

ISSUE #89

AUGUST 2017

HEADINGTON MONTHLY

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August

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WILDLIFE GARDENING

* MOVIE REVIEW * BRAIN GAMES
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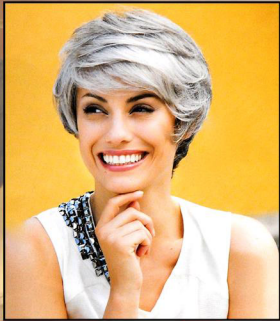
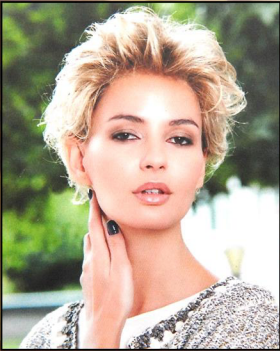
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Nick Allnatt
Founder/Publisher

GET IN TOUCH
Nick: 07850 120116
nick@headingtonmonthly.co.uk

Dear All

I have to inform you of a very serious age related 'Albert Steptoe' matter. I've recently been fitted with a denture (horror of horrors) and at night I am not allowed to keep it in a jar by the bed or my wife will divorce me. I joked I would make her an apple pie using the denture to make a pretty pattern round the edges - hence the divorce threat. My mother, bless her, who had late onset dementia and died some years ago aged 92, kept hers under her pillow so she wouldn't lose them. I am sure you are blissfully happy for me to relate these tales. Perhaps you have some printable ones too. I once heard of someone who sneezed at a family meal and his false teeth flew out and embedded themselves in the cheese. (Only joking!)

More seriously though - on age related comedy what do you think of Count Arthur Strong? I personally think this is one of the funniest series the BBC have produced and will go down as a comedy classic on the level of Fools and Horses and One Foot in the Grave. I especially loved the episode with Count Arthur who is forced by circumstances to spend a night in bed with his friend Michael. Wishing to wake him for a chat in the middle of the night he smacks his friend on the temple and pretends it was caused by plaster falling from the ceiling. You have to see all of this clip to appreciate it but I think it will go down as the funniest TV comedy clip ever, beating Del Boy Trotter vs the pub bar hatch for first place. We replayed the clip repeatedly and found it funnier every time.

We have an article on 3D printers this month which will make almost anything in plastic. This conjures up a host of possibilities. Some of mine include a truth detector for use on politicians, a deep-sea butterfly net, and a left handed screwdriver. I once worked for a firm of watch specialists and we use to send new recruits up to the watchmaker's workshop to ask for a 'long wait'. The watchmaker told the recruit he would oblige, so several hours later.....!

Happy Summer

Nick

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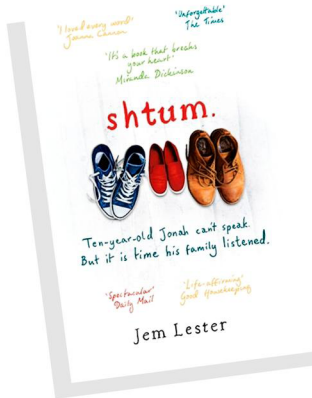
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A Good Read



Shtum by Jem Lester

"I love you, Jonah, but sometimes I wish you had never been born."

For most parents this would be an unthinkable phrase to utter. But Ben is desperate. He

doesn't mean it, of course, but the thought is there, uttered only when his 10 year old son is asleep. Even if Jonah heard he wouldn't say anything.

Jonah doesn't say anything. Jonah is non-verbal. He has autism. This is not your *Rain Man* depiction of autism where Jonah is a gifted child in at least one area. He has the mental age of a toddler and his parents have reached the end of the road.

He is about to make the transition to secondary school and Ben and Emma are convinced that he would be better off in a residential specialist school. The local authority doesn't agree and this is where the novel starts.

Two parents battling to get the best for their son, and battling to communicate with each other. This is a brutally honest look at the highs and lows of parenting a child with autism. The author, Jem Lester, should know what it is like as he is father to a child just like Jonah.

But it is also a story about an adult son trying to repair his relationship with his aging father. Geog is a Holocaust survivor and has kept his past hidden from Ben. It is his conversations with Jonah that allow

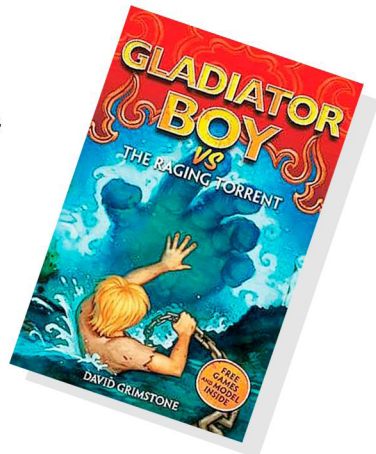
him to open up and Ben has to come to terms with the fact that his father won't open up to him. It would seem that Jonah, who has the least to say, will be the one that teaches the adults in his life to live, love, and forgive.

Gladiator Boy vs The Raging Torrent by David Grimstone

Decimus Rex, the hero of this series, was captured by slave-takers in Italy and taken to Rome to compete in the gladiator arena. Along with his cell-mates he is determined to escape and after a series of trials they manage to escape their captor Slavious Doom. But this is only the start of their troubles as they find themselves in one quest after another.

This is the eighth book in the *Gladiator Boy* series and it leaps right in where the previous book left off. Decimus, Olu, Ruma, and Gladius are sailing across the seas to China to rescue their friend Teo. But when they arrive in Yelang they find none other than Slavious who challenges them to survive the water maze.

This is a great series for young readers and this instalment is no exception. From attacks by Japanese Ninjas to a water filled maze with encroaching walls this is sure to be one that readers will not want to put down.





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Achieve Your Goals

Think back to January 1st. Did you make any resolutions? To shed 30lbs / pay of the credit card / start your own business?

How are you doing? Truth is few people ever achieve their goals, but some do! How do they do this?

Set a time limit – “I want to set up my business two months.” Then write down every step you think of you need to take to achieve it. Be thorough. Does two months still seem reasonable? Would twelve months be more realistic? The more you get into it and break it down the more manageable the little steps will seem and the more tangible the big goal.

Set micro goals - Each time you achieve a goal it motivates you to achieve another. Now you've broken your big goal into micro goals take the first one, set a time limit and do it. If you want to lose weight the first step might be to research different methods (Weightwatchers / 5:2 / calorie counting etc.) and choose one by Friday. When you've done that move on to the next micro goal: you might book a health check to ask about blood pressure / blood sugar etc...so you have a starting point to work from and compare with as you make progress.

Only set important goals - Any worthwhile goal requires you to do things you would prefer not doing (e.g. saying no to cream donut if you're trying to shed weight, or restrict your spending if you're trying to cut debt). If your goal is not your priority, you won't do what's required to achieve it because the prize isn't important enough. You have to want it badly!



Identify the biggest obstacle – If there's more than one potential obstacle make a list.

Work out in advance how you will deal with them. Maybe you want to reduce your debt but are scared to open unpaid bills

and see just how much you owe. Perhaps enlist the help of a trusted friend or mentor to sit with you and support you. Or maybe there is a local free debt advice charity you could contact.

Ask, “Am I willing to do make sacrifices?” – Be honest. If the answer is no you're setting yourself up for failure. Maybe now is not the right time for you.

Work your plan – Check in with your plan on a daily basis and ask, ‘What am I going to do today to move towards my goal? You'll need resolve and discipline because some days you won't feel like doing it. If this happens don't beat yourself up, just get back on the plan the next day.

Hold yourself accountable – This is the number one key to success and it's the one that trips most people up. It's your life and your goal. Hold yourself accountable to working your plan, and refuse to make excuses.

Enjoy the journey – Encourage yourself daily as you might encourage your best friend. Congratulate yourself when you do things that challenge you or you've stepped outside your comfort zone. As you reach each micro goal, reward yourself.

Remember success isn't a destination it's a journey. Happy travelling.

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Print Your World

3D Printing has come a long way

What started out as an ultra-expensive development tool can now be bought as a desktop gadget for a couple of hundred pounds. But what is a 3D printer and why might you want to buy one?

When you make an item usually you start with the material e.g. a big block of wood or metal and then cut bits off and shape it until you get to what you want. Or maybe you start with a mould and a liquid substrate which hardens. With 3D printing you start with nothing but gradually add layers of material to build up your object in an 'additive manufacturing process'.

You design your item using computer aided design software (CAD) then feed it to a special 'slicer' program that cuts it into very thin layers which are then printed one on top of the other. The beauty of this is that it lets you create incredibly complex articles that you simply wouldn't be able to make at home in any other way.

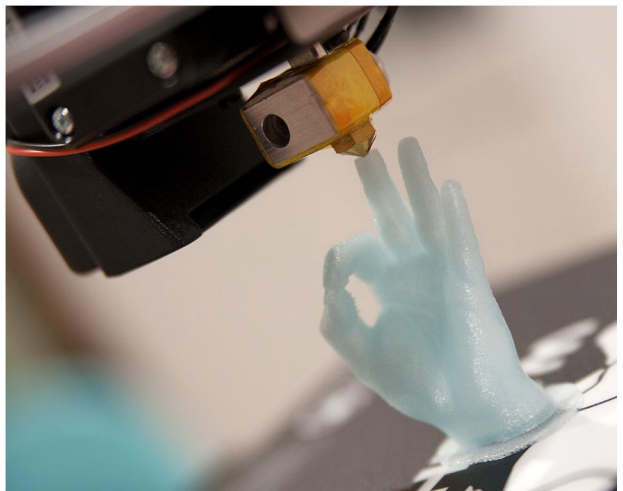
The most common home printers (FDM printers) use a reel of plastic wire. This is fed into a heated extruder where the material is melted and then forced out through a very fine nozzle. This nozzle is then moved over a build-plate by computer to make a solid, thin layer of plastic which forms one slice through your design. The process is repeated over and over until all the slices have been stacked up, leaving you with the finished object.

Price-wise you can pay anything from around £100 to a few thousand for a professional machine. At the cheaper end you tend to get 3D-printed kits (yes 3D printers making 3D printers!). But for a few hundred

pounds you'll get fully assembled, metal framed (more rigid) examples. There is a vast array of printers to choose from, but do your research and don't underestimate the importance of helpful online user support groups. 3D printing is not an exact science. When you press the GO button you don't always achieve success; you may need help to fine tune your system.

As for what you can do with a 3D printer? Really the only limit is your imagination. I've built a plastic case for my latest Raspberry Pi project; a vase, a music stand, several fidget spinners and a replacement part for a Lego set. My seven-year-old designed and made a glow-in-the-dark sword! Take a look at www.thingiverse.com. One of the greatest bits of this technology is that you can share your designs and work and have anyone, anywhere in the world print their version of your creation.

So go get creating!





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the garden gnome

nature really does heal

Stress, some researchers reveal, is relieved by nature and some even state that environments can increase or reduce stress levels, which clearly can have a cumulative effect on our bodies. What you are sensing with all your key senses at any moment is changing not only mood, but how your body and internal processes are working. It's often unseen but we can still feel it.

Unpleasant environments can cause us to feel anxious and a multitude of other emotions and feelings. Blood pressure, heart beat, tension can often then follow. We all know a nice environment reverses that.

Regardless of who or where we are, we find nature relaxing and healing on some level.

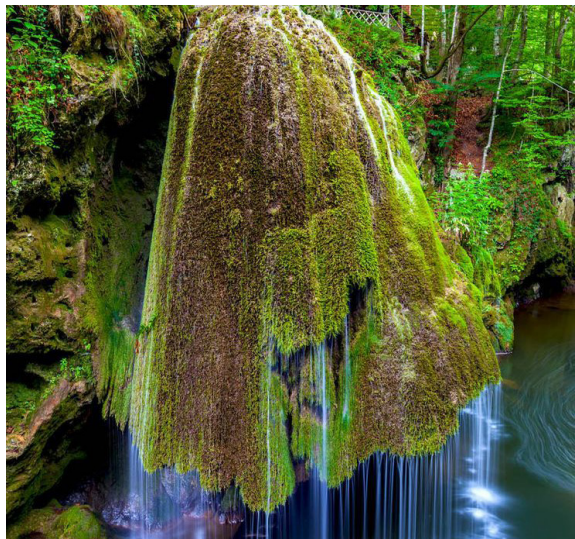
So being out in your wildlife garden, see how it affects your mood. Does it reduce anger and fear? How long does it take for an increase in pleasant feelings to appear again?

Being out in nature not only helps us on

an emotional level but on a physical one too.

Research being done in classrooms, hospitals and even offices seems to show even one plant, well positioned, can have an impact on stress and anxiety.

So go on, immerse yourself in your garden, and feel better for it.



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HOW TO MAKE SLIME



During the long summer break it's good to have a trick or two up your sleeve to entertain the kids on a rainy day. One of my...erm sorry **their** favourites is making slime! It's fun and teaches them a bit of chemistry too.

What you need

White glue

Sodium tetraborate (Borax)

Water

Sealable plastic bags

A large spoon

A jar with a lid

A bowl for mixing

Note: Borax is less easily available now than it used to be but you can buy it in good hardware stores, garden centres and online. Borax substitute doesn't work! You've been warned.

How to make the slime

Place equal quantities of glue and water in the bowl, mix well with a spoon.

In the jar combine a cup of water with a tablespoon of sodium tetraborate powder or crystals. Screw the lid on tight and shake well. If all the sodium tetraborate dissolves add a bit more. You want a saturated solution. Keep adding a little

more sodium tetraborate and shaking until no more will dissolve. Now your solution is saturated.

Add a small quantity of the sodium tetraborate solution to the glue and water mixture, and stir rapidly. The trick here is to add just the right amount of sodium tetraborate solution. Too little and there will be too much glue so the mixture will be sticky. Too much and it will be to liquid.

Add a small amount at a time

and keep touching the mixture with your hand when it doesn't look like liquid anymore. If it feels stick add a little more solution. If it feels too wet but not runny remove it from the bowl and knead it a little in your hands. It should gradually become more slimy as the excess sodium tetraborate evaporates. If it's runny then you've probably ruined it! Try adding more glue but you may have to start again. I suggest you make a small amount to begin with to get a feel for proportions and texture.

When you're happy with your slime you can colour it with food colour and even add glitter or tiny plastic insects or tiny googly eyes. Slime keeps for a long time in sealable plastic bags. You can add a little more water if it starts to dry out.

The science bit!

The white glue and water mixture is a polymer. Polymers are used in all kinds of plastics and some cloth fibres like nylon. Sodium tetraborate is a cross-linking substance which binds the polymer chains together. This makes the glue solution thicker. If the polymer chains get too bound together it becomes more difficult for them to move around and the mixture becomes more like putty.



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GET OUT

MOVIE REVIEW BY OSCAR DUXFIELD

Get out is a thrilling horror film that was released this year to overwhelming critical acclaim. The film depicts an African American meeting his white, girlfriend's parents for the first time in their secluded estate in the woods. While it may seem slightly cliché at first glance, this film is far from that side-stepping all the common horror movie tropes such as jump scares or gore and, instead, presenting us with a genuinely thrilling mystery that exceeded my incredibly high expectations and left my jaw hanging when the credits began to roll.

The writer and director, Jordan Peele is not a classic horror story-teller. Judging from his background (exclusively comedy) you would not have thought his feature debut would be so incredible considering the dramatic change of genre. For a first time director in features, this was expertly shot and visually stunning. Every perspective was striking and the close up shots adds much to the suspense with camera techniques alone. Jordan Peele clearly has an appreciation for excellent directing in a horror film and understands how to achieve it.

There are a few jokes in this film which come mainly from the supporting character Rod. They are well timed within the context and allow the audience to breath while preparing for the next tense

scene especially during the climax when the final line blends in terrifically with the surrounding events releasing all of the built up tension that's been steadily brewing for the last half hour. Jordan Peele is obviously someone that can merge genres without them clashing

The acting in this movie is on par with the writing and directing. Daniel Kaluuya, who plays the lead, is compelling in his portrayal of someone terrified of his surroundings. The supporting cast also unique put in some fantastic performances with each character memorable in his or her own way leaving you wanting to know more about each of them by the end of the movie. One of the fantastic elements of this film is its attention to detail especially in the script. Jordan Peele uses the dialogue to drop subtle hints as to the final reveal - making it a film well worth re-watching if only to pick up all the hints you missed first time around. I can guarantee that you'll be thinking about these little throw away moments you missed long after you've left the cinema – so you may as well watch it again.

I don't usually enjoy watching horror films as I tend to see them as the same movie with a different script. However, Get Out raises the bar for all horror films to come and gave me a much fuller appreciation for the genre.

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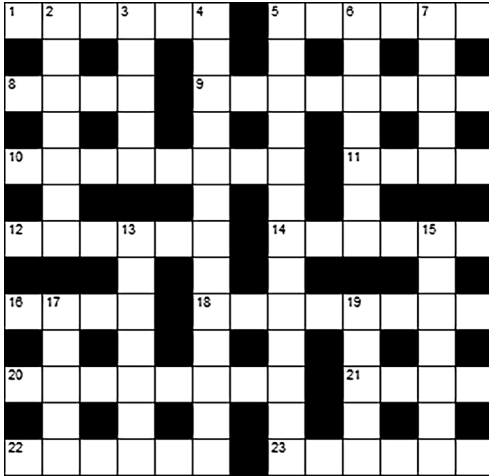


LOOK! I LISTENED TO YOU!
THE OLD COMPUTER PICTURE IS GONE!

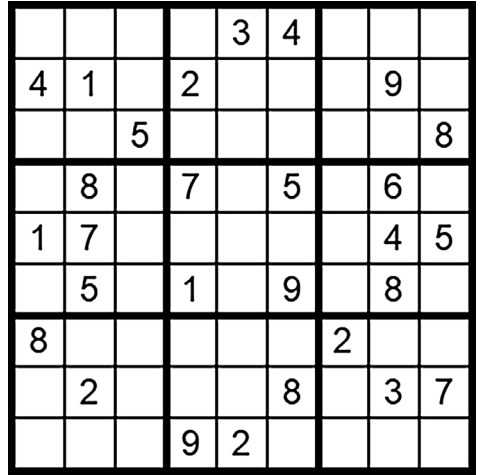
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BRAIN GAMES

CROSSWORD



SUDOKU



CROSSWORD CLUES

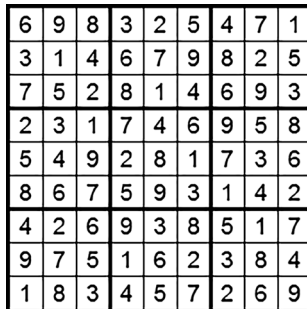
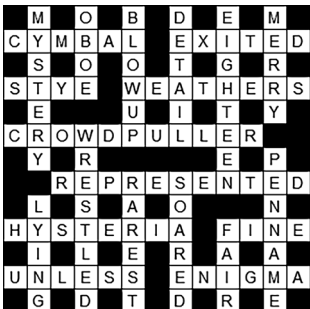
ACROSS

- 1 Assault, strike (6)
- 5 Detritus, scrapings (6)
- 8 Jane Austen novel (4)
- 9 Observer, eyewitness (8)
- 10 Sang The Scientist, and Fix You (8)
- 11 Message, missive (4)
- 12 Hurt, injured (6)
- 14 Freezer (6)
- 16 Fried or poached ____ (4)
- 18 Approximate judgement (8)
- 20 Eleventh month (8)
- 21 Drop, nip (4)
- 22 Scant, skimpy (6)
- 23 Screened, sheltered (6)

DOWN

- 2 Ticket lottery (7)
- 3 Prize, trophy (5)
- 4 Intellectual, resourceful (13)
- 5 Small assorted sweets (5, 8)
- 6 Squares of chocolate cake (7)
- 7 Hopeless, bumbling (5)
- 13 Professional who kneads muscles (7)
- 15 Anger, indignation (7)
- 17 Band, association (5)
- 19 Mass communication (5)

Last month's Brain Games solutions:
did you get them right?



How to Play SUDOKU

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Have an event? We happily publicise non-profit, community and charity events through this page. Please email [ads@headingtonmonthly.co.uk](mailto:ads@headingtonmonthly.co.uk) with the subject heading "Community Events" before 2 August with your events for September 2017.

### HEADINGTON LIBRARY

#### *Shape & Measurement Workshop for 5-6yo*

Tuesday 8th August 2017

1:00-2:00pm

All children under 8 must be accompanied by an adult.

Please book your place at the library.

#### *Space Mission - Creative Writing Workshop for 8-10 year olds*

Tuesday 22nd August 2017

1:00-2:00pm

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# CONTACTS, COMMUNITY, CALENDAR.

These are are some useful local numbers and school terms calendar. Please advise us if there are any errors or important missing numbers

## Doctors:

- \* Barton Surgery, Underhill Circus, Headington - 01865 744 221
- \* Hedena Health Centre, 207 London Road, Headington - 01865 227788
- \* Manor Surgery, Osler Road, Headington - 01865 762 535

## Dentists:

- \* 310 Dental Care, 310 London Road, Headington - 01865 766975
- \* Bury Knowle Dental Practice, 207 London Road, Headington - 01865 308400
- \* Euro Dental Practice, 61 London Road, Headington - 01865 751981
- \* John Miller Dental Practice, 6a The Parade, Windmill Road, Headington - 01865 308 050
- \* Kennett Road Dental Practice, 3 Kennett Road, Headington - 01865 761 965
- \* Manor Dental Practice, 7 Osler Road, Headington - 01865 750 056
- \* Studental, Oxford Brookes University, Colonnade Building, 3rd Floor, Gypsy Lane, OX3 - 01865 484 608

## Chemists:

- \* Barton Pharmacy, 6 Underhill Circus, Headington - 01865 763 106
- \* Boots Pharmacy, 96 London Road, Headington - 01865 762 518
- \* Boots Bury Knowle, 207 Bury Knowle Health Centre, Headington - 01865 765 559
- \* Roundway Pharmacy, 3 Roundway, Headington - 01865 766 994

## Libraries:

- \* Headington Library, North Place, Headington - 01865 762 867

## Other Useful Numbers:

- \* Age UK - 01235 849 400
- \* Childline - 0800 1111
- \* Citizen's Advice Bureau - 0870 200 608
- \* John Radcliffe Hospital - 01865 741 166
- \* Gas Emergencies - 0800 111 999
- \* Power Outages - 0800 072 7282  
(Scottish Power & Southern Electric)
- \* Thames Valley Police - 101
- \* Oxford City Council - 01865 252 900
- \* Rt. Hon. Annelise Dodds MP - 0207 219 2705  
[annelise.dodds.mp@parliament.uk](mailto:annelise.dodds.mp@parliament.uk)
- \* NHS Direct - 111
- \* The Samaritans - 08457 909 090
- \* Recycling and waste 01865 249811

## City Councillors for Headington:

- \* Ruth Wilkinson - 07789 368 300
- \* Altaf Khan - 07931 345 554

## School Terms 2016-17

| Term               | Date             | # Days |
|--------------------|------------------|--------|
| Term 1             | 1 Sep - 21 Oct   | 37     |
| Oct. Holiday       | 24 Oct-28 Oct    |        |
| Term 2             | 31 Oct - 16 Dec  | 35     |
| Christmas Holiday  | 19 Dec - 2 Jan   |        |
| Term 3             | 3 Jan - 10 Feb   | 29     |
| Feb Holiday        | 13 Feb - 17 Feb  |        |
| Term 4             | 20 Feb - 7 Apr   | 35     |
| Apr Holiday        | 10 Apr - 21 Apr  |        |
| Term 5             | 24 Apr - 26 May  | 24     |
| Late Spring        | 29 May - 2 Jun   |        |
| Term 6             | 5 Jun - 21 July  | 33     |
| School Year Begins | 4 September 2017 |        |
| Total              |                  | 195    |

*This information is taken from the Oxford City Council website. Please contact your school or visit your school's website to check the return dates for your school and obtain dates of teacher inset days.*

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