

Share a pudding with your neighbour Turkish style



Ilknur
Kahraman

If you are lucky when you arrive at the Dialogue Society's offices on Holloway Road, you will be offered Noah's pudding (see box)...as HCA

member Graham Coult discovered when he went to interview the Dialogue Society's co-director Ilknur Kahraman. The Dialogue Society is a national charity founded in Highbury (Drayton Park) in 1999 by British Muslims of Turkish origin to promote intercultural dialogue, community cohesion and proactive citizenship.

Graham writes:

Ilknur is proud of the Society's 10-year history: 'Our outreach work has begun to make a difference and we are now being recognised as a serious player by politicians, policy makers and other community organisations. Recently we secured a small pocket of government funding to deliver three community projects nationwide for the first time. We are very excited by this.'

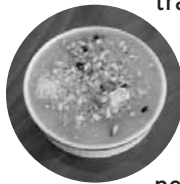
The Dialogue Society is about research and civic engagement. It works to develop new ideas for effective and meaningful dialogue. It aims to hone those ideas into policies and projects and put those projects into practice.

Current work includes weekly seminars, panel discussions and roundtables; policy recommendations and publications; policy-maker outreach and briefings; annual conferences and colloquiums; consultancy, training and support;

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Noah's Pudding

Noah's Pudding is a Turkish custom. According to Muslim lore, when the waters of the Great Flood began to recede Noah and his family gathered up all food remaining on the Ark and cooked a pudding. This dish is traditionally made on the tenth day of the first month of the Islamic calendar, known as the Day of Ashura (this year on 27 December 2009). But in fact it can be made any time. The important thing is that it is made to be shared with 10 neighbours.



The Dialogue Society (see opposite) found Turkish people in North London were travelling 20 minutes or more to exchange Noah's pudding with other Turkish families. The Society suggested the pudding be offered to immediate neighbours. Some people expressed concerns about their English, so the Society produced a postcard that explains the tradition and has the recipe on the reverse. Families who have offered the pudding have found the gesture reciprocated by their non-Turkish neighbours with traditions and gifts of their own.

Recipe

Ingredients

1 cup dehusked wheat
One third cup of chickpeas
One third cup of dry white beans
Two tablespoons of rice
Twelve and a half cups of water
Ten pieces dried apricots
Five pieces dried figs
Half cup of seedless raisins
One small size orange
One and two thirds cups sugar
Two tablespoons of rose water
Two thirds cup walnuts (not crushed)
Pips of half a pomegranate

Preparation

Wash the wheat, chickpeas and dried beans. Soak them separately overnight with the beans and chickpeas in one cup of water and the wheat and rice mixture in two cups of water.

Then add three cups of water

to the wheat and two cups of water each to the chickpeas and beans and place them individually on the hotplate. Cook the wheat until the grains are dissolved and the starch comes out. If necessary, boil the chickpeas in a pressure cooker.

Wash the dried fruit and soak it for two hours in 1½ cups of water. Mix the cooked ingredients and the dried fruit in a pan and cook for 15 minutes. Peel the orange and cut the rind (including the white inner part) into strips 3-4cm long and 1cm wide. Add them together to the mixture and cook for another five minutes.

Add the sugar and cook for 1-2 minutes, and then remove from the heat. Add the rose water and stir. Pour into pudding bowls. Garnish with walnuts and pomegranate pips.

Best served cold.

Pilates Classes

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continued from page 1

and intercultural community events. Last year alone, the Dialogue Society organised 70 events, 108 outreach meetings, co-founded two institutes and hosted almost 3,000 visitors at its premises. The intensity of activity is growing. New projects include a 'hard talk' series and seminars at the Houses of Parliament.

The Turkey connection

Ilknur says. 'In today's world Turkey is a bridge between East and West. Turkey could be an important model for the Islamic world with its secular state system, democracy and free market economy. Its progress and achievement must be noted in human rights issues. It might be the first Muslim country joining the EU in a decade or so. And not forgetting Turkish people are very hospitable!'

The Highbury connection

'We have increasing contacts with Islington Council and Islington police. We contribute to work carried out by the Islington Faiths Forum and offer skills-based training to local residents such as presentation skills, leadership skills, understanding world religions, to name but a few. Our seminars are free and open to the public. We would like people to come along, join the discussions and help us to generate ideas. We are in the process of developing links with London Metropolitan University and Islington College. We are happy to offer work experience to university and college students.'

How can individuals in Highbury become involved?

'Volunteers are the backbone of our organisation,' explains Ilknur. 'We rely heavily on the good will and hard work of all our volunteers. Without them, we wouldn't be where we are now.' Ilknur herself works full time, but she is only paid as a part timer. Up to now funding has been mainly local-community-generated: standing order donations, project sponsorship, food and craft fairs, car boot sales and so on.

'We would like people to join in. For example, if someone is willing to deliver a course for free (personal and professional development - language, technical skills, interpersonal skills etc) we would charge delegates only for any costs we might incur (such as paper for course notes, CDs and refreshments). Our aim is not to make a profit but to provide a service others can benefit from. More local volunteer trainers would enable us to make a greater contribution to Highbury and Islington.

For further information: see www.dialoguesociety.org



Another telephone box gets the Grafters treatment

This latest piece of street art by Grafters, entitled 'Secrets,' appeared on a telephone box in Fergus Road N5 in December.

Highbury's comedy hot spot

BY TOM RUBENS

Tom Rubens' uncle used to drink in the Hen and Chickens at Highbury Corner when it was an ordinary local in the 40s and 50s. That was before Dan Crawford bought the Kings Head pub in Upper St in the late 60s and sparked a revival of pub theatre in Islington. Tom went to interview Mark Lyminster, the current manager of the Hen and Chickens Theatre:

TR: What kinds of theatrical fare have been offered over the years?

ML: It has mainly been the work of new writers and companies. The theatre has premiered a number of plays. Comedy has been a speciality: chief types have been stand-up, sketch, improvisation and character. Major names include: Bill Bailey, Armstrong and Miller, Jimmy Carr, Ricky Gervais and Eddie Izzard. In fact, the venue is a focus for comedy work among local pub theatres.

TR: Is there a definite house style in the ways plays are produced?

ML: Because of space restrictions, we focus on the written quality of the play text and on styles of acting. Sets are simple rather than elaborate.

TR: What does the theatre see as its biggest successes?

ML: These are the shows with the major comedians. Also, there are the ones that went on to be successful at the Edinburgh Festival. For example, in Edinburgh in 2009, Tom Key and Johnny Sweet won awards for performances previously given here. As well as comedy successes, there have been other productions such as *Blair on Broadway* which later transferred to the Arts Theatre in central London; and *Obama on my Mind* which drew a lot of

attention from the US media. Our most successful shows have attracted celebrity audiences: the likes of Jamie Leigh Curtis, Dawn French, John Nettles, Tom Conteh and Kate Moss.

TR: How do you rate Highbury as a cultural area?

ML: Very highly. As well as the theatres, the Union Chapel now puts on comedy shows and the Town Hall frequently mounts exhibitions. Also, there are musical venues: the 'Garage' nightclub near Highbury Corner, and the 'Hope and Anchor' pub in Upper St.

TR: Mark, thank you very much.

Coming soon....

LIGHTS! CAMERA! IMPROVISE!

Improvised comedy from the Scat Pack, touring after acclaim at last year's Edinburgh Festival - see www.thescatpack.co.uk for reviews.

Saturday nights 9:30pm at the Hen and Chickens
30 January; 6 and 13 February;
6 and 20 March

See www.unrestrictedview.co.uk for online booking and to sign up for email alerts about future productions at the Hen and Chickens; phone booking 020 7704 2001.

LUNCHTIMES AT THE KING'S HEAD The Birth and Growth of London's Fringe Theatre

For the 40th anniversary of plays at the King's Head, playwright/director John Dunne looks back.
Wednesday 17 February 8pm at Islington Town Hall
Hosted by the Islington Archaeology and History Society



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Businesses we love: Alternative Time Out guide to Highbury

Nicolette Jones, part of a group awarded the 2009 Islington Mayor's Civic Award for the Neighbours of the Blackstock Road Triangle, has now compiled - with the help of those neighbours - businesses we love. In her own words...

'The Time Out brochure attached to Islington Now [in November] only listed THREE businesses in Highbury/Finsbury Park: Godfreys, La Fromagerie and To Be Established. No disrespect to these three notable businesses, but it didn't seem to cover it, so I asked for your favourites, and this is a compilation of the enthusiastic results. Note: these are the personal opinions of the individuals named'. Part 2 will appear in the next issue.

Part 1

HAIRDRESSERS

● **Aquarius Beauty Salon** 7 Stroud Green Rd 7263 5553 (at the beginning of Stroud Green Rd, just across Seven Sisters on that island triangle). Yvonne who runs Aquarius beauty is really nice. She established her salon next door to her parents' hairdressing salon (also called Aquarius) about a year ago. Leg waxing, eyelash tinting, electrolysis, facials etc. Very professional (and convenient)! (Christine, who had it recommended to her by Helena of Good for Food). Also recommended by Maria-Elena

● **Zebra Hair and Beauty** 98 Highbury Park 7359 2224 No need to go anywhere that's not local for a good hair cut (Jacqueline).

● **Barnaby's Hairdressing** 1 Highbury Park 7226 2177 Skilled unisex hairdressers - I'm

particularly happy with Hattie. Free tea/coffee and biscuits, and head massages when your hair is washed. You have to hand it to manager Neil and Simon, the owner, for their many fun charity initiatives. And you meet interesting people there (hello, Maya). (Nicolette)

● **Holistic Hair and Beauty** 107 St Paul's Rd, near Highbury Corner 7354 1133 Certain days are organic only. Peter, the owner, is a brilliant cutter and an extremely nice man. Reasonable prices. (Marian)

GIFTS AND HOME

● **'87' Blackstock Road** -furniture and furnishings (almost opposite Ambler School) 7288 7424/ 07751 906 739 Unusual and uncategorisable shop selling retro furniture and furnishings - mostly 50s-80s 'contemporary' style, but all sorts here from African masks to chandeliers.

Interesting and nostalgic to browse in. A real curiosity. (Nicolette)

● **Gathering Moss** gifts and furniture, 193 Blackstock Rd 7354 3034 Open only at weekends; good place to browse. Staff/owners are well integrated with the community. (Ian) Also a favourite of Sue's.

● **Sultan Carpets** 146 Blackstock Rd (corner of Chatterton) Good value; very flexible service. The staff integrate well with other shopkeepers and that's why I trust them with my keys. (Ian)

One lunchtime I happened to see a roll of lino I liked for my utility room. They had laid it by the end of the afternoon. (Nicolette)

● **Louis Farouk** 113 Highbury Park, 7288 0259 Carol is always friendly and everything in there is so beautiful. It's full of intricate works of art. Far superior in quality to

Accessorize, and cheaper. (Laura)

I buy more presents here than anywhere else. Carol buys direct from the people in Egypt who make what she sells, so there is no exploitation and no middle man notching up profits. She is also brilliant at finding the perfect gift from a description of the recipient. (Nicolette)

Because I always find presents for friends there. (Teresa)

A good meeting place for the gentrified residents; quite like an Internet forum, but without the drawbacks of the internet. (Ian)

Great for velvet hot water bottle covers, distinctive jewellery and beautiful presents! (Liz)

Also a favourite of Sue's and Becca's.

SPECIALIST

● **Sargeant and Co** Bespoke and Classic Cycles 74 Mountgrove Rd 73597642 Open Wed-Sat 10.30am-6.00pm A unique shop; the only snag is you have to have an old bike (Natalie)

Also recommended by Henry and Nicolette.

● **Wools and Crafts** 169 Blackstock Rd (opposite the end of Chatterton Rd) A rather eccentric shop, but great for projects for youngsters who like to make things, as well as for adult knitters. (Nicolette)

● **Second Chance Bookshop**

161 Blackstock Rd On Nicola's Couldn't-Do-Without list.

● **Fish & Cook Stationers 3** Blackstock Rd 880 0226 (opposite the end of Rock St)

A traditional specialist shop. (Ian)

Essential for the contents of the children's pencil cases, for printer cartridges, art materials, stocking fillers, photocopying, notebooks, diaries, calendars, files and folders, and italic felt pens. (Nicolette)

Because Raj knows us all and can remember what type of ink we bought last time, or which folder John may have wanted... he's amazing! (Teresa)

Great range of stationery and art materials - will happily fax and copy. (Caroline)

Also a favourite of Jacqueline's, Becca's and Laura's.

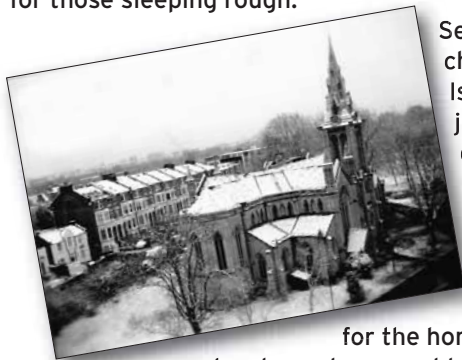
● **The Master Cobbler** 21 Highbury Park 7226 6751 info@themastercobbler.co.uk Couldn't do without - also for key-cutting. (Nicola)

They mend handbags too. And in my case a pair of Victorian bellows. They even sewed a facsimile of Samuel Plimsoll's signature onto my plimsolls. Who else would do that? (Nicolette)

Christ Church helps homeless

BY GRAHAM COULT

The sub-zero temperatures and snow which we experienced recently may be picturesque and fun when we have warm comfortable homes to which we can retreat, but are especially hard on the homeless. Indeed the conditions can be fatal for those sleeping rough.



Seven churches in Islington join forces every year to provide shelter each night

for the homeless in our locale, and you could make a significant difference by helping out.

Christ Church Highbury, at the top of Highbury Fields, started its Night Shelter on the evening of 1 January 2010. The shelter is open each Friday night until the end of March. On offer to the homeless are a good dinner, a warm place to sleep and breakfast. The shelter project began in 1997 and is overseen by a very small charity called CARIS Islington.

The seven churches involved are: Monday St Peter's De Beauvoir actually in Hackney; Tuesday St Gabriel's in Upper Holloway; Wednesday St Andrew's in Barnsbury; Thursday Union Chapel in Upper St; Friday Christ Church Highbury - recently jointly with City Temple in Holborn because Christ Church is the smallest of the Churches involved; Saturday St Luke's Church in Holloway; and Sunday All Saints Church near King's Cross.

Jackie Mair, the Christ Church Shelter Co-ordinator says: 'The shelters only run for three months of the year because we don't have enough money to pay a co-ordinator to help develop the shelter to run for longer. The preference would be to have 20 more churches across the borough involved throughout the year (four groups of seven churches, each covering three months of the year). As one set of seven finishes its three month stint the next seven would open their doors for three months.'

This is a valuable service to the vulnerable provided by the churches of Islington. If you would like to know more, to help with the shelter nights, expand the programme, or to donate food and any good quality clean bedding you might spare, please contact the Christ Church Highbury office: 020 7354 0741.

Highbury man's double life as Dorset fisherman

BY CEINWEN JONES

Three of the businesses in the new North London online Hubbub Delivery service (see box) are based in Highbury: Frank Godfrey, La Fromagerie and a relative newcomer Christ Church Fish Co-operative. This is not Christ Church Highbury Hill but Christchurch Dorset.

Les, who lives in Leconfield Rd, N5 is one of a four-man fishing co-operative operating out of his Dorset birth place even though he lives in Highbury half the week with his wife and children. He fishes Tuesday to Friday in Christchurch. It all started two and a half years ago when he was made redundant from the City. He saw this as a chance to start his own business and he had always been a keen fisherman.

Ceinwen talked to Les for *HC News*...

What sort of fish do you offer? Everything in the British Sea that's seasonal. February and March are traditionally the quietest months. But we never stop. I'll be fishing right through. We tend to concentrate on oysters in February but there's still a good few fish around: for example today's catch (21 January) is sea bass, sea bream, Dover Sole, plaice and brill, crab and lobster. And we get crayfish as well from a lake near Christchurch which is a freshwater fish.

Sustainable fishing

We don't do any trawling at all, which is the damaging method of fishing. We don't drag anything along the seabed. We do a lot of rod and line fishing. And we do static net fishing where the net gets left down for the night and brought up in the morning.

How does the business work? What I do since I'm coming up to London on Friday anyway is I bring Thursday's catch (in the winter) or Friday's catch (in the summer). Some people come and pick up directly from my house and other people do it via Hubbub. As it says on the Christchurch Fish Co-operative's website: 'Buying from Christchurch Fish is as close as you can get to catching the fish yourself!'

www.hubbubdeliveries.co.uk

Hubbub is a new online food delivery service from local independent shops. At the moment they deliver to most of Highbury, Islington, Finsbury Park, Stoke Newington, Tufnell Park and Kentish Town. The website offers seasonal recipes and preparation tips as well as giving suggested portion sizes and extra information about the food you are buying.

Printing Co-ordinator for *HC News*

Could you spare a day once every two months (usually Fridays) to co-ordinate the printing of *HC News*? The role also involves ordering paper and toner cartridges and liaising with the Membership Secretary over labels. Printing is 10am to 2pm upstairs at Highbury Roundhouse in a team of three folding and collating sheets as they come off the printer. If you would be willing to help HCA in this way please contact Ceinwen 020 7359 6680 or ceinwenmjones@hotmail.com

Address label space

**HCA HIGHBURY
COMMUNITY
ASSOCIATION**

www.highburycommunity.org

The HCA represents over 900 residents and businesses on all aspects of living and working in Highbury, Lower Holloway and Finsbury Park.

Membership is free. To sign up or talk to us about anything Highbury-related please write to PO Box 43396, N5 9AD or email hcanews@hotmail.com

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Planning update

BY ROGER WRIGHT

Save the Secret Garden

The consultation period for the application to redevelop the NCH headquarters on Highbury Park has now closed. Various design changes have been made, including adding a 'cat ladder.' But the main point to come out of the public consultation was the wish for the lower gardens, rich in biodiversity, to be preserved as they are. This has not been addressed by the final proposal. We will have to see what Councillors make of this when it goes to the East Area Planning subcommittee on 4 March (open to the public)

Won't Arsenal ever stop?

Arsenal are now proposing:

- a 12-storey hotel next to Holloway Rd Tube station on the corner of Hornsey St.
- a 25-storey students hall of residence on Hornsey Rd immediately opposite the Stadium, where the car-wash business is at present. The tower would be half as high again as the notorious Archway Tower and by far the tallest building in Islington away from the City fringe. HCA has objected to this on grounds of height and loss of light industrial jobs to low grade service jobs. It may also impinge on the protected view of St Pauls Cathedral from Alexandra Palace.
- Redevelopment of the railway arches between Hornsey Rd and Holloway Rd as bars and restaurants.

Queensland Road

Arsenal have applied to split the existing Queensland Rd development into phases, with the social housing (government-funded) coming first and the private sector housing (for which there are no investors at present) being built later. The East Area Planning subcommittee approved the application without any changes on 26 January. HCA were concerned that the phasing might impact on the building of the sports centre and additional play space for children in the social housing but the Club's representative did assure the committee that the sports centre is included in Phase 1.

Frontline News

BY ED ALLEN

Arsenal have applied for temporary boundary wall - actually fence - arrangements while the demolition and construction in Queensland Rd proceeds. This involves the occupation by Arsenal's builders of a portion of all our gardens in Bryantwood Rd. Residents are worried about security, privacy, rodent pests, debris and dust. The notices reached us in the days leading up to Christmas and by the time we had responses from the officers and could arrange a public meeting to have it all explained Arsenal sprung a match on the evening we had planned (20 January). So no public meeting. The application was considered by the East Area Planning subcommittee on 26 January. Bryantwood Rd

residents turned out in force and secured the postponement of a decision until the 4 March committee meeting - to allow for consultation including a public meeting.

Spring 2010 Diary

Saturday 6 February 10.00am-1.00pm
Highbury Fields School (HFS) Open Morning Highbury Hill Find out about the *Building Schools for the Future* programme and have your say.

Sunday 7 February 12.00 to 4.00pm
Green Day and City and Islington College's Organic Cafe At the Ecology Centre, Drayton Park

Jumble sale, craft and book fair, plant sale and bicycle maintenance workshops. Admission free
If you would like to book a stall contact: Sue Jandy 020 704 7245 or sjandy@candi.ac.uk (booking fee donated to Haiti Disaster Fund)

Saturday 13 February 7.00 to 11.30pm

Valentine's Eve Dinner & Dancing
Highbury Roundhouse, 71 Ronalds Road

A jazz quintet will play swing from the 20s, 30s and 40s.

Tickets £25 - call (daytime) 020 7359 5916 or (evening) 020 7226 7240.

Monday 22 February 7.00 to 9.30pm

Highbury Sustainable Homes At the Ecology Centre, Drayton Park
Hear about the recent energy audit of an N4 Victorian home. No need to book.

More info Norman Beddington 020 8348 2896

AND LAST BUT NOT LEAST...

Saturday 17 April, evening

HCA AGM: local history

At Christchurch, Highbury Grove
Save this date in your diary to hear Islington local history expert Mary Cosh.