



Traditional Italian family feel lives on at delicatessen

By Ruth Anders

Sipping a cappuccino in Amici Delicatessen, listening to the lively Italian repartee and gazing at the salami and sundried tomatoes, is like being transported from the High Road, N2, to Italy. Customers know charismatic owner Maurizio Businaro well, but after 31 years at the East Finchley landmark and some serious health issues, no-one could blame him for wanting to reduce his workload.

Regulars were concerned that the popular shop might change, but they need not worry. A smiling Maurizio introduced me to the new young owners Oscar and Gianmaria Marzola, who have already taken over with a warmth and charm only Italians can deliver.



Good friends: Maurizio Businaro, centre, with his young successors at Amici Delicatessen, Gianmaria and Oscar. Photo Mike Coles shop.

Maurizio began by training at the Grand Hotel Rimini and moved to London in 1976 to work at the Savoy. Taking on Amici Delicatessen in 1995 he built up a loyal following and still carried on after undergoing a kidney transplant 15 years ago.

"I was so grateful to Barnet Hospital that I hosted a concert at the Phoenix Cinema to raise almost £2,000 for their renal department," he added. At the beginning of this year, he had a pacemaker fitted and it was "Time for a quieter life, but where would I find the right people to take over?" Serendipity stepped in when the two brothers appeared and a deal was struck. Gianmaria, who was formerly a senior head chef at Franco Manca, could scarcely contain his excitement about the new challenge. "I have spent so much time in this shop over the years," he explained. "I always said I wanted to run it!"

He and Oscar, previously a bar manager at The Ivy in Covent Garden, are from Ferrara in northern Italy. After running a peripatetic pizza van touring markets in London and the Home Counties, they decided they wanted to run a

"Amici Delicatessen is far more than a business, it's a heritage," said Gianmaria, adding, "I came over here when I was 18 to join my brother. I planned to stay for six months, but I stayed forever." "And we just love this area," said Oscar.

The brothers are determined to maintain Maurizio's high standards and friendly environment. They added that their 93-year-old grandfather, "our Nonno", told them that his dream is "to see you guys make it".

Maurizio will continue to run his antique shop in Crouch End and will doubtless drop by to check on Amici. When I last visited, the boys' mother Lucia, over from Italy, was busy washing dishes in the background to support what is clearly going to be a very successful family affair.

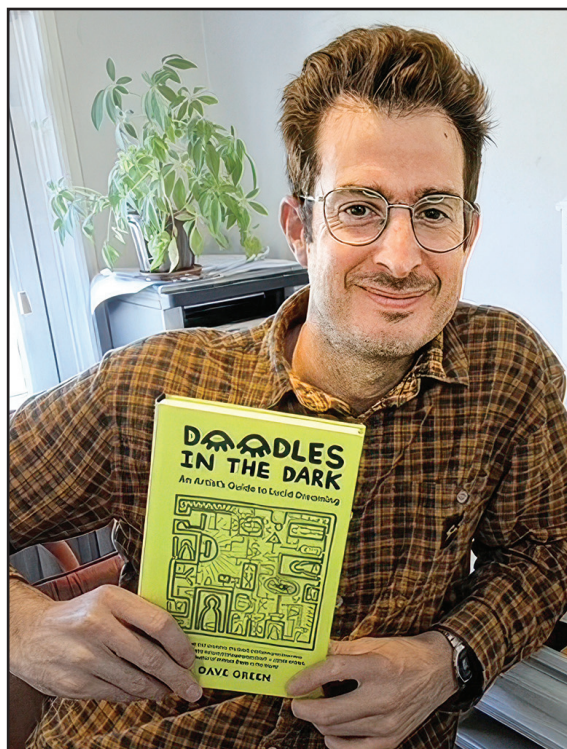
Nature spotting in Cherry Tree Wood

By Diana Cormack

Did you know that everything shown in these pictures can be seen in Cherry Tree Wood right here in East Finchley? Youngsters attending the monthly nature club there were able to explore the area and tick off the ones they spotted.

There was a trick question although many were sure they'd seen a wood anemone in bloom! The enthusiastic group gathered in the nature circle next to the playground to talk and learn more about what they had seen. Organised by the Friends of Cherry Tree Wood, the club

meets on the first Sunday of the month from 2-3 pm. It is a free event for eight-year-olds and under, who must be with an adult. There is a new topic every time. Just turn up on **Sunday 5 July, Sunday 2 August, Sunday 6 September or Sunday 4 October.**



Creative sleep: Dave Green has written about the technique of lucid dreaming which he turns into art, right

Doodles in the dark

By Gail Norcliffe

Lucid dreaming was a new concept to me before I talked to local artist and author Dave Green. His new book *Doodles in the Dark: An Artist's Guide to Lucid Dreaming* covers the art, science and how-to of lucid dreaming.

According to Dave, lucid dreaming is a state of being aware that you are having a dream when you are dreaming. This is something Dave has been able to do since he was young, which he describes as spontaneous lucid dreaming.

However, lucid dreaming can also be learned through applying various techniques. When lucid dreaming it is possible to exert some choice over what you are dreaming and what happens next, thus consciously exploring and interacting with the dream. Unsurprisingly, there is considerable scientific interest in

lucid dreaming, with a lot of information available through organisations such as The Sleep Foundation, which details techniques and also some of the risks.

Dave has taken things to a new level with his practice of creating drawings while lucid dreaming. This is not about drawing while asleep nor about trying to depict a dream in a picture but instead recreating the art from a dream on waking.

He explains: "To create art in my dream, I first have to find a pen and paper within my dream while I'm asleep. Once I have drawn something, I need

to study it to be able to remember. When I wake up, I will then quickly make a copy of my lucid dream drawing. The art tends to be bold patterns and may contain numbers and letters, but it's always interesting."

As well as his art, Dave sometimes finds that others in his dream also create pictures, but he does say that the other characters' drawings are very much in his own style.

Dave will be talking about his book at **Camden Arts Centre** on the afternoon of **Saturday 4 July** as part of a programme curated by Susan Finlay.

Summer Fair

Bishop Douglass High School in Hamilton Road, N2, is hosting its Summer Fair on **Tuesday 14 July from 3pm to 5pm**. All are welcome to enjoy sports activities, Sponge the Teacher, a bake-off, face-painting, food and games. Tickets will be sold for £2 per family.



The Nature Club's tick sheet for Cherry Tree Wood

Have you tried our new puzzle Re-griddable yet?

Re-Griddable is a twist on the free daily online game grid-dable.co.uk created by two East Finchley residents, Stuart Miller and Matt Robinson. There may be more than one solution to each Re-Griddable but there is definitely at least one, which comes from a maximum scoring game of Griddable.

If you get stuck the official Griddable word-checker may help (griddable.co.uk/word-checker).

If you like playing Griddable online, why not join the East Finchley Leaderboard? Go to Groups on the site and use code BUJRM4.

Re-Griddable
No.5
Place the letters to create eight four-letter words — four left-to-right and four downwards.

A E E G H N O R

C			W
	A	V	
		E	D
P			S

Turn to page 11 for this month's solution