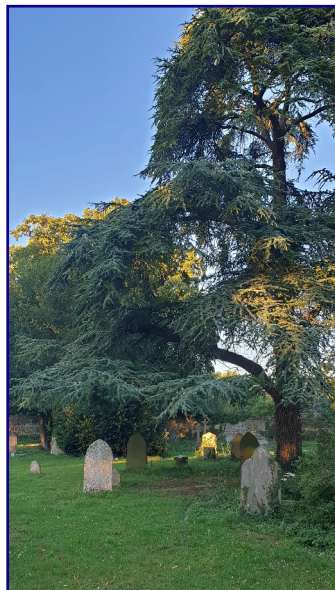


The Society for the Protection of Bampton

THE FAIRFORD BRANCH LINE

'With the outline of Lew Hill in the background, 57xx 0-6-0PT 9653 arrives at Brize Norton & Bampton station with the 16:26 Oxford to Fairford train on 16 June 1962, the final day of passenger services. Originally named Bampton, the construction of nearby RAF Brize Norton just before the Second World War led to the station being renamed Brize Norton & Bampton.

The 3¼ miles between Witney and Bampton stations was the longest distance between stations on the line.' (With thanks to www.fairfordbranch.co.uk)



BAMPTON TOWN YOUTH FC Coaches Needed!

Looking for Volunteers to run teams at U6-U9 levels. No experience needed, all coaches will be sent on **FA Level 1** coaching course.

Contact: Graham 07788 107361
www.bamptontowntyouthfc.co.uk



Overheard in Bridge Street – "I don't know how many meringues I ended up eating that day....."

The Society for the Protection of Bampton

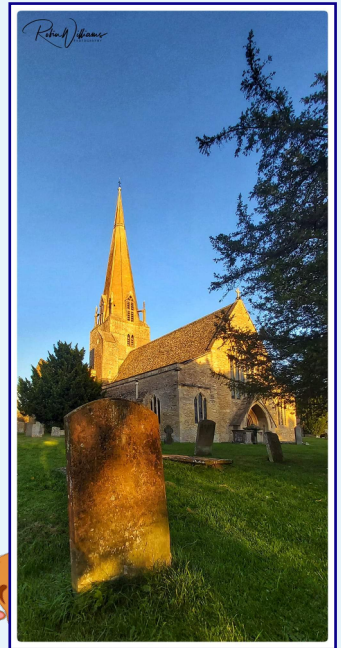
(SPB) was founded in 1993 "to improve the quality of life of the people in Bampton". It bought Sandfords Field for the for the village and its residents.

In 2007 up to 20% of the houses in the village flooded. The SPB has consistently fought to prevent development on the flood plain.

The SPB was instrumental in forming the Bampton Aid Network, whose group of volunteers played an invaluable role during lockdown helping people, many elderly or vulnerable, to access essential services and receive home deliveries of food, shopping, prescriptions and much more, as well providing moral and counselling support.

It is now engaged with the Parish Council in the preparation of a Neighbourhood Plan to improve the standard of affordable and market value new homes.

Please do join us. For more information contact us on email: trevormilneday@gmail.com



Welcome to Issue 12! We hope everyone is enjoying this lovely August weather, especially for all of us staycationers!

After extensive consultation, we have decided to move to monthly publication.

This will allow our team to offer more in-depth local news, yet giving us some additional time, as we are all volunteers, to edit The Lowdown up to the high standards of dedication and professionalism that the people of Bampton deserve.

Sadly our present great Editor-in-Chief (not my words, Ed...) is moving on, being about to complete a covid-delayed house move to Carterton, so we are looking for additional volunteers to join us as news researchers or assistant editors. If you feel you can spare a couple of hours every week, in your own time, please email us at thelockdownpress@gmail.com.

In this issue we meet yet another talented Bampton resident - who fought with Dennis Waterman in The Sweeney - read on take care, stay safe, and - keep in touch!

Adam Lethbridge

~ The Lowdown Cookbook ~

Spaghetti Aglio, Olio e Peperoncino (Spaghetti with garlic, oil and chilli)

This is one of the many pasta dishes that Italians use in an emergency, the Italian version of beans on toast, but obviously with strong Mediterranean flavours! Preparation is simplicity in itself, it can all be done while the pasta is cooking and you can have a grand meal in minutes. You need to use very good ingredients, particularly the olive oil (ideally extra virgin...). Here's what you need, for 4 people:



Allow around 100g of spaghetti (or linguine) per person, less if you are on a diet but never below 80g each

2 good cloves of garlic - one crushed and, if you don't mind, one finely chopped and squeezed in salt (with the tip of a knife) to turn into a paste

6-8 spoonfuls of good extra virgin olive oil

1-2 red chillies (depends how hot you like the end product to be!)

Preparation time about 10 minutes

Put the water to boil in a large pan. Meanwhile, heat the oil in a non-stick pan, add the chopped and deseeded chilly and the crushed garlic. (Warning - the garlic must just colour - if you burn it you have to start from scratch as it would taste bitter and unpleasant. The whole point of this operation is to flavour the oil.) When the crushed garlic is ready remove it and add the garlic paste stir and remove from the heat keeping it warm. Meanwhile, cook the pasta until al dente (1-2 minutes before the instructions) - make sure that you add salt to the water before putting in the pasta! Drain the pasta using a large draining fork and put into the frying pan, returning the pan on medium heat. Add a spoonful or two of the cooking water and mix it all well until you get a nice creamy consistency (don't put too much water, it just needs a hint of creaminess!) and stir for 1-2 minutes. That's it, the dish is ready to be served and enjoyed. If you like you can sprinkle some chopped parsley too towards the end, you could even add parmesan (not for the purist!) or even chopped anchovies if you prefer a stronger flavour. **Buon appetito!** Thank you to our resident Italian Chef Maurizio Fantato!



~ Some words about mental health from Bampton Counsellor Guy Lennon ~

We are all very fortunate to live in a charming, safe village in the Cotswolds. Take time to appreciate this. The bird song, the open fields, the Thames path, and the friendly neighbourhood. Positive thoughts lead to a healthier outlook on our new world.

Stay safe, everyone.

Guy Lennon, Resident Counsellor at Polished. www.guylennoncounselling.co.uk



*Mick from Wimbledon
enjoying the Bampton sunshine!*

Cute cartoon
with an
important
message!
Let's please
make sure our
used masks end
up in the bins!



www.firstforsafetyoxfordshire.co.uk

IMPORTANT MESSAGE. Thank you Rachel Bhatia..... Lots of people have been walking around the back of Bampton to see the horses, walk their dogs and play in the stream in Weald. My daughter & her friend (10 and 11) like to paddle in the stream and recently saw a glass bottle. By the end of afternoon they had cleared up almost 30 glass bottles and several plastic packets. The next day our neighbours found three more glass bottles that had been thrown into the stream. There has also been an increase in dog poo left in the alley and dog poo bags thrown into the stream and left in the trees around the area.



The stream is a lovely spot, and if one of those bottles had broken a child or animal could be seriously injured. Would it be possible to remind people to keep Bampton tidy and to take their dog poo bags and rubbish home with them. Bampton is lovely and we all want to keep it that way.

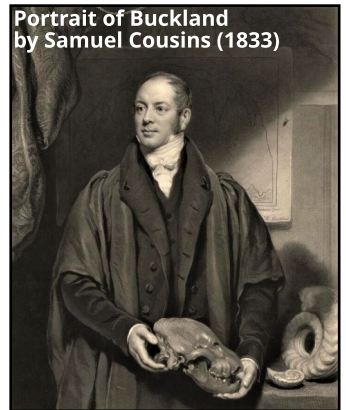
~ On This Day 14th August 1856 ~

Reverend **William Buckland**, noted Geologist, Palaeontologist and latterly Dean of Westminster, died in Islip. While living at Corpus Christi College, Oxford in 1824, he wrote the first full account of what was later to be called a dinosaur, which he named *Megalosaurus*.

Buckland preferred to carry out his field work wearing an academic gown, and he was known occasionally to deliver lectures on horseback. Buckland's passion for scientific observation and experiment extended to his home, where he had a table inlaid with fossilised dinosaur poo (or coprolites, a term he himself coined).

Not only was Buckland's home filled with specimens – animal as well as mineral, live as well as dead – but he claimed to have eaten his way through the animal kingdom: he was therefore a 'zoophagist' (what his

**Portrait of Buckland
by Samuel Cousins (1833)**

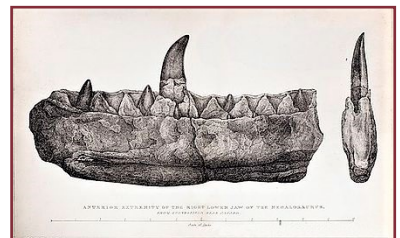


The coprolite inlaid table

wife Mary - from Abingdon, herself a distinguished illustrator and fossil collector - thought of this is not recorded) ... The most distasteful items were mole and bluebottle fly; panther, crocodile and mouse were among the other dishes noted by guests. The raconteur Augustus Hare claimed that "Talk of strange relics led to mention of the heart of a French King preserved at Nuneham in a silver casket. Dr. Buckland, whilst looking at it, exclaimed,

'I have eaten many strange things, but have never eaten the heart of a king before', and, before anyone could hinder him, he had gobbled it up, and the precious relic was lost for ever." The heart in question is said to have been that of Louis XIV....

*Much more like this in Julie Ann Godson's book
"On this day in Oxfordshire" available at amazon.co.uk.
More books and info at www.juliegodson.com and
Facebook@julieanngodson*



*Megalosaurus part of the jaw
by Mary Buckland*

Catching up with: **Lyndy Dennis**

Lyndy, who moved to Bampton 12 years ago, is a former actress and singer who was a product of the London Barbara Speake Stage School, where the Theatrical Agent was the formidable June Collins - later best known as the mother of Phil of Genesis! One of Lyndy's fondest early acting memories is when she appeared, at the age of 11, in the UK's first McDonald's TV advert!



Lyndy / Cathy bottom left

Lyndy Brill, as she was then, starred in three series of the hugely popular BBC series Grange Hill between 1979-82. Grange Hill was renowned for its realistic portrayal of secondary school life and Lyndy's central character Cathy Hargreaves was a rebellious and outspoken pupil whose actions often landed her in trouble - on one controversial occasion being caned by the Headmistress. Lyndy played many other screen parts including roles in Minder and The Sweeney (in which as the sister of an IRA terrorist, she fought with Dennis Waterman...)

She also appeared on Top of the Pops in 1978 as one of the St. Winifred's School Choir backing singers on Brian and Michael's No. 1 hit "Matchstalk Men and Matchstalk Cats and Dogs".

After leaving Grange Hill (she just grew up!), Lyndy continued acting, appearing in the West End as Perón's mistress in 'Evita' alongside Oz Clarke (now the famous wine celebrity) and the sadly late Stephanie Lawrence, as well as in other shows and series.

In her late 20's, Lyndy swapped showbusiness for family life and for a new career in administration. She now works at Burford School, where her son Jacob is going into Year 13 and is a member of the band Inner Edge which we featured in our last newsletter- he's definitely inherited his mum's musical abilities!

Lyndy is as talented as ever and especially loves keeping up her singing, being a member of the Voice Box Choir in Witney as well as the Chipping Norton Theatre Operatic Society (look out for their Covid-delayed production of Guys 'n' Dolls). She also somehow finds time to captain the Bampton Ladies C Tennis Team. Oh and did we mention Ballroom and Latin dancing at Warwick Hall in Burford...?!



Spajers News August 2020

One of the Spajers' hardest working committee members has a big birthday in August!

Josie Buckingham has been working for Spajers for many years, tirelessly raising money for our local charity.

Her most popular event is "Josie's Draw", currently held every November in the Romany Inn. We thought it would be fun to work out how much Josie's Draw has raised since it started in 1993. The total comes to a staggering **£21,812.20**.



So Josie, from the Spajers and the rest of Bampton, have a well-deserved Happy Birthday. With grateful thanks from The Spajers.



Activities for Older People

Activity number 8: Wall Press



This exercise strengthens the muscles on the back of your upper arm, which you use when straightening your elbow. Examples might be when you use your arms to push yourself up from the chair, or pushing your lawn mower.

- ❑ Stand facing a wall, slightly further than arms' length away.
- ❑ Place both hands on the wall
- ❑ Keeping your body straight, bend your arms to lower your chest towards the wall.
- ❑ Push your body away from the wall until your elbows are straight, but not locked.
- ❑ Repeat 10 times



Don't worry if doing 10 feels like too many to start with – reduce the number of repetitions and build them up gradually over time, as you become more accustomed to the activity.

Safety: Dizziness, sickness or excessive tiredness are signs to stop exercising and wait for symptoms to settle. Warning signs to stop exercising and seek urgent medical attention include sudden onset of rapid palpitations, reduction in exercise capacity, dizziness, severe breathlessness or chest pain.

Thank you to Tracy Barnett for providing essential health and movement home-based exercises.

Tracy is a Chartered Physiotherapist and a qualified Strength and Balance instructor.

In non-COVID times Tracy runs a class in Bampton Village Hall on behalf of AGE UK.

HEALTH AND ESSENTIAL SERVICES

Bampton Surgery

Call first on 01993 850257

Monday – Friday: 8.30am - 6.30pm

Saturday and Sunday: Closed

Bampton Healthcare Ltd Pharmacy

Monday to Friday 9.30 - 12.30pm and

2pm - 6pm. Saturday 9am to 12.00pm

Tel: 01993 851961

Bampton Post Office

Mon-Fri 09.00- 17.30

Wed CLOSED

Sat 09.00 - 12.30

Bampton Aid Network

Helpline 07946 192638

Monday, Wednesday and Friday 9am to 4pm

Bampton Parish Council

Tel: 01993 851870

www.bamptonoxon-parishcouncil.gov.uk

WHAT'S HAPPENING

Little Cotswold Stones

Bespoke, handcrafted pebble art gifts for all occasions. Lottie (12), Darcie (8) and Tillie (3) from Brize Norton create personal and beautiful pieces of art, using 'treasures' (stones and sticks) that they have found all around Oxfordshire!

Facebook @littlecotswoldstones

Email: jenny@rosetinted.glass

Where to go paddling and wild swimming in Oxfordshire

When the temperature soars, paddling and wild swimming are popular ways to cool off. Here are some places to go in Oxfordshire.

www.redkitedays.co.uk/go-paddling-wild-swimming-oxfordshire/

It can be very tempting to just leap into a river but there are lots of dangers so please do be careful. The water is usually extremely cold and there are hidden dangers from rocks or broken glass. Get hold of some water shoes and make sure you can easily get out of the water onto a shallow bank.

WHAT'S HAPPENING

Re-cycles Pop Up Cycle Studio

promotes all things cycling for the month of August only! Drop in to have your bike repaired, buy a bike or simply discuss all things cycling, exercise and health.

Faringdon. Info at www.farcycles.org.uk

Couch to 10K Challenge

For beginners and cautious adults. Aiming to give confidence to cycle on the roads and enjoy being out in the fresh air. Small groups of up to 8 riders, with at least one leader British Cycling Guided Ride qualified. Email cycle@farcycles.org.uk to express interest in the next course.

Mutts Meadow Doggy Play Field

Secure dog field available to hire.

Perfect for puppy training, teaching old dogs new tricks or just exercising your dog in a safe environment. Meadow Farm House, Buckland Road, Bampton OX18 2EL Phone: 01367 870357

Email: lynnelarkman@hotmail.com

Facebook: @muttsmeadow

Secret Garden Events

Transform your garden into party spaces and holiday destinations with a bell tent and decorations to create special events and memories to families who have had their 2020 plans scuppered by Covid19.

"We've created birthday parties, girls nights, hen parties, date nights and family glamping nights under the stars..." Aston-based.

Natalie on 07766 884096 and Facebook

The Simple Little Label

Based in Bampton, we provide small personalised gifts. From clothing, to stationery - we're able to tailor our products to each customer. Bespoke and individual!

For more information contact Lutece

Facebook : [thesimplelittlabelshop](https://www.facebook.com/thesimplelittlabelshop)

Instagram: [thesimplelittlabelshop](https://www.instagram.com/thesimplelittlabelshop)

Email: thesimplelittlabel@gmail.com

KIDS CORNER

Where's that
naughty Belle??!!



We met Henry busy
gardening outside his
house in Broad Street
with mum Eilidh, and
little brother Jack
supervising!
Great job Henry!!



Win a signed copy of
Abi's great book!

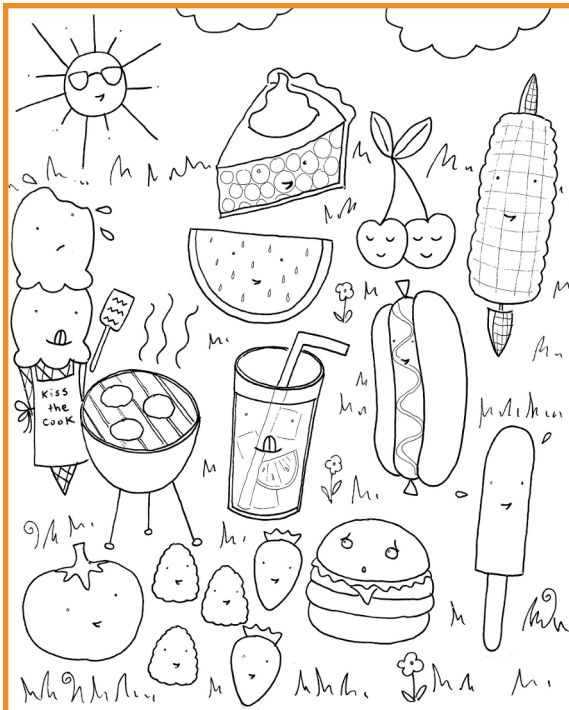


Here's our latest
winner Elsa Street!

Email us at thelockdownpress@gmail.com
to enter the draw! Next time it could be you..

www.myabigailsworld.com Thank you Abi!!

SEND US YOUR STUFF!!



COLOUR IN ALL THESE
YUMMY SUMMER FOODS
AND SEND IT TO US,
WE'D LOVE TO PUT
YOUR DRAWINGS INTO
THE LOWDOWN!!

Send your pet
photos to us at
thelockdownpress@gmail.com

