

VOL XXXXVII No 3

JUNE/JULY 2020

ASTON ROWANT, KINGSTON BLOUNT & CROWELL

# PARISH NOTES



Lou Merry

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# CONTENTS

KB Village Hall Diary Dates	5
Useful Phone Numbers	5
Coronavirus	6
Letter from John Howell MP	7
Church Contacts & Services	8
New Parish Rector, Crowell Church	9
Parish Council & Local Contacts	10
Aston Rowant Parish Council News	11
Aston Rowant Parish Council Notes	12
Neighbourhood Plan	13
Lockdown Larder	15
Fiveways	16
Walks in the Chilterns	19
Doorstep Gallery	21
Noticeboard	22
Footpath & Amenities Group	24
Emma's Pop-up Plant Stall	27
VE Day Celebrations	28
News from ARCC	31
Tessa Wyatt's Countryside Diary	32
Recipe	33
Letter from the Headteacher	35
Obituary - Joe Graffy	37
Mark Lord, Local Photographer	39
Fibre Broadband	41
7 Things to do During Lockdown	44

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With special thanks to  
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# KINGSTON BLOUNT VILLAGE HALL DIARY

## Kettlebell Abs

every Wednesday 6.00pm  
07801 553019

## Flowers 4 All

third Thursday of every month  
07748 408442

## Yoga with Rachel Hawkins

every Wednesday 7.00pm  
07741 438968  
Rachel is currently offering  
online yoga classes -  
contact her for details

## Gentle Chair Based Exercises

every alternate Friday from 10.30am  
with Rachel & Wendy Hawkins  
07552 185499

## USEFUL PHONE NUMBERS

CAB Local office <a href="http://www.adviceguide.org.uk">www.adviceguide.org.uk</a>	01844 214827
Chinnor Village Centre	01844 353733
Church Tower, Aston Rowant: R Newton	01844 352926
Dial-a-ride (for people with mobility problems)	01869 327048
Highways Pothole Hotline	0845 3101111
Highways Street Light Hotline	0800 317802
Library-Chinnor	01844 351721
Oil Syndicate <a href="mailto:adam.bernstein@mac.com">adam.bernstein@mac.com</a> .	01844 350440
Oxon County Council <a href="http://www.oxfordshire.gov.uk">www.oxfordshire.gov.uk</a>	01865 792422
Police-Thame (Thames Valley)	101 or 999
Poor's Hillock Allotments: Rupert Wolstenholme <a href="mailto:Rupert.wolstenholme@btinternet.com">Rupert.wolstenholme@btinternet.com</a>	07866 302697
Porch: S Thompson	01844 351334
Porch: J Rooksby	01844 352320
Post office-Chinnor	01844 351214
Schools:	
Aston Rowant C of E School	01844 351671
Icknield Community College Watlington	01491 612691
Lord Williams School Thame	01844 210510
Mill Lane School Chinnor	01844 352106
St Andrew's C of E, Chinnor	01844 351353
SODC Main Customer Services	01235 422422
SODC Refuse/Recycling	03000 610610
SODC Planning	01235 422600
Reporting Fly-tipping	03000 610610
SODC Environmental Department	01235 422403
Village Hall Hire/Bookings: Andrea Tinson	07391 139707

# CORONAVIRUS LOCAL HELP

Aston Rowant Parish Council has developed a network of volunteers who are willing to help those who need assistance during the current crisis as part of the Emergency Plan. The volunteers can help with:

- Shopping
- Getting medication or prescriptions
- Cooking
- Talking and giving advice or just checking in if you want someone local to talk to
- Looking after / feeding pets

The following have volunteered to be contacts to support fellow parishioners

Aston Rowant:

- Adam Bernstein – The Green, Aston Rowant – 07785 905120
- Ali Brook – Aston Rowant – 07801 685107
- Mark McCabe – The Green, Aston Rowant – 07773 299232
- Mark Lord – The Green, Aston Rowant – 01844 351218
- Claire Batten – The Green, Aston Rowant – 07807 755211
- Erin Wodzynski – The Green, Aston Rowant – 07921 077697
- Mandy Brine – Plowden Park, Aston Rowant – 07970 212691/01844 354903
- Sally Lee – Chinnor Road, Aston Rowant – 07764 429970

Kingston Blount:

- Laura Donald – Pleck Lane, Kingston Blount – 07778 991442
- Steven Sowerby – Pleck Lane, Kingston Blount – 07802 814625
- Stephanie Johns – Bakers Piece, Kingston Blount – 07939 030102
- Clare Taylor – Bakers Piece, Kingston Blount – 07818 404100
- Matthew Priestley – Brook Street, Kingston Blount – 07976 373512
- Jo Whitfield – Brook Street, Kingston Blount – 01844 355263/07785 941023
- Sally Broderman – Old Croft Close, Kingston Blount – 01844 350364
- Tracey Eaton – Park Lane, High Street, Kingston Blount – 07810 646025
- Joe Havenhand-Beal – Park Lane, Kingston Blount – 07860 849910
- Kate Havenhand-Beal – Park Lane, Kingston Blount – 07949 587556
- Matthew Day – The Green, Kingston Blount – 07940 752446
- Mike Mousley – The Green, Kingston Blount – 01844 355838
- Peter Tinson – High Street, Kingston Blount – 07976 748113
- Rachel Cooper – High Street, Kingston Blount – 07789 906114
- Carol Wilson – Icknield Close, Kingston Blount – 07443 941117

If you would like to volunteer to assist in the scheme, please send your name, phone number(s) and street address to [peter.tinson@astonrowantparishcouncil.gov.uk](mailto:peter.tinson@astonrowantparishcouncil.gov.uk) or the Clerk ([clerk@astonrowantparishcouncil.gov.uk](mailto:clerk@astonrowantparishcouncil.gov.uk)) or any of the other Councillors.

## LETTER FROM JOHN HOWELL MP

A few weeks ago Ministers were working flat out to bring forward measures to try to keep us all safe and to help people in the very many different situations faced with the onset of COVID-19 in the UK. The initial raft of measures was a blunt instrument which had to be refined to meet ever more detailed concerns that had fallen through the net. There has been general cross-Party consensus on the actions as the Prime Minister has worked to keep an open dialogue.

Now the challenge is to chart our recovery strategy, and this will almost certainly be much harder than setting out the survival measures. If I simply take my own correspondence as a measure I know that people are either afraid or frustrated; some people feel both. The Government is working hard to be guided by the science but inevitably there are conflicting scientific reports.

As we try to move forward there are those who would prefer to slow down and those who would like to speed up. There are those fearful for their physical health, those fearful for their mental health, those fearful for their livelihoods and so much more. No strategy is going to satisfy everyone. The Prime Minister has set out a general direction of travel, the stages through which we might move and the precautions that we will take. As before it will take time to refine the details and help us all to return to our new normal. The experience has inevitably led to questions about our previous ways of doing things, in our national life and in our personal lives. There will be debates about how we can learn from the experience, there may be permanent changes, and doubtless there will be a raft of PhDs gained from research into this situation.

Technology has been invaluable in helping us through. It has enabled us to maintain some sort of contact with our family and friends, it has helped us in education and in business, it has helped us in Parliament to find new ways to hold the Government to account and to pursue enquiries. But we are social beings and the one thing so many people tell me they long for is the opportunity to meet face to face again.

As we move forward together we will have different strongly held views and our needs may be very different. None of us can really know the toll that this situation has taken on the other so I hope that we can show a generosity of understanding.

Parliament is already picking up the agenda on other Bills making their way through the system. As always I welcome the views of constituents on the various topics and issues before us. If you have an issue that you would like to raise with me please email me at [john.howell.mp@parliament.uk](mailto:john.howell.mp@parliament.uk) or write to me at the House of Commons (House of Commons, London, SW1A 0AA) or my constituency office (PO Box 84, Watlington, OX49 5XD) to share your views.

**John Howell MP**

## LOCAL CHURCH CONTACTS

### Rector to the United Parish

The Rev'd Dr. Jacky Barr  
The Rectory, Chinnor OX39 4DH  
01844 352027  
07769 825 305  
revd.jackybarr@gmail.com

### Parish Administrator

Tricia Prescott csarc@btinternet.com  
Chinnor Church Office, OX39 4PG 01844 352472

### Associate Clergy:

#### Aston Rowant

The Rev'd Des Foote 01844 355945  
The Rev'd Dr. Brian Griffiths 01844 355953

#### Crowell

To be appointed

### Churchwardens

Aston Rowant: Richard Boarder 07795 681263, Jeremy Wilcock 01844 761119  
Crowell: Maggie & Andy Warman 01844 351909

### PCC Treasurer

Michael DeVal12 Oakley Road, Chinnor OX39 4HB 07807 967452

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

Methodist Services – Station Road, Chinnor

## LOCAL CHURCH SERVICES

All church services, events and activities are suspended until further notice.

This applies to St Andrew's and our other churches in the parish. All the churches (except Crowell) will remain open in the daytime for private prayer and lighting of candles.

As a church community we will continue to pray for the safety and well being of the whole parish.

**Jacky**

## NEW PARISH RECTOR

Congratulations to Jacky Barr who has been appointed Rector to the United Parish. Please note her new contact details:

Chinnor Rectory, High Street, Chinnor OX39 4DH

The new number for the Rectory: 01844 352027

Mobile: 07769 825 305

Email: [revd.jackybarr@gmail.com](mailto:revd.jackybarr@gmail.com)

## CROWELL CHURCH

Sadly, services are still not permitted and the church remains closed to visitors. Only the Wardens are permitted to enter the church.

Should you wish to attend a virtual service, they are being live streamed on the Diocese and CSARC Parish websites. [Oxford.anglican.org](http://Oxford.anglican.org) and [chinnorunitedchurches.co.uk](http://chinnorunitedchurches.co.uk) respectively.

We were able to appoint a Rector at the interviews. It is our current Curate the Rev'd Dr Jacky Barr. She finishes her Curacy on 31st May and it is planned to install her on 9th July. If lockdown is still in place the Bishop will be conducting this as a virtual service. Details will be published when they are confirmed.

Due to Covid19 there hasn't been an awful lot of activity up around the graveyard, rainbow garden or the B4009 bank. The car park remains closed and probably will be until the drive-in surface can be repaired. Maggs has just started to do some work on the rainbow garden and the carpark has been mown. The wildlife count areas have been cordoned off.

Dog poo is still a problem. However, most dog walkers are picking up and putting the bags into the black bin.

The black bin rather than the compost heap is now being used to dispose of flower wrappers etc., so thanks for that also.

Our thanks also goes to the kind person that puts the brown and black bins out.

We are seeing some signs that the Church of England is beginning to relax some of the Covid19 rules.

Visits to churchyards and graveyards are now permitted as long as social distancing is observed.

We now have discretion to mow churchyards and for people to tend graves provided social distancing is observed.

The CSARC Parish Magazine is not being printed at this time, so there are none in the porch for the taking. If anyone would like an e-copy, please e-mail the parish admin office at [csarc@btinternet.com](mailto:csarc@btinternet.com)

**Andy & Maggs Warman (Church Wardens)**

# PARISH COUNCIL & LOCAL CONTACTS

## Parish Website

[www.astonrowantparishcouncil.gov.uk](http://www.astonrowantparishcouncil.gov.uk)

## Parish Clerk

Tracy Lambourne

[clerk@astonrowantparishcouncil.gov.uk](mailto:clerk@astonrowantparishcouncil.gov.uk)

01844 353989

07971039612

## Parish Councillors:

Chairman Peter Tinson, Kingston Blount

[peter.tinson@astonrowantparishcouncil.gov.uk](mailto:peter.tinson@astonrowantparishcouncil.gov.uk)

01844 352817

Councillor Matthew Day, Kingston Blount

[matthew.day@astonrowantparishcouncil.gov.uk](mailto:matthew.day@astonrowantparishcouncil.gov.uk)

07940752446

Councillor Steven Sowerby, Kingston Blount

[steven.sowerby@astonrowantparishcouncil.gov.uk](mailto:steven.sowerby@astonrowantparishcouncil.gov.uk)

01844 351392

Councillor Trelawney Hill, Aston Rowant

[trelawney.hill@astonrowantparishcouncil.gov.uk](mailto:trelawney.hill@astonrowantparishcouncil.gov.uk)

01844 353051

Councillor Adam Bernstein, Aston Rowant

[adam.bernstein@astonrowantparishcouncil.gov.uk](mailto:adam.bernstein@astonrowantparishcouncil.gov.uk)

07785 905120

Councillor Matthew Priestley, Kingston Blount

[matthew.priestley@astonrowantparishcouncil.gov.uk](mailto:matthew.priestley@astonrowantparishcouncil.gov.uk)

07976 373512

Councillor John Wyatt, Aston Rowant

[john.wyatt@astonrowantparishcouncil.gov.uk](mailto:john.wyatt@astonrowantparishcouncil.gov.uk)

07710 232349

## District Councillors:

Lynn Lloyd

01844 354313

[lynn.lloyd@southoxon.gov.uk](mailto:lynn.lloyd@southoxon.gov.uk)

Ian White

01844 352085

[ian.white@southoxon.gov.uk](mailto:ian.white@southoxon.gov.uk)

## County Councillor

Jeannette Matelot

[jeannette.matelot@oxfordshire.gov.uk](mailto:jeannette.matelot@oxfordshire.gov.uk)

## MP

John Howell

01491 612852

[howelljm@parliament.uk](mailto:howelljm@parliament.uk)

## Police Community Support Office

tel: 101

[ThameHPT@thamesvalley.pnn.police.uk](mailto:ThameHPT@thamesvalley.pnn.police.uk)

## Village Hall Hire/Bookings

Andrea Tinson

07391 139707

[bookings@kbvh.org](mailto:bookings@kbvh.org)

## Play Area

Tracy Lambourne

01844 353989

[clerk@astonrowantparishcouncil.gov.uk](mailto:clerk@astonrowantparishcouncil.gov.uk)

## Aston Rowant Cricket Club Chairman

Simon Tremlin

07780 672552

# ASTON ROWANT PARISH COUNCIL NEWS

The work of the Parish Council, in common with every organisation in the UK, was somewhat disrupted as the measures introduced by the Government to slow the spread of Covid-19 took effect. The April Council meeting was cancelled as was the Annual Parish Meeting. The Council operated under emergency measures for around seven weeks until online meetings were permitted. The Council held its first online meeting on 13 May and nearly 20 parishioners took the opportunity to join the meeting.

Although some work has been cancelled or postponed, the Council is conscious that, with many of us having to mostly stay at home, the local environment makes an important contribution to the wellbeing of Parishioners. Whilst we are fortunate to live where we do and have good access to a network of footpaths across open country on which to take our exercise, the Council has sought to keep the villages looking their best and has continued with work to cut grass and otherwise maintain the village. This work has been supplemented by work carried out by volunteers from the community, notably Peter Hetherington and Peter Gibbons who tidied up the chicane in Kingston Blount and have helped source a contractor to repair and repaint the gates at the entrance of Aston Rowant.

The Parish has always had a great sense of community. I was pleased that over twenty people put themselves forward to help those who need assistance during the current crisis and am aware that many others are helping their neighbours too. This help is greatly appreciated by those who are self-isolating or are otherwise unable to leave their homes. The list of volunteers is included on page 6.

There are many different ways the community can provide support. One thing that the Parish has lacked for some time is a local shop so I was encouraged to see the Lockdown Larder open for business this month on the Stert Road. Many parishioners have supported the new endeavour. The Larder is currently (at the time of writing) stocking milk, cream, eggs and flour; hopefully with continued support the range of goods available will expand and the Lockdown Larder becomes a permanent fixture.

Whilst it is good that the community comes together to support one another, it is also the focus for celebrations. The 75th anniversary of VE Day was marked by a number of socially distanced gatherings across the Parish; hopefully it won't be too long before we can gather as a single community again.

**Peter Tinson**

Chairman – Aston Rowant Parish Council



# ASTON ROWANT PARISH COUNCIL NOTES

There was no Parish Council meeting in April due to COVID19 Lockdown restrictions.

There was a meeting on Wednesday 13th of May where the applications detailed below were discussed.

At the time of writing, the next meeting of the Council will be held on Wednesday 10th of June and until COVID19 restrictions are lifted, we will continue to meet virtually via the ZOOM application.

## PLANNING APPLICATIONS:

**P20/S0985/HH** - Proposed part 2 storey front extension, replacing existing front extensions and new proposed porch. Minor changes to approved planning permission ref **P19/S1119/HH** – The Applegarth, Aston Rowant.

FULLY SUPPORT - submitted under Clerk's devolved powers (granted 26/March) after email consultation with all councillors.

**P20/S1180/FUL** – Erection of a single dwelling on land at Aston Cottage, Church Lane, Aston Rowant with 2 parking spaces and a turning circle. Access from existing drive serving Aston Cottage. Note: Aston Cottage is Grade II listed and within the Conservation Area. **OBJECT.**

## WITHDRAWN APPLICATIONS:

None.

## PLANNING DECISIONS OF SODC:

**P20/S0661/A** - Proposed "V" board advertisement for Bovis Homes development in Chinnor, on land at Woodway Farm, Chinnor Road near Aston Rowant OX49 5SJ (at junction of B4009 & A40 Aston Hill). **REFUSED.**

**P20/S0985/HH** - Proposed part 2 storey front extension, replacing existing front extensions and new proposed porch. Minor changes to approved planning ref P19/S1119/HH – The Applegarth, Aston Rowant. **GRANTED.**

**P20/S0675/LB** - Listed Building Consent: to replace the existing roof tiles at Chiltern Cottage, Pleck Lane, Kingston Blount, OX39 4RU. **DECISION DEFERRED** until 31/Jul (pending outcome of Bat Survey).

## PLANNING DECISIONS MADE SINCE THE LAST MEETING:

None

## PLANNING INSPECTORATE APPEAL:

None

Please note that all Planning Applications for the Parish can be found on the Parish Council Website: <http://www.astonrowantparishcouncil.gov.uk> under ‘**Parish Council**’ and then ‘**Planning**’.

All past minutes of Aston Rowant Parish Council (Including the Annual Parish Meeting) can be found under: <http://www.astonrowantparishcouncil.gov.uk> under ‘**Parish Council**’ and then ‘**Meetings**’.

Occasional updates concerning the Parish are added to the Parish Council’s website and Facebook pages as well as the Kingston Blount/Aston Rowant (KBAR) Facebook page.

**Tracy Lambourne,**

Clerk to Aston Rowant Parish Council

## NEIGHBOURHOOD PLAN UPDATE

Thank you to all residents who attended the meetings on 18 February and 4 March and to anyone who has taken the time to look at the draft NP and to comment on it.

The designated consultation period was due to run until 27 March, until “lockdown” cut the process short a few days before close of play. Due to coronavirus and the need for self-isolation, SODC instructed that parishes in our position extend their consultation period. No timescale has been set, but, as the Steering Group cannot now convene to consider any representations, we’ll leave the door open for late representations until the SODC announces the all-clear. With the hint of a relaxation over the next few weeks, we may be able to see where things stand if or when the scheduled meeting of the SG takes place on 9 June. Quite frankly, the concerns of the NP “don’t amount to a hill of beans” in the current situation, as I’m sure Humphrey Bogart would have said in the circumstances.

The Steering Group can individually review comments and representations as they come in, but, until we can meet, we won’t be moving the NP forward to its next stage - submitting it, amended where appropriate, to SODC. When I said that we’d overcome all of the delaying tactics thrown in our path in the last year – new SODC policies, local elections, SODC arguments with the Housing Minister and a general election – I thought we were at last making progress, but now that an even bigger obstacle is in everyone’s way, we’ll just sit it out and social distance.

Stay safe.

**Mark Thackeray**

Chairman – ARNP Steering Group, 11 May 2020



# ROWLANDSCAPES

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Station Parade, 4 Summerleys Road, Princes Risborough

# THE LOCKDOWN LARDER

The Lockdown Larder is open at Kingston Blount Farms on Stert Road. They've got local eggs, milk, cream, flour and other nice things!

Why not pop by and pick up some much needed supplies - don't forget your egg boxes!

Opening hours are 8am - 7pm (or thereabouts).

Please respect social distancing measures, and stay safe!

See their Facebook page for updates at **Kingston Blount Farms**.



## The Lockdown Larder

### Milk - 1litre

- Whole £1.30
- Semi Skimmed £1.30
- Skimmed £1.30

### Cream - 250ml

- Single £1.90
- Double £2.00

Eggs - per ½ dozen £2.00

### Flour - 1kg

- Self-Raising £1.80
- Plain £1.80
- Strong White Bread £2.00



## FIVEWAYS

Since the lockdown Fiveways is now one of our most visited spots, with an estimated fifty walkers a day.

The Wood Anemones and the English Bluebells have been much better this year. Greater Stitchwort is the white flower on the side of the path in front of the bench. There is also Lesser Stitchwort in flower on the north footpath along the M40. The wild garlic has proved problematic, as local animals developed a taste for it and ate it to ground level. However with a little help it is prospering. It is along the stream and where the field drain enters Church lane.



There is currently a mass of Garlic Mustard in Church Lane (about two foot high displaying white flowers with nettle like leaves) - crush to smell the garlic. It was used in medieval cooking. There are also a lot of mauve geraniums about now, there are six species from Butts Way to the Blue Cross. Quite a few have prospered at Fiveways.

We hope we can remove the tree debris soon and trim the path to maintain access.

Most exciting are the sightings of endangered Water Voles at Fiveways. I have seen them in the past but they are extremely shy. I have positioned a camera trap down there with the mandatory apple, which they are reputed to favour! They like the ivy cover on the far bank.

Rereading my report last month I realised I could usefully have said more about the Stadway. It is now occupied by a band of trees straddling the old London to Oxford road 700yds northwest of Fiveways on the parish boundary. To make things easier for you I have added some historic maps to the 'About' page of the Aston Rowant Parish council website, these can be downloaded and enlarged.

[www.astonrowantparishcouncil.gov.uk/about/](http://www.astonrowantparishcouncil.gov.uk/about/)

Travelling from Fiveways to the Stadway as you leave the copse you have a fence on your right where the fence ends and turns right -stop; you are about to enter the hamlet of Penn. The hamlet was on both sides of the track but mainly on the right. There are no traces on the field surface but some markings can be seen on Google Earth using historical imagery. It seems an unlikely place to live with no obvious running water source, however it was close to common land. The buildings were most likely of wood and have long rotted away.

The Stadway can perhaps be best viewed from just south of Fiveways on the Lower Icknield Way as a line of trees. It was a vantage point on a major medieval route with good views towards London. To the North of the old London Wey where the trees are (RHS going to Oxford) is church land and the putative site of the

pest or plague houses. A point of debate is whether the plague victims were buried here or the church graveyard. The actual parish boundary is presumably to the northern edge of this church land. Intriguingly the area is bounded by ditches. I have planted a Mulberry tree at Fiveways which I raised from seeds taken from Shakespeare's tree in his Stratford garden. It took me years of trying to perfect the technique of raising these plants but I now have a limited selection of young Mulberry trees spare, if you want one get in touch – cost is a donation of a new flower for Fiveways.



I have recently received a kind donation of bulbs for Fiveways from a villager, it is much appreciated.

Keep walking and look out for water voles.

**Mike Eaton**

SPRCKET  
S I E N E

## **Bicycle Servicing and Repairs Shop**

Free collection/delivery for bicycle services for the readers of the Parish Notes

**28a High Street  
Watlington  
OX49 5PY**

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sprocketscience@hotmail.com  
www.sprocketscience.co.uk**





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## WALKS AT THE FOOT OF THE CHILTERN

Sally, our Parish Notes Editor, pointed out a problem to me. New residents don't necessarily know the details of local walking routes as they probably don't have a copy of the booklet called "Walks at the Foot of the Chilterns" published by the Parish Council.

Nature notes and local history have been supplied by several of our residents and I provided the routes and edited the booklet. One copy is offered free to every household in the Aston Rowant Parish. This includes, not only Aston Rowant and Kingston Blount, but also Kingston Stert, Chalfont and Copcourt as well. If YOU haven't already got a copy please phone me on 07767 647714.

The booklet includes the Aston Rowant Discovery Trail which is also available online. You just have to search for "Aston Rowant Discovery Trail" and you find a route description written by a professional Country Walking author and lots of photographs. There are two versions of the walk – one just over 5 miles and another just over 6 miles. If you walk the Trail please go onto Trip Advisor and add your comments.

There are four main routes in the booklet, with short cuts on each one. Since the booklet was first published there have been some changes. For example many of the stiles have been replaced by gates over the last three years which makes for easier walking.

Please note that Walk 2 describes meeting and eating at the Cherry Tree. This pub is now closed but the description of the walk is the same. Walk 4 also mentions eating at this pub. However all of the other pubs mentioned should be open once the Coronavirus restrictions have been lifted.

The walks vary in length from 4 to 6 miles.

I would like to thank Oxfordshire County Council Countryside Services, Landowners, the Chiltern Society and Aston Rowant Parish Council who have enabled improvements to footpaths and bridleways in recent years. Of course there is always more to be done!

If you have any suggestions for additional circular walks please contact me.

So if you are new to the Parish why not go on one of these walks to enjoy our beautiful surroundings.

**Peter Hetherington**



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## DOORSTEP PHOTO GALLERY

With this year marking 75 years since VE Day and 20 years since there was last a doorstep photo gallery displayed in the Village Hall, I wondered whether it might be nice to have photos taken on our doorsteps once again. It's an ideal time while so many of us have immediate family members with us at home.

Mark Lord, who lives in Aston Rowant, is a professional photographer (see p.39) and has agreed to take doorstep photos of families & residents around the Parish for a vastly discounted price of just £10. Not only that, but he is also offering the portrait free to NHS workers!

For those who would like to participate, your £10 would entitle you to have a few photos taken and you would be given a code to view all the Parish photos in an online gallery (these would be low res images – please note that everyone that signs up would be able to see ALL of the low res images taken in one gallery folder). You would then choose one of the photos that you would like and the high- resolution image would be emailed to you to either print at home, or have printed / framed in a photo shop etc. Of course, you would be welcome to choose more than one, but any additional high res images would also be £10 each.

We will be asking the Parish Council to consider funding some frames / additional print costs so that these photos can be displayed in the Village Hall to capture ‘a moment in time’ – a time that none of us will ever forget, for so many reasons.

If this is of interest, please email [stephanie.johns@btinternet.com](mailto:stephanie.johns@btinternet.com) by 15th June giving your name, address and phone number. We will then put together some kind of schedule so that Mark can visit a few properties in one go.

If it goes ahead, either Mark or I will be in contact to let you know the date that he will come and take your photos so you can be ready!

To see some of Mark's work, do visit his website: [www.marklordphotography.co.uk](http://www.marklordphotography.co.uk)

### Steph Johns



# NOTICEBOARD

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



## FOR SALE



In aid of NHS Wellbeing Fund.

A pair of dining chairs (height: 43" – seat depth and width 19") in good condition - £30

Contact Jo (KB) 07785 941023

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15th July to [sallyparishnotes@gmail.com](mailto:sallyparishnotes@gmail.com)

## Waste Collections

The bulky waste collection service was temporarily stopped to allow the council's waste contractor, Biffa, to prioritise the important kerbside household collections while members of their waste collection crews were off sick or self-isolating. Biffa has now built up sufficient resilience in its workforce and can now provide the paid-for service again. The situation is being regularly monitored and residents should be aware that if staffing levels fall the service may need to be suspended again.

Wheelie bins should be put out on Monday evening or before 7am on Tuesday. If the bins in your street are not emptied, please leave them out for up to three days (including weekends) and Biffa will try to catch up.

A few of the lovely painted stones left around the villages for us to spot on our walks.



## NOTICEBOARD



### Sue Ryder bookstall in KB

If you haven't already seen on your walks around Kingston Blount, Sue Matthews has set up a table outside Hawthorn House, Brook St. selling books, CDs and DVDs for a small price to raise money for Sue Ryder as all the charity shops are currently closed. They have all been cleaned and ready for sale with a suggested donation of £1.00 for paperbacks, £2.00 for hardbacks and 50p for CDs and DVDs. Sue changes the selection most days as she can't fit it all out at once. Donations can be put either in the big jug or in the letter box.



### Online Yoga

Rachel Hawkins is offering online yoga sessions for you to take part in from the comfort of your own home. If you're interested contact her for more details on 07741 438968

### Parish Notes Features

Here's a reminder of some of the suggestions for features you'd like to see included in the Parish Notes taken from the recent questionnaire. I need people to write these up or let me know about them so I can use them in future issues:

- Interviews with interesting local residents
- Births, deaths, marriages, anniversaries, celebrations and newcomers to the parish
- Personal ads, for sale or to lend
- Recipe page
- Local trusted tradespeople
- More on allotment news
- Regular activities in Chinnor

If you have anything you'd like to see in the next issue please get in touch anytime. The deadline for the August/September issue is 15th July.  
Email: [sallyparishnotes@gmail.com](mailto:sallyparishnotes@gmail.com).

# ASTON ROWANT PARISH COUNCIL FOOTPATH AND AMENITIES GROUP (FAAG) ANNUAL REPORT 2019 – 2020

Chairman: Peter Hetherington

Parish Councillors: Steven Sowerby and Adam Bernstein.

Co-opted Members: Di Eaton, Jan Gooders, Tony Hughes, and Pat Isherwood. Advisor: Mike Eaton

Secretary: Tracy Lambourne (Parish Clerk)

The group met twice during the Council year.

## Walks

We organised three Parish Walks which attracted 70 walkers in total. These events were joint ventures with Thame and Wheatley Ramblers, the Chiltern Society and the Chilterns Spring and Autumn Walking Festivals. Once again the New Year walk attracted most people, 34 this year. All the walks started locally, this time from Crowell and Lewknor.

It does seem, however, that we need to attract more of our own Parishioners to join us. The walks are run predominately for your benefit. We always go at the pace of the slowest. We also have a back-marker to make sure no one is left behind.

So please contact me, on 07767 647714, if you have any questions. We will advertise the next walk as soon as we get the all clear for group walking.

## Improving the Parish Environment

Fiveways, Church Lane, Aston Rowant. Thanks are passed to Mike Eaton who continues to do sterling work on this natural area. Please see his regular updates in Parish Notes.

The seat that was donated three years ago continues to get regular use.

More dead and weak trees and shrubs have been cleared to let in more light and stimulate more wild flower growth. Mature hawthorn in particular blew down in the winter storms and had to be cut up.

This winter we have planted a Holm Oak and several small holly bushes on site. Earlier more British Bluebells were added, so we will look a slightly better display over next few years.

We need more regular helpers on site so please contact Mike if you can give some time. (Tel 351238)

## Working with Aston Rowant Church

The Duck Races were cancelled in February because of the terrible stormy weather. The snowdrops continued to delight and a few hardy souls still visited the Church for cream teas. The event was promoted strongly, with excellent publicity in the Chiltern View magazine and on Radio Oxford. We will try to repeat the event next year so please put Sunday 14 February in your 2021 diary!

The Church are to be congratulated on the wonderful display of primroses in the churchyard this Spring. This has been the result of much better upkeep and tender loving care of the maintenance team over recent years. These things do not happen automatically!

## Other Tree Planting in the Parish

ARPC paid for 4 more Rowan Trees to be planted, 3 along the Stert Road to replace those

that died in 2019 and one in Aston Rowant on the wide B4009 verge. The ones planted on the Lower Icknield Way last year are growing well.

### **Improving the Path Network**

A New Permissive Footpath.

Alan and Lawney Hill kindly offered a 12 foot strip of land to the Parish Council under a 30 year Deed of Licence. A permissive all-weather path from Kingston Blount to Crowell opened last winter. The path is from the Old Telephone Exchange to Pound Lane in Crowell. Walkers are now able to get between the villages without walking along the dangerous B4009. A grant was obtained from the Trust for Oxfordshire's Environment (TOE2) with support from Grundon. Further funding came from Aston Rowant Parish Council.

The specification was drawn up by the Chiltern Society, agreed by the Parish Council and work started early in April '19 on the footpath surface which was levelled, seeded and rolled. When the grass established, an HDPE mesh was laid, through which the grass continued to grow.

The fencing was installed and mesh laid and pinned by a local contractor, Ridgeway Rural Services.

Chiltern Society Volunteers installed the pinch points at either end of the path. It is not suitable for horses whose hooves will damage the surface.

We had planned an official opening to be held during April as we wished to formally thank all those that contributed to the project. That remains to be rescheduled. But rest assured the path remains open for all walkers to freely use.

### **Church Lane Aston Rowant**

This bridleway took the brunt of the terrible weather this winter and the surface will require improvement. Discussions will take place with adjacent land owners and farmers to see how we can together improve the drainage and repair the surface.

### **Moors Footpath**

More planings were laid last summer but drainage from the adjacent stud field remains a big problem during times of heavy rainfall and a high water table. Discussions have begun regarding better field drainage.

### **Village Flower Tubs at Entrances to the Villages**

Once again thank you to Simon Coulon who continues to maintain, plant and water all the Parish Tubs. We are so lucky to have a parishioner who is prepared to give freely so much of his time.

### **Parish Litter Picks**

A litter pick organised in both Kingston Blount and Aston Rowant last Autumn filled 35 large bags. Unfortunately we had to cancel the Spring Litter Pick which was to form part of The Great British Spring Clean organised by Local Authorities across the country. It was such a shame as we had a big band of volunteer litter pickers lined up for the challenge. Better luck next time!

### **Peter Hetherington**

April 2020



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## EMMA'S POP UP PLANT STALL

I am a keen gardener and two years ago, along with four others in the village, I opened my garden to the public under the National Garden Scheme. A major part of the open gardens is selling plants that I have propagated from seeds or cuttings, some are from unusual hardy perennials that my mum (Theresa Clark) and I have collected for our gardens over the years.

This year I was going to open my garden with Chinnor Open Gardens in June. Of course then coronavirus arrived and all open garden events have been cancelled. At the same time due to the virus, my shop Recollections in Chinnor, was closed and I had plenty of time on my hands and many young plants to be sold. I also have an allotment and had started sowing my vegetable seeds. I had seed packets left over from last year and had already bought plenty of compost.

I started to think about selling a few plants at the end of the driveway for a suitable charity. The Buckinghamshire Health Trust Covid-19 Staff Wellbeing Appeal was brought to my attention, and I think it's a wonderful way to show our appreciation to the medical staff coping with the virus. My dining room table was soon laden with seed trays, as was my conservatory, greenhouse and cold frame. My dad found an old metal tool box that became an honesty box. Lucas Smith (age 11) provided the artwork for the signs, my neighbours gave me recycled plastic food containers as extra seed trays and milk containers were cut up for plant labels, the stall was set up.

Facebook became a great way of publicising in Chinnor, KB and Aston Rowant. There was a definite gap in the market as garden centres had closed and with the wonderful weather, locals were keen to buy, often while taking their daily exercise. A Just Giving online fundraising page was also set up for those wishing to make a donation to the charity. [www.justgiving.com/fundraising/BennettsYardPlantSale](http://www.justgiving.com/fundraising/BennettsYardPlantSale)

Tomato, chili, lettuce and courgette plants and many more are selling well and some villagers have kindly donated surplus plants and even some large potted shrubs! My mum has provided plants from her beautiful garden and often items will be sold within half an hour of them being put on the stall!

At the time of writing this, the stall is still going strong and will be there for a few more weeks, being topped up daily with vegetable and perennial plants. I'm so very grateful to our local community for supporting me and this worthy charity. As well as raising the money it has kept me very busy during this strange time doing something I love and we have so far raised an amazing £750!

Visit the stall at the entrance to Bennett's Yard, Kingston Blount.



**Emma Rogers**



## VE DAY CELEBRATION

Many thanks to Mark Lord and other residents who went round the villages and took these photos of some of our decorations and 'Stay at Home' celebrations!







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## NEWS FROM ARCC

It is barely believable how things have changed for all of us in the short period of time since the last notes were written. Then there was optimism about the summer but at present there seems little possibility of any cricket at all, certainly there will be none until the 1st July. But in the big picture this is the least of our worries.

We are concentrating our efforts into both making sure we survive as a club for when cricket can resume and in the meantime upgrade the facilities as we are committed to do for the Cherwell League.

Our members have been fantastic in supporting the club through paying membership fees and making donations to keep the club going. A huge thank you to everyone who has helped. If anyone has not yet renewed their membership all contributions will be greatly received. All details are on our website or you can contact myself.

Our ground staff have also been wonderful, putting in hours of time cutting the grass, which of course does not stop growing, both grounds look really good, if you get time take a walk around the top field and admire the view.

In terms of upgrades, we have completed the installation of electrical power to the score hut on the bottom field and have started the modifications to the portakabins by the pavillion. By the time you read this the painting of the buildings will have started.

Hopefully we will have more news for the next edition of the notes, keep safe and enjoy the summer.

**Steven Sowerby**

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## TESSA WYATT'S COUNTRYSIDE DIARY



**April 4** The rooks are busy having a party in one of the churchyard trees. Shouting, playing “knock you off your branch” and showing off their flying skills. Their scratchy voices to me sound like laughter. It’s all a mating game really, and soon they will find partners and settle down a bit.

**April 5** Taking a break on the garden bench, and Mrs Blackbird is having a bath just over 2 metres away, practicing her social distancing like a good girl. She and one other male amongst the many blackbirds we have, are very tame. The male comes to the kitchen door sometimes to let me know when the feeder needs filling up.

**April 10** Watched a little millipede, about 4mm wide and 40mm long hurrying across the patio. Used to see them in Africa where they can grow to a metre long and 10cms wide. You can actually hear their little feet marching!

**April 11** Spent an hour clearing the ground behind the trellis and moving some junk. Tinker sat watching the whole time. As soon as I paused for lunch she settled down on the freshly turned earth and went to sleep, so now I have to wait till she decides to move elsewhere! I’ll go and have another coffee ....

**April 15** No wonder pansies are also called Jump Jack. A lovely yellow and purple one jumped into my biggest patio pot all by itself! Where it has come from I don’t know, but it’s most welcome.

**April 20** If you happen to come across a sheep lying on its back with its legs up it is cast! Please be so kind as to tip/roll them back over so they can get up. Being pregnant or very woolly makes them top heavy and they get stuck very easily.

**April 22** Found a queen white tailed bumble bee having a nap break in the shade of an ivy leaf. Will keep an eye on her in case she needs a sugar boost later. A little dish of watered honey or sugar water rehydrates tired bees and give them energy.

**April 28** I don’t think I have ever seen so many candles on the chestnut tree on The Green, brightening a dull day.

**April 29** A little Common Blue (male) made friends with John’s hand while we were having a coffee break outside. He’d flit away and then come back, coming and going several times before finally disappearing. He is the most lovely pale sky blue. Good luck little fella, hope you find a mate.

**May 2** It’s John’s birthday, and to celebrate, Tinker brought him a rat for a gift. She let it go in the sitting room and it ran under the bookshelf. Every time we tried to encourage it out, it squealed and jumped at us. Then it ran under the sofa and finally ran under the kitchen floor behind the fridge and disappeared. Meanwhile That Cat just sat watching us running round like mad things trying to catch the blasted thing. What a way to spend a birthday evening!





**May 6** Today the sky was a deep azure blue you normally only see abroad, near the sea. No planes flying, and fewer cars on the roads means less pollution, so we can see the true colour. Makes you think. Tonight the moon was huge and very bright – a flower moon. So named because this is the time when the Spring flowers begin to bloom.



**May 12** Woody Woodpecker is drumming on the roof of the garage next door. So much louder and more effective than a boring old tree! He comes most days now.

**May 13** Fiveways is full of stitchwort at the moment, so named because its stems resemble long stitches of green thread. Such a pretty, daisy like flower. Lots of pink herb Robert too. I love it's feathery, graceful leaves.

## RECIPE

### ROCKY ROADS (STORE-CUPBOARD DUMPING VERSION)

250g Dark Chocolate  
150g Milk Chocolate  
175g Butter  
4 tablespoons Golden Syrup (substitute with maple syrup if you prefer)  
125g Mini Marshmallows (or chop up big marshmallows)



So the above are the base mix ingredients, and then you can really add anything - some suggestions:

200g digestives/amaretti biscuits/ginger biscuits - literally any crunchy biscuit

150g nuts/rice krispies/corn flakes/anything to add a different texture to the above but you could just add more biscuit!

150g glacé cherries or any other soft fruit. Or a mixture of cherries, sultanas, cranberries, ginger, etc.

Melt the chocolate, butter and syrup over a very low heat - you don't want it to burn or separate.

Chop the other bits up to however small/chunky you want it.

Mix it all together until it's all coated then turn out onto non-stick paper and flatten or shape into a block. Allow to cool. Cut into pieces and enjoy!

**Claire Green**

If you have a recipe you'd like to share email it to me at: [sallyparishnotes@gmail.com](mailto:sallyparishnotes@gmail.com)  
The deadline for the August/September issue is 15th July.

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## LETTER FROM THE HEADTEACHER

On Friday 8th May the Queen addressed the Commonwealth to mark the 75th Anniversary of VE Day. She reminded us that: *“our streets are not empty; they are filled with the love and the care that we have for each other.”*

This statement was a poignant reminder of what we are all facing as a nation, but also resonated about our wonderful school and how we are facing these challenging times together. We have remained opened through the lockdown and each day welcome the children of our key workers. On Thursday 7th May we had our VE Day Anniversary celebrations, albeit on a much smaller scale than we had originally planned. We made decorations, hats, food and even home-made lemonade. We joined together on the playground and took time to remember the sacrifice of those who had gone before us.

Although our playground was relatively quiet, with just a few tables carefully placed two metres apart, we knew that we were not alone. For we knew that the rest of our school family were having their own celebrations in their homes and thinking of us just as we were thinking of them. If I may slightly paraphrase the Queen: ‘Our classrooms are not empty; they are filled with the love and the care that we have for each other.’

Whilst the majority of our pupils are learning at home we remain a close knit family as a school. We email, we stay in touch by phone and through our website. The children post us pictures and cards and treats to enjoy, and if they are passing on their daily exercise stop to say ‘Hello’. The values, the relationships and the bonds that we hold dear as a school remain strong.

In her address to the nation on 5th April the Queen said; *“We should take comfort that while we may have more still to endure, better days will return: we will be with our friends again; we will be with our families again; we will meet again.”*

As a school we look forward to the time when we will be with our friends again; when we will have our school family back together again; and when we can all meet again. In the meantime we keep working, we keep learning and we keep encouraging and supporting one another in the challenges that lie before us.

**Mrs Helen France**

Headteacher,  
Aston Rowant School





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## OBITUARY JOE GRAFFY

Joe Graffy, who lived in and loved the village of Aston Rowant for over forty years, passed away peacefully at his Cambridge Care home on April 23rd aged 91.

Joe was the adored husband of the late Diana and together they spent some incredibly happy years in the village. He loved his family and his never ending quest for knowledge - he had a huge range of interests and skills and delighted in the fact that reconnaissance can be an end in itself.

Born in Barking in 1928, the son of a builder, he made it up to Oxford University where he read English after National Service. It was while at Oxford that he met the love of his life, Diana Stonestreet, and they married in May 1952 at St Margaret's Church Tylers Green. They subsequently designed and built their first house in that village and it was here that Joe wrote two novels whilst pursuing a stellar career in the advertising industry becoming Managing Director of Foot Cone and Belding which he commuted to daily from Beaconsfield station.



Aged 43 Joe gave up on working in London, to pursue his love of Art and in particular lithographs and with this in mind he started Penn Print Room. He soon discovered, with the nudging of Diana, that whilst he was excellent at choosing and buying prints he was not such a dab hand at selling them... Something many find when they try to turn their hobby into a business.

Joe just had more hobbies than most, from model trains to sailing, garden design, art collecting and model planes to name a few but despite this mass of interests, his greatest achievement has to be the love, care and commitment he and Diana gave to their three sons Jonathan, Roger and Sam.

It was in 1977 when the Graffy family moved to the Malt House in Aston Rowant that their relationship with the village started and it was the centre of their lives for very many happy years. Proximity to the church in more ways than one helped and it wasn't long before both were lending a hand wherever it was needed. Helping with teas, locking up the church, reading the lesson and starting the first village fete. During these early years Diana was also establishing a new Sociology degree at Bucks College of Higher Education and Joe started a successful communications business in his beloved Oxford, advising industry on graduate recruitment.

Both Diana and Joe adored their time in the village and when it came to "downsizing" they moved just 300 yards to Rowan House at Number 1 Aston Gardens. Joe lost his beloved Diana in 2015 but continued to live in Aston Rowant until the Summer of 2019.

Joe was a wonderful husband, father and grandfather who had a great life so there are no regrets. At a future date Joe's ashes will be laid to rest with Diana's at the church of St Peter and St Paul in their well loved village where they spent the majority of their lives together.

**Roger Graffy**



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## MARK LORD, LOCAL PHOTOGRAPHER

You may have noticed the beautiful cover images on recent issues of the Parish Notes. They were taken by local photographer Mark Lord who has lived in Aston Rowant for almost nine years. He is often seen out in the village with his camera, photographing his clients using our lovely local countryside as a backdrop.

Mark has been a Pink Lady Food Photographer of the Year Finalist in 2017, 2018 and 2019 and is the Official Photographer to The Prince's Countryside Fund. He also specialises in wedding photography, family portraits and business photography. His passion is meeting people from different walks of life and capturing beautiful, natural pictures of them.

If you book Mark for a relaxed family shoot, you may meet at his home in Aston Rowant before taking a walk down towards Fiveways. The walk helps everyone unwind and interact and Mark will capture some beautiful images which your family will treasure for years to come. After the shoot you will receive a secure online gallery from which you can choose digital files, prints or he also has some stunning wall products to choose from. Portrait shoots from Marks home are £25 or a shoot can be arranged at your family home if you prefer. Please contact Mark for more information.

info@marklordphotography.co.uk 01844 351218



**LOCAL PHOTOGRAPHER MARK  
SPECIALISES IN PEOPLE  
PICTURES, HIS PASSION IS  
MEETING PEOPLE AND  
CAPTURING BEAUTIFUL,  
NATURAL PICTURES OF THEM**

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## FIBRE TO THE PREMISES BROADBAND

The following is not an endorsement by the parish council; just a statement of fact. There are other providers out there but at substantially greater cost.

If you're on fibre broadband right now you'll be on what's known as fibre to the cabinet (FTTC) where the connection from the exchange to the cabinet is fibre, but from there to your home you'll be on a traditional copper wire. If there's a weak link causing slow speeds or line drops it'll be the copper wire. Fibre to the premises (FTTP) is markedly faster and more reliable.

Being where we are the likes of BT and Virgin won't be coming to the parish for some time as the economics (for them at least) don't stack up. They normally charge a £250 per household survey fee, a five figure installation fee and require a two year contract with charges of around £120/month.

However, the parish council has found Airband.co.uk, a provider which is currently building a FTTP network in a number of areas including Chinnor, Lewknor and Watlington. Airband is proposing - if it gets enough support - to link those sites up via our parish... to our benefit.

If the plans get the green light there would be no installation fee and the router will be provided completely free - all under the Rural Gigabit Voucher scheme that is promoted by the government. Airband will complete all of the applications.

As an added enticement, any exit fees from a current provider up to £250 will be covered by Airband, subject to a 30 day cooling off period (30 days after connection to the fibre network) and on presentation of closing bill.

The unlimited packages on offer are either £29.99/month on a two year contract for 150Mbps download / 50Mbps upload, or £39.99/month on a two year contract for 250Mbps download / 75Mbps upload. At some point in the future, the line speed will be upgraded to true gigabit.

Householders should soon receive direct mail with a link to a community page for Aston Rowant and a separate one for Kingston Blount/Crowell where residents can register interest, place an order or track the project. See: [airband.co.uk/demandled/aston-rowant/](http://airband.co.uk/demandled/aston-rowant/) and [airband.co.uk/demandled/kingston-blount/](http://airband.co.uk/demandled/kingston-blount/). The pages for Chinnor and Watlington - to see how it all works - can be seen at <https://www.airband.co.uk/community>. When our page is live residents can use the code OXON-DLP-24 to sign up. Airband can be contacted on 01905 676121 or [hello@airband.co.uk](mailto:hello@airband.co.uk).

Completion for this cluster is this Autumn, however Airband will need a significant number of orders to make the project viable.

To reiterate, the parish council is not endorsing this project; it is merely publicising it as at present there are no viable alternatives to those wanting ultrafast broadband.

If you have any questions, Andrew Roberts is more than happy to answer them. He's available via [andrew.roberts@airband.co.uk](mailto:andrew.roberts@airband.co.uk) or 07495 543046.

**Adam Bernstein**

[adam.bernstein@astonrowantparishcouncil.gov.uk](mailto:adam.bernstein@astonrowantparishcouncil.gov.uk)



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# 7 THINGS TO DO DURING LOCKDOWN

A few suggestions to keep that Groundhog Day feeling at bay.

## 1. Learn a language

Duolingo are offering free classes and you can also learn with the BBC.

**duolingocom** **bbc.co.uk/languages/**

## 2. Visit a museum (virtually)

Many of the world's best galleries and museums are offering virtual tours.

Here are some of the best:

J Paul Getty Museum, Los Angeles **getty.edu**

Vatican Museums, Rome **museivaticani.va**

Guggenheim, Bilbao **guggenheim-bilbao.eus**

Natural History Museum, London **nhm.ac.uk**

Rijksmuseum, Amsterdam **rijksmuseum.nl**

Musée d'Orsay, Paris **m.musee-orsay.fr**

## 3. Do some yoga

Yoga is one of the best ways to destress, and yoga with Adriene has become a lockdown sensation for a reason. Check out her huge selection of free classes.

**https://www.youtube.com/user/yogawithadriene**

## 4. Build a birdbox

The sound of birdsong has been one benefit of lockdown, and now you've got time to build a birdbox for your garden, the RSPB has great instructions on how to do it. **https://www.rspb.org.uk/fun-and-learning/for-families**

## 5. Learn to cook something new

You can take a pasta-making class with a real Italian grandma at **nonnalive.com**

Or learn to make Mexican food and cocktails with Mexican restaurant Wahaca – **wahaca.co.uk/wahacaathome**

## 6. Learn to play guitar

Have you always wanted to learn guitar? Fender is currently offering free online lessons. **https://try.fender.com/play/playthrough/**

## 7. Have a silent disco!

For those missing out on the festival season, you can have a disco at a distance with your friends. Just put on your headphones, go to **silentdiscobreak.com** and choose your DJ.

*If you've got any other ideas for interesting ways to spend your time at home, please email me at [sarahparishnotes@gmail.com](mailto:sarahparishnotes@gmail.com) and we will include them in the next issue (if we're still in lockdown).*

**Sarah Day**