

How much longer are we going to put up with this?

Editor's Comments



All the 'Traffic Calming' signs we pay for and wait months and years for do not calm the traffic or stop the damage being done to our village property, or prevent HGVs thundering through our roads and over our verges.

The crash on the main road of The Green in March involving an HGV, a car and a full skip demonstrated

how bad the situation is there. The 'rat run' at the back of The Green is an accident waiting to happen. Then there's the damage being caused to our village which is not fit as a race track or for HGVs.

As a resident and not to undermine the good work of our

Parish Council, I was fortunate to meet up with Councillor Diana Blamires in May and asked her what she can do to assist the Parish Council and residents achieve effective, material traffic calming measures.

I mentioned previous ideas including:

A traffic island on the straight part of The Green where kids play on scooters etc. similar to below.



A simple One Way system at the back of The Green to end the rat run.

A ban on HGVs access to the village.

Diana has agreed to work with the Parish Council and residents to achieve a more effective way to make Aston Abbots an undesirable shortcut for speeders and HGVs.

Please join in with your concerns, possible solutions and support.

<https://astonabbotts-pc.gov.uk/contact/>
Diana.Blamires@buckinghamshire.gov.uk

I would like to add my thanks to Peter Knight for AGAIN fixing the village gate damaged by a vehicle.



Please check out the colour photos and the latest news regarding Aston Abbots Best Kept Village on the back pages.

I still have 3 tables left for the Quiz Night on 11th June

Stay safe.

Pete Lucas. Editor

News

Ofsted praise 'warm and friendly' Wingrave pre-school. 'Good' rating

'Children clearly enjoy attending this warm and friendly pre-school' say Ofsted inspectors in a glowing report.

Wingrave C of E Combined School was rated 'good' across the board after its most recent Ofsted inspection.

Inspectors visited the school in March and say that children are excited to explore and learn new skills through carefully thought out activities. And they praised staff for supporting the children's independence – encouraging them to do things like pouring their own drinks or choosing their activities and teaching children about healthy living.

The report said: "Staff manage behaviour calmly and encourage children to be sensitive towards each other. Children are polite and friendly. They learn to be tolerant, respectful and kind."

Parents were also full of praise for the pre-school, with the report stating: "They warmly describe the friendliness of the staff team and

how happy their children are to attend."

Inspectors also said that children with special educational needs and/or disabilities were supported effectively.

Mentmore family festival for 6,000 people slammed by neighbours as 'madness'

A festival for 6,000 music lovers leaning heavily on nostalgia is planned for Buckinghamshire - but not everybody is happy about it. Fabulous Festival is mooted for Oakwood Farm near the village of Mentmore over the August bank holiday weekend.



However, a raft of objections to the plans has been lodged by neighbours with Buckinghamshire Council, throwing the plans into doubt. A total of 31 representations against the festival were received by the authority.

The festival is the brainchild of Paul Rogers, who set up a similar event on the same site back in 1992. Originally, he had planned to host a three-day festival for nearly 10,000 attendees on a large site at Oakwood Farm. The complex in Mentmore includes a farming charity, which neighbours have raised concerns about.

However, having seen the objections filed by those living nearby, Mr Rogers amended the application for a music and alcohol licence for the event. The festival's capacity has been reduced and will only take place between 12pm and 11pm on Saturday, August 27.

Mr Rogers, through Golden Triangle Enterprises, has applied for permission to sell alcohol, play films, live and recorded music and for dance performances between 12pm and 10pm. No objections to the plans have been made by Thames Valley Police nor the council's environmental health department, but no letters have been submitted in support of the event.

The clear theme throughout the objections is concern over public nuisance due to the event.

Amanda Joyce is one neighbour against the plans, saying, "There is a lot of livestock and wildlife that will be adversely affected by this

event. The road infrastructure will not cope with an increase in traffic.

"There are no viable public transport options. I am very concerned about how the public places in the village will be treated and the state they will be left in.

"There are too many residential properties in close proximity and will be exposed to untenable noise pollution. I can't express into words how much the thought of this event on my doorstep is concerning me and the long-lasting effect it will have on the community."

Another complainant, C Whitney, called for the organisers to pay for CCTV to be installed at every neighbouring home. They said the venue was "totally unsuitable", further adding: "Noise levels from this event will be detrimental and intrusive to anyone or any livestock living nearby."

The matter will be discussed by Buckinghamshire Council's licensing sub-committee at 10.30am on Thursday, May 5. A decision will be published in due course.

Aylesbury's John Hampden statue to be moved

The statue of John Hampden, a Parliamentarian during the Civil War, is set to be moved from its current home in Market Square to a new public space in **Aylesbury** called Hampden Place. The statue is a Grade II-listed building and is located within the Aylesbury Conservation Area.



The statue commemorates Hampden, who as a member of parliament for Buckinghamshire challenged the power of King Charles I in Parliament. He played a leading role during the Civil War and another statue of him is found at the entrance to the central lobby of the Houses of Parliament. Hampden also has a grammar school named after him in High Wycombe. The statue was moved to its current location in 1988.

Mentmore Village Book Release

A new book released in May, exploring Mentmore village history.



June Wiggins was inspired to write about the history of Mentmore and in particular The Stag pub when it was bought following a community campaign.

June's book, *Stories from the Hart*, details the goings on at a small close-knit village and its recent success story.

At one stage it looked like the pub which has served the Mentmore community for over 150 years, would be turned into housing.

[Residents](#) quashed those plans campaigning together to raise the funds to purchase the pub which reopened last year after refurbishment.

June who is a retired registrar, moved to Mentmore six years ago, from [Hemel Hempstead](#).

Stories from the Hart by June Wiggins

Her book is a collection of stories and tales as told by Mentmore residents.

Members of the community lent her photos and shared their favourite

anecdotes to create a snapshot of a countryside community.

"People get their biscuit tin out with all their old photographs in, then they start to talk. "Saying, 'oh this was so-and-so, and that was the event where we did this'.

"I've tried to do it in a way that a newcomer who came to Mentmore now, would think: 'Oh, that's why there is an owl in that field. Oh that's where the train robbery took place.'

"And obviously there's Mentmore Towers and the sale, why is it still closed. There is all these questions, and what I found that is amazing is that all the people who have been here for 30-plus years.

"They love it here, and they know everything, and you are always finding out something new.

Here we are in this beautiful little village which has all this history, it is great."

To enquire about getting a copy June can be contacted via email at June@stag.pub.

Your Emails

I'm so impressed with the community spirit and the hard work that individuals in the village have put in to get ready for the judges. I believe it would be a good idea to see if the owners of the Royal Oak could have a tidy up as the building is a prominent feature as you drive

into the village from the Wingrave end and currently does not reflect well on the concept of 'best kept'.

Platinum Jubilee Lunch, 5th June

Hi All, Please remember that the village lunch to celebrate the Queen's Jubilee will be on The Green, on the 5th June between 1 and 4pm. In order that we can keep an eye on numbers please let us know if you will be attending by dropping an email to jubilee@aston-abbotts.co.uk or calling 07970 139411/07944 901848. Don't forget your decorations on the day ~ plenty of flags and bunting please. Emma & Richard.

Pete

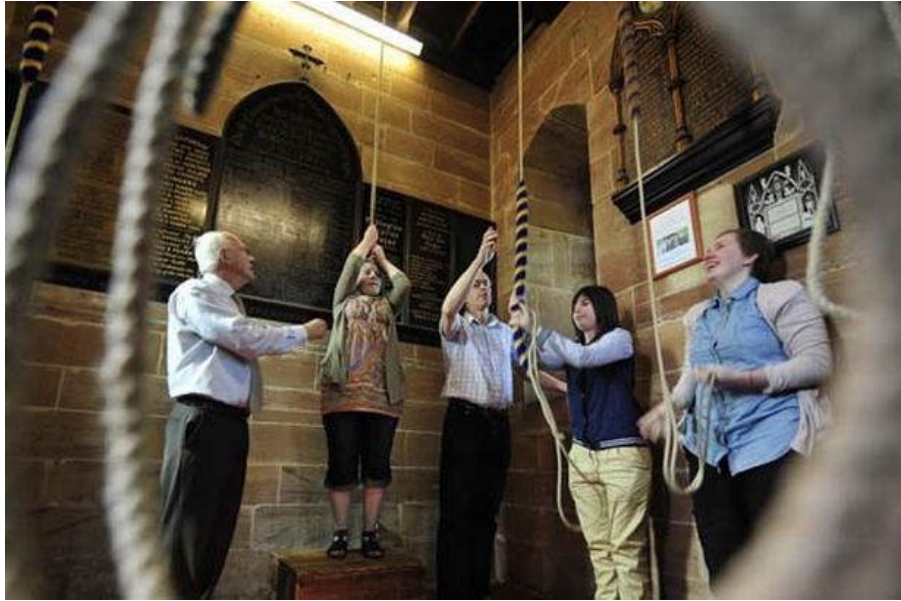
Best Kept Village Competition. 1st judging starts early June so to all, please clear any litter you see, attend your gardens, hanging baskets, overhanging bushes and branches and make all public and private areas clean and tidy.

Thanks to all who helped with the Litterblitz. Poor response from the Parish Council but a big thank you to Richard Plested for clearing the verge on the whole length of Wingrave Road footpath.

Colin Higgs

Just to let you all know the book shelves have now been fitted in the bus shelter and already a number of books have 'appeared' on them. If any of you have books to donate, or swap with what are there please do so. It might be nice to create a children's section!! **Andy**

Let us teach you how to ring the Church Bells



**The small band of dedicated church bell ringers who ring
Aston Abbotts bells are dwindling**

**We need a few younger people – 10 years old to 60 or
older to learn to ring!**

**On Saturday 25th June we are opening the Church tower from
2.00 p.m. – 4.00 p.m.**



**Come along and see what we do and why. If you can't make
Saturday, we shall also be practising on Thursday evening
7.00 – 8.30p.m. on 30th June.**

Come and see what goes on and why

Aston Abbotts

Village Hall- Saturday 11th June

Then the 1st Saturday in every month

7pm for 7.30 start.

After Hall hire, full Cash Prize plus other prizes

Bring your own booze/refreshments. Crisps & nuts available

Tickets £3 per person in advance from Pete Lucas

07544227991

Strictly a Maximum of 6 to a team

WINGRAVE COMMUNITY CHOIR

Invite you to join us for

A SUMMER EVENING OF SONGS

Saturday 9th July at 7.30pm

Wingrave Church

Come and listen to some old favourites, plus songs from The Beatles,

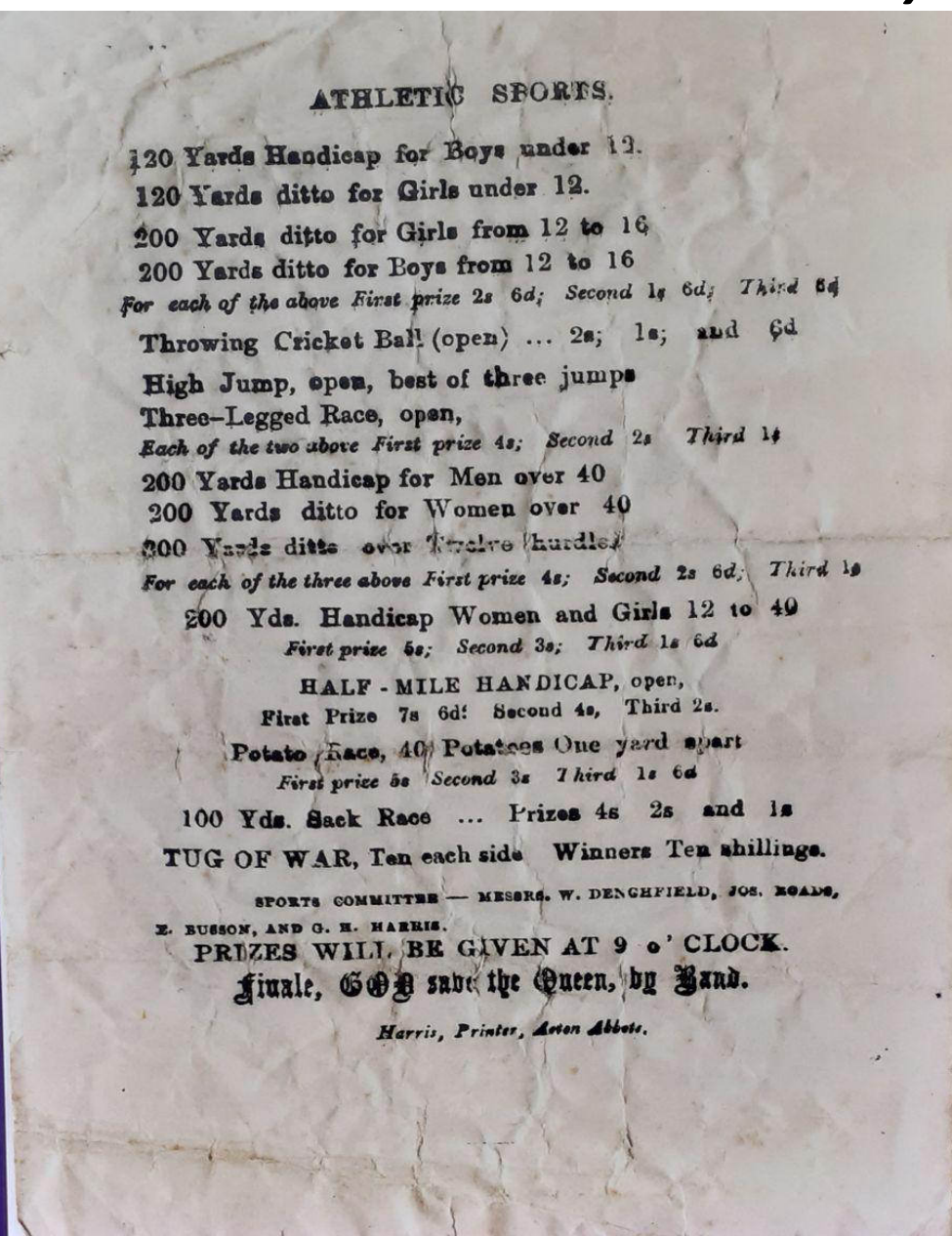
Les Miserables, 42nd Street and many more!

TICKETS £10 adults £5 children

Price includes a glass of wine or soft drink

Available from Wingrave Village Shop

Aston Abbotts Golden Jubilee activities 135 year ago



This is a programme for the Golden Jubilee of Queen Victoria in 1887, celebrated at Aston Abbotts. The leaflet shows some of the prizes available, the largest single prize being for first place in the half-mile handicap. The winner got seven shillings and six pence, which is around £34 today!

What's on in Aston Abbotts for June

What	Where	When
Early June is judging for 'Best kept Village'. Must keep gardens fresh, hanging baskets out Village areas clean and tidy	Whole Village	Early June
Yoga	Village Hall	Every Wednesday 18.00
Morning Cafe	Village Hall	Every Thursday 10.00 - 11.30
Whist Drive	Village Hall	Thursday 02/16/30th 19.30
Jubilee Exhibition 70 years of Aston Abbotts	Village hall	Saturday 4th 10 - 16.00
Jubilee Picnic on The Green	The Green	Sunday 5th 13.00 to 16.00
Songs of Praise	Church	Sunday 5th 18.00
Bingo	Village Hall	Thursday 9th 19.30
Aston Abbotts Quiz Night	Village Hall	Saturday 11th 19.00
Village Hall AGM	Village Hall	Tuesday 14th 19.00
Bus Trip	10.00 bus to Aylesbury	Friday 24th 10.00
Footpath Walk	The Green	Sunday 26th 14.00

3 **FREE** **3** **5** **7** **9**

BINGO

9TH JUNE

In Aid of Cancer Research UK
Aston Abbotts Village Hall

Doors open 7pm, bingo starts 7.30pm

We have entered the Best Kept Village Competition

Please help to keep our village tidy

Judging takes place in June & July

The Buckinghamshire Best Kept Village Competition
www.bucksbkv.co.uk

Competition Sponsors— Buckinghamshire Council : Milton Keynes Council:
RT Machinery (Winchendon) : Cloudy IT (Buckingham) : Motts Travel :
The Buckingham Designer

Appeal for FETE volunteers

I recently posted a plea for help on the AA Facebook page and also on the Postie, but had no response.

We need someone (or two people) to supervise the car park on the recreation ground, on the day of the Fete. This could be a couple of teenagers in the village?? Or anyone...

We also need a couple more people to distribute raffle tickets, then collect the money, and collect any bric-a-brac at the same time, plus bottle donations for the bottle tombola. Finally, we

need offers of donations for the cake stall. Also some scone donations for the cream teas in the village hall.

The Fete totally relies on volunteers. New and/or younger volunteers would be particularly welcome as a lot of the current volunteers are “of a particular age” and getting in short supply.

The future of Aston Abbots Fete depends on new people getting involved and now is a great time to step forward. Please help.

Janet Walker (Coordinator)

Email: janet@sewart.net.

Mobile: 07929 242739



Aston Abbotts Parish Council May.

The Parish Council meets again on 7th June at 7.30pm in the Village Hall.



The past few weeks have seen 2 significant annual meetings run by the Parish Council:

Annual Parish Meeting Tuesday 26th April

It was hugely gratifying to see so many of you (24 members of the village) in attendance. A full set of minutes is available on the Parish Web Site - In summary the Parish Council and Unitary Councillors gave an annual round up. Sally Chapman gave a brief presentation on the Neighbourhood Planning process, reiterating the importance of securing a Plan, and urging residents to come forward if they would like to be involved (in which case please contact Cllr Trevor Hall).

Representatives from the various bodies /committees within the village delivered brief presentations, specifically updating residents on the financial health of each group, achievements in the past (Covid)

years and more exciting plans for 2022.

It was agreed at the meeting that proceeds from the annual village Fete will go towards supporting the Chronicle, the Church and the village Fireworks.

The meeting welcomed many new volunteers to village committees which means our Fete, Fireworks, Orchard and many other benefits that we all enjoy will continue to run in a well-managed way. The meeting also offered heartfelt thanks to those who have stepped back from committee life after many years of making good things happen within the village.

Annual Meeting of the Parish Council Tuesday 10th May

At the Annual Meeting the Parish Council appoints its senior officers and areas of responsibility. We are delighted to say that both Jane Baylis and Jane Plested have been re-elected as Chair and Vice- Chair.

Generally the Parish Council work as a team and share many responsibilities, however some key areas are delegated as follows:

MVAS – Richard Lakin, Defibrillator & Pavements / Rights of Way – Sally Palmer, Recreation ground and shed – Jane Plested, Heather Langdon & Trevor Hall, Email/Website & Tech support – Trevor Hall, Safeguarding Officer – Jane Plested, Neighbourhood Planning - Trevor

Hall, Jane Baylis & Jane Plested,
Community Board – All.

Matters arising included an update on the traffic calming measures that are, following 18 months of negotiation, being put in place by TfB. Additional white lining along Moat Lane has already been completed and we are waiting for some additional signage to warn drivers of other road users and to advise against HGV traffic.

A presentation from a member of the Wingrave PC has set wheels in motion to hopefully refurbish the Wingrave Road bus shelter – a donation from the Czech Government in 1944. Additional grass cutting has been approved and requested in the run up to the Best Kept Village competition, the Jubilee celebrations and the Fete. Defibrillator training was approved and will be organised.

Interest in the Neighbourhood Plan survey has been encouraging, up to 40% of households have submitted a response. We would like to thank you all for taking the time to do this, your responses are hugely important and will help to shape the final document.



For a full set of minutes from each

Parish Council meeting please visit the website

<https://astonabbotts-pc.gov.uk/>

And if you would like to contact us please do so through the Clerk clerk@astonabbotts-pc.gov.uk

Further on the Village Plan
There's been an excellent response to the Neighbourhood Plan Questionnaire and the Parish Council would like to thank everyone who took the time to complete them.

The questionnaires were delivered to about 180 households and we've had 85 returned – which is close 50%. We believe a typical response is between 30% and 40% so, by getting nearly 50% return is testament to the enthusiasm that many of our community are showing and their desire to influence the way Aston Abbots will develop over the coming years. What is also notable is that more than 15 residents ticked "Yes" to the all-important question "Would anybody in the household like to help in developing the Neighbourhood Plan?".

Over the next few weeks, we will be capturing the results of the questionnaire and will be drafting the schedule for the work required to develop the Neighbourhood Plan at which point we will be contacting those who have expressed an interest in helping.

Aston Abbots Parish Council

Five of the top ranked outdoor swimming spots in Buckinghamshire

As it gets hotter and if you fancy swimming outdoors here is a list of the five top ranked swim spots according to Google.

With talk of an upcoming heatwave, you need to be one step ahead of the game if you want to stay chilled in that powerful summer sun. There's no need to travel to crowded beaches and sit in traffic though, not when Bucks has such an array of sparkling open water alternatives.

From 'spring fed' pools with minimal chlorine, to expansive lakes, There really is something for everyone in Buckinghamshire.

Chesham Moore Open air pool, Chesham's historic 26m outdoor pool, is grounded in the picturesque Chesham Moor area. The pool, according to their friendly staff, is one of only pools in the country that can claim to be 'spring fed from a borehole'. The healthy enlivening water uses minimal chlorine and is perfect for anyone with sensitive skin. The comments online suggest fair pricing. Address: Moor Rd, Chesham HP5 1SE (01494 776 975)

Love open water, Willen Lake, Milton Keynes



Brave folk wishing to try their hand at open water swimming can enjoy unlimited length swim sessions on Willen Lake. With a range of swim loops to choose from and are guaranteed a warm welcome (and shower!) in the watersports centre after, this peaceful lakeside location is the perfect way to invigorate yourself on a hot sunny day. The lake operates strict session timings, which begin on the hour. Address: Sports Centre, Brickhill St, Willen Park, Milton Keynes MK15 0DS

Wycombe Rye Lido

Rated as one of Britain's top 20 lidos by The Times, the historical lido near High Wycombe has been fully refurbished with a heated outdoor main pool, heated outdoor children's pool, plus grass and terraced sunbathing areas. Their previously popular café is sadly not in operation currently - although this could of course change so check in advance but you may want to take your own refreshments. Address: Bassetsbury Ln, High Wycombe HP11 1QX (01494 769 472)

Woburn Lido, Milton Keynes

This bright blue lido is heated to a comfortable 26 degrees and is absolutely perfect for those who like the idea of swimming outside but not in cold water. With a shallow end of just one meter, this pool is ideal for families, with inflatables permitted during the summer 'at the lifeguard's discretion'. The community pool has limited parking available with free overflow parking at the village hall opposite. Address: Crawley Rd, Woburn, Milton Keynes MK17 9QG (07517 461 977)

Westhorpe Water Sports



It isn't just swimming you will find here, with kayaking, paddleboarding and stand up jet skiing just some of the adrenaline inducing activities on offer, you are sure to be able to try something cool and banish any boredom. The lake offers various sessions is for swimming and has a handful of swimming loops you can try too. Address: Westhorpe Farm, Marlow SL7 3RQ

'Hidden gem' attractions in Buckinghamshire according to TripAdvisor

The National Museum of Computing has an escape room experience As we head into nicer weather and see another bank holiday on the cards, it is the perfect time to explore some of Buckinghamshire's best assets. TripAdvisor has listed the county's best 'hidden gems' that you may not have realised were even there. From busy days out to relaxing places to wander, there is certainly a place suited to you and the family.

We have collated six of TripAdvisor's 'Best Buckinghamshire Hidden Gem Attractions' for you to try out this bank holiday weekend, or whenever else you fancy some time off from work.

1. Hughenden Manor



The National trust site is a Victorian mansion which served as a country house for the Prime Minister, Benjamin Disraeli - the 1st Earl of Beaconsfield. It is now open to the public as you can browse through

personal memorabilia in the ground and first floor rooms.

You can spend a whole day there as there is a special exhibition with a timeline of Hughenden's history, a Victorian playroom for the younger ones to enjoy, and a secret wartime to investigate in the Second World War rooms. You can also take an adventure around the woodlands and formal garden that is based on the original designs of Mary Anne Disraeli.

2. Our own Abbots View Alpacas

It is officially alpaca walking season as the farm's alpaca walks restarted in March. It's not the typical activity you may think of doing but that is why it is listed as a hidden gem in Buckinghamshire as there is nothing quite like it.

Abbots View said: "As usual, walks are pretty full 6-8 weeks in advance. We are adding dates where we can to keep up with demand. We have also added a few mid week slots." You may not find a slot in time for the bank holiday weekend but you may just be lucky. If not there's no harm booking now for the summer ahead.

3. Big Rock Hub

This venue is ideal for grotty weather as the large indoor space is great for the whole family. With multiple walls that cater for all levels of rock

climbing and bouldering, there's no need to panic about not being a pro.

Located just off the Kingston Tesco's in [Milton Keynes](#), the Big Rock Hub can be easily missed. It is suitable for ages 5 and up, allowing the family to all have a go and exercise in a fun and engaging way.

4. Coombe Hill



The Boer War Memorial on Coombe Hill, the highest point on the Chilterns. (Image: Buckinghamshire Live - Grahame Larter)

Coombe Hill sits at 852 feet above sea level in The Chilterns that overlooks [Aylesbury](#) Vale and if you are lucky, you can also see the Cotswolds. The destination has been owned by the National Trust since 1918 after the 106 acres was given to the charity by the Chequers Estate. This was at the same time that the Chequers House was handed over to the country as a retreat for the serving prime minister.

Coombe Hill is free to walk on and boasts incredible views and landmarks. It is ideal for avid walkers that want some fresh air and a slight

challenge to climb the picturesque countryside.

5. The National Museum of Computing

This museum collects and restores historic computer systems but is easily mistaken as the same place as Bletchley Park. While it is located on Bletchley Park's site, it is in fact its own entity that you pay separate admission for.

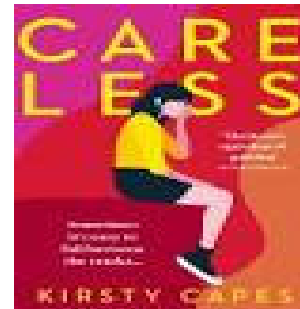
It is home to the world's largest collection of working historic computers and features a number of things to explore, learn and do. From being a codebreaker and working out the code to unleash the prize to playing on retro games. The museum is aimed at a range of ages to keep everyone entertained.

6. Orchard View Farm. Nestled in the quiet Buckinghamshire countryside, Orchard View Farm has a passion for food with a café, farm shop, butchery, Rare Breeds Farm and a campsite. The place serves and sells local produce with their homecooked food as well as giving people a chance to grab a drink at the Outhouse Bar.

The family run business has earned a number of awards from the 2021/22 South England Prestige Awards to the 2021 Travellers' Choice TripAdvisor award. At The Trough Cafe, you can enjoy an afternoon tea, a Sunday roast or even a breakfast and lunch.

Aston Abbotts Book Club

Book club met at Sally Clarke's to discuss her choice *Careless* by Kirsty Capes.



The story was told by Bess, who was in foster care and found herself pregnant at the age of fifteen. Bess was a difficult teenager and her foster mother, Lisa, couldn't cope or show her the unconditional love and care that Bess needed. It was later revealed that the reason Bess was placed in care was that her real mother had tried to drown her in the bath when she was four. Bess's only friend was Eshal, a girl from a Bangladeshi family. Eshal wanted to be a vet and worked hard at her studies although her traditional family wanted to arrange her marriage. Bess met Boy (his real name was not revealed) when he stole her bike after crashing his car. She later got her bike back and began seeing him. Every Christmas Bess received £50 from her late Grandmother and this had accumulated to £800 which, later in the book, Boy stole.

Bess's pregnancy was discovered when Eshal helped her to try and abort the foetus. Lisa said she would support Bess in having the baby but Bess felt trapped by this and managed to see a doctor who arranged a legal abortion for her. Bess had the abortion and Lisa refused to look after her anymore. Bess's new social worker found her a lodging in London and got her a scholarship to film school as Bess was passionate about photography. Eshal confronted her parents about her arranged

marriage and they were understanding and happy for her to complete her studies and choose her own future.

There was a lot to discuss about this book, the care system, teenage pregnancy, abortion, arranged marriage etc and although the book was an easy read most felt it was a very uncomfortable one.

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Cost of living crisis biting? Become frugal.

With the cost of living crisis biting, there are plenty of simple steps we can take towards saving money and living a more frugal lifestyle.

The Rest Less website has come up with some creative responses.

Reuse plastic rather than buying storage containers. When freezing food, instead of buying plastic containers, use empty margarine tubs (500g size) as these are a good 'one' portion size. Old takeaway pots can also make great tupperware alternatives...

Upsize your shopping. It's worth stocking up on the larger sizes of household goods where possible as these tend to be much cheaper than smaller sizes. Buying a 32 pack of toilet paper earlier this year for just £10 (32p per roll), when a four-pack usually costs around £2 or 50p per roll – a saving of more than a third.

Make heat go further. If you're turning on the oven to cook, think about any other meals you might be able to cook at the same time to make the most of having the oven on for a while. This could be something like a lasagne which you freeze and use later.

If you are cooking a roast and are using meat from your freezer, always take it out the day before to defrost

so you don't have to use the microwave to thaw it out.

If boiling water for a brew, just boil what you need. Don't fill the kettle.

You should also avoid using the appliances that use the most energy, such as the tumble drier.

Furnish your home for free. If you need an item of furniture, see if you can find it for free rather than buying everything new. There are plenty of websites where people are giving away items they no longer need, and you won't have to pay a penny for them. Sites worth checking out include [Freecycle](#), [Freegle](#), and the Latest Freebies and Free Stuff section of [Gumtree](#).

Reduce mobile phone bills. A few of our members say that giving up their mobile phone contracts and replacing them with SIM-only deals has made a big difference to their monthly mobile phone bills, with some reporting costs as low as £6-£8 a month. Check that you're out of contract with your existing provider before switching to a SIM-only deal, as if you leave early there may be charges to pay.

Eke out beauty products.



Rather than simply binning plastic tubes of finished hand cream, face cream, or sun cream, cut them open

with scissors at the bottom so you can be certain you've used everything up. One of our Rest Less members said: "My mother in law told me to try it and it's amazing how much product you can still access, even when I thought the packaging was empty."

Get your property to work for you. If you've got a spare room sitting empty, you might want to consider renting out a room to give your income a boost. One of our frugal members says she was able to avoid getting into debt even after she was made redundant by letting out her spare bedroom to a lodger. You can also benefit from tax relief on this income.

Make do and mend. Many of us just throw away items when they are broken, even though there might be a way to fix them easily. Before you throw something out and buy a new replacement, see if you might be able to repair the item. You can usually find tips on how to repair pretty much anything online, with YouTube, Instagram and Pinterest all great for providing inspiration and advice on fixing things, or recycling them to use as something else.

Write a menu plan. Writing a meal plan each week can really help cut down on food waste. Work out what you're going to have for every meal and only buy these items – that way you won't end up having to throw

anything out at the end of the week because it's gone off.

Grow your own food. If you have access to a garden or an allotment, consider growing some of your own fruit and vegetables to keep your food costs down.

Use store loyalty points wisely. Many of us collect supermarket loyalty points when we shop, but rather than using them to get money off your shopping, they might be worth much more if you use them for other rewards. One of our members says she uses her Tesco club card points to pay for her Tesco mobile bill, as this means her points are worth double the value they would be if she put them towards her grocery shopping.

Iceland is offering Brits aged 60 and over a 10% discount on their shopping bills every week. The deal will be available at all branches of both Iceland and The Food Warehouse, the supermarket's bulk-buying store every Tuesday.

The 10% discounts will be available in-store only and will apply to all products with no minimum spend.

In order to receive the discount, over-60s will have to show proof of age at the checkout, which could be a driving licence, senior bus pass, senior rail card or Freedom Pass.

Aston Abbotts Mobile Hairdresser

COVID-19 SAFE



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bowleysamanthat@gmail.com

The flyer is for the 'Cublington Summer Fete' held on Saturday, June 18th, from 1pm onwards at Orchard Ground. The event features a bar, BBQ, cream teas, dog agility, a band, a rodeo bull, classic vehicles, a fun dog show, and stalls. The entry fee is £2, with kids under 12 and those aged 65 and over free. The flyer is decorated with various icons including a strawberry, a cocktail glass, a dog, a teapot, a girl with a balloon, a girl with a stack of pancakes, a girl with a teacup, a girl with a wheelbarrow, and a girl with a flower pot. The text 'CASH ONLY STALLS' is written in a bold, slanted font. The background is light blue with a banner of red, white, and blue bunting at the top.

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St James Aston Abbotts Church Services June

5 June	18.00	Jubilee Songs of Praise
12 June	10.30	Benefice Communion (all parishes invited)
19 June	09.30 10.00 approx	Fathers Day Breakfast, village hall then All Ages, lay-led service in Church
26 June	10.30	Parish Communion

SONGS OF PRAISE – SUNDAY 5th JUNE – 6pm

Church Matters – June 2022

The all-ages service started as usual after breakfast in the village hall, and included a show-and-tell session on the strangest things people have eaten (crocodile? fried spiders?) – before volunteers re-enacted St Peter’s account of God telling him to ignore early church traditions, visit a Gentile household and possibly eat things he thought out of bounds. **Next up is Father’s Day, Sunday 19 June** – join us for breakfast at 9.30am (if you dare) and a short service at 10am.

Tea with the Bishop – several of us spent a sunny afternoon at Annie’s barn in Rowsham where Bishop Alan (Bishop of Buckingham) judged a local Bake-off, followed by a short lay-led service. It was very good to have an in-person event, and a pleasant walk across the fields to get there.

New treasurer? Although we have covered some of what David did, we still need a new treasurer to administer the bank accounts and do the annual sums. Can you help? You don’t need to

be a churchgoer or to be on the PCC. Please contact any PCC member (see below) or David himself to find out more.

100 Club renewals – many thanks to everyone who bought a ticket last year. Please look out for renewal forms in June, ready for the first draw at the end of July. This really helps the PCC cover our village church expenses, and you have a good chance of winning a prize every month.

100 Club Draw May

1st prize, £50 – Annie Pettie

2nd prize, £10 – Jeremy Stockdale

Jubilee weekend- coming up soon! The church will be open (as it is every day during the spring and summer) – come along and see the flowers, and join us for the special Jubilee Songs of Praise at 6pm on Sunday 5th with Nigel on the organ and keyboard and Annie on the drums.

Caroline Lane, PCC secretary (01296 681373, carolinelane@btinternet.com)

BENEFICE CONTRIBUTION

A Brief Reminiscence

The beginning of June 2012, exactly ten years ago, is a time I will always remember well as it just so happened that it was over the Diamond Jubilee bank holiday weekend that I was ordained as a priest in the Church of England. Looking back ten years later it seems rather staggering quite how much has happened, and arguably changed, in the world since then. We have seen times of great uncertainty – socially, politically and economically – and quite a sizeable amount of global movement of both people and resources. Living as I did in France for about one third of this time also meant encountering a

particular aspect of this, including many fairly urgent debates in Europe and beyond, and one of the major climate conferences. What with more recent pandemic and post-pandemic (if we're finally able to say that now) changes on top of this it really has been quite a decade, and the general feeling in the run up to the Platinum Jubilee is probably rather different for most people than it was for the Diamond Jubilee ten years ago.

While we almost certainly have a tendency to remember the more dramatic occurrences when we look back over the last decade – a period of time short enough to be very recent history but just long enough

to think with reasonable hindsight about the lessons learned – there is also that which has remained relatively stable and consistent, building gradually towards future hopes and goals while preserving what is necessary to achieve this. This, among other things, is of course a very important reason for marking another landmark in Her Majesty's reign, still hoping very much at the time of writing that she will make it through. It will be an occasion for looking several decades back, considering the different flavour of each, remembering how much changed as a result of each, and how some or many of the results of each are still with us now. How we choose to view history clearly has very deep implications for the future, and big landmarks such as this are inevitably occasions for making a celebratory effort to reminisce in the most helpful and upbuilding way that we can.

With every good wish both for the coming national landmark and for the summer more generally.

Andrew Krauss

Church Duties May

Date	Cleaning	Flowers
3/4	David/Colin	Jubilee
10/11	Alex/Anita	Jubilee
17/18	Carolyn L/Ann	Colin
12/25	Colin/Gay	Colin
½ July	Colin/David	TBA

Thames Valley Residents Lose Over One Million Pounds To Callous Courier Fraud Criminals

In 2021 alone, 181 Thames Valley residents reported a courier fraud with total losses of £1,506,131.

Typically, courier fraudsters target their victims by claiming to be a police officer or a member of staff from a victim's bank and they often pressure people into making quick financial decisions to assist with fictitious investigations.

Detective Inspector Duncan Wynn, head of Thames Valley Police's Central Fraud Unit, said:

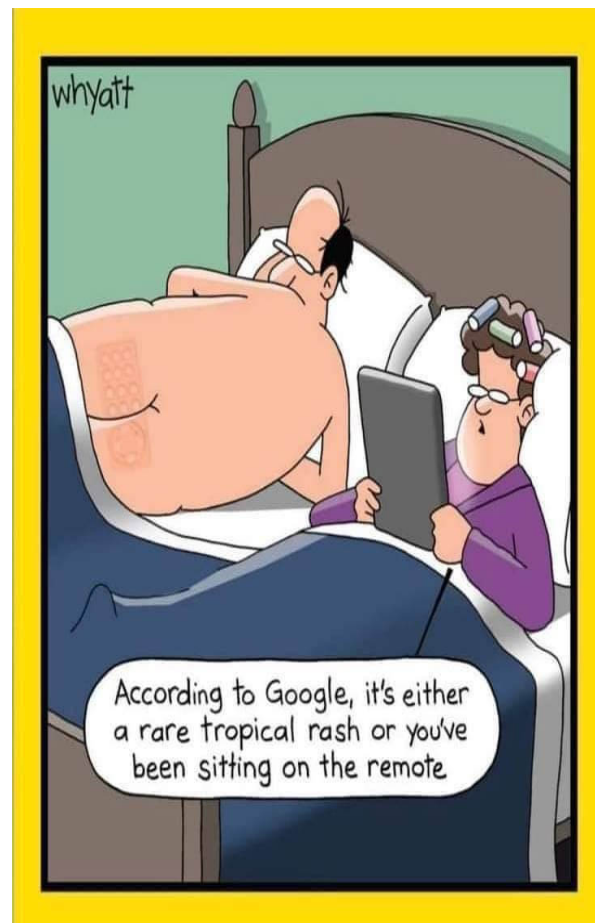
"Courier fraud can be a particularly callous crime and is often specifically targeted at older people, by exploiting their trust in the police and their bank in order to steal from them. Courier fraudsters are nearly always part of broader, sophisticated criminal gangs.

"Police and banks will never ask for full passwords and pin numbers or ask for money or goods to be handed or transferred to them.

"Anybody being cold called and asked for personal details, to

withdraw money or purchase high value items, is urged to end the calls and seek advice from trusted friends or family members, or to call their banks directly using the number on their bankcards.

"Recent trends have seen jewellery shops and private hire vehicles used by criminals to facilitate this crime. We urge persons working in these industries to be extra vigilant and to contact the police to report any suspicions."



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Wingrave Diary June

Wed 1 1000 WI meeting Methodist Church

Wed 1 1200 Last of the Summer Ukuleles
Rose and Crown

Fri 3-5 Heritage Association exhibition
Community Centre

Fri 3 1200 The Big Lunch Street Party Church
Street

Fri 3 1600 Jubilee Bowls Club open event
Recreation Ground

Fri 3 1800 WCA family BBQ Community
Centre

Sat 4 1930 Jubilee concert Parish Church

Sun 5 1500 Teddy bear parachute jump
Parish Church Tower

Wed 8 1200 Over 60s' Lunch Club Rose and
Crown

Fri 10 1930 Family Bingo Community Centre

Sat 11 0845 Men's Breakfast Talk: Climate
change: beyond COP 26 Methodist Church

**Sat 11 1900 Aston Abbotts Quiz Night AA
Village Hall**

Mon 13 0930 Weekday Walking Group
ramble, contact Jan: 07813 085211

Wed 15 1200 Last of the Summer Ukuleles
Rose & Crown

Fri 17 1800 WCA family BBQ Community
Centre

Sun 19 0930 Local ramble 4-5 miles Nup End
Lane

Fri 24 1900 Local ramble 4-5 miles Nup End
Lane

Sat 25 1930 Wingrave Football Club 130
years celebration Community Centre

Tue 28 WRHA visit to Waterperry Gardens

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***Contact John Whyte 07988001834 or
editor@aachronicle.co.uk***

Deadline for Chronicle contributions is the 24th of each month. Please send articles to: editor@aachronicle.co.uk

Expert's cleaning hacks that will banish flies from your home

You've probably noticed there are more around at the moment



No doubt many of us will have noticed more pesky flies buzzing around our home as the weather gets warmer. With windows open more often and

flies attracted to any sort of ripe fruit, rubbish, veg or moisture we have around, it's easy to see why they seem

to multiply in numbers at this time of year.

Different flies will be entering your home looking for different things. Common house flies enjoy nothing more than decaying food like rotting meat, whereas fruit flies

look for sugary substances and feed more commonly on overripe fruit, spilt fizzy drinks and alcohol.

Drain flies require moist climates and organic materials and will be attracted to drains like kitchen sinks, where they will also lay their eggs.

What's more, flies aren't just annoying. They can spread bacteria such as salmonella, typhoid and E-Coli. But all is not lost.

There are, say experts, a variety of smells that flies very much don't like that you can use to keep them away. Walter Murphy, pest control expert at PriceYourJob.co.uk, said the first scent to try is essential oils, such as lemongrass or peppermint.

Many essential oils contain insect repellent properties. They are toxic to flies, insects, and can help get rid of ants. These natural fragrances give off a strong smell that instantly deters flies from entering your home. "There are plenty of household sprays and perfumes that contain essential oils. You can use them in every room in the house."

Walter said: "Flies hate the smell of cinnamon. You may consider purchasing a cinnamon- infused air freshener to reduce the number of

flies in your home." He added: "Burning cinnamon candles is also another great way to get rid of flies, as the smell will spread easily around the property."

Walter's final suggestion was to use apple cider vinegar to get rid of flies in the house. Apple cider vinegar is the store cupboard staple that holds many hidden powers.

The pest expert said: "All you need to do is half fill a jar with some apple cider vinegar, soap and a paper funnel. The smell of the fermented apple will attract and trap flies, as they will drink the solution and remain trapped in the jar."

The flies can then be released outside once they are contained in the jar.



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Who's Who

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Councillor Jane Plested 01296 681740

County Councillor Peter Cooper

Vicar Revd Howard Robson 01296 688593

Church Warden Caroline Abel Smith 01296 681001

Church Secretary Caroline Lane 01296 681373

PCC members: Caroline Abel Smith (churchwarden), Caroline Lane, Anita Parker, Lesley Clough, Ro Knight, Ann Goodman, Annie Pettie, Andy Bystra

Book Club Sally Palmer 01296 681152

Village Hall Hire Nigel & Sally Palmer 01296 681152

Men's 630 Club Andy Bystra 01296 681690

Women's Gnomes Club Carol Spooner 01296 681544

100 Club David Gray 01296 681952

Bingo Pam Dixon 01296 681626

Rambling Club & Whist Drive Colin Higgs (BEM) 01296 681343

Orchard Gordon Smith 01296 681373, gordon.smith53@btinternet.com

Community Services

Post office & shop Wingrave Deva 01296 682964

Baby & Toddler Group Kim Gayler 01296 681123

NHS Direct 24hr Advice 111

Doctor Out of hours Surgeries 01296 331511

Stoke Mandeville Hospital 01296 315000

Police Non-Emergency 101

Buckinghamshire Council 01296 395000

Citizens Advice 08701264056

MP Greg Smith (Con) 01296 714240

Anglian Water 01296 385995

Pre School Wingrave 01296 681127

Wingrave School 01296 681436

Cottesloe School Wing 01296 688264

ALLOTMENT DIARY



In the Industrial Revolution thousands of people left the countryside to move to towns, in order to work in the newly created factories. They thus had no land on which to grow their own food, and many faced starvation. Recognising this, in the 19th and early 20th centuries, the government passed legislation compelling councils to provide sites to meet demand – the 1887 Allotments & Cottage Gardens Compensation for Crops Act, and the Small Holding & Allotments Act of 1908. Food shortages during the First World War saw the demand for allotments increase, and by the end of the war, there were estimated to be more than 1,500,000 allotments in Britain.

After the war, the demand for allotments dropped, only to rise again during the Second World War, when German blockades effectively hit food imports. The Dig for Victory Campaign encouraged everyone to turn over

their gardens to food production, and allotments were again in demand. Even public parks (such as Hyde Park) were used to grow vegetables. It has been estimated that some 1,400,000 allotments produced 1.300,000 tonnes of produce – one fifth of the nation's food.

After the war demand for food continued, and resulted in the 1950 Allotment Act, which recommended a provision of 4 acres of land per one thousand head of population. Allotments continued to be in demand until around 1954, when food rationing ended. After this the demand for allotments gradually declined, and it is estimated that there are now only just over 300,000 allotments.

However, the arrival of Covid persuaded a large part of the population to take up so-called old-fashioned hobbies, especially those which involved the participants being out of doors, and participating on their own. This included gardening, and led to a renewed interest in gardening – and allotments.

Now the combined effect of food shortages and food-price inflation has resulted in even more people in Britain wanting to take up vegetable gardening – and has caused a resurgence in demands

for allotments. Enquiries to councils and other bodies who own allotments has risen by around 30% since 2018; and typically an applicant has to wait for 7 years before being allocated a plot. In high-demand areas like Camden the time is 18 years!

The social make-up of allotment-holders is changing. In the 1980s only 3% of allotment-holders were women: now the figure is around 20%. The average age is also going down: it is thought that today some 35 % of allotment-holders are under 35 (although I have to say that does not seem to be the case in Aston Abbotts).

Provided you do not charge for your time, allotments are economically beneficial. The Times recently published some interesting figures. The tradition size of an allotment is 10 poles, which is about 250 sq. metres, and they say that the average cost of running a plot of that size is about £247 per year. *(I am not sure how that figure is calculated: it must include the cost of the vegetables and seeds one plants, and presumably something for compost, fertiliser, weed and pest control, and a proportion of the cost of garden tools).* According to the National Allotment Society, the value of the vegetables and fruit

grown on the plot will be about £1,910 *(Heaven only knows how they get that figure)* – a substantial profit. However, this does not take one's time into account. The Society says that the average time spent on a standard allotment is 203 hours a year. If you charge your time at the minimum wage rate of £9.50 per hour, then the annual cost per year is £1929!

Nevertheless, this does not take into account the pleasure one gets from running an allotment; the social interaction with one's allotment neighbours; the value of the exercise; the therapeutic benefits of gardening; and of course the pleasure one gets from eating one's own, very fresh, and organic, produce. I have no doubt that running an allotment is a pleasure and boon for everyone who does so, and I hope that the current demand for allotments will continue. I will end by quoting from a leader in the Times: *“Local Authorities, the church, the National Trust and other big landowners should consider making more vacant land available to further promote this excellent development”.*

Peter Shorrocks



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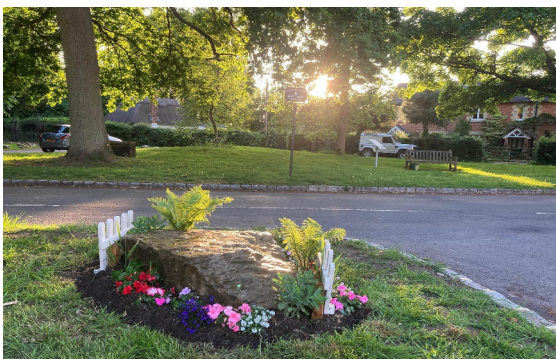


Best Kept Village entry – the judges are on their way!

We have entered this year's competition as a cup winner in 2019 (the last time BKV was held), and the judges can come anytime between 1st June 2022 – 14th July 2022. So we'll keep our fingers crossed that the judges love what they see! I'm sure they will.



You only have to walk around the village to see how much pride residents have in our community – full pots of flowers, the unsightly rock on the Green is now not the ugly duckling, the bus shelter has new decoration, verges are being trimmed, and, as always, the churchyard and surrounding areas look serene and welcoming.



The importance of Best Kept Villages

It's important to note that we don't need a Best Kept Villages entry – I firmly believe villagers adore our place in Bucks and would put pots out anyway, so we already have so much to be proud of.

But what Best Kept Villages does do, it increases communication through the village, as stated above there is communal pride in homes and public spaces, provides name recognition for the village, and decreases littering as everyone is conscious of how positive BKV can be.

That day in September 2019 when we were awarded the Best Kept Villages was one that will permanently and positively live in the memory because it brought the entire community together, so let's hope we can continue that winning streak!

And with many people and families moving to Aston Abbots, this sets a wonderful tone about how welcoming we are and the pride we have.



What's the competition all about? The Best Kept Village Community competition aims to develop and highlight a sense of pride amongst local people throughout Bucks and stretches across the United Kingdom. It illustrates and emphasises how much voluntary work is undertaken to keep villages, including Aston Abbots, beautiful and how communities work together to make where they live desirable and a place they are proud to call home. We proved that in 2019 when we won!

Such a community effort is recognised in the scoring by the judges (total score available = 200):

Cemetery, graveyard (separate or attached to a place of worship) 20

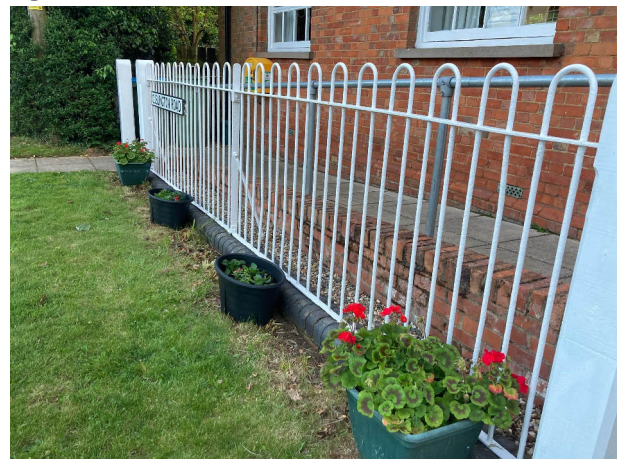
Green, playing field, children's play area, nature conservation area 40

Floral Displays (hanging baskets, tubs, planters) 10

A village will be judged on its maintenance and appearance and the community spirit amongst its residents (please see previous issue). Do I have to get involved?

No, of course not, but we hope you'll want to join the village in looking our best so we can demonstrate our pride in the village.

Thank you for all your efforts to make our village look as majestic as it does and, of course, it coincides with the Queen's Platinum Jubilee so when we're celebrating the Queen's 70 years on the throne, we can do so in a village that is basking in colour and pride. We can win this – let's keep up the great work. Thank you again.



Village hall, community centre, church hall 20

General environmental features (hedges, verges, ditches, pond, stream, pump) 20

Areas around shops & pub 20

Bus stops, bus shelters & notice boards 20

War memorial 20

Overall appearance, lack of litter & evidence of community effort 30