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# The Archer

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Team work: The Good Gym volunteers were regular volunteers at Long Lane Pasture this year. It remains open to visitors on Saturdays and most Sundays through the winter. Photo Donald Lyven.

## Pasture is perfect for exercise in the fresh air

By Linda Dolata

**This has been a strange year, and many of you will have become aware of all the benefits of being outside and taking in the wonder of the natural environment around us.**

This has become very apparent at Long Lane Pasture, opposite Finchley Fire Station, where we have had a large numbers of visitors, far more than ever before. Young families especially have dropped in, but also a wide range of people who just want somewhere calm, quiet and pleasant to relax.

The pasture, with its unmanicured copses and meadows, reed-fringed ponds and constant birdsong, butterflies and bees, and of course our famous blackberries in August, has so much to offer, and we have been absolutely delighted to see so many new faces.

A refrain we heard again and again was that visitors had no idea that such a beautiful place existed minutes away from their homes.

**Maintaining the balance**

All this, however, needs some maintenance to prevent it being overwhelmed by the thuggish brambles and hops, thistles and nettles and vigorous sallows, ashes, and prunus, at the expense of the subtler meadow flowers, shyer grasses, ferns and slow-growing trees.

This constant balance is achieved by a tiny number of volunteers, and sadly we are mostly well over 60 (apologies, Ollie and young Seb), and find some of the physical work too demanding. Many visitors expressed an interest in helping and it is now, at this time of year, that much of the cutting, reaping, and stacking of vegetation has to be done.

So forget the gym and boring



Floral glory: This snakeshead plant is just one of the beautiful inhabitants of the pasture

repetitive exercises, please consider joining us, and benefitting your own physical and mental health at the same time. In present circumstances, it's best to bring your own gloves and secateurs or loppers. We meet at the pasture every Saturday morning from 10am to 12 noon.

Long Lane Pasture entrance is located alongside the North Circular Road, off the pathway that starts on the opposite side of Long Lane to the fire station. We would love to see you, you would be most welcome. If you have any questions, please email: longlanepasture@gmail.com

## Calendar for award-winning nature reserve

Long Lane Pasture has once again collected a Green Flag Award. The accolade from the Keep Britain Tidy group for 2020-21 is testament to the dedication of the team of volunteers who have kept the nature reserve in Long Lane, N3, well maintained, tidy and looking beautiful despite the difficulties this year.

Anyone wishing to help their work can purchase a copy of the Long Lane Pasture Calendar for 2021. Due to a lack of selling opportunities because of lockdown, only 100 copies are being printed so to ensure a copy for £5, email: donaldelyven@aol.com.



Safety first: Pasture volunteer Louise makes the September photo for the 2021 calendar.

## Art in the windows

Two art lovers have set up a walking trail where anyone missing visits to art galleries can enjoy discovering new works in the windows of houses and studios they pass. Several artists are taking part in Muswell Hill and East Finchley.

Artist Roshia Nutt and art marketing consultant Holly Collier set up the trail, which runs from 14 November to 14 December. All the participating houses can be found in the interactive map at [www.artistswalk.org](http://www.artistswalk.org)



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