

THE Rabbiter



Issue 26 | May 2019



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EDITORIAL

We are very lucky to be living in Hampshire with glorious countryside on our doorsteps. At this time of the year, a walk out into the local countryside will give views of bluebells, primroses and young lambs enjoying the lush green grass. However much of this countryside is now under threat from developers creating new housing estates. People do need homes but it is vital that these developments are supported by the right local infrastructure – roads, schools and drainage. SWAG (South West Action Group), are a group of volunteers who actively campaign to ensure that the proposed developments in our area are fit for purpose – see their update on page 5.

Our letters page raise two important local issues, the first is the turning off of many local street lights at 1am and The Rabbiter has received a response from our County Councillor (see page 7). The other issue relates to pollution from vehicles leaving their engines running whilst parked and waiting. The Breath Easy campaign is asking everyone to turn off their engines whilst stationary and waiting. This is particularly important in areas where there are young children and evidence in cities shows that increased vehicle emissions is causing a serious growth in cases of asthma. So if you are in a vehicle waiting – please turn off the engine.

The first walk held on the first Wednesday of April was a great success. Walkers met at the Café in the Park, were led on a lovely walk around the local area arriving back at the café an hour later and just in time for the Community Lunch. Why not join the walkers on the first Wednesday in May? Meet at 10.20 at the Café in the Park. Dogs welcome! The monthly lunch is proving to be very popular and the team of volunteers in the kitchen could do with another pair of hands to help – could you spare a couple of hours on the first Wednesday of each month? If yes, please let Callum at the Café know.

The telephone is a wonderful invention. It allows us to chat to friends, book appointments, do some shopping etc. but sometimes it can be a menace. Nuisance calls are worrying – but please do not be frightened by them. Just put down the phone – see the advice from Hampshire Constabulary Crime Prevention Advisor on page 15.

There is continuing concern regarding lorries driving through the estate to the digester. There is also an issue regarding cars speeding along Woodbury Road and Longcross Lane. A flashing sign on a lamppost in Woodbury Road reminds drivers to keep to the 30mph speed limit – better to be late than drive too fast and have an accident.

Local elections are scheduled for Thursday, 2 May and we will be voting for one of the three Basingstoke and Deane Borough Councillors who represent our ward. Further details of voting, polling station and candidates can be found on the Basingstoke and Deane Borough Council web site.

The Editor

We need helpers to distribute the Rabbiter. This takes about half an hour a month. Sadly we can't offer any financial reward save the satisfaction of helping our community. The following rounds need a deliverer:

1. Blunt Road and Terry Close
2. Lapin Lane, Wood Close and Burrowfields
3. Rycroft Meadow



THE Rabbiter

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Keep an eye out for the web symbol – you can find out more on these articles and possibly others articles we unfortunately had no space to feature at:
www.therabbiter.biz

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SWAG SNIPPETS (South West Action Group)

Yet another planning application associated with the Anaerobic Digester. The proposal is for an open-ended building finished in profiled cladding to house the digestate screening equipment and associated waste skip in the centre of the existing site. The supporting statement states that 'This will make the existing arrangement more manageable by replacing the external mobile screen with a fixed screen within an enclosure to help improve the control of any residual odour and noise issues.' The consultation period for this application runs until 10 May 2019. You'll find details at <https://planning.hants.gov.uk/ApplicationDetails.aspx?RecNo=20200>

Hounsome Fields. Take a look at BDBC 18/02513/RES to see the latest amended plans submitted on 10 April for the first phase of housing. SWAG has written to the Head of Planning trying to get the new primary school location reconsidered but has yet again been rebuffed. It seems to boil down to be "too difficult" to change. SWAG would like to see the school moved to the Golf Course site or at least further away from busy roads.

Basingstoke Golf Club The outline planning application has been submitted, planning reference BDBC19/00971/OUT. We know that the developer wants to cram an extra 100 dwellings on to the site, making 1,100 in total.

Although we all realise what a tragedy it will be for this historic and beautiful landscape to be covered in development, it is sometimes salutary to read the views of those who disagree. These, sometimes aggressively expressed comments occasionally appear on our Facebook page. Here are a couple: *"It's about time you got your fair share (of development), we're sick of it in London, and surrounding areas, so either saddle up or get out of town, stop moaning"* or how about this one: *"Get a grip. People need homes the town needs people and it will bring jobs."* Sadly, as we locals know, the developments at Hounsome Fields and the Golf Course, being immediately adjacent to J7 of the M3, won't bring jobs – they will just bring more people commuting to jobs elsewhere and in the view of many the one thing Basingstoke doesn't need is more people!

A decision on the outline planning application for up to 3,520 dwellings on **Manydown** is expected in the next couple of months. You can see the documents under planning reference 17/00818/OUT including a critical letter dated 13th February from the Highways Authority who appear to have finally woken up to the fact that the local road system will struggle to cope.

Email southwestactiongroup@gmail.com

Facebook [@BasingstokeSouthWestActionGroupSWAG](https://www.facebook.com/BasingstokeSouthWestActionGroupSWAG)

HAVE A GO AT CROQUET AND BOWLS

For the first time in Basingstoke you can play two very different games at the same place. The merger of Thornycroft Bowls Club and Basingstoke Croquet Club means both games are being played at the bowls green. Most people have a fair idea of how bowls is played however croquet is a closed book to most but is a wonderful game that makes you think as well as giving some gentle exercise.

On Saturday 11th May we shall be holding an open day at our site which is beside the large car park off St Andrew's road in South Ham (RG22 6TP). You can come and have a go at bowls or croquet or both if you wish. Come at any time between 10am and 4pm. You don't need any special equipment other than flat shoes/trainers to wear on the green.

If you can't come on the 11th May then for croquet only come any Saturday morning at 10am and you will be made most welcome. You can find more on our website at www.basingstokecroquet.co.uk – we shall be delighted to see you!

COUNCILLOR'S UPDATE

GOLF CLUB: Bloor Homes have submitted their Outline Planning Application for the Golf Club development. At time of writing it had not yet been verified by Planning Officers and was not therefore online for comments. It is really important however that local people have their voices heard on this so the application will be available on the planning pages for Basingstoke and Deane Borough Council. Please go to www.basingstoke.gov.uk and click on the planning pages. You can then click on planning applications where you will find a link to "find a planning application" and should be able to search for the Golf Club submission easily. Comments can be made online.

LOCAL ROAD SAFETY CONCERNS: A number of worries have been raised as a result of the recent accident on Woodbury Rd during the school run, and following the decision by HCC to permanently allow an increase in HGV traffic to the digester. There are also concerns around the functioning of the traffic calming around Hatch Warren and Beggarwood and the perennial difficulties around school parking. Please let me know if you would be interested in forming a residents group to develop a campaign around local road safety

BEGGARWOOD SURGERY: At time of writing there was still no further update from the CCG on what local practice might be in place to take on the running of Beggarwood Surgery once the current contract holders pull out. The CCG have however announced a consultation. There is a survey which can be completed online at www.northhampshireccg.co.uk/beggarwoodandrooksdawn/ and there will be a drop in session at the surgery on Wednesday 8th May between 1pm and 4.30pm.

Cllr Terri Ried

COUNTY COUNCILLOR

The local plan shows a primary school on the new development at Hounsome Fields. But since the local plan was passed, circumstances have changed. The Golf Club site has been brought forward for development years earlier than expected. I believe that when circumstances change, so too can policy.

There are compelling arguments for moving the new school to the Golf Club site. It will be better in terms of air quality than the Hounsome Fields location, which has the school nestling against the busy A30 and a major junction that will eventually take traffic into South Manydown. It also makes sense in terms of road safety for the children of the smaller Hounsome Fields site (750 homes) to cross the road, rather than the children of the larger Golf Club site (1,100 homes).

We now enter a period where the forces of common sense will be ranged against those of inertia. 'It's not in the plan' is already being argued by those who resist the change.

This is one of those instances where public pressure could have an effect. We need to marshal public opinion to ask the developers of both sites to do a deal that will change the position of the school. Are we going to let something happen that is second-best simply because the developers want to file the idea on the 'too difficult' spike?

You can help: if you agree that the location of the school should change, please write to me at stephen.reid@hants.gov.uk so that I can compile a list of residents supporting the common-sense solution.

Stephen Reid

Hampshire County Councillor, Basingstoke South West

WHAT'S ON – MAY

Do you have an event locally that you would like to tell people about. The Rabbiter reaches over 4000 homes locally so is the perfect way to publicise your event. Just email details to editor@therabbiter.biz

Copy date is the 15th of the month preceding publication.

May Events

- 2 May W.I. Meeting Hatch Warren Community Centre (see page 7)
- 7 May Howard Park Bowling Club drop in sessions start (every Monday 1-4pm and Tuesday 6-8pm, see page 15)
- 11 May Croquet and Bowls open day 10-4pm South Ham (RG22 6TP) (see page 5)
- 11 May Annual Bike and Brekkie ride in aid of Christian Aid (see page 10)
- 12 May Basingstoke Festival of Transport 11am-4pm (see page 20)
- 12 & 19 May Auditions for Basingstoke Gang Show
- 15 May Trip to see Phantom of the Opera
- 26 May Start of Sainsbury's 150 day Volunteer Projects (see page 10)

Future Events

- 9 June St Michael's Hospice Sunflower Celebrations
- 13 July Summer Festival Hatch Warren Community Centre Playing Fields 12-4pm

Hampshire Farmers Markets

- Alton – 2nd Saturday of the month
Winchester – 2nd and last Sunday of the month

REGULAR EVENTS

Hatch Warren W.I., 1st Thursday each month 8.00pm
Community Centre (contact Jane Kerry 01256 810255)

Basingstoke Knit and Natter,

Every Monday 6.30 – 9pm, Waitrose Café, All knitters, crocheters and spinners welcome

The Warren Youth Club, Friday evenings at the Warren attached to the Community Centre

Aldworth Badminton Club,

Thursday evenings 7.00 – 8.30pm Aldworth Science College

Cliddesden W.I., Cliddesden Village Hall, 7.30pm, third Thursday every month (contact Pat Rampton 01256 461034)

Old Down & Beggarwood Wildlife Group,

Meet every Thursday 10-12noon, Old Down Hall. For Beggarwood – usually 3rd Saturday of each month at the Maze
www.olddownandbeggarwood.org.uk email: odandbwd@gmail.com

Hatch Warren Nature Group,

contact Paul Beevers, hatch.nature@gmail.com

Cliddesden, Ellisfield and Farleigh Wallop Horticultural Society, contact Mrs M Smith (01256 462584) for details

Laughter House, www.laughterhousecomedy.club

Hatch Warren Runners, meet Monday and Wednesday at 7.15, Portsmouth Arms and at the Co-op Beggarwood.
www.hwrunners.co.uk

Letters... to the editor

Dear Editor

Please see below a recent statement from Basingstoke Neighbourhood Watch Association.

From 1am each night, every street light on Hatch Warren is now switched off, except the arterial routes such as Woodbury Road. Not that long ago, all the street lights on the estate were replaced with what we were told were ultra-low energy lamps. So why are they being switched off?

The Police tell us that a well-lit environment deters criminals. Presented

with a blackout, thieves must think they've reached burglar's paradise!

Thefts from and of vehicles are on the increase on the estate, so why are we making it easier for them? Will The Rabbiter challenge our County Council about this decision?

Regards, Phil

Please see response on page 7

Dear Editor

I read with interest the anonymous letter in the April Rabbiter about a 'programme' to reduce pollution from vehicles left idling.

In my view, by far the worst offenders in this regard are in fact, buses. I have a bus

stop outside my house on Hatch Warren and the Stagecoach drivers take extended stops when they are running early.

The buses wait for up to 5 minutes and the diesel engine is left idling the whole time, adding to noise, fuel waste and air pollution. I have written to Stagecoach, the HCC Passenger Transport Team, Public Health Hampshire and Basingstoke Environmental Health. In response, I have either not even had the courtesy of a reply, or buck-passing. So in my opinion this particular 'programme' may make good PR, but when it comes to actually improving pollution 'on the ground', no-one is prepared to take any action.

Regards, Phil



QUEENS COLLEGE ARMS

Aldermaston Road, Pamber End, Tadley, RG26 5QR 01256 850071

We saw our friends for lunch on a Thursday during the Easter school holidays. They live on the western side of Reading so met at the Queens College Arms on the Aldermaston Road at Pamber End. This 16th century pub/restaurant is managed by Hall & Woodhouse although the building is part of the estate of Queens College in Oxford.

This establishment really caters for families. It has a well equipped beer garden on the left accessed from the front car park complete with disabled access into the main restaurant area. This was popular as the weather was pleasant. As well as parking to the front of the building there is another car park to the right and rear which has a side door into what might be termed the "back room" used as an additional dining area. This leads to the bar which is where most customers enter through the front door.

We had booked a table in the restaurant which had at least ten tables occupied by families. The ceiling is festooned with mortar boards and alumni of Queens College adorned the walls. The extensive menu is the same throughout the building even though we had full service including drinks served at the table. There are blackboards listing the daily specials placed over fire places that make a welcome sight in winter months.

Madam had a rump steak, medium, with a side salad in preference to triple fried

chips. Excellent quality she claimed. The other lady, rather than having a main course had two starters, whitebait and a prawn and avocado cocktail. Her husband and I had the steak and Tanglefoot pie with creamed potatoes, cabbage with bacon complete with a petite gravy boat. Puddings were not for everyone even though there was ample choice. Madam and her friend each had a mini pud which came with coffee. I had apple and sultana crumble with either custard, cream or ice cream but the husband had nothing as he has to watch his calorie intake. Neither of us had coffee. The bar drinks for the ladies had been two Fevertree slim line tonics each in a wine glass with ice and a slice, the husband had a pint of soda water and I had a pint of Kronenbourg lager.

The bill totalled £88.95, quite reasonable between the four of us for the quality, quantity and pleasant surroundings we had enjoyed.

I have always puzzled why there is not an apostrophe in the name Queens. I conclude that the name was created around the time printing was invented and movable type made it necessary to devise English grammar we use today in the printed word.



HATCH WARREN WI

Hatch Warren W.I. welcomed Tom Cleary 'Wildlife Photography' talk on March 7th. After graduating from Oxford Brooks having studied sport, Tom went travelling. He enjoyed the experience of seeing wildlife on his travels so he decided to be able to continue he would set up as a wildlife photographer. Light is a very important issue when taking photos and the seasons make for different types of photos. Tom explained that one shot could take many hours laying in fields, wading in water etc. to get the perfect shot. Tom showed us lots of beautiful photographs that he had taken in various places in the world.

Eleven members took the train to Portsmouth to the Hampshire Federation AGM, where we were entertained firstly by members who enter the 'Performing Arts' weekend and then to our delight the afternoon speaker was Pam Ayres, who entertained us with her poems and observations of everyday life. Pam spoke about having dinners presented on boards and slates not dinner plates, which had the audience laughing. Members also attended the Loddon Group spring meeting with a talk from the Barn Veterinary Surgery. There is a walk planned in the New Forest in the summer.

Our craft group has made lovely Easter wreaths and now members are invited to make items for our birthday party in June which will be themed 'All the fun of the Fair'.

Our next meeting will be held on Thursday 2nd May at 8 p.m. Hatch Warren Community Centre, where we will hold our AGM. Don't be put off come and join in and meet new people and then be part of our fun birthday party in June. For more information please contact our President Jane on 07798 842487

HAMPSHIRE COUNTY COUNCIL RESPONSE TO STREET LIGHTING CONCERNS LETTER

In developing the new lighting policy, officers from the County Council's Street Lighting Team met with the Police several times to discuss part-night lighting proposals for quiet residential areas.

Research, that included data provided from Hampshire, found no link between dimming and switching lights

off with any increase in crime or road accidents. These findings are reinforced by reports from other local authorities (such as Essex, Kent, Lincolnshire and Surrey) where no direct link between part-night lighting operation and crime has been established. In view of this it is not expected the part-night lighting policy in Hampshire will increase the likelihood of crime in the residential areas affected.

The situation will be kept under review.

'NO FAULT DIVORCE' NOW AN OPTION FOR SEPARATING COUPLES

After years of campaigning it has been announced that the 'no fault' divorce has been approved by Government and will be introduced 'as soon as parliamentary time allows'.

Under the current rules, in order to obtain a divorce in England and Wales, one party needs to prove adultery, unreasonable behaviour or desertion. Otherwise, the couple need to have been separated, living apart for at least two years (if the other spouse is willing to consent to a divorce) or five years or more (no consent required) – meaning some couples are forced to stay legally married for many years after the relationship has broken down.

This news brings family law into the 21st century and will be welcomed by many separating couples who may now have a chance to separate faster and with dignity.

Thousands of marriages break-down each year through no fault of any one particular party. Many simply grow apart, want different things or fall out of love and the new rules mean that couples can go their separate ways without a bitter end to what, on the whole, may have been a positive relationship.

The 'no fault' divorce will benefit so many who wish to remain respectful to their ex-partner and work together to continue to raise children.

For further information please do not hesitate to contact our friendly family team on 01256 844 888 or email enquiries@lambbrooks.com



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HATCH WARREN BEGGARWOOD CYCLING CLUB



Spring is in the air and what better way to enjoy the, hopefully, warmer weather than to get out on your bike and ride.

If you are new to cycling or haven't been out on your bike for a long time we are going to continue our Back 2 Bike rides at 9am on the 18th May starting at the Café in the Park in Beggarwood. Anyone can join us, just bring along your bike and a helmet and one of our leaders will show you the sights of the surrounding area whilst making sure that you are safe and ultimately to help you become a more confident cyclist.

All our ride dates can be found at <https://www.facebook.com/pg/HWBcc/events/>

During May we have a couple of slight changes to our normal set of rides, with the first one being an away day on the Isle of Wight on the 5th May. Last year over 40 of our riders cycled round the Island in beautiful weather. We can't guarantee the weather but we can guarantee some of the most scenic cycling in the UK.

On the 11th May we are taking part in the annual Bike to Brekkie ride in aid of Christian Aid. This is a 50 mile ride that will take us to Winchester and back stopping at the Cathedral for Breakfast. There will

also be a 20 mile ride for those that don't want to go to Winchester.

All of our other rides now start at the Café in the Park in Beggarwood so please feel free to join us there for a coffee and cake either before or after all rides.

This month we have rides at:

5th May – Isle of Wight

6:40pm on Tuesday 7th May, which is a 20mile ride at 13mph

9am on Saturday 11th May, Bike to Brekkie in aid of Christian Aid

8am on Sunday the 12th May, this is a 50 mile ride at an average of 13mph stopping at a café half way round for a bit of breakfast

6:40pm on Tuesday 14th May which is a 20mile ride at 13mph

9am on Saturday 18th May Back2Bike

2pm on Sunday 19th May Club Ride with rides varying in distance from 15 miles to 40 miles

6:40pm on Tuesday 21st May which is a 20mile ride at 13mph.

9am on Saturday 25th May Club Ride with rides varying in distance from 15 miles to 40 miles

10am on Sunday 26th May, this is a 50 mile ride at an average of 13mph stopping at a café half way round for a spot of lunch
6:40pm on Tuesday 28th May which is a 20mile ride at 13mph

It would be great if you could join us at one of our rides in May.

For further details please take a look at hwbcc.org or <https://www.facebook.com/pg/HWBcc/events/>



Sainsbury's

Our Values Make us Different

150th Birthday Celebrations

During May you'll start to see some celebrations across all our stores and the distribution depot in the Borough.

All our stores are partnering with volunteering organisations across the Borough, for 150 Days, starting on May 26th, through until October 23rd. Final plans for 'In Store' celebrations are being discussed, so watch out for special events during the summer.

Each store will be teaming up with one volunteering project, across the Borough, during the 150 Days. We'll have a report from each of these locations ready for the June edition.

Sainsbury's in Numbers

Our Grocery Online delivery service

continues to grow – almost 8% every quarter – with Easter always providing the store with a busier period than Christmas.

On Thursday before Good Friday, our team helped to deliver over 36,000 items of shopping to over 450 customers from as near as our Car Park – The Click and Collect Service – to as far away as Corhampton.

Our Click and Collect Grocery service is now fully operational at our store in Alton. Twice a day, we fulfil customer orders for them to collect at Alton, 7 days a week.

Some of you may find it interesting to know that, before we open our doors at 7.00am, our team of Online Shoppers will have taken the best part of 15,000 – 17000 items off the shelves ready for delivery throughout the day.

Argos

Our colleagues at Argos recently celebrated their 1st Birthday with us

at their new location. It has been an amazing year for them, serving over 2000 customers every week.

With over 16,000 items available for immediate collection, the store is one of the largest operated within a Sainsbury's store.

With many new offers available on a week to week basis, including many buy now pay later offers, make sure to the team a visit when you're next in. They're situated to the back of our store, just past our Tu Clothing section.

Plastic Bags

You may have recently seen a new offer from Sainsbury's with regards to our plastic bag for customers. Profits from the sale of the new '10p Bag for Life' are reinvested into our store Local Charity Partnerships. The latest payment has seen £1300 donated to our Local Charity Partner – YPI Counselling.



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Eyebrow and lash tint and eyebrow shape		24.00
Eyelash Lift (perm) and free tint		25.00
Spray Tanning		
Full Body		20.00
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Chin	6.50	Eyebrow, lip and chin 19.00
Half leg	15.00	¾ leg 17.50
Full leg	22.00	Bikini line 12.00
Extended bikini line	18.00	Full leg and bikini 30.00
Half leg, bikini and underarm	33.00	Full leg, bikini and underarm 39.00
Underarm	10.00	Full arm 15.00
Half arm	8.00	Nostril 8.00
Ears	8.00	Back 19.00

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PROBUS HEARS ABOUT THE RFC & RAF IN WW1

Probuss Club member, retired RAF Wing Commander Bryan Jenkins, gave a presentation to this social club for retired professional and business managers about the foundation of the Royal Flying Corps at the outbreak of the Great War. The corps was viewed by the generals as there to serve the needs of the army.



Bleriot flying across the English Channel in 1910 caused military chiefs to rethink the previous year's philosophy that aeroplanes could have no use in war. Aviation, in order to progress for military use, had to rethink its design and production. There were no real manufacturing facilities, no aircraft engine industry with much reliance on French aircraft and engines. There were no aircrew training schools and initial thoughts were that pilots should not be aware of the physical limits of their planes as it would impact on their confidence.

Thinking changed from General Haig's comments in July 1914 that aeroplanes could not be usefully employed in reconnaissance, this was the cavalry's role; to September that year when aerial reconnaissance enabled the British Expeditionary Force win the battle known as "Miracle of the Marne". Such flight information enabled the Generals to deploy their forces to maximum effect.

Technical difficulties had to be overcome such as being able to fire guns through the propeller. Initially, this was overcome by having the propeller at the rear of the pilot. By 1915 the German Fokker Eindecker monoplane was able to fire through the propeller and had superior aerial performance than any British design. Fokker continued with bi-plane and tri-plane designs, the latter made famous by Manfred von Richthofen who was credited with 80 "kills" and became known as the Red Baron.

Early aerial battles against enemy aircraft were not successful. RFC planes strafed enemy infantry and bombed airfields, factories and transportation facilities. The bombs being hand held over the side of the plane as had been the early cameras used in photographic missions although bigger and heavier cameras became fixed to the side of the fuselage.

Training gradually improved, as it needed to be, since the average life expectancy of a pilot on the Western Front was only 23 days. Some pilots only survived for three days. Of 10,000 RFC airmen who lost their lives, 4,000 died in training, 4,000 in post training and only 2,000 killed as a result of enemy action.

Aircraft production was ramped up with the creation of aircraft manufacturing factories but the front line was always waiting for replacements. The main problem was insufficient engines and by 1918 there were over 4,000 planes in storage waiting for an engine.

After starting the Royal Flying Corps in 1914 with 2073 personnel, by the beginning of 1919 there were 4,000 combat aircraft and 114,000 personnel in some 150 squadrons. Some 900,000 flying hours had been logged during the war and almost 7,000 tons of bombs had been dropped on enemy positions. Eleven members of the RFC were awarded the Victoria Cross.

John Moore- Brabazon, who had been the first Englishman to fly a heavier than air machine on British soil in 1909 and who became responsible for aircraft production in WW2, summed up the progress made.



Sopwith Triplane with Vickers machine gun firing through Propeller arc and French engine.



Sopwith Camel with 2 Vickers machine guns firing through the propeller arc and with French engine

"We started the Kaiser war with very little equipment, and not very good equipment at that. Many of the RFC squadrons were equipped with French aircraft. There was, however, during the war an immense concentration upon producing better engines and better machines than anyone else. We ended up that war absolutely supreme throughout the world. We had better machines, better engines and better pilots than existed anywhere in the world".

As a result of its success the RFC became a fully independent third military sector of UK defence forces and on 1st April 1918 it merged with the Royal Naval Air Service to become the Royal Air Force.

See www.probusbasingstoke.wordpress.com



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HUGGING IN THE WORKPLACE – IS IT ACCEPTABLE?



Gill Brown

www.phillips-law.co.uk

Hugging has become a newsworthy topic lately, particularly given the allegations levelled at Sir Philip Green the owner of Top Shop and other high street stores. Also even more recently was the news that Ray Kelvin, the founder and chief executive of the fashion chain Ted Baker was accused of misconduct including inappropriate hugging.

At least 50 employees recorded incidents that they regarded as harassment and more than 2,000 employees signed a petition to draw attention to the problem.

There were claims that as well as engaging in frequent and inappropriate hugging, Mr Kelvin had asked some female employees to sit on his knee, cuddle him and allow him to massage their ears. Mr Kelvin denies all allegations of misconduct, but he did resign in the face of these allegations against him.

This may be an extreme example, but it does raise the question as to when physical contact such as hugging is acceptable and when it becomes unacceptable behaviour. What are the boundaries when it comes to physical contact in the workplace?

Naturally behaviour such as inappropriate touching, unwarranted or dominating physical contact and sexual advances are completely unacceptable. However, not all

physical contact is inappropriate. Many people do engage in hugging at work within quite acceptable boundaries and between consenting adults, the emphasis being on "consenting". A sincere hug can be emotionally uplifting, especially if discussing ill health, comforting someone who has received bad news or in the course of a celebration. Huggers should still be mindful that not everyone welcomes physical contact and to be aware of this and exercise some common sense.

The law regards unwanted physical contact as a violation of a person's rights. It is therefore particularly important that managers and figures in authority do not take advantage of their position or make employees feel uncomfortable. Employees often feel that if they object to inappropriate physical contact it could jeopardise their career or even result in them losing their job. However, if a boss or someone in a position of authority forces an employee into a hug or any other physical contact that makes their employee feel uncomfortable or even violated, this should be reported to their HR department, a director or person in authority or a trade union representative or the behaviour is likely to continue. If the matter is not resolved appropriately and immediately then it is advisable to take specialist legal advice.

At Phillips Solicitors our Employment Law team will be happy to assist you with any aspect of employment law. For advice please contact Gill Brown on 01256 854605 or email gill.brown@phillips-law.co.uk or visit www.phillips-law.co.uk

Café in the Park

What's On In May?

Weekly Clubs & Classes include: Caterpillar Music, Yoga, Pilates, Kids Kan Dance, Psychic School Move It Or Lose it, Guides.

01 May COMMUNITY LUNCH

03 MAY Friendship Friday- Tea & Talk

Take a walk down memory lane with interesting artifacts relating to royal babies.

10 May Friendship Friday - Card & a Cuppa

17 May Quiz night

22 May Beggarwood Bookworms

24 May Friendship Friday - Card & Cuppa

Friendship Friday

FREE EVENT! EVERY WEEK! ALL WELCOME!

Beggarwood Community Centre, Broadmere Road, Beggarwood, Basingstoke, Hants. RG22 4AQ

Hall Bookings: (01256) 811262

General Enquiries: (01256) 357094 or email office@beggarwood.org



Monday: Closed
Tuesday: Closed
Wednesday: 10-2
Thursday: 10-2
Friday: 10-2
Saturday: 8.30-4
Sunday: 10-4

BASINGSTOKE CIVIL SERVICE RETIREMENT FELLOWSHIP

There were 55 members at the group's meeting on Wednesday 3 April who along with the usual refreshments were treated to strawberries supplied by one of the members, and Easter eggs donated by Tesco. The chairman, David Cowling, welcomed everyone, after which the secretary, Tony Brazier, gave details of the forthcoming trips, and the Welfare Officer, Christine Broadbent, gave an update on those members who had not been well.



The speaker this month was Steve Herra who told us all about a murder case in 1947 that was known as "The Body Through the Porthole". The case centred around

the apparent murder of an actress, known professionally as Gay Gibson, who went missing during the sailing of a Union Line ship, The Durban Castle, between Cape Town and Southampton, in October 1947. The criminal case that followed got its name from the fact that James Camb, the man who would be convicted of killing her, admitted that he had pushed her body out of the porthole in her cabin claiming that she died of an apparent sudden illness whilst they were in bed together. He was convicted of her murder and sentenced to death by hanging but a legal move to suspend the death penalty for all crimes in Britain meant he served 11 years in jail for the crime. Although he denied killing her for the rest of his life he did commit further sexually related crimes during his time out on licence which meant him serving his full sentence.



Bookings are now being taken for the trips to - Kew Palace and Gardens on Wednesday 8 May, Afternoon Tea at BCOT on Wednesday 22 June and Lunch on the Watercress Line on Thursday 13 June.

The next meeting is on 1 May when we will be having a plant sale and Dr Becky Peacock will be telling us about the Mid-Hants Railway. The group meets on the first Wednesday of each month at Brookvale Village Hall from 10am to 12noon and all retired Civil Servants, their relatives and friends are welcome. Further details about the group and information about our trips can be obtained by contacting csrfbasingstoke@gmail.com.

David Cowling

HOWARD PARK BOWLING CLUB

CELEBRATING 50 YEARS OF BOWLING

Howard Park Bowling Club was founded in 1969 by a group of local residents and encouraged by a local Councillor named James Balding. Starting from just 15 members in 1970, the aim was to enter a team in the Basingstoke League. The club grew quickly, both in playing numbers and facilities. A prefabricated clubhouse was erected by the members in 1978 and a maximum of just over 120 players was soon achieved. This was a great improvement on the very basic facilities that the members had become accustomed to.

About 4 years ago we realised that our Clubhouse needed urgent updating due to damp in the walls and roof. We started fund raising and applied to the Basingstoke & Deane B.C. for a grant through the Local Infrastructure Fund and were fortunate enough to be awarded £150,000. Even with this amount our members were busy fundraising as we still needed to top up our grant by another £20,000. The work was awarded to Mongers Ltd., Sherborne St. John and has been completed ahead of schedule.

We are now ready for the new bowling season and our 50th Anniversary Celebrations. So why not come along, join in our celebrations. Bowling is a good way to exercise, be out in the fresh air, meet new people and enjoy the sociable side of bowling.

We can be found at Russell Howard Park, Pinkerton Road, off Western Way, South Ham. Also, during the winter months in our Clubhouse we have social events and short mat bowls.

Come along, give bowls a try. Look at our website for more information www.howardparkbowls.co.uk

Drop in sessions from May onwards every Monday 1.00pm – 4.00pm and Tuesday 6.00pm – 8.00pm.

Or to find out more please contact: Alan Tait 01256 329493 or mobile 07392 064252.

We look forward to seeing you.

CRIME PREVENTION

Have you been telephoned to say there is a problem with your computer or broadband?

This is a really clever and nasty fraud, fraudsters telephone you to pretend there is a problem with software on your computer or broadband and state they can fix it by remotely connecting to it. They will instruct you to download a remote access viewing programme and once it's in place, they will have control of that computer. People have lost their life savings in this way, and it's devastating for those who fall victim.

If you get called in this way, the fraudsters may say they are from Microsoft, Talk Talk, Apple, BT or another firm. Don't confirm anything and do not start any process. Simply hang up. If you are worried that you may have had this experience, we would recommend you have an expert look at your laptop/computer in case there is still the software on it. You can also call us on 101 quoting Operation Signature.

Hampshire Constabulary Crime Prevention Advisor



HATCH WARREN UNDER FIVES PRESCHOOL



We had some lovely spring term themes at Hatch Warren Under Fives, including spring, farm animals and of course Easter.

During our farm animals week the children had a great time getting messy with pigs in mud, ducks in sparkly shaving foam and "milking" cows. We got busy outside gardening and the children enjoyed planting cress to grow at home. We also transformed our home corner into various role-play areas – we had a garden centre, a farm shop and a tea parlour!

The children did some wonderful crafts for Easter week – they made some amazing Easter bonnets and created spring bunnies and Easter chicks. And our makaton rhyme for Easter week was of course Peter Rabbit! Staying with the theme of Easter, our science activity was all about eggs. We left an egg in vinegar overnight, which dissolved the shell. Much to the children's delight and amazement we were left with an intact, rubbery raw egg that the children were able to bounce on the table, and when we shone a torch behind the egg we could see the yolk moving around. It was so much fun - we really recommend that everyone with children tries this one at home!

Our older children had some very exciting news over the Easter holidays – they found out which schools they will be going to in September! It's been lovely to hear all about the "big" schools and who is going where. So this term is when our "school readiness" begins. We will begin to introduce lots of activities to prepare our bigger children, for example, can the children change into their PE kit by themselves? Can they independently wash their hands and open the food in their lunchbox? We'll also start focus much more on numbers, health and self-care and communication and language. School readiness is described in the foundation stage as "Children reaching a good level of development in the prime areas and literacy and mathematics".

Some of the expected characteristics that should be displayed by a child to show school readiness;

- Independent in toileting
- Able to dress themselves
- Understands expected levels of behaviour
- Confidence and self-esteem
- Can take turns and share
- Can sit still for a short period
- Can separate from parents/carers
- Communication and language skills needed to communicate needs and listen to others
- Can actively learn and creatively and critically think

Some of these characteristics may of course be difficult for all children to achieve and this shouldn't leave parents or practitioners concerned that a child isn't school ready.

To enquire about a space at Hatch Warren Under Fives, please contact Pam Jones, Manager, on 01256 322788, or email preschoolmail@aol.com.

CANDOVER VALLEY PRE-SCHOOL

We had a wonderful visit to Chilton Manor farm to see the new lambs at the beginning of April. The children were so respectful of the new mothers and their babies. It was a great opportunity to learn about life on a farm and explore the local community. The children had the opportunity to visit the sheep, sit on a tractor, explore some deer skulls, grind wheat into flour and groom William the pony.

Our annual Easter Egg fundraiser was a great success with thanks to the parents and committee arranging the prizes and creating the hunt for the eggs.

We are looking forward to the Summer term with our upcoming kitchen garden planting on the local estate, some woodland visits and the chance for Annie one of our practitioners to introduce the new skills she has learnt from her recent Forestry Leader training.

There's always lots going on at Candover Valley Pre-school and you are very welcome to visit us at our Open Sessions or at a time that suits you better.

01256-389008 cvpadmin@btconnect.com

Lisa Collisson Head of Pre-School

CITIZENS ADVICE BASINGSTOKE

What Universal Credit is

Universal Credit is being introduced across the UK in stages. It will replace:

- Housing Benefit
- income-related Employment and Support Allowance (ESA)
- income-based Jobseeker's Allowance (JSA)
- Child Tax Credit
- Working Tax Credit
- Income Support

Whether you should apply for Universal Credit instead of one of these benefits depends on where you live and your circumstances

Universal Credit works differently from other benefits - so if you're moving from another benefit it's important to know the differences.

The biggest differences are:

- you can get Universal Credit if you're unemployed but also if you're working
- you'll usually get a single payment each month, rather than weekly or fortnightly
- instead of getting a separate housing benefit, your rent will usually be paid directly to you as part of your monthly Universal Credit payment

How Universal Credit works

You'll usually get one monthly payment to cover your living costs. If you claim Universal Credit as a couple, you and your partner will get one payment between the 2 of you. The payment is made up of a basic 'standard allowance' and extra payments that might apply to you depending on your circumstances.

You might be able to get extra payments if you:

- look after one or more children
- work and pay for childcare
- need help with housing costs
- are disabled or have a health condition
- are a carer for a disabled person or you have a disabled child

Need further information or Help?

www.basingstokeandtadleycab.org.uk

The Advice Line telephone number is 03444 111

BASINGSTOKE LIONS CLUB

Having slipped back into the country earlier this month, I thought I might be given a month or so to re-acclimatise. When I suggested this I had doubts cast upon my work ethic and the marital state of my parents. So here we go with the big catch up.

Our November quiz raised £485.85 which was a nice lead into the Christmas Fundraising. We have to thank ASDA, the Co-op Old Basing, Morrisons and Chineham Tesco for allocating time and space for us to make collections, and of course the generous people of Basingstoke who donated a total of £2177.48. The money was used to make donations to the Women's Refuge, the Basingstoke Voluntary Association, Joshua Tree, May Place, Christmas lunches for the elderly and pantomime visits for disadvantaged children. I hope you think it was well spent.

Having had January off for "good" behaviour, the members went straight back in fundraising mode in February. Although I wasn't present, The Apollo Big Band concert at QMC was by all reports absolutely superb. Big Band music has a magic all of its own and it is a great pity that more people didn't turn up to be enlivened and entranced by this superb group. Let's hope the Moscow Drug Club, at QMC on 20 July, attracts more support. Otherwise I'm afraid our ability to assist those in our community in the greatest need will be severely compromised.

The programme for the rest of the year is currently:-

21 September: Ali Mak Rhythm and Blues band at the Royal British Legion

16 November: Quiz Night at the Millennium Hall

Other events are still under consideration. WATCH THIS SPACE.

Philip Wilson



Hatch Warren Infant School
Happiness and Wonder Inspires Success



The sun came out to help us enjoy all our learning out in the fresh air for this term's Outdoor Learning Day. Every child in Year R planted their own sunflower seed, once these have grown to seedlings they will take them home and see who can grow the tallest sunflower in each class. During the morning the children made wild flower seed bombs that were taken down to the field in the afternoon and thrown on the grass, we jumped on them to spread the seeds in the hope of creating our own wild flower meadow. As we have been learning all about dinosaurs this term we kept this theme going on outside. The children experimented with a variety of ingredients to make a dinosaur swamp. We created a giant paint palette, with hoops and coloured chalk that we crushed up with our wellies and added water, to paint giant dinosaurs on the playground, the most popular activity though was climbing under the cargo net to spot and record all the dinosaurs that were hidden underneath.



Year 1 themed their day on The Stick Man story. Each child made their very own stick man, woman or animals. They also tested their mathematical problem solving skills by laying a stick down one at a time, then challenging the next person to put their stick down ensuring it touched the person's before them but also trying to create a shape. In the afternoon they used the opportunity to further develop their evolving outdoor area enhancing it by planting vegetables and flowers. They are excited to see what changes will happen over the holidays.

Year 2 spread out a big mat and had a wonderful time making grass head characters, from the Roald Dahl book, The Twits. Maths was taught that day with a rotation of large scale outside maths games involving buckets, balls, bean bags, quoits and giant Jenga. The children also spent a reflective, quiet time sketching in our wildlife area.

We are all looking forward to the next Outdoor Learning day to get our wellies on, get muddy and enjoy our lovely surroundings some more!



We are a registered charity run by volunteers – working to make Hatch Warren & Beggarwood a great place to live!

A NOTICE OF AGM FOR HATCH WARREN AND BEGGARWOOD COMMUNITY ASSOCIATION ON WEDNESDAY 12TH JUNE 2019 AT 7PM

You are invited to attend a short meeting to support the trustees of HWBCA. The charity (1161117) exists to provide, run and manage Hatch Warren and Beggarwood Community Centres and to provide social and educational facilities, to improve the conditions of life for the residents of the areas defined by the boundary of the postal codes RG22 and RG23. An update of our achievements over the past year and our plans for the future of HWBCA will be reviewed. Annual Membership only costs £10 per family and will be available on the night.

WE NEED YOUR VOTE! Light refreshments will also be provided

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SUMMER FESTIVAL

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12 - 4 PM**



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COACH TRIPS

- Aladdin, Friday 14th June, £67.50pp
- Joseph and the Amazing Dreamcoat, Thur 29th Aug, £65pp
- Mary Poppins, Thur 6th Feb 2020, £85pp

All trips include chaperoned return coach from our car park. Tickets non-refundable. Email office@hatchwarren.org to book.

Registered Charity Number 1161117

find us on | facebook

Hatch Warren Community Centre

Tel: 01256 811262

Email: office@hatchwarren.org

Web: www.hatchwarren.org

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**FRIDAY NIGHT TERM TIME YEARS 6-8
YOUTH CLUB ACTIVITIES (see below)**

MAY/JUNE 2019 Programme 6.00 to 7.45pm

- 3rd May Dodge Ball, temporary tattoos and hot dogs
- 10th May Nerf gun fight!! Sign language and chocolate fondue
- 17th May Rugby, hair braiding, stress balls and donuts
- 24th May Human hungry hippos and cake decorating
- 31st May Drone flying, Just Dance and burgers
- 7th June Pool competition & Quiz Night
- 14th June England vs Argentina Women's World Cup, Father's day craft & Milkshakes
- 21st June CLOSED FOR BAG PACKING
- 28th June Lip Sync Battle, Football games & sausage rolls

FREE ENTRY FOR ALL YOUNG PEOPLE

Unfortunate news to report...We don't like to be negative and we appreciate the majority of young people are thoughtful and well behaved. However, we've been made aware of an increase in anti-social behaviour around the community centre, on Friday evenings. This includes malicious damage to the bus shelter in Long Cross Lane, climbing on the centre roof and young people playing knockdown ginger on our neighbours .

These actions of a small minority, are risking the reputation of the centre and youth club. We will be logging all ASB incidents with police and CSPOs by calling 101, and the police will be increasing patrols in the area. **The last thing we want, is to risk the Warren Youth club closing down.** We will be talking to the young people over the coming weeks about being respectful in the community



**FRIDAY NIGHT TERM TIME AGES 13+
OPEN ACCESS & HEALTH HUB**

Health Hub Programme - 8.00 to 9.30pm

We are open Fridays 8.00-9.30pm for school years 9 and above. If you want to play pool, FIFA or just hang out come on down. We sell food and drinks (including tea and hot chocolate) and we can also offer you free confidential advice on a whole range of issues including contraception and pregnancy testing. We run focused information nights for 13-18 year olds, our next nights are:

- 3rd May - Cannabis Awareness
- 7th June - Relaxation & Stress reduction techniques

If parents have questions about the topics we discuss please feel free to contact us.

Let's raise some Money?
Don't forget to sign up to get involved in helping to fundraise for the Warren. Asda are allowing us to have a session "bag packing" with them on Friday 21st June. The Warren will be closed that night and we are looking for young people who can volunteer packing people's bags in return for a small donation.

Please note, we have had to make some changes to our May programme from the last Rabbiter. We apologise for any inconvenience. We want to wish all our young people in year 6, good luck with their SATs tests and our year 11s good luck with GCSEs in the coming weeks. We are sure all of your hard work will pay off! Remember, if you have any worries or concerns, our youth workers are always happy to listen and see if we can help!
SUMMER STREETZ - Please let us know of any ideas

We hope you had an Eggcellent Easter and enjoyed our Egg Hunt? Some of our other favourite activities have been chalk art and practising our ice cream eating for summer, with make your own ice cream sundaes!
A Huge Thank you!
This month we were donated some amazing Fortnite & XBOX tops which we have been selling to raise money for the Warren. Thank you to Ron Gallagher for this kind donation and to everyone who bought one!



Basingstoke Festival of Transport
 Sunday 12th May 2019 from 11.00 - 16.00
 The War Memorial Park, Basingstoke.
 Come and see a huge range of vehicles on static display, including classic, vintage cars and motor bikes, commercial, fire

engines and military trucks. Free entry, Parking is available at Old Common, London Road for £2. per vehicle, just follow the signs.

Classic vehicle owners & traders -you will need to Pre register to gain entry -go to Festival of Transport web address www.bstokefot.co.uk

PeaceJam UK. For the last 4 years Winchester University has hosted PeaceJam UK for a 2 day youth leadership development weekend conference attended by 200 young people where they meet and work with a Peace Laureate. Held in March, this year's PeaceJam Laureate was Betty Williams who together with Mairead Corrigan Maguire received the Nobel Peace Prize for promoting peaceful resolution of the troubles in Northern Ireland. Over the

last 4 years more than 100 young people from local Schools have been sponsored by Rotary in Basingstoke to attend and have been able to take part in workshops to learn about such topics as Water Aid and tools for self-reliance for under developed countries as well as being able to discuss controversial issues of diversity, tolerance, social justice, conflict, and non-violence and all whilst enjoying the excellent facilities at the University. If you are between 14 -19 and want to find out more about getting involved in next year's PeaceJam see contact details below. 'I worked with a Nobel Peace Laureate' sounds great on your CV.

CONTACTS

Helen Ricketts: helen@highpathway.co.uk
 or Paul Temple: tempaul45@gmail.com

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••••• SPIRITUALLY SPEAKING

I recently went to watch football with my husband – a Tottenham Hotspur fan since boyhood. It was Tottenham Legends v. Inter Milan Legends and I was looking forward to the match and to seeing Spurs' sparkling, brand new stadium. It was most impressive! The noise of the fans in the South Stand was amazing. Scarves were waved and fans shouted their well-rehearsed chants for the benefit of the Team. The signs around the stadium read: "Welcome Home". My husband was in his seventh heaven!

The journey to get there was a nightmare, although we did pretty well to get there in an hour and a half! Bus, train, tube, walking, being squashed to death on the tube, almost getting on the wrong train before we arrived at the stadium, only to find that we had an hour to wait until the place opened. After the match, we joined the thousands of fans rushing to the station and then doing our return journey. I don't know how my husband copes with this journey every fortnight! I had no idea where I was going – I just followed him.

Life is full of journeys like this. Sometimes running smoothly, when suddenly we are hit smack in the face with problems: ill health, relationships, job loss, financial problems, bereavement, – the list is endless. Of course, it helps if you have someone to help you along the way. Like everyone else, Christians face the same problems but we have Jesus who walks with us and guides us on our journey through life. With Jesus, we know we will never have to face our problems alone.

Today, as I write, is Palm Sunday, the beginning of Holy Week, the most important week in the church's calendar. During Holy

Week, we remember the journey Jesus had to make – the journey to the cross as he faces his terrible death on Good Friday. Why **Good Friday**? It is because on Good Friday, Jesus willingly suffered and was crucified as the ultimate sacrifice for our wrongdoing. Three days later, on Easter Sunday, we celebrate the glorious day when Jesus was raised from the dead, showing his victory over sin and death and pointing ahead to a future resurrection and new life to all who are united to him by faith. (Romans 6:5).

The story of Holy Week is recorded in all four of the Gospels, in the Bible. Try reading: www.thegospelcoalition.org/article/easter-week-in-real-time/ which provides all the bible readings you need to give you the full story. You will not fail to be moved by it. These gospel passages present the most amazing account of the events of the final week of Christ's life on earth, culminating in His Resurrection from death on Easter Sunday; they are a record of the most powerful week ever to take place in the history of the world.

When you read this, although some of your Easter eggs still may be hanging around, Easter will have come and gone, spring has sprung and summer is ahead of us. As you journey on, consider whom you would like to walk alongside you. Consider inviting Jesus to travel with you. It would be the best decision you have ever made.

Wishing you all every blessing, from the church family at Immanuel Church, Danebury Road. (The Church in St. Mark's School)

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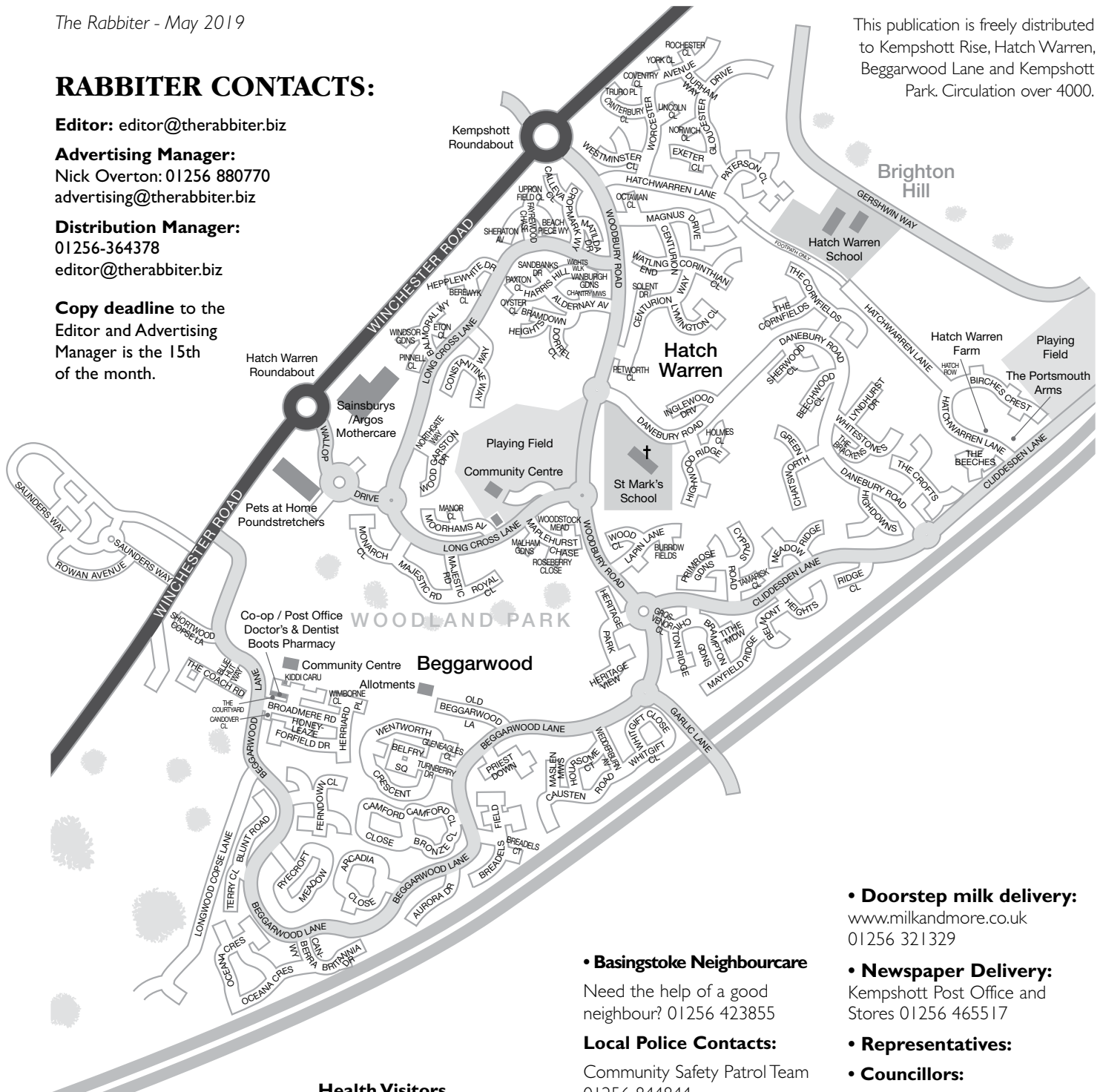
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See page 24

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- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The tip was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture.
- 5) He could lead again if he could get the lead out of his flesh wound.
- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) A bass was painted on the head of the bass drum.
- 9) The medium had only a limited success at raising a spirit and was considered to be of medium quality.
- 10) I did not object to the object.
- 11) The insurance was invalid for the invalid.
- 12) There was a row among the oarsmen about how to row.
- 13) The lovers were in a close embrace and could not reach the door to close it.
- 14) The buck does funny things when the does are present.
- 15) A seamstress and a sewer fell into a sewer pipe.
- 16) To help with planting, the farmer taught his sow to sow.
- 17) The wind was too strong to wind in the sail.
- 18) Upon seeing the tear in the painting I shed a tear.
- 19) I had to subject the subject to a series of tests.
- 20) How can I intimate this to my most intimate friend?

Let's face it - English is a crazy language. There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in pineapple. What is known as a muffin is different to English muffins. Chips in USA are crisps in England and

chips in England are French fries in USA. And were French fries invented in France? Sweetmeats are candies while sweetbreads, which aren't sweet or bread, are meat. We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.

And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham? If the plural of tooth is teeth, why isn't the plural of booth, beeth? One goose, two geese. So one moose, two meese? One index, two indices? One mouse, two mice. Doesn't it seem crazy that you can make amends but not one amend? If you have some odds and ends and get rid of all but one of them, what do you call it?

If teachers taught, why didn't preachers praught? If a vegetarian eats vegetables, what does a humanitarian eat? Sometimes I think all the English speakers should be committed to an asylum for the verbally insane. In what language do people recite in a play and play at a recital? Ship by truck and send cargo by ship? Have noses that run and feet that smell?

How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? You have to marvel at the unique lunacy of a language in which your house can burn down at the same time as it is razed to the ground. You complete a form by filling it out and an alarm goes off by going on.

English developed over time by people, not computers, and it reflects the evolvement of the human race, which, of course, is not a race at all. That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.

As seen on the internet but slightly modified where possible for our readers in English English rather than American English.

HATCH WARREN RUNNERS



Happy birthday to us, happy birthday to us, happy birthday to Hatch Warren Runners...



Hatch Warren Runners turned six years old on the 6th March - what an achievement! The club are simply growing from strength to strength with membership numbers and our breadth of running ranges and options has become more extensive than ever.

If you are thinking about joining the Hatchie hordes or you fancy a taster run, please visit www.hwrrunners.co.uk, our Facebook page or email enquiries@hwrrunners.co.uk.

You will be encouraged, welcomed and hopefully find that running and the club are a happy addition to your life and loves.

March means masses of marathon training plans

You might be wondering why you've seen numerous Hatchies running in the wet, the dark and the freezing cold since Christmas with pained expressions and soaked to

the skin in hi-vis outfits...the reason is... marathon training madness!

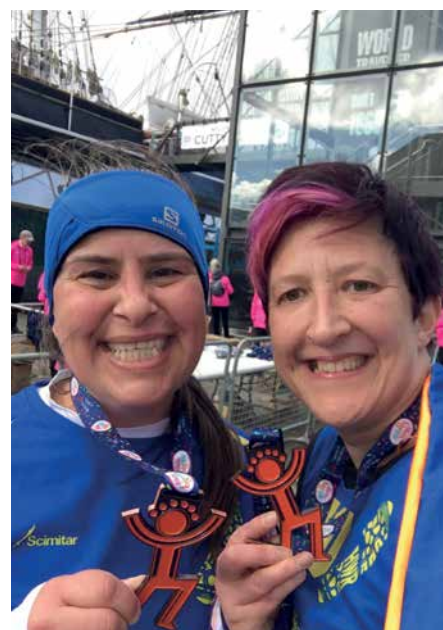
Britain's most popular marathons happen in spring, mainly during April and May, with London tending to be the Holy Grail. Training in winter is hard for our Hatchies, but it's somewhat preferable (for most) to train in cooler weather and then race 26.2 miles on (what everyone hopes) will be a cool, grey day with a gentle and pleasant breeze.

The dawning reality of training for a marathon is a 17 week training plan commitment and around 400 - 1000 training miles. That's one ginormous time and bodily commitment!

The last few weeks of the training plan involve reducing mileage, lots of leg rest (called tapering) and eating lots of carbs. This might sound fantastic, but the sheer anticipation of the actual day means that 'maranoia' can kick in. 'Maranoia' can only be described as the irrational belief that disaster is imminent and running the marathon will not be possible meaning all your hard work and training will be scuppered. Hatchies across Basingstoke have been avoiding any situation that could result in injury, freak accidents or contracting the dreaded lurgy. Is it all worth it...? Watch this space for news about our Hatchie marathoners in forthcoming articles.

10km, half marathons, 20 milers... and a very impressive long jump!

The return of some milder weather means March has, as always, been a busy month for big races. We've had 10km races Lulworth Cove and Eastleigh; 20 mile races 'The Grizzly', Milton Keynes and the Larmer Tree



Hatchies Ilona and Jo at Vitality Big Half

and huge HVR half marathon attendances at Fleet, Reading, Surrey, the Big Vitality Half and London Landmarks with lots of money raised for charity. There were half marathon firsts for Ali Grant, Cobie Milsom, Jo Mills, Karen Patterson, Kerrie Hoyles, Matt Evans and Vicky Hallett.

Proving that you can smash your Personal Best at any age and after a substantial period of time was Greg Haynes who achieved a half marathon PB of 1:25:52, breaking the 90 minute barrier and his previous PB time of 1:30:14 which he achieved in 1999!

Showing us that runners make exceptional athletes in other disciplines too was Neil Barton who won the British Masters long jump title and was the Long Jump (M35) bronze medallist at the World Masters Athletics Championships Indoor.

EXERCISE CLASSES

Chineham based Janet Walker is a qualified & insured Fitness & Nutrition instructor with 30+ years' experience in the industry.

With a positive "can do" approach, Janet travels to residential care homes throughout Hampshire, helping to improve the mobility & mindset of the physically challenged, the elderly and people living with dementia.

To enquire about the availability of these

sessions, please see contact details below.

In December last year, Janet gained an additional qualification in the Design & Instruction of exercise classes for Pre and Postnatal (PPN) ladies. She is keen to offer weekly PPN exercise classes to help ladies feel good about themselves & prepare for birth. In order to arrange the most suitable venue for PPN sessions, Janet needs to know how many ladies would be interested

in attending these specialised classes.

For further details about any classes, or to register your interest in PPN please send an email to jangl@btinternet.com or call / text 07540975094. If you leave a message please state your name and which classes you are interested in.

For PPN please advise stage of pregnancy (T1, T2, T3 or PostNatal) and the areas / days which would be most convenient for you to participate.

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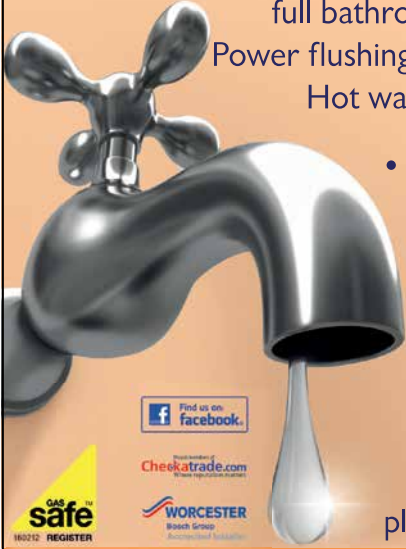


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