

Suburb News

Hampstead Garden Suburb
Residents Association



The Suburb
celebrates the
80th anniversary
of VE Day, page 24

Looking back and moving forwards

EDITOR: SHELLEY-ANNE SALISBURY

8 May 2025 marked the 80th anniversary of VE Day and here in the Suburb celebrations abounded. There were wonderful street parties (photo montage on back page). It was particularly poignant to see the Stephens House recreation of their original VE Day celebration photograph taken on VE Day in 1945 (featured in the Spring 2025 issue of Suburb News). You can now see both photographs side by side on p.2)

I am absolutely delighted to include in this issue the first of, what I hope, will be a series of interfaith letters between Revd Em, Vicar of St Jude's, and Rabbi Marc Levine, Senior Rabbi of HGSS Synagogue, Norrice Lea (see Letters of Faith on p.5).

The much anticipated Proms at St Jude's is almost upon us again with a fabulous line up of

live music, literary talks, guided walks, stand-up comedy and more (p. 7) and Fellowship House is celebrating Proms by sponsoring a revised reissue of the booklet of poems and drawings produced and sold in 2012 in aid of the Proms charities by Michael Berg and Shizue Takahashi (p.10).

The SNY team inspire us to have fun over the summer, particularly when the sun is shining – yes, we are being optimistic about the weather!

Speaking of weather, the beautiful masthead photo was taken on the Heath Extension by Suburb resident Odile Heyl after the recent dramatic rain and hail storm. Odile managed to capture that rare moment of a return to calm. Let's hope it's a prescient image of things to come as the world continues to navigate ever more turbulent times.

Wishing you all a very happy and peaceful Summer.

Commemorating VE Day

MALCOLM GODFREY

Stephens House & Gardens, in Finchley was honoured to commemorate the 80th anniversary of VE Day on Sunday 4 May 2025.

Back in 1945, 10,000 people gathered in the gardens to celebrate this significant moment in history and this very special event in 2025 culminated with a recreation of a picture taken then.

Stephens House & Gardens were delighted to welcome veterans, Sarah Sackman MP, the Mayor and Mayoress of Barnet and Martin Russell MBE, Deputy Lieutenant for Barnet, together with local people with VE Day memories.

Throughout a day of celebration and reminiscences attended by hundreds of people, visitors were treated to local societies sharing wartime history, there was fish and chips, ice cream, strawberries and cream and of course a beer tent, a traditional tombola and maypole-dancing. An especially

(continued on page 2)



The generations join forces to celebrate the 80th anniversary of the end of World War II (Photo: CeeCee Events)

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The original image that records the V-E Day celebrations on 8 May 1945 (Photo: Public domain), and the recreated image taken at Stephens House on the 80th Anniversary (Photo: CeeCee Events)



The only thing you should pick is... litter!



(Photo: Lucy Tobin)

Waking up each Monday, two words fill our heads: litter and picking. That's because, instead of scooting or driving to our school, Brookland, we – my brother Toby, my sister Emily and two of our friends, Logan and Presley – each grab our litter-pickers. Our mums, Lucy and Danii, bring two big sacks. Then, we use our journey to school to clear as much rubbish as we can off the streets. We started litter-picking in lockdown. The Residents Association gave us free pickers and it was a way to make daily walks more fun. Since then we have found all sorts of things: iPhones, foreign cash, credit cards, pieces of cars – even bottles filled to the brim with urine!

During Covid, we were picking up hundreds of masks and gloves from the Suburb streets. Now, the most common things we find are bottles, cans and strips of plastic packaging. We'd like more children to litter-pick on their way to school. If everyone did it, it could make a huge difference to the UK's rubbish problem. That's why we were excited when the charity Keep Britain Tidy (www.keepbritaintidy.org) heard about our weekly litter-pick, and asked to film us to spread the word. Thousands of people have now seen Keep Britain Tidy's campaign video of us litter-picking. Other Brookland kids are now joining us and picking up rubbish on their walks to school.

So, we recommend you too join the litter-picking campaign. You can find pickers very cheaply in local shops and online and it's lots of fun with friends. Why not give it a go?

Jamie Lesser (age 10)

Commemorating VE Day (continued from p1)

commissioned film with local people sharing their VE Day recollections was screened in the house and entertainment was provided by the vocal talents of Fox, Wiggle and Sass with their renditions of wartime favourites

and renowned actor Daniel Mays read from the war memoirs of Spike Milligan.

Despite the day turning quite cold and windy, hundreds of people gathered at 6pm to recreate the original photograph of 1945.

Our well-loved Library



A renovated library (Photo: Marc Hull)

MARC HULL

The Garden Suburb Community Library plays an important role in the area and has done for 68 years. Open to everyone, it offers a very wide range of books and audio books along with computers, printing facilities and a book club.

We are very keen to welcome in more children and have a great and varied selection of books for all ages. We also provide free children's activities which include story-time sessions for toddlers on Tuesday mornings (10.15 till 10.45) and sing-a-long sessions for under-threes on Thursday (10-10.30 am and 10.45-11.15 am).

LBB decided to close the Library back in 2012 to save funds. Since opening in 1957 the library had been a huge community asset and its closure would have left a large hole. Deborah Warland and Neville Silver formed an action group to keep the library open. With support from the Residents Association, Jeremy Clynes and the late Jonathan Seres took over and were later joined by Hetty Colchester. Their bid was eventually won, with Barnet providing financial support to a volunteer organisation. This culminated in a ribbon-cutting ceremony with Jonathan Ross kindly wielding the scissors.

Over the years we have bought many books that our members clearly enjoy but we are always open to suggestions. We have held special children's events, author

talks and Holocaust Memorial Day presentations. We also run a children's Summer Reading Challenge which is a national event supported by The Reading Agency.

Our 10th Anniversary Party was well attended and supported by the Mayor of Barnet, Councillor Nagus Narenthira along with Hannah Richens, Head Librarian for Barnet who has been very supportive of our venture since the beginning. It was a rainy afternoon but Dame Jenni Murray kindly joined us, cut the cake and made a short speech.

Over the past year the library has been completely redecorated inside and out and our four computers have been updated to Dell all-in-one systems. This project was very kindly funded by Josh Cass in memory of his wife Natalie, who loved our library.

Jeremy Clynes now chairs our committee and we currently have about 40 regular volunteers. We are always looking for help so please contact us if you would like to join the team.

As with all public libraries, membership is free; we simply need some form of ID and if you already hold a Barnet Library Card, we can use that. If you are new to the Suburb or just interested, please pop in for a chat.

The address is 15 The Market Place NW11 6LB, just a little way up on the corner with Hill Rise. Open Tuesday to Saturday 10am - 5pm, gardensuburblibrary.org.uk, 020 8458 3302.

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Leading with Purpose

In conversation with Emma Macleod, Headmistress at Henrietta Barnett School

FRANCINE BARSAM

Henrietta Barnett School (HBS) has long been known for its academic excellence and commitment to developing well-rounded, high achieving students. As the selective girls' grammar school moves forward in an evolving educational landscape, its recently appointed headmistress, Emma Macleod, brings a fresh perspective, blending tradition with innovation. In this exclusive conversation, she shares her motivations for taking on the role, her vision for girls' education, and how the school balances strong academic aims with student well-being.

A COMMITMENT TO GIRLS' EDUCATION

With over 20 years of experience in state education, Emma has worked in a variety of selective schools, primarily in boys' and co-educational settings. However, in recent years, she has become deeply passionate about leading in girls' education.

"I strongly believe that girls' schools provide an environment free from societal expectations and stereotypes, allowing students to develop in ways that feel right for them," she explains. "We are facing a new era of misogyny, particularly in online spaces, and it's crucial that girls receive the support and confidence to navigate these challenges."

She also highlights an imbalance in national education funding. While boys typically under-perform in GCSEs, leading to more targeted support for them, she argues that the broader societal gender gap still disadvantages women. "Leading a school where resources can be directed specifically at girls' needs is something I feel strongly about."

Beyond her professional commitment, this decision was also personal. "My stepdaughter flourished in an all-girls school,



Photo: Francine Barsam

and that experience reinforced my belief in the power of single-sex education," she shares.

A SCHOOL BUILT ON STRONG VALUES

One of the key attractions of Henrietta Barnett School was its size and ethos. With just over 800 students, the school offers an opportunity for a more personal approach to leadership.

"In my previous roles, I worked in schools with close to 2,000 students. Here, there's a real possibility of knowing every student personally, which makes a significant difference in fostering a supportive learning environment."

She also challenges misconceptions about the school being solely an 'exam factory'. Instead, she praises its balanced approach: "There is a deeply embedded understanding here that well-being and academic success go hand in hand. You see this in every aspect of school life – from the way teachers engage with students to the breadth of enrichment activities on offer."

Henrietta Barnett School is known for its extensive extra-curricular programmes, which she believes play a crucial role in student development. "Education isn't just about what happens inside the classroom. It's about challenging yourself, broadening your experiences, and developing a lifelong love for learning."

BALANCING TRADITION WITH INNOVATION

With a long history of academic success, how does Henrietta Barnett maintain its traditions while preparing students for the future? The answer lies in staying true to the core values of the visionary Henrietta Barnett while embracing new challenges. "One of our key values is curiosity," she

explains. "A decade ago, that might have meant students exploring different literary texts. Today, it involves digital literacy – understanding how to navigate online information, discern fact from misinformation and critically engage with content."

The school also emphasises the importance of community. "The way students interact may have changed over the years, but the underlying principle remains the same – creating a strong, supportive network where everyone thrives."

One of the most pressing challenges facing modern education is the rise of artificial intelligence. "Before half-term, we hosted a conference on AI, inviting guest speakers and representatives

from other schools. As AI becomes more integrated into learning, particularly in coursework and assessments, we must adapt by placing greater emphasis on critical reading and independent thinking."

LOOKING TO THE FUTURE

As she settles into her role, Emma is excited about the opportunities ahead. "Henrietta Barnett is a school with a rich history and a bright future. My goal is to ensure that we continue to foster academic excellence, while providing students with the tools they need to navigate an ever-changing world."

With a clear vision and a deep commitment to student well-being, Emma is set to lead the school into its next chapter, one that honours its traditions while embracing the future.

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Christ’s College School Chef Amber Francis wins major National Cooking Show

LILY RAATZ, YEAR 9

We all have fantasised about winning a cooking competition whilst dancing around the kitchen making dinner. However, this is no longer a fantasy for proud Christ’s College Finchley chef, Amber Francis, who recently won BBC’s The Great British Menu. Her winning dessert blew both guests and judges away and highlighted Amber’s passion.

‘Books, the Mind’s Food’ consisted of a hay-infused cream with strawberry gel, topped with honeycomb and pickled strawberries, served in a bowl with a white chocolate disc displaying the words of Hannah More, an historical figure who was known for her philanthropy and work in education. In fact, one of the schools set up by More was attended by Amber herself, hence the inspiration. Amber even incorporated More’s silhouette as a charcoal and honey parfait biscuit.

The passion for education that Amber has is not only reflected in more ways than one in the show, but is also seen here at Christ’s College where Amber’s wellspring of ideas for improvement of our food

never runs out. Amber believes that changes in attitudes to food should be geared towards young people. As she says: “It’s about nourishing young people and getting them to be excited about food, which is the hardest thing – we can nourish children really easily...but what we really want is for young people to be confident to go into the world and be adventurous with what food they want to eat. I think we need to focus more on what our young people are eating every day.”

Amber’s creativity is evident at Christ’s College, with the incorporation of unusual and varied ingredients into our lunches. Pupils have had a brilliant experience with food here since she arrived, so on behalf of the school and its community, a big thank you and congratulations to Chef Amber!



(Photos: Optomen Media)



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Letters of Faith

RABBI MARC LEVINE &
REVD EM KOLLTVEIT

SUMMER 2025

Revd Em Kolltveit is the Church of England Vicar of St Jude-on-the-Hill, Hampstead Garden Suburb, and Marc Levene is the Rabbi of Hampstead Garden Suburb Synagogue. Recently the two have struck up a friendship to better understand each other's faith and traditions with the intention of developing a flourishing interfaith dialogue between Christians and Jews in the Suburb. In their first exchange of short letters, Revd Em asks Rabbi Marc about the meaning of 'Good Neighbours,' from his perspective.

Dear Rabbi Marc,

I am so glad that we have started to get to know each other over the last year and that we have this opportunity to write to each other publicly. I know we are both dedicated to serving the people of this place to the best of our capacities. Thinking about our growing relationship, the relationship of our two communities and the scriptures that our faiths share, we can probably agree that as people of faith we are called to prioritise love of God and love of neighbour. I wonder what love of neighbour means to you, at this time in this place, when all around we see humanity in conflict globally and often here in the Suburb.

For me, love of neighbour is about recognising the dignity of all human beings and serving everybody in my parish, whatever their faith group or personal circumstances, with equal love and respect. We both know that this is not always easy! I have a rule of life that I follow, which goes something like this... if someone sincerely asks for my help, then I respond prayerfully, doing my utmost to try and support them in whatever way I can, both spiritually and practically.

I would love to know your thoughts on what being a good neighbour means to you?

Yours in friendship
Revd Em, Vicar of St Jude-on-the-Hill.

Dear Revd Em

Thank you for sharing such a meaningful reflection. Your words beautifully express the heart of pastoral care and the sacred responsibility we both carry in serving our communities.

In Judaism, the concept of being a 'good neighbour' is deeply rooted in our tradition. The Torah famously commands: "You shall love your neighbour as yourself" (Leviticus 19:18). The Talmud even teaches that this is a foundational principle of the entire Torah. But as you rightly say, living this out in daily life, with all its complexities and challenges, is far from simple.

For me, being a good neighbour involves a commitment to loving

kindness, honouring the dignity of every human being, and peace. It means seeing the divine image in each person, regardless of their background or beliefs, and responding with empathy, integrity and care. Like you, I strive to respond sincerely and helpfully when someone reaches out, guided by faith and a deep sense of shared humanity.

It's a privilege to work alongside you in the shared mission of building bridges and strengthening our local community. I'd be glad to continue this conversation and reflect further on the values that guide us both.

Warmest regards,
Rabbi Marc Levene

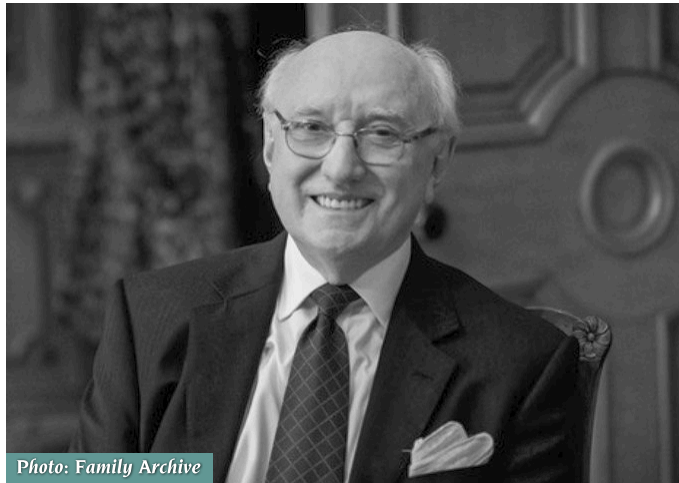


Photo: Family Archive

Michael Milner

1930 - 2025

MARGARET HARRIS

Michael John Milner passed away on 10 January 2025, aged 94 years. He had been a resident of the Suburb since 1971. Michael was born on 9 September 1930 in Temple Fortune and lived his early years in Muswell Hill and Hendon, where he went to Sunnyfields Primary School. He was awarded a bursary to attend Haberdashers' Aske's Boys School (1941-1948). Michael lived in Hendon at this time, where he met his future wife, Norma. They married at St Mary's Church in Hendon in 1953, whilst Michael was undertaking his National Service in the Navy.

Michael was awarded a BSc (Eng) First Class Honours degree in Chemical Engineering at University College London. In his early career, he worked in the laboratories at Proctor & Gamble, developing a soap powder known as 'Fairy Snow'. His career moved into international petro-chemical businesses, for which he travelled throughout the world and personally conducted many sales negotiations for major projects with both Government and private companies. He and his employer received the Queen's Award for Export over three consecutive years in 1972, 1973 and 1974. Michael was both a Chartered

Chemist and Engineer, a Fellow of the Institute of Chemical Engineering, a member of the Royal Institute of Chemistry and was elected a Fellow of University College in 1978.

Between 1975 and 1978 he was President of Davy International Inc (USA), a role that took him to Houston, Texas. But rather than sell the family home, Michael rented it out as he always knew he would return to the Suburb.

When Michael did eventually end his working life, he took on several voluntary roles, many in the Suburb. He joined the committee of the local branch of Combat Stress and became active in the Suburb's Abbeyfield House, being elected its Chair shortly after also becoming the Chair of Abbeyfield's London Regional Council. Ultimately, he joined the Board of its National Council and became Vice-Chair of Abbeyfield International. Michael became an Honorary Member of the HGSRA and played an active role at Fellowship House where he helped to organise film events.

Michael was a lover of sport, as well as music and theatre. He played cricket and rugby to a high amateur standard and was a proud member of the MCC for well over 50 years. Along with his wife Norma, he was a loyal and dedicated supporter of the Proms at St Jude's, attending almost all their concerts. He was a patron supporter of Wigmore Hall and a member of the Mill Hill Music Club.

Michael's life was full of achievements and success. Whilst modest, he was an inspiration to all those who met him.

He is survived by four children, 10 grandchildren and 11 great grandchildren.



Photo: Joint selfie



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Emma Howard's final address as Chair of the HGSR (AGM Photos: Mike Eleftheriades)

Capacity crowd at 112th RA AGM

RA COUNCIL

A capacity crowd attended the 112th AGM at Henrietta Barnett School on 31 March 2025. Following formal business, a presentation was given by Gren Manuel about a defibrillator project. This was followed by area Police Inspector Kem Ofo who spoke about burglaries, vehicle crime and practical ideas around protecting residents properties, possessions and staying safe.

There was a lively debate regarding the proposed padel courts at Northway Gardens. Cllr Mike Mire informed the attendees that the best way to register views about this application is via the Barnet Council website for planning applications.

New council members were elected: Asher Budwig and Dominic Rose. Francine Barsam was elected as the new Hon Secretary with a focus on advertising. Emma Howard stepped down as RA Chair after seven years and a presentation was made to thank her for her hard work and successes during her tenure. Peter McCluskie was elected as Emma's successor as Chair. Peter is keen to build on Emma's firm foundation and to encourage increased community spirit in the Suburb. He will also be looking at the structure and strategy to ensure the RA is in the right shape to serve its members in the mid-2020s and beyond.



Gren Manuel



Police Inspector Kem Ofo



Francine Barsam



Asher Budwig



Colin Gregory presents a gift to Emma Howard



Peter McCluskie

Sponsor a tree in the Suburb

The Trees and Open Spaces Committee deals with three main areas of work: street trees, planning applications involving trees (felling or pruning of privately owned trees) and monitoring of open spaces such as the Heath and Big Wood. Over the winter we are especially active on street trees working with Barnet Council to replace trees they have taken down, because they are diseased or dangerous, and planting new ones to fill gaps. Species are carefully chosen to reflect the location. Barnet carry out three-yearly surveys: we discuss their proposals and challenge their decisions if necessary. Following the latest survey, 70 trees were identified for removal of which 35 will be replaced next winter and 35 over the next two winters. We also agree additional planting which is funded jointly by Barnet, the Residents Association and a new crowdfunding scheme run with help from the charity Trees for Streets, which is now in its second year: Keep Hampstead Garden Suburb Green and Sponsor a Tree in Our Streets. We aim to fund 20 street trees in addition to those Barnet already plan to plant. There are still 300 gaps so we have a long way to go! Last year we raised more than the annual target of £5000 and this year we have already raised nearly £1500. All donations, large or small, will help. You can donate by scanning the QR code below or search 'Trees for Streets Hampstead Garden Suburb'.

Colin Gregory



Replacement crab apple tree matching others on Oakwood Road (Photo: Colin Gregory)



Can you spare just £15 a year to help keep our Suburb special?

We hope that your answer is YES because, with your support, this 110 year-old, volunteer-run, organisation can continue to:



Bring the community together with social events like the amazing New Year's Eve Fireworks & Party and the Summer Fair



Support biodiversity via the very popular Kids Gardening Club and Henrietta's Orchard and promote Net Zero projects



Fund street tree planting and defend our green spaces and at-risk heritage trees



Liaise with LB Barnet to keep the Suburb clean and beautiful and run a litter picking volunteer team



Produce Suburb News (and, as an RA member, you'll also get Suburb eNews monthly and access to our recommended traders' database)



Support local charities and community groups including equipment in HGSR playgrounds and grants to local primary schools

Just £15 per annum enables you to join over 1,700 other Suburb households that are already members of the Residents Association. You can join online at hgstra.uk/join or call 020 3488 9131. Please contact chair@hgstra.uk if you would like to volunteer to support our many activities and have fun with others in fostering a strong community.



Not just classical music

Proms at St Jude's 2025 Season

RON FINLAY

Your local world-class festival takes place from 21 to 29 June on and around Central Square. If you think Proms at St Jude's is just classical music concerts, think again! Some of the eclectic music offerings you may like to try this year include:

- Fleetwood Mac's iconic Rumours album in its entirety, performed by the Transatlantic Ensemble.
- The Old Time Sailors, celebrating traditional seafaring music, songs and shanties infused with Celtic Rock, punk and ska. A chance to sing along, dance and dress up shanty-style if you wish!
- Connaught Brass, a quintet playing music spanning four centuries, from Gabrieli's Canzonas to Bernstein's West Side Story.
- The Swingles performing Theatreland, singing hits from the best of musical theatre, including numbers from A Chorus Line, Guys and Dolls, Hair, Waitress, Hadestown and Dear Evan Hansen, and their celebrated repertoire of jazz, classical and folk reaching back to the 1960s.
- Red Sky at Sunrise, following author Laurie Lee through his much-loved Cider with Rosie trilogy, narrated by actors Charlie Hamblett and Anton Lesser and with music performed by the Orchestra of the Swan.

AUTHOR INTERVIEWS

LitFest, generously supported again by the Hampstead Garden Suburb Residents Association and taking place on Saturday 21 and Sunday 22 June, is carefully curated to match top authors with interviewers who really know their subject. Michael Palin has already sold out and this may be true for tickets for Philippe Sands and Tracy Chevalier by the time of going to print. Other events where tickets remain at the time of writing include:

- Sunday Times Whitehall Editor, Gabriel Pogrund, and his Times colleague Patrick Maguire in conversation with TV presenter, author and political columnist, Steve Richards, about Get In: The Inside Story of Labour Under Starmer.
- Vernon Bogdanor, Professor of Government at the Institute of Contemporary British History, King's College, London, talking to Simon Lewis, Director of Communications during Gordon Brown's time as Prime Minister, on Making the Weather: Six Politicians Who Changed Modern Britain.
- Times journalist and garden designer, Ann Treneman, in conversation with Charlotte Mendelson, Gardening Correspondent for The New Yorker, about RHS Horti Curious: A Gardener's Miscellany of Fascinating Facts & Remarkable Plants.
- Host of Breakfast on BBC Radio 3, Petroc Trelawny, discussing with BBC Radio 3 Essential Classics presenter Ian Skelly Trelawny's Cornwall: A Journey Through Western Lands, in which he returns to the land of his childhood on the Lizard Peninsula to explore his Cornish heritage.
- Former Old Bailey judge, Her Honour Wendy Joseph, in conversation with Adam Wagner KC, who has acted in public inquiries and leading cases on the right to protest, about Rough Justice: Do We have the Law we Deserve?, which examines four gripping trials she presided over and compares them with eerily similar historic cases – and miscarriages of justice – from years ago.

COMEDY

Late-night (10pm!) stand-up comedy, with its own licensed bar, was introduced to Proms in 2018 and sold out last year. This season,



Alice Frick
(Photo: David Yiu)

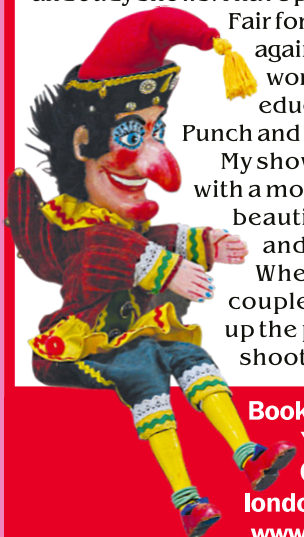
HE'S BEHIND YOU!

Hello Everybody, I'm Professor James, I live on the Suburb and run one of the country's best loved Punch and Judy shows. I have performed at the RA's Summer Fair for several years and will be there again this year. I also do parties, work events, festivals, and educational talks on the history of Punch and aspects of the tradition.

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Matt Green (Photo: Karla Gowlett)



Junk Workshop with Saul Eisenberg

Stephen Carlin (responsible for BBC radio series Gus Murdoch's Sacred Cows) and Alice Frick (who set up an all-female line-up called Laughing Labia to redress the gender balance on stage) perform with MC Matt Green, back again after his 2022 triumph. If you want a laugh, book now before tickets sell out again: Saturday 28 June.

FREE STUFF

Lunchtime concerts, at 12pm on Monday 23, Tuesday 24, Wednesday 25 and Friday 27 June are all free, thanks to the kind support of Hampstead Garden Suburb Trust. This is a fantastic chance to hear outstanding musicians, some of whom are already well established, and others at the start of their careers. Sandwiches and refreshments are available to be enjoyed ahead of or (quietly) during performances.

At 6pm on Saturday 28 June in the Refreshment Marquee outside St Jude's, the Caravan Circus Band will be giving you a chance to tap your feet, dance and sing along to their very upbeat version of a post-modern jukebox, including swing and gypsy jazz.

On Sunday 29 June, at the Family Festival on Central Square, free events, with support from Hampstead Garden Suburb Trust, include:

- African Drumming Workshops, where children create rhythms and songs, immersing themselves in a different culture whilst experiencing a feeling of unity as part of a drum circle.
- HGS Kids' Gardening Club where children can make seedballs, plant seeds and look for bugs in the community gardens.
- HGS Art: Children's Workshop – art fun including watercolour painting.
- Singing round the campfire – led by the 2nd Golders Green Guides
- Story Nook – story time and songs, led by Community Library volunteers.
- Junior LitFest – author and illustrator James Mayhew talking about his books and signing copies.
- Music on the Square, where a mix of musicians will be waiting in tents, ready to play and talk to visitors, each offering interactive opportunities to make all sorts of sounds.
- Performance Platform: Players from The Youth Music Centre under the baton of Marina Solarek; Conductor Fred Slide with his 40-piece London Youth Concert Band and members of the North London Youth Orchestra with leaders Sanae Honda and Simon Ferris.

There are also some ticketed family concerts for toddlers to 12-year-olds – check promsatstjudes.org.uk to secure a place.

ACCESS

There is wheelchair access to toilets and all venues for concerts and LitFest events. A hearing loop is available in St Jude's Church and The Henrietta Barnett School. Disabled parking is available but must be pre-booked via the Box Office.

TICKETS AND INFORMATION

Details of all the events are available at www.promsatstjudes.org.uk and tickets are on sale now. Or call the Box Office on 020 3322 8123.



Old Time Sailors



Drumming Workshop



Founder of charity, Driving Aid to Ukraine, Michael Byrne gave a speech (Photo: Beatrice Twentyman)



Sarah Sackman MP hosts members of the Ukrainian community in Finchley and Golders Green and Barnet at Parliamentary reception (Photo: Beatrice Twentyman)

Showing Solidarity for Finchley and Golders Green's Ukrainian Community

SARAH SACKMAN MP

In April I welcomed the Ukrainian community in Finchley and Golders Green to Parliament. The event was an act of solidarity to recognise the individual sacrifices and generosity shown not just by Ukrainian residents, but also by host families in the Suburb and across Barnet. However, it became so much more than that.

The Jubilee Room, off Westminster Hall, was packed with people for an evening of music, dancing and laughter. Accompanied

by the raucous Ukrainian folk band Hlopy, we sang and danced – an act of friendship and defiance.

I hosted the event in partnership with Driving Aid to Ukraine, an East Finchley based charity which delivers aid directly to affected regions through refugee centres. I am also proud that Barnet, under a Labour Council, has become a Borough of Sanctuary, reflecting its continued commitment to supporting refugees. In Barnet alone, over 1,000 Ukrainian refugees were given shelter through the Homes for Ukraine scheme.

One of those who opened her home to the Ukrainian community was Sarah, a Hampstead Garden Suburb resident. When the war in Ukraine started, she chose to open her doors and the hand of friendship to Alona and her three boys. These families had never met before. Three years later, Alona has rebuilt her life with her sons flourishing at local Brooklands school. Alona and Sarah's presence was a powerful reminder of the generosity and openness of our local community. Their continued friendship is a testament to the

strength and compassion which makes our community so special.

I am proud that the solidarity shown in that reception is echoed by the Prime Minister. I believe there is no leader better placed to navigate this tumultuous geopolitical landscape at this time. As Sarah has shown the hand of friendship to Alona, Starmer has done the same to President Zelensky. This Government has announced a 100-year pact with Ukraine and pledged £3bn a year for as long as it takes to stop Putin's invasion. Slava Ukraini!



Happy Passover at Alyth Synagogue

Communal Seder 2025 (Photo: Lynette Chazen)

ABIGAIL COX

Leading up to Easter, the shops are full of chocolate eggs and hot cross buns and everyone has an excuse to change what they eat as they celebrate. In Judaism Pesach or Passover, which mostly falls around the same time as Easter, not only has food at its centre (like most Jewish festivals), it also involves a complete change of diet.

The story of Pesach is told in the Book Of Exodus and focuses on Moses and how he led the Israelites out of slavery in Egypt. The Pharaoh was fearful that there would be too many Jews living in Egypt, so he instituted slavery and demanded that male Jewish babies were killed. Baby Moses is saved by his mother, who floats him in a basket down the Nile, where he is found and adopted by the Pharaoh's daughter.

Years later, Moses was exiled to the desert and encounters a burning bush where God revealed himself to Moses. God tells Moses to go to Pharaoh and lead the Jews out of slavery, which Moses does. Each time Pharaoh said "no", God sent plagues down on Egypt, including: frogs, lice, flies, boils, hail, locusts and darkness. After the 10th plague, Pharaoh finally agreed to let the Jewish people go, but, fearful that he

might change his mind again, the Jewish people packed quickly. They had no time to prepare food and no time to allow their dough to rise into puffy bread. They had only enough time to make a flat, cracker-like bread called matzah which they hastily tied to their backs and ran from their homes into the desert.

Each year at Pesach, homes are cleared of any leavened food; we eat special meals, sing songs, tell stories and participate in a seder – a dinner and service designed to help us remember this miraculous journey from slavery to freedom.

At Alyth, we hold a communal seder every year, led by our Rabbis, where everyone of all ages reads the Haggadah which tells the Pesach story. It involves a specific sequence of rituals, foods and readings, drinking four cups of wine and consuming symbolic foods like matzah, charoset (a sweet apple-based mixture to represent the mortar made by the slaves) and maror (bitter herbs to commemorate the time as slaves). Despite this, it is a fun service with lots of table-thumping and humorous songs – one not to be missed!

For further information, please contact: Abigail Cox at communications@alyth.org.uk.



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The Tempest returns to Little Wood

Photos: Garden Suburb Theatre



The 1956 production with Leslie Roberts as Prospero and Anthony Cairns as Ariel

Shakespeare returns to Little Wood this summer when the Garden Suburb Theatre will be performing The Tempest from 20 to 28 June.

The Tempest is one of Shakespeare's last plays, set on an enchanted island ruled by the magician Prospero. This will be the Garden Suburb Theatre's third production of the play, all of them set in the Wood, itself a place of enchantment.

The set for the first production, in 1956, featured an imposing cave. 51 years later the group staged the play again, with a strong nautical theme.

Amongst the most famous lines of The Tempest are the words:

*Our revels now are ended. These our actors,
As I foretold you, were all spirits and
Are melted into air, into thin air (Act 4 Scene 1)*



The 2007 production with Jemima Lane as Miranda and Andy Farrer as Prospero

Come along to see the group's latest interpretation of this magical play in the wonderful setting of Little Wood before, like every live theatrical performance, all is melted into thin air. Performances are on 20, 21, 26, 27 & 28 June at 7.30pm and 21, 22 & 28 June at 3pm. You are welcome to bring a picnic to eat beforehand or in the interval and refreshments are available.

Colin Gregory

Tickets can be booked on the group's website at www.gardensuburbtheatre.org.uk.

Project ImpACT New Interfaith Youth Kitchen

SARAH SACKMAN MP

Young people from different faith backgrounds and communities across London came together for a special evening of volunteering at the Project ImpACT Youth Kitchen. The teens from North, East and West London rolled up their sleeves to cook healthy meals for local food banks using surplus food provided by The Felix Project.

The project, initiated by Project ImpACT in collaboration with the Faith and Belief Forum and supported by Barnet Multi Faith Forum, saw teens from the Znaniye Foundation and Salaam Peace join ImpACT teens at their bustling kitchen. They heard from inspiring speakers which made it a wonderful opportunity for learning and giving back.

After hearing about the food poverty crisis, where four million children in the UK face food insecurity, equivalent to one in four households, the teens cooked a delicious meal of vegetable noodle stir fry and salad using the surplus ingredients. During the session the young volunteers packed and labelled over 150 nutritious meals ready for distribution by local food banks and homeless shelters for dinner that evening, including to Clandon House Food Bank, whose representatives came to speak to the teens about their work and the increased need for food donations.

Project ImpACT is proud to be part of ensuring that surplus food from the food industry is rescued and made into substantial, nourishing meals by teenage volunteers. Through volunteering



at the ImpACT Youth Kitchen, teens develop an understanding of the importance of social responsibility and develop empathy for those in need.

While cooking, the teens from different faith backgrounds connected and shared stories while mastering new cooking skills. The evening showcased the power of interfaith driven social action: young people came together, met others they might not have otherwise and worked together for the greater good.

ABOUT PROJECT IMPACT:

Project ImpACT is a multi award-winning youth volunteering charity that connects teens, empowering them to work together and make a positive impact. The charity inspires and engages teens to volunteer and contribute to the community in meaningful ways, shaping the next generation of active young leaders. The ImpACT Youth Kitchen is a pioneering initiative where teen volunteers transform surplus ingredients into healthy meals for local food banks and homeless shelters.

For further information or if you'd like to get involved please email: info@projectimpact.org.uk.



Photos: Project ImpACT

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Proms Memories

Proms week is around the corner. Fellowship is celebrating this by sponsoring a revised reissue of the booklet of poems and drawings produced and sold in 2012 in aid of the Proms charities by Michael Berg and Shizue Takahashi. Fellowship will also match fund its purchase price of £5 so your £5 buys a donation of £10.

This idea was born out of a touching coincidence. About three months ago Shizue, recovering from a stroke and Michael from spinal surgery, found themselves in adjoining rooms at the Edgware Hospital Neurological Rehabilitation Centre. They have both now made progress and returned home.

Shizue is well-known in the Suburb for her art, art classes and tai chi sessions at Fellowship House. Michael is a poet and artist and he and his wife Ros have been involved in charity and Proms volunteering over many years.

The new booklet is an absolutely charming piece of work to keep or give away. It contains some new material and the redesign has been handled by Christine Welby, who designs much of what the Suburb produces. It is of course in aid of impeccable causes and working together on the revisions has been a welcome distraction to help Shizue and Michael while away some long hospital days, bringing back memories of better times.

Do look out for it as the month goes by. We really hope you can support this initiative and if possible buy several copies.

Andrew Botterill

POEMS FROM PROMS

Inspired by the concerts of Proms at St Jude's

Written by Michael Berg
Illustrations by Shizue Takahashi



THE SALE PRICE OF THIS BOOKLET GOES TO THE PROMS AT ST JUDE'S CHARITIES FOUNDED HALL, NORTH LONDON HOSPICE AND EDUCATION OUTREACH

£5

Annigoni, Annie Walker



Tales of the unexpected often emerge from behind well-mannered Suburb front doors. And so it was with our neighbour of 44 years, Annie Walker. Whilst discussing at her house the selection of paintings to exhibit in her recent show at the Fellowship Art Gallery, she came across a crumbling copy of Picture Post from September 1955. Inside was a long article colourfully entitled 'Paintbrush Cinderella'

which described how she was catapulted into the world of art from her father's isolated hill farm in deepest Cardiganshire. At the age of 16 Ann Griffiths, as she then was, came first out of 17,000 entries in a painting competition run by Girl (a Hulton sister magazine to Picture Post). The prize was a 10 day art-based holiday in Florence. Having never travelled far from home, the first port of call – a reception at a London art gallery and a BBC interview – was perhaps challenge enough.

From there (chaperoned by her art teacher) it was plane and train to Florence, where the two highlights were a day with Pietro Annigoni – best known perhaps for his 1955 portrait of Queen Elizabeth II – and on another day, afternoon tea with the world-famous art historian, Bernhard Berenson, then in his 90s.

Annigoni, always interested in meeting young artists, would invite them to set up their easels next to his in his studio. Annie, predictably, used the opportunity to make a sketch of him – something which amused Berenson when they met later.

Those early events and the recognition of her talent set her firmly on the creative path her life has taken since. An art course at Kings College, Newcastle, was followed by a prodigious output of sculpture, paintings, portraits and landscapes, all achieved alongside the raising of four daughters at the house on North Square.

Note for file: A couple of years before Ann Griffiths won her first prize, a boy called David Hockney from Bradford entered an art competition run by Eagle, the Hulton boys equivalent to Girl. He was a runner-up to the winner, Gerald Scarfe.

The exhibition of Annie's paintings will be back at the Fellowship Art Gallery for the month of July. Don't miss it!

Andrew Botterill

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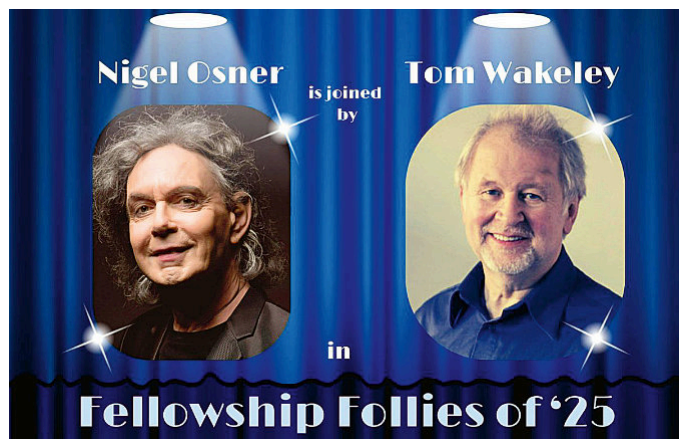
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A delicious cabaret for a midsummer evening

Nigel Osner sings and tells stories accompanied by Tom Wakeley. If you have seen Nigel at Fellowship House, you know there will be a lot of original material with quirky characters plus cabaret standards. There will be plenty of new items. He is currently touring his show 'Too young to stay in, too old to go out!'

You might have come across Tom in West End shows, including conducting Chicago. He has accompanied many cabaret performers. He is the vocal coach at RADA and is currently developing a new musical. The show will last approximately 60 minutes. Join us afterwards for a glass of presecoco. Cash only for entry on the night.

Tickets £14 incl. Complimentary post show drinks.
Book in advance on: eventbrite.co.uk
Fellowship House, 136a Willifield Way, NW11 6YD

Have you got the time?

As is widely known, the Tuesday afternoon weekly talks plus tea and biscuits at Fellowship House, have been for decades a popular fixture for many in the Suburb. What has also been organised all this time has been a voluntary drivers' rota for those unable to make it to Fellowship House and back home under their own steam.

We are now running out of drivers. Could you spare say two to three hours per month to join the rota and ensure that all those wishing to attend can do so? If you think this could be of interest, please contact Lorna Jones on 07891 112365. There is flexibility.

You'd of course be more than welcome to stay for a free talk and cup of tea!

Cash for Coronets?

SHELLEY-ANNE SALISBURY

This exhibition is a true delight. From the moment you step inside the entrance of Kenwood House, a wonderful local stately home in its own right with its fabulous gardens and extensive grounds, you are taken right back to the Gilded Age. Expertly and lovingly curated, the exhibition provides a rare glimpse into the world of the wealthy American women who married into the British aristocracy.

Occupying two elegant rooms, this small and bijoux exhibition really packs a punch. The magnificent paintings by John Singer Sargent are mesmerising, as one would expect. The subjects of Sargent's larger than life paintings gaze out at you with striking confidence, poise and verve (traits

they would surely need to make their mark on British Society) and you instantly want to know more about them – hence the leitmotif of this exhibition.

These women were revered, disliked and envied all at once. Their liberal, free-thinking homeland a far cry from the stiff upper lip and conservatism they were met with in Britain. They brought modernism and glamour. And, of course, the much needed funds to shore up the depleted finances of the great British family estates. Pejoratively referred to as Dollar Princesses (they often received titles in return), their contribution to British society as a whole was often impactful and far-reaching.

Heiress – Sargent's American Portraits is open to the public at Kenwood House from 16 May until 5 October 2025.



Heiress, Sargent's American Portraits at Kenwood (Photo: English Heritage)

A Season to Sing

DIANE LANGLEBEN

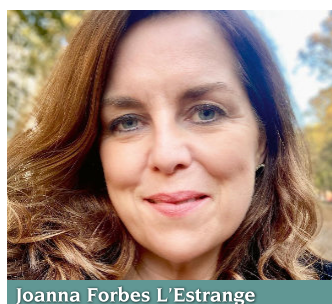
This summer, the Alyth Choral Society invites music lovers to an evening of choral harmony on 6 July at 7pm at the North Western Reform Synagogue, Alyth Gardens, NW11 7EN.

The programme features the exciting premiere of A Season to Sing, a vibrant new work by Joanna Forbes L'Estrange. This imaginative piece reinterprets Vivaldi's Four Seasons as a choral celebration of nature's cycle.

Also on the programme is Julian Dawes' stirring setting of Psalm 118, offering a rich blend of lyrical spirituality and modern choral textures.

Rounding out the concert are selections of English madrigals, bringing charm, wit and Elizabethan flair to the evening.

With its blend of old and new, sacred and secular, this promises to be a memorable concert that captures the spirit of summer.



Joanna Forbes L'Estrange

BOOK REVIEW

BY ELEANOR LEVY

ONE MAN DOWN

by Alex Pearl

Alex Pearl's new book is a follow-up to 'A Brand to Die For' which prominently featured advertising whizz kids Angus and Brian, a follow-up but not a continuation. This rather insouciant pair are once again accidentally at the sharp end of another murder mystery.

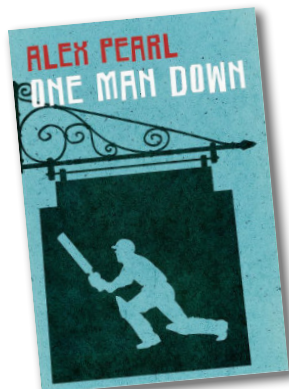
Pearl is brilliant at introducing a hoard of characters into his stories, who somewhat amazingly finally manage to fit into a complex network of innocence and intrigue.

Equally large is his sweep of locations; both story lines and localities keep readers on their feet.

Set again in the commercial world of the 1980s, this bygone era lends its own charm to the story and Pearl has a knack for interesting and sophisticated soupçons, ranging from the Hurlingham Club to Ronnie Scott's Jazz Club via fashionable London high end eateries of the day. Equally wide-ranging is the list of characters. Julian Clary makes a surprise appearance alongside true villains, clergymen, sneaky company execs and all too fallible and wounded human beings.

I particularly enjoyed the insights into the marketing world of slogans and television advertising. This is where Pearl's own background comes most into play, but all credit to him, he is equally adept at portraying the wearying world of the police and their investigations.

Numerous short chapters facilitate the kaleidoscopic plot and it is by no means obvious where and when the crime and criminals will emerge. An excellent twist at the end obliges readers to use their own sleuthing skills to finally unravel the criminal conundrum. So, in summary, the book combines the entertaining with the pithy and I feel that Alex Pearl has written another winner.



HGSRA NLF Piano Prize Competition

STEVEN ROWE

The Hampstead Garden Suburb Residents Association Piano Prize Competition is one of the North London Festival of Music Speech & Drama's two premiere piano competitions and this one is of the highest level with entry restricted to pianists currently studying in the Senior Department of any UK Music College, Academy or Conservatoire. On the afternoon of 13 May, nine very talented young musicians competed for the £750 First Prize given by the Residents Association, with each playing two contrasting pieces with a time limit of 15 minutes. Their choice of material was from a wide-ranging mix of composers including Liszt,

Debussy, Bach, Bartok, Ravel, Chopin, Ligeti, Schumann, Albéniz and Granados.

After a wonderful afternoon of music, it was time for the adjudication and presentation of prizes by Chair of the Residents Association Peter McCluskie. The overall standard was very high indeed. In addition to the First and Second prizes, Outstanding Certificates were presented to Peter May, Tuna Dyonmez and Alique Khambatta. First Prize went to Lucas Saraiva Cunha who played Rhapsody in B minor Op 79 No 1 by Brahms and 'La Cathedral Engloutie' by Debussy. Second Prize was awarded to Joanna Lam who played 'Ramble on the last love-duet' from Der Rosenkavalier by Strauss-Grainger and a fiery 'Gargoyles for Piano' by Liebermann.



Winner Lucas Saraiva Cunha receives his award from HGSRA Chair Peter McCluskie (Photo: Mike Eleftheriades)



Runner up Joanna Lam plays piano (Photo: Mike Eleftheriades)

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**GREGORY ABRAMS
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With the summer holidays fast approaching, we asked our student journalists what does the idea of 'having fun' mean to them

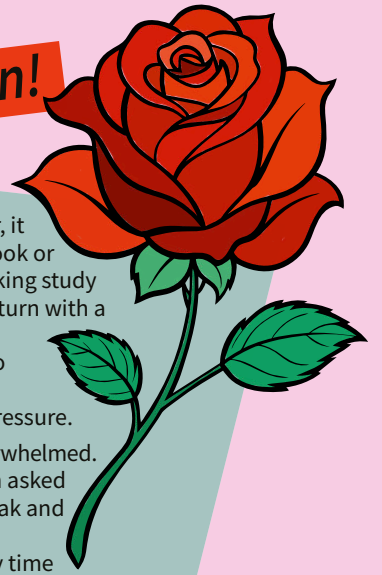
Take a break – and do something fun!

Focusing on schoolwork is an important factor in maintaining a healthy academic life and good grades. However, it is just as important to indulge yourself in hobbies. Reading a book or playing sports can have a drastic impact on your work ethic. Taking study breaks can actually improve focus and creativity as you often return with a better focus and a fresh perspective and motivation to learn. School can be demanding with homework and tests piling up, so having a hobby that you can do in your free time to relax can help reduce anxiety and stress to make it easier to cope with school pressure.

Last term I had a massive physics test on the horizon and I was overwhelmed. I remember sitting at the kitchen table, frustrated, when my mum asked if I'd help plant some roses. At first, I said no, but then I took a break and headed into the sunshine. We worked in silence, embracing each other's company. We both felt better. That small moment of family time was a source of energy.

In an ever-growing world, we must prioritise mental health, which I find a personal struggle in the British school system. Pressure accumulates, exam after exam turning school life into depressing cycles. From one year to the next, teenagers' timetables are packed with assessments that steer their life-direction. Finding a balance isn't about strict scheduling, it's about priorities. Having fun doesn't always mean doing something wild. Sometimes it just means being fully where you are, in the moment, with the people who matter.

Nuria Ramos & Taran Garratt, The Archer Academy



Having fun... with the arts



Ruth

My first experience of Drama was my primary school play in Y6, where I played the Wicked Witch of the West. From then on, Drama has been a part of my life, whether it's writing scripts or rehearsing for the school musical. Today I do Drama as one of my GCSEs. It's great to have a break from academic subjects and have a chance to express myself. Right now my Drama group are working on our devised performance, which we have created over the last six months. Our piece, based on a photo by the artist Alex Prager, focuses on themes of grief and loss. This has been a demanding but rewarding process, but we're almost finished and finally performing this week! Over the years, Drama has helped me gain confidence and learn to collaborate and I'm so grateful for it.

Nathan

Last week marked the culmination of my musical journey and years of hard work performing at the Royal Albert Hall with my orchestra. It was an absolutely incredible experience that broadened my horizons in ways I couldn't have imagined. I play the double bass, an instrument that when I first started was quite literally twice my size and weight! While transporting it has always been (and continues to be) a bit of a logistical challenge, the ability to play multiple genres (such as jazz and classical) has given me such a profound understanding of music as a whole. This broad perspective has proven invaluable for my Music GCSE coursework, which spans a wide range of musical eras.

Readers, we urge you, whatever your age, to dedicate yourself to something creative. This could be anything from creative writing, painting or singing. Make some time to have fun this week!

Ruth Anderson & Nathan Heymann, The Archer Academy

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Have fun... embrace the spirit of summer

Summer's blue sky, radiant sunshine and lush surroundings make us all gravitate towards the outdoors. For many of us, one ray of light breaking through the usual English gloom provides an instant feeling of positivity, joy and exhilaration. One could say it provides a breath of fresh air. These days instinctive jubilation should be embraced.

When the sun begins to shine, why not pick up a picnic blanket, some summer berries and get together with family and friends? Find a spot on Hampstead Heath (or any of London's many green spaces), and enjoy rare good weather with a picnic. Eating, drinking and spending time in the fresh air provides the perfect excuse to meet up with friends. If your bike has been sitting neglected for months, plan a route and get outside! Days are getting longer, so there's more time to appreciate our parks and neighbourhoods with a gentle walk. Listen to the birds, look out for squirrels, robins or even parakeets. Moving around and exercising can lift your mood and pockets of beauty can be found all over London, which are perfect for sunlit strolls, morning jogs and warm evening bike rides.

As there are a myriad of summer activities available, why not participate in a few? You may feel adventurous and try something new, like wild swimming in the Hampstead Heath ponds, or you may stick to your usual and preferred escapades. Whatever your desired outing is, try to do it under that blue sky, radiant sunshine and lush surroundings. It is guaranteed to boost your high summer spirits.

*Honorée Wallis & Zella Kendall,
The Henrietta Barnett School*



Having fun - under the sun

'Having fun' is anything that makes you relax, unwind and, above all, happy. For different people, having fun can look like different things. However, with the sun beaming down at us and the vibrant hues of various flowers popping up around us, it is safe to say that there can be some shared and common ways of enjoying ourselves this summer.

Although predominantly associated with springtime, gardening is a fantastic way to pull away from screens and come in contact with nature. Certain flowers and plants grow extremely well when sown in late May through to June, such as sunflowers, geraniums, petunias, dahlias and runner beans. So, if you haven't already, it isn't too late to explore the beauty of gardening!

Additionally, with the rising temperatures comes a craving for cooler, more refreshing foods and drinks. A great way to pass time with friends and family could be trying out new recipes to quench your thirst this summer. Perhaps you could turn home-grown mint into an energising mint lemonade, or explore easy and revitalising recipes from around the world, such as Korea's hwachae or Lithuania's pink soup.

For us, the idea of a pleasant summer afternoon might be a trip to the park and some snacks for a picnic. Some of our favourite local spots include Kenwood House and Primrose Hill. Occasionally, a visit to a town on England's coast could provide the perfect opportunity for a beach day. Some of England's best beaches are under two hours away from London, such as Brighton! One of our go-to summer activities is an outing to central London. We can reach destinations such as Covent Garden or Oxford Street for a variety of restaurants and shopping-spree options in less than half an hour via the London Underground!

*Saanvi Dwivedi & Emaan Sherwani,
The Henrietta Barnett School*



Confetti, chaos and culture: summer unleashed

When the sun shines, the world doesn't just heat up, it lights up. Everything seems much more fun. During summer there are wonderful festivals in many parts of the globe.

The Notting Hill Carnival turns the streets of London into a kaleidoscope of Caribbean colours. Costumed dancers, steel drum bands and endless food stalls fuel a two-day explosion of joy. It's a full-on celebration of letting go, inspired by the need for community cohesion, and it's one of the biggest street parties in the world.

Halfway across the planet, the Australian outback hosts something wildly different: the Henley-on-Todd Regatta, where boats have no bottoms and the river has no water. In true Aussie fashion, teams race across the sand in hollowed-out vessels, flinging flour bombs and firing water cannons. It's chaotic, zany and an absolute blast.

Jumping into Asia, Daechon beach in South Korea sets the stage for the Boryeong Mud Festival where the therapeutic properties of the region's rich mud encase thousands of visitors around the world. From mud-slides to mud-wrestling, this unique festival promises an exciting adventure whilst leaving your skin feeling refreshed with a velvety smooth texture.

Finally reaching the last destination, an explosion of red engulfs your vision as the world's biggest food fight, La Tomatina, takes place in the heart of Buñol, Spain. Approximately 150,000 kilograms of tomatoes are used as people gather in the street to throw tomatoes at each other, creating a joyous, festive frenzy.

As the days get longer and golden hues spill across the deep blue sky, summer captures the opportunity to unite communities through culture. As the warmth of the sun embraces your skin, it is a reminder that fun is universal and adventure awaits this summer.

*Purbasha Datta & Tanishka Gavade,
The Henrietta Barnett School*



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Britain's Biggest Living Garden

DOMINIC ROSE

Spring has been unusually warm, dry and sunny which has brought much to celebrate for plants and wildlife alike, especially in contrast to the wet and miserable spring last year. It's not only nature that has cause to celebrate, as April marked the first birthday of Britain's Biggest Living Garden project to engage the community to make the Suburb the most biodiverse (sub)urban part of the UK.

The Suburb has been described as one large garden with many households in it, covering an area of around 880 acres. This indeed makes it the largest garden in the UK, comfortably beating Kew Gardens at a measly 300 acres. No one has yet disputed my assertion that we hold the highest density of hedging in the UK and it's the connected nature of our garden space that gives us such a head start in fostering urban biodiversity with an abundance of available food sources and habitats.

The case study we are creating is demonstrating how urban spaces can be developed to be biodiversity friendly and how a community acting together can make a real difference. Excitingly, we are now in our first conversation to share some of our learnings with another (major) British city as they seek to engage their communities and foster biodiversity.

KIDS GARDENING CLUB
A real highlight of the past few months was the gardening club being featured on Gardeners' World, Britain's leading gardening programme with a viewership of

millions. It was incredible to see Monty Don himself introduce our segment and celebrate the way in which the club has introduced children to gardening and nature by making it fun. A number of us gathered in the vicarage with Revd Em to watch the programme as it was broadcast live. I think the screams of delight from both the adults and children could be heard across the Suburb as everyone saw themselves on TV! Getting on television was one of the ambitions I set to the kids in the very first gardening session in April 2024, and the other was a royal visit – so time to get working on that!

After a brief winter break, the club has restarted with a real energy and a fantastic mix of new and returning families. The garden is already teeming with life, especially the pond which is home to hundreds of tadpoles and a family of newts. We have spent much of spring sowing seeds and now have more seedlings growing than we know what to do with – our hope is to soon start selling some!

Our domain is also now expanding and we have taken on development of another community garden space – in the previously overgrown area next to the Inspire Centre, opposite the main entrance to St Jude's. Once home to head height brambles and nettles, this is being converted into a peaceful and beautiful woodland garden space with a winding path, a swing and, soon, the Suburb's first stumpery. The kids have taken real pride and ownership in this new garden and we hope it will become a haven for the entire community as a



Building the new Woodland Garden (Photo: Dominic Rose)

place to sit in the shade of the mature oak trees and enjoy nature. This summer, the hope is to install our very own woodland stream complete with a bridge, so watch this space!

SCAN THE CODE TO WATCH THE GARDENER'S WORLD CLIP AND FIND OUT MORE ABOUT THE CLUB



WILDLIFE RECORDING

With this spring proving a bumper season for wildlife, we need as many people as possible out there recording whatever you observe – whether that's plants, bugs, bees, mushrooms or birds. iNaturalist is a free and easy to use app which uses AI and a panel of experts to identify whatever photos you snap and captures the data for scientists around the world to use. Our project has now recorded over 300 species in HGS and we need your help to record more.

You can access the project below and there are plenty of simple 'how to' guides you can find online to get started.



Planted old boot in Kids Garden (Photo: Dominic Rose)



Newt in Kids Garden (Photo: Dominic Rose)



Enjoying the new swing in Woodland Garden (Photo: Dominic Rose)



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SCAN THE CODE TO ACCESS THE PROJECT HERE



LAWN CONSULTATIONS

The Trust has now started to crack down on the installation of astroturf in residential gardens, making it hard to sell properties that have it. Householders often choose it after struggling with their lawn for many years but the reality is that it is expensive, terrible for wildlife and has a major impact on water-flows into neighbouring gardens and areas, as well as being prohibited.

For anyone who is struggling with their grass, I conduct free lawn consultations and, having visited over 20 gardens over the past months, can promise that there will always be a cheaper, better and more wildlife-friendly way to improve your lawn than astroturf. To book your free visit email me: biodiversity@hgsra.uk.



Kids Garden in St Jude's church grounds (Photo: Asher Budwig)



Friends of Lyttelton

DOMINIC ROSE

At over 20 acres in size, Lyttelton Playing Fields park is by far the largest green space in the Suburb and the newly-formed Friends of Lyttelton group has set itself the ambition to improve the park for users and wildlife alike. Already considerable progress has been made and feedback from the local community has been overwhelmingly positive.

The Henrietta Barnett Community Orchard Garden, in the corner near the bowls club, has burst into life this spring following the hard work by over 100 volunteers to plant 3,000 bulbs and hundreds of hedging plants. The daffodil display was beautiful, the willow tunnel is sprouting with vigour and, as the grass begins to grow, the sinuous paths cut through it are providing a delightful walking route, increasingly being enjoyed by many.

As with much of the Suburb, drainage has been an issue and over the winter parts of the Orchard lay under water or were

thick with mud. The Trust has generously granted funds to install a Swale (a shallow channel to collect surplus water in) and a rain garden to both improve the drainage and create new interesting habitats for wildlife. The expectation is that works will be completed this summer providing a case study in sustainable drainage solutions as we all face increasingly volatile weather patterns.

Lyttelton also featured almost no pollinator-friendly planting, making it relatively barren for insects and somewhat boring for visitors. Our campaign to install 10 large planters filled with drought tolerant and pollinator friendly plants was fully-funded within two weeks and we are discussing plans for installation with Barnet Council. The hope is that the planters are adopted by local schools who will take on their maintenance.

CONSULTATION ON THE CIRCUIT PATH PROPOSAL
In early March the committee launched a consultation on a proposal for the development of a circuit path around the

perimeter of Lyttelton, seeking to understand the breadth of views of local residents and park users and to present this information to Barnet Council for their consideration.

The consultation was widely publicised and closed in April having received 362 valid submissions (with only one permitted per household) representing 1,157 individuals.

90% of respondents were in favour of the path proposal, with further strong support from three organisations with close ties to the park – Kerem School, Keren's Nursery and the Residents' Association Trees & Open Spaces committee.

Supporters cited the increased accessibility to this public resource, especially for those in wheelchairs, with buggies or with reduced mobility, especially over winter when much of the grass is muddy, and the benefits of having a 1km measured circuit for running etc.

35 submissions opposed the proposal, 21 of whom live on the streets adjoining the park (though 16 residents of these streets supported the proposal). The most

common concerns raised by these residents were potential security issues, noise and anti-social behaviour.

Having considered the responses, the committee believes that the development of the path remains in the best interest of park users and the local community. The potential issues raised by those opposed can be mitigated. Now that the cricket pitches have been marked, it is easier to visualise the route of the proposed path which will leave a substantial margin between neighbouring gardens and the path, in many cases up to 40m. Whilst the committee understands concerns about security and anti-social behaviour, we also note that reports and evidence of such behaviour in the park are minimal and that adjoining properties have faced no higher rates of crime than other houses in the area.

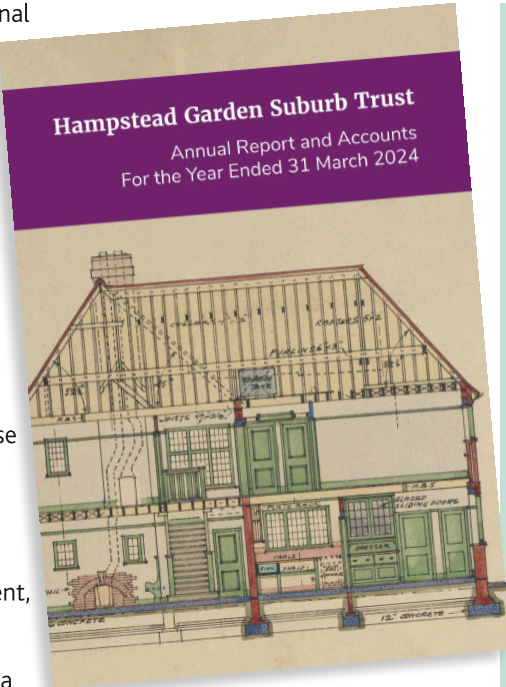
We have submitted a comprehensive report to Barnet Council and await their response. The report and all comments submitted can be found at: <https://www.britainsbiggestlivinggarden.org/consultation>.

Become a Member of Hampstead Garden Suburb Trust!

Hampstead Garden Suburb is a place of international significance as well as an inspiring and desirable setting in which to live. It is a landmark of good practice in domestic architecture and planning that many modern developments aspire to but very few attain. The Hampstead Garden Suburb Trust was established by residents to maintain and preserve the Suburb's unique character and amenities for the general benefit of all who live on the Suburb, now and for the future.

The Trust is a company limited by guarantee, as well as a registered charity. It fulfils its objectives without producing profits or dividends. The Trust has members rather than shareholders and is governed by eight volunteer trustees, who comprise the Trust Council. Four trustees are appointed by relevant professional organisations, and four are elected by the members themselves.

Trust Membership isn't automatic. It's separate to paying the Trust management charge or ground rent, and is open to Suburb residents whether you own your home or not. It's individual, too, so multiple members of a household are welcome to join. It's a show of support for the Trust, and a way to get more involved in how we work.



New for 2025!

Our last AGM in September 2024 passed a resolution allowing all adult residents to become members from the moment they move to the Suburb. There's no longer a three year minimum. If you're new to HGS and want to show your support, join today.

As a Trust Member you can:

- Receive the Annual Report and Accounts
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- Vote in Trust Council elections and at AGMs
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If you're not sure whether or not you're currently a member, send an email to paul@hgstrust.org and we'll let you know.

If you care about the Suburb, please become a Member and help us keep it special

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Friends of Big Wood KIDS help bring the Sun to Little Wood

EMILY ASQUITH

If you go down in the woods today, you're sure of a big surprise..." wrote Henry Hall of his 'Teddy Bears' Picnic', and for anyone curious enough to head down the path to the open-air theatre in Little Wood one Sunday morning in April, there was a surprise in store. The cool, spring-green glade was buzzing with young children and their families, each making their own sunshine (using paint and recycled paper plates) to be used later as a prop in the interactive musical storytelling ride 'Here Comes the Sun', created by the brilliant mother-daughter, musician-artist team of Caroline Chan and Sophie Chan Cooke, and organised by the Friends of Big Wood KIDS.

Told through interactive story, song and movement, this was a

heart-warming tale of a teddy bear who, through night-time, wind, rain and snow, wishes for a sunny day so that he can have his teddy bear's picnic. Will the sun ever come out? Written by North London musician Caroline, with the delightful puppeteering of Sophie, the story is full of fun, creativity and lots of great songs from children's classics to the Beatles.

The performance is coloured with inventive home-made props: an old black umbrella which, when opened, unleashes a rainbow of coloured scarves; a hand-painted sun, moon and clouds. "I feel proud that it looks homemade," says Caroline. "Imperfection gives a little charm of its own in our crazy, techno, fast-moving world." At one point the parents help to waft a parachute over the children's heads to recreate the wind and Caroline sings 'The Windmills of Your Mind'. Later the children sing their own rendition of 'Twinkle Twinkle Little Star' as teddy goes to sleep. It is a magically interactive and imaginative experience. "I feel that encouraging imagination is more important now than ever before," says Caroline, who tells the audience she made some of the props in a flash of inspiration last night. "We actually had a run through at midnight last night," says Sophie "but the audience brings it to life."

As the audience leave and we start packing up, Caroline has picked up her guitar to sing 'Lucy in the Sky with Diamonds' for a little girl, Lucy, who has come to say thank you. It's a fitting end to this clever, warm, generous and wonderfully quirky Teddy Bear's Picnic day.

The event was organised by Friends of Big Wood KIDS. Our children's workshops encourage imagination, connection to nature, intuitive outdoor learning and fun, as well as care for the environment. They are part of FoBW's aim to involve the community and bring nature enjoyment and appreciation to the next generation. To hear more about our events and the work we do to preserve, protect and improve this wonderful ancient woodland site, join Friends of Big Wood: friendsofbigwood.com.



Photos: Emily Asquith



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Photo: Shelley-Anne Salisbury

In this series Suburb News spotlights the independent shopkeepers of Market Place

SIMONE HALFIN

Dolce Napoli is sandwiched (no pun intended!) between JB News and L & D deli in Lyttleton Road and this was the first time I had been inside. It has been owned by Jimmy Abboud for over five years and today is buzzing with conversation of people enjoying the food. I asked Jimmy what the Italian connection was but he just shrugged and said that it was the original name and he loved Italian cooking-style food. Originally, he worked for 18 years at Poseidon, the fish and chip restaurant in East Finchley, but when this became vacant, he was determined to own his own café. His wife sometimes helps him in the business. He also has a daughter at university and his son is doing A-levels but manages to help his father open up and goes in on a Saturday. He employs two members of staff.

Jimmy told me he has many local and loyal customers who he knows by name and greets when they come in. He says they have a great connection together. The café serves breakfast, sandwiches, pasta, vegetarian dishes and many more, all of which are home-baked daily. His best sellers are the vegetarian lasagne, parmigiana and lemon cake. He also serves delicious coffee, which I thoroughly enjoyed.

In reply to my question whether he had been affected by Covid, Jimmy told me that obviously the café part was closed but many people came to collect takeaways. The opening hours are Monday to Friday, 7am to 3pm, and in summer they are open till 4pm. They do not open on Sunday.

Although Jimmy's parents were from Lebanon, and he has worked in Beirut and Australia, he very firmly told me he was from the UK and loves this neighbourhood, as that is where he lives and works.

Electric Cars? Nah, it'll never happen!

IVAN BERG

In July 1995, a small group of motoring journalists flew to the French port city of La Rochelle, to 'Drive the Future'. The trip was organised by Peugeot and Citroën who were about to launch electrically driven versions of the Peugeot 106 and the Citroën AX on the largely uninterested world of motoring. As Data Editor (and notionally New Technology Editor), I was the most likely member of the BBC Top Gear magazine team to report on the experience.

On arrival at the garage start point, I paired up with The Telegraph motoring correspondent I chatted to on the plane, as there were not enough cars for each of us. We were given a walkie-talkie for emergency communication and a route round the dual carriageway ring road and back through the city centre to where we started.

We were driving a Citroën AX with a range of 50 miles on its fresh Saft nicad batteries. My Telegraph friend had chosen the ring road for his stint and set off briskly. I took to studying the needle on the 'charge remaining' dial and thus began to experience my first episode of range anxiety. As we reached 100kph (62mph) in eerie silence except for wind and road noise, we missed the turn-off to the city centre and had to go round the ring road again, losing precious range in the process. My turn to drive was stop-start city stuff, much more suited to the car. As I parked at the garage start point with 25 per cent range left (about 12 miles), we looked at each other, shook our heads and said "Nah!"

I remember writing that the internal combustion engine was safe as there had to be a miraculous leap in battery technology before the electric car became a reality. That was way into the future, maybe 25 years or more, and might never happen.

Why am I telling you this? Well, nearly 30 years after I said it might never happen, 19.6% of new cars sold in the UK in 2024 were Battery Electric Vehicles (BEVs) and I reckon that means more BEVs per yard of road in the Suburb than anywhere else. Probably.

Regular readers of my pieces in Suburb News may have gathered that I'm a bit of a petrol head and that I drive a gas-guzzling Jaguar. Well, no more. After 72 years driving with a petrol tank behind me, I've gone electric. I sold my modern classic and bought the innovative BMW i3 BEV to use as a city car.

This doesn't mean I've given up on the internal combustion engine. I think it will be with us for a very long time. I will miss the sound of a six-cylinder inline engine at 3000 rpm and will jump at the opportunity of driving a classic sports car such as the iconic Mark III Austin-Healey 3000 or a Lotus Elan, even in its Japanese clothes of the Mazda MX-5. If anyone offers, that is.



1995 Citroën AX Electric (Photo: Courtesy Citroën)

Temple Fortune Bowls

PHYLLIS ELLIS

On Saturday 12 April, the bowlers opened the green for the season starting with the traditional 'spider'. All bowlers stand around the green with one foot in the ditch and when the whistle blows, they simultaneously bowl at the spider in the centre of the green. The bowler of the closest bowl is the winner. This year's winner was Terry Bates, the oldest person playing, who started bowling in his early fifties. The club was also celebrating the newly-refurbished clubhouse.

The club is small and friendly and welcomes all types of players, from those who just want to play

and socialise, to those that are very competitive and play in district competitions. There is a full programme of friendly matches involving players of all standards and a full programme of internal competitions.

The club has an almost equal numbers of men and women, which is quite unusual.

The indoor finals were played at Glebelands and Temple Fortune members did well. Pia Duran won the ladies singles, John Taylor was in the winning men's trips and Marion Green in the winning ladies' trips.

New members are always welcome. If you have never played, why not come and give it



Photo: Simon Waldram

a go? You can come alone, with a friend or arrange for a group to try it out together.

Our Open Weekend is 24-25 May, when there will be lots of people there to welcome you. We are at 122 Bridge Lane, NW11 9JS and we have a car park.

You can contact Sharon Cavendish (Captain): 07436 778303, bowls@templefortuneclub.co.uk.

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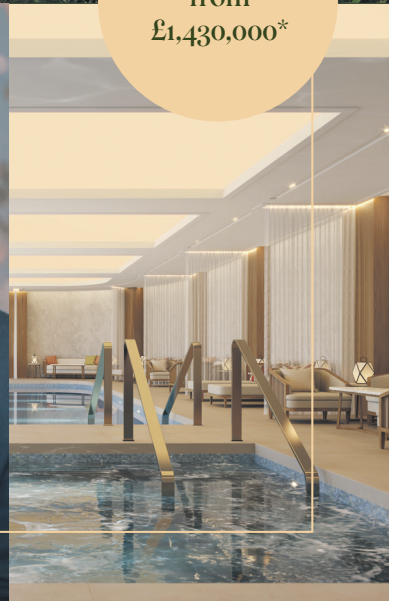
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Hoop Lane Cemetery

JENNYE SERES

Approaching the Suburb going up Hoop Lane, you pass Hoop Lane Cemetery on the left. The cemetery forms part of the varied funerary landscape of Hoop Lane, which includes the 1902 Golders Green Crematorium. It also has a visual relationship with the tower of St Edward's Catholic Church and the spire of St Jude's.

In 1894 some 15 acres of farmland were purchased by the West London Synagogue as a burial site near the hamlet of Golders Green. Soon after, eight acres were sold to the Spanish and Portuguese Sephardi Congregation and the two communities have maintained the site together ever since. Although many believe the cemetery to be full, it is still very active and empty plots can be purchased for both the burial areas. Funding applications are in progress to carry out necessary repairs to the cemetery fabric and potentially add a visitors' centre.

The cemetery was opened in 1897 after construction of a small unusual building containing the two prayer halls and fabrication of the entrance gateway, both designed by Davis and Emanuel, late Victorian architects well known for their involvement in large scale transformation of the City of London. Both structures are now Grade II listed as is the Southern section of the cemetery in which the earliest burials took place. The two sides are divided by a plant adorned avenue. One immediately notices the difference in burials, the West London burials marked by upright stones between grassy plots with numerous shrubs and the Sephardi gravestones laid horizontally with purely gravelled surroundings. Against the Southern boundary wall is the 1930s columbarium containing recessed panels, the first to be built in a Jewish cemetery in Britain. To the north of the main entrance is a memorial wall, established in 2018, intended to honour men and women who provided help and support to Jews fleeing Nazi persecution. Those whose names are inscribed on plaques affixed to the wall include both Jews and non-Jews.

The range of tombs and inscriptions reflect the social and geographic mix of the two communities and burials include politicians, authors, business leaders, Rabbis, musicians and composers. Some notable individuals include the first Baron Hore-Belisha known for his flashing 'Belisha beacons', Jacqueline du Pré, acclaimed cellist, Jack Rosenthal, playwright, Marjorie Proops, agony aunt, and a Titanic survivor. There are also 24 Commonwealth war graves.

There are regular guided walks of this fascinating and tranquil cemetery; to join a walk, become a friend, or for further cemetery information, email: linda@hooplanecemetery.org.uk.



Photos: Jennye Seres

The Quaker Meeting House



Photo: Shelley-Anne Salisbury

ALEXANDRA ROOK

Nestled in the north east corner of Central Square (where the H2 bus veers round a right angle bend on its journey though the Suburb) can be found the smallest of the three places of worship located in Central Square. The Quaker Meeting House, in all its simplicity, is tucked back from the road, in a corner of its woodland garden, once part of Big Wood, which still forms its backdrop.

Named Golders Green Meeting House (GGMH), to distinguish it from Hampstead Meeting House by the same architect, it was designed in 1913 by Frederick Rowntree of the well-known York Quaker family chocolate firm founded in 1862. He had earlier designed Hampstead Meeting House on Heath Street in 1907. It is said that Henrietta Barnett wanted the Meeting House to be more imposing than the modest, carefully crafted Arts and Crafts building that embodies Quaker values: no dome or spire required.

The Quakers are perhaps most associated in the popular mind with war-time pacifism, when those upholding the commitment to non-violence volunteered instead to drive ambulances, or were otherwise prepared to be imprisoned for their values of truth, equality, simplicity and peace.

These values are as pertinent today and currently being explored by GGMH, through an award from the Eva Koch Scholarship, the theme of which this year is Climate Crisis and Climate Justice. Members are considering how the Meeting House and grounds could become a hub of greater relevance to our local community, in supporting the resurgence of local green initiatives, and in upholding activists in their tireless efforts to address the existential crisis of climate change.

Golders Green Meeting House provides meeting spaces for appropriate groups (we have three beautiful spaces to let) and there is also the woodland garden managed for wildlife and for quiet contemplation. The garden is open to all who respect the natural world to take time out and sit a while in peace. Anyone is welcome, whatever their faith or of none, to experience the weekly silent Sunday hour for worship at 11am and a friendly gathering over tea and coffee afterwards. During the week the Meeting House hosts activities and groups that nurture the human spirit: from Saturday Silent Retreats to post-funeral gatherings and more.

Enquiries and new ideas are very much welcomed to make the best use of this vital community resource. Contact: <https://goldersgreen.quakermeeting.org>, or come and find us on the corner of North Square, when we will be open to all on the day of the HGS RA Summer Fair, Saturday 7th June, taking place on Central Square. We would love to meet you.



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THE GARDEN GIRL

Bridge the June Gap

CAROLINE BROOME

Whether you define the first day of summer as 1 June by the meteorological calendar, or opt for the astronomical date of 21 June, June is the month when summer officially begins in the UK. With the exuberance of spring blossom and bulbs over, but the intensity of high summer flowers yet to come, we gardeners are often faced with The June Gap. But with some timely additions there need not be a lull in this transitional month. June has a lot going for it, foliage still so fresh and effervescent, not yet scorched by baking sunshine; ferns proliferate; hostas and brunnera as yet untouched by slugs and snails.

But as well as creating visual appeal, flowering plants are essential for attracting pollinating insects into our gardens at a time when pollen and nectar are in shorter supply. June is a good time for butterflies, so herbs such as thyme provide a rich food source for small tortoiseshells, whilst whites and brimstones favour catmint and lemon balm. Painted lady butterflies lay their eggs on borage, its edible blue flowers a traditional garnish to Pimms. Good old *Erysimum Bowles Mauve* – I wouldn't be without it – is loved by small tortoiseshells

and flowers from April until October. And don't forget hardy geraniums, the staple of many an herbaceous border, especially *Rosanne*, awarded RHS Garden Merit for its prolific flowering season, and loved by butterflies and moths.

The June Gap is a concern for beekeepers too. At a time when the worker bee population is reaching its peak, ready to feed their young with a mixture of pollen and nectar known as 'beebread', we gardeners need to bridge that gap. So, to guarantee a welcome array of bee-friendly blooms in June, go to the nearest nursery and buy perennials and shrubs that are in flower. Simple! Single-flowered, open-centred blooms make access easier for busy bees. As they buzz industriously from flower to flower, collecting nectar, they are also cross-pollinating your flowers, so it's a win win! Bees love the dainty pink and white daisy, like flowers of *erigeron karvinskianus*, which will seed itself prolifically in all your paving cracks. Another firm favourite with a long flowering season is the zingy *geum*. Evergreen *heucheras* offer a rich tapestry of colour too, but don't overlook their seemingly insignificant flowers – solitary

bees and hoverflies love them. With so many new and exciting introductions, there is something to suit everyone's taste.

Don't overlook the benefits of having a pond in your garden. Even a small pond in a half-barrel will attract bees and butterflies, given beneficial plants. Yellow flag iris, water forget-me-not and *ranunculus*, to name but a few, all flower in June. Frogs, toads and newts will quickly populate your pond. Dragonflies and damselflies love to perch on tall plants, but also need low vegetation for protection, so consider creating a varied structure with ornamental grasses. Often lauded for their contribution to the late summer border and architectural winter interest, grasses bring stature and fluidity to your June borders, as well as shelter if planted near water, especially if you vary their heights. Low hummocks of evergreen *carex*, such as variegated *Evergold* and lime green *Everillo*, spilling over border edges, with a backdrop of feathery *stipa tenuissima* and *calamagrostis Karl Foerster*. Magic!

Try and accommodate a wild area within your garden, as bees and butterflies love nettles and red valerian. Meadow rue, with its wafting cream umbels, is an ideal food source as well as being an attractive companion to ornamental grasses, seeding itself freely around your garden. If the more natural look appeals to you, try field poppy, foxglove, *campanula* and *aquilegia* which are all wildlife-friendly.

And of course, no June garden would be the same without roses! From the wild *rosa rugosa* to new cultivars such as prolific, fragrant climber *Summer Wine* or floribunda rose *For Your Eyes Only*, there are countless single flowered varieties that you can choose from.

There's nothing quite like sitting outside on a warm summer's day surrounded by the sound of the birds and the bees as they go about their business. Sharing your garden with wildlife is a privilege that benefits us all.

Read my latest blogs by visiting <https://www.garden-girl.co.uk/the-blog>.

*Erysimum Bowles Mauve* (Photo: Caroline Broome)

Female emperor dragon fly on ornamental grass (Photo: Caroline Broome)



Climbing rose Summer Wine (Photo: Caroline Broome)

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Children at Stephens House and Gardens celebrating VE Day, 1945 (Photo: Stephens House and Gardens)

War and Peace

How children in the Suburb celebrated VE Day, 1945

GAIA SIMPSON

Hostilities will end officially at one minute after midnight tonight, Tuesday 8 May – Victory in Europe Day – Long live the cause of freedom. God save the King!

With those stirring words, Winston Churchill announced to a war-weary nation the unconditional surrender of the German army and the cessation of hostilities in Europe.

For the young people of Hampstead Garden Suburb, huddled round radios rather than scrolling through cell phones to consume their news, this was a landmark moment.

Alan Cohen, whose childhood wartime adventures included cycling past unexploded munitions embedded in the mud of what is now Winnington Close, was thrilled,

and not just because he no longer had to "sleep in air raid shelters and detour round unexploded bombs." "The greatest event," he wrote, "was the 8th of May, VE Day. It was a day off from school. An off the cuff public holiday."

And what a holiday it became.

With the blackout over, curtains were flung open, lights were turned on and an atmosphere of jollity reigned. Within hours, the sound of doodlebugs, which had terrorised the capital, including great swathes of Hampstead Garden Suburb, gave way to the altogether more welcoming crack of fireworks. Flames licked the sky, but for once they weren't from burning buildings. Rather, they were from the celebratory bonfires ignited across London.

Throughout the Suburb and beyond, children gleefully assisted in the decoration of their respective

streets. The 'Hampstead News and Golders Green Gazette' reported: 'Hampstead, St John's Wood, Golders Green and Hampstead Garden Suburb vied with each other in lavish displays of bunting. There have been innumerable street parties and dances, processions of people in curious costumes and bands of strolling singers.'

But it was not all unrestrained celebration. It was also a time for commemoration. For those young enough to be exempt from conscription but old enough to know the pain of losing a father or older brother to the war, the celebrations were tempered with understandable sadness. Records note that on VE Day a Thanksgiving Mass was held in St Jude's Church which was 'filled from end to end'.

Now, 80 years on, it's still worth remembering the words of Lord Latham (Hampstead resident

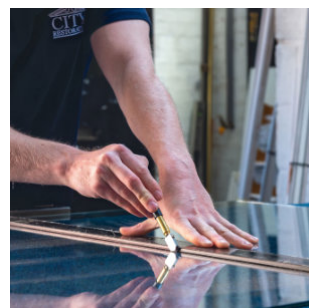
and leader of the London County Council) as reported in the 'Gazette' on the 17 May, 1945: "The value of victory is what we make of it. Peace is not an end but a beginning."



Lord Latham (Charles Latham, 1st Baron Latham)
(Photo: Public domain)

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Gold or a house in the Suburb – which is the better investment?



ALAN EREIRA

I am writing this in the middle of what looks like the most spectacular up-ending ever of the world's monetary system. It was presaged by an unprecedented rise in the value of gold. All large changes in the value and use of gold have been associated with fundamental shifts in the structure of the world's governments and societies. It is helpful to understand this, but it is not easy. Until the appearance of 'Gold: How It Shaped History', there was no book showing how the flow of gold brought about wars, revolutions, the rise and fall of empires, colonies and the processes of daily life. It really matters at times of crisis – and this is a crisis that will change everything.

Let's begin with a very simple question: which is a better investment – a house in HGS or gold? In November 1971 the US announced that the dollar, the world's dominant reserve currency, would no longer be exchangeable for gold. Money was no longer backed by gold, as it had been for over 2,000 years. People wondered if money would become worthless. Or would gold? That was when we bought our house, for the equivalent of about 2000 gold sovereigns. Since then the world's stock of gold has more than doubled, and since it has few uses its value should have fallen. But right now our house, in its 1971 condition, would still be worth about 2000 sovereigns. Its price in pounds has risen by 13,000%. But so has the value of gold, despite the supply doubling. Money lost its value, gold did not.



Croesus coin (Photo: Alan Ereira)

Why? Obviously, gold has no intrinsic value. Its role is to be secreted, or displayed. Today, because it does not corrode and allows current to flow freely for ever, it plays a vital part in electronic circuitry, but that only takes up 1% of our supply. It does not decay or react with anything else. Uniquely unchanging no matter how it is reworked, it lasts for ever and the quantity increases continuously. Yet (except in a few disruptive moments) demand for gold has continuously outstripped the supply. This imbalance between demand and supply made it a disastrous substance to use as money, causing the growth and collapse of empires and even civilizations. This is the story behind the history we are usually told.

The fundamental is that gold has served two incompatible functions, one sacred, the other economic. It was first coined in Anatolia around 2,700 years ago. But the belief that it has intrinsic, eternal value is much older and flows from being incorruptible and unchanging. It has always been seen as existing both in and outside the mortal world, connected to immortality and eternity. It was not seen to react with anything until an acid called aqua regia was created about 1300 years ago. That name, aqua regia, royal water, conveys the intimate connection between gold and kingship. We see that in gold's first appearance, in burials 6,800 years ago at Varna by the Black Sea in Bulgaria. There are 60 burials with gold there, but two-thirds of it is in the grave of one man. He had a gold head-dress, a gold-wrapped sceptre in his right

hand, and a large gold disc on his stomach. This regalia is astonishingly like that used in 2023 at the coronation of Charles III. It has a recognisable sacred message, connecting power to divinity.

The demand for gold for sacred use meant that gold coinage was constantly seduced from monetised cultures to be offered to gods and so was taken out of circulation.

A single temple in Kerala in India contains treasure worth some £14 billion, where hundreds of thousands of Roman gold coins are secreted with later acquisitions gathered through the next 2000 years. The constant drain of gold meant Rome was constantly losing the wealth it seized to pay its armies, so had to keep expanding and plundering more gold. When it ran out of places to plunder, its unpaid soldiers rebelled and the Western Empire collapsed.

Gold abundance was always followed by its famine. For that reason, Europe eventually hunted for more gold in Africa and Asia, launching conquests and colonisation, and of course destroyed the gold-rich cultures of America, which did not use money until the Spanish forced them to. The result was not understood. For example, Spain's accumulation of American gold actually made its empire poorer.

We have only just discovered that, in the 18th century, the vast golden wealth of Brazil flowed unremarked into Britain through textile merchants. As there were no official records of the gold, the emergence of Britain as the most powerful nation on earth has been seen as a mystery. This unrecorded massive flow was at the root of Britain's agricultural and industrial revolutions and was a significant contributor to the terrible legacy of slavery.

Today, nations still pile up gold believing its value can protect them and it offers some kind of security. That is why its value still rises. Gold's power is not diminished and its effects are still shaping our future. The quantity mined in the last 35 years is as huge as in the previous

6,000 and that is having a massive impact. Driven by extraordinary demand by frightened states, illegal gold mining has replaced cocaine as Colombia's largest industry. Its mining has a grim toxic impact, as every ounce mined produces about 20 tons of toxic waste, poisoning land and water with cyanide and mercury. Dramatic changes in the value of gold and money have real-world effects and historically are invariable harbingers of war. We all need to recognise what is coming. The flow of gold matters and right now we are riding the flood without any awareness of what is happening.

Alan Ereira's book *Gold: How it Shaped History* is available at *Awesome books, Amazon and other bookshops.*



Varna Grave (Photo: Public domain)

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Photo: Google Earth



Image of shield depicted on boundary marker
(Photo: www.heraldry-wiki.com)

ALAN WALKER & COLIN GREGORY

Residents who think of the Suburb as geographically divided, tend to speak of the 'north side' or the 'south side', split by the A1. Suburb Archives, like the Residents Association, does not encourage such thinking, but there is historical precedent for a split. When the Suburb was built, the A1 did not exist. It was completed in 1928 as part of the Barnet by-pass planned by the Ministry of Transport, in the face of opposition from the Hampstead Garden Suburb Residents Association and Finchley Urban District Council (the local authority).

The Suburb was built in two main phases, the later building to the north of the earlier southern section, but the geographical split goes back into the middle ages, at least to Saxon times. Henrietta Barnett's original Suburb was begun in 1907 on land acquired from Eton College, which had been allocated to them by Henry VI in 1449 from the possessions of Westminster Abbey, following the College's foundation by him in 1440. The second phase of the Suburb was also built on church

land, leased in 1911 to the Suburb Trust by the Ecclesiastical Commissioners (now the Church Commissioners). This too was of ancient origin, being part of an estate transferred by the Bishop of Hereford to the Bishop of London in 703AD. The boundary between Westminster Abbey's estate and the Bishop of London's estate runs along the edge of Big Wood, marked by a series of ancient oaks and in some places by the remains of a Saxon bank and ditch. There were no known buildings on the Suburb before the twentieth century but the split between Westminster Abbey's and the Bishop of London's estates was reflected in manorial and administrative boundaries over centuries.

The part of the Suburb begun in 1907 was in the area of Hendon Urban District Council and the part begun in 1911 in that of Finchley Urban District Council. Both Hendon and Finchley later acquired Borough status, and in 1965 they merged with Chipping Barnet, East Barnet and Friern Barnet Urban District Councils into the new London Borough of Barnet Council which is celebrating its 60th anniversary this year. A special exhibition at Chipping Barnet Library marks the anniversary. Parliamentary constituencies continued to reflect the old boundaries for several more years. When Margaret Thatcher was first elected as MP for Finchley in 1959, her constituency included part of the Suburb.

The link with Finchley is commemorated on what is perhaps the oldest purpose-made

structure on the Suburb: a small iron boundary-marker in Little Wood (at the end of Woodside). Although rather worn now, it is still possible to read the words 'Finchley Parish' and make out the design, which features an oak tree and a church tower. Perched on top of the tree in an exaggerated scale is the finch from which the parish takes its name (probably originally actually a family name). The marker carries no date but must predate the transformation of Finchley into an urban district in 1895 and therefore the founding of the Suburb. Actually, there are two markers as there is another attached to a nearby fence. The markers indicate the westernmost point of the parish, as its boundary, which had been following the Mutton Brook, turns south-east to run parallel to what is now Erskine Hill.

When Finchley Urban District became a Metropolitan Borough in 1933, small adjustments were made to the boundary with Hendon (or perhaps there was a need to clarify its location), as a series of small new markers were positioned along it in 1934. Several of these are still to be found, with a cluster just south of Bigwood Road as the boundary crosses Northway, Middleway, and Southway. Intriguingly it was for a time 'controlled' by a Metropolitan Police 'Tardis' style police box, the site of which can still be discerned by the school wall on Bigwood Road near its junction with Northway. Single markers are to be found in Thornton Way and Meadway, and others may be hidden beneath

hedges and in the undergrowth. The boundary itself ran just to the east of, and parallel to, the full length of Wildwood Road.

Hendon Urban District Council gained Borough status a year before Finchley in 1932 but seems not to have had the same urge to install boundary markers. There are however relics of its authority such as the sign at the Finchley Road end of the path along Childs Way next to the Garden Suburb School warning those riding 'bicycles, tricycles or other similar machines' that they risked a penalty of £5. It is signed by EH Williams, Town Clerk, who became the first Town Clerk of Barnet Council. Numerous manhole covers and drains survive with 'HBC' on them. Today we hope a shared sense of community unites the whole Suburb, but it is interesting to observe the surviving evidence of earlier splits.



Above & below:
Boundary markers in Little Wood
(Photos: Alan Walker)



Hendon Borough Council sign in Childs Way
(Photo: Colin Gregory)



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The benefits of eating plant-based foods

Wines that dreams are made of

LOUIE FISHER, NUTRITION COACH

Eating a plant-based diet has gained popularity in recent years, and for good reason. Research continues to show that consuming more plant-based foods can lead to numerous health benefits, including a lower risk of chronic diseases, improved digestion, and better overall well-being. Whether you choose to follow a strict plant-based diet or simply increase your intake of fruits, vegetables, legumes, and whole grains, the advantages are undeniable.

HEALTH BENEFITS OF A PLANT-BASED DIET

1. Reduced Risk of Chronic Diseases

A diet rich in plant-based foods has been linked to a lower risk of heart disease, Type two diabetes, and certain cancers. According to a 2019 study published in the Journal of the American Heart Association, researchers found that people who followed a plant-based diet had a 16% lower risk of developing cardiovascular disease and a 31% lower risk of dying from it compared to those who ate more animal-based foods. This might be because plant-based foods are high in fibre and antioxidants, which help protect cells from damage and reduce inflammation.

2. Improved Digestion and Gut Health

Plant-based foods are naturally high in fibre, which plays a crucial role in maintaining a healthy digestive system. Fibre helps regulate bowel movements, prevents constipation, and supports the growth of beneficial gut bacteria. Studies have shown that a high-fibre diet can also reduce the risk of digestive disorders, such as irritable bowel syndrome (IBS) and diverticulitis.

3. Weight Management and Increased Energy

Eating more plant-based foods can also support weight management. Since fruits, vegetables, legumes, and whole grains are generally lower in calories but high in nutrients, they can help you feel full while consuming fewer calories.

Moreover, plant-based diets can provide a steady source of energy due to their high content of complex carbohydrates. Unlike processed foods and refined sugars, whole plant-based foods release energy slowly, preventing energy crashes and fatigue.

4. Environmental and Ethical Benefits

Beyond personal health benefits, consuming more plant-based foods is also beneficial for the planet. Plant-based diets produce fewer greenhouse gas emissions, use less water, and require less land compared to diets rich in animal products. The United Nations Intergovernmental Panel on Climate Change (IPCC) has even suggested that a global shift toward plant-based eating could help combat climate change.

HOW TO ADD MORE PLANT-BASED FOODS TO YOUR DIET

Transitioning to a more plant-based diet doesn't mean you have to give up all animal products immediately. Even small changes can make a significant difference in your health. Here are some simple ways to add more plant-based foods to your daily routine:

1. Start with Meatless Mondays

Dedicate one day a week to eating only plant-based meals. This simple step allows you to explore plant-based recipes without feeling overwhelmed.

2. Incorporate More Vegetables into Your Meals

Try adding extra vegetables to dishes you already enjoy. Toss spinach into your morning smoothie, add mushrooms and peppers to your omelette, or mix courgettes and carrots into your pasta sauce.

3. Swap Animal Proteins for Plant Proteins

Replace meat with plant-based protein sources such as beans, lentils, chickpeas, tofu, tempeh, or quinoa. For example, instead of a beef burger, try a black bean or lentil burger.

4. Choose Whole Grains Over Refined Grains

Opt for whole grains like brown rice, quinoa, whole wheat pasta, and whole-grain bread instead of refined options like white rice and white bread. These provide more fibre and essential nutrients.

5. Snack on Nuts, Seeds, and Fruits

Instead of reaching for processed snacks, opt for natural plant-based options like almonds, walnuts, chia seeds, or fresh fruit. These are packed with essential vitamins and healthy fats.

CONCLUSION

Eating more plant-based foods can lead to significant health benefits, including reduced risk of chronic diseases, better digestion, and

improved energy levels. With simple changes like adding more vegetables, swapping animal proteins for plant-based alternatives, and experimenting with new recipes, anyone can enjoy the advantages of a plant based diet. Whether you choose to go fully plant-based or simply include more plant foods in your diet, your body – and the planet – will thank you.



JOANNA DABROWSKA,
WINE JOURNALIST

I'm writing this from my picnic blanket office under the oak tree on the Heath Extension (the one with the rugby grounds – you know the one). I couldn't be more grateful for today: not only is it the hottest day of April, but it's also the day I finally saw the horses on the Heath Extension. I've spotted hoof prints many times, but never the magnificent trace-makers themselves. As an utterly obsessed rider, I was overjoyed. If I had my way, we'd have stables in HGS. One can dream, right? So, in the spirit of chasing dreams, this summer column is dedicated to wines from producers who once dreamed of making wine and turned those dreams into reality.

Peter Hahn – Le Clos de la Meslerie

Clos de la Meslerie is a four-hectare organic domaine in the Loire Valley where Peter and Juliette Hahn craft remarkably pure, expressive *Chenin Blanc* with minimal intervention and maximum care – often producing just one *cuvée* per vintage. Using century-old methods, slow fermentations, and even music in the cellar, their wines reflect both the terroir and a deeply personal, artisanal approach. I tasted both their sparkling and still wines and snapped up the last available 2018 bottle on the spot. And since it's summer, I must recommend Peter's newly published book *Angels in the Cellar*, a perfect read about how a ride in a London black cab led him to *Le Clos de la Meslerie*.

Vouvray Sec Tendre (White) 2022: £42.00 – available at Dynamic Vines: www.dynamicvines.com/product/vouvray-sec-tendre-white-2022?v=80128.

Angels in the Cellar: Peter Hahn – available at Little Toller Books.

John and Jeff Perlegos – Perlegos Wine

Jeff and John Perlegos, are first-generation Greek-American

brothers with no family background in wine-making, but have transformed Lodi's Stampede Vineyard through hands-on viticulture and a deep respect for the land. Now, with their Perlegos Family Wine Co, they craft Mediterranean-inspired, food-friendly, lower-alcohol wines, debuting with a *Zinfandel*, a *Cinsault* and a *Merlot-Cinsault-Carignane* blend, all accessibly priced and full of character.

Though Mediterranean grapes might not seem revolutionary to us Europeans, in California's Zin-focused Lodi region, they offer a refreshing perspective. Notably, Lodi's first-ever *Assyrtiko* was harvested not long ago, thanks to the Perlegos brothers' vision. **Assyrtiko 2023:** A zesty, refreshing white with voluptuous notes of tropical fruits – £29.00 **Cinsault 2022:** Classic cherry with rhubarb undertones, beautifully wrapped – £22.00 Available at Perlegos Wine

Mazurek Family – Winnica Silesian (Silesian Winery)

Winnica Silesian is a family-run winery, operated by three generations who previously had

nothing to do with wine-growing, but everything to do with horses in the Silesian region of Poland. Their personal stories are reflected in the charming wine labels, many featuring horses from their family's past. With backgrounds ranging from multinational corporations to media and from Australian wine education to Danish roots, the *Mazureks* share a steadfast belief that Polish wine can thrive again after decades of decline under Soviet rule. Their wines recently caught the attention of Jancis Robinson herself.

Silesian Riesling: Green apple, citrus blossom, and ripe peach balanced by minerality from limestone-rich soils – £27.90 **Silesian Solaris Botrytis 2023:** Floral notes of honey, honeysuckle, orange marmalade and almond with balanced acidity – £27.90 Available at Central Wines

My equestrian obsession led me to these wines – many of the labels of these wines are adorned with horses. Each sip, tells a tale of dreams pursued and traditions re-imagined. Cheers to that!

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