

BRIZE NORTON

November to January 2024 • Distributed to over 800 homes in Brize Norton Village

Breeze



Thank You Fred!
A legend of the village
hangs up the keys to the mower
for the last time...

All Creatures

*Our 'Wild' neighbours and animals
who need a little help...*

A flurry of activity!

What's on in the run up to Christmas?

A Humble Farewell

Bev and Ben, move on to
pastures new

Reinstating the Village Pond

Consultation begins on transforming
the Village pond to its former glory!

Issue

179





Welcome to issue 179 of the **BRIZE NORTON** *Breeze*

This community magazine has been written by the people of Brize Norton, for the people of our village (with a little help from a few friends too).

To all of the article writers who have donated their hard-earned free time to help, we thank you. This magazine would be nothing without you!

About Brize Breeze...

The hope is that the magazine can be self-financing via a little advertising. Any money left over goes into a community fund pot to help our charities, associations, schools, clubs and projects in the village.

The Brize Norton Parish Council will subsidise any shortfall.

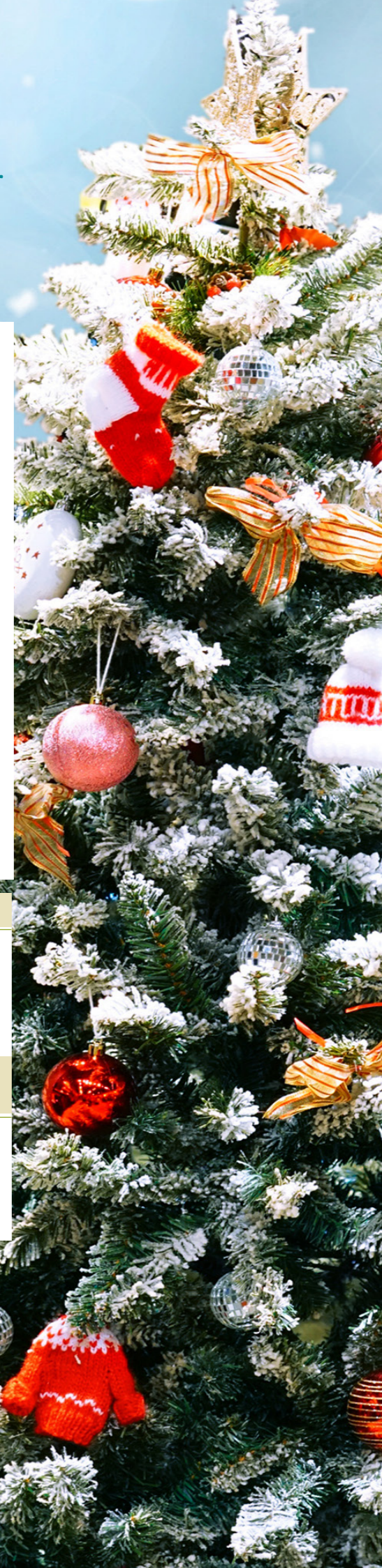
Thank you to all the advertisers who have supported this issue and for supporting our village.

PRODUCTION TEAM

- Jayne Woodward - Editor & Designer
- Victoria Tilley - In-House Journalist
- Molly Campion - Digital & Social
- Jane Hornsby - Magazine Photography
- Mhari Hackett - Assistant Design

TO ADVERTISE, SEND AN ARTICLE, RECIPE OR PHOTO FOR THE NEXT ISSUE

- Contact Jayne:
 - ✉ jayne@chapelhilldesign.co.uk
 - f [@brizenortonbreeze](#)
 - ☎ 07810 255 000



THE BRIZE NORTON

CHRISTMAS MARKETS

BRIZE NORTON RECREATIONAL GROUND



**SATURDAY
25TH NOVEMBER
2PM TO 7PM**

**CRAFTS & GIFTS GALORE
STALLS AND FOOD INSIDE AND OUT
PLUS... SANTA'S GROTTO, FIRE PITS,
GAMES, FESTIVE MUSIC, BARS, AND
MANY MORE SURPRISES!**

**VISIT FACEBOOK & SEARCH 'BRIZE NORTON CHRISTMAS MARKET'
FOR MORE INFORMATION**



**“We can’t help everybody,
but everybody can
help someone”** ~ Nick Knowles
(DIY SOS, The Big Build)



By Wendy Way

Welcome to the fourth edition of the Brize Norton Breeze. By the time this edition hits your door mats, it will be a full year of the community magazine in this new format. We have learned a lot over this past year from Twinksie the hen’s ‘one in a billion’ round egg to the story of how ‘No Joke’ the topiary elephant came to reside with Gary and Lisa.

We have received amazing feedback and, indeed, seem to be the envy of some of our neighbouring publications. If you have an interesting story, hobby or anything that you would like to share with us, please contact Jayne. We love to hear from you and the success of the magazine relies on the residents of Brize Norton to keep it going.

Fred Bellenger has finally decided to ‘retire’ from cutting the recreation grass. He has

been teasing us for a number of years that he was “getting too old for the job but that he would do one more year”. However, this year he meant it. Fred has calculated that the current mower, purchased in 1966, has done around 3000 miles at a speed of 2/3 mph and that he has probably done over 5000 miles over the years. Credit goes to him also for keeping the mower maintained over the past 57 years and it may also be time for the mower to retire too! The Parish Council would like to thank Fred for the great job he has done to keep the recreation grass looking so good all this time and wish him the very best.

In Parish Council news. For the first time in three years we have full Council representation with the co-option of Adam Bennett in August and Carol Fothergill at our November meeting. Welcome both!

The Brize Meadow Play Park contract has been awarded to HAGS and it is hoped that work will begin in the New Year for

opening in late Spring 2024. The children will get all the pieces of equipment they chose during the consultation, plus some additional items!

Many of you will have seen that a sign has gone up at the site of the school on Brize Meadow. Unfortunately, this does not mean that the school is about to be built. Having checked with Bloor Homes, they have advised me that it is their understanding that Oxfordshire County Council is aiming to deliver the proposed new primary school after 2025.

The process of awarding the contract to build the Elder Bank Hall extension has been long and extensive due to Covid, changes within the Council and change of Architect, due to unforeseen circumstances. However, by the time you read this we hope to have a builder in place which

“Welcome to Adam Bennett and Carol Fothergill!”

means that work on building the shell will start in early 2024.

We have also continued to work with the MOD and RAFBN regarding



the radar tower, and we are very close to securing funds to provide landscaping around the northwest corner of the Tactical Medical Wing to help screen the harsh impact of the base of the radar tower.

Also, we have still not given up on getting bus shelters on Monahan Way but the news that OCC is under huge financial pressures in setting their 2024/25 budget is not looking good, but we will continue to have dialogue with the Cabinet member for Highway Management (currently Andrew Gant).

I'd like to take this opportunity to thank those residents who responded to the

recent Neighbourhood Plan Regulation 14 consultation. The Neighbourhood Plan Steering Group, on behalf of the Parish Council, is collating the responses and will be preparing a Consultation Statement for submission to the Planning Inspectorate.

Although the nights are drawing in and the temperature is somewhere near to normal for Autumn, we should still try and spend some time outdoors. Go for a walk and take the time to notice the changing of the season (albeit later this year), collect conkers, play conkers (but responsibly), kick through the leaves (once they've started

dropping!) and do go along to and all of the wonderful events going on in November and December! These include the Community Carol Service, Brize Norton School Association Quiz Night and of course the Christmas Market! Indulge yourself with a mug of hot chocolate or one of the many flavours of spicy drinks now available – go on...

You're worth it!

To contact
Wendy (Chairman) or Jo (Clerk)
w.way@brizenortonparishcouncil.co.uk
clerk@brizenortonparishcouncil.co.uk

Welcome to our 2 new Parish Councillors



ADAM BENNETT - COUNCILLOR

- I moved to Brize Norton in 2021 with my wife and two children. I enjoy being part of a small village and the community spirit that comes with it, I enjoy going to the gym, spending time with my family and going on long dog walks in the countryside. Feel free to say hello if you see me with my very energetic fox red lab, Louie ...



CAROL FOTHERGILL - COUNCILLOR

- I moved to Brize Norton in 2019. My childhood was in a military family, my working life as military and civilian nurse which took me to many places and countries until I retired. I enjoy volunteering, the outdoors, gardening and am passionate about wildlife, hedgehogs especially.



Our village Parish Council



WENDY WAY - CHAIRMAN

- I moved to Brize Norton in the late 1980s and joined the Parish Council in 2016 after taking the decision to move to part-time working. My hobbies are gardening and the allotment, and I enjoy supporting my partner who races an Aston Martin DB4 which takes us to various motor racing circuits around the UK and Europe. You will also see me out walking our Cockerpool, Maude.



CHRIS WOODWARD - VICE CHAIR

- I have spent over 12 years on Local Councils, including both Witney Town Council and Brize Norton. With many years of experience under my belt, I am hopeful it will be of benefit to the village. I moved to the village in 2016 and live with my beautiful wife Jayne, our daughter Mackenzie, and our labs, Meg & Doodle.



JO WEBB - CLERK

- I moved to the village in 2000 and live with my husband and three sons. We enjoy village life and the community spirit within Brize Norton. This is my second stint as Parish Clerk, I liked it so much I came back to do it all again! Please feel free to say hello if you see me walking my large, rather bouncy dog.



DARREN TRUMAN - COUNCILLOR

- I have lived in the village of Brize Norton since 2007 and now live in Brize Meadow. I have always enjoyed being part of the community and having worked in the village for many years I've gotten to know many people in the area and enjoy the community spirit that comes with living in a smaller village. In my free time I love spending time with my family, either walking the village, finding new places to explore or socialising in the local pub garden. I enjoy running when I can and like to get on the trails through local fields, villages and woodlands.



ADRIAN STATE - COUNCILLOR

- On retirement in 2020 I moved from Witney to Brize Norton. Much of my life has been spent working in the electronics and software fields and this has led to extensive travel throughout the world. I have a BSc in Environmental Biology which reflects my lifelong interest in the natural world. I am also a very keen birdwatcher and can often be found walking the local lanes and footpaths with my trusty binoculars.



LES GOBLE - COUNCILLOR

- I moved to Brize Norton from Worthing, West Sussex in 1997. I'm semi-retired and joined the Parish Council in 2018. My interests are motorsport; I currently race an Aston Martin DB4 with its owner and I have previously owned and raced a Lotus Cortina, bought specifically to race at the Goodwood Revival Meeting in 1998, which I did a total of eight times, twice with Sir Sterling Moss.

To find out more about our Parish Council and the work they are doing, go to www.brizenortonparishcouncil.co.uk or visit facebook @brizenortonvillage



Villagers's Voice

“I really enjoyed it, it was therapeutic, if that’s the word... waving to everyone - I loved it”

Interview by Jane Hornsby, written by Jayne Woodward

“So, after deciding to buy a little tractor as a Parish Council in 1988 for a mere £25, we were all going to get mowing... but as volunteering dwindled a little, it was just me. But do you know what? I quite enjoyed it actually!”

Jane met Fred on the Recreational ground, for one of the last times he would head out on the tractor to mow the grass for the village.

It really was a sad occasion; we have all been spoilt by his dedication, determination and his attention to detail in making sure the ground was always in tip-top condition for everyone to use and enjoy.

You have to say that our beautiful rec, come cricket pitch, football ground, rounders circle, treasure

trail, bug hunt, fitness class location, conker competition, kite flying and village event site is a pretty lovely place to be, and most of this is because of the green-fingered, attention to detail that Fred has given it over the years.

Born in Brize Norton at Moat Farm (now Church Farm), Fred enjoyed his time playing cricket and football as a lad on a Saturday afternoon. Especially when the football club re-formed in 1963.

It was quite a social affair and wanting to make sure the conditions were at their best, as well as rivalled by other teams around, the S&SC and Parish Council decided that the field needed to be mowed a little more frequently, and took on the grounds maintenance themselves.

After spending over 50 years on the Council then the Sports & Social Club as well as being a Village Blacksmith for quite sometime, it was time to blow the final whistle and enjoy a little



more relaxed time with his beautiful wife, Kath.

Fred had seen many changes in Brize; he'd helped build and shape many of the buildings in the village using his skills as a Blacksmith, he'd watched village life from the seat of his mower and even from up a tree sometimes, when he helped fetch a ball that'd been kicked up there!

Over the years, he'd waved to many pre-school children over the fence (more recently including his own little Great Grand-daughter Gracie), while he patiently explained why he was mowing the grass that week; he'd had many conversations about the weather, the changing of the seasons, the local football and cricket results as well as finding out who was going to be 'up the club' at the weekend.

Fred loved making the ground nice for people to play on, kids to run on and it was even therapeutic for him as he whiled away the time with a little singing or watching the birds fly over. He even remarked that his family had often described him as 'the man who cuts the grass' !

Now Fred has retired he's planning on spending a couple more hours on the allotment, do a few more puzzles and crosswords, and possibly spend a little more time with Kath...



love of respecting what each other loves to do that kept them both happy.

Jane spent a lovely couple of afternoons chatting with Fred and as they were finishing up their conversation, Jane said; "I think I speak for everyone when I say 'Thank You! Thank you for being there and for spending your time helping the village and for keeping this wonderful space the best it could possibly be.'"

*Hear, hear!
Thank you Fred*

If you'd like to nominate someone from the Village to be our next 'Villagers Voice', email jayne@chapelhilldesign.co.uk

Pictured across: 1970's Brize Norton FC Football team- Bob Foale, Viv Curnow, Larry, Fred Bellenger, Batman, Chris, Mel, Ollie Collett, Geoff Timms, Tim Gush and Joe Bellenger. Picture courtesy of Bob Foale.

Pictured above: Fred and Kath on their 60th Diamond anniversary with their youngest grandchild.



Brize Christmas Calendar 2023

THE BRIZE NORTON CHRISTMAS MARKET
BRIZE NORTON RECREATIONAL GROUND

SATURDAY 25TH NOVEMBER 2PM TO 7PM

CRAFTS & GIFTS GALORE
STALLS AND FOOD INSIDE AND OUT
PLUS... SANTA'S GROTTO, FIRE PITS, GAMES, FESTIVE MUSIC, BARS, AND MANY MORE SURPRISES!

VISIT FACEBOOK & SEARCH 'BRIZE NORTON CHRISTMAS MARKET' FOR MORE INFORMATION

BNSA PRESENT
QUIZ NIGHT
AN EVENING OF FUN
FRIDAY 1ST DECEMBER 2023
ELDERBANK HALL, BRIZE NORTON

BRING YOUR OWN DRINKS AND SNACKS
£5 A HEAD
RAFFLE
PUDDING COMPETITION
7pm start

PLEASE PREBOOK YOUR TEAM ON 07532 131296
TEAMS OF UP TO 6

Community Christmas Carol Service

Brize Norton residents are warmly invited to our Community Christmas Carol Service at Brize Norton Primary School. Come and join our Upper School children in the school hall and listen to the singing whilst enjoying warm mince pies and drinks.

Monday 18th December at 2:15pm - 3pm

All welcome, please do email the office by Friday 15th December if you wish to join us. office.295@brize-norton.sch.uk or directly on 01993 842488

There will be a collection for the School Association who raise money to enhance the experience for children at our school.

*Due to the hall's capacity, this is for residents of the village and not for parents of children who currently attend the school, parents are invited to join a separate carol concert.

THE CHEQUER'S INN BRIZE NORTON

UK'S #1 FREDDIE MERCURY SOLO ACT

LIVE MUSIC
FREDDIE MERCURY TRIBUTE

£30 PER TICKET

SATURDAY 2 DECEMBER, 2023

START FROM 7:30 PM

INCLUDES TURKEY OR VEGGIE CURRY, RICE, POPPADOMS AND ALL THE TRIMMINGS

MORE DETAILS
FACEBOOK SEARCH "THE CHEQUERS INN, BRIZE NORTON"

The Vault

WIN A HOLIDAY CAMP SESSION AT THE VAULT

COMPETITION TIME!
Complete the name of this piece of equipment used in boys & mens gymnastics...

----- HORSE

Please send your answer, along with your name and contact number to:
jayne@chapelhilldesign.co.uk

Competition rules: A session gives entry for 1 child to attend one of the holiday camp sessions available at The Vault in Carterton during school holidays. Competition closes on the 31st January 2024 and winner will be picked out of a hat in the Brize Norton Parish Council meeting in February 2024. No cash equivalent will be given. 1 entry per household. Session must be used by 31st January 2025.

Brize Norton Over 60's Club



Our club enters its 26th year of meeting. We meet on the 1st and 3rd Tuesday of each month at 2pm. The first Tuesday we enjoy company and have tea, cake and chat at 4 Squires Close, Brize Norton.

On the third Tuesday we arrange for a speaker or an outing. We have recently enjoyed Adrian giving a talk and slide presentation on birds and hearing from Carol about her interesting life. We enjoyed a meal at The Masons Arms and a cream tea at the Humble Bumble.

We are a small group and would welcome new members. If you have an interesting job or hobby we would love for you to come and tell us about it.

For more information please ring Joy on 01993 842373.

Details of our programme are posted on the village notice board.

Our future programme is:

- Tues 21st Nov**
Sing-a-long with Cliff at the keyboard
- Tues 5th Dec**
Tea, cake and chat
- Tues 19th Dec**
Christmas meal at The Masons Arms

Brize Norton Ballroom Dance Club

We dance ballroom, latin and sequence to music on CDs. We meet in the Elder Bank Hall every Thursday evening from 7.30pm to 9.30pm. In August, we arranged a tea dance followed by a cream tea, which was enjoyed by all.

New members of all ages would be most welcome.

Please contact Joy on 01993 842373 for further details.



Brownies

We meet on Monday evenings in Elder Bank Hall, if you'd like to join us, please go to the guiding website (girlguiding.org.uk) or contact Barbie Thorne on 842013



Chatty Cafe Scheme

Where: Humble Bumble Cafe
Station Rd, Brize Norton, OX18 3PU
www.humblebumblecafe.com
[/humblebumblecafe](https://www.facebook.com/humblebumblecafe)
[/humblebumblecafe](https://www.instagram.com/humblebumblecafe)

When: Tuesdays 10am - 12 midday

Humble Bumble CRAFT CLUB

Meets every Thursday at Humble Bumble Café between 10am and 12pm.

Elder Bank Hall Calendar

PRE-SCHOOL (Term-time only)
Mon - Thu • 9am - 3pm
Fri • 9am - 12 midday

BROWNIES (Term-time only)
Mon • 6pm - 7.30pm

WOODTURNING (WOWA)
1st Tues (monthly) • 8pm - 10pm

YOU CAN FITNESS
Tue • 6pm - 7pm (Not 1st Tuesday)

KARATE
Wed • 6pm - 7.30pm

20:20:20 FITNESS CLASS
Wed • 7.45pm - 8.45pm

EYEKANDI FITNESS
Thu • 6.00pm - 7.00pm

BALLROOM & LATIN DANCING
Thu • 7.30pm - 9.30pm

MACRAMÉ & CROCHET WORKSHOP
Starting again on 19th Jan 2024
Every other Fri • 7.00pm - 9.00pm

YOUNG FARMERS
Starting again on 12th Jan 2024
Every other Fri • 7.00pm - 9.00pm

JUDO CLUB
Sat • 9.30am-11.30am

PENTHWELL DOG TRAINING
Sun mornings • email for dates

TOTALLY SHREDDED FITNESS
Sun • 6.00pm - 7.00pm



Re-instating Our Village Pond

Les Goble



Brize Norton Parish Council is working closely with the West Oxfordshire District Council Flood Prevention Officer to provide mitigation measures to help reduce surface water flooding in the south of the village.

The first of these is to construct an attenuation pond on the north side of Monahan Way which is designed to hold back the surface

water flowing down from the A40 and the fields in between. This attenuation pond will allow the surface water to flow southwards at a reduced rate towards the village pond, which is on the south side of Burford Road, opposite the Masons Arms.

The second measure is to increase the size of the village pond and turn it into a second attenuation pond. Although the pond was cleared out approximately ten years ago, once again, it is currently overgrown in vegetation and young saplings all of which will need to be removed.

However, this is one of the very few areas in the village of standing water and as such will be a huge boon to wildlife in the area.

We foresee an area with a graded base to the pond and some overhanging trees which will provide potential for wildlife and opportunities for public enjoyment of the site whilst



providing a resource that can be used by schools and other groups for educational purposes.

We also hope that a conservation group can eventually be created with villagers contributing to the maintenance of this and other natural sites within the village.

We hope you agree with this plan of action and should you have any questions or suggestions please do not hesitate to contact the Parish Council.

To contact Brize Norton Parish Council, contact Jo (Clerk) via clerk@brizenortonparishcouncil.co.uk



Public Art Project comes to the Village Bash

Christine Payne

The Brize Parish Public Art Committee continued their consultation process at the Village Bash. Our gazebo was set up and the gigantic map of the village green spaces with ideas for Public Art laid out. Comments were invited to proposals and villagers' ideas were written on sticky notes and placed on the map. Other design ideas for the commemoration of Mary Ellis were also shown on a board which were very positively received.



The Committee are at the planning stage with Bloor Homes to develop a large semicircular seating area in the Southern part of the Mary Ellis County Park. Bloor Homes are landscaping this whole area as part of the next phase of development; therefore, this is a priority.

The second focus will be to commemorate Mary Ellis and ideas are developing based on a spitfire, utilising the wing shape for both seating, and play, whilst providing information about Mary

Ellis's flying, rallying, and farming life. For more information about Mary Ellis, please see the last Brize Breeze edition 178.

Public Art shared the gazebo at the Village Bash with 'Wild Oxfordshire', an organisation with an emphasis on 'working together for nature'. They were very encouraged by the enthusiasm shown in support of nature and increasing biodiversity. Responses have been collated from the consultations and these demonstrate that villagers do indeed want the village to focus on nature.

It has been very encouraging that many villagers are keen to develop Public Art initiatives that support nature. This will be our next priority!

Watch this space!

If you have ideas, please contact us at public.art@brizenortonparish.co.uk

Public Art Project

WHAT IS PUBLIC ART?

Public Art

For the betterment of Our community

YOUR OPINION MATTERS

Brize Norton Parish Public Art Project Survey

Why not help us by having your say and completing our survey!

Give us your ideas and views on what you would like to see in Mary Ellis Country Park and complete the questionnaire now. Links and QR code below

<https://bit.ly/BN-public-art-survey>

Thank you!



Brize Norton VILLAGE BASH!

By Carolyn Peach

A few weeks before our event the advertising boards kindly sponsored by Chancellors went UP; the bank balance of the committee went UP boosted by the sponsorship from the Co-op on Brize Meadow and Ideal Care Homes; a couple of scarecrows went UP to promote the event along with bunting and banners, and then on the day the gazebos and Bedouin tent went UP and the stage was set for

an afternoon of fun - but then unfortunately due to the low cloud and easterly wind the RAF Falcons could not come DOWN - but the rain DID!

Thank you to everyone who attended our event to support the school, pre-school, church and other local businesses and charities. We also want to thank Saxophony and Abingdon Town Band for the music entertainment, for the De Bere household medieval re-enactment group, and Mr Rowlands and Anne Harris, of West Oxfordshire Steam Society and Annie and Rod for the static displays. The GIGART craft workshop and music entertainment kindly sponsored

by Gentian were busy in the hall as people sheltered from the weather.

Despite the weather, burgers and hot dogs sold well as did the raffle and tombola tickets and the school association boosted their funds by over £2,000.

Our small organising committee has already started to discuss next years' event - so a date for your diaries SUNDAY 14 JULY 2024. If you would like to help organise the event or have ideas for themes let us know - contact the school or Brize Norton Parish Council.

To all who helped on the day and supported the event...

Thank You!



Let's Go Gig-Arts!!

By Abbie Cooke

It was an utter delight to host the Gig-Arts Charity Event at the Brize Norton Bash with corporate sponsorship from Gentian.

The arty afternoon of laughter, live music, painting art, dancing,

and merriment (despite the rain) gave the children and wider community a terrific time!

Paintings made by the scores of children at the event will be toured to the local primary school and care homes to extend the creative joy.

Nick Ekins, Managing Director, Gentian, says: "We were really so very pleased to sponsor the Gig-Arts Event at the Brize Norton Village Bash. It was a great way for us to support the local community where we have built a

new retail centre. It's fantastic to see that the event was enjoyed by so many local families."

Heart-felt thanks goes to Gentian's Alison Earl for being such an amazing corporate collaborator over the past year of planning. And enormous thanks goes to Cllr Wendy Way for her help and liaison.

To contact Abbie Cooke, co-founder of the Gig-Arts Charity www.gig-arts.org, via email on abbie@brandcooke.com.

Brize Norton Horticultural show

By Tony Shillingford

The Village held its 48th Brize Norton Horticultural show on 27th August and despite fewer entries, we had a successful show with great displays of vegetables, beautiful flowers and a fantastic selection of baked goods, preserves and hand-crafted items. It certainly offered our two expert judges a challenge to select winners!

Several visitors said they wished they had entered the show. If you are one, just remember we all face the same growing conditions good or bad, everyone has a favourite recipe, and you could already have a winning photo sitting on your phone.

It takes a lot of people to make the show happen and this is a great opportunity to thank

the regular organisers (Anne, Polly, Pat and Roger), as well as those that help by giving their time, helping set up (Chris Woodward) and deliver programmes, and those that donate goods such as the paper for the tables (AK Timms). There were other finishing touches to add to the success of the day such as refreshments (Anne Green's matchless shortbread) and a beautiful handwritten welcome sign, courtesy of Jayne Woodward.

Finally, a special thanks to our entrants and visitors! The trophies went to four separate class winners this year certainly for the first time since I have been involved with the event, see across for the list of winners. It is fair to say that most of the winners were chased hard by the runners up in each class!

- 33 pts - Pat Thrift Flowers (Bekstone rose bowl)
- 67 pts - Roger Wise Vegetables (Jim Bolton cup)

- 15 pts - Anne Green Handicraft (Christine Barnard cup)
- 34 pts - Polly Inness Cookery (Aubrey Smith plate)

It would be great to get to the 50th show and beyond! However, we need more people to get involved and more entries!

The number of households in Brize Norton has nearly trebled, so we should be make it even better next year. It doesn't take much time, and nothing beats the post judging excitement of checking to see if you have been awarded a First, Second or Third!



To find out more about the Horticultural Show, contact Tony on 07824 878486 tonyshillingford@yahoo.co.uk



Brize Norton Sports & Social Club

Tim Gush

As we come to the end of any summer, of rather mixed weather, we can very much start to look forward to the Christmas Market at the end of November and then onto the Christmas season itself.

From the front cover and the Villager's Voice, you will see that after many decades of cutting the recreation ground's grass Fred

Bellenger has retired. It was one of those 'institutions' that one thought would never happen... Fred always cuts the grass and always has done... ready for the cricket or football matches, or just keeping it looking nice for all to enjoy. On behalf of us all, a big big thank you Fred for you time and support you have given the village but especially the 'Rec'!

By the time you are reading this, it is hoped that a new person will cutting the grass!

A few things have been happening within the BNS&SC recently, you will see a little later on that Krystina has now taken over the short term lease from

Bev for the Humble Bumble Cafe, and Steve Carpenter has resigned from the committee - and he has been a committee member for almost as long as Fred has been cutting the grass! We are sorry Steve has left but understand the reasons. We would like to thank him for his time, honesty, and commitment to the BNS&SC over the many, many years he has served.

This has meant that an AGM was held on 13th November, and we had a few people attend. However, if you didn't get to come down for whatever reason, please feel free to get in touch, using the details below.

May I wish you all a good winter, keep warm and if it's not too early...

...a very Merry Christmas!

To contact the Brize Norton Sports & Social Club, contact Tim (Chairman) via facebook: facebook.com/bnssc



Simon Cook

The team have had a very tough start to the season and life in Division 1. The opening game of the season saw 14 goals at The Rec but sadly 10 were against us. The following weekend a 10 goal thriller at The Rec against Hailey Reserves saw us pick up our only win so

far with a 6-4 win. Father and son were on the scoresheet with Daniel and Dylan Briggs scoring.

Seven goals were shared away at Ducklington in a narrow 4-3 defeat. The following 3 league games saw us lose 4-1, 7-1 and 8-1 and in the Junior Shield an 11-1 thrashing to Bampton.

Team Spirit is still high in a very tough Division and currently we sit 12th out of 14 teams.

Entertainment is guaranteed with 65 goals in our 7 matches so far, over 9 per match!!

We also welcome any support and of course any new players. With the nights drawing in we are now training at the **Carterton ATP on Tuesdays at 9pm.**

The Club would also like to say a Big 'Thank You' to Fred Bellenger who has retired from cutting the Grass on the Rec. So many have benefited from his brilliant efforts.

Hopefully we can report some more positive results in the next edition.

Top Scorers:

- Dylan Briggs 6
- Joe Hatt 6
- Matthew Webster 2
- Daniel Briggs, Alfie Gardiner, Rob Hook: 1 each

Contact Brize FC at pitchero.com/clubs/brizenortonfc
Facebook Group: Brize Norton FC
Twitter: @brizenortonfc
Instagram: brizenortonfc

The Humble Bumble



By Krystina & Bev

“Out with the old... and in with the new!”

My dad always used to say to me 'Beverley... there are only 3 sure things in life... Births, deaths, and taxes!' Whilst this may be true - since opening the doors of Humble Bumble Café in 2019, I have also witnessed another sure thing... change!

Many of you are already aware that from the end of September Ben and I stepped away from the café. This was not an easy decision, as courtesy of the RAF much of our married life has been in and around Brize Norton. It is with sadness that we will be leaving this beautiful part of the country and the friendships we have made here. However, it is time for us to be nearer to our own family and create a better work life balance.

Humble Bumble was never about just having a café in the village, it was about creating a welcoming space for all; being sincere and compassionate to all who need it. One of the many joys we have had creating and running

Humble Bumble is meeting so many humble people that give up their time, without fuss, because they want to help and make a difference to where they live and to you who live there.

We have been blessed with the support we have received both from you the customers, the staff that have worked for us and those who have volunteered their time to us.

The Pavilion holds many happy memories for some Brize Norton residents; we hope that the village will recognise how well used it now is by the many groups of people and individuals, families, cyclists, walkers, footballers, cricketers, young and old.

Creating a new purpose for an existing space was always going to be a challenge; another 'change' in all our lives. Change can foster bad feelings and caution... I am sure we can all relate to this at some point in our lives... whether it be work, family or personal circumstance. But reacting and coping with change is what really matters - and this is what our community and our team do really well... alongside incredible kindness, joy and friendship.

So, for now we bid you a fond farewell. We wish Krystina and her team continued success, and rest assured, you will all be in

our hearts and thoughts from a distance.

“From the bottom of our hearts we thank you all and wish you much happiness and love.”

Bev (Queen Mother) & new Queen Bee Krystina...



...and the Worker Bees team...

THANK YOU GUYS!

There aren't many villages who are lucky to have an epicentre, a warm heart and an 'open-door welcome' to enjoy almost every day of the week.

Bev and Ben, you created such a community hub, that it is now enjoyed by many individuals, families and groups, day in and day out, whatever the weather.

We have no-doubt that this will continue with Krystina and the team, especially as they have an awesome foundation to build-on, lovingly nourished by both of you and your family.

But before you head-off to pastures new, we just wanted to say a **HUGE** thank you!

You're amazing and we can't let you go without letting you know that...



By Jackie Hampson

It's been a fantastic start to the new academic year. Pre-school is once again full of life, laughter and learning

All of our new children have settled in really well. It's been a pleasure getting to know them and their families.

New for this year the children are taking part in weekly PE sessions, Anais from Super Star Sports comes in each week for an hour. Last term the children were learning football skills and this term it's Superhero training. We believe physical activity is vital for children's mental wellbeing.

Back in late September we invited Chloe's Mobile Farm to visit the children at pre-school. We all had a lovely morning made all the better by the sun shining and the company of some of the residents and staff from Brize Meadow Lodge Care Home. It was wonderful to see the different generations interacting and enjoying the animals together.

It was the perfect opportunity for us to present Fran, Jack and the residents of Brize Meadow Lodge

with the Hamper they won on the pre-school stall at the Village Bash.

Brize Norton Open Gardens very kindly made a donation to pre-school from money they had raised. We spent the money on two bespoke outdoor dolls houses, furniture and little people for our outdoor learning area. A huge thank you to them for their generosity and for choosing the pre-school.

As the Brize Breeze goes to print we'll be busy preparing for Christmas. We have lots to look forward to with a visit to St Britius Church with Gary Long, posting our letters to Santa at the Post Office, preparing for our annual Nativity show and the travelling pantomime who will be coming to pre-school to perform for our children and families. We hope that some of the residents from Brize Meadow Lodge will be able to join us for the performance too.

We'd like to say a **huge thank you** to everyone who donated



towards the security cameras for the Elder Bank Hall garden.

We were so sad that our lovely new Dilly House was broken into but everyone's generosity has restored our belief in kindness and community. Not to mention the kindness from Luke of Chris Lewis Fire & Security who supplied and fitted the cameras free of charge!

This meant all the money raised goes to the pre-school to spend on the children.



Thank you so much Luke and to Dean and Rob for giving up there time for free to install them! We are extremely grateful.

We have just a few sessions remaining for September 2024. Please do get in touch if you'd like to arrange a visit to our pre-school.

To contact Brize Norton Pre-School about places, open days or registration, Text/WhatsApp: 07769 617697 brizenortonpreschool@hotmail.co.uk www.brizenortonpreschool.co.uk



Brize Norton Primary School



By Robyn Jones

The Autumn Term has arrived and with that, as a school, we have welcomed new children and families to the Brize Norton School community along with new members to our team. The start of the new school year has seen as our review our school vision. Our vision for all within the school community is to SHINE for ourselves and each other with kindness. Last year, pupil voice highlighted the importance of kindness being an underpinning value for our children. With the launch of our renewed Vision Statement, we have initiated the 'Cup of Kindness' to our weekly celebrations. Each week, the staff team nominate a child who has shown kindness to themselves or one another who are then presented with a trophy within our celebration assembly. This has begun successfully with children receiving recognition for something that is so valued among us as a community.

As a school, relationships and connectedness underpins all that we do. We are one of

the lucky Oxfordshire schools who are taking part in the Oxfordshire County Council pilot scheme of the Relational and Restorative programme. This programme looks to see us develop our relational practice as a community, ensuring all children feel valued, heard and safe and enables them to flourish as individuals. Myself, the headteacher, and Mrs Maria Penn, the SENCO, are attending the leadership programme and will be begin embedding this within the culture of our school over the coming academic year and beyond. I am very much looking forward to launching this more fully to our parents in the coming terms.

This year has also seen us develop and grow our leadership roles for children. We have a new school council committee who will be supporting me with initiatives within the school which encompasses the pupil voice. We have also a new Eco Committee who will be led by Mrs Weeks. You may well see this committee out and about within the village during lunchtimes as they would like

to help to keep the village litter free. They will be out litter picking weekly focusing on the play park, recreational ground and surrounding areas. We have appointed team captains for our school's houses as well as we are currently interviewing for Head Pupils who will support myself in representing the school in both school and community events. The children are embracing these new roles and opportunities.

We are also continuing to review our curriculum provision here at Brize Norton. We want to ensure our children have the independence within them as learners to be able to move onto the next stages in their academic careers, be it with us or as they go on to secondary school, to truly SHINE. Over the year, staff are receiving training with this in mind.

These are just a few on the new year developments we are underway with at school, with many more to come over the course of the year...

To contact Brize Norton Primary School, visit their new website at www.brizeprimary.org



A BIG THANK YOU!



The Bampton Community Charity Shop is a little different. Once costs are covered, all the money made from the sale of donations in the shop, **literally go to the local community.**

With the latest grants given a few weeks ago, this little shop has awarded nearly £250,000 to local clubs, charities and societies since November 2016.

Kate from the BNSA, has worked hard nearly every year to see if the pupils of Brize Primary are once again able to receive a grant from the Charity Shop.

We were unbelievably happy to find out that again this year, we would receive a grant of **£1500!**

The money goes straight to all the projects, trips and experience days that Government funding is unable to pay for and this in turn helps enhance learning, life skills and gives greater educational experiences to all the children.

We would like to thank every one of the 80 volunteers who work in the shop and the out-of-hours team, who make this funding possible and help the shop go from strength-to-strength. If you are interested in finding out more or helping, please contact Jenny at jenny.chaundy@btinternet.com or on **01993 850918**



Community Christmas Carol Service

Brize Norton residents are warmly invited to our
Community Christmas Carol Service at Brize Norton Primary School.

Come and join our Upper School children in the school hall and listen to the singing whilst enjoying warm mince pies and drinks.

Monday 18th December at 2:15pm – 3pm

All welcome, please do email the office by Friday 15th December if you wish to join us
office.2250@brize-noton.oxon.sch.uk or directly on 01993 842488

There will be a collection for the School Association who raise money to enhance the experience for children at our school.

*Due to the hall's capacity, this is for residents of the village and not for parents of children who currently attend the school, parents are invited to join a separate carol concert.



By *Ady State*

Murmurations

Have you ever seen a murmuration? I guess some of you will be saying “What’s a murmuration?”

Well, a murmuration is when winter starlings, in very large numbers gather together, before settling in a communal roost.

Before they settle down, they often fly in a huge flock which swoops and swirls in a coordinated manner-like an enormous Mexican wave.

In the UK, this is one of our greatest natural sights and viewers are often left spellbound after watching it.

These roosting sites are scattered all over the country with the biggest ones occurring on the old Brighton pier and at Ham Wall RSPB reserve in Somerset.

Smaller ones occur locally and in recent years these have been at Otmoor RSPB reserve near Oxford, Standlake common, Dix pit near Stanton Harcourt and another site near Eynsham.

It is pretty certain that the birds

we see gathering on the wires crossing Station Lane, near the allotment in the centre of Brize Norton, will go to one of these sites. Each evening I watch them leave the wires before dusk and swirl around the village collecting more birds as they go before heading off to the East.

In the winter months our local birds are joined by an almost equal number of migrant starlings from Eastern Europe. The number of these migrants depending on how hard the eastern European winter is.

Why starlings murmurate is a question that ornithologists have long debated but it is accepted that there is greater protection in numbers and raptors such as peregrines find it difficult to target individual birds in such a swarming mass.

Also, the close proximity of the birds on branches or in reedbeds helps them stay warm. Intriguingly research shows that the birds appear to be able to share information on the best sites to feed from, through means unknown.

When I was a teenager, I visited a starling roost at Maggot’s Grove near Crawley. Maggot’s grove is

named after the old name for a magpie a ‘maggot pie’ rather than as I had surmised ‘Farmer Maggot’ in JRR Tolkien’s novels.

Anyway, back to that evening, as the fourteen-year-old me slipped into the spinney on that moonlit night the trees stood out as silvery-white because of their coating of bird droppings.

With but a few paces in and I soon realised that I was surrounded by many thousands of birds on every branch from chest level upwards.

It was pretty spooky but with an irresistible fascination I pressed on trying to put thoughts of Tippi Hedren in Hitchcock’s ‘The Birds’ out of my head. I saw ahead of me a silvery pool of light and as I stepped into the clearing, I saw I was not alone.

A large dog fox had also stopped and was staring intently at me his fur silvery grey in the moonlight.

I froze and he slowly walked past me close enough for me to have touched him.

A magical moment that will be forever imprinted on my mind.

Get in touch with *Ady* via a.state@brizenortonparishcouncil.co.uk

All Creatures...



By Debbie Ryan

Cotswold Wildlife Park celebrates a milestone: the birth of two White Rhinos in just one week.

It's been a remarkable time at Cotswold Wildlife Park and a milestone for both the European Breeding Programme and for Rhino conservation.

Recently White Rhino Ruby gave birth to the tenth Rhino born at the Park in the last decade - a

huge achievement. Less than one week later, White Rhino Nancy gave birth to a second calf.

It's the first time in the Park's history that two Rhinos have given birth in the space of just one week - a momentous chapter in the Park's history as Managing Director of Cotswold Wildlife Park, Reggie Heyworth, explains.

"It is so exciting to welcome a White Rhino calf into the world. So it is even more amazing that in the space of one week, both our wonderful female Rhinos, Nancy and Ruby, have now had calves! Ruby had a male calf on 12th August and, not wanting

to be left out of the excitement, Nancy popped out a female calf on 19th August! That makes it 11 calves born here at the Wildlife Park in 11 years.

What joy they have brought to us all, they are just the most charismatic and lovely animals and visitors and staff alike are absolutely entranced by them.

My father, the founder of the Wildlife Park, died in 2012 just before our first calf was born but I'm sure that he would be absolutely over the moon if he knew. Rhinos are a real Heyworth favourite!"

To contact the Cotswold Wildlife Park email: enquiries@cotswoldwildlifepark.co.uk

Croc's Corner

By Becky Mansfield

It's at this time of year that we're really pleased that Crocodiles of the World is most probably the warmest place to visit in Oxfordshire!

When the weather turns cold and wet, our crocodile micro-climate remains nice and warm, because that's how they like it and their happiness is what matters most to us. When we were recently creating the official 2024 Zoo Calendar, it was only after we selected the photos that we realised half of the species featured are either critically endangered or vulnerable. This is the sad reality of the world we live in, and we are proud to be able to contribute



towards protecting the future of these species, this includes our stunning Siamese crocodile, Hugo, who also has the honour of being on the front cover for 2024.

In fact, talking of Hugo, you'll now find Siamese crocodiles Hugo and Rebecca, who were the first breeding pair in the UK, in the different enclosure at the back of the main Croc building, including a glass walkway for those brave enough to step onto the glass to potentially see a crocodile below. Moving crocodiles gives us the opportunity to get up close and have a really good health check of the animals. We also collect valuable data such as weights and various measurements, allowing us to monitor the development of the crocs. Rebecca measures a respectable

2.3 metres in total length and weighs 52kg. In comparison, however, Hugo is 3.2 metres and weighs a whopping 162kg! That's over 3 times the weight of her! Both are in great shape, so it shows just how much the mass of a crocodile can increase as it reaches those longer lengths.

Snappy Gift Ideas!

There's no ignoring the fact that Christmas is creeping up fast! Why not take a look at our website for some gift ideas?

We wish you a very Snappy festive season

To find out more visit their website www.crocodilesoftheworld.co.uk



Long term residents need your help!

By Blue Cross, Burford

Thinking about a rescue pet? Roxy & Mona have been at Burford for over 120 days...so let's find out a little about them!

Mona and Roxy are 2 sweet sisters looking for a home together. They are older girls so are looking for a quieter home where they can go for a couple of gentle walks a day followed by a game of fetch, (which is their favourite!), and then cuddling up on the sofa with their owners. They especially love a walk that

involves splashing in water! They are very affectionate with their familiar people and will make great companions for someone, as they love being around people.

"Roxy and Mona are the sweetest girls and such lovely companions. They are pretty low maintenance, love to chase a ball in the morning followed by a long sleep, and a gentle walk later in the day. Very easy to love with and very loving towards you."

To find out more about them, go to: <https://www.bluecross.org.uk/rehome/dog>



By Dr Tracy A Jones

I moved back into the area in early 2020 and have a number of local volunteer roles with Guide Dogs. I am the coordinator for the local Guide Dogs community fundraising group (Cotswolds Oxfordshire) which covers this area. It is a relatively new group that I started and we are always looking for extra volunteers locally to help with fundraising and events locally. We arrange and attend events



in the local area - you may have seen us at the Carterton Carnival, Brizefest, the Brize Village Bash, or seen us at one of our library visits in Bampton, Carterton, and Burford. Guide Dog mum, Poppy and her friend, retired Guide Dog Humphrey, are becoming rather well known locally at these events.

I am also a qualified speaker for Guide Dogs, so I am always happy to come along and talk to any social groups, schools, children's clubs, or business meet & greet

sessions, usually with my four legged assistant, Poppy. My other volunteer role with Guide Dogs is being the holder of a Guide Dog Mum. Guide Dog mum Poppy belongs to Guide Dogs but lives with me as a volunteer, her puppies are little life changers who go on to train to be Guide Dogs of the future.

You can help the Guide Dogs. Find out more from Tracy: cotswoldsoxfordshireguidedogs@btinternet.com



St Britius Church

By Carolyn Peach

In our last report we advised that we had to temporarily change our scheduling of church services due to clergy holidays and illness. To help alleviate this problem we now welcome Reverend Barry Hanson who joins the benefice as a part-time associate priest who has recently been licensed and will be helping out for the next year.

Barry moved to the UK from Australia 'as an adventure' many years ago and enjoyed himself so much he's stayed on!

We have now reverted back to our normal service calendar and welcome you to our regular **9.15am Sunday morning Holy Communion worship, and Wednesday 7pm Holy communion** - for details of these and other church services refer to the notices on the church door or the website www.bncommunity.org.

Although the Village Bash was badly affected by the weather on the day, thank you to everyone who visited our fundraising stall and bought cakes, second hand books and bric-a-brac. We raised over £160 for our general funds.

As I write this we have recently celebrated harvest. We had a 'harvest lunch' get together at the Chequers and the all age family service Harvest Festival. A collection of produce was made and will be taken to support the local Besom project. The church was beautifully decorated with flowers, wheat sheaves and hedgerow berries.

Our Remembrance Sunday service was once again very well attended and there were the laying of wreaths and silence at the War Memorial. A collection was taken at the service and donated to the Royal British Legion.

In the run up to Christmas we invite you to join us on **Monday 11 December (6pm to 7.30pm)** to sing carols in the village - if you would like to come along please contact Carolyn (844102).

We look forward to welcoming you to the following Advent and Christmas services:

- **Candlelit Carol Service on Sunday 17 December at 6.00pm** - there will be a series of readings, carols and the children's Nativity Tableau - we invite children to come dressed as shepherds, angels, wise men and people of Bethlehem. Please contact Carolyn (844102) for more details.



- **'Longest night' service Wednesday 20 December at 7.00pm** - a special service of reflection led by Rev Katie Welborn
- **Christmas Eve, Sunday 24 December at 9.15am Holy Communion and Midnight service at 11.30pm**
- Please note there will be *no Christmas Day service at St Britius* but everyone is welcome to celebrate at a family communion service at St John the Evangelist, Carterton at 10am
- **Sunday 31 December at 10.30am Holy Communion** - we welcome the congregations of St John's, Carterton and St Mary's, Black Bourton to this Benefice Holy Communion service.
- Looking ahead to the New Year we celebrate Candlemass with our Christingle service, **Sunday 4 February 2024** and look out for information in the New Year for our **pancake supper on Shrove Tuesday 13 February 2024**.

You are invited to the church **each Tuesday lunchtime, 12 noon to 1pm, for fellowship and a chat**. Enjoy soup and a roll or bring your own lunch. Please contact Ben Campion (07795 192812) for more information.

At our recent PCC meeting we agreed that repairs to the churchyard extension path need to be made. We hope to progress with this in the next few months.

For any further details of the church services refer to the notices on the church door or log onto the website www.bncommunity.org

What would Jesus Do?

A Timeless Question for our Modern Village Community



By Ben Campion

In a world that is constantly evolving, it becomes increasingly important to seek guidance and inspiration from the teachings of those who walked before us. Among the many influential figures throughout history, Jesus Christ stands out as one whose principles have transcended time and continue to resonate with people of various backgrounds and beliefs; not merely Christians, but Muslim and Historians all recognise the remarkable position Jesus of Nazareth holds in history. The question "What Would Jesus Do?" has become a guiding mantra for individuals seeking moral direction and a path toward greater compassion and empathy.

The phrase "What Would Jesus Do?" originated from the book "In His Steps" by Charles M. Sheldon, published in 1896. This novel explores the idea of living one's daily life by asking oneself what actions Jesus would take in any given situation. The central premise is to align one's thoughts and actions with the teachings of Jesus in order to cultivate a more virtuous and meaningful existence.

At its core, the message behind "What Would Jesus Do?" is about

love, kindness, forgiveness, and selflessness. Jesus taught his followers to love their neighbours as themselves, to show mercy to those in need, and to treat others with the same compassion they would want for themselves. By posing this question to ourselves, we are reminded to prioritize love and empathy in our interactions with others - a philosophy that transcends all cultures and religions.

In today's fast-paced and often divided world, the concept of "What Would Jesus Do?" holds even greater significance. It encourages us to pause and reflect on our actions before acting impulsively or lashing out in anger. It prompts us to consider the consequences of our choices and how they might impact those around us. By adopting this mindset, we become more intentional in our words and deeds, nurturing harmony and understanding in our communities.

Furthermore, "What Would Jesus Do?" prompts us to address social justice issues and advocate for those who are marginalized or oppressed. Throughout his ministry, Jesus demonstrated a deep concern for the vulnerable and marginalized members of society; it's not just the Christian Bible that tells us this, but also contemporary accounts of his

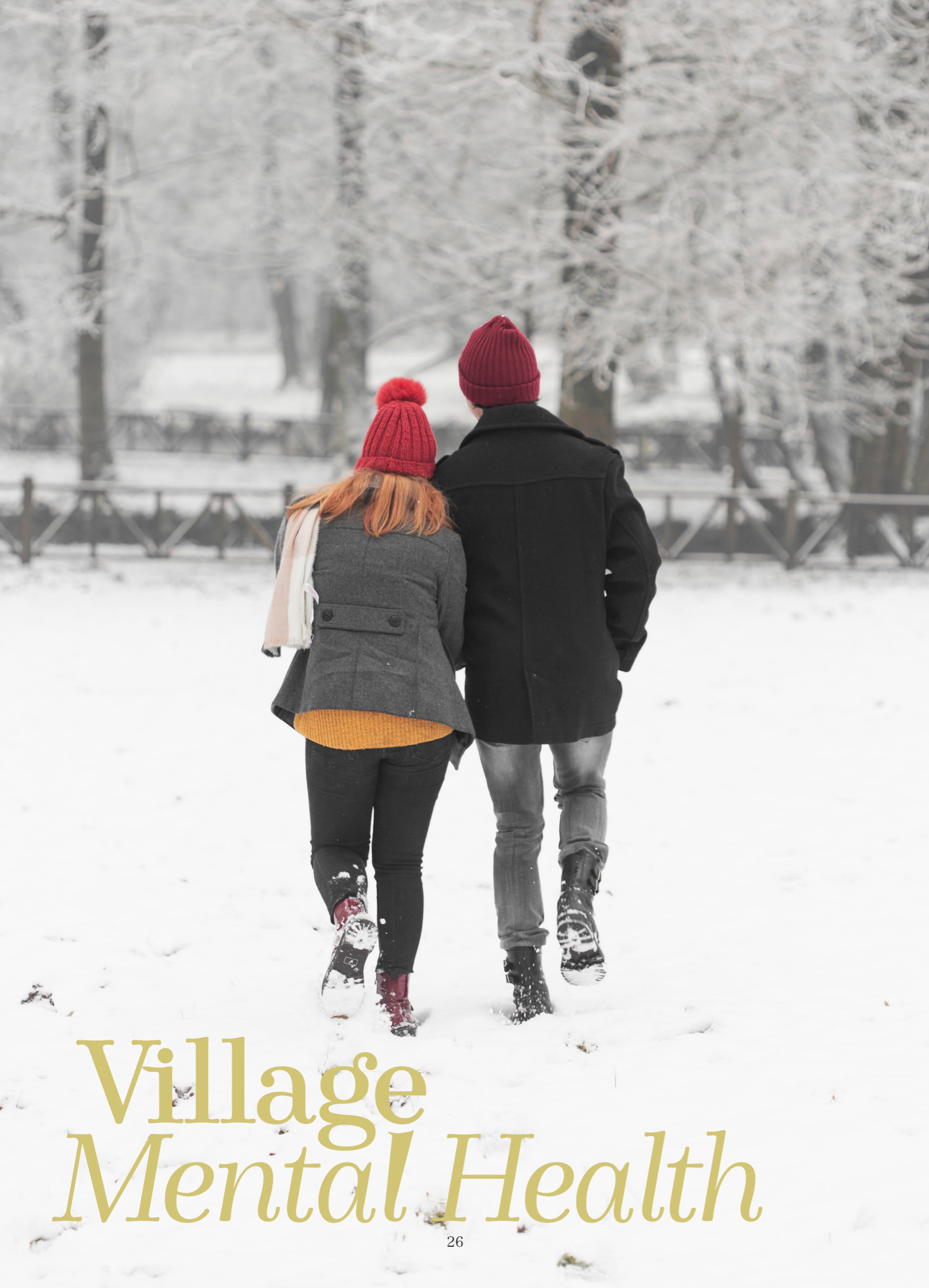
life. He showed kindness to the outcasts, defended the rights of the oppressed, and challenged unjust systems. All of us in today's society are called to fight for equality and justice for all; the idealised concept of 'WWJD' holds true for us all today.

An interesting anecdote is that the rainbow was the 1960s sign for the 'WWJD' movement of evangelical Christians... and then morphed into the symbol for Gay Pride... a cause I feel sure he would champion if he were to return today.

In conclusion, the question "What Would Jesus Do?" serves as a guiding light for individuals navigating the complexities of modern life. It challenges us to live with integrity, kindness, and empathy, even in the face of adversity. By embracing his teachings and embodying his message of love, we can contribute to a more compassionate and harmonious society. So, let us each ask ourselves, in every situation we encounter,

"What Would Jesus Do?"

Ben Campion supports and runs businesses and community groups in Brize Norton.



Village Mental Health

Walking for Wellness:

Embrace the journey to a healthier you



By Ben Campion

I am writing this while on holiday; spending quality time, resting and reconnecting with that lovely person I married 30 years ago. One of our favourite activities when away has always been simply 'going for a walk'...

With our busy lives and never-ending to-do lists, it's easy to neglect our physical and mental well-being. We rush from one task to another, often forgetting to take care of ourselves. But what if there was a simple, accessible way to prioritize our health and find balance in our lives? Enter walking for wellness – a practice that can transform our lives in countless ways.

Walking is a basic human activity that we often take for granted. We use it as a means to get from point A to point B, but rarely do we consider the powerful impact it can have on our overall well-being. Walking for wellness is more than just a physical exercise – it's a journey towards self-discovery, mindfulness, and a healthier lifestyle.

First and foremost, walking is a low-impact form of exercise that almost anyone can do. It doesn't require any special equipment or expensive gym memberships. All you need is a comfortable pair of shoes and a desire to improve your well-being. Whether it's a leisurely stroll in the park or a brisk walk around the neighbourhood, every step you take counts towards a healthier you.

One of the greatest benefits of walking for wellness is its positive impact on our physical health. Regular walking has been proven to reduce the risk of chronic illnesses such as heart disease, diabetes, and certain types of cancer. Just ask David, our villages favourite walking advocate! He has lost weight and gained fitness, looking and feeling great... (super 'well done' David, by the way!) Walking strengthens our cardiovascular system, improves blood circulation, and helps maintain a healthy weight. Not to mention, it boosts our immune system and promotes better sleep – essential factors for a strong and resilient body.

But the benefits of walking go beyond just physical health. Walking can also be a powerful tool for mental and emotional well-being. When we walk, we allow ourselves to disconnect from the constant noise and distractions of our daily lives. It's a time for solitude, self-reflection, and a chance to clear our minds. Many people find that walking in nature – whether it's a quiet forest or a scenic coastline – brings about a sense of peace and serenity that is often missing from their hectic routines.

Moreover, walking releases endorphins – the feel-good hormones – that elevate our mood and reduce stress levels. It can be a natural remedy for anxiety and depression, as it provides a healthy outlet for emotions and helps us regain focus and perspective. Walking also stimulates creativity and

boosts cognitive function, allowing our minds to recharge and come up with fresh ideas

So, how can we incorporate walking for wellness into our daily lives? The key is to make it a habit. Start by setting aside dedicated time each day for a walk, even if it's just a short one. Getting a dog is a favourite – but not everyone likes dogs (note the editor and author both getting new puppy's!). Consider walking to work or taking a stroll during your lunch break. Invite friends or family members to join you for added motivation and companionship. And don't forget to track your progress – by keeping a log of your walks or using a fitness app, you can see how far you've come and celebrate your achievements along the way.

Walking for wellness is a journey – a step-by-step process towards a healthier and more fulfilled life. It's not about reaching a specific destination, but rather embracing the present moment and the opportunities it holds. So, put on your walking shoes, step outside, and embark on this transformative journey. Remember, every step you take brings you closer to a happier and healthier lifestyle.

Ben Campion is an RGN/RMN/BSc(Hons)/ENB A12 (CBT, BABCP Accredited Therapist and both supports and runs businesses and community groups in Brize Norton.

To Contact Ben, email jayne@chapelhilldesign.co.uk

CHRISTMAS CHAOS?

By Jayne Attwood

So, here we are approaching the end of 2023. As Christmas starts to loom, it may be worth taking a moment to reflect on how you feel about the upcoming festivities. We are all in different situations and therefore all have different perspectives on what Christmas will be like.

The most common view of Christmas in the UK is of the family all getting together to exchange gifts and eat a huge, sumptuous meal and then play games while Grandad has a nap. But under every picture there is the sub-text – maybe one parent doing all the shopping, prepping and cooking, the other having to socialise and look after other family members. Or maybe your Christmas looks nothing like that - perhaps you don't even celebrate Christmas.

“With a massive 81% of respondents finding Christmas stressful...”



With a massive 81% of respondents to a YouGov/Mind poll finding Christmas stressful, what are the best ways to navigate the craziness?

PLAN AHEAD!

What kind of Christmas do you want? Keep things as simple as possible and involve your guests early – get them to help with preparations, making up their own guest beds, bringing food and drinks – put someone else on breakfast duty! If you need a quieter time, be honest with yourself and your

family and decide how you can accommodate their wants with yours – a short half day visit or meeting up for a meal out might be a good compromise.

YOU DON'T NEED PERFECTION.

Will anyone really care if you don't have turkey & trimmings, or that your house isn't spotless, as long as you're doing the things you want to do with the people you want to be with?

MONEY A BIT TIGHT?

Being short of money is challenging, but you can say

no to some stuff, prepare the kids for a small budget celebration and/or planning ahead with your friends/family to share costs can help make it all a bit more manageable. If you're really struggling, OCC, WODC and the West Oxfordshire Food Bank all have help on offer.

FIND TIME FOR YOURSELF.

Getting away from it all for 15mins! Go upstairs, shut the door, and plug into some favourite tunes or quiet meditation can mitigate potential Christmas meltdowns. Getting out for a walk/run/bike ride will clear your head and re-focus.

Loneliness is a growing problem in the UK, whether you're newly single, widowed or for any other reason. AgeUK offers telephone friendship services and more, and there are now Men's Sheds for friendship, DIY and community – look online for The Witney Shed. There is also a local Good Neighbour Scheme offering help, support and company. Whilst some of these schemes are aimed at seniors, you could

volunteer yourself and get the satisfaction of contact as well helping others. Other ideas

include exercise groups (Madie's Mental Health Walks, Carterton Walkie Talkie, Active Oxfordshire 'Move Together'), or start your own friendship group with like-minded people and see if you can club together at Christmas.

So, get planning now, and here's hoping that you get through the Christmas Chaos...

...with a smile!

Jayne has very kindly supported this issue by paying for an advert. Thank You!

If you would like to contact Jayne about this article, yoga or pilates, please see the details in the advert above.



AD ASTRA YOGA & PILATES



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WUTHERING HEIGHTS

By David Beale

There are cracks in the sky where the Angels do fly, and their wings are a silvery white
And they soar through the air, through the cracks that are there, back to earth, down to Wuthering Heights.
For the snow and the wind is so harsh it is blinding, with it's stormy and blustering gusts
But the weather outside is nothing quite like the intenseness of what's on indoors.

And the hand that was seen at the window may've been Cathy's phantom come back from the moors
Through the sleet and the snow all that yearning never goes, back to her love who ran out the doors
For now he's outside, searching far, seaching wide, for his darling his one lost true love

As the woman inside tells the stranger just why he went out in so much of a rush
For a long time ago, this saga did go, that Heathcliffe, a young orphaned boy
Was adopted and raised in a house that was seized by a passion overwhelming them all
For Cathy and Heathcliffe, quite innocent at first, used to play up at Pennistone Cragg..

But over the years they fell madly in love, though vanity held them apart
Oh Cathy my darling, Oh Cathy don't go, haunt me, be with me always
Take any form, drive me mad, just stay with me till the end of my days.
But alas she could not, and she died, that's her lot, and Heathcliffe went crazy with grief.

Then over the years when he finally died, his spirit went out on the heath.
And met up with Cathy, who wandered the moors eternally looking for him
So they went to their castle by Pennistone Cragg, opened the doors and went in
For Cathy and Heathcliffe, together at last, just wanted to break all the rules
By staying together in death as in life as ethereal lovers of old.

A young artist...



A budding creative artist...



A thoughtful photographer...



Photo by Emma Baughan



Photo of Jessica and partner at The Vault Competition

A Sports Acro Gymnaſt



Planting, Propogating & Pruning



Winter Gardening
FROM LISA-MARIE & HER MAM



By Lisa Hudson

Wow... this time of year start to get dark and cold quickly! It's good to be prepared and here are a few pointers to help!

NOVEMBER

- Autumn is here already. It's one of our favourite seasons, with all the colour in the trees, as nature does its thing.
- There are lots of jobs to do at this time of the year, so head outside and have a tidy-up. Cut back any fuchsias, astrantia and hydrangeas¹.
- If you haven't already done so, collect any seed heads such as annual sweet peas and poppies. Dry them off indoors and store them in a labelled paper envelope. We store my envelopes in port box! ²
- Now is the time to plant tulips and daffodil bulbs along with pansies, primroses

and heathers, which are full of colour and available at garden centres and most supermarkets. You can plant these in your pots, containers and baskets, and use ivy to soften the edges and add interest³.

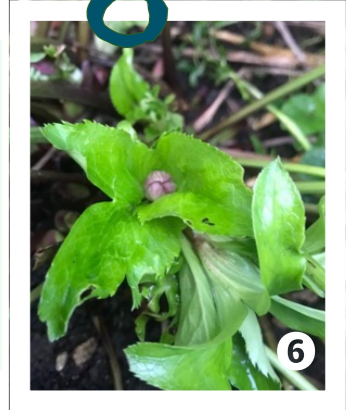
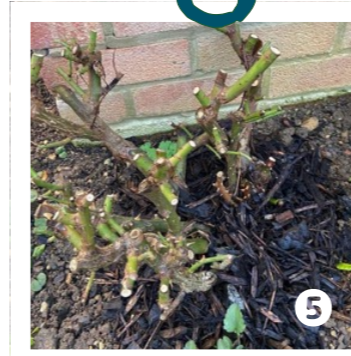
- Each year we add more evergreens to our pots which look beautiful such as gaultheria procumbens (partridge berry), skimmia japonica or heuchera.
- If planting cyclamen, position them in pots which are sheltered or under shrubs or bushes. This protects them from the snow⁴.
- If your roses had black-spot and/or rust, then be sure to pick up the fallen leaves as well as pruning the rose bush back. Collecting the leaves will prevent speak of rose diseases.
- While cutting back climbers, check your trellises are not broken, and make sure climbers remain well tied up.
- Last winter we lost so many plants which had survived in the garden for many years

before. This year we have decided to mulch many of our plants including salvias, fuchsias and dhalias (if you leave them in the ground). Use plenty of bark or mulch to cover the earth beneath your plants. This will act like a blanket from the frost⁵.

- If you are planning a bonfire in your garden, check for hedgehogs before you light it, and if tidying leaves, be sure to leave some near hedges for hedgehogs to use for nesting.
- Clean your bird feeders and nesting boxes due to all the usage they've had since spring.

DECEMBER

- The weather is now cold, wet and windy, so make sure your plants are supported. Position pots in a place they are less likely to fall over in the winds.
- Cover outdoor taps and pipes to stop them freezing. We put a little jacket over our outside taps secured with velcro for easy removal if you need to use the tap.



- If you have plants sheltered in a shed, summerhouse or greenhouse, water them a little less often now to prevent them rotting.
- If you have a greenhouse heater, check they are working before the frost sets in.
- Check tubers and corms (if you have lifted and stored them in the shed) to make sure they have dried and not rotting. We wrap ours loosely in newspaper for protection.
- Remember to keep feeding the birds; it's cold outside. Keep them well fed with fat balls, nuts and meal worms.
- If you store bird food in the shed, be sure your feed is in a metal tub or something similar to prevent mice from chewing through and feasting on your bird food. Our resident house mouse (Mr Bojangles!) eats the fallen seed from the bird feeder.

JANUARY

- After spending lots of time indoors with family and friends during the holidays, pop outside to have a tidy-up

in readiness for the spring. I'm sure there are lots of bulbs starting to sprout and lots of colour from all the annuals planted.

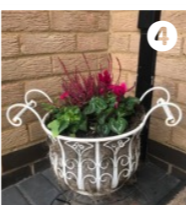
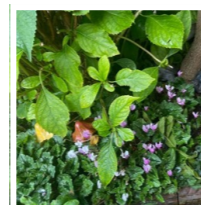
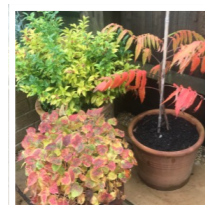
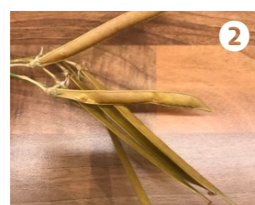
- Maybe clean your plastic pots and keep your greenhouse clean. Use an oily rag to clean your garden tools as this will leave a thin layer of oil to prevent rusting.
- Check any covers on your plants are still wrapped well and check all supports too.
- You can still prune rosebushes in January while they are dormant. They can be treated with a spray for bugs and diseases.
- If you have dark, old leaves on hellebores, cut them off so you see the greener leaves and the blooms⁶.
- If your pansies are looking long and scraggy, cut the long bits off and keep dead-heading to encourage more flowers.

cyclamen be sure to brush the snow off these too, as we find they die easily if the snow is left on them.

- Continue to feed our feathery friends and make sure they have access to fresh water. We usually pour a jug of warm water on our bird baths to break the ice if we've had a hard frost.

Have fun and we both wish you a great Christmas!

To contact Lisa or her Mam, please email jayne@chapelhilldesign.co.uk



Home and DIY



By Jennifer Harrison

Buy Art this Christmas!

Ever considered giving a piece of art as a Christmas gift?

For a friend or family member, it is a wonderful gesture that is both meaningful and long-lasting. Not only does it enhance the recipient's living space, but it also uplifts their mood every time they lay eyes on it.

As a gallery, we understand the importance of this gift, and we are always available to help you select the perfect piece for your loved one.

At SOTA Gallery, we offer a wide range of handmade British art objects that go beyond only paintings. Our collection is diverse and includes tactile ceramics, from over 30 British potters, each carefully chosen for their own unique style. From sculptural statement pieces, and functional pottery to quirky and whimsical pieces there is something for everyone's taste and budget.

We also have an impressive collection of sculptures made

from ceramic, wire, metal, wood, bronze, and more. These select pieces are perfect for both indoor and outdoor spaces and can add an extra layer of charm to your home.

For those looking for something colourful and bright, we have a selection of hand-blown glass



pieces and traditional stained-glass items available.

Our jewellery collection is all locally made by talented silver smiths and jewellers, all using only silver or gold, and features a wide variety of styles to choose from.

If you're considering prints, our collection is diverse and full of

colour, featuring fun, quirky, wildlife, landscapes, Pop art, photography, and much more. We can even frame prints if you want to present them in a frame.

Finally, our collection of original paintings ranges from tiny little artworks to big wall-fillers, covering many subject matters such as landscapes, seascapes, cityscapes, wildlife, still life, abstract, and more.

If you are still unsure what your loved one would choose we offer gift vouchers for any amount so they can visit after Christmas and choose a gift for themselves. We are also a member of Own Art, so you can purchase art interest-free, over 10 months.

All of our pieces are of the highest quality, and by purchasing from us, you'll be supporting local artists and crafters. We take pride in the quality of our work, and we're confident you'll find the perfect piece for your loved one in our gallery.

Jennifer has very kindly supported this issue by paying for adverts. Thank You!
See more details for SOTA and Witney Framing opposite.

TOP DIY Tips from Rod!

Prepare for winter with these top 5 Plumbing and Heating tips

Service your gas boiler

Regular boiler maintenance is essential to ensure that it functions efficiently. Schedule a boiler service with a registered Gas Safe heating engineer to detect any problems and to keep your heating system running smoothly and efficiently.

Set your thermostat

Check your room thermostat and lower the temperature when you are away from home to save energy. Programmable thermostats are available and can help you maintain a temperature which you are comfortable with and save energy when you are out.

Bleed radiators

If your heating system is radiator based, bleed your radiators to remove trapped air -this will ensure that they heat your home efficiently. Top-up the heating system to 1 Bar, if the pressure is low.

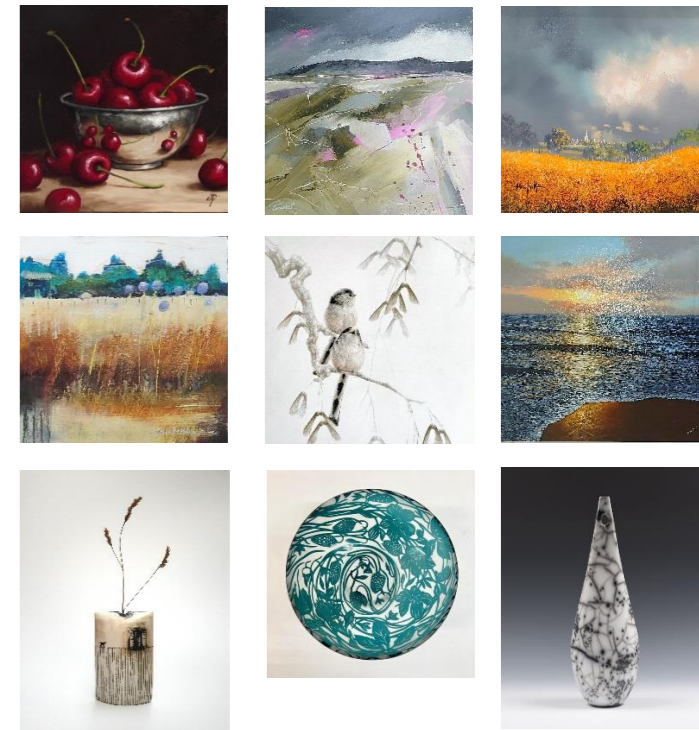
Insulate pipes

Check your pipes to ensure that any exposed pipes in unheated areas such as lofts, outhouses and cellars are insulated. This can help to prevent freezing and burst pipes in the winter.

Drain outdoor taps

Check that you have disconnected and drained any garden hoses and shut off the supply to outdoor taps before the cold weather sets in. This will prevent damage to taps and pipes from frozen water. Remove, drain and protect from frost any garden irrigation devices.

Rod has very kindly supported this issue by placing an advert in our Village Directory. Thank You!



SOTA Gallery

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locations across the neighbourhood.

“You can reduce the risk of becoming a victim of burglary by taking a few simple steps.”

If you're getting items delivered please make sure you:

- Track your parcels and make sure items are delivered when you are at home to receive them, or have them delivered to a trusted alternative address.
- Cut up packaging for any expensive items so that it will fit inside your refuse bin, never leave boxes next to the bin where they can be seen.



Issue burglary prevention tips in the run up to Christmas

PCSO Richard Connor

As nights draw in and Christmas gets closer, it is important for everyone to protect their house so they're not an attractive target for burglars.

A Thames Valley Police statement said: “We know that the period following the clocks going back and in the run up to Christmas often sees the number of burglaries start to rise.

“I will of course be out on patrol, targeting offenders and

- Install a video doorbell; this can be connected to your mobile so you are notified immediately of any delivery, and is easier to install than a full CCTV system
- Install a security light
- Remove any address labels as they can give away what you've had delivered as well as increase the chances of you becoming a victim of identity fraud.
- As many people are likely to be celebrating at home this Christmas see the following prevention tips:
- Don't leave presents on view under the Christmas tree.
- Refrain from posting photos of high value presents, such

as jewellery or electronics, on social media.

- Remember to mark your new presents using a UV pen and register them on the national property register at immobilise.com.

A little about Richard:



I am Richard Conner the PCSO for your area and here to assist your parish and community in anyway I can. I am based out of Carterton Police Station however my area beat is Carterton and Brize Norton Parish.

My job is to assist in tackling some of the quality of life issues in local neighbourhood areas; I deal with incidents and anti-social behaviour, general nuisance issues and many other concerns. This in turn contributes to the Constabulary's aims of raising visibility and reassuring the public.

If you need any advice please contact me, C8155 Richard Conner. Richard.Conner@thamesvalley.police.uk



Brize Meadow Lodge Care Home had the grand opening of their 'Poppy Inn Veteran's Bar' on Sunday 12th November in honour of Remembrance Sunday

By Frances Payne

An open letter to the Brize Norton community from Frances Payne, Home Manager at Brize Meadow Lodge care home, operated by Ideal Carehomes.

On behalf of everyone at Brize Meadow Lodge, I would like to share some exciting plans and events we have in store this Christmas to bring together and benefit our community.

As our first Christmas at Brize Meadow Lodge, we want to create the most special memories with our residents and neighbours. On Friday 8th December, we would like to invite you to our first ever Christmas Light Switch On!

Taking place at our beautiful home, we'll have live entertainment, festive activities for the whole family and traditional Christmas refreshments. Later in the evening, we'll all come together to turn on the Brize Meadow Lodge Christmas lights.

For the Christmas carol lovers, on Monday 11th December, we're looking forward to a live performance from RAF Brize Norton Voluntary Band. All are welcome to join us for the concert, which we're sure will perfectly embody the spirit of Christmas.

A little closer to the big day, on Thursday 21st December, local parents and children will be able to come along to Brize Meadow Lodge for our Christmas Stay and Play! We'll have lots of fun activities such as Christmas card

and decoration making, and of course, delicious treats for all. This is a great opportunity for families to get creative during the school holidays before Santa pays a visit...

We have an open-door policy, so if you have any questions about our home or our Christmas events, please pop in for a cuppa and a chat!

For more information about living at Brize Meadow Lodge, please see the details below.

Wishing you and your loved ones

a Merry Christmas!

To contact Brize Meadow Lodge, call 01993 323 313 or email brizemeadow.lodge@idealcarehomes.co.uk www.idealcarehomes.co.uk

THE VILLAGE DIRECTORY

LOCAL INFORMATION

- **Brize Norton Parish Council**
clerk@brizenortonparishcouncil.co.uk
- **St Britius Church • 846996**
- **Brize Primary School • 842488**
www.brizeprimary.org
School Governors
Alistair Doran • 07788 214 663
adoran@brize-norton.sch.co.uk
- **BNPS School Association**
Emma Baughan
bnsa_fundraising@outlook.com
- **Brize Norton Pre-School**
Jackie Hampson • 07769 617 696
brizenortonpreschool@hotmail.co.uk
- **Brize Norton FC • 841096**
Simon Cook • 07825 002 298
Adam Harris • 07415 331645
adam.harris@aplan.co.uk
- **BN S&SC/Cricket Club**
Tim Gush • message [facebook: @bnssc](https://www.facebook.com/bnssc)
- **Elder Bank Hall • 622714**
Jayne Woodward elderbankhall@gmail.com
- **Over 60's Club & Ballroom, Latin Dancing • 842373**
Joy Douglas
- **Open Gardens**
Dawn Humphris & Brian Trott
dawnhumphris@btinternet.com
brian.trott3@btinternet.com

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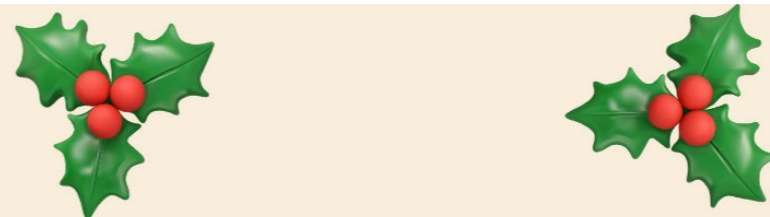
Simon Rhodes
Painter & Decorator

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- Over 25 years trade experience
- Based in Brize Norton
- 07919 871523
- simonarhodes@hotmail.co.uk



USEFUL INFO

- **Post Office at the Sports Pavilion**
9.30am - 12.30pm Tuesday & Thursday
- **Police (Witney) • Call 101**
10am - 6pm Monday to Friday (Closed Saturday/Sunday)
- **NHS helpline • Call 111**
(24/7 urgent medical conditions)
- **Council Info**
The Green Party District Councillor for Brize Norton and Shilton Ward -
Councillor Rosie Pearson
rosie.pearson@westoxon.gov.uk
- Conservative County Councillor for Burford and Carterton North East Division -
Councillor Nicholas Field-Johnson
(01993) 878309
- Member of Parliament for Witney -
Robert Courts MP
robert@robertcourts.co.uk
- **Planning proposals for Brize Norton and Surrounding area**
www.westoxon.gov.uk/planning-proposals



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Brize Meadow Lodge's Christmas Events

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FRIDAY 8TH DECEMBER : 5pm - 8pm

Christmas Light Switch On

Welcoming all our neighbours to come along as we launch our first Christmas at Brize Meadow Lodge.



MONDAY 11TH DECEMBER : 6.30pm - 8pm

RAF Voluntary Brass Band

Christmas carol lovers, join us for a live performance from RAF Brize Norton Voluntary Band.



THURSDAY 21ST DECEMBER : 10.30am - 12 noon

Christmas Stay and Play

We'll have lots of fun activities such as Christmas cards and decoration making, singing and of course delicious treats.

01993 323 313

Miles Drive, Brize Norton, OX18 1NZ

