

ISSUE #92

NOVEMBER 2017

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MONTHLY

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INSIDE THIS ISSUE:

- * WILDLIFE GARDENING
- * MOVIE REVIEW * BRAIN GAMES
- & MUCH MORE!

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Nick Allnatt
Founder/Publisher

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

I expect you're wondering what's coming next from this column. Me too! - so let's see what happens.

I was driving down to Marston this morning behind a skip lorry which was being driven alternately very slow, then fast, then slow again. When I pulled up behind it at the lights I could see on the back there was a very small and rather tatty sign which could only be read if you were close enough. It read - 'Prepare to meet your airbag!'. Very funny. But don't many of us now drive as though we were looking forward to meeting our airbag?

Due to technical advances most modern basic family saloons or hatchbacks now have the same performance as sports cars of a few years ago. They don't just go faster, they stop faster too. Because of this, as I'm sure you have noticed, many of us seem to drive them according to their capabilities rather than according to prevailing traffic conditions, safety requirements, and the law. We not only drive too fast on the open road but take increasingly serious risks in heavy town traffic, dodging in and out across lanes, cutting across oncoming drivers at junctions, failing to allow cyclists enough room when overtaking.

I admit I'm a bit of a petrol head and drive a powerful sports convertible which I love. Although it's almost 14 years old it has more than 4 times the horsepower of a basic new Fiesta. I mostly drive it at the legal speed limit, or less - I sometimes get up to the speed limit very quickly where it's safe. And yet I find drivers of ordinary cars screaming past me on the ring road or dual carriageways as if in a Formula 1 race with no regard to the road surface or traffic conditions, or their own driving capabilities or reaction times. I'm sure you'll agree we all need to calm down a bit and be prepared to start our journeys earlier instead of leaving the house late for the morning rush to work.

I'm am reasonably good at parking. My wife calls me 'Reginald Molehusband' who you may remember was the character in a 1960's BBC TV public service film showing us how to park. I pity one poor driver who was recently trying to park in a reasonable space in a narrow road, but manoeuvred in at a too shallow angle and too far back. They got stuck out in the road with close waiting traffic unable to pass either way. So they turned the front end of the car inwards and part mounted the pavement - but the back of the car was still holding the traffic up with no way back in or out of the space!

Happy motoring!
Nick

COVER IMAGE
THE LANGDALES, LAKE DISTRICT
- BY NICK ALLNATT

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Heavenly Desserts, a journey to Headington

Meet Sheraz Rafique, Heavenly Desserts Oxford Franchise Partner

My journey with heavenly Desserts started in 2016 when I happened to drop into an HD café and loved the overall experience.

I was left wanting more and was soon faced with the opportunity of starting my own store in Oxford. It was to be a waiting game until we could find our perfect site, however once we managed to sign paperwork in March, Headington already felt like home.



We worked on a design with clean lines – something modern yet welcoming that reflects the indulgence and luxury that defines the Heavenly Desserts experience. Before we knew it, the doors opened to a glitzy launch evening.

The full range of desserts I'd fallen in love with on my first visit, have been transported to our new store in Headington. The thing that Heavenly Desserts has always delivered, is that feeling of a treat. A treat from the moment you step in through the front door, to the moment you leave with a huge grin on your face. That experience is what I'm absolutely committed to bring to Headington.



The menu itself is packed from front cover to the back page with taste sensations that have been tried, tested and proven since 2008 when the first ever Heavenly Dessert threw open its doors in Birmingham. Whether a cookie dough with Nutella, Ferrero Rocher waffle and Heavenly Hazelnut gelato or a French crepe with raspberries drizzled with white chocolate topped with more gelato – there really is something for every dessert lover out there. For the traditionalists out there, what about a classic Victoria sponge, chocolate fondant or a handmade French artisan cake slice.



And where would a dessert be without it's drink? The drinks menu has been thought through as much as the desserts with fresh coffees, milkshakes and mocktails; and for those needing a sweet boost, why not try the Nutella shot.



I genuinely believe this will be the best desserts experience Oxford has tasted yet. With Oxford's rich history along with Headington's community spirit I'm confident that Heavenly Desserts will bring something completely new.

Keep an eye on our new local Facebook page <https://www.facebook.com/HeavenlyDessertsOxford/> for news and offers from our Headington store.



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FIRST AID

It can take just a few minutes to save someone's life



Burns and scalds
Crush injuries
Bites and stings
Puncture wounds
e.g. stepping on a child's toy
Suspected poisoning

There are many myths and misconceptions about injuries. Here are the most common:

Butter or cream is good for a burn NO, immerse the injured limb in cool water.

Your daughter has a nosebleed. Your father chokes on a piece of meat. Your toddler swallows some floor cleaner. Would you know what to do?

First aid is the care given before the emergency services arrive. A blocked airway can kill someone in three to four minutes yet it can take eight to 12 minutes for an ambulance to arrive. Knowing how to open someone's airway could mean the difference between life and death.

Almost 4000 people per year die because of accidents in their homes and statistically you are far more likely to be called upon to administer first aid to someone you know than to a stranger.

The top ten injuries or accidents in the home are:

Falls

Strikes and collisions

Cuts and abrasions

Foreign bodies

Over exertion e.g. moving heavy furniture

If you can move a limb it's not broken NO, the only sure way to tell if a limb is broken is to x-ray it.

Put a bleeding wound under a tap NO, by all means clean the wound if required but water will wash away the body's own clotting agents so compression with a clean dressing is the best way to staunch the flow.

Make someone sick if they've swallowed poison NO, this can block their airway or, if the substance is corrosive, damage it further.

Most first aid is common sense but learning some simple skills such as chest compressions (CPR) and the Heimlich manoeuvre will increase your confidence if an emergency arises. There are many organisations which provide short courses, most last just half a day. Your employer might provide training but if not you could enrol the whole family on a course and make an event of it. Even young children will feel empowered to learn new skills and you never know when they might come in useful!

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The London to Brighton Run

***The London to Brighton Veteran Car Run takes place on November 5th.
We take a look at the world's longest running motoring event.***

In these days of motorway mayhem and congestion charges it's difficult to imagine a time when owning a car was considered daring, a little eccentric and beyond the wildest dreams of most British people.

When Jean-Joseph Etienne Lenoir patented the internal combustion engine in 1860 he paved the way for the development of the modern motor car.

Initially progress was slow...literally.

The Government passed *The Red Flag Act* in 1865. Section 3 of this act required that one person had to walk 60 yards ahead of the vehicle and that he should wave a small red flag to warn others that a car was approaching.

This meant that the speed of the new motor cars was reduced to 4mph in the countryside and just 2mph in town.

Unsurprisingly this legislation stifled the progress of the motor industry for many years.

In 1896 after much discussion *The Locomotives on Highways Act* was passed which did away with the need for the flag waver.

In order to celebrate, the first London to Brighton Run was organised by Harry Lawson's Motor Car Club.

But Mr. Lawson had a hidden agenda. He wanted to control the fledgling motor car industry through master patents held by his British Motor Syndicate. The enterprising businessman managed to extract considerable sums of money from hopeful investors in his new companies. One of these was Daimler which today is Britain's oldest car maker.

It is estimated that at the time of the first Rally there were only around a hundred cars in Britain. Today we have around 500 million!

33 cars took part in the original run but only fourteen made it to Brighton and it's rumoured that one of those was taken by train and had mud splashed all over it before crossing the finish line! Part of the problem was the weather which was dreadful. Rain poured down and the roads became sodden and muddy.

The rally has run every year since with the exception of the war years when petrol was rationed. It is one of Britain's biggest motoring spectacles and attracts entrants from all over the world.

Only cars built before January 1st 1905 are eligible to enter and this year 490 of them have been registered for the run, 85 of them from countries as far away as China, the USA and Australia.

The 60 mile rally starts at sunrise on the 5th so why not have a day out and see British motoring history in action.

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the garden gnome

Raindrops Keep Falling On My Head

I often explore in these writings, do we listen or do we really hear? Do we look or do we see? Do we sniff or do we really smell? Do we touch or do we feel? Do we eat or do we really taste?

A wildlife garden is a busy ecosystem with all its strands and food chains.

I was sat in one such garden the other day, watching the rain arrive. That life giving occurrence that often causes the amphibians, slugs and worms to appear.

Initially single drops, disintegrating on impact, or retaining their form in little gelatinous balls, distorting the light. Their form secure, yet fragile at the same time. Reminiscent of all life in a wildlife garden, even our own existence in it.

Are we fully aware of all that makes up the construct of these little jewels of life? What stories could each droplet tell if they could speak? Maybe, they do communicate a message, and by

using our hearing, senses of touch, taste and smell, not just our vision. We may actually be able to pick up those communications?

When it rains, do we experience each droplet or just that it's wet?

What happens to those individual rain drops as they are joined by others and merge to form a layer of the wet stuff? On a microscopic level can this merged body of water still offer up parameters and a residual separation. So each drop still exists whilst still being part of the sum total of the mass of water?

Kind of again reflective of the ecosystems in our gardens and in our own lives. A bigger picture is always made up of an infinite volume of individual parts.

These little rains drops I was watching are not only a reflection of the light, but they reflect ourselves back at us too.

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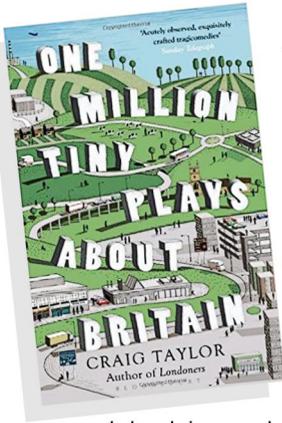


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In person

A Good Read



Plays About Britain – Craig Taylor

How often do you hear someone complain that they never have time to read? Too often? Or are you guilty of this yourself? If so, Craig Taylor's

superb book is a godsend. The title is more or less an accurate description of the contents – although there are slightly fewer than a million of Taylor's carefully crafted snapshots of British life: 'dramatic haikus', perhaps, as Richard Eyre suggests in his introduction.

The format of each play is the same: a brief sentence to set the scene, then the dialogue takes over. The longest runs to three or four pages, the shortest to one sentence. A range of scenes is covered – from two women in a queue at a Surrey bank, to a farmer in Kent speaking on his mobile phone from a tractor, to a late night on Newcastle Quayside. The characters are diverse too – young and old, drunk and sober, flippant and serious.

However, it is the perfectly observed sharpness of speech that makes this book stand out. At first, you could believe that Taylor has merely been in the right place at the right time and recorded everything that he heard. Lines like '*I once took Diana Rigg's coat – in her pocket was a packet of Polos. That's an elegant mint!*' And '*There's more to it all. More than Swansea,*' sound so authentic that you believe in the speakers and their lives, however brief and insignificant their conversations seem to be.

Some of the plays rely on a growing sense of unease - the nervous customer in the barber's shop: others are out and

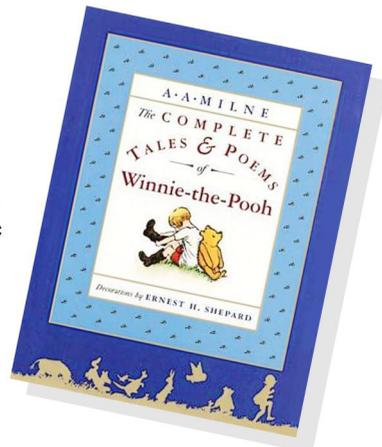
out funny - two Wonder Women fighting in the street. Every ending is well judged and either rounds off the play with a 'reveal' or a cliff-hanger – always showing, never telling. Ideal for reading in short bursts or longer chunks – well worth a look.

The Complete Tales and Poems of Winnie-the-Pooh - AA Milne

The recently released film 'Goodbye Christopher Robin' painted a less-than-rosy picture of the dysfunctional upper class Milne family. Yet the stories are still compellingly charming from the opening lines, 'Here is Edward Bear, coming downstairs now, bump, bump, bump, on the back of his head, behind Christopher Robin.'

Milne may have been a traumatised war veteran but his storytelling has so much warmth and depth. At times the tales are laugh out loud funny – Rabbit in particular makes me giggle every time he replies to a knock at the door – and children will quickly read along with you, even if some of the sentence structure and vocabulary is complex.

Every child deserves to have this book read aloud to them at least once before they are six and I bet you anything you will be asked for it again, and again. The word classic is sometimes used lightly: here, it is truly deserved.



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Who Invented Duct Tape?

If ever you doubt whether one person can make a difference then you need to know the story of Vesta Stoudt.

In the 1940s Vesta, who had two sons in the Navy, went to work in a US ammunition factory in Illinois do her part for the war effort. Her job was to inspect and pack cartridges used to launch the rifle grenades used by soldiers in the Army and Navy. The cartridges were packed eleven to a box, and the boxes were taped and waxed to make them waterproof and damp-proof. The box flaps were sealed with thin paper tape, and a tab of tape was left loose so that it could be pulled to release the waterproof wax coating and open the box. But the thin paper tape wasn't strong enough, so the tabs frequently tore off when soldiers pulled on them. This left them frantically scrambling to claw the boxes open while under enemy fire, which put lives at risk, including those of Vesta's sons.

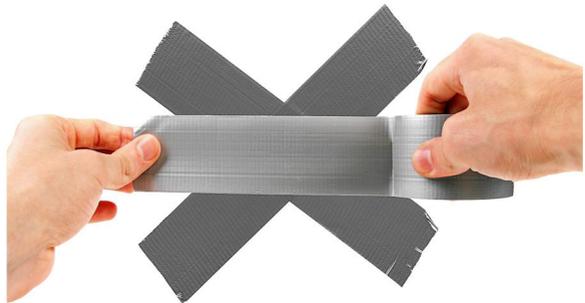
So Vesta came up with a solution: seal the boxes with a strong, cloth-based waterproof tape instead of thin paper tape. She raised the issue with her supervisors but, as is often the way with such things, nothing was actually implemented.

Now Vesta Stoudt was not a woman to think, 'Oh well at least I tried...' She took matters into her own hands and wrote directly to President Roosevelt, outlining the problem and explaining her idea about how to fix it. She appealed to the fact he was a father himself, stating that this would help his boys as well as her boys.

Roosevelt sent Vesta's letter to the War Production Board in Washington, D.C., and a few weeks later in March, she received a series of replies culminating with one which told her that the recommendation for the new tape had been approved and was "...of exceptional merit."

Because of Johnson & Johnson's long experience making surgical adhesive tapes, The War Production Board asked Johnson & Johnson to make the new tape. It was originally called 'Duck Tape' because of the fact it was waterproof and made with a heavy woven type of fabric called cotton duck. Vesta Stoudt received a letter from President Roosevelt and earned the Chicago Tribune's War Worker Award for her idea and her persistence.

Mostly today our lives don't depend on duct tape but we still find it indispensable for all manner of tasks.



Duck tape or Duct tape? *Although it started life as Duck Tape, it gradually became known as duct tape because it was so often used in the construction industry to wrap around air ducts!*

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The Poppy Factory



Major George Howson was an engineer. He was a man of great energy and determination. He won the military cross in WWI. He was addicted to strong Turkish cigarettes and bought them 10000 at a time. He was also the founder of The Royal British Legion Poppy factory!

Through the work of Anna Guerin of France and Moina Michael of the USA, both very practical women who took Lieutenant Colonel John McCrae's famous poem, "In Flanders Fields", and devised a way of raising vital funds for wartime charities. The British Legion had been set up the year before and the very first French Poppy Appeal – using silk poppies made by widows - had raised £106,000. In 1921 the first British Poppy appeal was held. In the first year the poppies were imported from France and there was huge demand as poppies quickly became the icons of remembrance. The Major made a connection; Remembrance Day needed poppies and wounded ex-soldiers needed work. In a letter to his parents he spoke of using a £2000 cheque he had been given to set up a factory to, '... give the disabled their chance.' He wrote that he felt the project would probably not be successful but that he ought to attempt it anyway.

He set up The Disabled Society in London

with just five injured ex-servicemen, and in spite of his initial lack of optimism, in few years that had grown to 350 men. He set up a sister factory in Edinburgh to supply poppies to Scotland, and the London factory moved to larger premises near the Thames in Richmond and was renamed The Poppy Factory.

As time went on the needs of veterans changed. They wanted to work in their own communities, closer to their families and to use the many and varied skills they had acquired during their careers in the armed services, prior to becoming injured.

In 2010, The Poppy Factory began to actively help disabled ex-Service find the work they wanted in the places they wanted to be. It continues to build on its strong historical foundations to provide an employability service that supports hundreds of ex-Service personnel with varying health challenges into meaningful employment with businesses across the country every year.

Moina Michael was an American professor. She wrote a response to McCrae's poem in 1918 entitled We Shall Keep The Faith. She vowed to always wear a poppy as a symbol of Remembrance for those who served in the war.

She realised the need to provide financial and occupational support for ex-Servicemen after teaching a class of disabled veterans at the University of Georgia, and so she pursued the idea of selling silk poppies to raise funds for them.

By Tracey Anderson

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UTOPIA

MOVIE REVIEW BY OSCAR DUXFIELD

Utopia is a 2013-2014 conspiracy TV drama written and created by Dennis Kelly. It tells the story of a group of misfits running from an organisation known only as The Network. The Network is trying to hunt down the second part of a graphic novel called the Utopia Manuscript which it believes contains the molecular formula to a protein known as Janus, this protein, when combined with an amino acid in the bloodstream will sterilise 90-95% of the population

The first thing that stands out and makes this show different is the directing. The beautiful, wide-angle outdoor shots at the start of every episode create a powerful sense of agoraphobia and isolation allowing you to relate to what the characters are going through while also providing a calm intro in stark contrast to the ensuing chaos. When the show was released, critics complained about the excessive violence of Utopia and it is very violent. However, it's not gratuitous. Rather it is necessary in order to show how far The Network will go to achieve it utopia. Without the violence, it would be hard for us to understand the fear The Network engenders. The music is another stand out feature of this show, encapsulating the essence of the show's sense of unease. Each episode begins and ends with the same overture that

leaves you excited but anxious about what's coming next. The steady crescendo is incredibly subtle but builds tension brilliantly making it almost impossible not to binge watch a series in one sitting. It's just a shame that Utopia failed to bring in a mainstream audience and was cancelled after just two seasons, consigning it to an ambiguous accolade of a cult classic.

A show is only as good as its villain which is what makes Utopia still one of my favourite TV shows. The Network is not only a mind blowing conspiracy organisation whose members strike fear into anyone who crosses them but they have incredibly relatable motives to their actions in their own way they're trying to save humanity. They saw the amount of damage to resources our increase in population is causing and knew it would only get worse, sterilising the majority of the people was the only way they saw to stop prevent chaos when all the earth's resources inevitably run out. It's this reluctant relatability that forces you to rethink your stance on what they are doing after each episode.

Overall Utopia is a thrill ride that gets better with every episode. From the writing to the acting it is an incredibly show that deserves so much more recognition than it has received. Even though it won an Emmy, I believe it is still massively underrated.

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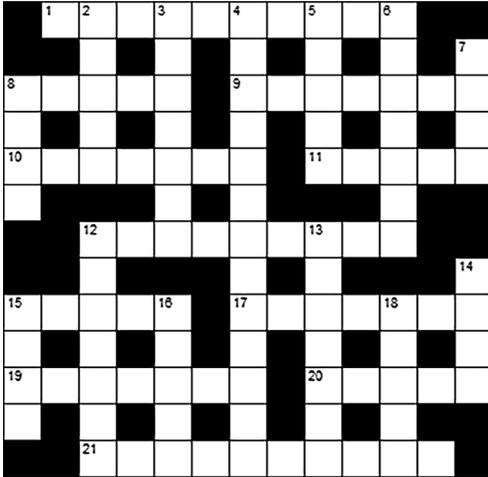
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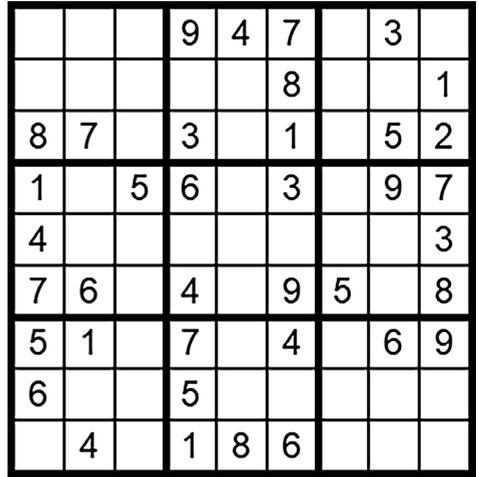
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BRAIN GAMES

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CROSSWORD CLUES

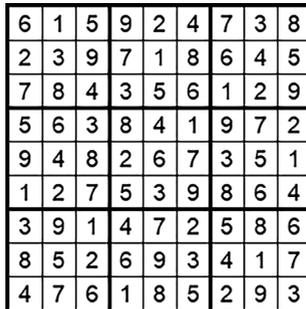
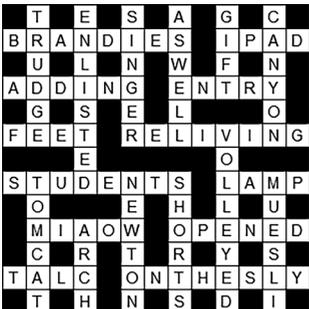
ACROSS

- 1 Spotty breed of dog (10)
- 8 Popular TV series (5)
- 9 Ballistic weapon (7)
- 10 Take someone's breath away (7)
- 11 _____ wave, huge destructive volume of water (5)
- 12 Very poorly (2,1,3,3) washing. (4-3)
- 15 Return money (5)
- 17 A part of the body that's often pierced (3,4)
- 19 Brides carry one of these (7)
- 20 Smoothly slip (5)
- 21 Exhibiting (10)

DOWN

- 2 Astonish, surprise (5)
- 3 Eyelash cosmetic (7)
- 4 Emotional, moody (13)
- 5 Valuable possession (5)
- 6 Rapidly revolve clothes to remove water after
- 7 Shout, holler (4)
- 8 Footwear (4)
- 12 Seize and take legal custody of an item (7)
- 13 Lazy, disinclined to get a job (4-3)
- 14 In this place (4)
- 15 Cloak, cape (4)
- 16 Opposite of 'mine' (5)
- 18 Tear-inducing vegetable (5)

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



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HEADINGTON LIBRARY

JAPANESE STORYTIME

We are having a Japanese Storytime (in Japanese) on Saturday 25th November from 2 to 2:30 pm for children under 7s.

Children to be accompanied by an adult.

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Thursdays 2nd, 9th, 16th, 23rd and 30th November 11-11:30am

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Wednesday 8th November: 1:30 – 3:00pm

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All Saints' Headington are holding a coffee

morning on Wednesday 15th November from 10:30am to 12 noon in aid of Project Shoebox Oxford.

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SUNDAY 5th NOVEMBER at 2.30 pm.

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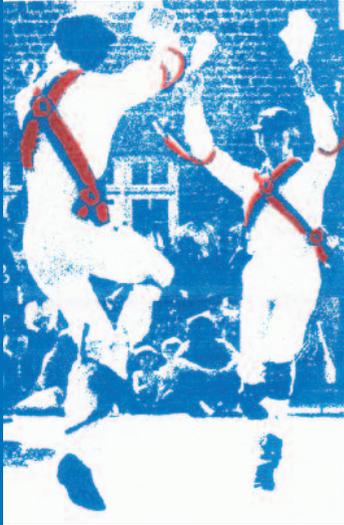
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CONTACTS, COMMUNITY, CALENDAR.

These are 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
- * Hedena Health Centre, 207 London Road, Headington - 01865 227788
- * Manor Surgery, Osler Road, Headington - 01865 762 535

Dentists:

- * 310 Dental Care, 310 London Road, Headington - 01865 766975
- * SDental Studio, Mill Court, 40 Windmill Road, Headington, Oxford, OX3 7BX - 01865 760000
- * Bury Knowle Dental Practice, 207 London Road, Headington - 01865 308400
- * Euro Dental Practice, 61 London Road, Headington - 01865 751981
- * 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 689 997

Chemists:

- * Barton Pharmacy, 6 Underhill Circus, Headington - 01865 763 106
- * Boots Pharmacy, 96 London Road, Headington - 01865 762 518
- * 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. Annelise Dodds MP - 0207 219 2705
annelise.dodds.mp@parliament.uk
- * 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 2017-18

Term	Date	# Days
Term 1	4 Sep - 20 Oct	37
Oct. Holiday	23 Oct-27 Oct	
Term 2	30 Oct - 19 Dec	35
Christmas Holiday	20 Dec - 3 Jan	
Term 3	4 Jan - 9 Feb	29
Feb Holiday	12 Feb - 16 Feb	
Term 4	19 Feb - 29 Mar	35
Apr Holiday	30 Mar - 13 Apr	
Term 5	16 Apr - 25 May	24
Late Spring	28 May - 1 Jun	
Term 6	4 Jun - 25 July	33
School Year Begins	3 September 2018	
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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