

# HEADINGTON MONTHLY

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## INSIDE THIS ISSUE:



- \* COOKING A GOOSE \* WILDLIFE GARDENING
- \* MOVIE REVIEW \* BRAIN GAMES
- & MUCH MORE!



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Headington Monthly is distributed to residents and businesses in central Headington every month.



Nick Allnatt  
Founder/Publisher

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

Dear Readers

At last we come to another Christmas although I'm not sure the major retailers and garden centres have given us enough notice (er, ahem!). We've tried to capture this happy season for you on the front cover, and inside. The reindeer is missing as the elves have gone on strike. One of them (his name is Safety - as in 'elf and') says the roofs are too bumpy and they want uprated suspension on the sleigh.

We've lots of festive goodies and Christmas tips for you this month such as hangover cures - including the tomato juice with a pickled sheep's eyeball (yum!) - see page 18, or socks on page 10. Whatever happens don't miss our article by local writer Gillie McNiell about cooking the Christmas goose. I love this item which we first ran in 2013 but thought we'd repeat to bring you a bit of Christmas cheer.

Remember that's the one where the goose was shut in the oven and the inside door knob bolt fell off in the roasting tray. You'll find it on page 10.

This month we are delighted to introduce a new contributor to the magazine, Headington Monthly reader Oliver Duxfield. Oliver is 16 years old and as he is passionate about films he kindly offered to write a regular review column for us on the subject. He is interested in a wide range of genres, both old and new, and his first effort impressed me with the depth of his appreciation and analysis. I'm sure you will enjoy his youthful writing style and find his offerings informative.

Just a reminder to think of your neighbours who may be alone this season. Being alone at Christmas must be the worst kind of loneliness. An invite to Christmas dinner could make their year. Whatever you do have a great festive season and don't forget to check your inside oven door knob bolt! :)

Best wishes for a Merry Christmas and a Happy New Year.

Nick

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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.



## The FA Cup is Back!!

By Tim McGovern

After an average start to the season, with a few shock victories under our belts, the U's turned their attention back to the group stage match Checktrade Trophy (formerly the JPT) against Swindon Town.

After the last league victory only weeks before, Michael Appleton started a very young team with quite a few changes, whilst Swindon lined up in full force. After an average game, the score ended up at 0-0, with the game going straight to penalties. Swindon eventually came out as the victors, but Town manager Luke Williams admitted that the Robins were lucky not to have lost in normal time.

Oxford then looked for back to back league wins at home to Wimbledon, but crumbled under the pressure. Down 3-0 at half time, the U's were lucky to register on the scoreboard after a Wimbledon own goal after the break. The score ended at 3-1 to the away side.

Oxford looked set to miss out on another home victory after a rather average game at home to Bradford. But in the 91st minute, Chris "Livewire" Maguire struck a stunning free kick to give the U's the lead and a vital 1-0 win.

High on confidence, we travelled to relegation zone ranked Coventry. But like the Wimbledon result, we found ourselves down at half time, this score being 2-0. Despite giving their all, the only reward would be a late Dan Crowley goal, but this was only to be a consolation as the score finished 2-1.

Oxford lost belief in the next game away at Port Vale. Two early goals from Chey Dunkley and Dan Crowley saw the U's sit comfortably in the lead at

half time. But Vale persisted and kept on attacking, clawing back two goals, albeit one from former Newcastle United star Ryan Taylor (a different one from ours) who converted from the spot on what was his debut for the Staffordshire club.

Again, we seemed confident going in against Millwall at home. The last meeting between the two ended in 1-0 defeat for Oxford, but resulted in a place at Wembley. There was to be no such victory despite an early Liam Sercombe goal. Two top quality goals from Millwall gave them the win at the Kassam just like last year.

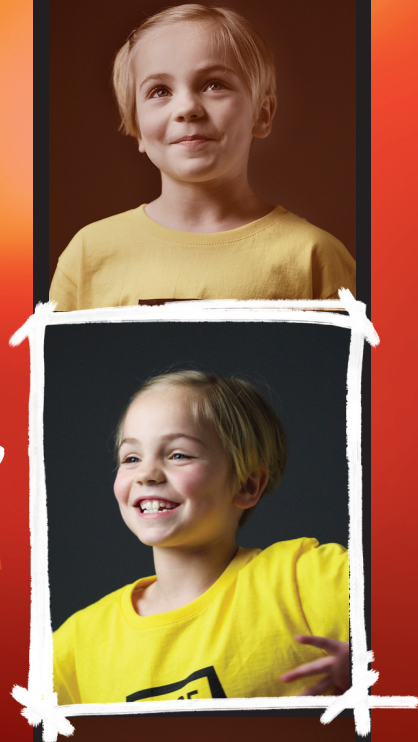
Oxford, now without a win in three league games had even more pressure on them for the first round of the FA Cup away at Non-League Merstam. It was broadcast live on BT Sport 1. But the U's rose to the occasion taking a 5-0 win. A stunning free kick from Alex MacDonald was voted 4th best goal of the 1st round, while Josh Ruffels, Tyler Roberts and two from Kane Hemmings secured a tie with Macclesfield away on Friday 2nd December live on the BBC!

Another mixed month, but I'm sure the boys can pull it together! COME ON YOU YELLOWS!



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# the garden gnome

## How Does the Autumn Wildlife Garden Make Me Feel, and Why?



The world seems to be closing in a little since the clocks went back an hour, the nights are drawing in, we are consolidating, and stocking up for Christmas and the New Year. What is actually going on though?

In general I think we are cosying up, or as the Danes would say “We are experiencing the Hygge effect”. What is Hygge, well, it’s more of an experience and a feeling of cosyness and togetherness with those around us and the environment we are in.

The Autumn colours of reds and yellows are warming colours like a woollen blanket or a log fire. We are Hunter Gatherers genetically so we naturally stock up and hunker down for the coming Winter. The wildlife in your garden is doing a lot of the same thing.

Newts are hiding away under the leaf litter now, and actually there is a whole world of life going on under the leaves in Autumn and Winter as it can be a couple of degrees warmer under them. So don’t rake up every leaf you see as that is sheltering wildlife trying to enjoy the Hygge effect too.

Butterflies like to stock up in Autumn so a

sweet boost will help them no end, and some need the energy to see them into hibernation too.

As squashed banana and apples ferment and ooze in the sunshine, red admiral, painted lady and comma butterflies should find it. When they do, they’re likely to stay for hours and then return day after day so again don’t tidy all the rotting fruit away.

Enjoy the last few warm days out in the garden but also give yourself chance to enjoy snuggling up indoors and recharge your batteries. It’s not by accident that we feel like hibernating to at this time of year. Go with it and enjoy it. It’s all part of the natural cycle of wildlife gardeners everywhere.







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# Our Goose was Cooked

*-by Gillie McNeill*

In the post-war era, food was short so when Uncle Gerald offered us a goose from his farm for our Christmas lunch we were overjoyed. The goose arrived complete, so Great-Aunt Vera and Mother spent some time gutting, plucking and singeing the massive bird. The big day came and giblets were put to simmer for the gravy and the gas oven lit. The bird only just fitted in the oven partly because the legs still had feet and the claws got stuck on the rack above. All morning the family slaved over the preparations. Potatoes were added to the goose tin to roast and the bird basted. Sprouts were cut with crosses on their stems. The smell seeping from the oven was beginning to make us feel hungry. Long before the bird was fully cooked Great-Aunt Vera decided to baste the bird again. This turned out to be the fatal mistake. Alas, as she turned the knob on the oven door, it came off in her hand and there was a clank as the inside bolt fell into the goose roasting tin. Screw drivers and other tools were em-



played to open the door but to no avail. The Goose was cooking in an oven which could not be opened. We even tried getting in at the back. During all this moving of the oven, some fat from the goose had spilled from the tin and caught fire. Black smoke seeped out of the door and at the back. It was at this point that we all realized that goose would not be on the menu that Christmas day. Two days later a plumber came and took the oven apart to release the blackened bird, its claws still held upwards in an imploring way. The oven was put together again and the knob restored. However, the inside of the oven was sticky with goose fat which had burned

onto the blue and white enamel and blackened like molasses. It took several hours to clean with a thick solution of caustic soda crystals and much elbow grease. That Christmas was to be remembered as the one with a lunch of sprouts on toast and the grumpiness and exhaustion of Great-Aunt Vera from the horrible job of oven cleaning.

That Christmas was to be remembered as the one with a lunch of sprouts on toast and the grumpiness and exhaustion of Great-Aunt Vera from the horrible job of oven cleaning.

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# Oh no...it's socks!



I have never understood why socks get such a bad press as Christmas gifts. I am a sock-lover. 'So many sock designs, so little time,' could be my motto. I love to receive them and I love to give them. The trick with socks is finding the perfect pair for the recipient.

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# THE FILM REVIEW



## “The Muppet Christmas Carol”

As Christmas is approaching, families will be settling down to watch their favourite Christmas movies. Well, I have the perfect movie to cross the generations – possibly even get your teenagers out of their bedrooms, if not off their phones. I'm here to tell you that *The Muppet Christmas Carol* is the best Muppet movie and one of the best Christmas movies of all time.

This film mixes the fun of the Muppets with the great story telling of Charles Dickens. It takes on the well-known story of *A Christmas Carol* and stays true to the Muppets' spirit and the spirit of the novel itself, while bringing in levity, humour and fourth-wall breaking. One could almost think Dickens wrote *A Christmas Carol* with the Muppets remake in mind.

Dickens's books have always been a great inspiration for film and, astonishingly, there have been more than 50 movie adaptations of *A Christmas Carol* – many of which I have seen. But *The Muppet Christmas Carol* does what none of them has done before or since, perfectly using the humour of the Muppets without losing the sadness and pathos of the original. As for the acting, Michael Caine movies are a secret pleasure of mine and his performance in *The Muppet Christmas Carol*,

for me, is up there with the rest. He clearly decided that acting alongside a bunch of puppets from a kids' TV show he wasn't going to lower his standards as an actor and the film benefits from it. As for the Muppet voice actors they are as talented as ever and the dynamic of them alongside Michael Caine is perfect.

There aren't many flaws in this movie and perhaps one is the music. The songs aren't as memorable as those in other Muppet movies, they go on a bit and the words are occasionally muffled by background noise. The poorly rendered *Ghost of Christmas Past* looks a bit clunky and had it been made more recently (the movie is nearly 25 years old), it would look like a rushed job on a low budget. But other 'tricks' more than make up for this, such as using the Great Gonzo to narrate the movie while also being a character in the story and the source of many of the jokes. This is a neat addition.

Maybe I'm blinded by nostalgia for the Muppets but I would strongly recommend this movie to anyone. If you haven't seen this movie, this Christmas is, of course the time to do so despite being 25 years old, the comedy is still fresh and the tearful moments are still as powerful as ever.

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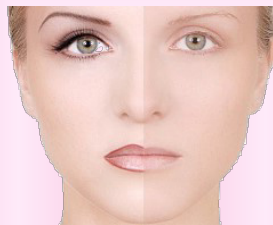
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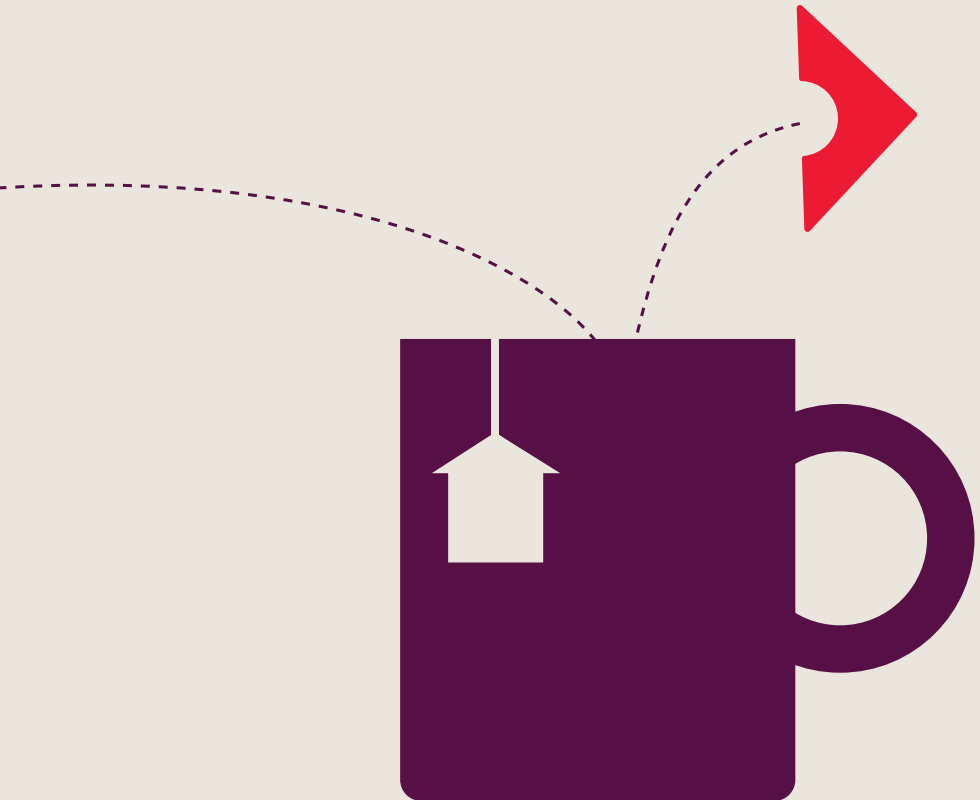


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# Heal that Hangover

Pounding head ... gasping thirst ... a vague memory of telling anyone who'd listen how much you love them ... Sound familiar? Most of us have woken up to regret that last drink (or five), at least once. If you're reading this through bleary eyes, while trying to stop the world from spinning, you might want to take heed of these hangover cures:



can help to detoxify your liver, so really does seem to help reduce a hangover, or even prevent it in the first place. Ideally, you should take one or two capsules before bed and another first thing in the morning.

## Rehydration sachet

Dehydration is the main cause of your hangover symptoms. Drink plenty of water and juice, but if that's not helping, try a rehydration sachet or isotonic drink.

## A fry-up

A fry-up is a bit of a kill or cure remedy in my opinion. Many people swear by it though. Ideally, go for grilled meat, rather than fried, or you might realise it tastes a lot better going down than it does coming back up.

## A banana

Bananas contain potassium, which you might be lacking after all the booze. If you don't fancy a banana, try popping a multivitamin.

## Tomato juice and raw egg

Personally, the risk of salmonella is enough to put me off this one. No one seems to be able to explain why the egg needs to be raw, so I'll stick to my boiled egg and toasted soldiers, with a side of tomato juice.

## Milk thistle

This is my fail-safe remedy. Milk thistle

## Hair of the dog that bit you

Treating a hangover with more alcohol is just delaying the pain. If you can stomach a drink, you may well feel better short-term, but the hangover will come back again, with a vengeance.

## Fresh air

While you may just want to curl up on the sofa with Netflix, a walk outside will usually help to clear your head. Just don the shades so your bloodshot eyes don't scare any small children.

## Mongolian cure

If all else fails, you could go for a drink that's said to be popular the morning after the night before in Mongolia – tomato juice with a pickled sheep's eyeball. Not sure where you're going to get the eyeball from however.

## Prevention

Of course, prevention is always better than cure. Next time you're out, try alternating your alcoholic drinks with soft drinks, and downing a pint of water before bed.

**Suffering from a few too many hangovers? It might be worth visiting [www.drinkaware.co.uk](http://www.drinkaware.co.uk).**

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# Controversial Musings

send your comments and thoughts to [ben@headingtonmonthly.co.uk](mailto:ben@headingtonmonthly.co.uk)



I would like to start by thanking everyone who took the trouble to email in with their thoughts over last month's article. Apart from one person who felt that offending someone was tantamount to genocide, the response has been utterly overwhelming in its positivity.

This month, of course, we are going to touch on the most emotive issues that 2016 have brought us. Brexit, and the US elections.

Now, before the article is even written, I can already feel the temperature of some people's plasma rising to steam point as I dare myself to wax lyrical on this particular topic.

But it's a topic that does warrant attention. As I sit here writing this, it's been a week since the US general election. President-elect Trump takes power on 20 January 2017, and the world has lost its mind.

Or has it?

Oxford is widely known as one of the most liberal cities in the UK, if not the world. We preach tolerance and acceptance and kindness to all people, regardless of their background, ethnicity, religious ideology or history.

We gather in groups at pubs, bowling greens, tennis courts and other social activities so that we can virtue-signal to everyone just how tolerant and liberal our ideologies are. We pat each other on the back and reward ourselves with another Pimms, safe in the knowledge that we are 'good' people, always there to fight injustice and fight for the underdog.

We are GOOD people.

Or are we?

I dare to say that this is not necessarily the case.

Now, before I start my analysis, I feel it, sadly, necessary to issue a 'trigger warning' and disclaimer. When I refer to a group of people, I am fully aware that I am generalising. There are exceptions, and there are lots of exceptions.

I watched with great interest and curiosity after the referendum in June. The referendum result, to me, is neither here nor there. As far as I'm concerned, the referendum was nothing but a plaything for a political class that remains out of touch with reality. Whether we leave the EU or remain in the EU is irrelevant to me.

What I watched, and what piqued my interest, was the responses to the results of both the EU referendum and the recent US presidential election.

Immediately following the Brexit vote, the 'tolerant' protesters unleashed a wave of hatred upon anyone who didn't vote their way, "Remain". People who voted to leave the EU were tarnished as ignorant, aged fogies robbing the youth of their beloved free

movement. We were told that we were all going to die soon anyway, so we shouldn't have had a vote. A petition was called to re-run the vote and for the last 6 months our communities have been divided. Protests against hatred and intolerance were the most hateful, violent and intolerant things I have ever seen.

The US elections followed exactly the same pattern. Anyone who supported Donald Trump was a racist, bigot, homophobe, islamophobe, KKK supporting, thick-headed Nazi-supporting morons. This hateful rhetoric was spewed all throughout the campaign.

As we all know, Donald Trump is now going to be the 45th president of the united states.

The tolerant Democrat voters, who believe in liberal values, and preach tolerance and acceptance of all, took to the streets in rage.

A 14 year old girl posted on twitter that she supported the new president, and was violently beaten by 'tolerant' Clinton supporters at school.

A 74 year old man was viciously attacked by an anti-bullying campaigner.

A 47 year old man was dragged from his car, savagely beaten by Clinton supporters, and dragged behind his own car as it was being stolen by these protesters at 80mph. He eventually got a gap and flung himself from the car at 45mph on a corner.

Outside Trump Tower in New York, a 'tolerant and inclusive' protest that claims to support values of peace and acceptance to all, was marred by picket signs demanding the rape of the future First Lady, amid chants of "go back to YOUR own country".

And this got me thinking. Where are all of the violent, hateful, misogynistic people that supported Trump? And then I looked back. Where are all of the hateful, violent racists who voted to leave the EU?

In both cases, the hateful, violent and intolerant people are overwhelmingly the same people who preach tolerance, acceptance and understanding.

There is a backlash against liberal values on our planet now. And when I analyse it, I can only see one reason why.

Liberal values are only tolerant and inclusive for as long as you agree with them. The moment you disagree, you are dehumanised, attacked, threatened and denigrated until you either agree, or your life is in ruins - whichever comes first.

It's time for us to take a good, hard look at our own values, and decide if we really ARE 'good people' with these values.

Because seeing an innocent dog being savagely beaten to within an inch of its life because its owner voted Trump? I just can't see any good in that.

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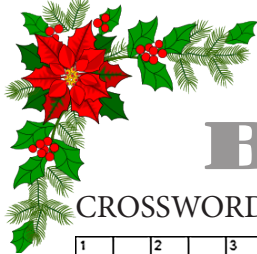
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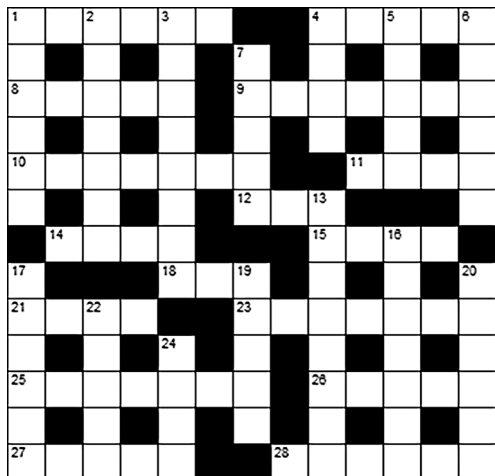


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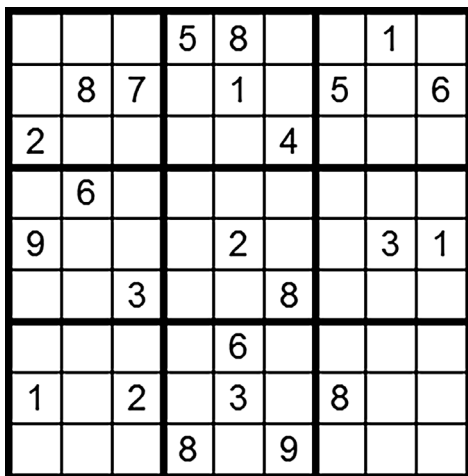


## BRAIN GAMES

### CROSSWORD



### SUDOKU



### CROSSWORD CLUES

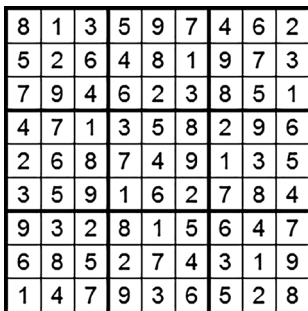
#### ACROSS

- 1 Individual, human (6)
- 4 Fortuitous, blessed (5)
- 8 Alert, attentive (5)
- 9 Trap, tangle (7)
- 10 Young tree (7)
- 11 Scram, vamoose (4)
- 12 Devour, ingest (3)
- 14 Song of praise (4)
- 15 Bow, curve (4)
- 18 Leaf-based beverage (3)
- 21 3D shape (4)
- 23 Domestic help (7)
- 25 Story, justification (7)
- 26 Spine, prickle (5)
- 27 Molten, liquefied (5)
- 28 Admired, cherished (6)

#### DOWN

- 1 Applaud, appreciate (6)
- 2 recoat, reattach (7)
- 3 Compliant, law-abiding (8)
- 4 Mislay, misplace (8)
- 5 Teach, explain (5)
- 6 Cowardly (6)
- 7 Fend-off, equivocate (5)
- 13 Accomplished, brilliant (8)
- 16 Directness, honesty (7)
- 17 Sweet pastry (6)
- 19 Keen, sharp (5)
- 20 Cut-back, sheared (6)
- 22 Rasher, pancetta (5)
- 24 Active, engaged (4)

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



### How to Play SUDOKU

It's so simple!  
Fill in the grid so that each row, column and 3x3 box contains the numbers 1 through to 9 with no repetition.  
You don't need to be a genius. These puzzles use logic alone.

But beware! Sudoku is highly addictive.

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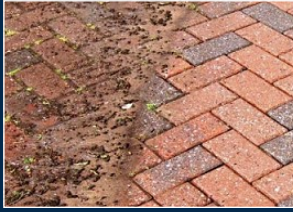
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**Windmill Road** - Ice Hair Salon, Helen & Douglas House, Armends Walk-in Barbers, Adria Pizzeria & Gelateria, Vente Tsunami, Sue Ryder Foundation, Daisy Chain, Headington Homewares, Electric Aids

**Gray's Road** - Gray's Road Stores **Girdlestone Road** - Girdlestone Launderette **Wilberforce Street** - The Butcher's Arms

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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 - 0800 072 7282 (Scottish Power & Southern Electric)
- \* 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 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.*

*New  
homes*



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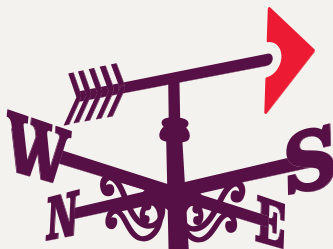
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