

SATELLITE DISH AERIALS

There is a growing problem on the Suburb of satellite dish aerials. There is no doubt that they are a major eyesore and can spoil the appearance of a house. To receive the four-channel Sky network the dish has to face south, and in many cases this means placing the dish on the front or side elevation. This will also apply to British Satellite Broadcasting's (BSB) five channel network, reception of which should be available by early summer.

The visual impact of dishes in conservation areas has been widely discussed in the press. Some areas, such as the Grosvenor Estate in Central London and the Bournville Estate at New Earswick outside York, have banned satellite antennae altogether. Last year Barnet made an application to the Secretary of State for the Environment to have dishes included in the Article 4 Direction. Once approved, this will give the Local Authority far greater powers to control dish aerials on the Suburb than elsewhere in the borough. They will have to be placed below

caves level and at the rear. In the meantime BSB have emphasised in their marketing campaign that their compact "squarial" is visually less obtrusive than conventional dishes. For viewers in southern England Amstrad have introduced a new, smaller dish with a 40 cm diameter. Another innovation introduced by Amstrad is dishes made in black perforated steel mesh which are claimed to look almost invisible against a brick background. It is possible to get individual aerials painted to simulate a brick wall and this is a further way to mitigate the visual impact.

Before purchasing a dish aerial, residents are urged to discuss the matter with both the Trust and Barnet. Environmentally the most satisfactory solution is to place the dish in the garden, where it can be screened by planting. The Trust have approved a number of such schemes. In the long term the Trust favour the introduction of cable TV which would make both satellite dish aerials and conventional TV aerials obsolete.

Exercise delivered to your door

Terry Clarke, a Hampstead Garden Suburb resident for the last fifteen years, set up Healthshape in 1983 to spread the fitness message to as many people as possible.

Healthshape caters for all those people who, for whatever reason, cannot or will not attend, or drop out of, group classes.

Terry emphasises that exercise should be fun. "If you enjoy exercising, you will stay with it."

Healthshape designs safe, effective and enjoyable workouts and will visit you in your home or place of work, assess your goals, your current fitness level and lifestyle and select an appropriate programme.

Terry is full of energy and vitality and enthuses about the benefits of regular exercise. "Exercise is for life. At 42, I feel and look better than ever. I know I'll never have legs like Jayne Fonda," she says, "but I

make the most of what I've got."

Healthshape has already had an impact on many people's lives and has gained a reputation with several Suburb residents. One lady can be seen twice a week on a brisk, timed walk around the Heath extension with her personal Healthshape trainer. Another works out three times a week to improve her muscle tone. One lady is recovering from heart surgery and was recommended to Healthshape by her doctor to build up her cardiovascular fitness and lose some weight.

Healthshape has also guided a number of young Suburb housewives through their pregnancies with carefully selected exercises, and then helps them to regain their former fitness levels.

If you would like more information, contact Terry Clarke on 455 9997.

CHILDS WAY SCHOOL PARKING

This is a **personal appeal** by the Chairman of the Residents Association to the parents of children at Childs Way School:

A number of volunteer drivers, including me, transport the very frail and disabled to and from Fellowship House on Tuesdays. Despite the fact that Fellowship puts notices and cones out, at lunch-times (around 12 noon) and in the afternoons between 3.30 p.m. and 4.00 p.m. parents park by the pavement outside Fellowship House making it

impossible for volunteer drivers to collect and deliver. Some Fellowship members with severe heart conditions, for example, find it difficult to walk even the few steps from the car into Fellowship House. They find it impossible to walk from further away, e.g. Asmunds Hill. Again, for some of them, Tuesday is their one "outing" each week. By parking outside Fellowship House you may be preventing them from enjoying even this small pleasure.

GREEN BINS

If you have been considering exchanging your grey wheeled bin for a (recommended) green one, as from 1st April 1990 the London Borough of Barnet have raised the charge for a

green bin to £5 instead of the previous £2.

We hope that Suburb "early birds" will have saved themselves £3!

ALLOTMENTS TALK

Anyone listening to a talk on "the Allotment and your Health" might be forgiven for expecting to hear about what vegetables to grow and how to grow them.

So when Professor Peter Peterson of Kings' College, London, giving Hampstead Garden Suburb Horticultural Society's first Winter Lecture of the season, spoke instead of poverty and migration in the third world and how allotments could help there, the attention of the audience was certainly caught.

He pointed out that clean water, fresh air and safe food were expectations which society demanded, but which could not be taken for granted thanks to industrial pollution throughout the world. Contamination of food did not always attract the same attention from the media as did pollution of the air or water, but was just as vital to health. In fact homegrown food might be less healthy to eat than shop-bought food, since the number and type of chemicals the farmer could apply was strictly controlled, whereas the gardener could buy and apply whatever quantities he/she wanted and did not always obey the labels.

Large organisations such as the World Health Organisation and the World Bank were realising that third-world poverty and the extreme effects of urbanisation everywhere necessitated studies into how ordinary people (not just statistics) might be helped by the growth of allotments in cities and towns. By the year 2,000 60 per cent of people would live in towns and cities, compared to 3 per cent in the 1800s and 40 per cent in 1985. Allotments, which could include keeping chickens,

rabbits, etc., could reduce heat (towns were always warmer than the countryside) by providing dug earth surfaces for better evaporation of rainfall, provide the "lungs of a city" by purifying the air, restore self-esteem because poor people could provide at least some of their own food, improve health because they would eat better and become fitter thanks to the exercise, etc.

However, continuing the theme of pollution, Professor Peterson pointed out that the World Health Organisation was carrying out a study into Human Exposure Assessment Locations (HEAL), to look at several communities' exposure to contaminants of all kinds. His own department had looked at allotments which had been refuse dumps or which had been exposed to contamination by the burning of old carpets or lino (which, when burnt, added heavy metals to the soil), engine oil, painted wood (containing lead), disposal of batteries (cadmium which accumulated in the kidneys), etc. In fifteen countries the WHO would be carrying out pilot studies on how hair, blood and other parts of the human body were affected by what was in the food we eat, and how food grown on allotments throughout the world compared to farmed food. Becoming slightly less pessimistic than he had been at times, Professor Peterson emphasised that at least the powers-that-be appeared to have realised how vital it was to reduce pollution and contamination levels and to return to a time when the populace could become at least partly self-supporting by the use of allotments in increasingly urban societies.

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LETTERS

Dear Sir,

I am sure that many of your readers shared my distress at reading of yet another accident in Willifield Way - this time a hit-and-run incident when a local resident, Mr Harry Whitehead, was injured by a car that did not stop.

Accidents occur regularly along this stretch of road; ultimately there will be a fatality. The problem has been exacerbated by the building of "sleeping policemen" along Oakwood Road, as traffic previously using that road now uses Willifield Way. The "sleeping policemen" have merely transferred one area's problem to another and

therefore have achieved very little overall.

Clearly the answer must be to build "sleeping policemen" in Willifield Way as well, preferably before the next accident results in a loss of life.

I am sure that Mr Whitehead and all the local residents, myself included, would be grateful to see such action which would hopefully prevent all the present accidents, at every level, which are currently being experienced.

Yours faithfully,
M. Riese
94 Willifield Way
NW11 6YJ