



HIGHBURY COMMUNITY NEWS

FROM THE HIGHBURY COMMUNITY ASSOCIATION

Meek and Wild fills crucial gap on Highbury Barn

The Highbury Barn shopping parade has a good butcher and a good fromagerie. But until very recently, it had no fishmongers. That gap has now been filled by Meek and Wild, a top-quality fish retailer under the management of Paul Meek. Paul has plenty of experience in the trade. He worked for 14 years at Steve Hatt's well-known shop on Essex Rd. He has also run his own shops, in Notting Hill Gate and London Fields. In addition, he has worked in a Jewish fishmongers', and been involved in the wholesale side of the business in Kings Cross. Meek and Wild retails over 40 varieties of fresh fish and 20 varieties of shellfish and has three suppliers; one in Scotland and two in south west England. Each supplier specialises in certain kinds of fish. And each operates very speedily: Paul telephones at about 2pm on any given day, to place an order based on information about that day's local catch, and then the order is delivered by courier for 7am the following day. When Paul wants fish which the suppliers cannot provide, he contacts a company based in London's oldest and most famous fish market, Billingsgate. Meek and Wild's price range varies considerably. At one end of the scale, single oysters are priced at £1, but, at the other end, wild Halibut goes for £34 per kilo. Included in the medium-priced category are Mackerel and whole-Pollock, at £7.90 per kilo. Over and above price differences, Paul emphasises the nutritional value of fish. For example, Herrings contain more protein, pound for pound, than steak. Sardines are rich in fish-oils and Salmon in certain valuable acids. Also, Paul explained that fish-eating is on the increase. More varieties of fish are being consumed, and being cooked in different ways, and eaten in combination with a wider range of other foods. In other words, it's no longer simply old-fashioned fish and chips! I asked Paul what his own favourite fish-meal would be? "Lemon sole," he replied, without hesitation. Equally without hesitation, those wanting a wide range of choice for their ideal fish treat should betake themselves to Meek and Wild.

TOM RUBENS

Meek and Wild reveals small insight into Highbury Barn history

Eagle-eyed Danny Michelson from La Fromagerie's spotted these original shop front signs, which were revealed when the Meek and Wild shopfitters were working to turn it into the fishmongers. As Danny described, "the signs appear to say 'Geo. Auber. Furnishing Ironmonger'." It is difficult to tell how old the signs are and from when they originate, perhaps around the early 1900s? But an unexpected and fleeting glimpse of Highbury Barn's past!



Paradisal Players Concert for Amnesty International - Tonight!

The Paradisal Players, conducted by Highbury resident Samuel Burstin, are giving their latest concert for charity on **Friday 13 April at 7.30pm** at Christ Church, Highbury Barn. It is a magnificent programme of Sibelius' fearsome Finlandia, Haydn's delightful Sinfonia Concertante and Brahms's epic Symphony No.2. As always it is free to attend, with donations taken. The Paradisal Players are some of the best musicians in London. They are raising money for Amnesty International by enjoying some of the finest, most exhilarating classical masterpieces. Please come along, feel the energy and passion, and then meet the Paradisal Players and their conductor afterwards in the Highbury Barn.



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

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

Walk Round Gillespie Park – 18 March 2012

On a chilly Sunday in March Richard Meyers, a retired ranger, led a small group of people round Gillespie Park. He talked about the history of the area, the trees and plants and pointed out some of the wildlife that lives there. The main trees flowering at that time were the Cherry plum and the Blackthorn. The Cherry plum flowers slightly earlier and in the Autumn the Blackthorn produces sloes, which can be added to gin for a great liqueur. However, in March with the white blossom, they just looked wonderful! Richard pointed out that it is best to avoid being pricked by the thorns on a Blackthorn as they can produce a very nasty reaction. The other trees in flower were the Grey willows and the Goat willows. There are many Goat willows in the park and the yellow of their pollen light it up. There were also large bees collecting the pollen. Other colourful growing plants are the Lichens in grey, green, yellow and orange. They are multiplying because of the reduced levels in air pollution. Richard drew our attention to them on the stones and other plants in the park. There were also Daffodils, Violets, Primroses and the remains of Snowdrops. Many other plants are starting to push up. He drew our attention to Alfalfa, which is useful if you want to bring up nutrients from a long way down in the soil as it has very deep roots. It was amazing to discover how quickly all the trees and plants have become established in 30 years. Richard has been involved since early on in the setting up of the park. It just shows what nature and some general management, such as keeping some areas clear and others as open water or woodland, can achieve. Gillespie Park is a great local treasure which is now a protected Field in Trust - part of the Fields in Trust UK-wide programme to celebrate the Queen's Diamond Jubilee.

CAROLINE EGAN

Islington Assembly Hall plays host to AGMP gigs

Situated at the heart of Islington, the beautiful 1930s-style ballroom is a new destination for live music lovers. Islington Council refurbished and restored Islington Assembly Hall, which neighbours the Town Hall on Upper Street, back to its post-war glory. The glamorous interior, once graced by dance hall stars like George Formby and Diana Dors, retains many of the original art deco features and includes a fully-sprung, ballroom dance floor and stage, making it as adaptable as it is stylish. It has recently played host to a number of gigs with concert promoter AGMP - including Alexander O'Neal and Aswad - and has a range of exciting names booked in for the coming months. AGMP founder, Adrian Gibson, has been promoting concerts in London since 1989, for the Mean Fiddler Group and Jazz Café venue. His partner in the Assembly Hall concerts is Ollie Rosenblatt, who previously ran Jazz FM's live events division and has worked to promote shows at The Festival Hall, The Barbican, Union Chapel, The Symphony Hall in Birmingham, and The Bridgewater Hall in Manchester - to name but a few. The Assembly Hall can accommodate a range of layouts to suit variant needs. It seats up to 170 people in a cabaret-style, or 230 people theatre-style in the main hall. Additional seating is available for another 200 people in the upper circle. www.assemblyhall.islington.gov.uk

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Invitation to a Jubilee Street Party on Highbury Barn!

The Highbury Barn traders are planning to celebrate the Queen's Diamond Jubilee by hold a Jubilee 'Street Party' in the Highbury Barn square on Saturday 2nd June (which is part of the official longer holiday Jubilee weekend). There will be a long table for eating at, with music, stalls, games, and competitions providing lots of fun for children and adults alike. Further details will be available nearer the time - so watch this space!

DANNY MICHELSON, LA FROMGERIE

An insight into John Jones the frame makers



The name of John Jones is internationally famous in the world of fine art, but deserves to be much better known locally. John Jones began in the 1960s as a picture framer for artists such as David Hockney and Francis Bacon. The firm now employs over 90 craftspeople and designers in its workshops in Morris Place, behind Finsbury Park Station. There is also a small exhibition space open to visitors. A recent show brought together some striking work by new artists

on supernatural landscapes, evoking different times and realities. Monthly tours are organised for groups and individuals, and take in current developments in picture framing, the John Jones contemporary art collection, current conservation practices and advice on ways of designing interiors for the display of fine art. Future plans include a new John Jones arts building in Finsbury Park with a café and exhibition space, as part of the development of a cultural quarter in this area. John Jones also works with local educational institutions and arts groups, both hosting and sponsoring exhibitions. In 2011 the firm's founder was made an MBE for his services to art. Details of exhibitions, monthly tours and an online shop for art materials for professionals and amateurs can be found at www.johnjones.co.uk

SARAH POTTER




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Coach parking for the Emirates Stadium

At the recent Highbury West Ward partnership meeting, Islington Council's Planning Division updated us about coach parking plans for the Emirates Stadium. Two plans for coach parking were explained. One plan involves retaining the 'status quo' - allocating parking for coaches on Queensland Road, the Sorbell Centre, Hornsey Street, Drayton Park and Finsbury Park. A second plan involves the addition of Holloway Road to this list. These plans are not necessarily new, but concerns were raised about the unmentioned option to park coaches in the under-croft of the stadium. The potential threat from terrorism is always raised when the under-croft option is suggested, and this time a request was made for an update as to the severity of the terrorist risk. With new technology used for scanning vehicles and detecting devices, surely the under-croft option could be re-considered? A further point was raised about fans using public transport to travel to games because the Emirates is well served by public transport. One of the participants asked if the coach parking would be just for football matches, or would it include music concerts as well? The council answered that it would be for music concerts as well. This prompted a question into the need for music concert go-ers to travel by coach, citing the fact that it is in the nature of football teams and fans to travel in teams but not so for music concert go-ers.

HANNAH BRISTOW

Timebank Café in Gillespie Park Ecology Centre

A new Timebank Café is to be launched at the Ecology Centre in Gillespie Park. It will open on Sunday 15th April from 11am to 5 pm. This is part of the community's effort to be able to run the Ecology Centre at the weekends using a social enterprise company approach. The Ecology Centre Open Door (ECO-D) aim is to open the place up more generally for community groups and social enterprise at weekends.

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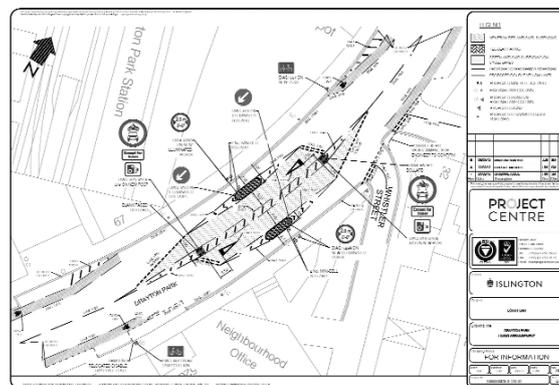
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Volunteers needed for shop and animal welfare work

Drayton Park Lorry Ban update

The meeting also provided an update on the Lorry Ban. Plans have been approved for a road restriction measure to be positioned along Drayton Park. Islington Council's Transportation Manager explained the road restriction will be a 6' by 6' traffic lane with a by-pass lane and provided a plan (see below). This road restriction has been devised after extensive pre-construction travel surveys of Drayton Park. The Council are negotiating with Network Rail concerning the access to Drayton Park station. Penalty charge notices will be issued to vehicles using the lanes incorrectly. However, it was stressed that there would be a 'grace period' while residents and locals became familiar with the new road layout. Construction is due to start on 29 March and is estimated to take approximately six weeks.

HANNAH BRISTOW



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Elections - Thursday 3rd May 2012

HCA News invited all the parties standing in the forthcoming Greater London Authority elections to contribute to this edition. It's an opportunity for them to tell HCA members of their policies, and their Mayoral candidate's policies, and what they would hope to achieve in office. Caroline Allen (Green Party) and Naomi Newstead (Conservative Party) took up the opportunity, here are their responses.

Caroline Allen



I have lived in Islington for seven years, (currently just off Upper Street) and work as a vet locally. My family is from Islington and it is very much my home, however there are some serious issues, which mean life can be a struggle for some and our local environment can feel degraded. I

am standing because I believe the Green Party has the policies to tackle these issues. I have a record of action on local issues; most recently investigating dangerous levels of local air pollution. This is a serious health issue and we are holding the council to account on their failure to act. Our key policies for this election are highly relevant to the concerns we have in Highbury and Islington. Firstly, we would work to reduce the pay gap between rich and poor, get more families out of poverty, and tackle debt exploitation. The level of inequality in Islington is shocking. The Greens have led the way by setting up the *Living Wage Unit* at City Hall. If elected, I will ensure we continue to promote achievable policies. We would rebalance our economy, creating more jobs at all skill levels, and support a renaissance of small businesses. In Islington high rents are pushing out local businesses which are being replaced by chains. Local businesses provide much more to the community than just what they sell; they use the services of other local businesses, such as accountants and builders. We would stabilise housing costs and refurbish homes making them less costly to run. We don't think that expensive student blocks and part-rent/part-buy are the answer for most people. We need affordable rents, ethical rental agencies and a housing cooperative; so what starts affordable doesn't end up shutting out the future generations. For us, sensitive community policing is much more than a numbers game, our mayoral candidate Jenny Jones knows this from her time on the Metropolitan Police Authority. We would restore trust in the police; getting officers away from their desks and onto the streets. More than ever we must reduce traffic in Islington, make public transport cheaper than driving, and make streets pleasant for walking and cycling. We must protect and enhance the little green space we have in Islington and reduce our greenhouse gas emissions to a sustainable level. If you would like to find out more about all our policies please visit our website: www.islingtongreens.org.uk and follow my blog www.carolineallengreenlondon.blogspot.co.uk. Do feel free to contact me about any local concerns caroline.greenparty@gmail.com

Naomi Newstead



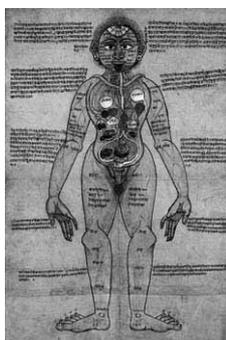
I was born and brought up in South East London. I went to state comprehensive in Westminster and have spent my career to date working in planning and development. I was head of development for

an East London council, and responsible for a scheme involving negotiated houses with gardens for families, workshops for small business and trades, and a new primary school. I was also a school governor for an East London primary school and I attracted funding for improvements to the school, focused on the attainment of pupils and the importance of teaching London's history. I have three small children and my eldest attends a state primary. One of my motivations for standing for the London Assembly is to ensure that City Hall and the councils across the constituency are doing all they can to ensure the survival of independent shops and businesses. I am concerned about the invasion of chain stores and the loss of space for manufacturing and artistic activity in Hackney and Islington. I have been helping independent shops on Essex Road (Islington) and Clarence Road (Hackney) with parking and viability issues. If elected, I will work on measures to improve conditions for independent traders. I have spoken out on behalf of artists, canal users and many interested parties against a development on Regents Canal which threatened to destroy a collection of workshop spaces. Since being a selected as a candidate, I have helped elderly leaseholders and tenants in both Islington and Hackney by ensuring that they are treated as a priority for repair and management issues. I also want to free up larger council homes for families by positively addressing the housing needs of those currently occupying properties that exceed their requirements. I have been involved in London Citizens, along with the Mayor Boris Johnson, to ensure that parents working in the lowest paid jobs can earn enough so that they don't require several jobs, denying them time with their children. Ensuring London is a place where families can live is a priority for me if elected. As a mother of three children, I understand how essential housing and schools are to ensuring that London is a place where families can live. If you share my passion for some of the issues I have raised I hope you will support both myself and Mayor Boris Johnson on election day. www.naomi4london.com

What is yoga?

“Yoga is not an escape from life, but an approach to living” (TKV Desikachar). Life can be demanding, fast-paced and stressful. Yoga can be a means to cultivate and sustain a lucid, balanced mind within all the ups and downs of life. For many people Yoga is a physical exercise that involves prescribed postures and breathing techniques – this is known as Hatha Yoga. For others, it can be some type of meditation which involves the pursuit of self-knowledge or a connection to the spirit, known as Raja Yoga. Yoga has a many tools to bring about a sense of connectedness and to contain the mind. For most people, the first tool and usually the beginning, involves asana or physical postures. The second involves pranayama or controlled breathing techniques with awareness. The third tool is chanting for its healing effect on the mind and body and for bringing us closer to something sacred. The fourth is meditation which is a means of opening our awareness, and the fifth is ritual. Regardless of the tool used, it’s important that Yoga should be adapted to each individual depending on each person’s capacity, needs, and starting point. People have different reasons for practising Yoga. Yoga practice can be used as a means of power – to train the body and the breath to do various postures and breathing exercises which help to build physical strength, stamina and flexibility. The consequences are power over and within the body and the mind. Yoga can also be used as a means of self inquiry – to have a deeper understanding of our self, our actions and motives. By bringing sensitive and consistent attention we are able to watch ourselves and be less influenced by our conditionings. As a consequence we can experience a deeper sense of well being and have the potential for action with greater awareness within all areas of our life. Yoga, as a restorative, support and preventative, can be a healing therapy – to help us work at changing or anticipating the effects of problems and illness in our lives. Yoga can be used as a support alongside other forms of treatment. Utilising Yoga concepts it is possible, within a careful group Yoga class or individual Yoga teaching situation, to introduce practices that both respect the problems or illness and support our intention to reduce their negative effects in the future. However, practicing Yoga as a therapy also presumes that we are willing to accept responsibility for making changes within our own situation. These three aspects of Yoga practice as power, self-inquiry and therapy, are mutually supportive in helping to maintain physical health, psychological vitality and spiritual purpose within the commitment and challenges of life. For more information about how Yoga could support you please contact Rupal who teaches group and individual classes in Highbury and Islington www.svarupayoga.co.uk

RUPAL KARIA



Highbury Community Association AGM

The HCA AGM will be held on Saturday 21 April 2012 at Christ Church, Highbury. As a member of the HCA and recipient of the newsletter you are very much invited to attend. The evening starts at 7:15pm. The key note speaker for the evening is Peter Eversden, Chair of the London Forum of Amenity and Civic Societies. If you would like to lend a hand on the night, or bring along a dish of food, all offers will be gratefully received – please email hcanews@hotmail.com and entitle your email “AGM”.

HCA HIGHBURY COMMUNITY ASSOCIATION

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