

# Steeple Aston *Life*

MAY 2020

ISSUE No. 561



## Inside SAL this month:

- See how the village pulls together in a crisis
- Virtually explore local arts venues
- Get creative in the kitchen and garden
- And much more...

# HARRIS'S STORES & POST OFFICE

Opening hours:

7.00am - 7.30pm (Mon-Fri)

7.30am - 7.30pm (Sat)

8.00am - 6.00pm (Sun)

## PRODUCTS AVAILABLE

*Fresh bread from Nash's Bakery.*

*Fresh meat and poultry.*

*Quality frozen fish and sea-food.*

*Organic free range eggs.*

*Bread rolls and baguettes baked daily on the premises.*

*Cakes: a taste of home-made.*

*Off-licence with a wide range of beers,*

*wines and spirits.*

*Fresh fruit and vegetables.*

*Top-up for mobiles, gas and electric.*

*Fax and photocopying services.*

*Dry cleaning agent.*

*National Lottery tickets and much more.*

*Thank you all for your continued support.*

*Please let us know of any ideas or suggestions you may have of ways in which we can extend our services to you.*

**Tel: 01869 340201**

**e-mail: [raj4878@hotmail.com](mailto:raj4878@hotmail.com)**

# Croxfords

CATERING FOR FOOD LOVERS



BANQUETS • MAGNIFICENT FEASTS • INTIMATE DINNERS  
ANNIVERSARIES • BIRTHDAYS • WEDDINGS • FUNERALS

3 Soden Road, Upper Heyford, Bicester, Oxfordshire, OX25 5LR  
01869 232616 • [kitchen@croxfords.com](mailto:kitchen@croxfords.com) • [www.croxfords.com](http://www.croxfords.com)

# John Dovey

—FCCA—

Chartered Certified Accountant  
& Registered Auditor

- Limited companies, Partnerships & Sole traders
- Accounts prepared
- Self Assessment Tax Return completion
- Book-keeping services
- New business start-ups
- Personal & Corporate tax advice
- Company secretarial services
- VAT and payroll

email: [jmd@johndovey.co.uk](mailto:jmd@johndovey.co.uk)

telephone: 01869 233003

mobile: 07801 658328

ACCA



A small village based team providing

## Gardening For All Seasons

Weeding - Pruning - Planting - Mulching - Pond care

For more information email: [gfas@cangarden.co.uk](mailto:gfas@cangarden.co.uk) Fully insured  
RHS qualified  
Freelance gardeners

# Haines Watts

*Local Matters, National Strength.*

We are accountants who are innovative and progressive with wide and varied business experience gained over 80 years.

Our focus is on supporting the business community and individuals with excellent business advice and tax advice, as well as full assistance with accounting, auditing and VAT planning and pensions advice.

To find out how we can support you personally and/or your business, please contact us on 01865 378282 or email us at [oxford@hwca.com](mailto:oxford@hwca.com)



Click on the item below to go straight to its page. To return to Contents, click on the page number at the foot of any page.

## May 2020: CONTENTS

<b>APRIL FEATURES</b>	<b>PAGE</b>
Alice Oakes tribute	5
Coronavirus Volunteering	18
Derek Hopwood tribute	6
Finding Steadiness	41
Good News for Wildlife	7

<b>REGULAR FEATURES</b>	<b>PAGE</b>
Child's Play	43
Church Matters	35
Gardening Spot	17
Have you ever been to...?	22
In the Kitchen	36-37
Parish Council report	28-29
Poetry Corner	9
SAVA	26-27
Steeplejack	13-14
Steeple People	10
The ARTS page	42

<b>REPORTS FROM CLUBS &amp; SOCIETIES</b>	<b>PAGE</b>
Cricket Club	44
Golf Society	30
Valentine Club	45
Women's Institute	19

<b>INFORMATION</b>	<b>PAGE</b>
Bus times	49
Calendar	50
Noticeboard	4
Steeple Aston Directory	2
Village Hall News	19

<b>NEW ADVERTS</b>	<b>PAGE</b>
Manos	21
Plant Sale	12

## Steeple Aston *Life*

### **COPY**

All articles and letters to the Editors  
[editorsalife@gmail.com](mailto:editorsalife@gmail.com)

### **COPY DEADLINES**

The copy deadline for SAL has now changed to the 15<sup>th</sup> of each month.

The copy deadline for the June 2020 issue is therefore 15<sup>th</sup> May.

### **ADVERTS**

All adverts, and all advertising queries (*availability, prices, dimensions, suitability of illustrations, etc.*) to **Charlotte Bartlett**  
[salife.advertising@gmail.com](mailto:salife.advertising@gmail.com)

01869 347347

### **ADVERTISING DEADLINES**

Please note: there is a new deadline for adverts (black & white only), which should be submitted no later than the 15<sup>th</sup> of the month.

### **ADVERTISING RATES**

Non-commercial adverts:  
 1 page (village events only)- £15  
 ½ page - £12, ¼ page- £6.  
 Commercial adverts:  
 ½ page- £15, ¼ page- £ 8

# Steeple Aston Directory

Age UK		Richard Preston	340512
Allotments (Church)	Enquiries	Stuart Walton	347300
Angling Club		Antony Morley	tonyriver_83@hotmail.com
Archive (SAVA)	Chairman	Martin Lipson	347046
Badminton (Tuesday mornings)		Barbara Brewer	340423
Badminton (Thursday evenings)		Lydia Powell	347746
Beekeepers (Swarm collection, advice)		Paul Honigmann	340665
Bell ringers		Graham & Dorothy Clifton	347273
Hand-bell ringers		Sally Cooper	347173
Brownies		Fiona McLoone	340132
Catholic Church - St Teresa's (Charlbury)		Father Tony Joyce	01608 642703
Cherwell District Council	Bodicote House		01295 227001
Choral Society	Chair	Ann Livings	233518
Church of England (St Peter & St Paul)	Rector	Rev Marcus Green	340903
	Church Wardens	Eileen Baglin-Jones	340099
Methodist Church – Tackley		Rev Paul Carter	01865 243216
	Steward	Tim Bailey	01869 331516
Councillors - Cherwell District Council		Cllr Mike Kerford-Byrnes	07805 665393
		Cllr Bryn Williams	07836 271998
		Cllr Hugo Brown	
Cricket Club	Chairman	Peter Higgins	347493
Crimestoppers			0800 555111
Deddington Guides		Marian Trinder	340806, 07786001641
Deddington Health Centre	Appointments		338611
	Repeat Prescriptions	10am - 3pm	338847
	Out of Hours		111
Dr Radcliffe's C of E School	Headmistress	Frances Brown	340204
Football Club	Secretary	Peter Wild	07950 837773
Garden Club	Chairman	Richard Preston	340512
Golf Society	Chairman	Alan Brewer	340423
Horticultural Society	Show Secretary	Vicky Clifton	07817 025948
Meals on Wheels		Hanny Nicholson, Judith Lane	340823, 349052
Players	Secretary	Alan Wightman (07943 537909)	324875
Parish Council	Chairman / Clerk	Richard MacAndrew/ Cathy Fleet	347209, 347000
Police	24hr Call Centre	(non emergency)	101
Post Office & Harris Stores		Raj	340201
Pre-school			340863
Public House	Red Lion	Aidan & Kegan Madden	340225
Robinson's Close	Letting Agent	Katie Rushworth	340196
Scouts Group		Colin Cassford	243038
Sports & Recreation Centre	Letting Agent	Katie Rushworth	340196
Steeple Aston Walking Group		Anna Allen	340160
Toddler Group		Charlotte Clarke	07799 030490
Valentine Club		Richard & Daphne Preston	340512
Village Hall (see advertisement)	Letting Agent	Katie Rushworth	340196
Village Website	www.steepleaston.org.uk	Editor: Jenny Bell	347714
Volunteer Connect - Community transport scheme			0300 3030125
Women's Institute	President	Linda Needle	340028



“...folly is not always folly.”  
Jane Austen

## Steeple Aston *Life*

May 2020

Issue No. 561

### **Editors:**

Becca Coker and Angela Smith  
[editorsalife@gmail.com](mailto:editorsalife@gmail.com)

**Treasurer:** Vaughan Billings  
01869 340857

**Secretary:** Jenny Taylor  
01869 340551

### **Advertising:**

Charlotte Bartlett  
01869 347347  
[salife.advertising@gmail.com](mailto:salife.advertising@gmail.com)

### **Deliveries:**

Stuart & Penny Cummins  
01869 349155  
[cummins2011@outlook.com](mailto:cummins2011@outlook.com)

### **Layout design:**

Edward Dowler, Martin Lipson

### **Committee:**

Edwina Kinch, Hanny Nicholson,  
Jenny Bell, Sue McLean

# Editorial

I am delighted to be making my debut as co-editor of Steeple Aston Life. Huge thanks to Angela for getting the ball rolling – and setting the bar high! – last month, and to the Committee for welcoming us on board.

I was slightly concerned that, with the world in lockdown, I would be struggling for copy. I needn't have worried! Our inbox has been filled, and it's clear that villagers are finding creative ways to keep in touch and continue with the hobbies they usually enjoy, wherever possible.

I would like to echo Angela's call last month for people to share their views on the magazine. Which pages do you look for every month? What's missing? If you have ideas and would like to contribute, please do email us at [editorsalife@gmail.com](mailto:editorsalife@gmail.com)

Turn to page 16 of this issue to read Richard MacAndrew's personal experience of the community pulling together in tough times. If you're looking for some local online artistic inspiration and entertainment, turn to page 40. And if you want a break from it all and fancy a mental escape to Australia, flick to Eileen's article on page 20.

Hopefully we'll all soon be released and be able to get together in person. In the meantime, we hope that SAL landing on the doorstep, amidst the daily post and Amazon deliveries that so many of us have come to rely on, helps to bring some cheer.

Sending very best wishes to all,

Becca

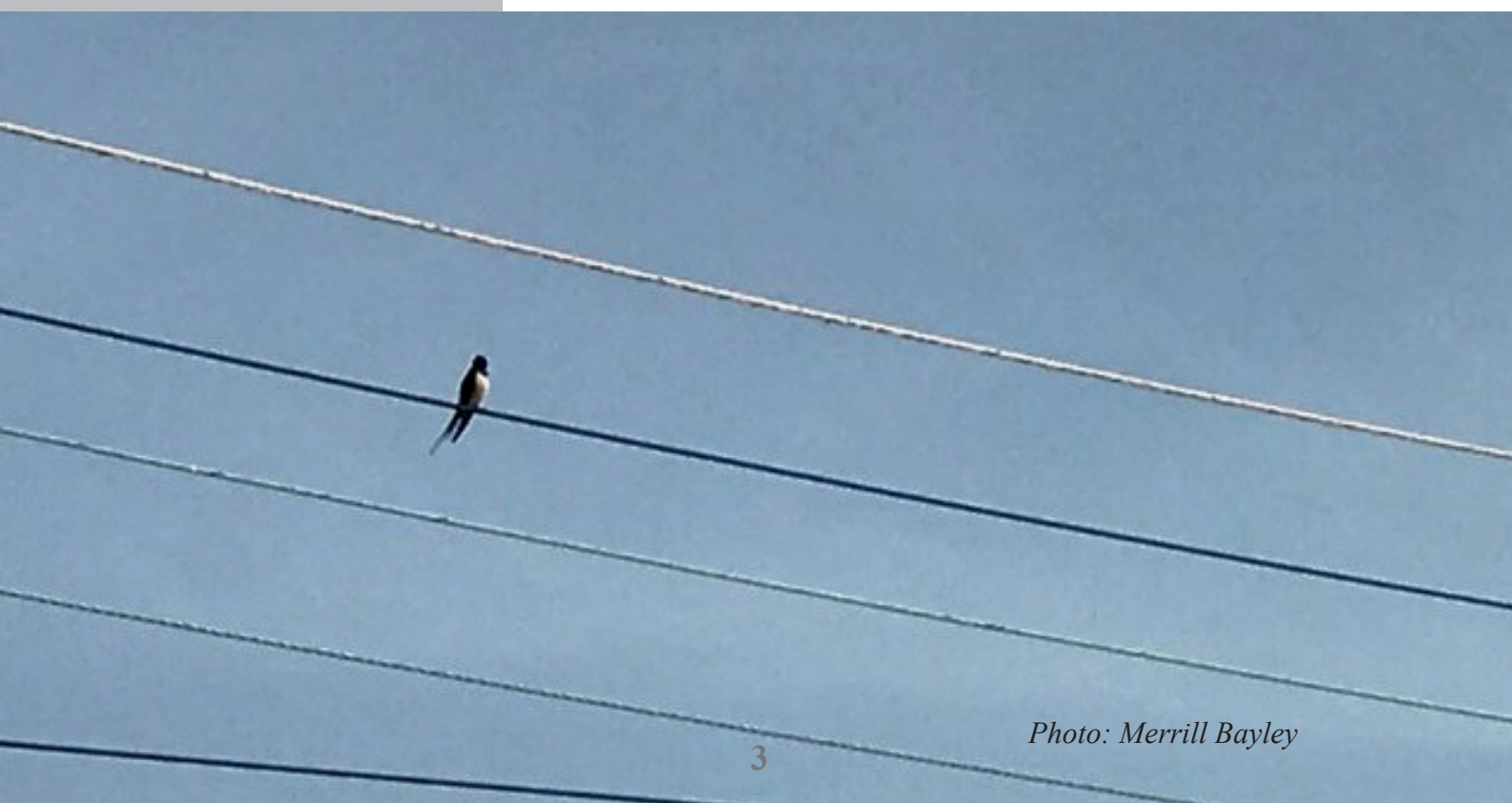


Photo: Merrill Bayley



Ron Roberts died peacefully on Saturday 4th April 2020

## **CORONAVIRUS**

### **MESSAGE FROM DEDDINGTON HEALTH CENTRE**

If you are concerned that you might have Coronavirus, or have been in contact with someone who has it, please do not come to the surgery. Stay at home, avoid close contact with other people and use the NHS online Coronavirus service <https://111.nhs.uk/covid-19> to find out what to do next.

### **Age UK**

Age UK Oxfordshire are providing advice & information for anyone worried about Coronavirus on their website here <https://www.ageuk.org.uk/oxfordshire/about-us/news/coronavirus/> and have set up a new, free telephone support service including a friendly, regular weekly call to see how people are and offer advice if needed. The number is **01865 411 288** - leave a message and an advisor will call you back ASAP. Please note this is not an emergency medical service; please ring 111 for medical advice and 999 in a medical emergency.

**THE SHOP AND POST OFFICE ARE TEMPORARILY CLOSED DUE TO SOCIAL DISTANCING REQUIREMENTS DURING THE EMERGENCY**

## **BUS SERVICES ALTERED DURING EMERGENCY**

**See page 47 for details**

The Parish Council is still looking for volunteers. As more people begin to need help, and as some volunteers are forced into isolation, we may need everyone who is willing and able. If you are interested, please contact the Parish Clerk, Cathy Fleet, at [parishclerk.steepleaston@gmail.com](mailto:parishclerk.steepleaston@gmail.com), or on 01869 347000, or 07989 398838.

### **NEW SAL email address for copy and articles**

From now on, please send your articles and news to our new email address:  
**[editorsalife@gmail.com](mailto:editorsalife@gmail.com)**

## **Mrs Alice Oakes**

**January 3<sup>rd</sup> 1924 – 12<sup>th</sup> April 2020**

It is with great sadness that I have to announce that Mrs Alice Oakes has passed away at Green Pastures Care Home in Banbury, where she had been cared for since last year.

Mrs Oakes was born in Steeple Aston and lived in the village for most of her life.

Alice was born on the 3<sup>rd</sup> January 1924 to Mr and Mrs Ted Coombes and had an older sister, Vi. They lived in many cottages in Steeple and Middle Aston.

She attended Dr Radcliffe's School and whilst Vi trained to be a nurse in London, Alice stayed at home to help her parents and later worked at Marks and Spencer and the aluminium factory in Adderbury.

Alice met her husband, Vic, who was stationed at Middle Aston House and they had one son, Michael, who later married Jenny. Together they had two daughters, Lisa and Julia. Michael and Jenny tragically died some years ago.

Alice and Vic loved sequence dancing and Alice particularly loved her garden, growing roses, and was an avid knitter. Alice and her sister Vi also enjoyed many coach holidays together.

She was a loyal member of the Valentine Club for decades. She enjoyed the meetings with afternoon tea and outings. She was always a keen church goer.

Alice had beautiful hair, sparkling eyes and a lovely smile and will be greatly missed.

**Sheila Woods, Ann Haysom (Alice's niece) and Becky Aldcroft**



## The passing of Dr Derek Hopwood – ‘my Dad’.

I asked a dear friend in the village whether it would be appropriate to put the obituary of a dearly beloved father in Steeple Aston Life and his response was overwhelmingly, yes!

My father passed away on the 22 March at home (now my home too) with me at his bedside holding his hand. It was incredibly fast. Diagnosed with a brain tumour on the Tuesday and leaving me on the Sunday. It was an inevitably sad experience but also a magical uplifting one. He was ready to pass and I was happy for him to go.

Amazingly my brother had come up from Taunton on the Saturday before and the three of us had travelled into Oxford to Dad's favourite restaurant, No. 1 Ship Street. There he devoured his most favourite of dishes, oysters nestling in a bed of ice and lemon accompanied by a beautifully chilled glass of – not his favourite wine but good enough – Picpoul de Pinet. What a wonderful last supper we had. Even the waiter beamed as we left and said, “I am so pleased you have enjoyed yourselves so much.”

My father was an enthusiastic amateur musician, a bit of a wine snob, a fantastic and willing cook, an occasional grumpy old man and an incredible academic. A man who changed the worlds of many of his students and colleagues.

He brought his love of music and music writing to Steeple Aston: to the choir and to the Steeple Aston Players. All of you involved with my father's attempts at writing music are to be applauded. You supported him magnificently and it meant so much to him. As a devoted daughter I had the right to tease him about his composition and tease him I did. As a self-taught pianist and erstwhile Oxford University Orchestra trumpeter, he didn't understand the demands of other instruments – especially stringed ones! He wrote a piece for violin (to be played by my ex-husband, Roger Coull) and the Steeple Aston choir. As a professional violinist, Roger did admirably, but my father refused to accept that it is a physical impossibility for a violinist to play all four strings at once in a certain order unless a contortionist.

And in collaboration with his very good friend, Roger Mason, he wrote the music for The Cope, the programme for which he kept with pride.

My father came to Steeple Aston 22 years ago. I came two and a half years ago. I came penniless and homeless with two exuberant border collies, Barnaby and Minnie, and a laconic cat called Harry. Dad and Harry had an understanding but Barnaby and Minnie brought out the grumpy old man in him. In no way was he a dog lover.

Dad and I had the most incredible two years together. I arrived in South Side at the age of 57 having never really lived with my father as he left home when I was eight. What an unexpected and amazing adventure we had.

The year I arrived he was just putting the finishing touches to his final book at the age of 84, ‘Islam's renewal: reform or revolt?’ I am somewhat ashamed to say I have never read it. But I'm his daughter, what do you expect?!

His subject at Oxford was Middle Eastern Politics and History. In 1997 he received an OBE for services to the Middle East. He always reminisced that the Queen didn't really have a clue as to how to address him, especially as hot foot after him was Jenny Pitman, racing trainer extraordinaire and good friend of her Majesty.

How I shall miss him.

**Joanna Coull**





## Good news for our wildlife as air pollution levels plummet

In these trying times, I don't know what I'd do without my daily government-approved exercise hour. With the lovely sunny weather we've been having, it's a real treat to spend time walking among the daffodils and blossom along Steeple Aston's pathways and looking out for the local plants and animals.

Since the Coronavirus lockdown began on 23<sup>rd</sup> March, I've noticed a significant increase in the number of animals I see out and about. I first noticed the birds singing more loudly than usual, then that the number of birds was increasing too. In the last week alone I've had a rather bushy-tailed fox leap across my path as I walked behind the church, spotted a rabbit and seen two stags running through the fields.

It's not just me who has noticed this. Across Britain, eagle-eyed wildlife watchers have reported increased sightings of moles, weasels, oystercatchers and owls, to name just a few.

So why the sudden increase? Since lockdown was announced on March 23<sup>rd</sup>, not only has the peace and quiet and lack of people encouraged our wildlife, but the reduced road traffic has led to reduced levels of NO<sub>2</sub>, producing cleaner air as well.

Let's look at the figures. Between Monday March 25<sup>th</sup> and Sunday April 7<sup>th</sup> 2019, Oxford city centre registered an average of 54.43 micrograms of NO<sub>2</sub> per cubic metre (µg/m<sup>3</sup>), well above the government's 40 µg/m<sup>3</sup> target. This year, however, between Monday March 23<sup>rd</sup> (the day lockdown was announced) and Sunday April 5<sup>th</sup>, the figure was 22.14 µg/m<sup>3</sup>. That's a whopping 59.32% decrease. (*Source: Defra/BBC*).

The reduction in NO<sub>2</sub> also benefits our wildflowers, which are often in competition with nitrogen-fertilised plants, so look out for vibrant wildflower blooms on Steeple Aston's verges very soon. May is an ideal time to spot bluebells, cowslips, and primroses, plus the bumblebees that frequent them.

It's not just the lack of cars that's having this positive effect. The lack of light pollution and reduction in smog is giving stargazers some of the best opportunities to view the stars without passing plane trails that we've had in a long time. And you don't need a telescope to get involved. From Steeple Aston, keep your eyes peeled for the distinctive W shape of Cassiopeia, visible for the first few hours of darkness. For planets, your best bet is Venus, which looks like a bright star, visible at sunset and, if you're really enthusiastic, drag yourself out of bed before sunrise and look out for Jupiter.

Perhaps this will make us all think more carefully about our car use when lockdown is over.

**Angela Smith**

# VICTORIA PRENTIS MP

MEMBER OF PARLIAMENT FOR NORTH OXFORDSHIRE

## Meet Victoria:

Victoria holds regular surgeries for constituents in supermarkets and her office, and visits pubs across North Oxfordshire as part of her Pub Tour. Please check the website or call Victoria's office for more information about upcoming dates.



WORKING HARD FOR NORTH OXFORDSHIRE ALL YEAR ROUND

## Victoria Online:

-  @victoriaprentis
-  @victoria\_prentis
-  /victoriaprentis

[www.victoriaprentis.com](http://www.victoriaprentis.com)

## Contact Victoria:

### Constituency:

 01869 233685  
 Orchard House  
Hopcraft Lane  
Deddington  
OX15 0TD

### Westminster:

 020 7219 8756  
 House of Commons  
London  
SW1A 0AA

[victoria.prentis.mp@parliament.uk](mailto:victoria.prentis.mp@parliament.uk)



## HOME DELIVERY

We're not in the business of trying to sell thousands of homes; we just do all we can to sell yours.

To discuss your property, simply give us a call:

01869 343 600  
[cridlands.co.uk](http://cridlands.co.uk)





## Preamble

The English language is a treasure trove of words and phrases all with many different meanings. Like delving into a random bag of sweets, you 'pick and mix'.

## Ne'er cast a clout

A statement that I heard you make  
now what was that about  
you clearly said I had to wait  
at least 'til May was out  
and that would then determine whether  
I should cast a clout

I am confused and here is why  
more than a little bit  
where I am from a clout is clear  
it's when you strike or hit  
and casting is to throw a line  
from where you stand or sit

So are you saying when it comes  
to throwing out a blow  
that abstinence's de rigueur  
In May one must lay low  
that casting clouts is something wrong  
and goes against the flow

Ne'er cast a clout 'til May be out  
please can you shed some light  
is May a Month, perhaps, or flower  
I'm really not that bright  
and clout is that to strike a blow  
that doesn't sound quite right

You say that clout's are winter clothes  
it's wise if you are guarded  
and wait 'til summer's in its prime  
before they are discarded  
the 'cold snaps' catch you unawares  
when wisdom's disregarded

Ne'er cast a clout 'til May be out  
a saying from our past  
our weather changes year on year  
but good advice will last  
so keep your jumper handy as  
it's not yet time to cast

**Peter Wild**



## People

“Hell is other people”, so the saying goes,  
And in the present crisis that feels true.  
We're avoiding people, keeping well away,  
Frightened of the damage they might do.

But we are all discovering: it's people that we miss,  
The hug, the shaken hand, the friendly face.  
Other people are not hell, they are our lifeline,  
And without them life's a very different place.

**Cathy Lawday**





## Matthew Austin



### How long have you lived in Steeple Aston?

A little over 5 years.

### Where did you move from?

From a one-bedroom cottage in Tackley.

### What brought you here?

A great project on the edge of the village. We managed to finish renovating our house just before our first son, Edward, was born.

### What do you like best about living in Steeple Aston?

The community and surrounding countryside – it's so nice to be able to walk and cycle from our front door.

### Where do you think of as 'home'?

Oxfordshire now, but I lived much of my early life on the south coast.

### Early bird or night owl? Cat or dog? Optimist or pessimist? Technology: friend or foe? To marmite or not?

Night owl, but since having children, both! Cat. Optimist, always. Friend. Yes, but no butter thank you!

### As a child, what did you want to be when you grew up?

I knew I wanted to make things – something I've definitely stuck by over the years. Learning how to use a new tool or create something from scratch can be very rewarding.

### What was your first job?

My first job was working in a cycle hire shop, every morning we had to drag all of the hire bikes out of a shipping container and prep them... and do it all in reverse at night. I got paid weekly in a brown envelope, it was not a lot of money, but I've never felt richer!

### What do you do for a living now?

I'm an engineer currently working on developing self-driving vehicles at Oxbotica!

### Tell us about any interesting hobbies you have

I'm an amateur photographer, having photographed a number of weddings for friends and friends-of-friends. I enjoy travel photography the most but have recently (before the lockdown) managed to get some photos of a pair of local barn owls hunting.

### What are you reading at the moment?

I tend to have several books on the go, currently I'm reading *The Man Who Cycled the World* by Mark Beaumont, *Earth Abides* by George Stewart and *Expedition* by Steve Backshall.

### What's your favourite food?

A good curry with naan bread, poppadoms and lime pickle. Yum!

### If you could travel anywhere in the world, where would you go?

I would hire a car and take a road trip through South America into Patagonia to the Torres del Paine national park and try to emulate the photos of Galen Rowell!

### What's your favourite saying or piece of advice?

"What's for breakfast?" – Winnie the Pooh.

### Who would you most like to have dinner with – dead or alive?

Steve Jobs

## RS SERVICES

Aerial, Satellite & TV installation and repair

**Qualified engineer with 40 years experience**

Call Shane for a free quote on

01865 881313 OR 01865 882300

Mobile 07815095704

# North Aston Organics

ORGANIC CERTIFICATION UKS

LICENCE NO 78954



We grow delicious organic vegetables and deliver them, freshly picked, to a collection point in this area



To try one of our vegetable boxes, or to find out more,

Please contact us at

**NORTH ASTON ORGANICS**

The Bakery Office, North Aston, OX25 5HX

Telephone: 01869 347702 Email: northastonorganics@gmail.com

www.northastonorganics.co.uk



## JOHN WHITWORTH TREE SURGERY



**BODICOTE COTTAGE**

**16 HIGH STREET**

**BODICOTE**

**OXFORDSHIRE**

**OX15 4BS**

**Tel/Fax: 01295 268170**

**Mobile: 07970 154552**

## The Arty Crafty Place

### Home of BlockCraft, our Indian Block Printing Range

Come and visit our studio in Middle Aston where we are running a variety of fabulous arty workshops. Learn the art of Indian block printing, lampshade making, pottery and loads more.

Our studio is also available for private workshops, birthday and hen parties, W.I. and art groups.

Open weekdays 10am - 4pm, visitors welcome. Workshops run on weekdays, weekends and evenings.

#### Visit Us

9 Hatch End Old Poultry Farm, Fir Lane, Middle Aston, OX25 5QL

Call us on: 01869 349020

[www.theartycraftyplace.co.uk](http://www.theartycraftyplace.co.uk)



**GREAT ANNUAL**

*Plant Sale*

**PAYNES HILL HOUSE, STEEPLE ASTON,  
OX25 4SQ**

**SATURDAY 16 MAY 2020**

**10.00am – 1.00pm**

**Healthy refreshments  
if CV restrictions allow.**

-

Carefully selected and home-grown perennials,  
annuals and a few shrubs, including: Dahlias,  
Lilies, Sweetpeas and other annual climbers,  
Cosmos, Alliums, Digitalis, Zinnias, Cornflowers,  
Sunflowers

Heritage tomatoes, Squash and other specialist  
vegetables,  
**And More!**

-

In aid of Mary's Meals and  
Steeple Aston Church

-

Park near the church

# JLDA

Design, Planning Applications, Listed Building Consents & Building Regulations Applications

A complete service for all your building needs, including New Builds, all types of Extensions as well as Loft and Garage Conversions

*"JLDA has done 3 designs for us. The first one has transformed our lives. It was a ground floor extension and involved redesigning our kitchen as well. The work was of the highest quality and the level of service excellent. We were very much involved in the process of design but the bureaucratic requirements such as Design, Planning permission were expertly handled by JLDA."*

★★★★★

Call now to discuss the project you have in mind

01869 349825  
design@jlida.co.uk  
www.jlida.co.uk



## Group Yoga Sessions

MONDAYS

19:30-21:30

The Marlborough School, Woodstock, OX20 1LP  
Book at [www.marlborough.oxon.sch.uk](http://www.marlborough.oxon.sch.uk)

TUESDAYS

9:30-10:30 (Drop-in)

Upper Heyford Reading Room, OX25 5LB

THURSDAYS

9:30-11:00

The Marlborough School, Woodstock, OX20 1LP  
Book at [www.marlborough.oxon.sch.uk](http://www.marlborough.oxon.sch.uk)

19:30-21:00 (Drop-in)

Upper Heyford Village Hall, OX25 5LB

FRIDAYS

9:30-10:30 (Drop-in)

KGF Community and Sports Centre,  
Lower Heyford, OX25 5PG

The Canal Studio

37 Freehold Street, Lower Heyford, Oxfordshire OX25 5NS  
Klara Walters-James, T: +44 7799493510  
[klara@thecanalstudio.co.uk](mailto:klara@thecanalstudio.co.uk), [www.thecanalstudio.co.uk](http://www.thecanalstudio.co.uk)

## Dragon Framing

The Studio, Earls Lane  
Deddington

Bespoke Frames & Mirrors  
Ready Made Frames

Open Monday – Friday 10am – 4pm  
Other times by appointment

01869 337597

On Line Shop

## Think Chiropractic is just for back pain?



At Active Family Chiropractic, our focus is on movement & quality of life!

We pay special attention to your spine & pelvis because this houses your spinal cord & nervous system.

Keeping this part of your body working helps keeps the body moving, removes pressure on nerves & improves flexibility - keeping you **healthy, active & happy!**



ACTIVE FAMILY  
— CHIROPRACTIC —

Ashcroft Therapy Centre,  
Deddington,  
OX15 0SW  
01869 722053



Member of  
British  
Chiropractic  
Association

GCC registered  
General Chiropractic Council  
[www.gcc-uk.org](http://www.gcc-uk.org)

[www.activefamilychiropractic.co.uk](http://www.activefamilychiropractic.co.uk)

# Parish Council Meeting *Notes*



The Parish Council meeting in April was a bit different to usual. We were all at home in front of our laptops and looking at each other on our screens courtesy of Zoom. If you would like to watch next month you can; the instructions will be on the website and on the noticeboards around the village. It is rather fun because, as someone pointed out this month, we could see the décor in each other's homes. The meeting started with one Councillor being visible to all but we could not hear what he was saying. Murmurs of 'just lip read' or 'that's an improvement' seemed to be floating around.

There were a few items picked up from the last meeting. Someone had asked Highways about the safety implications of the large advertisement on the main road opposite Brasenose Farm. The answer was that it wasn't on Highways land and at the worst was a 'minor hazard'. I used to find it slightly misleading when turning into Fenway from the Banbury direction with the advertisement there, but others thought it was safe because it does not impede sight lines.

Our roads are being improved. There is a new white line on the corner of Paines Hill and South Side and work is progressing on the road at the Beeches. Apparently a large amount of accumulated mud and leaves at the Beeches has been cleared and a Councillor told me after the meeting that the road looked a lot wider and that he had found a kerb down there which he had not previously seen before.

The play area is closed and the lavatory next to it is locked. There are lots of leaves and mess on the MUGA and this is expected to take a couple of days to clean up with a commercial sized power hose. It will be done now while the area is not being used. The roof and damp in the Committee Room of the Village Hall is being inspected and will be repaired as necessary.

Our District and County Councillors came to the virtual meeting and they both had money on offer. Unfortunately, the money can only be given to existing organisations that already have a constitution so the offer is not very flexible and may explain why so far the take up is very low. But subject to this limitation money is available; any

good ideas? Our County Councillor brought his charming and very well-behaved toddler to the virtual meeting, which was great.

We were given a report on the Parish Council's response to Covid-19. We were told there were 55 volunteers and 36 people who are considered 'vulnerable'. The shop has closed but will reopen as soon as it is feasible and the regular prescriptions which were going to the shop are now being distributed by volunteers. Another volunteer is collecting and delivering one off prescriptions. One Councillor is connected to an Oxfordshire-wide newsletter showing what is going on elsewhere and he will report back on any good ideas from elsewhere.

Three meals a week are being distributed to 45 to 50 people by S & J Cuisine. So a huge thank you to Sally Brown and Jasmine Watts for making it possible and to Charlotte Bartlett for organising it. A Councillor who had the meals for two weeks when she had the virus described them as "really, really good".

Apparently old computers will not run Zoom which seems to be the current choice for getting together online. If anyone has a spare machine or can lend one please can you contact Graham Porcas so more of us can get on Zoom. Graham says he may be able to update some older computers to take Zoom and he will deal with the security so nothing that was on a computer can be retrieved by a new user. You can contact him on [grahamporcas@btconnect.com](mailto:grahamporcas@btconnect.com) The Councillors noted how well the village website and Facebook were doing in the current difficult circumstances and were grateful to those managing and updating both on our behalf.

Someone suggested that the Parish Council might buy a supply of face masks in case these were made compulsory. But after doubts were raised about the quality of any specific facemasks, and uncertainty about whether they will be made mandatory it was decided not to go ahead with the idea. It is probably unfair but I wondered if the government thought the same about PPE for medical staff three months ago when they might have been able to buy some.



# Parish Council Meeting *Notes*



The annual litter pick was cancelled but one Councillor told me after the meeting he took a picture of a mother and her family having a litter pick by themselves. Thank you from us all even if we cannot see your good work.



There was a long discussion about the difference between subletting and an underlease. Apparently the Village Hall and the Sports and Rec committees both have a licence to occupy their buildings, but need a proper sublease to get grant funding. Grant givers want to see a lease in order to be certain the recipients cannot be ejected from their site any time soon. A letter of intent from the Dr Radcliffe's Trust that they are safe in the buildings would not be sufficient to trigger grants. This means that if these organisations are to get grant funding in future a proper sublease is required and this could cost about £5,000 in legal fees. There was a discussion about whether this needed to be done now as the Parish Council expects it will get some benefits from Rectory Homes when its development on Southside opposite the Red Lion is completed. But no one knows when, or for certain if, contributions will be received from Rectory Homes and anyway it does not solve the issue in the future. In time honoured fashion they put off making a decision on this to next month.

There has been a lot of discussion on the village Facebook page about bonfires and I was asked to remind everyone that Cherwell has asked us all not to have a bonfire while coronavirus is with us

because it is very bad for those ill with the virus. It is also tough on caged in kids if their gardens are too smoky to be a good place to play.

There was an interesting discussion about the proposal for a housing development in the garden of The Beeches, or for that matter in any large garden on the edge of a village. The Mid Cherwell Neighbourhood Plan (MCNP) argues that in this village, and some other villages, there are houses, mostly on the edge of the village where it would be inappropriate for their large gardens to be developed because such sites are characterised as 'backland' never intended to be covered with houses. The developers at The Beeches are arguing that the MCNP view is not relevant to their planning approval. The majority of the Councillors are not against the Beeches development seeing it as an acceptable way to help meet our limit of new homes by 2030. But they recognise the importance of not undermining the MCNP as it is a vital element in our arsenal to prevent unsuitable developments. Luckily to keep the peace at our meetings this is a decision for Cherwell's planners and not for our Councillors.

There is still roughly £6,000 left of the debt to pay for the flattening of Robinsons Close about 15 years ago. The councillors considered paying this off now because they are paying 4% interest and can borrow at 1%. But the penalty charge for an early settlement of the debt would wipe out any benefit so they will just continue the annual payments for another few years instead.

The next Parish Council meeting will be on Zoom and anyone or everyone in the village will be welcome to watch and contribute. The Councillors also discussed whether it might be feasible to live stream it on the village website. The meeting will be at 7.30pm on 18 May and you, but not the Councillors, will be able to have a drink at the same time. Do zoom in and see what is going on.

## *Steeplejack*

*This report is the personal view of the SAL reporter, and is not intended to be a complete record of the Council meeting. The official record - once approved - will be available at [www.steepleaston.org.uk](http://www.steepleaston.org.uk)*

TAILORED TO YOUR INDIVIDUAL REQUIREMENTS



## CUPBOARD LOVE

beautiful fitted furniture

### For a cabinet you can depend on

wardrobes ◦ cupboards ◦ tv units  
 shelving units ◦ bedrooms ◦ utility rooms  
 home offices ◦ bathrooms ◦ kitchens  
 libraries ◦ studies

Small local workshop ◦ Free quotations

Call **Martin Pedel** on **07738 828740** to discuss design ideas & possibilities





[www.martinpedel.co.uk](http://www.martinpedel.co.uk)

# NOAH'S ARK

Painting Company

SIMPLY BEAUTIFUL DECORATION

All forms of interior and exterior painting and decorating, specialising in murals.

T: 01295 811026  
 E: [pete@noahsarkpainting.co.uk](mailto:pete@noahsarkpainting.co.uk)  
 W: [noahsarkpainting.co.uk](http://noahsarkpainting.co.uk)

Pebsham Cottage, Aynho Road, Adderbury  
 Oxfordshire, OX17 3NL

# [COMPUTERPRO]

## Local, Professional IT Support & Computer Services

-  One-off Repairs & Troubleshooting  
Wireless & Networking Solutions
-  Disaster/Failure & Data Recovery  
Data Security & Loss Prevention
-  Virus & Malware Removal & Protection  
System Monitoring & Management
-  Hardware Maintenance & Upgrades  
Software Installation & Configuration
-  Intelligent Website Development  
(Design, Building, SEO & Analytics)

Delivering expert, friendly & reliable IT Support & Services to North Oxon's small businesses & homes for over 15 years.

Fast response and flexible call outs. Remote desktop support.

Please call the team: 01869 352002  
[pcstuff@computer-pro.co.uk](mailto:pcstuff@computer-pro.co.uk)  
[www.computer-pro.co.uk](http://www.computer-pro.co.uk)

# Bed & Breakfast

A large comfortable studio room  
 en-suite shower, own entrance

## Old Toms

Northside  
 Steeple Aston  
 OX25 4SE

Tel: 01869 340212

e-mail: [oldhatchedtom@gmail.com](mailto:oldhatchedtom@gmail.com)  
 Web: [www.oldtoms.co.uk](http://www.oldtoms.co.uk)



# The Gardening Spot

## April showers bring forth May flowers

So where do I start? As I write this in the middle of April, we have just had one of the wettest winters on record and during the early part of April, we have had some amazing summer temperatures with almost no recordable rain for four weeks. I rotovated my vegetable garden just after the rains had stopped and it was like a paddy-field but now it is crusty dry with the occasional dustbowl blowing over the garden. I know what you are thinking. He is just moaning again simply because he can't get to the garden centres or visit the NGS gardens that he suggested you might all like to do in last month's edition of SAL. However, by the time you read this it has probably started to rain, and those April showers will have brought forth May flowers. I don't know about you, but I think the Spring flowers this year have been amazing, so maybe the month of May came a little early?

For all of us, life at present is different to anything we have experienced before but the garden offers some sort of refuge while life around us sorts itself out. The grass is beginning to grow at some pace now so keep the lawn cut but never too short as that encourages moss and in the unlikely eventuality of a drought, the lawn will survive that much better if not shaved off completely! It is time to tidy those spring bulbs but leave the foliage to die back naturally allowing time for the bulb to build up strength for next year. About six weeks after the flowers have faded is a good guide before you chop the remaining foliage away. Keep sowing salad crops, just a little at a time, to provide a continuous supply to accompany the tin of Spam you have had in your cupboard for the past two decades. For me, I might have sown a few runner beans in pots during late April but that is plenty early enough. Now is the time to sow your main crop of runner beans either direct into the ground or in pots to be transplanted out later this month. Runner beans like plenty of moisture at all times but not sitting in water, so some organic matter dug into the bottom of the trench will help. If you can't get any "organic matter" then old newspapers or cardboard will help as it will retain moisture during the growing period. In the greenhouse it is time to plant out your tomato plants and around the middle of the month, cucumbers. Neither of these plants like to experience the cold or, more importantly, cold draughts, so watch out for those biting winds or even a late frost. Tomato plants can be planted reasonably deep to encourage additional root growth, which in turn will make a stronger plant and a better crop. Cucumbers like a moist environment and both crops will appreciate some protection from the direct sun by either placing a screen over the glass roof or shading with one of the many products that were available in garden centres and can still be purchased online. Keep hoeing as that will assist the crops as they will have reduced competition for nutrients essential for continued growth. Watch out for bugs such as aphid or greenfly as they have no regard for crops or flowers that we have nurtured throughout the year. If you have some fungicide in your garden shed then give the roses a spray to reduce the "black-spot" that attacks the foliage. Always remember to spray in the evening once the sun has gone down and there is little or no wind.

No matter what size of garden you own, be it a grand estate or a window box, nature around us carries on as usual and with the reduction in noise from cars or aircraft, and the fact that many of us have more time to sit in our special space in the garden or on the patio, take time to listen to the birds and watch the flowers as they blossom. Nature is a wonderful thing and I am sure that our gardens will look splendid this year. Most importantly, be thankful that we live in such wonderful surroundings with the countryside all around us.

Keep safe everyone and enjoy your garden space.

**Richard Preston**

## CORONAVIRUS – A PERSONAL VIEW OF THE VILLAGE

What a remarkable village Steeple Aston is!

As I write this, in mid-April, it is a month since it became clear that the country was headed for a crisis; and a month since the Parish Council put out an appeal for volunteers. I wasn't entirely sure what the response to that appeal might be.

When my wife and I first came to the village, it quickly became clear that there is a strong tradition in Steeple Aston of both public spiritedness and engagement in the community. However, many of the people setting that standard were of 'a certain age'. The people I came across – the then editor of SAL, the organiser of Meals on Wheels, quite a few members of the Parish Council, the Village Hall Committee, and the Sports and Recreation Trust – all seemed to have been around since the days of Dr Radcliffe. And in the current crisis they were all people who should be staying at home. So when the call for help went out, who would respond?

Why had I worried? The response to the Parish Council appeal was both staggering and heart-warming. The fact that so many people from all parts of the village, of all ages, are willing to give up their time and energy, with the chance of putting their own health at risk, to help others is a real testament to the selfless generosity of Steeple people.

The Parish Council has had offers of help from over 50 people. Around a third of these have been paired up with people who are self-isolating or staying at home. They are mainly assisting with shopping. Others are collecting and distributing regular prescriptions from Deddington Health Centre on our weekly 'drug runs'. Some have helped with leafleting houses to check everyone knows about the help available, or with one-off prescription pick-ups. And others, some of them on the 'stay-at-home' list themselves, have been helping as Chat Volunteers, having regular phone conversations with people who feel isolated and lonely at home.

I am well aware too that all over the village there are many other unsung acts of kindness going on. There are people doing shopping for elderly or isolated neighbours, for their family and their friends. I know of others phoning friends and colleagues to keep their spirits up; people sewing laundry bags for A & E nurses; or tracking down ponchos no longer needed at the Glastonbury festival so they can be put to good use in GP surgeries instead.

A lot of us have made a quantum leap in our technological expertise and learnt how to videoconference for the first time. *Zoom*, *Vonage* and *Microsoft Teams* are being used for chats, early evening drinks, quizzes, music sessions, and bedtime stories for grandchildren.

Community-spirited entrepreneurship has flourished. S & J caterers have not only taken on responsibility for Meals on Wheels, but are also providing affordable and, by all accounts, delicious meals for those who are self-isolating, or for any cooks who just fancy a night or two off. The Red Lion is offering varied and tasty take-away pizzas. Manos, the owner of the café on Walton Street in Oxford, will deliver classic Greek food to your door. All over the village people have risen to the challenge.

We may be living in difficult times. But we are living in an amazingly resourceful and compassionate village. It is a humbling and life-affirming experience.

**Richard MacAndrew**

# Village Hall News



## **Monday 4<sup>th</sup> May AGM village hall committee room 8pm.**

The Annual General Meeting of the Steeple Aston Management Committee will still go ahead but will be conducted by teleconferencing on the above date. The AGM lasts approximately 30 minutes and is followed by the monthly village hall committee meeting. Members of the public wishing to know more or are interested in joining the committee, please contact Barbara on 01869 340423 for further details.

Due to the coronavirus these next three events will not now be taking place:

## **Friday 8<sup>th</sup> May/Saturday 9<sup>th</sup> May VE Day Anniversary Celebrations – cancelled**

## **Sunday 7<sup>th</sup> June – NGS Open Gardens, Steeple Aston 2 – 6pm Teas in Village Hall and gardens – cancelled.**

The following are due to take place:

## **Thursday 5<sup>th</sup> November Annual Fireworks Evening.**

## **Saturday 23<sup>rd</sup> January 2021 Annual Quiz Evening.**

Please note our letting agent is Mrs Katie Rushworth

01869 340196. Email [steeple-aston-village-hall@hotmail.com](mailto:steeple-aston-village-hall@hotmail.com)

Collect keys from "Touchstones" The Dickredge, Steeple Aston, OX25 4RS.

Always remember, clean hands save lives and when in doubt, don't go out.

**Barbara Brewer, Chair**



## *WI Report*

Like everyone else, we are not meeting at present but via email and the telephone we are keeping in touch with all of our members and sending on any relevant messages. Although we have not been able to have our normal Annual Meeting and yearly reports, these have been sent out to our members via email or post. The members have also agreed for the same nominated members of the committee to continue until next year. Therefore, Linda Needle remains President with Esther Brown our Secretary and Isabella Cleaver our Treasurer plus Pauline Brock, Liz Falconer, Julie Hillier, Janice Kinroy and Mary Rushworth who are also valuable members of the committee.

We have not been sat back being lazy but have had a production line going making laundry bags for nurses at the Horton General Hospital, for those members who are not sewers they have been supplying pillowcases and bedding to be made into these laundry bags. The bags are used by the nurses to put their uniforms in to take home to launder and this means when they get home they just need to put the bag and its contents into the washing machine so as they do not handle their uniforms in their own homes. I do understand that these bags are also required for the John Radcliffe Hospital so we will continue when we can to produce more. If any villagers would like to help, this would be much appreciated.

I must at this stage thank Richard MacAndrew, Parish Council Chairman, for keeping in touch to check on our members to see if they require any assistance with meals and shopping and also now the delivery of medicines. How lucky are we to live in a village with so many helpful people to care for us at this very difficult time.

We will keep you informed when we are able to resume with our WI meetings. Until then, if anyone would like information about the WI and its activities do not hesitate to contact me on 01869 340028.

Keep well and keep safe.

**Linda Needle, President**



# CHILTERN CONSULTANCY

INDEPENDENT FINANCIAL ADVISERS

**Based in Steeple Aston and Stokenchurch,  
offering a comprehensive, independent financial planning service  
for all your Investment, Pension and Protection needs.  
Specialising in ethical and environmental sustainable funds and  
investments to help you work towards a better future for all.**

Joanna Coull DipFA, Lifestyle Financial Planner  
T 01494 451441 M 07850 346959 E joanna@chilternwib.com

[www.chilternconsultancy ltd.com](http://www.chilternconsultancy ltd.com)



**The Red Lion  
South Side  
Steeple Aston  
01869 340225**

OPENING HOURS  
Monday closed  
Tues-Fri 12-3 & 5-11  
Sat 12-11 & Sun 12-9

## **EXCITING NEW DINING AND PIZZA MENUS AVAILABLE**

**Check out new website**

**[theredlionsteepleaston.co.uk](http://theredlionsteepleaston.co.uk)**

**Pizza to take away  
Local ales and a cosy atmosphere**

**HELP FOR THE RESIDENTS OF STEEPLE ASTON & SURROUNDING VILLAGES AT THIS CRITICAL TIME**

*Manos Foodbar and Deli is a small family business in Jericho, Oxford. We were established in 2006, serving the community with homemade Greek Mediterranean foods and other products.*

**Same Day, Free Delivery:** *(if ordered before 3pm on the day)*

- *Fresh Fruits and Vegetables*
- *Free range Eggs*
- *Greek Red, White Wine (Kouros), Retsina & Ouzo*
- *Greek Beers (Mythos and Fix)*
- *Greek Honey*
- *Freshly made Greek Mediterranean dishes*
- *Greek Olive oil*
- *Baklava and other Sweet Treats*
- *And much more*

**OPENING TIMES:**

***Monday – Saturday 10am – 6pm***

*(Subject to change)*

**Visit our website:** [www.manosfoodbar.com](http://www.manosfoodbar.com)

**Call on:** 01865311782 or

**Email:** [info@manosfoodbar.com](mailto:info@manosfoodbar.com) to place orders.

**Visit us:** 105 Walton Street, Oxford, OX2 6EB

*For take away only (at the moment)*

*\*Payments can be made by CARD over the Phone or BACS ONLY!*

# HAVE YOU EVER BEEN TO.....?

## Wave Rock

In our present circumstances of being sealed in our houses it didn't seem very appropriate to write a jolly piece encouraging SAL readers to visit or explore places within reach of Steeple Aston. Indeed, I also can't visit or re-visit anywhere to investigate places on readers' behalf. Like many of you among the useful jobs Coronavirus has given us time to attack I've sorted some photographs. This little account of a long day out with my Australian family, of which I was reminded when looking through an album of pictures from one of our trips to Australia, is not designed to encourage you to pack your bags and fly to the other side of the world, but I hope it will be of interest. (Mind you, I do heartily recommend visiting that fascinating country!). It will also give you some idea of the lengths to which the Australian family will go to entertain me!

My stepson and family have settled in Western Australia, living in a pleasant rural area in the hills outside Perth. It's my great joy that we share a delight in exploring and visiting places of interest. When they've visited here we've tramped around many of the subjects of previous 'Have you ever been to....?' articles in SAL such as Kelmscott Manor, the Oxford Museums, Chedworth Roman Villa, the Northleach Mechanical Museum.....and more. I hope that before long we can all choose to go again and see and learn about the many local attractions we are lucky to live near.

Daughter-in-law Sue proposed an outing one day as we enjoyed breakfast. "It's a big rock", she said, "you'll never have seen anything like it." Slightly mystified, wondering why she thought we'd enjoy visiting a rock, we set off armed with flasks of tea and iron rations to sustain us – there would be few if any coffee shops on the way, we learnt. Then we drove 390km south east of Perth, yes 390km in pursuit of .... a rock! But Wave Rock is not any old rock. It is part of a large granite outcrop and it is 2700 million years old.



We did stop a few times on the way. Once it was to rescue a Goanna (a kind of lizard) making its lazy slow way across the otherwise deserted road and once it was outside a town called Narrogin, which seemed to be in the middle of nowhere, to visit the town's dog cemetery. It was rather touching to see human sized tombstones and headstones commemorating the lives of about 25 working sheepdogs who had gone to doggy heaven, obviously much mourned by their owners. The cemetery gives a clue about the countryside through which we were driving. Horizon to horizon it was a vast area of wheat and sheep country.

Then suddenly, about 1km beyond the pretty much deserted little township of Hyden, we found Wave Rock. It does take your breath away. It is an awe-inspiring natural phenomenon which is 200metres long and about 15 metres high and it does look as we'd been promised like... a great wave. Its rusty-red, ochre, black and gold vertical stripes reflect the minerals in the huge curving wall of the wave. They are beautiful especially when you see them, as we did, in late afternoon sun and marvelled at the loveliness of the granite even if feeling slightly anxious lest the oh so realistic wave might break over us! We could perfectly understand why this place is culturally significant to the locally indigenous people, the Njakinjaki. In spite of the long drive (another 390km to reach home!) Wave Rock was certainly a place worth visiting and it's a sight I will never forget.

**Eileen Baglin-Jones**





# PAUL KAY HAIR SALON

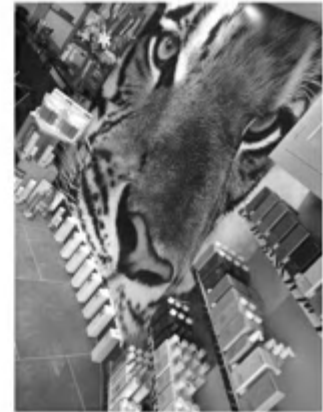
**The very best in  
modern hairdressing**

online bookings available at  
[paulkayhairsalon.co.uk](http://paulkayhairsalon.co.uk)



**Highlights, tints, ladies cuts,  
gents cuts, kids cuts, wedding  
hair and many more services !!**

**Phone 01993 810810 for  
your appointment !**



**Different levels of artistic  
stylists with different prices to  
suit all budgets.**

**41a Oxford street,  
Woodstock, OX20 1TJ**

**email enquiries :  
[paulkayhairsalon@btconnect.com](mailto:paulkayhairsalon@btconnect.com)**



**AT THE RED LION INN DEDDINGTON**  
**Plant based food from the Poggs & Bom menu**  
**100% plant based Pub**

Light Weekday lunches, Sunday Lunch & Evening Meals.  
Lunchtime reservations available. Open Tuesday to Sunday

[www.poggsandbom.co.uk](http://www.poggsandbom.co.uk)

Follow us on Instagram.....[poggsandbom](https://www.instagram.com/poggsandbom)  
Market Place, Deddington Tel 01869 338777

*Home-made food with The Personal Touch!*

*Menus to suits all tastes & budgets*

*Weddings and Family Celebrations*

*Dinner Parties*

*Afternoon Tea*

*Drinks Party Canapes*

*Balls & Banquet catering*

*Themed Events - Including - Mexican, Tapas, Bbq's, Paella & Spit Roasts*

*Business and Corporate Events and Meetings*

*Prices starting from £6.50pp*

*Contact- [sandjcuisine@hotmail.co.uk](mailto:sandjcuisine@hotmail.co.uk)*

*Call Sally on 07786131667 Or Jasmin on 07801975210*



The logo for kptreecare, featuring a stylized tree icon above the text 'kptreecare' in a lowercase, sans-serif font.

All types of tree work carried out including stump removal & hedge cutting.

Contact us today for a free quote  
NPTC Qualified & fully insured.

☐ [kptreecare.co.uk](http://kptreecare.co.uk)  
✉ [kptreecare@outlook.com](mailto:kptreecare@outlook.com)  
☎ 07788 289344  
📞 01993 891526

Official member of  
**Checkatrade.com**  
Where reputation matters



## Gas Heating & Service Ltd

*Plumbing | Heating | Gas*

*We specialise in:*

- Boiler Breakdown and repair
- Boiler service and Landlord Gas Safety
- Boiler change and upgrade
- Heating alterations and underfloor heating
- Hot water solutions and cylinder installation

All plumbing work undertaken

*For a free and friendly quote contact:*

**Joe McEaney**

*Mobile:* 07808 608 970

*Email:* [ghsoxford@gmail.com](mailto:ghsoxford@gmail.com)

**Gas Safe No 532113**



532113



## ALISTAIR REDHOUSE ESTATE AGENTS

65 High Street, Kidlington Oxfordshire OX5 2DN

[www.aredhouse.co.uk](http://www.aredhouse.co.uk)

01865 364541

Phone lines open 8am to 8pm  
Monday-Saturday and until 5pm  
Sunday. 01865 364541

Members of GPEA with a  
network of approximately 800  
independent offices.

Genuine family run agency  
that supports you.

Free Sales, Lettings,  
Land & Development Advice.

Bespoke Service by  
agents who care.

Call in for a chat  
and a coffee -  
we will be very  
pleased to  
help you.

# BENGAL SPICE

## Restaurant & Take-Away

New Street (High Street on A4260), Deddington  
Fully Licensed & Air-conditioned

**Open 7 days a week (including Bank Holidays)**

Opening: Mon - Sat: 12pm - 2:30pm & 5:30pm - 11:00pm  
Sundays & Bank Holidays: 12pm - 2:30pm & 5:30pm - 10:00pm

Tel: 01869 337733 / 01869 337799

[www.bengalspice-restaurant.com](http://www.bengalspice-restaurant.com)

## Lawrence Fields uncovered – Part 1

After we had moved into our new home in Lawrence Fields during the summer of 1998, we discovered that an archaeological dig on the site in the previous year had revealed many artefacts including skeletons! So, after wondering for many years, and recently joining SAVA, my curiosity got the better of me and I had a chance to delve deeper. Two phases of excavation were carried out by Oxford Archaeology in March and December 1997 prior to the construction of Lawrence Fields. The excavation uncovered a series of Iron Age pits plus Roman ditches and trackways, the latter most likely related to a Romano-British villa found much earlier to the south of the village.

**Pottery:** Neolithic pottery sherds were found with some consisting of a dense, crushed shell-like fabric characteristic of ceramics in the Upper Thames area. Vessels included bowls and cups, some highly decorated. Pottery from the Early and Middle Iron Age comprised of jars and bowls, with later Roman examples. Although a few materials were derived from other parts of the county, most pottery appears to consist of local Jurassic limestone.

**Flint and stone:** Small quantities of worked flint were discovered in a dark-grey to black colour, with some white or buff reflecting the chalky composition. Three blades, three blade-like flakes, and two serrated flakes were found, indicative of the Early Neolithic era. Pieces of worked stone in the form of a saddle quern (simple grinding implement) and spindle-whorl (maintains spindle speed and momentum) of Jurassic sandstone matched that found at Horsehay Quarry, Duns Tew. A rubber fragment of greensand traced to Culham in south Oxfordshire was most likely transported by boat along the Thames, then onto the river Cherwell.

**Metalwork and glass:** Ten iron objects and one copper alloy were found in the form of tacks, nails, pins, wire and a small length of bar, together with a blade fragment with a sharply curved tip. Two glass fragments were unearthed, both light green-tinted, one with gold iridescence, believed to be from post-medieval bottles.

**Plant remains:** A total of 29 samples were processed, which revealed charred seeds and chaff in 25, mainly cereal grain and some hazel. Weed species included brome grass, goose-grass, common spike rush and sedges. Leguminous seeds were also present, often seen as an indicator of declining nitrogen levels and soil fertility.

**Bone:** Two pieces of Iron Age worked antler fragments and one worked bone were uncovered, including an impressive comb, possibly used as a beater in weaving, for working hides or scraping fat from animal skins.

**Animal bones:** A total of 2,043 bones were collected by hand, of which 1,518 were Iron Age and 81 Neolithic, all but three found in pits, with other unidentifiable fragments. Species consisted of sheep 59%, cattle 37% and pig 3%, with a bone fragment each from a roe deer and a dog. However, pig bones are more fragile and porous than sheep and cattle bones, plus the age of death may be a factor as pigs tended to be culled at an earlier age. There appears to be deliberate deposition of cattle and sheep remains in distinct pits.

**Human skeletons:** The remains of five inhumations were uncovered on the site all in a supine position, and believed to be of Roman origin. Fragments of human bone of Iron Age descent were also recovered. The skeletons found on this site clearly demonstrate the different burial traditions – with disarticulated remains in the Iron Age pits and extended burials in the Roman pits.

### ***Iron Age Skeletons:***

**Skeleton 568:** Adult, probably female.

**Skeleton 564:** 13 fragments including 1 burnt fragment.

**Skeleton 580:** 6 small unidentifiable bone fragments.

## **Roman Skeletons:**

**Skeleton 207:** Male, approx. 40-50 years, indicated by seven loose lower right teeth and two carious molars. Evidence of old compression fractures and a healed fracture on the right fifth metatarsal, plus a benign tumour on the right humerus. Degeneration of the vertebrae including hip and joints are further evidence of age.

**Skeleton 659:** Female, approx. 30-40 years, approx. 1.60m tall. Skeleton in fair condition, no evidence of ante-mortem injury, and slight osteophytic lipping expected for age.

**Skeleton 577:** Male, approx. 25 years, about 1.72m tall. Almost complete, fairly well-preserved skeleton. Some episodes of arrested growth in the lower canine teeth at 3.5-5 years, but there is evidence in the vertebrae to reflect strong muscular activity with no ante-mortem injury.

**Skeleton 671:** Child, 10-12 years. Skeleton poorly presented, comprising of a fragmented skull, mandible, long bones of upper and lower limbs, plus a few pieces of rib and vertebrae. Evidence of anaemia present.

**Skeleton 574:** Female, approx. 40 years, according to teeth and bone evidence.



One can only speculate as to how these people lived and died, whether they were related, neighbours sharing this settlement, or by pure coincidence they ended up buried in the same pit. It would be intriguing to know more, yet the evidence provides just a tantalising glimpse of history.

There appears to have been a long hiatus until the next human activity in the post-medieval era with evidence showing field boundaries, cart tracks, animal grazing and an apple orchard. It is fascinating to learn of our predecessors on the site of Lawrence Fields, with artefacts conjuring up images of untold tales. In my next article, I discover who exactly Lawrence Fields was.

**Carol Neville, SAVA**

# Parish Council *Report*



## **The Steeple Aston element of the council tax bill**

At about this time for each of the past few years, the Parish Council has published a commentary on the Parish ‘precept’ or element of the overall council tax bill. The good news for 2020/21 is that the Parish Council has managed to avoid any increase whatsoever over the charge levied in 2019/20. Despite ever rising costs, this 0% change has been achieved through a rigorous analysis of all our necessary expenditures.

Precepts vary between villages depending upon what has to be paid for in a given year. In general, the precept levied for a relatively urban area will be larger than for villages, a reflection of the greater responsibilities of those areas. The Steeple Aston precept is not one of the smallest, but we do have more facilities to maintain than many villages. At one extreme, for example, Middle Aston has no facilities and thus no expenditure or precept. (I understand that Middle Aston has a Millennium Fund, fed by voluntary contributions, which were also used to purchase their defibrillator. In Steeple Aston the defibrillator, now attached to the Sport and Rec building, was purchased using Parish Council Funds).

Prominent amongst the responsibilities of the Steeple Aston PC are the Playground and Village Hall. The playground was established after very successful fundraising campaigns led by Richard Preston. The first section opened in 1994 (cost c£80K), the teenage area including the MUGA followed in 2009 (cost c£100K). Everyone knows that it is almost impossible to acquire funding for ongoing running

costs. So costs of repairs, general maintenance, tidying, ROSPA reports etc are borne by the Parish Council. As the years go by, replacement fencing and equipment will be needed, quite probably at short notice, so the PC needs reserves to meet such immediate needs. The layout of the playground is such that it cannot be ‘locked up’ and thus the option of leaving time-expired/broken equipment behind a secure gate and fence does not exist. When the playground was first opened there was an army of volunteers which enabled regular Saturday maintenance/cleaning/tidying work to be done. Now we are reliant on paying for these things, except that the village is very fortunate in having one councillor who possesses the skills (and equipment) to do many repair jobs on a voluntary basis. There have been a few comments recently about how many of the notices are looking grimy. Fair point, but there have not been volunteers to do weekly cleaning and so now pressure washing of the MUGA area is needed. When the current crisis is over the PC intends to do this work but quotes suggest that there may not be much change out of a four figure sum.

Many in the parish pleaded that the PC installed a toilet at the playground and that was done. Requests that Cherwell DC contribute to that, and ongoing costs, were rebuffed. So we pay for daily cleaning, consumables and repairs, some of which are necessary as a result of anti-social behaviour. All of this costs money.

There are the Village Hall and Sport and Recreation buildings to maintain. The respective management

# Parish Council Report



committees do a great job in acquiring funds for some improvements, most recently to the kitchen in the Village Hall, but other things, for example exterior decoration, come out of PC funds. The heavily requested exterior lighting is another example of relatively recent expenditure. Salutary was the cost of extensive repairs to the Village Hall roof in 2000. In the end, under the auspices of the then chair, Margaret Mason, we obtained a Lottery grant of £65K and the PC would have made an additional contribution. The anticipated lifetime of the new roof was said at the time to be c75 years. The original had lasted longer but it may have been luck that it had not started leaking. Repairs were expensive as it is in the Conservation area and thus replacement tiles had to be essentially identical to the old tiles; use of new materials would have been cheaper no doubt, but not allowed. The Parish Council is being responsible in maintaining reserves with a view to expensive repairs and mindful that

time flies. 55 years to go and no guarantee that there will in future be grants, or possibility of cheap loans, so it is prudent to put money aside.

The foregoing illustrates some (not all) of the expenditures we have to meet. Let me finish by thanking our Clerk, Cathy Fleet. During my time (over 20 years? – nobody seems to remember!) on the Parish Council, the work of the Clerk, and associated things like auditing, have increased substantially. The clerk is paid in accordance with nationally agreed pay rates which in my view are not over-generous. In summary I believe that the PC is providing facilities that the villagers as a whole want. Yes, more could be done such as cleaning out bus shelters and general tidying around the village, but it would have to be paid for. My judgement is that we have things about right. I hope you agree; certainly over the years that has been the view of the village.

**Stuart Ferguson (on behalf of the Parish Council)**

## FLOWER SHOWS AND ALL THAT

Just a short update on flower shows in the village and garden related news.

As you are all aware, the Spring Show for 2020 was cancelled for obvious reasons, but we are already thinking of next year and with that in mind, the schedule that was circulated for this year will be repeated for 2021. So if you have already made a “congratulations card” or painted something in readiness for the show this year then please keep it in readiness for next spring. Sadly, if you have made “5 chocolate truffles” then maybe you should eat them or, better still, post them through my letterbox where I will ensure they end up in a safe place!

As for the NGS Open Gardens that were due to take place on Sunday 7<sup>th</sup> June, they too have been cancelled for this year but if you go onto the NGS website there are some amazing gardens to be explored online. From there you can also donate to the charities which those of us who were to open our gardens are supporting.

As for the annual show due to take place on August Bank Holiday Monday, at present we are still hoping to be able to stage this, but who knows what might happen? The decision can be delayed until July when we must secure the use of the marquee which is an outlay of nearly £2,000. The suppliers have very kindly agreed to this sort of timescale before we are faced with cancellation fees which The Horticultural Society simply would not be able to bear. The schedule for this year’s annual show is online at [www.steepleaston.org.uk](http://www.steepleaston.org.uk) or I have printed copies available if requested. My show tomatoes are in, as are my celery plants, so it is a case of either a great show or a lot of salads later this year!

Whatever the outcome, gardeners will carry on regardless and village traditions will return so keep cheerful, keep safe and look out for each other.

**Richard Preston, Chairman Steeple and Middle Aston Horticultural Society**



## STEEPLE ASTON GOLF SOCIETY

Hello to all you golfers out there. I am as frustrated as you are that golf's not considered legitimate exercise. What a load of golf balls: bah humbug! A five plus mile walk, swinging of the arms, bending of the knees, hand eye coordination, I could go on and on. Plus the way I and my friends play, we don't see anybody until we reach the green anyway.

All courses have removed flag sticks, ball washers, rakes etc. A couple of green staff have been kept on to mow the greens and fairways so when life does return to some sort of normality it will look fabulous. Sadly not all courses will survive this lengthy closure and may have to close down for good.

Hopefully this will not be happening to the courses that we have booked later in the year. We have missed out on The Wychwood, The Springs in June and possibly Wrag Barn in July. If this is the case then our first meeting back will be at The Cotswold Club on Friday 7th August for our Captain's Day.

I will keep you informed if there is any change. Always remember, clean hands save lives and when in doubt, don't go out.

I set up a par 3 putting course around the house playing 3 holes, Barbara beat me over 3 holes, so I have closed the course.

**Alan Brewer, Chair**

## LiberHouse Garden Buildings

### New for 2020. Our Studio Multi

With an internal floor area of 20 sq m (215 sq ft) our Studio Multi offers a range of possibilities

This can be a space for a home workshop with plenty of room for workbenches and machines.

Alternatively, with the addition of a WC and kitchenette area, it could be a home office or studio space.

Adding a shower room and a kitchen makes a possible granny flat or guest room which can also be used for holiday/Airbnb lets.

All our garden buildings carry a 10 year guarantee.

High quality Garden Buildings built to your specific requirements

Made in Oxfordshire



*"Thank you for the excellent service through organising the planning approval, the delivery and the assembly. First rate and a nice change to deal with a company that really understands what the customer wants and then supplies it."*

*Happy to recommend you to friends and if someone would like to come and have a look at the finished job we would be delighted to show it off."*

★★★★★

Call now to discuss your requirements  
01869 349825

design@liberhouse.co.uk www.liberhouse.co.uk



## CHRISTIAN AID WEEK 10 – 16 MAY

I am writing my annual note to you asking you once to again to donate generously to Christian Aid. Last year we raised over £1,700 with our door to door collection. As Covid-19 spreads across the world and to many countries where medical facilities are inadequate, the work of Christian Aid will be needed even more.

Christian Aid have a website where you can easily donate online. Go to [www.christianaid.org.uk](http://www.christianaid.org.uk) and follow instructions.

If you are one of our many supporters in Steeple or Middle Aston, please consider donating.

Thank you.

Caroline Parsons, Local Organiser

# ASTON

## HOME & GARDEN SERVICES

ALL TYPES OF GARDEN MAINTENANCE  
UNDERTAKEN

(including fencing, patios, decking, landscaping,  
regular upkeep)

PAINTING & DECORATING

HOME MAINTENANCE  
(tiling, plumbing, carpentry)

FOR ALL THOSE JOBS YOU  
NEVER HAVE TIME TO DO

Full Liability Insurance

FOR A FREE ESTIMATE CALL:  
TONY MIDDLETON ON 01869 346927  
OR MOBILE 0777 6036808





# Eldon Friends

For all your Social Care requirements

Eldon Friends are an independent service, who specialise in providing support\* to enable you to remain living independently in your own home.

Whether you require transport to your appointments, assistance with your shopping trips, light housework or just simply companionship, Eldon Friends has the right package for you.

Contact us today for a no obligation discussion of your individual requirements.

**Elaine Kelly: Tel: (01869) 340449**

**Email: [info@eldonfriends.co.uk](mailto:info@eldonfriends.co.uk)**

**Feel free to visit our website at: [www.eldonfriends.co.uk](http://www.eldonfriends.co.uk)**

Covering The Astons and surrounding villages.

Qualified in Health and Social Care. Fully Insured.

**\*Eldon Friends is a provider of non-regulated services**



## Iron and Wood Ltd

the wood burning stove centre



**Visit our showroom at**

Beaumont Road, Banbury,

Oxfordshire OX16 1RH

(opposite Jewson)

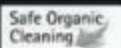
**T: 01295 253936**

**E: [info@ironandwood.co.uk](mailto:info@ironandwood.co.uk)**

**[www.ironandwood.co.uk](http://www.ironandwood.co.uk)**



## Safe organic cleaning of carpets, curtains, upholstery and leather



- Carpet, upholstery and leather cleaning
- Curtains and mattresses deep cleaned
- Oriental rug cleaning
- Guardsman stain protection plans
- Dust mite control
- Expert spot and stain removal
- All work fully insured and guaranteed
- Allergy treatments now available - ask about Allergy-Out



Safeclean only use organic products

### Our Services:



Kill Bacteria



Remove Dust Mites



Remove Odour

Call Russ Vernon for your FREE no obligation quotation:

**Freephone: 0808 143 1308**

**Mobile: 07825 918946**



**[www.safeclean.co.uk](http://www.safeclean.co.uk)**



# Quality Interior & Exterior Painting & Decorating

## Mathew Davies

30 Nizewell Head,  
Steeple Aston,  
Oxfordshire, OX25 4SJ

Tel:  
01869 340017  
Mobile:  
07877 829576  
Email:  
mathew.davies3@btinternet.com

## *Creative Piano Lessons*

now also online ☺

I'm a piano teacher and composer with many years' experience of offering piano lessons focussing on developing musicianship, creativity and most of all enjoyment!

Whilst I do coach for exams (Grades 1–8 and GCSE and A Level performance), in an increasingly high-pressured exam-orientated culture I'm also pleased to offer an environment for creativity to blossom.

Whether you're contemplating piano lessons for your child or yourself, feel free to get in touch.

*Rosemary*

Rosemary.Jefford@gmail.com  
Tel: 07542 086 038



## LONG HOT SUMMER AHEAD

### BEDROOM AIR CONDITIONING A BOON

#### *Free Of Charge To a Good Home*

**Or, if you're feeling friendly, a moderate donation to the Valentine Club**

A Homebase 12k BTU "Portable" (35kg and bulky!) AirCon Unit complete with manual.

Used to work well but when tried last Summer one of the sensors said the water tank needed draining before it would switch on. But the tank was totally dry.

Not technically savvy enough to solve the problem, so gave up!

But would think it *should* be easy for someone with more electronic nous to fix.

Bulky & heavy so need good size car boot to move.

**Call 01869 347354**

# Polka Dots

Hair Design

The Holcombe Studio • High Street • Deddington • OX15 0SL  
 Telephone: 01869 226522 • Email: Polkadotsuk@ymail.com

## HORSE & GROOM, CAULCOTT

Unspoilt 17th century thatched coaching inn, specialising in high quality seasonal food, which is inspired by the best of French and English cuisine.

Four real ales offered from the best breweries in the country.



Booking recommended.


Opening times:  
 Tues-Sat 12-3pm, 6-11pm  
 Sun 12-3pm, 7-10.30pm

[www.horseandgroomcaulcott.co.uk](http://www.horseandgroomcaulcott.co.uk)

Lower Heyford Road,  
 Caulcott, OX25 4ND  
 01869 343257

## BACK PAIN, SPORTS INJURY & HEADACHE CLINIC

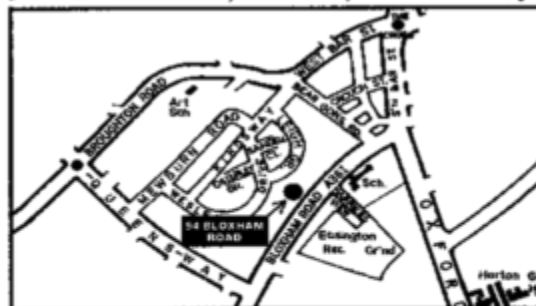
*Especially for long term pain*

- 
- Hector Wells B.Sc.(Hons) ., D.O., G.OsC.,  
**Registered Osteopath and Associates**
- Back and neck pains, Sciatica, Frozen shoulder,
  - Tennis elbow, Knees and Arthritic Hips a speciality,
  - Pins and needles, **Babycolic Clinic**
  - **Recurrent Headaches, Migraine**
    - Whiplash, Neck pain
    - Shoulder pain, Stress pain
- To avoid disrobing please wear a loose T-shirt and joggers/leggings*

**Appointments (01295) 265267**  
 Monday to Saturday & Evenings  
 BUPA + PPP REGISTERED



54 BLOXHAM ROAD, BANBURY, OXON. OX16 9JR



**FOOTWORX CLINIC**  
*for your feet & leg problems*  
 ☎ 01295 271255  
 D. Houlton BSc.(Hons) Pod.SRCh.MChS. State Registered Podiatrist

# Church Matters



## Church Building Closure

First an apology for the Church building being closed at this time. Several people have asked me about this, and I fully understand that people wish things were different. The Bishop asked all churches to close following guidance from the Archbishops after the Prime Minister's broadcast to the nation back in March.

It's not just about stopping us gathering: it's about stopping transmission of the virus. We all want special, safe places, and it feels like a church building ought to be such a place, but this virus doesn't respect churches! One person might pause inside the church to pray, and put their hand on a pew (not knowing they are a virus carrier), then two hours later someone else comes in to pray, puts their hand in the same place – and we can't risk that.

However, Easter tells us that Jesus isn't confined to empty buildings. He is risen! So let's not stop praying just because the church door is closed. The grounds are open, and Mary heard Jesus speak to her in a garden on Easter Sunday morning; our homes are our constant surroundings, and two disciples walked with Jesus seven miles from Jerusalem to Emmaus, but it wasn't till they sat in the kitchen and ate together that they recognised him. God is with us everywhere – if we will pause and pray and listen and see him.

## Ongoing Church Worship

I am missing being with people more than I can say! But I'm very grateful for all the lovely comments that you have been emailing in since I started the 'Worship at Home' videos. These videos are less than 15 minutes long, and go on the homepage of our church website, [www.sntchurch.com](http://www.sntchurch.com) every weekend. They usually include a couple of hymns (with words on the screen to join in with), a Bible reading, a short thought and some prayers.

I am going to try and film members of the different congregations doing the Bible readings and prayers in future weeks (all observing social distancing protocols!) so let me know if you'd like to be involved in this.

And of course the BBC has Sunday Morning worship for those without internet access.

## Church Family

One way we are all keeping connected is through '*Rector's Ramblings*' – an email I am sending out three times a week, with bits of news and lots of things to help brighten our days. Thank you to everyone who is contributing to this, with information about good things to see and hear on the TV, radio & internet in these days. Send a note to [steeplerector@hotmail.co.uk](mailto:steeplerector@hotmail.co.uk) if you want to be added to the list.

We've had photos of crafts that people have been making – from Palm Crosses to Easter Gardens – as well as jokes, book recommendations and YouTube clips that folk have shared. And I'm always available by phone – 340903.

## Candles of Hope and Remembrance

The '*Ramblings*' also pass on family news and prayer requests. One really important initiative it has offered is candles of hope and remembrance on Sunday evenings at 9pm. In these days we can't come together as a community when someone passes away. But we can all light a candle and put it in a window. In my emails I try to name everyone I have heard of who has passed away, but I know that people have family members from away too, and it is good as a community to be able to share in sorrow and in love in simple gestures of hope and remembrance. As the Queen said in her Easter broadcast: Easter wasn't cancelled; as dark as these times can be, 'Light and life are greater'. These small signs shared together remind us of God's love holding us here and now, and of the hope of greater things to come.

Every blessing.

**Revd Marcus Green**



### Cauliflower steaks with purée topped with walnut caper salsa

May's cauliflower 'steak' and purée served up with interestingly textured salsa brings home the versatility of the wonderful cauliflower as a player on the main course stage. Substantial and satisfying, this recipe can be enjoyed as a quiet supper for two.

#### Walnut Caper Salsa:

60 g walnuts	50 g olive oil
40 g drained capers, patted dry	1 large red chilli, seeds removed, finely chopped
25 g coarsely chopped parsley	25 g dried currants
15 ml sherry vinegar or red wine vinegar	15 g finely grated lemon zest
Good pinch of salt	

#### Cauliflower and Assembly:

1 small head of cauliflower	Good pinch of salt
1 garlic clove, finely grated	30 ml tablespoons fresh lemon juice
30 ml tablespoons tahini	30 tablespoons olive oil
20 g unsalted butter	2 sprigs oregano
2 3-inch strips lemon zest	Lemon wedges to decorate when serving

Preheat oven to 200° c 400 ° f gas mark 6.

Toast walnuts on a warm frying pan, watching carefully as they turn golden brown, approx. 7–10 minutes.

Let the walnut cool then coarsely chop. Set aside.

Increase oven temperature to 425° for roasting cauliflower.

Heat oil and capers in a small saucepan over medium, swirling often, until capers burst and are golden brown and crisp, about 5 minutes. Carefully pour oil and capers into a small heatproof bowl; let cool.

Mix in walnuts, chilli, parsley, currants, vinegar, and lemon zest; season with salt.

**Do Ahead:** Salsa can be made 1 day ahead. Cover with plastic, pressing directly onto surface and chill. Bring to room temperature before using.

#### Cauliflower prep:

Remove only the toughest outer leaves from cauliflower (leave on any tender inner leaves). Trim stem to create a flat base. Resting cauliflower on stem, cut in half from top to bottom, creating two lobes with stem attached. Trim outer rounded edge of each piece to create two 1½"-thick "steaks" (the stem should hold the florets together); set steaks aside. Very coarsely chop remaining florets.

Cook florets in a large saucepan of boiling salted water until very tender, 6–8 minutes. Drain well, then process in a food processor with garlic, lemon juice, tahini, and 1 tbsp. water until smooth; season with salt. Set aside.

Heat oil in a large skillet over medium-high. Add butter and swirl until melted, then add cauliflower steaks, oregano, and lemon zest. Cook, gently lifting up cauliflower occasionally to let hot fat run underneath, until steaks are deep golden brown (if oregano or lemon start to burn, place on top of steaks). Turn steaks and season with salt. Transfer skillet to oven and roast until cauliflower stems are fork-tender, 10–15 minutes.

To serve, spoon about ⅓ cup cauliflower purée onto plates and place steaks on top. Spoon salsa over and sprinkle with salt. Serve with lemon wedges for squeezing over.

**Do Ahead:** Purée can be made three days ahead. Cover with plastic, pressing directly onto surface, and chill. Bring to room temperature before using.



### **Easy White Soda Bread**

Delicious, crusty white bread in under 40 minutes – no kneading, no proving, and only 4 ingredients!



350g plain white flour

1½ teaspoons salt

1 teaspoon bicarbonate of soda/baking soda (NOT baking powder)

285ml buttermilk (\* or see below for alternatives)

Preheat oven to 180C / 160C fan / gas mark 4 / 350F.

Lightly dust a baking tray with plain flour.

Mix all the dry ingredients together. Add the buttermilk and stir until the ingredients come together as a dough, then form a ball.

Place the ball of dough on the baking tray and cut a deep cross in the centre – almost cutting through to the bottom. This helps the centre of the bread cook properly.

Dust with a little flour, then bake for 30 minutes.

\* Instead of buttermilk you can use 285 ml ordinary milk with 1 tablespoon of lemon juice, apple cider vinegar or white wine vinegar stirred in to sour it. Or use a 50/50 mixture of yoghurt and milk.

**Cathy Lawday**

# Shaun Guard TV & WIFI SERVICES

- **Aerials** - supplied, repaired & poor reception solved
- **Satellite** - Sky Q dish upgrades, discreet dish installation also foreign TV
- **Internet** - blackspots cured, data cables to your TVs / computer
- **TVs** - hung on your wall or set up & tuned

 **OXFORD AERIALS**  
[www.oxfordaerials.co.uk](http://www.oxfordaerials.co.uk)

**Call Bicester**  
**01869 879111**

## D L HANCOCK LTD

Funeral Directors & Monumental Masons  
Established 22 years and still independent

### BICESTER'S ONLY INDEPENDENT FAMILY FUNERAL DIRECTOR

A caring traditional **24 hour service** provided by Mr. Hancock and his team personally

Serving Bicester and all Surrounding Areas

Private Chapel Of Rest

Jaguar Fleet of Funeral Cars

Perfect Choice  
Funeral Plans



Member of  
The National Association  
of Funeral Directors



D L HANCOCK LTD

Tel: 01869 244200 (24 Hrs)  
Chapel House, 13 North Street,  
Bicester, OX26 6NA.

# FISH & CHIPS



**Wednesday: Steeple Aston 4pm to 9pm**

**Village Hall Car Park**

**Friday: Middle Barton 4pm to 9pm**

**Sports and Social Club**





# SONIT ELECTRICAL SERVICES

Snowdrop Paddock Mill Lane Upper Heyford Bicester Oxon

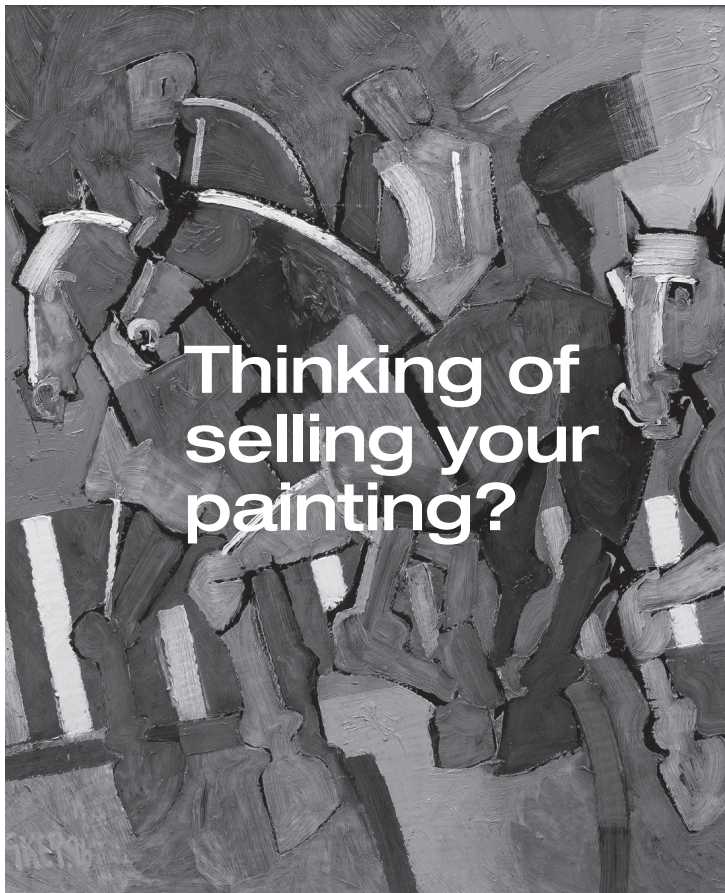
**INDUSTRIAL COMMERCIAL DOMESTIC  
OVER 30 YEARS EXPERIENCE**

New Installations      Outdoor Security Lighting  
Full/Part Rewires      Maintenance and Repairs

**ALL WORK CARRIED OUT TO IEE REGULATIONS BS7671**

All work guaranteed  
Free quotation with no obligation

**Tel : 01869 232272    Mob: 07802 544509    Mob: 07742 601516**



**Thinking of  
selling your  
painting?**

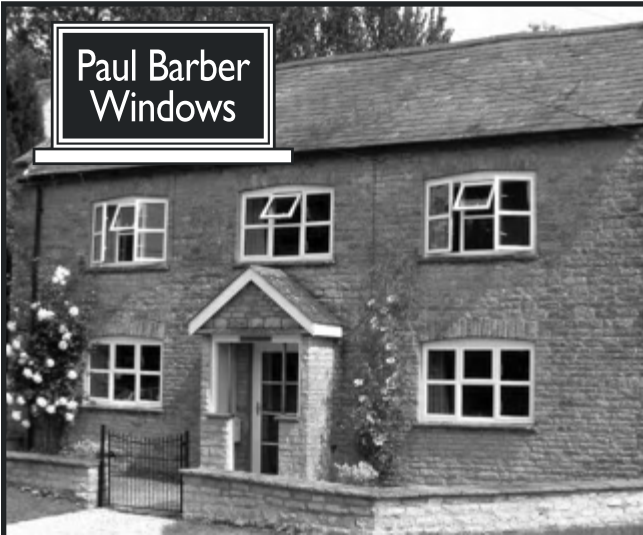
**Mallams**  
1788

Design & Modern Art  
Specialist Max Fisher,  
is available to give free  
confidential valuations  
on any piece(s) you are  
considering selling at  
auction.

**Home Visits also available**

Enquiries: 01865 241 358  
or [max.fisher@mallams.co.uk](mailto:max.fisher@mallams.co.uk)  
**[www.mallams.co.uk](http://www.mallams.co.uk)**

Paul Barber  
Windows



T: 07836 623407

E: paul@paulbarberwindows.co.uk

www.paulbarberwindows.co.uk

OVER 30 YEARS  
EXPERIENCE



WINDOWS ■ SECONDARY GLAZING  
RESIDENTIAL DOORS ■ FOLDING DOORS

lawrence furnishings  
RE-UPHOLSTERY CURTAINS

FAMILY BUSINESS  
TRADING SINCE 1978

WORKSHOP WITH SMALL  
TEAM OF FULLY QUALIFIED  
PROFESSIONAL CRAFTSMEN

FREE HOME VISITS WITH  
DETAILED QUOTATIONS

COMPLIMENTARY  
INTERIOR DESIGN

SHOWROOM WITH  
INSPIRING FABRICS



01280 704 437

8d Boundary Road Brackley NN13 7ES  
www.lawrencefurnishings.co.uk • info@lawrencefurnishings.co.uk

GMS DÉCOR



4<sup>TH</sup> GENERATION DECORATORS

INTERIOR / EXTERIOR / WALLPAPERING  
TILING SPECIAL EFFECTS

HAND PAINTED KITCHENS & FURNITURE

FULLY INSURED - FREE ESTIMATES

TEL: 01869 340024 / MOB: 07988111784

EMAIL: [GMSDECOR@YAHOO.CO.UK](mailto:GMSDECOR@YAHOO.CO.UK)

[WWW.GMSDECOR.COM](http://WWW.GMSDECOR.COM)



Market 9am - 12.30pm

Saturday 23<sup>rd</sup> May

Saturday 27<sup>th</sup> June

Over 50 stalls offering the very best fresh local produce  
beer, bread, crafts, eggs, fish, flowers, fruit, meat,  
preserves, patisserie, ready-made meals including  
foreign cuisines, vegetables and much, much more...

For more information  
[www.deddingtonfarmersmarket.co.uk](http://www.deddingtonfarmersmarket.co.uk)  
or call 01869 337 940

## FINDING STEADINESS IN UNCERTAIN TIMES

All the information that is coming out about Covid-19 is causing a lot of anxiety for people, not least those who have been told they are in the *at risk of severe illness group* if they catch it.

What can be done about the anxiety? There is a difference between useful anxiety and anxiety that is merely painful. Decide what you are going to do to a) keep safe and b) keep sane. Feel empowered by being better informed. The NHS is doing a fantastic job with regular text messages on this (**NHS Coronavirus Service**).

Remind yourself how resilient you are, you have probably already lived through a lot of challenges in your life. Sort out what you can control and let go of the rest. Focus on self-care, what nourishes you and what helps you relax? Keep yourself connected to family and friends and others facing similar challenges. Notice what increases your anxiety and whether you can reduce this. Listening to the news is very triggering, so perhaps reading a newspaper instead so you can choose what you take in. Start becoming more aware of how thoughts or conversations activate the body, triggering the sensations of anxiety. Stay with the not knowing, the uncertainty rather than a feared and imagined future.

*Wait without hope  
For hope would be hope for the wrong thing*  
T.S. Eliot, East Coker

When you feel yourself starting to become overwhelmed, ground yourself by coming back to your senses. Can you feel your feet on the floor? What about your bum in the seat – the feeling of pressure, the support of the chair? Look around you and name in your head five things you can see in the room. Now listen with all your attention to sounds inside yourself, in the room and outside the room. Listen for the most far-off sound possible. Taste – what can you taste in your mouth? Perhaps there is still the lingering flavour of the last drink or meal? How about smell – is there any sort of scent around? Repeat until you feel calm and then from this feeling of groundedness and increased perspective, make an intentional decision on what to do next. What would be the kindest choice for you in this moment?

### A Day at a time

Clare shares a daily blog on life in lockdown for the cancer care charity Yes to Life

"Writing a journal has been something I turn to when I am going through a challenging time in my life. Jotting down my feelings helps reduce the stress, helps me notice the humour in things, the normal life that is still going on, the uplifting or pleasurable moments that may occur in the day in the midst of the difficult. So, naturally, with the coronavirus pandemic I find myself writing again. I am happy to share this with you with the hope that you may find inspiration or ideas that work for you. Mindfulness and meditation have been a part of my life since I had cancer 14 years ago, so some of what I share is about how my practice keeps me grounded and connected with others. At the end of some of the posts, I may add some notes or a practice, or links to resources or practices I am finding helpful."

You can read her daily post here: <https://yestolife.org.uk/all-blog>

**Clare McLusky**

# The ARTS Page



All arts venues are temporarily closed. We may echo Picasso in saying, “The purpose of art is washing the dust of daily life off our souls.”

These are difficult times. Some venues may close and need our support. Most will rise again, and many are offering wonderful online activities and streaming. Here are a few local examples, well worth a look:

## LOCAL MUSEUMS AND GALLERIES

ASHMOLEAN MUSEUM – Oxford [www.ashmolean.org](http://www.ashmolean.org)

A wide variety of short clips from their very varied collection.

BODLEIAN LIBRARY – Oxford [www.bodleian.ox.ac.uk](http://www.bodleian.ox.ac.uk)

Again, a wide variety of fascinating downloads.

COMPTON VERNEY [www.comptonverney.org.uk](http://www.comptonverney.org.uk)

Two streamings – an extensive one on Cranach and one on Fabrics.

MODERN ART OXFORD [www.modernartoxford.org.uk](http://www.modernartoxford.org.uk)

Small but interesting site, with a fascinating curated piece by Johanna Unzuela.

HISTORY OF SCIENCE MUSEUM – Oxford [www.hsm.ox.ac.uk](http://www.hsm.ox.ac.uk)

Wide ranging interactive site and plenty for children.

OXFORDSHIRE ART WEEKS – do sign up! [www.artweeks.org](http://www.artweeks.org)

PITT RIVERS MUSEUM - Oxford [www.prm.ox.ac.uk](http://www.prm.ox.ac.uk)

Virtual tour and wonderful online collections.

## THEATRES

CHIPPING NORTON THEATRE [www.chippingnortontheatre.com](http://www.chippingnortontheatre.com)

Our wonderful local theatre! We’re enquiring about possible streaming and online activity. But do also consider supporting them with the ‘Head Above the Water’ scheme.

CREATION THEATRE – Oxford [www.creationtheatre.co.uk](http://www.creationtheatre.co.uk)

This adventurous and exciting company has some online drama and creative activities for all ages!

OXFORD PLAYHOUSE [www.oxfordplayhouse.com](http://www.oxfordplayhouse.com)

Plenty of online activity including lots for young families, and inspiration for anyone interested in writing their own play. Very enterprising.

ROYAL SHAKESPEARE COMPANY – Stratford <https://www.rsc.org.uk/>

Details of six online plays to be announced.

THE NORTH WALL [www.thenorthwall.com](http://www.thenorthwall.com)

Discover this virtual hub for exciting new work along with weekly creative activity packs.

PEGASUS THEATRE [www.pegasustheatre.org.uk](http://www.pegasustheatre.org.uk)

Offers a series of live workshops for children.

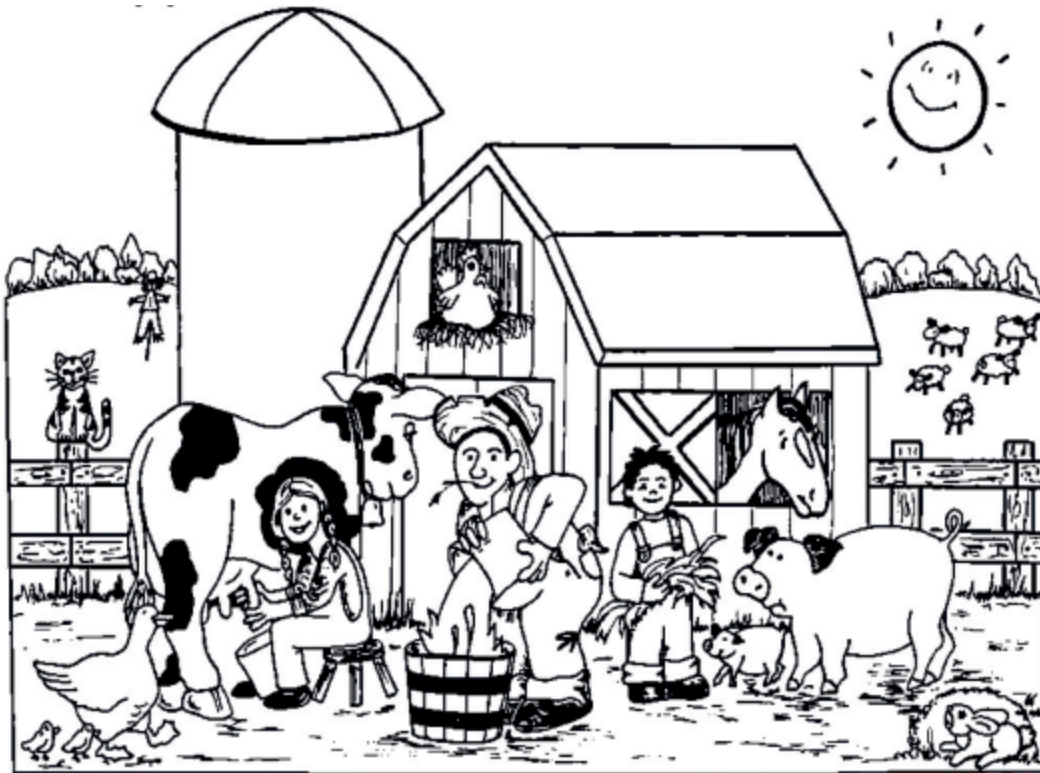
As Heather and I said when we took over the SAL Arts Page, we are classical musicians, with a deep love of the arts, but knowledge only in some areas. Please send SAL information from the areas we don’t cover – jazz, pop, poetry etc.

Keep well – **Nick and Heather**

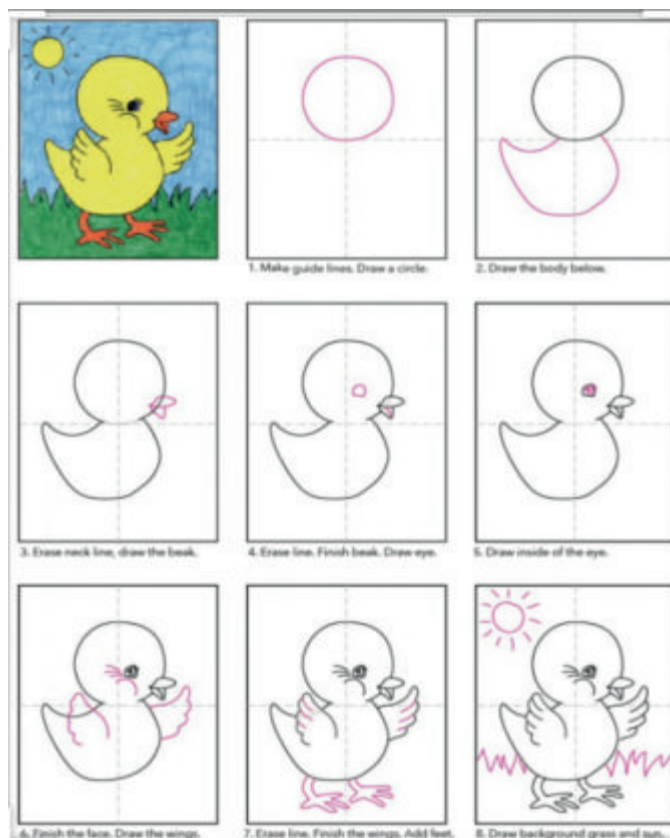
# Child's Play



Colour me in



How to draw a chick



## Pitch Preparation...

With the optimism of a village cricketer who, aged 58, knows his batting is now close to calamitous, but still goes out to bat with great hope in his heart, we have begun to prepare the Barton Abbey cricket pitch ready to play “later in the season”. In case you were wondering, we checked this out with COBRA! If that sounds rather grand, it most definitely is not. It is just that one of our players knows someone affiliated to COBRA and asked whether preparing cricket pitches was allowed. The answer was YES, as long as social distancing rules were obeyed (they were) because of the mental wellbeing and physical benefits that cricket affords. Hurrah for that! So we will have a beautifully manicured pitch.

## The Opposition...

As for our opponents, since I have no results to report on, here is a historical look at our performance against the teams we have played the most:

Teams	P	W	D/T	L	% Win
Chipping Norton	5	5	0	0	100%
Islip	4	4	0	0	100%
Deddington	4	4	0	0	100%
Blenheim Palace	8	7	0	1	88%
Sibford	13	10	1	2	81%
Barton Abbey	0	8	0	2	80%
Great Tew	13	9	1	3	73%
Chairman's XI	16	10	0	6	63%
Middleton Stoney	14	6	3	5	54%
Philanderers	4	2	0	2	50%
Lord's Taverners	2	1	0	1	50%
Oxford Downs	2	10		1	50%
Sandford St Martin	13	5	0	8	38%

A pretty good win ratio overall; we just need to focus on beating Sandford St Martin! Keep safe and well everyone. Then please do come to Barton Abbey to support your village team and of course to avail yourself of tea and cakes! All the best.

**Peter Higgins, Chairman**



## THE VALENTINE CLUB

Or should I say, what news? Unfortunately, due to the Coronavirus outbreak, the club has ceased to meet on a monthly basis and, sadly, our meeting for the month of May has been cancelled. Our trip on a steam train from Broadway followed by a lunch later this month has also been cancelled. At the time of writing this, it is impossible to predict when we might be able to resume what might be called, “normal activities” so just watch the Steeple Aston website [www.steepleaston.org.uk](http://www.steepleaston.org.uk) or our own website [www.valentineclub.wixsite/aston](http://www.valentineclub.wixsite/aston) for any updates or simply call me on 01869 340512.

The positive news is that we will eventually get back to some sort of normality and the club will resume its activities, but please remember that in the meantime the more senior members of our society might need your help so keep a watchful eye for them.

What has become very apparent in this village is the amazing support offered by so many villagers, not just for the elderly but for anyone in need. A special thanks must go to our Parish Council for organising all sorts of support such as the superb meals that are being provided by S & J Cuisine. They are better known to our members as Sally and Jasmine, who have cooked our Christmas meal for many years now at the club. Thanks for the provision of a door-to-door service to distribute essential medicines and for the help in shopping managed by the Parish Council and other wonderful people in our village. Thank you to everyone who has made an effort to help those most in need in these difficult times. It makes one realise what a wonderful village we live in and how fortunate we all are.

Looking forward to our future programme, we will endeavour to bring those speakers and entertainers that have had to cancel back to the club, and we will re-arrange the trips that are lost this year. For anyone who has pre-paid for their trips, please contact me for an immediate refund or rest assured your money is safe in the club’s bank account.

Whilst the club is effectively inactive, we have no means of revenue to pay for the ongoing costs such as insurance and deposits that are irretrievable. You can support the Valentine Club by entering The Cherwell Lottery and placing your support for The Valentine Club. The prizes are extremely good with a jackpot of £25k and for every one-pound ticket you purchase, 50 pence comes directly to our club. For details of how to enter and support our club and its members go to [www.cherwelllottery.co.uk](http://www.cherwelllottery.co.uk) where you will find all the details required.

Sadly, I have just heard of the loss of one of our oldest members both in age and membership of the club. Alice Oakes passed away on May 12<sup>th</sup> after some months in a Banbury care home. I personally have known Alice since I was about four years old being our neighbour opposite Primrose Cottage in the early 1950s and as mother to one of my old friends, her only child Michael, who passed away in his late 50s. Alice has never had an easy life, losing her husband Victor many years ago and her only child nearly 20 years ago. She was one of the most honest and forthright people I have ever known and if she couldn’t afford something from my fruit and vegetable van, she would refuse credit and manage as she had done for most of her life. She didn’t mix her words and you knew exactly where you stood with her but she always had time for others and was grateful for one’s company.

Keep safe everyone.

**Richard Preston, Group organiser** – [Richard.preston5@btopenworld.com](mailto:Richard.preston5@btopenworld.com) or 01869 340512



**FREE**  
Collection and  
Delivery

- MOTs**
- Servicing**
- Tyres**
- Clutches**
- Exhausts**
- Suspension**

We will only ever give you **HONEST ADVICE**  
We will only carry out work with **YOUR APPROVAL**  
We **GUARANTEE** our work (12 months parts and labour)

Special offer - book and get

**OFF 10%**

With voucher code **steeple1016**  
Offer cannot be used in conjunction with any other offer  
and is valid at our Hopcrofts Holt branch only

From Steeple Aston and surrounding villages

**01869 347 770 - [www.ptagarages.co.uk](http://www.ptagarages.co.uk)**

Hopcrofts Holt, Steeple Aston, Bicester, Oxfordshire, OX25 5PP



# Ashcroft THERAPY CENTRE

Hudson Street, Deddington OX15 0SW  
[www.ashcrofttherapycentre.co.uk](http://www.ashcrofttherapycentre.co.uk)

The range of treatments on offer from practitioners at Ashcroft Therapy Centre now includes:

- ☉ Chiropractor
- ☉ Physiotherapy & Acupuncture
- ☉ Sports & Remedial Massage Therapy
- ☉ Podiatry
- ☉ Chiropody
- ☉ Child & Adolescence Psychotherapy
- ☉ Cognitive Behavioural Therapy - CBT
- ☉ Clinical Psychologist
- ☉ Counselling
- ☉ Hypnotherapy
- ☉ Hearing Aid Practitioner & Ear Care Specialist

Visit [www.ashcrofttherapycentre.co.uk](http://www.ashcrofttherapycentre.co.uk)  
for booking information



### Fully Serviced Therapy & Treatment Rooms for Hire

7 beautifully decorated, stylish & relaxing treatment rooms all set in a warm professional atmosphere at an affordable price.

Visit our website for more details  
[www.ashcrofttherapycentre.co.uk](http://www.ashcrofttherapycentre.co.uk)

Contact Robert on 01869 254 007 or  
email [enquiries@ashcrofttherapycentre.co.uk](mailto:enquiries@ashcrofttherapycentre.co.uk)



## C&S Chimney Services

h  
i  
m  
n  
e  
y  
s

- New Chimneys, Rebuilds and Repairs
- Stove Installations
- Chimney Lining
- Internal and External Twin Wall Chimney Systems
- Stove Service and Repair
- Lead Flashing
- Bird guards & Cows



Steve 07947701953  
Office 01295811083  
Email  
[cschimneys@yahoo.co.uk](mailto:cschimneys@yahoo.co.uk)



[cschimneysoxfordshire.co.uk](http://cschimneysoxfordshire.co.uk)



# Humphris funerals

Family Funeral Directors since 1880

*Our family serving  
your family*

Independent family funeral directors  
and monumental masons since 1880

Complete traditional, contemporary  
and preplanned funeral service

[www.humphrisfunerals.co.uk](http://www.humphrisfunerals.co.uk)

01295 265424

32 Albert Street, Banbury,  
Oxfordshire OX16 5DG



## Steeple Aston Online

News, information, pictures, local directory, weather forecast,  
noticeboard and much more...

Your village. Your website. Visit today!



[www.steepleaston.org.uk](http://www.steepleaston.org.uk)

[facebook.com/steepleastonvillage](https://facebook.com/steepleastonvillage)



# STAPLES

## BUILDING

EST 1984

Staples Building creates beautiful living  
spaces of outstanding quality.

For an estimate please contact Tim Staples

☎ 01869 345 592

✉ [enquiries@staplesbuilding.co.uk](mailto:enquiries@staplesbuilding.co.uk)

🌐 [www.staplesbuilding.co.uk](http://www.staplesbuilding.co.uk)

🏠 EXTENSIONS

🏠 CONVERSIONS

🏠 RENOVATIONS

🏠 NEW BUILD

# **Church Worship**

**Our church buildings are closed  
due to COVID-19**

**But...**

**Easter says Jesus isn't locked in an  
empty building!**

**Do not be afraid -  
He is Risen!**

**God's love is always with us everywhere  
So please pray in the churchyard  
or at home  
or ... anywhere!**

**And Worship at Home with a new short  
service online each Sunday at  
[www.sntchurch.com](http://www.sntchurch.com)**

# Local Info

## Steeple Aston Village Hall

	Hiring Fee	Caution
<b>Hall (meeting night)</b>		
Represented Clubs.....	£9	
Non-Represented Clubs.....	£17	
<b>Hall Only (social occasion)</b>		
Represented Clubs.....	£32	
Others.....	£53	
<b>All Facilities (social occasion)</b>		
Village Residents .....	£65	£200
Represented Clubs.....	£65	£200
Others - up to 6 hours.....	£110	£300
Others - over 6 hours.....	£160	£300
<b>All Facilities (off peak - 4 hours)</b>		
Village Residents .....	£30	£75
Represented Clubs.....	£30	£75
<b>Committee Room</b>		
Represented Clubs.....	£6	
Non-Represented Clubs.....	£12	
Discount for represented clubs – 15% for six block bookings		

Letting Agent : Katie Rushworth (340196)  
 Chairman: Barbara Brewer (340423)  
 Secretary: Margaret Bullement (347346)

A represented club must send a representative to the Village Hall Committee meetings.

## Rubbish bin collection day = Thursday

May	June
7 <sup>th</sup> blue and brown	4 <sup>th</sup> blue & brown
14 <sup>th</sup> green	11 <sup>th</sup> green
21 <sup>st</sup> blue and brown	18 <sup>th</sup> blue & brown
28 <sup>th</sup> green	25 <sup>th</sup> green

## Steeple Aston Sports and Recreation Centre Letting Charges

Social Function peak times (up to 6 hours) £55  
 Social Function off-peak (up to 5 hours) £27.50

Meeting of represented club: £11 per session

Caution Money for Private Lettings: £100

Letting agent: Katie Rushworth - Tel: 340196

mailto: [rec.trust@googlemail.com](mailto:rec.trust@googlemail.com)

Chairman - Torquil McLusky - Tel: 347914

Treasurer - Chris Cooper - Tel: 347173

## Bus times

This timetable is a guide only - please consult local listings for up-to-date information and weekend times.

### REVISED S4 BUS SERVICE (Mon - Fri)

#### Buses from Steeple Aston (outside post office) to Oxford

06.29 07.44 09.03 10.33 12.03 13.33 15.03 16.33 18.03 19.22

#### Arrives Oxford

07.07 08.42 09.44 11.14 12.44 14.14 15.44 17.14 18.44 20.04

#### Buses from Steeple Aston (outside post office) to Banbury

07.57 09.17 10.02 10.37 12.07 13.37 15.07 16.37 18.07 19.37 21.00

#### Arrives Banbury

08.40 09.53 10.40 11.13 12.43 14.13 15.43 17.13 18.43 20.05 21.29

### MIDDLE BARTON BUS (Mon - Fri)

Bus from Steeple Aston (Nizewell Head) to Heyford Station 07.35 18.08

Arrives Heyford station 07.39 18.13

Bus from Heyford Station to Steeple Aston (Nizewell Head) 18.15

Arrives Steeple Aston (Nizewell Head) 18.16

### 5 BUS SERVICE (Wednesdays)

Bus from Steeple Aston to Chipping Norton 09.00

Arrives Chipping Norton 09.40

Bus from Chipping Norton to Steeple Aston 11.50

Arrives Steeple Aston 12.26

### 8 BUS SERVICE (Fridays)

Bus from Steeple Aston (outside Post Office) to Bicester 10.41

Arrives Bicester Village railway station 11.06

Bicester Tesco 11.12

Bicester Avenue 11.16

Bus from Bicester to Steeple Aston (outside Post Office)

Bicester Village railway station 13.37

Bicester Tesco 13.43

Bicester Avenue 13.48

Arrives Steeple Aston (outside Post Office) 14.05

# Steeple Aston Calendar

All events are subject to possible last-minute changes and cancellations due to Coronavirus. Do check village notices, [www.steepleaston.org.uk](http://www.steepleaston.org.uk) or contact the organisers for up-to-date information before you set out.

<b>MAY</b>			
Monday 4th	Village Hall AGM	Online	8pm
<b>Friday 15th</b>	<b>SAL June issue copy and advert deadline</b>		
Saturday 16th	Plant sale	Paynes Hill House	10am - 1pm
Monday 18th	Parish Council meeting	Online	7.30pm

**Choral Society Rehearsals.** Village Hall - 7.45pm - Mondays

**Badminton.** Village Hall - 10am -12.30pm - Tuesdays

**Bell Ringing practice.** Church Tower - 7.30pm - Tuesdays

**Scouts.** Sport & Rec Centre - 7.30pm - Tuesdays

**Baby and Toddler Group.** Sport & Rec Centre - 9am -11am - Thursdays

**Cricket Nets.** Robinson's Close - 6pm - Thursdays

**Badminton.** Village Hall - 8pm - Thursdays

**Village History Centre (SAVA)** open 10am-12pm - Saturdays

**Steeple Aston Life is published by Steeple Aston Life Committee**

Printed by: **Joshua Horgan Print & Design**

Unit 2 Glenmore Business Centre, Range Road, Witney, OX29 0AA Tel: 01865 246762

[e-mail: print@joshuahorgan.co.uk](mailto:print@joshuahorgan.co.uk)

*The views expressed are not necessarily the views of the Editor or the Committee.  
Readers are recommended to seek appropriate financial or legal advice before entering  
into any binding agreement with advertisers, as appropriate*

# NICHOLSONS



## A HIDDEN GEM IN THE COUNTRYSIDE

Here at Nicholson's we aim to offer you much more than your typical garden centre experience.

### The Plant Centre

Hedging & Screening | Colourful herbaceous plants and flowers  
Fragrant herbs | Ornamental and edible fruit trees | David Austin roses  
Topiary | Veggie strips | Hairy pots | Expert advice & Guidance

### Rosara - Outdoor style for your garden

Furniture Sets | Garden accessories | Hammocks | Planters | Textiles  
Kadals and BBQs | Lighting

### The Yurt Café - Delightful treats under canvas

Breakfast | Light lunches | Oak roasted coffee | Afternoon Tea  
Artisan teas | Homemade cakes | All dietary requirements welcome

### **Yurt Closed**

To find out more please visit our website:

[www.nicholsonsgb.com](http://www.nicholsonsgb.com)

The Park, North Aston, OX25 6HL  
01869 340342



## We have the pleasure of inviting you for a free valuation of your property

We are pleased to tell you that the local property market has shown positive signs of change in recent weeks. We have had an extremely high demand from buyers looking for properties in your area, so your property may be worth more than you think. We have a team of independent property experts in your area. They have more than 91 years of combined experience in the local market and are more than happy to complete a free valuation of your property with no obligation.

So, if you are curious about the value of your home or want to take advantage of the current market, please contact:

Fine & Country North Oxfordshire  
30 Market Square, Bicester, OX26 6AG

(01869) 240075 e. [north.oxfordshire@fineandcountry.com](mailto:north.oxfordshire@fineandcountry.com)

# CONCERNED ABOUT INHERITANCE TAX?

Are you concerned about the taxman taking your family's inheritance?

Do you want a better understanding of what your Inheritance Tax liability might be?

Would you like to take steps to reduce/mitigate your potential Inheritance Tax liability?

Do you want to have a greater say in who receives your wealth and when?

Could you leave more wealth to your children/grandchildren rather than to the Government?

**If the answer to any of the above is "yes", please contact us to arrange a free initial consultation.**



The Oxford Advisory Partnership Ltd

Independent Financial Advisers

**Tel: 01865 848770**

e-mail: [enquiries@oxfordadvisory.com](mailto:enquiries@oxfordadvisory.com)

*Levels and bases of and reliefs from taxation are subject to change and their value depends on the individual circumstances of the investor*

**INHERITANCE TAX AND RETIREMENT PLANNING SPECIALISTS**

Hart  
Vets



*'Improving the lives  
of pets and their  
owners'*

- Friendly, caring, local independent vets
- Experts in treating dogs, cats and family pets
- Open 7 days a week
- Modern premises with excellent facilities
- Dedicated night nurses
- 24/7 emergency care provided by our own vets



Bicester 01869 323223  
Waddesdon 01296 651000



[www.hartvets.co.uk](http://www.hartvets.co.uk)

**RCVS**  
ACCREDITED  
PRACTICE  
SMALL ANIMAL HOSPITAL