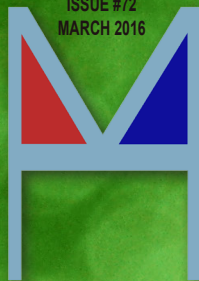


ISSUE #72
MARCH 2016



HEADINGTON MONTHLY

YOUR LOCAL FREE COMMUNITY MAGAZINE AND BUSINESS DIRECTORY

FREE!!!

St. Patrick's Day 2016

INSIDE THIS ISSUE:

- * OXFORD UNITED
- * COMPUTER ADVICE
- * WILDLIFE GARDENING
- * CROSSWORD & SUDOKU
- & MUCH MORE...



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Dear Readers

Welcome to our spring edition which completes our sixth year of publication. I only started the magazine as a retirement project and look what's happened, our 72nd issue! I'm never going to get that dream retirement hideaway by the sea at this rate, but I'm not complaining. The idea of the magazine was to provide some interesting, informative and enjoyable reading while supporting local non-profit groups and small charities. We don't get everything right, but judging from your many kind comments and encouragement over the years we think we've not done too bad a job, but we mustn't get complacent. We welcome your suggestions.

We have a new larger scale advertiser, Oxford Vapours, starting this month. Although controversial the new vaping phenomenon is taking hold, I am personally much in favour as it has helped our son to kick the dreaded weed and I think vaping is much safer, and cheaper. You may have other views. We won't allow it in our house and I wouldn't want anyone who doesn't smoke to take it up but having an safer alternative to tobacco has to be good.

We have 7 shops currently empty or closing in Headington. I'm sure you don't want to see this, nor do we. We have to put pressure on the local authority to improve parking access and on national government to change the business rating system to help small independent traders, and to encourage business landlords to set fair rents.

When you are reading this hopefully spring will be in the air and it will be T-shirt weather. After the winter storms it will be most welcome. Hopefully local and national government will have seen sense and provided support for struggling independent shops and services. I am always living in hope.

Perhaps one day we can all hire a charabanc and take a holiday to the seaside. Now there's a nice thought! Enjoy the sunshine. :)

Best wishes, Nick



Nick Allnatt
Founder/Publisher

GET IN TOUCH

Nick: 07850 120116

nick@headingtonmonthly.co.uk

COVER IMAGE

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APRIL 2016

Commercial:

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Charity/Non-Profit and

Design Requests

1st MARCH 2016 5pm

THIS MONTH IN YOUR HEADINGTON MONTHLY:

8. A Drop Of the Black Stuff
12. Hello, is it Tea You're Looking for?
14. Headington Singers Celebrate 30 Years of Song
18. Why is Nature Good for Us?
20. Brain Games
24. "My Internet is Broken"
26. Oxford United: Wembley Calling
30. What's On



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Local E-Cig success stories

Healthier smoking alternative easier than expected for Oxford 'vapers'



Bobby, 56.
Taxi Driver, Oxford.

As a taxi driver & keen darts player, I was constantly in a smokey environment and smoked up to 50 cigarettes day. I've tried patches & gum in the past but they never did the trick. I brought an E-Cig from my local vape shop and started off on a high nicotine strength, but after just a week i felt confident enough to use e-liquid with no nicotine at all. I used this for 2 months then quit completely and haven't smoked since. If i can do it, anyone can.



Deborah, 48.
Housewife, Abingdon.

I smoked up to 20 a day for many years. Cigarettes were a comfort through thick and thin. I was unsure about switching to E-cigs, but decided to take a chance. It took me a few weeks to cut out cigarettes completely, but I love my E-cig now and take it everywhere! In 6 months i have managed to save for a 14 day holiday in a 5* resort with spending money to be pampered everyday in the spa. All from the money I have saved from switching to E-Cigarettes.



Helen, 60.
Retired, Witney.

After smoking 10-15 cigarettes a day for over 39 years I was diagnosed with COPD by my GP and told my lungs were only working at 60% capacity, I decided to do something, so purchased an E-cig starter kit for £26 & started 'vaping'. I returned to my GP after 8 weeks and my lung capacity had increased to 81%. I was amazed by the results and am now a 'vaping' convert and I am enjoying my new found health.

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Our Barton branch surgery is open Monday to Thursday 8.30am-6pm and Fridays 8.30am-5pm, closing for lunch between 1pm and 2pm. On Wednesday the surgery is closed from 12.30pm-2pm. A doctor is available on Monday PM, Tuesday AM, Wednesday AM, Thursday AM and Friday AM and a nurse on a Monday and Wednesday morning. Non NHS services available at Barton include a monthly carers' clinic and a weekly affordable counselling service provided by The Listening Centre.

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March 17th is St Patrick's Day - a celebration of all things Irish - and people around Ireland and throughout the world will commemorate it with a pint or two of Guinness, Ireland's unofficial national intoxicant, with more than a 25% share of the beer market.

Arthur Guinness founded the brewery that makes the famous drink. Born in 1725 in County Kildare, Arthur inherited £100 at the age of 27 from his godfather, and three years later he set up business as a brewer. In 1759 he signed a 9,000 year lease on a disused brewery in St James Gate, Dublin where he began brewing porter and ale.

Porter is a dark, well-hopped beer made from brown malt. Its history is closely intertwined with that of stout, a term which originally referred to a beer's strength but which now refers to the drink's body and colour.

Today's Guinness is a dry stout available in a number of variants and strengths, including Guinness Draught, Guinness Original/Extra Stout, Guinness Foreign Extra Stout, Guinness Special Export Stout and Guinness Bitter. It is nicknamed 'the black stuff' on account of its dark colour, although it is actually a very dark shade of ruby!

Now brewed in 60 countries and available in over 120, the first Guinness export was to England in 1769, and by 1824 it had become

a worldwide brand. Sales soared from 350,000 barrels in 1868 to over a million eighteen years later. However, by the 1970s sales were in decline and the company decided to make Guinness Extra Stout 'more drinkable', resulting in a brand re-launch in 1981 with pale malt being used for the first time.

Contemporary Guinness Draught and Extra Light Stout are weaker than their 19th Century counterpart, with Foreign Extra Stout and Special Export being closer to the original in character. Modern Guinness has a burnt flavour and is famous for its smoothness and thick, creamy head.

The production of Guinness continues to change with the times. In November last year the company announced plans to make their beer suitable for vegetarians and vegans by the end of 2016, through the introduction of a new filtration process that will avoid the need to use isinglass from fish bladders.

Claims have been made in the past that Guinness can benefit the heart by helping to prevent harmful deposit build-up on artery walls. It has also been described as a 'meal in a glass', and at 198 calories per pint, has slightly fewer calories than skimmed milk, orange juice and most other light beers.

So, I wish you a happy St Patrick's Day, filled with friends, fun, smiles and a drop of the black stuff.

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Bullington Craft and Social Club  
for the over 60's.



The Bullington Community Centre (located in Peat Moors, off the Slade) is the venue for a newly formed drop in Craft and Social Club for the over 60's, meeting ***every third Tuesday of the month between 1.30 and 4.00 pm***. It is all very informal and if you are at all nervous about coming on your own, please don't be. We really are a friendly bunch of men and women and welcome all newcomers.

People may bring their own **CRAFT** projects or perhaps add a few strips to our communal rag rug which will eventually be raffled for charity. Crafters are always interested in other people's work and the ice is very quickly broken when they find something in common. Informal workshops are put on occasionally by members if there is an interest, passing on new skills.

**SOCIALLY**, if you get bored with conversation and endless cups of tea and cake there is always someone looking for a partner to play table tennis, cards, darts, etc. For those wanting a quieter life, there is the 1000 piece puzzle which is taking an age to complete. There is also a book swop for those who like reading.

In the future we hope to collaborate with the Make and Mend group and are looking into making bird feeders and nest boxes. As a new group we welcome ideas on how to move forward. Ideas being thrown around are to bring in the occasional speaker, live music/singing, book/poetry reading, film showing, organised visits, quiz, etc. but this all depends on numbers. This new initiative is one way of addressing the lack of facilities in the area for the over 60's. It has at its heart the community and is working towards bringing back the sense of belonging.

If you want more information or someone to talk to break the ice, please call Shirley on 07857 146948

The next get together is on Tuesday the 16<sup>th</sup> of February from one thirty.

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## Headington Singers celebrates 30 glorious years of song!

A special concert on 18 March\* will celebrate the 30<sup>th</sup> anniversary of Headington Singers, a non-auditioning community choir. And the occasion will also mark the 20<sup>th</sup> anniversary of our conductor, the amazing Sally Mears.



Sally Mears will celebrate 20 years of conducting the choir

The choir started in a modest way with a handful of women (men were late starters!), whatever

scores we could lay hands on and a pianist, Maureen Cooper, who has been our wonderful accompanist ever since. Having tried all kinds of musical styles, we realised that we had the nucleus of a conventional choral society and that called for a 'proper' conductor. Under the baton of Mark Goddard we were ready to tackle our first really big work in March 1989, Haydn's *Nelson Mass*.

Since then the choir has gone from strength to strength, thanks in no small measure to the boundless energy and enthusiasm of Sally Mears. We now number around 80-90 singers and tackle a wide variety of choral music, from Schutz to Karl Jenkins. Our termly concerts are usually held in All Saints' Church but we have also sung in Oxford

Town Hall on several occasions and in Dorchester Abbey. We try to be musically adventurous and have even commissioned works from local composers but, like every choir, we love coming back to the 'classics' and will be singing excerpts from *Messiah* at our celebratory concert. Please join us!

\*7.30pm on Friday 18 March at All Saints Church, Lime Walk, OX3 7AX. Tickets on the door £12 /£10 concessions. See [www.headingtonsingers.org.uk](http://www.headingtonsingers.org.uk)



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# Why is Nature Good For us?

**T**hese articles and my wider work these days is about developing new ways for people to enjoy their gardens, see them in a new light and enjoy the wildlife therein. Bringing to people's attention through their senses and experiencing more fully what is really in front of them, in that moment, is a real de-stressing skill and perfect for keeping balance in all our lives.

The emphasis is so much on the thoughts being the thing to address in finding balance, but what is really happening physically in the human body and mind when we enjoy the nature around us. We know getting out and connecting with nature is good for us, but what is going on.

We recognize that tingly feeling when we are out in the thick over Mother Nature, but what is really happening, what is it that causes that tingly feeling?

I am hoping to run a series of nature sensory workshops with Oxford University students and also help develop a full study within the University itself to try and collect data exploring what physically happens to our bodies when out in nature.

I suspect a lot of what's going on is the electrical impulses given and received by the brain during our countryside wanders. Is it all to do with the nervous system though? Is it that we breathe more deeply when out in nature, meaning we have more oxygen in our system so our bodies can actually function properly.

Is what's going on in our bodies different at differing stages in life, say, toddler, teenager, adult, and pensioner?

If we understand what's going on when we are out in nature, are we able to sustain that process when we return back to the hustle and bustle that can be life?

Next time you are out in the wildlife garden, observe yourself. What's happening in your mind and in your body too? It's something we take for granted but worth exploring I think.

I talk about not just looking, but seeing. Not just touching, but feeling. Not just listening but hearing too. That's not enough though I'm coming to realise. To get the whole experience from a wildlife garden, we need to understand too.

Happy Gardening  
Stuart Mabbutt

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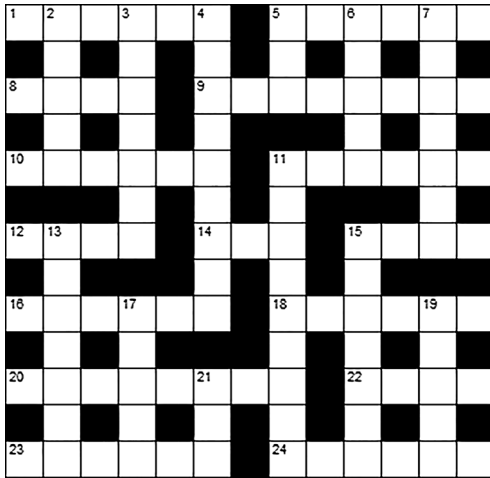
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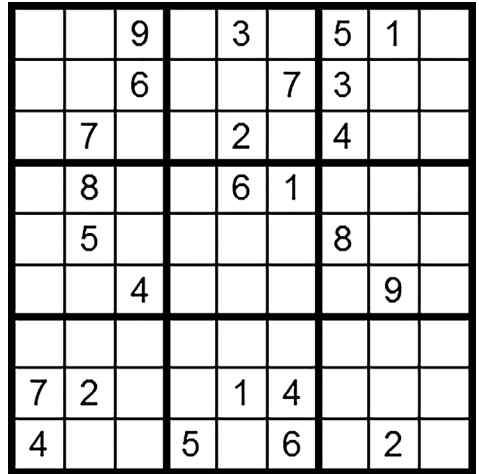


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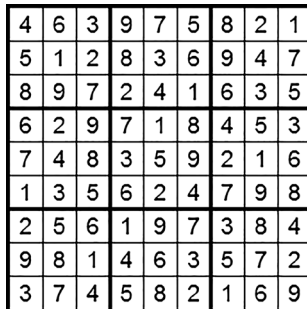
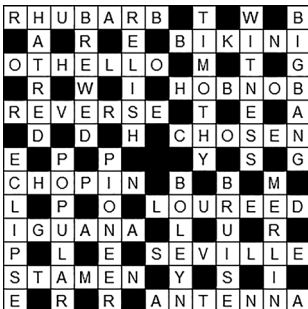
### ACROSS

- 1 Material used to make tents (6)
- 5 Skimpy knickers! (6)
- 8 Earth, compost (4)
- 9 Green vegetable (8)
- 10 Bendy fruit (6)
- 11 Hard yellowish tooth deposit (6)
- 12 Area, region (4)
- 14 Frozen water (3)
- 15 Nip, chomp (4)
- 16 Expression, brief utterance (6)
- 18 Lightweight waterproof jacket (6)
- 20 Sticky insect trap (8)
- 22 Barrage, bombardment (4)
- 23 Undercover, secret (6)
- 24 Brine (6)

### DOWN

- 2 Odour, scent (5)
- 3 Group of houses, rural community (7)
- 4 The Beatles sang about a yellow one! (9)
- 5 As well, also (3)
- 6 Coveted film award (5)
- 7 Dashing, debonair (7)
- 11 Dictionary of synonyms and antonyms (9)
- 13 Shakespearean play (7)
- 15 House of ill repute! (7)
- 17 Bramley, Granny Smith, Cox (5)
- 19 Extra-terrestrial (5)
- 21 Container, vessel (3)

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



### How to Play SUDOKU

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

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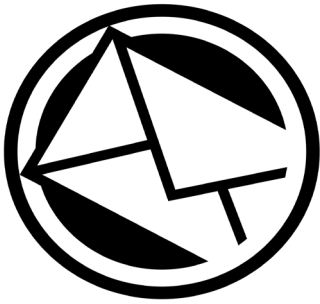
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# “My Internet is Broken”

## Understanding the difference between network services

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 07455 155 619 if you need help with your computer. See ad on opposite page for details.*

One of the most common complaints I get in my daily routine as a computer guy is the simple statement “my internet is not working”.

In 99% of cases, this ends up not being true. But I'm here to help you diagnose your internet problems, by helping you to understand that the “Internet” and the “web” are not the same thing.

The terms are used incorrectly as synonyms, but it is not the case.

Your “Internet” connection provides all of your connectivity down your line, but the “web” is the stuff you visit in your “web browser”. Websites are not called “Internet Sites” for a reason.

The “Internet” itself is made up of many protocols, which are instructions on how a service is communicated.

Your web browser and the “web” are only a small area of the wider internet, and understanding that will help you diagnose problems.

If your computer is not showing up web pages in your favourite browser, it may not be that the connection itself is broken, but could be anything in the chain link of getting the information to your screen.

The obvious test of this if your web isn't working is to open up a terminal and ‘ping’ google's name servers. In Windows, you open a command prompt and type “ping 8.8.8.8” and press enter. If your console gives you 4 lines saying “Reply from 8.8.8.8”, then you can immediately rule out your internet connection as the problem,

and this will help you communicate with your technician more effectively.

Email, FTP, DNS and many other 3 letter acronyms are all identifying different types of “internet” service, and the web, or “http”, is just one of those.

However, in order to get a page to your desktop, your web browser will use a few other internet services in order to give you a seamless experience. And sometimes this just goes wrong, either on the service provider side, or on your own machine. If a reboot doesn't solve the problem, and you still can't get on the web, but you can get a ping reply, then the problem is likely to be a DNS problem.

DNS (Domain Name Service) is the system that takes the address you type into the bar (google.co.uk) and turns it into a number that computers can understand. Think of the domain name as a house name (google.com) and it's computer IP address (8.8.8.8) as a postcode.

In order for Google to give you the page, it needs to receive a connection, and the DNS service is in charge of being the ‘directory’ of addresses. If DNS breaks or fails to function for any reason, the entire “internet” experience will appear to have stopped, when that is not necessarily the case. The problems can easily be diagnosed and fixed in a phone call to your technician and you'll save a fortune on calling out someone to type four numbers into a box in your settings.”



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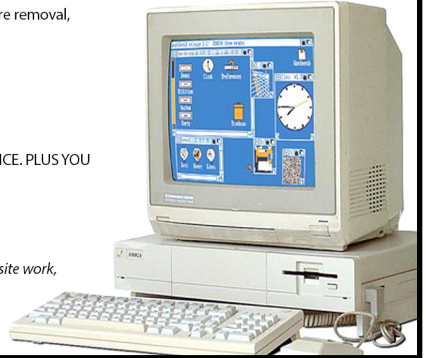
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Tim is a 19 year old sports fanatic and has been living in Headington since 2004 which was when he saw his first Oxford game. He wishes to pursue a career in Sports Journalism. Tim enjoys taking part in triathlons and is a member of the local club. 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.



Jake Wright



## Wembley Calling

By Tim McGovern

Oxford United had a month of mixed feelings. We defeated Swansea in a famous FA Cup game, but we suffered a number of (perhaps unexpected) defeats and dropped some vital points.

The first match after the Swansea game was a Thursday night game away at Millwall in the Johnstone's Paint Trophy Southern Final first leg. After a back and forth kind of game, Oxford took a surprise lead thanks to Kemar Roofe after he scored from an impossible angle against the Millwall keeper. This was not the end for Oxford as John Lundstram could have scored one of the goal of the season with a brilliant 25yard shot which was palmed onto the bar, but Kemar Roofe was there to bury the ball into the net with a cool header. A much needed 2-0 victory at The Den put Oxford in good stead to go to Wembley.

Oxford then faced promotion chasers Bristol Rovers in the league. After another cool finish by Kemar Roofe, Bristol had their response through Oxford born Matty Taylor. The day was capped with a sour note as Bristol were awarded a penalty in the last minute which was converted by Ellis Harrison. This 2-1 loss left Oxford feeling worse as striker, Ryan Taylor went off injured in the first half.

Oxford returned to winning ways the next weekend after a much needed 1-0 win at Portsmouth. New signing, and former Premier League striker Jordan Bowery scored 7 minutes into his Oxford debut. A much needed 3 points in the league.

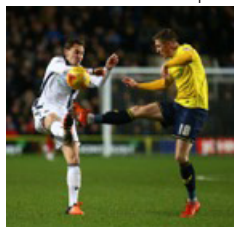
The next fixture was the result of our labour against Swansea. Paul Lambert's Blackburn

Rovers in the FA Cup fourth round. After a very slow start, Blackburn took the lead with a penalty on 36 minutes. The situation was made worse after they netted just before half time. The damage was completed when they scored a good free kick with 15 minutes to go. The dream was over, but there was another big game to focus on...

The second leg of the JPT Southern Final. It was a scrappy game and the ball was being thrown end to end. On 54 minutes, prolific striker Lee Gregory put the visitors ahead. Only ten minutes later, Mark Beevers of Millwall was sent off after two bookable offences. Nothing else noteworthy happened much to Oxford's joy. The 1-0 defeat meant a 2-1 aggregate win. OXFORD UNITED ARE GOING TO WEMBLEY AGAIN!

Throughout the January transfer window, Oxford snapped up Jordan Bowery and resigned Chris Maguire from Rotherham, Zeli Ismail on loan from Wolves and young right back Jonjoe Kenny from Everton after George Baldock was recalled by MK Dons. Paddy Hoban left to go to Stevenage on loan, and Danny Rose left the club to Northampton after his contract was terminated by mutual consent.

Oxford face Barnsley in the Johnstone's Paint Trophy at Wembley on April 3rd (for those few who don't know already)! COME ON YOU YELLOWS!



John Lundstram

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- \* 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

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\* John Radcliffe Hospital - 01865 741

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- \* 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

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- \* NHS Direct - 111
- \* The Samaritans - 08457 909 090
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Friday 4 March 2016 at 5.00 pm  
Speaker: Professor Dame Kay Davies CBE FRS FMedSci, University of Oxford  
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