

Aynho
The Apricot Village

NEWSLETTER
SEPTEMBER 2014



HARVEST FESTIVAL

SUNDAY 28th SEPTEMBER 2014

at 11.00am

We will be celebrating



HARVEST FESTIVAL

In

ST MICHAEL'S CHURCH, AYNHO

The fruit, vegetables, harvest produce and gifts
will go to The Katharine House Hospice.

The Service will be followed by a



POT LUCK HARVEST LUNCH

in the Village Hall

Everyone is Welcome

Please bring a dish of food (savoury or sweet) which will
be put on the table for others to share. Also please bring
your plates and cutlery, and your own drink too!

It would help if we had an idea of numbers - so please let
Annabel Bellamy know if you are joining us. If you have
any questions, please ring on 01869 810847 or 07825
090111.

ASTWICK VALE BENEFICE

CHURCH CALENDAR FOR SEPTEMBER 2014

AYNHO-CROUGHTON-EVENLEY-FARTHINGHOE-HINTON-in-the-HEDGES with STEANE

**Sunday:
September 7th**

AYNHO 11.0am Holy Communion

(Sidespersons: Mrs.Kirby Mr Cheney)

Farthinghoe 9.30am H.C

Hinton 11.0am FW

Croughton 11.0am H.C & Baptism

**Sunday:
September 14th**

AYNHO 9.30am Holy Communion

(Sidespersons: Mrs.Bellamy Mr.Leigh)

Croughton 9.30 HC.

Evenley 11.0am HC

Farthinghoe 10.0am FW

**STEANE 6.0pm Evensong with Canon Peter Gompertz
and his wife Moray.**

**Sunday
September 21st**

BENEFICE at Hinton-in-the-Hedges 10.0am

**Sunday
September 28th**

**AYNHO 11.0am Family Harvest
followed by Lunch in Village Hall**

(Sidespersons: Mr.Croft. Mrs.Grey

Mrs,Pusey Mr.Sutton)

Croughton 9.30am HC

Evenley 11.0am **Family Harvest**

Farthinghoe 6.0pm Evensong & **Harvest.**

Hinton 11.0am HC



“Yippee!!”

Home Communion at Aynho September 1st & 22nd 11.0am at 15, The Square

Choir Practices

Friday 5th & 26th

6.30pm

Prayer Group

Thursday 18th

2.30pm 15, The Square

Bible Study

Monday 8th

10.15am Rose Cottage Banbury |Road

Church Cleaning

Thursday 18th

9.45am onwards

Bell Ringing – Tuesdays at 7.30pm 1st Evenley 2nd & 4th Kings Sutton 3rd Tuesday Aynho.

Reminder: August 30th Visiting ringers 10.0-11.0am & 7.30 – 9.0pm

.....
Information about the life of our church or baptisms or wedding enquiries from our
Rector -Revd.Simon Dommett Tel:01869 810903.Email:the.revd.simon@gmail.com
Sign up for our weekly service news and updates with “Pews News” on the subject line or just
write in the message and be put on our weekly mailings.

Church Warden: Graham Gibbs 01869-819727

Items for October by Monday September 15th to Sybil at 32, Roundtown.

Tel:810692

Email: syban@btinternet.com

Rector's Letter

September and Harvest

September sees lots of exciting services around our benefice of five villages as we come back from our holidays. We start our Harvest celebrations giving thanks for God's gifts to us and the marvel of creation. It is always good to say thank you and remember those who have worked so hard to produce the harvest. We are very fortunate in our rural communities to know the farmers and see the labour of their hands. We also remember those less fortunate than ourselves in our harvest collections. Some of these will be sold at auction and the money given to various charities. Less perishable food stuff will be given direct to food banks to help those who are struggling to feed their families. All gifts are welcome at all the churches, why not come along and help decorate your local church for harvest or bring your gifts to the Sunday services.

The appeal from the food bank is for cereals, sugar, long life milk, Pot Noodles and jam.

Heather and I will be visiting our new in-laws in Kenya 7-20th September and also be looking for a school or orphanage to make a possible benefice link. During that time rev Hugh Warwick and rev Shemil Mathew will take good care of you all. We will have house sitters at the Rectory looking after our dogs and chickens so do say hello to them if you see them.

E100-The Second Half

Our E100 studies groups will form in September and start looking at the New Testament section of the bible. New and old members are welcome to come along for about an hour of discussion and reflection and of course tea and coffee. Details of venues will be published in the local churches and the weekly Pews News.

www.astwickvale.co.uk or email me on astiwck.vale@gmail.com for updates.

Space Academy Blast Off

Our Summer holiday club attended by around 60 children from all five benefice villages was a fantastic success again this year. It was great for Heather and myself to lead the team of willing leaders and younger helpers from the benefice and for children to come from our five villages and beyond. The week was full of learning new songs, games, activities and crafts, and finding out about Daniel and his friends Shadrach, Meshach and Abednego. On Sunday our Final takeoff at Croughton Church was packed with children, parents, friends and congregation and was a fantastic way to end the week. A great big thank you to everybody who helped before or during the week and to those who kept us in their prayers.

Home Communion

Although everybody is encouraged to come and share together in worship on Sundays, this is not always possible for a variety of reasons. To enable those who cannot make a Sunday or want a midweek addition, we hold short communion services in people's home around our five villages. Everybody is welcome to come to any of these services, if you need help or transport please let me know. The addresses of the houses used are published in our weekly newsletter or can be found on the website. www.astwickvale.co.uk, or you can give me a ring on 01869 810903 for more details, rev Simon Dommett

Looking ahead for October - Pet Praise Service

Come and celebrate and give thanks for our pets, real, imaginary or cuddly toys. As part of our celebrating creation season, we remember the creatures that God has given us to help and comfort us and also to work for us. Everybody is invited to our service on Sunday 19th October at 4:30pm at St. George's Evenley to bring your pet large or small, please take great care of your pet and make sure other people's pets are safe as well. If the weather is dry we will be outside church, but if wet we will go inside. Suitable for all ages and pets. Hope to see you there rev. Simon Dommett 01869 810903

.....

Foreign Currency for KATHARINE HOUSE HOSPICE

Marlene Phillips of 10, Portway Gardens conveys her thanks to all those who have contributed to the collection of foreign currency. She is still most willing to receive such monies to pass to K.H.H to boost their much needed funds.

Banbury & District Samaritans are appealing for Fund Raisers. If you have had any contact with this organization you will realize how important it is. If you can help in any way, or need information, please contact John Haywood on 01295 257587

St.Michael's Charitable Giving:

Northamptonshire Historic Churches Trust. Our country is famous for "squires and spires" largely because of its network of villages and ancient churches. The Trust was founded in 1955, and is associated with the National Churches Trust network. The Northants Trust is responsible for raising its own funds, partly through membership and donations, but mainly from the sponsored Ride & Stride bicycle event held annually in the second week of September. This event itself can raise around £30,000 and so helps to provide for significant donations for maintenance and embellishment of a number of ancient local churches and chapels every year, according to the most pressing needs.

Tim Boswell.



Stride and Ride

If you would like some exercise why not consider joining the Stride and Ride run by the Historic Churches Trust on 13th September. Loads of churches all over the country will be open, and people are encouraged to walk or cycle or even drive between the churches, being sponsored for the miles travelled or the number of churches visited. More information can be found at www.rideandstrideuk.org



Sponsor money goes towards the upkeep of historic churches and **half goes to your local village church.** Could you give it a go?

Contact Pat Stubbs, 01869 810695 for sponsorship forms and more details.

WINTER LUNCH CLUB



will be returning to the back room of the Village Hall on Thursdays starting in
October 2014.- 12.15pm —1.30pm

No 'membership' required, anyone can come and hopefully enjoy a simple home cooked lunch in a warm, friendly place at very reasonable prices. Full details will be given in October's Newsletter and posters put up on the Village Hall noticeboards.



I look forward to seeing YOU . Amanda.

DO YOU USE HEATING OIL?

If you do, then perhaps you might like to join the Aynho group which has been registered on www.oil-club.co.uk by Pippa Clark. There is no membership fee, it is easy to join, just go to www.oil-club.co.uk, find The Aynho Heating Oil Club on the register and ask to join. You need your own email address as you effectively open your own account within the group. Although there are many other such clubs, we have found it simple to use and there are savings to be made even if a relatively small quantity of oil is ordered as The Oil Club buys in bulk putting orders from the same postcode/area together. They find the best price once they have sufficient orders going to one area. The more people who join, the greater the saving and faster time between placing an order and it being delivered. All necessary information is given on the website: www.oil-club.co.uk everyone again. Amanda Limb



Library Van:	1st Friday of the month at "The Butts" – 11.35 – 12.00 (note new time)
Aynho Post Office:	Tuesdays 1.30 – 3.0pm. in Village Hall Back Room.
Refuse Collection:	Every Thursday – alternating coloured bins
Milk delivery:	Mondays -Wednesdays – Fridays from "Milk & More"
Daily Paper:	See Advert page.

What happens on Wednesday nights :

ARMS (AYNHO RECORDED MUSIC SOCIETY)

Next meeting will be on Wednesday 1st October.

Contact: Bob Mann 810264

Photographic Society

Wednesday at 7.30pm Meetings are held at the "Cartwright Hotel", and a warm invitation is extended to all

Contact: John Branton www.adandd.co.uk

AYNHO GARDENING CLUB

Wednesday 10th September.

The next Gardening Club event is a trip to Kew Gardens. Whether you have been to the Royal Botanic Gardens at Kew before or not, there is so much to see and enjoy on any visit – with its wonderful landscapes, over 14 thousand trees, some of the world's largest Victorian glasshouses, historic buildings and an incredible diversity of rare and beautiful plants. There is always something new as well. Presently there is an Exhibition in the Shirley Sherwood Gallery covering the last 250 years to its position today as a UNESCO World Heritage site and world-class research establishment. (Your entrance ticket will cover this).

The coach will leave Aynho from outside the Grammar House at 9.30am prompt and will be back in the village around 5.30pm. The cost for this trip is £26 and you can book through Jean Skuce on 810034. We need to fill the coach, so please encourage others to come on the trip - it will be a wonderful day out.

Next meeting - Wednesday 8th October at 8pm Back in the Village Hall.

Ann Bird will be talking to us about 'The World of Roses'.

Contacts: Annabel Bellamy Tel: 810847 or Kath Arnold Tel: 811868

WOMEN'S INSTITUTE

September 17th – 7.30p.m in the Village Hall.

"The History of Fragrance" by Julia Staite.

Tea Hostesses – Mrs.V.Swann & Miss.K.Arnold.

Contact: Mrs Barbara Watkins Tel:811152

AYNHO HISTORY SOCIETY

September 24th - 7.30pm in the Village Hall

"Was Britain ready for The Great War" Northamptonshire's preparation for 1913"

Presented by Mr.Simon Batten. Historian and author.

Contacts: Rupert Clark: Tel:810603 ru.clark@btinternet.com

Peter Cole: Tel: 811261



Come and join us in the World's biggest

COFFEE MORNING for MACMILLAN CANCER in the **SPORTS PAVILION** on the morning of Friday 26th September starting at 10.0a.m.

There will be a Bring & Buy Stall and Raffle.

Do come and support this very worthy cause. **VICKY.**

A SHED 6 x 4 in good order FREE to collector from 14, The Butts, Aynho

THE BIODIVERSITY GROUP

Small Tortoiseshell Butterfly and Caterpillar



Insect of the Month - The Butterfly

Butterflies are known scientifically as Lepidoptera (meaning scaly wings), because their wings are covered with thousands of tiny, overlapping scales. About 58 species breed in Britain plus a few migrants. A butterfly starts life as an egg. A female butterfly lands on different plants and drums the leaves with her feet to make the plant release its juices. Spines on the back of her legs have chemoreceptors that tell her whether it is the right leaf for her caterpillars as each type of caterpillar eats different leaves. When the egg hatches the caterpillar will start to eat and as their exoskeleton (skin) does not expand they shed it several times. Some plants are toxic and caterpillars are able to set apart the toxic substances and retain them into the adult stage making the adult unpalatable for birds. Once it has reached its full size and weight it forms itself into a chrysalis producing strands of silk from glands near its mouth and wrapping it around its body. Depending on the species and time of year this stage can last a few days to many months or even over the winter emerging as an adult in the spring. One of the first jobs a newly emerged butterfly must do is to make sure its mouth parts (proboscis) work. It is in 2 pieces and by curling and uncurling it, it works the pieces together forming a channel through which food can be sucked up. It lives on a liquid diet usually nectar but some will also feed on tree sap, dung, pollen, or rotting fruit. It cannot live on this alone though so it also goes 'puddling' i.e. sipping from mud puddles which are rich in minerals and salts. During the winter some butterflies such as the brimstone, peacock and small tortoiseshell hibernate, while others survive as eggs, caterpillars or chrysalis. Some butterflies such as the painted lady migrate south flying at altitudes of around 500 - 1000 metres and reaching speeds of 30mph by selecting favourable conditions. They travel from as far north as the Arctic Circle to tropical Africa (a 9000 mile round trip) not as an individual but as successive generations. So the butterfly that arrives in Africa is several generations removed from the one that left the previous spring. The red admiral also migrates but only from Europe although there is evidence that some have started overwintering in the far south of England.

Did You Know?

- Butterflies are short sighted - up to 10 – 12 feet. They can see red, green and yellow but also a range of ultra violet colours which helps them locate flowers which also have ultra violet markings.
- Some butterflies have ultraviolet markings on their wings to help them find a partner.
- The fastest butterflies are skippers which can fly at 37mph, but most butterflies fly at 5-12mph.
- A group of butterflies is called a flutter.
- The brimstone butterfly has the longest lifetime of adult butterflies approx. 9 – 10 months.
- Butterflies have been around for at least 130 million years.
- Female butterflies are usually bigger and live longer than males.
- Females mate just once storing the sperm until the conditions are right to lay their eggs whereas the males mate several times. On average only 2 out of 100 eggs laid will survive to reproduce as adults.
- A butterfly's sense of taste is 200 times stronger than a humans.



SCALLYWAGS Dog Grooming (Aynho) Contact Isobel. 07860-387152

Diploma in Dog Grooming. Collection & delivery by arrangement if required.

Email: scallywagsdoggrooming@hotmail.com

For those who are new to our village -
Here are a few old photographs you may like to see.





SARAH McLAREN – I am a local Business Mum looking for 3 individuals or couples interested in earning an extra income without compromising current career, business or family commitments. An opportunity to earn £200-£1000 part time or £2,000 plus with full time hours. If you would like to find out how, with my teams help, you can build a flexible business from home, please

get in touch with:

SARAH McLAREN 07900-913513 or email foreverbefree@outlook.com.

Costs nothing to find out more and maybe this is just what you are looking for.

BASED IN AYNHO

Rosie Clark Personal Training

www.rosieclarkpersonaltraining.co.uk

info@rosieclarkpersonaltraining.co.uk

One to one and group training.



UNIQUE INSTALLATIONS –

Adam Richardson

Fully Qualified Kitchen,
Bath Installer.

Wall & Floor Tiling

For free estimate ring:07768 398661or

Email uniqueinstallations@hotmail.com

All work guaranteed and previous work can be viewed.

JOHN'S ANTIQUES REPAIRS

45, The Causeway, Banbury

Antique & Contemporary

Furniture Restored with care &

feeling. Upholstery-Polishing & Gilding

Cane & Rush Seating. Tel:01295-268996



INDEPENDENT CAREERS CONSULTANT

LAURA PHILLIPS B.Sc(Hons)

Pg Dip QCG CDI Registered

Careers Practitioner DBS checked.

Careers Information - Advice & Guidance,

Mobile 07842 230753 Tel: 01869 810040

AIRPORT TRANSFERS – Local Taxi

Hire – Business Accounts

6, The Glebe, Aynho.



www.spencercars.co.uk 01295 810172

info @ spencercars.co.uk

Rosie Clark Tennis Coaching

www.rosieclarktenniscoaching.co.uk

info@rosieclarktenniscoaching.co.uk

Individual lessons, group lessons, cardio
tennis and holiday camps.



BOUNCY CASTLES for INDOOR PARTIES

Amusements available

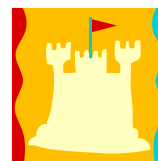
for Fund Raisers. Shows.

Fetes attended

Tel:-01869 810808

www.aynho-bouncy-castles.co.uk

Bookings taken all year round.



CREATIVE GLOO WEBSITE DESIGN

Creative – bespoke and affordable

Websites for small businesses

Website www.creativegloo.com

Email hello@cresativegloo.com

PHOENIX CARDS

Host a Coffee/or Wine Cards Party
and get a free hostess gift plus 10%
of sales to a nominated charity of choice.

Contact: Kay on 01869 810019

ASHCROFT THERAPY CENTRE – DEDDINGTON

**For all your remedial healthcare needs,
including;**

*Osteopathy, Podiatry, Chiropody, Remedial
Massage, Sports Massage, Cranial/Sacral
Therapy, Hypnotherapy & Lava Shells.*

**Contact Practice Manager Robert; 07753
124 190**

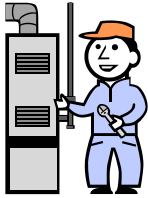
enquiries@ashcrofttherapycentre.co.uk

www.ashcrofttherapycentre.co.uk



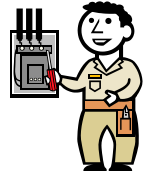
SMITHS NEWSAGENTS –
DELIVER TO YOUR DOOR
 any combination of days/weeks
 catered for – just ring 01295 268499
 email info@smithsnewsagents.co.uk

BULL'S HEAD GARAGE (Souldern)Ltd
 Car & Light Commercial Vehicles -
 Repairs-Servicing – M.O.T.
 Tel: 01869 - 345281



A.L.LOAKES – Banbury
 Oil Fire Boiler Services
 Tel: 01295-269718
 Mobile 07966 533524

N.D.M.ELECTRICAL
 N.D.Mobley - Brackley
 Domestic & Commercial
 Installation & Maintenance
 Tel-01280-700905 Mobile:07922005629



DIRTY DUSTERS Home & Office Cleaning. One-off house cleaning.
 Ironing Service. Pre & Post Tenancy Cleaning. Friendly & Reliable Service.
 Police checked. Fully insured – quality guaranteed. Reference available.
 Call **RAINE** on 01295 251120 or 07584 300257

ANGELA EWENCE –

Beauty & Aromatherapy Treatments
 Also CACI (Non-surgical facelift)
 & Electrolysis. Fully Qualified &
 Babcac insured.
 Home Treatment Tel:01295-811359.

www.angelashouseofbeauty.co.uk

PILATE CLASSES

Aynho Village Hall
 Thursdays 2.30-3.30pm
 Contact:**ANGIE**
 01295-258851 or
 07756 689327

Relaxes the body and mind
 promoting a sense of well-being.



SANDY BILLY (BSc.(Hons) (MChs) Private Podiatry/Chiropody Service
 Deddington Health Centre. Nail Care. Diabetic Foot Care. Insoles/Orthotics.
 Corn & Callus (hard skin) Foot Care & Foot Wear advice. HP registered
 Clinic & Home visiting service. Tel: 07792 212988 email
sandybilly@yahoo.com



GARY SHERGOLD

All types of plastering work
 No job too small
 Over 20 years experience
 Full no obligation quotes

Tel: 01280 705538
 Mobile:07770 414716
 Email gshergold@bethere.co.uk

DEREK MASON

Landscape & Property Maintenance
 Patios-Drives-Fencing -Turfing
 Garden Maintenance
 For free estimate and a few ideas
 Call Tel:01295 710036
 Mobile: 07759 307928
 Fully Qualified & Insured



T.J.PERSONAL TRAINING at Aynhoe Park House.

One to one & Small Group Training available within the stunning House & Grounds
 of Aynhoe Park House. Motivating fun and highly effective fitness.
 Call Trevor 07876 337752 or trevorgjoseph@gmail.com www.tjpersonltraining.com

SPINE SPA – Anti-ageing technologies Spine & Joint Treatment -non-surgically
PETER OTTEN 14, East Wing, Aynhoe Park House Why not just come for a
 Mobile:07597 – 552577 chat if in any pain?
 Email: spinespa@gmail.com www.spinespa-aat-com Appointment only.



This is Angus - now we can really see him!! He is continuing his successful kayak journey and hopes to complete same as this is being written. Full report next month.

STOP PRESS

Angus landed at Inverness on 15th August at 15.45 hrs. He is now taking a well earned rest at Grannie's house.

Donations to RNLI can be made direct to Angus or his family or go to his "Just Giving Page":

www.justgiving.com/Angus-Leigh