

DATES FOR YOUR DIARY

JUNE

- 2-5 Flower Festival at St Andrew's Church (p. 24)
- 4 Sydenham Fayre, 12.30-4.00pm (p. 25)
- 8 Parish Council Meeting, Aston Rowant Church (p. 12)
- 9 Coffee Morning, Sydenham Old School Rooms (p. 43)
- 12 Queen's Birthday Celebration, Chinnor (p. 25)
- 17 Craft, Coffee & Play, Aston Rowant Church (p. 43)
- 19 Father's Day
- 23 EU Referendum (p. 31)
- Open Garden, Upper Chalford Farm (page 24)

JULY

- 7 Open Garden, Upper Chalford Farm (page 24)
- 8 Aston Rowant School Sports Day
- 10 Aston Rowant Village Fete, 12.00-2.30pm (p. 23, 24)
- 14 Coffee Morning, Sydenham Old School Rooms (p. 43)
- 15 Craft, Coffee & Play, Aston Rowant Church (p. 43)
- 17 Aston Rowant School Leaver's Service

REGULAR DATES

MONDAYS

Kindergym morning Thame
Zumba 6.30pm KB Village Hall
Yoga 7.30pm KB Village Hall

TUESDAYS

Kindergym morning Chinnor
Bell Ringing 7.30pm Aston Rowant

WEDNESDAYS

Kettlebell Abs 6.00pm KB Village Hall
Yoga 7.00pm KB Village Hall

THURSDAYS

Smurf-fit 9.30am, Watlington
Toddler Church 11.00am St. Andrew's Church
Tai Chi 6pm KB Village Hall

FRIDAYS

Tiddlypeeps 9.30am Chinnor
Senior Circuits 10.00am Watlington

SATURDAYS (1st & 3rd of month)

Soul Space 5.30pm Crowell Church

SUNDAYS (1st of month)

Aston Rowant Church Family
Friendly service 10.00am

ASTON ROWANT, KINGSTON BLOUNT & CROWELL PARISH NOTES



The PTA cake stall at Kingston Blount Street Fayre by Louise Heathcote

THANK YOU TO ALL OUR ADVERTISERS
Please support them all

COPY FOR THE AUGUST/SEPTEMBER ISSUE IS DUE ON 15TH JULY
Please send by email to sarahparishnotes@gmail.com

PARISH NOTES PAGE ON FACEBOOK

There is now a Facebook page for the Parish Notes. www.facebook.com/Aston-Rowant-Kingston-Blount-Parish-Notes. You can also find it through KBAR on Facebook. I will try to keep it updated in between publications. (I had tried setting up a separate FB account for the Parish Notes, but it all got too complicated with having to accept friend requests etc. I will make sure to send the link to all those who had friended that account)

Information in this newsletter is, as far as we know, accurate. The Parish Notes however, cannot accept responsibility for the quality of the information, services or items provided by other people or organisations.

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Is there anything you'd like to see covered in the Parish Notes?
COPY FOR THE AUGUST/SEPTEMBER ISSUE IS DUE ON 15 JULY
Please send by email to sarahparishnotes@gmail.com



KINGSTON BLOUNT VILLAGE HALL

(Hillwerke Recreational Trust Reg Charity No. 279656)

Charges for Hire – Effective 1st January 2016

For Residents of the Parish of Aston Rowant

Monday–Sunday & Bank Holidays

Main Hall (8am–midnight) £14.00 per hour

Committee Room only £8.50 per hour

Children's Parties (daytime) £40.00 (3-4 hours)

For Non-Residents of the Parish of Aston Rowant

Monday–Sunday & Bank Holidays

Main Hall (8am–midnight) £15.00 per hour

Committee Room only £9.50 per hour

Children's Parties (daytime) £50.00 (3-4 hours)

Wedding Receptions £300 per day

A supplementary charge, to be agreed, if access is required the evening before.)

Bar License (if required) will incur an additional charge of £20.

To make a booking email bookings@kbvh.org or visit our website www.kbvh.org where you will also find a full description of the facilities we can offer plus details of activities currently taking place in the hall.

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KINGSTON BLOUNT VILLAGE HALL DIARY DATES



Zumba 07834 994 699	every Monday 6.30pm
Kettlebell Abs 07801 553019	every Wednesday 6.00pm
Yoga with Rachel Hawkins 07552185499	every Monday 7.30pm & Wednesday 7.00pm
Tai Chi (for over 60s) with Conor Grogan 07717 326660 (pp. 25, 30)	every Thursday 6pm

BOOKINGS SECRETARY REQUIRED KBVH

We are urgently looking for someone willing to take over the role of Bookings Secretary on the Kingston Blount Village Hall committee. We operate an online bookings system which initially would be the only responsibility, as telephone enquiries, hall visits and keyholding are currently managed by Gordon Crossley, and this will continue for the time being. About an hour a week is an estimate of the time the job takes at present.

I have a detailed description of the role and our current bookings secretary, Nicole Kean, would be more than willing to ensure a smooth handover. Please contact me for more information or to be put in touch with Nicole direct. Many thanks.

Lavinia Martins

Secretary, Hillwerke Recreational Trust
laviniamartins@hotmail.com
01844 353968

USEFUL PHONE NUMBERS

Dial-a-ride (for people with mobility problems)	01869 327048
Hillock Garden Allotments: L. Martins	01844 353968
Library-Chinnor	01844 351721
Chinnor Village Centre	01844 353733
Oxon County Council www.oxfordshire.gov.uk	01865 792422
Police-Thame (Thames Valley)	101 or 999
SODC Main Customer Services	01235 422422

Rector

Revd Maggie Thorne
The Rectory, Chinnor OX39 4DH
354626

Associate Clergy

The Revd Des Foote 355945
The Revd Brian Griffiths 355953
Tessa Wyatt 351165
Jo Whitfield 355263

Licensed Lay Minister

David Bartlett
5 Grafton Orchard, Chinnor OX39 4DR
351692

Parish Administrator

Louise Heathcote csarc@btinternet.com
Chinnor Church Office, OX39 4PG 352472

Churchwardens

Aston Rowant: Jenny Flynn 01844 352345, Jeremy Wilcock 01844 761119
Crowell: Jeremy Peters 07711716614, Andy Warman 01844 351909

Retired Clergy Supporting Us in our Parish Serena Hutton 354173

PCC Treasurer Michael DeVal12 Oakley Road, Chinnor OX39 4HB 07807 967 452

For arrangements for Baptism, Confirmation & Marriage please contact the Parish Administrator (see above).

Methodist Services – Station Road, Chinnor

Roman Catholic Services – St Joseph's Thame Fr Mark Logorio 212860

Holy Mass every Saturday at 6.00pm and Sunday at 9.00am and 11.00am



Aston Rowant Church by Louise Heathcote

LOCAL CHURCH SERVICES

ASTON ROWANT CHURCH SERVICES

First Sunday of every month	10am	Family Friendly Morning Worship
2 nd , 3 rd , 4 th Sundays	10am	Parish Communion
1 st Tuesday of every month	8am	Morning Prayers – 20 mins to reflect on the day ahead

CROWELL CHURCH SERVICES

1st Sunday of the month	6pm	Evensong
2nd Sunday of the month	10am	Eucharist
1st and 3rd Saturdays of the month	Soul Space at 5.30pm	

Listening Ear – St Andrew's Church, Chinnor

every Wednesday 7.30– 9.30pm (now not until September 2016)



LOCAL PLAYGROUPS

And things to do with young children

KINDERGYM

www.kindergym.co.uk

Classes in Thame and Chinnor on Monday and Tuesdays mornings
(check website for timetable.)

TIDDLYPEEPS

www.tiddlypeeps-chinnor.co.uk

Playgroup on Friday mornings 9.30am - 11.30am
Just turn up, £1.50 per family

RED KITE CENTRE Thame – a range of sessions for families and children

<https://www.oxfordshire.gov.uk/cms/content/red-kite-childrens-centre-thame>

CRAFT, COFFEE & PLAY at Aston Rowant Church

17th June and 15th July 10am – 12pm

Open to all ages 0 – 100+ yrs

All very welcome

SYDENHAM COFFEE MORNINGS at The Old School Hall. Monthly. June 9th and July 14th 10am-12pm. Everyone is welcome.

'TODDLER CHURCH' at St. Andrew's Church, Chinnor

Thursdays at 11.00am (during school term time)

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A LETTER FROM OUR RECTOR

Dear friends

By June everything is in full leaf, the countryside around us is green and the land speaks of growth. This is mirrored in the Church's year. We are now in 'ordinary' time and vestments, altar cloths and lectern hangings mirror nature by also being green. In this season we are meant to be growing and gradually coming to full life in response to the other seasonal messages of Christ's incarnation, passion, resurrection and ascension, and the coming of the Holy Spirit at Pentecost. There are various ways in which we grow, but perhaps when it's sunny and warm and our souls are lifted in delight at our beautiful surroundings here, nestling beneath the Chiltern Hills, our thoughts turn naturally to God's Creation, and we are thankful. This should give us the opportunity for growth, and thankfulness is the base from which we begin.

Many of us will turn to gardening now that the days are long and the last, protracted winter and cold spring are distant memories. Gardens can give us no end of images to draw from when it comes to contemplating our own growth. In the following words from an eco-congregation prayer, you might just see beyond the need to cherish God's creation and look again at cherishing the 'you' that matters so much to God:

**In the dawn of the day lead us to the garden of life that we might...
prune the excess,
root out injustice,
water the wilting,
nourish the withered,
empty the potting shed of poison,
and at the eve of the day, rest, and wonder at God's garden.
Amen.**

We are all a work in progress, spiritually speaking. The first half of the Church's year gives us the information we need for celebrating all the different aspects of the life of Christ, but the second is for reflecting on it, acting on it, putting it into practice, and seeing how we can become more like the Christ we love and serve. Gradually, over the years as we meditate deeper and deeper on the mysteries of our faith, we will become that glorious garden.

Enjoy your gardens and may they bring you an especially rich spiritual time of growth.

Every blessing

Maggie

GRAVE TALK

On 9th and 16th May St Andrew's church, facilitated by Reverend Maggie hosted this two-part session – open to all, providing an opportunity to talk about death, think about our own funeral, ask questions and share some moving personal experiences in a welcoming, informal and confidential café style space. On the 9th, about 30 of us were seated just four to a table, enabling our discussions, prompted by cards, each with a thought provoking question, to be intimate and unhurried. Judging by the constant buzz of conversation, interspersed with laughter, Maggie was right in saying that once you get started, there's plenty to talk about! On the 16th Robert Surman (funeral director) and Pam Regler (solicitor) spoke about what happens when someone dies from practical and legal perspectives. An evening like this is so valuable, and can perhaps highlight well-hidden griefs or issues surrounding death that may surprise us.

The evening's closing prayer:

Heavenly Father, creator of all life, we bless you for the mystery of life and death, and for the promise of everlasting life through our Saviour, Jesus Christ. Amongst those who have died, we thank you in particular for all those whom we have loved, and who have loved us. Reflecting on their lives, grant us courage and wisdom to follow the way of Jesus Christ, who came that we might have life, and have it abundantly. In his name we pray. Amen.

Jo Whitfield

ASTON ROWANT CHURCHYARD REPORT

The Churchyard at Aston Rowant continues to look well cared for and tidy. We are so grateful to the Parish Council for the annual grant which enables us to employ Chris and Helen to cut the grass and hedges on a regular basis. We are also very grateful to the small band of volunteers who busy themselves throughout the year; a sincere 'thank you' to all who give so much of their time to weeding, strimming, clipping and generally tidying our beautiful Churchyard. It is much appreciated. Work has continued on removing more of the undergrowth along the Churchyard boundary; this not only makes the Church more visible to passers-by, it also allows better visibility for drivers on the narrow stretch of road running past the Church. The reward for all the hard work is the increasing number of residents and visitors who express their enjoyment of a few minutes resting in the peace and quiet of our lovely Churchyard – especially on a sunny day!



TESSA WYATT'S COUNTRY DIARY

Excerpts from Tessa Wyatt's Facebook posts this May

10th May

Cleavers climbing up the hawthorn, cow parsley uncurling and springing into flower, honesty glowing purple at the back of the border in exactly the right place as a filler, geraniums plumping up ready to swamp anything else that grows near it, and more of that dratted ground elder popping up everywhere. It must be May!

11th May

Last Sunday the cherry tree in the Aston Rowant churchyard was in full bloom and was as beautiful as a bride. Now it is going over, but in its place, glorious candles are lighting up the chestnut trees and the scent of the apple blossom on my little Cox's Orange fair knocks you over.

12th May

Driving up Aston Hill this morning was heavenly. The sun was shining through the new beech leaves making them translucent, and that particular shade of brilliant green that shouts 'Spring!'

13 May

Lots of delicate cowslips around the edge of the field this morning, and even a few alongside the track leading up to the yard. When they flower you know Spring has come. They were weighed down with bees today which made me wonder what cow-slip honey would taste like.

15th May

Forget-me-nots in the churchyard.

PARISH OIL SYNDICATE

You can make savings on oil by joining the Aston Rowant oil syndicate where, without charge, I collate the oil requirements of householders and negotiate the best price. Top ups are generally delivered in June, November and February (weather and demand depending). I send out a call for householder's demand and once complete, send the details to the lowest priced oil company. Householders pay the oil company and there is no charge for taking part or any need to take part in every top up. Join free and without commitment via email to adam@adambernstein.co.uk.

Adam Bernstein



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CROWELL CHURCH

THE NATIVITY OF THE BLESSED VIRGIN MARY

**Look out, we need your help! Not donations (yet!)
but your thoughts and ideas please**

At the Annual Parochial Meeting our previous Churchwardens, Paul and Sarah, stepped down. We thank them for their dedication in this role. Andy and I (Jeremy) were elected as the new wardens for The Blessed Virgin Mary.

The BVM is a beautiful small spiritual church, appreciated within the Parish and used for 'higher church' sung Eucharist as well as Evensong and Soul Space. Whilst it is a treasured place for these, we the new wardens, together with our Rector Maggie, would wish to open our doors and welcome in a wider audience to appreciate the qualities and peace found there. We are brainstorming on how to get people to visit and do have ideas in formation, however we would appreciate any thoughts you might have.

The building itself at the moment is 'without facilities'. Even water is required to be carried in when coffee or tea are provided, thus concerts or similar cannot be hosted for the time being. We are looking at how this might be tackled. Hopefully a way will be found to upgrade on this front – but we are afraid that for this money will be required! In the meantime we are exploring the churchyard and what it could contain, possibly incorporating multi-faith features.

Perhaps a 'Garden of Remembrance'? Just a quiet space for contemplation? At present something simple (limited labour) is needed. Maybe some of you would like to stop by – there is a car park and come in (the church is open) and visualise what could be done? We would appreciate any thoughts.

And please do join us for a service — Evensong and Soul Space are not too taxing — to get a feel for the building. The church was once at the heart of the community — let's try to place it back in its rightful place once again. Please help us to look out into the world, and to welcome it in.

Andy Warman—andrewdwarman@btinternet.com)

Jeremy Peters – jeremy@heatindustrial.co.uk)

Churchwardens, Nativity of The Blessed Virgin Mary, Crowell

The Rev'd Maggie Thorne, Rector—maggie53thorne@gmail.com

PARISH COUNCIL & LOCAL CONTACTS

Parish Website

www.astonrowant.org.uk

Parish Clerk

Stephanie Johns

clerk@astonrowant.org.uk

01844 350311

07939 030102

Parish Councillors:

Chairman Peter Tinson	Kingston Blount	01844 352817
Vice Chair Peter Hetherington	Kingston Blount	01844 353296
Councillor Gordon Crossley	Kingston Blount	01844 351296
Councillor Matthew Day	Kingston Blount	01844 351300
Councillor Lynn French	Aston Rowant	01844 350154
Councillor Andy Green	Kingston Blount	01844 353819

District Councillors:

Lynn Lloyd	01844 354313	lynn.lloyd@southoxon.gov.uk
Ian White	01844 352085	ian.white@southoxon.gov.uk

County Councillor

David Wilmshurst	01844 354106	david.wilmshurst@oxfordshire.gov.uk
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MP

John Howell	01491 612852	howelljm@parliament.uk
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Police Community Support Office

ThameHPT@thamesvalley.pnn.police.uk
tel: 101

Village Hall & Playing Fields/Hillwerke Trust Chairman

Gordon Crossley	
5 Bakers Piece, OX39 4SW	01844 351296
Village Hall Hire/Bookings	bookings@kbvh.org

Play Area –Please contact

Stephanie Johns	01844 350311 07939 030102
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Aston Rowant Cricket Club Chairman

Paul Humphreys	07880 791022
----------------	--------------



KBAR DOGSHARE

Martin and Krzysia Gossage have a 14-year-old male black lab called Sambo, 'who will not be entering the Olympics any time soon,' but could use a little company

from time to time and perhaps a gentle walk. They live in Kingston Stert.

Phone 01844 352 050 or martingossage@aol.com.

Jo Whitfield has beautiful Sharna (who you can see on page xx) a Collie cross aged 4, who could use help with an occasional walk. They live in KB.

Please email her at jo@simonwhitfield.plus.com

Margaret Al-Kubaisi has a very sweet "puggle" who sometimes needs an Aunt or Uncle! And she is equally happy to help others.

Please send her a direct message through KBAR Facebook page.

Lou, Mark and Bailey in Kingston Blount would be interested in walking or dogsitting weekends and during the week. You can phone, email or contact Lou through KBAR. 07930 426252 lmerry1@hotmail.co.uk

If you would like to add your name to this list please email sarahparisnotes@gmail.com. I will keep the list updated on the Parish Notes Facebook page.

ARCC NEWS FROM THE BOUNDARY

The pre-season and first 2 weeks of league fixtures at the cricket club and brought mixed results for all four teams that played. With 3 wins and 4 losses, 1 draws and a forfeited match for the 4th team.

The team won the first round of the Village knockout trophy against Cumnor, who were Oxfordshire champions in this competition last season, by 38 runs. While it was a cold day the win was a good morale booster before the league competitions started on the 7 May.

The next round of the village knockout was away to Horspath on the 15th May where Aston Rowant won by 21 runs. This now leads to the Oxfordshire semi final against 3 times Lords winners Shipton-U-Wychwood to be held at Butts Way on Sunday 29th May.

The junior fixtures are now getting underway the club fields team as follows

U9 in Aylesbury mid-week league

U11 in Oxfordshire league

U13 in Oxfordshire league

U15 In Oxfordshire league

The under 17 and U19 fixtures start later in the season once the GCSE's have finished Full details of our fixtures and results are available on the clubs website

www.astonrowantcc.com

PLECK WOOD

Pleck Wood, at the bottom end of Kingston Blount playing field, used to be an area of more or less waste ground mostly covered with rank weeds, brambles and a few scattered trees, and pretty well impenetrable. However, in 2000 South Oxfordshire District Council was providing grants for tree planting to mark the millennium and a grant was applied for (and awarded) for a number of trees to be planted in this waste area. The Hillwerke Trust contributed an equal sum.

In March 2001, 160 saplings were delivered, and planted by a large team of volunteers (mainly children – and their parents – from Aston Rowant Primary School). Three young yew trees, which had been grown from seed by the children at the school, were also planted.

There had been a detailed planting scheme but this got somewhat disregarded in the enthusiasm of the volunteers – but perhaps the end result, being more random, turned out to be better.

The tree species were all selected for being native to England and comprise: field maple, hazel, silver birch, common hornbeam, common ash, wild crab apple, wild cherry, English oak and rowan. Already present were a couple of birch and sycamore trees and three lime trees that were planted at about the time that the playing field was constructed in 1980. [Note that the land beyond the wire fencing is not part of Pleck Wood and had a stand of mature trees already in 2001.]

It was decided to name the plantation Pleck Wood after Pleck Lane, which used to run around the boundary of what is now the playing field and was the road to Kingston Stert and Sydenham before the current Stert Road was built.

A couple of years ago two of the lime trees (and a sycamore) were felled by the electricity company (SSE) to provide a clear route for their power lines. Two replacement trees were provided by SSE and were planted last year in the bottom corner of the playing field – and were saved from dying during the period of drought by several volunteers carrying water down the field over a number of weeks.

It was a struggle to prevent the plantation from being overgrown with weeds and brambles but now that the trees have created a canopy we are seeing quite a lot of wild flowers managing to get established. It now makes a very pleasant walk through the wood.

Please help to keep the wood free from litter –and please, dog walkers, do not leave bags of your dog's poo in the wood, leave it one of the bins provided.

Les Martins

PS If anyone would like to help with maintenance of the wood please contact me (lesliemartins@aim.com)

ASTON ROWANT PARISH COUNCIL NEWS

The Annual Parish Meeting was held on 13th April in Kingston Blount Village Hall. Reports were made by various organisations and committees in the parish, and the full reports are available on the Aston Rowant Parish Council website at www.astonrowant.org.uk. You can also request copies of any of the reports by email or hard copy from the Parish Clerk (contact details are opposite).

The following reports were made by the following Councillors, Committees and Organisations within the Parish and the Parish Council (page numbers are given for those reproduced here.)

Chairman of the Parish Council

Chairman of the Planning Committee of the Parish Council (p. 15)

Clerk to the Parish Council – Statement of Parish Council Accounts to 31st

March 2016

County Councillor

District Councillor

M40 CEG Report (19)

Aston Rowant C of E School (p. 27)

Footpaths & Amenities Group (p. 16)

Hillwerke Trust

Parish Notes

Aston Rowant Churchyard Group (p. 6)

Aston Rowant School House Education Trust

Allotment Association

Thames Valley Police

Aston Rowant Cricket Club

The ARPC meeting was held immediately prior to the Annual Parish Meeting and the key discussion was the Planning Application by Aston Rowant Cricket Club for a new Pavilion and indoor Cricket School. This was rejected by the Parish Council and at the time of writing is “under consideration” by SODC.

To summarise the rest of the meeting:

AR7 Coffin Path upgrade

This project where there is the potential for grant funding is currently on hold pending the outcome of the ARCC Planning application

Neighbourhood Plan (NP)

On Tuesday 10th May at Kingston Blount Village Hall, there was a public meeting to ‘kick off’ the NP Project. However only 3 Parish Councillors and 7 members of the community attended which was very disappointing. Various offers to help with the

project were made which is most appreciated. The project will now be discussed at the June ARPC meeting and the start likely delayed until September. For the project to receive funding from SODC and to achieve its objective of producing a NP, there needs to be around 20 members of the Community who are willing to devote considerable time and energy to this matter.

Sewage Pump (Hillwerke Trust)

ARPC agreed to allocated £2900 for the purchase and installation of a new sewage pump at the Village Hall

Astonbury 2016

At the time of writing, tickets are selling out fast for the STATUS QUO event on Sunday 29th May and a few tickets are still available via www.astonbury.net. Let's hope for a wonderful dry afternoon for the point to point and in the evening for the concert

And finally, my term of 12 months as Chairman of ARPC ended on 11th May. Cllr. Peter Tinson was elected as the new Chairman and Peter will report in the next Parish Notes once he has familiarised himself with his new role. I hope you will join me in wishing him well for the year ahead. I will continue as a member of the Parish Council responsible for liaison with ARCC and supporting the (now delayed) NP Project as a facilitator.

For information pertaining to the parish Council, please visit the website or email clerk@astonrowant.org.uk.

Andy Green

Councillor ARPC 15th May 2016

ASTON ROWANT PARISH COUNCIL NOTES

A Meeting of the Parish Council has been held on 13th April (which preceded the Annual Parish Meeting of which some of the reports are in these Notes) and 11th May 2016. At the time of writing, the next meeting of the Council will be held on Wednesday, 8th June at 7.30pm in Aston Rowant Church.

All the reports from the Annual parish Meeting will be on the Parish Council website shortly.

PLANNING APPLICATIONS:

P16/S1564/HH Single storey extension and associated improvement works to the house and garage at Ferndale House High Street Kingston Blount OX39 4SJ – Parish Council considering.



NOTES FROM THE ALLOTMENT

It has been a 'slow' Spring with some very cold days and clear frosty nights, accompanied by bitterly cold winds from the north-east. At the time of writing (9th May) we have had a glorious weekend for the Point to Point and Parish Walk and the plots desperately need a good, steady, warm rain, which will bring all the seeds on the allotment field to life – especially weeds!

Early potatoes are looking good, as are onions, shallots and garlic. You can't turn your back on your plot just now, otherwise those pesky weeds will be up and choking your fine seedlings. Last Autumn I took a chance and left my delicate gladioli and dahlias to over-winter protected by straw and grass clippings. You can imagine my delight when I saw both poking through as a result of last week's sunshine.

I expect like me you have grass clippings galore and you don't know what to do with them. You can use them as a great mulch to keep moisture in the soil and to keep down weeds. I use them around the edge of my plot and to cover my early potatoes (and dahlias) from frost and to encourage them to 'push on' and produce more tubers. My old Uncle Bert always dug his bean trench in the first week of May two feet deep, and lined it with newspaper (The People and The Leicester Mercury) adding grass clippings and kitchen waste before filling it in, in late May, with topsoil and manure as he erected his bean canes. He grew wonderful runner beans – 'Scarlet Emperor' – a foot long and you can guess who had the job of picking them. No wonder they are still my favourite veg.

About five years ago an allotmenteer in Twickenham showed me how to make really good liquid feed – for free. He hacked down those horrible nettles that always sting your grandchildren and put them in an old water butt, then topped with water. After five days he had a nitrogen-rich feed that is great for your lawn and equally so for your leafy veg. You will be amazed how quickly it works.

Belonging to The Poor's Hillock Gardens set me thinking about its history so I consulted our Chairman and Secretary – Les and Lavinia Martins. I am most grateful to them both for guiding me through some fascinating detail which I hope you'll find equally interesting.

In 1835, under the Aston Enclosures Act, 1832, 12 acres of woodland-Kingston Woods was awarded by the Lord of the Manor for 'hegging wood'. Hillwerke is a corruption of that phrase and 'Hillock' derives from Hillwerke and has nothing to do with 'a small hill' as I originally thought. In 1864 the original 12 acres were exchanged by the Lord of the Manor for 4 acres of good arable land adjoining Brook Street – this was divided up and used for gardens by the villagers of Kingston Blount. These 4 acres have been used continuously ever since and up until 1969 when it was decided to give up 2 acres to pasture because the villagers were not using all 4 acres. So our field now is 2 acres with some 50 plots of 5 or 10 rods. So all the horticultural pleasure the allotment field gives us is also part of a very rich pattern of our national heritage. That's something to ponder as we plant our peas and beans isn't it?

Good gardening!

Dick Ewen

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P16/S1565/LB Single storey extension and associated improvement works to the house and garage at Ferndale House High Street Kingston Blount OX39 4SJ – Parish Council considering.

P16/S0894/FUL New replacement pavilion building with new indoor cricket school, new replacement mower and tool store, new main car park and overflow car park, re-surfacing of existing car park, relocation of existing 2 flag poles, score box, cricket nets, and installation of two new electronic scoreboards. Removal of four trees, addition of new hedging and tree planting. (As amended to omit the overflow parking provision on Pitch 2) – Parish Council recommendation: Should be refused.

P16/S1153/HH Erection of a new attached outbuilding to replace existing hard-standing outdoor tennis court at Orchard House, High Street, Kingston Blount, OX39 4SJ – Parish Council recommendation: Should be approved

16/S1175/HH Double storey rear extension with 2 no. dormers and single storey side extension at Wakelins Cottage, High Street, Kingston Blount, OX30 4SJ – Parish Council recommendation: Should be approved

PLANNING DECISIONS OF SOUTH OXFORDSHIRE DISTRICT COUNCIL:

P16/S0486/HH Erection of first floor rear extension at Limewood House, Butts Way, Aston Rowant, OX49 5SZ – Granted

P16/S0003/HH Erection of single storey front extension at Little Brays Road running through Kingston Stert, OX39 4NL – Granted

P16/S0603/HH Single storey rear extension at Rose Cottage, Pleck lane, Kingston Blount, OX39 4RU – Granted

PLANNING DECISIONS MADE SINCE THE LAST MEETING: None

Please note that all Planning Applications for the Parish can be found on the Parish Council Website: <http://www.astonrowant.org.uk/Planning>

All past minutes of Aston Rowant Parish Council (Including the Annual Parish Meeting) can be found under: <http://www.astonrowant.org.uk/meetings.html>

Occasional updates concerning the Parish are added to the Kingston Blount / Aston Rowant (KBAR) Facebook page. To join, login to Facebook www.facebook.com, search for 'KBAR' and ask to join the group.

Stephanie Johns
Clerk to the Parish
Aston Rowant Parish Council



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LIFE AS A GIRL IN KINGSTON BLOUNT

Hello, once again it's Eliza here giving you the gossip from the point of view of a 10-year-old girl in Kingston Blount.

First off, Year 6 have just had SATs! On Monday we had reading, Tuesday — spelling and SPAG, Wednesday — two maths, and Thursday — another maths. So overall we had six tests, three of which were maths. However, once you've done them all they didn't seem as hard as I originally thought they would be.

We also have to choose whether we're doing French or German at Lord Williams next year, as they need to sort out our tutor groups, which they do according to which language you choose. Me and two of my friends are doing French and everyone else is doing German. Because this is our last year at Aston Rowant we are having a leavers' service on the last day of school, which is exciting! We also get a Year Six party afterwards, where we all get to have a sleepover. I think we're all decided we're doing paintballing, which will be fun as I get to shoot the boys with a gun.

Also in June we get to go on our residential trip. We go to Heatree in Devon. Year 4, 5 and 6 get to go so this will be our third and final year there which is so sad! (but also happy) It's really fun — we go there for five days and do loads of different activities each day including a beach day where we drive down to a beach and spend all day there and get ice cream! I can't wait.

That's all folks! I'll see you in August.

Eliza signing off.

PRAYER SPACE AT ASTON ROWANT SCHOOL

Once again we were lucky enough to have Catherine from 'prayer space' and her white tent in our school grounds. The children were very excited to see it being put up again. All the classes visited the space and worked in all four areas of reflection. Thinking of people within our community who work with us and help us, those who we need to say sorry to, our prayers and thoughts about our family and friends, important people within our lives and asking questions, all this in a calm and peaceful atmosphere. All areas covered by our school's Christian values and our termly values themes. All the children from our youngest to our eldest showed themselves to be thoughtful and caring young people.

A big thank you to those in our community, who gave their time and energy and helped put the tent up (and down) and supported the day. We hope you enjoyed it as much as the children!

A prayer from our prayer tree:-

Dear God,

Thank you for all the amazing and lovely people

In our world and

People who care and love us

Amen

Dee Turton

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ARPC PLANNING COMMITTEE STATEMENT

ARPC Planning Committee have been consulted on about 20 planning applications this year, most are household applications. ARPC always try to support residents modernising and improving their homes and, where possible, we are able to give advice as support, as there is a fair amount of knowledge here in the council.

Outside of the parish we have seen a number of larger applications for new houses. Chinnor is due to expand by about 200 homes up to 2031 as SODC needs to find nearly 800 new houses, and these are to be spread out among towns and villages. I have submitted responses to SODC with the primary concern that more houses in Chinnor will increase the number of cars and the effects of speeding in both AR and KB. Unfortunately, I would say that our objections are not being heard and speeding on the B40009 is not a priority for the County.

I have attended a two appeals in respect to large housing developments in Chinnor to oppose the applications and also to try and get funding for traffic calming due to the increase in traffic. These two schemes on the outskirts of Chinnor had been refused Planning by SODC, then approved at appeal, and are now going to the high court for a judicial review as requested by SODC. We hope that the judge will listen and uphold SODC's original decision.

As part of my role as chair of the Planning Committee I am also working with OCC highways and our own highways engineer to produce viable options for traffic calming in both KB and AR. I hope to have a first draft of these options available for review and comment by the next PC meeting. We will be advertising these plans and asking for views and opinions from all the residents, especially those who live on the B4009.

Matthew Day

Chair – Aston Rowant Parish Council Planning Committee

VACANCY FOR A COUNCILLOR

There is a vacancy on the Aston Rowant Parish Council due to the resignation of Cllr. Peter Gibbons.

A bye-election to fill the vacancy will be held if within 14 days (not counting a Saturday, Sunday or Bank Holiday (or a day appointed for thanksgiving or mourning) from the date below, ten electors for the community give notice in writing claiming such an election to the Returning Officer. The address for the Returning Office is:

South Oxfordshire District Council
135 Eastern Avenue
Milton Park
Milton
Abingdon
OX14 4SB

FOOTPATH & AMENITIES GROUP ANNUAL REPORT

Parish Councillors

Peter Hetherington
(Chairman)
Lynn French

Co-opted members

Di Eaton
Jan Gooders
Tony Hughes
Julian Knight
Paul Rooksby

Advisor

Mike Eaton

The group have met twice during the year. They always welcome any proposals from parishioners as to how we might improve the Parish and its environment.

Walks

We organised three parish walks during the year. 46 walkers joined us. These events were joint ventures with Thame and Wheatley Ramblers. Walks were from Aston Rowant, Fingest, and Lewknor. Numbers walking were down this year because the traditional New Year walk was plagued by torrential rain. Hill Lane, Lewknor turned into a fast flowing stream with the water almost over our boots!

Improving the Parish Environment

Aston Rowant Discovery Trail

The circular walk remains very popular bringing more trade to the Leathern Bottle pub. Peter led Chinnor U3A round the trail again and the January ill fated wet walk took in part of the route. The Trail is now on Trip Advisor so if you walk it please post your comments. It all helps with our publicity.

A leaflet together with map is available. Contact me for a copy – free! Also available online on the Aston Rowant Parish Council website: www.astonrowant.org.uk/amenities

The Parish Council is managing the area around the stream at Fiveways. The path-way through the trees has been improved reducing the mud near the stream and lining the wooden walkways with chicken wire to help prevent people slipping. More dead and weak trees have been removed, a diseased horse chestnut removed and hazels pollarded all of which lets in more light. More willows have been planted by the stream which in future can be cut by the school children and used for weaving wicker baskets.

Mike Eaton has taken the lead in redesigning the area and in organising the planting of more than 1000 wild flowers, all of which are indigenous species. He has recruited several volunteers to help with this work including Lynn and Graham French but he needs more help please.

More of the ground ivy has also been removed by the volunteers. This has encouraged the snowdrops to spread and aconites and wood anemones have been planted in the same area. We have also planted more wild daffodil bulbs both English and Welsh strains and there is a good display which we hope to add to next year.

We have removed all the Spanish Bluebells we could see and have planted English ones. The native flower is darker blue, scented, droops and looks a bit like a tube rather than a bell. We also have planted primroses but we need more so if you have

ART COMPETITION – ANIMALS!

The drawings and photographs submitted of your pets were so wonderful and different that I couldn't choose among them and pick just one winner. Instead, they are all shown here. As there hasn't been an overwhelming response to the drawing competitions, this will be the last one for now. But please send in any photos you have of KB or AR that might look nice on the cover.



Rosie the dog by Hector Day, 10



Sharna asleep by Jo Whitfield



Houses for animals, cats, dogs cows and a monkey by Oliver Hern, 4.



Sammy the cat by Jessica Taylor, 31/2



Caletta Hern, aged 3 — 'Cat, ladybird and two cows!'

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some spare in your garden come and plant them at Fiveways please.

In September, the top two classes from Aston Rowant School walked with us through the village to Fiveways stopping for a short history of the village. We encouraged the children to look for fossils and any things of interest and they enjoyed splashing up and down the stream in their wellies. We had difficulty getting them out of the water! The children also distributed bags of wild flower seed across the whole of the site. We await the results. Maybe only the birds benefited!

In February we teamed up with the Church to organise duck races down the stream and the Church volunteers provided teas and cakes. 120 people young and old look part in the duck races, which we organised, and more than 200 visited the church. This was a huge success and we will repeat the event in 2017. We were lucky to have a dry day and all the proceeds were for the church.

Mike needs more volunteers from the villages. So if you are able to help please contact him (01844 351238.)

Memorial Plaque

Aston Rowant Parish Council have commissioned a plaque to dedicate the new tree planting at Fiveways and Lower Icknield Way in Aston Rowant and in the Millennium Wood in Kingston Blount to those in the Parish who gave their lives in the First World War. Southern Electric Power Distribution paid for the cost of the trees and the plaque and ARPC organised the planting. The plaque shown at this meeting will be mounted on the wall at the entrance to the village hall.

Rights of Way

Oxfordshire County Council Countryside Services gave us one free cut of path vegetation in the centre of the villages. We understand that this will continue as will their seasonal request to farmers to reinstate footpaths after ploughing.

A grant of £10,000 has been promised for upgrading the surface of the Footpath AR7 which is the Moors footpath between Kingston Blount and Aston Rowant. The grant is from TOE2, Oxfordshire's Trust for the Environment. Further grants will be needed to enable the PC to start the work. However the project has been put on hold until the outcome of the ARCC Planning Application becomes clear and the grant has not yet been accepted.

Entrances to the Villages

Once again the Parish Council warmly thanks Simon Coulon, who continues to plant, maintain and water the flower tubs in the villages. He gives his time, the plants and materials free of charge and the results are there for us all to appreciate. Thanks, Simon.

Litter and Fly Tipping

Litter and fly tipping is a constant problem along the roads and we are regularly in touch with SODC and their contractor, Biffa, to have this cleared.

I'd also like to thank our Parish litter Alice Surman, and also Tony Hughes and Kate for volunteering to litter pick on the sides of the busy roads in the parish.

Peter Hetherington

01844 353296

FIVEWAYS – A SPRING UPDATE

Fiveways is a nature area managed by Aston Rowant Parish Council visited by many each day. Parishioners from Kingston Blount walk across the beautiful footpath to Aston Rowant, enjoying the expansive views of the Chiltern Hills across the delightful village cricket ground to reach the small nature reserve. (Peter Hetherington)

Visitors to Fiveways at the bottom of Church Lane will have seen the wild daffodils; the pure yellow Welsh ones and the closely related paler English bicolor variant. The English ones (Lent lilies) have re-emerged from last year's planting so we now have 200 of these in total and circa 80 Welsh ones (Tenby Lilies). Hopefully we can add to these each year and they should start to very slowly seed themselves as wild/ non-cultivated daffodils do. Wild daffodils were common, where I lived as a boy but they have almost disappeared as the countryside has changed. The practise of planting cultivated daffodils on kerbs around villages is not helpful as they hybridise and over time destroy the native flowers. In some places these garden varieties are now being dug up and replaced by wild daffodil bulbs. Wild daffodil bulbs cannot be found in garden centres but there are plenty of on-line suppliers.

The situation is much worse locally for bluebells, as the Spanish bluebells have hybridised out of existence the native bluebells in our local villages. There are no pure English bluebells to be found now. Fortunately those on the Aston Rowant nature reserve are still fully English. Unfortunately the bluebells in my garden are hybrids of various types. The true English bluebell is easy to identify and there are websites which help with this task. I personally will be removing all my bluebells. In brief the native flower is darker blue, scented, droops and is a tube rather than a bell.

We, under the auspices of the Parish Council Footpaths and Amenities Group, have planted 200 pure English bluebells at Fiveways, they are under-planted with wood anemones (as yet unseen). The bluebells have emerged and hopefully will follow on from the daffodils. We have struggled to establish aconites but finally they seem to be growing – small bulbs are difficult to establish! There are also some fritillaries but I am not too optimistic after seeing the bulbs. The primroses are coming on well and if anyone has any to spare (or any other wild flowers) *from your garden* let me know and we can tell you where to put them. We do not have a lot of new introductions this year as it was seeded by Aston school in the Autumn, so we will wait to see the result of their labours! However I do have yellow toadflax and pink valerian (for butterflies) to go in over the next month from locally collected seed.

Please get in touch if you wish to help in any way. Our intention is this should remain a wild area and not a park; we are only trying to give nature a hand. Of course what is a native British plant is a matter of debate, as many accepted wild flowers were introduced relatively recently by the Romans, amongst others. Most of the British flora being wiped out by the last ice-age.

Mike Eaton

EUROPEAN UNION REFERENDUM

Advice taken from <http://www.southoxon.gov.uk/services-and-advice/local-democracy/elections/european-union-referendum>

The EU Referendum on Thursday 23 June is to decide whether the UK will remain a member of the European Union or leave the European Union. To vote you must register by 7 June.

To register to vote visit gov.uk/register-to-vote. Registering to vote is quick and easy. You just need your National Insurance number, date of birth and address.

We are now sending out poll cards to people who have registered to vote. This will tell you where you need to go to vote on Thursday 23 June. If you were registered to vote by 3 May 2016 then you should receive your poll card by 25 May – call us if you don't. If you registered to vote after 3 May then you should receive it by 13 June.

If you'd like to vote by post time is running out to arrange this. The deadline for applying for a postal vote is 5pm on Wednesday 8 June – apply for one at www.southoxon.gov.uk/votebypost. Postal voting packs start going out from Friday 27 May. If you're expecting one but don't receive yours by 16 June please get in touch on 01235 422407 or email elections@southandvale.gov.uk.



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M40 CEG REPORT

The M40 Chiltern Environmental Group (M40 CEG) represents the residents who live along the M40 corridor from Junction 3 at Loudwater, past High Wycombe, through the Chilterns AONB and The Aston Rowant Nature Reserve to Junction 8 at Wheatley in South Oxfordshire. The Group has representation from all the Parish Councils adjoining the motorway along this length. Peter Tinson represents Aston Rowant PC on the Group.

The M40 CEG has commissioned consultants to model the noise impact and the potential benefit of noise reduction barriers of the M40 along this stretch. The mapping for Lewknor/Aston Rowant has just been completed, thanks to a grant from SODC.

Last year, Highways England, working in partnership with M40 CEG, Wycombe District Council and South Oxfordshire District Council, ran a competition to develop a range of cost-effective barriers to reduce noise. Potential designs include using solar panels in the barriers to produce clean energy to help offset their installation and operating costs.

Highways England are at present undertaking preliminary design and location reports on the 21 sites between Junction 3 (Loudwater) and Junction 8 (Milton Common) along the M40. These reports are expected to be available shortly and will inform the location of the trials.

It is hoped that there will be public exhibitions to be held in late Spring 2016, dates and locations to be announced. The detailed design stage is expected to be completed by September 2016, with the installation work due to begin in Spring 2017. Installation is likely to take approximately one year.

The project proceeding is dependent on the outcome of the business case and the investment decision by Highways England.

Peter Tinson



SUNDAY 10TH JULY 2016

12:00PM – 2:30PM



Thank you to everyone who helped, supported or who came along to the Street Fayre on 14th May.

The sun shone, the children of Aston Rowant danced beautifully, the Chinnor Silver Band played soothingly and Aston Rowant School provided everyone with delicious refreshments.

The Barn Dance in the evening with the fabulous 'Kinderhook' was also a huge success and we are still counting the money that was raised.

All proceeds of the events will go to local Community causes. Details will be in the next Notes!

We would also like to thank all the local businesses and organisations who donated prizes for the Raffle and evening auction.

The Kingston Blount Village Street Fayre Committee



A LETTER FROM THE HEAD TEACHER

I am delighted to have been appointed as the substantive Head Teacher of Aston Rowant C of E Primary School. Over the past few years, I have been so lucky to see aspects of our school site develop. Due to Mrs Lawson's hard work and determination we now have facilities, both outdoor and indoor, to provide the children with a bright engaging learning environment. We have a new classroom for Hedgehog class which has allowed us to use the classroom in the main building as a hall for PE, collective worship and hot lunches. Our new MUGA provides an area for the children to play and take part in physical activities in. Our breakfast, after school clubs and after school provision, give children a wraparound opportunity and provide parents with safe care for their children at all times.

Moving the school forward, my ultimate vision for Aston Rowant is to now build on the children's academic knowledge and skills. My goal is to develop our current curriculum and assessment procedures to achieve a creative learning ethos and improve pupil outcomes.

I am inspired to develop our own creative curriculum, where learning is brought to life through more educational visits and visitors to school, where our children are challenged more to extend themselves in real life situations and where they can feel valued, trusted and confidently take responsibility for their own learning so that we continue to nurture happy children that love to learn. I am passionate about seeing this through so that we can demonstrate outstanding practice and give our children the education they deserve.

Examples of child centred learning this term have been our work on British values, patron saints days and Sport's Relief fundraising which the children have played a part in planning for. With the support of the PTA, we have also purchased a new website which includes a 'thought for the day', 'picture of the week', news footage, British values discussions and links to all curriculum areas. This will allow the children to become more independent learners while they ask questions and carry out their own study. I believe that if the children are given the opportunity to take more responsibility for their learning and are engaged more positively then low level behaviour issues are dissolved.

Our pupil voice is strong at Aston Rowant. I regularly tell the children that through the school council and as individuals they have the ability to be heard and make changes for the better. I have been inundated with requests for positive changes from the way we deliver our collective worship to the organisation of playtimes. It seems our children are striving to make our school even better. They would like to be sports leaders, games designers, equipment organisers, eco councillors, gardeners... the list goes on. We have an exciting journey ahead! Please make an appointment in the school office if you would like to come and visit our small rural school.

Eve Roberts
Head Teacher

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ASTON ROWANT C OF E SCHOOL ANNUAL REPORT

This year has been a very busy year at school with the retirement at Christmas of Head Teacher, Mrs Judith Lawson and appointment of Mrs Eve Roberts as Acting Head Teacher.

This term we have been looking more closely at how we teach British Values at Aston Rowant Primary school. The government and OFSTED have introduced 'Four British Values' that all schools are required to teach. They are: Mutual Respect and the Tolerance of those with different Faiths and Beliefs, Democracy, Rule of Law, Individual Liberty.

As a school we value and celebrate lots of British traditions. We mark Remembrance Day, Christmas, Easter and many more. We take very seriously our responsibility to prepare children for life in modern Britain. We ensure that the fundamental British values are introduced, discussed and lived out through our Christian values-based philosophy that infuses the ethos and work of the school. The school makes considerable efforts to ensure children have exposure to a wide experience beyond their local community during which these concepts are shown, through for example, sporting events, school trips and residential visits to Devon. We also feel it is important to acknowledge St David's, St Patrick's, St George's and St Andrew's Day in school. We have begun to celebrate the customs and cultures of all four countries individually as well as talking about the UK as a whole. Also this term, we raised £115 for the Sport's Relief Charities. The children ran a mile around Aston Rowant cricket ground in aid of the charity. It was lovely to see members of the community, parents and grandparents taking part too. The children helped and encouraged each other to complete a mile.

Our Remembrance, Harvest and Easter services were held at St Peter and St Paul's church in Aston Rowant. The children wrote prayers and took part in readings for the service. Year 4 children played the recorder to accompany some of the Hymns.

The children have taken part in Oxfordshire's Big Science event this term. The children designed and carried out their own investigations based on a scientific question that they would like to answer. Some examples were 'Which material would make the best umbrella?' 'Which washing powder is the best at removing stains?' 'How many worms are there in the school field?' and many more. The children designed posters and presentations which will be judged by a panel of Oxfordshire scientists in June. We have had finalists from Aston Rowant School for the past 2 years running so hopefully we will have another successful year.

Our website has also had a revamp this term. There are many new updates and photos regularly added so please take a look at www.aston-rowant.oxon.sch.uk

Eve Roberts

Acting Head Teacher, April 2016

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12:00PM – 2:30PM

PROCEEDS TO ASTON ROWANT SCHOOL, ASTON ROWANT CHURCH AND THE SCOUTS



NOTICEBOARD

What's going on in Kingston Blount, Aston Rowant & nearby

Flower Festival

A Flower festival will be held at St Andrews Church in Chinnor from Thursday 2nd–Sunday 5th June. The theme is Joyful Celebration and there will be refreshments, produce and crafts in the marquee. Donations will go towards church restoration. 10.30am–5.30pm Thurs & Sat, 11.30am–6.00pm Sunday.

Aston Rowant Fete

Aston Rowant Fete takes place on Aston Rowant Green on Sunday 10th July from 12–2.30pm. There will be all the fun you'd expect from a traditional village fete including: jazz band; Pimm's tent and BBQ, tombola, cream teas, bouncy castle, children's games, face-painting and lots more including an exciting auction of promises. Last year's prizes included a half day boat cruise, Towersey Festival Tickets, Golf Day, a massage and a bicycle – so it's well worth putting your bids in! The Fete, organised by the PTA, is one of Aston Rowant Primary School's main fundraising events of the year. It raised £3,188 in 2015, which helped build the school's new all-weather sports pitch. Come and enjoy a great day out for a very good cause.

Parish Walk

A big thank you to the twelve who supported our successful walk on 8th May. We saw early swallows in Sydenham and looked back at Waddesdon from the higher ground in Copcourt. Our next parish walks will be on Sunday 16th October, and then a New Year walk on Sunday 1st January.

Open Garden

Paul and Jane Rooksby are opening their garden for charity on three evenings from 4.00 to 7.30pm on 25th May, 23rd June and 7th July. Explore the varied garden with a glass of Pimms (£2) in hand – a stream links upper and lower ponds to a wooded area. Come and support the National Garden Scheme and help them to raise funds for MS Research for their son Max. They are located at Upper Chalford Farm Chinnor OX39 4NH, halfway between Postcombe and Sydenham.

Hudson Help

Jack Hudson is still raising funds for his expedition to Borneo next year. He is a Year 11 student at Lord Williams' School looking for any babysitting jobs, (he has experience, and references) or any other odd jobs. Please contact him on 01844 352247 or text 07714 136911.



NOTICEBOARD

Tai Chi in the Village Hall

Tai Chi classes for the over 60s are now taking place in the village hall on Thursdays from 6-7pm. Tai Chi is a form of gentle exercise that can help maintain strength, flexibility, and balance, which has been described as 'meditation in motion.' Go Active Gold is a project funded by Sport England to support people in rural villages to increase physical activity levels, with a focus on social and mental well-being. To find out more about activities for the over 60s including: Walking Football, Yoga and Zumba Gold contact Conor.Grogan@southandvale.gov.uk or phone 07717 326660.

Aston Rowant Bell Ringers

Are you aged between ten and seventy? Can you catch a ball? Can you count from 1 to 6 and back again to 1, five times without stopping? Then how about joining us? We practise on Tuesday evenings from 7:30. Free tuition! Please contact Robert Newton (01844 352926).

Sydenham Fayre

With a live band, plate smashing, cream teas, a Pimms tent and a dog show, Sydenham Fayre promises a traditional fun day out for all the family. Saturday 4th June from 12.30 – 4pm.

Celebrating the Queen's birthday–Chinnor

A family day is planned for 12th June from 11.30am– 8pm on White's field. The celebration will start with a service of thanksgiving including favourite hymns and an address by the Deputy Lord Lieutenant. The windmill will be open and there will be live music, magic, dancers, a fancy parade and more! Just bring your family and a picnic. It is free to attend and there will be refreshments and a beer tent there.

Apple Trees

Dick Ewen who writes about his allotment on page 37 says, 'My wife Jeanette's school in Beaconsfield is celebrating its 50th anniversary and was given 50 apple trees as part of its celebrations, but they do not have enough space in their grounds to plant them all. So if you want an apple tree **absolutely free** just let me know and I will pop one round.' Dick Ewen 07879 497865 or richardewen@hotmail.com

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