



Suburb News

Hampstead Garden Suburb Residents Association

Winners of the Suburb News Photo Competition are revealed on page 16



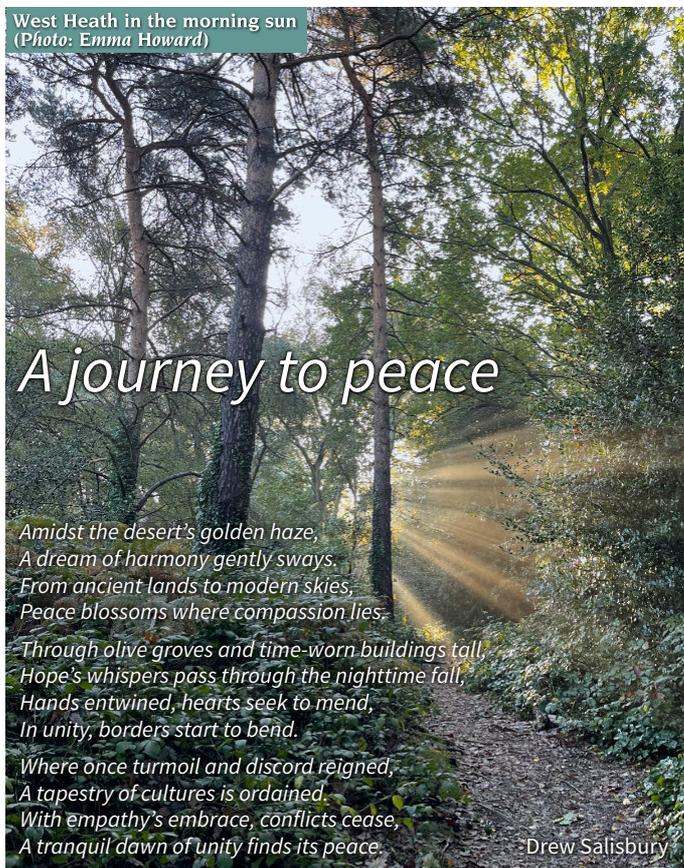
Amber and her brother Will are picking for Parkinsons, page 4



Help Combat Stress achieve their target, see page 2



West Heath in the morning sun (Photo: Emma Howard)



A journey to peace

Amidst the desert's golden haze,
A dream of harmony gently sways.
From ancient lands to modern skies,
Peace blossoms where compassion lies.

Through olive groves and time-worn buildings tall,
Hope's whispers pass through the nighttime fall,
Hands entwined, hearts seek to mend,
In unity, borders start to bend.

Where once turmoil and discord reigned,
A tapestry of cultures is ordained.
With empathy's embrace, conflicts cease,
A tranquil dawn of unity finds its peace.

- Drew Salisbury

Challenges met and the challenges ahead

THE EDITORS

We really hope you enjoy this winter issue of Suburb News. Residents have been taking on various exciting challenges and meeting them. The winners of the Suburb News Photo Competition 2023 are announced (p16), HGS resident Jani Rad took on and successfully completed a whole list of challenges she set herself as a goal before she reached her 60th birthday – from paragliding to stroking a tarantula (p4). Combat Stress are on track towards meeting their £100,000 fundraising goal (you can read how to help them on p2) and Will and Amber Botterill have, once again, successfully raised money for Parkinson's UK (p4). Local children participated in and completed the National Summer Reading Challenge at the Garden Suburb Community

Library, which also celebrated its 10th anniversary (p11), and the Garden Suburb School achieved a 'Good' in their recent OFSTED rating (p2). Things are also looking bright for the HGS Horticultural Society after attracting some new volunteers (see p21).

We are all living in extremely challenging times as global events continue to test us. HGS REACH explains how you can reduce your heating bills as the cold weather sets in (p7) and you can take part in their survey on electric cars (p8).

Our Suburb News Youth Teams look at the use of AI and ask how this will impact on our future (for better... and for worse) and, finally, Drew Salisbury's poem, A Journey to Peace, (left) is a heartfelt longing for peace and harmony, a fervent wish for a better future where everyone can exist in unity. A tall order indeed in these truly challenging times but one we must surely all wish for – especially now.

We wish all our readers seasonal greetings and a peaceful 2024.



A winner of the National Summer Reading Challenge (Photo: Marc Hull)

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HGS Trust AGM



Photo: Peter McCluskie

HAMPSTEAD GARDEN
SUBURB TRUST

This year's HGS Trust AGM took place at the Free Church Hall after a series of different venues post-2020; from online, to a smaller gathering at Fellowship House, to last year's return to the Henrietta Barnett School.

We were pleased to see such a strong turnout this year, despite horrendous weather. A recent campaign to raise awareness of Trust Membership has led to an upsurge in numbers and we were particularly pleased to see a lot of new faces.

The formal business of the AGM covered a number of procedural processes including

signing off the audited annual report and accounts – this was all done without issue.

Two resolutions were also passed which enable us to host Trust Council meetings electronically if need be, to allow electronic records to be kept, and to remove the need for Trust Members to renew every three years. This last had created a lot of administrative work, and added to the confusion of whether residents are current members or not.

We also elected our newest trustee, Sarah Stafford, who joins Trust Council having stood unopposed following Trevor Price's retirement at the end of his term. We thank Trevor for his time and dedication over the past

three years, acting as one of the four elected resident trustees, and we very much look forward to Sarah's contributions.

The AGM also provides an opportunity for members to ask questions of the Trust, and a number of topics emerged, leading to a lengthy Q&A session.

Chief Executive Simon Henderson answered questions on eligibility for Trust Membership, and he explained how the Trust ensures its records are as up to date as reasonably practicable. Questions were also asked on the provision of defibrillators and a community notice board, the Trust's investment properties, the wider use of email communication and the future of the Tea House.

There followed a variety of questions about the Trust's plans for one of the disused tennis courts below Central Square. Several Members felt strongly that this court should be restored for sports use, following an on-line survey by a group of residents. Trust Chairman Raymond Taylor and Simon explained the practical and financial difficulties in now using this site as a sports court. There was also a lack of evidence for the need for a third tennis court, given the current actual usage of the existing courts and overall provision on the Suburb. He acknowledged that block-booking and unused bookings affected availability, and that the Trust would look into ways of preventing these.

Simon explained that the wider area between Central Square and Willifield Way may offer more opportunity for community amenities, provided that various legal and financial issues could be resolved. An informed consultation with residents could then take place.

Residents who wish to stay up to date with the work of the Trust are encouraged to join as members – it's free and open to any adult resident of the Suburb. Join online at hgstrust.org/membership to receive two additional electronic editions of Trust Times in January and May, and to hear details of our occasional lecture series. You can also find out about the Trust's work on our website at hgstrust.org/news.

Garden Suburb Infant School awarded 'Good' by OFSTED

JOANNE GOULD (GSIS PTA)

Garden Suburb Infant School was awarded a 'Good' status by the OFSTED inspection at the end of the summer term.

Inspectors praised leaders' 'ambitious curriculum' and 'strong culture of safeguarding', while pupils were found to 'recall an impressive knowledge of artists they have studied and produce work of a high standard' and were 'enthusiastic about the subjects they learn and their lessons.'

The report also says that 'the teaching of early reading is a strength of the school.' The school was recognised for its strong sense of community, with parents and

carers commenting that they feel included, involved and informed. Inspectors also commended the school's 'effective support for pupils with SEND' (children with Special Educational Needs and Disabilities), saying teachers 'make appropriate adaptations to support their learning.'

Pupils told inspectors that they 'are not worried about bullying. They are safe and can always talk to staff about any worries they may have, thanks to the school's 'strong culture of safeguarding' and 'adults deal with any concerns immediately.'

Head teacher Sarah Sands said: "We are very happy with the report, which we feel reflects our

school, and our priorities, well. We are particularly pleased that the inspector took a 'deep dive' into our teaching of reading and art and found them to be huge areas of strength. Mainly, we were immensely proud of the feedback we received about our school ethos, with the report saying, 'This is a happy school. Pupils appreciate leaders' ambition that everyone feels special, has hope and a reason to smile' and where 'working relationships between adults and pupils are warm and friendly.'"

The application process has now started for admissions to the reception classes in September



Children enjoying an art lesson (Photo: Garden Suburb Infant School)

2024. School tours usually take place on Tuesday mornings, so please contact School Business Manager, Mrs Dobinson, if you are considering applying for the next

academic year, or to enquire about vacancies in other year groups, to office@gsis.barnetmail.net. The full Ofsted report can be viewed at: files.ofsted.gov.uk/v1/file/50229198.

Combat Stress Christmas push

MARJORIE HARRIS

Despite the fact that we have done much less fund-raising this year, somehow the total has managed to creep up and we thought you would like to know just how much you have contributed to keep the Combat Stress Forces' mental health charity's vital support programme going. Together over the years we have raised an amazing £63,700. One day we hope to get to £100,000 – only £36,300 to go! That's 18,150 cups of tea at £1 and 7,260 pieces of cake at £2.50! You can get us started by buying this year's Combat Stress Christmas cards and wrapping paper, on sale now at many Suburb events up till Christmas, or from Ruth Smith (ruthafsmith@hotmail.com). Thank you all for supporting Combat Stress. We couldn't have raised all this money without you.



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Photos: Peter McCluskie

Revd Aled Jones' Induction Service

JOAN HOLTON

The induction service of Revd Aled Jones took place on Saturday 2 September at the Free Church, Hampstead Garden Suburb. The church was jammed to the rafters. People came from far and wide to welcome him and his family to the Suburb and to the Free Church. It was a beautiful sunny Saturday afternoon and happiness abounded. The choir stalls were full and the Free Church choir was enhanced by singers from St Jude's and those from other choirs.

We were privileged to welcome visitors and representatives from many churches and organisations: St Jude's, St Edwards Catholic Church, the London Baptist Association, our Interim Moderator, Revd Ewan King, the Welsh Church of Central London, the United Reformed Church, the Welsh Independents London Association and the Archdeacon of Hampstead, not forgetting the Carmel Saron and Soar Independent Pastorate where Aled spent 14 years as their Minister, and the College of the Welsh Independents where he was the theological educator. So, a veritable worthiness of religious leaders!

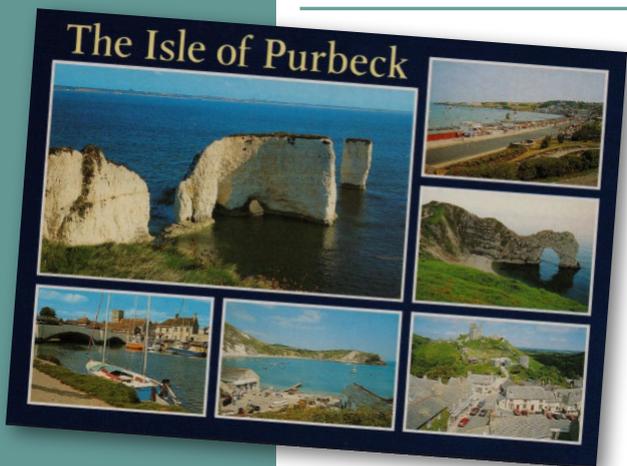
I loved the intense Welshness of the service which was difficult to ignore – three of the four hymns were sung to Welsh tunes: Blaenwern, Aberystwyth and Rachie, and a few words of Welsh crept into some of

the words of welcome from our visitors! The Lord's Prayer was printed in Welsh in our programmes and I could hear people praying in that mellifluous language. The choir excelled, singing three hymns in the Welsh manner – repeating the final four lines in the last verse – which caught out some members of the congregation! Two anthems were sung: Mozart's beautiful setting of the C13 eucharistic chant Ave Verum Corpus, and at the end of the service, John Rutter's 'The Lord bless you and keep you'.

During the service no fewer than 15 ministers, priests and Elders of the Free Church spoke a few words. The sermon was preached by Revd Beti-Wyn James representing the Union of Welsh Independents, and it was a thrill to listen to her beautiful Welsh accent wishing Aled every blessing in his new role.

Our organist Paul Joslin excelled in his choice of music as the congregation gathered – all with Welsh themes – including Rhosymedre by Vaughan Williams, and a meditation on a Welsh lullaby by Caleb Jarvis.

"Who is on the Lord's side?" we sang in loud acclamation as the service drew to a close; the organ joining in at full volume and the rafters of the Church raised in harmony. Paul played us out with Widor's Toccata, heartily applauded by all those present, at the end of a service when we well and truly welcomed our new Minister into our midst.



Postcard from Purbeck

ERIC HOLME

I have just moved to Dorset after nearly a lifetime living on the Suburb. It is going to be quite a wrench, but the need to live in a part of the country which has always been an attraction was too much of a pull. I shall, however, miss the Suburb greatly, having been a third generation resident to have lived there. I was born in Addison Way in 1953, like my father before me in 1916, and my grandparents were among the first tenants in that new development. However, I have spent most of my

life in Asmunds Place, having moved there in October 1959.

The Suburb has changed a lot over the years and now bears little resemblance to the development I lived in in my youth. When we moved into the turning in 1959, most of the residents were artisans (my father being a GPO engineer) – and we knew most of the residents – which was the original intention of its founders including Dame Henrietta Barnett, most renting directly from Suburb Leaseholds. Now I would be pushed to name more than three or four of the occupants in the turning, many houses now having been bought to let on short term tenancies. I have lost count of the neighbours who have occupied the house next door. I suppose my leaving will only go to accelerate that change.

I will always remember with much affection the years of my youth playing tennis in those wonderful summers of the late 1960s at the Club, then known as Cranbourne 20, behind Fellowship

House in Willified Way. I will remember Jane Wakely and Jennifer Butt who both lived in Erskine Hill, and Lorna Cawood who lived in Temple Fortune Hill and whose father, Colin, served so long, like my father, on the Allotments Committee. All three girls went to Garden Suburb School and Henrietta Barnett. I will also remember Peter Baker, who was a close friend, and who also lived in Asmunds Place and was a member of the Club, and Clive Pearson who lived in Oakwood Road. None of

them now live in the Suburb and, for various reasons, have moved away. If they still keep in touch with the Suburb or read Suburb News I would love to hear from them. I still keep in touch with Peter who now lives with his wife Carolyn in Silverdale in Lancashire.

I will also remember fondly being a member of Farm Walk Lawn Tennis Club having played in the teams and served on the Committee for several years.

It's like saying goodbye to an old friend.

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Jani's sixty challenges

JANI RAD

PEOPLE

To fully understand where this story began, let's rewind to the summer of 2022, and the realisation that the following year I would be 60. Thinning hair, wrinkles and no waistline were already apparent. Energy levels were low, afternoon naps were becoming the norm, and a late night was 10pm. Time for change, time to face my fears. My aim was to seek growth not comfort and to complete 60 challenges before I reached 60.

To kick-start this adventure I chose to challenge myself with something uncomplicated and manageable – simply leave the house without making the bed. To many this may sound trivial, but to me it was epic. Being a strong believer of tidy home, tidy mind, I knew this would be easier said than done. Through gritted teeth, challenge number one was completed; however I now had the enormous challenge of 59 more to face, and the clock was ticking.

The list ahead was to be varied, daunting, outrageous, fulfilling, yet slightly bonkers. Where would I find sheep to shear, a combine-harvester to drive and a forklift truck to manoeuvre, let alone an engine-powered lawn mower? Classes ranging from martial arts, pole dancing, boxing and Bollywood dance needed to be found and scheduled.

I was rescued from a zip wire, swam in a semi-frozen lake, played my first game of pickle ball all the while wearing mismatched underwear. I undressed on a nudist beach on a cold February morning, rode a horse bareback in the Indian Ocean and had tea with cats, despite having allergies. One random Sunday afternoon, I found myself at Kenwood



All photos: Various supplied by Jani Rad

eating ice cream with a complete stranger whom I had found the courage to ask out.

I was delighted that tarantulas are much softer and gentler to handle than I imagined, and axe throwing is something I, hopefully, will never require as a skill. Collecting honey from bees is wonderfully therapeutic and calming, compared to eating eels, which were gross.

Could my beloved D'arty dog ever master sit and fetch? That is still undecided. Pillion on a motorbike was exhilarating, whereas exercising daily became a chore. Riding a bike on wet sand takes strength and walking a glass bridge takes courage. My local MP arranged for me to sit in at a mental health debate at the House of Commons, which reminded me of the need to talk, listen, share and have empathy.

I committed myself to a volunteering role at a local food bank, and spoke publicly for the first time. I proudly display my black circle painting inspired by Malevich in my bedroom, and a photograph I took is on a digital gallery. The final challenge was a 15,000 feet sky dive over the plains of Salisbury. Prior to my jump my mind was ruminating at the what if's. I even updated my Will and asked a friend to care for my dog, should the worst happen. It didn't. Will I do it again? Probably not, but perhaps you should. My advice would be just do it. No one is you and that is your strength.

Thank you for reading my story; being published was another challenge that got a tick. I wasn't given enough words to mention all of my achievements, but hopefully you get the picture.

60 challenges completed and 16 failed. The failed challenge that disappointed me most was to meet Harry Styles so, Harry, if you're reading this get in touch @sixtysixty1963. And 24 hours of silence lasted 4 hours 34 minutes, as I was distracted by a Labrador puppy.

Should any of you feel tempted to embark on something similar, or would like to challenge me, please get in touch.



HAMPSTEAD GARDEN SUBURB

Free Church Christmas Services

11am Sunday 17 December Nine Lessons and Carols
 From 6pm Monday 18 December Carol Singing around the Suburb
 11am Sunday 24 December Family Service
 11am Monday 25 December Christmas Day Service
 11am Sunday 31 December Family Service
 11.30pm Sunday 31 December Watchnight Service followed by fireworks on the Square
 3pm Monday 1 January Piano Recital followed by seasonal refreshments

Minister Revd Aled Jones • The Free Church, Central Square, NW11 7AG
 hgsfreechurch.org.uk • minister@hgsfreechurch.org.uk • 020 4531 2055

Fruitful Funding for Parkinson's UK



Photo: Jacqueline Botterill

For the second year running, Will Botterill, 11, and his sister Amber, 8, spent a sunny Sunday selling organically grown apples and pears outside their home in exchange for donations to Parkinson's UK.

Spearheaded by Will in 2022 to support his maternal grandmother (and anyone else affected by the world's fastest growing neurological condition) the fundraising initiative has natural symmetry. Pesticides and herbicides have been implicated in causing Parkinson's, according to Parkinson's Care & Support UK, as researchers have found high levels of them in the brains of people with Parkinson's compared to those with normal dopamine levels. The apples and pears collected by Will and Amber are from their maternal grandparent's small orchard in Cambridgeshire and are completely untreated and potentially healthier for the brain.

This year Will & Amber raised £384 plus £102 from home-made dog biscuits earlier in the year. So, a huge thank-you to everyone who came along and supported the children.

Here are the link and QR code if you would like to donate: gofund.me/d2c5dbed.

Jacqueline Botterill





Photo: Family Archive

David Lewis MBE

1930 - 2023

SIMON LEWIS

David Lewis MBE, who died three days short of his 93rd birthday, lived and breathed the values and the spirit of the Suburb over his long life. He was born in 1930 and lived with his five siblings in Fallogen Way. His parents, whom he always described as 'very Welsh' (which meant that they only spoke Welsh at home), had both left small villages in Wales to make their lives in London. David's father Rhys joined the police and went on to become the first Chief Inspector at Golders Green police station.

David was educated locally and at 14 won a place at Shoreditch Furniture College where he excelled and developed his lifelong interest and passion for furniture making and craftsmanship. He met his wife, Sally Valentine, at the Suburb youth club, which in those days was the only meeting place for teenagers in the area. It was the

start of a love match which lasted throughout their very happy marriage of 66 years. Their first house was in Oakwood Road where I, their eldest son Simon, and their daughter Josephine were born. They then moved to Hampstead Way until the youngest, William, came along in 1969 and they had to move again, this time, and finally, to Northway.

David and Sally threw themselves into Suburb life, and created a strong and supportive network of lifelong friends, some of it centred around the Free Church and much of it on the playing fields of the Suburb. David was always much in demand for voluntary roles on the Suburb, mainly because of his extraordinarily easy way with people and ability to communicate and connect with everyone. One of the joys of David's life was his volunteering work with the St Jude's Proms where he was an accomplished bartender. In fact, David was always happy to take on any volunteering role which might help the Suburb, including on several occasions, as Fire Warden at the New Year's Eve fireworks display on Central Square. David was for many years on the Council of the Residents Association, eventually becoming Vice-Chairman, a role he really enjoyed.

David enjoyed a long and happy retirement on the Suburb and took much pleasure from following the sporting and other activities of his nine grandchildren. He retained an abiding passion for Welsh rugby and the national team. He had been an outstanding rugby player in his youth for London Welsh and one of the very few cross exchanges with Sally was when she mistakenly put his cherished London Welsh shirt on the Guy on bonfire night!

David travelled a long way over his 93 years, but his heart and soul remained on the Suburb, and he'll be much missed not just by his family, but by everyone whose lives he touched.

In addition to his passion for teaching and performing, Masayuki loved canals and boating. So, together with his wife, Rhiana, he developed the idea of 'The Piano Boat', the world's 'most intimate concert hall'. From their own vessel moored on the Grand Union Canal, the couple offered 'musical cruises' with piano and afternoon tea. During the Covid pandemic, they presented monthly 'virtual concerts' which built up a world-wide appreciative audience. More details of their pioneering venture can be found at thepianoboat.com.



Masayuki Tayama on The Piano Boat (Photo: Suburb News Library)

Masayuki Tayama

1974 - 2023

MARGARET HARRIS

Suburb music-lovers will be saddened to hear of the passing of Masayuki Tayama, the celebrated concert pianist who performed frequently in the Free Church concert series. Although he also performed at the South Bank Centre and Wigmore Hall, as a local resident himself, Masa particularly enjoyed giving concerts for the Free Church audience.

As well as having a very successful performing career, he was committed to encouraging younger pianists. He taught at Chetham's School of Music and served as Director of the Piano Teachers Course UK, which delivers professional development for piano teachers.

Dr Ann Spencer

1948 - 2023

MARGARET HARRIS

The name of Dr Ann Spencer, who died recently, will always be associated with the cause of conserving the Suburb's environment, especially its trees and open spaces. Wherever a Suburb tree was threatened, Ann was in the forefront of advocacy to preserve it. Concerned about the conservation of garden spaces too, Ann also worked to persuade the HGS Trust to issue guidance on the paving of gardens.

In addition to her work helping to preserve our trees and open

spaces, Ann was for many years on the Council and Executive Committee of the Hampstead Garden Suburb Residents Association (HGSRA). She was also a member of the HGSRA's Conservation and Amenities Committee (CONSAM) and served as the HGSRA's representative on the HGS Trust's Property and Plans Committee.

Ann was originally from South Africa, where her love of open spaces and environmental preservation first developed. She came to the UK to continue her education at the age of 21 years and gained a PhD in bio-chemistry from University College London. After doing a law conversion course, Ann decided that this was the subject on which to pursue a career, first working in a law firm and then as a sole legal practitioner.

Hampstead Garden Suburb was home to Ann and her family from the early 2000s onwards but in 2021, Ann moved from her



Photo: Family Archive

beloved Suburb to Winchester to live near her three grandchildren. After moving, she remained a member and supporter of the RA and in touch with its activities. Her legacy is all around in the protected beauty of our very special neighbourhood.

David McCallum

1933 - 2023

MARGARET HARRIS

Publicity surrounding the recent death of actor David McCallum in New York brought fond memories to longer-term residents of the Suburb. Born in Scotland, he moved to the Suburb when young with his family and lived at 1, Erskine Hill.

McCallum found fame playing Ilya Kuryakin in the 1960s TV series *The Man from UNCLE*, but many Suburb residents remember him from earlier days as a boy growing up in the family home in Erskine Hill and as a pupil at University College School. Andrew Botterill mused that McCallum "probably trod the boards in public for the first time here in the Suburb as a member of the Speedwell Players." More specifically, Colin Gregory records that McCallum played Oberon in a production of 'A Midsummer Night's Dream' in Little Wood.

Masa's wife, Rhiana Henderson, paints a picture of an astute, kind and generous man whose attention to detail extended not only to getting the sound 'just right' for every concert, but also to building scale models and growing magnificent roses in his front garden.

Susan Douek, who now lives in the house once occupied by the McCallum family, recalls David (as an adult) visiting her home along with Sunday Times reporters when they were doing an article about him. She recalls how charming he was, a point that jibes with reports that in his *Man from UNCLE* days, he received more fan mail from young women than any other actor in MGM's history. According to the Guardian obituary on 27 September, "With his Beatles-style haircut, his liking for black turtle-neck sweaters (which created a fad among viewers nationwide) and an aloof and enigmatic air... McCallum made Kuryakin into a sex symbol of the period."



David (17) as Oberon with Roy Wilkinson (kneeling) as Puck in a Midsummer Night's Dream (1950) (Photo: GST Archive)

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RA REVIEW

Light in the darkness

EMMA HOWARD HGSRA CHAIR

We are all no doubt feeling pain at the unbelievable atrocities and on-going events in Israel and Gaza, and with Ukraine and Russia still locked in conflict. It is causing tensions in our great city which none of us would have expected. Hearing the bleak news day after day, it seems difficult to find comfort in humanity, yet I was touched by some local stories of community kindness and generosity that I would like to share.

I met an HGS resident with her granddaughter in the park and she shared with me that her son and his family had stayed on in HGS after being here over the Jewish holiday period on a family

break from Israel. They are now staying here for the time being until it feels safer to return home. Toby has a successful business in Israel that he is unable to run remotely; his wife is fortunately able to work online. A plea went on to the HGS email group (accessible to RA members) for casual work for Toby, who was happy to do odd jobs to earn some income and keep busy to help take his mind off events back home.

Offers came forward for various odd jobs but, in the meantime, I asked one of our RA committee members, Asher Budwig, Managing Director of Lola's Cupcakes and Next Day Solar, if he might have any work for Toby. They met first thinking the next day, and by the end

of the morning Toby was at Lola's Victoria Station branch helping out, and joined in Hallowe'en face painting there before going out with his wife to celebrate their wedding anniversary in the evening. Toby has carried on working in various roles for these businesses since and is thoroughly enjoying himself. In the same week their older child started at Garden Suburb School and Asher and Toby's young children have become friends.

There are also other happy stories of a Ukrainian refugee from Odessa, who was having problems with her host accommodation, being offered new hope and a home by a family locally, as well as a homeless couple living in a



Asher, Toby and families (Photo: Self Portrait)

car for several months being rehomed with help from kind individuals and charities locally.

These acts of kindness and generosity are truly inspiring and uplifting. They also bring home how tough life is for many people at the moment, especially if they have no community or family support.

Finally, this made me smile: a message in August on the HGS email group as follows: "I received

a mistaken shipment of live locusts rather than the requested live mealworms (bird food). The locusts are apparently good for feeding pet bearded dragons, so if you have such and would like a couple of dozen live locusts, please get in touch." I understand that a suitable host has been found for the locusts, which cannot just be released into the wild, if this ever happens to any of us...

No change to Suburb CPZ

CLLR ROHIT GROVER

Readers will be familiar with the long-running saga of LB Barnet's Engagement on Parking exercise – effectively the prelude to a significant enlargement of the Suburb's Controlled Parking Zone (CPZ) arrangements. It commenced with a consultation in 2021 where 1791 households were surveyed, resulting in 397 responses, of which 27% voted in support of a CPZ and 68% against.

Following the conclusion of this exercise, LB Barnet's Highways Department informed Cllr Mike Mire and me that they proposed to implement a large-scale extension of the CPZ so that it would effectively cover most of the south side of the Suburb. We could not endorse this approach; a turnout of 22% leading to a 27% vote in favour was not even close to securing majority support. After many months of meetings and back and forth over email, Council

officers accepted our argument that such a massive extension of the CPZ would be undemocratic. However, they refused to consider our request for minor extensions into a small number of streets that experience acute parking pressures, because the Council's policy is now to only implement large scale CPZs.

Effectively, this means the current CPZ restrictions across the whole of the Suburb will stay as they are for at least another

three to four years – there is no room for flexibility in the policy allowing for hyper-local issues to be dealt with. This is highly unsatisfactory for residents who live in streets close to Temple Fortune without a CPZ, who have been complaining for many years that they are unable to park near their homes.

Under the new governance arrangements introduced by the Labour Administration, policy-making is now concentrated in the hands of the Cabinet and as opposition councillors there is little that Mike and I can do. The only way that we can force the Cabinet to rethink the CPZ policy is by passing a motion at a meeting of the Full Council, which is what I attempted to do on 17 October. I asked all 63 Barnet councillors to vote in favour of greater flexibility in the application of the CPZ policy and for the programme to be brought before Cabinet so that residents and backbench councillors could question the responsible Cabinet Member in public.

The debate at Full Council was rather depressing, with the Labour members who spoke generally dismissing parking as an issue that was unworthy of their consideration. Cllr Arjun Mitra questioned why Council members were wasting their time debating the 'urgent global priority of the CPZ in Garden Suburb'. Cllr Emma Whysall suggested that climate change, where the Administration

is 'implementing our ideals', was a more suitable subject to discuss, while Cllr Simon Radford dismissed 'this war on motorists stuff as concocted culture war nonsense'.

As a result, every Labour councillor voted against the motion, so it was defeated. To his credit, the Cabinet Member for the Environment, Cllr Alan Schneiderman, at least attempted to engage with the issue seriously, but he could only offer a vague commitment to review the CPZ policy in a year.

Climate change is of course one of the most pressing issues of our time, but I make no apology for attempting to solve a problem that a great number of residents have been asking me to deal with for many years now. As your local representatives, Mike and I will keep trying to do our best for you on everyday matters that the Council has direct responsibility for. If you have a parking problem, please let us know – no issue is too small for us.



Play your part in keeping our Suburb special

The Hampstead Garden Suburb Residents Association was formed over 110 years ago. With nearly 1,900 members, it has become a strong, enthusiastic community in the Suburb. It:

- organises social events including the Summer Fair and Hallowe'en/New Year's Eve festivities
- maintains and enhances the greenery in the Suburb by funding the planting of street trees and setting up of a community orchard
- supports residents to prepare for environmental challenges
- works with LB Barnet to keep the Suburb clean and supports local litter picking volunteers
- supports local community groups and donates to local charities, including Proms at St Jude's
- produces the quarterly Suburb News and annual Suburb Directory delivered by volunteers to all households in the Suburb
- produces the monthly Suburb eNews with local information and events circulated by email to members only
- provides access to the Master Tradespeople List with recommendations from fellow Suburb members and the HGS List email group: both available to RA members only

Annual General Meeting 2024

(RA members only)



The HGSRA AGM will take place at 8pm on Monday 25 March

Henrietta Barnett School, Bigwood Hall, Bigwood Road, NW11 (Doors open at 7.30pm – light refreshments will be available before the meeting)

Details of the nomination procedure for the RA Council are available at: www.hgsra.uk/docs/agn2024-nomination-procedure.pdf

The meeting agenda will be available on the RA's website from 18 March 2024.

Join the Hampstead Garden Suburb Residents Association online at hgsra.uk/join or call 020 3488 9131

Cut your heating bills with the Residents Association IR Camera Scheme

MARIA SCHLATTER HGSRA REACH

Ill-fitting windows. Draughts coming under doors. Mystery cold spots in radiators. Any old house has plenty of these. If only there were some way to clearly see these problems, it would be much easier to take action and fix them.

But now there is a way. An infra-red camera can show heat loss in vivid colour, allowing any home-owner to find those easy insulation fixes that will help save money and increase comfort. And the HGSRA has three of these gadgets for members to borrow without charge.

The scheme started last year and was a roaring success – over 50 households made progress on their energy-saving journey by using the devices to pinpoint specific energy-draining problems, both obvious and hidden. Comments from residents included "an amazing scheme" and "this is really helpful".

The cameras attach to any newish Android or Apple iPhone and the REACH section of the RA website has information on what phones work and a quick video guide to getting started. They can also check for dead spots in radiators or underfloor heating and potentially help spot moisture damage. If you borrowed one last year and made some fixes, we're happy for you to borrow again so you can check whether it has made a difference. If you've had major energy-saving work done, then the camera will allow you to verify quality; for instance it can spot gaps in loft insulation. The HGS REACH website also allows you to put your name down for a loan.

REACH runs this free scheme only during the cold months because the large temperature variations between inside and out make it easier to see the heat patterns. In general, warm areas appear orange or yellow; cold ones appear blue. The photos show how this can highlight problems.

The scheme is run by volunteers and is based on initiatives elsewhere, such as Sustainable St Albans, to whom we are grateful for their Easy Energy Saving Hacks, also accessible as part of our service. Members of REACH are HGS residents interested in sharing carbon-saving retrofit information, but note we are not engineers nor experts in insulation, so cannot give specific advice.

However, you don't need to be an expert to know that a lack of insulation in critical areas such as roofs and the prevalence of old, poorly fitting, single-pane windows are stand-out and potentially expensive challenges in historic Hampstead Garden Suburb. While a complete installation of new Trust-approved windows or suitable interior insulation may be out of many people's reach – and requires specialist advice to avoid inadequate retrofit and ventilation issues – almost all houses can benefit from cheaper and relatively low tech measures to improve home comforts, many of which can be uncovered by an IR camera. Energy saving is not an all-or-nothing issue; even 'low-hanging fruit' improvements add up.

CHASING THE DRAUGHT!

Unsurprisingly, draughts are top of the list of issues reported by residents. Not the kind of controlled airflow that constitutes essential ventilation, but annoying constant leakages from gaps in floors, walls, behind skirting boards and cupboards, twisted window and door frames, thin front door panels, letter boxes and sometimes even carelessly fitted double glazing units.

Some residents go around their homes in great detail, noting the issues to be tackled. Others have focused on a few particularly leaky areas or informed us of a competent builder's additional insights. Satisfyingly, the cameras also confirm that previously-installed insulation measures, such as roof insulation, made a positive difference.

Once you can identify specific problems, you have the chance to fix them. Many residents have been encouraged to start plugging the most glaring gaps with draft-excluders and thermal sealants, to reinstate warm curtains and carpets or invest in thermal blinds. Improved secondary glazing options are also becoming increasingly popular, especially in houses with metal Crittall windows. The HGS REACH website has two videos on cheap but effective secondary glazing.

SUSTAINABLE RETROFITS AT DIFFERENT SCALES

When it comes to planning more extensive, sustainable retrofits of our traditional listed buildings, we have a responsibility to work within historic buildings guidelines. REACH aims to explore our retrofit options and to work with the HGS Trust to help make sustainable living more accessible. Cost and lack of skilled craftspeople, more than anything, are often the barriers to large-scale retrofitting, but energy saving should be considered as an essential component of all home renovations.

Many fantastic new retrofit materials, such as thin interior wall insulation, are currently being investigated and trialled by organisations such as Historic England. But traditional materials such as wood and lime render – long advocated by the Trust – are also being rediscovered for their excellent and sustainable insulating and breathable properties.

We hope this IR camera initiative will help residents explore affordable energy-saving options that contribute to warmth in our homes.

To sign up for the IR camera loan scheme and keep up with REACH initiatives and events, please go to the REACH section on the RA's website: hgstra.uk/reach.



This home-owner said their hallway was always chilly in the winter. That's hardly surprising – that dark blue mark at the base of the door shows cold air is pouring in from outside. Fixing this is an easy DIY job.



In this image from outside a HGS home, the lower window is single-glazed and is clearly losing more heat than the window above that has secondary glazing – more proof that secondary glazing is highly effective.



This bathroom always seems cold. The IR camera shows why: it was built into a roof but no insulation was added. A builder could add insulation from outside (by temporarily removing tiles) and make it much warmer.



This new, Trust-approved double glazing had faulty insulation around one of the right-hand panes, as shown by the dark blue smudge. The manufacturer was asked to come back to replace the rubber strip.

Recognising Tony Brand

EMMA HOWARD HGSRA CHAIR

At its October meeting, RA Council members recognised the contribution by Tony Brand to the HGS Community over many years by awarding him RA Life Membership. This is awarded to those who have made a significant contribution to our community until recent times.

Tony served on RA Council and various committees including Events and Publications, for many years. He was also involved in helping each year at Proms at St Jude's, as well as the North London Music Festival. He was also community governor at Brooklands Schools.

Tony has been unwell this year, but after a long period of recuperation at UCH, is now back at his home in Faloden Way and regaining strength again.

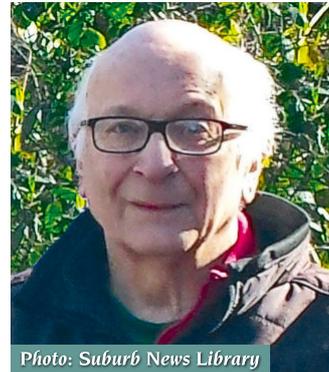


Photo: Suburb News Library

THE RA NEEDS YOU!



We need volunteers for both our Events and Trees & Open Spaces teams. There are both committee and non-committee roles. The important thing is that we want people who like to be 'hands-on'.

We are also looking for someone who cares about the state of our Pavements/Overgrown Hedges. This is a standalone role.

If you would like to have a no-obligation chat about any of these volunteering opportunities, please email us on enquiries@hgstra.uk or phone 020 3488 9131 and leave a message for a call-back.

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RA REVIEW

Join The Green Team

STEVEN ROWE HGSRA
TREES & OPEN SPACES CHAIR

The RA's Trees & Open Spaces Committee has a very wide remit but there is nothing we do that is more important than protecting the many important trees – including two hundred year-old field oaks that were a key element of the original Suburb landscape – from the depredations of insurance companies who are on the rampage because of subsidence caused by global warming.

Trees – especially mature broadleaf trees – are of vital importance to ecology, the provision of habitats for wildlife and, as well as being a significant contributor to health and well-being, they are also a key element

in combating climate change through their ability to capture carbon. They need to be protected everywhere and particularly in Hampstead Garden Suburb, which is an internationally renowned example of early town planning. An essential feature of the design of this area was the retention of existing trees and woodland and their incorporation into the built environment.

So why are insurance companies 'on the rampage'? Well, the cause of most subsidence is inadequate foundations on a heavy clay soil and this has been greatly exacerbated by climate change resulting in prolonged dry periods in summer and very wet periods in winter. This causes the clay base to crumble and then expand,

resulting in subsidence. The problem is that insurance companies – in a short-term, cost-saving exercise – cynically apply for wonderful ancient trees to be felled, rather than spending the money needed for a viable long-term solution of underpinning plus, in many cases, a root barrier to restrict further growth of the roots towards houses. It is also important to note that removing a large tree can cause more problems than it solves by causing heave in the ground as there is no longer a tree removing water so the ground expands to store the water.

We have a responsibility to protect our mature tree stock for ourselves and future generations. Many residents support our aims and 85 of them lodged objections on the planning portal to the application to fell the beautiful mature oak in a garden near the



One Suburb resident, who supports it being felled, described this magnificent tree on the LB Barnet Planning Portal as: "only partially viewable from either Meadway or Hampstead Way and its loss would have minimal impact on sight lines and its amenity value to the neighbourhood is therefore marginal." (Photo: HGSRA)

junction of Hampstead Way and Meadway. The application only had support from two residents. This mature oak tree has a high amenity value for the local community and general public, not only for significant carbon capture and as a vital habitat for a wide range of key wildlife, but also for shade/

heat reduction and other benefits for the environment.

Despite our success so far in trying to protect this particular tree, we really do need more committee members and non-committee volunteers so to join our Green Team, please email me at trees@hgsra.uk.

Windows... it's plain to see!

SARAH STAFFORD
HGSRA REACH & HGS TRUST

As the colder weather sets in, draughts and condensation reappear. From chats with neighbours over recent months, it is clear that there are quite a few myths and folk tales about what can and can't be done with windows in the Suburb.

Did you know that there are approved double glazed options for all window types except leaded lights on street-facing elevations? That means that all timber windows, and steel windows in art deco style homes, can be replaced with double glazed versions, even

on street-facing elevations. This includes the curved steel windows in many art deco houses. It also includes double glazed leaded lights replicas on elevations that do not face the street.

There are some caveats. Firstly, in listed buildings, there may be extra restrictions on double glazing. Secondly, many of these options are not cheap, although they should add value to your home, whilst making it more comfortable and the cost will be offset over time by reduced energy bills.

The Trust has examples of approved double glazed window casements in their office that you

can go and see and touch. The Trust architectural team are also happy to give one to one advice on what is and isn't possible for your home or a home you are thinking of buying.

Leaded lights (see photo) remain an exception. The Trust attaches significant importance to the aesthetics of the individual panes in original leaded lights windows on street-facing elevations. However, even for these windows, improvements are possible. They can be refurbished for better fit and fewer draughts: the Trust has a list of contractors who have previously done such refurbishment satisfactorily. For non-listed

buildings, secondary glazing is an option for all windows, including leaded lights. The REACH page of the RA website shows how secondary glazing can be done as

a cost-effective DIY project for those on a tight budget hgsra.uk/reach.

Now is a great time to prepare our Suburb homes for the colder months ahead.



Leaded light windows (Photo: HGS Trust)



Double glazed options are available for these Art Deco curved steel windows (Photo: Emma Howard)

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Heath Extension Playground 2023 fundraiser

The RA is delighted that, thanks to several very generous donors, the fundraising campaign to purchase extra equipment for the playground on the Heath Extension has exceeded target and work is going ahead to install additional items in time for the winter season.

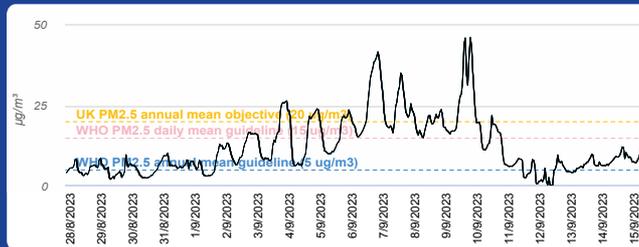
The RA raised the funds to renew all the equipment in the playground in 2022, a total of £48,000, but some items had to be left out. Following discussions with Olivia White, whose 'Wildwooders' campaign instigated the project, we have now taken the opportunity to add an extra double see-saw and toddler slide with climbing platform, as well as to renew the willow wigwam.

The RA has contributed £5,000 of matched funding this year. It is not too late to contribute if you'd like to, especially as we would like to be able to fund an additional bench overlooking the playground area. Any surplus funds will be put toward the renewal of other playgrounds on Hampstead Heath, a charity run by the City of London Corporation. Gift Aid for taxpayers is available on donations made via this site: <https://www.justgiving.com/campaign/heath-extension-play-area>

Colin Gregory
HGSRA TREES & OPEN SPACES
AND REPRESENTATIVE ON THE HEATH & HAMPSTEAD COMMITTEE



Insights from the Breathe London monitor



Remember the heat wave and low winds at the start of September? The node shows the effect of the weather on particulate matter (PM2.5) levels as families returned to their term time routines (Image: Ruth Raman)

Suburb air quality

GREN MANUEL, HGS REACH

Our air quality monitor has only been installed a few months and shows that our Suburb air isn't as fresh and clean as some might think.

On 9 September, for instance, there was a London air quality alert issued because high temperatures and low winds created weather conditions trapping pollution above the capital. Our local HGS readings for particulates and nitrogen dioxide – linked to cancer, asthma and many more health problems – spiked. The rise was particularly dramatic for particulates: particles so tiny they can get from the lungs into the blood and which are usually caused by vehicle emissions and tyre particles from braking.

On 10 September, the monitor at the junction of Meadway and Hampstead Way recorded particulate readings above 40 micrograms/cubic metre, far above

the daily mean guideline set by the World Health Organisation of 15.

Proper analysis by experts will take some time; they need many months of data. But it's clear that London's pollution is not intimidated by our trees and gardens and will happily drift into our Suburb from the major roads that surround our leafy area (and into our lungs). Plus, the many cars, vans, buses and trucks that rumble along the Hampstead Garden Suburb Autobahn (also known as Meadway) are adding extra local airborne grime.

To see current readings, scan the QR code below. Note that due to a production error, the last issue of Suburb News contained an incorrect code.



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Kate Scott-Gatty, a researcher from ZSL (Photo: Revd. Emily Kolltveit)



Vicarage cat keeps an eye out for hedgehogs while installation of cameras take place in the vicarage garden (Photo: Revd. Emily Kolltveit)

Hedgehog tracking in HGS

LYNDA COOK

On 24 August, staff from the Zoological Society of London (ZSL) and Heath Hands gathered on the Heath Extension with volunteers from the RA and the Heath & Hampstead Society with a collection of strange-looking equipment: long striped poles, cameras encased in metal boxes, heavy duty locks and fiddly keys. We set off in groups of three or four, heading to different points around the Extension, Bigwood, Hampstead Golf Course, Turners Wood, Golders Green Crematorium, as well as to private gardens by agreement with their owners, so we could place the cameras in strategic locations over a one km area specified by the scientists leading this project across the country.

The cameras were positioned around 30cm off the ground on a suitable post or tree and then operated continuously for 30 days, capturing images of any animal that entered the field of view. This low placement also helps to minimise the collection of human images which are automatically filtered out using AI software before anyone views them.

The goal was to evaluate how many hedgehogs are active within the area of Hampstead Garden

Suburb, as an initial survey had indicated that there are still many hedgehogs living in this area. Hedgehogs travel surprisingly large distances at night to search for food and, when they encounter walls and fences that they cannot traverse, they cross busy roads and sadly frequently get run over and killed. The solution is to create and encourage openings in fences and hedgerows so that a hedgehog can travel safely through gardens and pathways without being injured or killed by cars.

The experience was, at least for me, a learning process on how to place and fasten a camera to tree stumps or fence posts securely, on how to ensure the camera would be at an angle to photograph any creature in front of it, on how to clear ground

vegetation that might obscure the camera lens and then on how to insert a cumbersome lock to ensure the camera would not be removed.

One month later, we returned to collect the cameras we had placed and now await the results with great interest, so that we can view hedgehogs and track their journeys and then hopefully encourage residents to create hedgehog openings along their property boundaries.

You may ask why hedgehogs are so important to us with all the frightening events that are occurring in the world today. However, hedgehogs have lived on our planet for 56 million years, often at risk, and their numbers have drastically reduced in the last 70 years. Helping to protect these unique animals, which play a role

in the life cycle of all creatures and remind us of our place in this planet, highlights our duty to protect rather than to destroy, thus giving our own existence shape and meaning.

Chloe Hartland, a researcher from ZSL involved with this project said: "This will be one of the first surveys for the National Hedgehog Monitoring Programme nationwide and is an incredibly exciting opportunity for all of us involved! We chose Hampstead Heath as, from our previous surveys, we have found the Heath and its surrounding areas to be an incredibly important habitat for hedgehogs in London. This survey will help us expand our knowledge of hedgehog presence around the Heath and at the same time increase our knowledge of national hedgehog populations."

Sarah Stafford elected as HGS Trust Council Member

Congratulations to REACH Committee member, Sarah Stafford, who was appointed as a Council Member of Hampstead Garden Suburb Trust at their 20 September AGM. You can read a report of the AGM on page 2. Sarah has been living on the Suburb in rented accommodation with her family for some years, but has recently purchased and renovated a home in as eco-friendly a way as is possible with full involvement of the planning section of HGS Trust.

Emma Howard HGSRA Chair



Photo: Peter McCluskie





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Buying a car?

GREN MANUEL REACH

HGS REACH, the RA's climate action group, wants to understand the factors behind HGS residents' car-buying decisions to help increase the take-up of electric vehicles. If you're thinking of buying a car in the next six months, we'd like to hear your thoughts – even if there's no chance you will buy an electric car.

Our survey has just five short questions and is on the REACH homepage: hgstra.uk/reach. Many thanks to those who have already completed it.



On Thursday 31 August our Garden Suburb Community Library held a party to celebrate ten years as a Community Library. In truth, this is our eleventh year but we had problems organising an event last year and ten seemed a more celebratory number! Hard to believe that it is just 11 years since a group of local residents led by Deborah Warland and Neville Silver stepped in to save our library from closure.

It was a rainy afternoon but we had a wonderful turnout. Over 70 people came to enjoy the Prosecco and nibbles along with the delicious cake organised by one of our new volunteers, Maureen McHarg.

We are very grateful that Jenni Murray could join us, along with the Mayor of Barnet, Councillor Nagus Narenthira, both of whom made short presentations

to congratulate us. Several other Councillors attended along with many other representatives of local organisations. It was also very nice to see Hannah Richens, Head Librarian for Barnet who has been extremely supportive during our years as a Community Library. Many library members and volunteers also came along to turn a rainy afternoon into a delightful event. Thank you everyone.

We are always looking for new volunteers so if you can help, please pop into the library or contact mail@gardensuburblibrary.org.uk.

Full training is provided and you can be very flexible regarding commitment. We also hold a fun Summer Volunteer Party every year!

Mark Hull



Photo: Helena Benes



Photo: Peter McCluskie



Photo: Peter McCluskie

READY SET READ For eleven years now the Garden Suburb Community Library has supported The Reading Agency in their national Summer Reading Challenge for children.

The Challenge involves reading six books over the holiday period and the children receive rewards as they progress, with a certificate and a

medal when they finish all six books. As usual, we offered an extra prize for the first 20 winners pulled from a draw. This year it was an Aerobie Squidgie – you may have seen some flying around the parks!

It was another very successful year with 82 children participating and 28 completing the challenge. You can see some of our lucky winners here.



Photos: Marc Hull



Photo: Marc Hull

CUSTARD-ON-TOAST What a delicious idea! Who could refuse such a delight at our Community Library? Certainly not our extremely loyal young members who came to enjoy the experience in an afternoon of singing, poetry and magic during the summer holidays. Local author, Judy Davies, presented the afternoon of fun in July.

Mark Hull

Show Stress Who's Boss!

SHELLEY-ANNE SALISBURY

Carole Spiers, Chair of the International Stress Management Association and new HGS u3a Chair, gave a fascinating talk to a packed audience at the Free Church in September. The talk was entitled Show Stress Who's Boss! (the title of her latest book). Carole was preaching to the needy. The whole audience had arrived as the Suburb was caught in a heavy downpour and everyone was drenched, battling with wet umbrellas, soaked raincoats and generally composing themselves for her talk. A very welcome cup of tea and a custard cream worked wonders and the stress levels began to evaporate (ditto the wet clothing) as Carole took to the floor. In contrast to the bedraggled audience, Carole looked cool, calm and collected. I guess she'd checked the weather app and arrived well before the rain, ensuring her coiffured hair and sharp suit remained intact. Lesson one – leave plenty of time for an event! The talk was, as Carole made clear, directed to an older (not elderly!) audience and she gave some very helpful and highly

practical tips to deal with stress. Much of it was based on good common sense, but there were some worthwhile takeaways.

Carole's top ten tips: Strive to remove the source; Maintain a healthy diet and stay hydrated; Ensure you get sufficient sleep; Practise meditation and mindfulness; Build a support system; Manage time wisely; Pursue hobbies and interests; Stay physically active; Exercise your mind; Seek professional support.

If you are interested in joining HGS u3a or simply want to find out more, go to hgsu3a.uk.



Photo: Myke Jacobs

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From HGS Synagogue to St Jude's Church

STEVEN ROWE

So how, I hear you ask, does a nice Jewish boy from Hampstead Garden Suburb, who was Barmitzvah'd at Norrice Lea Synagogue, become a regular attendee at St Jude on-the-Hill, the Suburb's incredibly beautiful Grade 1 listed Parish Church? Well, the short story is that it was due to two signs and an amazing woman.

The first sign, the physical one, hangs above the door and says: *Whoever You Are, Wherever You Are From, Whatever You Believe, You Are Welcome Here.* The amazing woman is, of course, St Jude's new Priest In Charge (and Vicar-to-be I am sure!) The Reverend Emily Kolltveit... or Revd Em as she is known to all. To use the word 'powerhouse' to describe her blend of religious knowledge, wisdom, caring personality, energy, musical ability and charisma would be to severely understate what she brings to the Suburb and what we are so lucky to have received.

The second 'sign' was that when I went to my first Sunday service, before the sign above the door had been put up, wondering how I would fit in, the Gospel reading that day just happened to be John 14, 1-10, in which the disciple Philip is not quite sure he believes and is answered by Jesus: "If you still can't see that I'm in the father and the father is in me...

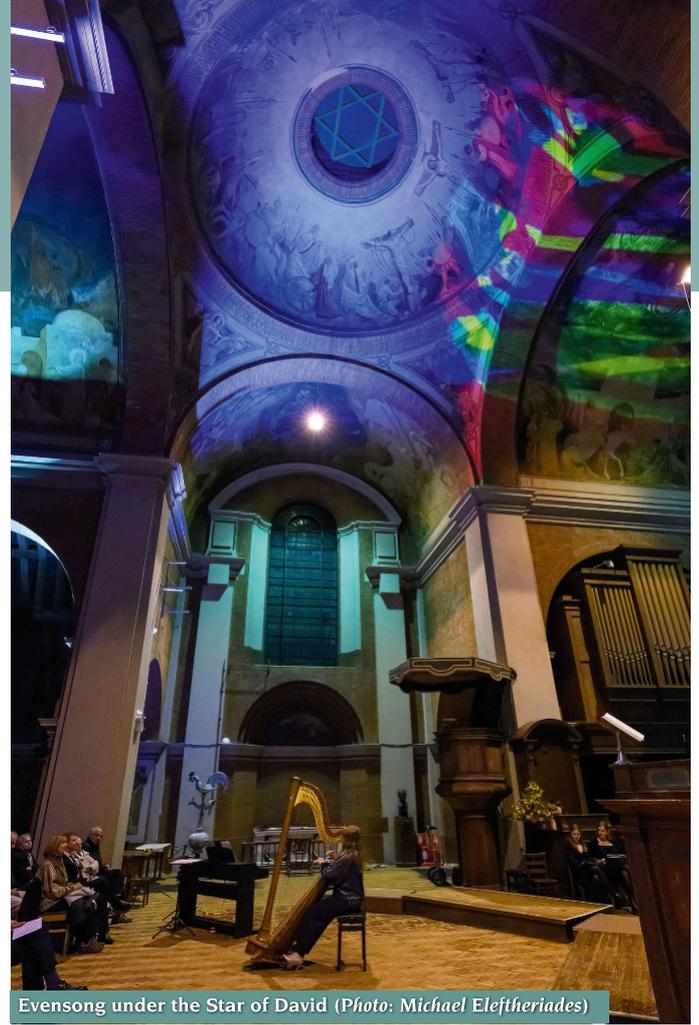
just believe in the work I do." Well, I'm not a man of faith but I do absolutely believe that a human being called Joshua ben Yosef – inspirational prophet, revolutionary, freedom fighter and doer of good works, better-known now as Jesus of Nazareth – walked the earth 2000 years ago, and I believe in the work! So St Jude's is a place in which I feel very comfortable indeed – especially when I look up into the dome and see that right in the centre of the painted scenes from the Passion of Christ is a huge Magen David, Star of David, the ultimate symbol of the Jewish People and of Israel.

The services are great, especially the Choral Evensong on a Sunday evening, because the combination of a wonderful choir under the direction of the uber-talented Nicholas Chalmers (who is also a brilliant organist) with wonderful lighting and, of course Revd Em, is a truly transcendental experience. I'm also a member of the Wayfarer's Group – where we discuss and explore all matters theological in the church's Lady Chapel.

Revd Em believes that a Parish Church should be a vibrant hub for the whole community – not just churchgoers – and she is someone who most definitely practises what she preaches. Watch out for a wide and eclectic range of music in North London's most extraordinary new music club, where live music

is sacred, the wine is holy and the coffee is made in a proper espresso machine. We call it 'Songs from The Lady Chapel' and as a proud member of St Jude's Events Committee, I'll be making sure you know all about it.

I always wondered why I never learned more about Yeshua of Nazareth when I was growing up, but I'm certainly making up for lost time now. Whether or not you are interested in matters spiritual, religious or ecclesiastical, you should most definitely become more acquainted with the Suburb's glorious Parish Church because: *Whoever You Are, Wherever You Are From, Whatever You Believe, You Are Welcome Here!*



Evensong under the Star of David (Photo: Michael Eleftheriades)

Anyone for... Rucking?

JUDY MARCUS

If you see me walking down the street wearing a black overly padded waistcoat, there is no need to furrow your brow in concern at my sartorial choice. Or if you have a strong imagination, do not be alarmed that it's a suicide vest. My sporting this sleeveless jacket is purely my trying out a newly-fashionable sporting activity called Rucking.

I heard about it from listening to a podcast about longevity and was also recommended by my son-in-law, Louie, who has one. The premise is pretty simple. You have to don a weighted sleeveless vest and simply walk. Some people run with it but I'm not a natural runner.

It was a challenge I was excited to take up. I ordered the vest from Amazon and, once this was done, the financial investment in the exercise regime was over. And now for the energy investment...

I walk the dog daily, but was finding it's quite easy to slow down to allow the dog to meander around and so the hour will pass with very little energy expended. My aim was to walk using the jacket every time I made a casual outing to the Market Place/walked the dog etc.

The vest comes with pockets equally placed back, front and sides. Together with it are small sachets of sand. The instructions state you put balancing sachets in the waistcoat pockets, starting by filling some of the pockets and carry on filling more pockets as you progress in strength.

I bought the lightest option version – the maximum weight was 14 packs of sand (7kg). The minimum offered for me to start with was 5kg (10 packs).

I felt quite confident and put in 4kg, which I felt was pretty low, as the recommended starting minimum on one google search is 9 kg! I walked with it for the first time and realised it was far from a relaxing occupation. The first walk (not a run, remember) was a gentle stroll up to Sandy Wood with my dog. I came back pleased with myself. I could not get off the sofa for the next two hours. The following week I started again, this time with 3 kg, and limited my step count. It was much better.

Studies show that this type of garment helps with posture. And building up muscle mass is especially important for women as they get older.

Also, interestingly, studies show that a weighted vest helps quell anxiety. I guess it's similar to the comforting feel of weighted blankets which are meant to help you sleep comfortably and get you to sleep quickly. Studies have demonstrated that wearing (proportionately less heavy) weighted jackets helps quell

distress in autistic children in a classroom setting.

So it may help those of us with the winter blues. I do notice I feel somehow more grounded when I wear it and that may well help me appreciate my surroundings on the walk and therefore relax more. The instruction manual says you do not feel you are having a work out. Having tried this at different weights I can sincerely say the workout certainly is felt.

I do recommend Rucking as an ultra-efficient, cost-effective aerobic way to exercise if you can't or don't like running. It's also convenient. It can be done while walking your dog or visiting a friend for example. I don't think I would recommend commuting with it on a crowded underground however – risk of faints...

Since my son-in-law recommended it to me, he has been increasing the weights he loads into his own vest (it's more of an athletes' version) but I don't think that is something I can contemplate doing quite yet!



Photos: Shelley-Anne Salisbury



CHRISTMAS 2023

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3RD DECEMBER 6PM

LIANE CARROLL BY CANDLELIGHT
7TH DECEMBER 7.30PM

DESIGNER CHRISTMAS MARKET
9TH DECEMBER 10AM - 5PM

NINE LESSONS & CAROLS
17TH DECEMBER 5PM

CHRISTINGLE FAMILY SERVICE
24TH DECEMBER 4PM

MIDNIGHT MASS
24TH DECEMBER 11.30PM

CHRISTMAS DAY
25TH DECEMBER 10.30AM

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Contact Revd Emily
priest@stjudeonthehill.com or 07947 7928609

Comfort & Joy



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

SIMONE HALFIN

Shree's Newsagent and Market Place Post Office has been in the family of its present owners, Jitendra Dave and his wife Harsha, for over 40 years. It was formerly owned by his uncle and aunt, Mr and Mrs Yagnik. The retail side of the business sells quite a variety of items – stationery, cards, kid's magazines, confectionery – and, of course, the shop delivers

papers, which it has been doing since the 'Ellington' times (the name of the previous owners), in the fifties and sixties. Jitendra tells me very senior customers still call the shop by that name.

Originally from East Africa where his father was a bank manager, Jitendra was really keen to go into the newsagents trade and came to Market Place in 1979/80. Harsha is a trained credit controller but was happy to

work with her husband. Not all husband and wife teams succeed, but Jitendra laughed when I asked him about it and said he enjoyed it and that she was a great help, especially now the children were older. However, none of his four children had any wish to come into the business and perhaps this is partly due to the very long hours involved; newspapers are delivered to the shop and the rounds need to be made-up at 5am and on Fridays Jitendra can still be found working at 9.30pm.

But despite the long hours and hard work, Jitendra loves working in retail and that love is shown by the fact that, quite incredibly, he knows 85-95% of his customers personally and even though Harsha, to whom he has been married for 35 years, and the family want him to give it up as he is nearly 65, he is not ready yet.

Of course, although Shree's is rooted in the good old-fashioned ethos of customer service, the world moves on and some things



Photo: Mitesh Patel

have changed. For instance, in the old days it was paper boys on bicycles but nowadays, as the papers are so heavy, especially at weekends, they deliver by car. Jitendra told me that during Covid he delivered far more papers, but now that The Times and others have online offerings, fewer customers want deliveries. Jitendra would gladly accept new customers who would like their newspapers and magazines delivered. I can verify that my 'paper boy' never misses a day!

By the way, as an example of Jitendra's excellent customer service, should a mistake occur (which it rarely does) and the wrong paper has been delivered, Jitendra will rectify the error and personally deliver the right one.

Furthermore, if anyone comes in late with an urgent parcel for the Post office, and Jitendra is still there, he will always take it in or try and help them. Jitendra calls the Post Office a mini bank as customers can deposit money, exchange Sterling for other currencies and withdraw money inside the shop, which is so much safer than withdrawing money from an outdoors ATM machine.

And finally I discovered that Jitendra has a hidden talent. He is part of the Gujarati Community and at the time I spoke to him he was singing in the Navarati Festival. I watched part of the festival on their Facebook page (Lohana East London Lcel) and the group he sings with is so colourful and vibrant. Do check it out!

Sheep on the heath

COLIN GREGORY
RA TREES & OPEN SPACES

In September this year sheep were introduced to the Heath Extension, grazing a fenced-off area between the changing rooms and Hampstead Way.

The grazing area was chosen because it contains a number of environmentally important ant hills which are the habitat of yellow meadow ants. These ants build high grass-covered domes above their underground nests and link the domes with underground tunnels. Unlike black ants, the small yellow ants are rarely seen outside their nests as they breed aphids on which they feed, enjoying both a sweet honey type liquid produced by the aphids, and also the aphids themselves. They therefore have no need to leave their nests to search for food.

Yellow meadow ants were once common on pastureland but

are much rarer these days. They increase the diversity of the grassland as their activity changes the soil composition – nutrient and water content, as well as temperature, creating a secondary habitat which affects the plants, wildlife and micro-organisms. The grass around them cannot be cut by machine, so sheep are a good substitute for manual labour!

The sheep, from the Norfolk Horn and Oxford Down breeds, came from the Mudchute Farm on the Isle of Dogs and volunteer shepherds were provided by Heath Hands. The sheep proved extremely popular with visitors and seemed untroubled by the attentions of human admirers or dogs, albeit owners were asked to keep their dogs on leads.

The project is a collaboration between the City of London, Heath & Hampstead Society and the Heath's volunteer group, Heath Hands.



Photo: Colin Gregory



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SUBURB

Côr Lundain recital

CULTURE



All photos: Michael Eleftheriades

REVD ALED JONES
MINISTER, HGS FREE CHURCH

The nave of St Jude's church was filled to capacity by an appreciative audience at the concert given by Côr Lundain (The London Choir) on 4 November. This choral recital was organised in order to welcome me to the

director, William Thomas, who introduced a variety of songs across the centuries, reflecting both Welsh and World music traditions.

Côr Lundain is a choir of around 40 members, largely drawn from among young professionals and students who have moved to London from Wales. Their concert was expertly compèred and conducted by the choir's choral

Coupled with this range of choir pieces – ably accompanied from the piano and harp by Manon Browning – was a number of instrumental interludes performed by members of the choir.

I am very grateful for the willingness of St Jude's to welcome me and my family in this way. Côr Lundain reflects all that is good in the ongoing Welsh mixed choir tradition. This choir are worthy winners of this year's principal SATB competition at the Royal National Eisteddfod of Wales in Boduan on the Llŷn Peninsula.



Aled Jones and his wife, Pauline

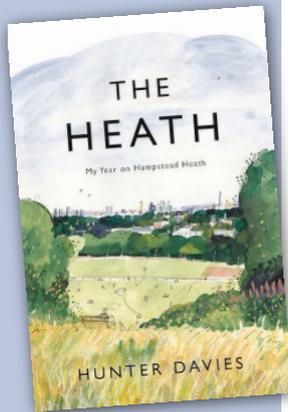


Choral Director, William Thomas



Pianist and Harpist Manon Browning

BOOK REVIEW BY MARGARET HARRIS



THE HEATH: MY YEAR ON HAMPSTEAD HEATH by Hunter Davies

Are you a 'Heathwalker'? If you are, you will recognise yourself in Hunter Davies's new book 'The Heath'. And if you are not a Heathwalker, you will still be pulled in by this book which ambles around all parts of Hampstead Heath, calling in at many of the parts which are on the doorstep of Hampstead Garden Suburb, including Golders Hill Park, the Hill Garden, the Heath Extension, the Spaniards and Kenwood.

Hunter Davies has long been known as an author, journalist and broadcaster. He has written the only authorised biography of the Beatles and induced us all to love the Lake District as much as he does. But few of us knew that he lived locally for many years, in the 1960s in the Vale of Health and later near Parliament Hill. In 2019 he decided to turn his sharp eye and insatiable curiosity to Hampstead Heath, a place that he knew intimately through his regular walks from home.

Fortuitously, his literary project coincided with the Covid pandemic, a period which he describes vividly in the latter part of the book. The pandemic not only gave him the opportunity to complete his work in record time but gave him the chance to observe the impact of the pandemic on the Heath itself – the early stampede by Londoners to find fresh air and open space, which compacted the ancient heathland, and the later efforts by locals to make the best of enforced time away from work and study. He describes poignantly the small encampment of women who strung fairy lights in surrounding trees and offered healing treatments to passers-by – until they were moved on by the City Corporation who own the land.

The book begins with a paean to the Heath's many ponds, especially the swimming ponds whose waters are so "green and brown and thick, yucky and murky and horrible" that Davies worries that, while swimming in the Men's Pond, his whole body will disappear from sight. The book then unfolds as his familiar mix of self-

deprecating humour, history and vivid contemporary description – a combination which makes for compelling reading, especially if you are a fan of books set in familiar local places. If you are not quite sure at any stage in your reading of the exact part of the Heath being mentioned, you can check the illustrated map at the front of the book which provides a key to some of the more esoteric place names (such as 'Ikins Corner' which is apparently the correct name for that place at the top of the Heath Extension, where Wildwood Road turns sharply towards Golders Hill Park).

If you prefer looking at pictures to plodding around The Heath, the chapters of this delightful volume are illustrated with photographs, many taken some years ago and of real historical interest.

Davies is now well into his 80s and has moved recently, it seems, to the Isle of Wight. Expect another book soon on his explorations of that island. But it won't tug at you like this one, which records our own local piece of heritage treasure.

Hunter Davies 'The Heath: My year on Hampstead Heath', Head of Zeus Ltd, London 2021



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Proms at St Jude's 2024



KM Trio (Photo: Jake Turney)

Our world class but local festival of music, books, walks and comedy will run from Saturday 22 to Sunday 30 June 2024 in and around Central Square.

News hot off the press is that world-famous cellist, Sheku Kanneh-Mason, who played so beautifully at Harry and Meghan's wedding, will perform for us at Proms at St Jude's once again. It's bound to be a sell-out event!

For priority booking, you can join now as a Gold, Silver or Bronze Friend for 2024. Go to promsatstjudes.org.uk and click on Friends.



Hampstead Music Club

STEVEN ROWE

Founded in 1946 and with most of its activities now taking place in Fellowship House, Hampstead Music Club is fast becoming a great favourite with Suburb residents and a key member of the many institutions dedicated to the performing arts which exist in Hampstead Garden Suburb.

Hampstead Music Club is, however, possibly unique in that, unlike many music clubs, it doesn't hold auditions and all are welcome to perform, whatever their voice, instrument, experience or ability. Furthermore, even though the majority of music performed is from the classical genre, all genres are welcome. I perform songs mainly from the 1920s to 1940s, what is generally referred to as the Great American Songbook, singing and accompanying myself on Fellowship House's wonderful grand piano.

Hampstead Music Club is the ideal place to meet like-minded musicians and members often form ensembles to play together at members' evenings. These take place on Tuesday evenings at Fellowship House between September and July and the club has an in-house accompanist who can be booked by instrumentalists and singers. The club also organises master-classes and hosts Invitation Concerts by professional musicians.

To sum up, Hampstead Music Club is a charitable organisation of amateur and professional musicians dedicated to promoting the performance, appreciation and enjoyment of music in a milieu of enthusiasm and friendliness. New members are always welcome, so whether you want to perform or just want to come to listen and enjoy, please do contact us via hampsteadmusicclub@gmail.com.



Thomas Kelly (Photo: James Keates)

Fellowship House Autumn Concerts

ANDREW BOTTERILL

Once again, Fellowship's Autumn Concerts played to packed houses. One event which went down exceptionally well was 25 year old Leeds Piano finalist Tom Kelly with his programme of Scarlatti, Chopin, Mendelssohn, Rachmaninov and Liszt. An out of town member of the audience, Christopher Axworthy, swooned: "It must have been a long time since this sedate respectable HGS audience was seen to cheer and clap with such ardour! Just as the refined audiences of the Parisian

salons of the eighteenth century were transformed into wild admirers of Liszt with animalesque fervour. This surely was the Suburb's equivalent as the audience was astonished, amazed and seduced by piano playing of such bewitching power. A 'Campanella' of Busoni proportions or a Midsummer Night in Rachmaninov's dream hands. There followed a 'Mephisto Waltz' of Horowitzian contortions but above all it was the calming balm of Ravel's Jeux d'eau that revealed even more the delicate artistry of this young virtuoso." Quite a tribute.

Garden Suburb Theatre is Going Dutch

COLIN GREGORY

The Garden Suburb Theatre's next production is *Going Dutch* by John Godber, a hilarious and salty comedy that will be performed at Upstairs at the Gatehouse in Highgate in February 2024. The play tells of Mark and Sally's journey to Amsterdam for a rock concert to celebrate Mark's 50th. He's a music composer in the dumps, and she is his partner looking for something more in their life. Together with their old Uni friend and her new 'inappropriate' boyfriend, who is an ex-convict, band roadie and porn star, they board the *Pride of Hull* for the crossing to Holland. Director Dave Barron, who directed last year's adaptation of *The Ladykillers*, says: "We're hoping this one will have them rolling in the aisles, reaching for their hankies and maybe their sick bags too. It's a rough crossing!"

Going Dutch will be performed at Upstairs at the Gatehouse,



Publicity shot for *Going Dutch*. Front: Mark – Andrew Farrer, Sally – Alice Gill-Carey. Back: Karl – Joe Ellison, Gill – Miranda Chessman. Lounge Singer – Tim Solomons (not shown in pic) (Photo: Dave Barron)

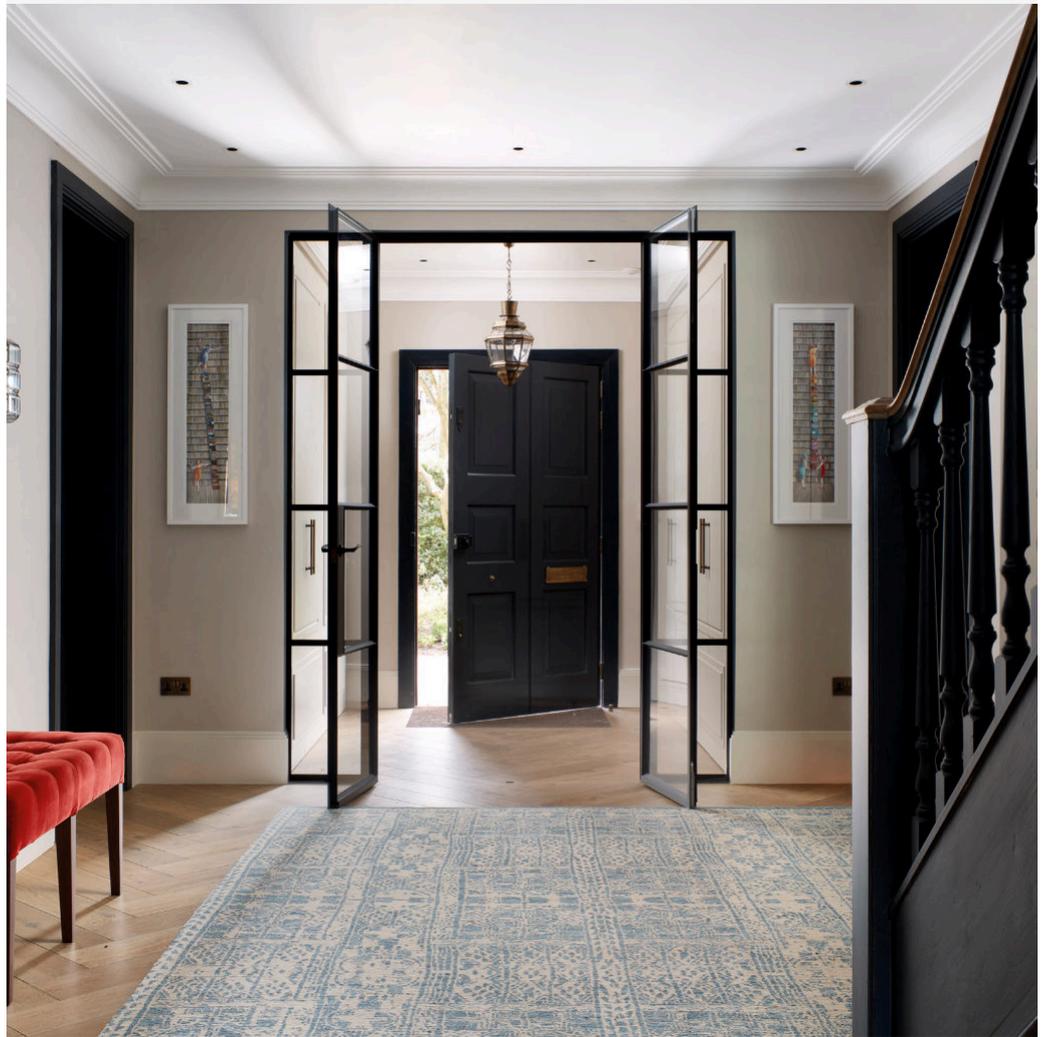
1 North Road, N6 4BD (above the Gatehouse pub) on 1-4 February 2024 at 7.30pm Thursday and Friday, 3pm and 7.30pm Saturday and 4pm Sunday.

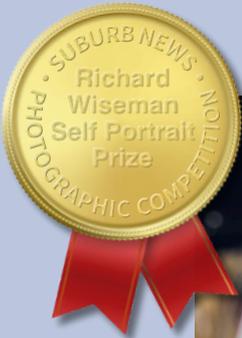
Tickets from Upstairs at the Gatehouse (020 8348 3488 or upstairsatthegatehouse.com) or you can go to ticketsource.co.uk/gardensuburbtheatre.



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We are delighted to announce the winners of this year's competition. We were pleased to have a good entry with a wide and interesting variety of approaches to the subject, Portrait, and wish to thank all those that sent in their photos. The quality of the top entries was such that the judges had a close call in making their decisions. The winners of the 2023 main competition are:

FIRST PRIZE: Portrait of Mimi by Frank Harris

Judges' comments: Frank has taken great care with this colourful photo, the subject is well positioned so that the proportions and framing are good, the subject very sharp and the background nicely blurred. We particularly liked the impact of Mimi's red hair, which splits up the photo's otherwise green colours most effectively.

SECOND PRIZE: Portrait of a Young Girl with an Ice Cream by Lucy Tobin

Judges' comments: Another compelling photo from last year's winner. This is a charming and well composed portrait, the subject in just the right position. The photo has good technique and is pin-sharp with good lighting. It captures a happy moment, with the young girl showing off her tempting-looking ice cream.

THIRD PRIZE: One of the last Days of Summer 2023 by Amanda Boyle

(This when T gave E a piggyback at the end an epic walk to Parliament Hill Lido from the Suburb...and back!)

Judges' comments: This is another shot of youthful happiness. The photo shows two young people enjoying Hampstead Heath. It is about an 'epic' walk and the mass of grass gives one that feeling of the end of a long walk and the relationship of the two kids determined to make it!

Judges' general comments: In evaluating the entries, we looked at storytelling, subject matter, impact, creativity and style, composition, lighting, colour balance and technical excellence. In the end, the top two scored very similar overall numbers, but made up in quite different ways. We particularly liked the winning image because its subject is very well defined by its excellent, subtle use of colour. The Portrait of a Young Girl with an Ice Cream is a lovely bright photo, in which the girl is clearly caught in a wonderful moment of stillness. They are both very good, but we felt that 'Mimi' just edged it in the final analysis.

Quality of the entries was generally very good, although some entries (including what would have been a prize winner) sadly had to be disqualified because they did not comply with the Rules of the Competition.

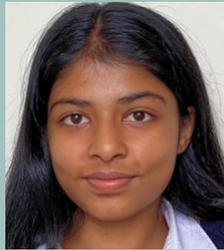
THE RICHARD WISEMAN SELF-PORTRAIT PRIZE

THE WINNER: Self-Portrait in a Social Media Bubble by Lucy Tobin

Judges' comments: Another great photo by Lucy Tobin which is interesting and quite enigmatic. Even though the subject is not engaging with the camera, no doubt because it was a selfie, that element adds to the mystery. It leaves the viewer to interpret, whilst being visually arresting. Lucy's technique is not entirely clear, perhaps the picture was taken through a glass bowl, but the innovative approach is right.

Readers will see that Lucy Tobin not only won two prizes this year, on which we would like to congratulate her again, but also won first prize last year. We would just like to emphasise that the judges had no knowledge of the entrants' details before the decisions were made, so all the more credit to her.

We would like to thank the judges, Myke Jacobs, Marion Davies and Diana Iwi for officiating again this year.



Labdhi Ostwal
I am 15 years old and eager to share my view with the Suburb. I have joined as I see this opportunity as a way to contribute to a greater cause, and to represent the youth and their perspectives. I also enjoy writing and voicing my views on paper and spreading them to others. I'm extremely keen to be part of the team this year.
Thank you!



Rakshiha Chandrajit
I have always had a passion for reading and writing, but I am particularly interested in fiction and journalism. My favourite subjects are English and Design and Technology. I am excited to share my opinions and contribute to the community, and I am really looking forward to working with this team of young writers for Suburb News!



Rushda Zafar
I'm 14 years old and enjoy anything literature-related especially journalism and current affairs. I also enjoy swimming, badminton and graphic design. By joining SNY as a journalist, I aim to use this as a platform to voice my opinions and contribute information to the community. I hope this will help me gain many new skills as a writer.



Saanyakta Kumar
I enjoy reading all kinds of literature and I have a particular passion for writing poetry. I enjoy listening to music and watching shows and movies. My favourite thing in the world is probably rain, and one of my hobbies is martial arts!



Sofia Kountouri
I love writing, which is why I volunteered to write for Suburb News, as well as wanting to try out something new that included thinking about my audience and working with others. I also enjoy reading, discussing ideas, swimming in the sea, playing board games and learning about the Classical World. I love school and also holidays in the Greek islands!



Vaishni Jeyananthan
I am an avid reader and love dystopian and mystery novels. I enjoy playing netball, volleyball, football and badminton. Also, I like to listen to music and write short stories in my free time. I am excited to share my thoughts with the readers of Suburb News and am looking forward to writing interesting articles on many important topics.

AI: How it evolved

Artificial Intelligence (AI) has a rich history, rooted in the human desire to create machines that can replicate, and perhaps exceed, our cognitive abilities. The foundations of AI date back to the Ancient Egyptians who would ask animated divine statues, usually made of stone, wood and metal, for advice. These statues were mechanical and capable of autonomous movement. The word 'automaton' is derived from ancient Greek and translates to 'acting of one's own will'. Although these automatons were undeveloped compared to modern AI, they represented the start of humanity's endeavours into artificial intelligence.

In the 1900s, there was a rise in interest in the concept of AI. The term 'robot' first originated in the 1921 science fiction play Rossum's Universal Robot by playwright Karel Čapek, which introduced the concept of artificial people and, a few years later, Japanese professor Makoto Nishimura was responsible for the first Japanese robot. Then, in 1949, Edmund Callis Berkley's groundbreaking publication of Giant Brains, or Machines that Think offered an insight into the evolving scene of modern technology and its resemblance to the human brain.

From 1950-1955 there was significant progress in AI, indicating an important moment in its historical evolution. These advances were further propelled by renowned individuals of the era such as Alan Turing, who, through his exploration of machine learning and the famous Turing Test, sought to assess a machine's ability to exhibit human-like intelligence. In 1955 a pivotal milestone was achieved by John McCarthy, who first coined the term artificial intelligence at the

seminal Dartmouth Conference, officially marking the birth of AI. This conference not only gave us the phrase 'artificial intelligence' but also laid the foundation for AI as a distinct field of study.

However, it wasn't a walk in the park from there on. From 1957 to 1974 there were marked technological advances in computers. During this period computers underwent substantial improvements in their codes, speed, cost and accessibility. In 1970 Marvin Minsky even envisioned the emergence of a machine/robot that would be just as intelligent as an average human within the next three to eight years. Despite these developments, the path to gaining this level of intelligence in machines remained distant but still laid the groundwork to a promising trajectory.

During the 1990s and 2000s, artificial intelligence continued to progress. When IBM's Deep Blue, a chess-playing computer program, triumphed over the then world chess champion and grandmaster Gary Kasparov, it was widely publicised and demonstrated the growth in AI.

Nowadays, in the age of new rising technology, AI has influenced nearly every aspect of contemporary life, revolutionising industries and reshaping daily experiences. As AI continues to evolve, its societal impact will be greater than ever. The ongoing integration of AI into diverse domains promises a future shaped by innovation, efficiency, and unprecedented possibilities.

Labdhi Ostwal and Rushda Zafar – The Henrietta Barnett School

How does AI impact students who study History?

Over the past couple of years there has been a huge change in the capability of Artificial Intelligence (AI). Although some may say this is not a bad thing, for essay-based subjects such as history it has removed the core skill – individual analysis. In the past students would write essays expressing their points of view on statements made by other historians. However, with the introduction of sites such as ChatGPT, the value of those essays is lost.

Many people say that students should study history so that mistakes from the past are not repeated in the future. How can students educate themselves about the mistakes made in the past if they continue to use AI to do their essay work for them? If students become too passive with their work, history loses its power; it loses its ability to teach students to learn from the past.

As a subject, history is meant to bring about the next generation of thinkers. The essays the students write are meant to be a way to freely express their opinions on historical events. This cannot happen in a world where AI, such as ChatGPT, becomes the brain, rather than the student.

AI has been around for decades, so why is it that, only now, it is becoming so frequently used by students? ChatGPT, owned by OpenAI, launched to the public in November 2022 and made waves, becoming the fastest-growing consumer application in history. A study conducted by researchers in 2023, demonstrated that 30% of students had used ChatGPT for schoolwork over the past academic year, with one in five users seeing an increase in their Grade Point Average. This not only causes direct reinforcement, but also encourages vicarious reinforcement, which entails students seeing others rewarded by their plagiarised work, and so, in turn, they resort to using applications such as ChatGPT too.

Many students suggest that ChatGPT is a useful tool in helping them to understand their work, and to enable research beyond the classroom. These are examples of unproblematic, and beneficial usage of the tool. The real issue lies with the possibility of plagiarism that

ChatGPT, and other AIs, bring with them. ChatGPT is a chatbot; it's language model able to generate original content, which enables it to compose original essays. AI will always have benefits, as well as flaws – with the ability to plagiarise being one of them – however what a person chooses to do with AI is up to them, and so the onus of being faithful lies upon the student, rather than the AI.

Maleeha Morey and Samuel Rabin – Archer Academy

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Artificial Intelligence (AI) is the use of technology to model human intelligence and its applications are growing every day. The SNY team share their thoughts on the ramifications and impact of this technology.

ChatGPT

The world of technology and AI is evolving rapidly, but one of the most incredible changes yet is the development of ChatGPT. Artificial Intelligence (AI) technology has become increasingly popular over the past several decades and the making of ChatGPT has revolutionised the tech industry and taken the world by storm. Designed and developed by OpenAI and already the topic of countless studies, the impact this chatbot has had on society is immense - but is it all positive? Whilst it is a groundbreaking innovation in the field of artificial intelligence, ChatGPT, just like any other technology, has both revolutionary and sinister implications for today's world.

ChatGPT is a powerful and versatile AI chatbot that can assist and converse with humans, automate tasks and do just about anything one could imagine. There are many benefits that come with the creation of ChatGPT, such as versatility. ChatGPT can perform a wide range of tasks that may be more difficult or take longer for humans to perform, specifically translation, answering of uncommon or complicated questions and generating content. Additionally, ChatGPT can improve accessibility, for example, by providing information and assisting with communication - a quality that is often not considered by other technological developments but is present in ChatGPT. Lastly, ChatGPT is available at all times, meaning that it is deeply useful for customer consultations, important questions, and information retrieval. With humans, full-time availability is not a common feature due to basic requirements, such as sleep and meals, but ChatGPT allows an unlimited amount of time for resources to be produced.

However, the potential misuse of this invention could be particularly devastating, namely scams, fraud, cyber-bullying, plagiarism, job

displacement and even political manipulation. ChatGPT can be used to create phishing emails or messages that impersonate legitimate sources (such as banks or other financial institutions), and they can be used to trick individuals into providing personal and sensitive information or transferring large amounts of money. ChatGPT could also generate false or misleading information, causing the spread of fake news to reach even further across the world than before. It could also lead to ethical and moral dilemmas being raised, if offensive or questionable content is generated. Job displacement could also be a potential drawback to the development of ChatGPT, due to menial tasks becoming automated. This could lead to a dire state of unemployment throughout the working population, increasing issues such as poverty.

To conclude, amongst all of the rapid technological developments occurring at present, ChatGPT represents a remarkable achievement in the field of AI. Its versatility and availability have undoubtedly introduced the modern world to a new era of convenience, improving accessibility and efficiency across multiple domains. However, ChatGPT could easily be used for untoward ends, including scams and the spread of misinformation, which raises necessary concerns. The societal impact extends to ethical issues and the potential displacement of jobs. Attaining a balance between the usage of ChatGPT's transformative power and applying caution against its darker implications, is crucial. In the modern world, careful regulations and ethical considerations are of the utmost importance to navigating ChatGPT's impact responsibly.

Saanyakta Kumar and Rakshiha Chandrajit - The Henrietta Barnett School

The misuse of AI

"The creation of AI will either be the best or worst thing to happen to humanity." - Stephen Hawking

Artificial intelligence is a technological innovation that has revolutionised the way we interact with and consume information, changed our everyday use of technology, enhanced the precision and speed of human effort and improved various industries, such as developing treatments in healthcare. However, while AI has many positive applications, we should be mindful of the potential for its misuse.

The abuse of AI can cause cyber attacks by terrorists and rogue states through automated hacking or speech synthesis to exploit the vulnerabilities of AI systems. Likewise, an increase in automated vehicles will allow attackers to re-purpose such systems for harmful ends. Recent reports also raise concerns about privacy and human rights, targeting social rights activists and journalists under the pretext of preventing terrorism, threatening fundamental rights, security and privacy. The sophistication of AI systems can also lead to the manipulation of stock prices, or conduct financial market manipulations, extending to unauthorised access to accounts, leading to financial loss and privacy invasion. Furthermore, misuse of AI can lead to the creation of deep fakes, using AI techniques to craft or manipulate audio and visual content to spread misinformation and lead to identity theft or erode trust in surveillance videos or body cameras. For example, an energy firm was duped into transferring nearly £200,000 after an impersonation of the firm's CEO using deep fake audio technology. Dangerous, right?

The 'AI dream' regarding employment has also unfortunately been betrayed in many cases. It was hoped that with robots utilised to perform repetitive or mundane tasks such as manufacturing, the process would become more efficient and yield higher profits for companies. This would mean they could afford to lessen working hours and increase the wages of their employees. Their standard of living and quality of life would then increase with their income and work-life balance. There could even be no manual labour jobs done by humans any more, with everyone working in more creative and enjoyable sectors. AI would be an opportunity to escape the trap of the proletariat (being forced into monotonous labour to earn a living). However, in practice the bigger profits of the companies were often not used to improve working conditions; instead, companies sacked huge proportions of their workers, replacing them with automated machines, leading to mass unemployment. And since the jobs left were in high demand, the salaries were also lowered. No universal basic income has been introduced to counteract this effect of AI, nor have any steps been taken to make the 'AI dream' a reality.

Like most new inventions, the massive potential AI has to improve human quality of life is in many instances unexploited and misused in favour of, on the one hand, making more profit for already wealthy businesses and, on the other, creating the threat of cyber attacks and impersonation harming society. But the misuse of AI is not a fact written in stone - and it's up to us to change it.

Vaishni Jeyanathan and Sofia Kountouri - The Henrietta Barnett School

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How does AI like Chat GPT impact essay writing?

We all have to write at least one essay in our 85 year lifespan. Whether that be for that troublesome English homework you've been putting off for the last week, or that pesky monthly evaluation presentation at work, we all go through it at one point or another. The word essay comes from the French verb 'essayer', which translates into 'to try'. It makes sense, doesn't it? The calluses on the side of your fingers that will never really go away no matter how much hand cream you try to rub on your tired, aching hands. Or the skyrocketing roaring increase in your caffeine intake whilst you try to overcome your never-ending writers' block. Or even the endless thesaurus encounters as you dive into an infinite list of words. All of these heighten the enriching experience of essay writing and build up a person into who they are, but with the increase in technology, how will the younger generation flourish successfully?

With the myriad technology available to the new generation, adoption of applications like Chat GPT seem inevitable. The endless functions available enable students to let go of essay writing responsibilities completely. From re-phrasing written works all the way to conjuring up unique pieces of text, Chat GPT has it all, doesn't it? However, the underlying coding difficulties peek through as many errors occur in such essays. This is a disadvantage as there is still a broad tinge of unreality when it comes to AI generated essays with little to no human attributes in the sometimes meaningless sentences.

As we look towards the future, some may wonder if the emergence of chatbots marks a fateful step towards the demise of essay writing subjects. Increasingly, the first port of call for the average teen, when faced with a looming essay assignment, appears to be chatbots. Teachers are outmatched on every front; the new technology possesses an unnerving aura of robotic invincibility with answers sometimes almost indistinguishable from those of a real student. Is the skill to formulate a cohesive, convincing argument becoming redundant? Why spend hours writing an essay and years developing essay writing skills when Chat GPT could serve up a gleaming model answer in a matter of seconds? Not only are subjects such as history and English faced with an alarming normalisation of cheating, but the very point of writing an essay appears to be critically undermined.

It's not necessarily all doom and gloom though and it may be that we are overestimating the effectiveness of the new technology. Our exam-based system of GCSEs means that students who use AI to cheat only damage their ability to succeed in the exam hall when Chat GPT is firmly out of reach. AI also seems unable to cater for the specific mark scheme-oriented criteria of coursework-based subjects. Moving into higher education chatbots appears to be unable to incorporate the more obscure course-specific knowledge and techniques so universities, already plagued by essay cheating, appear to be spared the menace of AI at least for now.

Donya Khazaei and Jude Dolan – Archer Academy

How is AI blurring the lines of copyright laws, artistic expression and the meaning of creativity in the modern day?

For an author, the process of writing a book can be a creatively, physically, and emotionally challenging task. Using an AI application such as ChatGPT, creative works can be generated within seconds. This creates a near infinite supply of literature and poses a great threat to authorship as a profession. But this auto-generated source of writing goes a step further when it actually fabricates sequels, prequels, and other spin offs, which then pose massive questions regarding the author's intellectual property rights and the potential rights of the AI user to profit from the work that 'they have created.'

The rise in the use of AI to generate media comes hand in hand with numerous legal and philosophical questions. How can we define creativity and authorship when AI is involved? Can an individual be considered creative for inputting a prompt that initiates a response from software developed by a company that the individual is not involved with whatsoever? Then there is the legal side of the argument; it is extremely difficult to monitor the sale of books, especially over the internet, where books are being sold as files rather than physical objects. The unsupervised nature of the sale of books makes it very difficult for sites like Amazon, let alone the actual authors, to track down any illegally created spin-offs of their work. Author Rory Cellan Jones described to the Guardian the shock and injustice he felt when he found a supposedly AI generated biography of himself which had piggybacked off of his own genuine biography, but with generated text and misinformation about his life. "They're effectively allowing book spam and

recommending it to the very person who is most annoyed by it." Using a combination of AI like ChatGPT and Amazon's Kindle Direct Publishing (KDP) system, book spammers can publish dozens of books every day.

More importantly, AI plays a huge role in the lives of students who may want to become authors but are producing essays with minimal effort at the press of a button, blurring the line between their ideas and ChatGPT's repetitive regurgitation. While AI can assist students and is a powerful tool, it also can suck the creativity out of minds that will go on to change the future. AI can produce tonnes of information that has already been put on the internet but what is needed is originality. AI lacks the originality and passion of new perceptive ideas in the classroom, ruining the opportunity to grow minds and discover ideas and stories so entrancing they would make the next Roald Dahl or JK Rowling, who for years to come, might transport people into other worlds. Or there is ChatGPT which can write reams through binary zeros and ones but is fully emotionless. There is something about the complexity of the human brain and the way that emotions are felt; there is an electrical impulse in our brains that can cause us to smile and mourn in a way that the computer simply can't.

Riya Chouldry and Joseph Csaky – Archer Academy

Farewell Tony



ANTHONY GEORGE

For over forty years, the Suburb has benefitted from the expertise of arboriculturist Anthony George. Tony, as he's known to so many, retires at the end of this year. We know that many of you will have met him when you've sought his expert advice and experience and /or the Trust's consent to carry out tree works.

Tony has also worked for many years as a tree consultant on one of our Scheme of Management cousins, the Dulwich Estate in south London. Tony's immense knowledge of trees, and of the Suburb's green landscape, has helped the Trust to ensure the health and longevity of the trees and other vegetation that make this area such a unique part of London.

The Trust's tree inspections are free of charge, the costs being covered by the management charge payable by all Suburb freeholders.

From 1 January 2024 tree inspections and horticultural advice will be undertaken by the Trust's Green Estate Manager, Frank Hawkins, who joined us in August. He brings a wealth of experience in landscape, maintenance implementation and arboricultural expertise.

So next time you call us to make a tree appointment, Frank will be carrying out the tree inspections. If you ask for Tony out of habit, we'll know who you mean!



FRANK HAWKINS

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THE GARDEN GIRL



Woodland patch (Photo: Caroline Broome)

Wild about rewilding

CAROLINE BROOME

Ah, Rewilding. The gardening buzzword of the moment. But what exactly does it encompass? I must admit I am somewhat reluctant to raise my head above the parapet for fear of having it bitten off by the self-appointed horticultural elite.

Rewilding Britain states: "Rewilding is a crucial tool in the toolbox for tackling the nature and climate emergencies." In

agriculture, wide strips of land alongside field boundaries have been given over to wildflower meadows to create a corridor for small mammals and insects. Arable land is being converted back to meadows. I know this because I've seen it on Countryfile! Our waterways are in dire straits (if you'll pardon the pun). Fewer than a fifth of England's rivers are healthy. Where beavers have been reintroduced in Scotland and Devon,

waterways are once again thriving. By building dams they reduce flooding and filter out sediments downstream, help us mitigate the effects of drought, and, being herbivores, they don't eat the fish. Seems to me there is every reason to rewild as much as possible in the countryside.

But in horticulture the lines are somewhat blurred. It's no surprise that the press is full of gardening celebs putting their oars in, for and against. The Guardian recently lambasted Monty Don and Alan Titchmarsh for railing against rewilding in domestic gardens. (I can't imagine those two often agree with each other, so different are their styles!) It went on to describe ways in which the amateur gardener could adapt their plots to become more wildlife friendly. All well and good, I hear you say, what's wrong with that? In theory nothing. But the rewilding purists are striking fear and guilt into the hearts of the amateur gardener, by vilifying the lawn as spawn of the devil and casting scorn on the neatly maintained border.

In the name of sustainability, local councils are converting grass verges and installing pavement troughs to create wild planting displays containing perennial grasses and flowers in place of traditional annual displays. They look wonderful. Have you seen the verges in Marylebone High Street? But I worry that the Parks Departments have neither the manpower nor experience to maintain these as, contrary to popular belief, this style of prairie planting does not look after itself. Only time will tell.

So where do I stand in all this? I think that there are several things you can do to make your

garden more ecologically friendly, but these changes should be made in accordance with your needs. Suburb residents are already way ahead of the game. In specifying the use of hedges instead of fences the Suburb Trust has facilitated wildlife corridors. Hedgehogs can come and go unrestricted, birds can nest aplenty. Wild flowers self-seed freely from garden to garden; after all, in the eyes of nature, all the gardens are conjoined to create one great big green space. Whether seeds are wind pollinated, distributed by birds or even by us professional gardeners as we move from job to job, forget-me-not, borage, Welsh poppies, comfrey abound.

So, if your children love playing on your lawn, why feel obliged to get rid? Compromises can be made. Keeping a play area well mown with neat edges is enough; do without chemical weed-and-feed, embrace buttercups and daisies. If you have an area of lawn that you tend to overlook, that's the area you can leave unmown during the summer. If you are lucky enough to have a large garden, then you can mow a curvy path through the middle and around the perimeter. Long grass that is allowed to flower is great for pollinating insects but be sure to mow it short in the autumn. This in itself is not Rewilding. The task of Rewilding your lawn takes knowledge, time and patience, so if that appeals to you then refer to the RHS: [rhs.org.uk/garden-inspiration/wildlife/rewild-your-garden](https://www.rhs.org.uk/garden-inspiration/wildlife/rewild-your-garden). Many houses benefit from backing onto woodland, which offers an ideal opportunity to create a woodland garden.

Woodland likes dry shade so turn your bald patch of lawn, which will never thrive, into a glade, using ferns, hellebores and bulbs, lots of bulbs! For more ideas look to Beth Chatto, who created the phrase 'Right Plant Right Place': bethchatto.co.uk/conditions/plants-for-shade-conditions/.

Designate an area which is sheltered, such as behind a tree, where you can toss your woody prunings, for frogs, toads and visiting small mammals to hibernate. Put up bird feeders. There's a marvellous website that identifies bird song (allaboutbirds.org/guide/Merlin/sounds). Create a small pond. Install a compost bin, ideally three: one to fill with household vegetable waste and soft prunings, one to rot down and one to spread on your borders either in autumn or spring.

See, rewilding on a practical level is achievable. Job done. Enjoy.



Marylebone High Street Oct 2023 (Photos: Caroline Broome)

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HGS Horticultural Society News



Joining the Horticultural Society is cheaper than therapy... and you get tomatoes.

MARJORIE HARRIS
PRESS & PUBLICITY OFFICER

Following appeals in its quarterly newsletter and in Suburb eNews, things are looking hopeful for a bright future for HGS Horticultural Society, with several new people volunteering to join the committee and take the venerable society forward. We still need a new generation of people interested in gardening, allotmenting or just visiting gardens to swell the ranks of volunteers willing to take on some of the many jobs involved in the admin of keeping it going. If you can help, please contact the HGS HortSoc Chair, Caroline Broome (enquiries@hortsoc.co.uk, 020 8444 2329). It will be possible to shadow the current post-holders first, so you don't have to jump straight into a job.

HortSoc has recently swapped its creaky old website for an up-to-the-minute new one (hortsoc.co.uk) with news, events and gardening advice from our own society and other north London gardening groups updated regularly.

Several HortSoc members were successful prize-winners at the London Gardens Society Best London Gardens awards ceremony at London's Guildhall in October. Some of them, and additional members, will be opening their gardens again for charity in 2024 under the National Garden Scheme, either on fixed dates, or by appointment. Watch out for information on the HortSoc website.

Whether you are interested in visiting exquisite gardens around the country or fancy exploring some of the most beautiful gardens in Hampstead Garden Suburb, exhibiting flowers or vegetables in our regular shows, gleaning

gardening advice from local gardeners, or attending our lectures, workshops and plant sales, membership of the Horticultural Society has much to offer:

- 10% discount on plants at local garden centres including The Flower Station in Temple Fortune Lane, Finchley Nurseries in Mill Hill, Sunshine Garden Centre (10% discount and special offers) and, for gardening products, at Shutlers in Bridge Lane, NW11,
- FREE quarterly newsletter full of practical advice, tips on gardening

in Hampstead Garden Suburb and event news,

- FREE annual handbook detailing all show classes, competition entry guide, events diary for the year etc. Privileged entry and reduced price tickets to lectures and workshops,
- Planting and design advice from people who not only have green fingers and a keen eye but have an appreciation for Hampstead Garden Suburb Trust design guidelines (this can impact proposals for sheds, greenhouses, hedging, trees, etc),
- Access to seeds in the Big Seed Swap, as well as regular bulb and

plant sales and community manure drop-offs organised at the start and end of the growing season,

- Special events – reduced price tickets to other events (quiz evenings, Summer parties etc).

Membership runs from January to January, and costs £8 for individual members or £12 for household membership.

To join, simply ask the Membership Secretary (020 8444 2329; membership@hortsoc.co.uk) for an application form and return it to: David Broome, Membership Secretary, HGS Horticultural Society, 79 Church Lane, London N2 0TH.

Allotments Social

The Allotments Social at Creswick Walk marked the end of summer 2023, as the weather changed with a bang on 17 September. But, miraculously, the heavy rain stopped and there was a window of pleasant late-afternoon sunshine to socialise and enjoy the drinks and nibbles provided by the Trust.

About 60 people turned up to celebrate another year of successful crops, to meet other allotmenters and to look round this secluded, peaceful space sheltered from the hustle and bustle of the A598 and the A1. Visitors came from all the Suburb allotments and from The Orchard.

Certificates were presented by Gren Manuel to allotmenters who had made their mark during the year.

The Phyllis Young Memorial Trophy for Best Plot was awarded to David Golya from Big Site – a gardener of much experience who won this trophy 17 years ago.

The Best Newcomer was Pavel Bogomalov, from Willifield/ Wordsworth site, whose amazing plot was marked by the presentation of a trowel – much power to his elbow in coming seasons!

Many thanks to Evelyn Thomas for organising this event.

If you are interested in taking an allotment plot, please contact us at mail@hgstrust.org.uk.

Liz Hall



Photo: Liz Hall



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Patricia with her prize squash (Photo: Erin Hodgson)



Sam's squash, hanging loose (Photos: Patricia Major)

The Squash-Off

PATRICIA MAJOR

In June this year, Sam Westman and I challenged each other to a 'Squash-Off'. Experience has taught me that my squashes grow better off the ground – perhaps because the leaves can access more light or maybe it's the air flow over and under the foliage – and so small seedlings were planted in compost bins at least 90cm off the ground. Sam's were to clamber up and over his fruit cage and mine, as in previous years, to cover the compost bins and wood pile.

Who won? Well, Sam did grow three squashes to my one... but mine was larger! Of course, other squashes were grown on Big Site Allotments, including bigger ones and prize winners, but our main prize was that the benefits of the mindfulness to be gained in the husbanding of allotments goes way beyond the produce of the earth. Indeed, coincidence can be

found in the strangest of places and, like many others who have plots on allotments, Sam and I are there for our mental health and well-being and both believe that our neuro-plasticity – the rewiring of the neural pathways – has greatly benefited from our activities there.

I would like to thank my fellow Allotmenters and also the friends who have encouraged me to continue and supported me in my endeavours after suffering a stroke. You are too many to name individually but you know who you are and here's to seeing you all – and any new prospective Big Site Allotmenters who are inspired by this article – in 2024.

WHAT IS THE #LIFEREDEFINED CAMPAIGN?
The #LifeRedefined campaign aims to emphasise that strokes can affect anyone, regardless of age, and to increase public understanding of what it means to have a stroke.



Horticultural Society sweeps the board

CAROLINE BROOME

Hampstead Garden Suburb Horticultural Society swept the board of the All London Championships at the London Gardens Society Trophy Presentation Evening at The Guildhall on 12 October.

Seasoned member Gerlinde Kathuria won 1st prize in the Small Front Garden, Large Back Garden and Window Boxes, Containers & Hanging Basket Displays classes. Her beautiful garden was visited by HRH The Duke of Edinburgh, Patron of the LGS, as part of his annual tour this June. New LGS member Augusta Wolff came second only to Tottenham Hotspur FC in the Miscellaneous Displays Other Than Hotels, Pubs & Restaurants class for her immaculate allotment.

New LGS members Steven & Joan Fogal won 2nd place for their unique garden in the Garden (Any Size) With Paid Or Professional Help class. HGS Hort Soc members Betty Pollack, David Weinberg, Yvonne Oliver, as well as The Orchard, all received certificates of excellence.

The highlight of the evening was the Awards to LGS Affiliated Societies: Suburb In Bloom won 2nd place. (Last year you may remember that we won first place, which can only be awarded to an affiliated society every three years). Sadly, we weren't able to actually receive the Solomon Cup on the day as it went missing but I'm glad to report it has now been found.

If anyone would like to join for 2024 please contact Caroline Broome at enquiries@hortsoc.co.uk.



Gerlinde Kathuria with Sir David Howard (Photo: Caroline Broome)

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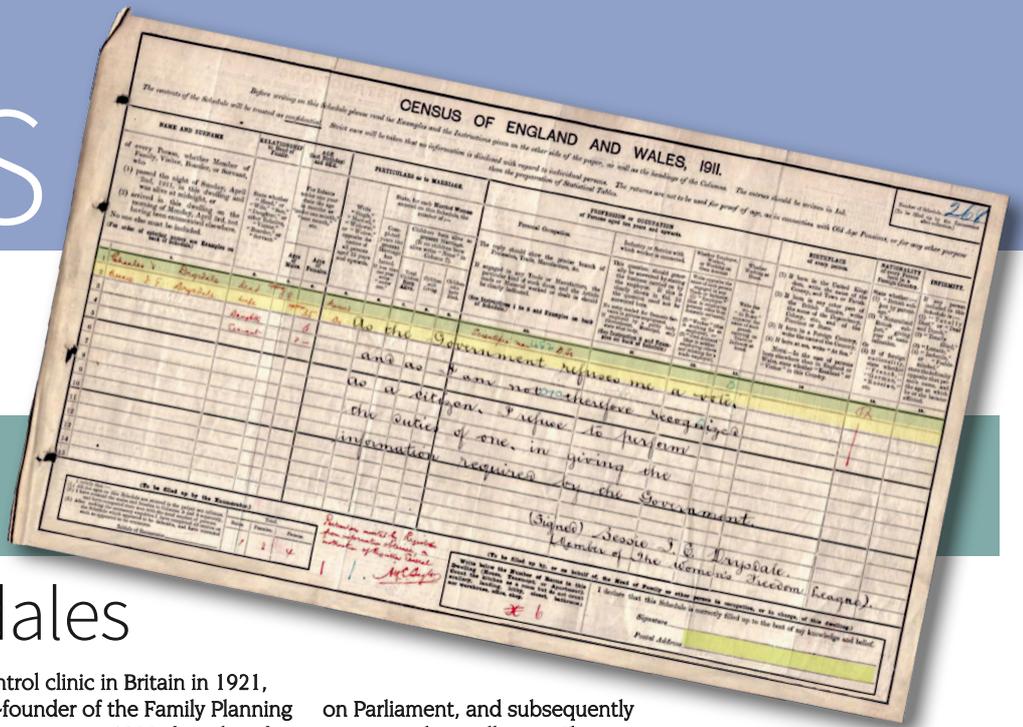
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WHAT'S NEW IN THE VIRTUAL MUSEUM?



The Remarkable Drysdales

JUDY SMITH

The Drysdale Family is featured across our Virtual Museum. Its members are central to two of our major Collections, the 1911 Census and the Suffragists & Suffragettes. And as we are building our new section of the Museum devoted to Notable People of the Suburb, the Drysdales are there too, as they were innovators in the field of medicine, public health and physics.

The matriarch was Alice Vickery Drysdale, who lived at 47 Rotherwick Road. As women were prohibited from qualifying as doctors in England at that time, Alice qualified as England's first female pharmacist in 1873. In the same year she travelled to Paris and qualified as a doctor there. Alice was the mother of Charles Vickery Drysdale (49 Rotherwick Road) who was a co-founder of the Institute of Physics. Charles was also founder of the first birth

control clinic in Britain in 1921, co-founder of the Family Planning Association in 1930, founder of the Men's League for Women's Suffrage and a member of the Men's Committee for Justice for Women. Bessie Drysdale was Charles' wife. She was deeply involved in the Women's Social & Political Union (WSPU) which later became the Women's Freedom League (WFL). Bessie was arrested in 1907, when delegates from the Women's Parliament in Caxton Hall marched

on Parliament, and subsequently imprisoned in Holloway. She was strongly committed to women's rights, sexuality and women's enfranchisement and did extensive work in women's health and birth control after WWI. The spoiled 1911 Census form which you can see here was not completed by Bessie, the homeowner. Instead she wrote: 'As the Government refuses me a vote, and as I am not recognised as a citizen,

I refuse to perform the duties of one in giving the information required by the Government.' Bessie signed herself as a member of the Women's Freedom League. Her mother-in-law, Alice, seems to have evaded the 1911 Census altogether. Come and meet these remarkable people who made the Suburb, at the Virtual Museum.

HAMPSTEAD GARDEN SUBURB ARCHIVES TRUST

Class in the Suburb

JOHN ATKIN

In December 1903, in a letter to the Hampstead and Highgate Express, Henrietta Barnett revealed her dream of establishing a garden suburb in which '...the rich may live in kindly neighbourliness with the poor.' Work to realise this dream began in 1907 with the construction of the first cottages and houses to be built for the by then named Hampstead Garden Suburb. Looking back on its formative years, Henrietta Barnett reaffirmed that the Suburb had been developed with the praise-

worthy intention of accommodating '...persons of all classes of society and standards of income...' Hardly anyone would claim that this objective is met today. A few years ago, the Evening Standard described the Suburb's residents as being, '...almost exclusively middle class and wealthy.' Events such as the inter-war development of the 'New Suburb', with bigger houses, and the post-1960s explosion in house prices are often cited as factors causing the Suburb to lose its social diversity. But is this correct? Something must be obtained first before it can

be lost, and an article published in 1911, in the Town Crier, suggests that, even at the outset, the Suburb may not have accommodated 'persons of all classes of society.' In this article, it was noted that every morning the likes of odd-job men, charwomen, and jobbing gardeners entered the Suburb to work but departed in the evening because '... there is among us no place where they can live.' The suggestion that the working poor were priced out of the Suburb is supported by evidence from the 1911 Census. This reveals that its newly-built cottages were rented (most Suburb dwellings were rented and not bought in those days) by members of the lower middle class such as clerks, shoemakers, postmen and shop workers and not by those, such as unskilled labourers, who languished at the bottom end of the income scale.

Such as Hampstead Tenants Ltd, on land leased from the Hampstead Garden Suburb Trust. To rent a property a future tenant first had to commit to buy a minimum of five £10 shares in the relevant co-partnership company, paying £5 upfront and 5 shillings a month thereafter. Amounts such as these were way beyond the means of the working class. This was underlined, in 1917, in a report prepared for the Ministry of Reconstruction in which Hampstead Tenants Ltd was criticised for imposing terms that created, '... a barrier against working class

residents.' That the poor were to have no role to play in the fulfilment of Henrietta Barnett's dream was recognised, therefore, quite early on in the Suburb's history.



(Photo: John Atkin) From Suburb Archives collection

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Colour doesn't exist

FRANK HARRIS

The images I have captured here were taken on a 'full-spectrum' infra-red converted digital camera. So what is infra-red photography?

Infra-red photography captures light that is just beyond the ability of the human eye to see. To understand infra-red photography, it is helpful to understand the electromagnetic spectrum, how our eyes see light, and how cameras capture light. Filters are used in infra-red photography to block specific wavelengths of the electromagnetic spectrum and allow other wavelengths to pass.

The human eye is sensitive to electromagnetic radiation with wavelengths from 400 nm (violet) to 750 nm (red). We refer to this range as visible light.

When you see a colour, your eyes sense a specific wavelength of visible light and the brain interprets the colour of light. The colour you are seeing does not exist in nature; it only exists in our brain's interpretation of the light, which is why we can both look at the same swatch of colour but there is no way to know that the colour I see in my brain is the same as the colour you see in your brain.

With colour infra-red photography, filters are used to

allow different wavelengths through to the camera sensors.

The camera used here has been converted to 'full-spectrum' which captures near-ultraviolet, visible, and near-infra-red light. Of course cameras can also be converted to a specific cut off wavelength to produce variations of colour or monochrome.

These colour casts can result in surrealistic images or images that appear just plain wrong to the human eye.

Until very recently, I only used to shoot infra-red monochrome (black and white) images but now having discovered colour infra-red I can experiment to my heart's delight with no limit on my imagination. In addition, with the use of computer photographic software, colours can be manipulated to suit any style that appeals to the user.



A book is a gift

MARIE-CHRISTINE O'CALLAGHAN

One morning last spring, I was watching the news, when amidst the usual mix of weather, sport and bad news, there was a report about a charity that organises online volunteers who give one-to-one reading support to children in schools. This sounded such a good idea that I had to find out more.

The charity is called Bookmark and it was started in 2018 with the simple aim of 'wanting every child to read'. You would think that a country that has had legally compulsory education since the late 19th Century would have a fully literate population. Regrettably, according to the National Literacy Trust, 7.1 million adults in the UK are functionally illiterate – meaning they have difficulty reading the front page of a broadsheet newspaper, understanding the instructions on a medicine bottle or succeeding in writing a job application. And the situation is not improving. According to the Department of Education, in 2022 one in four children left primary school unable to read to the

required standard. So, helping children with their reading sounds like a really good idea.

The charity does offer face-to-face teaching but the online element is now about 80% of their work, which means it can offer the service across the country and volunteers can help from the comfort of their own armchair.

When applying to volunteer with Bookmark you need to fill out their application form, provide two independent references and get DBS checked. There will be an interview, usually online, and then you need to complete the training. Once you become a volunteer you can start a programme with a child. Each programme involves spending two thirty-minute sessions with the same child (five to ten years old) for six weeks. You choose the sessions to suit your schedule and you should be able to complete three of these programmes a year.

I have been reading with children since September and it has been a pleasure and a privilege. Alice Hoffman did write: 'Books may well be the only true magic.'

To find out more visit www.bookmarkreading.org/volunteer.



Photo: Bookmark Reading Charity



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