



Suburb News goes to The Market Place

Dolce Napoli – a taste of Italy

The Market Place has a new Italian café providing traditional Italian food in its midst. Luca Onorati, who took proprietorship of the café recently, is the new owner. He told me his story whilst serving my husband and me tea and a delicious homemade vegetarian pie.

Luca has now completely refurbished the café situated on the north side opposite the Heathfield Medical Centre, and it has a cosy atmosphere with Italian music softly playing in the background. "I am committed to bringing a taste of southern and central Italian food to the Suburb," he explains.

At Dolce Napoli authentic Italian fare is served alongside some traditional English food. All the food is home made, and Luca's mother does the main part of the cooking, which is cooked fresh every day; this is a real family business.

There is a wide variety of gorgeous cakes, which are all home-produced and can be made to order as well. The café can also cater for various dietary needs, including vegetarian and eggless cakes, along with dairy- and gluten-free produce.

A take-away service is also available, and discounts are given to staff in local businesses. There is even a loyalty card for coffee drinkers.

Something unique that Luca offers is beautifully homemade Easter Eggs. A present is inserted inside the egg, this is then sealed and can be offered as a



gift. There is also another added bonus to local people who might want to practise their Italian or develop their language skill whilst enjoying their visit to the café.

It is open on Monday to Friday from 6am to 5pm, on Saturday from 7am to 5pm and even on Sunday from 9am to 5pm. The early morning start on weekdays is especially good

for early travellers to work, who want to start with a hearty breakfast at the café, before catching the bus nearby.

You can discover all about this very welcome addition to The Market Place at their comprehensive website at www.dolce-napoli.co.uk, or pay them a visit on Facebook www.facebook.com/DolceNapoliUK/.

DAHPNE BERKOVIC

U3A – the sheer pleasure of discovery

On Thursday March 2 over 300 people packed into St Jude's to hear Ian McCannan from The Third Age Trust explain the concept of U3A. Ian was surprised by the number of people who had attended to express their interest.

The purpose of the U3A is for retired and semi-retired people to come together to learn, not for qualifications, but for its own reward – the sheer pleasure of discovery. Ian explained that there were no outside lecturers employed and that we would have to form our own interest groups and that many meetings would be held in our own homes. There are no restrictions on age or interests, and suggestions for

groups put forward at the meeting included bridge, chess, dance, lawn bowls, walking, poetry, patchwork and quilting.

Attendees were given forms to complete giving their details and specific interests they would like to see included. The next step was to form a steering committee and all interested persons were asked to attend an inaugural meeting at Fellowship House on March 16 when the committee was subsequently formed with 14 members.

Our group will be known as HGS U3A. We now have over 30 interest groups for you to join and the first groups will meet in June. Details will be available at our first open meeting on

Thursday, May 18 from 10 am to 1pm at HGS Free Church Central Square NW11 7AG. Please come along and sign up.

We are still seeking people who are willing to host small groups covering a subject they have knowledge of and wish to share with others by forming a group. If you would like to take on this role and form a small group, please could you send full details to groups@hgsu3a.uk.

You will be able to register your interest in joining a group at the May 18 meeting and meet your group leader. You can get more information on how the U3A works and the groups set up so far at www.hgsu3a.uk.

MICHAEL FRANKLIN



Miranda and Rosalind in Pets' Corner

Miranda and Rosalind's owners are happy that they live a five minute walk away from the wonderful Medivet practice in The Market Place. That's because for the first year of their lives each of them spent a great deal of time there. Life has improved since then – the cats are now two and a half – but it was tough and go there for a while.

The sisters came to live in Hampstead Garden Suburb at eight weeks. Both were lively, happy and friendly, but Miranda's heartbeat seemed awfully fast and she was very clumsy – clumsier than the usual kittenish awkwardness.

It was when Miranda was spayed that disaster happened. She experienced major seizures the evening after her op and we rushed her over to Medivet. They knew something very serious was going on, so she spent the next couple of days at Medivet Hendon before being transferred to Queen Mother Hospital for Animals.

The diagnosis was grim – a liver shunt, which meant that her liver could not function properly. One of the common symptoms is temporary blindness and she was blind when she returned home. A wonderful person from the HGS chatline lent us a large pet cage so we could care for Miranda.

Blindness in a pet is heartbreaking, especially for one so young, but fortunately she started to see again. She had major surgery at nine months and constant, loving care from

Drs Jeremy, John and Sarah at Medivet (as well as from the lovely staff there). The surgery was only partially successful, but we're managing with a special diet and daily medication.

And what about Rosalind? One day, shortly after Miranda's op, she came home in desperate straights dragging her gorgeous fluffy tail on the ground. Off she, too, went to Medivet and was immediately put on antibiotics. Despite follow-up visits every three days, she developed a large abscess and her tail had to be amputated. She has coped quite well with the loss.

Both cats are a bit more skittish than when they were little – and who can blame them? – but they love to hang around with us and get lots of petting – when they feel like it.

Sometimes I wonder if we own them or they own us.

We've discovered the new world of high technology cat products – since they cannot eat each other's food we've bought separate feeders that respond to their neck chips and only open for the designated cat. The cat flap is also chip sensitive and neither cat is allowed out after dark (a boon for us and also for the local wildlife – although neither cat seems particularly adept at hunting).

So fingers crossed that Rosalind and Miranda will be less 'frequent flyers' at Medivet – when we were last there we all marvelled that it had been a whole year since the last visit and that this visit was simply for routine check-ups and jabs.

TINA ISAACS KNOX



Garden Suburb Theatre

(continued from front page)

District Drama Festival with a production of Alan Ayckbourn's topical comedy, Neighbourhood Watch. The play tells of the Bluebell Hill Development, a wonderful place to live until an innocent mistake leads the residents to take extreme measures in order to protect themselves. With some blissful comic moments, love at first sight, clandestine affairs, medieval torture devices and gnomes, there really is something for everyone. The play will be performed from 11-13 May at The Bull Theatre in Barnet. Don't miss it!

From 14-16 and 19-22 July, the society will be back in the Suburb to perform in the open

air theatre in Little Oak Wood, between Addison Way and Denman Drive. This year, they are performing an adaptation of Jane Austen's classic novel, Pride and Prejudice. The familiar story of the proud Mr Darcy and the prejudiced Elizabeth Bennet becomes the focus of this witty drama of manners, money, marriage and love and should make for a wonderful few hours' entertainment in the wood's magical setting.

In the autumn, Garden Suburb Theatre will be taking their usual couple of slots Upstairs at the Gatehouse in Highgate, with Power by Nick Dear and The Flint Street

Nativity by Tim Firth. If you'd like to join the group on stage, then the next audition is for Power and takes place on Sunday 23 July.

Of course, you don't just have to act – GST welcomes anyone who would like to get involved backstage or front of house. Membership fees are very reasonable and include a free ticket to all performances. Friends' membership is good value for those who would just like to watch.

To find out more about the society's productions and activities, including how to join, see their website, www.gardensuburbtheatre.org.uk.

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