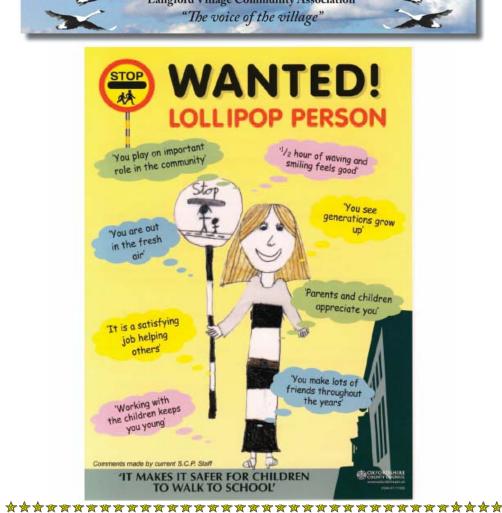


# Langford Life







Langford Village School Needs You! Details page 3

#### Page 2

#### **Triple Ironman Triathlete - Nick Crutch**



Fancy a workout?

Try this for size:

Swim 7.2 miles;

Cycle 336 miles;

Run 78.6 miles (3 marathons)

Well. That's exactly what Nick Crutch did in October in Virginia, USA, finishing in 5th place with a time of 54 hours, 34 minutes.

Nick is in training for next year's race.... But don't tell Helena just yet!!

Nick holds Circuit Classes and Post Natal Exercise Classes at Langford Village Hall... but don't worry, he does not expect everyone to enter the Triple Ironman Triathlon... only those who turn up late!

Email: training@nickcrutch.co.uk Tel:01869 253030 Mob:07818 673709

Bicester Veterinary Centre Victoria Road Bicester

01869 252077

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# PAULA STEVEN'S

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3A Meadow Row BUCKINGHAM M K 1 8 01280 817701

#### Be a 'Lollipop Hero'

Page 3

#### Page 14

## North Oxfordshire



If you need help or advice, contact your

Member of Parliament Tony Baldry at House of Commons, London SW1A 0AA. Tel: 020 7219 6465 www.tonybaldry.com

If you think that a group or organization would benefit from a visit from Tony, then do get in touch. He would be pleased to hear from you. Surgeries are held regularly in both Banbury and Bicester. To book an appointment just contact Tony's Parliamentary Office in the constituency on 01295 673873.

Published by Tony Baldry MP, The House of Commons,

- Care for your pets in their home environment = minimal disruption to their daily routine + peace of mind for you
- ☑ Dog walking (subject to availability when heavy demand) ✓ Medication administered, orally and through injections
- Care for your home in your absence, e.g. curtains, lights,



- Member of National Association of Registered Petsitters (NARP) Established company - over 300 regular customers since 2003
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- Fully insured and police checked
- Knowledgeable and reliable references on request

Rachael Hall / Babs Ballard 01869 321724

Mobiles: 07960 758859 / 07940 784792 Email: info@animalmagicbicester.co.uk Website: www.animalmagicbicester.co.uk



#### Hall Schedule

#### Mondays

Toddlers 9.15-11.15am

Flair Dance 4.30-6.30pm

Cubs 6.30-8.00pm

Post Natal 8.00-9.00 not 2nd Mon

LVCA Meeting 2nd Monday each month 8.15pm

#### **Tuesdays**

Music Train 9.30-11.30am

Beavers 6.00-7.30pm

Square Dancing 8.00-10.00pm

#### Wednesdays

Post Natal 10.00-12.00

WI 1.30-3.30pm 1st Wed only

Karate United 6.30-7.30pm

Aikido 8.00-10.00pm

#### **Thursdays**

Brownies 6.00-7.30pm

#### Fridays

Ballet 3.15-7.30pm

#### Sundays

Private Booking 5.00-7.00pm

### Lollipop Person Wanted for Langford School

Funding has been granted by the County Council for a Road Crossing Supervisor (a lollipop person to you and me) for Langford Village Community Primary School.

In addition to ensuring the safety of our children, this vital service is ideal for any friendly soul who enjoys being at the hub of the community.

Aged between 18 and 70

45 minutes mornings and afternoons

Approximately £50 per week

Full uniform and training provided

Contact the school office for further details: 01869 369021

In the Autumn, Olivia Clark, who is in Year 5 at Langford School, held a fund-raising coffee morning to raise £63 to help horses in the developing world

Olivia would like to thank everyone involved for all their help and support.

Well done Olivia!

Nostalgia is a thing of the past



#### LANGFORD LIFE

#### Page 4

Being a resident in Langford Village means that you are next to the parish of Ambrosden. There are two very important services in Ambrosden Parish available to you without paying for parking or queuing.



All post office services including car taxes and foreign currency.

# Camelot main line lottery and scratch cards



Call in today to a friendly, family run business

Ambrosden Post Office	Newsagent
Amprosaen Post Utilce	Newsadeiii

Merton Road Greetings Cards

Ambrosden Off Licence

Groceries

Tel: 01869 252128 Nash's Bread

#### **Opening Hours**

	Shop	Post Office
Mon	6.00am—9.00pm	9.00am—1.00pm, 2.00pm—5.30pm
Tue	6.00am—9.00pm	9.00am—1.00pm, 2.00pm—5.30pm
Wed	6.00am—9.00pm	9.00am—1.00pm, 2.00pm—5.30pm
Thu	6.00am—9.00pm	9.00am—1.00pm, 2.00pm—5.30pm
Fri	6.00am—9.00pm	9.00am—1.00pm, 2.00pm—5.30pm
Sat	6.00am—8.00pm	9.00am—12.30pm,
Sun	6.30am—4.30pm	Closed

"Shop now open until 9.00 pm Monday to Friday"

Here to make life a little easier

**ISSUE 60** 

Page 13

Change is inevitable... except from a vending machine

Troubleshooting
Repairs
Upgrades
Internet Problems
Home & Small Business

Mainline Systems Services
48 Ravencroft Langford Village Bicester
Telephone 01869 243621
Proprietor Jim Hagan

#### The Old Chapel Competition

Regrettably, the competition for a meal at The Old Chapel had to be cancelled due to the restaurant's closure.

All entries will be included in the draw for this edition's competition.

## VICTORIA HILL SCHOOL OF BALLET

Royal Academy of Dance

Ballet classes for children 3 years and upwards

Classes for fun or examinations

LANGFORD VILLAGE
COMMUNITY CENTRE
on Friday afternoons

and in
AMBROSDEN
on Saturday mornings

Call Vicky Hill 01993 709226 for details

victoria.hill@zen.co.uk

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Ample parking.

Speedy efficient service.

We also offer a full newspaper and magazine service plus a good range of household lines.

**Opening Times** 

Mon-Fri 9:00am-1:00pm, 2:00pm-5:30pm

Saturday 9:00am-12:30pm

Sunday 8:00am-12:00pm (shop only)

Tel: 01869 252122

#### Silver Scissors Hairdressing Salon

Very competitive rate, reduced prices for OAPs on Tues, Wed, Thurs

Local Stylist for Ladies & Gents

Tel 01869 252122 for appointments

#### LANGFORD LIFE

Page 12

#### **Competition Winners**

#### LVCA '200' Club Winners

				-
		Number	Dosh	]
Sept 08	1 <sup>st</sup> J Rutson	14	£22.87	١,
	2 <sup>nd</sup> A Williams	83	£ 7.63	١.
Oct 08	l <sup>st</sup> T Langley	28	£22.87	-
	2 <sup>nd</sup> A Williams	101	£ 7.63	:
Nov 08	1st D Aust	3	£22.87	١.
	2 <sup>nd</sup> P Barnham	13	£ 7.63	١.
Dec 08	1st W Crook	12	£22.87	١.
	2 <sup>nd</sup> Y Henderson	6	£ 7.63	'
Jan 09	1st T Kingston	99	£22.87	l '
	2 <sup>nd</sup> L Lawrence	98	£ 7.63	

Hire Langford Village Hall



#### Residents:

Before 6.00pm: £6.00 per hour
After 6.00pm: £10 per hour

Non-residents:

Before 6.00 pm: £10, after: £15

Contact Kirsty Lowe

(Hall Manager)

At the AGM Nick Cotter kindly volunteered to take over the 200 Club.

Contact Nick for a chance to win the Langford millions... well, nearer £23 actually, helping local voluntary clubs in the process. Nickdnl@aol.com

#### **Vaune's Home Improvements**

No Job Too Small

Indoors: Outdoors:

Painting Grass Cutting

Wallpapering Gardening and pruning

Plaster repairs Fence maintenance

Tiling Decking
Household repairs Painting

Flat pack furniture assembly ...any job considered



For a free quote call Vaune Worsfold T: 01869 249990 m: 078 25 25 25 93

#### Competition

Page 5

#### Win one of 3 Chinese Takeaway Feasts Worth £25 From the Sun Wah, Langford Place Tel 01869 322838 www.wahhong.co.uk

Andy, the owner of Sun Wah, and possibly the friendliest man you'll ever meet, has an amazing talent for remembering names. Introduce yourself to Andy, and every time he sees you he'll greet you by name... guaranteed!



Also guaranteed is the quality of his food. But don't just take our word for it. Here's an independent review found on Google:

"Having lived in Bicester for 12 years, and tried all of the Chinese options, this is by far the best. The crispy beef chilli is excellent - a family favourite."

Three winners will receive a £25 voucher each, so go on, try our tough quiz! In which famous square did the Nightingale sing:

- A Tiananmen Square, Beijing
- B Berkeley Square, London
- C Market Square, Bicester





Entries to be received by Saturday 6<sup>th</sup> June 2009, with the winner being selected at the LVCA meeting on Monday 8<sup>th</sup>. The winner will be advised that week and announced in the next Langford Life.

Email the answer marked 'Sun Wah' to editor@langfordlife.org.uk.
· ar and the alim to Community Hell Nightings le Diago Diagotor
or send the slip to Community Hall, Nightingale Place, Bicester.
•

Name:	Answer:

Address:

2

Phone Number:

Page 6 Hall Users

#### TAKE ME TO THE SOUARE DANCE

For six years, The Heyford Hoofers have been strutting their stuff at Langford Village Hall under the guidance of caller Bob Billinghurst.

Square Dancing is a wonderful activity for all the family and for all ages to enjoy. Dancing experience is not necessarily an advantage, but an ear for a good tune and the ability to laugh away the evening would certainly help. In fact, square dancing is fun-and-friendship set to music with groups of 8 dancers forming a square.

At only £2 for the evening, why not pop along and have a bit of fun at 8 o'clock on Tuesday evenings.

Contact Bob on 01869 600961 or visit www.uksquaredancing.com.

Consciousness: That annoying time between naps

The United Sports Karate Association (USKO) Wednesdays 6.30-7.30 Langford Village Hall

**Sport Karate** is a combination of traditional 'Wado Ryu' and Kickboxing. The USKO believes that Sport Karate should be a satisfying and enjoyable experience for students of all abilities and aims to provide quality and expertise in the field of Martial Arts through teaching.

Jon Price and daughters Victoria and Rebecca have been running the Bicester branch of the USKO at Langford Village hall for the past five years, and offer a free first lesson for anyone who's interested.

Sport karate is suitable for men, women and children of all ages, so if you would like to improve your fitness, self defence, confidence and health, contact Jon on 325834 or at onejonprice@hotmail.com

**ISSUE 60** 

#### **Bicester Twinning Association**

Page 11

#### **GOOD FOOD EVENING**

Saturday 9th May 2009

8 Longfields, Bicester: 7.30pm onwards

Come along and join us for a Good Food Evening; hopefully a Good Weather Evening as well.

\* \* \*

Cost £10 per couple and £2.50 for each child. Please also bring along a bottle.

Hot meal with salads/breads and plenty of good puddings/ice cream cones.

Raffle and other entertainment planned

\* \* \*

Let Sue know you will be joining the crowd
Tel 01869 244292 sue\_clutterbuck@hotmail.com

Congratulations to SPARTA LANGFORD, our local five-a-side team who won the championship last season.

SPARTA LANGFORD, currently in the Premiership, have been playing in the pitch-invasion league at the Bicester sports centre for three years. Their stylish kit owes much to their sponsor, Craig, former owner of THE NIGHTINGALE.

Well done guys.

Any enquires to Russell Johnson.

email-russelljohnson@hotmail.co.uk or mobile 07917807487.

#### LANGFORD LIFE

#### Page 10

#### Who's Who On Your LVCA Committee

Post	Name	Tel no.
Chairman	Dominic Cotter	241504
Treasurer	Andy Hindley	321779
Community Affairs Committee Chair	Vacant	
Hall Committee Chair	Dominic Cotter	241504
Secretary	Mike Oke	360044
Bookings Manager	Kirsty Lowe	0777 8062743
Hall Manager	Abby Hughes	322465
Newsletter Editor	Mike Oke	360044
Newsletter Advert Co-ordinator	Ted Kingston	325821
Newsletter Distribution Co-ordinator	Alan Beattie	242425
Website Manager	Paul Langley	321908
200 Club Co-ordinator	Nick Cotter	322166

#### Friction can be a drag sometimes

#### Situations Vacant

Andy Hindley has done some great work on the accounts, especially with regard to hall users, since stepping up to the plate as **Treasurer** at last year's AGM.

Recent promotion in the RAF is great news for Andy, but less so for the LVCA as Andy will not be available for a year. Anyone with a head for figures, who could help out, would be greatly welcomed.

\* \* \* \* \*

We would also love to hear from 2 or 3 more people interested in helping to set up a **social committee** for quizzes, wine tastings, parties etc. If you have any ideas, or would like to get involved, please don't be shy.

\* \* \* \* \*

Vacancies also exist for a **Minutes Secretary** and someone to help with the **compilation of Langford Life**... after all, two heads are better than one!

For all vacancies please contact Dom Cotter or Mike Oke.

#### ISSUE 60

#### **New Train Services Bicester-Oxford**

Page 7

#### **Newsflash from First Great Western**

From 17th May, there will be 11 trains each weekday, instead of 8 at present (12 on Fridays instead of 9). The new trains leave Oxford at 10.00, 11.00 and 15.00, and return from Bicester at 10.29, 11.29, 15.29.

Commuter times will not change. Nor will Saturdays: 13 trains each way, starting from Oxford at 07.00; the last train back from Bicester at 22.50.



The other big change is a Sunday service, for the first time for more than a decade: 9 trains

a day, starting from Oxford at 09.26, with the last one leaving Bicester at 22.03.

If one synchronized swimmer drowns... do the rest have to drown too?

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Langford Locks are members of the United Kingdom Locksmiths Association

Page 9

#### Chef Pete



Page 8

In this new series to Langford Life, 'Chef Pete' shares a few of his favourite recipes, many selected from his travels around the world.

Even kitchen novices cannot fail to impress with Chef Pete's first recipe, so give it a whirl to jazz up salads, soups and barbeques.

All feedback is appreciated, so if you have any ideas of your own to spice up Langford Life, please contact the editor. Happy cooking!

#### **Garlic Croutons**

#### **Ingredients:**

Get Cooking

With Chef Pete

4 slices white or brown bread (fresh, thick slices)

2 large cloves garlic, crushed

50g butter, softened

35g feta cheese

#### **Procedure:**

Toast bread one side only. Mash garlic, butter and feta cheese into a paste, spread over the untoasted side of the bread.

Remove crusts.

Toast until crisp and golden on surface.

Cut each slice into cubes.

Next Issue: Chocolate Truffles (optional alcohol), and a tried and tested recipe from one of my past voyages on the QE2.

"Bonne Appétit"

Chef Pete

A politician who sees light at the end of the tunnel... extends the tunnel!

#### **Useful Telephone Numbers**

Civic

Oxon County Council: 01865 792422

Cherwell DC: 01295 252535

Local Office: 01869 253154

Bicester Town Council: 01869 252915

Social Services: 01865 375515

Library, Old Place Yard: 01869 252181

Mon, Wed & Thur 9.30-7pm

Tues & Fri 9.30-5pm, Sat 9.00-4.30pm

Bicester Police Station: 01869 320919

Langford Village CP School: 369021

Sports Centre: 01869 253914

Medical

Langford Medical Centre: 245665

Mondays – Fridays:

0830-1030, 1100-1300 & 1600-1800

Saturdays (Emergencies only):

1000-1130

Community Hospital: 01869 604000 John Radcliffe Casualty: 01865 741166

•

NHS Direct 24 Hours: 0845 4647

St John Ambulance: 01869 246648

Child Line: 0800 1111

Samaritans: 0845 7909090

**Transport** 

Bicester North Station: 245900

National Rail Enquiries: 08457 484950

Bicester Taxibus: 01869 323535

Thames Transit Buses: 01869 772250

Dial-a-Ride: 01869 320132

Churches

St Edburg's (Anglican): 252377

Emmanuel (Anglican): 244918

Immaculate Conception (Catholic):

253277

Orchard Baptist Fellowship: 369709

Methodist Church: 240671

Salvation Army: 369160

Bicester Community Church: 244741

Elim Christian Centre: 252753

Hebron Gospel Hall: 277300

Other

Citizens Advice Bureau: 01869 321076

RSPCA: 08705 555999

Crimestoppers: 0800 555111

Gas Emergency: 0800 111999

Electricity - Power Loss: 08457 331331

Thames Water: 0845 920038

NSPCC: 0808 800 5000