

ISSUE #69
DECEMBER 2015

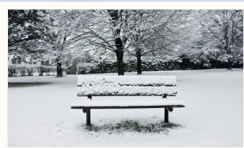
M HEADINGTON MONTHLY

YOUR LOCAL FREE COMMUNITY MAGAZINE AND BUSINESS DIRECTORY

FREE!!!

INSIDE THIS ISSUE:

- * OXFORD UNITED
- * ABOUT 4K UHD TV
- * COMPUTER ADVICE
- * WILDLIFE GARDENING
- * CROSSWORD & SUDOKU
- & MUCH MORE...



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WINTER WILDLIFE
GARDENING

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Dear Readers

Christmas greetings to one and all.

We have a packed issue for you this month. Several new advertisers who I'm sure you will support for your Christmas requirements. We'll expand the magazine with more content if this keeps up.

We also feature some informative articles. You can read up about your latest 4K TV television, and how if you buy one now you won't be able to receive 4K TV terrestrial broadcasts for at least 2-3 years, except via the internet. Makes you proud to be British!

Headington Quarry are holding their nativity play on 19th December. This is one event in the year not to be missed. It's an outdoor job in the streets around Quarry so wrap up warm. There are live animals and college don's on bicycles instead of wise men on camels. This sounds like a really heart warming evening and will set the Christmas mood for all who attend. Entry is free. See the editorial and map on pages 12-13.

My childhood memories of Christmas usual consist of extended family coming over, our basement living room filled with cigar smoke (special Christmas treat for the men), presents not opened until after lunch, and my father telling the tales of his childhood. He was a great raconteur. One of his favourites was when he and his bothers dug a hole just inside the back garden gate so my grandfather would fall in it when he came home from work. They hid, they watched, he did. Only his hat could be seen just above ground level! No humans were harmed during the performance of this jape.

Mind what you get up to!

Best wishes, Nick

COVER IMAGE

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-WIKIMEDIA

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Nick Allnatt
Founder/Publisher

GET IN TOUCH

Nick: 07850 120116

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THIS MONTH IN YOUR HEADINGTON MONTHLY:

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4K TV, also known as Ultra HD or UHD, is the next evolution in television picture quality. With a picture composed of 3,840 x 2,160 pixels - more than 8 million in total - it has four times the amount of HD (high definition) sets.

More pixels mean greater image clarity, finer detail, better texture and improved colour resolution. The net result is images that look incredibly lifelike and so detailed that at times they feel almost 3D – without the need for funny glasses!

The first wave of 4K TVs were large – very large – with 84 inch panels and £20k price tags to match. Prices have now dropped along with screen size, and you can buy entry models for under £1,000 from all the big brands such as Samsung, Panasonic, LG and Sony. You can also pay many thousands of pounds for monster sets!

Generally 4K TV screens are at least 40 inches. Some say you shouldn't view on anything less than 55 inches. This is because the advantages of pixel-dense display diminish as the screen size shrinks. Big really is better! Similarly 4K TV is best viewed close up (ideally at a distance 1.5 x screen height), though practically most homes cannot accommodate viewing from closer than 2-3 metres.

The technology for crystal-clear viewing

may be with us, but currently there are no 4K TV channels being broadcast. The main source of 4K content is the internet, from sites such as Netflix, YouTube and Amazon Prime Instant Video, and to successfully stream you would need a consistent broadband speed of at least 15Mbps.

That said, UHD TVs do a remarkable job of up-scaling HD and standard definition pictures to 4K pixel count, so 'everyday' viewing such as Freeview HD TV, Blu-ray movies and DVDs can be boosted to near 4K picture quality. However be warned that some models are better at doing this than others.

4K technology is still work in progress. In future, it may also extend to higher frame rates (HFR), greater contrast and wider colour spectrum. The BBC has plans to offer 4K programming by 2016 but only in a limited form and although BT and Sky are rumoured to have plans, nothing has been finalised. It will be 2-3 years until most video content becomes available.

So, if you want the absolute best that TV has to offer and don't mind waiting to enjoy the full benefits of your 4K TV, then go ahead and buy now. But purchase from a top tier manufacturer for the best chance of future-proofing your set and also make sure that you buy a model with two HDMI 2.0 ports.



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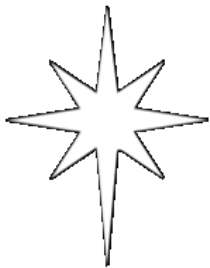
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Quarry Nativity **Saturday 19th Dec**

Headington Quarry are holding a nativity play this year but it won't be the traditional version. It will have all the traditional elements of a nativity, including real animals in the stable scene, but will have some local flavour too: our wise men are Oxford dons on bikes, and Mary and Joseph will knock at the Masons Arms looking for room at the inn. All the actors are local and children from Windmill and Quarry Founda-

tion Schools and the Headington Quarry Morris Dancers are all involved.

The performance is out and about in Quarry, so the audience need to come dressed for the weather and prepared for a little bit of walking. We begin with Mary, Joseph and the Angel Gabriel at the Coach House and meet the wise men on the path to Holy Trinity Church, with Herod holding court in the church itself and the shepherds keeping watch in the graveyard. Our final stable scene is at Quarry Foundation School (see our advert in this magazine for map and information).

The performance starts at 5pm at the Coach House, Quarry Rd; the audience should assemble in the car park. It's free of charge and suitable for all ages.



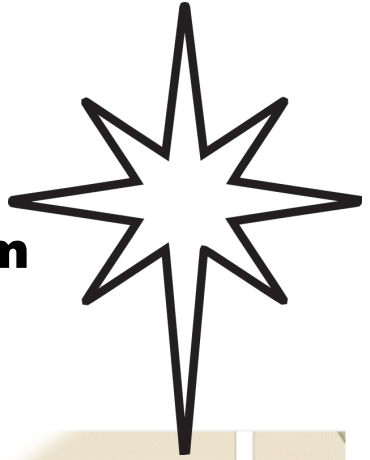
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# Chilled Out Winter Gardening

By Stuart Mabbut, Wildlife Gardener

If you are new to wildlife gardening and just dipping your toe, you may wonder where you should start. I always advise, just to start somewhere, doesn't matter where, just start. That first step is always the hardest.

Look and see what wildlife is living around you already in the garden you have. Watch and learn, allowing yourself space to just enjoy your garden and building up an understanding about what is already using your garden as a home, and its preferences', may lead you to felling less inclined to 'tidy' all the time.

We live such fast and frenetic lives, hardly giving ourselves time to just 'be', or time to just enjoy our gardens. Giving ourselves space is often overlooked in the pursuit of getting on and doing stuff.

If you want to plant something straight away to help wildlife before you crack on with this watching and learning exercise, take the chance this month to plant a tree. If you only have a small garden, a small tree is fine. It will give you height but also an entire new habitat

in many instances. A Crab Apple or Rowan are good easy choices. You'll be stunned how quick the birds will begin to use new trees and perches.

If things like 'weeds' come a calling, don't stress, remember you are building food chains in wildlife gardening or Food Webs which is the latest buzz term. Many of what we call weeds are good food sources for birds if we let them seed in Autumn. After a while a natural balance takes over in the garden, and these weeds are just as important to your enjoyment and insects, birds and mammals. Don't get me wrong, wildlife gardening doesn't have to be untidy as such. What I do know is gardening isn't stressful in itself, so if you are rushing around trying to keep up with the gardening, and getting yourself stressed, you must be doing something wrong.

Challenge yourself to garden in a more relaxed way, feel the acidity levels decrease in your body and watch your wellbeing improve. Good luck!

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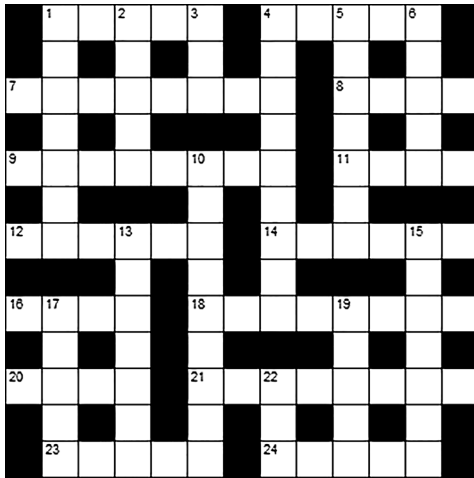
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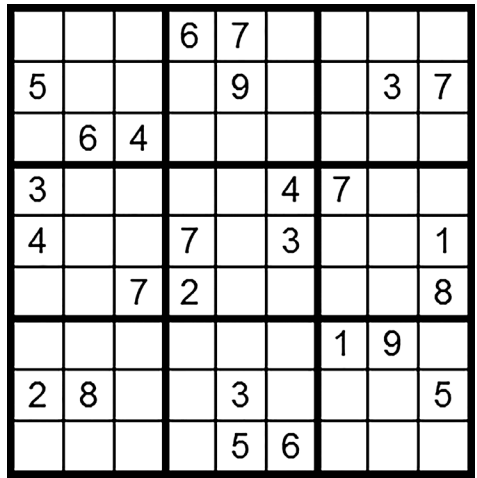
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## CROSSWORD



## SUDOKU



## CROSSWORD CLUES

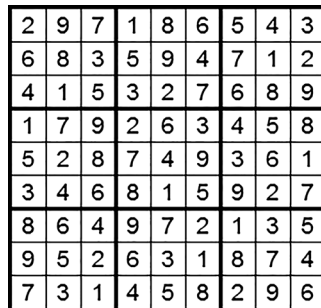
### ACROSS

- 1 \_\_\_\_\_ Dahl, wrote Matilda (5)
- 4 Breezy (5)
- 7 Most furious (8)
- 8 Streetcar (4)
- 9 Large passenger aeroplane (8)
- 11 Lowest female singing voice (4)
- 12 Horrified, shocked (6)
- 14 Compel, coerce (6)
- 16 Perishes, succumbs (4)
- 18 Complications, obstacles (8)
- 20 Famous boys' boarding school (4)
- 21 Italian hard cheese (8)
- 23 Type of bike (5)
- 24 Titbit, goody (5)

### DOWN

- 1 Bolting, racing (7)
- 2 Fourth month, girl's name (5)
- 3 Female deer (3)
- 4 Team sport played in a swimming pool (5,4)
- 5 Popular team sport, mostly played by women (7)
- 6 Fungus used in bread-making (5)
- 10 Memo pad (9)
- 13 Metallic grey poisonous chemical (7)
- 15 Acrobat, tumbler (7)
- 17 Bury, place inside a tomb (5)
- 19 Feudal lord (5)
- 22 Decompose, deteriorate (3)

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



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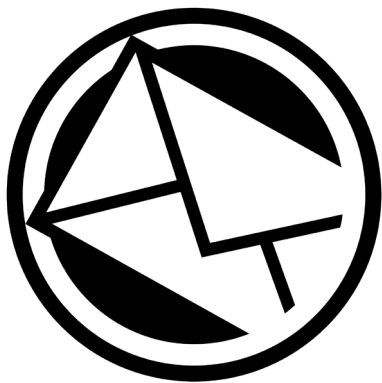


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# Operating Systems. What and Why?

by **Steven Pitcher, computer medic**

*Steven is based in Headington and has over 20 years' experience with all types of computer systems, and is an expert in Windows, Mac OS and Linux systems. Call him on 07572 283159 if you need help with your computer. See ad on page 28 for details.*

**W**indows, Mac or Linux? What is an Operating System and why are they different?

Operating Systems are the basis of your computing experience. When you switch on your computer, the Operating System has to load, in order to provide the framework for all of the other software on your system.

There are three major Operating Systems that are in widespread use today. Microsoft Windows, Apple's Mac OS X and Linux. A program or piece of software written for Windows will not run on Linux or Mac OS. This is the primary source of confusion for software users. So why won't your Windows program run on a Mac?

Well, let's use an analogy. Honda and Vauxhall both make cars. There are common components to the car. There's an engine, a gearbox, wheels, a steering area, doors and a body. Both cars, regardless of manufacturer, use the same \*concepts\* but their implementation is different. For example, while both vehicles are propelled using the same technology, a seat designed for a Honda is simply not going to fit in a Vauxhall, no matter how much you try.

Your Operating System works on the same principle. All computers have a processor, RAM and peripherals, but the Operating System is the interior of the car - specific features for that specific model.

So which is best? It's easy to stop and

assume that Windows is the \*best\* because it's the most commonly used, but it has major disadvantages as well. It's susceptible to many attacks, because of it's popularity. Windows is commercial software, and you never own your copy of Windows, you merely license it from Microsoft.

Apple's Mac OS is technically more robust, because it is based off a system that's been running and perfected since the early days of computing back in the 1960s. But it will only work on Apple Hardware (well, it will run on most PCs, but you need to own an Apple product and have a little technical knowledge to make it work). And then there's Linux, which is, like Mac OS, based on Unix, but is completely free. That's both "Free" as in "beer" as well as "Free" as in "Speech". Linux has traditionally been used to power the internet for businesses since the mid 1990s, but has now gained traction and competes with the two commercial giants on the Desktop. Linux is far more cutting-edge than Windows or Mac OS, but it comes with it's learning curves.

So which one is for you? The answer is simple. Many people will tell you their favourite OS is "the best" but the simplest answer is to try them out, and the one that feels like the right fit? THAT is the best one for you.



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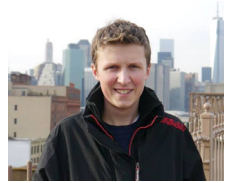
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Tim is a 19 year old sports fanatic and has been living in Headington since 2004 which was when he saw his first Oxford game. He wishes to pursue a career in Sports Journalism. Tim enjoys taking part in triathlons and is a member of the local club. He is a season ticket holder at Oxford United home games and won the 2015 Oxfordshire Young Sports Reporter competition organised by BBC Radio Oxford.



# Goals galore at Oxford United!

By Tim McGovern

Oxford began this month with a trip to east London to face "rivals" Leyton Orient. The last time these two teams met was on 6th May 2006 on the last day of the season when former Oxford striker Lee Steele scored a last minute winner for the O's to secure their promotion to League 1, and also to secure the U's relegation from the Football League for the first time in their history. All fans at that game still hold envy for Orient.

The game was unspectacular. Oxford took a 2-0 lead before half time thanks to Kemar Roofe and John Lundstram, but threw the game away in the final quarter as Orient equalised (in the last minute, just to rub salt in the wound). 2-2 was the final result.

Oxford then took on table toppers Plymouth Argyle at home. It was a very high intensity game in which Oxford hit the woodwork on three occasions. Fortunately, Liam Secombe scored the winner just after half an hour with a composed finish just inside the box. A good team performance saw us take the three points to move second after a solid 1-0 victory.

After this high against Argyle, Oxford took on Barnet who were in 18th at the start of the day. Liam Secombe scored an early goal



Ryan Taylor

for the Yellows, but three goals in 6 minutes for Barnet completely put the game beyond Oxford despite Sercombe securing his second of the game on 40 minutes. Roofe hit the inside of the post just before half time, but the score didn't change from 3-2.

The next trip was to Teddy Sheringham's Stevenage on Halloween. It certainly was a terrifying day for the former Manchester United man's side. After two goals from Ryan Taylor, one from Liam Sercombe, Alex MacDonald and Kemar Roofe, the final whistle went with the score at 5-1. Stevenage also ended the game with 9 men.

Oxford then had two cup ties in a week. The first was in the FA Cup 1st round proper away at Braintree. The result earned Oxford a replay after an unspectacular 1-1 draw.

Ryan Taylor got his third in 2 games. The second game was against Dagenham and Redbridge in the Johnstone's Paint Trophy. Oxford won 2-0 after a first minute goal from Paddy Hoban and one after the break courtesy of Alex MacDonald.

In other club news, Oxford won the team of the 2nd round in the JPT after our victory against Swindon. Defender Cameron Gayle has joined the club for one month after a trial and Oxford sit 2nd in the table, 5 points behind leaders Plymouth. Come on lads, keep up the good work! COME ON YOU YELLOWS!



Liam Sercombe

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**WOODFARM: Atkyns Road** - Happy Bite, the Post Office, The Coop, Woodfarm Bakery

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*Thu 14 Jan 2016 6:16pm*  
*St. Andrews CE Primary School*  
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### **Christmas Storytime**

*Saturday 5th December 2.30-3.00pm*

### **Italian Storytime**

*Saturday 12th December 3.00-3.30pm*

### **A Concert of Festive Songs by Barton Singers**

*Saturday 5th December 2.00-2.30pm*

### **County Councillor Roz Smith Monthly Surgery**

*Saturday 5th December 3.00-4.00pm*

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# CONTACTS, COMMUNITY, CALENDAR.

These 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
- \* Bury Knowle Health Centre, 207 London Road, Headington - 01865 761651
- \* Manor Surgery, Osler Road, Headington - 01865 762 535
- \* The Richards Medical Centre, 12 Old High Street, Headington - 01865 741 211

## Dentists:

- \* 310 Dental Care, 310 London Road, Headington - 01865 766975
- \* Bury Knowle Dental Practice, 207 London Road, Headington - 01865 308 400
- \* Euro Dental Practice, 61 London Road, Headington - 01865 308400
- \* 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 763 106
- \* 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 - 08000 929 282  
(Scottish Power)
- \* Thames Valley Police - 101
- \* Oxford City Council - 01865 252 900
- \* Rt. Hon. Andrew Smith MP - 02072 194 512
- \* 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 2015-16

| Term               | Date             | # Days |
|--------------------|------------------|--------|
| Term 1             | 1 Sep - 23 Oct   | 39     |
| Oct. Holiday       | 26 Oct - 30 Oct  |        |
| Term 2             | 2 Nov - 18 Dec   | 35     |
| Christmas Holiday  | 21 Dec - 1 Jan   |        |
| Term 3             | 4 Jan - 12 Feb   | 30     |
| Feb Holiday        | 15 Feb - 19 Feb  |        |
| Term 4             | 22 Feb - 24 Mar  | 24     |
| Apr Holiday        | 28 Mar - 8 Apr   |        |
| Term 5             | 11 Apr - 27 May  | 34     |
| Late Spring        | 30 May - 3 Jun   |        |
| Term 6             | 6 Jun - 20 Jul   | 33     |
| School Year Begins | 1 September 2016 |        |
| 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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