic.

At the junction continue ahead to The George Inn. Opposite The George Inn is the Village Pound. The area enclosed by a low flint wall was the original village pound, a structure for several uses. Most commonly, it held livestock that had strayed until claimed by the owner, usually in return for a fine. Thieves and vagabonds may also have been held here, pending attention by the local 'police'. Turn left taking the road opposite The George Inn passing the Pound on the right following the finger post point-

## St Hubert's Church

ing west.

Follow the road around to end of the row of houses. At the junction cross the road then follow a footpath running North West and parallel to the road but inside the hedged field. At the field corner before the house turn right (north) and follow the path up the down to Oxleys Copse. This path follows the edge of fields with some gaps and path crossways that may be ignored. Keep the hedge line on your left with fine views to the right (east) over the valley.

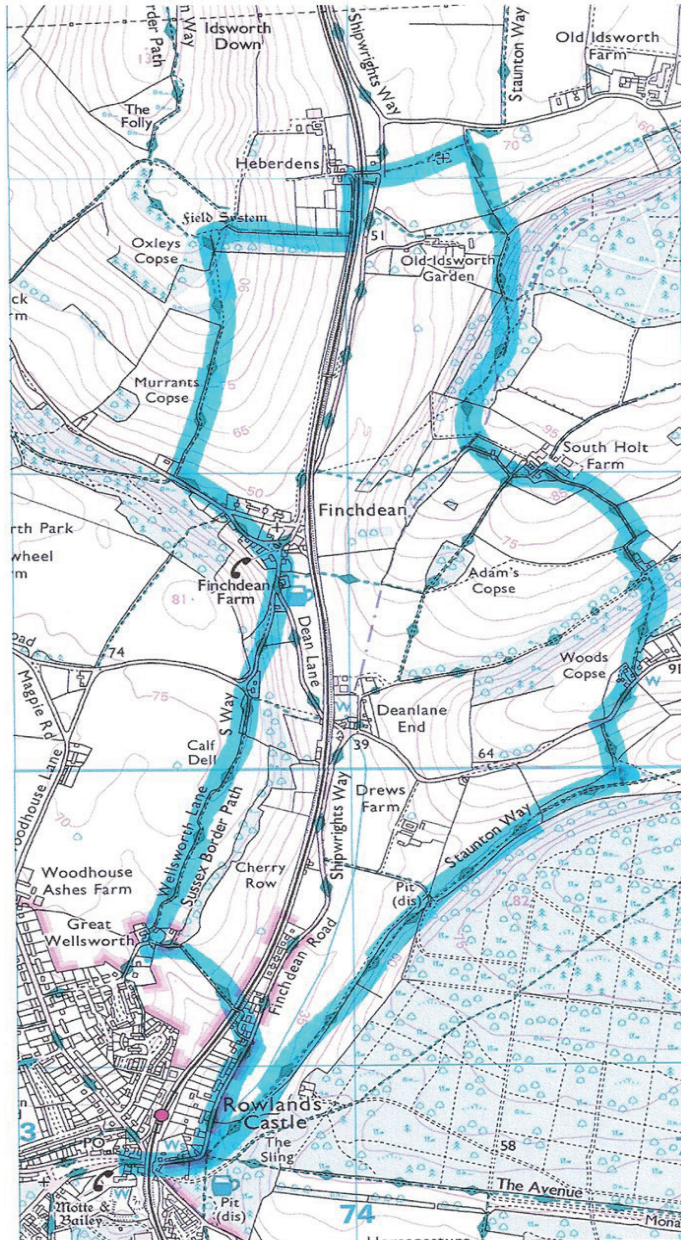
Emerging on the north side of Oxleys Copse there are several paths and tracks. Take the first right turn and follow the path downhill with trees on your right and horse fields on your left until almost reaching the railway line. The path turns left here and runs parallel with the railway line until reaching Herberdens Farm. Turn right and pass underneath the railway bridge emerging opposite St Hubert's Saxon Church. The church dates from 1053, and contains rare medieval wall paintings. It is a peaceful place to visit and worship and is usually open for visitors during daylight hours.

There is a clear path up to St Hubert's that continues to the left of the church. Follow this to a metal kissing gate. Pass through the gate and turn immediately right. On to the Staunton Way. Head downhill, pass through another metal kissing gate then up to a wooden stile. Pass the well on your right up to a wooden kissing gate. Go through this into the woods and continue a steady climb with Old Idsworth Gardens and farm on your right. Old Idsworth House was an 18th century house with extensive parkland and walled gardens. The house was largely demolished when the railway was built. The farmhouse remains, along with part of a lime walk.

Continue up the wooded slope along the Staunton way and head South with views to your right down the valley of the railway and lavant that often floods in late winter and early Spring. Ignore two paths on the left and continue on the Staunton Way emerging from the woods at a wooden stile. Cross this and the field to another stile, then to a wooden kissing gate with a 3 pointed finger post. Take the left hand direction along a broad grassy track past a house to the road leading to South Holt Farm. At the road turn left and pass the farm house, then turn right into a hedged track. Follow this track to a track and path crossroads by a thatched house. Continue straight ahead and uphill in woods known as



# St Hubert's Church



## St Hubert's Church

Woods Copse. Go through a gate emerging into an open field. Cross this to a wooden kissing gate and follow the path past houses onto the Finchdean Road by some houses being the westernmost end of the elongated village of Forestside.

Turn right and head along the road for 200 metres downhill (south west) until reaching finger post indicating a path on the left. Follow this down into the valley floor and go through a metal kissing gate. Pass through a second metal kissing gate then turn right and proceed along a wooded path until reaching another metal kissing gate. Turn left and go through this and midway up the field is another kissing gate on the right. Go through this following signs indicating you are on the Staunton Way.

Still on the Staunton Way head back to Rowlands Castle with Stansted Forest on your left. Pass Drews Farm on the right. Pass through a kissing gate then across a track to Drews Farm, then another kissing gate. To your right across the valley is Finchdean Road where houses back on to the railway into Rowlands Castle. Soon you emerge at the entrance to Stansted Park at a bend in the road, almost, but not quite opposite The Castle Inn. Head back along the road to the starting point on The Green.

### Rowlands Castle Historical Society

The society now has a permanent display cabinet for small items. It is in the small Parish Hall alongside other items of our village's past. If you have any artefacts that you would like to donate, either temporarily or permanently, please contact us.

Thank You

Paul Marshman RC 412028

Barbara Openshaw RC 412400

### We want to hear from you.



Do you have something to say? The RCA Village Magazine belongs to the whole village and serves as a channel of communication between villagers. If you have a point of view, write a letter and we'll publish it.

Simply write to Editor, RCA Village Magazine, 19 Mallard Road, Rowlands Castle, Hampshire PO9 6HN. Email to [editor@rowlandscastle.com](mailto:editor@rowlandscastle.com)

## Alton Abbey

Hymns & Pimm's Friday 29<sup>th</sup> July 19.30  
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For more information or to choose a hymn please contact Br John OSB:  
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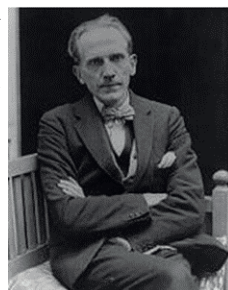
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**Friends of Alton Abbey** Charity No: 284876

### **Sept 17<sup>th</sup> Saturday 7.30pm An Evening with Sue Morris and Alfred Bradley The 'real' A A Milne, 1882-1956**

The interesting thing about Alan Alexander Milne is that he has become remembered for the 'wrong' thing. By the 1920s he was very well known as a prolific, talented and successful author of plays, novels, short stories and essays, but what then made him truly famous was a funny, family, silly thing that 'took off'. Eventually it rather plagued him, and indeed plagued his son Christopher even more. This talk will focus on some of the very enjoyable and diverting (but mostly not 'Pooh') things written by Milne, which display his wider strengths.

This entertaining evening will be held in the Abbey Church  
with wine, soft drinks and light refreshments served in the garden afterwards.



# Craft Opportunities for Young People

## Crafty Fun for Everyone

by Ami Lowman

Despite the recent downpours there's no hiding from the fact the summers a' coming... Before you know it the kids will have broken up from school and 6 long weeks of fun await them!

We all know that keeping them entertained can be hard work (not to mention expensive). Luckily Making Space, a craft centre just outside of Havant, has booked in lots of exciting crafty activities, which promise to keep any budding young artists entertained over the summer break.

Making Space, which creates opportunities for people to enjoy and take part in high quality craft activities, has booked in not one, but two weeklong summer schools in August.

Ami, from Making Space explains *"We always know how popular our workshops can be and how much fun children have on them, so we wanted to make sure this year was no different. In addition to our mainstream activities, which run from the 8 – 12 August we are also booking in a Reach Out Summer School from the 15- 19 August. Reach Out is the same high-quality craft activities but designed specifically for children and young people with additional needs.*

*We know that parents of young people with additional needs can sometimes struggle with finding activities that are inclusive, fun and friendly. Our Reach Out sessions are just that, lots of support and encouragement all in a safe and friendly studios setting. "*

From Minecraft inspired woodwork to gilding, screen-printing, textiles and clay there really is something for everyone!

Sessions are designed for those 7yrs + and prices start at just £7.50 for a 2hr session, which is brilliant value for money as professional makers lead all the sessions and participants will leave with a finished product of a very high standard.

For more information or to book visit the Making Space website – [making-space.org/courses](http://making-space.org/courses) or get in touch [admin@makingspace.org](mailto:admin@makingspace.org) / 023 9249 2491.







# Summer School 2016

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Tuesday 9 Aug | 10am - 12noon  
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Tuesday 9 Aug | 1pm - 3pm  
**Weaving Sticks**

Wednesday 10 Aug | 10am - 12noon  
**Wooden Minecraft Figures**

Wednesday 10 Aug | 1pm - 3pm  
**Painted Wooden Door Signs**

Thursday 11 Aug | 10am - 12noon  
**Ombre Dip-Dyed Bags**

Thursday 11 Aug | 1pm - 3pm  
**Screen Printed Posters**

Friday 12 Aug | 10am - 12noon  
**Batik T-Shirts**

Friday 12 Aug | 1pm - 3pm  
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[makingspace.org/product/summer-school](http://makingspace.org/product/summer-school)

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## SUMMER SCHOOL

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### WHAT'S ON?

Monday 15 August

**10-12 | Tie Dye T-Shirts**

Monday 15 August

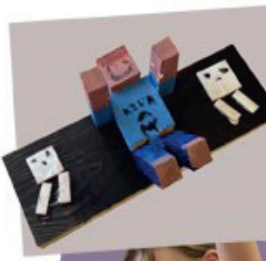
**1-3 | Cushion Covers**

Wednesday 17 August

**10-3 | Summer Film Workshop**

Friday 19 August

**10-3 | Minecraft Woodwork**



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**Participants** 7 years +. Children can come on their own or they can bring a parent / buddy.

More details, further information and online bookings can be found online at

<http://makingspace.org/courses/>

**Workshops take place at** Making Space, 2 Bishopstoke Road, Leigh Park, Havant, Hants, PO9 5BN

**To book a place** or find out more contact us 023 9247 2491 / [admin@makingspace.org](mailto:admin@makingspace.org)

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# Greening

## Greening Does Matter?

by: Helen Penfold

### **‘Get on your bike’ or walk, to help yourself and your community**

The Greening movement started to promote the idea that if we each do a bit to reduce our energy use, then between us all, we can make a huge difference to the total amount of energy consumed by the nation and significantly reduce carbon emissions which contribute to global warming. How many of us have got a bike in the shed or the garage, but still get in the car when we need to get something from the village? Or we could walk there.

#### **Reasons to ‘get on your bike’:**

- Cycling raises the metabolic rate, helping to keep weight down. A 20 minute bike ride can use the same amount of calories as a cappuccino, a bar of chocolate or a glass of wine, and burns up to 500 calories per hour, which is more than swimming or walking;
- exercise helps to reduce the risk of heart disease, diabetes and some cancers, and improves mental health;
- cycling and walking are more sociable than driving, either because you cycle with friends or meet friends along the way.

#### **Not driving short distances, if you can avoid it:**

- helps to reduce petrol and diesel use, and reduces exhaust emissions;
- is better for your car, as car engines do not like short journeys;
- saves you money on fuel and wear and tear of your car;
- short journeys contribute to back ache;
- the environment would be more pleasant for everyone, and the atmosphere would be cleaner, which would help reduce the number of people with asthma and other breathing problems.

There is an excellent website with info on cycling and walking, ‘[sustrans.org.uk](http://sustrans.org.uk)’.



## More pictures from the dedication of the Stansted War Memorial in Monarch's Way



*Photos: Ann Page*

# Round and About Rowlands Castle

by Mary Jane Lomer



Mary Jane Lomer has for many years tried to record the history of Rowlands Castle. Her book 'Round and About Rowlands Castle' can be obtained from village shops. A very interesting read and an important record of events in the village. All profits from the sale of the book go to local charities. Mary would like to encourage young people to take on the task of recording the history of the village. With the creation of the online village heritage site there is every opportunity for young historians to contribute their work to the archive.



# History

Mary's suggestion for a way that young people might record the history of the village is below.





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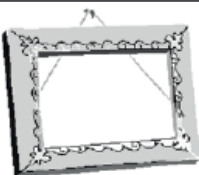
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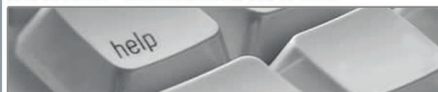
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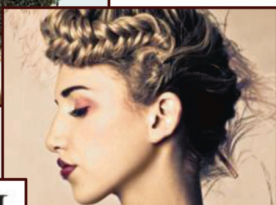
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