

Drama to die for

ACTS – Murdered to Death

A Sunday afternoon in January was brightened considerably when I attended the village hall for the latest production ‘Murdered to Death’ by Aston and Cote Thespian Society – One of the best ACTS productions I’ve seen, and I have seen quite a few.

The enthusiastic reception from the audience was well deserved and Val Crowson, yet again, produced a lively, polished and hugely entertaining ‘Whodunit’, written by Peter Gordon.

The casting was, in my opinion, spot on – Andy Ball was an excellent, bumbling, butler with attitude. Richard Buss played a confident, blustering Colonel with huge aplomb while the bungling Inspector Pratt, was very ably played by newcomer Simon Blower.

The play was set in a 1950’s Manor House – a humorous spoof of the Agatha Christie genre. Gill Long was well suited to the gentle Miss Marple type character, quietly taking in the information being gradually leaked into the story. Although trouble seemed to follow her wherever she set foot. The set was excellent, creating the interior of a sitting room complete with flickering fireplace. It was well put together and the lighting and sound effects gave the whole production a very professional feel. No hint of any missed lines or mistakes as far as the audience were concerned but no doubt Liz Wilson helped keep the cast on track.

The support team behind the scenes; Jan West on make-up, Netty Lings – hair and Helen Wheaton – costumes, added



to the whole effect while volunteers behind the bar and on the raffle did a sterling job having already given their time to the event on the previous two evenings.

Mother and daughter, Vicky and Sophie Fuller, were excellent as the Colonel’s ‘scorned’ wife and the two-faced moll respectively. Sophie’s change of character was an enormous twist and she played it with confidence beyond her years as did Abi England – another first timer with ACTS – as the ‘put upon’ long suffering niece. Let’s hope these youngsters have been bitten with the acting bug and want to continue.

Steve Neal pulled off a convincing french accent – much to the amusement of his friends and family, while Caroline Gray’s ‘lady of the manor’ part was a perfect fit. Poor PC Thompkins/Thompson (Mark Goss) as the long-suffering police officer trying his best to do the right thing but was literally shot down at every turn.

I look forward to the next production enormously and hope the support for ACTS continues in the future.

Liz Harper



Next Edition ...Next Edition...

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Editorial

Hopefully when you open your Voices the sun will be shining and the floods will be receding. At the time of writing the Brook Road is still closed, thanks, in part, to the wettest February on record.

Why not "Spring" into action? In this edition we feature details of the Voices photography competition. Spring is the theme and whether you use a phone or a camera we would be delighted to see the results.

Traffic calming is an issue featured in the March Voices. How do we slow the traffic and make our streets safer without spoiling the approaches to our village?

And finally, is there still a gas leak at the corner of Cote Road and Bull Street? Surely not?

Editors Helen Wheaton and Andrew Long

Down at the Brook



Image from: Oxfordshire Fire and Rescue Service

This picture was taken in February down at the Brook Road between the Iron Bridge and The Isle of Wight. A vehicle had got caught up in the flood water on Tuesday 20th February. Fire crews from Witney and Kidlington were called to the vehicle. Firefighters helped one person to dry land.

Thank goodness no one was hurt.

As we know the Brook Road is often closed during periods of heavy rain and flooding. "ROAD CLOSED" signs are usually in place to warn the motorist.

But occasionally, in high winds, these blow over. Sometimes a motorist may be tempted to drive through the floods. The advice from the Fire and Rescue Service is: "If you have any doubts that your vehicle cannot make it through water, do not proceed." - Obvious but true!

Andrew Long

Message in a Bottle



We recently had cause to be asked if there was a 'Do not resuscitate agreement'. This came as a shock at the time but has made us think since.

The medical treatment my husband received was excellent - please take a moment to remember what wonderful people the paramedics are and how pressured are those working for the NHS in hospitals. One aspect of the post hospital care has come in the form of a "Message in a Bottle".

This small plastic pot is kept in the fridge and emergency services know to look out for it should they be called.

Inside the bottle one can write one's allergies, any medication that one takes, if there is a living will or advance decision not to have CPR (cardiopulmonary resuscitation), people to be contacted, and next of kin among other things.

The pot comes with stickers to attach to the front door of the property and the outside of the fridge. Should the emergency services be called they know to look out for the stickers and the information the pot contains can make it easier and quicker for them to treat you appropriately.

This clever idea came from the Lions Clubs International British Isles, and they have funded the production of the pots. The Lions worked with paramedics, doctors, police, fire fighters and social services in the development stage.

The Lions then distributed them to GPs surgeries, health centres and some chemists.

If anyone in your family has an allergy, diabetes, a long-term illness or takes special medication the pot could be a life saver.

You only enter the details you want to. There is space to enter personal details (name, date of birth, distinguishing marks, religion, NHS number etc). You can add a photo (so the emergency services can be sure they have the correct person should you be on your own and unconscious) and there is even a section you can give details of your pets!

If you are elderly and/or are living on your own or have a family member who has an allergy or special medication, you might want to investigate getting your own 'Message in a Bottle'.

Hopefully it won't be needed but it could be lifesaving.

Caroline Gray

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The Silent Battle: Chronic Pain and The Mystery of Medically Unexplained Symptoms.

As an Oxfordshire NHS GP up to 30% of my patients suffer persistent pain or symptoms with normal test results, so what is going on? Many people suffer pain, a companion that never leaves their side. Alongside the pain, they may suffer brain fog, headaches, and bladder symptoms. Welcome to the world of chronic pain.

Unlike acute pain which is a response to acute injury and resolves over time, chronic pain is a debilitating condition that lasts. An example would be fibromyalgia, which affects physical and emotional wellbeing. But what happens when you have physical symptoms with normal scans and test results?

This is *medically unexplained symptoms*. Examples include irritable bowel syndrome, interstitial cystitis, migraine, chronic headaches, and chronic fatigue to name a few.

However, I would like to challenge the name medically unexplained symptoms and name them as *medically explained symptoms* as we now have growing scientific evidence to explain the cause.

We know that many of these patients have suffered traumatic childhood events, have stressful life events and variable lifestyle choices that create an inflammatory response in the mind and body.

Past or present stress causes inflammation of the brain cells and the brain unconsciously and automatically creates a symptom of pain in response to the emotional or physical factors.

Another example may be eating a diet high in processed foods which affects the organisms in our gut setting off an inflammatory response in the body resulting in bowel symptoms or brain fog.

Alongside this our 'fight and flight' response can be activated and with raised cortisol and adrenaline levels this may cause bladder, bowel, or fatigue symptoms. This all explains why sufferers of fibromyalgia have pain but suffer other symptoms such as brain fog, fatigue, and headaches too.

The good news is there is help available.

There are resources such as www.sirpa.org or practitioners like me who look at pain and these symptoms in a holistic, comprehensive manner and work with patients on a recovery plan.



Written by Dr Anna M L Smith
www.healthwellnessgp.co.uk

Oh, somebody please rub my back ...



Oh, somebody please rub my back
 I think I've been stretched on the rack
 My hips they are sticking
 My joints are all clicking
 And my muscles are floppy and slack.

The physio says 'keep on moving
 Do stretches and twists every day'
 But each time I turn
 My muscles do burn
 And I feel that the pain's here to stay.

The chiro he works on my spine
 To check all the joints are in line
 He straightens me out
 And says 'there's no doubt
 That everything's working just fine'.

A massage, now that is so soothing
 It eases the tensions away
 I'm floating on air
 When I come out of there
 But I'm soon down to earth the next day.

A warm scented bag might give some relief
 Or the cold of a gel filled ice pack
 But when all's said and done
 It's so much more fun
 If someone would please rub my back!

Val Peat

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SCAN ME

Terra Development - 'Brier Furlong'

Terra have now handed over responsibility for the site and having been asked by the developer (Living Space) for a proposed name, we have consulted with the Aston History Group and have suggested 'Brier Furlong'. This was the field name in the 19th Century tithe map and is consistent with the naming of Marsh Furlong and Pound Field Road. Meanwhile, groundwork proceeds apace, with first occupations expected early next year and completed by Summer. The Parish Council remains firmly focused upon ensuring strict compliance with all planning conditions and obligations. Whilst the developers have shown themselves sensitive to local concerns and continue to communicate well with the public (including the Marsh Furlong Residents Association), there have nevertheless been multiple breaches of the construction traffic management plan. We have therefore invited WODC Planning Enforcement to engage accordingly. In the meantime, we would therefore be grateful for the continued assistance of residents in the prompt reporting of any alleged transgressions or issues.



Thames Water Given the demonstrably worsening situation regarding sewage discharges in the Parish, we are in regular contact with Thames Water on a number of concerns. Work to rectify the misconnection of storm water to the foul water network at St Joseph's Court will commence on 20th August, for completion by end-September. However, work promised this year to upgrade Bampton Sewage Treatment Works has been postponed for at least 12 to 18 months. This may have implications for the enforcement of conditions for the Brier Furlong (and other) housing development. Regarding sewage discharges more generally, it is not the capacity of the network to handle foul water that is the problem (there is more than sufficient), but rather the deluge of rainfall-induced infiltration that rapidly overwhelms the system. To address this, Thames Water have installed flow monitors north and south of the Bull Street Pumping Station as a first step to identify the source(s) of infiltration. Initial results are expected in the next two to three months.

North Farm Residents will recall the exhaustive rounds of public consultation conducted nearly 2 years ago regarding the the derelict North Farm site as a potential community-led development opportunity. Of the illustrative options provided by OCC, the most favoured by residents was a development of nine houses that maximised the available open space (to be gifted to the community) and represented least impact upon the Conservation Area. After a prolonged hiatus, due in part to regime change at OCC, details have at last begun to emerge - a proposed site layout for nine houses plus (a probable prerequisite for WODC approval) an affordable housing unit. The Parish Council believes that this provides an acceptable basis to continue, subject to ongoing refinement and negotiation. With surveys (highways, ecological and so on) now underway, an outline planning application is likely to be made this Summer. If approved, construction will begin late 25/early 26. The Parish Council will continue its close liaison with OCC on this matter. Further details will be placed on the Council website as soon as they become available.

Traffic Calming Please see the separate article concerning potential new traffic calming measures in the Parish. We are keen to hear your views.

Responsible Finance Officer Recruitment We are delighted to welcome Deborah Shenton as the Responsible Finance Officer for the Parish Council.

And finally If you have any questions or comments for your Parish Council and you are unable to raise it directly with a councillor, please forward them to the Parish Clerk by email on clerk@astonoxon-pc.gov.uk or by post, c/o 16 Foxwood, Aston, Oxfordshire, OX18 2DZ.

Russell La Forte Chairman Aston, Cote, Shifford and Chimney Parish Council



*Above right and below -
Scenes near the Terra
development*

Traffic Calming in the Parish

The Parish Council is considering further traffic calming work in the Parish - no decisions have yet been made. After four near-identical traffic accidents near the North Street junction with Back Lane (the latest being in December), OCC Highways have suggested that a 'build out' may reduce the risk, both here and in three other possible locations.

Views on the Parish Council are mixed, but we have provisionally prioritised the four locations as follows:

1. North Street between the white gate and the entrance to St James Court (Priority 1).
2. Bampton Road past Kingsway Cottages (Priority 2).
3. Aston Village Hall between welcome gate and entrance to the village hall (Priority 3).
4. Cote - on B4449 by the white welcome gate/allotments (Priority 4).

As the recent 20 mph issue demonstrated, traffic calming is a complex and emotive issue. Indeed, a previous informal consultation on a proposed 'build-out' near the Village Hall indicated little support, as well as disproportionate initial and ongoing cost issues - albeit OCC Highways have indicated that there may be options to reduce these costs. To emphasize, no decisions have been made, but the Parish Council would appreciate feedback from residents on the following questions:

1. Do you agree that build-outs are required in the Parish?
2. Do you agree with the above priority order for any potential build-outs?
3. If you answered 'No' to Q2 then please give your preferred order.
4. Do you agree that all four build-outs are required?
5. Any other comments.

Please submit responses by 23rd April 2024, either by email to clerk@astonoxon-pc.gov.uk or by post to the Parish Clerk, Aston, Cote, Shifford and Chimney Parish Council, 16 Foxwood, Aston, OX18 2DZ. With Thanks

Elaine Anstee

Parish Clerk for Aston, Cote, Shifford and Chimney Parish Council
Email: clerk@astonoxon-pc.gov.uk

Please note that the clerk works part-time (6.5 hours per week) and will respond as soon as is practical.



Characters from the ACTS production

Aston and Cote P.C.



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The King



The King has cancer. So have many thousands of other people – and I was one of them. That was 25 years ago, and I am still here to haunt you!! My cancer was at quite an advanced stage when it was diagnosed and yet I am still here to tell the tale thanks to some amazing chemotherapy and wonderful after care. Aston played a prominent part in the aftercare. Everyone was so kind sending cards and good wishes. I am sure it all helped recovery. This is what the King will be experiencing now and how vital it is. Chemotherapy drains you of energy, but it worked for me and hopefully it will work for many other people – including King Charles. Cancer does not have to be the end of the road but recovering from it can be exhausting. My recovery has given me a great deal of faith in the NHS - much maligned as it is from time to time. I also salute all the cheerful and untiring people who work within it - Thank you to everybody.

And finally, a word of thanks to Sylvia Brown. When I first came to Aston, Sylvia was running the Lunch Club in the Village Hall. It was hugely successful with no one left out and lovely lunches - especially at Christmas. Sylvia also ran coffee mornings, organized concerts in the Village Hall and in doing so raised a lot of money for charitable causes. In particular, I remember her for her raffles. No event - even a coach ride on an outing - took place without a raffle! Cheerfully we all accepted commissions laid upon us without question. This way everybody helped and somehow felt included in the project in hand. Thank you, Sylvia. Enjoy your retirement!

Brenda Smith



Picture Window



Steve Good with two of his pictures

Following the Christmas decorations and in order to bring variety to the Aston Community Shop window, Steve Good, a local artist was invited to display some of his work. The window display proved very interesting to shoppers and passersby.

Steve is part of a team from Oxfordshire, named as AI or Artwork International, who, in their brochure, write “we use many state of the art computers powered by our machine algorithms that produce art of stunning quality”

Steve, now 73 and retired, set up a few of his prints in the shop window and also a selection of pictures for customers to look through. His life has been both busy and “colourful” – to use the pun. He commenced the artistic part of it at Harrow College of Art, where he studied for four years. That is just a facet of his busy life which has spanned business, politics and volunteering and more activities including a weekly radio show. He has a passion for waterways too. He lives in Ham Lane and cares for his wife who has Parkinson’s disease.

Great interest was shown during the brief shop interlude, of his talent / work, and he sold four prints before finishing his time slot. Art is his relaxation.

The good news (play on Good!) is that he has been invited to return with his pictures and easel in April / May so there is another chance to view and enjoy his work. Meanwhile, for those who expressed interest whilst shopping you will find brochures on the counter.

Steve can be found at Aston Artwork Studios – Ham Lane – Aston – OX18 2DE or www.artworkinternational.co.uk. Tel: 01993 851586 or 07825 296357

Lizzie Wood

500 Club Winners January Draw

No.	£	Name
242	40.00	J. Mills
295	30.00	V. Faulkner
97	20.00	S. Brown
465	10.00	I. Blacklock
222	10.00	M. & J. Baker
227	5.00	K. & O. Chadelle
131	5.00	J. Manning
66	5.00	C. & K. Chapman

February Draw

No.	£	Name
35	40.00	K. Holfield
177	30.00	C. Walton
254	20.00	K. Stay
364	10.00	M. Merry
442	10.00	T. England
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Going Green – Choices, Choices



‘It’s not the destination that matters it’s the journey that counts’ is a paraphrase of an often-heard cliché. Cue eye-rolling and sighing from any number of readers. However, at a time of year when a large proportion of adverts seem to be about holiday booking, and many people are making summer plans, it might actually be relevant.

Funnily enough, holiday adverts focus on the fun you have when you’ve arrived – that being the point of going. But the question remains, how will you get there? The usual options are - drive, train or fly. For most, choices tend to be made based on time, cost and practicality; we want to be able to get to our destination in good time, with minimal cost, and without having to compromise on what we want to take.

For an increasing number of people, the environmental impact of their journey is also beginning to enter their thinking.

From a greenhouse gas emissions perspective, for travel within the UK, the train is the best option by a large margin (five times less CO₂ than driving), followed by driving and then flying. For city breaks, or travel to areas with good public transport, the train is definitely a great option, especially with a railcard. Heading into Europe, the Eurostar is attractive as it’s around 40 times more efficient than a car.

Whilst consideration for the environment may not be the top of everyone’s holiday priority list, taking a step back to challenge our travel assumptions can open up possibilities for making the journey part of the holiday event. For this household, the challenge now is to actually pick a destination!

For a pithy, but clear, summary investigate:
[Hannah Ritchie \(2023\) - “Which form of transport has the smallest carbon footprint?”](#) Published online at [OurWorldInData.org](#). Retrieved from: <https://ourworldindata.org/travel-carbon-footprint>

Richard Bloomfield

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A scene from the ACTS production

Snapping it up!

It may not have been an Earth-shattering moment, but I was amused to see the reports of Miley Cyrus’ surprise that the paparazzi were using iPhones on the BAFTA Award’s red carpet recently. Truth be told, the phone manufacturers put a lot of effort into their camera technology as it is one area where they feel they can make their products stand out from the rest of the market.



The race is on to pack as many features into as thin a phone as possible. Even my old iPhone is easy to use and takes a decent picture ranging from close ups through to landscapes (see pictures). More recent models have multiple cameras, often including a wide angle or a telephoto lens in addition to the main camera. These are automatically selected as you adjust the zoom making their use particularly seamless. However, there are limitations to what can be achieved: the very small size of the phone means that it will never be able to match a professional camera for a high-magnification telephoto or applications that require a large aperture like low-light or high-speed pictures.

Phone manufacturers continue to think creatively of ways to help amateur snappers take better pictures more easily. They are increasingly using a combination of dedicated hardware and specialist software to automatically enhance the quality of the pictures we take. Some aspects of AI are now being used to automatically merge multiple images and they especially target the areas where the small size of the hardware results in limitations, for example image sharpness and picture quality in lower light levels. The best part is that this all happens automatically without you having to set it up!

There is now more than ever a case for using the phone for more serious photography. If you see something interesting while you are out and about why not whip out your phone, take a quick snap and share it with us in the Voices spring photo competition?

Tom England



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W.I. News



In January we went to the Talbot Inn at Eynsham for our belated Christmas celebration. Back in November we were given the choice of two courses for a set price. Its a good job Liz Hook keeps good records as many of us could not remember what we had chosen. I think everyone got what they picked and enjoyed it very much as there was no moaning or complaining about the food or venue.

It was well attended and the pub was lovely, warm and cosy and the staff looked after us very well. We will certainly consider going there again next year.

For our meeting in February we had invited Matt Williams to give us a talk about the work of the Samaritans. Every ten seconds they respond to a call for help and are open day or night for anyone who's struggling to cope and who needs someone to listen without judgement or pressure. The Samaritans is a non-profit charity organisation run by volunteers who offer listening and support to people and communities in times of need. Their aim is to give people ways to cope and the skills to be there for others. Every life lost to suicide is a tragedy and their vision is that fewer people die by suicide.

Going forward we have Reverend Janice Collier coming to talk in March as to why she became a vicar and later in the year we have lined up talks about llamas and owls.

So maybe you would like to join us. We meet at 7.30 every second Wednesday of the month in the village hall.

Lesley Brown

Aston History Group

The group's annual supper in January was a social event with delicious food prepared by our members. When the tables had been cleared an edited version of the film '1999 – A Year in the Parish' was shown. This was a film produced to mark the Millennium. Twenty-five years on, there have been many changes in the village.



Dr Simon Townley returned to Aston for our February talk. His first visit to our group was thirty years ago! This time Dr Townley described the relationship between Bampton and its surrounding villages throughout history.

The influence of the church, the crown and various landowners was relayed in a way both detailed and absorbing.

Next meetings:

March 28th - 'Through endurance, we conquer': Shackleton's Antarctic Epic, 1914-1917 a talk by Russell LaForte

April 25th – AGM followed by 'The Roman invasions, occupation and colonisation of Britain' a talk by Bill King

Martin Bowley

1st Aston Brownies



As I write we are just a couple of days past World Thinking Day. Our unit went over to Witney to celebrate World Thinking Day with other Brownie and Guide Units from our District, instead of our normal meeting in Aston. The girls had great fun joining in with all of the other girls to celebrate World Thinking Day; they made friendship bracelets, and decorated biscuits amongst other things, and finished the evening with a good old sing song.

As I write it has been a very busy week as some of the girls took the opportunity to go to the workshops of Standing With Giants, which is a registered charity. The founder of these incredible silhouettes Dan Barton and his wife Janette who is the Project Coordinator have been inviting groups of all ages to come and help to make some of the 1,475 silhouettes that are to be installed across the meadow fields of Normandy for the D-Day 80 Commemorations and open to the public from the Spring and Summer of this year.

This was a fantastic opportunity to be a very small part of this huge installation. The girls helped with the painting of the Giants and arranging the handmade poppies which will accompany the silhouettes to Normandy.

We are now busy planning a trip to County Headquarters, "Jubilee House", where we will join up with other units, so all very exciting, more details to follow.

The unit is now 21 strong, so we have now started a waiting list, for more details please check out the Girlguiding website where you can register your daughter onto the waiting list, also feel free to contact me on 07887974468 or karenthegardener123@gmail.com

Stay safe



Karen Stay. Unit Leader

Trousers or shorts?



Richard Archer

You know it's still winter when your post person is wearing long trousers and not shorts. Such is one of the conditions of being a postie.

Richard Archer is my postie and he replaced his tutor postman Richard Godwin, who sadly died in 2020. Our postman starts early and works his half of Aston. Aged 37 years, he joined the Royal Mail ten years ago. Married with three children, aged 10, 8 and 5, he lives in Carterton. Richard was born at the John Radcliffe Hospital, Oxford. He is the fourth Aston postie to be born there and I suspect that the Royal Mail has its own maternity wing!

Quick-fire Questions

Favourite football team? Manchester United (not Swindon or Oxford?)

Favourite film? Pulp Fiction.

Holiday type? Camping with the family!

Holiday destination? Devon.

Honeymoon location? Morocco

Dog Bites where? Back of his calf in Minster Lovell – no prosecution.

Hobbies? Enjoys coaching Ducklington under-sixes football team and family activities.

What does he like about his job? Richard likes driving and chatting to people during his working hours.

With global warming, his shorts will soon be coming out of the drawer.

Lizzie Wood

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Aston and Cote School Report

As we step into March, I wanted to take a moment to reflect on the journey we've embarked upon so far in 2024.

Academic Excellence: Our students continue to demonstrate remarkable growth and achievement in their academic pursuits. From mastering complex mathematical concepts to exploring the intricacies of language and literature, their passion for learning is truly inspiring, every one of them shows our *ASTONishing* Learner attributes.

Extra-curricular Activities: Our extracurricular programs have been flourishing. Whether it's through sports, arts, or gardening, our students are actively engaging in diverse opportunities that not only broaden their horizons but also instil valuable life skills such as teamwork, resilience, and leadership.

Nursery Class: Evans Class have begun their learning about farms and the different animals that live on a farm.

Reception Class: Belamy Class made their first visit to Rosebank Residential home to read with the residents there. Everyone involved had a wonderful time and are excited for the next visit.

Year 1: Spencer Class have been studying Victorian times. They designed and made wonderful spinning drums as part of their DT learning. In Science they have been learning about plants, they have been keeping a plant diary to record the growth.

Year 2: Fletcher Class have been locating forests and jungles in their Geography based topic and have been hooked by their English text *The Tin Forest*.

Year 3: Holt Class have been studying how volcanoes are formed and where in the world they can be found. The children are able to talk about the pros and cons of living near a volcano.

Year 4: Garrett Class thoroughly enjoyed their educational visit to Chedworth Roman Villa, where they all had the opportunity to make a mosaic. This will support their History



topic 'Rotten Romans' where they will be finding out about the impact Romans had on Britain.

Year 5: Glanvill Class have taken part in 'bikeability' where they learned vital life skills. They learned how to cycle correctly and how to respond to risk with increased confidence when out on the road.

Year 6: In English, Stevens Class have been writing letters to the Prime Minister to ask him to do more to stop racism in football. It is wonderful to see how their writing has developed and how they are using a range of skills to engage the reader.

Sport: The girl's football team faced Madley and Queen Emma's this month. Both matches were well played with the girls showing great team spirit and commitment. They drew 2-2 and won 6-1 respectively.

Don't forget to follow the school on Facebook and Instagram where you can keep up to date with our latest news.

Melody Chadwick
Headteacher



Nature Natters - Eye Spy



A snipe. Recently seen in the parish

Recently I had my cataracts treated and it made me wonder how my rejuvenated eyesight compares with other animals' vision. I've never seen them, but I've heard that in central and south America there are 'Four-eyed fish'. It's not a totally accurate name as they have the regulation two eyes, but both eyes are divided into top and bottom halves. The top half can focus on the surface of the water, which is where the insects that they feed on live, and the bottom half allows them to keep half an eye on the under-water world where their predators lurk.

Birds like snipe have a comparable arrangement. There were quite a few of them on our flooded fields recently, but they are famously hard to approach. This is because they have eyes in the back on their heads. Well, that's not literally true either, but their eyes are set towards the back of their heads so they can see behind them almost as well as in front which is great for a bird that spends much of its time with its beak in the mud.

Eagles are famous for their eyesight but it's not just that they can see tiny things a long way away: they can spot tiny movement that we wouldn't notice. But the prize for spotting movement goes to insects. Their eyes are very different from ours. An insect's eye is made up of thousands of individual hexagonal units, and each one sees a very small part of the world. So, when I'm trying to swat a fly, I make one tiny move and it makes me disappear from one group of its eye units and appear in the neighbouring ones. Immediately it knows that there is danger, and off it goes, which is why my success rate at swatting flies is so poor.

James Gray



A scene from the ACTS production

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Recipe - Promoting British Food and Farming



We recently picked up some day-old chicks from P.D Hook Hatcheries to rear on as birds for the table. Whilst raising the chicks, the children have been involved in the whole process, following our farm to plate ethos, keeping food miles low and sharing our experiences on social media too.

With the Easter period upon us, we'll also have 300 sheep to lamb and possibly a few calves. It's all pretty tiring but very rewarding bringing new life into the world.

So I'm sharing with you a hearty, quick to make bacon and cheese quiche (or a posh pizza to my children who will actually eat it if I call it that)

Ingredients

- 1 cup of bacon lardons
- 1 cup of frozen peas
- 1 chopped onion
- Handful of chopped tomatoes
- 4 eggs
- 200ml of double cream
- Salt and pepper to season
- 100g grated cheddar
- 1 pack of ready made puff pastry

Method

- Roll out your puff pastry into a rectangle and place over a flan dish.
- Meanwhile fry off the bacon lardons and onions
- Once cooked, place the bacon lardons and onions on the base of the pastry.
- Sprinkle the grated cheese and peas on top
- Then whisk your 4 eggs and cream together with a pinch of salt and pepper
- Pour the mixture on top of the pastry. Add some chopped tomatoes for decoration.
- Bake in the oven for 25-30 minutes until cooked
- Enjoy hot or cold

You can find more tasty recipes at: <https://www.nofussmealsforbusy.com> or follow on social media @NoFussMealsForBusyParents
Milly Fyfe

Aston Running Group



Living in Aston, I always feel lucky to have so many peaceful, scenic routes to take when running. However, the solitary plodding of the asphalt can sometimes feel a little lonely! At the end of 2023, whilst out enjoying a run in the parish (which I often do), something struck me. I must have passed, without exaggeration, ten other villagers out running on their own, many of whom I have seen before. Wouldn't it be nice to run together? Cue the formation of the Aston Runners group!

At present, we have around 8-10 runners each week. The group meets at 9 o'clock on a Sunday morning at the Village Hall. The pace is light and the distance around 5-8k. Most weeks, we have a run-walk group for those not yet ready to run a 5k. Children are more than welcome, as long as they are accompanied by an adult.

In the near future, we are looking to offer several different distances and runs at a differing pace so that all runners are challenged. We are also looking at meeting one evening in the week, as well as doing some trail runs - the Thames tow path is a cracking route! Additionally, there is the possibility of using the backroom of the Village Hall, opening out onto the patio area, for coffee and cake.

The benefits to be gained from running are numerous: improvement to CV fitness; helps maintain a healthy weight; strengthens muscles; dramatically reduces risk of some chronic illnesses and an improvement to self-confidence. Arguably, the most powerful benefit is the positive impact running can have on a person's mental health. This notable effect that running can have to mental health is made even greater when running socially.

Running socially often gives that extra bit of motivation. It helps someone really improve their running and fitness as well as being a more fun way to run. It gives the opportunity to meet other people, forming a community.

Whatever your pace or experience as a runner, Aston Runners has something to offer. Whether training for an event, looking to get fit, or simply to meet and exercise with a great group of people. If, like me, you had a particularly enjoyable, calorific(!) Christmas, you may well have decided to begin 2024 with the goal of becoming healthier.

What better way to achieve this than with the Aston Running Group ?

Dan Long

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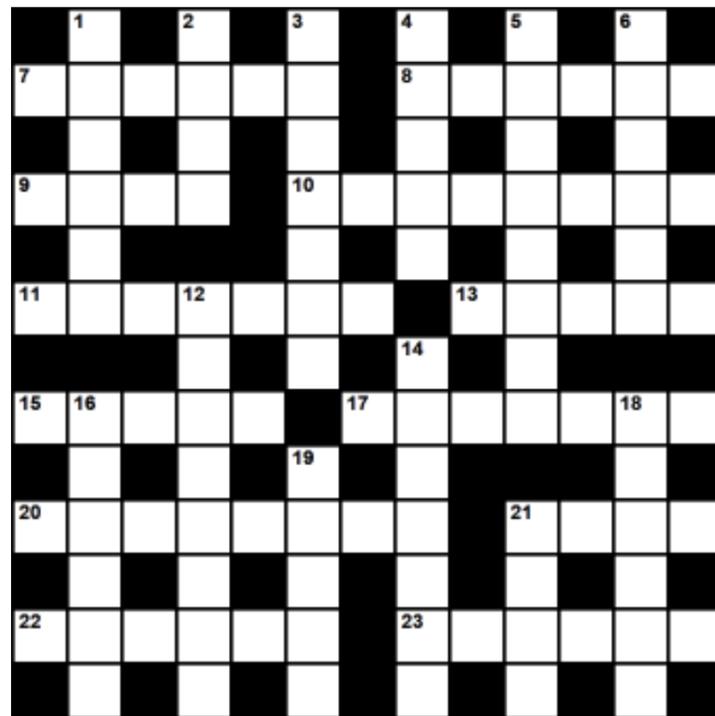
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Facebook: Aston & Cote Day Centre.
[https:// www.Aston & Cote Day Centre.](https://www.Aston & Cote Day Centre)

Crossword by Caroline Gray



Across

- 7 Nut (6)
- 8 Reveal (6)
- 9 An article (4)
- 10 Instrument measuring gas use (3-5)
- 11 Poison (7)
- 13 Upper air (5)
- 15 Uncertain state (5)
- 17 To cheer (7)
- 20 Bony framework (8)
- 21 Optimism (4)
- 22 Craft (6)
- 23 Gambling den (6)

Down

- 1 Assault (6)
- 2 Hoax (4)
- 3 Swagman (7)
- 4 Visitor (5)
- 5 Feigned (8)
- 6 Arm covering (6)
- 12 Clot (8)
- 14 Devil (3,4)
- 16 Printer type (3,3)
- 18 Enlarge (6)
- 19 Shawl (5)
- 21 Fastening (4)

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Jokes

What do you get when you cross a dyslexic, an insomniac, and an agnostic?

Someone who lays awake at night wondering if there is a dog.

I tried to sue the airline for losing my luggage.

I lost my case.

How do poets say hello?
"Hi, have we metaphor?"

Alphabet Quiz

A simple twenty question quiz, but all the answers begin with the letter Q.



1. What is the name of this extinct animal?
2. What is the name of this character from a Disney film?
3. What is the name of this character from the 1975 film?
4. Famous for the mini skirt and hot pants who is this designer?
5. What is the name of this game bird?
6. What is the familiar name for a member of the Society of Friends?
7. Which fictional game played of broomsticks appears in the Harry Potter novels?
8. What is the name of Australia's national airline?
9. From the Italian for '40 days', what name is given to an isolation period for people or animals with a contagious disease?
10. What is the name of vicious dwarf in Dickens 'The Old Curiosity Shop'?
11. What is the alternative name for the bolt of a crossbow?
12. Buckinghamshire Railway Centre is a railway museum located at which Buckinghamshire village?
13. Freddie Mercury was the front man of which band?
14. Where were the Dead Sea Scrolls found?
15. Which rules set out the rules of boxing?
16. Which officer in the army superintends the issue of all service stores and equipment?
17. The novelist Sir Arthur Quiller-Couch used which nom de plume?
18. Amethyst is a variety of which mineral?
19. What natural substance was the first effective treatment of Malaria?
20. Which street in Oxford runs from Carfax to New Road?

Compiled by Andrew Long

Spring is in the air

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Garden Ramblings



From January's publication to now, the garden has begun its wonderful awakening and rotation of blooms. The snowdrops have been followed by daffodils, which are still showing off, and now it's the tulip's turn. Every year my garden is filled with a wonderful display of brash colours. I didn't plant the tulips so they must have been in the garden for over 25 years and amaze me every year – thanks to previous owners!

This popular, showy flower was originally found in Central Asia from the 10th Century. By the 15th Century they were a prized flower but it was a century later before they were introduced to Northern Europe. A mosaic virus, spread by aphids, causes the streaked appearance on the petals on what we now call Rembrandt tulips. They were much admired by Dutch painters and featured in many paintings seen in museums today. Vases were even designed specially to display single flowers and are still called tulip vases – many can be seen in large Historic Houses today.

The enthusiasm for these new flowers triggered a frenzy known as tulip mania and vast sums of money were exchanged for just one bulb. The tulip trade eventually became concentrated in the Netherlands and cultivated forms are referred to as 'Dutch Tulips' and grown widely today.

One of the biggest displays is at Keukenhof Gardens near Amsterdam, however you don't have to travel that far as the UK's National Collection of Historic Tulips is held at Blackland House near Calne in Wiltshire some 60 miles away though open days are limited.

Despite their beauty and splendour tulips do have a downside - they are poisonous to domestic animals including horses, cats and dogs although I can't remember our cats ever attempting to have a chew at them.

With the promise of better weather and summer coming I hope you have time to enjoy what's happening in the garden especially those gorgeous tulips.

N.M.D.

Eating Out Snooty Mehmaan, A420 near Faringdon



I've had requests for more reviews of more reasonably priced establishments. I tend to choose based on something interesting on the menu or the venue/location, although I avoid those with eye-watering prices like 'Le Manoir aux Quat' Saisons' (as my wife puts the kibosh on them). I've covered a range of places in the years I've been contributing to Voices, but I'm happy to try to make that a key consideration wherever I can. Everyone is feeling the pinch nowadays, but the challenge is to find places that haven't put up their prices too much. With that in mind, this month's review is for somewhere we've been twice, but not for many years. It is worth noting that Snooty's hold event/tribute nights in a separate area, cater for banquets/weddings, and have rooms popular with business people or for when some of your guests want to let their hair down.

So, onto the food. I had dinner for one as my wife was on a mini-break with one of our daughters, so I had permission to indulge myself just a little. They offer Indian and pan-Asian starters and mains, sharing platters, Tandoori kebabs and vegetable dishes, plus takeaway. I chose a simple onion bhajee to start, and where in some Indian restaurants these are the size of cricket balls or bigger, the three flat rosti-type bhajees were elegantly displayed, mildly spicy and very tasty, with a tamarind sauce on one side and sweet chilli on the other.

Dishes are rated 1-3 on heat and the staff are very knowledgeable and talk you through them to help you decide. I was pondering two dishes but settled on the Pondicherry lamb curry (a 2) - Onion, tomato, fresh coconut, dry red chilli, curry leaves roasted and blended into a fine paste with spice and heat but not too much, as recommended. I think it was the higher end of a 2 rating, but the heat wasn't painful or lingering, so I enjoyed it very much and the lamb was very tender. I topped it off with a vanilla Biscoff cheesecake to clear the palate.

The mains are mostly around £15 (veg £8) and sides £5, but whilst my beer, starter, main, rice, naan and dessert came to £43 (no automatic 12.5% service charge for one person but it might be 9.5% for less than 6 and 12.5% for 6 or more), the thing about Indian cuisine, is that (most) people don't get a side each, but tend to share, so maybe two or three rice for four people, share a naan for two, maybe another side like Bombay or Sag Aloo for 2-4 people, so the cost per person is spread and lower.

I really enjoyed the meal in the elegant interior and the friendly service was excellent. I overheard a travelling Dutch businessman asking them to surprise him with something different and not entirely on the menu and they spent a few minutes asking him questions; he later praised his dish.

I'll apologise in advance for next month's submission as price consideration is out of the equation, as one of our Christmas gifts from the girls was dinner and champagne for two at Slaughters Manor in Lower Slaughter, and it looks like three courses is £85pp so it remains to be seen if it is worth it. I may need to balance that with a review of the fab Kebab King in Station Lane.

Russ Avis

Wayne Austin

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Aston and Cote Day Centre

I have attached a photo showing some of the members, volunteers, and "friends" of the Day Centre during our recent "hands on" workshop outing. We went to assist Dan and Jeanette Barton who are the founders of Standing with Giants which is a registered charity. They make these fantastic silhouettes, and we helped to make some of the 1,475 silhouettes that will be part of the Normandy D-Day Commemorations during the Spring/Summer of this year.



This is just one of the many outings that we have planned during this year. We also have guest singers and speakers coming in to see us on Wednesdays. It is quite true to say that no two Wednesdays are the same.

Due to the success of the Day Centre, we now have a waiting list for potential new members to join us so if you are over 65 years and would like to come and see for yourself you would be most welcome. Likewise, if you know of someone that would enjoy this very social, safe place every Wednesday do get in touch.

If you would like to be part of our team of volunteers either for just a couple of hours for the morning shift or a couple of hours for the afternoon shift or for the full day, please contact Karen on 07887974468 or email: target.meukmail.com for more details. We provide a free meal and access to an award-winning online learning facility (not obligatory) also a discount card scheme.

Stay Safe, Onwards and Upwards

Karen Stay

A message from your County Councillor

Residents of Aston, Cote, Chimney and Shifford come into contact with Oxfordshire County Council in lots of ways. You use libraries, have children at school, may use or have relatives who use adult social care services. Everyone uses the roads and paths and has a view on matters like speed limits and potholes.



My job as your county councillor is both to represent you and try to get better services for you, and to explain why things cannot be done as quickly or as thoroughly as we would all like. The answer is of course money, and the underfunding of local authorities by central government.

Half of the County Council revenue budget is spent on Children's Services and Adult Social Care. We support the most vulnerable people in our community. We don't get the cost of this reflected in central government funding. So, for example, the National Living Wage has been increased by the government by 9.8%, which is good, but although a high proportion of spending on Adult Social Care goes in the pay of helpers, we received only a 6.5% increase in the settlement from government.

Believe it or not, we do fix the roads as much as we can. The repair of the Aston to Ducklington road was long overdue. The strengthening and resurfacing last year cost £900,000, which is a substantial proportion of the road budget. Unfortunately, we get about half of the money we estimate it would take just to keep roads from getting worse.

The County Council strives to be as efficient as it can be so that as much of the income as possible can be spent on frontline services. My role as Cabinet Member for Finance is to make sure this happens quickly.

Please do get in touch with any queries, comments and requests. The best way is via email at dan.levy@oxfordshire.gov.uk

Thank you

Dan Levy



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Photography Competition



The days are lighter and somewhat warmer, so we hope to encourage the photographers out there to forward their pictures on the subject of 'Signs of Spring'.

There is a £25 M&S Voucher for the one chosen as best by our judge, Voices contributor and photographer, Paul Lock. We will endeavour to print at least one shot from each entrant so that everyone can enjoy their efforts.

Your photos should be sent with the title 'Signs of Spring'. Please include your name and forward, up to four entries, by Friday 19th April to the Voices email address: AstonCoteVoices@gmail.com

We look forward to seeing your photographs.

Editorial Team

Zut alors! it's back....

Music Quiz!

Yes, it's the return of the FACS school music quiz!!!

Friday 22nd March
 Aston School Hall
 Teams of 4 (max) £20
 Starts 7.30pm

Licensed bar, raffle, heads & tails, etc.

Register your team at the school office or by emailing: rob@aston14.plus.com



Hosted by **Smashey & Nicey!**




Please join us for our first 'In Steam' event of the year. Themed 'Science at the Mill' it takes place on Sunday March 17th. 10.30 – 5.00pm. The gift shop and tearoom will be open along with spring market stalls.

Combe Mill in its day was the workshop for the Blenheim Palace Estate, beside the river Evenlode. It is a late 19th Century Grade II listed watermill with a steam beam engine and a restored waterwheel.

Come along and make a poker in the blacksmiths forge. The machinery will be running and there's an area for the children and much more. Dogs welcome, free parking, free entry for children.

Admission: Adults £9.00.
 Concessions £7.50

COMBE MILL
OPEN WEDNESDAYS
 from March 20th. 10.30 – 3.30pm

Self-guided tours with volunteers on hand to answer questions about Combe Mill and its history.

Adults £5.00.
 Concessions £4.00. Children Free

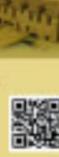
Contact: Combe Mill Society
 01993 358694
 www.combemill.org



COMBE MILL

Come to our steaming events with all machinery running. Market stalls to explore with refreshments galore from our BBQ and tea room.

We welcome bookings from local groups and schools. Why not book the tea room for your next family party.



Steaming events for 2024	
Sunday	10.30am - 5.00pm
March	17 Science at the Mill + Spring Market
April	21 Military Vehicles
May	19 Mercedes-Benz Day
June	16 Environment Day
July	21 Wildlife by the Riverside
August	18 Models and Collections
Sept	15 Crafts and Skills
October	20 Wood Crafts + Autumn Market

Events without steam for 2024

Sunday	10.30am - 5.00pm
May	12 National Mills Weekend
Dec	01 Christmas Fayre

Please visit our website for details and pricing.

The Mill is also open but NOT IN STEAM every Wednesday 10.30am - 4.30pm from March 22 and the end of October.

www.combemill.org

Vicky's After School Club

We offer before and after school care at Aston & Cote Primary School. We provide lots of fun activities in a safe and nurturing environment.

Breakfast club opens at 7.40am
After school club 3.10 - 5.10pm
Monday - Friday

We also run a holiday club in the school holidays open from 8.30am - 5.00pm

For more information visit our website: www.vickysafterschoolclub.co.uk



JENNY HOPE
 ACUPUNCTURE AND WELLBEING

Practise Clinic: The Avenue, Aston - near to North Street, Aston, Birmingham B4 7 2LJ

Fully qualified Acupuncturist
 Acupuncture that treats the root cause of your problems with a personalised treatment plan
 Qi Gong Exercises, Acupressure Points, Diet and Meditations

NEW SERVICES NOW AVAILABLE

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 - Bunny Lines
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- Dermal Filler Treatments
 - Tear Trough
 - Non-surgical rhinoplasty
 - Lip Sculpting and Augmentation
 - Chin Sculpting

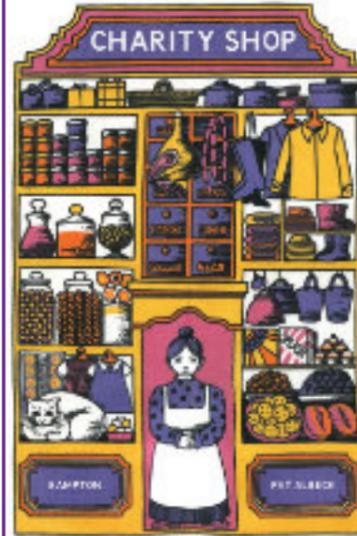
Contact me on 07930 322732
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BAMPTON CHARITY SHOP



An **ALADDINS CAVE**
 CLOTHES, SHOES, ART, BRIC BRAC, BAGS, BOOKS, LINENS, JEWELLERY, TOYS AND MORE.

DONATIONS WELCOME
 ROSEMARY LANE, BAMPTON
 Open 10 - 4 Mon - Fri Sat 10 - 1

All proceeds supporting groups and organisations in the local community



What's on in Bampton

West Ox Arts Gallery Presents "Texture": An Exploration of Surface and Sensation.

The West Ox Arts Gallery is delighted to announce the opening of "Texture," a captivating exhibition showcasing the expressive potential of various artistic mediums. From 23rd March to 20th April, 2024, visitors can embark on a multi-sensory journey through painting, collage, sculpture, textiles, and ceramics, all united by their exploration of texture.

A Celebration of Tactility: "Texture" delves into the artistic power of surface, highlighting how carefully chosen materials and techniques can create visual impact, evoke emotions, and tell compelling stories. The exhibition features a diverse range of works, from geometric paintings infused with marble dust for a textured effect, to intricate embroidered textiles, impasto paintings, lunar inspired ceramics and impactful wooden sculptures and furniture.

Opening Reception: Join us for the opening reception of "Texture" on 23rd March at 12 noon. This is a wonderful opportunity to meet the artists, delve deeper into their creative processes, and enjoy refreshments and conversation amidst the vibrant artwork.

See poster for further information.

Coming up next at West Ox Art Gallery

Artweeks: Twelve Talented Oxfordshire Artists Exhibit at WOA for Artweeks 2024

Exhibition starts on 27th April and runs to 1st June. The free-to-all opening reception is on the 27th April at 12pm.

WOA proudly presents the work of twelve Oxfordshire who will be exhibiting throughout the month of May at the WOA Gallery.

We look forward to welcoming you to our inspiring gallery space to see a wonderful mix of local creative talents. From fused glass to jewellery, felted accessories, watercolours to oils, papier-mache sculpture and ceramics. The gallery will be awash with colour and vitality showcasing a unique collection of exhibits that demonstrate a remarkable range of inspiring techniques.

Our exhibiting WOA members: Alison Walters, Alison Fagg, Anita Joice, Debbie Howard, Marjolein Trewavas, Trish Ampleford, Charlotte James, Chrissy Mack, Harriet Calfo, Jacqueline Nicholas, Helen MacRitchie and Sonja Coles.

Oxfordshire Artweeks is a free exhibition. Saturday 27th April until Saturday 1st June

Opening Reception Saturday 27th April at 12pm. West Ox Arts Gallery, Market Square, Bampton, OX18 2JH

Opening times; Tues - Sat 11.30 - 4.30pm. Sun 2 - 4pm. Mon - Closed



Easter Coffee Morning

23rd March, 10am 'til noon

Pre-loved handbags, raffle, tombola, bric-a-brac and much more

Bampton Methodist Church
Bridge Street, Bampton
OX18 2HA

Entrance £1.00
Includes a hot beverage and a biscuit

Diary

March

Thursday 7th
Parish Council
7.30 Village Hall

Thursday 28th
History Group
'Through endurance, we conquer':
Shackleton's Antarctic Epic, 1914-1917
Russell La Forte
7.30 Fellowship Centre

Sunday 17th
'Hidden Histories'
with Steve Tomlin
3 pm. St. Mary's Church,
Bampton

April

Tuesday 2nd
Informal Art Group
2.30 pm
Fellowship Centre

Thursday 4th
Knit and Natter
10-12 Red Lion

Thursday 4th
Parish Council
7.30 Village Hall
Wednesday 10th
W.I.

7.30 Village Hall
Thursday 25th
History Group
"The Roman Invasion"
Bill King
7.30 Fellowship Centre

May

Thursday 2nd
Knit and Natter
10-12 Red Lion

Thursday 2nd
Parish Council
7.30 Village Hall

Tuesday 7th
Informal Art Group
2.30
Fellowship Centre
Wednesday 8th
W.I.
7.30 Village Hall

Taking place every week

Mondays

Toddlers
9.00 - 11.00
Fellowship Centre

Mondays

Brownies
6.00 - 7.30
Fellowship Centre

Wednesdays

Day Centre
10.00 - 3.00pm
Fellowship Centre

Thursdays

Badminton
7.30 - 9.15pm
Village Hall

..... Church Services.....

St James', Aston



Community Church

Service Pattern

First Sunday
9.30am St James', Aston
Holy Communion

Second Sunday
9.15am St Mary's, Shifford
Holy Communion
9.30am St James', Aston
Family Service

Third Sunday
9.30am St James', Aston
Holy Communion
6.00pm St Mary's, Shifford
Evensong*

Fourth Sunday
9.30am St James', Aston
Family Service

*From April to September inclusively only

All meetings start at 10.00am and are followed by hot drinks and refreshments. Services involve a time of worship (singing and prayers), followed by a talk. There are special children's activities (Sunday School) during the talk, except for Family Services, where the children stay in throughout and the activities are inclusive of all ages.

Our talks after Easter are based on the theme of 'Return, Restore and Rebuild' and we're looking at what can be learned from some of the less familiar books of the Bible, written towards the end of the Old Testament era.

Contact Alastair Barnett on alastairb@rootsanddrivers.uk for more details, or visit our website at <https://astoncotecc.org.uk/>

Shop Opening Hours:

Mon - Wed 08:30 - 16:00

Thu - Fri 08:30 - 17:00

Saturday 08:30 - 14:00

Sun & Bank Holidays 09:00 - 12:00

Post Office

Opening Hours:

Monday 09:30 - 12:30

Wednesday 09:30 - 12:30

Friday 09:30 - 12:30

Date	Worship, talk and Sunday School
24 March	Worship, talk and Sunday School
31 March	Easter Day Family Service
7 April	Worship, talk and Sunday School
14 April	Worship, talk and Sunday School
21 April	Worship, talk and Sunday School
28 April	Family Service
5 May	Worship, talk and Sunday School
12 May	Worship, talk and Sunday School
19 May	Worship, talk and Sunday School
26 May	Family Service

Alphabet Quiz answers

- Quagga.
- Quasimodo.
- Quint.
- Mary Quant.
- Quail.
- Quaker.
- Quidditch.
- Qantas.
- Quarantine.
- Quilp.
- Quarrel.
- Quinton.
- Queen.
- Qumran Caves.
- The Queensberry Rules.
- The Quartermaster.
- "Q".
- Quartz.
- Quinine.
- Queens Street.

Crossword answers



Aston Youth Football



On a cold Saturday morning in January Aston under 10's of the blue variety travelled to Oxford city to play in the Oxfordshire Youth League Under 10's trophy event.

The blues had been free scoring on their way to the final and it was hoped that wouldn't change as they lined up against Oxford City hoops, a team that had defeated them 3-2 in the group stage.

Aston lined up in the usual 2-3-1 formation. Under 10 matches are played with a size four football, seven players per side with rotating subs and the opposition have to retreat to the halfway line for goal kicks.

This Aston team have the historic DNA of an Aston team, gritty, hardworking and quick in the transition. In the squad of 11, two live in Aston, two in Faringdon, one in Minster Lovell, one in Brize Norton, one in Filkins, one in Bampton and three are from Carterton.

Aston looked the stronger side and gained the lead after five minutes. Henry Tabern, the midfield powerhouse and lynch-pin of the side, received the ball on the halfway and drove past one, past two and fired into the bottom left corner. 1-0 Aston and a dream start.

Oxford City responded well and for the next twenty minutes it was back to the wall stuff from Aston in what can only be described as the Alamo. Last ditch defending from Tabern, Eddie "the ninja" Biggin, Elijah Cleary and Lucas Launder as well as two fantastic saves from Charlie "the cat" Clarke kept the score at 1-0.

The classic smash and grab then saw Eddie Fyson jinking left and right laying the ball across for the technically gifted Liam Meakin to stroke home. Muted celebrations from the blues showed a great level of concentration and gave them a 2-0 half time lead.

The second half was as comfortable as a cup final could get... Aston dominated with an incredible display of teamwork and pressing as a team. The pressing led by centre forward Caswell and backed up by everyone else in this hardworking team, a notable mention to Eddie Smith for some strong tackles and also Josh Cox a player who has developed so well this season into a strong, tenacious defender who loves a 50/50. Henley Potter was also especially tenacious in this half.

Soon some intricate one touch passing led to an Oxford city defender hand-balling. Penalty to Aston but, a superb save off the post from the goalkeeper saw Tabern disappointed. Aston stayed mentally strong and were not to be denied as Tabern again powered forward and found the bottom left of the goal to score his second and Aston's third in a match winner cup final performance.

The final whistle was greeted by lovely scenes as the team in their third season together gained their first silverware. The trophy was swiftly filled with fizzy Prime, 11 straws and a night on Fortnite ensued

Phil Caswell