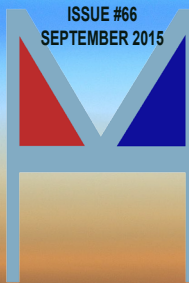


ISSUE #66  
SEPTEMBER 2015



# HEADINGTON MONTHLY

YOUR LOCAL FREE COMMUNITY MAGAZINE AND BUSINESS DIRECTORY

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#### INSIDE THIS ISSUE:

- \* AUTUMN FASHION TRENDS
- \* ROALD DAHL DAY
- \* GARDENING
- \* BRAIN GAMES
- ...AND MORE!

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Hi

Most people say the summer months, particularly August, are not a good time for local advertising because everyone's away on holiday. But judging by the interest we've had from advertisers they are! We have 6 new and returning advertisers this month. We have many other enquiries on the go at the moment and interest continues to build. This must be a good sign for the local economy. We rely on our advertisers for the magazine and the more we get the bigger and better the mag can be.

I was once nominated in a meeting of 40 Oxford businessmen as 'Headington's answer to Richard Murdoch'!?! (not sure if that was intended as a compliment - they were a great bunch of wags!). But we do try our best make the mag a cool read and many of you tell us we're doing ok.

We have an article about Roald Dahl Day on page 8. I never met him but for a short while I had the privilege a few years ago of knowing his daughter Tessa, mother of Sophie, who was a client of my former business. The Dahl's were great animal lovers and the family home accommodated an amazing menagerie of animals. They are a lovely family and I miss them.

Great to have Tim McGovern back reporting for Oxford United. He's been badly missed but he's now back freshly A-level'd and done with school on a 'gap' year, much to his relief. You can see he's grown a bit both in height and his stature as a Sports Reporter. His early season roundup is on page 26, and what a stunning early win for United at Brentford in the Capital One Cup!

We need more local contributors like Tim so don't forget to send us your material on printable subjects of interest to Headington readers. People tell me they laugh at my editorials so if I can make them do that anyone can. On the other hand you may not want your material laughed at so fortunately you will bring your own style.

Turned out nice again didn't it.

Have a great autumn.

Nick

COVER IMAGE

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Nick Allnatt  
Founder/Publisher

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Commercial:  
3rd September 2015 5pm

Charity/Non-Profit and  
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## THIS MONTH IN YOUR HEADINGTON MONTHLY:

- 8. It's Roald Dahl Day!
- 12. Peaceful Yoga
- 18. Autumn's Fashion Trends
- 20. Buy less Bird Food
- 22. Brain Games and Puzzles
- 24. Diagnosing email problems
- 26. Oxford United's Busy Summer



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# CELEBRATE ROALD DAHL DAY



**R**oald Dahl Day is celebrated on September 13th to mark the birth of one of Britain's most famous children's writers. Dahl was born in Llandaff near Cardiff in 1916. The son of Norwegian parents, he was named after Roald Amundsen, a polar explorer from Norway.

It is humour and captivating characters that make Dahl one of the most popular British authors ever. Many of the characters and story lines in his books are based on his own life experiences. For example he was caned as a child for putting a mouse in a jar of gobstoppers in a sweet shop and later wrote *Everlasting Gobstoppers*. Charlie and the Chocolate Factory his third book stems from his days at Repton School where the boys were often asked to test new chocolates from the Cadbury factory. It is said he dreamed of inventing a chocolate that would impress Mr Cadbury.

When he left school Dahl worked for Shell until in 1939 he entered the RAF. He took part in several significant World War II air battles, and later worked for the British Embassy in Washington. Many of his stories have links to aviation. His first book *The Gremlins* which was published in 1942, is based on mischievous creatures who were part of RAF folklore. He left the service in 1946 having obtained the rank of Squadron

Leader.

Dahl's children's books are told from the child's point of view and usually include an adult villain who hates or mistreats children. It is thought that this is a link back to his own unhappy days at boarding school. Frequently his books feature 'fat' characters too, black humour and grotesque scenarios. In addition to his children's books Dahl also wrote children's poetry, and it is often forgotten that he wrote adult fiction too. Some of his short stories were the base for the popular television series *Tales of the Unexpected*.

It will always be his children's books that he is most famous for. Year after year children dress as his characters for world book day, and teachers plan lessons around his stories because of their popularity.

Reading remains so important for building children's vocabulary, and for helping to stimulate their imagination and literacy skills. Dahl's books are often the books adults recount as their favourites while growing-up, or the stories that really captivated them and got them into the reading habit.

A variety of awards and commemorations have been set up since Dahl's death in 1990, and new readers continue to discover his books through new creations such as the Scratch 'n' Sniff version of *The Twits* which was released in June 2015.



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# Peaceful Yoga

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The summer has offered time to rest and relax, all too quickly September is upon us with a hint of autumn in the early morning air. As the season changes we may reflect on the summer, having enjoyed the longer days and evenings spent in the garden; perhaps thinking of wonderful day trips, time spent with family and friends or holidays. These memories evoke a sense of warmth, health and well-being and recognition of a desire to hold on to that sense of contentment.



Wherever you are in life there can be varying demands made upon our time and energy whether it is through work, volunteering or caring responsibilities. Taking time to rest and nurture your own energy is vital to maintaining a sense of calm and equilibrium.

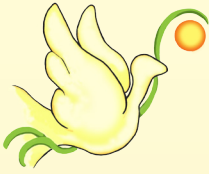
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# AUTUMN FASHION TRENDS

Way back in March the world's fashion gurus got together and presented their ideas for this autumn's fashion trends. There seems to be something for everyone, so read on to decide who you plan on being this fall!

First off, if you went 70s last season, there's no need to ditch the clothes currently lining your closet! Seventies is still very much in, so hang on to your flares and your ankle flashing trousers and for a truly up to date look throw in a folksy printed floral dress, fringed waistcoat, corduroy dungarees and a peasant blouse. Suede and patchwork knits are the fabrics to go for, and the poncho is back as the season's key piece!

You can also expect to see more retro with an 80s revival. Look out for power shoulders, ruffles, giant cuffs and big retro belts. Colour block knits and rainbow colour combos along with vivid, graphic patterns in bold colours are on their way, whilst jewel-toned Lurex is the party fabric of the season. Expect lots of glitter and sequins too on your special nights out!

It looks like the experts are expecting a cold end to the year, with warm, fuzzy coats being the order of the day. From curly sheep gilets to sumptuous shearling overcoats, the

faux fur fluff factor is offering lots of tactile fun this autumn and winter. Add a giant scarf to complete the look and you're sure to keep warm as well as stylish.

If fur isn't your thing, you can still look and feel red hot in a luxurious quilted jacket or an overcoat trimmed with top stitching and big buttons. Both are in vogue this season.

High necks are back! Call them what you will – polo necks, turtle necks or roll necks – the higher the neckline, the better! Pair them up with anything from dungarees to a glitzy mini dress or mannish tailored suit and you're sure to be up there as one of the season's trend setters. Think outside the box, and conjure up new ways to layer what's already in your wardrobe for an up to the minute look. Polos are ideal for this. Think polo, plus shirt, plus coat and you're on your way to creating one of the new looks for autumn!

Finally, how does a bit of gothic romance grab you? Moody lace, high ruffle necklines, frills and luxurious embellishments teamed up with floor-skimming lengths of sheer fabric will certainly give you that 'lady is a vamp' look. Add deep, berry coloured lips and piled up hair and there'll be no resisting your dark glam appeal!

Have fun as you dress up this autumn!

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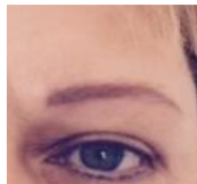
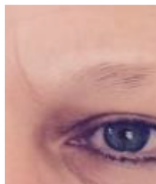
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# BUY IN LESS BIRD FOOD

By Stuart Mabbut, Wildlife Gardener

People really come alive at this time of year especially with the lighter evenings; the birds will be singing strongly, filling the air giving your wildlife gardens a tuneful vibe. You may even get new life appearing in the form of frog spawn. Get out and enjoy it.

As long as it's a few degrees above freezing there's always a chance to catch a glimpse of the first bumblebee of the year and even a few butterflies on the wing, but now it's really warming up that's a daily occurrence, or should be! When reliable warmth does occur, nature often explodes rather than stirs.

This coming year, try buying in less food for the birds and start 'growing' your own. Try sowing a 'Cornfield mix' this year and see if the birds respond.

It should provide you with a blaze

of colour if the seed mix includes field poppy, cornflower, corn marigold and corncockle, and cereal seeds too - wheat, barley, you know the sort of thing.

Don't be fooled, it won't be a wildflower meadow, which ALWAYS includes grasses and mainly perennial flowers growing on poor soil. A Corn Field mix is what many of our arable fields would have looked in the old days, prior to herbicides designed to strip out most of the annual flowers.

Have a go, if your ground is fertile you should be onto a winner. Share your photos of your successes and failures, we can all learn from each other on this.



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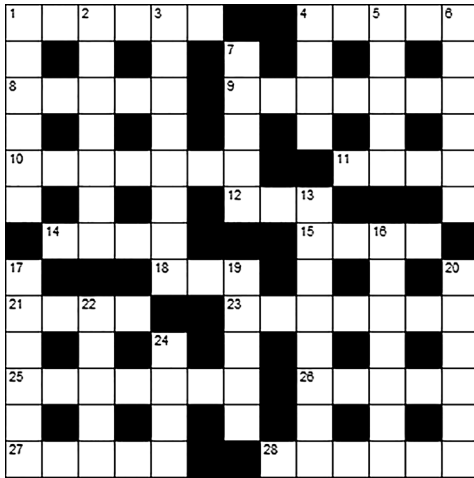
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[janetstansfeld@gmail.com](mailto:janetstansfeld@gmail.com)

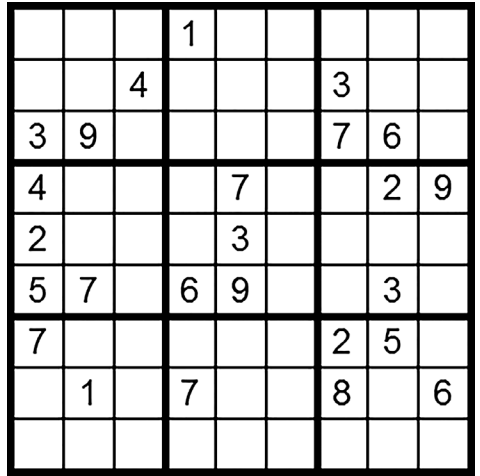
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## CROSSWORD



## SUDOKU



## CROSSWORD CLUES

### ACROSS

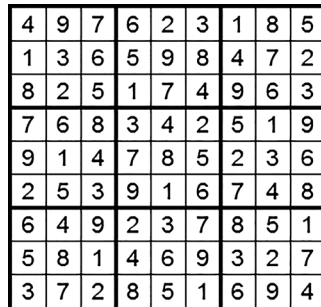
- 1 Eastern European country (6)
- 4 Thin crisp biscuit (5)
- 8 Overhaul, modernise (5)
- 9 Loudly, uproariously (7)
- 10 Slim, lithe (7)
- 11 Skin irritation (4)
- 12 Top, cover (3)
- 14 Jealousy (4)
- 15 Type of goat (4)
- 18 Weep, cry (3)
- 21 Retort, riposte (4)
- 23 Guitar-like instrument (7)
- 25 Conceded, endorsed (7)
- 26 Emaciated, cadaverous (5)
- 27 Black (5)
- 28 Onset, arrival (6)

### DOWN

- 1 Church district (6)
- 2 Portable lamp (7)
- 3 In this day and age (8)
- 4 Lament, moan (4)
- 5 Pass out (5)
- 6 Beat pattern (6)
- 7 Growl, grumble (5)
- 13 Spilled the beans, disclosed (8)
- 16 Assassinate, kill (7)
- 17 Four-sided shape (6)
- 19 Chum, mate (5)
- 20 Group of six (6)
- 22 Eskimo house! (5)
- 24 Rock rhythmically (4)

Last month's Brain Games solutions:

*did you get them right?*



## How to Play SUDOKU

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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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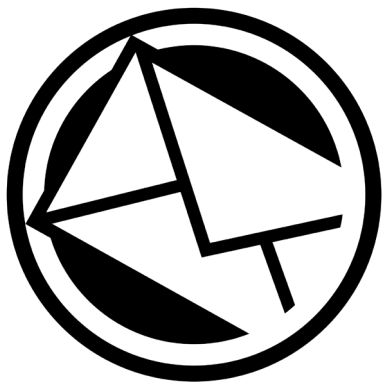
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# Diagnosing e-mail errors

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 07572 283159 if you need help with your computer. See ad on page 28 for details.*

E-mail has become such an integral part of our lives that it's now our primary form of communication, beating the telephone as the most efficient way to stay in touch. But sometimes with email, things go wrong. The most common problems being with receiving or sending messages and your computer's ability to communicate with the server.

At some point, we have all received a message from "Mail Delivery Subsystem" with a bounced email. The problem is, "Mail Delivery Subsystem" seems to assume that everyone is a technical genius, and only gives technical gobbledygook in his emails.

So who is "Mail Delivery Subsystem" and what is his purpose?

Every email server, including the one you use, communicates with other servers in the process of sending email. Imagine it like a sorting office. When you send an email, it goes down your internet line and goes to your provider's server to be processed. Like a local sorting office in the traditional post world. The server then takes your message, looks up the email address, and finds the recipient's server details and asks the recipient's server if the email address is valid. If it is, then the two 'sorting offices' exchange information, and the mail is delivered successfully.

Now, I'm sure you can appreciate that while this entire process normally takes less than 3 seconds, if there is a weak link in the chain, then "Mail Delivery Subsystem", the "postmaster" of your mail server, will start to process the error.

In the mail that you receive from MDS, you will see a lot of daunting technical information. To diagnose your problem, you need to scroll through the gobbledygook to find a 3 digit code followed by a colon and a message, for example a typical error where servers do not allow messages from senders it doesn't have in a pre-approved list is called a "relay" error. The most common of which is code "550: Relaying Denied" - Once you find this code, you will be able to put the code and message into Google and the explanation of what the error is will appear.

This is particularly helpful for people like me, when a customer can say "My email is giving me a 550 error, what do I do?". It's a lot more helpful than "MY email is broken" and allows a support provider to easily identify and resolve a problem, saving time and your support money in the process.

So the next time you get a bounced email, try looking through the message to find the error, look it up, and see how grateful your technician is.

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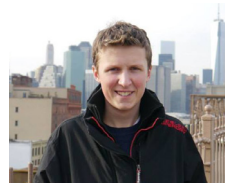
For further information: Tel: 07773 982719, Email: [info@aikidooxford.co.uk](mailto:info@aikidooxford.co.uk)

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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.*



## A Busy Summer at the Club

By Tim McGovern

Once again, it is that time of the year that Oxford United begin the season in pursuit of happiness, but expectations often fall short. Hopefully this season will be something different as there have been a number of changes. Firstly, Oxford legend, Mickey Lewis has left the club. Mickey had two stints as interim manager and has been associated with the club since 1988 after he joined as a player. He retired in 1999 and has been a coach and manager at the club since. He has been appointed as the assistant manager at Hayes and Yeading in the Conference South. The other big departure has been that of goalkeeper Ryan Clarke. Ryan joined in 2009 and has made 232 appearances for the club winning multiple individual awards as well as being in the squad in 2010 when Oxford won the Blue Square Premier League play-off. He moved to Northampton after terminating his contract by mutual consent. He is a club legend and will be remembered for many years to come. We wish both Mickey and Ryan the very best in their future endeavours.



Mickey Lewis

But, with exits, come entrances. Oxford star of last season, Kemar Roofe has signed permanently from West Brom. Other notable signings include goalkeeper Sam Slocombe from Scunthorpe, Ryan Taylor from Portsmouth, Liam Sercombe from Exeter and George Baldock who has re-signed on loan from MK Dons. Manager Michael Appleton has said that this is one of the strongest squads built in Oxford's recent history. Let's hope that Oxford can live up to the all the hype that has seen Oxford United make joint-top of the favourites to win the league this season along with Portsmouth.

Anyway, after a busy summer of business and pitch replacement, Oxford began their season with news that the London Welsh will no longer be playing at the Kassam Stadium and have moved back to their original field in Old Deer Park in Richmond-upon-Thames. We wish them well for the future.

Oxford started at home to Crawley which didn't quite deliver an exciting first day match for the fans. After going one down in the second half, Danny Hylton equalized shortly after, leaving the result at 1-1.



However, only a few days later Oxford took on Championship side Brentford in the Capital One Cup. After twelve minutes of play, away side Oxford were 3-0 up with goals coming from Liam Sercombe, Danny Hylton and a 40yard lob from Kemar Roofe (this is definitely worth watching on YouTube). Defender Johnny Mullins completed the scoring to give Oxford a shock 4-0 win to send us through the next round.

Let's hope this season delivers the goods, and if Oxford's win at Brentford is anything to judge it by, we should be in for a good year.

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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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**Bury Knowle Health Centre, 207 London Road,  
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**Phone: 01865 761651 Fax: 01865 768559**

**Email: [buryknowle@nhs.net](mailto:buryknowle@nhs.net)**

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Tuesday 15 September 5:30-6:30pm  
Space is limited, so please call beforehand to reserve your place.

### County Councillor surgery HEADINGTON LIBRARY

Saturday, 5th September  
With councillor Roz Smith 3.00-4.00 pm

### Author Visit - Joy Hendry HEADINGTON LIBRARY

Tuesday 8 September 5:30-6:30pm  
Author visit by Joy Hendry, Emeritus Professor of Anthropology at Oxford Brookes University  
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### WI Craft and Produce Show QUARRY VILLAGE HALL

Wednesday, 16th September, 7:00pm  
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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 - 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
- \* Recycling and waste 01865 249811

## City Councillors for Headington:

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

## School Terms 2015-16

| Term               | Date             | # Days |
|--------------------|------------------|--------|
| Term 1             | 1 Sep - 23 Oct   | 39     |
| Oct. Holiday       | 26 Oct - 30 Oct  |        |
| Term 2             | 2 Nov - 18 Dec   | 35     |
| Christmas Holiday  | 21 Dec - 1 Jan   |        |
| Term 3             | 4 Jan - 12 Feb   | 30     |
| Feb Holiday        | 15 Feb - 19 Feb  |        |
| Term 4             | 22 Feb - 24 Mar  | 24     |
| Apr Holiday        | 28 Mar - 8 Apr   |        |
| Term 5             | 11 Apr - 27 May  | 34     |
| Late Spring        | 30 May - 3 Jun   |        |
| Term 6             | 6 Jun - 20 Jul   | 33     |
| School Year Begins | 1 September 2016 |        |
| Total              |                  | 195    |

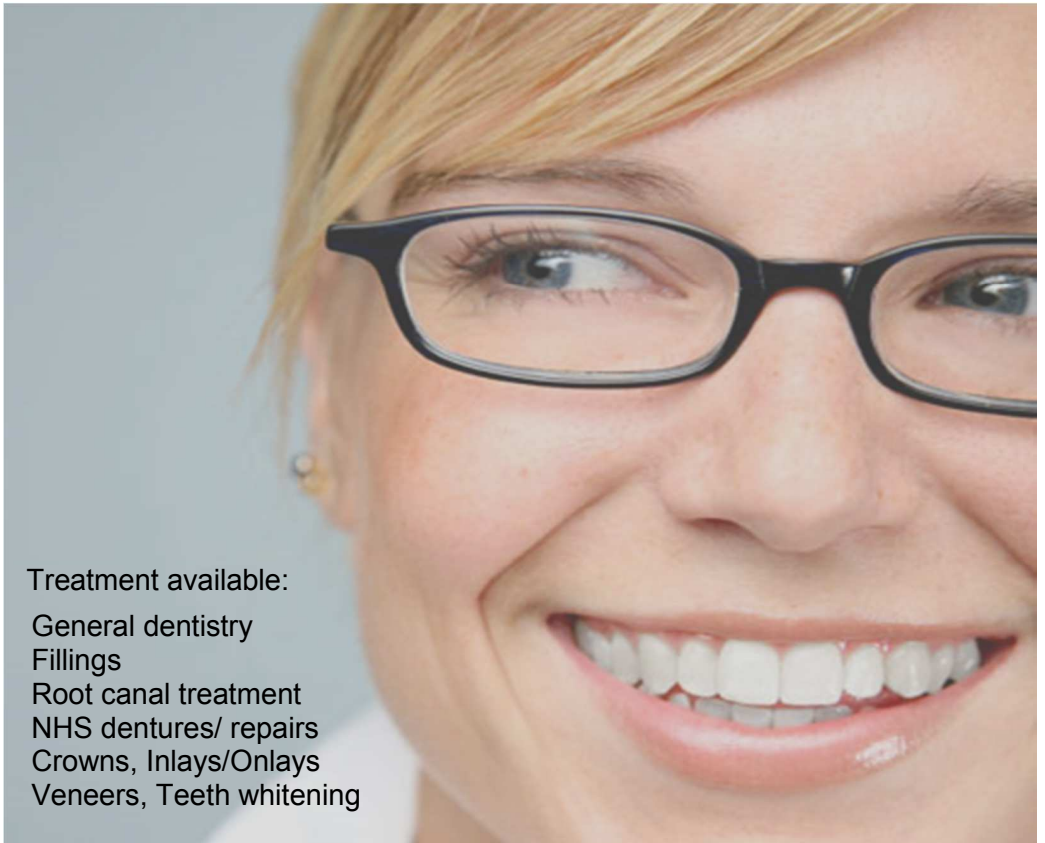
*This information is taken from the Oxford City Council website. Please contact your school or visit your school's website to check the return dates for your school and obtain dates of teacher inset days.*



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