

ISSUE #80

NOVEMBER 2016

HEADINGTON MONTHLY

YOUR FREE COMMUNITY MAGAZINE AND BUSINESS DIRECTORY

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INSIDE THIS ISSUE:

- * RAGING FIRES
- * WILDLIFE GARDENING
- * COMPUTER CONSUMER
- * 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

Welcome to our bonfire night edition. I thought scary faces were supposed to be for Halloween. Our designer came up with this one on the front cover to grab your attention. Did it work? We do a rough count of the magazines collected so we'll find out. It's not as scary as the face on this page I hasten to add.

Last month I had a 'pop' at Oxfordshire County Council and the Oxford University Hospitals about the roadworks which should have started by the time you read this. This month I want to pay a compliment to Oxford City Council. Under pressure two days before the print deadline for this magazine I, in my usual early morning stupor (not drunken), put my recycling wheelie bin out for emptying and hadn't noticed I had put the wrong one out. I reported it to the phone robot the next day and she (it was definitely a very nice female voice) noted there had been no apparent reason for the non-collection and would arrange a return visit. I think is because the guys knew we usually do our reasonable best with recycling and kindly recorded no reason for the non-collection. Thanks chaps! A Christmas box will definitely be waiting for you this

year. Exciting this 'innit'.

Ben, our designer, has written an article on page 20 which goes to the heart of what goes wrong with the world. He makes a valid point that utopia begins in our communities, in our homes. We so often seek to make other people, other communities, other countries, better, when it is really we ourselves who need to be better i.e. better listeners, more tolerant, more empathetic. That is how we influence others for good, not by withholding our opinions but by presenting them in an acceptable way, showing respect for the other. I hope you find his words helpful and thought provoking.

You will see we have quite a few new advertisers this month. We welcome their support and hope you will find their services useful. Headington is obviously alive and kicking despite the obstacles placed in our way.

Have a pleasant fireworks display.

Nick

COVER IMAGE

"GUY FAWKES"

-WIKIMEDIA COMMONS

DEADLINES FOR

DEC 2016

Commercial:

3rd NOV 2016 5pm

Charity/Non-Profit and

Design Requests

1st NOV 2016 5pm

THIS MONTH IN YOUR HEADINGTON MONTHLY:

- 6. THE WAR POETS
- 8. SHAKING HANDS WITH AUTUMN
- 12. FIREWORKS FIESTA
- 20. CONTROVERSIAL MUSINGS
- 22. BRAIN GAMES
- 24. HELP IS NOT EXPENSIVE
- 28. WHAT'S ON

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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.



Six In A Row

By Tim McGovern

There has been a lot going on in the last two months for Oxford, but one game in particular was worthy of note...

One big game was of course, Swindon. These two teams haven't met in the League since March 2012, with Oxford coming away as the victors after a 2-0 win. Oxford, started and remained the better team throughout the first half. Skipper John Lundstram was unlucky to miss the target after a shot from 40 yards out just sailed wide.

But after a controversial penalty decision, Chris Maguire converted and, as if on cue, took the limelight and Oxford hearts by celebrating right in front of the travelling Swindon contingent. Thumbs pointing to his name and his number 10 jersey.

After the break, Swindon were struggling. Oxford scored again after a poor clearance from Swindon stopper Lawrence Vigouroux resulted in Maguire blocking to score. He celebrated in front of the home fans this time...

Minutes later, Robins defender Lloyd Jones was sent off for his second yellow. Again, shortly after Lundstram tried his luck from inside his own half, but only just missed out.

It was action to the end as in the 95th minute, Vigouroux was shown a straight red for retaliating to a late Alex MacDonald challenge, much to the delight of Oxford fans! 2-0 at full time.

Two Oxford goals, two Swindon red cards, one crazy celebration, and six wins in a row against the old enemy. What a time to be an Oxford fan!

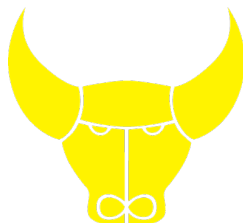
After this highlight game, Oxford seemed to lose touch. After the brilliant away attendance (the highest in the UK that weekend), they travelled

to Milton Keynes, where the team could only hold onto a 0-0 draw. However, a nice touch from former U's defender George Baldock was appreciated by fans after giving his shirt to a young fan from the travelling Yellow army.

Following this, Oxford held Charlton Athletic at home to a 1-1 draw, with Chris Maguire scoring the equalising goal. This game put pressure on the U's to take victory away at Southend. Again, Kane Hemmings scored away from home, but his goal wasn't enough as The Shrimpers came away with a 2-1 win.

However, Oxford pulled off a shock, yet well-deserved triumph over highly rated side, Bolton Wanderers. After a hard fought 80 minutes, Wes Thomas broke the deadlock, only for Chris Maguire to bury the game at 90 minutes. Not too bad for a 2-0 win against a side in the Championship last year!

Now in other news, rumours are beginning to circulate that former Chairman and owner Firoz Kassam is willing to sell the Kassam Stadium to the club... I don't know any more details, but will be sure to keep you updated! COME ON YOU YELLOWS!



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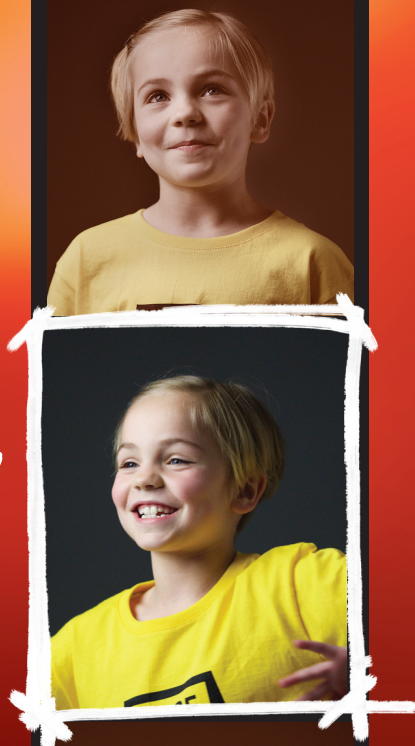
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Shaking Hands with Autumn



We know autumn has started but how many people really experience it?

We know the autumn incoming migrant birds are arriving and we may notice some like the Redwings scratching around under trees, bushes, in parks, gardens, supermarket car parks and even school playgrounds. However, how many people truly notice the changeover between seasons?

Close your eyes for a moment and think what does autumn mean to me? How does autumn make me feel? What does it feel like? Listen to the soundscape around you wherever you are. What does autumn sound like? Take a deep breath and smell the landscape around you. What does autumn smell like?

When you close your eyes, what colour is autumn? What shape is autumn?

When harvesting crops from the veg plot cook them up and put them on a plate to eat. Really concentrate on the taste and textures of the food. What does autumn taste like? Once you've done those exercises, revisit the question – do I really notice the change in seasons? What does autumn mean to me and

how does it make me feel?

When I think of autumn and consider what it means to me, it is a chance to regroup and catch up after the rigours of summer. When I think about how it makes me feel, it's as though I feel burnt out and in need of a rest - it feels dry and parched. When I listen to the soundscape, it feels empty now the summer birds have gone. It smells like rotting undergrowth. I see the colour of autumn as yellow and red and the shape of autumn as being spiky and angular. I experience the taste of autumn as homely and comforting.

Now it's your turn to have a go at this exercise and get acquainted once again with autumn's personality...



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Fireworks Fiesta!



marshmallows is sure to prove popular with children and drivers. You could also make a warming alcoholic drink for adults, such as mulled wine, liqueur coffee or hot toddy.

Games

If you have children coming, why not keep them busy making a Guy? You'll need to provide plenty of old material, plus stuffing. You could also pre-make a papier-mâché head using paper, glue and balloons,

or buy it from a craft store or eBay.

Alternatively, you could have a Guy making competition, where everyone makes a smaller Guy, or decorates a gingerbread man, with a prize for the winner.

Kids and adults alike love a piñata, and you can buy them in a variety of shapes. Fill yours with sweets or small treats, such as stickers and balloons, and hang it outside from a tree. Make sure you give whoever's swinging the stick plenty of space!

Fireworks

Most people will want to watch the fireworks from outside, so you might want to dig out some spare blankets, gloves and hats for anyone who isn't prepared. If you're setting off your own fireworks, take time to explain the danger to children, and make it clear how far back they need to stand. You'll also want to ensure that any pets are safely inside. Of course, it's safer and cheaper to take advantage of a nearby firework display. They can be seen for miles, so you may well be able to stay in your own garden, avoid the crowds and make the most of those warming drinks...

Top tips for making your fireworks party go off with a bang...

Food and decorations

A warming autumnal soup is sure to go down well with guests, and mini sparklers are a great way to liven up sandwiches. For pudding, you could decorate cakes with coloured icing in the shape of fireworks or rockets, and don't forget the toffee apples!

To make an easy firework rocket, roll a rectangle of coloured card into a tube and stick in place with double sided tape. Cut out a circle of card, with a wedge missing, roll and tape to make a cone for the top. Stick it on and attach a wooden barbecue skewer (with the point cut off) to the inside of the tube. Fill the tube with sweets, close the bottom with a circle of card, and glue on some paper streamers. Display several in a tall glass vase.

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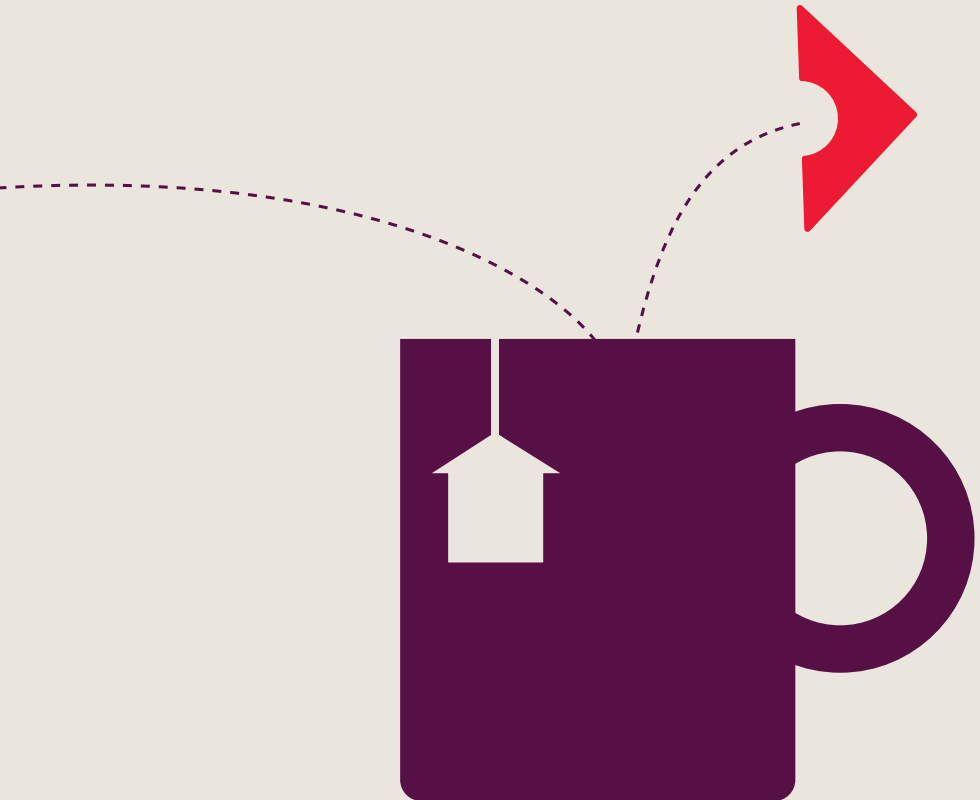


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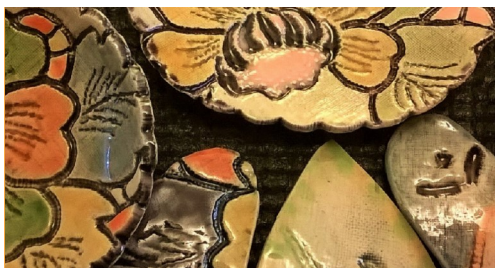
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# Controversial Musings



When did we become a society that was so afraid of opinions?

Headington Monthly is a magazine that has, since its inception, had a policy of non-offence. But the problem with that is (a) you can't please everyone all of the time and (b) the magazine ends up generic and full of content that is innocent and sweet, but without any actual substance. We want to see a readership that is hungry to discover what is in the next issue, rather than just see it as a kind of parish newsletter.

And I write this with full knowledge that I, personally, am the guilty party. I assemble the magazine each month, and I keep the content as inoffensive as possible.

But still, people take offence. Last month, our magazine had a tongue-in-cheek, yet striking cover poking a bit of fun at the roadworks. This year we have deliberately avoided all of the cliché magazine themes. In February, we avoided Valentine's day. In March we successfully avoided Easter, and last month we worked hard to completely avoid Halloween. Don't worry, Christmas remains protected and the December issue will remain as festive as ever.

Now, although our cover last month was clearly fun (I've always wanted an excuse to use the umbrella gag), we received complaints that it was offensive, would hurt businesses and our advertisers would leave us in droves. We disagree. And so it would appear do the advertisers. In this issue we've had the biggest single monthly increase in new advertisers since we launched in 2010. But if we disagree, then we get told that we aren't listening, or that we are alienating people, or - worse - that we are the reason Brexit happened. You know, with us being part of the older generation and all that. We have heard it all, from some valid complaints right through to hysterical name calling because someone took offence.

Here's the thing. Offence is something that is taken. Nobody in history has ever 'given offence' to another person. They may commit offences against people, but the concept of offence to words, thoughts and opinions is a subjective one, and there is no way of telling, in this modern world, what is going to offend someone.

So, as a result, we end up self-censoring.

This is Oxford, my friends. Some of the greatest names in history have debated here. Some of the greatest triumphs for our freedoms have been hashed out in debates in this very city of ours. The varied nature of our society and diverse culture is something that has been celebrated here for almost

a thousand years. But it's only been in the last 10 years that discussion and simple words and exchange of opinion have become a violent battle ground. If I say something that offends someone, mob mentality seeks to silence me rather than attempt to understand my point of view. Nothing has brought this attitude to the fore more than the recent referendum, which has divided everyone over an idea, belief or concept.

Even 25 years ago, before the rise of Social Justice hysteria, safe-spaces and 'hate speech', divided communities didn't happen. We had the 'token left winger' or 'token right winger' in our social groups that - while we may not have agreed with their views, we never took it out on the person themselves. We didn't attack someone's character simply because they didn't 'think the same way as the majority'. Sure, if there was someone in the group who had a different opinion, we would mock them relentlessly, but it was never taken in anything other than good humour. Because friends and family are supposed to trump (geddit?) opinions. And that is right.

I write this with full knowledge that some readers will take offence, and that is a good thing. Because if you're offended about something, then you're thinking about it. Similarly, if you agree with something, there is no greater feeling than knowing you're not alone in your views.

Controversy is important. Discourse is important. We need to stop sweeping uncomfortable stuff under the rug, and we need to revert to the great intellectual tradition of respecting each other, even if we don't respect each other's beliefs.

This is how we achieve a truly inclusive society. We have seen in recent months how words lose their effect and power when overused or used out of context. But attacking PEOPLE for opinions is wrong. We need to learn to listen, process and respect that as a species, no two humans are the same, but ALL humans have something to bring to the table when it comes to bettering ourselves.

So I invite discussion. Please feel free to email me: [ben@headingtontmonthly.co.uk](mailto:ben@headingtontmonthly.co.uk) and bring me your thoughts, opinions and what offends you or pleases you. Let's stop burying things under the rug, and start learning once again that the concept of community is not one decided by a faceless authority, but begins right in our own hearts and minds. Let's celebrate differences and discuss things that frighten people instead of pretending these issues don't exist. If we can't improve the world, we can at least improve our community. Let's start by doing that. One thought at a time...

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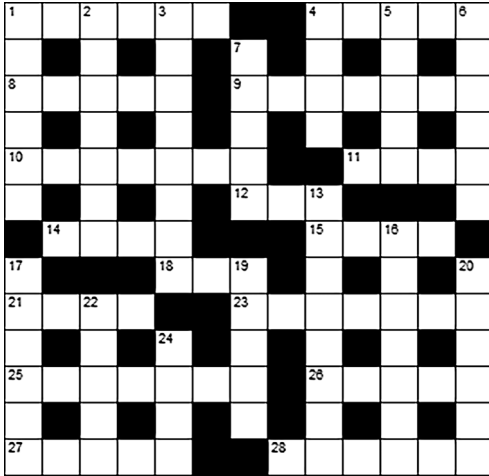
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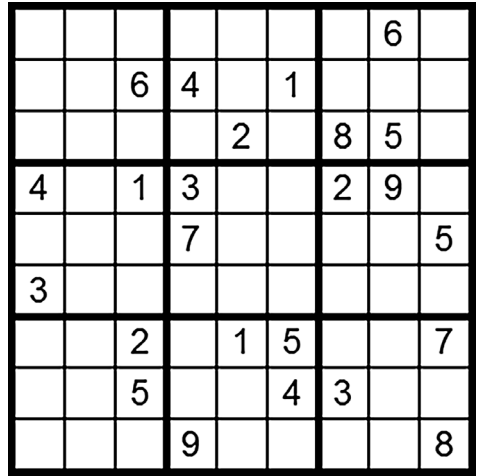
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## BRAIN GAMES

### CROSSWORD



### SUDOKU



### CROSSWORD CLUES

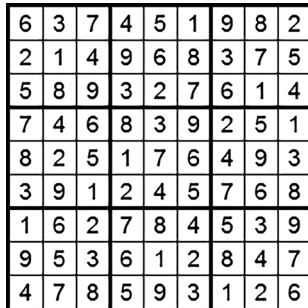
#### ACROSS

- 1 Mull over (6)
- 4 Tapered sharp end of a weapon or tool (5)
- 8 Possessing a weapon (5)
- 9 Leave, give up (7)
- 10 Intrinsic character of something (7)
- 11 Shop selling pre-prepared fine food (abbr.) (4)
- 12 The earth's star (3)
- 14 Small body of land surrounded by water (4)
- 15 Measurement of land area (4)
- 18 Male sheep (3)
- 21 South African currency (4)
- 23 Eloquence in public speaking (7)
- 25 Threatening, foreboding (7)
- 26 In addition, more (5)
- 27 Short poem (5)
- 28 Anthem, refrain (6)

#### DOWN

- 1 Solemn appeal to a deity (6)
- 2 Arch-enemy (7)
- 3 Put someone at risk (8)
- 4 Theatrical production (4)
- 5 Music genre (abbr.) (5)
- 6 Racquet sport (6)
- 7 Speed competitions (5)
- 13 Said to be Jesus' childhood home (8)
- 16 Male chicken (7)
- 17 Worn by knights of old (6)
- 19 Tiny rodent (5)
- 20 Road built to avoid a town centre (6)
- 22 Loud, cacophonous (5)
- 24 Intense affection (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.  
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## Computer Training for Older People



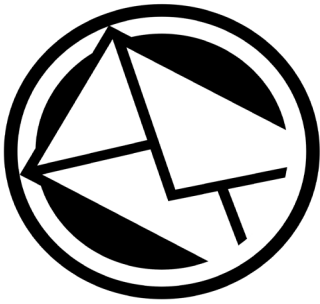
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# “Help Is Not Expensive?” Slightly off-topic. we discuss the economics of computer support.

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 07342 980 292 if you need help with your computer. See ad on p27 for details.*

I always find myself being asked, and sometimes scolded, about my rates as a computer guy.

I'm told, too often, that I 'don't charge enough', and that bugs me. Not because I should be charging more, but because the real crime here is simply how the industry has shaped the minds of the general population to think that what I consider to be extortionate rates are 'normal'. And here I will explain why.

The big computer super chain in Britain that I shall not name, seems to think that 10-15% of the price of the machine is fair play for simply looking at your computer. And if they find something wrong, the cost of repair can easily grow to outweigh the value of the computer itself.

Whichever way I look at it, it's not a fair structure.

Unless there is a major, major problem, diagnosing a PC shouldn't take more than 10 minutes, so why is the standard charge £50 just for diagnosing, and then the same hourly rate for repairs? System repairs routinely take in excess of 5-8 hours, so before long the cost of replacing a hard drive (the hardware generally costs less than £40) in a computer, and restoring the software from your old drive (if they can be bothered to do it at all, rather than simply telling you it's unrecoverable) can set you up with a bill of £300-£450.

And people pay it - often with a smile and a sense of satisfaction at recovering their beloved machine, often with total data loss.

What if I told you were being ripped off? I don't mean 'ripped off for a few extra quid', but well and truly 'daylight highwayman' ripped off. Well, if you're honest, you always knew it, but let me break down the expense. I try to explain this to all of my clients when they bring up this topic.

Let's say that 8 hours is a standard timeframe for repairing a PC with a broken hard drive. 7 and a half of those hours will be made up of waiting. Waiting, with no human interaction, for software to install, scans to complete, and updates to grab. For that time, you're being charged per hour or part thereof, but there is no human interaction, and no actual cost other than the electricity it takes to keep your machine running on the testbed. Assuming you have a power supply of 1000W (which is huge), this cost comes to little more than a pound.

I work differently, and it's not something I plan to change, simply for greed. I charge for the amount of work I do, and not for the waiting. It's morally and ethically wrong for me to do that, and in keeping with my personal philosophy of fairness in all my dealings, I cannot, in good conscience, take money from your already squeezed pocket for work I didn't do.

And that brings me to my point. just because I'm not as expensive or unfair about how I charge, this doesn't make the quality of my work bad. My clients will tell you that I try to go the extra mile where I can, and I don't arbitrarily delete data and reset systems just because it's the 'easier' way.

Yet, still some people seem to think that fairness equates to a lack of quality, or that because I work from home and not a workshop with fancy flashing lights, that my credibility is in question. Yes, I've had those too.

But, for the most part, I have a very positive relationship with my customers, and the personal service and something as simple as knowing your name and how your system is configured, is generally greatly appreciated.

In a world where corporate interests and extortionate rates are the norm, isn't it worth looking at options that are more fair, that support local businesses? Headington is a great town, with great people, but the economy of small business is being swallowed by massive chains, faceless and careless. I stopped eating at McDonalds and buying from Starbucks a while back, and started shopping locally, and dining out at some of the many great mom-and-pop businesses that really need our custom to survive. Headington Monthly is testament to that. It showcases that there are a great many alternatives to 'what you know'. But small businesses, like mine, need to be unafraid to do honest business. Because when plumbers, electricians, repairmen etc all start working fairly, they will realise that the economy, locally, will thrive. Because Headington residents are loyal to their town, and honest businesses that do not extort clients bring a lower cost of living to the residents, which means more disposable income, and less stress all round.

And in a world determined to squeeze every last penny from you at every opportunity, isn't that something we really need?

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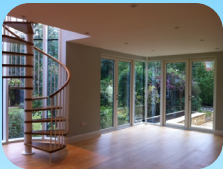
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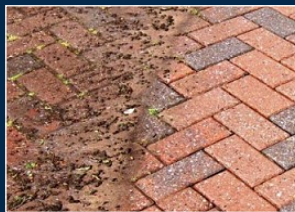
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**Windmill Road** - Ice Hair Salon, Helen & Douglas House, Armends Walk-in Barbers, Adria Pizzeria & Gelateria, Vente Tsunami, Sue Ryder Foundation, Daisy Chain, Headington Homewares, Electric Aids

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

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

**MARSTON:** Cherwell Drive - Mediterranean Fish Bar, The Coop, Marston Medical Centre

**Old Marston Road** - The Coop, Marston Pharmacy, Costcutter **Marston Road** - The Marston Barber

**QUANTITIES ARE ALSO AVAILABLE AT:** Headington Library, Bury Knowle Health Centre, Manor Dental, Gardiner's Opticians, Barton shops & Health Centre.

**Do you know of a good collection point for the magazine? If so please let us know.**

Please note: If you can't see the magazine displayed in any of the above locations please ask in store as the management may not have a space to display it prominently. Stocks are topped up at least weekly. If they are out of stock please call Nick on 07850 120116.

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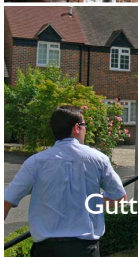
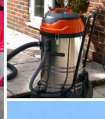
Post Office: Mon to Fri 8.45am -5.30pm  
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Have an event? We happily publicise non-profit, community and charity events through this page. Please email [ads@headingtonmonthly.co.uk](mailto:ads@headingtonmonthly.co.uk) with the subject heading "Community Events" before 1 November with your events for November 2016.

### HEADINGTON LIBRARY Great News!

Rhymetime for the under 5s is now weekly!  
Thursdays 3rd, 10th, 17th  
and 24th November  
11.00-11.30am

Children must be accompanied by adults

### Never Such Innocence Again -

A Chronicle of the Great War on Friday 11th November 7.30pm in All Saints Church, Lime Walk, Headington. On the centenary of the Battle of the Somme a programme of music, readings and songs performed by the acclaimed local band Black Fox. Join us for what is sure to be an incredible evening of music, poetry and reflection.

Free entry with a retiring collection and profits to Cruse Bereavement Care (call 07941210429 for more info)

**TEABOOKS:** a new friendly book group for the over-60s meets in Headington library on the last Tuesday of the month at 1.45pm. Large print and audio versions usually available. £1 per session. Come along or call Rob on 07929 763657 for more information. [www.bookfeast.net](http://www.bookfeast.net)

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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.*



## Dementia Day Clubs in Oxford

[www.daybreak-oxford.org.uk](http://www.daybreak-oxford.org.uk)

Daybreak Oxford specialises in day clubs for people with a dementia, and has been running for nearly 25 years. Rosewood Club runs in Greater Leys, 10-3pm Monday to Friday, and provide an excellent lunch.

We aim that days at our clubs should be fun, sociable and stimulating for the person with dementia. Carers of people with dementia also need time away from their caring responsibilities.

If you or someone you know wishes to know more, why not phone and arrange an informal visit. You can come and meet the staff and other club members. You can see what we do, and ask any questions over a cup of coffee or two.

Please contact Julie on 01865 749349 or email  
[Rosewood@daybreak-oxford.org.uk](mailto:Rosewood@daybreak-oxford.org.uk).

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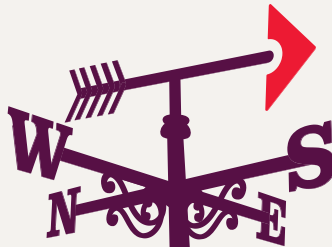
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