

It can be a Good Life

Last November, the *Sunday Times* published an article entitled 'The Good Life for a new generation'. It was initially about the famous comedy series starring Richard Briers and Felicity Kendall who played a middle class suburban couple who grew their own food and reared animals in their back garden in order to become self-sufficient. The series, which started in 1975, was voted one of the nation's all-time favourite sitcoms, but the extraordinary fact is that it is still being shown on cable and is now entertaining a new young audience.

The article continued with tales about professional people suffering from the stresses of modern life who sell their homes and move to the country to run smallholdings and create their own version of the good life. But many more people are seeking the benefits of getting away from it all, without actually moving anywhere, by having an allotment.

The allotments on the Suburb are tucked away out of sight and do indeed provide places of refuge from the hubbub of daily life and - with the increasing interest in food without unknown additives - organic food. Freshly harvested fruit and vegetables taste so much better than any product you can buy in a shop.

If you have never grown vegetables, do not worry, it's not



Phyllis Young trophy winners Rosemarie Biehler and Pauline Murphy 3rd, Peter Hodgson 1st, Diane Berger 2nd, and John Freeborn at the Allotments Harvest Supper.

rocket science! However it does involve a lot of physical work. So the third benefit of running an allotment is the exercise which it provides. A win-win-win situation.

You may recall that I was enthusing about the clearance of one of the large sites which is behind Addison Way. Some brave souls took on plots there, starting with ground that had not been cultivated for years. The site has the benefit of a water supply. They have made tremendous progress and developed very good sites producing excellent results. Indeed one of the sites was so good, after one year of cultivation, that it was awarded the third prize in the annual competition for the best kept

allotment - the Phyllis Young Memorial Trophy - to Pauline Murphy and Rosemarie Biehler.

If you would like an allotment but are not sure how much time you can devote to it, why not find a neighbour to share it with you. You will find the other people working on your allotment site friendly and always willing to advise on what grows best on a particular site.

If you are interested in finding out more, please contact me on 020 8455 9320 or email me at j_freeborn@hotmail.com. I promise you that you will derive a lot of satisfaction from it. It can be a good life!

JOHN FREEBORN, CHAIRMAN OF THE HGSRA ALLOTMENTS COMMITTEE

Hampstead Rugby Club

The club had a good start to the season in the London League Division Three North West and, at one time, were joint second.

However, many injuries and some sendings off have resulted in matches being lost which were expected to be won. The club

has played 12 league games, won 7, drawn 1 and lost 4. Points for 286, against 209.

The home league fixtures for 2005 are Saturdays 8 January v Cheshunt, 19 February v Bank of England, 12 March v St Albans and 9 April v Imperial Medicals.

The women's section has started well having got off to a good start winning the first match 5-4-5. Six other matches have been arranged but only one confirmed to date for Sunday afternoon, 16 January v Hertford women.

All information from the Secretary, Mark Spilsbury on 8347 7178 or mobile 07967 154 173. Match reports appear in the Ham & High.

TOM SALES

Mary Cox

Lady Cox, who died in November had created the *Suburb News* Wordsearch since she took over following the loss of her friend Shiela McMichael. A distinguished professor of chemistry at UCL, as had been her husband Sir Gordon who died in 1996, she had lived on the Suburb for many years. Despite a busy life and her continued involvement as an emeritus professor she took her column seriously and was always anxious to make sure that type errors didn't make the puzzle any more difficult.

The Pre-School in Hampstead Garden Suburb

Hampstead Garden Suburb Pre-school, which is housed in one of the Free Church Halls in Northway, has existed in various forms for over 80 years and has thus provided care and play for the youngest Suburb inhabitants for nearly a century.

The pre-school was originally established as a playgroup by the Free Church soon after it was founded in 1918, but it later ceased to be run by the Free Church and became a community pre-school operated by parents.

Not many are aware that the pre-school, which is registered

with the charities commission, is a non-profit making organisation wholly relying on grants and funding. One of its policies is to maintain its very competitive and affordable pricing so as to make it more accessible to the community as a whole.

The pre-school is run by a committee, mainly consisting of parents, in close co-operation with a team of highly qualified staff.

Hampstead Garden Suburb Pre-school, which is part of the Pre-school Learning Alliance, was awarded the highest grade of 'outstanding' at the latest Ofsted

inspection. The children attending are aged from 2½ to 5 years and take part in a range of activities and enjoy learning through play in preparation for infant school, and the majority of the children go on the local Garden Suburb and Brookland Schools.

For further information about Hampstead Garden Suburb Pre-school please contact Sam Hobbs on 07785 995412.

We would also like to hear from people who have attended the pre-school (or playgroup) over the years!

SILVIA CRAY

A stimulating year

At the 90th AGM of the Horticultural Society, on 23 November, Chairman Marjorie Harris reported on another stimulating and successful year, mainly due to the exceptional programme arranged by the Events Secretary, Diane Berger. She thanked the many individuals who had also contributed so much over the year.

Yvonne Oliver was elected to take over from Anne Crawley, who had been an outstanding Show Secretary, and Sonia Mathias took over from Ruta Teteris as Membership Secretary who had achieved an excellent job in computerising the records and encouraging new people to join. There were four new members of the committee.

The full committee for 2004/5: Officers: Marjorie Harris (Chairman), Barbara Kogut (Secretary), Chris Page (Treasurer), Yvonne Oliver (Show Secretary), Sonia Mathias (Membership Secretary), Diane Berger (Events Secretary), Jessica Delaney (Press & Publicity Officer). Members: Constance Benson, Estelle Braham, Paola Cassina, Carol Kemp, Michael Franklin, Wendy Parry, David Rapson, Ruta Teteris, Mike Tomlin, Gerard Wiseman.

Following the AGM, prizes, cups and medals were awarded to Ken Murrell, Ruta Teteris, Gill Read, Yvonne Oliver, Marjorie Harris, John Reeve, Chris Page, John McLean, Pru Beard, Jennifer Ruffy, Caitlin Egen, Carolyn Egan, Rita Landeryou, Diane Berger, Lorna Page, Lauren Egen, Christopher Egen and Pearl McLean Jennings.

In 1983, a young man won a 'Best in Show' certificate for his vegetables at the Hampstead Garden Suburb Horticultural Society's Autumn Show, at the first time of trying. Twenty-one years later, Ken Murrell walked off with nine of the thirty-one

major cups and awards being presented. Ken, now joint vice-president, grows most of his flowers and vegetables on the Brooklands allotment site in the Suburb. He won the Championship Vase, the John Wiseman Floral Cup, the Wildwood Cup, the 30th Anniversary Cup, the Leonard Potiphar Cup, the Alice Dennant Memorial Cup, the London Gardens Society Bronze Medal, the London Dahlia Society Bronze Medal and the HGS Horticultural Society Jubilee Medal for produce ranging from best trug of vegetables to dahlias.

Other multiple winners were Ruta Teteris, whose splendid rose displays won her the Maurice Brewer Memorial Cup for Roses, the RHS Banksian Medal and the Royal National Rose Society's Bronze Medal and Gill Read, who won the Merriman Fruit Cup, the Dudman Challenge Cup, and two HGS Horticultural Society Jubilee Medals - one for

cooking and one for fruit. Yvonne Oliver won the Coronation Cup (cut flowers), Marjorie Harris the Fellowship Cup (pot plants), John Reeve the Codmore Beaker (Annuals), Chris Page the Sweet Pea Cup, John McLean the Delphinium Cup, Pru Beard the Millennium Cup (Best Suburb Garden), and Jennifer Ruffy and Rita Landeryou won the Bryce-Hardman Cup and the Morrison Plate respectively for flower-arranging, as did Carolyn and Caitlin Egen Egen, who shared the WH Cutbush Challenge Cup.

In the cookery and preserves classes, Diane Berger was awarded the Ladies' Bowl and Lorna Page the Marshall Roberts Cup.

The children's prizes went to Lauren Egen (flowers, 5-8 years), Christopher Egen (the Jack Rumbold Children's Cup for flowers, 9-15 years) and Pearl McLean-Jennings, who won the Tony Holton Award for cooking.



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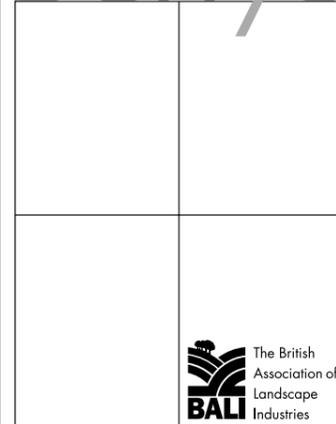
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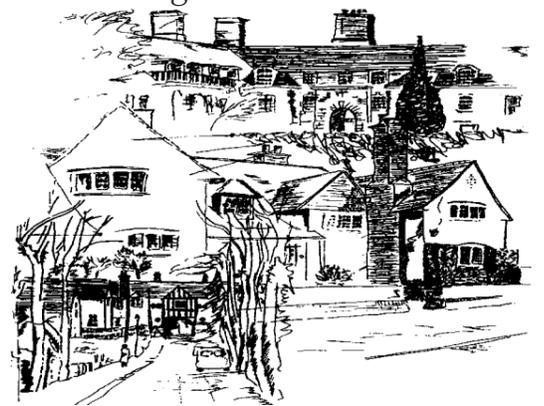
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