



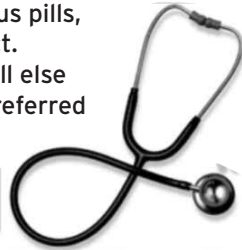
HIGHBURY COMMUNITY NEWS

FROM THE HIGHBURY COMMUNITY ASSOCIATION

March - Prostate cancer awareness month

In the December 2006 issue of the Highbury Community News, David shared his personal experience of prostate cancer. Five years on, and in advance of prostate cancer awareness month in March, David explained the side effects and further procedures he's undergone. I was sixty seven when I was told I had prostate cancer. Following a full health check, which included a prostate specific antigen (PSA) test, the initial PSA level was 4 but twelve months later it had risen to 4.8. The PSA was checked regularly over two years and when it rose to 6 (indicating a significant increase) my consultant urologist suggested a further biopsy. The results confirmed the presence of cancer and further tests (bone scan magnetic resonance imaging (MRI) and computerised tomography (CT) scan) supported this. I met the consultant urologist who explained the cancer was at an early stage, that treatment was possible and the options available to me. I decided to have the prostate removed and chose to have radical prostatectomy by keyhole surgery. I was advised of the possible side effects: incontinence and impotence, but there are treatments for incontinence and impotence. Initially the bladder incontinence was quite a problem but I had been told that 98% of men become fully continent

within two years. I was one of the unlucky 2%. My situation was assessed and I was allocated pads on a regular basis - delivered free every couple of months. It is surprising what one learns to live with and how you adjust. My consultant at the Whittington prescribed various pills, but to little effect. However, when all else had failed I was referred to Professor Anthony Mundy's at UCLH - a leader in urinary surgery, in particular with artificial urinary sphincters. The AMS 800TM Urinary Control System is the only artificial urinary sphincter currently available. Over thirty years, physicians have implanted the device in more than 94,000 men. The AMS 800 is an implant, fluid-filled, solid silicone elastomer device used to treat incontinence caused by reduced outlet resistance (also known as intrinsic sphincter deficiency) following prostate surgery. The system simulates normal sphincter function by opening and closing the urethra, under patient control. After various tests to confirm my suitability and a full briefing of the procedure, I agreed. This straightforward surgical technique requires two small



incisions and lasts an hour under general anaesthetic. The device is activated after six weeks to ensure the incisions have healed. After activation you control urination by squeezing the pump in your scrotum. Reading this your eyes may be watering and no doubt your legs are crossed - but this operation is fantastic and life changing! You only realise how much your quality of life had been affected when suddenly you can walk freely, cough or sneeze or bend down suddenly without the worry of a "little drip". I still find it difficult to accept that I have had prostate cancer. I prefer to be positive and think of it as having had a course of preventive surgery. Men are now talking more and more about prostate cancer but there is often a reluctance to do anything about it. I hope that by sharing my experience, it will prompt others to take early and appropriate action. If you would like to learn more about prostate cancer, or find out how you can take part in events during prostate cancer awareness month, please visit The Prostate Cancer Charity (www.prostate-cancer.org.uk)
DAVID FENTON

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The Prostate Cancer Charity is a registered charity in England and Wales (1005541) and in Scotland (SC039332). Registered company 2653887.



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. Members receive bi-monthly newsletters like this one. New members will receive the newsletter by email (unless you don't have email). To join or talk to us about anything Highbury-related, please email hcanews@hotmail.com or write to PO Box 43396, N5 9AD.

The opinions expressed in HCN are not necessarily those of the Highbury Community Association and its committee members.

A Bigger Problem: update of trees in Highbury Fields

The roots of three lofty London Plane trees were badly damaged and their branches lopped to provide stability during the construction of houses at Arundel Square. In Highbury Fields however, trees are being cut down to prevent damage to buildings by tree roots; one grand London Plane has been felled and the lopping of five further mature plane trees along the back of the Baalbec Road has taken place. The result will be previously grand trees, whose branches used to sway in the breeze, are reduced to looking like giant sticks with brooms attached. Better looking in summer, of course, but the grandeur is lost. Amputated branches grow differently. In Highbury Fields the new growth will continue to be pruned back every three years because of concern for cracks in buildings caused by (or in part by) the trees' take-up of water from the soil. This loss to the park is a consequence of increased worry from house owners, the intransigence of insurance companies, risk-averse authorities and current regulations. Different solutions are needed. Long-term changes to the climate will mean a less predictable water supply through either substantially reduced total rainfall or years interspersed with long periods of dry weather. Much water is wasted running into drains and in some new developments cistern installation is harvesting water for future use. Local parks, such as Highbury Fields, have tarmac which could be replaced with porous surfaces, and rainwater pipes from houses might be re-directed to carry water to nearby trees. Amending building regulations to include greater emphasis upon house owners and insurance companies to perceive and respond to the needs of nearby trees in a drier future is essential. London has lost a great number of large broadleaf trees in the last few decades and this will continue unless politicians act to protect this aspect of our environment; an aspect that will be of increasing importance if climate change predictions prove accurate. Photos of the Highbury Fields' trees and a longer article can be found in 'Latest News' at www.treetree.co.uk.

ROBIN HULL



London Plane trees, one unspoiled, and three with branches lopped, Arundel Square, N7.

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'Steak Night' at the Highbury Barn

Last summer the HCA along with other local organisations and many local people campaigned to stop the Highbury Barn becoming another supermarket outlet. Not too many of us admitted that we used "The Barn" to either eat or drink. However, the new owners, Greenwich Village Inns, have carried out some refurbishment and introduced an interesting menu. So I felt it was time to give it a try; especially as I had received an email telling me that Thursday was 'Steak Night' - dinner for two, with a large glass of wine, for £25. A friend and I decided to try it out as this offer seemed too good to be true. We ordered our steak and we were offered a choice of ribeye, sirloin or bavette (all the steaks are provided by Godfrey's Butchers). We chose bavette as this is a cut we frequently have when in France, and the chef recommended it. Maybe I was somewhat cynical in expecting quite a small steak and a reasonable portion of chips - but I was wrong. I was pleasantly surprised when the food arrived. The steak was very large, of excellent quality, and perfectly cooked to order. It was accompanied by onion rings, tomato, a bowl of peas, gravy, watercress, and a large portion of chunky chips, complete with a glass of red wine. The Barn has several other offers on during the week and after our good experience on a Thursday, I would recommend that we support the efforts of the new owners to succeed.

DAVID FENTON

Very high pollution levels in Highbury

Islington's Green Party and the organisation 'Mapping for Change' recently carried out a survey of air pollution in Highbury. It showed that levels of nitrogen dioxide (NO2) were sometimes 75% over EU safety limits, and never less than 25% above them in Highbury Barn and Finsbury Park. These were the worst spots in the survey, which covered Highbury Grove, Highbury Park and Blackstock Road, along with side roads. NO2 is a vehicle-related pollutant and research has linked it with high rates of asthma in children and to cardiovascular disease. Green Party London Assembly candidate, Caroline Allen commented: "Islington Council is failing to give adequate attention to the pollution issue. Green Party mayor candidate Jenny Jones emphasised the problem in Highbury is in fact London-wide, with 4,000 deaths a year being ascribed to air pollution. Caroline Russell said: "Reducing this danger has to be a priority for all of us, and should inevitably involve a rethink about car use in London." Ultimately, then, this is a problem which the Council and Transport for London (TfL) must effectively address.

TOM RUBENS



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Dates for the Diary

Highbury Clock Tower news



In January the HCA learnt that the Highbury Clock Tower is to receive the much-needed repair works in celebration of the Queen's Diamond Jubilee this year. The council have confirmed that the cleaning and repainting works will go ahead for this much-loved focal point at the entrance to Highbury Fields. Using money from both political parties' local budgets the Highbury Clock Tower will be given a new lease of life. The Clock Tower was completed in 1897 as a mark of Queen Victoria's Diamond Jubilee and, as Councillor Julie Horten commented, "It is a great way for Highbury to mark Queen Elizabeth's Diamond Jubilee and a very appropriate historical reminder of why the Clock Tower was built in the first place."

Love your local sausage competition

Twenty one farmers have each put forward a sausage, on sale at farmers' markets (Chapel Market & Stoke Newington). All sausages entered are all produced by farmers based within 100 miles of London. The event is in partnership The Jellied Eel - a quarterly magazine for sustainable food in London, available to pickup at over 80 locations around the city. Enter your choice by Monday 20 February online www.sustainweb.org/jelliedeel/vote/ to win a meal for two, a goodie bag of shortlisted sausages or a trip to the winning farm to develop a new sausage. Shortlist judged 5 March by food critic Charles Campion and chef Fergus Henderson from St John.

Tree grafting/hardwood cuttings workshop

Saturday 25 February, 11am - 3pm, Finsbury Park with Gemma Harris of Urban Harvest.

Twelve places available. To book email: info@ediblelandscapeslondon.org.uk Urban Harvest also carry out regular foraging/fruit picking on the third Saturday of every month, "Let's harvest and redistribute unwanted fruit, and go on foraging walks to learn about the abundance of edible plants around us." Detailed calendar available at: <http://urbanharvest.wikispaces.com>

WWF's Earth Hour

Saturday 31 March, from 8.30pm, switch your lights off for an hour. Hundreds of millions of people turning off their lights for one hour, on the

same night, all across the planet. To learn more visit: <http://earthhour.wwf.org.uk/>

Vote for Freightliners Farm

The Farm is fighting for its future in the current economic downturn. Please vote online www.greeninsurancegiving.co.uk/vote for a £10,000 grant for Freightliners Farm Buzz club - a children's bees project. Or donate actual cash through the Farm's usual website www.freightlinersfarm.org.uk/zSupportUs.htm.

Freightliners Farm, in the heart of Islington, provides an exciting opportunity for you to experience a real working farm in action. The Farm is open all year round from Tuesday to Sunday. On Monday, the farm is closed except on Bank Holidays.

Not quite local but...Oxford literary festival

Saturday 24 March - Sunday 1 April.

Book now at www.oxfordliteraryfestival.org includes P D James, Anne Tyler, William Boyd, Jeremy Paxman, Michael Morpurgo, Mackenzie Crook. It's not local but the 35 children's weekend events and the 4 St Hilda's events (search 'Hilda') on Saturday 31 March are being programmed from Plimsoll Road, Islington.

Highbury Community Association Annual General Meeting (AGM)

Saturday 21 April, 7:15 pm - 10:15pm, Christ Church, Highbury. All members welcome!

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Drayton Park School Community Art Block Fundraising Appeal

Drayton Park Primary School is planning an exciting new building to house a multi-use community room and a bespoke art studio. The block will enhance the school and offer new facilities to the wider community. We hope to start on site in June 2012, and have already raised two thirds of the money needed, though are still waiting to hear from other potential funders. With support from both parties on the Council we are optimistic that the project will go ahead. The new building will have numerous benefits for both the school and the community, including, more space for targeted learning in school, provision for family learning and extended school clubs, being a purpose-built studio that will be available to individual artists and community art clubs, refurbishment of the historic lifeboat the William Henry & Mary King, and improvements to the playground. The school has launched a fundraising appeal and would welcome support from former pupils, parents, local residents and local businesses. To find out more, visit our website at www.draytonparkschool.org or call the

school office (020 7607 4142). If you would like to donate to the appeal directly send a cheque to the 'Drayton Park Community Art Block Fundraising Appeal' c/o Drayton Park School, Arvon Road, N5 1PJ.
ELEANOR YOUNG



An artist's impression of the completed Art Block.

Highbury Committee Association AGM

The date of the next Highbury Community Association (HCA) AGM is Saturday 21 April 2012 and will be held at Christ Church, Highbury.

As a member of the HCA and recipient of the newsletter we would like to invite you to attend, so please make a note of the date in your diary. The evening will start at 7:15pm with the general meeting lasting approximately half an hour. Following this will be the key note speaker for the evening, Peter Eversden, Chair of the London Forum of Amenity and Civic Societies. There will then be ample opportunity for questions and discussion, after which will be the party. Further information will be delivered closer to the time, as well as a public notice in Highbury Barn, so keep a look out! If you would like to join the Committee, nominations will need to be in on Saturday 24 March 2012.

Please write to PO Box 43396, N5 9AD.

If you would like to lend a hand on the night all offers of help will be gratefully received - please email hcanews@hotmail.com and entitle your email "AGM help".

Profile: The Paradisal Players



The Paradisal Players performed their third concert of 2011 at Christ Church, Highbury in December. At Paradisal Players concerts audiences donate a chosen charity, and this concert raised £1512 for Crisis at Christmas. All the musicians, many members of top London orchestras, play for free; the Philharmonia helped with the sheet music and the church kindly charged a reduced fee for its hire. The Paradisal Players presented a programme of pieces by Wagner and Corelli, as well as Mozart's Piano Concerto No. 12 and Beethoven's Symphony No. 7. They captured the dreamy quality of Wagner's Siegfried-Idyll and the power of Corelli's 'Christmas' Concerto Grosso, before soloist Christina Burstin played the Mozart concerto with special clarity. The Paradisal



Players founder and conductor, Samuel Burstin, is a viola player with the Philharmonia Orchestra, and he lives in the same house in Highbury where his father and grandmother lived after they arrived in London as refugees from Poland. Sam went to the City of London School, and was a chorister at the Temple Church. Sam studied conducting at Trinity College of Music and with the Philharmonia has had the benefit of working with many of the world's greatest conductors, absorbing their techniques and working methods. He believes a vital factor in producing a successful performance is great teamwork. Musicians with different specialist skills must



combine perfectly in order to produce music with the power to transcend differences and problems. Touring with the Philharmonia all over the UK, across Europe, the Far East and the USA has had a great effect on Sam's understanding of the role of music. A particularly memorable concert for Sam was one given in a leper colony in South Korea and conducted by Maestro Vladimir Ashkenazy. It was the first

time that many of the audience had heard or seen an orchestra. Playing Beethoven's Symphony No. 5 for them was an emotional confirmation of the power of music to reach across the barriers of culture and language, and to make a real, lasting difference to people's lives. The



Paradisal Players return to Highbury on Saturday 14 April 2012, with a programme of Mozart, Haydn and Brahms to raise money for Amnesty International. To find out more, and to make a donation to Crisis, please visit www.paradisalplayers.co.uk. SARAH POTTER

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