

The Stratford Grapevine is the creation of artist Lucy Harrison, who has been commissioned by Art on the Underground to produce a newspaper about and with the local community around Stratford station.

This is the final issue of The Stratford Grapevine. It has been made in collaboration with the Architecture Crew, run by Fundamental Architectural Inclusion, who have produced the pull-out section. The Architecture Crew is a group of young people from Newham who meet regularly to develop projects that consider local regeneration in the borough. For The Stratford Grapevine, they have documented their previous projects to tell everyone about what they do, presented alongside new features focusing on areas in and around Stratford.

This issue also contains a photo essay by local artist Neil Zakiewicz, who has documented the objects and ornaments that local café-owners have used to personalise their spaces. Additionally, it features the second instalment of Newham Know-How with Age Concern, and an article on Albion Manor football team, who play on Hackney Marshes.

Lucy Harrison would like to thank everyone who has contributed to The Stratford Grapevine and shared their thoughts about the changes taking place in Stratford at this particular moment in time.



Photo: Benedict Johnson

EXQUISITE CITY PLANNERS

The Architecture Crew and artist Michelle Williams (third from left) worked together for The Big Draw 2008 in October to create a striking large-scale drawing of the city skyline for Stratford station's mezzanine, as part of the Art on the Underground programme.



Stratford Station at night

THE NIGHT SHIFT

Stratford station may be closed to the public at night, but it remains a hub of activity as the outside contractors arrive and the station supervisors begin their nightshifts. To find out what it's like, Lucy Harrison went to the station at the start of the night shift and met Station Supervisor Murray Benjamin.

Can you describe your night work at the station?

At night the station is full of contractors. The only station staff are the people in the Control Room, the night cleaner and me. The last Jubilee line train gets here at quarter past one in the morning. The last Jubilee line train gets here at quarter past one in the morning, but sometimes when they're late they'll get here at half past one and the station stays open until then.

Before the station officially closes to the public you can see the contractors hanging around outside, waiting to come in, emptying trolleys and doing all kinds of things. There aren't so many contractors at the weekend, but last night there were a couple of hundred.

In the Control Room, we can see all the cameras that are in the station. We've got an Omnicam camera in each ticket hall and two at the entrance to the station. They rotate around 360 degrees and we can turn them around from the Control Room. We can even look at what's happening in the bus terminal or outside the station if we need to. If there's an incident, the staff will radio in and we can turn the camera around and zoom in for better clarity. Everything's recorded at the station.

Each Supervisor does the night shift for a week, every six weeks. I used to be a driver years ago, and I used to swap all my nights for split duties, where you do four hours in the morning and then have a break and then do four hours in the afternoon. But when I changed to the station side, there was no dodging it: you have to do the night shift. I don't like it because my body just can't get used to it.

The thing about the nights is there are no customers. I don't mind the customers; it's always different, there's always something happening in the station that you didn't expect. Every day you come to work, you have to do something new. In the night, I know what I'm going to be doing. If I'm lucky I won't have to turf out any drunks. If I'm unlucky it could be two or three or five. If the train operator can't get the drunks out, I'll be called to remove them from the train and escort them out of the station. Sometimes they're just asleep; they don't mean any trouble. But it just depends on how you deal with them. If you're confident within yourself, then I think you can deal with any situation.

My relief comes in at 7am. The station opens at 5am, when the early shift comes in. I do a station check prior to opening the station, ensuring all contractors have left and their equipment is cleared away, and that all the staff have arrived for duty. Then we open the station. So at 5 o'clock in the morning, please don't give us any hassle.



Murray Benjamin (right) and colleague Steve Foster in the Control Room

In the night, every person in charge comes in with a list of contractors who are working under them to collect a PICER form. That stands for Person In Charge Evacuation Register.

[A man enters the room] He's one of them – he's the first one to bring his PICER ...

Yes I've got five people under me tonight.

So I'm the guardian angel.

Yes he's my saviour. He'll run in there and drag me out of a fire – I hope, anyway!

Tonight he's working in the signal equipment room, and all night they'll be rewiring and testing the equipment. They sign the form, and so do I. Ultimately, I'm responsible for all of them. And if there was an emergency, we'd evacuate them and do a roll call. That's never happened yet though, not at night anyway. PICER forms remain on file for seven years, so if anything happens in the future, we'll know all the people who've been in the station during that time. I don't find the nights boring, because all the contractors are coming in with their PICER. They come and pick up the keys. I remain in my office all night because I don't know what they're going to need – they might need keys – so I just make myself available to them. And I have a good laugh with them as well.



Stratford is such a busy station, but everyone seems very calm. Would you agree with that?

Yes, you have to stay calm. I find that it takes a lot to get me going. I laugh at everything. If you let things worry you, you can't work on the Underground – you just couldn't survive. When a person has a go at you on the gateline, they haven't singled out your face; they're having a go at London Underground. So over the years, you can't let those things affect you. Sometimes, when a new staff member starts, it may affect them, but when you've been in the job for longer, you deal with any incident and then it's forgotten. The longer you stay on the job, the more it becomes like that. At first, you can go home feeling down, but then you become numb to it. Very few things affect me.

Stratford's got a nice feel to it. I do like the mezzanine, although I know they're building a new gateline there. I'd like them to make it kind of continental, with cafés and things on the mezzanine. They could have an open café.

I've worked for LU for 30 years. When I first joined the Underground in 1979, I came as a direct recruit guard on the Jubilee line. It ran from Stanmore to Charing Cross, and I was based at Neasden. I was living in Leytonstone. My brother worked for British Rail and was based at Temple Mills. I'm talking a long time ago. I grew up in Leytonstone. It looks so different now. I also used to work at Liverpool Street and Aldgate and I did enjoy them both, but it's been really interesting seeing Stratford change.

My presentation for working with London Underground for 25 years was held on HMS Belfast. But after 30 years, I'd like to retire. I really love the Underground, that's the truth, but the shift work is hard on your health. I'd like to go back to the Caribbean, if possible. My father worked for the Underground for 25 years, and he did permanent nights for about 20 years. We were both working on the Underground at the same time for a few years, but he retired 22 years ago and went back to the Caribbean.

Café Curios

by Neil Zakiewicz, an artist who lives in Forest Gate and has a studio in Stratford

↓ Pie Crust

273 High Street, Stratford E15
Clockwise from right: British Rail clock with peacocks surround. The clock was a gift from a customer. The peacocks are from Thailand. Picture cards on a tea urn, from the owner's family in Thailand. Golf trophy on a speaker. The café owner, Mr Yooyai, is golf mad and has many trophies on display.



↑ The Wick

28 Felstead Street, Hackney Wick E9
Lucky "blue eye" charms from Greece suspended with plastic peppers, onion and tomato.



↑ Pelin's Café Restaurant

327 Romford Road, Forest Gate E7
Two miniature teacups and saucers with pine cone.



↘ Annie's Pantry

"Inshops" shopping arcade, Stratford E15
Blake's wall. Blake is the 11-year old son of one of the café workers. For a number of years he has stuck a new picture on the wall each time he has visited.



↑ Classico Espresso

Unit 3, Stratford Station, Stratford E15
This picture of the Hindu saint Jai Jalam is behind the counter. Pilgrims visit his shrine in India to cure their illnesses.

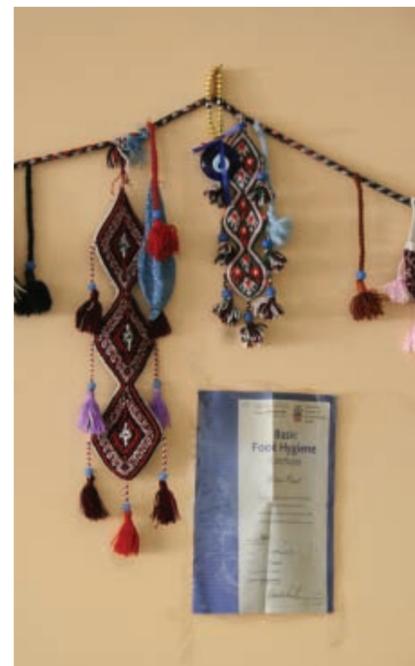


↑ Forest Café

61 Woodgrange Road, Forest Gate E7
Whenever they get a foreign coin from a customer, the café workers stick it onto this wood plaque above the counter. The plaque originally bore the name of the café.

↓ Tubby's Kebab 2

18 Felstead Street, Hackney Wick E9
The takeaway owner's mother and grandmother in Turkey hand knitted these woollen curios.



↑ Kebab Café

200 The Grove, Stratford E15
A brightly, coloured painting of a nude lady. It was bought in Turkey.



Photo: Flashfields Photography

USING BHANGRA TO SAVE LIVES

Harvey Sahota
Fire Community Safety Officer, London Fire Brigade

As a Fire Community Safety Officer for the London Fire Brigade, my job is to get out and about around the capital and work with people to make sure they understand the risks posed by fire. When I'm not at work, I produce Asian music, and this is how I became involved in an exciting project that uses Bhangra to get fire-safety messages out to the Asian community.

One of my Brigade colleagues, Stephen-remell Coleman, is a firefighter from Wimbledon, and last year he came up with the idea of using hip-hop to persuade young Londoners to get a smoke alarm. His track, called 'Got Mine Got Yours', was a great success, receiving national media coverage and getting thousands of hits on YouTube. Wondering if I could use my talents as an Asian music producer to take the project one step further, I got in touch with Stephen (aka Controversy) and asked if he wanted to get together and create a new version. He was keen to work on the project, so we met up, and the 'Got Mine Got Yours Asian Streets Remix' was born.

We had fun making the video on the Broadway in Southall, one of London's major Asian communities. The video features Stephen-

remell, me, dancers and musicians, and shows members of the public singing along. To give the track its Bhangra feel, we used the original lyrics but completely changed the music to include Indian instruments such as dholaks (small drums) dhols (big drums) tumbi and dulcimers. The remix starts with Stephen-remell saying 'Hello' in three different Asian languages – Punjabi, Urdu and Hindi.

Though the track is meant to entertain, the messages are serious. On average, around 50 Londoners die each year in house fires, so raising awareness of fire safety is very important. At London Fire Brigade, we're very keen to get our safety messages into the Asian community, since there are a number of risk factors that can lead to accidental fires. We like cooking with oil, for instance, and we also celebrate with candles and fireworks during festivals like Diwali.

Hopefully, the Asian community will hear the track on the radio or view it on YouTube, then pass it on to their friends. If we can make people more aware of the need to protect themselves from fire – and even save a life – the project will have been worthwhile.

A major part of the London Fire Brigade work that Stephen-remell and I do every day is aimed at preventing fires. We want Londoners to take advantage of the Brigade's free home-fire safety visits service. All you need to do is call 0800 028 44 28 and local firefighters will visit your home, chat to you about fire safety and fit free smoke alarms if you need them. To check out the video, search for 'Got Mine Got Yours Asian Streets Remix' on www.youtube.com.

The House Mill Loop Gordon Joly

The House Mill is the largest remaining tide mill in the UK and one of the few Grade 1 listed industrial buildings in London. It runs almost entirely on the efforts of volunteers. I'm a volunteer and webmaster, and through many visits, I began to take an interest in the Remembering Three Mills group, many of whom are also volunteers there. The guides lead groups around the Mill on Sundays throughout the year. Two of the volunteers are Kath and Audrey, who took part in the excavation at Abbey Gardens (Bakers Row, see Issue 2) in February 2008.

Remembering Three Mills started out many years ago as a project to bring together people who had lived or worked in Three Mills Lane in the past. The group meets at the House Mill once a month, supported by the House Mill charity trust. A book, edited by Brian Strong, a trustee of House Mill, was produced based on their recollections. The publication shows how much the area has changed in the past fifty years.

The view from House Mill and the Miller's House (the old building was destroyed in October 1941 and rebuilt in the 1990s) has changed dramatically. Today, there's a new weir just behind the Mill, and a new lock in the Prescott Channel. The area near Hancock Road (between the railway lines at Bromley-by-Bow and the Bow Interchange) is going to be developed; a draft public consultation has begun. One of the proposals suggests moving the Tesco supermarket a few hundred yards south. From the front of House Mill, you look down the Bow Creek towards the River Thames. The Bow Creek remains tidal, but the vast "mill pond" stretching as far as the Lea Bridge Road is now almost without any flow: it remains technically a river, but looks more like a canal. The lock and weir have "locked out" the tide.

Many people have walked the towpaths in the area, from Three Mills towards the Bow Back Rivers and beyond. When Gandhi visited the UK in 1931, he stayed at Kingsley Hall in Bow and asked for directions to take walks towards Stratford. He would have walked along the same paths as those in use today (the Prescott Channel was built in 1930 as a flood-relief channel).

Gordon Joly is a regular contributor to The Stratford Grapevine.

For information
www.housemill.org.uk
www.r3m.org.uk
www.kingsleyhall.co.uk



Photo: Gordon Joly

ARCHITECTURE CREW

PULL-OUT SECTION



ARCHITECTURE CREW

With all this talk about regeneration isn't it time you found out what's actually happening? The Architecture Crew is a youth project for 13-19 year-olds who live or study in Newham.

If what you've read interests you then please contact the Architecture Crew at www.architecturecrew.org and follow the link. Or call 07961 001 513. There are many up and coming projects that could interest you. Every project that the Crew takes part in offers valuable experience and the chance to learn new skills.



Photos: Hussain Ali and Raj Waghela

Fundamental

Fundamental Architectural Inclusion is about ordinary people having a stake and a say in what's happening in their local neighbourhoods – their homes, their amenities, their public spaces.

Fundamental is an architecture centre based in Stratford, and much of our work responds directly to the regeneration of the local area. Two of our key projects are for children and young people: Bridging the Gap and Architecture Crew. Bridging the Gap aims to bring architecture and built-environment education to all Newham schools within the context of the 2012 Games. The Architecture Crew is a youth architecture forum that is leading the field in involving young people in architecture, urban design and public space.

Fundamental is a member of the Architecture Centre Network and one of 22 centres nationwide that enable greater public involvement in and understanding of the built environment. For more information visit www.fundamental.uk.net

All photos: Fundamental



NATIONAL PORTRAIT GALLERY PROJECT Niall Lewis

In August 2007, the Architecture Crew teamed up with photographer Liane Harris and the National Portrait Gallery for a week-long project, which would see our portraits mounted on the wall of the National Portrait Gallery. With Nick Edwards from Fundamental offering advice alongside

Liane, Crew members were able to explore and develop their skills in the field of photography.

The Crew members chose two places in Stratford that they believed would make a good photo subject. The exhibition went on show from October 2007 to February 2008. The Crew members that took part were Hussain, April, Jade, Sam, Latifa, Kebba, Sausan, Mohammed and myself.



HIGH STREET 2012 PROJECT Sabrina Flynn

I'm 15 and a member of the Architecture Crew. Even though I've only been a member for a few months, I've been involved in many exciting projects. My most memorable has to be the High Street 2012 project. This involved creating our own consultation

tools to ask the public about the new high street that will run from Stratford to Aldgate.

Our first meeting on this project took place at the Soundings office in Liverpool Street. While we were there, we were briefed on what the project was about and what was asked of us. We were then split into groups of two to three

people. We then discussed what questions to ask, who our target audience was and the consultation tools we would be using. Group 1 used picture boards and questionnaires; Group 2 used a game board that included various questions at different destinations on the high street, and Group 3 used a dictaphone to record people's opinions on the use of public spaces.

The day of the LIFT festival at Stratford Park was a fun, interesting and new experience for me. This allowed us to put our tools to the test to find the information that we needed. It highlighted the different opinions of people living locally and of those who were just passing through. Even though it took a lot of work trying to find out from people what they thought, we did have quite an amusing time – for example, when our tent tried to fly away with the wind!

This project also opened my eyes to many factors surrounding the concept of regeneration and redevelopment in Stratford. Some people like change and some people feel that Stratford's charm will be taken away. I hope to be involved with more projects like this one in the near future, as it was something that I really enjoyed and learnt from.

THE WORD FROM MANCHESTER April Natasha Francis

Manchester was the home of the 2002 Commonwealth Games, and in 2005 the Architecture Crew made a journey up North to investigate what challenges Manchester had faced and what it feels like to win something as grand as the Olympic bid.

I've been in the Architecture Crew for five years and being able to learn about the changes and the regeneration has opened my eyes. It has helped me to take my area and community more seriously. "The Word from Manchester" project was a great way of being able to hear about Manchester's 2002 Commonwealth glory from the locals and to understand how they felt and how they benefited from it.



We travelled to the East of Manchester and teamed up with a group from the area to hold discussions at the Mill Street Venture Centre about the changes in Manchester and the Commonwealth Games. We also visited Sport City and were able to access the big City of Manchester Stadium. We also visited "New Islington", where we viewed a huge model of the regeneration and developments for Manchester, as well as going out onto the construction site.

Overall, it was a great experience to gain insight from Manchester into what London might expect for the Olympics, and more personally, to have travelled to Manchester for the first time.

Before the announcement that London had won the 2012 Games, we produced an interactive DVD about the Manchester trip, which was screened in Stratford on the day of the 2012 decision in July 2005. After the trip, ITN afternoon news came by and interviewed us about our journey, and on the decision day, we spoke on the radio about our experiences.

Throughout my Architecture Crew sessions, this project has been my favourite by far, mostly because of being able to have my say.

ARCHITECTURE CREW PROMO FILM Georgina Morris

I've been involved with the Architecture Crew for almost three years. I've participated in several projects, my favourite being the Architecture Crew Promo Film, which we made in the autumn of 2007 with Nick Edwards of Fundamental and a team from Eelyn Lee Productions.

I was one of the presenters and we got to go to different places like Green Street, the Channel Tunnel Station and Stratford Station to interview

people. We also went out and about in Newham carrying a small house made of canvas as a prop for the film. It was cold and wet and we got soaked to the skin. The most frustrating thing was doing the voiceover, as we had to keep doing retakes.

It was fun bring involved in this project and the finished promo shows what it's like to be in the Architecture Crew and the changes going on in our area.

To see our promo film go to our website www.architecturecrew.org/crewpromo08.html



THE AQUATICS CENTRE April Natasha Francis

I was one of the nine members of the Architecture Crew to take part in The Aquatics Centre Architectural Competition project between November 2004 and January 2005.

The competition challenge was intense but it was so exciting to be involved in a high-profile architectural competition to design something as important as the Olympic Aquatics Centre. There were six architectural teams entering the competition to design London's first Olympic venue. We had to follow the same brief and timetable.

We were presented with the brief and visited the site near Stratford station, which will be part of the Olympic Park.

We also went through a series of design exercises, showing us how to understand the demands and principles of space and architecture. We were facilitated in developing our own designs for the Centre, which later evolved into a professional model and rendered drawings.

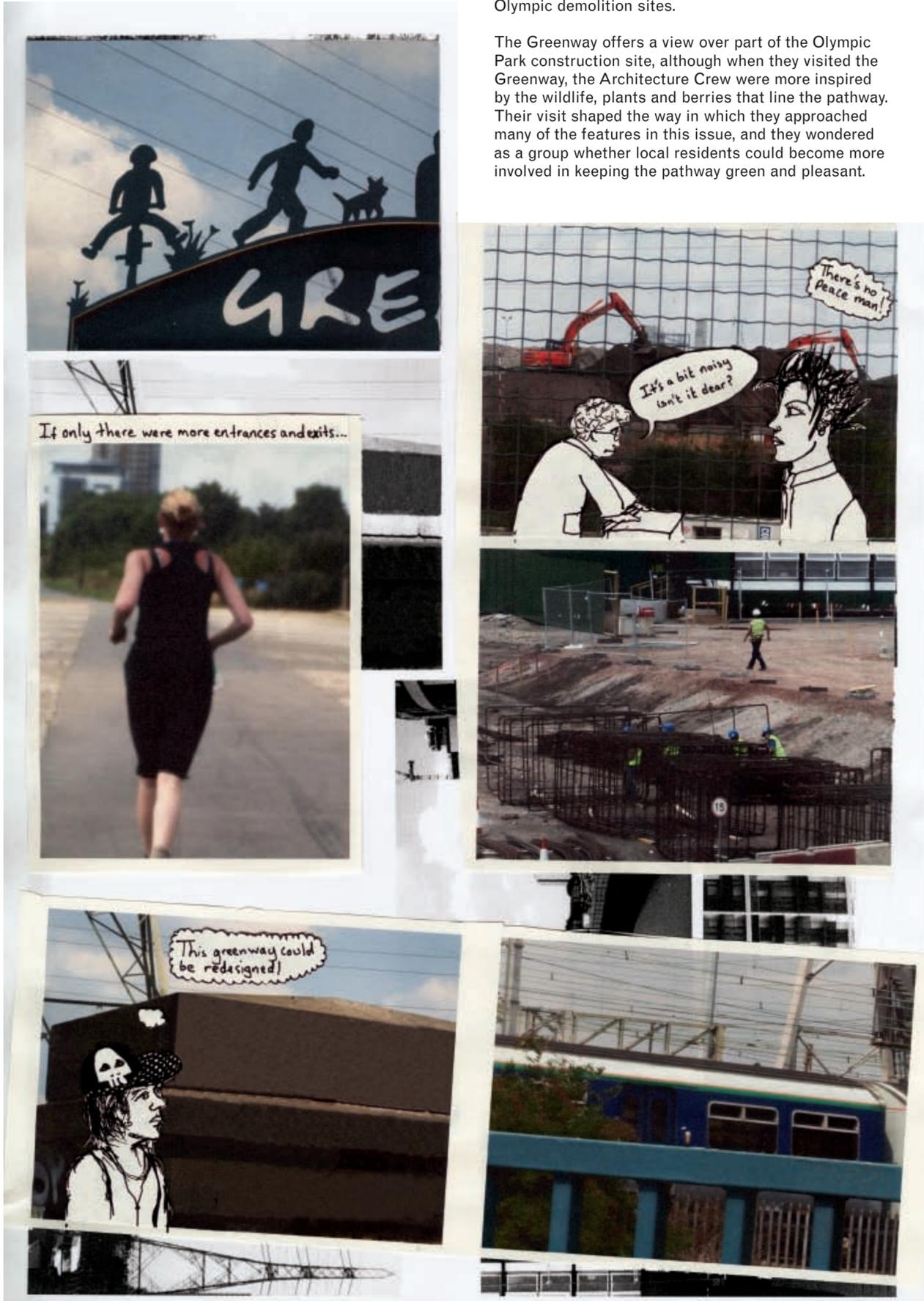
19 January 2005 was a memorable day for me. We presented our final official designs to the team at London 2012, which was the company in Canary Wharf that was bidding to bring the Olympic and Paralympic Games to London. Just to stand up in public with my own design gave me more confidence, and made me feel, as a young person, that I'd had my say and was able to project my idea without feeling ignored. It was a very nervous moment, but a special memory.

THE GREENWAY

by Jade Stevens

The Greenway is a pathway that runs along the top of the raised bank of the northern outfall sewer that stretches from Hackney to Beckton. Adams & Sutherland architects have won the bid to redesign part of the Greenway, using recycled material from the adjacent Olympic demolition sites.

The Greenway offers a view over part of the Olympic Park construction site, although when they visited the Greenway, the Architecture Crew were more inspired by the wildlife, plants and berries that line the pathway. Their visit shaped the way in which they approached many of the features in this issue, and they wondered as a group whether local residents could become more involved in keeping the pathway green and pleasant.



TOUR OF THE AREAS AROUND STRATFORD

Members of the Architecture Crew come from all over Newham and here they give a tour of some other places that are easily accessible from Stratford.



1. THE STRATFORD EYE

Victor
The Stratford Eye is a new skyscraper offering contemporary homes for sale. It earned its name because, from a bird's-eye view, the top appears to be an eye. It has 19 floors and 46 car-parking spaces. There are 160 flats for sale. The average price of a flat is £300,000.

2. EAST HAM TOWN HALL

Raj
The brick work of the Town Hall blends into its contemporary surroundings, such as the newly built East Ham leisure centre. Many people hire out the hall for various occasions like weddings and then have their photographs taken outside. My own experience of visiting the Town Hall has been for community gatherings, where we socialise, play games and meet other people. I've been to a number of activities and games with friends, which were really fun to do.

3. UPTON PARK STATION

Sam
Upton Park station is located on Green Street, next to a local market

(Queen's Market). On the District and Hammersmith and City lines, it was opened in 1877 by Tilbury & South End Rail. The station is used 7 million times annually.

4. QUEEN'S MARKET

Victor
Queen's Market is a large multicultural market that offers the finest foods from around the world. Recently it was put under threat when Asda tried to build another store nearby. The community stood up and spoke as one to demolish the plans.

5. THE BOBBY MOORE STATUE

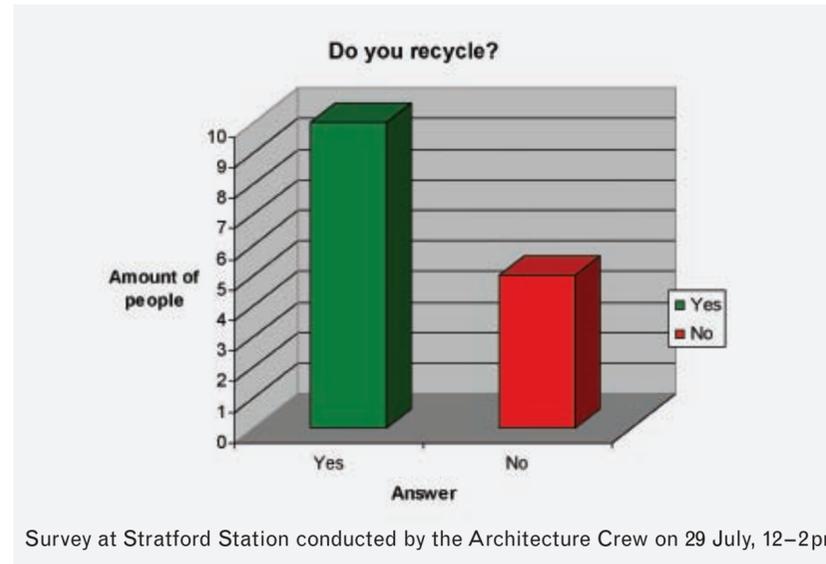
Sam
The Bobby Moore Statue outside of West Ham's Upton Park ground was built after his death to commemorate his achievements in football. The statue is based on a famous photograph of Moore, along with two other West Ham players of the time, holding the world cup. Moore holds a special place in the hearts of the supporters of West Ham because of leading England to victory in the 1966 World Cup.

6. WEST HAM FOOTBALL GROUND

Raj
The football ground is a landmark within the area of Upton Park. Many people come to stay at the hotel, which offers a range of services, and its purpose-built rooms have the most amazing architecture, where the rooms convert into open balconies for people to watch the football matches. On match days, hundreds of West Ham fans gather and support their team collectively, which creates a sense of belonging together, no matter what your age, gender or race.

7. BOLEYN PUB

Victor
During the football season, the Boleyn pub is the gathering place for ticketless West Ham fans to watch the game while being able to indulge in their favourite beverages. It's the heart of the Newham community because it has a warm and welcoming environment, filled with nice people. So nobody's shocked that it's always full.



LEGACY NOW

Arfah Farooq
So we all know the Olympics and Paralympics are coming to London in 2012, but what happens after that? Will a bulldozer come and get rid of it all? Or will the Games bring a lasting improvement to Newham and London, a legacy that will stay forever?

Thanks to the Architecture Crew, I was able to gain some experience working at events like London Pride Festival, Crystal Palace Youth Games and the Newham Mayor's Show. My job was to help with the consultation done by The London Development Agency and Beyond Green, looking at what the legacy after 2012 could be and what people at these events want the Olympic Park to become. We did our research through a variety of methods, like interviewing people on camera or doing some fun, quick surveys to get their views on what they'd like to see in the future.

It was a very interesting experience. I learnt a lot about the possible 2012 legacy, like the amount of houses that are going to be built and the business that could potentially be brought to the area. But should these be tower blocks, flash apartments or affordable housing? Depending on the event we were at, we'd get different views. When we were at the Newham Mayor's Show, a lot of people's top priority was affordable housing, whereas when we were at the Youth Games, people's priority was sport facilities. It was a really good experience, as no event was ever the same, with different people, a different atmosphere and different views.

I think the legacy of the Games is the most important thing for London because it's not just about the couple of weeks of the Olympics and Paralympics we're going to have here in 2012. It's about the years to come.



This item was inspired by Jade's visit to The Greenway, and thinking about what people can do to actively help their local environment.



MOBILE



MOBILE ARCHITECTURE CENTRE Jennifer Aseidu

Having been a member of the Architecture Crew for quite a while, it was interesting to get involved with the Mobile Architecture project, which we began in the spring of 2008. I'd never really worked on structures before, but it didn't prove as challenging as I thought it would.

We played around with match boxes to explore ideas and make structures that could fold out into a bigger space, which was fun because it showed us the potential of a mobile structure that could be compact yet spacious.

I really enjoyed working with the match boxes because it was a much more independent task than the larger-scale shopping trolley task! We were given a shopping trolley and a variety of other materials including tubes, tent poles, bits of fabric, rope and tarpaulin and we were asked to make structures that could be unravelled to make a bigger mobile structure. Unlike in the match-box task, we had to worry about the limitations of gravity and the wind blew our structures away, making the task really difficult. However, overall the shopping-trolley task left me with a greater sense of achievement, as we succeeded in making a functioning structure.

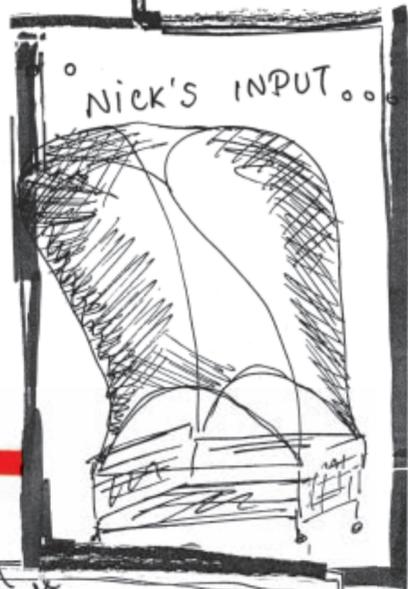
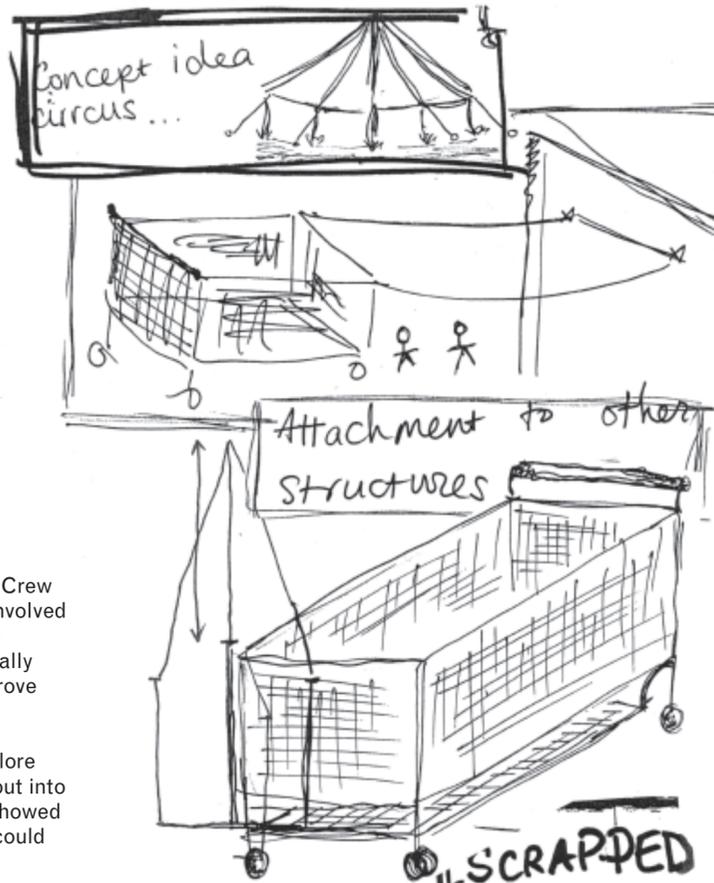
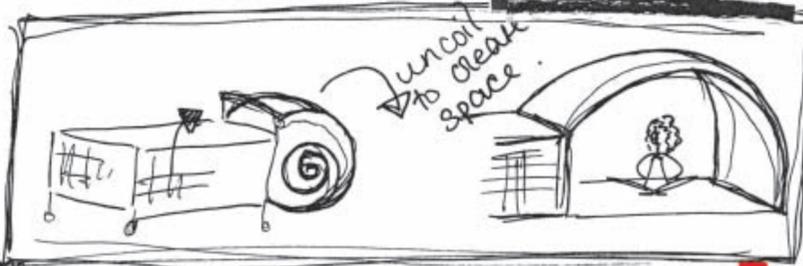
CONCEPT: MOBILE ROOM ... FOLD OUT BOX.

GROUP 2 CONCEPT.

COILS...?



Coil didn't take up much time when opening...



NuSound 92FM Number 3

Nusound 92FM is a 24-hour community radio station that can also be heard online at www.nusoundradio.com.

CHAZ SINGH

Chaz Singh presents the "Drivetime" show on NuSound between 5 and 7pm, Monday to Friday.

During the day, I'm a property developer in Canary Wharf. I finish there and then come to NuSound afterwards. I live in East Ham and so I know a lot about the area.

The show is aimed at people on the way back from work or at home. We call the Monday show the "Recovery Zone", for people who've been going out all weekend. I play a lot of fusion music. It's influenced by Bhangra, but we also have remixed music made especially for the "Drivetime" show. I have Asian and non-Asian listeners, so I try and have a mixture. I make some of the music and I have a production team as well. Soon, we're starting NuSound Productions under the same banner as the radio station.

We do a lot of DJing at weddings in the summer and then at Christmas events, and we do a lot of work with Newham Council too. The rest of the time, we concentrate on the

radio station. We have links with everything that's happening: all the Asian musicians and producers, all the things going on in the area. We've had a few big names coming into the studio. A lot of the Bhangra artists I play are from up North, so they come on the show when they're in town.

I've been involved with the station since day one. Originally, the show was late night but then we moved it to this time to give people some uplifting music on their way home; there's more demand for it.

A lot of people like to phone in, but it takes a long time, so instead of phone-ins I do a text-only show. In the time I can take one call, I can take 20 texts. We have about 300 texts per show. A lot of regular listeners come home and tell me what's been happening during the day and what's been happening in the area. They give us information for the travel report. They like to do a shout-out to their friends, family and loved ones. We work on a one-to-one basis with the listeners; we give them a lot of attention, and have real interaction with them.



Chaz Singh's playlist:

1. Nusound 92fm Chaz Boy special
2. Nusound feat Sonu Sood mix
3. Nusound 92fm feat Syco MC and Trigga MC

PUNDIT PATHAK

Pundit Pathak presents his show, "Life, Religion and Astrology", between 10 and 11am, Monday to Friday.

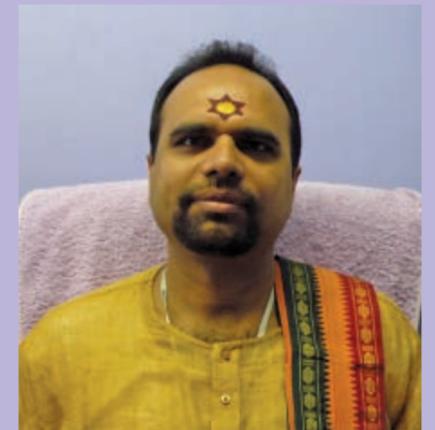
I've had my show for a year, but I've been doing it from time to time since 1998, when the station had temporary licenses in different places. I enjoy the show and it's a great opportunity to tell people about the facts of life. Without these, you cannot think about anything in the world.

The name of my show is "Life, Religion and Astrology". I talk about life, the truth of life, and the Hindu religion. It's in Hindi and I play songs related to life, religious songs and also folk songs. I'm a priest and I provide all Hindu religious services from birth to death. Astrology is part of the Hindu religion because we believe time is God. According to the principles of astrology, you cannot define time; time is endless and God is endless. This is the basic philosophy of the Hindu religion:

you can give no shape to God. The future is life - we're all living for the future. The horoscopes are the map of the sky. I can make horoscope consultations if I'm given the date, time and place of birth and then I can make a birth chart according to the Indian system of Vedic astrology. There are 12 houses in the birth chart and on the basis of those houses, I predict life to death: health, wealth, brothers, sisters, happiness, house, intelligence, children, enemies, problems, love, sex, marriage, accidents, death, fortune, work, gain and foreign journeys - all things related to life. You can predict political events as well, but generally my readings are related to individuals. You cannot explain how it works, but it works.

There's a lot of talk about the future of Stratford and the changes that are coming, do you feel positive about the future?

Yes.



Age Concern Newham provides a range of services for the over 50s, including advice and information, and advocacy services.

**655 Barking Road, Plaistow E13 9EX
Telephone 0208 503 4800
www.ageconcernnewham.org.uk**

Newham Know-How

Long-standing Newham residents reflect on their borough, recalling past memories and their current personal interests. Part two of a feature developed with Age Concern Newham.



Joan

I've lived in loads of places: I was evacuated five times. I lived in Islington before I moved here to East Ham in 1964 and I've stayed here ever since.

I've been to the viewing point for the Olympics, to look over the whole site, and that's really good. It will bring people here, but at the same time there are things that are being neglected and forgotten. There are what I would call the yuppie classes coming in to the area and they haven't got the East London ways. They come out of the door and jump in their cars and they're off. They don't know the people who live next door, and when you get old you need to know your neighbours. You need to have friends in the area where you're living. But you go out to the shopping centre and you end up meeting at least six people you know from Age Concern or another activity. You go out for a loaf of bread and when you get back it's stale!

I write poetry, about my day or someone else's day. When something happens, if someone dies, I write a poem about how I coped with it. I write poetry for any reason and no reason. Every few weeks, I take some over to the cemetery and put them on my husband's grave.

See p.18 for one of Joan's poems.



Mahesh

I've been in the UK since 1992. I regularly travel to India and Europe from Stratford. It's so convenient to get to different places from here.



Kamlesh

I came to this country from India in 1970, to North London, and then moved to East Ham in 1977.

Stratford is becoming really popular due to the Olympics and the fact that it's very convenient for shopping. And they're improving the railway lines and Channel Tunnel, so people are moving here because things are so convenient. Stratford City will be brilliant. I come to Stratford for swimming, and it will be great when the big shops open. It's also good for the theatres: Stratford Circus and Theatre Royal.



Maureen

I've lived in Custom House and Canning Town all my life. I'm quite happy here. Quite a few of my original neighbours are still here, and we send Christmas cards to each other, but they're gradually moving away. That's the thing that makes you not want to move away: you think, if you move away, will you end up next door to someone who's not so nice?

Sometimes we go on the walks from Three Mills with the Newham Striders. It's a long walk but it's really nice. We went on one of their walks by the river, before the Olympic site was built, which was also good. I remember in Beckton, where Newham Leisure Centre is now, there used to be what we called Beckton Dumps, where there were all these air-raid shelters. We used to play in them and collect different pots and army bags and things. It was brilliant fun there.



Taj

I've been in the UK for 10 years now but I visit Pakistan every six months. I do all my shopping in Stratford and it's a good base for travelling. I also go to events at Stratford Town Hall.

Anita

I come to Stratford to buy vegetables, household shopping and clothes, because the shops are so convenient. And I go to the temple on Water Lane as well.



Lucy

I used to live in Deptford before I came here. When I came here 15 years ago, I'd already retired, but I had clubs that I'd go to, and things like that. Stratford was very different then. People come here for shopping now. A lot of the people I knew then have gone now.

I go to a place called the Whale three times a week and to the Caribbean Centre twice a week, next door to Age Concern. I do exercise there, and we do Quadrille dancing every Thursday in the Caribbean Centre and every Friday in the Whale. If we go somewhere to dance, then we wear our uniform. It's red and white, with a long skirt with a white shirt. And some women dress as men, with black trousers and white shirts. We just came back from St Lucia, where we did two weeks' dancing.



Broccoli and Chicken Lasagne

Olayinka Cole from
Community Food Enterprise

Serves 4 and is an alternative
to traditional lasagne.

- 500g broccoli, washed and broken into florets
- 500g chicken breasts, skinned and boned
- 4 tbsps sunflower oil
- 50g butter
- 1 red onion, finely chopped
- 2 garlic cloves, crushed
- 3 cups Passata/creamed sieved tomatoes
- 2 sprigs of thyme and oregano
- 12 sheets of lasagne, pre-cooked
- 1½ cups fromage frais
- 100g parmesan cheese, grated
- 250g mozzarella cheese, thinly sliced

1. Preheat oven to 180°C/gas mark 4 and then butter a large shallow ovenproof dish. Steam the broccoli until nearly tender, then strain and set aside.

2. Cut the chicken into thin strips and season with black pepper and salt. Heat the oil and butter in a frying pan and add the chicken for a few minutes until lightly browned, then transfer onto a plate.

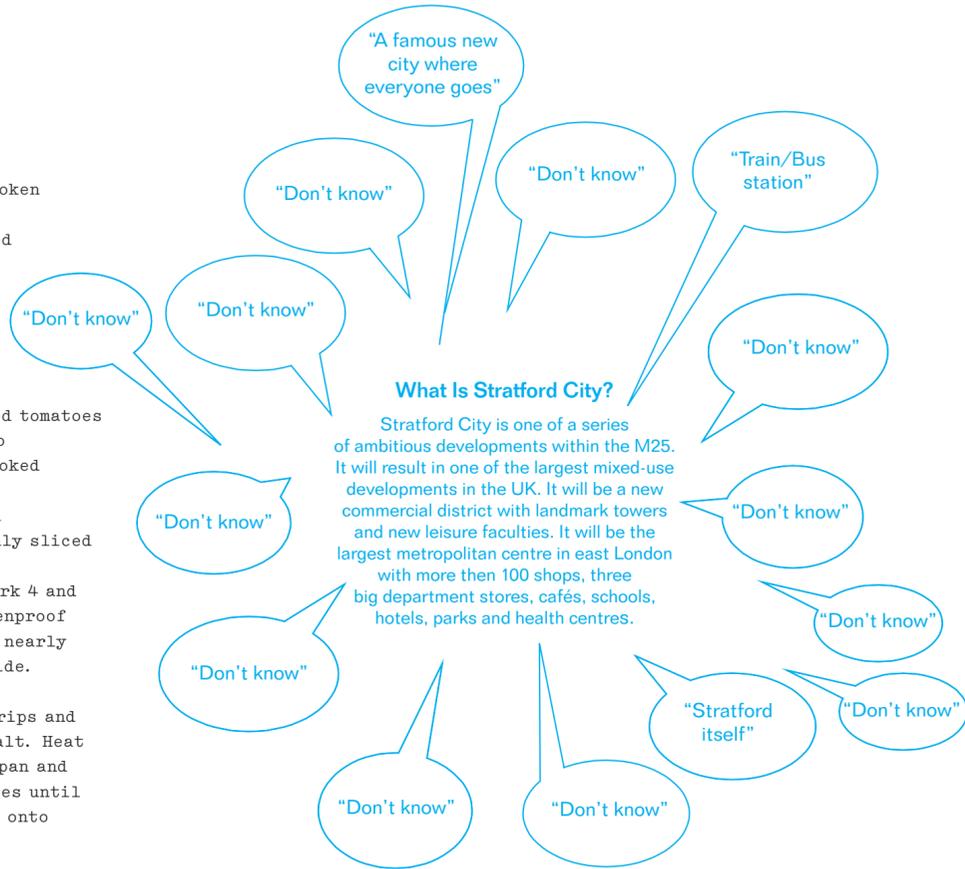
3. Add the onion and garlic to the pan and fry for 3-4 minutes until the onion has softened and is lightly golden brown. Stir in the passata or creamed tomatoes, thyme, oregano and seasoning, and cook for about 5 minutes over a moderate heat until the sauce is slightly thickened, stirring regularly.

4. Spoon half the tomato sauce into the prepared dish and add a layer of lasagne, 4 sheets, and then half of the chicken and broccoli. Dot with half of the fromage frais and then sprinkle with half parmesan cheese. Place another layer of

lasagne, 4 sheets, on top and spoon over the remaining tomato sauce, chicken, broccoli and fromage frais. End with a layer of the remaining lasagne.

5. Finally, arrange the slices of mozzarella cheese on top and sprinkle with the remaining parmesan cheese. Bake in the oven for 40 minutes until the top is golden. Serve, relax and enjoy!

For more information visit
www.community-food-enterprise.org.uk



Survey at Stratford Station conducted by the Architecture Crew on 29 July, 12–2pm

My street in Newham
by Joan Crumlish

When my family and I came here in the early sixties it was a quiet residential street, an avenue of trees. The road was really empty. The pavements really clean. Except for little deposits where doggie walkers had been. All families were local but one dark-skinned family. They were the ones that came to make friends with my family and me.

The docks were busy and buzzing. Ships' hooters could be heard Boop, Boop, Boop. On New Year's Eve they sounded and Search lights looped the loop. I took my youngest son to watch. The last passenger ship leave the dock. Australian friends sailed on it. As it passed through the local lock.

Factories have closed down, the chemical works has gone. Industry has changed or left, people have moved or passed on. But through all the changes good or bad I can say without doubt East Ham, Docklands, Newham, I love it and don't want to move out.

RADIO RUSS'S QUIZ CORNER

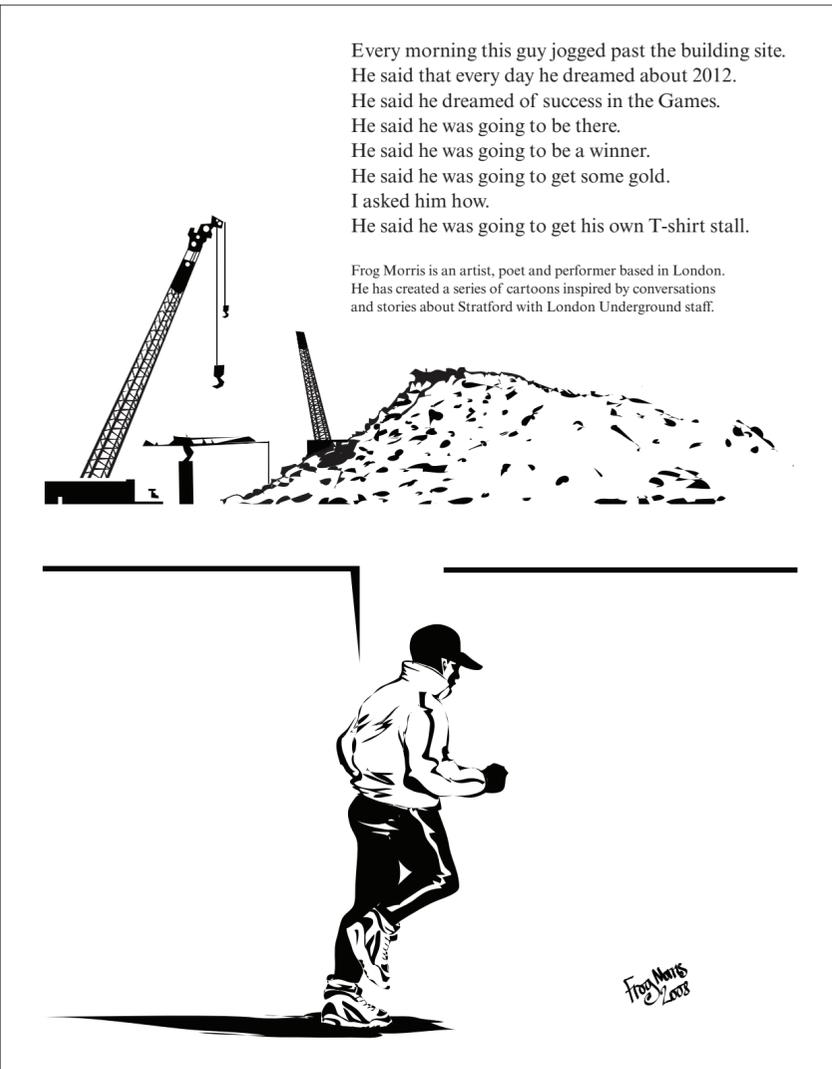


THE KING EDDIE'S QUIZMASTER SETS HIS QUESTIONS OF THE MONTH

THIS MONTH: POT LUCK

1. WAS NEPTUNE A ROMAN OR A GREEK GOD?
2. WHAT WORD CAN GO AFTER 'PAPER' AND BEFORE 'REACTION'?
3. HOW MANY MINUTES ARE THERE IN HALF A DAY?
4. WHAT IS THE ONLY ENGLISH ANAGRAM OF TEND?
5. IN WHICH COUNTRY IS THE CITY OF GOTHENBURG?

ANSWERS:
1. ROMAN; 2. CHAIN; 3. 720; 4. DENT; 5. SWEDEN



Every morning this guy jogged past the building site. He said that every day he dreamed about 2012. He said he dreamed of success in the Games. He said he was going to be there. He said he was going to be a winner. He said he was going to get some gold. I asked him how. He said he was going to get his own T-shirt stall.

Frog Morris is an artist, poet and performer based in London. He has created a series of cartoons inspired by conversations and stories about Stratford with London Underground staff.

MATCH THE BLUE OF THE CONSTRUCTION HOARDINGS

One of the most noticeable changes to the area so far has been the blue fence surrounding the Olympic Park site, which runs all around Stratford and Hackney Wick. In each issue we've tried to match the colour to other familiar blue objects.



Photo: Silke Dettmers

"The journey to my studio in Bow takes me on my bike around the perimeter fence of the future Olympic Park, along the River Lee Navigation. I frequently divert onto the Greenway Bridge,

to the viewing point that allows a look into the Park. My previous studio once stood there. It was at the end of 2007, when the effort to erect the blue fence had come to an end, that I found an emptied-out paint can in that spot. The label on it identified the blue colour as "All Aboard" (produced by Dulux).

I've become quite obsessed with "All Aboard". I suddenly see it everywhere. It's not my favourite colour but it has nevertheless implanted itself in my mind, and sufficiently so to become part of a sculpture I made this year and have just shown at APT gallery in Deptford. I have plans for future sculptures and the colour will feature again.

Anybody can go to a DIY store or Dulux trade centre and purchase a quantity of "All Aboard". When I bought a 5-litre tin in Stratford High Street, the salesman told me –with surprise in his voice – that "inexplicably" over the last year, he'd sold rather a lot of that particular shade. He was completely unaware that the paint he was mixing for me was the same colour as the construction fence erected just 200 yards away from his shop."

Silke Dettmers is an artist based in Bow.

This feature was suggested through conversations between Lucy Harrison and Silke Dettmers.

TEN THINGS YOU MIGHT NOT KNOW ABOUT ST JOHN'S CHURCH

Carol Richards, Assistant Minister

It opened in 1834, three years before Queen Victoria came to the throne.

It was designed by Edward Blore, one of the leading architects of his day. Blore was also given the job of finishing off Buckingham Palace after John Nash was sacked for being too extravagant.

The original designs for St John's show a large gallery at the back, but there's no sign of it today.

Gerard Manley Hopkins, the famous poet, was born in Stratford and baptised at St John's in August 1844.

Christmas Day used to be one of the most popular days of the year for weddings at St John's. The Stratford market-traders took advantage of the fact that the market was closed on this day and queued up to get married.

St John's is hollow underneath and some local people may remember that it was used as a bomb shelter during WWII.

The popular image is that Church congregations are tiny, but Sunday attendance at St John's has increased from about 40 to over 300 over the last 20 years.

St John's has always welcomed people from all around the world and now about 50 nationalities are represented in the congregation.

New meeting rooms were added to St John's in 1998. The bricks, recycled from a demolished building, came from the same brickyard and period as the church.

St John's has one of the finest pipe organs in the East End. There are about 1,500 pipes and each one is tuned three times a year.

St John's Church
Stratford Broadway
London E15

www.stjohnse15.co.uk

ERRATA
Apologies for the following errors in Princess Maria's story in Newham Know-How, Issue 2: The correct spelling is the Almanach de Gotha. It was Maria's great uncle, Prince Pyotr Dmitrievitch Sviatopolk-Mirski, Minister of the Interior, St. Petersburg, who came to London as a Diplomat.

Thought for Stratford

"Many people think that knowledge is power. It is not so. In fact, character is power. Education should confer humility. Education without humility, action without discrimination, scholarship without wisdom, words without melody, politics without morality and integrity can never shine in society. One's personality blossoms only when one has humility along with knowledge."

Sri Sathya Sai Baba, Educationalist & Social Reformer, South India

I saw this quote and it made me think about my work for one of the TLE Training Centres, based in Stratford. Each day, as I see learners progressing on Maths, English & IT courses, I can detect a change in them. If used correctly, education creates a foundation for the development of a good character. The choice is ours. If we use our education for the benefit of society, starting with Stratford, imagine how we can influence things for the better. Let us not waste time, for time wasted is life wasted. Find a small local service opportunity and contribute. That way we will see positive change, not only in our own characters but in the world at large.

Yogesh Patel



ALBION MANOR FOOTBALL CLUB

Patrick Corbett (on right of photo)

Albion Manor Football Club plays at the East Marsh, Hackney Marshes, and is based at the Albion pub on Goldsmiths Row in Hackney. Patrick Corbett is their trainer, and has been playing football on Hackney Marshes for over 35 years.

"On Sundays on the East Marsh, Albion Manor plays in the Hackney and Leyton League. There are roughly 40 teams in the league, split into four divisions.

Albion Manor is a local team; all the players are from round here. I've watched them grow up and they're just keen to play football.

We take it very seriously. All jesting aside, it's stiff competition. We do enjoy a few drinks after the game, but a lot of us are teetotal the rest of the week; we have responsible jobs. I myself work in IT and support investment bankers. Sometimes I have to work until 10pm, and I can't go in drunk to meet an investment banker in the morning. The pub is just our centre for the team. The Albion is a football pub, but it didn't used to be. I grew up next to it and it was just a run-of-the-mill place, but now it's the main venue for West Bromwich Albion. Often there are people from Birmingham there, who come to watch games there when they're in London."

The Stratford Grapevine

A project by Lucy Harrison

Lucy Harrison would like to thank the following people for their support, advice and contributions:

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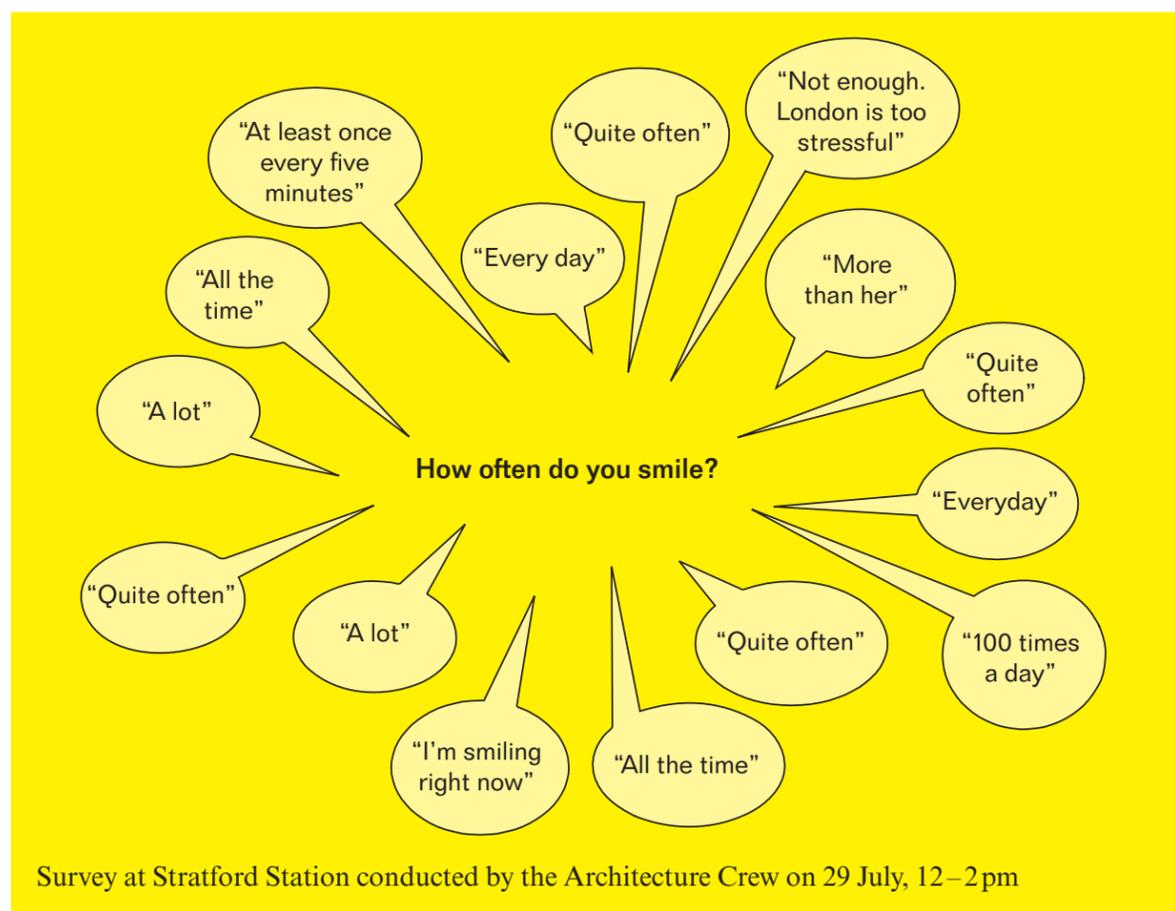
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DISCOVER COMPETITION WINNER

Congratulations to Angie Mahtani who wins an annual family pass to Discover, the children's story-making centre based in Stratford.