

NEW YEAR'S RESOLUTIONS

1. Improve Self
2. Get a Better Job
3. Lose Weight
4. Take a Trip
- 5.

INSIDE THIS ISSUE:
* JOGGING * WILDLIFE GARDENING
* MOVIE REVIEW * BRAIN GAMES
& MUCH MORE!



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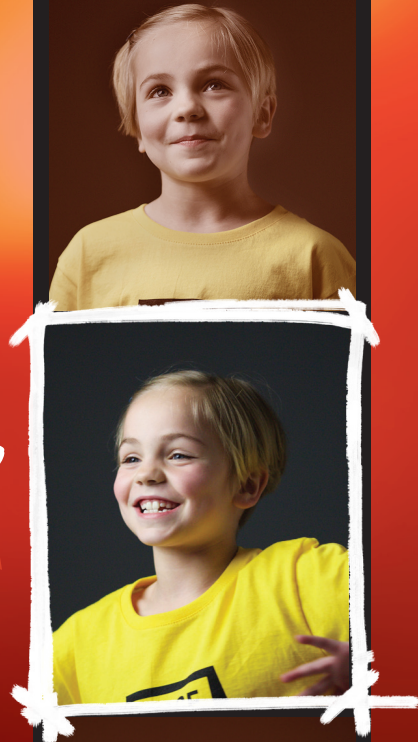


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Nick Allnatt
Founder/Publisher

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

A Happy New Year to you all.

I hope, unless you are seeing this before Yuletide, you are recovering from the Christmas festivities and feasting. By now we will all be considering reducing the excess bulk (sorry, pounds) so we have an article from Ann McIlhinney about jogging. Just the thing to work off the hangover too. My incentive for dieting is that my sister says **she** won't come up to see us over Christmas unless I lose a stone! She says I'm a lunar eclipse.

Oscar Duxfield has sent us his second piece about film which is on page 14. I owe him an apology as I called him 'Oliver' in my last editorial' - Sorry Oscar! As you can see from his writings he is very mature for his age. When I was that age my mother had to accompany me to my first job interview which she had arranged with the employer. All I wanted to do was mess about with old motorbikes and go fishing.

I knew nothing of the world of work, let alone girls. I was so naive I didn't know what a suppository was, and I'd never even heard of a condom.

Also, you'll notice that Ben has been writing some controversial pieces recently (see page 20). We welcome and encourage your responses to these, and will be delighted to publish any rational responses. Don't hesitate to write in, so we can continue a very interesting conversation.

As I write the weather men are predicting a balmy Christmas. Animals will be thinking it's the mating season, and young men's hearts will be turning to thoughts of love. Hang on a minute we haven't got February yet! As Flanders and Swann sang - "January brings the snow, makes your feet and fingers glow. February's ice and sleet, freeze the toes right off your feet" - and so on.

Happy skating!

Nick

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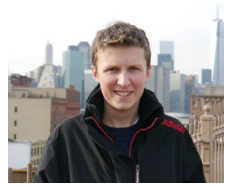
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Tim is a 20 year old sports fanatic and has been living in Headington since 2004 which was when he saw his first Oxford game. He wishes to pursue a career in Sports Journalism. Tim enjoys taking part in triathlons and is a member of the local club. 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.



Oxford Advance In The Cups

By Tim McGovern

After a thrilling victory over non-league Merstham in the FA Cup, Oxford turned their attention to the Checkatrade Trophy group game against Chelsea U21s. After a well fought encounter, the game went to penalties, with the U's just missing out on the bonus point after losing 13-12 on penalties. Penalties have been placed into group games do determine extra points in the group stages.

This narrow loss must have been on the minds of the team, as the next game saw Oxford take on Shrewsbury away, which we were never in with a shout of winning. We lost the game 2-0, but made up for it, but beating Coventry at home the following Saturday with goals coming from Kane Hemmings, a penalty from Chris Maguire, and Alex MacDonald, and a handy own goal thrown into the package to see the game finish 4-1.

Oxford took consecutive home league wins for the first time since early September, after beating Gillingham in a very foggy fixture. Travelling Gills fans claimed they couldn't even see the pitch! Marvin Johnson netted his first goal for the club in the only goal of the game, only three days after the birth of his second child.

Oxford then took on top of the table Scunthorpe in an equally meteorological difficult game as the last. Oxford really held their own and came from behind to end the game as a 1-1 draw, to end six back to back wins for the Lincolnshire side. Phil Edwards netted his first goal for the club with a composed header just after the break.

Then Oxford got on the television for the second FA Cup tie in a row as they took on Macclesfield away. Oxford were definitely lucky to come away

with a 0-0 draw and a replay as Macclesfield dominated the game and in all honesty should have killed the game off.

Oxford had another Checkatrade Trophy game, this time in the knockout stages away at Southend. Chris Maguire thought he had won the game after his 81st minute (stunning) free kick, but the Shrimpers retaliated to bring the game to a penalty shoot-out. Oxford looked more composed and had luck on their side as they took the win after a tense 4-3 result. Shortly after the game, Oxford found out that they would play Scunthorpe in the following round.

Oldham were the next visitors to the Kassam. After taking an early lead, The Latics found themselves facing a barrage of Oxford attacks. Only one was successful for Oxford United, as Rob Hall scored his first goal after returning to the club. But all other efforts were in vain, as Oxford couldn't quite break through the Oldham defence. To rub salt, Oxford boss, Michael Appleton was sent to the stands after an "unclear conversation with the fourth official. In all fairness, he had the right to be angry!

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the garden gnome

What's Going On Under All That Winter Snow?

Garden wildlife often hibernates, as food is rare and it gets cold making life difficult in Winter.

Many creatures hide away log and leaf piles, nestle into tree bark, disappear into compost heaps or mud. Some species, such as birds and squirrels, don't hibernate, but struggle - using up fat reserves.

One of the more important things you may have done this year is plant some bushes that produce flames of berries, ideal to feed the Winter birds. Be sure that if you have, the birds will gorge themselves on them.

Seeds for the birds don't have to come in a plastic bag from the supermarket either! Leave some shrubs unpruned as those old flower heads will provide a nutritious food source and shelter too.

Having some 'untidy' vegetation—dead though it may be— also makes gardens more appealing than seeing just snow everywhere on flat surfaces. Yes snow, it's that time of year again. What a pleasure it can give as it hangs off the flower stems of your uncut perennial and shrubby plants. If the snow gets to deep, the

novelty soon where's off, but we can rest in the knowledge those unpruned plants are providing some shelter under all that snow. Once it melts you can get back out and 'tidy' up' in Spring.

If it does snow this Winter, give a thought for the wildlife covered in the white stuff. Think about the shelter you can provide under the layers of snow as it falls. If we are successful, much of the wildlife will then return to shower us in much joy as it all starts to reappear when the warmer days arrive.

The older I get the shorter the seasons seem to be, how about you?





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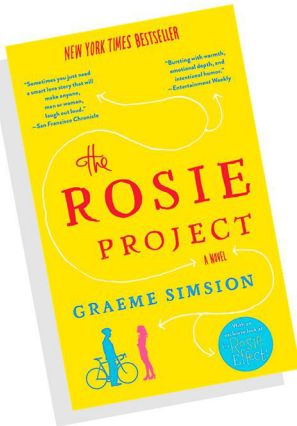
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A Good Read



The Rosie Project by Graeme Simsion

Autism has been in the media spotlight for a few years and so it's not surprise that there have been several novels published which feature

an autistic main character; *The Rosie Project* is one of them.

Don is a scientist working at a university in Australia. In his late 30s he is single and largely contented. His day is meticulously mapped out, and routine is a part of everything he does. He is never early (a waste of precious time) or late (rude and puts everything out of time), and can't abide small talk. He also has lobster every Tuesday.

As the novel opens he is lecturing on Aspergers at a conference but it is not a lecture from a personal perspective. Don is undiagnosed but many readers who are friends and parents of those on the spectrum will identify his traits. A chance conversation with the conference organiser leads Don to consider whether he can apply scientific methodology to the search for a suitable partner, and *The Wife Project* is born.

Readers will warm to Don, and his naïve approach to relationships and life in general, and anyone who is currently negotiating the dating minefield might wonder if it would all be easier with the aid of his questionnaire.

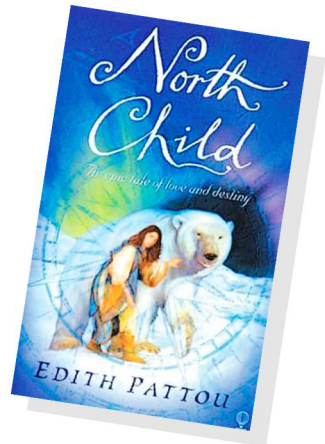
North Child by Edith Pattou

This Young Adult novel is published by Usborne Books. Based on the Norwegian fairy tale 'East of the Sun and West of the Moon' this sweeping fantasy story is set in the snow-covered lands of Scandinavia.

Legend has it that children born facing north are destined to travel far from home and die, crushed under ice and snow. When Eugenia's eighth and youngest child is born her belief in superstition leads her to fear for her daughter's future. She lies about the circumstances of Rose's birth but it would seem that fate cannot be deceived by a lie. As Rose grows up she feels out of place in the family and longs to travel, with a desire for adventure. Her unease, combined with a wanderlust means that when a white bear appears and offers her family a way out of poverty and ill-health if she will come away with him to a land far away in the north, she readily accepts.

Here she meets a mysterious stranger in a castle hidden in a mountain. Who is he and why does he only appear at night? Faced with challenges she discovers her purpose in life in a tale of love, betrayal, and adventure.

This rich story will appeal to readers from the age of 10 upwards and is a great introduction to epic fantasy.



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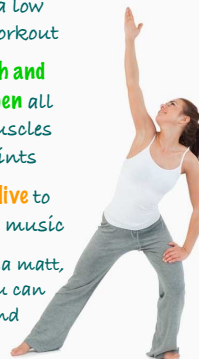
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Burn off those Christmas calories!

Many of us make a New Year resolution that, this year, we will lose weight and take more exercise. So, why not begin 2017 by trying a gentle jog with a local running group?

Why run?

Running is the perfect way to get active. It is free, outdoors, burns more calories than many other forms of exercise, you can do it anywhere and anytime that suits you, and as little or as often as you like. In addition, running increases your cardiovascular fitness, reduces the risk of chronic illnesses such as heart disease, type 2 diabetes and stroke, and is great for boosting your mood and energy levels.

Why join a group?

Runners are generally a friendly bunch, providing encouragement, support – and distraction! It is amazing how the distance goes by when you are chatting as you run. With help from trained running leaders you can progress at the optimal rate for you.

How fit do you need to be to join?

To join a beginners jogging group you need to be able to walk comfortably for about half an hour. Then the aim is to build up gradually over a period of about 10 weeks, incorporating walking and running until you can eventually run a distance of about 5km without stopping. There is an amazing sense of achievement when you reach this goal.

What should you wear?

You should wear comfortable clothing (such as jogging trousers or leggings and a T-shirt, plus a sweatshirt if it is cold) and a suitable pair of trainers. If you enjoy jogging and wish to continue, it is then worth investing in a well-fitted pair of running shoes.

Why not give it try?

There are a couple of local jogging groups for beginners. The Silver Joggers (www.silverjoggers.club) meet in Bury Knowle Park (at the entrance near the toilets) on Thursdays, at 10.30am for beginners and at 9.30am for those who can run for 5km. A new beginners' course will start on 5 January 2017, but you can join at any time. Meeting at the same location, Bury Knowle Joggers offer a similar programme on Monday evenings at 6pm (for more information contact bkjoggers@gmail.com). For other jogging and running groups in Oxford and area, see www.getoxfordshireactive.org. If you are self-motivated, have a look at the NHS Couch to 5K programme (www.nhs.uk/Livewell/c25k/Pages/get-running-with-couch-to-5k.aspx). Make 2017 the year you 'get active'!

World Braille Day

World Braille day is celebrated on 4th January each year. It marks the birthday of the inventor of the tactile code, Louis Braille. The day provides an opportunity to raise awareness of issues facing the blind and partially sighted, and



to encourage the continued production of materials in Braille. Louis created Braille at the age of 15 in 1824. He had been blinded in an accident at the age of 3. Braille is a series of bumps and indentations on a page which represent letters and numbers. It is used for reading and writing by the blind and visually impaired. The code is arranged in small rectangular blocks known as cells with

raised dots in a 3 x2 pattern. Louis was inspired to create Braille after a visit to his school by the army captain Charles Barbier who demonstrated a military code known as night writing. Night writing was a series of dots and dashes which soldiers used to send

and receive messages at night without speaking, It wasn't until 2 years after Louis's death that Braille was adopted as the official communication system for blind people in France. It is now used on a global scale and was officially recommended in the UK from 1870 by an organisation which became the Royal National Institute of Blind People.

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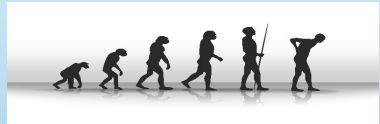
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Oscar Duxfield is 16 and is incredibly keen on films. He says, 'I have been interested in film and film development over the different eras and genres for years and really wanted to put my thoughts onto paper. My favourite film is the Hunt for Red October and I hope that one day I will be able to move into working on films from behind the camera. I think films are really interesting in the way they force people to see things from another person's point of view and force you to empathise with the protagonist, sometimes in peculiar ways'



Sell you this movie - The Informant - By Oscar Duxfield



I suspect that many readers will not have seen my film choice for this month. Despite its stellar cast - which includes Matt Damon – The Informant wasn't brilliantly received by audiences when it came out in 2009. Damon had finished the Bourne trilogy just two years earlier and many fans were, no doubt, expecting another all-out action thriller ride. The Informant isn't that, but I want to convince you that this movie is far from a disappointment – even for hard-bitten Bourne boffins like me. It is a hilarious comedy about a middle manager called Mark Whitacre (played

by Damon) attempting to report the food company he works for to the FBI for price fixing, convinced that he will secure a big promotion for his efforts.

Both Damon and director Steven Soderbergh are at the top of their game in this film, perfectly juxtaposing the cluelessness of Damon's character with the drama of the FBI. The cinematography is excellent; Soderbergh put great thought into making the film as clear, cohesive and enjoyable as possible. I'd put this movie top of my list of Soderbergh greats – even above his three 'Oceans' movies.

I particularly like Damon's character's inner monologue showing how unaware he is of what's really going on. It's the sort of seemingly minor touch that pushes this film from good to great. There is a fantastic moment when his internal monologue is talking about a great idea for a TV show in which a man phones a house and hears himself answer the phone, which of course was the plot of one of Soderbergh's other movies, "Schizopolis". This is just one example of Soderbergh going the extra mile to impress - and enjoying an inside joke with his fans. Watch out for my personal favourite gag when Mark enters a lift with his lawyer while on his way to give his deposition . It'll surely have you in stitches

If I have one tiny criticism, it is that the film takes a while to get going and I'm not convinced we need quite as much detail about Mark's life and back story.

Several of the supporting actors including Joel McHale (who many may recognise from his brilliant comedy series, Community) and Scott Bakula are terrific and work well alongside Damon's performance. Tony Hale, Mark Whitacre's frantic lawyer has some of the best lines of the movie and the comic timing between Hale and Damon is superb. The twist towards the end (don't worry, I won't spoil it for you) will inspire exasperation and anger with the lead character. I'm not entirely sure I was satisfied with the conclusion but it was certainly thought provoking and no doubt that was Soderbergh's intention.

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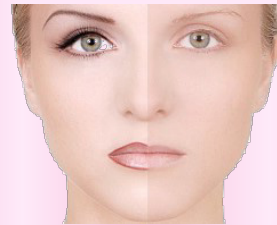
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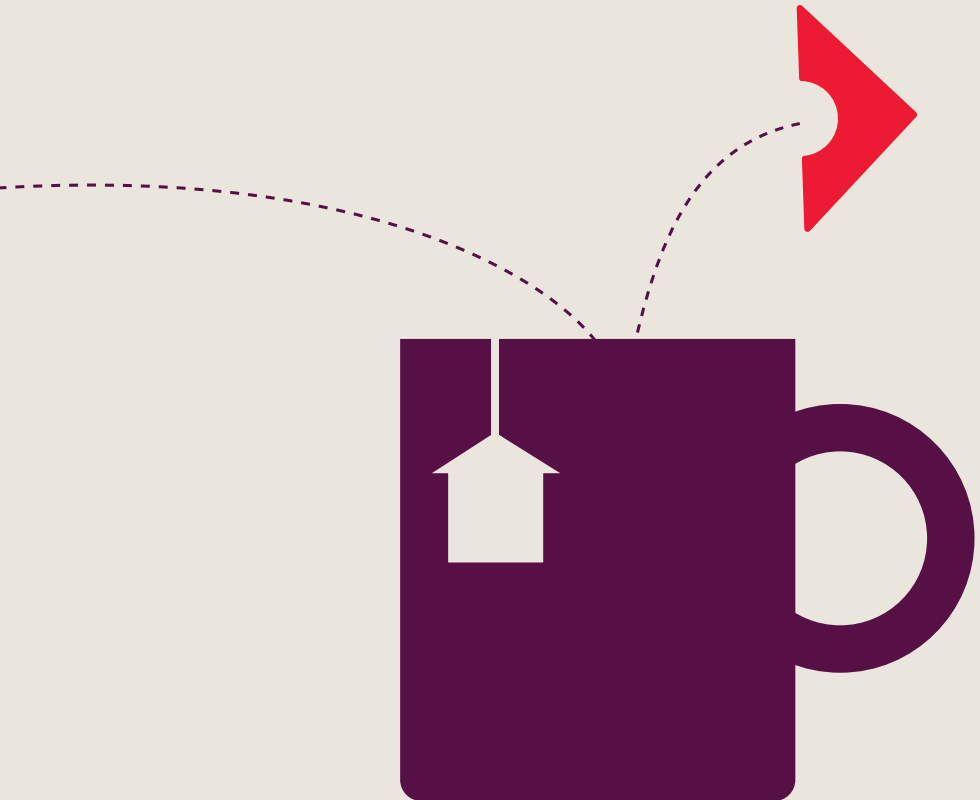
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Controversial Musings

send your comments and thoughts to ben@headingtonmonthly.co.uk



I received quite a few emails last month over the article in the December 2016 issue. One, in particular, caught my interest, though.

In the last issue I spoke about the violent and divisive rhetoric of the 'tolerant' and 'liberal' protesters after the election of Donald Trump. I pointed to well documented incidents, and reported on those.

But the email I received contained a valid point, although not the one the author intended.

You see, I was asked why, with my reporting on the violent and intolerant nature of the 'tolerant' liberal set, I didn't make a fair point about the spike in right-wing and conservative 'hate crimes' in order to balance the article.

And although I was very keen on engaging this discussion with the author, I only received a thinly veiled insult in response.

I responded that I could not report on the spike in 'hate crimes' post referendum or even post US election being perpetrated by right-wing mobs.

In the UK, shortly before the June 23rd referendum, the UK authorities broadly expanded the definition of 'hate crime' to include anything - without evidence being required - that may hurt someone's precious feelings. They also unveiled an anonymous online reporting system for 'hate crimes'.

As a result, there has been a spike in the reporting of 'hate crimes', but an overall drop in conviction levels for these. This is because thousands of people are reporting incidents we know as 'conversation' as 'hate crimes'.

In reality, where most of us live, saying "I'm not particularly fond of blonde women" is NOT a 'hate crime', yet if a blonde woman were to overhear it, she would be perfectly justified under the newer, broader definitions of 'hate crime' to report that as such.

But, in fairness, there have been reports of horrible crimes against people in the US, and the media have paraded the 'victims' in front of a salivating public, baying for the blood of the conservative thinker.

In fact, according to fakehatecrimes.org, there have been 268 reports of 'hate crimes' that have turned out to be complete fabrications.

There have been 2 instances of young muslim women complaining that their hijabs were torn off them by gangs of racist thugs. In both instances, the

'victims' later admitted they made it all up. The latest one, a Yasmin Seweid, has been arrested for making up a false report, and will be judged in due course.

A man bombed a woman's car with a molotov cocktail, with racial slurs and "KKK" propaganda emblazoned on it. Vincent Palmer, 27, told detectives he taped a note with racial slurs and the words "KKK" and "Trump" written on it to his ex-girlfriend's mailbox early Saturday before throwing a brick through her car window and dousing the back seat in gasoline because they were having problems over the custody of their children, according to an arrest report.

While there is no doubt that right-wing extremists do exist, they do not proliferate mob violence on the same scale as the 'tolerant' liberal set. In fact, the difference in verifiable crimes committed by right-wing extremists versus tolerant liberals is so huge that any scientific study would deem the right-wing crimes as 'negligible' by comparison.

And here's the reason. Center-right and right-wing philosophy is based in capitalism.

It is not in a capitalist's interests to be discriminatory or hateful. In a capitalist, self-regulating society, the only colour that is important is that of your cash. A conservative capitalist doesn't care about your race, gender, sexuality or even if you like dressing up as a sheep on Sundays and hanging out in fields. Not caring is NOT the same as hatred. Indifference is not a sign of bigotry. It's a sign of tolerance and acceptance that the liberals can only dream of.

That your sexuality/race/gender is so unimportant to the capitalist shows that, by it's very definition, a capitalist who participates in bigotry or intolerance is only going to be cutting off his nose to spite his face. Whether you think it's right or wrong economically is irrelevant. The mindset of wealth creating is to maximise your income. Discriminating against ANYONE is counter-productive as it alienates the income that can be derived from a particular group.

The conservative doesn't care about your feelings. The conservative doesn't care what you do, as long as you buy his product or service.

So, in conclusion, the simple answer to the question posed in the original email to me "Why aren't you reporting on the right wing hate crimes" is "There aren't enough to be relevant".

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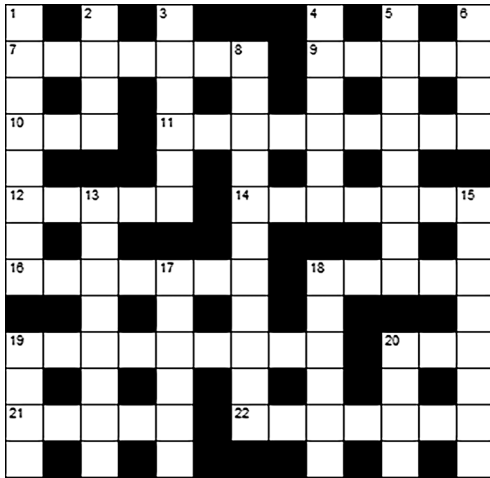
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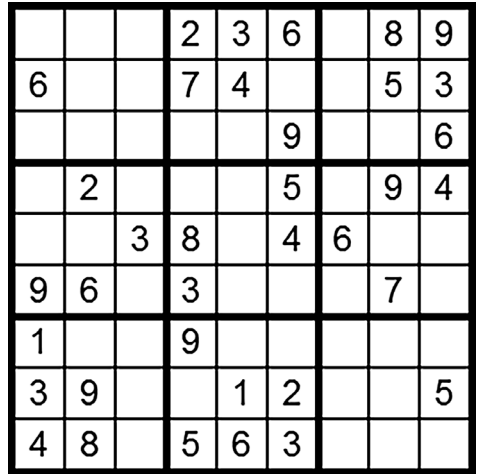
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## BRAIN GAMES

### CROSSWORD



### SUDOKU



### CROSSWORD CLUES

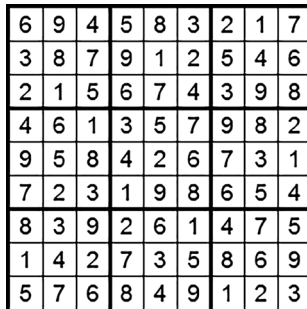
#### ACROSS

- 7 Type of poison (7)
- 9 Mushrooms and toadstools (5)
- 10 Female deer (3)
- 11 Scene, vista (9)
- 12 African river (5)
- 14 Dumbfound, flabbergast (7)
- 16 Art of paper-folding (7)
- 18 Young armed services trainee (5)
- 19 Eclair or Choux bun (9)
- 20 Express an opinion publicly (3)
- 21 Grieve (5)
- 22 Incurred cost (7)

#### DOWN

- 1 Lively Spanish dance (8)
- 2 Small island (4)
- 3 Fisherman (6)
- 4 Place out of line (6)
- 5 Not considered important (8)
- 6 Unpleasant, odious (4)
- 8 Infect, pollute (11)
- 13 Cunning, deceitful (8)
- 15 Discouraged (8)
- 17 Type of nut (6)
- 18 Scary, macabre (6)
- 19 Temporary outdoor shelter (4)
- 20 Skin condition which causes spots (4)

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



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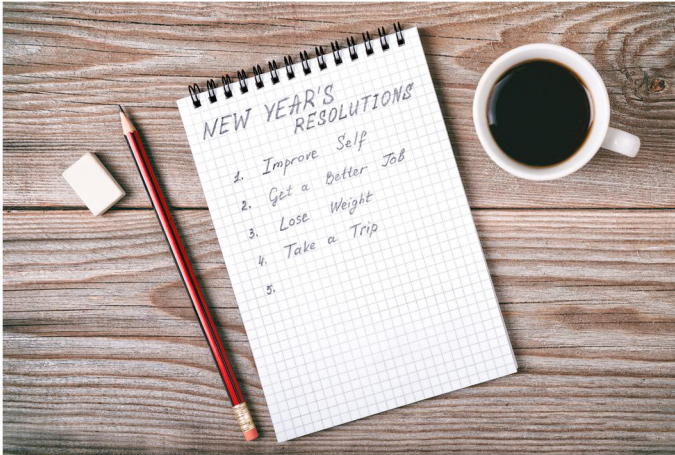
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# New Year Resolutions You'll Want to Keep



All too often New Year's resolutions seem to focus on doing more of what we don't enjoy, and less of what we do enjoy. So this issue, we thought we'd give you our suggestions for resolutions you'll actually want to keep.

## Learn something new

Whether you want to get a qualification so you can get a better job, or you just fancy trying a new hobby, make 2017 the year you try something new.

[www.futurelearn.com](http://www.futurelearn.com) is a good place to start. It offers hundreds of free, short online courses. Many are delivered by leading UK universities. You could try writing fiction, exploring digital technologies, or learning about forensic science. If you prefer face-to-face tuition, check out the courses offered by your local college. You could improve your computer skills, take up a new craft, or find out how to delve into your family history.

## Enjoy time outdoors

Nature is good for you. It's been proven to help with depression, anxiety, stress and a whole lot of other issues. It may even help you to live longer. We know the great

British weather doesn't always make it the most tempting prospect. But if the sun breaks through the clouds, wrap up warm, pull your wellies on and head for your nearest green space. You'll likely find you feel calmer and happier as a result.

## Take time to cook

Home cooked meals are usually much better for you than ready meals. They're

higher in vitamins and minerals, and lower in salt and sugar. So, try resolving to cook for yourself a few days a week. If you struggle to find the time, you could try a box scheme. Simply Cook, for example, post you the herbs, seasonings and recipes to make simple (but delicious) meals in around 20 minutes. You just add four to six items of fresh food and follow the instructions. Hello Fresh go even further. They send you everything you need to make a meal, including simple-to-follow recipes.

## Appreciate the little things

We're often so busy; we don't get time to really appreciate the little things in life. A soak in the bath, your favourite radio programme, a chat with an old friend... Taking a moment to be thankful can make us happier and calmer, and improve our relationships. You could try listing three things that you're grateful for before you go to sleep each night, or keeping a daily gratitude journal. Or just try to give thanks to the people you love a bit more often.

**Whatever your New Year's resolution, we wish you all the luck in keeping it.**



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# Chinese New Year



Chinese New Year falls on Saturday 28 January. In China many people will take a whole week off from work to mark the celebration. It is known as the Spring Festival.

On New Year's Eve, Reunion Dinner is eaten. Many Chinese believe this is the most important meal of the year. It is usually shared by several generations and consists of fish, dumplings, spring rolls, glutinous rice cakes and sweet rice balls.

To mark New Year, red lanterns are hung in the street, red couplets are pasted on doors and images of prosperity displayed. Fireworks are lit and it's believed that the person who launches the first firework of the New Year will have good luck. Lion and Dragon Dances take place and these are intended to scare away evil, and attract health, wealth and wisdom.

Many New Year activities have links with Chinese legends.

New Year is called Guo Nian which means 'celebrate a New Year' or 'overcome Nian'. Nian was an ancient sea living monster who came onto land on New Year's Eve to eat people and livestock. One year, an old man with white hair and

a ruddy complexion managed to scare away the monster by pasting red papers on to doors, burning bamboo which made a loud cracking sound, lighting candles in the houses and wearing red clothes.

Another monster called Sui was said to terrify children whilst they slept. Parents would stay up all night watching and lighting candles to try and keep their children safe. One

official's family gave their child eight gold coins to play with. The child wrapped the coins in red paper and then played at unwrapping them and wrapping them back up until he got so tired he fell asleep. The parents put the coins under the child's pillow and legend has it that when Sui came and tried to touch the child, the eight coins omitted such a strong light that it scared the demon away. This is the basis for why elders and those who are married give children and young unmarried people red envelopes with coins in them at New Year. The red envelope is called Yasui Qian which means suppressing Sui money and the purpose is to scare away the monster and bring good luck.

According to Chinese astrology, each year is associated with an animal symbol.

There is a 12 year cycle and 2017 is the Year of the Rooster. The China Highlights website says that those born in the Year of the Rooster are observant, hardworking, confident and courageous. They are best matched with those born in the Year of the Ox or Snake.

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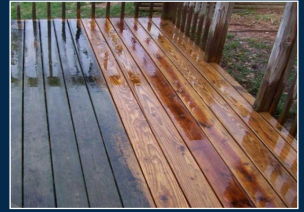
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- \* Bury Knowle Health Centre, 207 London Road, Headington - 01865 761651
- \* Manor Surgery, Osler Road, Headington - 01865 762 535

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- \* Euro Dental Practice, 61 London Road, Headington - 01865 308400
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- \* Manor Dental Practice, 7 Osler Road, Headington - 01865 750 056
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- \* Boots Bury Knowle, 207 Bury Knowle Health Centre, Headington - 01865 765 559
- \* Roundway Pharmacy, 3 Roundway, Headington - 01865 766 994

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- \* John Radcliffe Hospital - 01865 741 166
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- \* Thames Valley Police - 101
- \* Oxford City Council - 01865 252 900
- \* Rt. Hon. Andrew Smith MP - 02072 194 512
- \* NHS Direct - 111
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## City Councillors for Headington:

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

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|--------------------|------------------|--------|
| 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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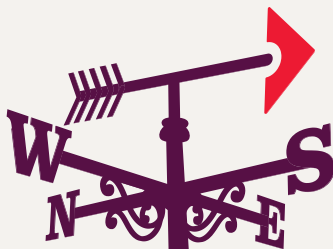
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