



AUTUMN 2015

creos

Crouch End Open Space

NEWS

TO ALL CREOS MEMBERS

You are cordially invited to the 2015

CREOS CHRISTMAS PARTY

Kindly hosted by Vicky and David Abram
at 77 Wood Vale N10 3DL.

The party is on Sunday 6 December 2015 from 12:30 to 15:30.

Buffet lunch, with wine and soft drinks.

Although there will be no charge, donations towards the cost of CREOS activities will be much appreciated.

CREOS'S FABULOUS SUMMER!



The summer may have started off with too much rain for our liking but the CREOS Summer party took place at exactly the right moment. An early August date this year provided a lovely sunny day to welcome the many local people who came to share in the fun. It was not a special anniversary like last year but we nonetheless pulled out all the stops and put on lots of activities. We were fortunate to be entertained by the Gregor Grant group, with lovely singer Julia, who provided a wonderful musical accompaniment to the barbecues, the now traditional raffle and the competitions for children and dogs. The summer event is now becoming a regular in the CREOS calendar but we would love to know your preferences about suitable dates: would you like next year's event to be held before, during or after the schools' summer holidays? Do send an email via the CREOS website to let the committee know your preferences.

In addition to the summer party, CREOS also benefitted from a Volunteering day on Saturday 4th July. This is another activity that seems to be becoming a regular event,



where whole families came along from a number of local churches to help with litter picking and path making. 

 The school field and the CREOS meadow have also been the venue for many unauthorised parties this year too. Young people in large numbers have turned out with their bags of drink and portable barbecues, the downside of this being that the following morning, CREOS committee members on their morning dog walks end up hauling bags full of bottles, cartons and crisp packets to the nearby (unused) bins! Unfortunately the black squares on the grass and the graffiti on the benches are not so easily remedied. Fires have been a bit of a blight on the summer too; fire engines attending a blaze at the old North Middlesex club house and many a bonfire in nearby Queens Wood.

Marvellous things have been appearing on the fields this summer, from spectacular mushrooms and toadstools to Alpine chalets! The wooden Alpine chalet, a genuine German construction, erected next to the Crouch End Cricket Club pavilion, appeared and disappeared faster than the fungi! The legitimacy of such a structure, in aid of a private party, has not yet been established. However, it is



reported that more than one neighbouring household lost a night's sleep, if the complaints to Haringey Noise Nuisance line are anything to go by! Our members also had to report "noisy parkers" on several nights in the early summer but 2am partying should be a thing of the past now that the gate to the Hanley car park is locked at night.

Probably due to the new "Hanley Path", dog walkers have increased in number this summer too but, fortunately, dog dirt has not. This is thanks to Veolia who have continued to empty the new bins regularly as promised. Dog walkers are a very friendly lot and many a friendship has been struck up whilst throwing balls in the meadow.

The regular monthly workdays have been less well attended recently, so come on CREOS members, come out and do your bit! If all members came just once in a year there would be a massive workforce. It's a great morning activity for families and helping out on the fields is a good way for children to learn about nature and conservation (see Lost for Words article in this newsletter). So much so that next year, CREOS Family (conservation) Fun Days are going to be on the agenda. Watch out for further details in your Spring Newsletter.

Glenys Law (Chair of CREOS)

LOST FOR WORDS

Do your children know what an acorn is? Yes of course! Well that's fortunate then, because if they didn't know, they would no longer be able to find out by looking in the current edition of the Oxford Junior Dictionary. In the 2007 edition, many words that describe the natural world disappeared! Unbelievably, the dictionary no longer contains the words *acorn, ash, beech, bluebell, buttercup, catkin, conker, cowslip, cygnet, dandelion, fern, hazel, heather, heron, ivy, willow* and many more. In their place come the likes of *attachment, blog, broadband, celebrity, chatroom, cut and paste and voice mail*.

Sadly, we know this is a reflection of the reality of children's lives today. However, it does not have to be this way; more and more parents realise that being outdoors is good for children's health and well-being. A chance to run, climb and explore, the opportunity to discover things for themselves in the real world rather than on a computer screen, to touch, smell, even taste the natural world; this is what we want for our children.

Those of us lucky enough to live near to the Crouch End Open Space can still offer our children the chance to experience all these things. And believe it or not, there, they will still be able to find the acorn, ash, beech, dandelion, etc that no longer feature in their dictionaries!

AUTUMN FINANCE 2015

The year to March 2015 has been another very good year for CREOS

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- Income was £4,900
 - Expenditure was a record £4,460
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In Mr Micawber's words, "result happiness".

Members' subscriptions and donations totalled £2,020, compared with £1,500 in 2014. We recovered £1,150 in Gift Aid and received £1,730 in grants, third party donations and contributions.

This year's expenditure on paths totalled £2,750, compared with £18,500 in 2014.

At our financial year-end in March, CREOS funds totalled £7,960.

Julian Sherwood, Treasurer.

MEADOW ORCHARD

This year, CREOS's neighbour, Meadow Orchard, has been celebrating its 5th anniversary! The Meadow Orchard Project is a community permaculture garden, orchard, wildlife meadow and eco-building project located behind the hospital on Park Road.

In the spring, the Saturday volunteers celebrated with cake and later in the summer, the eco-builders celebrated the completion of the floor of the eco-build with home-brewed elderflower champagne!

The beautiful new floor was laid by the eco-build volunteer team in July, thanks to wood planks being generously donated by a local business. This was just in time to welcome a professional puppetry theatre company, Old Saw, to the new build to perform their acclaimed show called 'Meadow' in early August. Over 50 audience members from the local area, young and old, enjoyed the shows on one special Saturday. Old Saw had successfully bid for funding from Arts Council England to enable this to happen as part of their theatre outreach.

Since the summer, the new build has also hosted regular meditation sessions as well as being used for therapeutic sessions at the August volunteer-led Wellbeing Day.

New for the Meadow Orchard this autumn is the site opening on the last Sunday of every month (instead of the Saturday of that weekend), and featuring community action days. The idea is to make the site more accessible for people who would like to come and visit or volunteer but who are not able to come on Saturdays. The first one happened in September with a Conservation Day enjoyed by many volunteers old and new, with meadow care (a Scything afternoon) and wildflower planning and planting. Many varieties of fruit were harvested from the trees too: apples, peaches, crab apples, plums and blackberries, making delicious jams and more.

The following Sunday community day was October 25th, featuring the use of the on-site cob oven to make bread, pizzas and more. On Sunday 29th November, the theme is to be Trees and Herbs: what trees we have on site, tree care and education and also a demonstration and talk by our local herbalist. Everyone is welcome.

Rachel Fell
www.meadoworchard.org
Twitter@MeadowOrchard

CREOS WEBSITE

Do visit our website regularly:

www.crouchendopenspace.org

Here you will find the latest news about CREOS events, copies of the bi-annual newsletters, contact details for

the committee and useful links to related organisations. You will also find lots of background information about CREOS and its history. Discover what the playing fields looked like during the Victorian era and which cricket clubs were active in 1897! Rob Jackson.

HELP GROW CREOS'S MEMBERSHIP

CREOS always needs a larger core of active members to support its continuing efforts to maintain the character of the local area. So when you've read this edition, do pass it on to anyone you think may be interested in joining CREOS to help preserve the local 'rural' areas as a nature haven for wildlife and walkers.

Please return this completed form with your subscription to CREOS's Treasurer Julian Sherwood at: 23 Berkeley Road, N8 8RU.

If you pay UK income tax, CREOS can claim Gift Aid. This is 25% of your subscription. When you send your membership form we will ask you to complete a Gift Aid form. 

I wish to join CREOS I wish to renew my membership

I enclose payment for: Family membership £12 Individual membership £9 Unwaged or Senior Citizen £3

Name: _____

Address: _____

Telephone: _____

Email: _____

Recipe card... **EASY APPLE 'CHARLOTTE'**

One of our readers has sent in this easy recipe which she describes as being for the mum (or dad! Ed.) who has to spend more time in the workplace than in the kitchen. She says her mother called it apple charlotte but the cooks at and viewers of Downton Abbey would probably not agree. Inundated as we are with delicious apples this year, it is useful to find a recipe that can put a hot and nutritious apple desert on the table without taking up too much time. This recipe requires little time and no special skills.

Ingredients

Apples
Cinnamon
Golden syrup
Left-over bread

Method

Peel and cut up the apples into a baking dish. Sprinkle on some cinnamon. Put three or four slices of bread into a liquidiser to turn it into crumbs. Spread these on top. Drizzle two to three tablespoons of Golden Syrup all over the top. Bake on a medium heat for about 20 minutes. Serve with custard (ready-made of course!) or some ice cream. Tell the kids "An apple a day keeps the doctor away".



MEMBERSHIP SECRETARY

I recently accepted the position as membership secretary of CREOS and thought I would take advantage of this newsletter to introduce myself to members. I have worked for Steve Hooper Design and Landscapes since I finished university four years ago. I was involved in the design and construction of the CREOS woodland walk path back in 2014 and I am currently co-ordinating our gardening team to tackle the Japanese knotweed in and

around the CREOS meadow. I have lived in Haringey most of my life and have always enjoyed the CREOS area. I'm very happy to get involved in looking after it and am excited to be part of the CREOS team. Please get in touch with me if you have any queries regarding membership. My weekday work contact details are in the Committee directory at the end of this newsletter.

Alys Elphick

CREOS COMMITTEE

Chair:

Glenys Law

36 Wood Vale. N10 3DP
020 8883 6930
glenyselaw@hotmail.com

Secretary:

Paul Secher

80 Wood Vale. N10 3DN
020 8444 4518
info@crouchendopenspace.org

Treasurer:

Julian Sherwood

23 Berkeley Road. N8 8RU
020 8348 4268
juliansherwood@hotmail.com

David Abram

(CREOS News editor)
77 Wood Vale. N10 3DL
020 8444 8565

Rosalind Abrams

97 Wood Vale. N10 3DL
020 8883 2392

Jane Bywaters

169 Park Road. N8 8JJ
020 8341 3640
jane.bywaters2@hotmail.com

Alys Elphick (co-opted)

(Membership Secretary)
6 Barrington Road. N8 8QS
020 8340 6041 (office)
alys.elphick@gmail.com
Steve Hooper
6 Barrington Road. N8 8QS
020 8341 9837
stevehooperlandscapes@hotmail.co.uk

Rob Jackson (Website editor)

63 Glasslyn Road. N8 8RJ
020 8348 8728
rob.jackson63@btinternet.com

Emma Prinsley

74 Wood Vale. N10 3DN
020 8365 4602
emmaprinsley@hotmail.com

Susan Secher

80 Wood Vale. N10 3DN
020 8444 4518
susiesecher@gmail.com

Bryan Torfeh

Flat 26, Greenaway House
Fernsbury Street. WC1 XoH
020 7689 5192
btorfeh@yahoo.co.uk

Jacky Wedgwood

1a Coolhurst Road. N8 8EP
020 8348 5481
jwedgwood@talktalk.net