

ISSUE #54
SEPT 2014

HEADINGTON MONTHLY

YOUR LOCAL FREE COMMUNITY MAGAZINE AND BUSINESS DIRECTORY

BACK TO SCHOOL!

INSIDE THIS ISSUE:

- * misFitness fun with Louise
- * Gardening - Planting Decisions
- * More on Oxford Monthly
- * Plus all the usual staples you've come to expect.

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Who's Who?
In the HM Zoo



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GET IN TOUCH

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Front of Headington School
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DEADLINES FOR OCTOBER 2014

Commercial:
3rd September 2014 5pm

Charity/Non-Profit and
Design Requests
1st September 2014



Dear Readers

Isn't life full of surprises?

We've had the fortunate misfortune of having to delay Oxford Monthly TV's release by 1 month, changing the premiere date to the 19th of September 2014. There's more about that in the OM column in this issue.

That being said, so many other great opportunities have come our way, and as we constantly evolve, we are constantly adapting.

From today, you can go to www.headingtonmonthly.co.uk and download your copy of Headington Monthly to your PC, Phone or tablet. If you join our mailing list, then you won't need to remember each month, as a link will be automatically forwarded to you as each issue becomes available.

We've also put all of 2014's back-issues up there, and will maintain an archive.

This means we are potentially increasing our readership in almost exponential terms.

We've also got our own forum for Headington, where you can sign up and discuss anything with other residents. There are areas for both lighthearted and irreverent chat, and areas for the more serious and community-minded of us. We hope you'll get using it and turn it into a valuable, community sourced information portal for Headington.

And we're changing the way we distribute as well. You'll start to see Headington Monthly being more visible in the places you go, thus minimising the risk that your puppy gets your copy before you do. Look out for display stands around Headington.

And finally, we will soon be announcing some very exciting and groundbreaking projects we are involved in. I, personally, have a special connection to the mental health community here, and am very proud to be working on this project that we can't tell you about. I'm just hinting, because I can't wait to share this one!

And, finally, while parents can't wait to get the kids back to school, we are sadly on the tail end of our summer now, so let's make the most of what's left of it and smile!

All the best
Ben

THIS MONTH IN YOUR HEADINGTON MONTHLY:

- 6. Having Fun with misFitness
- 10. Looking at Planting Schemes
- 16. Lessons from 40 Lifetimes
- 18. Make a vanilla Creme Brulee with banana topping
- 22. Oxford Monthly Update

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SlimFit

feeling fit for life



As we start our features on local businesses, we start with Louise Oliver, formerly of the Rosemary Conley brand, who has gone solo with her new brand, Slim-Fit. We spoke to her about her business, and what makes her unique in the local fitness world.

The very first thing that strikes you about Louise Oliver is the energy. From the very first second, it is clear that I'm talking to someone who loves what she does.

So we sat down and chatted for an hour about the recent change from her Rosemary Conley brand to her independent brand.

"Oh, it's not independent - as such", she informs me, and then tells me that there's another branch out in Reading, and that her and Kirsty (her partner-in-crime), had both left Rosemary Conley together, and shared a vision.

She left the Rosemary Conley brand because she says it started to feel a little restrictive in its practices, and Louise saw an opportunity.



"It has to be fun, before anything else. The problem with fitness in the traditional sense is it's all about the competition, and sometimes that can be a great thing, but many people don't go to compete. They go to have a bit of exercise and have some fun."

This brought me to my next question, which was how Slim-Fit can continue to succeed in a world where it's increasingly more convenient to use a games console.

"Well, you can jump

around in your living room following a computer voice, but where's the fun in that? We live in a world where we are increasingly more isolated by our technology and devices. What we do is an escape from that world. What we offer is something that can never be done on a computer, and that's face-to-



face interaction with other people looking to improve their fitness while having fun."

"We all understand what it's like. I was 17 stone at one point in my life, and the thought of going somewhere I could be seen, to get fit, was horrifying. That's why I make sure that Slim-Fit is discreet where it needs to be, and the groups are always laughing and joking around."

I then ask if it's a fitness club or a social club. Louise fires me off a faux-philosophical look and says "It's both."

"Sometimes it's more about the fitness, and sometimes it's just a group of people getting together and escaping the bustle of the modern world. Whatever the reason, we have a lot of fun."



So what makes Louise tick? She is a fitness instructor with a helluva story, she's a sometimes singer in a band, does radio presenting and now branching into video with our Oxford Monthly TV show, it does sound like this lady has quite the busy life.

"I think I was built for the stage. I love music, I love performing." she says, without a hint of self-doubt.

And her love of performing is evident. She has, for the past nine years, been the warm-up event at Race for Life, and has been involved with the local Strictly Oxford event.

"I have merged my love of performing and my love of smiling with a method of slimming and keeping fit that just keeps you going."

"SlimFit classes offer a discreet weigh-in with personal advice, a motivational talk covering all sorts of different topics and of course an exercise session."

"We mainly do aerobics but I like to shake things up with circuits, salsacise, toning, band work, balls, zumba and I've even got a shed load of pom-poms for cheerleading."

"And yes, the men do join in and we all have a right giggle! What's the point of all this if you can't have fun and enjoy what you're doing? You wouldn't come back! Sometimes I think the laughter tones the belly better than the ab curls!"

"We provide our members with a 133 page SlimFit branded Handbook, it was a labour of

love writing that but Kirsty and I are pleased with the results and we are continually producing Booster Pages to compliment our talks and the classes. "


Members also receive a personal Body Composition Analysis which is extremely motivational and may just kick their jacksy's into gear.... it's that Metabolic Age that always gets a gasp!"

"As I said, I love my job. I can't imagine doing anything else now. And as I begin my tenth year (August 22nd 2014!!) the thrill of helping people become fitter and healthier and to feel better about themselves never wanes."

"I've been told I've saved a few lives... and maybe even my own bearing I lost a total of seven and a half stones in the end. Sometimes I look at myself in the mirror and can't quite believe that I'm not fat anymore. I didn't starve myself. I didn't drink lemonade laced with cayenne pepper and maple syrup. No cabbage soup. I didn't drink a shake instead of a meal. I just learnt how to feed myself and fuel my body. I ate less and exercised more and I have a great family



and a wonderful new partner who have all supported me in every step."

"So, if I can do it – so can you!" - we couldn't agree more. Louise's contact details are available on page 5. 



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WE VISIT YOU AT HOME

Time To take Stock And Look At Our Planting Schemes

A highlight in many gardens is when everything seems to be in full bloom and the garden is alive with wildlife.

As August progresses, more species of butterfly are visible in gardens so we need to plant up our pots, troughs and borders with suitable flowers etc. Long forgotten and old-fashioned cottage garden plants are ideal for this. With their fragrant flowers, in all sorts of shapes and colours.

Colours tend to be very vivid at this time of year, perhaps more so than at other times of the year, so Rudbeckia, Echinacea are two plants I would happily advise to grow as they are very agreeable to many insects that start to form the food chain out there in our wildlife gardens.

This month, August, is ideal to stand back and take stock of our planting schemes. If you are not happy that the colours and types are attracting enough wildlife, plan to add more perennial plants in late autumn and see if we can all extend the flowering season a bit longer.

Leaving some Ivy to flower into the Autumn is a great way of extending the nectar season for the bee's. Ivy doesn't have to mean neglect. Wildlife gardening isn't about doing nothing, its about gardening in a slightly different way.

Happy Gardening! 

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Stall fees accrue to local charity **Headington Action**, which ploughs the funds into other community activities.

If you're not yet a regular visitor to the market, be sure to come to the next one!

For all enquiries ring - 07413 662838

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Lessons from 40 lifetimes



Whenever I find myself in a situation where I am talking about my life, I find myself being reminded that my life up to this point has been quite an adventure.

I've always been told I've lived more than 40 lifetimes' worth of experiences in as many years, and while I don't agree with much of that accusation, I can't deny that I've had some interesting times.

Having been whisked away from my northern English roots at the tender age of 8 years old, and deposited in Zimbabwe, my childhood was very nomadic. My father, being in construction, was constantly moving, so I learned to respect many different cultures I had to assimilate.

Through into adulthood, being an undiagnosed bipolar sufferer, there have been many mishaps, errors in judgement, mistakes and lessons I have learned. And every story is 100% true. Nothing is dramatised or fictionalised.

And the first one I would like to share with you is this:

Lesson 1: Never drink alcohol and tickle a lioness!

Way back in 1992, I was working as a junior foreman on a building site in Gaborone, the capital city of Botswana. I did painting and decorating, working for my father's firm at the time.

As anyone with a background of contract construction will know, construction projects in far away lands can sometimes take years to complete, and the staff normally make the site their residence for the duration of a contract, returning home sporadically to see family and friends.

And so all of the staff on a building site co-exist together in camps, or specially designed chalets, or whatever the flavour is of the time.

In Botswana it was a camp. And the main contractor had paid to set up a 2 year camp in a public area of the Gaborone Lion Park.

The Lion Park itself is a beautiful setting, and apart from Leo spending his nights roaring and making dubious noises, it was very peaceful - after lights out.

One night, after a particularly rowdy party in the

camp, one of the tiling sub-contractors, who was visiting site from his head office, did as was done in those days and consumed enough brandy to tranquilise a small elephant.

I remember the next 5 minutes with a sense of disbelief, amazement, shock and ultimately guffawing laughter.

Frans, the tiler, had, in his inebriated wisdom, decided to stumble, Zombie-like, to the chain-link fence separating us from the wild felines.

It was at this point that one of the lionesses, familiar with human visitors, sidled up the fence, and in a very cat-like way, rubbed her face into the fence, as if looking for a little tickle on the head.

Frans's biggest mistake of the evening was in obliging the lioness, by sticking his finger through the fence and giving her a good old tickle on the nose.

All seemed to be going brilliantly. The lioness was purring like a (very large) kitten, and lapping up the attention.


A few other curious, yet inebriated, contractors started to gather, and that's where it all went wrong.

Deciding to show off his new status as "Lion Whisperer", Frans turned to the now rather-substantial crowd and said "See, nothing to it. It's just a great big p...".

He never finished the word, because the lioness sensed the moment he wasn't looking, and in a single chomp, removed his finger.

Due to the level of inebriation, he didn't notice the pain until he stuck his hand up and saw what looked like a chicken bone where his left index finger was.

With the nearest hospital 200 miles away, the medics kept him fed with brandy, wrapped his finger in t-shirts and got him to hospital where they completed the amputation, and 2 months later he was back at work.

The punchline, though, is that Frans had the words "LOVE" and "HATE" tattooed on the fingers of each hand. How amusing that the Lion chose to eat the H, leaving his left hand answering the question of what happened to his digit. "ATE" 

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Vanilla Creme Brûlée With Banana Topping.

by Amber Denny

This classic French dessert is great for dinner parties, housewarmings, or even just a delicious sweet to finish dinner off with. You can't really go wrong with this, they look lovely, and it's not unusual to have people wanting to know where they can get more!

This recipe makes 4 ramekins.

To make, you will need...

- 5 Egg Yolks
- 75g Caster Sugar (Keep at least 2 teaspoons aside for topping)
- 50ml Milk
- 450ml Double Cream
- 1 Whole Banana
- A few drops of Vanilla extract

To begin, preheat your oven to Gas 2/150C/300F. If you haven't done so already, separate your egg yolks from the egg whites.

A great method of doing this is, using a bowl, crack the egg open so you have two halves and use the shells to pour the yolk from one to the other until all the egg white has drained into the bowl underneath.

Tip the remaining egg yolks into a large baking bowl. You can freeze the leftover egg whites to be used in another recipe if you so desire.

Once all 5 yolks are in your baking bowl, add the caster sugar and whisk until well combined. Set this aside for now, and start with the second half of the recipe.

In a large pan on a medium heat and add the milk and double cream. Stir gently together until the mixture comes to a light simmer. Add the vanilla extract and continue to stir a little more. Once satisfied with the blend, pour it into the baking bowl with the sugar and egg yolks and stir for a minute or two, until the sugar has dissolved completely.

Spoon the mixture evenly into each of the ramekins and carefully place them in a deep oven tray. Fill the tray with boiling water until it comes halfway up the ramekins. This method is called




bain-marie.

Making sure not to get any of the water into your ramekins, carefully place the tray into the preheated oven.

Leave to cook for 30-35 minutes until your creme brûlée comes to a more solid and slightly wobbly consistency. When you have achieved this, remove from the oven tray and leave to cool for a few minutes. Top your mini creme brûlées with slices of banana and a few sprinkles of sugar, then transfer to the fridge where, if you're not serving immediately, they can be left to cool and set for an hour or two.

Finally, to complete your little works of art, caramelise the sugar on the tops of the brûlée, using a miniature blowtorch finely over the surface until it becomes dark brown and crunchy. This can be repeated using more layers of sugar, depending on how much crunch you want your desserts to have.

Now all you have to do is serve and enjoy! 



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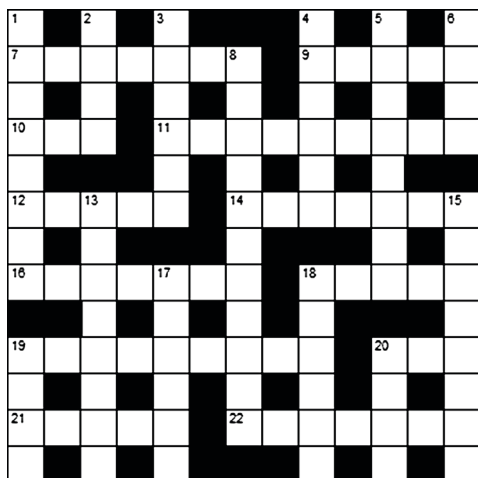
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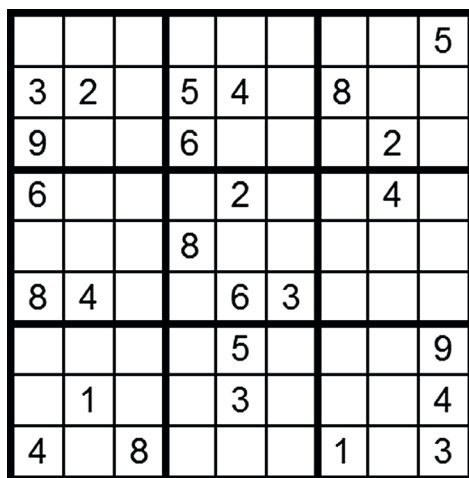
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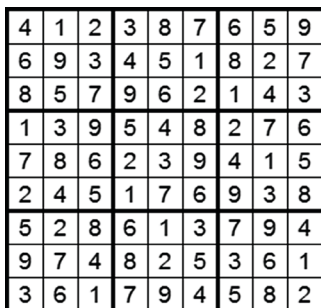
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- 10 Range cooker (3)
- 11 Hired soldier (9)
- 12 Coach, instruct (5)
- 14 Anguish (7)
- 16 Buffer, protect (7)
- 18 Polishes, wipes (5)
- 19 Occasionally (9)
- 20 Glide over snow (3)
- 21 Fleshy fruit (5)
- 22 Barrel makers (7)

DOWN

- 1 Second-largest ocean (8)
- 2 Water (4)
- 3 Pilot, aviator (6)
- 4 Tenders, puts forward (6)
- 5 Absconders (8)
- 6 Fee, tariff (4)
- 8 Designed to reduce drag (11)
- 13 Make (8)
- 15 Most treacherous (8)
- 17 Contemplate, mean to (6)
- 18 Absolute ruler (6)
- 19 Drainage pan or pit (4)
- 20 Spore, germ (4)

Last month's Brain Games solutions:

did you get them right?



How to Play SUDOKU

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



Headington Action

Working together for Headington

Grants are now available from Headington Action.

We fund one-off grants for projects that foster community activities within Headington. There are two schemes:

“Small Sparks” grants

- The project must enable a definitive ‘deliverable’ in a short time frame; typically this will be a start-up grant.

The maximum awarded is £250.

“Community Support” grants

- These are for projects that do not fit the “Small Sparks” criteria.

The maximum awarded is normally £500.

For further details, please see the HA website : <http://www.hcda.org.uk/>.
If you would like to discuss your idea, please contact headington.action@gmail.com



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WHAT'S ON IN SEPTEMBER

QUARRY WI JUMBLE SALE

Quarry village Hall Quarry
Saturday 20th September 2014 @
1.30pm.
Adult and Children's Clothes, Bric a Brac
and more.
Refreshments and Cakes
Admission 30p Children free.
Proceeds to WI Funds and
Local Charity- Isis Lunch Club (for
people and carers living with dementia)
Further info please contact Janet Veale
01865 760373

JUMBLE SALE

Quarry Village Hall
Saturday 27th September 2014 @11am
Admission 30p Children free
With refreshments. Proceeds to the
Village Hall Refurbishment.
For further info please contact Roz Smith
01865 750731

Have an event? We happily publicise non-profit, community and charity events through this page. Please email ads@headingtonmonthly.co.uk with the subject heading "Community Events" before 10 September with your events for October 2014.




Sometimes things just don't go according to plan.

We had an August 18 release date for the first episode of Oxford Monthly, but a few logistics problems popped up and we ended up with no choice but to delay release until 18 September instead.

That doesn't mean we've run into problems. The concept of Oxford Monthly TV has been so well received that we have had to make a few adjustments to our model to accommodate new sponsors and clients. It has been a very exciting time. As you have seen from the article earlier in the mag, we have now added Louise Oliver to our lineup, who will be doing a unique take on the classic "fitness TV segment" and you're going to want to watch out for it.

In addition to a few other features and segments, and bringing together a production crew that will blow your minds, everything has become more positive, and the response has been greater than even we could have dreamed.

More on that to come, but in the meantime, we apologise for the release delay, but promise you it will be well worth the wait. 

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CONTACTS, COMMUNITY, CALENDAR.

We like to support our local community, so if you're a non-profit, charity or community organisation and would like a free listing in this section, or to tell the community about your event at no charge, please contact us at charity@headingtonmonthly.co.uk. Please note that space is limited and submissions will be accepted on a first-come-first-served basis.

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, Headington Hill Campus - 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 - 08000 929 282
(Scottish Power)
- * 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

City Councillors for Headington:

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

School Terms 2014-2015

Term	Date	# Days
Term 1	1 Sep - 24 Oct	40
Oct. Holiday	27 Oct - 31 Oct	
Term 2	3 Nov - 19 Dec	35
Christmas Holiday	22 Dec - 2 Jan	
Term 3	5 Jan - 13 Feb	30
Feb Holiday	16 Feb - 20 Feb	
Term 4	23 Feb - 27 Mar	25
Apr Holiday	30 Mar - 10 Apr	
Term 5	13 Apr - 22 May	29
Late Spring	25 May - 29 May	
Term 6	1 Jun - 20 Jul	36
School Year Begins	1 September 2015	
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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