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Reprieve for listed building

By Daphne Chamberlain

A reprieve has been granted to 320 High Road. Barnet Council has rejected an application to extend a block of flats to up to three metres from the Grade II listed house, which would have overshadowed it completely (*THE ARCHER*, December 2010).

320 High Road is one of the two Victorian gatehouses at the northern entrance to Camden and Islington Cemetery. Barnet Council received objections to the application from a number of local residents, The Finchley Society and the Garden History Society, which is a statutory consultee for English Heritage.

The owner of the house, Iggy Mascarenhas, told *THE ARCHER*: "I am really relieved, although

I am very worried that the developer will appeal the case, as the reasons for refusal are very similar to those given on previous applications, which were eventually granted on appeal."

Barnet ruled that the proposed extension would mean over-development of the site, and detriment to the character and appearance of the area, the amenities of neighbours and the setting of the listed house.



From left to right: Liz, Tee (the boss), Uri, Dougie and Hannah. Photo by John Dearing



By Adam Justice-Mills

After all the festive fun (and excess) I'm ready to tighten my CO2 belt, resolving to try harder in 2011 to make a little difference. Perhaps it's worth revisiting why "global warming" is important to us individually.

As a poorly-informed natural sceptic, I looked for a beginners' guide to global warming. I wanted to know: what are the consequences of global climate change; are we making things worse (and by how much); and can we do anything about it? You can check these things for yourselves and decide if you believe the science or not (links on my blog).

I do believe it now, and I also believe we can make a difference; hence this column. This month I'm thinking about seasonal food and short days. Seasonal food has several benefits: it's possible to get food in season locally (with lower CO2 from transportation) and, while it's often cheaper due to seasonal glut, buying seasonally is still good for the local economy.

There are websites listing local, seasonal foods throughout the year. January veg include beetroot, sprouts (lovely), celeriac, Jerusalem artichoke, kale, leeks, parsnips, potatoes, radishes, spinach, swede and turnips. Fruit includes apples, pears, European oranges and pomegranate. Sweet chestnuts are great. Meat could be goose, guinea fowl, rabbit, venison. Fish could be crab, mackerel, mussels, turbot, brill, monkfish.

Of course, through freezing, pickling and jam-making seasonal food can tide you over these darkest months (we froze half our cooked turkey to eat later in the winter). If you're feeling adventurous, try foraging for food around East Finchley with urbanharvest.org.uk on the third Saturday of every month. Wrap up warm and roll on spring!

Fitness studio on our doorstep

A new fitness studio has opened in the heart of East Finchley promising to help you work off the effects of an over-indulgent Christmas and New Year. Mightefit Health Studio is just off East End Road, close to the Five Bells pub. Staff offer unique training systems and a "pyramid approach" to produce dramatic transformations in body and lifestyle.

The new studio is modern, stylish and filled with state-of-the-art equipment, and all the health coaches are highly experienced. Contact Mightefit on 020 3224 3043 for a complimentary training session or visit www.mightefit.com.

New soundtracks to old films

As part of the Phoenix Cinema centenary celebrations, the cinema partnered with Rithmik music studio, run by Barnet Council's Youth and Connexions Service, to present a pioneering free screening on Sunday 28 November. The event fused work by Barnet's early filmmakers with brand new soundtracks composed by young people from the borough of Barnet.

Members of Rithmik had seen screenings of works by Barnet-based British pioneering filmmakers R.W. Paul and Birt Acres. The latter held the first-ever British public film screening in January 1896 for members of the Lyonsdown Photographic Club in Barnet. The young people then worked with world-renowned silent film accompanist Stephen Horne to compose new soundtracks.

Officer at the Phoenix, said: "The soundtracks they produced were exciting and fun. It's extraordinary when you realise that the young people have never watched films like this before and certainly haven't composed a film soundtrack before."

For more information on Rithmik and its programmes, please contact Barnet Youth and Connexions Service on 020 8359 3562.

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