February 2019

BASINGA



Anna Fairs





Old Basing and Lychpit Parish Magazine www.basinga.org.uk



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FEBRUARY 2019 - NOTES AND NEWS

The cover photograph this month, **Snowdrops at St. Mary's Church**, is by **Anna Fairs**. The snowdrop is the first flower of the year that shows its flowers. Often the blossoming of the snowdrop is a sign that the winter is transforming to springtime. Therefore the snowdrop symbolizes hope, the hope that this winter will finish too, that new warmth will enter our lives.

BASINGA

We welcome both regular and occasional items for the Basinga. The very last date for copy to the Editor for the **March** edition is **6.00pm on Sunday**, **10th February**. Please use the forms on the Basinga website **www.basinga.org.uk** to get your dates, articles and letters to us (see box on page 15 for further instructions). All advertising enquiries – classified, free adverts or inserts (flyers) can also be made via the Basinga website. Don't forget that we only accept articles with 300 words maximum.

We are making changes to Basinga. Large blocks of text appear in two columns on a number of pages with the intention of making reading easier. We have also changed the font on pages 36 and 37 for the same reason. This is the first of many changes we intend to make over the forthcoming editions; colour used to enhance pages; photographs to support articles; logos to identify clubs and societies. We would welcome a logo that you would like us to use to enhance your report. We would also like to receive any positive, or negative, comment on the first steps of our 'modernisation'. Email, as usual, to: editor@basinga.org.uk

ASSISTANCE NEEDED

Our **Webmaster** has now retired leaving the day-to-day maintenance of Basinga Extra with our new website technician, Brian Baker, who is doing an excellent job. However, going forward, we do still need someone with knowledge and experience with **WordPress** and with general IT skills for setting up and maintaining email addresses with our Internet Service Provider. If you think that this might be you, please get in touch: **webman@basinga.org.uk**

The team would also like to recruit an **Advertising Assistant** to learn what is involved in the maintenance and management of our many advertisers. They provide the income which allows us to support good causes in Old Basing and Lychpit, and to distribute the magazine free of charge to over 3000 households. For more information about this role please contact **advertising@basinga.org.uk**.

VILLAGE CAFÉ - A CAFÉ FOR THE VILLAGE, BY THE VILLAGE!

Thank you so much to everyone for supporting your Village Café - we're delighted to report that a total of £1,119.21 was raised for The Ark Cancer Centre last term.

All proceeds in the coming weeks, up until Easter, will be going to **The Pink Place**, a charity based in Basingstoke that provides support and services for those with any form of cancer in the Hampshire / Berkshire area.

A reminder that the café is open **every Friday 2.00 to 4.30pm**, serving delicious cakes and refreshments at **St Mary's Parish Room**. If you'd like to know more about the café or get involved either as a volunteer or a baker then please call: **07813 186328** or email: **thevillagecafeoldbasing@gmail.com**

CARNIVAL NEWS

On behalf of the Carnival Committee, Happy New Year and here's to another fantastic carnival. Plans are in full swing for this year's Carnival activities – so we hope you can come and join in the fun.

Senior Citizens Party, Saturday, 16th February, Old Basing Village Hall, noon for 12.30.

On behalf of the Carnival Committee, I am very pleased to extend a very warm welcome to all Senior Citizens who reside in the parish, to join us for the Senior Citizen Party.

Lovely food, great company a few fun activities and a free raffle. If you would like to join us, please complete the reply slip below and return to Sandie Rice at the address below no later than Friday, 8th February.

Carnival Selection Disco, Friday, 8th March at Old Basing British Legion, 4.30 to 6.00pm. At this event we will be choosing our Carnival Princess and Attendant, also a Prince and Escort and all children over 5 years and under 12 years may attend. To enter you must reside in the Parish. Admission: £2 per child.

Please complete the form below and bring it with you on 8th March. Parents are requested not to stay but please advise us regarding any required medication or allergy issues on arrival.

Carnival Day on Saturday, 15th June. The Theme: Comic Characters. Many thanks

Joe Croombs, Chair - Old Basing Carnival Committee - 07768 032 936 or joe@croombs.org



Old Basing Carnival Senior Citizen Party on Saturday, 16th February.

Please complete and return to: Sandie Rice, 16B Pyotts Hill, Old Basing, RG24 8AR no later than Friday, 8th February.

Please advise regarding any required medication or allergy issues on arrival.

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PARISH COUNCIL NEWS

NEW YEAR CHANGES TO NO. 14 BUS SERVICE

With effect from 6th January 2019 the No. 14 bus that runs from Lychpit into Basingstoke changed from the former times of 07.24; 08.00; 09.10; 09.50 and then hourly to the following new times: 08.02; 09.52, 10.52 and every two hours thereafter.

Buses from Basingstoke to Lychpit will run every two hours.

The Parish Council's **Transport** Representative, Roger Doust, is monitoring reaction to the changes and, if there is sufficient support for the new service to be reviewed, will take this up with Stagecoach. In the meantime, The Parish Council will write to Stagecoach to suggest diverting the No. 7 bus from Wade Road during the daytime when it not needed by those working on the business park to cover the Lychpit route. Cllr Doust has posted copies of the new timetable on each bus stop and a copy can also be viewed on the Parish Council website.

ITEMS FOUND IN CEMETERY CAR PARK IN RILEY LANE

Shortly before Christmas some items of camera equipment were handed into the Parish Office by a member of the public who found them in the cemetery car park. It is possible these may have been stolen from a property or car and subsequently dumped or, perhaps, mistakenly left out of a boot by someone visiting the cemetery or adjacent allotments. These have now been handed into the Lost Property Office at the Police Headquarters at Viables.

IMPROVEMENTS TO THE PAVILION

By the time this is published, the windows and doors of the pavilion building will have been replaced and work started on refurbishing the tea room and public toilets. Every effort will be made to make at least one public toilet available during the work which is expected

to be completed by the end of April.

BOXING DAY WALK

A belated thank you to Tony Stoney for once again organising this event. He reported that the walk, despite being very muddy, was enjoyed by approximately 60 walkers. Tony would like to extend thanks to Andrew Howard for taking the back-marker position to ensure no-one fell by the wayside.

PARISH COUNCIL MEETINGS

The next two meeting dates are **Tuesday**, **5th February** and **5th March at 7.30 pm** in the **Pavilion Committee Room**. All are welcome and anyone with impaired mobility should contact the Parish Office so they can be accommodated.

Chairman: Cllr. Mark Oszczyk (contact via Parish Office)

Parish Clerk: Mrs Sandra Tuck

Deputy Clerk: Mrs Heather Mountford

 ${\bf Address: \textbf{The Pavilion, Recreation Ground,}}$

The Street, Old Basing, RG24 7DA.

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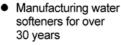
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CHINEHAM LIBRARY

There are two dates for your diaries in the near future. On **Thursday, 21st** we have the free '**Drama 4 All**' children's drama workshops. On **Saturday, 2nd March** we are hosting a '**Bumps and baby boot sale'**, with tables available for £10. For further information and to book places please contact the library or use the online services. We hope you will be able to support these.

The regular children's activities continue as normal this month. Tuesdays we have Rhymetimes for under ones at 10.00am and over ones at 11.00am. Saturdays there are craft sessions at 10.00am on the first Saturday of the month, and preschool Storytimes at 11.00am on all other Saturdays. Construction Club takes place every Saturday from 2.00 to 3.30pm. The Tuesday Coding Club is full for this term, places can be booked for next term's beginners club. Chatterbooks children's reading group meets on Thursday, 14th this month, from 3.45 to 4.45pm. Stay and Play reading group for parents with preschool children meets on Wednesday, 13th February from 10.00 to 11.00am.

Age Concern continue to provide computer sessions for the over 50s on Wednesday mornings from 10.00am. Places are bookable through their office on: 01256 423874. The Crime Reading group meets on 16th February and the general group on 23rd February, both from 10.30 to 11.30am. The Writing group meets monthly on Thursday evenings from 5.30 to 7.00pm; for more details contact the library. You are very welcome to try out any of our groups. As always there will be our regular lively displays from which to select your books. As always, the most up-to-date information is available from social media.

We hope to see you in the library soon.

Cathy Foster

THE CHILDREN'S SOCIETY BOX HOLDERS

Thank you for your kindness and generosity. The time of year has come around again for your boxes to be handed in for counting. We will be contacting you in February to arrange a convenient time to collect your box. If it is more convenient for you to bring it to a service at **St Mary's Church** on **Sunday, 3rd** or **10th February,** please do so. Thank you.

If anyone else is interested in holding a box at home for all those little bits of change, please contact us on **01256 355500**.

Rosemary Kershaw and Jacky Fox

OLD BASING VILLAGE HALL JUMBLE SALE

Saturday 23rd February at 2.00pm Time to tidy some cupboards? Does your garage need a declutter? New year, time to clear! The Old Basing Village Hall would be grateful for contributions to sell at this month's jumble sale. We appreciate bric-a-brac, unwanted, good quality clothing, gardening tools, books and toys! Unfortunately we can't take large items of furniture, but everything else, YES PLEASE!. Leave your items in the outer porch from Monday, 18th February through to noon on Saturday. This is a fundraising event, helping to enable the volunteer committee to maintain our wonderful hall. If you would like to help on the day, with sorting or selling, we would love to see you there. Sorters arrive at 10.00am, sellers at 1.45pm. Entry 25p.

Laura Haystaff, 07969 072230, OBVH Committee

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WHO DO YOU SUPPORT?

If you were to ask the pupils at St Mary's Junior School which football team they follow, I'm guessing that there would be a fair sprinkling of Liverpool, Manchester City, Chelsea, Arsenal and Manchester United supporters. Older football followers would probably be distressed; does nobody support their local team anymore? Where are the replica kits for Basingstoke Town? Reading? Or even Old Basing Rovers?

But fifty years ago, when I was in my final year at Old Basing Primary School, things were pretty much the same. The most popular teams in our class were Chelsea, Tottenham Hotspur, and, yes, Manchester United. Although there were a few rebellious kids who supported other clubs, most of those interested in football followed one of the bigger teams. Spurs had won the FA Cup in 1967. Manchester United won the European Cup in 1968. Fashionable Chelsea, who would include local heroes Peter Houseman and, later, Tommy Langley, would lift the FA Cup in 1970. Then, as now, nobody liked Leeds United too much. Reading were languishing in the old third division. Basingstoke Town, together with the now forgotten Thorneycroft Athletic, were Hampshire League clubs. Basing Rovers were in the North Hants League.

But were the children in my class really glory hunters? Were local teams ignored due to other factors? I believe there were socio-economic forces at work that determined your loyalties.

Unlike nearby Oakridge, Winklebury and Popley, the new houses and bungalows built in the early and mid-sixties on either side of Belle Vue Road and beyond were, with some exceptions, private residences for purchase. As Basingstoke's commercial sector expanded so did demand for new properties within commuting distance for a new breed of middle manager. Like many other families we "relocated" to the area from London in 1963. My father Geoff was a middle manager in an electronics firm in town. Both my mum and dad were Charlton Athletic supporters; many families had moved from other parts of the capital and their loyalties were with Tottenham, Chelsea, and (whisper it quietly) even Millwall. Naturally these allegiances were inherited by their offspring.

Inevitably there were a few exceptions. One chap in my class actually supported Aldershot FC. I remember going with him to the Recreation Ground on the Aldershot and District Bus number 7 (later the Alder Valley 207) which you could catch at The Hatch.

In my case I ended up supporting Reading, the mighty Biscuit Men from over the border in Berkshire. But even this happened in unusual circumstances. One of my best friends was Brian Pain who lived opposite The Kings Head pub at the southern end of Hatch Lane. He supported Southampton and his dad (Doug) took me and Brian to see Southampton play Manchester United at The Dell in 1967. Despite the presence of George Best, Bobby Charlton etc. I hated every moment. It took an eternity to drive there in those pre-M3 days, it was hot, it was crowded, and I couldn't see a thing. A few weeks later Doug took me to see Reading v Watford at an-all-but deserted Elm Park and I was hooked. The smell of the griddled onions remains with me to this day.

Maybe I made the wrong decision. But one thing is for sure. There were to be no glory years for me!

Ian Maynard

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Selection for Articles/Letters and Diary Dates will be found on the "Submissions" drop down and for Free and Concession Ads on the "Advertise with us" drop down. Paid advertising enquiries can also be made in the same way.

Submissions made via the forms now provide a common input for both the magazine and website and are automatically routed to the member of the team responsible for processing them. All submission must be received by the 10th of the month (6th in December) previous to the magazine issue month.

If you have trouble finding the forms, you can of course contact us and we will advise.

Our privacy Policy is available to read on the website which includes the new GDPR requirements for publishing photographs.

Contacts for general enquiries and assistance:

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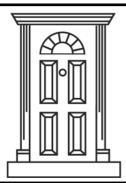
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BASINGSTOKE DISCOVERY CENTRE: See Extras on the Basinga website for main events, children's events and courses.

ANVIL ARTS: See Extras on the Basinga website for February's events.

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THANK YOU TO EVERYONE WHO SUPPORTED THE BIG TURKEY COMMUNITY CHRISTMAS LUNCH

It was fantastic to welcome so many people at the Big Turkey Community Lunch held at Old Basing Village Hall on 29th December. We were close to a full house with 180 diners in total, old and young, from across the parish. Thanks to all the volunteers who contributed before and on the day: the sprout and carrot peelers, the paper chain and decoration team; our fantastic cooks who delivered piping hot turkey, gravy, roast potatoes and parsnips; the brilliant village hall cooks; the mince pie and bread sauce makers; the drivers; all the washer uppers, servers, waiters and table hosts; our welcoming party; the florescent car park attendant; festive music man; the quizmaster; and everyone who helped in so many ways including setting up and packing away. But also thanks to absolutely everyone who came and enjoyed the lunch, your feedback has been wonderful. It was a great celebration of our community, showing how much is possible with everyone working together!

Special thanks also to the local organisations who helped make it happen: The Four Lanes Trust, St Mary's PCC, OB&L Parish Council, Old Basing Village Hall Committee, the Basinga, Home Instead, and the generosity of many local shops and supermarkets who contributed to the food and crackers.

If you would like to be involved with planning this year's Big Turkey Community Christmas Lunch please contact Rachel Jones on 07717 002651.

And finally, keep an eye on the Basinga for our fundraising events later in the year; **the Big Turkey is not just for Christmas!**

Rachel Jones

THE MILL FIELD CONSERVATION GROUP

Event News: Our work party on Sunday, 24th February will continue to cut back the scrub to create the open spaces which are so important for our wildlife. We have made good progress so far this winter but there is always more to do. You don't need to book in advance just come along on the day, the more the merrier. No special skills are required either just wear appropriate clothes and footwear and we will provide tea, coffee and tools. We meet at the Play area at 10.00am and work for about two hours.

What's around this month: Look out for Winter Finches, particularly larger numbers of Siskins, Bramblings and Redpolls, in particular see if you can spot the Meally Redpoll which is slightly bigger than the normal redpoll. We should also be seeing the Winter Thrushes such as the Fieldfare, large numbers of Linnets will be roosting in the field too and the Waxwings should still be around. This winter we have had good numbers of Little Egrets coming in both onsite and around the fish ponds by the barn where the Yellowhammer maybe roosting amongst the reed beds and Kingfishers are seen regularly.

Remember we now have a Facebook page, search for "Mill Field Conservation Group", there you will find posted events, photos of wildlife and other information will be shared.

Anne Francis Mobile: 07974 944439

Email: millfieldoldbasing@yahoo.co.uk

Facebook: Mill Field Conservation Group

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OLD BASING AND LYCHPIT GOOD NEIGHBOURS

Have you made all your new year resolutions yet, then how do you feel about enabling local people to help and connect with each other. Calling all potential Old Basing and Lychpit Good Neighbours volunteers; we need you. Could you drive somebody to hospital or other appointments? Could you help occasionally with small neighbourly tasks? Could you man OB&LGN telephone for a week from home?

Please consider joining our existing list of volunteers. If you could spare a little time occasionally or regularly to help local people in need of neighbourly help, we would be very grateful.

To find out more call **033 0440116** or telephone **Sue** on **01256 328196**

Sue Wilson Chairman

ODIHAM CONSOLIDATED CHARITIES

Richard Janaway, the Chairman of Odiham Consolidated Charities, Dr David Love and two other Trustees from the charity attended Odiham Health Centre recently to present some equipment which the surgery required and which OCC was pleased to be able to fund. The main item was a spirometer, which is a clever piece of kit that measures the rate of flow of breath that is being forcibly exhaled. It measures both the volume of breath and the speed that it can be exhaled at. Add in some sophisticated calculations carried out by a computer and medical staff can diagnose a range of lung conditions, such as asthma, chronic obstructive airways disease and pulmonary fibrosis, as well as monitor their progress.

The second piece of equipment which OCC funded was a Doppler probe, which is a ultrasound device that detects fluid moving and its rate of flow in an artery. This is non-invasive and can be done through the outer layers of the body. This is primarily used to look for arterial problems in the legs in those patients who are symptomatic or have multiple risk factors.

The Trustees of OCC hope to be able to work with doctors at the surgery in future on other equipment requirements to assist with the diagnosis and treatment of a range of conditions.

OLD BASING WI

Members met on 8th January to discuss the resolutions that we wished to vote on to be passed up to the WI HQ for consideration in 2019. After resolving some further administrative tasks such as the award of trophies for the most points in the monthly competition and the flower competition for 2018, members settled down to a well-earned hot drink and biscuit and a chat!

The committee's focus for the next month or so is the arrangements for our Centenary celebrations that will be taking place on **Saturday, 2nd March**. Invitations are being issued and we are pleased that the Mayor and Mayoress of Basingstoke will be joining us for a **tea party** at the **Village Hall**.

Our **next member's meeting** will take place at **7.30pm** on **Tuesday, 5th February** at the **Parish Rooms** when our speaker Mrs D Wheeler will be explaining the meaning of "Make Do and Mend in the 1940's". The competition on this evening will be "a pretty scarf". New members are always welcome, so please come along and join us.

For details of all our activities during the next month please go to the Hampshire WI website at **www.hampshirewi.org.uk** Click on WI's from the top of the page and select Old Basing from the list.

GROUNDS FOR GRATITUDE

As I write this article, we are just past New Year and I am aware of lots of people embarking on New Year resolutions or in some cases already abandoning them. I applaud peoples' desire to better themselves and particularly admire those who embark on new ventures that benefit others, but this has all made me think about how we view life.

We work from the basis that we must be constantly looking to improve ourselves and as a result we rarely take time to rejoice in what we already have or are. We are bad at gratitude.

Scientists are discovering that gratitude is an important component to happiness. Furthermore, gratitude is something that can be developed and increased over time! So, what makes you grateful? Could you come up with an alphabet of things you are grateful for?

For example:

A is for affection because without it relationships are joyless.

Z is for zippers because my son's disability would be harder to manage if everything had buttons!

What you are grateful for can be large or small.

I am grateful to the people from Old Basing who contributed to the 16 foot knitted Christmas tree that was erected over the space of a week at St Andrew's Methodist Church, Basingstoke. Lots of people visited it. If you missed it you can email the tree for pictures and a bit about it on knittedchristmastree@gmail.com.

Work continues to bless others as the 2,300+ squares are sewn into blankets and the decorations sold to raise money for St Michael's hospice. If you are free on the 5th February from 2.00 to 4.00pm you are very welcome to come to Old Basing Methodist Church to help with the sewing up and/or purchase decorations. Drop in for refreshments too. If this date doesn't work for you Christ Church, Chineham are doing something similar on 4th February at 10.00am to 4.00pm, lunch available for those sewing through the day!

Above all, each, and every day, I am thankful that we have a God that loves us despite our struggles and failings.

These are some of my favourite verses from the bible. They come from Paul's letter to the Philippians, Chapter 4.

Rejoice in the Lord always. I will say it again: rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

I am trying to live by these words so if you catch me not rejoicing and being thankful, or worse still not being gentle then feel free to tell me off!

Cascading blessings to you all,

Revd Alison

THIS MONTH AT ST MARY'S CHURCH

Sunday, 3rd February Candlemas Eucharist This service commemorates the

presentation of the baby Jesus 40 days following on from his

birth at the temple with a candle-lit procession.

The service will be taken by **Revd. Malcolm Surman**. We look forward to welcoming visiting ministers who will be leading our other services in the coming weeks:

Sunday, 10th February Revd. Canon Ken Batt (8.00am Holy Communion and 9.30am

Sung Eucharist).

Sunday, 17th February Revd. Malcolm Surman (8.00am Holy Communion and 9.30 am

Sung Eucharist)

Sunday, 24th February Revd. Canon Ken Batt (8.00am Holy Communion and 9.30 am

Sung Eucharist)

Other Dates to note at St Mary's:

Saturday, 2nd February Men's Breakfast, 8.45am in the Parish Room. If you fancy a full

English breakfast do pop along to the Parish Room, you'd be most

welcome (price: £4)

Monday, 25th February Tea & Talk Café, 2.00pm in the Parish Room. All welcome, no

charge.

After the weekly 9:30 am service at St Mary's refreshments are served in the Parish Room which is an informal setting in which to meet other members of the congregation. If you have time after the service do join us, you will be very welcome.

For more details about the life of St Mary's please visit **www.stmarysoldbasing.org.uk** or on St Mary's Facebook page and follow us on Twitter (@**OB&L_St Marys**) where you will find fresh updates including sermons. The church is open daily for prayer and you are welcome as you are every Sunday.

Looking forward to March:

World Day of Prayer on 1st March , Mothering Sunday 31st March (10.00 am service)

OLD BASING METHODIST CHURCH

On Tuesdays, February 5th and 19th, our craft afternoons from are from 2.00 to 4.00pm. Bring your own crafts or items will be provided.

Come and join us for our 'Coffee Break' on Friday, February 8th from 10.30 until noon.

Tuesday, 26th February is our mid-week prayer time from 2.00 to 3.00pm.

Our regular Sunday worship starts at 10.30am; coffee and tea are served after the service. Children are welcome into our junior church. Come and join us, a warm welcome awaits you.

CHURCHYARD CONSERVATION GROUP (PIOCC)

This month's working party will be on **Saturday, 2nd February at 10.00am**; meet in the church lobby. There will be no Thursday afternoon working party this month. All are welcome. We look forward to seeing our regular volunteers and also new participants. We would love to see you. We will continue our winter conservation tasks, including woodland management. Last month we pollarded some of the larger hazels to provide a succession of catkins and nuts for future years, great dormouse food. It may look a bit bare, but they will quickly regrow.

Churchyard Conservation is a community project, not just for churchgoers, so please come along if you would like to be involved. We will give you a warm welcome. Just turn up in gardening clothes and bring gloves. The tools are provided. Our Saturday morning sessions last about 3 hours (with a coffee break and chance to relax).

The Conservation Area is a community space for everyone to enjoy. You are very welcome to visit. With the longer days wonderful signs of spring are appearing. The snowdrops are now at their best. Together with the catkins and singing birds they herald the start of spring. It is a lovely time to visit. On a warm day the WI seat offers a quiet spot for a moment of peace in this busy world. For further information please ring **Fay Farrant** on **01256 476863**.

Margaret Carr www.stmarysoldbasing.org.uk

FLOWER ARRANGERS COFFEE MORNING

The **Church Flower Arrangers** coffee morning is being held in the parish room at **St Mary's Church** on **Saturday, 23rd February** between **10.00am** and **noon.** Tea and coffee is served with biscuits. There will also be a raffle and a bring-and-buy. Everyone is welcome so come along and say hello!!

Carol Curtis.

COULD YOU RING TRADITIONAL ENGLISH BELLS?

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BASINGSTOKE BLUES CLUB

Held at, and in association with the Basingstoke Railway Social Club, Station Approach, the Blues Club presents, on **Saturday 16th February: Teed Up**

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ODIHAM AND OLD BASING HEALTH CENTRE PPG

At this time of year when many of us consider making New Year's resolutions, we thought this a good opportunity to highlight a common health problem which may be the focus for many of those resolutions – **OBESITY**.

The impact of obesity is wide ranging, affecting a person in many ways, but it is also having a significant impact on our NHS.

WHAT IS OBESITY?

Obesity is a medical term used for people who are overweight. In the UK this is classified using the **BMI** measurement which looks at a calculation made on your height and weight. A calculator for this measurement is easily found on the internet, it is your weight in kilograms divided by the square of your height in metres. BMI thresholds: 18.5 to 24.9 is healthy; 25 to 29.9 is overweight, any value above 30 is classified as obese

Another measure is waist circumference, which in people with a raised BMI, can be an indicator of excess fat. A raised waist circumference for anyone with a BMI over 25 (in men if greater than 37in/94cm, in women if greater than 31.5in/80cm) is an indicator of increased health risks.

CAUSES OF OBESITY

The cause of obesity is generally thought to be related to an increase in our intake of high fat and high sugar foods, an increase in our use of processed foods, physical inactivity, more sedentary lifestyles and consuming more food than is needed (increased portion sizes). There are other factors to consider but these are the main areas that we can address by making some lifestyle changes.

HOW DOES OBESITY AFFECT ME?

Obesity increases our risk of serious health conditions: Type 2 Diabetes; Coronary heart disease; High blood pressure (hypertension); Cancer – breast cancer and bowel cancer (other types also); Stroke; Osteoarthritis; Reduced fertility; Liver disease and kidney disease; Gallstones; Sleep apnoea (a condition that causes interrupted breathing during sleep, which can lead to daytime sleepiness with an increased risk of road traffic accidents, as well as a greater risk of diabetes, high blood pressure and heart disease)

On a day to day basis, obesity can cause: Psychological problems – low mood, depression, poor self-esteem, social isolation; Breathlessness; Increased sweating; Snoring; Difficulty doing physical activity; Feeling very tired; Joint and back pain; Gastro-oesophageal reflux.

Obesity reduces life expectancy by an average of 3 to 10 years, depending on how severe it is. It's estimated that obesity and being overweight contribute to at least 1 in every 13 deaths in Europe. There's no quick fix for obesity.

WHAT CAN WE DO TO REDUCE OBESITY?

The best way to address obesity is to eat a healthy, reduced-calorie diet and exercise regularly. Before you start to make changes to reduce obesity consider the following:

Motivation is crucial: no weight loss plan will work unless you have a serious desire to lose weight. You need to be ready and motivated. Monitor your current food intake: it is helpful to know exactly how much you currently eat. Keeping a detailed diary of everything that you eat and drink over an average week is more helpful. Aim to lose weight gradually: it is best not to

continued on page 28

Lisa Ives M.Ost PgCACE MSCCO GOsC Registered Osteopath 01256 316566 07814 365523

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BASING HOUSE RUINS AND GROUNDS

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THINGS TO DO

- . Discover the Great Barn and spot the artillery damage still visible on its walls
- . Explore the ruins and imagine what the house would have looked like
- . Visit the walled garden and learn about Basing House's fascinating history in the museum
- . Walk your dog or find a picnic spot.

INFORMATION

BASING HOUSE | Barton's Lane | Basingstoke | Hampshire RG24 8AE



Winchester



www.hampshireculture.org.uk/basing-house

lose weight too fast. Aim to lose an average of 0.5 to 1 kg per week (about 1-2 lb per week). Set clear goals with a realistic timescale: it is important to set a clear and realistic weight loss goal.

DIET - COMMON PROBLEMS TO CONSIDER

Avoid processed foods, there are usually lots of hidden sugars and they are generally higher in fat. Be careful about what you drink – alcohol is high in calories, fruit juices whilst making up one of your five a day are also very high in sugar and therefore calories

Look at portion sizes, this is a common problem as we eat more than a recommended portion size, an interesting guide to portion sizes is as follows and can be used as a guide for 'one portion': **Carbohydrate:** Pasta, rice, couscous = 1 tennis ball, Potatoes = 1 computer mouse, 70g bread = 2 slices or 1 large roll, 60g noodles = 1 dried noodle nest; **Protein:** Meat = 1 deck of playing cards, Fish = 1 cheque book, Cheese = a standard matchbox; **Fruit and Vegetables:** Vegetables = 1 cricket ball, Salad = 1 medium cereal bowl, Medium fruits (apples, bananas, pears) = 1 fruit, Small fruits (plums, satsumas, kiwis) = 2 fruits, Berries = 1 tennis ball.

It is suggested that we should aim to eat at least five portions of fruit and/or vegetables each day, and two or more portions of fish each week. Consider how you cook food and try to avoid saturated fats in cooking, aiming for the healthier fats such as olive oil.

EXERCISE

Physical inactivity is a key factor in the development of obesity. Increasing your activity levels has many health benefits, as well as helping to reduce obesity (alongside a reduction in calorie intake). Health benefits of exercise include a reduction in depression, improvement in muscle tone to help reduce the impact of osteoarthritis, reduction in blood pressure, reduction in the risk of heart disease and stroke, protection against osteoporosis to mention just a few.

Current recommendations suggest at least 30minutes of moderate physical activity on 5 days of each week. Moderate activity should be enough for you to feel slightly out of breath, mildly hot and sweaty. Do remember that even 10mins regularly is better than nothing. Always try to look for ways to increase your activity levels, for example, get off the bus a stop earlier, take the stairs rather than the lift. There are many ways nowadays for people to become more active, the NHS website supports the couch to 5k programme, there are local steady and strong classes and a walking for health group for older patients, and there are a multitude of gyms, exercise classes and personal trainers in our area so there should be something to suit all.

Remember that even losing what seems like a small amount of weight, such as 3% or more of your original body weight, and maintaining this for life, can significantly reduce your risk of developing obesity-related complications like diabetes and heart disease.

We wish you all a happy healthy 2019!

OLD BASING TENNIS CLUB

Not long now until the summer season starts! We are all looking forward to playing tennis outside in the evenings again. Our first club night will be on **Tuesday, 2nd April at 6.00pm**, and after that **every Tuesday and Friday starting at 6.00pm until dusk**. So please do get in touch or come along, we'd love to see you - new members are very welcome! For more information about the club, including junior coaching, please contact **Jan**, our **Secretary** by emailing: **OBTC.Information@gmail.com** OBTC is also on Facebook or you can visit our website: **www.clubspark.lta.org.uk/OldBasingTennisClub**

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NEWS FROM BASING HOUSE

A month after the House closes for the winter, comes the one-day reopening for the Christmas Fair, then Christmas, and then all of a sudden preparing for the new season is upon us.

The first thing to be done is to find staff for the new year, and this process is currently under way. Then the 2019 programme has to be put together, usually containing re-enactments, open air theatre performances and courses. Again, that is happening at the moment.

Blissfully grass doesn't grow (much) during our close season, so keeping the 14 acres of that under control isn't an issue. And most of the vegetation dies back, rather than grows larger. But we did close before the trees had shed all their leaves, and clearing those up can be an issue, especially in the car park. Also of course we have to be wary lest the weather throws anything "unnatural" at us – high winds, snow, ice, or even that "natural" forces lead to dead branches falling from trees, or snow and ice finding its way behind the remaining brickwork to further ruin our ruin.

Additionally, there are more desirable natural occurrences. The snowdrops will be starting to push upwards, the daffodils stirring and even the primroses and cowslips may be thinking about their appearances in our 2019 season.

Like all historic sites, **Basing House needs volunteers**. If you'd like to find out about helping, either with visitors or gardening, do either give me a ring or contact our sister venue, Milestones Museum on **01256 639550** (there aren't any staff at Basing House yet).

Andrew Howard 01256 327014

OLD BASING & LYCHPIT VILLAGE SHOW

2019 is now with us and two major events to look forward to in the Village, the Carnival in June and then of course the **Village Show** in September. Write **Sunday, September 8th** in your diaries now.

The Village Show Committee have been hard at work during January looking at the volume of entries for the various classes in the 2018 Show and deciding whether to keep or replace those with fewer participants. Not too many changes for this year's Show, but particular mention should be made of a new class in last year's Show that could attract more entries this year, class 1, decorative hanging basket or planter displayed at the front of the property and visible from the road. Other changes include, in the Domestic class, a bowl of cold vegetable soup, and in the photography classes, Local Skyline, Mist and Drizzle and the colour Yellow. Children's classes include a Bug House and a Halloween Mask.

For the entire details look out for the 2019 Schedule that will be available from the usual outlets in the Village towards the end of February or beginning of March. You can of course look for them on the Village Show Website: **www.oblvs.org.uk**

Mark Offord

RBL WOMEN'S SECTION

On **Thursday, 28th February at 7.30 pm** a **General Meeting** followed by a craft evening, knitting and crochet, will take place. Competition: Something you have crafted.

Sue Wilson



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NWR - A NATIONWIDE GROUP FOR WOMEN

Our first meeting was our traditional Alphabet meeting and, having covered A and B in previous years we now explored the letter C. As you would expect our choices were wide ranging and, in some cases, rather surprising, provoking much lively discussion. We began with Christmas cake and Wensleydale cheese, provided by our hostess so covering, cheese and cake as well as customs as this is a common combination in the north. We also discussed Con men, sadly experienced by some members, compliments, confectionery, caravanning and costs. Places included a fabulous trip to Canada and the Caribbean where one member had met and married her husband and had her first two children. We then took quite a leap to Cannibalism which, it turned out has occurred, rather gruesomely in this country and America and several other places in recent years. So, if someone ever says you look good enough to eat - beware!

Our reading group will be back to our book list and will be discussing *I heard the Owl call my name* on **24th January** and our lunch cub will be going to **The Hatch** at the end of the month. We will also be looking at cinema and theatre trips and other activities to help us through the winter months.

If dull winter days get you down then come and join us for some lively chatter and much laughter. We are very social and welcome new members. We usually meet in the afternoon in each others' homes on the first Monday of the month. Our Lunch club meets at various venues on different days of the week and our book lovers meet 8.00pm every 4th Thursday. For more information about NWR do look at the website: **nwr.org.uk** or to find out about our group do come along to any of our meetings (to check us out with no obligation to join) please contact: **Evelyn Jones**, email: **evelyncjjones@hotmail.co.uk** Tel: **01256 816636**

WORLD DAY OF PRAYER

On **Friday, March 1st** at **2.00pm**, at **St Mary's Church**, **Old Basing**, an Interdenominational service open to all. This year's country focus is Slovenia, and the title is **'Come, Everything is ready'** taken from Luke 14 verses 15-24. Refreshments afterwards in the Village Café open in the adjoining Parish Room until 4.30pm. The WDP chairperson says: This service reminds us that God's invitation is for all, whatever their race, religion, gender, sexuality, age or handicap. God turns no-one away – and nor should we!

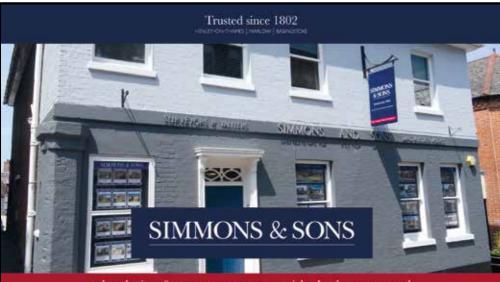
OLD BASING ALLOTMENT AND GARDEN SOCIETY

The allotment shop will be open on the **10th** and **24th February** from **11.00am to noon**. Tomatoes, cucumbers and peas can be sown in greenhouses and compost and seed trays are available to buy at competitive prices.

The 2019 **membership fee** has been held at last year's price of £5, representing excellent value for money which can easily be recouped on your first purchase from the shop. Membership renewals fall due from January's opening.

We now have a Facebook page where we will be sharing news of shop opening times, products that are available to buy and other events going on throughout the year. Please like our page and feel free to share your gardening successes (and failures) both in your allotment and gardens: www.facebook.com/oldbasingallotments

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THE IVY CLUB

Are you over 60 years old and like a good natter over a cup of tea, then come and join us. We meet **every Wednesday** in the **Royal British Legion Hall, Old Basing** from **1.30** to **4.00pm**. We offer you a cup of tea, cake or biscuits and a free raffle for £1.50 per week. We also have lots of other things going on, Bingo, quiz time, bring & buy sales, we have even tried our hand at an auction, as well as entertainment and the occasional speaker. For those more able we also offer a keep fit class. We have an annual trip to the seaside.

You may have a friend you would like to bring along, they do not have to live in Old Basing, all are welcome. Come and give us a try.

Sue Wilson - Chairman

MARIE CURIE COLLECTION

Thank you very much for your generosity last year despite the cold weather.

Marie Curie Care provides nursing for seriously ill people in their home; unfortunately they are unable to provide nurses in the Basingstoke area at this time but there are ongoing discussions that might change this. They do have nurses in other parts of Hampshire and they also use the money to pay for research into Palliative Care.

The **Great Daffodil Day** is the major fundraising event for the year. If you have an hour or more to spare in February and/or March please call **Sally** or **Sophie** on **023 8026 3123** or go to the link below to register: **www.mariecurie.org.uk/get-involved/collecting**

BASINGSTOKE AND DISTRICT RAILWAY SOCIETY

Following our varied and successful programme in 2018 and last month's Society AGM our meeting at **7.45pm** on **Wednesday**, **13th February** will take a look at the express passenger locomotives of the London and North Eastern Railway when Alan Hayward returns to present **From Gresley to Tornado**. Alan will examine the achievements of the LNER's Chief Mechanical Engineers from Sir Nigel Gresley's first 'Pacific', Great Northern, through his development of the type to world-record holder Mallard, the subsequent rebuild of Great Northern by Thompson and the new locomotives designed by Peppercorn, to the 21st century new-build, Tornado.

For our second meeting on **Wednesday, 27th February** we will take a trip across the Irish Sea to review **The First Fifty (Four) Years of the Railway Preservation Society of Ireland**. Leslie Mc Allister will recall the beginnings of the Society in 1964 and show how it has grown into an organisation of about 1000 members with its own engineering facilities, maintaining several operational locomotives running dozens of trains annually on the main line railways across the whole of Ireland with a major museum at Whitehead in Northern Ireland.

Our meetings are held at **The Wote Street Club, New Road** in **Basingstoke** town centre. We welcome new members to the Society and are always pleased to see non-members at our meetings at a cost of just £3. More information about the Society, membership and our programme of meetings in 2019 can be found on our website at **www.bdrs70d.com** or telephone **01256 331002**.

Tony Wright

FEBRUARY IN YOUR GARDEN

As the winter draws slowly onwards, one could be forgiven in thinking that one month is very much the same as the next, and in terms of gardening jobs, there is little difference between January and February. If you are behind with jobs from last month, you ought to still have time to complete them. That's what I tell myself anyway!

An interesting tip I was given in regard to growing Tomatoes is to search for Crimean varieties, such as 'Black Krim.' Not only do they taste superb, most Tomato varieties are grown for warmer climates, whereas the South Ukraine has a similar climate to our own, allowing them to grow better in cooler conditions, and in theory, crop longer.

A last chance warning: now is the last month you can sow garlic. To form good cloves it needs to spend ten consecutive days at a temperature below 10°C (50°F). You can of course place them in a fridge if you so desire.

Continue to prepare beds for planting. Those that have been completed can have black sheeting put over the top of them to keep them warmer and drier for springtime. Another advantage is that as the soil warms, weeds will start to grow, giving you a clean crack at the whip of removing them before anything is planted.

If you are looking for an easy crop to grow, that crops in winter when little else grows, gives fantastic flowers and tastes fantastic, then look at growing Jerusalem Artichokes. They are related to the sunflower family rather than Globe Artichokes, they grow in most soils and are the definition of plant and forget! The tubers make a fantastic soup.

I don't know why but when I think if Artichokes I also think of Asparagus. Now is a good time to start preparing the site where they are to grow, ensuring the ground has been dug thoroughly and weed free. It is also a good time to order the Asparagus crowns even though delivery may not be until late March or early April.

If the ground is not frozen cane fruits can be planted now. Blueberry and gooseberry plants may be stirring into life; check the soil isn't too sodden or bone dry, especially container plants. Blackcurrant bushes should be inspected for swollen buds, caused by big bud mite, and disposed of.

Protect the blossoms of fruiting trees should they flower early again this year. Peach and Apricot are notoriously early anyway, and may need hand pollinating as there little else to do it for you! I also hand pollinate my pear trees, as they can also blossom before the bees.

If you are planning to grow climbing French or Runner beans this year, give them the best start by digging a trench where you plan to grow, lining with shredded newspaper and filling with kitchen waste (vegetable peelings, uncooked fruit and vegetables, tea bags, but not cooked meats, bones, cheese or milk) and back fill with soil. This gives the beans a much needed nitrogen boost come summer.

With regards to lawns you can brush off any worm casts with a stiff broom, besom or rake and now, and so it's ready for its first cut, now is an opportune time to get your lawn mower serviced. If you're planning on sowing a new lawn, weeds growing on areas of ground prepared for grass seed sowing should be brought under control before sowing begins in April.

Next month the garden really starts to get going, so any preparation work that can be done now will save time later. It may be cold and miserable you will thank yourself for the effort.

NATURE NOTES FOR FEBRUARY

The first European (winter) visitors in the shape of Redwings appeared in the area around Christmas and fittingly it was the numerous juicy red berries in our holly tree that attracted them in. Not big numbers but two or three every time I looked so by now the quantity of fruit should have been distinctly reduced but not so as the thrushes seem to have moved on. It would therefore be a treat if in this current chilly snap (9th Jan) that some of their country-folk, i.e. Waxwings, would turn up.

A Facebook message and photo showed a couple of these great looking birds in Eastrop Park yesterday and these guys just love red berries of every kind. Supermarket car parks were often the place Waxwings could be found in really cold spells as such areas usually had small trees planted along the dividing lines of the parking spaces. Lack of TLC to the trees over years means these 'bird magnets' are sadly no longer there.

Things seemed mainly quiet over the holidays but thank you to those who did have something to report. Diane Matthews was walking up the path through Daneshill woods on New Year's Day and saw a photo of a Nuthatch and a Tree Creeper on the Daneshill nature reserve information board at the top of the hill. The board depicts a variety of possible sightings to be had in the area but when Diane showed the picture to her husband who noticed that there was an error in regard to these birds. This was that the names had been transposed and clearly this has been so since the boards were erected. I thought about letting the relevant department within the council know but I guess they have many larger fish to fry. However, now we know we are informed. the Tree Creeper isn't the Nuthatch!

For the first time ever I received a copy of a lady's 'nature blog', recording her experiences on perambulations around the village and it was great reading. Rachel Mitchell who resides in Pyotts Hill, is clearly a walker, observer and thinker and whilst I cannot replicate all of what she says in this column, I have sent it in to the Basinga Team to ask it to be placed in Basinga Extra so you can share her stories. Thank you Rachel.

I hope you all received presents that you wanted or were surprised by and I'm pleased to say I was, particularly in the form of a new camera box from my better half. My old faithful camera of 20 years gave up the ghost a year ago so this up-to-date, colour and IR version, was most welcome. I duly installed it in early January, connected it to a big HD TV and within three days, or more specifically, three nights, a Blue Tit had taken up residence in which to roost. I'm quietly confident therefore that he or she will find a partner and use the dwelling for its main purpose come early May.

Rick Bourne

Don't forget to send all your nature related photos to:

rickbourne@yahoo.com

or:

naturenotes@basinga.org.uk

Ring 01256 321108 for news.

For all your bird food requirements, order it from me at 'Bird Drop-ins' use the former email address or ring me on 07900 648675 to place an order or get a form.

DIARY DATES FOR FEBRUARY

For details of services and events at St. Mary's Church and The Methodist Church please see pages 22 and 23

Fri 1	10.30am - noon	Ladies First Friday Coffee Morning. 8 Norton Ride, Lychpit
	2.00pm - 4.30pm	Village Café at St. Mary's Parish Room.
Sat 2	10.00am - 1.00pm	PIOCC Churchyard Conservation. Meet in lobby.
Sun 3	9.30am –	Childrens Society Boxes to St. Mary's Church
Tue 5	7.30pm –	Old Basing WI meeting. Parish Rooms, St. Mary's Church
Wed 6	10.00am – noon	Civil Service Retirement Fellowship, meeting at Brookvale Village Hall. Candle Making demonstration.
	1.30pm - 4.00pm	IVY Club meet in the Jack Morris Hall at RBL every Wednesday. See page 35 for more details.
Thu 7	7.45pm –	8.00pm start. RBL Branch meeting, in the Jack Morris Hall
Fri 8	2.00pm - 4.30pm	Village Café at St. Mary's Parish Room.
Sun 10	9.30am –	Children's Society Boxes to St. Mary's Church
	6.00pm -	LAST DATE FOR COPY TO EDITOR - see page 3
Wed 13	6.00pm – 7.45pm –	LAST DATE FOR COPY TO EDITOR - see page 3 BDRS Wote St. Club: From Gresley to Tornado
Wed 13 Fri 15	7.45pm –	1 0
	7.45pm –	BDRS Wote St. Club: From Gresley to Tornado
Fri 15	7.45pm – 2.00pm – 4.30pm	BDRS Wote St. Club: From Gresley to Tornado Village Café at St. Mary's Parish Room.
Fri 15	7.45pm - 2.00pm - 4.30pm noon - 8.00pm -	BDRS Wote St. Club: From Gresley to Tornado Village Café at St. Mary's Parish Room. Senior Citizens Party, Old Basing Village Hall for 12.30pm
Fri 15 Sat 16	7.45pm - 2.00pm - 4.30pm noon - 8.00pm -	BDRS Wote St. Club: From Gresley to Tornado Village Café at St. Mary's Parish Room. Senior Citizens Party, Old Basing Village Hall for 12.30pm Basingstoke Blues Club, Railway Social Club. Teed Up!
Fri 15 Sat 16 Fri 22	7.45pm - 2.00pm - 4.30pm noon - 8.00pm - 2.00pm - 4.30pm	BDRS Wote St. Club: From Gresley to Tornado Village Café at St. Mary's Parish Room. Senior Citizens Party, Old Basing Village Hall for 12.30pm Basingstoke Blues Club, Railway Social Club. Teed Up! Village Café at St. Mary's Parish Room.
Fri 15 Sat 16 Fri 22	7.45pm - 2.00pm - 4.30pm noon - 8.00pm - 2.00pm - 4.30pm 10.00am - noon	BDRS Wote St. Club: From Gresley to Tornado Village Café at St. Mary's Parish Room. Senior Citizens Party, Old Basing Village Hall for 12.30pm Basingstoke Blues Club, Railway Social Club. Teed Up! Village Café at St. Mary's Parish Room. Flower Arrangers Coffee Morning. St. Mary's Church.
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BASINGA EXTRA

We have not been able to include every article that we received for this month's printed Basinga. These extra articles can be found on our website, Basinga Extra using the address www.basinga.org.uk

Civil service Retirement Fellowship Linguatastic Lions Club Report Make a Wish

Basingstoke Discovery Centre Probus Anvil Arts

Basingstoke and Deane Borough Council - new planning guidance

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• CHURCH INFORMATION FOR THE AREA

Church of England (Parish of Old Basing & Lychpit).

VICAR: Please direct any enquiries to the Parish Administrator.

ADMINISTRATOR: Debbie Filer. 07541 698235
CHURCHWARDENS: Tricia Renwick. 01256 326155

Ian Kershaw. 01256 355500

Regular Services at St. Mary's Church, Old Basing.

SUNDAY: 8am Holy Communion. 9.30am Sung Eucharist and Junior Church Evening Service 5.30 pm.

OTHER DAYS: Wednesday 10am Holy Communion.

Changes to the regular service pattern and other weekday services are shown in the weekly news-sheet, a copy of which is displayed on the noticeboard in the church porch.

Old Basing Methodist Church

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