

Suburb
Style editor
Deborah
Warland,
talks to
residents
about some
of their
favourite
things

SUBURB Out & About

featuring Luke Brooks



Luke Brooks, 22, has lived in the Suburb all his life. Before reading Politics and Philosophy at Keele University, he went to King Alfred School. In September he is beginning a journalism course at noSWEat journalism, training in Islington. Now that he is back, there must be things about the Suburb he is looking forward to. *Suburb News* asked him what.

Favourite Pub:

The Royal Oak in Temple Fortune is by far the best pub in the area. Although it's a slight distance away, it is spacious, whilst never seeming dead and empty. The beer is not overpriced, and if

you go at the right time you can even get a bite to eat. The Royal Oak also shows live football on Sky and it has an area upstairs with some pool tables, so it is great for spending a relaxed evening in. Plus, being just up the road from Golders Green tube station means that it is the perfect place to meet up before a night out in London.

Favourite Walk:

To be honest, I don't really go on that many walks, but I have very good memories of walking through Big Wood and Little Wood. Neither is too strenuous and they both provide a nice bit of peace and quiet. Also, if I'm feeling really energetic, I have been known to go to Kenwood on a sunny afternoon.

Favourite Spot:

I have to say, one of my favourite spots around the Suburb is Golders Hill Park, partly because it was just up the road from my school, but also just because it is a really amiable place to sit and watch some of the world go by from. Also, there is a nice little café there that does a tasty plate of pasta, but it is pretty expensive so you can't do that too often, but it's a nice treat sometimes!

Favourite Club:

I don't know if I can really call it my favourite club as I've only been there once, but there is Club Extreme in Golders Green, which is the only club I can really think of. I think it's got a 60s and 70s night, as well as some more up to date tunes as well, and I've heard it pulls in a pretty good crowd at the weekends.

Favourite Bar:

Well, there are quite a few bars in Hampstead and Golders Green, but I would have to say that my favourite one is Toast, that is just above the tube station in Hampstead. It's quite expensive and smart, but it is a great place to go for a few cocktails, and it's been known to get the odd

celebrity in there from now and then. It also gets DJs in on the weekends, I think and is definitely a cool place to go and get some drinks, without having to go all the way into town.

Favourite Restaurant:

L'Artista is a really nice Italian restaurant in Golders Green, right opposite the tube station. The pizzas are tasty and a decent size, and there is always a good atmosphere in there. You just have to hope that it isn't someone's birthday because they have a tendency to play cheesy birthday songs really loudly over the stereo, but apart from that, it is a great place to grab a bite to eat at a decent price.

Favourite Road:

Well, I think that Market Place is probably the best road in the Suburb because it has some useful shops on it as well as a few cool ones. It's good because, without it, the Suburb would really seem like a non-driver's worst nightmare! I mean, there is a Post Office, bank, and minicab firm down there, as well as the essentials like an off-licence, video shops and Chinese and Indian takeaways! Also, who knows when they are going to need a new bathroom or bed, and we've got centres for both of them down there. Oh yeah, and it is just at the bottom of my road so none of them are at all far away!

Favourite Shop:

I know that this might sound like an odd choice, but the shop that I was most pleased about seeing was the Rose Super Market on Market Place. It's just a basic shop, but it has pretty much everything that you could possibly want. The guys in there are friendly and I think that is a very useful addition to Market Place and the Suburb. Plus, its open until 11pm, and that is an hour longer than the off-licence so it is somewhere to go for a last minute bottle of wine or, well, anything for that matter!

SUBURB Travel

featuring Alison Marshall



Alison Marshall has lived in Waterlow Court in the Suburb for the last nine years. She studied Geography at Cambridge and then moved to London to work for charities concerned with international development and the environment. She is currently Head of Campaigns at CAFOD (the Catholic Agency for Overseas Development). Alison's interest in geography and development has led her to explore many parts of the world, including Brazil, Bolivia, Chile, Ecuador, Estonia, Hong Kong, Indonesia, India, Kenya, Latvia, Malaysia, Malawi, Peru, Sudan, Tanzania, Tunisia and Turkey.

What was your best holiday?

My best holiday was during my gap year after university. I worked to earn enough to travel to Malawi, Central Africa. The sights and smells, the people, sleeping under the stars; it was a powerful experience. I'm still in touch with Grace, whose

family I stayed with there; her life chances have been so different from mine. That holiday still drives me; it's part of the reason why I work on campaigns to tackle the deep injustices of our world.

Best Hotel ?

The best hotel I've ever stayed in has to be the Mandarin Oriental in Kuala Lumpur, Malaysia. Embarrassingly I arrived at the elegant, gilded, red-carpeted lobby lugging my battered old rucksack – the porters were polite enough not to show their disapproval! There's an amazing swimming pool on the roof that appears to have no edge; you can see right out across the city while you're swimming.

What do you need for a perfect holiday?

For a perfect holiday I need three things: An open mind and a flexible attitude, a sense of adventure and the willingness to take reasonable risks and comfy walking shoes.

What do you always take with you?

Plastic flip-flops! If I am likely to stay in family homes while I'm abroad then I take a photo of my family and their home, because it's a great way to start up a conversation even with limited vocabulary.

What is your best piece of travel advice?

Never ever take the anti-malarial Lariam; the number of people who have suffered seriously damaging effects is too scary. Don't forget to reapply sun-cream to your back after body surfing on the Sydney beaches on New Year's Day or, like me, you'll end up a very sore lobster look-alike!

Where do you want to go next?

Iran. But actually my next trip is to Cancun, Mexico. Not for the sun or beaches, but to protest about the unfair global trade rules at the forthcoming World Trade Organisation ministerial meeting.

Which was your worst holiday?

The worst funny tummy I ever had was in the Sudan (for a few days I only dared venture a few metres from the bathroom!), but since I've learned something valuable or met somebody special on every holiday, I can't think of a worst one.

Which is the worst place you've ever stayed in?

It's a toss up between the bungalow in Ethiopia where a snake came up the sink plughole, the bed-bug bedroom in Calcutta or the cockroach hostel in Peru.

What do you avoid on holiday?

McDonalds, but then I avoid it at home too so perhaps that's cheating!

SUBURB Cookery

featuring Niki Hatjoulis

Niki Hatjoulis has lived in the Suburb for 20 years. She is married to George Hatjoulis and has two teenage sons, Michael and Christos. Niki and George began married life in Fallden Way before progressing through properties in Lyttelton Road, Creswick Walk and Hampstead Way to their present address in Meadway. Niki is presently a full-time student at the University of Hertfordshire, studying for the BSc Radiotherapy and Oncology. We asked her for her favourite Greek Cypriot recipe.

Stuffed Vegetables

Ingredients:

6 medium sized tomatoes
2 large courgettes
3 Green peppers
1 medium onion (finely chopped)
Half a cup of rice
Half a cup of olive oil
One pound of mince (pork or turkey)
One cup of finely cut fresh Parsley
A handful of fresh mint
The juice of two lemons
Salt and Ground black pepper

Preparation:

Place the mince, the rice, the olive oil and the onion in a large, deep bowl. Add the lemon juice, parsley, salt and pepper (to taste) and mix well. Slice the top off the tomatoes and discard the core but retain the top as a lid. Halve the courgettes and gently spoon out the contents. Leave one end closed. Slice the top off the peppers and discard the seeds. Retain the top as a lid. Using a soup spoon, fill the vegetable husks with the stuffing and cover with lids. Place them, tightly packed, in an oven proof dish. Pour one glass of water over the preparation. Cover the dish and place in a preheated oven at 180 degrees (medium heat). Bake for 30-40 minutes.

Cook's Tip: Brown the peppers and courgettes lightly in olive oil, in a shallow pan before filling. Excellent as a starter or main course.

