



MILLAND VALLEY NEWS

SUMMER | JUNE 2025 | No 175

The Moles are back Mark Keohane

Sunday 6th April saw a happy group of (I count) 26 villagers and valleyers and a number of canine companions set forth on something like a ramble through the local countryside for no good reason than 'it was there'. Actually, there was some purpose; it was an opportunity for folks to get out, get some exercise and meet fellow villagers and valleyers. And their dogs. This super Sunday stroll was organised by Caroline Powell, I'm sure with the help of others, as the first of what it is hoped will be regular community events held solely to promote and preserve the, well, the community.



Coming out of this inaugural push was a meeting of like-minded folks all keen to do their bit in the name of community togetherness. In a gathering at the Riser – where else? – on the evening of 9 May, it was proposed that the main event should be a village day next year. The date was even set:

Saturday, 6th June 2026. Put it in the diary!

This 'Millanday' (yet to be given a formal name but it's hoped it will become an annual event) is intended to be a day of fun and games, with personal picnics, perhaps some patriotism, maybe some music, and featuring food; likely not too dissimilar to the well-received Jubilee and Coronation events of recent years and perhaps with a hint or of Rural Fair. It's early days, of course, so the final format, activities and attractions are to be defined.

The purpose is not to raise money but merely to have fun, meet people, and bring us all together.

And the reference to moles? Some while back there was an organisation called the Milland Organisation for Leisure and Education. Some of you will remember it. It seems only right to resurrect it in light of this new initiative but with a slight modification; the Milland Organisation for Leisure and Entertainment.

Now then; these things take time and effort to make happen. Refer to my comments in the editorial. Volunteers one pace forward please. If you want to get involved and do something to help please make contact. You can contact Caroline Powell at mrscpowell@googlemail.com. Or me at mark@markkeohane.com. Come on: join in!. Let's keep our little community brilliant!

Milland at the Chelsea Flower Show Oli Carter

For the fourth consecutive year, we're exhibiting at the Chelsea Flower Show. Following last year's gold medal and "Best in Show" award, we have high hopes for this year's project.

This year, we had the pleasure of working on The King's Trust garden, designed by Joe Perkins. We created sculptural seating carved from giant oaks that fell in the Milland valley. The inspiration for these benches came from a dried-up bean pod, which beautifully aligns with the garden's message of nature's resilience in the face of our changing climate.

In addition to the benches, we crafted the entire garden boundary wall using offcuts from the sawmill. Be sure to watch the BBC coverage of the show – you might spot some famous bottoms enjoying our benches!

The village also has a strong presence in this garden, with the metal structure crafted by Sam Olgavey and a stunning copper water feature made by Richard Weaver.

Beyond our show commissions, we continue to create amazing outdoor spaces, including timber frame gazebos, outdoor kitchens, dining areas, and sculptural seating, all using local, sustainably sourced materials.



MILLAND VALLEY NEWS

is delivered free to every household in the parish of Milland and by subscription to other areas. Views expressed in *Milland Valley News* are not necessarily those of the Editor or of the Editorial Team.

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Advertising and flyers

Deadline for submission of advertising copy:

Friday 8th August 2025

Please note, ads are required as print-ready, jpeg images in one of three standard sizes. Help with preparation is available for a nominal charge. Please allow extra time when submitting if this help is needed.

Editorial deadline

Deadline for articles for the next issue:

Friday 8th August 2025.

Send copy for ads, articles and photos to Mark Keohane at
(mark@markkeohane.com)

Milland Valley News subscriptions

MVN is available by subscription for those outside the free delivery area. For details, please contact John Collier
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Community contacts (01428 unless otherwise shown) *If you know of any changes to these contacts, please inform the Editor.*

Milland Mem. Hall bookings:	Bookings Clerk,	07500 510709
	Chairman: Andy Haslam,	07887 721346
Borden Village Hall bookings:	Sara	07717 043817
	bordenvillagehall@gmail.com	
Redford Hall bookings:	Marion Hansford	07740 192951
Milland Parish Council:	Clerk: Viki Williams,	07792 498087
County Councillor:	Dr Kate O'Kelly,	07979 522299
District Councillors:	Brett Burkhart,	07876 594168
	Eleanora Newbery,	656941
Member of Parliament:	Andrew Griffith	
	email: andrew.griffith.mp@parliament.uk	
Rector for Milland and Linch:	Rev Trish Bancroft,	741285
Milland Stores:	Kriszta Sloan,	741066
Milland Sports Club:	Justin Whitehouse,	07752 658847
Milland Tennis Club:	Penny Small,	741271
Milland Valley Nursery School:	Jo Mealey	07876 260780
Hollycombe Primary School:	Head: Louise Pearce,	741332
Rake CE First School:	Head: David Bertwistle,	01730 892126
Model Railway Club:	David Pike,	07880 518628
Village Boules Club:	Colin Stopher,	741231
Wildflower Group:	Sue Strike,	01730 821783
Police:	Non-emergency: 101 (emergency 999)	
Liphook Herald:	Gabrielle Pike,	01252 899296
Power cuts (SSE):	call	105 or 0800 072 7282

Regulars at Milland Valley Memorial Hall

See also www.millandvillagehall.co.uk

(Please let the Editor know if your group makes any changes)

Milland Valley Nursery School: Monday –Thursday, 9am–3pm

Jo Mealey, 07876 260780

Yoga: Monday, 6.00 – 7.30pm Angela Thompson, 07961 127061

Yoga: Tuesday, 7.00 – 8.30pm Lorraine Grocott, 01428 741393

Pilates: Wednesday, 6.15–7.15pm Zannah Charman-Lambert, 07710 328844

Tap Class Thursday 6.00-8pm Gina Van Dyke

Pre-School Music Class 9:15am-11:15 am

Shirley Stump 07970 202473

Model Railway Club: Friday, 7.30–10.30pm, Committee Room

David Pike, 07880 518628

Ballet: Saturday mornings 9am-1.30pm Hilary Marston, 01730 266513

Community websites

Milland parish website:	www.milland-wsx-pc.gov.uk
Milland parish Facebook:	www.facebook.com/millandcommunity
Churches website:	www.beneficeoflinchmillandstedham.co.uk
Milland Memorial Hall:	www.millandvillagehall.co.uk
Milland Stores :	www.millandstores.co.uk
Milland Evangelical Church:	www.millandevangelical.org.uk
Milland Volunteers:	www.millandvolunteers.co.uk

Hello everyone. I'm just sitting down to start work on issue 175, while the sun is shining outside and the temperature set to hit the mid 20s today. I'm choosing to spend my Sunday in my little office and not outside in the sunny weather because people thank me from time to time for making the effort to keep the MVN going, so I know the time I put in every quarter is appreciated. And, of course, because I happen to think the MVN is a bit of a local institution worth hanging onto, and makes a little contribution to the community we all live in and enjoy so much.

I don't say these things to big myself up but to point out the importance of putting a bit of personal effort and maybe a little sacrifice into said community if we want it to remain one. My thoughts were prompted by recent efforts led by Caroline Powell and others, to encourage people to organise and participate in community events. On 6th April, Caroline led a community walk that was held for no other reason than to get out and get some exercise while meeting other people from the community. There's a short piece on this inside.

The community walk has spawned the formation of a new group to organise community events. This group, the new MOLEs, has the aim of keeping the community strong, perhaps even making it stronger, by finding ways to get people together to meet, enjoy each other's company and do good things. Note that it's not about fund-raising but about keeping this a nice place to be.

I've written more about this initiative inside, including an exciting idea for a community day on June 6th next year; an event in which support in organising will be most welcome. Please think about putting your hand up.

But my broader message here is simply this: if you don't normally get involved, please think about getting involved; not just in next year's proposed event but in any local organisations and activities from Parish Council to shop coffee mornings to cinema nights to the wildflowers group to bonfire night to church activities to Christmas lights to contributing to this magazine...and others. You'll meet people, make friendships and keep the community strong. Is that enough mention of 'community'...?

As resident village photographer, I was recently asked to go along to the Sports Club and take some photos of the work that's going on there to revamp the club, including freshening up the paint, planting a memorial garden and replacing the floor. More on this inside and another opportunity to help if you can.

I was also made aware of a sterling fund-raising effort by one of Hollycombe School's young students to equip the school with more computers. There is a piece inside on this, with details of how you may be able to help.

What a tremendous spell of dry and even warm weather we've had of late. I was thinking it can't last and that we'd be due a deluge in the way that these things even out. But then I thought, we had a lot of rain a while back... so maybe, with my optimist hat on, we are now actually in payback for that. Here's hoping. I know Ben is especially happy with recent meteorological trends.

And so, I'll wish you a happy and safe summer; safe travels on your hols, and I'll see you for the autumn edition in a few months' time.

Milland Community Litter Pick Viki Williams

Milland Parish councillors and local residents once again took part in another successful spring litter pick in March. Thank you everyone who dedicated their time and effort to this community event. Beyond the immediate impact of a tidier countryside, initiatives like this reinforce the power of collective action in fostering a sustainable and thriving environment.

What began years ago as an annual spring clean carried out solely by the councillors has now evolved into a community event. Each year we provide bags, litter pickers, and high-vis vests at the village shop for the designated weekend—typically in March—making it easy for anyone to get involved.

As we continue to see an increase in litter in verges and hedgerows, we are always looking for more support on these weekends. If you are interested in carrying out a litter pick please do email me for supplies, waste collection or to arrange adopting an area!

A special mention goes to Councillors Parker and Farley who tackled the stretch from North End Farm to the top of Cinder Lane, collecting an impressive haul of 21 bags—along with a pile of discarded car mats and wheel trims!

And last but certainly not least, I must thank the assistant clerk who enlisted two eager friends to help clear the recreation field with great enthusiasm.

Once again, a huge thank you to all who took part. **Together, we are making a real difference—one bag of litter at a time!**





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Clippings from the Clerk's cabinet Viki Williams

- After a lovely sunny start to spring (what a joy it has been to see the sun after what has felt like an endless winter) it is time, once again, to report on a busy few months for the Council and the community.
- I am very pleased to welcome back councillor Julie Pilkington who brings with her a wealth of experience and we are delighted to have such a knowledgeable councillor back on board.
- The draft minutes of the May Parish Council Annual Statutory Meeting (ASM) and the recreation field meeting have been placed on the notice board in the village hall car park and on the website.
- The Annual Parish Assembly took place at the beginning of April. I would like to extend a big thank you to Andrew Griffith, MP for Arundel and South Downs, for both his very informative talk and for answering a number of questions from the audience <https://www.andrewgriffith.uk/news/andrew-griffith-mp-speaks-milland-annual-parish-assembly>. The meeting also included a summary of the work of the District and Parish Councils over the year. The minutes, including full reports, are on the notice board in the village hall car park and on the website.
- The PC hosted another great defibrillator and CPR training session in May thanks to Richard from Surefire Training. Following the ongoing interest in these training sessions and because of the importance of them, we intend to continue to run them annually.
- The annual March spring clean took place at the end of March and thanks must go to all those that took part and to Chichester District Council Waste and Recycling team who cleared the bags away so efficiently once again. As noted in previous years the continued increase in litter is noticeable as traffic has increased and particularly worrying is the number of discarded alcohol bottles along the roadside.
- As part of the continued investigation into speed reduction throughout the parish I am pleased to confirm that the application for a reduction to 40mph for the B2070 has now been approved and should be implemented shortly; many thanks to the residents who worked so hard to get the application over the line. Cllr Morton continues to work relentlessly on the Borden Wood speed reduction which is now on the trajectory for public consultation.
- The last Milland Meet Up took place on 9th April 2025 and was again very well supported. The next Meet Up is due to take place on Wednesday 11th June 2025 10am -11.30am at the Milland Stores coffee shop. Chair of the Council, Cllr Myles, has emphasised the importance of these gatherings both as a means of providing face to face contact with Councillors and as a way of providing company for residents who may not have the opportunity to meet up with people on a regular basis. **Please do come along for free a coffee and a chat if you can.**
- It has again been another quiet few months for planning, but all applications and decisions have been recorded in the full council minutes. If you are considering a planning application and would like advice, please do contact me.
- Please refer to the website www.milland-wsx-pc.gov.uk for council and local information. Next full Council meeting to be held Wednesday 9th July 2025 at Milland Memorial Hall at 6pm.

Beware of wild fires

Fran Benson



During the hot weather in early May the fire brigade were called out to a fire on Chapel Common. Walkers were turned away as the brigade, with the help of a drone, assessed the extent of the fire and made plans to put it out. At that time, it was too early to say what had caused it but they suspected someone had dropped a cigarette on the very dry ground. [A warning to be aware of the risk of starting fires in the hot, dry spell. Which will probably be all over by the time you read this 😊 – Ed]

Milland Bonfire & Fireworks Distribution of Funds Update

John Collier

The bonfire committee are pleased to announce that they have approved a grant of £250 to Milland Boules Club to help them with the cost of repairing/renovating the boule pitches at Milland Sports Club. This, together with the grants listed in the previous edition of MVN, takes the total value of money distributed following the 2024 bonfire to £3450. Planning for the 2025 event, which will be held on Saturday 1st November, will begin very soon. If you are interested in getting involved in the long-term organisation of bonfire night in Milland, please let us know. Regardless of what skills you can offer, we will find a job for you. For further information please contact John Collier at jdcollier1955@gmail.com

The Bonfire Committee

Dave Allan, John Collier, Steve McKechnie, Jeremy Parker, George Quinnell, Justin Whitehouse

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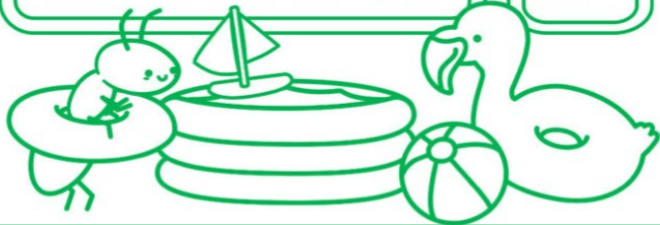
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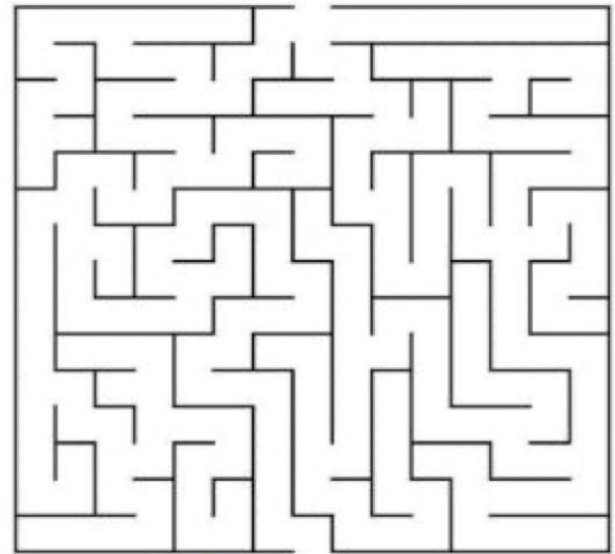
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Seaside Maze

Can you find a path through the maze from the crab to the sea?



Summer

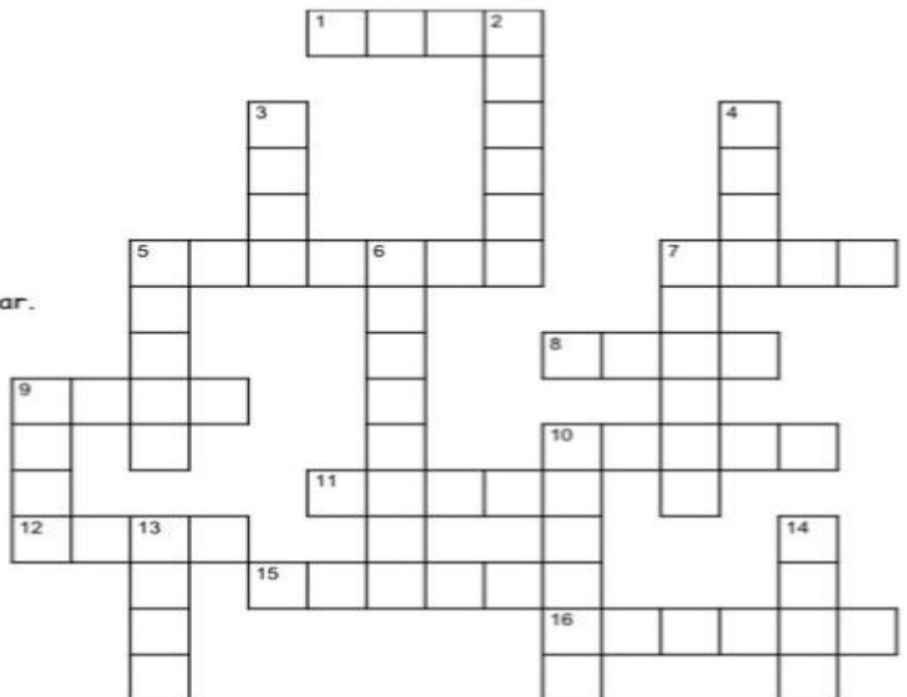


Across

1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.

Down

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.



SCHOOLS

Hollycombe Primary School

Has there ever been a better location for a school than that enjoyed by Hollycombe Primary School? The wonderful old school house, nestled at the end of a private road, surrounded by fields and rolling hills is the most sumptuous place to learn and work.

For those young people who have been at the school since the age of four, it might be reasonable for them to take the school location for granted – “Surely all schools are like this one.”

But we all know that this isn't the case and it is so imperative that we make sure they always appreciate not only this setting, but the environment in totality, and do everything in their power to sustain its future.

With this in mind, and with the weather improving, we will always strive to offer our pupils an immersive learning experience that makes the most of our amazing locality.

All our pupils enjoy outdoor learning in the local woodland as part of their 'Forest School', a remarkable opportunity for them to become 'one with nature' and develop an understanding of how to protect the land.

All classes are taking part in the Milland 'Potato Pot' competition and are vying to outdo one another when the weigh-in takes place in September. We've also joined forces with the #GrowingtoLove campaign and every pupil in the school has sown their own tomato plant – all vital skills in developing their futures as young citizens.

We use Milland village to develop our geographical skills, both physical and human, and enjoy an interactive trip to the local pottery. Our understanding of local history is also enhanced through studying settlements in the village, but we will venture further afield too.



Most recently, our 7-9 year old group travelled to Butser Ancient Farm to study life with the Vikings, whilst Eagles Class (our Year 5 & 6 group) will soon venture by train to London and visit the Maritime Museum in Greenwich, take a tour along the River Thames and enjoy a trip to the National Gallery – an exhausting day but one that will hopefully live long in their memories.

Of course, we mustn't forget all those in-school activities that make the summer term such an enjoyable (and exhausting!) one. Of course, there are national tests for our year 6, year 4 and year 1 pupils, but the excitement of Sports Day and our end of year musical production at Liphook Millennium Hall are true highlights of any school year.

Alas, we also have to say farewell to our oldest pupils, who continue their education journey at their chosen secondary settings. Let's hope that their time at Hollycombe Primary School will be one that is fondly remembered forever.

And as we get toward the end of another school year, the never-ending 'circle of life' at school continues to turn. No sooner do we have to say our fond goodbyes to our year 6 pupils, that we will be welcoming a whole new cohort of four and five year olds to Hollycombe, who, along with their parents, can start their new adventures at 'big school' with us.

It is certainly a busy time here at school, but we wouldn't want it any other way!



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Hollycombe School fund raising for new computers Aurelia Carter.

Hello. My name is Aurelia Carter, I'm nine and I go to Hollycombe Primary School. I have recently sent out letters to local businesses to fund raise for new computers there.

So far, Scott Labels kindly donated £150 and my sister Bodhi and I baked them some cakes as a thank you.

My dad's company, Oli Carter Adventurous Joinery have also donated £150.

My goal is to buy two new computers for Hollycombe Primary, or more if I can raise enough money. The computers we need are around £450 each.

Below is a copy of the letter I sent out to local businesses. If you can help you can contact my mum, Sally Carter. Her contact details are at the end of the letter. Thank you.

Hollycombe needs you!

Hollycombe primary school needs computers, can you donate?

Hello, my name is Aurelia and I am 9 years old. I am in year 4 and I go to Hollycombe Primary School, which is in a little village called Milland, West Sussex.

A bit about me

This is my first donation request that I have ever made. I am the only person doing this in the whole school, no one knows, no one ever asked me to do it. I want to support my amazing school as much as I can, my school and friends who go there mean a lot to me. I have always gone to this school and so did my dad!

Why I need your help.

Our school needs new or old computers to help children learn. Some children face learning difficulties such as dyslexia and dyspraxia and find it easier to type than write when doing English work. Along with that, we also learn how to use excel spreadsheets, google docs and how to make power-point presentations.

As the government has reduced funding it is hard for my school to get the equipment we need. I have a little sister who also goes there in year 3. There are 32 children in my classroom (we only have 16 computers).

When children get into ks2: (years 3, 4, 5 and 6) in year 4 they start to have a times table tests that go to the government. We practice for it by using computers and answering questions in 6 seconds on a program that all UK schools use.

Currently we can't all do this because there are so many of us, children struggle to share when doing a test, some have to sit and wait until another person is finished. If there is not enough time then those children sometimes miss out and have to do it another day.

Why should you donate?

Firstly, if you were able to donate to my wonderful school, it would not only make my dream come true but it would have an amazing effect on all the children in my school. I think my teachers would be so surprised and happy that I had done something about the situation all on my own (obviously my Mum is helping me find local companies to reach out to for help and will pay for my stamps - but all the rest is all my idea). I don't want anyone to feel left out or sad that they can't get time on the computers, which can slow their learning down. I have missed out many times before and it's not a nice feeling. So I want to make a change.

How can you donate?

There are a few ways you can help our school.

Do you have old laptops or computers that work, that you or your company no longer uses? You can send these to me!

My mum tells me there is a company the school uses to reset old computers and check they are in safe working order before they give them to the school children to use. This was done when Marwell Zoo donated a few old laptops.

You can buy and donate **BRAND NEW** computers!

You could donate money for us to buy new computers.

I think the school would love to take any laptop or computer.

My mum also tells me that if a company donates old or new computers, they can offset the VAT as a charitable donation. So if you do choose to donate new or old laptops or a donation of money to our school charity, either would be a win-win for my school and your business. (HPA Charity number 1109084)

You might even have time to donate before this tax year ends on the 6th of April (I have no idea what this means, but my mum told me to put it in).

I really appreciate you taking the time to read this letter. If you have any questions you can write back to me, any reply would be great!

If you donate, as a thank you I will write a big thank you and bake you a cake.

Thank you very much.

Yours sincerely,

Miss Aurelia A Carter

My mum is **Mrs Sally Carter** you can call her if you need more information.

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References & Portfolio available

Rake School Hannah Todd

Rake CE Primary School is more than just an educational establishment; it's a vibrant hub where curiosity is ignited, experiences are rich, with every term a new chapter in an exhilarating learning story. This school year has been a testament to this ethos, buzzing with an energy that has captivated pupils from the youngest Robins to the seasoned Kestrels.

The much-anticipated swimming pool reopening has generated ripples of excitement. As the days grow warmer, the promise of summer term aquatic adventures is a beacon of joy.



For our youngest members, the **Robins** (reception - year 1), the year has been magical. It began with a visit from a snow fairy in January. The sheer delight on faces as the children played in the fresh snow, catching snowflakes on their tongues, was a sight to behold. The enchantment continued with a captivating visit from Hawking About. While birds of prey soared, the silent grace of the barn owl and the agility of the kestrel, which the children were allowed to fly, stole hearts.

In the spring term, the Robins took a historical journey to Gilbert White's house. Learning leapt from the pages of books as they explored the grounds, discovering the array of fruits and vegetables cultivated. Inside, they delved into the past, studying the impact of seasons on food availability in that different time. Back in the classroom, the Robins thrive on free-flow

play – a dynamic environment where they nurture plants, express creativity through drawing, engage in imaginative digging, orchestrate a 'wedding venue', and concoct creations in the mud kitchen. Sunny days even see snack time become delightful picnics. The summer term launched them into an astronomical adventure with their "Space" topic, with an awe-inspiring visit to Southdowns Planetarium where they gazed at planets and moons, the International Space Station streaking across the projected sky. The visit has truly broadened their horizons.



Meanwhile, the **Sparrows** (year 2) boldly stepped into 'The Wild Side!' for their new topic. Their explorations were launched by a visit from Kevin, introducing them to four distinct birds of prey, complementing their class reading of "The Owl Who Was Afraid of the Dark" and allowing them to meet a real-life Plop the owl. Their historical inquiries introduced them to Gilbert White, uncovering fascinating local history – including his pioneering introduction of potatoes to the region. The children's engagement with nature was palpable through energetic bug hunts, thrilling treasure hunts, and secret bird watching sessions. In mathematics, the concept of weights became a tangible lesson as they embraced

their 'farm to fork' topic.

The **Jays** (years 3 and 4) embraced the glitz and glamour of their spring term topic, 'Lights, Camera, Action!' Diving straight into the fancy dress box, they struck poses, instantly becoming VIPs. A standout experience was a trip to The King's Theatre, where a backstage tour unveiled the rarely-seen magic and mechanics behind a theatrical production. As summer unfurls, the Jays are now delving into the world of 'Invaders and Settlers', the excitement building for their upcoming excursion to London.



Our senior children, the **Kestrels** (years 5 and 6), channelled their creativity, deep-diving into ancient history. They collaboratively sculpted a clay model of Medusa, meticulously researched and coloured depictions of Greek gods and goddesses, and made Christingles during a family worship session with Rev. Trish. The Kestrels' dedication shone through their independent Greek projects, culminating in a proudly presented museum exhibition for parents and younger children. March brought a memorable London expedition and the British Museum, where they marvelled at ancient Greek vases, deciphered their names in Greek, and tackled an engaging quiz. There followed an impromptu sightseeing tour, taking in iconic London landmarks. The summer term sees them circumnavigating the globe with their 'Around the World in 80 Days' topic, locating countries on the map, charting their travels, and exploring Rake's geography.

The excitement is far from over. The **Summer Fair on Saturday, 14th June**, promises a delightful day for the entire community, featuring live music, a tombola, a hamper raffle, classic games, a sizzling barbeque, swimming, refreshments, and a bouncy castle – all while raising vital funds for the school.

The crescendo of the summer term will be the school production of **The Keymaster on 7th and 8th July**. With rehearsals already in full swing, another show-stopping performance is anticipated.

The year's school journey ends with the poignant **Leavers' Service at St Luke's Church on 18th July**, a heartfelt celebration of the children's time at the school and a warm send-off for the year 6 pupils as they embark on their secondary school adventures. This follows an earlier, deeply-moving occasion where the year 6 children attended the annual leavers' service at Chichester Cathedral, their beautiful singing filling the historic space in a fitting tribute to their primary education. It has indeed been an extraordinarily busy and fulfilling year at Rake School. As the final term progresses, children and staff alike are eagerly looking forward to a well-deserved summer holiday, filled with reflections on a year packed with achievement, growth, and boundless fun.

VE day at Milland Valley Nursery School!

Jo Mealey

The children have been busy little bees preparing for VE day. We began by painting red and blue on white flags to make our own bunting! We also painted our own Union Jack flag where the children proudly asked for it to be hung on our display board in the hall. We made scones and enjoyed the with some Jam while listening to some celebratory 1940's swing music. We took a little walk over to Cartersland Corner and had a look at and learn about the beacon while listening to the last post.



Milland Valley Memorial Hall 200 Club

John Collier

The latest 200 club winners were:

March

- 1st prize Nick Doyle
- 2nd prize Chris Cotterell
- 3rd prize Julia Webb-Harvey

April

- 1st prize Pamela Anderdon
- 2nd prize Steve Bancroft
- 3rd prize Richard Foster

May

- 1st prize Robin Smith
- 2nd prize Georgie Cooke-Priest
- 3rd prize Mary Turton

It only costs £5 a month to join the 200 club. Over £250 of prize money is paid out every month and more members would mean even bigger prizes and more money being raised for the village hall. For more details or to download an application form, please visit our web site www.millandvillagehall.co.uk. Alternatively you should contact John Collier on 01428 741 225 or jdcollier1955@gmail.com

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I am currently offering a mixture of online and face to face classes.

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Tuesday
The Headley Pavilion
Yoga - 9.30am - 10.45am

Wednesday
Milland Valley Memorial Hall
Pilates - 6.15pm - 7.15pm

Thursday - Online
Pilates with Activation Bands
9.30am - 10.30am

Reiki, Yoga & Pilates

Contact

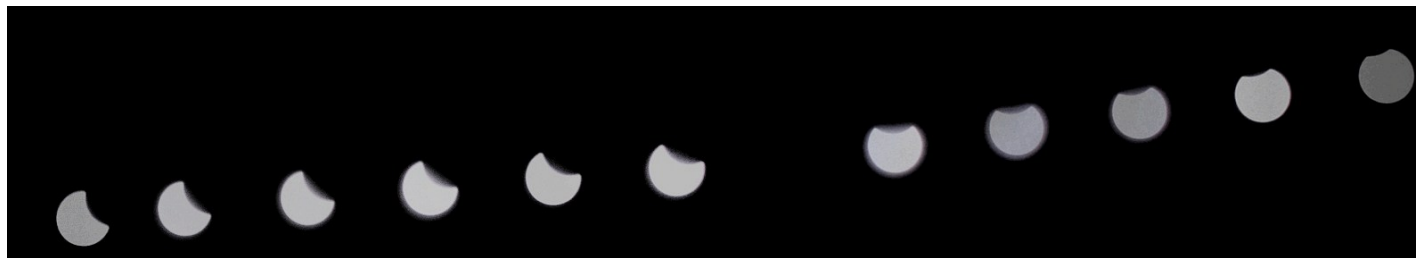
Zannah M. Charman-Lambert
on

07710 328844

or Email:
zannah.charman@hotmail.co.uk

ADVANCE INFO:
12 Aug 2026 almost total solar eclipse from UK – book good weather now!

See timeanddate.com



March 29th Solar eclipse Sequence – Exposures 5 mins apart. The Gap in the middle is because my camera battery went flat.

Partial Solar Eclipse March 29th

This fairly modest Solar Eclipse delivered respectfully thanks to the great weather. I set up my camera on the tripod and set my timer to take 1 second exposures at 5 mins intervals at f4.5. One may wonder why such long exposures of 1 second and fairly wide aperture. This is because the sun is so bright, you should not really be taking photos directly of it without protecting the camera sensor. I therefore have special film which looks like aluminium foil which I then put over the camera lens. This cuts down the light to a safe level.

I wanted to start sharing some ideas how to view solar eclipses in time for next year's spectacular event. Our experimenting on the front drive brought welcome interest from neighbours and we were delighted to talk about this cosmic wonder.

While I was doing this, my wife was experimenting with another safe method of creating an image by projecting onto a piece of paper through a pin-hole made in cardboard. A tissue cube box worked for this, but the image is rather small. She came up with a better idea using a cardboard tube with a cap on it, through which she made a pin-hole, and the other end capped with a piece of tracing paper. This was then pointed at the sun and the image could be seen on the tracing paper.

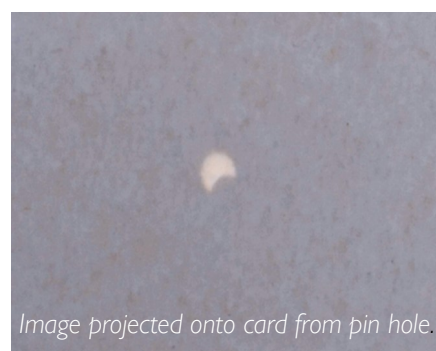


Image projected onto card from pin hole.

Remember that, on no time did we look directly at the sun through the tube as this can damage the eyes. It is also important not to look through the viewfinder when photographing the sun, as this is very dangerous. Only use the certified special glasses which are intended for the purpose.

Fernery and hemp *Val Porter*

Along the steep roadside banks in Chithurst Lane, there are all sorts of different ferns that I've never really taken much notice of, despite attempts by South Downs' Bruce Middleton to educate me long ago. But in April as I came down the hill I could see a couple contemplating the upward climb and inspecting the verge plants. It turned out that he was a professional botanist and was trying to explain the different newly unfurling ferns to his white-haired mum and her little dog (called Treasure). So I soon learnt about various Male Ferns, Buckler Ferns and polypody. He was most interested to hear that I'm in the middle of copy-editing someone's long and detailed book about hemp, the Latin name of which is *Cannabis*, and I've learnt all sorts about the plant's many centuries of history, both as a crop providing fibre for making ropes but also as one that produces substances used medicinally and 'recreationally' (yes, marijuana) and the legal complications involved in its production. Every now and then, it has been grown illegally in houses rented out to whomever, and the giveaway has been the sudden rocketing use of electricity to heat the indoor crop: SSE has been known to alert local house owners to the problem when they notice ridiculously high electrical use.

Not suitable for HGVs

Josie Dew

A car transporter wedged/reversing in Chithurst Lane removing several bits of tree with it! Jack and me met it on bikes. Poor driver. A Sat Nav mistake. Lots of very irate drivers piling up behind. I had to try and help direct reversing operations. Not easy when so many car drivers don't know how to reverse!



From St Lukes Milland 'The Church in the Woods'

As we ease into summer, the church, having experienced the sombre services before Easter and celebrated the joy of Easter Day itself, moves into May, a month of thinking about service and renewal, particularly with regard to the administration and organisation of the church and its' facilities.

This started with our Annual Church Meeting (open to anyone living in the parish) at which we elect our church wardens. They are elected from the congregation to be the officers of the bishop, representing people living in the parish and the members of the church, supporting the vicar in her duties, promoting unity and peace among the members of the church, ensuring that services run smoothly and the church and churchyard is cared for properly; in all this they are assisted by the Parochial Church Council, who are also elected at the Annual Meeting, along with those who will be part of the Midhurst Deanery Synod. The other officers confirmed immediately after the Annual Meeting are the council secretary, church treasurer and electoral roll officer. This year the electoral roll officer had a particularly onerous time as we had to renew our roll, or register of members, with everyone having to re-register.

We also remember our strong and important links to Rake Primary School and the work done there.

The meeting is also an opportunity to thank all those who have worked (and continue to work) to ensure that services run smoothly, buildings and grounds are cared for and the church is there in good order to serve the local community, providing a place for baptisms, weddings, funerals, services of celebration, such as VE80 Day, Christmas etc. and sadness, Remembrance Day, Good Friday and burials of family and friends.

So, we thanked many people at this years' Annual Meeting: those who set up and help serve communion, welcomers, sidesmen, bell ringers, cleaners, administrators, choir, organists, the number of people who are necessary to provide a church within a community, village or town is amazing and we pray the people will keep coming forward.

Copies of the annual report and accounts for 2024 are available in the church, or if anyone would like a copy, please email me: robireland52@aol.com.

As ever, the accounts do not make comfortable reading, with attendees and financial donations continuing to decline since Covid, and running costs continuing to climb we are losing £4,000 to £8,000 a year and reserves are looking thin; so, as ever, we are looking for ideas for fund-raising and seeking generosity from all who encounter, visit or think about the church; **'The Church in the Woods'**, your church, at the top of the hill on the old A3, come and visit, wander in the peace of the churchyard and look in at Tuxlith Chapel the original church building servicing Milland valley and all who lived there.

By the time you read this, we'll have had some wonderful services during May. On 25th we'll have celebrated Rogation Sunday, traditionally a Sunday for blessing the land and crops growing in the parish and walking the parish boundary, often beating fruit trees, especially apple trees, to improve their yield (who knows?) This year started with a short service at St Lukes Milland at 11.00am followed by readings and prayer at Iping Marsh churchyard, then a picnic lunch before a walk to Queens Corner (Titty Hill), from where most of the benefice can be seen, if not walked and beaten!

At the end of May (Thursday 29th) we celebrated Christ's ascension into Heaven with an 11.00am service and lunch at Linch.

Moving into June, and the 8th is Whit Sunday (Pentecost), the time when the disciples started their work of spreading the Christian Message; at which time, I always believe, SUMMER HAS ARRIVED, regardless of what the weather actually says!

If you would like to know more about our church and services you can go to the website www.beneficeoflinchmillandstedham.co.uk or send me an email at robireland52@aol.com and I can send you our weekly email from Revd. Trish with news, information on events and services etc. etc.

Have a wonderful summer.

Pip pip, Bob Ireland

Cartersland Green Wildflowers Sue Strike

After the beacon was lit for VE Day wildflower seed was sown beneath it – colourful annual wildflowers that only grow in disturbed, cultivated soil and not in grassland or meadows. These flowers evolved thousands of years ago on eroding rocky hillsides and crumbling cliffs. Cultivated fields suited them well and they became the colourful weeds of cornfields. Unfortunately, modern chemicals have largely eradicated these lovely flowers from the countryside and cornfields but any area of cultivated land which is not contaminated would support these valuable plants. They are all important in supporting insects which are pollinators and food for birds. This year you will see white Corn Chamomile, yellow Corn Marigold, common red Poppy, blue Cornflower and purple Corn Cockle flowering under the beacon.

Despite the extremely low rainfall in March and April, if you wander the paths, you will notice blue Camassia in abundance and contrasting bright yellow Meadow Buttercups. Ox-eye Daisies are in bud and the Cowslips have been flowering for weeks. 'No Mow May' introduced by Plantlife is now in its 6th year. It encourages you not to mow your lawn for a month to allow wildflowers to grow and provide vital food sources for pollinators like bees and butterflies. The campaign aims to tackle the decline in flower-rich meadows and enrich the biodiversity of our natural world. It's a case of changing the way we all think. Avoiding mowing means that instead of a dull monoculture of green, your garden will be thriving and full of interest. You will be amazed by the wildflowers that appear.



Some of the best moments on my bike have been the encounters I've had with complete strangers at the side of the road – encounters that I would have missed out on had I been flying along in a car or a bus, or a train or a plane. So much happens at the side of the road, and travelling by bike is the perfect speed to see and notice and become immersed in all sorts of unexpected experiences with people that otherwise I'd have never met.

There was the man sitting at the side of an empty mountainous road in Hawaii overlooking the bay and sea. As I cycled slowly towards him up the steep incline sweat dripping from my brow, I could see he was sitting at an easel painting a sweeping panorama of Kauai's lush green Hanalei Valley, the corrugated ridge of distant mountains and the tantalizing electric turquoise blue of the sea. All very lovely but the really intriguing thing about him was why was he wearing a paper bag on his head held on with a big bright yellow snorkelling mask? After he had got over the shock of me appearing at his side ('Jeez babe – you gave me one helluva scare there!' – he'd been listening to his Sony Walkman with headphones clamped over his paper bag head) he told me he was originally from Los Angeles ('you know California? – they say we're made up of the land of fruit and nuts!') and had once been a member of the Ku Klux Klan. As he scrutinized his fine artwork, he told me that, 'Whenever I paint the sea, I always wear my snorkel mask because it gives me more a feel for the water – more a feeling to express myself. Like a kinda sixth sense, I guess.'

Then there was the Lancastrian family. I was 21 and been away cycling 7000 miles for months around Europe. Norway is not only full of fjords but mountains. As I was cycling up what felt like my thousandth mountain pass high up in the Arctic and rounding my final hairpin before the summit, I was greeted with a lusty rendition of, 'She'll be coming round the mountain when she comes, tra-la-la!' sung to me at full volume by a family from Blackburn who had apparently passed me on and off for four days in their camper van and had decided to lie in wait for me. Touchingly they had a heartwarming and stomach-filling surprise up their sleeves. 'Ey up lass!' said a buxom woman called Beryl who presented me with a steaming bowl of Lancashire hotpot rustled up especially for me in their van, 'we thought yer could do with a hot meal inside yer like, for yer gallant efforts!'

Another mountain, another country. Japan this time. A man overtaking me several thousand feet up, brought his vehicle to a dangerously sudden stop on a narrow hairpin above a precipice. His precarious parking didn't seem to worry him. What did was the fact I might be dehydrated with my cycling up a never-ending mountain pass at the height of a suffocatingly humid Japanese summer. He had spotted me earlier, driven back down the mountain to the nearest drinks vending machine (they have banks of vending machines in the unlikeliest places in Japan), bought the whole contents and now showered me with can after can of drinks before daring to feel my thighs and declare me, 'Strong Bicycle Woman!'

After he'd sped off, I spent the next half an hour trying to cram all the cans into my already overloaded panniers by the end of which I resembled a mobile vending machine with towers of cans strapped precariously to the top of my load. Luckily, further up the mountain, I came across a gaggle of sun-beaten women digging in a deep roadside ditch (the men were casually leaning against the truck laughing and smoking). When they spotted me they exclaimed, '*Gaijin, ga!*' ('A foreigner!'). As the women were toiling away I felt this was the perfect opportunity to off-load my vending machine and hand out all the drinks they could drink. They giggled, they laughed, they slapped me on the back in womanly camaraderie and they squeezed my thighs and announced me as '*tsuyoi!*' ('powerful!').

Beside another ditch at the side of a hilly road, this one Berriedale in the Highlands, I met Malcolm Edwards ('Or Mad Malc as some call me,' he said). He was pushing an ancient semi-collapsing Silver Cross vintage pram from his home in Yorkshire to Land's End, then up to John o' Groats before pram-pushing back to Yorkshire to raise money for Mencap. A total of 1809 miles. I was currently on mile 1497 riding a wheelchair-bike (half a bicycle attached to a wheelchair) from Land's End to John o' Groats and on around all the islands of Orkney to raise money for Barnardo's children's charity. We sat for ages at the side of the road chatting and comparing our contraptions and experiences. Protruding from Malc's pram's starboard bow was a long stick with an old yellow duster attached to it. 'It's to make sure them bloody drivers give me space,' he explained.

A few weeks ago, I received a message from a man I didn't know. He was called Craig. 'Hi Josie,' he wrote. 'I thought I would just let you know about 30 years ago I walked from Land's End to John o' Groats. When I was in Glasgow I was in a bookshop and your book *The Wind in my Wheels* caught my eye which I started reading in the evenings after walking all day. When I arrived in Inverness, I was in my tent reading the bit in your book about Malcolm Edwards pushing his pram. Suddenly there was a commotion outside my tent, a bit of swearing and coughing, someone was putting their tent up late at night beside me.

The next morning I was interested to see who was making all that noise and low and behold it was Malcolm. He was everything you described in your book and he remembered you on your wheelchair-bike. We formed a friendship that lasted 30 years. Malcolm did everything in life the hard way. I just wanted to let you know that sadly Malc died last Friday. After you met him he carried on doing his mad walks for years. He was one of life's great eccentrics.'

Mad Malc was just one of hundreds of wonderful people I've met at the side of the road on my bike. Hopefully, there are hundreds more to come.



Riser Puff

Landlord Ben Burston

Hasn't it been nice? After the wettest two and a half years since 1834, we've had two of the driest and sunniest spring months ever. Everyone knows this is good for the hospitality trade. And that's how it's been. Thank you, weather gods.

Whenever spring starts like this, I convince myself that it will last, and we'll have a fantastic summer. Thus, we are already in 'full summer' mode, at least a month ahead of recent years. With this blind faith, I have leased a twin tank frozen cocktail machine and early signs are that the margarita is the go-to frozen cocktail, closely followed by the strawberry daiquiri. We've got purpose-made premium mixes and the results are amazing. When the sun is blazing it is literally the next best thing to a plunge pool! Check them out.

While we're on the subject of good weather, I would like to comment (more in hope than expectation) on the way bookings drop off during the summer while total covers rise, i.e. more customers become 'walk-ins'. This is evidentially because guests believe they'll easily get a table if they eat outside and so question the point of booking. While this is frequently true, making a reservation serves a much more important job; it allows us, the hosts, to manage our bookings through the shift which in turn leads to better, steadier service and the best possible output from the kitchen. It's a tiny bit frustrating that guests will book a rainy Sunday lunch in February but won't book to eat at 1pm on bank holiday Monday. We're super-grateful for all the support, however it comes to us, but it is more challenging unannounced!

We are continuing some of the promotions started at the beginning of the year. Wednesday night remains Burger Night and you can now have two cheeseburgers (served exactly as on the menu) for £20 (with sides extra). Steak & Pie Nights will return during the quieter months.

Our new-ish weekday Light Lunch menu has proven to be very successful and has certainly hit the mark with our lunchtime regulars. For those yet to (under) indulge, the offer comprises two courses, each at least starter size, a soft drink and any tea or coffee for £20.

Later in the summer holidays (Friday 22nd to Monday 25th August; four screenings) - we are repeating cinema in the garden with The Living Room Cinema. The events proved to be popular last year, with room to build on entertainment, theming, food and drink. Movies and plans to be advertised soon.

Beyond that, we are getting more birthday parties (so many 40ths this year!), weddings and private dining bookings than ever before. The lodge creates a great winter space but it's even more perfect in summer as every garden party has a wet weather space (not that we'll need it this year). Hiring of the back garden and lodge is free with a barbecue/food package. Remember we do events off site too. Email me, ben@risingsunmilland.com to start a conversation about your event.

That's it. As ever, please visit our website www.risingsunmilland.com for online reservations, menus, information, takeaways, outside catering. Follow us on Instagram and Facebook. Call 01428 741347 if you're lonely (ask for Hugo).

I've managed to leave mention of NICS, minimum wage and business rates rises to this very last sentence, and I'm barely moaning. Well-done me!

Cheers, Landlord

Redford Village News

Kate Hearle

A decision notice for the St Cuthmans site planning application was issued in November 2024, following on from the committee approval on 12th September 2024. The consent is for 21 residential units, 10 of which are within the main Richard Norman Shaw mansion (Wispers) which was extended (rather unsuccessfully) by the Duke and Duchess of Bedford in the late 1920s. In addition, the two existing cottages (which pre-date the mansion) are to be refurbished and modestly extended. The remaining nine units are new build.

Many of the local residents remain nervous about the increase in traffic which will inevitably occur along the two single track access roads.

Redford Village Hall's Saturday market continues to thrive with record attendance and sale of tea, coffee and bacon rolls in the recent May market. Redford Village Hall hosted a "Redford Ramble" on Sunday 4th May, masterminded by Penny Caulfeild. Starting at the Village Hall, we split into two walking groups which went opposite ways round a circuit of interesting local houses and gardens which folk had kindly allowed in a very welcoming manner. A very interesting tour of the East end of Woolhouse Farm with Ian Pierce and Christabel Barran, a quick glimpse of the Duchess of Bedford's aeroplane hangar which is undergoing conversion and restoration, very welcome refreshments at Pound Farm with a really interesting tour of house and farm with Kate Boxer, a delightful stop in Alex and Matnor Mickle's fabulous garden, via Marion and Paul Hansford's spectacular view and garden, then on to Hooklands for another really interesting house and gorgeous garden and so finally back to the Village Hall for tea and cake. Of course half the group did this in reverse! I think people really enjoyed the walk and all the stops and the generous way in which the owners of house and garden welcomed us all. It will be repeated no doubt, so if anyone would like to add a different house or garden to the tour, please let us know.

We have all enjoyed some fantastic weather this spring and long may it last, although now the frost has returned just in time to kill my optimistically early plantings of French beans; let us all hope that there will be more warm weather to look forward to, and perhaps some much needed rain.

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Milland Stores Update Jack Gratton

By the time you read this you will have hopefully enjoyed my favourite time of year, late spring. By now, Slade Farm in Rogate will be supplying The Regal Spear, the crown jewel of spring, asparagus.

Every spring, from late April through June, a green (and sometimes purple or white) treasure emerges from the soil in Rogate. It doesn't glitter or shine, but to chefs, foodies, and farmers alike, English asparagus is nothing short of royalty.

A short but sweet season

What makes English asparagus so special? First, it's all about timing. The asparagus season is famously short—usually no longer than eight weeks. This fleeting availability creates a kind of cult status. When it arrives, it's like a green signal to welcome spring. Restaurants feature it prominently on menus, home cooks race to the markets, and Milland Village Stores proudly stacks fresh bundles, often still dewy from the morning harvest.

Grown with patience, picked with precision

Unlike the imported asparagus found year-round in supermarkets—often flown in from Peru or Mexico—English asparagus is grown with a deep respect for tradition and terroir. The sandy, south facing soils of Rogate are ideal for growing thick, sweet spears with a unique nutty flavour.

Slade Farm take years to nurture a field before it's ready to yield a strong crop. Once harvest begins, spears are hand-picked daily, often in the early morning, when they're most tender. It's labour-intensive work—but the result is a vegetable that needs little more than butter and salt to shine.

English asparagus is often described as sweeter, more intense, and more tender than its global counterparts. While imported varieties can sometimes be woody or bland, the local version has a snappy texture and grassy, earthy flavour. It's no wonder the British prefer it boiled briefly, grilled, or roasted—allowing the spear to speak for itself.

Chef Raymond Blanc once called English asparagus “the best in the world,” and Michelin-starred menus across the country build entire dishes around its fleeting presence.

Asparagus in culture and history

Asparagus has been cultivated for over 2,000 years, but in Britain, its cultural significance is particularly strong. The Vale of Evesham even hosts an annual Asparagus Festival, complete with an “Asparagus Run” where the first crop of the season is delivered ceremonially to the Prime Minister. This isn't just a vegetable—it's a national icon.

In old English folklore, asparagus was thought to have medicinal properties, from curing toothaches to improving love lives. Whether those claims hold water or not, modern science does praise it for being rich in folate, fibre and antioxidants.

How to enjoy it

The golden rule: keep it simple. Fresh English asparagus doesn't need heavy sauces or complicated recipes. Steam it lightly and serve with hollandaise, wrap it in prosciutto and roast it, or toss it on the barbecue with olive oil and lemon zest.

And if you can get to Milland Stores early enough, Eat it raw. Just snap and snack—it's a revelation.

Asparagus is just one of our locally sourced treasures. In future articles, I'll feature the great work James Gilboy and family are doing at Downlands in Bramshott. Here they are creating a haven of organic loveliness, currently we only have their free-range eggs but look out for Venison and Beef when it becomes available.

Ed's veg is another great triumph, grown locally at Great Fen Farm it really does taste better and has not travelled miles!

Other Exciting news

A new ping pong table was installed next to the shop, paddles (donated by Oli and Sally Carter) are available to borrow from the shop for a small fee/deposit.

Seasonal favourites are back: Starting with the locally grown asparagus and Ed's famous lettuce bags, we will have more and more locally grown seasonal veg. We are also well stocked with locally produced charcoal, ice creams and we also offer iced drinks in the cafe again.

We have had some really lovely reviews from our customers, and we noticed that more and more new customers are visiting us. For us to keep up with the increased demand at our usual high standard, we are desperate to have more volunteers. Please get in touch if you have a couple of hours a week to help.

Our cafe offers a wide selection of lunch items Monday-Sat from 11am-2pm. On Wednesdays we start serving food/ breakfast from 9am

Dates:

Wed 11th June from 10am Milland Coffee morning

Wed 16th July from 10am Carers' coffee morning

Breakfast menu every Wednesday from 9am



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Milland Stores – price comparisons

(Prices are correct as of 9th May, and do not include offers e.g. Nectar Prices)

	Milland Stores	Sainsbury's
Sparkling Water in Glass Bottle	£1.50	£1.50
Lipton Ice Tea 500ml	£1.35	£1.85
Cawston 1 Litre Apple Juice	£3.40	£3.35
Granulated sugar	£1.45	£2.80
Oatly Barista 1 litre	£2.35	£2.20
Filipo Berio Balsamic Vinegar 250ml	£3.25	£2.99
Carex Handwash	£1.49	£1.50
Fairy Liquid 320ml	£1.29	£1.00
Extra Peppermint Chewing Gum Tub 46s	£2.50	£2.50
Kit Kat Chunky 4s	£1.50	£1.85

VE Day 80 – 8th May Jeremy Parker

Milland's celebration of the 80th anniversary of the end of the Second War in Europe began – a few days early - with a party in the Riser, at which we enjoyed a modern version of war-time beef hash, skilfully and deliciously created by Ben and his team. Music of the era was complemented by an impressive series of newsreel clips from 1945, compiled by Gerald and Helen Sommariva. Thanks to them and all who came to the party; there was much swapping of family stories of the War.



The more serious element of the celebration took place on the actual anniversary – the 8th May. The beacon on Cartersland was lit as part of a nation-wide chain of over 1,000 beacons and bonfires and our Rector, Trish Bancroft, led the crowd in prayers of thanksgiving for the peace and freedom won for us by the courage and determination of the many millions of men and women from all over the world who participated in the defeat of Nazi Germany. It is a great tribute to their victory that we have been able to enjoy peace and freedom in Western Europe for 80 years.

We should also celebrate the wisdom and foresight of the politicians of the time, who, with victory not yet won, turned away from the principle that “the aggressor must pay” and devoted great effort and vast sums of money to rebuilding economies and democratic institutions in Western Europe. We owe them a great debt too. In their broadcasts to the nation and countries of the Commonwealth and Empire, both King George VI and his Prime Minister, Winston Churchill, made it clear that much hard work still lay ahead to secure the peace.

The silver-haired among us will remember stories told of war-time by grandparents, parents, uncles and aunts; some told with pride, others coaxed out with great difficulty or only discovered when clearing out an attic after their death. I would urge you to treasure those stories – the old photographs; the letters, the campaign medals - and make sure that they are passed on to future generations. Remember that it was our flesh and blood who, in a myriad of different ways, brought about victory and thus gave us the freedoms we now treat as our right. They were hard-won and we forget that at our peril.

This year will be the last significant anniversary in which those who fought in the War are able to participate. In these troubled times, with wars raging in Ukraine, the Middle East, across Africa, in Burma and with tensions running high elsewhere, this anniversary reminds us not only of the risks and human costs of war – but also of the importance of standing firm in the face of aggression – and in supporting those who find their freedoms under threat.

A Grand Village Hoedown! Andy Haslam

A little corner of the Mild-West arrived in Milland on the evening of 10 May courtesy of the inaugural Hoedown at the Hall. A most splendid time was enjoyed by a sellout crowd who drank, danced, hooted and hollered and ate delicious chilli by a log fire.

It was a truly lovely evening where so many villagers, friends and guests came together to try their very best to keep up with the directions of the dance caller. As you can imagine there was a full range of skills and abilities on display with many of us forgetting how to count to 4 and which side was left or right. A memorable quote from the caller was 'this is a horror show' but with so much laughing and twirling around none of us minded in the slightest.

Our grateful thanks goes to all who pitched in and worked tirelessly to make it such an amazing night; from the catering, bunting and lighting to the inflatable cacti, picture frame, bar and Shetland ponies! So many people made this event a success.

I will take the opportunity for a couple of particular mentions, Matthew Pike for his very generous donation of the auction prize; Sam Ogilvy for his incredible woodworking; and finally the indomitable Claire Beattie who has set a very high bar as our Milland Village Hall Committee Social Experience Ambassador. Well done Claire, you gave us all memories of a lifetime. Watch this space for more events over 2025 and into 2026.



Burnout and the Stress Response: A Path to Healing Through Acupuncture

Esther Holford

As an acupuncturist with 15 years of experience in a busy London clinic and a home clinic in Liss, I have the privilege of treating people from all walks of life, each facing a variety of health challenges. From pain and digestive issues to emotional distress and burnout, I focus on addressing the root causes of their symptoms.

One of the most prevalent issues I see in my practice is anxiety and burnout, with the numerous physical symptoms that it causes. Most people have experienced anxiety in their life but when this happens over an extended period the nervous system becomes dysregulated and physical symptoms start appearing. This often causes more anxiety, leading to further symptoms.

Most people are surprised at how powerful the stress response can be. I experienced this disbelief myself a decade ago after a traumatic experience left me with shaking, dizziness, headaches and sickness for months. Even as a holistic therapist, I couldn't believe that such physical symptoms didn't originate from something terrible. This whole experience led me down the path of training in trauma and nervous system healing which now helps my patients.

Our nervous system is designed to help us survive. It is divided into two primary systems: the "fight or flight" response (an immediate, powerful reaction to perceived threats, preparing our body to take action), and our "rest and digest" system which helps us restore balance after periods of stress. If stress is extreme we can even drop into a shutdown state (eg fainting with shock).

When we face chronic stress, imbalance between these can lead to a host of symptoms: exhaustion, anxiety, sleep disturbances, and a general sense of doom. Many of us find ourselves stuck in a perpetual state of fight or flight, contributing to burnout.

Our stress response has ancient roots. Early humans needed awareness of potential threats in their environment, whether from predators or natural disasters. They relied on a heightened state of alertness for survival. Faced with a threat, the body releases adrenaline and cortisol, activating fight or flight, and preparing the body for action.

This remains essential for survival. The types of "danger" we now encounter are often psychological or social, not physical. Yet our bodies still react in the same way, flooding our system with stress hormones in response to modern challenges like work pressure or financial worries. Over time, these constant stress reactions can wear down the body and lead to the burnout that is common today. Modern phenomena such as the 24/7 news cycle and social media algorithms are a continuous danger cue.

Unfortunately, we are less often exposed to the safety cues that help to balance the stressed state. While our ancestors might have found safety in community or shelter, modern life often isolates us and disrupts these vital cues. The absence of these safety signals can make it harder for the nervous system to settle and recover, leading to persistent stress and the risk of burnout.

Acupuncture can play a significant role in helping to regulate the nervous system. Targeting specific points on the body, acupuncture activates the rest and digest state, helping recovery. When acupuncture needles are gently inserted, they stimulate the release of neurotransmitters like endorphins and serotonin, helping soothe the nervous system.

While acupuncture is a powerful tool, it is only part of the solution.

Simple practices like deep breathing, exercise, guided meditation, music and nature can all help to activate the parasympathetic system and bring a sense of safety to the nervous system.

To truly regulate the nervous system, we need to consciously bring cues of safety into our daily lives to counter the cues of danger.

This involves creating moments of relaxation, finding community and connection, and nurturing our sense of belonging. One of the great things about Milland is its vibrant community. Research has shown regular even brief social connections can positively impact our sense of safety and overall health.

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Neighbourly ones Val Porter

I first came to live in Milland in 1981, caretaking various houses, but finally in 1986 bought my own cottage, which is still my home today. When I moved into it, my neighbour renting next door from the farm had two young boys, aged about 12 and 14. A while later her life changed radically when she married someone whose family owned half of Rutland. Since 2019 her eldest son has been headmaster of a huge and successful independent co-ed school in Ely (one of the oldest schools in the world). The 'boys' and their mother intend to revisit their old haunts at the end of July. I very much look forward to catching up, and wonder if I'll be able to recognise the boys?

Another 1976? Val Porter

The lack of rain recently has turned the soil into concrete and dust and it reminds me of the great drought of 1976. At the time I was living at Tismans Common, near Bucks Green, where the land was heavy clay and the results of the drought were pretty spectacular. It also happened to be the year I actually saw a hoopoe in my Tismans garden (I've since discovered just one official record of a hoopoe in the UK that year, in Kent).

At the time I had two Jersey house cows and my own little milk round down the lane into the local hamlet. But the lack of rain meant a brown field with lack of grazing for the cows, and I had to graze them on the headlands surrounding the local landowner's crop fields, with nothing but string to stop them straying into the crop. Luckily the cows assumed the string was electrified.

That year had a major heatwave for two months (late June to late August, with Southampton seeing 96.1F, or 35.6C, on 28 June) as well as the very long-lasting drought. The government's new Minister for Drought, appointed in the last week of August, imposed hefty water-use restrictions just days before September burst into very heavy rainfall indeed and we had flooding all over the place for the next two months.

That was nearly half a century ago. Today the lack of rain in April is making its mark. Crops in what I call the prairie

(crop fields to the west of Cooks Pond Road) had already failed and in April the fields were sprayed and then ploughed into great wadges of clay, hoping that there might be some rain soon to allow them to be harrowed and sown to cereal crops. So far (first week in May), they remain rough-ploughed. The local grazing is getting scarce enough to cause a lot of concern to sheep farmers, who have already had to give supplementary feeding to their flocks because the grass simply isn't growing.

Local birds are also worried. Worms are but a distant memory, which is unfortunate for the several blackbird families that use my garden. I have had at least four pairs of blackbirds raising young in the garden this year and they've been begging for dried mealworms to feed their nestlings. The nestlings, three or four in each family, have successfully fledged and they, too, are now begging, while the various parents squabble vigorously over territory and are already producing more nestlings. Apparently blackbirds are in trouble in urban areas with a disease that is decimating them in some places. So far, the more rural areas are disease-free.

Late April also saw quite a lot of 'lings' in Milland – mallard ducklings and Canada goslings are enjoying themselves on Cooks Pond, Durrants Pond and elsewhere.

I heard my first local cuckoo on Easter Monday (21 April) but the calling has been spasmodic since then. Swallows arrived too but so far in very small numbers.

Trot and Chit Val Porter

If you live in southern Milland, you might be interested in the many activities lined up just south of the parish boundary, in Trotton-with-Chithurst (and Rogate). For VE Day there was a 1940s exhibition in Rogate church for a week and on 8 May they had 'Light a candle for VE Day' in St George's church. In May there was a MyBus outing to Bosham and an ERA talk on wastewater research in the Rother catchment. Later MyBus outings include Hayling Island and Arundel. June events include a Rogate Rogation walk and tea, and on 6 June a BBC Any Questions session in Rogate village hall. On 17 June there is a Rogate Choral Society concert at St Mary's Liss and on 5 July there is a community BBQ and picnic in the wildflower meadow. Trotton fete and duck race take place at the Old Rectory on 6 September. At its annual parish meeting on 9 May they launched their new community association, the Trotton Area Support Community association, or TASC-force. Full details of Trot & Chit events are on the parish council website, trotton-with-chithurst.org.uk

Weather Stats John Gilliard (courtesy of the Pollards weather station)

February 2025

Highest Temperature	14.55 deg C	22 nd
Lowest night temp.	-3.6 deg C	3 rd
Strongest wind	21 mph	24 th
Highest daily rainfall	27.6 mm	24 th
Monthly rainfall	113.9 mm	

March 2025

Highest Temperature	20.0 deg C	20 th
Lowest night temp.	-4.9 deg C	4 th
Strongest wind	21 mph	30 th
Highest daily rainfall	2.0 mm	21 st
Monthly rainfall	7.8 mm	

April 2025

Highest Temperature	25.7 deg C	29 th
Lowest night temp.	-1.7 deg C	8 th
Strongest wind	22 mph	16 th
Highest daily rainfall	18.5 mm	23 rd
Monthly rainfall	26.4 mm	



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Real Milland Jerry Clapham, Secretary, Milland FC

Once again the season has finally finished. Safe to say it has not been our finest year! We finished rock bottom of division 2, which was very disappointing. The players we have in the squad are much more capable than the results we achieved. Again a very disrupted season due to the very wet weather restricting any continuity in the team.

On the positive side the squad are happy and looking forward to next season, And the football played by the team has been very good at times.

We are looking to add new players to the squad, especially those with good Saturday availability.

Milland FC would like to thank our sponsor CGS Civils who this year supplied new nets (shame we couldn't get the ball in there often enough!) We are looking for individuals or businesses who would be prepared to sponsor a match ball for next season (approx £40) we need at least four for a season.

We are aiming to start the new season with a positive attitude and vigour. With that in mind we have had a good response from volunteers on the bank holiday weekend, clearing and cutting back years of growth around the ground, fixing the stiles into the fields and doing a tremendous amount of work to the clubhouse, including replacing a totally rotten floor, trying to nurse it through another year or two! We've also made a memorial garden, with a bench on order. So a big thank you to all that have helped. There are some pictures below.

Also a huge thanks to the management team behind Milland FC who have worked hard in difficult times this season; Alex and Matthew joint managers; Steve Bancroft as chairman; and of course Justin who has done a great job as groundsman, supported by Sam Moulding.

A short four-week break before we start pre-season, fitness and friendlies. Do come along next season, watch a game and have a drink after the match.

Finally we are still looking for an electric range cooker if anyone is upgrading. 🙄



Milland Tennis Club by Mark Dumas

At the beginning of May, we launched The Milland Tennis Club website. This makes it easier to book courts. The system is sponsored by the Lawn Tennis Association (LTA) and is used by over 1,000 tennis clubs throughout the UK. Details and links were sent to all members. Non-members and those wanting to play on an ad-hoc basis can, subject to availability, go to the Village Shop and book on line after a simple registration process and paying the relevant fee.

The website <https://clubspark.lta.org.uk/MillandTennisClub> provides useful information on the club. For coaching, Richard Hopp provides lessons for all ages and abilities. Junior after school tennis runs on Tuesdays to October during term time and caters for children from YrR upwards. There is also a summer tennis course during the week of 4th August. Adult coaching is available. For more details see our website.

Some dates for your diaries:

- We held two successful roll-ups in April and May. More are scheduled for Tuesday, 3rd June; Tuesday, 1st July; and Tuesday, 9th September. We are not holding one in August. Roll up from 6.15pm. Afterwards we move to *The Rising Sun* for some refreshments and possibly a meal.
- Emma Timberlake is coordinating a mixed internal competition for our members. She will also manage our annual mixed doubles day on Sunday 21st September. The day includes an excellent bar b q lunch at the pub. Non-members are welcome but must be partnered by a member. Emma's email is etimberlake@rocketmail.com
- On Friday 21st November our social team are again organising the annual Quiz Night at *The Rising Sun*. It is always a sell-out; great fun and the profit will go to local charities. Contact Tessa to reserve a table - rtcbmountain@hotmail.com

Anyone wishing to join the Club is most welcome. Please contact our membership secretary, Lizzie, on millandtennisclub@gmail.com or by visiting our website.

I am always happy to hear from anyone interested in the tennis club and our various activities. mark@dumas.be or 07971 087305.

Hoopoe

Thanks to Mark Dumas for sending in photos of a Hoopoe spotted in the Valley.



Shout out

Liphook Cycles Mark Keohane

The arrival of warm, dry weather brought out an urge to treat myself to a new mountain bike. I went to Liphook Cycles, which I'm sure many of you will know, and they took very good care of me. So big thanks to Trevor and Nigel for their help and expertise.



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The hoax of Tuxlith Chapel Paul Strike

For four hundred years the chapel at the top of Milland hill was Milland chapel. A simple one-roomed cell, the private chapel of the Bettisworth family who built the chapel on earlier foundations. A private chapel is for the creators' use and their family, for prayer and contemplation and there was never a permanent priest, nor graveyard assigned to it. The Bettisworths and then the Stuarts who later lived in Milland Place were compelled to attend their parish church of St. Luke's, Linch for divine service, festivals and for the registrations of baptisms, marriages and burials. Their names are all there in the Linch parish register.

At least, they were until 1948 when a mischief-maker renamed Milland chapel, Tuxlith and assigned all the early registrations of Linch, from 1581, to the hoax chapel of Tuxlith. Has anybody ever thought why the old parish of Linch, mentioned in the Doomsday book, only has a register starting from 1701 and questioned how Tuxlith chapel came into existence?

After the Bettisworths and Stuarts, Milland chapel became a chapel of ease for the community that had grown around Milland Place. It became St. Luke's chapel and was used until 1700 but was, by then, in need of serious repair. The villagers asked Peter Bettisworth to repair and rebuild Milland chapel which he did over the space of twelve years. There was no reason to build a new church as St. Luke's was still standing as it had been for five hundred years. In 1700, its rector was Henry Baker, who was still being paid by the church patron, Viscount Montigue until his death in 1738. So, in 1712 Milland chapel was repaired and rebuilt for worship but not for divine service. Divine service was also not heard at St. Luke's church which is why, in 1948, the mischief-maker renamed Milland chapel Tuxlith and assigned it the old register of Linch parish as its dishonest register.

What confusion and trouble Tuxlith has caused researchers and historians. Does Tuxlith even exist? Yes, it does but is spelt differently.

Tuxleith is an old cottage close to Trotton church, five miles away from the hoax chapel of Tuxlith.

So, can the name Milland chapel be restored? Can the Linch register be rejoined and made complete?

If you visit West Sussex records office in Chichester there are two registers a few inches apart. One is fake and the other is missing its early registrations. There has never been a parish of Tuxlith nor a church, so how can it have a parish register?

Tuxleith, near Trotton



An Introduction to Liphook and Ripsley Cricket Club Steve Barrett, Chairman

It's possible you don't know about Liphook and Ripsley Cricket Club. Formed in the 1800s and originally based in Liphook, the main ground is now at Ripsley Park which is situated on the Portsmouth Road (B2070) between Liphook and Rake. The scenic Ripsley Park has been the club's main ground since 1977 and its ties with Milland have been strong over the years, given the ground's proximity to the parish (less than 2 miles from Milland Memorial Hall).

Nowadays we have a vibrant cricket community with nearly 400 registered members. The club has a thriving youth section, 3 adults league teams who play Saturdays, a midweek team who play friendly cricket and a women's team. The club put itself on the cricketing map when it reached the National Village Cup Final in 2018 and although we did not manage to win, losing to a team from Yorkshire, it was a memorable day playing in front of over 2,000 people.

The first team plays in the Southern Premier League, Division 2, a competitive league where you may come across former first-class cricketers. As testament to the infrastructure in place, Liphook and Ripsley itself has nurtured talent and produced its own first-class players along the way, even a full senior international player!! Although he was a under-19 New Zealand player when he joined us!

The second team plays in Hampshire League 4D and the third team plays in the l'anson League which prides itself in having all its members within a 12-mile radius of Grayshott town hall, which means all games are very local. The thirds themselves play their home games at Stedham, only a four mile jaunt if you wish to take the Iping Lane route.

Finally, our ladies' team, who also play in the l'anson League, is growing as more girls go through our youth set up and the game becomes generally more popular.

We welcome players of all ages and backgrounds so please get in touch and we can direct you to the appropriate training nights during the summer and winter. We also welcome supporters with a bar, a friendly atmosphere and a growing social scene. We can be found across most of the social platforms and always interested to hear from anyone enquiring about the club to include sponsorship opportunities. You can contact me on [07894 899 728](tel:07894899728).

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